75 recipes

For our health and our planet



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University of West London – The Career University

London Borough of Ealing

NHS Ealing Community Partners

Eating with Ealing

From planet to plate... Its never too late!

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Building with Ealing

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Community Voices

DR NEDA SATTARZADEH

Researcher, Workshop Lead & Academic Supervisor

I guided four MSc students at the early stages of this project. We developed focus groups and explored the cultural influences, barriers and opportunities shaping healthier and more sustainable food choices. From our research, we recognised that meaningful dietary change must reflect people's cultures, traditions and everyday realities. It was rewarding to see students take their learning beyond the classroom and contribute to research with real community impact. I hope the book celebrates Ealing's diversity and shows how community voices can shape practical, culturally relevant approaches to healthier, more planet-friendly eating.

MISBAH MALHI

Co-designer & Planetary Health Volunteer

I've always cared about well-being, people, families and communities and when this project came along, something resonated with me and sparked my curiosity. Collaborating with the team has been such a joy and a learning curve. I have had the privilege and pleasure to learn, create and design recipes that reflect the cultural diversity of our borough and what I've gained is a new perspective and a stronger sense of inspiration and the realisation that change always begins with awareness. I hope this book that we've poured our hearts into will benefit our communities. If it lands with someone and they end up making a tiny change, that's a big win.

BABITA SHUBHACECHANDRA

Community Co-designer

I was born in Africa, grew up in Portugal and am now in the UK. I'm of Indian origin, and this has made my journey so much richer and more interesting. I absolutely love cooking and trying new things. I love eating too of course! I'm always thinking of ways to make food interesting, varied and healthy. Growing up, there was never anything wasted - leftovers would always be turned into a new dish. Cooking and eating in a healthy, sustainable, planetary way is important not only for me, but for my family, friends and community. On an individual level - your health. On a community level - the pressure on resources is lowered. On a global level - the pressure on the environment. These may look like small changes, but they affect and impact all of us. If each of us makes that small change, imagine what we can do!

SHANNON BU

Co-designer & Recipe Developer

The food I grew up eating, the dishes prepared by mothers, grandmothers and families, shaped the taste and identity. Those meals carry memory, culture and belonging. As a culinary student, I once believed sustainability meant compromise, sacrifice, loss, lifestyle change. Planetary health does not ask us to give up the food we love. It asks us to cook with greater awareness. Meaningful change begins at home, in everyday meals, where small, intentional choices become a legacy for the future. By working with culture rather than against it, everyday cooking becomes part of the solution — one recipe at a time.

DR PETER CROSS

Recipe Development Lead

The project reinforced how important it is to make healthy and sustainable food work for people in their everyday lives. It highlighted the importance of culture, tradition, accessibility and confidence in the kitchen and gave me the opportunity to hear directly about people's experiences of food and cooking at home. I worked with students to cook, test and carefully adapt community recipes into plant-forward versions, while retaining the flavours and cultural identity of the original dishes.

DR AMALIA TSIAMI

Researcher, Recipe Developer and Project Lead

As a researcher and nutritionist, I am passionate about turning scientific knowledge into practical ways to improve people's health and protect our planet. Having worked at the University of West London for 22 years, I understand Ealing's diverse community and the importance of cooking skills, affordability and culture in making healthier food choices. I hope this book creates a ripple effect, inspiring communities, chefs and the wider food industry to make healthy, sustainable eating more accessible and contribute towards reducing health inequalities.

Introduction

Food brings people together across cultures and generations. A meal shared, a seed planted — food is a powerful way to protect our health, build stronger communities and care for our planet. Making small changes to our diets and the food we eat has potential to make a positive difference to our own wellbeing, communities and the planet. This does not need to come with changing our meals entirely.

Eating with Ealing celebrates the traditional foods and flavours found across the borough, carefully adapting community recipes to plant-forward and planet-friendly versions. In this book you will learn that eating a healthy and sustainable diet is not about giving up the foods we love, but discovering new possibilities, making the most of familiar ingredients and finding approaches that work for everyday life.

Why healthy, sustainable eating matters

Diets rich in vegetables, fruit, beans, wholegrains, nuts and other plant foods can support our health and reduce the environmental impact of our food choices. The EAT-Lancet Commission brings together research on food, climate and health to show how we can feed a growing global population more sustainably. Its 2025 report explains that if we all ate a largely plant-based diet, we could reduce the amount of Earth's resources that are used to produce food, and grow more food on the land we have. Eating more plant foods would also improve our health, reducing the risk of obesity, heart conditions and some cancers.

So, how can we improve the health of our community? For healthy, sustainable eating to become part of everyday life, plant-based food needs to be accessible, affordable, convenient and enjoyable. Change is needed across the food system, and our community should be at the heart of it.

Building on Ealing's food cultures

Ealing is home to a rich mix of cultures, cuisines and food traditions... and plant-forward eating isn't new! Many communities across the borough already have strong traditions of plant-based eating, something we heard often during our workshops. There is inspiration to be found locally and around the world, from Jamaican Ital food and the plant-based traditions of Eritrean and Ethiopian communities, to India's large vegetarian population. Ealing's food cultures offer a wealth of knowledge, recipes and ideas that we can celebrate and learn from.

Healthy and sustainable eating is likely to look different from one household to another - there is no single cuisine, recipe or approach that works for everyone. The recipes in this book set out to help you include more plant foods into everyday meals.

Research

We ran 14 community workshops across Ealing's Seven Towns. We asked the community what matters most when it comes to food, health and the environment.

Co-design

We worked with a group of co-designers to build a plant-forward recipe book. It was important to us that the information and recipes included drew on local knowledge and experience.

Recipes

The recipes included in this book have been shared by community members and carefully adapted to a plant-forward and planet friendly version, keeping their flavours and cultural identity.

Learning with Ealing

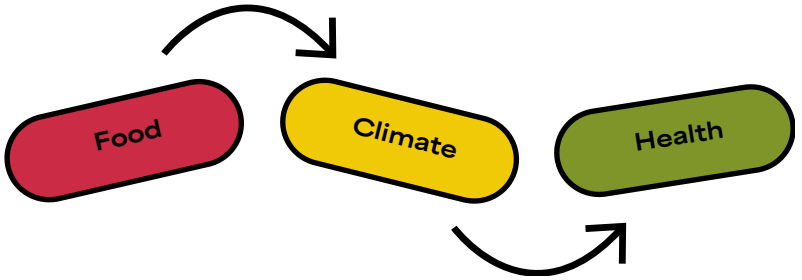
14 — 39

Food, Climate & Health

We often think about human health and environmental health as separate things. But the two are closely connected. The air we breathe, the water we drink, the food we eat, and the places we live all play an important role in our health and wellbeing.

Planetary health is an evolving science that focuses on how environmental changes affect human health. It is about ensuring we have healthy air, water, food and land for now and generations to come, by working towards actions that protect the Earth's natural systems.

Planetary health teaches us that our own wellbeing is intertwined with the health of the planet. Understanding and addressing topics like climate change, natural disasters, shifts in biodiversity and changing food systems are important for healthy people and a healthy planet.





Climate change is a health issue

When we hear the words climate change, we might think about hotter summers and extreme weather. But climate change is also a health issue. For example, more frequent heatwaves put additional stress on the body and increase the risk of serious illness. Flooding and storms can cause injury, and affect people's mental health. Poor air quality can worsen asthma and symptoms of long term health conditions.

Who is affected most?

Ealing is likely to experience some of these changing risks, including more extreme heat and an increased risk of flooding. However, climate-related health risks are not experienced equally. Our age, health, housing, income, work and access to green space and other resources can all influence how vulnerable we are.

Some groups are more vulnerable to the health impacts of extreme heat. These include babies and young children, older people, pregnant women, people living with existing health conditions, people with serious mental health conditions, people experiencing homelessness, and people whose work involves spending a lot of time outdoors or doing physical work.

Rising temperatures and heatwaves
Hotter temperatures can cause dehydration, heat exhaustion and heatstroke, and can worsen cardiovascular, respiratory and other existing health conditions. Extreme heat can also affect sleep, wellbeing and mental health.



Extreme weather, flooding and drought
Flooding and storms can cause injury, disrupt homes and essential services, and affect mental health. Flooding can also affect water quality and increase the risk of exposure to contaminated water. Drought can put pressure on water supplies, food production and the natural environment.



Air quality and allergens
Climate change can interact with air pollution and can contribute to conditions that increase exposure to harmful substances and allergens in the air. Poor air quality can affect the heart and lungs and can worsen conditions such as asthma. Changes in temperature and seasons can also affect pollen and other allergens.



Food and nutrition
Climate change can disrupt food production and supply chains, affecting the availability, affordability, quality and diversity of food. This can make it harder for some people to access a healthy and nutritious diet and can contribute to food insecurity.



Water and infectious disease
Changes in temperature, rainfall and water availability can affect the spread of some infectious diseases. Flooding and disruption to water and sanitation systems can also increase risks associated with contaminated water and food.



Mental health and wellbeing
People often experience stress, grief or trauma following extreme weather events based on the widespread impact and devastation. Eco-anxiety is also a growing issue, particularly among young adults.



Cool Spaces: Places to stay cool

Cool Spaces are indoor public places where people can go for relief from extreme heat. In Ealing, local venues can register as Cool Spaces, helping residents identify welcoming places where they can stay cool and safe during a heatwave.

Mahaba Cafe in West Ealing, provides a community space where people can find respite from the heat. Places like this can play an important role in building local resilience and provide a welcoming place where people can connect with others.

Do you have a space that could help? Find out more and register your location through the Cool Spaces programme.



Be a Buddy: Look out for others

Some people are more vulnerable to the health impacts of extreme heat, particularly older people living with long-term health conditions, and those who are socially isolated.

When it's hot, be a buddy. Check in on neighbours, friends and family who are more vulnerable. Make sure they know how to keep cool, have access to water, and can get to a cool place if needed.

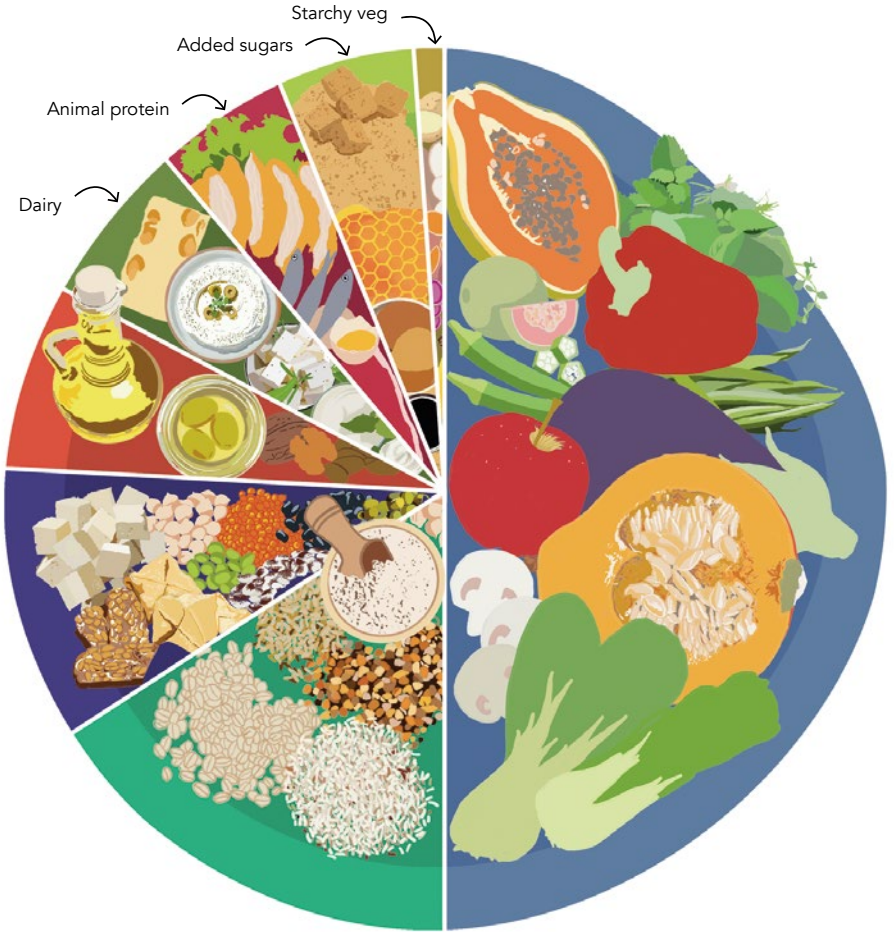
Community support can make a real difference. In New York City, the Be a Buddy programme connects local volunteers with residents who are particularly vulnerable to extreme heat, helping with wellness checks and access to essential services. It shows how strong, trusted community networks can help people stay safe as our climate gets hotter and hotter.



Ealing's Plant-forward Plate

A plant-forward diet is associated with good health and has a low environmental impact. Keeping red and processed meat to smaller amounts is important to reduce health risks, such as cardiovascular disease and type 2 diabetes.

Ealing's Plant Forward Plate is built around enjoying more whole, plant-based foods such as vegetables, fruit, wholegrains, beans, lentils, nuts and seeds. Animal-sourced foods like dairy, fish, eggs and meat, still have a small place on the plate, but the emphasis is on balance and proportion. Most importantly, eating plant-forward works for different cultures, budgets, tastes and lifestyles.





Enjoy plenty of...

Vegetables and fruits
Vegetables and fruit make up 50% of the plate and should be the biggest part of your meal. Fill your plate with plenty of variety – from okra, aubergines and leafy greens to mangoes and bananas. Aim for at least five portions a day and eat the rainbow! Choosing different colours is a simple way to get a wider variety of fibre, vitamins and other nutrients.

Wholegrains
Wholegrains are exactly as they sound – they contain all parts of the grain. This means that wholegrains retain more fibre, vitamins and minerals than refined grains like white rice. They are an important source of carbohydrates, which are our body's main source of energy. Switch to wholemeal chapati or roti, bulgur wheat or brown rice to add more fibre to your plate.

Plant-based protein
Protein is an essential nutrient that the body uses for growth, repair and maintenance of muscles and other body tissues. Plant sources also provide fibre and nutrients such as iron, folate, magnesium and zinc. Aim for 2–3 servings of legumes such as beans, lentils, tofu and chickpeas each day, and 1–2 servings of nuts and seeds. Legumes are used in many traditional plant-based dishes, including dhal, hummus and mujaddara.

Enjoy in moderation...

Unsaturated plant oils
Olive, rapeseed and sunflower oil can be used regularly in cooking, dressings and dips. Use a small drizzle or spoonful when needed, as oils are concentrated sources of energy. They provide unsaturated fats and help absorb vitamins A, D, E and K.

Dairy and alternatives
Dairy foods such as milk, yoghurt, cheese and labneh provide calcium, iodine and vitamin B12. A serving could be a glass of milk, a small pot of yoghurt, or a small piece of cheese. You can also swap dairy for plant-based alternatives, such as soya or oat drinks and yoghurts, which are fortified with vitamins and minerals.

Animal-sourced protein
If animal protein is part of your meals, aim to keep this to around 5% of your diet. Across the week, this looks like around 1 serving of beef, pork or lamb, 2 servings of fish or shellfish, and 2 servings of chicken or other poultry. Serve them alongside plenty of vegetables, wholegrains and plant-based proteins such as beans or lentils.

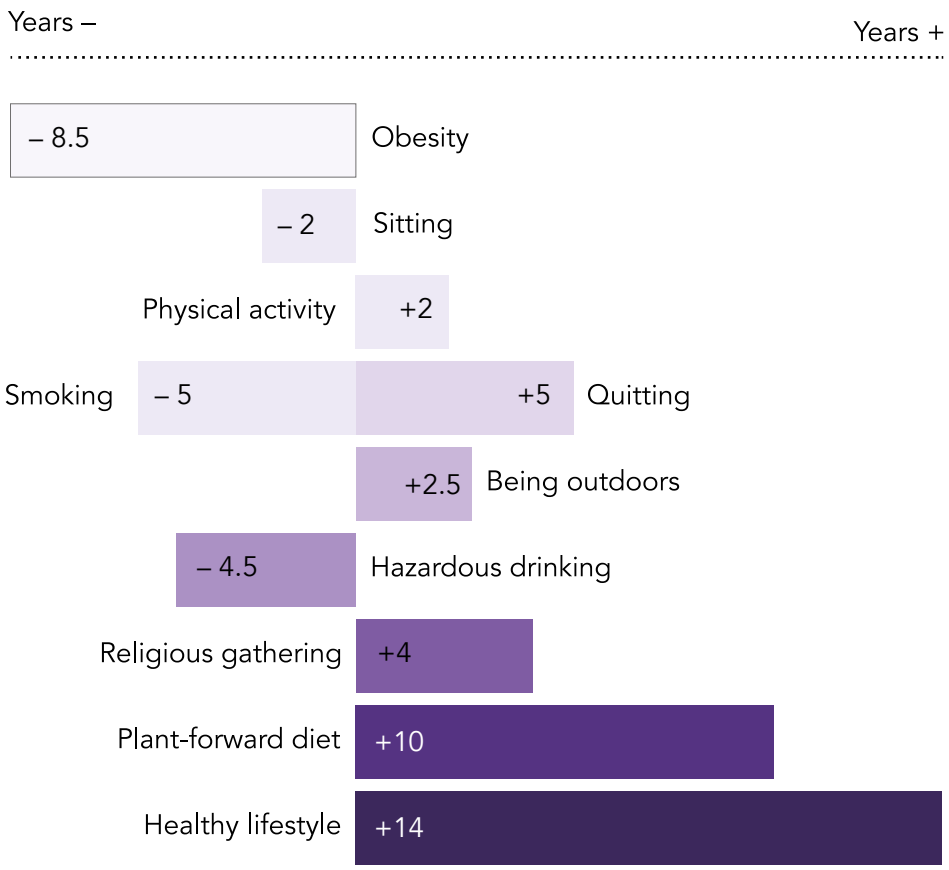
Starchy roots and veg
Starchy vegetables provide important nutrients but are relatively energy-dense, so are best eaten in smaller portions. A portion looks like 1 small potato, ½ a large sweet potato, or a small serving of yam or cassava.

Added sugars
Added sugars provide energy and relatively few vitamins and minerals compared with the other food groups. They can still be part of culturally important foods and celebrations, such as baklava, mithai, cakes and puddings, so enjoy occasionally rather than as everyday staples.

Healthy People

Eating a plant-rich, balanced diet can protect our long-term health. People who follow plant-based diets have a lower risk of chronic conditions and tend to live longer, healthier lives. There are many benefits to plant-forward eating, and in this section we will be exploring all the ways it can improve our health.

What actions could increase your lifespan and longevity?



Recent estimates suggest that globally, around 11 million early deaths could be avoided each year by following a sustainable and healthy diet, high in plant-based foods and low in red meat and dairy products.

Type 2 Diabetes

Plant-forward diets are associated with lower type 2 diabetes risk. Some studies suggest that eating plant-based can reduce your risk of developing Type 2 Diabetes by up to 40%.

Small, simple changes to everyday meals, like eating more beans, lentils, vegetables, or choosing wholegrain rice and pasta, can reduce your risk.

Why does this matter in Ealing?

Type 2 diabetes affects 1 in 10 adults in Ealing, around 35,000 people.

Over 700 people are diagnosed with diabetes in Ealing every year.

Our calculations suggest that if half of residents started eating plant-forward, thousands of diagnoses could be prevented over the next 10 years!

Healthier Living

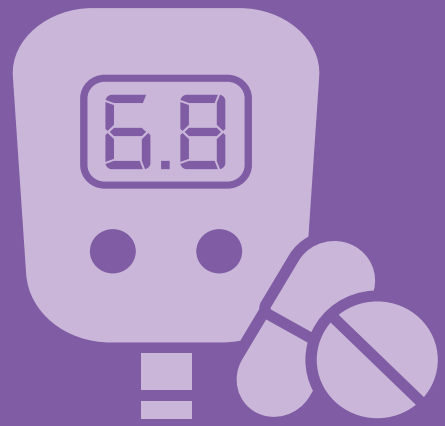
If you have Type 2 Diabetes, what you eat can improve blood sugar levels (HbA1c) and help maintain a healthy weight.

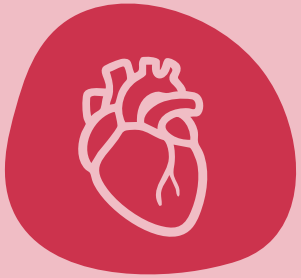
The Diabetes Health and Wellness Coaching programme offers one-to-one support to help you make realistic, lasting changes to your health and wellbeing.

Whether it's becoming more active or adding more plants to your plate, a coach can help you take small steps towards a healthier lifestyle.

If you live with Type 2 Diabetes in Ealing and would like support, you can refer yourself to the programme.

Find out more or make a referral:
www.westlondon.nhs.uk/diabetescoaching





Heart Health

Eating more plant-based foods helps manage your weight, lowers blood pressure, and reduces harmful cholesterol levels. People who follow vegetarian or vegan diets tend to have around 15% lower risk of developing cardiovascular disease compared with non-vegetarian diets.



Mental Wellbeing

Your brain needs a wide range of nutrients to function well. Folate, magnesium, iron and B vitamins are found in leafy green vegetables and legumes. Nuts, seeds and unsaturated plant oils, like olive oil, provide unsaturated fats. Food doesn't just nourish your body – it can also play a role in how you feel. There is increasing research that suggests plant-based diets can reduce the risk of depression.



Cancer

Cancer Research UK estimates that around 4 in 10 cancer cases in the UK could be prevented. Eating a balanced diet, maintaining a healthy weight and reducing processed meat consumption are important ways to reduce our risk. Fibre-rich foods are important, as eating more fibre is associated with a lower risk of bowel cancer.



Gut Health

Your gut is home to trillions of microbes that play an important role in digestion, metabolism and immunity. Eating a variety of wholegrains, beans, nuts and seeds, helps nourish these microbes. Fermented foods, like sauerkraut, vegan kimchi, and live yoghurts, can also introduce new, beneficial microbes into your diet.

Physical Activity

A plant-based diet can support strength, endurance, muscle building and recovery. Wholegrains, beans, lentils, vegetables and other fibre-rich foods provide sustained energy, while protein and healthy fats help keep meals satisfying. Eating well supports an active lifestyle, helping you stay strong, social and independent as you age. Aim for 150+ minutes of physical activity across the week.



Let's Go Southall

Walking and cycling are simple ways to improve our physical health, support mental wellbeing and connect with others.

When Satish Kumar joined Let's Go Southall, he was managing diabetes, weight concerns and an inactive lifestyle. He became more active, started walking further and noticed improvements in health and wellbeing.

"Before, I wasn't exercising and now I play tennis for 2 hours and table tennis for an hour and walk more often. I would rather better my health through Let's Go Southall than be on medication."

Walking and cycling for everyday journeys are great ways to help us stay active while reducing car use, traffic-related air pollution and carbon emissions, and welcoming, community activities can help feel motivated to keep moving.

Visit Let's Go Southall to explore local fitness activities, group cycle rides and opportunities to get active: www.letsgosouthall.org.uk

Healthy Planet

Eating more plant foods supports a healthier planet and a fairer food system. Growing, producing, processing and transporting food all contribute to greenhouse gas emissions, while the food system itself depends on healthy land, water and ecosystems. When we choose foods that put less pressure on our air, water, and soil, we help protect and restore natural systems that are essential for our health and the environment.

Three useful ways to understand the impact on our planet, is by comparing water use, greenhouse gas emissions and land use. Some foods require much more of these resources than others! Animal products like red meat and dairy have much higher land, water and greenhouse gas footprints than many plant-based foods like vegetables, beans, lentils and tofu.

Water usage

4
Blocks of cheese

→

5,606L
Running 37 baths

Greenhouse gas emissions

10
Beef burgers

→

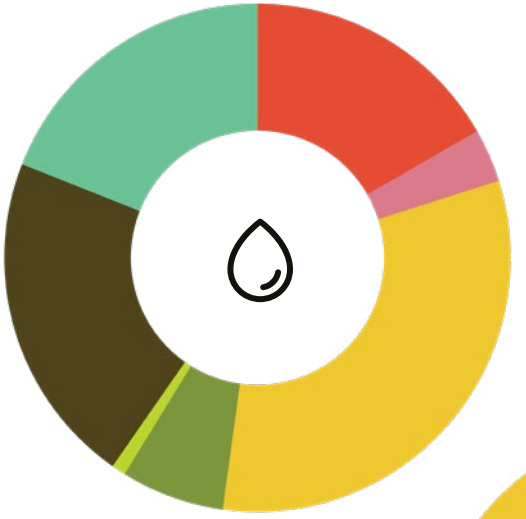
480CO_2e
Driving from Ealing to Edinburgh

Land use

8
Lamb chops

→

740m^2
3 tennis courts worth of land

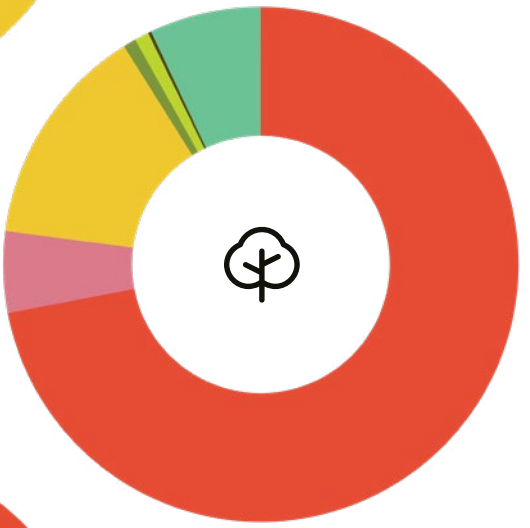


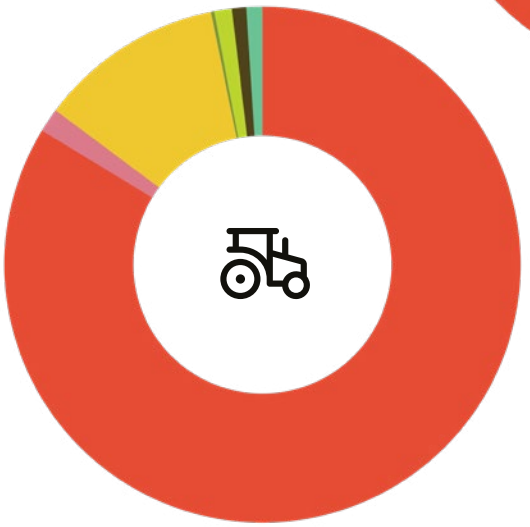
Water use

Red meat	16.7%
Poultry	3.4%
Dairy	32.1%
Fruit and veg	6.6%
Legumes	0.9%
Nuts	21.3%
Fish	19%

Greenhouse gas emissions

Red meat	71.9%
Poultry	5.1%
Dairy	14%
Fruit and veg	0.8%
Legumes	0.9%
Nuts	0.2%
Fish	7%





Land use

Red meat	83.7%
Poultry	1.5%
Dairy	11.6%
Fruit and veg	0.2%
Legumes	1.1%
Nuts	0.9%
Fish	1%

The pie charts compare the relative water, greenhouse gas emissions and land use of different food groups to produce 1kg of food.

Food waste

Everyday in the UK, we waste 20 million slices of bread. Using up leftovers, planning meals ahead of time and sharing surplus with those who need it most, helps to avoid food ending up in landfill. Fruit and vegetable scraps that cannot be eaten can be composted, returning nutrients to the soil rather than being wasted and contributing to avoidable greenhouse gas emissions.

Waste by food type

7% Meat, poultry & fish

10% Milk, eggs & nuts

16%
Fruit

18%
Starchy roots

24%
Vegetables

25%
Cereals & Grains

Our food waste is used to generate electricity to power homes and the local community. It also produces a fertiliser that can be used in farming.

Ealing Council provide free food waste caddies for residents. Your caddy can sit on your worktop or inside a kitchen cupboard.

Fruit and veg peelings, tea bags and coffee grounds, breads, dairy, fish and egg shells as well as meat and bones, can all be put in your caddy. Ealing Council provide helpful information on their website, including your scheduled collection days.

Line your caddy with newspaper to save on plastic bags and save money ordering special caddy liners. Remember not to let it get too full before emptying it!



Community Growing

Community gardening can help us care for nature all year round. Spending time in gardens and green spaces is associated with better mental, social and physical health.

MindFood offers free gardening, mindfulness and creative activities for people experiencing mental health challenges. Learn to grow fruit, vegetables, herbs and flowers in a welcoming, supportive environment, and build a community of like-minded MindFooders. Visit MindFood to explore free courses at Hanger Lane and Horsenden Farm allotments: www.mindfood.org.uk

Ealing Transition manages Village Park Community Allotment in South Ealing. Tenants come together for monthly gardening sessions, learn food-growing skills, and share surplus produce with charities. They also join with local residents to enjoy community events like pizza days using home-grown produce. If you are local to the plot, find out more and get involved: www.ealingtransition.org.uk



Ealing Farmers' Market

Ealing Farmers' Market helps residents access fresh, seasonal produce. Root veg in January, wild garlic in March, asparagus and strawberries in May. Shopping seasonally can help you discover new foods and eat a more varied diet.

Beyond the food itself, the market is a valuable community space. Supporting local growers encourages a more resilient food. Through promoting fresh, seasonal produce and community engagement, Ealing Farmers' Market demonstrates how local food initiatives can help create a healthier, fairer and more sustainable future for people and the planet.

Visit Ealing Farmers Market every Saturday. Bring your own bags and food containers to save plastic: www.lfm.org.uk



Sharing with Ealing

How to use these recipes

Getting Started

These recipes are designed to make plant-forward cooking simple and enjoyable. Use them as inspiration, adapt them to your tastes and make the most of what you have available. Each recipe includes preparation and cooking times, serving sizes and nutritional information alongside estimated environmental footprints to help you understand the impact of the dish.

Protein swaps

To swap red meat, poultry or fish with plant protein, think about the texture and flavour of the original dish. Choose ingredients that will work in a similar way.

- Red meat: Kidney beans, black beans or mushrooms to soak up flavour.
- Mince meat: Try lentils, black beans or crumbled tofu.
- Chicken or turkey: Butter beans, mushrooms and tofu work well.
- Fish: Marinate your tofu, or use light beans like butter beans and chickpeas.

People following plant-based diets should supplement with vitamin B12.

Swap ingredients by family

You can swap vegetables by family. Generally this helps to reduce the cost of your meals as vegetables are cheaper in the UK when in season.

Brassicas
Broccoli ⟷ Cauliflower ⟷ Cabbage ⟷ Bok Choi

Root vegetables
Carrots ⟷ Yam ⟷ Cassava ⟷ Beetroot

Leafy greens
Spinach ⟷ Kale ⟷ Chard ⟷ Spring Greens

Squash
Pumpkin ⟷ Butternut squash ⟷ Courgette

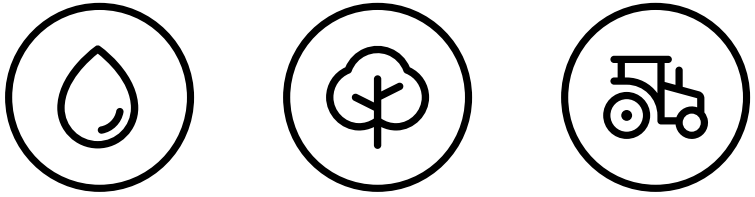
People & Planet

Nutritional needs vary from person to person. This table gives an overall picture of the UK nutritional daily reference amounts for an average adult.

You'll see a table similar to the one below throughout the recipes.

Nutrient	Daily reference	Why it matters
Calories	2000 kcal	Provides energy and supports body function.
Protein	50 g	Growth, maintenance and repair of body issues.
Fat	70 g	Provides energy and supports body function.
Saturated fat	20 g	Limiting intake maintains healthy cholesterol levels.
Carbohydrate	260 g	An important source of energy.
Sugars	90 g	Most should come from natural sugars.
Salt	6 g	Limiting salt maintains healthy blood pressure.
Fibre	30 g	Supports digestion and healthy bowel function.

Alongside the nutritional information, each recipe includes an environmental figure to help you understand its impact on the planet.



	Water use (L)	GHG emissions (CO_2)	Land use (m^2/year)
🟢	0 - 442	0 - 4	0 - 4
🟡	443 - 659	5 - 6	5
🔴	660+	7+	6+

Plant-forward everyday meals



Black Beans with Quinoa

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
2 x 400 g cans black beans, drained and rinsed	Calories:	402 kcal
1 red pepper, diced	Protein:	7 g
1 green pepper, diced	Fat:	11 g
1 red onion, diced	Saturated fat:	2 g
2 tbsp vegetable oil	Carbohydrates:	75 g
1 tsp all-purpose seasoning (dried garlic, onion, paprika, black pepper and dried herbs)	Sugars:	6 g
	Salt:	<2 g
1/2 tsp black pepper	Fibre:	3 g
Pinch of salt, or to taste		
300 g quinoa		
600 ml water		

34L | 0kg CO_2 | 0m²/year

Method **Prep 10 minutes | Cook 20 minutes**

1. Cook quinoa for 12-15 minutes, or according to packet instructions.
2. Fry onion and peppers in oil for 6-8 minutes.
3. Add beans, seasoning and pepper; cook for 5-7 minutes. Add salt if needed.
4. Remove from heat and serve with cooked quinoa.

Serving suggestion: Serve with lime wedges, chopped coriander and a crisp green salad.

Dried black beans are usually cheaper, but they need soaking overnight before cooking. Cook extra portions and refrigerate it for salads, wraps or grain bowls the following day.



Golden Squash and Legume Masala

Ingredients | Serves 4 | £1.25pp	**People & Planet |** Per Portion	
700 g butternut squash, peeled and cubed	Calories:	535 kcal
400 g cooked chickpeas or 1 x 400g can, drained and rinsed	Protein:	29 g
400 g can chopped tomatoes	Fat:	14 g
250 g black puy lentils	Saturated fat:	2 g
400 g can coconut milk	Carbohydrates:	80 g
1 tsp cumin seeds	Sugars:	20 g
1/4 tsp chilli flakes	Salt:	2 g
1 tsp black pepper	Fibre:	27 g
1 1/2 tsp salt, adjust to taste		
1/2 tsp turmeric		
1 tsp chilli powder		
2 tbsp cooking oil		
1 onion, finely chopped		
3 garlic cloves		
1 inch ginger, grated		
	16L	2kg CO_2 5m²/year

Method **Prep 20 minutes | Cook 50 minutes**

1. Preheat oven to 200°C. Toss squash with oil, cumin seeds, chilli flakes, salt and black pepper. Roast for 30 minutes until golden and tender.
2. Heat oil and saute onion, garlic and ginger until soft.
3. Add turmeric and chilli powder; stir for 2-3 minutes.
4. Add chopped tomatoes and cook for 4-5 minutes.
5. Add chickpeas, lentils and coconut milk. Simmer gently for 20-25 minutes.
6. Fold in half the roasted squash and use the rest to top the curry. Garnish with coriander.

Serving suggestion: Serve with brown rice, flatbread, fresh coriander and a spoonful of unsweetened plant-based yogurt.

Blend leftover masala with vegetable stock to make a warming soup. Add extra greens or cooked vegetables that need using up.



Vegetable Khichdi

Ingredients | Serves 4 | £0.45pp

200g rice
150g split yellow moong dal
1 medium carrot, chopped
1 small potato, chopped
75g green peas
75g French beans, chopped
1 medium onion, finely chopped
1 tbsp grated ginger or ginger paste
4-5 garlic cloves, finely chopped
1 tsp cumin seeds
1/2 tsp turmeric
1/2 tsp black pepper
1 tsp coriander powder
1/2 tsp garam masala
1 tsp salt
2 tbsp vegetable oil
Water, as needed

People & Planet | Per Portion

Calories:	429 kcal
Protein:	16 g
Fat:	11 g
Saturated fat:	2 g
Carbohydrates:	72 g
Sugars:	5 g
Salt:	2.5 g
Fibre:	13 g

54L | 1kg CO_2 | 1m²/year

Method **Prep 20 minutes | Cook 50 minutes**

1. Heat the oil in a pressure cooker or heavy-based saucepan. Add the cumin seeds and let them crackle.
2. Add the ginger, garlic and onion. Cook until soft and lightly golden.
3. Add the vegetables, turmeric, black pepper, coriander powder and salt. Cook for 2-3 minutes.
4. Rinse the rice and dal together until the water runs clear. Add them to the pan and stir for 1-2 minutes.
5. Add enough water for a soft, porridge-like consistency. Pressure cook for 3-4 whistles, or cover and simmer for 30-35 minutes, adding more water if needed.
6. Stir in the garam masala and simmer uncovered for 2-3 minutes. Mash lightly for a creamy texture.
7. Taste, adjust the salt and consistency, and serve hot.

Serving suggestion: Serve with plant-based yogurt, pickle, fresh coriander and a simple cucumber salad.



One-Tray Mexican Seitan

Ingredients | Serves 3 - 4 | £1.65pp	**People & Planet |** Per Portion	
1 block seitan (about 250-300 g), torn and chopped into pieces	Calories:	591 kcal
1 yellow onion, sliced	Protein:	35g
1 red pepper, sliced	Fat:	7g
1 large carrot, cut into thin batons	Saturated fat:	1g
1 red chilli, sliced, optional	Carbohydrates:	96g
1 lime, cut into wedges	Sugars:	10g
1 x 400 g can black beans, drained and rinsed	Salt:	2g
2 garlic cloves, finely chopped	Fibre:	18g
1 tsp chilli powder		
1 tsp ground cumin		
1 tsp smoked paprika		
100 g chipotle paste		
25 g fresh coriander, chopped		
Brown rice or wholewheat tortillas, to serve		
	19L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 20 minutes**

1. Preheat oven to 200°C fan and line a tray.
2. Slice vegetables and scatter across tray with black beans and torn seitan.
3. Add garlic, coriander, spices and chipotle paste. Nestle in lime pieces.
4. Bake for about 20 minutes. Serve with rice or tortillas and salsa.

Serving suggestion: Serve with brown rice or wholewheat tortillas, salsa, avocado and lime wedges.

Seitan is made from wheat gluten and has a close-to-meaty texture once cooked. It packs 75g of protein per 100g - three times more than beef! You can find seitan in the chilled section of the supermarket.



One-Pot Spinach Corn Rice

Ingredients | Serves 4 | £0.55pp	**People & Planet |** Per Portion	
400 g rice	Calories:	558 kcal
1L water	Protein:	12 g
120g spinach, chopped	Fat:	16 g
250g sweetcorn, drained	Saturated fat:	2 g
1 large onion, finely chopped	Carbohydrates:	98 g
4-5 garlic cloves, finely chopped	Sugars:	6 g
1-2 green chillies,	Salt:	1 g
finely chopped, optional	Fibre:	5 g
2 tsp cumin seeds		
1 tsp turmeric		
1 tsp ground cumin, optional		
1-1 1/2 tsp garam masala		
2-3 tbsp vegetable oil		
Salt, to taste		
Lemon juice, to finish		
	12L	1kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 25 minutes**

1. Rinse rice and soak for 10 minutes if possible.
2. Heat oil, add cumin seeds, garlic, onion and green chilli; cook until soft.
3. Add spinach and cook until wilted; add sweet corn and spices.
4. Add drained rice and mix gently.
5. Add water, bring to a boil, then cover and cook on low for 15-18 minutes. Keeping the lid on during cooking traps steam and helps the rice cook evenly.
6. Turn off the heat and rest for 5 minutes. Keep the lid on while the rice is resting so the grains settle, then fluff with a fork before serving.

Serving suggestion: Serve with rice or quinoa, lime wedges, chopped coriander and a crisp green salad.

Finish the dish with lemon juice: vitamin C can help the body absorb the iron found in spinach and other plant foods.



Moong Dal *Yellow Split Moong Lentils*

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
200 g yellow split moong lentils	Calories:	402 kcal
1/2 tsp turmeric	Protein:	7 g
1 tsp salt, or to taste	Fat:	11 g
750 ml water	Saturated fat:	2 g
1 medium onion, finely chopped	Carbohydrates:	75 g
1 tsp garlic and ginger paste	Sugars:	6 g
1/2 tsp cumin seeds	Salt:	1 g
1-3 green chillies, finely chopped	Fibre:	3 g
25 g fresh coriander, chopped		
1 tbsp vegetable oil		
	34L	0kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 30 minutes**

1. Wash the moong dal thoroughly.
2. Add dal, water, turmeric and salt to a pot. Boil 20-25 minutes until soft.
3. To prepare tarka, heat the oil and add cumin, onion, garlic, ginger and green chilli until golden.
4. Add the tarka to the dal and simmer for 5 minutes.
5. Serve warm with coriander.

Serving suggestion: Serve with rice or quinoa, lime wedges, chopped coriander and a crisp green salad.

Split moong dal does not require soaking, but soaking it for 20-30 minutes can shorten the cooking time and create a softer texture.



Vegetable Biryani

Ingredients | Serves 4 | £0.85pp

400 g basmati rice
300 g mixed vegetables, cut into small pieces
1 large onion, thinly sliced
2 tomatoes, chopped
120 g unsweetened plant-based yogurt
1 tbsp garlic and ginger paste
1/2 tsp biryani masala
1-3 green chillies, sliced, optional
1/2 tsp turmeric
1 1/2 tsp salt, or to taste
30 g fresh mint, chopped
30 g fresh coriander, chopped
2 tsp mixed whole spices, such as cumin, cardamom and cloves
3 tbsp vegetable oil

People & Planet | Per Portion

Calories:	604 kcal
Protein:	13 g
Fat:	17 g
Saturated fat:	2 g
Carbohydrates:	104 g
Sugars:	11g
Salt:	3 g
Fibre:	7 g

44L | 1kg CO_2 | 1m²/year

Method **Prep 25 minutes | Cook 35 minutes**

1. Wash rice and soak for 20 minutes.
2. Heat oil and fry onions until golden.
3. Add ginger-garlic paste, tomatoes and spices. Cook for 3-4 minutes.
4. Add vegetables and yogurt, then cook for 8-10 minutes.
5. Parboil rice about 70%.
6. Layer rice with vegetable masala, mint and coriander. Cook on low heat for 15 minutes with the lid on.

Serving suggestion: Serve with cucumber salad, mint chutney, mango pickle and unsweetened plant-based yogurt.

Use seasonal vegetables or small amounts of vegetables that need using up, keeping the pieces similar in size so they cook evenly.



Mixed Vegetable Sabzi

Ingredients | Serves 4 | £0.40pp	**People & Planet |** Per Portion	
100 g cauliflower florets	Calories:	131 kcal
150 g potatoes, cubed	Protein:	2 g
65 g carrot, diced	Fat:	8 g
1 tomato, chopped	Saturated fat:	1 g
1 medium onion, sliced	Carbohydrates:	12 g
75 g pepper, diced	Sugars:	5 g
1 tsp red chilli powder	Salt:	1 g
1–3 green chillies, sliced, optional	Fibre:	3 g
½ tsp turmeric		
½ tsp cumin seeds		
1 tsp salt, or to taste		
15 g fresh coriander, chopped		
2 tbsp vegetable oil		
	9L	0kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Heat oil, add cumin and onion until brown.
2. Add potatoes first and cook for 5 minutes.
3. Add other vegetables and spices, cover and cook 10-12 minutes.
4. Add tomato and cook 4-5 minutes on low heat.
5. Garnish with coriander and serve.

Serving suggestion: Serve with wholemeal roti, brown rice, dal and a spoonful of plant-based yogurt.

This dish is a great way to use up leftover vegetables. Pick a range of different coloured vegetables to add a variety of nutrients to your plate.



Garbanzos con Acelgas *Chickpeas with Chard*

Ingredients | Serves 4 | £0.95pp	**People & Planet |** Per Portion	
200 g Swiss chard or spinach	Calories:	316 kcal
400 g cooked chickpeas, drained	Protein:	12 g
1 thick slice stale bread	Fat:	15 g
3 garlic cloves	Saturated fat:	2 g
1 white onion, chopped	Carbohydrates:	36 g
1 green pepper, chopped	Sugars:	8 g
500 g tomatoes, chopped	Salt:	2 g
2 bay leaves	Fibre:	12 g
3 tbsp extra virgin olive oil		
1 tsp ground cumin		
1 tbsp paprika		
1-2 tsp salt, or to taste		
	49L	1kg CO_2 2m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Boil the Swiss chard or spinach for 5 minutes, then add the chickpeas for 4 minutes.
2. Fry the hard bread in 1 tbsp olive oil, then remove and mash with a pestle and mortar.
3. In the same pan, add more olive oil, garlic, onion, pepper and tomatoes. Add cumin and paprika and cook for 5 minutes.
4. Add the fried vegetables to the mortar with the bread. Add salt, a spoon of cooking water and a few chickpeas, then mash to a paste.
5. Stir the paste back into the pot with the chard and chickpeas. Simmer briefly and adjust seasoning.

Serving suggestion: Serve in shallow bowls with crusty bread, lemon wedges and a simple tomato salad.

Mashing a small amount of chickpeas, bread and vegetables together naturally thickens the sauce without adding flour. If you don't have a pestle and mortar - you can use a fork for the same effect.



Jollof Bulgur

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
1 red bell pepper	Calories:	259 kcal
1 medium onion, roughly chopped	Protein:	7 g
1/2 can chopped tomatoes	Fat:	9 g
1 small scotch bonnet chilli	Saturated fat:	1 g
2 tbsp oil	Carbohydrates:	38 g
1 tsp mild curry powder	Sugars:	10 g
1 tsp smoked paprika	Salt:	1 g
1 tsp thyme	Fibre:	8 g
2 bay leaves		
2 tbsp tomato paste		
750 ml vegetable stock		
150 g bulgur wheat		
Salt, to taste		
Handful of runner beans, chopped		
	30L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 35 minutes**

1. Blend red pepper, chopped tomatoes, scotch bonnet and most of the onion.
2. Fry remaining onion in oil until soft.
3. Add curry powder, smoked paprika and thyme and stir until fragrant.
4. Add blended pepper base, bay leaves and tomato paste; simmer covered for about 20 minutes.
5. Add most of the vegetable stock and bring to a boil.
6. Stir in bulgur and salt. Cover and steam on low until tender, adding more stock if needed.
7. Stir in runner beans near the end so they stay bright. Rest and fluff before serving.

Serving suggestion: Serve with roasted vegetables, a fresh slaw, plantain or a crisp green salad.

Cook the blended pepper and tomato mixture until it thickens and the raw flavour has disappeared before adding the stock.



Lentil and Mushroom Ragu

Ingredients | Serves 6 | £0.95pp	**People & Planet |** Per Portion	
500g of cooked green lentils, drained	Calories:	662 kcal
600g mushrooms, finely chopped	Protein:	36 g
2 carrots, diced	Fat:	15 g
1 onion, diced	Saturated fat:	2 g
2 celery sticks, diced	Carbohydrates:	101 g
500 ml low-salt vegetable stock	Sugars:	13 g
2 tbsp tomato puree	Salt:	1 g
1 tbsp soy sauce or tamari	Fibre:	23 g
1 tbsp balsamic vinegar		
2 tbsp vegetable oil		
400-500 g pasta of choice		
1 x 400 g can chopped tomatoes		
1 tbsp extra virgin olive oil		
Nutritional yeast and black pepper, to serve		
	34L	1kg CO_2 / 1m²/year

Method **Prep 20 minutes | Cook 30 minutes**

1. Dice mushrooms, carrots, onion and celery.
2. Cook mushrooms with a pinch of salt, then add soy sauce and black pepper. Cook until liquid evaporates. Stir in washed lentils and turn off heat.
3. In a second pan, heat oil and cook carrots, onion and celery with herbs until softened.
4. Add tomato puree and cook 1 minute, then deglaze with vinegar or wine.
5. Add mushroom and lentil mixture, stock and tinned tomatoes. Simmer for 15 minutes.
6. Boil pasta until al dente. Combine with ragu and extra virgin olive oil.

Serving suggestion: Serve nutritional yeast and black pepper.

Ragu can also be served with polenta, or on top of a baked potato for the perfect mid-week meal.



Jamaican Ital Stew

Ingredients | Serves 4 | £1.10pp	**People & Planet |** Per Portion	
1 tbsp coconut oil	Calories:	234 kcal
1 onion, diced	Protein:	9 g
3 cloves garlic, minced	Fat:	7 g
1 tsp fresh ginger, grated	Saturated fat:	4 g
2 spring onions, sliced	Carbohydrates:	38 g
1 sweet potato, cubed	Sugars:	14 g
1 carrot, sliced	Salt:	2 g
1 red bell pepper, chopped	Fibre:	11 g
1 can kidney beans, drained		
1 can coconut milk		
500 ml vegetable stock		
1 tsp dried thyme		
1 tsp allspice		
1/2 Scotch bonnet chilli, optional		
1 small bunch spinach or callaloo		
Salt and black pepper, to taste		
	35L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 40 minutes**

1. Heat the coconut oil and saute the onion, garlic, ginger and spring onions until softened.
2. Add the sweet potato, carrot and red pepper. Cook for 5 minutes.
3. Stir in the thyme, allspice, kidney beans, coconut milk, stock and Scotch bonnet, if using.
4. Simmer for 25-30 minutes, until the vegetables are tender.
5. Add the spinach or callaloo and cook for a further 5 minutes. Season to taste.

Serving suggestion: Serve with brown rice and peas, quinoa or wholegrain flatbread, with lime on the side.

The mixture of beans, vegetables, herbs and spices adds a wide range of plant foods to one meal.



Trini Channa and Aloo

Ingredients | Serves 4 | £0.50pp	**People & Planet |** Per Portion	
2 tbsp vegetable oil	Calories:	592 kcal
1 onion, finely chopped	Protein:	31 g
3 cloves garlic, minced	Fat:	18 g
1 tbsp curry powder	Saturated fat:	2 g
1 tsp ground cumin	Carbohydrates:	80 g
2 medium potatoes, cubed	Sugars:	6g
2 cans chickpeas, drained (roughly 500g)	Salt:	2 g
400 ml vegetable stock	Fibre:	29 g
1 tsp turmeric		
Fresh coriander, to garnish		
Salt and pepper, to taste		

3L | 1kg CO_2 | 5m²/year

Method **Prep 15 minutes | Cook 30 minutes**

1. Saute the onion and garlic in the oil until golden.
2. Add the curry powder, cumin and turmeric. Cook for 1 minute to release the flavour.
3. Add the potatoes and coat them in the spices.
4. Stir in the chickpeas and vegetable stock.
5. Simmer for 20-25 minutes, until the potatoes are soft and the sauce has thickened.
6. Garnish with fresh coriander.

Serving suggestion: Serve with roti or brown rice, cucumber salad and mango chutney.

Use leftovers as a filling for wraps, patties or baked potatoes, adding a splash of stock when reheating.



Dau Hu Kho To *Vietnamese Braised Tofu*

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
400 g firm tofu	Calories:	242 kcal
2 tbsp vegetable oil	Protein:	16 g
3 cloves garlic, minced	Fat:	16 g
1 shallot, finely chopped	Saturated fat:	2 g
2 tbsp soy sauce	Carbohydrates:	8 g
1 tbsp dark soy sauce	Sugars:	5g
1 tbsp coconut sugar	Salt:	2 g
150 ml water	Fibre:	1 g
1/2 tsp black pepper		
2 spring onions, sliced		
	3L	0kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 25 minutes**

1. Press the tofu briefly with a clean tea towel, then cut into chunks.
2. Pan-fry the tofu in oil until golden on the outside.
3. In the same pan, saute the shallot and garlic until fragrant.
4. Add the coconut sugar and allow it to caramelise slightly.
5. Add the soy sauces, water and black pepper. Return the tofu to the pan.
6. Simmer for 15 minutes, then garnish with spring onions and serve with rice.

Serving suggestion: Serve with steamed rice, pak choi or other greens, sliced spring onions and cucumber.

Allow the sugar to melt and darken only slightly before adding the liquid. If it becomes too dark, the sauce can taste bitter.



Ginataang Kalabasa at Sitaw

Ingredients | Serves 4 | £0.75pp	**People & Planet |** Per Portion	
1 tbsp coconut oil	Calories:	108 kcal
1 onion, finely chopped	Protein:	3 g
3 cloves garlic, minced	Fat:	5 g
500 g pumpkin or	Saturated fat:	4 g
butternut squash, cubed	Carbohydrates:	14 g
200 g green beans, trimmed	Sugars:	12g
400 ml coconut milk	Salt:	2 g
200 ml water	Fibre:	5 g
1 tbsp soy sauce		
Salt and pepper, to taste		
	29L 1kg CO_2 0m²/year	

Method **Prep 15 minutes | Cook 30 minutes**

1. Saute the onion and garlic in coconut oil until softened.
2. Add the squash and cook for 5 minutes.
3. Add the coconut milk, water and soy sauce.
4. Simmer for 15 minutes, until the squash starts to soften.
5. Add the green beans and cook for 10 minutes more.
6. Season to taste and serve with rice.

Serving suggestion: Serve with steamed rice, pak choi or other greens, sliced spring onions and cucumber.

Ginataan refers to Filipino dishes cooked with coconut milk. Add firm tofu along with the squash for extra protein.



Quick, filling and flexible



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Bob Chorba *Bulgarian Bean Soup*

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
250 g dried white beans, soaked overnight, or 2 x 400 g cans cannellini beans, drained and rinsed	Calories:	194 kcal
1 onion, finely chopped	Protein:	8 g
1 carrot, diced	Fat:	11 g
1 red pepper, diced	Saturated fat:	2 g
2 tomatoes, chopped	Carbohydrates:	19 g
2 tbsp sunflower or vegetable oil	Sugars:	8 g
1 tsp paprika	Salt:	3 g
1 tsp dried mint	Fibre:	9 g
1 litre low-salt vegetable stock, plus extra if needed		
Salt and black pepper, to taste		
Fresh parsley, chopped, to garnish	25L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 35 - 60 minutes**

1. If using dried beans, drain after soaking, cover with fresh water and simmer until nearly tender. If using tinned beans, drain and rinse them.
2. Heat the oil in a large saucepan. Add the onion, carrot and red pepper and cook over a medium heat for 6-8 minutes, until softened.
3. Stir in the paprika and tomatoes and cook for 3-4 minutes.
4. Add the beans and vegetable stock. Bring to the boil, reduce the heat and simmer until the beans are tender and the soup is well flavoured.
5. Add the dried mint during the final 5 minutes. Season with salt and black pepper.
6. Ladle into bowls, garnish with parsley and serve hot.

Serving suggestion: Serve with wholemeal bread, or a crisp cabbage salad.

White beans make this simple soup satisfying and nutritious. Tinned beans reduce the cooking time, saving time and energy.



Gram Roll-Up with Beetroot Fritters

Ingredients | Serves 4 | £1.00pp

For the beetroot fritters:
6 small beetroot, peeled and grated
6 small potatoes, coarsely grated
100 g chickpea flour (besan)
1/2 tsp salt and black pepper, to taste
4 tsp vegetable oil, for cooking

For the wrap and filling:
60 g chickpea flour (besan)
4-8 tbsp soya milk, as needed
1 tsp garlic powder, optional
1 tsp chilli flakes, optional
4 tsp oil, for brushing the pan
1 tbsp plus 1 tsp miso paste
60 g shredded lettuce
1 large pepper, thinly sliced
1/2 cucumber, thinly sliced
2 tsp prepared horseradish, or to taste

People & Planet | Per Portion

Calories:	380 kcal
Protein:	14 g
Fat:	9 g
Saturated fat:	1 g
Carbohydrates:	60 g
Sugars:	18 g
Salt:	3 g
Fibre:	13 g

18L | 0kg CO_2 | 1m²/year

Method **Prep 25 minutes | Cook 30 minutes**

1. Combine the grated beetroot and potatoes and leave for 5-10 minutes. Squeeze out the excess liquid, then mix with the chickpea flour, salt and pepper.
2. Heat a large non-stick frying pan with some of the oil. Shape the mixture into 8 small fritters and cook in batches for 4-5 minutes on each side, adding more oil as needed, until crisp and cooked through. Keep warm.
3. Whisk the soya milk with the chickpea flour, garlic powder and chilli flakes, if using, until smooth and pourable.
4. Brush the pan with a little of the remaining oil. Pour in one-quarter of the batter, tilt to spread and cook for 2-3 minutes. Turn and cook for a further 1-2 minutes. Repeat to make 4 wraps, keeping the cooked wraps warm.
5. Spread each wrap with miso. Divide the fritters, lettuce, pepper, cucumber and horseradish between the 4 wraps.
6. Roll each wrap tightly and serve immediately or wrap separately in baking parchment for a portable meal.

Serving suggestion: Increase your 5-a-day by serving with an extra salad.



Sourdough Toast

Ingredients | Serves 4 | £2.65pp	**People & Planet |** Per Portion	
8 thick slices wholemeal sourdough bread	Calories:	430 kcal
600 g firm tofu, drained	Protein:	15 g
200 g hummus	Fat:	32 g
2 ripe avocados	Saturated fat:	7 g
300 g cherry tomatoes, halved	Carbohydrates:	22 g
1 tbsp olive oil	Sugars:	5 g
1/2 tsp salt, or to taste	Salt:	3 g
Za'atar and chilli flakes, to taste	Fibre:	13 g
	196L · 1kg CO_2 · 0m²/year	

Method **Prep 10 minutes | Cook 15 minutes**

1. Toast the sourdough in batches until golden and crisp.
2. Mash the avocados and spread them over the toast, then add the hummus.
3. Heat the oil in a large frying pan. Add the tomatoes and cook for 3-5 minutes, until softened and lightly coloured.
4. Crumble the tofu into the pan and cook over a medium heat for 4-5 minutes, stirring gently, until piping hot and lightly golden.
5. Divide the tofu and tomatoes between the slices of toast. Finish with salt, za'atar and chilli flakes.

Serving suggestion: Serve with fresh salad leaves.

Za'atar adds plenty of flavour with little or no extra salt, and can be mixed in advance from dried herbs, sesame seeds and sumac. Store it in an airtight jar so it is ready to use throughout the year!



Chickpea Scramble

Ingredients | Serves 4 | £1.00pp	**People & Planet |** Per Portion	
100 g chickpea flour (besan)	Calories:	251 kcal
250 ml water	Protein:	13 g
1/2 tsp ground turmeric	Fat:	6 g
1/2 tsp garlic powder, optional	Saturated fat:	1 g
1/2 tsp fine salt, or to taste	Carbohydrates:	38 g
Black pepper, to taste	Sugars:	6 g
2 tbsp vegetable oil	Salt:	2 g
300 g tomatoes, diced	Fibre:	11 g
1 small onion or 3 spring onions, finely sliced, optional		
300 g fresh spinach		
8 slices seeded wholemeal bread		

4L | 0kg CO_2 | 0m²/year

Method **Prep 15 minutes | Cook 15 minutes**

1. Whisk the chickpea flour, water, turmeric, garlic powder, salt and black pepper until smooth. Leave to stand while preparing the vegetables.
2. Heat 1 tbsp of the oil in a large frying pan. Add the tomatoes and onion or spring onions and cook for 3-4 minutes.
3. Add the spinach and cook for 2-3 minutes, until wilted. Transfer the vegetables to a plate and keep warm.
4. Add the remaining oil to the pan. Pour in the chickpea mixture and cook over a medium heat, stirring and folding, for 5-7 minutes until set and lightly browned.
5. Toast the bread and top with the spinach, tomatoes and chickpea scramble. Serve immediately.

Serving suggestion: Serve with sliced avocado, chilli sauce or fresh herbs.



Coconut Black-eyed Beans

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
250 g dried black-eyed or black beans, soaked overnight, or 3 x 400g cans black-eyed beans, drained	Calories:	103 kcal
1 tbsp vegetable oil	Protein:	6 g
Pinch of asafoetida, optional	Fat:	2 g
1 tsp black mustard seeds	Saturated fat:	2 g
5 garlic cloves, finely chopped	Carbohydrates:	13 g
1/2 tsp ground turmeric	Sugars:	4 g
1 tsp ground cumin and coriander blend (dhana jeeru)	Salt:	1 g
1/2 tsp chilli powder, or to taste	Fibre:	5 g
1 tsp sugar or grated jaggery		
100 g creamed coconut, chopped		
4 tbsp passata or chopped tomatoes		
500 ml water		
Salt, to taste		
	0L	0kg CO_2 0m²/year

Method **Prep 15 minutes + Soaking | Cook 40 - 70 minutes**

1. If using dried beans, drain after soaking, cover with fresh water and simmer until tender. If using tinned beans, drain and rinse them.
2. Heat the oil gently in a large saucepan. Add the mustard seeds and asafoetida. When the seeds begin to pop, add the garlic and cook for about 1 minute.
3. Add the cooked beans and enough water or bean cooking liquid to create a loose sauce.
4. Stir in the turmeric, cumin-coriander blend, chilli powder and sugar or jaggery. Cover and simmer for 15-20 minutes.
5. Add the creamed coconut and simmer for a further 8-10 minutes, stirring until it dissolves.
6. Stir in the passata or tomatoes and simmer for another 8-10 minutes, until thick and rich. Season to taste.

Serving suggestion: Serve with quinoa, brown rice, chapatis, or steamed greens.

Rinse tinned beans thoroughly and add salt gradually after reducing the sauce.



Fried Quinoa with Oyster Mushrooms

Ingredients | Serves 4 | £1.50pp	**People & Planet |** Per Portion	
450 g oyster mushrooms	Calories:	660 kcal
1/2 tsp salt	Protein:	13 g
1/2 tsp black pepper	Fat:	18 g
4 tbsp olive or vegetable oil	Saturated fat:	1 g
1 medium white onion, diced	Carbohydrates:	119 g
6 spring onions, sliced	Sugars:	6 g
2 tbsp garlic, finely chopped	Salt:	1 g
900 g chilled cooked quinoa	Fibre:	3 g
4 tbsp reduced-salt soy sauce		
2 tbsp vegetarian oyster sauce or mushroom stir-fry sauce		
2 tsp sugar		

20L | 0kg CO_2 | 1m²/year

Method **Prep 15 minutes | Cook 20 minutes**

1. Season the oyster mushrooms with the salt and black pepper. Heat 2 tablespoons of the oil in a very large frying pan or wok and cook the mushrooms for 6-8 minutes, turning as needed, until browned. Cook in batches if the pan is crowded, then transfer to a plate.
2. Add the onion, spring onions and garlic to the pan and cook for 2 minutes.
3. Push the vegetables to one side of the pan. Add 1 tablespoon of the remaining oil.
4. Add the final tablespoon of oil, chilled cooked quinoa, soy sauce, vegetarian oyster sauce or mushroom stir-fry sauce and sugar. Stir-fry over a high heat for 3-4 minutes, then fold in the cooked mushrooms and continue cooking until everything is piping hot. If the pan is not very large, cook the quinoa in 2 batches so it fries rather than steams.
5. Taste, adjust the seasoning and serve immediately.

Serving suggestion: Add steamed vegetables, cucumber salad or spring onions.

Oyster mushrooms can be grown using agricultural waste like straw and used coffee grounds, making them a sustainable crop and low impact ingredient.



Mediterranean mushrooms

Ingredients | Serves 4 | £1.15pp	**People & Planet |** Per Portion	
1 medium onion	Calories:	493 kcal
3 garlic cloves, minced	Protein:	22 g
10 sun-dried tomatoes, chopped	Fat:	17 g
2 tsp sun-dried tomato oil	Saturated fat:	3 g
250 g king oyster mushrooms, sliced	Carbohydrates:	66 g
250 g cup mushrooms, sliced	Sugars:	7 g
500 g potatoes, diced	Salt:	<1 g
1 400g can chickpeas , drained	Fibre:	20 g
1 tbsp tomato paste		
130 g vegan cream		
1 tsp dried oregano		
1/4 tsp chilli flakes		
2 tsp balsamic vinegar		
Salt, to taste		
150 ml water or vegetable stock		

27L | 1kg CO_2 | 3m²/year

Method **Prep 15 minutes | Cook 20 minutes**

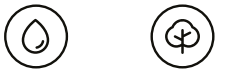
1. Wash and dice the potatoes into small cubes. Slice the cup mushrooms and cut the king oyster mushrooms into thick rounds or strips. Finely chop the onion, garlic and sun-dried tomatoes.
2. Place the diced potatoes in a saucepan of boiling water and cook for 8–10 minutes until almost tender. Drain and set aside.
3. Heat the sun-dried tomato oil in a large frying pan over medium heat. Add the onion and cook for 3–4 minutes until softened. Add the garlic and cook for another minute.
4. Add the king oyster mushrooms and cook for 3–4 minutes until lightly golden. Add the cup mushrooms and continue cooking for another 4–5 minutes until softened and lightly browned.
5. Stir in the sun-dried tomatoes, tomato paste, oregano, chilli flakes and balsamic vinegar. Add the water or vegetable stock and simmer gently for 3–4 minutes.
6. Stir in the drained chickpeas and partially cooked potatoes. Mix gently to coat everything in the sauce. Simmer for approximately 5–7 minutes, or until the potatoes are completely tender and the chickpeas are heated through.
7. Reduce the heat and stir in the vegan cream. Simmer gently for another 2–3 minutes until the sauce is rich and creamy. Season with salt to taste and garnish with a sprinkle of oregano.

Serving suggestion: Serve with a leafy salad, wholemeal toast or roasted tomatoes.



Beetroot and Lentil Salad

Ingredients | Serves 4 | £1.60pp	**People & Planet |** Per Portion	
500 g cooked green lentils	Calories:	258 kcal
250 g cooked beetroot, diced	Protein:	16 g
150 g vegan feta or plant-based feta, diced	Fat:	11 g
120 g frozen shelled edamame beans	Saturated fat:	4 g
1 cucumber, diced	Carbohydrates:	25 g
For the dressing:	Sugars:	12 g
1 tbsp mustard	Salt:	1 g
1 tbsp olive oil	Fibre:	9 g
1 tsp maple syrup		
Juice of 1/2 lemon		
Black pepper, to taste		


22L

1kg CO_2


2m²/year

Method **Prep 15 minutes | Cook 5 minutes**

1. Cook the edamame according to the packet instructions, then drain and leave to cool slightly.
2. Place the green lentils, diced beetroot, vegan feta, edamame and cucumber in a large bowl.
3. Whisk together the mustard, olive oil, honey or maple syrup, lemon juice and black pepper.
4. Pour the dressing over the salad and toss gently until combined. Taste, adjust the seasoning and serve warm or chilled.

Serving suggestion: Serve with wholemeal pitta, seeded crackers or a handful of salad leaves.

Edamame are young soya beans that provide protein, fibre and minerals such as iron. Frozen edamame cooks quickly and keeps for months, making it a great source of protein to have on hand.



Vietnamese Tofu Salad

Ingredients | Serves 4 | £1.90pp

500 g wombok or white cabbage, finely shredded
150 g carrots, finely shredded
1 small red onion, thinly sliced
450 g extra-firm tofu, drained and cut into bite-sized pieces
1 small bunch fresh coriander
1 small bunch fresh mint, chopped
2 tbsp neutral oil, divided
2 tbsp sugar
2 tbsp vegan fish sauce or reduced-salt soy sauce
1 1/2 tbsp fresh lime juice
1 1/2 tbsp white wine vinegar
1 tbsp hot water
1 red chilli, finely chopped
1 garlic clove, finely grated
40 g roasted peanuts, roughly chopped
2 tbsp fried shallots, optional
Lime wedges, to serve

People & Planet | Per Portion

Calories:	237 kcal
Protein:	15 g
Fat:	14 g
Saturated fat:	2 g
Carbohydrates:	13 g
Sugars:	12 g
Salt:	1 g
Fibre:	6 g

63L | 1kg CO_2 | 1m²/year

Method **Prep 25 minutes | Cook 10 minutes**

1. Pat the tofu dry with kitchen paper. Heat 1 tablespoon of the oil in a large non-stick frying pan and cook the tofu for 6-8 minutes, turning regularly, until golden. Transfer to a plate and leave to cool slightly.
2. To make the dressing, stir together the sugar, vegan fish sauce or soy sauce, lime juice, vinegar, hot water and remaining oil until the sugar dissolves. Add the chilli and garlic.
3. Place the cabbage, carrot, red onion, tofu, coriander and mint in a large bowl.
4. Add the dressing and toss thoroughly until everything is evenly coated. Taste and adjust the balance of lime, sugar or seasoning if needed.
5. Transfer to a serving dish and garnish with the peanuts, fried shallots and lime wedges.

Serving suggestion: Serve with rice noodles, steamed rice or summer rolls.



Chana Masala *Chickpea Curry*

Ingredients | Serves 4 | £0.60pp	**People & Planet |** Per Portion	
250 g dried chickpeas, soaked for at least 4-5 hours, or 2 x 400 g cans chickpeas, drained and rinsed	Calories:	285 kcal
2 tomatoes, chopped	Protein:	10 g
1 large onion, sliced	Fat:	15 g
1 tbsp garlic and ginger paste	Saturated fat:	2 g
1 tsp red chilli powder, or to taste	Carbohydrates:	27 g
1-3 green chillies, sliced, optional	Sugars:	5 g
1/4 tsp ground turmeric	Salt:	3 g
1/2 tsp cumin seeds	Fibre:	10 g
1 tsp garam masala or mixed spices		
1 1/2 tsp salt, or to taste		
25 g fresh coriander, chopped		
3 tbsp vegetable oil		
250 ml water, plus extra if needed		

36L | 0kg CO_2 | 2m²/year

Method **Prep 15 minutes + soaking | Cook 30 - 50 minutes**

1. If using dried chickpeas, drain after soaking, cover with fresh water and simmer for 35-40 minutes, or until tender. If using tinned chickpeas, drain and rinse them.
2. Heat the oil in a large saucepan. Add the cumin seeds and onion and cook until the onion is golden brown.
3. Add the garlic and ginger paste, tomatoes, chilli powder, green chillies, turmeric and garam masala. Cook for 3-4 minutes.
4. Add the chickpeas and water. Cover and simmer for 15 minutes, stirring occasionally.
5. Lightly crush a few chickpeas against the side of the pan to thicken the sauce.
6. Taste, adjust the salt and garnish with coriander before serving.

Serving suggestion: Serve with brown rice or wholemeal roti, cucumber salad or plant-based yogurt.

Chickpeas provide plant-based protein and fibre and are available dried or tinned to suit different budgets and cooking times.



Poha with Tofu

Ingredients | Serves 4 | £1.05pp

150 g medium or thick rice flakes (poha)
100 g firm tofu, drained and cut into 1 cm cubes
1 tbsp mustard oil or vegetable oil
1/2 tsp black mustard seeds
1/2 tsp cumin seeds
1/2 tsp fennel seeds
20 g unsalted peanuts
1 small onion, finely chopped
1/2 red or green pepper, diced
75 g green beans, trimmed and thinly sliced
75 g frozen peas
1 green chilli, finely chopped, optional
1/4 tsp ground turmeric
1/2 tsp fine salt, or to taste
Juice of 1/2 lemon, plus extra wedges to serve
2 tbsp chopped fresh coriander

People & Planet | Per Portion

Calories:	198 kcal
Protein:	8 g
Fat:	10 g
Saturated fat:	2 g
Carbohydrates:	19 g
Sugars:	5 g
Salt:	1 g
Fibre:	4 g

28L | 0kg CO_2 | 0m²/year

Method **Prep 15 minutes | Cook 10 minutes**

1. Place the poha in a sieve and rinse briefly under cold running water for 10-15 seconds. Drain well, transfer to a bowl and leave to soften for 5 minutes. The flakes should be tender but not mushy.
2. Pat the tofu dry with kitchen paper. Heat half of the oil in a large frying pan over a medium-high heat and cook the tofu for 3-4 minutes, turning occasionally, until lightly golden. Transfer to a plate.
3. Add the remaining oil to the pan. Add the mustard, cumin and fennel seeds and cook for about 30 seconds, until fragrant and the mustard seeds begin to pop.
4. Add the peanuts and cook for 1 minute, stirring, until lightly toasted.
5. Add the onion, pepper, green beans and chilli, if using. Stir-fry for 3 minutes so that the vegetables soften slightly but retain some texture.
6. Add the peas and turmeric and cook for a further 1 minute.
7. Gently fold in the softened poha, cooked tofu and salt. Cook for 2-3 minutes, stirring carefully so that the rice flakes do not break up.
8. Remove from the heat, add the lemon juice and coriander, and mix gently. Taste and add more salt or lemon if needed.



Herby Butter Beans

Ingredients | Serves 4 | £0.45pp

2 x 400 g cans butter beans, drained and rinsed, or about 500 g cooked butter beans
2 tbsp olive or vegetable oil
4 garlic cloves, finely chopped or grated
1 small onion or shallot, finely chopped
1 tsp dried mixed herbs or 1 tbsp chopped parsley or coriander
1/2 tsp chilli flakes or black pepper, optional
Juice of 1/2 lemon
100-150 ml vegetable stock or water
Salt and black pepper, to taste
Optional: spinach, tomatoes, mushrooms or leftover vegetables

People & Planet | Per Portion

Calories:	138 kcal
Protein:	8 g
Fat:	4 g
Saturated fat:	1 g
Carbohydrates:	19 g
Sugars:	3 g
Salt:	2 g
Fibre:	12 g

32L | 1kg CO_2 | 1m²/year

Method **Prep 10 minutes | Cook 15 minutes**

1. Heat the oil in a large frying pan and cook the onion or shallot gently for 4-5 minutes, until soft.
2. Add the garlic and herbs and cook for 1 minute, taking care not to burn the garlic.
3. Add the butter beans and stock. Simmer for 8-10 minutes, stirring occasionally, until the beans are hot and the sauce is lightly creamy.
4. Stir through the lemon juice and any greens or leftover vegetables. Cook until the vegetables are tender.
5. Season with salt and black pepper and serve hot.

Serving suggestion: Serve with wholemeal toast, rice, potatoes, salad or flatbread.

Stir in spinach, tomatoes, mushrooms or cooked vegetables that need using up.



Jackfruit and Black-eyed Beans

Ingredients | Serves 4 | £1.05pp	**People & Planet |** Per Portion	
1 can of jackfruit, drained	Calories:	570 kcal
2 medium onions, sliced	Protein:	15 g
2 tbsp vegetable oil	Fat:	12 g
1 tsp all-purpose seasoning	Saturated fat:	2 g
1/2 tsp black pepper	Carbohydrates:	108 g
Pinch of salt	Sugars:	28 g
300 g brown rice or quinoa	Salt:	<1 g
400 g mixed fresh or frozen vegetables	Fibre:	5 g
400 g can black-eyed beans, drained and rinsed	70L	1kg CO_2 / 1m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Cook the rice or quinoa according to the packet instructions.
2. Steam or boil the vegetables until tender, then drain.
3. Place the black-eyed beans in a small saucepan with a splash of water and heat for 3-4 minutes.
4. Heat the oil in a frying pan. Add the onions and cook for 6-8 minutes, until softened and lightly coloured.
5. Add the all-purpose seasoning and black pepper, then gently fold in the jackfruit. Cook for 3-4 minutes, until piping hot.
6. Serve the jackfruit and onions with the rice, vegetables and black-eyed beans. Add salt only if needed.

Serving suggestion: Serve with vegetables, and a mix of quinoa and rice.

Mixing brown rice and quinoa is a great way to add extra protein and reduce the glycaemic index of your meal. They have similar cooking times so can be cooked in the same pan.



Chickpea and Tofu Pancakes

Ingredients | Serves 4 | £1.05pp	**People & Planet |** Per Portion	
160 g chickpea flour (besan)	Calories:	470 kcal
240-300 ml unsweetened plant milk or water	Protein:	37 g
2 tsp vegetable oil, plus extra for cooking	Fat:	21 g
500 g extra-firm tofu, drained and cubed	Saturated fat:	3 g
240 g frozen edamame beans, defrosted	Carbohydrates:	33 g
160 g button mushrooms, sliced	Sugars:	9 g
200 g spinach	Salt:	1 g
1 tbsp peanut butter	Fibre:	12 g
Juice of 2 limes		
2 tsp maple syrup		
2 tsp reduced-salt soy sauce		
2 tsp rice vinegar		
	57L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Gradually whisk the chickpea flour with the plant milk or water until smooth and pourable. Stir in 2 tsp oil and leave to stand for 5 minutes.
2. Mix the peanut butter, lime juice, maple syrup, soy sauce and rice vinegar to make the sauce. Add a splash of water if needed.
3. Heat a large non-stick frying pan and cook the tofu and mushrooms for 6-8 minutes, until browned. Cook in 2 batches if needed to avoid overcrowding.
4. Add the edamame, sauce and spinach and cook for 2-3 minutes, until the spinach wilts. Keep warm.
5. Lightly oil the pan. Pour in one-quarter of the pancake batter and tilt to spread thinly. Cook for about 3 minutes on each side. Repeat to make 4 pancakes, keeping the cooked pancakes warm.
6. Divide the tofu mixture between the 4 pancakes, roll up and serve.

Serving suggestion: Serve with cucumber ribbons, shredded cabbage or extra lime wedges.



Fasoulia Khadra *Green Bean Stew*

Ingredients | Serves 4 | £1.50pp	**People & Planet |** Per Portion	
400 g green beans, trimmed	Calories:	274 kcal
250 g young green jackfruit in water or brine, drained, rinsed and cut into chunks	Protein:	9 g
	Fat:	24 g
1 medium onion, finely chopped	Saturated fat:	4 g
2 garlic cloves, minced	Carbohydrates:	4 g
1 1/2 tbsp olive oil	Sugars:	4 g
1 1/2 tbsp tomato paste	Salt:	1 g
1 large tomato, finely chopped, optional	Fibre:	4 g
3/4 tsp ground allspice		
1/4 tsp black pepper		
Salt, to taste		
600 ml vegetable stock, plus extra if needed	55L	0kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 20 minutes**

1. Heat the olive oil in a large saucepan. Add the onion and cook until soft and golden, then add the garlic and cook for 1 minute.
2. Stir in the tomato paste and fresh tomatoes, if using. Cook for 5-7 minutes, until thickened and darker in colour.
3. Add the green beans and jackfruit. Sprinkle in the allspice, black pepper and a little salt.
4. Add enough vegetable stock to almost cover the ingredients. Cover and simmer over a low heat for 25-35 minutes, until the green beans are tender and the jackfruit has absorbed the flavours.
5. Taste, adjust the seasoning and serve hot.

Serving suggestion: Serve with rice, bulgur wheat, wholemeal flatbread or yogurt.

Young green jackfruit has a fibrous texture that absorbs the flavours of the stew and provides a convenient plant-based alternative to meat. Pair the dish with beans, lentils, whole grains or yogurt to boost the protein.



Seasonal, Low-waste cooking



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Summer Super Salad

Ingredients | Serves 4 | £0.95pp	**People & Planet |** Per Portion	
200 g new potatoes, scrubbed and cut into bite-sized pieces	Calories:	324 kcal
100 g green beans, trimmed and halved	Protein:	16 g
100 g frozen peas or petit pois	Fat:	13 g
100 g mange tout or sugar snap peas	Saturated fat:	2 g
1 x 400 g can cannellini, kidney or mixed beans, drained and rinsed	Carbohydrates:	36 g
4 spring onions, finely sliced	Sugars:	4 g
2 tbsp sun-dried tomatoes, finely chopped	Salt:	1 g
Small handful fresh parsley, roughly chopped	Fibre:	13 g
2 garlic cloves, finely chopped		
Pinch of chilli flakes, or to taste		
2 tbsp extra virgin olive oil		
1 tbsp balsamic vinegar		
Salt and black pepper, to taste		
	45L	1kg CO_2 1m²/year

Method **Prep 20 minutes | Cook 20 minutes**

1. Place the potatoes in a saucepan, cover with cold water and bring to the boil. Simmer for 12-15 minutes, until tender, then drain and leave to cool slightly. Step 2 and 3 can be skipped, if you like your greens fresh
2. Bring a second saucepan of water to the boil. Add the green beans and cook for 2 minutes, then add the peas and mange tout and cook for a further 1-2 minutes.
3. Drain the green vegetables and refresh under cold water so they remain bright and crisp.
4. Heat 1 tablespoon of the olive oil in a small frying pan. Add the garlic and chilli flakes and cook gently for 1 minute, then remove from the heat.
5. Place the potatoes, green vegetables, beans, spring onions, sun-dried tomatoes and parsley in a large bowl.
6. Pour over the garlic-and-chilli oil, remaining olive oil and balsamic vinegar. Toss gently, season to taste and serve.

Serving suggestion: Serve as a light main meal, side dish or packed lunch, with lemon wedges and extra herbs.



Lemony Asparagus with Almonds

Ingredients | Serves 4 | £1.85pp	**People & Planet |** Per Portion	
800 g asparagus spears	Calories:	324 kcal
1 tbsp olive or vegetable oil	Protein:	16 g
20 g plant-based spread	Fat:	13 g
20 g flaked almonds	Saturated fat:	2 g
1/2 a lemon, juice and zest	Carbohydrates:	36 g
2 tbsp nutritional yeast, optional	Sugars:	4 g
Salt and black pepper, to taste	Salt:	1 g
	Fibre:	13 g
	77L	0kg CO_2 1m²/year

Method **Prep 10 minutes | Cook 8 minutes**

1. Place the flaked almonds in a dry frying pan and toast over a medium heat for 1-2 minutes, stirring regularly, until golden. Transfer to a plate.
2. Bend each asparagus spear near the base so the woody end snaps away naturally, then wash and dry the tender spears.
3. Heat a griddle pan or large frying pan over a medium-high heat. Add the oil and plant-based spread.
4. Add the asparagus and cook for about 5 minutes, turning regularly, until lightly coloured and just tender.
5. Arrange on a warm serving plate. Add the lemon zest and juice, season with salt and pepper and finish with the toasted almonds and nutritional yeast, if using.

Serving suggestion: Serve as a side or starter, or alongside grains, pulses, and vegetables for a main meal.

Use the woody asparagus ends to flavour vegetable stock or add the tender inner parts to soup after trimming away any very fibrous sections.



Autumn Pie

Ingredients | Serves 4 | £3.70pp	**People & Planet |** Per Portion	
300g of white beans	Calories:	558 kcal
1 tbsp vegetable oil	Protein:	12 g
1 onion, finely chopped	Fat:	30 g
175 g mushrooms, sliced	Saturated fat:	12 g
125 g dry rice, or about 350 g cooked leftover rice	Carbohydrates:	63 g
	Sugars:	3 g
1/2 a lemon, juice and zest	Salt:	3 g
1 heaped tbsp fresh dill, chopped	Fibre:	8 g
1 heaped tbsp fresh parsley, chopped		
320-500 g ready-rolled puff pastry		
A little unsweetened plant milk for glazing		
Salt and black pepper, to taste	82L	1kg CO_2 1m²/year

Method **Prep 25 minutes | Cook 35 minutes**

1. Heat the oven to 200°C/180°C fan/Gas 6.
2. Heat the oil in a frying pan. Add the onion and cook for 5 minutes, then add the mushrooms and cook for a further 6-8 minutes, until their liquid has evaporated.
3. Cook the rice according to the instructions, if not using leftover rice, then leave it to cool slightly.
4. Mix the onion, mushrooms, rice, lemon zest and juice, dill and parsley. Season carefully.
5. Place half the pastry on a lined baking tray. Spoon the filling into the centre, leaving a border around the edge.
6. Cover with the remaining pastry, press and crimp the edges to seal, then cut two small steam vents. Brush with plant milk.
7. Bake for 25-30 minutes, until the pastry is puffed and golden and the filling is piping hot.

Serving suggestion: Serve with steamed seasonal greens, peas or a crisp cabbage salad.



Winter Tray Bake

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
800 g mixed winter vegetables, such as carrots, parsnips, squash, swede or beetroot	Calories:	558 kcal
1 red onion, cut into wedges	Protein:	13 g
1 x 400 g can chickpeas, drained	Fat:	5 g
2 tbsp olive or vegetable oil	Saturated fat:	1 g
1 tsp smoked paprika or ground cumin	Carbohydrates:	52 g
1 tsp dried thyme, rosemary or mixed herbs	Sugars:	18 g
2 garlic cloves, lightly crushed	Salt:	1 g
Salt and black pepper, to taste	Fibre:	15 g
1/2 lemon, cut into wedges, to serve	24L · 0kg CO_2 · 1m²/year	

Method **Prep 15 minutes | Cook 40 minutes**

1. Heat the oven to 200°C/180°C fan/Gas 6 and line a large baking tray.
2. Scrub or peel the vegetables as needed, then cut them into similar-sized pieces so they cook evenly.
3. Place the vegetables and onion on the tray. Add the oil, paprika or cumin, herbs, garlic, salt and pepper and toss well.
4. Spread everything in a single layer and roast for 25 minutes.
5. Add the chickpeas, turn the vegetables and return the tray to the oven for 12-15 minutes, until the vegetables are golden and tender.
6. Taste, adjust the seasoning and serve with lemon wedges.

Serving suggestion: Serve with cooked grains, wholemeal bread, hummus, salad or a spoonful of plant-based yogurt.

Get creative with your herbs and spices to give your dish a different flavour every time you cook.



Mushroom Stroganoff

Ingredients | Serves 4 | £1.40pp	**People & Planet |** Per Portion	
750 g chestnut mushrooms, sliced	Calories:	290 kcal
200 g oyster mushrooms,	Protein:	5 g
torn into strips	Fat:	23 g
1 medium onion, diced	Saturated fat:	18 g
5 garlic cloves, finely chopped	Carbohydrates:	18 g
2 tbsp plant-based spread	Sugars:	9 g
2 tbsp olive oil	Salt:	2 g
1 tbsp fresh thyme leaves,	Fibre:	4 g
plus extra to serve		
2 tbsp plain flour		
1-1.5 litres low-salt vegetable stock		
250 ml unsweetened plant cream		
Salt and black pepper, to taste		

72L | 1kg CO_2 | 1m²/year

Method **Prep 15 minutes | Cook 35 minutes**

1. Heat the plant-based spread and 1 tablespoon of the oil in a large saucepan. Add the onion and cook gently for 5 minutes.
2. Add the chestnut mushrooms with a small pinch of salt and cook for about 10 minutes, stirring occasionally, until softened and reduced.
3. Add the garlic and thyme and cook for 1 minute.
4. Stir in the flour and cook for 2 minutes. Gradually add 1 litre of the stock, stirring well to prevent lumps.
5. Bring to a gentle simmer and cook for 15-20 minutes. Blend all or part of the stroganoff to make a soup, depending on the texture preferred.
6. Stir in the plant cream and add more stock if needed. Heat gently and season with salt and black pepper.
7. Heat the remaining oil in a frying pan and cook the oyster mushrooms until crisp and golden.

Serving suggestion: Serve with wholemeal bread and extra thyme.

Make the most of your leftovers by adding extra vegetable stock. Blend until smooth, and you have a mushroom soup.



Shiro Wat

Ingredients | Serves 4 | £0.35pp
90 g chickpea flour
1 tbsp berbere spice blend
1 tsp ground cumin
1 tsp garlic powder
1 tsp ground cardamom, optional
1 tsp fine salt, or to taste
60 ml olive or vegetable oil
1 large onion, finely diced
1 tsp minced fresh garlic
1 tbsp tomato paste
750 ml water

People & Planet | Per Portion

Calories:	280 kcal
Protein:	6 g
Fat:	22 g
Saturated fat:	3 g
Carbohydrates:	17 g
Sugars:	5 g
Salt:	2 g
Fibre:	5 g

54L | 0kg CO_2 | 1m²/year

Method **Prep 15 minutes | Cook 35 minutes**

1. Place the chickpea flour, berbere, cumin, garlic powder and cardamom, if using, in a dry saucepan. Toast over a low heat for 2-3 minutes, stirring constantly, until fragrant.
2. Tip the toasted mixture into a bowl. Add the oil to the saucepan and cook the onion gently for 6-8 minutes, until soft.
3. Add the fresh garlic and tomato paste and cook for 1 minute.
4. Gradually whisk in the spiced chickpea flour, followed by the water, adding it slowly to prevent lumps.
5. Bring to a gentle simmer and cook for 20-25 minutes, stirring regularly, until smooth and creamy.
6. Add extra water to reach the preferred consistency, taste and adjust the salt and berbere.

Serving suggestion: Serving suggestion: Serve with injera, rice, flatbread and steamed or sautéed vegetables.

Add the liquid gradually and stir frequently, especially near the end of cooking, because the chickpea flour thickens quickly and can catch on the pan.



Tomato Base Three Ways

Ingredients | Serves 4 | £0.80pp	**People & Planet |** Per Portion	
1 kg ripe tomatoes, roughly chopped	Calories:	110 kcal
4 garlic cloves, finely chopped	Protein:	1 g
2 tbsp olive or vegetable oil	Fat:	8 g
1 tbsp tomato paste, optional	Saturated fat:	1 g
1/2 tsp fine salt, or to taste	Carbohydrates:	8 g
For a South Indian-style base: 1 tsp mustard seeds, 8-10 curry leaves, 1/2 tsp turmeric and chilli powder to taste	Sugars:	8 g
For a North Indian-style base: 1 tsp cumin seeds, 1/2 tsp turmeric and chilli powder to taste	Salt:	1 g
For an Italian-style base: extra virgin olive oil, black pepper and a handful of fresh basil.	Fibre:	3 g
	32L	0kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Choose one of the three flavour combinations before beginning.
2. Heat the oil in a wide saucepan. For the South Indian version, add the mustard seeds and curry leaves. For the North Indian version, add the cumin seeds. Cook for about 30 seconds, until fragrant.
3. Add the garlic and cook for 30 seconds, then add the tomatoes, tomato paste and salt.
4. For the Indian-style versions, add the turmeric and chilli powder. Stir well and bring to a gentle simmer.
5. Cook uncovered for 20-25 minutes, stirring regularly, until the tomatoes have broken down and the sauce is thick.
6. For the Italian version, finish with black pepper, extra virgin olive oil and torn basil leaves.
7. Use immediately, blend if a smooth sauce is preferred, or cool and store in portions.

Serving suggestion: Use for pasta, beans, vegetables, curry, rice, soup or as a base for a tray bake.

Make a larger quantity while tomatoes are plentiful, then cool and freeze in labelled portions for future meals.



Carrot and Green Bean Poriyal

Ingredients | Serves 4 | £0.25pp	**People & Planet |** Per Portion	
2 large carrots, cut into small, even pieces	Calories:	153 kcal
150 g green beans, trimmed and cut into similar-sized pieces	Protein:	2 g
30 g desiccated coconut	Fat:	12 g
1 tbsp coconut or vegetable oil	Saturated fat:	8 g
1/2 tsp mustard seeds, optional	Carbohydrates:	11 g
6 curry leaves, optional	Sugars:	10 g
Pinch of fine salt, or to taste	Salt:	2 g
2 tbsp water, if needed	Fibre:	8 g
	32L	0kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 15 minutes**

1. Heat the oil in a frying pan over a medium heat. Add the mustard seeds and curry leaves, if using, and cook for about 30 seconds.
2. Add the carrots and green beans and stir well.
3. Add the salt and 2 tablespoons of water, cover and cook for 6-8 minutes, stirring once or twice.
4. Remove the lid and continue cooking until the vegetables are tender but still retain some bite.
5. Add the desiccated coconut and cook for a further 1-2 minutes. Taste, adjust the seasoning and serve warm.

Serving suggestion: Serve with rice, dal, flatbread or as part of a selection of vegetable dishes.

Adding the coconut near the end keeps its texture and provides the characteristic finish without needing a heavy sauce.



Rainbow Veg Fritters

Ingredients | Serves 4 | £0.25pp	**People & Planet |** Per Portion	
400 g mixed mushrooms, finely chopped	Calories:	153 kcal
1 tbsp vegetable oil, plus extra for cooking	Protein:	10 g
300 g leftover cooked potatoes, diced or lightly mashed	Fat:	17 g
250-300 g finely chopped seasonal vegetables	Saturated fat:	4 g
100 g vegan cheese	Carbohydrates:	32 g
50 g oats or fresh wholemeal breadcrumbs	Sugars:	5 g
2 tbsp chopped parsley or coriander	Salt:	1 g
1 tsp Dijon mustard	Fibre:	6 g
1/2 tsp garlic granules		
1/2 tsp smoked paprika		
Pinch of chilli flakes, optional		
Salt and black pepper, to taste		
	49L	1kg CO_2 / 1m²/year

Method **Prep 10 minutes | Cook 15 minutes**

1. Heat 1 tablespoon of oil in a large frying pan. Add the mushrooms with a small pinch of salt and cook for 8-10 minutes, until their liquid has evaporated. Leave to cool.
2. Place the potatoes, seasonal vegetables, cooked mushrooms, oats or breadcrumbs, herbs, mustard and seasoning in a large bowl.
3. Mix thoroughly, then chill for 20-30 minutes so the mixture becomes easier to shape.
4. Divide into 8 patties and press them firmly together.
5. To pan-fry, heat a thin layer of oil and cook for 4-5 minutes on each side. Alternatively, spray lightly with oil and air-fry at 180°C for 10-12 minutes, turning halfway.
6. Check that the fritters are piping hot through the centre before serving.

Serving suggestion: Serve in wholemeal wraps or buns with lettuce, tomato and yogurt dressing, or add to a salad or grain bowl.



Bubble and Squeak

Ingredients | Serves 4 | £0.60pp	**People & Planet |** Per Portion	
2 tbsp vegetable oil, divided, plus extra if needed	Calories:	187 kcal
25 g plant-based spread	Protein:	5 g
1 medium onion, thinly sliced	Fat:	4 g
400 g leftover cooked vegetables, such as cabbage, kale, spinach, chard, brussel sprouts or leeks	Saturated fat:	1g
	Carbohydrates:	36 g
	Sugars:	7 g
500 g leftover cooked potatoes	Salt:	1 g
1 small handful fresh herbs, chopped	Fibre:	7g
Salt and black pepper, to taste	18L / 0kg CO_2 / 0m²/year	

Method **Prep 15 minutes | Cook 25 minutes**

1. Heat 1 tablespoon of the oil and the plant-based spread in a large non-stick frying pan.
2. Add the onion and cook for 4-5 minutes, until softened.
3. Add the leftover vegetables and potatoes. Season with salt and pepper, stir in the herbs and mix until evenly combined.
4. Break up the potatoes and press the mixture evenly across the pan. If the pan is crowded, cook the mixture in two batches so it crisps rather than steams.
5. Cook without stirring for 4-5 minutes to form a crust, then turn sections of the mixture and repeat. Add the remaining oil and continue for 15-20 minutes, until piping hot, crisp and golden in places.
6. Press into one large cake and divide into 4 portions, or shape into 4 smaller cakes.

Serving suggestion: Serve with baked beans, grilled tomatoes and plant-based sausages.

Allowing the mixture to cook undisturbed before turning is the key to developing the characteristic golden crust.



Zeytinyagli Taze Fasulye *Turkish Green Beans*

Ingredients | Serves 4 | £0.80pp	**People & Planet |** Per Portion	
500 g green beans, trimmed	Calories:	123 kcal
1 onion, finely sliced	Protein:	3 g
3 ripe tomatoes, chopped	Fat:	7 g
3 tbsp olive oil	Saturated fat:	1g
2 garlic cloves, finely chopped	Carbohydrates:	11 g
1 tsp sugar, optional	Sugars:	9 g
150 ml water	Salt:	1 g
Salt and black pepper, to taste	Fibre:	6g
	92L · 0kg CO_2 · 0m²/year	

Method **Prep 15 minutes | Cook 45 minutes**

1. Heat the olive oil in a wide saucepan. Add the onion and cook gently for 6-8 minutes, until softened.
2. Add the garlic and cook for 1 minute, then add the tomatoes and cook until they begin to break down.
3. Add the green beans, sugar, if using, water, salt and black pepper.
4. Cover and simmer gently for 35-40 minutes, stirring occasionally, until the beans are very tender.
5. Taste and adjust the seasoning. Serve warm, at room temperature or chilled.

Serving suggestion: Serve with crusty bread, and vegan white cheese (similar to feta).

Go to your local greengrocer to find a variety of beans. Flat green beans are a summer special in Mediterranean cuisine.



Dill Pickle Soup

Ingredients | Serves 4 | £1.10pp

2 tsp vegetable oil
1 small leek, finely sliced
1 large carrot, diced
1 small parsnip, diced
1 celery stalk, diced
3 medium potatoes, diced
3 large dill pickles, coarsely grated
75-100 ml pickle brine, or to taste
1 x 400 g can cannellini beans, drained and rinsed
1.2 litres low-salt vegetable stock
1 bay leaf
4 allspice berries
1 1/2 tbsp fresh dill, chopped
75 ml plant-based cream, optional
2 tsp plain flour, optional
Salt and black pepper, to taste

People & Planet | Per Portion

Calories:	259 kcal
Protein:	13 g
Fat:	7 g
Saturated fat:	2 g
Carbohydrates:	37 g
Sugars:	12 g
Salt:	2 g
Fibre:	12 g

12L | 0kg CO_2 | 1m²/year

Method **Prep 20 minutes | Cook 40 minutes**

1. Heat the oil in a large saucepan. Add the leek, carrot, parsnip and celery and cook gently for 6-8 minutes.
2. Add the potatoes, stock, bay leaves and allspice. Bring to the boil, then reduce the heat and simmer for 15 minutes.
3. Place the grated pickles in a small saucepan with a ladleful of stock and cook for 8-10 minutes.
4. Add the cooked pickles and beans to the soup. Simmer for a further 10 minutes, until the vegetables are tender.
5. Add the pickle brine gradually, tasting as you go, until the preferred sourness is reached.
6. If using plant-based cream, mix it with the flour, then whisk in a ladleful of hot soup. Stir the mixture back into the saucepan and heat gently without boiling.
7. Remove the bay leaves and allspice, stir in the dill and season with salt and black pepper.

Serving suggestion: Serve with rye bread, extra dill and a spoonful of plant-based cream.



Baked Kibbeh Tray

Ingredients | Serves 4 | £0.70pp	**People & Planet |** Per Portion	
For the kibbeh layers:	Calories:	320 kcal
200 g fine bulgur wheat, soaked and squeezed dry	Protein:	10 g
1 small onion, finely grated	Fat:	9 g
1/2 tsp ground allspice	Saturated fat:	1 g
1/4 tsp ground cinnamon	Carbohydrates:	51 g
1/4 tsp black pepper	Sugars:	3 g
3/4 tsp fine salt, or to taste	Salt:	1 g
	Fibre:	7 g
For the filling:		
200 g cooked chickpeas		
1 small onion, finely chopped		
1/4 tsp ground allspice		
Pinch of ground cinnamon		
Pinch of black pepper		
2 tbsp olive oil		
25 g pine nuts (reserve some for top)		
Olive oil for the tray and top		
	28L	0kg CO_2 1m²/year

Method **Prep 30 minutes | Cook 35 minutes**

1. For the filling, heat 1 tablespoon of the olive oil in a frying pan. Add the chopped onion and cook for 4-5 minutes, until soft.
2. Add the cooked chickpeas. Stir in the allspice, cinnamon and black pepper, then add the pine nuts, reserving a few for the top. Leave to cool.
3. For the kibbeh layers, place the soaked bulgur, grated onion, allspice, cinnamon, black pepper and salt in a bowl. Knead with damp hands, or pulse briefly in a food processor, until cohesive and smooth.
4. Heat the oven to 180°C/160°C fan/Gas 4 and grease a 20-23 cm baking dish.
5. Press half of the kibbeh mixture evenly over the base. Spread the chickpea filling on top, then cover with the remaining kibbeh mixture and smooth with wet hands.
6. Score the surface into diamonds or squares, decorate with the reserved pine nuts and drizzle with olive oil.
7. Bake for 30-35 minutes, until golden at the edges. Rest for 5 minutes before dividing into 4 portions.

Serving suggestion: Serve with chopped salad, yogurt, hummus, pickles and lemon wedges.



Sinigang

Ingredients | Serves 4 | £1.15pp	**People & Planet |** Per Portion	
300 g firm tofu	Calories:	112 kcal
1 litre water or low-salt stock	Protein:	11 g
1 packet sinigang tamarind soup base, or tamarind concentrate to taste	Fat:	4 g
	Saturated fat:	1g
1 tomato, cut into wedges	Carbohydrates:	9 g
1 onion, quartered	Sugars:	6 g
150 g radish, sliced	Salt:	1 g
150 g green beans, trimmed and halved	Fibre:	4g
Optional seasonal vegetables, such as okra, aubergine or leafy greens		
Black pepper, to taste	76L	1kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 20 - 25 minutes**

1. Place the onion and tomato in a saucepan with the water or stock. Bring to the boil, then reduce the heat and simmer for 10 minutes.
2. Stir in the tamarind soup base or concentrate gradually. Taste the broth before adding more, as products vary in strength and salt content.
3. Pan fry the firm tofu to add texture and flavour.
4. Add the green beans, radish and any okra or aubergine (if using). Simmer for 5-7 minutes, until the vegetables are tender and the tofu is piping hot.
5. Add any leafy greens and pan-fried tofu during the final 1-2 minutes. Season with black pepper and serve piping hot.

Serving suggestion: Serve in bowls with steamed rice and extra lime or chilli, if desired.

Tamarind creates the characteristic sourness. Add it gradually and taste regularly because different soup bases vary in strength and saltiness.



Pho

Ingredients | Serves 4 | £2.00pp	**People & Planet |** Per Portion	
1.5 litres low-salt vegetable stock	Calories:	85 kcal
1 large onion, halved	Protein:	4 g
40 g fresh ginger, halved lengthways	Fat:	1 g
3 star anise	Saturated fat:	1 g
1 cinnamon stick	Carbohydrates:	16 g
2 tbsp reduced-salt soy sauce	Sugars:	9 g
2 tsp sugar	Salt:	1 g
300 g pho rice noodles	Fibre:	5 g
400 g firm tofu		
200 g sliced mushrooms		
150 g bean sprouts		
1 large handful fresh basil		
1 large handful fresh coriander		
2 limes, cut into wedges		
Fresh chilli or sliced spring onions, optional		
	10L	0kg CO_2 0m²/year

Method **Prep 20 minutes | Cook 35 minutes**

1. Place the onion and ginger cut-side down in a large dry saucepan and cook for 3-4 minutes, until lightly charred.
2. Add the stock, star anise and cinnamon. Bring to a gentle simmer and cook for 20-25 minutes.
3. Strain the broth, return it to the saucepan and stir in the soy sauce and sugar. Taste and adjust the seasoning.
4. Prepare the rice noodles according to the packet instructions, then drain and divide between 4 serving bowls.
5. Add the tofu and mushrooms to the hot broth and simmer for 4-5 minutes, until the mushrooms are tender and the tofu is piping hot.
6. Divide the tofu, mushrooms and boiling broth evenly between the bowls of noodles.
7. Finish with the bean sprouts, basil, coriander, lime and chilli or spring onions, if using.

Serving suggestion: Serve immediately with extra herbs, lime wedges, chilli and reduced-salt soy sauce at the table.



Community celebration dishes



Maqluba

Ingredients | Serves 4 | £1.30pp	**People & Planet |** Per Portion	
1 large aubergine	Calories:	430 kcal
1 courgette	Protein:	15 g
1 red pepper	Fat:	8 g
2 potatoes sliced	Saturated fat:	1 g
200g tofu	Carbohydrates:	77 g
Vegetable oil, for frying	Sugars:	10 g
200 g basmati rice, soaked for 20-30 minutes	Salt:	1 g
1 medium onion, sliced	Fibre:	9 g
750 ml low-salt or vegetable stock		
1 tsp allspice		
3/4 tsp ground cinnamon		
3/4 tsp black pepper		
3/4 tsp ground turmeric		
2 bay leaves		
Salt, to taste		
Toasted almonds or pine nuts, to serve		
Soy or coconut yoghurt, to serve		
	243L	1kg CO_2 1m²/year

Method **Prep 30 minutes | Cook 1 hour 15 minutes**

1. Cut the aubergine, courgette and red pepper into even slices, Fry until golden, then drain on kitchen paper. You could also bake the slices in the oven.
2. Heat a little oil in a large, deep saucepan and cook the onion until golden. Add the cubes of tofu, sliced potato, red pepper, spices, bay leaves and salt. Add 100ml of water and simmer until cooked until tender.
3. Remove the potatoes and reserve the cooking liquid, topping it up with stock to make 750 ml.
4. Arrange the aubergine and courgette over the base of a clean deep saucepan, these can be lined against the side of the pan. Add in the middle the onions, tofu, potatoes mix and drained rice.
5. Pour over enough hot stock to sit just to cover the rice. Bring to the boil, cover and simmer over a low heat for 30 minutes, until the rice is tender.
6. Leave the pot to rest for 10 minutes. Place a large serving plate over the pan and carefully turn it over in one firm movement. Serve with plant-based yoghurt.

Serving suggestion: Serve with a chopped cucumber and tomato salad.



Vegan Shepherd's Pie

Ingredients | Serves 4 | £0.90pp

1 tbsp oil
1 large onion, chopped
2-3 medium carrots, chopped
250 g mushrooms, chopped
2 cans green or brown lentils, drained, or 300 g cooked lentils
2 tbsp tomato puree
1 splash vegan Worcestershire sauce or soy sauce
500 ml vegetable stock
900 g potatoes, cut into chunks
3 tbsp plant-based spread or olive oil
3 tbsp plant milk
Salt and pepper

People & Planet | Per Portion

Calories:	408 kcal
Protein:	12 g
Fat:	16 g
Saturated fat:	2 g
Carbohydrates:	56 g
Sugars:	10 g
Salt:	1 g
Fibre:	13 g

207L | 1kg CO_2 | 1m²/year

Method **Prep 25 minutes | Cook 50 minutes**

1. Heat oil and cook onion and carrots until softened.
2. Add mushrooms and cook until browned and reduced.
3. Stir in lentils, tomato puree and Worcestershire sauce or soy sauce.
4. Add vegetable stock and simmer for 20-25 minutes until rich and thick.
5. Boil potatoes until tender, then mash with plant-based spread and plant milk.
6. Spoon lentil filling into an ovenproof dish, top with mash and bake at 180°C for 20-25 minutes until golden.

Serving suggestion: Serve with steamed greens, peas or roasted vegetables.

Lentils provide protein and fibre, while mushrooms add a rich savoury flavour. Make extra and freeze portions for a future meal.



Molokhia

Ingredients | Serves 4 | £1.25pp	**People & Planet |** Per Portion	
300 g king oyster mushrooms or oyster mushrooms	Calories:	324 kcal
1 medium onion, quartered	Protein:	9 g
2 bay leaves	Fat:	7 g
Salt and black pepper, to taste	Saturated fat:	1 g
400 g frozen molokhia leaves, or fresh molokhia, finely chopped	Carbohydrates:	49 g
	Sugars:	3 g
5-6 garlic cloves, crushed	Salt:	2 g
1 1/2 tbsp olive oil	Fibre:	14 g
2 tsp ground coriander		
3/4 tsp allspice		
Juice of 1 small lemon		
1 green chilli, optional		
Vermicelli rice, to serve		
	191L	1kg CO_2 1m²/year

Method **Prep 25 minutes | Cook 50 minutes**

1. Heat the olive oil in a saucepan. Add the garlic, onion and bay leaves and cook gently until fragrant without allowing it to brown.
2. To the same pan, add long strips of mushrooms until golden, then set the mushrooms aside.
3. Stir in the coriander, allspice and chickpeas and cook for 10-15 seconds
4. Add the frozen molokhia directly to the pan and stir for 1-2 minutes. Gradually add the hot broth until the mixture has a loose, stew-like consistency.
5. Simmer gently for 10-15 minutes; avoid vigorous boiling so the molokhia retains its colour and texture.
6. Stir in the lemon juice, adjust the seasoning and serve with vermicelli rice.

Serving suggestion: Serve with vermicelli rice, lemon wedges and the cooked mushrooms.

Molokhia is enjoyed across parts of the Middle East and North Africa, with family recipes differing in texture, seasoning and accompaniments.



Stuffed Courgette

Ingredients | Serves 4 | £1.05pp	**People & Planet |** Per Portion	
800 g small courgettes, hollowed	Calories:	151 kcal
150 g short-grain rice, rinsed	Protein:	6 g
200 g minced mushrooms	Fat:	1 g
1 small onion, finely chopped	Saturated fat:	0.3 g
1 bunch of finely chopped dill	Carbohydrates:	26 g
1 small tomato, finely chopped	Sugars:	8 g
1 1/2 tbsp chopped parsley	Salt:	1 g
1 tbsp tomato paste	Fibre:	6 g
3/4 tsp allspice		
1/4 tsp ground cinnamon		
1/4 tsp black pepper		
Salt, to taste		
1/2 tbsp tomato paste, for the sauce		
600-750 ml water or low-salt stock		
Garlic, dried mint, lemon juice or plant-based yoghurt, optional		
	13L	0kg CO_2 0m²/year

Method **Prep 35 minutes | Cook 1 hour**

1. Hollow the courgettes carefully, keeping the bases intact. Lightly season the insides with salt and set aside.
2. Using a pan, lightly fry the onions until golden. Add the small pieces of mushrooms, tomato, parsley and dill, tomato paste, spices and salt. Then add the rice and mix, usually 1 tbsp for each courgette.
3. Fill each courgette about three-quarters full to leave space for the rice to expand, then arrange them snugly in a medium saucepan.
4. Add 600 ml hot water or stock. Pour it gently around the courgettes, adding a little more liquid only if needed to almost cover them.
5. Place the courgettes upright to keep them in place. Bring to the boil, then cover and simmer over a low heat for 45-60 minutes, until the courgettes and rice are tender.
6. Stir half a teaspoon of cornflour in cold water and add to the pan while simmering. Add crushed garlic and dried mint during the final 5 minutes. Leave to rest for 10 minutes before serving.

Serving suggestion: Serve with plant-based yoghurt, lemon, salad and some of the tomato cooking sauce.



Mushroom Karahi

Ingredients | Serves 4 | £1.10pp	**People & Planet |** Per Portion	
600 g mushrooms, mixed or chestnut, thickly sliced	Calories:	131 kcal
4 tomatoes, chopped	Protein:	3 g
1 onion, sliced	Fat:	9 g
1 tbsp garlic and ginger paste	Saturated fat:	1 g
2-3 green chillies	Carbohydrates:	9 g
1 tsp cumin seeds	Sugars:	6 g
1 tsp garam masala	Salt:	1 g
1 tsp ground coriander	Fibre:	5 g
1/2 tsp turmeric		
1/2 tsp chilli powder		
2 tbsp oil		
Fresh coriander, to garnish		
Salt, to taste	36L	1kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 25 minutes**

1. Heat oil in a wide pan and add cumin seeds.
2. Add onion, garlic-ginger paste and chilies, and cook until fragrant.
3. Add mushrooms and cook on a high heat until they release moisture and begin to brown.
4. Add tomatoes and spices, then cook until the tomatoes break down into a thick masala.
5. Season to taste and finish with fresh coriander.

Serving suggestion: Serve with brown basmati rice, roti, naan or a fresh cucumber salad.

Cooking mushrooms in a wide pan over a high heat develops colour and prevents them from becoming watery.



Caribbean Coconut Rice

Ingredients | Serves 4 | £1.20pp

300 g long-grain rice, rinsed until the water runs mostly clear
1 x 400 g can black-eyed beans, drained and rinsed
1 tbsp vegetable oil
1 medium onion, finely sliced
2 garlic cloves, finely chopped
1 red pepper, deseeded and sliced
150 g okra, trimmed and sliced into 1 cm pieces
100 g spinach, roughly chopped if the leaves are large
400 ml coconut milk
300 ml low-salt vegetable stock
1 tsp Caribbean all-purpose seasoning (if suitable for vegans)
1/2 tsp dried thyme or mixed herbs
1/2 tsp fine salt, or to taste
Black pepper, to taste
1 lime, cut into wedges, optional

People & Planet | Per Portion

Calories:	479 kcal
Protein:	17 g
Fat:	6 g
Saturated fat:	1 g
Carbohydrates:	89 g
Sugars:	13 g
Salt:	2 g
Fibre:	13 g

386L | 2 kg CO_2 | 1m²/year

Method **Prep 15 minutes | Cook 30 minutes**

1. Rinse the rice in a sieve under cold running water until the water runs mostly clear, then drain well.
2. Heat the oil in a large saucepan with a tight-fitting lid. Add the onion and red pepper and cook over a medium heat for 5 minutes, stirring occasionally, until beginning to soften.
3. Add the garlic and cook for 1 minute, taking care not to let it burn.
4. Stir in the drained rice, black-eyed beans, all-purpose seasoning and thyme. Cook for 1 minute so that the rice is coated in the seasonings.
5. Pour in the coconut milk and stock or water. Add the salt and a generous grinding of black pepper, then stir once and bring to a gentle boil.
6. Reduce the heat to low, cover and simmer for 15 minutes without lifting the lid.
7. Scatter the okra over the rice, replace the lid and cook for a further 5 minutes. Add the spinach, cover again and cook for 2-3 minutes, until the spinach has wilted and the rice is tender.
8. Remove from the heat and leave covered for 5 minutes. Fluff the rice gently with a fork, taste and adjust the seasoning.



Chinese Vegetable Rice

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
250 g long-grain rice, cooked, cooled quickly and chilled	Calories:	396 kcal
200 g fine green beans, trimmed and cut into short lengths	Protein:	13 g
200 g chestnut mushrooms, sliced	Fat:	13 g
1 large red pepper, sliced	Saturated fat:	1 g
3 garlic cloves, finely chopped	Carbohydrates:	58 g
20 g fresh ginger, finely grated	Sugars:	3 g
1 green chilli or	Salt:	1 g
1 tsp chilli paste, optional	Fibre:	5 g
2 1/2 tbsp sesame or vegetable oil		
3 tbsp reduced-salt dark soy sauce, or to taste		
200 g firm tofu, edamame, peas or leftover vegetables, optional	351L	1kg CO_2 1m²/year

Method **Prep 35 minutes | Cook 1 hour**

1. Cook the rice according to the packet instructions, then cool it quickly and refrigerate until needed. Alternatively, use safely stored leftover rice.
2. Prepare the green beans, mushrooms, pepper, garlic, ginger and chilli.
3. Heat 1 tablespoon of the oil in a large wok or frying pan. Add the garlic, ginger and chilli and stir-fry for about 30 seconds.
4. Add the vegetables and optional tofu or edamame. Stir-fry over a high heat for 4-5 minutes, working in two batches if the pan is crowded.
5. Add the remaining oil, chilled rice and soy sauce. Stir-fry for 3-4 minutes, until evenly mixed and piping hot throughout, then serve immediately.

Serving suggestion: Serve with sliced spring onions, chilli sauce and steamed greens.

Use small amounts of peppers, peas, edamame, carrots, broccoli stems or other vegetables that need using up.



Efo Riro

Ingredients | Serves 4 | £1.35pp	**People & Planet |** Per Portion	
500 g chopped spinach, fresh or frozen	Calories:	337 kcal
275 g firm tofu	Protein:	13 g
150 g mushrooms, sliced	Fat:	26 g
80 ml olive or vegetable oil	Saturated fat:	3 g
2 plum tomatoes	Carbohydrates:	11 g
1 red pepper	Sugars:	8 g
1 habanero pepper, or to taste	Salt:	2 g
1 medium onion	Fibre:	7 g
50 ml water or stock, if using fresh spinach		
1 1/2 tsp bouillon powder		
1 1/2 tsp cayenne pepper, or to taste		
3/4 tsp black pepper		
3/4 tsp salt, or to taste		
Red pepper flakes, optional		
	68L	0kg CO_2 1m²/year

Method **Prep 25 minutes | Cook 25 minutes**

1. Blend the tomatoes, red pepper, habanero and half of the onion until mostly smooth. Finely chop the remaining onion.
2. If using fresh spinach, wash and chop it. If using frozen spinach, defrost and squeeze out excess water.
3. Heat the oil in a large saucepan and cook the chopped onion for 2 minutes.
4. Add the blended pepper mixture and cook for 5-7 minutes, stirring regularly, until slightly reduced.
5. Add the bouillon, cayenne, black pepper, and salt. Cook for a further 2 minutes.
6. Add the water or stock if needed, followed by the cooked mushrooms. Simmer for 5 minutes.
7. Stir in the spinach and cook for about 5 minutes, until heated through and well combined. Taste and adjust the seasoning.

Serving suggestion: Serve with rice, yam, plantain, eba or another preferred accompaniment.



Vegan Zigni Berbere

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
2 tbsp oil	Calories:	346 kcal
1 large onion, finely chopped	Protein:	16 g
3 garlic cloves, chopped	Fat:	13 g
1 tbsp berbere spice, or to taste	Saturated fat:	2 g
2 tbsp tomato paste	Carbohydrates:	39 g
400 g chopped tomatoes	Sugars:	9 g
250 g mushrooms, chopped	Salt:	3 g
1 can lentils or chickpeas, drained	Fibre:	22 g
250 ml vegetable stock		
Salt and black pepper		
Fresh coriander or parsley, optional		
	38L	1kg CO_2 3m²/year

Method **Prep 15 minutes | Cook 40 minutes**

1. Cook onion in oil until soft and golden.
2. Add garlic, berbere and tomato paste; cook for 1-2 minutes.
3. Add tomatoes, mushrooms, lentils or chickpeas and stock.
4. Simmer for 25-30 minutes until thick and rich. Season to taste.

Serving suggestion: Serve with injera-style flatbread, rice or other grains and a fresh salad.



Jackfruit a Ze do Pipo

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
500g tinned jackfruit	Calories:	525 kcal
1 litre hazelnut milk	Protein:	7 g
2 medium onions	Fat:	23 g
4 tbsp olive oil	Saturated fat:	3 g
1 bay leaf	Carbohydrates:	75 g
750 g mashed potatoes	Sugars:	45 g
Black olives	Salt:	4 g
Salt and pepper	Fibre:	10 g
	76L · 0kg CO_2 · 1m²/year	

Method **Prep 15 minutes | Cook 40 minutes**

1. Cook the jackfruit in the milk, then flake into large chunks.
2. Fry chopped onions in olive oil with bay leaf, salt, pepper.
3. Drain jackfruit and place in an ovenproof dish.
4. Top with onions, and pipe or spoon mashed potato around the dish.
5. Bake until golden and garnish with black olives.

Serving suggestion: Serve with steamed greens, a tomato salad or roasted peppers.

Tinned jackfruit has a flaky texture, similar to fish, and is useful to keep on-hand as a pantry staple.



Roast Cauliflower with Apple Sauce

Ingredients | Serves 4 | £1.45pp	**People & Planet |** Per Portion	
1 large whole cauliflower, keeping any fresh tender leaves	Calories:	403 kcal
2 tbsp olive oil	Protein:	11 g
50g miso paste	Fat:	11 g
1 tsp smoked paprika or mild curry powder	Saturated fat:	1 g
tsp garlic granules or	Carbohydrates:	62 g
2 garlic cloves, crushed	Sugars:	32 g
2 large Bramley apples, peeled, cored and chopped	Salt:	3 g
1 tsp finely chopped rosemary	Fibre:	8 g
1 tbsp demerara sugar, or to taste		
40 ml water		
150g Panko breadcrumbs	62L	0 kg CO_2 1m²/year

Method **Prep 15 minutes | Cook 1 hour**

1. Heat the oven to 180°C fan/Gas 6.
2. Trim the cauliflower base so it sits flat, keeping any tender leaves.
3. Mix the oil, paprika or curry powder, garlic, salt and pepper. Rub the mixture over the cauliflower.
4. Place in a roasting tin and top with tin foil and roast for 45-60 minutes, until golden and tender when pierced through the centre.
5. Meanwhile, place the apples, rosemary and water in a small saucepan. Cover and cook gently until soft, then stir or mash to the preferred texture and add sugar to taste.
6. Fry the panko breadcrumbs in the oil until crispy.
7. Brush the cooked cauliflower with the miso paste and stick on the crispy panko breadcrumbs and return to the oven for 10 minutes
8. Cut the cauliflower into four generous wedges and serve with the warm apple sauce.

Serving suggestion: Serve with roast potatoes, seasonal vegetables, onion gravy and apple sauce.



Ghanaian Groundnut Soup

Ingredients | Serves 4 | £0.60pp	**People & Planet |** Per Portion	
1 tbsp vegetable oil	Calories:	620 kcal
1 medium onion, chopped	Protein:	31 g
2 garlic cloves, chopped	Fat:	28 g
15 g fresh ginger, grated	Saturated fat:	5 g
1 small Scotch bonnet or chilli, optional	Carbohydrates:	63 g
1 1/2 tbsp tomato puree	Sugars:	13 g
1 x 400 g can chopped tomatoes	Salt:	2 g
3 tbsp smooth peanut butter or groundnut paste	Fibre:	24 g
800 ml low-salt vegetable stock		
1 small sweet potato or 2 medium carrots, chopped		
1 x 400 g can chickpeas or beans, drained, optional		
150 g spinach or other leafy greens		
Salt and black pepper, to taste		
	32L	1kg CO_2 5m²/year

Method **Prep 20 minutes | Cook 40 minutes**

1. Heat the oil in a large saucepan and cook the onion, garlic and ginger for 5 minutes, until softened.
2. Add the chilli, tomato puree and chopped tomatoes and cook for a further 5 minutes.
3. Whisk the peanut butter with a ladleful of warm stock until smooth, then stir it into the pan with the remaining stock.
4. Add the sweet potato or carrots and simmer for 20-25 minutes, until tender.
5. Add the chickpeas or beans, if using, and simmer for 5 minutes. Stir in the spinach or greens and cook until wilted.
6. Season to taste and serve with rice, fufu, banku dumplings or bread.

Serving suggestion: Finish with greens and serve with rice, fufu, banku dumplings or crusty bread.

Groundnut paste creates a rich, creamy and hearty stew. Cook for longer, on a low heat, for a deeper flavour.



Tripoli-Style Couscous

Ingredients | Serves 4 | £0.75pp	**People & Planet |** Per Portion	
180 g couscous	Calories:	618 kcal
1/4 tbsp salt	Protein:	28 g
4-6 tbsp olive oil	Fat:	24 g
1 chilli pepper	Saturated fat:	3 g
6 garlic cloves	Carbohydrates:	76 g
1/2 tbsp salt, chilli powder and ground cumin mixed	Sugars:	6 g
	Salt:	2 g
2 tbsp tomato paste	Fibre:	25 g
700 ml boiling water		
1 can chickpeas, drained		
1 potato, cut into pieces		
1 aubergine, cut into pieces		
Extra vegetables, optional	66L · 1kg CO_2 · 5m²/year	

Method **Prep 20 minutes | Cook 40 minutes**

1. Mix couscous with salt and a little oil, prepare according to packet instructions.
2. Roast potato and aubergine with salt and olive oil until browned.
3. Fry chilli, then add garlic, spices and tomato paste.
4. Add boiling water and chickpeas. Simmer for 15-20 minutes until rich.
5. Mix some sauce through the couscous and steam or rest again for 10 minutes.
6. Serve couscous topped with chickpea sauce and roasted vegetables.

Serving suggestion: Serve on a large platter with extra sauce, lemon and chopped herbs.

Cooking together is a fun way to introduce little ones to new flavours and spices while sparking their curiosity about healthy foods.



Papoutsakia

Ingredients | Serves 4 | £1.20pp	**People & Planet |** Per Portion	
3 large aubergines	Calories:	263 kcal
Olive oil, for brushing	Protein:	12 g
Salt, to taste	Fat:	10 g
350 g cooked chickpeas (or tinned)	Saturated fat:	2 g
1 medium onion, finely chopped	Carbohydrates:	31 g
1 1/2 tbsp olive oil	Sugars:	14 g
300 g chopped tomatoes	Salt:	1 g
100 g tomatoes slices	Fibre:	18 g
1 1/2 tbsp tomato paste		
Black pepper, to taste		
1 bay leaf		
Ground allspice or cinnamon, optional	82L	1kg CO_2 2m²/year

Method **Prep 30 minutes | Cook 1 hour**

1. Heat the oven to 180°C/160°C fan/Gas 4. Cut the aubergines in half lengthways, score the flesh, brush with oil and season. Place on a baking tray and bake for 25-30 minutes, until tender.
2. Heat the olive oil in a frying pan. Add the onion and cook until softened, then add the chickpeas.
3. Stir in the tomato paste, chopped tomatoes, bay leaf, salt, black pepper and allspice or cinnamon, if using. Simmer for 15-20 minutes, until thick.
4. Press the softened aubergine flesh down slightly. Top with sliced tomatoes, drizzle with olive oil and bake for 25-30 minutes.
5. Leave to rest for 10 minutes before serving.

Serving suggestion: Serve with a Greek-style salad, greens and crusty bread.



Gujarati Undhiyu

Ingredients | Serves 4 | £1.50pp

For the mixed vegetables
125 g purple yam, peeled and chopped
125 g surti papdi
125 g valor papdi
125 g baby potatoes, halved
125 g sweet potatoes, peeled and chopped
1 small raw banana, peeled and chopped
Small aubergines (optional), halved or quartered

For the green masala
30 g fresh coriander
40 g grated coconut
3 green chillies
15 g fresh ginger
4 garlic cloves
1 tbsp sesame seeds
2 tsp lemon juice
1 tbsp jaggery
¾ tsp ground turmeric
¾ tsp ground cumin and coriander

For the muthiyas
(fenugreek dumplings)
60 g fresh methi (fenugreek) leaves
100 g wholemeal flour
1 tbsp chickpea flour (besan)
¾ tsp red chilli powder
¼ tsp ground turmeric
¼ tsp ajwain (carom seeds)
2 tsp vegetable oil

For the tempering
2½ tbsp vegetable oil
¾ tsp mustard seeds
¾ tsp cumin seeds
Pinch of asafoetida (hing)
¼ tsp carom seeds (ajwain)
6 fresh curry leaves

Oil for frying, or a little extra oil for steaming the muthiyas

Plan the preparation
Prepare the green masala and muthiyas first, then cut the vegetables into even pieces so the final cooking stage is easier to manage.

People & Planet | Per Portion

Calories:	416 kcal
Protein:	10 g
Fat:	19 g
Saturated fat:	4 g
Carbohydrates:	53 g
Sugars:	13 g
Salt:	0.2 g
Fibre:	11 g

38L | 0 kg CO_2 | 1m²/year

Method **Prep 45 minutes | Cook 50 minutes**

1. **Prepare the muthiyas:** In a mixing bowl, combine the chopped methi leaves, wholemeal flour, gram flour, chilli powder, turmeric, ajwain, salt and oil. Gradually add enough water to form a firm dough. Divide into small oval or round dumplings. Either shallow fry until lightly golden or steam until firm and cooked through. Set aside.
2. **Make the green masala:** Place the coriander, grated coconut, green chillies, ginger, garlic, sesame seeds, lemon juice, jaggery, turmeric, cumin-coriander powder and salt into a food processor. Blend to a coarse paste.
3. **Prepare the vegetables:** Cut all the vegetables into similar-sized pieces to ensure even cooking. Place them in a large bowl and gently coat with the prepared green masala until evenly covered.
4. **Prepare the tempering:** Heat the oil in a large, heavy-based saucepan over a medium heat. Add the mustard seeds and allow them to crackle. Stir in the cumin seeds, asafoetida, carom seeds and curry leaves, cooking for 30–60 seconds until fragrant.
5. **Cook the vegetables:** Add the masala-coated vegetables to the pan, followed by 125 ml of water. Cover with a lid and cook over a low heat for 30–40 minutes, stirring gently from time to time. Add a small amount of additional water to prevent sticking.
6. **Finish the dish:** Add the cooked muthiyas during the final 10 minutes of cooking. Continue cooking until the vegetables are tender, the dumplings are heated through, and the masala has thickened to coat the vegetables. Serve hot.

Serving suggestion: Serve with puri, roti, plant-based yogurt or a fresh salad.

Undhiyu brings together numerous vegetables, green masala and methi dumplings, making it well suited to festive cooking and sharing.



Sweets, snacks and home comforts



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Tavsali *Goan Cucumber Cake*

Ingredients | Serves 4 | £0.65pp	**People & Planet |** Per Portion	
2 medium cucumbers, grated	Calories:	422 kcal
175 g fine semolina (rava or sooji)	Protein:	7 g
100 g grated jaggery	Fat:	12 g
40 g cup freshly grated or desiccated coconut	Saturated fat:	7 g
	Carbohydrates:	75 g
2 tbsp plant-based spread, plus extra for greasing	Sugars:	37 g
	Salt:	<1 g
1/2 tsp ground cardamom	Fibre:	3 g
Pinch of fine salt		
2 tbsp cashews, optional		
	15L	0kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 35 - 40 minutes**

1. Wash and grate the cucumber. Keep the liquid released during grating, as this helps hydrate the semolina.
2. Place the cucumber, jaggery, coconut, semolina, plant-based spread, cardamom and salt in a bowl. Mix well and leave to stand for 5-10 minutes.
3. Grease a heatproof dish or cake tin and spoon in the mixture. Level the surface and scatter over the cashews, if using.
4. To steam, cover the dish and steam over gently simmering water for 30-40 minutes. Alternatively, bake at 180°C/160°C fan/Gas 4 for 35-40 minutes.
5. Check that the centre is set, then leave the cake to cool completely before slicing.

Serving suggestion: Serve at room temperature with tea, fresh fruit or a spoonful of plain plant-based yoghurt.

Jaggery adds a caramel-like flavour, but it is still an added sugar. Adjust the amount according to the sweetness of the cucumber and personal preference.



Carrot Kheer

Ingredients | Serves 4 | £0.45pp	**People & Planet |** Per Portion	
500 g carrots, scrubbed and sliced into small pieces	Calories:	196 kcal
500 ml unsweetened fortified soya or oat milk	Protein:	2 g
60 g caster sugar, or to taste	Fat:	4 g
1/2 tsp ground cardamom	Saturated fat:	1 g
Pinch of fine salt	Carbohydrates:	39 g
25 g raisins or chopped dried fruit, optional	Sugars:	37 g
25 g almonds or pistachios, roughly chopped, optional	Salt:	<1 g
1 tsp plant-based spread, optional	Fibre:	6 g
	73L	0kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 25 minutes**

1. Place the carrots in a saucepan and cover with cold water. Bring to the boil, then reduce the heat and simmer for 12-15 minutes, until completely tender.
2. Drain the carrots well. Reserve the cooking water for soup or vegetable stock if it has not been salted.
3. Place the cooked carrots in a blender with 250 ml of the plant milk. Blend until completely smooth, working in batches if necessary.
4. Pour the carrot mixture into a clean saucepan and add the remaining plant milk, sugar, cardamom and salt.
5. Cook over a low to medium heat for 8-10 minutes, stirring frequently, until the kheer is hot, slightly thickened and smooth. Do not allow it to catch on the base of the pan.
6. Stir in the raisins or dried fruit and the plant-based spread, if using. Cook for a further 1-2 minutes.
7. Taste and adjust the sweetness. Spoon into serving bowls and finish with the chopped nuts, if using.
8. Serve warm, or cool and refrigerate until chilled. The kheer will thicken further as it cools. Loosen with a little extra plant milk if needed.

Serving suggestion: Serve in small bowls with sliced almonds or chopped pistachios and sprinkle of cardamom.



Banana Nuggets

Ingredients | Serves 4 | £0.10pp	**People & Planet |** Per Portion	
2 ripe bananas, mashed (about 225 g)	Calories:	202 kcal
100 g plain flour, plus a little extra if needed	Protein:	3 g
1 tsp baking powder	Fat:	5 g
Pinch of fine salt	Saturated fat:	<1 g
1 tsp vegetable or avocado oil, for shaping	Carbohydrates:	38 g
25 g caster sugar	Sugars:	16 g
1/2 tsp ground cinnamon	Salt:	1 g
Oil spray or baking parchment for the air-fryer basket	Fibre:	2 g
	8L	0kg CO_2 0m²/year

Method **Prep 10 minutes | Cook 6 - 8 minutes**

1. Place the mashed bananas in a bowl. Add the flour, baking powder and salt and stir until a soft, slightly sticky dough forms.
2. Lightly oil your hands and divide the mixture into small pieces. Roll into balls about 2.5 cm wide. Add a little extra flour only if the mixture is too wet to shape.
3. Preheat the air fryer to 180°C. Lightly spray the basket with oil or line it with baking parchment.
4. Arrange the nuggets in a single layer, leaving space between them. Air-fry for 6-8 minutes, turning once, until lightly golden and cooked through.
5. Mix the sugar and cinnamon in a shallow bowl.
6. Brush or spray the warm nuggets very lightly with oil, roll in the cinnamon sugar and serve immediately.

Serving suggestion: Serve in small bowls with sliced almonds or chopped pistachios and sprinkle of cardamom.

The cinnamon-sugar coating is optional. The nuggets can also be served plain or dusted lightly with cinnamon.



Kelewele

Ingredients | Serves 4 - 6 | £1.05pp	**People & Planet |** Per Portion	
6 ripe plantains	Calories:	305 kcal
1 small onion, roughly chopped	Protein:	3 g
50 g fresh ginger, peeled and roughly chopped	Fat:	4 g
	Saturated fat:	<1 g
1 tbsp cayenne pepper, or to taste	Carbohydrates:	69 g
1 tsp fine salt	Sugars:	16 g
120 ml water	Salt:	1 g
Vegetable oil, for deep-frying	Fibre:	5 g
	1L	0kg CO_2 0m²/year

Method **Prep 15 minutes | Cook 15 minutes**

1. Peel the plantains and cut them into bite-sized diagonal pieces or cubes.
2. Place the onion, ginger, cayenne pepper, salt and water in a blender and blend to a smooth paste.
3. Place the plantain in a bowl, add the spice paste and toss until every piece is coated. Leave for 10 minutes to absorb the flavour.
4. Pour the oil into a deep, heavy-based pan, filling it no more than one-third full. Heat to approximately 175°C.
5. Fry the plantain in small batches for 4-6 minutes, turning occasionally, until deep golden and crisp at the edges.
6. Remove with a slotted spoon, drain on kitchen paper and serve hot.

Serving suggestion: Serve hot with roasted peanuts, a bean stew, jollof rice or a fresh tomato and onion salad.

Use plantains with yellow skins and black patches. Green plantains are firmer and less sweet and will give a different result.



King Yam

Ingredients | Serves 4 | £0.85pp	**People & Planet |** Per Portion	
50 g King or Purple Yam	Calories:	189 kcal
150 ml coconut milk	Protein:	2 g
4 tbsp sugar or to taste	Fat:	1 g
Sliced fruit, nata de coco, or roasted coconut pieces to serve	Saturated fat:	<1 g
	Carbohydrates:	46 g
	Sugars:	10 g
	Salt:	<1 g
	Fibre:	3 g
	28L	0kg CO_2 0m²/year

Method **Prep 15 minutes | No cooking required**

1. Wash and remove the skin from yam.
2. Cut the yam into small pieces and simmer until soft.
3. Take the pieces out the water and mash.
4. Add coconut milk and mix well.
5. Add sugar to taste.

Serving suggestion: Serve immediately or store in the fridge, decorate with roasted coconut or fruit.

King yam is traditional Sri Lankan ingredient, naturally rich in fibre. Using purple yam gives the dish a vibrant purple hue.



Che Chuoi *Banana and Tapioca in Coconut Milk*

Ingredients | Serves 4 | £0.60pp	**People & Planet |** Per Portion	
2-3 ripe bananas, peeled and sliced	Calories:	180 kcal
1 x 400 ml can coconut milk	Protein:	3 g
40 g small tapioca pearls	Fat:	3 g
50 g caster or soft brown sugar	Saturated fat:	<1 g
Pinch of fine salt	Carbohydrates:	36 g
25 g roasted unsalted peanuts, roughly crushed	Sugars:	32 g
	Salt:	<1 g
	Fibre:	2 g
	1L | 1kg CO_2 | 0m²/year	

Method **Prep 10 minutes | Cook 15 minutes**

1. Place the tapioca pearls in a bowl, cover with warm water and soak for 15 minutes, then drain.
2. Pour the coconut milk into a saucepan and add the sugar and salt. Bring to a very gentle simmer, stirring until the sugar dissolves.
3. Add the sliced bananas and drained tapioca pearls.
4. Simmer gently for 10-15 minutes, stirring regularly, until the banana is tender and the tapioca pearls are mostly translucent.
5. Taste and adjust the sweetness. Add a splash of water or plant milk if the mixture becomes too thick.
6. Spoon into bowls and finish with the crushed peanuts. Serve warm or leave to cool and chill.

Serving suggestion: Serve in small bowls topped with crushed roasted peanuts.

Very ripe bananas provide natural sweetness and are ideal for this recipe.



Gujarati Semolina and Jaggery

Ingredients | Serves 4 | £0.40pp

50 g fine semolina (rava or sooji)
15 g plant-based spread
500 ml unsweetened plant milk
60 g grated jaggery, or to taste
1/4 tsp ground cardamom
Pinch of ground nutmeg, optional
1 tbsp poppy seeds, optional
20 g slivered almonds or chopped cashews, optional

People & Planet | Per Portion

Calories:	327 kcal
Protein:	7 g
Fat:	14 g
Saturated fat:	4 g
Carbohydrates:	45 g
Sugars:	32 g
Salt:	<1 g
Fibre:	2 g

51L | 1kg CO_2 | 1m²/year

Method **Prep 5 minutes | Cook 12 minutes**

1. Heat the plant-based spread in a saucepan over a low heat. Add the semolina and cook for 3-4 minutes, stirring constantly, until aromatic and lightly golden.
2. Warm the milk in a separate saucepan. Add the jaggery and stir gently until dissolved.
3. Pour the warm jaggery milk gradually into the toasted semolina, whisking continuously to prevent lumps.
4. Cook over a low heat for 5-7 minutes, stirring frequently, until the porridge is thick but still spoonable.
5. Stir in the cardamom and nutmeg, if using.
6. Spoon into bowls and finish with the poppy seeds and nuts, if using.

Serving suggestion: Serve warm in small bowls, with sliced banana or stewed fruit.

Cooking the semolina gently before adding the liquid develops a nutty aroma and helps the grains remain separate rather than forming lumps.



Indian Vegetable Pakoras

Ingredients | Serves 4 | £0.95pp	**People & Planet |** Per Portion	
3 tbsp vegetable oil	Calories:	460 kcal
125 g chickpea flour	Protein:	16 g
2 medium onions, finely sliced	Fat:	18 g
2 large potatoes (about 500 g)	Saturated fat:	1.5 g
1 small cauliflower (about 500 g)	Carbohydrates:	60 g
1/2 bunch fresh fenugreek (methi)	Sugars:	13 g
1 tsp salt	Salt:	1 g
1 tsp garam masala	Fibre:	14 g
1/2 tsp ground turmeric		
2-4 tbsp water, only if needed		
	27L	0kg CO_2 1m²/year

Method **Prep 20 minutes | Cook 20 minutes**

1. Finely slice the onions and place them in a large mixing bowl.
2. Cut the potatoes into small, thin pieces so that they cook at the same rate as the other vegetables. Cut the cauliflower into very small florets.
3. Finely chop the fresh fenugreek, including the tender stems. Add the potatoes, cauliflower and fenugreek to the onions and mix well.
4. Add the salt, garam masala and turmeric. Toss until the vegetables are evenly coated with the spices.
5. Add the oil to the mixture. Then add the chickpea flour gradually, mixing thoroughly after each addition, until the vegetables are coated and the mixture holds together as a thick batter. Add water one tablespoon at a time only if the mixture is too dry.
6. Leave the mixture to stand for 5 minutes. Place spoonfuls of the pakora batter on baking parchment, or use a cupcake tin. Bake at 220°C with a drizzle of oil or air-fry for 8-10 minutes, turning halfway through cooking until golden and crisp.



Bao dough

Ingredients | 8 buns | £0.30pp	
250 g plain flour, plus extra for dusting 7 g sachet fast-action dried yeast 20 g caster sugar 1 tsp baking powder 1/4 tsp fine salt	150 ml warm water or unsweetened plant milk 1 tbsp vegetable oil 1 tsp rice vinegar 8 small squares of baking parchment

Method **Prep 15 minutes + 1 hour proving**

1. To make the dough, mix the flour, yeast, sugar, baking powder and salt in a large bowl.
2. Add the warm water or plant milk, vegetable oil and rice vinegar. Mix to form a soft dough, then knead on a lightly floured surface for 8-10 minutes until smooth and elastic.
3. Place the dough in a lightly oiled bowl, cover and leave in a warm place for about 1 hour, or until doubled in size.
4. Knock the air out of the proved dough and divide it into 8 equal pieces. Shape each piece into a ball and keep covered while working.
5. Roll one ball into a circle about 10 cm wide, leaving the centre slightly thicker than the edges.
6. Turn over the page for the mushroom filling recipe.



Mushroom Char Siu Bao Buns

Ingredients | Serves 4 | £1.00pp	**People & Planet |** Per Portion	
300 g oyster mushrooms, torn into bite-sized strips	Calories:	364 kcal
1 tbsp vegetable oil	Protein:	9 g
2 garlic cloves, finely grated	Fat:	7 g
10 g fresh ginger, finely grated	Saturated fat:	1 g
2 tbsp vegan hoisin sauce	Carbohydrates:	69 g
1 tbsp dark soy sauce	Sugars:	16 g
1 tbsp light soy sauce	Salt:	2 g
1 tbsp rice vinegar	Fibre:	6 g
1 tbsp soft brown sugar		
1 tsp toasted sesame oil		
1/2 tsp Chinese five-spice		
2 spring onions, finely sliced		
Boa dough, *see page 191 for recipe or buy ready-to-fill.*		

19L | 0kg CO_2 | 0m²/year

Method **Prep 25 minutes | Cook 30 minutes**

1. Heat the oven to 200°C/180°C fan/Gas 6. Spread the torn mushrooms on a baking tray, toss with the vegetable oil and roast for 20-25 minutes, turning once, until browned at the edges.
2. Mix the garlic, ginger, hoisin sauce, dark soy sauce, light soy sauce, rice vinegar, brown sugar, sesame oil and five-spice, if using, in a frying pan.
3. Place the pan over a medium heat and cook the sauce for 1-2 minutes. Add the roasted mushrooms and stir for 3-4 minutes, until the sauce is thick, glossy and clings to the mushrooms. Stir in half of the spring onions, then leave the filling to cool.
4. Place a generous tablespoon of cooled filling in the centre. Bring the edges together and pinch firmly to seal, or pleat the edges around the filling. Place the bun, seam-side up, on a square of baking parchment.
5. Repeat with the remaining dough and filling. Cover the shaped buns loosely and leave them to rest for 15 minutes.
6. Arrange the buns in a steamer, leaving space between them to expand. Steam over gently simmering water for 10-12 minutes. Do not allow the base of the steamer to touch the water.
7. Turn off the heat and leave the lid in place for 2 minutes before opening it slowly. Sprinkle with the remaining spring onions and serve warm.



Goan-Style Mushroom Cutlets

Ingredients | Serves 4 | £1.40pp	**People & Planet |** Per Portion	
500 g king oyster mushrooms, sliced lengthways into thick cutlets	Calories:	274 kcal
1 tbsp ginger-and-garlic paste	Protein:	11 g
1 tsp ground turmeric	Fat:	6 g
1 tsp red chilli powder, or to taste	Saturated fat:	<1 g
1 tsp ground black pepper	Carbohydrates:	42 g
1 tsp ground cumin	Sugars:	1.3 g
1 tbsp lime juice or vinegar	Salt:	2.4 g
1/2 tsp fine salt, or to taste	Fibre:	6 g
200 g panko breadcrumbs		
2 tbsp chickpea flour mixed with 4-5 tbsp water to make a batter		
Vegetable oil, for frying		
	24L	0kg CO_2 0m²/year

Method **Prep 25 minutes | Cook 15 minutes**

1. Slice the mushrooms lengthways into cutlet shapes and pat them dry with kitchen paper.
2. Mix the ginger-and-garlic paste, turmeric, chilli, black pepper, cumin, lime juice or vinegar and salt.
3. Coat the mushrooms evenly in the spice mixture and leave to marinate for 15-20 minutes.
4. Fry the panko breadcrumbs in oil until crispy and set aside.
5. Heat a thin layer of oil in a frying pan over a medium heat. Cook the king oyster mushrooms for 3-4 minutes on each side.
6. Drain briefly on kitchen paper and serve hot and garnish with the crispy breadcrumbs.

Serving suggestion: Serve with salad, bread, green chutney, lemon wedges or plant-based dip.

Lime, ginger, garlic, chilli and cumin create a bright, warming seasoning that works particularly well with the firm texture of king oyster mushrooms.



Patatnik

Ingredients | Serves 6 | £0.80pp	**People & Planet |** Per Portion	
4-5 large potatoes (about 1 kg)	Calories:	563 kcal
2 medium onions, finely chopped	Protein:	19 g
40g potato flour	Fat:	27 g
120 ml unsweetened plant milk	Saturated fat:	12 g
1 tbsp vegetable oil	Carbohydrates:	65 g
130 g vegan white cheese, crumbled	Sugars:	2 g
2 tsp dried mint	Salt:	2 g
1 tsp fine salt	Fibre:	10 g
1 tsp ground black pepper		
60 g plant-based spread		
4 tbsp rice flour or plain flour, for dusting	96L	1kg CO_2 1m²/year

Method **Prep 20 minutes | Cook 45 minutes**

1. Heat the oven to 230°C/210°C fan/Gas 8. Grease a large ovenproof frying pan or baking dish with half of the plant-spread and dust lightly with flour.
2. Peel and coarsely grate the potatoes. Place them in a clean tea towel and squeeze firmly to remove as much liquid as possible.
3. Whisk the potato flour with the plant milk and vegetable oil until smooth.
4. Place the grated potatoes in a bowl with the onions, potato-flour mix, vegan cheese, mint, salt and black pepper. Mix thoroughly.
5. Pack the mixture firmly and evenly into the prepared pan.
6. Dust the surface lightly with the remaining flour and dot with the remaining spread.
7. Bake for about 45 minutes, until deeply golden at the edges and cooked through in the centre.
8. Leave to stand for 5 minutes, then cut into wedges and serve.

Serving suggestion: Serve warm with a tomato and cucumber salad, or pickled vegetables.

Squeezing the grated potatoes well is essential. Too much moisture can make the centre heavy and prevent the edges from becoming crisp.



Spanakopita

Ingredients | Serves 6 - 8 | £1.40pp	**People & Planet |** Per Portion	
500 g spinach, washed and finely chopped	Calories:	473 kcal
200 g mixed greens, such as chard, beet greens or other tender leaves	Protein:	9 g
3 spring onions, finely sliced	Fat:	30 g
1 small onion, finely chopped	Saturated fat:	14g
300 g vegan feta, crumbled	Carbohydrates:	41 g
75 ml extra virgin olive oil, plus extra for the tray	Sugars:	5 g
Black pepper, to taste	Salt:	2 g
1 x 320g pack filo pastry	Fibre:	9.5 g
	65L	1kg CO_2 1m²/year

Method **Prep 30 minutes | Cook 45 - 55 minutes**

1. Place the chopped spinach and mixed greens in a large bowl. Sprinkle with a small pinch of salt, leave for 10 minutes, then squeeze firmly to remove excess liquid.
2. Add the spring onions, onion, vegan feta, half of the olive oil and a generous grinding of black pepper. Mix well.
3. Heat the oven to 180°C/160°C fan/Gas 4 and lightly oil a baking tray or shallow roasting tin.
4. Lay 3-4 sheets of filo in the tray, brushing each lightly with olive oil and allowing the edges to overhang.
5. Spread the filling evenly over the pastry. Fold the overhanging edges inward and top with 2-3 more lightly oiled filo sheets.
6. Score the top gently into portions without cutting all the way through.
7. Bake for 45-55 minutes, until the pastry is crisp and golden. Rest for 10-15 minutes before cutting.

Serving suggestion: Serve warm or at room temperature with a side of vegan Greek yoghurt.

Spinach can be combined with chard, beet greens or other tender leaves. Mixing varieties adds flavour and helps use seasonal produce.



Vegan Pierogi

Ingredients | Makes 30 | £0.80pp

5 medium potatoes, peeled and cut into chunks
250 g chestnut and button mushrooms
1 tbsp vegetable oil
2 tbsp nutritional yeast
1 tsp yeast extract
1 large onion, finely chopped
1/2 tsp garlic powder
1/2 tsp onion powder
450 g plain flour, plus extra for dusting
120 ml warm unsweetened plant milk
120-180 ml warm water
15 g vegan butter, melted
Pinch of fine salt
1 large onion, sliced, for serving
120 ml vegan sour cream, to serve

People & Planet | Per Portion

Calories:	573 kcal
Protein:	13 g
Fat:	15 g
Saturated fat:	2 g
Carbohydrates:	104 g
Sugars:	5 g
Salt:	1 g
Fibre:	8 g

27L | 0kg CO_2 | 1m²/year

Method **Prep 1 hour + resting | Cook 20 minutes**

1. Boil the potatoes in lightly salted water until tender, then drain and mash until smooth.
2. Heat 1 tablespoon of oil in a frying pan. Cook the chopped onion for 3-4 minutes, then add the mushrooms and cook until browned and the excess moisture has evaporated.
3. Mix with the potato, nutritional yeast, yeast extract, garlic powder, onion powder, salt and black pepper. Leave the filling to cool.
4. Place the flour and salt in a bowl. Add the warm plant milk and melted vegan butter, then gradually add enough warm water to form a soft dough.
5. Knead for 10 minutes until smooth, cover and leave to rest for 20-30 minutes.
6. Roll the dough thinly on a floured surface and cut into circles. Add a teaspoon of filling to each, moisten one edge lightly with water, fold and press firmly to seal.
7. Bring a large pan of salted water to a gentle boil. Cook the pierogi in batches until they rise to the surface, then cook for 1 minute more.
8. Drain well. Serve boiled, or fry briefly in oil until golden. Finish with fried onions and vegan sour cream.



Stuffed Cabbage Rolls

Ingredients | Serves 6 - 8 | £1.00pp

1 large white cabbage
500 g minced mushrooms
200 g short-grain rice, rinsed
1 large onion, finely chopped
2-3 spring onions, finely sliced
50 g fresh dill, finely chopped
150 ml olive oil
Fine salt and black pepper, to taste
Juice of 1-2 lemons
Hot water or light stock, as needed

People & Planet | Per Portion

Calories:	400 kcal
Protein:	5 g
Fat:	30 g
Saturated fat:	4 g
Carbohydrates:	26 g
Sugars:	11 g
Salt:	1 g
Fibre:	9 g

114L | 1kg CO_2 | 1m²/year

Method **Prep 40 minutes | Cook 45 - 60 minutes**

1. Cut out the cabbage core. Place the whole cabbage in a large pan of boiling water and remove the leaves one at a time as they soften.
2. Leave the leaves to cool, then trim away any very thick central veins. Reserve damaged or outer leaves for lining the pan.
3. Mix the minced mushrooms, rice, onion, spring onions, dill, olive oil, salt and black pepper in a bowl.
4. Place 1-2 tablespoons of filling near the base of each cabbage leaf. Fold in the sides and roll up firmly.
5. Line a wide saucepan with the reserved cabbage leaves and arrange the rolls closely together, seam-side down.
6. Add enough hot water or stock to almost cover the rolls. Place a small heatproof plate on top to keep them in position.
7. Cover and simmer gently for 45-60 minutes, until the rice is tender, the mushrooms are cooked and the rolls are piping hot throughout.
8. Add the lemon juice, remove from the heat and leave to rest for 10 minutes before serving.

Serving suggestion: Serve warm with lemon wedges, plant-based yoghurt and some of the cooking liquid.

Do not overfill the leaves because the rice expands during cooking. Arrange the rolls tightly so they remain closed as they simmer.



Pao de Queijo *Brazilian Cheese Bread*

Ingredients | Makes 24 | £0.85pp	**People & Planet |** Per Portion	
250 g tapioca flour or starch (polvilho doce)	Calories:	325 kcal
1 tsp fine salt	Protein:	1g
120 ml unsweetened plant milk	Fat:	16 g
60 ml neutral vegetable oil	Saturated fat:	6 g
60 g smooth mashed potato, cooled	Carbohydrates:	45 g
45 ml aquafaba	Sugars:	2 g
100 g vegan parmesan-style cheese, finely grated	Salt:	2 g
50 g vegan mozzarella-style cheese, grated	Fibre:	1 g
	55L	0kg CO_2 1m²/year

Method **Prep 20 minutes | Cook 30 - 35 minutes**

1. Heat the oven to 190°C/170°C fan/Gas 5 and line a baking tray with baking parchment.
2. Place the plant milk, oil and salt in a small saucepan and heat until steaming but not boiling.
3. Pour the hot liquid over the tapioca flour and mix firmly until it forms a sticky, slightly crumbly dough.
4. Leave the mixture to cool for 5 minutes, then beat in the mashed potato, then the aquafaba, until the mixture is smooth.
5. Add the vegan cheeses and mix until evenly combined.
6. With lightly oiled hands, shape the mixture into 24 small balls and place them on the prepared tray.
7. Bake for 30-35 minutes, until puffed and lightly golden. Serve warm.

Serving suggestion: Serve warm as a snack, with soup or alongside refried beans as part of a shared breakfast or brunch.

The dough is naturally sticky. Allow it to cool slightly and lightly oil your hands rather than adding extra tapioca starch, which can make the bread dry.



Glossary

Added Sugars
Added sugars are sugars that are added to foods during preparation or processing, rather than occurring naturally. Examples include sugar added to sauces, yoghurts, honey, maple syrup, and flavoured products.

Air Pollution
Air that contains harmful substances such as smoke, dust, or chemicals that can cause damage to human health, wildlife, and the environment.

Animal Agriculture
The branch of agriculture or farming focused on breeding, raising, and managing farm animals such as cattle, sheep, pigs, and poultry for food products like meat, milk, and eggs, as well as other goods like wool and leather.

Biodiversity
The variety of all living things on Earth including plants, animals, fungi, and microorganisms and the complex ecosystems they form to keep the planet resilient and balanced.

Climate Change
Long-term shifts in global temperatures and weather patterns, primarily driven by human activities like burning fossil fuels, which release heat-trapping gases into the atmosphere.

Co-design
A collaborative approach where researchers, experts, and community members work together as equal partners to create solutions, services, or policies that meet real community needs.

Contaminated Water and Food
Water or food supplies that contain harmful germs, chemicals, or toxins, that can cause diseases if consumed.

CO2e (Carbon Dioxide Equivalent)
A standard unit used to measure and compare the global warming impact of different greenhouse gases (such as methane and nitrous oxide) by expressing them in terms of the amount of carbon dioxide that would create the same warming effect.

EAT Lancet Commission
A global panel of scientists that developed the "Planetary Health Diet," designed to optimise human health while keeping food production within safe environmental limits for the planet.

Extreme Heat
Periods of unusually high temperatures and humidity that go significantly above historical averages, posing risks to public health, infrastructure, and agriculture.

Eco-anxiety
Chronic worry or fear about environmental damage and the impacts of climate change, reflecting a deep concern for the future of the planet.

Ecosystem
A community of living organisms interacting with each other and their non-living physical environment (such as air, water, and soil) as a balanced system.

Energy Dense
Describes foods that have a large number of calories in a small portion. These foods are often high in fats or sugars and provide quick energy.

Food Systems
The food system is the journey of food from farm to plate. It includes all of the people places and activities involved in producing, transporting, selling, preparing, eating and disposing of food.

Food Insecurity
The state of lacking consistent, reliable access to enough safe and nutritious food to support a healthy and active life.

Greenhouse Gas Emissions
Gases, such as carbon dioxide and methane, released into the atmosphere that trap heat from the sun, acting like a blanket around the Earth and driving global warming.

Gut microbes
The collection of trillions of tiny living organisms that naturally live in your in your gut. They help keep your digestive system healthy and regular.

HbA1c
A blood test that measures your average blood sugar levels over the past two to three months, used to check for or manage diabetes.

Healthy diet
A diet describes the foods and drinks that a person regularly consumes. A healthy diet includes a variety of fresh, dried, or frozen foods, with an emphasis on plant-based ingredients, whole foods, and balanced portions. Herbs and spices can be used to enhance flavour without relying on excess salt or sugar.

Legumes
Plants that produce seeds in pods, including beans, lentils, peas, and soybeans. They are rich in protein, fibre, and nutrients and are important in plant-based diets.

m^2 (Square Metre)
A metric unit used to measure surface area. One square metre equals the area of a flat square where each side is exactly one metre long. In agricultural and environmental studies, it is often used to measure land use, crop yield, or habitat space.

Nutrition
Nutrition refers to the process of providing the body with the nutrients it needs to function, grow, and stay healthy. This includes carbohydrates, proteins, fats, vitamins, minerals, and water.

Natural disasters
Extreme weather events caused by natural hazards like floods, earthquakes, storms or wildfires. These events can overwhelm local communities and health systems and causes widespread loss of life and damage to our environment.

Obesity
A complex, chronic health condition characterised by an excessive accumulation of body fat that can increase the risk of other health issues, such as type 2 diabetes and cardiovascular disease.

Plant-forward diets
Diets that are rich in plants-fruit, vegetables, grains, legumes, nuts, seeds, herbs and spices. A plant-forward approach focuses on increasing these foods, rather than completely removing animal products.

Planetary health
An emerging science that focuses on the connections between human health and the health of the environment. This approach recognises that human health depends on having clean air, safe water, healthy food and a stable climate.

Processed foods
Foods that have been changed from their natural state, often to make them last longer or easier to prepare. This can include freezing, canning, baking, or adding simple ingredients such as salt or oil.

Pollution
The introduction of harmful materials or contaminants into the environment, damaging the quality of our air, water, or soil.

Saturated fats
Fats that are usually solid at room temperature and are commonly found in animal products and some processed foods. High intake of saturated fat is linked to increased risk of cardiovascular disease.

Seasonal foods
Foods that are grown and harvested at their natural time of year. Eating seasonally can improve freshness, flavour, and sustainability.

Starchy vegetables
Vegetables that are high in carbohydrates and starch. Examples include potatoes, squash, and cassava. They provide energy and are an important part of a balanced diet.

Sustainability
Sustainability refers to meeting our current food and health needs without causing harm to the environment or reducing resources for future generations.

Sustainable diets
Diets that emphasise plant-based foods, reduced food waste, balanced portions, and sustainable production.

Ultra-processed foods
Foods that have been heavily altered from their original form through industrial processes. They often contain additives, preservatives, flavourings, and ingredients not commonly used in home cooking, and usually have a long shelf life.

Unsaturated fats
Healthier fats that are usually liquid at room temperature. They are found mainly in plant-based sources like olive oil, avocado, nuts, and seeds, and support heart health.

Whole foods
Foods that are eaten close to their natural form and have undergone minimal processing. These include fruits, vegetables, wholegrains, legumes, nuts, and seeds.

Frequently Asked Questions (FAQs)

What is the planetary health diet?
A planetary health diet refers to eating in a way that supports both human health and environmental sustainability. It focuses on balance, variety, and making food choices that are better for people and the planet. In this book, we refer to the planetary health diet as plant-forward. We think it's easier and more appetising to talk about plants first.

How can I adapt my cultural food to be plant-forward?
Cultural foods can be adapted by making small changes to ingredients while keeping traditional flavours and cooking methods. Recipes can reflect their country of origin, and the dietary plate can be adjusted to suit specific cultural practices without losing identity or meaning.

How can I encourage my family to try new recipes?
Encouraging family members to try new recipes can be done by introducing new ingredients gradually and making cooking a fun and shared experience. Involving family members in the preparation process, using familiar flavours, and presenting meals in an enjoyable way can help build confidence and interest.

How can I reduce my cooking time?
Cooking time can be reduced by using simple or one-pot recipes, batch cooking meals in advance, and preparing ingredients ahead of time. Freezing sauces or meals and sharing cooking responsibilities within the household can also make cooking more manageable.

How can I increase my cooking confidence?
Cooking confidence can be improved by starting with easy recipes and gradually trying new ones. Cooking with someone else and repeating simple meals helps build familiarity and confidence over time.

Why should I change my eating habits?
Making small changes to eating habits can improve personal health, reduce pressure on health services, and support environmental sustainability. Even small steps can lead to meaningful long-term benefits.

How can I make it easier to change my diet?
Dietary change can be made easier by starting with small adjustments such as swapping ingredients, reducing portion sizes, and trying new flavours gradually. The focus is on progress rather than perfection.

Why should I eat seasonally and locally?
Eating seasonally and locally helps support local communities, reduces environmental impact, and often lowers food costs. It also encourages a stronger connection with food and the natural growing seasons.

How can I make vegetables more interesting?
Vegetables can be made more appealing by using herbs and spices, trying different cooking methods, and mixing them into familiar dishes. Combining colours, textures, and flavours can also make meals more enjoyable.

How can I reduce the cost of food?
Food costs can be reduced by buying seasonal produce, using frozen vegetables, batch cooking meals, reducing waste, and using leftovers creatively. Shopping at local or culturally specific shops can also help lower costs.

Where can I find ingredients for specific recipes?
Ingredients can often be found in local shops, cultural food stores, markets, and supermarkets with world food sections. These shops often offer affordable and authentic ingredients.

What advice would you give to people who eat a lot of meat?
People who eat a lot of meat can start by reducing portion sizes, introducing meat-free days, or swapping to cheaper or plant-based alternatives. The aim is balance rather than complete removal.

Where in Ealing can I find affordable plant-based and cultural ingredients?
Ealing offers a rich variety of independent groceries and markets where fresh produce and staples are often much cheaper than major supermarkets. High Streets in Southall, Acton, Ealing Broadway, and West Ealing feature fantastic Asian, Afro-Caribbean, Middle Eastern, and Polish food shops selling dry pulses, beans, grains, herbs, and spices in bulk. Local markets like Ealing Farmers' Market are also great for seasonal UK-grown produce.

How can a plant-forward diet help me cope with high energy bills and food costs?
Lentils, chickpeas, and beans are great cupboard staples and significantly cheaper per meal than fresh meat, helping to keep cost of ingredients down. Using energy-efficient cooking methods like one-pot meals and slow cookers can help reduce energy consumption. Batch cooking and freezing portions save time and avoid the need to cook from scratch every day.

Are organic foods essential for sustainable diets? What if I can't afford them?

Organic food is not essential. Eating more whole plants (vegetables, fruit, legumes, grains) matters far more for health and climate than whether they are certified organic. Conventionally grown or frozen vegetables are nutritious, budget-friendly, and still have a much lower carbon footprint than meat.

I have limited kitchen and freezer space. How can I store plant-based staples?

Focus on shelf-stable dry ingredients (dried lentils, canned beans, rice, spices, oats) that don't require fridge or freezer space.

Can frozen, canned, or pre-cut vegetables count towards a serving of vegetables?

Absolutely! Frozen and canned vegetables are picked at peak freshness, preserving their nutrients. They require zero preparation, reduce food waste, cut cooking times, and are often cheaper, making them ideal for busy schedules and cooking at low cost.

How can I prevent food waste if I live alone or cook for a small household?

Single or smaller households can buy loose produce to get exact quantities, utilise the freezer for leftover bread or herbs, and turn food scraps into vegetable broths or soup bases. Adapting flexible "fridge-clearing" meals like stir-fries, curries, frittatas, and tray bakes helps use up vegetables before they spoil.

Can a plant-forward diet provide enough protein and iron for growing children or elderly relatives?

A well-planned and balanced diet rich in lentils, beans, tofu, nuts, seeds, dark leafy greens, and modest amounts of animal proteins such as eggs, fish, or lean meat provides all essential nutrients. Pairing iron-rich plant foods (like spinach or lentils) with Vitamin C (like lemons, tomatoes, or peppers) helps the body absorb iron much better too.

Is a plant-forward diet suitable for managing conditions like Type 2 diabetes or heart health?

Yes. The EAT-Lancet planetary health diet aligns closely with NHS guidelines for managing blood sugar and cholesterol. Replacing refined carbohydrates and processed meats with fibre-rich legumes, whole grains, nuts, and fresh vegetables naturally supports heart health and glucose regulation.

Explore

EAT-Lancet Summary Report
Explains the research behind the Planetary Health Diet in clear language for public and professionals.
https://eatforum.org/eat-lancet/summary-report/

Planetary Health Alliance
Explore a collection of reports, videos and education about the links between human health and the health of the planet.
https://planetaryhealthalliance.org/

WWF Plant-Based Diets
Calculate the impact of your diet on the planet.
https://planetbaseddiets.panda.org/impacts-action-calculator

Bang in Some Beans
Podcast about beans, healthy eating, food traditions and how to make tasty, affordable meals.
https://foodfoundation.org.uk/bang-in-some-beans-podcast

Cool Spaces
Indoor public spaces for relief during extreme heat. Use the Cool Spaces map to find your nearest location in Ealing. To register your space, visit the London.gov website.
https://apps.london.gov.uk/cool-spaces/

Diabetes Health and Wellness Coaching
Individual NHS support to help manage your diabetes and work towards a healthier lifestyle.
https://www.westlondon.nhs.uk/diabetescoaching

Let's Go Southall
Local activities and groups to help you get more physically active and connect with others.
https://letsgosouthall.org.uk/

Food Waste Recycling
Find out what can be recycled, when food waste is collected in your area, and order a free caddy.
https://www.ealing.gov.uk/info/201171/recycling_services/278/food_waste_recycling

MindFood
Join food-growing and creative sessions to support your mental health, in-person or online.
https://mindfood.org.uk/

Ealing Transition
Practical local action on climate change, energy and food insecurity with local allotments in W5.
https://ealingtransition.org.uk/

Ealing Farmers Market
Seasonal and local produce. Every Saturday 9am-1pm at The Avenue, W13 8PH.
https://www.lfm.org.uk/markets/ealing/

Act for Ealing
Climate action hub aiming to boost local action and restore nature and biodiversity.
https://actforealing.org/

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Black Beans with Quinoa
Golden Squash and Legume Masala
Vegetable Kichidi
One-Tray Mexican Seitan
One-Pot Spinach Corn Rice
Moong Dal
Vegetable Biryani
Mixed Vegetable Sabzi
Garbanzos con Acelgas
Jollof Bulgur
Lentil and Mushroom Ragu
Jamaican Ital Stew
Trini Channa and Aloo
Dau Hu Kho To
Ginataang Kalabasa at Sitaw

Bob Chorba
Gram Roll-Up with Beetroot Fritters
Sourdough Toast
Chickpea Scramble
Coconut Black-eyed Beans
Fried Quinoa with Oyster Mushrooms
Mediterranean Murshrooms
Beetroot and Lentil Salad
Vietnamese Tofu Salad
Chana Masala
Poha with Tofu
Herby Butter Beans
Jackfruit and Black-eyed Beans
Chickpea and Tofu Pancakes
Fasoulia Khadra

Summer Super Salad
Lemony Asparagus with Almonds
Autumn Pie
Winter Tray Bake
Mushroom Stroganoff
Shiro Wat
Tomato Base Three Ways
Carrot and Green Bean Poriyal

Rainbow Veg Fritters
Bubble and Squeak
Zeytinyagli Taze Fasulye
Dill Pickle Soup
Baked Kibbeh Tray
Sinigang
Pho

Maqluba
Vegan Shepherd's Pie
Molokhia
Stuffed Courgette
Mushroom Karahi
Caribbean Coconut Rice
Chinese Vegetable Rice
Efo Riro
Vegan Zigni Berbere
Jackfruit a Ze do Pipo
Roast Cauliflower with Apple Sauce
Ghanaian Groundnut Soup
Tripoli-Style Couscous
Papoutsakia
Gujarati Undhiyu

Tavsali
Carrot Kheer
Banana Nuggets
Kelewele
King Yam
Che Chuoi
Gujarati Semolina and Jaggery
Indian Vegetable Pakoras
Mushroom Char Sui Bao Buns
Goan-Style Mushroom Cutlets
Patanik
Spanakopita
Vegan Pierogi
Stuffed Cabbage Rolls
Pao de Queijo