



PLANT THE FUTURE

Affordable, Sustainable School Meals



Pack Two

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

Beetroot Burgers with Potato Wedges and Garlic Sauce



Measurements provided for serving 20 / 100 portions

Ingredients

For the beetroot burgers:

250g / 1.25kg potatoes, cooked and mashed
1.2kg / 6kg vegan mince
300g / 1.5kg beetroot, grated
4 tsp / 100g red chili, finely sliced
100g / 500g panko breadcrumbs (or wheat-free alternative)
5 tsp / 125g garlic, finely sliced
2 tsp / 50g salt
3 tbsp / 250g dried parsley

For the potato wedges:

5 tbsp / 400ml rapeseed oil
2 tsp / 50g garlic, finely sliced
2 tsp / 50g fresh rosemary, chopped
3kg / 15kg potatoes, cut into wedges

For the garlic sauce:

300g / 1.5kg white beans, cooked and mashed
600ml / 3 litres light vegan yoghurt
2 tsp / 50g garlic, finely sliced
Salt, to season
Ground black pepper, to season

Method

1. You have the option to fry or oven cook the burgers. If you choose to use the oven, preheat it to 180°C / gas mark 4. The potato wedges also require an oven, preheated to 190°C / gas mark 5.
2. Start by combining all of the burger ingredients in a large mixing bowl to form a dough like consistency.
3. Once formed, separate the mixture into the appropriate amount of portions for the number of people that you're serving. Mold each portion into a palm sized patty shape.
4. Now you need to cook the burgers:
 - a. If frying, in batches place them on a griddle pan with about 1 cm between them and fry on both sides, turning regularly until evenly cooked through.
 - b. If oven cooking, arrange the burgers on a baking tray with about 1cm spacing between them and place in the oven for 20-25 minutes.
5. To make the potato wedges you will first need to make the dressing. Using a hand blender, blend the rapeseed oil, garlic and rosemary.
6. In a mixing bowl toss the precut wedges with your dressing, then arrange on a baking tray so that they're evenly spread out. Place in the oven for 25-30 minutes.
7. Whilst the wedges and burgers cook make the garlic sauce by blending the beans, yoghurt and garlic together until they reach a smooth consistency. Season with salt and pepper if needed.
8. Once ready serve all of the components together.

Beetroot Burgers with BBQ Sauce and Sweet Potato Wedges



Method

1. If you choose to make your own burgers you have the option to fry or oven cook the burgers. If you choose to use the oven preheat it to 180°C / gas mark 4. The sweet potatoes also require an oven, preheated to 190°C / gas mark 5.
2. Begin by making the BBQ sauce. Pour all of the sauce ingredients into a pan and allow to simmer for one hour.
3. When the hour is up, blend the mixture to make a smooth sauce.
4. While your sauce is cooking make the burgers, and potato wedges. For the burgers combine all of the burger ingredients a large mixing bowl to form a dough like consistency.
5. Once formed, separate the mixture into the appropriate amount of portions for the number of people that you're serving. Mould each portion into a palm sized patty shape.
6. Now you need to cook the burgers:
 - a. If frying, in batches place them on a griddle pan with about 1 cm between them and fry on both sides, turning regularly until evenly cooked through.
 - b. If oven cooking, arrange the burgers on a baking tray with about 1cm spacing between them and place in the oven for 20-25 minutes.
7. To make the potatoes you will first need to make the dressing. Using a hand blender, blend the rapeseed oil, garlic and rosemary.
8. In a mixing bowl toss the precut wedges with your dressing, then arrange on a baking tray so that they're evenly spread out. Place in the oven for 25-30 minutes.
9. Once cooked season the wedges with salt and pepper if needed. Serve the burgers in bread buns along with the wedges and BBQ sauce to the side.

Measurements provided for serving 20 / 100 portions

Ingredients

For the BBQ sauce:

4 tsp / 100ml rapeseed oil
4 tsp / 100g garlic, finely sliced
4 tsp / 100g ginger, grated
4 tsp / 100ml soy sauce
2 tsp / 50ml liquid smoke
4 tsp / 100g brown sugar
Pinch of / 1 tsp ground cayenne pepper
4 tbsp / 300ml tomato ketchup
4 tsp / 100ml vegan red wine vinegar
1kg / 5kg can tomatoes, chopped

For the beetroot burgers:

250g / 1.25kg potatoes, cooked and mashed
1.2kg / 6kg vegan mince
300g / 1.5kg beetroot, grated
4 tsp / 100g red chili, finely sliced
100g / 500g panko breadcrumbs [or wheat-free alternative]
5 tsp / 125g garlic, finely sliced
2 tsp / 50g salt
3 tbsp / 250g fresh parsley, sliced

For the sweet potato wedges:

5 tbsp / 400ml rapeseed oil
2 tsp / 50g garlic, finely sliced
2 tsp / 50g fresh rosemary, sliced
3kg / 15kg sweet potatoes, cut into wedges

To serve:

Burger buns

For this recipe you can use readymade vegetarian burgers from suppliers. Doing this can make the day less stressful and there are some good ready-made products out there. If you choose to use premade burgers, cook them as instructed on the packet and miss out steps 4-6.

Chickpea Burgers with Garlic Sauce, Pickled Red Onions, Pitta Bread and Salad



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

Ingredients

For the pickled red onions:

1 tsp / 5 tsp sugar
200ml / 1 litre apple cider vinegar
Pinch of / 1 tsp salt
100ml / 500ml water
400g / 2kg red onion, sliced

For the chickpea burgers:

1.4kg / 7kg chickpeas, cooked and mashed
600g / 3kg potatoes, cooked and mashed
200g / 1kg onion, diced
2 tsp / 50g garlic, finely sliced
1 tsp / 2 tbsp ground cumin
4 tsp / 100g fresh parsley, sliced
300g / 1.5kg bread crumbs (or wheat-free alternative)
2 tsp / 50g salt
1 tsp / 5 tsp ground black pepper

For the garlic sauce:

300g / 1.5kg white beans, cooked and mashed
300ml / 1.5 litres light vegan yoghurt
2 tsp / 50g garlic, finely sliced
Salt, to season
Ground black pepper, to season

To serve:

20 / 100 pitta bread
40g / 200g salad

Method

1. The day before you plan to serve the burgers prepare the pickled onions. In a large saucepan add the sugar, apple cider vinegar, salt and water. Bring the mixture to the boil.
2. Place the onions in a heatproof container and pour your boiling mixture over the top. Store in the fridge overnight.
3. On the day of serving you have the choice to either fry or oven cook the burgers. If you choose to use the oven, preheat it to 180°C / gas mark 4.
4. To make the burgers, combine all of the burger ingredients in a large mixing bowl to form a dough like consistency.
5. Once formed, divide the mixture into the appropriate amount of portions for the number of people that you're serving. Mould each portion into a palm sized patty shape.
6. Now you need to cook the burgers:
 - a. If frying, in batches place them on a griddle pan with about 1 cm between them and fry on both sides, turning regularly until evenly cooked through.
 - b. If oven cooking, arrange the burgers on a baking tray with about 1cm spacing between them and place in the oven for 20-25 minutes.
7. Whilst the burgers cook make the sauce by blending the beans, yoghurt and garlic together until they reach a smooth consistency. Season with salt and pepper if needed.
8. Once ready, serve the burgers with a pitta bread, some salad, garlic sauce and pickled red onions to the side.

Cowboy Casserole



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

Ingredients

4 tbsp / 300ml rapeseed oil
200g / 1kg onions, diced
500g / 2.5kg vegan mince
200g / 1kg carrots, grated
3 tbsp / 200g fresh thyme, sliced
3 tbsp / 200g garlic, finely sliced
1.5 litres / 7.5 litres can tomatoes,
chopped
600g / 3kg baked beans
3 tbsp / 200ml vegetable stock
Salt, to season

To serve:

Rice / bulgur wheat / cous cous /
potatoes / bread

Method

1. Begin by heating the oil in a large saucepan. Add the onions to pan and leave to sweat for a few minutes on a medium heat.
2. After a few minutes add the mince, carrots, thyme and garlic and leave to sweat for a further few minutes.
3. To the pan then add the tomatoes, baked beans and vegetable stock. Leave the mixture to simmer and reduced for 30 minutes. Once cooked season with salt to taste.
4. Finally serve the casserole with your chosen accompaniment.

Falafel with Homemade Garlic Ketchup, Salad and Tortillas



Method

1. If you choose to make your own falafel you have the choice to either fry or oven cook them. If you choose to bake, preheat the oven to 180°C / gas mark 4.
2. Begin with the garlic ketchup. In a large saucepan heat the rapeseed oil and sweat the onions, garlic, chili, celery and spices.
3. Add the rest of the ketchup ingredients to the bowl and leave to gently reduce for 1 hour.
4. Remove the pan from the heat and using a hand blender, blend the sauce to a smooth consistency. Season the ketchup with salt to taste and then leave to cool and thicken before serving.
5. Whilst the sauce is cooling, make the falafel. In a large mixing bowl combine all of the falafel ingredients until they form a dough.
6. Once you've made your mixture divide it into the appropriate amount of portions for the number of people that you're serving. Mold each portion into a ball shape, slightly smaller than a golf ball.
7. Now you need to cook the falafels:
 - a. If frying, in batches place them on a griddle pan with about 1 cm between them and fry on both sides, turning regularly until evenly cooked through.
 - b. If oven cooking, arrange the falafel on a baking tray with about 1cm spacing between them and place in the oven for 20-25 minutes.
8. To serve, fill a tortilla with salad, ketchup and falafel and then roll the tortilla up and present in trays.

Measurements provided for serving 20 / 100 portions

Ingredients

For the homemade garlic ketchup:

4 tbsp / 300ml rapeseed oil
300g / 1.5kg onion, diced
4 tbsp / 300g garlic, finely sliced
2 tsp / 50g red chili, finely sliced
200g / 1kg celery, sliced
2 tsp / 50g ground all spice
2 tsp / 50g ground cinnamon
1 tsp / 25g dried coriander
1kg / 5kg can tomatoes, chopped
2 tbsp / 150g tomato purée
90ml / 450ml vegan white wine vinegar
4 tbsp / 300g brown sugar
Salt, to season

For the falafel:

1.4kg / 7kg chickpeas, cooked and mashed
600g / 3kg potatoes, cooked and mashed
200g / 1kg onion, diced
2 tsp / 50g garlic, finely sliced
1 tsp / 30g ground cumin
4 tsp / 100g fresh parsley, sliced
1 tsp / 25g ground cardamom
1 tsp / 25g dried coriander
2 tsp / 50g salt
1 tsp / 1 tbsp ground black pepper

To serve:

20 / 100 large tortillas
60g / 300g salad leaves

For this recipe you can use readymade falafel from suppliers. Doing this can make the day less stressful and there are some good ready-made products out there. If using a supplier's product cook as per the packaging's guidelines and miss out steps 5-7.

Veggie Goulash



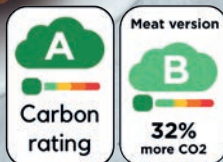
**Measurements provided for
serving 20 / 100 portions**

Ingredients

3 tbsp / 200ml rapeseed oil
200g / 1kg onion, sliced
4 tsp / 100ml ground paprika
4 tbsp / 300ml vegetable stock
4 tsp / 100g garlic, finely sliced
1.6kg / 8kg vegan chicken-style pieces
2 litres / 10 litres can tomatoes, chopped
600g / 3kg green peppers, roughly sliced
600g / 3kg red peppers, roughly sliced
Salt to taste

To serve:

800ml / 4 litres vegan crème fraîche
4 tsp / 100g fresh parsley, sliced
Freshly baked bread



Method

1. Preheat the oven to 220°C / gas mark 7.
2. To make the goulash, heat $\frac{3}{4}$ of the rapeseed oil in a frying pan. Add the onion to the pan and allow it to sweat for a few minutes. Add the paprika, vegetable stock and $\frac{3}{4}$ of the garlic to the sauce pan.
3. After a few minutes stir in the vegan chicken-style pieces and tomatoes and leave to simmer and reduce for 30 minutes.
4. While the mixture in the pan cooks, roast the peppers. Cover the peppers in the remaining oil and garlic then place in the oven for 10 minutes. Once the peppers are roasted add them to the mixture in the pan.
5. Once the goulash has finished cooking season with salt. Serve with crème fresh, parsley and some bread.

Mushroom Sauce with Pasta and Grated Cheese



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

Ingredients

4 tsp / 100ml rapeseed oil
2kg / 10kg mushrooms, roughly sliced
300g / 1.5kg onion, diced
3 tbsp / 200g fresh thyme, sliced
1 litre / 5 litre mushroom or vegetable
stock
1 litre / 5 litre soya milk
Cornflour, to thicken
Salt, to season
Ground black pepper, to season

To serve:

1.2kg / 6kg pasta (or wheat-free
alternative)
500g / 2.5kg vegan Italian-style hard
cheese / vegan cheese, grated
20g / 100g fresh parsley, sliced

**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. Heat the oil in a large saucepan. Add the mushrooms, onion and thyme to the pan then leave to sweat and soften for a few minutes.
2. Pour in the stock and stir through then bring the mixture to the boil. Leave to simmer and reduce for 20 minutes.
3. After 20 minutes add the soya milk to the pan and stir through. Leave to simmer for a further 5 minutes.
4. After the 5 minutes you should have thick, creamy mushroom sauce. If your sauce is not thick enough you can use cornflour to help thicken. Season the sauce with salt and pepper as desired.
5. Serve the sauce over pasta with some vegan cheese and fresh parsley on top.

Nachos with Aioli and Salsa



Measurements provided for serving 20 / 100 portions

Ingredients

3 tbsp / 200ml rapeseed oil
2kg / 10kg vegan mince
Salt, to season

For the spice mix:

4 tsp / 100g ground cumin
4 tsp / 100g ground paprika
2 tsp / 50g chilli powder
2 tsp / 50g dried oregano

For the aioli:

1 litre / 5 litres vegan mayonnaise
20g / 100g garlic, finely sliced
Salt, to season
Ground black pepper, to season

To serve:

2kg / 10 kg tortilla chips
500g / 2.5kg vegan cheese, grated
1 litre / 5 litres tomato salsa

Method

1. To start, combine all of the spice mix ingredients together then leave to one side.
2. In a large saucepan heat the rapeseed oil. To the pan add the mince and fry for a few minutes, stirring regularly.
3. After a few minutes stir through the desired amount of spice mix. The amount referenced in the ingredients is adequate however spice can be age and taste dependent. Add the spice slowly mix and judge as you go, after all it is easier to add spice then take away! Any leftover spice mix can be stored for future use.
4. Once you have added the appropriate amount of spice mix cook the mixture for a further 10 minutes.
5. While the mince cooks, make the aioli. All you need to do is evenly mix the mayonnaise and garlic together with some salt and pepper as desired.
6. You can now serve the nachos. You can either serve each component separately or layer the dish with nachos on the bottom followed by the mince, topped with the aioli, cheese and salsa.

Pasta Salad with Chive Aioli Dressing



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

Ingredients

Rapeseed oil, to fry
1.4kg / 7kg vegan chicken-style pieces
1.4kg / 7 kg pasta (or wheat-free alternative)
100g / 500g fresh basil, sliced
4 tbsp / 300ml rapeseed oil
4 tsp / 100g garlic, finely sliced
400g / 2kg red pepper, roughly sliced
400g / 2kg courgette, roughly sliced
100g / 500g lettuce, roughly sliced
100g / 500g spinach
100g / 500g red onion, finely sliced

For the chive aioli dressing:

300g / 1.5kg white beans, cooked and mashed
400g / 2kg vegan mayonnaise
4 tsp / 100g fresh chives, sliced
60ml / 300ml water
Salt, to season
Ground black pepper, to season

To serve:

100g / 500g vegan Italian-style hard cheese, grated

Method

1. To start with, cook the pasta per the packet's instructions then allow to cool.
2. In a large frying pan heat the rapeseed oil. Add the vegan pieces to pan and cook for about 10 minutes, stirring regularly. Once cooked leave to one side to cool.
3. Now make the aioli. Using a hand blender, blend the aioli ingredients together to make a smooth dressing and then season with salt and pepper. Place to one side for now.
4. Next make a dressing for the pasta. With a fork whisk together the basil and rapeseed oil. Toss the cooled pasta and vegan pieces in the dressing
5. Finally, mix the pasta and vegan pieces with the pepper, courgette, lettuce, spinach and red onion. Top the salad with vegan Italian-style hard cheese and serve with the aioli to the side.

Potato, Bean and Leek Hash Browns with Apple Chutney



Measurements provided for serving 20 / 100 portions

Ingredients

For the apple chutney:

Rapeseed oil, to fry
800g / 4kg cooking apple, diced
3 tbsp / 200g onion, diced
100ml / 500ml water
2 tsp / 50g Dijon mustard
4 tsp / 100g light muscovado sugar
4 tsp / 100g ginger, grated
Pinch of / 2 tbsp salt
200ml / 1 litre apple cider vinegar
Salt to season

For the potato, bean and leek hash browns:

2kg / 10kg potatoes, cooked and mashed
1kg / 5kg white beans, cooked and mashed
400g / 2kg leeks, finely sliced
4 tsp / 100g salt
Pinch of / 2 tsp ground black pepper
200g / 1kg panko breadcrumbs (or wheat-free alternative)
400g / 2kg plain flour (or wheat-free alternative)
Rapeseed oil, to fry

Method

1. Preheat the oven to 225°C/ gas mark 7.
2. First start to make the apple chutney. Heat the rapeseed oil in a saucepan on a medium heat. Add all of the apple chutney ingredients and bring to the boil.
3. Let the mixture simmer, uncovered for 30-40 minutes or until it has reached the desired thick, sticky chutney-like thickness. Stir the mixture continually throughout.
4. Once finished, season with salt and leave to one side to cool.
5. Next, start making the hash browns. In a large mixing bowl, combine all of the hash brown ingredients until they form a dough like consistency.
6. Roll the mixture into a cylinder shape and divide into the appropriate amount of portions for the number of people that you're serving. The hash browns should be about an inch and a half thick and around the width of the bottom a 250ml tin can.
7. Heat some rapeseed oil in a frying pan on a medium heat. Fry the hash browns for a few minutes on each side, so that they are evenly coloured.
8. Remove the hash browns from the heat and arrange on a baking tray with about 1cm spacing between them. Add them to the oven to bake for 10 minutes.
9. Once cooked serve with the apple chutney.

Quesadilla with Garlic Sauce and Salad



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

Ingredients

20 / 100 large tortillas
400g / 2kg vegan cheese, grated

For the bean mixture:

1kg / 5kg black beans, cooked and mashed
1kg / 5kg kidney beans, cooked and
mashed
200g / 1kg leeks, finely sliced
20g / 100g garlic, finely sliced
50g / 250g ground paprika
30g / 150g ground cumin
10g / 50g dried oregano
40ml / 200ml maple syrup
Salt to season
40ml / 200ml rapeseed oil, if frying the
bean mixture

For the white bean and garlic sauce:

300g / 1.5kg white beans, cooked and
mashed
600ml / 3 litres light vegan yoghurt
10g / 50g garlic, finely sliced
Salt, to season
Ground black pepper, to season

To serve:

Salad

Method

1. You can either fry or oven cook the bean mixture. If you choose to use the oven preheat it to 160°C / gas mark 3.
2. In a large mixing bowl combine all of the bean mixture ingredients.
3. Now you need to cook the bean mixture:
 - a. If frying, in a large frying pan heat the rapeseed oil. Fry all of the bean mixture in the pan until cooked through, stirring regularly. Season with salt.
 - b. If oven cooking, evenly divide the bean mixture between several oven trays, so that each tray is filled with a thin layer of the mixture. Place in the oven and cook for 20 minutes, stirring every 5 minutes. When finished season with salt.
4. While the bean mixture cooks make the sauce. Using a hand blender, blend the beans, yoghurt and garlic together to make a smooth sauce. Season with salt and pepper as needed then set to one side.
5. Once the bean mixture is cooked, lay out a tortilla and spread out a portion of the bean mixture, enough to evenly cover half of the tortilla. Fold the tortilla over.
6. Then either fry the folded tortilla in a griddle pan or brush with a little oil and bake in the oven for a few minutes.
7. Serve the quesadilla with the garlic sauce and a portion of salad.

Ratatouille with Bean and Parsley Cakes



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

Ingredients

For the ratatouille:

4 tsp / 100ml rapeseed oil, if frying
200g / 1kg onion, diced
4 tsp / 100g garlic, finely sliced
500g / 2.5kg courgettes, diced
500g / 2.5kg aubergines, diced
300g / 1.5kg red pepper, diced
300g / 1.5kg green pepper, diced
1kg / 5kg can tomatoes, diced
Salt to season
3 tbsp / 200g fresh chives, finely sliced

For the bean and parsley cakes:

2kg / 10kg potatoes, cooked and mashed
1kg / 5kg white beans, cooked and
mashed
100g / 500g fresh parsley, finely sliced
400g / 2kg plain flour [or wheat-free
alternative]
200g / 1kg panko breadcrumbs [or
wheat-free alternative]
4 tsp / 100ml salt
3 tbsp / 200ml rapeseed oil, for frying

Method

1. For the bean and parsley cakes, preheat the oven to 225°C / gas mark 7.
2. You can either cook the ratatouille on the hob or in the oven.
If cooking the ratatouille on the hob:
 - a. Heat the rapeseed oil in a large frying pan. Once heated add the onions and allow them to sweat for 5 minutes.
 - b. Add the garlic and diced vegetables and leave for a further 5 minutes.
 - c. Pour the chopped tomatoes into the pan and leave to simmer for 20-30 minutes until all of the vegetables are tender.
3. If cooking the ratatouille in the oven:
 - a. Preheat the oven to 170°C / gas mark 4.
 - b. Combine all of the ratatouille ingredients and divide into oven trays. Divide them so that the trays are evenly covered with not too much overlap, to ensure an even cook. .
 - c. Cover the trays and place them in the oven for 45-60 minutes, stirring occasionally .
4. Once cooked season with salt and top with the chives.
5. To make the cakes combine all of the cake ingredients in a large mixing bowl to make a dough like consistency.
6. Roll the mixture into a cylinder shape and divide into the appropriate amount of portions for the number of people that you're serving. The cakes should be about an inch and a half thick and around the width of the bottom of a 250ml tin can.
7. Heat the rapeseed oil in a frying pan on a medium heat. Fry the hash browns for a few minutes on each side so that they have even colouring.
8. Remove the hash browns from the heat and arrange on a baking tray with about 1cm spacing between them. Add them to the oven to bake for 10 minutes.
9. Once cooked serve together with the ratatouille.

Spicy Bean Tacos with Coconut Yoghurt and Salsa



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

Ingredients

For the taco mixture:

3 tbsp / 200ml rapeseed oil
1kg / 5kg black beans, drained and rinsed
1kg / 5kg kidney beans, drained and rinsed
4 tsp / 100g garlic, finely sliced
3 tbsp / 250g ground paprika
2 tbsp / 150g ground cumin
2 tsp / 50g dried oregano
3 tbsp / 200ml maple syrup
Salt to season

To serve:

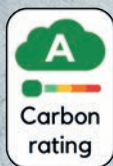
20 / 100 taco shells
60g / 300g salad leaves
600ml / 3 litres coconut yoghurt
600ml / 3 litres of tomato salsa
3 tbsp / 200g spring onions, finely sliced

Method

1. You can either fry or oven cook the taco mixture. If you are going to use the oven preheat it to 160°C / gas mark 3.
2. To start with cook the taco mixture:
 - a. If frying, heat the rapeseed oil in a frying pan on a medium heat. Once heated add all of the taco ingredients to the pan to cook through, stir continually. Allow for at least 10 minutes. When cooked season with salt.
 - b. If oven cooking, in a large mixing bowl combine all of the taco ingredients and divide evenly into baking trays. Aim for about an even thickness in each tray of about 1cm.
3. Then all that's left to do is serve. You can either let the kids have a go at assembling the tacos themselves or you can pre-assemble them. To assemble the tacos, take a taco shell and place some salad leaves in it followed by the bean mixture. Start with a generous tablespoonful of the bean mixture and add more if necessary. Top the taco with a tablespoonful of yoghurt and salsa along with a sprinkle of spring onions.

Cook in the oven for 20 minutes, stirring every 5 minutes. When cooked season with salt

Spicy Carrot Balls with Sweet and Sour Sauce



Measurements provided for serving 20 / 100 portions

Ingredients

For the sweet and sour sauce:

3 tbsp / 200ml rapeseed oil
2 tsp / 50g garlic, finely sliced
4 tsp / 100ml soy sauce
150g / 750g can tomatoes, chopped
4 tbsp / 300g tomato purée
2 tbsp / 150ml vegan white wine vinegar
400g / 2kg can pineapple, chopped
600ml / 3 litres water
Pinch of / 15g salt
Cornflour to thicken if necessary
Salt to season

For the spicy carrot balls:

1.6kg / 8kg carrots, finely grated
200g / 1kg onion, diced
600g / 3kg potatoes, cooked and mashed
1 tbsp / 75g ginger, grated
Pinch of / 25g ground cumin
4 tsp / 100g fresh parsley, sliced
2 tsp / 50g dried chilli flakes or chilli sauce
400g / 2kg gram flour
2 tsp / 50g salt
1 tsp / 5 tsp ground black pepper
200g / 1kg panko breadcrumbs (or wheat-free alternative)

Method

1. You have the option to fry or oven cook the spicy carrot balls. If you choose to bake them, preheat the oven to 180°C/ gas mark 4.
2. Begin by cooking the sauce. Heat the rapeseed oil in a saucepan on a medium heat.
3. Starting with garlic, add all of the sauce ingredients to the pan, bringing them to the boil. Once boiling, allow the sauce to simmer for 10 minutes.
4. After 10 minutes the sauce should be thick and sticky. If the sauce is not to the desired thickness cornflour can be used to help thicken the sauce.
5. To finish the sauce, season with salt and leave to one side.
6. Next make a start on the spicy carrot balls. Combine all of the ingredients needed for the spicy carrot balls in a large mixing bowl until they form a dough like consistency.
7. Divide the mixture into the appropriate amount of portions for the number of people that you're serving. Mould each portion into a ball shape, about the size of a golf ball.
8. Next you need to cook the carrot balls:
 - a. If frying, in batches place them on a griddle pan with about 1 cm between them and fry on both sides, turning regularly until evenly cooked through.
 - b. If oven cooking, arrange the balls on a baking tray with about 1cm spacing between them and put in the oven for 20-25 minutes.
9. Just before serving reheat the sweet and sour sauce. Pour the sauce over the spicy carrot balls and serve.

Spicy Sausage Ragu with Mashed Potatoes



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

Ingredients

3 tbsp / 200ml rapeseed oil
200g / 1kg red onion, sliced
400g / 2kg carrots, sliced
4 tsp / 100g dried sage
2.4kg / 12kg vegan sausages, cooked and sliced
3 tbsp / 200ml vegan Worcestershire sauce
2 tsp / 3 tbsp chilli flakes or sauce
3 tbsp / 200ml vegetable stock
4 tsp / 100g fresh parsley, sliced
Cornflour, to thicken
Salt, to season

To serve:

Mashed potatoes

Method

1. Heat the rapeseed oil in a large saucepan. Add the onions and allow them to sweat for 5 minutes.
2. Add the carrots and sage and cook for a further 5 minutes.
3. Next add the sausages, vegan Worcestershire sauce, chili flakes and stock into the pan and stir through. Add enough water to the pan to cover the contents and then let the mixture simmer for 30 minutes, stir occasionally.
4. Once the 30 minutes is up you should have rich tomato ragu. If your sauce is not thick enough you can use cornflour as needed to help thicken it. To finish season with salt and add the parsley.
5. Serve the ragu with mashed potato.

Veggie Stir-Fry



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

Ingredients

4 tsp / 100ml rapeseed oil
800g / 4kg vegan chicken-style pieces
200g / 1kg carrots, thinly sliced
400g / 2kg red pepper, roughly sliced
200g / 1kg broccoli, roughly sliced
2 tsp / 50g garlic, finely sliced
2 tsp / 50g ginger, grated
200g / 1kg baby sweetcorn, roughly sliced
200g / 1kg courgette, roughly sliced
100ml / 500ml hoisin sauce
100ml / 500ml soy sauce

To serve:

100g / 500g spring onions, finely sliced
1kg / 5kg rice, cooked [or wheat-free alternative]
or
1.2kg / 6kg noodles, cooked [or wheat-free alternative]

Method

1. The best way to make this dish by frying, either in a wok or griddle pan. However there is also the option to use the oven if necessary. Steps 7-11 will show you how.
2. Begin by heating the oil in your pan. Add the vegan chicken-style pieces and cook for about 10 minutes until they colour.
3. Next add the carrots, red pepper, broccoli, garlic and ginger to the pan. Stir continually and allow to cook for 3 minutes.
4. Next mix in the baby sweetcorn and courgettes. Stir continually and allow to cook for another 3 minutes.
5. Finally stir through the hoisin and soy sauce so that everything in the pan is covered.
6. Serve with either rice or noodles and spring onions sprinkled on top.
7. If you are not frying- preheat the oven to 200°C / gas mark 6.
8. Add the vegan chicken-style pieces, garlic, oil and ginger to deep oven trays. Spread the mixture out evenly without too much overlap. Place the trays in the oven to roast for 15 minutes.
9. In a large saucepan boil the pepper, carrots, broccoli, courgettes and baby sweetcorn for a few minutes. You don't want to boil the vegetables for too long as you want them to be crisp. Once cooked leave the vegetables to drain.
10. In a large mixing bowl mix the roasted vegan chicken-style pieces with the cooked vegetables. Stir through the soy and hoisin sauce so that the mixture is evenly covered.
11. Top with the spring onions and serve with either rice or noodles.

Name	Weight [kg]	Servings	Farming	Processing	Packaging	Transport	Total kgCO2e	Carbon footprint / serving	Carbon Intensity [kgCO2e / kg]	Carbon rating	% CO2e lower than meat version
Beetroot Burgers	29.88	100	19.52	1.07	6.72	6.81	34.13	0.34	1.14	A	84.08%
Beetroot Burgers comparison [beef mince]	29.88	100	193.98	3.59	8.80	8.05	214.42	2.14	7.18	E	
Veggie Goulash	22.73	100	24.10	1.60	3.60	3.52	32.82	0.33	1.44	A	32.01%
Veggie Goulash comparison [chicken]	22.73	100	28.26	8.74	5.91	5.36	48.27	0.48	2.12	B	
Nachos with Aioli + Salsa	18.08	100	27.10	1.13	1.37	1.93	31.52	0.32	1.74	B	92.76%
Nachos with Aioli + Salsa comparison [minced beef & egg aioli]	18.08	100	422.52	4.05	4.52	4.10	435.20	4.35	24.08	E	
Spicy Sausage ragu + mash	16.07	100	30.89	0.10	0.27	0.68	31.94	0.32	1.99	B	51.83%
Spicy Sausage ragu + mash comparison [pork sausages]	16.07	100	54.74	6.95	1.54	3.07	66.30	0.66	4.13	D	
Beetroot Burgers with BBQ Sauce and Sweet Potato Wedges	34.40	100	20.76	0.26	2.35	6.00	29.37	0.29	0.85	A	
Chickpea Burgers with Garlic Sauce, Pickled Red Onions, Pitta Bread and Salad	45.10	100	11.59	3.00	6.27	12.86	33.71	0.34	0.75	A	
Cowboy Casserole	30.99	100	12.70	1.73	8.24	6.64	29.31	0.29	0.95	A	
Falafel with Homemade Garlic Ketchup, Salad and Tortillas	27.56	100	7.13	3.13	7.70	6.66	24.62	0.25	0.89	A	
Mushroom Sauce with Pasta and Grated Cheese	36.55	100	46.11	4.37	2.84	2.89	56.20	0.56	1.54	A	
Pasta Salad with Chive Aioli Dressing	26.78	100	29.63	5.52	3.80	3.11	42.06	0.42	1.57	A	
Potato, Bean and Leek Hash Browns with Apple Chutney	29.22	100	8.68	1.36	6.36	6.38	22.78	0.23	0.78	A	
Quesadilla with Garlic Sauce and Salad	28.07	100	8.32	3.01	5.95	4.89	22.17	0.22	0.79	A	
Ratatouille with Bean and Parsley Cakes	33.48	100	19.52	1.73	7.22	7.93	36.41	0.36	1.09	A	
Spicy Carrot Balls with Sweet and Sour Sauce	22.18	100	3.32	0.81	2.57	4.82	11.53	0.12	0.52	A	
Spicy Bean Tacos with Coconut Yoghurt and Salsa	18.26	100	4.33	1.61	3.61	3.10	12.64	0.13	0.69	A	
Veggie Stir-Fry	22.78	100	19.68	1.18	2.32	3.47	26.65	0.27	1.17	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.