

Jack's

TOP VEGAN RECIPES

LENTIL BOLOGNESE

SERVES 6

INGREDIENTS

3 tbsp Olive oil	500g Red lentils
2 Onions	800g Chopped tomatoes
3 Carrots	2 tbsp Tomato puree
3 Sticks of celery	2 tsp Oregano
3 Cloves of garlic	1L Vegetable stock
	500g Wholemeal spaghetti

METHOD

1. Heat the oil in a large saucepan & add the onions, carrots, celery & garlic.
2. Cook gently for 15-20 mins until everything is softened.
3. Stir in the lentils, chopped tomatoes, tomato purée, herbs & stock.
4. Bring to a simmer, then cook for 40-50 mins until the lentils are tender saucy - splash in water if needed.
5. Keep on a low heat while you cook the pasta, follow the pack instructions.



CAULIFLOWER & POTATO CURRY

SERVES 4

INGREDIENTS

450g Potatoes, diced	1 Cauliflower, broken into small florets	¼ tsp Cayenne pepper
100g Onion, diced	1 tsp Cumin seeds	3 Green chillies, seeded & quartered
3 Garlic cloves, chopped	1 tsp Ground coriander	3 Tomatoes large, chopped
4cm Ginger, chopped	½ tsp Ground cumin	400g Rice, boiled
5ml Groundnut oil	1 tsp Turmeric	10g Fresh coriander

METHOD

1. Heat a pan of boiling water & cook the potato until almost tender drain well.
2. While the potatoes are cooking, put the onion, garlic & ginger in a narrow container with 2cm of water & use a stick blender to blitz until smooth.
3. Heat the oil in a heavy pan, add the potatoes & fry until golden, remove & set aside.
4. Fry the cauliflower until golden, remove & set aside.
5. Put the cumin in the pan, cook for 30 seconds, add the onion mix & cook for 4-5 minutes.
6. Add the remaining spices, chillies & tomatoes, cook for 2 minutes, then add the potato & cauliflower with 500ml water.
7. Cook for 4 minutes. Scatter with coriander & serve with rice.



COCONUT LIME RICE NOODLE SALAD

SERVES 4

INGREDIENTS

100g Brown rice mai fun noodles <i>(also known as brown rice vermicelli)</i>	1 Mango - peeled, pitted & thinly sliced into 6cm lengths
5 tbsp Coconut milk	1 Red pepper - seeded & thinly sliced into 6cm lengths
5 tbsp Fresh lime juice	1 English cucumber - seeded & thinly sliced into 6cm lengths
2.5 tbsp Sunflower oil	1 Avocado - peeled, pitted & chopped
2 pinch Sea salt	1/2 Red chili, seeded & thinly sliced
	4 tbsp Roughly chopped fresh coriander leaves
	2 tbsp Chopped raw unsalted cashews (toasted, if desired)

METHOD

1. Prepare the noodles according to the packaging instructions. Drain & rinse with cold water & set aside to dry.
2. To make the dressing, get a small jar with a tight-fitting lid, combine the coconut milk, lime juice, oil & salt, close the lid & shake well.
3. Combine all the ingredients together except for the dressing, noodles, mango, red peppers, cucumber, avocado, chilli, coriander & cashews,
4. To serve, shake dressing well & top salad with the dressing, then toss to coat.
5. Note: For maximum freshness, chop the avocado & coriander no more than 12 hours before serving.

TOFU CURRY ME

SERVES 4

INGREDIENTS

½ Medium onion	½ tsp Turmeric	225g Marinated tofu pieces
2 Cloves garlic, chopped	½ tsp Hot chilli powder	200g Thin mee noodles
½ Stalk lemon grass, very finely chopped	½ tsp Cinnamon	1 tbsp Groundnut oil
5cm Fresh ginger, grated	1 tsp Castor sugar	75g Pak choi
50g Red pepper, chopped	1 tbsp Ground nut oil	2 tbsp Fresh coriander -chopped
1 tsp Cumin	2 tbsp Water, if required	1 Lime - cut into wedges
1 tsp Ground coriander	175ml Coconut milk	½ Small red chilli - sliced

1. METHOD

1. Place the first 11 ingredients in a food processor & blend to a paste, adding water if necessary to "loosen" the mixture.
2. Heat the ground nut oil in a wok or large frying pan, add the paste & cook gently for 7-10 minutes until it starts to darken.
3. Pour in the coconut milk & add the tofu. Simmer gently for 5 minutes until tofu is heated through.
4. Meanwhile cook the noodles according to instructions on the packet, drain & set aside.
5. Chop the bulb part of the pak choi finely & sauté in the oil. Slice the leaves thinly & add with the coriander.
6. Add the drained noodles to the mixture, & gently mix together.
7. To serve: place each serving of noodles into a bowl with the curry, garnish with lime wedges & finely sliced chilli & spring onions.