




CHOOSE CHICKEN-FREE MINI COOKBOOK

Delicious plant-based alternatives to
your favourite chicken and egg dishes



VEGANUARY 



WHY WE SHOULD #CHOOSECHICKENFREE

Tens of billions of chickens are raised and killed for food every year – more than all other land animals combined. The meat industry has turned beautiful, clever and harmless birds into the most abused land animal on earth.

For hens used for eggs, suffering is inherent in all methods of egg production, including free-range. Their lives are short, and for male chicks, very short indeed. They are the wrong sex to lay eggs and the wrong breed for meat, so their lives are deemed to be worthless, and they are killed in the hatchery.

It's never been easier to ditch chicken and eggs from our diets and replace them with plant-based alternatives. Explore this guide for some cluckin' delicious chicken- and egg-free recipes to help you make the switch. **#ChooseChickenFree**

**HEURA**

PAELLA-STYLE BROWN RICE & SAFFRON MILK CAP MUSHROOMS

Makes: 2 servings
Prep Time: 15min
Cooking Time: 40min

INGREDIENTS

180g Heura® Bocados
Originales
400g brown rice
60g green beans
1 red pepper
80g saffron milk cap
mushrooms
2 leaves of chard
2 cloves of garlic
0.75 litre vegetable stock
1/2 lemon
1 sprig of rosemary
1 tbsp paprika

METHOD

1. Wash the brown rice with plenty of water.
2. Mince the garlic and slowly brown it in a paella pan or frying pan with olive oil.
3. When the garlic is golden brown, add the finely chopped onion, sliced chard, green beans, red pepper and mushrooms. Add a pinch of salt, black pepper and paprika.
4. Add the rice and mix well. Then pour in the vegetable stock. If the mixture's too dry, add a bit more stock or water.
5. Let it simmer until the liquid evaporates. Reduce the heat to a minimum, cover and let cook for about 15 minutes, until the rice absorbs all the water.
6. While the rice is cooking, put the Heura® chunks in a skillet with a splash of very hot olive oil and brown for 5 minutes.
7. Once the rice is ready, turn off the heat and add the Heura® chunks to the paella.
8. Garnish with a squeeze of lemon juice and a sprig of rosemary.

**MEATLESS FARM**

CREAMY CHICKEN LASAGNE SOUP

Makes: 4 servings

Prep Time: 5min

Cooking Time: 40min

INGREDIENTS

2 Meatless Farm Chicken Breasts

8 lasagne sheets

4 sticks of celery

2 cloves garlic

2 large white onions

250g mushrooms

2 handfuls of spinach

8 tbsp plain flour

350ml plant milk

1/2 tsp oregano

1 1/2 tsp Italian herbs

1 litre vegetable stock

METHOD

1. Start by cooking your Meatless Farm Chicken Breasts in a pan with some olive oil.
2. Once cooked, remove from the pan and cut into chunks.
3. In the same pan, fry garlic, onion and celery until golden then add your mushrooms.
4. Once golden, remove the vegetables from the pan and add to a bowl while you make the creamy sauce.
5. Add flour to your pan and slowly add vegan milk, whisking constantly until no lumps remain.
6. Next, add all the veggies back into the pan along with your vegetable stock.
7. Break up your lasagne sheets and add to the pan. Pop the lid on top and leave to cook for 15 ish minutes.
8. Put 3/4 of the sliced Chicken Breasts into the pan and mix well. Cook for a few minutes and then you're ready to serve.
9. Top with the rest of the Chicken Breast chunks and feel free to add some vegan cheese on top. Enjoy!

**OGGS****BRIOCHE**

Makes: 1 loaf
Prep Time: 30min
Cooking Time: 45min

INGREDIENTS

120ml OGGS® Aquafaba
300g strong bread flour
200g plain flour
10g fast action / instant yeast
50g caster sugar
1 tsp salt
200ml soy milk
1 tbsp vanilla seed paste
200g cubed vegan butter

For the milk wash

2 tbsp OGGS® Aquafaba
1 tbsp maple syrup

METHOD

1. Place the bread flour and plain flour in a mixer with a dough hook.
2. Add the yeast to one side of the bowl and the salt and sugar to the other and mix to combine.
3. Add the OGGS® Aquafaba, milk and vanilla extract and stir to form a rough dough then place the mixer on a medium speed and knead the dough until it is smooth and elastic.
4. Add the softened butter cube by cube and mix until it is fully combined and the dough is smooth again. It is ready when it comes cleanly off the sides of the bowl and you can stretch a gluten window in it.
5. Let the dough rise in a warm, humid place for 2 hours or until doubled in size.
6. Punch down the dough and shape it as you please into a loaf tin.
7. Loosely cover the tin and set aside to rise until doubled in size (about 2-2 and half hours).
8. When the loaf is nearly ready, preheat the oven to 180°C Fan (200°C / Gas 6) and gently brush it with some of the glaze.
9. Bake the brioche for 20 minutes then brush it with more of the glaze, turn the oven down to 160°C Fan (180°C / Gas 4) and bake for a further 25-30 minutes until the internal temperature reaches 94°C on a probe thermometer. If you don't have a thermometer then a skewer inserted into the centre should come out clean.

**PLANTED.**

PLANTED.CHICKEN SKEWERS TIKKA WITH TIKKA-MASALA SAUCE

Makes: 2 servings
Prep Time: 10min
Cooking Time: 45min

INGREDIENTS

- 2 Planted. Chicken Skewers (Tikka)
- 15g coconut oil or vegetable oil
- 150g onion finely chopped
- 10g garlic, minced
- 10g ginger, minced
- 400g crushed tomatoes (canned)
- 15g tomato paste
- Salt and pepper
- 5g every spice (cumin, coriander, paprika, turmeric, garam masala)
- 2.5g chili powder (optional)
- 1-2 tsp agave or maple syrup (optional)

METHOD

1. Heat the oil in a large pan over medium heat. Add the chopped onions and sauté until they become translucent.
2. Add the minced garlic and ginger, and cook for an additional 1-2 minutes until fragrant.
3. Stir in the ground cumin, ground coriander, paprika, turmeric, garam masala, and chili powder. Cook for another 1-2 minutes to toast the spices.
4. Add the crushed tomatoes and the tomato paste, and season with salt and pepper. Stir well to combine.
5. If you prefer a sweeter sauce, you can add agave syrup or maple syrup at this point. Adjust the sweetness to your liking.
6. Bring the sauce to a simmer and let it cook for 15-20 minutes, allowing the flavours to infuse together.
7. While the sauce is simmering, drizzle some olive oil and a pinch of salt on the planted.chicken skewers tandoori and cook them in the pan for 2-3 min per side.
8. Serve with Basmati rice and fresh coriander.

THIS™

PLANT-BASED SHAWARMA WITH WILD RICE

Makes: 2 servings**Prep Time: 10min****Cooking Time: 45min**

INGREDIENTS

1 package of THIS™ Isn't Chicken Shawarma pieces

2 tablespoons olive oil

2 cloves garlic, minced

Salt and pepper to taste

Juice of 1 lemon

2 tablespoons soy sauce or tamari

1 tablespoon maple syrup or agave syrup

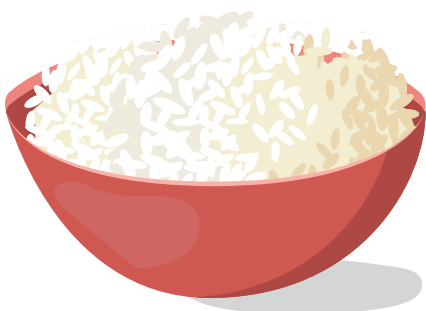
2 pita breads or large lettuce leaves for salad base

1 large handful of wild rice (prepared according to package instructions)

Optional toppings: sliced cucumber, tomato, red onion, hummus, tahini sauce, chilli sauce

METHOD

1. Preheat your oven to 400°F (200°C).
2. In a small bowl, whisk together the olive oil, minced garlic, salt, pepper, lemon juice, soy sauce, and maple syrup.
3. Place the "This Isn't Chicken" shawarma pieces in a large bowl and pour the marinade over them. Toss until the shawarma pieces are evenly coated.
4. Spread the marinated shawarma pieces in a single layer on a baking sheet lined with parchment paper.
5. Bake the shawarma pieces in the preheated oven for 15-20 minutes, or until heated through, stirring halfway through cooking.
6. While the shawarma pieces are baking, prepare the wild rice according to the package instructions (boil or microwave).
7. Warm up the pita bread or arrange lettuce leaves on a plate for a salad base.
8. Once the shawarma pieces and wild rice are done, assemble your shawarma wraps or salads. Place a generous amount of shawarma pieces on each pita bread or lettuce leaf, along with your desired toppings such as sliced cucumber, tomato, red onion, shredded lettuce, hummus, tahini sauce, and hot sauce.
9. Serve the shawarma wraps or salads with a side of cooked wild rice.
10. Enjoy your delicious plant-based shawarma meal with a side of wild rice!
11. With the THIS™ Isn't Chicken Shawarma shawarma pieces already seasoned, this recipe is even easier to prepare while still offering a flavorful and satisfying plant-based meal option. Feel free to customise the toppings to your liking for added variety and enjoyment!



WHY IT'S WORTH TAKING CHICKEN AND EGG OFF OUR PLATES:

You can find more information about the life of farmed chickens, as well as vegan chicken alternatives and recipes on our [Website](#).

TRY VEGANUARY FOR FREE, ANYTIME!

We'll send you more support with trying vegan, as well as our digital celebrity cookbook, plant-based meal plans and much more in our 31-day email series.

[Try Veganuary here.](#)



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