

# THE VEGANUARY WORKPLACE CHALLENGE

## TRYING VEGAN

It can seem like a huge leap – giving up foods you’ve always eaten and enjoyed, but switching to a plant-based diet is easier now than it’s ever been. And we promise that once you’ve started you’ll never look back!

Veganuary has everything you’ll need to make the transition painlessly – advice on eating out, stocking your cupboards and mouth-watering recipes that will make you wonder why you didn’t try it sooner!

The fruit, nuts, vegetables, herbs and spices you’ll use will reinvigorate your cooking (if you’re a cook) and at least get you interested (if you’re not). Animal products are mostly bland – what makes them delicious are the herbs, spices and sauces they’re cooked in. So get your creative juices flowing and whip up a masterpiece.

Vegan food is healthy too – did you know vegans live on average eight years longer than omnivores? You can get virtually everything your body needs from plants and Veganuary has tips on where to get the necessary vitamins and minerals.



And unlike many diets, there are no special products to fork out for – it’s just plants that are readily available, in any supermarket. Of course you might want to try some of the dairy and meat alternatives that are available but when it comes down to it, a whole-food vegan diet is cheaper!

It’s healthy, delicious and cheap – so far so good – but what about the bigger picture? In 2010 a UN report stated that a global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change.

How so? Well, when you think that a kilo of animal protein takes ten times the land area to produce than a kilo of plant protein, it’s really time to consider going plant powered isn’t it?



## IF YOU WANT TO CHEW ON SOME BITE-SIZED VEGAN FACT NUGGETS, TRY THESE:

Vegans have a longer lifespan (eight years on average) than those who have an omnivorous diet.

A vegan diet typically lowers your body mass index, increases energy and cuts the risk of developing dozens of diseases such as heart disease, type 2 diabetes, cataracts, arthritis, osteoporosis, breast, prostate and colon cancer.

Vegans typically have lower cholesterol levels, lower blood pressure and are slimmer than omnivores.

Eating vegan food is more energy efficient and produces fewer greenhouse gas emissions than raising animals to consume. In fact a vegan diet is greener than giving up your car!

There are more vegan products and alternatives available than ever before.

Billions of animals needlessly suffer and die every year in the meat, dairy and egg industry – when cheaper plant-based foods are readily available.

Eating animals is the largest contributing factor in habitat loss and extinction, with millions of acres of forest felled each year to make way for livestock production.

In 2010 a UN report stated that a global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change.



Per person per month  
a vegan diet saves:

**124,900 LITRES OF WATER**

**84 M<sup>2</sup> OF FOREST**

**273 KG OF CO<sub>2</sub>**

**(NOT TO MENTION THE ANIMALS!)**

## HOW WE CAN HELP

Our website should be your first port of call in your vegan journey. It's packed with information on recipes, nutrition, health, eating out, shopping and much more! Check out our Veganuary Starter Kit here:

[veganuary.com/starter-kit](http://veganuary.com/starter-kit)

And most importantly, sign up at [veganuary.com/register](http://veganuary.com/register) and you'll receive 31 days of support emails to inspire, motivate and help you through your vegan month. You'll also get our Veganuary Celebrity Cookbook right away, and every day we'll send you mouthwatering recipe videos from a selection of top chefs.

Finding restaurants was once a real hit or miss affair – but with veganism's unstoppable rise most restaurants now offer lots of vegan options or will be happy to adapt meals. And if you decide to take up the Veganuary Workplace Challenge there are a number of high street chains who'll give you deals on your vegan meals!



## RECIPES

There are meal plans and hundreds of recipes for you to choose from. Here are a couple of ideas to get you started...



### SPAGHETTI BOLOGNESE

**30-45 MIN**

By Veganuary supporter Louise Mead

#### Ingredients

- 1 medium onion, diced
- 1 large carrot, diced
- 2-3 cloves of garlic, minced
- 2 teaspoons of dried rosemary
- 2 teaspoons of dried thyme
- Pinch of basil (fresh, frozen, or dried)
- Dash of olive oil
- 500g of vegan mince (you can use a 400g tin of lentils instead of the mince if you prefer)
- Tin of chopped tomatoes
- Glass of red wine (optional)
- Spaghetti (75g-100g per person)
- Salt & pepper to taste

#### Instructions

In a large pan on medium heat, sweat off the chopped onion and carrot in a dash of oil until they begin to soften. Add the garlic and stir well. Add the herbs, the mince, and mix well ensuring the mince is completely coated with the herbs and evenly mixed with the other ingredients. Once the mince is warm, add the wine, bring to the boil then simmer. Add the tin of tomatoes and stir well. Fill the tomato tin with water and add to the mixture before bringing to the boil. Leave to simmer on a low heat for 20 minutes, stirring regularly to ensure it does not stick to the pan. Taste to check the carrot is cooked through, if not keep on the low heat for another 10 minutes. If needs be, add more water to ensure the mixture doesn't dry out. Add salt and pepper to your taste.

Once the bolognese is almost cooked, bring a large pan filled with water to the boil, and add the spaghetti. Cook the spaghetti for 11-12 minutes, until al dente. Once the spaghetti is cooked, drain and add to the bolognese and mix well. Serve with a sprinkling of basil if you like.

## CHARRED FIG AND ROCKET SALAD WITH LEMON TOFU FETA

**45-60 MIN**

By Veganuary supporter Lee Watson

### Ingredients

3 handfuls of rocket leaves  
1 handful of fresh basil leaves  
6 ripe figs, quartered  
2 tablespoons balsamic vinegar  
3 tablespoons toasted pine nuts  
For the lemon tofu feta:  
1 tablespoon nutritional yeast flakes  
Juice of ½ a lemon  
½ teaspoon lemon zest  
1 tablespoon olive oil  
400g firm tofu, well drained, crumbled  
1 clove of garlic, peeled and crushed  
Large pinch of sea salt  
Pinch of cracked black pepper

### For the dressing:

1 tablespoon lemon juice  
1 teaspoon brown rice syrup  
½ tablespoon balsamic vinegar  
Pinch of sea salt  
1 tablespoon extra virgin olive oil

### Instructions

To make the tofu feta, dissolve the nutritional yeast flakes in a bowl with the lemon juice and zest. In a small pan, heat the oil and fry the tofu and garlic until slightly golden. Add the lemon mix, salt and pepper, bring to the boil and cook until the lemon juice has evaporated. Spoon into a bowl and allow to cool. Check that it's just a little too salty, like feta.

To make the dressing, whisk together all of the ingredients in a small bowl.

Mix the rocket and basil leaves together in a bowl. Drizzle 1 tablespoon of the dressing over the leaves and toss together. Keep the rest of the dressing for further dipping and drizzling. Warm a griddle pan on a high heat and brush with a little oil. Just as the oil begins to smoke, place your figs widthways in the pan. Allow to cook for 2 minutes, basting them with balsamic vinegar as you go. Turn them when well caramelised, then remove the now sticky figs from the heat. Scatter the leaves beautifully on plates, and top with the warm figs, a couple of spoons of the tofu feta and a sprinkling of toasted pine nuts.



## CHOCOLATE & PEANUT BUTTER 'FREAKSHAKE'

**15-20 MIN**

By Veganuary supporter Kate Ford

### Ingredients

150g nut milk (hazelnut or almond work really well here)  
1 banana  
1 heaped tbsp peanut butter  
1 scoop dairy-free vanilla ice cream  
1 tsp cocoa powder  
1 tbsp maple syrup  
100g plain/dark chocolate chips (check the label)  
Handful sweet popcorn

### Instructions

Place the nut milk, banana, peanut butter, ice cream, cocoa powder, maple syrup and about a third of the chocolate chips into a blender or food processor, and blitz until smooth and creamy, (this may take up to a minute). Set aside about a tablespoon full of the remaining chocolate chips, and pour the rest into a small microwave-safe bowl. Microwave on full power for one minute until melted, and whisk with a fork until smooth.

Dip the rim of your glass into the melted chocolate, then use a teaspoon to drizzle more of the chocolate around the rim to create the trademark Freakshake dribbles around the outside. Pour in the milkshake, then top with as much popcorn as gravity will allow, scatter carefully with the chocolate chips, and then drizzle the whole lot with even more melted chocolate.



**REMEMBER,  
THERE ARE HUNDREDS  
OF TASTY VEGAN  
RECIPES ON THE  
VEGANUARY WEBSITE!  
VEGANUARY.COM**



## SPONSORSHIP

Veganuary relies on donations to keep our movement going – fundraise for us and you'll be helping spread our message, saving water, trees, carbon emissions and animals. Set up your own page on [Just Giving](#) and get your colleagues, friends and family sponsoring you as you try vegan for the month!

And if you raise the most money in your workplace for Veganuary, you'll receive a hamper jam-packed full of tasty vegan goodies!

Watch our [short video](#) on the benefits of going vegan, and of course for everything else you need to know, just visit our website: [veganuary.com](http://veganuary.com)

# WELCOME TO PLANT POWER!

