



## YOUR COMPLIMENTARY

# Dinner recipes

The recipes I recommend intend to increase your intake of vegetables and plant protein sources. Generally most people consume too much meat and too little fibre. Fibre is found in plant sources only especially legumes and whole grains. Australian dietary guidelines recommend 25 grams to 30 grams of fibre per day.

Fibre has a plethora of benefits. Not only can it reduce cholesterol which contributes to cardiovascular disease, the main cause of death globally for men and women, it can support a healthy weight, improve mood by supporting a healthy gut microbiome and improve bowel movements to name a few.

Plant foods are full of phytonutrients which can improve immunity, reduce inflammation via antioxidant effects, reduce cancer risk and much much more.

According to World Cancer Research Fund, if you eat red meat (beef, veal, pork, lamb, etc.) consumption should be limited to three portions per week, a total of 350–500g per week to limit an increased risk of colorectal cancer, one of the most common cancers diagnosed, and other non-communicable diseases. It is recommended that processed meats (ham, salami, bacon and some sausages such as frankfurters and chorizo) be completely avoided to minimise cancer risk.

Tempeh, tofu, legumes, peas and beans are great protein alternative. When cooked well, they are delicious and nutritious and make up part of a healthy diet.

Here are four of my favourite dinner recipes that can replace meat as the main ingredient.

### Veggie Burger

Serve this with wholemeal buns, beetroot, lettuce, tomato and tomato salsa. These can be made in bulk and frozen.

#### Ingredients:

- 1 can black beans, drained and well rinsed
- 1 tablespoon olive oil
- 3/4 cup onion, finely chopped
- 2 garlic cloves, minced
- 3 tablespoons ground flax seeds - these are best ground fresh as they go rancid easily.
- 1/3 cup warm water
- 1 cup grated carrots
- 1/3 cup parsley, finely chopped
- 1/2 cup sunflower seeds
- 2 tbs balsamic vinegar
- 1 tbs tamari
- 1 tsp each: ground cumin, turmeric, sweet paprika
- 1 cup rolled oats, coarsely ground
- sea salt, to taste
- ground black pepper, to taste

Contd...

## Directions:

1. Preheat the oven to 180°C.
2. Add oil to a medium fry pan on medium heat. Add onion, and garlic. Sauté for 3 to 5 minutes, until the onion softens.
3. Mash drained and rinsed black beans in a mixing bowl using a potato masher.
4. Add sautéed onion and garlic to mashed black beans.
5. Mix the ground flax with water in a small bowl and let thicken for a few minutes.
6. Add flax seed mixture, grated carrot, parsley, sunflower seeds, balsamic, tamari and herbs to black beans and mix well.
7. Place baking paper on a large baking dish.
8. Create around nine burgers, firmly packed, from the black bean mix. Place onto the baking sheet. You can brush with a little olive oil for extra browning if you wish.
9. Bake for 20 minutes then flip and bake for another 20 minutes until firm.



## . Cauliflower Sauce For Vegan Pizza

Vegan pizza is an easy dinner option if you can source good quality pre-made pizza bases. Or if you are inclined you can also make your own.

Store bought vegan pizza can often be dry and bland and not very nutritious. This cauliflower sauce makes a perfect pizza sauce. Full of flavour, you can just add some roasted vegetables on top (I love roast eggplant, cherry tomatoes and squash) and some vegan cheese and you are set to go. This sauce can also be drizzled on steamed vegetables and mixed through wholegrain pasta.

### Ingredients:

- 1 Tbs Olive Oil
- 1/2 Cup onion, finely chopped
- 3 cloves Garlic, minced
- 3 cups Cauliflower, chopped
- 1/2 cup vegetable stock
- 1/2 cup Soy milk, or other milk of choice
- 3 Tbsp nutritional yeast
- 1/2 lemon, juiced
- salt and pepper to taste

Contd...

## Directions:

1. Heat oil in large fry pan, add onion and garlic to sauté for 5 minutes
2. Add cauliflower and sauté for 3 minutes. Add vegetable stock and cover pan allowing cauliflower to soften for 5 minutes.
3. Meanwhile add soy milk, nutritional yeast and lemon juice to a food processor or blender. Add cauliflower after 5 minutes and blend until smooth.
4. Spread cauliflower mix thickly on pizza base, top with roast vegetables and vegan cheese and bake for around 25 minutes in 180 degree oven. Serve with a baby spinach, avocado and chickpea salad dressed with balsamic vinegar and olive oil. You will never order pizza again.



## . Chickpea "Meatballs"

These are great served with a rich tomato sauce on zucchini noodles OR cauliflower puree.

### Ingredients:

1 can, Chickpeas, drained and rinsed until water not frothing  
1 small red onion, finely chopped  
4 garlic cloves, chopped  
2 tbs, Nutritional yeast,  
2 tbs, Soy sauce,  
2 tbs, Tomato paste,  
1 tbs, Balsamic Vinegar  
1 tsp of each: sweet paprika, dried coriander, dried cumin powder  
1/4 cup, Parsley, chopped  
1 Cup, Breadcrumbs  
Olive oil, to brush over top of balls

Contd...

## Directions:

1. Preheat oven to 350°F (180°C).
2. Place all ingredients in a food processor. Process until smooth and well combined.
3. Scoop roughly a tablespoon sized amounts of dough and roll into a ball. Place onto a parchment lined baking tray and brush lightly with olive oil.
4. Bake for 10 minutes, then flip balls over and bake for a further 10 minutes.
5. Serve on legume based pasta with a rich tomato sauce, or with zucchini noodles or cauliflower puree and steamed broccoli.



## . Red Lentil Bolognese

This is a versatile sauce that can be used in place of meat bolognese. It can be served with legume based pasta or rice and guacamole or in corn tortilla with roast cauliflower and shredded lettuce. Instead of rice I like to try different grains with a higher nutritional count and lower glycemic index such as teff or buckwheat.

## Ingredients:

Olive oil, 2 tbs  
1 onion, finely chopped  
2 carrots, finely chopped  
2 celery stalks, finely chopped  
2 garlic cloves, finely chopped  
250g red lentils, preferably soaked over night, drained and rinsed well  
1 can, chopped tomatoes  
2 tbs, Balsamic vinegar,  
2 tbs, Tomato paste,  
2 tbs, Dried oregano and thyme,  
3 cups, Vegetable stock. If soaking lentils, 2 - 2.5 cups of stock may suffice. Keep an eye on cooking and add more stock if needed.

## Directions:

1. Pan fry onion, carrots, celery and garlic for 10 minutes until soft.
2. Add lentils, tomatoes, balsamic vinegar, tomato paste, herbs and stock. Bring to boil then reduce to a simmer for 35 minutes until lentils are soft.
3. Serve on wholemeal noodles with a side of steamed broccoli drizzled with olive oil, lemon juice and hemp seeds.



***I HOPE YOU ENJOY THESE RECIPES AS MUCH AS I DO!***

If you would like to talk more about how I can help you achieve a regular plant-based diet and create specific recipes to suit your lifestyle, please contact me:

 [stephanie@plantingnutrition.com.au](mailto:stephanie@plantingnutrition.com.au)

 0400 354 722

OR STAY CONNECTED

 /  @plantingnutrition

 [plantingnutrition.com.au](http://plantingnutrition.com.au)