

# WHERE DO YOU GET YOUR PROTEIN?

30 DELICIOUSLY HEALTHY,

HIGH PROTEIN

**VEGAN**

RECIPES



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# INTRODUCTION

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**This book was born out of a desire to finally answer that age-old question... Where do vegans get their protein from?**

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But to begin I think it's important for me to explain how I got to where I am today. I've been vegan since 2012, prior to that I ate more animal products than anyone else that I and likely you have ever met. Each week I would eat my way through a 10kg box of chicken breasts and guzzle down 42 pints of milk. I'd also cram in tuna, eggs, the odd steak and wash it all down with copious amounts of whey protein shakes. I would eat a total of 500g of animal protein per day. I didn't even count the incidental plant protein because I didn't think it really did anything! I did all this in a misguided attempt to put on muscle as quickly as possible. I can now see that I had been sold a lie... the world's **most dangerous** lie!

**“ I HAVE BECOME  
OBSESSED WITH  
SPREADING THE MESSAGE  
THAT A WHOLE FOODS,  
PLANT BASED DIET IS  
OPTIMAL FOR HEALTH!**



Not only is the eating of animal products **not** required to fuel muscle growth but it is also, along with the eating of processed plant foods, by far the leading cause of chronic disease, disability and death. I'm glad to have found that by sticking more to the whole plant foods we can have an awesome physique and not pay the ultimate price for it!

One day my partner Gemma was researching nutrition to help with her autoimmune disease and she stumbled upon the idea of a whole food, plant-based diet. This is an eating pattern based solely around legumes, whole grains, vegetables, fruits, nuts, seeds, herbs and spices. I must admit that at first, I was sceptical. Then I read the book *The China Study* by T. Colin Campbell and it completely changed my life. This tome outlines the findings of the largest-ever study on lifestyle and longevity.



I clearly saw that the more animal products we eat, the quicker we die from preventable diseases such as cancer, heart disease and diabetes.



**I BECAME SCARED FOR MY LIFE  
AND DECIDED TO MAKE THE CHANGE.**

Despite my initial misgivings, not only did my health markers such as blood pressure and cholesterol vastly improve, but my performance in the gym also benefited hugely. I have a faster recovery time, more energy and I no longer suffer from the agonising tendonitis that used to plague me from all my heavy lifting and bag work, putting me out of action for weeks at a time.

Since learning the truth I have become obsessed with spreading the message that a whole foods plant based diet is not only viable for athletes but that it is in fact optimal! If it is good enough for the top athletes in the world then why would the rest of us not want to eat that way too?! With that in mind, I've designed this book to be suitable for everyone: athletes, bodybuilders and non-gym-goers alike. These health-promoting recipes are suitable for all!

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**THIS BOOK IS YOUR GO-TO GUIDE TO UNDERSTANDING**

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**THE TRUTH ABOUT PROTEIN,**

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**HOW MUCH PROTEIN YOU REALLY NEED  
& FINALLY THE OPTIMAL PLACES TO GET IT FROM!**

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# WHERE DO YOU GET YOUR PROTEIN?

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**If I had a penny for every time somebody has asked me that question!**

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When we eat any whole food (whether plant or animal-based), our bodies break the proteins down into their constituent amino acids before they are able to enter into our bloodstream through the wall of the small intestine. So it is irrelevant where those proteins came from! Some people will argue that animal proteins are more bio-available, which is true. But there are several pros and cons either way. For example, all meat is contaminated with endotoxins, which are not destroyed by the cooking process. Endotoxins create inflammation in the body and therefore to quell this inflammation some of the amino acids ingested then need to be built into C-reactive protein in the liver. When they are doing that, they are not contributing to muscle growth.

**“ IN TERMS OF THEIR ABILITY TO BUILD MUSCLE, THERE IS NO REAL-WORLD EVIDENCE TO SHOW THAT ANIMAL OR PLANT PROTEINS OUT-PERFORM THE OTHER.**

Only plants manufacture amino acids from scratch, and they do so using atmospheric nitrogen. We and other animals merely recycle these amino acids to form the various proteins that our bodies require. In fact, we make around two million different proteins. It is preposterous to think that we need to eat meat (muscle), in order to create muscle. When is the last time that you saw someone eating eyeballs or hair and yet they still possess eyeballs and hair!





**ALL PROTEIN COMES  
FROM PLANTS!**

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**YES! I'LL REPEAT THAT...**

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**ALL PROTEIN  
COMES FROM  
PLANTS!**

There is a long-standing myth about the need to 'protein combine' at each meal. This is the idea that we need to eat legumes with grains, for example, to be able to form complete proteins from them. That myth was first aired in the Feb 1975 issue of Vogue magazine and was disproven several decades ago. The truth is that we keep pools of free amino acids in our bodies for use at any time. We also recycle about 90g of amino acids from deceased cells every day.

Another big myth is that only animal products contain complete proteins (those with all the various amino acids present). All whole plant foods contain all essential amino acids, albeit in varying ratios. In fact, the only incomplete protein in the food chain is gelatine which comes from the skin, bones, and connective tissues of various animals and lacks the amino acid tryptophan.

The only thing to make sure of when eating a whole food vegan diet is that you eat a range of different foods every day (as we all should for overall health anyway)! For my own diet, I am sure to take in various legumes (beans, lentils, chickpeas and split peas), whole grains, vegetables, fruits, nuts and seeds daily. If people eat adequate calories from these foods, then by far the vast majority will meet their protein needs.



According to the World Health Organisation, the average female should need no more than 46g of protein per day and the average male 56g. More often than not, when I write a nutrition plan for clients, they typically come in at double those numbers, without me even trying. The one proviso is in the case of larger strength or physique athletes. Of course, the more muscle damage we are repairing, the greater our protein needs. The best available evidence to date suggests that 1.62g protein/Kg body weight per day is likely optimal for muscle growth.



I will add at this point that we must also be eating enough total calories in order to grow, or else the protein will be used up as fuel. The barometer of success here is that we will see our bodyweight slowly climbing week by week. For people wanting to drop body fat, it's looking likely that 2g protein/kg of body weight per day is required to retain the most muscle mass. The science was done on trained athletes, however, who will have relatively leaner physiques than your average sedentary person. I would imagine that the percentage of body fat must come into it, as fat is inert tissue. I believe it's likely that people that are not so lean likely would do just as well with less protein, though the science hasn't been done so I cannot say that with any degree of certainty.

A strength or physique athlete, with their additional protein requirements, may find it hard to get the optimal ratios of protein, carbs and fat to support their goals solely from whole plant foods. In these cases, I recommend the judicious use of some higher protein processed foods such as tofu, seitan, textured vegetable protein (TVP), soya milk/yoghurt and the various protein powders. Though not as health-promoting as the whole foods that these will be displacing, I don't personally see them as being too harmful, provided that the rest of the diet is made up of whole plant foods.





**“ IF YOU WANT MY RECOMMENDATION FOR THE BEST PROTEIN SUPPLEMENT ON THE MARKET, THEN IT WOULD BE VIVO LIFE’S PERFORM PROTEIN.**

I’ve found this to be the most digestible I’ve tried and it’s one of the few protein supplements not found by the independent study “The White Label Report” to be contaminated with heavy metals. I’m proud to be an ambassador with Vivo Life and my clients and followers can get 10% off of their first order with my code **HENCH10** using this link: **<http://bit.ly/2DGoKZN>** By continuing to use my special link you would be supporting my work on social media, so thanks in advance if you decide to.

So there it is. You can do at least as well on a vegan diet building muscle as you can an omnivorous one. But by choosing the plant-based options, you will, of course, be slashing your risk of developing the diseases of affluence that lead most Westerners to their graves.

**ARE YOU  
WITH ME?**

**OR ARE YOU OKAY  
WITH BEING THE  
BIGGEST, LEANEST  
CORPSE IN THE  
CEMETERY?**



# **‘WHOLE FOOD, PLANT-BASED’ VS ‘VEGAN’ — WHAT’S THE DIFFERENCE?**

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**It’s important for me to point out the huge distinction between the terms ‘vegan’ and ‘whole food plant-based’.**

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**‘Vegan’** only tells me what you don’t eat – animals and animal products. **‘Whole food, plant-based’** or **‘Whole-food vegan’** tells me that you are eating the healthiest, most nutritionally-dense foods on the planet! Someone can be vegan and eat crisps, doughnuts and Oreos, but that will, of course, have a much different health outcome than someone who eats lentils, quinoa and kale! I believe that those who are kind and compassionate enough to care about the lives of non-human animals deserve the best possible lives for themselves, and that includes enjoying good health. Eating a varied range of whole plant foods is the best way to ensure this. In addition, to those of you who are noble enough to be vegan for the animals (bravo by the way), I would ask who would be the better advocate – an out-of-shape person or someone with good body composition? The messenger is equally as important as the message. Maybe more so?

Whole food plant-based simply means eating foods as they come naturally, without anything bad added or anything good taken away. The vast majority of the ingredients used in this book are pure whole foods, or if not they at least have nothing bad added, e.g. tofu and cocoa powder. If eating this way is new to you simply give yourself a few short weeks of adjusting your taste buds and you will never look back.



# TIPS AND SIMPLE PREPARATIONS

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## OIL-FREE

**You will notice that none of the recipes in this book contain oil.**

Oil, in my view, is the most harmful product that a vegan could eat. The notion that it is healthful because it comes from olives, avocado, nuts or seeds is akin to saying that refined sugar must be healthy because sugar is found in fruit; an obvious logical fallacy. Many will say that the Mediterranean Diet, rich in olive oil, is considered healthy. While olive oil is healthier than the food that it displaces (butter) it is far from a health food. It is beyond the scope of this cookbook to go into the whys and wherefores of this topic, but for further edification, I would invite you to check out the works of [nutritionfacts.org](http://nutritionfacts.org) on this topic. It's so important that I will reiterate the point in the words of Dr Caldwell Esselstyn, the only man with a case-series printed in a peer-reviewed medical journal proving reversal of heart disease through diet alone... (Shouts) **“no oil!!!!”**

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## HOW TO COOK WITHOUT OIL

**You can steam, poach and boil in the usual ways but when it comes to sautéing, stir-frying and roasting you will need to adjust your method slightly.**

For stir-frying and sautéing choose a non-stick pan (preferably solid ceramic or stainless steel, etc. as opposed to a pan coated in ceramic or Teflon) and replace the oil with a touch of water. Add around 2 tablespoons of water at a time and simply add a little more when needed to avoid sticking. Make sure that you stir frequently and cook over a medium heat. Avoid adding too much water at once and this method will still caramelize your produce.

For roasting choose silicone ovenware or simply line your baking tray with parchment paper. Your food will still brown and crisp up nicely; it just might take a little longer to cook than when you roast with oil.

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## THE TRUTH ABOUT SOY

**Misinformation abounds on this topic, particularly regarding its purported (by some unscrupulous individuals) feminising properties.**

Again, I feel it is beyond the remit of this, a cookbook, to go deeply into the science and again I would point you to the wonderful resource [nutritionfacts.org](http://nutritionfacts.org), where you'll find many detailed videos along with citations on the topic. Suffice to say, soya is a bean. Beans and other legumes are some of the healthiest foods on the planet. If I ever start to grow breasts, you will be the first to hear about it!

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## HOW TO PRESS TOFU

**Several of the recipes in this book require pressed tofu. This simply means that most of the excess moisture has been squeezed out. Tofu presses are pretty cheap and easy to use but if you don't have one then you can use the following method instead:**

- 1 Take two paper towels and fold them in half and in half again.
- 2 Place one of the folded towels on a cutting board.
- 3 Take the tofu out of the package, drain off the excess water, and put it on top of the first paper towel.
- 4 Put the second paper towel on top of the tofu.
- 5 Place something heavy on top like a plate, another cutting board, or a skillet.
- 6 Let this sit for 30 minutes.

## LEGUMES

**You'll notice that throughout this book I mention using cans of tomatoes and legumes.**

Obviously, you can cook your own legumes from scratch but I have tried to make the recipes as quick and easy as possible. If you do not cook your beans from scratch then, wherever possible it is a good idea to opt for tetra packs over cans because they don't have the toxic BPA lining of cans, which can cause negative health effects. Another option is to batch cook legumes, freeze them and then get them out when you need them. Obviously, if neither of these options are viable then you can just use cans.

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## CASHEW CREAM

**For one of the recipes in this book you will need cashew cream, so I decided to include the recipe so that you can make your own.**

It is really easy to make and can be added to any dish that you feel would benefit from some extra creaminess, whether sweet or savoury. Try adding some to soups, chillies, stews, salad dressings, pasta sauces or just dip your strawberries in it!

### **To make it you simply need:**

150g cashews

240ml water (depending on how thick you want the cream)

Soak the cashews in water for a few hours or overnight. Drain the soaking water and add the cashews to a blender along with the fresh 240ml of water. Blend until smooth. Then I advise pouring the cream into ice cube trays and freezing. Once frozen pop them into a container and keep them in the freezer until required.



## **SWEETENER**

**When it comes to sweeteners there are only two that I can recommend in good conscience; date syrup and molasses.**

Molasses is a product that results from refining sugar cane or sugar beets into sugar. Molasses contain lots of vitamins and minerals and make an excellent sweetener, but it has a very strong, overpowering flavour, which is not suitable for all recipes.

Date syrup, however, has a much more neutral, sweet flavour and is simply made from blending dates and water together. It is completely natural and contains nothing that is detrimental to the body. You can buy date syrup and molasses pretty easily these days. Date syrup is so easy to make though, and required for several recipes in this book, so I have decided to include the recipe.

### **To make it you simply need:**

175g pitted dates

250ml water

1 teaspoon lemon juice

Simply combine all the ingredients in a blender until smooth. It stores in the refrigerator for 2-3 weeks in an airtight container

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## **BATCH COOKING**

**You'll notice that the recipes in this book often make multiple servings.**

What I have learned is that it barely takes any extra time to make 2/3 servings compared to making 1! So wherever possible make extra servings and refrigerate/freeze them as this will save you so much valuable time.



# RECIPES

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**While it's true that the recipes in this book are perfect for those requiring a larger protein intake (e.g. strength and physique athletes), they are based around healthful whole plant foods, making them suitable for all.**

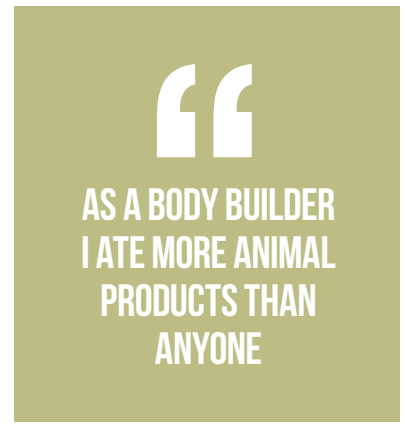
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My aim for this book is to show you just how easy it is for **anyone** to meet their protein needs with plants so every recipe was created with that in mind. I didn't want to create just another cookbook; I wanted to create something that really, finally, made it clear that protein is not an issue!

The remainder of this book is filled with 30 delicious, high-protein recipes. They contain no animal products, oil, gluten, sugar or protein powders. I have nothing against gluten; we are simply a gluten-free household. I also have nothing against the judicious use of protein powders; it's simply that I believe that the vast majority of people don't require them and I wanted to show you how easy it is to get enough protein without them.

I have included the macronutrients for every recipe in this book but obviously, everyone's needs are different. I highly recommend using an app like Cronometer to track your nutrition every now and then to ensure that you are getting all the nutrients that you need.





# **MORNING MEALS**

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**PERFECT SCRAMBLED TOFU**

**TROPICAL PARADISE SMOOTHIE**

**BANANA BREAD CHIA PUDDING**

**CRUSTLESS CHICKPEA  
& TOMATO QUICHE**

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# PERFECT SCRAMBLED TOFU

**This recipe is simple, quick and so tasty! It can be served with your favourite breakfast ingredients or even as a delicious sandwich filling. The ideal tofu choice would be 'firm' but any old tofu will do, as long as it isn't silken. A tofu press is helpful for this recipe but it is not essential (see page 13 for how to press tofu without a specific tofu press).**

In a frying pan add the onion, mushrooms and garlic and steam fry for 5 minutes.

Break the pressed tofu apart into small pieces and then add it to the pan.

Allow this to fry for a few minutes, until all the excess moisture has evaporated.

Add the spinach and allow it to wilt.

Next add the turmeric, black pepper and tomatoes and cook for 1 minute.

Add the tamari and cook for a further 1 minute.

Serve and enjoy.

## **SERVES 1**

½ small red onion,  
finely chopped

3 mushrooms, finely chopped

1 garlic clove, minced

300g firm tofu, drained  
and pressed

50g spinach

1 tsp ground turmeric

Pinch of black pepper

6 cherry tomatoes, quartered

1 tbsp tamari or soya sauce

**Calories 368, Protein 42g, Carbs 21g, Fat 17g**







“

**SMOOTHIES — HIGH  
SPEED BLENDERS CAN  
LIBERATE MORE NUTRIENTS  
THAN CHEWING**





# TROPICAL PARADISE SMOOTHIE

**At first glance, you might be surprised to see beans in this recipe! The idea used to be strange to me too! But honestly you can't even taste them once you add in some sweet juicy fruit and they give the smoothie a thicker creamier taste. They also add so much protein that you don't even need to add a protein powder. Try adding a handful of spinach to make this smoothie even more nutritious.**

Combine all the ingredients in a blender until smooth.

Serve immediately.

## **Variation:**

For an additional whack of antioxidants add 1 tsp of amla powder. Amla is the most antioxidant-rich food that we know of and that tiny teaspoon will contain more antioxidants than the rest of the ingredients combined! Find amla powder online or at your local Asian supermarket.

## **SERVES 1**

1 can cannellini beans,  
drained and rinsed

1 tbsp chia seeds

1 tbsp flax seeds

100g pitted dates

3 passion fruit

1 mango, skin and  
stone removed

6 ice cubes

350ml water

**Calories 807, Protein 20g, Carbs 176g, Fat 10g**





# BANANA BREAD CHIA PUDDING

**This satisfying, tasty pudding requires hardly any prep time and is so versatile; you can add your favourite fruit, granola, spices or nut butter to totally transform this into a delicious new flavour.**

Mash half the banana.

Mix the mashed banana, chia seeds, cinnamon and soya milk and then leave to rest for 15 minutes.

To assemble add half the mixture to a jar, followed by slices of banana, the other half of the mixture and then the rest of the banana. Top with crushed walnuts.

Serve immediately or refrigerate first for 15 minutes.



## SERVES 1

4½ tbsp  
chia seeds  
260ml soya milk  
1 small banana  
½ tsp cinnamon  
Dash of nutmeg  
Dash of allspice  
4 walnut halves,  
crushed

**Calories 445,  
Protein 18g,  
Carbs 43g, Fat 24g**



# SPINACH AND MUSHROOM MINI QUICHES

This easy recipe turns out amazing every time and by using a silicone muffin mould you negate the need for using unhealthy oil. The tomatoes really add to this dish so make sure that you don't skimp on them.



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Pre heat the oven to 180 degrees Celsius.

Steam fry the onion, mushrooms and garlic for 5 minutes.

Add the spinach and cook for a further two minutes, ensuring that any excess water evaporates.

Place the tofu in a food processor along with the turmeric, salt and pepper. Mix until smooth

Place the tofu mixture in a bowl and add the coriander, parsley, nutritional yeast, rosemary, thyme, dill and cooked mushrooms/spinach and onion. Combine well.

Place a 12 silicone muffin mould onto a baking tray. Decant the mixture evenly into the 12 muffin compartments. Top with slices of tomatoes.

Place the baking tray, with the silicone muffin mould on top, into the oven and cook for 45 minutes.

Allow the quiches to rest for 10 minutes and then serve.

## SERVES 2

1 small onion, finely chopped

5 medium mushrooms,  
finely chopped

3 garlic cloves, minced

50g spinach

400g firm tofu, pressed

2 tsp turmeric

Salt and pepper to taste

2 tbsp fresh coriander,  
finely chopped

1 tbsp fresh parsley,  
finely chopped

1 tbsp nutritional yeast

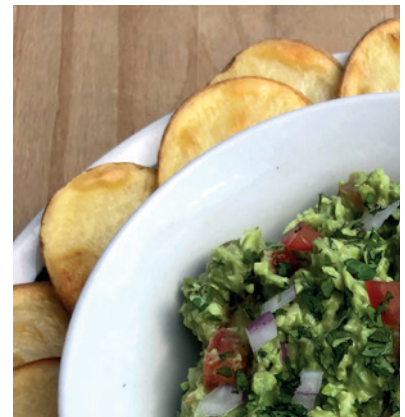
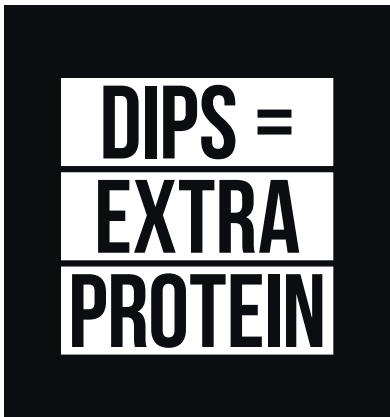
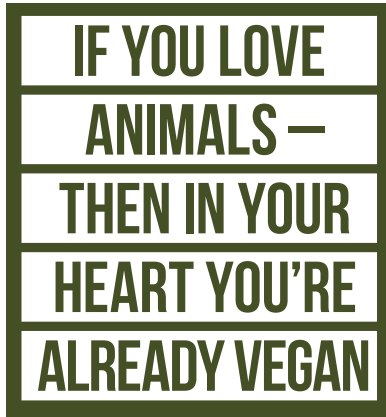
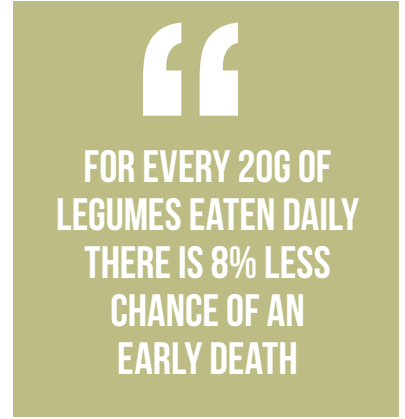
¼ tsp dried rosemary

¼ tsp dried thyme

¼ tsp dried dill

2 large tomatoes, sliced

**Calories 280, Protein 30g,  
Carbs 20g, Fat 12g**





# **DIPS & SPREADS**

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**SPICY BEAN AND CORN SPREAD**

**CHEESY TURMERIC HUMMUS**

**GUACAMOLE WITH A TWIST**

**VEGAN TUNA MAYO**

**CREAMY PEA AND MINT DIP**

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# SPICY BEAN & CORN SPREAD

**This easy bean dip is full of delicious Mexican flavours and makes a perfect sandwich filling. Kidney beans work great for this recipe but to be honest any beans will do the job so feel free to use your favourite ones.**

Steam fry the onion until it is translucent, around 5 minutes, and then allow it to cool.

Blend the onion, kidney beans, lime, cumin, garlic, chilli, tahini, salt and pepper until almost smooth, using just enough water (or stock) to loosen the mixture (try starting with 35ml).

Chill for 30 minutes.

Stir through the corn and top with the coriander.

Serve and enjoy.

## SERVES 1

½ medium red onion

1 can kidney beans (or black beans), drained and rinsed

½ lime, juiced

⅓ tsp cumin

½ garlic clove, minced

⅓ tsp chilli powder

1 tbsp tahini

Salt to taste

⅓ tsp black pepper

Water or vegetable stock

40g cooked corn, or thawed frozen corn

1 tbsp fresh coriander, chopped

**Calories 425, Protein 23g, Carbs 63g, Fat 11g**





# CHEESY TURMERIC HUMMUS

**It wouldn't be a vegan recipe book without hummus! There is a reason why it is such a popular dip, it's frickin' delicious! Always opt for making your own as it is so quick to make and doesn't contain heaps of nasty oil like the shop bought ones do. Another great option is to add a little more water and then use it as a sauce over your favourite pasta.**

Combine all the ingredients in a blender using as much water as needed to achieve the desired consistency, try starting with around 40ml.

Serve and enjoy.

## **SERVES 1**

1 can cannellini beans,  
drained and rinsed  
4 tbsp nutritional yeast  
1 tbsp tahini  
1 tsp turmeric powder  
½ garlic clove, minced

1 tsp onion powder  
⅓ tsp wholegrain mustard  
1 tbsp apple cider vinegar  
Salt and pepper to taste  
Splash of water

**Calories 394, Protein 31g, Carbs 47g, Fat 11g**



“

**GREAT PHYSIQUES HAVE  
BEEN BUILT ON A MYRIAD OF  
DIFFERENT DIETS, BUT ONLY  
ONE PREVENTS, TREATS AND  
REVERSES DISEASE**





# GUACAMOLE WITH A TWIST

**With the added edamame beans in this classic dish you hugely increase the protein count. I enjoy eating this guacamole with oil free chips or crudités.**

Combine the edamame, avocado, lemon, garlic, cumin and salt in a food processor until smooth.

Transfer to a bowl and add the tomato, coriander and onion.

Serve and enjoy

## SERVES 1

125g cooked edamame beans

1 medium avocado, stone and skin removed

2 tsp lemon juice

1 garlic clove, minced

¼ tsp cumin

Salt to taste

1 large tomato, finely chopped

2 tbsp fresh coriander, chopped

¼ red onion, finely chopped

**Calories 348, Protein 18g, Carbs 24g, Fat 23g**





# VEGAN TUNA MAYO

**In my experience this recipe has fooled tuna lovers into believing that it is the real thing. It has the same taste and texture, but it has none of those nasty sea pollutants that bio accumulate up the food chain. It goes great with a jacket potato or as a sandwich filling.**

Place the chickpeas, nori, tamari, ½ the lemon, salt and pepper in a food processor and combine until almost smooth. You may need to periodically scrape the sides down.

Place the 'tuna' in a bowl.

For the mayo add the tofu, remaining lemon, mustard, cashew butter, apple cider vinegar and garlic to a blender and combine until smooth.

Pour the mayo over the 'tuna' and combine. Add in the onion and corn and give it a final mix.

Serve cold.

## SERVES 1

1 can chickpeas, drained  
and rinsed  
1 tbsp nori flakes or ½ nori  
sheet, cut into small pieces  
1 tbsp tamari  
2 tbsp lemon juice  
Salt and pepper to taste  
100g silken tofu

½ tsp wholegrain mustard  
1 tbsp cashew butter  
1 tbsp apple cider vinegar  
¼ garlic clove  
½ red onion, chopped  
40g cooked corn, or  
thawed frozen corn

**Calories 530, Protein 29g, Carbs 70g, Fat 16g**



**PLANT  
BASED  
GAINS**





# CREAMY PEA & MINT DIP

Pea and mint is such a winning combo that I had to include it in this book. If you find the taste of raw garlic too strong simply opt for garlic powder instead.

If using frozen peas run them under warm water to let them defrost first.

Then combine all the ingredients in a blender until smooth.

Serve and enjoy.

## SERVES 1

250g peas

45g silken tofu

2 brazil nuts

½ medium avocado

½-1 garlic clove, minced

10g mint leaves

½ lemon, juiced

1 tbsp apple cider vinegar

¼ tsp chilli powder (optional)

Salt and pepper to taste

**Calories 384, Protein 20g,  
Carbs 43g, Fat 17g**









**SOUPS =  
FANTASTIC  
WEIGHT LOSS  
FOOD**

**“  
THE LONGEST LIVED  
POPULATIONS IN THE  
WORLD ALL HAVE  
THE INGESTION OF  
LEGUMES IN COMMON**



**VEGAINISM  
BABY!**





# **SOUPS, CHILLIES, STEW AND MORE**

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**MOROCCAN LENTIL SOUP**

**SMOKY MIXED BEAN CHILLI**

**CARIBBEAN PINEAPPLE  
& BLACK BEAN STEW**

**CREAMY CHICKPEA CURRY**

**MOROCCAN CHICKPEA  
& VEGETABLE TAGINE**

**SWEET POTATO, OKRA  
& CHICKPEA GUMBO**

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# MOROCCAN LENTIL SOUP

**You would think that a recipe containing sweet, sour, savoury and hot ingredients would taste horrible. But somehow they all balance perfectly, creating one of my very favourite mouth-watering dishes. This is really one of those recipes that tastes even better the next day, so don't be afraid to make a double batch and have leftovers for tomorrow.**

Steam fry the onions and carrots for 6 minutes, or until soft.

Add the garlic and cook for a further 2 minutes.

Add the cumin, ground coriander, smoked paprika, turmeric, cinnamon, and ginger and cook for a further 1 minute.

Add the vegetable stock, tomatoes and lentils. Bring to the boil, then simmer uncovered until the lentils are soft, around 15-20 minutes. Stir often to avoid the lentils sticking to the bottom of the pan.

Add the spinach, fresh coriander, fresh parsley, lemon juice, salt and pepper and cook for a further 2 minutes. Serve and enjoy.

## SERVES 2

2 medium onions, chopped  
2 carrots, chopped  
4 cloves of garlic, minced  
2 tsp cumin  
1 tsp ground coriander  
¾ tsp smoked paprika  
¾ tsp turmeric  
¾ tsp cinnamon  
¾ tsp ground ginger  
1½ litres vegetable stock

1 can chopped tomatoes  
180g dried red lentils  
100g spinach  
3 tbsp coriander, chopped  
3 tbsp parsley, chopped  
½ lemon, juiced  
Salt and pepper to taste

**Calories 436, Protein 26g,  
Carbs 82g, Fat 3g**



“

THE BIGGEST, STRONGEST  
AND LONGEST LIVED  
ANIMALS ON THE PLANET  
ARE PLANT EATERS





# SMOKY MIXED BEAN CHILLI

**This chilli contains the perfect balance of spicy, sweet and bitter flavours, making it a truly comforting meal. Adjust the amount of chilli to your personal preference and even consider adding in a little Tabasco if you enjoy a hot chilli.**

Steam fry the onion, red bell pepper, green bell pepper, mushrooms and carrot for 8 minutes.

Add the garlic and cook for 2 minutes. Add the chilli, cumin, coriander, smoked paprika and cook for a further 1 minute.

Add the tomatoes, oregano, legumes, cinnamon, cocoa, molasses, bay leaves and salt.

Simmer for 15 minutes, or until the sauce reaches the desired consistency.

Remove the cinnamon stick and bay leaves and serve with your grain of choice.

## SERVES 2

1½ onion, chopped	2 tsp smoked paprika
1½ red bell pepper, chopped	2 cans chopped tomatoes
1½ green bell pepper, chopped	2 cans mixed beans, drained and rinsed
3 mushrooms, chopped	½ cinnamon stick
1 small carrot chopped	½ tsp cocoa powder
3 garlic cloves, minced	½ tsp molasses
1½ tsp chilli powder/flakes	2 bay leaves
2 tsp oregano	Salt to taste
2 tsp cumin	
2 tsp coriander powder	

**Calories 423, Protein 25g, Carbs 78g, Fat 4g**





# CARIBBEAN PINEAPPLE & BLACK BEAN STEW

**This dish is simple, hearty and full of goodness. If you're one of those people that thinks pineapple in a savoury dish is weird then you must be brave and give this a try! The chilli and pineapple work so perfectly together to create a pure party in your mouth that won't disappoint you!**

Steam fry the onion for 5 minutes.

Add the garlic and pepper and cook for a further 2 minutes.

Add the cumin and chilli and cook for a further 1 minute.

Add the tomatoes, stock, oregano and black pepper. Bring to the boil and simmer for 15 minutes.

Add the courgette, black beans and pineapple, cover and cook until the courgette is al dente (around 10 minutes).

Serve and enjoy.

## SERVES 2

1 red onion, chopped	2 tsp oregano
1 red bell pepper, chopped	¼ tsp black pepper
2 garlic cloves, minced	2 courgettes, chopped
1 tsp cumin	2 cans black beans, drained and rinsed
½ tsp chilli powder	260g chopped pineapple chunks and juice
1 can chopped tomatoes	
500ml vegetable stock	

**Calories 460, Protein 25g, Carbs 90g, Fat 3g**





# CREAMY CHICKPEA CURRY

**This quick and easy curry recipe is so versatile; you can literally add any vegetables that you happen to have around. Adding cashew cream to this dish really gives it a rich, more flavourful finish.**

Steam fry the onion, peppers, mushrooms and garlic for 5 minutes.

Add the curry powder and cook for a further 1 minute.

Add the chickpeas and tomatoes and cook for 10 minutes, or until the sauce has thickened to the desired consistency.

Add the spinach, coriander, mint, cashew cream and salt and cook for a further 5 minutes.

Serve with your favourite grain.

## SERVES 2

1 medium onion, chopped  
½ red bell pepper, chopped  
½ green bell pepper, chopped  
5 mushroom, chopped  
4 cloves of garlic, minced  
3 tsp medium curry powder  
2 cans chickpeas (or legume of choice), drained and rinsed

2 cans chopped tomatoes  
100g spinach  
½ bunch fresh coriander, chopped  
2 tbsp fresh mint, chopped  
110g cashew cream (around 8 'cubes', see page 14)  
Salt to taste

**Calories 545, Protein 28g, Carbs 84g, Fat 15g**







# MOROCCAN CHICKPEA & VEGETABLE TAGINE

**There is a beautiful array of flavours in this dish that work perfectly together. The idea of fruit in a savoury dish may sound bonkers but I promise you it works wonderfully. Make sure that you don't add the raisins or apricots too early on or they will become soggy and lose their flavours.**

Steam fry the onion, green bell pepper and carrot until soft (around 5 minutes).

Add the ginger and garlic and cook for a further 2 minutes.

Add the ras el hanout and cook for a further 1 minute.

Add the green beans, mushrooms, vegetable stock, tomato puree and chickpeas. Bring to the boil and then simmer for 20 minutes.

Meanwhile, cook the quinoa according to the pack instructions.

After 15 minutes, add the lemon juice, raisins/apricots, coriander, parsley and salt to the tagine and cook for a final 5 minutes.

Serve the tagine over the quinoa.

## SERVES 2

1 medium red onion, chopped	4 tbsp tomato puree
½ green bell pepper, chopped	2 cans chickpeas, drained and rinsed
1 small carrot, chopped	2 tbsp lemon juice
1 tbsp ginger, minced	3 tbsp raisins or apricots
4 cloves of garlic, minced	2 tbsp fresh coriander, chopped
3 tsp ras el hanout	2 tbsp fresh parsley, chopped
100g green beans, chopped	Salt to taste
3 mushrooms, chopped	140g quinoa (dry weight)
1 litre vegetable stock	

**Calories 679, Protein 31g, Carbs 124g, Fat 9g**





# **SWEET POTATO, OKRA & CHICKPEA GUMBO**

Okra is possibly one of the most difficult to find and potentially expensive ingredients in this recipe book so it is perfectly acceptable to use frozen. It is best to not omit it altogether as it really makes this dish unique and delicious. Another key ingredient in this dish is the sweet potatoes. They are packed full of vitamin E so are a great food to have on a regular basis.



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Steam fry the onion until translucent for 5 minutes.

Add the garlic, celery, green pepper and okra and cook for a further 3 minutes.

Add the tomatoes, courgette, chickpeas, sweet potato, vegetable stock, peanut butter, Tabasco, bay leaves, garlic, smoked paprika, thyme, chilli and salt. Stir, bring to the boil and then simmer uncovered for 40 minutes, or until the potatoes are tender.

Serve and enjoy.

## **SERVES 2**

1 medium onion, chopped  
2 garlic cloves, minced  
1 rib of celery, chopped  
½ small courgette, chopped  
¼ green bell pepper, chopped  
250g okra, chopped  
2 cans chopped tomatoes  
2 cans chickpeas,  
drained and rinsed  
300g sweet potato, cubed

1 litre vegetable stock  
2 tbsp of peanut butter  
½ tsp Tabasco  
2 bay leaves  
1 tsp garlic powder  
1 tsp smoked paprika  
2 tsp dried thyme  
½ tsp chilli powder  
Salt to taste

**Calories 675, Protein 30g,  
Carbs 116g, Fat 15g**



“

**STICKING IT TO  
THE ANIMAL  
AGRICULTURE  
INDUSTRY  
SINCE 2015**



ALL WHOLE  
PLANT FOODS  
CONTAIN  
PROTEIN



ΥΣΓΛΠ  
WΛ&ΦΘ&



# **SALADS & NIBBLES**

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**HIGH-PROTEIN SUSHI**

**QUINOA, CORN AND EDAMAME SALAD**

**CURRIED CHICKPEAS**

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# HIGH-PROTEIN SUSHI

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**This is one of the most time-consuming recipes in the book, but if you can prioritise the time to make it, you won't regret it! In our house, when we make this sushi, we scoff the lot immediately because it is so good! It can be helpful to have a bamboo sushi rolling mat for this recipe but it is perfectly possible to make it without one.**

---

Preheat the oven to 220 degrees Celsius.

Cut the tofu lengthways into batons of around 1 cubic centimetre.

Combine the tamari, lime juice and date syrup in a bowl. Add the tofu, coat evenly and leave to marinate for ten minutes.

Then place the tofu on a baking tray lined with parchment paper, sprinkle with the sesame seeds and bake for 40 minutes, turning halfway. Then allow it to cool.

Cook the rice according to the pack instructions and allow it to cool also.



## ASSEMBLY:

Place a nori sheet lengthwise on the mat, shiny side down. Put  $\frac{1}{4}$  of the rice on the sheet and use your fingers to spread it into an even layer, leaving  $\frac{1}{2}$  inch space free of rice on the top edges of the nori. Dip your fingers in some water as you spread the rice; this will stop it sticking to your fingers.

Layer some of the tofu, cucumber, avocado, spring onions, pickled ginger and red pepper in a line near the bottom edge of the nori sheet, ensuring not to overfill.

Lift the bottom edge of the mat and roll the nori sheet over all the filling, making sure to tuck the filling under as you roll (moving the bamboo mat out of the way as you go, so it isn't trapped inside). Squeeze the bamboo mat intermittently to make the roll as tight and neat as possible.

Wet your finger and run it along the uncovered strip of the nori sheet and then completely roll it up with the bamboo mat.

Repeat with the remaining ingredients to make a total of 4 rolls.

Slice into 1 inch wide sections, dipping your knife in water in between each cut to avoid sticking.

Serve with tamari and wasabi for dipping.

### SERVES 3

#### Tofu

2 tbsp tamari

1 tbsp lime juice

1 tbsp date syrup

240g extra firm tofu

$1\frac{1}{2}$  tbsp sesame seeds

#### Sushi

300g brown sushi rice  
(dry weight)

$\frac{1}{4}$  cucumber, cut into  
very thin matchsticks

2 small avocados, stone/skin  
removed and sliced

2 spring onions, chopped

$\frac{1}{4}$  red bell pepper, cut into  
very thin matchsticks

30g pickled sushi ginger

4 nori sheets

**Calories 659, Protein 23g, Carbs 92g, Fat 24g**



# QUINOA, CORN & EDAMAME SALAD

**Salad! Is there a more uninspiring word in the English language? Fear not! This particularly colourful salad not only looks awesome, but it is also packed full of amazing flavours and textures too! What's more, it's a great energy and protein-dense meal that you can take with you anywhere.**

Cook the quinoa according to the pack instructions.

Allow to cool and then mix it with the corn, edamame, onion, tomato, salad greens, salt and pepper.

To make a delicious dressing blend the avocado, lime juice, coriander and cumin with enough water to reach the desired consistency.

Add the dressing to the salad and serve.

## SERVES 1

70g quinoa (dry weight)  
100g sweetcorn  
100g edamame, cooked  
1 red onion, chopped  
1 large tomato, chopped  
1 handful salad leaves  
Salt and pepper to taste

½ avocado, stone and skin removed  
1 lime, juiced  
¼ bunch fresh coriander, chopped  
½ tsp cumin

**Calories 602, Protein 27g,  
Carbs 85g, Fat 20g**





# CURRIED CHICKPEAS

**Roasted chickpeas make an awesome snack. I like taking them to the cinema or on long car journeys. Make sure that you don't over bake them as they tend to go really hard if you do and I don't want you sending me your dentist bill!**

Preheat the oven to 190 degrees Celsius.

Drain and rinse the chickpeas. Remove any loose skins.

Mix all ingredients, except the chickpeas, in a bowl.

Add the chickpeas and combine well.

Spread the chickpeas out evenly onto a baking tray lined with parchment paper.

Bake for 35 minutes, tossing every 8 minutes.

Enjoy!

## SERVES 1

1½ cans chickpeas, drained  
and rinsed

1½ tsp water

1½ tbsp date syrup

3 tsp medium curry powder

1 tsp garlic powder

1 tsp onion powder

Additional salt if desired

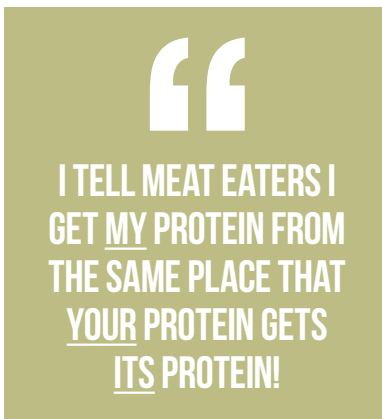
**Calories 687, Protein 27g, Carbs 99g, Fat 8g**







# PLANT BASED GAINS



# **HEARTY MAINS**

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**COURGETTE & BLACK BEAN LASAGNE**

**SNAZZY STEAM FRY WITH  
BAKED ORANGE TOFU**

**SHEPHERD-LESS PIE**

**PLANT POWER BOWL**

**LENTIL BOLOGNESE**

**JAPANESE NOODLE SOUP  
WITH CRISPY BAKED TOFU**

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# COURGETTE & BLACK BEAN LASAGNE

The beautiful thing about this recipe is that it is so healthy that you don't have to feel guilty about having a big slice of it! I'm using courgettes as the pasta layer to keep this recipe even more nutritious, which may not sound very exciting, but is honestly really delicious! Make sure that you use a really firm tofu for this recipe and press it well; otherwise the dish can turn out a little soggy.





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Preheat the oven to 180°C

Slice your courgettes with a mandolin, or by hand, lengthwise into ¼ inch thick slices.

Place the slices on baking trays, lined with parchment paper, and bake for 15 minutes. This takes some of the moisture out of the noodles so the lasagne isn't watery. Set the trays aside for now and keep the oven on.

Next, steam fry the onions for 3 minutes, making sure to not use more water than you need.

Add the mushrooms and cook for a further 3 minutes. The mushrooms will release a lot of moisture during the cooking process so make sure to not add any extra liquid at this stage.

Stir in the spinach and parsley and cook for a further 2 minutes, making sure that no excess water remains in the pan.

Add the beans, turn off the heat, cover and set aside.

Next, combine all the tomato sauce ingredients in a blender until smooth and then set aside.

Then, combine all the cheese sauce ingredients (adding the water first) in a blender until smooth and then set aside.

### **ASSEMBLY:**

In an 8 x 9 inch baking dish begin layering the ingredients. Start with half of the tomato sauce, followed by two layers of courgette, then half of the lasagne filling, the rest of the tomato sauce, two more layers of courgette, the rest of the lasagne filling and finally all of the cheese sauce.

Bake uncovered for 35-45 minutes. The cheese will look slightly brown and the sauce will be bubbling when it is done. Let it rest for at least 20 minutes before slicing, if you can bear to wait that long! Serve and enjoy.

## SERVES 4

### 'Pasta'

4 medium courgettes

### Tomato sauce

1 can chopped tomatoes

10 tbsp tomato puree

1 tsp dried basil, or a handful of fresh basil

1 tsp dried oregano

½ tsp dried thyme

3 garlic cloves

Salt to taste

### Cheese sauce

400g extra firm tofu, pressed

4 tbsp cashews

100ml water

4 tbsp nutritional yeast

1 garlic clove

2 tbsp lemon juice

¼ tsp black pepper

Salt to taste

### Lasagne filling

1 can black beans, drained and rinsed

2 medium onions, chopped

225g mushrooms, chopped

100g spinach, chopped

½ bunch parsley, chopped

Salt to taste

**Calories 401, Protein 30g, Carbs 44g, Fat 15g**



“

**WHY EAT SECOND-  
HAND PROTEIN?  
CHOOSE PLANTS!**



# SNAZZY STEAM FRY WITH BAKED ORANGE TOFU

**This recipe is zingy, spicy and delicious if I do say so myself! I typically serve this dish with brown rice, quinoa or wholegrain noodles.**



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Preheat the oven to 200°C.

Combine the orange zest, orange juice, tamari, tahini, date syrup, apple cider vinegar, ginger, garlic and chilli flakes.

Pour the mixture into an 8" x 12" baking dish.

Cube the tofu and add it to the baking dish, turning to coat all sides of the tofu with the mixture. Bake for 20 minutes.

Steam fry the corn, snow peas, onion and red bell pepper for 5 minutes.

Add the water chestnuts, ginger and garlic and cook for a further 3 minutes.

Add the five spice and cook for a further 1 minute.

Add the tamari, stir and serve with the baked tofu.

## **SERVES 2**

### **Orange tofu:**

2 tsp orange zest  
(around 1 large orange)  
80g fresh orange juice  
(around 1½ oranges)  
2 tbsp tamari  
2 tbsp tahini  
2 tbsp date syrup  
1 tbsp apple cider vinegar  
1 tbsp fresh ginger, minced  
1 garlic clove, minced  
½ tsp red chilli flakes  
400g firm tofu, pressed  
and cubed  
Salt if desired

### **Snazzy steam fry:**

125g mini corn  
180g sugar snap peas  
1 red onion, sliced  
140g water chestnuts (optional  
but highly recommended)  
1 red bell pepper, sliced  
2 tbsp ginger, minced  
4 garlic cloves, minced  
2 tsp five spice  
1 tbsp tamari  
Fresh coriander for garnish  
Salt if desired

**Calories 547, Protein 37g, Carbs 60g, Fat 20g**



# SHEPHERD-LESS PIE

---

**This plant-based version of a Shepherd's Pie is packed full of flavour and makes a wonderfully satisfying meal. The lentils and mushrooms give it a real 'meaty' taste and the cashews give the potatoes a wonderfully smooth and creamy finish. The dish freezes well, although I doubt you will be able to leave any! For a more nutrient-dense version try swapping out the white potatoes for sweet potatoes and the thyme and sage for curry powder.**

---

Preheat the oven to 200°C

Peel the potatoes and then steam or boil until they are cooked.

While the potatoes are cooking steam fry the onion, garlic, celery, carrot, mushrooms and green beans for 6 minutes.

Add in the peas, corn, lentils, vegetable stock, oat flour, thyme, sage, onion powder, tomato paste, tamari, salt and pepper.

Bring to the boil and then simmer for around 5-7 minutes, until the sauce reduces and thickens.

Place the potatoes into a bowl; add the soya milk and mash.

Mix in the nutritional yeast, salt and pepper.

Pour the shepherd-less pie filling into a 9 x 9 inch baking dish.

Layer the mashed potatoes on top.

Top with a dash of black pepper and thyme.

Bake for 35 minutes, or until the potatoes are golden on top.

Allow to rest for 10 minutes before serving.

Enjoy!







## **SERVES 3**

### **Mashed potatoes**

800g white potatoes

70ml soya milk

2 tbsp nutritional yeast

Salt and pepper to taste

### **Shepherd-less pie filling**

1 small white onion, chopped

4 garlic cloves, minced

1 celery rib, chopped

1 carrot, chopped

100g mushrooms, chopped

150g green beans, chopped

50g peas

50g corn

1½ cans brown lentils,  
drained and rinsed

250ml vegetable stock

2 tbsp oat flour

1 tsp dried thyme

½ tsp dried sage

1 tsp onion powder

2 tbsp tomato paste

2 tbsp tamari

Salt and pepper to taste

**Calories 470, Protein 26g, Carbs 92g, Fat 2g**



“

**I BELIEVE THAT THE  
STRONG HAVE A  
DUTY TO PROTECT  
THE WEAK**





# PLANT POWER BOWL

**This recipe is our version of a Buddha bowl. Buddha bowls are usually vegan and contain a variety of cooked and raw whole plant foods. They are nutritious, satisfying and always visually appealing. Try varying the vegetables, beans and sauce to create your own favourite variations of this dish.**

Cook the quinoa according to the pack instructions.

Steam the broccoli, carrots, cauliflower and red cabbage for 10 minutes

Add the black beans and steam for a further 3 minutes

Place the vegetables, beans, tomato and quinoa in a bowl, top with the hummus, pumpkin seeds and coriander

## SERVES 1

½ can black beans, drained  
and rinsed

3 broccoli florets

1 carrot, diced

3 cauliflower florets

50g red cabbage, shredded

1 large tomato

70g quinoa (dry weight)

1 tsp pumpkin seeds

½ serving hummus (page 32)

1 tbsp fresh coriander,  
chopped

**Calories 663, Protein 37g, Carbs 108g, Fat 12g**





# LENTIL BOLOGNESE

**You can't beat a good old Bolognese! In this recipe I don't bother with mock meats, I simply use brown lentils. Lentils are packed full of nutrition and don't contain any nasty additives and oil like mock meats can. The mushrooms in the dish also add a 'meaty' element and the nutritional yeast gives it a slight nutty, cheesy hit.**

Steam fry the onion for 5 minutes.

Add in the garlic and mushrooms and cook for a further 4 minutes.

Add the Italian seasoning and cook for a further 1 minute.

Add the tomatoes, lentils, spinach, tamari, nutritional yeast, salt and pepper. Bring to the boil and then simmer, uncovered for 10 minutes, or until the sauce reaches the desired consistency.

Serve with your favourite pasta.

## **SERVES 1**

1 medium onion, finely chopped

2 garlic cloves, minced

5 medium mushrooms, finely chopped

2 tsp Italian seasoning

1 can chopped tomatoes

1 can brown lentils, drained and rinsed

100g spinach

1 tbsp tamari

1 tbsp nutritional yeast

Salt and pepper to taste

**Calories 590, Protein 26g, Carbs 125g, Fat 3g**





# JAPANESE NOODLE SOUP WITH CRISPY BAKED TOFU

**The ginger and tahini flavour this broth wonderfully and the baked tofu adds a delicious, crispy texture. If you make extra servings of this for another time then make sure to cook the noodles only as and when you need them, otherwise they will go too mushy.**

Preheat the oven to 220°C.

Mix the tamari, lime juice, date syrup, garlic, ginger and chilli flakes in a small bowl. Add the tofu cubes and coat well.

Place the tofu onto a baking tray lined with parchment paper, sprinkle with the sesame seeds and bake for 35-40 minutes, flipping halfway.

Meanwhile, boil the noodles as per the pack instructions.

In another pan, steam fry the carrots, snow peas, spring onions, mushrooms and pepper for 5 minutes.

Add the garlic, chilli, and ginger and cook for a further 3 minutes.

Add in the vegetable stock, tamari and tahini. Stir well and bring to the boil.

Add in the noodles and combine.

Serve and top with the tofu, fresh coriander and sesame seeds.







## **SERVES 2**

### **Tofu**

1 tbsp tamari  
2 tbsp lime juice  
2 tbsp date syrup  
2 garlic cloves, minced  
1 tbsp fresh ginger, minced  
½-1 tsp chilli flakes  
300g extra firm tofu, pressed and cubed  
1 tbsp sesame seeds

### **Noodle soup**

2 carrots sliced thinly  
100g snow peas or sugar snap peas  
4 spring onions, chopped

3 mushrooms, sliced  
½ red bell pepper, cut into strips  
3 garlic cloves, thinly sliced  
½ red chilli pepper, cut into rings  
2 tbsp fresh ginger, minced  
100g brown rice ramen noodles  
850ml vegetable stock  
2 tbsp tamari  
1 tsp tahini  
1 tbsp fresh coriander for garnish  
½ tsp sesame seeds for garnish

**Calories 635, Protein 31g, Carbs 95g, Fat 16g**



“

**THIS LITTLE PIGLET IS CALLED PEACH. SHE WAS RESCUED FROM THE ANIMAL AGRICULTURE INDUSTRY AND WOULD HAVE BEEN KILLED AT SIX WEEKS OLD, IF IT WASN'T FOR THE LOVELY PEOPLE AT HILLSIDE ANIMAL SANCTUARY.**





HENCH HARBVØRS





**100%  
VEGAN**



**“**  
**VEGANISM HAS BEEN  
NOTHING BUT A BOOST TO  
MY HEALTH AND SPORTS  
PERFORMANCE**



# **BAKED SAVOURY DELIGHTS**

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**TEMPEH CURRIED NUGGETS**

**QUINOA & CHICKPEA BURGERS**

**CHICKEN-LESS NUGGETS**

**MEXICAN PAKORAS**

---



# TEMPEH CURRIED NUGGETS

**Tempeh contains whole fermented soya beans and as such is very good for gut health. It has a slight nutty, earthy flavour and easily takes on the flavour of any sauce or spices that you cook it with. I love making it into nuggets and dipping them in a tasty sauce.**

Preheat the oven to 200°C.

Cut the tempeh into cubes.

Combine the soya milk, curry powder, garlic, onion powder, arrowroot, chilli and salt in a bowl and mix well.

Add the tempeh to the bowl and turn all sides into the mixture.

Coat each side of the tempeh in the bread crumbs and then place on a baking tray lined with parchment paper.

Bake for 30 minutes, turning halfway.

Serve warm with your favourite dip.

## **SERVES 1**

230g tempeh

60ml soya milk

1 tsp curry powder

½ tsp garlic powder

½ tsp onion powder

1 tsp arrowroot

¼ tsp chilli powder

Salt to taste

20g brown rice

bread crumbs

**Calories 528, Protein 49g, Carbs 29g, Fat 28g**





# QUINOA & CHICKPEA BURGERS

**This is my absolute favourite burger recipe. Every time I eat these I say 'OH GOD DAMN!' If you happen to have a burger press it's well worth using as it creates a fancier shape to your burgers.**

Cook the quinoa as per the pack instructions, then leave to cool slightly while you prepare the other ingredients.

Preheat the oven to 200°C.

Finely chop the onion and red pepper in a food processor.

Mix **all** the ingredients in a large mixing bowl.

Add half the mixture at a time to a food processor and mix until well combined.

Shape the mixture into patties using your hands or a burger press. This mixture makes around 6/7 burgers (tip: wet inside the burger press before/after each use to reduce the chances of the mixture sticking to the press).

Bake for 35 minutes, there is no need to flip them.

Serve and enjoy

## SERVES 2

1 can chickpeas, drained  
and rinsed

140g quinoa (dry weight)

½ medium red onion

½ red bell pepper

½ bunch coriander, finely  
chopped

1 tsp ground turmeric

1 tsp garlic powder

½ tsp onion powder

½ tsp smoked paprika

½ tsp ground cumin

⅓ tsp chilli powder

⅓ tsp black pepper

Salt to taste

**Calories 426, Protein 20g, Carbs 66g, Fat 8g**





# CHICKEN-LESS NUGGETS

**One of the great things about this recipe is that it isn't greasy! Baking allows you to get a nice crispy finish without the oiliness. If you aren't eating a gluten free diet then try panko bread crumbs for an even crunchier finish.**

Preheat the oven to 200°C

Place all the ingredients in the food processor and blend until smooth.

Shape the mixture into nugget shapes and then roll them in the bread crumbs (makes around 12-15 nuggets).

Place the nuggets on a baking tray lined with parchment paper and bake for 35-40 minutes, flipping half way.

Serve warm or cold with your favourite dip or sauce

## SERVES 1

1 cans chickpeas,  
drained and rinsed

1 tsp garlic powder

1 tsp onion powder

2 tbsp breadcrumbs

1½ tbsp nutritional yeast

Salt to taste

15g bread crumbs for coating

**Calories 438, Protein 24g,  
Carbs 75g, Fat 6g**





“

MY AIM IS TO BE TWICE  
THE SIZE OF ANYONE  
THAT SAYS THAT WE  
NEED TO EAT MEAT  
FOR PROTEIN 🤪





# MEXICAN PAKORAS

Pakoras are actually an indian dish but by simply changing the herbs and spices you can flavour them to any cuisine you wish! For delicious pizza pakoras try taking out the lime, coriander, chilli and cumin and add in nutritional yeast, Italian herbs, basil and olives.



---

Pre heat the oven to 180°C.

Place the onion, bell peppers, corn, mushrooms, lime zest, coriander, garlic, oregano, chilli, cumin and salt into a bowl and combine well.

Add the gram flour and combine again.

Mix in some water a little at a time, until you have a nice smooth batter. You will need around 80-125ml, depending on the size of your vegetables.

Now take one heaped tablespoon of the mixture at a time and place it onto a baking tray lined with parchment paper. Make sure that the pakoras don't touch each other. The batch will make around 18-24 pakoras.

Bake for 20 minutes, flip and then bake for another 15 minutes.

Serve warm or cold. We enjoy eating them with 'guacamole with a twist' (page 34)

### **SERVES 1**

1 large onion, chopped	1 tsp garlic powder
½ green bell pepper, chopped	1 tsp dried oregano
½ red bell pepper, chopped	½-1 tsp chilli powder
50g sweetcorn	1 tsp cumin
6 small mushrooms chopped	Salt to taste
Zest of 1 lime	130g gram flour
3 tbsp fresh coriander, chopped	Water

**Calories 620, Protein 37g, Carbs 110g, Fat 8g**





**DESSERTS CAN  
BE HEALTH  
PROMOTING**

**“  
PLANTS MAKE AMINO  
ACIDS FROM ATMOSPHERIC  
NITROGEN; WE AND OTHER  
ANIMALS MERELY  
RECYCLE THEM**



**YOU CAN'T  
OUT-TRAIN  
A POOR DIET**



# HEALTHY TREATS

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DECADENT BLACK BEAN BROWNIES

RASPBERRY AND CASHEW MOUSSE

---



# DECADENT BLACK BEAN BROWNIES

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**Well what can I say about this recipe; it's the frickin' bomb!  
You would never know that it is healthy, but it truly is! So go  
on, treat yourself, you deserve it!**

---

Preheat the oven to 180°C.

Add the black beans, dates, almond butter and vanilla to a food processor. Blend until smooth, scraping the sides down periodically.

Add the cocoa and blend again.

Transfer the mixture into an 8 x 9 inch baking tray, lined with parchment paper. Bake for 25 minutes and then allow to cool.

To make the frosting, combine all the ingredients in a blender until very smooth.

Refrigerate the frosting for 10 minutes and then spread it on top of the brownies.

Slice the brownies into 12 servings and add your favourite toppings. Serve and enjoy.

## SERVES 6

### Brownies:

1 can black beans,  
drained and rinsed  
270g pitted dates  
6 tbsp almond butter  
1 tsp pure vanilla extract  
50g cocoa powder

### Chocolate orange frosting:

280g silken tofu  
25g cocoa powder  
100g date syrup  
2 tbsp almond butter  
1 tsp orange extract (optional)  
Pinch of salt (optional)

**Calories 415, Protein 15g, Carbs 74g, Fat 15g**





# RASPBERRY & CASHEW MOUSSE

**This tangy, creamy delight is healthy and guilt-free. And just look at it, who wouldn't want to eat this! Silken tofu is pretty tasteless but adds a lovely smooth, thick consistency and a huge dose of protein. The raspberries can easily be swapped out for another preferred berry and you could even add cocoa powder to turn this into a chocolaty mousse.**

Blend the tofu, raspberries, date syrup, cashew butter and vanilla until smooth. You might need to use your blender's tamper to press the mixture down to begin with.

Pour into a jar and garnish with raspberries, pistachios and coconut.

Serve immediately or refrigerate if consuming later.

## **SERVES 2**

350g silken tofu

160g frozen raspberries

6 tbsp date syrup

1½ tbsp cashew butter

1 tsp pure vanilla extract

1 tsp pistachios, chopped

Pinch of desiccated coconut  
for garnish

**Calories 456, Protein 20g, Carbs 59g, Fat 15g**



“

**I BELIEVE THAT THE  
ONLY ONE WHO SHOULD  
SUFFER FOR MY  
PHYSIQUE IS ME!**





NO ANIMALS WERE HARMED  
IN THE MAKING OF THIS BOOK,

LEAST OF ALL COWBOY  
— HE IS GREAT! 🐾 🐾

I HOPE YOU ENJOY MAKING  
THE RECIPES IN THIS BOOK!

DON'T FORGET TO TAG ME  
— I'D LOVE TO SEE WHAT YOU CREATE!

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