

BOSH!

VEGANUARY MEAL PLANNER WEEK 2

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WELCOME TO OUR MEAL PLANNER!

WEEK 2

We're going to walk you through enough healthy recipes for 4 weeks, one week at a time.

Welcome to week 2! By now you've hopefully completed Week 1 of our plan - congratulations! If you haven't already, go and check that one out... It's delicious! We hope you're feeling fantastic from eating the rainbow and getting those all important nutrients in. If you didn't do week 1 and are just jumping in now, welcome, and you are fine to start here if you prefer... 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 having to spend 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 :-)

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	TROPICAL OVERNIGHT OATS	KALE, SPINACH, BROCCOLI AND TOFU SOUP	GREEN SMOOTHIE BOSH! BARS BUTTERBEAN DIP & CRACKERS	BUTTERNUT SQUASH DAHL
DAY TWO	AVOCADO ON TOAST & TOFU SCRAMBLE	BUTTERNUT SQUASH DAHL	GREEN SMOOTHIE BOSH! BARS TANGERINE BUTTERBEAN DIP & CRACKERS	VEGETABLE FRITTATA
DAY THREE	TROPICAL OVERNIGHT OATS	VEGETABLE FRITTATA	GREEN SMOOTHIE BOSH! BARS APPLE BUTTERBEAN DIP & CRACKERS	KALE AND WALNUT PASTA
DAY FOUR	AVOCADO ON TOAST & TOFU SCRAMBLE	KALE, SPINACH, BROCCOLI AND TOFU SOUP	GREEN SMOOTHIE BOSH! BARS TANGERINE BUTTERBEAN DIP & CRACKERS	TOFU SATAY AND VEGETABLES
DAY FIVE	CEREAL BAR	TOFU SATAY AND VEGETABLES	GREEN SMOOTHIE APPLE BUTTERBEAN DIP & CRACKERS	KALE AND WALNUT PASTA

SHOPPING LIST

FRESH PRODUCE

1 mango (fresh or frozen)
2 passion fruits
7 limes
20g fresh mint
1 leek
2 red chillies
7 cloves of garlic
1 large piece of ginger
825g kale
525g baby spinach
300g broccoli
7 lemons
10 apples
5 bananas
4 oranges
10g rosemary
1 white onion
200g butternut squash (or pumpkin)
40g coriander
20g flat leaf parsley
2 ripe avocados
1 red onion
200g tenderstem broccoli
100g brussel sprouts
100g cauliflower
1 red pepper
10g thyme
1 small sweet potato
1 small carrot
5 radishes
¼ chinese cabbage
15g mint
15g thai basil

REFRIGERATED AND FROZEN

100ml unsweetened fortified coconut milk

350g plant-based coconut yoghurt
500ml fortified plant-based milk
300g frozen berries
750g firm tofu

BREAD AND BAKED GOODS

4 slices sourdough bread
1 pack whole wheat crackers

FATS AND OILS

180ml olive oil
30ml vegetable oil
40g coconut oil
75g peanut butter
45g tahini
50g almond butter

CANNED, BOTTLED AND PRESERVED

300g silken tofu
1.25l vegetable stock
15ml soy sauce
10ml mirin
400g butter beans
400g chopped tomatoes
600g tinned coconut milk
400g tinned chickpeas

DRIED FOODS

300g rolled oats
30g almonds
30g cashews
30g coconut flakes
75g dried fruit
150g soba noodles

50g mixed nuts
45g desiccated coconut
50g mixed seeds
100g pitted medjool dates
200g red lentils
175g gram flour
60g walnuts
200g whole wheat tagliatelle
150g whole grain rice
vermicelli noodles
25g peanuts

BAKING, HERBS & SPICES

10g ground cardamom seeds
60g flax seeds
40g salt
40g red chilli flakes
100g ground flaxseeds
15g ground cinnamon
15g vanilla extract
25g pepper
10g garam masala
10g cumin
10g turmeric
15g nutritional yeast
35g curry powder
5g cayenne pepper
20g tamarind paste
5g brown sugar
2 kaffir lime leaves (optional)

RECIPES

TROPICAL OVERNIGHT OATS

Makes 2 portions

100g rolled oats

20g almonds

20g cashews

20g coconut flakes

50g dried fruit

Pinch ground cardamom seeds*

4 tbsp flax seeds

150ml unsweetened fortified coconut milk (or any other plant-based milk)

Pinch salt

1 medium mango

1 passionfruit

1 Lime

200g plant based coconut yoghurt

10g fresh mint

**If you can't find ground cardamom seeds, break open 1 cardamom pod and grind the seeds to a powder with a pestle and mortar*

Preheat oven to 180°C | Baking tray | Grater

Place the oats, almonds, cashews and coconut flakes on a baking tray (keeping them separate) and bake for 5-7 minutes

Place the oats, dried fruit and cardamom in a container, pour in the coconut milk, put the lid on and place in the fridge | Chop the nuts, combine with the coconut flakes, put in a container and set to one side

The following morning, peel the mango and chop into bite sized chunks | Cut the passionfruit in half scoop the inside out | Zest and half the lime | Pick and roughly chop the mint leaves

Layer half of all the ingredients into one container and the rest of the ingredients into another airtight container (The more layers you build in your containers, the better as you'll get a well balanced, plentiful bite with every spoonful)

Eat one portion for breakfast and place the other in the fridge for later in the week

TROPICAL OVERNIGHT OATS



KALE, SPINACH & TOFU SOUP

Serves 1 person (with leftovers)

1 leek
1 red chilli
2 cloves garlic
3cm ginger
200g kale
300g baby spinach
300g broccoli
1 lemon
300g silken tofu
1l of vegetable stock
1 tbsp olive oil
2 tsp soy sauce
2 tsp mirin
150g of soba noodles
Pinch red chilli flakes

Large saucepan | stockpot | Grater | Immersion blender | Blender

Trim and finely slice the leek | Trim, de-seed and finely slice the red chilli | Peel and grate the garlic and ginger | Trim, wash and roughly chop the the kale | Break the broccoli into florets and dispose of the stalk | Zest and juice the lemon | Break up the tofu | Prepare the stock

Heat the oil in a large saucepan over a medium-high heat | Add the leek and cook, stirring for 2-3 minutes until tender | Add the red chilli, garlic, ginger and and stir for a further 2 minutes

Pour the stock into the pan, bring it to the boil and reduce the heat to a gentle simmer | Add the broccoli and cook for 2-3 minutes until tender | Remove the pan from the heat and leave to cool for 10 minutes (the liquid should be lukewarm) | Add the kale, spinach, tofu, lemon juice and zest, soy sauce and mirin to the pan and gently fold it into the liquid to wilt the leaves | When the leaves have shrunk in size by roughly half, use an immersion blender to blend the contents of the pan to a smooth, creamy consistency (we recommend transferring the soup to a high powered blender to finish the job and get the soup souper smooth) |

Transfer the soup back to the pot and bring to a gentle simmer | Taste the soup and season to perfection with salt and pepper

Prepare half the soba noodles as instructed on the back of the packet | Have a pan of cold water ready to transfer the cooked noodles into so they don't stick together | Layer the noodles and half the soup, one layer at a time so the noodles are well covered but don't clump together | Transfer the remaining soup to an airtight container and place in the fridge for lunch later in the week | Prepare the remaining noodles on the day you eat the remaining soup

KALE, SPINACH & TOFU SOUP



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



BOSH! BARS

Makes 8 bars

150g oats
50g mixed nuts (such as almonds, hazelnuts, walnuts, cashews)
3 tbsp desiccated coconut
50g mixed seeds
100g mixed dried fruit (such as currants, sultanas, dried cherries, apricots)
100g pitted medjool dates
1 orange
2 tbsp ground flaxseeds
1½ tsp ground cinnamon
2 bananas
1 tbsp vanilla extract
4 tbsp almond butter
Pinch salt

Preheat oven to 180°C | Greased and lined 20x20cm square cake tin | Baking tray

Spread the oats, nuts, coconut and seeds on 2 baking trays, keeping them roughly separated, put the trays in the oven and toast for 5-7 minutes | Roughly chop the dried fruit and dates and add them to a bowl | Zest and juice the orange into the bowl and allow the fruit to soak for 5 minutes | Set the toasted dry ingredients aside to cool | Roughly chop the nuts | Add all the toasted ingredients to the bowl, add the ground flax, cinnamon, salt and fold together to combine

Peel the bananas, pour them into a mixing bowl and mash into a smooth paste | Stir the vanilla and almond butter into the banana to combine | Pour the dry ingredients into the wet ingredients and stir to combine

Pour the mixture into the cake tin, spread it out with spatula making sure the mixture is smooth on top | Put the tin in the oven and bake for 30 minutes until the mixture is beginning to turn golden in colour | Take the tin out of the oven, place it on a cooling rack and allow to cool completely | Remove the bake from the tin, cut into bars and transfer to a tupperware

BOSH! BARS



BUTTERBEAN DIP & CRACKERS

Makes 5 servings

1 sprig rosemary
400g butter beans (tinned)
3 tbsp tahini
½ lemon
2 tbsp extra virgin olive oil
1 small clove garlic
Sea salt and freshly ground black pepper to taste
To Serve
10 Whole wheat crackers

Grater | Blender

Pick the leaves from the rosemary and roughly chop | Drain and rinse the butter beans | Zest and juice the lemon | Peel and grate the garlic

Place all the ingredients, apart from the lemon zest and olive oil, into a blender and blitz until smooth | Taste the dip and season to perfection with salt and pepper | Spoon the dip into 5 small containers, finish with drizzles of olive oil, sprinkles of lemon zest and a good pinch of pepper | Place 2 whole wheat crackers in each container and eat one a day as a super healthy snack

BUTTERBEAN DIP & CRACKERS



BUTTERNUT SQUASH & RED LENTIL DAHL

Serves 1 person (with leftovers)

2 tbsp vegetable oil
1 small onion
2 clove garlic
1 cm fresh ginger
200g butternut squash (or pumpkin)
2 tsp chilli flakes
2 tsp garam masala
1 tsp cumin
1 tsp turmeric
400g chopped tomatoes
200g red lentils
1 x 400ml tin coconut milk
200g kale destemmed and finely sliced
15g coriander leaves
1 tbsp plant based yogurt (to serve)
½ lemon

Fine grater | Saucepan | Frying pan | Vegetable Peeler | Tin opener

Peel and finely dice the onion | Peel and grate the garlic and ginger | Peel and remove the seeds from the pumpkin (or butternut squash) | Chop into even sized 1cm chunks

Heat the oil in a heavy based frying pan over a medium heat | Add the onion and cook for 2-3 minutes until translucent | Add the squash (or pumpkin) and stir until it begins to turn golden around the edges | Add the garlic and ginger and stir for 1 minute | Add the chilli flakes, garam masala, cumin and turmeric and stir for 1-2 minutes

Add the chopped tomatoes to the pan and cook for 2 minutes | Add the coconut milk and 100 ml water to the pan and stir well until combined | Add the red lentils and stir everything together | Bring the curry to the boil, reduce the heat to a gentle simmer and cook until the lentils are soft (approx 20 minutes) | Add the kale and cook for a further 2-3 minutes until it's wilted

Sprinkle with coriander, drizzle with plant based yoghurt, squeeze over the lemon juice and serve either as a soup, or with rice or whole wheat chapatis

BUTTERNUT SQUASH & RED LENTIL DAAL



AVOCADO TOAST & TOFU SCRAMBLE

Serves 1 person (with leftovers) or 2 people

Tofu Scramble

2 tbsp of olive oil
1 clove of garlic
450g firm tofu
¼ tsp turmeric
1 tsp cumin
1 tbsp nutritional yeast
1 tsp soy sauce
Sea salt and black pepper to taste
10g flat leaf parsley leaves

Avocado on Toast

1 large ripe avocado
1 lemon
Pinch curry powder
Pinch cayenne pepper
Pinch sea salt
2 slices of granary sourdough toast
100g Kale
Pinch chilli flakes
1 tbsp extra virgin olive oil

Kitchen roll | Heavy weight (like large hardback book) | Mixing Bowl | Large frying pan

First make the tofu scramble, this can be done in advance | Press the tofu by wrapping well in kitchen paper and placing under a heavy weight | Leave to press for at least 30 minutes (or overnight in the fridge)

Once the tofu is pressed crumble into small pieces | Peel and grate the garlic | Warm the olive oil in a frying pan over a medium heat | Add the garlic, turmeric, cumin, nutritional yeast and soy sauce and stir for a 30-45 seconds | Add the crumbled tofu and sauté for a 4-6 minutes, stirring regularly with a spatula | Take the tofu off the heat, taste, season to perfection with salt and pepper and stir | Sprinkle the parsley over the scrambled tofu as a garnish

Cut the avocado in half, remove the stone and scoop out the flesh into a bowl | Zest the lemon into the bowl | Cut the lemon in half, squeeze the juice into the bowl catching any

pips in your other hand | Sprinkle pinches of curry powder, cayenne and salt into the bowl and mash the avocado to your desired consistency

Toast the bread | Whilst the bread is toasting remove the stems from the kale and finely slice | Fill a large bowl with boiling water, add the kale and remove after 30 seconds | Strain the kale, put it back to a bowl and sprinkle over pinches of sea salt, chilli flakes and a drizzle of olive oil | Toss the kale to cover

To serve, spread half the avocado mixture on to the toast | Spoon the tofu scramble on the side, sprinkle over the kale and serve | Transfer the remaining avocado to a small airtight container, drizzle over lemon juice to prevent discolouration, seal and place the container in the fridge | Put the leftover tofu scramble in an airtight container, place in the fridge for later in the week (Make sure the tofu is piping hot when you reheat)

AVOCADO TOAST & TOFU SCRAMBLE



VEGETABLE FRITTATA

Serves 1 person (with leftovers)

1 medium red onion
1 clove garlic
1 red chilli
3 tbsp olive oil
175g gram flour
1 tbsp sea salt
175ml water
100g tenderstem broccoli
100g brussel sprouts
100g cauliflower
1 red pepper
100g baby leaf spinach
1 lemon

Preheat oven to 180°C | Large baking sheet lined with parchment paper | Large saucepan | Large frying pan | Whisk | Sieve | Medium, non-stick small high-sided frying pan (approx 20-22cm)

First, prep your roast vegetables | Trim the tenderstem broccoli, brussel sprouts and cauliflower and cut into bite sized pieces | Cut the red pepper in half, remove the stem and seeds and cut into bite sized chunks | Spread the broccoli, brussel sprouts, cauliflower and red pepper over the baking sheet and put the sheet in the oven for 20 minutes

Peel and finely slice the red onion and garlic | Rip the stem from the chilli, cut it in half lengthways, remove the seeds and finely chop | Warm 2 tbsp olive oil in the frying pan over medium heat, add the onions and sweat them down for 5-6 minutes until translucent | Add the garlic and the chilli to the pan and cook them with the onions for a further 2-3 minutes | Remove from the heat and set to one side

Put the gram flour and salt in a large bowl and gradually add the water, whisking constantly until you have a smooth batter (you may not need all the 175ml water) | Put all the cooked vegetables, including the onions, in the bowl and carefully fold them into a batter with a wooden spoon

Warm 1 tbsp olive oil in a medium, non-stick high-sided frying pan, over a low to medium heat | Pour in the batter and gently fry for 10-12 minutes, using a spatula to gently loosen around the edges and prevent sticking

Take the pan off the heat, place a dinner plate on top of the frying pan and carefully flip the pan to remove the frittata | Gently slide the frittata back into the pan, so the cooked side is facing upwards, and cook for a further 10-12 minutes until the edges of the frittata are golden and crispy

Carefully slide the frittata out of the pan, cut it into 6 slices (like a pizza) and serve immediately with a side of baby leaf spinach salad | Squeeze over the lemon juice to dress the salad

VEGETABLE FRITTATA



KALE & WALNUT PASTA

Serves 1 person

30g walnuts
50g tenderstem broccoli
100g kale (or cavolo nero)
100g wholewheat tagliatelle (or linguine)
2 tbsp extra virgin olive oil
¼ tsp chilli flakes
4 sprigs thyme
½ lemon
2 small cloves garlic
1 400g tin chickpeas
5g chopped fresh flat leaf parsley

Large saucepan with lid | Colander or Steamer | Kettle | Preheat oven to 180°C | Baking Tray

Put the walnuts on a baking tray and place on a baking tray for 8-10 minutes | Remove from the oven, roughly chop and set aside

Trim the ends of half the broccoli and cut in halves longways | Remove the stalks from half the kale and roughly chop in to bite sized pieces | Zest half the lemon | Peel and grate 1 clove of garlic | Pick 2 sprigs thyme and roughly chop | Pick half the parsley and roughly chop | Drain and rinse the chickpeas and place half in a airtight container

Fill the kettle and bring it to a boil | Pour the water into a large saucepan, season well and bring back to a rolling boil | Add half the pasta and cook for approximately 8 minutes (check the packet instructions) | Whilst the pasta is cooking, place a steamer basket or colander over the pan of boiling pasta | Add the prepared kale and broccoli and steam for 2 minutes until tender (don't overcook here) | Remove the steamed greens from the steamer and pat dry with kitchen paper

Place 1 tbsp olive oil in a medium saucepan over a medium heat, add half the chilli, lemon zest, prepared garlic, prepared thyme, half the chickpeas and stir to release the aromas of the aromatics | Add the steamed greens to to the pan and carefully fold to combine | Take the pan off the heat

Drain the pasta but reserve half a cup of the cooking water | Return the pasta to the pan, quickly pour over half the walnuts, the prepared kale and broccoli mixture and twist everything together to mix | Season to taste with salt and pepper and add 1-2 tsp of the

reserved cooking water if needed to loosen the pasta | Plate up the pasta, sprinkle over the parsley and serve immediately | Repeat this process with the leftover ingredients later in the week for another delicious, healthy dinner

KALE & WALNUT PASTA



TOFU SATAY & VEGETABLES

Serves 1 person (with leftovers)

300g of firm tofu
1 tbsp curry powder
1 tsp salt

1 lime
½ tbsp coconut oil
3 limes
2 tsp tamarind paste (more to taste)
1 tsp chilli flakes
1 tsp brown sugar
1 small carrot
5 radishes
¼ chinese cabbage (or ¼ small white cabbage)
150g whole grain rice vermicelli noodles
15g mint
15g coriander
15g thai basil

Satay Sauce

½ tbsp coconut oil
200ml coconut milk
200ml veg stock
5 tbsp smooth peanut butter
2 tsp tamarind
2 kaffir lime leaves (optional- could leave out if you can't find them)
1 tbsp curry powder
1 tsp chilli flakes
1 lime
25g crushed peanuts
10g fresh coriander leaves

Heavy weight such as a thick, hardback book | Kitchen roll | Large Saucepan | Large Frying Pan | 2 x Mixing Bowls | Zester | Vegetable Peeler

First, prepare the tofu | Press the tofu by wrapping tightly in kitchen paper and placing under a heavy weight | Leave to press for at least 30 minutes (or overnight in the fridge) | Once the tofu is pressed, cut into 3cm cubes | Place in a bowl with the curry powder, a pinch of salt and the zest of the lime | Leave the tofu to marinate

Now make the dressing | Zest 2 of the limes, juice all 3 and add to a bowl | Add the tamarind, chilli flakes, brown sugar and mix until the brown sugar has dissolved

Prepare the wholemeal noodles according to the packet instructions and transfer to a pan of cold water to prevent sticking | Peel the carrot into ribbons with the peeler | Finley slice the radishes | De-core and finely slice the cabbage (the finer the better) | Pick the leaves from the herbs and roughly chop | Dry the noodles in a clean tea towel and combine with the vegetables and dressing in a bowl | Set the picked herbs aside to add at the last minute before serving

If you haven't prepped the satay already, make it now | Warm ½ tbsp of coconut oil in a small saucepan over a medium heat and add the curry powder | Add the coconut milk, veg stock, peanut butter, tamarind, lime leaves, chilli flakes, lime juice and zest | Bring to a boil and allow to cook for approx 5 minutes

While the satay sauce is simmering, add the remaining coconut oil to a pan and warm over a medium heat | Add the marinated tofu to the pan and cook for approx 5 minutes, until the tofu is turning golden in colour and lightly crisping

Add the picked herbs to the noodles, toss to combine | Plate up half the noodles, sprinkle over half the tofu, drizzle over half the satay, garnish with peanuts, coriander leaves and serve | Put all the remaining ingredients in an airtight container and eat the next day

TOFU SATAY & VEGETABLES



WEEKEND PREP

If you want to get ahead of yourself during the week, prepping some of your meals on the weekend will really help you save time!

We highly recommend making the cereal bar on the weekend so you don't have to do this during the week.

BOSH! BARS

150g oats
50g mixed nuts (such as almonds, hazelnuts, walnuts, cashews)
3 tbsp desiccated coconut
50g mixed seeds
100g mixed dried fruit (such as currants, sultanas, dried cherries, apricots)
100g pitted medjool dates
1 orange
2 tbsp ground flaxseeds
1½ tsp ground cinnamon
2 bananas
1 tbsp vanilla extract
4 tbsp almond butter
Pinch salt

Preheat oven to 180°C | Greased and lined 20x20cm square cake tin | Baking tray

To make the cereal bars:

Spread the oats, nuts, coconut and seeds on 2 baking trays, keeping them roughly separated, put the trays in the oven and toast for 5-7 minutes | Roughly chop the dried fruit and dates and add them to a bowl | Zest and juice the orange into the bowl and allow the fruit to soak for 5 minutes | Set the toasted dry ingredients aside to cool | Roughly chop the nuts | Add all the toasted ingredients to the bowl, add the ground flax, cinnamon, salt and fold together to combine

Peel the bananas, pour them into a mixing bowl and mash into a smooth paste | Stir the vanilla and almond butter into the banana to combine | Pour the dry ingredients into the wet ingredients and stir to combine

Pour the mixture into the cake tin, spread it out with spatula making sure the mixture is smooth on top | Put the tin in the oven and bake for 30 minutes until the mixture is beginning to turn golden in colour | Take the tin out of the oven, place it on a cooling rack and allow to cool completely | Remove the bake from the tin, cut into bars and transfer to a tupperware

BUTTERNUT SQUASH & RED LENTIL DAHL

200g Butternut squash
2 tbsp of olive oil
Pinch of chilli powder
Pinch of salt

Vegetable peeler | Sharp knife

To prepare the butternut squash:

Halve, peel and remove the seeds from the squash | Weigh the squash and cut into 1cm slices

Store in an airtight container in the fridge until ready to use

VEGETABLE FRITTATA

100g of tenderstem broccoli
100g Brussel sprouts
100g Cauliflower
1 red pepper

Preheat oven to 180°C | Parchment lined baking tray |

To roast the vegetables:

Cut the tenderstem broccoli, brussel sprouts and cauliflower into bite sized pieces | Cut the red pepper in half, cut out the stem and seeds and cut the halves into bite sized chunks

Spread the broccoli, brussel sprouts, cauliflower and red pepper over the baking sheet and put the baking sheet in the oven for 20 minutes

Store in an airtight container in the fridge until ready to use

BUTTERBEAN DIP & CRACKERS

1 sprig of rosemary
1 400g can of butter beans
3 tbsp of tahini
1 lemon
2 tbsp of extra virgin olive oil
1 clove of garlic
Sea salt and freshly ground black pepper to taste

Grater | Zester | blender | Chopping board | Knives

To make the butterbean dip:

Pick the leaves from the rosemary and roughly chop | Drain and rinse the butter beans | Zest and juice the lemon | Peel and grate the garlic

Place all the ingredients, apart from the lemon zest and the olive oil, into a blender and blitz until smooth | Taste and season to perfection with salt and pepper | Spoon into 5 airtight containers, drizzle with olive oil and the lemon zest | Seal the containers and place them in the fridge until ready to use

SCRAMBLED TOFU

2 tbsp of olive oil
1 clove of garlic
1 tsp of sea salt
450g firm tofu
¼ teaspoon turmeric
1 teaspoon of cumin
1 tablespoon of nutritional yeast
pinch of black pepper
1 teaspoon soy sauce
A handful of chopped flat leaf parsley to garnish

Kitchen roll | Heavy weight (like large hardback book) | Mixing | Bowl | Large frying pan

To make the tofu scramble:

Press the tofu by wrapping well in kitchen paper and placing under a heavy weight. A pestle and mortar works well or some heavy books. Leave to press for at least 30 minutes (or this can be done overnight in the fridge) .

Once the tofu is pressed crumble into small pieces | Peel and grate the garlic | Warm the olive oil in a frying pan over a medium heat | Add the garlic, turmeric, cumin, nutritional yeast and soy sauce and stir for a 30-45 seconds | Add the crumbled tofu and sauté for a 4-6 minutes, stirring regularly with a spatula | Take the tofu off the heat, taste, season to perfection with salt and pepper and stir | Sprinkle the parsley over the scrambled tofu and fold it through

Store in an airtight container in the fridge until ready to use

TOFU SATAY & VEGETABLES

Marinated Tofu

300g of firm tofu
1 tbsp curry powder
1 lime
½ tbsp coconut oil

Noodle Salad Dressing

3 limes
2 tsp tamarind paste (more to taste)
1 tsp chilli flakes
1 tsp brown sugar

Satay Sauce

½ tbsp coconut oil
200ml coconut milk
200ml veg stock
5 tbsp smooth peanut butter
2 tsp tamarind
1 tbsp curry powder
2 kaffir lime leaves (optional- could leave out if you can't find them)
1 tsp chilli flakes
1 lime

Heavy weight such as a thick, hardback book | Kitchen roll | Large Saucepan | Large Frying Pan | 2 x Mixing Bowls | Zester | Vegetable Peeler

Prepare the tofu:

Press the tofu by wrapping tightly in kitchen paper and placing under a heavy weight | Leave to press for at least 30 minutes (or overnight in the fridge) | Once the tofu is pressed, cut into 3cm cubes | Place in a bowl with the curry powder, a pinch of salt and the zest of the lime | Leave the tofu to marinate and store in an airtight container in the fridge until ready to use

Make the dressing for the noodle salad:

Zest 2 of the limes, juice all 3 and add to a bowl | Add the tamarind, chilli flakes, brown sugar and mix until the brown sugar has dissolved | Store in an airtight container in the fridge until ready to use

Make the satay sauce:

Warm ½ tbsp of coconut oil in a small saucepan over a medium heat and add the curry powder | Add the coconut milk, veg stock, peanut butter, tamarind, lime leaves, chilli flakes, lime juice and zest | Bring to a boil and allow to cook for approx 5 minutes | Transfer the satay to an airtight container and store in the fridge until ready to use