

SUSTAINABLE FOOD COOKBOOK

A STUDENT COOKBOOK
AND REFERENCE GUIDE
TO COOKING AND
EATING SUSTAINABLY





Authors: Catherine Campbell; Catherine 'Cate' Goodman; Douglas Livingston; Nikola Mazur; Elaine Penman; Laura Cacheda Rocas; & Lisa Singh

Editor: Louise Symington



[GCU Students Association](#)

dietetics society



Table of Contents

Editor Piece	5
Introduction – How to use this cookbook.....	7
External links	7
Nutrition highlights and Sustainability hacks.....	7
One Blue Dot Summary.....	8
STEPS TO SUSTAINABILITY by SFABC.....	9
When purchasing:.....	9
When cooking:.....	10
When out and about:	11
Sustainable food labelling – What to look for.....	13
Sustainable cooking methods	18
The 10 Best Spices to Have in Your Pantry.....	19
A Well-Stocked Pantry	26
Milks: Dairy or otherwise?.....	29
Plant based swaps	31
Recipes by Season:.....	33
Autumn	33
Apple, Celeriac and Hazelnut Salad – Ewa Wojtaczka	34
Blue Zones Minestrone – Catherine Campbell.....	36
Caramel Dalgona Frappuccino – Nikola Mazur	38
Carrot Cake – Laura Cacheda Roces.....	40
Chicken & Chickpea Korma – Cate Goodman.....	42
Chicken Soup – Sarah Rowan.....	44
Oat Milk – Catherine Campbell.....	45
Oat Milk Smoothie - Catherine Campbell.....	47
Pumpkin soup – Lisa Singh	49
Shepherd’s Pie – Tabitha Ward RD Senior Public Health Dietitian	50
Vegan Carrot Cake – Lisa Singh	52
Winter.....	54
Apple Bread – Cate Goodman.....	55
Celery Cream Soup – Andrea Kozlowski.....	57
Chicory salad with yoghurt dressing – Lisa Singh.....	59
Dairy free Mug Cake – Cate Goodman	60
Eggnog – Andrea Kozlowski	62



Hazel Maizel Bread - Ewa Wojtaczka.....	64
Kale Crisps – Nikola Mazur.....	66
Onion Soup – Andrea Kozlowski.....	68
Vegetable Stock - Douglas Livingston.....	70
Spiced Oats – Catherine Campbell.....	71
Spring.....	72
Bell-Pepper and Onion Quiche – Andrea Kozlowski.....	73
Carbonara – Cate Goodman.....	75
Chocolate Nut Bark – Cate Goodman.....	77
Patatas Bravas – Douglas Livingston.....	79
Potato Skin Crisps – Andrea Kozlowski.....	81
Warm Seasonal Salad – Cate Goodman.....	82
Summer.....	84
Apple and Sausage Bake – Cate Goodman.....	85
Brownies (Vegan) – Douglas Livingston.....	87
Burger (Blended: lentil and lean mince) – Elaine Penman.....	91
Cabbage Rolls with Couscous and cashew filling – Andrea Kozlowski.....	93
Hummus – Tilly Bradley Bevan.....	95
Overnight Oats – Catherine Campbell.....	97
Sour Cherry Marmalade – Andrea Kozlowski.....	99
Spiced Bean and Potato Hotpot – Cate Goodman.....	100
Stuffed Eggs – Laura Cacheda Rocas.....	102
Tofu and Walnut Stir-Fry – Laura Cacheda Rocas.....	104
Tomato Hummus – Taste of Plants.....	105
Veggie Paella – Elouise Rice.....	107
Veggie Sausage Pasta Bake – Elouise Rice.....	109
ComplEATing.....	111
Quick Links.....	113
Sustainable Recipe Sources.....	115
Kitchen conversion chart.....	117
A very special thanks.....	118



Foreword



Welcome to the Sustainable Food ABC Student Cookbook, a labour of love prepared by a team of Dietetic Students from Glasgow Caledonian University (GCU).

This eBook represents the final phase of the project ‘Sustainable Food ABC’ which brought together three elements; **A**wareness through an online [Facebook Campaign](#), **B**e present at a food demonstration event in early 2020 and this student **C**ookbook as a tangible output to be shared across the student population and beyond.

Climate change affects us all and will for generations to come. Making changes now to our buying, cooking and kitchen habits can make a difference and we would like to help you along the way. Being sustainable does not need to be an all or nothing approach, there are elements that will fit your lifestyle and preferences and others that do not, it is up to you.

We recognise GCU is a diverse community of students, bringing together people from all over the world. Many students are cooking for family while some are preparing meals in shared kitchens with minimal storage and cooking space. We hope this cookbook has something for everyone and recipes can be scaled or adapted to suit along with other recipe resources from organisations such as [‘Love Food Hate Waste’](#) and the [‘World Wildlife Federation’](#).

Thank you to a wonderful team of committed students who have given up their time to contribute to the Sustainable Food ABC project, to the many amazing recipe submissions from the student body and to Louise Symington, [The Sustainable Dietitian](#) for agreeing to mentor the team through this final phase.

A special thank you goes out to the GCU Occupational Therapy and Human Nutrition and Dietetics department for their support, the GCU Students Association for assisting the GCU Dietetic Society throughout the project and to British Dietetic Association for their valuable evidence based One Blue Dot toolkit that inspired the project in the very beginning.

Elaine Penman & Douglas Livingston

SFABC, Co-founders



Editor Piece



I'm delighted to be the Guest Editor for this edition of the Sustainable ABC Cookbook. Food that is both good for 'people and the planet' has always been a passion of mine. Having trained as a Dietitian in the 90's, I could never have imagined how the professions' work on this subject has grown. It's great to see Dietitians leading on such an important topic. We now have some great resources to draw upon for personal and professional use such as One Blue Dot.

I can understand that the nuances of sustainability can be quite complex. Where you live, what you have access to, and your nutritional needs must be taken into consideration with a 'sustainable diet'. What works for someone may not work for another. Often, we find ourselves getting caught up in emotive topics such as 'veganism' or 'organic eating' where both scientific and personal opinions are at odds. However, I believe the fundamental basis to sustainable eating is being able to cook and prepare your own food. This skill means you can use up leftovers (reducing food waste) reduce packaging (from all the pre-made foods) and avoid 'destructive' ingredients such as palm oil. Therefore, a cookbook like this is the cornerstone to eating in an environmentally friendly and ethical way - whatever your personal and geographical circumstances.

What I love about this project is that the principles of sustainability have been brought to life in a practical and achievable way. Important aspects of sustainable eating are detailed in a way that may not be covered in scientific journals/papers.

As students, I am sure you will start to be more conscious of everyday habits and ways to be 'greener'. Perhaps you can ensure that your accommodation is doing everything it can from recycling to minimising energy use. Also, you can buy, prepare food and cook together so you can learn from each other. You can make a positive influence amongst your peers in person or via social media. This resource will help you achieve this.

In future I'm sure 'sustainability' will be at the core of Dietitian training as opposed to an 'optional extra'. Dietitians will become increasingly proficient in providing information and education on the role of the food system, the environment and nutritional science to give consistent messages about healthy and sustainable diets. There is a lot of potential for future roles in education, advocacy, policy work and collaborations with environmental organisations.

Good luck and I hope you enjoy experimenting with the recipes.



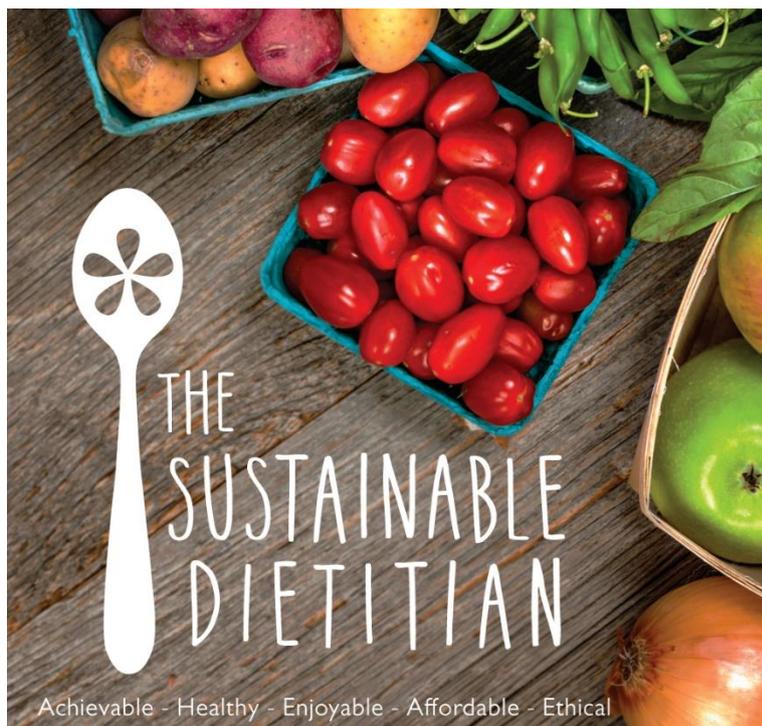
Professional Bio

Louise is a Registered Dietitian with a Master's in Food Sustainability. Louise's earlier career was spent in clinical and public health nutrition. Since completing her Masters in 2010 she has worked for charities such as The National Trust and Sustain, guiding and developing sustainable food policies and initiatives. Louise has been a guest lecturer at London Metropolitan University and was on the advisory panel for DEFRA's Green Food Project.

Louise works freelance providing nutritional advice to individuals and food companies. Now she is leading the food sustainability module for Culinary Medicine UK.

Louise enjoys nature and the outdoors. If she's not behind her laptop you will find her dressed in wellies and working at her local community allotment where she runs food growing projects.

You can find Louise on www.sustainabledietitian.co.uk and [@sustainabledietitian](https://www.instagram.com/sustainabledietitian)



Introduction – How to use this cookbook



What is a Sustainable diet?

One of the author's to this cookbook sums it up nicely: "An environmentally sustainable diet is generally defined as a nutritionally adequate diet for health with low environmental impact, usually involving a reduction in meat and dairy intake and increasing in plant food consumption, but not necessarily vegetarian/vegan." – Catherine Campbell (DietitianRO, 2020)

This means you're eating in a healthy manner for both yourself, getting all your nutrients, and the planet, limiting uptake of any one nutrient source. This doesn't mean you have to go plant-based or vegan. In fact the [Eatwell Plate](#) recommends one portion of red, 2-3 portions of oily fish, and lean meat sources of protein alongside other plant sources. A great example of this is our award-winning [blended burger!](#)

When cooking your meals, it's always easier to batch cook. This provides you with the opportunity to stock up your fridge or freezer with some delicious meals that are pre-made and ready for you. If you are anything like me, you will have a pleasant surprise as you've forgotten what you put in the freezer those months ago! Here's a [handy document](#) for reference on safe storage.

External links

Sustainability was chief in mind with this cookbook. We intended for it to be a handy, quick reference, e-resource. We have tried to make the best use out of this by linking you to further resources, recipes, or just make it easier to go back and forth between relevant recipes contained within. You'll likely see the most links in titles but otherwise the text should be highlighted. If you want to gain the best access to resources, we've linked our Facebook page in the bottom of each page, so you'll always be able to quickly access our compendium of various sources.

[Nutrition highlights and Sustainability hacks](#)

For the recipes we have included the nutritional highlights and further sustainable hacks you can apply to make it that little bit tastier for yourself and healthier for the planet. The nutritional highlights come from the top 3 or 4 nutrients you will gain from one serving of the recipe. These are compared against the DRV's (dietary reference values), RNI's (recommended nutrient intake), and EAR's (estimated average intake) used for vitamins, minerals, and macro-nutrients (carbohydrate, protein, and fats).

Lastly, just to say, have fun! Experiment with these dishes (although they have all been crafted with care and enjoyment in mind), bring life and happiness to your kitchen, dinner table and planet!



The SFABC Cookbook Team

One Blue Dot Summary



One of our authors wrote a very interesting [summary on the One Blue Dot](#). As a quick summary to make your diet more sustainable here is a quick guide:

Fruit and Veg: Increase seasonal & locally produced fruit and veg. or use tinned or frozen. Decrease pre-packed/prepared fruit and vegetables.

Portion Control: Decrease Animal proteins. Moderate dairy produce. Avoid High Fat, Sugar, and Salt (HFSS) foods.

Hydration: Increase tap water and unsweetened tea or coffee over soft drinks.

Food Waste: Reduced purchase of especially perishable fruit and vegetables. Increase all food waste (see our stock recipe for other methods in managing food waste!)

Red Meat: Reduce consumption <70g per person per day or <350g-500g per person per week (cooked weight). Eliminate all processed meats.

Plant Proteins: Increase and prioritise beans and lentils, Soya (beans, mince, nuts, tofu), Mycoprotein (Quorn), nuts and seeds.

Fish: Source from sustainable sources and follow [Oily fish recommendations](#).

Dairy: Moderate dairy consumption. Use calcium fortified plant-based alternatives where needed.

Starchy Carbohydrates: Increase wholegrain and tubers (e.g. potatoes).



STEPS TO SUSTAINABILITY by SFABC



As consumers with so much choice on offer throughout the year, we often don't eat seasonally or mindfully. Do we really know where our food comes from? Adopting sustainable practices can be very intimidating, however we can take small steps each day without it becoming an obsession.

When purchasing:

- Plan your weekly meals and buy from local suppliers at markets or farm shops to eat seasonally. If affordable select organic when you can to avoid [additional chemicals](#).
- Reduce plastic by sourcing foods from local suppliers and farmers direct, reuse glass bottles and jars to refill with ingredients and avoid pre-packaged plastics. If unavoidable, reduce, reuse, or recycle.
- When buying ingredients for favourite recipes think about plant-based substitutes for animal products. Green lentils (like our tasty [lentil and beef burger](#)), legumes (chickpeas), mycoprotein (Quorn, as featured in our [Shepherds Pie](#)) or tofu. These could completely transform the dish or be used in combination with meats, poultry, or fish.
- Buy in bulk to reduce cost, share with others. Enable batch cooking and [freezing](#) to reduce cooking time and use of electricity or gas.
- Shop with your own reusable cloth bag or net to reduce single-use or plastic bags. These can find their way into in the environment and landfill with detrimental impact to wildlife, oceans, and water ways.
- Support Fair Trade options in supermarkets and local stores. These are sourced from developing countries without marginalising workers and producers on price, working conditions and environmental impact.
- When buying poultry consider a whole bird to reduce cost, minimise waste. A whole bird can make multiple meals once cooked; the bones can be reused as a base for a tasty stock in other dishes (our [chicken soup](#) recipe is a great example of this!).



- Overfishing leaves bodies of water underpopulated and captures unwanted sea life when fishing for specific species. When considering fish, try to buy from suppliers of traceable and sustainable food sources and at the right time by checking out the [Marine Stewardship Council](#) and the [Good Fish Guide](#).
- Consider introducing dairy alternatives when choosing milk, yoghurts and other dairy produce or make your own (for Scotland, [oat milk](#) would be the most sustainable alternative milk to produce). There are known environmental benefits from choosing alternatives to reduce the environmental impact of dairy cattle on land use, greenhouse-gas emissions, and water utilisation.

When cooking:

- Think about energy efficiency, are you using two pans when one will do? You could boil and steam in one pot or could you batch cook to use less gas / electricity and recycle ingredients into different dishes.
- Using the oven to cook more than one ingredient at a time. If you're roasting potatoes but know you want to roast a squash later in the week, do them both at the same time and save using the oven twice!
- Vegetables are a fantastic canvas for infusing flavour into dishes, whether it be soups, curries, bolognaise. Add spices such as cumin, turmeric, or cinnamon to hot oil to create a delicious base.
- Cook with whole spices rather than ground as they last longer in their original form and are less processed. Local specialist and zero waste shops encourage decanting your own and spices can be frozen.
- Eat from root to leaf, eat every part! Kale, spinach and beet are often stripped of their stems and these can be used to add texture to a vegetarian bolognaise and onion / garlic skins can be boiled up into a stock and squeezed out to create a flavoursome base to dishes.
- Buy dried [beans and soak](#) overnight to avoid tins. This works well for chickpeas and fava beans which can be cooked and frozen in batches for adding to different dishes.



- Don't throw away bashed or bruised vegetables, these are great in sauces and rinds of different foods can be fermented. Watermelon rinds make a delicious pickle! - We have a handy guide to [completely](#) using the most of your vegetables!
- Cooking water especially vegetable water, pasta water or from boiling eggs can be great for watering plants, providing additional nutrients, or added into dishes for extra starch.

When out and about:

- Taking a portable and reusable drinking bottle will help you keep hydrated but also avoid purchasing plastic bottles or using dishes that later require to be washed and recycled.
- Preparing your own lunch and taking your own cutlery from home avoids disposables, saves money, and allows you to enjoy a healthy, homemade meal with known ingredients.
- Investing in a 'keep cup' for hot beverages often saves money in certain café's and coffee shops but also prevents the use of disposable cups which can often contain plastics and other non-recyclable materials.
- Separate your waste into the different categories of cardboard, glass, organic waste, plastics to ensure these items have the best chance to be recycled into other products. However, it is important to check with the local authority as each area has differing regulations.
- Visit local farm shops and markets and talk to the farmers about their animals and crops. Find out how the animals live, what they are fed on and production methods for eggs, cheese, milk and meats or poultry.
- Plant trees in your own garden or look out for local tree planting schemes such as those organised by the [Woodland Trust](#) who invest in restoring ancient woods and work with schools, landowners and local authorities to plant individual trees and hedgerows up to large plantations of thousands of trees.



- Search out a community garden, fruit & veg barra or allotment space to contribute to local initiatives or set up a growing space within your home. Options include windowsill herbs, trailing tomatoes or reminisce school days growing cress out of eggshells. Here are some top tips from [Save the Student](#) or download the [Royal Horticulture Society](#) grow your own phone app.
- Support your local Social Enterprise zero waste shops (e.g. [Society Zero](#)) and grocers (e.g. [Glasgow Locavore](#)) which sell fresh produce locally harvested and make environmentally friendly decisions for their instore offerings.
- Engage in the community and integrate with different groups of people. Learn from one another, give out recipes and kitchen tips and share your cooking experience. By listening to other people and appreciating that not everyone has the same access or understanding is a fantastic way to increase your knowledge and appreciation for food.
- Follow external specialists in sustainable diets, proactive on educating on sustainable choices and lobbying government to ensure the UK food systems are serving the needs of the nation while protecting the environment. These include the [British Dietetic Association](#), [Food Climate Research Network](#), and the [Sustain Alliance](#).

Thank you to Dr Jennie Jackson and Sumayya Usmani who inspired these sustainable tips from their insightful presentations at the Sustainable Food ABC food talk and demonstration in the dietetic kitchen at Glasgow Caledonian University.



Sustainable food labelling – What to look for



We all want to be better informed to make more sustainable choices in our daily lives. To that end, we wanted to highlight the more common labels and symbols that are out there to give you sustainability-related information about food. This way, the next time you go to the supermarket, you can make your purchases with more awareness about the origin and production of what you are buying.



Fairtrade: “Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world.”

<https://www.fairtrade.org.uk/>



Ethical Tea Partnership: “Creating a fairer, more sustainable tea industry for tea workers, farmers and their families as well as the environment.”

<http://www.ethicalteapartnership.org/>





UTZ: denotes sustainable farming of coffee, cocoa, tea, and hazelnuts and includes social and environmental standards.

“Every UTZ certified product is grown in accordance with our Code of Conduct, which sets guidelines for better farming methods and working conditions, as well as better care for nature and future generations.”

<https://utz.org/>



‘Red Tractor’ symbol: assures against food safety and traceability but does not indicate higher animal welfare or environmental standards.

“We insist on rigorous production standards, so we don’t allow things like growth hormones, chlorine washed meat or irresponsible use of animal medicines on farms. Just good quality British food at its seasonal best.”

<https://www.redtractor.org.uk/>



RSPCA Assured: Denotes comparatively higher animal welfare standards but not higher environmental standards.

“Depending on species, benefits of the RSPCA welfare standards include: More space, natural lighting, comfy bedding, environmental enrichment.”

<https://www.rspcaassured.org.uk/>



Organic Farmers and growers: one of the main organic certification schemes run in the UK.

<https://ofgorganic.org/>



Soil Association Organic: Denotes both high animal welfare and environmental standards.

<https://www.soilassociation.org/>





European organic certification: “Organic farming is an agricultural method that aims to produce food using natural substances and processes. This means that organic farming tends to have a limited environmental impact.

Additionally, organic farming rules encourage a high standard of animal welfare and require farmers to meet the specific behavioural needs of animals.”

https://ec.europa.eu/info/food-farming-fisheries/farming/organic-farming/organics-glance_en



The EU Ecolabel logo: “Makes it simple to know that a product or a service is both environmentally friendly and good quality taking into account the whole product life cycle. From the extraction of the raw materials, to production, packaging and transport.”

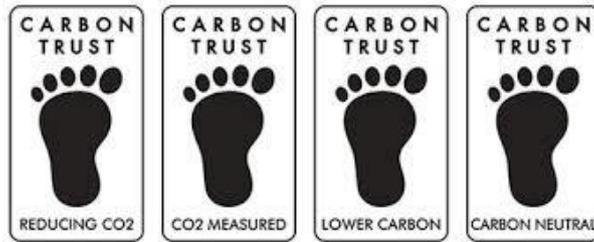
<https://ec.europa.eu/environment/ecolabel/eu-ecolabel-for-consumers.html>



Rainforest Alliance Certified: “Is a symbol of environmental, social, and economic sustainability.”

<https://www.rainforest-alliance.org/find-certified>





Carbon footprint: “Measures the total greenhouse gas emissions generated by a product throughout its lifecycle, from extraction of raw-materials to end-of-life. It is measured in carbon dioxide equivalent (CO₂e).”

<https://www.carbontrust.com/what-we-do/assurance-and-certification/product-carbon-footprint-label?kw=%20footprint-%20label-Broad>



The V-Label: “Is an internationally recognised, registered symbol for labelling vegan and vegetarian products and services. For consumers, it is a simple and reliable guide to help them when they are shopping. With the V-Label, companies promote transparency and clarity.”

<https://www.v-label.eu/en>



Leaf mark: “Works to inspire and enable sustainable farming that is prosperous, enriches the environment and engages local communities.”

<https://leafuk.org/>





Certified Sustainable Seafood: “The MSC is partnering with sustainable fisheries across the globe, from large-scale industrial fisheries to small artisanal fisheries, to drive the market for sustainable seafood.”

<https://fisheries.msc.org/en/fisheries/>



Sustainable cooking methods

The 10 Best Spices to Have in Your Pantry



Spices are normally made from the seeds or leaves of plants. They have been used for thousands of years for their colouring agents, medical properties, and some flavour and versatility to our meals.

The spices available in supermarkets aren't always produced ethically. When buying spices, it is important to look for the fair trade  and organic  symbol.

We would like to introduce you to this amazing world with our top 10 spices! The ones we recommend you have in your kitchen to be able to start playing around with their different flavours and properties.

PEPPER

Not having pepper at home is almost like not having salt. For us, they almost go hand in hand, and 90% of the time we use salt we also add a pinch of pepper.

PROPERTIES: Digestive, anti-inflammatory, antiseptic, and antioxidant, among others.

CULINARY USES: It goes well in practically all salty dishes, but we like to add it especially to meats, fish, and preparations that contain eggs.



TUMERIC

Turmeric, also known as Indian gold, is a root that is botanically related to ginger (it is a very similar root). It is a spice used very frequently in the cuisine of India, the Middle East, and Southeast Asia. It is a great flavour enhancer and serves as a natural colouring.

Did you know that turmeric is activated by pepper? When mixing these spices, turmeric is activated, which means that when consumed it increases the bioavailability of nutrients in our body. Therefore, it is second on the list and why it has also become one of our favourite spices when it comes to cooking rice and sautéed vegetables.

Remember to always add a pinch of pepper every time you use turmeric in cooking!

PROPERTIES: Antioxidant and anti-inflammatory. It also contains antifungal, antibacterial, and antiseptic properties.

CULINARY USES: It is very good in rice, potatoes, and baked or sautéed vegetables. It also goes great in infusions to fight the cold.

OREGANO

Dried herbs are also part of the spices that we like to use frequently in the kitchen, and one of our favourites is oregano. It can be consumed both dry and fresh, but its dry version is much more flavourful and aromatic.

PROPERTIES: Antioxidant, antimicrobial, and antiseptic.

CULINARY USES: Marinades, sauces, plates of pasta and pizzas, soups, baked potatoes, garlic bread.

PAPRIKA

We love adding a touch of spiciness to our preparations to enhance the flavour!
This spice contains a compound called capsaicin that prevents inflammation and is soothing.

PROPERTIES: Provides calcium and vitamin C. It contains more vitamin A than any other edible plant, as well as being an excellent source of vitamin B, iron, thiamine, niacin, potassium, and magnesium.

CULINARY USES: It goes very well in sausages, meats, fish, and vegetables on the grill or baked.



CUMIN

Cumin is an herbaceous plant where the seeds are used as a spice for cooking and It is associated with Indian cuisine.

It has a slightly bitter taste and a strong smell, but it gives meats and legumes an exquisite and tasty facet.

If the whole seeds are used, it is recommended to roast them before incorporating them into the preparation for the essential oils to express all their strength and aroma. Leave the roasted seed to cool down, then turn them into powder with a mortar and pestle. The smell is amazing!

PROPERTIES: It is used many times as a diuretic with effects very similar to those of fennel or anise. It's essential oil causes muscle relaxation.

CULINARY USES: Meats (beef, lamb, chicken), legumes, and vegetables (such as aubergine or zucchini)

CURRY

Curry is a very popular spice mix in Indian and Asian cuisines. It is used frequently for the preparation of stews and sauces.

It is made based on different spices such as chili, basil, cinnamon, cardamom, dried onion, coriander, cumin, turmeric, ginger, mustard, and pepper, among several others. The mixture depends on each region and its colour varies with the ingredients and quantities within the mixture.

Its "paste" version is made by mixing spices and fresh ingredients (such as red, green, or yellow chili peppers) and is used to make popular Thai and Indian curry dishes.

PROPERTIES: Being a mixture of spices that usually contains cardamom, coriander, cumin, turmeric, and pepper, it has the properties of those spices.

CULINARY USES: It is very good in stews and sauces.

CINNAMON

Cinnamon is extracted from the bark of a tree called cinnamon, a 10-meter tall shrub native to the East that is grown in Sri Lanka, India, and South Asia.

The most frequent way to use it is ground, but for some preparations (such as infusions or curries) it is also used whole (in-branch). In Latin America, it is frequently used for desserts, cakes, and sweets.

PROPERTIES: Anticoagulant and helps lower blood glucose levels.

CULINARY USES: Desserts, cakes, and sweets.
Middle eastern curries.



GINGER

Ginger is a plant native to the tropical rainforests of South Asia. It was one of the first spices to be exported from the East to Europe.

The part that is consumed from ginger is the root of the plant, which is very aromatic and has a strong and spicy flavour.

In Europe and Latin America, it is generally used in the preparation of desserts, sweetbreads, and candies. In the Middle East and Asia, it is also used in cooking, to season vegetables and meats.

PROPERTIES: Historically used in medicine thanks to its healing properties; powerful analgesic, anti-inflammatory, and digestive. It is also used to treat throat infections, nausea, and vomiting.

CULINARY USES: In sweet preparations such as cakes, cookies, or bread and in salty preparations such as sauteed vegetables.



GARLIC

Who doesn't love garlic!

Garlic has its origin in Western Asia, but it has a great presence and relevance in world cuisines, especially in the Mediterranean. It is used in cooking as a natural flavouring and can be consumed/used dry, semi-dry, dehydrated, or in powder.

PROPERTIES: Can help to reduce cholesterol and strengthens the immune system.

CULINARY USES: Fish, meat, vegetables, soups, and sauces.



ROSEMARY

Of Mediterranean origin, rosemary is an aromatic shrub with small and abundant leaves. It is an aromatic plant that is used (both dry and fresh) in various culinary preparations such as baked and grilled fish, meat, and vegetables, and in stews. Provides a unique touch and an unmistakable aroma.

In Spain and Italy, it is used to give a different touch to olive oils.

PROPERTIES: Being a plant rich in active principles, its leaves have various applications and medicinal uses, such as relief of pain and inflammation for people with arthritis and it is also an effective gastric protector.

CULINARY USES: Baked and grilled fish, meats, and vegetables.



Food waste and packaging



What are the issues?

Packaging

Packaging is unfortunately pervasive in modern society with the need for instant access and convenience. Foods will come in packaging of plastic, cardboard, and more plastic. The best way to reduce this is to prepare meals for when you are leaving the house, when temptation may strike at that meal deal section. Ask yourself when, where and why you find yourself throwing away packaging and make steps to change it. We personally love using old packing to store food, DIY storage for various house equipment or, our favourite, pots for plants and herbs!

I'm sure many of you will be familiar with the recent media coverage highlighting the problems with plastic pollution. Studies show that the average family throws away around 40 kg plastic waste per year - the weight of an 8-year-old! Not only are we running out of landfill space, but the oceans are now so contaminated marine life is suffering.

What can we do to reduce plastic waste?

By far the best thing for us to do is cut down on the amount of total plastic we use, especially single use e.g. water bottles/cups. You might not be able to 'change the world' immediately but small changes at home can be part of the revolution. We've got a few useful tips that will help you.

- **Reduce** (e.g.) Look for plastic free shops and lower plastic supermarkets. In Brighton we are lucky to have HISBE (www.hisbe.co.uk) and Harriet's of Hove (www.harrietsofhove.com) Even using a green grocer as opposed to supermarket means less packaged fruit and veg
- **Reuse** (e.g.) Beeswax wraps - Our favourite find of the year (www.beeswaxwraps.co.uk/shop/), reusable bags, eco cups, wrapping paper/gift bags (www.lilywrap.com). Many supermarkets let you take in your own Tupperwares for meat /fish
- **Recycle** (e.g.) Plastic, glass, aluminium, and paper. Many refuse centres even have inhouse 'shops' as an alternative to charity shops for things like furniture.



Food waste

Food waste doesn't have to be a problem in your household. Although it is a problem globally with 1/3rd of food produced globally going uneaten due to food being lost at every stage of the production chain. Indeed that doesn't have to be you, with our recipes like [vegetable stock](#) or [potato/kale crisps](#) it's easy to find a way to make use of what would otherwise be pesky scraps! You can even use leftover water that you've boiled vegetables in, once cooled, to [feed your plants](#)! Here's [top 10 tips](#) on how to make food go further in your kitchen just to give you that extra helping hand. This will help save on [food waste and budget](#)!

Best tips [to manage Food waste....](#)

-Choose imperfect/wonky veg. Look out for the 'less than perfect' sections of fruit and veg in your local supermarket or see www.wonkyvegboxes.co.uk to show that we don't need uniform shaped plant foods!

-Recipe apps /websites for leftovers - simply type in what you have at home and get recipe suggestions. There are lots online but my favourite is www.supercook.com/#/recipes

-Find local composting facilities - Your local council website can direct you or find your own at your local community allotment or food growing school.



A Well-Stocked Pantry



The importance of a well-stocked pantry

It's useful to have a well-stocked store cupboard with basic ingredients to be able to easily prepare healthy, home cooked meals. Having healthy options readily available makes it easier to build healthy habits and save money on your weekly shop.

Starting to build a healthy pantry... the simpler the better

If you're starting from scratch it may take time to gradually build up your supplies but a few items a week will soon add up. Most ingredients are inexpensive and can be found in your local supermarket.

Store cupboard suggestions:

Nuts and Seeds

Nuts and seeds are a good plant-based source of healthy fats which provide a range of nutrients. A small handful can be eaten as a snack with some fruit or they can be added to porridge, salads and home baking.

- Almonds, walnuts, hazelnuts, pistachios, cashew nuts
- Flaxseeds, pumpkin, sunflower, sesame

Dried fruit

Dried fruits are a handy nutrient-dense snack with a longer shelf life than fresh fruit. Keep a selection of your favourites in the cupboard to make your own trail mix or add sweetness to dishes.

- Raisins
- Dates
- Dried peaches
- Grated coconut

Cereals

Starchy carbohydrates should make up about 50% of your diet, ideally from wholegrain varieties for extra fibre.

- Pasta: lentils, whole wheat, spelt, buckwheat ...
- Rice
- Couscous
- Noodles
- Oats
- Flour: spelt, whole wheat, rye



Legumes (raw and canned)

Great to have on hand to bulk out meat dishes for example by adding lentils to Bolognese or chickpeas to a curry. They are a good source of plant protein and tinned varieties don't require pre-soaking.

- Chickpeas
- Lentils
- White beans
- Red beans

Sauces

Tinned tomatoes are the base of many popular recipes and are very cheap, especially own brand varieties. You can build up your store cupboard by buying ingredients as and when required by a recipe. Be mindful of salt and sugar content of shop bought sauces and check the storage instructions and best before date.

- Chopped tomatoes and passata for Bolognese, chilli, soups & stews
- Soy sauce – for stir fries
- Coconut milk – to add to curries

Tinned/Jars fruit and vegetables

Choose fruit tinned in juice and vegetables with no added salt where possible. Fruit can be served as a snack with yoghurt or made into a crumble for dessert.

- Tinned peaches in fruit juice
- Mushy peas - serve with fish and potatoes
- Sweetcorn - add to tuna mix or chilli
- Beetroot/Pickles - added to main meals
- Antipasti – chargrilled peppers. Sundried tomatoes for quick pasta dishes

Tinned Fish

The Eatwell guide recommends two portions of fish per week, one of which should be oily.

- Tuna – in spring water (not brine)- for sandwich fillings, baked potato topper, in pasta and salads.
- Mackerel/Sardines - in oil or tomato sauce served on toast



Drinks

Hot drinks count towards your daily fluid intake but be mindful of caffeine intake, particularly after midday as it can affect sleep quality.

- Hot chocolate
- Herbal/Breakfast Tea
- Coffee

Oils

Choose unsaturated oil for cooking and dressings.

- Rapeseed
- Sunflower
- Olive (would primarily use for dressings due to low burn point)



Milks: Dairy or otherwise?

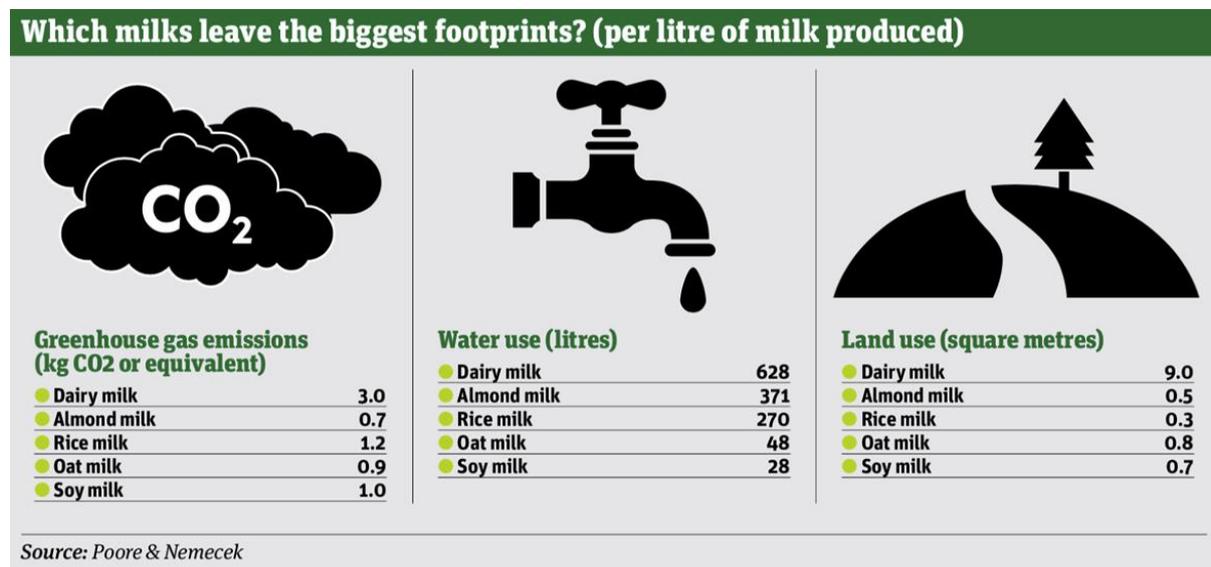


This section gives an overview of the nutrition, sustainability, and culinary considerations for animal derived and plant-based milk choices.

Dairy versus plant-based milks - sustainability

Plant milks such as soya, rice, hemp, and almond milk essentially comprises of 90-99% water with added vits/mins (if fortified) and very small amounts of nut/seed/soya bean. Very little nutrition comes from the 'plant'.

Plant based milks generally have a lower environmental impact than dairy in terms of carbon emissions, land use and water. However, it's difficult to deduce which plant milk is the most sustainable as it depends on where the 'plant' is produced. For example, the almond cultivation for almond milk is water intensive and rice production for rice milk is GHG intensive.



(- [The Grocer](#))

Dairy versus plant-based milks - nutrition

Dairy milk provides a rich source of micronutrients such as B12, calcium and iodine. If dairy milk is directly being replaced with plant-based milk, then fortified varieties are recommended. The amount of fortification is dependent on brand which can vary greatly! Try



to get ones which have Iodine as well as Calcium, Vitamin D, B2, B12. The calorific range varies greatly from around 15 kcal - 60 kcal per 100 ml so depending on your energy requirements and type of meal this will need to be considered. Differences in fat and carbohydrate contents account for the calorie differences.

Culinary uses of plant milks

Soya tends to be the highest in protein and most comparable to that of Dairy milk and is a popular choice in tea/coffee. Some oat and hemp milks can be fattier and creamier so maybe suitable for cheese sauces. Rice milk is mainly carbohydrate based and good for recipes like 'overnight oats'. There are so many variations within and between brands you will have to experiment as this is just a guide.

Organic and homemade plant-based milks are not fortified so this needs to be taken into consideration.

Dairy milk - sustainable tips

Fair pay - some major retail brands such as M&S, Morrison's and Tesco are supporting fair pay to farmers for their milk. Look out for this on the packaging

Ethical milk - there are smaller companies out there promoting higher welfare standards beyond 'organic' e.g.

<https://www.theethicaldairy.co.uk/> (Scotland) <https://www.ahimsamilk.org/> UK

Glass bottle recycling - you may be lucky to find your local shops do this or local delivery scheme <https://www.findmeamilkman.net/>



Plant based swaps



There are shop-bought alternatives for lots of things now such as meat free mince or chicken-less nuggets, dairy free cream and even powder to make an egg. Here are a couple of easy at home swaps for a more plant-based diet. These can be used as partial swaps too, for example instead of making a spaghetti Bolognese with just meat you could use half mince and half a substitute.

Egg

1 whole egg in baking can be swapped for:

- 1tbsp chia seeds or ground flax seeds mixed with 2 ½ tbsp water
- Half a mashed banana or ¼ cup of apple sauce – must be used alongside a raising agent such as baking soda as the banana/ applesauce only adds moisture but doesn't help with the raising of the bake.

Aquafaba is the liquid in a can of chickpeas. Drain the beans saving the aquafaba and it can be used as a substitute for egg white when making things like meringues or royal icing, just mix it with a hand mixer until it is white and fluffy.

Chickpeas flour / garam flour can be used in the place of eggs in more savoury recipes such as making an omelette (<https://www.livegreenandgood.com/vegetarian-recipes/vegan-chinese-omelette>)

Milk

There are lots of plant-based milks available (see recipe for oat milk) these can be used as direct substitutes for dairy milk. However certain ones are more appropriate for different recipes for example, oat milk is great if you want to make something creamy, but soya milk can be better for achieving higher protein intake.

Protein sources

Beans, pulses, tofu and tempeh are great alternatives for meat in dishes. The texture and taste are different, they are not meat, it's just about changing things up a bit. Starting with half meat and half substitute is a great way to adjust your mouth to the different flavours and textures.



- Green lentils are a good swap for mince, especially if they are very soft and mashed up
- Red lentils are a good thickener with a nonintrusive taste, they are a great thing to add to soup or curry
- Chickpeas are a good substitute for small pieces of chicken in recipes such as curries, salad or stir fries
- Beans can be used interchangeably, and your favourite ones can be added into any meal in place of another source
- Tofu or tempeh is a great substitute for bigger pieces of meat (i.e. chicken dinner or a roast). Cooked in a marinade it can be cut into slices, dry fried and served as the main part of a meal.
- Add seeds to salad as well as any bean

Plant-based baking

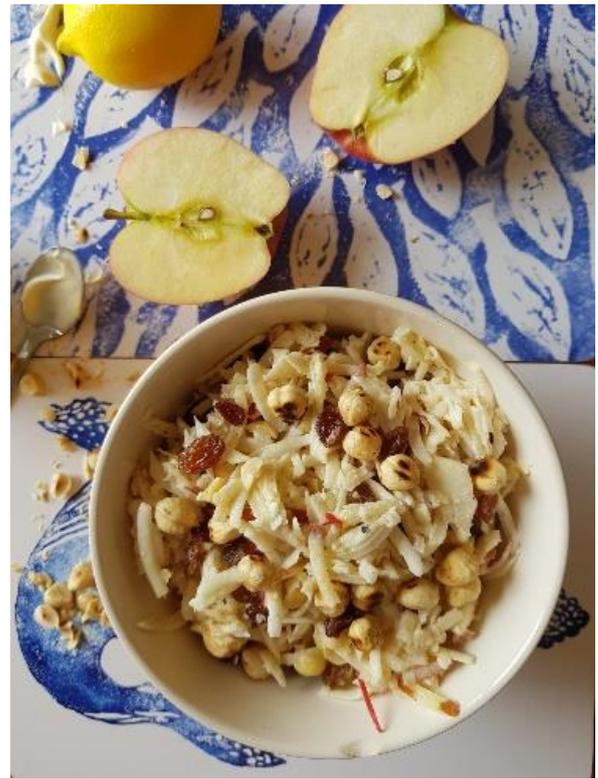
- Add extra baking powder (you can add a lot of this without flavouring the bake compared to bicarbonate of soda which can leave a strong aftertaste)
- A tablespoon of cider vinegar helps bakes to rise as well if there is no egg, use this alongside a tsp of baking soda so they react and make bubbles. Yes, it sounds disgusting, but I promise you can't taste it, it'll just make your bake nice and fluffy.

Other substitutes

- Vegetable spreads instead of butter
- Tahini (blended sesame seed paste) is a great cupboard essential, can be used instead of butter or added to cooked dishes for some added creaminess, such as a creamy pasta
- Dark chocolate is a great alternative to milk chocolate as it tends to not contain any dairy and is typically lower in sugar.



Recipes by Season: Autumn



Apple, Celeriac and Hazelnut Salad – Ewa Wojtaczka



Serves: 4-6

Ingredients:

- 1 celeriac, peeled.
- 3 red apples washed and cored.
- $\frac{3}{4}$ cup hazelnuts or walnuts, halved and preferably toasted
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ cup Greek yoghurt
- Juice from $\frac{1}{2}$ lemon
- Salt and pepper

Method:

- I. Grate the celery and apples. Mix with the nuts, sultanas, mayonnaise, yoghurt, and lemon juice. Season to taste.
- II. Leave to sit for a few hours before serving to allow the celery to soak in all the flavours.





Sustainable Hack

½ cup Greek yoghurt, can be substituted with a plant-based dense yoghurt

Use a plant-based mayonnaise

Homemade mayo to reduce packaging

Can source celeriac and apple from UK easily

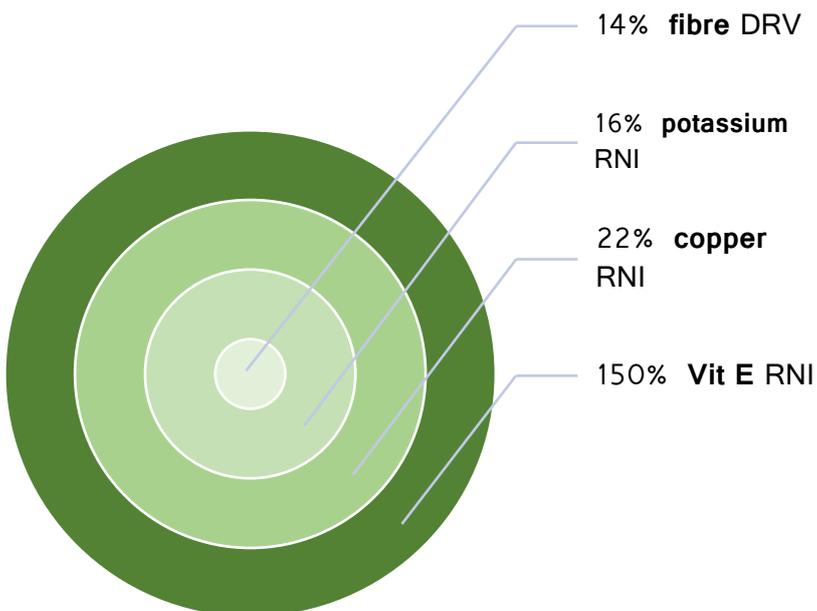
Swap nuts for seeds of choice as they have lower environmental footprint than nuts

Nutritional Highlight

- Source of potassium and copper
- Source of fibre
- High in vitamin E

A 200g portion is:

- 16% potassium RNI
- 22% copper RNI
- 150% Vitamin E RNI
- 14% recommended daily intake of fibre



Blue Zones Minestrone – Catherine Campbell



Ingredients:

- 1 400g tin cannellini beans
- 3 tablespoons olive oil
- 1 medium onion
- 2 medium carrots
- 2 medium celery stalks
- 2 minced garlic cloves
- 1 400g tin chopped tomatoes
- 2 tablespoons tomato puree
- 2 medium sweet potatoes
- 1 fennel bulb
- Handful chopped basil
- Handful chopped flat-leaf parsley
- 85g giant couscous
- Salt and pepper to season
- Fresh grated parmesan to serve (optional)

Serves: 4–6

Method:

- I. Warm 3 tablespoons of olive oil in a large soup pot over a medium heat. Add the onion, carrots and celery and cook for about five minutes until soft then stir in the garlic for a further minute.
- II. Stir in the tomatoes, puree, potatoes, fennel, parsley, and basil then enough water to cover.
- III. Bring to the boil then reduce the heat to simmer for about an hour until the vegetables are soft.
- IV. Stir in the couscous, beans, salt, and pepper and cook for another 15 minutes. Add more water as needed.
- V. Serve with toasted sourdough, olive oil and grated parmesan.

Any beans can be used as a substitute for cannellini beans for example chickpeas or pinto beans.

Pasta can be used instead of giant couscous and water can be adjusted to be soup or stew consistency.





Sustainable Hack

To reduce tin packaging and save money, buy dried cannellini beans in bulk and soak 200g overnight and cook ahead of making this recipe

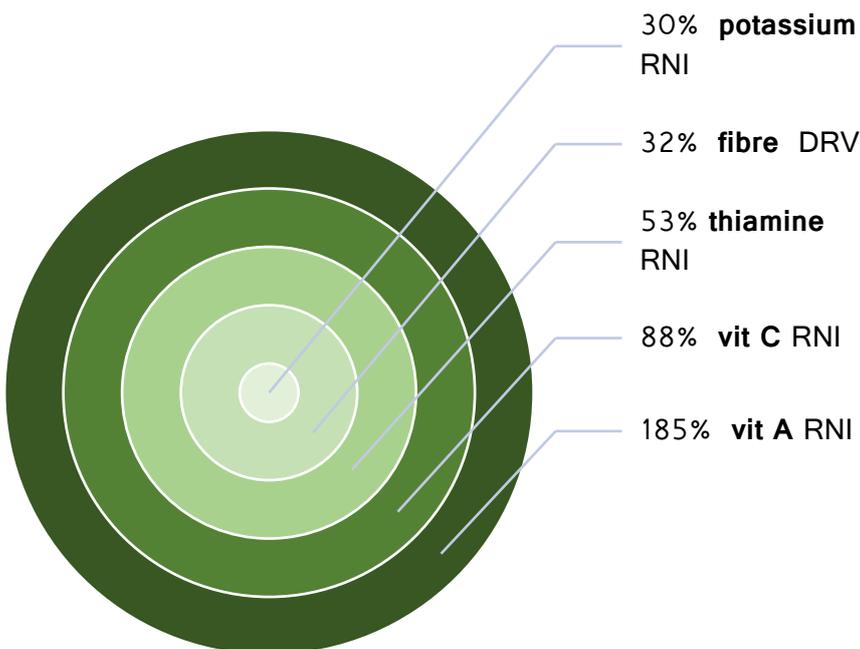
Any fresh seasonal or frozen vegetables can be used such as courgette, cabbage, green beans, or broccoli.

Nutritional Highlight

- High in fibre
- Source of potassium
- High in vitamin A and C
- Source of thiamine

A bowl of soup (350g) is:

- 32% fibre DRV
- 30% potassium RNI
- 185% vitamin A RNI
- 88% vitamin C RNI



Caramel Dalgona Frappuccino – Nikola Mazur



Ingredients:

- 7g instant coffee (1 ½ tbsp)
- 15g sugar/ 7g stevia (1 tbsp)/(1/2 tbsp)
- 12g hot water (1 ½ tbsp)
- 200g oat milk
- 10g organic maple syrup for decoration (1 tsp)
- ~75g ice or ~6 medium ice cubes

Serves: 1

Method:

- I. To make Dalgona cream add the coffee, sugar/ stevia and water into a bowl and whip with electric mixer for ~2mins or until light brown, fluffy and glossy.
- II. Fill a serving glass with ice and top with milk, optionally blend together
- III. Top the milk with Dalgona cream and decorate with maple syrup

The plant milk can be infused with spices like cardamom or cinnamon prior to serving the drink for additional flavour

Oat milk can be substituted for other types of plant milk like soya or almond. The milk can also be heated before topping with the Dalgona cream for a hot version of the drink.





Sustainable Hack

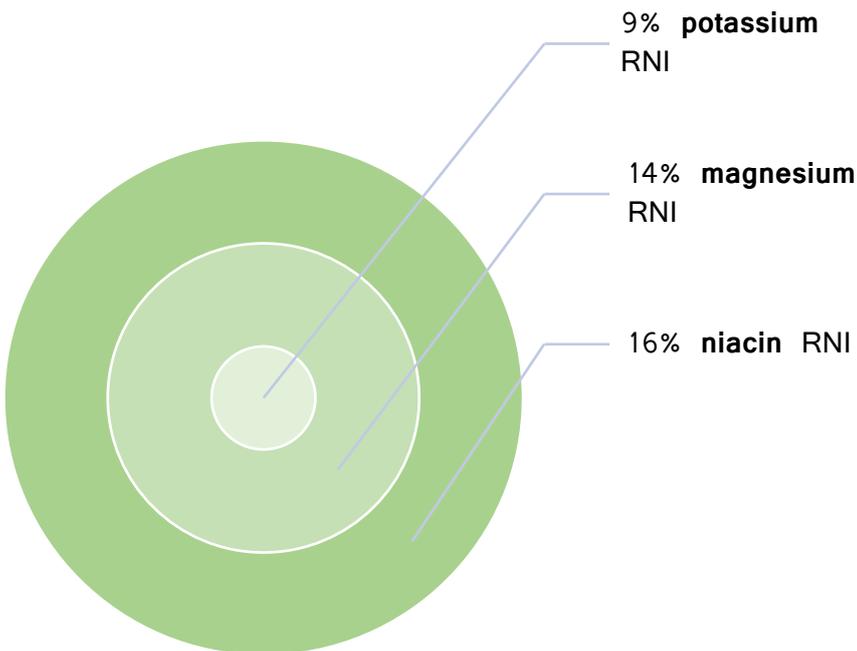
Make sure coffee is certified Fairtrade/UTZ and /or organic

Nutritional Highlight

- Source of potassium, magnesium, and niacin

One serving is:

- 9% potassium RNI
- 14% magnesium RNI
- 16% niacin RNI



Carrot Cake – Laura Cacheda Roces



Ingredients:

- 225 g of fresh carrot
- 150 g of grounded flaxseeds.
- 30 g of butter
- 5 eggs
- teaspoon of yeast
- Cinnamon (optional)
- Topping:
- 150-200 g of cheese spread
- 40 g of butter
- teaspoon of vanilla flavour

Serves: 1

Method:

- I. Ground the carrots, then add the flaxseeds, eggs, butter and cinnamon and put this mixture in a mould/tin.
- II. Put it for 30 minutes at 170 degrees in the oven.
- III. Meanwhile, mix the spreadable cheese with the 40 g of melted butter.
- IV. Leave the cake to cold down and cover it with the cream.





Sustainable Hack

Opt for free range or organic eggs

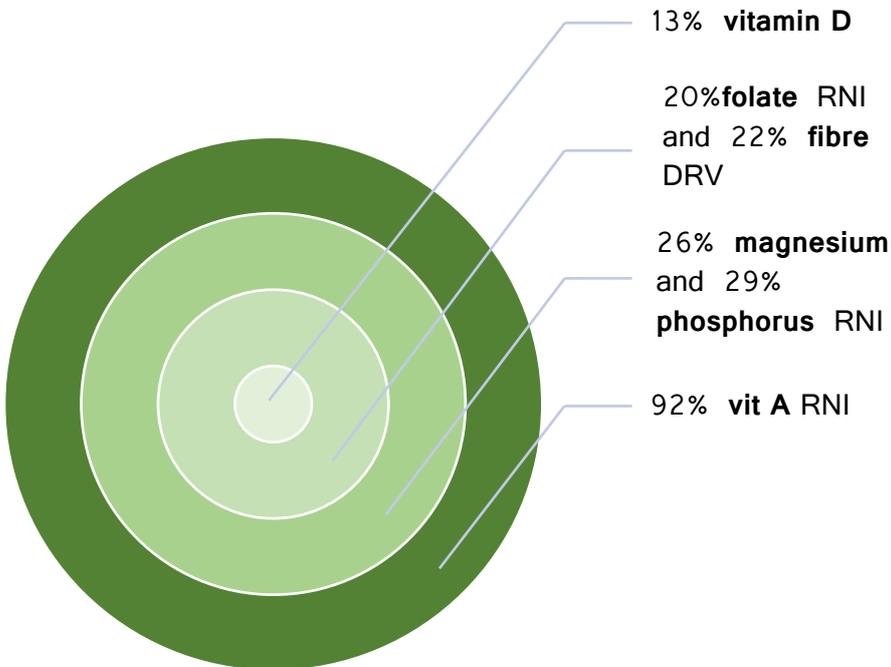
Try using organic butter or plant-based margarine

Nutritional Highlight

- A source of fibre
- A source of phosphorus and magnesium
- High in vitamin A

Source of vitamin D and folate

- 1 slice (118g) is:
- 22% fibre DRV
- 29% phosphorus RNI
- 26% magnesium RNI
- 92% vitamin A RNI
- 13% vitamin D RNI
- 20% folate RNI



Chicken & Chickpea Korma – Cate Goodman



Ingredients:

- 15g rapeseed oil
- 1tsp turmeric
- 2tsp cumin
- 2tsp coriander
- ¼ tsp chilli powder (add more if you like it spicy)
- 1tsp ginger
- 1 onion chopped small
- 200g carrots chopped into bite size pieces
- 1 tbsp tomato purée
- 240g cooked chicken (if vegetarian or vegan tofu can be added in place)
- 1 can chickpeas rinsed and drained
- 100g frozen peas
- 300ml veg stock
- 100ml dairy free cream or yogurt

Serves: 4

Method:

- I. Add oil to a pan and add spices (turmeric, cumin, coriander, chilli powder, ginger) and heat on medium until the spices become fragrant then add the onion immediately and cook until transparent (around 5-10 minutes)
- II. Add the carrot and tomato purée and cook for another 5 minutes
- III. Add the chicken, chickpeas and frozen peas and cook for another 5 minutes stirring continuously
- IV. The veg stock and cream can then be added. Bring to the boil and then simmer for 15 minutes.
- V. Serve with whole grain rice and sprinkle with fresh coriander and flaked almonds
- VI. Excess curry can be stored in the fridge for up to 3 days or kept in the freezer for a month





Sustainable Hack

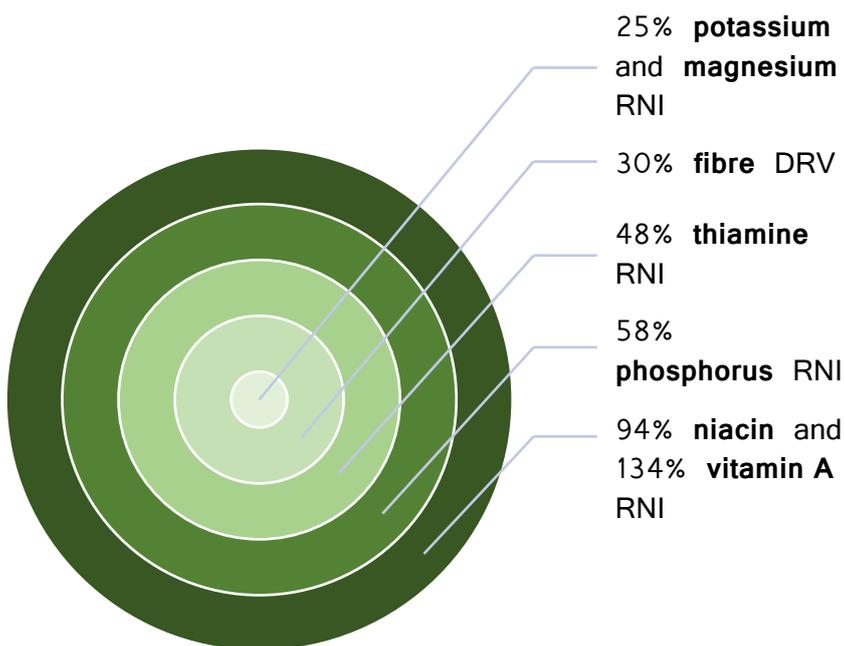
Rice has a relatively high environmental footprint compared to other grains. Try serving this dish with bulgur wheat, couscous, or UK quinoa

Nutritional Highlight

- Source of fibre
- Source of potassium, magnesium, and thiamine
- High in phosphorus, niacin, and vitamin A

1 serving, a 280g portion is:

- 30% fibre DRV
- 25% potassium RNI
- 58% phosphorus RNI
- 25% magnesium RNI
- 134% vitamin A RNI
- 94% niacin RNI
- 48% thiamine RNI



Chicken Soup – Sarah Rowan



Serves: 4

Ingredients:

- Leftover chicken & carcass from roast chicken
- 1 onion, diced
- 1 leek, sliced
- 3 carrots, diced
- 2tbsp rice
- Seasoning to taste

Method:

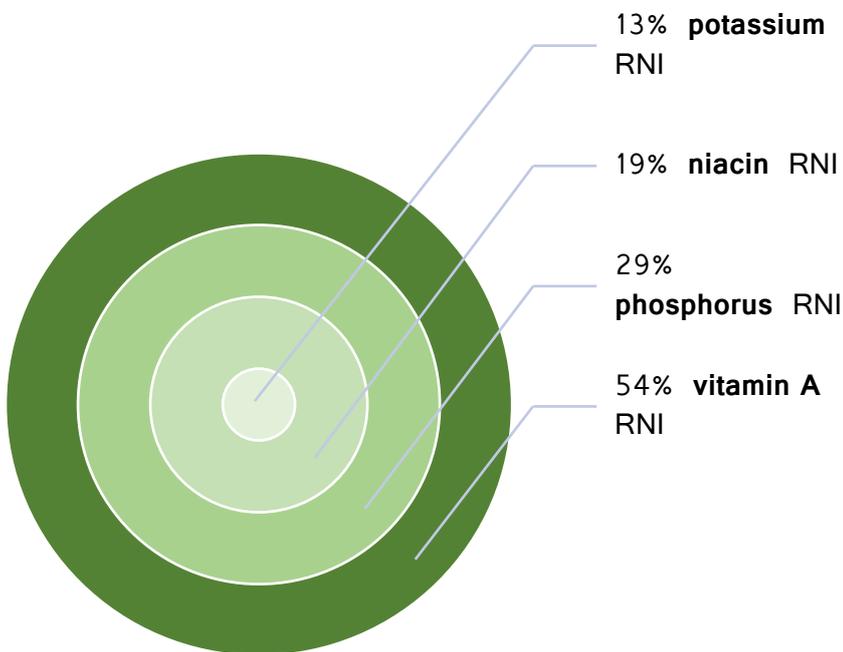
- I. Remove all meat from the chicken carcass and boil the bones submerged in water for an hour to make stock. Strain the stock and set aside.
- II. Sauté the onion and leek in a pot until softened, add the carrots then pour over the stock and add tbsp rice. Simmer for 40mins then add chicken and heat through for a further 10mins. Season to taste and serve

Nutritional Highlight

- Source of potassium, phosphorus, and niacin
- High in vitamin A

A bowl (320g) is:

- 13% potassium RNI
- 29% phosphorus RNI
- 54% vitamin A RNI
- 19% niacin RNI



Oat Milk – Catherine Campbell



Serves: 1

Ingredients:

- 500ml cold water
- 50g oats
- 15g cashew nuts
- 15g dates
- Optional maple syrup or another sweetener to taste

Method:

- I. Weight out dry ingredients and place in blender with 500ml cold water. You could also freeze the oats for a few hours beforehand or sub in some ice cubes for 100ml water to prevent the liquid becoming warm and slimy when blending.
- II. Blend for 50 seconds then strain through a piece of cloth into a jug. If you don't have a nut milk bag you can use any piece of material, for example a tea towel or old t-shirt, that has been washed at minimum 60 degrees. Once strained, recipe yields 400ml oat milk and can easily be scaled up or down. Keeps in the fridge for up to 5 days.
- III. Can add a teaspoon of sweetener like maple syrup or flavouring like vanilla essence to taste based on preference.



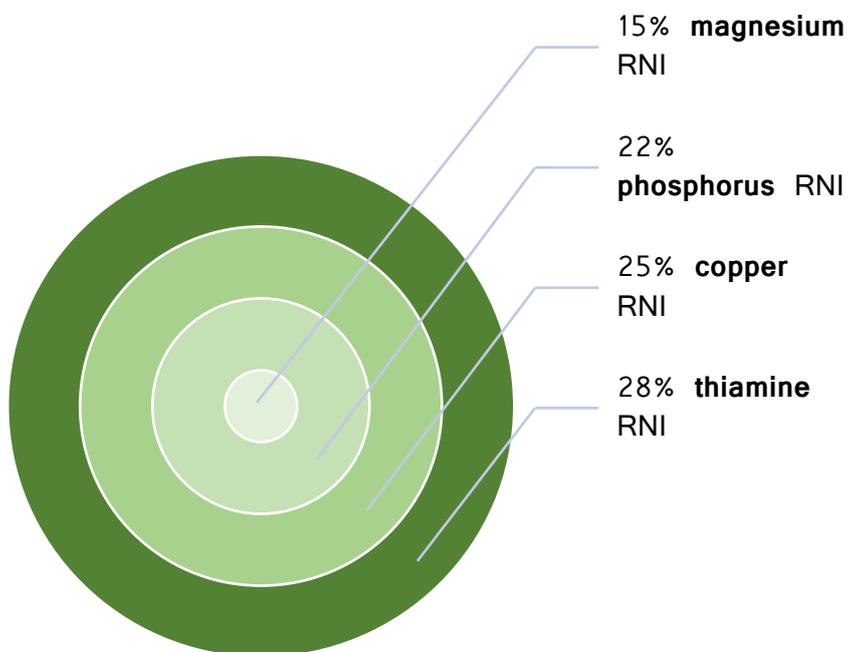
Sustainable Hack

To further reduce waste, the pulp can be added to porridge to provide some extra fibre from the oats and nutrients from the fruit and nuts. There are a lot of recipes available online for cookies and muffins but unless you were planning to make these anyway, it's not more sustainable than discarding the pulp as it's quite slimy and there is little wastage.

Home-made oat milk is lower in saturated fat than cow's milk but lacks many of the nutrients found in dairy and is not fortified, as some shop bought options are, so is not an equal substitute nutritionally.

In a nutrient comparison between homemade oat milk and semi-skimmed milk the key nutrient differences are vitamin A, B12 & D, Riboflavin, Phosphorous, Potassium, Niacin, Iodine, Calcium and Protein. However, it is worth noting that a healthy diet cannot be reduced to individual nutrients or food items but rather the whole balance of all foods consumed over the week.

To add in some extra nutrients the oat milk can be used as a smoothie base to increase the nutrient content.



Nutritional Highlight

- Contains some magnesium and phosphorus
- Source of copper and thiamine

1 glass (250g) is:

- 22% phosphorus RNI
- 15% magnesium RNI
- 25% copper RNI
- 28% thiamine RNI



Oat Milk Smoothie - Catherine Campbell



Ingredients:

- 150ml oat milk
- Handful of baby spinach (30g)
- 100g Frozen blueberries
- 1 medium pear (cored and chopped)
- 20g Walnuts

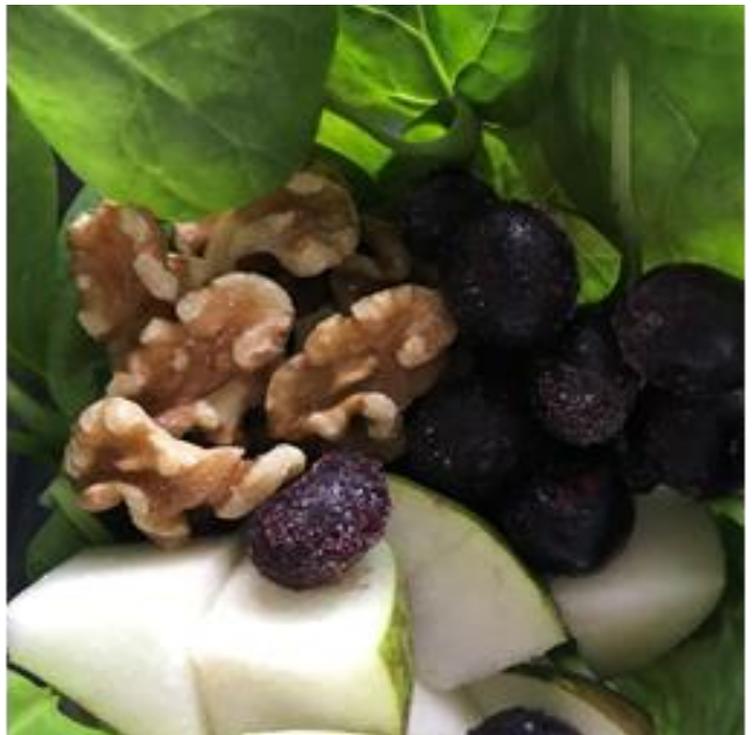
Serves: 4

Method:

- I. Measure out all ingredients into a blender and blend until smooth.

You can mix up the ingredients depending upon what you have in and what's in season. Frozen, tinned, and fresh fruit all work equally as well. Spinach can be substituted for kale or other in season leafy green. Nut butters can be used in place of whole nuts and if you run out of milk you can substitute with yoghurt and water.

Remember there's always going to be a balance between what's nutritious, sustainable, ethical, accessible, affordable, and enjoyable! Don't be too hard on yourself, just do the best you can. 😊





Sustainable Hack

As stated above you can mix up the ingredients depending upon what you have in and what's in season.

Frozen berries can be as sustainable if not more so than 'fresh'. This is because they don't perish and often have a smaller plastic packaging to product ratio

Nutritional Highlight

- High in fibre
- Source of potassium, thiamine, and vitamin K₁
- High in copper and folate

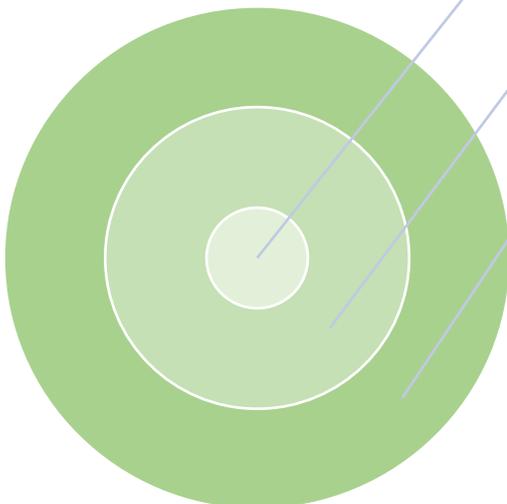
This recipe (460g) gives:

- 34% fibre DRV
- 19% potassium RNI
- 46% copper RNI
- 37% thiamine RNI
- 42% folate

19% **potassium** RNI

34% **fibre** DRV and 37% **thiamine** RNI

42% **folate** RNI, 46% **copper** RNI and **vitamin K₁**



Pumpkin soup – Lisa Singh



Ingredients:

- 1 butternut pumpkin
- 1 big onion
- 3 big cloves of garlic
- Low salt vegetable stock cubes
- Ground cumin
- Ground paprika
- Optional: chili flakes, dash of cream and pumpkin seeds to top the soup with

Nutritional Highlight

One portion(210g) gives:

- Source of potassium
- Covers the daily RNI of beta carotene (vitamin A)
- Very high in vitamin C

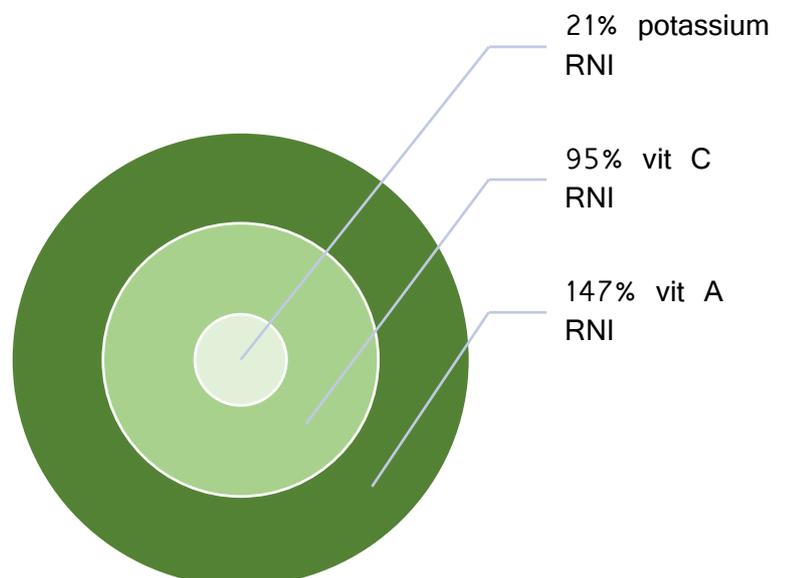
Sustainable Hack

Remember that you can use all your peels to make vegetable stock for future dishes!

1 portion = 210g

Method:

- I. Peel the pumpkin, remove the seeds, and cut the pumpkin into cubes.
- II. Peel and dice the onion.
- III. Put the oil in a cooking pot and sauté the onion in it. Press the garlic using a garlic press and add to the onions.
- IV. Once onions are sautéed, add the pumpkin cubes, and stir to mix with the onions and garlic. Let the pumpkin slightly brown on a few pieces before adding the in water dissolved vegetable stock cubes. Use only as much water as is needed to cover the pumpkin pieces.
- V. Once the pumpkin is soft, blend it to a creamy and smooth soup with a handheld or kitchen blender.
- VI. Add your ground cumin and paprika. To add more heat, you could sprinkle some chili flakes on top or to make it a bit richer, add a bit of cream.



Shepherd's Pie – Tabitha Ward RD Senior Public Health Dietitian



Serves 4

Ingredients:

- 1tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 250g mycoprotein mince
- 2 tbsp tomato purée
- Large splash Worcestershire sauce
- 300ml reduced salt vegetable stock
- 1 400g can green lentils, drained
- 200g potato, cut into chunks
- 300g butternut squash, cut into chunks
- 30g PUFA spread
- 3 tbsp semi-skimmed dairy milk

Served with:

- 320g broccoli, boiled
- 320g carrots, boiled

Method:

- I. Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.
- II. When soft, turn up the heat, crumble in the mycoprotein mince and brown.
- III. Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.
- IV. Pour over 300ml reduced salt stock, bring to a simmer, then cover and cook for 30 mins, uncovering halfway. Add the drained lentils and stir well, and simmer uncovered for another 10 minutes.
- V. Meanwhile, heat the oven to 180C/ fan 160C/ gas 4, then make the mash. Boil the potatoes and butternut squash, for 10-15 mins until tender. Drain, then mash with the PUFA spread and milk.
- VI. Put the mycoprotein and lentil mixture into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.
- VII. Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown if you like.)
- VIII. Leave to stand for 5 mins before serving.



ABC

Facebook: @SustainableFoodABC



Email: nutrition@gcstudents.co.uk



Sustainable Hack

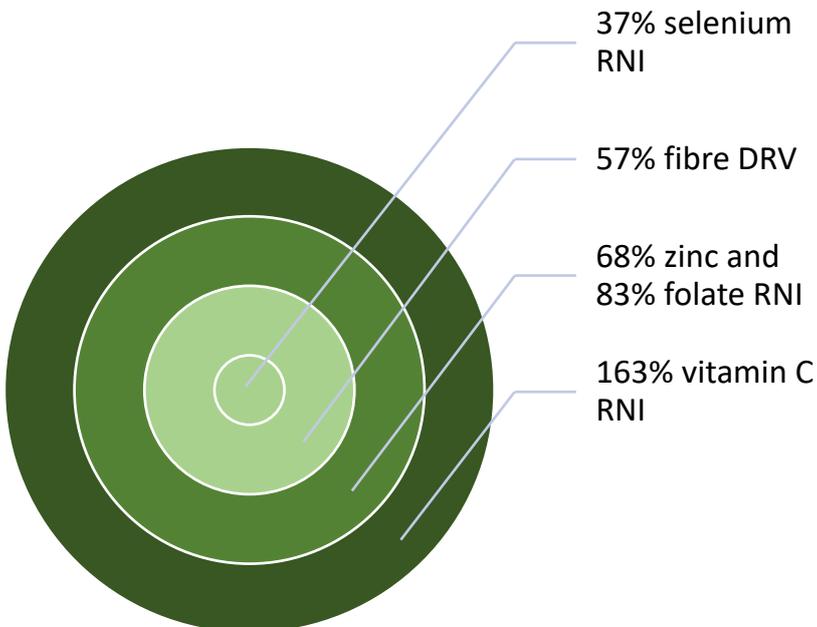
Replacing traditional lamb in the recipe with mycoprotein and green lentils reduces the recipe's carbon footprint by 81% kg CO₂ equivalents from 5.31 to 0.99.

Nutritional Highlight

- Over half of daily fibre requirement
- Good source of zinc, selenium, and folate
- Lots of vitamin C

One serving (536g) provides:

- 37% selenium RNI
- 57% fibre DRV
- 68% zinc
- 83% folate RNI
- 163% vitamin C RNI



Vegan Carrot Cake – Lisa Singh



1 portion = 135g

Ingredients:

- 400 g carrots
- 1 unwaxed lemon, juice, and peel
- 200g brown sugar
- 200 ml sunflower oil
- 1 tsp. cinnamon
- 1 package baking powder
- 400 g spelt flour
- Icing sugar to dust the cake top
- Oil for the tin

Method:

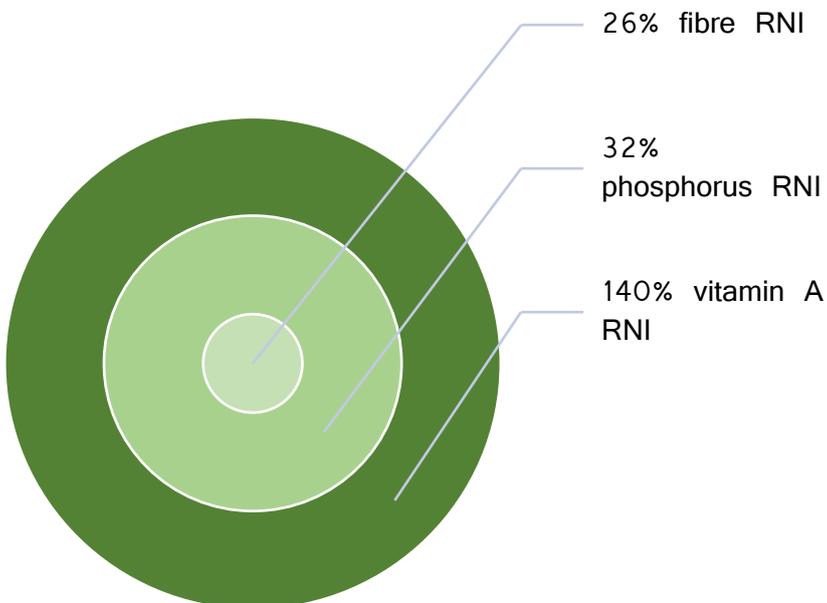
- I. Grate the carrots finely and mix with the other ingredients.
- II. Put the dough in an oiled cake tin and bake for 40 – 50 minutes at 180 degrees Celsius. After cooling down, dust the cake with icing sugar.





Sustainable Hack

Raw sugar has been processed less than other sugars so is a more sustainable alternative to white or brown sugar



Nutritional Highlight

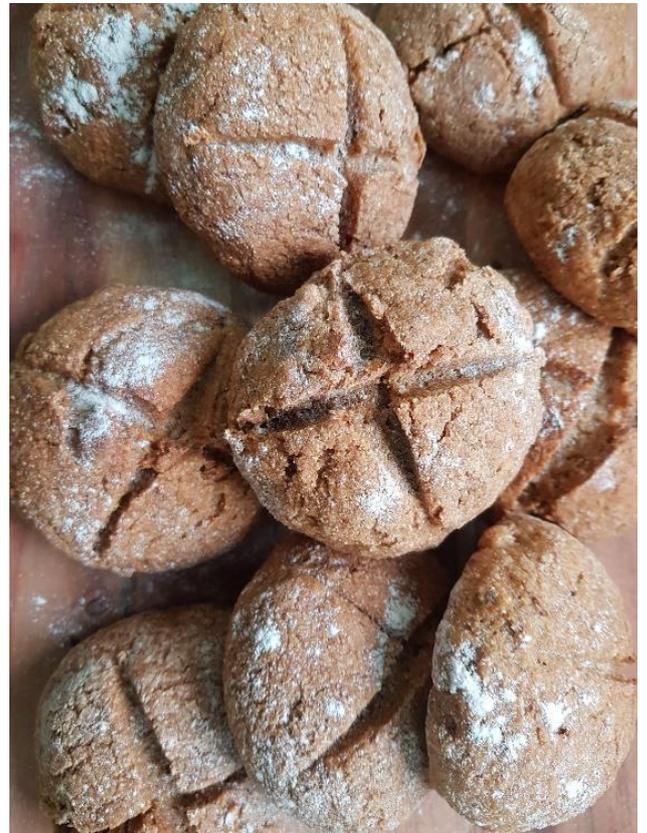
- High in vitamin A and fibre

One serving (536g) provides:

- 26% fibre RNI
- 32% phosphorus RNI
- 140% vitamin A RNI



Winter



Apple Bread – Cate Goodman



Serves: 4

Ingredients:

- 325g cooked apple
- 75ml rapeseed oil
- 1tsp Vanilla
- 100g wholegrain bread flour
- 165g white bread flour
- 70g brown sugar
- 2tsp baking powder
- Pinch salt
- 1 ½ tsp cinnamon
- ½ cup sultanas or raisins

Method:

- I. Pre heat the oven to 180oC
- II. Mix cooked apple, oil, and vanilla in a bowl until combined
- III. Add in the dry ingredients except the sultanas which should be added in after everything else is mixed. Don't over mix the batter you want to keep in as much air as possible
- IV. Grease a loaf tin with butter and add the mix
- V. Bake for 50 minutes or until a knife inserted comes out clean

Stewed apples can be made by heating cooking apples in a pot with a bit of water. Apple purée or apple sauce could be used instead for a shop bought alternative.





Sustainable Fact

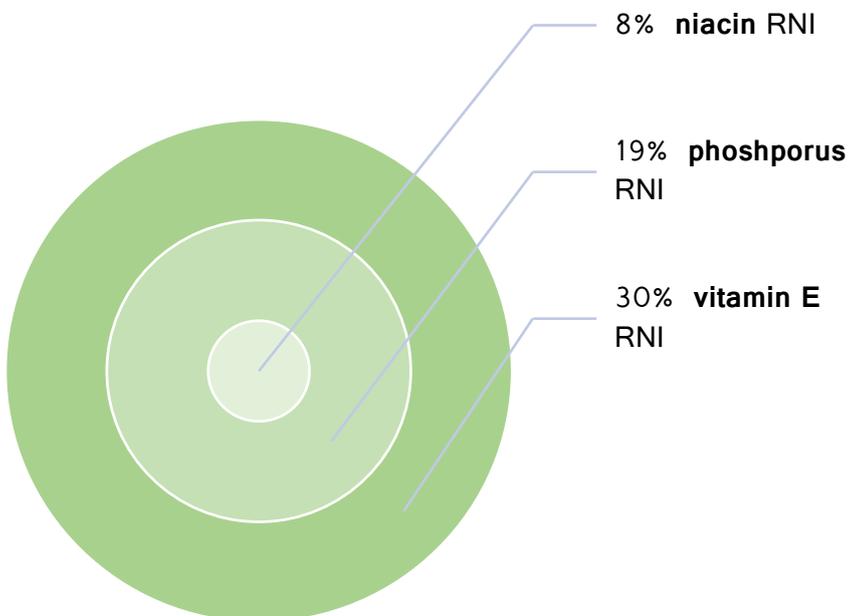
Bramley cooking apples are from the UK and are available all year round. They are picked in August/September and then cold stored through the year to provide a constant supply.

Nutritional Highlight

- Source of omega 3, phosphorus, niacin, and vitamin E

1 slice (70g) is:

- 19% phosphorus RNI
- 30% vitamin E RNI
- 8% niacin RNI



Celery Cream Soup – Andrea Kozlowski



Serves: 4

Ingredients:

- 750g celery,
- 1 bunch of parsley,
- 125g onions,
- 50g oil,
- 1l vegetable broth,
- 2 egg yolk,
- 125ml heavy cream,
- 3 tbsp white wine,
- salt,
- pepper

Method:

- I. Wash celery and cut it in strips, dice the onion, and heat up the broth.
- II. Cook onion in oil until translucent, add celery, and stem for approximately 8 minutes.
- III. Add parsley and hot broth. Let it simmer for 35 min with cover on the pot.
- IV. Blend the soup, whisk egg yolks, cream and white wine and add to the soup. Do not boil the soup anymore.
- V. Taste with salt and pepper.





Sustainable Hack

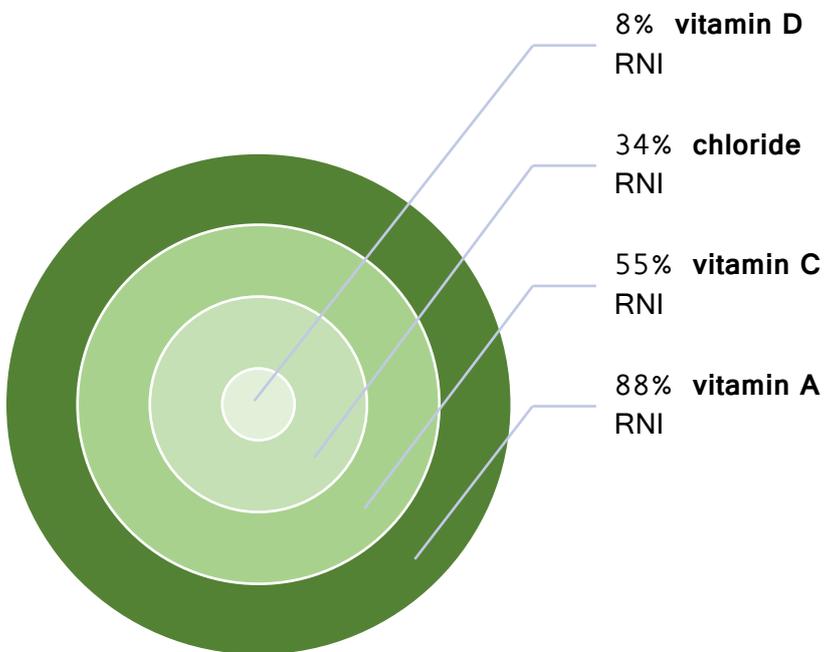
An increasing number of white wines are produced in the UK. See if you can find one to use in this recipe.

Nutritional Highlight

- High in vitamin A and C
- Source of chloride
- Provides some vitamin D

A bowl (320g) is:

- 88% vitamin A RNI
- 8% vitamin D RNI
- 55% vitamin C RNI
- 34% chloride RNI



Chicory salad with yoghurt dressing – Lisa Singh



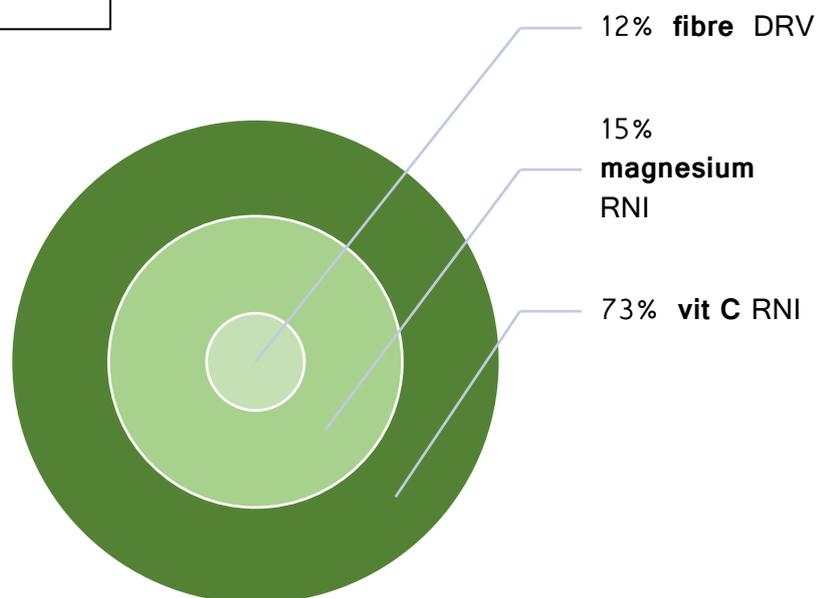
Serves: 1

Ingredients:

- 90g Chicory
- 40g orange or easy peelers
- 20g Yogurt, plain, 0% fat
- 10ml Extra Virgin Olive Oil
- 5ml Lemon juice
- Pinch of Salt
- Pinch of black Pepper
- 6 Walnuts kernel halves

Method:

- I. Wash the chicory and apple and cut into bite-sized pieces, peel the banana and orange, and cut also into bite size pieces. Place chicory and fruit into a bowl.
- II. To prepare the dressing, mix yoghurt, olive oil, lemon juice, salt, and pepper together and pour over the salad.



Dairy free Mug Cake – Cate Goodman



Serves: 1

Ingredients:

- 2 tbsp flour (bread flour or flours with a high gluten content work best when there is no egg)
- 1 tbsp cocoa powder
- 1 tbsp brown sugar
- 1 tbsp peanut butter
- 3 tbsp dairy free milk
- ¼ tsp baking powder
- 1 tbsp syrup

Method:

- I. Add all ingredients into a microwavable mug
- II. Microwave for 1 ½ to 2 minutes
- III. Leave to cool for a minute then eat

This recipe is a sustainable version of a classic treat but is high in sugar and should be consumed in moderation





Sustainable Fact

Save on packaging and money by a) making your own peanut butter with a grinder b) finding your nearest re-fill station at a zero-waste store

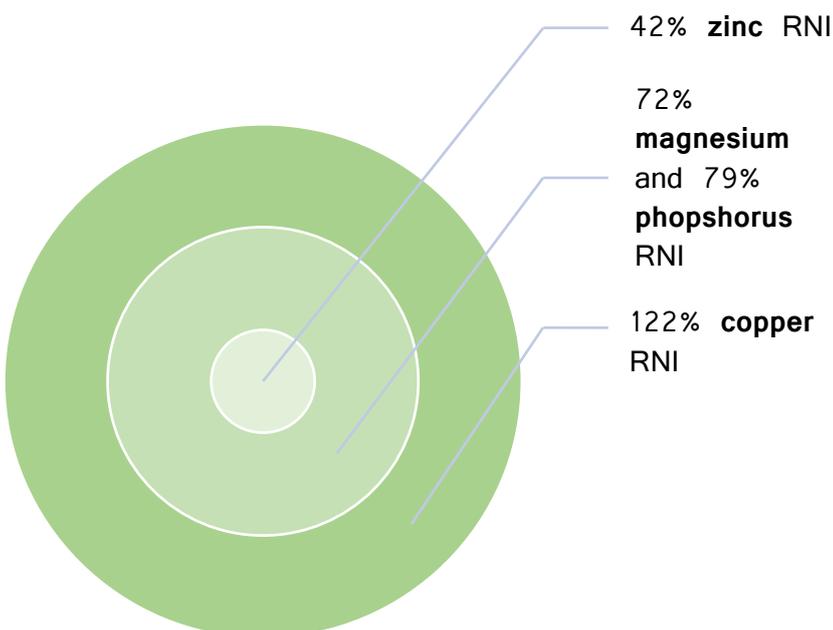
You will save a significant amount of energy and leave a much lower carbon footprint by microwaving cakes rather than baking them

Nutritional Highlight

- High in magnesium, phosphorus, and copper
- Source of zinc

One mug cake (194g), made with homemade oat milk is:

- 42% zinc RNI
- 72% magnesium RNI
- 79% phosphorus RNI
- 122% copper RNI



Eggnog – Andrea Kozlowski



Serves: 6–8

Ingredients:

- 8 egg yolks,
- 250g icing sugar,
- 375ml condensed milk,
- 1Pkg. Vanilla sugar,
- 250ml Rum (54%)

Method:

- I. Beat the egg yolks and vanilla sugar until fluffy, slowly add icing sugar and condensed milk.
- II. Slowly stir in rum.
- III. Heat slowly in a water bath, stir again and again until it thickens. Do not boil!
- IV. Fill into bottles/glass jars while still warm.





Sustainable Hack

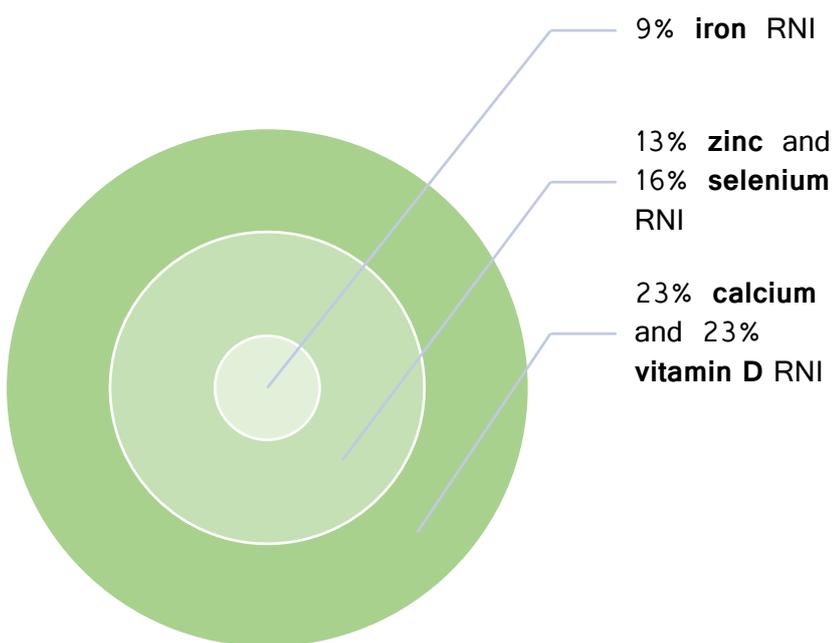
You don't have to discard egg whites. They can be made into meringues for pudding!

Nutritional Highlight

- Contains some iron, zinc and selenium
- Source of calcium and vitamin D

1/8th of recipe (127g) is:

- 23% calcium RNI
- 9% iron RNI
- 13% zinc RNI
- 16% selenium RNI
- 23% vitamin D RNI



Hazel Maizel Bread - Ewa Wojtaczka



Makes: 2 or 3 loaves/12 rolls

Ingredients:

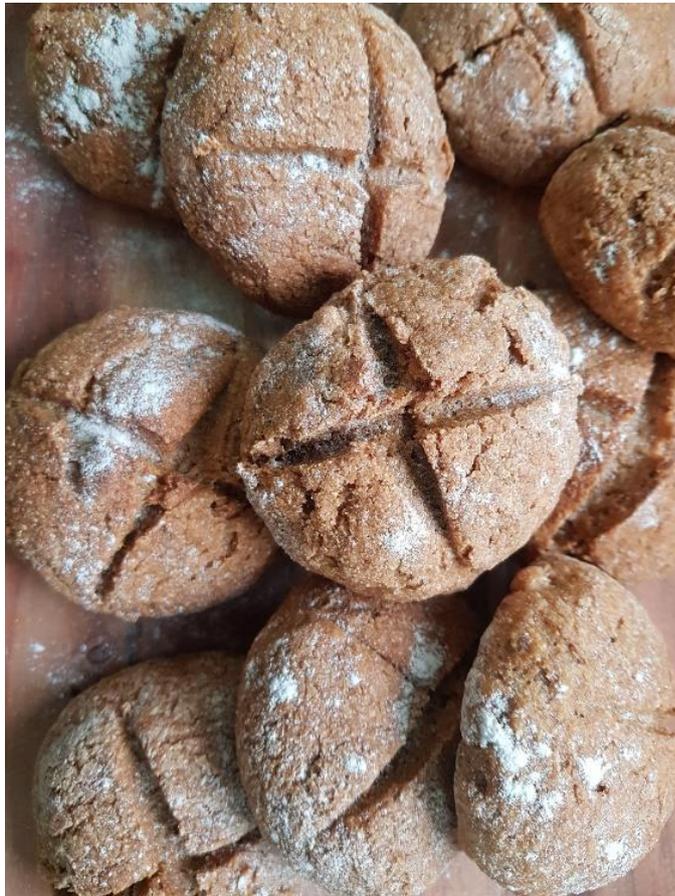
- 800g strong wholemeal flour
- 200g maize meal
- 10g powdered dried yeast
- 20g fine salt
- 300ml warm water
- 300ml warm apple juice
- 1 tbsp runny honey
- 1 tbsp melted butter
- A piece of old dough, or a ladleful of sourdough starter (optional)
- 2 handfuls of bashed hazelnuts
- Wholemeal flour for coating

Method:

- I. Combine flour, maize meal, yeast, and salt in a large bowl. Add water, apple juice and honey and mix to a rough dough.
- II. Add the old dough or sourdough starter if using, as well as the melted butter and mix it all together to make a soft, easily kneadable, sticky dough. Turn the dough out on to a work surface and clean your hands.
- III. Stretch the dough, add the hazelnuts, then fold, roll and knead the dough until smooth for about 10 minutes. Shape it into a round, then oil or flour the surface and put the dough back to a clean bowl. Put the bowl in a bin liner and leave to rise until doubled in size (45min-1 ½ hrs or longer).
- IV. Deflate the dough gently by pressing with your fingers on the work surface. Form into a round again, flour the surface and leave to rise.
- V. Divide the dough into loaves or rolls, place on a well-floured board, put it in the bin liner and leave to prove, until almost doubled in size.
- VI. Pre-heat the oven to 250°C, remove any unwanted shelves and put your baking tray inside. Have a serrated knife, water spray and oven gloves ready.



- VII. Transfer the rolls for baking on to the hot tray, slash the tops with a knife, spray with water. Put back in the oven and bake for 10 mins in 250°C. After that, turn the temperature down to 170°C if the crust is browning quickly, 200°C if it's very pale, or 180°C if it's somewhere in between.
- VIII. Bake until the loaves or rolls are hollow when you tap them at the bottom, anything from 10 to 50 mins. Leave to cool completely on a rack.



Sustainable Hack

You can store this long term in the freezer using re-useable freezer bags/tupperware. Beeswax or plant based 'wax' wraps can be used to keep fresh if consumed on the day. This will significantly save on plastic wrapping from conventional breads

Nutritional Highlight

- High in fibre
- Provides phosphorus, magnesium, and niacin

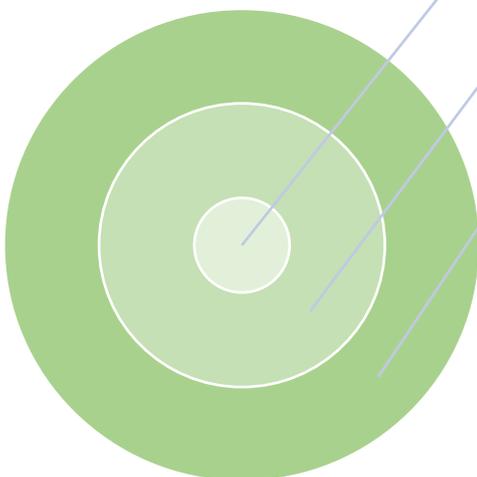
1 slice (46g) is:

- 17% phosphorus RNI
- 11% magnesium RNI
- 9% fibre RNI DRV
- 12% niacin RNI

9% **fibre** DRV

11% **magnesium** and
12% **niacin** RNI

17% **phosphorus** RNI



Kale Crisps – Nikola Mazur



Serves: 1

Ingredients:

- Kale
- Oil of choice (olive or rapeseed recommended)
- Salt
- Spices of choice (e.g. chilli flakes, rosemary, smoked paprika)

Method:

- I. Wash kale and dry well with tea towel- try to remove as much water as you can
- II. Preheat oven to 180°C fan/ gas 6.
- III. Place kale onto baking tray and drizzle with oil. Add salt and spices if you wish. Mix well and toss with your hands to distribute oil and spices well.
- IV. Place into oven and bake until the kale is slightly darkened in colour and crispy. The crisps should be ready within 10 minutes; make sure to keep a close eye on them and give them a taste while baking to make sure they do not burn





Sustainable Hack

This recipe is a fantastic, 'last minute' way to quickly use up kale that is about to 'spoil'.

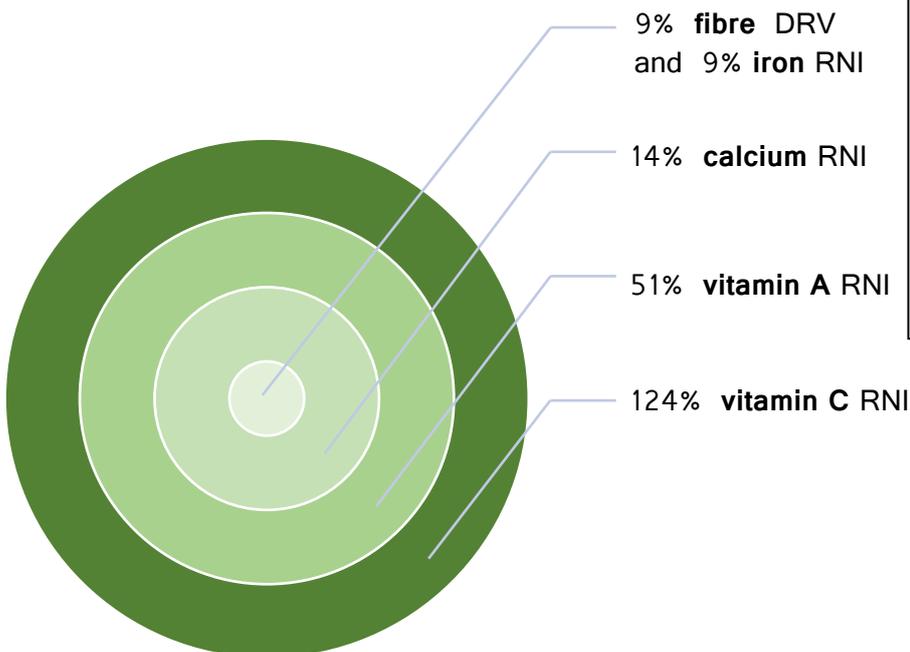
You can always pop some other left over veg in to roast at the same time which can then be blended into soups/used in sandwich wraps. This is a great way to reduce food waste.

Nutritional Highlight

- High in vitamin A and C
- Source of fibre, iron, and calcium

2 handfuls (80g) is:

- 9% iron RNI
- 9% fibre DRV
- 14% calcium RNI
- 51% vitamin A RNI
- 124% vitamin C RNI



Onion Soup – Andrea Kozlowski



Serves: 4

Ingredients:

- 1kg onions,
- 6 garlic cloves,
- 1 branch of thyme,
- 1 bay leaf,
- 1.25l vegetable broth,
- 1 baguette,
- 100g Gruyere cheese,
- 1 tbsp butter,
- oil,
- salt,
- pepper

Method:

- I. Peel onions and cut them in fine cubes. Pick all leaves from the branch of thyme. Peel and cut the garlic in fine slices.
- II. Grate Gruyere cheese.
- III. Place a huge pot on the stove and turn on to low-medium heat. When the pot starts being hot add oil and butter, onion, thyme leaves, garlic, and bay leaf. Stem everything for 15 min while being covered with a cover. Take care that nothing starts getting brown by stirring occasionally.
- IV. After the 15 min, take of the cover, increase the heat, and fry the onions until golden.
- V. When the onions are golden, reduce the heat and add broth.
- VI. Preheat oven to 200°C. Let soup simmer for 20 min, season with salt and pepper.
- VII. Insert soup in ovenproof forms, add baguette into the soup, and drizzle some oil over it. Add cheese and bake in oven until the cheese is melted.





Sustainable Hack

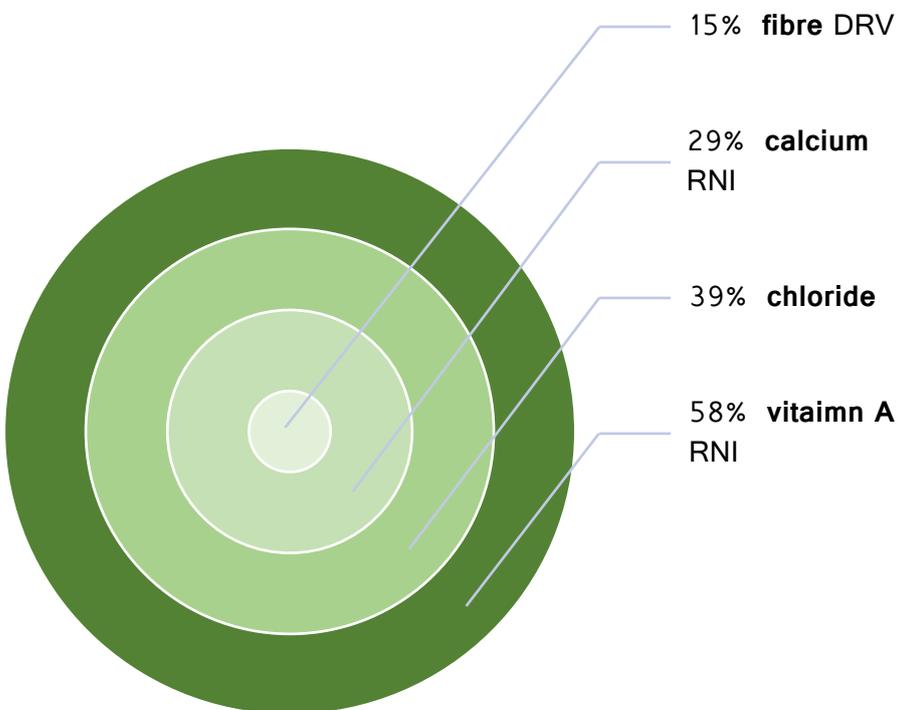
You can try substituting the cheese for dairy free cheese or making your own 'vegan Gruyere cheese'

Nutritional Highlight

- Source of fibre and calcium
- High in chloride and vitamin A

A large bowl (330g) is:

- 15.4% fibre DRV
- 29% calcium RNI
- 39% chloride RNI
- 58% vitamin A RNI



Vegetable Stock - Douglas Livingston



Makes: 1–1.5l stock

Ingredients:

- 2 freezer bags worth Vegetable scraps*
- 2-3tbsp Oil
- 2 celery ribs, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 3 cloves garlic, chopped/minced
- 1" ginger, chopped
- Herbs of your choosing

Method:

- I. Heat oil in pan over a medium heat. Once ready, sauté onion, celery, and carrot until they start to soften and "sweat". Add garlic and ginger and sauté for a further 2-3minutes to release their flavour.
- II. Transfer cooked vegetables over to large pot, add vegetable scraps and fill until just covered with water. Add herbs and seasoning (salt in particular) to your taste. Bring to the boil, reduce heat and simmer (covered) for 1 hour.
- III. Sterilise container (Steep in boiling water for 30s-2minutes). Remove and cool just prior to step 5.
- IV. Remove stock pot from heat and, using a slotted spoon, remove any large solids.
- V. Strain using a mesh sieve into your sterilised container.
- VI. Will keep for 1 week in the fridge or freeze for longer term storage.

Sustainable Hack

This is an excellent use of vegetable scraps that would otherwise be binned. It also saves on packaging

To be more efficient with the energy used in simmering consider:

1. Using a pressure cooker
2. Doubling the quantity



Spiced Oats – Catherine Campbell



Ingredients:

- 40g oats
- 150ml water or plant-based milk
- 1 apple cored and diced
- Cinnamon to taste
- 2 tablespoons yoghurt
- Handful of flaked almonds

Serves: 1

Method:

- I. Place the chopped apple and cinnamon into a small saucepan with a splash of water and cook over a low heat for about 10 minutes until the apples have softened., stir regularly and add more water if needed.
- II. Meanwhile place the oats and water/milk in a pan on the hob over a medium heat until they start to simmer. Turn to a low heat and stir often for 5 minutes. You can add more/less liquid to achieve your preferred consistency.
- III. Pour oats into a bowl and top with yoghurt, flaked almonds, and cinnamon spiced apples.



Spring



Bell-Pepper and Onion Quiche – Andrea Kozlowski



Serves: 4

Ingredients:

- 200g flour,
- 100g butter,
- 3 eggs,
- 1 snip carbonated water,
- pinch of salt,
- 3 bell peppers,
- 3 onions,
- 120g ajvar
- 100g crème fraiche,
- 1 tbsp tomato paste,
- 200g grated cheese

Method:

- I. Make shortcrust out of flour, butter, one egg, carbonated water, and salt. Cool it in the fridge for 1h.
- II. Dice Bell pepper and onion finely. Sauté both in a pan with closed cover until the onions are translucent. Let it cool down.
- III. Roll shortcrust and place into greased springform (26cm). Slightly prick the dough.
- IV. Mix onions, bell peppers, 2 eggs, ajvar, tomato paste, and crème fraiche and taste with spices. Pour into springform.
- V. Bake it for 40 min at 190°C.





Sustainable Hack

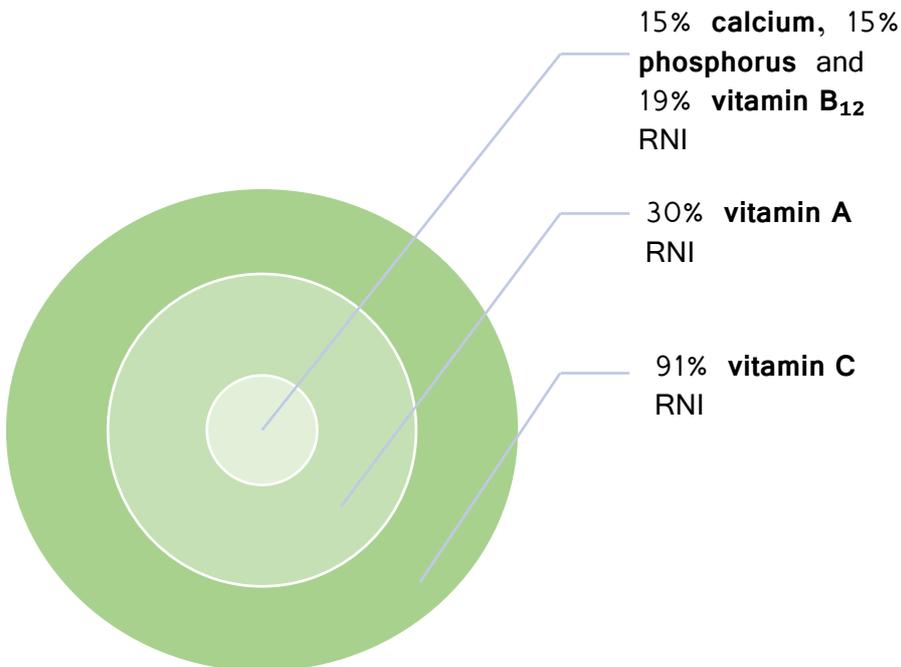
This recipe is good for the warmer months as bell peppers (which originate from warm, sunny climates such as South America) can now be grown in the UK in commercial greenhouses and poly tunnels and are harvested in summer.

Nutritional Highlight

- Source of calcium, phosphorus, vitamin A and B₁₂
- High in vitamin C

A 100g portion is:

- 15% calcium RNI
- 15% phosphorus RNI
- 30% vitamin A RNI
- 91% vitamin C RNI
- 19% vitamin B₁₂ RNI



Carbonara – Cate Goodman



Serves: 1

Ingredients:

- 75g whole grain Spaghetti
- 40g frozen peas
- Dairy free cream or easy creamy sauce
- Caramelised onions
 - ½ onion
 - 2 tsp vinegar
 - 1 tsp sweetener
- Bacon mushrooms
 - 4 mushrooms
 - 1 clove garlic or ¼ tsp powdered garlic
 - 1 tbsp soy sauce
 - 1 tsp maple syrup
 - ½ tsp smoked paprika

Method:

Bacon mushrooms

- Slice the mushroom thinly and lay on a frying pan with a small amount of oil
- Combine the other ingredients in a bowl then spread over the mushrooms
- Cook on a med high heat until soft and slightly crispy

Caramelised Onion

- Slice the onion into strips. Fry in a pan for around 10 minutes until translucent then add the vinegar and sweetener and stir continuously for 2 minutes before removing them from the heat

Easy creamy sauce

- Combine 1 tbsp tahini or other nut butter, 1 tbsp nutritional yeast and 150ml plant-based milk

Dairy free “carbonara”

- Cook the pasta according to the packet
- Add the sauce and frozen peas and cook for 5 minutes on a low heat stirring continuously
- Serve with the onions and mushrooms





Sustainable Hack

Mushrooms often come in a plastic tub with a cellophane foil so look out for loose mushrooms that can put into a paper bag

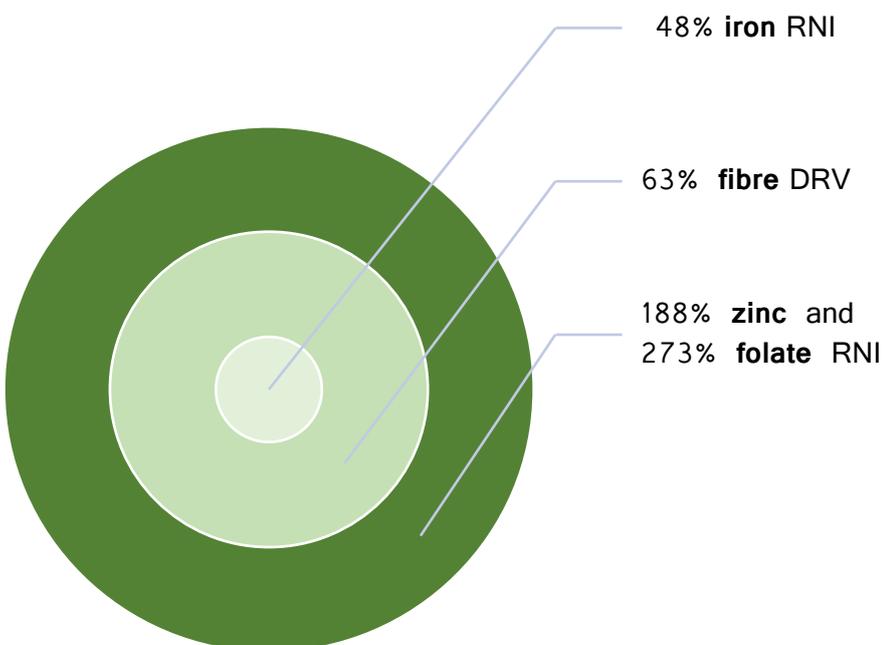
75g wholegrain spaghetti made with easy creamy sauce

Nutritional Highlight

- High in iron and fibre
- Very high in zinc and folate

1 serving is:

- 63% fibre DRV
- 188% zinc RNI
- 273% folate RNI
- 48% iron RNI



Chocolate Nut Bark – Cate Goodman



Ingredients:

- 200g dark chocolate
- Chopped fruit and nuts – I used almonds (chopped and flaked), chia seeds and cranberries

Serves: 8

Method:

- I. Line a baking tray with grease proof paper or a reusable cooking mat
- II. Melt the chocolate in the microwave or in a bowl over a pot of boiling water
- III. Pour the chocolate over a lined tray then sprinkle with the selection of dried fruit and nuts
- IV. Place in the fridge for a couple hours until set
- V. Break the chocolate into pieces and store in the fridge





Sustainable Hack

Different nuts and seeds can be used. Some are more sustainable than others.

Linseed/flaxseed is widely available in the UK and are a good alternative to chia seed.

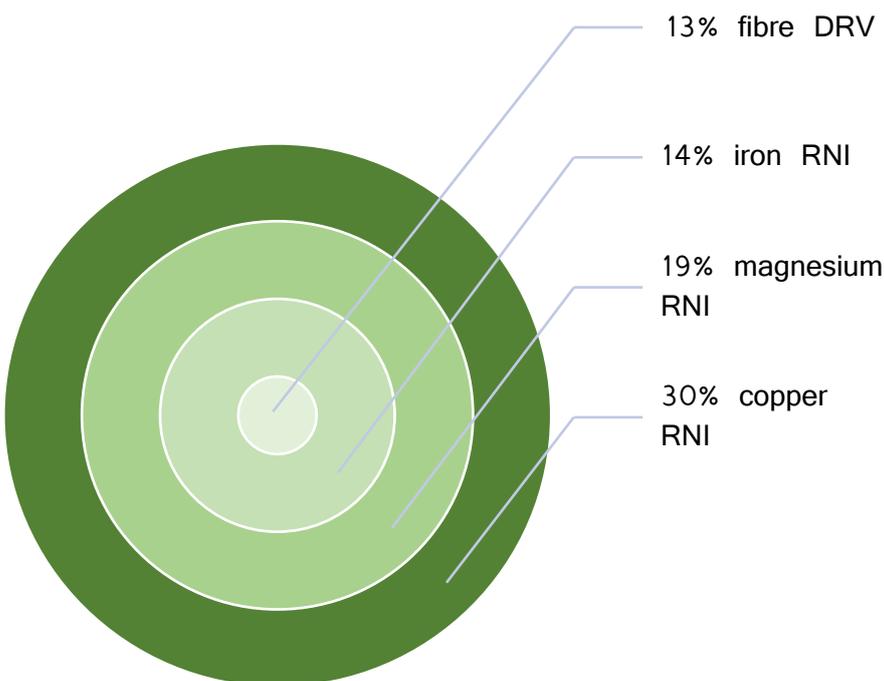
Pumpkin/sunflower seeds have a lower water footprint than almonds

Nutritional Highlight

- Source of fibre, iron, magnesium, and copper

A 30g portion is:

- 13% fibre DRV
- 14% iron RNI
- 19% magnesium RNI
- 30% copper RNI



Patatas Bravas – Douglas Livingston



Serves: 6

Ingredients:

- 500g halved Jersey Royals Potatoes
- 2 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic
- ½ can chopped tomatoes
- 1 tbsp balsamic vinegar
- 2 tbsp caramelised onion chutney
- 2 tbsp paprika
- 2 tbsp cayenne pepper
- Chilli powder to taste

Method:

- I. Preheat the oven to 200C Fan/Gas 6. Toss the potatoes with 1 tbsp of the oil then cook in a roasting tin for 30-35 minutes until golden.
- II. Heat the remaining oil in a pan. Cook the onion until soft and starting to colour.
- III. Add the Garlic and fry for 1 minute.
- IV. Add Chopped tomatoes, balsamic vinegar, chutney, and spices, stirring well. Season to taste
- V. Simmer for 5 minutes, stirring until you have a thick sauce.
- VI. Pour the sauce over the potatoes and stir well.
- VII. Transfer into a serving dish.





Sustainable Hack

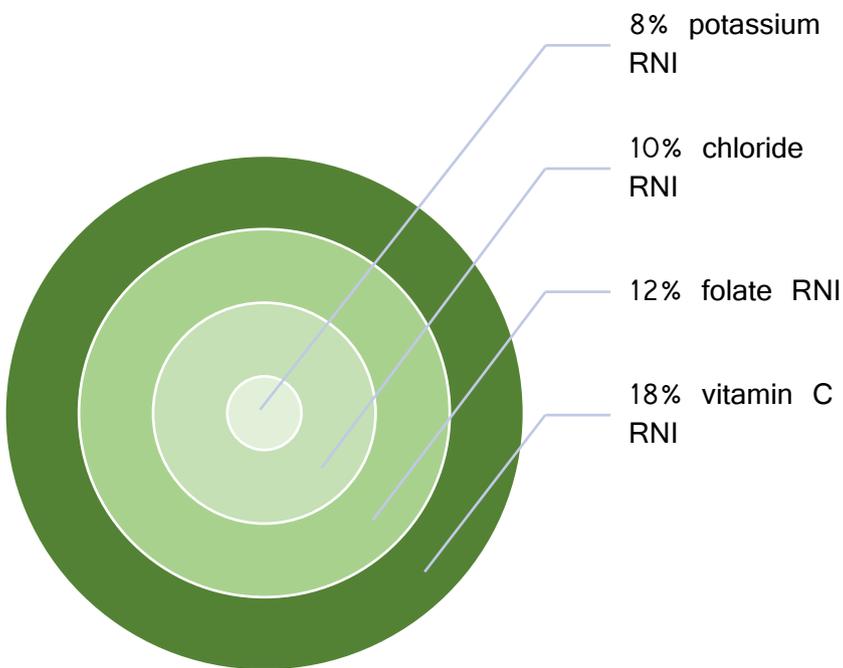
Cutting vegetables into smaller pieces when roasting shortens the cooking time. Try turning the oven off 5- minutes before to finish cooking in its own heat.

Nutritional Highlight

- Source of vitamin C, folate, chloride, and potassium

1 serving (113g) is:

- 18% vitamin C RNI
- 12% folate RNI
- 10% chloride RNI
- 8% potassium RNI



Potato Skin Crisps – Andrea Kozlowski



Ingredients:

- Fresh skins from potatoes,
- Olive oil,
- Salt,
- Pepper,
- Paprika,
- Chili powder

Serves: 1

Method:

- I. Preheat oven to 200°C.
- II. Place skins on a baking tray covered with baking paper.
- III. Drip some olive oil over the skins.
- IV. Spice according to your taste with salt, pepper, paprika, and chili powder.
- V. Bake in the pre-heated oven for around 10 min until crispy.

Sustainable Hack

Using the skins saves on a significant amount of food waste



Warm Seasonal Salad – Cate Goodman



Serves: 1

Ingredients:

- ½ tbsp rapeseed oil
- Garlic (1 clove or ¼ tsp powdered garlic)
- ½ tsp Herbs (mixed herbs, basil, rosemary, etc)
- Seasonal veg (roughly 2 handfuls)
- Choice of pre-cooked legume such as canned chickpeas or beans rinsed and drained
- Sauce or added flavouring (Tomato purée, pesto, tahini, tapenade, hummus, hot sauce, or any other sauces, etc)

Method:

- I. Cook veg in a pan with oil, garlic, and herbs for 10 minutes
- II. Add legumes and stir through
- III. Add flavouring of choice in desired quantity
- IV. Add in any green leaves at the end and cook until wilted
- V. Serve with whole grain bread or pitta bread.





Sustainable Hack/fact

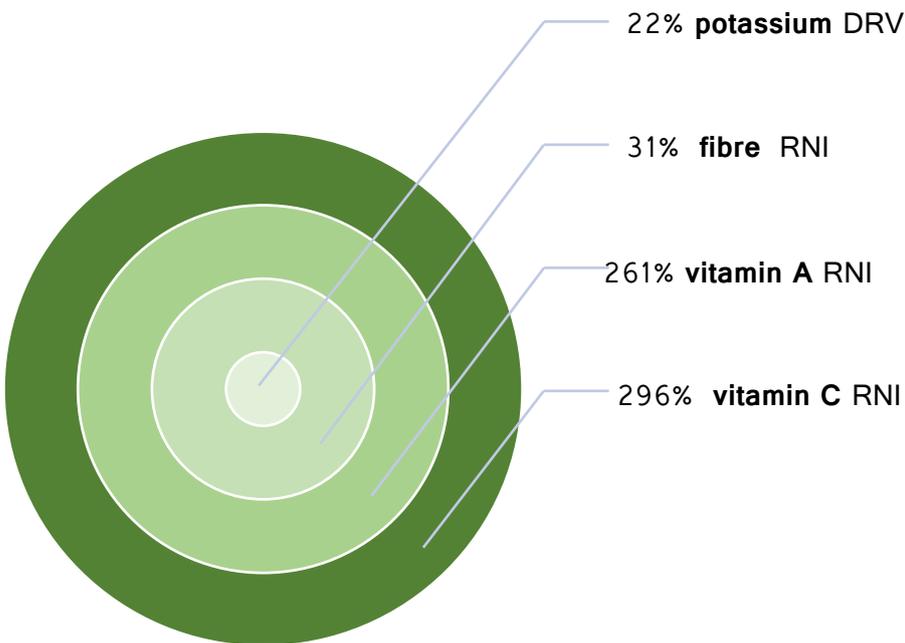
The versatility of being able to swap in fresh/leftover ingredients makes is great for using up food that might otherwise be wasted

Nutritional Highlight

- High in vitamin A and C

One serving contains

- 22% potassium DRV
- 31% fibre RNI
- 261% vitamin A RNI
- 296% vitamin C RNI



Summer



Apple and Sausage Bake – Cate Goodman



Serves: 4

Ingredients:

- 6 medium potatoes
- 2 apples
- 1 onion
- 12 veg sausages
- 2 tbsp rapeseed oil
- 1 ½ tsp sage
- 3 sprigs rosemary
- 2 cloves garlic
- 50ml Apple juice

Method:

- I. Preheat oven to 200°C
- II. Chop the potatoes into bite size pieces and par boil for 5 minutes
- III. Add the potatoes to an oven safe dish with the oil and cook for 10 minutes
- IV. Add the onions, sage and rosemary to the dish and cook for a further 15 minutes
- V. Chop the apple into slices and put in the oven with the onions and potatoes. Add the apple juice to the dish and stir through cooking for 10 minutes
- VI. Add the sausages and cook for a further 20 minutes or until sausages are cooked
- VII. Serve immediately





Sustainable Hack (fact)

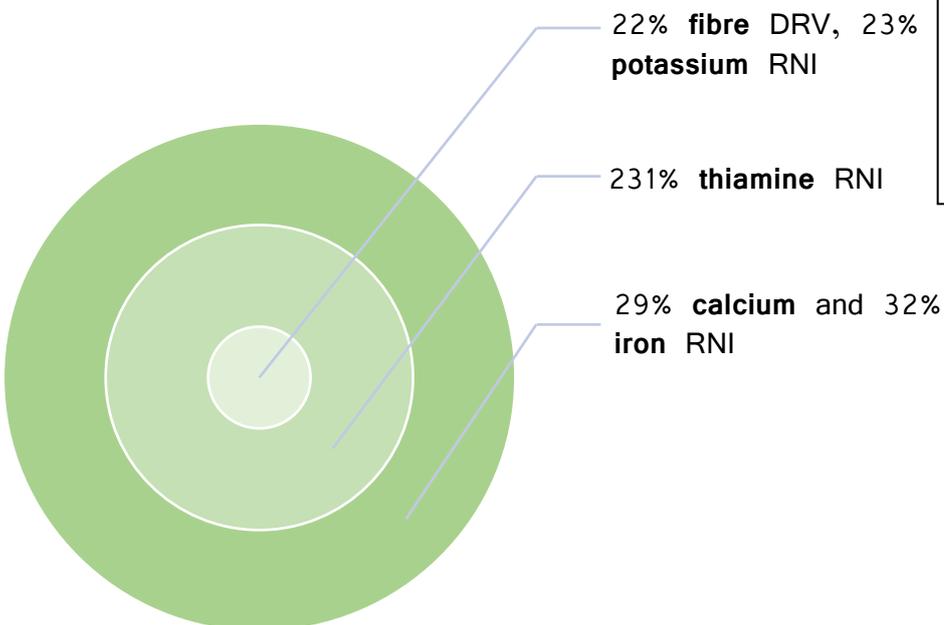
Rapeseed oil can be widely grown throughout the UK and good quality oils are an excellent alternative to olive oil

Nutritional Highlight

- Source of fibre
- Source of potassium, calcium, and iron
- High in thiamine

1 serving (336g) is:

- 22% fibre DRV
- 32% iron RNI
- 23% potassium RNI
- 29% calcium RNI
- 231% thiamine RNI



Brownies (Vegan) – Douglas Livingston



Serves: 12

Ingredients:

- 200g Plain flour
- 200g Caster sugar
- 4 Tbsp. Cocoa Powder
- 1 Tsp Bicarbonate Soda
- 1/2 Tsp. Salt
- 5 Tbsp. Veg. oil
- 1 Tsp. Vanilla Extract
- 1 Tsp. Distilled White Vinegar
- 237ml Water
- (Optional - 1 or 2 of the following):
- 2x Handful nuts of your choice (Hazelnut or Almonds recommended)
- 100g Choc. Bar of your choice (50g mixed through, 50g on top 5mins before removing from oven -Salted caramel recommended)
- 2x Handful Mixed Berries (Mixed through batter)
- 2-4 Tbsp. Nutella or Equivalent (can be mixed in or placed to give gooey centre)
- 2-4 Tbsp. Peanut Butter (As above with Nutella)

Method:

- I. Preheat Oven to Gas Mark 4/ 1800C Fan/2200C Convection.
- II. Grease 20cm round cake tin or equivalent
- III. Sieve Flour, Cocoa Powder, Sugar, Bicarbonate Soda, and Salt together into large mixing bowl.
- IV. Add Liquid ingredients and mix (add optional ingredients at this stage)
- V. Pour into tin and bake for 30-45mins checking with skewer until it comes out clean
- VI. Remove from oven and leave to cool.





Sustainable Hack

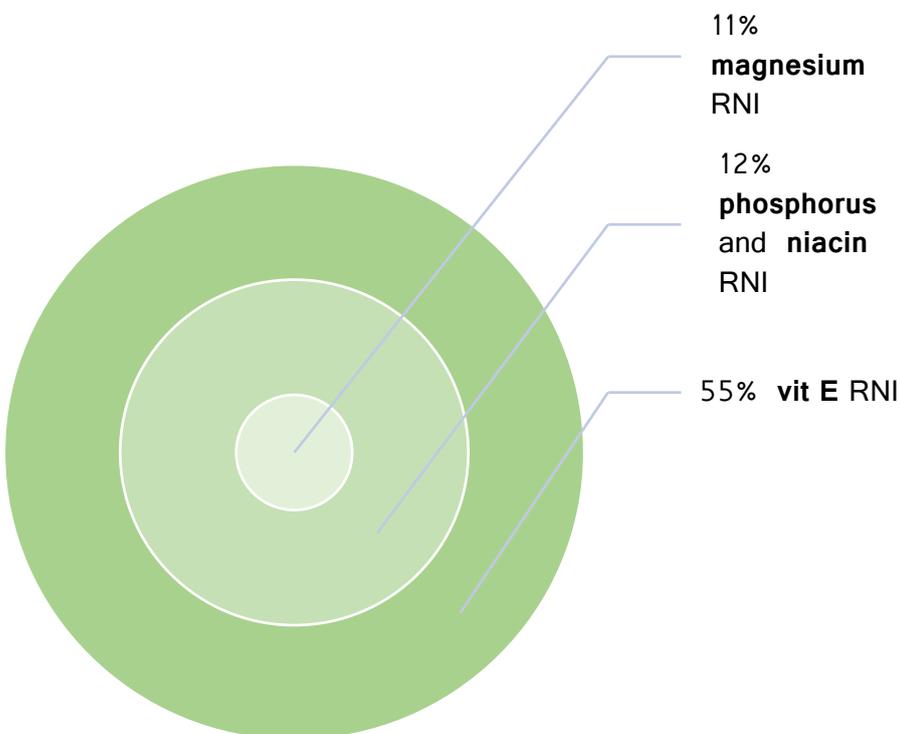
Make sure sugar and cocoa are Fairtrade

Nutritional Highlight

- Source of magnesium, phosphorus, and niacin
- High in vitamin E

1 slice (96g) is:

- 11% magnesium RNI
- 12% phosphorus and niacin RNI
- 55% vit E RNI
- 11% magnesium RNI
- 12% phosphorus RNI
- 55% vitamin E RNI
- 12% niacin RNI



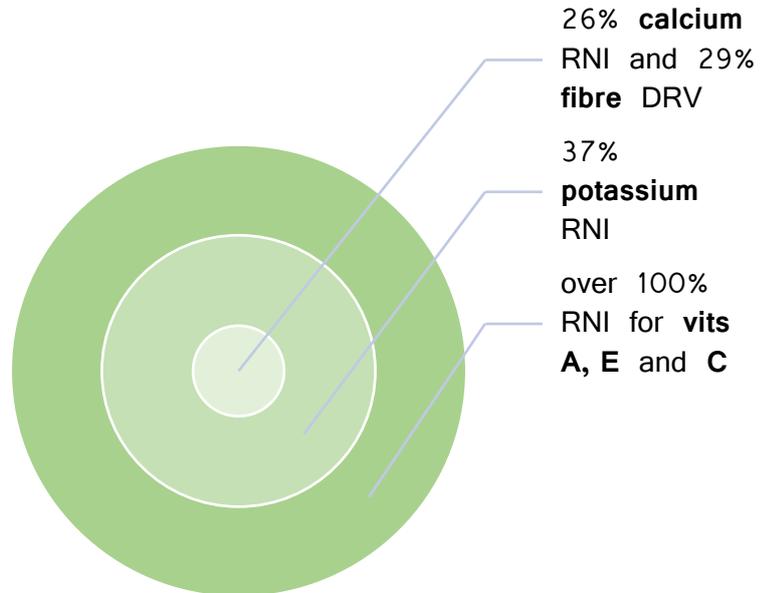
Vegetarian Lasagne – Nikola Mazur



Ingredients:

- Packet of lasagne sheets (a 500g box will be enough)
- Optionally grated parmesan for topping
- For vegetable sauce:
 - 2 tablespoons olive oil
 - 2 cloves garlic
 - 50g red onion, diced
 - 2 medium courgettes, diced
 - 400g butternut squash, diced
 - 800g chopped tomatoes/ passata
 - 250g cannellini beans, chopped to finer pieces
 - Sprig of fresh oregano and basil, alternatively ¾ teaspoon dried
- For non-vegan white sauce:
 - 70g butter (could use olive oil instead)
 - 700g white flour
 - 700ml full-fat or semi-skimmed milk
 - 1 teaspoon ground nutmeg
- For vegan white sauce (recipe from Allrecipes.co.uk)
 - 60g olive oil (to act as butter)
 - 60g white flour
 - 1L soya milk
 - Nutmeg to taste

Serves: 6



Method:

- I. In a large pan, heat up the oil and fry the onion and garlic until softened. Add the chopped courgette and fry for 5 minutes.
- II. Add the chopped butternut squash and fry for another 5 minutes. If using dried basil and oregano add now.
- III. Add the tomatoes and cook together until the vegetables have softened, stirring occasionally (around 20 minutes).
- IV. Once the vegetables have softened, add the beans, and cook for 10 more minutes. If using fresh herbs, add these towards the end of cooking. Salt to taste.
- V. In the meantime, make the white sauce. In a pot, melt the butter and gradually stir in the flour and nutmeg so that there are no lumps.
- VI. Now add milk to the butter mixture. Do this by adding a splash of milk and carefully mixing this in so that there are no lumps. Continue adding milk and stirring the sauce. After all milk has been used, proceed to stir, and cook for approximately 5 mins or until the sauce has thickened.
- VII. Preheat oven to 180°C fan. Line baking dish with first layer of lasagne by spreading around a tablespoon of white sauce into the dish and adding the layer of pasta on top. Top the pasta with a few tablespoons of the vegetable sauce and add another layer of lasagne. Add a layer of white sauce, followed by more pasta and then vegetable sauce. Continue to alternate layers.
- VIII. Optionally, the final layer can be sprinkled with some parmesan or decorated by adding sprigs of asparagus or courgette slices. If choosing to add decorations, ensure to top them with a little white sauce to prevent burning.
- IX. Bake the lasagne for around an hour, until all layers of pasta are thoroughly cooked, and the top is crisp.

Sustainable Hack

This is an ideal dish to cook in bulk date to save on energy.

Freeze the remainder into small portions for microwaving later.

Nutritional Highlight

- Source of fibre, calcium, and potassium
- High in vitamins A, E and C

1 large serving (430g) is:

- 29% fibre DRV
- 37% potassium RNI
- 26% calcium RNI
- 103% vitamin A RNI
- 129% vitamin E RNI
- 116% vitamin C RNI



Burger (Blended: lentil and lean mince) – Elaine Penman



Serves: 4

Ingredients:

- 200g lean steak mince (3-5% fat)
- 175g green lentils rinsed and drained (tinned or dried)
- 40g brown bread (approx. 2 slices)
- 1 small onion (chopped)
- 3 Sprigs of Fresh Parsley or 1 tbsp Dried Parsley
- 1 tbsp dried mixed herbs
- 1 medium whole egg (or 1-2 tsp of Flaxseed Meal & 3 tbsp Water mixture)
- 1 tbsp Wholegrain mustard
- 4 Wholegrain Bun
- Add additional seasoning to suit personal preferences

Method:

- I. Preheat oven grill, griddle device (e.g. George Forman) or BBQ
- II. Place bread in a food processor to make breadcrumbs and leave them to the side in a mixing bowl
- III. Place onion and parsley in the processor until finely chopped
- IV. Add the lean mince, drained lentils and herbs to the onion and parsley mix and process until combined maintaining texture (i.e. not smooth)
- V. Remove the blended mixture from the processer and add to the breadcrumbs
- VI. Add in the whole egg and mustard and bind together preferably using your hands or a spatula.
- VII. Freestyle or use a skillet press / burger tool to create four individual patties to suit the size of roll
- VIII. Cook under the grill (turning half-way) for approximately 15 minutes. Ensure the patty is cooked all the way through before serving and juices (including fats) are allowed to drain away.
- IX. Stack in burger bun as desired (vegetables at the top of bottom) or serve as an open burger with accompaniments





Sustainable Hack

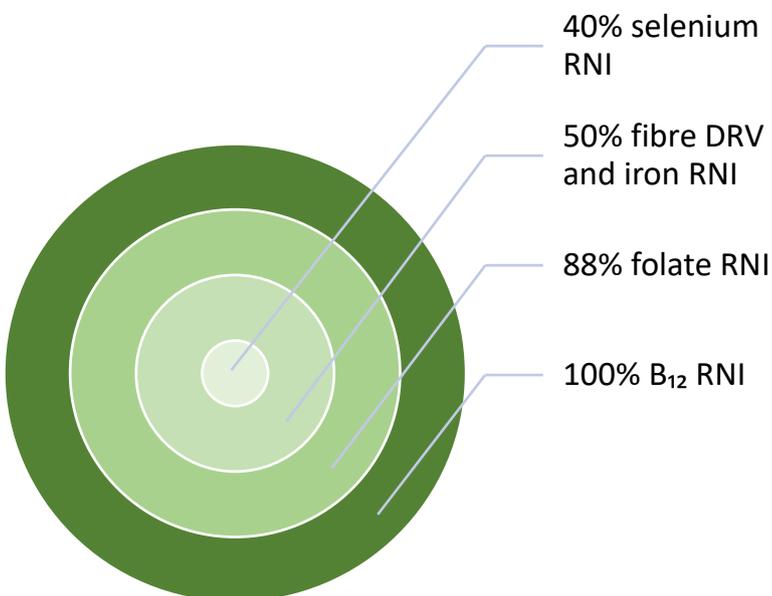
You can try using Quorn mince or soya mince to reduce the carbon footprint further

By switching out over 50% lean steak mince and replacing with green lentils the recipe reduces its carbon footprint by 51%, reducing the kg CO₂ equivalents from 5.31 to 2.58.

Nutritional Highlight

One serving (588g) provides:

- Lots of folate and vitamin B₁₂!
- Half of daily iron and fibre requirement, and almost half selenium RNI
- Good source of selenium



Cabbage Rolls with Couscous and cashew filling – Andrea Kozlowski



Serves: 4

Ingredients:

- 1 cabbage,
- 600ml vegetable broth,
- 200g couscous,
- 1 onion,
- 1 courgette,
- 100g cashews (unsalted),
- 50g soft dried apricots,
- 2 tbsp basil,
- 1 tbsp curry,
- 100g cream cheese,
- 3 tbsp tomato paste,
- 50g crème fraîche,
- salt,
- pepper,
- oil

Method:

- I. Clean the cabbage, remove the stalk. Cook the cabbage in plenty of boiling salted water until half soft. Drain the cabbage and remove the leaves individually for 6 cabbage rolls (approx. 12 pieces). For the leaves, cut the ribs flat.
- II. While the cabbage is boiling half-soft, heat 300 ml stock in a pot. Remove the pot from the heat, add the couscous and prepare it according to the instructions on the packet. Peel and chop the onion. Wash and chop the courgette. Heat some oil in a pan and sauté the onion and courgettes for about 5 minutes, stirring continuously. Wash the basil and cut into strips. Chop the apricots and cashew nuts finely. Add the onion and courgette mixture with the basil, apricots and cashew nuts to the couscous and mix. Then mix well with curry powder and cream cheese and season with salt and pepper.
- III. Place a small and a large cabbage leaf on top of each other, as it fits best, so that you get 6 equally sized roulades later. Spread the couscous mixture evenly on these leaves. Roll up the leaves and tie them together with kitchen string. Heat some oil in a pot. Fry the cabbage roulades on all sides at medium heat. Pour in the remaining stock, cover the cabbage rolls, and let them stew for 30 minutes at low heat. Remove the cabbage rolls from the braising liquid. Bring the liquid to the boil again and mix with tomato paste and creme fraiche. Season to taste with salt and pepper.





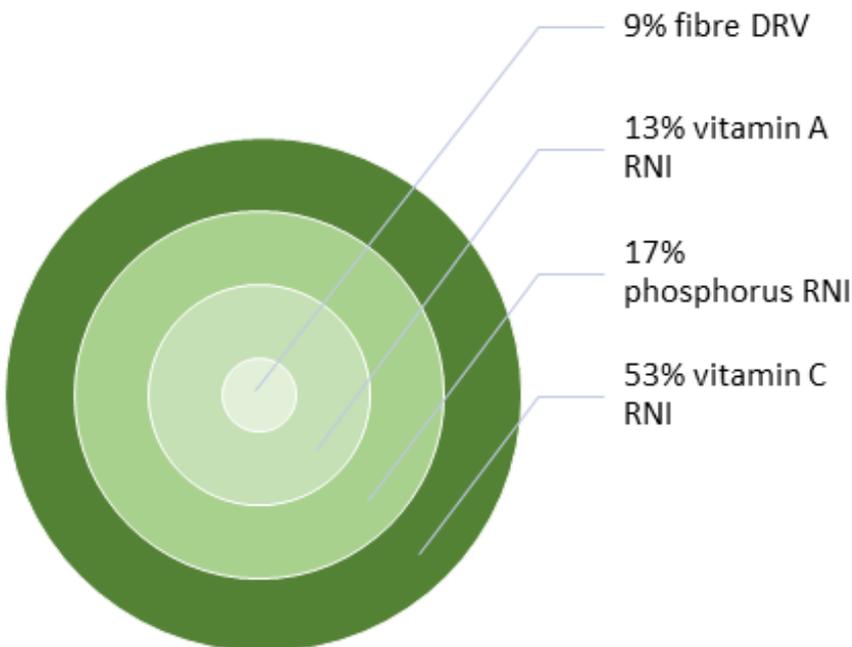
Sustainable Hack

British grown quinoa makes a good alternative to couscous

Nutritional Highlight

One serving (100g) provides:

- Some fibre
- Source of phosphorus and vitamin A
- Half of daily vitamin C requirement



Hummus – Tilly Bradley Bevan



Ingredients:

- 400g can chickpeas (reserve the water (aquafaba))
- ½ lemon juiced
- 2 tbsp olive oil
- 2 tbsp tahini
- 1 tsp ground cumin

Serves: makes one large bowl

Method:

- I. Pour the chickpeas through a sieve into a large bowl so the aquafaba is caught in the bowl
- II. Place the chickpeas in a blender and the water into a measuring jug
- III. Add the remaining ingredients into the blender
- IV. Add 50ml aquafaba into the blender
- V. Blend for a few seconds adding more liquid if needed
- VI. Keep covered in the fridge for up to 3 days

If you don't have a blender, a fork or potato masher can be used, the hummus will however not be as smooth, and this might take a while

Will keep in the fridge for 3 days after making





Sustainable Fact

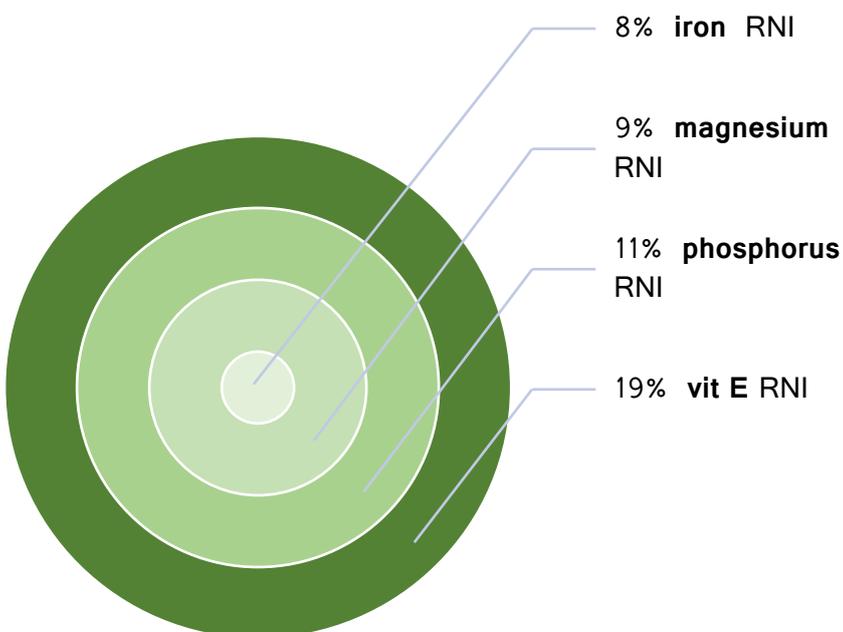
A dip or spread such as hummus has a much smaller environmental footprint than cream cheese/tzatziki yogurt. This is because dairy products yield over 14 times more GHG emissions in production than pulses (source figure 2, One Blue Dot)

Nutritional Highlight

- Source of vitamin E
- Provides some iron, magnesium, and phosphorus

A 40g portion is:

- 8% iron RNI
- 9% magnesium RNI
- 11% phosphorus RNI
- 19% vitamin E RNI



Overnight Oats – Catherine Campbell



Ingredients:

- 40g oats
- 100ml plant-based milk
- 100g plant-based yoghurt
- 80g strawberries
- 20g walnut halves

Serves: 1

Method:

- Measure out oats into a container, pour over milk, mix, and cover.
- Leave overnight or for at least two hours to soak in the fridge.
- On top of the oats, layer sliced strawberries, nuts, and yoghurt.



Sustainable Hack

Oats are cheap, nutritious, widely available, and easy to make. Oats higher fibre – recommended 30g per day, associated with improved heart health and decreased risk of colon cancers

Swapping dairy milk and yoghurt for plant-based alternatives reduces the carbon footprint at no additional cost. Less saturated fat than dairy milk associated with lower risk of CVD

Nuts/seeds mix can vary for range healthy fats.

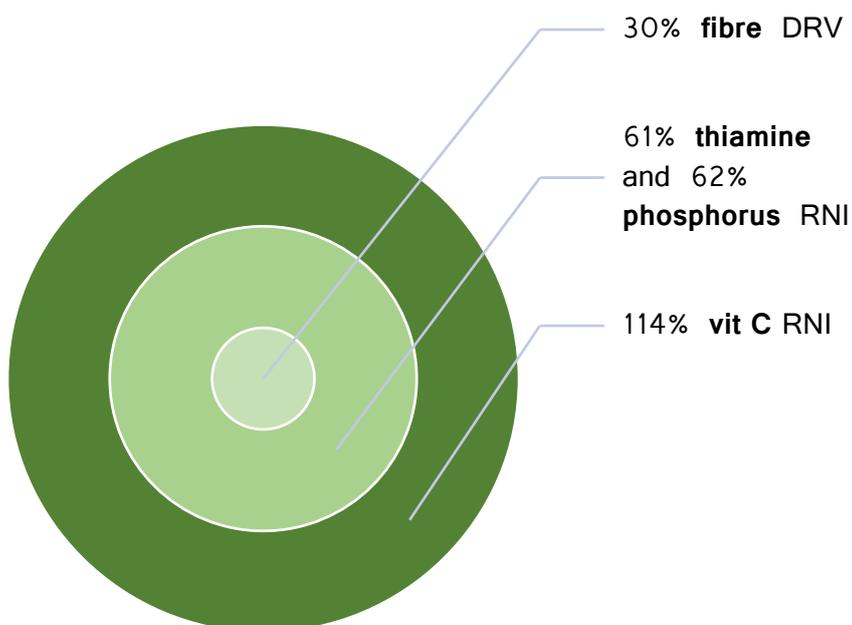
Local/seasonal fruit or tinned/frozen Vitamin C increases absorption of iron, range of nutrients from different fruits with changing seasons and likely to be fresher if grown locally so retain more nutrients. Could also make as porridge or baked oats although does require a stove/oven/microwave/pot/dish and uses more energy but warming in winter.

Nutritional Highlight

- A source of fibre
- High in thiamine, phosphorus, and vitamin C

This recipe is:

- 30% fibre DRV
- 61% thiamine RNI
- 62% phosphorus RNI
- 114% vitamin C RNI



Sour Cherry Marmalade – Andrea Kozlowski



Ingredients:

- 1kg sour cherries (also frozen possible),
- 500g sugar,
- 1 tbsp arrak,
- 1 tsp lemon zest,
- 1 pinch salt,
- 1 pinch cinnamon,
- 1 pinch clove powder

Serves: 2

Method:

- I. Wash, sort, and stone fresh fruit. Place the cherries in a container and defrost (duration: 2 h). Then crush the fruit with a blender to a fine pulp.
- II. Mix the fruit puree with the spices and the jam sugar and let it stand for 30 min (arrack is only at the end).
- III. Put the fruit puree in a large saucepan (the mixture foams) and bring to the boil. Let it boil for 3-4 minutes until it is really bubbly. Remove the pot from the heat and stir in the arrack.
- IV. Place the filler on the glass and pour in the jam with a sauce spoon (to ½ cm below the rim). Immediately close the jar with the lid. Place the jar on the lid. Turn again after 5 minutes.

Sustainable Fact

This is a fantastic way to preserve fruit over the winter months and avoid spoilage/waste

Nutritional Highlight

A generous spread on toast (20g) provides:

- A tiny amount of vitamin C and phosphorus



Spiced Bean and Potato Hotpot – Cate Goodman



Ingredients:

- 1 tbsp rapeseed oil
- 2 cloves garlic
- 1 tsp Chinese five spice
- ½ tsp smoked paprika
- 1 can baked beans
- 1 pepper
- ½ courgette
- 1 carrot
- 400g cooked potatoes

Serves: 2

Method:

- I. Chop vegetables then cook them in a pot with the spices and oil until soft
- II. Stir in beans and potatoes to warm through

This recipe is good for finishing up left over potatoes and vegetables and any veg can be used, try to aim for seasonal veg





Sustainable Hack

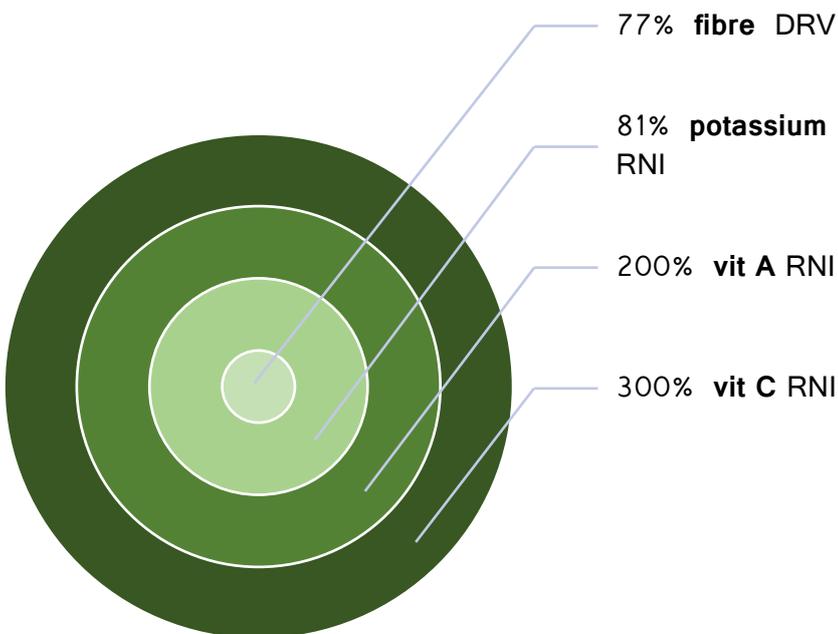
Of all the 'carbohydrate sources' in the UK potatoes have one of the lowest carbon footprints

Nutritional Highlight

- High in fibre and potassium
- Very high in vitamin A and C

1 serving is:

- 77% fibre DRV
- 81% potassium RNI
- 200% vitamin A RNI
- 300% vitamin C RNI



Stuffed Eggs – Laura Cacheda Rocés



Ingredients:

- ½ small onion.
- ½ red pepper.
- 6 eggs.
- 150gr tuna in water.
- Mayonnaise.

Serves: 4

Method:

- I. Sauté the onion and chopped pepper in the pan.
- II. Meanwhile, put 6 eggs to boil for 10 minutes, after this time and when they are cold, cut them in half and remove the yolks.
- III. In a bowl, mix 100gr of tuna in water, the peppers with the onions, the egg yolks and add mayonnaise. You can also make mayonnaise at home with oil, vinegar, an egg, and salt. It is easy!
- IV. Finally, fill the eggs with the paste and enjoy them with a portion of salad.





Sustainable Hack

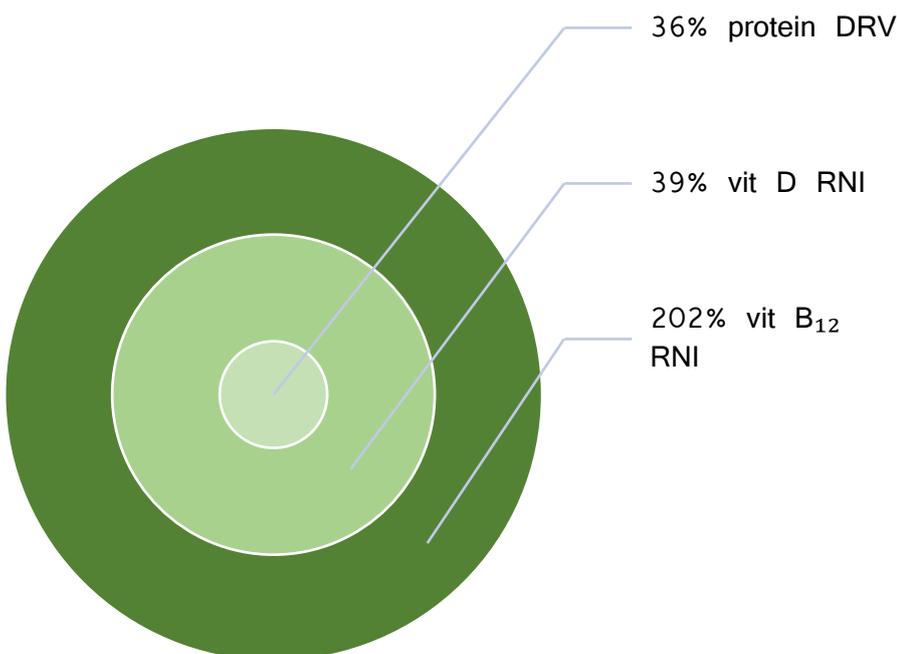
When buying tuna look for MSC certified or at least 'pole and line' caught

Nutritional Highlight

- High in protein
- A good source vitamin D in food
- Covers more than the daily RNI of B12

A serving of one stuffed egg (144 g) provides:

- 36 % RNI of protein
- 39 % RNI of vitamin D
- 202 % RNI of vitamin B₁₂



Tofu and Walnut Stir-Fry – Laura Cacheda Roces



Ingredients:

- 1/2 red pepper
- 1 zucchini
- 100g smoked tofu
- 3 tablespoons soy sauce
- 30g of walnuts

Serves: 1

Method:

- I. Chop the zucchini, red pepper, and tofu and sauté over medium heat in the pan or wok with a little oil. You can add some onion or any other vegetable that you like.
- II. When the vegetables are done, add the soy sauce and nuts and mix until the vegetables and tofu absorb the soy sauce.
- III. Serve it and enjoy it.

Sustainable Hack

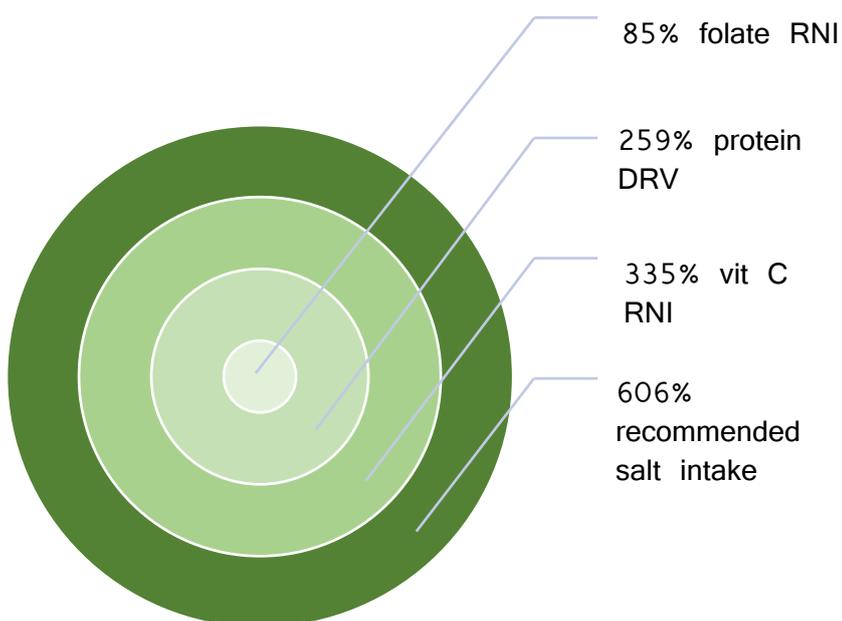
Stir-fries can use many types of vegetables so choose suitable ones that may be in

Nutritional Highlight

- Covers more than a day's protein needs
- Very high in salt
- Very rich in vitamin B₉ (Folate)
- Covers your Vitamin C needs for the day

A serving of 424 g provides:

- 259 % RNI of protein
- 606 % of the recommended salt intake
- 85 % of the RNI of vitamin B₉ (Folate)
- 335 % of the RNI of vitamin C



Tomato Hummus – Taste of Plants



Serves: 4

Ingredients:

- 200g Fava beans, drained
- 80g Sundried tomatoes, drained weight
- 1 clove of garlic
- 2tbsp lemon juice
- 1tbsp oil from sun dried tomato jar
- Pinch of Cayenne pepper
- Pinch of salt and pepper

Method:

- I. Puree all ingredients until smooth.
- II. Season to taste.
- III. Serve





Sustainable Hack

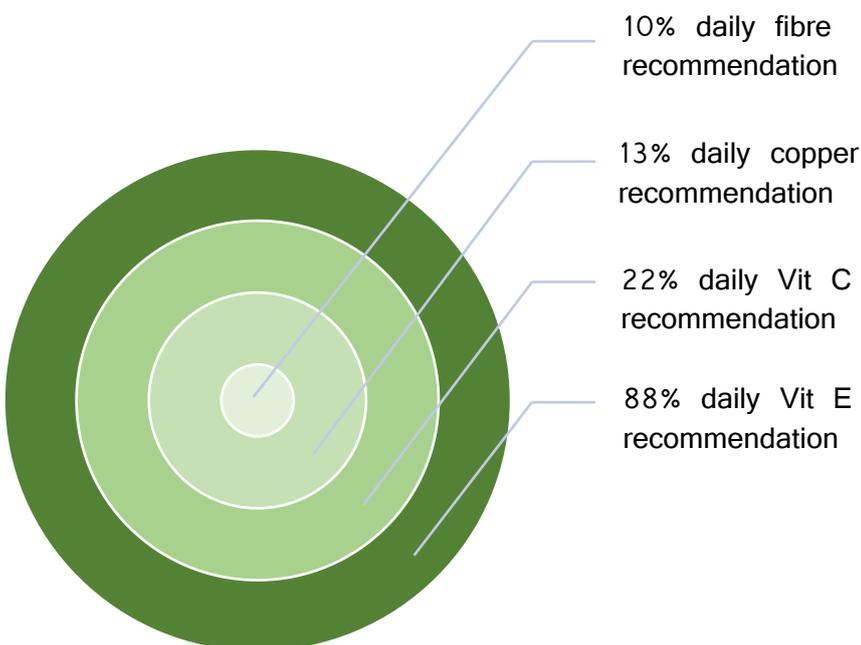
Imported tomatoes that have been grown in season can have comparable carbon footprints to those grown in the UK in greenhouses over winter

Nutritional Highlight

- High in fibre
- Source of copper and vitamin C
- High in vitamin E

1 serving (336g) is:

- 12g Fibre (10% DRV)
- 13% copper RNI
- 88% vitamin E RNI
- 22% vitamin C RNI



Veggie Paella – Elouise Rice



Serves: 2

Ingredients:

- 200g paella rice
- 2 onions
- 3 cloves of garlic
- 0.5 leek
- 100g Mushrooms
- 70g frozen peas
- 1 or 2 roasted red peppers
- Handful black olives
- 1 heaped tsp paprika
- 1 heaped tsp turmeric
- 1 400g tin peeled plum tomatoes
- 15-20 cherry tomatoes
- 0.5 Jar sundried tomatoes
- 1tbsp olive oil
- (optional)
- 50ml white wine
- 1tbsp sundried tomato oil

Method:

- I. Pre-heat oven to 200OC. Half peppers, removing seeds and membrane (white bit).
- II. While waiting for oven to pre-heat, place paella rice in saucepan, covering with enough boiling water so it is just covering the rice. Cook on medium-high for 5-10mins, ensuring to stir occasionally to prevent the rice from sticking to the pan.
- III. Place peppers face down in the oven for 20mins.
- IV. Finely chop onions, leek, garlic, and mushrooms. Heat the olive oil in a large frying pan Heat the olive oil on medium heat then add onion and leek. Fry for 2-3 mins or until onions and leeks have softened.
- V. Add garlic and mushrooms and fry for further few minutes.
- VI. Add plum tomatoes to paella rice in saucepan and use a masher to break down the tomatoes. Frozen peas are also added here.
- VII. When the peppers are charred on top, remove them from the oven and set aside to cool. When cool remove skin and slice. For more sustainability, can slice the skin instead of discarding or save for a further meal. 8. Place cherry tomatoes in the oven on a baking tray and cook for 10mins.



- VIII. Taste paella, if it's (almost) cooked, add to frying pan containing mushrooms, onions, leeks, and garlic. If using add wine and turn up heat to cook off alcohol.
- IX. Add black olives and sundried tomatoes. Place cherry tomatoes on top. To serve can slice a lemon and place around the edge of the pa, skin down.



Sustainable Hack

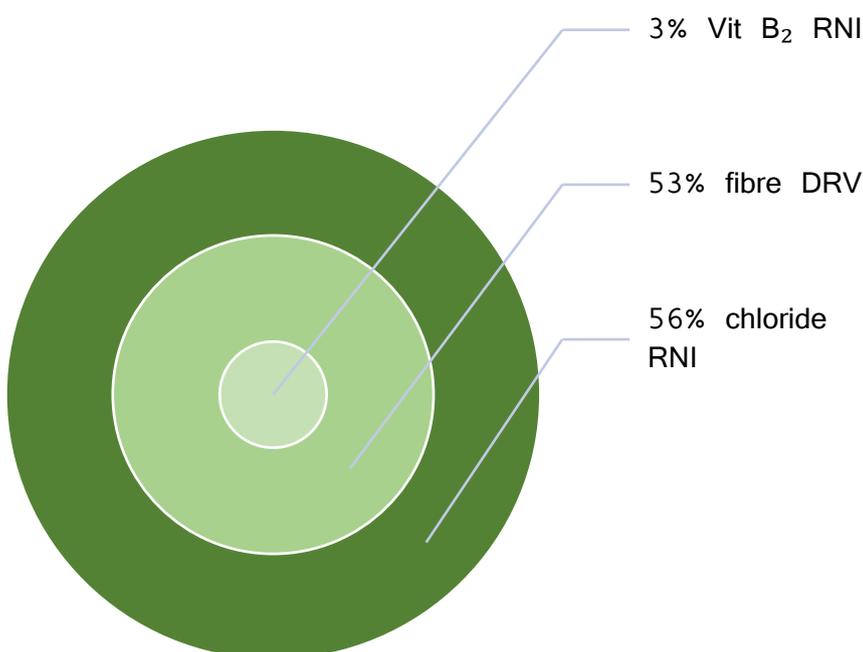
Seafood is traditionally used in paellas and this vegetarian alternative reduces any risk of sourcing from low fish stocks or environmentally damaging fish farms. If you choose to buy seafood check its credentials with the Marine Stewardship Council

Nutritional Highlight

- Source of fibre
- Source of chloride
- Provides some vitamin B₁ (Thiamine)

A serving of 724 g provides:

- 53 % of the RNI of fibre
- 56 % of the RNI of chloride
- 3 % of the RNI of vitamin B₁ (Thiamine)



Veggie Sausage Pasta Bake – Elouise Rice



Ingredients:

- 3 Veggie Sausages
- 4 Garlic cloves
- 2 Onions
- 1x 400ml can Light Coconut Milk
- 1 Carton Tomato Passata
- 1 Tbsp. White Wine Vinegar
- 1 Tsp. Sugar
- 5 Basil Leaves or 1-2 Tsp. Dried Basil
- 2 Handfuls Mushrooms
- 1 Aubergine
- 200g Wholewheat Penne Pasta
- 50g cheese of your choice
- (Optional):
- 1 Tbsp. Capers, Diced
- 1 Tbsp. Black Olives, Halved
- 1/2 Jar Sundried Tomatoes, Diced

Serves: 2-4

Method:

- I. Peel and finely dice onions and garlic. Place saucepan on medium heat and add onions. Once translucent, add garlic.
- II. Cut up aubergine and mushrooms into chunks to personal preference.
- III. Add tomato paste, white wine vinegar, and sugar. Cook for a few minutes then add optional ingredients.
- IV. Pre-heat oven to recommended temperature for sausages. Add passata and coconut milk to saucepan, bring to boil and simmer for 15-20mins until all veg has softened and sauce has thickened and reduced.
- V. Cook pasta according to packet instructions and place sausages in oven.
- VI. When aubergine and mushrooms have softened and pasta is cooked (al dente), add pasta and small amount of pasta water to tomato sauce.
- VII. Once combined, place in casserole dish and grate cheese over it.
- VIII. When sausages are cooked, slice lengthwise and place on top of casserole (see image)
- IX. Drizzle extra virgin olive oil over pasta bake, place under grill for 5-10 mins or until crispy on top.





Sustainable Hack

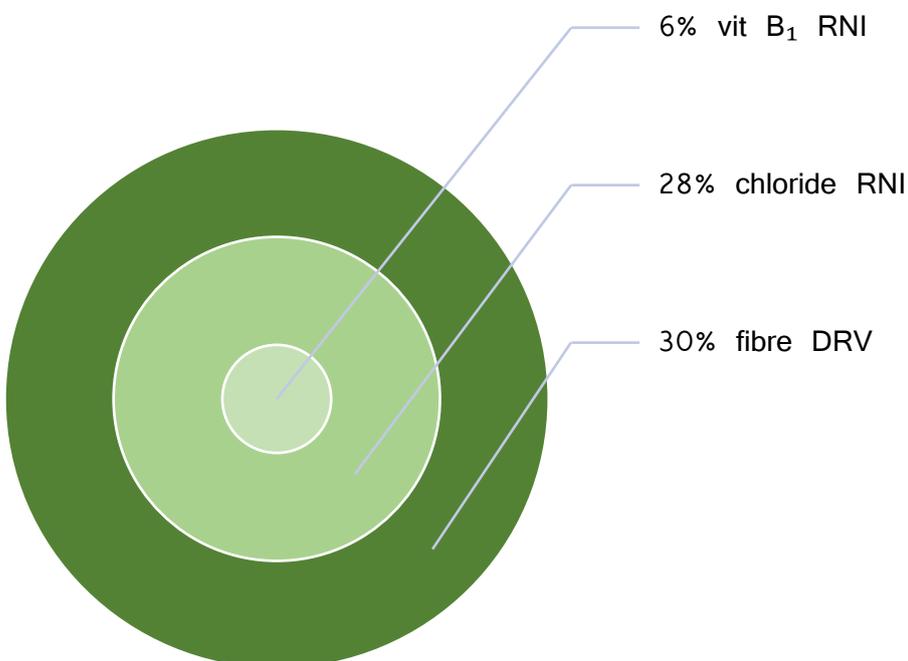
Using a dairy free or vegan cheese would lower the carbon footprint of this dish. Or you could try sourcing cheese from your local and ethical dairy/farm shop if this is an option. This would support local business

Nutritional Highlight

- Covers a third of your daily fibre needs
- Contains chloride
- Provides vitamin B₁ (Thiamine)

A serving of 646 g provides:

- 30 % of the RNI of fibre
- 28 % of the RNI of chloride
- 6 % of the RNI of vitamin B₁



ComplEATing



Introduced by [Love Food Hate Waste](#), complEATing is using all the edible components of an ingredient from root to tip (not necessarily in the same dish!). It is a cost-effective way to not only make the most of the flavour and nutrients of food but saves times and money while reducing waste.

Top 10 ComplEATing Tips from Love Food Hate Waste :

1. Orange and lemon peel

Candied peel will keep for 6-8 weeks in an airtight container, use it in fruitcakes, muffins, or other sweet treats [BBC Good Food recipe link below]



2. Pumpkin seeds

Roasted pumpkin seeds are both nutritious and delicious, as well as fiendishly easy to make. Simply toss seeds in a bowl with melted butter and salt, spread them out on a baking tray and bake for 45 mins at 150°C/gas mark 2. Scrummy snack sorted.

3. Cauliflower leaves

Eat more of your greens by giving these outer leaves a thorough wash, then popping them in a bowl with oil and spices. Lay them in a single layer on a baking sheet and roast in the oven until crispy – bish, bash, cauli leaf nosh! OR next time you make cauliflower cheese, include the leaves and stalk for an even tastier and more colourful meal.

4. Carrot leaves

Don't let your bunny get the best bits! Carrot top greens are not only edible, but tasty and loaded with nutrients. Whizz them up into a quick carrot top pesto with olive oil, garlic and parmesan and drizzle over your roasted carrots.

5. Cabbage hearts

With many health benefits, cabbage hearts have lots of uses – not just the leaves. Simply shred them into salads, soups, or stews.

6. Herb stalks

It's not just the leafy parts of your parsley, coriander, basil, and mint that are there for the eating, the tasty stalks are just as good. Chop them into dips and sauces, blitz them into pesto or sprinkle onto savoury dishes.



7. Sprout leaves

A 'sprout tree' provides more than just Brussel sprouts – you can eat the round leaves at the top too as a substitute for cabbage. This crown of vitamin goodness is so tasty that some retailers now sell them as a product in their own right – try them in stir fries, soups, and stews.

8. Potato Mash

Make mashed potatoes with skins. Cut whole, clean potatoes into small cubes and boil for 15 minutes – mash them up with some butter and milk, and you will never notice the skins but will get all the nutritional benefits.

9. Leeks and spring onion greens

Stop chopping when you get to the end of the white bit? Well don't – the green ends of leeks and spring onions are full of nutrients and packed with flavour. Use them in the same way as you would the rest of stalk, and make sure you wash thoroughly.

10. Don't fumble your crumble

No need to peel apples for this winter favourite! Simply slice the apples thinly or into small chunks, saving time and adding colour to your crumble too.

****Don't forget vegetable scraps can make a delicious stock for soup or crisps****



Citrus Peel <https://www.bbcgoodfood.com/recipes/candied-citrus-peel>

Vegetable Scraps <https://www.bbcgoodfood.com/howto/guide/how-use-fruit-vegetable-scraps>

Root to Stem <https://realfood.tesco.com/gallery/10-root-to-stem-recipes.html>



Quick Links



Recycle your plastics

Sometimes you cannot avoid plastic packaging, especially when out an about, but what we do with it after use is very important. Each local authority has its own rules on what and how they recycle household waste, e.g. [Glasgow City Council](#), check out your local council website for more information. The British Dietetic Association Blog on [recyclable](#) materials features useful information from [RECOUP](#) (Charity and leading authority on Recycling) and their [pledge2recycle](#) campaign, along with [WRAP](#) (Waste & Resource Action Programme) and the [Love Food Hate Waste](#) initiative. Together consumers, workers and healthcare professionals can take significant steps to reduce, reuse and recycle to minimise the impact of plastic.

Understand your carbon footprint

The term carbon footprint is widely used in environmental text but what does it actually mean for us as individuals in relation to our food choices? The [BBC Good Food](#) team define carbon footprint as the 'total climate impact of an activity or item: from its creation, transportation and use to its destruction or waste'. You can gain an indication of the impact of certain foods and drinks in your diet on the environment by testing out the [BBC News food calculator](#) based on frequency of consumption and food choices.

Keep your food fresh

How you store and preserve your fresh items can make a significant difference in how long they will last in your kitchen. Authorities such as the [Food Standards Agency Scotland](#), have some great ideas on how to store your food at home safely. Also, the [BBC Good Food](#) team and [Love Food Hate Waste Scotland](#) have some ingenious ways to get more from your food through freezing, reusing leftovers and using portion planners to reduce waste.

Plant-Based Diets and Key Micronutrients

Are you worried about meeting your vitamin and mineral requirements on a plant-based diet? The [British Dietetic Association](#) have got you covered; highlighting essential nutrients to consider and how to incorporate these into your diet when moving away from animal food sources. Having a balanced diet from all of the five food groups; fruit & vegetables, carbohydrates, proteins, dairy & alternatives, fats & oils can be difficult. To help consumers, the [British Nutrition Foundation](#) has broken down the [Eat Well Guide](#) into this handy guide and provide information on how to meet your nutrient requirements across the groups.



Convenient and Affordable

Eating well on a limited budget or having restricted kitchen space for food preparation and storage in student accommodation is a challenge faced by many. The NHS page highlights twenty top tips on [how to eat well for less](#) when funds are tight. The British Dietetic Association have also shared their ideas on [how to spend less](#) on a budget. At the same time, BBC Good Food features advice from British food writer and austerity activist Jack Monroe on how to use a microwave for more than heating ready meals with an online guide to [mastering the microwave](#) to cook from scratch!



Sustainable Recipe Sources



If you are looking for further recipe ideas that taking sustainability into consideration here are additional online resources to add variety and choice to your meals, snacks, and drinks.

[Alpro](#)

A selection of recipes using Alpro's dairy alternative plant-based drinks, yoghurts, cream, and ice-cream made from Almonds, Cashews, Coconut, Hazelnuts, Oats, Rice and Soya.

[BBC Good Food](#)

A series of top tips and busting facts for living sustainably from composting to recycling plastics along with recipe ideas for two common left over food items chicken and potatoes.

[BDA Sustainable Eats](#)

The British Dietetic Association (BDA) have partnered with Quorn, a meat substitute product, to reinvent traditional recipes with reduced meat or 100% Quorn alternatives. Leftover recipe ideas for each dish are included to minimize the food waste.

[BDA Sustainable Hacks](#)

Winners of the British Dietetic Association (BDA) Sustainable Diets Group competition including Sustainable Hacks for Porridge, Tikka Masala and Kofta. The [Burger](#) and [Shepherd's Pie](#) recipes from the Glasgow Caledonian University community have been included in our main section.

[Greener Scotland](#)

Recipe finder based on local, seasonal, and fresh Scottish produce. Includes a seasonal calendar and food waste feature to source a host of recipes from left over ingredients.

[Kuri](#)

Sustainable cooking app, allowing you to select recipes on the move with options personalized to your diet, lifestyle, and values. They also promise to plant a tree every time you use the app through an Irish charity WellsforZoe.



[Love Food Hate Waste](#)

Left-over food recipe ideas that can be filtered by dietary preferences, difficulty, and cooking time. With a focus on minimising waste there are lots of amazing ideas from breakfast pancakes to Thai sweet potato curry.

[New York Times](#)

A wide range of climate-friendly and culturally diverse cooking recipes for vegans, vegetarians and flexitarians featuring grains, beans, seafood, and meat-free alternatives.

[United Nations](#)

Recipes from leading chefs worldwide, embracing the United Nations Sustainable Development Goals by accepting the ActNow food challenge providing inspiring ideas including condiments and dressings for roasted vegetables and a range of cultural dishes from across the globe.

[World Wildlife Federation](#)

A small selection of planet-friendly recipes from partners of the WWF featuring meal and snack ideas including a quinoa breakfast pot, banana & spelt loaf, and a Spanish chickpea & almond stew.



Kitchen conversion chart



*Modern and Stylish
Rustic and Classic Style...
Sugar and Charm!*

KITCHEN CONVERSIONS

A guide to help you in the kitchen

No. 0001

SPOONS & CUPS



tsp	tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1



MILLILITERS (ROUNDED TO THE CLOSEST EQUIVALENT)

tsp	mL	oz	mL	cup	mL
1/2	2.5	2	60	1/4	60
1	5	4	115	1/2	120
		6	150	2/3	160
tbsp	mL	8	230	3/4	180
		10	285	1	240
1	15	12	340		

GRAMS (ROUNDED TO THE CLOSEST EQUIVALENT)

oz	g	lb
2	58	-
4	114	-
6	170	-
8	226	1/2
12	340	-
16	454	1

sugarandcharm.com



A very special thanks



From an idea shared between two dietetic students, a progressive social-media campaign, sell-out event, e-cookbook and now to you the reader, it has been a wild ride! Thank you! Thank you very much for reading this cookbook and joining us to make the world a tastier and healthier place to live.

When the idea for the event was first created, we came to the conclusion we needed something for people to take away and practice but also a place to consolidate our knowledge gained from the event, the campaign, and, most importantly, each other! Hence, the cookbook was born!

It's important to note that this cookbook wouldn't be here if not for the fantastic authors, the very special guest editor, the wonderful proof-readers, and the incredibly talented and knowledgeable recipe submitters.

If you are wondering where to go from here please follow us on Facebook (post how you have made the recipe's suit you or post your own!), look at the many links provided throughout for extra information or additional recipes to try, or email us if you have any questions?

All recipes and photographs were provided by submissions. The links provided go to original content for further reading.



