PLANT-BASED KITCHEN

30 Easy Vegan Recipes for Beginners

Your Complete 2026 Guide to Delicious, Effortless **Plant-Based** Cooking



SIMPLE
HEALTHY
DELICIOUS



BREAKFAST | LUNCH | DINNER | SNACKS | DESSERTS

ALL RECIPES READY IN 45 MINUTES OR LESS



WELCOME TO YOUR VEGAN KITCHEN

So you're curious about plant-based cooking. Maybe you've heard it's hard, time-consuming, or that you'll spend your life eating sad salads. This book exists to prove that every single one of those assumptions is wrong.

The 30 recipes in this collection were chosen because they're genuinely delicious first, vegan second. They rely on ingredients you can find in any supermarket, use techniques that don't require culinary school, and deliver food that will impress the people you cook for — whether they eat meat or not.

Here's the truth about vegan cooking in 2026: it's never been easier, more flavorful, or more rewarding. We have incredible spice combinations, umami-rich ingredients, and clever techniques that were once guarded secrets. All of that knowledge is packed into the pages that follow.

> *"The best time to start eating more plants was yesterday. The second best time is right now."*

WHAT YOU'LL FIND INSIDE:

Breakfast (Recipes 1–6)	Six morning recipes from lightning-fast overnight oats to impressive weekend pancakes.
Lunch (Recipes 7–14)	Eight satisfying midday meals from protein-packed buddha bowls to refreshing cold soups.
Dinner (Recipes 15–24)	Ten hearty evening meals — curries, pastas, stir-fries, and more crowd-pleasers.
Snacks & Sides (Recipes 25–28)	Four versatile accompaniments including the best hummus you've ever tasted.
Desserts (Recipes 29–30)	Two show-stopping sweets that happen to be completely plant-based.

DELICIOUS
HEALTHY
EASY TO MAKE

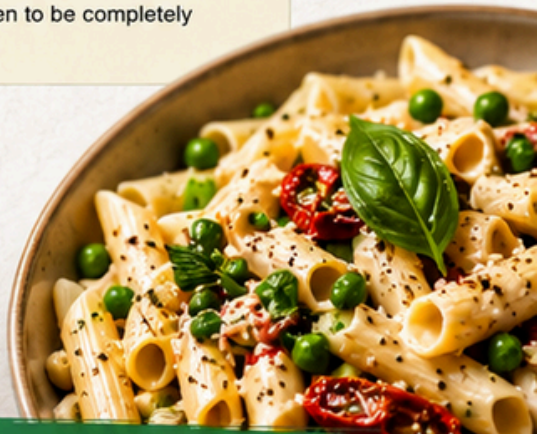


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QUICK HEALTHY DELICIOUS





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DELICIOUS.
EASY. READY IN
15 MINUTES.

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SAVE TIME EAT BETTER COOK SIMPLE

By Muneeb Jutt

STOCK YOUR VEGAN PANTRY

DELICIOUS. EASY. READY IN 15 MINUTES.

Before diving into the recipes, stock these 15 pantry staples. With these in your kitchen, you can make the majority of recipes in this book at a moment's notice.

CANNED LEGUMES	Chickpeas, black beans, red lentils, green lentils. The protein backbone of plant-based cooking.
COCONUT MILK (FULL-FAT)	Makes curries, soups, and desserts impossibly creamy. Always have 3-4 cans.
NUTRITIONAL YEAST	The vegan secret weapon — adds cheesy, umami depth to almost everything.
TAHINI	Sesame paste that forms the base of hummus, dressings, and sauces.
GOOD OLIVE OIL	Invest here. It's in almost every recipe and the flavor difference is real.
SOY SAUCE / TAMARI	Umami in a bottle. Tamari is gluten-free. Keep both if possible.
CANNED TOMATOES	Crushed, diced, and paste. Essential for curries, soups, and pasta sauces.
CHIA SEEDS	For overnight oats, puddings, and as an egg substitute in baking.
RAW CASHEWS	When soaked and blended, they create an incredibte cream for sauces.
SPICE ARSENAL	Cumin, turmeric, smoked paprika, coriander, garam masala, chili flakes.
MAPLE SYRUP	The go-to natural sweetener. Versatile enough for sweet and savory dishes.
WHOLE GRAINS	Quinoa, brown rice, oats. Satisfying bases for bowls and salads.
PLANT MILK	Oat milk for cooking; cashew or almond for delicate flavors.
APPLE CIDER VINEGAR	Adds bright acidity to dressings and sauces.
FLAXSEED (GROUND)	Mixed with water, it becomes a perfect egg substitute in baking.



SAVE TIME · EAT BETTER · COOK SIMPLE

By Muneeb Jutt

— CHAPTER —

BREAKFAST & MORNING STARTERS

How you start your morning sets the tone for everything. These six recipes prove that plant-based breakfasts are anything but boring — from creamy overnight oats ready when you wake up to protein-packed tofu scrambles that power your whole day.

01



CREAMY OVERNIGHT OATS

Plant-Based · 5 Min Prep · Make Ahead

02



HIGH-PROTEIN TOFU SCRAMBLE

Plant-Based · 15 Min · High Protein

03



GREEN POWER SMOOTHIE

Plant-Based · 5 Min · Energy Boost

04



CHIA PUDDING PARFAIT

Plant-Based · 10 Min · High Fiber

05



AVOCADO POWER TOAST

Plant-Based · 10 Min · Heart Healthy

06



BANANA OAT PANCAKES

Plant-Based · 15 Min · Kid Friendly

SAVE TIME · EAT BETTER · COOK SIMPLE

By Muneeb Jutt

RECIPE 1 OF 30

CREAMY OVERNIGHT OATS

WAKE UP TO SOMETHING AMAZING!

GF OPTION | HIGH FIBER | MEAL PREP

5 MIN PREP + OVERNIGHT — SERVES 2 — EASY



Wake up to a jar of creamy, dreamy oats that practically made themselves while you sleep. This is the recipe that converts oatmeal skeptics — guaranteed.

INGREDIENTS

- 1 cup rolled oats (gluten-free if needed)
- 1 ¾ cups plant-based milk (oat, almond, or soy)
- 2 tbsp chia seeds
- 1 tbsp maple syrup
- ½ tsp vanilla extract
- Pinch of sea salt
- Toppings: fresh berries, sliced banana, granola

METHOD

01 Add oats, chia seeds, and a pinch of salt to a jar or lidded container.

02 Pour in the plant milk, maple syrup, and vanilla. Give everything a good stir so the chia seeds distribute evenly.

03 Seal and refrigerate overnight (or at least 6 hours). The oats will absorb the liquid and become thick and creamy.

04 In the morning, give it a stir. If it feels too thick, splash in a little more milk. Top with your favorite fruits and dig in.

PRO TIP

Make 5 jars on Sunday and you've got breakfast sorted for the entire week. Store for up to 5 days.

NUTRITION (PER SERVING)

320	10g	52g	9g	8g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 2 OF 30

GOLDEN TURMERIC SMOOTHIE BOWL

SUNSHINE IN A BOWL!

ANTI-INFLAMMATORY | RAW | QUICK

10 MIN | SERVES 1 | EASY



This isn't just breakfast — it's sunshine in a bowl. The golden hue comes from turmeric, one of nature's most powerful anti-inflammatory spices.

INGREDIENTS

- 1 frozen banana, broken into chunks
- ½ cup frozen mango cubes
- ½ cup plant-based milk
- 1 tsp turmeric powder
- ½ tsp fresh ginger, grated
- 1 tbsp almond butter
- Toppings: granola, kiwi slices, coconut flakes, hemp seeds

METHOD

01 Blend the frozen banana, mango, plant milk, turmeric, ginger, and almond butter until completely smooth. It should be thick — thicker than a drinkable smoothie.

02 Pour into a bowl and spread it out. The thickness is what lets the toppings sit on top rather than sinking.

03 Arrange your toppings in rows or sections — this is where you get to be creative. Eat immediately before it melts.

PRO TIP The secret to a thick smoothie bowl: use as little liquid as possible and keep your fruit fully frozen.

NUTRITION (PER SERVING)

380	9g	68g	8g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 3 OF 30

AVOCADO TOAST *with* EVERYTHING

8 MIN QUICK | SERVES 2 | EASY

The beloved avocado toast, done right. We're talking perfectly ripened avocado on properly toasted sourdough, with a topping situation that makes it a full meal.



QUICK | HIGH FAT | BRUNCH FAVE

INGREDIENTS

- **2** thick slices sourdough or whole grain bread
- **1** large ripe avocado
- **1** tbsp lemon juice
- ½ tsp red pepper flakes
- Everything bagel seasoning, to taste
- Handful of cherry tomatoes, halved
- Microgreens or sprouts for topping
- Flaky sea salt

METHOD

1. **Toast** your bread to golden perfection. Don't rush this — proper toasting means the avocado won't make it soggy.
2. **Halve the avocado**, remove the pit, and scoop the flesh into a bowl. Add lemon juice, a pinch of salt, and mash with a fork. Leave some texture — not baby food smooth.
3. **Pile the avocado** generously onto the toast. Top with cherry tomatoes, a shower of everything bagel seasoning, red pepper flakes, and microgreens.

PRO TIP Test avocado ripeness by pressing the stem end — if it gives slightly, it's ready. Hard = under-ripe, mushy = over-ripe.

NUTRITION (PER SERVING)

290	7g	31g	9g	17g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 4 OF 30

FLUFFY BANANA PANCAKES

WAKE UP TO SOMETHING AMAZING!

20 MIN TOTAL | SERVES 2 | EASY

These pancakes use a trick that every vegan baker needs to know: the flax egg. Ripe bananas add natural sweetness so you barely need any syrup.



COMFORT FOOD | KID-FRIENDLY | WEEKEND TREAT

INGREDIENTS

- 1 cup all-purpose flour
- 1 tbsp baking powder
- 1 tbsp ground flaxseed + 3 tbsp water (flax egg)
- 1 ripe banana, mashed
- 1 cup oat milk
- 1 tbsp maple syrup
- 1 tbsp coconut oil, melted
- ½ tsp vanilla, pinch of salt

METHOD

01 Mix flaxseed and water, let sit 5 minutes until it becomes gel-like. This is your egg substitute.

02 In a large bowl, whisk flour, baking powder, and salt. In another bowl, combine the flax egg, mashed banana, oat milk, maple syrup, oil, and vanilla.

03 Pour wet ingredients into dry and stir until just combined. Lumps are totally fine — overmixing makes tough pancakes.

04 Heat a non-stick pan over medium heat. Cook pancakes 2–3 minutes per side until bubbles form and edges look set.



PRO TIP The riper the banana (lots of brown spots), the sweeter and more flavorful your pancakes will be.

NUTRITION (PER SERVING)

310	7g	58g	4g	7g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

SAVORY TOFU *Scramble*

15 MIN TOTAL | SERVES 2 | EASY

HIGH PROTEIN | SAVORY BREAKFAST | GF

Forget what you think you know about tofu. With the right spices, extra-firm tofu transforms into a satisfying, protein-packed scramble that perfectly rivals eggs.



INGREDIENTS

- 350g extra-firm tofu, pressed
- 1 tbsp olive oil
- ½ onion, diced
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 1 tsp turmeric
- 1 tsp smoked paprika
- 2 tbsp nutritional yeast
- Salt, pepper, fresh herbs



METHOD

01 Press tofu for at least 10 minutes. Extra moisture = steaming instead of browning.

02 Crumble tofu into a bowl — aim for irregular chunks that mimic scrambled eggs.

03 Sauté onion and pepper in oil over medium-high heat for 3 minutes. Add garlic and cook 1 more minute.

04 Add crumbled tofu and all spices. Cook 5–6 minutes, stirring occasionally, until tofu is golden and lightly crispy at the edges. Finish with nutritional yeast and fresh herbs.

PRO TIP Nutritional yeast is the secret ingredient here — it adds a cheesy, umami depth that makes this dish truly special.

NUTRITION (PER SERVING)

220	18g	11g	3g	13g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 6 OF 30

CHIA PUDDING THREE WAYS

5 MIN + 4 HRS CHILL | SERVES 2 | EASY

MEAL PREP | GF | OMEGA-3

One simple base recipe, three incredible variations. Once you nail the ratio, chia pudding becomes your most versatile meal-prep weapon.



INGREDIENTS

- 3 tbsp chia seeds per serving
- 1 cup coconut milk (from a can, for creaminess)
- 1–2 tbsp maple syrup
- Variation 1 — Chocolate: 1 tbsp cocoa powder
- Variation 2 — Mango Passion: ½ cup mango purée
- Variation 3 — Matcha: 1 tsp matcha powder
- Toppings of choice

METHOD

01 MIX
Whisk chia seeds into your chosen milk and flavoring. Stir vigorously for a full minute to prevent clumping.

02 REST
Let sit for 10 minutes, then stir again to break up any clumps that have formed.

03 CHILL
Cover and refrigerate for at least 4 hours (overnight is best). It should have a pudding-like texture.

04 TOP & ENJOY
Top with fresh fruit, nuts, coconut flakes, or granola before serving.

PRO TIP
If your pudding is too thick in the morning, add a splash of milk and stir. Too thin? Add more chia seeds and wait 30 minutes.

3 DELICIOUS VARIATIONS



CHOCOLATE
Add 1 tbsp cocoa powder for a rich, decadent treat.



MANGO PASSION
Blend ½ cup mango purée for a tropical burst of flavor.



MATCHA
Add 1 tsp matcha powder for a vibrant, earthy twist.

NUTRITION (PER SERVING)

280	7g	24g	11g	18g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

— CHAPTER —

Satisfying Lunches

Midday meals that actually **keep you going** until dinner. No more sad desk lunches or afternoon energy crashes — **these light recipes** are colorful, nourishing, and exciting enough that you'll look forward to lunchtime.

WHAT TO EXPECT

- Wholesome Ingredients
- Quick & Easy Prep
- Delicious & Satisfying

CHAPTER HIGHLIGHTS

- Balanced meals for steady energy
- Fresh, seasonal ingredients
- Make-ahead and meal prep ideas
- Simple swaps for better nutrition
- Recipes that fit your lifestyle

INCLUDES

- Hearty grain bowls
- Colorful salads
- Warm & cozy soups
- Easy wraps & sandwiches
- Protein-packed ideas



PRO TIP

Prep ingredients ahead of time to save time and make healthy choices easier.

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 2 OF 30

RAINBOW BUDDHA BOWL

A BURST OF COLOR, FLAVOR & NUTRITION!

MEAL PREP | HIGH FIBER | COLORFUL

20 MIN | SERVES 2 | EASY



The Buddha bowl is vegan cooking's greatest flex. A rainbow of roasted veggies, grains, and creamy tahini dressing that proves healthy eating is wildly delicious.

INGREDIENTS

- 1 cup cooked quinoa or brown rice
- 1 can chickpeas, rinsed and drained
- 1 sweet potato, cubed
- 1 cup purple cabbage, shredded
- 1 carrot, sliced
- 1 cup edamame (steamed if frozen)
- ½ cucumber, diced
- Tahini dressing: 2 tbsp tahini, 1 tbsp lemon juice, 1 garlic clove, water to thin

METHOD

01 Roast sweet potato cubes at 200°C (400°F) with olive oil and salt for 20 minutes until caramelized.

02 While that roasts, toast chickpeas with paprika, cumin, and a splash of oil. Roast edamame to sweet perfection for the extra edge.

03 Shred tahini, lemon juice, garlic, and water until creamy and pourable. Season generously.

04 Assemble bowl: start base, then arrange each topping in its own section. Drizzle tahini dressing over everything.

PRO TIP Color = nutrition. Try to include at least 4–6 different colors in your bowl to ensure a wide range of vitamins and minerals.

NUTRITION (PER SERVING)

390	21g	60g	10g	22g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 8 OF 30

CLASSIC LENTIL SOUP

HEARTY, WARM & FULL OF GOODNESS!

BUDGET | HIGH PROTEIN | FREEZER-FRIENDLY

35 MIN | SERVES 4 | EASY



This is the soup that changed my mind about lentils. Rich, deeply spiced, and hearty enough to be a complete meal — it gets better on day two.

INGREDIENTS

- 1½ cups red lentils, rinsed
- 1 large onion, diced
- 4 garlic cloves, minced
- 2 carrots, diced
- 1 can (400g) diced tomatoes
- 1.2L vegetable stock
- 2 tsp cumin, 1 tsp coriander, ½ tsp turmeric
- 1 tsp smoked paprika, juice of 1 lemon
- Olive oil, salt, fresh cilantro

METHOD

01 Sauté onion in olive oil over medium heat for 5 minutes until soft and golden. Add garlic and all spices, cook 1 minute more.

02 Add carrots and stir to coat in the spiced oil. Cook 2 minutes.

03 Add lentils, tomatoes, and vegetable stock. Bring to a boil, then reduce heat and simmer 20–25 minutes until lentils are completely tender.

04 Use an immersion blender to partially blend — blending half the soup gives a creamy base while keeping some texture. Finish with lemon juice and salt.

PRO TIP The lemon juice at the end isn't optional — it lifts the whole soup and makes the flavors pop. Don't skip it.

NUTRITION (PER SERVING)

290	18g	48g	14g	4g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE



RECIPE 9 OF 30

CRISPY FALAFEL WRAPS

GOLDEN & CRISPY ON THE OUTSIDE, WARM & DELICIOUS ON THE INSIDE!

STREET FOOD | HIGH PROTEIN | MIDDLE EASTERN

30 MIN | SERVES 4 | MEDIUM



Golden, crispy on the outside, tender on the inside — these homemade falafels will ruin store-bought ones for you forever. Stuff them into warm pita for the ultimate wrap.

INGREDIENTS

- 2 cans chickpeas, drained (or 250g dried, soaked overnight)
- 1 small onion, roughly chopped
- 4 garlic cloves
- Large handful fresh parsley and cilantro
- 1 tsp cumin, 1 tsp coriander, ½ tsp cayenne
- 2 tbsp flour, salt
- Serve: pita, tahini, tomatoes, cucumber, pickled onion

METHOD

01 Pulse chickpeas, onion, garlic, and herbs in a food processor until coarsely ground — not a paste. Some texture is essential.

02 Add spices, flour, and salt. Pulse a few more times. The mix should hold together when pressed but not be wet.

03 Form into golf-ball-sized rounds, press slightly flat. Chill 30 minutes if time allows — it helps them hold shape.

04 Pan-fry in 1cm of hot oil for 3 minutes per side until deep golden brown. Drain on paper towels.

05 Warm pita, spread with tahini, fill with falafel and all the fresh toppings.

PRO TIP This mixture can falafel in a food processor to a smooth paste. You want a slightly rough, coarse mixture.

NUTRITION (PER SERVING)

410	16g	56g	12g	16g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE



RECIPE 10 OF 30

ASIAN NOODLE SALAD

COLD, CRUNCHY & FULL OF FLAVOR — PERFECT FOR SUMMER NIGHTS!

NO-COOK | REFRESHING | MEAL PREP

20 MIN | SERVES 3 | EASY



Cold noodle salads are summer's best-kept secret. This one with a punchy peanut-sesame dressing is the kind you eat standing over the sink at midnight.

INGREDIENTS

- 200g rice noodles or soba noodles
- 2 cups shredded purple cabbage
- 1 large carrot, julienned
- 1 cucumber, ribboned with a peeler
- 1 cup edamame
- Fresh mint and cilantro
- Peanut dressing: 3 tbsp peanut butter, 2 tbsp soy sauce, 1 tbsp rice vinegar, 1 tbsp sesame oil, 1 tsp ginger, chili flakes, water to thin

METHOD

01 Cook noodles according to package. Rinse immediately under cold water — this stops cooking and prevents sticking.

02 Shake together all peanut dressing ingredients with enough water to make it pourable. Taste and adjust: more soy for salt, more vinegar for tang.

03 Toss noodles with all vegetables in the dressing. Toss well — every noodle should be coated.

04 Top with fresh herbs, sesame seeds, and chili flakes. Serve at room temperature or chilled.

PRO TIP Make extra dressing — it keeps for a week in the fridge and works on literally everything.

NUTRITION (PER SERVING)

420	14g	58g	7g	16g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE



RECIPE 11 OF 30

STUFFED BELL PEPPERS

COLORFUL, NUTRITIOUS & SATISFYING — ALL IN ONE!

MEAL PREP | COLORFUL | FILLING

45 MIN | SERVES 4 | EASY



Bell peppers are nature's perfect bowl. Fill them with a savory rice and black bean mixture, roast until tender, and you've got a meal that looks impressive with minimal effort.

INGREDIENTS

- 4 large bellpeppers, any color
- 1 cup cooked rice
- 1 can black beans, drained
- 1 cup corn kernels
- 1 can diced tomatoes with juices
- 1 tsp cumin, 1 tsp chili powder
- 1 cup salsa
- Fresh cilantro, lime juice

METHOD

01 Preheat oven to 190°C (375°F). Slice tops off peppers and remove seeds and membranes.

02 Mix rice, black beans, corn, diced tomatoes, salsa, and spices together. Season well.

03 Stuff each pepper generously with the filling — really pack it in. Stand them upright in a baking dish.

04 Cover with foil and bake 30 minutes. Remove foil and bake 10 more minutes until peppers are tender. Finish with cilantro and lime.

PRO TIP Cut peppers in half lengthwise instead of leaving them whole — they cook faster and are easier to fill and eat.

NUTRITION (PER SERVING)

290	12g	56g	11g	3g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 12 OF 30

TOMATO GAZPACHO

NO HEAT, ALL FLAVOR, ALL YOU!

NO-COOK | RAW | SUMMER

15 MIN + CHILL | SERVES 4 | EASY



The genius of gazpacho is that a blender does all the work. No heat required. Vibrant, chilled, and packed with fresh vegetables — this is the easiest impressive dish you'll make.

INGREDIENTS

- 1 kg ripe tomatoes, roughly chopped
- 1 cucumber, peeled and chopped
- 1 red bell pepper, chopped
- 2 garlic cloves
- 3 tbsp olive oil
- 2 tbsp sherry vinegar or red wine vinegar
- Salt, black pepper
- Garnish: diced cucumber, tomato, croutons, basil oil

METHOD

01 Combine all vegetables and garlic in a blender. Blend until very smooth.

02 Add olive oil, vinegar, salt and pepper. Blend again. Taste and adjust seasoning — it should be bright and tangy.

03 Pass through a fine sieve for an ultra-smooth result, or serve as-is for a more rustic texture.

04 Refrigerate at least 2 hours until very cold. Serve in chilled bowls with your garnishes on top.

PRO TIP Gazpacho always tastes better the next day. The flavors meld and deepen overnight in the fridge.

NUTRITION (PER SERVING)

130	3g	14g	4g	8g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 13 OF 30

BLACK BEAN TACOS

TACO TUESDAY JUST GOT A UPGRADE!

QUICK | MEATLESS-INSPIRED | CROWD-PLEASER

20 MIN | SERVES 2 | EASY



Taco Tuesday just got a whole lot more interesting. These black bean tacos with mango salsa are so good, even your most dedicated meat-eaters will be reaching for seconds.

INGREDIENTS

- 8 small corn or flour tortillas
- 1 can black beans, drained
- 1 tsp cumin, ½ tsp smoked paprika, ½ tsp garlic powder
- Mango salsa: 1 mango diced, ½ red onion, jalapeño, cilantro, lime
- Toppings: sliced avocado, shredded cabbage, lime wedges, hot sauce

METHOD

01 Make salsa first: combine diced mango, finely diced red onion, jalapeño (seeds removed for mild heat), cilantro, and a good squeeze of lime. Season with salt.

02 Warm beans in a pan with a splash of water and all the spices. Mash roughly with a fork — about half of them. Season well.

03 Warm tortillas directly over a gas flame for 30 seconds per side, or in a dry pan. This step is non-negotiable for flavor.

04 Fill each tortilla with spiced beans, top with mango salsa, avocado, and shredded cabbage.

PRO TIP

Charring your tortillas directly on the gas burner flame transforms their flavor completely — don't skip this if you have a gas stove.

NUTRITION (PER SERVING)

430	14g	72g	14g	11g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 14 OF 30

QUINOA TABBOULEH

PLANT-POWERED
FRESH.
PROTEIN-RICH.

GF | FRESH | PROTEIN-RICH

20 MIN | SERVES 4 | EASY



A protein-powered twist on the Middle Eastern classic. Using quinoa instead of bulgur makes this naturally gluten-free and packs in even more plant protein.

INGREDIENTS

- 1 cup quinoa, cooked and cooled
- Large bunch fresh parsley, finely chopped (about 2 cups)
- Small bunch fresh mint, chopped
- 4 ripe tomatoes, finely diced
- 1 cucumber, finely diced
- 4 spring onions, sliced
- Dressing: 4 tbsp olive oil, 3 tbsp lemon juice, salt, pepper

METHOD

01 Cook quinoa according to package, then spread on a tray to cool quickly. Warm quinoa wilts the parsley.

02 Chop parsley very finely — this is key to authentic tabbouleh. The herbs should be the star, not the grain.

03 Combine all vegetables and herbs with cooled quinoa.

04 Dress with olive oil, lemon juice, salt, and pepper. Toss well and taste. Tabbouleh should taste bright and lemony.

PRO TIP

The parsley-to-grain ratio should be at least 2:1. This isn't a grain salad with a bit of herb — it's an herb salad with a bit of grain.

NUTRITION (PER SERVING)

250	8g	30g	5g	12g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

— CHAPTER —

HEARTY DINNERS

This is where vegan cooking really shines. Ten dinners with the depth, richness, and satisfaction you're looking for after a long day — curries, pastas, stir-fries, and more.

WHAT YOU'LL FIND

- COMFORTING & FILLING
- WHOLESOME INGREDIENTS
- EASY & TIME-SAVING RECIPES
- NUTRITIOUS & DELICIOUS



RECIPES INCLUDE

- Hearty Curries & Stews
- Flavorful Pastas & Bowls
- Quick Stir-Fries
- One-Pot Wonders
- Protein-Packed Plates
- And More!

PRO TIP

Build your plate with protein, complex carbs, and greens for a meal that keeps you full and energized.

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 15 OF 30

CHICKPEA TIKKA MASALA

COMFORT FOOD, BIG FLAVOR, ALL PLANT-BASED!

COMFORT FOOD | INDIAN-INSPIRED | BUDGET

35 MIN | SERVES 4 | EASY



A plant-based version of a beloved classic that actually delivers on all the creaminess and depth you're looking for. Serve over fluffy basmati rice for the full experience.

INGREDIENTS

- 2 cans chickpeas, drained and rinsed
- 1 can (400g) full-fat coconut milk
- 1 can (400g) crushed tomatoes
- 1 large onion, diced
- 4 garlic cloves + 1 inch ginger, minced
- 2 tbsp tikka masala paste (or use 2 tbsp garam masala, 1 tsp cumin, 1 tsp coriander, ½ tsp turmeric)
- 1 tbsp oil, salt, fresh cilantro, basmati rice to serve

METHOD

01 Sauté onion in oil until deeply golden, about 8 minutes. Don't rush — this is the flavor foundation.

02 Add garlic, ginger, and spice paste. Cook 2 minutes until fragrant.

03 Pour in crushed tomatoes. Cook 5 minutes, stirring often, until sauce darkens and deepens in flavor.

04 Add coconut milk and chickpeas. Simmer 15 minutes. Chickpeas should be tender and the sauce thick. Season, top with cilantro.

PRO TIP Coconut milk from a can (not carton) makes the crucial difference in richness here. Shake it well before opening.

NUTRITION (PER SERVING)

420	16g	48g	12g	18g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 16 OF 30

MUSHROOM BOLOGNESE

UMAMI-RICH COMFORT, FULL OF FLAVOR!

ITALIAN-INSPIRED | UMAMI-RICH | COMFORT

40 MIN | SERVES 4 | EASY



The mushroom's natural umami is what makes this pasta sauce sing. Slow-cooked with red wine and fresh herbs, it's deeply savory and incredibly satisfying.

INGREDIENTS

- 500g mixed mushrooms (cremini, portobello, shiitake), finely chopped
- 1 large onion, finely diced
- 2 carrots, finely diced
- 3 celery stalks, finely diced
- 4 garlic cloves, minced
- ½ cup red wine (or veggie stock)
- 1 can (400g) crushed tomatoes
- 2 tbsp tomato paste, fresh thyme, bay leaves
- 400g pasta of choice

METHOD

01 Sauté onion, carrot, and celery (the Italian soffritto) in olive oil for 10 minutes until soft.

02 Add mushrooms and cook over high heat — resist stirring for 2–3 minutes to get proper browning.

03 Add garlic and tomato paste, cook 2 minutes. Pour in red wine and let it bubble and reduce by half.

04 Add crushed tomatoes, herbs, salt, and pepper. Simmer 20 minutes. Cook pasta, toss with sauce, finishing with pasta water.

PRO TIP Finely chop — or even pulse in a food processor — the mushrooms so they break down into a meaty, textured sauce.

NUTRITION (PER SERVING)

450	15g	72g	8g	9g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 17 OF 30

THAI GREEN CURRY

LUSH, FRAGRANT & VIBRANT – A BOWL THAT TRANSPORTS YOU TO SOUTHEAST ASIA.

THAI-INSPIRED | CREAMY | AROMATIC

30 MIN | SERVES 4 | EASY



Thai green curry is proof that vegan cooking doesn't sacrifice anything. Lush, fragrant, and vibrant — this bowl will transport you straight to Southeast Asia.

INGREDIENTS

- 2 cans full-fat coconut milk
- 3 tbsp green curry paste (check it's vegan)
- 300g firm tofu, pressed and cubed
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 cup sugar snap peas
- 1 tbsp soy sauce, 1 tsp sugar
- Thai basil, lime, jasmine rice to serve

METHOD

01 Open one can of coconut milk and scoop out the thick cream that's settled at the top. Fry this cream with the curry paste for 3 minutes — this step "blooms" the flavors.

02 Add remaining coconut milk, soy sauce, and sugar. Bring to a gentle simmer.

03 Add tofu and heartier vegetables (broccoli, zucchini). Cook 5 minutes.

04 Add softer vegetables (snap peas, bell pepper). Cook 3 more minutes.

05 Finish with fresh Thai basil and a squeeze of lime.

PRO TIP Frying the coconut cream with curry paste separately is the pro move that makes this taste restaurant-quality.

NUTRITION (PER SERVING)

480	15g	34g	5g	34g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 18 OF 30

VEGGIE STIR-FRY WITH TOFU

QUICK, ASIAN-INSPIRED & HIGH PROTEIN

QUICK | ASIAN-INSPIRED | HIGH PROTEIN

25 MIN | SERVES 3 | EASY



The wok is your best friend for quick weeknight dinners. High heat, fast cooking, crispy vegetables, and perfectly caramelized tofu — all in 25 minutes.

INGREDIENTS

- 400g extra-firm tofu, pressed and cubed
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 cup snap peas
- 2 bok choy, quartered

Sauce:

- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 2 tsp cornstarch
- 1 tsp sugar
- 1 chili (optional)
- Garlic, ginger, sesame seeds, jasmine rice to serve

METHOD

01 Mix sauce ingredients together. Press and cube tofu.

02 Toss tofu in 1 tbsp cornstarch and a pinch of salt. Fry in a hot wok with oil until all sides are golden and crispy, about 8 minutes. Remove and set aside.

03 In same wok, stir-fry harder vegetables first (broccoli, pepper) for 3 minutes over maximum heat. Add garlic and ginger, then bok choy and snap peas.

04 Return tofu, pour over sauce, toss everything together for 1 minute until glossy and fragrant.

PRO TIP

The single most important stir-fry rule: don't overcrowd the wok. Cook in batches if needed. Crowding = steaming, not frying.

NUTRITION (PER SERVING)

350	22g	30g	6g	15g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 19 OF 30

CREAMY TOMATO BASIL PASTA

CREAMY, HERBY & ABSOLUTELY IRRESISTIBLE!

ITALIAN | CROWD-PLEASER | BUDGET

25 MIN | SERVES 4 | EASY



The creaminess in this pasta comes from cashews, not cream — and you genuinely cannot taste the difference. This is one of those dishes that makes people say 'wait, this is vegan?'

INGREDIENTS

- 400g rigatoni or penne
- ½ cup raw cashews, soaked 2 hours or boiled 15 min
- 1 can (400g) crushed tomatoes
- 4 garlic cloves
- ½ cup pasta water
- 1 cup fresh basil, chopped
- 2 tbsp nutritional yeast
- 1 tsp dried oregano
- 1 tsp red pepper flakes
- Olive oil, salt & pepper to taste

METHOD

01 Blend drained cashews with ½ cup water until completely smooth. This is your cream base.

02 Sauté garlic in olive oil until just golden. Add crushed tomatoes, oregano, and chili. Simmer 10 minutes.

03 Stir in cashew cream. Cook pasta, reserving a cup of pasta water.

04 Toss pasta with sauce, adding pasta water to loosen. The starchy water is liquid gold for sauce consistency. Finish with fresh basil and nutritional yeast.

PRO TIP

Save more pasta water than you think you'll need. Adding it tablespoon by tablespoon as you toss creates a silky, restaurant-quality sauce.

NUTRITION (PER SERVING)

490	16g	74g	6g	15g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 20 OF 30

LOADED SWEET POTATO

WHOLESOME, HEARTY & ABSOLUTELY SATISFYING!

WHOLE FOOD | HIGH FIBER | FILLING

60 MIN — SERVES 2 — EASY



The humble baked sweet potato, turned into a fully loaded, complete meal. This is low-effort, high-reward cooking at its absolute best.

INGREDIENTS

- 2 large sweet potatoes
- 1 can black beans, drained and seasoned
- 1 avocado, sliced
- ½ cup corn, roasted
- Pickled red onion
- Vegan sour cream or yogurt
- Fresh lime, cilantro, hot sauce, cumin

METHOD

01 Scrub sweet potatoes, prick all over with a fork. Roast at 200°C (400°F) for 45–50 minutes until completely tender and starting to caramelize at the base.

02 While potatoes roast, warm black beans with cumin, salt, and a squeeze of lime.

03 Quick-pickle red onion: combine thinly sliced onion with lime juice and salt. Leave 15 minutes.

04 Split open the hot sweet potatoes, push ends together to open wide. Fill generously with beans, avocado, corn, pickled onion, and sour cream.

PRO TIP Roast the sweet potatoes directly on the oven rack (with a tray below to catch drips) — it crisps the skin beautifully.

NUTRITION (PER SERVING)

490	14g	78g	18g	14g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 21 OF 30

EGGPLANT RAGU

RICH, HEARTY & PERFECTLY BALANCED FLAVOR!

ITALIAN | HEARTY | MEATY TEXTURE

45 MIN — SERVES 4 — MEDIUM



Roasted eggplant has an almost meaty quality when slow-cooked in tomato sauce. This ragu is so rich and satisfying, it will become a regular in your dinner rotation.

INGREDIENTS

- 2 large eggplants, cubed
- 1 large onion, diced
- 4 garlic cloves, minced
- 2 cans (800g) crushed tomatoes
- ½ cup red wine
- 2 tbsp capers
- Handful of olives, pitted
- Fresh thyme, bay leaf, fresh basil
- Olive oil, salt, red pepper flakes

METHOD

01 Toss eggplant in olive oil, spread on a baking tray. Roast at 200°C for 20–25 minutes until very soft and golden.

02 Meanwhile, sauté onion until golden. Add garlic, cook 1 minute. Add wine and let reduce by half.

03 Add crushed tomatoes, herbs, capers, and olives. Simmer 10 minutes.

04 Fold in roasted eggplant. Simmer together 10 more minutes. Season and serve over pasta with fresh basil.

PRO TIP Don't salt and drain the eggplant — modern varieties aren't bitter. Roasting is what drives out moisture and develops flavor.

NUTRITION (PER SERVING)

320	9g	46g	11g	12g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 22 OF 30

SHAKSHUKA (VEGAN)

SILKEN TOFU MEETS SPICED TOMATO SAUCE — THE ULTIMATE VEGAN COMFORT!

BRUNCH | MIDDLE EASTERN | ONE-PAN

30 MIN | SERVES 3 | EASY



Classic shakshuka gets a vegan makeover with silken tofu 'eggs' poached in a richly spiced tomato sauce. Perfect for weekend brunch or a quick weeknight dinner.

INGREDIENTS

- 1 block silken tofu
- 2 cans (800g) crushed tomatoes
- 1 large onion, diced
- 1 red and 1 yellow bell pepper
- 4 garlic cloves
- 1 tsp cumin, 1 tsp paprika, ½ tsp cayenne
- 1 tsp coriander, salt, olive oil
- Fresh parsley, crusty bread to serve

METHOD

01 Sauté onion and peppers in olive oil for 6 minutes. Add garlic and all spices, cook 2 minutes.

02 Add crushed tomatoes, simmer 15 minutes until sauce thickens and deepens in color. Season generously.

03 Make 6 small wells in the sauce with the back of a spoon. Cut silken tofu into thick rounds and nestle one into each well.

04 Cover and cook on low heat 8 minutes until tofu is just set and heated through. Serve straight from the pan with lots of bread.

PRO TIP Using a cast iron skillet means you can go from stovetop directly to the table, which is both practical and incredibly satisfying.

NUTRITION (PER SERVING)

240	12g	28g	7g	10g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 23 OF 30

COCONUT DAL

CREAMY, COMFORTING & RICHLY AROMATIC!

INDIAN | BUDGET | HIGH PROTEIN

35 MIN | SERVES 4 | EASY



Dal is the backbone of Indian home cooking — nourishing, warming, and endlessly comforting. This coconut milk version is extra creamy and aromatic.

INGREDIENTS

- 1½ cups red lentils, rinsed
- 1 can (400ml) coconut milk
- 600ml vegetable stock
- 1 onion, diced
- 4 garlic cloves, 1 inch ginger
- 2 tbsp coconut oil
- 1 tsp each: turmeric, cumin, coriander, garam masala
- 1 can diced tomatoes, spinach, lime, cilantro

METHOD

01 Temper spices: heat coconut oil over medium heat, add cumin seeds, let sizzle 30 seconds. Add onion, cook 6 minutes.

02 Add garlic, ginger, and remaining spices. Cook 2 minutes. Add tomatoes, cook 3 minutes.

03 Add lentils, coconut milk, and stock. Simmer 20–25 minutes until lentils collapse into a thick, creamy texture.

04 Stir in a large handful of spinach until wilted. Finish with lime juice and fresh cilantro.

PRO TIP

Tempering (frying) spices in oil before adding anything else is the defining technique of Indian cooking. Don't rush this step.

NUTRITION (PER SERVING)

390	18g	46g	13g	15g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

RECIPE 24 OF 30

BLACK BEAN BURGER

SMOKY, SATISFYING & CRISPY OUTSIDE — THE ULTIMATE PLANT-BASED BURGER!

BBQ | HIGH PROTEIN | MEDIUM

30 MIN | SERVES 4 | MEDIUM



The black bean burger that actually holds together and has real flavor. Smoky, satisfying, with a crispy outer crust — this one might just be your go-to party food.

INGREDIENTS

- 2 cans black beans, drained and rinsed very well
- ½ cup breadcrumbs
- ¼ cup rolled oats
- 1 tbsp flaxseed + 3 tbsp water
- ½ onion, finely grated
- 2 garlic cloves, minced
- 1 tsp smoked paprika, 1 tsp cumin, salt
- Serve: buns, lettuce, tomato, avocado, hot sauce

METHOD

01 Dry the beans well: spread on a towel and pat dry. This is crucial for burgers that hold together.

02 Mash beans leaving some texture. Mix with breadcrumbs, oats, flax egg, grated onion, garlic, and spices.

03 Form 4 patties. Refrigerate 30 minutes — the resting time helps them firm up.

04 Cook in a hot skillet with oil 4–5 minutes per side until a proper crust forms. Don't move them while they cook.

PRO TIP

The drier your beans, the better your burger.
Damp beans = falling-apart burgers.
Take this step seriously.

NUTRITION (PER SERVING)

370	15g	57g	13g	9g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

— CHAPTER —

SNACKS, SIDES & DIPS



The supporting cast that makes every meal complete.
From the creamiest hummus to the crunchiest
roasted chickpeas, these recipes are endlessly versatile.

SNACKS



Crunchy, satisfying, and perfect anytime.

SIDES



Fresh, vibrant sides to complement any meal.

DIPS



Creamy, flavorful dips that elevate every bite.

SPREADS



Wholesome spreads for sandwiches, wraps & more.

MADE WITH REAL INGREDIENTS

Simple. Wholesome. 100% Plant-Based.

PLANT-BASED GOODNESS

Nourishing, wholesome ingredients.

VERSATILE & DELICIOUS

Perfect for any occasion or craving.

EASY TO PREPARE

Simple steps, big flavors.

NUTRIENT RICH

Fuel your body the healthy way.

ENDLESS POSSIBILITIES

Mix, match, and make it your own.

RECIPE 25 OF 30

CLASSIC HUMMUS



MEAL PREP | PROTEIN-RICH | VERSATILE

10 MIN | SERVES 8 | EASY



Once you make hummus from scratch, you'll never go back. The secret is simple: lots of lemon, proper tahini, and blending while still warm.

INGREDIENTS

- 2 cans chickpeas, drained (reserve liquid)
- 4 tbsp tahini
- 3 tbsp lemon juice
- 2 garlic cloves
- 3 tbsp olive oil
- ½ tsp cumin
- 4-5 tbsp ice-cold water
- Salt, paprika and olive oil to serve

METHOD

1. For truly creamy hummus, peel the chickpeas. Simply rub them between a clean cloth — the skins slip right off. (Optional but worth it.)
2. Blend tahini with lemon juice for 2 minutes until very pale and airy. Add garlic and salt.
3. Add chickpeas and blend 4 minutes, adding ice water tablespoon by tablespoon until very smooth.
4. Taste and adjust lemon/salt. Serve with a swirl of olive oil, paprika, and za'atar.
5. The trick the pros use: blend the tahini with lemon before adding anything else. This emulisfication creates a much airier, creamier result.

PRO TIP

The trick the pros use: blend the tahini with lemon before adding anything else. This emulisfication creates a much airier, creamier result.

NUTRITION (PER SERVING)

160	6g	17g	4g	9g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

RECIPE 26 OF 30

CRISPY ROASTED CHICKPEAS

HIGH PROTEIN, BIG FLAVOR, ZERO GUILT!

SNACK | HIGH PROTEIN | GF GLUTEN-FREE

36 MIN | SERVES 4 | EASY



Move over potato chips. These crispy, spiced chickpeas are impossibly addictive, high in protein, and take almost no effort.
Make a double batch — you'll need it.

INGREDIENTS

- 2 cans chickpeas, drained (reserve liquid)
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp cayenne (optional)
- 1 tsp salt

METHOD

1. Preheat oven to 200°C (400°F). Drain chickpeas and dry very thoroughly — spread on towels and pat for 5 minutes. Remove loose skins.
2. Toss dried chickpeas with olive oil only. Spread on a baking sheet with space between them.
3. Roast 25–30 minutes, shaking the pan halfway through, until deeply golden and crunchy.
4. Remove from oven and immediately toss with all spices. Let cool on the pan — they get crunchier as they cool.

PRO TIP

Add spices AFTER roasting, not before. Spices on wet chickpeas burn in the oven. This order change is a game-changer.

NUTRITION (PER SERVING)

160	7g	20g	5g	6g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

RECIPE 27 OF 30

GUACAMOLE & PICO

JUST FRESH INGREDIENTS, BIG FLAVOR!

RAW | PARTY FOOD | GF GLUTEN-FREE

15 MIN | SERVES 6 | EASY



The only guacamole recipe you'll ever need, paired with the freshest pico de gallo. Both are examples of ingredients simply being themselves — no tricks required.

INGREDIENTS

- 3 ripe avocados
- Juice of 2 limes
- ½ red onion, finely diced
- 1 jalapeño, seeds removed, finely diced
- Small bunch cilantro, chopped
- Salt, ½ tsp cumin
- Pico: 4 tomatoes, ½ onion, 1 jalapeño, cilantro, lime, salt

METHOD

1. For pico: dice tomatoes and onion very small. Combine with minced jalapeño, chopped cilantro, lime juice, and salt. Mix and taste.
2. Halve avocados, remove pits. Scoop flesh into a bowl. Add lime juice, salt, and cumin.
3. Mash with a fork to your preferred texture — chunky is generally better than smooth for guacamole.
4. Fold in red onion, jalapeño, and cilantro. Taste — it should taste bright and fresh. Serve immediately.

PRO TIP

Leave an avocado pit in the bowl and press cling film directly onto the surface to slow browning. The lime helps too.

NUTRITION (PER SERVING)

140	2g	9g	5g	12g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

RECIPE 28 OF 30

ROASTED VEGGIE MEDLEY

NATURAL SWEETNESS. DEEP FLAVOR. ENDLESS WAYS TO ENJOY!

SIDE DISH | MEAL PREP | VERSATILE

40 MIN | SERVES 4 | EASY



The most versatile thing in your cooking arsenal. Roasted vegetables improve everything — their natural sugars caramelize, flavors intensify, and textures transform.

INGREDIENTS

- 1 zucchini, chunked
- 1 red onion, quartered
- 2 bell peppers, chunked
- 1 cup cherry tomatoes
- 1 head broccoli, florets
- 3 tbsp olive oil
- 1 tsp garlic powder, 1 tsp dried herbs
- Salt, balsamic glaze to finish

METHOD

1. Preheat oven to 220°C (425°F) — very hot is key for proper caramelization.
2. Toss all vegetables in olive oil, garlic powder, herbs, salt. Spread in a single layer — no overlapping.
3. Roast 30–35 minutes, flipping once halfway. They're done when the edges are charred and caramelized.
4. Drizzle with balsamic glaze when still hot. Serve as a side or over grains.

PRO TIP

Two crucial rules: hot oven and space between vegetables. Overlap = steam. Space = roast. The difference is enormous.

NUTRITION (PER SERVING)

150	4g	18g	5g	8g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

— CHAPTER —

SWEET ENDINGS

Yes, vegan desserts can be genuinely indulgent.
These two recipes will surprise you — and your guests.

29 OF 30

CHOCOLATE AVOCADO MOUSSE

15 MIN | SERVES 4 | NO-BAKE



INGREDIENTS

- 2 ripe avocados
- 1/2 cup cocoa powder
- ¼ cup maple syrup
- 1 tsp vanilla extract
- Pinch of salt
- Fresh berries or chocolate shavings (topping)

METHOD

1. Scoop avocado into a blender.
2. Add cocoa powder, maple syrup, vanilla, and salt.
3. Blend until smooth and creamy.
4. chill for 30 minutes. Top and serve!

30 OF 30

CINNAMON SPICED BAKED APPLES

35 MIN | SERVES 4 | OVEN-BAKED



INGREDIENTS

- 4 apples, cored
- 2 tbsp maple syrup
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ cup chopped walnuts
- Optional: raisins or oats

METHOD

1. Preheat oven to 180°C (350°F).
2. Fill apples with walnuts, raisins, cinnamon, nutmeg, and maple syrup.
3. Place in a baking dish with a little water.
4. Bake for 30–35 minutes until tender.

DESSERT TIP A little cinnamon goes a long way. It brings warmth, comfort, and that perfect finishing touch.

SWEET MOMENTS | PLANT-BASED JOY | MADE WITH LOVE

By Muneeb Jutt

RECIPE 29 OF 30

2-INGREDIENT NICE CREAM

NATURALLY SWEET, CREAMY & TOTALLY MAGICAL!

RAW | GF GLUTEN-FREE | NO ADDED SUGAR

6 MIN + FREEZE | SERVES 2 | EASY



Ice cream without dairy or added sugar that actually tastes like ice cream. Frozen bananas are genuinely magical — blend them and they transform into something you won't believe.

INGREDIENTS

- 4 ripe bananas, sliced and frozen
- Flavor Add-ins (choose one):
  - Chocolate: 2 tbsp cocoa powder
  - PB: 2 tbsp peanut butter
  - Berry: ½ cup frozen mixed berries
  - Mango: ½ cup frozen mango
- Optional: splash of plant milk if needed

METHOD

1. Freeze banana slices for at least 3 hours — overnight is better.
2. Add frozen bananas to a food processor or high-power blender. Process 3–4 minutes, stopping to scrape down sides.
3. It goes through stages: crumbly, then chunky, then suddenly smooth and creamy. Keep going until it looks like soft serve.
4. Add your flavor mix-in at this stage and blend briefly. Eat soft-serve style immediately, or freeze 1 hour for a firmer scoop.

PRO TIP

The riper and more spotted your bananas, the sweeter and creamier your nice cream. Those black-speckled ones are actually perfect for this.

NUTRITION (PER SERVING)

180	3g	46g	5g	1g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

RECIPE 30 OF 30

CHOCOLATE AVOCADO MOUSSE

SILKY. RICH. UNBELIEVABLY DELICIOUS.

DECADENT | GF GLUTEN-FREE | HEALTHY FATS

10 MIN + 1 HR CHILL | SERVES 4 | EASY



The most suspiciously simple dessert ever. Avocado creates an impossibly silky, rich, chocolate mousse. People will genuinely not believe you when you tell them what's in it.

INGREDIENTS

- 3 ripe avocados
- 4 tbsp cacao or cocoa powder
- 4 tbsp maple syrup (adjust to taste)
- 3 tbsp coconut cream
- 1 tsp vanilla extract
- Pinch of sea salt
- Toppings: raspberries, cacao nibs, mint



METHOD

1. Blend all ingredients in a food processor until completely smooth and silky — about 2 minutes. Stop and taste; adjust sweetness or chocolate intensity.
2. The texture should be like thick whipped cream. If too thick, add a splash more coconut cream.
3. Divide into small glasses or ramekins. Refrigerate at least 1 hour.
4. Serve topped with fresh raspberries, cacao nibs, and a sprig of mint. Watch faces when you reveal what's in it.

PRO TIP

This only works with perfectly ripe avocados.
Press the top — it should give gently.
Use any that are overripe for eating fresh.

NUTRITION (PER SERVING)

290	4g	28g	9g	21g
CALORIES	PROTEIN	CARBS	FIBER	FAT

SAVE TIME | EAT BETTER | COOK SIMPLE

By Muneeb Jutt

VEGAN COOKING TIP

ESSENTIAL VEGAN COOKING TIPS

SIMPLE TIPS. BIG FLAVOR. PLANT-BASED GOODNESS!

PLANT-BASED | EASY TO FOLLOW | FLAVORFUL

SAVE TIME | EAT BETTER | COOK SIMPLE



Cooking vegan is simple, satisfying, and incredibly rewarding. These essential tips will help you build flavor, improve texture, and make your meals more nourishing.

TIPS

- **Press Your Tofu**
  Remove excess water for better texture and flavor absorption.
- **Layer Your Flavors**
  Use aromatics, spices, and herbs to build deep, delicious taste.
- **Don't Skip the Acid**
  A splash of lemon juice or vinegar brightens every dish.
- **Cook with Variety**
  Mix up your grains, beans, veggies, and proteins.
- **Taste as You Go**
  Adjust seasoning while cooking for the best results.

QUICK TIPS

1. Marinate tofu or tempeh for at least 15–20 minutes.
2. Roast veggies at high heat for maximum flavor.
3. Use nutritional yeast for a cheesy, umami boost.
4. Soak nuts or cashews for creamy sauces.
5. Meal prep to save time and stay consistent.

PRO TIP Keep your kitchen stocked with staples: beans, whole grains, nuts, seeds, spices, and greens.

NUTRITION BOOST

HIGH NUTRIENTS | RICH IN FIBER | LOW IN FAT | GOOD FOR HEART

SAVE TIME | EAT BETTER | COOK SIMPLE

Eat Plants. Feel Amazing.

YOU'VE GOT THIS.

THIRTY RECIPES. INFINITE COMBINATIONS. A COMPLETELY NEW RELATIONSHIP WITH FOOD.

The best thing about cooking is that it gets easier every single time. Your first attempt at chickpea "tuna" might not be perfect — but your third will be incredible. Every meal you cook is practice, and practice is the only path to confidence in the kitchen.

Don't feel pressure to go 'fully vegan' overnight. Start by replacing one meal a week with something from this book. Then two. Then see how you feel. Most people are surprised by how quickly plant-based cooking starts to feel natural — and how much energy and creativity it brings to their lives.

- **Start with what you love** — if you love Italian food, begin with the pasta recipes.
- **Cook in batches** — make double and freeze half for busy weeknights.
- **Invest in spices** — they're the single biggest upgrade you can make.
- **Don't stress about perfection** — even imperfect vegan food is nourishing.
- **Share your food** — the best way to spread the joy of plant-based cooking.

HAPPY COOKING!

PLANT-BASED KITCHEN 2026 EDITION

SAVE TIME
Plan once, eat well all week.

EAT BETTER
Nourish your body, fuel your life.

COOK SIMPLE
Real food, real easy, real good.