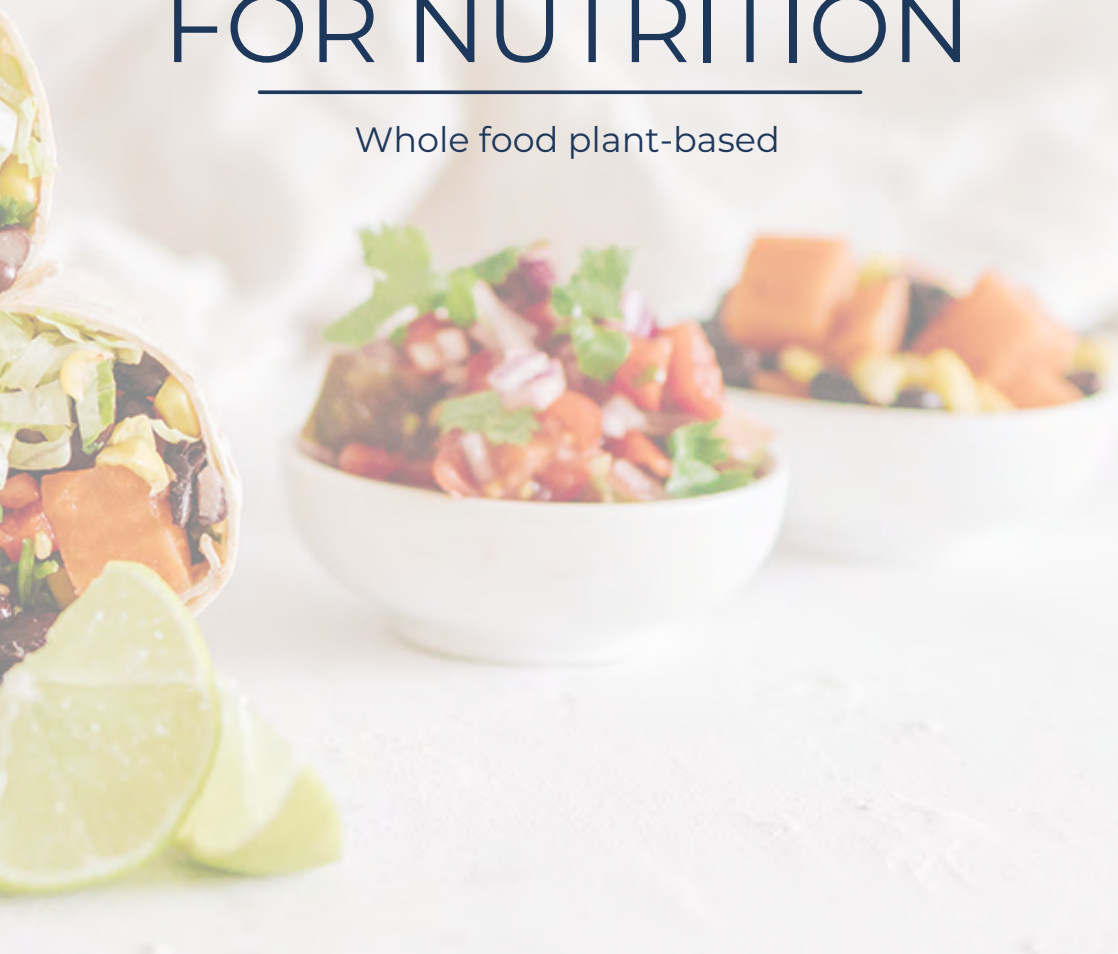




COOKING FOR NUTRITION

Whole food plant-based





Doctors For Nutrition is an independent Australian health promotion charity with a vision of a society and healthcare system that embrace evidence-based nutrition solutions to optimise health and quality of life.

Poor nutrition is a leading cause of disease and death. However an eating pattern based on whole plant foods has been shown to help prevent, manage and reverse many common health conditions. Doctors For Nutrition creates tools to help people eat more plant-based meals and provides educational resources for health professionals to learn more about whole food plant-based nutrition.

The recipes in this collection have been specially selected to showcase delicious, nutritious plant-based ingredients, with the aim of helping you (and those you cook for) feel your best.

We thank all of our recipe contributors and donors for allowing this recipe book to come to life.

Unless otherwise stated, photography is by Jayne MacDonald of Pixi Lane.





Dear home chefs and health enthusiasts,

Welcome to the Cooking For Nutrition cookbook. You're about to feast your eyes on a delicious collection of recipes designed to help you prepare more plant-based meals.

Health promotion charity, Doctors For Nutrition, has teamed up with a range of dietitians, doctors and other plant-powered people to curate a set of simple yet delicious recipes.

With a focus on making healthy eating easier, this collection is packed full of vegetables, fruits, whole grains and legumes. All the dishes are free of meat, dairy and eggs, with no added oil, very low to no added sodium, and no refined sweeteners.

The recipes are all dietitian-approved, aiming to remove the guesswork involved for people seeking to upgrade their nutrition with minimum fuss. The accompanying meal plan and tips by dietitian Emily Levy provide a guided step-by-step way to start experiencing the benefits. For more information, head to doctorsfornutrition.org/recipes.

I hope you, your friends, family and colleagues all enjoy these recipes. We would love to see and hear how you get on, so don't forget to post photos and tag us on social media, or leave a review on the recipe webpage.

Yours in health,

Emma Strutt
Accredited Practicing Dietitian
Doctors For Nutrition
Lead Dietitian for Queensland





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Breakfasts & Brunches

Introducing ten wonderful ways to start the day, from simple to simply impressive! Whole grains such as oats provide long lasting energy — try them in the Carrot Cake Baked Oatmeal or the Apple Berry Bircher Muesli. For something with a bit more kick, you can't go past a Breakfast Burrito bursting with tempeh, colourful veggies and spices.





Breakfast Burrito

Shared by Kumbi Mukaro

PREP TIME

5 mins

TOTAL TIME

20 mins

SERVINGS

2



Ingredients

1 red onion, roughly chopped
1 tbsp water + more if needed
½ tsp ground turmeric
1 tsp ground coriander seeds
1 tsp ground cumin seeds
1 cup broccolini (or broccoli), roughly chopped
1 cup button mushrooms, roughly chopped

1 x 250g block plain tempeh, crumbled
Handful cherry tomatoes, halved
½ cup cooked kidney beans, mashed (approx ½ a 400g can)
1 tbsp tomato paste, dissolved in 1 cup warm water
2 large corn tortillas
Handful raw mixed greens (e.g. baby spinach, rocket, lettuce), shredded

Instructions

1. Sauté the chopped red onion in a pan over medium-high heat with a tablespoon of water for 1-2 minutes.
2. Add the spices (turmeric, coriander and cumin) and a splash more water if needed, and cook for another 30-60 seconds.
3. Add the broccolini, mushrooms, tempeh and cherry tomatoes to the pan and stir to combine with the spice and onion mix.

4. Stir the tomato paste into a cup of hot water, then add this to the pan along with the mashed kidney beans. Stir well, then reduce heat and cover to simmer for 10 mins.
9. Dollop a generous serving of bean mix into each tortilla. Top with fresh greens, roll up, and serve!

Chef's tip

I love serving these burritos with a DIY salsa made from chopped chilli, tomato and lemon or lime juice.

"These deceptively easy burritos are always a crowd-pleaser, and a great way to introduce newbies to the joys of tempeh!"





Carrot Cake Baked Oatmeal

Shared by Dr Taisia Cech | thehealthystyledoctor.com

PREP TIME

10 mins

TOTAL TIME

45 mins

SERVINGS

10

Ingredients

2 cups of quick-cook rolled oats
2 cups whole rolled oats
2 tsp baking powder
½ tsp baking soda
1 tsp ground ginger
2 tsp mixed spice
3 tbsp shredded coconut
2 very ripe bananas mashed
4 tbsp ground flaxseeds

2 tbsp tahini (or peanut butter)
1 tbsp apple cider vinegar
2 cups plant milk (plus extra for serving)
2 cups water
½ cup dates, chopped
½ raisins
½ cup walnuts, chopped
1 cup carrot, grated
1 ½ cups frozen berries

Instructions

1. Preheat the oven to 180°C.
2. In a big bowl, mix together oats, baking powder, baking soda, ginger, mixed spice and coconut.
3. In a separate bowl mix mashed banana, ground flaxseeds, tahini, apple cider vinegar and 1 cup of the milk (you may need to warm the tahini a little if it is too hard to mix).
4. Pour the wet mixture into the dry mixture and add remaining milk, water, chopped dates, raisins, walnuts and grated carrot.
5. Line a large baking dish with baking paper and pour your oatmeal batter in. Spread frozen berries on top and push them in a little.
6. Bake in oven for around 35-40 minutes until set. Let cool and refrigerate for a few hours before cutting. Store pieces in the fridge or freezer and warm in the microwave before serving with extra plant milk.

Chef's tip

I keep it in the freezer and take a square to work in the mornings for breakfast. Just pour soy milk over the top and warm it in the microwave.

"If you haven't tried baked oatmeal you really should! It is like eating cake for breakfast, delicious but not wicked because it's packed with healthy ingredients."





Very Berry Smoothie Bowl

Shared by Jayden Ordner | taplink.cc/jayden_ordner

PREP TIME

5-10 mins

TOTAL TIME

10 mins

SERVINGS

1-2



Ingredients

Smoothie base:

3 medjool dates, pitted
1 ½ cups frozen blueberries
3 walnuts
1 tbsp hemp seeds
Handful ice cubes
½ cup plant milk + extra if needed

Optional:

Small handful of spinach
1 frozen sachet of unsweetened Acai purée (cheaper when on special)

Toppings:

Homemade granola
1 tbsp 100% almond or peanut butter
4 strawberries, sliced

Optional:

Pepitas
Sunflower seeds
Chia seeds
A light sprinkle of buckwheat groats



Instructions

1. Slice open and remove the pits from the medjool dates.
2. Combine all ingredients into a high powered blender. Pause to mix ingredients around before adding more milk; the key is in the icy and thick texture. Too much milk will make this too runny. Add small amounts of milk to aid blending if required.
3. Pour into a breakfast bowl and add toppings. (Smoothie bowls are unofficially about presentation: make yours beautiful, or throw it all down in a big mess. Delicious either way!).

Chef's tip

The key to a good smoothie bowl base is consistency! A nice icy, thick, almost 'soft serve' texture is ideal. For this, ice cubes and frozen blueberries are essential.

"Once you perfect the base texture, you'll never stop innovating with different flavoursome ingredients!"





Scrambled Tofu

Shared by Xueying Sun

PREP TIME

10 mins

TOTAL TIME

20 mins

SERVINGS

4

Ingredients

- 300g extra-firm tofu
- 2 medium tomatoes, diced
- 1 cup button mushrooms, diced
- ½ medium red onion, diced
- 1 red capsicum, diced
- 1 x 400g can black beans, drained and rinsed
- 100g silken tofu (optional)
- 1 tsp ground turmeric
- 1 tsp smoked paprika
- ½ tsp oregano
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp chilli powder (optional)
- 3 cloves garlic, minced
- 1 cup baby spinach (or kale, torn into small pieces)
- Pinch ground black pepper
- 2 tbsp nutritional yeast (optional)
- 2 spring onions, finely sliced
- 8 slices whole grain bread
- Small handful fresh basil, torn
- Optional: drizzle of balsamic vinegar



Instructions

1. Place a large, non-stick pan over medium-high heat and add 2 tablespoons of water.
2. Crumble the extra-firm tofu into the pan, and add the diced tomatoes, mushrooms, red onion, red capsicum and black beans. Stir-fry for 3 minutes.
3. Optional: Next add in the silken tofu, mixing and mashing to ensure that the silken tofu is broken up and evenly distributed. The high water content of the silken tofu prevents everything from sticking to the pan, and also gives the scramble a softer, more 'eggy' texture!
4. Add in the turmeric, smoked paprika, oregano, cumin, coriander, chilli powder and garlic. Mix until evenly distributed and a yellow colour is consistent throughout.
5. Add in the spinach, black pepper and nutritional yeast.
6. Cook for another 3-4 minutes, making sure to stir continuously.
7. Toast the whole grain bread in a toaster until golden.
8. Turn off the heat and add in the spring onions, reserving some to garnish (if desired).
9. Serve with toasted whole grain bread, a sprinkle of torn basil and an optional drizzle of balsamic vinegar.

Chef's tip

A delicious, nutritious, protein-packed breakfast. Adapt it to your own preferences by adding in different veggies.

"This is one of my favourite make-ahead breakfasts for when I know I'll be busy during the week."



Wholesome Pancakes

Shared by Dr Mathew Hobbs

PREP TIME

5 mins

TOTAL TIME

30 mins

SERVINGS

4 serves of 2 pancakes

Ingredients

Pancake batter:

3 ripe bananas, mashed
3 cups wholemeal flour
3 tbsp baking powder
1 ½ cups plant-based milk
1 ½ cups water

Berry maple sauce:

2 cups berries
3 lemons, juiced
1-2 tbsp maple syrup (optional)

Optional:

Extra chopped fruit to top, such as sliced bananas, kiwifruit, mandarins
1 scoop banana nice cream
Add 1 tsp cinnamon to the batter

Note: To make gluten free, try using buckwheat flour.

Instructions

1. Add mashed bananas, wholemeal flour, baking powder, plant milk and water to a food processor. Blend until it forms a smooth batter.
2. Warm a non-stick fry pan over a medium low heat. If you don't have a decent fry pan you can get away with using baking paper on the fry pan instead of oil.
3. Once the pan is warm, pour approximately ½ cup blobs onto the pan and leave for 2-3 minutes until ready to flip. Flip and cook for another minute. As they are thick pancakes they take some time to cook through!
4. While the pancakes cook, prepare the berry maple syrup. Warm the berries and lemon juice in a pot over medium heat until hot. Pour into a blender and add the maple syrup, then blend until smooth.
5. Serve pancakes with fresh fruit such as sliced kiwifruit and banana, or peeled mandarins, berry maple sauce and optional nice cream.

Chef's tip

It is great with heaps of chopped fruit - experiment with whatever's in season!

"My kids and I love this recipe when we are feeling like having a treat."





Chocolate Berry Porridge

Shared by Dr Taisia Cech | thehealthstyledoctor.com

PREP TIME

2 mins

TOTAL TIME

7 mins

SERVINGS

2

Ingredients

⅔ cup plant milk

1 ⅓ cups water

1 cup rolled oats

10 dates, chopped

2 tsp cocoa powder

1 tbsp ground flax seeds

2 tsp desiccated coconut (optional)

1 tsp vanilla essence

1 ½ cup frozen blackberries (or other berries of your choice)

Optional: 1 tsp ground or slivered almonds, 1 tsp cacao nibs, sliced banana or other chopped fruit



Instructions

1. Place plant milk, water, oats, dates, cocoa powder, vanilla essence and optional coconut in a large bowl and microwave on high for 2 minutes. Alternatively, place in a saucepan over medium heat and cook for 2 minutes.

2. Stir and add frozen berries and microwave/cook in the pan for a further 3 minutes or until cooked to your liking.

3. Optional: top with ground or slivered almonds, cacao nibs and banana.

Chef's tip

Fresh fruit works just as well as frozen: this can be added at step 2 so it stews a bit, or just at the end with the other toppings of your choice.

"This is my 'go-to' winter breakfast: decadent and rich enough to feel like you're eating pudding but healthy and guilt free at 7am."





Spiced Banana Granola

Adapted from recipe by Anthea Cheng | [instagram.com/rainbownourishments](https://www.instagram.com/rainbownourishments)

PREP TIME

5 mins

TOTAL TIME

25 mins

SERVINGS

6

Ingredients

2 ripe bananas, peeled
3 cups rolled oats (or buckwheat if gluten free)
1 cup buckwheat
½ cup walnuts, roughly chopped
1 tbsp ground cinnamon

2 tbsp maple syrup
1 tsp ground nutmeg
1 tsp vanilla extract
½ cup raisins

Instructions

1. Preheat the oven to 160°C.
2. In a large mixing bowl, mash the bananas with a fork.
3. Add the rest of the ingredients to the bowl and mix until very well combined.
4. Spread the granola over two lined baking trays.
5. Bake the granola for 20 minutes, or until golden brown. Mix the granola 10-15 minutes into the baking time to prevent the edges from burning.
6. Allow the granola to cool on the baking tray then add the raisins.
7. Serve with plant milk or sprinkle on top of smoothies, banana nice cream or pancakes. The granola can be stored in an airtight container for up to 2 weeks.

Chef's tip

Add a spiced crunch to your breakfast or dessert - try this granola over pancakes or on top of banana nice cream. For a nut-free option, remove walnuts and double the raisins.

"This granola is one of my favourite breakfast toppings and snacks. It tastes just like banana bread but with a crunch! My partner can't stop eating it."





Apple Berry Bircher Muesli

Shared by Hollie Kempton | poweredbyvegies.com.au

PREP TIME

10 mins

TOTAL TIME

10 mins

SERVINGS

4

Ingredients

2 cups rolled oats

2 cups water

5 fresh dates, chopped

1 tsp cinnamon

2 tbsp maple syrup

2 apples, grated

1 ½ cups plant milk

2 cups frozen berries



Instructions

1. Place oats in a bowl with water, chopped dates, cinnamon, maple syrup, grated apple and mix well.
2. Place in an airtight container in the fridge overnight.

3. When ready to serve, add defrosted berries and serve with your choice of plant milk.

Chef's tip

Try swapping apples for pears or adding sliced banana on top when you add the berries.

"Super easy; eat it hot or cold. Save time in the morning and prepare a big batch for the week."





Chai Apple Porridge

Adapted from recipe by Anthea Cheng | [instagram.com/rainbownourishments](https://www.instagram.com/rainbownourishments)

PREP TIME

5 mins

TOTAL TIME

20 mins

SERVINGS

2

Ingredients

1 cup rolled oats
½ cup plant milk
2 cups water
1 apple, grated
2 tsp chai spices*
2 tsp coconut chips or desiccated coconut
2 tsp almond butter, to serve (optional)

Stewed apple

1 apple, cored and chopped into 2cm cubes
1 tbsp water
1 tsp chai spices*
½ lemon, juiced



Instructions

1. To make the porridge, add the oats, milk, water, grated apple and spices to a medium pot over medium heat. Bring to a boil while stirring occasionally. Reduce to a simmer for 15 minutes or until the porridge reaches your desired consistency. Add more water or milk for a thinner porridge.

2. To stew the apples, add the apple, spices and 1 tablespoon water to a small saucepan over medium heat. Stir, place the lid on the pot and cook until the apples have softened, stirring regularly. Add lemon juice and stir.

3. Divide the hot porridge into 2 bowls. Top with the coconut chips, stewed apple and almond butter.

*Combine 3 tablespoons cinnamon, 1 tablespoon cardamom, 1 tablespoon ginger, 1 teaspoon nutmeg and 1 teaspoon turmeric. Stir well to blend, then use 1 teaspoon of this mixture in the recipe.

Chef's tip

Leave the skin on the apples, it adds texture and contains plenty of nutrients!

"This is an easy and delicious way to spice up your morning routine! The chai spices are so warming and complement the apple perfectly."





Cucumber & Capsicum Bruschetta

Shared by Emily Bruggemann

PREP TIME

10 mins

TOTAL TIME

10 mins

SERVINGS

2

Ingredients

¼ red onion, diced
1 clove garlic, minced
½ cucumber, diced
½ capsicum, diced
1 large tomato, diced
¼ lemon, juiced

4 slices wholegrain bread
2 tbsp avocado, mashed
1 tbsp balsamic vinegar
1 handful fresh basil
Cracked pepper to taste



Instructions



More tips
available on
our website

1. Dice the red onion, garlic, cucumber, capsicum and tomato as directed.

Combine in a medium-sized bowl with the lemon juice.

2. Toast the bread in a toaster or oven until golden and crispy.

3. Spread a thin layer of mashed avocado over the toast.

4. Add a scoop of the vegetable mix onto each slice of toast.

5. Drizzle balsamic vinegar over the top and season with cracked pepper if desired.

6. Garnish with torn basil and enjoy!

Chef's tip

Enjoy it as a light snack, breakfast, lunch or dinner option, or serve it as an entrée.

"Quick and delicious, this recipe is ideal for busy students on the go!"

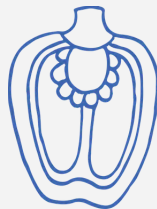






Main meals

A delicious lunch or dinner can make your day - and it doesn't have to take a lot of time or energy! Easy, nutritious and filling, these dishes are deserving of a regular spot in your lunchbox or on your dining table.



Sweet Potato Burritos

Shared by Dr Neal Barnard | pcrm.org

PREP TIME

10 mins

TOTAL TIME

20 mins

SERVINGS

4

Ingredients

2 cups sweet potatoes,
peeled and diced
1 cup frozen corn kernels
1 x 400g can low-sodium black beans,
drained and rinsed
1 tsp green onion, very thinly sliced
1 tbsp fresh lime juice

1 tsp chilli powder (optional)
Freshly ground black pepper to taste
4 large whole-wheat tortillas, warmed
1 cup prepared salsa
2 cups shredded lettuce



Instructions

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn and cook for 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chilli powder; season with pepper to taste.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.

Chef's tip

Try adding other seasonal ingredients such as pepper or tomatoes, or swap the lettuce for shredded spinach. For a gluten free option, choose gluten free wholegrain tortillas.

"Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth who are known for maintaining mental clarity into old age."



Original recipe from 'Power Foods for the Brain' by Neal Barnard, M.D.; recipe by Christine Waltermeyer, C.H.H.C. of naturalkitchenschool.com



Creamy Pea & Avocado Pasta

Shared by Dr Taisia Cech | thehealthstyledoctor.com

PREP TIME

15 mins

TOTAL TIME

15 mins

SERVINGS

4

Ingredients

1 cup frozen peas
500g wholegrain or legume spaghetti
1 cup chopped broccoli
½ cup corn kernels (canned or frozen)
1 small avocado
2 cloves garlic, minced
1 handful fresh basil + extra for garnish
1 handful fresh baby spinach leaves
1 cup plant milk
½ cup home-made vegetable stock

Juice and grated rind of 1 lemon
2 tbsp nutritional yeast
Pepper, to taste
1 cup cherry tomatoes

Nutritional yeast crumble

½ cup walnuts
½ cup nutritional yeast flakes
½ tsp white pepper



Instructions

1. Cook frozen peas for 3 minutes in a saucepan of boiling water over high heat. Drain peas in a sieve over the sink and rinse with cold water.
2. Cook spaghetti and broccoli in a saucepan over medium/high heat until pasta is al dente. If using frozen corn add this now.
3. Add the avocado, cooked peas, garlic, basil, spinach, milk, vegetable stock, lemon rind, lemon juice and nutritional yeast to a blender and process until smooth. Add pepper to taste.
4. Drain pasta and cooked vegetables and place in a bowl. Add corn now if using canned. Stir in avocado sauce and baby spinach. Top with cherry tomatoes and more basil.
5. To make the nutritional yeast crumble, put all ingredients into a food processor and pulse until fine and crumbly.
6. Sprinkle 1 tbsp nutritional yeast crumble on top of each bowl of pasta.

Chef's tip

Creamy yet fresh, this pasta can be whipped up in under 15 minutes! Try kale or rocket instead of spinach.

"This pasta is a great way to get greens into the family."





Sri Lankan Lentil Soup

Shared by Dr Chau Tran

PREP TIME

15 mins

TOTAL TIME

45 mins

SERVINGS

4



Ingredients

2 large onions, finely chopped
2 cloves garlic, minced
1 fresh red chilli, chopped (optional)
2-3 cm thumb of fresh ginger, finely chopped
1 ½ tsp ground turmeric
1 ½ tsp ground cumin
1 ½ tsp ground coriander
½ tsp cayenne pepper (optional)
1 carrot, chopped into bite-sized pieces

4 potatoes, chopped into bite-sized pieces
1 cup red lentils
2 litres of home-made vegetable stock
3 curry leaves
2 sticks lemongrass, halved lengthwise (optional)
2-3 large handfuls of kale, de-stemmed and chopped roughly (optional)
To serve (optional): 4-8 slices toasted wholemeal bread

Instructions



More tips
available on
our website

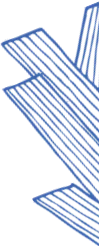
1. Sauté the onion, garlic, chilli, ginger and spices in a large saucepan over medium heat for around 3 minutes, using splashes of water to avoid sticking.
2. Add the carrot and potatoes.
3. Wash the lentils until the water runs clear. Add them to the pan along with the vegetable stock.
4. Add the curry leaves and lemongrass, and simmer gently with the lid on for 20-30 mins until the lentils are soft.

5. Put the kale in about 5 minutes before the end.
6. Remove the lemongrass and curry leaves, and blend with a hand-held stick blender until you reach desired consistency.
7. Serve as is or with crusty wholemeal bread.

Chef's tip

The key to this soup is the delicious spices: building on this base, you can vary it in all kinds of ways.

"This fragrant soup is amazingly creamy if you blend it to smooth, or you can keep it chunky as you prefer."





Chickpea Salad

Shared by Dr Heleen Roex

PREP TIME

20 mins

TOTAL TIME

35 mins

SERVINGS

2



Ingredients

½ cup dry quinoa
1 cup water
12 cherry tomatoes, halved
4 spring onions, sliced
1 ½ cups salt-free chickpeas cooked,
or canned and rinsed
3 tablespoons fresh coriander

Dressing.

Juice of 1 orange
¼ cup rice vinegar
2 tsp white or yellow miso
1 tbsp maple syrup
1 clove garlic, minced
1 tsp ginger, minced
2 tsp black sesame seeds



Instructions

1. Place 1/2 cup quinoa and 1 cup water in a small saucepan over medium high heat and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Wait for it to cool to add to the recipe.

2. Combine the tomatoes, onions, quinoa, chickpeas and fresh coriander in a large bowl.
3. Mix all of the dressing ingredients together in a small bowl.
4. Pour the dressing into the larger bowl and toss all of the salad ingredients together.

Chef's tip

Include as much of the orange pulp as possible, as it adds extra flavour and is a great source of fibre!

"This recipe is always a favourite at my Food For Life cooking classes!"



Recipe adapted from the '21-Day Weight Loss Kickstart' by Neal Barnard; Quinoa Recipe by Jason Wyrick. Dressing adapted from 500 Vegan Recipes by Celine Steen.



Easy Peasy Red Lentil Dahl

Shared by Emily Levy APD | plantpowerednutrition.com.au

PREP TIME

5 mins

TOTAL TIME

55 mins

SERVINGS

2-3

Ingredients

1 cup hulled barley
6 cups water
1 ½ cups red lentils
1 medium brown onion
2 cloves garlic, minced
1 x 400g can diced tomatoes
½ tsp paprika

½ tsp ground coriander
½ tsp ground ginger
½ tsp ground cumin
½ tsp ground turmeric
Pinch ground pepper
2 cups broccoli, kale or spinach, chopped

Instructions

1. In a saucepan over medium-high heat, combine barley and 3 cups water. Bring to the boil, then reduce heat. Cover and simmer for about 50 minutes or until barley is tender and liquid is absorbed. Rinse and drain.
2. As barley cooks, rinse lentils thoroughly under running water, then place in a saucepan along with 3 cups of water. Bring to the boil and then turn the heat down to a simmer, allowing the lentils to cook for 15-20 minutes. When the lentils have cooked, let sit for 5 minutes then drain off any excess water in the saucepan.
3. While the lentils are cooking, sauté the onion and garlic in some water in a large fry pan.
4. Once soft, add spices and stir. You may need to keep adding small amounts of water to the fry pan to prevent the mixture from sticking.
5. Add the can of diced tomatoes to the spiced onion and garlic mixture and stir. Cook for 5 minutes.
6. Add the cooked lentils to the fry pan and mix through.
7. Serve dahl with barley and a side of vegetables, such as steamed kale, broccoli, spinach or cauliflower.

Chef's tip

Pair the dahl with barley, freekeh, rice or quinoa and cooked greens for a perfectly balanced healthy meal.

'A household staple. Easy to make, nutritious and delicious!'





Jackfruit and Pineapple Tacos

Shared by Dr Chau Tran

PREP TIME

5 mins

TOTAL TIME

20 mins

SERVINGS

4

Ingredients

2 medium red onions, sliced
2 x 400g tins jackfruit in brine
1 x 125g can black beans
2 limes, juiced
1 tbsp paprika
1 tbsp ground cumin
1 pineapple, cut 1cm thick rings

2 cups cabbage, finely shredded
2 carrots, grated
Handful of fresh coriander
1 small avocado
Nutritional yeast
Cracked pepper
12 small corn tortillas (ensure they are at least 95% corn)



Instructions

1. Place sliced onion in a medium fry pan over a high heat. Add 1 tablespoon of water and stir until the onion starts turning brown.
2. Add to the fry pan: well drained and rinsed jackfruit and black beans, juice of 1 lime, paprika and cumin. Cook until warm through.
3. On a hot griddle pan, fry pineapple slices for 4 mins each side, remove from the pan and cut into chunks.
4. Mix cabbage, carrots and coriander leaves in a bowl.
5. In another bowl mash avocado, remaining lime juice, sprinkle of nutritional yeast and a large grind of cracked pepper.
6. Place tortilla on hot frying pan for 1 min each side.
7. Top warm tortilla with cabbage, jackfruit mixture, grilled pineapple chunks and a dollop of mashed avocado. Serve immediately.

Chef's tip

These colourful fruity tacos combine savoury and sweet flavours with a delicious juicy texture.

"Jackfruit is a great substitute for meat and these tacos are always a winner amongst my friends and family."





Quinoa Salad and Lemon Dressing

Shared by Emily Levy APD | plantpowerednutrition.com.au

PREP TIME

10 mins

TOTAL TIME

25 mins

SERVINGS

2-3 mains or 5-6 sides



Ingredients

1 cup uncooked quinoa, rinsed
2 cups water
1 cup cherry tomatoes, halved
1 small red capsicum, chopped
1 medium cucumber, diced
200g edamame, shelled
1 small red onion, diced

1 tbsp hemp seeds
Handful parsley, finely chopped

Dressing.

1 tbsp hulled tahini
Juice of ½ lemon
1 tbsp boiling water
1 small clove garlic, minced

Instructions

1. Place the quinoa and water in a medium saucepan over medium high heat, and bring to the boil. Once boiling, reduce heat to a simmer. When all the water has absorbed (approximately 15-20mins), remove from the heat and let sit for 5 mins. Fluff with a fork.
2. While quinoa is cooking, chop up the salad ingredients and place them all into a large mixing bowl.

3. Prepare the dressing by mixing all the dressing ingredients together,
4. Once the quinoa is ready, add to the bowl of salad ingredients and stir through.
5. Add the dressing to the quinoa salad and stir. Top with extra hemp seeds and enjoy!

Chef's tip

Paired perfectly with a tangy lemon tahini dressing, the salad is one you'll keep going back to again and again.

"This dish is light, refreshing, and pretty; perfect for entertaining."





Thai Green Curry

Shared by Adam Guthrie | ifeelgood.com.au

PREP TIME

5 mins

TOTAL TIME

15 mins

SERVINGS

2



Ingredients

½ cup uncooked brown basmati rice
¼ onion, cut into Asian-style crescents
1 tbsp Maesri Thai Green curry paste
(see Chef's tip)
1 cup plant milk (Bonsoy or Vitasoy
Protein Plus recommended)
1 cup water
2 bok choy plants or 2-3 cups of leafy
greens, sliced lengthwise
100g firm tempeh, cut into cubes
½ red capsicum, thinly sliced

1 small-medium zucchini, thinly cut
lengthwise then sliced diagonally
1 medium-sized carrot, thinly cut lengthwise
then sliced diagonally
1 tbsp low-sodium soy sauce
1 tbsp vegan 'fish' sauce (optional)
2 medjool dates and ¼ cup water, blended
¼ bunch Thai basil
½ kaffir lime leaf, sliced super thin
¼ red chilli, sliced (if desired)
Half a lime

Instructions

1. Place the rice in a pot with 1 cup of water. Bring it to the boil then reduce the heat to low, cover with a lid and cook until water is absorbed, about 15 mins. Fluff with a fork and cover with lid until ready to serve.
2. Heat a pot on a high heat, add the onions and sauté for a minute. Add the green curry paste and stir.
3. Add a little bit of the soy milk and stir. Add the rest of the milk, add the water and stir, then bring to the boil.
4. Once boiling, add the tempeh, capsicum, carrots, zucchini and Thai basil, and stir. Stir in the soy sauce, vegan 'fish' sauce (if using) and blended dates.
5. After 1-2 minutes, add a little bit of the sliced kaffir lime leaf. Add the bok choy (or other leafy greens) and stir through to cook for 2 minutes.
6. Place the cooked rice in a bowl, add the curry on top, add some Thai basil leaves, the remaining sliced kaffir lime leaf, sliced chilli, a squeeze of fresh lime juice and serve.

Chef's tip

Maesri curry paste is plant-based and oil free, and can be found in most supermarkets such as Woolworths.

"If you have friends or family members who are wary of tempeh, this dish will be sure to win them over!"





Lentil Spaghetti Bolognese

Shared by Joel Craddock APD

PREP TIME

20 mins

TOTAL TIME

35 mins

SERVINGS

2

Ingredients

1 medium brown onion, finely diced
4 cloves garlic, minced
2 tbsp water
2 x 400g cans diced tomatoes
2 x 400g cans brown lentils
1 cup button mushrooms, diced
1 carrot, diced

1 tsp dried mixed Italian herbs
1 cup broccoli, chopped
1 cup zucchini, chopped
1 tsp balsamic vinegar
1 tbsp low sodium soy sauce (or tamari)
1 tsp onion powder
500g wholegrain pasta
Optional garnishes: nutritional yeast,
chilli flakes, fresh basil

Instructions

1. In a large saucepan over medium high heat, fry the onion and garlic in a little water (about 1 tbsp), stirring often. Add another tablespoon of water if required.
2. Add the remaining ingredients (except the pasta) to the pan and reduce heat, allowing the mixture to simmer until the vegetables are soft, about 15-20 minutes.
3. Meanwhile, cook the wholegrain pasta in a pot of boiling water over medium high heat until pasta is firm to bite (about 10-15 minutes), then drain the water.

4. Once the vegetable sauce has cooked through and softened, partially blend with a stick blender. We do this to disguise the chunky vegetables from our 4-year-old, but it's not essential.
5. Serve bolognese sauce over pasta and garnish with optional fresh basil, nutritional yeast, chilli flakes or whatever else floats your bolognese boat!

Chef's tip

I recommend trying a sprinkle of nutritional yeast on top of the bolognese - it's a great alternative to parmesan cheese.

"This one is cooked weekly in our household as a family favourite!"





Mexican Beans on Sweet Potatoes

Shared by Dr Libby Forsyth | ellasfarm.com.au

PREP TIME

10 mins

COOK TIME

35 mins

TOTAL TIME

45 mins

SERVINGS

4



Ingredients

1 x 400g can pinto beans (or 300g pre-soaked pinto beans)
4 medium sweet potatoes
1 brown onion, finely chopped
3 cloves garlic, minced
1 cup water

4 ripe tomatoes, diced
Handful fresh coriander
1 tsp paprika
1 tsp sumac
1 tsp ground cumin
Optional: sprinkle of nutritional yeast

Instructions

1. If soaking your own beans - soak pinto beans in water for 6-8 hours before beginning.
2. Preheat the oven to 180°C and line a tray with baking paper.
3. Wash the sweet potatoes and prick them all over with a fork (this allows steam to release whilst cooking). Place the potatoes on the tray and roast for 40 minutes (turning potatoes after 20 minutes), or until a fork glides easily through the center of the potato.
4. Place onion and garlic in a large saucepan over medium heat with 2 tablespoons of water.
5. While the onion and garlic brown, dice tomatoes into 1 cm cubes and roughly chop the coriander.
6. Add spices to browning onions and garlic and allow them to aromatise for 1-2 minutes (add a teaspoon of water if mixture is sticking to the pan).
7. Add tomatoes and simmer together for 5 minutes until softened.
8. Add pinto beans and 1 cup of water.
9. Once bubbling, reduce heat slightly and simmer for 20 minutes (if canned beans) or until soft (approximately 40 minutes if home-prepared beans). Add more water if the mixture becomes too dry.
10. When sweet potatoes and beans are cooked, place one cooked sweet potato on each plate and slice down the middle. Fill with a scoop of bean mix and top with chopped coriander and an optional sprinkle of nutritional yeast.

Chef's tip

It tastes great the day it's made, and even better as leftovers!

"I love this recipe because it combines extremely healthful foods like beans with herbs and spices."



Plant-Based 'Butter Chicken'

Shared by Adam Guthrie | ifeelgood.com.au

PREP TIME

5 mins

TOTAL TIME

15 mins

SERVINGS

2



Ingredients

½ cup uncooked brown basmati rice
500g oyster mushrooms, leave whole
½ cup cooked chickpeas
¼ onion, finely diced
1 garlic clove, finely chopped
½ tbsp fresh ginger, grated
½ green chilli, sliced lengthwise
½ cinnamon stick
2 whole cloves
½ tsp turmeric powder

2 cardamom pods
½ tbsp dates, finely chopped
½ tbsp chilli powder
1 cup tomato purée
½ cup plant milk (Bonsoy or Vitasoy Protein Plus recommended)
½ tbsp garam masala
200g (about 8 cups) baby spinach
2 sprigs fresh coriander leaves

Instructions

1. Place the rice in a pot with 1 cup of water. Bring it to the boil then reduce the heat to low, cover with a lid and cook until water is absorbed, about 15mins. Fluff with a fork and cover with lid until ready to serve.
2. Heat a large pot on a high heat. Add the mushrooms and sauté with a splash of water, then set aside in a bowl.
3. Add the onion, garlic and ginger to the pot, then sauté dry for a minute until starting to caramelise. Add a splash of water to deglaze.

4. Add the chilli, spices (except garam masala) and dates, and stir. When aromatic, add another splash of water, stir and sauté for a further minute.
5. Add the tomato purée, stir, then stir in the mushrooms and chickpeas. Add the plant milk, stir, and simmer on a low heat for a few minutes.
6. Add the garam marsala and stir through. Taste for seasoning. Add the baby spinach and stir through until wilted down.
7. Serve in bowls with cooked brown rice and top with a sprig of coriander leaves.

Chef's tip

Although soy milk is my top recommendation, you can use any plant milk.

"Oyster mushrooms are used in this recipe as a delicious stand-in for chicken that you can use in any recipe."





Neatballs on Garlicky Mashed Potatoes

Shared by Rebecca Stonor | justeatplants.com.au

PREP TIME

20 mins

COOK TIME

15 mins

TOTAL TIME

35 mins

SERVINGS

4



Ingredients

Neatballs:

1 x400g can red kidney beans, drained
½ cup quinoa flakes (see chef's tip)
2 tbsp tomato paste
2 tbsp chia or flax seeds, ground
1 carrot, grated
1 clove garlic
1 tsp red miso paste
2 tsp onion powder
1 tsp garlic powder
1 tsp dried rosemary
1 tsp cumin
½ tsp turmeric powder
1 tsp smoked paprika
½ cup almond flour

Tomato sauce:

1 x 400 can diced tomatoes
2 tbsp dried oregano
2 cloves of garlic, minced
1 tbsp maple syrup
½ cup chopped parsley

Garlicky mashed potatoes:

4 medium sized potatoes (or sweet potatoes)
½ cup soy milk
1 tbsp nutritional yeast
2 cloves garlic, minced

To serve:

½ cup parsley, chopped
Pine nuts
Freshly cracked black pepper

Instructions

More tips
available on
our website

1. Preheat oven to 200°C.
2. To make neatballs, in the bowl of a food processor add all ingredients except for almond flour. Pulse until combined but not completely smooth. Take about one tablespoon and roll into walnut sized balls.
3. Coat balls in almond flour. Bake in the oven for 15 minutes until slightly golden and crispy.
4. While the neatballs are in the oven, blend all sauce ingredients except parsley in a food processor. Add mixture to a medium saucepan, then add parsley and cook over low heat until thickened.
5. Place potatoes (with skin on) in a saucepan of hot water over medium high heat, and boil until soft — approximately 10 minutes. Once cooked, drain water.

6. Mash potatoes together with soy milk, nutritional yeast and garlic. Add more soy milk if needed.

7. Place a dollop of mashed potatoes in the middle of a plate or serving dish. Add neatballs to the dish and pour tomato sauce over everything. Sprinkle with parsley, pine nuts and some freshly cracked black pepper.

Chef's tip

Quinoa flakes are found at most supermarkets these days. You could substitute these with rice flakes or rolled oats.

"This recipe is super easy and even the kids can get involved. Everyone who's tried it, loves it!"



Chinese Style Stir-Fry

Shared by Xueying Sun

PREP TIME

15 mins

COOK TIME

10 mins

TOTAL TIME

25 mins

SERVINGS

4 as a side dish
2 as a main meal

Ingredients

1 tbsp soy sauce
1 tbsp Chinese cooking wine
½ tsp black vinegar
½ tsp ground Sichuan pepper
(alternatively, you can buy whole Sichuan peppercorns and grind them before cooking for optimal flavour)
Pinch of ground white pepper

3 large potatoes, julienned into matchsticks
2 cloves garlic, minced
3 ripe medium-sized tomatoes, chopped
1 tsp cornflour
2 spring onions, diced
Brown rice, to serve



Instructions

1. Place a wok or nonstick pan over medium-high heat.
2. Add the soy sauce, cooking wine, black vinegar, Sichuan pepper, and white pepper to the pan.
3. Add the potatoes to the pan and stir-fry for 4-5 minutes to soften them. Use water to deglaze the pan if the potatoes start to stick.
4. Add in the minced garlic and toss to mix.
5. Add in the diced tomatoes.
6. Stir-fry for another 2-3 minutes to ensure that the tomato juices are evenly distributed.
7. Mix the cornflour with 2 teaspoons of water to form a slurry, then add it to the pan. This will bind everything together and give it a nice shine.
8. Turn off the heat and add in the diced spring onions, using the residual heat to cook them for another minute. Garnish with more spring onion if desired.
9. Serve with cooked brown rice and enjoy!

Chef's tip

The great thing about this dish is how versatile it is! Add and swap in vegetables as you wish – some capsicum would be a wonderful addition.

"The Chinese cooking wine and soy sauce, along with the numbing spice of the Sichuan pepper always reminds me of traditional Chinese cooking."





Stuffed Capsicums

Shared by Holly Kempton | poweredbyvegies.com.au

PREP TIME

20 mins

TOTAL TIME

40-60 mins

SERVINGS

5-10 (cut in half
for smaller serves)

Ingredients

5 small capsicums (choosing ones that can 'stand up' on their own will make cooking less messy!)

1 tbsp miso paste

4 tbsp hot water

250g firm tofu, crumbled

2 garlic cloves, minced

2 tomatoes, diced

3 cups silverbeet, chopped (or spinach)

1 tsp curry powder

4 tbsp tomato paste

3 tbsp tamari

1 cup frozen peas

1 x 400g can chickpeas, drained and rinsed

Optional: Side salad to serve

Instructions

1. Preheat the oven to 180°C.
2. Cut the top off the capsicum (keep the top for later) and remove seeds.
3. Place the miso paste and hot water in a small bowl and stir until miso dissolves.
4. Place the tofu and garlic into a fry pan stir until tofu begins to cook.
5. Add the tomatoes, silverbeet, curry powder and miso paste mixture, stirring frequently.

6. Add the tomato paste, tamari, peas and chickpeas.
7. Cook on low heat until the silverbeet is cooked.
8. Spoon the mixture into the capsicums and place the capsicum lids on top. Place on an oven tray 'standing up'.
9. Bake about 15 minutes, until the capsicum is cooked through and lightly charred in patches.
10. Optional: Serve with a side salad (e.g. lettuce, cucumber, radishes)

Chef's tip

Swap chickpeas for another bean of choice. You can also use any leftover filling e.g. on toasted bread or in a wholegrain wrap.

"I love sharing these with my friends and have not had a bad review yet."





Taco Dinner

Shared by Dr Andrew Davies | newnormalproject.com.au

PREP TIME

20 mins

TOTAL TIME

1 hour

SERVINGS

6



Ingredients

Taco

1 onion, finely chopped
2 cloves garlic, minced
1 medium carrot, grated
2 sticks celery, chopped
2 x 400g cans white beans, rinsed and drained
1 tbsp tomato paste
1 tsp sweet paprika
1 x 400g can chopped tomatoes
Water, as needed
2 bay leaves
Pepper to taste

Mexican spiced rice

4 cups cooked brown or black rice (approx 2 cups uncooked)
3 tsp ground cumin

2 tsp garlic powder
1 tsp onion powder
2 tsp paprika
2 tsp dried oregano
Pinch chilli powder (optional)
Water, as needed

Cashew sour cream

1 cup soaked cashews, rinsed and drained (either overnight or for 30 minutes in boiling water)

To serve

Avocado, mashed
Ripe tomatoes, chopped
Lettuce, finely sliced
Chilli sauce (optional)
Corn or whole grain (or try using lettuce leaves as taco shells instead)
Fresh coriander



Instructions

1. Make the beans: In a heavy based casserole dish, fry the onion and garlic in 2 teaspoons of water or vegetable stock. When translucent, add the carrot and celery and cook on a medium heat for about 5 more minutes. Add tomato paste and sweet paprika and stir in, then add tin of tomatoes and beans.
2. Add just enough water to cover the beans, then add the bay leaves and simmer for 20 minutes. Season to taste. Discard bay leaves.
3. Make the rice: Place the spices in a hot pan and stir frequently until fragrant. Add rice and stir until combined and heated through. Add 1/4 cup of water, just enough to make it a bit sticky and moist.

4. Make the cashew sour cream: Mix all ingredients in a high-speed blender until smooth, adding more water if necessary to achieve the sour cream consistency of your dreams.
5. Place everything on the table with avocado, tomatoes, lettuce, taco shells or tortillas.

Chef's tip

For a gluten free option, choose corn tortillas. For a nut free option, omit the cashew sour cream.

"This colourful meal is one of our favourites. It wins hearts (and tastes) and caters for everyone's appetite."



BBQ Jackfruit Bowl

Adapted from recipe by Anthea Cheng | [instagram.com/rainbownourishments](https://www.instagram.com/rainbownourishments)

PREP TIME

20 mins

TOTAL TIME

35 mins

SERVINGS

2



Ingredients

1 cup brown rice, uncooked
1 broccoli, chopped
1 red capsicum, core removed and sliced into strips, approx 3cm
1 tbsp smoked paprika
1 lemon, juiced
2 tbsp tahini
2 cups red cabbage, finely shredded
1 carrot, grated
Pepper to taste

Barbecue jackfruit

1 tbsp plus ½ cup water
1 large onion, diced

1 stick celery, thinly sliced
3 cloves garlic, minced
1 x 400g can jackfruit in water or brine (not in syrup or juice), drained
1 tbsp ground cumin
1 tbsp smoked paprika
1 tbsp maple syrup
1 x 400g can borlotti beans in water, rinsed and drained (or equivalent, cooked from dry; see chef's tip)
1 x 400g can chopped tomatoes
Pepper to taste

Instructions

1. Preheat the oven to 180°C.
2. Rinse brown rice with cold water and place in a saucepan on the stove. Add 2 cups of water and bring to the boil. Reduce heat and simmer covered for 25 minutes. Remove from heat and stand covered for 5 minutes.
3. Add the broccoli and capsicum to a lined baking tray. Dust generously with smoked paprika. Bake in the oven for 20 minutes or until slightly golden brown, turning half way through. Remove from the oven, then drizzle with half the lemon juice.
4. Add the onion, celery and 1 tablespoon water to a large fry pan over high heat. Sauté for 2 minutes. Add the garlic and sauté for 1 minute (add more water if needed). Add the jackfruit, spices and maple syrup. Stir for 1 minute breaking up the jackfruit with a fork or spatula. Add the borlotti beans.
5. Add the chopped tomatoes and ½ cup of water to the pan, reduce the heat to medium and cover. Allow the jackfruit and bean mix to cook for 15 minutes. Season with freshly ground pepper.



6. While the rice and jackfruit mix are cooking, combine the tahini with half the lemon juice, thinning with water to create around 1/4 cup of dressing. Season with pepper, then mix with the shredded cabbage and carrot in a medium bowl.
7. Divide the brown rice into 4 bowls. Top with the roasted veg, jackfruit and bean mix, red cabbage and carrots and serve.

Chef's tip

Savoury jackfruit pairs beautifully with this colourful combination of vegetables giving an impressive array of tastes and textures.

"I love making nourish bowls like these for lunch and dinner. This jackfruit bowl is great for when I'm craving cafe-style food but want to cook at home!"



Falafel Salad with Garlic Dressing

Shared by Buffy Ellen Gill | begoodorganics.com

PREP TIME

10 mins

TOTAL TIME

30 mins

SERVINGS

8

Ingredients

Falafels

2 cups dry chickpeas, soaked overnight

1 cup fresh parsley

1 cup fresh coriander

1 large onion, diced

4 cloves garlic

1 lemon, juice and flesh

1 tsp cumin

Black pepper to taste

Kale salad

1 bunch kale

2 tbsp apple cider vinegar (or lemon juice)

1 cup cucumber, sliced

1 cup tomatoes, quartered

½ cup red onion, thinly sliced

Garlic tahini dressing

½ cup hulled tahini

½ cup hot water

1 lemon, juice and flesh

2 cloves garlic

1 date

To serve

8 small wholemeal pita breads

Fresh herbs

Lemon wedges

Sesame seeds

More tips
available on
our website

Instructions

1. Preheat the oven to 200°C fan bake.
2. Falafels: Soak your chickpeas overnight in a big bowl of water, then drain and rinse before using. You can also do the two day soak and sprout if you like, by leaving them in your colander on day two covered with a tea towel - they'll sprout little tails by the next day, making them even more nutrient dense and absorbable by the body.
3. Roughly chop your herbs, then blend all falafel ingredients in a food processor until they form a relatively smooth paste that sticks together when pressed.

4. Roll tablespoon sized balls and place on a baking tray lined with unbleached degradable paper. Bake in the oven for 10 minutes, then flip each falafel and bake for another 10 minutes or until golden.
5. Kale salad: Pull the kale leaves off their stems by grabbing the stem with one hand and pushing your thumb and forefinger from the top of the stem down to the tip, removing the leaves. Wash and dry the leaves (put the stems in the compost), roughly chop, place in a bowl with the vinegar then massage with your hands for a minute until the leaves go bright green and soft. Add remaining salad ingredients and mix through.

6. Garlic tahini dressing: Blend all ingredients in a blender until super creamy and smooth. I highly recommend making double here – it's incredible on anything!

7. Plate up the kale salad on each plate, top with cucumber, tomatoes, red onion, falafels, drizzle with dressing, and top with extra herbs and sesame seeds. Serve with freshly toasted wholemeal pita breads, or your favourite gluten free pita/wrap equivalent, and a wedge of lemon.

Chef's tip

Brilliant for batch cooking on a Sunday, so you have lunch (or dinner) set for the week ahead. The garlic tahini dressing is so good, you'll be drizzling it over everything!

"My whole family adores falafels. They're such an easy food to make, and much healthier than store-bought mixes which often contain preservatives, added fats, and sugar too."



Lentil and Walnut Stuffed Cauliflower

Shared by Dr Adrian Griscti

PREP TIME

10 mins

TOTAL TIME

1 hour 40 mins

SERVINGS

6



Ingredients

1 large, whole cauliflower
1 tbsp ground flaxseed meal
1/2 cup raw walnuts
1 tsp miso paste
1 small onion, diced
2 cloves garlic, minced

1 x 400g can brown lentils
1 carrot, finely diced
1/2 cup fresh herbs (e.g. sage and oregano)
1 lemon, juice and zest
Pepper to taste

Instructions

1. Heat oven to 200°C.
2. Tie the cauliflower head tightly together with kitchen string to ensure the head remains intact.
3. Using a sharp knife carefully remove the whole stem from the cauliflower creating a cavity for the stuffing.

To prepare the walnut and lentil stuffing:

1. Mix 1 tablespoon of ground flaxseed meal with 3 tablespoons of water. Place in the fridge for 15 minutes to thicken.
2. Place walnuts on a small baking tray and lightly roast for 5-8 minutes. Remove and crush with a mortar and pestle. Set aside 1 tablespoon for garnishing.
3. Add 1 teaspoon miso paste to 1 cup of hot water, stir.

4. In a medium size frypan, over a medium heat, add onion, garlic and 2 tablespoons of miso liquid. Fry until onions are starting to brown.

5. Add drained and rinsed lentils, carrot, herbs, flaxseed mix and crushed walnuts to the pan. Stir, slowly adding remaining miso liquid as needed until the carrot starts to soften. Only add enough stock to keep the mixture slightly moist.

6. Remove stuffing from heat and allow to cool.

To stuff the cauliflower:

1. Remove any remaining stem from the cauliflower to make as much space as possible for the stuffing.
2. Fill the cavity with the walnut and lentil stuffing, make sure to press the filling firmly into the head of the cauliflower.

3. Place the stuffed cauliflower in a casserole dish with a lid, lined with baking paper, stuffing side down.
4. Drizzle with lemon juice and lemon zest, top with cracked pepper.
5. Put the casserole dish lid on, place it in the oven for about 1 hour, or until tender. Remove the lid and cook for another 20-30 minutes until golden on top.
6. Remove from the dish, roughly slice and garnish with remaining walnuts.

Chef's tip

Serve with sides such as a Chickpea Salad with Orange Miso Dressing or a simple Quinoa Salad with Lemon Tahini Dressing.

"Legumes are a food group I aim to eat at least once a day, if not more often. There are endless ways to prepare lentils and this cauliflower is one of my favourites."



Chickpea Veggie Curry

Shared by Dr Hayley Tait | [instagram.com/health_on_the_hob](https://www.instagram.com/health_on_the_hob)

PREP TIME

10 mins

TOTAL TIME

40 mins

SERVINGS

4-6



Ingredients

2 cups short grain brown rice
1 large red onion, diced
1 red pepper, chopped
1 green pepper, chopped
300g okra (frozen or fresh)* (or use 1 large eggplant instead, chopped)
4 tsp curry powder**
1 tbsp tomato puree
1 x 400g can chopped tomatoes
Cracked pepper

1 x 400g can chickpeas
Fresh coriander (optional)

*Frozen okra can be found in many Indian grocers

**A mix of equal parts ground cumin, turmeric, black pepper, garlic, garam masala and chilli will work if you don't have a favourite curry mix

Instructions

1. Wash the rice and put it on to boil with 4-5 cups of water. Once it comes to the boil, stir and simmer for 25-30 minutes until cooked.
2. If using fresh okra, chop into 2cm lengths.
3. In a large pan or wok heat 3 tablespoons of water and add the onion and vegetables. Stir for a few minutes.
4. Add the curry powder, stir and lower the heat.
5. Add the tomato puree, tin of chopped tomatoes and half a tin of water. Stir.
6. Taste for seasoning; you may wish to add some more spice.
7. Reduce the heat, simmer for 10 minutes until the vegetables are soft (if using eggplant, may need more time or cover the pan so it cooks faster).
8. Drain the chickpeas and rinse. Add to the curry for the last few minutes of cooking.
9. Chop a tablespoon of fresh coriander, turn off the heat and stir through.
10. Drain and rinse the rice.
11. Serve the curry on a bed of rice and sprinkle with extra torn coriander.

Chef's tip

Perfect to use bottom of the fridge or freezer veggies. Find more recipes in my cookbook: Health on the Hob, easy plant-based recipes.

"This curry is so easy and can be made with cupboard and freezer staples, so no need to shop for fresh ingredients."





Herb and Walnut Stuffed Mushrooms

Shared by Peter Johnston APD | perfecthumanfood.com.au

PREP TIME

30 mins

TOTAL TIME

50 mins

SERVINGS

8

Ingredients

24 medium sized brown mushrooms (around 5-6cm diameter)
1 large onion, finely chopped
4 cloves garlic, minced
4-6 slices of wholemeal bread (to make 2 cups wholemeal breadcrumbs)*
½ cup chopped walnuts
⅔ cup finely chopped parsley
1 tsp fresh rosemary, chopped
1 tsp fresh oregano, chopped

1 tsp fresh thyme, chopped
1 tsp smoked paprika
1 tsp onion powder
1 tbsp nutritional yeast
1 tsp miso paste
A big grind of cracked black pepper
1 tbsp lemon juice

Optional:

1-2 chillies, finely chopped
Steamed broccoli to serve

Instructions

More tips
available on
our website

1. Preheat the oven to 180°C.
2. Remove stalks from mushrooms and chop stalks finely.
3. Fry onion and garlic in a pan over medium-high heat with a splash of water until just starting to soften and stick on the pan.
4. Blitz slices of wholemeal bread in a food processor until breadcrumbs form. Crusts can go first ensuring to cut them up small before placing in the food processor, to assist with breaking them up.
5. Place onion, garlic and all other ingredients (except whole mushrooms) into a food processor and pulse briefly until mixed.
6. Add water if necessary until mixture is moist enough so that it starts to stick together.
7. Press spoonfuls of the stuffing into each mushroom and press down lightly. Place stuffed mushrooms on a baking tray lined with baking paper.
8. Bake for 20-25 minutes or until stuffing starts to brown a little.
9. Serve as an appetiser, or alongside steamed greens and whole grain couscous.

Chef's tip

Use whatever herbs you enjoy and have at hand. Parsley is great as it is such a nutritional powerhouse! I also often add some chopped dandelion greens for extra nutrients.

"I always make this for Christmas family gatherings and other special occasions. Everyone loves these, whether plant-based or not."



Mushroom Congee

Shared by Dr Libby Forsyth | ellasfarm.com.au

PREP TIME

10 mins

TOTAL TIME

1 hour 10 mins

SERVINGS

4



Ingredients

3 garlic cloves, minced
1 x 2cm thumb of ginger, finely chopped
1 brown onion, diced
500g shiitake or portobello mushrooms, chopped
1 cup brown jasmine or long grain rice
3 cups homemade vegetable stock

3 cups water
Dried porcini mushroom (8-10), chopped
1 broccoli, chopped (optional)
1 spring onion
Handful fresh coriander
Cracked pepper to taste

Instructions

More tips
available on
our website

1. Heat a large deep sided fry pan or large pot over medium heat.
2. Place garlic, ginger and onion into the fry pan and brown for 5 minutes with a little water to prevent sticking.
3. Add rice, shiitake or portobello mushrooms, dried porcini mushrooms, vegetable stock and water. Bring to a simmer, cover pan with a lid, and allow to cook for 1 hour, stirring occasionally over medium heat.
4. Chop broccoli and stem into bite sized pieces and add to the saucepan for the last 5 minutes of cooking.
5. Serve congee in deep bowls whilst hot.
6. Slice spring onion into thin circles and use to garnish each bowl, along with torn fresh coriander and cracked pepper.

Chef's tip

Did you know you can re-grow spring onion from the little root stumps? They just need a bit of sun and water but are very low maintenance.

'This recipe feels like a big, wholesome hug! Very little hands on cooking time with a big flavour reward.'





Mango Bean Salsa on Rice

Shared by Emma Strutt APD

PREP TIME

15 mins

TOTAL TIME

40 mins

SERVINGS

4



Ingredients

1 cup red or brown rice
Flesh from 1 mango, diced
½ cup cherry tomatoes, quartered
½ packed cup fresh coriander,
roughly chopped
1 cup purple cabbage, finely shredded
2 tsp fresh oregano leaves, diced

1 tsp fresh chili, finely diced (optional)
½ cup corn kernels
1 x 400g can black beans, drained
and rinsed
1 lime, juiced
2 tsp ground cumin
2 tbsp red wine vinegar
Guacamole to serve (optional)

Instructions

1. Rinse rice with cold water and place in a saucepan over medium high heat. Add 2 cups of water and bring to the boil. Reduce heat and simmer covered for 25 minutes. Continue with the remaining steps of the recipe. After 25 minutes, remove the saucepan from heat and stand covered for 5 minutes then fluff with a fork to separate the grains.

2. Meanwhile, prep salsa items as follows: dice mango, red onion, cherry tomatoes, coriander, purple cabbage oregano and chilli, if using. Combine in a bowl with corn kernels and black beans.
3. Juice the lime and mix with ground cumin and red wine vinegar. Pour onto salsa mix and combine.
4. Once rice and salsa are prepared, serve rice with salsa on top. Garnish with sliced avocado or a tablespoon of homemade guacamole.

Chef's tip

With black beans, I soak them overnight, drain and rinse the next day, then bring to the boil and simmer them for 60 - 75 minutes until soft. Once cooled, I freeze them in handy can sized portions (about 1.5 cups)

"The sweetness from the mango gives this dish a nice little twist"





Ultimate Hummus Wrap

Shared by Dr Jeremy Lanford

PREP TIME

10 mins

TOTAL TIME

30 mins

SERVINGS

4

Ingredients

2 red capsicums, split in half and cored

4 wholemeal wraps

1 cup hummus or bean dip

1 carrot, diced

1 cucumber, diced

1 handful coriander, roughly chopped

Instructions

1. Turn the oven grill on. Place halved and cored red capsicums on a baking tray and roast under the oven grill for 10 minutes, or until the skin is blackened in parts. Remove from the oven, place roast capsicum in a bowl and cover for 10 minutes. When cool enough to handle, peel skin and discard the skin and slice the remaining capsicum.
2. Preheat the oven to 180°C. Place wholemeal wraps on a tray and warm in the oven for 5-10 minutes or until heated through.

3. Once the wraps are warm, lay flat and fill one at a time. Firstly, spread the hummus and other ingredients horizontally across the wrap, leaving space at the edges. Next, fold each side edge over the ingredients. Lastly, fold over the bottom part of the wrap (closest to you) to cover the ingredients. Then just roll over to the top of the wrap. Done, nice and easy!

Chef's tip

For a gluten-free option, use gluten-free wholegrain wraps. Make roasted red capsicums ahead of time and keep in the fridge for the week ahead. Add variety with other roasted vegetables such as sweet potato, beetroot or pumpkin.

"The crunch of the carrots and fresh coriander are what really makes this wrap the ultimate."





Yellow Split Pea Curry

Shared by Dr Hayley Tait | [instagram.com/health_on_the_hob](https://www.instagram.com/health_on_the_hob)

PREP TIME

10 mins

TOTAL TIME

40 mins

SERVINGS

4



Ingredients

- | | |
|---|-------------------------------------|
| 1 cup brown rice | 1 tsp paprika |
| 1 1/2 cups split yellow peas | 2 tsp turmeric |
| 4 cups water (or home-made vegetable stock) | 1/2 tsp mixed spice |
| 2 medium sweet potatoes, grated | 1/2 tsp black pepper |
| 1 red onion, finely chopped | 3 tbsp nutritional yeast (optional) |
| 2 tsp ground cumin | 1/2 tsp garam masala |

Instructions

1. Rinse brown rice with cold water and place in a saucepan on the stove. Add 2 cups of water and bring to the boil. Reduce heat and simmer covered for 25 minutes. Continue with the remaining steps of the recipe. After 25 minutes, remove the saucepan from heat and stand covered for 5 minutes.
2. Wash the split yellow peas and put them in a large pan with 4 cups of water (or home-made vegetable stock). Bring to a boil, remove any froth that rises, continue to boil for 5 minutes then lower to a simmer.
3. Add the finely chopped onion, grated sweet potato and spices.
4. Simmer for 25-35 minutes until the potato and split peas are soft. Add more water gradually if the mixture starts to dry out.
5. Serve curry with brown rice and optional sides such as wholemeal roti, other vegetable curries, a squeeze of lemon, and fresh coriander.

Chef's tip

I usually add some frozen spinach (or kale) towards the end of cooking. Find more recipes in my cookbook: Health on the Hob, easy plant-based recipes.

"The soft textures and delicate flavours are a great introduction to easy plant-based cooking and suitable for all ages."





Pasta Puttanesca

Shared by Dr Jeremy Lanford

PREP TIME

10 mins

TOTAL TIME

30 mins

SERVINGS

4

Ingredients

3 garlic cloves, minced
½ cup black kalamata olives,
pitted and diced
1 tsp red chilli flakes (optional)
3 tbsp capers
1 x 400g can artichoke
hearts, quartered

2 x 400g cans whole tomatoes,
crushed by hand
Cracked pepper
500g wholemeal penne pasta
¼ cup basil leaves, torn by hand
2 tbsp nutritional yeast
flakes (optional)

Instructions

1. In a large non-stick pan over medium-low heat, add garlic with a splash of water and sauté for 1 minute.
2. Add olives, chilli flakes, capers and artichoke hearts and continue cooking for 2 minutes.
3. Add tomatoes and simmer for 10 minutes. Season with cracked pepper.
4. Heat a large pot of water over high heat until boiling, then add the penne pasta. Reduce heat to maintain a simmer and cook pasta for about 7-8 minutes or until al dente.
5. Drain pasta and mix with sauce, then serve with torn basil over top and optional nutritional yeast.

Chef's tip

To reduce the sodium content, pre-soak the olives in water, then drain before using. For a gluten-free option, choose gluten-free whole grain or pulse pasta.

"Keep these ingredients stocked in your pantry and you will always have this easy, nutritious and crowd-pleasing meal on hand."





Pomegranate Summer Salad

Shared by Fuchsia Goldsmith | feednutrition.co.nz

PREP TIME

15 mins

TOTAL TIME

55 mins

SERVINGS

4



Ingredients

2 tsp ground turmeric

1 tsp sumac

1 tsp ground cumin

250g tempeh

½ head medium cauliflower, cut
in florets

½ telegraph cucumber

1 red capsicum

1 cup baby spinach

⅓ cup silken tofu

1 ½ lemon juiced

1 x 400g can cannellini beans, drained

½ pomegranate, deseeded

Instructions

1. Prep: Heat oven to 210°C.
2. Make paste: In a baking dish, mix half of each spice (turmeric, sumac & cumin) with 1 tablespoon of hot water to form a paste.
3. Bake: Slice the tempeh and cauliflower, coat in the spice paste in the baking dish. Cover and bake for 20-30 minutes.
4. Dice the cucumber and capsicum, and wash the baby spinach.

5. Prepare dressing: mix 4 tablespoons of silken tofu with 1 tablespoon of cold water, ½ teaspoon of sumac, ½ teaspoon of ground cumin and juice of ½ lemon. Blend to combine with a hand-blender or food processor.
6. Assemble salad: in a large bowl, combine baby spinach, cannellini beans, cucumber, capsicum, cauliflower and tempeh with the dressing and toss well before topping with the pomegranate seeds.

Chef's tip

Using a lidded oven dish stops the cauliflower from drying out in the oven, without adding oil. Pairing green leafy vegetables with fruits and citrus increases your absorption of iron.

"I love the combination of light fruity flavours with marinated cauliflower and tempeh, cooling cucumber and a creamy plant-based dressing."





Plant-Powered Stew with Couscous and Braised Chickpeas

Shared by Dr Alan Desmond | alandesmond.com

PREP TIME

15 mins

TOTAL TIME

40 mins

SERVINGS

8

Ingredients

1 large aubergine (eggplant)
1 red onion, sliced
1 red pepper, deseeded and sliced
1 garlic clove, minced
½ cup green olives, roughly chopped
1 tsp ground cumin
1 tsp smoked paprika
1 ½ tbsp harissa
1 x 400g can chopped tomatoes or passata
¾ cup home made vegetable stock
100g (1 cup) baby spinach

1 lemon
Freshly ground black pepper

Braised chickpeas:

1 x 400g can chickpeas
Pinch of saffron (optional)
½ cinnamon stick
¾ cup wholegrain couscous
About ½ cup boiling water
Handful of parsley, chopped
Few fresh mint leaves, chopped

Instructions

1. Preheat the oven to 220°C. Put the aubergine on a baking tray and place in the oven for 30 minutes, turning once or twice, until it is soft and collapsing and the skin is blistered. Pinch it with a pair of tongs to check. Set aside to cool slightly.
2. Warm a few tablespoons water in a large saucepan, then add the onion and red pepper. Fry over a medium heat for 15 minutes, until soft and starting to colour. Add a dash more water if the mixture looks like catching.

3. Meanwhile, tip the chickpeas and their liquid into a large saucepan. Add the saffron (if using) and cinnamon and bring to a simmer. Cook gently for 20 minutes, until the chickpeas are very soft and starting to break down.
4. When the onion mixture is ready, stir in the garlic, olives, cumin, paprika and harissa. Fry for 1 minute before adding the tomatoes and stock. Bring to a simmer and cook for 10 minutes or so.
5. When the chickpeas are ready, stir in the couscous and add the boiling water, just enough to cover everything. Cover the pan and set aside for 5–10 minutes, until the couscous has plumped up and become tender.

6. When the aubergines are cool enough to handle, peel away and discard the burnt skin; don't be too fussy, the odd fleck adds a bit of smokiness. Roughly chop the flesh and stir it into the stew along with the spinach. Taste and adjust the seasoning with pepper and a squeeze or two of lemon juice.
7. Use a fork to fluff up the couscous and chickpeas. Stir in the parsley and mint just before serving with the stew.

Chef's tip

For a gluten free option, omit the couscous.

"Baking the aubergine whole allows the inside to soften beautifully while the skin blisters in the heat of the oven. Enjoy."



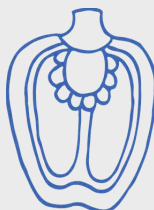
This recipe is taken from "The Plant-Based Diet Revolution: 28 Days to a happier Gut and a Healthier You", by Dr Alan Desmond and Bob Andrew. Published by Yellow Kite.





Sides and snacks

Introducing a handful of lighter salads and bites. These can be paired with a main or enjoyed on their own - try the Greens and Beans Pikelets for a perfect after-school snack!



Raw Beetroot Salad

Shared by Buffy Ellen Gill | begoodorganics.com

PREP TIME

15 mins

TOTAL TIME

15 mins

SERVINGS

6



Ingredients

4 beetroots
4 carrots
1 red onion
½ cup raisins
¼ cup sunflower seeds
¼ cup pumpkin seeds
1 cup mint leaves

Orange balsamic dressing:
1 orange, peel and pips removed
5 tbsps balsamic vinegar
Cracked black pepper to taste



Instructions

1. Wash and scrub the beetroot and carrots and slice off any rough bits. You don't need to peel them, especially if they're organic, as a lot of nutrients are in fact in the skin. Use a vegetable spiraliser to create long stands of the beetroots and carrots (so quick and looks amazing too). Alternatively you can cut them into match-sticks by slicing them thinly (do the carrots on a diagonal). Or if you have a grater you can also use that, or a food processor with a grating attachment or chopping function.

2. Thinly slice the red onions and mix together with the remaining ingredients, reserving a few mint leaves, seeds and raisins to sprinkle on top. If you're using dried and activated seeds they'll be crunchy already so add as is, otherwise pop your seeds in a pan on low heat for 5 minutes, shaking regularly until they just start to go brown and aromatic.

3. Blend the dressing ingredients in a blender until smooth, then mix through the salad.

4. Sprinkle with reserved mint, seeds and raisins and serve

Chef's tip

Switch to a lemon dressing, by swapping the orange and balsamic to lemon and apple cider vinegar respectively.

"I've been making versions of this salad for almost ten years now, as it tastes amazing, is super easy and is really affordable."





Photograph © Buffy Ellen Gill @begoodorganics

Baked Zucchini and Carrot Fritters

Adapted from recipe by Anthea Cheng | [instagram.com/rainbournourishments](https://www.instagram.com/rainbournourishments)

PREP TIME

20 mins

TOTAL TIME

35 mins

SERVINGS

2



Ingredients

2 medium zucchinis (courgettes)
2 medium carrots, peeled
1 ½ cups chickpea flour (besan flour)
¼ cup nutritional yeast
2 tbsp ground flax seeds
1 tbsp ground sage (or herbs and spices of choice)
1 tbsp garlic powder
1 tsp ground chilli powder
1 tsp baking powder

150g leafy greens to serve, such as rocket or baby spinach
Balsamic vinegar

Salsa:

2 tomatoes, diced
½ capsicum, diced
½ small red onion, finely diced
1 small bunch coriander, chopped
1 clove garlic, minced
1 lime, juiced

Instructions

1. Preheat the oven to 180°C. Line 2 baking trays with baking paper.
2. Use a food processor or hand-held grater to grate the zucchinis and carrots. A fine-medium grater is ideal.
3. Add the grated vegetables and rest of the fritter ingredients to a large bowl. Mix until well combined.
4. Scoop about 2 heaped tablespoons of the mixture and shape into a circular fritter (try gently squeezing the mix between your palms to help them stick together, then shape the edges with your fingers).
5. Place on a lined baking tray and repeat until you have used up the mixture.
6. Bake the fritters for 15 minutes. Remove them from the oven, carefully flip each fritter and return them to the oven. Bake the fritters for another 5 minutes or until they are golden brown on all sides.
7. While the fritters bake, dice the salsa ingredients and mix together in a bowl.
8. Serve the fritters warm with salsa and a side of greens, drizzled with balsamic vinegar.

Chef's tip

Another great alternative to balsamic vinegar is to mix a little bit of tahini, lemon juice and water into a simple but delicious white dressing

"They're a great accompaniment to lunch or even as an appetiser at gatherings."



Easy Hummus

Shared by Hannah O'Malley | thebetterbase.com

PREP TIME

10 mins

TOTAL TIME

10 mins

SERVINGS

4



Ingredients

1 x 400g can chickpeas, drained and rinsed
1 tbsp hulled tahini
2 cloves garlic, minced
1 tsp ground cumin

1 tsp ground turmeric (optional)
½ lemon, juiced
4 tbsp water
Optional: cracked pepper and fennel seeds to sprinkle on top

Instructions

1. Prepare hummus by adding chickpeas, tahini, minced garlic, cumin, turmeric, juice of ½ lemon and water into a food processor.
2. Blend well until smooth. Add additional water (1 tablespoon at a time) if required to achieve desired consistency.

- You may need to pause the blender and use a spatula to push down any mixture that is collecting on the sides of the blender, then blend again.
3. Top with cracked pepper and fennel seeds and serve alongside crudites.

Chef's tip

Try blending in some cooked roasted vegetables, such as carrot or beetroot, and herbs for more colour and flavour.

"Hummus is a staple in our home; we have a container in the fridge at all times!"





Beetroot, Balsamic and Caraway Dip

Shared by Dr Taisia Cech | thehealthstyledoctor.com

PREP TIME

5 mins

TOTAL TIME

40 mins

SERVINGS

4



Ingredients

2 medium sized beetroots
1 tsp caraway seeds + a pinch for garnish
1 x 400g can cannellini beans, rinsed and drained
2 cloves garlic, minced
2 tbsp balsamic vinegar
2 tbsp tahini
Pepper, to taste

2 tbsp water + more if needed
Mint leaves to garnish (optional)

Crudites - choose your favourite:

Raw veggies
125g sugar snap peas
½ cucumber
1 red or yellow capsicum
1 carrot
2 celery stems

Instructions

1. Peel and cut beetroot into quarters and roast in the oven for 35 minutes at 180°C or until lightly roasted.
2. In a pan over medium heat, lightly toast caraway seeds until fragrant.
3. Place the beetroots, caraway seeds and all remaining ingredients in a food processor and mix on high until smooth. Add extra water until desired consistency.
4. Garnish with mint leaves and a pinch of caraway seeds.
5. Serve with raw crudites.

Chef's tip

Try it on wraps, toast or in a burger. You can also thin it down with extra water and use it as a delicious, vibrant dressing for a salad.

"The vibrant colour of this dip is so inviting and fun!"





Greens and Beans Pikelets

Shared by Dr Taisia Cech | thehealthstyledoctor.com

PREP TIME

3 mins

TOTAL TIME

8 mins

SERVINGS

15 pikelets



Ingredients

1 cup buckwheat flour (or other wholemeal flour)
1 cup plant milk
2 tsp baking powder

$\frac{1}{3}$ cup leafy greens (e.g. baby spinach and/or basil)
 $\frac{1}{2}$ cup canned beans or lentils, drained and rinsed
2 tsp mild curry powder

Instructions

1. Add all ingredients into a blender and blend for 1-2 minutes until smooth.
2. Heat a large nonstick pan over a medium heat. Dollop mixture into pan with a tablespoon, making around 5 small pikelets at a time.
3. Cook for a few minutes and when you see the top bubbling and starting to set, flip the patty over using a flat spatula. Cook patties for another few minutes until just golden on both sides.
4. Top with your child's favourite healthy topping. We like to use peanut butter and homemade chia jam, or hummus and cucumber cut into stars with a cookie cutter.

Chef's tip

Pinto beans are my usual choice with this recipe, but it works equally well with other canned beans such as cannellini or kidney beans, chickpeas, lentils or a 4-bean mix.

"These are my go-to lunch option if I need something quick and healthy for the kids."





Sauteed Greens

Shared by Catherine Laurence | [linkedin.com/in/calaurance](https://www.linkedin.com/in/calaurance)

PREP TIME

3 mins

TOTAL TIME

8 mins

SERVINGS

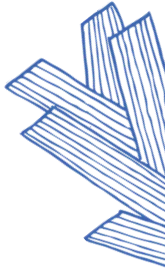
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Ingredients

¼ cup water
3 garlic cloves, minced or sliced
4 cups leafy greens, such as bok choy, silverbeet, spinach or kale, chopped roughly
2 tbsp lemon juice or balsamic vinegar

Optional:
2 tbsp dried cranberries
1 tbsp pine nuts
½ tsp red chilli flakes



Instructions

1. Pour half of the water into a large pan over medium heat. When water starts to simmer, add the garlic and cook for about 1 minute until fragrant.
2. Add the greens and toss. Cook for about five minutes, stirring often, until wilted and bright green. Add splashes of water if the pan becomes dry.
3. Remove from heat, drizzle with lemon juice or balsamic vinegar and serve immediately.
4. Top with an optional sprinkle of dried cranberries, pine nuts or red chilli flakes (or a mixture of these).

Chef's tip

Try a teaspoon of nut butter, a splash of low-sodium tamari, or whatever fresh or dried herbs and spices match the main dish you're serving them with!

"Leafy greens such as bok choy, kale and silverbeet daily are some of the healthiest foods - I love them freshly picked from the garden."







Healthy desserts

Don't let the thought of black beans in brownies or ice cream made from bananas put you off! These dishes are divine. Packed with flavour and fibre, you're bound to find something here to satisfy your sweet tooth.



Apple Pie Energy Bites

Shared by Deeni Betar-Young | dietitiandeeni.com

PREP TIME

20 mins

TOTAL TIME

35 mins

SERVINGS

2

Ingredients

3/4 cup dried or fresh pitted dates
3/4 cup unsweetened dried apple rings,
roughly chopped
1/3 cup walnuts
1/4 cup almonds

1/4 cup ground chia or flax seeds
3/4 cup rolled oats
1 tsp ground cinnamon
Pinch ground ginger
Pinch ground clove

Instructions

1. Place the dates in a small bowl and pour boiling water over them until they are just covered. Use a plate to cover the bowl and let sit for 10 minutes, allowing the dates to soften.
2. Pour out and discard half of the liquid from the dates. Add the dates and remaining liquid to a food processor. Process until there are no big chunks of dates left.

3. Add the remaining ingredients to the processor. Process on low speed until everything is combined well.
4. Roll the mixture into balls or flatten on baking paper to make muesli squares.

Chef's tip

To make nut-free, nuts can be swapped with sunflower and pumpkin seeds. To make strictly gluten-free and coeliac-friendly, oats can be swapped with puffed rice or quinoa flakes.

"These are a great snack to keep in a little airtight container in your bag or other places where you might need an emergency snack stash!"





Chocolate Beanie Brownies

Shared by Dr Alan Desmond | alandesmond.com

PREP TIME

15 mins

TOTAL TIME

40 mins

SERVINGS

8

Ingredients

3 Medjool dates, roughly chopped
5 tbsp boiling water
½ cup plain wholemeal flour
1 tsp baking powder
3 tbsp cacao nibs

⅓ cup toasted and chopped hazelnuts
1 x 400g can black beans, drained and rinsed
2 ripe bananas (about 150g), peeled and sliced
4 tbsp raw cacao powder

Instructions

1. Place the dates in a bowl and add the boiling water. Set aside for 10 minutes to soften.
2. Meanwhile, preheat the oven to 180°C. Line a square baking tin (18 x 18cm) with baking parchment.
3. Sift the flour and baking powder into a large bowl, returning the husks after sifting. Stir in the cacao nibs and hazelnuts.
4. Tip the dates and their liquid into a food processor or blender along with the beans, bananas and cacao powder. Blitz together until smooth, scraping down the sides of the bowl or jug a couple of times to catch every last bit.
5. Add the puree to the flour and gently fold together, until well combined with no obvious lumps. Don't overmix or beat it or you'll end up with a flat, cakey brownie.
6. Pour the batter into the prepared tin and level it out with a spatula. Bake for 25 minutes, or until the tip of a knife inserted in the middle comes out clean.
7. Set aside to cool completely in the tin, then turn out and cut into 8 squares. If not eating straight away, store in an airtight container in the fridge for up to 3 days.

This recipe is taken from "The Plant-Based Diet Revolution: 28 Days to a happier Gut and a Healthier You", by Dr Alan Desmond and Bob Andrew. Published by Yellow Kite

Chef's tip

Black beans are the secret ingredient that make these brownies nutritious, satisfying and extra fudgy.

"Your friends will never believe that you've just added to their daily intake of legumes!"



Banana Nice Cream

Shared by Hannah O'Malley | thebetterbase.com

PREP TIME

10 mins

TOTAL TIME

10 mins

SERVINGS

4



Ingredients

6 medium-sized bananas, sliced or broken into roughly 5 pieces each
4 tbsp plant milk

2 cups fruit such as fresh or frozen berries
4 tbsp toppings such as chopped hazelnuts or pistachios, peanut butter, mint leaves, coconut flakes

Instructions

1. Place sliced bananas in a container and freeze for at least 6 hours.
2. Remove bananas from the freezer and place in a food processor with 1 tablespoon of the plant milk. Using a small amount of plant milk is the trick as you don't want the nice cream to go too runny.
3. Blend for a short time until smooth, adding a few drops of plant milk at a time until you reach the right consistency.
4. Scoop into bowls, add a side of fresh or defrosted berries, and garnish with optional toppings.

Chef's tip

You can also add the fruit or toppings to the blender at step 2 (or 2 tablespoons cocoa) to create different nice cream flavours such as strawberry, peanut or chocolate.

'This tastes just as good as regular ice cream but is super healthy; I love it!'





Lemon Millet Cake

Shared by Catherine Laurence | [linkedin.com/in/calaurance](https://www.linkedin.com/in/calaurance)

PREP TIME

15 mins

TOTAL TIME

65 mins

SERVINGS

12



Ingredients

¼ cup (heaped) dry millet or 1 cup precooked
12 dates, soaked in a cup of water
1 ½ cups wholemeal or spelt flour
1 level tbsp baking powder
¼ cup plant milk
6 tbsp aquafaba (see note)

1 tbsp vanilla essence
Zest of 1 lemon

For the topping:

¼ cup walnuts, chopped
1 tbsp maple syrup
¼ tsp cinnamon
Optional: 2 tbsp poppy seeds

Instructions

1. Rinse the millet, then put it in a small saucepan with 1 cup of boiling water, and simmer for 20-25 minutes, stirring occasionally, until the water is absorbed. Fluff and set aside to cool until ready to use.
2. Put the dates in 1 cup of warm water to soak for around 10 minutes.
3. Heat the oven to 180°C and line a 20cm round cake tin with baking paper.
4. Combine the flour and baking powder in a medium-sized bowl.
5. Blend together the dates with their soaking water (a hand-held blender works well).
6. Add the plant milk, aquafaba and vanilla essence to the blended dates.
7. Add the wet ingredients into the bowl with the flour and baking powder and gently combine, then fold in the cooked millet, lemon zest and optional poppy seeds.
8. Dollop the batter into the lined cake tin.
9. Combine the chopped walnuts, maple syrup and cinnamon in a small bowl and sprinkle over the cake.
10. Bake for 30 minutes at 180°C.

Chef's tip

Aquafaba is the viscous liquid from a can of chickpeas, and it is a fantastic egg-replacer. I keep 6-tbsp sized portions in the freezer to defrost when needed.

"This cake is perfect with a cup of tea or home made cocoa (simply heated oat milk with cacao powder)."





Yogi Tea

Shared by Kumbi Mukaro

PREP TIME

2 mins

TOTAL TIME

5 mins

SERVINGS

2

Ingredients

1 cinnamon stick
½-1 tsp maple syrup to taste (optional)
2 tsp whole cardamom pods
2 tsp whole cloves

2 slivers of fresh ginger
Cracked black pepper to taste
2 cups boiling water
2 cups plant milk of choice, heated

Instructions

More tips
available on
our website

1. Combine all ingredients except the milk in a teapot.
2. Add boiling water and stir well.
3. Heat the plant milk either on the hob or in the microwave until hot, and add to the teapot.
4. Allow to soak for at least 90 seconds.
5. Pour through a strainer into two mugs.

Chef's tip

Yogi tea works beautifully with oat milk although you can also make it with your choice of soy or nut milk, depending on what you like best.

"I love to start the morning with this tea. It has become a favourite for friends that visit who always ask me, 'What do you put in that tea!'"





Monster Custard

Shared by Dr Taisia Cech | thehealthstyledoctor.com

PREP TIME

3 mins

TOTAL TIME

6 mins

SERVINGS

2



Ingredients

1 cup plant milk

4 tsp cornflour

2 tsp almond butter (or alternative nut butter)

½ cup baby spinach leaves (loosely packed)

½ cup frozen blueberries

2 tsp blackstrap molasses

Instructions

1. Add the milk, cornflour, spinach and almond butter to a blender.
2. Blend on high for around 1 minute until smooth.
3. In a microwave-safe bowl, microwave on high for 1 minute, stir, and then microwave in 30-second bursts, stirring in between until thick.

This will take about another 1-2 minutes. Or alternatively cook in a small pot over medium heat, bring to the boil then gently simmer for 1-2 minutes, stirring constantly until thick.

4. Stir in frozen berries and molasses to cool it down fast for hungry tummies.

Chef's tip

Adding blackstrap molasses adds around 1mg iron to boost kids' iron intake for the day.

"This is the most reliable way I can get my kids to eat some greens; they love it!"





Tahini Date Smoothie

Adapted from recipe by Anthea Cheng | [instagram.com/rainbownourishments](https://www.instagram.com/rainbownourishments)

PREP TIME

5 mins

TOTAL TIME

5 mins

SERVINGS

2



Ingredients

½ cup plant-based milk, such as almond, soy or oat (see Chef's tip)
1 cup water (see Chef's tip)
1 frozen banana, peeled and chopped roughly

2 medjool dates, pitted
2 tsp tahini
1 tsp ground cinnamon



Instructions

1. Add all ingredients to a blender. Blend until as smooth as possible.
2. Pour smoothie into two glasses and enjoy immediately.

Chef's tip

Decrease water for a thicker smoothie and increase milk for a thinner smoothie.

"I love having this smoothie when I want something a little sweet and indulgent but healthier without a sugar spike. It reminds me of classic caramel slices."





Ginger Turmeric Latte

Shared by Dr Peter Johnston | perfecthumanfood.com.au

PREP TIME

5 mins

TOTAL TIME

10 mins

SERVINGS

1



Ingredients

½ cup soy milk

½ cup water

3-4 small dates, chopped

2 rounded teaspoons fresh ginger,
finely chopped

½ tsp ground turmeric

½ tsp cinnamon

½ tsp ground cardamom (or two pods)

1 tsp desiccated coconut

A grind of black pepper

Instructions

1. Heat the soy milk and water in a small pot over medium heat (or in the microwave) until hot but not boiling. Remove from heat.
2. Meanwhile, blend the remaining ingredients in a high-speed blender until like a paste.

3. Once these ingredients are blitzed together, add the hot liquid into the blender and blend again until frothy.
4. Pour and serve!

Chef's tip

Bear in mind that there is wide variation among plant-milks and some froth well, while others barely froth at all. I have found that Vitasoy Protein Plus soy milk froths best.

"There is a ton of research around how amazing turmeric is for health. I try to sneak some turmeric into all kinds of things."





Lemon Myrtle Stewed Pear and Apple with Sticky Caramel

Shared by Alicia Temple

PREP TIME

20 mins

TOTAL TIME

40 mins

SERVINGS

4



Ingredients

Lemon myrtle stewed pear & apple

6 apples

2 pears

1 ½ tsp ground lemon myrtle leaf*

2 tsp maple syrup

*can be replaced with cinnamon or allspice for a more traditional 'apple pie' flavour. In Australia, ground lemon myrtle leaf is available to buy online from a range of outlets, including Herbie's Spices.

Sticky caramel sauce

20 dates

½ cup soy milk

⅓ cup warm water

Vanilla cream

½ cup chilled aquafaba (the liquid from a can of chickpeas)

2 tsp maple syrup

1 tsp vanilla extract

Instructions

More tips
available on
our website

1. Soak dates in a bowl of hot water for 15 minutes.
2. Peel pears and apples and chop into even bite-sized cubes.
3. Add apples, pears, lemon myrtle, maple syrup and 1/3 cup of water to a medium-sized saucepan over a medium heat.
4. Once simmering, stir regularly until the fruit is soft and starting to show a caramel colour (about 15 minutes). Add small amounts of water to the pan to stop from sticking. Set aside once cooked.
5. Drain dates and place in a high-speed blender or food processor.
6. Pour in milk and water. Blend until it resembles a caramel consistency, adding a little more warm water as necessary.
7. To prepare vanilla cream, pour chilled aquafaba, maple syrup and vanilla extract to bowl and whip with an electric beater until soft white peaks form (about 10 minutes).

Chef's tip

Stewed pears and apples, as well as caramel sauce, can be prepared in advance and warmed up. Vanilla cream must be made just prior to serving.

"Our family loves the subtle addition of lemon myrtle, whose leaves have been used by Indigenous Australians for cuisine and medicinal purposes for hundreds of years."



Plant-based Christmas Pudding and Vanilla Custard

Shared by Jenny Cameron | wholefoodsplantbasedhealth.com.au

TOTAL TIME
8 hours + resting

Make 3-4 weeks
before Christmas

SERVINGS
20

Ingredients

Pudding:

3 cups rinsed dried fruit (e.g. one cup each of raisins, sultanas and currants)
6 medjool dates, rinsed, pitted and chopped
10 prunes, mashed and pitted
2 ½ cups water
2 tbsp brandy (optional)
1 tsp baking soda
Egg-replacer: equal to 2 eggs (use 2 tbsp ground flaxseed meal mixed with 6 tbsp water)

2 cups wholemeal self-raising flour
1-2 tsp spices (eg: cinnamon, nutmeg, ground cloves)
1 tsp vanilla essence

Custard:

6 medjool dates, chopped
4 tbsp cornflour
½ tsp ground turmeric
1 tsp vanilla essence
1 litre soy or other plant milk

Instructions

1. Place dried fruit, dates, prunes, water and brandy (optional) into a large, lidded container and place it in the fridge for 24-36 hrs. The next day add baking soda, egg-replacer, flour, spices and vanilla. Stir to combine.
2. As a lining for the pudding mix: cut open two large oven bags to form single rectangular sheets and place them overlapping, and fold over once to seal, in a large pudding basin (you can use a stainless steel pudding bowl), then place pudding mix on the oven bags lining the inside of the bowl.
3. Collect all the edges of the open oven bags (leaving room for pudding to expand) then tightly fasten the oven bag edges in the middle with string,

then fold down the gathered edges before tightly covering the top of the pudding bowl with a double sheet of foil to form a good seal.

4. Put a piece of string under the bottom of the pudding bowl and tie it in the centre at the top of the bowl; this helps you lift the hot bowl out to check water level throughout cooking.
5. Steaming in a saucepan: Place foil-covered pudding bowl in a large saucepan with enough boiling water to come halfway up the sides of the bowl. Place a low metal vegetable steamer on the bottom of the saucepan so that the pudding bowl is slightly elevated. Cover with a tight-fitting saucepan lid, replenish boiling water as necessary during cooking time.



Steam for minimum of 4–5 hrs. When cooled, remove oven bags from pudding and replace with fresh oven bags. Store pudding in the oven bags in the pudding bowl, in the fridge for up to 4 weeks.

6. On Christmas Day: Re-cover the pudding bowl with another double foil sheet to form a tight seal and re-tie string to enable easier lifting from the pudding bowl. Re-steam using the above method, for at least 2 hrs – the longer the better.

Making the custard:

1. Soak dates in enough boiling water to cover. Leave for 10 minutes then drain.
2. Use a blender or food processor to mix all ingredients together.
3. Pour into a saucepan over medium heat and bring to low boil, stirring continuously until thick.

Chef's tip

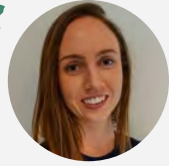
As this is a calorie-dense Christmas treat, only a small portion is required.

"My sister Lynne has been tweaking this recipe over the past few years to make it whole food plant-based."



HEALTHY PLANT-BASED MEAL PLAN

By Emily Levy, APD



SUN

BREAKFAST

Wholesome Pancakes

SNACK

Fruit

LUNCH

Chickpea Salad
+ Sautéed Greens

MON

Apple Berry
Bircher

Fruit

Creamy Pea and
Avocado Pasta

TUES

Apple Berry
Bircher

Fruit

Yellow Split Pea Curry
+ Sautéed Greens

WED

Spiced Banana
Granola

Fruit

Thai Green
Curry

THURS

Spiced Banana
Granola

Fruit

Lentil Spag
Bolognese

FRI

Spiced Banana
Granola

Fruit

Mexican Beans
on Sweet
Potatoes

SAT

Choc Berry
Porridge

Fruit

Chickpea Veggie Curry
+ Raw Greens



SNACK

DINNER

SMART TIPS

Hummus and Veggie Sticks

Creamy Pea and Avocado Pasta

Soak Apple Berry Bircher. Make Choc Beanie Brownies

Chocolate Beanie Brownie

Yellow Split Pea Curry
+ Sautéed Greens

Optional: Double curry or dahl recipes and freeze extra portions

Tahini Date Smoothie

Thai Green Curry
(double portion)

Prepare Spiced Banana Granola

Ginger Turmeric Latte

Lentil Spag Bolognese

Craving dessert? Try Banana Nice Cream, Lemon Millet Cake or Chocolate Beanie Brownies

Chocolate Beanie Brownie

Mexican Beans on Sweet Potatoes

Hummus and Veggie Sticks

Chickpea Veggie Curry
+ Raw Greens

Tahini Date Smoothie

Easy Peasy Red Lentil Dahl

Expert tips
below



FAQs

Who is this meal plan suitable for?

This meal plan provides an example of a generic whole food plant-based (WFPB) meal plan suitable for adults. As nutrient requirements change over the life cycle, we recommend obtaining personalised advice from an Accredited Practising Dietitian for more specific advice.

How do I know I am meeting all my nutrient requirements?

A WFPB is the most nutrient dense way of eating, with a focus on fruits, vegetables, whole grains and legumes. Whilst the meal plan has been developed with nutritional adequacy in mind, everyone's needs and lifestyle are different. As such it is not intended to replace individual advice.

Why can't I see the calories per meal?

We want to simplify eating, not complicate it, and a WFPB diet allows just that. Eating a wide variety of whole plant foods allows our body to self-regulate our hunger and fullness cues, so we eat when we are hungry and stop eating when we are full and satisfied.

Do I need to supplement my diet?

Yes. We recommend supplementing with vitamin B12 at a minimum. For those on a plant-based diet and avoiding iodised salt, we recommend consuming sea vegetables, such as nori or wakame, or consider supplementing with iodine. The NHMRC recommends iodine supplementation for those planning pregnancy, pregnant and lactating.

DFN Meal Plan Shopping List



Ingredients for recipes in our meal plan,
serving 2 people for one week.

LEGUMES

- 1 x 400g can black beans
- 2 x 400g tins brown lentils
- 4 x 400g tins chickpeas
- 1 x 400g tin pinto beans
- 1 ½ cups red lentils
- 1 ½ cups split yellow peas



FRIDGE/FREEZER

- 3 ½ cups frozen berries
- ½ cups frozen corn
- 1 cup frozen peas
- 2 tsp white or yellow miso
- 2 tbsp Thai green curry paste
- 200g firm tempeh



PANTRY

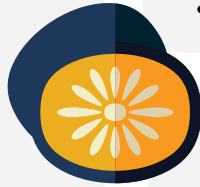
- 2 tbsp baking powder
- 4 tbsp cacao nibs
- 4 tbsp raw cacao powder
- 2 teaspoons cocoa powder
- 4 x 400g cans diced tomatoes
- 4 tsp desiccated coconut
- 1 tbsp ground flaxseeds
- ⅓ cup hazelnuts
- 2L plant milk
- ½ cup raisins
- 4 tsp sesame seeds
- 2 tsp vanilla extract
- ½ cup walnuts

WHOLE GRAINS

- 1 cup barley (hulled)
- 1 cup buckwheat
- 1 cup quinoa
- 6 cups rolled oats
- 3 cups short grain brown rice
- ⅔ cup brown basmati rice
- 1kg wholegrain pasta
- 2 cups wholemeal flour

FRESH VEGGIES

- 1 avocado
- 2 bunch of basil
- 2 broccoli
- 5 brown onions
- 1 cup button mushrooms
- 3 carrot
- 3 punnets cherry tomatoes
- 1 big bunch of coriander
- 2 garlic bulbs
- 3 inch piece ginger
- 1 green pepper
- 1 kaffir lime leaf
- 1 bunch kale
- 10 cups leafy greens (e.g. bok choy, silverbeet, spinach, or kale)
- 3 lemons
- 1 lime
- 300g okra (or 1 large eggplant)
- 1 red chilli
- 2 red onions
- 2 red capsicum (aka red pepper or bell pepper)
- 4 cups spinach or rocket or a mix
- 8 spring onions
- 6 sweet potatoes
- 4 tomatoes
- 4 zucchinis



FRESH FRUIT

- 3 apples
- 8 bananas
- 36 fresh medjool dates
- 2 oranges



Plus 14 serves of assorted fruits for snacks, e.g.

- berries
- cherries
- kiwifruit
- mango
- papaya
- peaches
- plums
- figs
- lemons/limes
- oranges/mandarins
- pears
- pineapple
- melons

CONDIMENTS

- 4 tsp balsamic vinegar
- dried spices (black pepper, cumin, garam masala, garlic powder, cinnamon, cardamom, ground ginger, Italian herbs, mixed spice, nutmeg, onion powder, paprika, turmeric, white pepper)
- 1.5L low sodium broth or homemade vegetable stock (or substitute water)
- 100ml maple syrup
- 1 cup nutritional yeast
- ½ cup rice wine vinegar
- 6 tsp tahini
- 3 tbsp tamari or soy sauce
- ⅔ cup tomato puree

For more recipes, info and plant-based cooking tips and FAQs, visit doctorsfornutrition.org/recipes

Tips and tricks

Cooking and eating plant-based can be a little confusing to start with, so I have answered common questions, and provided a shopping list to make it easy! You can also find plenty more info on the Doctors For Nutrition website. Here are a few of my last tips for success:

- Add leafy greens! Many of these recipes are perfect served with a large handful of leafy greens, for example baby spinach, mixed lettuce leaves or kale.
- To enhance iron absorption, try and add a source of vitamin C at each meal. Think a squeeze of lemon, a handful of berries, or some vitamin C rich veggies like capsicum or broccoli.
- Include daily superseeds! A tablespoon or two daily of ground flaxseeds, chia seeds or hemp seeds is a great way to include plant-based omega-3s in our diet. Try them sprinkled on your breakfast, or add them to a salad.
- Nuts are great- but don't go nuts! Nuts are packed full of nutrition, but are also calorie-dense. For optimal weight loss, it is best to reduce your consumption. We love adding a couple of brazil nuts daily for an extra nutrient boost!
- Still feeling peckish? Snack on fruit, veggie sticks with hummus, apple pie energy bites, homemade popcorn, edamame, roasted chickpeas or a handful of nuts.

We would love to see your creations on social media - tag us @doctorsfornutrition.


Have fun and happy cooking!

Emily Levy, Accredited Practising Dietitian



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NOURISHING, TASTY RECIPES DESIGNED TO MAKE HEALTHY EATING EASIER

Doctors For Nutrition is an independent Australian health promotion charity with a vision of a society and healthcare system that embrace evidence-based nutrition solutions to help people optimise their health and quality of life.

We have teamed up with a range of dietitians, doctors and other plant-powered people to curate a set of simple yet delicious recipes.

Cooking For Nutrition is your go-to guide for experiencing the best whole food plant-based meals. With sensational dishes made from whole grains, legumes, fruit and vegetables, this book promises to bring new ideas and flavours to your kitchen whilst keeping health at the fore. Whether you are looking to start with one plant-based meal per day or are a seasoned plant-based eater, we are sure you'll find some new favourites within.

For more information, recipes and resources, head to:
doctorsfornutrition.org

To make a donation to support our charitable work, please visit:
doctorsfornutrition.org/support

On behalf of the team at Doctors For Nutrition,
bon appétit!

