

Our top 10 plant-based picks

Simple, delicious plant-based recipes for breakfast, lunch, dinner and snacks from dietitians and nutritionists



Healthy
eating for
everybody

Did you know...

Statistics show that nearly 2.5 million Australian is going with a plant-based diet nowadays!

So, what is plant-based diet?

A plant-based diet is composed of food primarily from plants, including not only vegetables and fruits, but also nuts, seeds, legumes and wholegrains.

What benefits will this eating style bring?

First of all, the production of plant foods is more environmentally friendly, especially with a lower level of greenhouse gas emission.

Additionally, it has been evidenced that plant-based eating helps reducing the risk of developing chronic diseases including obesity, heart health, type 2 diabetes and certain cancers.

Types of plant-based eating...

While vegans and vegetarians exclude all meat and/or animal products, the 'flexitarian' diet, which means 'flexible' and 'vegetarian', allows a less strict eating pattern.

The flexitarian diet is centred on plant foods, with occasional inclusion of meat. A well-planned flexitarian diet allows you to reap the most health benefits, with introducing more plants in their diet as well as preventing nutritional deficiencies.

Catalogue

Breakfast

- Raspberry Chia Porridge Bowl
- Tropical Green Smoothie

Lunch / Dinner

- Red Lentil and Tomato Dahl
- Soy Milk Ramen
- Lentil Bolognese
- Mexican Style Bowl
- Tuna Leafy Salad
- Roast Pumpkin, Feta & Veg Toastie

Snack / Sauce

- Baked Sweet Potato & Zucchini Fritters with Creamy Coconut Tzatzik
- Ginger and Beetroot Kraut

Breakfast

- Raspberry Chia Porridge Bowl
- Tropical Green Smoothie



Good
morning
☺



Developed by:
Bernadette
@healthy_bite_healthy_life

RASPBERRY CHIA PORRIDGE BOWL (SERVES 1)

INGREDIENTS

- 1/3 cup rolled oats
- 1 cup lactose free milk (or other low FODMAP milk of your choice, eg soy milk made with soy protein, almond milk)
- 2 tsp chia seeds
- 1 Tb crushed walnuts
- 1/4 cup raspberries (can be fresh or frozen)
- cinnamon
- 1 Tb pure maple syrup

METHODS

1. Stir oats and milk over heat in saucepan until oats soft and creamy. You may need to add more milk.
2. Once cooked, pour into a bowl and top with raspberries, walnuts, chia seeds, cinnamon and maple syrup.





Developed by:
Gill Nicholls
@gillnicholls.nutrition

TROPICAL GREEN SMOOTHIE

(SERVES 1)

INGREDIENTS

- ½ cup coconut milk
- ½ cucumber
- 1 cup of baby greens, spinach or mixed leaves
- ½ zucchini
- ¼ avocado
- 1 scoop protein powder
- ½ cup water
- 1 carrot
- Handful fresh basil
- 1 lime
- Ice

METHODS

1. Wash all veggies and dice cucumber, zucchini, avocado and carrot
2. Put all the ingredients into the blender, juice the lime, adjust the amount of ice to your preference
3. Blend



Lunch / Dinner

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Developed by:
Joanne
@planted_jo

RED LENTIL AND TOMATO DAHL WITH SPICY CRISPY CHICKPEAS

(SERVES 4-6)

INGREDIENTS

For red lentil dahl

- 1 cup red lentils (soaked overnight)
- 2 cups water (or vegetable stock)
- 1 cinnamon stick 1-2 bay leaves
- 3-4 ginger slices
- juice of ½ lime
- 1 can (400g/14oz) diced tomato
- ½ cup coconut cream
- ½ cup diced onion
- 1-2 cloves crushed garlic
- 2 tbsp garam masala
- 1 tbsp turmeric 1 tbsp cumin
- ½ tbsp paprika
- ½ tbsp chilli powder
- 1 diced chilli (optional)
- Salt and pepper to taste
- Fresh coriander to serve

For spicy crispy chickpeas

- ½ can of chickpeas, drained
- 1 tsp paprika or smoked paprika
- 1 tsp chilli powder
- Juice of ½ a lime

METHODS

For red lentil dahl

1. Place red lentils, ginger, cinnamon, bay leaves, water/stock and diced tomato into a saucepan and bring to a boil. Simmer on medium-high heat (covered with a lid) for 15-20 minutes (or until lentils are softened) - stirring regularly.
2. Take whole spices out.
3. Sauté onion, garlic and remainder spices with a dash of oil (or water) on high heat in a pan, until onions are softened and spices are aromatic
4. Add the cooked lentil mix to the pan and simmer for 10-15 minutes. Remove from heat, and stir in coconut cream.
5. Serve the red lentil and tomato dahl with rice, naan or papadums. Top with lime juice, coriander and spicy crispy chickpeas to serve. (Alternatively, you can put everything into a pressure cooker and cook on high for 15-20 minutes)

For spicy crispy chickpeas

1. Preheat oven to 230°C (450°F).
2. Toss chickpeas in lime juice, then add paprika and chili powder and toss well.
3. Spread evenly on a lined tray, and bake for 20-25 minutes or until crispy. Alternatively, you can air-fry at 160°C (320°F) for 15 minutes.
4. Remove from oven and allow to cool before serving with the red lentil and tomato dahl.





Developed by:
Kiah Paetz
@theplantbased_nutrition

SOY MILK RAMEN (SERVES 1)

INGREDIENTS

- 2 packs Ramen Noodles
- 1 onion
- 2 garlic minced
- 2 cm Head of Ginger
- 200g tofu
- 150g Button mushrooms
- 6 shiitake mushrooms
- mushroom seasoning
- 1/4 cup soy sauce/Tamari
- 1 heaped tbsp miso
- 2 cups soy milk
- 1 cube veggie stock -toppings of choice e.g bok choy

METHODS

1. Lightly fry (in oil or not), onion, garlic and ginger until browned.
2. Add mushroom seasoning, soy sauce, veggie stock, miso, soy milk until miso dissolves.
3. Add in 1 litre water, allow to boil then reduce to a simmer for 15 minutes.
4. Whilst simmering, prepare other ingredients such as ramen noodles (prepare by packet instructions), lightly fry mushrooms/bok choy in oil or water, slice tofu into cubes and bake in oven for 15 min on 200 degrees celcius.
5. Once all parts of recipe are finished cooking, place noodles in a large bowl, fill with soup and top with tofu, mushrooms, bok choy and other toppings of choice





Developed by:
Dana Sek
@plantfulnutrition_au

LENTIL BOLOGNESE

(SERVES 4)

INGREDIENTS

- 2 x 400g cans of lentils, rinsed, drained
- 1 x 400g can of butter beans, rinsed, drained
- 2 x 400g cans of diced tomato
- 2 medium carrots
- 2 medium zucchinis
- 250g mushroom
- 3 celery stalks
- Veggie stock powder
- Italian herb mix
- 1-2 tablespoons tomato paste
- Pepper
- Extra virgin olive oil (for cooking)
- 500g smart vetta high fibre spaghetti)

METHODS

1. Prepare large non-stick pot (Note: this should be large enough to hold liquids).
2. Dice carrots, zucchinis, mushroom and celery. Add to large non-stick pot.
3. Add a dash of olive oil to a pot.
4. Sauté vegetables until softened.
5. Once softened, add drained canned lentils and butter beans.
6. Add canned tomatoes and tomato paste. If mixture appears too dry, add water.
7. Add a dash of stock powder, Italian herb mix and pepper to taste.
8. Let pasta sauce simmer and thicken (taste test to see if you need more stock powder), meanwhile cook pasta.
9. Serve cooked pasta with pasta sauce.





Developed by:
Dana Sek
@plantfulnutrition_au

MEXICAN STYLE BOWL (SERVES 2)

INGREDIENTS

- 1 cup four bean mix, rinsed, drained
- 1 cup cooked brown rice
- 1 medium tomato
- 2/3 cup of corn kernels, rinsed, drained
- 1/8th medium kent pumpkin
- 1 small avocado, peeled
- Small bunch of coriander
- Lime wedge
- Extra virgin olive oil (for cooking)

For Mexi spice mix:

- 1 tablespoon ground paprika
- 1 tablespoon ground cumin
- ½ teaspoon garlic powder

For zesty dressing (optional)

- 2 heaped tablespoons hummus
- 1 tablespoon lime juice

METHODS

1. Preheat oven to 200C.
2. Prepare mexi spice mix.
3. Peel and dice pumpkin to 2cm pieces. Lightly coat pumpkin pieces with extra virgin olive oil and mexi spice mix. Roast on non-stick baking tray for 30 minutes or until golden and tender. While pumpkin is cooking, prepare the other bowl components.
4. Cook rice as per packet instructions and set aside.
5. For the salsa dice the tomato and finely chop coriander. Combine with corn kernels in a small bowl and set aside.
6. Add rice and beans to pan with mexi spice mix. Cook on low-medium heat until spices become more fragrant. Once cooked assemble onto serving bowls.
7. Once pumpkin is ready, add pumpkin, salsa and avocado to serving bowl. Prepare zesty dressing.
8. Add zesty dressing and additional coriander as desired.





Developed by:
Christina
@_cultivatenutrition_

TUNA LEAFY SALAD

(SERVES 1, PREP TIME: 5MIN)

INGREDIENTS

For salad

- 95g can tuna in oil, drained
- 2 large handfuls mixed leaves
- ½ cucumber, sliced
- 4 cherry tomatoes, halved
- ¼ Spanish onion, thinly sliced
- ¼ avocado, diced
- 4 Kalamata olives
- ½ cup cooked quinoa

For dressing

- 1 Tbs extra virgin olive oil
- 1 Tbs balsamic vinegar
- ½ teaspoon za'atar spice blend

METHODS

1. Combine all salad ingredients in a large bowl.
2. Drizzle over the olive oil and vinegar, then toss well to combine.
3. Sprinkle over the za'atar and serve.





Developed by:
Christina
@_cultivatenutrition_

ROAST PUMPKIN, FETA & VEG TOASTIE

(SERVES 1, PREP TIME: 10MIN)

INGREDIENTS

- 2 slices wholemeal, wholegrain or sourdough bread
- ¼ cup roast pumpkin, mashed
- ¼ avocado, mashed
- 2 large handfuls baby spinach
- 30g feta cheese, crumbled
- ½ Roma tomato, sliced

METHODS

1. Preheat a sandwich press.
2. Lay the two slices of bread on a board. Spread the mashed roast pumpkin on one slice and the mashed avocado on the other slice.
3. Onto the slice with avocado, place a layer of baby spinach leaves, followed by the feta and tomato, then another layer of baby spinach leaves.
4. Top with the other slice of bread and toast in the sandwich press to your liking.



Snack / Sauce

- Baked Sweet Potato & Zucchini Fritters with Creamy Coconut Tzatzik
- Ginger and Beetroot Kraut



Developed by:
Joanne
@planted_jo

BAKED SWEET POTATO & ZUCCHINI FRITTERS WITH COCONUT TZATZIKI

(MAKES 14-18 SMALL FRITTERS | SERVES 6-9)

INGREDIENTS

For baked sweet potato and zucchini fritter

- 2 medium sweet potatoes (2½ cups mashed sweet potato)
- 1 cup rice flour
- ½ cup quinoa flour (blended quinoa)
- ¼ cup water
- 1 large zucchini, finely diced
- 1 onion, finely diced
- 3 tbsp soy sauce or tamari
- 4 tbsp nutritional yeast
- 1 tbsp curry powder
- 1 tbsp ground flaxseed
- 2 tsp liquid smoke (optional)
- 2 tsp ground pepper
- 1 tsp paprika
- 2 tsp coriander, chopped
- 1 tsp chilli powder (optional)

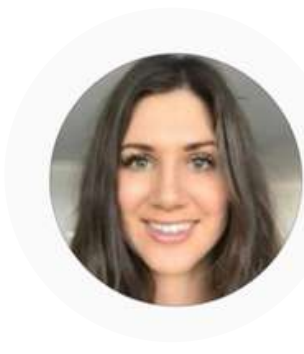
For creamy coconut tzatziki

- 1 medium cucumber
- ¾ cup plain or natural coconut yogurt
- 2 tbsp chopped fresh mint
- 1 tbsp fresh chopped dill
- 1 tbsp lemon juice
- ½ tsp minced garlic
- ½ tsp saltPepper to taste

METHODS

1. Preheat oven to 200°C (390°F).
2. To make mashed sweet potato, wash and pierce sweet potatoes with a fork and bake at 200°C [390°F] for 45-60 mins. Alternatively, microwave sweet potatoes on a high setting for 10-15 mins. Once cooled, scoop sweet potato from the skin using a spoon and mash with a fork
3. Prepare the flax egg by combining ground flaxseed and water, and set aside.
4. Combine mashed sweet potato, flax egg and remainder ingredients into a large mixing bowl and mix thoroughly.
5. Spoon ⅓ cup of batter for each fritter onto a lined baking tray, and flatten slightly with a spoon.
6. Bake at 200°C (390°F) for 35 minutes, flipping them onto the other side half way through.
7. While the fritters are baking, prepare the coconut tzatziki by grating the cucumber. Use a cheesecloth (or your hands) to squeeze out the excess moisture in the cucumber.
8. Combine the cucumber, coconut yogurt, mint, dill, lemon juice, garlic, salt and pepper, and mix well. Refrigerate to chill before serving.
9. After 35 minutes, remove the baked fritters from the oven and allow to cool slightly before serving. Serve with creamy coconut tzatziki.





Developed by:
Jenna Haworth
@dietitian_jenna

GINGER AND BEETROOT KRAUT

INGREDIENTS

- Beetroots
- 1 inch of ginger

METHODS

1. Grate the beetroots.
2. Peel the ginger and thinly slice, grate it.
3. Put the ingredients into a sealable container.
4. Keep it in the refrigerator for 3-4 days before eat



An example (from Jenna) of using this kraut!

- with toasted sourdough, cheese, tomato, avocado

