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VEGAN
LUNCH & DINNER RECIPES

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Tofu Recipes

Italian-Style Stuffed Bell Peppers with Tofu and Lentils

Serves 1

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) firm tofu, crumbled
- 100g (4 oz) cooked green lentils
- 1 red bell pepper, top cut off and seeds removed
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Preheat Oven and Prepare Bell Pepper

- Preheat your oven to 180°C (350°F). Cut the top off the bell pepper and remove seeds. Set aside.

2. Cook the Filling

- In a pan, heat 1 tbsp olive oil over medium heat. Add minced garlic and cook for 1 minute until fragrant. Add the crumbled tofu, cooked lentils, oregano, and basil. Stir well and cook for 5-7 minutes, allowing the flavors to combine. Season with salt and pepper to taste.

3. Stuff and Bake the Bell Pepper

- Spoon the tofu and lentil mixture into the hollowed bell pepper. Place the stuffed pepper in a small baking dish and cover with foil.

4. Bake

- Bake in the preheated oven for 25-30 minutes, or until the pepper is tender.

5. Garnish and Serve

- Garnish with fresh parsley before serving.

Indian-Spiced Cauliflower Rice with Tofu

Serves 1

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) cauliflower, grated (for cauliflower rice)
- 1 small green chili, finely chopped (optional)
- 1 clove garlic, minced
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, for garnish

METHOD

1. Prepare the Cauliflower Rice

- Grate the cauliflower using a box grater or food processor. Set aside.

2. Cook the Tofu

- In a large pan, heat 1/2 tbsp olive oil over medium heat. Add tofu cubes and cook for 5-7 minutes, turning occasionally until golden. Remove from the pan and set aside.

3. Sauté Aromatics and Spices

- In the same pan, add the remaining 1/2 tbsp olive oil. Add garlic and green chili, cooking for 1 minute until fragrant. Add ground cumin and turmeric, stirring for 1 minute to toast the spices.

4. Cook Cauliflower Rice

- Add the grated cauliflower to the pan. Stir well to coat with the spices and cook for 5 minutes, stirring occasionally until cauliflower is softened.

5. Combine Tofu and Serve

- Return the cooked tofu to the pan, stir well to combine, and season with salt. Garnish with fresh cilantro and serve hot.

Italian Tofu and Broccoli Stew

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) broccoli florets
- 100g (4 oz) diced tomatoes
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Cook the Tofu

- In a large pot, heat 1/2 tbsp olive oil over medium heat. Add cubed tofu and cook for 5-7 minutes, turning occasionally until golden on all sides. Remove tofu and set aside.

2. Sauté Garlic and Broccoli

- In the same pot, add the remaining 1/2 tbsp olive oil. Add minced garlic and cook for 1 minute. Add broccoli florets and cook for 3 minutes, stirring occasionally.

3. Add Tomatoes, Spices, and Broth

- Add diced tomatoes, thyme, rosemary, and vegetable broth to the pot. Stir and bring to a boil.

4. Simmer the Stew

- Reduce heat to low, add cooked tofu back into the pot, cover, and simmer for 20 minutes until broccoli is tender.

5. Season and Serve

- Season with salt and pepper, garnish with fresh parsley, and serve hot.

Tofu and Spinach Italian Soup

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) spinach, chopped
- 1 clove garlic, minced
- 1/2 small onion, finely chopped
- 500ml (17 oz) vegetable broth
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil, for garnish

METHOD

1. Sauté Garlic and Onion

- In a pot, heat 1 tbsp olive oil over medium heat. Add garlic and onion, cooking for 2-3 minutes until softened and fragrant.

2. Add Tofu and Spices

- Add cubed tofu, basil, and oregano. Cook for 5 minutes, stirring occasionally to coat the tofu with the herbs.

3. Add Broth and Spinach

- Pour in the vegetable broth and add the spinach. Stir and bring to a boil.

4. Simmer the Soup

- Reduce heat to low and simmer for 15 minutes until flavors meld together.

5. Season and Serve

- Season with salt and pepper, garnish with fresh basil, and serve hot.

Tofu Tikka Masala

Serves 1

Prep time: 15 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) tomatoes, pureed
- 50g (2 oz) green bell pepper, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/2 tsp turmeric powder
- 100ml (3 oz) coconut milk (unsweetened)
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, for garnish

METHOD

1. Prepare Tofu

- In a pan, heat 1/2 tbsp olive oil over medium heat. Add cubed tofu and cook for about 5-7 minutes, turning occasionally until golden on all sides. Remove tofu from the pan and set aside.

2. Sauté Aromatics

- In the same pan, add the remaining 1/2 tbsp olive oil. Add minced garlic and ginger, and cook for 1-2 minutes until fragrant.

3. Add Spices and Tomatoes

- Add cumin, coriander, smoked paprika, and turmeric to the pan, stirring for 1 minute to toast the spices. Then, pour in the pureed tomatoes and cook for 5 minutes until the sauce thickens slightly.

4. Add Coconut Milk and Tofu

- Stir in the coconut milk and add the cooked tofu. Simmer for 10 minutes, stirring occasionally until the tofu absorbs the flavors and the sauce thickens.

5. Season and Serve

- Season with salt, garnish with fresh cilantro, and serve hot.

Tofu and Cauliflower Rice Tacos

Serves 1

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

- 200g (7 oz) firm tofu, crumbled
- 50g (2 oz) cauliflower, grated (for cauliflower rice)
- 1 clove garlic, minced
- 1 tbsp olive oil (for tofu)
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 tbsp lime juice
- Salt and pepper to taste
- 2 small romaine lettuce leaves (for taco shells)
- 20g (1 oz) diced tomatoes
- Fresh cilantro, for garnish

METHOD

1. Prepare Cauliflower Rice

- Grate the cauliflower using a box grater or food processor. Set aside.

2. Cook the Cauliflower Rice

- In a small pan, heat 1/2 tbsp olive oil over medium heat for about 1 minute. Add the grated cauliflower and a pinch of salt. Cook for 3-4 minutes, stirring occasionally, until softened. Remove from heat and set aside.

3. Cook the Tofu

- In a separate pan, add the remaining 1/2 tbsp olive oil and heat over medium heat. Add the minced garlic and sauté for 30 seconds until fragrant. Add the crumbled tofu, cumin, smoked paprika, lime juice, salt, and pepper. Cook for 5-7 minutes, stirring occasionally, until tofu is golden and slightly crispy.

4. Assemble Tacos

- Lay the romaine lettuce leaves on a plate. Fill each with cauliflower rice and tofu. Top with diced tomatoes and garnish with fresh cilantro.

Tofu and Lentil-Stuffed Zucchini Boats

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) firm tofu, crumbled
- 100g (4 oz) cooked lentils
- 2 medium zucchini, halved and seeds scooped out
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp dried oregano
- 1/2 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare Zucchini Boats

- Preheat oven to 180°C (350°F). Slice zucchinis in half lengthwise and scoop out the seeds to create hollow boats.

2. Prepare Filling

- In a bowl, mix crumbled tofu, cooked lentils, garlic, soy sauce, oregano, smoked paprika, salt, and pepper.

3. Stuff Zucchini

- Fill each zucchini half with the tofu and lentil mixture.

4. Bake

- Place stuffed zucchinis on a baking sheet and bake for 30 minutes.

5. Serve

- Let cool for a few minutes before serving.

Tofu and Green Bean Stir-Fry with Cauliflower Rice

Serves 1

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) green beans, trimmed and cut in half
- 100g (4 oz) cauliflower, grated (for cauliflower rice)
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste

METHOD

1. Prepare Cauliflower Rice

- Grate cauliflower using a box grater or food processor. Set aside.

2. Cook Tofu

- In a large pan, heat olive oil over medium heat. Add tofu cubes and cook for 5 minutes, turning occasionally until golden brown.

3. Sauté Green Beans

- Add green beans and garlic to the pan. Cook for another 5 minutes until green beans are tender.

4. Season and Combine

- Add soy sauce, lemon juice, salt, and pepper to the tofu and green beans. Stir to combine.

5. Prepare Cauliflower Rice

- In a separate pan, lightly sauté grated cauliflower for 2-3 minutes.

6. Serve

- Serve tofu and green bean stir-fry over cauliflower rice.

Tofu and Vegetable Stir-Fry with Cauliflower Rice

Serves 1

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 150g (5 oz) broccoli, chopped into small florets
- 100g (4 oz) cauliflower, grated (for cauliflower rice)
- 50g (2 oz) bell pepper, thinly sliced
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

METHOD

1. Prepare Cauliflower Rice

- Grate cauliflower using a box grater or food processor. Set aside.

2. Cook the Tofu

- Heat olive oil in a large pan over medium heat. Add tofu cubes and cook for 5-7 minutes until golden on all sides. Remove from pan and set aside.

3. Sauté Vegetables

- In the same pan, add garlic and cook for 1 minute. Add broccoli and bell pepper, cooking until tender, about 5 minutes.

4. Combine and Season

- Return tofu to the pan. Add soy sauce, lemon juice, salt, and pepper. Stir well to combine.

5. Prepare Cauliflower Rice

- In a separate pan, lightly sauté cauliflower rice for 2-3 minutes, until slightly softened.

6. Serve

- Plate cauliflower rice and top with tofu and vegetable stir-fry. Serve hot.

Italian-Style Tofu and Broccoli Stew

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) firm tofu, cubed
- 100g (4 oz) broccoli florets
- 100g (4 oz) diced tomatoes
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Heat Oil and Cook Tofu

- In a large pot, heat 1/2 tbsp olive oil over medium heat. Add cubed tofu and cook for 5-7 minutes, turning occasionally until golden on all sides. Remove tofu and set aside.

2. Sauté Garlic and Broccoli

- In the same pot, add the remaining 1/2 tbsp olive oil. Add the minced garlic and cook for 1 minute until fragrant. Add the broccoli florets and cook for an additional 3 minutes, stirring occasionally.

3. Add Tomatoes, Spices, and Broth

- Add the diced tomatoes, thyme, rosemary, and vegetable broth to the pot. Stir well and bring to a boil.

4. Simmer Stew

- Reduce the heat to low, add the cooked tofu back to the pot, and cover. Simmer for 20 minutes until the broccoli is tender.

5. Season and Serve

- Season with salt and pepper, garnish with fresh parsley, and serve hot.

Tempeh Recipes

Spicy Tempeh and Vegetable Stew

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) tempeh, cubed
- 100g (4 oz) diced tomatoes
- 50g (2 oz) bell pepper, diced
- 50g (2 oz) zucchini, diced
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- Salt and pepper to taste
- Fresh cilantro, for garnish

METHOD

1. Heat the Oil

- In a large pot, add 1 tbsp olive oil and heat over medium heat for about 1 minute.

2. Cook the Tempeh

- Add cubed tempeh to the pot and cook for 5-7 minutes, stirring occasionally, until the tempeh is lightly browned on all sides.

3. Add Garlic and Vegetables

- Add minced garlic, diced tomatoes, bell pepper, and zucchini to the pot. Stir well and cook for another 5 minutes until the vegetables start to soften.

4. Add Spices and Broth

- Sprinkle in the chili powder and cumin, stirring to coat the tempeh and vegetables. Pour in the vegetable broth, stir, and bring to a boil.

Recipe Continues

5. Simmer the Stew

- Once boiling, reduce the heat to low and let the stew simmer for 20 minutes, stirring occasionally. This helps the flavors meld together.

6. Season and Serve

- Season with salt and pepper to taste. Ladle the stew into a bowl, garnish with fresh cilantro, and serve hot.

Tempeh and Spinach Stir-Fry with Zucchini Noodles

Serves 1

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 200g (7 oz) tempeh, sliced
- 150g (5 oz) zucchini, spiralized into noodles
- 50g (2 oz) spinach
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp olive oil

METHOD

1. Prepare Zucchini Noodles

- Spiralize zucchini and set aside.

2. Cook Tempeh

- In a pan over medium heat, cook tempeh with garlic in olive oil for 5 minutes.

3. Add Spinach and Zucchini Noodles

- Add spinach and zucchini noodles. Stir well and cook until spinach wilts.

4. Season and Serve

- Add soy sauce, stir, and serve hot.

Tempeh and Zucchini Noodle Pad Thai

Serves 1

Prep time: 10 mins

Cook time: 15 mins

INGREDIENTS

- 200g (7 oz) tempeh, sliced thinly
- 150g (5 oz) zucchini, spiralized into noodles
- 1 red bell pepper, thinly sliced
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1/2 tsp chili flakes (optional)
- 1 tbsp fresh cilantro, chopped (for garnish)
- Salt and pepper to taste

METHOD

1. Prepare Zucchini Noodles

- Spiralize zucchini into noodles and set aside.

2. Cook Tempeh

- In a pan over medium heat, cook tempeh with garlic for 5 minutes until golden.

3. Add Vegetables and Seasoning

- Add red bell pepper, soy sauce, lime juice, and chili flakes. Stir well and cook for another 5 minutes until the pepper is soft.

4. Combine with Zucchini Noodles

- Add zucchini noodles to the pan. Stir gently and cook for 1-2 minutes until just softened.

5. Garnish and Serve

- Top with fresh cilantro, season with salt and pepper, and serve.

Lentil and Spinach Soup with Tempeh Crumbles

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) tempeh, crumbled
- 150g (5 oz) spinach
- 100g (4 oz) cooked lentils
- 500ml (17 oz) vegetable broth
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 tbsp soy sauce
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare Tempeh

- Crumble the tempeh into small pieces using your hands or a fork.

2. Sauté Aromatics

- In a pot over medium heat, add garlic and ginger, cooking for 1 minute until fragrant.

3. Add Tempeh and Seasoning

- Add tempeh, cumin, paprika, and soy sauce. Stir well and cook for 5 minutes.

4. Add Broth and Lentils

- Pour in the vegetable broth and add lentils. Bring to a simmer and cook for 15 minutes.

5. Add Spinach and Season

- Stir in spinach and cook for another 5 minutes until wilted. Season with salt and pepper to taste.

6. Serve

- Ladle into a bowl and serve hot.

Cauliflower and Tempeh Curry

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) tempeh, cubed
- 100g (4 oz) cauliflower florets
- 1 small green chili, finely chopped (optional)
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 100ml (3 oz) coconut milk (unsweetened)
- 1/2 tsp ground turmeric
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, for garnish

METHOD

1. Cook the Tempeh

- Heat 1/2 tbsp olive oil in a pan over medium heat. Add the tempeh cubes and cook for about 5-7 minutes, turning occasionally until browned. Set aside.

2. Cook Cauliflower and Aromatics

- In the same pan, add the remaining 1/2 tbsp olive oil. Add garlic, ginger, and green chili, and cook for 1-2 minutes until fragrant. Add cauliflower florets, stirring well to coat.

3. Add Spices

- Add turmeric, coriander, and cumin. Stir for 1 minute to toast the spices and coat the cauliflower.

4. Simmer with Coconut Milk

- Pour in the coconut milk and add cooked tempeh. Simmer for 10-15 minutes until the cauliflower is tender and the flavors meld together.

5. Garnish and Serve

- Season with salt, garnish with cilantro, and serve hot.

Seitan Recipes

Zucchini Ribbon Lasagna with Seitan

Serves 1

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) seitan, sliced thinly
- 150g (5 oz) zucchini, sliced into ribbons
- 100g (4 oz) diced tomatoes
- 50g (2 oz) spinach
- 1 clove garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp nutritional yeast
- Salt and pepper to taste

METHOD

1. Prepare Zucchini Ribbons

- Use a vegetable peeler to slice zucchini into thin ribbons. Set aside.

2. Cook Seitan

- In a pan over medium heat, cook seitan slices with garlic for 5 minutes, until browned. Remove from heat.

3. Layer the Lasagna

- In a small baking dish, layer zucchini ribbons, seitan, diced tomatoes, spinach, basil, oregano, and nutritional yeast. Repeat layers until all ingredients are used.

4. Bake

- Bake in a preheated oven at 180°C (350°F) for 20 minutes.

5. Serve

- Let cool for a few minutes before serving.

Lentil and Seitan Stew

Serves 1

Prep time: 10 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) seitan, cubed
- 100g (4 oz) cooked green lentils
- 150g (5 oz) kale, chopped
- 1 clove garlic, minced
- 500ml (17 oz) vegetable broth
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 tbsp soy sauce
- Salt and pepper to taste

METHOD

1. Cook Seitan

- In a large pot over medium heat, cook seitan with garlic for 5 minutes until slightly browned.

2. Add Broth and Seasonings

- Add vegetable broth, thyme, smoked paprika, and soy sauce. Stir well.

3. Add Lentils and Kale

- Add cooked lentils and chopped kale. Simmer for 20 minutes until kale is tender.

4. Season and Serve

- Season with salt and pepper. Serve warm.

Tortillas & Tacos

Lentil Tortilla Tacos with Spicy Tofu Filling

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 30 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Tofu Filling:

- 200g (7 oz) firm tofu, crumbled
- 50g (2 oz) bell pepper, diced
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1 tbsp lime juice
- Salt and pepper to taste

Toppings:

- 50g (2 oz) shredded lettuce
- 20g (1 oz) diced tomatoes

METHOD

1. Prepare Lentil Tortillas

- Drain soaked lentils and blend with water and salt until smooth. Heat a non-stick pan over medium heat, pour a small amount of batter, and spread into a thin circle. Cook for 2-3 minutes on each side until golden. Repeat to make 2 tortillas.

2. Prepare Tofu Filling

- In a pan, cook garlic over medium heat for 1 minute. Add crumbled tofu, bell pepper, smoked paprika, cumin, chili powder, lime juice, salt, and pepper. Cook for 5-7 minutes until tofu is lightly browned.

3. Assemble Tacos

- Place tofu filling onto each lentil tortilla. Top with shredded lettuce and diced tomatoes. Serve immediately.

Lentil Tortilla Enchiladas with Tempeh and Spinach

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 30 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Filling:

- 200g (7 oz) tempeh, crumbled
- 100g (4 oz) spinach, chopped
- 1 clove garlic, minced
- 1 tsp cumin powder
- 1 tsp smoked paprika
- Salt and pepper to taste

For Enchilada Sauce:

- 100g (4 oz) diced tomatoes
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- Salt to taste

METHOD

1. Prepare Lentil Tortillas

- Blend soaked lentils with water and salt until smooth. Heat a non-stick pan over medium heat, pour a small amount of batter, and spread into a thin circle. Cook for 2-3 minutes on each side until golden. Make 2 tortillas.

2. Prepare Filling

- In a pan, cook garlic over medium heat for 1 minute. Add tempeh, spinach, cumin, smoked paprika, salt, and pepper. Cook for 5-7 minutes until spinach is wilted and tempeh is heated through.

3. Prepare Enchilada Sauce

- In a small pot, combine diced tomatoes, chili powder, cumin, and salt. Simmer for 5 minutes, stirring occasionally.

4. Assemble Enchiladas

- Place filling onto each lentil tortilla, roll, and place in a baking dish. Pour enchilada sauce over the top and bake at 180°C (350°F) for 10-15 minutes. Serve warm.

Lentil Tortilla Burritos with Seitan and Black Beans

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 30 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Filling:

- 200g (7 oz) seitan, diced
- 100g (4 oz) black beans, cooked
- 50g (2 oz) bell pepper, diced
- 1 tsp ground cumin
- 1/2 tsp chili powder
- Salt and pepper to taste

Toppings:

- 20g (1 oz) shredded lettuce
- 20g (1 oz) diced tomatoes

METHOD

1. Prepare Lentil Tortillas

- Blend soaked lentils with water and salt until smooth. Heat a non-stick pan over medium heat, pour batter, and spread thinly. Cook for 2-3 minutes on each side. Make 2 tortillas.

2. Prepare Filling

- In a pan, cook seitan and bell pepper over medium heat for 5 minutes. Add black beans, cumin, chili powder, salt, and pepper. Cook until heated through.

3. Assemble Burritos

- Place filling onto each lentil tortilla. Add shredded lettuce and diced tomatoes. Roll up tightly and serve immediately.

Lentil Tortilla Quesadillas with Tofu and Bell Peppers

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 20 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Filling:

- 200g (7 oz) firm tofu, crumbled
- 50g (2 oz) red bell pepper, diced
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare Lentil Tortillas

- Blend soaked lentils with water and salt until smooth. Pour batter into a non-stick pan, spreading thinly, and cook each side for 2-3 minutes to make 2 tortillas.

2. Prepare Filling

- In a pan, cook tofu and bell pepper with cumin, smoked paprika, salt, and pepper for 5 minutes until tofu is browned and bell pepper is soft.

3. Assemble Quesadilla

- Place filling on one tortilla, cover with the second tortilla, and return to the pan. Cook each side for 2-3 minutes until tortillas are golden. Cut into wedges and serve warm.

Lentil Tortilla Fajitas with Tempeh and Green Peppers

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 20 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Filling:

- 200g (7 oz) tempeh, sliced thinly
- 50g (2 oz) green bell pepper, sliced
- 50g (2 oz) red onion, sliced
- 1 tsp ground cumin
- 1/2 tsp chili powder
- Salt and pepper to taste

Toppings:

- 20g (1 oz) shredded lettuce
- 1 tbsp lime juice

METHOD

1. Prepare Lentil Tortillas

- Blend soaked lentils with water and salt until smooth. Pour batter into a non-stick pan, spread thinly, and cook for 2-3 minutes on each side. Make 2 tortillas.

2. Prepare Filling

- In a pan, cook tempeh, green bell pepper, and red onion with cumin, chili powder, salt, and pepper for 5 minutes, stirring occasionally, until vegetables are soft and tempeh is browned.

3. Assemble Fajitas

- Place tempeh and vegetable filling onto each lentil tortilla. Top with shredded lettuce and drizzle with lime juice. Roll up and serve immediately.

Lentil Recipes

Spiced Lentil and Broccoli Stew

Serves 1

Prep time: 10 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) green lentils, cooked
- 100g (4 oz) broccoli, chopped into small florets
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 500ml (17 oz) vegetable broth
- 1/2 tsp ground cumin
- 1/2 tsp garam masala
- 1/2 tsp ground turmeric
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, for garnish

METHOD

1. Heat Oil and Sauté Aromatics

- In a large pot, heat 1 tbsp olive oil over medium heat. Add garlic and ginger, sautéing for 1-2 minutes until fragrant.

2. Add Spices

- Add ground cumin, garam masala, and turmeric, stirring for 1 minute to toast the spices.

3. Add Lentils and Broccoli

- Add the cooked green lentils and chopped broccoli to the pot, stirring to coat them with the spices.

4. Simmer the Stew

- Pour in the vegetable broth and bring to a boil. Reduce the heat to low, cover, and simmer for 20 minutes, stirring occasionally, until the broccoli is tender and the stew is thickened.

5. Season and Serve

- Season with salt, garnish with fresh cilantro, and serve hot.

Italian Lentil-Stuffed Bell Peppers

Serves 1

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) cooked green or brown lentils
- 2 large bell peppers, tops cut off and seeds removed
- 1 clove garlic, minced
- 100g (4 oz) diced tomatoes
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, for garnish

METHOD

1. Preheat Oven and Prepare Bell Peppers

- Preheat oven to 180°C (350°F). Cut the tops off the bell peppers and remove seeds. Set aside.

2. Prepare the Filling

- In a pan, heat 1 tbsp olive oil over medium heat. Add minced garlic and cook for 1 minute. Add the cooked lentils, diced tomatoes, basil, and oregano. Stir well and cook for 5 minutes to blend flavors. Season with salt and pepper.

3. Stuff the Bell Peppers

- Place the hollowed bell peppers in a baking dish. Spoon the lentil filling into each pepper, packing it down gently.

4. Bake

- Cover the dish with foil and bake in the preheated oven for 25-30 minutes, until the peppers are tender.

5. Serve

- Garnish with fresh parsley and serve warm.

Lentil and Spinach Stuffed Zucchini Boats

Serves 1

Prep time: 15 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) cooked green lentils
- 2 medium zucchinis, halved lengthwise with seeds scooped out
- 100g (4 oz) spinach, chopped
- 1 clove garlic, minced
- 100g (4 oz) diced tomatoes
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil leaves, for garnish

METHOD

1. Preheat Oven and Prepare Zucchini

- Preheat your oven to 180°C (350°F). Slice the zucchinis in half lengthwise and scoop out the seeds to create hollow "boats." Set aside.

2. Sauté Spinach and Garlic

- Heat 1/2 tbsp olive oil in a pan over medium heat. Add the minced garlic and cook for 1 minute until fragrant. Add the chopped spinach and cook until wilted, about 3 minutes.

3. Make the Filling

- Add the cooked lentils, diced tomatoes, oregano, and basil to the pan with the spinach. Stir well and cook for an additional 3-5 minutes until the mixture is heated through. Season with salt and pepper to taste.

4. Stuff and Bake Zucchini

- Place the zucchini halves in a baking dish. Fill each zucchini boat with the lentil and spinach mixture. Drizzle the remaining olive oil over the top.

5. Bake

- Bake in the preheated oven for 20 minutes, or until the zucchinis are tender.

6. Garnish and Serve

- Garnish with fresh basil leaves before serving.

Lentil Bolognese with Zucchini Noodles

Serves 1

Prep time: 15 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) cooked green or brown lentils
- 1 medium zucchini, spiralized into noodles
- 100g (4 oz) diced tomatoes
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil, for garnish

METHOD

1. Prepare Zucchini Noodles

- Spiralize the zucchini into thin noodles using a spiralizer or julienne peeler. Set aside.

2. Cook the Lentil Bolognese Sauce

- Heat 1 tbsp olive oil in a pan over medium heat. Add minced garlic and cook for 1 minute until fragrant. Add the cooked lentils, diced tomatoes, oregano, and basil. Stir well and let the sauce simmer for 10-15 minutes until it thickens slightly. Season with salt and pepper to taste.

3. Sauté Zucchini Noodles

- In a separate pan, lightly sauté the zucchini noodles for 2-3 minutes over medium heat until just softened. Avoid overcooking as they can become watery.

4. Assemble and Serve

- Place the zucchini noodles on a plate and spoon the lentil Bolognese sauce over them. Garnish with fresh basil leaves.

Red Lentil and Spinach Dhal

Serves 1

Prep time: 15 mins

Cook time: 25 mins

INGREDIENTS

- 200g (7 oz) red lentils, rinsed and drained
- 100g (4 oz) spinach, chopped
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 1 small green chili, finely chopped (optional for heat)
- 500ml (17 oz) water
- 1/2 tsp ground turmeric
- 1/2 tsp cumin seeds
- 1 tbsp olive oil
- Salt to taste
- Fresh cilantro, for garnish

METHOD

1. Prepare Ingredients

- Rinse the red lentils under cold water until the water runs clear. Drain and set aside.

2. Cook Lentils

- In a medium pot, combine the lentils, water, and turmeric. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15 minutes, stirring occasionally, until the lentils are soft and creamy.

3. Prepare Tadka (Spice Tempering)

- In a small pan, heat olive oil over medium heat. Add cumin seeds and cook for about 1 minute until fragrant. Then, add the garlic, ginger, and green chili, and sauté for 1-2 minutes until the garlic is golden.

4. Combine and Simmer

- Pour the tadka into the cooked lentils. Add chopped spinach and salt, stirring to combine. Simmer for an additional 5 minutes to let the flavors blend.

5. Garnish and Serve

- Serve the dal in a bowl, garnished with fresh cilantro.

Zucchini Ribbon Bolognese with Lentils

Serves 1

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) cooked green or brown lentils
- 2 medium zucchinis, peeled into ribbons using a vegetable peeler
- 100g (4 oz) diced tomatoes
- 1 clove garlic, minced
- 1/2 small onion, finely chopped
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp red pepper flakes (optional for heat)
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil, for garnish

METHOD

1. Prepare Zucchini Ribbons

- Use a vegetable peeler to create thin, wide ribbons from the zucchinis. Set aside.

2. Sauté Garlic and Onion

- In a medium pan, heat 1 tbsp olive oil over medium heat. Add minced garlic and chopped onion, cooking for about 2-3 minutes until softened and fragrant.

3. Add Lentils and Tomatoes

- Add the cooked lentils, diced tomatoes, oregano, basil, and red pepper flakes (if using). Stir well and cook for 10-15 minutes, letting the sauce thicken slightly. Season with salt and pepper to taste.

4. Sauté Zucchini Ribbons

- In a separate pan, lightly sauté the zucchini ribbons over medium heat for 2-3 minutes until just softened. Avoid overcooking as they can become too watery.

5. Assemble and Serve

- Plate the zucchini ribbons and top with the lentil Bolognese sauce. Garnish with fresh basil and serve hot.

Lentil Tortilla Enchiladas with Black Beans and Spinach

Serves 1

Prep time: 15 mins (plus soaking time for lentils)

Cook time: 30 mins

INGREDIENTS

For Lentil Tortillas:

- 100g (4 oz) red lentils, soaked for 4 hours
- 100ml (3 oz) water
- Salt to taste

For Filling:

- 100g (4 oz) black beans, cooked
- 50g (2 oz) spinach, chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- Salt and pepper to taste

For Enchilada Sauce:

- 100g (4 oz) diced tomatoes
- 1/2 tsp chili powder
- 1/2 tsp ground cumin
- Salt to taste

METHOD

1. Prepare Lentil Tortillas

- Drain the soaked lentils and place them in a blender with water and a pinch of salt. Blend until smooth. Heat a non-stick pan over medium heat and add a small amount of oil. Pour a portion of the batter into the pan, spreading it thinly to form a tortilla. Cook for 2-3 minutes on each side until golden. Repeat to make two tortillas.

2. Prepare the Filling

- In a pan, heat 1 tbsp olive oil over medium heat. Add garlic and sauté for 1 minute until fragrant. Add black beans, chopped spinach, cumin, salt, and pepper. Stir and cook for 5 minutes until the spinach is wilted. Set aside.

Recipe Continues

3. Prepare the Enchilada Sauce

- In a small pot, combine diced tomatoes, chili powder, cumin, and a pinch of salt. Bring to a simmer over medium heat and cook for 5 minutes.

4. Assemble and Bake

- Preheat the oven to 180°C (350°F). Place the filling in each lentil tortilla, roll up, and place in a baking dish. Pour the enchilada sauce over the top. Bake for 10-15 minutes.

5. Serve

- Serve enchiladas warm, garnished with fresh cilantro if desired.

Spicy TVP and Lentil Stuffed Bell Peppers

Serves 1

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

- 200g (7 oz) rehydrated TVP
- 100g (4 oz) cooked lentils
- 2 bell peppers, tops cut off and seeds removed
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- Salt and pepper to taste

METHOD

1. Prepare Peppers

- Preheat oven to 180°C (350°F). Cut tops off bell peppers and remove seeds.

2. Prepare Filling

- In a bowl, mix TVP, lentils, garlic, soy sauce, and smoked paprika. Season with salt and pepper.

3. Stuff Peppers

- Fill each bell pepper with the TVP and lentil mixture.

4. Bake

- Place stuffed peppers in a baking dish and bake for 30 minutes.

5. Serve

- Let cool for a few minutes and serve.

Side Dishes

Fresh Tomato Salsa

Serves 1-2

Prep time: 10 mins

INGREDIENTS

- 100g (4 oz) tomatoes, finely diced
- 50g (2 oz) green bell pepper, finely diced
- 1 tbsp red onion, finely diced
- 1 tbsp fresh cilantro, chopped
- 1 tbsp lime juice
- Salt and pepper to taste

METHOD

1. Combine Ingredients

- In a bowl, combine diced tomatoes, bell pepper, red onion, cilantro, and lime juice.

2. Season and Serve

- Add salt and pepper to taste, mix well, and serve fresh.

Simple Guacamole

Serves 1-2

Prep time: 10 mins

INGREDIENTS

- 1 medium avocado, peeled and pitted
- 1 tbsp lime juice
- 1 tbsp fresh cilantro, chopped
- Salt to taste

METHOD

1. Mash the Avocado

- Place the avocado in a bowl and mash with a fork until smooth but slightly chunky.

2. Add Lime and Cilantro

- Stir in lime juice, cilantro, and a pinch of salt. Mix until well combined and serve immediately.

Classic Guacamole

Serves 1-2

Prep time: 10 mins

INGREDIENTS

- 1 medium ripe avocado (approx. 150g/5 oz), peeled, pitted, and diced
- 15g (0.5 oz) red onion, finely diced (about 1 tbsp)
- 20g (0.7 oz) tomato, finely diced (about 1 tbsp)
- 1 small clove garlic, minced (optional for extra flavor)
- 1 tbsp fresh lime juice (about 15ml or 0.5 oz)
- 1 tbsp fresh cilantro, chopped
- Salt to taste (start with a pinch and add more if needed)
- Freshly ground black pepper (optional, to taste)

METHOD

1. Prepare the Avocado

- Cut the avocado in half lengthwise and carefully twist to separate the halves. Remove the pit by gently tapping it with the blade of a knife and twisting to pull it out (be cautious when doing this). Use a spoon to scoop the flesh of the avocado out of each half and place it into a mixing bowl.

2. Mash the Avocado

- Using a fork, gently mash the avocado to your desired texture. For a chunky guacamole, mash only until there are still small lumps; for a smoother guacamole, mash until creamy. Take care not to over-mash, as some texture is ideal for guacamole.

3. Add Lime Juice

- Pour 1 tablespoon of lime juice over the mashed avocado. Lime juice not only adds flavor but also helps prevent the avocado from browning. Stir well to combine.

Recipe Continues

4. Add Diced Vegetables and Herbs

- Add the finely diced red onion, diced tomato, and minced garlic (if using) to the bowl. Sprinkle in the chopped cilantro as well. Stir gently to incorporate these ingredients without over-mixing.

5. Season with Salt and Pepper

- Start by adding a pinch of salt and a small amount of freshly ground black pepper (if using). Taste the guacamole and adjust seasoning as needed, adding more salt or lime juice to suit your preference.

6. Serve and Enjoy

- Transfer the guacamole to a serving bowl and garnish with an extra sprinkle of cilantro if desired. Serve immediately with tortilla chips, veggie sticks, or as a topping for tacos, burritos, or other Mexican-inspired dishes.

TIP: If you need to store any leftover guacamole, press plastic wrap directly onto the surface of the guacamole to minimize air exposure, which can cause browning. Place the wrapped guacamole in an airtight container and store in the refrigerator for up to 2 days.

ADDITIONAL RESOURCES

We have thousands of resources available to help you with your body sculpting goals. To view them, simply click on the links below:

1. **Strong & Sculpted Podcast**
   Your go to resource for everything to do with muscle sculpting and fat burning
2. **Private Facebook Group**
   Join our private community and receive free coaching from one of our experienced coaches
3. **Ask a Coach Call**
   Get advice from our team of trained experts with our weekly ASK A COACH Zoom Call
4. **The Sculpted Vegan YouTube**
   For training videos, instructional resources and much more!
5. **Training to Failure**
   Dive deep with me in my personal training sessions as I show you what it really takes!
6. **Training with Mark Getty**
   Join heavyweight pro bodybuilder Mark Getty, my personal trainer, as we discuss supplements, protein, training and more.
7. **The Sculpted Vegan Video Blogs**
   Come behind the scenes in my personal life and see what it takes to be a pro bodybuilder, mom of 4 and founder of a global empire
8. **Free Resources**
   Download training and meal plans for free
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