

VEGANUARY CELEBRITY COOKBOOK

2022 EDITION

VEGANUARY 



**NEW
EXCLUSIVE
RECIPES**

WELCOME!

THANKS FOR DOWNLOADING THE NEW AND UPDATED VEGANUARY CELEBRITY COOKBOOK.

This cookbook has been especially created for Veganuary participants, and has been updated with some brand new celebrity recipes just for 2022. All recipes have been donated exclusively to Veganuary and are the foods our celebrity supporters love the most. We hope you love them too. Whether you're a health-food lover, cooking for a family or looking to satisfy a sweet craving, the Veganuary Celebrity Cookbook has something for you. Delve in, create, and enjoy!

LOTS OF VEGAN LOVE FROM TEAM VEGANUARY



BREAKFASTS & SMALL PLATES

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HARRY KIRTON'S OVERNIGHT OATS



Harry Kirton

Harry is an actor best known for his role in the TV hit *Peaky Blinders*. He is also vegan and a Veganuary supporter. This tasty, filling breakfast is how he gets his day off to a flying start.

HARRY KIRTON'S

SERVES 1



OVERNIGHT OATS

INGREDIENTS

Whole jumbo oats

4 tbsp chia seeds

4 tbsp flax seeds

1 banana

Pumpkin or sunflower seeds

Pecans

1 tbsp almond butter

1 tbsp blackberry compote

Splash coconut milk

METHOD

1. Half to three-quarters fill a 1L Mason jar with oats, the chia seeds and flax seeds. Add water until the oats are just covered. Leave overnight.
2. When you are ready for breakfast, add your choice of fresh fruit and nut toppings, compote and almond butter, plus a little splash of coconut milk.



VENUS WILLIAMS'

TRIO OF SMOOTHIES



Venus Williams

What fuels seven-time Grand Slam Champion and four-time Olympic Gold Medalist Venus Williams? Plants! Venus celebrates the benefits of a plant-based diet for body, mind, and performance. After years of research and work with world-class nutritionists, she is passionate about sharing optimal plant-based nutrition with others.

VENUS WILLIAMS'

TRIO OF SMOOTHIES

INGREDIENTS

CHOCO-MINT CRUNCH

2 Scoops Happy Viking Chocolate Plant Nutrition Powder

1.5 cup plant based milk

2 tablespoons cacao nibs

7 sprigs mint leaves

½ cup ice

5 medjool dates

ORANGEBERRY

2 Scoops Happy Viking Strawberry Plant Nutrition Powder

1 cup orange juice

1 cup plant based milk

1 cup frozen strawberries

½ cup ice

2 teaspoons vanilla extract

POWER UP GREEN SMOOTHIE

2 Scoops Happy Viking Vanilla Bean Plant Nutrition Powder

¼ cup whole almonds

2 cups Plant based milk

1 banana

1 orange peeled

1 cup of spinach or kale leaves

5 pitted medjool dates

METHOD

For all of the smoothies:

1. Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

Tip: These smoothies can also be made with other brands of vegan protein powder.



BIF NAKED'S

AVOCADO NUMS



Bif Naked

Musician, poet, humanitarian and vegan, Bif Naked is a star who just happens to be a sucker for a late-night avocado snack. Her recipe is beautifully simple, packed full of flavours and can be different every time!

BIF NAKED'S

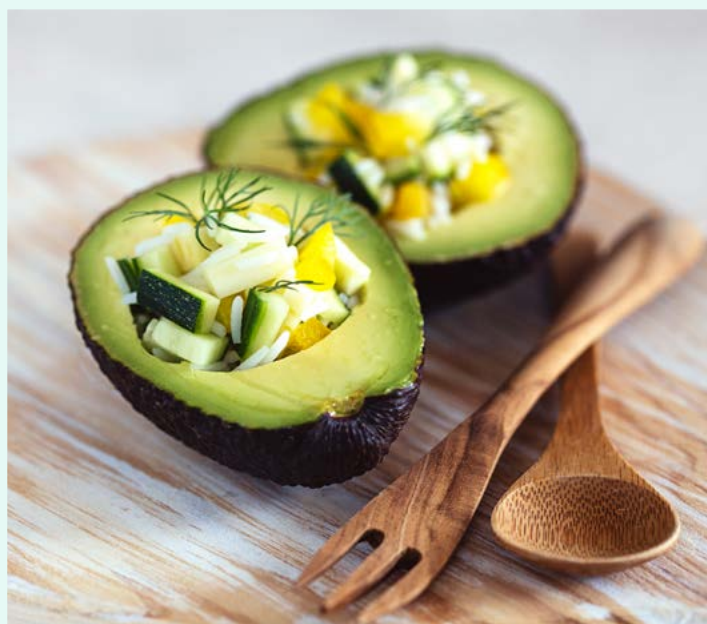
AVOCADO NUMS

INGREDIENTS

- 1 avocado per person
- 2 cm piece of cucumber, diced
- 2 cm inch piece of raw courgette, diced
- 1 tbsp dill, chopped
- ¼ bell pepper, diced
- 2 tbsp basmati rice, cooked (day-old rice is fine!)
- A squeeze of lime juice

METHOD

1. Halve the avocados and discard the pits. Scoop out a little of the avocado flesh to make the hole bigger.
2. In a separate bowl, combine the raw ingredients with the cooked rice. (You can add in anything you like at this stage: roma tomatoes, chickpeas, cilantro (coriander), shredded carrots, garam masala or turmeric, hemp seeds, tiny pieces of chopped firm tofu, peas, green beans, olives, name it!)
3. Spoon your salad mixture into the avocado, and serve with a spoon. Num!!



MALLIKA SHERAWAT'S

ALMOND MILK TEA



Mallika Sherawat

Mallika is an Indian actress who predominantly works in Hindi language films. She actively promotes a plant-based lifestyle, and is known for her bold onscreen attitude in films like *Khwahish*, *Murder*, and *Pyaar Ke Side Effects*.

MALLIKA SHERAWAT'S

ALMOND MILK TEA

INGREDIENTS

1 cup water

3–4 tbsp almond milk

½ tsp tea leaves

Pinch of ground cardamom
or fresh ginger, grated

Sugar, as per your taste

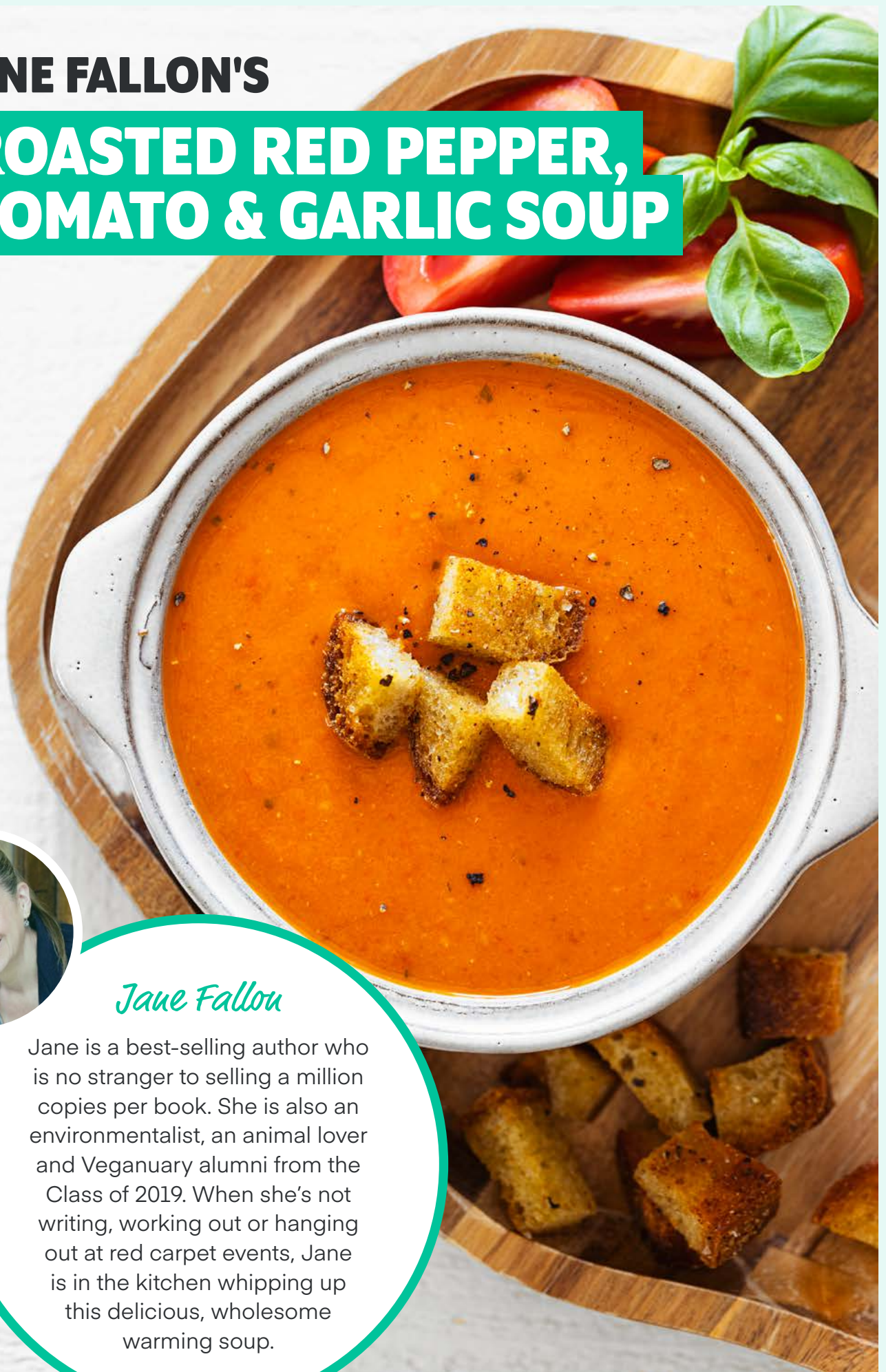
METHOD

1. Boil the water and sugar in a pot.
2. Add the tea leaves.
3. Add the fresh ginger or the cardamom.
4. Simmer on a low heat, then add the almond milk (it must be on a low heat as otherwise the plant milk may split).
5. Serve hot.



JANE FALLON'S

**ROASTED RED PEPPER,
TOMATO & GARLIC SOUP**



Jane Fallon

Jane is a best-selling author who is no stranger to selling a million copies per book. She is also an environmentalist, an animal lover and Veganuary alumni from the Class of 2019. When she's not writing, working out or hanging out at red carpet events, Jane is in the kitchen whipping up this delicious, wholesome warming soup.

JANE FALLON'S

SERVES 2 

ROASTED RED PEPPER, TOMATO & GARLIC SOUP

INGREDIENTS

- 1 or 2 peppers, cored and cut into four
- 8-10 medium-sized tomatoes cut in half
- 2 bulbs garlic, cut in half with the skins left on (I really overdo the garlic because I love it but you can use less)
- 1 onion cut into four
- 1 veggie stock cube
- 3 tbsp nutritional yeast
- Your choice to add: olive oil, soy sauce, salt, pepper and / or herbs (basil/thyme/rosemary all work well)
- Grated lemon peel (optional)

METHOD

1. Put all the veg into a roasting tin, drizzle with olive oil & roast on 180°C for about 25 to 30 mins until it's starting to colour.
2. Remove the garlic and set aside, and pour the rest including all the juices into a saucepan.
3. Add a veggie stock cube and enough water to cover all the veg. Then, when they're cool enough to handle, squeeze the roasted garlic cloves out of their skins and into the pan.
4. Add whatever herbs you want – I like to add fresh basil – and season with salt and pepper. Add the nutritional yeast, and a glug of soy sauce. If you're including lemon rind add it now.
5. Warm through then blend with a stick blender.



JOANNA LUMLEY'S

RANDOM GREEN SOUP



Joanna Lumley

Superstar actress, comedian and campaigner Joanna Lumley has donated her favourite 'stuff' to Veganuary – random green soup. Here is how to make this delicious bowl of goodness in Joanna's own words.

JOANNA LUMLEY'S**SERVES 4** **RANDOM GREEN SOUP****INGREDIENTS**

Peppers

Cabbage

Celery

Leeks

Beans

Anything that is green

Large onion

Four cloves of garlic

Apple juice

Bouillon

Apple chutney / vegan pesto

Sunflower seeds

METHOD

1. Get the GREEN things together. Cut them all up and just put them into a saucepan.
2. Add about a litre of apple juice and a heaped dessertspoon of Swiss Bouillon Powder. Partly cover and put over a lowish flame or low heat for ... what? ... about an hour?
3. Look at it and taste it: add black pepper and the rest of a jar of old apple chutney that needs finishing.
4. Whizz it in a blender: taste again. Adjust the seasoning to your liking. (I like cumin and asafoetida and sometimes a chunk of ginger so do add anything that needs eating up from the fridge and the cupboard.)
5. Taste again: it is heavenly.
6. Serve with sunflower seeds.



BELLA RAMSEY'S

PESTO PASTRY SPIRALS



Bella Ramsey

Bella is one incredibly talented actress who has already achieved more than most of us could ever dream of, and she's just getting started. And this superstar is also a superchef who has created these deliciously simple pastry spirals.

BELLA RAMSEY'S

PESTO PASTRY SPIRALS

INGREDIENTS

Jus rol puff pastry, ready rolled

Tomato purée or any
vegan pesto

Vegan cheese

Lots of basil

Salt n pepper

(Be generous with the pesto/
puree/toppings)

METHOD

1. Roll out pastry sheet.
2. Cover with tomato purée/pesto but leave a thumb width space round the edges.
3. Sprinkle on vegan cheese and anything else you fancy e.g. capers, olives, etc...
4. Wash, dry and tear basil leaves if fresh and distribute on top of the cheese.
5. Roll up the loaded pastry sheet lengthways until you have a log.
6. Slice the log into little spirals and lay them flat on a lined baking tray.
7. Shove them in the oven for 10-15 mins ish on gas mark 4 ish / 180C.
8. Eat them all.



THE MAIN EVENT

- BLACK BEAN CHILLI 20**
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**JUMP TO
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BRYAN ADAMS'

BLACK BEAN CHILLI



Bryan Adams

Bryan has been an animal advocate and a vegan for almost as long as he's been a global superstar. His music is legendary, of course, but it turns out he has had another skill up his sleeve all this time. Try out his tasty chilli recipe and you'll see what we mean.

BRYAN ADAMS'

BLACK BEAN CHILLI

INGREDIENTS

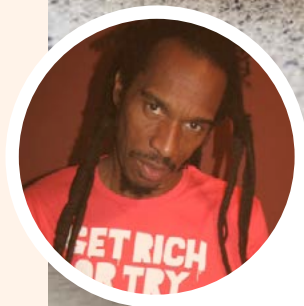
- 1 can black beans
- 1 can red kidney beans
- 1 can corn
- 1 red pepper
- 1 stick of celery
- 1 red onion
- 4 cloves garlic (if it's not in the sauce)
- 1 carrot
- 800 grams of tomato sauce or crushed tomatoes in a can
- 2 table spoons nutritional yeast
- 1 tablespoon of chili powder
- 1 teaspoon of paprika
- 4 bay leaves
- Salt and pepper to taste

METHOD

1. Sauté the onions, pepper and garlic until the onions are clear, then start adding everything else! Make sure you have a large pot, let it all simmer for an hour or so.



BENJAMIN ZEPHANIAH'S ZEPHANIAH STYLE VEGAN MA PO TOFU



*Benjamin
Zephaniah*

Benjamin is a poet, writer, lyricist, musician, and self-confessed 'naughty boy'. He is also a lover of martial arts and has been vegan for decades. This is his own amazing, flavour-packed tofu recipe. We are sure you will love it!

BENJAMIN ZEPHANIAH'S**SERVES 2****ZEPHANIAH STYLE
VEGAN MA PO TOFU****INGREDIENTS**

430g regular white tofu,
cut into 2 cm squares

A little salt

1 tablespoon corn starch

½ cup water

1 tablespoon oil

2 cloves garlic, finely chopped

5g ginger, finely chopped
or grated

25g shallot or onion, cut into
small sections

80g corn kernels

80g peas

1 teaspoon Sichuan
peppercorn powder

1 tablespoon light soy sauce

1½ tablespoon Doubanjiang
(or any spicy chilli bean paste)

METHOD

1. Soak the tofu cubes in some salted water for about 10 minutes, then remove and drain them.
2. In a small bowl, mix the corn starch with the water. Set aside.
3. In a wok, heat up the oil. Add the garlic, ginger and shallots and stir fry until you can smell the aroma. Add the corn kernels and peas and stir for 3 minutes. Push all to one side of the wok.
4. Add Doubanjiang (or any spicy chilli bean paste) and Sichuan peppercorn powder to the wok and continue frying for 1 minute over a slow fire.
5. Slide the tofu cubes in, add the water and starch mixture, then add soy sauce.
6. Turn up the fire and simmer for 3 minutes. Toss your wok from time to time, but be gentle and try not break the tofu cubes.
7. Add a pinch of salt if you like salty, mix well and serve hot.



JASMINE HARMAN'S

**SHEPHERD'S PIE
WITH A MEDITERRANEAN
TWIST**



Jasmine Harman

TV presenter Jasmine is a former fitness instructor and a former Veganuary participant. When asked her favourite meal, she singled out this all-time British classic but with her own delicious Mediterranean twist.

JASMINE HARMAN'S**SERVES 4–6****SHEPHERD'S PIE
WITH A MEDITERRANEAN
TWIST****INGREDIENTS****For the mince:****1 pack of frozen soya mince****4 tbsp olive oil****1 large onion, diced****2 cloves garlic, crushed****150g mushrooms****2 carrots, grated****150g petit pois****2 tins chopped tomatoes****A squeeze of tomato purée****Seasoning to taste****¼ litre vegan bouillon stock****For the mash:****1kg potatoes (try to use ones that are good for mashing, I like to use Vivaldi)****1 tbsp sunflower margarine****A dash of unsweetened soya milk or cream if you're feeling extravagant****A dollop of vegan mayonnaise
Seasoning****To give a Mediterranean twist to the mince, add:****2 tsp oregano, 100g sundried tomatoes, 70g olives and / or 2 tbsp capers****METHOD**

1. Sauté the mince in the oil for five minutes so it doesn't go soggy.
2. Then, add the onions, garlic and mushrooms, and let it cook for another five minutes, stirring every now and then to ensure it doesn't stick.
3. Add everything else. Bring to the boil and let it simmer uncovered for 20-25 minutes until it has reduced a bit. The final consistency should be thick but not dry.
4. Make the mashed potatoes by boiling the potatoes in water for around 20 minutes until they are soft but not falling apart.
5. Drain, add the milk, mayo and margarine, and mash until they are nice and creamy, not crumbly.
6. When both are ready, put a layer of mince in a baking dish then cover with mash.
7. Fork it over so it covers the mince evenly. You may also brush the top with a little bit of olive oil to give it a nice crisp, then pop in the oven until golden.
8. Around 30 minutes at 180°C should do it but add slices of vine-ripened tomatoes or olives to the top halfway through.

EVANNA LYNCH'S THREE BEAN SHEPHERD'S PIE



Evanna Lynch

Evanna is a stage and screen actress, known globally for her role in the Harry Potter films and for reaching the final of Dancing with the Stars. Not only is she an incredible actress and dancer, and a Veganuary Ambassador, she also knows the secret of a great shepherd's pie. This is her go-to meal, and we think once you've tried it, it will be yours, too.

EVANNA LYNCH'S

SERVES 4 

THREE BEAN SHEPHERD'S PIE

INGREDIENTS

For the bean filling:

2 tbsp olive oil

1 onion, peeled and diced

2 cloves garlic, peeled and crushed

150g mushrooms, sliced

½ red pepper, de-seeded and chopped

½ yellow pepper, de-seeded and chopped

2 medium-sized carrots, peeled and finely diced

200g aduki beans

200g kidney beans

200g borlotti beans

1 tsp dried thyme

1 handful fresh parsley

Glug vegan red wine (optional)

375ml vegetable stock

1 heaped tbsp cornflour

1 tbsp tomato puree or paste

For the mashed potatoes:

750g potato peeled and roughly chopped

1 tbsp vegan butter

Black pepper

METHOD

1. Heat the oven to 180C.
2. Bring a pan of water to the boil, and cook the potatoes until soft. Drain, mash with the vegan butter and season with black pepper. Set aside.
3. Meanwhile, in a large pan, fry the onion in the olive oil gently until it softens. Add the garlic and mushrooms, and cook for a further 2 minutes, stirring to ensure the garlic does not burn.
4. Add the pepper, carrots, beans, and herbs. Stir well.
5. Add a glug of wine (if using) and the stock. Bring to the boil and let it simmer uncovered for 8 minutes or until the carrot have softened.
6. In a small dish, mix the cornflour with 2 tbsp cold water, then stir it into the liquid to thicken it into a rich gravy. Add the tomato puree or paste.
7. Remove from the heat and pour into a baking dish. Cover with the mashed potato and place in the oven for 25-30 minutes until the top is starting to brown.

JASON GILLESPIE'S

POTATO AND SPINACH CURRY



Jason Gillespie

Jason is a former professional cricketer, a national coach, and an ethical vegan, and this world-class bowler makes a first-class curry! His secret? 'A hint of spice, and serve it with a couple of slices of multigrain bread. Delightful!'

JASON GILLESPIE'S

SERVES 2-3 

POTATO AND SPINACH CURRY

INGREDIENTS

2 tbsp vegetable or coconut oil

1 onion, peeled and diced

2 cloves of garlic, peeled and minced

1 tbsp fresh ginger, grated

1 large red chilli, deseeded and finely chopped

½ tsp ground cumin

½ tsp ground turmeric

½ tsp ground coriander

500g potatoes, peeled and diced into 2.5 cm cubes

250g spinach leaves

Salt and pepper

METHOD

1. Fry the onions in the oil gently for 8-10 minutes until translucent.
2. Add the garlic, ginger and ground spices, and fry for another 2-3 minutes, stirring.
3. Add the potatoes, and stir until they are covered with the spices.
4. Add 120ml of water, and cover. Let the potatoes steam for 7-10 minutes. Stir every so often, and add a little more water if it dries out.
5. When the potatoes are soft, stir in the spinach leaves, and cook them for three minutes until wilted.
6. Season to taste.



JOHN BISHOP'S

CHICKPEA BURGERS



John Bishop

He's hilarious but you know what he doesn't find funny? Animal suffering. John Bishop became vegetarian in 1985 after he saw a cow being slaughtered and he's never looked back. After all, who needs beef for burgers when you can make them from beans?

JOHN BISHOP'S

MAKES 4 BURGERS

CHICKPEA BURGERS

INGREDIENTS

1 small onion, finely chopped

4 tbsp olive oil

1 clove garlic, peeled and minced

1 x 400g can chickpeas, drained

1 tsp ground cumin

½ tsp smoked paprika

A squeeze of lemon juice

1 tbsp tahini

A little plain flour

Salt and pepper

METHOD

1. Gently fry the onions over a medium heat in half the oil until they are soft and translucent. Add the garlic and fry for another minute, stirring.
2. Mash the chickpeas with a fork or a potato masher, and add them to the onions, along with the cumin and paprika. Cook stirring for another three or four minutes.
3. Add the lemon juice, and stir in the tahini to bind the mixture. Season to taste.
4. Form the mixture into four burgers, and coat them in flour, then fry them in the remaining oil for four minutes on each side.
5. Serve with a green salad.



ANTHONY MULLALLY'S

THAI RED CURRY



Anthony Mullally

Anthony is a professional rugby league player and a total powerhouse. To keep up with his training programme, his meals need to pack a punch, too. This is his simple-to-make, great-tasting, nutrient-rich Thai curry. We love it!



ANTHONY MULLALLY'S

SERVES 4



THAI RED CURRY

INGREDIENTS

1 large onion, peeled and sliced

2 tbsp coconut oil

200g mushrooms, sliced

2 red chillies, de-seeded and finely chopped

2 cloves of garlic, peeled and minced

150g black beans

100g frozen peas

150g asparagus, cut into pieces

200g firm tofu (pre-flavoured or plain), chopped into pieces

Dash of soy sauce

2 tbsp red curry paste

400g coconut milk

100g spinach

METHOD

1. Fry the onion in the coconut oil for 8-10 minutes until translucent.
2. Add the mushrooms, garlic and chilli. Cook, stirring, for another five minutes.
3. Add the beans, peas, asparagus, tofu, soy sauce, curry paste and coconut milk. Bring to the boil, and let simmer for 5 minutes or until asparagus is soft.
4. Stir in the spinach until it wilts.
5. Serve with brown rice.



PETER EGAN'S

PARMIGIANA DI MELANZANE



Peter Egan

Peter is an incredible actor, a true gentleman and a passionate animal lover. He took part in Veganuary 2016 and has never looked back. He says: 'I will always support Veganuary, but I won't have to do it again because... I am now vegan.' If, like Peter, you're a fan of rich Mediterranean flavours, then try this beautiful Parmigiana.

PETER EGAN'S

SERVES 4

PARMIGIANA DI MELANZANE

INGREDIENTS

- 2 tbsp olive oil, plus extra for brushing
- 3 cloves garlic, crushed
- 3 sprigs of thyme
- 8 sage leaves, finely chopped
- 4 x 400g cans chopped tomatoes
- 3 tbsp red wine vinegar
- 3 tbsp caster sugar
- 4 large aubergines, sliced lengthways as thinly as possible
- 150g melting vegan cheese, grated
- 85g white breadcrumbs
- 50g pine nuts
- Handful of basil leaves

METHOD

1. Heat the oven to 200°C / gas mark 6.
2. Heat the oil in a large pan, add the garlic, thyme and sage, and cook gently for a few minutes. Then add the tomatoes, vinegar and sugar, and gently simmer for 20-25 minutes until it has thickened.
3. Meanwhile, heat a frying pan. Brush the aubergine slices on both sides with olive oil, and fry in batches until each slice is softened and slightly charred.
4. Mix 25g of the grated dairy-free cheese with the breadcrumbs and pine nuts, and set side.
5. Into a large baking dish, add a little of the tomato sauce and spread over the base. On top of this, add a layer or two of aubergine slices. Season.
6. Spoon over more sauce, then layer some cheese and basil leaves, and then another layer of aubergine. Repeat until you end with a layer of tomato sauce, and top with the breadcrumb mixture.
7. Bake for 30-40 minutes until the top is crisp and golden, and the tomato sauce is bubbling away. Rest for 10 minutes, and scatter with torn basil leaves.



SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

TOFU MAKHANI



Sneha Ullal

Sneha is an Indian film actor best known for her performance in Lucky. She was born into a non-vegetarian family but in 2008, she realized how cruel her food and fashion choices were and decided to start changing it by turning vegetarian. She is extremely passionate about her plant-based lifestyle and embraced veganism in 2017. She is also co-creating plant-based recipes and food ideas with Chef Frank Gueizelar.

This recipe by Chef Frank Gueizelar is her favourite.

SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

SERVES 2 

TOFU MAKHANI

INGREDIENTS

Tofu marinade:

2 tbsp oil

400g firm tofu, cut into
2 cm cubes

2 tsp tandoori powder

1 tsp Kashmiri chilli powder

Salt according to taste

Makhani base:

2 tbsp oil

100g onions, sliced

600g ripe tomatoes

2 tbsp ginger & garlic paste

1 tsp turmeric powder

1 tsp Kashmiri chilli powder

1 tsp tandoori powder

2 tsp Punjabi garam masala
powder

5 pods of green cardamom

1 pod of black cardamom

2 tbsp vegan ghee/butter

30g cashew nuts

100ml water

5 grams kasturi methi
(dried fenugreek leaves)

METHOD

1. First, prepare the tofu. Mix all the marinade ingredients in a bowl except the tofu. Coat the tofu cubes with the marinade and set aside for half an hour.
2. Now make the makhani base. Start by sautéing the onions in the oil until they turn translucent.
3. Add tomatoes and sauté further, cover and cook on a lower flame, stirring occasionally.
4. Once tomatoes become mushy, add the ginger & garlic paste and cook for another 10 minutes.
5. Add turmeric, chilli powder, tandoori powder, garam masala, green cardamom and black cardamom. Continue to cook this for 10 minutes, then switch off the flame and let the mixture cool.

**RECIPE
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ON THE NEXT
PAGE**

SNEHA ULLAL'S FAVOURITE (BY CHEF FRANK GUEIZELAR)

SERVES 2 

TOFU MAKHANI

METHOD

6. While the mixture cools, with a dash of oil in a pan, fry the marinated tofu on all sides to a golden brown colour. When done, remove from the pan and set aside.
7. Blend the cooled makhani mixture to a fine paste and transfer back to the pot to cook further, add about half a cup of water and cook until it thickens.
8. Add the vegan ghee to the mixture and cook on a low flame for 5 minutes.
9. Grind the cashew and water to a smooth creamy texture.
10. Add this to the makhani mixture and cook for 5 minutes. If too thick, add a little water to get the consistency you require.
11. Now, add the fried tofu and kasturi methi to the makhani, and cook for 10 more minutes.
12. Serve with hot rotis, and enjoy your meal.



JACK MONROE'S

NOT MEATBALLS



Jack Monroe

Jack is a chef, a food writer, anti-poverty campaigner and Veganuary alumni. She creates incredibly tasty meals that cost very little to prepare, and many of her recipes can be found at www.cookingonabootstrap.com.

These Not Meatballs are a firm favourite in the Monroe household, and they will be in yours, too.

JACK MONROE'S

SERVES 4 

NOT MEATBALLS

INGREDIENTS

- 2 aubergines
- 2 red or white onions
- 2 cloves garlic
- 2 red chillis
- 2 tbsp black olives, finely chopped
- 3 tbsp oil
- Juice and zest of 2 lemons
- 2 slices bread – either fresh or slightly stale
- Handful fresh basil

METHOD

1. Cut the stems off the ends of the aubergines and halve lengthways. Dice the flesh into small pieces and pop into a medium non-stick saucepan or frying pan.
2. Peel and finely slice the onion and garlic, chop the chilli as finely as you can, and add these plus the olives to the aubergine in the pan, along with 1 tablespoon of the oil. Cook on a medium heat for about 10 minutes to brown and soften.
3. Grate over the lemon zest, squeeze in the lemon juice and, once the aubergines are soft, tip everything into a mixing bowl. Grate the bread over the top, finely chop the basil and mix in well. (If it does not mix, try blending and adding more breadcrumbs.)
4. Shape the mixture into tablespoon-sized balls with your hands. Put the remaining 2 tablespoons of oil in a frying pan and carefully fry the aubergine balls in batches until browned all over. Remove with a slotted spoon and serve with extra lemon juice and torn basil to taste.



KRISTINA RIHANOFF'S

PORTOBELLO WELLINGTON WITH RED WINE SAUCE



Kristina Rihanoff

Kristina is a professional dancer, renowned for her extraordinary routines on Strictly Come Dancing. As well as performing, she teaches yoga and dancing, and maintains her incredible fitness on a vegan diet. This is her delicious Portobello Wellington, which is perfect for special occasions.

KRISTINA RIHANOFF'S

SERVES 4



PORTOBELLO WELLINGTON WITH RED WINE SAUCE

INGREDIENTS

For the wellington:

2 cups baby spinach

125g shiitake mushrooms

1 cup white button mushrooms

3 small shallots, peeled
and roughly chopped

3 garlic cloves, peeled
and roughly chopped

2 sprigs fresh tarragon,
stemmed

2 tsp vegan butter

¼ cup vegetable stock

Black pepper to taste

4 portobello mushrooms

1 sheet vegan puff pastry

METHOD

1. Preheat the oven to 400°F / 200°C.
2. Add spinach, shiitake, button mushrooms, shallots, garlic, and tarragon to a food processor and pulse until finely chopped.
3. Add the vegan butter to a large sauté pan and set over medium heat. Add the mushroom mixture and vegetable stock and sauté for 10 minutes until most of the liquid has evaporated. Season with a pinch of black pepper and set aside to cool.
4. Gently scrape the gills from inside the portobello mushrooms with a spoon. Place the mushrooms on a baking tray lined with parchment paper or use a non-stick baking tray. Bake in preheated oven for 10 minutes, then set aside.

RECIPE
CONTINUES
ON THE NEXT
PAGE

KRISTINA RIHANOFF'S

SERVES 4

PORTOBELLO WELLINGTON WITH RED WINE SAUCE

INGREDIENTS

For the sauce:

½ cup red wine

1¾ cups low-sodium
vegetable stock

2 tablespoon date syrup

METHOD

5. Cut the pastry sheet into four equal parts. Using a spoon, cover each mushroom with a layer of the mushroom / spinach mix, making sure to fill the cavity of the mushroom.
6. Place one mushroom in the centre of each pastry sheet, cavity side up. Fold the pastry around the mushrooms and press down lightly with fingers to make sure it is sealed completely. Place the mushrooms, with folded side down, on a baking tray lined with parchment paper. And cook in the oven until the pastry is golden brown – about 20-25 minutes.
7. Make the red wine sauce by combining the red wine and vegetable stock in small saucepan. Simmer uncovered for 20 minutes. Stir in the date syrup and set aside. Reheat on low right before serving and drizzle over the wellingtons.
8. Serve with roasted potatoes and glazed baby carrots.



JAMES MOORE'S

SWEET AND SPICY SRIRACHA TOFU



James Moore

Actor and Veganuary Ambassador James Moore won a National Television Award for his role in Emmerdale, but we think he deserves two more. One for being such a brilliant vegan and disability activist, and another for this tofu dish. It. Is. Sublime.

JAMES MOORE'S

SERVES 2 

SWEET AND SPICY SRIRACHA TOFU

INGREDIENTS

400g tofu, pressed and cubed

6 tbsp cornflour / cornstarch

4 tbsp oil

2 spring onions

2 cloves garlic

1 cup water

1 tbsp Sriracha sauce

2 tbsp soy sauce

2 tbsp agave nectar

4 tbsp sugar

To garnish:

2 spring onions

Handful coriander

Sesame seeds

A wedge of lime

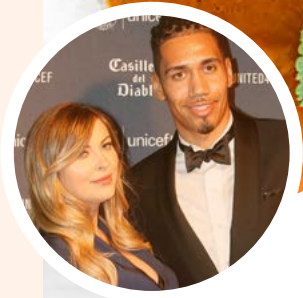
METHOD

1. Put 4 tbsp of the cornflour onto a plate and turn the tofu cubes over in it until they are covered.
2. Heat the oil in a frying pan, and fry the tofu for 4-5 minutes on each side until golden and crispy. Then remove them from the oil, and set aside.
3. Add the spring onions and garlic to the same pan, and fry for a minute or two.
4. Then add the water, Sriracha sauce, soy sauce, agave nectar and sugar. Bring to a simmer.
5. In a small bowl, mix the last two tablespoons of cornflour with a tablespoon of water to form a smooth paste, and then stir it into the liquid to thicken it.
6. Pour the sticky sweet and spicy sauce over the tofu and garnish with more spring onions, chopped coriander, a wedge of lime and a sprinkle of sesame seeds.



CHRIS AND SAM SMALLING'S

PEANUT STEW WITH SWEET POTATO AND CHICKPEAS



Chris & Sam Smalling

Chris Smalling is a world-class footballer and is married to former model Sam. This is Sam's take on a traditional African stew, which they both love, despite Chris being no fan of peanuts! We've tried it and it is delicious – the perfect meal to power one of the world's best footballers to glory.

CHRIS AND SAM SMALLING'S

SERVES 4



PEANUT STEW WITH SWEET POTATO AND CHICKPEAS

INGREDIENTS

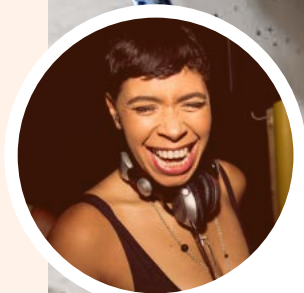
1 tbsp coconut oil
1 onion, finely chopped
1 chilli, cored and finely chopped
4 garlic cloves, minced
1 large red pepper, deseeded and sliced
2-inch knob of fresh ginger, peeled and finely chopped
1 tsp ground cumin
1 tsp ground coriander
6 sundried tomatoes
2 sweet potatoes (about 800g), peeled and cut into 1-inch cubes
2 cans chickpeas drained
2 heaped tbsp unsweetened peanut butter (crunchy or smooth)
1 can coconut milk
2 tsp coconut sugar (or any other sugar or syrup)
1 can water
1 stock cube or 1 tbsp bouillon
A few handfuls of fresh spinach (optional)
Handful coriander (optional)
Juice half a lime (optional)
Salt and pepper to taste

METHOD

1. Prepare all the vegetables.
2. In a large pot over medium heat, warm the coconut oil. Add the onion, sprinkle with salt and cook for 3 minutes. Add the garlic, chilli, ginger, red pepper and fry for another 3 minutes.
3. Then add cumin and ground coriander, and stir together. Cook for about 2 minutes.
4. Add the sundried tomatoes, peanut butter, water, stock cube or bouillon and coconut milk. Stir together then bring to a boil. Reduce heat to medium-low, cover and cook for 10 minutes before blending to a smooth sauce.
5. Bring a pan of salted water to a boil and add the sweet potato, parboiling for 4 mins. (Be careful not to overcook or this will turn into a mashed potato curry!)
6. Add the parboiled sweet potato and chickpeas to the peanut sauce and stir. Simmer for 10 mins, and check the potato is cooked through.
7. If using spinach, add to the pot, stir, then cover and continue to cook for another 2 minutes.
8. Add coriander and lime juice if using and then season to taste. Serve with rice or quinoa.

MELODY KANE'S

VEGAN MAC N CHEESE



Melody Kane

There is no food like comfort food, and this thing of beauty is a favourite meal of our favourite DJ, Melody. Not only is she a true talent on the decks, she's a talent in the kitchen and a Veganuary Ambassador, too. Three reasons to love this amazing woman!

MELODY KANE'S

SERVES 4



VEGAN MAC N CHEESE

INGREDIENTS

225g gluten-free or spelt pasta
100g cashews, soaked for 4-6 hours
1½ tbsp avocado oil or extra-virgin olive oil
1 large red onion
5 cloves garlic, pressed or minced
400g pumpkin purée, homecooked or storebought
Small pinch of allspice
½ tsp nutmeg
½ tsp dry mustard powder
½ tsp pink Himalayan salt
Handful of chopped thyme
1 cup almond milk, more as necessary
¼ cup nutritional yeast
80g vegan coconut oil-based cheese, grated
Chives to garnish
Salt and pepper to taste

METHOD

1. Cook pasta according to package instructions. Drain and set aside.
2. In a medium pan over medium-low heat, sauté the onion in olive oil for 7-8 mins, then add the garlic and cook for 2 more mins, stirring.
3. Meanwhile, add onions and garlic to a blender with all the remaining ingredients except for the cheese and blend until smooth.
4. Put the sauce into the pan and cook on a medium heat, add the cheese and stir frequently until the cheese has melted and the sauce has slightly thickened.
5. Add the pasta to the cheese, and serve immediately, garnished with chives.



GEORGIA MEACHAM'S

CREAMY CARBONARA



Georgia Meacham

Georgia is a catwalk model and a Hollywood actress with a big passion for animals. She's also a vegan with a passion for creamy carbonara! This is her favourite healthy recipe, where blended cashew nuts take centre stage.

GEORGIA MEACHAM'S

SERVES 4



CREAMY CARBONARA

INGREDIENTS

2 tbsp olive oil

3 shallots, peeled and finely chopped

3 cloves garlic, peeled and sliced

150g frozen peas

Salt and pepper to taste

350g spaghetti

125g cashew nuts, soaked for two hours in boiling water

150ml unsweetened plant milk

2tbsp nutritional yeast

Vegan parmesan to serve

METHOD

1. In a large pan, fry the shallots on a medium heat in the olive oil for about five minutes until softening. Add the garlic and fry for another two, then add the peas and stir well. Remove from the heat and set aside.
2. Cook the spaghetti as per the packet's instructions and while it is cooking, blend the cashews with the plant milk until you get a creamy smooth mixture. Stir in the nutritional yeast, then combine with the shallots and peas. Season.
3. When the spaghetti is cooked, coat it in the creamy mixture. Grate over the parmesan to serve.



SADIE FROST'S

SPAGHETTI BOLOGNESE



Sadie Frost

Sadie is a renowned actress, producer and fashion designer who took part in Veganuary 2021. As a lifelong vegetarian, she knows a thing or two about making plants taste great and this pasta dish is full of flavour and easy to make.

SADIE FROST'S

SPAGHETTI BOLOGNESE

INGREDIENTS

- 1 large onion
- 3 cloves garlic
- 2 carrots
- 1-2 peppers
- 1-2 courgettes
- Olive oil
- Soya mince, or any vegan mince
- Bouillon stock- 3 tsp and a little hot water
- 2 cans tinned tomatoes
- 2 tbsp tomato puree
- 2 tbsp Marmite (secret ingredient!!)

METHOD

1. Heat up the chopped onion, garlic and carrot in a big pan with olive oil for about 5-10 mins until soft.
2. Then add peppers, courgette and cook until soft.
3. Add the mince, tinned tomatoes, tomato purée and the bouillon stock with a little water and let it simmer on a low heat for about 20 mins.
4. Then add marmite, salt and pepper and leave for another 15-20 mins.
5. Serve with vegan parmesan/ cheddar and pasta!



SWEET TREATS

**TURKISH DELIGHT
CUPCAKES 55**

**THREE-INGREDIENT
ICE CREAM 58**

CHOCOLATE CAKE 60

RAW BAJADERA CAKE 62

**STRAWBERRY
"CHEESE"CAKE 64**



**JUMP TO
EACH RECIPE
BY CLICKING
THE TITLE**

CARL DONNELLY'S

**TURKISH DELIGHT
CHOCOLATE CUPCAKES**



Carl Donnelly

Carl is a comedian, a writer and a proud Veganuary Ambassador. Here is his delicious cupcake recipe in his own words, based on the cakes made by the renowned Ms Cupcake.

CARL DONNELLY'S**MAKES 12 LARGE
CUPCAKES****TURKISH DELIGHT
CHOCOLATE CUPCAKES****INGREDIENTS**

For the cakes:

170g self-raising flour

30g cocoa powder

200g caster sugar

¼ tsp bicarbonate of soda

¼ tsp baking powder

Pinch of salt

200ml soya milk

20ml cider vinegar

80ml vegetable oil

1 tbsp rose water (feel free to add a tiny bit more if you want the Turkish Delight flavour to be more potent)

METHOD

For the cakes:

1. First off get the oven preheating to 180°C (350°F).
2. Now pour the soya milk and cider vinegar into a jug/cup/bowl together, stir and let sit while you're getting everything else sorted.
3. Mix all of your dry ingredients in a large bowl and make a little well in the middle.
4. Add your wet ingredients (including the milk and vinegar mix) and gently fold together being careful not to over mix.
5. Pour into your cupcake cases which should now be in the cooking tray.
6. Cook for 15-18 minutes (just keep an eye on them and have a little check around the 15-minute mark to see if they need a couple more minutes).
7. Take the trays out of the oven and let cool for five minutes before removing the cakes and cooling on a wire tray until ready for icing.
8. Quick side note: If you're making a lot of cakes for a party, you can make these in advance and freeze them to be iced later. A little trick is to ice them having just taken them out of the freezer the morning of the party as the icing sets quicker while the cakes thaw.

**RECIPE
CONTINUES
ON THE NEXT
PAGE**

CARL DONNELLY'S**MAKES 12 LARGE
CUPCAKES****TURKISH DELIGHT
CHOCOLATE CUPCAKES****INGREDIENTS**

For the icing:

75g dairy-free spread
(I find a sunflower spread is best)

75g vegetable fat (if you can't find any just use all dairy-free spread instead. It will still work and be delicious.)

100g cocoa powder

650-750g icing sugar

80ml soya milk

1 tbsp rose water

METHOD

For the icing:

1. Cream together the spread and vegetable fat. I do this by hand but that's not to say you can't use an electric mixer.
2. Add the cocoa, milk and rose water and fold together.
3. Start adding the icing sugar and stirring. I tend to add in about 100g at a time until I have the right consistency. You can always add a little milk if you think you've made it too stiff or add more icing sugar if it's too soft.
4. Transfer into a piping bag with the nozzle of your choice and then pipe on.

**WHAT TO DO NEXT**

Hide them from family and friends as they will no doubt try and steal them all once they've tasted them!!

ERIC ADAMS'

THREE-INGREDIENT ICE CREAM



Eric Adams

Eric Adams is on a mission to tackle one of the most stubborn health problems in the United States:

Chronic disease in the African American community. When not serving the public as NYC Mayor, he's serving up this healthy, simple, banana-based dessert from his vegan cookbook, *Healthy at Last*.

ERIC ADAMS'**SERVES 1-2**

THREE-INGREDIENT ICE CREAM

INGREDIENTS

3 medium bananas, peeled, sliced, and frozen for a few hours or overnight

1 tablespoon cacao powder

2 to 4 tablespoons cacao nibs or nuts of your choice (optional)

METHOD

3. Combine all ingredients in a food processor. Process until the texture changes from crumbly to creamy. Transfer to a bowl and serve right away or place the bowl in the freezer for an hour or so for a firmer texture.



PETER TATCHELL'S

CHOCOLATE CAKE



Peter Tatchell

As well as being a human and animal rights activist, Peter Tatchell is also a 'notorious dark chocolate cake lover' and we share his passion for all things chocolatey and cakey. Try this delicious, moist recipe and decorate it however you choose!

PETER TATCHELL'S

CHOCOLATE CAKE

INGREDIENTS

For the cake:

- 1 ¼ cups self-raising flour
- 1 cup sugar
- ⅓ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 1 cup warm water
(or use coffee to make it a mocha cake)
- 1 tsp vanilla extract
- ⅓ cup vegetable oil
- 1 tsp apple cider vinegar

For the glaze:

- ½ cup sugar
- 4 tbsp butter
- 2 tbsp soya milk
- 2 tbsp unsweetened cocoa powder
- 2 tsp vanilla extract



METHOD

For the cake:

1. Preheat the oven to 180°C (350°F).
2. In a bowl, mix together the flour, sugar, cocoa, baking soda, and salt with a fork, making sure it is really blended together. Add the water, vanilla, oil, and vinegar, and again, mix together well.
3. Transfer the mixture to an 8×8 square cake tin.
4. Place in oven and bake for about 25 minutes, or until a knife comes out clean. Cool on a rack completely (2 hours).

For the glaze:

1. In a small saucepan, bring sugar, butter, milk, and cocoa to a boil. Stir frequently, then reduce heat to a simmer for 2 minutes, stirring constantly. It'll look gloppy, but it's just the bubbles! Remove from heat and stir for another 5 minutes.
2. Add vanilla, stir, and immediately pour onto cake. The glaze dries really quickly, so spread it immediately and add any decorations now. Let it cool for 1 hour before eating.

NOTE

This makes one cake; double the quantities if you wish to make a layer cake. Use the icing recipe from the cupcakes on page 34 minus the rose water for the filling.

KELLIE BRIGHT'S FAVOURITE (BY MELL)

RAW VEGAN BAJADERA CAKE



Kellie Bright

Kellie Bright is best known for playing Linda Carter in EastEnders. She is an amazing actress, a wonderful person and a Veganuary Ambassador. When asked for her favourite recipe, she did not hesitate. It is this rich, raw and delicious cake created by Mell from CakeMeHappyyyyByMell (Thanks for your permission, Mell!)

KELLIE BRIGHT'S FAVOURITE (BY MELL)

SERVES 16 THIN SLICES
OR 8 FATTER CAKES



RAW VEGAN BAJADERA CAKE

INGREDIENTS

Base layer:

½ cup almonds

½ cup hazelnuts

¾ cup dates

1 tbsp almond butter

Middle layer:

1 cup of cashews already soaked overnight / 8 hours in warm water

½ cup almonds

1 tbsp almond butter

3 tbsp coconut oil

½ cup maple syrup

Top layer:

3 tbsp organic cacao

⅓ cup coconut oil

3 tbsp maple syrup

METHOD

1. Make the base layer by mixing all the ingredients in a food processor until you get a nice thick paste. Press it to the bottom of a cake pan and put it in the freezer for about 20 mins.
2. Make the middle layer by mixing all the ingredients together in a food processor until you get a nice creamy paste. Add the paste onto the first base and put it back in the freezer for about 30 mins.
3. Make the top layer by mixing all the ingredients together and layer on top of the cake.



DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE



Dr. Jane Goodall

Dr. Jane Goodall, DBE, Founder of the [Jane Goodall Institute](#) (JGI), UN Messenger of Peace, is an iconic voice for holistic, compassionate, sustainable solutions. Dr. Goodall and JGI have been working for decades to encourage people everywhere to live harmoniously with the natural world through community-led conservation, animal advocacy, youth empowerment, and climate action. JGI's new cookbook featuring a foreword from Dr. Goodall - [#EATMEATLESS](#) - makes plant-based living easy with exciting, vegan recipes focused on accessibility - like this delicious Strawberry "Cheese"cake!

Copyright for Dr. Jane Goodall's portrait: JGI/Shawn Sweeney

DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the base:

115g walnuts

90g digestive biscuits

60ml coconut oil, plus more
for the pan

3 tbsp maple syrup

Sea salt

For the filling:

680g firm silken tofu

340g organic sugar

225ml coconut cream

120ml coconut oil, melted

35g arrowroot

2 tbsp lemon zest

3 tbsp lemon juice

2 tbsp nutritional yeast

1 tbsp vanilla extract

Sea salt

METHOD

1. Preheat the oven to 350F / 180C.
Coat a 9-inch (23-cm) springform pan with coconut oil.
2. To make the base, in a food processor, process the walnuts until finely ground. Add the digestive biscuits, coconut oil, maple syrup, and ¼ tsp salt and pulse until just combined. Firmly press into the bottom and sides of the prepared pan so it forms a case. Bake until set but not browned, about 10 minutes. Place the pan on a wire rack to cool for 10 minutes.
3. To make the filling, drain the tofu and transfer to a blender or food processor. Blend until smooth, scraping down once or twice. Add the sugar, coconut cream, coconut oil, arrowroot, lemon zest, lemon juice, nutritional yeast, vanilla, and ¼ tsp salt. Blend until very smooth. Scrape into the biscuit case.
4. Place the pan on a rimmed baking sheet and bake until the edges are golden and the centre jiggles but is not liquid, 75-90 minutes. Cool on a wire rack until room temperature, about 1 hour. Refrigerate, uncovered, until very cold, at least 3 hours.

**RECIPE
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ON THE NEXT
PAGE**

DR. JANE GOODALL'S

#EATMEATLESS STRAWBERRY "CHEESE"CAKE

INGREDIENTS

For the topping:

450g strawberries, fresh or frozen, hulled and halved

100g organic sugar

60ml apple juice

1 tbsp arrowroot

¼ tsp almond extract

METHOD

5. To make the topping, in a medium saucepan, combine the strawberries and sugar over a medium heat. Bring to the boil, stirring often. Meanwhile, in a small bowl, stir together the apple juice and arrowroot. When the strawberries are softened and juicy, stir in the arrowroot mixture, then stir in the almond extract. When the mixture is thickened and glossy, pour it over the cooled cheesecake and refrigerate until cold.
6. To serve, run a sharp knife along the edge to loosen the pan sides and remove the cake. Cut into 12 wedges and serve. The cake can be stored, tightly covered in the refrigerator for up to 4 days.



YOU GOT THIS!

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