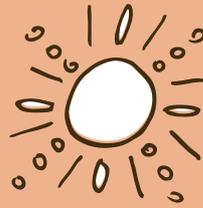




# World Meat Free Week



**7 day recipe book**



**It's time to experiment, have fun  
and get creative in the kitchen!!**

**In the pages that follow, you'll find enough  
delicious recipes for breakfast, lunch and dinner  
over a seven day period.**

**In the meantime, keep an eye on our website  
for some new recipe ideas.**

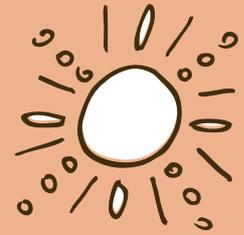
**Wishing you a delicious meat free journey from all at  
#WorldMeatFreeWeek**



**Day one**

**Breakfast**

# Vegan Blueberry Breakfast Muffins



**Prep: 10 mins**  
**Bake: 30 mins**

## Ingredients:

### Dry

1 cup spelt flour (or whatever flour you have in)

1 cup gluten free oats (or any oats or simply use 2 cups of flour)

1/2 tsp baking powder

1/2 tbsp bicarbonate of soda

1/2 tsp salt

1/2 cup crushed walnuts

1 tsp cinnamon powder

Cup of frozen blueberries

### Wet

2 flax eggs

1 tsp vanilla essence

3/4 cup apple puree (you can use organic or make your own)

3/4 cup maple syrup

1 tbsp lemon juice

## Method:

Use two bowls, one for dry ingredients and the other for wet

Make up the flax egg - 2 tbsp flax seed mixed with 6 tbsp water - set aside and begin preparing dry ingredients

Put the flour, oats, baking powder, bicarbonate of soda, salt, cinnamon and walnuts in a bowl and mix thoroughly

Add the vanilla essence, apple puree, maple syrup and lemon juice to the flax eggs and mix

Add all the dry ingredients to the wet and mix well

Finally, add the blueberries and mix again

Grease muffin tins with coconut oil and gently put the mixture in

Bake: 30 mins at 180c

(Test by putting a knife into the muffin - when the knife is clean it's ready!)

Enjoy with a cup of tea!



Day one

Lunch

# Miso and Sesame Brown Rice

Quick, healthy and delicious



**Prep: 15 mins**  
**Cook: 30-45 mins**

## Ingredients:

1 x cup brown rice  
1 tbsp soy sauce  
1 tbsp sesame oil  
2 tsp miso paste  
Olive oil

## Method:

Put the rice into a pan with the tamari and a little salt - add water (double up so 2 x cups water)

Bring to the boil then simmer for about 40 minutes

Once cooked, stir in the sesame oil, olive oil and miso paste

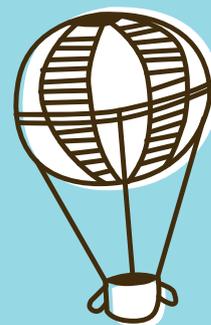
Enjoy on its own or serve with your choice of greens. Easy!



Day one

Dinner

# Vegan Quiche



**Prep: 15 mins**

**Bake: 30-45 mins**

## Ingredients:

### Crust

(either the below or cheat and buy some JustRol pastry!!)

**3 medium-large potatoes  
(3 cups grated)**

**2 tbsp melted vegan butter  
(or sub olive oil with varied results)**

**1/4 tsp sea salt and pepper**

### Filling

**12.3 ounces extra-firm silken  
tofu, patted dry**

**2 tbsp nutritional yeast**

**3 tbsp hummus**

**Sea salt and black pepper (to taste)**

**3 garlic cloves, chopped**

**2 leeks, thinly sliced and  
thoroughly cleaned and dried  
(or substitute for 1 medium  
onion, diced)**

**3/4 cup cherry tomatoes,  
halved**

**1 cup chopped broccoli**

## Method:

Preheat oven to 450 degrees F (232 C) and lightly spritz a 9.5-inch pie pan with non-stick spray

Grate potatoes and measure out 3 cups. Then transfer to a clean towel and firmly squeeze out excess moisture. Add to pie dish and drizzle with melted vegan butter and 1/4 tsp each salt and pepper. Toss to coat, then using your fingers, press into the pan and up the sides to form an even layer

Bake for 22-27 minutes or until golden brown all over. Set aside

While crust is baking, prep veggies and garlic and add to a baking sheet. Toss with 2 tbsp olive oil and a healthy pinch each salt and pepper and toss to coat. Place in the oven with the crust. When you take out the crust, lower heat to 400 and continue baking until soft and golden brown (a total of 20-30 minutes). Set aside and lower oven heat to 375 degrees

To prepare tofu filling, add drained tofu to a food processor with nutritional yeast, hummus, and a heaping 1/4 tsp each sea salt and black pepper. Set aside. Remove veggies from oven, add to a mixing bowl and top with the tofu mixture

Toss to coat, then add to the crust and spread into an even layer

Bake quiche at 375 degrees F (190 C) for a total of 30-40 minutes

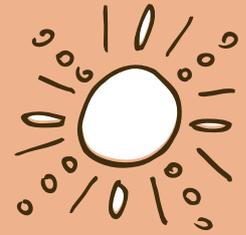


**Day two**

**Breakfast**

# **Smashed Avocado, Parsley and Tomato Bagel**

**(try gluten free bagels which are a little bit better for you!)**



**Prep: 5 mins**

**Bake: 5 mins**

## **Ingredients:**

**2 bagels**

**2 ripe avocado**

**Handful of either fresh  
coriander, parsley or basil,  
whatever you prefer**

**2-3 cherry tomatoes -  
chopped**

**Juice of a lime**

**Pinch of sea salt or pink  
Himalyan salt**

## **Method:**

Toast the bagels

Mash the avocado with the herbs, lime and tomato then spoon  
over the hot bagel and enjoy



## Day two

Lunch (a nice, quick and easy one today...)

# Hummus and Beetroot Wrap



### Ingredients:

Wrap

Hummus

Carrot

Pickled beetroot

Spinach

Avocado

### Method:

Easy peasy...

Grab a wrap

Add a big dollop of hummus

Cut in half

Add some sliced carrot, pickled beetroot, spinach and avocado to each half

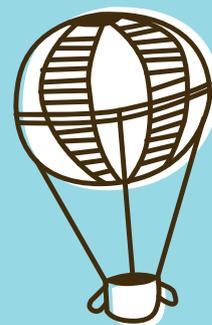
Roll into cones so that you're left with two scrummy, healthy sarnies...



Day two

Dinner

# Roasted Aubergine and Tahini Bowl



## Ingredients:

2 large aubergines (eggplants)

One 400g tin of black beans

One bag of spinach (about 200g)

A big handful of sunflower and pumpkin seeds

1/2 a cup of brown rice (180g)

4 tablespoons of tahini

2 tablespoons of tamari

2 cloves of garlic

1 lemon

## Method:

Start by placing the brown rice in a saucepan with boiling water and a tablespoon of tamari and allow it to simmer for about forty minutes until cooked – make sure that it never runs out of water during this time. When cooking is finished, stir in two tablespoons of tahini, one more tablespoon of tamari and the lemon juice

Once the rice has been cooking for fifteen minutes or so pre-heat the oven to 180C

Then cut the aubergines into thin slices, just a couple of mm's thick

Grease the bottom of a baking tray with olive oil and place the aubergine slices onto it, drizzle a little more olive oil onto them, season with salt and pepper and then put the tray into the oven for 15 - 20 minutes until they are starting to go crispy – but not burnt!

Next, sauté the spinach – simply place it in a frying pan with a little olive oil, salt, pepper and a heaped tablespoon of tahini. Allow it to wilt for a few minutes

Once the spinach has cooked, peel and crush the garlic into a frying pan and add the beans (after draining them). Sauté for a couple of minutes until they are warm and delicious

Finally toast the sunflower seeds for a minute or so in a frying pan

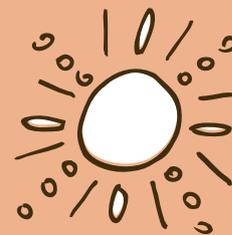
Place everything together in bowls, drizzling them with extra tahini, before serving and enjoy!



Day three

Breakfast

# Blueberry Pancakes



## Ingredients:

1 tbsp ground flaxseed

1 tbsp coconut oil

250ml unsweetened organic soya milk or almond milk

1 tsp cider vinegar

125 g wholemeal flour

1 tsp golden caster sugar

1 tsp baking powder

tsp bicarbonate of soda

1 pinch of sea salt

50g blueberries, plus extra to serve

Vegetable oil

Organic soya yoghurt, to serve

## Method:

Whisk together the ground flaxseed and 2½ tablespoons of cold water, then set aside to thicken. Meanwhile, melt the coconut oil in a small pan over a medium heat, then leave to cool slightly

Combine the soya or almond milk and cider vinegar. Add the melted coconut oil, then whisk in the flaxseed mixture

Combine the flour, sugar, baking powder, bicarbonate of soda and salt, then make a well in the middle. Gradually pour in the wet mixture, stirring continuously until combined – don't worry if there are still a few lumps. Fold in the blueberries, then set aside

Preheat the oven to its lowest temperature. Heat a splash of vegetable oil in a large frying pan over a medium heat. Add a ladleful of the batter to the pan (one ladleful is enough for one pancake), then add more ladleful's of the batter, ensuring they're nicely spaced out – you'll need to do this in batches

Cook for around 2 minutes, or until golden underneath and little bubbles start to appear on the surface, then use a palette knife to flip them over. Cook for a further 2 minutes, or until golden. Place in the oven to keep warm while you make the remaining pancakes

Serve with a dollop of soya yoghurt, a drizzle of maple syrup and extra blueberries, if you like



Day three

Lunch

# Baked sweet potato



## Ingredients:

- 1 medium-small sweet potato
- 7 mushrooms (150g/5oz), finely sliced
- 1 x 400g can of black beans, drained and rinsed
- 3 garlic cloves, crushed
- 1 tsp chilli flakes (or to taste)
- 1 tsp ground coriander
- Salt and pepper to season
- Olive oil
- 1 small avocado

## Filling

- 2 tsp tahini
- Juice of 1 lime
- 1 tsp honey
- 2 tsp olive oil

## Method:

Preheat the oven to 220°C (200°C fan)/gas 7. Prick the sweet potato several times with a fork (this lets the steam escape and stops it from exploding in the oven), wrap it in foil, then place it on a baking tray and let it bake for about 1 hour, or until tender

Meanwhile, prepare everything else. Place the mushrooms in a frying pan with the beans, garlic, chilli, coriander, salt, pepper and about 2 tablespoons of olive oil. Sauté for 5-8 minutes, until the mushrooms are nice and soft

Make the dressing. Combine all the ingredients in a mug with 2 teaspoons of water, then whisk them with a little salt

Once the potato has cooked, slice it almost in half and fill it with the mushroom mix, the avocado (chopped), and the tahini dressing

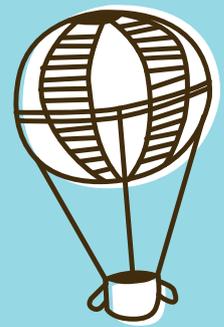


## Day three

### Dinner

# Buddha Bowl

**You can really go to town with a Buddha Bowl, pretty much all ingredients are welcome providing that they're healthy, tasty and colourful**



#### Ingredients:

1 x cup of brown rice or barley  
- cooked according to packet instruction (you could add a squeeze of lemon juice)

Roasted veg with fresh rosemary and thyme - any you like such as:

1 x sweet potato - peeled and chopped into small chunks

4 x carrots - peeled and sliced  
1 x red onion - cut into chunks

#### Mushroom gravy

1/2 onion diced

4 cloves garlic minced

2 tbsp white wine

8oz mushrooms sliced

2 tbsp soy Sauce

1/4 cup whole wheat flour or 1  
tbsp corn flour mixed with a  
little water

1 tbsp nutritional yeast

1/2 tsp thyme

1/2 tsp rubbed sage

1/2 tsp rosemary

2 1/4 cups vegetable stock

#### Method:

Pop the veg in the oven with a glug of olive oil and the herbs for around 45 minutes

#### For the mushroom gravy:

Sauté onion and garlic in wine until softened

Add mushrooms and soy sauce and cook until reduced

In a separate pan, lightly toast flour, nutritional yeast, and herbs

Add flour mixture to mushrooms and stir well

Slowly add vegetable stock and stir well to combine

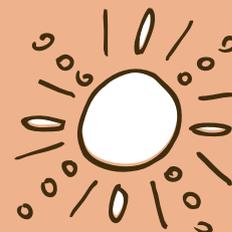
**Tip:** Try making some parsnip crisps by finely slicing parsnip, rubbing with a little oil and popping in the oven for about 20 minutes or until crispy

Once everything is cooked, pile the veg on top of the grain, decorate with the parsnip crisps, smother with gravy and serve with a dollop of apple or cranberry sauce



**Day four**

**Congratulations and jubilations!!!  
Almost halfway through...**



**Breakfast**

# Homemade Muesli - Simple!

## Ingredients:

Gluten free oats

Mixed nuts

Dried cranberries (or other  
dried fruit)

Coconut or soya milk

## Method:

Grab yourself a huge mason jar

Add in a whole bag of gluten free oats (no, you're not having all that in one serving!)

Add in a large bag of mixed nuts, ideally organic

Add in a large bag of dried cranberries or whatever other dried fruit you like

Serve yourself a good few tablespoons full in a bowl, pour on some cold coconut milk or soya milk and devour accordingly

The great thing about this recipe is that you can add seeds, fresh fruit, coconut, yoghurt etc...whatever you like (providing it's healthy) and store it up in the jar for many more delicious breakfasts



Day four

Lunch

# Pitta pizzas



**Prep: 10 mins**  
**Cook: 10 mins**

## Ingredients:

Pitta breads (depends how hungry you are!)

Tomato puree

1 tbsp pine nuts (try giving these a quick toasting in a frying pan)

1/2 tsp of oregano

1/2 tsp marjoram

Pinch of salt and a grind of black pepper

2 tbsp artichokes (from a jar) - sliced

A few mushrooms sliced finely

## Method:

Pop the pittas onto a baking tray and spread with the tomato puree

Add the mushrooms, artichokes, pine nuts and herbs

Drizzle with olive oil

Bake for ten minutes

Pop on some chopped olives then serve with a handful of rocket and basil leaves

Lovely!

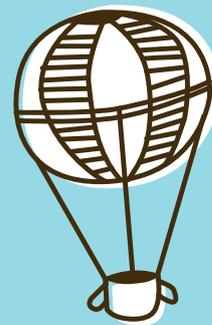


Day four

Dinner

# Chickpea Curry

Quick, cheap, warming and delicious!



**Prep: 10-15 mins**

**Cook: 20 mins**

## Ingredients:

1 tbsp oil

1 onion, chopped

1 garlic clove, crushed

¼ tsp salt

tsp cumin powder

¼ tsp coriander powder

¼ tsp turmeric powder

¼ tsp red chilli powder

1 fresh tomato -chopped

400g tin chickpeas, drained  
and rinsed

5cm/2in piece root ginger,  
grated

Pinch of garam masala

Pitta breads or plain basmati  
rice to serve

## Method:

Heat a deep lidded saucepan or a medium sized wok and add the oil. Fry the onions and garlic, until the onions are caramelised

Add the salt, cumin, coriander, turmeric and red chilli powders. Mix for a minute and add the tomato

Cook the sauce until it begins to thicken

Add 4 tablespoons water and stir. Add the chickpeas and mix. Mash a few of the chickpeas

whilst cooking. Cover and simmer for 5 minutes, then add the ginger and the garam masala. Cook for another minute

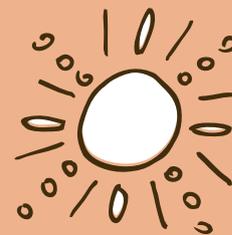
Serve with pitta breads or plain basmati rice



**Day five**

**Breakfast**

# Homemade Beans on Toast



**Prep: 15 mins**  
**Bake: 30 mins**

## Ingredients:

1 x can haricot beans  
2 x cans plum tomatoes  
2 cloves of garlic or 1 tsp garlic powder  
2 tbsp date syrup or maple syrup  
3 tbsp tomato puree  
Salt and pepper

## Method:

Crush the garlic (if fresh) and add to a pan with the tomatoes and date syrup

Bring to the boil then simmer for 20 minutes

Add the puree and the beans then cook for another 10 minutes.  
Season with salt and pepper

Serve with your favourite bread (toasted)



Day five

Lunch

# Vegetable Fajitas



**Prep: 10-15 mins**  
**Marinate: 2 hours or overnight**  
**Cooking: 20 mins**

## Ingredients:

1 x red onion, chopped in strips  
1 x red pepper, chopped lengthways  
1 x green pepper, chopped lengthways  
1-2 courgettes, chopped in half then lengthways  
1 x can black beans  
1 tsp chilli powder, or more if you like a bigger kick  
2 tsp cumin  
1 tsp ground coriander  
2 tsp paprika  
1 tsp oregano  
1 lime  
Bunch of fresh coriander  
Glug of extra virgin olive oil  
Wraps  
Guacamole and vegan cheese to serve

## Method:

Put all of the above ingredients (except the wrap!!) in a bowl with the olive oil, lime juice and fresh coriander (roughly chopped). Give it a good stir then leave to marinate.

Once marinated, cook in a big pot until the veg is soft

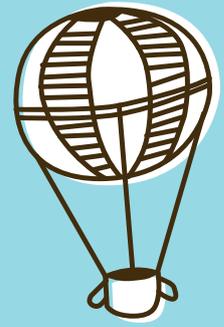
Serve in wraps with guacamole (2 ripened avocados smashed in a bowl, 1 finely chopped chili, the juice of half a lime, a handful of chopped coriander, salt and pepper to taste) and vegan cheese



Day five

Dinner

# Black and Kidney Bean Chilli



**Prep: 10-15 mins**

**Cook: 20 mins**

## Ingredients:

2 carrots, grated

2 garlic cloves, peeled and crushed

600g passata

50g tomato purée

2 x 400g tins black beans

1 x 400g tin red kidney beans

1 jalapeño pepper, deseeded and finely chopped

1 tsp chilli flakes (add more if you like it extra spicy)

Brown rice, to serve

## Method:

Place the carrot and garlic into a large saucepan. Add the passata, tomato purée, beans, jalapeño pepper and the chilli flakes to the saucepan along with some salt and pepper, to taste

Cook the chilli for about 10 minutes, stirring it well, until it's lovely and warm and everything's nicely mixed together

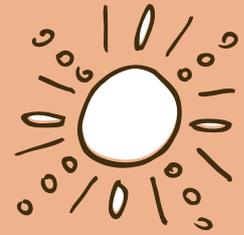
Pour the chilli over brown rice and enjoy



Day six

Breakfast

# Scrambled Tofu



## Ingredients:

### Scramble

8 ounces extra-firm tofu

1-2 tbsp olive oil

1/4 red onion, thinly sliced

1/2 red pepper, thinly sliced

2 cups kale, loosely chopped

### Sauce

1/2 tsp sea salt

1/2 tsp garlic powder

1/2 tsp cumin powder

1/4 tsp chili powder

Water to thin

Optional: 1/4 tsp turmeric

## Method:

Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes

While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside

Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 tbsp olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes

Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces. Use a spatula to move the veggies to one side of the pan and add tofu

Sauté for 2 minutes, then add the sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned

Serve immediately with the breakfast potatoes, toast, or fruit. Add more flavour with salsa, hot sauce, and/or fresh cilantro. Serves 2



Day six

Lunch

# Vegetable Quesadilla



**Prep: 10-15 mins**  
**Marinate: 2 hours or overnight**  
**Cooking: 20 mins**

## Ingredients:

1 x red onion, chopped in strips

1 x red pepper, chopped lengthways

1 x green pepper, chopped lengthways

1-2 courgettes, chopped in half then lengthways

1 x can black beans

1 tsp chilli powder, or more if you like a bigger kick

2 tsp cumin

1 tsp ground coriander

2 tsp paprika

1 tsp oregano

1 lime

Bunch of fresh coriander

Glug of extra virgin olive oil

## Cashew cream

2 x cup of cashews soaked in boiling water for at least 30 mins

1 tbsp soy sauce

2 tbsp lemon juice

Salt and pepper

## Method:

Put all of the above ingredients (except the beans and the wrap!!) in a bowl with the olive oil, lime juice and fresh coriander (roughly chopped). Give it a good stir then leave to marinate

Once marinated, cook in a big pot until the veg is soft

Add the beans and cook for a few more minutes

Drain the nuts then blend in a food processor with the lemon juice, tamari, 1/4 mug of fresh water, and a pinch of salt and pepper, until smooth and creamy. This may take a couple of minutes

Add a little olive oil to a frying pan, place a wrap in and cover with the mixture and cashew cream. Pop a second wrap on top and fry for a couple of minutes until each side is golden brown

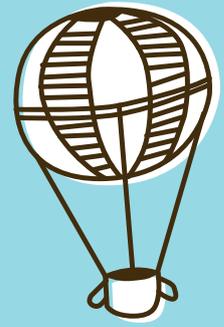
Serve with guacamole or sweet potato chips - YUMMY!!



# Day six

## Dinner

# Mexican Bowl



### Ingredients:

#### For the cashew cream

2 mugs cashew nuts (400g)

Juice of 1 lemon

1 tbsp tamari

#### For the quinoa

1 mug quinoa (260g)

Juice of 1 lemon

#### For the guacamole

4 avocados

6 tomatoes, chopped into tiny pieces

1 jalapeño pepper, deseeded and chopped into tiny pieces

Handful of fresh coriander, finely chopped

Juice of 3 limes

#### For the salsa

Tomatoes

Juice of 1 lime

1 tbsp olive oil

#### For the black beans

1x 400g tins black beans

Cloves of garlic to suit, peeled and crushed

### Method:

For the cashew cream, soak the cashews in a bowl of cold water for 4 hours

Drain the water that the cashew nuts have been soaking in. Blend the nuts in a food processor with the lemon juice, tamari, half a mug (150ml) of fresh water, and a pinch of salt and pepper, until smooth and creamy. This may take a couple of minutes

Place the quinoa in a sieve and rinse with cold water until the water that comes through is totally clear. Place the quinoa in a saucepan with two mugs (600ml) of boiling water and a little salt, pepper and lemon juice. Let the quinoa boil for a minute or two, then simmer for another 10-15 minutes, covered, until all the water has been evaporated and the quinoa is fluffy

For the guacamole, cut the avocados in half and scoop out their flesh, placing it into a bowl. Use a fork to mash the avocados, stir the tomato, jalapeño pepper and the coriander into the mashed avocado with the lime juice, and a pinch of salt and pepper

To make the salsa, slice the tomatoes into quarters, then finely chop these into small squares. Place the tomatoes in a bowl, pour over the lime juice, olive oil and a little salt and pepper

Finally, drain the black beans before pouring them into a large saucepan. Add the garlic to the pan, along with a drizzle of olive oil and some salt. Heat through for a few minutes

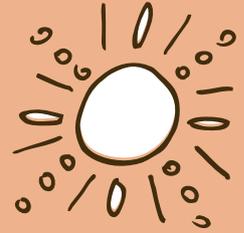
To serve, place the quinoa in the middle of the bowl, then add the cashew cream, black beans, salsa and guacamole around the quinoa



**Day seven**

**Breakfast**

# **Overnight Blueberry Oats**



## **Ingredients:**

**1 cup of gluten free oats**

**1 cup of dairy free milk**

**2 red apples**

**5 tsp of chia seeds**

**3 tsp of maple syrup**

**1 heaped tsp of cinnamon**

**1 tsp of vanilla bean extract**

**Frozen blueberries**

## **Method:**

Start by peeling and coring the apples, then cut them into small chunks and boil for 10 minutes, until they become nice and soft

Place the oats, chia seeds, milk, vanilla, syrup and cinnamon into a bowl and stir together

Once the apples are cooked, drain before mashing with a fork, until they are smooth but not liquid. Then mix into the oats

Place a few blueberries at the bottom of a glass then a quarter of the oats, add some blueberries, another layer of oats and finally another layer of blueberries

Leave in the fridge overnight then wake up to a delicious delight!



## Day seven

### Lunch

# Edamame, Lime and Sesame Jar Salad



#### Prep: 10 mins

#### Ingredients:

Juice of 1 unwaxed lime

2 small cooked beetroots, chopped

2 small sweetbite peppers, deseeded and chopped

4 cherry tomatoes, halved

4 radishes, sliced finely

Small handful of coriander leaves, roughly chopped

Handful of baby spinach leaves

2 tbsp cooked edamame beans

2 tsp sesame seeds

#### Method:

Place the lime juice and chopped beetroots at the bottom of the jar

Build up the layers of peppers, tomatoes, radishes and coriander, using the back of a spoon to gently flatten each layer

Add the spinach leaves and edamame beans then top with a sprinkle of sesame seeds

Place on the jar lid and keep chilled until you're ready to eat



## Day seven

### Dinner

And the pièce de résistance... a good old Sunday roast.

A good choice for a vegan Christmas dinner too!

# Mushroom and Butternut Squash Wellington with Roast Spuds!



#### Ingredients:

1 small butternut squash, halved lengthways and seeds scraped out

Olive oil

1 small dried red chilli, finely chopped

½ teaspoon ground cinnamon

1 tbsp coriander seeds or ground coriander

1 sprig fresh rosemary, leaves picked and chopped

2 red onions, peeled and sliced

Sea salt

Freshly ground black pepper

Small bunch fresh sage leaves

100g vac-packed chestnuts, crumbled

3 cloves garlic, peeled and crushed

1 lemon

20g vegan butter

250g chestnut mushrooms, finely sliced

200g Swiss chard or spinach

50g pine nuts

25g sultanas (you could use cranberries instead)

500g shortcrust pastry (suitable for vegans)

#### Method:

Preheat the oven to 200°C/400°F/gas 6. Slice the squash lengthways into wedges and add to a large roasting tray with a good splash of olive oil, the chilli and cinnamon. Bash the coriander seeds in a pestle and mortar until fine, then add the rosemary leaves and bash again for 1 to 2 minutes to release its flavour. Scatter over the squash and toss together so that each piece of squash is well coated with the seasoning. Make sure all the squash is skin-side down and cover with tin foil - bake for 45 minutes

Meanwhile, heat a saucepan over a medium heat, add a splash of olive oil and the onions. Season well with salt and pepper and cook gently, stirring occasionally, until softened and lightly browned. Add the sage and crumbled chestnuts

Toast the bread and rub well with one of the cloves of garlic. Tear into small chunks, and once the onions are ready, add the toast to the pan

Fry the mushrooms, with a chopped clove of garlic. Squeeze in a little lemon juice, tip into a food processor and blend until smooth

Sauté the spinach with a tiny bit of oil and a splash of water - cook until soft

Slice the remaining garlic clove and add to a frying pan with a splash of olive oil. Fry until golden. Add the pine nuts, cranberries and spinach and fry everything together until warmed through. Season well with salt and pepper and turn off the heat

Now assemble your Wellington. Roll out the pastry on a sheet of baking parchment until it's about 30cm x 40cm, then spread on the mushroom mixture. In a large bowl, lightly toss together the spinach, squash and onion-bread mixture, then spoon in a thick line down the middle of the pastry. Leave a space free at either side so you can roll the pastry around the filling

To roll hold one side of the baking parchment and lift it, with the pastry towards the centre of the Wellington so it starts to cover the filling. Peel the baking parchment back, leaving the pastry in place, then do the same with the other side. The pastry should over-lap in the middle. Use a little soya milk to brush over the pastry join to seal. Fold up the ends so the filling doesn't leak then carefully roll the Wellington onto a baking sheet, with the seal underneath. Brush all over with the soya milk

Bake for 45 minutes until golden brown and hot through. Serve with roast potatoes and lashings of gravy!





**Wishing you many happy hours  
experimenting in the kitchen and  
even happier times having  
delicious meals with family and  
friends.**

**With love**

**#WorldMeatFreeWeek**



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