



Building interesting and satisfying plant-based meals

Vegetables

The hero of the plate! Get creative with colours that work for your plate and be sure to add large pieces to give structure to a dish. **Brownie points for using local and seasonal produce!** Here are our top tips:

Roasting brings out great flavour and gives vegetables a delicious texture. Experiment with style!

• **Indian style:** coconut oil, turmeric and curry spices

• **Mediterranean style:** olive oil, lemon, garlic and rosemary

• **East Asian style:** coconut oil, ginger, soy sauce and chilli

Steamed and chargrilled vegetables go perfectly with Asian flavours as well as fatty and nutty sauces.

Fritters turn vegetables into the main event. Use pulse flours and ground flax or chia seed to bind and add even more nutritional goodness!

Salads and slaws give you the opportunity to add the colours of the rainbow to your plate. You could add fermented vegetables or condiments too.



Creaminess

Convert the naysayers with rich, creamy dishes!

There is an array of plant-based creams on the market, including soya, oat and coconut options. The flavour and texture of plant-based creams can vary depending on the base and processing methods. Try experimenting with the range to find the best options for your preferences.

Coconut yoghurt is great for adding an extra dimension of flavour to your dish

Nut and seed butters are extremely versatile and serve as the core ingredients to a whole range of dips and sauces such as tahini dressing, cashew cream and peanut sauce.

Hummus is another food you can get creative with; consider blending in roasted peppers, garlic, chilli, and of course, plenty of olive, rapeseed or avocado oil.

Plant-based mayonnaise is incredibly easy to make. Just blend your oil of choice, soya milk, apple cider vinegar and salt to taste.

COVER (Spiral clockwise): REBECA MELLO/JOVANA CHUA; MINISERIES: RHJ; OZDIGITAL; VESNA ANDIC; AEGANBLUE; DARYA ARNAUTOVA; ALERCO; GILITKA; PAGE 3: KSENIA OVCINNIKOVA; PAGE 4: KAREPASTOK; KSENIA OVCINNIKOVA; BHOPACK; DARYA ARNAUTOVA; ALERCO; GILITKA; PAGE 6 (Clockwise): KSENIA OVCINNIKOVA; BHOPACK; DARYA ARNAUTOVA; ALERCO; GILITKA; PAGE 7 (From Left): ORSANAKIAN; VASGENAIA; ALL FROM GETTY IMAGES

Zing

Add the right zing and you can really liven up a whole range of dishes!

Citrus, chilli, herbs and spices work together to lift a dish.

Remember, **sauces and salsas**, such as harissa, tapenade, salsa verde and muhammara, are friends.

Try plant-based takes on classics like romesco and pesto—just swap out parmesan for nutritional yeast to keep the depth of flavour and add a savoury zing!

Get creative with pickles, slow-cooked chutneys and fermented foods like sauerkraut and kimchi.

Crunch

There are so many ways to give your dish a final layer of texture.

After **roasting seeds**, get them nice and crispy in a frying pan and add a splash of soy sauce when the heat is off for umami depth.

Pine kernels, peanuts and desiccated coconut are perfect for **toasting**.

Don't forget **classic combos** like dukkah & za'atar.

Try **popping seeds** such as quinoa, amaranth, popcorn and rice.

Crisping the skin of roasted fruit and vegetables like potato, squash, apple and pear adds an interesting contrast in texture.

Sourdough makes for the best **crotons** and adds the finishing touch to any warm salad. Or use leftover breadcrumbs to make pangrattato for a crispy, flavour-packed topping.



Wholegrain and pseudo cereals

The best way to give a dish substance is to be generous with your grains – not only are they packed with vital carbs, but they are also high in fibre and protein.

Diversify with wholegrain **berries** such as whole wheat, spelt, rye, barley, etc.

For **risottos**, don't just stick with rice – other cereals, such as pearled spelt or pearl barley, often hold their texture and shape better, without becoming claggy.

Make your **salad base** using wholegrains such as couscous, rice, bulgar, freekeh, buckwheat and millet.

Buckwheat, quinoa, flax and polenta are our choices for **soup thickeners and binders for fritters**.

Wholegrain can also be used for stuffings for roasted veg or inside out mushroom burgers.

And of course, don't forget wholegrains are great as accompaniments such as in **flatbread, conventional breads and biscuits**.

Pulses

Wondrous pulses are the highest plant protein source, are loaded with fibre, and are rich in iron, calcium and potassium – all of which make for dishes that are filling and great for gut health.

Blitzed pulses make for deliciously **creamy soups, sauces and purées**, with the added benefit of taking on other flavours as well.

In **stews, chillis and curries**, pulses give bulk and substance to a dish.

Make pulses the main event. In burgers, leave at least 50% whole and purée the remainder to stick things together.

Pulse flours, particularly gram flour, are excellent thickeners and work well for high-protein batters and pancakes.