

THE ULTIMATE EDITION

The Ultimate *Vegan* Recipe Book

230 plant-based recipes from Manila to Marrakech, Mumbai to Mexico City — cooked the Filipino way.

by Paolo Fernand Estrabo (ecoveganpaolo)

ecoveganpaolo-cookbook.pages.dev/links

13 CHAPTERS · 30-DAY CHALLENGE · MEAL PLANS · FREE TO SHARE

WELCOME

Cook boldly, eat brightly

If you remember one thing from this book, let it be this: plant-based food can taste like home. Not like a compromise. Like adobo on a weeknight, sisig on a sizzling plate, halo-halo on a hot afternoon — and a world of other kitchens beside them.

This is a world tour on a plate — 117 Filipino favourites like adobo, sisig, kare-kare, bicol express, bibingka and halo-halo sitting happily alongside Sicilian pasta, Punjabi curries, Thai noodles, Korean stews, Vietnamese phở, Lebanese mezze, Moroccan tagine and West African jollof. Every one of the 230 recipes is fully plant-based, uses metric measures with cup equivalents and is written to be cooked on a weeknight, not just admired.

WHY I WROTE THIS

Vegan since 2015

I wanted the dishes I grew up with to stay on the table. This book is what I have learned, so you can cook them too.

A PLANNER'S EYE

RFP since 2019

Because I work with money, I care what a meal costs. Most recipes use palengke staples, and a whole chapter is built for a tight budget.

HOW TO COOK FROM IT

Two pages, then eat

A photo, a hook and why you'll love it; then ingredients, method and approximate nutrition. Dinner, not homework.

The book is in four parts. **Why plant-based?** sets out the evidence on health, climate and animals. **The Kitchen Guide** is a set of illustrated references, from plant protein to spice blends. **Plan, shop & live** gives you a 30-day challenge, four weeks of meal plans with shopping lists, budget tips for the Philippines and advice for eating out. Then come **the recipes**, in thirteen chapters, starting with two full chapters of Filipino cooking and ending with budget palengke meals and high-protein plates.

Five habits of a great plant-based cook

Brown it well

Give tofu and mushrooms space in a hot pan and leave them alone. Colour is flavour.

Layer the umami

Soy, miso, nutritional yeast and dried mushrooms build the savoury depth meat usually brings.

Finish with acid

Calamansi, lime, lemon or a splash of cane vinegar just before serving wakes up every dish.

Press your tofu

Twenty minutes under a heavy pan gives firmer texture and crispier edges.

Save your pasta water

Its starch turns oil, coconut milk and tomato into a glossy sauce that clings to every strand.

Kain na! — Let's eat.

Paolo Fernand Estrabo

@ecoveganpaolo

ABOUT THE AUTHOR

Hi, I'm Paolo

I'm **Paolo Fernand Estrabo**, a Filipino vegan creator who shares plant-based food online as **@ecoveganpaolo**.

2015

Vegan since

More than ten years of cooking plant-based food at home, in the Philippine way.

2019

Registered Financial Planner

An RFP since 2019, so the budget pages in this book come with a planner's eye for every peso.

230

Recipes in this book

Filipino favourites first, then a tour of the world's great plant-based kitchens.

When I went vegan in 2015, I wanted the dishes I grew up with to stay on the table: adobo, sinigang, kare-kare, pancit and Lola's merienda. This book is what I have learned since then. Most of it is Filipino comfort food made without meat, fish or dairy. The rest comes from kitchens around the world that already cook brilliantly with plants.

Because I also work with money for a living, I care how much each meal costs. Most recipes in this book use palengke and supermarket staples, and a whole chapter is set aside for meals that cost very little.

> **Find more recipes and links.** https://ecoveganpaolo-cookbook.pages.dev/links/

Kain na! — Let's eat.

Paolo Fernand Estrabo

@ecoveganpaolo

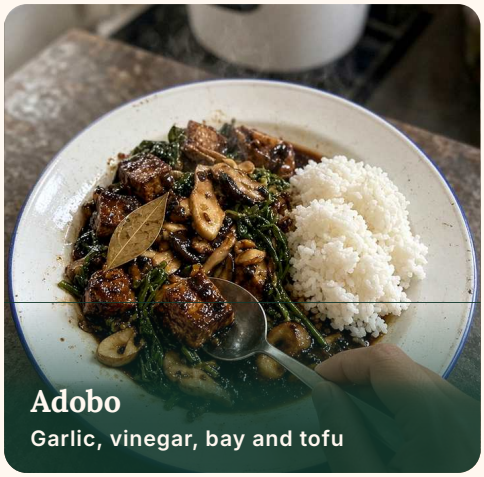
FROM MY TABLE

This is the food I wanted to keep

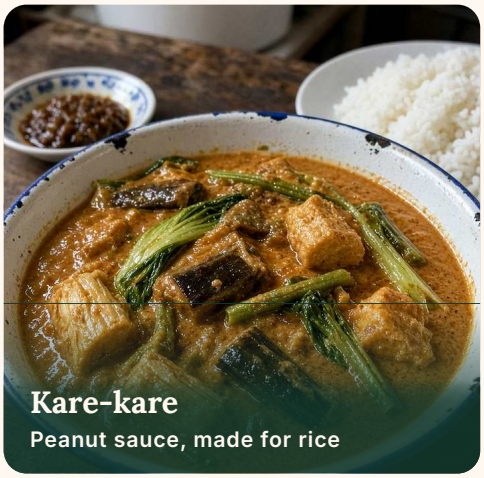
Natural, everyday photographs of the dishes that started this book — adobo, sisig, kare-kare, sinigang and halo-halo — the way they land on a real table, not a studio set.



Sizzling sisig
Mushroom and tofu, calamansi on the side



Adobo
Garlic, vinegar, bay and tofu



Kare-kare
Peanut sauce, made for rice



Sinigang
Sour broth, a rainy-day pot



Halo-halo
A tall glass of summer

FROM MY TABLE

More from the same kitchen

Second helpings — the same dishes, different light, different bowls. Cook them, snap them, and tag **@ecoveganpaolo**. I would love to see your table beside mine.



Sisig, still sizzling
The plate you bring to the table hot



Adobo, again
Better the next day



Kare-kare
A fiesta stew on a weeknight



Sinigang
Steam, sourness, vegetables



Halo-halo
Crushed ice and ube

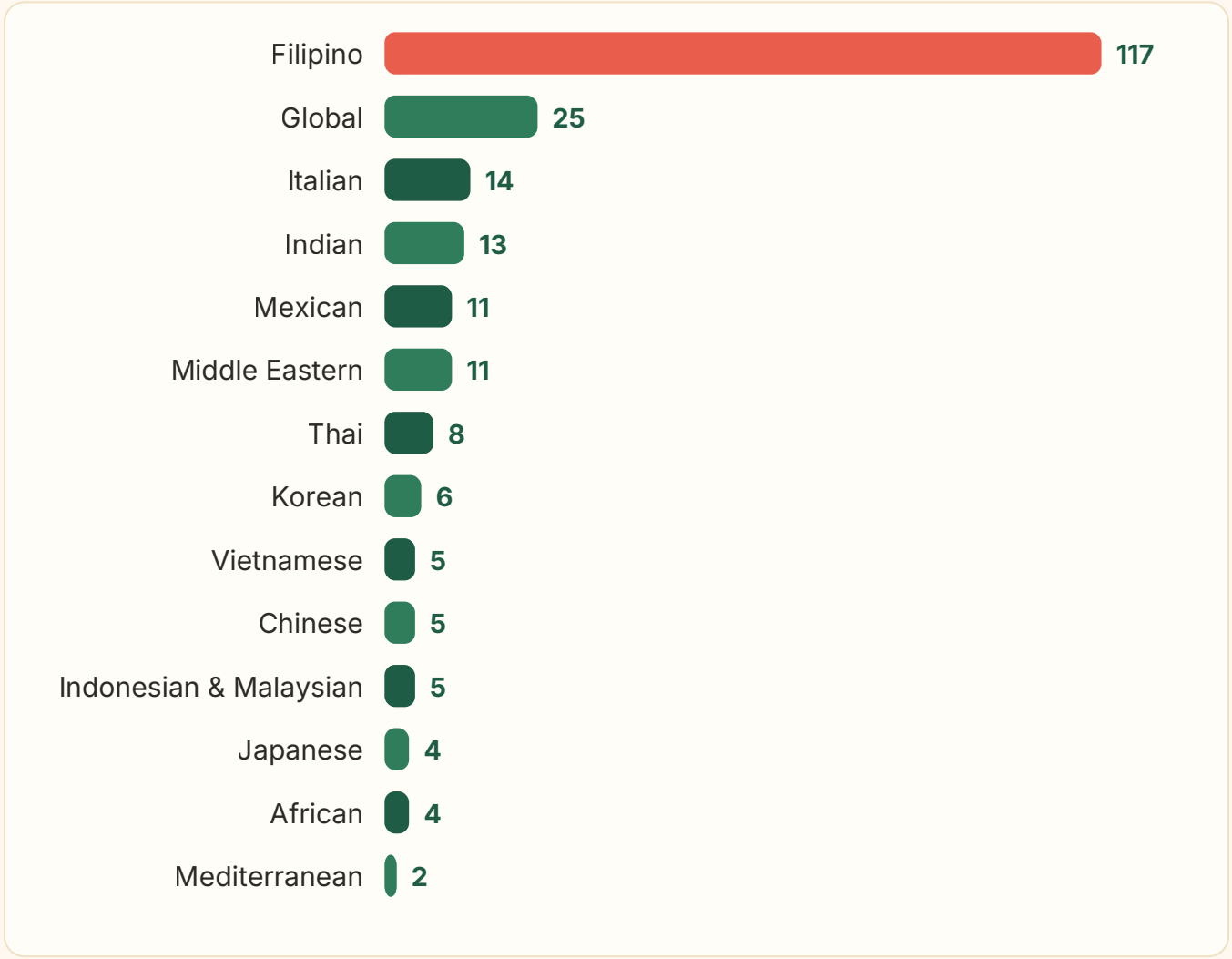


Kare-kare, another bowl
Made to be shared

AT A GLANCE

A world on your plate

230 recipes, 14 culinary traditions — with a strong Filipino heart.



Recipes by chapter

56 Filipino Ulam, Sabaw & Pancit	**36** Filipino Merienda, Kakanin & Sweets	**26** Asian Kitchen	**14** Italian	**11** Mexican
16 Middle Eastern & African	**13** Indian	**10** Breakfast	**6** Snacks	**9** Desserts & Drinks
13 Sauces & Basics	**10** Budget Palengke Meals	**10** High-Protein Plates		

Two pages per recipe

A photo page with timings and a cook's tip, then ingredients, method and approximate nutrition per serving.

Metric + cups

Weights and volumes in metric, with US cup equivalents (1 cup = 240 ml) underneath. 1 tbsp = 15 ml, 1 tsp = 5 ml.

Page links

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PART ONE

Why Plant-Based?

The evidence, the inspiration — and why it matters.

Three reasons, one plate

Health, planet and animals — the case for eating more plants, in a nutshell.

Your health

The world's largest body of nutrition professionals says well-planned vegan diets are healthful and nutritionally adequate for every stage of life.

400 g+

fruit and vegetables a day — the WHO's minimum, made easy when plants fill your plate

The planet

Food produces about a third of human-made greenhouse gases. What we eat is one of the biggest levers any of us holds.

−49%

food-related emissions if diets moved away from animal products (Poore & Nemecek, 2018)

The animals

Science increasingly recognises that mammals, birds and many other animals have conscious experiences — they can feel pain and pleasure.

80 bn+

land animals slaughtered for food each year worldwide (FAOSTAT)

You don't need to be perfect to make a difference, and you don't need to give up the food you love. This book is built on a simple idea: **when plant-based food is genuinely delicious, choosing it becomes easy.** Every recipe here — from adobo and kare-kare to phở, biryani and churros — is fully vegan and made to be cooked on a busy weeknight in a Philippine kitchen.

Over the next few pages you'll find the evidence, presented as fairly as we can: what the research says about health, climate and animals, the most common myths, and simple first steps. Every figure is referenced on page 546.

83%

of the world's farmland is used for meat, aquaculture, eggs and dairy...

Poore & Nemecek, Science, 2018

18%

...yet these foods supply just 18% of our calories and 37% of our protein.

Poore & Nemecek, Science, 2018

½

of the Pinggang Pinoy plate is vegetables and fruit — plants first is already Filipino nutrition advice.

FNRI-DOST



Eat food.
Not too much.
Mostly plants.

MICHAEL POLLAN

In Defense of Food, 2008

Good for you — when it's well planned

What the leading nutrition and health organisations actually say.

> *"Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle."*
>
> ACADEMY OF NUTRITION AND DIETETICS, POSITION PAPER, 2016

1. **More of the foods health bodies recommend.** The World Health Organization advises at least 400 g of fruit and vegetables a day, plus legumes, nuts and whole grains. A plant-based plate makes these the default rather than the side dish. WHO Healthy diet fact sheet

2. **Fibre comes only from plants.** A large review commissioned by the WHO found that people eating 25–29 g of fibre a day had lower rates of heart disease, stroke, type 2 diabetes and bowel cancer than those eating little. Beans, monggo, whole grains, vegetables and fruit are the best sources. Reynolds et al., The Lancet, 2019

3. **Less processed meat.** The WHO's cancer agency classifies processed meat (such as ham, hotdogs, longganisa and tocino) as carcinogenic to humans and red meat as probably carcinogenic. Each 50 g of processed meat eaten daily was linked to an approximately 18% higher risk of bowel cancer. IARC, 2015

4. **It fits Filipino dietary guidance.** The FNRI's Pinggang Pinoy fills half the plate with vegetables and fruit, a third with rice or other energy foods, and the rest with protein foods — which can come from tofu, monggo, beans and peanuts. FNRI-DOST

5. **Plan, don't panic.** A few nutrients need attention: take vitamin B12 (supplement or fortified foods), and think about vitamin D, iodine, omega-3, iron and calcium. The guide on page 31 shows where to find them. NHS; The Vegan Society

Please note. This book offers general information, not medical advice. If you are pregnant or breastfeeding, feeding babies or young children, managing a health condition or taking medication, talk to your doctor or a registered nutritionist-dietitian (RND) before making big changes to your diet.

B12, protein & iron: the essentials

A varied vegan diet can be healthy at every stage of life (Academy of Nutrition and Dietetics, 2016). Three nutrients deserve your attention. Here is what you need and where to get it.

B12

The one to supplement

Adults need about **2.4 µg a day**. B12 is made by bacteria, not plants, so every vegan needs a reliable source: fortified plant milks, cereals or nutritional yeast two to three times a day; **or** a daily supplement of at least 10 µg; **or** 2,000 µg once a week. Ask your doctor to check your levels now and then.

NIH Office of Dietary Supplements; The Vegan Society

Protein

Easy with legumes

The baseline for adults is about **0.8 g per kg of body weight a day**, roughly 48 g for a 60 kg adult. Build each meal around tofu, tempeh, monggo, lentils, chickpeas, beans, peanuts or seitan, plus whole grains. You don't need to combine proteins at every meal. Variety across the day is enough. See the high-protein chapter on page 518.

WHO/FAO/UNU, 2007; Melina, Craig & Levin, J Acad Nutr Diet, 2016

Iron

Pair it with calamansi

The recommended intake is **8 mg a day for men** and **18 mg for women aged 19–50**. Plant (non-haem) iron is absorbed less well, so vegetarians may need up to **1.8 times** as much. Eat monggo, lentils, tofu, chickpeas, malunggay, kangkong and pumpkin seeds with vitamin C from calamansi, tomato or bell pepper. Drink coffee and tea between meals rather than with them.

NIH Office of Dietary Supplements, Iron fact sheet

Also worth knowing

Calcium

Calcium-set tofu, fortified plant milks, malunggay, pechay and sesame.

Omega-3

Ground flax, chia and walnuts give you ALA. An algae-based DHA/EPA supplement is an option.

Iodine & vitamin D

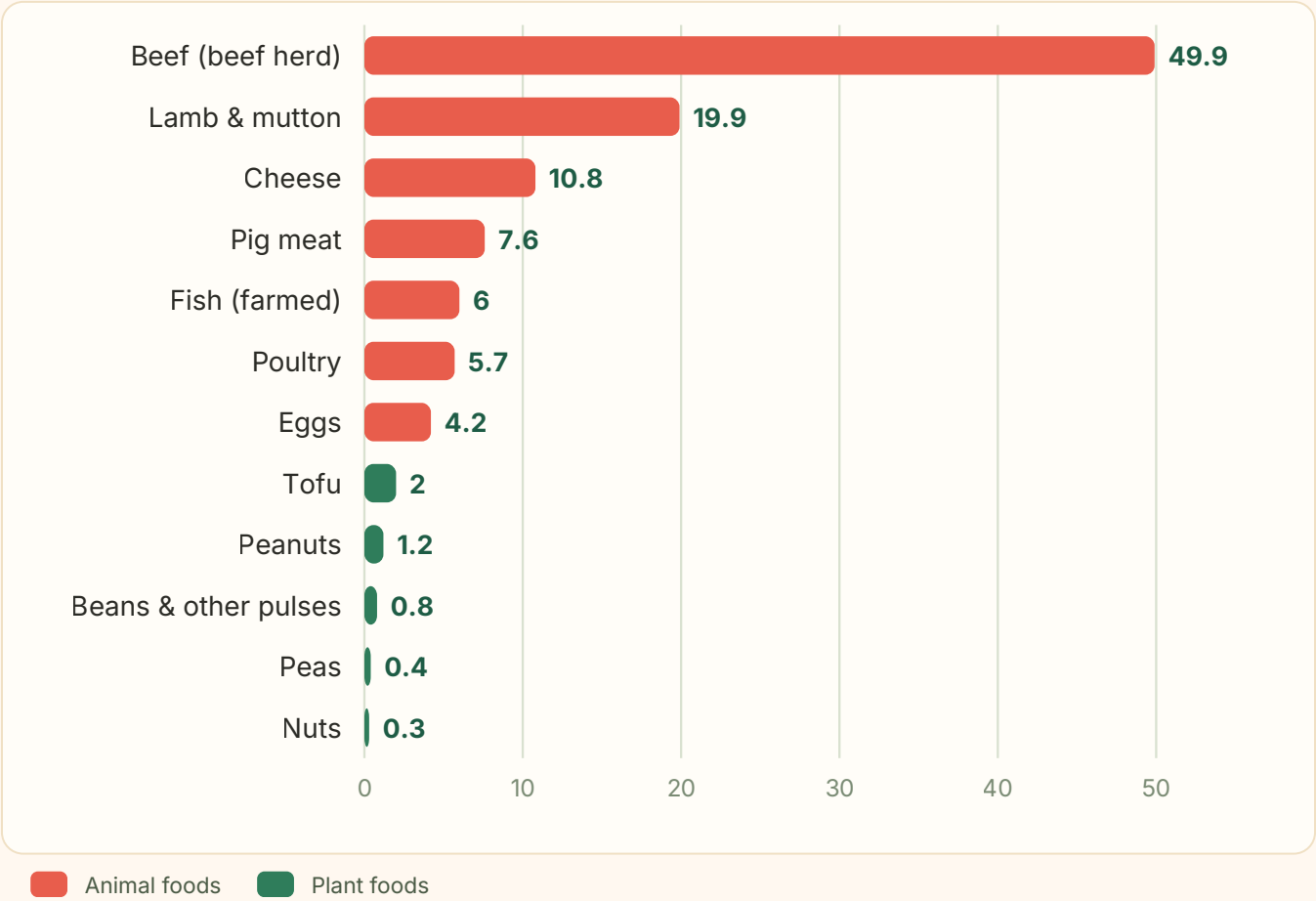
Cook with iodised salt; the Philippine ASIN Law (RA 8172) requires salt to be iodised. Get midday sun, or supplement if your levels are low.

A plate that covers it. Fill half the plate with vegetables and fruit, a quarter with legumes, tofu or tempeh, and a quarter with rice or other grains. Add a fortified food or a B12 supplement and you have the basics covered.

General information only, not medical advice. Please speak to a doctor or registered nutritionist-dietitian about your own needs, especially if you are pregnant, breastfeeding, feeding children or managing a medical condition. Nutrition figures on each recipe are approximate estimates calculated from standard food-composition values.

The climate on your plate

Greenhouse gas emissions per 100 g of protein. Even the lowest-impact animal proteins generally emit more than plant proteins.



~⅓

of all human-caused greenhouse gas emissions come from the global food system.

Crippa et al., Nature Food, 2021

14.5%

of human-caused emissions come from livestock supply chains alone.

FAO, 2013

25×

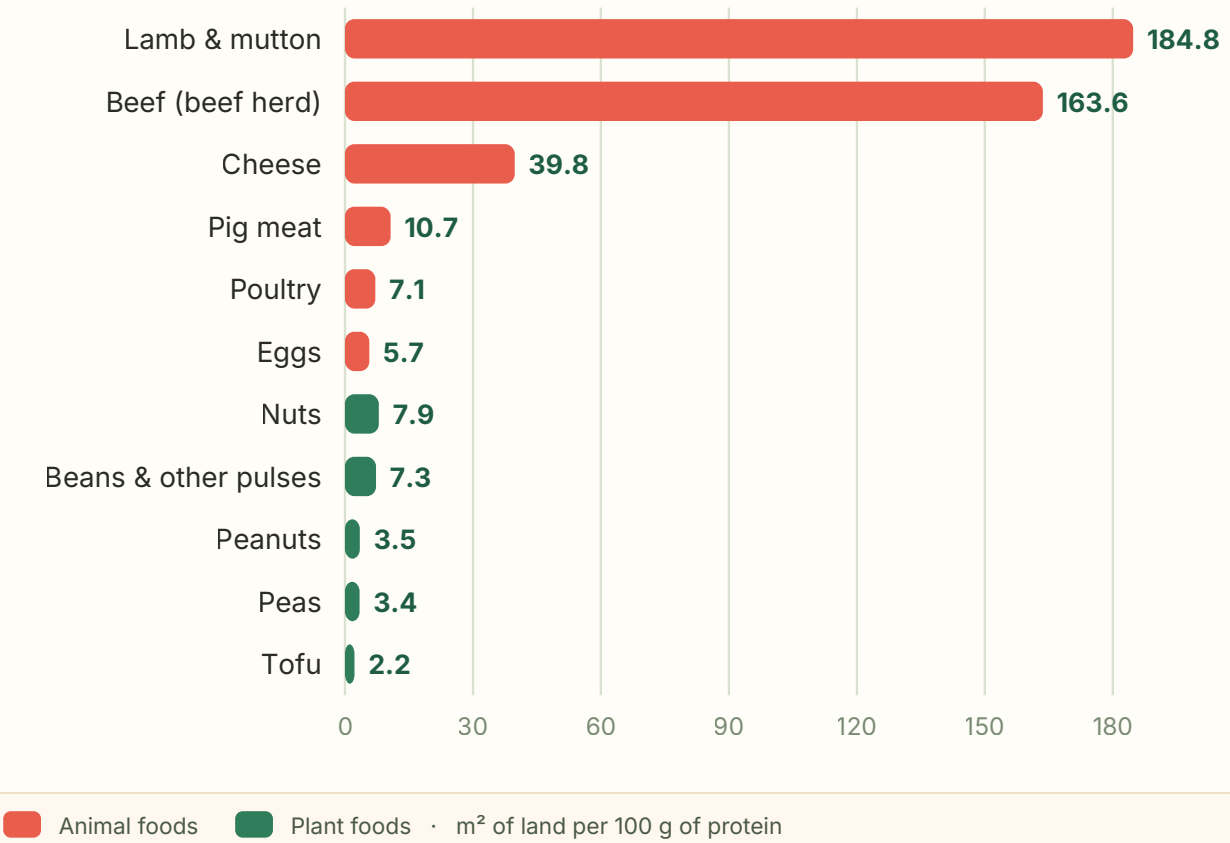
Beef from beef herds emits about 25 times more per gram of protein than tofu, on average.

Poore & Nemecek, 2018

Chart: average greenhouse gas emissions in kg CO_2-equivalents per 100 g of protein, across the whole supply chain (land use change, farm, processing, transport, packaging, retail). Global means from 38,700 farms in 119 countries. Data: Poore & Nemecek (2018), Science, via Our World in Data. Individual products vary widely.

Land, forests and wildlife

How much land it takes to produce 100 g of protein. Less land for food means more room for nature.



What if we all ate plant-based?

The largest analysis of food systems to date estimated that moving from current diets to diets without animal products could cut food's land use by 76% — an area the size of the USA, China, the EU and Australia combined — and food's greenhouse gas emissions by 49%.

Poore & Nemecek, Science, 2018

The IPCC agrees

"Balanced diets, featuring plant-based foods, such as those based on coarse grains, legumes, fruits and vegetables, nuts and seeds... present major opportunities for adaptation and mitigation."

IPCC Special Report on Climate Change and Land, 2019

Room for nature

Changes in land and sea use — above all, the expansion of farming — are the biggest direct driver of biodiversity loss worldwide. Food that needs less land leaves more room for forests, wildlife and the people who depend on them.

IPBES Global Assessment, 2019

Kindness you can taste

Choosing plants is one of the simplest ways to reduce harm to animals — and it brings some surprising public health benefits too.

80 bn+

land animals are slaughtered for food worldwide every year — most of them chickens.

FAOSTAT via Our World in Data

73%

of all antimicrobials sold worldwide are used in animals raised for food.

Van Boeckel et al., Science, 2019

~75%

of emerging infectious diseases in people come from animals.

UNEP, 2020

1. **Animals feel.** In 2012 a group of leading neuroscientists signed the Cambridge Declaration on Consciousness, stating that mammals, birds and many other animals possess the neurological substrates for conscious experience. The 2024 New York Declaration on Animal Consciousness went further, saying there is strong scientific support for consciousness in mammals and birds and at least a realistic possibility in all vertebrates — fish included — and many invertebrates. Low et al., 2012; NYU, 2024

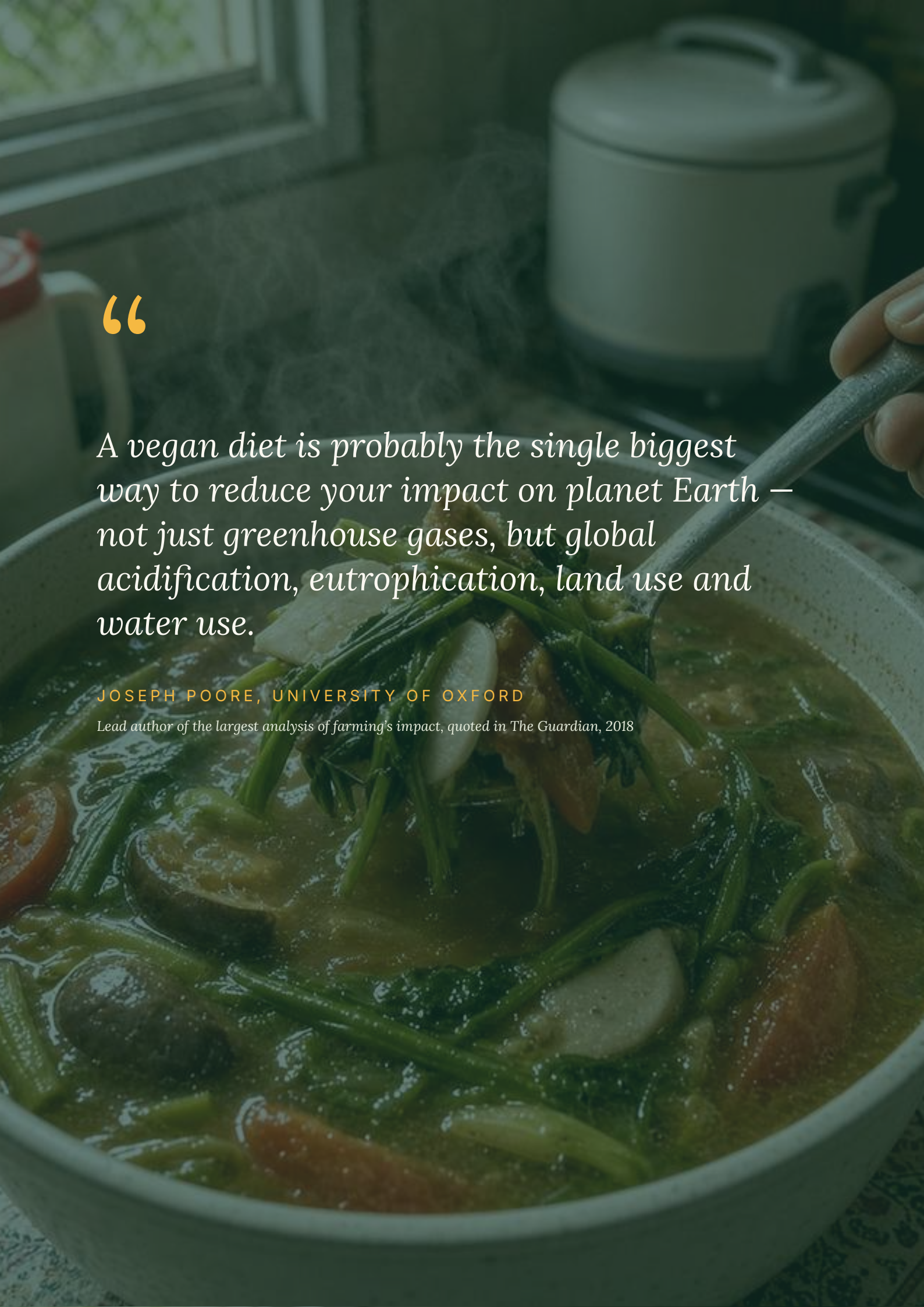
2. **The numbers are vast.** Beyond land animals, estimates of wild-caught fish run from hundreds of billions to over a trillion individuals a year. Choosing plants, even some of the time, spares real animals. fishcount.org.uk

3. **Antibiotics are precious.** Heavy use of antimicrobials in livestock farming contributes to drug resistance, which the WHO ranks among the top global public health threats. Van Boeckel et al., 2019; WHO

4. **Healthier links with nature.** The UN Environment Programme names rising demand for animal protein and intensive farming among the drivers of diseases jumping from animals to people. UNEP & ILRI, 2020

Compassion, Filipino-style

Malasakit — genuine care for others — sits at the heart of Filipino culture. Extending that care to animals can start with something as simple, and as delicious, as tonight's dinner.



A vegan diet is probably the single biggest way to reduce your impact on planet Earth — not just greenhouse gases, but global acidification, eutrophication, land use and water use.

JOSEPH POORE, UNIVERSITY OF OXFORD

Lead author of the largest analysis of farming's impact, quoted in The Guardian, 2018

Myth vs fact

Eight things people often say about plant-based eating — and what the evidence shows.

MYTH

"You can't get enough protein without meat."

FACT

Tofu, tempeh, monggo, lentils, chickpeas, beans, peanuts, seeds and whole grains are all good protein sources. Eating a variety over the day provides all the essential amino acids — no need to combine at every meal. See page 29.

Source: Academy of Nutrition and Dietetics, 2016

MYTH

"Vegan food is expensive."

FACT

Specialty mock meats can be pricey, but the backbone of plant-based eating — rice, monggo, tokwa, peanuts, kangkong, kalabasa, saba and seasonal fruit — is among the cheapest food in any palengke. See the budget guide on page 61.

Source: Market observation; FNRI food guides

MYTH

"Without dairy, your bones will suffer."

FACT

Calcium is found in calcium-set tofu, fortified plant milks and yoghurts, pechay, malunggay, broccoli, tahini and almonds. Vitamin D, exercise and enough protein matter for bones too.

Source: NHS; Academy of Nutrition and Dietetics, 2016

MYTH

"Soy is bad for you."

FACT

Soy foods have been eaten safely across Asia for centuries. Reviews of the research find traditional soy foods such as tofu, taho and soy milk to be nutritious and safe as part of a varied diet, and a good source of protein.

Source: Messina, Nutrients, 2016

Myth vs fact, continued

MYTH

"Filipino food can't be vegan."

FACT

Many classics already centre on vegetables and coconut — ginataang gulay, laing, monggo, ensaladang talong, turon, biko, maja. Swap patis and bagoong for plant versions and almost anything is possible, as the Filipino recipes in this book show.

Source: This book!

MYTH

"Plant-based meals leave you hungry."

FACT

Beans, lentils, whole grains and vegetables are rich in fibre and protein, both of which help you feel full. Add healthy fats from coconut, peanuts or avocado and you'll be satisfied for hours.

Source: Reynolds et al., The Lancet, 2019

MYTH

"Vegans are always deficient in something."

FACT

Well-planned vegan diets are nutritionally adequate. The one nutrient you must supplement or get from fortified foods is vitamin B12 — made by bacteria, not animals. Others (vitamin D, iodine, omega-3) deserve attention, as for everyone.

Source: NHS; The Vegan Society

MYTH

"One person can't make a difference."

FACT

Food is one of the biggest parts of an individual's environmental footprint, and every meal is a choice. Your cooking also inspires family and friends — habits spread.

Source: Poore & Nemecek, Science, 2018

WHY PLANT-BASED?

Start where you are

There is no single right way to begin. Pick the step that feels easy, then climb when you're ready.

Meat-free Monday

One plant-based day a week. Start with a favourite, like adobo or

Plants before dinner

Plant-based breakfasts and lunches; dinner as usual.

Weekday vegan

Fully plant-based Monday to Friday, flexible at weekends.

Fully plant-based

Every meal, every day — with B12 sorted.

Six easy first steps

Swap the milk

Soy or oat milk in coffee and cereal — most people stop noticing within a week.

Sort breakfast

Champorado, overnight oats, taho or silog-style tofu.

Learn three dinners

Pick three recipes you love and rotate them.

Stock the pantry

Coconut milk, tofu, monggo, chickpeas, soy sauce, miso (page 26).

Keep a 'patis'

A jar of vegan patis (page 471) unlocks Filipino flavour.

Take B12

A simple supplement or fortified foods — non-negotiable.

Ready for more? The 30-day challenge on page 51 and the four weekly meal plans starting on page 53 take you from first steps to fully plant-based, one delicious day at a time.



PART TWO

The Kitchen Guide

Everything you need before you cook.

KITCHEN GUIDE

The vegan pantry

Keep these staples on hand and you're never more than half an hour from a great plant-based meal. Most are easy to find in Philippine supermarkets, palengke stalls or Asian and health-food grocers.

Savoury depth

- Soy sauce (or tamari for gluten-free)
- White miso paste
- Nutritional yeast
- Dried porcini & shiitake
- Vegetable stock cubes or powder

Acids & brightness

- Cane vinegar (sukang iloko / maasim)
- Calamansi & limes
- Lemons
- Tamarind paste
- Apple cider vinegar

Fats & creaminess

- Coconut milk (tins)
- Raw cashews
- Good olive oil
- Neutral oil (canola, sunflower, rice bran)
- Vegan butter & mayonnaise

Proteins

- Firm, extra-firm & silken tofu
- Tinned chickpeas & black beans
- Red split lentils
- Roasted peanuts
- Oyster & king oyster mushrooms

Spices

- Cumin (seeds & ground)
- Turmeric & smoked paprika
- Kashmiri chilli & chilli flakes
- Garam or chana masala
- Kala namak (black salt)

Grains & starches

- Jasmine & basmati rice
- Arborio or carnaroli rice
- Dried pasta (spaghetti, rigatoni)
- Flat rice noodles
- Lumpia wrappers & corn tortillas

Check the label. A few everyday products can hide animal ingredients: some naan and pandesal (milk, butter), lumpia wrappers and fresh noodles (egg), curry pastes and sinigang mixes (shrimp), sugar refined with bone char, wine fined with animal products, and biscuits or sponge fingers (egg, butter, honey). Look for "vegan" or check the ingredients list.

Measurements. 1 tbsp = 15 ml, 1 tsp = 5 ml, 1 cup = 240 ml. Oven temperatures are for conventional ovens; reduce by 20 °C for fan ovens.

KITCHEN GUIDE

Pantry staples at a glance

Sixteen jars and bottles that cover almost every recipe in this book — plus what to keep in the fridge, freezer and fruit basket.



Fridge

- Tofu (silken, firm)
- Miso
- Fresh herbs
- Calamansi & limes
- Plant milk (opened)
- Vegan butter

Freezer

- Frozen peas & edamame
- Frozen mango & banana
- Grated ube
- Cooked rice & beans
- Pesto & stock

Fruit bowl & basket

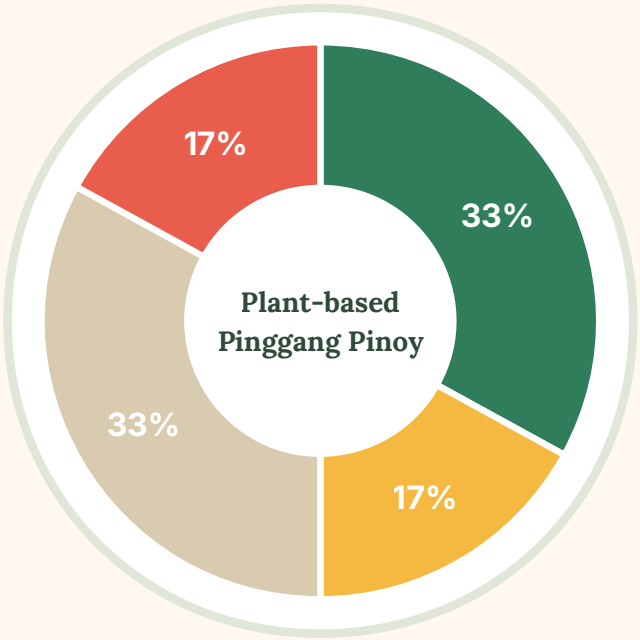
- Garlic & onions
- Shallots & ginger
- Bananas (saba)
- Tomatoes
- Kamote & potatoes

Storage tips. Keep dried beans, grains and flours in airtight jars away from heat and humidity — in a tropical kitchen, nuts, seeds and flour last longer in the fridge.

KITCHEN GUIDE

The plant-based plate

A Filipino plate model, made fully plant-based. Use it as a quick check when you serve up.



Vegetables
Kangkong, pechay, malunggay, sitaw, talong, ampalaya, kalabasa — as many colours as you can.

Fruit
Saba, mango, papaya, calamansi, pineapple — whole fruit over juice.

Rice & whole grains
Rice (try mixing in brown or red rice), oats, noodles, bread, kamote, gabi.

Plant protein
Tofu, tokwa, monggo, beans, lentils, chickpeas, peanuts, seeds.

Add a little fat

A spoon of coconut milk, peanuts or oil helps you absorb vitamins A, D, E and K from vegetables.

Drink water

Water first; save sweet drinks like sago't gulaman for treats.

Don't forget B12

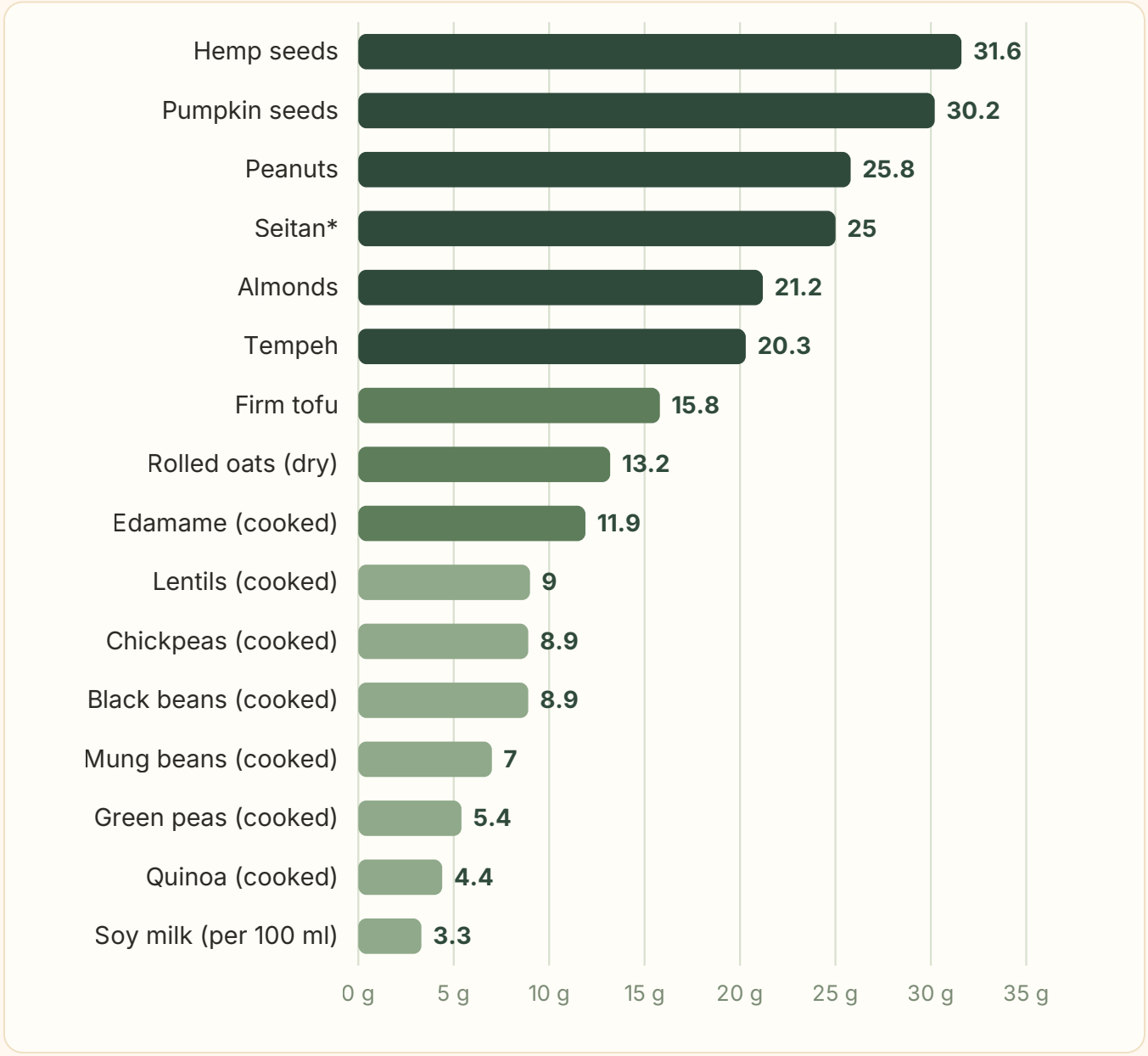
Pair this plate with a B12 supplement or fortified foods every day.

Proportions adapted from the FNRI-DOST Pinggang Pinoy guide for adults, with the protein section filled entirely from plant foods. A visual guide only; individual needs vary.

KITCHEN GUIDE

Where plant protein comes from

A quick visual of everyday plant foods and how much protein they bring to the table, per 100 g.



Mix it up

Eating a variety of legumes, grains, nuts and seeds over the day covers all the essential amino acids — there's no need to combine them at every meal.

Easy wins

Add a handful of edamame to noodles, a spoonful of hemp seeds to oats, or a tin of chickpeas to any curry or soup.

In this book

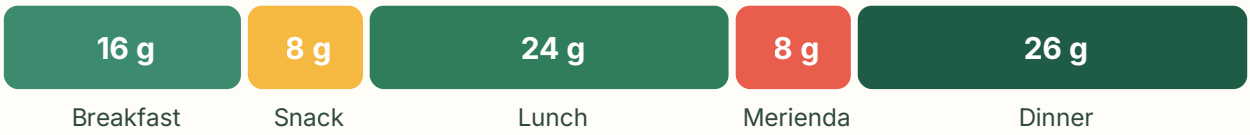
Tofu, lentils, chickpeas and beans star in many of the recipes — look for them in every chapter.

Approximate grams of protein per 100 g of food (cooked weight where shown). Values vary by brand, variety and preparation. Source: USDA FoodData Central. *Seitan varies widely by recipe and brand.

KITCHEN GUIDE

A day of plant protein

An ordinary day of eating from this book — no powders, no mock meat — adds up to plenty of protein.



MEAL	WHAT'S ON THE PLATE	PROTEIN
Breakfast	Ube & mango overnight oats with soy milk and chia (page 420)	**≈ 16 g**
Snack	Handful (30 g) of roasted peanuts	**≈ 8 g**
Lunch	Ginisang monggo with tofu and rice (page 87)	**≈ 24 g**
Merienda	Glass of soy milk (250 ml) + a banana	**≈ 8 g**
Dinner	Vegan adobo with crispy tofu, kangkong and rice (page 67)	**≈ 26 g**
Total	Comfortably above the general adult reference of about 0.8 g per kg of body weight (≈ 56 g for a 70 kg adult)	**≈ 82 g**

Spread it out

Include a protein food at every meal — tofu, beans, monggo, peanuts or soy milk.

Active or older?

Athletes and older adults may need more. A registered nutritionist-dietitian can advise.

Soy is a star

Tofu, taho and soy milk are complete proteins and naturally low in saturated fat.

Protein values are rounded estimates for the portions described, based on USDA FoodData Central values for the main ingredients; actual amounts vary with brands and portion sizes.

KITCHEN GUIDE

Key nutrients & where to find them

A well-planned plant-based diet is built on variety. Here's where to find the nutrients people most often ask about.

B12

Vitamin B12

Find it in: Fortified plant milks, cereals and nutritional yeast; a B12 supplement

Unfortified plant foods aren't a reliable source, so health bodies such as the NHS and The Vegan Society recommend fortified foods and/or a supplement.

Fe

Iron

Find it in: Lentils, chickpeas, tofu, tempeh, pumpkin seeds, malunggay, kangkong, spinach, fortified cereals

Pair with vitamin C (calamansi, tomato, peppers) to help absorption; leave tea and coffee for between meals.

Ca

Calcium

Find it in: Calcium-set tofu, fortified plant milks and yoghurts, pechay/bok choy, kale, broccoli, tahini, almonds

Check the tofu label for 'calcium sulfate' or 'calcium chloride'.

Ω3

Omega-3 (ALA)

Find it in: Ground flaxseed, chia, hemp seeds, walnuts

Algae-based supplements provide the longer-chain EPA and DHA.

I

Iodine

Find it in: Iodised salt; seaweed

Iodine in seaweed varies enormously — enjoy it, but in moderation.

D

Vitamin D

Find it in: Sunlight, fortified foods, supplements

Especially worth considering if you spend most of your time indoors.

Zn

Zinc

Find it in: Beans, lentils, tofu, whole grains, oats, nuts and seeds

Soaking, sprouting and fermenting help the body use it.

Pr

Protein

Find it in: Tofu, tempeh, legumes, seitan, nuts, seeds, whole grains

See the protein chart on page [[g-protein]].

Good to know. This page is general food information, not medical advice. If you have specific dietary needs, are pregnant, or are planning changes for children, speak to a doctor or registered dietitian.

KITCHEN GUIDE

Plant-based swaps

Your cheat sheet for converting family favourites. Most swaps are one-for-one; taste and adjust as you go.

INSTEAD OF…		TRY…	GREAT FOR
Egg (for binding)	→	1 flax egg: 1 tbsp ground flaxseed + 3 tbsp water, rested 10 min	*Pancakes, cakes, patties*
Egg (scrambled)	→	Firm tofu + turmeric + kala namak	*Silog, breakfast plates*
Egg whites (whipped)	→	Aquafaba: 3 tbsp tin chickpea liquid ≈ 1 white	*Meringue, mousse*
Milk	→	Soy, oat, coconut or almond milk	*Baking, sauces, coffee*
Buttermilk	→	240 ml plant milk + 1 tbsp vinegar or lemon juice	*Pancakes, cakes*
Butter	→	Vegan block butter, coconut oil or olive oil	*Baking, finishing risotto*
Cream	→	Cashew cream (page [[cashewcream]]) or coconut cream	*Pasta, soups, desserts*
Condensed milk	→	Coconut or oat condensed milk	*Mango float, leche-style desserts*
Parmesan	→	Nutritional yeast + ground cashews + salt	*Pasta, pesto*
Ricotta	→	Crumbled firm tofu + lemon + salt	*Pasta alla Norma, lasagne*
Fish sauce / patis	→	Vegan ‘patis’ (page [[patis]]) or soy + seaweed	*Dips, soups, salads*
Bagoong (shrimp paste)	→	Miso + sugar + vinegar, or fermented black beans	*Kare-kare, green mango*
Oyster sauce	→	Mushroom ‘oyster’ sauce	*Pancit, stir-fries*
Minced meat	→	Lentils, finely chopped mushrooms or TVP	*Bolognese, tacos, picadillo*
Chicken / pork pieces	→	Fried tofu, king oyster mushrooms, jackfruit	*Adobo, sisig, curries*
Gelatine	→	Agar-agar (gulaman)	*Jellies, panna cotta*
Honey	→	Maple syrup, coconut nectar or muscovado syrup	*Dressings, baking*
Chicken stock	→	Vegetable or mushroom stock	*Soups, risotto*

KITCHEN GUIDE

The big substitution chart: baking & desserts

Ratios for converting sweet recipes and bakes. Pair with the everyday swaps on page 32.

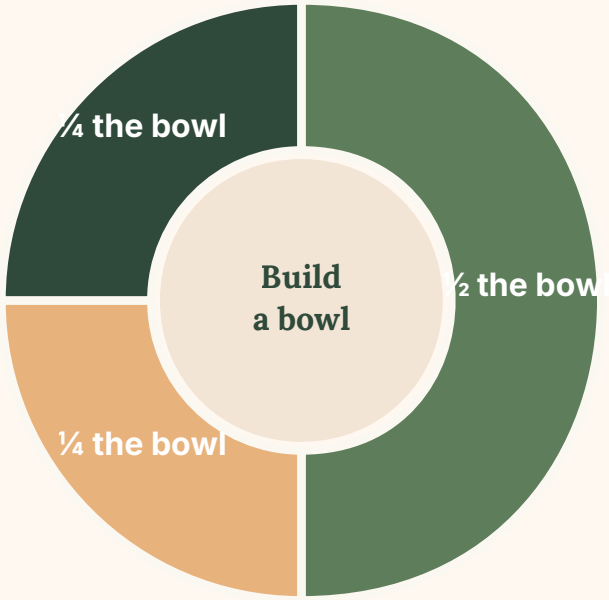
INSTEAD OF…		USE…	BEST FOR
1 egg — binding	→	1 tbsp ground flaxseed + 3 tbsp water, rested 10 min	*Pancakes, cookies, patties, brownies*
1 egg — binding	→	1 tbsp chia seeds + 3 tbsp water, rested 10 min	*Muffins, quick breads*
1 egg — moisture	→	60 g mashed ripe banana or apple purée	*Banana bread, cakes (adds sweetness)*
1 egg — dense bakes	→	60 g silken tofu, blended	*Brownies, cheesecake, quiche-style bakes*
1 egg white — whipping	→	2 tbsp aquafaba (tinned chickpea liquid)	*Meringues, mousse, macarons*
Eggs — lift	→	1 tsp bicarbonate of soda + 1 tbsp vinegar per 2 eggs	*Chocolate cake, sponges*
100 g butter	→	100 g vegan block butter, or 80 g coconut oil	*Pastry, biscuits, cakes*
240 ml milk	→	240 ml soy, oat or coconut drink	*All baking*
240 ml buttermilk	→	240 ml soy milk + 1 tbsp lemon juice or vinegar	*Pancakes, soda bread*
397 g condensed milk	→	400 ml coconut milk + 80 g sugar, simmered 30–40 min to ~250 ml	*Leche-style desserts, mango float*
400 ml evaporated milk	→	800 ml soy milk simmered until halved	*Custards, sauces*
Double cream	→	Chilled coconut cream, whipped	*Toppings, mousse*
Cream cheese	→	Soaked cashews + lemon + salt, blended	*Frosting, cheesecake*
Gelatine (to set 500 ml)	→	1½–2 tsp agar powder, boiled for 2 minutes	*Panna cotta, jelly, buko pandan*
Honey	→	Maple syrup, coconut nectar or muscovado syrup, 1:1	*Dressings, glazes, baking*

> **Rule of thumb.** Replace no more than two or three eggs in a recipe — beyond that, choose a recipe designed to be egg-free, like the chocolate cake on page 452.

KITCHEN GUIDE

The everyday bowl formula

A simple, flexible way to put together a satisfying plant-based meal from whatever is in the fridge.



- **Vegetables & greens**
  Kangkong, pechay, aubergine, squash, beans, cabbage, carrots, tomatoes, herbs — raw, roasted or stir-fried.
- **Whole grains or starch**
  Rice (white, brown or red), noodles, pasta, bulgur, quinoa, sweet potato (kamote) or bread.
- **Plant protein**
  Crispy tofu, chickpeas, lentils, black beans, edamame, mushrooms with beans, or tempeh.
- **+ Sauce**
  Tahini, peanut, gochujang, adobo glaze, coconut curry or cashew cream.
- **+ Crunch**
  Toasted nuts or seeds, fried shallots or garlic, pickled atchara.
- **+ Acid**
  A squeeze of calamansi, lime or lemon, or a splash of cane vinegar.

> **Try it tonight:** brown rice + roasted kalabasa and pechay + crispy tofu from the adobo (page [[adobo]]) + peanut sauce + toasted sesame + calamansi.

KITCHEN GUIDE

A guide to tofu

From wobbly silken to crisp tokwa — choosing the right tofu is half the battle.

Silken	Soft	Firm	Extra-firm	Tokwa

SOFTEST FIRMEST

TYPE	TEXTURE	BEST FOR	PREP
Silken	Custard-soft, high moisture	Smoothies, desserts, dressings, shakshuka ‘eggs’, taho	Don’t press — just drain
Soft	Delicate, slightly firmer	Soups (miso, sinigang), mapo-style dishes	Handle gently; cube in the pack
Firm	Holds shape, spongy	Scrambles, curries, adobo, ‘ricotta’	Press 15–20 minutes
Extra-firm	Dense and meaty	Frying, grilling, sisig, stir-fries	Press 20–30 minutes
Tokwa	Filipino-style firm, pressed tofu	Tokwa’t baboy-style dishes, sisig, deep-frying	Pat dry; fry until crisp
Tofu puffs / tau pok	Pre-fried, hollow and airy	Soups, curries, noodle dishes	Add near the end to soak up sauce

How to press tofu

1. Wrap the block in a clean tea towel or kitchen paper.
2. Set on a plate and weigh down with a heavy pan or a few tins.
3. Leave 15–30 minutes, depending on the tofu, then cut.
4. For extra-crisp results, toss in cornflour before frying.

Storing & freezing

Once opened, keep tofu covered in fresh water in the fridge and change the water daily; use within 3–4 days. Freezing firm tofu, then thawing, gives a chewier, more absorbent texture — brilliant for adobo and stir-fries.

KITCHEN GUIDE

Umami: building savoury depth

Umami is the rich, savoury taste of glutamates — and plants are full of it. These are the flavour builders behind this book.

Soy sauce & tamari
Salty, deep, brewed
Try it in: Adobo, pancit, dipping sauces

Miso
Fermented soybean paste
Try it in: Ramen, dressings, ‘bagoong’, gravies

Dried shiitake
Concentrated mushroom savour
Try it in: Stocks, phở, palabok

Seaweed
Kombu, nori, wakame
Try it in: Vegan patis, dashi, soups

Nutritional yeast
Cheesy, nutty flakes
Try it in: Pasta, scrambles, ‘parmesan’

Tomato purée
Caramelised glutamates
Try it in: Kaldereta, jollof, sauces

Fermented black beans
Funky, salty pungency
Try it in: Bagoong swaps, stir-fries

Gochujang & doenjang
Korean ferments
Try it in: Tteokbokki, jjigae, marinades

Toasted sesame & peanuts
Roasty richness
Try it in: Kare-kare, japchae, satay

Caramelised onion & garlic
Slow-cooked sweetness
Try it in: Mujadara, sofrito, crispy garlic

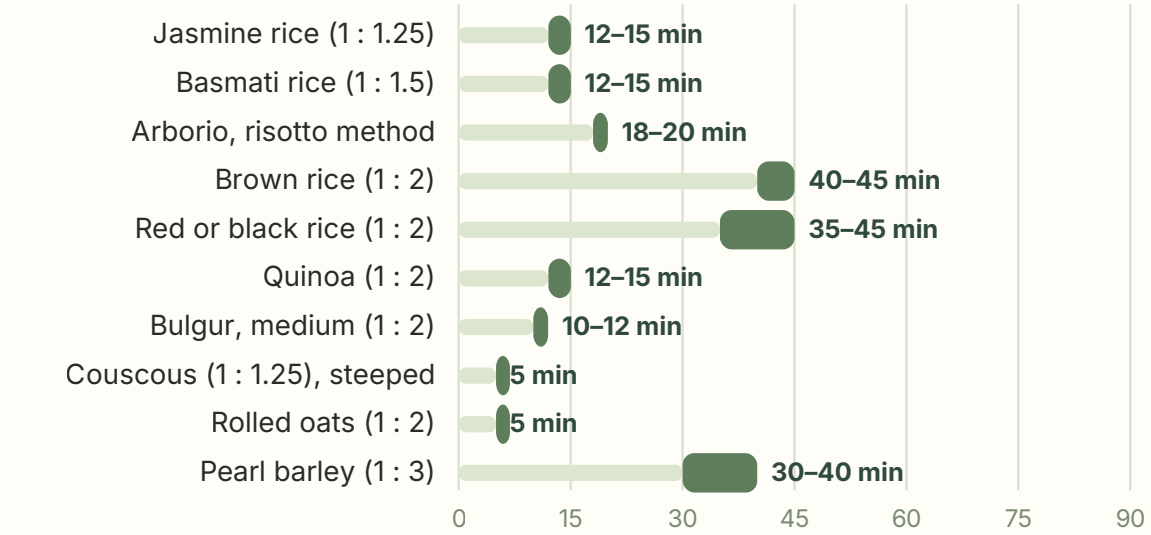
Stack them. The most satisfying plant dishes layer two or three umami sources — soy + mushroom + tomato in the bolognese, miso + seaweed + mushroom in the vegan patis (page 471). Then balance with acid and a little sugar.

KITCHEN GUIDE

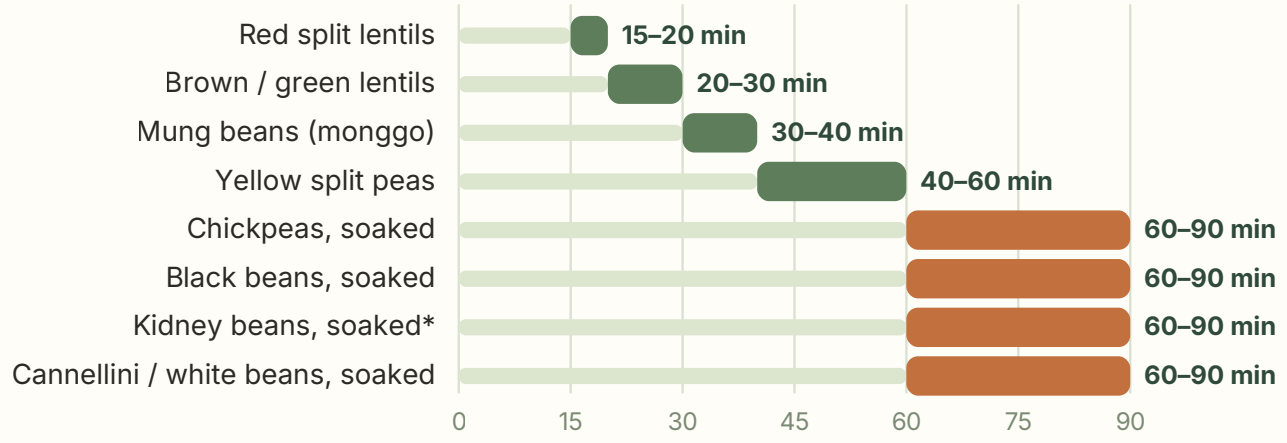
Cooking times for grains & legumes

Simmering times at a glance. Pale bars show time already elapsed; the bold bar is the window in which it's done.

Grains — simmering time in minutes (grain : water by volume)



Dried legumes — simmering time in minutes



No soak needed

Rinse, then simmer. Rest rice covered for 10 minutes off the heat.

Soak first

Cover with plenty of cold water for 8–12 hours, then drain and rinse.

*Kidney beans

Always boil hard for at least 10 minutes before simmering — never slow-cook raw kidney beans.

Stovetop times are approximate: older beans and hard water take longer. Salt beans towards the end of cooking. A pressure cooker cuts legume times by roughly two-thirds — follow your manufacturer's guide.

KITCHEN GUIDE

The spice wheel

Spices grouped by character, with the dishes in this book where they shine.



Earthy
Curries, chana masala, hummus, falafel, lentil soup

Warm & sweet
Desserts, champorado, spiced rice, tagines

Heat & smoke
Shakshuka, tacos, chilli oil, sisig

Bright & citrus
Tom kha, Thai curries, salads, shorbat adas

Aromatic roots
The base of nearly every Filipino and Asian dish

Fresh herbs
Add at the end — pasta, curries, soups, salads

Rule of thumb: spices from neighbouring segments tend to work well together. Bloom whole and ground spices in hot oil for 30–60 seconds to release their flavour, and add fresh herbs at the very end.

KITCHEN GUIDE

Spice blends of the world

Eight blends that unlock the cuisines in this book. Make your own or buy them ready-mixed.

Garam masala

INDIA

Warm, sweet finishing blend.

cumin · coriander · cardamom · cinnamon · cloves · black pepper

Ras el hanout

MOROCCO

‘Head of the shop’ — floral and complex.

cumin · ginger · cinnamon · turmeric · paprika · allspice

Za’atar

LEVANT

Herby, tangy and nutty.

dried thyme · sumac · toasted sesame · salt

Five-spice

CHINA & VIETNAM

Liquorice-warm; lovely in phở and tofu.

star anise · cinnamon · cloves · fennel · Sichuan pepper

Shichimi togarashi

JAPAN

Seven-flavour chilli for noodles.

chilli · sansho · orange peel · sesame · nori · ginger

Berbere

ETHIOPIA

Deep red, smoky heat.

chilli · fenugreek · paprika · ginger · cardamom · coriander

Adobo seasoning

PHILIPPINES

The holy trinity of Filipino flavour.

garlic · black peppercorns · bay leaf · (+ soy & vinegar)

Chilli lime salt

MEXICO

For mango, elote and rims of glasses.

dried chilli · lime zest · salt

Toast, then grind. Dry-toast whole spices in a pan for 1–2 minutes until fragrant, cool and grind. Store blends in airtight jars away from heat and humidity and use within three months. See the spice wheel on page 38.

KITCHEN GUIDE

The Filipino flavour balance

Filipino cooking is all about balancing sour, salty, sweet and savoury — and letting each diner adjust it at the table with sawsawan.

Asim

SOUR

Sources: Cane vinegar, calamansi, tamarind (sampalok), kamias, green mango

Shines in: Adobo, sinigang, paksiw, ensaladang talong

Alat

SALTY

Sources: Soy sauce, vegan 'patis', miso, salt, salted black beans

Shines in: Everything — season in layers as you cook

Tamis

SWEET

Sources: Brown or muscovado sugar, coconut, ripe mango, banana ketchup

Shines in: Balances vinegar in adobo and atchara

Anghang

HEAT

Sources: Siling labuyo, siling haba, black pepper, ginger

Shines in: Bicol dishes, sisig, sawsawan dips

Linamnam

UMAMI / SAVOURINESS

Sources: Mushrooms, toasted garlic, seaweed, tomatoes, peanut, fried shallots

Shines in: Kare-kare, pancit, bistek

Sawsawan — make-your-own dipping sauces

Toyomansi

Soy sauce + calamansi + chilli

Spiced vinegar

Cane vinegar + garlic + onion + labuyo + peppercorns

Vegan bagoong-style

Miso + sugar + vinegar + chilli

Peanut sawsawan

Peanut butter + soy + calamansi + water

> **Taste, then tweak.** If a dish tastes flat, it usually needs salt or acid. Too sharp? A pinch of sugar. Too salty? A squeeze of calamansi and a splash of water.

KITCHEN GUIDE

Filipino vegan ingredient guide

The palengke staples that give this book its Filipino heart — what they are and how to use them.

Kangkong
WATER SPINACH

Hollow stems, tender leaves. Stir-fry with garlic, or add to adobo and sinigang at the end.

Stems first, leaves last

Malunggay
MORINGA LEAVES

Tiny, nutty leaves stripped from the stem. Stir into soups and ginataan just before serving.

Buy fresh bunches; strip leaves

Kalabasa
SQUASH

Sweet, dense orange flesh. Simmer in coconut milk, roast, or mash into soups.

Keeps for weeks whole

Sitaw
SNAKE/LONG BEANS

Long, crunchy green beans. Cut into 5 cm pieces for ginataan, kare-kare and sinigang.

Pick firm, snap-fresh pods

Talong
LONG AUBERGINE

Slender, mild and creamy. Grill for ensaladang talong or simmer in curries.

Char over a flame

Pechay
BOK CHOY / CHINESE CABBAGE

Mild, juicy greens. Add to stews and noodle dishes for the final 2 minutes.

Wash well between stems

Ampalaya
BITTER GOURD

Pleasantly bitter. Salt and rinse slices to mellow, then sauté with tomato and tofu.

Salt for 10 minutes

Saba
COOKING BANANA

Starchy, sweet and firm. Use for turon, banana-cue and ginataan desserts.

Ripe when yellow with spots

Langka
JACKFRUIT

Ripe: fragrant and sweet for desserts. Young/green: meaty texture for savoury stews.

Oil your knife when cutting

KITCHEN GUIDE

Filipino ingredient guide, continued

More market favourites, from purple yam to cane vinegar.

U

Ube

PURPLE YAM

Earthy, vanilla-like, intensely purple. Make halaya, or use in cakes and oats.

Frozen grated ube saves time

G

Gabi & dahon ng gabi

TARO & TARO LEAVES

Creamy corms; leaves for laing. Always cook leaves thoroughly to avoid itchiness.

Never eat raw

C

Calamansi

PHILIPPINE LIME

Small, fragrant and sour. Squeeze over everything — noodles, adobo, sisig, drinks.

Halve, squeeze, pick out seeds

S

Siling labuyo

BIRD'S EYE CHILLI

Tiny but very hot. Slice into sawsawan, laing, sisig and Bicol dishes.

Use sparingly

S

Siling haba

LONG GREEN CHILLI

Mild and fragrant. Add whole to sinigang and ginataan for gentle warmth.

Add whole for flavour

G

Gata

COCONUT MILK

The heart of Bicol cooking. Simmer gently — a hard boil can split it.

Shake the tin well

S

Sukang iloko & sukang maasim

CANE VINEGARS

Mellow, slightly sweet cane vinegars for adobo, atchara and dips.

Let it boil uncovered

S

Sampalok

TAMARIND

Sour pulp for sinigang and pad Thai. Use paste, fresh pods or a vegan sinigang mix.

Check mixes for shrimp

M

Monggo

MUNG BEANS

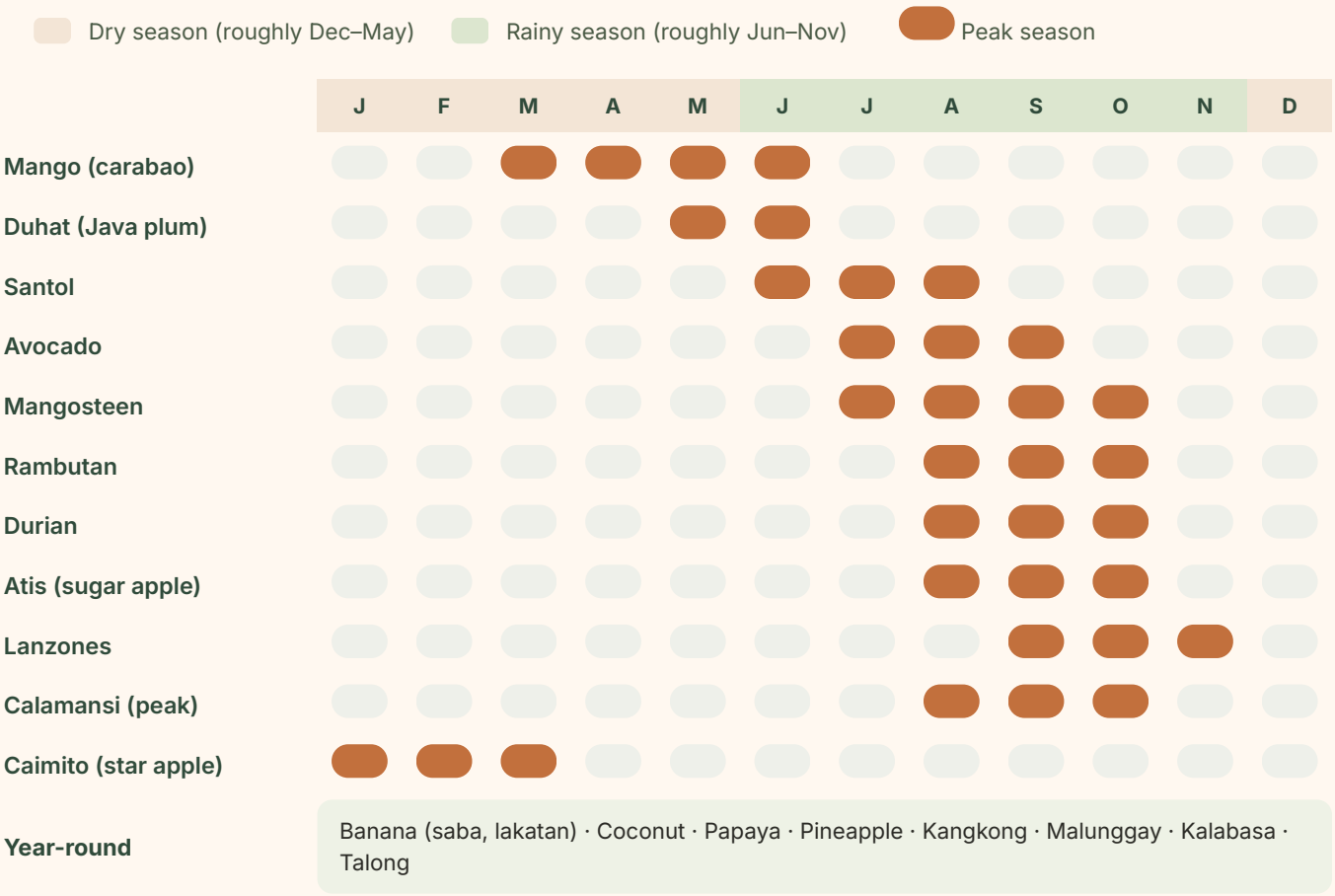
Quick-cooking beans for ginisang monggo, soups and desserts.

No soaking needed

KITCHEN GUIDE

What's in season in the Philippines

A guide to peak fruit seasons — cheaper, tastier and at their best.



Mango months

Make the mango float, smoothie bowl and mango salsa in March to June, when carabao mangoes are sweetest and cheapest.

Rainy-day cooking

June to November is champorado, sinigang and ginataan season — warming bowls for wet afternoons.

Always available

Kangkong, malunggay, kalabasa and saba are reliable year-round staples in most markets.

Peak seasons are approximate and vary by region, variety and year; many fruits are available outside these windows.

KITCHEN GUIDE

Batch cooking & storage

How long things keep, and how to make your freezer work as hard as you do.

FOOD	FRIDGE (≤ 5 °C)	FREEZER	TIP
Cooked rice	1 day — cool fast, within 1 hour	1 month	Spread on a tray to cool; reheat until piping hot
Cooked beans & monggo	4 days	3 months	Freeze flat in bags with some cooking liquid
Tofu (opened)	3–4 days, covered in fresh water changed daily	3 months	Frozen tofu turns chewy — great for adobo
Curries & stews	3–4 days	3 months	Adobo, kare-kare and curries improve overnight
Soups & broths	3–4 days	3 months	Freeze phở broth in portions
Cashew cream & sauces	4–5 days	2 months	Stir well after thawing
Herbs	5–7 days, stems in water, loosely covered	Chop and freeze in oil	Coriander and basil hate the cold door
Ripe bananas & mango	Fruit bowl, then fridge	6 months, peeled	Perfect for smoothies and lassi
Lumpia & gyoza (uncooked)	Same day	3 months	Freeze on a tray, then bag; cook from frozen
Pickles, kimchi & ketchup	2–6 weeks	Not needed	Always use a clean spoon

Two-hour rule

In the tropics, don't leave cooked food out for more than 2 hours — less on hot days.

Batch Sunday

Cook a pot of rice, a pot of monggo or beans and one sauce. Weeknights become assembly jobs.

Label it

Masking tape and a marker: name and date on every tub.

Storage times are general guidance for home kitchens; when in doubt, throw it out. Cooked rice can carry Bacillus cereus spores, which is why fast cooling matters.

KITCHEN GUIDE

A week of plant-based meals

A sample week that leans on leftovers: dinner often becomes the next day's lunch, so you cook less and eat well. For four full weeks with shopping lists, turn to page 53.

	BREAKFAST	LUNCH	DINNER	SOMETHING SWEET
Monday	Ube & Mango Overnight Oats p. 420	Shorbat Adas — Lemony Red Lentil Soup p. 368	Vegan Filipino Adobo with Kangkong and Crispy Tofu p. 67	—
Tuesday	Besan Chilla — Savoury Chickpea Pancakes p. 401	Vegan Filipino Adobo with Kangkong and Crispy Tofu p. 67	Pancit Canton with Tofu & Vegetables p. 91	—
Wednesday	Ube & Mango Overnight Oats p. 420	Sesame Soba Noodle Salad p. 265	Thai Green Curry with Tofu & Aubergine p. 255	Maja Blanca p. 194
Thursday	Mango Calamansi Smoothie Bowl p. 422	Thai Green Curry with Tofu & Aubergine p. 255	Lentil & Mushroom Bolognese p. 308	—
Friday	Tofu Silog with Garlic Rice p. 99	Lentil & Mushroom Bolognese p. 308	Sizzling Mushroom & Tofu Sisig p. 69	—
Saturday	Banana Pancakes with Coconut Caramel p. 418	Baked Falafel Bowls with Tahini p. 360	Vegan Pasta alla Norma p. 306	Turon with Langka p. 188
Sunday	Chickpea Shakshuka with Silken Tofu p. 358	Creamy Coconut Laing Pasta p. 79	Vegan Kare-Kare p. 71	Vegan Mango Float p. 192

Sunday prep (1 hour)

Make the overnight oats, a batch of rice, the atchara and cashew cream, and press two blocks of tofu.

Cook once, eat twice

Adobo, green curry and bolognese all taste even better the next day — pack them for lunch.

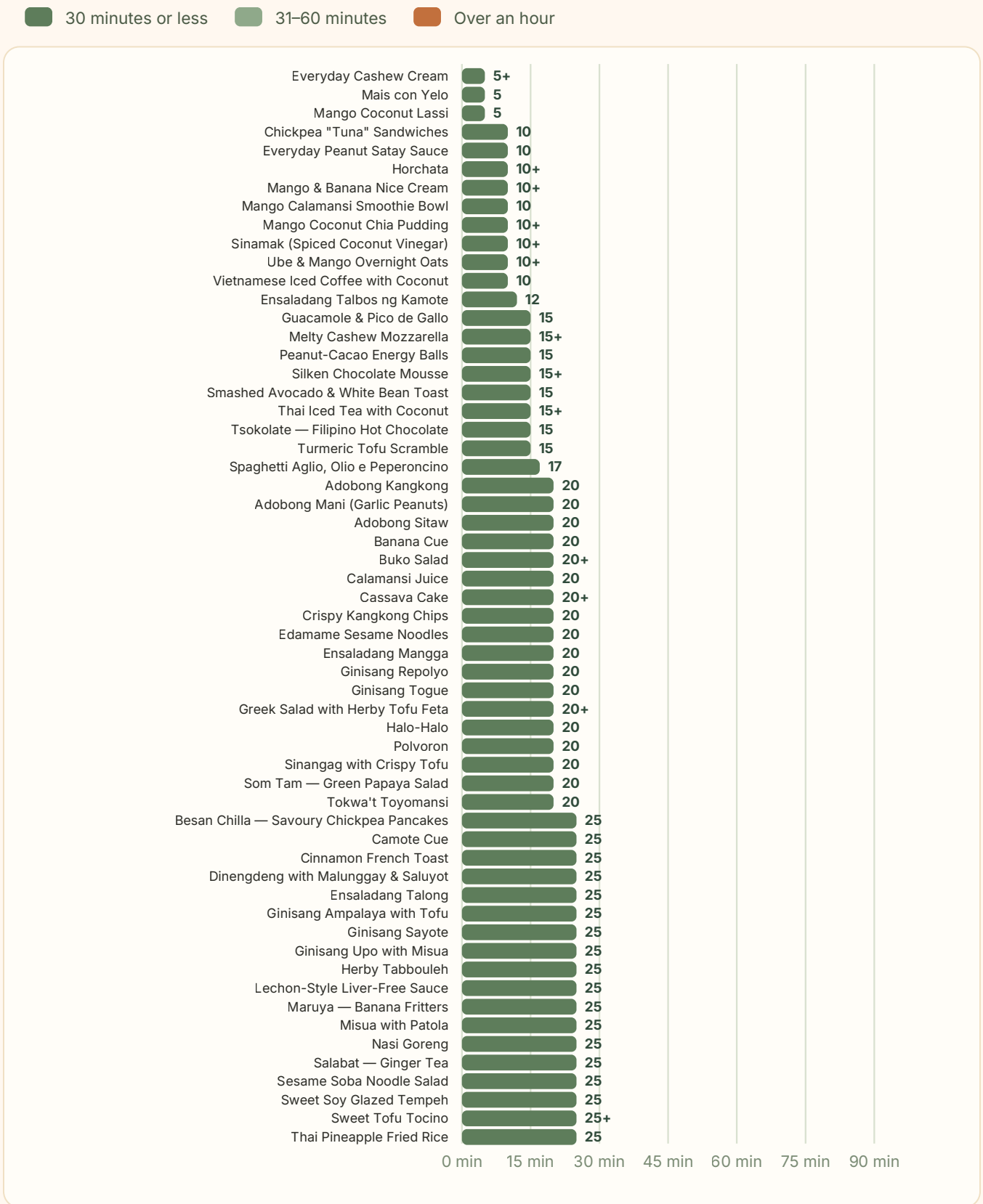
Shopping list hint

Tofu ×4, coconut milk ×5, tinned chickpeas ×3, lentils, rice, noodles, pasta, kangkong, aubergine, squash, mangoes and lots of calamansi.

KITCHEN GUIDE

Quick finder: recipes by time

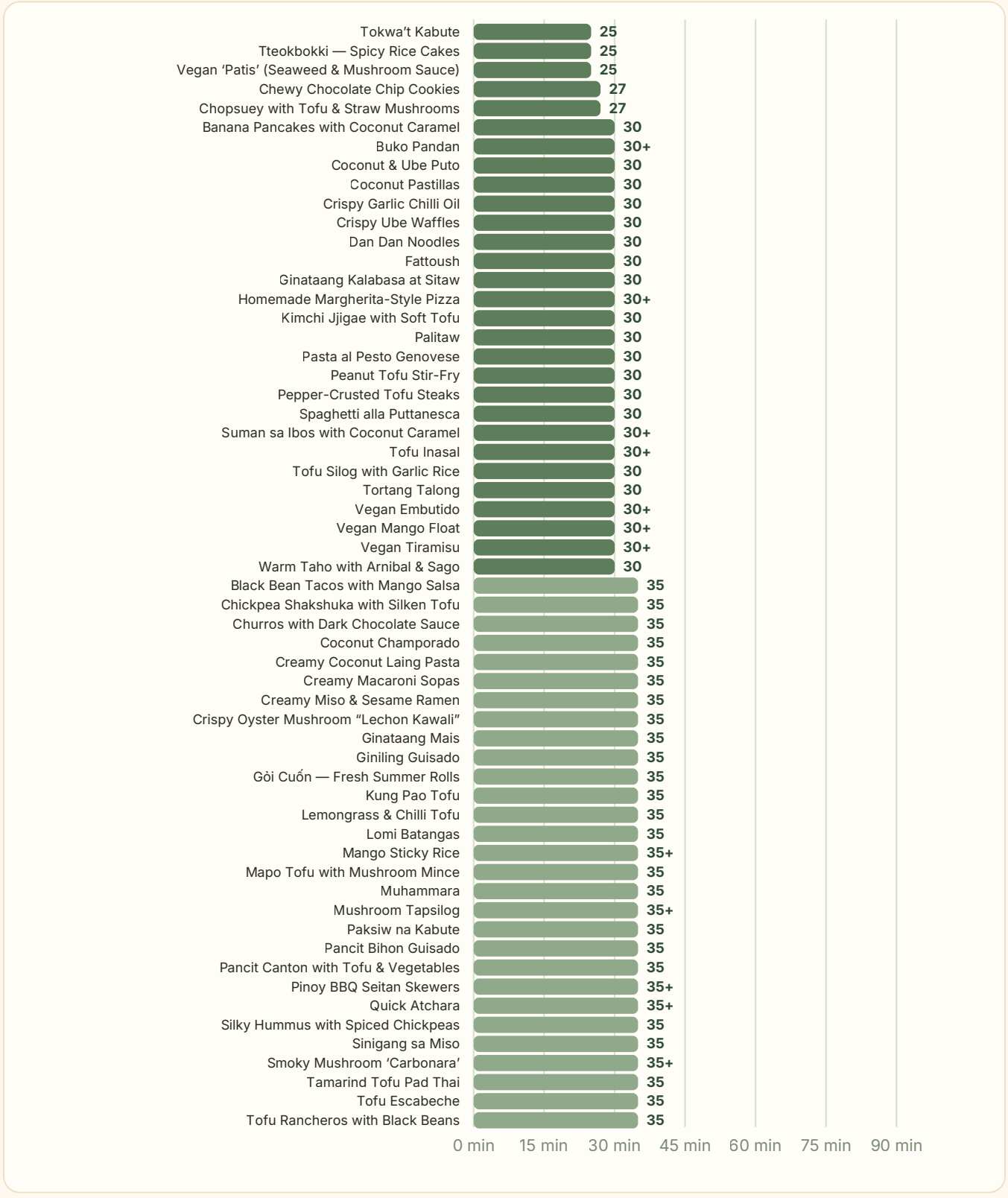
Total active prep and cooking time for every recipe. “+” means extra hands-off time for soaking, chilling, rising, marinating or setting.



KITCHEN GUIDE

Quick finder, continued

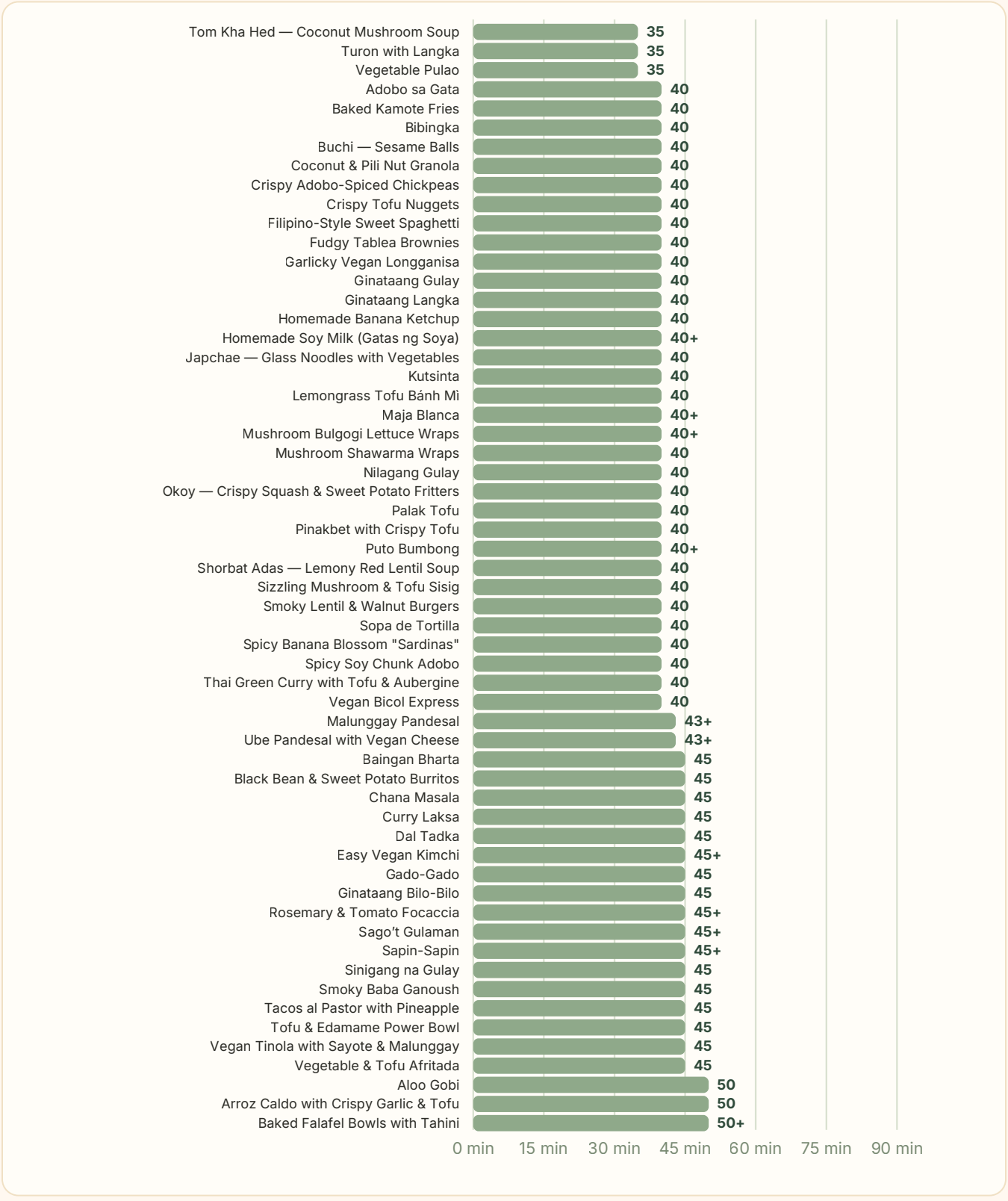
The longer cooks — perfect for weekends and batch cooking.



KITCHEN GUIDE

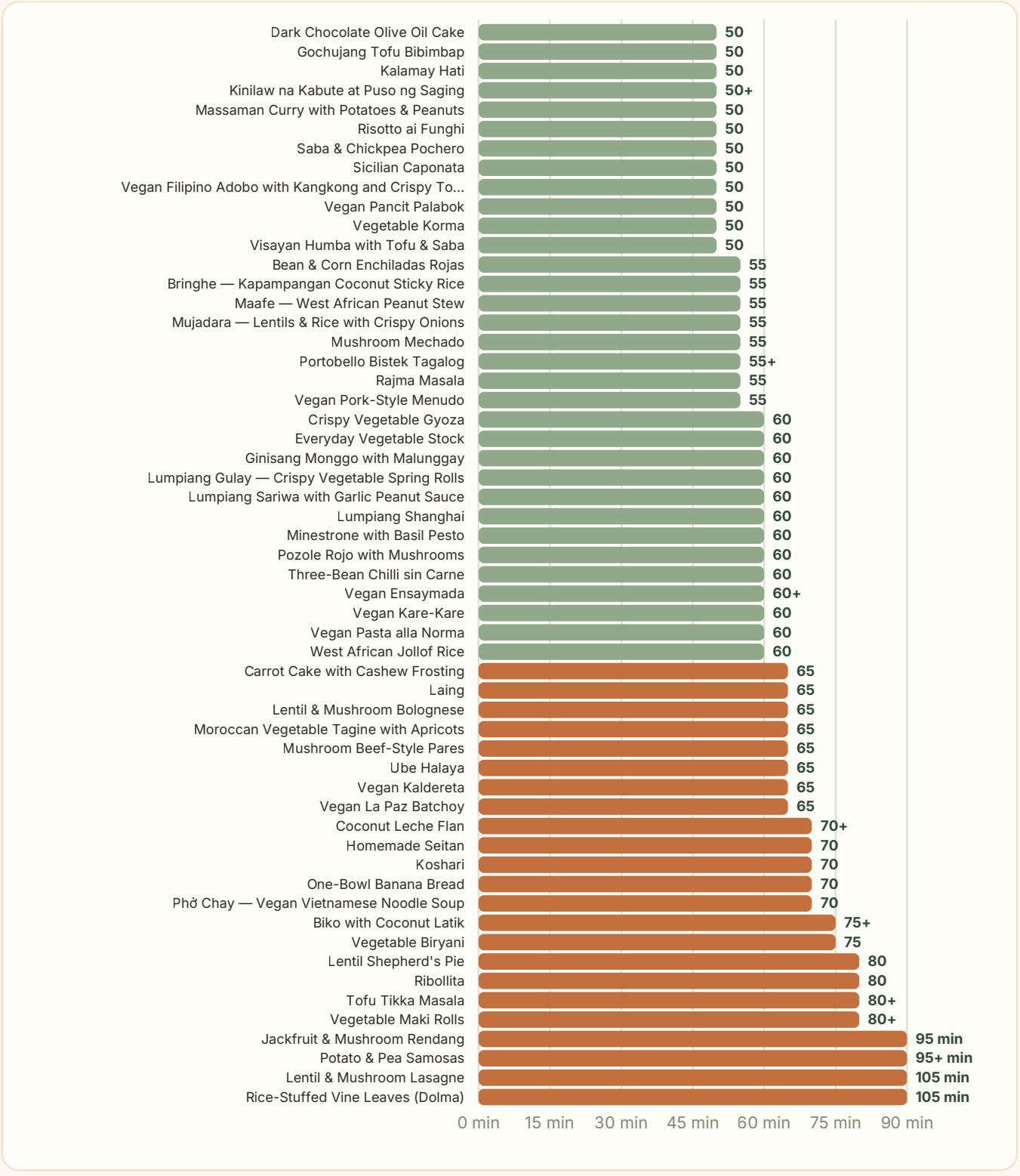
Quick finder, continued

The longer cooks — perfect for weekends and batch cooking.



Quick finder, continued

The longer cooks — perfect for weekends and batch cooking.





PART THREE

Plan, Shop & Live

A 30-day challenge, four weeks of meal plans, budget tips and eating out.

The 30-day plant-based challenge

One small, delicious action a day. Tick each box as you go — by day 30, plant-based eating will feel like home.

☐ **WEEK 1** Plant-powered mornings ☐ **WEEK 2** Lunch, made easy ☐ **WEEK 3** Dinners to love ☐ **WEEK 4** Fully plant-based ☐ **FINISH STRONG**

1 Swap your breakfast milk for soy or oat. ☐	**2** Make Ube & Mango Overnight Oats. ☐ p. 420	**3** Try a tofu silog breakfast. ☐ p. 99	**4** Stock up: tofu, monggo, coconut milk, chickpeas. ☐ p. 26	**5** Champorado for a rainy morning. ☐ p. 184	**6** Plan your B12: fortified foods or a supplement. ☐ p. 31	**7** Weekend brunch: tofu rancheros. ☐ p. 337
8 Pack leftovers: cook once, eat twice. ☐ p. 44	**9** Ginisang monggo with malunggay. ☐ p. 87	**10** Fresh summer rolls for a light lunch. ☐ p. 283	**11** Build a bowl with the bowl formula. ☐ p. 34	**12** Make a jar of vegan patis. ☐ p. 471	**13** Try a new vegetable from the palengke. ☐ p. 43	**14** Pancit canton with tofu. ☐ p. 91
15 Vegan adobo — the classic. ☐ p. 67	**16** Learn to press and crisp tofu. ☐ p. 35	**17** Thai green curry night. ☐ p. 255	**18** Lentil & mushroom bolognese. ☐ p. 308	**19** Invite a friend: cook kare-kare. ☐ p. 71	**20** Explore a spice blend. ☐ p. 39	**21** Sizzling sisig for the weekend. ☐ p. 69
22 A whole plant-based day, start to finish. ☐ p. 30	**23** Batch-cook rice, beans and a sauce. ☐ p. 44	**24** Biryani or jollof — big-pot rice. ☐ p. 395	**25** Eat out vegan using the phrasebook. ☐ p. 63	**26** Bake or steam something sweet: puto. ☐ p. 202	**27** Make kimchi or banana ketchup. ☐ p. 481	**28** Host a merienda: turon & salabat. ☐ p. 188
29 Look back: what are your top 5 recipes? ☐	**30** Celebrate with halo-halo! Plan month two. ☐ p. 198					

Tips, tracker & reflections

Use this page to stay on course — and to notice how far you've come.

How to succeed

1. **Add before you subtract.** Focus on new foods you enjoy rather than what you're cutting out.
2. **Plan the week on Sunday.** Use the meal plans from page 53 and shop once.
3. **Keep emergency meals.** Frozen lumpia, a tin of chickpeas and a packet of noodles mean you're never stuck.
4. **Bring a buddy.** Challenges are easier — and more fun — with a partner, housemate or barkada.
5. **Be kind to yourself.** Slipped up? It's one meal. The next one is a fresh start.

Track how you feel

WEEK	ENERGY	SLEEP	MOOD
Week 1	☐☐☐ ☐☐	☐☐ ☐☐ ☐	☐☐ ☐☐ ☐
Week 2	☐☐☐ ☐☐	☐☐ ☐☐ ☐	☐☐ ☐☐ ☐
Week 3	☐☐☐ ☐☐	☐☐ ☐☐ ☐	☐☐ ☐☐ ☐
Week 4	☐☐☐ ☐☐	☐☐ ☐☐ ☐	☐☐ ☐☐ ☐

My favourite recipes so far

Next month I will...

Kung may tiyaga, may nilaga.

FILIPINO PROVERB — "WHERE THERE'S PERSEVERANCE, THERE'S STEW"

Week 1 · Filipino favourites

Comfort classics from home, with plenty of leftovers.

	BREAKFAST	LUNCH	DINNER	TREAT / DRINK
Mon	Coconut Champorado p. 184	Ginisang Monggo with Malunggay p. 87	Vegan Filipino Adobo with Kangkong and Crispy Tofu p. 67	—
Tue	Malunggay Pandesal p. 182	Vegan Filipino Adobo with Kangkong and Crispy Tofu p. 67	Ginataang Kalabasa at Sitaw p. 77	—
Wed	Ube & Mango Overnight Oats p. 420	Ginataang Kalabasa at Sitaw p. 77	Sinigang na Gulay p. 81	Salabat — Ginger Tea p. 204
Thu	Tofu Silog with Garlic Rice p. 99	Sinigang na Gulay p. 81	Pancit Canton with Tofu & Vegetables p. 91	—
Fri	Mango Calamansi Smoothie Bowl p. 422	Adobong Kangkong p. 111	Vegan Kaldereta p. 75	—
Sat	Warm Taho with Arnibal & Sago p. 180	Vegan Kaldereta p. 75	Sizzling Mushroom & Tofu Sisig p. 69	Turon with Langka p. 188
Sun	Arroz Caldo with Crispy Garlic & Tofu p. 85	Lumpiang Sariwa with Garlic Peanut Sauce p. 103	Vegan Kare-Kare p. 71	Biko with Coconut Latik p. 196

Leftovers built in

Many lunches are the previous night's dinner — cook the full recipe and pack the rest.

Serves 2

Plans assume two people eating with leftovers. Scale the shopping list up or down.

Shopping list

Everything you need is on page 54. Check your pantry first.

SHOPPING LIST

Week 1 shopping list

Organised by market section. Quantities are approximate for two people with leftovers; many pantry items last for several weeks.

Vegetables & fruit

- [ ] Garlic (4 bulbs), onions (8), ginger (250 g)
- [ ] Tomatoes (1 kg), spring onions (2 bunches)
- [ ] Kalabasa (1.2 kg), sitaw (300 g), kangkong (2 bunches)
- [ ] Malunggay (2 bunches), pechay or bok choy (2 heads)
- [ ] Sinigang vegetables: radish, okra, talong, gabi
- [ ] Potatoes (3), carrots (5), bell peppers (3)
- [ ] Oyster & king oyster mushrooms (900 g)
- [ ] Calamansi (30), siling labuyo & siling haba
- [ ] Saba (8), ripe mangoes (3), lakatan (4), langka (200 g)
- [ ] Cabbage (½), kamote (300 g), lettuce (1)

Protein

- [ ] Firm tofu (8 × 300 g blocks)
- [ ] Silken tofu (2 × 300 g)
- [ ] Dried mung beans (250 g)
- [ ] Roasted peanuts & peanut butter (250 g)

Grains & bakery

- [ ] Jasmine rice (3 kg)
- [ ] Glutinous rice (800 g)
- [ ] Rolled oats (200 g)
- [ ] Pancit canton noodles (250 g)
- [ ] Bread flour (500 g) & instant yeast
- [ ] Lumpia wrappers (egg-free, 1 pack)

Pantry

- [ ] Coconut milk (6 tins) & coconut cream (2 tins)
- [ ] Soy sauce, cane vinegar, bay leaves, peppercorns
- [ ] Tablea (60 g), muscovado (500 g), sago (60 g)
- [ ] Tamarind (fresh or vegan sinigang mix)
- [ ] Tomato sauce (400 g), green olives, white miso
- [ ] Annatto seeds, dried shiitake & kombu (for patis)

Palengke first. Buy vegetables, fruit, tofu and herbs at the wet market for the best prices; pick up tins, pastes and noodles at the supermarket. Bring your own bags and containers.

Week 2 · Asia on a plate

Thai, Vietnamese, Japanese, Korean and Indian favourites.

	BREAKFAST	LUNCH	DINNER	TREAT / DRINK
Mon	Besan Chilla — Savoury Chickpea Pancakes p. 401	Sesame Soba Noodle Salad p. 265	Thai Green Curry with Tofu & Aubergine p. 255	—
Tue	Mango Calamansi Smoothie Bowl p. 422	Thai Green Curry with Tofu & Aubergine p. 255	Tamarind Tofu Pad Thai p. 263	—
Wed	Ube & Mango Overnight Oats p. 420	Gỏi Cuốn — Fresh Summer Rolls p. 283	Phở Chay — Vegan Vietnamese Noodle Soup p. 267	Mango Coconut Lassi p. 415
Thu	Tofu Silog with Garlic Rice p. 99	Phở Chay — Vegan Vietnamese Noodle Soup p. 267	Lemongrass & Chilli Tofu p. 259	—
Fri	Banana Pancakes with Coconut Caramel p. 418	Thai Pineapple Fried Rice p. 275	Creamy Miso & Sesame Ramen p. 269	—
Sat	Besan Chilla — Savoury Chickpea Pancakes p. 401	Japchae — Glass Noodles with Vegetables p. 271	Massaman Curry with Potatoes & Peanuts p. 257	Mango Sticky Rice p. 454
Sun	Ube & Mango Overnight Oats p. 420	Crispy Vegetable Gyoza p. 281	Mushroom Bulgogi Lettuce Wraps p. 261	Thai Iced Tea with Coconut p. 466

Leftovers built in

Many lunches are the previous night's dinner — cook the full recipe and pack the rest.

Serves 2

Plans assume two people eating with leftovers. Scale the shopping list up or down.

Shopping list

Everything you need is on page 56. Check your pantry first.

SHOPPING LIST

Week 2 shopping list

Organised by market section. Quantities are approximate for two people with leftovers; many pantry items last for several weeks.

Vegetables & fruit

- [ ] Thai aubergines or talong (400 g), Thai basil, coriander, mint
- [ ] Lemongrass (4 stalks), galangal or ginger (200 g)
- [ ] Red chillies, garlic (3 bulbs), shallots (6)
- [ ] Bean sprouts (300 g), pak choi (3 heads), spinach (300 g)
- [ ] Shiitake & king oyster mushrooms (800 g)
- [ ] Carrots (4), cucumbers (3), red peppers (2), lettuce (2)
- [ ] Fresh pineapple (1), mangoes (4), bananas (6), limes (8)
- [ ] Onion (4), daikon (1), sweetcorn (1 tin)

Protein

- [ ] Firm & extra-firm tofu (8 × 300 g blocks)
- [ ] Edamame (200 g, frozen)
- [ ] Roasted peanuts & cashews (300 g)
- [ ] Gram (besan) flour (250 g)

Noodles & grains

- [ ] Soba (200 g), flat rice noodles (600 g)
- [ ] Egg-free ramen noodles (200 g)
- [ ] Sweet potato glass noodles (250 g)
- [ ] Rice vermicelli & rice paper (12 sheets)
- [ ] Jasmine rice (2 kg), Thai glutinous rice (250 g)
- [ ] Rolled oats, egg-free gyoza wrappers (30)

Pantry

- [ ] Vegan green & massaman curry pastes
- [ ] Coconut milk (5 tins), coconut cream (1)
- [ ] Soy sauce, rice vinegar, sesame oil & seeds
- [ ] Tamarind paste, palm sugar, white miso, tahini
- [ ] Vegan hoisin & mushroom ‘oyster’ sauce
- [ ] Star anise, cinnamon, cloves, coriander seeds, Thai tea

Palengke first. Buy vegetables, fruit, tofu and herbs at the wet market for the best prices; pick up tins, pastes and noodles at the supermarket. Bring your own bags and containers.

Week 3 · Mediterranean & Middle East

Sun-drenched flavours from Italy to the Levant and North Africa.

	BREAKFAST	LUNCH	DINNER	TREAT / DRINK
Mon	Chickpea Shakshuka with Silken Tofu p. 358	Shorbat Adas — Lemony Red Lentil Soup p. 368	Lentil & Mushroom Bolognese p. 308	—
Tue	Ube & Mango Overnight Oats p. 420	Lentil & Mushroom Bolognese p. 308	Baked Falafel Bowls with Tahini p. 360	—
Wed	Banana Pancakes with Coconut Caramel p. 418	Herby Tabbouleh p. 366	Vegan Pasta alla Norma p. 306	Calamansi Juice p. 206
Thu	Mango Calamansi Smoothie Bowl p. 422	Minestrone with Basil Pesto p. 314	Moroccan Vegetable Tagine with Apricots p. 372	—
Fri	Chickpea Shakshuka with Silken Tofu p. 358	Moroccan Vegetable Tagine with Apricots p. 372	Mujadara — Lentils & Rice with Crispy Onions p. 370	—
Sat	Banana Pancakes with Coconut Caramel p. 418	Greek Salad with Herby Tofu Feta p. 378	Risotto ai Funghi p. 312	Vegan Tiramisu p. 332
Sun	Tofu Rancheros with Black Beans p. 337	Smoky Baba Ganoush p. 364	Smoky Mushroom ‘Carbonara’ p. 310	Dark Chocolate Olive Oil Cake p. 452

Leftovers built in

Many lunches are the previous night’s dinner — cook the full recipe and pack the rest.

Serves 2

Plans assume two people eating with leftovers. Scale the shopping list up or down.

Shopping list

Everything you need is on page 58. Check your pantry first.

SHOPPING LIST

Week 3 shopping list

Organised by market section. Quantities are approximate for two people with leftovers; many pantry items last for several weeks.

Vegetables & fruit

- [ ] Tomatoes (2 kg), aubergines (4), courgettes (2)
- [ ] Onions (8), garlic (3 bulbs), red peppers (4)
- [ ] Flat-leaf parsley (4 bunches), mint, basil, coriander
- [ ] Lemons (8), cucumbers (2), lettuce (1)
- [ ] Carrots (6), celery (3 sticks), sweet potato (500 g)
- [ ] Mushrooms incl. dried porcini (700 g)
- [ ] Pomegranate (1), mangoes (2), bananas (6)

Protein

- [ ] Chickpeas (3 tins) + dried chickpeas (250 g)
- [ ] Red split lentils (250 g), brown lentils (400 g)
- [ ] Silken tofu (300 g), extra-firm tofu (600 g)
- [ ] Cashews (200 g)

Grains & bakery

- [ ] Spaghetti & rigatoni (1 kg)
- [ ] Arborio rice (320 g), basmati (300 g)
- [ ] Fine bulgur (100 g), couscous (300 g)
- [ ] Flatbreads or pita (8), crusty bread
- [ ] Vegan sponge fingers (200 g)

Pantry

- [ ] Extra virgin olive oil, red wine vinegar
- [ ] Tinned tomatoes (5), tomato purée
- [ ] Tahini (1 jar), kalamata & green olives, capers
- [ ] Cumin, smoked paprika, cinnamon, sumac, oregano
- [ ] Dried apricots, flaked almonds
- [ ] Dark chocolate (dairy-free), cocoa, espresso

Palengke first. Buy vegetables, fruit, tofu and herbs at the wet market for the best prices; pick up tins, pastes and noodles at the supermarket. Bring your own bags and containers.

Week 4 · Around the world

India, Mexico, Africa and Korea — plus a Filipino party to finish.

	BREAKFAST	LUNCH	DINNER	TREAT / DRINK
Mon	Besan Chilla — Savoury Chickpea Pancakes p. 401	Chana Masala p. 391	Tofu Tikka Masala p. 393	—
Tue	Ube & Mango Overnight Oats p. 420	Tofu Tikka Masala p. 393	Black Bean Tacos with Mango Salsa p. 335	—
Wed	Tofu Rancheros with Black Beans p. 337	Potato & Pea Samosas p. 399	Maafe — West African Peanut Stew p. 374	—
Thu	Mango Calamansi Smoothie Bowl p. 422	Maafe — West African Peanut Stew p. 374	Vegetable Biryani p. 395	Horchata p. 355
Fri	Besan Chilla — Savoury Chickpea Pancakes p. 401	Aloo Gobi p. 397	West African Jollof Rice p. 376	—
Sat	Banana Pancakes with Coconut Caramel p. 418	Kimchi Jjigae with Soft Tofu p. 287	Filipino-Style Sweet Spaghetti p. 95	Churros with Dark Chocolate Sauce p. 353
Sun	Tofu Silog with Garlic Rice p. 99	Lumpiang Gulay — Crispy Vegetable Spring Rolls p. 101	Creamy Coconut Laing Pasta p. 79	Halo-Halo p. 198

Leftovers built in

Many lunches are the previous night's dinner — cook the full recipe and pack the rest.

Serves 2

Plans assume two people eating with leftovers. Scale the shopping list up or down.

Shopping list

Everything you need is on page 60. Check your pantry first.

SHOPPING LIST

Week 4 shopping list

Organised by market section. Quantities are approximate for two people with leftovers; many pantry items last for several weeks.

Vegetables & fruit

- [ ] Onions (10), garlic (4 bulbs), ginger (250 g)
- [ ] Tomatoes (1.5 kg), green chillies, scotch bonnet
- [ ] Cauliflower (2), potatoes (1.5 kg), sweet potato (600 g)
- [ ] Spinach or kangkong (300 g), coriander (3 bunches)
- [ ] Avocados (3), limes (6), red peppers (4)
- [ ] Ripe mangoes (3), plantains or saba (4)
- [ ] Peas (300 g frozen), carrots (4), Chinese cabbage (½)
- [ ] Gabi leaves or kale for laing, shiitake (200 g)

Protein

- [ ] Extra-firm & firm tofu (6 × 300 g)
- [ ] Soft tofu (300 g)
- [ ] Black beans (2 tins), chickpeas (3 tins)
- [ ] Natural peanut butter (200 g)
- [ ] Plant-based hot dogs (4), soy yoghurt (500 g)

Grains & bakery

- [ ] Basmati (400 g), parboiled long-grain rice (400 g)
- [ ] Spaghetti (400 g), long-grain rice for horchata
- [ ] Corn tortillas (16), plain flour (500 g)
- [ ] Egg-free lumpia wrappers, gram flour (250 g)

Pantry

- [ ] Garam masala, cumin, turmeric, Kashmiri chilli
- [ ] Curry powder, dried thyme, bay leaves
- [ ] Coconut milk (4 tins), cashews (150 g)
- [ ] Gochujang, gochugaru & vegan kimchi
- [ ] Banana ketchup, tomato sauce (500 g)
- [ ] Dark chocolate, cinnamon, ube halaya, nata de coco

Palengke first. Buy vegetables, fruit, tofu and herbs at the wet market for the best prices; pick up tins, pastes and noodles at the supermarket. Bring your own bags and containers.

Plant-based on a peso budget

Eating plants is one of the most affordable ways to eat well in the Philippines. Here's how to stretch every peso.

Plant proteins by relative cost

Monggo (mung beans)	●○○	About 24 g protein per 100 g dry; a staple 'ulam' for pennies
Dried beans & lentils	●○○	Cheapest when bought dry; cook in batches and freeze
Tokwa & tofu	●○○	Local tofu makers and palengke stalls beat supermarket packs
Peanuts & peanut butter	●●○	Energy-dense; buy raw and roast your own
Soy milk (local)	●●○	Fresh soy milk from tofu shops is often cheaper than imported cartons
Tinned chickpeas	●●○	Convenient; dried are much cheaper
TVP (soy chunks)	●●○	Long-keeping; great in spaghetti and picadillo
Tempeh	●●●	Growing in availability; more costly
Mock meats	●●●	Fun for parties, not essential

● = relative cost per serving of protein at typical Philippine markets (● lowest, ●●● highest). Prices vary by region and season.

Nine ways to eat plant-based for less

Shop the palengke

Wet markets usually beat supermarkets for vegetables, fruit, tofu and herbs. Go early for choice, late for bargains.

Follow the seasons

Produce in season is cheaper and tastier — see page 43.

Cook from dry

A kilo of dried monggo or beans costs a fraction of tinned and makes many meals.

Grow your own

Malunggay, kangkong, calamansi, siling labuyo, tanglad and herbs grow happily in pots.

Make your own basics

Vegan patis, banana ketchup, peanut sauce and chilli oil cost little and keep for weeks.

Rice is your friend

Rice + monggo, rice + tokwa, rice + gulay: classic, filling and cheap.

Buy in bulk, store well

Rice, oats, beans and spices in airtight jars; nuts and flour in the fridge.

Waste nothing

Freeze ripe bananas, turn day-old rice into sinangag and vegetable trimmings into stock.

Skip the specialty aisle

You don't need imported superfoods. Malunggay, kamote and saba are superfoods.

PLANT-BASED ON A BUDGET

The palengke starter kit

A simple shopping rhythm that keeps a plant-based kitchen full and affordable.

STAPLE	WHAT TO BUY	HOW OFTEN
Rice	Jasmine or local well-milled; mix in brown or red	Daily
Monggo	Dried mung beans	Weekly
Tokwa / tofu	Firm for frying, silken for taho	2–3 × weekly
Gulay	Kangkong, pechay, sitaw, kalabasa, talong, malunggay	Every market trip
Prutas	Saba, papaya, seasonal mango, calamansi	Every market trip
Coconut	Fresh gata or tins	Weekly
Aromatics	Garlic, onion, ginger, tomato	Weekly
Flavour	Soy sauce, cane vinegar, peppercorns, bay leaf	Monthly
Extras	Peanuts, oats, noodles, tinned chickpeas	Monthly

Budget-friendly recipes in this book

₱ Rice + ginisang monggo + fried tokwa p. 87

₱ Adobong kangkong with garlic rice p. 111

₱ Ginataang kalabasa at sitaw p. 77

₱ Banana cue for merienda p. 186

₱₱ Vegan adobo with crispy tofu p. 67

₱₱ Pancit canton with vegetables p. 91

Market phrases

Magkano po ito? — How much is this?
Puwede pong tumawad? — Can I ask for a discount?
Isang kilo po. — One kilo, please.
Kalahating kilo po. — Half a kilo, please.
Sariwa po ba ito? — Is this fresh?

Bring

Eco bags, small containers for tofu and wet goods, and coins and small notes.

Eating out the plant-based way

Restaurants, carinderias and food courts can all work. A smile, a few phrases and a little knowledge go a long way.

Handy Filipino phrases

Vegan po ako.	I'm vegan.
Walang karne, manok, isda, itlog o gatas po.	No meat, chicken, fish, egg or milk, please.
May patis, bagoong o alamang po ba ito?	Does this have fish sauce or shrimp paste?
Sabaw ng karne po ba ang gamit?	Is it made with meat broth?
Puwede po bang walang chicharon / taba?	Can it be without pork crackling / fat?
Gulay lang po, salamat.	Just vegetables, thank you.

Cuisine by cuisine

Carinderia & turo-turo

Ask about bagoong in pinakbet and pork bits in 'gulay' dishes. Safe bets: plain rice, ensaladang talong (no bagoong), turon, banana cue, kamote cue, taho.

Indian

Many dishes are naturally vegan. Ask for no ghee, cream, paneer or yoghurt; dal, chana masala and aloo gobi are good bets.

Thai

Look for 'jay' (เจ) vegan food. Ask for no fish sauce (nam pla) or shrimp paste in curry pastes.

Vietnamese

'Chay' means vegetarian — Buddhist 'quán chay' restaurants are often fully vegan.

Japanese

Dashi is usually made with bonito flakes; ask for kombu dashi. Veg maki and inari are good choices.

Korean

Kimchi often contains fish sauce; ask for temple-style or vegan options. Bibimbap without egg works well.

Mexican

Ask if beans are cooked with lard (manteca) and rice with chicken stock.

Italian

Dried pasta is usually egg-free. Marinara pizza, arrabbiata and minestrone (no parmesan) are often vegan.

Middle Eastern

Mezze heaven: hummus, falafel, baba ganoush, tabbouleh and mujadara are usually vegan.

EATING OUT & TRAVEL

Travelling plant-based

From Cebu to Kyoto, Hanoi to Barcelona: tips for eating well wherever you go.

1 Use an app

HappyCow lists vegan and vegan-friendly restaurants worldwide, with reviews.

2 Order ahead on flights

Request a vegan meal (airline code VGML) when booking, at least 24–48 hours before departure.

3 Pack snacks

Peanuts, banana chips, dried mango, oat bars, instant oats and nut butter sachets travel well.

4 Shop like a local

Markets and supermarkets abroad are full of fruit, bread, hummus, tofu and ready-to-eat beans.

5 Seek out Buddhist restaurants

Across Asia, Buddhist temples and restaurants often serve fully vegetarian or vegan food.

6 Carry a translation card

Write ‘I don’t eat meat, fish, eggs, dairy or fish sauce’ in the local language and show it politely.

7 Book a kitchen

An apartment or hostel kitchen lets you cook simple meals with local produce.

8 Stay flexible

Sides, salads, rice and bread can make a meal. Focus on what you can eat.

Useful words abroad

Thai	jay (เจ) — vegan · mai sai nam pla — no fish sauce
Vietnamese	chay — vegetarian · không nước mắm — no fish sauce
Japanese	bīgan — vegan · niku nashi — without meat
Korean	bigeon — vegan · gogi ppaego — without meat
Spanish	soy vegano/a — I’m vegan · sin carne — without meat
Italian	sono vegano/a — I’m vegan · senza formaggio — without cheese

Pronunciations are simplified romanisations. Always double-check ingredients with staff where allergies or strict avoidance matter.



“

Kung may tiyaga, may nilaga.

FILIPINO PROVERB

“Where there’s perseverance, there’s stew.” Now — let’s cook.



CHAPTER 01 · 56 RECIPES

Filipino Ulam, Sabaw & Pancit

Adobo to sinigang, the everyday dishes of home.

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BUDGET HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Filipino Adobo with Kangkong and Crispy Tofu

The smell of garlic, vinegar and bay — that's home.

Everything you love about adobo — tangy, garlicky, peppery and deeply savoury — with crisp-edged tofu, meaty mushrooms and a tumble of kangkong.

WHY YOU'LL LOVE IT Crisp-edged tofu, a glossy sour-savoury sauce, and a pot that tastes even better tomorrow.

PREP **15 min** COOK **35 min** SERVES **4**

SERVE WITH steamed white rice, calamansi, halved

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Fry the tofu up to a day ahead; it soaks up the sauce even better and reheats beautifully in the adobo.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Vegan Filipino Adobo with Kangkong and Crispy Tofu

APPROX. PER SERVING | **340** kcal | **19 g** protein | **19 g** carbs | **22 g** fat | **4 g** fibre

INGREDIENTS

400 g	firm tofu, pressed and cut into 2 cm cubes
2 tbsp	cornflour
4 tbsp	neutral oil
200 g 2¾ cups	king oyster or shiitake mushrooms, sliced
6 cloves	garlic, crushed
1	onion, sliced
⅓ cup (80 ml)	soy sauce
¼ cup (60 ml)	cane vinegar (sukang iloko or sukang maasim)
240 ml 1 cup	water
3	bay leaves
1 tsp	whole black peppercorns, lightly crushed
1 tbsp	brown sugar
1 bunch (about 250 g)	kangkong (water spinach), cut into 8 cm lengths

To serve

steamed white rice	
4–6	calamansi, halved

METHOD

1. Toss the tofu cubes in the cornflour. Heat 3 tbsp oil in a wide pan over medium-high heat and fry the tofu for 8–10 minutes, turning, until golden and crisp on all sides. Drain on kitchen paper.
2. Add the remaining oil to the pan with the mushrooms and cook for 5 minutes until browned. Add the garlic and onion and cook for 3 minutes more until soft and fragrant.
3. Pour in the soy sauce, vinegar and water and add the bay leaves, peppercorns and brown sugar. Bring to the boil and let it bubble for 2 minutes without stirring — this mellows the vinegar.
4. Reduce the heat and simmer, uncovered, for 10–12 minutes until the sauce has reduced by about a third and turned glossy.
5. Return the tofu to the pan and turn to coat. Add the kangkong stems first, cook for 1 minute, then the leaves for 30–60 seconds until just wilted.
6. Taste and adjust with more vinegar, soy or sugar. Serve over rice with calamansi for squeezing.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



SPICY

FILIPINO ULAM, SABAW & PANCIT · PAMPANGA, PHILIPPINES

Sizzling Mushroom & Tofu Sisig

Sizzling, sour, spicy — bar food, made plant-based.

Kapampangan bar food made plant-based: crisp tofu and charred oyster mushrooms tossed with onion, chilli and calamansi, served sizzling.

WHY YOU'LL LOVE IT Charred mushrooms and crisp tofu with a calamansi kick, straight from the hot plate.

PREP **15 min** COOK **25 min** SERVES **3–4**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP Leftover sisig makes a fantastic filling for pandesal or a topping for garlic rice the next morning.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Sizzling Mushroom & Tofu Sisig

APPROX. PER SERVING · **310** kcal · **17 g** protein · **12 g** carbs · **23 g** fat · **4 g** fibre

INGREDIENTS

300 g	firm tofu, pressed and cut into 1 cm dice
250 g 3½ cups	oyster mushrooms, torn into pieces
4 tbsp	neutral oil
1	red onion, finely chopped
4 cloves	garlic, minced
2–3	bird's eye chillies (siling labuyo), sliced
1	long green chilli (siling haba), sliced
2 tbsp	soy sauce
1 tbsp	cane vinegar
3 tbsp	calamansi juice (about 6 calamansi)
½ tsp	freshly ground black pepper
3 tbsp	vegan mayonnaise
2	spring onions, sliced

steamed rice, to serve

METHOD

1. Heat 2 tbsp oil in a large frying pan over medium-high heat. Fry the tofu for 8 minutes, stirring occasionally, until golden and crisp. Remove.
2. Add 1 tbsp oil and the mushrooms in a single layer. Press down with a spatula and cook for 6–8 minutes, turning once, until well browned and slightly crisp. Remove and roughly chop.
3. Add the last of the oil, then two-thirds of the onion, the garlic and chillies. Cook for 2–3 minutes until softened.
4. Return the tofu and mushrooms, then add the soy sauce, vinegar and pepper. Toss over high heat for 2 minutes until the edges catch.
5. Take off the heat and stir in the calamansi juice and mayonnaise. Top with the remaining raw onion and spring onions.
6. For the full sizzle, heat a cast-iron skillet until very hot, brush with oil and pile in the sisig just before serving.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Kare-Kare

A fiesta stew, without the wait for a special occasion.

A festive Filipino stew of vegetables in a rich, nutty peanut and toasted-rice sauce, served with a savoury fermented side in place of bagoong.

WHY YOU'LL LOVE IT Velvety peanut sauce, tender vegetables, and bagoong flavour from a vegan patis.

PREP **20 min** COOK **40 min** SERVES **4–6**

TIME AT A GLANCE

Prep 20 min Cook 40 min

COOK'S TIP If using banana blossom, soak the slices in salted water with a squeeze of calamansi for 10 minutes to stop them darkening.

Vegan Kare-Kare

APPROX. PER SERVING | **470** kcal | **21 g** protein | **40 g** carbs | **29 g** fat | **8 g** fibre

INGREDIENTS

300 g	firm tofu, cubed and fried until golden
3 tbsp	neutral oil
1	onion, chopped
5 cloves	garlic, minced
1 litre 4¼ cups	vegetable stock
1 tbsp	annatto (atsuete) powder
150 g ⅔ cup	smooth unsweetened peanut butter
3 tbsp	glutinous rice, toasted and ground
2	long aubergines, sliced
200 g 1¼ cups	sitaw (long beans), cut
1	banana blossom heart, sliced (optional)
2 bunches	pechay or bok choy
2 tbsp	soy sauce
salt, to taste	

For the side

2 tbsp	white or red miso, mixed with 1 tsp sugar, 1 tsp vinegar and chilli

METHOD

1. Toast the glutinous rice in a dry pan over medium heat for 5–6 minutes until golden, then grind to a powder.
2. Heat the oil in a large pot over medium heat. Cook the onion and garlic for 4 minutes until soft.
3. Add the stock and annatto powder and bring to a simmer. Whisk in the peanut butter until smooth.
4. Sprinkle in the ground rice, whisking constantly, and simmer for 10 minutes until the sauce thickens.
5. Add the aubergine, long beans and banana blossom and simmer for 8–10 minutes until tender. Add the pechay for the final 2 minutes.
6. Stir in the fried tofu and season with soy sauce and salt. Serve with rice and the miso side for spooning over.

Every plant-based meal is a small vote for the world you want.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Portobello Bistek Tagalog

Calamansi, soy and slowly softened onions. That's the whole love letter.

The Filipino 'beefsteak' — tangy with calamansi, rich with soy and piled with soft onion rings — made with meaty portobello mushrooms.

WHY YOU'LL LOVE IT Meaty portobello steaks in a tangy, glossy sauce you'll want to spoon over rice.

PREP **15 min + 20 min marinating** COOK **20 min** SERVES **3–4**

TIME AT A GLANCE

Prep 15 min + 20 min marinating Cook 20 min

COOK'S TIP Scrape out the dark gills of the portobellos with a spoon if you prefer a lighter-coloured sauce.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Portobello Bistek Tagalog

APPROX. PER SERVING | **170** kcal | **4 g** protein | **12 g** carbs | **12 g** fat | **2 g** fibre

INGREDIENTS

6	large portobello mushrooms, cut into 1.5 cm slices
5 tbsp	soy sauce
4 tbsp	calamansi juice (about 8 calamansi)
4 cloves	garlic, minced
½ tsp	freshly ground black pepper
1 tsp	brown sugar
3 tbsp	neutral oil
2	large white onions, cut into thick rings
120 ml ½ cup	water
1 tsp	cornflour mixed with 1 tbsp water
steamed rice and extra calamansi, to serve	

METHOD

1. Mix the soy sauce, calamansi juice, garlic, pepper and sugar. Toss the mushroom slices in the marinade and leave for 20 minutes.
2. Heat 1 tbsp oil in a large pan over medium heat. Fry the onion rings for 3–4 minutes until just softened but still holding their shape. Set aside.
3. Lift the mushrooms from the marinade (keep the liquid). Add the remaining oil and sear the mushrooms in batches for 2–3 minutes per side until browned.
4. Return all the mushrooms, pour in the marinade and water and simmer for 5 minutes.
5. Stir in the cornflour mixture and cook for 1 minute until glossy. Taste and add more calamansi or soy as needed.
6. Pile the onion rings on top and serve with rice and extra calamansi.

Taste as you go. A recipe is a map, not the territory.



HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Kaldereta

Fiesta food for a Wednesday night.

The fiesta stew: a rich, tomatoey braise with potatoes, peppers, olives and a hint of liver-spread depth from a clever peanut and miso paste.

WHY YOU'LL LOVE IT A rich tomato braise with potatoes, peppers and olives — made for a crowd, or for tomorrow's lunch.

PREP **20 min** COOK **45 min** SERVES **4–6**

TIME AT A GLANCE

Prep 20 min Cook 45 min

COOK'S TIP Like most stews, kaldereta tastes even better the next day.

Vegan Kaldereta

APPROX. PER SERVING | **380** kcal | **20 g** protein | **35 g** carbs | **19 g** fat | **8 g** fibre

INGREDIENTS

400 g	firm tofu, cubed and fried
300 g 4¼ cups	king oyster mushrooms, cut into chunks
3 tbsp	olive oil
1	onion, chopped
6 cloves	garlic, minced
2 tbsp	tomato purée
400 g	tomato sauce (passata)
500 ml 2 cups	vegetable stock
2	bay leaves
2	potatoes, cubed
2	carrots, cut into chunks
1 each	red and green bell pepper, cut into squares
60 g	green olives

For the 'liver' paste

2 tbsp	smooth peanut butter
1 tbsp	white miso
1 tbsp	soy sauce

chilli flakes, to taste

METHOD

1. Brown the mushrooms in 1 tbsp oil in a hot pan for 6 minutes. Set aside with the fried tofu.
2. Heat the remaining oil and cook the onion and garlic for 5 minutes. Add the tomato purée and cook for 1 minute.
3. Add the tomato sauce, stock, bay leaves, potatoes and carrots. Cover and simmer for 20 minutes until the potatoes are nearly tender.
4. Mash the peanut butter, miso and soy sauce with a ladle of the sauce until smooth, then stir it in with the tofu, mushrooms, peppers and olives.
5. Simmer, uncovered, for 10 minutes until the sauce is thick and glossy. Add chilli flakes to taste and serve with rice.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



QUICK BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ginataang Kalabasa at Sitaw

Sweet squash and long beans simmered in coconut milk with garlic and ginger.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 20 min

COOK'S TIP Let a few squash cubes collapse into the sauce — they make it thicker and sweeter.

Ginataang Kalabasa at Sitaw

APPROX. PER SERVING — **370** kcal | **13 g** protein | **24 g** carbs | **27 g** fat | **5 g** fibre

INGREDIENTS

1 tbsp	neutral oil
1	onion, sliced
4 cloves	garlic, minced
1 tbsp	grated ginger
600 g 3 cups	kalabasa (kabocha squash), peeled and cubed
1 × 400 ml	tin coconut milk
150 ml ⅔ cup	water
1½ tbsp	vegan ‘patis’ (page 471) or soy sauce
200 g 1¼ cups	sitaw (long beans), cut into 5 cm lengths
200 g	fried tofu puffs or firm tofu (optional)
1	long green chilli (siling haba), sliced
salt and pepper	

METHOD

1. Heat the oil and cook the onion, garlic and ginger for 3–4 minutes until soft.
2. Add the squash and stir to coat. Pour in the coconut milk, water and patis and bring to a gentle simmer.
3. Cook for 10 minutes, stirring occasionally, until the squash is almost tender.
4. Add the long beans, tofu and chilli and simmer for 5–6 minutes more until the beans are tender but still bright and the sauce has thickened.
5. Season with salt and pepper and serve with steamed rice.

Cook once, eat twice — tomorrow’s lunch will thank you.



SPICY

FILIPINO ULAM, SABAW & PANCIT · BICOL MEETS ITALY

Creamy Coconut Laing Pasta

Coconut, ginger and a slow, gentle heat.

Bicol's beloved laing — taro leaves braised in coconut milk with ginger and chilli — reimagined as a rich, silky spaghetti sauce.

WHY YOU'LL LOVE IT Gingery coconut sauce clinging to tender greens — deeply savoury and surprisingly simple.

PREP **10 min** COOK **25 min** SERVES **3–4**

SERVE WITH fried shallots, extra sliced chilli

TIME AT A GLANCE



Prep 10 min Cook 25 min

COOK'S TIP Taro leaves must be thoroughly cooked to avoid an itchy throat — don't skip the full simmer, and never stir them raw into the pasta.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Creamy Coconut Laing Pasta

APPROX. PER SERVING · **580** kcal · **13 g** protein · **62 g** carbs · **31 g** fat · **3 g** fibre

INGREDIENTS

250 g	spaghetti
2 tbsp	coconut or neutral oil
4 cloves	garlic, minced
1	shallot, finely chopped
3 cm piece	ginger, cut into fine matchsticks
2–3	bird's eye chillies (siling labuyo), sliced
400 ml 1⅔ cups	tin coconut milk
1 tbsp	white miso or 1½ tbsp soy sauce
30 g ¾ cup	dried taro leaves, crumbled (or 150 g spinach)
1	lime, juiced and zested
salt to taste	

To serve

3 tbsp	fried shallots
extra sliced chilli	

METHOD

1. If using dried taro leaves, soak them in a little of the coconut milk for 10 minutes to soften.
2. Cook the spaghetti in well-salted boiling water until al dente. Reserve 200 ml of the pasta water, then drain.
3. Meanwhile, heat the oil in a large frying pan over medium heat. Cook the shallot, garlic, ginger and chillies for 3–4 minutes until fragrant and soft but not browned.
4. Add the coconut milk and taro leaves (with any soaking milk) and simmer gently for 10–12 minutes, stirring often, until the sauce thickens and the leaves are completely tender. If using spinach, add it in the last 2 minutes instead.
5. Whisk the miso with a splash of pasta water until smooth, then stir it into the sauce.
6. Add the spaghetti and toss over low heat, adding pasta water a little at a time until glossy and creamy. Finish with lime juice, zest and salt, then top with fried shallots and chilli.

Colour on the plate is flavour on the fork.



BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Sinigang na Gulay

That sour, steaming comfort you want on a rainy day.

The Filipino sour soup that's pure comfort: a tamarind broth loaded with vegetables and tofu, puckeringly tangy and deeply restorative.

WHY YOU'LL LOVE IT A clear, tangy tamarind broth packed with vegetables — light, generous and very Filipino.

PREP **15 min** COOK **30 min** SERVES **4–6**

TIME AT A GLANCE



Prep 15 min Cook 30 min

COOK'S TIP Check sinigang mix labels: some contain shrimp or meat flavouring. Fresh young tamarind boiled and mashed is the traditional route.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Sinigang na Gulay

APPROX. PER SERVING · **130** kcal · **11 g** protein · **14 g** carbs · **5 g** fat · **5 g** fibre

INGREDIENTS

1.5 litres 6¼ cups	water or vegetable stock
1	onion, quartered
2	tomatoes, quartered
2 cm piece	ginger, sliced
1	daikon radish (labanos), sliced into rounds
250 g	firm tofu, cubed
1	long aubergine, sliced
8	okra, trimmed
150 g 1 cup	sitaw (long beans), cut
2	long green chillies (siling haba)
40 g	tamarind sinigang mix (vegan) or 3 tbsp tamarind paste
2 tbsp	soy sauce, to taste
1 bunch	kangkong, cut into lengths
salt, to taste	

METHOD

1. Bring the water, onion, tomatoes and ginger to the boil in a large pot, then simmer for 10 minutes until the tomatoes have softened.
2. Add the radish and tofu and simmer for 5 minutes.
3. Add the aubergine, okra, long beans and chillies and simmer for 5–7 minutes until just tender.
4. Stir in the tamarind mix or paste and soy sauce. Taste — it should be boldly sour — and adjust with salt or more tamarind.
5. Add the kangkong, simmer for 1 minute until wilted, and serve hot with rice.

A squeeze of calamansi fixes almost anything.



BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ginataang Gulay

Coconut milk, a little sweetness, and whatever the market had.

Tender squash, long beans and aubergine simmered in gingery coconut milk — a gentle, golden everyday dish to spoon over rice.

WHY YOU'LL LOVE IT A gentle, fragrant stew that tastes like a Filipino kitchen on a Sunday.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP Add fried tofu cubes or a handful of shiitake in step 3 to make this a more substantial main.

Ginataang Gulay

APPROX. PER SERVING | **340** kcal | **6 g** protein | **25 g** carbs | **26 g** fat | **6 g** fibre

INGREDIENTS

2 tbsp	neutral oil
1	onion, sliced
4 cloves	garlic, minced
3 cm piece	ginger, julienned
500 g 3½ cups	kalabasa (squash), peeled and cut into 3 cm chunks
400 ml 1⅔ cups	tin coconut milk
200 ml ¾ cup	water or vegetable stock
200 g 1¼ cups	sitaw (long beans), cut into 5 cm lengths
1	long aubergine (eggplant), sliced
1–2	long green chillies (siling haba)
2 tbsp	soy sauce, or to taste
1 tsp	white miso (optional, for a bagoong-like depth)
1 handful	malunggay leaves or spinach
steamed rice, to serve	

METHOD

1. Heat the oil in a wide pan over medium heat. Cook the onion, garlic and ginger for 3–4 minutes until fragrant.
2. Add the squash, coconut milk and water. Bring to a gentle simmer — don't let it boil hard or the coconut milk may split — and cook for 10 minutes.
3. Add the long beans, aubergine and whole chillies and simmer for 7–8 minutes more, until the squash is soft and some pieces have melted into the sauce.
4. Stir in the soy sauce and miso, if using. Taste and adjust the seasoning.
5. Add the malunggay or spinach and cook for 1 minute until wilted. Serve hot with rice.

Progress, not perfection. Every meal counts.



BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Arroz Caldo with Crispy Garlic & Tofu

The Filipino answer to a hug in a bowl: soft, gingery rice porridge tinted golden with kasubha, crowned.

WHY YOU'LL LOVE IT A dish that's kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **40 min** SERVES **4**

SERVE WITH crispy fried garlic, spring onions, sliced, calamansi, halved, black pepper and chilli oil

TIME AT A GLANCE

Prep 10 min Cook 40 min

COOK'S TIP Arroz caldo thickens as it sits. Loosen leftovers with a splash of hot stock when reheating.

Arroz Caldo with Crispy Garlic & Tofu

APPROX. PER SERVING | **370** kcal | **14 g** protein | **54 g** carbs | **11 g** fat | **3 g** fibre

INGREDIENTS

2 tbsp	neutral oil
1	onion, finely chopped
6 cloves	garlic, minced
50 g	ginger, cut into fine matchsticks
150 g ¾ cup	glutinous rice
50 g ¼ cup	jasmine rice
1.6 litres 6⅔ cups	vegetable stock
1½ tbsp	vegan ‘patis’ (page 471) or soy sauce
1 tsp	kasubha (safflower) or ½ tsp turmeric
200 g	firm tofu, cubed and fried until golden

To serve

4 tbsp	crispy fried garlic
3	spring onions, sliced
4	calamansi, halved

black pepper and chilli oil

METHOD

1. Heat the oil in a heavy pan and cook the onion for 4 minutes. Add the garlic and ginger and cook for 2 minutes until fragrant.
2. Add both rices and stir for 2 minutes to toast lightly.
3. Pour in the stock, add the patis and kasubha and bring to the boil. Reduce the heat and simmer for 30–35 minutes, stirring often, until the rice has broken down into a thick porridge.
4. Add more stock or water if it becomes too thick — it should be pourable. Taste and adjust the seasoning.
5. Ladle into bowls and top with the fried tofu, crispy garlic and spring onions. Squeeze over calamansi at the table.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU’LL HAVE SOMETHING TO DRAW ON



BUDGET

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ginisang Monggo with Malunggay

The weeknight pot that never lets you down.

The traditional Friday stew: creamy mung beans cooked with garlic, tomato and greens. Thrifty, filling and packed with plant protein.

WHY YOU'LL LOVE IT Cheap, filling and full of comfort — a bowl of monggo is always a good idea.

PREP **10 min** COOK **50 min** SERVES **4–6**

TIME AT A GLANCE

Prep 10 min Cook 50 min

COOK'S TIP Soaking the beans for 2 hours cuts the cooking time by about 10 minutes.

Ginisang Monggo with Malunggay

APPROX. PER SERVING | **350** kcal | **17 g** protein | **33 g** carbs | **17 g** fat | **12 g** fibre

INGREDIENTS

250 g 1¼ cups	dried mung beans (monggo), rinsed
1.5 litres 6¼ cups	water
2 tbsp	neutral oil
1	onion, chopped
5 cloves	garlic, minced
2	tomatoes, chopped
1 tbsp	grated ginger
1½ tbsp	soy sauce or vegan ‘patis’ (page 471)
200 ml ¾ cup	coconut milk (optional)
2 handfuls	malunggay leaves or spinach
1 handful	ampalaya (bitter melon) leaves or kale, optional
200 g	firm tofu, cubed and fried
salt and pepper	
steamed rice, to serve	

METHOD

1. Simmer the mung beans in the water for 30–40 minutes until completely soft and starting to break down. Do not drain.
2. In another pan, heat the oil and cook the onion for 4 minutes. Add the garlic, ginger and tomatoes and cook for 5 minutes until jammy.
3. Tip the tomato mixture into the beans. Add the soy sauce and coconut milk, if using, and simmer for 10 minutes, stirring and mashing some beans to thicken.
4. Stir in the greens and cook for 2 minutes until just wilted. Season with salt and pepper.
5. Serve topped with the fried tofu, with plenty of rice.

Season boldly: plants love salt, acid, heat and a little fat.



BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Tinola with Sayote & Malunggay

Ginger, malunggay and a clear, soothing broth.

A light, deeply gingery broth with green papaya, sayote and mushrooms. Gentle, restoring and very Filipino.

WHY YOU'LL LOVE IT The soup you make when someone you love needs looking after.

PREP **15 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 30 min

COOK'S TIP Be generous with the ginger: it is the backbone of tinola, so fry it well before adding the liquid.

Vegan Tinola with Sayote & Malunggay

APPROX. PER SERVING | **240** kcal | **16 g** protein | **16 g** carbs | **13 g** fat | **4 g** fibre

INGREDIENTS

2 tbsp	neutral oil
1	onion, sliced
5 cloves	garlic, crushed
60 g	ginger, sliced into thin coins
250 g 3½ cups	oyster mushrooms, torn into large pieces
1.5 litres 6¼ cups	vegetable or mushroom stock
2 tbsp	vegan ‘patis’ (page 471) or 1 tbsp soy sauce
1	small green papaya or 2 sayote (chayote), peeled and cut into wedges
300 g	firm tofu, cubed
2 handfuls	malunggay leaves or chilli leaves
salt and white pepper	

METHOD

1. Heat the oil in a large pot. Fry the ginger for 2 minutes, then add the onion and garlic and cook for 4 minutes until soft and fragrant.
2. Add the mushrooms and cook for 4 minutes until they release their juices.
3. Pour in the stock and patis and bring to the boil. Add the papaya or sayote and simmer for 12–15 minutes until just tender.
4. Add the tofu and simmer for 3 minutes. Season with salt and white pepper.
5. Turn off the heat and stir in the malunggay leaves. They wilt in seconds. Serve with rice.

Share the pot. Food tastes better when someone else is at the table.



BUDGET HIGH-PROTEIN KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Pancit Canton with Tofu & Vegetables

Birthdays, merienda, leftover vegetables — pancit belongs at all of them.

The birthday noodle dish, for long life: springy noodles stir-fried with crisp vegetables, tofu and a savoury soy-calamansi sauce.

WHY YOU'LL LOVE IT A hot wok, a tangle of noodles, and a squeeze of calamansi at the end.

PREP **20 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 15 min

COOK'S TIP Many canton noodles contain egg — check the packet, or use rice vermicelli (bihon) instead.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Pancit Canton with Tofu & Vegetables

APPROX. PER SERVING | **490** kcal | **19 g** protein | **67 g** carbs | **16 g** fat | **7 g** fibre

INGREDIENTS

250 g	egg-free canton (wheat) noodles
250 g	firm tofu, cut into strips
3 tbsp	neutral oil
1	onion, sliced
4 cloves	garlic, minced
2	carrots, julienned
200 g 2¾ cups	cabbage, shredded
100 g ⅔ cup	snow peas (sitsaro)
2 sticks	celery, sliced (plus leaves)
500 ml 2 cups	vegetable stock
4 tbsp	soy sauce
2 tbsp	vegan oyster (mushroom) sauce
½ tsp	black pepper
3	spring onions, sliced
6	calamansi, halved, to serve

METHOD

1. Heat 2 tbsp oil in a large wok over medium-high heat. Fry the tofu strips for 5 minutes until golden. Set aside.
2. Add the remaining oil, onion and garlic and stir-fry for 2 minutes. Add the carrots and celery and cook for 2 minutes.
3. Add the cabbage and snow peas and stir-fry for 1–2 minutes until just wilted but still crisp. Remove half the vegetables and set aside.
4. Pour in the stock, soy sauce, mushroom sauce and pepper and bring to the boil.
5. Add the noodles and toss for 3–4 minutes until they absorb the liquid and are tender.
6. Return the tofu and reserved vegetables, toss well and serve with spring onions and calamansi.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Pancit Palabok

The party noodle, bright with sauce and toppings.

Fine rice noodles under a bright orange annatto and mushroom gravy, piled with crispy toppings. A party centrepiece without the shrimp.

WHY YOU'LL LOVE IT Silky golden gravy, smoked tofu crumbs and a squeeze of calamansi — build it at the table.

PREP **25 min** COOK **25 min** SERVES **4–6**

TIME AT A GLANCE



Prep 25 min Cook 25 min

COOK'S TIP No annatto seeds? Use 1 tsp annatto powder or 1 tsp sweet paprika for colour.

Vegan Pancit Palabok

APPROX. PER SERVING · **560** kcal · **17 g** protein · **92 g** carbs · **14 g** fat · **5 g** fibre

INGREDIENTS

400 g 2¼ cups	thin rice noodles (bihon/palabok)

For the sauce

2 tbsp	annatto (atsuete) seeds, soaked in 60 ml hot water
3 tbsp	neutral oil
1	onion, finely chopped
5 cloves	garlic, minced
200 g 2¾ cups	mushrooms, finely chopped
1 litre 4¼ cups	mushroom or vegetable stock
2 tbsp	vegan ‘patis’ (page 471)
1 tbsp	white miso
60 g ½ cup	plain flour or 4 tbsp cornflour

For the toppings

200 g ¾ cup	firm tofu, crumbled and fried until crisp
40 g ¼ cup	vegan chicharon or crushed rice crackers
4 tbsp	crispy fried garlic
3	spring onions, sliced

calamansi halves

METHOD

1. Squeeze the annatto seeds in their soaking water to release the colour, then strain and discard the seeds.
2. Heat the oil and cook the onion and garlic for 4 minutes. Add the mushrooms and cook for 6 minutes until browned.
3. Sprinkle in the flour and stir for 1 minute. Gradually whisk in the stock, annatto water, patis and miso. Simmer for 8–10 minutes, stirring, until smooth and gravy-thick.
4. Soak or boil the noodles according to the packet, then drain well.
5. Spread the noodles on a platter, pour over the sauce and scatter with tofu, chicharon, garlic and spring onions. Serve with calamansi to squeeze over.

Brown it well. Patience in the pan is flavour on the plate.



BUDGET HIGH-PROTEIN KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Filipino-Style Sweet Spaghetti

The birthday spaghetti you remember — sweet, red and piled high.

The birthday-party spaghetti every Filipino child remembers: a sweet, glossy banana-ketchup sauce with plant-based sausages and mushroom 'mince'.

WHY YOU'LL LOVE IT A Filipino-style sauce with a plant-based twist, made for a crowd.

PREP **10 min** COOK **30 min** SERVES **4–6**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP Serve with lumpia (page 101) and a big bowl of mango float (page 192) for the full party spread.

Filipino-Style Sweet Spaghetti

APPROX. PER SERVING | **620** kcal | **38 g** protein | **98 g** carbs | **7 g** fat | **12 g** fibre

INGREDIENTS

400 g	spaghetti
2 tbsp	neutral oil
1	onion, finely chopped
5 cloves	garlic, minced
250 g 5 cups	mushrooms, finely chopped, or 150 g rehydrated TVP
4	plant-based hot dogs or sausages, sliced into rounds
500 g	tomato sauce (passata)
200 g	banana ketchup (page 479)
2 tbsp	soy sauce
1–2 tbsp	brown sugar, to taste
150 ml ⅔ cup	pasta water or stock
salt and pepper	
60 g	grated vegan cheese, to serve

METHOD

1. Cook the spaghetti in salted boiling water until al dente. Reserve a mugful of pasta water and drain.
2. Meanwhile, heat the oil and fry the sausage rounds for 3 minutes until browned. Set aside.
3. In the same pan, cook the onion and garlic for 4 minutes, then add the mushrooms and cook for 8 minutes until browned and dry.
4. Add the tomato sauce, banana ketchup, soy sauce, sugar and 150 ml pasta water. Simmer for 12 minutes, stirring, until thick. Return the sausages and season.
5. Toss with the spaghetti, loosening with more pasta water if needed. Top with grated vegan cheese.

Leftover rice isn't a problem. It's sinangag waiting to happen.



KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PAMPANGA, PHILIPPINES

Bringhe — Kapampangan Coconut Sticky Rice

Pampanga's answer to paella: glutinous rice cooked with coconut milk and turmeric until golden and sticky.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min** COOK **40 min** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min Cook 40 min

COOK'S TIP Let a thin crust form on the bottom — the toasted rice, called tutong, is the best bit.

Bringhe — Kapampangan Coconut Sticky Rice

APPROX. PER SERVING | **630** kcal | **14 g** protein | **87 g** carbs | **25 g** fat | **8 g** fibre

INGREDIENTS

300 g 1⅔ cups	glutinous rice, rinsed
100 g ½ cup	jasmine rice, rinsed
3 tbsp	neutral oil
1	onion, chopped
6 cloves	garlic, minced
1 tbsp	grated ginger
200 g 2¾ cups	mushrooms, quartered
1 tsp	ground turmeric
1 × 400 ml	tin coconut milk
350 ml 1½ cups	vegetable stock
1½ tbsp	vegan ‘patis’ (page 471)
1	red bell pepper, cut into strips
1 × 400 g	tin chickpeas, drained
100 g ⅔ cup	frozen peas
banana leaves, wiped (optional)	
lemon or calamansi, to serve	

METHOD

1. Heat the oil in a wide, heavy pan and cook the onion, garlic and ginger for 4 minutes. Add the mushrooms and cook for 5 minutes.
2. Add both rices and the turmeric and stir for 2 minutes to coat.
3. Pour in the coconut milk, stock and patis. Bring to the boil, then reduce the heat to low, cover and cook for 20 minutes, stirring once or twice to stop it catching.
4. Scatter over the pepper, chickpeas and peas. Cover with banana leaves (or a lid) and cook for 10 minutes more until the rice is tender and sticky.
5. Rest for 5 minutes, then serve with lemon or calamansi wedges.

The best diet is the one you enjoy enough to keep.



QUICK BUDGET HIGH-PROTEIN KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Tofu Silog with Garlic Rice

Garlic rice, a savoury topping, and breakfast for dinner if you like.

The classic Filipino breakfast plate — garlicky fried rice, a golden 'egg' and something tangy on the side — made with a turmeric-spiked tofu scramble.

WHY YOU'LL LOVE IT The Filipino breakfast plate, fully plant-based and ready for a long day.

PREP **10 min** COOK **20 min** SERVES **2**

SERVE WITH atchara (pickled green papaya), optional, banana ketchup or spiced cane vinegar

TIME AT A GLANCE

Prep 10 min Cook 20 min

COOK'S TIP Kala namak has a natural sulphurous note that tastes remarkably eggy — add it at the end for the strongest flavour.

Tofu Silog with Garlic Rice

APPROX. PER SERVING · **720** kcal · **31 g** protein · **73 g** carbs · **34 g** fat · **6 g** fibre

INGREDIENTS

For the garlic rice

400 g 2½ cups	cooked jasmine rice, preferably day-old
6 cloves	garlic, finely chopped
2 tbsp	neutral oil
½ tsp	salt

For the tofu scramble

300 g	firm tofu, drained
1 tbsp	olive oil
½ tsp	ground turmeric
½ tsp	kala namak (black salt) or regular salt
1 tbsp	nutritional yeast
2 tbsp	plant milk
1	tomato, diced
2	spring onions, sliced

To serve

4 tbsp	atchara (pickled green papaya), optional

banana ketchup or spiced cane vinegar

METHOD

1. Heat the neutral oil in a large frying pan over medium-low heat. Add the garlic and cook, stirring, for 3–4 minutes until pale golden. Lift out half the garlic and set aside for garnish.
2. Turn the heat to medium-high, add the rice and salt, and stir-fry for 5–6 minutes, breaking up clumps, until hot and lightly toasted. Keep warm.
3. In a second pan, heat the olive oil over medium heat. Crumble in the tofu in uneven pieces and cook for 4 minutes, until starting to colour.
4. Sprinkle over the turmeric, kala namak and nutritional yeast, add the plant milk and stir until the tofu is evenly golden and creamy, about 2 minutes. Fold in the tomato for the last minute.
5. Pile the rice onto plates, spoon the scramble alongside and top with the reserved garlic and spring onions. Serve with atchara and a dipping saucer of vinegar or banana ketchup.

Good food is the most delicious form of kindness.



KID-FRIENDLY SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Lumpiang Gulay — Crispy Vegetable Spring Rolls

Crisp, golden and gone in a minute.

Every Filipino party's first empty plate. Thin, shatteringly crisp rolls packed with tofu, mushrooms and vegetables.

WHY YOU'LL LOVE IT A tight, crunchy roll with a sweet-savoury dip — the merienda everyone reaches for first.

PREP **40 min** COOK **20 min** MAKES **about 30 small rolls**

TIME AT A GLANCE

Prep 40 min Cook 20 min

COOK'S TIP Freeze the uncooked rolls on a tray, then bag. Fry straight from frozen, adding a minute to the cooking time.

Lumpiang Gulay — Crispy Vegetable Spring Rolls

APPROX. PER ROLL | **140** kcal | **5 g** protein | **23 g** carbs | **3 g** fat | **2 g** fibre

INGREDIENTS

200 g ¾ cup	firm tofu, pressed and finely crumbled
150 g 2¼ cups	mushrooms, finely chopped
2	carrots, finely grated
100 g ⅔ cup	green beans or singkamas (jicama), finely chopped
1	onion, finely chopped
4 cloves	garlic, minced
2 tbsp	soy sauce
½ tsp	ground black pepper
2 tbsp	cornflour
2	spring onions, sliced
30	small egg-free lumpia wrappers
1 tbsp	flour mixed with 2 tbsp water, to seal
neutral oil, for frying	
sweet chilli sauce or spiced vinegar, to serve	

METHOD

1. Fry the onion and garlic in 1 tbsp oil for 3 minutes. Add the tofu and mushrooms and cook for 6–8 minutes until dry and lightly browned.
2. Add the carrot and beans, soy sauce and pepper and cook for 2 minutes. Cool completely, then stir in the cornflour and spring onions.
3. Place 1 heaped tablespoon of filling along the bottom of a wrapper. Fold in the sides and roll up tightly, sealing the edge with the flour paste. Repeat.
4. Heat 3 cm of oil in a deep pan to 170 °C. Fry the rolls in batches for 3–4 minutes, turning, until deep golden.
5. Drain on a rack, cut on the diagonal and serve hot with sweet chilli sauce or spiced vinegar.

Kain na! — Let's eat.



KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Lumpiang Sariwa with Garlic Peanut Sauce

The fresh, soft cousin of fried lumpia: a tender homemade crêpe wrapped around sautéed vegetables, lettuce.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **30 min** COOK **30 min** MAKES **8**

TIME AT A GLANCE

Prep 30 min Cook 30 min

COOK'S TIP Ubod (heart of palm) is the classic filling — use a 400 g tin, drained and sliced, in place of the sweet potato if you find it.

Lumpiang Sariwa with Garlic Peanut Sauce

APPROX. PER PIECE | **240** kcal | **9 g** protein | **37 g** carbs | **7 g** fat | **4 g** fibre

INGREDIENTS

For the crêpes

120 g 1 cup	plain flour
2 tbsp	cornflour
300 ml 1¼ cups	soy milk
1 tbsp	oil
pinch	salt

For the filling

200 g	firm tofu, cut into thin strips and fried
300 g 2¼ cups	kamote (sweet potato), cut into matchsticks
200 g 1¼ cups	green beans, sliced
1	carrot, cut into matchsticks
¼	cabbage, shredded
3 cloves	garlic
2 tbsp	soy sauce
8	lettuce leaves

For the sauce

80 g ⅓ cup	brown sugar
2 tbsp	soy sauce
250 ml 1 cup	water + 1 tbsp cornflour
3 cloves	garlic, minced
3 tbsp	crushed roasted peanuts

METHOD

1. Whisk the crêpe ingredients to a smooth, thin batter and rest for 10 minutes. Cook ladlefuls in a lightly oiled non-stick pan for about 1 minute a side. Stack and cover.
2. Fry the garlic in a little oil, add the sweet potato and carrot and cook for 5 minutes. Add the beans, cabbage and soy sauce and cook for 4 minutes more until just tender. Fold in the tofu.
3. For the sauce, simmer the sugar, soy sauce and cornflour water for 3–4 minutes, stirring, until glossy and thick. Stir in the raw garlic.
4. Lay a lettuce leaf on each crêpe, add a few spoonfuls of filling and roll up, leaving one end open with the lettuce peeking out.
5. Spoon over the sauce and scatter with peanuts.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Okoy — Crispy Squash & Sweet Potato Fritters

Lacy, golden vegetable fritters, traditionally made with tiny shrimp.

WHY YOU'LL LOVE IT A dish that's kind to your budget, and a welcome kick of heat.

PREP **20 min** COOK **20 min** SERVES **4 (12 fritters)**

TIME AT A GLANCE

Prep 20 min Cook 20 min

COOK'S TIP Ice-cold sparkling water keeps the batter light — make it just before frying.

Okoy — Crispy Squash & Sweet Potato Fritters

APPROX. PER SERVING | **240** kcal | **4 g** protein | **55 g** carbs | **1 g** fat | **4 g** fibre

INGREDIENTS

250 g 1¾ cups	kalabasa (squash), julienned or coarsely grated
200 g 1½ cups	kamote (sweet potato), julienned
1	carrot, julienned
100 g 1 cup	bean sprouts
3	spring onions, sliced
100 g ⅔ cup	rice flour
60 g ½ cup	cornflour
1 tsp	baking powder
1 tsp	salt
½ tsp	ground annatto or paprika, for colour
200 ml ¾ cup	ice-cold sparkling water
neutral oil, for shallow-frying	

For the dip

100 ml ½ cup	cane vinegar
2 cloves	garlic, crushed
1	bird's-eye chilli, sliced
¼ tsp	salt and a pinch of sugar

METHOD

1. Mix the dip ingredients and set aside to infuse.
2. Whisk the flours, baking powder, salt and annatto, then whisk in the cold sparkling water to make a thin batter.
3. Toss in all the vegetables until evenly coated.
4. Heat 1 cm of oil in a frying pan over medium-high heat. Spoon in loose mounds of the mixture, flattening them with the back of the spoon. Fry for 2–3 minutes a side until deep golden and crisp.
5. Drain on a rack (not paper, which makes them soggy) and serve hot with the spiced vinegar.

You don't have to be perfect to make a difference.



QUICK BUDGET SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ensaladang Talong

Smoky, flame-charred aubergine dressed with tomato, onion and green mango in sharp cane vinegar.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **15 min** SERVES **4 as a side**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Don't rinse the peeled aubergine — a few flecks of char give the salad its smoky character.

Ensaladang Talong

APPROX. PER SERVING | **110** kcal | **4 g** protein | **27 g** carbs | **1 g** fat | **9 g** fibre

INGREDIENTS

4	long aubergines (talong)
2	tomatoes, diced
1	red onion, finely diced
½	green (unripe) mango, cut into slivers (optional)
3 tbsp	cane vinegar
1 tsp	sugar
½ tsp	salt
¼ tsp	black pepper
1	bird's eye chilli, finely chopped (optional)
1 tsp	soy sauce or a little vegan 'patis' (page 471)

METHOD

1. Char the aubergines directly over a gas flame, on a hot grill or under a very hot grill, turning, for 10–15 minutes until the skin is blackened and the flesh is completely soft.
2. Leave to cool slightly, then peel away the charred skin, leaving the stems on. Flatten gently with a fork.
3. Whisk the vinegar, sugar, salt, pepper, chilli and soy sauce.
4. Lay the aubergines on a plate, top with tomato, onion and green mango, and spoon over the dressing. Serve at room temperature.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



QUICK SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ensaladang Mangga

Green mango, a sharp dip, and a warm afternoon.

Sour green mango, tomato and onion with a sweet-salty miso 'bagoong'. Bright, crunchy and the perfect partner for anything fried or grilled.

WHY YOU'LL LOVE IT The merienda of summer — sour, salty-sweet and gone before you sit down.

PREP **15 min** COOK **5 min** SERVES **4 as a side**

TIME AT A GLANCE



Prep 15 min Cook 5 min

COOK'S TIP The bagoong keeps for two weeks in the fridge and is also delicious with kare-kare (page 71).

Ensaladang Mangga

APPROX. PER SERVING | **190** kcal | **4 g** protein | **37 g** carbs | **5 g** fat | **5 g** fibre

INGREDIENTS

2	green (unripe) mangoes, peeled and julienned
3	ripe tomatoes, diced
1	small red onion, finely chopped
small bunch	coriander, chopped
1	bird's-eye chilli, sliced (optional)

For the vegan 'bagoong'

2 tbsp	red or brown miso
1 tbsp	fermented black beans, mashed (optional)
1½ tbsp	brown sugar
1 tbsp	cane vinegar
1 clove	garlic, minced
1 tbsp	neutral oil
2 tbsp	water

METHOD

1. Fry the garlic in the oil for 1 minute. Add the miso, black beans, sugar, vinegar and water and simmer, stirring, for 2–3 minutes until thick and glossy. Cool.
2. Combine the mango, tomatoes, onion, coriander and chilli in a bowl.
3. Toss with half the bagoong, or serve it on the side so everyone can add their own.
4. Taste and add a pinch of salt or a squeeze of calamansi if needed.
5. Serve straight away while the mango is crisp.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



QUICK BUDGET

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Adobong Kangkong

A bunch of greens, a hot wok, and two minutes of courage.

Water spinach cooked adobo-style with soy, vinegar, garlic and peppercorns. Five minutes, one pan and endlessly moreish.

WHY YOU'LL LOVE IT Garlicky, a little spicy, and the fastest ulam in this book.

PREP **10 min** COOK **10 min** SERVES **4 as a side**

TIME AT A GLANCE

Prep 10 min Cook 10 min

COOK'S TIP Leaving the vinegar to boil for a minute before stirring softens its sharpness — a classic adobo trick.

Adobong Kangkong

APPROX. PER SERVING · 170 kcal · 9 g protein · 9 g carbs · 11 g fat · 2 g fibre

INGREDIENTS

1 large bunch	kangkong (water spinach), about 400 g
2 tbsp	neutral oil
8 cloves	garlic, minced
1	onion, sliced
200 g	firm tofu, cubed and fried (optional)
3 tbsp	soy sauce
2 tbsp	cane vinegar
1 tsp	sugar
½ tsp	whole black peppercorns, cracked
2	bay leaves
2 tbsp	water

METHOD

1. Cut the kangkong into 8 cm lengths, keeping the stems and leaves separate. Wash well.
2. Heat the oil and fry half the garlic until golden and crisp. Lift out and set aside for garnish.
3. Add the remaining garlic and onion and cook for 2 minutes. Add the stems, soy sauce, vinegar, sugar, pepper, bay leaves and water. Simmer, without stirring, for 2 minutes so the vinegar mellows.
4. Add the leaves and tofu and toss for 1–2 minutes until just wilted.
5. Serve topped with the crispy garlic.

Every plant-based meal is a small vote for the world you want.



HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · BICOL, PHILIPPINES

Vegan Bicol Express

Coconut, chilli and a dare.

Bicol's fiery, creamy stew of chillies and coconut milk — made here with crisp tofu and oyster mushrooms and a spoon of fermented black beans standing in for bagoong.

WHY YOU'LL LOVE IT Creamy, fiery and completely addictive — serve with a mountain of rice.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP For the deep, oily, almost-dry Bicolano finish, keep simmering until the coconut milk splits and you see a sheen of red-gold oil — that is where the flavour lives.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Vegan Bicol Express

APPROX. PER SERVING | **610** kcal | **22 g** protein | **19 g** carbs | **52 g** fat | **5 g** fibre

INGREDIENTS

400 g	firm tofu, pressed and cut into 2 cm cubes
200 g 2¾ cups	oyster mushrooms, torn
2 tbsp	coconut or neutral oil
1	onion, sliced
5 cloves	garlic, minced
2 tbsp	ginger, minced
1 tbsp	fermented black beans (tausi), rinsed and mashed
400 ml 1⅔ cups	coconut milk
200 ml ¾ cup	coconut cream (kakang gata)
10	long green chillies (siling haba), sliced
3–5	bird's eye chillies (siling labuyo), sliced
1 tbsp	soy sauce or vegan patis 471
150 g 1 cup	sitaw (yardlong beans), cut into 3 cm lengths (optional)

METHOD

1. Fry the tofu in the oil over medium-high heat for 8 minutes, turning, until golden on most sides. Lift out. Fry the mushrooms in the same pan for 4 minutes until browned at the edges.
2. Lower the heat. Add the onion, garlic and ginger and cook for 3 minutes until soft. Stir in the mashed tausi for 30 seconds.
3. Pour in the coconut milk and simmer gently, stirring often, for 8 minutes until it starts to thicken.
4. Add the green chillies, labuyo and sitaw and simmer for 5 minutes. Return the tofu and mushrooms.
5. Stir in the coconut cream and soy sauce and simmer for 3–4 minutes more, until the sauce is thick and the oil begins to separate. Taste for salt and serve with plenty of rice.

Taste as you go. A recipe is a map, not the territory.



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Pork-Style Menudo

The fiesta tomato stew of potatoes, carrots, peppers and raisins, with soy chunks and firm tofu in place of.

WHY YOU'LL LOVE IT A dish that's about 22 g of protein a serving, and a taste of home, plant-based.

PREP **20 min** COOK **35 min** SERVES **4–6**

TIME AT A GLANCE

Prep 20 min Cook 35 min

COOK'S TIP Menudo improves overnight. Make it the day before a party and gently reheat with a splash of water.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Vegan Pork-Style Menudo

APPROX. PER SERVING | **340** kcal | **22 g** protein | **39 g** carbs | **11 g** fat | **9 g** fibre

INGREDIENTS

100 g 2 cups	dried soy chunks (TVP)
200 g	firm tofu, cut into 1.5 cm cubes
3 tbsp	soy sauce
1	calamansi or ½ lemon, juiced
2 tbsp	oil
1	onion, chopped
5 cloves	garlic, minced
2	potatoes, cut into 1.5 cm cubes
1	large carrot, cut into 1.5 cm cubes
250 ml 1 cup	tomato sauce (passata)
400 ml 1⅔ cups	water or vegetable stock
2	bay leaves
1	red bell pepper, diced
70 g ½ cup	cooked chickpeas or green peas
3 tbsp	raisins
1 tsp	sugar
1 tbsp	liver-style spread: 2 tbsp peanut butter mashed with 1 tsp miso (optional)

METHOD

1. Soak the soy chunks in boiling water for 10 minutes, squeeze dry and cut any large pieces in half. Toss with the tofu, 2 tbsp soy sauce and the calamansi and leave for 10 minutes.
2. Heat the oil and fry the soy chunks and tofu for 6 minutes until browned. Lift out.
3. In the same pan cook the onion and garlic for 3 minutes. Add the potatoes and carrot and fry for 3 minutes.
4. Add the tomato sauce, water, bay leaves and remaining soy sauce. Return the soy chunks and tofu, cover and simmer for 18–20 minutes until the potatoes are tender.
5. Stir in the pepper, chickpeas, raisins, sugar and the peanut-miso paste and simmer, uncovered, for 5 minutes until the sauce is thick. Season and serve with rice.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegetable & Tofu Afritada

A homely tomato stew from every lola's kitchen, with golden tofu, potatoes, carrots, bell peppers and green.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a taste of home, plant-based.

PREP **15 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE



Prep 15 min Cook 30 min

COOK'S TIP Fry the potatoes in the oil first for 5 minutes if you like them with golden edges that hold their shape.

Vegetable & Tofu Afritada

APPROX. PER SERVING · **370** kcal · **21 g** protein · **37 g** carbs · **16 g** fat · **8 g** fibre

INGREDIENTS

400 g	firm tofu, cut into 2.5 cm cubes
2 tbsp	oil
1	onion, chopped
4 cloves	garlic, minced
2	tomatoes, chopped
250 ml 1 cup	tomato sauce (passata)
300 ml 1¼ cups	vegetable stock
2 tbsp	soy sauce or vegan patis 471
2	bay leaves
2	potatoes, quartered
1	carrot, cut into chunks
1	red and 1 green bell pepper, cut into squares
70 g ½ cup	green peas

salt, pepper and a pinch of sugar

METHOD

1. Fry the tofu in the oil for 8 minutes until golden. Set aside.
2. Sauté the onion and garlic for 3 minutes, then the tomatoes for 3 minutes until they collapse.
3. Add the tomato sauce, stock, soy sauce, bay leaves, potatoes and carrot. Cover and simmer for 15 minutes.
4. Add the peppers, peas and tofu and simmer, uncovered, for 6–8 minutes until the vegetables are tender and the sauce coats them.
5. Season with salt, pepper and a pinch of sugar to balance the tomatoes. Serve hot with rice.

Cook once, eat twice — tomorrow's lunch will thank you.



FILIPINO ULAM, SABAW & PANCIT · TAGALOG REGION, PHILIPPINES

Mushroom Mechado

Big, meaty king oyster or portobello mushrooms braised in a soy-calamansi tomato sauce.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **15 min** COOK **40 min** SERVES **4–6**

TIME AT A GLANCE



Prep 15 min Cook 40 min

COOK'S TIP For an extra-rich mechado, stir in a tablespoon of peanut butter at the end — it mimics the body that slow-braised meat gives the sauce.

Mushroom Mechado

APPROX. PER SERVING | **190** kcal | **7 g** protein | **29 g** carbs | **6 g** fat | **6 g** fibre

INGREDIENTS

500 g 7¼ cups	king oyster or portobello mushrooms, cut into thick chunks
3 tbsp	soy sauce
2	calamansi or ½ lemon, juiced
2 tbsp	oil
1	onion, chopped
5 cloves	garlic, minced
250 ml 1 cup	tomato sauce (passata)
2 tbsp	tomato paste
300 ml 1¼ cups	vegetable stock
2	bay leaves
1 tsp	whole peppercorns
2	potatoes, cut into chunks
1	carrot, cut into chunks
1	green bell pepper, sliced
1 tsp	brown sugar

METHOD

1. Toss the mushrooms with the soy sauce and calamansi and marinate for 15 minutes.
2. Lift the mushrooms out (keep the marinade) and sear in the oil over high heat for 6 minutes until well browned. Set aside.
3. Soften the onion and garlic for 3 minutes. Stir in the tomato paste for 1 minute.
4. Add the tomato sauce, stock, marinade, bay leaves, peppercorns, potatoes and carrot. Cover and simmer for 20 minutes.
5. Return the mushrooms with the bell pepper and sugar and simmer, uncovered, for 8 minutes until thick and glossy. Season and serve.

Colour on the plate is flavour on the fork.



BUDGET

FILIPINO ULAM, SABAW & PANCIT · ILOCOS, PHILIPPINES

Pinakbet with Crispy Tofu

A vegetable pot that tastes of the Ilocos sun.

The Ilocano vegetable medley of squash, ampalaya, okra, eggplant and sitaw, simmered until just tender with miso and black bean paste in place of bagoong.

WHY YOU'LL LOVE IT Bitter melon, squash and a savoury umami sauce, all in one pan.

PREP **20 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 20 min

COOK'S TIP Ilocanos shake the pot rather than stir it. It keeps the vegetables whole and the bitter ampalaya from flavouring everything.

Pinakbet with Crispy Tofu

APPROX. PER SERVING — **200** kcal | **12 g** protein | **23 g** carbs | **9 g** fat | **8 g** fibre

INGREDIENTS

200 g	firm tofu, cubed and fried until crisp
1 tbsp	oil
1	onion, sliced
4 cloves	garlic, crushed
2	tomatoes, chopped
1½ tbsp	white or red miso
1 tbsp	fermented black beans, mashed (or 1 tbsp soy sauce)
250 g 1¾ cups	kalabasa (squash), cut into chunks
250 ml 1 cup	water
1	small ampalaya (bitter melon), seeded and sliced
1	long eggplant, sliced
8	okra, trimmed
100 g ⅔ cup	sitaw (yardlong beans), cut into 5 cm lengths
1	thumb ginger, sliced

METHOD

1. Heat the oil and sauté the onion, garlic and ginger for 3 minutes. Add the tomatoes and cook for 4 minutes until mushy.
2. Stir in the miso and black beans, then add the squash and water. Cover and cook for 6 minutes.
3. Layer in the ampalaya, eggplant, okra and sitaw. Cover and steam for 6–8 minutes — resist stirring, so the ampalaya keeps its shape.
4. Gently fold through the crispy tofu and season. Serve with rice.

A squeeze of calamansi fixes almost anything.



QUICK BUDGET

FILIPINO ULAM, SABAW & PANCIT · ILOCOS, PHILIPPINES

Dinengdeng with Malunggay & Saluyot

A light Ilocano vegetable broth of whatever the garden gives: squash flowers, malunggay, saluyot, okra and.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Never boil after adding the miso — keep it at a gentle simmer to protect its flavour.

Dinengdeng with Malunggay & Saluyot

APPROX. PER SERVING | **110** kcal | **7 g** protein | **16 g** carbs | **3 g** fat | **5 g** fibre

INGREDIENTS

1 litre 4¼ cups	water or rice wash (hugas bigas)
1	onion, quartered
1	thumb ginger, sliced
2	tomatoes, quartered
2 tbsp	white miso
1 tbsp	soy sauce
150 g ¾ cup	kalabasa, cubed
8	okra
100 g 1 cup	sitaw, cut into 5 cm lengths
1	small eggplant, sliced
2 handfuls	saluyot (jute leaves) or spinach
1 handful	malunggay leaves
squash flowers, if available	
100 g	fried tofu (optional)

METHOD

1. Bring the water to a simmer with the onion, ginger and tomatoes. Cook for 5 minutes.
2. Dissolve the miso in a ladle of broth and stir back in with the soy sauce.
3. Add the squash and cook for 5 minutes, then the okra, sitaw and eggplant for 4 minutes.
4. Turn off the heat and stir in the saluyot, malunggay, squash flowers and tofu. Let the leaves wilt for 1 minute and serve.

Progress, not perfection. Every meal counts.



SPICY

FILIPINO ULAM, SABAW & PANCIT · VISAYAS & BICOL, PHILIPPINES

Ginataang Langka

Young jackfruit simmered in coconut milk with ginger, chilli and leafy greens.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP Mash a few jackfruit pieces against the side of the pan with your spoon — the shreds thicken the sauce and give it a pulled texture.

Ginataang Langka

APPROX. PER SERVING · **410** kcal · **6 g** protein · **49 g** carbs · **24 g** fat · **4 g** fibre

INGREDIENTS

2 × 565 g	tins young green jackfruit in brine, drained and rinsed (or 800 g fresh young langka)
1 tbsp	oil
1	onion, sliced
4 cloves	garlic, minced
2 tbsp	ginger, cut into matchsticks
400 ml 1⅔ cups	coconut milk
200 ml ¾ cup	water
1 tbsp	soy sauce or vegan patis 471
2	long green chillies, sliced
2 handfuls	malunggay or spinach
150 g 1⅓ cups	sitaw, cut (optional)

METHOD

1. Cut the jackfruit into bite-sized pieces, trimming off any hard core.
2. Sauté the onion, garlic and ginger in the oil for 3 minutes. Add the jackfruit and fry for 4 minutes.
3. Pour in the coconut milk and water. Simmer gently, uncovered, for 15 minutes, stirring now and then, until the jackfruit is tender and starts to shred.
4. Add the soy sauce, chillies and sitaw and cook for 5 minutes until thick.
5. Fold in the greens until wilted. Season and serve with rice.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Paksiw na Kabute

Mushrooms gently braised in vinegar, garlic and a little sugar.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE



Prep 10 min Cook 25 min

> **COOK'S TIP** Let vinegar boil uncovered and unstirred before you add the rest — it takes the raw edge off. Every Filipino lola agrees.

Paksiw na Kabute

APPROX. PER SERVING | **220** kcal | **9 g** protein | **21 g** carbs | **13 g** fat | **3 g** fibre

INGREDIENTS

500 g 7¼ cups	mixed mushrooms (oyster, shiitake, button), thickly sliced
2 tbsp	oil
1	onion, sliced
6 cloves	garlic, crushed
120 ml ½ cup	cane vinegar
120 ml ½ cup	water
3 tbsp	soy sauce
2 tbsp	brown sugar
2	bay leaves
1 tsp	whole peppercorns
3 tbsp	vegan lechon sauce 491 or 1 tbsp peanut butter

METHOD

1. Brown the mushrooms in the oil over high heat for 6 minutes. Add the onion and garlic for 2 minutes.
2. Add the vinegar and bring to the boil without stirring for 2 minutes, to mellow its sharpness.
3. Add the water, soy sauce, sugar, bay leaves and peppercorns. Simmer for 12 minutes.
4. Stir in the lechon sauce and simmer for 3 minutes until glossy. Serve with rice.

Season boldly: plants love salt, acid, heat and a little fat.



SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Crispy Oyster Mushroom “Lechon Kawali”

Clusters of oyster mushroom, twice-fried until they crackle like lechon skin, served with spiced vinegar.

WHY YOU’LL LOVE IT A dish that’s a welcome kick of heat, and a taste of home, plant-based.

PREP **20 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 15 min

COOK’S TIP The second, hotter fry is what makes them shatter. Rest the mushrooms 5 minutes between fries.

Crispy Oyster Mushroom “Lechon Kawali”

APPROX. PER SERVING · **170** kcal · **6 g** protein · **35 g** carbs · **1 g** fat · **2 g** fibre

INGREDIENTS

400 g 5¾ cups	oyster mushrooms, torn into large clusters
2 tbsp	soy sauce
1 tsp	garlic powder
½ tsp	black pepper
100 g ¾ cup	plain flour
50 g ⅓ cup	cornflour
½ tsp	salt
1 tsp	baking powder
200 ml ¾ cup	ice-cold sparkling or plain water
neutral oil, for deep-frying	
spiced vinegar 489 and lechon sauce 491, to serve	

METHOD

1. Toss the mushrooms with soy sauce, garlic powder and pepper. Leave for 10 minutes, then press gently to squeeze out excess liquid.
2. Mix the flours, salt and baking powder. Put half in a separate bowl and whisk the rest with the cold water to a thin batter.
3. Dip each cluster into the dry flour, then the batter, then the dry flour again.
4. Heat 4 cm of oil to 175 °C. Fry in batches for 4 minutes until pale gold. Drain on a rack.
5. Reheat the oil to 190 °C and fry again for 1–2 minutes until deep golden and crackly. Serve immediately with dips.

Share the pot. Food tastes better when someone else is at the table.



QUICK HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Tokwa’t Kabute

The beer-house classic tokwa’t baboy reinvented: crisp fried tofu and mushrooms in a sharp soy-vinegar.

WHY YOU’LL LOVE IT A dish that’s on the table in about half an hour, and about 18 g of protein a serving, and a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **15 min** SERVES **4 as pulutan**

TIME AT A GLANCE



Prep 10 min Cook 15 min

COOK’S TIP Make the sawsawan 30 minutes ahead so the onions mellow in the vinegar.

Tokwa’t Kabute

APPROX. PER SERVING · **190** kcal · **18 g** protein · **12 g** carbs · **9 g** fat · **4 g** fibre

INGREDIENTS

400 g	firm tofu, pressed and cut into 2 cm cubes
200 g 2¾ cups	shiitake or button mushrooms, quartered
oil, for frying	
# For the sawsawan	
80 ml ⅓ cup	cane vinegar
3 tbsp	soy sauce
1 tsp	sugar
1	red onion, finely chopped
3 cloves	garlic, minced
2	bird’s eye chillies, sliced
2	spring onions, sliced
¼ tsp	black pepper

METHOD

1. Pat the tofu dry. Shallow-fry in 1 cm of hot oil for 8 minutes, turning, until golden and crisp. Drain.
2. Pour off most of the oil and fry the mushrooms for 5 minutes until browned. Season with a pinch of salt.
3. Stir together the vinegar, soy sauce, sugar, onion, garlic, chilli and pepper.
4. Pile the tofu and mushrooms in a bowl, pour over the sawsawan and scatter with spring onions. Serve straight away, or with rice and lugaw.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



QUICK BUDGET

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINE-CHINESE

Chopsuey with Tofu & Straw Mushrooms

The colourful Filipino-Chinese stir-fry of crisp vegetables in a glossy, garlicky sauce, with straw.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **15 min** COOK **12 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 12 min

COOK'S TIP Cut everything to a similar size and cook hard vegetables first — chopsuey should crunch.

Chopsuey with Tofu & Straw Mushrooms

APPROX. PER SERVING | **270** kcal | **15 g** protein | **28 g** carbs | **13 g** fat | **7 g** fibre

INGREDIENTS

200 g	firm tofu, cubed and fried
2 tbsp	oil
1	onion, sliced
5 cloves	garlic, minced
1	carrot, sliced
150 g 1⅔ cups	cauliflower florets
150 g 1⅔ cups	broccoli florets
100 g ⅔ cup	snow peas (sitsaro)
1	red bell pepper, sliced
¼	cabbage, chopped
1 handful	pechay or bok choy
150 g 2¼ cups	straw mushrooms or button mushrooms, halved
100 g ⅔ cup	baby corn, halved
# For the sauce	
2 tbsp	soy sauce
2 tbsp	vegan oyster sauce (mushroom-based)
250 ml 1 cup	vegetable stock
1 tbsp	cornflour
½ tsp	sesame oil

METHOD

1. Whisk the sauce ingredients together.
2. Heat the oil in a wok and fry the onion and garlic for 1 minute. Add the carrot and cauliflower and stir-fry for 3 minutes.
3. Add the broccoli, mushrooms and baby corn for 2 minutes, then the snow peas, pepper and cabbage for 2 minutes.
4. Pour in the sauce and toss for 1–2 minutes until glossy. Add the pechay and tofu, toss once more and serve.

Brown it well. Patience in the pan is flavour on the plate.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Giniling Guisado

The everyday ground "meat" sauté with potatoes, carrots, peas and raisins.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 25 min

COOK'S TIP Make a double batch: it fills lumpia, empanadas and stuffed peppers and freezes for 3 months.

Giniling Guisado

APPROX. PER SERVING | **250** kcal | **15 g** protein | **32 g** carbs | **7 g** fat | **8 g** fibre

INGREDIENTS

2 tbsp	oil
1	onion, finely chopped
4 cloves	garlic, minced
250 g 3½ cups	mushrooms, finely chopped
70 g 1⅓ cups	dried soy mince (TVP), soaked in 140 ml hot water
1	potato, cut into 1 cm dice
1	carrot, cut into 1 cm dice
200 ml ¾ cup	tomato sauce (passata)
150 ml ⅔ cup	water
2 tbsp	soy sauce
70 g ½ cup	green peas
2 tbsp	raisins
salt and pepper	

METHOD

1. Cook the onion and garlic in the oil for 3 minutes. Add the mushrooms and cook for 6 minutes until their liquid has evaporated.
2. Add the soaked soy mince and fry for 3 minutes until lightly browned.
3. Add the potato, carrot, tomato sauce, water and soy sauce. Cover and simmer for 12 minutes until the vegetables are tender.
4. Stir in the peas and raisins and cook, uncovered, for 3 minutes. Season and serve with rice or a fried tofu “egg”.

Leftover rice isn’t a problem. It’s sinangag waiting to happen.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Vegan Embutido

The Christmas-table meatloaf, steamed in foil and studded with raisins, pickle relish and carrot.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **30 min** COOK **1 hour** MAKES **2 logs (8–10 servings)**

TIME AT A GLANCE

Prep 30 min No cooking

COOK'S TIP Embutido slices best when fully chilled — make it the day before Noche Buena.

Vegan Embutido

APPROX. PER SERVING | **200** kcal | **16 g** protein | **23 g** carbs | **5 g** fat | **5 g** fibre

INGREDIENTS

400 g 1⅔ cups	firm tofu, pressed and crumbled
250 g 3½ cups	mushrooms, finely chopped and sautéed until dry
100 g 2 cups	dried soy mince (TVP), soaked in 200 ml hot water and squeezed
1	onion, finely chopped
1	carrot, finely grated
1	red bell pepper, finely chopped
60 g ⅓ cup	raisins
3 tbsp	sweet pickle relish
80 g 1⅓ cups	breadcrumbs
3 tbsp	plain flour
2 tbsp	ground flaxseed mixed with 5 tbsp water
3 tbsp	soy sauce
1 tsp	salt and ½ tsp pepper
2	vegan hot dogs or sausages, halved lengthways (optional)

METHOD

1. Mix the flax with water and leave for 5 minutes to thicken.
2. In a large bowl, combine everything except the sausages. Knead with your hands for 2 minutes until it holds together when squeezed.
3. Divide in half. Spread each half on a large piece of foil into a 20 × 12 cm rectangle, lay a sausage down the middle, and roll tightly into a log, twisting the ends.
4. Steam over simmering water for 1 hour. Cool, then chill for at least 2 hours.
5. Slice thickly and serve cold, or pan-fry the slices until golden and serve with banana ketchup 479.

The best diet is the one you enjoy enough to keep.



KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · LUCBAN & VIGAN STYLES, PHILIPPINES

Garlicky Vegan Longganisa

Two styles in one recipe: sweet hamonado-style or garlicky Vigan-style skinless sausages, pan-fried until.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **25 min** COOK **15 min** MAKES **12 links**

TIME AT A GLANCE

Prep 25 min Cook 15 min

COOK'S TIP Steamed, unwrapped links freeze for 2 months. Fry from frozen over medium-low heat with a splash of water and a lid.

Garlicky Vegan Longganisa

APPROX. PER LINK | **110** kcal | **13 g** protein | **10 g** carbs | **2 g** fat | **2 g** fibre

INGREDIENTS

150 g 3 cups	dried soy mince (TVP)
300 ml 1¼ cups	boiling vegetable stock
200 g ¾ cup	firm tofu, crumbled
8 cloves	garlic, finely minced
3 tbsp	soy sauce
1 tsp	smoked paprika
1 tsp	black pepper
60 g ½ cup	vital wheat gluten (or plain flour)
2 tbsp	oil, plus extra for frying
# Sweet style (hamonado)	
3 tbsp	brown sugar
# Garlicky style (Vigan)	
2 tbsp	cane vinegar and 4 more cloves garlic

METHOD

1. Soak the soy mince in the boiling stock for 10 minutes. Cool slightly, then squeeze out excess liquid.
2. Mix the mince with the tofu, garlic, soy sauce, paprika, pepper, oil and gluten, plus the flavourings for your chosen style. Knead for 2 minutes.
3. Divide into 12 and roll each into a 10 cm sausage. Wrap individually in squares of baking paper and twist the ends.
4. Steam the wrapped links for 15 minutes. Cool, then unwrap.
5. Pan-fry in a little oil over medium heat for 6–8 minutes, turning, until browned and sticky. Serve with garlic rice and atchara 475.

Good food is the most delicious form of kindness.



HIGH-PROTEIN KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Mushroom Tapsilog

The breakfast of champions: sweet-salty, peppery marinated mushroom tapa with garlic fried rice and a.

WHY YOU'LL LOVE IT A dish that's about 28 g of protein a serving, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min + 1 hour marinating** COOK **20 min** SERVES **2**

TIME AT A GLANCE

Prep 15 min + 1 hour marinating Cook 20 min

COOK'S TIP Slice the mushrooms thin and fry them in a single layer — crowded mushrooms steam instead of caramelising.

Mushroom Tapsilog

APPROX. PER SERVING | **700** kcal | **28 g** protein | **81 g** carbs | **30 g** fat | **6 g** fibre

INGREDIENTS

# For the tapa	
300 g 4¼ cups	king oyster or portobello mushrooms, thinly sliced
3 tbsp	soy sauce
1 tbsp	calamansi juice
1 tbsp	brown sugar
4 cloves	garlic, minced
½ tsp	black pepper
1 tbsp	oil
# For the sinangag	
400 g 2½ cups	day-old cooked rice
6 cloves	garlic, chopped
2 tbsp	oil
# For the tofu “egg”	
200 g	silken-firm tofu, sliced into 2 rounds
¼ tsp	turmeric and a pinch of kala namak
atchara 475 and spiced vinegar, to serve	

METHOD

1. Mix the soy sauce, calamansi, sugar, garlic and pepper. Toss with the mushrooms and marinate for 1 hour (or overnight).
2. Fry the chopped garlic in the oil over low heat for 4 minutes until golden. Lift out half, then add the rice and fry for 5 minutes, breaking up clumps. Season with salt.
3. Dust the tofu with turmeric and fry for 3 minutes a side until golden. Sprinkle with kala namak.
4. Fry the mushrooms in hot oil for 6–8 minutes until the marinade caramelises at the edges.
5. Plate the rice, tapa and tofu. Top with the reserved garlic and serve with atchara and vinegar.

Kain na! — Let’s eat.



KID-FRIENDLY

FILIPINO ULAM, SABAW & PANCIT · PAMPANGA, PHILIPPINES

Sweet Tofu Tocino

Sweet, rosy and made for a silog plate.

Pink, sticky, sweet-cured tocino — made with thin slices of frozen-then-thawed tofu that soak up the marinade like a sponge.

WHY YOU'LL LOVE IT A sticky, caramelised tofu tocino that belongs next to garlic rice and atchara.

PREP **10 min + overnight** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min + overnight Cook 15 min

COOK'S TIP Freezing tofu changes its texture — ice crystals open up the curd so it becomes chewy and absorbent.

Sweet Tofu Tocino

APPROX. PER SERVING | **270** kcal | **16 g** protein | **19 g** carbs | **15 g** fat | **2 g** fibre

INGREDIENTS

400 g	firm tofu, frozen overnight, thawed and squeezed dry
4 tbsp	brown sugar
2 tbsp	soy sauce
2 tbsp	pineapple juice
1 tbsp	banana ketchup 479
3 cloves	garlic, minced
1 tsp	sweet paprika
1 tsp	beetroot juice or a pinch of beetroot powder (for colour)
½ tsp	salt
2 tbsp	oil

METHOD

1. Slice the tofu into 5 mm-thick slices.
2. Mix all the remaining ingredients except the oil. Coat the tofu and marinate overnight in the fridge.
3. Put the tofu and marinade in a pan with 4 tbsp water. Simmer over medium heat until the liquid has evaporated, about 6 minutes.
4. Add the oil and fry for 3–4 minutes a side until sticky and caramelised at the edges. Serve with garlic rice and tomatoes.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINE-CHINESE

Lumpiang Shanghai

Pencil-thin, crackly party rolls filled with a savoury tofu, mushroom and carrot mixture.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **40 min** COOK **20 min** MAKES **about 40**

TIME AT A GLANCE

Prep 40 min Cook 20 min

COOK'S TIP Roll them as thin as a pencil. Thick lumpia stay raw in the middle by the time the wrapper browns.

Lumpiang Shanghai

APPROX. PER PIECE | 90 kcal | 4 g protein | 13 g carbs | 2 g fat | 1 g fibre

INGREDIENTS

300 g 1¼ cups	firm tofu, pressed and finely crumbled
200 g 2¾ cups	mushrooms, very finely chopped
70 g 1⅓ cups	soy mince (TVP), soaked and squeezed
2	carrots, finely grated
1	onion, very finely chopped
4 cloves	garlic, minced
3	spring onions, finely sliced
3 tbsp	soy sauce
1 tsp	sesame oil
½ tsp	white pepper
3 tbsp	cornflour
20	large egg-free lumpia wrappers, cut in half
oil, for frying	
sweet chilli or banana ketchup, to serve	

METHOD

1. Mix all the filling ingredients thoroughly with your hands until the mixture holds together.
2. Lay a wrapper on the board. Spread 1 tablespoon of filling in a thin line along the bottom edge. Roll tightly, fold nothing in at the sides, and seal the edge with a little water.
3. Cut each long roll into 2 or 3 pieces.
4. Heat 2 cm of oil to 170 °C. Fry in batches for 4–5 minutes, turning, until deep golden and the filling is cooked through.
5. Drain on a rack and serve with dipping sauce.

You don't have to be perfect to make a difference.



SPICY

FILIPINO ULAM, SABAW & PANCIT · VISAYAS & MINDANAO, PHILIPPINES

Kinilaw na Kabute at Puso ng Saging

The ceviche of the islands, made with tender mushrooms and banana heart cured in coconut vinegar with.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **20 min + 30 min** COOK **0 min** SERVES **4 as a starter**

TIME AT A GLANCE

Prep 20 min + 30 min No cooking

COOK'S TIP Wear gloves or oil your hands when slicing banana heart — the sap stains.

Kinilaw na Kabute at Puso ng Saging

APPROX. PER SERVING | **160** kcal | **4 g** protein | **22 g** carbs | **7 g** fat | **4 g** fibre

INGREDIENTS

250 g 3½ cups	king oyster or button mushrooms, thinly sliced
1	small banana heart (puso ng saging), outer leaves removed
1 tbsp	salt (for the banana heart)
150 ml ⅔ cup	coconut or cane vinegar
2 tbsp	calamansi juice
1	red onion, thinly sliced
2 tbsp	ginger, finely chopped
2	bird's eye chillies, chopped
1	cucumber, seeded and diced
1	tomato, diced
80 ml ⅓ cup	coconut cream
salt and pepper	

METHOD

1. Thinly slice the banana heart and rub with the salt. Leave for 10 minutes, squeeze firmly and rinse twice to remove the bitter sap.
2. Blanch the mushrooms in boiling salted water for 1 minute. Drain and cool.
3. Combine the banana heart, mushrooms, vinegar, calamansi, onion, ginger and chilli. Leave for 30 minutes in the fridge.
4. Drain off about half the vinegar. Fold in the cucumber, tomato and coconut cream and season. Serve chilled.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



SPICY

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Sinigang sa Miso

The cosy, cloudy sinigang of Tagalog homes: tamarind broth enriched with miso, with radish, eggplant.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 25 min

COOK'S TIP Many sinigang mixes contain shrimp or fish — check the label, or use fresh tamarind boiled and mashed through a sieve.

Sinigang sa Miso

APPROX. PER SERVING | **160** kcal | **12 g** protein | **18 g** carbs | **5 g** fat | **6 g** fibre

INGREDIENTS

1.5 litres 6¼ cups	rice wash or water
1	onion, quartered
3	tomatoes, quartered
1	thumb ginger, sliced
3 tbsp	white or red miso
1 sachet (20 g)	vegan sinigang mix, or 3 tbsp tamarind paste
1	daikon radish (labanos), sliced into half-moons
1	long eggplant, sliced
6	okra
2	long green chillies
1 bunch	mustard greens (mustasa) or kangkong
200 g	firm tofu, cubed and fried
1 tbsp	soy sauce or vegan patis 471

METHOD

1. Simmer the onion, tomatoes and ginger in the rice wash for 8 minutes until the tomatoes are soft.
2. Dissolve the miso and the tamarind in a ladle of the broth and return to the pot.
3. Add the radish and cook for 6 minutes, then the eggplant, okra and chillies for 4 minutes.
4. Add the mustard greens and tofu and simmer for 2 minutes. Season with soy sauce. Serve very hot, with rice.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · ILOILO, PHILIPPINES

Vegan La Paz Batchoy

Iloilo's legendary noodle soup with a deep garlicky broth, springy miki, crushed chicharon-style crackers.

WHY YOU'LL LOVE IT A dish that's about 31 g of protein a serving, and a taste of home, plant-based.

PREP **20 min** COOK **45 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 45 min

COOK'S TIP Charring the onion directly over a gas flame adds a smoky depth that replaces bone marrow.

Vegan La Paz Batchoy

APPROX. PER SERVING | **680** kcal | **31 g** protein | **111 g** carbs | **12 g** fat | **7 g** fibre

INGREDIENTS

# For the broth	
2 litres 8⅓ cups	water
30 g ½ cup	dried shiitake
1	onion, halved and charred
1	whole garlic bulb, halved
1	thumb ginger, sliced
3 tbsp	soy sauce
2 tbsp	white miso
1 tbsp	sugar
# To serve	
400 g	fresh egg-free miki or thick wheat noodles
200 g	firm tofu, sliced and fried
150 g 2¼ cups	shiitake (from the broth), sliced
4 tbsp	fried garlic
3	spring onions, sliced
1 cup	vegan chicharon (puffed rice crackers or fried tofu skin), crushed
4	sheets nori, toasted and torn (optional)

METHOD

1. Simmer the broth ingredients except the miso for 40 minutes. Strain, keeping the shiitake. Whisk in the miso and season.
2. Slice the rehydrated shiitake and fry with the tofu until golden.
3. Cook the noodles according to the packet. Divide between bowls.
4. Top with tofu, shiitake, spring onions, fried garlic and crushed crackers. Ladle over the boiling broth and serve immediately.

Every plant-based meal is a small vote for the world you want.



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · BATANGAS, PHILIPPINES

Lomi Batangas

A thick, slurpable Batangueño noodle soup with fat egg-free noodles, vegetables and kikiam-style tofu, best.

WHY YOU'LL LOVE IT A dish that's about 22 g of protein a serving, and a taste of home, plant-based.

PREP **15 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Batangueños like their lomi very thick — add more slurry if you want a spoon to stand up in it.

Lomi Batangas

APPROX. PER SERVING | **700** kcal | **22 g** protein | **117 g** carbs | **16 g** fat | **5 g** fibre

INGREDIENTS

2 tbsp	oil
1	onion, sliced
5 cloves	garlic, minced
150 g 2¼ cups	mushrooms, sliced
200 g	firm tofu, cut into strips and fried
1	carrot, julienned
1.5 litres 6¼ cups	vegetable stock
3 tbsp	soy sauce
500 g	fresh thick lomi noodles (egg-free) or udon
4 tbsp	cornflour mixed with 6 tbsp water
2 handfuls	pechay or cabbage, shredded
1 tbsp	sesame oil

fried garlic, spring onions and calamansi, to serve

METHOD

1. Sauté the onion, garlic and mushrooms in the oil for 5 minutes.
2. Add the carrot, stock and soy sauce and bring to the boil.
3. Add the noodles and cook for 3 minutes.
4. Stir in the cornflour slurry and simmer, stirring, for 2 minutes until thick. Add the pechay and tofu for 1 minute.
5. Finish with sesame oil. Serve topped with fried garlic and spring onions, with calamansi and soy-chilli on the side.

Taste as you go. A recipe is a map, not the territory.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Creamy Macaroni Sopas

The cold-weather, sick-day, every-day soup: elbow macaroni in a creamy, buttery broth with vegetables and.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **25 min** SERVES **4–6**

TIME AT A GLANCE

Prep 10 min Cook 25 min

COOK'S TIP Macaroni keeps drinking the broth. Add a splash of hot stock when reheating.

Creamy Macaroni Sopas

APPROX. PER SERVING | **320** kcal | **9 g** protein | **40 g** carbs | **14 g** fat | **3 g** fibre

INGREDIENTS

2 tbsp	vegan butter
1	onion, chopped
4 cloves	garlic, minced
1	carrot, diced
1 stalk	celery, diced
2	vegan hot dogs, sliced
1.25 litres 5¼ cups	vegetable stock
200 g	elbow macaroni
400 ml 1⅔ cups	unsweetened soy or oat milk
100 ml ½ cup	evaporated-style milk: coconut cream or cashew cream 473
¼	cabbage, shredded
salt and pepper	

METHOD

1. Melt the butter and cook the onion, garlic, carrot and celery for 5 minutes.
2. Add the sliced hot dogs and fry for 2 minutes.
3. Pour in the stock and bring to the boil. Add the macaroni and simmer for 9 minutes.
4. Stir in the milk, cream and cabbage and heat for 3 minutes without boiling. Season with salt and plenty of pepper.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Pancit Bihon Guisado

Fine rice noodles tossed with vegetables, tofu and a soy-garlic broth.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min** COOK **15 min** SERVES **4–6**

TIME AT A GLANCE

Prep 20 min Cook 15 min

COOK'S TIP Don't boil the bihon first — soaking then cooking in the broth gives silky noodles that absorb all the flavour.

Pancit Bihon Guisado

APPROX. PER SERVING | **370** kcal | **14 g** protein | **50 g** carbs | **12 g** fat | **4 g** fibre

INGREDIENTS

250 g 1⅓ cups	bihon (rice vermicelli)
3 tbsp	oil
1	onion, sliced
5 cloves	garlic, minced
200 g	firm tofu, cut into strips and fried
150 g 2¼ cups	mushrooms, sliced
1	carrot, julienned
100 g ⅔ cup	green beans or snow peas, sliced
¼	cabbage, shredded
500 ml 2 cups	vegetable stock
4 tbsp	soy sauce
1 tbsp	vegan oyster sauce

calamansi and spring onions, to serve

METHOD

1. Soak the bihon in cold water for 10 minutes. Drain.
2. Fry the onion and garlic in the oil for 2 minutes. Add the mushrooms and carrot for 3 minutes, then the beans and cabbage for 2 minutes. Lift out half the vegetables.
3. Add the stock, soy sauce and oyster sauce and bring to the boil.
4. Add the bihon and toss continuously for 3–4 minutes until it has absorbed the liquid.
5. Return the vegetables and tofu, toss, and serve with calamansi.

Cook once, eat twice — tomorrow's lunch will thank you.



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · VISAYAS, PHILIPPINES

Visayan Humba with Tofu & Saba

The Visayan cousin of adobo: soy, vinegar and brown sugar braised low and slow with star anise, fermented.

WHY YOU'LL LOVE IT A dish that's about 19 g of protein a serving, and a taste of home, plant-based.

PREP **15 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE



Prep 15 min Cook 35 min

COOK'S TIP Humba should be sweeter and darker than adobo — let it reduce until it coats the back of a spoon.

FILIPINO ULAM, SABAW & PANCIT · FILIPINO

Visayan Humba with Tofu & Saba

APPROX. PER SERVING | **350** kcal | **19 g** protein | **37 g** carbs | **16 g** fat | **5 g** fibre

INGREDIENTS

400 g	extra-firm tofu, cut into thick slabs
200 g 2¾ cups	shiitake or oyster mushrooms
2 tbsp	oil
1	whole garlic bulb, cloves crushed
1	onion, sliced
4 tbsp	soy sauce
3 tbsp	cane vinegar
3 tbsp	brown sugar
1 tbsp	fermented black beans (tausi)
2	star anise
2	bay leaves
300 ml 1¼ cups	water
2	ripe saba bananas, sliced thickly
20 g	dried banana blossoms (bulaklak ng saging), soaked (optional)

METHOD

1. Fry the tofu in the oil until golden on both sides, about 8 minutes. Add the mushrooms for 3 minutes.
2. Add the garlic and onion and cook for 2 minutes.
3. Add the soy sauce, vinegar, sugar, tausi, star anise, bay leaves and water. Bring to the boil without stirring, then cover and simmer for 20 minutes.
4. Add the saba and banana blossoms and simmer uncovered for 8 minutes until the sauce is sticky and reduced. Serve with rice.

Colour on the plate is flavour on the fork.



HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · BACOLOD, PHILIPPINES

Tofu Inasal

Bacolod's grilled chicken inasal, reimagined: tofu soaked in lemongrass, calamansi and ginger, basted with.

WHY YOU'LL LOVE IT A dish that's about 24 g of protein a serving, and a welcome kick of heat, and a taste of home, plant-based.

PREP **15 min + 2 hours marinating** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min + 2 hours marinating Cook 15 min

COOK'S TIP In Bacolod, the annatto oil goes on the rice too. Be generous.

Tofu Inasal

APPROX. PER SERVING · **390** kcal · **24 g** protein · **14 g** carbs · **27 g** fat · **4 g** fibre

INGREDIENTS

600 g	extra-firm tofu, cut into 8 thick slices
# For the marinade	
3 stalks	lemongrass, finely chopped
6 cloves	garlic, minced
1	thumb ginger, grated
80 ml ⅓ cup	coconut vinegar
3 tbsp	calamansi juice
2 tbsp	soy sauce
1 tbsp	brown sugar
1 tsp	salt and 1 tsp black pepper
# For the basting oil	
4 tbsp	oil
1 tbsp	annatto (atsuete) seeds
2 cloves	garlic, minced
garlic rice, calamansi, chilli and soy, to serve	

METHOD

1. Mix the marinade and pour over the tofu. Marinate for at least 2 hours, turning once. Thread onto skewers if you like.
2. Warm the oil with the annatto seeds over low heat for 5 minutes until deep orange. Strain, then stir in the garlic.
3. Grill the tofu over medium-hot charcoal or in a griddle pan for 5–6 minutes a side, basting often with annatto oil, until charred in places.
4. Serve with garlic rice, more annatto oil spooned over the rice, and a sawsawan of soy, calamansi and chilli.

A squeeze of calamansi fixes almost anything.



HIGH-PROTEIN

FILIPINO ULAM, SABAW & PANCIT · MANILA, PHILIPPINES

Mushroom Beef-Style Pares

The carinderia favourite: dark, sweet star-anise braise served with garlic rice and a bowl of clear broth.

WHY YOU'LL LOVE IT A dish that's about 24 g of protein a serving, and a taste of home, plant-based.

PREP **15 min** COOK **50 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 50 min

COOK'S TIP "Pares" means pair — the braise and the rice. The broth is a gift from the carinderia. Keep it hot.

Mushroom Beef-Style Pares

APPROX. PER SERVING · **270** kcal · **24 g** protein · **27 g** carbs · **8 g** fat · **2 g** fibre

INGREDIENTS

300 g 6 cups	seitan 493 or soy chunks, cut into bite-sized pieces
200 g 2¾ cups	fresh shiitake, halved
2 tbsp	oil
1	onion, chopped
8 cloves	garlic, minced
1	thumb ginger, sliced
5 tbsp	soy sauce
3 tbsp	brown sugar
3	star anise
1 litre 4¼ cups	vegetable or mushroom stock
1 tbsp	cornflour mixed with 2 tbsp water
spring onions and fried garlic, to serve	

METHOD

1. Brown the seitan and shiitake in the oil for 6 minutes. Add the onion, garlic and ginger and cook for 3 minutes.
2. Add the soy sauce, sugar, star anise and stock. Simmer, partly covered, for 35 minutes.
3. Ladle out 500 ml of the broth into a pan and keep hot — this is the soup on the side.
4. Thicken the remaining braise with the cornflour slurry and simmer for 2 minutes until glossy.
5. Serve the pares with garlic rice and the bowl of broth topped with spring onions and fried garlic.

Progress, not perfection. Every meal counts.



QUICK

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Tortang Talong

Smoky charred eggplant, flattened like a fan and fried in a savoury chickpea-flour batter that behaves just.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **10 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE



Prep 10 min Cook 20 min

COOK'S TIP Kala namak is a sulphurous Himalayan salt — a pinch is what makes this taste genuinely "eggy".

Tortang Talong

APPROX. PER SERVING | **160** kcal | **8 g** protein | **30 g** carbs | **2 g** fat | **10 g** fibre

INGREDIENTS

4	long eggplants
100 g 1 cup	chickpea flour (besan)
150 ml ⅔ cup	water
¼ tsp	turmeric
½ tsp	kala namak (black salt) or salt
½ tsp	baking powder
¼ tsp	black pepper
2	spring onions, sliced
oil, for frying	
banana ketchup 479 and rice, to serve	

METHOD

1. Char the eggplants directly over a gas flame or under a hot grill for 8–10 minutes, turning, until black all over and very soft.
2. Cool slightly and peel, keeping the stems on. Gently flatten each with a fork into a fan.
3. Whisk the chickpea flour, water, turmeric, kala namak, baking powder, pepper and spring onions into a smooth batter.
4. Heat 3 tbsp oil in a pan. Dip each eggplant in the batter and lay it in the pan, spooning a little more batter over the top.
5. Fry for 3 minutes a side until golden and set. Serve with banana ketchup and rice.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



QUICK

FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Ginisang Ampalaya with Tofu

Bitter melon sautéed with tomatoes and a golden tofu scramble that replaces the usual egg.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **15 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 10 min

COOK'S TIP Don't stir too much once the ampalaya is in — Filipino wisdom says it turns more bitter.

Ginisang Ampalaya with Tofu

APPROX. PER SERVING · **190** kcal · **10 g** protein · **13 g** carbs · **11 g** fat · **6 g** fibre

INGREDIENTS

2	medium ampalaya (bitter melon)
1 tbsp	salt
2 tbsp	oil
1	onion, sliced
4 cloves	garlic, minced
2	tomatoes, chopped
200 g ¾ cup	firm tofu, crumbled
¼ tsp	turmeric
1 tbsp	soy sauce
¼ tsp	kala namak

METHOD

1. Halve the ampalaya, scoop out the seeds and slice thinly. Rub with the salt, leave for 10 minutes, squeeze and rinse — this tames the bitterness.
2. Sauté the onion and garlic in the oil for 2 minutes, then the tomatoes for 3 minutes until soft.
3. Add the ampalaya and stir-fry for 3 minutes until bright green and just tender.
4. Push to the side, add the tofu and turmeric and scramble for 2 minutes, then toss everything together with soy sauce and kala namak.

Season boldly: plants love salt, acid, heat and a little fat.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Tofu Escabeche

Crisp fried tofu in a sweet-sour sauce with ginger, peppers and carrots.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **15 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP For a lighter escabeche, use pineapple juice in place of half the water and skip the ketchup.

Tofu Escabeche

APPROX. PER SERVING | **270** kcal | **17 g** protein | **34 g** carbs | **9 g** fat | **4 g** fibre

INGREDIENTS

400 g	firm tofu, cut into 8 slabs
3 tbsp	cornflour
oil, for shallow-frying	
1	thumb ginger, cut into matchsticks
4 cloves	garlic, sliced
1	onion, sliced
1	carrot, julienned
1	red bell pepper, sliced
# For the sauce	
80 ml ⅓ cup	cane vinegar
4 tbsp	brown sugar
2 tbsp	banana ketchup 479
1 tbsp	soy sauce
200 ml ¾ cup	water
1 tbsp	cornflour

METHOD

1. Pat the tofu dry, dust with cornflour and shallow-fry for 4 minutes a side until crisp. Arrange on a platter.
2. Pour off all but 1 tbsp oil. Fry the ginger, garlic and onion for 2 minutes, then the carrot and pepper for 2 minutes.
3. Whisk the sauce ingredients, add to the pan and simmer, stirring, for 2–3 minutes until glossy.
4. Pour over the tofu and serve straight away so it stays crisp.

Share the pot. Food tastes better when someone else is at the table.



HIGH-PROTEIN SPICY

FILIPINO ULAM, SABAW & PANCIT · SOUTHERN LUZON, PHILIPPINES

Adobo sa Gata

Adobo finished with coconut milk.

WHY YOU'LL LOVE IT A dish that's about 20 g of protein a serving, and a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP Simmer it down further until the coconut oil separates for a richer, more "Bicolano" adobo.

Adobo sa Gata

APPROX. PER SERVING | **480** kcal | **20 g** protein | **24 g** carbs | **34 g** fat | **4 g** fibre

INGREDIENTS

400 g	firm tofu, cubed
2	potatoes, cubed
2 tbsp	oil
1	whole garlic bulb, cloves crushed
80 ml ⅓ cup	cane vinegar
4 tbsp	soy sauce
200 ml ¾ cup	water
3	bay leaves
1 tsp	whole black peppercorns, lightly crushed
400 ml 1⅔ cups	coconut milk
2	long green chillies

METHOD

1. Fry the tofu and potatoes in the oil for 10 minutes until golden. Add the garlic for 1 minute.
2. Add the vinegar and let it boil, unstirred, for 2 minutes.
3. Add the soy sauce, water, bay leaves and peppercorns. Simmer for 10 minutes.
4. Pour in the coconut milk and chillies and simmer, uncovered, for 8 minutes until thick and creamy. Serve with rice.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



SPICY

FILIPINO ULAM, SABAW & PANCIT · BICOL, PHILIPPINES

Laing

Dried taro leaves slowly simmered in coconut milk with ginger, garlic and chilli until silky, smoky and.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **15 min** COOK **50 min** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min Cook 50 min

COOK'S TIP Never stir dried gabi leaves before they are fully soaked in the coconut milk — Bicolanos say it makes the laing itchy (kati).

Laing

APPROX. PER SERVING | **460** kcal | **6 g** protein | **13 g** carbs | **44 g** fat | **1 g** fibre

INGREDIENTS

100 g 2½ cups	dried gabi (taro) leaves
800 ml 3⅓ cups	coconut milk
200 ml ¾ cup	coconut cream
1	onion, chopped
6 cloves	garlic, minced
3 tbsp	ginger, finely chopped
1 tbsp	fermented black beans or 1 tbsp miso
5	bird's eye chillies, chopped
2	long green chillies, sliced
1 tbsp	soy sauce
salt	

METHOD

1. In a wide pan, bring the coconut milk, onion, garlic, ginger and black beans to a simmer.
2. Add the dried taro leaves on top. Do not stir. Simmer gently, uncovered, for 20 minutes until the leaves are submerged and softened.
3. Now stir, add the chillies and soy sauce and simmer for 20 minutes, stirring often, until most of the liquid has been absorbed.
4. Add the coconut cream and cook for 8–10 minutes more until thick and the oil separates. Season with salt.

Brown it well. Patience in the pan is flavour on the plate.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES (SPANISH HERITAGE)

Saba & Chickpea Pochero

A Spanish-Filipino stew of saba bananas, chickpeas, kamote and greens in a tomato broth, served with a.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **15 min** COOK **35 min** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Choose saba that are ripe and yellow with a few brown spots — they hold their shape and add sweetness.

Saba & Chickpea Pochero

APPROX. PER SERVING | **420** kcal | **13 g** protein | **78 g** carbs | **8 g** fat | **15 g** fibre

INGREDIENTS

2 tbsp	oil
1	onion, chopped
5 cloves	garlic, minced
2	tomatoes, chopped
2 tbsp	tomato paste
1 litre 4¼ cups	vegetable stock
2 tbsp	soy sauce
400 g 2½ cups	tin chickpeas, drained
2	potatoes, cut into chunks
1	kamote (sweet potato), cut into chunks
3	saba bananas, fried in their skins or peeled and cut in half
2	vegan chorizo or sausages, sliced (optional)
¼	cabbage, cut into wedges
1 bunch	pechay or bok choy
100 g ⅔ cup	green beans
# For the eggplant sauce	
2	eggplants, grilled and peeled
2 cloves	garlic
2 tbsp	vinegar and 1 tbsp sugar

METHOD

1. Sauté the onion and garlic in the oil for 3 minutes, then the tomatoes and paste for 4 minutes.
2. Add the stock, soy sauce, chickpeas, potatoes and sweet potato. Simmer for 15 minutes.
3. Add the saba and sausage for 5 minutes, then the cabbage and beans for 4 minutes and the pechay for 1 minute.
4. For the sauce, mash the grilled eggplant with the garlic, vinegar, sugar and a pinch of salt.
5. Serve the pochero in bowls with rice and the eggplant sauce on the side.

Leftover rice isn't a problem. It's sinangag waiting to happen.



FILIPINO ULAM, SABAW & PANCIT · PHILIPPINES

Nilagang Gulay

Clear, gentle, peppercorn-scented broth with corn on the cob, potatoes, cabbage and pechay.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **30 min** SERVES **4–6**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP Keep the heat low — a bare simmer gives a clear, clean nilaga broth.

Nilagang Gulay

APPROX. PER SERVING | **270** kcal | **12 g** protein | **49 g** carbs | **5 g** fat | **7 g** fibre

INGREDIENTS

2 litres 8⅓ cups	water
1	onion, quartered
1 tsp	whole black peppercorns
2 tbsp	soy sauce or vegan patis 471
15 g ¼ cup	dried shiitake
2	corn cobs, each cut into 3
3	potatoes, halved
2	saba bananas, halved (optional)
200 g	firm tofu, cubed
150 g 1 cup	green beans
½	cabbage, cut into wedges
1 bunch	pechay
spring onions, to serve	

METHOD

1. Bring the water, onion, peppercorns and shiitake to the boil. Simmer for 10 minutes.
2. Add the corn and potatoes and simmer for 12 minutes. Add the saba and tofu for 5 minutes.
3. Add the beans and cabbage for 3 minutes, then the pechay for 1 minute.
4. Season with soy sauce and salt. Serve in big bowls with rice and a dip of patis and calamansi.

The best diet is the one you enjoy enough to keep.



CHAPTER 02 · 36 RECIPES

Filipino Merienda, Kakanin & Sweets

Afternoon snacks, rice cakes and fiesta desserts.

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QUICK BUDGET KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Warm Taho with Arnibal & Sago

Warm, sweet and soft — a street-corner morning in a glass.

The morning call of the magtataho, at home: warm, wobbly silken tofu, dark muscovado syrup and chewy sago pearls in a glass.

WHY YOU'LL LOVE IT Silken tofu, arnibal syrup and sago, ready in minutes.

PREP **5 min** COOK **25 min** SERVES **4**

SERVE WITH extra sago and a splash of soy or coconut milk, optional

TIME AT A GLANCE

Prep 5 min Cook 25 min

COOK'S TIP Make extra arnibal — it keeps for two weeks in a jar in the fridge and is wonderful over pancakes, oats and halo-halo.

Warm Taho with Arnibal & Sago

APPROX. PER SERVING · **280** kcal · **8 g** protein · **53 g** carbs · **4 g** fat · **1 g** fibre

INGREDIENTS

For the sago

60 g ⅓ cup	small sago or tapioca pearls
1 litre 4¼ cups	water, for boiling

For the arnibal

150 g ⅔ cup	muscovado or dark brown sugar
120 ml ½ cup	water
1	pandan leaf, knotted (optional)
½ tsp	vanilla extract

For the taho

2 × 300 g	packs silken tofu

To serve

extra sago and a splash of soy or coconut milk, optional

METHOD

1. Bring the litre of water to a rolling boil, add the sago and stir. Simmer for 15–20 minutes, stirring often, until the pearls are translucent with no white centre. Drain and rinse in cold water.
2. Meanwhile, make the arnibal: put the sugar, water and pandan in a small pan and simmer for 6–8 minutes until slightly syrupy. Remove the pandan, stir in the vanilla and add the drained sago to soak up the syrup.
3. Steam the blocks of silken tofu in a heatproof dish over simmering water for 8–10 minutes, or warm gently in the microwave, until hot all the way through.
4. Using a wide, flat spoon, scoop thin layers of tofu into glasses or cups.
5. Spoon over the warm arnibal and sago generously. Serve straight away with a spoon — or drink it straight from the glass, as it is sold on the street.

Good food is the most delicious form of kindness.



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Malunggay Pandesal

The smell of a Filipino bakery, from your own oven.

Soft, slightly sweet breakfast rolls rolled in fine breadcrumbs — with a handful of malunggay leaves for colour and a little extra goodness.

WHY YOU'LL LOVE IT Soft, lightly sweet rolls, best torn open while they're still warm.

PREP **25 min + 2 hours rising** COOK **18 min** MAKES **16 rolls**

TIME AT A GLANCE

Prep 25 min + 2 hours rising Cook 18 min

COOK'S TIP Pandesal freezes beautifully. Reheat from frozen in a 180 °C oven for 8 minutes, then split and fill with vegan butter or leftover adobo.

Malunggay Pandesal

APPROX. PER ROLL | **150** kcal | **4 g** protein | **30 g** carbs | **1 g** fat | **1 g** fibre

INGREDIENTS

500 g 4 cups	bread flour, plus extra for dusting
7 g	sachet instant yeast
60 g ⅓ cup	sugar
1¼ tsp	salt
300 ml 1¼ cups	warm soy or oat milk (about 40 °C)
50 g	vegan block butter, melted
20 g ½ cup	fresh malunggay leaves, finely chopped (or 2 tbsp powder)
60 g 1 cup	fine dry breadcrumbs, for coating

oil, for the bowl

METHOD

1. In a large bowl, mix the flour, yeast, sugar and salt. Add the warm milk, melted butter and malunggay and mix to a shaggy dough.
2. Knead on a lightly floured surface for 10 minutes until smooth and springy (or 6 minutes in a stand mixer). Put in an oiled bowl, cover and leave somewhere warm for 1 hour, until doubled.
3. Knock back the dough and roll into a 45 cm log. Cut into 16 even pieces and shape each into a smooth oval.
4. Roll each piece in breadcrumbs and place, cut-side up, on a lined baking tray, 3 cm apart. Cover loosely and leave to rise for 45 minutes until puffy.
5. Heat the oven to 190 °C. Bake for 15–18 minutes until pale golden underneath. Cool for 10 minutes before eating.

Kain na! — Let's eat.



BUDGET KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Coconut Champorado

A rainy-morning bowl of chocolate rice.

Rainy-morning comfort: glutinous rice simmered with real cocoa until thick and glossy, swirled with coconut milk instead of evaporated milk.

WHY YOU'LL LOVE IT Deep cocoa, sticky rice and a splash of plant milk — breakfast and hug in one.

PREP **5 min** COOK **30 min** SERVES **4**

SERVE WITH toasted desiccated coconut or coconut flakes

TIME AT A GLANCE

Prep 5 min Cook 30 min

COOK'S TIP Traditionally champorado is paired with salty dried fish — try it with a few crisp fried shallots or salted roasted peanuts instead.

Coconut Champorado

APPROX. PER SERVING | **400** kcal | **7 g** protein | **62 g** carbs | **14 g** fat | **6 g** fibre

INGREDIENTS

150 g ¾ cup	glutinous (malagkit) rice, rinsed
1 litre 4¼ cups	water
60 g ⅔ cup	tablea (pure cacao tablets), chopped, or 40 g cocoa powder
80–100 g ⅓ cup	brown or muscovado sugar, to taste
¼ tsp	salt
1 tsp	vanilla extract (optional)
200 ml ¾ cup	coconut milk, plus extra to serve

To serve

3 tbsp	toasted desiccated coconut or coconut flakes

METHOD

1. Put the rice and water in a heavy saucepan and bring to the boil. Reduce the heat and simmer for 15 minutes, stirring often so it doesn't catch.
2. Add the tablea (or cocoa whisked with a ladle of the hot liquid) and stir until melted and smooth.
3. Stir in the sugar and salt and simmer for 10–15 minutes more, stirring frequently, until the rice is completely soft and the porridge is thick and glossy.
4. Stir in the vanilla and coconut milk and warm through for 2 minutes. Add a splash of water if it has become too thick.
5. Ladle into bowls, swirl over more coconut milk and scatter with toasted coconut.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



QUICK KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Banana Cue

The afternoon merienda sold on every corner: saba bananas fried in caramelising brown sugar until glassy.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **5 min** COOK **15 min** SERVES **4 (8 skewers)**

TIME AT A GLANCE

Prep 5 min Cook 15 min

COOK'S TIP Work carefully: caramelised sugar is extremely hot. Keep children well back and never leave the pan unattended.

Banana Cue

APPROX. PER SERVING | **360** kcal | **3 g** protein | **92 g** carbs | **1 g** fat | **6 g** fibre

INGREDIENTS

8	ripe but firm saba bananas, peeled
100 g ½ cup	brown sugar
500 ml 2 cups	neutral oil, for frying
8	bamboo skewers
pinch	sea salt (optional)

METHOD

1. Heat the oil in a wok or deep frying pan over medium heat to about 170 °C.
2. Fry the bananas for 3–4 minutes, turning, until lightly golden.
3. Sprinkle the sugar over the oil around the bananas. As it melts and caramelises, keep turning the bananas so they are evenly coated — about 3–4 minutes.
4. When the bananas are glossy and deep amber, lift them out quickly and thread two onto each skewer.
5. Leave to cool for 5 minutes so the caramel hardens into a crisp shell. Add a pinch of sea salt, if you like.

You don't have to be perfect to make a difference.



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Turon with Langka

Banana, jackfruit and a shatter of caramel.

The merienda favourite: saba banana and sweet jackfruit rolled in lumpia wrappers and fried until they shatter under a glassy caramel.

WHY YOU'LL LOVE IT The merienda of after-school memories, bubbling in a pan of golden sugar.

PREP **15 min** COOK **20 min** SERVES **4 (8 pieces)**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Most lumpia wrappers are just flour, water and salt, but some contain egg — check the label.

Turon with Langka

APPROX. PER SERVING | **490** kcal | **8 g** protein | **105 g** carbs | **5 g** fat | **6 g** fibre

INGREDIENTS

4	ripe saba bananas, peeled and halved lengthways
100 g ⅔ cup	ripe langka (jackfruit), cut into strips
8	spring roll (lumpia) wrappers, egg-free
100 g ½ cup	light brown sugar, plus 4 tbsp for rolling
water, for sealing	
neutral oil, for frying (about 500 ml)	

METHOD

1. Spread the 4 tbsp sugar on a plate. Roll each banana half in sugar to coat.
2. Lay a wrapper on the work surface in a diamond shape. Place a banana half near the bottom corner and lay a few strips of langka alongside.
3. Fold the bottom corner over the filling, fold in the sides and roll up tightly. Brush the top corner with water to seal. Repeat with the rest.
4. Heat 2–3 cm of oil in a frying pan to 170 °C. Fry the turon in batches for 3–4 minutes, turning, until golden. Transfer to a rack.
5. Carefully pour off most of the oil, leaving about 3 tbsp. Sprinkle in the 100 g sugar and let it melt into a caramel without stirring.
6. Return the turon and roll them in the caramel for 1–2 minutes until glazed. Cool for a few minutes on baking paper — the caramel is extremely hot.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Ube Halaya

Purple, glossy and made for sharing.

Rich, velvety purple-yam jam cooked low and slow with coconut milk — eat it by the spoonful or use it in oats, cakes and halo-halo.

WHY YOU'LL LOVE IT A slow-stirred ube jam that's as happy on toast as it is in halo-halo.

PREP **15 min** COOK **50 min** SERVES **8–10**

TIME AT A GLANCE

Prep 15 min Cook 50 min

COOK'S TIP This needs patience and arm strength — the long stir is what gives ube halaya its smooth, dense texture.

Ube Halaya

APPROX. PER SERVING | **490** kcal | **4 g** protein | **57 g** carbs | **28 g** fat | **4 g** fibre

INGREDIENTS

1 kg 5 cups	purple yam (ube), boiled, peeled and finely grated (or 1 kg frozen grated ube, thawed)
400 ml 1⅔ cups	tin coconut milk
400 ml 1⅔ cups	tin coconut cream or a second tin of coconut milk
200 g 1 cup	white or light brown sugar, to taste
3 tbsp	vegan butter or coconut oil, plus extra for the mould
¼ tsp	salt
1 tsp	ube extract (optional, for colour)

toasted coconut flakes, to serve

METHOD

1. Put the grated ube, coconut milk, coconut cream, sugar and salt in a large non-stick or heavy pan.
2. Cook over medium-low heat, stirring constantly with a wooden spoon, for 15 minutes as it heats and loosens.
3. Add the butter and ube extract and keep stirring for 30–40 minutes more, scraping the bottom, until the mixture is very thick, glossy and pulls away from the sides of the pan.
4. Grease a mould or dish and press the halaya in. Smooth the top and leave to cool, then chill for at least 2 hours.
5. Serve topped with toasted coconut. Keeps in the fridge for up to a week.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Vegan Mango Float

No oven, no fuss — just ripe mangoes and a cold fridge.

The no-bake icebox cake every Filipino party needs: layers of graham crackers, whipped coconut cream and sweet ripe mango.

WHY YOU'LL LOVE IT Creamy, cold and layered, the dessert that disappears at every potluck.

PREP **30 min + overnight chilling** | COOK **none** | SERVES **8–10**

TIME AT A GLANCE

Prep 30 min + overnight chilling — No cooking

COOK'S TIP Freeze the assembled float for 2 hours before serving if you prefer firmer, cleaner slices.

Vegan Mango Float

APPROX. PER SERVING · **320** kcal · **3 g** protein · **34 g** carbs · **20 g** fat · **2 g** fibre

INGREDIENTS

2 × 400 ml	tins full-fat coconut milk, chilled overnight (thick cream only, about 400 g)
150 ml ⅔ cup	vegan condensed milk (coconut or oat)
1 tsp	vanilla extract
400 g	vegan graham crackers (check for honey and butter)
4	large ripe mangoes (Carabao if possible), thinly sliced
graham cracker crumbs, to finish	

METHOD

1. Scoop the solid cream from the chilled tins into a cold bowl. Whip with an electric whisk for 2–3 minutes until fluffy.
2. Fold in the condensed milk and vanilla until smooth. Chill for 10 minutes if it seems soft.
3. Line the base of a 20 × 30 cm dish with a single layer of graham crackers, breaking them to fill gaps.
4. Spread a third of the cream over the crackers and cover with a layer of mango slices.
5. Repeat twice more, finishing with cream and a neat layer of mango. Scatter over cracker crumbs.
6. Cover and chill for at least 6 hours, or overnight, until the crackers have softened into cake.

Every plant-based meal is a small vote for the world you want.



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Maja Blanca

A wobbly, creamy coconut pudding studded with sweet corn and crowned with crunchy toasted coconut.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min** | COOK **25 min + setting** | SERVES **12 squares**

TIME AT A GLANCE

Prep 15 min — Cook 25 min + setting

COOK'S TIP Whisk constantly once the cornflour goes in — lumps form fast, and the pudding thickens suddenly at the end.

Maja Blanca

APPROX. PER SQUARE · **260** kcal · **3 g** protein · **27 g** carbs · **16 g** fat · **1 g** fibre

INGREDIENTS

2 × 400 ml	tins coconut milk
150 g ¾ cup	sugar
¼ tsp	salt
1 × 400 g	tin sweetcorn kernels, drained (or creamed corn)
100 g ¾ cup	cornflour (cornstarch)
250 ml 1 cup	plant milk

For the topping

50 g ⅔ cup	desiccated coconut, toasted in a dry pan until golden

METHOD

1. Lightly grease a 20 × 20 cm dish.
2. Heat the coconut milk, sugar and salt in a saucepan over medium heat, stirring, until the sugar dissolves and it starts to steam. Stir in the corn.
3. Whisk the cornflour into the plant milk until completely smooth.
4. Pour the cornflour mixture into the pan, whisking constantly. Keep stirring over medium-low heat for 8–10 minutes, until very thick and glossy and the spoon leaves a trail.
5. Pour into the dish and smooth the top. Cool, then chill for at least 2 hours until set.
6. Sprinkle with toasted coconut, cut into squares and serve chilled.

Taste as you go. A recipe is a map, not the territory.



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Biko with Coconut Latik

Sticky rice cake cooked in coconut milk and muscovado, topped with a glossy caramel and crunchy coconut curds.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min + 1 hour soaking** COOK **60 min** MAKES **16 squares**

TIME AT A GLANCE

Prep 15 min + 1 hour soaking · Cook 60 min

COOK'S TIP Use a wooden spoon and a heavy pan, and keep stirring — the sugar can catch quickly.

Biko with Coconut Latik

APPROX. PER SQUARE | **360** kcal | **4 g** protein | **49 g** carbs | **18 g** fat | **1 g** fibre

INGREDIENTS

For the latik

1 × 400 ml	tin coconut cream

For the rice

500 g 2⅔ cups	glutinous rice, soaked for 1 hour
500 ml 2 cups	water
1 × 400 ml	tin coconut milk
250 g 1¼ cups	muscovado or dark brown sugar
½ tsp	salt
1	pandan leaf, knotted (optional)

For the topping

200 ml ¾ cup	coconut cream
100 g ½ cup	muscovado sugar

banana leaves, wiped, to line the tin (optional)

METHOD

1. For the latik, simmer the coconut cream in a pan, stirring often, for 20–25 minutes until the oil separates and the solids turn golden brown. Strain, keeping the solids (latik) and the oil.
2. Drain the rice and cook with the water in a covered pan for 15 minutes until the water is absorbed.
3. In a wide, heavy pan, simmer the coconut milk, sugar, salt and pandan until dissolved. Add the rice and cook, stirring constantly, for 15–20 minutes until very thick and sticky.
4. Brush a 23 cm square tin with the coconut oil (or line with banana leaves). Press the rice in evenly.
5. Simmer the topping ingredients for 8–10 minutes until thick, spread over the rice and bake at 180 °C for 15 minutes. Scatter with latik and cool before cutting.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



QUICK KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Halo-Halo

A tall glass of summer.

The ultimate Filipino summer treat — 'mix-mix' — a glorious layered tumble of sweet beans, fruit, jelly, shaved ice and ube.

WHY YOU'LL LOVE IT Crushed ice, sweet beans, leche flan-style cream and ube, all in one spoonful.

PREP **20 min** COOK **none** SERVES **4**

TIME AT A GLANCE

Prep 20 min No cooking

COOK'S TIP Most of the toppings are sold ready-made in jars in Philippine supermarkets — check the labels, then just assemble.

Halo-Halo

APPROX. PER SERVING | **350** kcal | **6 g** protein | **49 g** carbs | **15 g** fat | **4 g** fibre

INGREDIENTS

4 tbsp	sweetened red mung or kidney beans
4 tbsp	sweetened white beans or chickpeas
4 tbsp	nata de coco
4 tbsp	kaong (sugar palm fruit)
4 tbsp	ripe langka (jackfruit), sliced
4 tbsp	cooked sago (page 180)
4 tbsp	red gulaman (agar jelly), cubed
4 tbsp	sweetened saba banana
finely shaved ice	
300 ml 1¼ cups	coconut milk or coconut condensed milk mixed with plant milk

To top

4 tbsp	ube halaya (page 190)
4 scoops	vegan ube or coconut ice cream
4 tbsp	pinipig (toasted rice flakes) or cornflakes

METHOD

1. Chill four tall glasses.
2. Divide the beans, nata de coco, kaong, jackfruit, sago, gulaman and banana between the glasses.
3. Pack each glass to the top with shaved ice, mounding it slightly.
4. Pour the coconut milk over the ice.
5. Top with ube halaya, a scoop of ice cream and pinipig. Serve with a long spoon and mix everything together before eating.

Cook once, eat twice — tomorrow's lunch will thank you.



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Buko Pandan

Cool, creamy and fragrant: tender young coconut and pandan jelly in a sweet coconut cream.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **20 min + 3 hours chilling** COOK **10 min** SERVES **6**

TIME AT A GLANCE

Prep 20 min + 3 hours chilling · Cook 10 min

COOK'S TIP Agar sets at room temperature, unlike gelatine, and stays firm in the tropical heat.

Buko Pandan

APPROX. PER SERVING · **450** kcal · **3 g** protein · **53 g** carbs · **26 g** fat · **0 g** fibre

INGREDIENTS

For the pandan jelly

1 × 25 g	sachet green gulaman (agar), or 1 tbsp (about 7 g) agar powder
1 litre 4¼ cups	water
100 g ½ cup	sugar
5	pandan leaves, blended with 100 ml water and strained (or ½ tsp pandan extract)

For the cream

1 × 400 ml	tin coconut cream, chilled
200 g	coconut or oat condensed milk

To add

400 g	young coconut (buko) strips, fresh or frozen
100 g ⅔ cup	cooked small sago pearls (optional)

METHOD

1. Dissolve the agar and sugar in the water in a pan. Bring to the boil, stirring, and boil for 2 minutes.
2. Stir in the pandan juice, then pour into a shallow tray. Leave to set at room temperature, then chill for 1 hour. Cut into small cubes.
3. Whisk the chilled coconut cream with the condensed milk until smooth.
4. Fold in the buko strips, pandan jelly and sago.
5. Cover and chill for at least 2 hours. Serve very cold in small glasses.

Colour on the plate is flavour on the fork.



QUICK KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Coconut & Ube Puto

Soft, fluffy steamed rice cakes, half plain coconut and half purple ube.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min** COOK **15 min** MAKES **24 small cakes**

TIME AT A GLANCE

Prep 15 min Cook 15 min

COOK'S TIP Wrapping the steamer lid in a tea towel stops condensation dripping onto the cakes and keeps their tops smooth.

Coconut & Ube Puto

APPROX. PER CAKE | **110** kcal | **1 g** protein | **17 g** carbs | **5 g** fat | **1 g** fibre

INGREDIENTS

200 g 1¼ cups	rice flour
100 g ¾ cup	plain flour
150 g ¾ cup	sugar
1 tbsp	baking powder
¼ tsp	salt
300 ml 1¼ cups	coconut milk
120 ml ½ cup	water
2 tbsp	coconut oil, melted
1 tsp	vanilla extract
1 tsp	ube extract or 2 tbsp ube halaya (page 190)
40 g ½ cup	grated fresh or desiccated coconut, to top

METHOD

1. Whisk the flours, sugar, baking powder and salt in a bowl.
2. Add the coconut milk, water, coconut oil and vanilla and whisk until smooth. Rest for 10 minutes.
3. Divide the batter in two. Stir the ube into one half.
4. Lightly oil small puto moulds or silicone cupcake cases and fill each three-quarters full.
5. Steam over boiling water, covered with a cloth-wrapped lid, for 12–15 minutes until a skewer comes out clean. Cool slightly and top with grated coconut.

A squeeze of calamansi fixes almost anything.



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Salabat — Ginger Tea

Grandma's remedy for rainy days and scratchy throats: fresh ginger simmered with muscovado.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **5 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 5 min Cook 20 min

COOK'S TIP Don't peel the ginger — just scrub it well. Much of its aroma sits close to the skin.

Salabat — Ginger Tea

APPROX. PER SERVING | **40** kcal | **0 g** protein | **11 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

100 g	fresh ginger, scrubbed and thinly sliced or bruised
1.2 litres 5 cups	water
3–4 tbsp	muscovado or brown sugar, to taste
1	pandan leaf, knotted (optional)
4	calamansi or ½ lemon, to serve

METHOD

1. Put the ginger, water and pandan in a pan and bring to the boil.
2. Reduce the heat and simmer for 15–20 minutes — longer for a stronger, spicier brew.
3. Stir in the sugar until dissolved.
4. Strain into cups.
5. Serve hot with a squeeze of calamansi, or chill and pour over ice.

Progress, not perfection. Every meal counts.



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Calamansi Juice

The Philippines' favourite thirst-quencher: sharp, fragrant calamansi sweetened with a simple syrup and.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **15 min** COOK **5 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 5 min

COOK'S TIP Freeze calamansi juice in ice-cube trays — handy for drinks, dressings and sinigang all year.

Calamansi Juice

APPROX. PER SERVING | **100** kcal | **0 g** protein | **24 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

For the syrup

100 g ½ cup	sugar
100 ml ½ cup	water

For the juice

30–40	calamansi (about 150 ml juice)
900 ml 3¾ cups	cold water or sparkling water
ice	
mint sprigs and calamansi halves, to garnish	

METHOD

1. Heat the sugar and water, stirring, until dissolved. Cool.
2. Halve the calamansi crossways and squeeze through a sieve to catch the seeds.
3. Mix the juice with the cooled syrup and cold water in a jug. Taste and add more syrup or water as you like.
4. Fill glasses with ice and pour over the juice.
5. Garnish with mint and calamansi halves.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Sago't Gulaman

The street-cart cooler: brown-sugar syrup with chewy tapioca pearls and cubes of agar jelly, sipped through.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **15 min + 1 hour setting** COOK **30 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min + 1 hour setting Cook 30 min

COOK'S TIP Cooked tapioca pearls harden in the fridge, so make them on the day and keep them in syrup at room temperature.

Sago't Gulaman

APPROX. PER SERVING | **310** kcal | **0 g** protein | **79 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

For the gulaman

1 × 25 g	sachet red or clear gulaman (agar), or 1 tbsp agar powder
1 litre 4¼ cups	water
50 g ¼ cup	sugar

For the arnibal

200 g 1 cup	dark brown or muscovado sugar
250 ml 1 cup	water
1	pandan leaf
½ tsp	vanilla extract

To finish

80 g ½ cup	large black tapioca pearls
800 ml 3⅓ cups	cold water
crushed ice	

METHOD

1. Dissolve the gulaman and sugar in the water, boil for 2 minutes, pour into a tray and leave to set. Cut into small cubes.
2. Simmer the brown sugar, water and pandan for 8 minutes until syrupy. Remove the pandan and stir in the vanilla.
3. Cook the tapioca pearls according to the packet (usually 15–25 minutes), drain and stir into the warm syrup.
4. Spoon the pearls, gulaman and some syrup into tall glasses.
5. Fill with crushed ice and cold water, stir and serve with wide straws.

Season boldly: plants love salt, acid, heat and a little fat.



QUICK KID-FRIENDLY

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Tsokolate — Filipino Hot Chocolate

Thick, frothy and gently bitter hot chocolate made from tablea, whisked until foamy with a wooden batirol.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **5 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE

Prep 5 min Cook 10 min

COOK'S TIP Pure tablea contains no milk, but check the label: some brands add sugar or milk powder.

Tsokolate — Filipino Hot Chocolate

APPROX. PER SERVING | **280** kcal | **3 g** protein | **21 g** carbs | **21 g** fat | **0 g** fibre

INGREDIENTS

4	tablea discs (about 100 g pure cacao)
500 ml 2 cups	water
400 ml 1⅔ cups	oat, soy or coconut milk
60–80 g ⅓ cup	muscovado sugar, to taste
pinch	salt
2 tbsp	roasted peanuts, ground (optional, for a traditional richness)

METHOD

1. Simmer the tablea in the water, stirring, for 5 minutes until fully melted.
2. Add the milk, sugar, salt and peanuts, if using, and heat until steaming.
3. Whisk vigorously with a batirol, frother or hand blender until thick and foamy.
4. Taste and add more sugar if you like it sweeter.
5. Pour into small cups and serve hot — traditionally with puto (page 202) or suman.



Share the pot. Food tastes better when someone else is at the table.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Bibingka

The smell of Simbang Gabi: fluffy rice-flour cakes baked in banana-leaf-lined tins, brushed with vegan.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **15 min** COOK **25 min** MAKES **6**

TIME AT A GLANCE



Prep 15 min Cook 25 min

COOK'S TIP Cooked the traditional way, bibingka bakes in a clay pot with coals above and below. A hot grill finish gives you a similar scorched top.

Bibingka

APPROX. PER PIECE | **380** kcal | **4 g** protein | **60 g** carbs | **13 g** fat | **1 g** fibre

INGREDIENTS

250 g 1½ cups	rice flour
2 tsp	baking powder
150 g ¾ cup	sugar
½ tsp	salt
400 ml 1⅔ cups	coconut milk
100 ml ½ cup	water
3 tbsp	melted vegan butter, plus extra for brushing
1 tbsp	apple cider vinegar
banana leaves, wilted over a flame	
grated fresh coconut, extra sugar and vegan kesong puti-style tofu feta, to serve	

METHOD

1. Heat the oven to 190 °C. Line six 12 cm tart tins or ramekins with banana leaves.
2. Whisk the rice flour, baking powder, sugar and salt. Add the coconut milk, water, melted butter and vinegar and whisk to a smooth batter.
3. Divide between the tins. Bake for 20–25 minutes until risen and a skewer comes out clean.
4. For the classic top, turn on the grill for the last 2–3 minutes until spotted brown.
5. Brush with butter, sprinkle with sugar and grated coconut, and serve warm.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Kutsinta

Chewy, wobbly, amber-brown steamed cakes coloured with annatto and served with freshly grated coconut.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **30 min** MAKES **16**

TIME AT A GLANCE



Prep 10 min Cook 30 min

COOK'S TIP Lye water gives kutsinta its bounce. Use exactly what the recipe says and keep it away from children.

Kutsinta

APPROX. PER PIECE | **80** kcal | **1 g** protein | **18 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

125 g 1 cup	plain flour
60 g ½ cup	tapioca starch
150 g ⅔ cup	brown sugar
1 tsp	lye water (lihia)
1 tsp	annatto powder dissolved in 1 tbsp water
450 ml 1¾ cups	water

freshly grated coconut, to serve

METHOD

1. Whisk the flour, tapioca starch and sugar. Gradually add the water, then the lye water and annatto, and whisk until smooth. Rest for 10 minutes.
2. Lightly oil 16 small puto moulds or a muffin tin.
3. Fill each mould three-quarters full. Steam over boiling water, covered with a cloth-wrapped lid, for 25–30 minutes until set and translucent.
4. Cool completely before unmoulding. Serve with grated coconut.

Brown it well. Patience in the pan is flavour on the plate.



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Palitaw

Glutinous rice discs that "float up" (litaw) when cooked, rolled in grated coconut and sprinkled with.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **20 min** COOK **10 min** MAKES **20**

TIME AT A GLANCE



Prep 20 min Cook 10 min

COOK'S TIP Desiccated coconut works if you moisten it with 2 tbsp warm coconut milk first.

Palitaw

APPROX. PER PIECE | **90** kcal | **1 g** protein | **14 g** carbs | **4 g** fat | **1 g** fibre

INGREDIENTS

250 g 1½ cups	glutinous rice flour
200 ml ¾ cup	water
100 g 1¼ cups	freshly grated or desiccated coconut
60 g ⅓ cup	sugar
2 tbsp	toasted sesame seeds

METHOD

1. Mix the flour and water to a soft, pliable dough. Pinch off 20 pieces, roll into balls and flatten into 6 cm ovals.
2. Drop into a large pot of boiling water. When they float to the surface, after about 2–3 minutes, cook for 1 minute more and lift out with a slotted spoon.
3. Roll each straight away in grated coconut.
4. Mix the sugar and sesame seeds and sprinkle generously over the top. Eat the same day.

Leftover rice isn't a problem. It's sinangag waiting to happen.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Suman sa Ibos with Coconut Caramel

Glutinous rice and coconut milk wrapped in palm or banana leaves and simmered until sticky and fragrant.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **30 min + 1 hour soaking** | COOK **1 hour** | MAKES **12**

TIME AT A GLANCE

Prep 30 min + 1 hour soaking — No cooking

COOK'S TIP Suman is perfect with ripe mangoes and a cup of tsokolate 210 for breakfast.

Suman sa Ibos with Coconut Caramel

APPROX. PER PIECE | **310** kcal | **4 g** protein | **47 g** carbs | **12 g** fat | **1 g** fibre

INGREDIENTS

500 g 2⅔ cups	glutinous rice
400 ml 1⅔ cups	coconut milk
1 tsp	salt
2 tbsp	sugar
banana leaves, cut into 20 × 15 cm rectangles and wilted	
kitchen string	
# Coconut caramel	
200 ml ¾ cup	coconut cream
120 g ½ cup	brown sugar

METHOD

1. Soak the rice for 1 hour, then drain.
2. In a wok, cook the rice with the coconut milk, salt and sugar over low heat, stirring, for 10 minutes until the liquid is absorbed. Cool slightly.
3. Spoon 3 tbsp onto each leaf, roll into a tight log, fold the ends and tie in pairs with string.
4. Simmer in a large pot of water, covered, for 50–60 minutes. Drain and cool slightly.
5. For the caramel, boil the coconut cream and sugar for 10 minutes, stirring, until thick. Serve the suman with caramel or ripe mango.



The best diet is the one you enjoy enough to keep.



FILIPINO MERIENDA, KAKANIN & SWEETS · ABRA & PAMPANGA, PHILIPPINES

Sapin-Sapin

The layered glutinous rice cake in purple ube, golden langka and white coconut, topped with latik.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **30 min** COOK **1 hour 15 min** MAKES **16 pieces**

TIME AT A GLANCE



Prep 30 min Cook 1 hour 15 min

COOK'S TIP Let each layer set before adding the next, or the colours will marble.

Sapin-Sapin

APPROX. PER PIECE | **350** kcal | **3 g** protein | **42 g** carbs | **18 g** fat | **1 g** fibre

INGREDIENTS

300 g 1¾ cups	glutinous rice flour
100 g ⅔ cup	rice flour
250 g 1¼ cups	sugar
800 ml 3⅓ cups	coconut milk
200 ml ¾ cup	water
150 g ¾ cup	ube halaya 190 or 1 tsp ube extract
100 g ⅔ cup	jackfruit (langka), finely chopped, plus a drop of yellow food colouring
# For the latik	
400 ml 1⅔ cups	coconut cream

METHOD

1. Make the latik: simmer the coconut cream in a pan for 25 minutes, stirring, until the oil separates and the curds turn golden. Strain, reserving the oil.
2. Whisk the flours, sugar, coconut milk and water into a smooth batter. Divide into three bowls.
3. Stir the ube into the first bowl and the jackfruit into the second. Leave the third plain.
4. Brush a 20 cm square tin with the latik oil. Pour in the ube layer, cover and steam for 20 minutes. Add the plain layer and steam for 20 minutes. Add the langka layer and steam for 25 minutes.
5. Cool completely. Cut with an oiled knife and sprinkle with latik.

Good food is the most delicious form of kindness.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Cassava Cake

Dense, chewy, caramel-topped and one of the best things you can do with grated cassava.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min** COOK **1 hour** MAKES **16 squares**

TIME AT A GLANCE

Prep 20 min No cooking

COOK'S TIP Never eat raw cassava — it must be fully cooked to be safe. Frozen grated cassava from the supermarket is the easiest start.

Cassava Cake

APPROX. PER SQUARE | **290** kcal | **2 g** protein | **35 g** carbs | **16 g** fat | **1 g** fibre

INGREDIENTS

1 kg 5 cups	grated cassava (fresh or frozen, thawed)
400 ml 1⅔ cups	coconut milk
250 ml 1 cup	condensed coconut milk or 200 ml coconut milk + 100 g sugar
150 g ¾ cup	sugar
60 g	melted vegan butter
1 tsp	vanilla
# For the topping	
200 ml ¾ cup	coconut cream
2 tbsp	condensed coconut milk or sugar
1 tbsp	cornflour
50 g	grated vegan cheese (optional)

METHOD

1. Heat the oven to 180 °C. Line a 23 × 33 cm tin.
2. Squeeze some liquid from the cassava if very wet. Mix it with the coconut milk, condensed milk, sugar, butter and vanilla.
3. Spread in the tin and bake for 45 minutes until set.
4. Whisk the topping ingredients in a pan over low heat for 3 minutes until thick. Spread over the cake and grill for 5–8 minutes until spotted dark gold.
5. Cool completely before slicing.

Kain na! — Let's eat.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Coconut Leche Flan

The silky, caramel-crowned flan of every Filipino party, made with coconut milk, cashews and silken tofu.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min** COOK **50 min + chilling** SERVES **8**

TIME AT A GLANCE

Prep 20 min Cook 50 min + chilling

COOK'S TIP Agar sets firmly at room temperature, so work quickly once it has simmered.

Coconut Leche Flan

APPROX. PER SERVING | **300** kcal | **5 g** protein | **24 g** carbs | **20 g** fat | **0 g** fibre

INGREDIENTS

# For the caramel	
150 g ¾ cup	sugar
3 tbsp	water
# For the flan	
300 g	silken tofu
400 ml 1⅔ cups	coconut milk
250 ml 1 cup	condensed coconut milk
70 g ½ cup	cashews, soaked
1½ tsp	agar powder
2 tsp	vanilla
2 tsp	calamansi or lime zest
¼ tsp	turmeric (for colour)

METHOD

1. Melt the sugar and water in a pan without stirring until deep amber. Pour into a 20 cm llanera or round tin, swirling to coat.
2. Blend the tofu, coconut milk, condensed milk, cashews, vanilla, zest and turmeric until completely smooth.
3. Pour into a pan, whisk in the agar and bring to a simmer, whisking constantly, for 2 minutes.
4. Pour over the caramel. Cool, then chill for at least 4 hours.
5. Run a knife around the edge, invert onto a plate and let the caramel pour over.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Polvoron

Crumbly, melt-in-the-mouth shortbread pressed into little ovals and wrapped in coloured paper.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **10 min** COOK **10 min** MAKES **24**

TIME AT A GLANCE

Prep 10 min Cook 10 min

COOK'S TIP Keep stirring when toasting the flour — it goes from golden to burnt in seconds.

Polvoron

APPROX. PER PIECE | **80** kcal | **1 g** protein | **14 g** carbs | **2 g** fat | **0 g** fibre

INGREDIENTS

250 g 2 cups	plain flour
100 g	soy milk powder or coconut milk powder
150 g ¾ cup	icing sugar
150 g	melted vegan butter
½ tsp	salt

Flavour ideas

50 g crushed pinipig, or roasted cashews, or 2 tbsp ube powder

METHOD

1. Toast the flour in a dry pan over medium-low heat for 8–10 minutes, stirring constantly, until pale golden and nutty.
2. Sift into a bowl with the milk powder, sugar and salt. Add the melted butter and any flavourings and mix until like damp sand.
3. Press firmly into a polvoron mould (or small cookie cutter), release onto a tray, and chill for 1 hour.
4. Wrap each in cellophane or tissue paper.

You don't have to be perfect to make a difference.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Ginataang Bilo-Bilo

A comforting bowl of chewy glutinous rice balls with saba, kamote, jackfruit and sago in a sweet coconut soup.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min** COOK **25 min** SERVES **6**

TIME AT A GLANCE



Prep 20 min Cook 25 min

COOK'S TIP Rainy-day merienda in the Philippines. Some families add a spoonful of ube halaya to make it purple.

Ginataang Bilo-Bilo

APPROX. PER SERVING | **530** kcal | **5 g** protein | **69 g** carbs | **26 g** fat | **3 g** fibre

INGREDIENTS

150 g 1 cup	glutinous rice flour
100 ml ½ cup	water
800 ml 3⅓ cups	coconut milk
400 ml 1⅔ cups	water
2	saba bananas, sliced
1	kamote (sweet potato), cubed
1	ube or taro, cubed (optional)
100 g ⅔ cup	jackfruit, sliced
50 g ⅓ cup	cooked small sago pearls
100 g ½ cup	sugar
1	pandan leaf, knotted

METHOD

1. Mix the flour and water into a dough. Roll into 1.5 cm balls.
2. Bring the coconut milk, water and pandan to a simmer. Add the kamote and ube and cook for 8 minutes.
3. Add the bilo-bilo; when they float, add the saba and simmer for 5 minutes.
4. Stir in the sugar, jackfruit and sago and simmer for 3 minutes. Serve warm or cold.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Camote Cue

Thick sweet potato wedges fried in brown sugar until wrapped in a glassy caramel coat, sold on sticks by.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **10 min** COOK **15 min** SERVES **4 (8 skewers)**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Don't let the sugar go dark brown — it turns bitter quickly.

Camote Cue

APPROX. PER SERVING | **380** kcal | **2 g** protein | **54 g** carbs | **17 g** fat | **4 g** fibre

INGREDIENTS

600 g 4½ cups	kamote (orange or yellow sweet potato), peeled and cut into 2 cm thick wedges
100 g ½ cup	brown sugar
500 ml 2 cups	neutral oil
8	bamboo skewers

METHOD

1. Heat the oil in a wok to 170 °C. Fry the kamote for 6–8 minutes until almost tender.
2. Sprinkle the sugar directly over the oil. It will melt and caramelise around the kamote.
3. Keep turning for 3–4 minutes until coated in an amber glaze.
4. Lift out, skewer, and leave to cool for a minute before eating.

Eat food. Not too much. Mostly plants.

MICHAEL POLLAN, IN DEFENSE OF FOOD



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Maruya — Banana Fritters

Saba bananas sliced into fans, dipped in batter and fried until golden, then rolled in sugar.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **10 min** COOK **15 min** SERVES **4 (8 fritters)**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP A slightly overripe saba gives the sweetest, softest maruya.

Maruya — Banana Fritters

APPROX. PER SERVING | **280** kcal | **6 g** protein | **63 g** carbs | **2 g** fat | **4 g** fibre

INGREDIENTS

4	ripe saba bananas
120 g 1 cup	plain flour
1 tsp	baking powder
2 tbsp	sugar, plus extra for rolling
pinch	salt
180 ml ¾ cup	plant milk
oil, for frying	

METHOD

1. Halve each banana crossways, then cut each half into 3 or 4 slices without cutting through the end, so it opens like a fan. Press flat.
2. Whisk the flour, baking powder, sugar, salt and milk into a thick batter.
3. Heat 1 cm of oil in a pan. Dip each fan in the batter and fry for 2–3 minutes a side until golden.
4. Drain and roll in sugar while hot.

Every plant-based meal is a small vote for the world you want.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Puto Bumbong

The purple Christmas treat, made at home without the bamboo tubes: purple sticky rice, steamed, with vegan.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min + overnight** | COOK **20 min** | SERVES **6**

TIME AT A GLANCE

Prep 20 min + overnight | Cook 20 min

COOK'S TIP The black rice gives the natural violet colour. Pirurutong is sold in palengke rice stalls.

Puto Bumbong

APPROX. PER SERVING | **200** kcal | **4 g** protein | **46 g** carbs | **0 g** fat | **2 g** fibre

INGREDIENTS

300 g 1⅔ cups	glutinous rice
50 g ¼ cup	black (pirurutong) glutinous rice
½ tsp	ube extract (optional)
banana leaves, wilted	
vegan butter, muscovado sugar and grated coconut, to serve	

METHOD

1. Soak both rices overnight. Drain and blend with 150 ml water and the ube extract into a thick paste.
2. Line a sieve with a cloth, add the paste and press out excess water until it forms a moist, crumbly dough.
3. Crumble the dough into an oiled banana-leaf-lined steamer in thin logs.
4. Steam for 15–20 minutes until shiny and cooked.
5. Serve on banana leaves, spread with vegan butter and sprinkled with muscovado and coconut.

Taste as you go. A recipe is a map, not the territory.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Kalamay Hati

A sticky, glossy glutinous rice and coconut caramel cake topped with latik.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **10 min** COOK **40 min** MAKES **16 pieces**

TIME AT A GLANCE

Prep 10 min Cook 40 min

COOK'S TIP Stir constantly with a wooden spatula — it scorches easily once it thickens.

Kalamay Hati

APPROX. PER PIECE | **250** kcal | **2 g** protein | **30 g** carbs | **13 g** fat | **0 g** fibre

INGREDIENTS

250 g 1½ cups	glutinous rice flour
400 ml 1⅔ cups	coconut milk
250 g 1¼ cups	brown sugar (muscovado if possible)
200 ml ¾ cup	water
# For the latik	
400 ml 1⅔ cups	coconut cream

METHOD

1. Make the latik by simmering the coconut cream for 25 minutes until golden curds form. Strain, keeping the oil.
2. Whisk the flour with the coconut milk and water until smooth.
3. Cook the sugar in a wok with 3 tbsp latik oil until melted. Add the batter and stir over medium-low heat for 25–30 minutes until thick, sticky and pulling away from the pan.
4. Spread in an oiled 20 cm tin, top with latik, cool and slice.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Ube Pandesal with Vegan Cheese

Purple pandesal with a melting cheese centre, the bakery trend everyone queued for.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **25 min + 2 hours rising** COOK **18 min** MAKES **16**

TIME AT A GLANCE



Prep 25 min + 2 hours rising Cook 18 min

COOK'S TIP Ube halaya makes the dough softer and sweeter — don't skip it for extract alone.

Ube Pandesal with Vegan Cheese

APPROX. PER PIECE | **170** kcal | **4 g** protein | **30 g** carbs | **4 g** fat | **1 g** fibre

INGREDIENTS

450 g 3⅓ cups	bread flour
7 g	instant yeast
70 g ⅓ cup	sugar
1 tsp	salt
150 g ¾ cup	ube halaya 190
200 ml ¾ cup	warm soy milk
50 g	vegan butter, softened
1 tsp	ube extract
150 g ¾ cup	vegan cheddar, cut into 16 cubes
50 g ¾ cup	breadcrumbs

METHOD

1. Mix the flour, yeast, sugar and salt. Add the halaya, milk, butter and extract and knead for 10 minutes until smooth. Rise for 1 hour.
2. Divide into 16. Flatten each, put a cube of cheese in the middle and pinch closed.
3. Roll in breadcrumbs and place on a lined tray. Rise for 45 minutes.
4. Bake at 180 °C for 16–18 minutes. Eat warm, while the cheese is gooey.

Cook once, eat twice — tomorrow's lunch will thank you.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Vegan Ensaymada

Coiled brioche-style buns with buttercream and grated cheese on top.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **40 min + 2½ hours rising** COOK **20 min** MAKES **12**

TIME AT A GLANCE

Prep 40 min + 2½ hours rising Cook 20 min

COOK'S TIP A very soft, slightly sticky dough gives the softest ensaymada. Oil your hands rather than adding more flour.

Vegan Ensaymada

APPROX. PER PIECE | **260** kcal | **5 g** protein | **42 g** carbs | **8 g** fat | **1 g** fibre

INGREDIENTS

450 g 3⅓ cups	plain flour
7 g	instant yeast
80 g ⅓ cup	sugar
1 tsp	salt
250 ml 1 cup	warm soy milk
100 g	vegan butter, softened, plus 50 g for brushing
3 tbsp	aquafaba (from a tin of chickpeas)
# For the topping	
80 g	vegan butter, softened
80 g ⅓ cup	icing sugar
60 g	vegan cheddar, finely grated

METHOD

1. Mix the flour, yeast, sugar and salt. Add the milk, aquafaba and butter and knead for 12 minutes into a very soft, smooth dough. Rise for 1½ hours.
2. Divide into 12. Roll each into a 30 cm rope, brush with butter and coil into a snail. Put into greased brioche or muffin tins. Rise for 1 hour.
3. Bake at 180 °C for 18–20 minutes until golden. Cool.
4. Beat the butter and icing sugar until fluffy. Spread on top and sprinkle generously with cheese and sugar.

Colour on the plate is flavour on the fork.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINE-CHINESE

Buchi — Sesame Balls

Crisp, golden sesame-coated glutinous rice balls with a sweet mung bean filling.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **25 min** COOK **15 min** MAKES **16**

TIME AT A GLANCE

Prep 25 min Cook 15 min

COOK'S TIP Low and slow frying lets them expand without cracking.

Buchi — Sesame Balls

APPROX. PER PIECE | **130** kcal | **4 g** protein | **24 g** carbs | **3 g** fat | **4 g** fibre

INGREDIENTS

250 g 1½ cups	glutinous rice flour
60 g ⅓ cup	sugar
200 ml ¾ cup	warm water
200 g 1 cup	sweet mung bean paste (or ube halaya)
80 g ½ cup	white sesame seeds
oil, for deep-frying	

METHOD

1. Mix the flour and sugar, then add the water gradually to form a smooth, soft dough.
2. Divide into 16. Flatten each, put 1 tsp of filling in the middle and seal into a ball.
3. Dip in water, then roll in sesame seeds, pressing so they stick.
4. Deep-fry at 160 °C for 8–10 minutes, pressing gently with a spoon, until they puff and turn golden.

A squeeze of calamansi fixes almost anything.



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Mais con Yelo

Sweet corn, shaved ice and cold coconut milk.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **5 min** COOK **0 min** SERVES **2**

TIME AT A GLANCE

Prep 5 min No cooking

COOK'S TIP Use cream-style corn for a thicker, richer version.

Mais con Yelo

APPROX. PER SERVING | **460** kcal | **7 g** protein | **55 g** carbs | **26 g** fat | **2 g** fibre

INGREDIENTS

200 g 1¼ cups	sweet corn kernels (tinned cream-style or whole)
4 tbsp	sugar
4 cups	shaved ice
250 ml 1 cup	cold coconut milk or evaporated-style soy milk
2 tbsp	pinipig or toasted cornflakes

METHOD

1. Put half the corn in each tall glass and sprinkle with sugar.
2. Top with shaved ice and pour over the milk.
3. Finish with pinipig. Stir before eating.

Progress, not perfection. Every meal counts.



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Buko Salad

Young coconut, fruit cocktail, kaong and nata de coco in a cool, sweet cashew-coconut cream.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **20 min + 2 hours chilling** | COOK **0 min** | SERVES **8**

TIME AT A GLANCE

Prep 20 min + 2 hours chilling — No cooking

COOK'S TIP Use real buko from the palengke — it's cheaper fresh and the coconut water is a bonus drink.

Buko Salad

APPROX. PER SERVING | **230** kcal | **2 g** protein | **26 g** carbs | **14 g** fat | **1 g** fibre

INGREDIENTS

300 g	young coconut (buko) strips
1 tin (850 g)	fruit cocktail, drained
150 g ¾ cup	kaong (sugar palm fruit), drained
150 g	nata de coco, drained
100 g	pineapple tidbits
250 ml 1 cup	cashew cream 473 or coconut cream, chilled
150 ml ⅔ cup	condensed coconut milk

METHOD

1. Combine all the fruit in a large bowl.
2. Whisk the cream and condensed milk together.
3. Fold through the fruit and chill for at least 2 hours.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



FILIPINO MERIENDA, KAKANIN & SWEETS · PHILIPPINES

Ginataang Mais

Sticky rice porridge with sweet corn in coconut milk.

WHY YOU'LL LOVE IT A dish that's a taste of home, plant-based.

PREP **5 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE



Prep 5 min Cook 30 min

COOK'S TIP Use pirurutong black rice in place of half the white for a lovely violet colour.

Ginataang Mais

APPROX. PER SERVING | **430** kcal | **6 g** protein | **59 g** carbs | **20 g** fat | **2 g** fibre

INGREDIENTS

100 g ½ cup	glutinous rice
800 ml 3⅓ cups	water
400 ml 1⅔ cups	coconut milk
250 g 1½ cups	sweet corn kernels
100 g ½ cup	sugar
pinch	salt

METHOD

1. Simmer the rice in the water for 20 minutes, stirring often, until soft.
2. Add the coconut milk, corn, sugar and salt and simmer for 8 minutes until creamy.
3. Serve warm, with a swirl of coconut cream on top.

Season boldly: plants love salt, acid, heat and a little fat.



QUICK

FILIPINO MERIENDA, KAKANIN & SWEETS · BULACAN, PHILIPPINES

Coconut Pastillas

Soft milk candies, rolled in sugar and wrapped in paper, made with coconut and soy milk powder.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **20 min** COOK **10 min** MAKES **30**

TIME AT A GLANCE

Prep 20 min Cook 10 min

COOK'S TIP Add 2 tbsp ube powder or matcha for colourful variations.

Coconut Pastillas

APPROX. PER PIECE | **30** kcal | **0 g** protein | **2 g** carbs | **3 g** fat | **0 g** fibre

INGREDIENTS

200 g	soy or coconut milk powder
120 g	condensed coconut milk
2 tbsp	melted vegan butter
50 g ¼ cup	caster sugar, for rolling

METHOD

1. Mix the milk powder, condensed milk and butter into a stiff dough.
2. Warm in a pan over low heat for 2 minutes if it's too soft, then cool.
3. Roll into 2 cm logs and coat in sugar.
4. Wrap in cut paper or cellophane.

Share the pot. Food tastes better when someone else is at the table.



CHAPTER 03 · 26 RECIPES

Asian Kitchen

From Sichuan to Seoul, Bangkok to Hanoi.

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SPICY

ASIAN KITCHEN · THAILAND

Tom Kha Hed — Coconut Mushroom Soup

A creamy, aromatic soup scented with galangal, lemongrass and lime leaves, balancing sour, salty, sweet and.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Add the lime juice off the heat — boiling it dulls its fresh, sharp flavour.

ASIAN KITCHEN · THAI

Tom Kha Hed — Coconut Mushroom Soup

APPROX. PER SERVING · **310** kcal · **13 g** protein · **14 g** carbs · **24 g** fat · **3 g** fibre

INGREDIENTS

750 ml 3 cups	vegetable stock
2	lemongrass stalks, bruised and cut into 4 cm lengths
5 cm piece	galangal (or ginger), thinly sliced
6	makrut lime leaves, torn
2–3	bird's eye chillies, bruised
400 ml 1⅔ cups	tin coconut milk
250 g 3½ cups	oyster and/or straw mushrooms, torn
200 g	firm tofu, cubed
150 g ¾ cup	cherry tomatoes, halved
2 tbsp	soy sauce
2 tsp	coconut sugar
3 tbsp	lime juice
small bunch	coriander
chilli oil, to serve	

METHOD

1. Bring the stock to the boil with the lemongrass, galangal, lime leaves and chillies. Simmer for 10 minutes to infuse.
2. Add the coconut milk and bring back to a gentle simmer — don't let it boil hard.
3. Add the mushrooms, tofu and tomatoes and simmer for 5 minutes.
4. Take off the heat and season with soy sauce, sugar and lime juice. Taste and balance: it should be sour, salty and lightly sweet.
5. Serve topped with coriander and a drizzle of chilli oil. (The lemongrass, galangal and lime leaves are for flavour, not for eating.)

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



HIGH-PROTEIN SPICY

ASIAN KITCHEN · THAILAND

Thai Green Curry with Tofu & Aubergine

Coconut, basil and a bounce of lime.

A fragrant, creamy green curry with golden tofu, tender aubergine and Thai basil — ready faster than a takeaway.

WHY YOU'LL LOVE IT A fragrant Thai curry that comes together faster than you'd think.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE



Prep 15 min Cook 25 min

COOK'S TIP Many shop-bought curry pastes contain shrimp paste or fish sauce — read the label, or look for brands marked vegan.

ASIAN KITCHEN · THAI

Thai Green Curry with Tofu & Aubergine

APPROX. PER SERVING · **660** kcal · **22 g** protein · **26 g** carbs · **54 g** fat · **6 g** fibre

INGREDIENTS

400 g	firm tofu, pressed and cubed
2 tbsp	neutral oil
3–4 tbsp	vegan green curry paste (shrimp-paste free)
2 × 400 ml	tins coconut milk
150 ml ⅔ cup	vegetable stock
250 g 1¼ cups	Thai or long aubergine, cut into chunks
150 g 1 cup	green beans, trimmed and halved
1	red bell pepper, sliced
4	makrut lime leaves, torn
1½ tbsp	soy sauce
2 tsp	coconut or palm sugar
1	lime, juiced
large handful	Thai basil leaves
1	red chilli, sliced

jasmine rice, to serve

METHOD

1. Heat the oil in a wok or deep pan over medium-high heat and fry the tofu for 6–8 minutes until golden. Remove and set aside.
2. Lower the heat to medium. Add the curry paste and fry for 1–2 minutes, stirring, until fragrant.
3. Add the thick cream from the top of one tin of coconut milk and cook, stirring, for 2 minutes until the oil starts to separate.
4. Pour in the remaining coconut milk and the stock, then add the aubergine and lime leaves. Simmer for 8 minutes.
5. Add the green beans and pepper and simmer for 5 minutes, until the vegetables are just tender. Return the tofu.
6. Season with soy sauce, sugar and lime juice. Stir in the basil and serve topped with chilli, with jasmine rice.

Brown it well. Patience in the pan is flavour on the plate.



HIGH-PROTEIN

ASIAN KITCHEN · THAILAND

Massaman Curry with Potatoes & Peanuts

Thailand's mellowest curry, fragrant with cinnamon, cardamom and star anise, rich with coconut and studded.

WHY YOU'LL LOVE IT A dish that's about 26 g of protein a serving.

PREP **15 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Many shop-bought curry pastes contain shrimp paste — look for one labelled vegan, or check the ingredients.

ASIAN KITCHEN · THAI

Massaman Curry with Potatoes & Peanuts

APPROX. PER SERVING · **650** kcal · **26 g** protein · **52 g** carbs · **39 g** fat · **9 g** fibre

INGREDIENTS

1 tbsp	neutral oil
3–4 tbsp	vegan massaman curry paste (no shrimp paste)
1 × 400 ml	tin coconut milk
300 ml 1¼ cups	vegetable stock
500 g 3⅓ cups	waxy potatoes, cut into chunks
1	sweet potato, cut into chunks
1	onion, cut into wedges
1	cinnamon stick
3	cardamom pods, bruised
1	star anise
400 g	firm tofu, cubed and fried
60 g ⅓ cup	roasted peanuts
1½ tbsp	tamarind paste
1 tbsp	palm or brown sugar
1 tbsp	soy sauce
lime wedges and jasmine rice, to serve	

METHOD

1. Spoon the thick cream from the top of the coconut milk into a heavy pan with the oil. Fry over medium heat for 2–3 minutes until it splits and looks oily.
2. Add the curry paste and fry for 2 minutes, stirring, until very fragrant.
3. Add the rest of the coconut milk, the stock, potatoes, sweet potato, onion and whole spices. Simmer for 20 minutes until the potatoes are tender.
4. Stir in the tofu, peanuts, tamarind, sugar and soy sauce. Simmer for 5 minutes more.
5. Taste for a balance of sweet, sour and salty, and adjust. Serve with rice and lime.

Leftover rice isn't a problem. It's sinangag waiting to happen.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · VIETNAM

Lemongrass & Chilli Tofu

Đậu hũ xả ớt: crisp tofu tossed in fragrant fried lemongrass, garlic and chilli.

WHY YOU'LL LOVE IT A dish that's about 19 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **20 min** SERVES **3–4**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Chop the lemongrass as finely as you can — it should almost look like coarse breadcrumbs.

ASIAN KITCHEN · VIETNAMESE

Lemongrass & Chilli Tofu

APPROX. PER SERVING | **370** kcal | **19 g** protein | **19 g** carbs | **25 g** fat | **4 g** fibre

INGREDIENTS

400 g	firm tofu, pressed and cut into 2 cm cubes
2 tbsp	cornflour
4 tbsp	neutral oil
3 stalks	lemongrass, tender part very finely chopped
4 cloves	garlic, minced
2	red chillies, finely chopped
2	shallots, finely chopped
1½ tbsp	soy sauce
1 tbsp	vegan 'fish' sauce or patis (page 471)
2 tsp	sugar
¼ tsp	ground turmeric
coriander, mint and cucumber, to serve	
steamed jasmine rice, to serve	

METHOD

1. Pat the tofu dry and toss with the cornflour.
2. Heat 3 tbsp oil in a non-stick frying pan and fry the tofu over medium-high heat for 8–10 minutes, turning, until crisp on all sides. Set aside.
3. Add the remaining oil and fry the lemongrass for 3 minutes until fragrant and starting to crisp. Add the garlic, chilli, shallots and turmeric and cook for 2 minutes.
4. Add the soy sauce, vegan fish sauce and sugar and let it bubble for 30 seconds.
5. Return the tofu and toss until coated. Serve with rice, cucumber and herbs.

The best diet is the one you enjoy enough to keep.



SPICY

ASIAN KITCHEN · KOREA

Mushroom Bulgogi Lettuce Wraps

Thin-sliced king oyster mushrooms in a sweet soy, pear and garlic marinade, seared until caramelised and.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min + 15 min marinating** COOK **10 min** SERVES **3–4**

SERVE WITH neutral oil, spring onions, sliced, toasted sesame seeds, head of lettuce, leaves separated, steamed rice, kimchi and gochujang

TIME AT A GLANCE

Prep 15 min + 15 min marinating Cook 10 min

COOK'S TIP Don't crowd the pan — too many mushrooms at once will steam instead of searing.

ASIAN KITCHEN · KOREAN

Mushroom Bulgogi Lettuce Wraps

APPROX. PER SERVING | **200** kcal | **8 g** protein | **23 g** carbs | **10 g** fat | **4 g** fibre

INGREDIENTS

500 g 7¼ cups	king oyster and shiitake mushrooms, thinly sliced
1	onion, thinly sliced

For the marinade

4 tbsp	soy sauce
½	Asian pear or apple, grated
1½ tbsp	brown sugar
4 cloves	garlic, grated
1 tsp	grated ginger
1 tbsp	toasted sesame oil
½ tsp	black pepper

To serve

2 tbsp	neutral oil
2	spring onions, sliced
1 tbsp	toasted sesame seeds
1	head of lettuce, leaves separated

steamed rice, kimchi and gochujang

METHOD

1. Whisk the marinade ingredients together. Toss with the mushrooms and onion and leave for 15 minutes.
2. Heat a large frying pan or wok over high heat with the oil.
3. Add the mushrooms in a single layer (cook in two batches if needed), leaving them undisturbed for 2 minutes to brown, then stir-fry for 3–4 minutes until caramelised and the sauce has reduced to a glaze.
4. Scatter with spring onions and sesame seeds.
5. Serve with lettuce leaves for wrapping, rice, kimchi and a little gochujang.

Good food is the most delicious form of kindness.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · THAILAND

Tamarind Tofu Pad Thai

Hot wok, tamarind, crushed peanuts.

Sweet, sour and salty stir-fried rice noodles with crisp tofu, crunchy beansprouts and roasted peanuts — no fish sauce needed.

WHY YOU'LL LOVE IT The weeknight noodle: sweet-sour, a little smoky, and ready in one pan.

PREP **20 min** COOK **15 min** SERVES **2–3**

TIME AT A GLANCE

Prep 20 min Cook 15 min

COOK'S TIP Have everything chopped and lined up before you start — once the wok is hot, pad Thai is done in under 10 minutes.

Tamarind Tofu Pad Thai

APPROX. PER SERVING · 830 kcal · 32 g protein · 101 g carbs · 35 g fat · 9 g fibre

INGREDIENTS

For the sauce

3 tbsp	tamarind paste (concentrate)
3 tbsp	coconut or palm sugar
3 tbsp	soy sauce
1 tsp	rice vinegar
½ tsp	chilli flakes

For the noodles

200 g (1 cup)	flat rice noodles (about 5 mm wide)
200 g	firm tofu, cut into thin batons
3 tbsp	neutral oil
3 cloves	garlic, minced
2	shallots, thinly sliced
100 g (⅓ cup)	firm silken tofu, crumbled (optional, 'egg')
150 g (1 cup)	beansprouts
4	spring onions or garlic chives, cut into 4 cm lengths
50 g (⅓ cup)	roasted peanuts, chopped
1	lime, cut into wedges

METHOD

1. Soak the noodles in warm water for 25–30 minutes until pliable but still firm. Drain. Whisk the sauce ingredients together until the sugar dissolves.
2. Heat 2 tbsp oil in a wok over high heat. Fry the tofu batons for 5 minutes until golden, then push to one side.
3. Add the remaining oil, garlic and shallots and stir-fry for 1 minute. Add the crumbled silken tofu, if using, and fry for 1 minute.
4. Add the noodles and sauce and toss constantly for 2–3 minutes until the noodles have absorbed the sauce and are tender. Add a splash of water if they stick.
5. Toss in half the beansprouts and the spring onions for 30 seconds.
6. Serve topped with the remaining beansprouts, peanuts and lime wedges.

Kain na! — Let's eat.



QUICK

ASIAN KITCHEN · JAPAN

Sesame Soba Noodle Salad

A cool, crunchy noodle salad with edamame and crisp vegetables in a nutty sesame-ginger dressing.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour.

PREP **20 min** COOK **5 min** SERVES **4**

TIME AT A GLANCE



Prep 20 min Cook 5 min

COOK'S TIP For gluten-free, use 100% buckwheat soba — many brands mix in wheat flour, so check the packet.

ASIAN KITCHEN · JAPANESE

Sesame Soba Noodle Salad

APPROX. PER SERVING · **460** kcal · **17 g** protein · **76 g** carbs · **12 g** fat · **9 g** fibre

INGREDIENTS

250 g	soba noodles
200 g 1¼ cups	shelled edamame (frozen is fine)
1	cucumber, peeled into ribbons
2	carrots, julienned
150 g 2¼ cups	red cabbage, finely shredded
4	spring onions, sliced
1 sheet	nori, cut into thin strips
2 tbsp	toasted sesame seeds

For the dressing

3 tbsp	tahini or Japanese sesame paste
3 tbsp	soy sauce
2 tbsp	rice vinegar
1 tbsp	toasted sesame oil
1 tbsp	maple syrup
2 cm piece	ginger, grated
2–3 tbsp	warm water

METHOD

1. Whisk all the dressing ingredients together until smooth, adding the water a little at a time.
2. Cook the soba according to the packet instructions (usually 4–5 minutes), adding the edamame for the last 2 minutes.
3. Drain and rinse under cold running water, rubbing the noodles gently to remove the starch. Drain very well.
4. Toss the noodles and edamame with the cucumber, carrot, cabbage, most of the spring onions and the dressing.
5. Serve topped with nori, sesame seeds and the remaining spring onions.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



HIGH-PROTEIN SPICY

ASIAN KITCHEN · VIETNAM

Phở Chay — Vegan Vietnamese Noodle Soup

Star anise in the steam — that's the invitation.

A clear, aromatic broth built on charred onion and ginger and whole spices, poured over silky rice noodles with a mountain of fresh herbs.

WHY YOU'LL LOVE IT A clear, deeply spiced broth with herbs, lime and noodles you can slurp.

PREP **20 min** COOK **50 min** SERVES **4**

SERVE WITH bean sprouts, Thai basil, coriander, mint, sliced chilli, lime wedges, vegan hoisin and sriracha

TIME AT A GLANCE



Prep 20 min Cook 50 min

COOK'S TIP The broth freezes well — make a double batch for instant weeknight phở.

ASIAN KITCHEN · VIETNAMESE

Phở Chay — Vegan Vietnamese Noodle Soup

APPROX. PER SERVING · **540** kcal · **23 g** protein · **93 g** carbs · **8 g** fat · **5 g** fibre

INGREDIENTS

For the broth

1	large onion, halved
80 g	ginger, halved lengthways
2 litres 8⅓ cups	vegetable stock
6	dried shiitake mushrooms
1	daikon or 2 carrots, chunked
3	star anise
1	cinnamon stick
4	cloves
1 tsp	coriander seeds
3 tbsp	soy sauce
1 tbsp	sugar

For the bowls

400 g 2¼ cups	flat rice noodles
300 g	fried tofu, sliced
2	heads pak choi, halved

To serve

bean sprouts, Thai basil, coriander, mint, sliced chilli, lime wedges, vegan hoisin and sriracha

METHOD

1. Char the onion and ginger, cut-side down, in a dry heavy pan (or directly over a gas flame) for 6–8 minutes until blackened in places.
2. Toast the star anise, cinnamon, cloves and coriander seeds in a dry pot for 1 minute.
3. Add the stock, charred onion and ginger, dried shiitake and daikon. Simmer gently for 40 minutes. Strain, slice the shiitake and return them to the broth. Season with soy sauce and sugar.
4. Cook the noodles according to the packet and blanch the pak choi in the broth for 1 minute.
5. Divide the noodles between deep bowls, add the tofu, shiitake and pak choi and ladle over the boiling broth. Serve with the herbs and condiments for everyone to add their own.

You don't have to be perfect to make a difference.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · JAPAN

Creamy Miso & Sesame Ramen

A rich, nutty broth made creamy with soy milk and tahini, with seared tofu, sweetcorn, nori and a slick of.

WHY YOU'LL LOVE IT A dish that's about 37 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **20 min** SERVES **2**

TIME AT A GLANCE



Prep 15 min Cook 20 min

COOK'S TIP Ramen noodles often contain egg — look for packs labelled vegan or use dried wheat noodles.

ASIAN KITCHEN · JAPANESE

Creamy Miso & Sesame Ramen

APPROX. PER SERVING · **800** kcal · **37 g** protein · **115 g** carbs · **22 g** fat · **9 g** fibre

INGREDIENTS

For the broth

1 tbsp	toasted sesame oil
2 cloves	garlic, grated
1 tbsp	grated ginger
600 ml 2½ cups	vegetable or kombu stock
300 ml 1¼ cups	unsweetened soy milk
2 tbsp	white or red miso
2 tbsp	tahini or Japanese sesame paste
1 tbsp	soy sauce
1 tsp	sugar

For the bowls

200 g	egg-free ramen noodles
200 g	firm tofu, sliced and seared
100 g ⅔ cup	sweetcorn
4	shiitake mushrooms, sliced and fried
2	spring onions, sliced
1 sheet	nori, cut into squares

menma (bamboo shoots) and chilli oil (page 477)

METHOD

1. Warm the sesame oil in a pan and gently fry the garlic and ginger for 1 minute.
2. Add the stock and bring to a simmer. Whisk the miso, tahini, soy sauce and sugar with a ladle of the hot stock until smooth, then stir back in.
3. Add the soy milk and heat until steaming, but do not boil hard or the soy milk may split.
4. Cook the noodles according to the packet, drain and divide between two deep bowls.
5. Ladle over the broth and top with tofu, sweetcorn, mushrooms, spring onions, nori and menma. Finish with chilli oil.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



ASIAN KITCHEN · KOREA

Japchae — Glass Noodles with Vegetables

Bouncy sweet-potato noodles tossed with colourful vegetables in a sesame-soy dressing.

WHY YOU'LL LOVE IT A dish that's cooking the vegetables separately is what keeps japchae bright and distinct, so it is worth the extra minute.

PREP **25 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE



Prep 25 min Cook 15 min

COOK'S TIP Cooking the vegetables separately is what keeps japchae bright and distinct, so it is worth the extra minute.

ASIAN KITCHEN · KOREAN

Japchae — Glass Noodles with Vegetables

APPROX. PER SERVING | **400** kcal | **11 g** protein | **69 g** carbs | **9 g** fat | **5 g** fibre

INGREDIENTS

250 g 1¾ cups	dangmyeon (sweet potato glass noodles)
4 tbsp	soy sauce
1½ tbsp	brown sugar
2 tbsp	toasted sesame oil
2 cloves	garlic, grated
2 tbsp	neutral oil
1	onion, thinly sliced
1	carrot, julienned
1	red pepper, thinly sliced
150 g 2¼ cups	shiitake mushrooms, sliced
150 g 3¾ cups	spinach
3	spring onions, cut into 4 cm lengths
1 tbsp	toasted sesame seeds
black pepper	

METHOD

1. Cook the noodles in boiling water for 6 minutes until tender. Drain, rinse briefly in cold water and snip into shorter lengths with scissors.
2. Mix the soy sauce, sugar, sesame oil and garlic. Toss half with the noodles.
3. Blanch the spinach for 30 seconds, rinse, squeeze dry and season with a pinch of salt.
4. Stir-fry each vegetable separately in a little oil over high heat for 1–2 minutes so they keep their colour: onion, carrot, pepper, then mushrooms with 1 tsp of the sauce.
5. Toss everything together with the remaining sauce, spring onions and sesame seeds. Season with pepper and serve warm or at room temperature.

Eat food. Not too much. Mostly plants.

MICHAEL POLLAN, IN DEFENSE OF FOOD



HIGH-PROTEIN SPICY

ASIAN KITCHEN · KOREA

Gochujang Tofu Bibimbap

A rainbow in a bowl, with a fried gochujang kick.

A colourful rice bowl of seasoned vegetables and sticky gochujang tofu — mix it all together at the table for the full experience.

WHY YOU'LL LOVE IT Rice, vegetables, a runny plant-based yolk and the pleasure of mixing it all up.

PREP **25 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 25 min Cook 25 min

COOK'S TIP Heat a stone bowl with a little sesame oil before adding the rice to get the prized crispy crust at the bottom.

ASIAN KITCHEN · KOREAN

Gochujang Tofu Bibimbap

APPROX. PER SERVING | **640** kcal | **26 g** protein | **114 g** carbs | **10 g** fat | **9 g** fibre

INGREDIENTS

400 g 2¼ cups	cooked short-grain rice
300 g	firm tofu, sliced
2 tbsp	gochujang (check it's vegan)
1 tbsp	soy sauce + 1 tbsp maple syrup
200 g 5 cups	spinach
2	carrots, julienned
1	courgette, sliced into half-moons
150 g 2¼ cups	shiitake mushrooms, sliced
150 g 1 cup	beansprouts
3 tbsp	toasted sesame oil, divided
2 cloves	garlic, minced
2 tbsp	toasted sesame seeds

For the sauce

3 tbsp	gochujang + 1 tbsp each soy sauce, rice vinegar, sesame oil and sugar

METHOD

1. Mix the sauce ingredients and set aside. Mix the 2 tbsp gochujang with soy and maple for the tofu glaze.
2. Blanch the spinach and beansprouts separately for 1 minute each. Drain, squeeze the spinach dry, then season each with a little sesame oil, garlic and salt.
3. In a hot pan with a little sesame oil, stir-fry the carrots, courgette and mushrooms separately for 2–3 minutes each, seasoning lightly. Keep each in its own pile.
4. Fry the tofu in the pan for 3 minutes per side until golden, then add the glaze and turn until sticky.
5. Divide the rice between bowls (heated stone bowls if you have them) and arrange the vegetables and tofu on top in sections.
6. Add a spoonful of sauce, scatter with sesame seeds and mix everything together before eating.

Every plant-based meal is a small vote for the world you want.



QUICK HIGH-PROTEIN

ASIAN KITCHEN · THAILAND

Thai Pineapple Fried Rice

Sweet pineapple, crunchy cashews and golden tofu tossed with curry-scented jasmine rice.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 20 g of protein a serving.

PREP **15 min** COOK **10 min** SERVES **3–4**

TIME AT A GLANCE



Prep 15 min Cook 10 min

COOK'S TIP Freshly cooked rice turns mushy when fried. If that is all you have, spread it on a tray and chill for 30 minutes first.

ASIAN KITCHEN · THAI

Thai Pineapple Fried Rice

APPROX. PER SERVING · **610** kcal · **20 g** protein · **83 g** carbs · **24 g** fat · **7 g** fibre

INGREDIENTS

600 g 3¾ cups	cooked jasmine rice, chilled (day-old is best)
3 tbsp	neutral oil
200 g	firm tofu, diced
3 cloves	garlic, minced
2	shallots, sliced
1 tsp	mild curry powder
1	carrot, diced
80 g ½ cup	frozen peas
250 g	fresh pineapple, diced
50 g ⅓ cup	roasted cashews
2 tbsp	raisins (optional)
2 tbsp	soy sauce
1 tbsp	vegan mushroom ‘oyster’ sauce
1 tsp	sugar
3	spring onions, sliced

coriander and lime wedges

METHOD

1. Heat 1 tbsp oil in a wok over high heat and fry the tofu for 5 minutes until golden. Remove.
2. Add the remaining oil, then the garlic and shallots, and stir-fry for 1 minute. Add the curry powder, carrot and peas and stir-fry for 2 minutes.
3. Add the rice, breaking up any clumps, and stir-fry for 3–4 minutes until hot and starting to toast.
4. Add the pineapple, cashews, raisins, tofu, soy sauce, mushroom sauce and sugar and toss for 2 minutes.
5. Stir in the spring onions and serve with coriander and lime.

Taste as you go. A recipe is a map, not the territory.



ASIAN KITCHEN · JAPAN

Vegetable Maki Rolls

Homemade sushi rolls with avocado, cucumber, carrot and soy-glazed shiitake.

WHY YOU'LL LOVE IT A dish that's keep a bowl of water with a splash of vinegar nearby — wet hands stop the rice sticking.

PREP **45 min + 15 min cooling** COOK **20 min** SERVES **4 (6 rolls)**

SERVE WITH soy sauce, pickled ginger and wasabi

TIME AT A GLANCE



Prep 45 min + 15 min cooling Cook 20 min

COOK'S TIP Keep a bowl of water with a splash of vinegar nearby — wet hands stop the rice sticking.

ASIAN KITCHEN · JAPANESE

Vegetable Maki Rolls

APPROX. PER SERVING · **530** kcal · **10 g** protein · **104 g** carbs · **8 g** fat · **7 g** fibre

INGREDIENTS

For the rice

400 g 2¼ cups	Japanese sushi rice
480 ml 2 cups	water
5 tbsp	rice vinegar
1½ tbsp	sugar
1 tsp	salt

For the rolls

6 sheets	nori
6	dried shiitake, soaked, sliced and simmered in 2 tbsp soy + 1 tbsp sugar
1	avocado, sliced
1	cucumber, cut into batons
1	carrot, cut into batons and blanched
50 g	pickled daikon (takuan) or atchara, optional

To serve

soy sauce, pickled ginger and wasabi

METHOD

1. Rinse the rice until the water runs clear. Cook with the water in a rice cooker or covered pan (12 minutes on low, then 10 minutes off the heat).
2. Warm the vinegar, sugar and salt until dissolved. Fold into the hot rice with a cutting motion and fan it until cooled to room temperature.
3. Place a nori sheet, shiny side down, on a bamboo mat. With wet hands, spread a thin layer of rice over it, leaving 2 cm bare at the top.
4. Lay a line of fillings across the centre. Lift the mat and roll firmly, sealing the edge with a dab of water.
5. Slice each roll into 8 with a sharp, wet knife. Serve with soy sauce, pickled ginger and wasabi.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



QUICK SPICY

ASIAN KITCHEN · THAILAND

Som Tam — Green Papaya Salad

Hot, sour, sweet and salty all at once: shredded green papaya pounded with chilli, lime, tomatoes and peanuts.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **20 min** COOK **none** SERVES **2–3**

TIME AT A GLANCE

Prep 20 min No cooking

COOK'S TIP No large mortar? Bruise the dressing ingredients in a bowl with a rolling pin, then toss everything together.

ASIAN KITCHEN · THAI

Som Tam — Green Papaya Salad

APPROX. PER SERVING **250** kcal · **8 g** protein · **47 g** carbs · **6 g** fat · **9 g** fibre

INGREDIENTS

2 cloves	garlic
1–3	bird's-eye chillies
1 tbsp	palm or brown sugar
2 tbsp	vegan 'fish' sauce or patis (page 471)
2	limes, juiced
6	long beans or green beans, cut into 4 cm lengths
8	cherry tomatoes, halved
400 g	green papaya, peeled and finely shredded
1	carrot, shredded
3 tbsp	roasted peanuts, roughly crushed

METHOD

1. In a large mortar, pound the garlic and chillies to a rough paste.
2. Add the sugar, vegan fish sauce and lime juice and stir until the sugar dissolves.
3. Add the beans and tomatoes and bruise lightly with the pestle.
4. Add the papaya and carrot and gently pound and toss with a spoon for 1 minute, until everything is coated and slightly softened.
5. Taste and adjust the balance, then pile onto a plate and scatter with peanuts. Serve immediately.

Cook once, eat twice — tomorrow's lunch will thank you.



SPICY

ASIAN KITCHEN · JAPAN

Crispy Vegetable Gyoza

Pan-fried dumplings with golden, crackly bottoms and juicy cabbage, shiitake and tofu inside.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **45 min** COOK **15 min** MAKES **30**

TIME AT A GLANCE

Prep 45 min Cook 15 min

COOK'S TIP For a lacy "wing", add 1 tsp flour to the steaming water and stir before pouring it in.

ASIAN KITCHEN · JAPANESE

Crispy Vegetable Gyoza

APPROX. PER PIECE | **150** kcal | **5 g** protein | **23 g** carbs | **4 g** fat | **2 g** fibre

INGREDIENTS

200 g 2¾ cups	Chinese cabbage, finely chopped
½ tsp	salt
150 g 2¼ cups	shiitake mushrooms, finely chopped
150 g ⅔ cup	firm tofu, crumbled
1	carrot, finely grated
3	spring onions, finely chopped
2 cloves	garlic, grated
1 tbsp	grated ginger
1½ tbsp	soy sauce
1 tsp	toasted sesame oil
1 tbsp	cornflour
30	egg-free gyoza wrappers
2 tbsp	neutral oil

For the dip

3 tbsp	soy sauce
2 tbsp	rice vinegar

chilli oil (page 477), to taste

METHOD

1. Toss the cabbage with the salt and leave for 10 minutes. Squeeze out as much water as you can.
2. Mix the cabbage with the mushrooms, tofu, carrot, spring onions, garlic, ginger, soy sauce, sesame oil and cornflour.
3. Put 1 heaped teaspoon of filling in the centre of a wrapper. Wet the edge, fold in half and pleat one side against the other to seal. Stand on a floured tray.
4. Heat 1 tbsp oil in a non-stick frying pan with a lid over medium heat. Arrange 15 gyoza flat-side down and fry for 2 minutes until golden underneath.
5. Add 80 ml water, cover immediately and steam for 4 minutes. Uncover and cook for 1–2 minutes more until the water has gone and the bottoms are crisp. Repeat, then serve with the dip.

Colour on the plate is flavour on the fork.



SPICY

ASIAN KITCHEN · VIETNAM

Gỏi Cuốn — Fresh Summer Rolls

Translucent rice-paper rolls full of crunch, herbs and tofu, dipped in a rich hoisin-peanut sauce.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **30 min** COOK **5 min** MAKES **12**

TIME AT A GLANCE

Prep 30 min Cook 5 min

COOK'S TIP Place a few herb leaves on the paper first, before the lettuce — they show through beautifully on the finished roll.

ASIAN KITCHEN · VIETNAMESE

Gỏi Cuốn — Fresh Summer Rolls

APPROX. PER PIECE · **90** kcal · **5 g** protein · **9 g** carbs · **4 g** fat · **1 g** fibre

INGREDIENTS

For the rolls

100 g ½ cup	rice vermicelli
12	rice paper sheets (22 cm)
200 g	firm tofu, cut into strips and pan-fried
1	carrot, julienned
1	cucumber, julienned
12	soft lettuce leaves
1 bunch	mint
1 bunch	coriander or Thai basil

For the sauce

3 tbsp	smooth peanut butter
3 tbsp	vegan hoisin sauce
1 tbsp	lime juice
4–5 tbsp	warm water
1	red chilli, sliced
1 tbsp	crushed peanuts

METHOD

1. Cook the vermicelli according to the packet, rinse in cold water and drain well.
2. Whisk the peanut butter, hoisin and lime juice, adding warm water until smooth and pourable. Top with chilli and peanuts.
3. Dip a rice paper sheet in warm water for 3–5 seconds, then lay it on a damp board. It will keep softening.
4. Lay a lettuce leaf in the lower third, then a little noodle, carrot, cucumber, tofu and herbs. Fold the bottom over, fold in the sides and roll up tightly.
5. Repeat, keeping finished rolls under a damp tea towel. Serve with the sauce within a couple of hours.

A squeeze of calamansi fixes almost anything.



QUICK SPICY

ASIAN KITCHEN · KOREA

Tteokbokki — Spicy Rice Cakes

Chewy rice cakes in a sticky, fiery-sweet gochujang sauce.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **10 min** COOK **15 min** SERVES **2–3**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Many gochujang brands are vegan, but some contain honey or anchovy — always check. Add a handful of fish-free fish cakes or fried tofu for a bigger meal.

ASIAN KITCHEN · KOREAN

Tteokbokki — Spicy Rice Cakes

APPROX. PER SERVING | **670** kcal | **15 g** protein | **148 g** carbs | **2 g** fat | **5 g** fibre

INGREDIENTS

400 g 2¼ cups	cylinder rice cakes (tteok), separated
500 ml 2 cups	vegetable stock or kelp stock
1 piece	kombu (10 cm), optional
2 tbsp	gochujang (check it is vegan)
1 tbsp	gochugaru (Korean chilli flakes)
1 tbsp	soy sauce
1½ tbsp	sugar
2 cloves	garlic, minced
150 g 2¼ cups	Chinese cabbage, chopped
3	spring onions, cut into 4 cm lengths
1 tsp	toasted sesame oil
1 tsp	toasted sesame seeds

METHOD

1. If the rice cakes are hard, soak them in warm water for 15 minutes, then drain.
2. Simmer the stock with the kombu for 5 minutes, then remove the kombu.
3. Whisk in the gochujang, gochugaru, soy sauce, sugar and garlic and bring to the boil.
4. Add the rice cakes and cabbage and simmer for 8–10 minutes, stirring often, until the cakes are soft and the sauce is thick and glossy.
5. Stir in the spring onions for the last minute. Finish with sesame oil and seeds and serve hot.

Progress, not perfection. Every meal counts.



QUICK SPICY

ASIAN KITCHEN · KOREA

Kimchi Jjigae with Soft Tofu

A bubbling, sour-spicy stew that turns well-fermented kimchi into dinner in 25 minutes.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **10 min** COOK **20 min** SERVES **2–3**

TIME AT A GLANCE



Prep 10 min Cook 20 min

COOK'S TIP If your kimchi is young and not very sour, add 1 tsp rice vinegar to the stew.

ASIAN KITCHEN · KOREAN

Kimchi Jjigae with Soft Tofu

APPROX. PER SERVING · 170 kcal · 10 g protein · 24 g carbs · 4 g fat · 3 g fibre

INGREDIENTS

1 tbsp	toasted sesame oil
1	onion, sliced
300 g	well-fermented vegan kimchi (page 481), chopped, plus 4 tbsp juice
6	shiitake mushrooms, sliced
1 tbsp	gochugaru
1 tbsp	gochujang
1 tbsp	soy sauce
1 tsp	sugar
600 ml 2½ cups	vegetable or kelp stock
300 g	soft or silken tofu, cut into large cubes
2	spring onions, sliced

steamed rice, to serve

METHOD

1. Heat the sesame oil in a heavy pot over medium heat. Add the onion and kimchi and fry for 5 minutes until the kimchi softens and smells toasty.
2. Add the mushrooms, gochugaru and gochujang and stir for 1 minute.
3. Pour in the stock, kimchi juice, soy sauce and sugar. Bring to the boil, then simmer for 10 minutes.
4. Slide in the tofu and simmer gently for 3–4 minutes without stirring, so the tofu stays in pieces.
5. Scatter with spring onions and serve bubbling, with rice.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



HIGH-PROTEIN SPICY

ASIAN KITCHEN · SICHUAN, CHINA

Mapo Tofu with Mushroom Mince

Silky tofu in a glossy, numbing-hot sauce of chilli bean paste and Sichuan pepper, with finely chopped.

WHY YOU'LL LOVE IT A dish that's about 26 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Push, don't stir — use the back of your spatula to move the tofu around the wok so the cubes stay whole and silky.

ASIAN KITCHEN · CHINESE

Mapo Tofu with Mushroom Mince

APPROX. PER SERVING · **360** kcal · **26 g** protein · **14 g** carbs · **23 g** fat · **5 g** fibre

INGREDIENTS

600 g	soft or silken-firm tofu, cut into 2 cm cubes
250 g 3½ cups	mushrooms (shiitake or button), finely chopped
3 tbsp	neutral oil
2 tbsp	doubanjiang (chilli bean paste) — check it is fish-free
1 tbsp	fermented black beans (tausi), rinsed and chopped
4 cloves	garlic, minced
1 tbsp	ginger, minced
1 tsp	Sichuan peppercorns, toasted and ground
300 ml 1¼ cups	vegetable stock
1 tbsp	soy sauce
1 tsp	sugar
1 tbsp	cornflour mixed with 3 tbsp water
3	spring onions, sliced

METHOD

1. Bring a pan of lightly salted water to a simmer, slide in the tofu and poach for 3 minutes. Drain gently — this firms it so it holds its shape.
2. Heat the oil in a wok over medium-high heat. Fry the mushrooms for 6–7 minutes until browned and dry, like mince.
3. Lower the heat, add the doubanjiang and fry for 1 minute until the oil turns red. Add the black beans, garlic and ginger and fry for 30 seconds.
4. Pour in the stock, soy sauce and sugar and bring to a simmer. Slide in the tofu and nudge it with the back of a spatula rather than stirring. Simmer for 5 minutes.
5. Stir the cornflour slurry, pour it in in two additions and simmer until glossy. Scatter with the ground Sichuan pepper and spring onions and serve with rice.

Season boldly: plants love salt, acid, heat and a little fat.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · SICHUAN, CHINA

Kung Pao Tofu

Crisp cubes of tofu tossed with dried chillies, peanuts and a sticky sweet-sour-savoury sauce.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a welcome kick of heat.

PREP **20 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 15 min

COOK'S TIP Take the chillies off the heat the moment they turn a deep brick-red; burnt chillies taste bitter and will flavour the whole dish.

ASIAN KITCHEN · CHINESE

Kung Pao Tofu

APPROX. PER SERVING · **390** kcal · **21 g** protein · **18 g** carbs · **27 g** fat · **5 g** fibre

INGREDIENTS

400 g	extra-firm tofu, pressed and cut into 2 cm cubes
2 tbsp	cornflour
3 tbsp	neutral oil
8–10	dried red chillies, snipped in half, seeds shaken out
1 tsp	Sichuan peppercorns
3 cloves	garlic, sliced
1 tbsp	ginger, minced
1	red bell pepper, diced
4	spring onions, cut into 2 cm lengths
70 g ½ cup	roasted peanuts

Sauce

2 tbsp	soy sauce
1 tbsp	Chinkiang black vinegar or cane vinegar
1 tbsp	sugar
1 tsp	cornflour
4 tbsp	water

METHOD

1. Toss the tofu with the cornflour and a pinch of salt. Mix the sauce ingredients in a small bowl.
2. Heat 2 tbsp oil in a wok and fry the tofu for 8–10 minutes over medium-high heat, turning, until crisp on all sides. Lift out.
3. Add the remaining oil, the chillies and Sichuan peppercorns and stir for 30 seconds until fragrant and the chillies darken — don't let them burn.
4. Add the garlic, ginger, red pepper and spring onions and stir-fry for 2 minutes.
5. Return the tofu, stir the sauce and pour it in. Toss for 1 minute until glossy, then add the peanuts and serve straight away with rice.

Share the pot. Food tastes better when someone else is at the table.



QUICK HIGH-PROTEIN SPICY

ASIAN KITCHEN · SICHUAN, CHINA

Dan Dan Noodles

Springy noodles in a nutty sesame-chilli sauce, crowned with crispy, savoury mushroom-walnut crumbs and.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 18 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **15 min** SERVES **2**

TIME AT A GLANCE

Prep 15 min Cook 15 min

COOK'S TIP Make a double batch of the mushroom-walnut crumbs — they keep for 4 days in the fridge and are brilliant on rice, congee and salads.

ASIAN KITCHEN · CHINESE

Dan Dan Noodles

APPROX. PER SERVING | **790** kcal | **18 g** protein | **95 g** carbs | **39 g** fat | **6 g** fibre

INGREDIENTS

200 g	egg-free wheat noodles
2 heads	bok choy or pechay, halved

Topping

1 tbsp	neutral oil
150 g 2¼ cups	shiitake or button mushrooms, finely chopped
40 g ⅓ cup	walnuts, finely chopped
1 tbsp	soy sauce
1 tsp	hoisin sauce

Sauce

2 tbsp	tahini or Chinese sesame paste
2 tbsp	soy sauce
1 tbsp	black vinegar or rice vinegar
1–2 tbsp	chilli oil, with sediment 477
1 tsp	sugar
½ tsp	Sichuan peppercorns, toasted and ground
1 clove	garlic, grated

METHOD

1. For the topping, heat the oil in a frying pan and fry the mushrooms for 6 minutes until dry and browned. Add the walnuts and fry for 2 minutes, then add the soy and hoisin and cook until sticky and crumbly.
2. Whisk all the sauce ingredients together with 3–4 tbsp hot water until smooth, and divide between two bowls.
3. Cook the noodles according to the packet, adding the bok choy for the last 1 minute. Drain, keeping a little cooking water.
4. Divide the noodles and greens between the bowls, spoon over the topping, and toss everything together at the table, loosening with a splash of noodle water if needed.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



QUICK HIGH-PROTEIN SPICY

ASIAN KITCHEN · INDONESIA

Nasi Goreng

Indonesia's beloved fried rice.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 29 g of protein a serving, and a welcome kick of heat.

PREP **10 min** COOK **15 min** SERVES **2**

SERVE WITH cucumber, sliced, tomato, sliced, fried shallots

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Cold, day-old rice fries best; fresh rice turns sticky. In a hurry, spread fresh rice on a tray and let it steam off for 20 minutes.

Nasi Goreng

APPROX. PER SERVING · **740** kcal · **29 g** protein · **104 g** carbs · **23 g** fat · **10 g** fibre

INGREDIENTS

500 g 3 cups	cooked rice, preferably a day old
200 g ¾ cup	firm tofu, crumbled
2 tbsp	neutral oil
3	shallots, finely sliced
3 cloves	garlic, minced
1–2	red chillies, chopped
1 tsp	vegan shrimp-paste substitute or white miso
1	carrot, diced small
60 g ⅓ cup	green beans or sitaw, chopped
2–3 tbsp	kecap manis (sweet soy sauce)
1 tbsp	soy sauce
¼ tsp	turmeric

To serve

½	cucumber, sliced
1	tomato, sliced
2 tbsp	fried shallots

METHOD

1. Heat the oil in a wok and fry the tofu with the turmeric and a pinch of salt for 5 minutes until golden. Push to the side.
2. Add the shallots, garlic, chillies and miso and stir-fry for 2 minutes until fragrant.
3. Add the carrot and green beans and stir-fry for 2 minutes.
4. Add the rice, breaking up clumps, and stir-fry over high heat for 4–5 minutes until hot and slightly smoky.
5. Add the kecap manis and soy sauce and toss until the rice is evenly coloured. Serve with cucumber, tomato and a heap of fried shallots.

Brown it well. Patience in the pan is flavour on the plate.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · INDONESIA

Gado-Gado

A generous Indonesian salad of blanched vegetables, potatoes, tofu and tempeh drenched in a sweet, spicy.

WHY YOU'LL LOVE IT A dish that's about 29 g of protein a serving, and a welcome kick of heat.

PREP **25 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 25 min Cook 20 min

COOK'S TIP The sauce thickens as it cools; loosen with warm water a spoonful at a time until it pours like double cream.

Gado-Gado

APPROX. PER SERVING · **550** kcal · **29 g** protein · **39 g** carbs · **34 g** fat · **10 g** fibre

INGREDIENTS

300 g 2 cups	waxy potatoes, cut into chunks
150 g 1 cup	green beans or sitaw, cut into 5 cm lengths
150 g 2¼ cups	cabbage, shredded
150 g 1½ cups	bean sprouts (togue)
200 g	firm tofu, sliced
150 g	tempeh, sliced
2 tbsp	neutral oil
1	cucumber, sliced
4	prawn-free crackers or kropek (optional)

Peanut sauce

150 g ⅔ cup	roasted peanuts or 120 g peanut butter
2 cloves	garlic
1–2	red chillies
2 tbsp	kecap manis
1 tbsp	tamarind paste or calamansi juice
1 tbsp	palm or brown sugar
250 ml 1 cup	water

METHOD

1. Boil the potatoes for 12 minutes until tender. Blanch the green beans for 3 minutes, the cabbage for 1 minute and the bean sprouts for 30 seconds. Drain everything.
2. Fry the tofu and tempeh in the oil for 4 minutes a side until golden.
3. For the sauce, blend the peanuts, garlic and chillies to a paste, then simmer with the remaining sauce ingredients for 5 minutes, stirring, until thick. Season with salt.
4. Arrange the vegetables, tofu, tempeh and cucumber on a platter, pour over the warm sauce and serve with crackers.

Leftover rice isn't a problem. It's sinangag waiting to happen.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · MALAYSIA & SINGAPORE

Curry Laksa

A rich, spicy coconut noodle soup loaded with tofu puffs, bean sprouts and fresh herbs.

WHY YOU'LL LOVE IT A dish that's about 22 g of protein a serving, and a welcome kick of heat.

PREP **20 min** COOK **25 min** SERVES **4**

SERVE WITH Vietnamese mint or regular mint, limes or 4 calamansi, cut into wedges, red chilli, sliced

TIME AT A GLANCE

Prep 20 min Cook 25 min

COOK'S TIP Tofu puffs soak up the broth like sponges — add them early so they become juicy, spicy flavour bombs.

ASIAN KITCHEN · INDONESIAN & MALAYSIAN

Curry Laksa

APPROX. PER SERVING · **880** kcal · **22 g** protein · **94 g** carbs · **47 g** fat · **5 g** fibre

INGREDIENTS

200 g 1 cup	rice vermicelli
200 g	thick egg-free yellow noodles
200 g	tofu puffs or fried tofu, halved
1 tbsp	neutral oil
4 tbsp	vegan laksa paste
800 ml 3⅓ cups	coconut milk
600 ml 2½ cups	vegetable stock
1 tbsp	soy sauce
1 tbsp	sugar
150 g 1½ cups	bean sprouts
150 g 1 cup	green beans, halved

To serve

1 handful	Vietnamese mint or regular mint
2	limes or 4 calamansi, cut into wedges
1	red chilli, sliced

METHOD

1. Heat the oil in a large pot and fry the laksa paste for 2–3 minutes until fragrant and darker.
2. Add the coconut milk, stock, soy sauce and sugar. Simmer for 10 minutes.
3. Add the tofu puffs and green beans and simmer for 5 minutes. Taste for salt and sugar.
4. Meanwhile, soak or cook the noodles according to their packets and divide between deep bowls with the bean sprouts.
5. Ladle the hot soup over, then top with mint, chilli and lime wedges.

The best diet is the one you enjoy enough to keep.



SPICY

ASIAN KITCHEN · INDONESIA & MALAYSIA

Jackfruit & Mushroom Rendang

A slow-cooked, almost-dry curry with deep caramelised coconut and spice.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **25 min** COOK **70 min** SERVES **4**

TIME AT A GLANCE

Prep 25 min Cook 70 min

COOK'S TIP Rendang is better the next day as the spices settle — make it ahead for a party and gently reheat.

ASIAN KITCHEN · INDONESIAN & MALAYSIAN

Jackfruit & Mushroom Rendang

APPROX. PER SERVING · **640** kcal · **10 g** protein · **68 g** carbs · **40 g** fat · **9 g** fibre

INGREDIENTS

2 × 565 g tins	young green jackfruit in brine, drained
250 g 3½ cups	king oyster or shiitake mushrooms, in chunks
3 tbsp	neutral oil
2 stalks	lemongrass, bruised
4	kaffir lime leaves
1	cinnamon stick
400 ml 1⅔ cups	coconut milk
60 g ¾ cup	desiccated coconut, toasted until golden
1 tbsp	tamarind paste
1 tbsp	palm or brown sugar

Spice paste

6	shallots
4 cloves	garlic
5 cm	ginger
5 cm	galangal (or extra ginger)
8	dried red chillies, soaked
1 tsp	turmeric

METHOD

1. Blend the spice paste ingredients with a splash of water until smooth.
2. Squeeze the jackfruit dry and cut away any hard core. Fry the jackfruit and mushrooms in 1 tbsp oil for 8 minutes until browned. Lift out.
3. Heat the remaining oil and fry the paste with the lemongrass, lime leaves and cinnamon for 8–10 minutes, stirring, until it darkens and the oil separates.
4. Add the jackfruit, mushrooms, coconut milk, tamarind and sugar. Simmer uncovered for 40 minutes, stirring often, until the sauce has almost gone.
5. Stir in the toasted coconut and cook for 10 minutes more, stirring constantly, until dark and dry. Season with salt and serve with rice.

Good food is the most delicious form of kindness.



HIGH-PROTEIN SPICY

ASIAN KITCHEN · VIETNAM

Lemongrass Tofu Bánh Mì

A crackly baguette stuffed with caramelised lemongrass tofu, quick pickles, herbs and chilli mayo.

WHY YOU'LL LOVE IT A dish that's about 20 g of protein a serving, and a welcome kick of heat.

PREP **25 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE



Prep 25 min Cook 15 min

COOK'S TIP The quick pickles keep for a week in a jar in the fridge — make a big batch and add them to rice bowls and noodle salads.

ASIAN KITCHEN · VIETNAMESE

Lemongrass Tofu Bánh Mì

APPROX. PER SERVING · **390** kcal · **20 g** protein · **41 g** carbs · **17 g** fat · **5 g** fibre

INGREDIENTS

4	small baguettes or pandesal-style rolls
400 g	extra-firm tofu, pressed and sliced
2 tbsp	neutral oil

Marinade

2 tbsp	soy sauce
1 tbsp	lemongrass, finely minced
1 tbsp	sugar
2 cloves	garlic, minced

Quick pickles

1	carrot, julienned
100 g	daikon or labanos, julienned
4 tbsp	rice or cane vinegar
1 tbsp	sugar

To fill

4 tbsp	vegan mayonnaise mixed with 1 tsp sriracha
½	cucumber, in batons
1 handful	coriander sprigs
1	red chilli, sliced

METHOD

1. Mix the pickle ingredients with a pinch of salt and leave for at least 15 minutes.
2. Mix the marinade and coat the tofu for 10 minutes.
3. Fry the tofu in the oil for 3–4 minutes a side until caramelised at the edges, adding the leftover marinade at the end to glaze.
4. Warm the baguettes in a hot oven for 5 minutes until crackly. Split them.
5. Spread with chilli mayo and fill with tofu, drained pickles, cucumber, coriander and chilli.

Kain na! — Let's eat.



CHAPTER 04 · 14 RECIPES

Italian

Pasta, pizza and slow Sunday sauces.

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HIGH-PROTEIN SPICY

ITALIAN · SICILY, ITALY

Vegan Pasta alla Norma

Catania's classic of soft roasted aubergine, garlicky tomato and basil, crowned with a salty, lemony tofu.

WHY YOU'LL LOVE IT A dish that's about 24 g of protein a serving, and a welcome kick of heat.

PREP **20 min** COOK **40 min** SERVES **3–4**

TIME AT A GLANCE



Prep 20 min Cook 40 min

COOK'S TIP For the best crumble, press the tofu for 20 minutes under a heavy pan, then grate it on the coarse side of a box grater.

ITALIAN · ITALIAN

Vegan Pasta alla Norma

APPROX. PER SERVING | **690** kcal | **24 g** protein | **83 g** carbs | **30 g** fat | **10 g** fibre

INGREDIENTS

For the pasta

2	medium aubergines (eggplants), about 600 g, cut into 2 cm cubes
5 tbsp	olive oil
3 cloves	garlic, thinly sliced
½ tsp	chilli flakes
400 g	tin crushed tomatoes
1 tsp	sugar, if needed
large handful	fresh basil leaves
300 g	rigatoni
salt and black pepper	

For the tofu 'ricotta salata'

200 g	extra-firm tofu, pressed well
1	lemon, zested and juiced (about 2 tbsp)
1 tsp	salt
2 tbsp	nutritional yeast
1 tbsp	olive oil

METHOD

1. Heat the oven to 220 °C (200 °C fan). Toss the aubergine with 4 tbsp olive oil and ¾ tsp salt, spread over a large tray and roast for 25–30 minutes, turning halfway, until golden and creamy inside.
2. For the 'ricotta salata', finely crumble the tofu and mix with the lemon zest, 1 tbsp lemon juice, salt, nutritional yeast and oil. Taste — it should be pleasantly salty and sharp. Chill until needed.
3. Heat the remaining oil in a large pan over medium-low heat. Add the garlic and chilli flakes for 1–2 minutes, without browning. Add the tomatoes and ½ tsp salt and simmer for 15 minutes, adding the sugar if the sauce tastes sharp.
4. Cook the rigatoni in well-salted boiling water until al dente. Reserve a mugful of pasta water and drain.
5. Stir most of the aubergine and half the basil, torn, into the sauce. Add the pasta and toss, loosening with pasta water until glossy.
6. Serve topped with the remaining aubergine, plenty of tofu 'ricotta salata' and fresh basil.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



HIGH-PROTEIN

ITALIAN · BOLOGNA, ITALY

Lentil & Mushroom Bolognese

A slow Sunday sauce, even on a Tuesday.

A slow-simmered, deeply savoury ragù of lentils and finely chopped mushrooms — rich enough to win over any traditionalist.

WHY YOU'LL LOVE IT Lentils and walnuts in a rich tomato ragù that clings to every strand.

PREP **15 min** COOK **50 min** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min Cook 50 min

COOK'S TIP The ragù freezes beautifully for up to 3 months — make a double batch.

ITALIAN · ITALIAN

Lentil & Mushroom Bolognese

APPROX. PER SERVING · **570** kcal · **25 g** protein · **96 g** carbs · **10 g** fat · **15 g** fibre

INGREDIENTS

3 tbsp	olive oil
1	onion, 1 carrot and 1 celery stick, finely diced
250 g 3½ cups	chestnut mushrooms, finely chopped
3 cloves	garlic, minced
2 tbsp	tomato purée
150 ml ⅔ cup	red wine (vegan-certified) or stock
200 g 1 cup	dried brown or green lentils, rinsed
2 × 400 g	tins chopped tomatoes
500 ml 2 cups	vegetable stock
1 tbsp	soy sauce
2	bay leaves
1 tsp	dried oregano
400 g	tagliatelle or spaghetti
basil and vegan parmesan, to serve	

METHOD

1. Heat the oil in a large heavy pan over medium heat. Add the onion, carrot and celery with a pinch of salt and cook for 10 minutes until soft.
2. Turn up the heat, add the mushrooms and cook for 8 minutes until their liquid has evaporated and they begin to brown.
3. Stir in the garlic and tomato purée for 2 minutes, then pour in the wine and let it bubble until almost gone.
4. Add the lentils, tomatoes, stock, soy sauce, bay and oregano. Simmer, partly covered, for 30–35 minutes, stirring occasionally, until the lentils are tender and the sauce is thick.
5. Cook the pasta in well-salted water until al dente. Drain, reserving a cup of water.
6. Toss the pasta with the sauce, loosening with pasta water. Serve with basil and vegan parmesan.

You don't have to be perfect to make a difference.



HIGH-PROTEIN KID-FRIENDLY

ITALIAN · ROME, ITALY

Smoky Mushroom ‘Carbonara’

Silky, peppery and ready before the pasta water cools.

Silky, peppery and indulgent: a cashew and nutritional-yeast sauce clings to spaghetti, crowned with crisp, smoky shiitake ‘bacon’.

WHY YOU’LL LOVE IT A creamy cashew sauce, no cream, no egg — just comfort.

PREP **15 min + soaking** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min + soaking Cook 20 min

COOK’S TIP Toast the cracked pepper in a dry pan for 30 seconds first — it’s the backbone of a proper carbonara.

ITALIAN · ITALIAN

Smoky Mushroom ‘Carbonara’

APPROX. PER SERVING · **630** kcal · **22 g** protein · **87 g** carbs · **22 g** fat · **6 g** fibre

INGREDIENTS

For the shiitake ‘bacon’

200 g 2¾ cups	shiitake mushrooms, thinly sliced
2 tbsp	olive oil
1 tbsp	soy sauce
1 tsp	smoked paprika
1 tsp	maple syrup

For the sauce

120 g ¾ cup	raw cashews, soaked in hot water for 30 minutes
300 ml 1¼ cups	water or unsweetened plant milk
4 tbsp	nutritional yeast
2 cloves	garlic
1 tsp	white miso
1 tsp	salt
¼ tsp	ground turmeric (for colour)

To finish

400 g	spaghetti
1½ tsp	freshly cracked black pepper
chopped parsley	

METHOD

1. Heat the oven to 200 °C (180 °C fan). Toss the shiitake with the oil, soy sauce, paprika and maple. Spread over a lined tray and roast for 15–20 minutes, stirring once, until crisp at the edges.
2. Drain the cashews and blend with the water, nutritional yeast, garlic, miso, salt and turmeric until completely smooth.
3. Cook the spaghetti in well-salted water until al dente. Reserve 200 ml of pasta water and drain.
4. Return the pasta to the pan over low heat, pour in the sauce and toss for 1–2 minutes, adding pasta water until silky. Don’t let it boil, or it will thicken too much.
5. Add the black pepper and most of the shiitake. Serve topped with the remaining shiitake and parsley.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE’S PERSEVERANCE, THERE’S STEW



KID-FRIENDLY

ITALIAN · NORTHERN ITALY

Risotto ai Funghi

A silky, deeply savoury mushroom risotto made with porcini stock and finished with vegan butter, lemon and.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **15 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Risotto should ripple when you tilt the pan — all'onda, 'like a wave'. Add a final splash of stock if it looks stiff.

ITALIAN · ITALIAN

Risotto ai Funghi

APPROX. PER SERVING · **500** kcal · **11 g** protein · **75 g** carbs · **18 g** fat · **4 g** fibre

INGREDIENTS

15 g ¼ cup	dried porcini mushrooms
1.2 litres 5 cups	hot vegetable stock
3 tbsp	olive oil
400 g 5¾ cups	mixed fresh mushrooms (chestnut, shiitake, oyster), sliced
1	onion or 2 shallots, finely chopped
2 cloves	garlic, minced
2 sprigs	thyme, leaves picked
320 g 1¾ cups	arborio or carnaroli rice
120 ml ½ cup	dry white wine (vegan-certified)
2 tbsp	vegan butter
3 tbsp	nutritional yeast
1 tsp	lemon juice
small bunch	flat-leaf parsley, chopped
salt and black pepper	

METHOD

1. Soak the porcini in 250 ml of boiling water for 15 minutes. Lift them out, chop, and strain the soaking liquid into the stock, leaving any grit behind. Keep the stock at a gentle simmer.
2. Heat 2 tbsp oil in a wide pan over high heat and fry the fresh mushrooms with a pinch of salt for 6–8 minutes until golden. Set aside.
3. Lower the heat to medium, add the remaining oil, onion and a pinch of salt and cook for 5 minutes until soft. Add the garlic, thyme and chopped porcini for 1 minute.
4. Add the rice and stir for 2 minutes until the grains turn translucent at the edges. Pour in the wine and stir until absorbed.
5. Add the stock one ladle at a time, stirring often and waiting until each addition is almost absorbed before adding the next. After 18–20 minutes the rice should be tender with a slight bite.
6. Off the heat, stir in most of the fried mushrooms, the vegan butter, nutritional yeast and lemon juice. Cover and rest for 2 minutes, then season and serve topped with the remaining mushrooms and parsley.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



BUDGET

ITALIAN · ITALY

Minestrone with Basil Pesto

A thick, rustic vegetable and bean soup that rewards whatever is in the fridge, finished with a spoonful of.

WHY YOU'LL LOVE IT A dish that's kind to your budget.

PREP **20 min** COOK **40 min** SERVES **6**

TIME AT A GLANCE



Prep 20 min Cook 40 min

COOK'S TIP The pasta keeps absorbing liquid, so if you're making the soup ahead, cook the pasta separately and add it to each bowl.

ITALIAN · ITALIAN

Minestrone with Basil Pesto

APPROX. PER SERVING | **400** kcal | **10 g** protein | **36 g** carbs | **24 g** fat | **7 g** fibre

INGREDIENTS

4 tbsp	olive oil
1	onion, 2 carrots and 2 celery sticks, diced
3 cloves	garlic, minced
1	courgette, diced
1 × 400 g	tin chopped tomatoes
1.5 litres 6¼ cups	vegetable stock
1 × 400 g	tin cannellini beans, drained
100 g	small pasta (ditalini) or broken spaghetti
150 g 3¾ cups	cavolo nero or kale, shredded
salt and pepper	

For the pesto

40 g 1 cup	basil leaves
30 g ¼ cup	toasted pine nuts or cashews
1 clove	garlic
2 tbsp	nutritional yeast
80 ml ⅓ cup	olive oil + squeeze of lemon

METHOD

1. Heat the oil in a large pot over medium heat. Cook the onion, carrots and celery with a pinch of salt for 10 minutes until soft.
2. Add the garlic and courgette and cook for 3 minutes. Add the tomatoes and stock and bring to the boil.
3. Simmer for 15 minutes, then add the beans and pasta and cook for 10 minutes, until the pasta is tender.
4. Add the cavolo nero for the final 4 minutes. Season well.
5. Meanwhile, blitz the pesto ingredients with a pinch of salt until roughly smooth.
6. Ladle into bowls and top each with a spoonful of pesto. Serve with crusty bread.

Every plant-based meal is a small vote for the world you want.



QUICK

ITALIAN · LIGURIA, ITALY

Pasta al Pesto Genovese

Bright basil pesto made creamy with cashews and nutritional yeast, tossed with pasta, potatoes and green.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour.

PREP **15 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 15 min

COOK'S TIP Never heat pesto in the pan — the basil turns dark and bitter. Toss it with hot pasta off the heat instead.

ITALIAN · ITALIAN

Pasta al Pesto Genovese

APPROX. PER SERVING | **680** kcal | **17 g** protein | **88 g** carbs | **29 g** fat | **6 g** fibre

INGREDIENTS

400 g	trofie, linguine or fusilli
200 g 1 cup	waxy potatoes, cut into 1.5 cm cubes
150 g 1 cup	green beans, cut into thirds

Pesto

60 g 1½ cups	fresh basil leaves
40 g ¼ cup	pine nuts or cashews, toasted
2 tbsp	nutritional yeast
1 clove	garlic
100 ml ½ cup	extra virgin olive oil
1 tbsp	lemon or calamansi juice

METHOD

1. Blend or pound the pesto ingredients with a good pinch of salt to a coarse paste.
2. Bring a large pan of well-salted water to the boil. Add the pasta and potatoes together and cook for the pasta's packet time, adding the green beans for the last 5 minutes.
3. Scoop out a mug of the cooking water, then drain.
4. Return everything to the pan off the heat, add the pesto and 4–5 tbsp cooking water and toss until creamy and glossy. Serve with a little extra basil.

Taste as you go. A recipe is a map, not the territory.



QUICK SPICY

ITALIAN · NAPLES, ITALY

Spaghetti Aglio, Olio e Peperoncino

Midnight pasta at its best: spaghetti with golden garlic, chilli, olive oil and parsley.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **5 min** COOK **12 min** SERVES **2**

TIME AT A GLANCE

Prep 5 min Cook 12 min

COOK'S TIP Start the garlic in cold oil — it cooks gently and evenly, so you get sweet golden slices instead of bitter brown ones.

ITALIAN · ITALIAN

Spaghetti Aglio, Olio e Peperoncino

APPROX. PER SERVING · **710** kcal · **14 g** protein · **83 g** carbs · **35 g** fat · **4 g** fibre

INGREDIENTS

200 g	spaghetti
5 tbsp	extra virgin olive oil
6 cloves	garlic, thinly sliced
½–1 tsp	dried chilli flakes
1 small bunch	flat-leaf parsley, chopped
2 tbsp	toasted breadcrumbs (optional)
½	lemon, zested

METHOD

1. Cook the spaghetti in well-salted boiling water until 1 minute short of al dente. Keep a mug of the water.
2. Meanwhile, warm the oil and garlic together in a large frying pan over low heat for 4–5 minutes until the garlic is pale gold. Add the chilli.
3. Add 100 ml pasta water to the pan (it will spit) and swirl to make a cloudy sauce.
4. Add the spaghetti and toss over medium heat for 1–2 minutes until the sauce clings and the pasta is al dente.
5. Toss through the parsley and lemon zest and finish with breadcrumbs.



Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



QUICK SPICY

ITALIAN · NAPLES, ITALY

Spaghetti alla Puttanesca

A punchy store-cupboard sauce of tomatoes, olives, capers and chilli, with a spoon of miso standing in for.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **10 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 20 min

COOK'S TIP Miso dissolves into the oil and gives the same savoury depth as anchovies — stir it in before the tomatoes so it melts properly.

ITALIAN · ITALIAN

Spaghetti alla Puttanesca

APPROX. PER SERVING · **530** kcal · **17 g** protein · **89 g** carbs · **12 g** fat · **7 g** fibre

INGREDIENTS

400 g	spaghetti
3 tbsp	olive oil
4 cloves	garlic, sliced
1 tbsp	white miso
½ tsp	chilli flakes
2 × 400 g tins	chopped tomatoes
100 g	black olives, pitted and halved
2 tbsp	capers, rinsed
1 tsp	dried oregano
1 handful	parsley, chopped

METHOD

1. Warm the oil with the garlic over a medium-low heat for 2 minutes. Stir in the miso and chilli until the miso melts.
2. Add the tomatoes, olives, capers and oregano. Simmer for 15 minutes until thick.
3. Meanwhile, cook the spaghetti in salted water until al dente. Keep a little water.
4. Toss the spaghetti into the sauce with a splash of pasta water and the parsley. Taste — it rarely needs salt.

Cook once, eat twice — tomorrow's lunch will thank you.



ITALIAN · ITALY

Lentil & Mushroom Lasagne

A big, bubbling family lasagne with a slow-cooked lentil and mushroom ragù and silky cashew béchamel.

WHY YOU'LL LOVE IT The kind of plate you'll make again.

PREP **30 min** COOK **75 min** SERVES **6–8**

TIME AT A GLANCE

Prep 30 min Cook 75 min

COOK'S TIP Resting is not optional — 15 minutes out of the oven lets the layers set, so you get neat slices instead of a landslide.

ITALIAN · ITALIAN

Lentil & Mushroom Lasagne

APPROX. PER SERVING · **310** kcal · **14 g** protein · **34 g** carbs · **14 g** fat · **10 g** fibre

INGREDIENTS

12	egg-free dried lasagne sheets
Ragù	
3 tbsp	olive oil
1	onion, 1 carrot and 1 celery stick, finely diced
300 g 4¼ cups	mushrooms, finely chopped
3 cloves	garlic, minced
2 tbsp	tomato purée
200 g 1 cup	dried brown or green lentils, rinsed
2 × 400 g tins	chopped tomatoes
500 ml 2 cups	vegetable stock
1 tsp	dried oregano
Béchamel	
3 tbsp	olive oil or vegan butter
3 tbsp	plain flour
750 ml 3 cups	unsweetened soy or oat milk
2 tbsp	nutritional yeast
¼ tsp	nutmeg

METHOD

1. For the ragù, fry the onion, carrot and celery in the oil for 8 minutes. Add the mushrooms and cook for 8 minutes until dry. Add the garlic and tomato purée for 1 minute.
2. Add the lentils, tomatoes, stock and oregano. Simmer for 35 minutes, stirring now and then, until the lentils are tender and the sauce is thick. Season.
3. For the béchamel, cook the oil and flour for 1 minute, then whisk in the milk gradually. Simmer for 5 minutes until thick, then add the yeast, nutmeg and salt.
4. Heat the oven to 190°C. Layer ragù, lasagne sheets and béchamel in a 20 × 30 cm dish three times, finishing with béchamel.
5. Bake for 35–40 minutes until golden and bubbling. Rest for 15 minutes before cutting.

Colour on the plate is flavour on the fork.



KID-FRIENDLY

ITALIAN · NAPLES, ITALY

Homemade Margherita-Style Pizza

A blistered, chewy home pizza with a simple tomato sauce and melty cashew mozzarella.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **20 min + rising** COOK **10 min** MAKES **2 pizzas**

TIME AT A GLANCE



Prep 20 min + rising Cook 10 min

COOK'S TIP No pizza stone? Flip a heavy baking tray upside down and preheat it thoroughly — the stored heat crisps the base.

ITALIAN · ITALIAN

Homemade Margherita-Style Pizza

APPROX. PER SLICE | **110** kcal | **3 g** protein | **20 g** carbs | **2 g** fat | **1 g** fibre

INGREDIENTS

Dough

300 g 2⅓ cups	bread or plain flour
1 tsp	instant yeast
1 tsp	salt
190 ml ¾ cup	lukewarm water
1 tbsp	olive oil

Topping

200 ml ¾ cup	passata
1 clove	garlic, grated
½ tsp	dried oregano
1 batch	cashew mozzarella 495
1 handful	fresh basil

METHOD

1. Mix the dough ingredients, knead for 8 minutes until smooth, then cover and leave to rise for 1–2 hours until doubled.
2. Mix the passata with the garlic, oregano and a pinch of salt.
3. Heat the oven to its highest setting with a heavy tray or cast-iron pan inside for 20 minutes.
4. Divide the dough in two and stretch each piece into a thin 28 cm round on floured baking paper.
5. Spread with sauce, add spoonfuls of cashew mozzarella and slide (paper and all) onto the hot tray. Bake for 8–10 minutes until blistered. Top with basil.

A squeeze of calamansi fixes almost anything.



ITALIAN · TUSCANY, ITALY

Ribollita

Tuscany's thrifty bread and bean soup, thick enough to stand a spoon in, made with kale or malunggay and.

WHY YOU'LL LOVE IT A dish that's the name means "re-boiled" — it's even better reheated the next day, when it becomes almost a porridge.

PREP **20 min** COOK **60 min** SERVES **6**

TIME AT A GLANCE



Prep 20 min Cook 60 min

COOK'S TIP The name means "re-boiled" — it's even better reheated the next day, when it becomes almost a porridge.

ITALIAN · ITALIAN

Ribollita

APPROX. PER SERVING | **330** kcal | **12 g** protein | **47 g** carbs | **10 g** fat | **9 g** fibre

INGREDIENTS

4 tbsp	olive oil, plus extra to serve
1	onion, 2 carrots and 2 celery sticks, diced
4 cloves	garlic, sliced
1	potato, diced
400 g	tin chopped tomatoes
2 × 400 g tins	cannellini or white beans, drained
1.2 litres 5 cups	vegetable stock
1 sprig	rosemary
200 g 5 cups	kale, cavolo nero or pechay, shredded
150 g	stale crusty bread, torn

METHOD

1. Fry the onion, carrots and celery in the oil for 10 minutes until soft. Add the garlic and potato for 2 minutes.
2. Add the tomatoes, beans, stock and rosemary. Simmer for 25 minutes.
3. Mash about a third of the beans against the side of the pan to thicken the soup.
4. Add the greens and bread and simmer for 15 minutes more, stirring, until thick and stew-like. Season well.
5. Serve in bowls with a generous swirl of olive oil.

Progress, not perfection. Every meal counts.



ITALIAN · LIGURIA, ITALY

Rosemary & Tomato Focaccia

A pillowy, olive-oil-rich bread dimpled with cherry tomatoes and rosemary.

WHY YOU'LL LOVE IT A dish that's be generous with the oil in the tin — it practically fries the base, giving that crisp, golden bottom.

PREP **20 min + rising** COOK **25 min** MAKES **1 tray**

TIME AT A GLANCE



Prep 20 min + rising Cook 25 min

COOK'S TIP Be generous with the oil in the tin — it practically fries the base, giving that crisp, golden bottom.

ITALIAN · ITALIAN

Rosemary & Tomato Focaccia

APPROX. PER SQUARE — **210** kcal · **5 g** protein · **31 g** carbs · **7 g** fat · **1 g** fibre

INGREDIENTS

500 g 4 cups	bread flour
7 g	instant yeast
2 tsp	salt
400 ml 1⅔ cups	lukewarm water
6 tbsp	extra virgin olive oil
150 g ¾ cup	cherry tomatoes, halved
2 sprigs	rosemary, leaves picked
1 tsp	flaky salt

METHOD

1. Mix the flour, yeast, salt and water to a sticky dough. Cover and leave for 30 minutes.
2. With wet hands, stretch and fold the dough over itself 4 times in the bowl. Repeat twice more at 30-minute intervals.
3. Pour 3 tbsp oil into a 22 × 32 cm tin, tip in the dough and leave to rise for 45 minutes, gently stretching it to the corners.
4. Heat the oven to 220°C. Drizzle with the remaining oil, press deep dimples with your fingertips and push in the tomatoes and rosemary. Sprinkle with flaky salt.
5. Bake for 22–25 minutes until deep golden. Cool for 10 minutes before cutting.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



ITALIAN · SICILY, ITALY

Sicilian Caponata

Sweet-sour aubergine stew with celery, olives, capers and raisins.

WHY YOU'LL LOVE IT The kind of plate you'll make again.

PREP **15 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min · Cook 35 min

COOK'S TIP Caponata is best served at room temperature, never piping hot, when the sweet and sour flavours have had time to mingle.

ITALIAN · ITALIAN

Sicilian Caponata

APPROX. PER SERVING | **290** kcal | **5 g** protein | **27 g** carbs | **20 g** fat | **7 g** fibre

INGREDIENTS

2	large aubergines or 4 talong, in 2 cm cubes
5 tbsp	olive oil
1	red onion, chopped
2 sticks	celery, sliced
2 cloves	garlic, sliced
400 g	tin chopped tomatoes
2 tbsp	capers
60 g	green olives, sliced
2 tbsp	raisins
3 tbsp	red wine or cane vinegar
1 tbsp	sugar
1 handful	basil
2 tbsp	toasted almonds or pine nuts

METHOD

1. Fry the aubergine in 4 tbsp oil in batches over medium-high heat for 8–10 minutes until golden and soft. Season and set aside.
2. Fry the onion and celery in the remaining oil for 8 minutes. Add the garlic for 1 minute.
3. Add the tomatoes, capers, olives and raisins and simmer for 10 minutes.
4. Stir in the vinegar and sugar, then fold in the aubergine. Simmer for 5 minutes.
5. Cool to warm or room temperature, then scatter with basil and nuts.

Season boldly: plants love salt, acid, heat and a little fat.



ITALIAN · VENETO, ITALY

Vegan Tiramisu

Layers of espresso-soaked sponge fingers and a light cashew-coconut ‘mascarpone’, dusted with cocoa and.

WHY YOU’LL LOVE IT A dish that’s if you can’t find vegan sponge fingers, slices of a simple vegan vanilla sponge cake work just as well.

PREP **30 min + soaking & chilling** COOK **none** SERVES **6**

TIME AT A GLANCE

Prep 30 min + soaking & chilling No cooking

COOK’S TIP If you can’t find vegan sponge fingers, slices of a simple vegan vanilla sponge cake work just as well.

ITALIAN · ITALIAN

Vegan Tiramisu

APPROX. PER SERVING · **360** kcal · **6 g** protein · **26 g** carbs · **26 g** fat · **2 g** fibre

INGREDIENTS

For the cream

150 g (1 cup)	raw cashews, soaked in hot water for 1 hour
400 ml (1⅔ cups)	tin full-fat coconut milk, chilled overnight (thick cream only)
80 g (⅓ cup)	icing sugar
1 tbsp	lemon juice
2 tsp	vanilla extract
pinch	salt

To assemble

300 ml (1¼ cups)	strong espresso or coffee, cooled
2 tbsp	coffee liqueur or dark rum (optional)
200 g	vegan sponge fingers or plain vegan biscuits
2 tbsp	cocoa powder, for dusting
30 g	dark chocolate (dairy-free), grated

METHOD

1. Drain the cashews. Scoop the solid cream from the top of the chilled coconut tin (save the water for smoothies).
2. Blend the cashews, coconut cream, icing sugar, lemon juice, vanilla and salt in a high-speed blender for 2–3 minutes until completely smooth and thick.
3. Mix the coffee and liqueur in a shallow dish. Dip the sponge fingers one at a time for 1–2 seconds — they should be moist, not soggy.
4. Arrange half the soaked fingers in a 20 × 20 cm dish. Spread over half the cream. Repeat with the remaining fingers and cream, smoothing the top.
5. Cover and chill for at least 6 hours, ideally overnight, to set.
6. Just before serving, dust generously with cocoa through a sieve and scatter over the grated chocolate.

Share the pot. Food tastes better when someone else is at the table.



CHAPTER 05 · 11 RECIPES

Mexican

Tacos, beans, salsa and plenty of lime.

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HIGH-PROTEIN SPICY

MEXICAN · MEXICO

Black Bean Tacos with Mango Salsa

A table full of bowls, and everyone builds their own.

Smoky refried-style black beans in warm corn tortillas, topped with a bright mango and chilli salsa — a perfect use for sweet Philippine mangoes.

WHY YOU'LL LOVE IT Warm tortillas, bright salsa and a filling with real bite.

PREP **20 min** COOK **15 min** SERVES **4 (12 tacos)**

SERVE WITH small corn tortillas, avocado, sliced, red cabbage, finely shredded

TIME AT A GLANCE



Prep 20 min Cook 15 min

COOK'S TIP Double up the tortillas for each taco if they're thin — it stops them splitting under the filling.

MEXICAN · MEXICAN

Black Bean Tacos with Mango Salsa

APPROX. PER SERVING | **740** kcal | **22 g** protein | **115 g** carbs | **23 g** fat | **18 g** fibre

INGREDIENTS

For the beans

2 tbsp	olive oil
1	small onion, finely chopped
3 cloves	garlic, minced
1½ tsp	ground cumin
1 tsp	smoked paprika
½ tsp	dried oregano
2 × 400 g	tins black beans, drained (keep 4 tbsp liquid)
1	lime, juiced
¾ tsp	salt

For the mango salsa

1 large	ripe mango, diced
½	red onion, finely diced
1	red chilli, finely chopped
small bunch	coriander, chopped
1	lime, juiced

To serve

12	small corn tortillas
1	avocado, sliced
¼	red cabbage, finely shredded

METHOD

1. Mix all the salsa ingredients with a pinch of salt and set aside for the flavours to mingle.
2. Heat the oil in a frying pan over medium heat. Cook the onion for 5 minutes, then add the garlic, cumin, paprika and oregano for 1 minute.
3. Add the beans and reserved liquid. Cook for 5 minutes, mashing roughly with a potato masher or fork, until thick and creamy. Stir in the lime juice and salt.
4. Warm the tortillas one at a time in a dry pan for 30 seconds each side, then keep them wrapped in a clean tea towel.
5. Spread each tortilla with beans and top with cabbage, avocado and a generous spoonful of salsa.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



HIGH-PROTEIN SPICY

MEXICAN · MEXICO

Tofu Rancheros with Black Beans

A weekend brunch with real swagger: crisp tortillas, smoky refried beans, golden tofu scramble and a fresh.

WHY YOU'LL LOVE IT A dish that's about 33 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **20 min** SERVES **4**

SERVE WITH corn tortillas, avocado, sliced, coriander and lime wedges

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP For a quick weekday version, use shop-bought salsa and tinned refried beans — check the label for lard.

MEXICAN · MEXICAN

Tofu Rancheros with Black Beans

APPROX. PER SERVING · **680** kcal · **33 g** protein · **83 g** carbs · **25 g** fat · **18 g** fibre

INGREDIENTS

For the salsa

4	ripe tomatoes, chopped
½	onion, chopped
1	jalapeño or green chilli
1 clove	garlic
½ tsp	salt

For the beans

2 × 400 g	tins black beans, drained (reserve 4 tbsp liquid)
1 tsp	ground cumin
1 tbsp	olive oil

For the tofu

400 g	firm tofu
½ tsp	ground turmeric
½ tsp	kala namak

To serve

8	corn tortillas
1	avocado, sliced

coriander and lime wedges

METHOD

1. Blend the salsa ingredients until chunky. Simmer in a small pan for 8 minutes until slightly thickened.
2. Warm the oil in a pan, add the cumin for 30 seconds, then the beans and reserved liquid. Mash roughly and cook for 5 minutes until thick. Season with salt.
3. Crumble the tofu into a hot, lightly oiled pan. Cook for 5 minutes, then stir in the turmeric and kala namak until golden.
4. Toast or shallow-fry the tortillas in a dry pan until crisp at the edges.
5. Spread each tortilla with beans, pile on the tofu, spoon over the salsa and top with avocado, coriander and a squeeze of lime.

Brown it well. Patience in the pan is flavour on the plate.



QUICK SPICY

MEXICAN · MEXICO

Guacamole & Pico de Gallo

Two essentials in one: a chunky, limey guacamole and a sharp, fresh pico de gallo.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **15 min** COOK **none** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min No cooking

COOK'S TIP Press cling film onto the surface of leftover guacamole to stop it browning.

MEXICAN · MEXICAN

Guacamole & Pico de Gallo

APPROX. PER SERVING | **220** kcal | **4 g** protein | **17 g** carbs | **18 g** fat | **10 g** fibre

INGREDIENTS

For the guacamole

3	ripe avocados
1	lime, juiced
½	small white onion, finely chopped
1	jalapeño, finely chopped
small bunch	coriander, chopped
½ tsp	salt

For the pico de gallo

4	ripe tomatoes, deseeded and diced
½	white onion, finely chopped
1	jalapeño or serrano chilli, finely chopped
small bunch	coriander, chopped
1	lime, juiced
½ tsp	salt

tortilla chips, to serve

METHOD

1. For the pico, combine all the ingredients and leave for 10 minutes for the flavours to mingle.
2. For the guacamole, mash half the onion, the jalapeño, a little coriander and the salt to a paste (a molcajete is ideal).
3. Add the avocado flesh and mash roughly, leaving it chunky.
4. Stir in the lime juice and remaining onion and coriander. Taste and adjust the salt and lime.
5. Serve both straight away with tortilla chips.

Leftover rice isn't a problem. It's sinangag waiting to happen.



SPICY

MEXICAN · MEXICO & USA

Black Bean & Sweet Potato Burritos

Big, hearty burritos stuffed with smoky black beans, roasted kamote, lime rice and fresh salsa.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **20 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 25 min

COOK'S TIP Toasting the rolled burrito seals the seam and stops it unrolling — and the crisp shell is half the joy.

MEXICAN · MEXICAN

Black Bean & Sweet Potato Burritos

APPROX. PER SERVING · **390** kcal · **12 g** protein · **68 g** carbs · **8 g** fat · **11 g** fibre

INGREDIENTS

4	large flour tortillas
400 g 2 cups	sweet potato (kamote), in 1.5 cm cubes
2 tbsp	olive oil
1 tsp	smoked paprika
1 tsp	ground cumin
400 g 2⅓ cups	tin black beans, drained
300 g 1¾ cups	cooked rice
1	lime, juiced
1 handful	coriander, chopped

Salsa

2	tomatoes, diced
½	red onion, diced
1	green chilli, chopped

METHOD

1. Heat the oven to 210°C. Toss the sweet potato with half the oil, the paprika, half the cumin and salt. Roast for 25 minutes until soft and caramelised.
2. Warm the beans in a pan with the remaining oil and cumin and a splash of water, mashing a few to make them creamy.
3. Mix the rice with half the lime juice and coriander. Mix the salsa ingredients with the remaining lime and a pinch of salt.
4. Warm the tortillas in a dry pan. Fill with rice, beans, sweet potato and salsa, fold in the sides and roll up tightly.
5. Toast seam-side down in the dry pan for 1–2 minutes a side until crisp.

The best diet is the one you enjoy enough to keep.



HIGH-PROTEIN SPICY

MEXICAN · MEXICO

Bean & Corn Enchiladas Rojas

Soft corn tortillas rolled around beans and corn, smothered in a homemade red chilli sauce and baked until.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a welcome kick of heat.

PREP **25 min** COOK **30 min** SERVES **4**

SERVE WITH cashew cream, avocado, sliced

TIME AT A GLANCE

Prep 25 min Cook 30 min

COOK'S TIP Warm corn tortillas briefly in a dry pan or microwave under a damp towel before rolling — cold ones crack.

MEXICAN · MEXICAN

Bean & Corn Enchiladas Rojas

APPROX. PER SERVING | **720** kcal | **21 g** protein | **97 g** carbs | **29 g** fat | **16 g** fibre

INGREDIENTS

10	corn tortillas
400 g 2⅓ cups	tin pinto or black beans, drained
150 g 1 cup	sweetcorn
1	courgette or sayote, diced
1 tbsp	oil

Red sauce

2 tbsp	oil
2 tbsp	plain flour
2 tbsp	mild chilli powder
1 tsp	ground cumin
1 tsp	dried oregano
2 tbsp	tomato purée
500 ml 2 cups	vegetable stock

To serve

4 tbsp	cashew cream 473
1	avocado, sliced

METHOD

1. For the sauce, cook the oil and flour for 1 minute, stir in the spices and tomato purée, then whisk in the stock. Simmer for 8 minutes until slightly thick. Season.
2. Fry the courgette in the oil for 4 minutes, then mix with the beans and corn and a few spoonfuls of sauce.
3. Heat the oven to 200°C. Warm the tortillas so they're pliable, fill each with the bean mixture and roll up.
4. Lay seam-side down in a baking dish, pour over the remaining sauce and bake for 20 minutes.
5. Drizzle with cashew cream and top with avocado.

Good food is the most delicious form of kindness.



HIGH-PROTEIN SPICY

MEXICAN · TEXAS & MEXICO

Three-Bean Chilli sin Carne

A rich, smoky pot of beans and soy mince with a secret square of dark chocolate.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **45 min** SERVES **6**

TIME AT A GLANCE



Prep 15 min Cook 45 min

COOK'S TIP The chocolate adds depth, not sweetness — you'll never taste it, only notice the chilli is richer.

MEXICAN · MEXICAN

Three-Bean Chilli sin Carne

APPROX. PER SERVING — **340** kcal · **21 g** protein · **49 g** carbs · **7 g** fat · **15 g** fibre

INGREDIENTS

2 tbsp	olive oil
1	onion, chopped
2	red bell peppers, diced
4 cloves	garlic, minced
100 g 2 cups	dried soy mince (TVP), soaked in hot water
2 tsp	ground cumin
2 tsp	smoked paprika
1–2 tsp	chilli powder
2 × 400 g tins	chopped tomatoes
3 × 400 g tins	mixed beans (kidney, black, pinto), drained
300 ml 1¼ cups	vegetable stock
15 g	dark chocolate

METHOD

1. Fry the onion and peppers in the oil for 8 minutes until soft. Add the garlic and spices for 1 minute.
2. Squeeze the soy mince dry and fry with the vegetables for 4 minutes.
3. Add the tomatoes, beans and stock. Simmer partly covered for 30 minutes, stirring often.
4. Stir in the chocolate and season. Simmer for 5 more minutes. Serve with rice, tortilla chips or baked potatoes.

Kain na! — Let's eat.



SPICY

MEXICAN · MEXICO

Pozole Rojo with Mushrooms

A festive red chilli broth with chewy hominy, mushrooms and a crunchy confetti of radish, cabbage and lime.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **20 min** COOK **40 min** SERVES **6**

SERVE WITH cabbage, finely shredded, radishes (or labanos), sliced, limes, in wedges

TIME AT A GLANCE

Prep 20 min Cook 40 min

COOK'S TIP Strain the chilli purée through a sieve if your blender is not powerful — it makes the broth silky.

MEXICAN · MEXICAN

Pozole Rojo with Mushrooms

APPROX. PER SERVING — **280** kcal · **11 g** protein · **51 g** carbs · **7 g** fat · **9 g** fibre

INGREDIENTS

4	dried guajillo or ancho chillies, seeded
2 tbsp	oil
1	onion, chopped
4 cloves	garlic
300 g 4¼ cups	oyster mushrooms, torn
2 × 800 g tins	hominy (mais), drained, or 600 g cooked corn kernels
1.5 litres 6¼ cups	vegetable stock
1 tsp	dried oregano
1 tsp	ground cumin

To serve

150 g 2¼ cups	cabbage, finely shredded
6	radishes (or labanos), sliced
2	limes, in wedges

METHOD

1. Soak the chillies in boiling water for 15 minutes. Blend with half the onion, the garlic and 200 ml of the soaking water until smooth.
2. Fry the mushrooms and remaining onion in the oil for 8 minutes until browned.
3. Pour in the chilli purée and fry for 3 minutes. Add the hominy, stock, oregano and cumin.
4. Simmer for 25 minutes. Season well.
5. Serve in deep bowls, topped with cabbage, radish and lime.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



SPICY

MEXICAN · MEXICO

Sopa de Tortilla

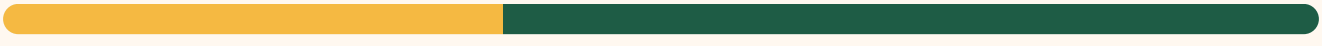
A smoky tomato-chilli broth poured over crisp tortilla strips, avocado and beans.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min** COOK **25 min** SERVES **4**

SERVE WITH avocado, diced, coriander, lime, in wedges

TIME AT A GLANCE



Prep 15 min Cook 25 min

COOK'S TIP Add the crisp strips at the table so they stay crunchy — leftover strips keep for days in a jar.

MEXICAN · MEXICAN

Sopa de Tortilla

APPROX. PER SERVING | **530** kcal | **16 g** protein | **70 g** carbs | **22 g** fat | **14 g** fibre

INGREDIENTS

6	corn tortillas, cut into strips
3 tbsp	oil
1	onion, chopped
3 cloves	garlic
4	tomatoes, chopped
1	chipotle chilli in adobo (or 1 tsp smoked paprika)
1 litre 4¼ cups	vegetable stock
400 g 2⅓ cups	tin black beans, drained

To serve

1	avocado, diced
1 handful	coriander
1	lime, in wedges

METHOD

1. Fry the tortilla strips in 2 tbsp oil for 3–4 minutes until crisp. Drain on paper and salt lightly.
2. Fry the onion and garlic in the remaining oil for 5 minutes. Add the tomatoes and chipotle and cook for 5 minutes.
3. Blend with half the stock until smooth, return to the pan with the remaining stock and beans and simmer for 10 minutes. Season.
4. Put the tortilla strips and avocado in bowls, ladle over the soup and finish with coriander and lime.

You don't have to be perfect to make a difference.



HIGH-PROTEIN SPICY

MEXICAN · MEXICO CITY

Tacos al Pastor with Pineapple

Achiote-and-chilli marinated mushrooms and tofu with charred pineapple, onion and coriander on warm corn.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a welcome kick of heat.

PREP **25 min** COOK **20 min** SERVES **4**

SERVE WITH white onion, finely chopped, coriander, chopped, limes, in wedges

TIME AT A GLANCE

Prep 25 min Cook 20 min

COOK'S TIP Let the mushrooms sit without stirring for a couple of minutes at a time — the crispy, charred bits are the point.

MEXICAN · MEXICAN

Tacos al Pastor with Pineapple

APPROX. PER SERVING | **570** kcal | **21 g** protein | **80 g** carbs | **19 g** fat | **8 g** fibre

INGREDIENTS

400 g 5¾ cups	oyster or king oyster mushrooms, shredded
200 g ¾ cup	firm tofu, crumbled
2 tbsp	oil
250 g	fresh pineapple, in thin slices
12	small corn tortillas

Marinade

2	dried guajillo chillies, soaked, or 2 tsp mild chilli powder
1 tsp	achuete (annatto) powder
2 cloves	garlic
3 tbsp	pineapple or orange juice
1 tbsp	cane vinegar
1 tsp	ground cumin
1 tsp	dried oregano

To serve

1	white onion, finely chopped
1 handful	coriander, chopped
2	limes, in wedges

METHOD

1. Blend the marinade ingredients with a good pinch of salt. Toss with the mushrooms and tofu and leave for 15 minutes.
2. Char the pineapple slices in a hot dry pan for 2 minutes a side. Chop.
3. Heat the oil in the same pan and fry the mushroom mixture over high heat for 10–12 minutes, letting it catch and crisp in places.
4. Warm the tortillas and fill with the al pastor, pineapple, onion and coriander. Squeeze over lime.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



KID-FRIENDLY

MEXICAN · MEXICO & SPAIN

Churros with Dark Chocolate Sauce

Crisp, ridged and rolled in cinnamon sugar, with a thick chocolate sauce for dunking.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **15 min** COOK **20 min** SERVES **4 (about 16 churros)**

TIME AT A GLANCE



Prep 15 min Cook 20 min

COOK'S TIP A star nozzle isn't just decoration — the ridges stop the churros bursting as they fry.

MEXICAN · MEXICAN

Churros with Dark Chocolate Sauce

APPROX. PER SERVING · **560** kcal · **8 g** protein · **82 g** carbs · **21 g** fat · **4 g** fibre

INGREDIENTS

For the churros

250 ml 1 cup	water
2 tbsp	sugar
½ tsp	salt
2 tbsp	neutral oil
150 g 1¼ cups	plain flour
neutral oil, for frying	
100 g ½ cup	caster sugar mixed with 2 tsp ground cinnamon

For the chocolate

150 g	dark chocolate (70%, dairy-free), chopped
200 ml ¾ cup	oat or soy milk
1 tbsp	maple syrup
pinch	salt

METHOD

1. Bring the water, sugar, salt and oil to the boil. Take off the heat, add the flour and beat vigorously into a smooth, thick dough. Cool for 5 minutes.
2. Spoon into a piping bag fitted with a large open star nozzle.
3. Heat 5 cm of oil to 180 °C. Pipe 12 cm lengths directly into the oil, snipping with scissors. Fry 4–5 at a time for 3–4 minutes, turning, until deep golden.
4. Drain briefly, then roll in the cinnamon sugar while hot.
5. For the sauce, heat the milk until steaming, pour over the chocolate, add the syrup and salt and stir until smooth. Serve with the warm churros.

Eat food. Not too much. Mostly plants.

MICHAEL POLLAN, IN DEFENSE OF FOOD



KID-FRIENDLY

MEXICAN · MEXICO

Horchata

Creamy, cinnamon-scented rice milk served over ice.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **10 min + 8 hours soaking** COOK **none** SERVES **4–6**

TIME AT A GLANCE

Prep 10 min + 8 hours soaking No cooking

COOK'S TIP Horchata keeps for 3 days in the fridge — give it a good shake before pouring.

MEXICAN · MEXICAN

Horchata

APPROX. PER SERVING | **230** kcal | **4 g** protein | **44 g** carbs | **5 g** fat | **2 g** fibre

INGREDIENTS

150 g ¾ cup	long-grain white rice
50 g ⅓ cup	blanched almonds (optional)
1	cinnamon stick, broken
1 litre 4¼ cups	water, for soaking
500 ml 2 cups	cold water or plant milk
80–100 g ½ cup	sugar, to taste
1 tsp	vanilla extract
ice and ground cinnamon, to serve	

METHOD

1. Put the rice, almonds and cinnamon stick in a bowl with 1 litre water. Cover and soak for at least 8 hours or overnight.
2. Blend everything, including the soaking water, on high for 2 minutes until as smooth as possible.
3. Strain through a fine sieve lined with muslin, squeezing out all the liquid.
4. Stir in the cold water or milk, sugar and vanilla. Chill.
5. Stir well (it settles) and serve over ice with a dusting of cinnamon.

Every plant-based meal is a small vote for the world you want.



CHAPTER 06 · 16 RECIPES

Middle Eastern & African

Mezze, tagines and spice-market stews.

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SPICY

MIDDLE EASTERN & AFRICAN · NORTH AFRICA & MIDDLE EAST

Chickpea Shakshuka with Silken Tofu

Eggs, unofficially, in a sizzling pan of peppers and tomatoes.

A smoky, spiced tomato and pepper sauce with chickpeas and spoonfuls of silken tofu, served in the pan with plenty of bread for dipping.

WHY YOU'LL LOVE IT A one-pan brunch that looks like a celebration and cooks like a weeknight.

PREP **10 min** COOK **25 min** SERVES **3–4**

TIME AT A GLANCE



Prep 10 min Cook 25 min

COOK'S TIP A spoonful of harissa stirred into the sauce in step 3 adds extra depth and heat.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Chickpea Shakshuka with Silken Tofu

APPROX. PER SERVING · **380** kcal · **15 g** protein · **43 g** carbs · **16 g** fat · **11 g** fibre

INGREDIENTS

3 tbsp	olive oil
1	onion, thinly sliced
2	red bell peppers, sliced
4 cloves	garlic, sliced
1 tsp	ground cumin
1½ tsp	smoked paprika
½ tsp	chilli flakes, or to taste
1 tbsp	tomato purée
2 × 400 g	tins chopped tomatoes
1 × 400 g	tin chickpeas, drained
1 tsp	sugar
¾ tsp	salt
300 g	silken tofu
¼ tsp	ground turmeric
small bunch	parsley or coriander, chopped
warm flatbread or pandesal, to serve	

METHOD

1. Heat the oil in a large, deep frying pan over medium heat. Add the onion and peppers with a pinch of salt and cook for 8–10 minutes until soft and sweet.
2. Add the garlic, cumin, paprika and chilli flakes and cook for 1 minute until fragrant. Stir in the tomato purée and cook for another minute.
3. Add the tomatoes, chickpeas, sugar and salt. Simmer for 10 minutes, stirring now and then, until thickened.
4. Meanwhile, gently stir the turmeric and a pinch of salt into the silken tofu, keeping it in soft curds.
5. Make 5–6 wells in the sauce and spoon the tofu into them. Cover and simmer for 3–4 minutes to warm through.
6. Scatter with herbs, drizzle with a little olive oil and bring the pan to the table with warm bread.

Taste as you go. A recipe is a map, not the territory.



MIDDLE EASTERN & AFRICAN · LEVANT

Baked Falafel Bowls with Tahini

Crisp on the outside, herby and green inside.

Herby, crisp-edged falafel baked rather than fried, piled into bowls with bulgur, a chopped salad, pickled onions and a lemony tahini drizzle.

WHY YOU'LL LOVE IT A mezze staple that's just as happy in a pita as it is on a weeknight salad.

PREP **25 min + soaking** | COOK **25 min** | SERVES **4**

TIME AT A GLANCE

Prep 25 min + soaking — Cook 25 min

COOK'S TIP Tinned chickpeas are too wet and will fall apart — soaked dried chickpeas give falafel their classic texture.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Baked Falafel Bowls with Tahini

APPROX. PER SERVING · **450** kcal · **16 g** protein · **46 g** carbs · **22 g** fat · **14 g** fibre

INGREDIENTS

For the falafel

250 g 1½ cups	dried chickpeas, soaked overnight (not tinned)
1	small onion, chopped
3 cloves	garlic
large handful	each parsley and coriander
1½ tsp	ground cumin
1 tsp	ground coriander
1 tsp	salt
½ tsp	baking powder
3 tbsp	olive oil

For the bowls

200 g	bulgur wheat, cooked
2	tomatoes and 1 cucumber, diced
1	red onion, sliced and quick-pickled in vinegar
4 tbsp	hummus

For the tahini sauce

4 tbsp	tahini + 1 lemon, juiced + 4–5 tbsp water + pinch salt

METHOD

1. Heat the oven to 200 °C (180 °C fan). Line a tray with baking paper and brush with 1 tbsp oil.
2. Drain the chickpeas well and pat dry. Pulse in a food processor with the onion, garlic, herbs, spices and salt until finely chopped but not a paste — it should hold together when squeezed.
3. Stir in the baking powder. Shape into about 20 small patties, place on the tray and brush with the remaining oil.
4. Bake for 20–25 minutes, turning halfway, until golden and crisp.
5. Whisk the tahini, lemon juice and salt, adding water a spoonful at a time until pourable.
6. Build bowls with bulgur, salad, pickled onion, hummus and falafel, and drizzle generously with tahini sauce.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



MIDDLE EASTERN & AFRICAN · MIDDLE EAST

Silky Hummus with Spiced Chickpeas

The smoothest hummus you'll make at home, topped with crunchy smoky chickpeas.

WHY YOU'LL LOVE IT The kind of plate you'll make again.

PREP **15 min** COOK **20 min** SERVES **6 as a dip**

TIME AT A GLANCE

Prep 15 min Cook 20 min

COOK'S TIP Cooking tinned chickpeas with bicarbonate of soda softens the skins — the secret to restaurant-smooth hummus without peeling.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Silky Hummus with Spiced Chickpeas

APPROX. PER SERVING — **300** kcal · **13 g** protein · **31 g** carbs · **14 g** fat · **11 g** fibre

INGREDIENTS

For the hummus

2 × 400 g	tins chickpeas (one for hummus, one for topping)
½ tsp	bicarbonate of soda
90 g	tahini
1	lemon, juiced (about 3 tbsp)
1 clove	garlic
4–6 tbsp	ice-cold water
¾ tsp	salt
½ tsp	ground cumin

For the topping

1 tbsp	olive oil
1 tsp	smoked paprika + ½ tsp cumin + pinch of salt

extra-virgin olive oil, parsley and pitta, to serve

METHOD

1. Drain one tin of chickpeas and simmer in a pan of water with the bicarbonate of soda for 15–20 minutes until very soft and the skins float. Drain and rinse.
2. Meanwhile, drain and pat dry the second tin. Fry in the olive oil over medium-high heat for 8–10 minutes until crisp, then toss with the paprika, cumin and salt.
3. Blend the tahini, lemon juice, garlic and salt for 1 minute until thick and pale.
4. Add the soft chickpeas and cumin and blend for 2–3 minutes, adding the ice-cold water a spoonful at a time, until very smooth and fluffy.
5. Spread into a shallow bowl, swirl with a spoon, drizzle with olive oil and pile the spiced chickpeas into the centre.

Cook once, eat twice — tomorrow's lunch will thank you.



MIDDLE EASTERN & AFRICAN · LEVANT

Smoky Baba Ganoush

Aubergines charred until collapsing and smoky, whipped with tahini, garlic and lemon.

WHY YOU'LL LOVE IT A dish that's charring over a flame gives the deepest smoky flavour — roasting is milder but still delicious.

PREP **10 min** COOK **35 min** SERVES **4–6**

SERVE WITH pomegranate seeds, chopped parsley and sumac, warm flatbread

TIME AT A GLANCE



Prep 10 min Cook 35 min

COOK'S TIP Charring over a flame gives the deepest smoky flavour — roasting is milder but still delicious.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Smoky Baba Ganoush

APPROX. PER SERVING · **130** kcal · **3 g** protein · **8 g** carbs · **10 g** fat · **4 g** fibre

INGREDIENTS

2	large aubergines (about 700 g)
3 tbsp	tahini
1	lemon, juiced
1 clove	garlic, grated
½ tsp	ground cumin
½ tsp	salt
2 tbsp	extra virgin olive oil, plus extra to serve

To garnish

pomegranate seeds, chopped parsley and sumac

warm flatbread

METHOD

1. Prick the aubergines all over. Char them directly over a gas flame or on a barbecue, turning, for 15–20 minutes until blackened and completely soft. (Or roast at 230 °C for 35 minutes.)
2. Put them in a colander for 10 minutes to cool and drain.
3. Split them open and scoop out the flesh, discarding the skin. Chop finely.
4. Mix with the tahini, lemon juice, garlic, cumin, salt and olive oil until creamy.
5. Spread in a shallow bowl, drizzle with oil and top with pomegranate, parsley and sumac. Serve with flatbread.

Colour on the plate is flavour on the fork.



QUICK

MIDDLE EASTERN & AFRICAN · LEBANON

Herby Tabbouleh

A true Lebanese tabbouleh is a parsley salad with a little bulgur, not the other way around: green, lemony.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour.

PREP **25 min** COOK **none** SERVES **4**

TIME AT A GLANCE

Prep 25 min No cooking

COOK'S TIP Make sure the herbs are completely dry before chopping, or the salad will turn soggy.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Herby Tabbouleh

APPROX. PER SERVING · **240** kcal · **4 g** protein · **23 g** carbs · **15 g** fat · **3 g** fibre

INGREDIENTS

50 g	fine bulgur wheat
3	large bunches flat-leaf parsley (about 150 g leaves)
1	small bunch mint, leaves only
4	ripe tomatoes, finely diced
4	spring onions, finely sliced
1	lemon, juiced, plus extra to taste
4 tbsp	extra virgin olive oil
¼ tsp	ground allspice (optional)
salt and pepper	
baby gem lettuce leaves, to serve	

METHOD

1. Rinse the bulgur, cover with the lemon juice and the juice from the diced tomatoes, and leave to soften for 15 minutes.
2. Meanwhile, wash and thoroughly dry the herbs. Bunch them tightly and slice very finely with a sharp knife — avoid a food processor, which bruises them.
3. Combine the herbs, tomatoes, spring onions and softened bulgur in a large bowl.
4. Dress with olive oil, allspice, salt and pepper. Taste and add more lemon — it should be bright and tangy.
5. Serve with lettuce leaves for scooping.

A squeeze of calamansi fixes almost anything.



BUDGET SPICY

MIDDLE EASTERN & AFRICAN · LEBANON

Shorbat Adas — Lemony Red Lentil Soup

A velvety, cumin-scented lentil soup that comes together in half an hour, finished with lots of lemon and.

WHY YOU'LL LOVE IT A dish that's kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **30 min** SERVES **4**

SERVE WITH pitta bread, cut into strips, sumac or smoked paprika, parsley, chopped

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP The soup thickens as it stands; loosen leftovers with a splash of water when reheating.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Shorbat Adas — Lemony Red Lentil Soup

APPROX. PER SERVING | **340** kcal | **17 g** protein | **46 g** carbs | **11 g** fat | **14 g** fibre

INGREDIENTS

3 tbsp	olive oil
1	onion, chopped
1	carrot, chopped
3 cloves	garlic, minced
1½ tsp	ground cumin
½ tsp	ground turmeric
¼ tsp	chilli flakes
250 g 1⅓ cups	red split lentils, rinsed
1.3 litres 5½ cups	vegetable stock
1	lemon, juiced (plus wedges to serve)
salt and black pepper	

To serve

1	pitta bread, cut into strips
1 tsp	sumac or smoked paprika
small bunch	parsley, chopped

METHOD

1. Heat 2 tbsp oil in a large pan over medium heat. Cook the onion and carrot with a pinch of salt for 8 minutes until soft.
2. Add the garlic, cumin, turmeric and chilli and cook for 1 minute.
3. Add the lentils and stock, bring to the boil, then simmer, partly covered, for 20 minutes until the lentils have collapsed.
4. Meanwhile, toss the pitta strips with the remaining oil and toast in a dry pan or oven until crisp.
5. Blend the soup until smooth, adding a little water if it's too thick. Stir in the lemon juice and season well.
6. Ladle into bowls and top with pitta crisps, a pinch of sumac, parsley and a drizzle of olive oil.

Progress, not perfection. Every meal counts.



BUDGET

MIDDLE EASTERN & AFRICAN · LEVANT

Mujadara — Lentils & Rice with Crispy Onions

Humble ingredients, extraordinary flavour: lentils and rice cooked with cumin, crowned with a tangle of.

WHY YOU'LL LOVE IT A dish that's kind to your budget.

PREP **10 min** COOK **45 min** SERVES **4**

SERVE WITH chopped parsley, plain soy yoghurt, cucumber–tomato salad

TIME AT A GLANCE

Prep 10 min Cook 45 min

COOK'S TIP The onions are the star — be patient and let them go properly dark brown, not just golden.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Mujadara — Lentils & Rice with Crispy Onions

APPROX. PER SERVING · **470** kcal · **16 g** protein · **65 g** carbs · **18 g** fat · **12 g** fibre

INGREDIENTS

200 g 1 cup	brown or green lentils, rinsed
150 g ¾ cup	basmati or long-grain rice, rinsed
5 tbsp	olive oil
3	large onions, thinly sliced
2 tsp	ground cumin
1 tsp	ground cinnamon
½ tsp	ground allspice
1 tsp	salt
600 ml 2½ cups	vegetable stock or water

To serve

chopped parsley, plain soy yoghurt, cucumber–tomato salad

METHOD

1. Simmer the lentils in plenty of water for 12–15 minutes until just tender but holding their shape. Drain.
2. Meanwhile, heat the oil in a wide pan and cook the onions over medium heat for 20–25 minutes, stirring often, until deep brown and crisp. Lift out half for topping and drain on paper.
3. Add the spices to the onions left in the pan and stir for 30 seconds. Add the rice and stir to coat.
4. Add the lentils, salt and stock. Bring to the boil, cover and cook on low for 15 minutes. Rest, covered, for 10 minutes.
5. Fluff with a fork, pile onto a platter and top with the crispy onions and parsley. Serve with yoghurt and salad.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



SPICY

MIDDLE EASTERN & AFRICAN · MOROCCO

Moroccan Vegetable Tagine with Apricots

A fragrant, gently sweet stew of chickpeas and vegetables with warm spices, apricots and olives, served.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **20 min** COOK **45 min** SERVES **4–6**

TIME AT A GLANCE

Prep 20 min Cook 45 min

COOK'S TIP A spoonful of harissa stirred in at the end adds a lovely smoky heat.

MIDDLE EASTERN & AFRICAN · AFRICAN

Moroccan Vegetable Tagine with Apricots

APPROX. PER SERVING | **280** kcal | **8 g** protein | **41 g** carbs | **10 g** fat | **9 g** fibre

INGREDIENTS

3 tbsp	olive oil
1	large onion, chopped
4 cloves	garlic, minced
1 tbsp	grated ginger
2 tsp	ground cumin
1 tsp	ground cinnamon
1 tsp	sweet paprika
½ tsp	ground turmeric
1 × 400 g	tin chopped tomatoes
600 ml 2½ cups	vegetable stock
400 g 2 cups	sweet potato or squash, cubed
2	carrots, sliced
1	courgette, cubed
1 × 400 g	tin chickpeas, drained
80 g	dried apricots, halved
60 g	green olives
½	lemon, juiced
coriander and toasted flaked almonds, to serve	
300 g	couscous, to serve

METHOD

1. Heat the oil in a tagine or heavy casserole and cook the onion for 7 minutes until soft. Add the garlic, ginger and spices and cook for 1 minute.
2. Add the tomatoes, stock, sweet potato and carrots. Cover and simmer for 20 minutes.
3. Add the courgette, chickpeas, apricots and olives. Simmer, uncovered, for 15 minutes until the vegetables are tender and the sauce has thickened.
4. Stir in the lemon juice and season with salt and pepper.
5. Prepare the couscous according to the packet. Serve the tagine over it, scattered with coriander and almonds.

Season boldly: plants love salt, acid, heat and a little fat.



SPICY

MIDDLE EASTERN & AFRICAN · SENEGAL & MALI

Maafe — West African Peanut Stew

A rich, warming stew of sweet potato and chickpeas in a tomato and peanut sauce.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min** COOK **40 min** SERVES **4–6**

TIME AT A GLANCE

Prep 15 min Cook 40 min

COOK'S TIP Use natural peanut butter (just peanuts and salt) for the best flavour and texture.

MIDDLE EASTERN & AFRICAN · AFRICAN

Maafe — West African Peanut Stew

APPROX. PER SERVING | **400** kcal | **14 g** protein | **50 g** carbs | **17 g** fat | **11 g** fibre

INGREDIENTS

2 tbsp	neutral oil
1	large onion, chopped
4 cloves	garlic, minced
1 tbsp	grated ginger
1	scotch bonnet or red chilli, pierced (optional)
2 tsp	ground cumin
1 tsp	ground coriander
2 tbsp	tomato purée
1 × 400 g	tin chopped tomatoes
100 g ⅓ cup	natural smooth peanut butter
800 ml 3⅓ cups	vegetable stock
600 g 3 cups	sweet potato, peeled and cubed
1 × 400 g	tin chickpeas, drained
150 g 3¾ cups	spinach or kangkong leaves
1	lime, juiced
crushed peanuts and coriander, to serve	

METHOD

1. Heat the oil and cook the onion for 6 minutes. Add the garlic, ginger, chilli and spices and cook for 1 minute.
2. Stir in the tomato purée for 1 minute, then add the tomatoes.
3. Whisk the peanut butter with a ladle of the stock until smooth, then add to the pot with the remaining stock.
4. Add the sweet potato and chickpeas. Simmer, partly covered, for 25–30 minutes, stirring now and then, until the sweet potato is tender and the sauce is thick.
5. Remove the chilli. Stir in the spinach until wilted, add the lime juice and season. Top with peanuts and coriander and serve with rice.

Share the pot. Food tastes better when someone else is at the table.



SPICY

MIDDLE EASTERN & AFRICAN · NIGERIA & GHANA

West African Jollof Rice

Smoky, spicy, celebration rice cooked in a rich tomato and pepper base.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min** COOK **45 min** SERVES **6**

TIME AT A GLANCE

Prep 15 min Cook 45 min

COOK'S TIP Parboiled long-grain rice keeps its shape best — jasmine turns sticky.

MIDDLE EASTERN & AFRICAN · AFRICAN

West African Jollof Rice

APPROX. PER SERVING · **390** kcal · **7 g** protein · **63 g** carbs · **12 g** fat · **3 g** fibre

INGREDIENTS

For the pepper base

2	red bell peppers
1 × 400 g	tin plum tomatoes
1	onion
1	scotch bonnet (or ½ for mild)
3 cloves	garlic
30 g	ginger

For the rice

5 tbsp	neutral oil
1	onion, sliced
3 tbsp	tomato purée
2 tsp	curry powder
1 tsp	dried thyme
2	bay leaves
400 g 2¼ cups	long-grain parboiled rice, rinsed
500 ml 2 cups	vegetable stock
1 tsp	salt

fried plantain, to serve

METHOD

1. Blend the pepper base ingredients until smooth.
2. Heat the oil in a heavy pot and fry the sliced onion for 5 minutes. Add the tomato purée and fry for 3 minutes until darkened.
3. Add the blended base, curry powder, thyme and bay leaves. Simmer for 15 minutes, stirring often, until reduced by about a third and the oil rises to the top.
4. Stir in the rice, stock and salt. Cover tightly with foil and a lid and cook on very low heat for 25–30 minutes, until the rice is tender. Stir once halfway.
5. For the classic smoky ‘party’ flavour, turn the heat up for the last 3 minutes to lightly scorch the base. Fluff up and serve with fried plantain.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



MIDDLE EASTERN & AFRICAN · GREECE

Greek Salad with Herby Tofu Feta

Juicy tomatoes, crisp cucumber, olives and a slab of salty, lemony tofu 'feta' that tastes remarkably like.

WHY YOU'LL LOVE IT A dish that's the longer the tofu marinates, the tangier it becomes.

PREP **20 min + 1 hour marinating** COOK **none** SERVES **4**

TIME AT A GLANCE

Prep 20 min + 1 hour marinating No cooking

COOK'S TIP The longer the tofu marinates, the tangier it becomes.

MIDDLE EASTERN & AFRICAN · MEDITERRANEAN

Greek Salad with Herby Tofu Feta

APPROX. PER SERVING · **370** kcal · **15 g** protein · **18 g** carbs · **28 g** fat · **6 g** fibre

INGREDIENTS

For the tofu feta

300 g	extra-firm tofu, pressed
3 tbsp	lemon juice
2 tbsp	white miso
1 tbsp	nutritional yeast
2 tbsp	olive oil
1 tsp	dried oregano
½ tsp	salt

For the salad

4	ripe tomatoes, cut into wedges
1	cucumber, chunked
1	green pepper, sliced
1	small red onion, thinly sliced
80 g	kalamata olives
1 tbsp	capers
4 tbsp	extra virgin olive oil
1 tbsp	red wine vinegar

dried oregano and crusty bread

METHOD

1. Whisk the lemon juice, miso, nutritional yeast, olive oil, oregano and salt in a shallow dish.
2. Cut the tofu into a thick slab (or cubes) and turn in the marinade. Cover and chill for at least 1 hour, or up to 3 days.
3. Arrange the tomatoes, cucumber, pepper and onion in a wide bowl. Scatter over the olives and capers.
4. Whisk the olive oil and vinegar with a pinch of salt and drizzle over the salad.
5. Top with the tofu feta, spoon over a little of its marinade and finish with a generous pinch of oregano. Serve with bread.

Brown it well. Patience in the pan is flavour on the plate.



QUICK

MIDDLE EASTERN & AFRICAN · LEBANON

Fattoush

A crunchy, tangy Levantine salad of crisp toasted pita, vegetables and herbs, dressed with sumac and.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour.

PREP **20 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 10 min

COOK'S TIP Add the pita at the very last minute — a few pieces softening in the dressing is good, a soggy salad is not.

Fattoush

APPROX. PER SERVING | **370** kcal | **7 g** protein | **40 g** carbs | **22 g** fat | **10 g** fibre

INGREDIENTS

2	pita breads, torn into pieces
2 tbsp	olive oil
1	cos lettuce, chopped
3	tomatoes, diced
1	cucumber, diced
6	radishes, sliced
4	spring onions, sliced
1 handful each	parsley and mint

Dressing

4 tbsp	extra virgin olive oil
2 tbsp	lemon juice
1 tbsp	pomegranate molasses (optional)
2 tsp	sumac
1 clove	garlic, grated

METHOD

1. Heat the oven to 200°C. Toss the pita with the oil and bake for 8–10 minutes until golden and crisp.
2. Whisk the dressing ingredients with salt.
3. Combine the vegetables and herbs in a large bowl.
4. Just before serving, add the pita and dressing and toss. Sprinkle over extra sumac.

Leftover rice isn't a problem. It's sinangag waiting to happen.



HIGH-PROTEIN SPICY

MIDDLE EASTERN & AFRICAN · EGYPT

Koshari

Egypt's legendary street food: lentils, rice and pasta layered with a spiced tomato sauce and a mountain of.

WHY YOU'LL LOVE IT A dish that's about 20 g of protein a serving, and a welcome kick of heat.

PREP **20 min** COOK **50 min** SERVES **6**

TIME AT A GLANCE

Prep 20 min Cook 50 min

COOK'S TIP The onion-flavoured oil is liquid gold — use it to cook the rice and sauce, and save the rest for fried rice.

MIDDLE EASTERN & AFRICAN · AFRICAN

Koshari

APPROX. PER SERVING · **580** kcal · **20 g** protein · **86 g** carbs · **18 g** fat · **15 g** fibre

INGREDIENTS

200 g 1 cup	brown lentils, rinsed
200 g 1 cup	basmati rice, rinsed
150 g	small macaroni
400 g 2½ cups	tin chickpeas, drained
3	onions, thinly sliced
100 ml ½ cup	neutral oil

Tomato sauce

3 cloves	garlic, minced
400 g	tin chopped tomatoes
1 tsp	ground cumin
½ tsp	chilli flakes
2 tbsp	cane or white vinegar

METHOD

1. Fry the onions in the oil over medium heat for 20–25 minutes, stirring often, until dark golden and crisp. Drain on paper and keep the oil.
2. Boil the lentils in water for 20 minutes until just tender. Drain.
3. Fry the rice in 1 tbsp of onion oil, add the lentils, 450 ml water and salt, cover and cook gently for 15 minutes.
4. Cook the macaroni. For the sauce, fry the garlic in 1 tbsp onion oil, add the tomatoes and spices, and simmer for 10 minutes. Stir in the vinegar.
5. Layer rice-lentils, macaroni and chickpeas in bowls, spoon over the sauce and top with crispy onions.

The best diet is the one you enjoy enough to keep.



MIDDLE EASTERN & AFRICAN · LEVANT

Mushroom Shawarma Wraps

Spiced, charred mushrooms in warm flatbreads with garlic sauce, pickles and salad.

WHY YOU'LL LOVE IT A dish that's cook in batches without crowding.

PREP **20 min** COOK **20 min** SERVES **4**

TIME AT A GLANCE

Prep 20 min Cook 20 min

COOK'S TIP Cook in batches without crowding. Crowded mushrooms steam; spread-out mushrooms sear.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Mushroom Shawarma Wraps

APPROX. PER SERVING | **370** kcal | **13 g** protein | **55 g** carbs | **14 g** fat | **13 g** fibre

INGREDIENTS

600 g 8½ cups	oyster or king oyster mushrooms, sliced or torn
3 tbsp	olive oil
2 tsp	shawarma spice (cumin, coriander, paprika, cinnamon, turmeric)
1	lemon, juiced
4	flatbreads or pita

Garlic sauce

4 tbsp	vegan mayonnaise or soy yoghurt
1 clove	garlic, grated
1 tbsp	lemon juice

To fill

2	tomatoes, sliced
½	red onion, sliced
1 handful	parsley
8	pickled cucumbers or atchara

METHOD

1. Toss the mushrooms with the oil, spices, half the lemon juice and salt.
2. Heat a heavy pan until very hot and cook the mushrooms in batches for 6–8 minutes until browned and crisp at the edges. Squeeze over the remaining lemon.
3. Mix the garlic sauce ingredients.
4. Warm the flatbreads, spread with garlic sauce, add the mushrooms and fillings and roll up tightly.

Good food is the most delicious form of kindness.



SPICY

MIDDLE EASTERN & AFRICAN · ALEPPO, SYRIA

Muhammara

A smoky, sweet and nutty roasted red pepper and walnut dip, glossy with pomegranate molasses.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **10 min** COOK **25 min** SERVES **6**

TIME AT A GLANCE

Prep 10 min Cook 25 min

COOK'S TIP Blitz in short pulses — muhammara should be coarse with flecks of walnut, not a smooth purée.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Muhammara

APPROX. PER SERVING | **220** kcal | **4 g** protein | **13 g** carbs | **18 g** fat | **3 g** fibre

INGREDIENTS

3	red bell peppers
100 g ¾ cup	walnuts, toasted
30 g ½ cup	breadcrumbs
1 clove	garlic
1 tbsp	pomegranate molasses or 1 tbsp calamansi juice + 1 tsp sugar
1 tsp	ground cumin
½ tsp	chilli flakes
3 tbsp	extra virgin olive oil
1 tbsp	lemon juice

METHOD

1. Roast the peppers whole under a grill or over a gas flame for 15–20 minutes, turning, until blackened. Cover in a bowl for 10 minutes.
2. Peel and seed the peppers.
3. Blend everything except a few walnuts to a thick, slightly rough paste. Season with salt.
4. Spread on a plate, drizzle with oil and scatter with the remaining walnuts. Serve with flatbread and vegetables.

Kain na! — Let's eat.



MIDDLE EASTERN & AFRICAN · TURKEY & GREECE

Rice-Stuffed Vine Leaves (Dolma)

Tender little parcels of herby lemon rice.

WHY YOU'LL LOVE IT A dish that's weigh the rolls down with a plate while they cook so they don't unroll as the rice swells.

PREP **45 min** COOK **60 min** MAKES **30**

TIME AT A GLANCE



Prep 45 min Cook 60 min

COOK'S TIP Weigh the rolls down with a plate while they cook so they don't unroll as the rice swells.

MIDDLE EASTERN & AFRICAN · MIDDLE EASTERN

Rice-Stuffed Vine Leaves (Dolma)

APPROX. PER PIECE | **50** kcal | **1 g** protein | **6 g** carbs | **2 g** fat | **0 g** fibre

INGREDIENTS

30	vine leaves in brine, rinsed (or blanched cabbage leaves)
200 g 1 cup	short-grain rice, rinsed
1	onion, finely chopped
5 tbsp	olive oil
2 tbsp	pine nuts
2 tbsp	currants or raisins
1 tsp	ground allspice
1 large bunch each	parsley, dill and mint, chopped
1	lemon, juiced, plus slices

METHOD

1. Fry the onion in 3 tbsp oil for 8 minutes. Add the pine nuts, rice, currants and allspice and stir for 2 minutes. Off the heat, add the herbs, half the lemon juice and salt.
2. Lay a leaf vein-side up, place 1 tbsp filling near the stem, fold in the sides and roll up firmly. Repeat.
3. Line a pan with a few torn leaves and lemon slices, pack the rolls in tightly seam-side down and pour over the remaining oil and lemon juice.
4. Add hot water to just cover, weigh down with a small plate and simmer gently for 50–60 minutes until the rice is tender.
5. Cool in the pan and serve at room temperature.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



CHAPTER 07 · 13 RECIPES

Indian

Dal, curries and the comfort of rice and roti.

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SPICY

INDIAN · NORTH INDIA

Chana Masala

A pot of chickpeas, a handful of spices, and dinner is done.

A rich, tangy chickpea curry built on slowly cooked onion, tomato and warm spices — weeknight comfort that tastes even better the next day.

WHY YOU'LL LOVE IT Rich, tomatoey and even better the next day, with rice or a stack of roti.

PREP **10 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 35 min

COOK'S TIP Many shop-bought naan contain dairy — check the label, or serve with roti, which is usually just flour, water and salt.

INDIAN · INDIAN

Chana Masala

APPROX. PER SERVING · **310** kcal · **11 g** protein · **36 g** carbs · **14 g** fat · **11 g** fibre

INGREDIENTS

3 tbsp	neutral oil
1 tsp	cumin seeds
2	onions, finely chopped
4 cloves	garlic, grated
3 cm piece	ginger, grated
1–2	green chillies, slit
1 tsp	ground coriander
1 tsp	ground cumin
½ tsp	ground turmeric
1 tsp	Kashmiri chilli powder
1 tsp	chana masala or garam masala
400 g	tomatoes, finely chopped (or 1 × 400 g tin)
2 × 400 g	tins chickpeas, drained
300 ml 1¼ cups	water
1 tsp	salt
1 tsp	amchur (dried mango powder) or 1 tbsp lemon juice
small bunch	coriander, chopped
basmati rice or vegan flatbreads, to serve	

METHOD

1. Heat the oil in a heavy pan over medium heat. Add the cumin seeds and let them sizzle for 30 seconds.
2. Add the onions and cook for 12–15 minutes, stirring often, until deep golden brown. Don't rush this — it's where the flavour comes from.
3. Stir in the garlic, ginger and green chillies and cook for 1 minute. Add the ground spices with a splash of water and cook for 1 minute more.
4. Add the tomatoes and salt and cook for 6–8 minutes until they break down and the oil starts to separate at the edges.
5. Add the chickpeas and water. Lightly mash a few chickpeas against the side of the pan to thicken the sauce, then simmer for 12–15 minutes.
6. Stir in the amchur or lemon juice, scatter with coriander and serve with rice or flatbreads.

You don't have to be perfect to make a difference.



HIGH-PROTEIN SPICY

INDIAN · INDIA & BRITAIN

Tofu Tikka Masala

Smoky, charred tofu in a velvety spiced tomato and cashew sauce.

WHY YOU'LL LOVE IT A dish that's about 20 g of protein a serving, and a welcome kick of heat.

PREP **20 min + 30 min marinating** COOK **30 min** SERVES **4**

TIME AT A GLANCE



Prep 20 min + 30 min marinating Cook 30 min

COOK'S TIP No grill? Fry the marinated tofu in a hot pan with a little oil until crisp on all sides.

INDIAN · INDIAN

Tofu Tikka Masala

APPROX. PER SERVING · **350** kcal · **20 g** protein · **20 g** carbs · **22 g** fat · **5 g** fibre

INGREDIENTS

For the tofu

400 g	extra-firm tofu, pressed and cubed
4 tbsp	plain soy or coconut yoghurt
1 tsp	garam masala
1 tsp	Kashmiri chilli powder
½ tsp	salt
1 tbsp	lemon juice

For the sauce

2 tbsp	neutral oil
1	large onion, finely chopped
4 cloves	garlic, grated
1 tbsp	grated ginger
2 tsp	garam masala
1 tsp	ground cumin
1 tsp	Kashmiri chilli powder
1 × 400 g	tin chopped tomatoes
60 g ½ cup	cashews, soaked 15 min in hot water
200 ml ¾ cup	water
1 tsp	sugar
1 tsp	kasuri methi (dried fenugreek), optional

coriander, to serve

METHOD

1. Mix the tofu with the marinade ingredients and leave for at least 30 minutes.
2. Heat the oven grill to high. Spread the tofu on a lined tray and grill for 10–12 minutes, turning once, until charred at the edges.
3. For the sauce, cook the onion in the oil for 8 minutes until golden. Add the garlic, ginger and spices and cook for 1 minute.
4. Add the tomatoes and simmer for 10 minutes. Blend with the drained cashews and water until silky, then return to the pan.
5. Add the sugar, kasuri methi and salt to taste. Stir in the tofu and simmer for 5 minutes. Top with coriander and serve with rice or naan.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



SPICY

INDIAN · INDIA

Vegetable Biryani

Layers of fragrant basmati, saffron and spiced vegetables steamed together until every grain is separate.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **30 min** COOK **45 min** SERVES **6**

TIME AT A GLANCE

Prep 30 min Cook 45 min

COOK'S TIP Don't stir after layering — gently scoop from the side to serve, so you get both rice and vegetables.

INDIAN · INDIAN

Vegetable Biryani

APPROX. PER SERVING | **420** kcal | **8 g** protein | **68 g** carbs | **13 g** fat | **4 g** fibre

INGREDIENTS

350 g 2 cups	basmati rice, soaked for 30 min
4 tbsp	neutral oil
2	onions, thinly sliced
1 tbsp	each grated ginger and garlic
1	green chilli, slit
4	cardamom pods
4	cloves
1	cinnamon stick
2	bay leaves
2 tsp	biryani or garam masala
½ tsp	ground turmeric
150 g	plain soy or coconut yoghurt
500 g 3 cups	mixed vegetables (cauliflower, carrot, potato, beans), chopped
100 g ⅔ cup	frozen peas
pinch	saffron, soaked in 3 tbsp warm plant milk
small bunch	each mint and coriander, chopped
40 g ¼ cup	cashews, toasted
salt	

METHOD

1. Fry the onions in the oil over medium heat for 15 minutes until deep golden. Remove half for topping.
2. Add the whole spices, ginger, garlic and chilli to the pan for 1 minute. Add the ground spices, yoghurt, vegetables and 1 tsp salt. Cover and cook for 10 minutes until the vegetables are almost tender. Stir in the peas.
3. Meanwhile, boil the drained rice in plenty of salted water for 5 minutes until 70% cooked. Drain.
4. Spread half the herbs over the vegetables, then the rice. Drizzle with the saffron milk and top with the remaining herbs and reserved onions.
5. Cover tightly with foil and a lid. Cook on the lowest heat for 20 minutes. Rest for 5 minutes, scatter with cashews and serve with raita or salad.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



BUDGET SPICY

INDIAN · PUNJAB, INDIA

Aloo Gobi

Cauliflower and potatoes roasted golden with cumin, turmeric and ginger.

WHY YOU'LL LOVE IT A dish that's kind to your budget, and a welcome kick of heat.

PREP **15 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Roasting rather than simmering keeps the cauliflower from going mushy and adds a nutty flavour.

INDIAN · INDIAN

Aloo Gobi

APPROX. PER SERVING | **230** kcal | **3 g** protein | **23 g** carbs | **14 g** fat | **4 g** fibre

INGREDIENTS

1	medium cauliflower, cut into florets
400 g 2 cups	potatoes, cut into 2 cm cubes
4 tbsp	neutral oil
1 tsp	cumin seeds
1	onion, finely chopped
1 tbsp	grated ginger
3 cloves	garlic, minced
1	green chilli, chopped
1 tsp	ground turmeric
1 tsp	ground coriander
½ tsp	Kashmiri chilli powder
2	tomatoes, chopped
1 tsp	garam masala
1 tsp	salt

coriander and lemon wedges, to serve

METHOD

1. Heat the oven to 220 °C. Toss the cauliflower and potatoes with 2 tbsp oil, the turmeric and a pinch of salt. Roast for 25 minutes, turning once, until golden.
2. Meanwhile, heat the remaining oil in a large pan and fry the cumin seeds for 30 seconds until they sizzle.
3. Add the onion and cook for 6 minutes. Add the ginger, garlic and chilli and cook for 1 minute, then the coriander, chilli powder and tomatoes. Cook for 5 minutes until jammy.
4. Add the roasted vegetables, garam masala and salt and toss gently for 2–3 minutes.
5. Scatter with coriander and serve with lemon wedges.

Every plant-based meal is a small vote for the world you want.



SPICY

INDIAN · INDIA

Potato & Pea Samosas

Flaky, blistered pastry around a fragrant, gently spiced potato filling.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **45 min + 20 min resting** COOK **30 min** MAKES **16**

TIME AT A GLANCE



Prep 45 min + 20 min resting Cook 30 min

COOK'S TIP To bake instead, brush with oil and bake at 200 °C for 25 minutes, turning once. Less blistered, still delicious.

INDIAN · INDIAN

Potato & Pea Samosas

APPROX. PER PIECE · 120 kcal · 3 g protein · 19 g carbs · 4 g fat · 2 g fibre

INGREDIENTS

For the pastry

250 g (2 cups)	plain flour
½ tsp	ajwain or cumin seeds
½ tsp	salt
4 tbsp	neutral oil
90–100 ml (⅓ cup)	cold water

For the filling

600 g (4 cups)	potatoes, boiled, peeled and diced
120 g (¾ cup)	frozen peas
1 tsp	cumin seeds
1 tbsp	grated ginger
1	green chilli, chopped
1 tsp	garam masala
1 tsp	amchur (mango powder) or 1 tbsp lime juice
¾ tsp	salt
small bunch	coriander, chopped
neutral oil, for frying	
coriander–mint and tamarind chutneys, to serve	

METHOD

1. Rub the oil into the flour, seeds and salt until it holds together when squeezed. Add water a little at a time to make a stiff dough. Cover and rest for 20 minutes.
2. Fry the cumin seeds in 2 tbsp oil for 30 seconds, then add the ginger and chilli. Add the potatoes, peas, spices and salt and cook for 4 minutes, lightly crushing. Stir in the coriander and cool.
3. Divide the dough into 8 balls. Roll each into an 18 cm oval and cut in half. Form each half into a cone, sealing the seam with water, fill with 2 tbsp filling and pinch the top closed.
4. Heat 5 cm of oil to 150 °C. Fry the samosas in batches over low–medium heat for 10–12 minutes, turning, until blistered and golden. Low heat gives the flakiest crust.
5. Drain and serve warm with chutneys.

Taste as you go. A recipe is a map, not the territory.



QUICK BUDGET SPICY

INDIAN · INDIA

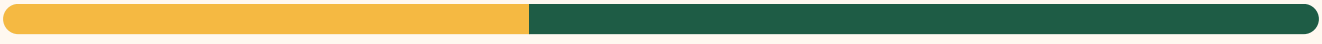
Besan Chilla — Savoury Chickpea Pancakes

Quick, golden pancakes made from gram flour and studded with onion, tomato and chilli.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **15 min** SERVES **2–3 (6 pancakes)**

TIME AT A GLANCE



Prep 10 min Cook 15 min

COOK'S TIP If the first pancake sticks, the pan isn't hot enough — give it another minute before the next.

INDIAN · INDIAN

Besan Chilla — Savoury Chickpea Pancakes

APPROX. PER SERVING | **250** kcal | **14 g** protein | **41 g** carbs | **4 g** fat | **8 g** fibre

INGREDIENTS

150 g 1⅔ cups	besan (gram/chickpea flour)
½ tsp	ground turmeric
½ tsp	ground cumin
¾ tsp	salt
¼ tsp	baking powder
250 ml 1 cup	water (approximately)
1	small onion, finely chopped
1	tomato, deseeded and finely chopped
1	green chilli, finely chopped
2 tbsp	chopped coriander
2 cm piece	ginger, grated
neutral oil, for cooking	
mint or coriander chutney, to serve	

METHOD

1. Whisk the besan, turmeric, cumin, salt and baking powder in a bowl. Gradually whisk in the water until you have a smooth batter the consistency of single cream.
2. Stir in the onion, tomato, chilli, coriander and ginger. Rest for 5 minutes.
3. Heat a non-stick frying pan over medium heat and brush with oil. Pour in a ladleful of batter and spread it quickly into a thin round.
4. Drizzle a little oil around the edge and cook for 2–3 minutes until the underside is golden and the top looks set. Flip and cook for 1–2 minutes more.
5. Repeat with the remaining batter. Fold and serve hot with chutney.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



SPICY

INDIAN · NORTH INDIA

Dal Tadka

Golden, comforting yellow lentils finished with a sizzling tempering of cumin, garlic and chilli.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **10 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 35 min

COOK'S TIP Pour the tadka over at the table for drama — the sizzle as hot spiced oil hits the dal is the best part.

INDIAN · INDIAN

Dal Tadka

APPROX. PER SERVING · 310 kcal · 16 g protein · 38 g carbs · 12 g fat · 14 g fibre

INGREDIENTS

250 g 1⅓ cups	toor dal or yellow split peas, rinsed (or red lentils)
1 litre 4¼ cups	water
½ tsp	turmeric
1	tomato, chopped
1 tbsp	ginger, grated

Tadka

3 tbsp	neutral oil
1 tsp	cumin seeds
1 tsp	mustard seeds
4 cloves	garlic, sliced
2	dried red chillies
1	onion, finely chopped
½ tsp	Kashmiri chilli powder
½ tsp	garam masala
1 handful	coriander

METHOD

1. Simmer the dal with the water, turmeric, tomato and ginger for 30 minutes (red lentils 20) until soft, whisking to a creamy consistency. Add salt.
2. For the tadka, heat the oil in a small pan until shimmering. Add the cumin and mustard seeds until they crackle.
3. Add the garlic and dried chillies for 30 seconds, then the onion for 5 minutes until golden. Stir in the chilli powder and garam masala.
4. Pour the sizzling tadka over the dal, stir it in and top with coriander. Serve with rice or roti.

Cook once, eat twice — tomorrow's lunch will thank you.



HIGH-PROTEIN SPICY

INDIAN · PUNJAB, INDIA

Palak Tofu

A vivid green spinach curry with golden tofu cubes standing in for paneer.

WHY YOU'LL LOVE IT A dish that's about 19 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE



Prep 15 min Cook 25 min

COOK'S TIP Plunging the blanched greens into cold water locks in the bright green colour — skip it and the curry turns khaki.

INDIAN · INDIAN

Palak Tofu

APPROX. PER SERVING · 320 kcal · 19 g protein · 13 g carbs · 22 g fat · 6 g fibre

INGREDIENTS

400 g	extra-firm tofu, cubed
3 tbsp	neutral oil
500 g 12½ cups	spinach, kangkong or malunggay leaves
1	onion, chopped
4 cloves	garlic
3 cm	ginger
1–2	green chillies
1 tsp	cumin seeds
1	tomato, chopped
1 tsp	garam masala
½ tsp	turmeric
4 tbsp	cashew cream or coconut milk 473

METHOD

1. Fry the tofu in 1 tbsp oil with a pinch of turmeric and salt for 8 minutes until golden. Set aside.
2. Blanch the greens for 1 minute, plunge into cold water, squeeze and blend to a smooth purée.
3. Blend the onion, garlic, ginger and chillies to a paste. Fry the cumin in the remaining oil, add the paste and cook for 8 minutes.
4. Add the tomato and spices and cook for 4 minutes. Stir in the greens and 100 ml water and simmer for 5 minutes.
5. Add the tofu and cashew cream, warm through and season.

Colour on the plate is flavour on the fork.



SPICY

INDIAN · PUNJAB, INDIA

Rajma Masala

A thick, tangy red kidney bean curry, the Sunday lunch of Punjabi homes.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **15 min** COOK **40 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 40 min

COOK'S TIP Take the onions to a deep golden-brown — it's what gives rajma its rich, dark gravy.

INDIAN · INDIAN

Rajma Masala

APPROX. PER SERVING · 370 kcal · 16 g protein · 51 g carbs · 12 g fat · 15 g fibre

INGREDIENTS

3 × 400 g tins	red kidney beans, drained (keep 200 ml liquid)
3 tbsp	neutral oil
1	bay leaf
1 tsp	cumin seeds
2	onions, finely chopped
1 tbsp	ginger-garlic paste
1	green chilli, chopped
3	tomatoes, puréed
1 tsp	ground coriander
1 tsp	Kashmiri chilli powder
½ tsp	turmeric
1 tsp	garam masala
1 handful	coriander

METHOD

1. Heat the oil, add the bay leaf and cumin, then the onions. Fry for 12 minutes until deep golden.
2. Add the ginger-garlic paste and chilli for 1 minute, then the tomatoes and ground spices. Cook for 10 minutes until the oil separates.
3. Add the beans, their liquid and 300 ml water. Simmer for 15 minutes, mashing some beans to thicken.
4. Stir in the garam masala, season and scatter with coriander.

A squeeze of calamansi fixes almost anything.



SPICY

INDIAN · NORTH INDIA

Baingan Bharta

Smoky fire-roasted aubergine mashed with onions, tomatoes and spices.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **10 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE



Prep 10 min Cook 35 min

COOK'S TIP A little charred skin left in the mash is good — it carries the smoke that makes bharta special.

INDIAN · INDIAN

Baingan Bharta

APPROX. PER SERVING · 120 kcal · 2 g protein · 14 g carbs · 7 g fat · 5 g fibre

INGREDIENTS

2	large aubergines or 4 talong
2 tbsp	neutral oil
1 tsp	cumin seeds
1	onion, finely chopped
3 cloves	garlic, minced
1 tbsp	ginger, grated
1	green chilli, chopped
2	tomatoes, chopped
½ tsp	turmeric
1 tsp	ground coriander
½ tsp	garam masala
1 handful	coriander

METHOD

1. Char the aubergines directly over a gas flame or under a hot grill for 15–20 minutes, turning, until black and collapsed. Cool, peel and mash the flesh.
2. Heat the oil and fry the cumin until it crackles. Add the onion and cook for 6 minutes.
3. Add the garlic, ginger and chilli for 1 minute, then the tomatoes and ground spices. Cook for 6 minutes until soft.
4. Stir in the mashed aubergine and cook for 5 minutes. Season and finish with coriander. Serve with roti.

Progress, not perfection. Every meal counts.



INDIAN · MUGHLAI, INDIA

Vegetable Korma

A mild, fragrant and creamy curry of mixed vegetables in a cashew and coconut sauce.

WHY YOU'LL LOVE IT A dish that's cook the onion slowly without colour — korma should be pale and creamy, not dark.

PREP **20 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE



Prep 20 min Cook 30 min

> **COOK'S TIP** Cook the onion slowly without colour — korma should be pale and creamy, not dark.

INDIAN · INDIAN

Vegetable Korma

APPROX. PER SERVING · 370 kcal · 11 g protein · 28 g carbs · 24 g fat · 7 g fibre

INGREDIENTS

70 g (½ cup)	cashews, soaked in hot water
2 tbsp	neutral oil
4	green cardamom pods, cracked
1	cinnamon stick
1	onion, finely chopped
1 tbsp	ginger-garlic paste
1 tsp	ground coriander
½ tsp	turmeric
500 g (3 cups)	mixed vegetables (potato, carrot, cauliflower, green beans, peas)
200 ml (¾ cup)	coconut milk
250 ml (1 cup)	water
1 tsp	sugar
½ tsp	garam masala

METHOD

1. Blend the cashews with 100 ml water until completely smooth.
2. Heat the oil and fry the cardamom and cinnamon for 30 seconds. Add the onion and cook gently for 8 minutes without browning.
3. Add the ginger-garlic paste, coriander and turmeric for 1 minute.
4. Add the vegetables, coconut milk and water. Cover and simmer for 15 minutes until tender.
5. Stir in the cashew cream, sugar and garam masala and simmer for 3 minutes. Season and serve with rice or naan.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



INDIAN · INDIA

Vegetable Pulao

Fluffy, fragrant basmati rice cooked with whole spices, peas and carrots.

WHY YOU'LL LOVE IT A dish that's soak and rinse the basmati — it's the secret to long, separate grains that don't stick.

PREP **10 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 25 min

COOK'S TIP Soak and rinse the basmati — it's the secret to long, separate grains that don't stick.

INDIAN · INDIAN

Vegetable Pulao

APPROX. PER SERVING | 370 kcal | 7 g protein | 68 g carbs | 8 g fat | 4 g fibre

INGREDIENTS

300 g (1⅔ cups)	basmati rice
2 tbsp	neutral oil
1	bay leaf
4	cloves
4	green cardamom pods
1	cinnamon stick
1 tsp	cumin seeds
1	onion, sliced
1	carrot, diced
100 g (⅔ cup)	green peas
60 g (⅓ cup)	green beans, chopped
600 ml (2½ cups)	hot water
1 tsp	salt

METHOD

1. Rinse the rice until the water runs clear, then soak for 20 minutes. Drain.
2. Heat the oil and fry the whole spices for 30 seconds. Add the onion and fry for 6 minutes until golden.
3. Add the vegetables and fry for 2 minutes, then the rice for 1 minute, stirring gently.
4. Add the hot water and salt, bring to the boil, then cover and cook on the lowest heat for 12 minutes.
5. Rest covered for 5 minutes, then fluff gently with a fork.

Season boldly: plants love salt, acid, heat and a little fat.



QUICK KID-FRIENDLY

INDIAN · INDIA

Mango Coconut Lassi

A thick, cooling blend of ripe mango and coconut yoghurt, scented with cardamom.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table.

PREP **5 min** COOK **none** SERVES **2**

TIME AT A GLANCE

Prep 5 min No cooking

COOK'S TIP Carabao mangoes are naturally very sweet — you may not need any syrup at all.

INDIAN · INDIAN

Mango Coconut Lassi

APPROX. PER SERVING · **160** kcal · **3 g** protein · **34 g** carbs · **2 g** fat · **3 g** fibre

INGREDIENTS

300 g 1¾ cups	ripe mango flesh (fresh or frozen)
250 g	plain coconut or soy yoghurt
150 ml ⅔ cup	cold plant milk
1–2 tbsp	maple or agave syrup, to taste
¼ tsp	ground cardamom
4–6	ice cubes
1 tbsp	chopped pistachios, to garnish

METHOD

1. Put the mango, yoghurt, milk, syrup, cardamom and ice in a blender.
2. Blend until smooth and frothy.
3. Taste and add more syrup or milk if needed.
4. Pour into chilled glasses.
5. Sprinkle with pistachios and a pinch of cardamom and serve straight away.

Share the pot. Food tastes better when someone else is at the table.



CHAPTER 08 · 10 RECIPES

Breakfast

Slow mornings, sunny plates.

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QUICK KID-FRIENDLY

BREAKFAST · EVERYWHERE

Banana Pancakes with Coconut Caramel

Fluffy, golden pancakes sweetened with very ripe bananas.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table.

PREP **10 min** COOK **20 min** SERVES **4 (about 12 pancakes)**

TIME AT A GLANCE

Prep 10 min Cook 20 min

COOK'S TIP Keep cooked pancakes warm in a low oven (100 °C) on a tray, loosely covered, while you finish the batch.

BREAKFAST · GLOBAL

Banana Pancakes with Coconut Caramel

APPROX. PER SERVING | **500** kcal | **11 g** protein | **87 g** carbs | **12 g** fat | **4 g** fibre

INGREDIENTS

For the pancakes

250 g 2 cups	plain flour
2 tsp	baking powder
¼ tsp	bicarbonate of soda
¼ tsp	salt
2	very ripe bananas (about 200 g peeled)
300 ml 1¼ cups	plant milk
1 tbsp	apple cider or cane vinegar
2 tbsp	melted coconut oil, plus extra for frying
1 tsp	vanilla extract

For the coconut caramel

200 ml ¾ cup	coconut milk
80 g ⅓ cup	brown sugar (or muscovado)
pinch	sea salt

sliced banana and toasted coconut, to serve

METHOD

1. Stir the vinegar into the plant milk and leave for 5 minutes to curdle slightly.
2. For the caramel, simmer the coconut milk, sugar and salt in a small pan for 10–12 minutes, stirring often, until thick enough to coat a spoon. It will thicken further as it cools.
3. Whisk the flour, baking powder, bicarbonate of soda and salt in a large bowl. In another bowl, mash the bananas until smooth, then whisk in the milk mixture, coconut oil and vanilla.
4. Pour the wet ingredients into the dry and fold gently until just combined — a few lumps are fine. Rest for 5 minutes.
5. Heat a non-stick pan over medium heat and brush with oil. Pour in 60 ml of batter per pancake and cook for 2–3 minutes, until bubbles appear and the edges set, then flip and cook for 1–2 minutes more.
6. Stack the pancakes, top with sliced banana and toasted coconut, and pour over the warm caramel.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



KID-FRIENDLY

BREAKFAST · PHILIPPINES MEETS EVERYWHERE

Ube & Mango Overnight Oats

No-cook, make-ahead jars of creamy purple oats layered with coconut yoghurt and sweet mango.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **10 min + overnight** COOK **none** SERVES **2**

TIME AT A GLANCE

Prep 10 min + overnight No cooking

COOK'S TIP The oats keep well for up to 3 days in the fridge, so make a batch on Sunday for easy weekday breakfasts.

BREAKFAST · FILIPINO

Ube & Mango Overnight Oats

APPROX. PER SERVING **490** kcal **14 g** protein **83 g** carbs **13 g** fat **12 g** fibre

INGREDIENTS

100 g 1 cup	rolled oats
2 tbsp	chia seeds
100 g ½ cup	ube halaya (see page 190) or 2 tbsp ube powder
250 ml 1 cup	plant milk
1 tbsp	maple or coconut syrup
pinch	salt
120 g	coconut or soy yoghurt
1	ripe mango, diced
2 tbsp	toasted coconut flakes

METHOD

1. In a bowl, whisk the ube halaya (or powder) with the plant milk, syrup and salt until smooth.
2. Stir in the oats and chia seeds. Leave for 5 minutes, then stir again to stop the chia clumping.
3. Divide between two jars, cover and refrigerate for at least 6 hours or overnight.
4. In the morning, loosen with a splash of milk if needed. Top with the yoghurt, mango and toasted coconut.

Brown it well. Patience in the pan is flavour on the plate.



QUICK KID-FRIENDLY

BREAKFAST · PHILIPPINES

Mango Calamansi Smoothie Bowl

Thick, frosty and sunshine-bright.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **10 min** COOK **none** SERVES **2**

TIME AT A GLANCE

Prep 10 min No cooking

COOK'S TIP Peel, slice and freeze over-ripe bananas on a tray before bagging them — they're the secret to a creamy, ice-cream-like bowl.

BREAKFAST · FILIPINO

Mango Calamansi Smoothie Bowl

APPROX. PER SERVING — **350** kcal · **4 g** protein · **84 g** carbs · **3 g** fat · **9 g** fibre

INGREDIENTS

300 g 1¾ cups	frozen mango chunks
1	frozen ripe banana, sliced
120 ml ½ cup	coconut water or plant milk
2	calamansi, juiced (or ½ lime)
1 tbsp	maple or coconut syrup (optional)

To top

1	fresh banana, sliced
100 g ⅔ cup	fresh mango, diced
40 g	vegan granola
1	passion fruit, halved
1 tbsp	coconut flakes

METHOD

1. Put the frozen mango, frozen banana, coconut water and calamansi juice in a blender.
2. Blend on low, stopping to scrape down the sides, until thick and smooth. Add a splash more liquid only if needed — it should be thick enough to hold a spoon.
3. Taste and sweeten with syrup if you like.
4. Divide between two chilled bowls and arrange the banana, mango, granola, passion fruit and coconut on top. Serve straight away.

Leftover rice isn't a problem. It's sinangag waiting to happen.



QUICK HIGH-PROTEIN

BREAKFAST · GLOBAL

Turmeric Tofu Scramble

Soft, savoury, golden tofu scramble that tastes remarkably like eggs thanks to a pinch of black salt.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 25 g of protein a serving.

PREP **5 min** COOK **10 min** SERVES **2**

TIME AT A GLANCE

Prep 5 min Cook 10 min

COOK'S TIP Kala namak is a sulphurous Himalayan salt that smells just like eggs — add it right at the end so the flavour stays strong.

BREAKFAST · GLOBAL

Turmeric Tofu Scramble

APPROX. PER SERVING | **310** kcal | **25 g** protein | **9 g** carbs | **20 g** fat | **4 g** fibre

INGREDIENTS

300 g	firm or medium tofu
1 tbsp	olive oil or vegan butter
½	onion, finely chopped
¼ tsp	turmeric
1 tbsp	nutritional yeast
¼ tsp	kala namak (black salt), optional
3 tbsp	soy milk
1 handful	spinach or malunggay leaves
2	spring onions, sliced

METHOD

1. Fry the onion in the oil for 4 minutes until soft.
2. Crumble in the tofu with your hands, leaving some bigger pieces. Add the turmeric and nutritional yeast and stir for 3 minutes.
3. Add the soy milk and greens and cook for 1–2 minutes until creamy and the greens wilt.
4. Season with black salt or regular salt and pepper, top with spring onions and serve with toast or garlic rice.

The best diet is the one you enjoy enough to keep.



BREAKFAST · GLOBAL

Mango Coconut Chia Pudding

An overnight breakfast that tastes like dessert: creamy coconut chia layered with ripe Philippine mango.

WHY YOU'LL LOVE IT A dish that's the second whisk after 10 minutes is the trick — it stops all the seeds sinking into one dense clump.

PREP **10 min + chilling** COOK **0 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min + chilling No cooking

COOK'S TIP The second whisk after 10 minutes is the trick — it stops all the seeds sinking into one dense clump.

BREAKFAST · GLOBAL

Mango Coconut Chia Pudding

APPROX. PER SERVING · **420** kcal · **8 g** protein · **37 g** carbs · **29 g** fat · **5 g** fibre

INGREDIENTS

60 g ½ cup	chia seeds
400 ml 1⅔ cups	coconut milk (light or full)
200 ml ¾ cup	soy or oat milk
2 tbsp	coconut sugar or maple syrup
½ tsp	vanilla extract
2	ripe mangoes, diced
2 tbsp	toasted coconut flakes

METHOD

1. Whisk the chia seeds, milks, sugar, vanilla and a pinch of salt.
2. Leave for 10 minutes, whisk again to break up clumps, then cover and chill for at least 4 hours or overnight.
3. Blend half the mango to a purée.
4. Layer the chia pudding, mango purée and diced mango in glasses and top with toasted coconut.

Good food is the most delicious form of kindness.



KID-FRIENDLY

BREAKFAST · GLOBAL

One-Bowl Banana Bread

Moist, dense and deeply banana-y.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **15 min** COOK **55 min** MAKES **1 loaf**

TIME AT A GLANCE



Prep 15 min Cook 55 min

> **COOK'S TIP** The blacker the banana, the better the bread — very ripe bananas are sweeter and more fragrant.

BREAKFAST · GLOBAL

One-Bowl Banana Bread

APPROX. PER SLICE — **280** kcal · **4 g** protein · **40 g** carbs · **12 g** fat · **2 g** fibre

INGREDIENTS

3	very ripe bananas (about 350 g peeled)
80 ml ⅓ cup	neutral oil
100 g ½ cup	brown or muscovado sugar
60 ml ¼ cup	soy or oat milk
1 tsp	vanilla extract
250 g 2 cups	plain flour
1 tsp	baking soda
1 tsp	baking powder
1 tsp	ground cinnamon
¼ tsp	salt
70 g ⅔ cup	walnuts or dark chocolate chips

METHOD

1. Heat the oven to 180°C and line a 900 g (2 lb) loaf tin.
2. Mash the bananas in a large bowl. Whisk in the oil, sugar, milk and vanilla.
3. Add the flour, baking soda, baking powder, cinnamon and salt and fold until just combined. Fold in the walnuts.
4. Pour into the tin and bake for 50–55 minutes until a skewer comes out clean.
5. Cool in the tin for 15 minutes, then on a rack.

Kain na! — Let's eat.



KID-FRIENDLY SPICY

BREAKFAST · GLOBAL

Coconut & Pili Nut Granola

Big, crunchy clusters of oats, coconut and Bicol pili nuts, sweetened with muscovado and coconut oil.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a welcome kick of heat.

PREP **10 min** COOK **30 min** MAKES **10 servings**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP Don't touch it while it cools — the granola crisps up and sets into big clusters as it cools on the tray.

BREAKFAST · GLOBAL

Coconut & Pili Nut Granola

APPROX. PER PIECE | **340** kcal | **7 g** protein | **38 g** carbs | **18 g** fat | **5 g** fibre

INGREDIENTS

300 g 3⅓ cups	rolled oats
100 g ¾ cup	pili nuts, cashews or almonds, roughly chopped
50 g ⅔ cup	coconut flakes
40 g ¼ cup	pumpkin or sunflower seeds
80 ml ⅓ cup	coconut oil, melted
80 ml ⅓ cup	maple syrup or coconut syrup
50 g ¼ cup	muscovado sugar
1 tsp	cinnamon
½ tsp	salt
80 g ½ cup	dried mango, chopped

METHOD

1. Heat the oven to 160°C and line a large tray.
2. Mix the oil, syrup, sugar, cinnamon and salt. Toss with the oats, nuts and seeds until coated.
3. Press firmly into an even layer on the tray and bake for 20 minutes. Scatter over the coconut and bake for 8–10 minutes more until golden.
4. Cool completely on the tray without stirring, then break into clusters and stir in the dried mango.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



QUICK HIGH-PROTEIN KID-FRIENDLY SPICY

BREAKFAST · GLOBAL

Smashed Avocado & White Bean Toast

Creamy avocado and protein-rich white beans smashed with lime and chilli on crunchy sourdough.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 20 g of protein a serving, and a crowd-pleaser at the family table, and a welcome kick of heat.

PREP **10 min** COOK **5 min** SERVES **2**

TIME AT A GLANCE

Prep 10 min Cook 5 min

COOK'S TIP Mashing in the beans doubles the protein and stretches one avocado to feed two.

BREAKFAST · GLOBAL

Smashed Avocado & White Bean Toast

APPROX. PER SERVING — **640** kcal | **20 g** protein | **80 g** carbs | **29 g** fat | **21 g** fibre

INGREDIENTS

4 slices	sourdough or wholegrain bread
1	ripe avocado
200 g 1¼ cups	cooked white beans or chickpeas
1	lime or 3 calamansi, juiced
½ tsp	chilli flakes
6	cherry tomatoes, halved
1 tbsp	toasted seeds
1 tbsp	extra virgin olive oil

METHOD

1. Toast the bread.
2. Mash the avocado and beans with the lime juice, half the chilli, the oil and salt, leaving some texture.
3. Pile onto the toast and top with tomatoes, seeds and the remaining chilli.

You don't have to be perfect to make a difference.



QUICK KID-FRIENDLY

BREAKFAST · GLOBAL

Cinnamon French Toast

Custardy in the middle, caramelised outside.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table.

PREP **10 min** COOK **15 min** SERVES **4**

SERVE WITH banana or mango, sliced, maple or coconut syrup

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Day-old bread soaks up the batter without falling apart; fresh bread goes soggy.

BREAKFAST · GLOBAL

Cinnamon French Toast

APPROX. PER SERVING | **200** kcal | **3 g** protein | **29 g** carbs | **8 g** fat | **2 g** fibre

INGREDIENTS

8 slices	thick day-old bread
250 ml 1 cup	soy milk
3 tbsp	chickpea (gram) flour
1 tbsp	cornflour
1 tbsp	sugar
1 tsp	cinnamon
1 tsp	vanilla
pinch	salt
2 tbsp	vegan butter or coconut oil

To serve

1	banana or mango, sliced
4 tbsp	maple or coconut syrup

METHOD

1. Whisk the milk, flours, sugar, cinnamon, vanilla and salt until smooth. Rest for 5 minutes.
2. Heat a little butter in a frying pan over medium heat.
3. Dip each slice in the batter for 5 seconds a side, then fry for 2–3 minutes a side until golden.
4. Serve with fruit and syrup.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



QUICK KID-FRIENDLY

BREAKFAST · PHILIPPINES-INSPIRED

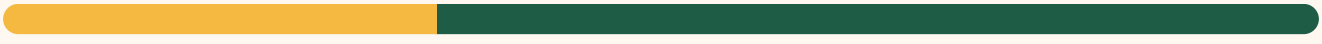
Crispy Ube Waffles

Purple, fragrant and crisp-edged waffles made with ube halaya.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **10 min** COOK **20 min** MAKES **6**

TIME AT A GLANCE



Prep 10 min Cook 20 min

COOK'S TIP Don't open the waffle iron early — when the steam stops escaping, the waffle is ready and will release cleanly.

BREAKFAST · FILIPINO

Crispy Ube Waffles

APPROX. PER PIECE — 300 kcal | 7 g protein | 44 g carbs | 11 g fat | 3 g fibre

INGREDIENTS

250 g (2 cups)	plain flour
2 tsp	baking powder
2 tbsp	sugar
¼ tsp	salt
150 g (¾ cup)	ube halaya 190 or puréed boiled ube
350 ml (1½ cups)	coconut or soy milk
60 ml (¼ cup)	neutral oil
1 tsp	ube or vanilla extract

METHOD

1. Heat the waffle iron and brush with oil.
2. Whisk the dry ingredients. Whisk the ube halaya, milk, oil and extract until smooth, then fold into the dry ingredients until just combined.
3. Ladle into the iron and cook for 4–5 minutes until crisp and the steam stops.
4. Serve straight away, or keep crisp on a rack in a low oven.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



CHAPTER 09 · 6 RECIPES

Snacks

Merienda, pulutan and party plates.

Crispy Adobo-Spiced Chickpeas	439	Crispy Kangkong Chips	441
Peanut-Cacao Energy Balls	443	Crispy Tofu Nuggets	445
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KID-FRIENDLY

SNACKS · PHILIPPINES-INSPIRED

Crispy Adobo-Spiced Chickpeas

Crunchy roasted chickpeas tossed in garlic, pepper, a splash of soy and vinegar.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **5 min** COOK **35 min** SERVES **4**

TIME AT A GLANCE



Prep 5 min Cook 35 min

COOK'S TIP Dry the chickpeas thoroughly with a clean towel — any moisture left on them steams instead of crisps.

SNACKS · FILIPINO

Crispy Adobo-Spiced Chickpeas

APPROX. PER SERVING — **230** kcal | **9 g** protein | **26 g** carbs | **10 g** fat | **8 g** fibre

INGREDIENTS

2 × 400 g tins	chickpeas, drained and patted very dry
2 tbsp	olive or coconut oil
1 tbsp	soy sauce
1 tsp	cane vinegar
1 tsp	garlic powder
1 tsp	coarsely ground black pepper
½ tsp	smoked paprika
½ tsp	sugar

METHOD

1. Heat the oven to 200°C. Spread the chickpeas on a tray and rub off any loose skins.
2. Roast for 20 minutes, shaking halfway.
3. Mix the oil, soy, vinegar, garlic powder, pepper, paprika and sugar. Toss with the hot chickpeas.
4. Roast for 10–15 minutes more until deep golden and crunchy. Cool on the tray — they crisp further as they cool.

Every plant-based meal is a small vote for the world you want.



QUICK SPICY

SNACKS · PHILIPPINES

Crispy Kangkong Chips

The resto favourite — light, lacy, crunchy water spinach leaves in a crisp batter, with a vinegar.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE



Prep 10 min Cook 10 min

COOK'S TIP Ice-cold sparkling water makes the batter lacy and light — keep the bowl over ice if your kitchen is hot.

SNACKS · FILIPINO

Crispy Kangkong Chips

APPROX. PER SERVING · **110** kcal · **2 g** protein · **23 g** carbs · **0 g** fat · **1 g** fibre

INGREDIENTS

1 bunch	kangkong (water spinach), leaves picked, washed and dried
70 g ½ cup	plain flour
30 g ¼ cup	cornflour
½ tsp	garlic powder
½ tsp	salt
150 ml ⅔ cup	ice-cold sparkling water
500 ml 2 cups	oil, for frying

Dip

4 tbsp	cane vinegar
1	shallot, minced
1	siling labuyo, chopped

METHOD

1. Make sure the leaves are completely dry.
2. Whisk the flours, garlic powder, salt and ice-cold water to a thin batter.
3. Heat the oil to 180°C. Dip a few leaves at a time in the batter, let the excess drip off and fry for 1–2 minutes until crisp and pale gold.
4. Drain on a rack and sprinkle with salt. Mix the dip and serve straight away.

Taste as you go. A recipe is a map, not the territory.



QUICK KID-FRIENDLY

SNACKS · GLOBAL

Peanut-Cacao Energy Balls

No-bake bites of oats, dates, peanut butter and tablea.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table.

PREP **15 min** COOK **0 min** MAKES **16**

TIME AT A GLANCE

Prep 15 min No cooking

COOK'S TIP If the mix is too dry, add water a teaspoon at a time; too wet, add a spoon of oats.

SNACKS · GLOBAL

Peanut-Cacao Energy Balls

APPROX. PER PIECE — **100** kcal · **3 g** protein · **14 g** carbs · **5 g** fat · **2 g** fibre

INGREDIENTS

150 g 1 cup	pitted dates (soaked 10 minutes if dry)
100 g 1 cup	rolled oats
100 g ⅓ cup	natural peanut butter
2 tbsp	cacao or cocoa powder
2 tbsp	chia or flax seeds
pinch	salt
3 tbsp	desiccated coconut, to roll

METHOD

1. Blend the dates to a sticky paste.
2. Add the oats, peanut butter, cacao, seeds and salt and pulse until the mixture holds together when pressed.
3. Roll into 16 balls and roll in coconut.
4. Chill for 30 minutes. Keep in the fridge for up to a week.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



HIGH-PROTEIN KID-FRIENDLY SPICY

SNACKS · GLOBAL

Crispy Tofu Nuggets

Golden, crunchy nuggets that kids and grown-ups fight over.

WHY YOU'LL LOVE IT A dish that's about 20 g of protein a serving, and a crowd-pleaser at the family table, and a welcome kick of heat.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP Tearing the tofu instead of cutting it creates rough edges that turn extra crunchy.

SNACKS · GLOBAL

Crispy Tofu Nuggets

APPROX. PER SERVING | **380** kcal | **20 g** protein | **30 g** carbs | **20 g** fat | **3 g** fibre

INGREDIENTS

400 g	extra-firm tofu, pressed
60 g ½ cup	plain flour
150 ml ⅔ cup	soy milk mixed with 1 tsp vinegar
1 tsp	garlic powder
1 tsp	onion powder
½ tsp	paprika
80 g 1⅓ cups	panko breadcrumbs
3 tbsp	oil
to serve	banana ketchup 479

METHOD

1. Heat the oven to 210°C. Tear the tofu into bite-sized, craggy pieces.
2. Mix the flour with the spices and ½ tsp salt.
3. Toss the tofu in the flour, dip in the soy milk, then press into the panko.
4. Arrange on a lined tray, drizzle with oil and bake for 20–25 minutes, turning once, until golden. (Or shallow-fry for 3 minutes a side.)

Cook once, eat twice — tomorrow's lunch will thank you.



KID-FRIENDLY

SNACKS · PHILIPPINES

Baked Kamote Fries

Crisp-edged sweet potato fries with a smoky spice dust and a calamansi-garlic mayo dip.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table, and a taste of home, plant-based.

PREP **10 min** COOK **30 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP A light coat of cornflour is the secret to crispness — and don't crowd the tray.

SNACKS · FILIPINO

Baked Kamote Fries

APPROX. PER SERVING — **240** kcal · **3 g** protein · **42 g** carbs · **7 g** fat · **6 g** fibre

INGREDIENTS

800 g 6 cups	sweet potatoes (kamote), cut into 1 cm batons
1 tbsp	cornflour
2 tbsp	oil
1 tsp	smoked paprika
½ tsp	garlic powder

Dip

4 tbsp	vegan mayonnaise
2	calamansi, juiced
1 small clove	garlic, grated

METHOD

1. Heat the oven to 220°C. Soak the fries in cold water for 15 minutes, then dry well.
2. Toss with the cornflour, then the oil, spices and salt.
3. Spread in a single layer on two lined trays and bake for 25–30 minutes, turning once, until crisp at the edges.
4. Mix the dip and serve.

Colour on the plate is flavour on the fork.



QUICK SPICY

SNACKS · PHILIPPINES

Adobong Mani (Garlic Peanuts)

The classic sari-sari store pulutan: peanuts fried with whole garlic cloves, chilli and salt.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat, and a taste of home, plant-based.

PREP **5 min** COOK **15 min** SERVES **6**

TIME AT A GLANCE

Prep 5 min Cook 15 min

COOK'S TIP Keep the heat low and keep stirring — peanuts go from golden to burnt very quickly, and they continue cooking after you drain them.

SNACKS · FILIPINO

Adobong Mani (Garlic Peanuts)

APPROX. PER SERVING | **370** kcal | **13 g** protein | **8 g** carbs | **33 g** fat | **4 g** fibre

INGREDIENTS

300 g 2 cups	raw peanuts, skin on
4 tbsp	neutral oil
1	whole garlic bulb, cloves separated, skin on and lightly crushed
3–5	dried red chillies or siling labuyo
1 tsp	salt

METHOD

1. Heat the oil in a wok over medium-low heat. Add the garlic and fry for 3 minutes.
2. Add the peanuts and chillies and fry, stirring constantly, for 10–12 minutes until the peanuts are golden and crunchy.
3. Drain on paper and toss with the salt while hot.
4. Cool completely before storing in an airtight jar.

A squeeze of calamansi fixes almost anything.



CHAPTER 10 · 9 RECIPES

Desserts & Drinks

Something sweet, something to sip.

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Fudgy Tablea Brownies	456	Chewy Chocolate Chip Cookies	458
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Vietnamese Iced Coffee with Coconut	468		



KID-FRIENDLY

DESSERTS & DRINKS · MEDITERRANEAN

Dark Chocolate Olive Oil Cake

A one-bowl, deeply chocolatey cake made moist with olive oil and coffee.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **15 min** COOK **35 min** SERVES **10**

TIME AT A GLANCE

Prep 15 min Cook 35 min

COOK'S TIP Use a light, mild olive oil rather than a peppery extra-virgin unless you want a pronounced olive flavour.

DESSERTS & DRINKS · MEDITERRANEAN

Dark Chocolate Olive Oil Cake

APPROX. PER SERVING — **220** kcal · **4 g** protein · **42 g** carbs · **4 g** fat · **3 g** fibre

INGREDIENTS

225 g 1¾ cups	plain flour
200 g 1 cup	caster sugar
50 g ⅔ cup	cocoa powder
1 tsp	bicarbonate of soda
½ tsp	baking powder
½ tsp	salt
250 ml 1 cup	hot strong coffee (or hot water)
120 ml ½ cup	light olive oil
1 tbsp	apple cider vinegar
2 tsp	vanilla extract
50 g	dairy-free dark chocolate, chopped

cocoa, flaky sea salt and raspberries, to serve

METHOD

1. Heat the oven to 180 °C (160 °C fan). Grease and line a 20 cm round cake tin.
2. Whisk the flour, sugar, cocoa, bicarbonate of soda, baking powder and salt in a large bowl.
3. In a jug, stir the chocolate into the hot coffee until melted, then whisk in the olive oil, vinegar and vanilla.
4. Pour the wet ingredients into the dry and whisk just until smooth — the batter will be quite runny.
5. Pour into the tin and bake for 30–35 minutes, until a skewer inserted in the centre comes out with just a few moist crumbs.
6. Cool in the tin for 15 minutes, then turn out. Dust with cocoa and a pinch of sea salt and serve with raspberries.

Progress, not perfection. Every meal counts.



DESSERTS & DRINKS · THAILAND

Mango Sticky Rice

Khao niao mamuang: sweet, salty coconut sticky rice with the ripest mango.

WHY YOU'LL LOVE IT A dish that's ordinary rice will not work — you need glutinous (sticky) rice, called malagkit in the Philippines.

PREP **10 min + 4 hours soaking** COOK **25 min** SERVES **4**

SERVE WITH ripe carabao mangoes, toasted mung beans or sesame seeds

TIME AT A GLANCE



Prep 10 min + 4 hours soaking Cook 25 min

COOK'S TIP Ordinary rice will not work — you need glutinous (sticky) rice, called malagkit in the Philippines.

DESSERTS & DRINKS · THAI

Mango Sticky Rice

APPROX. PER SERVING · **610** kcal · **8 g** protein · **95 g** carbs · **23 g** fat · **5 g** fibre

INGREDIENTS

250 g 1⅓ cups	Thai glutinous rice, soaked for at least 4 hours

For the sweet coconut

250 ml 1 cup	coconut milk
70 g ⅓ cup	sugar
½ tsp	salt

For the salty cream

120 ml ½ cup	coconut cream
¼ tsp	salt
1 tsp	rice flour or cornflour

To serve

2	ripe carabao mangoes
1 tbsp	toasted mung beans or sesame seeds

METHOD

1. Drain the rice. Steam it in a muslin-lined steamer over boiling water for 20–25 minutes until translucent and tender.
2. Meanwhile, warm the coconut milk, sugar and salt until dissolved; do not boil.
3. Tip the hot rice into a bowl, pour over the sweet coconut milk and stir. Cover and leave for 15 minutes to absorb.
4. Simmer the coconut cream, salt and rice flour for 2 minutes, stirring, until slightly thickened.
5. Slice the mangoes. Serve the rice with the mango, drizzle with the salty cream and scatter with mung beans or sesame seeds.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



KID-FRIENDLY

DESSERTS & DRINKS · GLOBAL

Fudgy Tablea Brownies

Dense, fudgy, crackly-topped brownies made with dark chocolate and a touch of Filipino tablea.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **15 min** COOK **25 min** MAKES **16**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP Underbake slightly. Brownies keep setting as they cool, and the centre should be fudgy, not cakey.

DESSERTS & DRINKS · GLOBAL

Fudgy Tablea Brownies

APPROX. PER PIECE — 180 kcal · 3 g protein · 28 g carbs · 6 g fat · 3 g fibre

INGREDIENTS

200 g	dairy-free dark chocolate, chopped
120 ml ½ cup	neutral oil
200 g 1 cup	sugar
150 ml ⅔ cup	soy milk
1 tsp	vanilla
150 g 1¼ cups	plain flour
40 g ½ cup	cocoa powder
30 g ⅓ cup	tablea, finely grated (or more cocoa)
½ tsp	baking powder
½ tsp	salt

METHOD

1. Heat the oven to 180°C and line a 20 cm square tin.
2. Melt half the chocolate with the oil. Whisk in the sugar, milk and vanilla.
3. Fold in the flour, cocoa, tablea, baking powder and salt, then the remaining chocolate.
4. Spread in the tin and bake for 22–25 minutes — the middle should still be slightly soft.
5. Cool completely in the tin before cutting.

Season boldly: plants love salt, acid, heat and a little fat.



QUICK KID-FRIENDLY SPICY

DESSERTS & DRINKS · USA

Chewy Chocolate Chip Cookies

Golden at the edges, chewy in the middle and studded with melty chocolate.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a crowd-pleaser at the family table, and a welcome kick of heat.

PREP **15 min** COOK **12 min** MAKES **16**

TIME AT A GLANCE

Prep 15 min Cook 12 min

COOK'S TIP Chilling the dough stops the cookies spreading too thin and deepens the toffee flavour.

DESSERTS & DRINKS · GLOBAL

Chewy Chocolate Chip Cookies

APPROX. PER PIECE · 170 kcal · 2 g protein · 29 g carbs · 5 g fat · 1 g fibre

INGREDIENTS

110 g	vegan butter or coconut oil, softened
150 g ⅔ cup	brown sugar
50 g ¼ cup	white sugar
60 ml ¼ cup	soy milk
1 tsp	vanilla
250 g 2 cups	plain flour
½ tsp	baking soda
½ tsp	salt
150 g 1 cup	dairy-free dark chocolate chips

METHOD

1. Beat the butter and sugars until creamy. Beat in the milk and vanilla.
2. Stir in the flour, baking soda and salt, then the chocolate. Chill the dough for 30 minutes.
3. Heat the oven to 180°C. Roll into 16 balls and space them well apart on lined trays.
4. Bake for 10–12 minutes until golden at the edges but still pale in the middle. Cool on the tray for 10 minutes.

Share the pot. Food tastes better when someone else is at the table.



KID-FRIENDLY

DESSERTS & DRINKS · GLOBAL

Mango & Banana Nice Cream

Creamy "ice cream" made from nothing but frozen fruit.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **10 min + freezing** | COOK **0 min** | SERVES **4**

TIME AT A GLANCE

Prep 10 min + freezing — No cooking

COOK'S TIP Spotty bananas give the creamiest, sweetest nice cream — green ones taste starchy.

DESSERTS & DRINKS · GLOBAL

Mango & Banana Nice Cream

APPROX. PER SERVING | **250** kcal | **3 g** protein | **56 g** carbs | **3 g** fat | **5 g** fibre

INGREDIENTS

4	ripe bananas, sliced and frozen
2	ripe mangoes, diced and frozen
3–4 tbsp	coconut milk
1	calamansi, juiced

METHOD

1. Freeze the fruit in a single layer for at least 4 hours.
2. Let it sit at room temperature for 5 minutes, then blend with the coconut milk and calamansi, stopping to scrape down, until smooth like soft-serve.
3. Serve straight away, or freeze for 1 hour for a scoopable texture.



Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



KID-FRIENDLY

DESSERTS & DRINKS · UK & USA

Carrot Cake with Cashew Frosting

A moist, spiced carrot cake with walnuts and raisins and a tangy cashew-coconut frosting.

WHY YOU'LL LOVE IT A dish that's a crowd-pleaser at the family table.

PREP **25 min** COOK **40 min** MAKES **12 slices**

TIME AT A GLANCE

Prep 25 min Cook 40 min

COOK'S TIP Grate the carrots finely so they melt into the crumb — coarse shreds make the cake wet and stringy.

DESSERTS & DRINKS · GLOBAL

Carrot Cake with Cashew Frosting

APPROX. PER SLICE — 350 kcal | 7 g protein | 53 g carbs | 14 g fat | 3 g fibre

INGREDIENTS

300 g 2⅓ cups	plain flour
2 tsp	baking powder
1 tsp	baking soda
2 tsp	cinnamon
½ tsp	nutmeg
220 g 1 cup	brown sugar
180 ml ¾ cup	neutral oil
250 ml 1 cup	soy milk with 1 tbsp vinegar
300 g 2⅓ cups	carrots, finely grated
70 g ⅔ cup	walnuts, chopped
60 g ⅓ cup	raisins

Frosting

150 g 1 cup	cashews, soaked 4 hours
4 tbsp	coconut cream (the solid part)
4 tbsp	maple syrup or powdered sugar
1 tbsp	lemon juice

METHOD

1. Heat the oven to 180°C and line a 23 cm cake tin.
2. Whisk the dry ingredients. Whisk the sugar, oil and milk, then fold into the dry ingredients with the carrots, walnuts and raisins.
3. Bake for 35–40 minutes until a skewer comes out clean. Cool completely.
4. Blend the frosting ingredients until very smooth and chill for 1 hour to firm.
5. Spread over the cake and finish with chopped walnuts.

Brown it well. Patience in the pan is flavour on the plate.



DESSERTS & DRINKS · FRANCE

Silken Chocolate Mousse

A silky, intense chocolate mousse whipped from silken tofu.

WHY YOU'LL LOVE IT A dish that's have the tofu at room temperature before blending — cold tofu can make the chocolate seize into lumps.

PREP **10 min + chilling** | COOK **5 min** | SERVES **4**

TIME AT A GLANCE



Prep 10 min + chilling Cook 5 min

COOK'S TIP Have the tofu at room temperature before blending — cold tofu can make the chocolate seize into lumps.

DESSERTS & DRINKS · GLOBAL

Silken Chocolate Mousse

APPROX. PER SERVING | **280** kcal | **6 g** protein | **26 g** carbs | **15 g** fat | **3 g** fibre

INGREDIENTS

300 g	silken tofu, drained
150 g	dairy-free dark chocolate
2 tbsp	maple syrup or sugar
1 tsp	vanilla
pinch	salt

METHOD

1. Melt the chocolate gently over a pan of barely simmering water or in short bursts in the microwave.
2. Blend the tofu, syrup, vanilla and salt until perfectly smooth.
3. Add the melted chocolate and blend until glossy.
4. Spoon into small glasses and chill for at least 2 hours. Top with fruit or a few flakes of salt.

Leftover rice isn't a problem. It's sinangag waiting to happen.



DESSERTS & DRINKS · THAILAND

Thai Iced Tea with Coconut

Strong, spiced black tea, sweetened and poured over ice, then crowned with a cascade of creamy coconut milk.

WHY YOU'LL LOVE IT A dish that's some Thai tea mixes contain milk powder or added dyes — check the label, or use plain strong black tea.

PREP **5 min + cooling** COOK **10 min** SERVES **4**

TIME AT A GLANCE

Prep 5 min + cooling Cook 10 min

COOK'S TIP Some Thai tea mixes contain milk powder or added dyes — check the label, or use plain strong black tea.

DESSERTS & DRINKS · THAI

Thai Iced Tea with Coconut

APPROX. PER SERVING · **190** kcal · **1 g** protein · **26 g** carbs · **10 g** fat · **0 g** fibre

INGREDIENTS

4 tbsp	Thai tea mix or strong loose black tea (Assam or Ceylon)
1	star anise
2	green cardamom pods, bruised
1	small cinnamon stick
1 litre 4¼ cups	boiling water
100 g ½ cup	sugar, to taste
200 ml ¾ cup	coconut milk or coconut condensed milk
ice	

METHOD

1. Put the tea and spices in a heatproof jug and pour over the boiling water. Steep for 5 minutes.
2. Strain, stir in the sugar until dissolved and leave to cool completely.
3. Fill tall glasses with ice.
4. Pour in the tea, leaving 3 cm at the top.
5. Slowly pour the coconut milk over the back of a spoon so it swirls through the tea. Stir before drinking.

The best diet is the one you enjoy enough to keep.



QUICK

DESSERTS & DRINKS · VIETNAM

Vietnamese Iced Coffee with Coconut

Cà phê sữa đá, plant-based: intense, slow-dripped coffee over sweet coconut condensed milk and ice.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour.

PREP **5 min** COOK **5 min** SERVES **1**

TIME AT A GLANCE



Prep 5 min Cook 5 min

COOK'S TIP No phin? Brew a short, very strong coffee in a moka pot or cafetière instead.

DESSERTS & DRINKS · VIETNAMESE

Vietnamese Iced Coffee with Coconut

APPROX. PER SERVING | **150** kcal | **1 g** protein | **26 g** carbs | **5 g** fat | **0 g** fibre

INGREDIENTS

2 tbsp	coarsely ground dark-roast coffee (Vietnamese or robusta)
120 ml ½ cup	just-boiled water
2–3 tbsp	coconut condensed milk
ice	

METHOD

1. Put the condensed milk in the bottom of a heatproof glass.
2. Add the coffee to a phin filter, set it on the glass and add the press. Pour in a splash of hot water and let it bloom for 30 seconds.
3. Fill the filter with the remaining water, cover and let it drip slowly — about 4–5 minutes.
4. Stir the coffee into the condensed milk.
5. Pour over a second glass filled with ice and serve.

Good food is the most delicious form of kindness.



CHAPTER 11 · 13 RECIPES

Sauces & Basics

The little jars that make everything better.

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QUICK SPICY

SAUCES & BASICS · PHILIPPINES & SOUTHEAST ASIA

Vegan ‘Patis’ (Seaweed & Mushroom Sauce)

A savoury, oceanic seasoning to replace fish sauce in dipping sauces, soups, salads and stir-fries.

WHY YOU’LL LOVE IT A dish that’s on the table in about half an hour, and a welcome kick of heat, and a taste of home, plant-based.

PREP **5 min** COOK **20 min** MAKES **about 300 ml**

TIME AT A GLANCE

Prep 5 min Cook 20 min

COOK’S TIP Use it 1:1 wherever a recipe calls for fish sauce. Try it in sawsawan: patis, calamansi, chopped chilli and onion.

SAUCES & BASICS · FILIPINO

Vegan ‘Patis’ (Seaweed & Mushroom Sauce)

APPROX. PER 2 TBSP | **20** kcal | **1 g** protein | **2 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

10 g	dried kombu (or other dried seaweed)
15 g ¼ cup	dried shiitake mushrooms
500 ml 2 cups	water
120 ml ½ cup	light soy sauce
1 tbsp	white miso
1 tbsp	sugar
1 tsp	salt
1 tbsp	calamansi or lime juice

METHOD

1. Put the kombu, shiitake and water in a small pan. Leave to soak for 10 minutes.
2. Bring to a bare simmer and cook gently for 15 minutes, until reduced by about half.
3. Strain through a fine sieve, pressing on the solids. (Slice the rehydrated shiitake and use them in a stir-fry.)
4. While still warm, whisk in the soy sauce, miso, sugar and salt until dissolved. Cool, then stir in the calamansi juice.
5. Pour into a clean bottle and refrigerate. Keeps for up to 3 weeks.

Kain na! — Let’s eat.



SAUCES & BASICS · PLANT KITCHEN STAPLE

Everyday Cashew Cream

One base, endless uses: pour it into soups, swirl it into curries, whip it into sauces or sweeten it for.

WHY YOU'LL LOVE IT A dish that's no high-speed blender? Soak the cashews for longer and pass the cream through a fine sieve.

PREP **5 min + soaking** COOK **none** MAKES **about 400 ml**

TIME AT A GLANCE

Prep 5 min + soaking No cooking

COOK'S TIP No high-speed blender? Soak the cashews for longer and pass the cream through a fine sieve.

SAUCES & BASICS · GLOBAL

Everyday Cashew Cream

APPROX. PER 2 TBSP | **70** kcal | **2 g** protein | **5 g** carbs | **5 g** fat | **0 g** fibre

INGREDIENTS

150 g 1 cup	raw cashews
250 ml 1 cup	fresh water (more or less for thickness)
1 tsp	lemon juice
¼ tsp	salt

For a sweet version

1–2 tbsp	maple syrup + 1 tsp vanilla; omit lemon

METHOD

1. Cover the cashews with boiling water and soak for 30–60 minutes (or cold water for 4 hours).
2. Drain and rinse the cashews.
3. Blend with the fresh water, lemon juice and salt on high for 2–3 minutes, until completely smooth. Stop and scrape the sides once or twice.
4. Adjust the thickness: less water for a thick, spoonable cream; more for pouring cream.
5. Store in a sealed jar in the fridge for up to 4 days, or freeze for up to 3 months.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



BUDGET

SAUCES & BASICS · PHILIPPINES

Quick Atchara

Crunchy, sweet-sour pickled green papaya.

WHY YOU'LL LOVE IT A dish that's kind to your budget.

PREP **30 min + 2 days pickling** COOK **5 min** MAKES **2 × 500 ml jars**

TIME AT A GLANCE

Prep 30 min + 2 days pickling · Cook 5 min

COOK'S TIP Squeezing the salted papaya hard is the key to atchara that stays crunchy for weeks.

SAUCES & BASICS · FILIPINO

Quick Atchara

APPROX. PER 2 TBSP | **40** kcal | **0 g** protein | **9 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

1	medium green (unripe) papaya, about 800 g, peeled, deseeded and grated
2 tbsp	salt
1	carrot, cut into thin strips
1	red bell pepper, cut into thin strips
5 cm piece	ginger, julienned
6 cloves	garlic, thinly sliced
1	small red onion, thinly sliced
40 g ¼ cup	raisins

For the brine

400 ml 1⅔ cups	cane vinegar
200 g 1 cup	sugar
1 tsp	salt
1 tsp	whole black peppercorns

METHOD

1. Toss the papaya with the salt and leave for 1 hour. Squeeze out as much liquid as possible in a clean cloth, then rinse and squeeze again.
2. Meanwhile, bring the vinegar, sugar, salt and peppercorns to the boil, stirring until the sugar dissolves. Cool completely.
3. Mix the papaya with the carrot, pepper, ginger, garlic, onion and raisins.
4. Pack into sterilised jars and pour over the cooled brine to cover. Seal.
5. Refrigerate for at least 2 days before eating. Keeps for up to 1 month in the fridge.

You don't have to be perfect to make a difference.



QUICK SPICY

SAUCES & BASICS · CHINA & ACROSS ASIA

Crispy Garlic Chilli Oil

Spoon it over noodles, rice, tofu, fried rice, dumplings or even vanilla ice cream.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **10 min** COOK **20 min** MAKES **about 350 ml**

TIME AT A GLANCE

Prep 10 min Cook 20 min

COOK'S TIP Always store garlic-in-oil in the fridge and use a clean, dry spoon each time.

SAUCES & BASICS · GLOBAL

Crispy Garlic Chilli Oil

APPROX. PER 2 TBSP | **100** kcal | **4 g** protein | **8 g** carbs | **7 g** fat | **2 g** fibre

INGREDIENTS

250 ml 1 cup	neutral oil (peanut, rice bran or sunflower)
10 cloves	garlic, finely chopped
4	shallots, finely sliced
4 tbsp	chilli flakes (Sichuan or Korean gochugaru)
1 tsp	Sichuan peppercorns, ground (optional)
1 tbsp	toasted sesame seeds
1 tbsp	soy sauce
2 tsp	sugar
1 tsp	salt

METHOD

1. Put the chilli flakes, ground Sichuan pepper, sesame seeds, sugar and salt in a heatproof bowl.
2. Heat the oil and shallots in a small pan over medium heat. Cook, stirring, for 8–10 minutes until the shallots are golden. Lift out with a slotted spoon.
3. Add the garlic to the oil and cook for 2–3 minutes, stirring, until pale golden — it darkens quickly, so watch closely. Lift out.
4. Let the oil cool for 2 minutes (to about 120 °C), then carefully pour it over the chilli mixture. It will sizzle.
5. Stir in the soy sauce, crispy shallots and garlic. Cool completely, then store in a clean jar in the fridge for up to 1 month.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



SPICY

SAUCES & BASICS · PHILIPPINES

Homemade Banana Ketchup

The Filipino table sauce, invented during the Second World War when tomatoes were scarce.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min** COOK **30 min** MAKES **about 500 ml**

TIME AT A GLANCE

Prep 10 min Cook 30 min

COOK'S TIP A spoonful of beetroot juice gives the classic bright red colour without artificial dyes.

SAUCES & BASICS · FILIPINO

Homemade Banana Ketchup

APPROX. PER 2 TBSP | **70** kcal | **1 g** protein | **16 g** carbs | **1 g** fat | **1 g** fibre

INGREDIENTS

1 tbsp	neutral oil
1	onion, chopped
4 cloves	garlic, chopped
1 tbsp	grated ginger
1	red chilli (optional)
4	ripe saba or other bananas (about 400 g peeled)
2 tbsp	tomato purée
100 g ½ cup	brown sugar
150 ml ⅔ cup	cane or apple cider vinegar
200 ml ¾ cup	water
1 tsp	salt
½ tsp	ground allspice
1 tsp	sweet paprika, for colour
1 tbsp	soy sauce

METHOD

1. Heat the oil and cook the onion, garlic, ginger and chilli for 5 minutes until soft.
2. Add the bananas, mashing them in the pan, then the tomato purée, sugar, vinegar, water, salt, spices and soy sauce.
3. Simmer gently for 20 minutes, stirring often, until thick and the bananas have broken down.
4. Blend until completely smooth. Return to the pan and simmer for 5 minutes more if it needs thickening.
5. Pour into sterilised jars, cool and refrigerate. Keeps for 4 weeks.

Eat food. Not too much. Mostly plants.
MICHAEL POLLAN, IN DEFENSE OF FOOD



SPICY

SAUCES & BASICS · KOREA

Easy Vegan Kimchi

Spicy, sour and alive: a fish-free kimchi that uses miso and seaweed for depth.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat.

PREP **40 min + 2 hours salting** COOK **5 min** MAKES **about 1.5 litres**

TIME AT A GLANCE



Prep 40 min + 2 hours salting Cook 5 min

COOK'S TIP In a warm Philippine kitchen, kimchi ferments quickly — taste after 24 hours and refrigerate once it is as sour as you like. Open the jar carefully as pressure builds.

SAUCES & BASICS · KOREAN

Easy Vegan Kimchi

APPROX. PER 2 TBSP · 10 kcal · 0 g protein · 1 g carbs · 0 g fat · 0 g fibre

INGREDIENTS

1	Chinese (napa) cabbage, about 1.2 kg
60 g	coarse sea salt
For the paste	
1 tbsp	glutinous rice flour
120 ml ½ cup	water
50 g	gochugaru (Korean chilli flakes)
6 cloves	garlic
20 g	ginger
1	small onion or Asian pear
1 tbsp	white miso
2 tbsp	soy sauce
1 tbsp	sugar
To add	
150 g	daikon radish, julienned
1	carrot, julienned
4	spring onions, cut into 4 cm lengths

METHOD

1. Cut the cabbage into 4 cm pieces. Toss with the salt in a large bowl and leave for 2 hours, turning every 30 minutes. Rinse three times in cold water and drain well.
2. Whisk the rice flour into the water and simmer, stirring, for 2–3 minutes until it forms a thin paste. Cool.
3. Blend the garlic, ginger, onion, miso, soy sauce and sugar. Mix with the rice paste and gochugaru.
4. Wearing gloves, massage the paste into the cabbage, radish, carrot and spring onions until evenly coated.
5. Pack tightly into clean jars, pressing down to remove air and leaving 3 cm headspace. Leave at room temperature for 1–2 days until bubbly and sour, then refrigerate.

Every plant-based meal is a small vote for the world you want.



QUICK SPICY

SAUCES & BASICS · SOUTHEAST ASIA

Everyday Peanut Satay Sauce

Creamy, sweet, sour and gently spicy.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a welcome kick of heat.

PREP **5 min** COOK **5 min** MAKES **about 350 ml**

TIME AT A GLANCE

Prep 5 min Cook 5 min

COOK'S TIP The sauce thickens as it cools — whisk in a splash of hot water to bring it back.

SAUCES & BASICS · GLOBAL

Everyday Peanut Satay Sauce

APPROX. PER 2 TBSP | **120** kcal | **4 g** protein | **5 g** carbs | **10 g** fat | **1 g** fibre

INGREDIENTS

150 g ⅔ cup	natural smooth peanut butter
200 ml ¾ cup	coconut milk
2 tbsp	soy sauce
1½ tbsp	brown sugar or coconut sugar
1 tbsp	lime juice or 2 calamansi
1 tsp	red curry paste (shrimp-free) or sambal
1 clove	garlic, grated
1 tsp	grated ginger
water, to loosen	
crushed peanuts and chilli flakes, to serve	

METHOD

1. Put everything except the water in a small pan over low heat.
2. Whisk constantly for 3–4 minutes until smooth, glossy and just simmering.
3. Loosen with water, a tablespoon at a time, until it reaches your preferred consistency.
4. Taste and balance: more lime for brightness, sugar for sweetness, soy for salt.
5. Serve warm or at room temperature, topped with peanuts and chilli. Keeps for 5 days in the fridge.

Taste as you go. A recipe is a map, not the territory.



BUDGET

SAUCES & BASICS · PHILIPPINES & EAST ASIA

Homemade Soy Milk (Gatas ng Soya)

Fresh, creamy soy milk for a fraction of the price of cartons.

WHY YOU'LL LOVE IT A dish that's kind to your budget.

PREP **15 min + soaking** | COOK **25 min** | MAKES **1.5 litres**

TIME AT A GLANCE

Prep 15 min + soaking — Cook 25 min

COOK'S TIP Use a large pan and watch it closely — soy milk foams up dramatically as it comes to the boil.

SAUCES & BASICS · FILIPINO

Homemade Soy Milk (Gatas ng Soya)

APPROX. PER 250 ML GLASS — **160** kcal · **12 g** protein · **14 g** carbs · **7 g** fat · **3 g** fibre

INGREDIENTS

200 g 1¼ cups	dried soybeans
1.8 litres 7½ cups	water
2 tbsp	sugar (optional)
pinch	salt
1	pandan leaf, knotted (optional)

METHOD

1. Soak the soybeans in plenty of water for 8–12 hours. Drain and rinse.
2. Blend the beans with 1 litre of the water until very smooth.
3. Strain through a nut-milk bag or cloth into a large pan, squeezing well. Add the remaining water.
4. Bring to the boil with the pandan, stirring often, then simmer for 20 minutes — raw soy milk must be cooked.
5. Stir in sugar and salt, cool and keep in the fridge for up to 4 days.



Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



BUDGET

SAUCES & BASICS · GLOBAL

Everyday Vegetable Stock

A clean, savoury stock from onion, carrot, celery and mushroom scraps, deepened with kombu.

WHY YOU'LL LOVE IT A dish that's kind to your budget.

PREP **10 min** COOK **50 min** MAKES **2 litres**

TIME AT A GLANCE

Prep 10 min Cook 50 min

COOK'S TIP Keep a freezer bag of clean vegetable scraps — onion ends, carrot peels, mushroom stems — and make stock when it's full.

SAUCES & BASICS · GLOBAL

Everyday Vegetable Stock

APPROX. PER 250 ML GLASS | **190** kcal | **7 g** protein | **41 g** carbs | **3 g** fat | **5 g** fibre

INGREDIENTS

2	onions, quartered (skins on)
2	carrots, chopped
2 sticks	celery
6	dried shiitake or a handful of mushroom stems
1 piece	kombu (10 cm)
4 cloves	garlic, crushed
2	bay leaves
10	peppercorns
2.5 litres 10⅓ cups	water

METHOD

1. Put everything in a large pot and bring to the boil. Remove the kombu just before it boils.
2. Simmer gently, uncovered, for 45 minutes.
3. Strain, pressing the vegetables lightly. Season lightly with salt.
4. Keep in the fridge for 5 days or freeze in portions for 3 months.

Cook once, eat twice — tomorrow's lunch will thank you.



SPICY

SAUCES & BASICS · VISAYAS, PHILIPPINES

Sinamak (Spiced Coconut Vinegar)

The Visayan spiced vinegar for dipping inasal, lumpia and anything fried.

WHY YOU'LL LOVE IT A dish that's a welcome kick of heat, and a taste of home, plant-based.

PREP **10 min + infusing** | COOK **0 min** | MAKES **500 ml**

TIME AT A GLANCE

Prep 10 min + infusing — No cooking

> **COOK'S TIP** Bruise the chillies and garlic lightly before bottling — they release their heat and flavour much faster.

SAUCES & BASICS · FILIPINO

Sinamak (Spiced Coconut Vinegar)

APPROX. PER 2 TBSP | **10** kcal | **0 g** protein | **3 g** carbs | **0 g** fat | **0 g** fibre

INGREDIENTS

500 ml 2 cups	coconut or cane vinegar
10–15	siling labuyo
1	garlic bulb, cloves peeled and bruised
5 cm	ginger, sliced
2	shallots, sliced
1 tsp	whole black peppercorns
1 tsp	salt

METHOD

1. Sterilise a 600 ml bottle or jar with boiling water.
2. Pack in the chillies, garlic, ginger, shallots and peppercorns.
3. Pour in the vinegar and salt, close and shake.
4. Leave at room temperature for at least 3 days, then keep in a cool place for up to 6 months, topping up with vinegar as you use it.

Colour on the plate is flavour on the fork.



QUICK

SAUCES & BASICS · PHILIPPINES

Lechon-Style Liver-Free Sauce

The sweet, peppery, tangy sauce for lechon kawali.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and a taste of home, plant-based.

PREP **10 min** COOK **15 min** MAKES **400 ml**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Mushroom paste gives the same earthy body as liver — brown it well before blending for the deepest flavour.

SAUCES & BASICS · FILIPINO

Lechon-Style Liver-Free Sauce

APPROX. PER 2 TBSP | **40** kcal | **1 g** protein | **7 g** carbs | **1 g** fat | **0 g** fibre

INGREDIENTS

1 tbsp	oil
150 g 2¼ cups	mushrooms, finely chopped
1	small onion, minced
3 cloves	garlic, minced
50 g ¾ cup	breadcrumbs
3 tbsp	brown sugar
3 tbsp	cane vinegar
1 tbsp	soy sauce
300 ml 1¼ cups	water
1 tsp	coarsely ground black pepper

METHOD

1. Fry the mushrooms, onion and garlic in the oil for 8 minutes until dark and dry. Blend with a splash of the water to a smooth paste.
2. Return to the pan with the remaining ingredients and simmer, stirring, for 6–7 minutes until thick and glossy.
3. Taste — it should be sweet, tangy and peppery. Adjust and cool.

A squeeze of calamansi fixes almost anything.



HIGH-PROTEIN

SAUCES & BASICS · CHINA & JAPAN

Homemade Seitan

Chewy, meaty and very high in protein.

WHY YOU'LL LOVE IT A dish that's about 28 g of protein a serving.

PREP **20 min** COOK **50 min** MAKES **600 g**

TIME AT A GLANCE

Prep 20 min Cook 50 min

COOK'S TIP A rolling boil makes seitan spongy and brain-like. Keep the broth barely trembling for a firm, meaty texture.

SAUCES & BASICS · CHINESE

Homemade Seitan

APPROX. PER 100 G | **190** kcal | **28 g** protein | **12 g** carbs | **3 g** fat | **1 g** fibre

INGREDIENTS

200 g	vital wheat gluten
30 g ⅓ cup	chickpea flour
2 tbsp	nutritional yeast
1 tsp	garlic powder
1 tsp	onion powder
200 ml ¾ cup	vegetable stock
2 tbsp	soy sauce
1 tbsp	oil

Simmering broth

2 litres 8⅓ cups	vegetable stock with 3 tbsp soy sauce

METHOD

1. Mix the dry ingredients. Add the stock, soy and oil and knead for 3–4 minutes until springy.
2. Rest for 10 minutes, then cut into 4 pieces and flatten slightly.
3. Bring the broth to a bare simmer — never a boil — and add the seitan.
4. Simmer very gently, partly covered, for 45 minutes, turning occasionally.
5. Cool in the broth. Keep in the fridge for 5 days or freeze.

Progress, not perfection. Every meal counts.



SAUCES & BASICS · GLOBAL

Melty Cashew Mozzarella

A stretchy, gooey cheese for pizza and lasagne, thickened with tapioca starch.

WHY YOU'LL LOVE IT A dish that's keep stirring when it turns lumpy — that's the starch setting, and it smooths out into a stretchy cheese.

PREP **10 min + soaking** | COOK **5 min** | MAKES **350 g**

TIME AT A GLANCE



Prep 10 min + soaking Cook 5 min

COOK'S TIP Keep stirring when it turns lumpy — that's the starch setting, and it smooths out into a stretchy cheese.

SAUCES & BASICS · GLOBAL

Melty Cashew Mozzarella

APPROX. PER 100 G | **200** kcal | **6 g** protein | **17 g** carbs | **13 g** fat | **1 g** fibre

INGREDIENTS

100 g ¾ cup	cashews, soaked in hot water for 30 minutes
3 tbsp	tapioca starch
2 tbsp	nutritional yeast
1 tbsp	lemon juice
1 tsp	salt
½ tsp	garlic powder
300 ml 1¼ cups	water

METHOD

1. Drain the cashews and blend with all the remaining ingredients until totally smooth.
2. Pour into a small pan and cook over medium heat, stirring constantly, for 4–5 minutes.
3. The mixture will turn lumpy, then suddenly become glossy, thick and stretchy. Remove from the heat.
4. Use warm in spoonfuls on pizza, or chill in a container to slice.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON



CHAPTER 12 · 10 RECIPES

Budget Palengke Meals

Big flavour for small change, straight from the market.

Ginisang Sayote	498	Ginisang Upo with Misua	500
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QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Ginisang Sayote

A humble palengke classic: chayote sautéed with garlic, onion, tomato and tofu.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Wear gloves or oil your hands when peeling sayote — the sap leaves a sticky, tight film on your skin.

BUDGET PALENGKE MEALS · FILIPINO

Ginisang Sayote

APPROX. PER SERVING · **170** kcal · **8 g** protein · **14 g** carbs · **10 g** fat · **4 g** fibre

INGREDIENTS

2	sayote (chayote), peeled and cut into thin strips
150 g	firm tofu (tokwa), diced
2 tbsp	oil
4 cloves	garlic, minced
1	onion, sliced
2	tomatoes, chopped
1 tbsp	soy sauce or vegan patis 471
125 ml ½ cup	water
to taste	ground black pepper

METHOD

1. Fry the tofu in the oil for 5 minutes until golden. Push to the side.
2. Sauté the garlic, onion and tomatoes for 3 minutes until soft.
3. Add the sayote, soy sauce and water. Cover and simmer for 6–8 minutes until just tender but still with a little bite.
4. Season with pepper and salt and serve with rice.

Season boldly: plants love salt, acid, heat and a little fat.



QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Ginisang Upo with Misua

Soft bottle gourd in a light garlicky broth with thin misua noodles.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Add the misua at the very end — it cooks in a minute and soaks up broth fast if left standing.

BUDGET PALENGKE MEALS · FILIPINO

Ginisang Upo with Misua

APPROX. PER SERVING | **150** kcal | **3 g** protein | **20 g** carbs | **7 g** fat | **3 g** fibre

INGREDIENTS

1	medium upo (bottle gourd), peeled and sliced
2 tbsp	oil
4 cloves	garlic, minced
1	onion, sliced
2	tomatoes, chopped
750 ml 3 cups	water or vegetable stock
1 tbsp	vegan patis or soy sauce 471
50 g	misua (wheat vermicelli)
2	spring onions, sliced

METHOD

1. Sauté the garlic, onion and tomatoes in the oil for 4 minutes.
2. Add the upo and stir for 2 minutes, then add the water and patis.
3. Simmer for 6–8 minutes until the upo is tender and translucent.
4. Add the misua and cook for 1 minute. Season, scatter with spring onions and serve at once.

Share the pot. Food tastes better when someone else is at the table.



QUICK BUDGET HIGH-PROTEIN SPICY

BUDGET PALENGKE MEALS · PHILIPPINES

Tokwa't Toyomansi

Crisp fried tofu in a sharp soy-calamansi dressing with onion and chilli.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and about 22 g of protein a serving, and a welcome kick of heat.

PREP **10 min** COOK **10 min** SERVES **3**

TIME AT A GLANCE

Prep 10 min Cook 10 min

COOK'S TIP For extra crunch, dust the tofu with cornflour before frying.

Tokwa't Toyomansi

APPROX. PER SERVING | **380** kcal | **22 g** protein | **10 g** carbs | **29 g** fat | **3 g** fibre

INGREDIENTS

400 g	firm tofu (tokwa), pressed and cut into slabs
4 tbsp	oil

Toyomansi

4 tbsp	soy sauce
6	calamansi, juiced
1	red onion, finely chopped
1–2	siling labuyo, chopped
1 tsp	sugar

METHOD

1. Pat the tofu very dry and season with salt.
2. Fry in the oil over medium-high heat for 4 minutes a side until golden and crisp.
3. Mix the toyomansi ingredients.
4. Cut the tofu into cubes, pour over the dressing and serve with rice.

Fibre is found only in plant foods — and most of us need more of it.

REYNOLDS ET AL., THE LANCET, 2019



QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Misua with Patola

A silky, garlicky noodle soup with sponge gourd (patola) and crumbled tofu.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Fried garlic on top turns this from humble to restaurant-good — make extra and keep it in a jar.

BUDGET PALENGKE MEALS · FILIPINO

Misua with Patola

APPROX. PER SERVING | **210** kcal | **8 g** protein | **23 g** carbs | **10 g** fat | **3 g** fibre

INGREDIENTS

2 tbsp	oil
1 head	garlic, minced
1	onion, chopped
150 g ⅔ cup	firm tofu, crumbled
1	patola (sponge gourd), peeled and sliced
1.2 litres 5 cups	water or stock
1 tbsp	vegan patis 471
80 g	misua
2	spring onions

METHOD

1. Fry half the garlic in the oil until golden and crisp. Lift out for topping.
2. Sauté the remaining garlic, onion and tofu for 4 minutes.
3. Add the water and patis and boil. Add the patola and simmer for 4 minutes.
4. Add the misua for 1 minute. Season and top with crisp garlic and spring onions.

Brown it well. Patience in the pan is flavour on the plate.



QUICK BUDGET SPICY

BUDGET PALENGKE MEALS · PHILIPPINES

Ensaladang Talbos ng Kamote

Blanched sweet potato tops with tomato, onion and a sharp vinegar dressing.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and a welcome kick of heat.

PREP **10 min** COOK **2 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 2 min

COOK'S TIP Talbos is rich in iron, vitamin A and vitamin C — eat it with tomato and calamansi to help your body absorb the iron.

BUDGET PALENGKE MEALS · FILIPINO

Ensaladang Talbos ng Kamote

APPROX. PER SERVING | **120** kcal | **3 g** protein | **27 g** carbs | **0 g** fat | **4 g** fibre

INGREDIENTS

2 bunches	talbos ng kamote (sweet potato tops), leaves and tender stems
2	tomatoes, diced
1	red onion, sliced
3 tbsp	cane vinegar
1 tbsp	soy sauce
1 tsp	sugar
1	siling labuyo, chopped

METHOD

1. Blanch the talbos in boiling salted water for 30–60 seconds, then plunge into cold water and drain well.
2. Mix the vinegar, soy sauce, sugar and chilli.
3. Toss the greens with the tomatoes, onion and dressing. Serve with fried tofu or grilled eggplant.

Leftover rice isn't a problem. It's sinangag waiting to happen.



QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Ginisang Togue

Mung bean sprouts stir-fried with tofu, carrot and green beans.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE



Prep 10 min Cook 10 min

COOK'S TIP Cook the togue for as short a time as possible — crunch is the whole point.

Ginisang Togue

APPROX. PER SERVING · **270** kcal · **16 g** protein · **28 g** carbs · **12 g** fat · **10 g** fibre

INGREDIENTS

400 g 2 cups	togue (mung bean sprouts)
200 g	firm tofu, cut into strips
2 tbsp	oil
3 cloves	garlic, minced
1	onion, sliced
1	carrot, julienned
80 g ½ cup	green beans, sliced
1 tbsp	soy sauce
1 tbsp	vegan oyster-style sauce or extra soy

METHOD

1. Fry the tofu in the oil for 5 minutes until golden.
2. Add the garlic and onion for 2 minutes, then the carrot and beans for 2 minutes.
3. Add the togue and sauces and toss over high heat for 1–2 minutes — the sprouts should stay crunchy.
4. Season and serve.

The best diet is the one you enjoy enough to keep.



QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Adobong Sitaw

Yardlong beans braised adobo-style in soy, vinegar and garlic.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **5 min** COOK **15 min** SERVES **4**

TIME AT A GLANCE

Prep 5 min Cook 15 min

COOK'S TIP Leaving the vinegar unstirred for a couple of minutes softens its harsh raw edge — an old adobo trick.

BUDGET PALENGKE MEALS · FILIPINO

Adobong Sitaw

APPROX. PER SERVING | **170** kcal | **9 g** protein | **13 g** carbs | **10 g** fat | **4 g** fibre

INGREDIENTS

400 g 2⅓ cups	sitaw (yardlong beans), cut into 5 cm lengths
150 g	firm tofu, diced (optional)
2 tbsp	oil
6 cloves	garlic, crushed
3 tbsp	soy sauce
3 tbsp	cane vinegar
1	bay leaf
½ tsp	peppercorns, crushed
100 ml ½ cup	water
1 tsp	sugar

METHOD

1. Fry the tofu in the oil until golden, then add the garlic and fry until fragrant.
2. Add the sitaw and stir for 2 minutes.
3. Add the soy sauce, vinegar, bay leaf, pepper and water. Don't stir for 2 minutes so the vinegar cooks off.
4. Simmer for 6–8 minutes until the beans are tender and the sauce is reduced. Add the sugar and serve.

Good food is the most delicious form of kindness.



QUICK BUDGET

BUDGET PALENGKE MEALS · PHILIPPINES

Ginisang Repolyo

Sautéed cabbage with carrots, tofu and garlic.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget.

PREP **10 min** COOK **10 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min Cook 10 min

COOK'S TIP Add a handful of sotanghon (glass noodles) with a little extra water to stretch this into a bigger meal.

BUDGET PALENGKE MEALS · FILIPINO

Ginisang Repolyo

APPROX. PER SERVING | **140** kcal | **7 g** protein | **7 g** carbs | **10 g** fat | **2 g** fibre

INGREDIENTS

½	cabbage (repolyo), shredded
1	carrot, julienned
150 g	firm tofu, sliced
2 tbsp	oil
4 cloves	garlic
1	onion
1 tbsp	soy sauce or patis 471
60 ml ¼ cup	water

METHOD

1. Fry the tofu until golden. Add the garlic and onion and sauté for 2 minutes.
2. Add the carrot and cabbage and stir for 2 minutes.
3. Add the soy sauce and water, cover and cook for 3–4 minutes until just tender. Season with pepper.

Kain na! — Let's eat.



QUICK BUDGET SPICY

BUDGET PALENGKE MEALS · PHILIPPINES

Sinangag with Crispy Tofu

Golden garlic fried rice.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and kind to your budget, and a welcome kick of heat.

PREP **5 min** COOK **15 min** SERVES **3**

TIME AT A GLANCE

Prep 5 min Cook 15 min

COOK'S TIP Break up the cold rice with wet hands before frying so every grain gets coated in garlic oil.

BUDGET PALENGKE MEALS · FILIPINO

Sinangag with Crispy Tofu

APPROX. PER SERVING | **480** kcal | **16 g** protein | **60 g** carbs | **20 g** fat | **3 g** fibre

INGREDIENTS

600 g 3¾ cups	day-old cooked rice
1	whole garlic bulb, minced
3 tbsp	oil
200 g	firm tofu, diced
1 tsp	salt
3	spring onions, sliced
to serve	atchara and sinamak 475

METHOD

1. Fry the garlic in the oil over medium-low heat until golden. Lift out half for topping.
2. Fry the tofu in the garlic oil for 6 minutes until crisp.
3. Add the rice and salt and stir-fry over high heat for 5 minutes until hot and slightly toasted.
4. Top with the crispy garlic and spring onions and serve with atchara.

Half the Pinggang Pinoy plate is vegetables and fruit. Fill it with colour.
FNRI-DOST



BUDGET SPICY

BUDGET PALENGKE MEALS · PHILIPPINES

Spicy Banana Blossom "Sardinas"

Tender puso ng saging simmered in a spicy tomato sauce like the beloved canned sardinas.

WHY YOU'LL LOVE IT A dish that's kind to your budget, and a welcome kick of heat.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE

Prep 15 min Cook 25 min

COOK'S TIP Crumbled nori gives the "taste of the sea" that canned sardines have — a very cheap flavour trick.

Spicy Banana Blossom "Sardinas"

APPROX. PER SERVING | **180** kcal | **3 g** protein | **21 g** carbs | **10 g** fat | **3 g** fibre

INGREDIENTS

1	banana blossom (puso ng saging) or 2 × 500 g tins in brine
3 tbsp	oil
4 cloves	garlic, minced
1	onion, sliced
400 g	tomato sauce or chopped tomatoes
1 sheet	nori, crumbled
1 tbsp	soy sauce
2	long green chillies, sliced
1	bay leaf
1 tsp	sugar

METHOD

1. If fresh, remove the tough outer layers, slice the blossom and rub with salt, then squeeze and rinse to remove bitterness. Drain tinned blossom.
2. Fry the blossom in 2 tbsp oil for 6 minutes until lightly golden. Set aside.
3. Sauté the garlic and onion in the remaining oil for 3 minutes. Add the tomato sauce, nori, soy sauce, chillies, bay leaf and sugar.
4. Add the blossom and simmer for 12 minutes. Season.
5. Serve over rice or toss through misua noodles.

You don't have to be perfect to make a difference.



CHAPTER 13 · 10 RECIPES

High-Protein Plates

Tofu, tempeh, seitan and legumes, served generously.

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HIGH-PROTEIN SPICY

HIGH-PROTEIN PLATES · GLOBAL

Smoky Lentil & Walnut Burgers

Hearty, juicy burgers packed with lentils, walnuts and oats.

WHY YOU'LL LOVE IT A dish that's about 14 g of protein a serving, and a welcome kick of heat.

PREP **20 min** COOK **20 min** MAKES **6**

TIME AT A GLANCE

Prep 20 min Cook 20 min

COOK'S TIP Chilling the patties firms them up so they hold together when you flip them.

HIGH-PROTEIN PLATES · GLOBAL

Smoky Lentil & Walnut Burgers

APPROX. PER PIECE — **350** kcal | **14 g** protein | **42 g** carbs | **16 g** fat | **9 g** fibre

INGREDIENTS

400 g 2 cups	cooked brown or green lentils
70 g ⅔ cup	walnuts, toasted
60 g ⅔ cup	rolled oats
1	onion, finely chopped and fried
2 cloves	garlic
2 tbsp	soy sauce
1 tbsp	tomato purée
1 tsp	smoked paprika
1 tsp	ground cumin
2 tbsp	ground flaxseed mixed with 5 tbsp water
2 tbsp	oil
6	burger buns, with lettuce, tomato and pickles

METHOD

1. Pulse the walnuts and oats in a food processor until coarse.
2. Add half the lentils, the onion, garlic, soy, tomato purée, spices and flax mixture and pulse to a sticky paste. Stir in the remaining lentils.
3. Shape into 6 patties and chill for 20 minutes.
4. Fry in the oil for 4–5 minutes a side until crusted and hot through.
5. Serve in buns with your favourite fillings.

Kung may tiyaga, may nilaga.

FILIPINO PROVERB · WHERE THERE'S PERSEVERANCE, THERE'S STEW



HIGH-PROTEIN

HIGH-PROTEIN PLATES · GLOBAL

Tofu & Edamame Power Bowl

A big bowl of brown rice, crispy tofu, edamame and greens with a creamy peanut-miso dressing.

WHY YOU'LL LOVE IT A dish that's about 44 g of protein a serving.

PREP **20 min** COOK **25 min** SERVES **2**

TIME AT A GLANCE

Prep 20 min Cook 25 min

COOK'S TIP Make the components on Sunday and you have grab-and-go lunches for three days.

HIGH-PROTEIN PLATES · GLOBAL

Tofu & Edamame Power Bowl

APPROX. PER SERVING · **850** kcal · **44 g** protein · **97 g** carbs · **34 g** fat · **13 g** fibre

INGREDIENTS

150 g ¾ cup	brown rice or quinoa
300 g	extra-firm tofu, cubed
1 tbsp	cornflour
1 tbsp	oil
150 g 1 cup	shelled edamame
1	carrot, shredded
1	cucumber, sliced
2 handfuls	spinach or pechay
1 tbsp	sesame seeds

Dressing

2 tbsp	peanut butter
1 tbsp	white miso
1 tbsp	rice vinegar or calamansi juice
1 tsp	maple syrup
3 tbsp	warm water

METHOD

1. Cook the rice according to the packet.
2. Toss the tofu with the cornflour and salt and fry in the oil for 10 minutes until crisp.
3. Cook the edamame for 3 minutes. Whisk the dressing ingredients until smooth.
4. Divide the rice between bowls and top with the tofu, edamame, vegetables and greens.
5. Drizzle with the dressing and scatter with sesame seeds.

Eat food. Not too much. Mostly plants.

MICHAEL POLLAN, IN DEFENSE OF FOOD



QUICK HIGH-PROTEIN SPICY

HIGH-PROTEIN PLATES · INDONESIA

Sweet Soy Glazed Tempeh

Nutty tempeh slices fried crisp and glazed in sticky kecap manis, garlic and chilli.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 22 g of protein a serving, and a welcome kick of heat.

PREP **10 min** COOK **15 min** SERVES **3**

TIME AT A GLANCE

Prep 10 min Cook 15 min

COOK'S TIP Steaming tempeh first takes away its slight bitterness and helps it absorb the glaze.

Sweet Soy Glazed Tempeh

APPROX. PER SERVING | **350** kcal | **22 g** protein | **17 g** carbs | **25 g** fat | **6 g** fibre

INGREDIENTS

300 g	tempeh, sliced 5 mm thick
3 tbsp	oil
3 cloves	garlic, sliced
2	shallots, sliced
1	red chilli, sliced
3 tbsp	kecap manis
1 tbsp	soy sauce
1 tbsp	lime or calamansi juice
2 tbsp	water

METHOD

1. Steam or simmer the tempeh for 10 minutes to soften any bitterness. Pat dry.
2. Fry the tempeh in the oil for 3 minutes a side until golden. Lift out.
3. Fry the garlic, shallots and chilli for 2 minutes.
4. Add the kecap manis, soy, lime and water and bubble for 1 minute, then return the tempeh and toss until sticky.

Every plant-based meal is a small vote for the world you want.



HIGH-PROTEIN

HIGH-PROTEIN PLATES · PHILIPPINES

Pinoy BBQ Seitan Skewers

The sweet, smoky, banana-ketchup-glazed street skewer of every Filipino party, made with high-protein seitan.

WHY YOU'LL LOVE IT A dish that's about 17 g of protein a serving, and a taste of home, plant-based.

PREP **20 min + marinating** COOK **15 min** MAKES **8 skewers**

TIME AT A GLANCE



Prep 20 min + marinating Cook 15 min

COOK'S TIP Baste every time you turn — the layers of caramelised glaze are what make Pinoy BBQ irresistible.

HIGH-PROTEIN PLATES · FILIPINO

Pinoy BBQ Seitan Skewers

APPROX. PER SKEWER — **140** kcal · **17 g** protein · **12 g** carbs · **3 g** fat · **1 g** fibre

INGREDIENTS

500 g	seitan 493, in thin 3 cm slices
8	bamboo skewers, soaked

Marinade

5 tbsp	soy sauce
4 tbsp	banana ketchup 479
3 tbsp	brown sugar
2 tbsp	calamansi juice
4 cloves	garlic, minced
1 tsp	black pepper
1 tbsp	oil

METHOD

1. Mix the marinade, add the seitan and leave for at least 1 hour or overnight.
2. Thread the seitan onto the skewers, keeping the marinade.
3. Simmer the marinade in a small pan for 3 minutes until thick to make a basting sauce.
4. Grill over charcoal or in a griddle pan for 6–8 minutes, turning and basting often, until sticky and charred at the edges.
5. Serve with rice and sinamak 489.

Taste as you go. A recipe is a map, not the territory.



QUICK HIGH-PROTEIN

HIGH-PROTEIN PLATES · GLOBAL

Pepper-Crusted Tofu Steaks

Thick tofu steaks with a peppery crust, a mushroom-soy pan sauce and garlic greens.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 37 g of protein a serving.

PREP **15 min** COOK **15 min** SERVES **2**

TIME AT A GLANCE



Prep 15 min Cook 15 min

COOK'S TIP Press the tofu well — the less water, the better the crust.

HIGH-PROTEIN PLATES · GLOBAL

Pepper-Crusted Tofu Steaks

APPROX. PER SERVING | **560** kcal | **37 g** protein | **23 g** carbs | **38 g** fat | **8 g** fibre

INGREDIENTS

400 g	extra-firm tofu, pressed and cut into 4 thick slabs
2 tsp	coarsely cracked black pepper
2 tbsp	cornflour
2 tbsp	oil
150 g 2¼ cups	mushrooms, sliced
2 cloves	garlic
2 tbsp	soy sauce
100 ml ½ cup	vegetable stock
1 tbsp	vegan butter (optional)
200 g 1¼ cups	green beans or kangkong

METHOD

1. Season the tofu with salt and press the pepper onto both sides, then dust with cornflour.
2. Fry in the oil over medium-high heat for 4 minutes a side until crusted. Lift out.
3. Fry the mushrooms and garlic for 4 minutes, then add the soy and stock and bubble for 2 minutes. Stir in the butter.
4. Stir-fry or steam the greens. Serve the steaks with the sauce spooned over.

Peas, beans and lentils are among the lowest-emission proteins on Earth.

POORE & NEMECEK, SCIENCE, 2018



QUICK HIGH-PROTEIN SPICY

HIGH-PROTEIN PLATES · JAPAN & CHINA-INSPIRED

Edamame Sesame Noodles

Cold, slurpable noodles with shelled edamame, crunchy vegetables and a sesame-ginger dressing.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 24 g of protein a serving, and a welcome kick of heat.

PREP **10 min** COOK **10 min** SERVES **2**

TIME AT A GLANCE



Prep 10 min Cook 10 min

COOK'S TIP Rinsing soba in cold water removes surface starch so the noodles stay springy, not gluey.

HIGH-PROTEIN PLATES · CHINESE

Edamame Sesame Noodles

APPROX. PER SERVING **670** kcal **24 g** protein **104 g** carbs **19 g** fat **11 g** fibre

INGREDIENTS

200 g	soba or whole-wheat noodles
200 g 1¼ cups	shelled edamame
1	carrot, julienned
½	cucumber, julienned
2	spring onions

Dressing

2 tbsp	tahini
2 tbsp	soy sauce
1 tbsp	rice vinegar
1 tsp	sesame oil
1 tsp	ginger, grated
1 tsp	sugar
1 tsp	chilli oil (optional) 477

METHOD

1. Cook the noodles, adding the edamame for the last 3 minutes. Drain and rinse under cold water.
2. Whisk the dressing ingredients with 2 tbsp water.
3. Toss the noodles and edamame with the vegetables and dressing. Top with spring onions.

Cook once, eat twice — tomorrow's lunch will thank you.



QUICK HIGH-PROTEIN

HIGH-PROTEIN PLATES · GLOBAL

Chickpea "Tuna" Sandwiches

Mashed chickpeas with vegan mayo, celery, pickles and a sheet of nori for that seaside flavour.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 15 g of protein a serving.

PREP **10 min** COOK **0 min** SERVES **4**

TIME AT A GLANCE

Prep 10 min No cooking

COOK'S TIP The filling keeps for 3 days in the fridge — great for baon.

HIGH-PROTEIN PLATES · GLOBAL

Chickpea "Tuna" Sandwiches

APPROX. PER SERVING | **360** kcal | **15 g** protein | **61 g** carbs | **5 g** fat | **11 g** fibre

INGREDIENTS

2 × 400 g tins	chickpeas, drained
4 tbsp	vegan mayonnaise
1 tsp	Dijon mustard
1 tbsp	lemon or calamansi juice
1 stick	celery, finely diced
2 tbsp	pickles or atchara, chopped
½ sheet	nori, crumbled
8 slices	wholegrain bread
1 handful	lettuce

METHOD

1. Mash the chickpeas roughly with a fork.
2. Stir in the mayonnaise, mustard, lemon, celery, pickles and nori. Season with salt and pepper.
3. Spread onto bread with lettuce and sandwich together.

Colour on the plate is flavour on the fork.



QUICK HIGH-PROTEIN SPICY

HIGH-PROTEIN PLATES · SOUTHEAST ASIA

Peanut Tofu Stir-Fry

Golden tofu and crunchy vegetables in a glossy, spicy peanut sauce.

WHY YOU'LL LOVE IT A dish that's on the table in about half an hour, and about 27 g of protein a serving, and a welcome kick of heat.

PREP **15 min** COOK **15 min** SERVES **3**

TIME AT A GLANCE

Prep 15 min Cook 15 min

COOK'S TIP Whisk the peanut butter with the liquids first so the sauce is smooth and doesn't seize.

HIGH-PROTEIN PLATES · GLOBAL

Peanut Tofu Stir-Fry

APPROX. PER SERVING — **450** kcal | **27 g** protein | **20 g** carbs | **31 g** fat | **6 g** fibre

INGREDIENTS

400 g	extra-firm tofu, cubed
1 tbsp	cornflour
2 tbsp	oil
1	red bell pepper, sliced
1 head	broccoli, in florets
2	spring onions

Sauce

3 tbsp	peanut butter
2 tbsp	soy sauce
1 tbsp	sweet chilli or brown sugar
1 tbsp	calamansi or lime juice
1 clove	garlic, grated
100 ml ½ cup	water
2 tbsp	crushed peanuts

METHOD

1. Toss the tofu in cornflour and fry in the oil for 8–10 minutes until crisp. Lift out.
2. Stir-fry the broccoli and pepper for 4 minutes with a splash of water.
3. Whisk the sauce ingredients, pour into the pan and bubble for 1 minute.
4. Return the tofu, toss to coat and top with peanuts and spring onions. Serve with rice.

A squeeze of calamansi fixes almost anything.



HIGH-PROTEIN

HIGH-PROTEIN PLATES · UK

Lentil Shepherd's Pie

A cosy pie of rich lentil and mushroom gravy under fluffy mashed potato and kamote.

WHY YOU'LL LOVE IT A dish that's about 17 g of protein a serving.

PREP **20 min** COOK **60 min** SERVES **6**

TIME AT A GLANCE

Prep 20 min Cook 60 min

COOK'S TIP Rough up the mash with a fork — all those ridges turn crisp and golden in the oven.

HIGH-PROTEIN PLATES · GLOBAL

Lentil Shepherd's Pie

APPROX. PER SERVING | **430** kcal | **17 g** protein | **64 g** carbs | **12 g** fat | **16 g** fibre

INGREDIENTS

2 tbsp	olive oil
1	onion, 2 carrots and 2 celery sticks, diced
250 g 3½ cups	mushrooms, chopped
2 tbsp	tomato purée
250 g 1⅓ cups	dried green or brown lentils
800 ml 3⅓ cups	vegetable stock
2 tbsp	soy sauce
1 tsp	dried thyme
150 g 1 cup	frozen peas

Mash

700 g 4⅔ cups	potatoes, peeled
400 g 3 cups	sweet potatoes (kamote), peeled
3 tbsp	olive oil or vegan butter
100 ml ½ cup	soy milk

METHOD

1. Fry the vegetables in the oil for 10 minutes, add the mushrooms for 5 minutes, then the tomato purée.
2. Add the lentils, stock, soy and thyme. Simmer for 30 minutes until thick and tender. Stir in the peas and season.
3. Boil the potatoes for 20 minutes, drain and mash with the oil, milk and salt.
4. Heat the oven to 200°C. Spread the lentils in a baking dish, top with the mash and rough it up with a fork.
5. Bake for 25 minutes until golden.

Progress, not perfection. Every meal counts.



HIGH-PROTEIN SPICY

HIGH-PROTEIN PLATES · PHILIPPINES

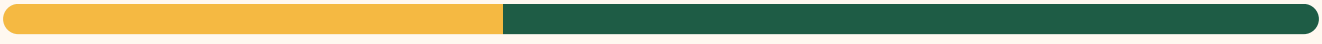
Spicy Soy Chunk Adobo

Chewy soy chunks braised in a garlicky, peppery adobo sauce.

WHY YOU'LL LOVE IT A dish that's about 21 g of protein a serving, and a welcome kick of heat, and a taste of home, plant-based.

PREP **15 min** COOK **25 min** SERVES **4**

TIME AT A GLANCE



Prep 15 min Cook 25 min

COOK'S TIP Squeeze the soaked chunks really hard — the drier they are, the more adobo sauce they drink up.

HIGH-PROTEIN PLATES · FILIPINO

Spicy Soy Chunk Adobo

APPROX. PER SERVING | **260** kcal | **21 g** protein | **19 g** carbs | **11 g** fat | **6 g** fibre

INGREDIENTS

150 g 3 cups	dried soy chunks
3 tbsp	oil
1	whole garlic bulb, crushed
1	onion, sliced
5 tbsp	soy sauce
5 tbsp	cane vinegar
2	bay leaves
1 tsp	whole peppercorns
1 tbsp	brown sugar
300 ml 1¼ cups	water
2	siling labuyo (optional)

METHOD

1. Soak the soy chunks in boiling salted water for 10 minutes. Squeeze out as much water as possible.
2. Fry the chunks in 2 tbsp oil for 6–8 minutes until browned. Lift out.
3. Fry the garlic and onion in the remaining oil for 3 minutes.
4. Add the chunks, soy, vinegar, bay, peppercorns and chillies. Simmer for 2 minutes without stirring.
5. Add the sugar and water and simmer for 12 minutes until the sauce is reduced and glossy. Serve with rice.

Pag may isinuksok, may madudukot.

FILIPINO PROVERB · PUT A LITTLE AWAY, AND YOU'LL HAVE SOMETHING TO DRAW ON

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About the evidence. Figures are rounded and quoted from the sources above as fairly as possible. Environmental figures are global averages; local impacts vary. Health information is general and is not a substitute for professional advice — please consult your doctor or a registered nutritionist-dietitian about your own needs.

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Start the challenge

The 30-day challenge starts on page 51. Come back to these links each week for encouragement.

Budget first

Peso-saving tips are on page 61, and palengke meals on page 497.

Salamat sa pagluluto kasama ko.

Paolo Fernand Estrabo

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Image credits & notes

Author

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Photography

Photographs of adobo, sisig, kare-kare, sinigang and halo-halo — including the cover, “From my table” pages and those recipe and chapter photos — are natural, everyday food photographs from Paolo’s table. Other recipe and chapter photographs are illustrative serving photos created for this book, styled to look like home cooking rather than a studio shoot. Your results may look a little different (and taste even better).

Infographics & illustrations

All charts, tables, plate diagrams, the spice wheel, pantry jars, calendars and leaf motifs were designed and drawn for this book.

Nutrition estimates

The per-serving nutrition line on each recipe is an approximate estimate calculated from standard food-composition values (USDA FoodData Central and similar tables) for the listed ingredients. Optional garnishes, oil left in the pan and brand differences are not counted. Use it as a guide, not as a precise figure. Cup equivalents are rounded.

Data sources

Environmental charts on pages 18–19 use data from Poore & Nemecek (2018), Science, via Our World in Data (CC BY). Protein values on page 29 are approximate figures based on USDA FoodData Central (public domain). Full references are on page 546. Cooking times, seasons, storage times and relative prices are practical approximations and vary with ingredients, region and equipment.

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A note on labels

Every recipe is designed to be fully vegan, but packaged ingredients — noodles, wrappers, curry pastes, gochujang, sauces, biscuits, tea mixes, wine and sugar — vary by brand. Always check the label.

Health information

The health and nutrition pages offer general information only and are not a substitute for advice from a doctor or registered nutritionist-dietitian. Please seek professional advice before making significant dietary changes, especially if you are pregnant, breastfeeding, feeding children or managing a medical condition.

Safety

Take care with hot oil, caramel and sharp knives, and keep children supervised in the kitchen.

Salamat, and happy cooking! — Paolo Fernand Estrabo (@ecoveganpaolo)