

**MOUTH-WATERING**



*Meat-Free Meals*



**Healthworks**  
the community health charity



**In this Mouth-watering Meat Free Meals recipe book we've included some quick, cheap and easy recipes using non-meat based products.**

**The recipes can easily be adapted to use Vegan ingredients too.**

**We hope you have fun trying them out!**

Don't forget to substitute any ingredients you are allergic to.



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# Leek, Pea and Watercress Soup

Serves 4, Prep: 10 mins, Cook: 22 mins

## What you'll need:

1 tbsp olive oil, plus a drizzle to serve  
2 leeks, finely sliced  
4 small garlic cloves, crushed or lazy garlic  
650-800 ml hot veg stock  
80g watercress  
400g frozen peas  
1 small lemon, zested and juiced  
small bunch of parsley, finely chopped or  
1-2 tsp dried parsley  
Dairy free creme fraiche and crusty bread  
to serve (optional)



## How to make it:

1. Heat oil in a large pan over a medium heat.
2. Add the leeks & garlic and fry for 10 mins or until softened.
3. Pour in the hot stock and simmer for 5-10 mins.
4. Stir through the watercress, & parsley keep a little of both to one side for garnish, add the peas, and cook for about 5 mins or until wilted.
5. Use a hand blender/food processor and blitz until smooth.
6. Stir in the lemon juice and zest and season to taste.
7. Ladle into bowls and place remaining watercress on top, drizzle with a little oil.
8. Swirl through creme fraiche, then serve with crusty bread if desired.



# Easy Vegan Pho

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Serves 2, Prep: 10 mins, Cook: 20 mins

## What you'll need:

100g rice noodles  
1 tsp marmite  
1 tsp vegetable oil  
50g chestnut mushrooms, sliced  
1 leek, sliced  
2 tbsp soy sauce



## To serve:

1 red chilli, sliced (deseeded if you don't like it hot)  
1/2 bunch mint, just use the leaves. or dried mint will work  
handful salted peanuts (optional)  
Siracha sauce (optional)

## How to make it:

1. Tip the noodles into a bowl, cover with boiling water and leave to stand for 10 mins.
2. Drain and rinse with cold water and set to one side.
3. Mix the marmite with 500 ml boiling water in a jug and set to one side until the vegetables are cooked.
4. Heat oil in pan.
5. Add mushrooms and leeks cook for 10-15 mins or until softened.
6. Add soy sauce and marmite mix to the pan, bring to the boil for 5 mins.
7. Divide noodles between two deep bowls, then ladle over the hot broth mix. top with sliced chilli, mint and peanuts and serve with some siracha sauce on the side.



# Black Bean Chilli

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Serves 4-6, Prep:10 mins, Cook: 30 mins

## What you'll need:

- 2 tbsp olive oil
- 4 garlic cloves, finely chopped or lazy garlic
- 2 large onions, chopped
- 3 tbsp Spanish paprika or mild chilli powder
- 3 tbsp ground cumin
- 3 tbsp cider vinegar
- 2 tbsp brown sugar
- 2 x 400g cans chopped tomatoes
- 2 x 400g black beans, rinsed and drained



## Optional serving ideas:

Feta cheese (crumbled), chopped spring onions, sliced radishes, avocado chunks

## How to make it:

1. Heat the olive oil in a large pan and add the garlic and onions, cook for 5 mins until nearly soft.
2. Add the paprika and cumin cook for a further few mins, then add all remaining ingredients except the beans and cook for 10 mins.
3. Pour in the beans and cook for a further 10 mins.
4. Serve with rice and the accompaniments of your choice, either on top or in bowl on the side.

# Spinach, Sweet Potato and Lentil Dhal

Serves 4, Prep:10 mins, Cook: 35 mins

## What you'll need:

- 1 tbsp sesame oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed, or lazy garlic
- 1 red chilli, finely chopped
- 1 1/2 tsp ground turmeric
- 1 1/2 tsp ground cumin
- 250g red split lentils
- 600ml vegetable stock
- 80g bag of spinach
- 2 sweet potatoes(about 400g/14 oz) cut into even chunks
- Thumb-sized piece ginger, peeled and finely chopped/grated
- 4 spring onions, sliced on an angle, to serve
- 1/2 small pack of basil, leaves torn to serve



## How to make it:

- 1.Heat oil in a large pan with a tight-fitting lid
- 2.Add the red onion and cook over a low heat for about 10 mins, stirring occasionally
- 3.Add the garlic, chilli & ginger cook for 1 min
- 4.Add the turmeric & cumin, cook for a further 1-2 mins
- 5.Turn up to a medium heat add the potatoes and mix until they are all covered with the mixture
- 6.Now into the same pan place the split lentils along with the stock (and any additional seasoning you would like) and stir
- 7.Bring to the boil, then reduce heat and cover with the lid, cook for a further 20 mins, don't overcook the potatoes they need to still keep their form
- 8.Taste and add more seasoning if needed. Then gently stir in the spinach, once wilted top with the spring onions and basil, now ready to serve.
- 9.Alternatively allow to cool divide into an air tight containers and store in the fridge...ideal for those lunch boxes!

# Roasted Aubergine and Tomato Curry

Serves 4, Prep:15 mins, Cook: 45 mins

## What you'll need:

600g small/baby aubergines, sliced into rounds  
3 tbsp olive oil  
2 onions, finely sliced  
2 garlic cloves, crushed or lazy garlic  
1 tsp garam masala  
1 tsp turmeric  
1 tsp ground coriander  
400 ml can coconut milk or the light one  
Pinch of sugar (optional) or sweetener  
1/2 small pack coriander, roughly chopped  
Rice or chapatis to serve



## How to make it:

1. Heat oven to 200C/180C fan/gas 6.
2. Toss the aubergines in a roasting tin with some of the olive oil, season well and spread out.
3. Roast for 20 mins or until dark golden brown or to your liking.
4. Heat the remaining oil up in a large pan, cook the onions for 5 mins or until softened then add in the garlic and spices and cook for 3-5 mins or until they start releasing their aromas.
5. Tip in the tomatoes, coconut milk and roasted aubergines, bring to the boil and cover with a lid and simmer for 20-25 mins.
6. Remove the lid for the final 5-10 mins or until the sauce thickens. season to taste adding the sugar/sweetener, if needed also stir in most of the coriander.
7. Serve with rice or the chapatis, scattering the remainder of the coriander over the top (optional).



# Sticky Noodles with Hoisin

Serves 2, Prep:10 mins

## What you'll need:

2 nest wholemeal noodles (75g)  
1 tsp rapeseed oil  
1 tbsp chopped ginger  
1 yellow pepper, deseeded and thinly sliced  
2 red onions, thinly sliced  
100g long stem broccoli, halved  
100g frozen soya beans, thawed  
1 red chilli, seeded and chopped  
Handful basil leaves



## For the hoisin:

2 tbsp raisins  
1 garlic clove or lazy garlic  
1 tbsp apple cider vinegar  
2 tsp tomato puree  
1 tsp tamari, plus extra to serve (optional)  
1 tsp Chinese five spice  
2 tbsp crunchy peanut butter (without palm oil or sugar)

## How to make it:

1. Into a medium bowl/jug, place the raisins and cover with 100ml boiling water then stir in the garlic, vinegar, tomato puree, tamari & five spice blend until smooth then add the peanut butter and mix well.
2. Place noodles into a bowl/pan and cover with boiling water for about 5 mins.
3. In a non-stick wok place the oil and heat add the ginger, chilli & vegetables fry for 5-10 mins or until veg has softened slightly.
4. Drain noodles and add to the pan with the hoisin. Mix well adding a little more water if needed. then toss through some basil leaves and serve.

# Chunky Vegetable Soup

Serves 4-6, Prep:10-15 mins, Cook:45-50 mins

## What you'll need:

- 1 large onion, sliced
- 2 cloves garlic, chopped
- 1 tsp olive oil or butter (optional)
- 2 large carrots, sliced
- 1 courgette, sliced
- 200g green beans
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 1/2 small cauliflower, cut into bite size chunks
- 1/2 small broccoli, cut into bite size chunks
- 1/2 medium any cabbage, sliced into bite sized chunks
- 1 tin chopped tomatoes with herbs
- 4 tbsp tomato puree
- 1/2 -1 tsp mixed herbs
- 3 or 4 vegetable stock cubes or stock of your choice
- 3 bay leaves



## How to make it:

1. Heat oil in a large pan, place the onions and garlic and cook over a medium heat for 3 mins.
2. Add carrot, cabbage, cauliflower and broccoli with a little splash of water, just so it doesn't stick or burn and cook for about 5-10 mins.
3. Now add in all the other ingredients along with 600ml of water (more water may be added depending on how much liquid people like) cover with a lid and cook on a medium heat for another 20 mins.
4. Then add in your bay leaves, turn heat down and simmer for the remainder of the time or until vegetables are to your liking. Season to taste

Additionally, try adding in some butter beans or mixed beans as a way of making a healthy and hearty meal.

# Egyptian Courgettes with Dukkha sprinkles

Serves 4, Prep:10 mins, Cook:25 mins

## What you'll need:

- 1 tbsp rapeseed oil
- 2 onions, halved and sliced
- 2 tsp ground coriander
- 2 tsp smoked paprika
- 400g chopped tomatoes
- 2 tsp bouillon vegetable powder
- 2 large courgette, sliced
- 400g can butter beans, drained
- 180g cherry tomatoes
- 160g frozen peas
- 15g coriander, chopped

## For the Dukkha:

- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tbsp sesame seeds
- 25g flaked almonds

## How to make it:

1. Heat oil in a large non-stick pan and fry onions for 5 mins, stir in ground coriander and paprika, then add the chopped tomatoes.
2. Fill the tomato tin with cold water and also add that to the pan. Add the vegetable powder, courgettes, then cover and cook for 6-10 mins.
3. Meanwhile, make the Dukkha. Warm the whole spices, sesame seeds and almonds in a pan until aromatic, stirring frequently, then remove from the heat & pan.
4. Add the butter beans, tomatoes and peas to the courgettes and cover and cook for 5 more mins.
5. Stir in the coriander, then spoon into bowls.
6. Crush the spices and almond using a pestle and mortar, or back of a spoon/rolling pin if you don't have a pestle and mortar, then scatter on top and serve.





# Chocolate Brownies

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Serves 12, Prep:15 mins, Cook:40 mins

## What you'll need:

- 2 tbsp ground flaxseed
- 200g dark chocolate, roughly chopped
- 1/2 tsp coffee granules
- 80g vegan margarine, plus extra for greasing
- 125g self-raising flour
- 70g ground almonds
- 50g cocoa powder
- 1/4tsp baking powder
- 250g golden caster sugar
- 1 1/2 tsp vanilla extract



## How to make it:

- 1.Heat oven to 170c/150c fan/gas 3 1/2.
- 2.Grease and line a 20cm square tin with parchment.
- 3.Combine the flaxseed with 6 tbsp water and set aside for at least 5 minutes.
- 4.In a pan, melt the chocolate, coffee, margarine and 60ml water on a low heat. Allow to cool slightly.
- 5.In a bowl place the flour, almonds, cocoa, baking powder and 1/4 tsp salt and mix together, making sure there are no lumps.
- 6.Use a hand whisk, mix the sugar into the melted ingredients and beat until smooth and glossy.
- 7.Now stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.
- 8.Bake for 35-45 mins until skewer inserted in the middle comes out clean with moist crumbs.
- 9.Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within 3 days.

# Lemon Cake

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Serves 12, Prep:15 mins, Cook:30 mins, plus allow for cooling time

## What you'll need:

100ml vegetable oil, plus extra to grease the tin

275g self-raising flour

200g golden caster sugar

1 tsp baking powder

1 lemon, zested, 1/2 juiced



## For the icing:

150g icing sugar

1/2 lemon, juiced

## How to make it:

1. Heat oven to 200c/180c fan/gas 6. oil a 1lb loaf tin and line it with parchment. In a bowl mix together the flour, sugar, baking powder and lemon zest.
2. Add the oil, lemon juice and 170ml of cold water then mix until smooth.
3. Pour mixture into the lined tin. Bake for 30 mins or until a skewer comes out clean. Cool for 10 mins, then remove and place on a wire rack
4. For the icing, sieve the icing sugar into a bowl, mix in just enough lemon juice to make the icing thick enough to pour over the cooled cake. If it is too thin it will just run off cake.
5. Slice and serve.

**The recipes featured in this book use a number of store cupboard staple ingredients - we'd suggest keeping the following items in your cupboards and freezer so you can easily make the dishes featured as well as many other tasty and healthy meals.**

1. Tinned tomatoes in juice: a great versatile ingredient, used as a base for many dishes.
3. Herbs and spices: adding flavour is important when it comes to cooking with less salt. Dried herbs and spices are an inexpensive way of doing that and have the advantage of keeping for a while if they are kept well sealed and out of direct sunlight.
5. Whole wheat pasta: higher in fibre than white pasta, whole wheat pasta is a filling choice and will keep for a long time in your cupboard ready for a quick evening meal. Use it as a starchy accompaniment for main meals as well as having it cold in pasta salads.
6. Onions: a basic ingredient that contributes towards your five a day, onions are a versatile ingredient. They keep well stored in a cool, dark place without needing to be refrigerated.
7. Tinned pulses: pulses are a good ingredient to bulk out meat dishes as well as being a vegetarian source of protein. Dried pulses keep well too but when they are tinned in water they are ready to eat making them a quick and easy choice.
8. Plain flour: a bag of plain flour can be useful for making pancakes and scones.
9. Potatoes: whether they are baking potatoes, sweet potatoes or new potatoes, these root vegetables keep well when stored in a cool, dark place.
10. Tinned fruit in juice: tinned fruit keeps for ages and will count towards your five a day. During the winter it can be a good way of getting more exotic fruits in your diet like peaches, apricots and pineapple. Just make sure the fruit is tinned in fruit juice rather than syrup (which is full of sugar).
11. Dried fruit: dried fruits such as sultanas, apricots, figs and dates are all useful for adding sweetness to breakfasts, dried fruit still contributes to your five a day and can also be a source of nutrients like fibre and iron.
12. Frozen peas: frozen vegetables can sometimes have more nutrients in them than fresh and will count towards your five a day. Having a bag of peas in the freezer means you will never be short of a vegetable to serve with your main meals and you can also use defrosted frozen peas as an addition to salads as well as to make a filling soup.
13. Bread: it's always useful to have a sliced loaf of wholegrain bread in the freezer. If you don't get through bread quickly, having it ready sliced means you don't have to defrost the whole thing in one go. Just take out individual slices as and when you need them.



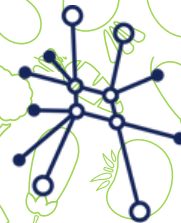
# Top tips for energy-efficient oven cooking

1. Cook in batches: cook as much as possible in the oven in one go to make sure all the space and heat is being used. You can always freeze portions of food to warm up at a later date.
2. Keep the oven closed while you're cooking: when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature. Also, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing.
3. Defrost frozen food in the fridge overnight: defrosting food in advance typically halves the cooking time.
4. Get to know your oven: learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.
5. Pre-boil potatoes before roasting: by doing so you'll reduce the amount of time they take to cook in the oven.
6. Use glass or ceramic dishes: they're the most efficient to use in the oven and can reduce the temperature required for cooking.
7. Use stainless steel skewers: insert them into baked potatoes and other food items to speed up the cooking process.
8. Cut food into smaller pieces: that way it will cook more quickly.
9. Use the fan assist cooking option: this allows you to set the oven at a lower temperature compared to when using the static cooking option.
10. Turn your electric oven off ten minutes before the end of the cooking time: it will still keep to the same temperature for this time period.



*We hope you enjoyed our Mouth-watering Meat Free Meals  
recipe book - visit our website and YouTube for more ideas  
and inspiration*

**[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)**



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