



VEGAN
PRIMARY
SCHOOL RECIPES

Cooking up great vegan
menu options for schools

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**Bidfood**
Inspired by you

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Key: *Indicates splittable case

BANANA AND OAT CAKE

Serves 10

Time to prepare
30 minutes

Time to cook
40-50 minutes

Item Code	Description	Quantity	Pack Size
-	Banana - Ripe mashed	340g	1x13k
13685	Pure Olive Oil Glass	80ml	12x500ml
66032	Tate & Lyle Light Soft Brown Sugar	60g	4x3g
04389	Everyday Favourites Pure Canadian Maple Syrup	30g	6x620g
60220	Alpro Sweetened Soya Milk	30ml	8x1ltr
34079	Everyday Favourites Plain Flour	210g	1x16kg
25611	Dr Oetker Baking Powder	6g	6x500g
70371	Everyday Favourites Ground Cinnamon	6	6x450g*
74742	Quaker Gluten Free Porridge	60g	5x510g*

Pre-prepared instructions

Preheat oven to 170°C

Equipment needed

General kitchen equipment

Allergens

Contains:
Cereals containing Gluten (Oats, Wheat) Soya
May Contain: Eggs, Milk

Nutritional values per portion

Energy (kJ/kcal)	929kJ/ 222kcal
Fat (g)	7.6g
Saturated fat (g)	1.1g
Carbohydrate (g)	34.5g
Total Sugars (g)	15.3g
Fibre (g)	1.9g
Protein (g)	3.6g
Salt (g)	0.25g

Method

1. Mash the banana with the oil, sugar, maple syrup and oat milk
2. Stir all other ingredients into a large bowl and then add the wet mix
3. Spray a loaf tin with oil and then spoon the mixture in
4. Bake for 50 minutes uncovered - check with a skewer to see if it is cooked - it should have a light bounce to the touch
5. Once cooked turn out onto a cooling wire and use as desired

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MALAYSIAN JACKFRUIT CURRY WITH COCONUT MILK AND CHICKPEAS

Serves 10

Time to prepare
20 minutes

Time to cook
40 minutes

Item Code	Description	Quantity	Pack Size
13683	Extra Virgin Olive Oil Tin	50ml	4x5ltr*
-	White Onion - chopped into chunks	160g	-
-	Red Pepper - chopped into chunks	160g	-
60594	Santa Maria Kerala Curry Spice Mix	50g	1x500g
37010	Chefs Choice Green Jackfruit in Brine	600g	1x565g
98544	Chickpeas in Water	160g	6x2.5kg
29825	Thai Coconut Milk	400ml	12x400ml
-	Coriander	20g	-

Method

1. Heat a large pan and add the oil
2. Sauté the onions and pepper chunks then add the spice mix and cook for 10 minutes on a low heat
3. Add the jackfruit chunks, chickpeas and coconut milk and simmer until the vegetables are tender
4. Add some vegetable stock if the curry is too dry and top with coriander

Pre-prepared instructions

Weigh all ingredients

Equipment needed

Pans and general kitchen equipment

Allergens

Contains:
Mustard

Nutritional values per portion

Energy (kJ/kcal)	653kJ/ 156kcal
Fat (g)	10.3g
Saturated fat (g)	9.0g
Carbohydrate (g)	11.5g
Total Sugars (g)	4.8g
Fibre (g)	3.8g
Protein (g)	3.2g
Salt (g)	1.05g

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TOFU TACO WITH PICKLED RED CABBAGE

Serves 10

Time to prepare
30 minutes +2 hours
marinating time

Time to cook
30 minutes

Item Code	Description	Quantity	Pack Size
-	Chilli - chopped	20g	-
-	Red Cabbage - sliced 3mm	250g	-
-	Celery - sliced	250g	-
-	Lime Juice	20ml	-
-	Orange Juice	20ml	-
-	Coriander - chopped	15g	-
11752	The Foodfellas 6" Corn Tortillas	20	12x60
06529	Blue Dragon Tofu Box	300g	12x349g
-	Tomato - chopped	200g	-
03684	Avocado IQF Slices	150g	20x500g

Method

1. Mix the red cabbage, celery, lime juice, orange juice, coriander and chilli together and leave to marinate for 2 hours
2. Warm the corn tortillas
3. Place the cabbage mix on the warmed tortilla
4. Then cut the tofu into 15g chunks and place these on the cabbage mix
5. Top with the chopped tomato and sliced avocado

Pre-prepared instructions

Collate all the ingredients. Chop the celery, coriander, chilli and tomatoes

Equipment needed

General kitchen equipment

Allergens

Contains:
Soya

Nutritional values per portion

Energy (kJ/kcal)	690kJ/ 165kcal
Fat (g)	4.1g
Saturated fat (g)	0.9g
Carbohydrate (g)	26.2g
Total Sugars (g)	5.4g
Fibre (g)	3.3g
Protein (g)	5.5g
Salt (g)	0.34g

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ORIENTAL MUSHROOM TOFU

Serves 10

Time to prepare
20 minutes

Time to cook
10 minutes

Item Code	Description	Quantity	Pack Size
06529	Blue Dragon Tofu Box	700g	12x349g
86811	Everyday Favourites Cornflour	80g	4x3.5kg*
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	50ml	4x5ltr
07080	Major Oriental Mari-Base	150ml	2x1.25ltr
37539	Garlic Purée	5g	1x1k
-	Spring Onion	100g	-
-	Mixed Mushroom	500g	-
-	Green Pepper	100g	-
43592	Knorr Vegetable Bouillon	200ml	2x1kg*

Method

1. Remove tofu from pack and press the tofu between two trays for 15 minutes and then dice
2. Coat the tofu in 70g of the cornflour then add half the oil to a pan and heat and shallow fry the tofu until golden in colour
3. Place in a bowl and add 50ml Oriental mari-base
4. Using the remaining oil add to the pan and heat then fry the garlic, onion, mushroom and peppers until tender
5. Add the remainder of the Oriental mari-base and the vegetable stock bring to the boil. Thicken with the last of the cornflour

Pre-prepared instructions

Slice the vegetables and make the stock

Equipment needed

General kitchen equipment

Allergens

Contains:
Celery, Cereals containing Gluten (Wheat), Sesame, Soya

Nutritional values per portion

Energy (kJ/kcal)	647kJ/ 155kcal
Fat (g)	6.8g
Saturated fat (g)	0.8g
Carbohydrate (g)	18.3g
Total Sugars (g)	9.1g
Fibre (g)	1.0g
Protein (g)	6.8g
Salt (g)	1.39g

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KIDNEY BEAN AND VEGAN MINCE TACO

Serves 10

Time to prepare
5 minutes

Time to cook
30 minutes

Item Code	Description	Quantity	Pack Size
00137	Pomace Olive Oil P.E.T.	100ml	3x5ltr*
-	Red onion	100g	-
04505	Everyday Favourites Sliced Mixed Peppers	300g	10x1kg*
92752	Fry's Vegetarian Mince	500g	1x3.8kg
37539	Garlic Purée	20g	6x475g
03350	Everyday Favourites Red Kidney Beans	150g	6x800g
51478	Schwartz for Chef Blackened Cajun Seasoning	30g	6x550g*
32469	Napolina Chopped Tomatoes	300g	12x800g
-	Coriander	50g	-
11752	The Foodfellas 6" Corn Tortillas	10 each	12x60
74491	Frozen Premium Guacamole	100g	6x1kg
50882	Santa Maria Sliced Green Jalapeños	30g	12x500g

Pre-prepared instructions

Wash, peel and dice the onions and chop the coriander

Equipment needed

General kitchen equipment

Allergens

Contains:
Cereals containing Gluten (Wheat), Mustard, Sulphur Dioxide and Sulphites, Soya

Nutritional values per portion

Energy (kJ/kcal)	1127kJ/ 269kcal
Fat (g)	11.9g
Saturated fat (g)	2.3g
Carbohydrate (g)	33.2g
Total Sugars (g)	4.8g
Fibre (g)	3.9g
Protein (g)	12.0g
Salt (g)	1.53g

Method

1. Heat the oil in a pan, add the onions and cook for 5 minutes
2. Add the peppers, mince and garlic and cook for a further 2 minutes
3. Add the kidney beans, cajun spice and tinned tomatoes and cook for 20 minutes or until the mixture has reduced by half. Remove from the stove and add half of the chopped coriander
4. Cook the tortillas as per the manufacturers instructions. Once cooked add the mince mix
5. Top with guacamole, sliced jalapeños and the remaining coriander

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ASIAN SOY STIR FRY

Serves 10

Time to prepare
5 minutes

Time to cook
15 minutes

Item Code	Description	Quantity	Pack Size
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	50ml	4x5ltr
92752	Fry's Vegetarian Mince	500g	1x3.8kg
37540	Chopped Garlic in Oil	10g	6x1kg
10027	Knorr Professional Ginger Purée	10g	2x750g*
49510	Asian Aromatic Stock Base	20g	2x1kg
-	Onions - chopped	100g	-
-	Water	300ml	-
04381	Everyday Favourites Whole Green Beans	150g	4x2.5kg*
97692	Everyday Favourites Diced Mixed Peppers	150g	10x1kg*
86811	Chef William Cornflour	5g	4x3.5kg*

Method

1. Add the oil to a pan and heat until hot
2. Fry the mince until brown and sealed. Add the garlic, ginger, Asian stock base and onions and fry for a further 5 minutes
3. Add the water, green beans and mixed peppers and bring to the boil
4. Mix the cornflour with a little water and whisk into the pan and cook for 4 minutes

Pre-prepared instructions

Wash, peel and dice the onions

Equipment needed

General kitchen equipment

Allergens

Contains:
Cereals containing Gluten (Wheat), Milk, Mustard, Sulphur Dioxide and Sulphites, Soya

Nutritional values per portion

Energy (kJ/kcal)	621kJ/ 148kcal
Fat (g)	7.0g
Saturated fat (g)	1.3g
Carbohydrate (g)	17.1g
Total Sugars (g)	2.3g
Fibre (g)	2.2g
Protein (g)	9.3g
Salt (g)	0.80g

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TRI-COLOURED HUMMUS

Serves 10

Time to prepare
15 minutes

Time to cook
0 minutes

Item Code	Description	Quantity	Pack Size
98544	Chickpeas in Water	800g	6x2.5kg
37539	Garlic Purée	30g	6x77g
33562	Arco Lemon Juice	30ml	6x1ltr
03570	Everyday Favourites Sweetcorn	100g	6x2.1kg
03684	Avocado IQF Slices	100g	20x500g
03335	Everyday Favourites Diced Beetroot in Water	100g	6x3kg
-	Cucumber	100g	-
-	Carrots	100g	-
-	Celery	100g	-

Method

1. Drain the chickpeas but keep the water
2. Place a third of the chickpeas in the blender with a third of the garlic, lemon juice and sweetcorn along with some of the sweetcorn water and the chickpea water, blend until smooth
3. Once smooth place into a piping bag
4. Repeat step 2 replacing the sweetcorn with avocado, then the same with the beetroot
5. Once all the hummus is made place in the fridge and allow to chill
6. Cut all the cucumber, carrots and celery into sticks
7. Pipe the hummus into different pots in three even parts
8. Serve with the crudities

Pre-prepared instructions

Wash and peel all the vegetables

Equipment needed

General kitchen equipment

Allergens

Contains:
Celery, Sulphur Dioxide and Sulphites

Nutritional values per portion

Energy (kJ/kcal)	602kJ/ 144kcal
Fat (g)	4.2g
Saturated fat (g)	0.7g
Carbohydrate (g)	17.7g
Total Sugars (g)	2.4g
Fibre (g)	5.1g
Protein (g)	6.9g
Salt (g)	0.07g

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EDAMAME RISOTTO

Serves 10

Time to prepare
5 minutes

Time to cook
25 minutes

Item Code	Description	Quantity	Pack Size
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	20ml	4x5ltr
01623	Everyday Favourites Diced Onions	100g	10x1kg*
37539	Garlic Purée	10g	6x475g
12055	Tilda Arborio Risotto Rice	350g	2x5kg*
04666	Everyday Favourites Vegetable Bouillon Paste	1ltr	2x1kg*
-	Edamame Beans in Pod	400g	-
98441	Everyday Favourites Sweetcorn	200g	4x2.5kg*
04465	Everyday Favourites Extra Fine Green Beans	100g	10x1kg*
04364	Everyday Favourites Choice Peas	100g	4x2.5kg*
36766	Vegan Mozzarisella Cheese	50g	4x500g*

Method

1. Place the oil in a pan and heat gently then add the onions and cook for a couple of minutes then add the garlic and stir well
2. Add the arborio rice and stir well until all the grains are well coated and sealed
3. Then gradually add the stock until rice becomes tender and you get the correct consistency
4. Fold through the edamame beans, sweetcorn, green beans, peas and vegan mozzarisella and serve

Pre-prepared instructions

Make the stock as per the instructions

Equipment needed

General kitchen equipment

Allergens

Contains:
Soya

Nutritional values per portion

Energy (kJ/kcal)	1454kJ/ 348kcal
Fat (g)	11.3g
Saturated fat (g)	2.0g
Carbohydrate (g)	39.9g
Total Sugars (g)	4.4g
Fibre (g)	7.9g
Protein (g)	18.2g
Salt (g)	0.50g

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LENTIL AND RISOTTO BAKE

Serves 10

Time to prepare
10 minutes

Time to cook
50 minutes

Item Code	Description	Quantity	Pack Size
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	50ml	4x5ltr
01623	Everyday Favourites Diced Onions	100g	10x1kg*
37539	Garlic Purée	10g	4x475g
12055	Tilda Arborio Risotto Rice	300g	2x5kg*
98441	Everyday Favourites Sweetcorn	100g	4x2.5kg*
34126	Red Lentils	150g	4x3kg*
04666	Everyday Favourites Vegetable Bouillon Paste	1ltr	2x1kg*
-	Parsnip - chopped	200g	-
-	Potato - chopped	100g	-
36766	Vegan Mozzarisella Cheese	150g	1x500g
70375	Everyday Favourites Paprika	5g	6x500g*

Method

1. Place oil in a pan and gently heat then cook the onions until tender then stir in the garlic and cook for a couple of minutes
2. Stir in the rice, sweetcorn and lentils and mix well then place in an oven proof dish
3. Pour the stock over then place in the oven for 20 minutes. While this is cooking wash, peel and grate the parsnip and potato into a bowl
4. Place the cheese and paprika in to the bowl with the parsnip and potato and mix well
5. After 20 minutes sprinkle the mixture over the rice and put back in the oven for a further 20 minutes until the rice is cooked and you have a golden crisp top

Pre-prepared instructions

Preheat oven to 180°C

Equipment needed

General kitchen equipment

Allergens

May Contain:
Cereals containing Gluten

Nutritional values per portion

Energy (kJ/kcal)	1098kJ/ 262kcal
Fat (g)	8.3g
Saturated fat (g)	2.7g
Carbohydrate (g)	40.7g
Total Sugars (g)	4.1g
Fibre (g)	2.9g
Protein (g)	6.7g
Salt (g)	0.82g

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