



THE SCULPTED
VEGAN

tofu IN TEN

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TOFU IN TEN

10 DELICIOUS, HIGH PROTEIN, VEGAN
RECIPES THAT YOU CAN PREPARE IN
UNDER 10 MINUTES.

Why is everyone so afraid of tofu? In my opinion, this vegan protein staple is horrendously misunderstood. Yes, it can be bland and mushy, but that is because people don't know how to cook it right which gives it a bad name.

I am on a mission to show people that tofu is not only nutritious, but incredibly delicious too. Throw it in a marinade and bake it or fry it at a high heat, and tofu turns into something worth eating and not just a health food dare. Crumble it into a pan with some tamari and nutritional yeast, and hey presto, you've got a tofu fried rice that your local Chinese restaurant would be jealous of.

When I was prepping for 14 weeks for my last two stage competitions as a vegan physique competitor, tofu was a staple in my diet. High in protein and plant goodness, it kept me going through carb deprivation and ensured that my muscles continued to grow strong, despite being in calorie deficit.

I also was taking care of my family and homeschooling my four children, so I didn't have time to mess around with huge amounts of meal prep. So I figured out ways to prepare tofu that was delicious, nutritious and best of all, ready in under ten minutes.

This short recipe book is the culmination of my tofu creations. These recipes have been tried and tested by hundreds and they never fail to please.

I'd love to see pictures of your tofu creations. Please either send them to hello@thesculptedvegan.com or tag me on Instagram [@thesculptedvegan](https://www.instagram.com/thesculptedvegan)

Bon Appetit!
Kim xo



ABOUT KIM

My name is Kim Constable and I am a vegan fitness model and physique competitor and I am so excited to meet you!

When I was thirteen years old I saw a picture of Sarah Connor (played by Linda Hamilton) from the movie Terminator 2. She looked totally badass with her sunglasses, muscle top and sculpted physique. I was blown away by how good she looked! I kept staring at her gorgeous bicep and I knew then that I wanted muscles.

I stuck the picture on my bedroom wall and stared at it every day whilst doing bicep curls with my step-dad's dumbbells. I also started working out in the gym and loved the shape my body started to take on.

But like many active gym goers, I had no idea how to train effectively, or which muscle groups I should be targeting. And no matter how hard I tried, I just couldn't shift the stubborn layer of body fat that hugged my belly

and my butt in the most inconvenient places. I didn't follow a gym program, I simply showed up, used the machines and hoped for the best.

My love affair with muscles never ended. And even though I left the gym to ride horses competitively all through my teens and early twenties, I never stopped loving muscles and my dream of having a lean, toned physique never left me.

Then when I was in my mid twenties I went to work in England with a top show jumper who also happened to be the worst boss I could ever have asked for. I was totally miserable and went on a binge of eating and drinking to make myself feel better. And as a result, I gained about an extra 14lbs in weight!

When I finally gave up the job and returned home six months later, no one recognized me. The lean, toned woman who had left for England had returned several pounds heavier and no matter how hard I tried, I just

couldn't shift the weight.

So I did what every sensible (not) person who wants to lose weight does: I went back to the gym and started training with a power lifter! But unfortunately, I also started looking like a power lifter!

I had huge, muscled thighs and massive shoulders and upper back. And while some people may aspire to this kind of physique, it wasn't something that I loved. I also hadn't lost the thing I wanted to lose, which was the layer of fat covering my butt, thighs and belly. I wasn't hugely overweight, but I knew that I wasn't at my ideal weight and I just hated feeling like I wasn't in the best shape I could be in.

I always wanted to look long, lean and shapely, without being bulky. But power lifting, certainly wasn't helping me to achieve this goal.

Soon after this I discovered Ashtanga yoga, which ignited a fire in me that I couldn't ignore. The workout was challenging and rewarding, the weight started to drop off and my body started to take on beautiful shape and poise. But I also began to look skinny! Yoga gives you lovely long, lean muscles but it does not give you shape. My butt went from being FAT, to FLAT! But I had no idea how to change it.

After practicing for 6 years, I trained to become a yoga instructor and turned to veganism. I began teaching privately from my home yoga studio, as well as running sold out detox yoga workshops and online programs. However, it all changed for me one day when I had just turned thirty-seven years old. I walked past the mirror in my yoga room wearing only a thong and bra, and I caught sight of my butt in the harsh daylight. I was horrified!

Although small and flat, there was absolutely NO muscle definition to fill out the bottom part. So as a result, the skin had started to sag and create an old age, rippled effect. I did not want to have a saggy butt like that. I wanted to have a lovely, full rounded butt like the fitness models that I admired on Instagram. So, with the help of a physique trainer, I began to design a gym program for myself that would give me the beautiful, toned body I had always dreamed of.

I hadn't worked out in the gym for a long time, but once I started back, I realized how much I loved it! And because I was a vegan, my body started to take shape very quickly.

My butt started to fill out and I lost the little pocket of fat that had accumulated around my belly button after my four kids were born.

My results were so astounding in fact, that I trained my body all the way to the competition stage. I went from being a slightly overweight woman, to being an elite athlete (and a vegan one at that!) and on the stage amongst some incredible competitors. My body fat dropped to an all time low and my figure is in the best shape that it's ever been in my life. And I am a 38 year old mum to four young kids. So if I can do it, YOU CAN DO IT TOO!

So why did it work? Well my knowledge of the nutrition and the inner workings of the human body coupled with my knowledge of muscles and body composition, was a match made in heaven. I recorded every workout I did and then used this combination of expertise to create my very own program.

This recipe book is the culmination of years and years of training, research and experience. I have worked with some of the best fitness professionals in the industry, turning everything I have learned into practical, usable information. I have cooked and created the best high plant-protein cuisine that (I believe exists) in the industry.

One thing I know for sure is that you won't get results if you don't give it 100%. If you give it 50%, you'll get 50% of the results. It really is that simple. The people who care the most get the best results.

If you enjoy this download and find it useful, I want you to write to me at hello@thesculptedvegan.com and let me know. Tell me what you are particularly struggling with. I'd love to help you if I can.

Now, let's get shredded!

With love
Kim Constable



TOFU

Fried Rice

SERVES 2

INGREDIENTS

- 1 tbsp refined coconut oil
- 1 280g block extra firm tofu (I use Tofoo)
- 2 tbsp tamari or light soy sauce
- 2 tbsp nutritional yeast
- 200g spinach
- 250g basmati rice, cooked and cooled (optional)

DIRECTIONS

Heat a non stick casserole or frying pan over a very high heat, and add the coconut oil.

Snip a corner off the tofu packet and squeeze it firmly between both hands to drain off all the liquid. Open the packet, and crumble the tofu into the pan, by squeezing it between your hands.

Sprinkle over the tamari or soy sauce (add a little more to your own taste if required) and cook the tofu, stirring frequently, for around 5 minutes. Add the rice and cook for a further 3 minutes until warmed through.

Add the nutritional yeast, and cook for another minute before adding the spinach. Stir until wilted.

Serve immediately with a sprinkle of chilli seeds if you like it spicy. This also keeps very well in the fridge for lunch or dinner later.



TOFU WITH

Chili, Garlic & Coriander

SERVES 2

INGREDIENTS

- 2 tbsp refined coconut oil
- 1 280g block extra firm tofu (I use Tofoo)
- 3 tbsp tamari or light soy sauce
- 2 tbsp nutritional yeast
- 30g coriander, stalks finely sliced and leaves chopped
- 1 medium chilli, sliced finely with seeds still intact
- 1 red bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, finely chopped
- 120g vermicelli rice noodles
- 1 lime for squeezing
- 150g asparagus, steamed
- ½ small head broccoli, chopped small and steamed

DIRECTIONS

Bring 1000ml water to the boil in a medium saucepan. Remove from the heat and drop the rice noodles into the water. Allow to rest for 5 minutes, then drain in a colander. Return to the pan with a tablespoon of tamari.

Heat a non-stick casserole or frying pan over a very high heat, and add 1 tbsp of the coconut oil.

Snip a corner off the tofu packet and squeeze it firmly between both hands to drain off all the liquid. Open the packet, and crumble the tofu into the pan, by squeezing it between your hands.

Sprinkle over the tamari or soy sauce (add a little more to your own taste if required) and cook the tofu, stirring frequently, for around 5 minutes. Add the nutritional yeast, and cook for another minute. Remove from the heat and place in a warmed bowl.

Return the pan to a medium heat and add another tablespoon of coconut oil. Throw in the onion and red pepper and cook for around 3 minutes, stirring frequently. Add the chili, garlic and coriander stalks and cook for another 3 minutes. Add the tofu back to the pan with the broccoli and stir everything together with the remaining coriander.

Serve on a bed of noodles, with warm, steamed asparagus on the side. Delicious!



TOFU

Scramble Tacos

SERVES 4

INGREDIENTS

- 1 small crown broccoli, chopped small
- 1 red bell pepper, diced
- 1 small onion, diced
- 1 carrot, grated
- 4 cloves garlic, minced
- 1-2 small jalepeno chili peppers, sliced with seeds
- 1 tablespoon ground cumin
- 1 tablespoon mild chili powder
- 2 teaspoons dried oregano
- 1 tablespoon olive oil
- 1 block extra firm tofu
- 1 tablespoon tamari or light soy sauce
- 2 tablespoons lemon or lime juice
- 2 tablespoons nutritional yeast
- 2 teaspoons of your favourite hot sauce
- 8 flour or corn tortillas, warmed

DIRECTIONS

In a small bowl, mix together the cumin, chili powder and oregano and set it aside. In a large non-stick skillet, heat the oil over a medium heat. Add the onion and cook until it starts to look golden around the edges, around 3 minutes. Add the chopped broccoli and pepper and cook until the broccoli starts to get tender. Add the garlic and jalepenos and sauté for around 30 seconds to 1 minute.

Drain the tofu and squeeze out as much water as possible. Crumble it into the pan in small chunks. Saute around with the veggies for around 2-3 minutes. Add a splash of water if it looks too dry.

Add the soy sauce and lemon/lime juice, followed by the spice blend, carrot and nutritional yeast right after. Let this all cook for about 2 minutes.

Place down the middle of a warm tortilla, top with avocado and tomato (if you like that kind of thing) and a drizzle of hot sauce. Wrap and serve.

The following three recipes requires you to marinate in advance. But once you start cooking, it literally takes 5 minutes from fridge to plate.



Ginger-Sesame

TOFU

SERVES 2 AS A MAIN, OR 4 AS A STARTER

INGREDIENTS

- 1 block extra firm tofu
- 4 tablespoons tamari or light soy sauce
- 4 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- 1 tablespoon minced fresh ginger
- 2 teaspoons toasted sesame oil
- 2 teaspoons Sriracha or hot sauce
- 2 cloves garlic, thickly sliced

DIRECTIONS

Mix all the ingredients together in a wide shallow dish.

Drain the tofu and wrap it in layers of kitchen paper. Squeeze firmly but gently (so as not to break it up) to remove as much of the water as possible.

Slice it into ¼ inch slices. You should get about 12 slices per block. Place it in the marinade and make sure it's covered well with the sauce. Place in the fridge for 2-12 hours, stirring occasionally.

You can now either bake it at 230 degrees/450F on a greased baking sheet for 30 minutes each side (flipping half way), or you can fry in a dry, hot pan for 5 minutes each side.

Serve cold in salads and sandwiches or add to soups, stews or curries. Delicious!



S M O K Y

Maple Marinade

SERVES 2 AS A MAIN, OR 4 AS A STARTER

INGREDIENTS

- 4 tablespoons tamari or light soy sauce
- 4 tablespoons vegetable stock or water
- 2 tablespoons maple syrup
- 1 tablespoon liquid smoke
- 1 tablespoon lemon juice
- 1 tablespoon tomato paste
- 1 tablespoon olive oil
- 2 cloves garlic, thickly sliced

DIRECTIONS

Mix all the ingredients together in a wide shallow dish.

Drain the tofu and wrap it in layers of kitchen paper. Squeeze firmly but gently (so as not to break it up) to remove as much of the water as possible.

Slice it into ¼ inch slices. You should get about 12 slices per block. Place it in the marinade and make sure it's covered well with the sauce. Place in the fridge for 2-12 hours, stirring occasionally.

You can now either bake it at 230 degrees/450 F on a greased baking sheet for 30 minutes each side (flipping half way), or you can fry in a dry, hot pan for 5 minutes each side.

Serve cold in salads and sandwiches or add to soups, stews or curries. Delicious!



SWEET

Citrus Marinade

SERVES 2 AS A MAIN, OR 4 AS A STARTER

INGREDIENTS

- 200ml orange juice, freshly squeezed
- 4 tablespoons tamari or soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon minced fresh ginger
- 1 tablespoon olive oil
- 2 teaspoons Sriracha or hot sauce
- 2 cloves garlic, thickly sliced

DIRECTIONS

Mix all the ingredients together in a wide shallow dish.

Drain the tofu and wrap it in layers of kitchen paper. Squeeze firmly but gently (so as not to break it up) to remove as much of the water as possible.

Slice it into ¼ inch slices. You should get about 12 slices per block. Place it in the marinade and make sure it's covered well with the sauce. Place in the fridge for 2-12 hours, stirring occasionally.

You can now either bake it at 230 degrees/450 F on a greased baking sheet for 30 minutes each side (flipping half way), or you can fry in a dry, hot pan for 5 minutes each side.

Serve cold in salads and sandwiches or add to soups, stews or curries. Delicious!



CHILLI TOFU

Stir Fry

SERVES 2

INGREDIENTS

- 200g rice vermicelli noodles
- 1 fresh red chillies, finely sliced with seeds intact
- 1 garlic cloves, crushed
- 2 cm fresh ginger, finely grated
- 2 tablespoons salt reduced tamari or soy sauce
- 350g firm tofu, cut into 2 cm cubes
- 3 teaspoons toasted sesame oil
- 1 medium red pepper (capsicum), seeds removed and finely sliced
- 100g mushrooms, sliced
- 100g baby corn, sliced
- 120g bok choy, roughly chopped
- 1 tablespoons sesame seeds
- fresh coriander leaves, to serve

DIRECTIONS

Place the noodles in a heatproof bowl and cover with boiling water. Leave to stand for 10 minutes, then loosen with a fork. Drain and refresh under cold running water. Drain well and set aside.

Whisk the chilli, garlic, ginger and tamari or soy sauce together in a shallow bowl. Add the tofu and turn gently to coat well. Cover and place in the fridge for 15 minutes (or longer if you can afford the time) to marinate.

Remove the tofu and reserve the marinade. Heat a wok over a high heat. Add half the sesame oil and carefully swirl it around to coat the sides of the wok. Heat until very hot and then add half the tofu and cook for 3 minutes or until golden, stirring gently with a metal slotted spoon. Transfer to a plate lined with kitchen paper and reheat the wok and repeat with the remaining tofu.

Heat the remaining oil in the wok and add the peppers, mushrooms, baby corn and bok choy and stir fry for 3-4 minutes or until tender and crisp.

Add the tofu and reserved marinade and stir-fry for 1 minute. Add the noodles and toss gently until heated through, taking care not to break the tofu.

To serve, place the stir-fry in four serving bowls and sprinkle with sesame seeds and coriander. Squeeze with a wedge of lime.

Place the rest in a bowl to cool and eat for lunch the next day. This is delicious cold!



SPICY TOFU

Chinese Hotpot

SERVES 4

INGREDIENTS

- 6 cloves garlic, minced
- 2 teaspoons processed coconut oil
- 1 tablespoon brown sugar
- 280g extra firm tofu
- 4 tbsp tamari or light soy sauce
- 2 teaspoons chili-garlic sauce, or to taste
- 200g cups thinly sliced tender bok choy greens
- 360g vermicelli fine rice noodles
- 30g chopped fresh coriander
- 1.2 litres vegetable stock
- 150g fresh mushrooms, stemmed and sliced
- 2 tablespoons grated fresh ginger

DIRECTIONS

Place the noodles in a heatproof bowl and cover with boiling water. Leave to stand for 10 minutes, then loosen with a fork. Drain and refresh under cold running water. Drain well and set aside.

Drain the tofu and wrap it in layers of kitchen paper. Squeeze firmly but gently (so as not to break it up) to remove as much of the water as possible. Cut the block into 1-inch cubes.

Heat oil in a non-stick skillet over medium heat. Add ginger and garlic; cook, stirring, until fragrant, about 1 minute. Add mushrooms and cook until slightly soft, 2 to 3 minutes.

Stir in sugar, stock, soy sauce and chili-garlic sauce; cover and bring to a boil.

Add bok choy and tofu, cover and simmer until greens are wilted, about 2 minutes. Raise heat to high and add the noodles, pushing them down into the broth. Remove from the heat and stir in cilantro.

Serve in warmed bowls and reserve the rest for later.



T L T

Tofu, Lettuce, Tomato Sandwich

SERVES 4

INGREDIENTS

- 1 tablespoon Dijon mustard
- 1 tablespoon tamari
- 1 teaspoon adobo sauce from canned chipotle peppers
- 280g extra-firm tofu, drained and pat dry
- 4 tablespoons vegan mayonnaise
- 8 slices crusty whole-wheat bread, toasted
- 4 pieces green-leaf lettuce
- 2 medium tomatoes, sliced

DIRECTIONS

Preheat oven to 230/475°F. Coat a baking sheet with cooking spray.

Combine mustard, soy sauce and ½ teaspoon adobo sauce in a small bowl.

Slice tofu crosswise into eight ½-inch-thick pieces. Pat dry with a paper towel and place on the prepared baking sheet.

Using a spoon, spread half the mustard mixture on one side of the tofu. Turn the slices over and spread the remaining mixture on the other side.

Bake the tofu for 20 minutes.

Combine mayonnaise with the remaining ½ teaspoon adobo sauce in a small bowl. Spread the mixture on toasted bread.

Divide the tofu, lettuce and tomato among 4 slices of toast and top with the remaining toast to make 4 sandwiches. Cut in half to serve.

Delicious with fries, pickles or a salad on the side.



CURRIED

Tofu Salad

SERVES 4

INGREDIENTS

- 3 tablespoons low-fat plain vegan yogurt
- 2 tablespoons vegan mayonnaise
- 2 tablespoons prepared mango chutney
- 2 teaspoons hot curry powder, preferably Madras
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 280g extra-firm tofu, drained, rinsed and finely crumbled
- 100g cup red grapes, sliced in half
- 50g cup sliced scallions
- 50g chopped walnuts
- 2 stalks celery, diced

DIRECTIONS

Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

This vegetarian nod to the classic curried chicken salad is perfect for spreading on toasted whole-wheat bread or scooping onto a pile of crispy salad greens for lunch.



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