MADE BY STUDENTS FOR STUDENTS

PLANET & PLATE

THE STUDENTS GUIDE TO SUSTAINABLE COOKING

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Illustrations by Zoe Williams

Made by the students on the Sustainability Committee 2022-23 at
The Students' Union at UWE.

LETS GET COOKING!

This book emerged after a chance meeting between myself and committee member Ellen Edwards. I was approaching my final project and exploring the topic of food illustration when Ellen mentioned that the committee was looking to launch a cookbook! I jumped at the opportunity and voilà here we are! We wanted to make a book that featured recipes students *wanted* to make and as a result you'll find several submissions of student favourites such as the *Coconut Chickpea Curry, Banana Pancakes* and of course *Vegan Chocolate Cake!* All the recipes are vegetarian or vegan and are broken down into *Main Meals, Something Sweet* and *From Scratch*, which features breads, dips, sauces, sides and smoothies. We've also included a key at the top of each recipe which will tell you whether it's affordable, sustainable, seasonal, or gluten free. But this book goes beyond making healthy recipes! It's also packed with information on how to eat and shop sustainably. This includes eating with the seasons, recognising food labels and learning how to reduce food waste.

Planet and plate means thinking about how what you eat effects the world you live in. The food production industry accounts for 28% of the worlds green house gas emissions making it one of the biggest contributors to climate change. Other factors such as agricultural management, the use of pesticides, and a growing population all contribute to the food industry's strain on our planet. Many of us have altered our diets to address this, and with a wide range of supermarkets, restaurants, and delivery services catering to our every need it's easier than ever to achieve a healthy, varied diet. But we can reduce our impact even further by asking questions about where our food comes from, how it's being produced, and how we're using it? That being said, adjusting to a sustainable lifestyle can be difficult, especially when there are organisations keen on greenwashing you into thinking their products are 'eco-friendly'. Remember it's okay not to know everything, and that making sustainable choices is a matter of time and practice. We hope that this books combination of tips, guides and yummy recipes help you on your way and inspire you to rethink what's on your plate.

* **A note on privilege.** Changing your diet for the benefit of the planet is a personal and effective way of reducing your impact on the environment. However, a persons ability to do this may be effected by their social and economic circumstances. It's important to recognise our privilege and freedom in being able to make sustainable choices.

- Zoe Williams (Illustrator & Designer)

ZERO WASTE TIPS

Zero waste can be a daunting phrase, especially if you're new to the world of sustainability. Don't forget that you don't have to be perfect, this is a journey, not a competition! Being mindful of what you are buying and throwing away can really help to reduce the amount of waste you send to landfill, and even the smallest changes can help to make a difference. Here are some suggestions to start your zero waste journey.

SHARE: If you have bought too much food for yourself, why not make a meal for you to enjoy with your friends or flat mates? It is usually easier to cook for more than one person and it's a great opportunity to connect with the people around you.

MEAL PREP: Making multiple portions of a dish can help to use up that forgotten veg at the back of the fridge and save it from the food waste bin! This is really great for budgeting as well, as you can use your prepared meals for lunches and dinners throughout the week.

BUY WHAT YOU NEED: Rather than buying bulk bags of produce, aim to only buy the food you need for the week/fortnight. This goes hand in hand with meal prep as it's easier to plan what you need to buy. This can help to save surplus veg from getting thrown away and keep costs down.

PACKAGING FREE PRODUCE: This can be a little trickier depending on where you shop, but most shops sell produce like vegetables and fruit with no packaging. Skipping out on bulk bags of food like carrots will reduce your plastic consumption and help with only buying what you need.

ZERO WASTE SHOPS: These can be harder to come across, but a lot of shops are beginning to include zero waste stations. Buying food like spices, rice and pasta can often be cheaper than buying them packaged from the supermarket. If you forget your reusable containers, they will have paper bags you can transport your food home in.

CLEAN YOUR VEG: This can take a bit of time, but removing your fresh produce from any plastic packaging and giving it a rinse straight away can massively increase its shelf life, by washing off any microbes that may start to break it down, and any residual pesticides that could be hanging around. Paper bags, tupperware and even old (washed) mushroom tubs are great for storing your clean plastic free foods in the fridge.

KNOW YOUR PACKAGING: If you do have to buy food in packaging, get to know which parts of your packaging are recyclable, and make sure it's getting put in the correct bin. Check your local council's guides to recycling and make sure everything is clean before it's thrown away.

REUSING: Cleaning and keeping things like jars and take away containers is a really affordable alternative to buying expensive tupperware and helps you store produce and prepared meals. Soaking in boiling water and a bit of bicarbonate of soda can remove any unwanted odours and sterilise your containers.

DON'T PEEL: Vegetables such as carrots and potatoes rarely need peeling. Just make sure you scrub your veg well under running water before chopping it up! If you do need to peel potatoes, try roasting the peelings with oil and salt to make home-made crisps.

This is not a comprehensive list of tips, and there are hundreds of ways to reduce food and food packaging waste. The first steps are simply to become more mindful of what you are buying and what happens to your food once it's in your fridge.

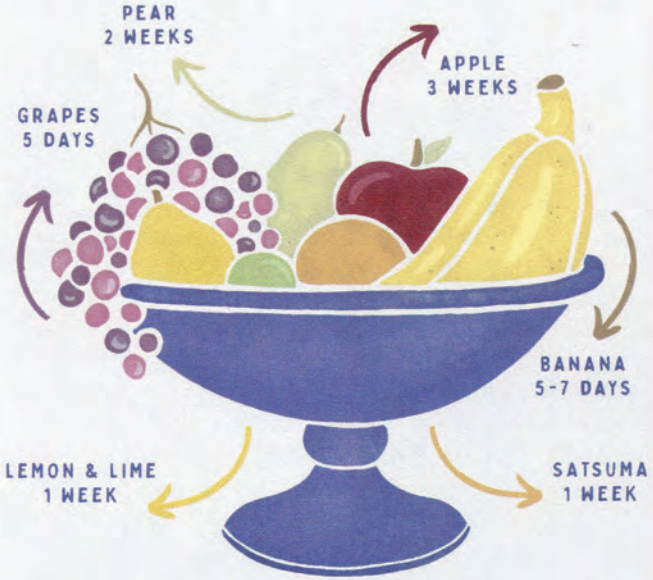
- Written by Ellen Edwards

SEE PAGE 54 FOR POTATO WEDGES RECIPE!

LOCAL AND SEASONAL FOOD

Buying local food is a fantastic way to hugely reduce the number of food miles associated with your diet and helps to support your community by investing in local growers. Shopping at local greengrocers or farmers markets is the best way to do this, though this can often be expensive. A great step towards local eating is checking the produce labels in the supermarket, as most food will be labelled with its place of origin. Choosing UK grown products will ensure you are eating seasonal freshly picked fruit and veg, meaning you will get much more nutritional value from your food. However, supermarket produce has often been exposed to pesticides and fertilisers (so remember wash your fruit and veg)

Eating locally will also help you eat seasonally! Eating with the seasons helps to foster a much deeper connection with the food you are eating, and it is how humans would have eaten for centuries before globalisation and importing food began. Check out the seasonal calendar (pages 7-8) to keep up to date with what s available.



HOW LONG DOES YOUR FRUIT LAST?

GROWING FOOD

Growing your own food as a student does seem incredibly daunting, but it can be easier than you expect! Keeping herbs like basil and coriander can save you money and packaging, but make sure your plants are in a big enough pot! The ones you can buy straight from the supermarket are too restrictive and your plants will die before you even get the chance to eat them. Foods like spring onions and salad heads can be put in a tray of water to propagate and will grow fresh shoots that you can eat!

AFFORDABILITY

Sustainable options can often seem unaffordable. For example, specialist items such bamboo toothbrushes and reusable straws have a higher upfront cost than disposable alternatives. However, simply following the list of zero waste tips can help you to save money as you will be spending less on food that eventually goes to waste. You don't have to buy everything at once, but replacing items with sustainable alternatives over time is a good way to start and will save you money in the long run.

- Written by Ellen Edwards

SEASONAL CALANDER

YEAR ROUND

Vegetable:
Beetroot, Cabbages, Cauliflower, Celeric, Celery, Chard, Cultivated Mushrooms, Garlic, Herbs, Kale, Leeks, Onions, Potatoes, Pumpkins, Radishes, Spinach, Spring Onions, Squash, Watercress.

Fruit:
Apples, Pears.

WINTER

Vegetable:
Beetroot, Brussels Sprouts, Carrots, Cauliflower, Celeric, Celery, Chicory, Artichokes, Kale, Leeks, Onions, Parsnips, Potatoes, Pumpkin, Purple-Sprouting Broccoli, Red Cabbage, Savoy, Cabbage, Spring Greens, Spring Onions, Squash, Swiss Chard, Turnips, Winter Tomatoes, Chestnuts.

Fruit:
Cranberries, Pears, Pomegranate, Quince, Apples, Rhubarb.

AUTUMN

Vegetable:
Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeric, Celery, Courgettes, Chard, Chicory, Chillies, Courgette, Cucumber, Fennel, Garlic, Kale, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Sorrel, Runner Beans, Peas, Samphire, Spinach, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Swede, Sweet Potatoes, Tomatoes, Turnips.

Fruit:
Figs, Apples, Medlar Pears, Plums, Elderberries, Greengages, Loganberries, Quince, Blackberries, Redcurrants, Cherries, Damsons.

SPRING

Vegetable:
Artichoke, Asparagus, Beetroot, Peas, Kale, Broad Beans, Cabbage, Carrots, Chicory, Chillies, Cucumber, Lettuce, Marrow, Morel Mushrooms, New Potatoes, Parsnips, Peppers, Purple-Sprouting Broccoli, Radishes, Rockets, Leeks, Samphire, Spinach, Spring Greens, Sorrel, Spring Onions, Watercress, Wild Garlic.

Fruit:
Blackberries, Lemons, Elderflowers.

SUMMER

Vegetable:
Asparagus, Aubergine, Baby Carrots, Beetroot, Broad Beans, Broccoli, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, Garlic, Green Beans, Lettuce, Mangetout, Marrow, Mushrooms, New Potatoes, Peas, Peppers, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Onions, Spring Greens, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress.

Fruit:
Raspberries, Apricots, Blueberries, Blackcurrants, Cherries, Damsons, Gooseberries, Greengages, Loganberries, Peaches, Plums, Redcurrants, Strawberries, Damsons, First Apples, Edible Flowers.

KNOW YOUR LABELS

When you're looking to make healthy and sustainable purchases it's important to consider the broader picture. For example, where has the products come from, who has produced it, what ingredients has come into contact with it, and what is the treatment of the animals or workers involved in it's production? Looking for these labels on your products will help to ensure that the wider benefits of making a sustainable choice are met.

FAIR TRADE helps producers in developing countries to achieve high social, economic and environmental standards. It demands that companies pay their workers a fair wage alongside a premium that the cooperative can reinvest in business and community projects. It's standards are frequently regulated by the independent organisation Flocert.

SOIL ASSOCIATION upholds organic standards of food and drink in the UK relating to production, storage and sales.

RAINFOREST ALLIANCE prioritises the protection of forests, farmers and rural communities by ensuring products meet the criteria of the sustainable agriculture standard. This is reflected in their logo of a frog (bioindicators of a healthy environment). Their logo provides reassurance that the product was created under sustainable conditions.

BRITISH LION QUALITY mark is a British food safety scheme that was introduced in 1998 to help reduce the presence of salmonella in eggs. As a result, this mark ensures that a high standard of food safety has been met and that livestock, eggs and feed are all traceable.

RED TRACTOR is an assurance scheme that ensures that British food and drink has been responsibly sourced and safely produced, including a high standard of care for crops and livestock.

VEGETARIAN SOCIETY is often seen on packaged foods and meat alternatives. It promises that any eggs used in the product are free range and that no ingredients have been the result of animal slaughter or testing. It also ensures that any crops used to obtain ingredients have not been genetically modified.

RSPCA ASSURED is dedicated to improving the welfare standards of farm animals. This includes better living conditions and space, responsible use of antibiotics and traceability.

AM I BEING GREENWASHED?

Green-washing is a practice used by companies to mislead their customers into thinking their product is healthy, eco-friendly and sustainable. So what can you do to tell if a product really is all it makes out to be?

- **Ignore the packaging and read the label.** Sadly there are no regulations on the type of imagery a brand uses, so while pictures of fruit, vegetables and farms might convey feelings of health, this is often not the case.
- **Look for evidence of green practices** i.e. does the product have any of the food accreditation labels above?
- **Be wary of hype phases and buzz words** such as 'all-natural' and focus on specifics. Consider what aspect of the product these words apply to, i.e. the product or the packaging?
- **Look for clarity and transparency.** The more detail a business shares about its environmental practices the better
- **Research the company externally** and check what's being said about it's environmental practices.

THE BASICS

Having some of these useful basics in your fridge or cupboard is a good idea and will ensure you always have something to pull a meal together

HOW LONG DOES IT LAST?

Avoid food waste by keeping track of your foods use by dates! It's also worth investing in some tupperware so you can keep and store your food for longer Keep certain ingredients such as potatoes and onions out of the fridge to last longer. If it's gone green, mouldy, squishy or smelly... it s too late.

SELL BY DATE: This is the date by which a store needs to sell something

USE BY DATE: The date the food needs to be used/eaten.

EGGS	2 WEEK (NON-REFRIGERATED)
MILK (OPENED)	1 WEEK
MILK ALTERNATIVE	7-10 DAYS
BUTTER	6 WEEKS
CHEESE	1 WEEK SINCE OPENING
ONIONS AND POTATOES	STORED IN A COOL DRY PLACE POTATOES AND ONIONS CAN LAST 4-5 WEEKS
GREEN VEGETABLES	1 WEEK IN FRIDGE
CUCUMBER, TOMATOES, PEPPERS	1 WEEK IN FRIDGE

MAIN MEALS

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- Vegetarian Ramen
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- Roasted Carrot and Ricotta Ravioli
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- Pan Fried Chinese Style Aubergine
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COCONUT CHICKPEA CURRY

- Vegan
- Affordable

'It's my favourite comfort meal! Whenever I've had a hard day a form of self love for me is making myself a hearty meal and this is it!.'

-OLIVIA HARVEY

PREP: 10 min
COOK: 25 min
SERVES: 4

INGREDIENTS

2 tbsp coconut oil
1 red onion
400g chopped tomatoes
454g chickpeas (drained)
3 garlic cloves
1 1/2 tbsp caram masala
1 tsp curry powder
1/2 tsp cumin
383g coconut milk
2 tsp coconut flour (optional)
1 lime
1 tsp coriander
300g coconut yogurt
4 garlic naan breads

1. Add the coconut oil to a deep saucepan and warm over a medium heat

2. Add the chopped onion and tomatoes. Season with salt and black pepper. Simmer on a low heat for 10 minutes.

3. Add the chickpeas, garlic, garam masala, curry powder and cumin. Mix thoroughly.

4. Stir in the coconut milk. (Optional: add the coconut flour to thicken the curry). Bring the mix to the boil, and then simmer for 12 minutes.

5. Taste the curry and season as necessary. Remove from the heat and squeeze over the lime.

6. Allow 5 minutes to cool. Serve with chopped coriander, coconut yogurt and garlic naan breads.

*recipe from www.jessicainthekitchen.com

VEGETARIAN RAMEN

• Vegetarian

A great dish for when you're feeling a little under the weather and in need of some nourishment. Use your imagination when it comes to toppings and feel free to add your own choice of vegetables. Finely chopped radishes and pickled ginger make a great garnish.

PREP: 15 min
COOK: 15 min
SERVES: 2

INGREDIENTS

375g udon noodles
4 x free range eggs
3 mixed peppers
200g field mushrooms
100g spring onions
500ml vegetable stock
3 garlic cloves
4 tsp soy sauce
1 tsp ginger
1 tsp chinese five spice
2 tsp sesame seed oil
t tsp chilli powder

1. Mix 500ml vegetable stock with 3 crushed garlic cloves, soy sauce, grated ginger, chinese five spice, chilli powder and 300ml water in a large saucepan. Bring to boil then reduce the heat and simmer for five minutes.

2. Chop and fry your peppers in a saucepan until lightly singed. In a separate pan gently fry the wild mushrooms in some butter. Set aside.

3. Soft boil the eggs in a pan of boiling water for 6 minutes. Submerge the eggs in cold water to help cool them, then use a teaspoon to peel the shell. Roll the peeled eggs in a small bowl of soy sauce until covered.

4. Cook the udon noodles in the broth according to packet instruction.

5. Divide the noodle broth between two bowls and top with the mushrooms, peppers and halved eggs.

6. Finally, top with chopped spring onions to serve.

ROASTED CARROT AND RICOTTA RAVIOLI

- Vegetarian
- Sustainable
- Seasonal

'Everyone loves homemade pasta and this vegan recipe is packed with protein and nutrients. It s great to make with friends and you can always keep some in the fridge to cook the next day.'

- CHLOE DUNCAN

PREP: 25 min
COOK: 45 min
SERVES: 3-4

INGREDIENTS

300 plain flour
300g ricotta
120-150ml water
1 1/2 tbsp olive oil
1 tbsp chilli flakes
900g carrots
2 tbsp olive oil
3 cloves garlic
2 tbsp fresh thyme
(extra for garnish)
lemon juice (to taste)
chilli flakes (to taste)
150g firm tofu
1 tsp lemon zest
1 tsp nutritional yeast
salt and pepper

1. Preheat the oven to 200°C. Put the flour in a bowl and make a well in the centre. Slowly add the water and mix together. Add more water if necessary until it forms a dough.

2. Knead the dough for five minutes until smooth.

3. Chop the carrots and toss them in olive oil and salt. Roast in the oven for 30 minutes until tender and brown. Add the two peeled garlic cloves and cook for another 8 minutes.

4. Remove carrots and garlic from the oven and puree them along with the thyme, lemon and chilli flakes.

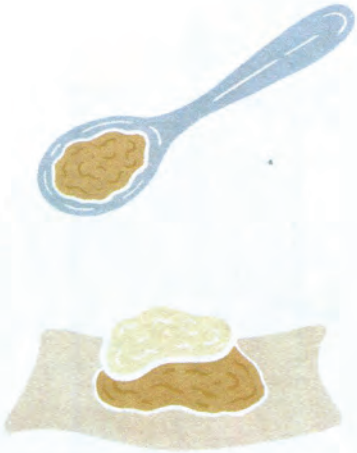
5. For the Ravioli filling. Blend the tofu, lemon zest, garlic and nutritional yeast. Add black pepper and a pinch of salt.

TURN OVER FOR THE NEXT STEP

6. Divide the pasta dough into three pieces.

7 Roll out one of the thirds onto a lightly floured surface

8. Divide the dough into roughly 5cm x 5cm squares.



9 Blob 1tsp of carrot puree and 1/2 tsp of ricotta onto half of the squares.

10. Drape another square over each blob of filling.

11 Try to avoid air bubbles in the middle of the ravioli by sealing the edges with a fork.

12. Boil 5-6 ravioli at a time in salted water for 5 minutes then remove with a slotted spoon.

13. Serve with a drizzle of olive oil and oil and top with thyme and ch lli flakes.

PAN FRIED CHINESE STYLE AUBERGINE

- Vegetarian
- Affordable
- Gluten Free

'Growing up, this was the dish I would always look forward to. Seeing the ingredients in the fridge and smelling it being cooked all contributed to the anticipation of eating it. It's the first dish my Mum taught me and one of the most valuable recipes I've committed to memory so that I can enjoy it away from home'

- JENNIFER LAM

PREP: 10 min
COOK: 10 min
SERVES: 2

INGREDIENTS

2 aubergines
1 carrot
2-4 spring onions
olive oil
chilli garlic sauce
soy sauce

1 Slice the aubergines into small chunks. Add 2 tbsp of olive oil to a large frying pan and add the aubergine.

2. Fry the aubergine for 5-8 minutes until softened and lightly browned. Remove from the pan and set aside.

3. Grate the carrot and chop the spring onions. Add these to the same frying pan (adding additional oil if needed) Fry over a medium heat for 2 minutes.

4. Add the Aubergine back to the pan. Stir in 2 tsp of chilli sauce and 2 tsp of soy sauce.

5. Serve as a side dish or over rice. Enjoy!

ROOT VEGETABLE WINTER SALAD

- Vegetarian
- Seasonal
- Gluten Free

A warming winter salad that's ideal for colder months and an excellent way to enjoy root vegetables.

PREP: 10 min
COOK: 40 min
SERVES: 4

INGREDIENTS

SALAD

400g carrots
400g parsnips
400g celeric
2 tsp paprika
2 tsp olive oil
1 tsp grated ginger
2 tsp sea salt
1 tbsp honey
46g walnuts
100g spinach
100g blue cheese (gorgonzola/stilton)

DRESSING

2 tsp red wine vinegar
1 tbsp olive oil
1 tsp sea salt
black pepper

1. Preheat the oven to 200°C

2. Chop the carrots, parsnips and sweet potato into chunks. Mix in the roasting tin along with the paprika, oil, ginger and salt. Roast in the oven for 40 minutes.

3. Remove from the oven. Add the honey and walnuts and return for 5 minutes.

4. Make the dressing by whisking the red wine vinegar, olive oil, sea salt and black pepper together.

5. Remove vegetables from the oven and allow to cool for 5 minutes. Add the spinach, blue cheese and dressing to the roasting tin and mix well.

6. Taste and add extra honey and salt as needed. Serve and enjoy!

*recipe from The Green Roasting Tin

SPICY TOFU FAJITAS

- Vegan
- Affordable

Everyone loves Fajitas, and this vegan recipe is no different! It's quick to make and the tofu offers a great source of protein.

PREP: 15 min
COOK: 10-12 min
SERVES: 12

INGREDIENTS

200g extra firm tofu
2 tbsp cornflour
2 tbsp olive oil
2 mixed peppers
1 large red onion
1/2 tsp smoked paprika
1/2 tsp ground cumin
1/2 tsp ground coriander
1 avocado
2-3 garlic cloves
50g cherry tomatoes
salt and pepper
100g non-diary yogurt
1 lime (cut into wedges)
4 wholemeal tortillas

1. Drain your tofu to remove any excess moisture and then cut into strips. Role the tofu in the cornflour (this will make it crispy) and set aside.

2. Scoop the avocado into a bowl and mash with 1 tbsp olive oil, salt and pepper. Finely chop the garlic cloves and half the cherry tomatoes. Add these to the avocado.

2. Heat the oil in a frying pan and add the tofu pieces. Cook for 3-4 minutes until golden and crisp on both sides.

3. Finely chop the peppers and onion and add them to the frying pan along with the paprika, cumin and coriander. Cook until tender and lightly singed.

4. Add the tofu back to the pan and warm through so everything is coated in the spices.

5. Serve with warm tortillas, yogurt and the avocado.

*recipe from www.bbcgoodfood.com

VEGGIE SAUSAGE ROLLS

- Vegetarian
- Affordable
- Seasonal

Perfect for picnics or a homemade snack. These sausage rolls are best served with chilli sauce and can be stored in an airtight container in the fridge for 4-5 days.

PREP: 25 min
COOK: 1hr 5 min
SERVES: 18

INGREDIENTS

1 medium sweet potato
200g mixed nuts
1 tsp olive oil
1 large red onion
1 tsp thyme
2 tsp grain mustard
50g cheddar
1 egg
320g puff pastry
1 tsp poppy seeds
1 tsp sesame seeds
1 tsp salt and pepper

1. Preheat the oven to 200°C and line a baking tray with parchment.

2. Pierce the sweet potato all over with a fork and bake for 30 minutes until tender Add the nuts to the roasting tin and bake for a further 10 minutes.

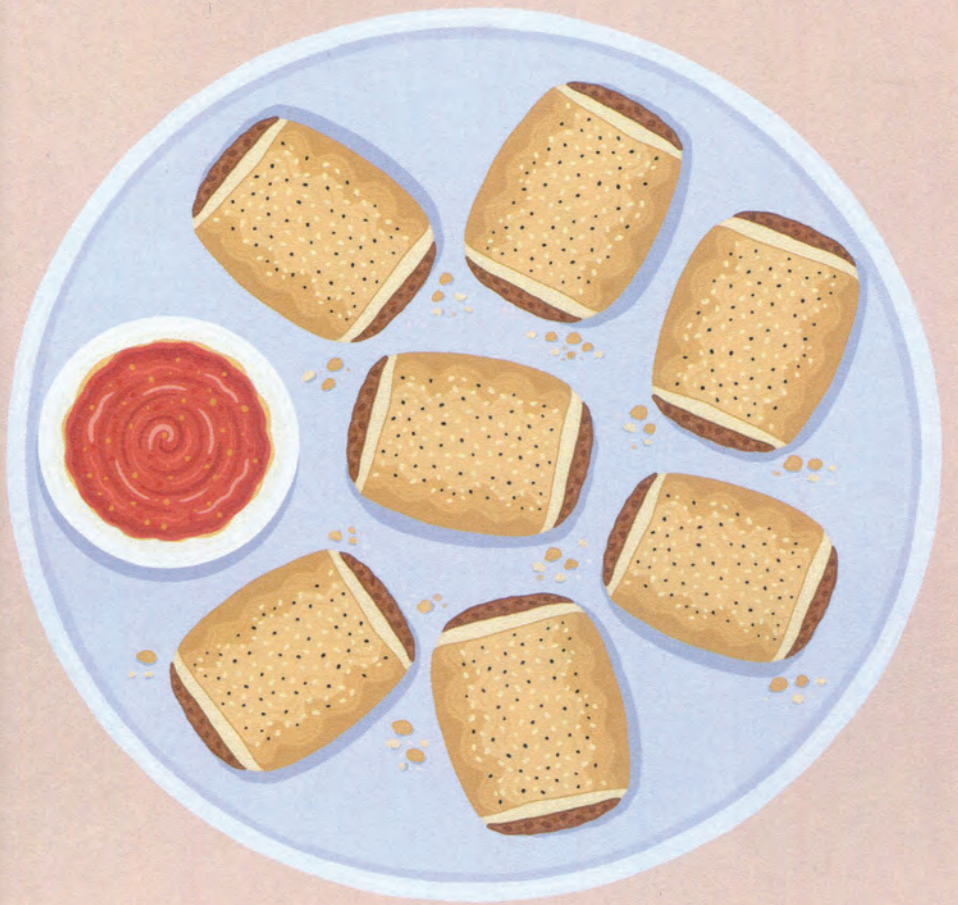
3. Heat the oil in a frying pan and gently fry the onion for 8-10 minutes until soft. Tip into the mixing bowl with the thyme, mustard and grated cheddar.

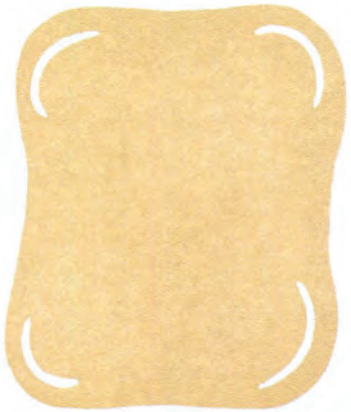
4. Blitz the nuts in a food processor and add them to the mix along with the sweet potato flesh.

5. Add salt and pepper to the mix along with half the egg and combine together

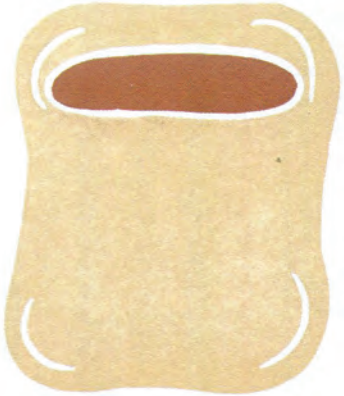
TURN OVER FOR THE NEXT STEP

*recipe from www.waitrose.com



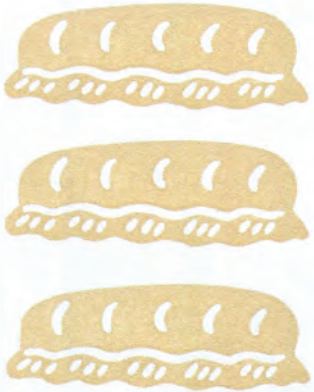


6. Unroll the puff pastry



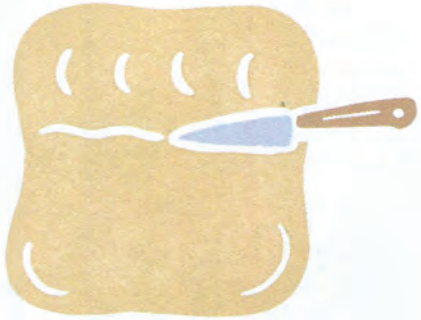
7 Form 1/3 of the sausage mixture into a large oblong and place 8cm from the edge of the pastry

10. Press along the edge of the sausage roll with a fork to seal it



11 Repeat with the remaining mixture until you have 3 long sausage rolls

8. Brush the edge of the pastry with water



9 Fold the pastry over the sausage and cut away the remain ng pastry

12. Cut each of these into 6 or more pieces. Brush on the milk glaze and top with poppy or sunflower seeds.

13. Place on a baking tray and cook for 20 minutes until golden. Allow to cool.

HEARTY MINESTRONE SOUP

- Vegetarian
- Affordable
- Seasonal

A heart warming soup packed with veggies that will see you through the winter. Best served with bread rolls and cheese

PREP: 15 min
COOK: 50 min
SERVES: 4-6

INGREDIENTS

3 tbsp olive oil
1 x onion
1 x carrot
1 x celery stick
1 x courgette
2-3 garlic cloves
1 tsp dried oregano
1 x tin 400g cannellini beans
1 x tin of chopped tomatoes
2 tbsp tomato purée
1.2 litre vegetable stock
70g macaroni pasta
100g greens (kale, chard, cavolo nero)
handful of basil
grated parmesan (to serve)
1 x bay leaf

1. Dice the onion, carrot, celery and carrot into chunks.

2. Heat the olive oil in a large saucepan or casserole pot over a low heat. Gently fry the vegetables for 10 minutes. Add the garlic and oregano and cook for a further 2 minutes.

3. Add the beans, chopped tomatoes, puree, stock and bay leaf. Season and bring to simmer. Cook for 30 minutes.

4. Add the pasta and greens and cook for 10-12 minutes.

5. Ladle the soup into bowls. Scatter with basil and parmesan.

***recipe from www.bbcgoodfood.com**

SPICY MUSHROOM BURGER

- Vegetarian
- Affordable

The most delicious and flavourful mushroom burgers. Best served with homemade potato wedges.

PREP: 15 min
COOK: 10 minutes
SERVES: 2

INGREDIENTS

BURGERS

2 portobello mushrooms
2 seeded bagel
1x avocado
50g grated cheddar
1 tsp olive oil
salt and pepper

MARINADE

1 tbsp dijon mustard
1 tsp sriracha
1 tsp worcestershire sauce
2 tsp soy sauce
1/2 tsp cayenne pepper
1 tsp paprika
1/2 tsp cumin
2 tsp sugar
1 tsp olive oil

1. Microwave the mushrooms on a plate for 3 minutes, carefully stopping and flipping them over every minute.

2. Place the mushrooms on a paper towel. Lightly pat them to remove excess moisture.

3. Slice and scoop your avocado into a bowl. Mix with 1 tsp olive oil, salt and pepper.

3. Combine all the marinade ingredients together in a bowl and mix. Brush the marinade over the mushrooms on both sides.

4. Heat some oil in a frying pan over a medium heat. Add the mushrooms and cook on each side until lightly charred.

5. Toast your bagels and spread the avocado on top. Add your mushrooms and a sprinkling of cheese. Enjoy!

*recipe from Instagram @carolinagelen

CHICKPEA AND FETA SALAD

- Vegetarian
- Affordable
- Seasonal

A delicious salad that's quick to throw together and offers a great source of protein.

PREP: 10 min

SERVES: 2

INGREDIENTS

SALAD

1 x bag of mixed salad
1 handful baby spinach
1 handful rocket
1 x tin of chickpeas (drained)
200g greek feta
100g black olives
100g green olives
100g cherry tomatoes
tbsp balsamic glaze
50g pine nuts
2 tbsp balsamic glaze

DRESSING

2 tsp dijon mustard
3 tbsp mayonnaise
2 tbsp white wine vinegar
pinch of salt and pepper

1. Rinse the salad and use a salad spinner or paper towel to remove the excess water. Once dry, place in a bowl with the spinach.

2. Whisk together the ingredients for the dressing until combined and set aside.

3. Drain the chickpeas and add them to the salad. Then slice the cherry tomatoes and olives in half and add them on top.

4. Roughly chop the feta and scatter it onto the salad with the pine nuts.

5. Place the rocket leaves on top and pour over the dressing and balsamic glaze. Enjoy!

SOMETHING SWEET

- Vegan Banana Pancakes
  pages 39-40
- Vegan Chocolate Cake
  pages 41-42
- Gluten Free Hazelnut Brownies
  pages 43-44
- Fruit and Nut Oat Cookies
  page 47
- Blueberry Oat Muffins
  page 48

VEGAN BANANA PANCAKES

- Vegan
- Affordable

'I have been making these regularly for about 5 or 6 years. They are delicious and have never failed me, and even my non vegan friends and family love them.'

-EMMA GOULD

PREP: 10 min
COOK: 12 min
SERVES: 10

INGREDIENTS

PANCAKES

1 large ripe banana
2 tbsp golden caster sugar
1/2 tsp salt
2 tbsp vegetable oil
120g self raising flour
1/2 tsp baking powder
150ml plant based milk

TOPPINGS

sliced banana, berries, yogurt, honey, icing sugar

1. Mash the banana in a bowl. Stir in the sugar, salt and oil.

2. Add the flour and baking powder. Mix thoroughly.

3. Make a well in the centre and slowly whisk in the milk.

4. Gently heat a little oil in a frying pan. Add tbsp of batter and fry on each side for 2-3 minutes until golden.

5. Serve with your choice of toppings.

*recipe from www.bbcgoodfood.com

VEGAN CHOCOLATE FUDGE CAKE

- Vegan
- Affordable

'I found this recipe when I first went vegan seven years ago and have been using it ever since. The most gooey, soft chocolate fudge cake you could ask for as a vegan. It's my go to recipe!'

-FIJI WILLETS

PREP: 20 min
COOK: 40 min
SERVES: 8

INGREDIENTS

CAKE:

300g self raising flour
3tsp baking powder
50g cocoa
250g caster sugar
1tsp vanilla essence
9tbsp sunflower oil
175ml water
175ml orange juice

TOPPING

500g Icing sugar
2 tbsp cocoa
100g vegan margarine
6 tbsp boiling water
50g raspberries

1. Preheat the oven to 180°C. Grease and line two cake 20cm cake tins.

2. Sift the flour into a bowl with the baking powder and cocoa.

3. Add the caster sugar, vanilla essence, sunflower oil, orange juice and water.

4. Divide the batter and pour into the prepared tins.

4. Bake in the oven for 40 minutes. You can test whether the cake is ready by inserting a skewer which should come out clean.

5. Sift the icing sugar and cocoa into a bowl. Melt the margarine with the boiling water. Add to the icing sugar and stir well.

6. Use half the butter icing as a filling and the rest to decorate. Add the raspberries (or your favourite toppings) and dust with icing sugar

GLUTEN FREE HAZELNUT BROWNIES

• Gluten Free

The best gluten free brownie recipe I've found. These brownies are seriously gooey and indulgent. Best served with berries and ice cream.

PREP: 20 min
COOK: 25 min
SERVES: 12

INGREDIENTS

200g butter
250g dark chocolate
225g caster sugar
3 eggs
100g ground almonds
150g chopped hazelnuts

1 Heat the oven to 180°C and line a 20 x 20cm square tray with baking parchment

2. Melt 200g of the dark chocolate with the butter in a saucepan over a low heat Stir to ensure all the chocolate is melted and then leave to cool for 10 minutes.

3. Whisk the sugar, eggs and a pinch of salt together in a bowl until it is light and frothy Pour in the butter and chocolate mixture and fold together until everything is combined. Add 100g of chopped hazelnuts and stir through.

4. Pour the mixture into the tray and top with the remaining chocolate and hazelnuts.

5. Bake for 25 minutes and leaver to cool.

*recipe from www.bbcgoodfood.com

FRUIT AND NUT OAT COOKIES

• Vegetarian
• Affordable

The best cookies! These are so easy to make and they're great for giving you a quick energy boost

PREP: 40 min
COOK: 10-12 min
SERVES: 12

INGREDIENTS

125g butter
150g light brown sugar
25g honey
1 medium egg
1 tbsp cinnamon
1 tsp vanilla extract
150g plain flour
150g porridge oats
1 tsp baking powder
100g raisins
100g nuts (hazelnuts, almonds and walnuts work best)

1. Cut the butter into cubes and soften in the microwave for 30 seconds. Beat the softened butter and sugar together till light and fluffy.

2. Add the egg, cinnamon and vanilla to the mixture and stir to combine.

3. Add the flour, porridge oats, and baking powder Mix together until a cookie dough consistency is formed.

4. Add the raisins and chopped nuts. Mix into the dough until evenly distributed.

5. cover the dough with cling-film and chill in the fridge for 30 minutes (1 hour max).

6. Preheat the oven to 180°C and line a tray with baking parchment Remove the dough from the fridge and roll into small balls. Place these on the tray and press down lightly with a teaspoon.

7 Bake the cookies for 10-12 minutes and leave to cool.

*recipe from www.janespatisserie.com

BLUEBERRY OAT MUFFINS

• Vegetarian

These oat muffins make a great breakfast or healthy snack and last for 3-4 days in an airtight container

PREP: 10 min
COOK: 15-20 min
SERVES: 12

INGREDIENTS

100g unsalted butter
140g light brown sugar
2 large eggs
140g natural yogurt
1 tsp vanilla extract
1 tbsp milk
(or alternative)
250g plain flour
2 tsp baking powder
125g blueberries
1/4 tsp salt
15g porridge oats/

1. Preheat the oven to 200°C and line a muffin tray with 12 cases.

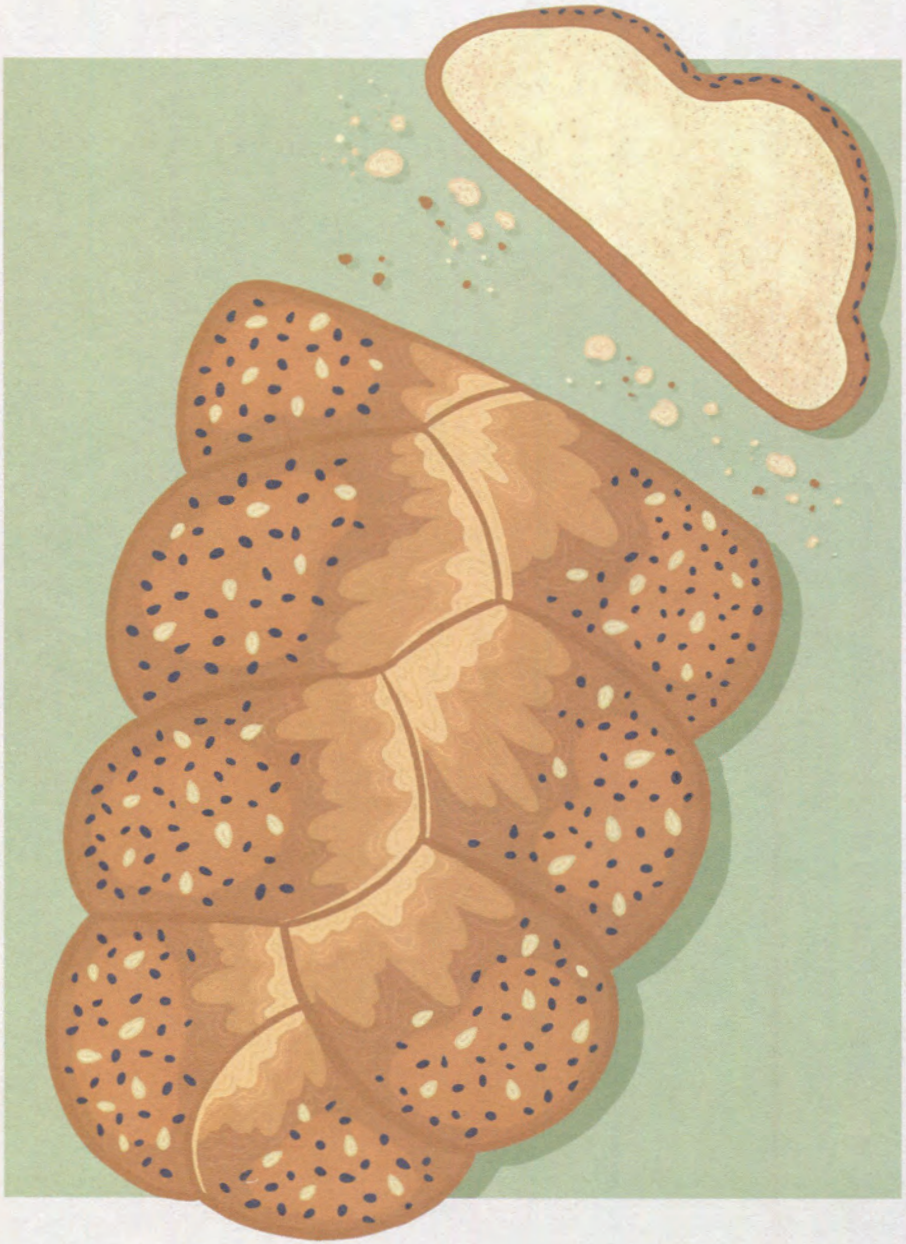
2. Beat the butter and caster sugar together until pale and fluffy. Add the eggs and mix for 1 minute. Add the yogurt, vanilla extract and milk.

3. Combine the flour, baking powder and salt Add the wet ingredients and mix together Fold in the blueberries and sprinkle the porridge oats on top.

4. Divide the mi evenly between the 12 cases. Bake for 15-20 minutes until golden.

5. Remove from the oven and leave to cool in the tin for 10 minutes before removing to a wire cooling rack.

*recipe from www.bbcgoodfood.com



FROM SCRATCH

- Classic Hummus pages 51-52
- Oat Milk page 53
- Potato Wedges page 54
- Challah Bread pages 55-58
- Nutty Granola page 59
- Green Pesto page 60
- Winter Smoothie page 61
- Berry Smoothie page 62

CLASSIC HUMMUS

- Vegan
- Gluten Free
- Sustainable

'I love hummus! Nutritious and versatile It also means you make more for your money and avoid plastic from shop bought hummus. Great in the winter for keeping colds at bay (extra garlic!)'

- TAWNY BUCK

PREP: 15 min
SERVES: 4

INGREDIENTS

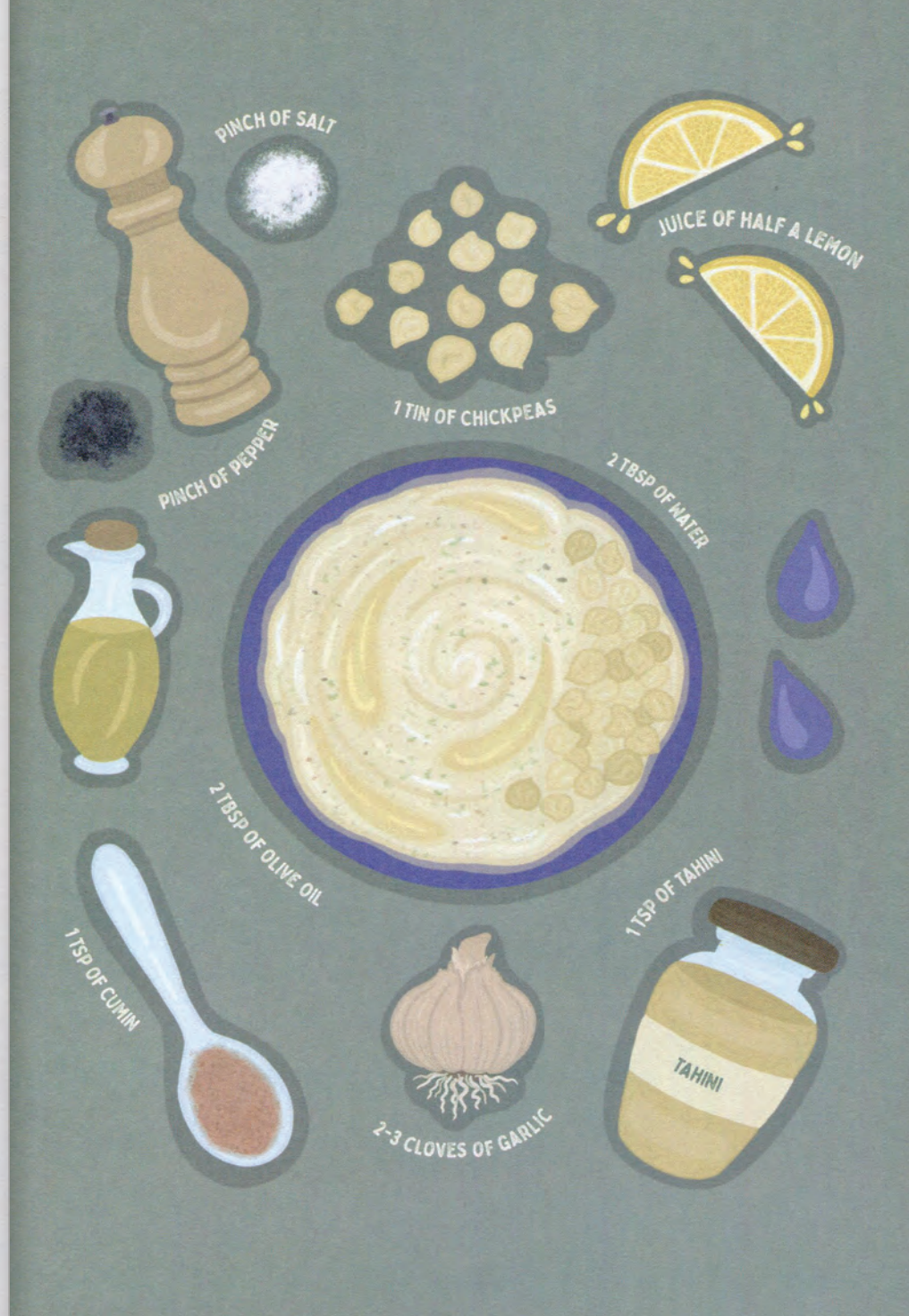
1 x tin of chickpeas
1/2 lemon
1 tsp tahini
2-3 garlic cloves
pinch of salt and pepper
1 tsp cumin
2 tbp olive oil
1 tbsp water

1. Finely chop/crush the garlic, and add to a blender with the lemon juice, tahini and olive oil. Blend until you have a smooth paste.

2. Drain the chickpeas and add them to the blender along with the cumin, salt, pepper, and water

3. Add the olive oil and blend again. Keep blending to make a smooth paste, or leave for a chunkier hummus.

4. Store in the fridge. Keep for 3-4 days.



OAT MILK

- Vegan
- Sustainable

No more paying for overpriced oat milk. This recipe is quick and easy to make You can also vary the quantities of cinnamon and maple syrup depending on the level of sweetness you want Cheese cloths/nut bags can be easily purchased from your local zero waste or health food store

PREP: 15 min

SERVES: 4

INGREDIENTS

180g rolled oats
945ml fridge cooled water
2 tbsp maple syrup
1 tbsp cinnamon
pinch of salt

1. Place the rolled oats in a blender and pour over the water. Using ice cold/fridge temperature water will prevent your oat milk from going slimy.

2. Add the cinnamon, maple syrup and pinch of salt. Blitz the mixture for 30 seconds.

3. Use a fine sieve or nut bag/cheese cloth to strain the milk into a bowl and remove any lumps.

4. Decant into a container and store in the fridge for 2-3 days

POTATO WEDGES

- Vegan
- Affordable
- Sustainable

Homemade potato wedges are cheap and easy to make. We recommend trying them with the spicy mushroom burger!

PREP: 20 min
COOK: 45 min

SERVES: 4

INGREDIENTS

600g baking potatoes (maris pipers or russets)
2 tbsp olive oil
pinch of salt and pepper
1/2 tsp Paprika and cayenne pepper

1. Preheat your oven to 200°C and place the baking tray inside. Put a large pan of salted water onto boil.

2. Wash the potatoes thoroughly. Cut the potatoes in half and then divide these halves into three wedges. (Add to the pan of boiling water and parboil for 8 minutes.

3. Drain the potatoes and leave to dry for 5 minutes.

4. Mix the potatoes in a bowl with the olive oil, salt and pepper. For slightly spicier wedges, and half a tsp of paprika and cayenne pepper.

5. Carefully remove the baking tray from the oven and spread out the potato wedges. Bake for 40-45 minutes until crispy and golden.

6. Leave to cool for 5 minutes before serving.

***recipe from www.bbcgoodfood.com**

CHALLAH BREAD

- Vegetarian
- Sustainable

A simple bread that is easy to throw together and tastes very like brioche You can reduce the sugar content depending on how sweet you want the bread to be

PREP: 30 min
PROVING: 1hr 40 min
COOK: 30 min
SERVES: 18-20 slices

INGREDIENTS

500g bread flour (plus extra for dusting)
20-70g caster sugar
7g sachet yeast
1 egg beaten
70ml sunflower oil
1 tbsp poppy seeds
1 tbsp sunflower seeds
2 tsp sea salt

1. Combine the yeast, a pinch of sugar, and two tablespoons lukewarm water in a small bowl. Stir to dissolve the yeast then leave for 10 minutes until foamy.

2. Combine the flour, remaining sugar, and 2 tsp fine salt in a bowl. Make a well in the centre and add half the beaten egg, the yeast mixture and oil.

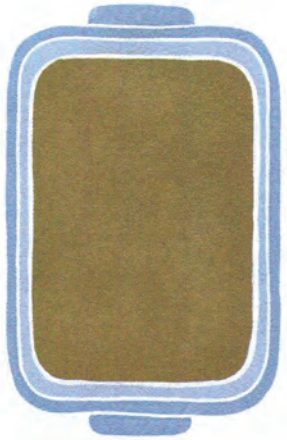
3. Pour in 200ml lukewarm water Stir with a wooden spoon to bring the mix together and then use your hands to form a dough. The dough should be moist but not soggy.

4. Turn the dough out onto a lightly floured surface and knead for 8-10 minutes until the dough is smooth and springy.

5. Lightly oil a bowl and place the dough inside, moving it around so it's coated in the oil. Cover with a tea towel and leave in a warm place for 1hr until the dough has doubled in size.

TURN OVER FOR THE NEXT STEP

*recipe from www.bbcgoodfood.com



6. Line a baking tray with greaseproof paper

7 Turn the dough out into a clean work surface and divide into three equal pieces (you can weigh them for accuracy)

10. Transfer the loaf to the baking tray and cover with a tea towel. Leave for 40 minutes.

11 Preheat the oven to 180°C. Gently brush the remaining egg oven the bread and sprinkle with the poppy and sunflower seeds.

8. Roll each piece out into a long sausage shape (20-25cm long) Lay the pieces n parallel lines in front of you, a few centimetres apart

9 Bring the top pieces of the sausages together and tuck them in. Then continue to plait the three stands together Tuck in the ends when you reach the bottom.

12. Bake for 25-30 minutes until the loaf is golden and sounds hollow when tapped.

Enjoy!

HOMEMADE GRANOLA

• Vegetarian
• Sustainable

This recipe has a long list of ingredients but it's well worth the effort and will last for weeks in an airtight container

PREP: 10 min
COOK: 30 min
SERVES: 12

INGREDIENTS

250g rolled oats
25g plain flour
90g almonds
90g walnuts
90g hazelnuts
25g sesame seeds
25g pumpkin seeds
90g sunflower seeds
1 orange (zest and juice)
60g dark brown sugar
120ml hazelnut oil
300ml maple syrup
60g unsalted butter
60g dried apricots/ raisins/mango

1. Preheat the oven to 160°C and line 2 baking trays with baking parchment.

2. Combine all the ingredients together in a large bowl (except the apricots/dried fruit).

3. Spread evenly on the baking tray and roast for 30 minutes (stirring every ten minutes) until golden.

4. Remove from the oven and leave to cool.

5. Add the apricot/dried fruit. Store in an air tight container (enough to fit 1kg granola).

HOMEMADE PESTO

• Sustainable

A simple pesto recipe that uses more evergreen and affordable ingredients to make a vibrant green pesto. Serve alongside your favourite dishes or use as a pasta sauce

PREP: 10 min
COOK: 5 min
SERVES: 4

INGREDIENTS

120g spinach
30g toasted walnuts
30g parmesan
1 x garlic clove
2 tsp lemon juice
1/2 tsp chilli flakes
3 tbsp olive oil
2 tbsp warm water

1. Finely chop and toast the walnuts in a small pan for 5 minutes until warm.

2. Put the walnuts, spinach, parmesan, garlic, lemon, chilli flakes to a blender/food processor and blitz. Add the olive oil and eater and continue to blend until smooth.

3. Pour the mixture into a clean jar and store in the fridge (keep for 3 days).

Exchange spinach for wild nettles! (early to mid spring)

Make sure you know what you're picking! False nettle and horse balm can look similar. Remember to wear long sleeves and gloves while to avoid being stung. Take a pair of scissors and container with you and. Cut the young leaves at the top of the stem (you don't want older leaves as these are bitter).

*recipe from www.eatingwell.com

GREEN WINTER SMOOTHIE

- Vegan
- Seasonal

A green smoothie that actually tastes good! You can also change the ingredients depending on what's in season.

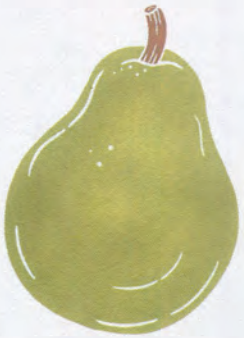
PREP: 10 min

SERVES: 2

INGREDIENTS

475ml plant based milk
90g spinach/kale
2 medium pears/apples
1/2 avocado or 2 tbsp of almond butter
2 tbsp hemp and chia seeds/or flax and pumpkin seeds
1/2 tsp ground ginger
1/2 tsp ground cinnamon

1. Place all the ingredients in a blender and blitz until the desired consistency is achieved. Add more plant milk for a silkier smoothie. Keep in the fridge for 1-2 days.



RASPBERRY, BANANA, AND SPINACH SMOOTHIE

- Vegan
- Seasonal

A delicious berry smoothie that's perfect for the summer and using up ripe bananas.

PREP: 10 min

SERVES: 2

INGREDIENTS

475ml plant based milk
1 banana
125g raspberries
180g spinach
100g yogurt (or plant based alternative)
1/4 avocado
2 tbsp chia and hemp seeds/flak and pumpkin seeds
1/2 lime juice

1. Place all the ingredients in a blender and blitz until the desired consistency is achieved. Add more plant milk for a silkier smoothie. Keep in the fridge for 1-2 days.

GOOD TO KNOW...

Each recipe in this book features one of the following tags to help you identify the key features of a meal. These are...

Vegan:
This recipe contains no ingredients derived from animals.

Vegetarian:
This recipe doesn't contain any meat or fish but may contain other animal derived ingredients such as eggs.

Gluten Free:
This recipe doesn't contain any gluten (a structural protein naturally found in certain cereal grains, especially wheat).

Affordable:
The ingredients listed in this recipe are relatively low cost. If a recipe doesn't have this tag it means it contains one or more ingredients that tend to be on the expensive side, for example, pine nuts.

Sustainable:
If a recipe is listed as sustainable it means that it contains seasonal, plant based ingredients that have a limited impact on the environment. Or, It is a meal that can be made from scratch using simple ingredients, i.e. it can be made repeatedly with little impact

Here are some other terms that are useful to know when it comes to understanding sustainable food practices.

Zero waste
A target of sending no waste for disposal via landfill or burning.

Supply chain
A network between a company and its suppliers to produce and distribute a specific product to the final buyer

Biodegradable:
Able to break down and blend back in with the earth given the right conditions and presence of micro-organisms, fungi or bacteria. Ideally, but not always, no toxins are left behind.

Eco-Friendly:
Not harmful to the environment

Product stewardship
A concept where businesses take responsibility for the environmental impact of the products they make, sell or buy. This involves all stages of the products life cycle, including end-of-life management.

Recyclable
A product or material that can be collected, processed and manufactured into a new product.

Compostable:
Given the right conditions, a material that breaks down completely into non-toxic components that can support plant growth.

Conscious Consumerism:
Making a deliberate effort to purchase products and services that are produced responsibly.

Fair Trade:
An alternative approach to conventional trade, based on a partnership between producers and consumers to ensure that farmers and workers get a fair share of the benefits of trade.

Greenwashing:
Activities, usually marketing, intended to make people believe a company is doing more to protect the environment than it really is.

Microplastics:
Small pieces of plastic (less than 5mm in length) found on land and water as a result of plastic pollution.

Carbon Neutral:
Balancing greenhouse gas emissions with an equivalent amount of independently verified carbon offsets. Also referred to as net zero greenhouse gas emissions.

Carbon Positive:
Any activity deemed to reduce and/or offset more emissions than it produces.

Zero carbon
A term sometimes used to describe a product or service that creates no CO_2 or greenhouse gas emissions during production and/or operation.

Regeneration
Improving ecological health and biodiversity by enabling, supporting and enhancing natural processes.

A REALLY BIG THANK YOU!

I'd like to say a really BIG thank you to everyone involved in bringing this cookbook life!

The Sustainability Committee:

- Ellen Edwards: UWE green team member)
- Faith Terry Dole: Engagement Coordinator at The Students' Union
- Amber Robards: Sustainability Officer, and Chair of the Committee
- Priscila Yoko Yamashita Lucente: External Outreach Officer
- Chela Alicia Rossi: Secretary
- Lauren Gillis: Secretary
- Lois Wilson: Communications Officer
- Heather Wendy Cronin: Communications Officer
- Harry O'Higgins: Co-Chairs
- Camille Lovgreen: Equity, Diversity and Inclusion Officer
- Moyinoluwa Elizabeth Aladetuyi: Campaigns Officer
- Keyana Jeff: Campaigns Officer
- Adam Edwards Internal Outreach Officer

The Students:

- Olivia Harvey: *Coconut and Chickpea Curry*, pages 15-16
- Chloe Duncan: *Roasted Carrot and Ricotta Ravioli*, pages 19-20
- Jennifer Lam: *Pan Fried Chinese Style Aubergine*, pages 23-24
- Emma Gould: *Vegan Banana Pancakes*, pages 39-40
- Fiji Willets: *Vegan Chocolate Fudge Cake*, pages 41-42
- Tawny Buck: *Classic Hummus*, pages 51-52

The Printers

Nick and the wonderful team at Parklane Press.

A BIT ABOUT THE BOOK

Due to the nature of this book we wanted to ensure that its production had a limited an impact on the environment This was possible to due the work of Park Lane Press who pride themselves on being an environmentally responsible printer This means they use...

- Waterless Printing Presses
- Vegetable oil based inks
- FSC (Forest Stewardship Council) accredited or recycled paper
- Electricity sourced from 100% renewable sources

What is waterless printing?

Waterless Printing is an offset lithographic printing process that eliminates the use of water or the dampening system used in conventional printing. This means that when an image is being printed the areas that are designed to repel ink do this by using a silicon rubber layer instead of water This improves the overall quality of the image by eliminating the flow of water. It also reduces the presence of VOC's (volatile organic compounds, i.e. harmful greenhouse gases) and reduces paper, ink and electricity usage.

The cookbook has been produced using a digital printing process that eliminates water consumption and the release of VOCs (volatile organic compounds) into the atmosphere. Furthermore, this cookbook is recyclable and made of papers and boards sourced from well-managed, FSC® - certified forests.

THE STUDENTS GUIDE TO SUSTAINABLE COOKING

'Planet and plate means thinking about how what you eat effects the world we live in ' - Zoe Williams

'The first steps are simply to become more mindful of what you are buying and what happens to your food once it's in your fridge - Ellen Edwards

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Welcome to Planet and Plate!

A collaborative project with the UWE Sustainability Committee, featuring twenty-three delicious vegan and vegetarian recipes - submitted by students! These are organised into three chapters (*Main Meals*, *Something Sweet* and *From Scratch*) and are accompanied by vibrant illustrations and step-by-step guides. There's also plenty on information on how to become a sustainable foodie, such as reducing your food waste, recognising food labels and eating with the seasons.

Ready to make a start? Lets get cooking!

THE STUDENTS' UNION AT UWE

THE GREEN TEAM THE STUDENTS' UNION

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