

SUMMER GARDEN PARTY

Celebrate the season with our three-course Summer Garden Party menu that's **perfect for picnics, outdoor gatherings and sunny days spent with family and friends.** Serving up to four people at £15, enjoy a taste of summer for less!

**Live
VEGAN**
for less



Starter

CRISPY SEITAN NUGGETS WITH MAPLE MUSTARD AIOLI DIP

Serves: 4 Preparation time: 15 minutes Cooking time: 15–25 minutes

Ingredients

- 225g seitan
- 4 sheets of rice paper
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper
- 1 tsp dried sage
- 1 tsp dried parsley
- ½ tsp cayenne pepper
- ¼ tsp dried thyme

For the Maple Mustard Dip

- 50ml soya milk
- 2 tbsp Dijon mustard
- Pinch of salt
- 2 tsp maple syrup
- 2 tsp white wine vinegar
- ½ tsp onion powder
- ½ tsp garlic powder

Method

1. For this recipe, you can either use an oven or air fryer – preheat to 200 °C.

2. Start by prepping the spices by mixing them all in a small bowl (paprika, garlic powder, onion powder, black pepper, sage, parsley, cayenne peppers and thyme).

3. Next, roughly rip the seitan apart to create strips and place these to one side.

4. Fill a large but shallow bowl with water and cut one of the rice paper sheets into quarters using scissors (they will almost look pizza slice-shaped). Submerge the rice paper sheets into the bowl of water and allow them to soften for around 30 seconds.

5. On a flat chopping board or large plate, take one of the rice paper quarters from the water and lay it out flat, careful not to rip it. Take a pinch of the spices and sprinkle them over the rice paper. Then take 2–3 of the seitan strips and place these at one edge of the rice paper triangle.

6. Carefully start to tightly roll and fold the rice paper around the seitan strip until fully covered. Repeat this until all of the strips and rice paper have been used up.

7. Once all have been rolled, place them flat on a baking tray (or in an air fryer) and spray or glaze a thin layer of oil over each nugget. Cook for 15–20 minutes until crispy on the outside.

8. Make the maple mustard dip by simply whisking all of the ingredients in a bowl until smooth and thick.

9. Once everything is ready, serve the nuggets hot or cold alongside the dip.

GREEK-STYLE CRISPY SOYA MINCE AND HUMMUS BOWL

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

Ingredients

For the soya mince

- 200g (dry weight) dehydrated soya mince
- 2 tbsp harissa paste or tomato puree
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp chilli powder

For the salad

- 1 red onion
- 200g cherry tomatoes
- 1 cucumber
- 2 carrots
- 15g fresh dill
- 15g fresh parsley
- 2 tbsp sesame seeds
- 1 lemon

For the hummus

- 1 can of cannellini beans (400g)
- 20g tahini
- 1 tsp ground cumin
- 60ml unsweetened soya milk

To serve

- 4 Greek-style flatbreads

Method

1. Start by pre-heating the oven to 180 °C and

soak (rehydrate) the soya mince according to packet instructions.

2. While the mince is rehydrating, start to prep the salad by slicing the onion into rings and set to one side. Peel the carrots and cucumber into thin strips and slice the cherry tomatoes in half.

3. Place the tomatoes, cucumber and carrots into a large mixing bowl, along with the chopped parsley, dill, lemon and sesame seeds and mix together.

4. Now drain any excess water (if any) and sprinkle the spices and harissa/tomato puree over the mince and mix everything until fully coated. Spread the mince out on a baking tray and place in the oven for 10 minutes.

5. Then make the hummus by placing all the ingredients in a small blender and blitz until smooth.

6. Prepare the flatbreads by slicing them into quarters and lightly toast them, if you would prefer, for 60 seconds or so.

7. After 10 minutes, add the sliced onions to the baking tray with the mince and bake for another 15 minutes.

8. Finally, take the baked onions from the tray and add these to the salad bowl and mix once more. Spread out a spoonful of hummus onto a plate to provide the base, layer with salad and crispy mince and finally the flatbread.

Main
course





Dessert

ZESTY LEMON GANACHE POTS

Serves: 4 **Preparation time:** 10 minutes **Chilling time:** 30 minutes minimum

Ingredients

- 300g silken tofu
- 1 lemon
- 120g vegan white chocolate bar or buttons
- A small pinch of salt
- 1 vegan-friendly digestive biscuit

Method

1. Melt the white chocolate on the hob on a low heat or in the microwave until it is smooth and glossy.
2. Slice the lemon in half and squeeze a generous amount of juice from half of the lemon into the melted chocolate and stir to combine.
3. Add the chocolate mixture, along with the

silken tofu, and a pinch of salt to a blender cup and blend until smooth.

4. Finely grate the skin of your squeezed lemon half into the pudding mixture and stir thoroughly throughout.
5. Split the mixture across 4 ramekins (or small glasses) and place in the fridge to chill.
6. Once the desserts are firm in texture, crush a digestive biscuit into rough crumbs and add an even sprinkle to each dessert pot, along with a slice of fresh lemon.

Top Tip

If you have raspberries (fresh or frozen) available, you could place a couple on top of each dessert to complement the digestive crumbs and lemon slices.

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