

Want to Cook Meat-Free?

Delve into veggie ingredients such as pulses, tofu and veggie alternatives. Recipes based on these ingredients will count towards your recommended 2-3 daily portions of high protein foods.

Pulses



- They are rich in protein, carbohydrate and fibre, and low in fat which is mostly of the unsaturated kind. They are also important sources of some B vitamins
- Using canned pulses doesn't affect the protein content, eliminates the need for soaking and considerably reduces the cooking time compared with dried pulses.

Recipe examples: Mexi Wrap Sandwich (red kidney beans), Quick Korma (chick peas), Broad Bean and Flamed Red Pepper Salad (broad beans), Tortilla Beany Bake (flageolet beans).

Tofu

- As well as having a high protein content, tofu also contains calcium, iron, and vitamins B1, B2 and B3.
- Firm tofu may be marinated, fried, stir-fried, deep-fried, sauteed, diced and added to salads or casseroles. Silken tofu can be used for dips, spreads, sauces and sweet dishes.



Recipe examples: Thai & Tofu Stir Fry with Organic Marinated Pieces, Beetroot and Tofu Salad, Organic Tofu with Noodles and Cashewnuts.

Veggie Alternatives

Veggie alternatives to mince, sausages and burgers are well established in the market place, and are usually made from tofu, soya, pea or wheat protein or mycoprotein (found only in Quorn products).



- Soya protein is a good source of fibre and high quality protein, textured vegetable protein is fortified with vitamin-B12.
- Mycoprotein is a nutritious member of the fungi family containing high quality protein. Mycoprotein is low in fat, saturated fat and cholesterol free, and contains essential dietary fibre. It contains useful amounts of zinc, and many other important nutrients.

Recipe examples: Hearty Sausage Hotpot, Super Spag Bol, Quorn Tortilla Wrap, Veggie Sausages with Lime and Ginger Noodles.

Want to eat well but don't have the time to cook from scratch? Take a look at the meat free ready meals on the supermarket shelves.

Examples include: Roasted Aubergine Moussaka, Tuscan Four Bean Cannelloni, Sweet Potato & Aubergine Balti, Baked Vegetable Enchiladas, Feta & Mint Falafel Bites.