



Recipes using alternative protein sources

KFC Inspired mushrooms (2 servings)

Ingredients:

- ◆ 150g oyster mushrooms
- ◆ 190g plain flour
- ◆ 1 ½ tsp paprika powder
- ◆ 1 ½ tsp garlic powder
- ◆ 1 ½ tsp onion powder
- ◆ 1 tsp turmeric
- ◆ ¼ tsp cayenne pepper (add more or less depending on how spicy you like it)
- ◆ 1 tsp salt
- ◆ Cracked pepper
- ◆ Oil for frying

Method:

1. Wipe mushrooms clean with damp paper towel to remove dirt. Pull apart mushrooms into strips
2. In a large bowl add the flour and all the spices, mix well to combine
3. Scoop 1/3 cup of flour from the bowl and place in a second bowl. Combine with ¾ cup water. Whisk to achieve smooth consistency.
4. Dip each mushroom into the wet batter and then into the dry flour mixture. Double coat each mushroom back into the wet and then the dry flour, making sure the mushrooms are fully coated in flour.
5. Heat oil in a pot over high heat and carefully drop mushrooms into the oil one at a time in batches. Don't overcrowd the pot. Let them fry for a few minutes until golden on all sides.
6. Remove and place on paper towel to remove excess oil, place on a cooling rack to keep crispy until the rest is done.
7. Enjoy with your favourite sauce

Mexican three bean protein-packed salad (6 servings)

Perfect as a side salad, or lunch in its own right

Dressing Ingredients:

- ◆ 120ml white wine vinegar
- ◆ 60ml olive oil
- ◆ 1 tbsp sugar
- ◆ 2 tsp ground cumin
- ◆ ½ tsp salt
- ◆ ¼ tsp ground black pepper

Salad Ingredients:

- ◆ 2 tins pinto or kidney beans, drained & rinsed
- ◆ 1 tin black beans, drained & rinsed
- ◆ 1 tin sweetcorn, drained
- ◆ 1 red pepper diced
- ◆ ½ medium onion finely diced
- ◆ 4 tbsp chopped fresh coriander
- ◆ Optional: chili or jalapenos chopped, if you a bit of spice

Method:

1. Dressing: Mix all the dressing ingredients together either with a whisk, or put in a jar and secure the lid and shake to mix. Set aside.
2. Salad: Toss together the salad ingredients.
3. To serve: Mix the dressing into the salad mixture. If you have time, cover and refrigerate for an hour to allow flavours to mix.
4. To store: keep in an airtight container in the fridge for up to 5-7 days.

Tofu & Rainbow veg stir fry (4 servings)

You can use a variety of seasonal and colourful vegetables, below is a suggestion!

Ingredients

- ◆ 1 block firm Tofu, cut into 1cm cubes
- ◆ Tenderstem broccoli
- ◆ Red pepper, sliced
- ◆ Sugar snap peas
- ◆ Spring cabbage, sliced into ribbons
- ◆ Button mushroom, sliced
- ◆ Garlic clove, peeled & crushed
- ◆ Edamame beans
- ◆ Sesame oil
- ◆ 30g cornflour
- ◆ ¼ tsp five spice
- ◆ Rice or Noodles
- ◆ 2-3 Spring onion sliced

Method:

1. Mix cornflour and Chinese five spice + salt & pepper in a bowl. Coat the Tofu pieces in the flour. Heat sesame oil in a saucepan and fry Tofu until golden and set aside.
2. Cook rice or noodles according to pack instructions
3. Heat sesame oil in a pan and when it is hot cook the peppers, sugar snap peas broccoli over a high heat, stirring frequently. Once these are soft, add spring cabbage, mushrooms, Edamame beans, garlic, salt and pepper for a few minutes. Then add the tofu, cooked rice or noodles and sprinkle some sliced spring onion on top.
4. Top with your preferred sauce e.g soy sauce, teriyaki sauce.