

Green Monday SA Go-To Guide

With delicious plant-based recipes!



**HUMANE SOCIETY
INTERNATIONAL**

AFRICA



An easy-to-follow, go-to guide to help you on your journey to consuming more plant-based meals!

By reducing and replacing your consumption of animal products, you are taking a stand to help end the suffering of billions of farmed animals worldwide. Eating more plant-based foods also boasts other benefits, such as improving your health and the health of our planet.

#EatGreen for animals, your health and the planet!

With sustainable food consumption on the rise, veganism is currently one of the biggest food trends in the world. More people than ever before are adding plant-based meals into their diet, and it has never been easier (or tastier) to do so. Long gone are the old clichés about having to give up your favourite foods, or about vegan alternatives being artisanal and expensive.


Plant-based foods have gone mainstream, and you can now have a vegan version of almost anything you like, from burgers and brownies to pasta and pastries. HSI/Africa's #GreenMondaySA campaign aims to help you on your journey—this could mean a few meat-free days a week, eating vegetarian or going fully plant-based.

This plant-based guide offers helpful information on how to stock your pantry, which alternatives you can feast on, how to order when dining out and what to cook at home—including mouth-watering recipes!

If you have any questions or want to implement a plant-based program at your school, university or canteen, reach out to us via: info@greenmonday.co.za. You can also find more information and delicious recipes on our Green Monday SA website: greenmonday.co.za.



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To avoid feeling overwhelmed by the idea of eating (more) plant-based, take small steps. Preparation is key, and these simple tips will help set you up for your culinary experience.



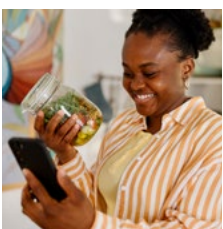
Know what plant-based food means.

The first step to eating more plant-based is to know what it entails. Plant-based foods contain no ingredients derived from animals, including red meat, chicken, fish, other seafood, eggs, dairy, gelatin and honey. Instead, you can fill your plate with a variety

of whole foods such as vegetables, fruit, grains, nuts, seeds, beans and legumes as well as plant-based proteins including tofu, seitan, tempeh and other veggie substitutes. Don't worry, there are plenty of foods that you can eat!



Find a recipe. Using the internet or browsing through a veggie cookbook, feast your eyes on a few easy and tasty plant-based recipes to look forward to. The best way to start eating plant-based is to try cooking the vegan versions of the dishes you love - but start with a short recipe requiring simple ingredients. There are thousands of recipes available to help fulfil your culinary desires.



Think ahead about what you want to eat.

Planning your meals will help you avoid getting stuck in a rut. It will help you follow a more balanced diet, create excitement for what is to come, help save you money and build your confidence at creating delicious and varied plant-based dishes.



Shop with intent. Once you have a few recipes in mind, it's time to draw up a shopping list and fill your pantry, fridge and freezer. Make sure you have all the nonperishable essentials for daily use and think about how often you need to make a trip to the local market or retailer

for fresh produce. Take a look at our suggested pantry list in this guide.



Prepare for emergencies. Sometimes life throws us a curveball, or our schedules are just too hectic to cook a meal from scratch, so always have a ready-made, frozen meal or quick-to-cook alternative in the freezer. A good idea is to prepare a big batch of your favourite dish and freeze it in individual

portions. Or you can buy plant-based ready meals and products such as burgers and sausages at virtually all supermarkets and online.



Eat with friends. Whether you're adding more plant-based options to your week in small steps or switching to a vegan diet completely, it's always easier (and a lot more fun) when you're not doing it alone. Get your friends and family involved in sampling new dishes, or connect with some

of the many groups, social media platforms, dinner clubs and events happening around the country that offer support.

Worried about nutrition? You don't have to be. A balanced plant-based diet, rich in a variety of whole plant-foods, means you can consume all the nutrients you need. Some examples of the most essential nutrients available in plant-based whole foods include:



Protein

Beans, whole grains, nuts and tofu are excellent protein sources, free of cholesterol, animal fat and hormones. They also contain fibre, folate and dozens of health-promoting phytonutrients. Some plant proteins contain more protein per calorie than beef! So, if you're consuming a varied vegan diet and getting enough calories, you are probably getting enough protein.



Iron

Green, leafy vegetables; grains (rice, oats, enriched cereals); soy products (soy milk, tempeh); nuts and dried fruits are all good sources of iron. For best iron absorption, enjoy these foods with others rich in Vitamin C, such as citrus fruit, strawberries and leafy green vegetables.



Calcium

Plant-based sources of calcium include fortified dairy-free milks (such as soy, rice and almond) and orange juice, greens, beans, nuts and seeds. Fortified dairy-free milks typically contain the same amount of calcium as dairy, but without the unhealthy saturated fats, cholesterol or lactose, and are a better source of iron.



Omega-3s

Flaxseeds, walnuts and algae oil DHA supplements are healthy sources of omega-3 fatty acids, without the toxins such as mercury found in fish and fish oil supplements.



Vitamin B12

Cholesterol-free sources of vitamin B12 include fortified foods (such as some breakfast cereals), soy milk, sandwich spreads and types of nutritional yeast. However, this is the one vitamin you might want to consider supplementing if you are not consuming a lot of fortified foods.

ALTERNATIVES TO CONSIDER

Today there are many products on the market that act as alternatives to animal-based ingredients and food items. Some, such as nut milks and veggie patties, come in ready-to-consume forms, while others, such as chickpea flour and aquafaba, are ingredients that can be used in interesting (but easy) ways to whip up traditional culinary creations.

Eating vegan doesn't have to be pricey. Basic plant-based foods such as fruit and vegetables, pulses and beans, and grains such as rice, pasta and oatmeal are some of the most inexpensive products to purchase—and they are also the healthiest! Buying seasonally and stocking up on bulk nonperishable items can also be easier on your wallet.



Dairy products

Milk is one of the easiest ingredients to replace, and there are plentiful options available. Soy milk is the most known nondairy milk replacement, but you can also opt for rice milk, oat milk, almond milk, coconut milk and even pea milk!

It is often said that cheese is the hardest food item to “give up.” Luckily, you don't have to! You can replace your cheddar, mozzarella and even cream cheese with a nondairy version. These cheeses often have a coconut oil base and come in a variety of flavours, just like the original. Nut-based cheeses are also delicious and easy to make at home.

Thick and creamy soy, oat or coconut-based yogurt is a great-tasting topping for muesli and fresh fruit. You can have it smooth, chunky or as a drinking yogurt. Even cream can be replaced by coconut cream or a nondairy alternative. Use it in desserts or as a dressing on top of soups and in curry sauces.



Meat

All major South African supermarkets provide a variety of flavoursome and juicy meat alternatives—perfect for the barbeque, or in home-cooked meals such as stews, pastas, pizzas and wraps. Think patties, sausages, chickenless or beefless strips, nuggets, schnitzels, meatless balls and even bacon. Stock up on a few products to keep in your freezer, or have fun with friends or the kids by making your own. There are also many fresh and whole food ingredients you can use to replace meat, such as lentils and beans in lasagne, shepherd's pie and enchiladas; or tofu, mushrooms and eggplant in stir-fries and skewers.



Eggs

Think you can't have scrambled eggs on a plant-based diet? Think again! Firm crumbled tofu, fried with kala namak (black salt), turmeric and a dash of pepper and spices makes for a terrific scramble breakfast. Another eggy favourite that you can mimic at home is a chickpea omelette. When this versatile flour is mixed with a nondairy milk, baking powder and spices, it creates a beautifully fluffy omelette on the inside with a crunchy layer on the outside. Baking without eggs is also as easy as (vegan) pie. There are many ingredients that you can use as egg-cellent alternatives, including ground flaxseed flour, applesauce and aquafaba (chickpea brine).



Some brands and products that offer plant-based alternatives to look out for:

PLANT-BASED MEATS

- Fry's Family Foods
- Herbivore Earthfoods
- Urban Vegan
- On The Green Side
- Linda McCartney
- Vegan Butcherie
- Beyond Meat
- Denny's
- Simple Truth
- Veggiewors

DAIRY-FREE CHEESE

- Violife
- Irene's Gourmet
- Fauxmage
- Woolworths
- Nature and Moi
- Simple Truth
- Earth & Co.
- Utopia Foods
- Fairview

DAIRY-FREE MILKS

- Good Hope
- Alpro
- Oatly
- Almond Breeze
- Rude Health
- Buttanut
- OK JA
- Woolworths
- MILKLAB
- Alternative Dairy Co.
- Oh Oat
- Minor Figures
- Earth & Co
- Simple Truth

PLANT-BASED EGGS

- Orgran
- JUST Egg
- Oh My Cluck
- Urban Vegan
- The Happy Being

PLANT-BASED MAYO

- B-Well
- Nando's Vegan PERinaise
- Martinnaise
- Woolworths egg-free mayo
- Hellman's Vegan mayo
- Simple Truth Vegan
- Crosse & Blackwell Trim

***NOTE:** Reference to any specific product, brand, or company name does not constitute or imply endorsement, recommendation, or approval by HSI.

PLANT-BASED DESSERTS

- Herbivore Earthfoods
- Woolworths Coconut-based Frozen Dessert
- Ditto
- Unframed
- Yococo
- Phat Fox
- Simple Truth Vegan
- Simply Delish Zero



TASTE, TEXTURE AND FLAVOUR

Plant-based foods can provide a variety of textures and flavours that will tickle your taste buds.

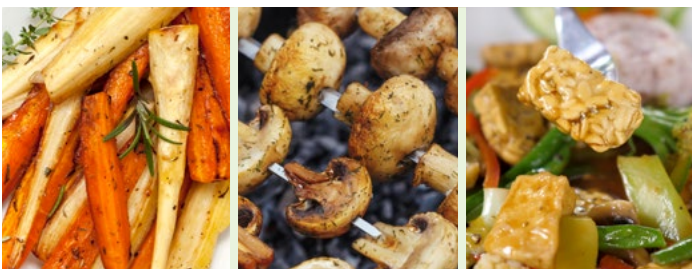


Creaminess

We often seek out a creamy, fatty texture in our food. Not only do we need essential fatty acids, especially omega 3, to absorb vitamins A, D and E, there's the mouthfeel too. Fat helps to prolong flavours as it holds ingredients on the tongue. For a long time, dairy has typically been the go-to for creaminess, but dairy consumption has decreased over recent years as people have transitioned to using other healthy and more sustainable options. Nondairy alternatives such as nut milks, yogurts and creams are secret weapons for creating rich and creamy textures in plant-based dishes. Other creamy classics include fats such as coconut butter, tahini and nut butters; spreads such as hummus; cooked and pureed veggies such as cauliflower and pumpkin; and the absolute fallback favourite: the humble avocado.

Crunch

What better way to add crunch than with raw veggies, crispy skin on roasted root vegetables, toasted breads, nuts, seeds and sprouts? Breadcrumbs are inexpensive and easy to use to create crunch: Toss your vegetables in soy milk and then breadcrumbs before frying, or sprinkle a generous layer of breadcrumbs on top of your favourite oven dish before baking. Roasting chickpeas in the oven also makes for a deliciously crunchy snack.



Chewiness

Plant-based foods do not have to be mushy veggies! Chewiness can be brought to life in plant-based cooking. Roasting certain vegetables gives them more texture and chew; these include mushrooms, potatoes (if the skin is left on), artichokes and sun-blushed tomatoes. Grains such as brown rice, bulgur wheat, couscous and seeds such as quinoa are also great to add in additional chewy textures. Some meaty alternatives give substance and chew to dishes such as tofu, seitan and tempeh. And finally, dried fruit adds a chewy texture, sweetness and nutrition to your dishes.

Flavour

We all know the four primary tastes: sweet, salty, savoury and bitter. Recently, food geniuses have found a fifth flavour, called umami, that adds delicious depth to our meals. Umami comes from glutamate (a type of amino acid) and can be created by slow cooking, smoking, roasting, browning, grilling, sautéing and caramelising foods. Some incredible plant-based umami sources include tomatoes, mushrooms, truffles, olives and capers, aubergine, sauerkraut and kimchi, soy sauce, vinegar, veggie Worcestershire sauce, smoky foods, nutritional yeast, toasted nuts and seeds, and even wine and beers!

PLANT-BASED GROCERY SHOPPING

Shopping for plant-based foods might seem daunting at first, but you'll be surprised by how quickly you learn to read labels, identify “accidentally” plant-based products, and fill up your trolley to the brim. There are more vegan products in supermarkets than you think. We suggest creating a basic monthly shopping list, a fresh weekly shopping list and a specialty shopping list (for whipping up specific recipes) to make shopping for your plant-based lifestyle a walk in the park.



Basic monthly shopping list

This list consists of your basic pantry and freezer essentials and may include: grains (pasta, rice, cereal), sugar, flours, oils, long-lasting vegetables (potatoes, sweet potatoes), nondairy milk, dried or tinned goods (lentils, beans, vegetables), spices, sauces, nuts and seeds, sweets, biscuits and frozen foods (meat alternatives, frozen vegetables, frozen berries).

Fresh weekly shopping list

You want to stock up on fresh produce on a weekly basis to ensure you eat healthy and balanced meals. Weekly goods will help build up your fridge essentials list and may include: leafy greens (spinach, kale, swiss chard, lettuce), favourite fresh vegetables you are likely to eat weekly (tomatoes, cucumbers, onions, carrots, broccoli, cauliflower, aubergine, celery, beetroots, mushrooms), favourite fresh fruit you are likely to eat weekly (bananas, apples, berries, oranges), herbs (basil, parsley, coriander), whole-grain bread (brown, multiseed, rye, gluten-free), nondairy alternatives (vegan cheese, yogurt and cream), tofu.

Specialty shopping list

If you are planning a dinner party or a marvelous meal for friends or family, you need to create a specialty shopping list. Always do your shopping a day before to avoid not getting hold of essential ingredients. These ingredients are dependent on the recipe and are usually out of the ordinary (such as tortillas, coconut milk and fenugreek), but you might also have some stocked in your pantry or fridge already.

PLANT-BASED GROCERY SHOPPING

Some of the veg-friendly retailers, online stores and supermarkets include:

- Woolworths
- Pick n Pay
- Spar
- Checkers
- Wellness Warehouse
- Food Lover's Market
- Faithful to Nature
- Dis-Chem
- Shoprite
- OK Franchise



HOW TO EAT PLANT-BASED WHEN DINING OUT



Eating out is easier than ever, with more restaurants offering fantastic plant-based options on their menus and the number of pure veg food outlets on the rise. From fast food to raw cuisine, there's a restaurant to suit your taste buds! Many chain restaurants now have a veggie section or even a fully vegan menu. There are also amazing apps like Happy Cow that offer a comprehensive database of vegan-friendly cafes and restaurants near you.

HSI/Africa and ProVeg South Africa have partnered to create a series of My Plant-Based City maps, highlighting 100% vegan as well as veg-friendly restaurants in Cape Town, Johannesburg and Durban. Visit myplantbasedcity.co.za to download the maps and view the locations of the restaurants.

SOME VEG-FRIENDLY CHAIN RESTAURANTS INCLUDE:

- Kauai: kauai.co.za
- Spur: spursteakranches.com/za
- Panarottis: panarottis.com/za
- Simply Asia: simplyasia.co.za
- Burger King: burgerking.co.za
- NuFood: nufood.co.za
- WCafe: woolworths.co.za

SOME OTHER RESTAURANTS INCLUDE:

- Lexi's Healthy Eatery, JHB: lexiseatery.com
- Mary-Ann's Natural Emporium, CT: mary-anns.com
- We Cafe, CT: wecafe.co.za
- The Fussy Vegan, CT and JHB: thefussyvegan.co.za
- The Fat Cactus, CT: fatcactus.co.za
- Lola's Conscious Café, PE: facebook.com/lolaconsciouscafe
- The Sunshine Food Co, CT: facebook.com/SunshineFoodCT
- Oh My Soul Cafe, DRB: ohmysoulcafe.com
- The Vegan Chef theveganchef.co.za
- Infinite Café infinitefoods.com
- Buttercup Vegetarian and Vegan Café
- Lekker Vegan lekkervegan.co.za
- Leafy Greens Café leafygreens.co.za



Some tasty plant-based dishes to try at home



Sticky BBQ tofu skewers

INGREDIENTS

- 2 tablespoons hot sauce
- 4 tablespoons olive oil
- 2 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon maple syrup
- 220 grams extra firm tofu
- 100 grams button mushrooms
- Half a red bell pepper
- Half a pineapple

INSTRUCTIONS

- 1 Combine the wet ingredients to form a marinade.
- 2 Cut the pineapple and tofu into 2-centimeter cubes, and cut the remaining vegetables into bite-sized pieces.
- 3 Pour the marinade over the veggies, pineapple and tofu. Allow to marinate for at least an hour in the fridge.
- 4 Place alternating pieces of tofu, pineapple and veggies onto the skewer and barbecue for 10–15 minutes until charred.



Sago crème brûlée

INGREDIENTS

- 2 litres almond milk
- ½ cup coconut cream
- ¾ cup unrefined brown sugar (or coconut sugar)
- 3 tablespoons sugar for the top
- 1 cinnamon stick
- Pinch of ground cinnamon and nutmeg
- 2 teaspoons vanilla essence
- 1 cup sago

INSTRUCTIONS

- 1 Combine almond milk, coconut cream, sugar, cinnamon, nutmeg and vanilla in a pot and heat up.
- 2 When hot, but not boiling, add sago and reduce the heat slightly.
- 3 Simmer for 2–3 minutes till translucent and thicker (about 20 minutes).
- 4 Once it is dense, remove from heat and cool for 5 minutes.
- 5 Remove cinnamon stick.
- 6 Scoop in bowls, sprinkle the rest of the sugar on top and caramelize under the grill, or with a kitchen blowtorch.



Cauliflower and almond soup

INGREDIENTS

- 1 kilogram cauliflower, broken up into florets, cooked in 500 milliliters of salted water until soft. (Retain the water for the stock.)
- 4-5 leeks, washed very well and chopped
- 2 cloves of garlic, grated
- 6-8 sprigs of fresh thyme or 1 teaspoon dried thyme
- 1½ cups homemade vegetable stock
- 2 cups unsweetened plant-based milk
- Salt and pepper to taste
- Small bunch of chives, chopped
- ½ cup sliced almonds

INSTRUCTIONS

- 1 Fry the leeks in the canola oil. When these have wilted slightly, add the garlic and thyme, and let it cook slowly to infuse the flavours.
- 2 Blend the softened boiled cauliflower with half of the plant-based milk. Add the stock slowly to make sure it doesn't go too thin.
- 3 Remove the sprigs of thyme (if using fresh thyme) from the leek mix. Add the leek mixture to the soup. Stir well.
- 4 If you prefer a smoother soup, you can blend it again at this stage.
- 5 Sprinkle sliced toasted almonds and chopped chives on top, and serve with toasted brown bread.



QUICK TIP: To make your own stock, fry 2 carrots, 3 celery sticks, 3 leeks, 1 onion and 1/2 cup of parsley in a tablespoon of canola oil and then add 750 milliliters of water. Simmer for 20 minutes or so to reduce the liquid.



Mushroom risotto

INGREDIENTS

- Olive oil, for frying
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 punnet of brown mushrooms, sliced
- 1 teaspoon dried mixed herbs
- 125 grams (¼ packet) arborio/risotto rice
- 750 milliliters vegetable stock
- Garlic flakes
- Chilli flakes
- 2 sprigs of fresh rosemary, one chopped and one whole for garnish

INSTRUCTIONS

- 1 In a big pan or skillet, heat the olive oil on medium to high temperature.
- 2 Fry the onions until translucent. Add garlic and mushrooms. Stir frequently until mushrooms and onions start to brown.
- 3 Add the rice and dried mixed herbs and stir well, coating the rice in the juices from the pan.
- 4 Turn down the temperature.
- 5 Add a big scoop full of stock to the pan, covering the rice mixture, and let it simmer over low heat. Stir continuously (in one direction only) until all the stock is absorbed.
- 6 Add another big scoop and continue to stir. Repeat until all the stock is used and the rice is creamy and soft (about 20 minutes of cooking). In between scoops, add chopped rosemary, garlic flakes, chilli flakes and ground pepper to taste.
- 7 Serve immediately with a sprig of fresh rosemary as garnish.



QUICK TIP: Want to give this recipe a twist? Used roasted butternut or roasted beetroot instead of mushrooms, and add coconut milk or cream for extra creaminess!



Raw rainbow rolls *with peanut and ginger dipping sauce*

INGREDIENTS

Rolls

- Spring roll rice paper
- 1 beetroot
- 1 carrot
- ½ small cucumber
- Red cabbage, finely sliced
- 1 nori seaweed sheet
- Mung bean sprouts
- Fresh basil
- Fresh mint

Sauce

- 2 tablespoons good-quality vegan peanut butter
- 1 tablespoon apple cider vinegar
- 1 4-centimeter piece of ginger, peeled
- Coconut milk

INSTRUCTIONS

- 1** Cut the carrot, cucumber and beetroot into thin “matchsticks.” If your knife skills are somewhat questionable, use a peeler or mandolin to slice the veggies thinly, then stack the slices together and slice vertically through them to make the sticks. Or, if your knife skills are not very good at all, buy them already sliced.
- 2** Cut the seaweed into thin strips, and pick the basil and mint leaves off the stalks.
- 3** Arrange all your filling items neatly on a chopping board so that you don’t miss any of them when you put the rolls together.
- 4** Fill a large bowl with warm water. Soak the rice paper sheets in the water until they are soft.
- 5** Place a clean, damp cloth on your chopping board, and place the wet wrapper on it. Smooth it out so that it is completely flat.
- 6** Place your ingredients just above the middle of the wrapper in a straight line. Be careful not to put too much in, as it will make it difficult to roll. Fold the top of the wrapper all the way over your fillings (about one-third of the way down) and press them tightly, being careful not to break the skin. Fold over the two sides inward before rolling it to the bottom. Keep under a damp cloth until use. If you are having difficulty with the skin breaking, use two wrappers put together.
- 7 For the sauce:** Combine the peanut butter and vinegar in a small bowl. Grate the ginger through a fine grater into the mixture. Add coconut milk until it reaches the desired consistency.



Delicious chocolate brownies

INGREDIENTS

- 1 tablespoon ground flax seed
- 3 tablespoons lukewarm water
- 190 grams plain flour
- 50 grams cocoa powder
- 300 grams sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon instant coffee powder (*optional*)
- 300 milliliters nut or soy milk
- 120 milliliters oil
- 2 teaspoons vanilla extract
- 100 grams dark chocolate, chopped roughly
- Nuts, dried sour cherries, cranberries (*optional*)

INSTRUCTIONS

- 1 Preheat the oven to 180 degrees Celsius.
- 2 Prepare a 20-centimeter square baking tin: Line with wax paper or spread with vegan margarine, coconut oil or cook and spray.
- 3 Add the ground flax seeds to the 3 tablespoons of water and let soak for a few minutes.
- 4 Mix all dry ingredients together in a large bowl.
- 5 Mix the nut milk, oil, vanilla extract and flax together, and then stir into the dry ingredients along with the chopped chocolate and any other additions.
- 6 Pour into the tin and bake for 45 minutes, until set but still a little gooey.
- 7 Leave in the tin to cool completely, then cut into squares.



Creamy cashew mushroom sauce

INGREDIENTS

- Olive oil for frying
- 1½ punnet mushrooms, sliced
- 1 red onion, chopped
- 1 fresh garlic clove, minced
- 1 teaspoon dried oregano
- 2 sprigs fresh rosemary
- 250 milliliters unsweetened, plant-based milk
- 1 cup raw cashew nuts (soaked for 4 hours in hot water)
- 1½ teaspoons vegan beef stock powder
- 1 teaspoon onion powder

INSTRUCTIONS

- 1 Add a dash of olive oil to a nonstick pan.
- 2 Fry the red onion and garlic until fragrant. Add mushrooms, oregano and fresh rosemary sprigs; fry until mushrooms are brown. Continuously cover the mushroom mix over the rosemary. Remove from stove and set aside.
- 3 Add the following to a high-speed blender: plant-based milk, raw cashews (drained), beef stock powder, onion powder, half of the mushroom mixture, and the leaves from the two rosemary sprigs (tear the leaves off the sprigs).
- 4 Blend on high speed until smooth and creamy. Add a grind of salt, and pepper to taste.
- 5 Reheat the remaining mushroom mixture in the pan.
- 6 Add the creamy sauce to the pan and stir quickly over very low heat.
- 7 Add another generous grind of black pepper and a bit of salt if needed. The sauce will thicken and brown slightly. Remove from heat.



Deconstructed burrito bowl

INGREDIENTS

- 1 cup rice of choice (we like the black wild rice)
- 1 box vegan meat alternative product, cut in strips
- 2 cups corn, drained
- 1 red bell pepper, deseeded and cut in strips
- Fresh coriander for garnish

Marinade for meaty strips:

- 6 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 1 garlic glove, minced
- 2 teaspoons ginger, grated
- 1 tablespoon maple syrup
- ¼ teaspoon sriracha
- Juice of ½ lemon (2-3 tablespoons)
- 2 teaspoons brown sugar

For the spicy black beans:

- 2 tablespoons oil for frying
- 1 onion, chopped
- 2 medium garlic cloves, minced
- 1 can chopped tomatoes
- 1 teaspoon dried oregano
- ½ teaspoon smoked chilli powder (regular chilli powder works as well)
- 2 tablespoons tomato paste
- 1 can borlotti beans, drained (or beans of your choice)
- 1 can diced tomatoes
- 2 teaspoons sugar
- Salt and pepper to taste

For the avocado-lime sauce:

- ½ garlic clove, finely chopped
- 1 large avocado, pitted (or 1 cup avocado smash from packet)
- 2 tablespoons fresh lime/lemon juice
- 2 tablespoons water
- 2 tablespoons canola oil
- ½ cup coriander, chopped
- Salt and pepper to taste

INSTRUCTIONS

- 1 Mix all of the marinade ingredients together, and marinate the meaty strips in the mixture for at least 10 minutes.
- 2 Cook the rice by following the instructions on the packet for best results. Remove when ready, and place in a bowl until ready to dish.
- 3 In a hot pan, cook the meaty strips according to the instructions on the package. Add oil if needed. Set aside.
- 4 In a large pan, prepare the spicy black beans:
 - Heat oil and fry chopped onion.
 - Add garlic along with a pinch of salt. Sauté for about 5-6 minutes, until softened and fragrant.
 - Add the can of tomatoes, dried oregano, smoked chilli powder, salt and sugar. Continue sautéing for another 3-5 minutes on a medium heat.
 - Now stir in the tomato paste and drained beans. Cook for a few more minutes until heated through. You can leave the mixture over low heat until ready to serve, or simply turn off the heat and reheat before serving.
- 5 Fry the corn in a hot pan with a bit of oil and add salt. Add the red pepper strips and fry until soft.
- 6 **For the sauce:** Add all ingredients to a food processor, and process until smooth. Taste and adjust seasoning as you like. If you do not own a food processor, mix together all ingredients and mash with a fork until smooth.
- 7 To serve, place rice in the bottom of a bowl, then scoop the tomato bean mixture on the one side, corn and pepper mix on the other side, the chunky strips in the middle and drizzle with sauce.
- 8 Garnish with fresh coriander.



Chickpea flatbread (*farinata*)

INGREDIENTS

- 200 grams chickpea flour (gram flour, besan)
- ½ tablespoon finely chopped rosemary
- 1 teaspoon salt
- 400 milliliters water
- 3 tablespoons extra virgin olive oil
- Plenty of freshly ground black pepper



QUICK TIP: You can serve this with a salad of fresh and sun-dried tomatoes and tofu-feta.

INSTRUCTIONS

- 1 Tip the chickpea flour, salt and rosemary into a large bowl and slowly whisk in the water until you have a loose, lump-free batter. Rest the batter for at least an hour and up to 12.
- 2 Preheat the oven to 220 degrees Celsius.
- 3 Take a large flat tin or oven-proof frying pan and heat it up in the oven or on the stove.
- 4 Skim off any froth from the top of the batter. Stir in most of the olive oil.
- 5 Add the remaining oil to the hot pan, swirling it to create a nonstick surface. Now pour in the batter to a depth of about 1 centimeter/just under ½ an inch and place in the oven.
- 6 Bake for 15 to 20 minutes or until the surface of the farinata is crisp and bubbling.
- 7 Give it a few turns of the pepper mill, slice up and serve.

How to make *tofu feta*:

INGREDIENTS

- 400 grams pressed tofu (press for at least an hour)
- 60 milliliters water
- 60 milliliters lemon juice
- ½ tablespoon white miso paste
- 2 tablespoons apple cider vinegar
- 1 teaspoon dried oregano

INSTRUCTIONS

- 1 Create a marinade by adding water, lemon juice, white miso, apple cider vinegar and oregano to a container.
- 2 Dice the tofu and add to the marinade. Leave in the fridge for a minimum of 4 hours, but better still a couple of days.

Our mission



HSI/Africa advocates for a reduction in the number of animals raised for food in South Africa, by changing consumer eating habits.

Its Green Monday SA campaign helps to reduce the amount of meat, dairy, eggs and fish consumers eat, by increasing plant-based offerings in institutions, corporate businesses and food service providers, as well as by garnering policy change to support animal industry stakeholders in moving toward plant-based agriculture.



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