

BOSH!

VEGANUARY MEAL PLANNER WEEK 4

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WELCOME TO OUR MEAL PLANNER!

WEEK 4



We're walking you through enough healthy recipes for 4 weeks, one week at a time!

Welcome to week 4... How is it week 4 already? Congratulations if you've stuck with us! If you're just joining us now then welcome! We hope this plan makes you feel lighter, happier and healthier. You can download all 4 weeks now and start any time. This plan will hopefully make it really easy for you to eat delicious and healthy plant-based food. We want you to be the best and healthiest version of yourself. This plan is built following the methodology of Dr Greger's Daily Dozen and the UK Government's Eatwell Plate, and has been put together by Henry, Ian and a qualified dietician. Every recipe is a balanced plate, containing healthy amounts of protein, carbohydrates and fats, and is high in fibre, low in cholesterol and filled with colour and flavour. We've also designed it to be easy to fit into a busy lifestyle, so you can enjoy cooked and healthy food for every meal without spending hours in the kitchen.

There are three key steps to our meal plan:

SHOP

First, get your shopping in! The shopping list is below, and all the ingredients are listed conveniently by supermarket aisle. It's easiest to do an online shop, or go to a big store, where all the ingredients should be available. We recommend doing your shop to be delivered on a Saturday or Sunday so you are good to start on Monday for the next week!

PREP

We recommend doing a bit of weekend prep to save time during the week. On the weekend (most likely Sunday) you'll cook your veggies, make things like granola, energy bars or hummus in big batches ahead of time, to save time during the week. This is completely optional, so you can just cook everything on the day if you prefer.

COOK

And finally, it's time to cook! If you've done the weekend prep it will be really quick to get your meal on the table. But even if you haven't, the recipes are designed to be quick and easy. Cook as you go, and we recommend saving leftovers for lunch the next day, which is super easy and makes the week's cooking simpler and more manageable.

We hope the experience is really positive, and do let us know any questions you have, by sending us a comment on Instagram or YouTube :-> The more detail the better!

Yours,

Henry and Ian, Founders of BOSH!

Here are a few things to bear in mind before you start this plan...

Important disclaimer:

This recipe plan is not medical advice! If you have any medical issues you should consult a doctor to understand what is right for you. This is well-thought-through and well-structured guidance about how to fit high quantities of fruits, vegetables, nuts and grains into your diet. But it is not a one-size-fits-all solution and if you are in any doubt you should consult a professional.

How many people do these recipes serve?

Our recipes serve one person for two meals (an evening meal and leftovers for lunch the next day). If you're cooking for more people, just increase the quantities!

How much should I eat?

You should eat until you feel full! Everyone's nutritional requirements are different, and are based on their activity levels, metabolism and loads of different factors. It's good to get into the habit of eating slowly, and giving your body the chance to realise it's full. If you're full, then stop eating! And if you're still hungry, then have a snack! But make sure you snack healthily, fruits are a great option.

How did you design this plan? What nutritional thinking has gone into it?

This plan was designed in accordance with Dr. Greger's Daily Dozen, which states the optimal quantities of different types of foods that should be eaten on a plant based diet. It was also designed in accordance with the British Government's Eatwell plate, suggesting the amounts of different foods that should be on every plate. And it was designed by Henry, Ian and a registered dietician.

Do I have to do the weekend prep?

No you do not! Weekend prep is completely optional. Weekend prep will make your cooking easier for the week ahead, but each recipe is written for you to simply cook on the day.

What equipment do I need to do this plan?

Just a few key bits of kit. It's really important to have a high powered liquidiser. There are a few recipes that really require this (such as our korma or our green smoothie). Other than that, we recommend some good quality tupperware containers, so you can store your lunches to eat on the next day (about 5 per person should do it).

Can I just cook everything on Sunday and eat during the week?

Yes of course you can! If you like to meal prep for the week, you can do that. We just prefer to cook food fresher, so that's why we only recommend get-ahead prep on Sunday and still cooking during the week.

Where are the recipes for the other weeks in the plan?

You can find everything on our YouTube channel, or the bosh.tv website! If you're reading this just after one of the weeks has been released, each week's recipe list, prep list and shopping list will be released in time for the following week. Be patient, young padawan!

Why is this only five days? What should I eat on the remaining two days?

We recommend that you relax on the weekend (or whatever days 6 and 7 are for you) and simply eat what you feel like (or cook other BOSH! recipes). So we've left you two days free to eat what you like.

Do you offer oil-free, soy-free, gluten-free, nut-free or other variations?

At this stage our veganuary meal planner does not cater for alternative diets, but we would like to incorporate them in future!

WEEKLY PLAN

	BREAKFAST	LUNCH	SNACK	DINNER
DAY ONE	FRUIT & NUT MUESLI	JACKET SWEET POTATO & INDIAN CHICKPEAS	GREEN SMOOTHIE APPLE BLACK BEAN DIP & CRACKERS	CUBAN RICE, BEANS & GREENS
DAY TWO	SAVOURY RICE PORRIDGE	CUBAN RICE, BEANS & GREENS	GREEN SMOOTHIE TANGERINE BLACK BEAN DIP & CRACKERS	RIBOLLITA
DAY THREE	FRUIT & NUT MUESLI	RIBOLLITA	GREEN SMOOTHIE APPLE BLACK BEAN DIP & CRACKERS	ROOT VEGETABLE GRATIN
DAY FOUR	SAVOURY RICE PORRIDGE	JACKET SWEET POTATO & INDIAN CHICKPEAS	GREEN SMOOTHIE TANGERINE BLACK BEAN DIP & CRACKERS	PASTA E FAGIOLI
DAY FIVE	HERBY MUSHROOMS ON TOAST	PASTA E FAGIOLI	GREEN SMOOTHIE	ROOT VEGETABLE GRATIN

SHOPPING LIST

FRESH PRODUCE

1 yellow or orange pepper
1 red pepper
2 white onions
11 garlic cloves
100g fresh coriander
525g kale
200g mixed mushrooms
20g fresh thyme
1125g baby spinach
30g parsley
10g chives
2 medium sweet potatoes
4 red chillies
20g ginger
4 limes
8 apples
60g mixed berries (frozen or fresh)
5g rosemary
2 red onions
2 carrots
1 stick celery
15g sage
400g cavolo nero
2 spring onions
1 parsnip
200g celeriac
200g cauliflower
300g tenderstem broccoli
2 tangerines
3 bananas
1 lemon

REFRIGERATED AND FROZEN

80g plant based yoghurt
30g tomato salsa
1 ½ litres fortified plant-based milk
100g smoked tofu

10g vegan cheese
300g frozen berries

BREAD AND BAKED GOODS

1 slice granary sourdough bread
1 pack whole wheat crackers
150g ciabatta
60g wholemeal breadcrumbs

FATS AND OILS

250ml olive oil
30ml vegetable oil
15ml sesame oil
15g crunchy peanut butter

CANNED, BOTTLED AND PRESERVED

2 x 400g tins black beans
3 x 400g tins chopped tomatoes
200ml coconut cream (1 small can)
400g tin chickpeas
200ml red wine
500g tinned borlotti beans
500ml vegetable stock
400g tin plum tomatoes
400g cannellini beans
15ml reduced salt soy sauce
1 tin haricot beans
4 sundried tomatoes

DRIED FOODS

200g whole grain, long grain rice
300g rolled oats
50g rye or barley flakes (optional)

25g macadamia nuts
25g flaked almonds
25g pecan nuts
25g pumpkin seeds
25g coconut flakes
25g dried apricots
25g dried cherries
25g medjool dates
100g dried small pasta, or broken tagliatelle
75g short grain brown rice
15g sesame seeds
15g unsalted peanuts
75g ground flaxseed

BAKING, HERBS & SPICES

5g smoked paprika
20g ground cumin
2 dried red chillies
5g dried oregano
5 bay leaves
10g salt
10g pepper
15g ground coriander
5g turmeric
10 curry leaves
5g ground cinnamon
10g chilli flakes
1 clove
50g plain flour
15g nutritional yeast

RECIPES

FRUIT AND NUT MUESLI

Serves 1 person (with leftovers) or 2 people

300g rolled oats
50g macadamia nuts
50g flaked almonds
50g pecans nuts
25g pumpkin seeds
25g unsweetened coconut flakes
50g dried apricots,
40g dried cherries
50g medjool dates
½ tsp ground cinnamon
½ tsp salt

To serve

75ml of fortified plant based milk
1 apple
60g Mixed berries

Preheat oven to 180°C | 2 baking trays lined with parchment paper | Airtight container | Large mixing bowl

Roughly chop the nuts | Spread the oats, nuts, seeds and coconut flakes over the baking trays, put the trays in the pre-heated oven and bake for 5 minutes | Take the trays out of the oven and leave to cool to room temperature | Cut the dried apricots, medjool dates and cherries into small pieces and place in a large mixing bowl | Add all the remaining ingredients to the bowl and mix together to combine

Tip the muesli into an airtight container and store until you're ready to serve | To serve, add 30g of the muesli to a bowl, top with fortified plant based milk, a roughly chopped apple and mixed berries

FRUIT AND NUT MUESLI



JACKET SWEET POTATO & INDIAN CHICKPEAS

Serves 1 person (with leftovers) or 2 people

2 medium sweet potatoes
3 tbsp vegetable oil
1 medium onion
2 tsp ground cumin
2 tsp ground coriander
½ tsp turmeric
2g dried curry leaves
1 red chilli
2cm ginger
1 garlic clove
400g chopped tomatoes (1 can)
180ml coconut cream (1 small can)
400g can chickpeas
400g spinach
30g coriander
1 lime

Preheat oven to 200°C | Lined baking tray | Large frying pan

Prick the sweet potatoes all over with a fork, place on the lined baking tray and roast in the oven for 45-50 mins until the sweet potatoes are tender (they may need longer if the potatoes are larger)

Peel and dice the onion | Peel and grate the garlic and ginger | Drain and rinse the chickpeas | Trim, de-seed and finely chop the red chilli | Pick and roughly chop the coriander leaves and finely chop the stalks | Cut the lime into wedges | Roughly chop the spinach

Warm the vegetable oil in a large saucepan over a medium heat | Add the onion and a pinch of salt and stir for 5-6 mins until soft | Add the cumin, coriander and turmeric and stir for 1 minute | Add the curry leaves, chilli, ginger, garlic and coriander stalks to the pan and stir for

2 minutes | Add the tomatoes to the pan and simmer for 5 minutes, stirring occasionally | Add the coconut cream and chickpeas to the pan and cook for a further 5 minutes | Remove the pan from the heat and stir through the spinach and half the coriander leaves | Taste and season to perfection

Put 1 roast sweet potato onto a plate, carefully cut open lengthways and fluff the flesh with a fork | Spoon over half the chickpea curry, squeeze over half the lime wedges sprinkle over the coriander leaves and serve immediately | Transfer the other sweet potato and the remaining curry to a sealable container and enjoy later in the week

JACKET SWEET POTATO & INDIAN CHICKPEAS



HERBY MUSHROOMS ON TOAST

Serves 1 person

200g mixed mushrooms
1 tbsp olive oil
3 thyme sprigs
1 clove garlic
1 slice granary sourdough bread
50g baby spinach
10g parsley leaves
10 chives (approx)
Salt and pepper to taste

Fine grater | Toaster | Medium frying pan

Roughly chop the mushrooms into bite sized pieces | Peel and grate the garlic | Pick and roughly chop the thyme and parsley | Roughly chop the spinach | Finely chop the chives

Warm the olive oil in a frying pan over a medium heat | Add the mushrooms with a pinch of salt and stir for 7-8 minutes | Add the garlic and thyme and stir for 2 minutes (add more oil if the pan dries out to prevent catching)

Toast the bread | Remove the pan from the heat, add the spinach, salt and pepper to taste and stir until the spinach is wilted

Plate up the toast, place the mushroom mixture on top, sprinkle with parsley and chives and serve immediately

HERBY MUSHROOMS ON TOAST



CUBAN RICE, BEANS & GREENS

Serves 1 person (with leftovers) or 2 people

1 yellow (or orange) pepper
1 red pepper
1 tsp smoked paprika
2 tbsp + 2 tbsp olive oil
1 onion
2 garlic cloves
30g fresh coriander
400g black beans (tinned)
200g whole grain, long grain rice
2 tsp ground cumin
1 small dried red chilli
1 tsp dried oregano
2 bay leaves
400ml water
300g Kale
2 tbsp natural plant based yoghurt
2 tbsp tomato salsa
Salt and pepper to taste
1 lime

Preheat oven to 200°C | Lined baking tray | Large saucepan

Trim, deseed and cut the peppers into 2cm chunks, place the chunks in a bowl, drizzle over 2 tbsp olive oil, sprinkle with smoked paprika, 1 tsp salt and toss to coat | Spread the pepper out on a baking tray, put the tray in the oven and bake for 30 minutes until tender

Wash the rice under cold water | Peel and dice the onion | Peel and grate 2 of the garlic cloves | Pick the coriander leaves, finely slice the stems | Destem and shred the kale

Warm the remaining olive oil in a large saucepan over a medium heat | Add the onion and saute for 5-6 minutes until translucent | Add the garlic and coriander stems and stir for 2-3

minutes | Add the cumin, oregano, dried red chilli and bay leaves | Add the rice and the black beans (including the liquid in the can) and stir for 1 minute | Add the water to the pan, bring to the boil, reduce the heat to a gentle simmer, put the lid on and cook for 20-25 minutes until all the water has been absorbed | Add the roasted peppers, half the coriander leaves and shredded kale to the pan 5 minutes before the end of cooking

Remove the bay leaves from the pan, fluff the rice with a fork, folding the vegetables into the rice, taste and season to perfection with salt and pepper | Plate up half the rice, garnish with half the remaining coriander leaves, spoon over 1 tbsp yoghurt, 1 tbsp salsa and serve | Place the remaining rice, coriander, yoghurt and salsa in a sealable container and place in the fridge until later in the week

CUBAN RICE, BEANS & GREENS



GREEN SMOOTHIE

Makes 1 big smoothie

25g kale
25g spinach
100 ml unsweetened fortified plant based milk
1 apple
60g frozen berries
½ banana
1 tbsp ground flax
Small handful ice

High speed blender

Cut the apple into 4 pieces | Put the kale, spinach and plant based milk into the blender and blitz to a liquid | Add the apple, berries, banana, flax and ice to the blender and blitz into a smooth liquid

Pour the smoothie into a glass and drink immediately or put it in a sealable cup and take it with you to work

GREEN SMOOTHIE



PASTA E FAGIOLI

Serves 1 person (with leftovers) or 2 people

4 tbsp extra virgin olive oil
2 garlic cloves
1 sprig fresh rosemary
6 sprigs thyme
2 x 400g tins of plum tomatoes
180ml red wine (small bottle)
400g borlotti beans (tinned)
1 bay leaf
Pinch red chilli flakes
500ml veg stock
100g dried small pasta, or broken tagliatelle
400g baby leaf spinach
Salt and black pepper to taste

Grater | Knife | Chopping Board | Large saucepan | Kettle

Drain and rinse the tinned beans | Peel and grate the garlic | Pick and roughly chop the rosemary and thyme | Dice the spinach | Prepare the stock

Warm the olive oil in a large saucepan over a low heat | Add the garlic, rosemary and thyme to the pan and stir until fragrant | Add the red wine, increase the heat and leave to simmer for 3-4 minutes | Pour the tomatoes into the pan, stir to combine, increase the heat to a simmer and leave for 8 to 10 minutes, stirring every 2 minutes to prevent catching | Add the beans, bay leaf, chilli flakes and vegetable stock to the pan and leave to simmer for 8-10 minutes | Add water to loosen the dish

Add the pasta to the pan, stir and leave to simmer until the pasta is almost tender (8-10 minutes depending on packet instructions) | Add the spinach to the pan, stir it into the sauce, ladle the Pasta e Fagioli into a bowl and serve immediately | Transfer the remaining Pasta e Fagioli to a sealable container, put the container in the fridge for later in the week

PASTA E FAGIOLI



RIBOLLITA (TUSCAN BREAD STEW)

Serves 1 person (with leftovers) or 2 people

1 tbsp good olive oil, plus extra to finish
1 red onion
2 cloves garlic
1 large carrot
1 celery stick
1 small dried chilli
10g sage
10g thyme
400g plum tomatoes
400g cannellini beans
400g cavolo nero
150g stale ciabatta
Salt and pepper to taste
Chilli flakes to season

Grater | Large saucepan

Peel and finely dice the red onion | Trim, peel and coarsely grate the carrot | Trim and dice the celery | Pick and roughly chop the sage | Pick and roughly chop the thyme leaves | Drain and rinse the beans | Destem the kale, dice the stalks and finely slice the leaves | Cut the ciabatta into 1 inch cubes | Peel and grate the garlic

Warm the olive oil in a large pan over a medium heat | Add the onion to the pan and stir for 2 minutes | Add the sage, thyme, chilli and garlic and stir for 2 minutes | Add the carrot and celery to the pan and cook, stirring regularly for 8-10 minutes until very soft

Add the plum tomatoes to the pan, half-fill the empty can with water and pour into the pan | Stir to mix, turn the heat up to a gentle simmer and cook for 10 minutes | Add the beans and cavolo nero to the pan, and stir for 2-3 minutes to mix

Add the beans and cavolo nero to the pan and stir for 2 minutes to combine | Add the bread and 500ml of water to the pan, fold to combine, turn up the heat, bring to a boil, turn down the heat to low and simmer for 15-20 minutes

Taste the soup, season to perfection, ladle half the soup into a bowl and serve immediately with a drizzle of olive oil | Transfer the remaining soup to a sealable container and put the container in the fridge for later in the week

RIBOLLITA



SAVOURY RICE PORRIDGE

Serves 1 person

Porridge

75g short grain brown rice
450ml vegetable stock
3cm fresh ginger
1 large clove garlic
1 bay leaf
½ tsp chilli flakes
1 tbsp coconut cream
Sea salt to taste

To serve

1 tbsp sesame seeds
1 tbsp unsalted peanuts
1 tbsp sesame oil
100g smoked tofu, thinly sliced
2 spring onions
1 red chilli
25g baby leaf spinach
20g coriander leaves
1 tbsp soy sauce
1 tbsp crunchy peanut butter
1 lime

Tofu press (or heavy books) | Fine grater | Large saucepan | Mixing bowl | Medium frying pan

Wash the rice, soak in cold water for 1 hour and drain | Wrap the tofu in kitchen roll, place on a plate, place a heavy weight on top of the tofu and leave for 30 minutes | Peel and grate the ginger and garlic | Prepare the stock

Add the rice, vegetable stock, ginger, garlic, bay leaf, chilli flakes and coconut cream to the pan and stir to combine | Bring the stock to the boil then reduce the heat down to a very gentle simmer | Put the lid on and leave to cook for 30-35 minutes

While the porridge cooks, prepare the toppings | Toast the sesame seeds in a dry frying pan over a medium heat for 2-3 minutes, stirring continuously to stop them catching. | Repeat with the peanuts and set aside to cool | Once the peanuts have cooled, roughly chop with a knife | Trim and finely slice the spring onions | Trim and finely slice the red chilli | Pick the coriander leaves | Roughly chop the spinach | Cut the lime into wedges

Unwrap the tofu and cut it into 1cm cubes | Warm the sesame oil over a medium heat in a frying pan or wok, add the tofu and stir | Toss the tofu until it's crisp on the outside

Stir the porridge to refresh and transfer to a bowl | Decorate the porridge with the prepared toppings and serve immediately

SAVOURY RICE PORRIDGE



BLACK BEAN DIP & CRACKERS

Makes 5 little portions

400g black beans (tinned)
4 sun dried tomatoes
½ lemon
2 tbsp oil from sun dried tomato jar
2 tbsp water
½ tsp chilli flakes
Salt and pepper to taste
10g parsley leaves

To Serve

10 whole wheat crackers or biscuits
Or Crudités (eg carrot / celery)

Food processor

Drain and rinse the black beans | Juice the lemon

Place the black beans, sun dried tomatoes, lemon juice, oil, water, chilli flakes in the blender and blitz into a textured paste | Taste, season to perfection and portion the dip into 5 small sealable containers | Eat one portion every day as a snack with 2 of the whole wheat crackers or crudités

BLACK BEAN DIP & CRACKERS



ROOT VEGETABLE GRATIN

Serves 1 person (with leftovers) or 2 people

1 red onion
1 carrot
1 parsnip
200g celeriac
200g cauliflower
2 cloves garlic
50g + 2 tbsp olive oil
50g plain flour
750ml unsweetened plant based milk
400g haricot beans (tinned)
1 tbsp magic dust (nutritional yeast, optional)
5 thyme sprigs
1 bay leaf
100g kale
4 tbsp wholemeal breadcrumbs
5g fresh sage
5g of parsley
300g tenderstem broccoli

Preheat oven to 200°C | 1 Lined baking tray | Large saucepan | Blender | Oven proof dish

Peel and chop the onions into small chunks | Trim, peel and roughly chop the carrot and parsnip into 2cm chunks | Trim, peel and chop the celeriac and cauliflower into 2cm pieces | Drain and rinse the haricot beans | Grate the cheese | Rip the stem off the kale and finely chop the kale | Finely chop the sage and parsley leaves

Place the onion, carrot, parsnip, celeriac, cauliflower and unpeeled garlic cloves in a mixing bowl, drizzle over 2 tbsp olive oil, a pinch of salt and stir to cover | Spread the red onion, carrot, parsnip, celeriac, cauliflower and garlic over the baking sheet, put the sheets in the oven and bake for 25 minutes

While the vegetables are roasting, make the bechamel sauce | Add the oil to a large deep frying pan and warm over a medium heat | Add the flour and stir for several minutes till well combined | Add the plant based milk, a few tablespoons at a time stirring continuously, the mixture will become very thick at first but the more milk you add, the more creamy it will become | Once the bechamel is ready, set aside to cool

Pour the bechamel into a blender, add the beans and blitz until smooth | Pour the sauce back into the pan, add the magic dust, thyme, bay and a touch more milk if the sauce is too thick | Warm the sauce over a low heat for 5 minutes | Taste and season to perfection with salt and pepper

Remove the roasted vegetables from the oven | Squeeze the roasted garlic out of the skins into the bechamel and stir to combine | Remove the bay and thyme sprigs from the bechamel | Mix the roasted vegetables and kale into the pan | Pour the contents of the pan into 2 individual oven proof dishes, evenly sprinkle the breadcrumbs and sage over the top | Place the dishes in the oven and bake for 20-25 minutes until golden

While the gratin is baking, trim and cut the broccoli in half longways | Place the broccoli into the steamer and steam for 2-3 minutes | Take the Vegetable and Bean Gratin out of the oven, plate up one, with half the broccoli, sprinkle over half the parsley and serve | Transfer the remaining Gratin, broccoli and parsley to a sealable container, place the container in the fridge and eat later in the week, ensuring the gratin is piping hot

ROOT VEGETABLE GRATIN



WEEKEND MEAL PREP

This step is optional, but we highly recommend prepping your meals on the weekend so that you can get ahead of yourself and save loads of time during the week.



Note this is not the actual prep from this week! Just a nice illustrative photo of getting prepped!

FRUIT & NUT MUESLI

300g rolled oats
25g macadamia nuts
50g flaked almonds
50g pecans nuts
25g pumpkin seeds
25g unsweetened coconut flakes
50g dried apricots
40g dried cherries
50g medjool dates
½ teaspoon ground cinnamon
½ tsp salt

Preheat oven to 180°C | Baking tray lined with parchment paper | Airtight container | Large mixing bowl

To prepare the muesli:

Spread the oats, barley, nuts, seeds and coconut flakes over the baking tray, put the tray in the oven and bake for 6 minutes | Take the tray out of the oven and leave it to cool to room temperature

Roughly chop the dried apricots, medjool dates, nuts and add them to a large bowl along with all the rest of the ingredients | Mix the contents of the bowl together with a spoon and tip into an airtight container until ready to use

BLACK BEAN DIP & CRACKERS

400g black beans (tinned)
4 sun dried tomatoes
½ lemon
2 tbsp oil from sun dried tomato jar
2 tbsp water
½ tsp chilli flakes
Salt and pepper to taste
10g parsley leaves

Food processor

To make the black bean dip & crackers:

Drain and rinse the black beans | Juice the lemon

Place the black beans, sun dried tomatoes, lemon juice, oil, water, chilli flakes in the blender and blitz into a textured paste | Taste, season to perfection and portion the dip into 5 small sealable containers

JACKET SWEET POTATO & INDIAN CHICKPEAS

2 medium sweet potatoes

Preheat oven to 200°C | Lined baking tray | Large frying pan

To bake the sweet potatoes:

Prick the sweet potatoes all over with a fork, place on the lined baking tray and roast in the oven for 45-50 mins until the sweet potatoes are tender | Allow to cool and place in an airtight container in the fridge until ready to use | Heat to piping hot when you're ready to eat them

CUBAN RICE, BEANS & GREENS

1 yellow or orange pepper
1 red pepper
1 tsp smoked paprika
2 tbsp olive oil

Preheat oven to 200°C | Lined baking tray | Large saucepan

To roast the peppers:

Trim, deseed and cut the peppers into 2cm chunks, place the chunks in a bowl, drizzle over 2 tbsp olive oil, sprinkle with smoked paprika, 1 tsp salt and toss to coat | Spread the pepper out on a baking tray, put the tray in the oven and bake for 30 minutes until tender | Place in an airtight container on the fridge until needed

SAVOURY RICE PORRIDGE

75g short grain brown rice
100g smoked tofu

Tofu press (or heavy books)

To soak the rice and press the tofu:

Wash the rice, soak in cold water for at least 1 hour, but overnight is fine and drain | Wrap the tofu in kitchen roll, place on a plate, place a heavy weight on top of the tofu and leave for at least 30 minutes but overnight is fine. Store in a sealed container in the fridge until ready to use

ROOT VEGETABLE GRATIN

1 red onion
1 carrot
1 parsnip
200g celeriac
200g cauliflower
2 cloves garlic
2 tbsp olive oil

Preheat oven to 200°C | Lined baking tray

To roast the vegetables:

Peel and chop the onions into small chunks | Trim, peel and roughly chop the carrot and parsnip into 2cm chunks | Trim, peel and chop the celeriac and cauliflower into 2cm pieces

Place the onion, carrot, parsnip, celeriac, cauliflower and unpeeled garlic cloves in a mixing bowl, drizzle over 2 tbsp olive oil, a pinch of salt and stir to cover | Spread the red onion, carrot, parsnip, celeriac, cauliflower and garlic over the baking sheet, put the sheet in the oven and bake for 25 minutes | Allow to cool and store in an airtight container in the fridge until ready to use