



FAMILY FAVOURITES

At The Vegan Society, we've crafted a **tasty three-course menu that's big on flavour and kind on your budget at £17 for up to six people** - perfect for busy families. Tuck in and enjoy!

Live
VEGAN
for less

 The
Vegan Society



Starter

CHERRY TOMATO TARTLETS

Serves: 6 Preparation time: 15 minutes Cooking time: 15 minutes

Ingredients

- 2 tbsp olive oil
- 300g cherry tomatoes
- 1 red onion
- 2 cloves of garlic
- 3 tbsp tomato puree
- 45g walnuts
- 1 roll of vegan-friendly puff pastry

To serve

- Fresh basil leaves
- Balsamic drizzle or glaze

Method

1. Pre-heat the oven to 220°C.
2. Cut the cherry tomatoes in half and finely chop the onion and garlic.
3. Heat the olive oil in a pan on medium heat, add the chopped onion and fry until soft (approximately 5 minutes).
4. Remove the pan from the heat and stir in the

garlic, tomato puree, and cherry tomatoes until combined.

5. Roll the puff pastry sheet onto a baking tray and score with a knife into six equal pieces.

6. Place the cooked tomato mix into the centre of each section, leaving space around the edges for the pastry to rise.

7. Roughly crush the walnuts and sprinkle onto the tarts.

8. Bake tartlets in the oven for 15 minutes, until the pastry has risen and is golden brown.

9. Serve the tarts and garnish with fresh basil and a drizzle of balsamic glaze.

Top tips

These tarts are also delightful cold, and can be kept in the fridge for up to 3 days.

Buying a potted basil instead of basil leaves and re-planting it into a bigger container means your basil will last longer, and continues to grow ready for new recipes!

TOFU CURRY

Serves: 4-6 Preparation time: 5 minutes Cooking time: 30 minutes

Ingredients

For the tofu marinade

- 6 tbsp unsweetened soya yoghurt
- 2 tsp ground coriander
- 1 tbsp garam masala
- 1 ½ tsp chilli powder
- 450g extra firm tofu

For the curry sauce

- 2 brown onions
- 2 thumb-sized knobs of fresh ginger
- 4 garlic cloves
- 200g unsweetened soya yoghurt (can also be subbed for equal amount of condensed coconut milk or oat cream)
- 1 tsp chilli powder
- 1 tsp ground coriander
- 1 tsp garam masala
- 500ml tomato passata
- 2 tbsp tomato puree

For everything else:

- Your choice of wholegrain rice (approx. 300g uncooked) or 4 naan
- Handful of fresh coriander to serve

Method

1. Following on from cooking your starter, turn down the oven to 180°C fan.
2. Prepare the tofu marinade by simply mixing everything, except the tofu, into a bowl until smooth.
3. Slice the tofu into even-sized cubes and

place in the marinade bowl. Mix around carefully to fully coat the tofu, before transferring to a baking tray and spreading the tofu cubes out evenly. Be sure to pour any leftover marinade on top.

4. Place the tofu in the oven and set a timer for 25 minutes, whilst you continue with the rest of the instructions.

5. To make the curry sauce, slice the onions and garlic, and grate the ginger. Place in a frying pan on high heat, along with a little oil or water to prevent burning or sticking. Cook, stirring every few minutes, for 10 minutes.

6. If using rice, cook according to packet instructions.

7. Once the onion, garlic and ginger have browned slightly, mix in the yoghurt, spices, passata, and tomato puree.

8. Place a lid on top of the pan to prevent spitting whilst you allow it to simmer for 15 minutes, stirring occasionally.

9. Once the timer for the tofu goes off, the tofu chunks should now be golden and slightly crisp. Turn the heat down on the curry sauce to medium, remove the tofu from the oven and mix into the curry sauce.

10. Just before serving, if using naan, place these in the oven and cook according to packet instructions.

11. Plate up your curry, along with your rice or naan and a sprinkle of fresh coriander, and enjoy!

*Main
course*





Dessert

BLACK FOREST CHOCOLATE POTS

Serves: 4-6 **Preparation time:** 10 minutes **Allow an additional 2 hours to cool in the fridge**

Ingredients

- 300g silken tofu
- 200g vegan-friendly dark chocolate
- 100g frozen dark cherries

Method

1. Place squares of dark chocolate into a small pan on the hob on very low heat. Stir continuously until melted and glossy.
2. Add the silken tofu into a blender cup.
3. Add the melted chocolate and 80g of the dark cherries to the tofu.

4. Blend until smooth. You may have to blend more than once, scraping the sides of the blender cup with a spatula to incorporate all the chocolate before blending again.

5. Divide the mixture into four ramekins and top with the remaining cherries.

6. Chill for at least 2 hours, and then serve.

Top tip

If you have a sweeter tooth, you can replace the dark chocolate for a vegan-friendly milk chocolate.

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

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