

BEGINNER'S, PLANT BASED RECIPES

By ZestForever.com

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Recipes





LOADED VEGGIE PIZZA

Ingredients

- For the bases
- 2.5 cups wholemeal or white spelt flour
- 1 cup warm water
- 2 tbsp coconut sugar
- 2 ¼ tsp active, dry yeast powder
- 1 ¼ tsp fine salt
- For the garlic and chili oil
- 1 chili pepper finely sliced
- 4 cloves garlic crushed
- 4 tbsp of olive oil or, you can melt coconut oil to use
- For the tomato sauce
- 1 400 g can tomatoes
- 1 tbsp balsamic vinegar
- 2 tbsp tomato paste
- 1 tsp oregano
- 1 tsp basil
- 2 cloves crushed garlic
- salt and pepper
- Continued....

Toppings

(toppings are for 4 people. If you are freezing some of your dough, then just amend the amount of toppings you prepare)

- 400 g block plain tofu chopped into 1cm cubes
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 1 large orange or green bell pepper, sliced
- 1 large white onion, sliced thinly
- 1 large red onion, sliced thinly
- 400 g of fresh or frozen spinach. You will need to lightly steam fresh spinach to wilt it. Once cooled squeeze at as much excess moisture as possible with your hand over the kitchen sink. Frozen spinach will need to be defrosted, then also moisture squeezed out.
- Dried oregano
- Dried thyme
- Salt and pepper

Instructions

For the dough

- In a large bowl, add your lukewarm water and sprinkle your yeast and sugar on top. Mix and leave to stand for 10 minutes until it bubbles. This activates your yeast, thus allowing your dough to rise.
- Now add half your flour and salt. Mix with a wooden spoon until a dough forms. Add the rest of your flour and mix until you have a bread dough type consistency. You may need to add more flour or water to obtain this, but you need it to form a ball of dough that you can knead.
- Flour a large surface and knead your dough for at least 5 minutes (see video on how to knead if you aren't sure how). OR, use your food mixer to do this whole process. You will need to use your dough hook and allow to mix on a medium setting for 3-5 minutes. If you are using a mixer, then let your yeast mixture activate in the bottom of your mixing bowl instead.
- Make sure your dough is tacky to the touch, but not sticking to your hands. Add more flour if this is the case.
- Once your dough is properly kneaded, transfer to a lightly oiled mixing bowl. Cover with a tea-towel and leave in the warmest spot in your house for about half an hour (or, the amount of time it takes to prep the rest of your pizza ingredients).
- Now prep everything else.

Instructions cont..

For the garlic and chili oil

- Mix your finely chopped chili, crushed garlic and olive (or melted cocounut) oil in a small bowl and leave to infuse.

For the tomato sauce

- Whizz all your tomato sauce ingredients together in a high spped blender for about 1 minute, or until smooth. Set aside.

Pizza construction

- Pre-heat your oven to highest setting. We need to recreate a hot pizza oven.
- Prepare a large baking tray by lining it with tin foil, then spraying foil with a fine layer of oil.
- You will need to use a sperate baking tray for all pizzas (unless you want to wait until your first ones have baked, then re-use the baking trays. It will save you time not to do this as it's better to have the next pizza ready to put in the oven.
- If ypu have a hot oven then you may be ablw to bake 2 pizzas at a time (maybe for slightly longer). Be sure to put your pizzas pretty high in your oven.
- Grab your dough and divide it into 4 pieces. You may wish to halve these pieces for children.
- be perfect and even a oblong pizza works.
- Carefully as you can, transfer your rolled dough onto your pre-lined and oiled baking tray.

Instructions cont..

- Now spoon about 2-3 tbsp of your tomato base onto your dough and smooth it all over right to the edges.
- Now you are ready to top. Start with your peppers and arrange them prettily on your pizza. Do the same with your onion slices. Do not be afraid to load this pizza up, it can take it because the veggies shrink during cooking.
- Now tear small pieces of your spinach up and squish blobs of it in-between your other veggies.
- Add your tofu chunks, sprinkling them randomly over your pizza (make sure they don't roll off too easily by pushing them in slightly).
- Finally, crack salt and pepper, thyme and more oregano over the top. Drizzle with your garlic and chili oil.
- Whack onto the top shelf of your pre-heated oven for around 20-25 minutes. Times will vary slightly, depending on how hot your particular oven gets. Keep checking until you can see it is quite well done. Don't under bake as you will need to make sure the base is fully cooked in the middle.
- Remove from oven and gently use a fish slice between the tin foil and the pizza to gradually remove. Go around every edge with your fish slice until it is loose, then push onto a serving plate.
- Cut with a pizza slice or scissors into 6-8 pieces. Serve with chili oil, oregano and tobasco.



EGGY BREAD MADE WITH CHICKPEA FLOUR

Ingredients

- 4 slices white or brown sourdough bread (breads with seeds and savoury flavours will not work well if you're making sweet eggy bread).
- ¼ cup + 1tbsp chickpea flour
- 1 cup plant milk (do not use plant milks with added sugars, fruit juices or sweeteners if you're making savoury eggy bread).
- 2 tbsp nutritional yeast (use this only if you're making savoury eggy bread).
- Salt and pepper
- Oil and butter to fry coconut oil is nice when making a sweet version.
- Sides to serve see list below or on post
- 1 heaped, tbsp flax or chia meal for 'egg'
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Instructions

- Start by mixing your flax or chia meal with half your milk and leave to stand for 10 minutes.
- Now add your chickpea flour to a small bowl and gradually mix in your milk. Be sure to only add a little at first to mix to a paste, otherwise your mix will be lumpy.
- Add the rest of your ingredients and whisk thoroughly with a fork.
- Now you will need to put half your mix into a flat bowl. You will need to use a bowl wide enough to fit a whole slice of bread as you will need to be able to soak it for about a minute each side.
- Lay your first piece of bread into the eggy mix and leave for 1 minute.
- Meanwhile, get your frying pan on to heat with your oil and butter of choice. If using both, do a half and half split. Do not over-heat. Keep your pan on a medium heat throughout the whole cooking process.
- Turn the bread that is in the eggy mix over and repeat process on other side.
- Now add to your soaked bread to the hot pan and immediately get your other piece of bread into the eggy mix. Repeat the same process and add to your hot pan. Spoon over any remaining egg mixture onto both pieces of bread whilst they are in the pan (before they have been turned over). Don't worry if it spills over the sides and into the pan. This just makes it tastier, with more body.

Instructions cont..

- Whilst your first 2 pieces of bread are frying on one side, tip the remaining egg mix into your flat bowl and start the process on your other slices of bread.
- Don't forget to keep an eye on your French toast that is already frying. You will want to flip it gently when it is golden brown and fry the other side whilst your other slices of bread are soaking.
- You will need to either keep warm your already cooked slices of French toast, OR serve straight away whilst the others are frying.
- Serve with toppings of choice.
- This can be sausages, bacon, maple syrup, tofu scramble, vegetables or peanut butter for a savoury version.
- Or. maple syrup, other syrups, icing sugar, chocolate spread, fried banana, grilled peaches, plums or figs, yogurt, granola or blueberry sauce for a sweet version.



CHOCOLATE-CINNAMON CHILI

Ingredients

- 500 g plant based mince substitute we like ProFusion Pea & Fava
- 1 medium onion chopped
- 1 cup sweetcorn kernels (frozen, fresh or tinned)
- 1 can black beans
- 1 can kidney beans
- 3 x 400 g cans chopped tomatoes
- 2-3 medium white potatoes chopped into 1/2 inch cubes
- 1 green or red chili pepper finely sliced
- 2 cups vegetable stock
- 3-4 tablespoons tomato paste
- 25 g dark chocolate 70% cacao solids
- 2 tablespoons tamari or soy sauce
- 6 cloves fresh garlic crushed
- 2 tablespoons cinnamon powder
- 1 tablespoon chili powder or to taste
- 4 tablespoons of tomato paste
- 2 tablespoons paprika
- 2 tablespoons cumin ground

Instructions

- Prepare your plant based meat substitute (if you need to). Some need hydrating first if they are in the dry packet form.
- At the same time, get your brown rice on to cook as it takes up to 40 minutes. The nuttiness of brown rice works well with this dish.
- Get your 1/2 inch, cubed potato on to steam. You will need to steam these as they are too small to boil and will probably fall apart. You want them pretty much fully cooked before you add them to your chili, but don't over-cook them or they will fall apart. If they are cooked before you have prepared the rest of your chili, just turn off heat, take steamer lid off and leave.
- In a large, non-stick saucepan or frying pan, add a dash of hot water and start sweating off your onions and fresh chili. You can use oil for this, but we are trying to keep this meal as oil free as possible for health reasons. This dish works perfectly well by cooking with water, just make sure you keep your hot kettle of water by you so you can keep adding more splashes as you go to prevent sticking.

Instructions cont..

- After 5 minutes of sweating down onions, add your plant based mince, tomato paste and all spices except garlic. Fry for about 6-7 minutes to really infuse the flavours of the spices into your plant based meat. You also might want to get a bit of a browning crust on the meat too.
- Add tamari, garlic and stock. Mix well.
- Add your dark chocolate, black beans, sweetcorn and kidney beans, stirring well until chocolate is melted.
- If your potatoes are ready, add them to your chili, but stir in very carefully in order not to break them up.
- Add more stock if the chili is too dry (this will depend on the type of meat substitute you have used).
- Adjust flavorings and spices if you need to.
- Serve with your sides of choice!

HIGH PROTEIN GRANOLA

With Fat Burning Ingredients!



Ingredients

- 250 grams of buckwheat grouts (you can buy these in most supermarkets or health food stores). These are very important because they are a highly nutritious and full of protein and fiber. They are actually a seed not a grain, so are gluten free too. They are also an immune booster with a full array of B vitamins. You can just use these alone if you want a lower carb granola, or you don't want to add oats – but oats *do* bulk it out.
- 250 grams of jumbo oats
- 1 cup of chopped raw walnuts
- 2/3 cup of chopped raw almonds
- 1/3 cup of chopped raw Brazil .
- 1 cup of coconut flakes or desiccated coconut
- 1 cup of chopped dates
- 2/3 cup of sultanas
- 15 x chopped unsulphured apricots
- Goji berries (optional, but taste great)
- 1 x heaped tablespoon of ceylon cinnamon powder (to help with lowering blood sugar for the whole day).
- 2 x teaspoons of ginger powder
- 2/3 cup of cacao nibs
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Instructions

- Heat your oven to 180 degrees Celsius
- Mix the buckwheat grouts and jumbo oats together and add to a large pan (or 2 smaller ones)
- Bake for about 15 mins, take out and give another mix, then return and bake for a further 10 or so minutes until going slightly brown or golden. You want a nutty effect, but not burnt.
- Take out, leave to cool, then simply add in all the other ingredients and mix well. It's important you keep all the other ingredients in their raw state as this will keep the nutritious oils and antioxidants stable – you want this to be a virtually 'raw' breakfast as pure raw foods just give you more energy in general.
- Next, store in a large mason jar or other airtight container and it will keep for weeks (probably longer, but mine never hangs about that long).

HEARTY, YELLOW SPLIT PEA SOUP



Ingredients

- 500 g pack of dried yellow split peas
- 1 medium sized sweet potato
- 1 large white onion
- 4-5 medium carrots
- 1-2 cups fresh chopped parsley
- 2 tbsp vegetable boullion powder
- 1-2 tsp turmeric powder
- 1 tsp paprika
- Black pepper to taste
- Roughly 1lt water

To serve

- Chopped parsley
- Crusty roll/bread

Instructions

- Start of by getting your split peas off to cook by boiling them in fresh, salted water. Make sure they are well covered by water the whole time. You will need to cook these for a bout half an hour OR to packet instructions. You should stop boiling about 10 minutes before they are ready so they are slightly al dente.
- You lentils will need about 35 minutes to cook, so wait 15 minutes before you begin the next steps.
- Dice your onion quite chunkily and add to a large saucepan. Fry in a little water for about 5 minutes to soften. You do not need any oils for this soup, but feel free to fry your onion in oil if you prefer (it makes no difference to the taste anyway).
- Get your kettle on to boil with filtered water, ready to add to your soup.
- In the meantime, chop up your carrots and sweet potato into smallish cubes and add to the saucepan with your onions. Fry for a further few minutes. Add your bouillon powder OR mix it in with your water first. In which case don't add it yet, wait until you add the water part of the recipe.
- Now add the hot water and bring to a simmer (you will need roughly enough water to cover for now). Let simmer for about 10 minutes before adding your almost cooked yellow, split peas.

Instructions cont...

- You will now need to cover and simmer again on a very low heat until everything is tender. Make sure the water is covering your ingredients by about 1/2 an inch the whole time. This will give you the best texture soup at the end. Be sure to keep adding more hot water if you need to as it will evaporate a little.
- Taste test to make sure that everything is soft.
- Now it's time to get your split pea soup to the texture you like. Half mashed is best and we do this with a potato masher. Crush your soup up with the masher whilst it's still in the pot. You want to leave texture, so don't go too far. BE VERY CAREFUL not to burn yourself whilst mashing into the soup as it will splash. Mash very gently.
- Alternately, you can add half to a food processor and whizz until smooth, then add back to the soup.
- Once mashed, add your turmeric, paprika, black pepper and half of your chopped parsley. Stir well.
- Serve with a delicious crusty roll and extra fresh parsley on the top.

TOFU FRIED RICE, PEAS & CORN



Ingredients

- 400 g block of firm pressed tofu
- 3 cups of cooked brown rice any kind
- 1 medium white onion chopped finely
- 1 red bell pepper chopped into small cubes
- 1.5 cups of frozen peas
- 1 cup of sweetcorn kernels
- 2 cloves of fresh garlic crushed
- 2 tsp of turmeric powder
- 1 teaspoon of paprika
- 4-5 finely sliced spring onions to serve
- Tamari or soy sauce to taste
- Black pepper

Instructions

- Pre-cook your rice as per packet instructions for about roughly 4 servings
- Prepare your tofu by taking out of the packet and squeezing excess water out over your sink. The best way to do this is in between the palm of your hands, unless you have a tofu press. Next, put your block of tofu on a chopping board and use a potato masher to mash it down into a scrambled egg like texture. Do not over-mash. One mash on each area is usually enough because you don't want it to be too mushy. Keep in some texture!
- In a large, non-stick frying pan heat a couple of tablespoons of water
- Add your chopped onion and saute until translucent. Add more hot water to prevent sticking or browning too much as you go along.
- Add your bell pepper, peas, sweetcorn, crushed garlic, turmeric powder, paprika, a good crack of black pepper, and 2 x tablespoons of tamari or soy sauce and soften everything for a few minutes. Add more hot water if you need to, but be careful not to make the whole thing too wet at this point.
- Once you veggies are softened, add your rice last, along with your spring onions and heat through. You may need to check spices and adjust flavourings at this point.
- Serve with more tamari/soy sauce .



BRITISH PUB CURRY

Ingredients

- 4 fist size potatoes skinned and cut into about 4-6 pieces each
- 4 medium carrots sliced into 1cm slices at an angle
- 1.5 cups frozen green peas
- 1 head of medium cauliflower cut into florets
- 2 medium thickly sliced, white onions
- 1 head of broccoli cut into florets
- 2 heaped tbsp of medium OR hot curry powder depending on your preference
- 2 heaped tsp of turmeric
- 15 cardamon pods crushed, then seeds taken out and crushed
- 1 heaped tsp ginger powder OR thumb sized piece of fresh, grated ginger
- 2 tsp vegetable bouillon
- 1.5 tbsp soy or tamari sauce
- ½ can of low fat coconut cream or 1 x cup of sugar free soy milk for low calorie version. Homemade cashew milk for whole foods plant based
- 1 tsp tomato paste
- 1-2 tsp of coconut or brown sugar
- 2.5 roughly cups water
- TO SERVE OPTIONAL
- Brown rice
- Chopped mango

Instructions

- If you aren't using pre cooked rice, then get your brown rice on to cook. Basmati goes well with this dish, but it really is about personal preference.
- Next, peel and chop your potatoes into about 16 pieces. Get them into your steamer and begin to cook. You will need these fully cooked before you add them to your curry, but don't over cook or they will break up when you mix them in.
- Next, slice your onions thickly and start to soften on a medium heat in a very large, non-stick saucepan. Add a little hot water to the bottom to prevent sticking, and keep adding more as it dries out. Don't let your onions caramalise too much!
- Whilst your onions are softening, slice your carrots and add to the pan.
- Soften down further for about 3 minutes.
- Meanwhile prepare your other veggies of cauliflower, broccoli, peas and garlic.
- Before you add your veggies, mix in all your spices, including your crushed garlic, coconut sugar, vegetable bouillon and lots of black pepper. Fry whilst stirring continuously for about 1 minute to bring out the flavour of the spices.
- Add 1 x cup of your water, tamari/soy sauce, and all other veggies. Cook down for about 10 minutes to soften.

Instructions cont...

- Add the rest of your water with your coconut cream and tomato paste.
- Cover and let simmer on a very low heat until your vegetables are tender (about 10 minutes). Stir often.
- At this point, you will want to adjust your spices if you need to. You will find that you may need to add more coconut sugar to get the taste right. If you get the sugar and sweetness wrong in this dish you won't get the balance you need for the spices to come alive, and it will taste pretty bad. Just add more sugar very slowly (you should only need roughly 1-2 x tsp altogether, but because curry powders can vary you will need to check for yourself).
- If your curry seems too dry, feel free to add more hot water. But don't over-do it as you want a thick sauce along with the veggies so you have something for your rice to soak up. If your curry is too runny, add some cornstarch to thicken.
- Add your pre-cooked potatoes to the curry, and fold in very gently as not to break them up.
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Instructions cont...

- Serve with your rice, chopped mango and poppadoms. There's no need to use sugary, shop bought mango sauces, because a finely chopped (or crushed), very ripe, mango is 10x more delicious and WAY healthier!
- This delicious curry will keep well in your fridge for about 3 days. In fact, the flavours get better over time, so do feel free to batch cook this and eat it for more than one meal.



TWO MINUTE ICE-CREAM

Ingredients

- 1 large or 1.5 medium sized very ripe, frozen bananas You MUST freeze your bananas in advance. It is always best to slice, then freeze in a plastic container.
- ½ cup frozen strawberries, raspberries, blueberry, pineapple or cherries. OR 1 T of smooth, nut butter if you would like a non fruity version. If making with nut butter, then you can add 3-4 ice-cubes as it will hold well and make more.
- Roughly 50ml plant milk Soy milks tend to blend better because they are higher protein. You want a smooth blend, not a grainy or icy texture. You may have to experiment with your milks.
- Maple or other sweetener Optional. If your bananas are very ripe when you freeze them then you should not need extra sweetener.
- You can add cacao powder too. Goes especially well with the peanut butter or the cherry version.
- Toppings of choice Potential topping choices are chocolate chips, desiccated coconut, fresh fruits, chopped nuts and seeds.

Instructions

- Be sure to chop and freeze your bananas beforehand. Try to use very ripe banana if you like your ice-cream sweet and gloopy textured. If not, you may need some sweetener, but very ripe bananas work best for this ice-cream.
- You can freeze your chopped banana in a Tupperware or plastic container and poke it out with a blunt knife.
- Prepare your optional toppings before you begin your ice-cream making. Chop chocolate, nuts, seeds etc on a chopping board ready to add to the finished result.
- Add about 1.5 inches of plant milk to your blender to begin with. You can always add more as you go, but try a little amount for your first attempt as you want to keep this an ice-cream texture and not a smoothie.
- Some blenders take less milk than others to make your ice-cream, depending on their brand and powder.
- Put the rest of your ingredient ON TOP of your milk. Do not put your other ingredients in first because they may stick to the bottom.

Instructions cont...

- Now whizz on full power for 30 seconds. You need to count the 30 seconds AFTER you get a full spin going. This amount of time is what makes your ice-cream as creamy as it can be, whilst still being virtually fat free.
- If you cannot get a spin going straight away, take off, undo and add a dash more milk, then start spinning again. Once you have put the blender blade back on you can bang all the ingredients down to the blade on a tea towel. This helps you to get the spin going.
- DO NOT let your blender spin for any length of time if it isn't blending properly or you may burn out your blender motor. You have to have a proper spin going so you don't risk this.
- Always stop and gently bang down, or add more milk, if you can't get a spin going.
- Once you have blended properly for 25-30 seconds you are ready to serve.
- If adding toppings, it's good to serve in a breakfast bowl so you can flatten it down like a smoothie bowl and sprinkle your toppings all over.
- Eat immediately. Do not be tempted to freeze this ice-cream because it doesn't work and goes rock hard and icy.

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