



ABERDEEN UNIVERSITY  
STUDENTS' ASSOCIATION



# LOW CARBON FOOD GUIDE AND RECIPES

2020

# THIS BOOKLET .....



**AberGreen is a community-led sustainability education project funded by the Scottish Government's Climate Challenge Fund between April 2018-March 2020.**

**Our aim is to help the uni community reduce its carbon footprint through fun, interactive skills-building events, whilst building on the strong sense of community in Aberdeen.**

**We've put together this booklet to help you consider and understand sustainable choices and what impact they can have when it comes to your diet. There are also a set of recipes and tips, many of which we hope will inspire you to have an eco-conscientious diet, while eating healthy and saving some money too.**

## **TO CONTACT AUSA**

 /abdnunisa

 @ausatweet

 01224272965

 ausa@abdn.ac.uk

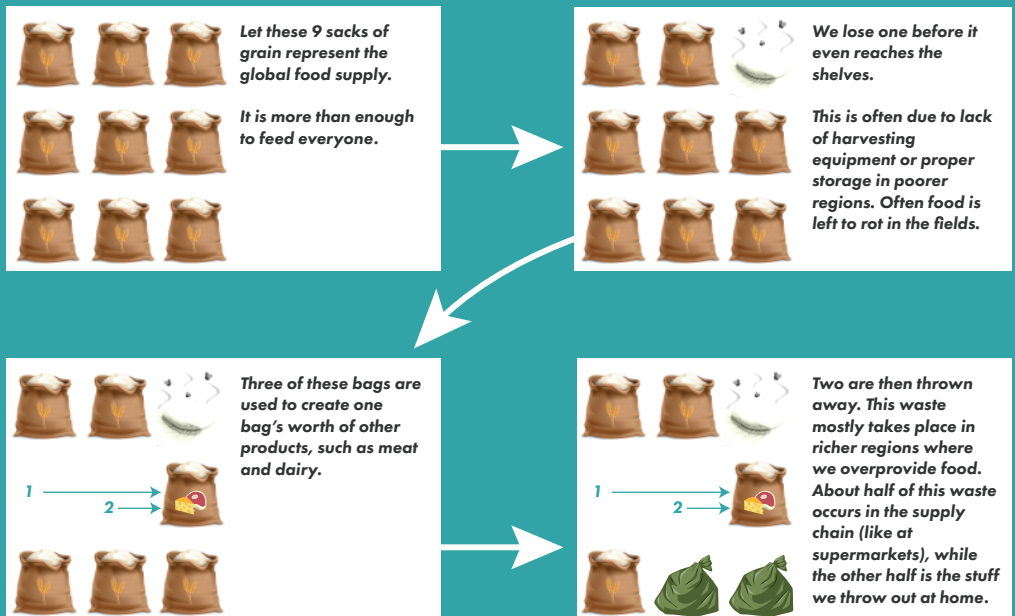
 **AUSA Students' Union • Elphinstone Road • Aberdeen • AB24 3TU**

 **www.ausa.org.uk**

# STARTING POINT .....

If we add up the emissions behind food production, with the associated land use and transportation, food production is responsible for at least  $\frac{1}{4}$  of global emissions (possibly way more!). Globally, more than enough food is produced to feed the world's population. Yet, we waste phenomenal amounts in the supply chains and in our households, much of which would be perfectly good for consumption. Most of us are accustomed to eating fruits and vegetables which are out of season. This means that produce had to have travelled long distances across the globe to get to our plates. Vast quantities of grain, land and water are necessary to raise the livestock we choose to rear for the production of meat and other animal products. All of this production is responsible for emitting large amounts of methane, one of the worst greenhouse gasses, into the atmosphere. If we compare beef and lentils as a protein source, for us to get the same amount of protein, associated carbon emissions are approximately 80 times higher with beef than with lentils. Guess which one we consume more of in the UK? Beef. Much of our food is also unnecessarily overpackaged, mostly with plastics, most of which is non-recyclable resulting in serious environmental impact.

Here's an illustration of the situation:



SEASONAL PRODUCE TABLE  
SEPTEMBER-DECEMBER

	VEGETABLES	FRUIT
SEPTEMBER	Baby Leeks, Beetroot, Broad Beans, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Celery, Chicory, Chillies, Courgettes, Cucumber, Jerusalem Artichoke, Kale, Lettuce, Onions, Parsnips, Pumpkin, Radish, Runner Beans, Squash, Swede, Turnips	Apples, Blueberries, Damsons, Gooseberries, Pears, Plums, Raspberries, Strawberries, Tomatoes
OCTOBER	Beetroot, Broad Beans, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celeriac, Celery, Chillies, Courgettes, Cucumber, Horseradish, Jerusalem Artichoke, Kale, Leeks, Lettuce, Onions, Pak Choi, Parsnips, Pumpkin, Radish, Runner Beans, Shallots, Swede, Swiss Chard, Turnips, Winter Squash	Apples, Pears, Raspberries
NOVEMBER	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichoke, Kale, Onions, Parsnips, Pumpkin, Radish, Runner Beans, Salsify, Shallots, Swede, Swiss Chard, Turnips, Winter Squash	Apples, Pears
DECEMBER	Beetroot, Brussels Sprouts, Cabbage, Celeriac, Celery, Jerusalem Artichoke, Kale, Horseradish, Leeks, Onions, Parsnips, Radish, Shallots, Swede, Turnips, Winter Squash	Apples, Pears





# SEASONAL PRODUCE TABLE

## JANUARY-APRIL

	VEGETABLES	FRUIT
JANUARY	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chard, Jerusalem Artichoke, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Radish, Rocket, Shallots, Spinach, Spring Onions, Swede, Turnips, Winter Squash	Apples, Pears
FEBRUARY	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chard, Horseradish, Jerusalem Artichoke, Kale, Leeks, Onions, Parsnips, Potatoes, Radish, Rocket, Shallots, Spinach, Spring Onion, Swede, Turnips, Winter Squash	Apples, Pears
MARCH	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chard, Horseradish, Jerusalem Artichoke, Kale, Leeks, Onions, Parsnip, Potatoes, Radish, Rocket, Spinach, Spring Greens, Spring Onions, Winter Squash	Rhubarb
APRIL	Broccoli, Carrots, Chard, Horseradish, Kale, Leeks, Potatoes, Spinach, Spring Greens, Spring Onion	Rhubarb

SEASONAL PRODUCE TABLE  
MAY-AUGUST

	VEGETABLES	FRUIT
MAY	Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Chard, Chicory, Chillies, Cucumber, Lettuce, New Potatoes, Pak Choi, Potatoes, Radish, Rocket, Spinach, Spring Greens, Spring Onions, Summer Squash	Rhubarb, Strawberries, Tomatoes
JUNE	Asparagus, Beetroot, Broad Beans, Cabbage, Carrots, Cauliflower, Chard, Chillies, Courgettes, Cucumber, Kale, Lettuce, New Potatoes, Mangetout, Onions, Peas (Shell), Radish, Runner Beans, Summer Squash, Swiss Chard	Blackcurrants, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries, Tomatoes
JULY	Beetroot, Broad Beans, Cabbage, Cauliflower, Celery, Chillies, Courgettes, Cucumber, Kale, Lettuce, Mangetout, New Potatoes, Onions, Peas (Shell & Sugar Snap), Radish, Runner Beans, Summer Squash, Swiss Chard, Turnips	Blackcurrants, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries, Tomatoes
AUGUST	Beetroot, Broad Beans, Broccoli, Cabbage, Cauliflower, Celery, Chillies, Courgettes, Cucumber, Leeks, Lettuce, Onions, Peas (Shell & Sugar Snap), Radish, Runner Beans, Summer Squash, Swiss Chard, Turnips	Apples, Blackcurrants, Blueberries, Gooseberries, Pears, Plums, Raspberries, Redcurrants, Strawberries, Tayberries, Tomatoes

# FOOD WASTE

Food production is one of the biggest carbon emitters, yet we waste so much.

It is very easy to overbuy food! However, planning ahead, and writing shopping lists will help reduce impulsive buying and buying more than you need. This way, you can reduce unnecessary waste and related emissions, and also save money!

## TOP TIPS!

- **Fresh and perishable items are best bought in smaller quantities.**

Plans can change and it's easy to buy more than you will use. If you haven't got concrete plans but must do your shopping, opt to buy dried, frozen or canned ingredients to devise a plan later.

- **Save leftovers for an easy snack at a different time.**

Simply put your leftovers in a container and reheat in the microwave when desired.

Most cooked meals will last 2-3 days in the fridge and longer in the freezer. Microwaves can be found at the end of the student market place corridor on the ground floor of the Students' Union Building and in the Tiki Café area in the Suttie Centre.

- **Make use of your freezer.**

You can freeze almost anything, especially items that you intend on cooking. As long as the food was not spoiled at the time of freezing it will be fine when defrosted. While you can't freeze fruits and veggies if you want to enjoy them raw, fruit and some greeny leaves such as kale or spinach are fantastic blended frozen into a smoothie. You can freeze sliced bread, milk, cheese or juice and simply defrost and use when desired.

- **Recycle food waste and peelings.**

You can get a free food caddy bin and compostable liners from AUSA Reception or any City Council-run library. If everyone recycled their food waste, the carbon reduction would be the same as removing half of all cars from the road!

- **Know your dates.**

While it is not recommended that you eat any product that has passed its "Use By" date, if you have an item which has expired but only has a "Best Before," "Sell By," or "Display Until" date, then as long as the food looks and smells fine, it should be safe to eat.

- **Tips for using up old bread.**

Bread is one of the most wasted foods. In Scotland, 500,000 slices of bread are thrown out every day. Instead of binning them, you could brush oil and herbs over a stale sliced baguette or roll, chuck in the oven for a few minutes and make crispy crackers for dipping. You could even add pizza toppings for an instant snack. If you cut your roll into small cubes first, they'll make amazing croutons to add to a salad or soup. And if you have a sweet tooth, why not find a recipe for French toast or bread and butter pudding?

When possible choose loose, unpackaged fruit and vegetables, and opt for recyclable packaging. Plastic is especially worth avoiding. Use reusable shopping bags, produce bags and travel mugs. Packing your lunch in boxes instead of cling film or tin foil is the most efficient way, and makes transportation much easier for you. The Corner food co-op, located in the Students' Union Building Ground Floor Unit 5, sells food items in bulk, you just need to bring your own containers to fill!

[www.ausa.org.uk/getinvolved/sustainability/thecorner](http://www.ausa.org.uk/getinvolved/sustainability/thecorner)

## Packaging you can recycle in your mixed recycling bin:

- Lightly-rinsed glass, metal foil & cans
- Paper (as long as it is not waxed, or lined with plastic), if paper is spoiled by oils or food (e.g. pizza boxes) it can't be recycled but some can be composted in food waste bins instead. Check the packaging for recycling labels and numbers.
- Lightly-rinsed firm plastics like bottles and trays (but not wrapping), and foil or bags



# FOOD MILES

The distance food has to travel before reaching our plates significantly contributes to carbon emissions. Where given the option and information is available, it is worth choosing Scottish, British or European produce, over items that have travelled from further afield. Look out for local markets! Visit the market stalls in Seaton Park which sell produce at affordable prices collected from allotments around the city and shire.  
[www.theallotmentmarketstall.org.uk](http://www.theallotmentmarketstall.org.uk)

The VegBag Cooperative is a student-run initiative allowing you to order a bag of organic, mostly local vegetables every week. You can sign up at The Corner in the Students' Union Building, or place an order online at [www.ausa.org.uk/getinvolved/sustainability/vegbag](http://www.ausa.org.uk/getinvolved/sustainability/vegbag)  
Order before 4pm on a Tuesday to collect your vegetables the following Tuesday.  
A large VegBag costs £6.00 and a small one is £4.00.

Why not get involved in the Secret Garden Society and grow and eat food produced right on campus? The society regularly meets in the Secret Garden, the walled garden space next to the Butchart Centre on University Road. Students and staff of UoA are welcome to get involved and no previous experience is needed. And if you have the space at home, you can easily start up a windowsill herb garden, or grow veggies outside. Free seeds and support is available from local organisations such as One Seed Forward or Cultivate Aberdeen.





**BE COOL  
GET A VEGBAG  
A NEW WAY  
TO SHOP....**



f @vegbagabdn



[WWW.AUSA.ORG.UK/GETINVOLVED/SUSTAINABILITY/VEGBAG](http://WWW.AUSA.ORG.UK/GETINVOLVED/SUSTAINABILITY/VEGBAG)



# AIR MILES ●●●●●●●●●●

Food coming from far away may not always be as bad as you might think.

It all depends on the method of transport.

For example, apples grown in New Zealand to be sold in Aberdeen, may work out to have had lower carbon emissions associated with their shipping around the world, than what the road emissions for transporting apples great distances within the UK would have. However, some fruit and vegetables cannot be shipped as they would go bad too fast. When transported by air, carbon emissions are much higher. In fact, for fruit and veg, carbon emissions associated with this method of transport could even be higher than all associated emissions of production, storage, and packaging combined. To keep your carbon footprint low, it's best to avoid out of season fruit and veg, especially if they need to be flown to get to your local shop. Unfortunately, the method of transport is not displayed on packaging, but the country of origin generally is.

The following items are likely to have been flown when not produced locally:

BABY CORN	LETTUCE
BABY CARROTS	BLUEBERRIES
MANGETOUT	RASPBERRIES
BOBBY & GREEN BEANS	STRAWBERRIES
OKRA	ASPARAGUS
SHELLED PEAS	CITRUS FRUITS IN OCTOBER *

\* At the start of the season, supermarkets want to be the first to stock seasonal citrus fruits so they will fly some before the shipped goods arrive.



# LOW CARBON DIET

Meat and dairy are very carbon intense sources of nutrition. Cutting back on these is not only great for the environment but can have substantial health benefits.

Here are some handy replacements for some meat and dairy products.

ITEM	ALTERNATIVES
MILK	Soy, Oat, Almond, Rice, Coconut, Hemp or Cashew Milk
CHEESE	Many Plant-Based Alternatives, Avocados, or Nutritional Yeast Flakes & Cornflour Sauce
BUTTER	Plant-Based Margarine
MINCE	Dried TVP, Frozen Alternative, or Pulses such as Lentils
BEEF BURGER	Frozen Vegetable or Bean Burgers
CHICKEN PIECES	Tofu, Seitan, Mushrooms
PORK SAUSAGES	Vegetarian Alternatives
YOGHURT	Soy or Coconut Yoghurt
BACON	Roasted Onions, or Roasted Red Cabbage Slices in Smoked Paprika and Oil
ICE CREAM	Sorbet, Soy-Based Ice Cream, or Frozen Bananas Blended with Soy or Oat Milk



It's worth having at least two good knives: a straight-bladed large chopping knife for cutting most vegetables, and a serrated bread knife good for cutting bread and soft/slippery fruit and vegetables like tomatoes.

It's not only healthy to avoid excess oil, but it's also good for the environment. Oil is heavily refined, meaning only a small amount of the plant is used during extraction (typically around 4%; the rest is waste). If you have a non-stick frying pan and heat it to a high temperature, you will be able to fry fast cooking items on it without oil. Otherwise you can add small quantities of water and fry in hot water until it's all steamed off and the vegetables are starting to brown.

There are a few basic flavours to balance when cooking, and it's worth always including some source of them. They are sweet, bitter, salty, sour, and - if desired - spicy. If a dish is too bitter, adding a salty element will probably help (adding sweetness will not counteract but highlight the bitter taste). If a dish is too salty, the only way to counteract this is to dilute it (make more without salt and mix), so it's better to be careful when adding salt. A little source of sourness (lemon or vinegar) can help highlight flavours in your dish.

# RECIPES

## APPLE CRUMBLE

Makes 4-6 servings  
Total Time: 35 minutes



### DIRECTIONS

#### STEP 1

Preheat the oven to 170 degrees Celcius.

#### STEP 2

Mix 1 tbsp flaxseed with 3 tablespoons water. Stir then leave to side until it becomes jelly like.

#### STEP 3

In a separate bowl, mix the flour, baking powder and sugar. Then add the flaxseed and water mixture.

#### STEP 4

Mix with hands until it becomes an almost dough-like texture.

#### STEP 5

Line an 18cm tin with butter or butter substitute with a touch of flour. Then mould 3/4 of the dough to the tin.

#### STEP 6

Combine apple, vanilla, lemon, raisins and cinnamon in a bowl and then add the mixture to the pastry.

#### STEP 7

Crumble the remaining dough on top of the tin.

#### STEP 8

Bake for 15 minutes.

### INGREDIENTS

#### BASE

- 4 cups flour
- 1 cup sugar
- 3 tsp coconut oil
- 1 tsp baking flour

#### FLAX EGG

- 1tbsp flaxseed
- 3 tbsp water

#### FILLING

- 3 apples (cut into small pieces)
- 2 tbsp lemon juice
- 1 tbsp vanilla essence
- 2 tbsp sugar
- 4 tbsp raisins
- 1 tbsp cinnamon

# WINTER HUMMUS WITH A TWIST

Total Time: 45 minutes



## DIRECTIONS

### STEP 1

Preheat the oven to 220 degrees Celcius.

### STEP 2

Chop the butternut squash into bitesize pieces.

### STEP 3

Combine spices in a bowl.

### STEP 4

Drizzle oil over a baking tray and add your butternut squash to it.

### STEP 5

Drizzle oil over a baking tray and add your butternut squash to it.

### STEP 6

Sprinkle the spice mix over it.

### STEP 7

Put the baking tray in the oven and take it out after 25-30 mins. Be careful that the squash doesn't burn!

### STEP 8

Whilst the squash is in the oven, start on the hummus. Add most of the chickpeas, the tahini, garlic and the lemon juice to a bowl. Combine the mixture with a food processor, adding the chickpea brine and salt as appropriate.

### STEP 10

To make the couscous, combine the couscous, raisins and spices and add the hot water until the couscous becomes a fluffy texture.

### STEP 11

Take the squash out of the oven and add the couscous, squash and hummus to a plate. To decorate, add pomegranate seeds and the remaining chickpeas.

## INGREDIENTS

- ½ butternut squash
- 1 tsp cumin
- 1 tsp dried garlic
- 1 tsp Coriander
- 1 tsp smoked paprika
- 1 tsp ginger
- 1 tsp turmeric
- 1 tsp cinnamon
- Olive Oil
- Salt and pepper

## HUMMUS

- 400g chickpeas
- ½ cup tahini
- juice of ½ lemon
- 2 garlic cloves
- chickpea brine

## COUSCOUS

- 1 part couscous
- 2 parts hot water
- raisins, salt and cinnamon to taste
- pomegranate seeds

# OREGANO CHIPS

Total Time: 90 minutes



## DIRECTIONS

### STEP 1

Keeping the skins on, chop the potatoes into chip shapes. Chips should measure the length of the potato and approximately 1cm x 2cm in depth and width. This doesn't matter too much, as long as they're as close to uniform as you can get so they cook evenly.

### STEP 2

Put the chips into a saucepan of boiling, salted water over a medium heat for about 10 minutes. You want a fork to be able to pierce them but not to fall apart when you do so.

### STEP 3

Drain the chips and then shake the pan a bit to get some flaky bits of potato around the outside (this will help them go crispy). Leave the chips to cool slightly, take the lid off and preheat the oven to 200 degrees Celsius.

### STEP 4

While the chips are cooling, pour the vegetable oil into a large roasting tray (this should be a large roasting tray, enough to cover the chips. Then put the tray into the oven to heat).

### STEP 5

After 10 minutes, sprinkle the flour and oregano over the chips with a generous helping of salt and pepper, and toss to make sure all the chips are covered evenly.

### STEP 6

Remove the roasting tray with the hot oil from the oven (carefully!) and pour the chips onto it. Be careful of spitting oil when you do this!

### STEP 7

Roast for 30 minutes, flipping halfway through, or until they are golden. Scoop the chips out of the oil and place on a tea towel to drain.

### STEP 8

Enjoy with your favourite dipping sauce.

## INGREDIENTS

- 2 large potatoes (approx. 450g-500g)
- 125ml vegetable oil
- 2 tbsp fresh oregano
- salt and pepper

### SUSTAINABLE CHOICES TIP

Lots of recipes tell you to drain the chips on single-use paper towel. Use a tea towel instead that you can rinse and pop in the washing machine afterwards.

### STUDENT SCRIMP TIP

Don't throw away the excess oil! Sieve it into a jar and reuse. This saves you from needing to buy more oil.



# SNICKERS BARS

Makes 12 pieces | Total Time: 1 hour



## DIRECTIONS

### STEP 1

Mix the peanut butter with maple syrup and plant milk.

### STEP 2

Add oats to the mixture and mix until well combined. Add more milk or syrup if the mixture is too dry.

### STEP 3

Press down with a fork to even out the surface.

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## TO MAKE THE CHOCOLATE LAYER

### STEP 1

Mix the coconut oil with cacao powder and maple syrup.

### STEP 2

Pour this over the oat mixture and keep in the fridge for about 50 minutes or until the top coat has become solid.

### STEP 3

Add raisins, transfer the mixture into a large baking tin with parchment paper.

### STEP 4

Cut the pieces into squares and enjoy!

## INGREDIENTS

- 3 ¼ cup oats
- 1 ½ cup peanut butter
- 4 tbsp of plant milk
- 1 cup maple syrup
- 1 cup raisins

## CHOC. LAYER

- 2 tbsp maple syrup
- 8 tbsp melted coconut oil
- 6 tbsp raw cacao powder

# SPICED COURGETTE MUFFINS

Makes 6-8 muffins | Total Time: 25 minutes



## DIRECTIONS

### STEP 1

Preheat oven to 180 degrees Celsius and generously oil a muffin tray.

### STEP 2

Coarsely grate a courgette straight into a bowl and add the egg, sugar, honey, vanilla. Whisk together.

### STEP 3

Add the flour, oats, baking powder, and spices. Stir to combine.

### STEP 4

Roughly chop the nuts and dried fruit and fold into the mixture with a spatula.

### STEP 5

Spoon mixture evenly into 6-8 muffin holders (depending on the size your tray holds) and sprinkle with oats.

### STEP 6

Bake for 12-16 minutes until they spring back when touched. Cool on a wire rack before eating. Keep in a cool, dark place.

### STUDENT SCRIMP TIP

Nuts and dried fruit tend to be cheapest at Aldi, Lidl or Home Bargains. Your cheapest options will be walnuts and dates.

### SUSTAINABLE CHOICES TIP

There's no need to use paper muffin cases here – save on the unnecessary single-use material and just oil the tin generously instead!

## INGREDIENTS

- 70ml vegetable oil
- 1 courgette (approx. 175g)
- 1 egg
- 50g sugar
- 1 tbsp honey
- ½ tsp vanilla extract
- 100g plain flour
- 50g oats (plus extra for topping)
- ½ tsp baking powder
- 1 ½ tsp of spices: your choice (we recommend 1 tsp cinnamon, with a pinch of cardamom and ginger)
- 40g nuts of your choice (we recommend walnuts)
- 75g dried fruit of your choice (we recommend raisins)

# SPINACH & CASHEW CANNELONI



## DIRECTIONS

### STEP 1

Put cashews to soak in a pan of boiling water on low heat for 15-20 minutes.

### STEP 2

While the cashews are soaking, chop the onion and start to fry in the olive oil on medium heat. Once it starts to brown, add lentils (either drained from a tin, or if using dried lentils add 3 times the quantity of boiling water as lentils and let them soften and absorb the water).

### STEP 3

Add the garlic powder, passata, bay leaf, and salt. Let simmer for 5 minutes, then remove the bay leaf and remove from heat.

### STEP 4

Drain the cashews and blend them with 200ml of water and most of the spinach.

### STEP 5

Fill cannelloni with blended cashew mix and remaining spinach leaves and lay in a baking tray.

### STEP 6

Pour tomato sauce over the cannelloni and bake for 30 minutes on 180 degrees Celsius, adding grated (vegan) cheese half way through over the top if desired.

## STUDENT SCRIMP TIP

If you can't get cannelloni, you can use lasagne sheets; just boil until only just soft enough to roll

## INGREDIENTS

- 500ml passata
- 200g fresh spinach
- 2½ tbsp garlic powder
- 2 tsp of salt
- 350g cashews
- 500g cannelloni pasta
- 2 tbsp olive oil
- 100g red lentils
- 1 bay leaf
- basil and oregano, fresh or dried
- 1 onion

# VEGAN QUICHE

Makes 4-6 servings | Total Time: 1 hour



## DIRECTIONS

### STEP 1

Preheat the oven to 180 degrees Celcius.

### STEP 2

Fry the mushrooms, red onion and garlic in a pan until the mushrooms brown. Add the leeks and then the spinach. Once all the veg has been reduced, take the pan off the heat and let it cool for 5 mins.

### STEP 3

Whilst the filling is cooling, use the food processor to reduce the tofu, adding water as necessary. Then add the spices and the yeast.

### STEP 4

Next, grease the baking tin and roll out the puff pastry to fit the tin.

### STEP 5

To assemble the quiche, combine the filling with the cream layer in a bowl then add to the tin. You can then garnish the quiche with chopped tomatoes.

### STEP 6

Put the quiche in the oven for 30-35 mins and remove when the quiche looks golden brown. Allow to cool before serving.

## INGREDIENTS

- roll of puff pastry
- 6 cherry tomatoes to garnish

## FILLING

- 200 ml olive oil
- ½ bag of fresh spinach
- 6 mushrooms (finely chopped)
- 1 leek (finely chopped)
- 1 red onion
- 1 garlic clove (finely chopped)

## CREAM LAYER

- 1 block of tofu
- 1 cup water
- 1 tbsp black salt
- 1 garlic clove
- 2 tbsp yeast

# VEGAN MOZZARELLA BALLS



## DIRECTIONS

### STEP 1

Blend cashews and 200 ml of water until smooth.

### STEP 2

Add the vinegar, garlic powder, cornflour, yeast flakes and salt and blend again.

### STEP 3

Pour into a high heat non-stick pan.  
Keep stirring until one thick lump.

### STEP 4

Use wet fingers to roll into little balls and submerge in salt water briefly (careful they will be hot).  
Allow to cool for a few minutes.

## INGREDIENTS

- 100g cashews, soaked overnight or boiled for 10 min
- 1 tbsp nutritional yeast flakes
- 1½ tsp apple cider vinegar
- 1 tsp salt
- ¼ tsp garlic powder
- 3 tbsp cornflour
- bowl filled with salt water

# VEGAN STUFFED OMELETTE

Makes 2

## DIRECTIONS

### STEP 1

Add all ingredients except pesto and tomatoes to a blender and blend until smooth.

### STEP 2

Chop tomatoes in half.

### STEP 3

Heat some oil on medium heat, pour in half the batter and spread across the pan by tilting. Allow to cook for about 5 minutes until golden on the bottom, use a spatula to lift.

### STEP 4

Add tomatoes and pesto to one side of the omelette, gently fold over in half, turn the heat down low and finish cooking for another few minutes.



## INGREDIENTS

- 175g silken tofu
- 1 tbsp light tahini
- 20g gram flour(or alt.)
- 1 tbsp arrowroot
- 2 tbsp nutritional yeast flakes
- pinch of salt (sulphur salt will add an extra eggy flavour)
- 4 tbsp oat milk
- ¼ tsp turmeric
- basil pesto
- cherry tomatoes
- olive oil

### STUDENT SCRIMP TIP

If your omelette breaks you can make it into a scramble.

# FESTIVE NUT ROAST

Serves 10



## DIRECTIONS

### STEP 1

Preheat your oven to 200 degrees Celcius (all of the below will be baked at that temperature, so make sure to stagger your times appropriately in order to save some cooking time and some energy as well!).

### STEP 2

Deseed and cube the squash.

### STEP 3

Trim & halve the Brussels sprouts.

### STEP 4

Cube all the other vegetables into bite-sized pieces.

### STEP 5

Arrange all the vegetables in a large baking tray, season and sprinkle with olive oil. Do the same with the squash in a separate tray. Bake both in the oven for 25 minutes or until golden.

### STEP 6

Score the chestnuts to allow them to expand and open in the oven, place them in a baking tray and bake for 30 minutes or until their skins open and their flesh is tender.

### STEP 7

Mix the fruit & nut mix into the stuffing mix, follow the directions on the packet, and pour boiling water over the mix. Mix well and form into small balls once cool enough to touch. Bake on a baking sheet for 20 minutes.

### STEP 8

Chop the courgettes and grate the carrots. Combine both and boil them with the lentils and some water to create a gravy substitute.

### STEP 9

Once everything is out of the oven, combine and serve with gravy on top.

## INGREDIENTS

- 2 squash
- olive oil
- 1 stalk of Brussels sprouts
- 1 cup seasoned red lentils
- 1 bag sage & onion stuffing mix
- 1 swede
- 2 yellow onions
- 4 carrots
- 2 courgettes
- ¼ cup of dried fruit and nut mix
- ½ cup raw chestnuts
- spices of your choice

## SUSTAINABLE CHOICES TIP

This recipe can be made with any variation of its ingredients. Just use what you have!



## DIARY .....



# MEALS

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# NOTES\_\_\_\_\_

[illegible]

OTHER

## OTHER

## SHOPPING LIST

[illegible]



ABERDEEN UNIVERSITY  
STUDENTS' ASSOCIATION

