



**Real Food & Real Life
For PLT Nutrition**

Vegan Entrees Recipe Pack

Discover the PLT Nutrition collection of simple vegan breakfast and smoothie recipes.

www.pltnutritionandfitness.com











TABLE OF CONTENTS

1	SWEET POTATO, QUINOA AND BEAN BURGER
2	CURRIED TOFU SALAD
3	ROASTED MISO POTATOES
4	ROASTED SWEET POTATO, KALE & QUINOA SALAD
5	RED SWEET POTATO CURRY
6	GARLIC ZUCCHINI & TOMATO PASTA
7	SESAME TEMPEH STIR-FRY
8	AUBERGINE & TOMATO PASTA



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



A top-down view of three round, golden-brown burgers with a textured, crumbly surface, likely made from sweet potato, quinoa, and beans. They are arranged on a white ceramic plate with a speckled pattern. The plate is set on a light-colored, striped fabric napkin. Three fresh green cilantro leaves are scattered around the burgers as garnishes. A semi-transparent white text box is overlaid on the bottom left of the image.

**SWEET POTATO,
QUINOA & BEAN BURGER**

SWEET POTATO, QUINOA & BEAN BURGER



Makes: 4
Prep: 10 mins
Cook: 55 mins



Nutrition per serving:
171 kcal
6g Fats
22g Carbs
5g Protein



WHAT YOU NEED

- 1 sweet potato
- 1/3 cup (60g) quinoa, raw
- 14 oz. (400g) can kidney beans, drained
- 1 tsp. rosemary
- 1/2 tsp. chili flakes
- 1 1/2 tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 410°F (210°C) and cut the sweet potato into 3/4 inch (2cm) pieces. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.

Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.

Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.

Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).





CURRIED TOFU SALAD

CURRIED TOFU SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
178 kcal
13g Fats
11g Carbs
6g Protein



WHAT YOU NEED

- 7 oz. (200g) tofu, drained, crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- ¼ cup (30g) almonds, chopped
- ¼ cup (30g) raisins
- 3 tbsp. vegan mayonnaise
- 1 tsp. curry powder
- 1 tbsp. dill, chopped

WHAT YOU NEED TO DO

Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.

Store in the fridge for up to 4-5 days.





**ROASTED MISO
POTATOES**

ROASTED MISO POTATOES



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
220 kcal
6g Fats
38g Carbs
4g Protein



WHAT YOU NEED

- 21 oz. (600g) sweet potato
- 1 tbsp. olive oil
- handful coriander, chopped
- 2 tbsp. almonds, chopped

For the sauce:

- 2 tbsp. white miso paste
- 1 tbsp. rice vinegar
- 1 tbsp. maple syrup
- 2 tsp. sriracha
- 1 tbsp. soy yogurt

WHAT YOU NEED TO DO

Preheat oven to 425°F (220°C).

Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.

In the meantime, combine all the sauce ingredients in a small bowl.

Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.





**ROASTED SWEET POTATO,
KALE & QUINOA SALAD**

ROASTED SWEET POTATO, KALE & QUINOA SALAD



Serves: 4
Prep: 20 mins
Cook: 40 mins



Nutrition per
serving:
224 kcal
8g Fats
33g Carbs
6g Protein



WHAT YOU NEED

- 2 medium sweet potatoes, chopped into cubes
- 2 tbsp. olive oil
- ½ cup (85g) quinoa, uncooked
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 bunch curly kale, destemmed and torn into pieces
- 2 tbsp. balsamic vinegar
- 1 tsp. thyme

WHAT YOU NEED TO DO

Preheat oven to 400°F (200°C).

Place sweet potatoes in baking dish and drizzle with 1 tbsp. oil. Season to taste with salt and pepper. Bake in the oven for 25-30 minutes until tender. Then set aside to cool.

In the meantime, cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.

Meanwhile, heat the remaining 1 tbsp. of oil in a large skillet over medium heat. Cook the onion and garlic, for about 10 minutes, until golden brown.

Stir in the kale and continue cooking until wilted. Transfer the kale mixture to a large bowl and set aside to cool.

Once all the ingredients have cooled, add in the sweet potatoes and quinoa to the large bowl. Drizzle with balsamic vinegar and season to taste with salt and ground pepper. Stir to combine and serve.





**RED SWEET
POTATO CURRY**

RED SWEET POTATO CURRY



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
459 kcal
18g Fats
62g Carbs
13g Protein



WHAT YOU NEED

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 14oz. (400g) can chopped tomatoes
- 1 cup (240ml) vegetable stock
- ¼ cup (65g) smooth natural peanut butter
- ½ cup (120ml) canned coconut milk, light
- juice of 1 lime
- 3 cups (480g) cooked white rice
- ¼ cup (30g) peanuts, chopped
- handful coriander, chopped

WHAT YOU NEED TO DO

Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.





**GARLIC ZUCCHINI
& TOMATO PASTA**

GARLIC ZUCCHINI & TOMATO PASTA



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
276 kcal
7g Fats
48g Carbs
8g Protein



WHAT YOU NEED

- 4 cups (220g) brown rice pasta, cooked
- 2 medium zucchini, spiralized
- 1 tbsp. olive oil
- 1 cup (150g) cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp. smoked paprika
- chili flakes, to taste
- 2 tsp. parsley dried
- 4 tbsp. vegan parmesan, grated (optional)

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.

Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.

Divide between bowls and top with vegan parmesan cheese and dried parsley.





**SESAME TEMPEH
STIR-FRY**

SESAME TEMPEH STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
507 kcal
13g Fats
54g Carbs
17g Protein



WHAT YOU NEED

- 7 oz. (200g) tempeh, cut into cubes
- 1 tbsp. olive oil
- 1 tbsp. ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari (or soy sauce)
- 2 tbsp. maple syrup
- 2 carrots, chopped or cut into thin strips
- ½ broccoli head, florets
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, to garnish
- spring onion or chives, to garnish
- 3 cups (585g), brown rice, cooked

WHAT YOU NEED TO DO

Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.

In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.

Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.

Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.

Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.

Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.





**AUBERGINE &
TOMATO PASTA**

AUBERGINE & TOMATO PASTA



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
459 kcal
11g Fats
76g Carbs
14g Protein



WHAT YOU NEED

- 3 cups (300g) pasta, uncooked
- 2 aubergines, cut into bite-size pieces
- 1 tbsp. olive oil
- 1 tbsp. oil from sundried tomatoes
- 14 oz. (400g) can chopped tomatoes
- 10 sundried tomatoes, drained
- 3 cloves garlic, minced
- 1 onion, diced
- 2 tbsp. tomato puree
- 1 tsp. coconut sugar
- 2 tsp. mixed herbs

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.

Place the cut aubergine on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft.

While the aubergine is cooking, heat 1 tbsp. of the sundried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.

Next, add in the tomato puree, mixed herbs, and sundried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the aubergine is ready.

Once pasta and aubergine are ready, mix everything, and serve.

