

WORLD VEGAN MONTH

Mexican orange jackfruit lentil stew



00068	Extra virgin olive oil tin	40ml
	Onions sliced 6mm fresh	150g
	Mexican chilli oil paste	200g
34126	Red lentils	160g
05636	Tomato purée	40g
37101	Jackfruit chunks tinned	300g
37010	Major light vegetable stock base	500ml
17576	Everyday Favourites chopped tomatoes	400g
	Fresh chopped coriander	20g
	Sweet potato chunks 2" chunks roasted	500g
	Cauliflower florets chargrilled	150g

- Heat a large saucepan and add the oil.
- Sauté the onions until soft then add the paste and cook for five minutes.
- Add the red lentils and cook for a further five minutes.
- Stir in the tomato purée and cook on a low heat for 10 minutes. Stir so it doesn't catch on the bottom, add the jackfruit.
- Then add the stock, tomatoes and cook the lentils until they are soft. Then add the cauliflower and sweet potato, and cook for a couple of minutes to warm through.
- Finish with the chopped coriander and keep warm until serving.

Did you know?

The number of vegans has increased by 360% in the UK over the last decade!

WORLD VEGAN MONTH

Peanut & chocolate cookies



36068	Sunpat crunchy peanut butter	130g
04389	Everyday Favourites pure Canadian maple syrup	55g
07650	Maldon sea salt	1g
35995	Alpro almond milk original	115ml
96891	Tate & Lyle dark soft brown sugar	30g
34079	Everyday Favourites plain flour	130g
55096	Callebaut dark chocolate callets	180g

- Mix all the ingredients together, apart from the chocolate.
- Once combined, add 150g of the chocolate and mix through.
- Form into a cylinder shape, wrap in greaseproof paper and place the mixture into the freezer for 30-40 minutes.
- Cut even sized discs from the mixture and place onto an oven tray lined with greaseproof paper.
- Top with a few chocolate callets. Preheat the oven to 180°C and bake for 15-17 minutes or until cooked. Remove and leave to cool.
- Melt the remaining chocolate and drizzle over the cookies.

Did you know?

The number of vegans has increased by 360% in the UK over the last decade!

WORLD VEGAN MONTH

Tofish 'n' chips



06529	Blue dragon firm silken tofu	3kg	• Make the batter as per the batter mix instructions.
71757	Middletons gluten-free batter mix	400g	• Cut the tofu into fish fillet shapes (150g) and drizzle each with 5g of white wine vinegar.
80973	Seaweed sheets	10 sheets	• Wrap the tofu in seaweed sheets.
32121	Rice flour	30g	• Dust in rice flour and then batter.
04669	Everyday Favourites white wine vinegar	50g	• Deep fry at 180°C until the batter is golden and crispy.
19242	Everyday Favourites coated thin cut fries skin on 9mm	1kg	• Serve with chips and minted crushed peas.
84358	Minted peas	800g	

Did you know?

The number of vegans has increased by 360% in the UK over the last decade!

**WORLD
VEGAN
MONTH**



**WORLD
VEGAN
MONTH**



**WORLD
VEGAN
MONTH**





Did you know?

The number of vegans has increased by 360% in the UK over the last decade!