

Sustainable Eats for Uni Cheaps



Special thanks to all those who contributed to the making of this book:



Welcome to your new favourite cookbook! Throughout these pages, you will find recipes that not only make your mouth water, but which allow you to maximise your positive impact toward the environment!

We know that the prospect of 'Vegetarianism', 'Veganism' and 'Sustainable Eating' can often feel overwhelming – but we promise, it's not all about who can make the best Acai bowl! In fact – we've simplified it, made it cheap and have strived to show you just how easy it can be! We hope that this is something that you will use for years to come.

Made by students – for students!

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MARNI O'CONNELL

Welcome! My name is Marni, and alongside being an absolute fiend for vegan dark-chocolate, I'm one of your 2020 Environment and Social Justice Officers!

With food playing such a significant impact in a multitude of areas, it's so important that we're making conscious choices on what we're munching on! For instance, by choosing to make even a couple of meals a week vegetarian, you're already on your way to a lifestyle which produces 2.5x less carbon emissions! On top of that, you're helping to reduce pollution, the amount of deforestation needed for agricultural and, as well as the need for mass water and oil resources – go you!!

Of course, a vegetarian or vegan diet is not all about goji berry acai bowls ft. Maca powder and Spirulina – and I can say with full force that I definitely wouldn't have lasted if it was (both in terms of time allowance and my finances).

Hence why we have created this book – for YOU – the uni student who wants to make a positive difference and decrease their ecological footprint, but who wants to do it on a budget, in minimal time before that 8am tute (rip allocate+) and still eat delicious food!

This book is for students, by students – and I sincerely hope you enjoy!



BAILEY WEBB

Hello! I'm Bailey, the other Environment and Social Justice Officer for 2020! In the context of vegetarian and veganism, I'm what's called a 'flexitarian', meaning my diet is centred on plantbased foods but I do dabble in the occasional meat dish.

Having grown up in a rural area, I had little interaction with veganism and vegetarianism until I moved to Melbourne for uni and learnt more about what it entails. For some, it's a strict dietary choice which is adhered to. For others, it's about simply enjoying plant-based eating. But for people such as myself, it's about reducing our meat intake to promote climate-conscious eating. The over-production and consumption of animal-based products is an unsustainable trend, and a significant challenge our society faces.

Social norms tend to dictate a meat-based diet is the default, and must be a part of every dish. This book is part of a broader movement that hopes to disrupt this trend, promoting easy and accessible vegan and vegetarian recipes that will hopefully encourage more plant-based eating, and reduce the impact of meat production on the environment.

Your Chefs



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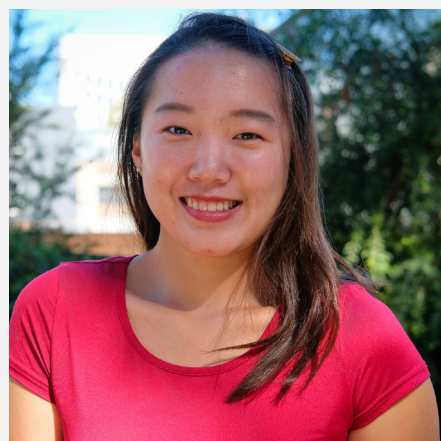
MATTHEW WANFORD



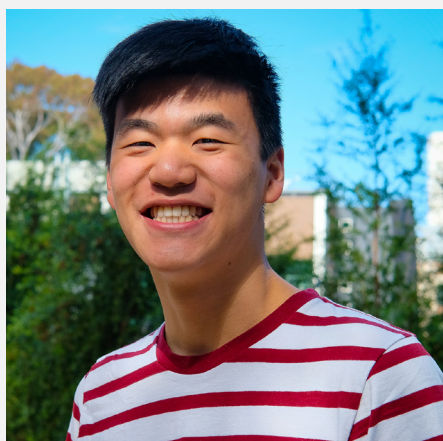
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TIANA SIXSMITH

Snacks



Mel's Tofu Rice Paper Rolls

SERVING SIZE: 4

APPROXIMATE TIME: 20 MINUTES

INGREDIENTS

- ♥ 12 Sheets Round Rice Paper
- ♥ 2 Carrots
- ♥ 6 Lettuce Leaves
- ♥ 100g Dried Rice Vermicelli
- ♥ 200g Firm Tofu
- ♥ 2 Tablespoons Vegetable Oil
- ♥ 36 Vietnamese Coriander/Laksa Leaves
- ♥ Sweet Chilli Sauce

"I love this recipe as it's not only super fun to do with friends, but is also healthy and delicious!"

METHOD

Prepare Ingredients:

1. Cut firm tofu into 36 small rectangular pieces
2. Grate carrots into shreds and leave aside in a bowl
3. Finely chop lettuce leaves and leave aside in a bowl
4. Cook the dried vermicelli by leaving it in hot water until softened, then rinse with cold water, drain and leave aside in a bowl or in the colander
5. Heat pan over medium heat with the vegetable oil until hot, then gently place each piece of tofu flat onto the pan and cook until each side is evenly brown and crispy. Salt lightly and put aside

Rice Paper Rolling:

1. Individually immerse the rice paper sheet into a shallow bowl of hot water until softened
2. Spread the softened sheet over a flat surface such as a plate or cutting board
3. Assemble an even amount of vermicelli, lettuce, carrot in a line in the middle of the sheet
4. Lay 3 pieces of tofu across the top, followed by 3 pieces of Vietnamese Coriander
5. Gently fold the two ends of the sheet closest to the filling inward and then tightly fold one side of the remaining flap into the filling, finishing by sealing the roll with the other flap
6. Repeat this until all the filling is used up, make sure to add more hot water as you go when softening the rice paper sheet
7. Serve with sweet chilli sauce as a dip

Beth's Chocolate Oatmeal

SERVING SIZE: 1

APPROXIMATE TIME: 5 MINUTES

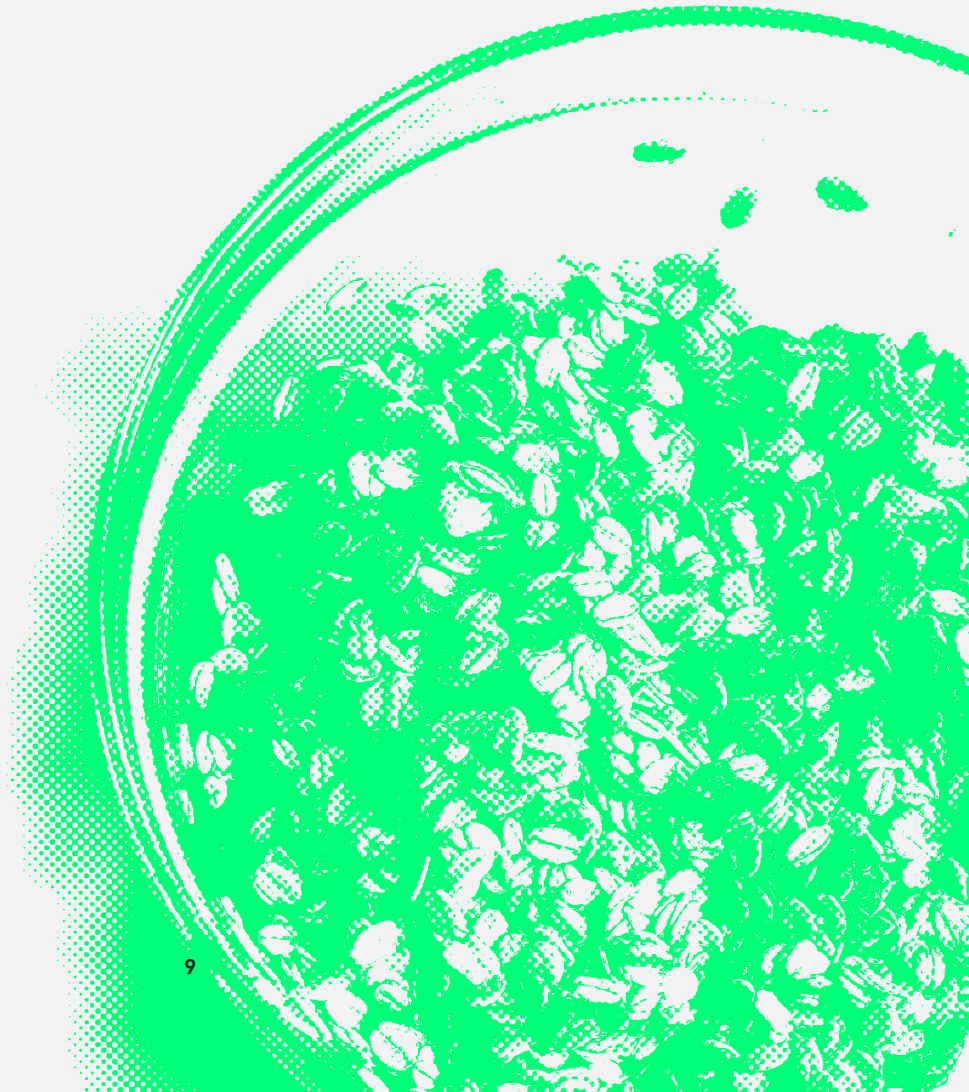
INGREDIENTS:

- ♥ Oats
- ♥ Water
- ♥ Milk
- ♥ Cocoa
- ♥ Sweetener
(eg honey, maple syrup, sugar)
- ♥ Toppings
(optional) eg fruit, seeds

"This recipe has been a staple in my diet for the last two years! It's filling and you can always change it up by adjusting the toppings, adding in flavour drops (white chocolate is my personal favourite)–so it keeps things exciting!"

METHOD:

1. Add oats to a bowl, fill with water until oats are just covered
2. Microwave for 1.5–2 minutes
3. Add dash of milk until desired consistency is reached
4. Stir in cocoa and sweetener
5. Top with fruit, chocolate, seeds or whatever you have on hand and enjoy



DID YOU KNOW:

**Raising livestock
requires about 80%
of the world's
agricultural land,
but produces just 18%
of the world's calories.**

**UN FOOD AND AGRICULTURE
ORGANISATION, 2019**

Nathaniel's Stuffed Tofu with Sliced Cucumber and Chilli Sauce

SERVING SIZE: 2

APPROXIMATE TIME: 20 MINUTES

INGREDIENTS

- ♥ Pre-Fried Square Tofu
- ♥ Sliced Cucumber
- ♥ Sliced Carrot (optional)
- ♥ Chilli sauce
- ♥ Sesame Seeds

■ "I love Tofu."

METHOD

1. Cut each square tofu from one corner to another forming 2 triangles
2. Cut out a thin pocket along the nonfried side of the triangle
3. Peel the cucumber
4. Cut the cucumber into three blocks
5. Take each block and slice thinly
6. Julienne these slices
7. Stuff the tofu with cucumber / carrot
8. Pour Chilli sauce in bowl
9. Crush peanuts and add them into the sauce, alongside roasted sesame
10. Serve tofu with chilli sauce

Izzy's Spring Onion Pancake Recipe

SERVING SIZE: 4

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS:

For the dough

- ♥ 250 g all-purpose flour, about 2 cups + extra for dusting
- ♥ 160 ml boiling water, 2/3 cup

For the filling

- ♥ 2 tbsp olive oil spread, margarine or any alternative butter, melted
- ♥ 2 tbsp plain flour
- ♥ 1/4 tsp salt, or to taste
- ♥ 3 stalks of spring onion

For frying

- ♥ 2 tbsp cooking oil

"This is a comfort food for me and my family, which we make together –perfect for a cold day at home. My mum has many stories of her childhood in Shanghai and the smell of these pancakes wafting through her building. It's important to recognise the cultures around you. Vegetarianism and looking after the Earth have been part of many histories, cultures and identities around the world. Listen to each other so we can learn, grow and shape a better, more sustainable world."

METHOD:

1. Make the dough
2. Put the flour into a heatproof bowl. Pour in boiling water. Stir with a pair of chopsticks or a fork until the flour turns into small lumps and no more water can be seen
3. When cool enough to handle, knead the mixture into a soft, smooth dough. Leave to rest for 30 mins
4. Prepare the filling
5. Mix flour, salt with melted butter. Finely chop the spring onions
6. Shape the pancakes
7. Knead the dough again. Then flatten it with a rolling pin into a 3mm thick, rectangle shape (dust with flour to avoid sticking)
8. Evenly brush the butter mixture on the dough. Sprinkle scallions over
9. Roll up the dough into a long cylinder. Cut into 4 smaller cylinders
10. Stand one of the smaller cylinders on one end and flatten into a 1cm thick circle
11. Fry the pancakes
12. Heat up oil in a frying pan over a high heat. Place the pancakes in then turn the heat to medium
13. Flip over 2-3 times. Cook until both sides are golden brown

DID YOU KNOW:

**Producing 1kg of beef
releases greenhouse
gases equivalent to
driving an average
car 250km.**

**ANIMAL SCIENCE JOURNAL,
2007**

Gab's Guac

SERVING SIZE: 2-3

APPROXIMATE TIME: 10-15 MINUTES

INGREDIENTS

- ♥ 3 large avocados
- ♥ 1 fresh lime
- ♥ ½ a brown onion
- ♥ 2 medium size tomatoes
(I usually use Roma tomatoes but any medium size tomato will be fine!)
- ♥ 1 minced jalapeño
- ♥ 2 minced garlic cloves
- ♥ 3-4 tsp of cilantro
- ♥ 1/2 a tsp of salt
- ♥ 1/2 a tsp of pepper

“My favourite element about this Guacamole recipe is its versatility. You can use it as a salad dressing, put it in a sandwich, load it on potatoes and yes, smash it on your toast. It's so quick, simple and flavourful—my housemates constantly ask; is there any of Gab's Guac left? ”

METHOD

1. Slice 3 large avocados in half, discard the skin and pit then place the remaining avocado into a large bowl.
2. Add the juice of 1 fresh lime (tip: don't miss this step as the lime helps preserve the Guacamole!).
3. Use a fork to mash the avocados into a smooth mixture that you can stir (tip: try using a large fork for easier mashing).
4. From this stage onwards you will continue to add everything directly into the bowl!
5. Dice up ½ a brown onion, dice-up 2 medium size tomatoes and mince 1 jalapeño (tip: take extra care to dice-up everything into small pieces! Also, when it comes to dicing the tomatoes, you're going to want to remove the seeds with a spoon to prevent the Guacamole from becoming too watery).
6. Mince 2 garlic cloves and chop 3 to 4 tsps. of cilantro.
7. Then add half a tsp of salt and ½ a tsp of pepper.
8. Lastly, mix all the ingredients together in the bowl until you get a lovely spreadable Guacamole.

Chloe's (and the best) Vegan Nachos

SERVING SIZE: 4

APPROXIMATE TIME: 20 MINUTES

INGREDIENTS

- ♥ 250g corn chips
- ♥ 250ml Vegan Nacho Cheese (page 17)
- ♥ 220g Guacamole (page 15)
- ♥ 1 can (~400g) drained, black beans
- ♥ 230g chunky tomato salsa
- ♥ 3 tbsp fresh or canned
- ♥ Jalapeños (optional)
- ♥ 3 tbsp sliced red onion (optional)
- ♥ 3 tbsp coriander (optional)
- ♥ Hot sauce, added as per preference (optional)

“Nachos are the ultimate social food. They are such a crowdpleaser and can be modified in so many ways—accommodating for all diets! A meal of cheesy goodness.”

METHOD

1. Prepare your vegan nacho cheese (queso) as per page 17.
2. Alternatively, have your store-bought ready!
3. In a large, flat dish, assemble your corn chips, setting aside for toppings to be added.
4. Drain the black beans, prior to heating in a small saucepan.
Feel free to add in a pinch of salt and some spices here too!
(e.g. Chilli powder, cumin & garlic).
5. Add heated black beans to the corn chips, followed by your nacho cheese sauce, salsa and guacamole. Optionally, continue to add red onion, jalapeño, hot sauce and coriander.
6. Enjoy!

Blender, Vegan Nacho Cheese (Queso Dip)

SERVING SIZE: 1 CUP

APPROXIMATE TIME: 15 MINUTES

INGREDIENTS

- ♥ 1 cup raw, unsalted, whole cashews
- ♥ 180g Jalapeños
- ♥ 1 tablespoon yellow mustard
- ♥ 1/2 teaspoon garlic powder
- ♥ 1/2 teaspoon chilli powder
- ♥ 1/2 teaspoon turmeric (**Optional: for colour)
- ♥ 1/2 teaspoon onion powder
- ♥ 1/2 teaspoon cumin
- ♥ 1 teaspoon salt
- ♥ 1/2 cup water

METHOD

1. In a bowl, boil (quicker) or soak (more time-consuming) the cashews with water.
For soaking – allowing at least an hour for them to soak.
(This can also be done overnight!) For boiling, place cashews in a saucepan on the stovetop. Proceed to cover cashews with roughly 5cm of hot water, bringing to a boil, and then boiling for 15 minutes.
2. Remove the cashews from the water and drain them.
3. Place all of the ingredients into a blender, mixing until creamy and all ingredients appear to be fully combined.
4. Place into a sealed container and store in the fridge
(or – place onto your delicious nachos on page 16!!)

Giorgia's Bliss Bars

SERVING SIZE: 2-3

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS

- ♥ 1 cup golden syrup or maple syrup
- ♥ 1 cup of assorted nuts
(eg almonds, hazelnuts, pecans, walnuts, cashews - whatever you have and like!)
- ♥ Handful of dried fruit
(eg cranberries, apricots, sultanas, raisins, currants - again, anything you enjoy!)
- ♥ Handful of seeds (pumpkin, sunflower etc.)
- ♥ Approx. 6-8 pitted dates
- ♥ 2 tablespoons coconut oil
- ♥ Dark chocolate

METHOD

1. Roughly chop all nuts and dried fruit
2. Place oats, nuts, dried fruit and seeds in a bowl together (*leave out the dates*)
3. Place golden/maple syrup and chopped dates in a saucepan
4. Bring yummy gooey sticky syrup/date mixture to a boil and let it boil for approx. 3 mins
5. Take off heat and add 2 tablespoons of coconut oil to the mixture
6. Pour syrup/date mixture into bowl with other ingredients
7. Mix it all up
8. Place mixture in a square baking dish, cut into bars &/or role into balls
9. Now you can either put them in a 180 celsius oven for about 10mins, take out, leave to cool OR just place them in the fridge as is OR eat them as they are
10. Melt dark chocolate and drizzle on top (or completely coat in choc - or leave with no choc - whatever you please!)

"This recipe is perfect to make when I'm feeling a bit bored, but don't feel like following a super complex recipe. I blast some music, and just take my time to chill out and chop some dried fruit and nuts - it's therapeutic... the smell of the boiling sweet syrup and date mixture is so soothing. I also love the versatility of this recipe: you can easily swap the ingredients with something else! Make them into bite sized balls, or chunky bars! Drizzle with dark choc or leave bare! I usually enjoy my final bars/balls with a hot cup of tea - for brekky, at uni, a snack anytime and anywhere!"



Dani's Banana Mocha Smoothie

SERVING SIZE: 1

APPROXIMATE TIME: 20 MINUTES

INGREDIENTS

- ♥ Half a banana
- ♥ 1 Date
- ♥ 1/2 scoop of chocolate protein powder/cocoa
- ♥ 1 cup of milk (type is up to personal preference)
- ♥ A spoonful of maple syrup
- ♥ A pinch of salt
- ♥ A shot/two of Coffee
- ♥ Ice

METHOD

1. Make yourself a shot of coffee (I like mine strong so I normally go two). This can be whatever coffee you have lying around if it be instant/pressed/ from a machine, as long as you get your fix in there.
2. Pour your coffee into your blender.
3. Add your plant based milk in with your coffee! I normally opt for almond but I've found almond/coconut and soy work too, again whatever you have lying around should do the trick!
4. Add your protein powder to your coffee and milk, a bit more or less is dependant on how chocolatey you want it. If you want a vegan alternative opt for a protein powder which doesn't use whey!
5. Chop off half a medium banana and de-pit a date and pop in the blender with everything else (one date seems like nothing but they are pretty sweet, add another though if you have a sweet tooth)

"This has been my go-to isolation drink! I am increasingly becoming more reliant on my morning coffees, but I found just having a coffee in the morning wasn't enough to get my day started and sometimes I don't feel like a meal first thing in the morning –so I found this smoothie a nice way to start my day! It has that hit of caffeine, natural sugars from the maple syrup and date for some energy, a bit of fibre and potassium from the banana, electrolytes from the salt and good chunk of your daily protein from the powder. It honestly takes me such little time to whip it all together and it's good for you and tastes good!"

6. From here add a sprinkle of salt and a spoonful of maple syrup!
7. Blend everything up until nice and smooth
8. Pour your smoothie into a glass—I think it tastes best cold—so add a few ice cubes (makes it kind of like an iced coffee) and get ready to drink up!

Matilda's Halloumi Wraps

SERVING SIZE: 2

APPROXIMATE TIME: 10-15 MINUTES

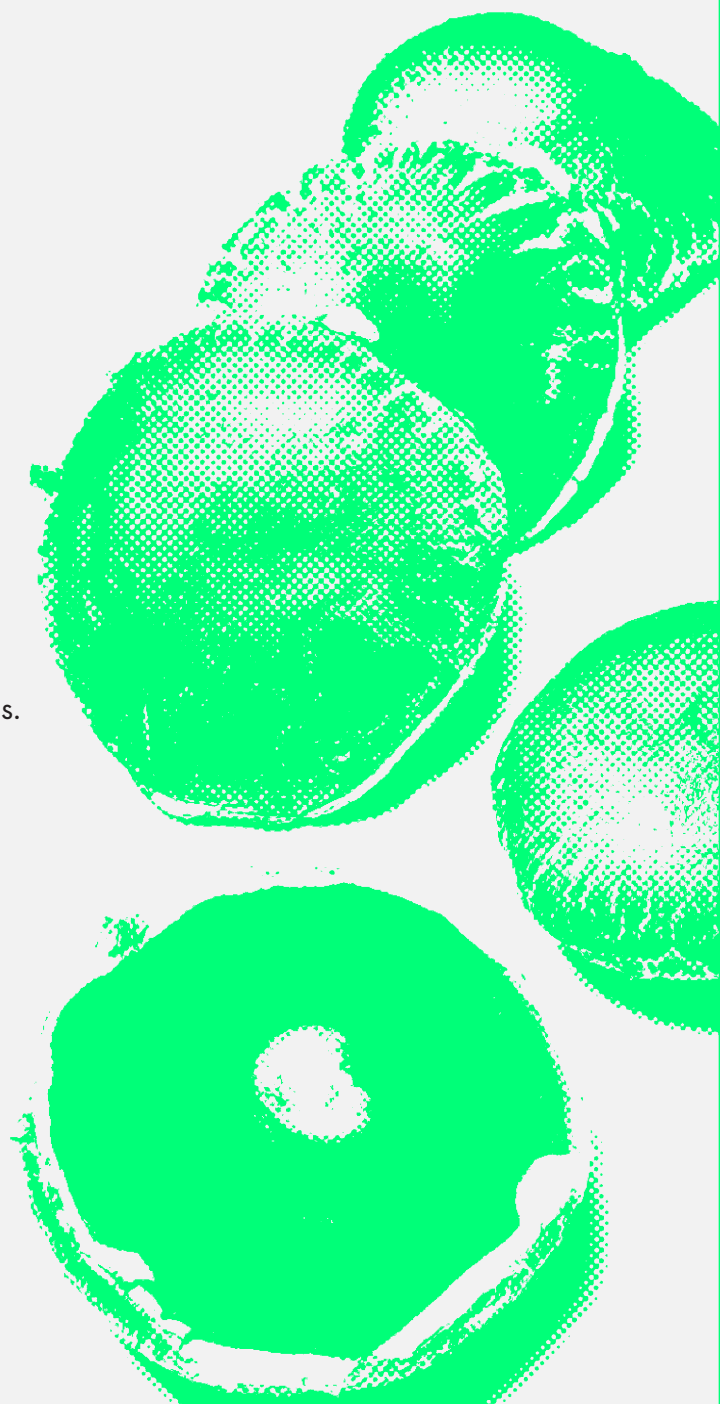
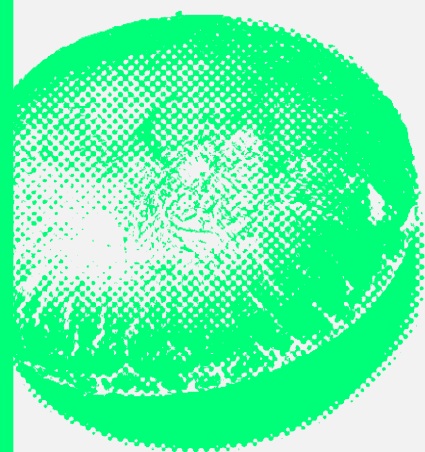
INGREDIENTS

- ♥ Large Soft Wraps
- ♥ 1 pack of Halloumi
- ♥ Handful of Lettuce
- ♥ Sliced Cherry Tomatoes
- ♥ Dressings (optional - but lemon & herb works a treat!)
- ♥ Sliced Avocado
- ♥ Shredded Carrot
- ♥ Olive oil (for halloumi frying)
- ♥ Any other vegetables you'd like!
- ♥ Potatoes/potato chips

"I love this recipe—it's quick, easy and relatively healthy! Also—halloumi."

METHOD

1. Preheat oven at 200°C.
2. Start off by baking the potatoes or precooked potato chips in the oven at 200°C until crisp.
3. Cut the halloumi into strips around 1cm thick. Following on from this, in a frypan, heat some oil.
4. Add the strips to the frypan on medium heat, cooking until they brown (make sure to do both sides!!)
5. Meanwhile, cut/grate the vegetables and other additions.
6. Add everything you'd like onto the wrap, (dressing optional) fold, add the potato chippies (in the wrap or on the side) and enjoy!!



Mains



Emma's One Pan Pesto Gnocchi

SERVING SIZE: 4

APPROXIMATE TIME: 15 MINUTES

INGREDIENTS

- ♥ 500g gnocchi
- ♥ 3tbs olive oil
- ♥ 50g pesto
- ♥ 50g feta
- ♥ 50g sun-dried tomato (strips)
- ♥ 70g baby spinach
- ♥ 2-3 mushrooms

"This dish is hearty and filling but still super simple!"

METHOD

1. Slice the mushrooms and chop the feta
2. Add oil to pan and bring to high heat
3. Add all the gnocchi to pan and stir
4. After about 2 minutes (lightly golden gnocchi), turn the heat down to medium, add the mushrooms
5. Stir once and then add the pesto in dollops around the pan, then mix thoroughly until covering the gnocchi
6. Once mixed, add the spinach and stir until it wilts slightly
7. Finally, turn the heat down to low, add the sun-dried tomato and feta and stir until the pan has been well mixed
8. Taste the gnocchi and once it is slightly crispy/brown on the outside but soft on the inside, turn off heat and serve

DID YOU KNOW:

**If every American
substituted one
vegetarian meal for one
serving of chicken,
the CO2 emissions saved
would be equal to taking
over 500,000 cars
off the road.**

**ENVIRONMENTAL DEFENCE FUND,
2008**

Amie's Caesar Salad

SERVING SIZE: 1

APPROXIMATE TIME: 20 MINUTES

INGREDIENTS:

- ♥ Cos Lettuce
- ♥ Croutons
- ♥ Vegan Bacon (optional)
- ♥ Vegan chicken (optional)
- ♥ 2 tsp Vegan Worcester sauce
- ♥ 1/2 cup Vegan mayonnaise
- ♥ 2 tsp Capers in brine
- ♥ 2 tbsp lemon juice
- ♥ 2 small garlic cloves, minced, or approx.
2 tsp jarred minced garlic
- ♥ 2 tsp Dijon mustard
- ♥ 1/2 cup nutritional yeast
- ♥ Salt & pepper to taste

"This recipe is quick and easy and satisfies all my Caesar salad cravings. It can be eaten alone as a main dish, or served as a side dish to your favourite plant-based main dish!"

METHOD:

1. Blend up all ingredients except lettuce, croutons, bacon and chicken in a high power blender until combined & resembling a thick sauce.
2. If using, cook the vegan chicken & bacon.
3. Roughly chop cos lettuce.
4. In a large bowl, put cos lettuce, vegan chicken, vegan bacon & croutons and pour sauce over the top.
5. Mix all ingredients until lettuce is mostly coated in the sauce.
6. Serve & enjoy!

Georgia's Easy Peasy Moroccan Lentil Soup

SERVING SIZE: 4

APPROXIMATE TIME: 1 HOUR

INGREDIENTS

- ♥ 1 tbs olive oil
- ♥ 1 onion, chopped
- ♥ 3 garlic cloves, crushed
- ♥ 3 sticks celery, chopped
- ♥ 2 carrots, chopped
- ♥ 1/2 head cauliflower, cut into small florets
- ♥ 2 tsp ground cumin
- ♥ 1 tsp turmeric powder
- ♥ 1 tbs ground coriander
- ♥ 1 tbs harissa paste
- ♥ 4 vine-ripened tomatoes, chopped
- ♥ 1 cup red lentils
- ♥ 7 cups salt-reduced vegetable stock
- ♥ 1/2- 1 bunch coriander, chopped depending on how much you like!
- ♥ 2 tbs lemon juice
- ♥ Grilled flatbread, to serve–100% recommend coconut spread as an alternative to butter or margarine

“I eat it so much during uni–very easy to put together and let sit while getting work done and is SO NOURISHING! Perfect for the cold months of winter as well as the spices are so warming!”

METHOD

1. Heat oil in a large saucepan over low heat. Add onion, garlic, celery and carrot and cook, stirring often, for 10 minutes. Add cauliflower and ground spices and cook, stirring, for 2 minutes or until fragrant and cauliflower is well coated in spices.
2. Stir in harissa, tomato, lentils and stock. Bring to the boil over medium heat, then reduce to low heat and simmer for 30 minutes or until lentils are tender. Stir through coriander and lemon juice.
3. Serve soup with flatbread.

Ariane's Congee (Savoury Rice Porridge)

SERVING SIZE: 2

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS:

- ♥ 1 Vegetable Stock
- ♥ 1 Cup of Water
(can use more to make it soupier)
- ♥ 2 Carrots
- ♥ 1 Head of Broccoli
- ♥ 1 Cup of Rice
- ♥ 1 Sweet Potato
- ♥ Soy Sauce
- ♥ Sesame Oil
- ♥ Salt to taste

"This is originally my mum's recipe –it's quick, easy and by far my favourite food!"

METHOD:

1. Peel the carrots and sweet potato
2. Chop all the vegetables up into small pieces
3. Put all the ingredients into a big pot and cover it with a lid, make sure all the ingredients are completely submerged with rice on the bottom
4. Bring to a boil, stir when needed.
5. Leave until rice and vegetables are soft
6. Done!



DID YOU KNOW:

**A calorie of meat requires
10 times as much water
to produce as a calorie
of food crops!**

**With over 4 billion people
still not having adequate
freshwater access,
your choice to substitute
meat is preventing this
–awesome work!**

**EPA, 2012 & HALVERSON,
2009**

Sahil's Aloo Takari

SERVING SIZE: 4

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS

- ♥ 2 cloves of fresh garlic*
- ♥ Thumb of Ginger
- ♥ Tsp of turmeric
- ♥ 1.5 tbsp Oil
- ♥ 1 onion
- ♥ 2 small tomatoes
- ♥ 2 potatoes
- ♥ 1 cup of green peas
- ♥ Coriander
- ♥ Assorted spices
- ♥ Cumin, Mustard seeds and fennel seeds
- ♥ 1 tsp Vegetable curry powder*

Optional

- ♥ Curry leaves
- ♥ Fresh chilli or chilli flakes

Substitutes

*1 tsp of garlic paste & 1 tsp of ginger paste can be used instead of using fresh garlic and ginger

*Half a tsp of regular curry powder can be used instead of vegetable curry powder

Equipment

- ♥ Medium sized pot
- ♥ Mortar and pestle

"This recipe is quite special as it is a family one passed from my grandmother to my mother and now us. Not only is it a sign of my pride as a Fijian-Indian, but it is also a recipe that shows that being vegetarian does not mean you just have to eat salad haha. It is such a simple recipe to master and it actually started me on my journey of understanding how spice and seasoning works. But also the smells of the spices, while it can sometimes be overpowering, is absolutely euphoric."



METHOD

DISCLAIMER: This recipe is all about individual interpretation. You can change the seasoning, the portion sizes etc. based on your personal preference and palette!

Preparation

1. Chop up the potatoes and tomatoes.
Up to you how fine you want them chopped (however, remember the thinner they are the quicker they will cook)
2. Chop the onions as well, but do not dice them
3. Peel two cloves of garlic and a thumb piece of ginger
4. Cut and finely chop the chilli
5. Place the ginger, garlic and chilli into a mortar and pestle, and crush until you get a paste.

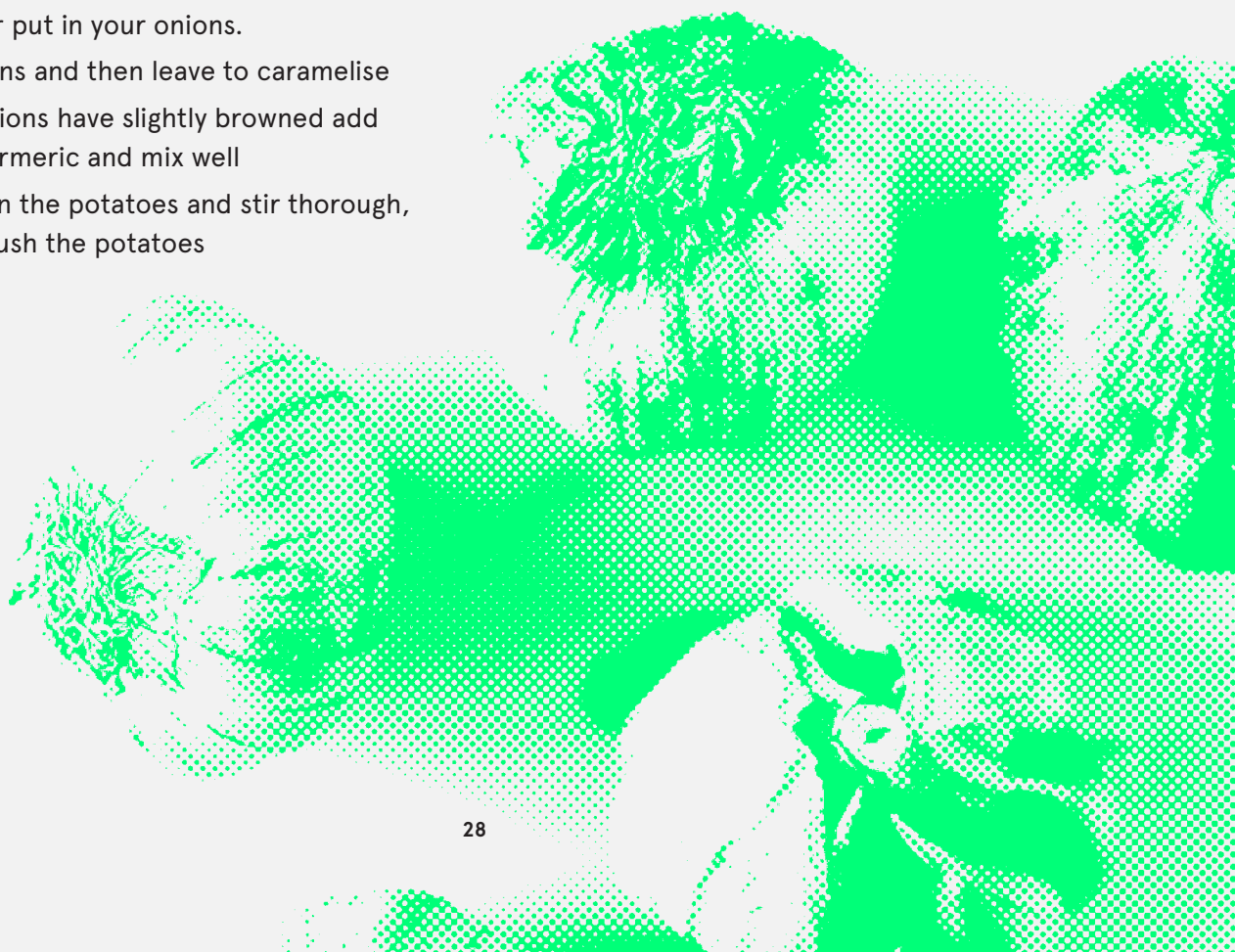
Cooking

1. Get your pot and put it on medium heat
2. Pour in 1.5 tbsp of oil into the pot and drop in the garlic, ginger and chilli paste
3. After put a pinch of Cumin, Mustard seeds and fennel seeds into the pot.
4. Quickly after put in your onions.
5. Stir the onions and then leave to caramelise
6. Once the onions have slightly browned add in 1 tsp of turmeric and mix well
7. Now chuck in the potatoes and stir thorough, but don't crush the potatoes

8. Put on the lid and let it cook.
Leave it for as long as you like for whether you want it to be soupy or not. The longer it is on the heat the less soupy it will be.
9. After 10 to 15 minutes add the vegetable curry powder and stir well
10. Now add 1 cup of peas and stir.
If the curry is looking too dry for your liking you can add a little bit of hot water to reintroduce moisture into the pot
11. Let this simmer for about 3 minutes then finally had your tomatoes and stir.

Finishing touches

1. Add to salt to your liking
2. And if you're feeling particular fancy, chop up some coriander or spring onions and sprinkle it on top!



Matt's Slow-Cooked Veggie Pasta

SERVING SIZE: 4

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS

- ♥ 400g long pasta
- ♥ 120ml extra virgin, olive oil
- ♥ 4 cloves of garlic, finely chopped
- ♥ Sea salt and freshly cracked black pepper
- ♥ 6 medium zucchini, cut into 3cm slices
- ♥ 2–3 tbsp white wine
- ♥ 1/2 cup of fresh or frozen peas
- ♥ 3 handfuls baby spinach, shredded
- ♥ 1 small red chilli, finely sliced
- ♥ 4 tbsp pouring cream
- ♥ 120g grated pecorino cheese

“Quick and easy to make and tastes fantastic!”

METHOD

1. Cook pasta in plenty of lightly salted boiling water for 10–12min or until al dente. Drain.
2. Meanwhile, place 100ml olive oil in a large, heavy-based pan over medium heat. Add garlic and salt. Cook for 2min then reduce heat to very low and add zucchini. Stir occasionally for about 40min or until zucchini is golden and soft.
3. Add wine, peas and spinach and stir. Add cooked pasta, chilli, cream and remaining olive oil.
4. Stir and season to taste. Serve sprinkled with pecorino cheese.

Vegan Chicken Schnitzel & Eggplant Parmigiana

SERVING SIZE: 4

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS

- ♥ 400g 'The Food You Choose's 'Fry's' vegan schnitzels
- ♥ Olive Oil, for frying
- ♥ 400g eggplant, cut into 1cm thick circles
- ♥ 500g jar of tomato pasta sauce
- ♥ *180g tub bocconcini, drained & torn (optional)
- ♥ Basil leaves

METHOD

1. Cook 'The Food You Choose's 'Fry's' vegan schnitzel as per packet directions
2. Cut eggplant into 1cm thick slices, setting aside for later use.
3. Meanwhile, heat 1/2 of your oil in a large frying pan over medium-high heat.
4. In 2 batches, cook the eggplant (adding extra oil as needed), for 3-4 minutes on each side until it's golden, prior to removing it and draining the slices on paper towel.
5. Pour the tomato sauce into a heatproof bowl, then covering and heating in the microwave on high for 1-2 minutes. Carefully removing from the microwave, it should appear hot and bubbling.
6. Pour 2/3 of the hot tomato sauce into a baking dish, roughly 5cm deep. Arrange eggplant and schnitzels in the sauce, drizzling the leftover tomato sauce on top. (*Add the optional bocconcini in here)
7. Bake at 180°C fan-forced for roughly 12-15 minutes (*Until the optional bocconcini begins to melt)
8. Scatter basil leaves on top. Serve immediately, adding in an optional side of salad.

Priya's Hearty Paneer

SERVING SIZE: 4

APPROXIMATE TIME: 45 MINUTES

INGREDIENTS

- ♥ 2 medium sized red onions, diced
- ♥ 200-250g paneer cheese / tofu
- ♥ 400ml coconut milk
- ♥ 50-100g butter
- ♥ 400g diced tomatoes
(can be canned or fresh
-I use canned as it's quicker)
- ♥ Salt (2-3tsp / to taste)
- ♥ White pepper (1-2 tsp / to taste)
- ♥ Ginger powder (2 tsp)
- ♥ 1-2 fresh chillies / chilli powder to taste

"This recipe is an absolute favourite of mine. I remember being so excited coming home from school on the days that I knew she was going to cook this. It's a warm hug and a reminder of my childhood."

METHOD

1. Add 1/3 of butter into a pot/wok and melt on medium heat
2. Once butter has melted, add diced onions and caramelise
3. Once caramelised, add tomatoes and stir/cook the tomatoes, add salt, pepper, ginger powder and chillies, stir through
4. If you're happy with how cooked your tomatoes are, add the coconut milk and stir through!
5. Once the mixture is simmering, you're going to turn the stove off and either use a hand-held or stationary blender to blitz the entire mixture into a creamy gravy
6. Dice up the paneer/cheese/tofu into a size you're happy with and add into the gravy!
7. Turn the stove back on to low heat and stir the mixture once every couple of minutes so the paneer can soak up all the flavour for about 15 mins.
8. Garnish with coriander if you'd like
9. Serve with rice or naan and enjoy!

DID YOU KNOW:

**Livestock is responsible
for 64% of ammonia
emissions, which
contribute to acid rain.**

**INTERNATIONAL JOURNAL OF ENVIRONMENTAL
RESEARCH AND PUBLIC HEALTH, 2019**

Vegan Burgers with Guacamole

SERVING SIZE: 2

APPROXIMATE TIME: 30 MINUTES

INGREDIENTS

Guacamole:

- ♥ 1 whole avocado
- ♥ 1 teaspoon lime juice
- ♥ 1 tablespoon red onion, finely chopped
- ♥ 1 tablespoon coriander, chopped
- ♥ Salt, to taste

Veggie Burgers:

- ♥ 2 'The Food You Choose's' 'Fry's' gluten-free, vegan burger patty
- ♥ 2 bread buns
- ♥ 2 slices vegan cheese (*dairy optional)
- ♥ 1 cup lettuce leaves
- ♥ 1 tomato, sliced
- ♥ 1/2 onion, sliced
- ♥ Mayonaise (*dairy optional)

METHOD

1. Place the guacamole ingredients in a small bowl. Using a fork, mash until all ingredients are combined. Taste & adjust for seasoning as per personal preference.
2. Meanwhile, cook the 'Fry's' burgers as per the directions on the packet. (*Halfway through cooking, optionally add the vegan cheese, to melt it onto the patty).
3. Slice bread buns in half, placing onto a tray. Switch on oven at a low temperature, allowing the bread buns to warm.
4. After 5 minutes, check the burgers and buns – removing only when cooked through.
5. Assemble the burgers with your desired toppings on the buns, alongside adding a generous amount of guacamole. Enjoy immediately!

Max's Vegan Lasagna

SERVING SIZE: 8

APPROXIMATE TIME: 1 HOUR AND 20 MINUTES

INGREDIENTS

Lasagne Sheets

- ♥ 250g vegan lasagna sheets

Sauce

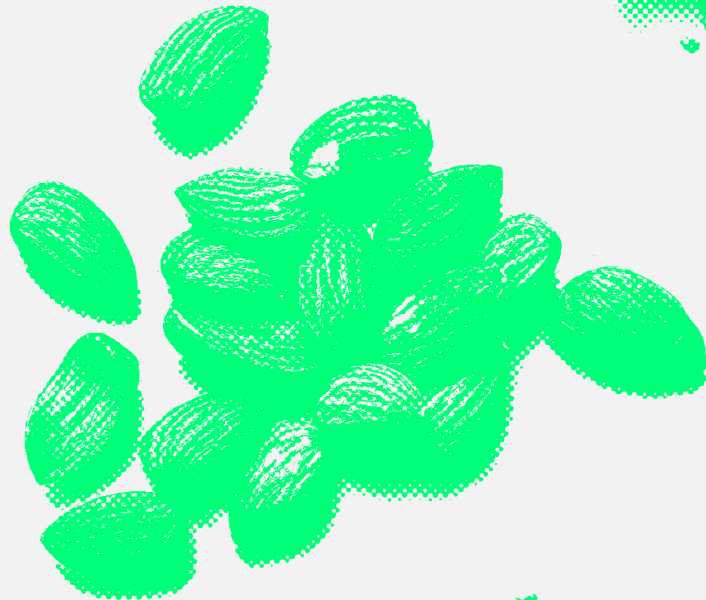
- ♥ 15ml olive or avocado oil
- ♥ 30ml coconut aminos
(can also use vegan Worcestershire or Tamari sauce)
- ♥ 230g tempeh, finely chopped
- ♥ 1/2 tsp fennel seeds (optional)
- ♥ X2 500g jars of tomato marinara sauce (or DIY)

Cheese

- ♥ 300g raw macadamia nuts
(or cashews—soaked for 1 hour in hot water, draining)
- ♥ 50ml lemon juice
- ♥ 12g nutritional yeast
- ♥ 1/3 tsp sea salt
- ♥ 3/4 tsp garlic powder
- ♥ 80–180ml of water
(add until 'cheese paste' consistency)

*(Optional): Extra vegan parmesan cheese and fresh basil / parsley for serving

"I hate Wednesdays.
(Lasagna makes them better)."



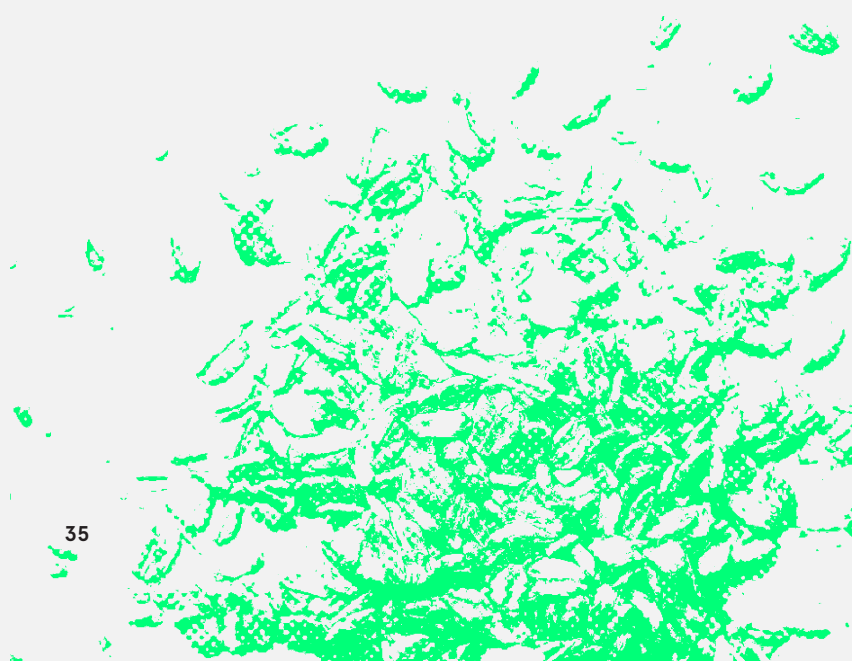
METHOD

Sauce

1. Preheat oven to 170°C, alongside lightly greasing and setting aside a large baking dish.
2. Place a saucepan over medium heat. Once hot, add in the oil and tempeh and intermittently sauté / stir for roughly 3 minutes.
3. Continually stir in the coconut aminos (or substitute) and optional fennel allowing it to heat for another 5 minutes. It should resemble a nice, goldenbrown colour!
4. Meanwhile, cook your pasta sheets if they require it, adding them into a large pot, bringing it to boil and adding a pinch of salt. Allow them to be aldente, prior to draining and setting them aside.
5. To your saucepan with tempeh, add your tomato marinara sauce and, stirring, cook on low for roughly 5 minutes. Feel free to have a cheeky taste here, adding in any salt you feel it needs. Turn off the heat & set aside.
6. Cheese
7. Add your macadamia or soaked cashew nuts to a high-speed blender or food processor, as well as the nutritional yeast, sea salt, lemon juice and garlic powder. Blend together until it resembles a loose paste.
8. Add a small amount of water (1/3 cup / 60ml), continuously mixing and scraping the sides as needed. Gradually add more water, 1 Tbsp (15ml) at a time, until you get a thick paste.
9. Have a cheeky taste and adjust the flavour to suit your preferences - you can add more nutritional yeast for cheesiness, lemon for acidity / colour, garlic or salt.

Lasagna!!

1. Assemble time! Begin by adding a thin, evenly-spread layer of marinara sauce to your baking dish. (Hot tip: Use the back of a spoon to spread it!)
2. Add a layer of pasta sheets, spreading roughly 1/3 of your cheese mix on top.
3. Place another layer of marinara sauce, spreading with a spoon over the cheese.
4. Pasta sheet time again! Add them on top, topping with another, evenlyspread 1/3 of your cheese mix.
5. Add the sauce again, put on another pasta sheet layer and then the remaining 1/3 of cheese.
6. Top the final product with another layer of sauce, followed by a layer of pasta sheets, followed by the remaining sauce.
7. Optional: Sprinkle the top with a layer of vegan parmesan cheese.
8. Place your final lasagna to your preheated oven, baking uncovered for 40-45 minutes, or until the edges are browned and the sauce is bubbly.
9. Remove carefully when done, allowing to cool for 5-10 minutes prior to serving.
10. I love to serve with some additional vegan parmesan cheese & some fresh chopped parsley / basil - but it tastes amazing either way - enjoy!



Tiana's Tofu Stir-Fry

SERVING SIZE: 2

APPROXIMATE TIME: 50 MINUTES

INGREDIENTS

Stir-Fry

- ♥ 400g firm / extra-firm tofu
- ♥ 200g green beans, roughly chopped
- ♥ 130g red pepper &/or carrots, diced
- ♥ 30ml toasted sesame oil
(or coconut/peanut oil)

Sauce

- ♥ 60ml soy sauce (or coconut aminos-GF)
- ♥ 6g fresh grated ginger
- ♥ 20g organic brown sugar
- ♥ 10ml agave or maple syrup
- ♥ 7g cornstarch

Optional (for serving)

- ♥ x2 servings of Rice / Quinoa

METHOD

1. Preheat oven to 200°C. Removing your tofu from the packet, drain and place between some paper towel.
2. Let it dry for about 15 minutes, changing your towels if they become wet.
3. Once dry, unwrap and chop tofu into roughly 1-inch cubes.
4. Lightly grease a bit of baking paper, placing onto a tray and arranging your tofu – bake for a total of 25–35 minutes, flipping once halfway through to ensure even cooking. Cook longer for firmer tofu and less for softer.
5. Once it's golden brown and firm, remove from the oven and set aside whilst you prep & chop your veggies. (If serving with rice, start preparing it here!)
6. Whisk together all of the sauce ingredients in a small mixing bowl, – setting aside.
7. Place a large fry pan over medium heat, adding some sesame oil and moving it around the pan for an even coat. Proceed to add your veggies, coating them in the oil. Cook for 5–7 minutes, ensuring to stir often.
8. After the vegetables have some colour and have slightly softened, add the sauce and stir. It should appear to bubbling and thickening.
9. Add in your tofu, stirring often to coat in the sauce and cooking for 3–5 minutes.
10. After the veggies are cooked to your liking, remove from heat. Enjoy immediately, or serve over rice for a more substantial meal. This will keep for a couple of days also, so don't stress if there are leftovers!

"I enjoy eating vegetarian thanks to both the way it keeps me healthy and nourished, and the great impact it has on the environment. Eating a plant based diet is less taxing on our globe, uses less of our finite natural resources and adds more to our global food supply without needing increased crops. It's also great for waste reduction."

Desserts



Angie's Choc-Coconut Fudge Bars

SERVING SIZE: 20-25 BARS

APPROXIMATE TIME: 10 MINUTES

INGREDIENTS

- ♥ 3 cups shredded unsweetened coconut (240g)
- ♥ 1/4 cup sweetener (see note below)
- ♥ 1/2 cup melted coconut oil or coconut butter (96g)
- ♥ 1/2 tsp pure vanilla extract
- ♥ 1/4 tsp salt
- ♥ 1 1/2 cup vegan chocolate chips
- ♥ 1/3 cup almond butter, or additional chips or coconut oil/butter

“It is an easy dessert to make and keeps for ages because its frozen! Plus it’s very delicious—and plantbased!”

METHOD

1. Line an 8x8 pan with parchment going up the sides
2. Combine first 5 ingredients—I like to blend in a food processor, but it can be done by hand. (If skipping the food processor, you can increase coconut oil to 2/3 cup to ensure they aren’t crumbly).
3. Spread about 2/3 of the mixture into the pan and press down really well
4. Carefully melt the chocolate, stir in almond butter if using, and spread over top of the coconut
5. Sprinkle remaining coconut on top, press down, and refrigerate 1 hour or until firm
6. On cool days or for indoor parties, the bars are fine to leave out. Store leftovers in the fridge or freezer
Note: You can either use 1/4 cup liquid sweetener (agave, honey, pure maple syrup) OR stevia for the equivalent sweetness and add 1/4 cup additional
7. Coconut oil to make up the liquid difference.

Emma's Chocolate Fudge Pudding

SERVING SIZE: 6

APPROXIMATE TIME: 40 MINUTES

INGREDIENTS

Pudding

- ♥ 3/4 cup self-raising flour
- ♥ 2 tablespoons cocoa
- ♥ Pinch of salt
- ♥ 125g butter
- ♥ 3/4 cup white sugar
- ♥ 2 eggs
- ♥ 1/2 teaspoon vanilla essence
- ♥ 1/2 tablespoon milk

Sauce

- ♥ 1 cup brown sugar
- ♥ 3 tablespoons cocoa
- ♥ 600ml hot water

METHOD

1. Preheat your oven to 180°C.
2. Sift together flour, cocoa and salt.
3. Cream butter and sugar until light, beat eggs and vanilla into the creamed mixture, fold in flour and enough milk to make a soft dough.
4. Spoon mixture into buttered pie dish and spread evenly.
5. For the sauce, combine brown sugar and cocoa, stir in hot water and pour slowly over cake mixture.
6. Bake in oven for roughly 40 minutes, or until set.
7. Serve with ice cream.

"I chose this recipe because it was a childhood favourite (still is) that my Mum would cook for my family. This pudding is definitely one of my favourite foods!"



Marni's Blender, Berry Sorbet

SERVING SIZE: 4

APPROXIMATE PREP TIME: 10-15 MINUTE

FREEZING TIME: 4-6 HOURS

INGREDIENTS

- ♥ 2 medium bananas, frozen & slicey-diced
- ♥ 1 can lite coconut milk
- ♥ 1.5 cups frozen strawberries
- ♥ 2-3 tablespoons of maple syrup
- ♥ Fresh Mint leaves (to make it look posh)

“For someone who tried (and failed) to get into junior Masterchef—a dessert that comprises of literally whacking everything in a blender and freezing it sounds pretty prime to me.”

METHOD

1. Place the bananas and coconut milk into a blender.
2. Blend until smooth, scraping the sides of the blender to get maximum sorbet output!
3. Add strawberries & maple syrup.
4. Again, blend until smooth, scraping sides as required.
5. Pour into an airtight, freezer-friendly container.
6. Freeze for 4-6 hours, giving your marvellous creation a cheeky, one-minute stir every hour, for the first four hours.
7. Um hello—you just made some epic sorbet my friend—enjoy immediately!
Pro sorbet tip: if you're planning on keeping it overnight, or enjoying later that week, thaw for around 15-25 minutes prior to scooping!

This recipe is inspired by the amazing work of the **4 Ingredients** team.

4

Ingredients

DID YOU KNOW:

**If all of the grain currently
fed to livestock were
consumed directly by people,
the number of people
who could be fed would
be nearly 800 million.
Moreover, the US trade balance
would be boosted
by \$80 billion a year.**

DAVID PIMENTEL, CORNELL UNIVERSITY

Bailey's Banana Bread

SERVING SIZE: 1 LOAF

APPROXIMATE TIME: 1 HOUR

INGREDIENTS

- ♥ 1/3 cup (75g) olive oil
- ♥ 1/2 cup (155g) maple syrup
- ♥ 2 eggs
- ♥ 1 cup (225g) mashed, ripe bananas
- ♥ 1/4 cup (56g) soy milk or water
- ♥ 2 eggs
- ♥ 1 tsp baking soda
- ♥ 1 tsp vanilla extract
- ♥ 1/2 tsp salt
- ♥ 1/2 tsp ground cinnamon (+ more to add on top!)
- ♥ 1 + 3/4 cups (220 g) whole meal flour
- ♥ Optional: 1/2 cup chocolate chips, chopped walnuts, fresh banana slices etc. – no harm in being creative!

“This banana bread is great for a healthy desert alternative, when you’re looking to treat yourself just that little bit – it also makes your house smell incredible!”

METHOD

1. Start by greasing a loaf pan (I use a 23 x 13cm) and preheating your oven to 165°C.
2. Grabbing a large bowl, whisk together the maple syrup and oil, followed by the eggs, soy milk and mashed bananas.
3. Add and whisk together the vanilla, followed by the baking soda, salt and cinnamon.
4. Using a big spoon, gradually stir in the flour until combined.
(If adding extra ingredients, add them in here too!)
5. Pour the mixture into your greased loaf pan, sprinkling the cinnamon on top.
6. Place in the oven and bake for 55-60 minutes. Depending on your oven heat, you can also bake until a toothpick inserted into the centre comes out clean.
7. Remove when done, leaving to cool for at least 10 minutes.
8. Carefully remove loaf from pan (running a knife around the edges to loosen the bread may be needed), transferring it to a wire rack to further cool.
9. Slice, munch and enjoy!

Nan's Delicious Chocolate Vegan Cake

SERVING SIZE: 10

APPROXIMATE TIME: 45 MINUTES

INGREDIENTS

- ♥ 1 cup unsweetened almond milk
- ♥ 1 & 3/4 cups granulated sugar
- ♥ 1 tablespoon apple cider vinegar
- ♥ 1 & 1/2 teaspoons baking soda
- ♥ 3/4 cup cocoa powder
- ♥ 2 teaspoons baking powder
- ♥ 1 teaspoon salt
- ♥ 1/2 cup canola oil OR melted coconut oil
- ♥ 2/3 cup unsweetened applesauce
- ♥ 1 tablespoon pure vanilla extract

"I love baking—it makes me feel happy! This recipe is especially great, as the chocolate flavour adds such a strong component!"

METHOD

1. Start by greasing a cake pan (I recommend using 9 inch pans) and preheat your oven to 175°C.
2. Measure 1 cup unsweetened almond milk and add the tablespoon of vinegar to it. Stir slightly and set aside to curdle.
3. Grabbing a large bowl, add the flour, sugar, cocoa powder, baking powder, baking soda and salt. Whisk well to combine.
4. Add the oil, applesauce, vanilla and almond milk/vinegar mixture.
5. On medium speed, mix with an electronic mixer, until well combined.
6. Lower the speed and carefully pour in the boiling water, continuing to mix into the cake batter until combined. The batter will seem very runny at this point; that is how it should be, trust me!
7. Divide the batter evenly between your cake pans. Bake for 30–35 minutes, or until a toothpick inserted in the centre comes out clean. After 10 minutes of cooling, carefully remove the cakes from the pans and let cool completely before frosting.
8. Enjoy!

Marni's 'Choose Your Fighter' Chia Pudding

SERVING SIZE: 1-2

APPROXIMATE TIME: 5 MINUTES

INGREDIENTS:

- ♥ 1 cup milk of choice or cashew cream
- ♥ 1/4 tsp pure vanilla extract
- ♥ 1/4 cup chia seeds
- ♥ 1 tbsp sweetener of choice (e.g. Maple Syrup)
- ♥ 1/2 tsp vanilla extract
- ♥ 1/8 tsp salt

METHOD

1. In a container, mason jar or bowl, add all ingredients together.
2. Pick a flavour! You can also choose to not add anything extra & make it vanilla.
3. Whisk all the ingredients together (You can also choose to blend the ingredients for a smoother consistency).
4. Cover, shake then refrigerate overnight. It should be nice & thick by tomorrow, and will keep for 4-5 days!

FLAVOURS

Peanut Butter Cookie Dough

- ♥ 1-2 tbsp peanut butter
- ♥ (Optional): Crumbled vegan peanut butter cookies

Strawberry Coconut

- ♥ Coconut milk for the milk of choice
- ♥ Sliced strawberries/layers of chopped berries

Chocolate Fudge

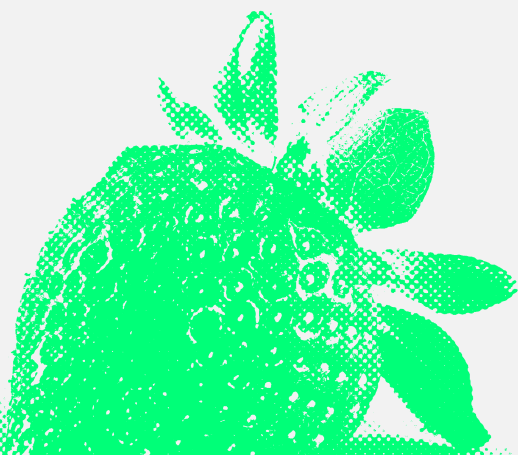
- ♥ Mini vegan chocolate chips
- ♥ 2 tbsp cocoa powder/chocolate protein powder

Banana Bread

- ♥ Mini vegan chocolate chips
- ♥ 1/4 cup mashed banana

Blueberry Pie

- ♥ 1/4 cup mashed blueberries
- ♥ 1/4 tsp cinnamon



Mini, Easy Vegan Cheesecakes

SERVING SIZE: 12

APPROXIMATE PREP TIME: 1 HOUR 30 MINUTES

FREEZING TIME: 4-6 HOURS

INGREDIENTS

Crust

- ♥ 1 cup raw walnuts
- ♥ 1 cup, pitted dates

Filling

- ♥ 1 large lemon / 50ml lemon juice
- ♥ 1/3 cup coconut oil, melted
- ♥ 1 & 1/2 cups raw cashews
(quick-soaked in boiling water for 30 mins)
- ♥ 2/3 cup coconut milk
- ♥ 1/2 cup maple / agave syrup

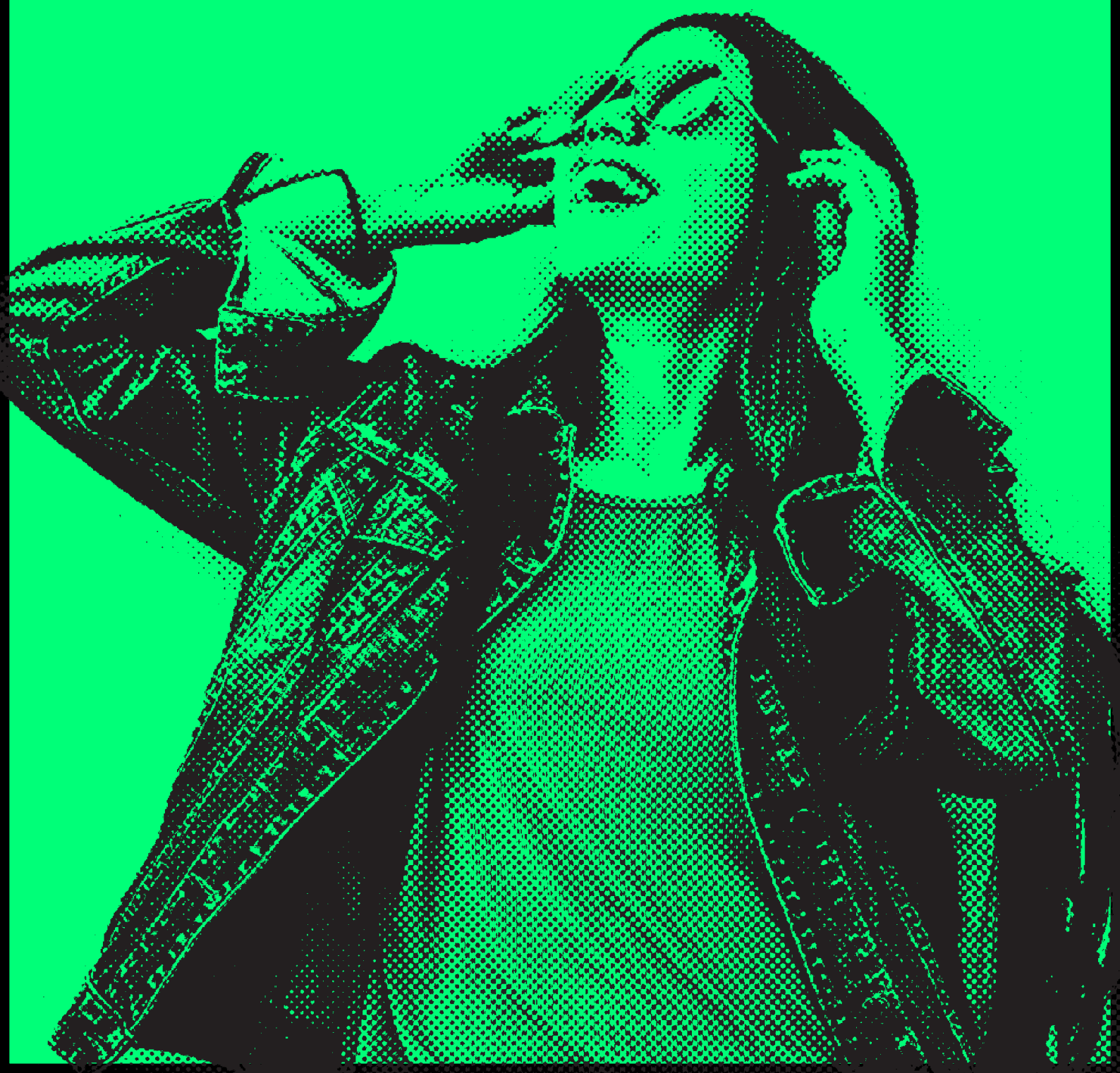
Optional: Flavour add-ins

- ♥ 2 tbsp natural peanut butter
- ♥ 1/4 cup blueberries (fresh or frozen).

METHOD

1. Using a food processor or blender, add dates. Blend until small bits are left and it forms into a ball. Remove from the blender/food processor, setting aside in a separate bowl.
2. Add walnuts into the blender & process it into a meal. Grab your dates and add them back in, blending until a loose dough forms. If it's too dry – add more dates, if it's too wet, add more nut meal. You can also add a bit of salt to taste here too!
3. Using a 12 slot muffin tin, lightly grease it. You can place some baking paper into the slots here too, to make removing the cheesecakes easier.
4. For each slot, scoop 1 Tbsp of crust and press down with your fingers. You can also use the back of the spoon or a glass to compact it further. Put the tray in the freezer to firm up.
5. In a blender, add all filling ingredients and mix until silky smooth! If it doesn't come together, add a touch more lemon juice, agave or coconut milk – some more liquid should help it blend better.
6. Taste! (The most important step). Adjust ingredients as preferred. If you're adding peanut butter—add here. If adding blueberries, can either add in the mix here to make them flavoured, or swirl on top in a pureed form.
7. Evenly distribute the filling onto the crusts. Add your optional blueberries on top here too. Cover with wrapping & freeze until hard (4-6 hours).
8. Once firm, carefully remove by loosening the edges with a knife, or tugging on paper tabs.
9. Enjoy! They keep for 1-2 weeks in the freezer, and can be eaten either frozen, or after 10 minutes of thawing!

Special Interest



MVS: Shopping for Vegan food on a budget

Hi everyone! I'm Amie, President of Monash Vegan Society. Eating a plant-based diet is often perceived as an expensive lifestyle—however, it doesn't have to be at all. Read on for some of my favourite tips for eating plant-based, on a budget!

TIP NUMBER ONE:

Shop at your local fresh food grocer or local farmers market! Not only are they more likely to have cheaper prices, but you can usually find bulk bags of items you use regularly for a cheaper price, such as onions, garlic and bananas to name a few. The service here is always great and you can guarantee that you're getting the freshest produce available.

TIP NUMBER TWO:

Plan out your meals and use seasonal ingredients. Meal planning allows you to work out exactly what you're going to be eating that week, so you're not wasting fresh produce that will spoil after a few days. Ensure to plan your meals around the ingredients that need using first, (e.g. Potatoes and pumpkin will last a lot longer than spinach or lettuce in the fridge), so you should make meals that use these more perishable ingredients towards the start of the week. If you can, try to also use ingredients that are in season locally. Not only does this reduce food mileage and transportation emissions, it also means that the ingredients will be cheaper as they don't have to be transported long distances.

TIP NUMBER THREE:

Use that freezer! Purchasing frozen produce when fresh isn't available to you is great for a variety of reasons. Frozen produce is cheaper and also means that you don't have to use up all of the produce within the week if you buy too much. On this same note, freezing seasonal fresh produce that you won't use in time is a great way to reduce waste and save some dollars!

TIP NUMBER FOUR:

When on a budget, save those mock meats and cheeses for special occasions. Good mock meat and cheese is expensive and you can get flavour that's just as good from marinated tofu or by adding nutritional yeast to dishes for a cheesy flavour. When making toasted sandwiches, hummus is also a great alternative to cheese that is much cheaper than vegan cheese.

TIP NUMBER FIVE:

Purchase your dry goods in bulk! Bulk rice, lentils and spices can often be found at your local Asian grocer for a fraction of the price of those at big supermarkets. Plus, at the same time you get to support a small business so it's a win-win! You can also find cheap jars & containers to store them in at your local op-shop or two dollar store, or just simply wash and re-use the jars you already have.

TIP NUMBER SIX:

Invest in a blender! Or even buy one as a group if you have friends who also want to use it & split the cost! Having a blender is great - it not only allows you to save money by making your own sauces, hummus, dips & smoothies, but you can also blend & freeze spinach, bananas & other soft fruits and veggies. Specifically, ones that are going to go bad, allowing you to simultaneously reduce waste & make your own version of a stock cube!

**On behalf of the Monash Vegan Society,
we hope you can use a few of these tips
when planning your next weekly food shop!
We would also love to hear about any other
tips you already use that we haven't listed,
so be sure to stay tuned via our socials!**



At-Home Composting & Sustainability 101

Written by Georgia Saunders, MSA Environment & Social Justice Committee.

Food waste going into landfill is an increasingly pressing issue.

However, there are now many ways to capitalise on your dinner scraps

–to not only better the environment, but better your own personal living.

IN YOUR OWN BACKYARD

Composting

Composting units are an awesome way to minimise waste and also benefit from its product. You can use compost with your gardening or donate it to a friend that will use it! The best thing about composting is that it is essentially applicable to everyone and anyone. A less fussy and low space option can be a small odourless bucket (my fav is Urban Composter) or you can go big and have a built in unit as part of your garden beds. There are countless options in between the two but you must ask yourself related questions such as:

- ♥ Inside or outside?
- ♥ How much waste am I producing?
- ♥ Where will I put the compost when it's made?
- ♥ How much space do I have?

Worm Farms

Worm farms are yet another great way to decompose food matter. They house hundreds of worms that chew very quickly through all your scraps. They also make lovely castings and wee that you can use to fertilise your indoor plants and/or garden. You can get many different kinds and more gardening stores will have a few options, as both the amount of waste you produce and where you want to have it is important (above or below ground).

Chickens

Our feathery little friends are a genius way to dispose of your scraps – they love them. As a reward they will also present you with beautiful free range eggs for your next meal. Chickens are very good for eating our food waste but in urban settings it is hard to house them due to space – we have to remember they are like any other pets and need to be looked after properly. Although – if you have a spacey backyard and want a new pet, maybe chickens are the perfect pet for you.

NO BACKYARD?

Kitchen Scraps Bin

Get yourself a small bin you can use to collect your scraps. This way you can store them all together and also see how much waste you produce – then think about how you can minimise it.

Sharewaste.com

An awesome initiative that shows you local spots in your suburb where there are composting units, worm farms and chickens. This means you can collect your food waste and drop it off somewhere where it will be reused.

Green Waste Bin (Council Dependant)

Depending on what council you live in you could put your food scraps in the green waste bin! To do so get in touch with your council about food waste and their kitchen waste bins so you can start collecting! No matter your method of scrap disposable, to make the bang out of your buck AND also help save the planet here are some things everyone can do!

MINIMISE THE AMOUNT OF FOOD WASTE THERE IS TO START WITH BY:

- ♥ Having a 'Use Me First' section or bowl in the fridge. This is self explanatory but things that are looking a bit sad should be used next!
- ♥ Using scraps to grow more food in your garden or on a windowsill: From spring onions to avocados! There are plenty of YouTube videos around on how to turn plenty of your veggies into a mini windowsill garden.
- ♥ Using scraps in further cooking that may not be commonly known: An example is using a freezer to store carrot ends, cauliflower leaves and hearty veggie scraps in a jar until full, and then making veggie stock out of it
- ♥ Keeping track of what always goes to waste: By doing this you can figure out whether you need to start buying less of that food or maybe find a better way to use it.

FROM THE KITCHEN

The kitchen is a common place people start with to be more ethical and sustainable as well as minimise their waste. By doing so most people end up eating healthier, feeling better and gaining more respect for their food and where it comes from. We are all so used to a fast way of living and getting what we want quickly and easily.

When we take the time to consider how we source our produce, we are helping to build a better relationship with the food production process, alongside with the food itself.

Here are some handy ways to transition your kitchen:

- ♥ Buying seasonal fruit and veg means you can buy local and is usually cheaper for you!
- ♥ Attending farmers markets to buy a portion of your food and supporting the local businesses.
- ♥ Herb station in your home: Super cute and easy way to always have herbs, practice your green thumb and save money. You can get seedlings at any garden store and they are fast growing!
- ♥ Flexi-eating: A specific diet that may stick to a common ethical diet (vego, vegan, pesc. etc) but when food that isn't of this diet is to be thrown away or is accidentally served, it is eaten—therefore not wasting the energy that went into making it.

Plastic reduction in the kitchen is also an easy thing to work on gradually with yourself!

- ♥ **Reusable:** Beeswax wraps and silicone cover are all the rage! They are the perfect way to keep your food fresh and you can make the beeswax wraps at home (heaps of DIY on Pinterest)
- ♥ **Stick to the outside:** When shopping, limit yourself to a smaller percentage of your shop being in the middle of the supermarket (where all the processed plastic packaged foods are). As a result, you'll find yourself shopping for more veggies and fruit as snacks and only getting things you really need and want in plastic. Think about anything you want that comes in plastic and ask yourself: can I get creative and make this myself somehow?
- ♥ **Bulk foods:** In a bulk food store, you might be able to find the thing you need that may commonly come in packaging. Don't forget your reusable bags!
- ♥ **Looks can be deceiving:** Some foods look as though they are natural and environmentally friendly. But in fact, unless said otherwise in their packaging, most tea bags are actually not able to decompose in landfill, compost etc. A quick swap is buying yourself a tea strainer and your favourite loose leaf tea.

**I sincerely hope you
find all of this helpful,
and wish you all the best
with your ethical and
sustainable kitchen
garden journeys.
Enjoy! Georg xx**

MY FAVOURITE RESOURCES

- ♥ **Bunnings and Pinterest Heaps:** of DIY for composting, gardening, worm farms etc.
- ♥ **My Grandparents and Mum:** If there is anyone in your life who you know really enjoys their gardening what better resource is there than a friendly chat.

♥ **Books**

The Less Waste No Fuss Kitchen by Lindsay Miles. Really cool! Has no fuss to high fuss levels for people who have little to no time, but want to help. For those who want to go full blown, there is also plenty of "Know how to" regarding anything from choosing the right foods, to repurposing food.

A Family Guide to Waste Free Living by Lauren Carter: Really wholesome book about minimising waste and slower living, so that you can appreciate the process. Lots of handy tips as well, like 'Less Waste, No Fuss'.

I Quit Plastics by Kate Nelson (@plasticfreemermaid): Kate has been single use plastic free for ten years! She is a wholesome, happy and bubbly woman who shares her journey and tips for plastic free living, alongside discussing the danger of even having your food wrapped in plastic (this is due to the micro-plastics that can degrade onto your fresh food)!

♥ **Instagrams**

@plasticfreemermaid
@seedandsprout

Travelling as a Vegetarian/Vegan

Written by Aayushi Shah – Monash Vegan Society. As a vegetarian since birth, and vegan for the past 6 years, I have only ever travelled with a host of dietary requirements and “do you have any other options, please?” I have been lucky enough to travel to over 20 countries through different continents, and from that I have compiled a list of basic tips which have saved me in some places! Here are some of my favourites:

- ♥ Always carry snacks! Bring a few of your favourites from home, and then buy more when you arrive. Protein bars, date balls and nuts are great because they keep you full, but fresh/dried fruit, chips and other local snacks you find can be great too.
- ♥ Download the HappyCow app, which shows you vegan/vego friendly restaurants and places nearby your location. The free and paid version are both amazing and have saved me in many parts of Europe, South East Asia and even China.
- ♥ Ask the locals for their recommendations at your accommodation or at veg friendly cafes.
- ♥ Do your RESEARCH and plan! There can be some awesome places near monuments which you should plan around.
- ♥ Don't give up hope! Sometimes veg places can be harder to find, but they're usually worth it. (I'm looking at you, vegan gelateria in Rome I spent 30 minutes looking for #theyhadwaffles).
- ♥ Learn the local cuisine and important phrases before you go—having an idea of what you should be able to eat and some words to describe that are game changers!
- ♥ Find where you can try local, veg-friendly dishes! It's nice to experience the same culture and cuisine as others.
- ♥ Shop local – visit a local market for fruit and fresh local produce to snack on or for a cheap lunch.
- ♥ Use the side menu if you're really stuck –sometimes chips and salads become your besties. Download a translator app, so you can communicate your preferences clearly and translate photos of menus/ingredient lists on to go.
- ♥ Read some blogs/videos from other vegans who have travelled before.
- ♥ Find Indian restaurants if you're stuck –or look for Jain/Hindu/Buddhist friendly places which will always have options.
- ♥ Travel to veg friendly cities! This is where possible of course!
- ♥ Bring your own water bottle, a tote bag and a mason jar (super versatile and easy to clean!) if you also want to reduce waste when you shop and travel.

As travellers from Western cultures, it is super important to remember that we are only guests in other cultures. Food connects us all, and it does not do well to go and judge what is eaten, how it's eaten and the practises surrounding food and mealtimes. Different cultures have different relationships with animals, and while it can be upsetting to see – we have no place to criticise or demonise.

I'd recommend learning about the local cuisine and methods for food preparation. Some cultures use lots of rice/other grains, potatoes, starches or breads – learn what is vegan or vegetarian and try find those when you do travel. In Asia, I loved going to night markets and experiencing their ambiance. Definitely try to be adventurous and try local dishes which you're comfortable eating. It's not always the fancy, famous cafes which give you the best experience! In Europe, it was great finding bakeries or even vegan friendly delis for local cuisine. And then in the US, you can't go wrong with some Chipotle or local cultural eats!

Being vegan or vegetarian is fun, and ultimately, its motive is to reduce harm or suffering for all. It can be tricky to find 100% vegan food with no cross contamination, and sometimes vegan/vegetarian can get mixed up. Remember not to stress and let them ruin your travels. Mistakes happen to everyone, and if you communicate clearly and kindly, people will try to help! Don't beat yourself (or others) up over what happens – just be kind!



Monash Nutrition Society: Staying Healthy on a Vegetarian or Vegan Diet

BENEFITS OF VEGETARIAN/VEGAN DIET

- ♥ A properly-planned vegetarian/vegan diet can be completely healthy for people at all stages in life!
- ♥ Plant-based foods (including all fruits, vegetables, whole-grains, legumes, nuts and seeds), are nutrient dense and often low in saturated fats.
- ♥ Switching to a veg/vegan diet can naturally increase your intake of fruits, vegetables and other whole plant foods—which means more nutrients, antioxidants, and fibre in your diet.
- ♥ Vegan and vegetarian diets are associated with a lower risk of cardiovascular diseases, and people following these diets generally have a lower blood pressure and lower LDL cholesterol levels.
- ♥ Some studies have also shown that a healthy vego diet can help people in controlling blood-sugar levels, and may also help reduce inflammation in the body.

THINGS TO NOTE ABOUT EATING VEGETARIAN AND VEGAN MEALS, TO MAKE SURE THE NECESSARY NUTRIENTS ARE BEING CONSUMED:

All the nutrients we need, except b12 (unless fortified), can be found in plant-based foods! When switching to a more plant-based diet, particular attention should be paid to the following nutrients:

Iron: Enough iron can be obtained in food such as legumes, tofu, nuts, seeds, whole-grains, and dark green leafy vegetables. However this type of iron is of the non-haem variety, and is not as easily absorbed as the haem iron found in animal foods. Therefore consume iron rich plant foods with a vitamin C rich food (citrus fruit, strawberries, tomatoes, etc.) to enhance iron absorption. Also avoid drinking tea and coffee with meals, as tannins found in these beverages can inhibit iron absorption.

Vitamin B12: This vitamin can only be found naturally in animal products, so if following a vegan diet, be sure to take a supplement, or consume fortified products (such as B12 fortified cereals, non-dairy milks, or mock meats) regularly to ensure you are getting this nutrient.

Calcium: Calcium is high in dairy products, so if following a vegan diet, be sure to purchase plant-milks that have been fortified with calcium (check the label, 120mg of calcium per 100g is ideal). Fortified soy milk has a similar amount of protein to cows milk, and is also naturally lower in saturated fats Other calcium sources include calcium set tofu, broccoli, almonds, and bok choy.

Omega 3 fats: Plant sources include flaxseeds, walnuts, hemp seeds, chia seeds, soy bean oil and canola oil. It's best to consume the flaxseeds and chia seeds ground to increase omega 3 fatty acid absorption, as the whole seeds generally passes through largely unabsorbed.

Protein: Unless you have a specific training goal in mind, this is not something to overthink or worry about. Just ensure to be consuming a variety of foods such as legumes, tofu, nuts/nut butters, and legume based products regularly, with whole-grains to ensure you are meeting all your amino acid requirements.

REFERENCES:

- ♥ [Link 1](#)
- ♥ [Link 2](#)
- ♥ [Link 3](#)
- ♥ [Link 4](#)

