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*Healthy School & Uni Lunches with
Recipes For A Whole Week
(Plant-based)*

SMASHED CHICKPEA SALAD SANDWICH

Ingredients:

Serves 1

- ½ tsp Dijon mustard
- 1 tbsp fresh spring onion
- 1 tbsp fresh dill
- 1 tsp hulled tahini
- ¼ red onion – diced
- ½ tsp curry powder
- ½ medium carrot – grated
- 2 tbsp apple cider vinegar
- ½ tin chickpeas – no added salt
- ¼ ripe avocado
- Small handful mixed salad leaves
- 2 slices of your favourite wholegrain bread

Method:

Mash chickpeas and avocado in a small bowl. Add spring onion, red onion, carrot.

In a separate bowl, mix together tahini, Dijon mustard, apple cider vinegar, dill and curry powder. Add to chickpea/avocado mash.

Build your sandwich – add salad leaves and chickpea smash between two slices of your favourite wholegrain bread.



GREEK PASTA SALAD

Ingredients:

Serves 1

50g wholemeal penne pasta

½ medium cucumber, diced

1 medium tomato, diced

1 tbsp kalamata olives (salt reduced), sliced

2 tbsp fresh dill

¼ red onion

¼ fresh lemon, juiced

1 tsp olive oil

2 tbsp vegan fetta (or reduced fat Greek Fetta), crumbled

100g tinned chickpeas (no added salt)

Method:

Cook pasta according to packet instructions until al dente. Set aside to cool.

Add cucumber, tomato, olives, red onion, chickpeas, dill, and fetta.

Drizzle with lemon and olive oil – serve and enjoy!



TOFU RICE PAPER ROLLS

Ingredients:

Serves 2

4 sheets rice paper

1 medium carrot

1 radish

1 medium cucumber

200g firm tofu

2 tbsp hulled tahini

½ tsp sriracha sauce, or ½ tsp cayenne pepper

1 tbsp extra virgin olive oil

2 stems spring onion

Salad mix of your choice

Method:

Make marinade sauce by combining tahini, sriracha, olive oil and water.

Add sriracha amount to taste (1/2 tsp = mild) .

Cut tofu into long strips and marinate. Set aside in refrigerator.

Cut carrot, radish, cucumber and spring onion into thin strips.

Heat pan with a small drizzle of olive oil, and cook tofu until golden and crisp.

Assemble rice paper rolls as per packet instructions, adding veggies and tofu.

Serve with your favourite dipping sauce (extra tahini marinade, coconut aminos etc.).



ROAST VEGGIE SALAD

Ingredients:

Serves 2

- 1 small eggplant
- 1 small sweet potato
- 1 medium zucchini
- 1 handful rocket
- 3 cloves garlic
- 1 tsp dried rosemary
- 1 tsp dried basil
- 100g quinoa
- 1 tbsp extra virgin olive oil

Ideally utilise any left-over roast veggies you may have left over from dinner!

Method:

- Preheat oven to 200 degrees and dice veggies into bite sized chunks (or ideally re-heat veggies left over from dinner).
- Line baking pan with baking paper. Add veggies, olive oil, rosemary, basil and toss until coated. Cook veggies for 45 mins.
- While waiting, cook quinoa according to packet instructions.
- Divide cooked quinoa and veggies into 2 containers.
- Add a handful of fresh rocket to each and drizzle with coconut aminos, or your favourite healthy dressing.



VEGGIE FRITTERS

Ingredients:

Makes 8 fritters

1 clove garlic, crushed

½ tsp onion powder

½ medium brown onion, diced

1 medium zucchini, grated

½ small sweet potato, grated

100g tin corn kernels (no added salt) 1 medium carrot, grated

4 tsp wholemeal flour

1x 425g tin chickpeas, drained & mashed (no added salt)

1 tbsp extra virgin olive oil

Method:

Add brown onion, zucchini, sweet potato, corn, carrot, chickpeas, garlic, onion powder, wholemeal flour to a large bowl and stir to incorporate (add optional ½ tsp cayenne pepper for an extra kick!)

Shape fritters into flat patties, palm sized.

Heat oil on pan and fry fritters until golden and crisp – be gentle with them as they are fragile!

Serve on a bed of lettuce, eat on their own or add it to your favourite burger!

TIP: fritters can be refrigerated/frozen so you can cook them fresh when it is most convenient for you!

