



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

VEGAN Entrees RECIPE PACK II

Discover the collection of simple vegan recipes, including breakfast, lunch, dinner, treats and smoothie options.

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
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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



**VEG & TAHINI
TRAY BAKE**

VEG & TAHINI TRAY BAKE



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
260 kcal
13g Fats
26g Carbs
11g Protein



WHAT YOU NEED

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- 1 lemon, juice only
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- handful coriander, chopped

WHAT YOU NEED TO DO

Preheat oven to 190°C (375°F).

Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.

In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.

Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.





TEMPEH BOLOGNESE

TEMPEH BOLOGNESE



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per serving:
413 kcal
10g Fats
62g Carbs
19g Protein



WHAT YOU NEED

- 8 oz. (225g) penne, uncooked
- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 7 oz. (200g) tempeh, crumbled
- 14 oz. (400g) can chopped tomatoes
- 2 tbsp. tomato puree
- 1 tbsp. apple vinegar
- 1 tsp. mixed herbs
- fresh basil, for serving

WHAT YOU NEED TO DO

Cook pasta according to instructions on the packaging.

Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.

Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.

To serve, divide pasta and Bolognese between plates and garnish with basil.





TOFU PAD THAI

TOFU PAD THAI



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
469 kcal
18g Fats
68g Carbs
15g Protein



WHAT YOU NEED

For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

For the tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges

WHAT YOU NEED TO DO

Mix all the sauce ingredients in a bowl and set aside.

In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Cook the noodles according to instructions on the packaging.

Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.

Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

PRESSING TOFU:

Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.





**QUICK VEGETABLE
STIR FRY**

QUICK VEGETABLE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
273 kcal
8g Fats
45g Carbs
6g Protein



WHAT YOU NEED

For the sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime, juiced

For the stir-fry:

- 6 ⅓ oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- ½ cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Mix all the sauce ingredients.

Cook noodles according to instructions on the packaging, then set aside.

Spiralized the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.

Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.

Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.





**ROASTED AUBERGINE
AND TOMATO STEW**

ROASTED AUBERGINE AND TOMATO STEW



Serves: 4
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
260 kcal
9g Fats
34g Carbs
10g Protein



WHAT YOU NEED

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 2 cups (330g) cherry tomatoes
- 14oz. (400g) can chopped tomatoes
- 14oz. (400g) can chickpeas, drained
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 2 tsp. mixed herbs
- handful parsley, chopped

WHAT YOU NEED TO DO

Pre-heat the oven to 400°F (200°C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.

In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.

Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.

Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.

Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.





**SPICY CAULIFLOWER &
CHICKPEA RICE BOWL**

SPICY CAULIFLOWER & CHICKPEA RICE BOWL



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
380 kcal
11g Fats
57g Carbs
13g Protein



WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

WHAT YOU NEED TO DO

Preheat oven to 230°C (450°F) and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven divide between bowls and serve with a portion of rice.





**SWEET POTATO &
BEAN BAKE**

SWEET POTATO & BEAN BAKE



Serves: 4
Prep: 30 mins
Cook: 75 mins



Nutrition per
serving:
361 kcal
17g Fats
44g Carbs
9g Protein



WHAT YOU NEED

- 2 large sweet potatoes, peeled
- 2x 14 oz. (400g) cans black beans, drained
- 7 oz. (200g) vegan cheese, grated
- handful parsley, chopped

For the sauce:

- 1 tbsp. olive oil,
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp. ground cumin, more to season layers
- 2 tsp. smoked paprika, more to season layers
- 1 tsp. mixed herbs, more to season layers
- 14 oz. (400g) can chopped tomatoes
- ¼ cup (60ml) tomato puree

WHAT YOU NEED TO DO

Firstly, prepare the tomato sauce. Heat the olive oil in a large pan over medium-high heat.

Add the diced onion and garlic and fry until fragrant, 3-4 minutes. Next, add in the spices and herbs and cook for another minute, stirring.

Add in the chopped tomatoes and tomato puree, and season with salt and pepper to taste. Bring to boil and then reduce heat to low and simmer for 15-20 minutes until the sauce is reduced and thickens.

Preheat the oven to 355°F (180°C). Spread half of the tomato at the bottom of a baking dish.

Slice the sweet potatoes into 0.1" (3mm) thin slices and try to make each slice the same thickness.

Place a layer of sweet potato on the tomato sauce overlapping slightly—season with salt, herbs, and smoked paprika.

Next, spread 1 can of black beans on top of the potato. Follow with another layer of sweet potato, and season with salt, herbs, and smoked paprika. Spread the second can of black beans followed with a third layer of sweet potato. Again season with salt, herbs, and smoked paprika.

Finally, top with the remaining tomato sauce. Cover with a piece of tin foil and bake for about 40-50 minutes, until the sweet potato is cooked through.

Sprinkle with grated vegan cheese and bake without cover for another 10-15 minutes, until the cheese has melted.

