



GHS ECO

'KEEPING THE GREEN IN GREENFAULDS'



MARVELLOUS MEAT FREE MEALS DIGITAL RECIPE BOOK

Compiled by **Abbie Strang** from GHS ECO. Based on tried and tested recommended recipes submitted by pupils and staff from Greenfaulds High School in support of our **Climate Emergency Action Week**. Available for free download to help support families in switching to a plant based diet in an effort to reduce carbon footprint. Enjoy the recipes!

Burnt Aubergine Veggie Chili

This dish is 4 of your 5-a-day, low fat and of course, meat free! It takes approximately 20mins to prepare, 2 hours to cook and serves 4 people. This quick and easy meal is one for all the family to enjoy!



Ingredients

1 aubergine
1 tbsp olive oil or rapeseed oil
1 red onion, diced
2 carrots, finely diced
70g puy lentils or green lentils, rinsed
30g red lentils, rinsed
400g can kidney beans
3 tbsp dark soy sauce
400g can chopped tomatoes
20g dark chocolate, finely chopped
¼ tsp chilli powder
2 tsp dried oregano
2 tsp ground cumin
2 tsp sweet smoked paprika
1 tsp coriander
1 tsp cinnamon
800ml vegetable stock
½ lime, juiced

Directions:

STEP 1

If you have a gas hob, put the aubergine directly onto a lit ring to char completely, turning occasionally with kitchen tongs, until burnt all over. Alternatively, use a barbecue or heat the grill to its highest setting and cook, turning occasionally, until completely blackened (the grill won't give you the same smoky flavor). Set aside to cool on a plate, then peel off the charred skin and remove the stem. Roughly chop the flesh and set aside.

STEP 2

In a large pan, heat the oil, add the onion and carrots with a pinch of salt, and fry over a low-medium heat for 15-20 mins until the carrots have softened.

STEP 3

Add the aubergine, both types of lentils, the kidney beans with the liquid from the can, soy sauce, tomatoes, chocolate, chilli powder, oregano and the spices. Stir to combine, then pour in the stock. Bring to the boil, then turn down the heat to very low. Cover with a lid and cook for 1½ hrs, checking and stirring every 15-20 mins to prevent it from burning.

STEP 4

Remove the lid and let the mixture simmer over a low-medium heat, stirring occasionally, for about 15 mins until you get a thick sauce. Stir in the lime juice and taste for seasoning – add more salt if needed. Serve hot over rice with whichever accompaniments you want!

Vegetarian Enchiladas



This comforting, cheesy dish is the perfect crowd-pleasing family dinner. With tasty enchiladas filled with nutritious ingredients this easy dish could become a family favourite! This dish takes 10mins to prepare and only 30mins to cook!

Ingredients

1 tsp olive oil
2 onions, chopped
280g carrots, grated
2-3 tsp chilli powder (mild or hot, according to your taste)
2 x 400g cans chopped tomatoes
2 x 400g cans pulses in water, drained (we used mixed beans and lentils)
6 small wholemeal tortillas
200g low-fat natural yogurt
50g extra-mature cheddar cheese (or veg alternative), finely grated

Directions:

STEP 1

Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.

STEP 2

Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsps of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top.

STEP 3

Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling. Serve with a green salad.

Vegetarian Bolognese



This classic dish is an easy dish to make vegetarian and Eco friendly. with a preparation time of just 10 mins and a cooking time of 1 hour, make the most of the Quorn mince used for this dish!

Ingredients

2 tbsp olive oil
1 medium onion, finely chopped
2 carrots, very finely chopped
2 celery sticks, very finely chopped
1 garlic clove, crushed
350g frozen Quorn mince
1 bay leaf
500ml passata
1 good-quality vegetable stock cube
100ml milk
Small bunch basil, chopped
600g cooked spaghetti or other pasta shape (about 250g dried)
Vegetarian hard cheese, to serve

Directions:

STEP 1

Heat the oil in a saucepan and gently fry the onion, carrots and celery until the onion is starting to soften. Stir in the garlic and the Quorn (there's no need to defrost it) and fry for a couple of mins. Add the bay leaf, passata, vegetable stock cube and 200ml water, then bring everything to the boil.

STEP 2

Turn down the heat and simmer for 30 mins or until all the pieces of veg are tender and disappearing into the tomato sauce. Add the milk, then cover with a lid and cook for 10 mins. Season to taste. If the sauce is a bit thin, keep bubbling until it thickens. Stir through the basil. Serve with the spaghetti and grate the cheese over the top, if you like. Can be frozen into portions and reheated.

Caponata Pasta

This quick and easy dish just take 20 mins to cook! This delicious meal packs 3 of your 5-a-day into only 1 meal, so why not try this healthy, Eco friendly meal!



Ingredients

4 tbsp olive oil (or use the oil from your chargrilled veg, see below)
1 large onion, finely chopped
4 garlic cloves, finely sliced
250g chargrilled Mediterranean veg (peppers and aubergines, if possible) from a jar, pot or deli counter, drained if in oil (you can use this oil in place of the olive oil) and roughly chopped
400g can chopped tomatoes
1 tbsp small capers
2 tbsp raisins
350g rigatoni, penne or another short pasta shape
Bunch basil leaves, picked
Parmesan (or vegetarian alternative), shaved, to serve

Directions:

STEP 1

Heat the oil in a large pan and cook the onion for 8-10 mins until starting to caramelise (or for longer if you have time – the sweeter the better). Add the garlic for the final 2 mins of cooking time.

STEP 2

Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.

STEP 3

Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan

Creamy Courgette Lasagne

Serve up this creamy quick dish for a last minute dinner party and impress veggie friends. This easy to cook meal only takes 10mins to prepare and just 20mins to cook!



Ingredients

9 dried lasagne sheets
1 tbsp sunflower oil
1 onion, finely chopped
700g courgette (about 6), coarsely grated
2 garlic cloves, crushed
250g tub ricotta
50g cheddar
350g jar tomato sauce for pasta

Directions:

STEP 1

Heat oven to 220C/fan 200C/gas 7. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

STEP 2

Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the courgettes and garlic and continue to fry until the courgette has softened and turned bright green. Stir in 2/3 of both the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.

STEP 3

In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.

Spicy Peanut Noodles

This quick and easy meal is 100% plant based and high in protein and potassium! This is a perfect meal for anyone wanting to try something new!



Ingredients

250g smooth peanut butter
250ml hot water
120ml low-sodium soy sauce
3 tbsps chilli garlic sauce or Sambal Oelek
1 tbsps coconut sugar
6 cloves minced garlic
Fresh cilantro
Sesame seeds
Fresh lime juice
450g udon noodles
Tofu (if you wish)

Directions

STEP 1

Cook 450g of udon noodles according to package directions.

STEP 2

Meanwhile, for the peanut sauce, mix together the peanut butter, hot water, soy sauce, chilli garlic sauce, coconut water and lime juice, and set aside.

STEP 3

Next, sauté six cloves of minced garlic and one tbsp of sesame oil over medium low heat for 5 mins.

STEP 4

Add the peanut sauce and the noodles and mix to coat.

STEP 5

Serve with fresh cilantro, sesame seeds, a squeeze of lime, and some roasted peanuts and enjoy! You can also add crispy tofu for extra protein!



Chickpea Curry

This vegan recipe is a quick and easy way to get 3 of your 5-a-day in just one meal! With a preparation time of just 15mins and a cooking time of 25mins, it's a perfect meal for 4!

Ingredients

For the paste

2 tbsp oil

1 onion, diced

1 tsp fresh or dried chilli, to taste

9 garlic cloves (approx. 1 small bulb of garlic)

thumb-sized piece ginger, peeled

1 tbsp ground coriander

2 tbsp ground cumin

1 tbsp garam masala

2 tbsp tomato purée

For the curry

2 x 400g cans chickpeas, drained

400g can chopped tomatoes

100g creamed coconut

½ small pack coriander, chopped, plus extra to garnish

100g spinach

To serve

cooked rice and/or dahl

Directions

STEP 1

To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened, about 8 mins.

STEP 2

In a food processor, combine 9 garlic cloves, a thumb-sized piece of peeled ginger and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, ½ tsp salt and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.

STEP 3

Cook the paste in a medium saucepan for 2 mins over a medium-high heat, stirring occasionally so it doesn't stick.

STEP 4

Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.

STEP 5

Add 100g creamed coconut with a little water, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, and cook until wilted.

STEP 6

Garnish with extra coriander and serve with rice or dhal (or both).

15 MINUTE VEGAN CARBONARA – CREAMY & 'BACONY'



This has gotta be the world's most creamy, cheesy, smoky, 'bacony' vegan carbonara. At 15 minutes it's probably the quickest as well. Serves 2.

Ingredients

100-150g uncooked pasta
1 medium onion - broadly chopped
2 tsp chopped/crushed garlic
1 big handful of mushrooms (ideally Shiitake) - broadly chopped
1 handful courgette - chopped into matchsticks
parsley to garnish (optional) - dried or fresh chopped
vegan parmesan

Carbonara Sauce

50 g raw cashews
200 ml unsweetened non-dairy milk - I used soya milk
Good pinch of salt
Good pinch of black pepper
1-2 Tbsp liquid smoke - 1 Tbsp will be mild
For the cheesy flavour - either
1 heaped Tbsp dairy-free cheese flavour sauce mix
3 heaped Tbsp nutritional yeast
50g dairy-free cheese

Directions

STEP 1

Put the cashews in a bowl and cover with boiling water for 10 minutes (don't worry if it's longer) then drain.

STEP 2

Add pasta to a saucepan along with a dash of oil and a pinch of salt. Add boiling water and cook according to packet instructions. Usually around 10 mins

STEP 3

Add all of the carbonara sauce ingredients to a blender and blend until smooth and creamy.

STEP 4

Heat around 2 Tbsp of oil in a frying pan, med-high heat.

STEP 5

Add the onion and garlic and fry for 2 minutes, tossing continuously until soft.

STEP 6

Add the mushroom and courgette to the frying pan and fry for a further 2 minutes, tossing continuously until the mushrooms have softened a little. Then turn the heat to low.

STEP 7

Drain the pasta and add it to the frying pan along with the carbonara sauce over low heat. Cook for 2 minutes, stirring continuously. You're just trying to heat up the sauce but it will thicken a little.

STEP 8

If the sauce thickens too much, add some pasta water (or a little non-dairy milk) to your blender jar and swirl to mix with the sauce residue. Add a little to the frying pan and stir in.

STEP 9

Transfer you're amazing carbonara into a bowl or plate
Optional: Sprinkle with vegan Parmesan (here's my 2 minute recipe) and parsley.

Notes

- I used chopped garlic from a jar but you could chop/crush some yourself.
- This can be reheated in the microwave. Just add a few drops of water, cover and heat on full power for 2 minutes. Lovely!
- The dairy-free cheese flavour sauce mix will give the strongest cheese flavour.

VEGAN CHILLI



100% meat free and 100% nutritious!

Ingredients:

2 sweet potatoes, chopped into cubes
1 large onion, chopped
1 red pepper, chopped
2 carrots, chopped
2 cloves garlic, crushed or chopped
3 table spoons oil
2 teaspoons smoked paprika
2 teaspoons cumin
1 or 2 teaspoons hot chilli powder
1 tablespoon oregano
1 tablespoon tomato puree
2 400g tins chopped tomatoes
2 400g tins kidney beans (or other beans of your choice)
Rice/quinoa/baked potato/other side to serve

Method

STEP 1

Preheat oven to 180 degrees fan/gas mark 6. Put sweet potatoes in a roasting tin with 1.5 tablespoons oil, 1 teaspoon paprika & 1 teaspoon cumin. Mix it all in the tin and set to roast for 25 minutes.

STEP 2

Heat remaining oil in large pan, add onion, carrot and pepper. Cook for 8 to 10 mins then add garlic and cook for 1 min. Add rest of the spices and the tomato puree, mix well.

STEP 3

Add chopped tomatoes and 200ml water. Bring to boil then simmer for 20 mins. Add in the beans and cook for a further 10 mins. Add in the sweet potato, mix well and simmer for 5 mins before serving

STEP 4

Can be served on rice, quinoa, on a baked potato, with nachos or any other serving preference.

STEP 5

Can have vegan cheese or vegan sour cream/crème fresh/salsa/guacamole to serve as preferred.

VEGAN MAC & CHEESE

The classic favourite without the dairy (and associated methane!) Yay to your carbon footprint!



Ingredients

1 to 2 tablespoons dairy free butter (Flora offer a dairy free butter that works well)
1 to 2 tablespoons flour
175 to 200 ml dairy free milk (Oat milk or cashew milk work well)
Grated vegan cheese (type and amount is personal preference, most supermarkets have a good selection of vegan cheeses)
1 tablespoon mustard
Salt and pepper to taste
1 tablespoon nutritional yeast (not necessary but adds vitamins and a cheesy flavour too)
200g macaroni noodles

Directions

STEP 1

Cook Macaroni noodles as per packet instructions. If ready before the sauce, drain and put to the side.

STEP 2

Melt butter in a pan at a low heat, be careful not to burn it. Once it has melted add the flour and stir on a low heat until a sandy colour.

STEP 3

Add milk gradually and continue to stir to allow butter/flour mixture to combine well with the milk. Alternatively, add all the milk and blend to have a smooth consistency.

STEP 4

Add in cheese, mustard, salt and pepper and keep over heat to allow cheese to melt and the flavours to combine. If using it, add nutritional yeast and stir through just before serving.

STEP 5

Add the noodles to the pan and serve in bowls or plates.

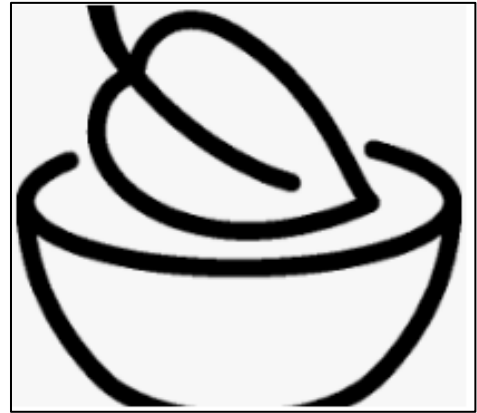
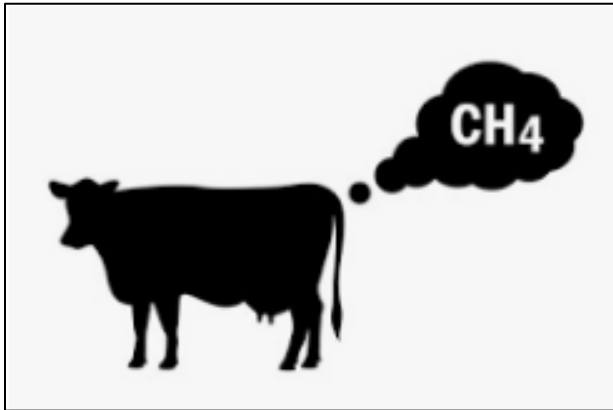
STEP 6

If you would like a crust over the mac n cheese, transfer to an oven proof dish and cover in a crust of your choice. This could be breadcrumbs, crushed crisps or nachos, other types of cheese and herbs of your choice. Heat in the oven at 180 degrees for fan, gas mark 6 for gas for about 10 minutes or until crust is golden in colour and serve.

STEP 7

Homemade garlic bread (vegan butter mixed with crushed garlic, spread over bread and roasted in the oven for approx. 5 to 10 mins) works well as a side.

THANK YOU!



We hope that you enjoy these delicious recipes and manage to substitute **at least one** of your meals each week with a meat free meal. Who knows, you may even manage to make the full switch to a plant based diet – saving your wallet, health AND our fabulous Planet!



Everyone loves a food pic! So don't forget to enter our **Marvellous Meatless Meals food photography competition** by Tweeting a photo of your Marvellous Meat Free Meal to **@ghsecocommittee** and we'll retweet! Most likes = wins! Who knows who you'll inspire – saving the Planet from even more methane gas!

Much love



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