



VEGANUARY **CHOOSE CHICKEN-FREE** **MINI COOKBOOK**



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





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**

THIS™

PLANT-BASED SHAWARMA

WRAP OR BOWL

Makes: 2 servings
Cooking Time: 15min

INGREDIENTS

1 package THIS™ Isn't Chicken Shawarma pieces
2 tbsp olive oil
Salt and pepper, to taste
Juice of 1 lemon
2 pita breads or large lettuce leaves (for wrap or salad base)
Sliced cucumber
Sliced tomato
Pickled red onion
Hummus
Chilli sauce
Guacamole
Crispy onions
Pomegranate seeds

METHOD

- 1. Prepare your Veggies:** Chop your cucumber and tomato.
- 2. Cook:** Throw the shawarma pieces in a pan with a glug of oil. Fry for 7-8 minutes, stirring occasionally until heated through and slightly crisped.
- 3. Prepare the Base:** Warm your pita bread or arrange lettuce leaves on a plate for a bowl-style option.
- 4. Assemble:** Layer the cooked shawarma pieces on the base. Top with cucumber, tomato, pickled red onion, and your choice of extras like hummus, guac, chilli sauce, crispy onions, pomegranate seeds and a squeeze of lemon.
- 5. Serve and Enjoy:** Wrap it up or dig in as a bowl. Delicious either way!





MOVING MOUNTAINS

NO-CHICKEN KATSU BOWL

INGREDIENTS

4 Moving Mountains No Chicken Burgers

320g short grain/sushi rice

1 garlic clove

1 tsp sesame seeds

For the curry:

1 tbsp oil

2 carrots

1 yellow onion

3 garlic cloves

20g ginger

1 tbsp curry powder

1 tbsp plain flour

200ml coconut milk

200ml veg stock

Soy sauce

Maple syrup

For the salad:

1 cucumber

2 tbsp soy sauce

1 tbsp sesame oil

1 tbsp fried chilli oil

Makes: 4 servings

METHOD

1. Cook your No Chicken Burgers in the oven at 180°C (follow pack instructions).
2. For the curry, sauté the onion in oil for 3 minutes. Add the carrots, garlic, ginger and curry powder, stir for 2 minutes, then stir rapidly for a minute. Add in flour, stir again, then slowly pour in coconut milk and veg stock. Simmer for 20 minutes. Season with soy sauce and maple syrup.
3. Cook sushi rice as per pack.
4. Smash the cucumber, then mix with soy sauce, sesame oil, chilli oil and garlic. Top with sesame seeds.
5. Slice the burgers and serve over rice with the curry sauce and cucumber salad on the side.



LEVI ROOTS

PLANT-BASED CHILLI & HONEY CHICKEN

Makes: 4 servings
Prep Time: 15min
Cooking Time: 15min

INGREDIENTS

1 pack plant-based chicken
pieces of your choice

15g sunflower spread

80g pecan halves

4 tsp soft dark brown sugar

4 ripe peaches

2 tbsp olive oil

1 tbsp Levi Roots Reggae
Reggae Sauce

4 tsp caster sugar

3 1/2 tbsp balsamic vinegar

150g watercress

For the dressing

1 tbsp white wine vinegar

1 red chilli, seeded and sliced

1 tsp agave nectar

1/2 tsp grain mustard

70ml extra-virgin olive oil

Salt and pepper

METHOD

1. Melt the sunflower spread in a small frying pan and add the pecans. Sauté for about 30 seconds, then add the brown sugar and stir while it melts and coats the nuts. Keep cooking until you can smell that the sugar has caramelised – it only takes seconds so be careful not to let it burn. Tip the pecans onto a plate and leave to cool.
2. Make the dressing by mixing all the dressing ingredients together except the oil. Gradually whisk in the oil. Set aside.
3. Halve and stone the peaches, then cut each half into 3 thick slices. Heat a ridged griddle pan until very hot. While it is heating up, place the peaches in a bowl with the oil and sauce and turn them over with your hands to coat well.
4. Griddle the peaches for about 40 seconds on each side, then sprinkle over the caster sugar and add the balsamic vinegar. The vinegar will splutter and reduce instantly. Transfer to a plate and put to the side.
5. Cook your plant-based chicken pieces as per pack instructions.
6. Put the watercress and pecans into a shallow bowl and toss with most of the dressing. Scatter the peaches among the leaves and add the plant-based chicken. Drizzle with the remaining dressing and serve.



OGGS

BRIOCHE

Makes: 1 loaf
Prep Time: 4hrs
Cooking Time: 50min

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 chilli 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 chilli 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 and cook them in the pan for 2-3 minutes per side.
8. Serve with Basmati rice and fresh coriander.

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.

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