



# 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.

## 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, **saucers 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 **croutons** 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 pearly 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 purees**, 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.