



PLANT-BASED **COOKBOOK**





Baked Porridge



cooking time
40 min



servings
2

SPA.

Ingredients

250g Alpro soy yogurt alternative, natural without sugar
80g Oats
1 Banana
1tsp Vanilla extract

100g Frozen mixed berries
50g Vegan dark chocolate chips
A handful Fresh fruit

Instructions

1. Preheat the oven to 180°C.
2. Take a 22 cm baking dish and lightly grease it with plant-based butter or olive oil.
3. Mash the banana and put it directly into the dish. Add all other ingredients and mix well. It's that simple!
4. Bake in the oven for 25-30 minutes until the surface is nicely golden brown.
5. Serve warm, garnished with the best berries and a generous dollop of Alpro yogurt alternative.

If you have a gluten intolerance, note that oats can contain gluten. When purchasing, it's best to look for the "gluten-free" label.



Cinnamon Buns



Ingredients

25g	Fresh yeast
150g	Vegan butter
500ml	Of your favorite Oatly (eg Barista)
½ tsp	Salt
100ml	Granulated sugar
2 tsp	Ground cardamom
1300ml	Wheat flour



cooking time
120 min



servings
2

Filling:

100g	Vegan butter
2 tsp	Ground cinnamon
50ml	Sugar

Topping:

Golden syrup
Granulated sugar

Instructions

1. Melt the butter in a saucepan. Pour in the Oatly. Heat everything until it's lukewarm, 37°C.
2. Crumble the yeast into a bowl and dissolve with some of the Oatly and butter liquid. Add the salt, cardamom and sugar, then pour in the rest of the liquid and about two thirds of the flour. Work the dough until it's smooth and shiny.
3. Make sure to save 100-200 ml of the flour for later. The consistency is right when the dough has become a little elastic. Sprinkle some flour over the dough and cover with a clean baking sheet. Leave to rise for at least 60 minutes to double in size.
4. While the dough is rising, prepare the filling by mixing all ingredients in a small bowl. When the dough has finished rising, pour it onto a floured baking tray and knead it a little. The dough is ready when it comes off the tray and your hands. Divide the dough in half and use a rolling pin to create a rectangular shape.
5. Spread the filling on top. Fold the filled dough in half, press it gently and cut into 2 cm wide strips. Twist the strips and fold them into buns. Do the same with the other half of the dough. Place the buns on oven trays lined with baking paper, cover with a kitchen towel and leave to rise for another 45 minutes. Meanwhile, heat the oven to 225°C.
6. Bake the cinnamon buns for 10-12 minutes. Let them cool and then brush them with water and a little syrup. Dip immediately in granulated sugar.



Crunchy Veggie Balls Salad

Garden
Gourmet



cooking time
15 min



servings
2

Ingredients

- 1 pack** Garden Gourmet veggie balls
- 1 or 2** Stalks of celery (with some green leaves attached)
- 2** Cucumbers
- 1** Small red onion
- 1 cup** (Vegan) Greek yoghurt

Instructions

1. Prepare the salad. Thinly slice the celery stalks and cucumbers. Peel and cut the onion into thin (half) rings. Mix everything in a bowl and season with salt, pepper and lemon juice.
2. Fry the veggie balls according to instructions on the packet.
3. Spread the vegan Greek yoghurt with a spoon on a plate and sprinkle with pepper. Add the celery salad and the veggie balls on top.
4. Serve and enjoy!

Lukewarm Chicken and Chickpea Salad



cooking time
30 min



servings
4

SPA.

Ingredients

2 Pck.	THE GREEN MOUNTAIN-Plant-Based Paprika Chunks	80g	Rocket
400g	Chickpeas	80g	Lollo Rosso
2	Carrots	½bunch	Parsley
1	Red onion	4 tbsp	Olive oil
100g	Broccoli	1 tbsp	Chili powder
50g	Edamame	2 tsp	Paprika powder
250g	Cherry tomatoes	as desired	Sea salt, coarse pepper
80g	Baby spinach leaves		

Instructions

1. Peel the onion and cut into fine rings. Wash and clean the carrots and cut into fine rings.
2. Pluck the broccoli into fine florets and prepare together with the drained chickpeas.
3. Mix The Green Mountain Paprika Chunks in oil, paprika and chilli powder well and fry in a pan over a medium heat for a few minutes until golden brown.
4. Then add the onion, carrots, broccoli, edamame and chickpeas to the pan and fry for a few more minutes.
5. Just before everything is cooked, season with salt and pepper and add half a bunch of parsley.
6. Wash and dry the spinach, rocket, lollo rosso and cherry tomatoes.
7. Mix everything together in a large salad bowl and serve immediately.



UrDinkel-Kernotto Curry Soup



cooking time
45 min



servings
4

SPA.

Ingredients

1	Onion	200g	Carrots, sliced
2 Cloves	Garlic	5-6dl	Vegetable stock
3-4cm	Ginger	3dl	Coconut milk
1 tbsp	Clarified butter or rapeseed oil	1	Apple
1-2 tbsp	Red curry paste	400g	Chopped tomatoes
1-2 tbsp	Curry powder	Few drops	Lemon juice
a little	Chilli flakes	As desired	Salt, Pepper
100g	Orange lentils	100g	Crème fraîche
75g	UrDinkel-Kernotto (PureSpelt kernels)	As desired	Lime wedges, a few spinach leaves, curry powder, dates

Instructions

1. Chop the onion and sauté together with the crushed garlic and finely grated ginger in the clarified butter.
2. Add the curry paste, curry powder and chilli flakes and fry briefly.
3. Add the lentils, kernotto and carrots, deglaze with the stock and coconut milk.
4. Simmer for 15-20 minutes, stirring occasionally.
5. Add the diced apple and tomatoes, reduce slightly.
6. Flavour the soup with lemon juice, season as you desire.
7. Pour the soup into warmed plates, garnish and enjoy with the dates.



Beyond Steak Stir-Fry



cooking time
25 min



servings
2

Ingredients

1 clove	Garlic	2 tbsp	Sunflower oil/sesame oil
3 cm	Fresh ginger	1/2	Lime
125 g	Dried noodles	2 tbsp	Salty soy sauce
2	Spring onions	2 tbsp	Sweet soy sauce
2	Red/yellow bell pepper	1-2 tbsp	Sweet chili sauce
100 g	Bimi (asparagus broccoli)	1 pck	'Beyond Steak' pieces
1	Red onion	1 tsp	Sesame seeds
1 bunch	Carrots	As desired	Cilantro

Instructions

1. Prepare and finely chop the garlic, then grate the ginger.
2. Cut the bell peppers into strips. Peel the carrot and slice it, cut the bimi into smaller pieces, and slice the spring onions. Peel and cut the red onion into wedges.
3. Cook the noodles according to the package instructions.
4. Stir-fry the vegetables in oil in a large frying pan until crisp-tender. Add the garlic and ginger after a few minutes and sprinkle with lime juice.
5. Mix the sweet and salty soy sauce.
6. In a second pan, cook the Beyond Steak pieces until browned. Add a bit of soy sauce at the end.
7. Stir the remaining soy sauce and sweet chili sauce into the vegetables.
8. Combine the Beyond Steak and vegetables with the noodles. Sprinkle with roasted sesame seeds and garnish with fresh cilantro.

Asian Stir-Fry with Protaneo mince



cooking time
30 min



servings
4

SPA.

Ingredients

100g	Protaneo mince	120g	Green onions, sliced into rings
100ml	Pot water	160g	Mangetout peas (snow peas)
210g	Soy sauce	360ml	Water
40g	Grated ginger	1 tbsp	Sesame oil
20g	Cornstarch	2 tsp	Vegetable broth
80g	Rapeseed oil		Coriander, salt and pepper
15g	Chopped seeded chillies	280g	Basmati rice
2 cloves	Chopped garlic		
320g	Peppers, cut into strips		

Instructions

1. Marinate the mince for at least 30 minutes with 100 ml water, 30 g soy sauce, 10 g grated ginger and cornstarch. Heat 40 g rapeseed oil in a frying pan, add the minced, remove when it is golden and set aside.
2. Heat the remaining rapeseed oil and fry the remaining ginger, chillies and garlic. Add the peppers, green onions and mangetout peas and stir-fry, for 3 to 4 minutes. Remove and add to the mince.
3. Bring 360 ml water, the remaining soy sauce, sesame oil and vegetable broth to the boil and reduce for 2 minutes.
4. Just before serving, add the chopped vegetables to the sauce, bring to a boil, simmer for 2 minutes and season with salt and pepper. Cook the basmati rice according to the instructions on the pack and serve as a side dish with the sauce, garnished with coriander.





Orange Chicken

planted.TM



cooking time
30 min



servings
2

SPA.

Ingredients

1 Pack planted.chicken Nature

Dry coating

1 tsp Salt
15g Cornstarch
0.5 tsp Baking powder

Wet coating

30g Cornstarch
60g Flour
0.5 tsp Baking powder
1 tsp Salt
120ml Plant-based milk

Orange sauce

1 tsp Grated ginger
2 Chopped garlic cloves
1 tsp Chili flakes
160ml Orange juice
60ml Water
2 tbsp Soy sauce
2 tbsp Rice vinegar
30g Sugar
1 tsp Sesame oil
1 tsp Cornstarch

Instructions

1. Mix all the dry and wet ingredients in separate bowls.
2. Turn the planted.chicken first in the dry mixture and then in the moist mixture.
3. Fry the pieces in oil until crispy roast and dry on a paper towel.
4. Place all the ingredients for the sauce in a pan and heat until it thickens.
5. Mix the sauce with the fried planted.chicken pieces and serve with rice.

Brussels Sprouts au Gratin



cooking time
40 min



servings
4-6

Ingredients

1kg	Brussels Sprouts (Cut in half)	2	Small onions sliced
200g	Violife grated with original flavour	2 tbsp	Flour
150g	Violife prosociand (Grated in powder format)	1 cup	Almond milk
100g	Margarine	As desired	Fresh thyme sliced
			A little extra virgin olive oil
			Salt & freshly ground pepper

Instructions

1. Boil the Brussel sprouts in lightly salted water for 5 minutes, until they become a bit soft. Remove the pot from the fire, drain the sprouts, add cold water, and put aside.
2. In a different pot, add a bit of olive oil and sauté the onion, until it becomes soft. Add the margarine and sauté for one more minute. When the margarine melts, add the flour and continue until the flour becomes yellow. Add the coconut milk and stir continuously.
3. Remove the pot from the fire. Add: 150g grated Violife with original flavour, the Brussels sprouts, salt and freshly ground pepper and a bit of ground nutmeg. Stir thoroughly, until it becomes a lovely uniform cream.
4. Pour the mix in an ovenproof dish, add the rest of the Violife grated with original flavour and sprinkle with the Violife Prosociano powder.
5. Bake in a preheated oven at 220° C for about 25 minutes, until it becomes golden brown.



Tagliatelle with Morel Mushrooms



cooking time
35 min



servings
2

Ingredients

1 packet	HappyVore vegetable strips	10 cl	Soy cream
10	Morel mushrooms	1 tbsp	Flour
250g	Tagliatelle		Salt & pepper
5 cl	Yellow wine (optional)		Extra virgin olive oil

Instructions

1. Soak the morels in hot water for about twenty minutes. Drain and set aside. Filter the soaking water through a clean cloth and set aside.
2. In a frying pan, fry the sliced vegetables in olive oil. When golden, add the morels. Season with salt and pepper and cook for 5 minutes.
3. Add the flour, stir, raise the heat and add the yellow wine. When the wine has evaporated, add the water used to soak the morels until it just covers the mixture. Leave to simmer gently for about ten minutes (there should still be some liquid).
4. Meanwhile, cook the tagliatelle according to the instructions on the packet in a large pan of salted boiling water.
5. Add the soy cream to the morel sauce. Mix well, then add the drained tagliatelle directly to the pan.
6. Serve hot with a pinch of fleur de sel and a pinch of freshly ground pepper.

Vegan Pumpkin Risotto with Feta

OUTLAWZ
FOOD



cooking time
40 min



servings
3-4

SPA.

Ingredients

2	Outlawz Grillschnecken	150g	Homemade pumpkin purée (roast pumpkin in the oven at 180°C for 40-50 minutes and blend)
2 tbsp	Olive oil		
1 tbsp	Vegan butter		
1	Shallot, finely diced	60g	Vegan feta
2	Garlic cloves, finely diced		Freshly ground nutmeg to taste
200g	Arborio rice		Salt and pepper
100ml	Dry white wine (or substitute with vegetable broth and a splash of lemon juice)	6-8	Sage leaves
700ml	Vegetable broth	4-6	Thin slices of pumpkin
			A little olive oil for frying

Instructions

1. Fry the sage leaves in a bit of olive oil over medium heat and set them on a paper towel until the risotto is ready.
2. Heat the olive oil in a medium-sized pan and sauté the shallots until translucent. Add the vegan butter, garlic, and a pinch of salt.
3. Heat the broth separately. Stir the rice into the pan, mix well, and deglaze with the white wine. For the next 20 minutes, add 100 ml of broth every few minutes, stirring frequently to release the starch, cook the rice evenly, and achieve a creamy texture.
4. Once the rice is al dente, stir in the pumpkin purée and vegan feta, allowing it to melt.
5. Season with salt, pepper, and nutmeg to taste, and enjoy!

Vegetarian Lasagna

with NUTRALYS® T Pea 700M



cooking time
120 min



servings
4

Ingredients

For the Bolognese:

2 tbsp Of sunflower oil
400g Tomato pulp
1 Onion chopped
1 Shallot chopped
1 Garlic chopped
50g Nutralys™ T Pea 700M
½ glass Water
Smoked salt, Black pepper, Smoked paprika, Provence herbs at your convenience

For the Béchamel sauce

30g Margarine
30g Flour
300ml Plant-based milk
Salt, pepper and ground nutmeg

Lasagna pasta

8 slices of fresh lasagna pasta

Topping:

80g grated plant-based cheese

Instructions

Preparation of the Bolognese sauce

1. Fry the onion and shallot in the oil until melted
2. Add the other ingredients and bring to low boil for 10 minutes
3. Set aside

Preparation of the Béchamel

4. Cut the margarine into pieces to melt
5. Add the other ingredients
6. Cook at 85°C for about 10 minutes, until the sauce gets thick
7. Set aside

Preparation of the lasagna

8. In an ovenproof dish, from bottom to top, place a layer of Béchamel / Bolognese / Pasta / Béchamel / Bolognese / Pasta / grated plant-based cheese
9. Cook in the oven 180°C for 30-40 minutes



Plant Our Future: Rebalancing Our Food System

As the European Union (EU) prepares for a new five-year legislative cycle, it is crucial that newly elected officials prioritise the need to rebalance and diversify the region's food system. A sustainable food system, with plant-based food at its core, can help the EU achieve strategic autonomy and reach the 2050 Paris Climate targets. It can also offer economic opportunities, placing Europe at the forefront of a global transition towards more sustainable food systems.



Plant Our Future is a call to action.

We urge policymakers and Member States to join us in this transformative journey to create a future where plant-based foods form a key part of healthy diets, safeguard our environment, and promote economic growth.



The European Alliance for Plant-Based Foods (EAPF) is a coalition of businesses, civil society organisations, and other stakeholders committed to accelerating the transition towards more plant-based sustainable food systems in Europe.

Our mission is to ensure food systems that support climate goals, food security, and public health, while fostering innovation and economic opportunities for the plant-based food industry.

**Join us in our mission,
let's #PlantOurFuture now!**



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www.plantbasedfoodalliance.eu

