
VEGANUARY'S

VOTE FOR VEGGIES

**7 DAYS OF
REVOLUTIONARY
RECIPES**



VEGANUARY 

A CULINARY CALL TO ACTION

THE FUTURE OF OUR PLANET IS HANGING IN THE BALANCE

Our food choices have a significant impact on the environment and what the world needs now is for politicians and policymakers to prioritise sustainable diet change. Scientists have spoken: plant-based diets can drastically reduce greenhouse gas emissions, protect biodiversity and arable land, produce food more sustainably to support a growing global population, and benefit human health.

Yet despite ambitious net zero pledges and calls for change, governments are reluctant to reduce meat and dairy consumption. The clock is ticking. We must act now to prevent further rises in global temperature and protect our planet.

Government inaction is a recipe for disaster, but Veganuary is here to help cook up a solution. With every meal, we can cast our ballots and with every bite, we can vote for a better planet.

Let's fight the climate crisis with our forks and Vote for Veggies!



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THE VEGGIE VOTER'S SUPERMARKET HANDBOOK

AS THE CLIMATE CRISIS INTENSIFIES, OUR FOOD CHOICES BECOME POLITICAL ACTS. IN THE AISLES OF OUR SUPERMARKETS, WE CAN CAST A VOTE – NOT JUST FOR OUR HEALTH, BUT FOR THE PLANET. THIS HANDBOOK WILL GIVE YOU THE INGREDIENTS FOR SUCCESS WHEN TRYING A PLANT-BASED DIET.

FRONTLINE FRUIT AND VEG

When it comes to eating plant-based, you can't get enough fruit and veg. They are the powerhouses of a plant-based diet, offering vitamins, minerals, fibre and antioxidants. Eat plenty of veggies with every meal and fill up on fruit at snack times. Top yoghurts and oatmeal with bright berries, blend a colourful smoothie or whip up veggie-packed pasta sauces. The possibilities are endless!

- Green and cruciferous vegetables – Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, rocket, spinach and watercress
- Other vegetables – Aubergines, asparagus, beetroot, butternut squash, carrots, courgettes, garlic, mushrooms, onions, peppers, sweet potatoes and tomatoes
- Fruits – Apples, bananas, blueberries, cherries, clementines, grapes, kiwis, lemons, limes, mangoes, melons, oranges, pears, plums, raspberries, satsumas and strawberries

LEGISLATE WITH LEGUMES

High in protein, fibre and vitamins, legumes and pulses are the pioneers of a vegan diet. Think of them as dependable deputies, ready to jump into any dish and make a difference. Try lentils in your shepherd's pie or lasagne and bulk up stews, casseroles and chillis with beans. Use protein-rich foods like tofu and tempeh to replace meat in stir fries, salads and sandwiches.

- Beans – black, butter, cannellini, edamame/soya, kidney, haricot, pinto
- Lentils – brown, green, red, yellow, puy
- Peas
- Chickpeas
- Tofu
- Tempeh

STAND UP FOR NUTS & SEEDS

Full of healthy fats, protein and essential minerals, nuts and seeds are the grassroots activists driving dietary change from the ground up. Seeds are ideal for sprinkling on yoghurts, oatmeal,

smoothies and salads, while nuts make handy standalone snacks.

- Nuts – Almonds, Brazil, cashews, hazelnuts, pecans, pistachios and walnuts
- Nut butters – Almond, cashew, hazelnut and peanut
- Seeds – Chia, flax, pumpkin, sesame and sunflower

GOVERN WITH GRAINS

Rich in fibre, protein, and other essential nutrients, whole grains are reliable, filling and always ready to serve. They also provide energy, so they should be the foundations of your plant-based meals.

- Barley
- Brown and wild rice
- Buckwheat
- Millet
- Oats
- Quinoa
- Rye
- Wholewheat pasta

HEROIC HERBS AND SPICES

Herbs and spices don't just add flavour. Many of them have impressive health benefits, such as anti-inflammatory properties. They're here to make a statement and won't be silenced!

- Basil
- Cinnamon
- Cumin
- Curry powder
- Ginger
- Nutmeg
- Oregano
- Pepper
- Smoked paprika
- Thyme
- Turmeric





DAY
1

BREAKFAST

WOKE-OR-NOT TOFU SCRAMBLE

Tofu is a great source of protein for people of all political persuasions, not just the so-called Wokerati (whatever that means).

Prep time: 5 mins
Cooking time: 25 mins
Serves: 2

INGREDIENTS

- 1 block firm tofu
- 1 tsp oil
- 1 red onion, chopped
- 4 garlic cloves, sliced
- 1 red chilli, sliced
- 1 tsp seeds (black onion, cumin, and mustard seeds all work well)
- 1 tsp cumin
- 1 tsp turmeric
- 2 tsp smoked paprika
- 1 tbsp red wine vinegar
- 2 tbsp soy sauce
- 5 sprigs fresh thyme, leaves picked (or another fresh herb of your choice)
- Black pepper

METHOD

1. Heat the oil on a moderate heat in a large pan. Add the onion, garlic and chilli and cook gently until the onion is soft and the garlic has browned a little.
2. Add the seeds and spices and stir. Leave to cook for a minute – this helps to release the flavours and prevent bitterness.
3. Add the tofu and mash with a fork to break it down into smallish chunks. Stir to combine and leave to cook for a couple of minutes before adding the vinegar and soy sauce. Stir again.
4. Allow the scramble to cook gently for 20 minutes, or until you have the consistency you want. Be careful not to overdo it as the longer you cook it, the drier it will be.
5. To finish, add the thyme and black pepper. Serve on toast or with your full English breakfast.



DAY

1

LUNCH

PEASFUL PROTEST PASTA

Here's a source of green energy to kickstart your plant-based pledge. This peasful protest pasta offers a harmonious blend of vibrant veggies.

Prep time: 20 mins
Cooking time: 30 mins
Serves: 4

INGREDIENTS

Pesto:

70g pine nuts
3 tbsp olive oil
Handful of kale
Handful of fresh basil
2 garlic cloves
1 lemon zest
120ml olive oil
Salt and pepper to taste

Pasta:

350g tortiglioni
100g frozen peas
1-2 tbsp vegan coconut yoghurt
2 courgettes, thinly sliced
200g asparagus, chopped
1 tbsp olive oil (for stir-frying vegetables)
Chilli flakes (optional)
Pumpkin seeds (optional)

METHOD

1. Roast the pine nuts in a hot pan until toasted. Allow the nuts to cool down completely.
2. Into a blender, place all the pesto ingredients apart from the olive oil. Process until chopped small and then start trickling in olive oil while the motor is going.
3. Adjust the seasoning to your taste.
4. Boil a large pan of water and cook your pasta.
5. In a separate pan, add olive oil and stir fry the courgette and asparagus for two minutes. Boil the peas for two minutes.
6. Drain your pasta and toss it in the pesto, coconut yoghurt and mix the veggies in and serve.
7. For the topping, scatter toasted pumpkin seeds and chilli flakes.

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DAY
1

DINNER

DEBATE DAY DAL

There will be no disagreements about this comforting and budget-friendly lentil dal – a meal that promises to bridge culinary divides.

Prep time: 5 mins
Cooking time: 20 mins
Serves: 4

INGREDIENTS

250g red lentils
1 onion
1 garlic clove
20g ginger
4 tbsp rapeseed oil
1 tsp mustard seeds
½ tsp cumin
½ tsp ground coriander
½ tsp garam masala
1 tsp turmeric
500g fresh spinach
400ml coconut milk
200ml water
Freshly ground sea salt and black pepper
Juice of ½ lemon

METHOD

1. Cook the lentils for about eight minutes in salted water. Drain.
2. Peel and finely chop the onion and garlic. Peel the ginger and grate finely. Heat a frying pan, then add the oil and sweat the onion until transparent.
3. Add the garlic, ginger and spices and fry for a minute, until the mixture develops its fragrance.
4. Wash and pluck the spinach, add to the pan and cook for three minutes.
5. Add coconut milk and water and stir well.
6. Add the drained lentils, mix well and cook for a further five minutes.
7. Season to taste with sea salt, freshly ground black pepper and lemon juice.

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DAY

1

SNACK

RADICAL RASPBERRY SMOOTHIE

Replenish your relentless spirit with a nutrient-packed smoothie that's as refreshing as it is delicious.

Prep time: 5 mins
Serves: 2

INGREDIENTS

500ml coconut milk

125g frozen raspberries

1 frozen banana

2 tbsp maple syrup

2 tbsp coconut oil, optional

1 tsp vanilla

METHOD

1. Whizz everything together in a blender until smooth.
2. If your banana and raspberries aren't frozen, add some ice cubes before blending.



DAY
2

BREAKFAST

CAMPAIGN TRAIL TOAST TOPPER

Start your day with determination thanks to this simple butter bean toast topper.

Prep time: 10 mins
Cooking time: 15 mins
Serves: 2

INGREDIENTS

1 carton or tin butter beans
1 large spring onion
4 large chestnut mushrooms
Handful young spinach
3 cloves garlic
Olive oil
Salt and pepper
Flat leaf parsley

METHOD

1. Heat 1-2 tbsp of olive oil in a small frying pan.
2. Finely chop the spring onion and add to the pan. Gently cook over medium heat for a few minutes before adding the sliced mushrooms. Season and sweat for a few more minutes.
3. Finely mince the garlic and add it to the pan. Let the flavours infuse for a few minutes.
4. Drain and rinse the butter beans and add to the pan. Season generously and heat through, stirring thoroughly so the ingredients are fully combined.
5. Lastly, add the spinach and let it gently wilt before adding a little more salt and pepper.
6. Serve hot with some roughly chopped flat leaf parsley.



DAY
2

LUNCH

REFORM ROAST BUTTERNUT SQUASH SOUP

Make a unanimous decision to indulge in a creamy, colourful and fragrant soup for lunch.

Prep time: 5 mins
Cooking time: 1 hr
Serves: 8

INGREDIENTS

Soup:

- 2 tbsp olive oil
- 1 large white onion, diced
- 2 green apples, peeled and chopped
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp chilli powder
- 1 ½ tsp fine sea salt
- 2kg butternut squash, peeled, de-seeded and cut into cubes (or buy frozen)
- 8 cups vegetable stock (made from vegan stock cubes)

Spiced Pumpkin Seeds:

- 200g pumpkin seeds
- 1 tbsp extra virgin olive oil
- ½ tsp ground cinnamon
- ½ tsp chilli powder
- Generous pinch of salt and black pepper

METHOD

1. Heat oil in a large pot over medium heat. Add the chopped onion, apple, cinnamon, ginger, chilli powder and salt. Cook for around five minutes, stirring occasionally.
2. Add the butternut squash to the pot and stir to coat for another five minutes. Add the stock and bring to a boil. Lower the heat and simmer with the pot covered for around 40-50 minutes, until the squash is soft.
3. Allow the soup to cool and blend in a blender or with a hand-held immersion blender until completely smooth.
4. To make the spiced pumpkin seeds, combine the oil, cinnamon, chilli powder, salt and pepper together in a small bowl. Add the pumpkin seeds and stir to coat.
5. Heat a pan over a medium heat. Add the pumpkin seeds and allow to toast in the pan for around three minutes whilst stirring to ensure they don't burn.
6. Remove from heat and allow to cool fully. Serve the soup heated, with a generous sprinkling of spiced pumpkin seeds on top.



DAY
2

DINNER

POLICY PAD THAI

Want to declare your commitment to tasty meals? These tofu Pad Thai noodles will get the majority vote every time.

Prep time: 10-30 mins (depends if
tofu needs to be pressed and drained)

Cooking time: 30 mins

Serves: 2

INGREDIENTS

Paste (or if you are in a hurry, use a ready-made vegan Pad Thai sauce):

2 medium shallots

4 garlic cloves

Thumb-sized piece of ginger

2 stalks lemongrass, outer skin removed

4 green Thai chillis

1 tsp ground coriander

½ tsp ground cumin

¼ tsp ground white pepper

Coriander stalks from 100g of coriander

1 tsp salt

Pad Thai:

1 block firm tofu, pressed to drain excess water

2 cloves garlic, crushed

1 medium red chilli, deseeded and finely chopped (optional)

1 medium red onion, thinly sliced into half-moon shapes

2 tbsp soy sauce

Juice of 1 large lime (about 2 tbsp)

100g rice noodles, pre-cooked

Chopped coriander, crushed peanuts (optional) and spring onions to garnish

METHOD

1. Make the curry paste by combining all the ingredients and blitz.
2. Cut the tofu into planks and coat with the Pad Thai paste. Leave to marinate for 10 minutes.
3. Heat the oil in the frying pan or wok, add the tofu pieces and cook until golden brown (approximately five minutes). Remove from the pan and reserve.
4. Add the garlic, chilli and red onion and fry for a few minutes, or until the onion is tender. Then keeping the heat high, add the tofu pieces back to the pan.
5. Pour over the soy sauce and the lime juice, then stir this for just a few seconds before adding the noodles. Toss them around for a few minutes, or until the noodles are heated through.
6. Mix in half the garnish and stir. Serve with the rest of the garnish sprinkled over.

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DAY
2

SNACK

FOSSIL-FREE ENERGY BARS

Energise your activism with snack bars filled with the goodness of nuts, dried fruits and seeds.

Prep time: 10 mins

Cooking time: 1 hr 10 mins

Serves: 8 bars

INGREDIENTS

2 very ripe bananas

3 tbsp almond butter
(or preferred nut butter)

80ml date syrup (or maple syrup)

1 large handful blueberries

2 tbsp coconut oil

1 tsp cinnamon

¼ tsp nutmeg

1 tsp hemp protein powder (or
your preferred protein powder)

200g rolled oats (use gluten-free
if needed)

1 tbsp chia seeds

2 tbsp desiccated coconut

1 handful cacao nibs

1 handful pumpkin seeds

2 handfuls nuts

METHOD

1. Preheat oven to gas mark 4 / 180°C.
2. Line a baking tray with baking paper and grease it with coconut oil.
3. In a food processor or blender, combine bananas, almond butter, coconut oil, date syrup, cinnamon, nutmeg and half of the blueberries. Mix until completely combined and you have a thick paste mixture.
4. In a frying pan, gently toast the nuts and pumpkin seeds for a few minutes, until slightly brown. Leave to cool. Once cooled, roughly chop the nuts.
5. In a large bowl, mix the oats, hemp powder, chia seeds, coconut, cacao nibs, the rest of the blueberries and toasted nuts / pumpkin seeds.
6. Stir the banana paste mix into the oat mix and combine.
7. Pour mix into your lined tray. Push down with a spatula to ensure mixture is evenly packed.
8. Bake for 30-40 minutes, until lightly golden. (These bars are quite soft. If you wish for them to be slightly crunchier, then bake for 10-15 more minutes, but keep an eye on them so they don't burn!)
9. Leave to cool for 10 minutes, then tip onto wire rack and let cool completely.



DAY
3

BREAKFAST

GRASSROOTS GRANOLA

Rally your taste buds and start your morning with maple cinnamon granola. Top it with fruit and yoghurt to lay a strong foundation for your day.

Prep time: 5 mins
Cooking time: 30 mins
Serves: 2

INGREDIENTS

- 270g rolled oats
- 70g almonds (roughly chopped)
- 60g pumpkin seeds
- 60g sunflower seeds
- 2 tsp ground cinnamon
- 2 tbsp almond butter (or your preferred nut butter)
- 3 tbsp maple syrup

METHOD

1. In a bowl, mix together the dry ingredients (oats, chopped almonds, seeds and cinnamon).
2. In a saucepan, melt the maple syrup and nut butter over a low heat.
3. Add the melted syrup and butter to the oat mix and stir through thoroughly.
4. Line a baking tray with greaseproof paper and pour in the mixture and pack roughly down.
5. Cook for 20 minutes at 180°C. Leave to cool in the tray and then store in an airtight container.



DAY
3

LUNCH

SIT-IN SALAD

This superfood salad will help you take action against mundane meals and set the precedent for brighter food choices.

Prep time: 15 mins
Cooking time: 20 mins
Serves: 2

INGREDIENTS

Salad:

40g mixed leaves
30g rocket leaves
8 slices cucumber
30g roasted mixed peppers
30g red onion, thinly diced
2 pinches parsley
30ml plant-based salad dressing

Superfood:

150g mixed superfood – use whatever ingredients you have to hand, such as:
26g chickpeas
22g edamame
24g mung beans
18g cooked red quinoa
13g cooked black rice
6g cranberries
6g pumpkin seeds

METHOD

1. Mix the superfood ingredients together and set aside.
2. Drizzle half the dressing in the bottom of a large bowl.
3. Add mixed leaves. Top with the rocket leaves and drizzle with the remaining dressing.
4. Add the cucumber, roasted peppers and red onion. Top evenly with the superfood mix.
5. Finish with chopped parsley.



DAY
3

DINNER

COALITION CHICKPEA CURRY

Gather around for a wholesome dish that will pass the taste test with unanimous approval.

Prep time: 15 mins
Cooking time: 45 mins
Serves: 4

INGREDIENTS

½ tsp coriander seeds
3 tbsp vegetable oil
2 tsp garam masala
½ tsp ground turmeric
¼ tsp fenugreek powder
¼ tsp chilli powder
1 tsp ground cinnamon
¼ tsp ground ginger
1 dried chilli
5 curry leaves
1 large onion, peeled and finely chopped
2 cloves garlic, crushed

Thumb-sized piece of fresh ginger, peeled and grated
2 large tomatoes, roughly chopped
500g peeled, de-seeded butternut squash chunks (around 1 small squash or buy frozen)
200ml coconut milk
350ml vegetable stock
1 x 400g can chickpeas, drained and rinsed
3 tbsp fresh/frozen coriander, roughly chopped or torn
4 tsp flaked almonds

DINNER

COALITION CHICKPEA CURRY

METHOD

1. Place a large saucepan over medium heat and add the coriander seeds. Allow them to toast, swirling the pan, for a few minutes until smoky and fragrant. Don't allow them to burn. Remove them from the heat and grind roughly in a mortar and pestle or spice grinder.

2. Add the oil to the pan and add the spices, including the ground coriander seeds, dried chilli and curry leaves. Stirring constantly, allow the spices to temper in the hot oil until bubbling and very fragrant.

3. Add the chopped onion to the pan and stir. Fry for around two minutes but don't let the onion brown (lower the heat if necessary). Add the garlic and ginger and cook for a further two minutes.

4. Add the chopped tomatoes and stir well. If the onions are starting to stick at this stage, add 3-5 tbsp of water along with the tomatoes to deglaze the pan. Cook, stirring often until the tomatoes are starting to break down and lose their shape – around five minutes.

5. Add the cubes of butternut squash and the chickpeas and stir to coat in the curry paste. Add the vegetable stock and bring to a simmer. Stirring occasionally, allow the curry to simmer with a lid on for around 10-15 minutes or until the squash is cooked.

6. Once the squash is cooked and the sauce has reduced nicely, add the coconut milk and stir. Lower the heat and allow the curry to simmer for a few moments before removing from the heat.

7. Stir in the coriander and top with the flaked almonds. Serve with steamed basmati rice and/or rotis.



DAY

3

SNACK

ELECTION DAY ENERGY BALLS

Cast your vote for energising snacks with these bite-sized delights that harness the power of nuts and dates.

Prep time: 15 mins

Cooking time: 5 mins

Serves: 12 balls

INGREDIENTS

75g ground almonds

250g peanut butter (or other nut butter)

2 tbsp maple syrup or agave

12 pitted dates (this is based on Deglet Nour dates but if using larger Medjool dates reduce to 7 dates)

¼ tsp salt

25g cocoa powder

Dark chocolate for coating

METHOD

1. Soak the dates in boiling water for five minutes and drain.
2. In a food processor or blender, mix all the truffle ingredients together to form a thick paste. It should be sticky but not too sticky to handle.
3. Roll into walnut-sized balls and chill until they are a little firmer.
4. Melt the chocolate and either dip the firm truffles into the chocolate to half coat them, or just drizzle the chocolate over the top of the truffles on a tray.
5. Best kept refrigerated. Eat within one week or freeze.

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DAY
4

BREAKFAST

POLLING STATION PORRIDGE

These carrot cake overnight oats form a sweet partnership of flavours to seal the deal for a great day.

Prep time: 5 mins
Serves: 2

INGREDIENTS

1 carrot, grated
200g oats
500ml plant milk
2 tbsp chia seeds
2 tbsp pumpkin seeds
¼ tsp vanilla extract
A pinch of sea salt
Drizzle of agave syrup

METHOD

1. Mix the carrot with the oats, vanilla, agave syrup and plant milk together with a pinch of salt. Top with pumpkin seeds and chia seeds.
2. Leave in the fridge overnight and enjoy for breakfast over the next couple of days.
3. Top with a dollop of dairy-free yoghurt and cashews.



DAY
4

LUNCH

CHANGE MAKER'S CHUNKY WHITE BEAN SOUP

Staples like beans, carrots, garlic and onions come together to uphold the highest standards of plant-based flavour.

Prep time: 10 mins
Cooking time: 25 mins
Serves: 4

INGREDIENTS

3 tbsp olive oil
2 garlic cloves, minced
1 small onion, diced
2 medium-sized carrots, diced
2 celery stalks, diced
2 bay leaves
1 tbsp fresh thyme, chopped
1 tbsp fresh rosemary, chopped
1 tsp tomato puree
2 tins canned white beans, drained
1 litre vegetable broth
Salt and pepper
90g spinach
½ lemon, freshly squeezed

Garnish (optional):

Crispy vegan bacon
Fresh parsley, chopped
Chilli flakes
Bread, sliced

METHOD

1. In a large pot, heat the olive oil over medium-low heat. Sauté the garlic and onion for a few minutes, then add the carrots and celery and sauté for another five to seven minutes.
2. Add the bay leaves, thyme and rosemary, sauté for a minute then add the tomato puree and stir until lightly browned.
3. Add the white beans, followed by the vegetable broth; add salt and pepper to your taste.
4. Remove the bay leaves, add in the spinach and stir until wilted.
5. Remove the pot from the heat and squeeze the juice of a half lemon over.
6. Serve hot with freshly chopped parsley, chilli flakes and crispy vegan bacon to add smoky flavour. Enjoy with a slice of bread!

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DAY
4

DINNER

CLIMATE STRIKE STIR FRY

Rise up against bland midweek meals with a tofu and edamame stir fry that champions compassionate cuisine.

Prep time: 10 mins
Cooking time: 25 mins
Serves: 2

INGREDIENTS

1 red onion, sliced
1-3 chillis (depending on your taste), sliced
1 small piece ginger, grated
1-2 cloves garlic, crushed
Soy sauce
1 tsp yeast extract (e.g. Marmite)
1 x 400g block firm tofu
Salt and pepper
Dried chillis (optional)
1 tsp Chinese 5-spice
1-2 handfuls edamame
1 carrot, thinly sliced
1 pepper, sliced
Handful of greens (such as cabbage or kale), sliced
1 spring onion, finely chopped
200g dried soba noodles (or any noodle you like)
½ tsp maple or agave syrup
Cooking oil

METHOD

1. Press the tofu to remove excess water if needed. Cut it into cubes and coat it with soy sauce, salt, pepper and dried chillis, then set aside.
2. Boil the edamame for 10 minutes or until soft enough to eat. Boil the soba noodles according to the instructions on the packet.
3. Add 1-2 tbsp oil into a frying pan and shallow fry the tofu, turning regularly so all sides brown.
4. Meanwhile, add some more oil to a wok or large frying pan and add the onions and chillis (if you don't have separate pans, then pre-cook the tofu until crisp then set to one side).
5. Once the onions and chillis have started to brown, add the garlic, ginger and Chinese 5-spice, then the carrot, pepper and greens. Also add a generous dash of soy sauce, yeast extract and maple syrup.
6. If required, add 2 tbsp water to prevent the pan from drying out and burning the dish.
7. After the veg has started to soften, add the noodles, edamame and tofu. Mix well and ensure that all items are heated. Season to taste and garnish with spring onions.



DAY
4

SNACK

REVOLUTIONARY ROASTED CHICKPEAS

A savoury treat that will support you on the march towards healthier snacking.

Prep time: 15 mins
Cooking time: 40 mins
Serves 3

INGREDIENTS

- 1 tin chickpeas
- 3 sprigs rosemary
- 1 tsp sumac
- 1 tsp cumin
- ½ tsp chilli flakes
- 2 tsp oil

METHOD

1. Heat the oven to 180°C / 350°F / gas mark 4.
2. Drain and rinse the chickpeas and set about peeling them (if you want that extra crunch). Shaking them in a colander or rolling between sheets of kitchen paper can help loosen the skins.
3. Either place all of the ingredients in a bowl and mix them together until the chickpeas are nicely coated, or make a little bag with parchment paper to shake it all together (making sure you've gathered all the edges together). The parchment paper method means you're not left with an oily bowl to wash up.
4. Spread the chickpeas out on a sheet of parchment paper on a baking tray. Cook for 20 minutes, give them a little shake, then cook for a further 20 minutes.
5. Sprinkle on top of salads or enjoy them by the handful!



DAY
5

BREAKFAST

ALLEGIANCE ALMOND AND VANILLA CHIA BIRCHER

Stand firm in your fight for nutritious breakfasts and try this almond and vanilla chia pudding.

Prep time: 4 mins
Serves: 2

INGREDIENTS

45g oats

2 heaped tbsp chia seeds

15g raspberries

1 tsp sweetener of choice

1 apple, finely diced

350ml almond milk

A few drops vanilla extract

A pinch of sea salt

METHOD

1. Add all the ingredients to a large bowl and mix together.
2. Store in an airtight container in the fridge overnight and enjoy the next morning (lasts up to two days).
3. For serving, top with cinnamon, fresh berries, walnuts or any other toppings of your choice.

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DAY

5

LUNCH

FUEL THE FUTURE FAJITAS

These fiery fajitas are sure to sizzle your senses and ignite your passion for protecting the planet.

Prep time: 15 mins

Cooking time: 15 mins

Serves: 4

INGREDIENTS

1 pack plant-based chicken pieces

4 vegan tortilla wraps

2-3 white onions

2-3 red and yellow peppers

1 pack fajita spice mix

1 tub guacamole

1 tub salsa

2 limes

1 bunch coriander

1 mixed salad bag

2-3 jalapeños

Vegetable oil

METHOD

1. Slice onions and peppers (as thick or thin as you like).
2. Slice limes into wedges and slice jalapeños.
3. Add vegetable oil to a large pan. Heat it over a high flame and then reduce to medium when the oil hits the smoking point.
4. Chuck in onions and peppers to get them nice and brown.
5. Throw in the plant-based chicken pieces, sprinkle over the fajita spice mix and stir.
6. Serve the plant-based chicken pieces, onions and peppers still sizzling in a cast iron pan, in the centre of the table. Sprinkle on coriander, throw on some jalapeños, guac, salsa, lime wedges and mixed salad.
7. Assemble the fajitas and devour!



DAY
5

DINNER

LIBERTY LENTIL SHEPHERD'S PIE

Convene around the dinner table to enjoy a hearty meat-free pie that celebrates the collective strength of plants.

Prep time: 30 mins (plus time spent soaking lentils)
Cooking time: 1 hr 10 mins
Serves: 4

INGREDIENTS

8-10 potatoes, peeled
2 medium onions
2 large carrots
10 button mushrooms (or equivalent)
4 stalks celery
2 garlic cloves
200g brown or green lentils (dry)
2 tbsp fresh parsley
1 tsp mixed herbs (feel free to use more if you want)
½ – 1 tsp cinnamon

1 tbsp plain flour
1 tbsp dairy-free butter
1 tbsp tomato puree
1 vegetable stock cube
500ml boiling water
1 tbsp brown sauce (optional)
Soya milk, unsweetened
Salt and pepper

DINNER

LIBERTY LENTIL SHEPHERD'S PIE

METHOD

1. Soak your lentils in water for a few hours before you start cooking. If you don't do this, they will take a lot longer to cook.
2. Peel, wash and put potatoes on to boil.
3. Finely dice onions, carrots, celery and mushrooms and crush garlic. Put a casserole pot on a medium heat and add dairy-free butter.
4. When melted, add onions and sweat them off until they start to go translucent. Add garlic and sweat until both the onion and garlic are soft and translucent. Add the rest of the veg and cook for another 10 minutes, stirring regularly.
5. When the veg has softened and started to brown, add in flour and stir through so it coats the veg. Then add the flavourings – salt, pepper, cinnamon, mixed herbs and parsley. Stir these through.
6. Make 500ml of stock using water and vegetable stock cube. Mix the tomato puree into the stock.
7. Start adding stock to the veg very slowly. Every time you pour some stock into the veg, stir it through until it has absorbed and slightly thickened. Then drain lentils, add them to the pot and stir through.
8. If this makes the mixture too dry, add some more boiling water in small amounts. If you need to add a lot of water, you can throw in another half a stock cube so you don't dilute all the flavour.
9. Leave the mixture to simmer for around 40-45 minutes but check it and stir it constantly to make sure it doesn't burn. Keep the heat low to avoid this happening.
10. Add in 1 tbsp brown sauce at the end of the cooking process and stir it through.
11. When the lentil mix is cooked through add it to your baking dish. Mash your potatoes with dairy-free butter and unsweetened soya milk.
12. Spread the mashed potato over the top of the lentil mix, smoothing it out with a fork. If you have any vegan cheese or parsley, you could add this over the top but that is optional.
13. Then bake the shepherd's pie in a hot oven for 20-30 minutes until the potato starts to go golden brown.



DAY
5

SNACK

VOTER'S VEGETABLE CRISPS

Let your leftover veggies perform their diplomatic duties and support your right to cruelty-free snacking.

Prep time: 10 mins
Cooking time: 20 mins
Serves: 8

INGREDIENTS

- 1 tbsp coconut oil
- 6 stalks kale or cavolo nero
- Half a parsnip
- Half a carrot
- Half a beetroot
- 2 garlic cloves
- Juice of ½ lemon
- Salt and pepper

METHOD

1. De-stalk the kale or cavolo nero and cut into pieces.
2. Peel the carrot, parsnip and beetroot and then, using a peeler, slice the vegetables thinly.
3. Place the vegetables onto a baking tray and coat in the oil. Add the cloves of garlic and drizzle with the lemon juice.
4. Bake for 20 minutes until crispy.
5. Once out of the oven season with salt and pepper. Leave to cool before you eat them.



DAY
6

BREAKFAST

WAKE UP CALL WALNUT, RAISIN & BANANA LOAF

A diplomatically delicious reminder that it's time to rise and shine in the fight against climate change.

Prep time: 10 mins
Cooking time: 1 hr 30 mins
Serves: 4

INGREDIENTS

200g self-raising flour
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp grated nutmeg
½ tsp baking powder
60g dairy-free margarine
110g soft light brown sugar
175g mashed ripe bananas
25g chopped walnut pieces
25g raisins
110ml dairy-free milk alternative
(this is approximate, you may need less)

METHOD

1. Line a 1lb loaf tin with non-stick baking parchment.
2. Sift together the flour, ground cinnamon, ginger, nutmeg and baking powder in a large mixing bowl.
3. Rub in the dairy-free margarine until you have a consistency of fine breadcrumbs. Add the sugar, bananas, chopped walnuts, and raisins. Stir well.
4. Gradually add the dairy-free milk a little at a time until you have a soft dropping consistency. The amount needed will depend on the ripeness of the bananas.
5. Spoon into the tin and level the surface. Bake in the oven for 1¼ to 1½ hours or until golden, firm to touch and a skewer inserted into the middle comes out clean. Cover with foil if the loaf is browning too much during cooking.
6. Leave to cool in the tin then turn out onto a wire rack to finish cooling.



DAY
6

LUNCH

NET ZERO NUTTY TEMPEH SALAD

A vibrant tempeh salad to achieve your target of an energising lunch.

Prep time: 20 mins
Cooking time: 15 mins
Serves: 2

INGREDIENTS

Tempeh:

- 1 pack tempeh
- 2 tsp sumac
- Juice of 1 lemon
- Oil for cooking
- 4 plums
- 2 tbsp pomegranate seeds (optional)
- 1 shallot
- Dill
- 15g mint
- 50g blanched hazelnuts
- 100g-150g Bistro Leaf Salad (or any other leaf salad)
- Flaky sea salt
- Ground black pepper

Dressing:

- Pomegranate molasses (alternatively, juice of a whole lemon)
- 60ml extra virgin olive oil
- 1 tbsp sumac

METHOD

1. Preheat the oven to 180°C / 350°F.
2. Add the blanched hazelnuts to a baking tray. Roast in the oven for approximately nine minutes. Remove the hazelnuts and chop roughly. If you have a pestle and mortar, use it to lightly beat the hazelnuts to a desired texture.
3. Slice the ripe plums into quarters.
4. Thinly slice your shallot into rings, before adding them to a container of cold water. The cold water allows the onion to maintain its crunchy structure, whilst reducing the acidity and harshness of the onion.
5. Cut the tempeh into small cubes. Heat 1 tbsp vegetable oil in a frying pan over a medium-high heat. Add the tempeh cubes and sauté for about five minutes, until golden and crispy.
6. Add the tempeh cubes to a bowl containing sumac and lemon juice and mix.
7. Prepare the dressing by mixing all the dressing ingredients together.
8. Assemble your salad by combining all the elements, apart from the dressing. Season with flaky sea salt and ground pepper.
9. Add your dressing and combine well. Serve immediately.



DAY
6

DINNER

JUSTICE JERK CAULIFLOWER

Savour the taste of cauliflower power with a sharing platter that's guaranteed to unite people at the dinner table.

Prep time: 10 mins
Cooking time: 30 mins
Serves: 2

INGREDIENTS

Head of cauliflower, broken into bite-sized florets

1 – 3 tbsp jerk seasoning

3 tbsp oil

Spring onions, finely chopped

Vegan mayonnaise

Chives to serve

METHOD

1. Put the florets in a bowl with the oil and then spread out on a baking tray and put in an oven at 180°C for 20 minutes. They should soften and brown slightly.
2. Carefully transfer the cauliflower to a bowl and add as much jerk seasoning as it takes to give your cauliflower a good coating.
3. Put the cauliflower back on the baking tray and give it another 10 minutes in the oven. Some people prefer cauliflower with more bite, in which case reduce your cooking times accordingly.
4. Once nicely soft and browned, transfer to serving dish, top with spring onions, chives and a drizzle of vegan mayo and you're done.



DAY
6

SNACK

BALLOT BOX BROWNIES

Pledge to peacefully indulge in these chocolatey brownies which are sure to be a landslide victory.

Prep time: 15 mins
Cooking time: 25 mins
Serves: 4

INGREDIENTS

260g stewed and mashed sweet potato
180g coconut sugar or brown sugar
50g raw cacao
4 tbsp agave or carob nectar
2 tsp natural vanilla
250g dark chocolate
2 tbsp coconut oil or dairy-free margarine
96g almond flour
2 tbsp baking powder
120g chopped walnuts (or hazelnuts)

METHOD

1. Melt the chocolate and coconut oil together.
2. Mix the mashed sweet potato with all the other ingredients.
3. Combine the two, mixing well. Note that the batter is not as liquid as a normal brownie batter.
4. Spread out in a 33 x 33cm (16.5 x 16.5 inch) baking tin and bake at 180°C for about 20-25 minutes (test with a skewer - when it comes out clean, the brownies are ready).
5. Leave to cool before cutting into squares.



DAY
7

BREAKFAST

PEOPLE'S POWER BLUEBERRY PANCAKES

Celebrate the plant-based movement with a plate of fluffy blueberry pancakes.

Prep time: 5 mins
Cooking time: 10 mins
Serves: 20

INGREDIENTS

200g self-raising flour
1 tsp baking powder
300ml soya milk
1 ripe banana, mashed
15g dairy-free margarine, melted
150g pack blueberries
Sunflower oil
Maple syrup, to serve

METHOD

1. Mix together the flour and baking powder in a large bowl. Make a well in the centre of the dry ingredients and whisk in the milk to make a thick, smooth batter.
2. Beat in the mashed banana and melted dairy-free margarine then gently stir in half the blueberries.
3. Heat a teaspoon of oil in a large non-stick frying pan. Drop 1 large tbsp of batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time.
4. Cook for about three minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn over and cook for a further three minutes until golden.
5. Transfer onto a plate and cover to keep warm whilst you repeat using the remaining batter.
6. Serve warm with maple syrup and the rest of the blueberries.



DAY
7

LUNCH

MARCH-READY PORTOBELLO MUSHROOM SANDWICH

Advocate for ground-breaking vegan lunches and tuck into this portobello mushroom and tofu sandwich.

Prep time: 6 mins
Cooking time: 20 mins
Serves: 2

INGREDIENTS

2 half ciabatta loaves
4 portobello mushrooms
350g firm tofu
2 tbsp nutritional yeast
½ tsp turmeric
½ tsp dried thyme
1 jar vegan red pesto (or equivalent)
2 roasted peppers (in a jar)
Small bunch of alfalfa sprouts (optional)
¼ red onion, finely chopped
Salt and pepper
Olive oil
Kalamata olives to serve (optional)

METHOD

1. Put the grill on.
2. Place portobello mushrooms in a dish and brush with olive oil. Place under the grill and cook for eight minutes on each side.
3. In a saucepan, scramble the drained tofu with a fork. Add turmeric, thyme and nutritional yeast. Blend well and cook until warm. Season to taste.
4. When the mushrooms are almost cooked, cut ciabatta loaves in half horizontally and toast.
5. Spread pesto inside each toasted ciabatta halves.
6. For each sandwich, sprinkle ciabatta bottom with alfalfa sprouts and red onions.
7. Stack two mushrooms on top, followed by half the tofu scramble and one roasted pepper.
8. Sprinkle with alfalfa sprouts and cover with ciabatta top.
9. Serve with Kalamata olives (optional).



DAY
7

DINNER

VICTORY VEGETABLE LASAGNE

Embrace the tide of change with a warming dish that's been approved by taste councils everywhere.

Prep time: 35 mins
Cooking time: 1 hr 10 mins
Serves: 6-8

INGREDIENTS

Lasagne:

4 carrots

Salt and pepper

Olive oil

3 red peppers

3 courgettes

2 red onions

4 sprigs fresh rosemary

4 garlic cloves

3 x 400g tins chopped tomatoes

2 tbsp vegan red pesto

12 lasagne sheets

100g grated vegan cheese

Creamy Bechamel:

70g vegan butter

70g plain flour

200ml dairy-free cream

650ml plant-based milk

4 tbsp nutritional yeast

DINNER

VICTORY VEGETABLE LASAGNE

METHOD

1. Preheat the oven to 200°C / 392°F. Top and tail the carrots then slice them into ½ cm thick rings. Add them to a large baking tray, sprinkle with small pinches of salt and pepper and drizzle with a light splash of olive oil. Toss through with your hands then roast for 15 minutes.

2. Meanwhile, remove the stems from the red peppers and dice them. Then top and tail the courgettes and peel the red onions then slice both into ½ cm rings. Finely chop the rosemary leaves.

3. Add the red peppers, courgettes, red onion and rosemary to the baking tray with the carrots along with small pinches of salt and pepper and a light drizzle of olive oil. Toss with a spoon to combine everything together. Roast in the oven for 15 minutes.

4. Drizzle a little olive oil in a medium saucepan on a medium heat. Peel and dice the garlic cloves then throw them into the saucepan and fry for two minutes. Next, add the tinned tomatoes and small pinches of salt and pepper. Bring the sauce to the boil then reduce the heat and simmer for 15 minutes.

5. Meanwhile, add the vegan butter to a frying pan over a medium heat. Once melted, add the flour, stir to combine and fry for two minutes. Pour in the cream and whisk regularly so that the sauce

becomes smooth. Gradually pour in the milk, whisking continuously so the sauce remains smooth. Season with pinches of salt and pepper, then add the nutritional yeast. Continue stirring until the sauce begins to thicken.

6. To build the lasagne, first add a few large spoonfuls of the tomato sauce to a large roasting dish and spread evenly. Then layer with four sheets of lasagne, followed by a few spoonfuls of bechamel. Next evenly spread ⅓ of the roasted vegetables on top. Repeat one more time starting again with a few spoonfuls of tomato sauce until you have two layers of lasagne sheets.

7. Next, layer with a few spoonfuls of tomato sauce, four lasagne sheets and a few spoonfuls of bechamel. Evenly spread the pesto over the bechamel and then layer with the remaining roasted vegetables.

8. Finish with the last few spoonfuls of tomato sauce. Next, sprinkle over the grated vegan cheese and finally spoon the remaining bechamel over the top. Spread the bechamel out evenly over the top of the lasagne.

9. Roast in the oven for 30-35 minutes or until golden on top. Leave to sit for at least 10 minutes before serving.



DAY
7

SNACK

SOLIDARITY SPICED RICE PUDDING

This spiced rice pudding with baked apples is a delightful dessert that leads the way to a sustainable world.

Prep time: 10 mins
Cooking time: 40 mins
Serves: 4

INGREDIENTS

- 4 large apples
- 60g short grain white rice
- 200ml coconut milk
- 2 tbsp coconut sugar (or other sugar)
- 80ml plant milk
- 2 tbsp mixed dried fruit (this recipe uses cranberries and sultanas)
- ½ tsp orange zest
- ½ tsp vanilla essence
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 tbsp finely chopped nuts, such as pecans and walnuts
- A little maple syrup

METHOD

1. Heat your oven to 180°C / 360°F / gas mark 4.
2. Cut the top off each apple. If they will not sit upright, cut a small amount off the bottom of each apple.
3. Using a spoon dig out the flesh of the apples, creating 'bowls' from the apples.
4. Bake for 15-20 minutes until the apples are cooked through. Do not overcook the apples as this will cause them to fall apart.
5. Put the rice, coconut milk, sugar, milk, fruit, zest, vanilla essence and spices into a saucepan.
6. Bring to the boil then lower to a simmer. Simmer for 15-20 minutes until the rice is cooked through and the rice pudding has thickened.
7. Add half the chopped nuts to the rice pudding. Mix in and spoon the mixture into the four apple bowls.
8. Dip each apple in the remaining chopped nuts. Place on a serving plate with a drizzle of maple syrup.

KALE YEAH!

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