



VEGANUARY ✓

VEGANUARY'S BUDGET MEAL PLAN



Prices are from the cheapest versions of the most appropriate products, available in store in Tesco in September 2020. The cost is just for the ingredients, and does not include the cost of cooking.



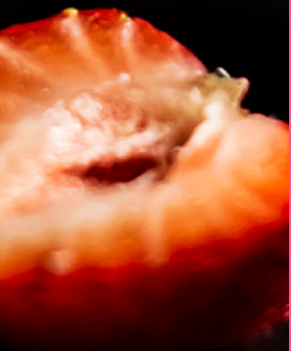
BREAKFAST

7 DAYS OF RECIPES TO GET YOUR MORNING OFF TO A FLYING START

Many unbranded breakfast cereals are both vegan and low-cost, and they make a quick and easy breakfast when teamed with plant milk (again, buy unbranded to save money or, if you have time, it is quite easy and very cheap to make your own). And toast is always a good option. Most breads are vegan, and many brands of spread like Flora and Vitalite are also vegan. So, go ahead and add your preferred toast topping — perhaps, jam or Marmite — for a classic, easy and low-cost start to the day.

But if you're looking for something a little different, these are some of our favourite ways to start the day

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£

**61P PER
SERVING**

APPLE PANCAKES

MAKES 4 PANCAKES, SERVES 2

INGREDIENTS

1 large apple, peeled,
cored and finely grated

150g plain flour

1 tsp salt

20g sugar*

½ tsp cinnamon

225ml soya milk

200g frozen berries

A little sunflower oil

METHOD

1. If the apple is grated so finely it almost forms a paste, great! If it is more coarsely grated, put into a pan over a low heat and warm it up until it forms a smooth paste.
2. In a large bowl, mix the flour, salt, sugar and cinnamon, then add the apple paste. Stir well.
3. Add the plant milk, a little at a time until you get a thick, smooth batter.
4. Heat a frying pan over a medium-high heat, and when hot, add half a cup of the batter mix, turning the pan so the pancake spreads and thins out a little.
5. Cook until the bubbles on the surface of the pancake do not close again when they pop. Then turn it over, and cook until the bottom of the pancake has coloured nicely.
6. This should make four pancakes. When all the pancakes are cooked, pan fry some frozen berries until they are defrosted and warmed through.



BANANA BREAKFAST MUFFINS

MAKES 12 MUFFINS

£

**£1.42
OR 12P PER
MUFFIN**

INGREDIENTS

2 tbsp ground flaxseed
80ml sunflower oil
150g plain wholewheat flour
100g self-raising flour
1 tsp baking powder
100g sugar
3 ripe medium bananas
100ml plant milk
1 tsp vanilla extract

METHOD

1. Heat the oven to 180 °C.
2. Mix the flaxseed with 6 tbsp warm water and set aside until it becomes jelly-like.
3. In a bowl, combine the wholewheat flour, self-raising flour, baking powder and sugar.
4. In a separate bowl, mash the bananas, and mix them well with the plant milk and vanilla extract. Then mix in the flax mixture.
5. Add the wet ingredients to the dry ingredients, and combine but do not over-mix.
6. Spoon the mixture into muffin cases, and bake for 18–22 minutes or until a skewer comes out clean.

OVERNIGHT OATS

SERVES 1

£

32P

INGREDIENTS

50g porridge oats
Pinch cinnamon
Pinch salt
½ tbsp peanut butter
2 tbsp plant yogurt
50g mixed frozen berries
1 tbsp golden syrup

METHOD

1. The night before you want to eat it, add 100ml of water to your oats, and stir in the cinnamon and salt. Stir in the peanut butter.
2. Take the berries out of the freezer to defrost.
3. When you're ready to eat, loosen the mixture with a little more water (or you can use plant milk). Top with some yogurt, the berries and a drizzle of syrup.





BREAKFAST BERRY SMOOTHIE

SERVES 1

£

66P

INGREDIENTS

300ml plant milk

75g frozen berries

1 banana

2 tbsp dairy-free yoghurt

METHOD

1. Put everything into a blender and blitz until smooth.

SPICED APPLE PORRIDGE

SERVES 1

£

44P

INGREDIENTS

80g oats

300ml plant milk

1 apple

½ tsp cinnamon

Pinch nutmeg

A little water

(Optional toppings: a sprinkle of sugar, a drizzle of golden syrup, some chopped nuts, or seeds)

METHOD

1. Place a saucepan on a low–medium heat and add the oats, milk and spices.
2. Wash the apple and grate it, then add it straight to the oat mix on the hob.
3. Stir the porridge whilst it cooks to ensure you get a nice creamy porridge and add a little water if you prefer it a little thinner.
4. Cook for 15–20 minutes and serve with any toppings you may like.





£

**26P PER
SERVING**

HOMEMADE MUESLI

SERVES 6

INGREDIENTS

150g porridge oats
100g bran flakes, crushed
75g of rye flakes
50g hazelnuts, crushed
50g raisins
50g chopped apricots
2 tbsp pumpkin seeds

METHOD

1. Heat the oven to 160 °C.
2. On a baking tray, mix together the oats, bran flakes, rye flakes and nuts. Toast in the oven for 12–15 minutes, shaking the tray halfway through.
3. Remove from the oven and let cool for 10 minutes, then mix in the raisins, apricots and seeds.





£

**34P PER
SERVING**
(3 SLICES)

BANANA, RAISIN AND WALNUT LOAF

SERVES 4

INGREDIENTS

200g self-raising flour
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp grated nutmeg
½ tsp of baking powder
60g dairy-free margarine
110g soft light brown sugar
175g mashed ripe bananas
25g chopped walnut pieces
25g raisins
110 ml plant milk

METHOD

1. Heat oven to 180 °C/160 °C Fan/Gas 4.
2. Line a 1lb loaf tin with non-stick baking parchment.
3. Sift together the flour, ground cinnamon, ginger, nutmeg, baking powder in a large mixing bowl.
4. Rub in the dairy-free margarine until you have a consistency of fine breadcrumbs.
5. Add the sugar, bananas, chopped walnuts, and raisins. Stir well.
6. Gradually add the plant milk a little at a time until you have a soft dropping consistency, the exact amount needed will depend on the ripeness of the bananas.
7. Spoon into the tin and level the surface. Bake in the oven for 1 ¼ to 1 ½ hours or until golden, firm to touch and a skewer inserted into the middle comes out clean. Cover with foil if the loaf is browning too much during cooking.
8. Leave to cool in the tin then turn out onto a wire rack to finish cooling.





LUNCH

From fail-safe classics to something a bit different, all our top picks for lunchtime meals are tasty, no-fuss and easy to make. And most can be parcelled up for a packed lunch, too.



LEEK AND POTATO SOUP

SERVES 4

£

22P PER SERVING

INGREDIENTS

1 tbsp vegetable oil
2 large leeks, cleaned and sliced
250g potatoes, peeled and chopped
2 vegetable stock cubes
2 pints water
Salt and pepper to taste

METHOD

1. Heat the oil in a pan, and add the leeks and potatoes. Cook for 3–4 minutes.
2. Add the water and bring to a boil. Add the stock cubes. Cover with a lid and let simmer for 10–15 minutes, until the potatoes have softened.
3. Remove from the heat and blend. Season to taste.



JERK CAULIFLOWER WRAP

SERVES 4

£

22P PER SERVING

INGREDIENTS

1 small cauliflower, broken into florets
1 tbsp jerk seasoning
2 tbsp oil
2 spring onions, finely chopped
2 tbsp vegan mayonnaise
2 wholewheat wraps

METHOD

1. Heat the oven to 180 °C.
2. Cover the cauliflower florets with the oil and roast in the oven for 20 minutes.
3. Remove from the oven carefully and coat the cauliflower in the jerk seasoning, then return to the oven for 10 minutes,
4. Remove from the oven and allow to cool a little.
5. Combine with the onions and vegan mayonnaise, then load into a wrap.

PITA BREAD PIZZA

SERVES 1

£

63P

INGREDIENTS

1 pita bread
2 tbsp pasta sauce
1 tbsp sweetcorn, canned or frozen
4 green olives, halved
1 medium tomato, sliced
2 tbsp grated dairy-free cheese
Add the toppings of your choice, but we have costed for those mentioned above.

METHOD

1. Heat the oven to 180 °C.
2. Spread the pasta sauce on the pita bread, load with the toppings and cover with cheese.
3. Cook for 8 minutes.



BEANS ON TOAST

SERVES 1

£

32P

INGREDIENTS

2 slices wholewheat bread

2 tbsp dairy-free butter

200g baked beans

METHOD

1. You know what to do! Toast the bread, and cover with dairy-free butter.
2. Meanwhile, heat the beans in a pan. When warmed through, pour over the toast.

SPICED BEAN SALAD

SERVES 1

£

98P

INGREDIENTS

75g kidney beans

75g chickpeas

100g sweetcorn,
frozen or canned

3 spring onion, peeled
and finely chopped

4 red or green pepper

1 clove garlic, peeled
and crushed

1 ½ tsp cumin

1 tsp chilli powder (optional)

2 tbsp lemon or lime juice
(bottled or fresh)

2 tbsp olive oil

Salt and pepper to taste

METHOD

1. Rinse and drain the beans and defrost the sweetcorn if using frozen.
2. Mix all the ingredients together.





CORONATION CHICKPEA SANDWICH

SERVES 2

£

87P PER SERVING

INGREDIENTS

30g sultanas
1 medium red onion,
peeled and finely chopped
1 tbsp sunflower oil
400g can chickpeas,
drained and rinsed
1 clove garlic, peeled
and crushed
2 tsp curry powder
75g vegan mayonnaise
75g plain plant yoghurt
1 tbsp mango chutney
Salt and pepper
4 slices of bread, or 2 slices if
serving as an open sandwich

METHOD

1. Soak the sultanas in hot water for 10 minutes, drain and then set aside.
2. Fry the onion gently in the oil until softened.
3. Add the chickpeas, garlic, and curry powder, and cook for another 4–5 minutes, stirring every now and then.
4. Stir in the sultanas, remove from the heat and allow to cool.
5. Lightly mash the chickpeas so some are crushed and some remain whole. Stir in the mayonnaise, yoghurt, and mango chutney. Season to taste.
6. Serve in a sandwich.





£

**59P PER
PIECE**

SAUSAGE ROLLS

MAKES SIX (EACH 15CM LONG)

INGREDIENTS

350g vegan sausages,
defrosted if bought frozen
1 apple, grated
1 clove garlic, crushed
Salt and pepper to taste
1 x 500g block vegan puff
pastry
1 tbsp plant milk

METHOD

1. Heat the oven to 200 °C.
2. Place the sausages, apple and garlic into a blender and blitz.
3. If the pastry is in a block, roll it out on a lightly floured board — so it doesn't stick — to an oblong about 30x40cm. Then cut into three.
4. Place the sausage mixture in a long strip down the middle of each piece, then roll it up tightly, pressing to seal the pastry ends together. Cut them in half to make six pieces.
5. Place on a baking tray with the fold underneath and brush the top lightly with milk.
6. Bake for 20 minutes.





DINNER

These tried-and-tested flavour-packed meals are sure-fire winners with the whole family, and they just happen to be budget recipes, too. These are hearty, filling and nutritious dinners, as well as being very tasty.





BLACK BEAN BURGERS WITH POTATO SALAD

SERVES 2

£

83P PER SERVING

INGREDIENTS

For the burgers:

1 large onion, peeled and finely diced

3 tbsp sunflower oil, divided in half

2 cloves garlic, peeled and crushed

1 medium carrot, grated

1 tsp chilli powder

1 tsp smoked paprika

2 tbsp peanut butter

240g black beans, drained, rinsed and mashed with a fork

50g oats

For the potato salad:

300g new potatoes (or any will be fine)

½ small red onion, peeled and finely diced

1 tbsp capers

3 tbsp vegan mayonnaise

METHOD

1. To make the burgers, fry the onion gently in half the oil for 8–10 minutes until softened. Then add the garlic, spices and grated carrot to the pan. Cook for another 2–3 minutes, stirring.
2. Add the peanut butter, and stir until it is combined.
3. Remove from the heat and mix in the mashed beans and the oats to form a thick paste.
4. Divide the mixture into four, and shape four burgers with your hands.
5. Heat the remaining oil in a frying pan, and fry the burgers for about 3–4 minutes on each side.
6. To make the potato salad, cut the potatoes into bite-sized pieces and boil them in water until just soft. Remove from the heat and allow to cool completely.
7. Mix with the red onion, capers and vegan mayonnaise.



SWEET POTATO AND RED LENTIL CHILLI

SERVES 4

£

55P

**OR 66P IF
USING THE
CHILLI MIX**

INGREDIENTS

1 onion, peeled diced
2 tbsp sunflower oil
1 red pepper, deseeded and diced
500g sweet potatoes, peeled and chopped into bite-size pieces
2 cloves garlic, minced
2 tsp chilli powder
1 tsp cumin
1 tsp oregano
1 tsp paprika
(or use one pack of chilli spice mix instead of these spices)
1 can chopped tomatoes
1 can kidney beans, drained and rinsed
350ml water
50g red lentils, rinsed
Salt and pepper to taste

METHOD

1. Fry the onion gently in the oil for about 5–8 minutes until softening.
2. Add the red pepper, sweet potatoes and garlic, and cook for another minute or two, stirring.
3. Add the spices, coating the vegetables in them, then add the tomatoes, kidney beans and the water. Season to taste. Bring to the boil.
4. When boiling, add the red lentils, cover, and reduce the heat. Allow it to simmer for 15–20 minutes, until the potatoes and lentils are cooked through, stirring every now and then, and adding a little more water if it starts to dry out.





SPAGHETTI BOLOGNESE

SERVES 4

£

47P PER SERVING
IF USING LENTILS

66P PER SERVING
IF USING SOYA MINCE

INGREDIENTS

2 tbsp sunflower oil
1 onion, finely chopped
1 stick of celery, finely chopped
200g mushrooms, finely chopped
2 garlic cloves, crushed
350g frozen soya mince OR one 400g can brown lentils, drained and rinsed
400g tin chopped tomatoes
2 tbsp tomato ketchup
1 tsp dried oregano
1 tsp dried marjoram
200ml vegetable stock
350g spaghetti

METHOD

1. Heat the oil in a pan and fry the onion and celery gently for five minutes. Add the mushrooms and garlic, and fry for 2–3 minutes more.
2. Stir in the soya mince or lentils, and add the tomatoes, tomato ketchup, dried herbs and stock. Bring to the boil.
3. Cover, reduce the heat and let simmer gently for a further 8–10 minutes while you cook the spaghetti.





£

57P PER SERVING
(BASED ON 200G EACH OF POTATOES, CARROTS, CELERIAC AND PARSNIPS)

ROOT VEGETABLE STEW WITH HERBY DUMPLINGS

SERVES 4

INGREDIENTS

For the dumplings:

125g self-raising flour

2 tbsp chopped fresh parsley

60g vegan butter

Black pepper to taste

(optional 60g vegan cheese, grated)

For the stew:

2 medium onions, peeled and roughly chopped

2 cloves garlic, peeled and crushed

175g mushrooms, chopped

800g root vegetables and / or butternut squash

550 ml vegetable stock (or 375 ml stock and 175ml red wine / cider)

1 bay leaf

2 tbsp cornflour

METHOD

1. Make the dumplings by mixing the ingredients together and adding just one tablespoon of water to bring the mixture together in a soft dough.
2. Gently form into about 12 dumplings and set aside.
3. Now, make the stew. In a large pan, fry the onions in the oil until softened.
4. Add in the mushrooms and garlic and cook for another 3–4 minutes.
5. Add the vegetables and cook for another 4 minutes, turning them over every now and then.
6. Add the stock (and the wine or cider if using) and the bay leaf.
7. Bring to the boil and let the stew bubble away for 5 minutes.
8. In a small dish, dissolve the cornflour in 25ml cold water, and stir it into the stew to thicken it.
9. As soon as it has thickened, place the dumplings into the stew so that they are three-quarters submerged. Cover the pan with a lid, and let simmer for 15 minutes.





£

**65P PER
SERVING**

ONE-POT SPAGHETTI

SERVES 4

The key to this is to measure the water carefully, and to use a shallow pan large enough to fit the spaghetti laying down in the bottom. If you do this, it will work like magic!

INGREDIENTS

400g spaghetti
400g fresh tomatoes,
roughly chopped
Zest of 1 lemon
100ml oil
1 tsp salt
360g kale or spinach,
stalks removed
1 litre boiling water

METHOD

1. Boil the kettle so you have hot water ready.
2. Put the pasta and tomatoes into a pan, and add the lemon zest, oil and salt.
3. Add the litre of boiling water, cover with a lid, and bring to the boil.
4. As soon as it boils, remove the lid and simmer on a high heat for 6 minutes, turning the spaghetti over every 30 seconds with tongs.
5. Add the kale or spinach to the pan, and cook for another 2 minutes.
6. Once almost all the water has evaporated, remove from the heat, season to taste, and serve.



SHEPHERD'S PIE

SERVES 4

£

**58P PER
SERVING**

INGREDIENTS

1.2 kg potatoes,
peeled and chopped
1 tbsp vegan butter
2 tbsp oil
2 medium onions,
peeled and chopped
4 stalks celery, chopped
2 cloves garlic, peeled
and crushed
2 large carrots, scrubbed
and chopped
150g mushrooms
1 tbsp plain flour
1 tsp mixed herbs
500ml stock
1 tbsp tomato puree
400g green or brown lentils
(canned or, if using dried,
pre-soaked)
Salt and pepper to taste

METHOD

1. Boil the potatoes until soft. Remove from the heat, drain and mash with the vegan butter and set aside.
2. Meanwhile, fry the onions in the oil until they start to become translucent.
3. Add the garlic and celery, and cook for another minute, then add the mushrooms and carrots and cook stirring for 10 minutes, stirring to prevent sticking.
4. Add the plain flour, and turn the vegetables over in it to coat them.
5. Add the herbs, stock and tomato puree. Then the lentils, and bring to the boil.
6. Reduce the heat and let simmer for 15 minutes, checking to ensure it doesn't stick.
7. Remove from the heat, season to taste, then spoon into a baking dish. Spread the mashed potato over the top and bake in the oven for 20–30 minutes or until the top has browned.



DHAL AND RICE

SERVES 4



**42P PER
SERVING**

A simple, tasty dish that allows for many adaptations. You can add fresh grated ginger when you add the garlic, or kidney beans towards the end of the cooking time. Stir in spinach or add a little creamed coconut at the end to help thicken it up. Increase the heat by adding more chilli, or serve it with fresh green chillies on top.

INGREDIENTS

2 tbsp sunflower oil
1 onion, peeled and finely chopped
2 cloves garlic, peeled and crushed
1 tsp chilli flakes
1 tsp salt
400g dried red lentils, rinsed
½ tsp turmeric
350g basmati rice
Salt and pepper to taste

METHOD

1. In a small pan, fry the onion in the oil until soft and translucent. Add the garlic and the chilli flakes and cook for another 2–3 minutes. Then set aside.
2. Bring a pan of salted water to the boil, and add the lentils and the turmeric. Allow to cook uncovered for 20–25 minutes until the lentils have all but lost their shape.
3. Meanwhile, cook the rice as per the pack's instructions.
4. When the lentils are cooked, drain the liquid from them a little at a time through a sieve, stopping to assess how thin or thick the dhal will be. Some people prefer it soupy; others like it more solid. Retain enough water to make it the consistency you like.
5. Then stir in the fried onions and season to taste. Serve with rice.



YOU GOT THIS!



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SHOPPING TIPS AND
EATING OUT GUIDES VISIT
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