



# PLANT THE FUTURE

Affordable, Sustainable School Meals



## Pack One



# Your recipe pack

The recipes in this pack were created by award-winning school chefs Tony Mulgrew and Lyndon McLeod, to help UK schools deliver more vegetarian and vegan options.

There are many benefits to incorporating more vegetarian and vegan dishes in your canteen, here are just a few:

- Veggie and vegan dishes are cost effective and can cover a number of dietary requirements.
- They're full of fruits and veggies, helping pupils meet their 5 a day.
- Plant-based food is less damaging to the environment. All our veggie dishes are carbon calculated so your school can show it's doing its bit to save the planet.

**Costed for school budgets,  
the recipes are fresh, nutritious  
and most importantly  
students love them!**

**Each recipe makes  
20 / 100 portions  
for children aged 10 and over.**



## What the chefs say

*"Eating more plant-based food is an easy way we can all help the planet. Providing more veggie choices at your school can help you reach your eco targets and encourage students to make positive choices."*

Tony

*"Increasing the number of vegetarian and vegan options at your school is an easy way to meet the varying needs of your students, whilst saving time and money."*

Lyndon

# Apple and Cauliflower Curry



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

40ml / 200ml vegetable oil  
1kg / 5kg cauliflower, roughly chopped  
1kg / 5kg green apple, cut into wedges  
1-2 / 2 stalks of celery, roughly chopped  
200g / 1kg onion, sliced  
40g / 200g curry powder  
10g / 50g turmeric  
400ml / 2 litres vegetable stock  
1 litre / 5 litres coconut milk  
600g / 3kg chickpeas  
Cornflour to thicken  
Salt to taste

## To serve:

Rice

## Optional extras:

Naan bread  
Mango chutney

## Method

1. Heat the vegetable oil in a large pot. Once heated, add the cauliflower, apple, celery, onion, curry powder and turmeric and leave to sweat for about 2-3 minutes.
2. Add the vegetable stock, coconut milk and chickpeas to the pot. Then bring the mixture to the boil.
3. Let the mixture simmer for about 20-30 minutes, or until the vegetables are the desired texture.
4. Thicken the curry with cornflour if needed.
5. Once the curry is ready, serve with rice and any of the optional extras you have chosen.



# Broccoli and Vegan Cheese Patties with White Bean and Garlic Sauce



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

### To serve:

20 / 100 baking potatoes, washed and patted dry

### For the broccoli and cheddar patties:

1.2kg / 6kg potatoes, cooked and grated  
1.2kg / 6kg broccoli, roughly chopped  
400g / 2kg leeks, finely chopped  
10g / 50g fresh oregano, chopped  
200g / 1kg vegan cheese, grated  
20g / 100g fresh parsley, chopped  
200g / 1kg breadcrumbs (or wheat-free alternative)

Pinch of / 10g ground black pepper

10g / 50g salt

100g / 500g polenta

### For the white bean and garlic sauce:

300g / 1.5kg white beans, cooked and mashed

300ml / 1.5 litres vegan yogurt

10g / 50g garlic, crushed

Salt, to season

Ground black pepper, to season

## Method

1. Preheat your oven to 180°C/gas mark 4.
2. Spray the potatoes with vegetable oil and season with salt and pepper.
3. Place the potatoes in the oven for 50 minutes.
4. Now start on the patties. You can either fry or oven-bake them. If you choose to bake, preheat another oven to 160°C/gas mark 3.
5. Combine all the ingredients for the patties, except the polenta, in a large bowl and mix together until it forms a dough.
6. Roll the mixture into a cylinder shape and section into patties roughly 5cm thick.
7. Pour the polenta out onto a flat surface.
8. Cover each of the patties in polenta.
9. Now you need to cook the patties:
  - a. If frying, on a medium heat, heat some oil in a pan. Cook the patties for a few minutes on each side.
  - b. If oven cooking, transfer the patties to a baking tray to cook in the oven for 15-20 minutes.
10. While the patties are cooking, prepare the sauce. Using a hand blender, blend the beans, yogurt and garlic together. Season with salt and pepper.
11. Serve the patties and sauce together along with a jacket potato.

# Lentil Cottage Pie



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

### For the filling:

100ml / 300ml vegetable oil  
1kg / 3kg carrot, diced  
1kg / 3kg onion, diced  
2kg / 8kg vegan mince  
50g / 200g thyme, chopped  
60g / 200g tomato purée  
60ml / 200ml Henderson's Relish

### For the topping:

2kg / 10kg potato, peeled and chopped  
200g / 500g vegan margarine  
Salt and ground black pepper, to season

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Heat the oil in a large saucepan. Add the carrots and onions to the pan and cook for 10 minutes, or until soft.
3. Add the mince, thyme, tomato purée and Henderson's Relish to the pan, and cook for a further 20 minutes.
4. While the mixture in the pan cooks, make the mashed potato topping. Place the peeled potatoes in a large saucepan and cover with water. Bring to the boil and leave to cook for 15-20 minutes, or until soft.
5. Once cooked, remove the potatoes from the heat and drain the water. Place the potatoes in a large mixing bowl and mash together with the margarine. Season with salt and pepper as needed.
6. Once the mince mixture is cooked transfer it to an oven tin. Cover the mixture with mashed potato, either with a fork or a piping bag.
7. Bake the pie in the oven for 45 minutes until cooked through and the mashed potato has turned golden brown. Make sure the core temperature of the dish has reached 75°C before serving.



# Sweet Potato Thai Stew



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

Vegetable oil, to fry  
600g / 3kg onion, diced  
400g / 2kg sweet potato, diced  
600ml / 2 litres vegetable stock  
400g / 2kg carrot, chopped  
200g / 1kg green pepper, chopped  
200g / 1kg red pepper, chopped  
200g / 1kg yellow pepper, chopped  
200g / 1kg mushroom, sliced  
100g / 500g baby corn, chopped  
20g / 100g vegan Thai green curry paste  
2 cans / 8 cans coconut milk  
1/ 4 bunches spring onion, chopped  
1.2kg / 6kg noodles

## Method

1. In a soup pot, heat the oil. Add the onion and sauté until translucent.
2. Add the sweet potatoes and stock. Bring to a boil, then lower the heat. Cover and simmer for 10 minutes, or until the sweet potatoes are about half-done.
3. Add the carrot, peppers, mushroom, baby corn and Thai green curry paste to the pot and leave to simmer for a further 10 minutes.
4. Stir through the coconut milk and continue to cook on a very low heat for 10 minutes, until the vegetables are tender.
5. Soak the noodles in boiling water for 10 minutes, then drain.
6. Sprinkle the spring onion on top of the stew and serve with the noodles.

# Corn and Bean Fritters with Tomato and Mango Salsa



**Measurements provided for serving 20 / 100 portions**

## Ingredients

### For the tomato and mango salsa:

10ml / 50ml vegetable oil  
400g / 2kg fresh tomato, chopped  
400g / 2kg mango, chopped  
10g / 50g garlic, crushed  
40ml / 200ml vinegar  
20g / 100g spring onion, chopped  
Salt, to season

### For the fritters:

240g / 1.2kg chickpea flour  
500g / 2.5kg flour (or wheat-free alternative)  
20g / 100g baking powder  
50g / 250g salt  
600ml / 3 litres soya milk  
500g / 2.5kg sweetcorn  
30g / 150g red chilli, chopped  
40g / 200g leek, chopped  
10g / 50g garlic, crushed  
200g / 1kg red pepper, diced  
200g / 1kg courgette, diced  
500g / 2.5kg cannellini beans, cooked  
Vegetable oil, to fry

## Method

1. Start by making the salsa. Heat the oil in a large pan.
2. Add all the ingredients, except the spring onion and salt, to the pan and leave to simmer on a low heat for 30 minutes.
3. Once cooked, blend the mixture to a smooth consistency. Season with salt and set to one side. You can now start on the fritters.
4. Mix together the chickpea flour, wheat flour, baking powder and salt.
5. Beat the soya milk into the mixture until combined into a smooth batter.
6. Next stir in the vegetables and beans.
7. Heat some oil in a griddle pan and spoon the batter in using a ladle. Cook the fritters for several minutes on each side until golden brown.
8. The salsa can be served hot or cold. If you wish to serve it hot, heat it up whilst you cook your fritters.
9. Serve the fritters with the salsa, finishing the dish off by sprinkling the spring onions on top.

**Tip: Both the salsa and fritters can be prepared a couple of days before serving. Just pop the fritters in the oven to reheat for a few minutes before serving.**



# Couscous Salad with Roasted Vegetables and Cannellini Bean Dressing



**Measurements provided for serving 20 / 100 portions**

## Ingredients

### For the salad:

600g / 3kg dried couscous  
600g / 3kg red pepper, chopped  
400g / 2kg fresh tomato, cut into wedges  
20g / 100g garlic, crushed  
400g / 2kg broccoli, chopped  
200g / 1kg red onion, cut into wedges  
10g / 50g fresh oregano, chopped  
40ml / 200ml vegetable oil  
40ml / 200ml balsamic vinegar  
20ml / 100ml maple syrup  
1 tsp / 1 tbsp salt  
Pinch of / 1 tbsp ground black pepper

### For the dressing:

1 litre / 5 litres vegan yogurt  
400g / 2kg cannellini beans, cooked  
100g / 500g leek, finely chopped  
20ml / 100ml apple cider vinegar  
Salt and ground black pepper, to season

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Put the couscous in a heatproof bowl and pour 1.5 litres/7.5 litres boiling water over it depending on quantity. Cover the bowl with clingfilm and leave to stand for 10 minutes then fluff the couscous with a fork.
3. Mix together the rest of the salad ingredients in oven trays and roast for 20 minutes, until slightly browned.
4. While the salad ingredients are cooking prepare the dressing. Blend together all the ingredients to make a smooth dressing. Season with salt and pepper.
5. To serve, mix the couscous through the cooked salad ingredients and finish off with a drizzle of the dressing.

**Tip: To save time you can make the dressing the day before and prepare the chopped vegetables.**



# Chickpea Burger



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

600g / 3kg can chickpeas, drained and rinsed  
400g / 2kg can sweetcorn  
20g / 100g onion powder  
20g / 100g smoked paprika  
40ml / 200ml lemon juice  
100g / 500g gram flour  
40ml / 200ml rapeseed oil  
200g / 1kg polenta

## To serve:

20 / 100 burger buns  
Fresh salad

**This sauce is great with pasta but can  
also be used as a soup, burger sauce or  
as a base for a vegan lasagna.**

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Mash the chickpeas into a thick paste.
3. Combine the chickpea paste with the sweetcorn, onion powder, smoked paprika and lemon juice.
4. Add the gram flour to the mix and combine until you get a thick, mouldable mixture.
5. Next divide the mixture into your burger patties, you're aiming for patties that are roughly 1.5cm thick and 8cm wide.
6. Once made, cover each side of the patties in polenta.
7. Now you need to cook the patties:
  - a. If frying, on a medium heat, heat some oil in a pan. Cook the patties for 2-3 minutes on each side.
  - b. If oven cooking, transfer the patties to a baking tray to cook in the oven for 10-12 minutes. Once miz
8. Serve the burgers in the buns with the fresh salad.

# Red Lentil Lasagne



Measurements provided for serving 20 / 100 portions

## Ingredients

### For the ragu:

60ml / 300ml vegetable oil  
800g / 4kg vegan beef-style mince  
100g / 500g fresh oregano, chopped  
400g / 2kg carrot, peeled and grated  
40g / 200g garlic, crushed  
400g / 2kg onion, diced  
2kg / 10kg canned chopped tomato  
80ml / 400ml balsamic vinegar  
20ml / 100ml maple syrup  
400g / 2kg red lentils, washed  
40ml / 200ml vegetable stock  
1.2kg / 6kg lasagne sheets  
Salt, to season

### For the cheese sauce:

1.6 litres / 8 litres soya milk  
Cornflour, to thicken  
300g / 1.5kg vegan cheese, grated  
Salt, to season

## Method

1. Preheat the oven to 145°C/gas mark 1.
2. Heat the vegetable oil in a large pan on a medium heat.
3. Add the mince, orgeano, carrots, garlic and onion to the pan and cook for 5 minutes.
4. Stir in the tomatoes, vinegar, syrup, lentils and stock and leave to simmer for 30 minutes. After 30 minutes check the lentils are cooked, they should be al dente. Leave the mixture to simmer for a few minutes longer if the lentils aren't ready.
5. Set the ragu to one side and make the cheese sauce. To start with warm the milk in a pan.
6. Next add the cornflour to thicken the sauce. Do this a little at a time, stirring constantly, until the sauce has reached the desired thickness.
7. Finally, stir the grated cheese through the sauce until it's melted, season with salt if desired.
8. The lasagne is now ready to assemble. In an oven tray build three levels of ragu and lasagne sheets, starting with a layer of ragu.
9. Once the layers are assembled, pour the cheese sauce over the top and cook for 45-50 minutes.



# Chick'n and Leek Pie



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

### For the white sauce:

200g / 1kg vegan margarine

200g / 1kg flour

2kg / 10kg plant-based milk

### For the pie:

60ml / 300ml vegetable oil

200g / 1kg onion, diced

800g / 4kg leek, sliced

1.4kg / 7kg vegan chicken-style pieces

1kg / 5kg vegan readymade shortcrust  
pastry

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. To begin with make the white sauce. Melt the margarine in a pan and stir the flour in.
3. Gradually add the milk to the pan, whisking continuously. Once cooked, set the sauce to one side.
4. Now make the pie. In a separate pan, heat the oil on a medium heat.
5. Add the onions and leeks to the pan and cook for 15 minutes, until softened.
6. Next add the chicken-style pieces and cook for a further 10 minutes.
7. Once the filling is cooked, mix it together with the white sauce.
8. Transfer the mixture to an oven tin and cover with the readymade pastry.
9. Cook for 30-40 minutes, until the pastry has turned golden brown and the pie has a core temperature of 75°C.

# Neat loaf with roast potatoes and onion gravy



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

### For the roast potatoes:

15kg / 3kg potatoes, cut in half if big or whole if small

400ml / 800ml rapeseed oil

### For the neat loaf:

1kg / 5kg vegan beef-style mince

400g / 2kg potatoes, cooked and mashed

400g / 2kg kidney beans, cooked and mashed

100g / 500g onion, diced

400g / 2kg breadcrumbs (or wheat free alternative)

200ml / 1 litre soya milk

40ml / 200ml vegetable stock

60g / 300g cornflour

60ml / 300ml soy sauce

10g / 50g mixed herbs

10g / 50g salt

### For the onion gravy:

10ml / 50ml vegetable oil

200g / 1kg red onion, finely sliced

10g / 50g fresh sage, chopped

200g / 1kg apple purée or grated apple

1 litre / 5 litres vegetable stock

## Method

1. Preheat the oven to 190°C/gas mark 5.
2. Begin with the roast potatoes. Toss the cut potatoes in the oil and arrange on oven trays.
3. Roast for 30-45 minutes, until the potatoes are crisp and golden brown.
4. Next make a start on the neat loaf. Preheat another oven to 170°C/gas mark 4.
5. Combine all the loaf ingredients together to form a dough like mixture.
6. Separate the mixture into loaf tins and bake for 30 minutes, or until firm.
7. While the loaf cooks, make the gravy. Begin by heating the vegetable oil in a pan on a medium heat.
8. Add the onion and sage to the pan and sweat for 3 minutes.
9. Next add the apple to the pan and cook for a further 5 minutes.
10. Pour the stock into the pan and leave to simmer and reduce for 20 minutes.
11. Once the loaf is cooked, let it cool for 10 minutes. Slice it into the appropriate amount of portions and serve with the gravy and roast potatoes.

**Tip: The loaf can be prepared ahead of time and gently warmed on the day of serving.**



# Butternut squash and sweet potato korma



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

Vegetable oil, to fry  
1kg / 3kg onion, diced  
2.2kg / 11kg korma sauce  
500g / 2kg carrot, diced  
500g / 2kg butternut squash, peeled and diced  
500g / 2kg sweet potato, peeled and diced  
500g / 1kg courgette, diced  
500g / 1kg mixed peppers, diced

## To serve:

1.3kg / 7kg long grain rice, cooked

## Method

1. Heat the oil in a pan and add the onion to cook for a few minutes until soft.
2. Add the rest of the ingredients to the pan and leave to simmer for at least 30 minutes.
3. Once reduced to your desired consistency, serve with rice.

# Plant-based Bolognese



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

60ml / 300ml vegetable oil  
500g / 5kg vegan beef-style mince  
400g / 2kg carrot, grated  
100g / 500g fresh oregano, chopped  
40g / 200g garlic, crushed  
200g / 1kg onion, diced  
2kg / 10kg canned chopped tomato  
80ml / 400ml balsamic vinegar  
20ml / 100ml maple syrup  
400g / 2kg red lentils, washed  
40ml / 200ml vegetable stock  
1.2kg / 6kg spaghetti  
Salt, to season

## To serve:

400g / 2kg vegan cheese, grated

## Method

1. Heat the vegetable oil in a large pan on a medium heat.
2. Add the mince, carrots, oregano, garlic and onion to the pan and cook for 5 minutes or until softened.
3. Stir in the tomatoes, vinegar, maple syrup, lentils and stock and leave to simmer for 30 minutes. After 30 minutes check the lentils are cooked, they should be al dente. Leave the mixture to simmer for a few minutes longer if the lentils aren't ready.
4. While the sauce cooks, cook the spaghetti as per the instructions on the packet.
5. Once the spaghetti is cooked, season with salt.
6. Serve the Bolognese with the spaghetti and top with the grated vegan cheese.



# Wraps with Garlic and Ginger Sauce with Red Pepper Salad



**Measurements provided for serving 20 / 100 portions**

## Ingredients

### For the ginger and garlic sauce:

800ml / 4 litres vegan yogurt  
10g / 50g garlic, crushed  
20g / 100g ginger, finely grated  
10ml / 50ml sweet chilli sauce  
Pinch of / 2 tsp salt

### For the wrap filling:

1 tbsp / 5 tbsp balsamic vinegar  
1 / 3 garlic cloves, crushed  
1 tbsp / 3 tbsp vegetable oil  
400g / 2kg red pepper, chopped  
100g / 500g red onion, sliced  
400g / 2kg courgette, chopped  
Salt, to season  
10g / 50g oregano, chopped  
2kg / 10 vegan chicken-style pieces  
60g / 300g taco seasoning

### To assemble:

20 / 100 large soft tortillas  
100g / 500g mixed leaves

## Method

1. Preheat the oven to 200°C/gas mark 6.
2. Start by making the sauce. Blend all the ingredients together until smooth. Once made, place to one side until ready to serve.
3. Next, prepare the vegetables. Whisk together the vinegar, garlic and oil to make a dressing.
4. Toss the pepper, onion and courgette in the dressing and season with salt to taste.
5. Transfer the vegetables to oven tins and bake in the oven for 10 minutes. Once cooked, stir through the oregano.
6. While the vegetables are in the oven, cook the chicken-style pieces. Heat the oil in a large pan on a medium heat.
7. Add the chicken-style pieces to the pan and stir through the taco seasoning until all the pieces are covered. Cook for 10 minutes, until the pieces are golden brown and warmed through.
8. When both the vegetables and chicken-style pieces are cooked, mix them together to make the wrap filling.
9. To serve, lay the tortilla out flat and fill with a portion of the filling mixture, mixed salad leaves and a drizzle of sauce. Fold the tortilla up and serve.

# Courgette Piccata with Basil and Sun-dried Tomato Sauce



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

### For the basil and sun-dried tomato sauce:

100g / 500g red lentils  
300g / 1.5kg sun-dried tomato, roughly  
chopped  
10g / 50g garlic, crushed  
100g / 500g onion, diced  
500g / 2.5kg canned chopped tomato  
100g / 500g fresh basil  
20ml / 100ml vegetable oil

### For the courgette piccata:

2kg / 10kg courgette  
200g / 1kg flour (or wheat-free  
alternative)  
400ml / 2 litres oat milk  
400g / 2kg panko breadcrumbs (or  
wheat-free alternative)  
6g / 30g salt  
400g / 2kg vegan cheese, grated

## Method

1. Preheat your oven to 160°C/gas mark 3.
2. Start with the sauce. Wash and cook the lentils as instructed on the packet.
3. In a large pan, sweat the sun-dried tomatoes, garlic and onions until soft.
4. Add the chopped tomatoes to the pan and cook for a further 10 minutes.
5. While the sauce is cooking, blend the basil and vegetable oil together.
6. Add the blended basil and the lentils to the sauce and leave to simmer. You can now start on the courgette piccata.
7. Slice the courgette into 1cm pieces and set to one side.
8. You then need to set up the 3 separate mixing bowls with your coating ingredients in. Add the flour to the first mixing bowl and the oat milk into the second. In the third bowl combine the panko breadcrumbs, salt and cheese.
9. Dip each slice of courgette in flour, then the oat milk, finally pressing each side into the breadcrumb mixture. Place your coated courgette slices on a baking tray.
10. Once you've coated all of the slices, put them in the pre-heated oven for 5 minutes.
11. Serve with the sauce.



# Suet puddings



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

200g / 1kg onion, diced  
400g / 2kg carrot, diced  
60ml / 300ml vegetable oil  
10g / 50g fresh thyme  
1kg / 6kg vegan beef-style mince  
2tsp / 3 tbsp yeast extract  
200ml / 1 litre vegetable stock  
600g / 3kg vegetable suet pastry

## Method

1. If oven baking the puddings, preheat the oven to 160°C/gas mark 3.
2. Sweat the onions and carrots in oil for about 10 minutes, until they start to soften.
3. Add the thyme, vegan mince, yeast extract and stock to the pan and cook for 20 minutes.
4. Now line your tins with the pastry. You can either make individual portions, if so we'd recommend 4oz metal moulds. Or you can make the puddings in gastronome tins.
5. Whichever way you choose to make the pudding, roll out the pastry and cut to line the tin. Next add the filling and cover with a pastry top.

### To cook:

6. If using the gastronome tins, place them in a preheated oven for 30-40 minutes.
7. If using the individual moulds, place them in the oven on the steam setting for 30 minutes.

# Vegetable and lentil hot pot



**Measurements provided for  
serving 20 / 100 portions**

## Ingredients

100ml / 300ml vegetable oil  
2kg / 8kg frozen ratatouille vegetable mix  
1kg / 2kg red or green lentils, washed  
200g / 400g tomato purée  
1 / 4 bay leaves  
10g / 20g dried thyme  
1 litre / 4 litres vegetable stock  
440g / 2.2kg butter beans  
2kg / 10kg potatoes, sliced and cooked

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Heat the vegetable oil in a pan, then add the ratatouille mix and cook on a gentle heat for 30 minutes.
3. Add the lentils, tomato puree, bay leaves, thyme, stock and butter beans to the pan and cook for 10 minutes.
4. Pour the mixture in gastronome tins.
5. Layer the potatoes over the mixture to form a topping.
6. Cook for 30 minutes, until the topping has turned golden brown.



Name	Weight (kg)	Servings	Farming	Processing	Packaging	Transport	Total kgCO2e	Carbon footprint / serving	Carbon Intensity (kgCO2e / kg)	Carbon rating	% CO2e lower than meat version
Lentil Cottage pie	15.13	100	21.19	0.08	0.15	1.33	22.76	0.23	1.50	A	92.89%
Lentil Cottage pie comparison [lamb mince]	15.13	100	313.92	0.52	2.64	2.86	319.94	3.20	21.15	E	
Neat loaf	17.25	100	3.45	1.99	1.87	2.31	9.62	0.10	0.56	A	89.43%
Neat loaf comparison [beef mince]	17.25	100	84.70	2.44	1.77	2.06	90.96	0.91	5.27	E	
Apple and Cauliflower Curry	28.61	100	13.58	1.57	3.46	6.12	24.73	0.25	0.86	A	
Broccoli and Vegan Cheese Patties with White Bean and Garlic Sauce	41.77	100	7.37	0.95	8.10	9.34	25.77	0.26	0.62	A	
Sweet Potato Thai Stew	20.52	100	8.19	1.50	1.55	3.55	14.78	0.15	0.72	A	
Corn and Bean Fritters with Tomato and Mango Salsa	20.64	100	8.19	1.34	2.56	4.50	16.59	0.17	0.80	A	
Couscous Salad with Roasted Vegetables and Cannellini Bean Dressing	23.06	100	9.31	2.78	4.07	4.24	20.40	0.20	0.88	A	
Chickpea burgers	7.30	100	1.88	0.84	1.80	1.92	6.44	0.06	0.88	A	89.71%
Chickpea burgers comparison [beef burger]	5.30	100	59.30	1.14	1.09	1.09	62.61	0.63	11.81	E	
Red Lentil Lasagne	39.77	100	18.34	6.02	7.22	7.01	38.59	0.39	0.97	A	
Chick'n and Leek Pie	29.28	100	43.90	1.67	2.43	4.32	52.32	0.52	1.79	B	
Butternut squash and sweet potato korma	30.40	100	15.97	5.08	4.36	6.37	31.77	0.32	1.05	A	
Plant-based Bolognese	31.34	100	22.05	6.41	6.51	5.17	40.14	0.40	1.28	A	
Wraps with Garlic and Ginger Sauce with Red Pepper Salad	30.60	100	32.57	2.25	3.48	3.56	41.86	0.42	1.37	A	
Courgette Piccata with Basil and Sun-dried Tomato Sauce	23.11	100	5.54	1.25	2.70	3.88	13.38	0.13	0.58	A	
Suet puddings	15.46	100	32.01	1.96	1.17	1.44	36.58	0.37	2.37	B	
Vegetable and lentil hot pot	32.10	100	6.39	2.93	6.31	6.36	21.99	0.22	0.69	A	

CO2e = Carbon Dioxide Equivalent: this is the total impact of this recipe based on all the greenhouse gas emissions released. While carbon dioxide is the main greenhouse gas, there are many others including methane and nitrous oxide. Meals are rated from A [Very Low], to E [Very High]. Calculations and comparisons are based on UK-specific values in the My Emissions foods database.