



# PLANT-POWERED PROTEIN

Fuel your week with a wholesome and high protein three-course menu that's full of goodness and has value in every bite at around £18 for up to six people. Dig in and enjoy!

Live  
VEGAN  
for less



Starter

## HOT AND HERBY TOFU DIP

*Serves: 6 Preparation time: 10 minutes Chilling time: 20 minutes*

*Protein per serving, dip only: 8g Served with 30g wholegrain crackers: 11g*

### Ingredients

- ½ block of silken tofu (approx 150g)
- 1 large tin of chickpeas, drained
- 2 cloves of garlic
- ½ tsp salt
- 2 tbsp nutritional yeast
- Juice of ½ lemon
- A handful each of fresh parsley and coriander
- 2 small green chillis

### To serve

- Vegetable sticks (2 carrots, cucumber and pepper) and 120g wholegrain crackers

### Method

1. Add all of your ingredients to a blender cup and blend until smooth.
2. Spoon into a bowl and chill for 20 minutes.
3. Serve with sliced veggies and wholegrain crackers.

# CRISPY TEMPEH WITH MIXED GRAIN AND LENTIL TRAYBAKE

Serves: 6 Preparation time: 10 minutes Cooking time: 30 minutes Protein per serving: 18g

## Ingredients

- 1 packet of tempeh (approx 200g)
- ½ a small jar of sundried tomatoes, including 3 tbsp of the oil
- 1 red and 1 green bell pepper
- 150g cherry tomatoes
- 1 medium red onion
- 2 large tins of green lentils
- 2 pouches of ready-to-eat mixed grains (e.g. wholegrain rice, wild rice, quinoa)
- Rocket leaves
- Mint leaves
- A small lemon

## Method

1. Preheat the oven to 200°C.
2. Blend the olive oil and sundried tomatoes (including the sundried tomatoes oil) together to make a paste.

3. Chop the tempeh into large chunks, slice the bell peppers and red onion and halve the cherry tomatoes.

4. Toss the tempeh and vegetables in the tomato paste, ensuring they are well coated and then spread across a baking dish or tray.

5. Bake in the oven for 20 minutes.

6. Remove the baking dish, drain the lentils and add them to the dish along with the mixed grains. Stir thoroughly and return to the oven.

7. Bake for another 10 minutes.

8. Finely chop the mint and slice the lemon in half.

9. Remove the traybake from the oven, plate up and serve topped with fresh mint, a handful of rocket and a squeeze of lemon.

Main  
course





Dessert

# CHILLED CHICKPEA COOKIE DOUGH

*Serves: 6 Preparation time: 10 minutes Chilling time: 20 minutes Protein per serving: 8.2g*

## Ingredients

- 25g rolled oats
- 1 can of chickpeas (400g)
- 65g peanut butter
- 4 tbsp golden syrup
- 4 tbsp soft brown sugar
- 2 tsp vanilla extract
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp salt, to taste
- 100g vegan dark chocolate chips

## Method

1. Add the rolled oats to a blender cup and pulse lightly to create a 'flour'.
2. Drain and thoroughly rinse the chickpeas in a colander.

3. Dissolve the brown sugar into approximately 50ml of boiled water.

4. Add the chickpeas, peanut butter, golden syrup, sugar mixture, vanilla extract and salt to the oat flour and blend to form a paste. You may need to pause and scrape the mixture down the sides of the blender a couple of times during this process.

5. Stir the chocolate chips into the cookie dough mixture.

6. Split the mixture between 6 ramekins.

7. Leave in the fridge to chill for at least 20 minutes before serving.

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