

LIVE VEGAN FOR LESS THIS SUMMER

At The Vegan Society, we're on a mission to help you create a sizzling summer BBQ menu that is tasty, healthy and low-cost at around £14 for up to four people. Enjoy!

Live
VEGAN
for less

 The
Vegan Society



£1.49
per person

Starter

TOFU VEGETABLE SKEWERS with peanut sauce

Serves: 4 people Preparation time: 20 minutes Cooking time: 15 minutes

Skewers are an all-round favourite for a BBQ and this veganised version is packed with lots of protein and veggies, making it a delicious and healthy option for any summer get-together.

Ingredients

For the skew

- 280g extra firm tofu
- 1 red bell pepper
- 1 medium courgette
- 200g button mushrooms
- 16 cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp low salt soy sauce
- 8 metal or bamboo skewers

Peanut Sauce

- 60g smooth peanut butter
- juice of ½ lime
- 1 tbsp low salt soy sauce
- 1 tsp sesame oil
- 1 tbsp maple syrup or brown sugar
- ½ tsp garlic powder
- ½ tsp ground ginger
- ½ tsp chilli flakes
- 2 tbsp boiling water

Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6. If you are using bamboo skewers, soak them in water for 30 minutes so that they don't burn.
2. Cut the tofu in 2cm cubes, chop the pepper into large chunks and the courgette into thick slices. Place them in a large bowl with the button mushrooms, cherry tomatoes, olive oil and soy sauce and toss to combine.
3. Thread the tofu and vegetables onto the skewers making sure that they all have a couple of each type.
4. Place the skewers on a baking sheet lined with baking parchment and bake for 15 minutes or until cooked to your liking.
5. While the skewers are cooking, place the peanut butter, lime juice, soy sauce, sesame oil, maple syrup, garlic powder, ground ginger and chilli flakes in a bowl and stir to combine. Add the boiling water and stir to make a smooth sauce.
6. Drizzle the cooked skewers with the sauce to serve.

The skewers can also be cooked on a barbecue for 7-10 minutes, turning them several times during cooking.

MUSHROOM LENTIL BURGERS

Serves: 4 people Preparation time: 20 minutes Cooking time: 30 minutes Chilling time: 45 minutes

Burgers are a BBQ staple. Transform these simple and inexpensive ingredients into healthy vegan burger patties for you to enjoy with friends and family.

Ingredients

Burgers:

- 1 tbsp olive oil
- 250g chestnut mushrooms
- 1 medium red onion
- 4 cloves garlic
- 1 400g tin green or brown lentils
- 50g porridge oats
- 50g dry breadcrumbs
- 2 tbsp plain flour
- 1 tbsp low salt soy sauce
- 1 tsp smoked paprika
- ½ tsp dried thyme
- Pinch of salt

To Serve

- 4 burger buns
- lettuce
- tomato
- pickles
- sauces of choice

Method

1. Roughly chop the mushrooms and red onion, peel and crush the garlic.

2. Heat the oil in a large frying pan over a medium heat. Add the mushrooms and onion and cook until all of the excess water has evaporated and the vegetables are lightly browned. Add the garlic and cook for another minute.

3. Drain the tinned lentils really well and pat dry with kitchen paper.

4. Place the lentils, mushroom mixture and oats in a food processor and pulse until finely chopped but make sure that it still retains some texture.

5. Transfer to a bowl and stir in the breadcrumbs, flour, soy sauce, smoked paprika, thyme and salt.

6. Divide the mixture equally into 4 and shape each portion into a patty.

7. Place the patties on a parchment lined baking sheet and refrigerate for 45 minutes.

8. Meanwhile, preheat the oven to 200°C/180°C fan/gas mark 6.

9. Bake the burgers for 30 minutes, flipping them halfway through cooking.

10. Serve the cooked burgers in buns with lettuce, tomato, pickles and your choice of burger sauce.

The burgers can also be part cooked in the oven for 15 minutes then finished off on a barbecue.

Main
course

£1.05
per person





£0.96
per person

Dessert

VEGAN PEACH COBBLER

Serves: 4 people Preparation time: 15 minutes Cooking time: 30 minutes

This vegan peach cobbler recipe is summer in a bowl! Supermarket desserts can be expensive, but this makes for a perfect mixture of sweet and crunchy and can be easily put together with minimum cost and effort.

Ingredients

- 2 x 410g tins sliced peaches in juice, drained
- 100g light brown sugar
- 1 tsp ground ginger
- 150g plain flour
- 1 tsp baking powder
- ½ tsp ground cinnamon
- 80g vegan butter or spread, plus extra for greasing
- 4 tbsp soy milk
- Pinch of salt

Method

1. Heat the oven to 180°C/160°C fan/gas mark
4. Grease an approx. 24 cm round baking dish with a little vegan spread, then lay the drained peach slices in the base. Sprinkle with 2 tbsp of the sugar and the ground ginger, mix and set aside.
2. Place the flour, remaining sugar, baking powder, cinnamon and a pinch of salt in a bowl. Stir to combine, then add the vegan butter or spread, rub it in using your fingertips until the mixture resembles breadcrumbs and no lumps of fat remain. Add the soy milk and stir to make a thick but scoopable dough.
3. Spoon the dough in dollops on top of the peaches, creating a good covering, but leave some gaps for the dough to spread into. Bake for 30 minutes, until golden and bubbling.
4. Serve and enjoy!

Visit vegansociety.com/liveveganforless for recipes, blogs and tips to ensure you get the most out of your budget.

Follow us on socials to stay in touch and follow our campaign hashtag **#LiveVeganForLess** for more updates.



TheOriginalVeganSociety



TheVeganSociety