

FAKEAWAY FAVOURITES

Craving a takeaway? At The Vegan Society, we've created a **three-course fakeaway menu packed with flavour that is affordable and delicious at around £17 for up to four people. Skip the delivery fee and bigger price tag and tuck in!**

Live
VEGAN
for less



Starter

CRISPY CAULIFLOWER 'WINGS'

Serves: 4 Preparation time: 5 minutes Cooking time: 20 minutes

Ingredients

- 1 medium cauliflower (approx 450g)
- 2.5 tbsp cornflour
- 150g all-purpose flour
- ½ tsp baking powder
- A pinch of salt
- 300ml chilled sparkling water (or vegan-friendly, alcohol-free beer)
- 750ml vegetable oil for frying

Method

1. Chop the cauliflower florets from the stem and boil for 5-7 minutes (until 'al dente').
2. Drain, rinse with cold water and set aside.
3. Mix together the flour, cornflour, salt and baking powder.
4. Add the sparkling water (or alcohol-free

beer) and whisk with a fork or hand whisk to combine.

5. Heat the vegetable oil in a deep pan on medium heat – test when the oil is ready by dropping a small amount of batter into the pan. If it bubbles on contact, the oil is hot enough to fry with.

6. Use a fork to dip one cauliflower floret at a time into the batter mix before carefully transferring it into the oil.

7. Repeat this process with the other florets, ensuring not to overcrowd the frying pan. Each floret should take approximately 1 minute to fry.

8. When golden brown, remove cauliflower florets from the oil using a slotted spoon and place aside on a piece of kitchen roll to allow excess oil to soak away.

9. Serve with your favourite dipping sauce.

PERI PERI TOFU WITH GOLDEN RICE AND SALAD

Serves: 4 *Preparation time: 10 minutes* *Cooking time: 30 minutes*

Ingredients

For the peri peri tofu

- 1 large block of firm tofu (approx 400g)
- 1 medium red onion
- 1 tbsp rapeseed oil
- 2 tsp smoked paprika
- 2 tsp chilli flakes
- 4 cloves of peeled garlic
- 2 red bell peppers
- 5 small red chillis
- Juice of a lime
- 4 tbsp white wine vinegar

For the rice

- 1 tbsp rapeseed oil
- 2 cloves of garlic, finely chopped
- ½ medium finely chopped red onion
- 150g mixed frozen vegetables
- 300g long-grain rice
- 750ml vegetable stock (1 stock cube)

For the side salad

- 2 large ripe chopped tomatoes
- ½ chopped cucumber
- ½ finely sliced red onion
- ½ small jar of chopped sundried tomatoes, plus 50ml of the oil

Method

1. Add the salad vegetables to a bowl with the oil from the sundried tomatoes and toss to combine.

2. Add 1tbsp rapeseed oil to a frying pan on medium heat.

3. Roughly chop 1 red onion and slice the red peppers before adding them to the hot oil. Cook for 5 minutes until softened and lightly browned.

4. Add the paprika, chilli flakes and 4 peeled cloves of garlic and cook for a further 2 minutes.

5. Remove the mixture from the heat and add to a blender cup with the red chillis, lime juice and white wine vinegar. Blend to form a paste.

6. Chop the tofu into small cubes and stir in the marinade, then place to one side.

7. Add 1 tbsp of rapeseed oil to a deep pan on medium heat.

8. Finely chop ½ of an onion and garlic, then cook for 5 minutes in the pan until the onion begins to soften.

9. Add the uncooked rice, frozen vegetables and vegetable stock to the onion mix, stirring well. Bring to a simmer and cook for 12 minutes with the lid on.

10. Remove the pan from the heat and let the finished rice sit for 5 minutes. Whilst waiting, fry the marinated tofu in the frying pan or air fryer.

11. Plate up the cooked tofu and fluffy fragrant rice with the side salad.



Main
course



Dessert

CARAMELISED BISCUIT CHEESECAKE POTS

Serves: 4 Preparation time: 15 minutes Cooking time: 45 minutes

Ingredients

For the cheesecake

- 100g digestive biscuits
- 35g vegan butter or margarine
- 135ml plant-based double cream
- 150g vegan cream cheese
- 2 tsp granulated sugar
- 30g icing sugar
- 2 tbsp caramelised biscuit spread

For the topping

- 35g crushed caramelised biscuits
- 1 tbsp caramelised biscuit spread, melted

Method

1. Crush the digestive biscuits.
2. Melt the vegan butter and combine thoroughly with the biscuits.

3. Press the biscuit mixture into 4 individual ramekins or a small lined cake tin and leave to chill for 45 minutes.

4. In the meantime, take a fork and thoroughly whisk together the icing sugar, cream cheese and granulated sugar - put to one side.

5. Whisk the double cream with a hand whisk or mix thoroughly in a protein shaker, until it begins to stiffen.

6. Add the whisked cream to the cream cheese mix and combine thoroughly.

7. Add 2 tbsp biscuit spread to the cheesecake mixture, stirring until a stiff texture is achieved.

8. Spoon the finished cheesecake mixture over the biscuit bases.

9. Top with crushed biscuits and melted biscuit spread and leave in the fridge to chill. dough mixture.

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