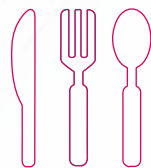


# Vegan Christmas menu



**BLACKMORES®**

# To accompany those pre-dinner drinks

## Zesty matcha guacamole & sweet potato chips



### Sweet potato chips

- 1 large sweet potato**
- 1 tablespoon of coconut oil**
- 1 teaspoon of garlic powder**
- 1 teaspoon of Celtic sea salt**

### Matcha guacamole

- ½ ripe avocado**
- ½ tsp matcha powder**
- ¼ lime juiced**
- 1 clove garlic, peeled and crushed**
- Salt and pepper to taste**
- Chopped spring onion to garnish**

### 1 Sweet potato chips

Wash your large sweet potato and leaving the skin on, slice into strips with a sharp knife

Rinse and dry your chips

Pop into a bowl with the oil, garlic powder and salt and toss until nicely coated

Place onto a baking tray and pop them in the oven at 180°C for 15 minutes

Turn your chips over so they crisp evenly and bake for another 30 minutes

### 2 Matcha guacamole dip

Scoop out the avocado flesh, add the freshly crushed garlic and matcha powder and mash with a fork

Add a squeeze of lime and salt and pepper to taste

Top with chopped spring onion

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**Notes:** You can season your sweet potato chips with pretty much anything you fancy! Add some chilli flakes or mixed herbs such as rosemary for something different





# Cauliflower and lentil dip



- ½ a head of cauliflower, cut into florets**
- 4 cloves garlic, peeled and left whole**
- 5 tbsp extra virgin olive oil, divided**
- 2 tsp ground cumin**
- 1 tsp smoked paprika**
- ½ tsp ground turmeric**
- 1 tsp rock salt**
- 1 tsp pepper**
- 1 400g can brown lentils, drained and rinsed**
- 3 tbsp freshly squeezed lemon juice**
- 4 tbsp raw pumpkin seeds**
- 1 tbsp dried currants**
- A handful of roughly torn parsley**

**Your choice of crackers, vegetable sticks and/or bread to serve**

- 1** Start by heating your oven to 180°C and line a baking tray with baking paper. Toss the cauliflower florets, garlic cloves, a tablespoon of the olive oil, cumin, turmeric, paprika, salt and pepper together in a mixing bowl and then spread the coated cauliflower and garlic out on your baking tray. Bake for 30 minutes giving everything a shake half way through. Once done, remove from the oven and cool slightly
- 2** While your cauliflower and garlic are roasting, place half the can of lentils into a fry-pan along with a tablespoon of olive oil, the pumpkin seeds and dried currants. Turn the heat onto medium and start to toast the mixture until the pumpkin seeds have gone golden. Turn off the heat, add the roughly torn parsley and then set aside. This will go on to of your dip
- 3** Set a few pieces of cauliflower aside for topping and place the rest of the baking tray contents into your food processor or blender along with the remaining half of the lentils. Turn your machine onto a medium speed so that the contents start to form a paste. As it's mixing, pour in the remaining three tablespoons of olive oil along with the lemon juice. The mixture should start to smooth out now. Turn your machine up just a notch and then leave it to process your dip for about 2 minutes or until smooth. If you want a runnier dip, add more olive oil one tablespoon at a time or you can use water. Once done, taste and season with salt and pepper
- 4** Transfer your dip onto a plate, spreading it out in one thick layer. Top it with the lentil mixture from your fry-pan as well as the extra pieces of cauliflower, drizzle over some extra olive oil and salt and pepper and serve with your favourite accompaniments.

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**Notes:** Store in an airtight container in the fridge for up to 5 days

# For the starter

## Broccoli & basil soup with garlic croutons



- 1 Pre-heat your oven to 160° Cand line a baking tray with baking paper
- 2 In a large pot, heat the coconut oil over a medium heat and add the onion, cooking it for around 5 minutes until it is translucent and soft. Then add the slices of garlic, stirring and cooking them with the onion for another 30 seconds
- 3 Once your onion and garlic are cooked, place the broccoli and zucchini into the pot and stir everything together for 1 minute so the vegetables gently begin to cook. Then add the vegetable stock, nutritional yeast and cayenne powder and bring the pot to the boil before placing on the lid and turning the stove right down to allow it to gently simmer. Leave to simmer for 15 minutes
- 4 While your soup is cooking, prepare your croutons by tossing the cubes of bread in the olive oil, garlic, salt and pepper. Spread them out onto your prepared baking tray and place into the oven to crisp up for around 15 minutes or until they are crunchy and golden
- 5 When your soup is done and the broccoli is tender, turn off the stove and leave it to gently cool in the pot for 5 minutes. Once it has cooled slightly, you can puree the soup in your blender. Due to the quantity, it is best done in two batches unless you have a very large blender jug. Place half the batch of soup into your blender, add half the can of cannellini beans and basil leaves and blitz for 1-2 minutes or until smooth. Place the finished half of your soup back into the pot and repeat with the other batch
- 6 Once both batches are done and they are back in the pot, gently heat it over a low heat on the stove so you can combine the two batches together. Taste your soup and season with salt and pepper then finish it off by squeezing in the lemon juice. Serve immediately topped with your freshly baked croutons and some roughly torn basil. If you're storing it, leave it to cool before transferring it to an airtight container. You can keep it in the fridge for up to 5 days or freeze it for up to 3 months

### Broccoli & basil soup

- 1 tbs coconut oil
- 1 brown onion, diced
- 3 garlic cloves, sliced
- 5-6 cups broccoli, cut into florets
- 1 zucchini, sliced into rounds
- 4 cups vegetable stock
- 2 tbsp nutritional yeast
- 1 tsp cayenne powder
- 1 can cannellini beans, drained and rinsed
- 1 cup basil leaves, roughly torn
- Salt and pepper
- 1 tbsp lemon juice

### Garlic croutons

- 2 cups croutons (cut into 1cm cubes), cut from stale sourdough bread or gluten-free bread
- 1 tbs olive oil
- 1 clove garlic, crushed
- ½ tsp salt
- ½ tsp pepper







# Herby lentil & pumpkin salad



## Roast pumpkin

- 1 butternut squash (around 1kg)
- 1 tbsp cumin seeds

## Lentil salad

- 1 BPA-free can brown lentils
- 250g mixed cherry tomatoes, cut into halves
- A generous handful pine nuts, lightly toasted
- 100g creamy feta cheese or vegan feta
- 60g roquette leaves

## Herb dressing

- 1 cup fresh mint, stalks and leaves
- 1 cup fresh coriander, stalks and leaves
- A pinch of red pepper flakes, optional
- 1 garlic clove, peeled 1 tbsp lime juice
- 1 tbsp white wine vinegar
- ½ teaspoon salt, plus more to taste
- ¼ cup olive oil

- 1 Heat your oven to 200°C and line a baking tray with baking paper. Scrub down the outside of your butternut squash and then cut into 5 cm chunks, seeds and all. Coat the chunks in some olive oil as well as the cumin seeds and then spread them out on the baking tray. Sprinkle with salt and pepper and then put in the oven to roast for 50 minutes
- 2 While the pumpkin is roasting, blitz together the ingredients for the herb dressing in your food processor or blender, omitting the oil initially and then pouring it in slowly as the herb dressing continues to mix. Taste and season with more salt if needed. Set aside
- 3 In a bowl, add the lentils, chopped tomatoes, toasted pine nuts and then crumble in the feta. Spoon in some of the herb dressing and begin combining the ingredients in the bowl adding more dressing as you go until you've reached your desired flavour and consistency. Add the roquette leaves now and give it one last mix
- 4 Once the pumpkin chunks are cooked, remove them from the oven and allow to cool slightly so you can handle them. You can start to assemble your salad on a large serving dish now by tearing the chunks of pumpkin with your hands and placing them on the dish as the base. Spoon the contents of the mixing bowl over the pumpkin chunks, give it one last drizzle of olive oil as well as a sprinkle of salt and pepper and then serve

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**Notes:** Store leftovers in the fridge in an airtight container for up 5 days



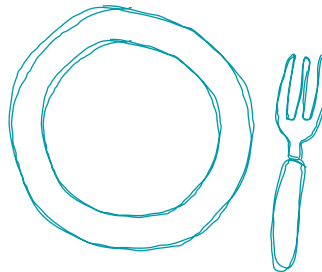
# For the main meal

## Vegan lasagna



**2 packets pre-cooked wholemeal lasagna sheets**  
**400 gm red lentils**  
**1 litre water**  
**2 cans crushed tomatoes**  
**4 tablespoons (no added salt) tomato paste**  
**½ medium red capsicum**  
**250 g packet frozen chopped spinach, defrosted**  
**8 button mushrooms**  
**6 slices grilled eggplant**  
**6 pitted kalamata olives**  
**1 x 400 g can artichokes**  
**Dash of Tabasco sauce**  
**2 tsp dried oregano**  
**2 tsp dried basil**  
**2 x 250 g packets of soft (silken firm) tofu**  
**50 ml plant milk – whole bean soy, oat or almond**  
**Paprika**

- 1** Place lentils and water in a large saucepan and bring to the boil. Add crushed tomatoes, all vegetables (finely chopped) and seasonings and simmer, covered, until lentils are tender (about 25 minutes)
- 2** Preheat oven to 200°C
- 3** Blend tofu and plant milk at high speed until smooth
- 4** Spoon 1/3 of lentil-vegetable mixture into a large non-stick baking tray and spread out evenly. Lay lasagna sheets over the top, then spoon in another 1/3 of the mixture, then another lasagna sheet layer. Spoon in remaining 1/3 of mixture layer, then top with tofu mix. Sprinkle some paprika on top
- 5** Bake for 40 minutes, covering lasagna with foil if the topping starts to brown excessively







# Maple glazed tempeh salad



## Maple glazed tempeh

800g plain tempeh (2 packages)

¼ cup maple syrup

¼ cup balsamic vinegar

2 tsp olive oil

3 tbsp tamari

3 cloves garlic, crushed

1 tbsp olive oil

## Salad

2 carrots, peeled and trimmed

½ cucumber

6 radishes

½ cup pumpkin seeds, lightly toasted

½ cup sunflower seeds, lightly  
toasted

4 spring onions, white part only

12 multi-coloured cherry tomatoes

2 baby gem lettuces or 1 large cos  
lettuce

4 sprigs of fresh mint, leaves picked

4 sprigs of fresh basil, leaves picked

Optional extras: feta, avocado,  
pomegranate arils

## Dressing

½ tsp mustard

½ tsp maple syrup

1 tbsp apple cider vinegar

2 tbsp splash extra-virgin olive oil

Salt and black pepper

- 1 Start by chopping your tempeh into triangles. You should be able to cut each block into 16 triangles to create 32 triangles in total. Place the triangles into a shallow dish in one even layer. You will pour your marinade over the tempeh in this dish so it needs to be the snug to hold the tempeh and the marinade
- 2 Combine the maple syrup, balsamic vinegar, two teaspoons of olive oil, tamari and crushed garlic in a small bowl. Pour this marinade over the tempeh and allow the tempeh to soak for at least one hour (up to overnight) in the fridge, flipping the tempeh half way through
- 3 While the tempeh is marinating, you can prepare your chopped salad. On a large chopping board, place the carrots, cucumber and radishes and start to roughly chop them up until they are in rough bite-size pieces then sprinkle over the seeds. Next, add the spring onion, cherry tomatoes, lettuces, mint and basil leaves to the board and gently chop with your knife using a rocking motion. Once everything is chopped and combined, make the dressing by adding all the ingredients to a jar and shaking it up. Pour over the salad, mix the salad together one last time and then transfer it to a serving bowl (or four bowls if serving up single serves)
- 4 To cook the tempeh, heat a tablespoon of olive oil in a large frypan over medium-high heat. Once the oil is hot, add the tempeh (reserving the marinade) and cook until golden brown on each side, around 4 minutes on
- 5 To serve, top the chopped salad with the maple balsamic tempeh pieces, season to taste and enjoy

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**Notes:** If you plan on storing the salad, leave the dressing off until you are about to eat it. The tempeh can be stored in an airtight container in the fridge for up to 3 days

# To finish with something sweet

## Vegan chocolate cake



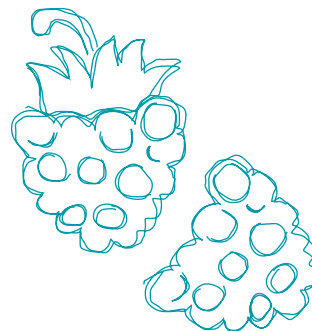
### The cake

- 3½ cups almond meal
- ½ cup raw cacao
- ½ tsp bicarb soda
- ½ tsp baking powder
- ¼ tsp sea salt
- 1 cup pure maple syrup
- ½ cup coconut oil
- ½ cup coconut milk
- 3 flax eggs (3 Tbsp flax meal combined with 9 teaspoons Coco Quench)
- 1 tsp vanilla extract

### Chocolate sauce

- ½ cup coconut oil
- 4 tbsp cacao butter
- 10 tbsp raw cacao
- 8 tbsp pure maple syrup
- 1 tbsp almond butter
- Punnet of raspberries to serve

- 1 To make the cake: Preheat oven to 160°C. Prepare a 18cm cake tin with coconut oil + dust with almond meal or desiccated coconut to help prevent the cake sticking
- 2 Mix the dry ingredients (almond meal, cacao, baking soda, baking powder, sea salt) in a large mixing bowl
- 3 Blend together the wet ingredients maple syrup, coconut oil, coconut milk, flax meal mixture, vanilla extract
- 4 Add the wet ingredients to the dry ingredients and mix until well combined
- 5 Pour the batter into the cake tin and pop into the oven. Bake for 60 minutes or until a skewer comes out clean
- 6 Remove from the oven and allow to cool in the tin for 30 minutes then transfer to the wire rack to cool completely
- 7 To make the chocolate sauce: in a saucepan melt the chocolate ingredients on a very low heat. When melted and combined, set aside to cool slightly
- 8 To serve: serve a slice of chocolate cake drizzled with the warm chocolate sauce and top with raspberries







#### Base

- 1½ cups whole almonds
- ½ cup unsweetened shredded coconut
- A pinch fine sea salt
- 2 tbsp. maple syrup or preferred sweetener

#### Filling

- 1 ¾ cups raw cashews, soaked in cool water for 4-12 hours (or covered in boiling water and soaked 1-2 hours)
- 2 tbsp. finely ground chia seed
- Zest from 3 oranges
- ¾ cup orange juice
- Pinch fine sea salt
- ½ cup + 2 tbsp. maple syrup or preferred sweetener
- ¼ cup water, cool
- 1 ½ cups mixed dried fruit including peel and glacé cherries
- ¾ cup coconut oil, melted and cooled

#### Topping

- 2 small cans coconut cream (around 160ml), chilled in the fridge for at least 2 hours
- 2 tbsp. maple syrup or preferred sweetener
- 1 tsp vanilla extract
- Orange zest
- Grated dark chocolate
- Cherries



# Raw Christmas cashew tart



- 1 Place the almonds, coconut and sea salt into your blender or food processor and blitz into a fine flour. Add the maple syrup one tablespoon at a time, pulsing as you add each one. Then add the coconut oil in the same manner. Continue pulsing the mixture until it comes together. You can test to see if it's sticky enough by pressing it between your fingers - if it sticks together and holds it's ready. Press the base into a 20cm tart tin, pressing down firmly along the bottom and the sides. Place the base in the fridge while you prepare the filling
- 2 Clean out your blender or food processor bowl and dry it out. Drain and rinse the cashews and then add them to the bowl along with the ground chia seeds, orange zest, orange juice, salt and sweetener. Blitz the mixture starting on slow speed and increasing it as the nuts break down, then keep on a high speed for 1-2 minutes to make the mixture smooth and creamy. Then, add the water in increments while it's still mixing to get the nice and silky. When it's done, fold through the dried fruit and coconut oil until everything is thoroughly combined. Then pour the filling into the base and smooth it out so it's even. Return the tart to the fridge to set for at least 4 hours up to overnight
- 3 To make the coconut cream topping, gently open your coconut cream cans without tilting or shaking them. Scoop out top firm layer of coconut cream into a bowl (you don't want the liquid part as it will thin out the cream), add the maple syrup and vanilla then whisk the topping mixture together until it forms soft peaks. You can choose to do this in a stand mixer if you would prefer. Spread the topping over the tart, sprinkle with orange zest, grated dark chocolate and cherries then place the tart in the fridge for another 30 minutes or so to let the topping harden up
- 4 To serve, remove the tart from its tin and transfer it to a cake stand or serving plate. Use a sharp knife to cut through the tart and serve it immediately with extra cherries on the side. Return the tart to the fridge to keep it cool while it's not being eaten

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**Notes:** This tart will last up to one week stored in an airtight container in the fridge. Alternatively, you can freeze the tart without the topping on it and make the coconut cream when you're ready to enjoy it



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