

# 16 free recipes for you to try

## Less Meat, More Plants comes complete with:

- More than 100 easy recipes, each with a full-color photo
- Tips to adopt a more ethical and sustainable lifestyle
- Clever ways to reduce the amount of meat in dishes and replace it with plant foods
- Suggestions for customizing recipes to accommodate a variety of dietary needs
- Plant-heavy recipes drawing inspiration from around the globe
- A section detailing how downsizing your meat intake will impact our planet

PREVIEW



less meat,  
more  
*plants*

100+ Sustainable Recipes  
to Nourish Your Body  
and Protect Our Planet

ANNABELLE  
RANGLES

# PREVIEW

# less meat, more *plants*

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# chocolate cherry smoothie bowl

One of our freezer drawers is dedicated to frozen fruits so I can whizz up a smoothie before the kids leave for school. I often sneak in a few vegetables too! For a more substantial breakfast, I like to top my smoothie bowls with fresh fruit, seeds, nuts, and muesli or granola.

This recipe can also be enjoyed as a snack or healthy dessert. Feel free to get creative and play around with the toppings.

*serves*

1

*prep time:*

10 minutes

¼ cup (60ml) orange juice  
1 teaspoon pure vanilla extract  
1¼ cups (150g) frozen dark sweet cherries, pitted  
1 packed cup (35g) baby spinach  
1 medium banana  
⅓ cup (50g) scrubbed and chopped raw beetroot  
3 dates, pitted  
1 tablespoon unsweetened cocoa powder, plus more if desired

Pour the orange juice into a blender. Add the rest of the ingredients and blend on high speed until smooth and creamy. Taste to check the flavor; if you'd like it more chocolatey, add another teaspoon of cocoa powder and blend.

Transfer the smoothie to a serving bowl. Serve immediately with the toppings of your choice.

## SUGGESTED TOPPINGS:

½ medium banana, sliced  
6 raspberries  
4 blackberries  
3 cherries, pitted  
2 tablespoons muesli or granola  
1 tablespoon hulled hemp seeds (aka hemp hearts)  
1 tablespoon unsweetened coconut flakes  
2 teaspoons cacao nibs







# zucchini chocolate pancakes

My kids love these fluffy silver dollar pancakes for breakfast or as a midafternoon snack. I've added chocolate for extra indulgence while sneaking in some vegetables for a healthy twist. The batter is sweetened with sugar and banana, so there's no need to pour a lot of maple syrup on top.

*makes*

18 to 20 silver  
dollar pancakes

*prep time:*

10 minutes

*cook time:*

2 to 3 minutes  
per batch

2 cups (250g) all-purpose flour  
2 tablespoons baking powder  
3 tablespoons granulated sugar  
½ teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ginger powder  
¼ teaspoon freshly grated nutmeg  
1¼ cups (300ml) dairy-free milk  
1 packed cup (125g) shredded zucchini  
½ cup (100g) mashed overripe banana (about 1 medium banana)  
3 tablespoons vegetable oil, plus more for the pan  
1 teaspoon pure vanilla extract  
½ cup (80g) dark chocolate chips

In a large bowl, whisk together the flour, baking powder, sugar, salt, cinnamon, ginger, and nutmeg.

In a medium bowl, stir the milk, zucchini, banana, oil, and vanilla until well combined.

Add the wet ingredients to the dry and, using a wooden spoon, mix until well combined. Fold in the chocolate chips.

Heat a large frying pan over medium-high heat and lightly grease with oil. Add 1 heaping tablespoon of batter to make the first pancake. Depending on the size of your frying pan, you can cook 2 to 4 pancakes at once. Lower the heat to medium and cook until bubbles form on the surface of the pancakes, 1 to 2 minutes. Flip the pancakes and cook for another minute or so, until cooked through. Repeat with the rest of the batter, regreasing the pan as needed.

Serve straightaway with your chosen toppings.

## SUGGESTED TOPPINGS:

Dairy-free vanilla yogurt

Fresh fruits (sliced banana, blackberries, raspberries, sliced strawberries, etc.)

Natural almond butter

Unsweetened coconut flakes

Cacao nibs

Pure maple syrup



# loaded polenta fries

Crispy on the outside and soft on the inside, these loaded fries are one of our family's favorite things to eat. Sometimes we enjoy them as a starter and sometimes as a main meal. The kids like them with chicken, and Graham and I eat them with jackfruit. Topped with black bean salsa, guacamole, pickled jalapeños, and sour cream, these irresistible fries are perfect for movie or game nights.

The polenta needs a couple of hours to set before you can cut it into fries, so you do need to plan ahead. You can make the polenta in the morning and leave it to set until mealtime. Alternatively, you can buy ready-made polenta in tubes and cut it into fries; you will need two 18-ounce (500g) tubes for this recipe. Reflecting how my family likes to eat this dish, this is written as a hybrid recipe, but you can easily make the fries with just the meat option or the vegan option; see the note on page 119.

## *serves*

6 to 8 as an  
appetizer,  
4 to 6 as a meal

## *prep time:*

25 minutes, plus  
1 to 2 hours for  
polenta to set

## *cook time:*

30 minutes

### **POLENTA FRIES:**

4 cups (950ml) vegetable stock  
2 cups (290g) quick-cooking (aka instant) polenta  
1 cup (60g) grated Parmesan cheese  
¼ cup (60g) unsalted butter  
1 teaspoon dried oregano leaves  
1 teaspoon dried parsley  
¼ teaspoon salt  
Olive oil, for the baking dishes and brushing the fries

### **SUGGESTED TOPPINGS:**

Pickled jalapeño slices  
Sour cream or mayonnaise  
Lime halves  
Fresh cilantro sprigs  
Halved cherry tomatoes

### **BLACK BEAN SALSA:**

¾ cup (125g) canned black beans, drained and rinsed  
½ cup (75g) cherry tomatoes, cut into eighths  
½ cup (50g) finely diced orange bell peppers  
½ packed cup (10g) roughly chopped fresh cilantro  
¼ cup (50g) canned corn kernels, drained  
¼ cup (30g) finely diced red onions  
1 clove garlic, grated  
1 tablespoon extra-virgin olive oil  
1 tablespoon fresh lime juice  
¼ teaspoon ground coriander  
¼ teaspoon ground cumin  
¼ teaspoon chili powder  
Pinch of salt

### **BBQ CHICKEN/JACKFRUIT:**

2 tablespoons olive oil  
½ cup (60g) finely diced red onions  
3 cloves garlic, grated  
2 teaspoons smoked paprika  
½ teaspoon ground cumin  
1 (14-ounce/400g) can young green jackfruit in brine, drained  
1 cup (240ml) BBQ sauce, divided, plus more if needed  
½ cup (120ml) water, divided  
8 ounces (225g) boneless, skinless chicken breasts, cut into chunks

### **QUICK GUACAMOLE:**

2 large ripe avocados  
½ teaspoon ground cumin  
¼ teaspoon ground coriander  
¼ teaspoon garlic powder  
2 tablespoons fresh lime juice, plus more if desired  
Salt, to taste

## *plant swap:*

Make it vegan by omitting the chicken and doubling the jackfruit, as outlined in the note on page 119. You will also need to swap the cheese, butter, and sour cream or mayonnaise for plant-based alternatives. (See page 320 for my vegan mayonnaise recipe.)



Bring the stock to a boil in a heavy-bottomed stockpot over medium-high heat. Pour in the polenta and whisk constantly until thickened, 2 to 3 minutes. Turn the heat to low and stir in the Parmesan, butter, herbs, and salt until everything is well combined. Slide the pot off the heat and cover.

Line two 8-inch (20cm) square baking dishes with greased parchment paper. Divide the polenta evenly between the dishes and spread it to an even thickness. Allow to cool, then place in the fridge until completely firm, 1 to 2 hours.

When the polenta is nearly firm, make the salsa: Place all of the ingredients in a bowl and stir gently until combined. Taste and season with additional salt if needed; set aside.

When the polenta has set, place one oven rack in the bottom position and a second rack in the middle position and preheat the oven to 425°F (220°C). Line 2 rimmed baking sheets with parchment paper.

Carefully cut the polenta into ½ by 3-inch (1.25 by 8cm) fries. Scatter the fries on the prepared baking sheets. Brush each fry with oil and bake until golden, 20 to 25 minutes.

While the fries are in the oven, prepare the base for the BBQ chicken and jackfruit: In a medium saucepan, heat the oil over medium heat, then add the onions and cook gently, stirring from time to time, until they just start to soften, about 6 minutes. Stir in the garlic, smoked paprika, and cumin. Transfer half of the onion mixture to another medium saucepan.

Make the BBQ jackfruit: Put the drained jackfruit in a kitchen towel and squeeze to extract as much water as possible. Break up the chunks with your fingers. Add the jackfruit to the first saucepan and cook gently over medium heat for 2 to 3 minutes, until slightly browned. Stir in half of the BBQ sauce and half of the water. Simmer for 10 to 15 minutes, using 2 forks to pull the jackfruit apart as it cooks and becomes tender. If it gets too dry, add more BBQ sauce.

Make the BBQ chicken: Add the chicken chunks to the second saucepan and cook over medium heat until golden brown and the juices run clear, 6 to 8 minutes. Shred the chicken with 2 forks. Stir in the remaining half of the BBQ sauce and half of the water, then lower the heat and simmer gently for 5 minutes. If it gets too dry, add more BBQ sauce.

Meanwhile, make the guacamole: Mash the avocado flesh in a bowl with the cumin, coriander, garlic powder, lime juice, and salt. Taste and add more lime juice, if desired. Set aside.

When the polenta fries are done, remove them from the oven and allow to cool for 2 to 3 minutes.

Serve the fries directly from the baking sheet or transfer them to a serving platter. Top with the salsa, guacamole, and additional toppings of your choice. Serve with the BBQ chicken and jackfruit.



*notes:*

This hybrid meat/vegan recipe is written to make 3 to 4 appetizer portions each of BBQ jackfruit and BBQ chicken, yielding 6 to 8 servings total. (Or, if serving as a main meal, it makes 2 to 3 portions each of the BBQ jackfruit and BBQ chicken, 4 to 6 servings total.)

To make this recipe vegan, skip the chicken and use 2 cans of jackfruit; to make the recipe with just chicken, double the amount of chicken, using 1 pound (450g). When preparing the base, use a large saucepan instead of a medium one, and leave all of the onion mixture in the pan (do not divide it). Follow the instructions for the jackfruit or chicken version as written, but use the full 1 cup of BBQ sauce and full  $\frac{1}{2}$  cup (120ml) of water.

# kimchi fritters

Crispy and slightly spicy, these fritters are quick and easy to make, and they're also great for lunch or a light dinner. I serve them with my zingy Sweet Chili Dipping Sauce and some Miso Sesame Mayonnaise, which makes them truly hard to resist. If serving these fritters as a small bite, two per person should be plenty; serve three or four for a main meal.

This recipe uses chickpea flour, which is high in plant-based protein and helps bind the ingredients together without the need for eggs.

*makes*

12 fritters  
(6 servings as  
an appetizer,  
3 to 4 as a meal)

*prep time:*

10 minutes

*cook time:*

16 minutes

1 cup (200g) drained kimchi

1½ cups (150g) peeled and  
shredded carrots

½ cup (75g) canned corn kernels,  
drained

¾ cup (95g) chickpea flour

¾ teaspoon salt

½ cup (120ml) vegetable oil, plus  
more if needed, for the pan

## FOR GARNISH/SERVING:

Sesame seeds

Sliced scallions

Sweet Chili Dipping Sauce (page  
314)

Miso Sesame Mayonnaise (page  
322)

Lime quarters

Fresh mint sprigs

Place the kimchi in a large bowl. Stir in the carrots, corn, chickpea flour, and salt until everything is well combined and you have a thick batter. Set aside to rest for 5 minutes.

Heat the oil in a large frying pan with at least 2½-inch (6.5cm)-high sides over medium-high heat. When the oil is shimmering, gently drop heaping tablespoons of batter into the pan to form 3 or 4 fritters; don't overcrowd the pan. Flatten the fritters with a spatula and cook until firm and golden, about 2 minutes. Flip the fritters and cook until firm and golden on the other side, about 2 minutes more. Transfer the fritters to a paper towel-lined plate, cover with foil, and keep warm in a low oven.

Repeat until you have used all of the batter. Add more oil to the pan as needed to maintain a depth of 1 inch (2.5cm), making sure to heat the oil until it's shimmering before cooking more fritters.

Sprinkle the fritters with sesame seeds and scallions and serve warm with the dipping sauce, mayonnaise, lime quarters, and mint sprigs on the side.







# spinach falafel bowl

Crunchy on the outside and soft on the inside, these spinach falafel are deliciously moist. I serve them on a bed of mixed greens with olives and an assortment of crisp raw vegetables. A scoop of my Zucchini Dip and a drizzle of my Herby Tahini Dressing top the whole thing off. Truly a vibrant salad packed with plant-based goodness.

You need to plan ahead to make the falafel because the chickpeas need to soak overnight. Other than that, falafel are straightforward to make. If you have any left over, they will keep in an airtight container in the fridge for up to 3 days and reheat easily in the oven or microwave. Enjoy them cold or warm.

*serves*

4

*prep time:*

20 minutes, plus  
overnight to soak  
chickpeas and  
1 hour to rest  
falafel mixture

*cook time:*

30 minutes



## FALAFEL:

*(Makes 16 falafel)*

1 cup (200g) dry chickpeas, picked over and rinsed

3 packed cups (105g) baby spinach

½ packed cup (10g) roughly chopped fresh basil

½ packed cup (10g) roughly chopped fresh dill

½ packed cup (10g) roughly chopped fresh mint leaves

½ cup (60g) finely diced onions

4 cloves garlic, roughly chopped

2 tablespoons chickpea flour

¼ cup (60ml) plus 1 tablespoon olive oil, divided

1 teaspoon salt

1 teaspoon ground coriander

1 teaspoon ground cumin

## BOWLS:

9 ounces (255g) mixed salad greens

1 cup (140g) pitted olives of choice

½ medium cucumber, sliced

½ small red onion, sliced

16 cherry tomatoes, quartered or halved

4 radishes, sliced

1 batch Zucchini Dip (page 133) or store-bought Mediterranean dip/hummus

1 batch Herby Tahini Dressing made with yogurt (page 304) or other homemade tahini dressing of choice

Soak the chickpeas overnight in plenty of cold water. The next day, drain and rinse well.

Place the chickpeas in a food processor. Add the spinach, herbs, onions, garlic, chickpea flour, 1 tablespoon of the oil, the salt, coriander, and cumin. Pulse until the mixture is smooth and the ingredients are well blended.

Leave the falafel mixture in the fridge to rest for 1 hour.

When you are ready to bake the falafel, preheat the oven to 400°F (200°C).

Pour the remaining ¼ cup (60ml) of oil onto a rimmed baking sheet, making sure it is coated all over.

Working with 2 tablespoons at a time, shape the falafel mixture into small balls and place them, not touching, on the oiled baking sheet.

Bake until golden all over, about 30 minutes, carefully flipping the falafel over with a spatula after 15 minutes so they cook evenly.

Transfer the cooked falafel to a paper towel-lined plate to absorb any excess oil.

Assemble the bowls: Divide the salad greens among 4 serving bowls. Arrange the olives and the rest of the vegetables on top of the greens. Add 4 falafel to each bowl, then top with some dip and a drizzle of dressing.



# zucchini noodle salad with baked feta

A feast for the eyes and the taste buds, this gluten-free and low-carb zucchini salad is topped with roasted mini sweet peppers, cherry tomatoes, Kalamata olives, and creamy baked feta cheese. It is perfect with some crusty bread on a hot day. The zucchini is raw and cut into thin noodles (aka zoodles) using a julienne peeler or spiral slicer. Quick, healthy, and absolutely delicious.

*serves*

4

*prep time:*

10 minutes

*cook time:*

35 minutes

2 cups (300g) mixed cherry tomatoes, halved

8 ounces (225g) mini sweet peppers, seeded and halved

8 ounces (225g) feta cheese, cut into 8 pieces

$\frac{3}{4}$  cup (105g) pitted Kalamata olives

Leaves from 3 sprigs fresh thyme

2 tablespoons olive oil

1 pound (450g) zucchini

## **DRESSING:**

$\frac{1}{4}$  cup plus 1 tablespoon (75ml) extra-virgin olive oil

2 tablespoons apple cider vinegar

2 tablespoons honey

1 tablespoon fresh thyme leaves

2 teaspoons Dijon mustard

1 clove garlic, grated

Salt and pepper, to taste

Preheat the oven to 350°F (180°C).

Spread the tomatoes, sweet peppers, feta, olives, and thyme on a rimmed baking sheet. Drizzle with the oil.

Bake for 30 to 35 minutes, until the vegetables are soft and the feta has golden edges.

Meanwhile, using a julienne peeler or spiral slicer, cut the zucchini into noodles. Discard the seedy core. Set aside.

Make the dressing: Whisk together all of the ingredients in a small bowl.

When the vegetables and feta are ready, spread the zucchini noodles on a serving dish. Scatter the vegetables, feta, and olives on top. Pour on the dressing and toss well. Serve while the feta is still warm.

## *plant swap:*

Make it vegan by swapping the cheese for a plant-based alternative or skipping it altogether. You can also use light-colored, or golden, maple syrup instead of honey for the dressing.



# curried chickpea sandwich

*makes*  
4 sandwiches  
*prep time:*  
10 minutes

Give your lunch box a tasty makeover with this curried chickpea sandwich. Warm and fragrant garam masala gives it a lovely and delicate flavor. If you prefer, you can substitute a mild curry powder (in that case, reduce the amount of turmeric powder to ¼ teaspoon). This recipe makes enough for four sandwiches, making it a great option for lunches throughout the week. I suggest you store the filling and bread separately and assemble each sandwich the day you plan to eat it. The filling will keep in an airtight container in the fridge for up to four days.

## FILLING:

1 (15-ounce/425g) can chickpeas,  
drained

1 clove garlic, grated

2 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice,  
plus more if desired

1 tablespoon garam masala

½ teaspoon turmeric powder

½ teaspoon ground cumin

½ teaspoon salt

½ medium red bell pepper, finely  
diced

½ small red onion, finely diced

½ cup (70g) raisins

¼ packed cup (12g) finely chopped  
fresh cilantro

1 packed cup (35g) baby spinach,  
roughly chopped

8 slices of your favorite sandwich  
bread

**Make the filling:** Place the chickpeas in a blender or mini food processor along with the garlic, oil, lemon juice, garam masala, turmeric, cumin, and salt. Whizz or pulse just until you have a chunky paste; do not overprocess.

Transfer the chickpea mixture to a bowl. Stir in the bell pepper, onion, raisins, and cilantro. Taste the filling and add more lemon juice if you'd like it to be zingier.

**To assemble the sandwiches:** Arrange some spinach on a slice of bread. Spread one-quarter of the filling on top. Sprinkle with more spinach and place another slice of bread on the sandwich. Repeat with the remaining filling, bread slices, and spinach. Slice the sandwiches in half and serve.





# whipped ricotta toasts with figs & toasted pecans

I am nursing our young and parsimonious fig tree in the hope that one day it will give us a bumper crop. Figs are one of my favorite fruits, and I would gladly eat them straight from the tree. I like using figs in both sweet and savory dishes. Here they are a perfect match for creamy whipped whole-milk ricotta flavored with lemon zest and thyme. A drizzle of honey and a sprinkle of crushed red pepper top everything off. So tasty! This toast can be served as a vegetarian option or with a sliver of prosciutto.

*serves*

2

*prep time:*

10 minutes

*cook time:*

3 minutes

1 cup (250g) whole-milk ricotta cheese

Grated zest of 1 lemon

1 tablespoon fresh thyme leaves

Salt

$\frac{1}{4}$  cup (30g) raw pecans

4 slices sourdough bread

4 fresh figs, quartered

2 slices prosciutto, cut in half (optional)

## FOR GARNISH:

Light-colored honey

Crushed red pepper

2 fresh thyme sprigs, cut into small sections

**Make the whipped ricotta:** Place the ricotta, lemon zest, and thyme in a bowl and, using a hand mixer, whip on low speed until smooth and creamy, 2 to 3 minutes. Season with salt to taste. If using prosciutto, take into account the salty profile it will add to the toasts.

**Dry-toast the pecans** in a small frying pan over medium heat for about 3 minutes, until golden and fragrant. Stir often to prevent them from burning. Remove the nuts from the pan and set aside.

**Toast the bread slices.**

Spread one-quarter of the whipped ricotta on each slice of bread. Top each toast with 4 fig quarters, half a slice of prosciutto (if using), and one-quarter of the pecans. Finish each toast with a generous drizzle of honey, a sprinkle of crushed red pepper, and some pieces of thyme sprigs.

## *plant swap:*

Make it vegan by replacing the ricotta with  $\frac{1}{2}$  cup (100g) of softened plain plant-based cream cheese, homemade (page 326) or store-bought. Omit the prosciutto and use light-colored, or golden, maple syrup instead of honey for drizzling.





# gnocchi soup

Ready in 30 minutes, this is our go-to soup for cold, rainy evenings, and it's one of my daughter's favorites. To accommodate both vegetarians and meat-eaters, the chicken is added as an optional topping to individual servings rather than cooked with the rest of the ingredients. Leftover turkey or pulled pork works well too. This filling and comforting soup has a luscious creamy mouthfeel thanks to the half-and-half, milk, and Parmesan, but of course you can swap out the dairy for plant-based alternatives.

*serves*

4

*prep time:*

10 minutes

*cook time:*

20 minutes

1 small leek, white part only cut into  
¼-inch (6mm)-thick semicircles  
(about ½ cup/50g)

3 tablespoons olive oil

½ cup (60g) finely diced onions

½ cup (50g) peeled and shredded  
carrots

½ cup (50g) thinly sliced celery

4 cloves garlic, grated

4 cups (950ml) vegetable stock

1 teaspoon dried thyme leaves

4 ounces (115g) broccoli florets, cut  
into bite-size pieces

1 (17.5-ounce/500g) package fresh  
gnocchi

1 cup (240ml) half-and-half

1 cup (240ml) 2% milk

1½ packed cups (50g) baby spinach

⅔ cup (40g) grated Parmesan  
cheese

Salt and pepper

## FOR GARNISH (OPTIONAL):

Shredded cooked chicken

Fresh thyme sprigs

Place the leek semicircles in a bowl of fresh water and gently stir them with your fingers to dislodge any dirt; the dirt will sink to the bottom. Lift out the leek pieces with your hands or a slotted spoon to avoid disturbing the dirt at the bottom of the bowl, then drain.

Heat the oil in a heavy-bottomed stockpot over medium heat. Add the leek, onions, carrots, celery, and garlic and cook gently, stirring from time to time, until the vegetables start to soften, about 6 minutes.

Stir in the stock and thyme and bring to a boil. Lower the heat to maintain a lively simmer, then stir in the broccoli and cook until it starts to soften, about 2 minutes. Stir in the gnocchi and cook until the gnocchi is tender and soft and the broccoli is fork-tender, about 3 minutes more.

Stir the half-and-half, milk, spinach, and Parmesan and cook until the spinach has wilted, about 2 minutes. Season to taste with salt and pepper.

Serve the soup as is or topped with shredded cooked chicken and/or fresh thyme sprigs.

## *plant swap:*

Make it vegan by omitting the chicken and swapping plant-based alternatives for the half-and-half, milk, and Parmesan. My Simple Cashew Cream (page 323) is a good plant-based substitute for half-and-half. For a vegetarian option, look for Parmesan-style cheese—sometimes labeled “Italian-style hard cheese”—that’s suitable for vegetarians. (Traditional Parmesan is made with animal rennet, making it unsuitable for vegetarians.)





# mushroom & wild rice soup

This delicious creamy soup, with lovely hints of thyme and lemon, is light yet satisfying thanks to the addition of wild rice. I like to sprinkle a little bit of crumbled blue cheese on top, but the cheese is entirely optional. You can swap dry sherry for the Marsala wine.

*serves*

6

*prep time:*

15 minutes

*cook time:*

45 minutes

3 tablespoons olive oil  
1 cup (125g) finely diced onions  
1 cup (125g) peeled and finely diced carrots  
2 large celery stalks, finely diced  
3 cloves garlic, grated  
9 ounces (250g) baby bella mushrooms, sliced  
 $\frac{1}{2}$  cup (120ml) Marsala wine  
3 sprigs fresh thyme, plus more for garnish  
 $\frac{3}{4}$  cup (150g) wild rice blend  
5 cups (1.2L) vegetable stock  
Grated zest and juice of  $\frac{1}{2}$  lemon  
 $\frac{1}{2}$  cup (120ml) heavy cream  
Salt and pepper  
Crumbled blue cheese, for garnish (optional)

Heat the oil in a heavy-bottomed stockpot over medium heat, then add the onions, carrots, and celery and cook gently, stirring from time to time, until they start to soften, 6 to 8 minutes.

Stir in the garlic, mushrooms, Marsala wine, and thyme until well combined. Cook until the mushrooms start to soften, about 5 minutes.

Stir in the rice, stock, and lemon zest until well combined. Bring to a boil over medium-high heat, then turn down the heat to medium, cover, and simmer for 30 minutes, or until the rice is cooked.

Stir in the cream, then add the lemon juice and season with salt and pepper to taste.

Serve topped with thyme sprigs and crumbled blue cheese, if desired.

*plant swap:*

Make it vegan by swapping the heavy cream for Simple Cashew Cream (page 323).







# hoisin stir-fried noodles with pork or jackfruit

Stir-fry is our typical speedy midweek meal and my husband Graham's favorite dish to cook. This version is packed with veggies smothered in a delicious hoisin sauce and can be served as a meat, vegetarian, or hybrid option with two portions of each. Apologies in advance—the hybrid option requires more pans and therefore more washing up. I prefer using a wok for stir-frying, as it cooks food faster and its curved shape makes it easier to toss food around. If you do not have a wok, you can use a large frying pan.

*serves*

4

*prep time:*

15 minutes, plus  
15 minutes to  
marinate pork

*cook time:*

20 to 30 minutes,  
depending on  
version



#### MEAT OPTION:

7 ounces (200g) boneless pork loin, cut into 2½ by ¼-inch (6 by 0.6cm) strips

#### VEGETARIAN OPTION:

1 (14-ounce/400g) can young green jackfruit in brine, drained

2 tablespoons water

#### HYBRID OPTION:

4 ounces (115g) pork loin, cut into 2½ by ¼-inch (6 by 0.6cm) strips

7 ounces (200g) canned young green jackfruit in brine, drained

1 tablespoon water

½ to ¾ cup (120 to 180ml) hoisin sauce, divided

1 or 2 tablespoons vegetable oil (depending on version)

Salt

6 ounces (180g) stir-fry egg noodles, such as lo mein

1 tablespoon plus 1 teaspoon toasted sesame oil, divided

¾ cup (90g) finely diced red onions

1 medium red bell pepper, cut into ¼-inch (6mm) strips

5 ounces (150g) sugar snap peas or snow peas

1 cup (125g) peeled and thinly sliced carrots

1 cup (80g) thinly sliced mushrooms

2 cloves garlic, grated

1 (1½-inch/4cm) piece ginger, peeled and cut into strips

3 medium scallions, sliced on the bias

#### FOR GARNISH/SERVING:

¼ cup (30g) raw cashews, roughly chopped

¼ packed cup (12g) finely chopped fresh cilantro

Crushed red pepper, to taste

Soy sauce, to taste

## meat & vegetarian options

If making the vegetarian option, skip ahead to the next step.

**To make the meat option,** marinate the pork in 2 tablespoons of the hoisin sauce for 15 minutes, then skip ahead to prepare the noodles.

**To make the vegetarian option,** put the drained jackfruit in a kitchen towel and squeeze to extract as much water as possible. Break up the chunks with your fingers. Mix the jackfruit with 6 tablespoons (90ml) of the hoisin sauce and the water.

To cook the jackfruit, heat 1 tablespoon of vegetable oil in a wok over medium heat. Add the jackfruit and fry until slightly browned and tender, 10 to 15 minutes. As it cooks, gradually pull the jackfruit apart with 2 forks. When done, remove it from the wok and set aside.

Meanwhile, prepare the noodles: Fill a medium saucepan halfway with water and bring to a boil. Add ½ teaspoon of salt and the noodles. Cook according to the package instructions until soft, generally 4 to 5 minutes. Rinse the noodles under cold water, drain well, mix in 1 teaspoon of the sesame oil, and set aside.

When the meat is done marinating, heat 1 tablespoon of vegetable oil in a wok over high heat and stir-fry the meat until golden, about 4 minutes. Remove the meat from the wok and set aside.

Add the remaining tablespoon of sesame oil to the wok and stir-fry the onions, bell pepper, sugar snap peas, carrots, mushrooms, garlic, and ginger over medium-high heat for 3 to 4 minutes. Add the noodles, scallions, and pork or jackfruit plus 6 tablespoons (90ml) of the hoisin sauce and cook for 2 to 3 minutes more, until the vegetables are tender.

Serve topped with the cashews, cilantro, and crushed red pepper, with soy sauce on the side.



### *plant swap:*

Make it vegan by swapping the egg noodles for a plant-based alternative.

## hybrid option

Marinate the pork in 1 tablespoon of the hoisin sauce for 15 minutes.

Put the drained jackfruit in a kitchen towel and squeeze to extract as much water as possible. Break up the chunks with your fingers. Mix the jackfruit with 3 tablespoons of hoisin sauce and 1 tablespoon of water.

Heat 1 tablespoon of the vegetable oil in a wok over medium heat. Add the jackfruit and fry for 10 to 15 minutes, until slightly browned and tender. As it cooks, gradually pull the jackfruit apart with 2 forks. When the jackfruit is done, remove it from the wok and set aside.

Meanwhile, cook the noodles: Fill a medium saucepan halfway with water and bring to a boil. Add ½ teaspoon of salt and the noodles. Cook according to the package instructions until soft, generally 4 to 5 minutes. Rinse the noodles under cold water, drain well, mix in 1 teaspoon of the sesame oil, and set aside.

Heat the remaining tablespoon of vegetable oil in a wok over high heat and stir-fry the meat until golden, about 4 minutes. Remove the meat from the wok and set aside. Wash the wok.

In the same wok, heat the remaining tablespoon of sesame oil over high heat and stir-fry the onions, bell pepper, sugar snap peas, carrots, mushrooms, garlic, and ginger for 3 to 4 minutes. Toss in the noodles and scallions until combined. Transfer half of the mixture to another wok or a large frying pan.

Add the cooked pork plus 3 tablespoons of hoisin sauce to one pan, and add the jackfruit plus 3 tablespoons of hoisin sauce to the other pan.

Cook the contents of both pans for 2 to 3 minutes more, until the vegetables are tender.

Serve topped with the cashews, cilantro, and crushed red pepper, with soy sauce on the side.



*turkey  
enchilada  
skillet*

# turkey enchilada skillet

This is my go-to Mexican recipe whenever I have leftover turkey (or chicken) to use. You won't need much meat, as the bulk of the dish is made up of a mix of vegetables, tortilla strips, and some cheese. But the meat-free version made with black beans (detailed in the Plant Swap, opposite) is just as delicious. I make my own enchilada sauce, but you can use a store-bought equivalent; you'll need 2½ cups (600ml). For a hybrid version yielding two to three less-meat servings and two to three vegetarian servings, turn the page.

*serves*

4 to 6

*prep time:*

10 minutes

*cook time:*

45 minutes

## ENCHILADA SAUCE:

3 tablespoons vegetable oil  
3 tablespoons all-purpose flour  
1½ teaspoons hot chili powder (see note, opposite)  
1 teaspoon ground cumin  
1 teaspoon dried oregano leaves  
½ teaspoon smoked paprika  
¼ teaspoon ground cinnamon  
¼ teaspoon salt  
3 tablespoons tomato paste  
2½ cups (600ml) vegetable stock  
2 to 3 teaspoons apple cider vinegar, according to taste  
Ground black pepper

1 tablespoon vegetable oil  
¾ cup (90g) finely diced onions  
1 medium red bell pepper, diced  
3 cloves garlic, grated  
1 teaspoon ground cumin  
1 teaspoon dried oregano leaves  
3 packed cups (105g) baby spinach  
1 cup (150g) frozen corn kernels  
8 ounces (225g) shredded cooked turkey (white and/or dark meat)  
8 (6-inch/15cm) corn tortillas, cut into strips  
4 ounces (115g) shredded Mexican cheese blend or cheddar cheese

## FOR SERVING:

Fresh cilantro leaves  
1 large avocado, sliced  
1 or 2 medium jalapeño peppers, sliced  
Sour cream (optional)

Make the enchilada sauce: Heat the oil in a medium saucepan over medium-high heat until it is shimmering. Reduce the heat to medium and whisk in the flour. Whisking constantly, cook until browned, 30 seconds to 1 minute, then stir in the spices and salt and cook for another 30 seconds to 1 minute.

Whisk in the tomato paste, stock, and vinegar. Bring to a boil, then cook the sauce, stirring continuously, until it is thick enough to coat the back of a spoon, about 8 minutes. Remove from the heat and season to taste with pepper and more salt, if needed. The sauce should have a smoky and spicy flavor; depending on the acidity of your tomato paste, you may wish to add up to 1 more teaspoon vinegar to give it slightly more tang. Set the sauce aside.



### *plant swap:*

Make it vegan by swapping the turkey for a 15-ounce (425g) can of black beans, drained and rinsed. Substitute plant-based alternatives for the cheese and sour cream.

Preheat the oven to 350°F (180°C).

Heat the oil in a large ovenproof frying pan over medium heat. Add the onions and cook gently, stirring from time to time, until they start to soften, 6 to 8 minutes. Add the bell pepper and garlic and cook until aromatic, about 2 minutes.

Add the cumin, oregano, spinach, corn, and enchilada sauce and mix well. Stir in the turkey. Cook until the spinach has wilted, about 2 minutes. Stir in the tortilla strips until well combined.

Sprinkle the cheese on top and bake until it is melted and golden brown, 20 to 25 minutes.

Serve immediately topped with cilantro, avocado, jalapeños, and sour cream, if desired.

### hybrid option:

Use 4 ounces (115g) of cooked turkey and  $\frac{3}{4}$  cup (120g) of cooked black beans, drained and rinsed.

Complete the first 4 steps as written, except hold off on adding the turkey. After mixing in the tortilla strips, divide the enchilada mixture between 2 small ovenproof frying pans or pie dishes 6½ or 7 inches (16.5 or 17.75cm) in diameter, or 2 baking dishes about 7½ by 6½ by 2 inches (19 by 16.5 by 5cm). Mix the turkey into the enchilada mixture in one frying pan or dish and the beans into the other.

Divide the cheese evenly between the pans or dishes, then bake for 15 to 20 minutes.

### *note:*

If you do not have hot chili powder, you can use regular chili powder and add  $\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon of cayenne pepper.

# pan-fried gnocchi with eggplant puttanesca

Crispy on the outside and soft on the inside, pan-fried gnocchi are simply amazing. Here they are served on top of a hearty plant-based eggplant puttanesca sauce. I have swapped the anchovies used in a traditional puttanesca sauce for nori and a dash of soy sauce. Like the original, this version packs a lot of umami, so there is no need to top with grated cheese.

*serves*

4

*prep time:*

10 minutes, plus  
20 minutes to  
drain eggplant

*cook time:*

30 minutes

1 pound (450g) eggplant, cubed  
1 teaspoon salt  
½ cup (120ml) olive oil, divided  
½ cup (60g) finely diced red onions  
1 (28-ounce/800g) can diced tomatoes  
¾ cup (105g) pitted Kalamata olives  
3 cloves garlic, grated  
2 tablespoons capers  
1 tablespoon tomato paste  
1 nori sheet, thinly sliced  
¼ teaspoon crushed red pepper  
1 (17.5-ounce/500g) package fresh gnocchi  
1 to 2 teaspoons granulated sugar  
Dash of low-sodium soy sauce  
½ packed cup (10g) roughly chopped fresh basil

Place the eggplant in a colander and sprinkle with the salt. Set in the sink or over a shallow dish and allow to drain for 20 minutes. Use a paper towel to brush off the salt and absorb the excess liquid.

In a large frying pan, heat ¼ cup (60ml) of the oil over medium-high heat. Cook the eggplant, stirring often, until browned, 12 to 15 minutes. Using a slotted spoon, remove the eggplant from the pan and set aside.

Lower the heat to medium. Add 2 tablespoons of the oil to the same frying pan. Add the onions and cook gently, stirring from time to time, until they start to soften, 6 to 8 minutes.

Stir in the tomatoes, olives, garlic, capers, tomato paste, nori, crushed red pepper, and cooked eggplant until well combined. Turn the heat to medium-low heat and simmer, uncovered, for 10 minutes to allow the flavors to deepen.

Meanwhile, cook the gnocchi: Pour the remaining 2 tablespoons of oil into another large frying pan over medium-high heat. Add the gnocchi straight from the package (no need to precook them) and pan-fry for 8 to 10 minutes, until crisp and golden.

Once the sauce has simmered for 10 minutes, stir in 1 teaspoon of sugar and the soy sauce. Taste and add up to 1 teaspoon more sugar, if desired. Stir in the basil.

Top the sauce with the pan-fried gnocchi and serve.







*grilled tofu  
satay skewers  
with rice noodle  
salad*





# grilled tofu satay skewers with rice noodle salad

These skewers are served on a bed of rice noodle salad and topped with a rich and creamy peanut sauce—a mouthwatering combination for a thoroughly satisfying meal. To save time, you can press the tofu in the fridge up to one day ahead.

*serves*

4

*prep time:*

20 minutes,  
plus 35 minutes  
to press and  
marinate tofu

*cook time:*

12 minutes

1 (14-ounce/400g) package extra-firm tofu

Vegetable oil, for the grill/pan and skewers

1 teaspoon white sesame seeds, for garnish

1 teaspoon black sesame seeds, for garnish

## MARINADE:

2 tablespoons tamari

1 tablespoon pure maple syrup

1 tablespoon unseasoned rice vinegar

1 teaspoon garlic powder

## SATAY SAUCE:

$\frac{1}{4}$  cup (65g) smooth natural peanut butter

2 tablespoons tamari

2 tablespoons fresh lime juice

1 tablespoon unseasoned rice vinegar

1 tablespoon pure maple syrup

2 teaspoons toasted sesame oil

1 teaspoon peeled and grated ginger

1 teaspoon Sriracha sauce

$\frac{1}{2}$  teaspoon garlic powder

## NOODLE SALAD:

5 $\frac{1}{2}$  ounces (155g) vermicelli rice noodles

1 tablespoon toasted sesame oil

$\frac{1}{2}$  teaspoon salt

1 cup (140g) frozen shelled edamame

2 cups (110g) shredded green cabbage

1 cup (100g) peeled and shredded carrots

$\frac{1}{4}$  cup (35g) roasted and salted peanuts, roughly chopped

3 tablespoons chopped fresh cilantro

4 medium scallions, sliced on the bias

$\frac{2}{3}$  cup (160ml) Asian-Style Dressing (page 309)

## SPECIAL EQUIPMENT:

4 (8-inch/20cm) skewers

If using wooden skewers, soak them in water for 20 to 30 minutes.

Press the tofu for 20 minutes (see page 68), discarding as much liquid as possible. Cut the pressed tofu into 16 cubes.

Make the marinade: Whisk together all of the ingredients until well combined.

Toss the tofu cubes in the marinade and set aside for 15 minutes. Meanwhile, prepare the rest of the ingredients.

Make the satay sauce: Whisk together all of the ingredients until well combined, then set aside.

Prepare the salad: Place the rice noodles in a heatproof bowl and cover with boiling hot water; set aside for 5 minutes, until tender. Drain and rinse under cold water. Transfer the noodles to a large salad bowl and toss with the sesame oil.

Preheat a grill to high heat and lightly oil the grate. Alternatively, you can cook the skewers on the stovetop in a hot oiled grill pan or frying pan over medium-high heat.

Finish making the salad while the grill or pan heats up: Fill a medium saucepan halfway with water and bring to a boil. Add the salt and edamame. Blanch for 2 minutes, then drain.

Mix the edamame, cabbage, carrots, peanuts, cilantro, and scallions into the noodles. Set aside.

When the tofu is ready, thread 4 cubes onto each skewer. Brush all over with 2 tablespoons of vegetable oil and grill until golden, 8 to 10 minutes, turning them from time to time.

Pour the dressing over the noodle salad and toss to coat. Transfer the dressed salad to a serving platter.

Serve the skewers on top of the noodle salad. Top with a drizzle of the satay sauce and sprinkle with the sesame seeds. Serve the remaining satay sauce on the side.

# chocolate mousse with passion fruit curd

Light and airy, these chocolate mousse pots are topped with a layer of tangy passion fruit curd and some fresh passion fruit pulp—a perfect combination for a truly scrumptious dessert. The mousse is made without eggs. Aquafaba, the liquid from a can of chickpeas, is high in protein and, like egg whites, expands to form soft or stiff peaks when whisked at high speed. It works really well for plant-based mousses, meringues, and other baked goods. So, the next time a recipe calls for canned chickpeas, save the aquafaba to make a yummy dessert.

*serves*

6

*prep time:*

20 minutes, plus  
overnight to set  
and 2 hours to  
chill

*cook time:*

20 minutes





### CHOCOLATE MOUSSE:

$\frac{3}{4}$  cup (180ml) aquafaba (chickpea brine) (see notes)

$\frac{1}{2}$  teaspoon cream of tartar

3 tablespoons superfine sugar

7 ounces (200g) dark chocolate, broken into chunks

$1\frac{1}{2}$  teaspoons ginger powder

### PASSION FRUIT CURD:

$\frac{1}{2}$  cup (120ml) seedless passion fruit puree (see notes)

$1\frac{1}{4}$  cups (300ml) almond milk

$\frac{1}{3}$  cup (75g) granulated sugar

2 tablespoons cornstarch

3 tablespoons vegan buttery spread

### FOR GARNISH:

3 large passion fruits

Chocolate shavings

#### *notes:*

*Check the label to confirm that the chickpeas do not contain salt; otherwise, the mousse will be salty.*

*One (15-ounce/425g) can of chickpeas should give you about  $\frac{3}{4}$  cup (180ml) of brine. If the can you're using yields more, reserve the extra for another recipe; if it yields less, open a second can.*

*You can use fresh passion fruits for the curd; you will need about 8 fruits to get  $\frac{1}{2}$  cup (120ml) of puree. The easiest way to remove the seeds is to gently heat the pulp in a pan to help detach the seeds from the flesh, then press the pulp through a fine-mesh sieve. Or you can buy passion fruit puree, which is most often used to make cocktails and already has the seeds removed.*

Using a stand mixer fitted with the whisk attachment, or a large mixing bowl and a hand mixer, whip the aquafaba on high speed until stiff peaks form (as you would do with egg whites), about 5 minutes. Add the cream of tartar and sugar and whip for another 10 seconds to combine.

Place the chocolate in a heatproof bowl that fits snugly over a saucepan. Bring about 1 inch (2.5cm) of water to a simmer in the saucepan and set the bowl of chocolate over the simmering water. Melt the chocolate, stirring often.

Once the chocolate has melted, stir in the ginger. Remove the bowl from the pan and allow the chocolate to cool until it's no longer hot but is still warm and in liquid form. If you let it cool too long, it will harden and will not mix well for the next step.

With a silicone spatula, carefully fold half of the melted chocolate into the whipped aquafaba. Once it is well mixed, carefully fold in the remaining half.

Divide the mousse evenly among six 8-ounce (225ml) glass ramekins, filling each about halfway. Once cool, transfer the ramekins to the fridge and leave the mousse to set overnight.

The next day, make the passion fruit curd: Place all of the ingredients except the buttery spread in a medium saucepan over medium heat, whisking until the mixture is thick enough to coat the back of a wooden spoon and reduced to about  $1\frac{1}{2}$  cups (350ml), 8 to 10 minutes. Remove from the heat and whisk in the buttery spread until well combined. Let cool for 5 minutes.

Spoon the curd over the mousse, using about  $\frac{1}{4}$  cup (60ml) per ramekin, and place in the fridge to chill for a couple of hours.

Just before serving, cut the passion fruits in half and evenly scoop the pulp onto the layer of passion fruit curd. Finish with chocolate shavings.

# mango & raspberry mini pavlovas with banana sorbet

These crispy mini pavlovas are topped with a guilt-free banana sorbet and fresh fruits. This is an indulgent yet healthy dessert that you can customize with any kind of seasonal fruit topping.

The meringue nests are made with aquafaba, which expands as egg whites do when whipped at high speed. Do not skip the cornstarch and white wine vinegar because they help stabilize the meringue. I like crunchy meringues, but if you prefer them chewy inside, simply reduce the cooking time to 1 hour.

*makes*

6 mini pavlovas

*prep time:*

25 minutes, plus  
2 hours to freeze  
bananas and dry  
meringues

*cook time:*

1 hour 25 minutes





### BANANA SORBET:

3 large ripe bananas, cut into chunks

### MERINGUES:

$\frac{3}{4}$  cup (180ml) aquafaba (chickpea brine (see notes))

$\frac{1}{2}$  teaspoon cornstarch

$\frac{1}{2}$  teaspoon white wine vinegar

$\frac{1}{2}$  cup (100g) superfine sugar (see notes)

### FOR GARNISH:

3 tablespoons unsweetened coconut flakes

1 large mango, very thinly sliced

1 cup (125g) raspberries

2 fresh mint sprigs, snipped into sections

### *notes:*

Check the label to confirm that the chickpeas do not contain salt; otherwise, the meringues will be salty.

One (15-ounce/425g) can of chickpeas should give you about  $\frac{3}{4}$  cup (180ml) of brine. If the can you're using yields more, reserve the extra for another recipe; if it yields less, open a second can.

Superfine sugar will dissolve better in the meringue mixture. If you do not have superfine sugar, simply pulse some granulated sugar 3 or 4 times in a mini food processor or blender.

Place the banana chunks in a resealable freezer bag and put them in the freezer.

Preheat the oven to 275°F (140°C). Line a cookie sheet with parchment paper.

Heat the aquafaba in a small saucepan over medium heat and simmer to reduce by half, or to about  $\frac{1}{3}$  cup (80ml), about 8 minutes.

In a small bowl, mix together the cornstarch and vinegar. Set aside.

Transfer the reduced aquafaba to a stand mixer fitted with the whisk attachment, or use a large mixing bowl and a hand mixer. Whip on high speed until soft peaks form and the aquafaba has doubled in volume, 5 to 6 minutes. Add the cornstarch and vinegar mixture. Still whipping on high speed, beat in the sugar 1 tablespoon at a time and continue beating until glossy stiff peaks form, 8 to 10 minutes.

Spoon the mixture into a piping bag fitted with an open star tip and pipe onto the prepared cookie sheet into 3-inch (8cm)-diameter circles. Create a cavity in the middle of each meringue by piping more meringue around the edge.

Bake for 75 minutes, or until the meringue nests are crisp. Turn off the oven and leave the nests to cool completely inside the oven with the door closed for about 2 hours.

Meanwhile, dry-toast the coconut flakes in a small frying pan over medium heat, stirring often to prevent them from burning, until golden and fragrant, about 2 minutes. Transfer to a bowl and set aside.

When the meringues have cooled, make the sorbet: Place the frozen banana chunks in a mini food processor. Blend until smooth and creamy, about 2 minutes.

Place a scoop of sorbet in each meringue nest. Top with the mango slices, raspberries, and toasted coconut. Decorate with mint sprigs.

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# less meat, more *plants*

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