

CUPBOARD CLASSICS

A well-stocked cupboard can go a long way, that's why we've created a **tasty three-course menu using everyday staples that is filling and affordable.** Serving up to six people for only **£8**, this menu is perfect for sharing!

Live
VEGAN
for less



Starter

SAVOURY SWEETCORN MUFFINS

Serves: 4 Preparation time: 10 minutes Cooking time: 25 minutes

Ingredients

- 70g self-raising flour
- ½ tsp baking powder
- A pinch of baking soda
- ½ tsp curry powder
- ¼ tsp turmeric
- ¼ tsp chilli flakes
- ½ tsp ground coriander
- A pinch of salt
- 125ml unsweetened soya milk
- 25ml olive oil
- ½ tsp white wine vinegar
- 40g tinned sweetcorn (drained weight)
- 50g shredded carrot (½ medium carrot)

Method

1. Preheat the oven to 180 °C.
2. Sieve the flour into a large bowl, then add all the other dry ingredients (baking powder,

baking soda, curry powder, turmeric, chilli flakes, coriander and salt) and mix thoroughly.

3. Add the wet ingredients (soya milk, olive oil, white wine vinegar, sweetcorn and carrot) and mix thoroughly to form a stiff batter.

4. Line a muffin tray with 4 paper muffin cases, or grease the trays with a little olive oil, and split the muffin mix equally across the cases. Bake for 25 minutes.

5. Leave the muffins to cool for 5 minutes and serve warm.

6. If you have any salad vegetables in the fridge, plate them up as a side salad with a splash of zingy dressing.

Tips

A small loaf tin can be used instead of a muffin tin and these muffins are also delicious eaten cold. For leftovers, simply double (or triple) the quantities!

MIXED VEGETABLE AND CHICKPEA PAELLA

Serves: 4–6 Preparation time: 5–10 minutes Cooking time: 25 minutes

Ingredients

- 1 large carrot (150g)
- 1 medium onion
- 1 tbsp rapeseed oil
- 2 tsp smoked paprika
- 1 tsp dried thyme
- 1 tsp garlic granules
- 300g risotto rice (dry weight)
- 1 vegetable stock cube, made up to 750ml
- 1 tin of chopped tomatoes (400g)
- 1 tin of chickpeas (400g)
- ½ large tin of garden peas (or 80g frozen peas)
- 1 tsp dried parsley
- Salt and pepper to taste

Method

1. Finely chop the onion and roughly dice the carrot.
2. Heat the oil in a pan on a medium heat, add the chopped onion and carrot and cook for

around 5 minutes to soften.

3. Add the smoked paprika, thyme, garlic granules and rice and stir for 1 minute until the grains of rice are lightly coated with oil and slightly translucent at the edges.

4. Add the vegetable stock and chopped tomatoes to the pan and stir to combine.

5. Cook uncovered for 10–15 minutes, stirring regularly until the rice is al dente and some liquid still remains.

6. Drain the tinned chickpeas and garden peas before adding them to the fragrant rice mix.

7. Place the lid back on the pan and simmer for around 5 minutes until the rice is tender.

8. Add salt and pepper to taste, then serve the paella into bowls topped with a sprinkle of dried parsley.

Top tip

Lemon juice can be added just before serving for a little extra zing.

Main
course





Dessert

CHILLI CHOCOLATE FUDGE

Serves: 4–6 **Preparation time:** 15 minutes **Cooking time:** 30 minutes minimum to cool

Ingredients

- 125g pitted dates
- 150g dark chocolate
- 70g smooth almond, peanut or cashew butter
- Pinch sea salt
- ¼ level tsp chilli powder (can adjust to ½ tsp for a little more heat)

Method

1. Start by soaking the pitted dates in boiling water for 5 minutes or until soft.

2. Once softened, drain the water from the dates and transfer them into a high-speed food processor or blender, along with the nut butter of choice, salt and chilli powder. Blitz until a thick and sticky date paste has formed.

3. Break up the dark chocolate in a microwavable bowl and heat in the microwave until fully melted and smooth.

4. Pour the melted chocolate into the food processor and blitz again until everything has fully combined and a thick, dough-like mixture has formed.

5. Line a small baking dish or rectangular lunch box with parchment paper and transfer the fudge dough, squishing it down until tightly packed. Smooth over the top with a spatula and place in the fridge for at least 30 minutes minimum. If short on time, the fudge can be placed in the freezer.

6. Once cooled and solidified, pull at the edges of the parchment paper and use a sharp knife to slice into 9–12 squares. Plate up and enjoy!

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