



# 2020 VEGGIE WEEK INSPIRATION GUIDE

Welcome to our guide, designed to inspire you to make simple swaps to plant-based recipes full of taste excitement and flavour.

# LUNCHES



## VEGAN DOUBLE CHEESE & SMOKED TOFU TOASTIE

PREP 5 MINS    COOK 10 MINS    SERVES 2 PEOPLE



## VEGAN LEEK & POTATO SOUP WITH TOFU & TURMERIC

PREP 20 MINS    COOK 35 MINS    SERVES 6 PEOPLE



## GRILLED VEGAN TOFU GYROS

PREP 15 MINS    COOK 10 MINS    SERVES 4 PEOPLE



## CALIFORNIAN FALAFEL AND SOBA VEGAN GLOW BOWL

PREP 15 MINS    COOK 15 MINS    SERVES 2 PEOPLE



## FALAFEL BUBBLE AND SQUEAK

PREP 25 MINS    COOK 30 MINS    SERVES 4 PEOPLE



## HOT SAUSAGE PITTAS WITH ROASTED VEGETABLES & GARLIC DRESSING

PREP 25 MINS    COOK 25 MINS    SERVES 3 PEOPLE



## CARROT, CORIANDER & FALAFEL FRITTERS WITH CUCUMBER SALAD & POACHED EGGS

PREP 20 MINS    COOK 10 MINS    SERVES 2 PEOPLE

## LUNCH

# VEGAN DOUBLE CHEESE & SMOKED TOFU TOASTIE



PREP  
5 MINS



COOK  
10 MINS



SERVES  
2 PEOPLE

Not one, but two types of vegan cheese are in this mouth-watering grilled toastie. Packed between smoked tofu and sun-dried tomatoes, it's a lunch time favourite.

## INGREDIENTS

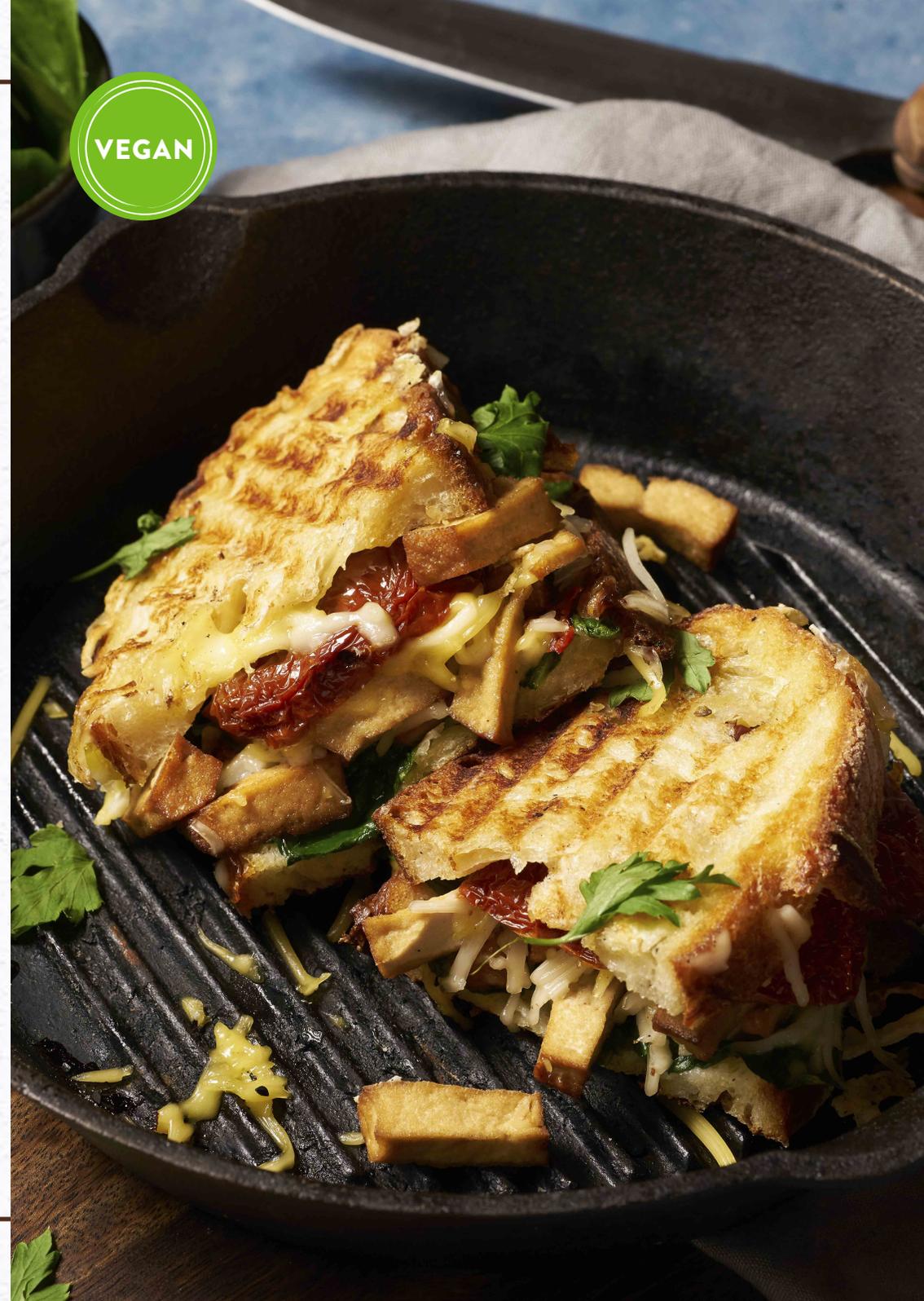
1 pack **Cauldron Smoked Tofu Pieces**

4 slices of sourdough bread  
2 tbsp vegan margarine, melted  
35 g vegan cheddar, grated  
35 g vegan mozzarella, grated  
8 sun-dried tomatoes  
30 g baby spinach, washed

## METHOD

- 1 Place the sourdough slices onto a clean work surface. Brush the surface of each slice with melted butter, then turn them all over.
- 2 Top 2 slices with vegan grated cheddar, vegan grated mozzarella, Cauldron Smoked Tofu Pieces, sundried tomatoes and baby spinach. Top with the two remaining slices of bread, butter side up and transfer to a medium-hot frying pan/griddle pan or toastie maker.
- 3 Cook for 3-4 minutes on each side, or until cheese has melted and bread is golden. Serve immediately.

VEGAN



## LUNCH

# VEGAN LEEK & POTATO SOUP WITH TOFU & TURMERIC



**PREP**  
20 MINS



**COOK**  
35 MINS



**SERVES**  
6 PEOPLE

A twist on a classic; this delicious combination of protein-packed tofu, turmeric, leek and sweet potato make this soup not only colourful but packed full of delicious warming flavours too.

## INGREDIENTS

1 pack of **Cauldron Organic Tofu**, chopped  
1 tbsp coconut oil  
1 onion, chopped  
2 leeks, chopped  
1 sweet potato, peeled and chopped  
2 garlic cloves, chopped  
1 tbsp turmeric  
1 ltr vegetable stock  
½ tsp salt  
½ tsp black pepper  
3 tbsp vegan yoghurt  
2 tbsp fresh coriander, finely chopped

## METHOD

- 1 Place a large pan on a low heat and add the coconut oil. Fry the onion, leeks, sweet potato and turmeric for 10 minutes.
- 2 Add the tofu and fry for a further 5 minutes.
- 3 Add the vegetable stock, salt and pepper and simmer for 20 minutes.
- 4 Transfer this mix to a blender and pulse until smooth.
- 5 Garnish with a swirl of vegan yoghurt and chopped fresh coriander.

VEGAN



## LUNCH

# GRILLED VEGAN TOFU GYROS



**PREP**  
15 MINS



**COOK**  
10 MINS



**SERVES**  
4 PEOPLE

A twist on a classic; this delicious combination of protein-packed tofu, turmeric, leek and sweet potato make this soup not only colourful but packed full of delicious warming flavours too.

## INGREDIENTS

### For the tofu:

- 1 pack of Cauldron Organic Tofu, drained and pressed for 20 minutes
- 1 tbsp olive oil
- 1 tbsp tomato puree
- 2 garlic cloves, crushed
- ½ tbsp ground coriander
- ½ tbsp cumin
- ½ tbsp oregano
- 1½ tsp salt
- ½ tsp black pepper

### For the vegan tzatziki sauce:

- 100 g vegan yogurt
- ¼ cucumber, coarsely grated
- 1 garlic clove, crushed
- 1 tsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper
- 10 g fresh mint, finely chopped (optional)

### To serve:

- 4 wraps, heated
- 50 g mixed salad leaves
- 20 g kalamata olives, pitted
- ¼ red onion, finely sliced
- 8 cherry tomatoes, quartered

## METHOD

- 1 To make the tofu, slice the tofu block into 12 strips. Combine all other tofu ingredients and mix together. Marinate the tofu in this mixture and set aside.
- 2 To make the tzatziki sauce, combine all ingredients and set aside.
- 3 Place a griddle onto a medium heat and cook the tofu for 4-5 minutes on each side, until chargrilled.
- 4 To serve, divide the lettuce, red onion, cherry tomatoes, olives and tofu between the wraps. Drizzle with tzatziki sauce to serve.

VEGAN



## LUNCH

# CALIFORNIAN FALAFEL AND SOBA VEGAN GLOW BOWL



**PREP**  
15 MINS



**COOK**  
15 MINS



**SERVES**  
2 PEOPLE

This vegan fusion power bowl brings together the best of all worlds in one glorious dish! Absolutely loaded with fresh and crunchy veggies, it combines Cauldron Middle Eastern Falafel with the rich flavours of tahini and tamari, all sitting together on a bed of tender soba noodles.

## INGREDIENTS

1 pack Cauldron **Middle Eastern Falafel**  
200 g soba noodles  
2 tbsp tahini paste  
30 ml lime juice  
30 ml rice wine vinegar  
3 tbsp tamari  
1 tbsp sesame oil  
1 tbsp minced ginger  
1 garlic clove, minced  
1 tsp brown sugar  
2 large carrots, spiralised  
1 cucumber, spiralised  
60 g shelled edamame, cooked  
1 avocado, halved, pitted, peeled and sliced  
2 spring onions, thinly sliced  
1 tbsp crushed peanuts  
1 tbsp coriander, chopped  
1 tsp chilli flakes

## METHOD

- 1 Prepare the soba noodles according to package directions, then rinse the noodles under cold running water and drain well.
- 2 Meanwhile, whisk together the tahini paste, lime juice and vinegar until smooth. Whisk in the tamari, sesame oil, garlic and brown sugar.
- 3 Toss together the soba noodles, carrot, cucumber, edamame and dressing until well coated. Divide among 3 bowls.
- 4 Top with the Cauldron Middle Eastern Falafel and the avocado. Garnish with spring onion, crushed peanuts, coriander and chilli flakes.

VEGAN



## LUNCH

# FALAFEL BUBBLE AND SQUEAK



PREP  
15 MINS



COOK  
15 MINS



SERVES  
4 PEOPLE

Try this twist on a British classic, using our original falafels. It's the perfect comfort food, ideal for a lazy brunch with friends or a cosy night in with your loved ones.

## INGREDIENTS

For the bubble and squeak:

400g potatoes, peeled  
1 pack of **Cauldron Falafels**  
2 tbsp olive oil  
60g spring cabbage, thinly sliced  
50g petit pois  
2 spring onions, roughly chopped  
1 clove of garlic, crushed  
¼ tsp salt  
¼ tsp ground black pepper

For the poached eggs:

4 medium eggs  
1 tbsp white wine vinegar  
¼ tsp salt

To serve:

Baby spinach  
Toasted sesame seeds  
Spring onions, finely sliced

## METHOD

- 1 Put the potatoes in a medium-sized pan of water and place on a high heat. Bring to the boil and then reduce to a simmer, then cook for 20 minutes, or until the potatoes are soft. Drain the potatoes and place them back into the pan. Crumble the falafels into the potatoes and mash with a potato masher until smooth.
- 2 Add 1 tbsp of olive oil to a frying pan, and place on a medium heat. Once hot, add the spring cabbage, petit pois and spring onions and fry for one minute. Add the garlic and fry for a further minute. Transfer this mix into the pan with potatoes and falafel. Add the salt and pepper and mix until combined.
- 3 Take the mixture and form 8 round patties. Add another tbsp of olive oil to the frying pan, and place back on a medium heat. Once the pan is hot, add the patties and fry for 2-3 minutes on each side, or until golden. Remove from the pan and keep warm in a low oven.
- 4 To make the poached eggs, bring a saucepan of water to the boil and add the white wine vinegar and salt. Once boiling, stir the water with a spoon to create a small whirlpool. Drop the eggs into the centre of the whirlpool one by one. Reduce to a low-medium heat and cook the eggs for 3-4 minutes. Remove from the pan.
- 5 To serve, place a bed of baby spinach on each plate, top with two of the bubble and squeak patties and a poached egg, and garnish with the spring onions and toasted sesame seeds.



## LUNCH

# HOT SAUSAGE PITTAS WITH ROASTED VEGETABLES & GARLIC DRESSING



PREP  
25 MINS



COOK  
25 MINS



SERVES  
4 PEOPLE

Treat your friends and loved ones to an easy feast with this simple, speedy recipe. Change it up by using seasonal vegetables or swapping the seasoning mix.

## INGREDIENTS

For the Filling:

1 pack of Cauldron **Cumberland Sausages**, each chopped into 4 pieces

1 red pepper, de-seeded and chopped

1 courgette, halved and chopped

1 red onion, halved and chopped

1 tbsp Cajun seasoning

1 tsp smoked paprika

¼ tsp salt

¼ tsp ground black pepper

1 tbsp olive oil

For the garlic dressing:

100g Greek yoghurt

1 tbsp lemon juice

1 clove of garlic, grated

1 tbsp chives, finely chopped

Salt and pepper to taste

To serve:

Pitta breads

20g rocket

## METHOD

- 1 Preheat your oven to 180°C / 160°C Fan / Gas 4.
- 2 Place the sausages, vegetables, Cajun seasoning, smoked paprika, salt, pepper and oil into a baking dish and mix well. Transfer to the centre of your oven and bake for 25 minutes.
- 3 To make the garlic dressing, mix all ingredients together and set aside.
- 4 To serve, heat the pittas through in a toaster and cut in half. Fill each half with rocket, the sausage and roasted vegetable mixture and finish with a drizzle of the garlic dressing.



## LUNCH

# CARROT, CORIANDER & FALAFEL FRITTERS WITH CUCUMBER SALAD & POACHED EGGS



**PREP**  
20 MINS



**COOK**  
10 MINS



**SERVES**  
2 PEOPLE

A hearty breakfast or the perfect brunch. This Moroccan inspired recipe uses our tasty Moroccan falafels, a cucumber salad with a kick and soft poached eggs to give you a delicious alternative to the usual.

## INGREDIENTS

### For the falafel fritters:

1 pack of **Cauldron Moroccan Spiced Falafel Bites**

1 carrot, grated

10g fresh coriander, de-stalked and chopped

2 spring onions, finely chopped

1 clove of garlic, crushed

4 tbsp gram flour, plus extra for dusting

½ tsp sea salt

½ tsp ground black pepper

2 tbsp olive oil

1 handful of fresh baby spinach

### For the cucumber salad:

½ cucumber, chopped

¼ red onion, finely chopped

½ red chilli, de-seeded and finely chopped

½ tbsp white wine vinegar

½ tbsp lime juice

½ tbsp extra virgin olive oil

Salt and black pepper to taste

### For the poached eggs:

1 tbsp white wine vinegar

½ tsp salt

2-3 medium eggs, cracked into ramekins

Pinch of red chilli flakes

## METHOD

- 1 Crumble the falafels in a bowl. Add the carrot, coriander, spring onions, garlic and flour and stir until combined. Season to taste and mould the mixture into 8 round patties, approximately 1½ cm thick. Dust each patty with extra flour before frying.
- 2 To prepare the cucumber salad, assemble all the ingredients in a bowl and mix well. Cover until needed.
- 3 Pour the olive oil into a frying pan and place on a medium heat. Add the patties to the pan and cook for 4-5 minutes on each side, until golden. Remove from the pan and set aside.
- 4 Meanwhile, for the poached eggs, bring a saucepan of water to the boil and add the white wine vinegar and salt. Once boiling, stir the water with a spoon to create a small whirlpool. Drop the eggs into the centre of the whirlpool one by one. Reduce to a low-medium heat and cook the eggs for 3 minutes. Remove from the pan.
- 5 To serve, place the fritters on a bed of baby spinach and cucumber salad and top with poached eggs and a pinch of chilli flakes.



# DINNERS



## VEGAN CARBONARA WITH SMOKED TOFU

PREP 5 MINS COOK 15 MINS SERVES 4 PEOPLE



## TOAD IN THE HOLE WITH ROSEMARY & RED ONIONS

PREP 5 MINS COOK 35 MINS SERVES 2 PEOPLE



## VEGAN MAC N' CHEESE

PREP 15 MINS COOK 30 MINS SERVES 6 PEOPLE



## VEGAN RAMEN WITH TERIYAKI TOFU

PREP 10 MINS COOK 20 MINS SERVES 2 PEOPLE



## VEGAN CHEESY FALAFEL PIZZA

PREP 10 MINS COOK 15 MINS SERVES 4 PEOPLE



## LOADED SOUTH AMERICAN HOT DOGS WITH TOMATO SALSA

PREP 25 MINS COOK 15 MINS SERVES 6 PEOPLE



## VEGAN NUT ROAST

PREP 20 MINS COOK 1 HOUR SERVES 10 PEOPLE

DINNER

## VEGAN CARBONARA WITH SMOKED TOFU



PREP  
5 MINS



COOK  
10 MINS



SERVES  
4 PEOPLE

Our vegan take on the Italian classic features our delicious new Organic Smoked Tofu as the star of the show! Pan-fried with garlic and packed with smoky flavours, it's teamed with fresh spaghetti, dairy-free cream and vegan hard cheese.

### INGREDIENTS

1 pack of Cauldron Smoked Tofu Pieces  
400 g spaghetti  
1 tbsp olive oil  
2 cloves of garlic, crushed  
250 ml vegan cream  
30 g vegan hard cheese, grated  
½ tsp ground black pepper  
¼ tsp salt

To serve:

1 tbsp parsley, finely chopped  
2 tbsp vegan hard cheese, grated  
Salt and black pepper to taste

### METHOD

- 1 Cook the pasta according to pack instructions.
- 2 Place a frying pan on a medium heat and add the oil. Fry the tofu and garlic for 4 minutes. Add the cream, vegan hard cheese, black pepper and salt and cook for a further 2 minutes.
- 3 Drain the spaghetti, reserving 100ml of pasta water. Add the water and spaghetti to the pan and stir to combine.
- 4 To serve, divide between four plates and garnish with the parsley, vegan hard cheese and season to taste.

VEGAN



## DINNER

# TOAD IN THE HOLE WITH ROSEMARY & RED ONIONS



PREP  
5 MINS



COOK  
35 MINS



SERVES  
2 PEOPLE

This comfort food classic is quick, easy and economical to make. Serve with your favourite green vegetables and lashings of gravy.

## INGREDIENTS

3 tbsp olive oil  
1 × 276 g pack of **Cauldron Lincolnshire Sausages**  
2 red onions, peeled and sliced into wedges  
8 sprigs of rosemary  
150 g plain flour, sifted  
¼ tsp salt  
¼ tsp ground black pepper  
3 medium free-range eggs  
200 ml milk

## METHOD

- 1 Preheat your oven to 220°C / 200°C Fan / Gas 7. Place 2 tbsp olive oil into a baking dish and place in the centre of your oven.
- 2 Place the remaining 1 tbsp olive oil into a frying pan and place on a medium-high heat. Add the Cauldron sausages, red onion and rosemary and fry for 5 minutes, until golden.
- 3 Meanwhile, to make the batter, place the flour, salt and pepper into a large mixing bowl, add the eggs and milk and whisk until smooth.
- 4 Remove the baking dish from the oven, place the sausages, red onion and rosemary sprigs into the dish and pour the batter on top. Transfer back to the oven and cook for 25-30 minutes, or until risen and golden brown.



DINNER

## VEGAN MAC N' CHEESE



Serve up a dinner time favourite with this creamy tofu-based vegan mac and cheese, scattered with cheesy, garlic breadcrumbs for a crunchy topping.

### INGREDIENTS

1 pack Cauldron Organic Tofu Block  
300g dried macaroni  
100g vegan cheddar, grated  
100g vegan mozzarella, grated  
300ml dairy-free milk  
35g nutritional yeast flakes  
½ tsp mustard powder  
¼ tsp salt  
¼ tsp black pepper  
30g breadcrumbs  
10g vegan parmesan-style cheese, grated  
1 tsp garlic granules  
4 sprigs of thyme, leaves only

### METHOD

- 1 Preheat your oven to 180°C/350°F/Gas 4.
- 2 Cook the macaroni for two minutes less than according to packet instructions in a large pan of boiling salted water. Drain and set aside.
- 3 To make the cheese sauce, put the Cauldron Organic Tofu Block into a blender and pulse until fine. Add the vegan cheddar, vegan mozzarella, dairy-free milk, nutritional yeast flakes, mustard powder, salt and black pepper and blend until smooth.
- 4 Combine the cheese sauce mixture with the macaroni and transfer to an oven-proof baking dish.
- 5 Combine the breadcrumbs, vegan parmesan, garlic and thyme together and sprinkle over the dish. Transfer to the oven to bake for 30 minutes, or until golden.

VEGAN



## DINNER

# VEGAN RAMEN WITH TERIYAKI TOFU



**PREP**  
10 MINS



**COOK**  
20 MINS



**SERVES**  
2 PEOPLE

Our Teriyaki tofu pieces are served on nutritious buckwheat noodles in a rich umami broth, with shiitake mushrooms, spinach and vegan kimchi. A quick and easy Japanese inspired meal!

## INGREDIENTS

1 pack Cauldron Teriyaki Tofu Pieces  
2 spring onions  
600 ml vegetable stock  
2 tbs tamari  
1 tbs ginger, minced  
3 tbs vegetable oil, divided  
150 g shiitake mushrooms, stems removed and sliced  
100 g spinach  
150 g buckwheat soba noodles, cooked according to package directions  
80 g vegan kimchi

## METHOD

- 1 Thinly slice the spring onions, separating the white and green parts.
- 2 Combine stock, tamari, ginger and white spring onions in a saucepan and bring to the boil. Reduce heat to medium low. Simmer for 5 minutes or until the stock is infused with the flavours.
- 3 Meanwhile heat half the oil in a large, heavy-based frying pan set over a medium-high heat. Cook the shiitake mushrooms for 5 minutes or until golden and tender then remove from pan. Cook the spinach in the pan for 2 minutes or until starts to wilt, then remove and set aside with the mushrooms.
- 4 Heat the remaining oil in the same pan over a high heat. Cook the tofu pieces for 5 minutes, turning once, or until crisp and heated through.
- 5 Divide the noodles between 2 bowls. Pour in the stock. Top with the tofu, mushrooms, spinach, kimchi and green spring onions and serve immediately.

VEGAN



DINNER

## VEGAN CHEESY FALAFEL PIZZA



PREP  
10 MINS



COOK  
15 MINS



SERVES  
4 PEOPLE

Treat yourself with this fully loaded vegan cheesy pizza. We've added a crispy base topped with pesto and falafels for a special Cauldron twist.

### INGREDIENTS

1 pack of Cauldron Middle Eastern Falafels  
2 portions of prepared pizza dough  
½ tbsp. oil  
4 tbsp. vegan pesto  
160 g vegan mozzarella, grated  
½ red pepper, thinly sliced  
20g black olives, sliced  
100g spinach, wilted  
1 tbsp. parsley, finely chopped (optional)

### METHOD

- 1 Preheat the oven to 220°C/200°C fan/Gas Mark 7.
- 2 On a lightly floured work surface, roll the dough into two 10-12" rounds, about 3 mm thick. Transfer them onto a floured baking tray.
- 3 Brush the oil evenly over the bases. Spread the pesto over each base and top with ½ the grated vegan mozzarella, red pepper, black olives, spinach and Cauldron Middle Eastern Falafels.
- 4 Scatter over the remaining grated vegan mozzarella.
- 5 Bake the pizzas for 10-12 minutes or until crust is golden brown. Before serving, garnish with parsley.

VEGAN



## DINNER

# TOAD IN THE HOLE WITH ROSEMARY & RED ONIONS



PREP  
25 MINS



COOK  
15 MINS



SERVES  
6 PEOPLE

A refreshing alternative, these Chilean inspired hot dogs are fresh and full of flavour. Fire it up by adding a drizzle of Sriracha sauce.

## INGREDIENTS

1 pack of Cauldron Cumberland Sausages  
1 tbsp oil  
6 brioche hot dog buns, sliced down the middle  
2 avocados, smashed  
1 spring onion, finely sliced  
1 jalapeño, finely sliced  
10 g fresh coriander, finely sliced  
Sriracha sauce (optional)

For the tomato salsa:

16 cherry tomatoes, finely diced  
¼ red onion, finely diced  
1 clove of garlic, minced  
5 g fresh chives, finely chopped  
½ tbsp lime juice  
Salt and black pepper to taste

## METHOD

- 1 To make the tomato salsa, mix all ingredients together in a bowl until combined, cover and set aside.
- 2 To cook the sausages, place a frying pan on a medium to high heat and add the oil. Put the sausages in the pan and cook for 12 minutes, turning occasionally to ensure an even cook.
- 3 To assemble the hot dogs, divide the smashed avocado between the buns and place a sausage on top. Drizzle the salsa over the buns and garnish with the spring onion, jalapeño and coriander. Drizzle with Sriracha sauce if desired. Serve immediately.
- 4



DINNER

## VEGAN NUT ROAST



Create the ultimate centrepiece this Christmas with this decadent recipe for our tofu nut roast. Pistachios and cranberries nod to the festive feel with an influence from the Middle East using aromatic za'atar and sumac.

### INGREDIENTS

- 1 pack of Cauldron Organic Tofu, crumbled
- 1 tbsp oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 120g chestnut mushrooms, finely chopped
- 120g wild mushrooms, finely chopped
- 1 tbsp fresh rosemary
- 1 tbsp fresh thyme
- 150g pearl barley, cooked
- 50g dried cranberries, chopped
- 50g pistachios, chopped
- 150ml vegetable stock
- 1 ½ tsp salt
- 1 tbsp za'atar
- 1 tbsp sumac
- 1 tin chickpeas, drained
- 3 tbsp pomegranate molasses

### METHOD

- 1 Preheat your oven to 190°C and grease and line a circular ring/bundt baking tin (25 cm).
- 2 Place the frying pan on a low-medium heat and add the oil. Fry the onion, garlic and mushrooms with the rosemary and thyme for 10 minutes.
- 3 Add the crumbled tofu, pearl barley, cranberries, pistachios and vegetable stock. Reduce the heat and simmer for 10 minutes. Season with salt, za'atar and sumac.
- 4 Meanwhile drain and rinse the chickpeas and pulse in a food processor until smooth. Add to the tofu mixture and stir to combine.
- 5 Press into the baking tin and cover with foil. Bake for 40 minutes.
- 6 Remove from the oven and transfer to a plate. Drizzle with the pomegranate molasses before serving.

VEGAN

