

vforlife.org.uk



One-pot meals

Discover the simplicity and flavour of plant-based cooking with our collection of one-pot meals. These delicious recipes require minimal prep and clean up, letting you enjoy more time for yourself or with your loved ones

£2
where sold

Contents

Introduction	3
RECIPES	
Chunky 'clam' chowder	4
Orzo and bean soup/stew	6
Jambalaya rice pot	8
Stuffed peppers	10
Tomato confit and spiced chickpeas	12
Tofu Thai curry tray bake	14
South Asian noodle stir-fry	16
Cauliflower and sweet potato bake	18
Broccoli and quinoa casserole	20
Mushroom and leek filo pie	22
Sausage and gnocchi bake	24
Pesto pea risotto	26
Baked oat nests	28
Biscoff pudding pots	30
Kheer – Indian rice pudding	32

V for Life
info@vegetarianforlife.org.uk
0161 257 0887
83 Ducie Street, Manchester M1 2JQ

V for Life is a charity registered in
England and Wales, number 1120687
Company number 6294709
© V for Life 2024

Introduction

One-pot and one-pan dishes are a fantastic way to feed the whole family easily, minimise washing up, and reduce food waste. For fuss-free midweek dinners, our one-pot meals are your go-to solution when you're too tired or short on time to cook.

We've curated a selection of recipes that require minimal prep and let the stove or oven do most of the work.

Instead of standing over the stove mixing, frying, and flipping, simply combine your favourite ingredients in one dish. This not only simplifies cooking but also enhances your meal with rich, toasted and roasted flavours that steaming or boiling can't achieve.

Our chefs have provided great hints and tips to streamline the cooking process and encourage you to experiment with different flavour combinations. We've also included kitchen shortcuts, such as store-bought pesto, Thai curry paste, and straight-to-pan items, to save you even more work. While most brands and supermarkets offer 'free-from' versions, always check the label to ensure suitability.

With more people following plant-based and vegan diets, the demand for good vegan cheese alternatives has grown. Whether you're looking to recreate the melty goodness of Mozzarella on

a pasta bake or the salty tang of Feta, vegan cheeses are now more delicious and satisfying than ever. Supermarkets are reporting a surge in the popularity of dairy-free cheeses thanks to incredible strides in their taste and texture.

To help you get the best from our recipes, our chefs have taste-tested top brands available in major supermarkets and online to find the best cheese alternatives. Whether you're looking for the perfect Cheddar for a creamy, tangy sauce or the best soft cheese for dips and desserts, our team has selected its favourites.

Ready to get cooking? Dive into our selection of one-pot meals and discover how easy and delicious plant-based cooking can be. Enjoy!

CHEF'S TIP: POT SELECTION

Whether you choose stainless steel, cast iron, aluminium, or glass, all these materials will heat your food effectively. However, ensure that any pan or roasting tray you use in the oven is oven-safe. If you're using a deep frying pan, check that the handle is also oven-safe.

Always use a casserole dish or deep-sided roasting tray for recipes that call for liquid to prevent spills in the oven. If you don't have these, a lasagne dish works well.



Chunky 'clam' chowder

Inspired by the classic American chowder, this indulgent chunky soup features a thick and creamy non-dairy milk base, tender potatoes, fragrant aromatics, and oyster mushrooms as the perfect substitute for clams.

Time to prepare 15 minutes

Time to cook 30 minutes

Serves 4 as a main, 6 as a starter

Mushrooms

- 1 tbsp olive oil
- 250g/8¾oz king oyster mushrooms, sliced
- 1 garlic clove, minced
- 1 tsp soy sauce

Soup base

- 2 tbsp olive oil
- 1 medium onion, diced
- 2 celery stalks, diced
- 2 medium carrots, diced
- 2 cloves garlic, minced
- 120ml/4fl oz dry white wine
- 3 tbsp plain flour
- 1 litre/1¾ pints vegetable stock
- 2 medium potatoes, peeled and cut into bite-sized pieces
- 2 bay leaves
- 1 tsp dried thyme
- 2 tsp kelp granules or dulse flakes
- Salt and cracked black pepper to taste
- 100ml/3¾fl oz vegan cream

- 1** Heat the oil on a medium heat in a large heavy based pan. Fry the mushrooms until soft, then add one clove of garlic. Fry for 1 more minute.
- 2** Add in the soy sauce and mix well to coat the mushrooms. Place the mushrooms in a bowl and set to one side.
- 3** Heat the remaining oil and fry the onions until soft. Then add the celery, carrots and the rest of the garlic and fry until tender.
- 4** Add the wine and turn up the heat to boil. Once boiling reduce the heat and stir in the flour, stirring for a minute to remove any lumps.
- 5** Gradually stir in the stock then add the potatoes and herbs. Simmer for 20 minutes or until the potatoes are soft. Return the mushroom mixture to the pan.
- 6** Add the kelp/dulse and season to taste.
- 7** Stir through cream and serve with crusty bread.

CHEF'S TIP If you prefer not to have the taste of the sea, replace the kelp/dulse with 1–2 tbsp chopped fresh parsley or dill. If you can't get oyster mushrooms, substitute with small button mushrooms, halved.

Orzo and bean soup/stew

More than just a soup, this is a meal in a bowl – packed with vegetables and pasta. Colourful, filling, nutritious, tasty and ready in only 30 minutes.

Time to prepare 10 minutes

Time to cook 20 minutes

Serves 4

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 carrot, finely chopped
- 4 garlic cloves, crushed
- 1 x 400g/14oz can butter beans (OR mixed beans, OR black beans), rinsed and drained
- 200g/7oz passata
- 85g/3oz orzo
- 700ml/1¼ pints vegetable stock
- 1 heaped tsp paprika
- 100g/3½oz spinach, roughly chopped
- Salt and pepper to taste
- 4 tbsp vegan green pesto



1 Heat the oil in a large pan, add the onion and carrot, and fry for 5–6 minutes, until beginning to soften. Add the garlic and fry for 1–2 minutes.

2 Add the beans, passata, orzo, stock and paprika, and bring to the boil. Reduce the heat and simmer for around 10 minutes, or until the orzo is al dente.

3 Add the spinach and a generous pinch of salt and pepper, and simmer for a few minutes.

4 Taste and add a little more salt and pepper if needed. Serve in bowls and top each with 1 tbsp of pesto. If serving as stew, reduce the quantity of stock added. Serve with a drizzle of extra virgin olive oil along with warm flatbread, sourdough or focaccia bread.

CHEF'S TIP Pasta is a great store cupboard essential, not just for pasta bake. Orzo is the perfect pasta for this hearty soup. Why not make a double batch to use for both soup and stew? It's ideal for freezing, helping to reduce food waste and save cooking time.





Jambalaya rice pot

Our take on the Creole comfort food classic is a great step towards your 5-a-day.

Time to prepare 15 minutes

Time to cook 30 minutes

Serves 2

- 2 tsp olive oil
- 1 small onion, diced
- 1 carrot, diced
- 1 courgette, diced
- 1 red pepper, deseeded and diced
- 1 clove garlic, crushed
- 1 tbsp tomato purée
- 1 x 400g/14oz can chopped tomatoes
- 150ml/¼ pint vegetable stock
- 1 tsp dried mixed herbs
- 1 bay leaf
- Salt and freshly ground black pepper, to taste
- ½ tsp allspice
- 1 tsp smoked paprika
- 100g/4oz wholegrain rice
- 1 tbsp chopped parsley to garnish

1 Heat the oil in a large frying pan and fry the onion until beginning to soften. Then add carrot, courgette, and pepper and fry for 5 minutes.

2 Add the garlic and tomato purée. Fry for a further 2 minutes.

3 Add the tomatoes, vegetable stock, herbs, bay leaf, spices and rice. Stir well and bring to the boil then reduce the heat and simmer gently for 25 minutes until the rice is tender and most of the liquid has been absorbed.

4 Remove the bay leaf. Divide between two bowls and garnish with freshly chopped parsley before serving.

CHEF'S TIP For a satisfying and filling protein-rich dinner, why not try adding some plant-based chorizo sausage and chick'n pieces? Simply sizzle these in the pan, then stir back through to warm before serving.



Stuffed peppers

Delicious, simple and quick – a perfect midweek meal with Mediterranean flavours.

Time to prepare 10 minutes

Time to cook 25 minutes

Serves 2

- 2 red peppers, tops removed and de-seeded
- Olive oil for brushing
- 150g/generous 5oz vegan 'tuna'
- 1 celery stalk, finely diced
- 1 carrot, grated
- ½ red onion, finely diced
- 2 tbsp vegan Greek style yoghurt
- 1 tbsp hot sauce
- Juice and zest of ½ lemon
- 1 tsp Dijon mustard
- ½ tsp mixed herbs
- Salt and pepper, to taste
- 150g/scant 5½oz vegan Cheddar cheese, grated. Violife or Cathedral City plant-based works well

Garnish

- Fresh coriander, chopped
- Spring onions, thinly sliced
- Hot sauce (optional)



1 Preheat oven to 180°C/325°F/gas mark 5.

2 Place the peppers upright in an ovenproof dish, brush them all over with oil, and bake for 15–20 minutes.

3 Meanwhile, in a large bowl combine the plant-based 'tuna', celery, carrot, onion, yoghurt, hot sauce, lemon juice and zest, mustard, mixed herbs, salt and pepper plus two-thirds of the cheese.

4 Once the peppers have cooled, fill them with the mixture. Top with the remaining cheese.

5 Bake for further 5 minutes until the cheese is melted.

6 Serve topped with coriander, spring onions and extra hot sauce (optional).

CHEF'S TIP Delicious as a starter. For a light lunch try with a crisp green salad or a pouch of microwave grains or rice. If you can't get vegan 'tuna', substitute with mashed chickpeas or shredded canned jackfruit.





Tomato confit and spiced chickpeas

A simple dish with minimum preparation. Slow cooking in the oven helps develop the wonderful flavours.

Time to prepare 15 minutes

Time to cook 60 minutes

Serves 2 to 4

- 1 x 400g/14oz can chickpeas, drained
- 5 garlic cloves, peeled, 4 left whole and 1 minced
- 30g fresh ginger, peeled and finely sliced
- 400g/14oz heirloom or regular cherry tomatoes
- 2 mild red chillies, halved lengthways
- 1 tbsp tomato purée
- 1 tsp cumin seeds, roughly crushed with a pestle and mortar
- ½ tsp ground turmeric
- ½ tsp chilli flakes
- 1 tsp chilli powder
- 1 tsp caster sugar
- 100ml/3¾fl oz olive oil
- 1 tsp salt
- 100g/3½oz vegan Greek-style yoghurt
- 1 tbsp fresh mint leaves, finely chopped
- 2 tbsp fresh coriander, finely chopped
- 1 lime, juiced to get 1 tbsp, then cut into wedges to serve
- Salt and pepper to taste

1 Preheat the oven to 150°C/300°F/gas mark 2.

2 Place the chickpeas, whole garlic cloves, ginger, tomatoes, chillies, tomato purée, spices, sugar, oil and salt into a large sauté pan and mix everything together to combine.

3 Cover with the lid or tinfoil, transfer to the oven and cook for 60 minutes, stirring halfway through, until softened and the tomatoes have broken down.

4 Meanwhile, mix the yoghurt, mint, coriander, lime juice, crushed garlic and a large pinch of salt.

5 Serve with the yoghurt and lime wedges at the side.

CHEF'S TIP This dish can be made ahead of time. Leftovers allow the flavours to develop further, making it perfect for a quick lunch with couscous.



Tofu Thai curry tray bake

A protein-packed Thai twist on a traditional tray bake that elevates your store cupboard essentials.

Time to prepare 10 minutes

Time to cook 30 minutes

Serves 2

Tray bake

- 280g/10oz extra firm tofu
- Salt and pepper to taste
- 1 x 400g/14oz can cannellini beans
- 1 x 400g/14oz can coconut milk
- 2 tbsp vegan red Thai curry paste
- 150g/5½oz basmati rice

Dressing

- 1 tbsp fresh coriander
- 1 lime
- 2 tbsp vegetable oil
- Salt and pepper to taste

1 Preheat the oven to 180°C/350°F/gas mark 4.

2 If the coconut milk has solidified, pour it into a microwave-safe bowl. Microwave it on low or medium power in 15–30 second intervals, stirring after each interval, until the coconut milk has melted and is smooth. Once the coconut milk is fully melted, add the Thai curry paste and continue to microwave in short intervals, stirring in between, until the curry paste is fully incorporated and the mixture is well combined. This step could alternatively be done in a saucepan set over low heat.

3 Pat dry the block of tofu with some kitchen paper then cut into bite-sized chunks. Season with salt and pepper.

4 To prepare the tray bake add the undrained cannellini beans, coconut milk, and Thai curry paste to a large roasting tray. Stir well to combine.

5 Add the rice and mix, then spread everything out into 1 even layer. Lay the tofu chunks on top.

6 Bake in the oven for around 30 minutes, until the rice absorbs all the liquid and the tofu is golden round the edges.

7 Meanwhile, make the dressing by adding the coriander to a measuring jug. Finely grate the zest of 1 lime, squeeze in its juice, and add the oil. Blitz until smooth with a hand blender, and season to taste with salt and pepper. Once ready, fluff the rice with a fork and drizzle over the coriander dressing, then serve.

CHEF'S TIP This dish is perfect for using up leftover vegetables. Why not try adding some diced peppers, butternut squash, carrots, baby corn or broccoli?





South Asian noodle stir-fry

Black pepper and ginger give this dish a wonderful warmth and spice.

Time to prepare 10 minutes

Time to cook 35 minutes

Serves 2

- 2 tbsp vegetable oil
- 250g/9oz vegan mince
- 5 spring onions, finely sliced
- 1 inch fresh ginger, peeled and minced
- 3 cloves garlic, minced
- 200g/7oz fresh spinach
- 1 pack of straight to wok noodles
- 3 tbsp vegan 'fish' sauce
- 1 tbsp caster sugar
- ¼ tsp cracked black pepper

To serve

- 1 lime, cut into wedges

1 Add the oil to a large frying pan or wok and place it over a medium-high heat.

2 Fry the mince for 8–10 minutes until crisp and golden, breaking up occasionally.

3 Once the mince is ready, add the spring onions, ginger, and garlic. Fry for a further 2–3 minutes, until fragrant.

4 Add the spinach to the pan and fry for a further 1–2 minutes until the leaves darken and wilt.

5 Add the noodles and toss to mix everything together.

6 Add the 'fish' sauce, caster sugar and pepper. Continue to fry for 1–2 minutes, tossing occasionally.

7 Serve with the lime wedges.

CHEF'S TIP We love using cashews and peanuts for extra flavour and protein. Nuts become toasty and flavoursome when roasted, as well as giving texture and crunch. Try adding some to your tofu and noodle dishes.



Cauliflower and sweet potato bake

Take inspiration from the Middle East with this deliciously spiced bake.

Time to prepare 15 minutes

Time to cook 40 minutes

Serves 4

- 1 x 400g/14oz can green lentils in water, drained and rinsed
- 2 x 400g/14oz can chopped tomatoes
- 4 tbsp Harissa paste
- 2 tbsp tomato purée
- 3 medium sweet potatoes, peeled and cut into 2cm (scant 1 inch) chunks
- Salt and pepper to taste
- 1 large cauliflower, separated into florets
- 1 tbsp extra-virgin olive oil
- Vegan natural yoghurt, to serve
- 1 tbsp chopped coriander, to serve

1 Preheat the oven to 200°C/400°F/gas mark 6.

2 Add the lentils, chopped tomatoes, 3 tbsp Harissa paste, tomato purée and sweet potatoes into a large, ovenproof pan set over a medium heat. Bring to the boil, stirring occasionally, then season to taste.

3 Top with the cauliflower florets, pushing them gently into the tomato sauce.

4 Mix the oil with the remaining Harissa paste and brush over the tops of the cauliflower. Roast in the oven for 30–40 minutes until the cauliflower and sweet potatoes have softened.

5 Spoon into serving bowls and drizzle with yoghurt. Scatter over the chopped coriander.

CHEF'S TIP Perfect with warm pitta bread or in a tortilla wrap. Cauliflower can be swapped with broccoli or try a mix of both.





Broccoli and quinoa casserole

Crisp and tender broccoli adds texture and contrasts with the creamy, cheesy quinoa in this classic casserole.

Time to prepare 30 minutes

Time to cook 40–50 minutes

Serves 6

Cashew cream

- 85g/3oz cashews
- 500ml/18fl oz hot water
- 250ml/9fl oz soya milk
- ½ tsp salt

Casserole

- 200g/7oz quinoa (uncooked)
- 2 tsp garlic powder
- ½ tsp chilli flakes
- 1 tsp smoked paprika
- 4 tbsp nutritional yeast flakes
- 500ml/18fl oz vegetable stock
- 500g/18oz broccoli, divided into florets
- 100g/3½oz vegan cheese, grated. Violife or Cathedral City plant-based work well

Garnish

- Chopped chives
- Tahini

1 Prepare the cashew cream by soaking the cashews in hot water in a measuring jug for 30 minutes.

2 Drain off the water then add the soya milk and salt. Blitz until smooth using a hand blender.

3 Preheat the oven to 180°C/350°F/gas mark 4.

4 In a baking dish, combine all the casserole ingredients except for the broccoli and cheese. Mix together so the ingredients are evenly combined.

5 Add the broccoli and top with grated cheese.

6 Bake in the centre of the oven for 40–50 minutes until the quinoa is cooked and the liquid is absorbed.

7 Cool for 5–10 minutes prior to serving. Top with finely chopped chives and a drizzle of tahini.

CHEF'S TIP Cashew cream can be made ahead of time and will keep in fridge for 2–3 days.



Mushroom and leek filo pie

A delicious autumnal meal that's lightly spiced with mustard and nutmeg, which pairs perfectly with the earthy mushrooms and spinach.

Time to prepare 10 minutes

Time to cook 1 hour 10 minutes

Serves 4

- 2 tbsp olive oil, plus 1 tbsp extra to brush
- 750g/generous 1½lb mixed mushrooms, roughly sliced
- 2 leeks, trimmed and sliced
- 6 garlic cloves, minced
- 2 sprigs of rosemary, leaves finely chopped
- Salt and pepper to taste
- 150g/5oz fresh spinach
- 2 tbsp vegan butter
- 2 tbsp plain flour
- 400ml/14fl oz soya milk
- ½ tsp ground nutmeg
- 1 tbsp wholegrain mustard
- 1 tsp soy sauce
- 1 vegetable stock cube
- 5 large sheets of ready-made vegan filo pastry
- 1 tsp sesame seeds

1 Add the olive oil to an ovenproof frying pan (about 28cm) on a medium-high heat. Fry the mushrooms for 12–15 minutes until the mushrooms are beginning to brown.

2 Add the leeks, garlic, rosemary and some seasoning. Turn the heat down slightly and fry for 5 minutes.

3 Add the spinach to the pan. Cook until wilted then tip the mixture into a bowl.

4 Preheat the oven to 200°C/400°F/gas mark 6.

5 Wipe the pan clean with some kitchen paper. Place the pan back on a medium heat and melt the vegan butter. Add the flour and stir with a wooden spoon until combined. Cook for 2 minutes.

6 Gradually pour the soya milk into the pan. Add the nutmeg, mustard and soy sauce. Crumble in the stock cube and simmer for 5 minutes, mixing regularly, until the sauce has thickened slightly.

7 Return the mushroom mixture back to the pan and mix well.

8 Remove the pan from the heat. Scrunch up the filo pastry and cover the filling with the filo sheets to form a pie. Brush with the remaining oil and sprinkle over the sesame seeds.

9 Bake in the oven for 18 minutes until golden and crisp.

CHEF'S TIP If your pie is browning too fast, cover the top with tin foil and return to the oven.





Sausage and gnocchi bake

Rich flavoursome tomato sauce with gnocchi makes a great midweek alternative to pasta. It's fuss free and packed full of Italian flavours.

Time to prepare 10 minutes

Time to cook 35 minutes

Serves 4

- 1 yellow pepper, cut into chunks
- 1 red pepper, cut into chunks
- 1 red onion, cut into eighths
- 1 courgette, thickly sliced
- 1 sprig of rosemary, leaves finely chopped
- 2 sprigs thyme, leaves finely chopped
- 2 tbsp olive oil
- Salt and pepper to taste
- 8 vegan sausages
- 2 cloves garlic, minced
- 1 tsp smoked paprika
- 1 tbsp tomato purée
- 1 x 400g/14oz can chopped tomatoes
- 400ml/14fl oz vegetable stock
- 450g/16oz ready-made potato gnocchi
- 100g/3½oz vegan cream cheese. Oatly and Nush work well
- 1 tbsp chopped parsley, to garnish

1 Preheat the oven to 200°C/400°F/gas mark 6.

2 Put the peppers, onion, courgette, rosemary and thyme in a roasting dish. Drizzle with half the olive oil and season with salt and pepper. Toss well then roast for 10 minutes.

3 Brush the sausages with the rest of the oil. Add them to the dish and return to the oven for 10 minutes.

4 Transfer the sausages to a plate. Stir the garlic, paprika and tomato purée into the vegetables, followed by the tomatoes and stock.

5 Return the sausages to the dish and bake for 15 minutes. Stir in the gnocchi and return to the oven for 5 minutes.

6 Remove from the oven and stir in the cream cheese. Sprinkle with parsley and serve.

CHEF'S TIP If you can't get fresh herbs, try 1 tsp of mixed dried Italian herbs, or use vegan cream cheese with garlic and herbs.



Pesto pea risotto

This rich risotto is a tasty way to get your greens. Basil pesto and frozen peas add vibrant colour and fresh flavour to creamy arborio rice.

Time to prepare 5 minutes

Time to cook 30 minutes

Serves 2

- 2 tbsp olive oil
- 1 shallot, peeled and finely diced
- 2 garlic cloves, minced
- 2 leeks, cleaned and thinly sliced
- 230g/generous 8oz arborio risotto rice
- 150ml/¼ pint white wine
- 1 litre/1¾ pints vegetable stock
- 100g/3½oz frozen peas
- 1 tbsp vegan green pesto
- 1 tbsp grated vegan Parmesan style cheese. Nurishh and Violife work well
- Sprig of fresh thyme, for serving

1 Add half the olive oil to a pan set over a medium heat. When hot, add the shallot, garlic and leeks. Sauté for about 4 minutes.

2 Add the rice to the sautéing vegetables and cook for 1 minute. Stir the rice thoroughly, ensuring the rice gets coated in the oil.

3 Add the white wine and cook for a further 2 minutes.

4 On a medium-low heat, add 150ml (¼ pint) of the stock and stir. Leave to simmer for about 4 minutes then add another 150ml (¼ pint). Repeat this process until the rice is cooked through but not stodgy.

5 Stir through the frozen peas and pesto. Bring back up to the heat to cook through.

6 Add the cheese and remaining oil then stir well.

7 Garnish with fresh thyme and serve.

CHEF'S TIP For an extra special dish why not try topping with pine nuts and fresh watercress, or peppery rocket?





Baked oatly nests

A fun, fruity healthy breakfast idea, perfect for weekends.

Time to prepare 10 minutes

Time to cook 20–25 minutes

Serves 6

- 1 tsp vegetable oil, for greasing
- 1 very ripe banana
- 2 tbsp maple syrup
- ¼ tsp ground cinnamon
- 100g/3½oz rolled oats
- 150g/5oz plant-based mango and passionfruit yoghurt
- 100g/3½oz fruit of your choice – blueberries, raspberries, diced mango, kiwi, blackberries
- Zest of 1 lime (optional)

1 Preheat the oven to 180°C/350°F/gas mark 4.

2 Using a pastry brush lightly grease 6 holes of a muffin tray.

3 In a bowl, mash the banana and add the maple syrup, cinnamon and oats. Mix well until the mixture is combined.

4 Divide the mixture between the 6 holes in the muffin tray. Press around the bottom and sides to form the nests.

5 Bake in the oven for 20–25 minutes until golden around the edges.

6 Allow to cool in the muffin tray, then use a spoon to carefully remove the nests.

7 Fill each nest with the yoghurt and top with fruit.

Optional: Sprinkle lime zest over the top.

CHEF'S TIP The nests can be prepared ahead of time and stored in a sealed container for 1–2 days. A lime that has been zested can be stored in the fridge for 2–3 days. The juice can be used in other recipes, such as stir-fries or curries.



Biscoff pudding pots

A rich, decadent pudding with caramel flavour, that doesn't require baking.

Time to prepare 10 minutes

Chilling time 1 hour

Serves 6

Base

- 100g/3½oz Biscoff biscuits

Filling

- 100g/3½oz Biscoff smooth spread
- 200g/7oz vegan cream cheese. Violife and Nush work well
- 200g/7oz thick vegan Greek style yoghurt
- 3 tbsp icing sugar

Topping

- 6 small Biscoff biscuits
- 100g/3½oz Biscoff smooth spread
- 100g/3½oz blueberries (optional)

- 1 Crush the biscuits in a bag with a rolling pin or similar.
- 2 Divide between 6 dessert glasses.
- 3 For the filling, use an electric hand whisk to blend the Biscoff spread, cream cheese, yoghurt and icing sugar until smooth.
- 4 Carefully divide between the dessert glasses. Chill for 1 hour (or overnight).
- 5 For the topping, crush 3 of the remaining Biscoff biscuits into crumbs and snap the other 3 in half.
- 6 Transfer the jar of Biscoff smooth spread to a microwave safe bowl. Microwave for 30 seconds until runny.
- 7 Top the puddings with the Biscoff spread, then sprinkle each with a small pile of crumbs.
- 8 Just before serving, poke the biscuit halves into the top of each pudding.

Optional: Top with blueberries.

CHEF'S TIP We use Violife or Nush vegan cream cheese to give a thick, spoonable pudding. Other brands will work but may result in a thinner pudding.





Kheer – Indian rice pudding

Elevate store cupboard ingredients to make this creamy rice pudding infused with cardamom and rose.

Time to prepare 5 minutes

Time to cook 40 minutes to 1 hour

Chilling time 4 hours

Serves 6

- 1 tbsp coconut oil
- 70g/2½oz basmati rice, rinsed
- 6 green cardamom pods, slightly crushed
- 1 litre/1¾ pints almond milk
- 50g/1¾oz brown sugar
- 3 tbsp chopped nuts
- 50g/1¾oz sultanas, soaked in hot water
- 50ml/1¾fl oz soya cream
- 1 tsp rose water (optional)

1 Heat a heavy bottom pan on medium heat. Add the coconut oil and allow to melt. Then add the rice and crushed green cardamom pods.

2 Toss the rice with the oil and cardamom for 1–2 minutes, stirring constantly until aromatic.

3 Add the milk to the pan and stir well. Set heat to medium-high.

4 Let the milk come to a boil. Stir regularly so that milk doesn't stick to the bottom of the pan.

5 Once the milk has come to a boil, set the heat to low and let the kheer cook for around 25 minutes. Stir every 2 minutes or so. The milk will reduce considerably. When ready, the kheer

will look thick and the rice completely cooked. If you want very thick kheer, cook for 10 more minutes.

6 Add in the sugar and mix well. Then add in the nuts and soaked sultanas (drained).

7 Cook the kheer for 5 more minutes after adding the sugar, nuts and sultanas. The sugar will dissolve completely. Don't worry if your kheer doesn't look very thick at this point. It will continue to thicken as it cools down.

8 Remove pan from heat. Stir in the soya cream and rose water (optional).

9 Serve in individual dessert glasses or bowls. Garnish with more nuts and sultanas. Serve warm or chilled.

CHEF'S TIP Why not experiment with different spices? Ginger, saffron, cinnamon and mixed spice all work well.



Issue 3 out now



Just £7.50
plus P&P
(or free to VfL
supporters)

0161 257 0887 | vforlife.org.uk/shop

V for Life is a charity registered in England and Wales,
number 1120687



Stand up for your rights...

Just
£2.75
inc P&P

Are you confident about
protecting your vegan or
vegetarian identity and beliefs
– now and in the future?

V for Life's self-advocacy pack
outlines the laws that safeguard
dignity and choices in care. It details
the steps you can take to ensure
that you are cared for in line with
your beliefs.

- Understand your rights as a
vegan or vegetarian.
- Where to access support and
information (care homes, legal,
nutrition).
- Step-by-step guide to ensuring
your rights are respected in case
of loss of capacity or cognition or
when receiving care.
- Template letters to use if
admitted to hospital or
receiving care.



0161 257 0887 | vforlife.org.uk

 VfLUK  @VfL_UK

V for Life is a charity registered in England and Wales, number 1120687

With you on the journey

Vegan recipe service



Veg*n pen- and phone-pals scheme



Lifestyle support



Just
£2.85
inc P&P

vforlife.org.uk/shop



0161 257 0887 | vforlife.org.uk

 **VfLUK**  **@VfL_UK**

V for Life is a charity registered in England and Wales, number 1120687