



e-Cookbook:

**16 FREE RECIPES TO SUPPORT YOU
ON YOUR PLANT-BASED JOURNEY!**



Welcome to your free copy of the Love Veg e-cookbook!

I'm so excited to join you on your plant-based journey and to share these tasty recipes with you. They were so much fun to make and I know you're going to love them!

Eating plant-based should be both affordable and delicious, and all of these recipes are just that. You'll want to make them again and again. Enjoy experimenting and customising them to your taste and take heart that every meal you make is sparing animals from suffering.

It's estimated that in the UK, eating plant-based uses just a third of the land, fresh water and energy that a diet which includes animal products does. Researchers from the University of Oxford found that choosing vegan options over meat and dairy reduces your carbon footprint by up to 73%! And scientific evidence suggests that a plant-based diet can help prevent health issues such as high blood pressure, high cholesterol and even heart disease.

So, with every meal, you can help animals, the planet and your own health too. Pretty amazing, right?!

For even more recipe ideas, check out the Love Veg website at loveveg.uk/recipes

Enjoy!



Chloe Coules,
Love Veg



Breakfast



Spanish Avocado Smash

A great weekend brunch option!



2
serves

20
minutes

Ingredients:

- 2 English muffins
- 1 avocado
- 1 red pepper
- 1 tsp paprika
- Olive oil
- Cherry tomatoes
- Chilli flakes
- Plant-based feta
- Pinch of salt

Directions:

Preheat the oven to 200°C. Put the pepper on a baking tray, drizzle generously with olive oil and season with salt. Roast for 15-20 minutes until the skin is charred. Allow to cool, peel the skin off and slice into strips then set aside.

Mash the avocado with a fork and mix in the paprika, chilli flakes and a drizzle of olive oil. Spread generously on toasted muffins, top with crumbled plant-based feta and halved cherry tomatoes, and serve the roasted red pepper on the side.

Chloe's Tip

This recipe is highly customisable. Try balsamic vinegar, lemon juice, garlic or chilli oil on top of your avocado or mix with nutritional yeast, onion flakes or mixed herbs. The choice is yours!

Banana Pancakes

Perfectly fluffy,
these are a real treat!

4
serves

20
minutes

Ingredients:

- 1 banana
- 200g plain flour
- 1.5 tbsp baking powder
- 3 tbsp coconut oil
- 200 ml plant-based milk
- Vegan margarine, for cooking

Maple syrup and berries for topping.

Directions:

Melt the coconut oil over a low heat until it's completely liquid. Mash the banana with a fork and then combine with the flour, baking powder, melted coconut oil and plant-based milk. Over a high heat, melt a knob of vegan margarine in a small frying pan. Make one pancake at a time by adding a ladle of the pancake batter to the frying pan and cooking for 3-4 minutes on each side. Serve with maple syrup and berries.



Chickpea Omelette

An egg-free omelette? It's much easier than you might think!

1
serves

15
minutes

Ingredients:

- A handful of whichever chopped vegetables you fancy - red onion, spring onions, mushrooms and peppers all work well
- 35g chickpea flour (also known as gram flour)
- 1 tbsp nutritional yeast
- 1 tbsp ground turmeric
- 1 tsp olive oil
- ¼ tsp kala namak black salt (optional)
- Handful of spinach leaves
- Grated vegan cheese

Directions:

Combine the chickpea flour with the nutritional yeast, turmeric, and kala namak black salt, if using. The kala namak will give the omelette a slightly eggy taste and is entirely optional – if you're not using it, you might want to add some table salt and cracked black pepper to the mix at this point instead. Add 80 ml of tepid water and whisk for a few seconds until a smooth batter forms, then add the vegetables.

Heat the olive oil in a small frying pan over a medium heat. Pour in the batter and fry for a few minutes until the edges have crisped up slightly and the batter in the middle is starting to firm up. Flip the omelette over and cook for 3-5 minutes more. Once cooked through, add the grated vegan cheese and spinach to the top, fold the omelette in half and then remove from the pan. Serve with chilli sauce if you want a spicy kick!



Ultimate Granola



10
serves

45
minutes

Ingredients:

- 80 ml maple syrup
- 85g peanut butter
- 1 tsp vanilla extract
- Pinch of salt
- 1 tbsp cinnamon
- 200g oats
- 30g pumpkin seeds
- 30g sliced almonds
- 50g dessicated coconut

Plant-based yoghurt and berries to serve.

Directions:

Preheat the oven to 160°C. Combine the oats with all of the other ingredients. Spread onto a lined baking tin and press down so the mixture is completely flat. Bake for 20 minutes then mix around a little and put back in the oven for 5 minutes. Take it out and at this point mix in any additional ingredients such as dark chocolate drops or dried fruit. Press and pack down the granola while it's still warm, to help stick it together, then leave to cool. Delicious served with plant-based yoghurt and fruit or just plant-based milk for breakfast!



Lunch



This salad bowl is pretty to look at and packed with flavour!

Vietnamese Noodle Salad

2
serves

25
minutes

Ingredients:

For the salad:

- 2 vermicelli noodle nests
- 1 carrot sliced into ribbons
- 1 sliced pepper
- Half a cucumber sliced into ribbons
- Handful of fresh mint and coriander
- Handful of grated iceberg lettuce
- Peanuts to serve

Ingredients:

For the dressing:

- Juice of a lime
- 1 tbsp soy sauce
- 1 tbsp sugar
- 3 tbsp rice vinegar
- 1 crushed garlic clove
- 1 tbsp water

For the tofu:

- A block of smoked tofu cut into cubes
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 clove of crushed garlic

Directions:

Make the dressing by combining all of the ingredients and set aside. Mix the tofu with the soy sauce, garlic and maple syrup and fry in a little oil for 5-10 minutes until golden brown, then set aside. Cook the noodles to packet instructions, then build your noodle bowl. We started with noodles and shredded lettuce, added the tofu and vegetables, garnished with the herbs and peanuts then topped everything off with the dressing.

Chloe's Tip

Customise your salad with your favourite veggies! And why not also try with another protein, like tempeh or 'puff' tofu?





Sweet Potato Balls

Ingredients:

- 1 large sweet potato
- 1 garlic clove
- Handful of fresh coriander
- 50g plain flour
- Pinch of salt
- 1 tsp ground coriander
- 1 tbsp nutritional yeast (optional)
- Olive oil for cooking

To serve:

- Dill pickles
- Pickled red cabbage
- Hummus
- Shredded iceberg lettuce
- Pitta bread

4

serves

30

minutes

Directions:

Prick the potato all over and heat in the microwave until soft (around 7-10 minutes depending on the size of your potato). Meanwhile dice the garlic and coriander and put in a bowl with the flour, salt, ground coriander and nutritional yeast (if using). Skin the softened potato and combine the peeled potato with the other ingredients. When fully combined, mould the mixture into small balls and place onto a lined baking tin coated with olive oil. Make sure there is a thin layer of oil so the balls don't stick. Bake in the oven at 180°C for 15 minutes, then turn over and cook for 10 more minutes until crispy. Serve in pitta with pickles, lettuce and hummus.

Smoked Salmon Bagel

With a little magic carrots can be transformed into plant-based smoked salmon!

2
serves

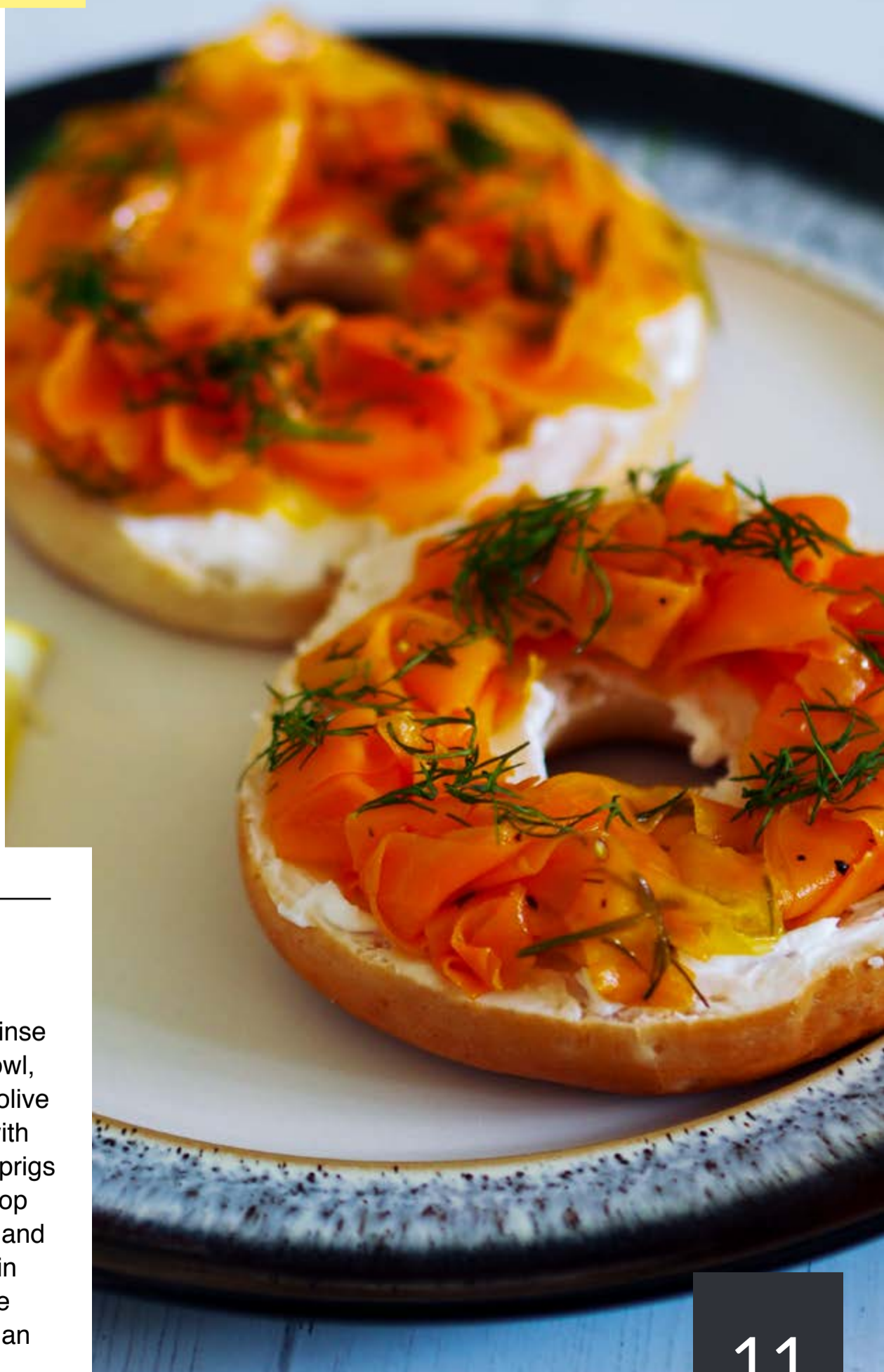
25
minutes

Ingredients:

- 2 carrots
- 2 tbsp olive oil
- Juice of half a lemon
- Salt and pepper
- Fresh dill (optional)
- Capers (optional)
- Liquid smoke
- Vegan cream cheese and bagels to serve

Directions:

Preheat your oven to 180°C. Using a vegetable peeler, slice the carrots into thin ribbons. Steam the carrots for 5 minutes, then take them off the heat and rinse them with cold water in a colander. In a bowl, combine the carrots with the lemon juice, olive oil, a few drops of liquid smoke. Season with salt and pepper. If using, roughly cut the sprigs of dill into smaller pieces and / or finely chop the capers, then add to the bowl. Mix well and spread out onto a lined baking tray. Cook in the oven for up to 10 minutes, making sure the carrot doesn't crisp up. Serve with vegan cream cheese on a toasted bagel.





Chloe's Tip

Why not add grated vegan cheese or crushed nachos to the top of your bowl? You can customise all the elements however you like!

Ingredients:

- ¼ of an iceberg lettuce, shredded
- Half a red pepper, sliced
- 100g rice
- Juice of a lime
- Handful of fresh coriander
- 1 can of black beans
- 1 can of sweetcorn
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp cumin

For the salsa:

- Cherry tomatoes
- Salt and pepper
- Half a red onion, diced
- 1 jalapeño
- Handful of fresh coriander
- Juice of half a lime

For the guacamole:

- 1 ripe avocado
- Juice of half a lime
- Clove of garlic
- Fresh coriander
- Salt and pepper

Burrito

Bowl

2

serves

30

minutes

Directions:

Boil the rice to packet instructions. Mix the spices in a saucepan and add the sweetcorn and black beans. Cook for five minutes. Then add the juice of half a lime, a handful of chopped coriander and set aside. Make the salsa by chopping the tomatoes into quarters and mixing with the salt and pepper, onion, jalapeño, coriander and lime juice. Make the guacamole by mashing the avocado with a fork and mixing with the lime juice, coriander, seasoning and garlic.

Build your bowl starting with the rice and lettuce, then the bean mix and red pepper, topped with the salsa and guacamole.

Dinner



Creamy Spaghetti

This is an easy midweek dinner that packs a flavour punch!

2
serves

25
minutes

Ingredients:

- 2 cloves of garlic
- 3 tbsp nutritional yeast
- 100g cashew nuts
- Zest and juice of half a lemon
- 1 tbsp olive oil
- Handful of fresh dill
- 100ml plant-based milk
- 100g spaghetti

Directions:

Put the spaghetti on to boil according to packet instructions. Boil the cashew nuts until soft (about 10 mins). Alternatively you can soak them for a few hours in advance or overnight. In a blender, combine the cashews and all the other ingredients.

Drain the spaghetti once cooked, reserving a small amount of the water. Combine the spaghetti with the sauce, adding a splash of pasta water to loosen if needed.



Chloe's Tip

Add your plant-based milk last and gradually so you can determine the consistency of the sauce. For a thicker sauce add a little less milk than the recipe requires. You can use the same recipe minus the plant-based milk to make a delicious soft plant-based cheese too!

Aubergine chickpea curry

This easy curry will impress your friends and satisfy your curry craving!

Ingredients:

- 1 onion
- 1 garlic clove
- 1 aubergine
- 1 can of chickpeas*
- Fresh coriander
- 1 jar of passata
- 1 tbsp mild curry powder
- 180g brown rice

For the flatbreads:

- 3 cloves of garlic
- Fresh coriander
- Vegan margarine
- 2 vegan flatbreads

2
serves

30
minutes

Directions:

Preheat the oven to 180°C. Chop the onion and one garlic clove and fry for a couple of minutes to soften. Cut the aubergine into thin strips and add to the pan with the curry powder. Stir everything to combine well and fry for a few minutes more. Add the passata and chickpeas, then cover and cook for 10 minutes, stirring occasionally. Meanwhile cook your rice to packet instructions. Fry the garlic for the flatbreads in some vegan margarine until golden brown. Spread the garlic mixture over the flatbreads and top with coriander, then wrap in tin foil and put them in the oven for 8 minutes. Add some fresh coriander to the curry and serve with the rice and flatbreads on the side.



*Save the chickpea water for our chocolate mousse!

Leek & Mushroom Pie

6
serves

45
minutes

Ingredients:

- 1 sheet of vegan puff pastry
- Vegetable oil for frying
- 3 garlic cloves
- 2 leeks
- 300g chestnut mushrooms
- Salt and pepper

For the sauce:

- 150 ml vegan crème fraiche
- 1 tbsp nutritional yeast
- 1 tsp wholegrain mustard
- 1 tsp dried sage
- Salt and pepper

Directions:

Chop the mushrooms and slice the leeks into 1cm circles. Heat a glug of vegetable oil in a large frying pan over a medium flame. Mince the garlic and fry in a glug of vegetable oil until golden, then add the mushroom and leek and cook for 8-10 minutes, until softened. Add the vegan crème fraiche, wholegrain mustard, nutritional yeast and dried sage then season with salt and pepper. Mix well, cook for a few minutes longer until the crème fraiche has loosened, then transfer to a pie dish and leave to cool for 10 minutes. Roll out the pastry and cover the pie dish, pressing the pastry into the side of the dish so there are no holes. Bake at 180°C for 25 minutes until the pastry has puffed up and turned golden brown.

Roasted Vegetable Couscous

This simple supper will delight with beautiful colours and flavours.

2
serves

40
minutes

Ingredients:

- 200g butternut squash
- 100g couscous
- 50g button mushrooms
- 8 cherry tomatoes
- 1 red onion
- 1 tsp balsamic vinegar
- 1 tsp smoked paprika
- 1 tsp harissa paste
- 100 ml vegan vegetable stock
- Olive oil
- Salt
- Fresh mint and / or basil leaves to garnish (optional)

For the dressing:

- 2 tbsp vegan mayonnaise
- 1 tbsp tahini
- 1 tbsp olive oil
- 1 tbsp wholegrain mustard
- 1 tbsp apple cider vinegar
- 1 garlic clove, crushed

Directions:

Preheat the oven to 200°C. Chop the butternut squash, red onion and mushrooms. Spread them and the cherry tomatoes out onto a lined baking tray. Season with smoked paprika and salt. Drizzle the vegetables with olive oil and balsamic vinegar, then roast for 25 minutes. Meanwhile, mix all of the dressing ingredients together. Put the couscous, harissa paste and vegetable stock in a bowl, stir well, then cover for 2-3 minutes until the couscous has absorbed all of the water. Serve the roasted vegetables and couscous warm with a generous drizzle of the dressing. Top with fresh mint and / or basil leaves to garnish.

Chloe's Tip

This recipe works well with other vegetables too – try it with courgette or aubergine! Sprinkling sesame seeds or pine nuts on top will give the dish an extra boost of protein.



Desserts



Chai Latte Cake

This cake is a real showstopper. Perfect for any celebration, big or small!

Ingredients:

- 500ml plant-based milk
- 400g flour
- 2 tbsp baking powder
- 1 tsp ground cinnamon
- 1 tsp ground cloves
- 1 tsp ground ginger
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 200g sugar
- 65ml rapeseed oil
- 1 tbsp vanilla extract

For the icing:

- 400g vegan margarine
- 450g icing sugar
- 1 tsp vanilla extract
- 1 tbsp almond milk

6

serves

50

minutes

Directions:

Preheat the oven to 180°C. Mix all of the dry cake ingredients together in a bowl. In another bowl, add the vanilla extract to the plant-based milk, then slowly add in the rapeseed oil while you whisk the mixture. Whisk together until you have a smooth batter. Separate into two equal size cake tins and bake for 35 minutes. Meanwhile, combine the vegan margarine, icing sugar, vanilla and almond milk and beat until smooth. When the cake has cooled completely sandwich the halves together with icing and use the rest to top the cake. Sprinkle with ground cinnamon and enjoy!



Apple & Blackberry Crumble

This crumble is really easy and totally delicious!

8

serves

40

minutes

Ingredients:

- 4 cooking apples
- 1 punnet of blackberries
- 1 tbsp brown sugar

For the crumble:

- 175g plain flour
- 110g sugar
- 110g vegan margarine
- 1 tbsp rolled oats

Vegan cream or custard to serve.

Directions:

Preheat the oven to 190°C. Peel and chop the apples into pieces then combine with the blackberries and sugar. Transfer to a baking or pie dish and set aside. Combine the flour, sugar and oats then add the vegan margarine and rub into the dry ingredients until you have the consistency of breadcrumbs. Top the fruit with the crumble and bake for 35 minutes. Serve warm with vegan cream, custard or ice cream. Enjoy!





Chocolate Mousse

The easiest chocolate mousse you'll ever make!

4 serves	20 minutes
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Ingredients:

- 240 ml aquafaba*
- 140g dark chocolate
- 20g sugar
- 1 tsp vanilla extract

Directions:

Drain the chickpeas (and save them for our curry!) then whisk the water until it whips up into white soft peaks. Gradually add the sugar and keep whisking for a few more minutes. It should be stiff and not move around when it's ready – an electric whisk or food processor would be best for this job! Meanwhile melt the chocolate and combine with the vanilla. Let this cool a little then fold into the aquafaba until completely combined. Transfer into glasses or ramekins and put in the fridge for a couple of hours to set. Serve with grated chocolate and berries.

*The water drained from a can of chickpeas - make sure these are chickpeas in water without salt.

Chocolate Chip Cookies

12

serves

25

minutes

Ingredients:


- 130g plain flour
- 125g sugar
- 100g vegan chocolate chips
- 65g coconut oil, melted
- 65 ml coconut milk (the kind that comes in a carton, not a tin)
- ½ tsp baking powder

Directions:

Preheat the oven to 180°C. Whisk together the coconut oil and sugar until fully combined and fluffy. Add the coconut milk in gradually, whisking for a few seconds before you add more. Once you've added all of the coconut milk, stir in all of the dry ingredients: the flour, baking powder, and chocolate chips. Make sure to mix well. Line two baking trays with baking paper and use a spoon to scoop six balls of cookie dough on each one, leaving enough space for the cookies to spread a little while cooking. Press each ball of cookie dough down slightly to flatten. Bake for 15 minutes, or until golden brown. Allow to cool and then enjoy with a cup of tea!

Did you know?

Every vegetarian in the UK spares around 175 animals a year, and vegans spare even more!

A photograph of a pig sitting in a pile of straw. The pig is looking directly at the camera with a calm expression. The background is a wooden wall.

“Now I can look at you in peace;
I don't eat you any more.”

Franz Kafka, writer

For more delicious recipes, motivational tips
and advice visit loveveg.uk

Animal Equality is an international organisation working with society, governments and companies to end cruelty to farmed animals. Animal Equality's vision is a world in which all animals are respected and protected.

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