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# Lovely Mushroom Risotto



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# Lovely Mushroom Risotto



**15 MINS PREP**



**60 MINS**

**SERVES 2**

## INGREDIENTS

**1l vegan stock**  
**1 tbsp. extra-virgin olive oil**  
**1 onion, finely chopped**  
**2 tbsp. vegan butter**  
**2 cloves garlic, crushed**  
**450g button mushrooms**  
**1 bay leaf**  
**4 sprigs thyme**  
**salt**  
**Freshly ground black pepper**  
**400g arborio rice**  
**120ml Vegan white wine**  
**3/4 c. frozen peas, thawed**  
**2 tbsp. chopped fresh parsley**

1. In a medium saucepan over medium heat, bring vegetable stock to a simmer. Reduce heat to low.
2. In a large pot heat oil. Add onion and cook, stirring often, until translucent, about 5 minutes. Add 1 tablespoon butter, garlic, mushrooms, bay leaf and thyme. Cook until the mushrooms have softened and are golden, about 4 more minutes, then season with salt and pepper. Remove mixture from the pot.
3. Melt remaining tablespoon butter in the pot and add the arborio rice, stirring quickly. Cook until the grains are well-coated and smell slightly toasty, about 2 minutes. Add the wine and cook until the wine has mostly absorbed.
4. Add about 240ml hot stock. Stirring often, cook until the rice has mostly absorbed liquid. Add remaining stock about 240ml a time, continuing to allow the rice to absorb each addition of stock. Add the mushroom mixture back into the rice.
5. Stir in peas then garnish with parsley.

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# Fishless Fillet Vegan Tacos



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# Fishless Fillet Vegan Tacos



**10 MINS PREP**



**40 MINS**

**SERVES 2**

## INGREDIENTS

**200g Quorn Breaded  
Fishless Fillets (2 pieces)**

**1 head of lettuce**

**1 cucumber**

**3 tomatoes**

**1 carrot**

**4 small Vegan tortilla wraps**

**Coriander**

**Vegan creme fraîche**

**For the guacamole:**

**2 avocados**

**1 green chili**

**2 garlic cloves**

**1 lime**

**Salt**

**Pepper**

1. Prepare the Fishless Fillets according to the instructions on pack.
  2. Slice the tomatoes and cucumber, shred the carrot and remove the lettuce leaves from the stalk.
  3. To make the guacamole, mash the avocado with the de-seeded chilli and the garlic. Mix together with the juice of the lime, then season with salt and pepper.
  4. In a griddle pan, quickly heat the tortilla breads on each side.
  5. Break the fillets and serve in the tortilla bread, with the vegetables, guacamole and vegan creme fraîche. Garnish with coriander.
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6. Alternatively, if you want to leave the tortilla's out of the recipe you can use lettuce leaves to create a natural wrap for the rest of the yummy ingredients.
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# Vegan French Onion Soup



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# Vegan French Onion Soup



**15 MINS PREP**



**120 MINS**

**SERVES 4-6**

## INGREDIENTS

**4 tbsp extra virgin olive oil**

**4 large sweet onions, sliced**

**1/2 tsp salt**

**1 tsp sugar**

**2 tbsp all purpose flour**

**6 cups mushroom broth**

**1 tbsp Vegan  
Worcestershire sauce**

**1/3 cup dry Vegan white wine**

**1/8 tsp ground black pepper**

**1 tsp sugar (optional)**

**1 French Baguette**

**14 ounce of Vegan Cheese**

1. Heat olive oil in a large soup pot. Add onions and salt and cook over medium heat for 30 minutes. Add 1 teaspoon of sugar and continue cooking for about 50 minutes, stirring frequently. Add flour, mix well and cook for another 5 minutes
2. While the soup is cooking place cheese in the freezer for 20 minutes (so it's easier to shred). Shred cheese and set aside in the fridge
3. Slice baguette in 1/2 inch rounds and toast until crunchy.
4. Preheat oven to 150°C / gas mark 2
5. Line a baking tray with aluminum foil. Place 4-6 oven proof bowls on the baking sheet and ladle soup into the bowls. Add 3 tbsp shredded cheese to each bowl, mix well
6. Gently place one or two pieces of bread on top of soup and cover bread with 1/4 cup of cheese per bowl
7. Place baking tray and bowls into the oven and bake for 10 minutes, keeping an eye so the bread doesn't burn. Serve immediately.

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# Curried Carrot Vegan Fritters



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# Curried Carrot Vegan Fritters



**10 MINS PREP**



**12 MINS**

**7 FRITTERS**

## INGREDIENTS

**250 - 300g | 3 large carrots**

**1 medium onion**

**2 cloves garlic, finely chopped**

**2 tablespoons curry powder**

**100g | 1 cup chickpea flour**

**3/4 teaspoon salt**

**1 big handful | half cup fresh  
cilantro, parsley or carrot tops ,  
chopped finely**

**1 tablespoon ground flax seed**

**1/4 teaspoon ground coriander**

**1/4 teaspoon ground ginger**

**1/2 teaspoon cumin seeds, or  
1/4 teaspoon ground cumin**

**1/2 teaspoon fennel seeds, or  
1/4 teaspoon ground fennel**

**60mls | 1/4 cup water**

**1/2 teaspoon chili flakes**

1. Grate the onion and the carrot. The grater attachment on a food processor does this job quickly and easily.
2. In a large bowl add the onion, carrot and garlic and mix well.
3. Add everything else except the water and stir together really well making sure all the spices are distributed well then add the water and stir again. You should have a really thick batter.
4. At this stage leave it to sit for at least 10 minutes but longer is fine.
5. If cooking in the oven preheat to 180°C / gas mark 6. Line a baking tray with parchment paper and drop the mixture in roughly 1/2 cup amounts then flatten them evenly to about 1/2 inch thick. Cook for 20-25 minutes flipping them at half way through the cooking time.
6. If cooking on a griddle or in a fry pan, heat over a medium heat then add roughly 1/3 cup amounts, flattening them evenly to about 1/2 inch thick. Cook for 5 - 6 minutes each side or until golden brown.

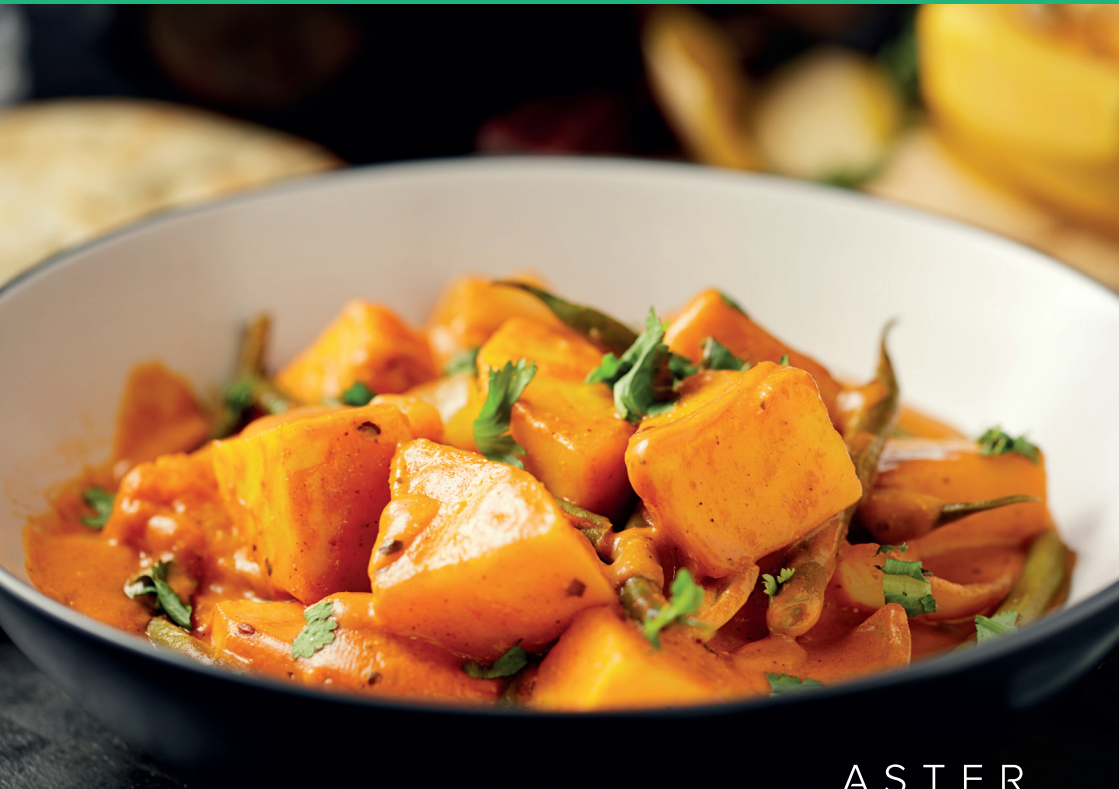
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# Satay Sweet Potato Curry



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# Satay Sweet Potato Curry



**15 MINS PREP**



**45 MINS**

**SERVES 4**

## INGREDIENTS

**1 tbsp coconut oil**

**1 onion, chopped**

**2 garlic cloves, grated**

**Thumb-sized piece ginger, grated**

**3 tbsp Thai red curry paste  
(check the label to make sure it's Vegan)**

**1 tbsp smooth peanut butter**

**500g sweet potato, peeled and cut into chunks**

**400ml can coconut milk**

**200g bag spinach**

**1 lime, juiced**

**Cooked rice, to serve (optional)**

**Dry roasted peanuts, to serve (optional)**

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.
2. Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.
3. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
4. Stir through 200g spinach and the juice of 1 lime, and season well.
5. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.

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