

little 
broccoli
making small green changes

Vegan Food To Go

NEW TASTY RECIPES
snacks, lunch and more



www.littlebroccoli.com



About Our Recipes

We are back again with 9 new tasty recipes, all perfect for food on the go! Having such great new foods to try gives you the perfect reason to showcase your sustainable bamboo travel cutlery.

These are simple yet delicious plant-based recipes designed to make vegan food accessible and enjoyable. Since the recipes are packed with fruits and vegetables it is easy to swap ingredients to include your favourites. We designed these recipes whilst living in Bali with limited access to vegan alternative products. This means that you should have no problem finding all of the ingredients in your local shops wherever you are in the world.

If you haven't had the chance to check out our first recipe e-book *Vegan Bowl Recipes* by little broccoli, please visit our website. The e-book contains 12 delicious recipes designed for enjoying from our little broccoli coconut bowls, they are not to be missed!

Thanks for supporting us with your purchase. We hope you enjoy these recipes as much as we do and are glad you are joining us making small green changes.

Enjoy Reading and Cooking!



Overview

Breakfast Pots	4
4 Ingredient Banana Cake	6
Spicy Green Hummus	7
Fresh Summer Rolls	8
Chickpea Tuna Mash	10
Best Ever Potato Salad	11
Colourful Pasta Salad	12
Not-So-Classic BLT	13
Crispy Tempeh Nuggets	14



Breakfast Pots

Page 1/2



These delicious little pots of goodness are super healthy, really tasty and versatile too. Not only can you change the fruit combinations for yummy new flavours, they also make great snacks or desserts! We tend to use whatever fruit is left in the house or anything that is in season. Our breakfast 'pots' are old jam jars that we have re-used. For a slightly less beautiful but incredibly tasty pot use your almost empty, unwashed nut butter jars. Simply make your pots up to 3 days in advance and they are ready to enjoy straight from the jar at home, work, school... anywhere!

Ingredients

Basic Smoothie Recipe

- Small handful of soft fruits such as banana, mango, pineapple or berries
- Optional green veggies such as spinach or kale
- 150ml plant milk or coconut water

For the Pots

- 1 ½ tablespoon chia seeds
- 1 tablespoon porridge oats (quick cook oats will give a smoother, creamier texture but any will do!)
- Toppings such as fruit, granola, nuts, coconut flakes etc.



TOP TIP!

You can use your favourite smoothie recipe to make the chia layer. Simply add a third more liquid than you would usually and omit any ice the recipe calls for.

...



Breakfast Pots

Page 2/2

Instructions

...

Blend your choice of smoothie ingredients until completely mixed. This should be a thin smoothie mixture as the oats and chia will absorb a lot of the liquid.

Mix the oats and chia seeds into the smoothie mix.

Next is all about building your breakfast pots: The chia smoothie will be the bottom layer of your breakfast pot. Pour your mixture into an empty jar. Create the next layer using your favourite chopped fresh or frozen fruit. We like to keep the pieces of fruit quite small so we can get a good combo of flavours with each bite. Leave some space at the top of the jar.

Just before serving (or before leaving the house) you can add your final layer. This is the crunch! Think granola, cereal, nuts or even crumbled cookies.





4 Ingredient Banana Cake



There are thousands of banana bread and banana cake recipes all over the internet, so what makes this one so special? Well, it has only 4 ingredients, is sugar free, 100% vegan and is ready for the oven in less than 5 minutes.

Ready to try it out?! Let's go...

Ingredients

- 3 large over-ripe bananas, mashed
- 125ml coconut oil (liquid)
- 200g baking flour
- 2 teaspoons baking powder

OPTIONAL

- 8 pitted dates
- A handful of dried fruits e.g., cranberries, raisins, or sultanas
- A handful of chopped nuts e.g., walnuts, pecans or cashews
- A few drops of vanilla essence or 1 drop of vanilla extract



Instructions


Combine the mashed bananas with the melted coconut oil in a mixing bowl. If you have a smoothie maker or blender you can throw in the whole bananas, add the coconut oil and blitz for 10 seconds. It's a bit lazy but it's super quick and mess free!

Add all the dry ingredients to the mixing bowl and stir. You don't need to mix it together for long, it should all combine pretty quickly.

Rub a little coconut oil on the inside of a 20cm baking tin and sprinkle with a little flour. This will stop the banana cake from sticking. Pour the mixture into the baking tin and place in the oven at 180 degrees for around 25 mins.

Once cooked the cake should be a golden-brown colour and springy soft to the touch.

As we have oiled and floured the tin it should be easy to pop the cake out and onto a rack to cool. You can enjoy the banana cake warm from the oven, sprinkled with a little icing sugar, or even smeared with peanut butter.



Spicy Green Hummus



Hummus is life, right?! Of course, there are lots of amazing hummus options available in supermarkets, however this recipe is perfect for using up leftovers. We cannot be the only ones who always seem to half a can of chickpeas and an avocado that's just about to give up on life hiding in the back of the fridge. As this recipe uses avocado instead of tahini it isn't a traditional hummus, however it's just as delicious and even cheaper to make!



Ingredients

- 1 ripe avocado
- ½ can chickpeas, drained
- A few leaves of spinach
- 1 tablespoon jalapeños
- 1 large clove garlic, peeled
- 2 tablespoons olive oil
- 1 lime, juiced
- Salt and pepper to taste
- Veggies of your choice to serve

Instructions

Combine all ingredients in a blender and pulse gently. You may need to scrape the sides a couple of times. It's up to you how much you blend the hummus - we think it works best when it's not quite smooth.

Serve with sticks of your favourite vegetables or even some corn chips.

Top Tip!

Just add more jalapeños if you like it spicy!



Fresh Summer Rolls

Page 1/2



Vietnamese food is an all-time favourite and that includes a serious addiction to summer rolls. They taste so fresh and healthy and are pretty easy to make. Rolling them can be a bit fiddly but that's all part of the fun. We usually use either tofu or tempeh in our summer rolls however you could use practically anything. I'm thinking ready to eat chick'n style pieces or even leftover pulled jackfruit... Yum!



Ingredients

- Rice paper wraps
- 100g rice noodles
- 100g tofu or tempeh, both work well
- ¼ cucumber, thinly sliced
- A few leaves lettuce, shredded
- A few leaves red cabbage, shredded
- A small handful of fresh mint
- A small handful of beansprouts
- 1 small carrot, grated or thinly sliced
- A small handful of peanuts
- Splash of soy sauce
- ½ a lime

Top Tip! Most big supermarkets will sell the rice paper rolls, however we highly recommend looking for a local Asian supermarket. Not only are they usually cheaper they are often vegan goodie heaven with lots of cool veggies and mock meat options.



Instructions

Firstly, prepare the rice noodles. You can simply soak them in hot water for about 5 to 10 minutes. We recommend you follow the instructions on the packet to be sure. Once softened, drain, and set them aside.

Next, cook the tofu or tempeh. Cut into approximately 1cm cubes and fry in a little oil for 4 minutes. Once browned add a splash of soy sauce and the juice of ½ lime and cook for one more minute.

Thinly slice the cucumber, lettuce, carrots, and red cabbage.

...





Fresh Summer Rolls

Page 2/2

...

To assemble the summer rolls, pour boiled water into a shallow dish and immerse the rice paper to soften for about 10-15 seconds. Only do 1 sheet at a time as they can get sticky and break easily.

Lay the softened paper onto a clean, damp tea towel.


You should start adding your filling to the bottom third of the wrap starting with the noodles, then veggies and finally your tempeh or tofu and a sprinkle of peanuts.

Gently fold over the bottom section of the wrap, covering the filling, and fold in the sides. Continue to roll to wrap until it has sealed itself together.

Place the rolls face down so you cannot see where the wrap is joined. Cover with a damp tea towel as you prepare the others.

Serve with your favourite dipping sauce. We recommend sriracha or an equal mix of soy sauce and rice vinegar.





Chickpea Tuna Mash



All the taste and comfort of tuna mayonnaise without any of the nasties and 100% fish free! This recipe is surprisingly similar in taste to the non-vegan version. Crunchy peppers and sweetcorn, creamy mayo and crumbly chickpeas... what a great combo!



Ingredients

- ½ can chickpeas, drained
- ½ red onion, diced
- ½ can sweetcorn, drained
- ½ red pepper, diced
- 1 tablespoon apple cider vinegar
- 3 tablespoons vegan mayonnaise
- Salt and pepper
- Small sheet of seaweed, crumbled (optional)

Top Tip!

The optional addition of some crumbled seaweed gives the recipe a very slight taste of the ocean!



Instructions

Gently mash the chickpeas in a bowl. You can pulse them in a blender but make sure they do not turn into a paste. The chickpeas should be mushy but with some texture.

Add the peppers, sweetcorn and onion. Once combined add the apple cider vinegar and mayonnaise.

Finally, add salt and pepper to taste.

If you are going to use some seaweed you can add this now. Don't use too much as the flavour is strong. You may also want to reduce the salt as the seaweed is quite salty anyway.

Enjoy with bread, baked potatoes or on top of a leafy green salad.



Best Ever Potato Salad



There are so many amazing ways to prepare potatoes and that is probably why potato salad is such an underrated dish. It's so easy to reach for familiar things like wedges or chips however discovering German style potato salad has been an absolute game changer. It's so delicious! We enjoy it served with things like falafel, vegan meatballs or any leftover bits from previous dinners. It should last a few days in the fridge although it's so tasty it probably won't!



Ingredients

- 600g white potatoes, any waxy variety
- 1 gala or cox apple, finely diced
- 8 big gherkins, finely diced
- ½ white onion, finely diced
- 6 tablespoons vegan mayonnaise
- 2 tablespoons of the pickling liquid from the gherkin jar
- Salt and pepper to taste
- Dill to garnish (optional)

Instructions

Peel the potatoes and cut them into halves. Fill a saucepan with water and a teaspoon of salt. Bring to the boil.

Once boiling add the potatoes and allow to cook. This should take about 20 minutes. The potatoes should be cook thoroughly but not crumbly. Immediately cool them.

Dice the apple and gherkins. Finely chop the onion. Once the potatoes have cooled cut them into small cubes.

Top Tip! One of the key parts to this recipe is the preparation. Perfectly small cubes of apple, gherkin and onion mean that you get a burst of flavour in every bite later.

Add the chopped potatoes, apples, gherkins and onions into a bowl and gently stir. Add half the mayonnaise and 2 tablespoons of the gherkin liquid. Continue to gently mix together. Finally add the remaining mayonnaise and season to taste.

Refrigerate for at least 1 hour before serving.



Colourful Pasta Salad



Pasta salad is such a great food to enjoy on the go, especially because it lasts really well even if you don't put it in a fridge. The first time we decided to put kidney beans in a pasta salad it was a bit of a controversial decision however we promise this pasta salad is super tasty! Of course, you can substitute any of the ingredients from the recipe to put your own spin on it.



Ingredients

- 250g fusilli pasta (dried weight)
- ½ can sweetcorn, drained
- ½ can kidney beans, drained
- ½ red pepper diced
- 3 spring Onion finely chopped
- 4 tablespoons peas, cooked
- 8 sundried tomatoes in oil, drained
- 4 tablespoons vegan mayonnaise
- 8 sliced black olives (optional)

Don't forget to tag [@thelittlebroccoli](https://www.instagram.com/thelittlebroccoli) in your photos on social media so we can see and share your creations!!!

Instructions

Cook the pasta according to the label instructions. Remember to salt the water generously. We like to cook it al dente as it continues to soften once drained. Some recipes suggest running under cold water too cool. We don't recommend that as it can make the pasta a little tasteless.

Add all the vegetables, including the sundried tomatoes, and mix well.

Stir in the kidney beans and mayonnaise. Season to taste.

Optional: Add chopped black olives on top to serve.



Not-So-Classic BLT



There is something especially comforting about a chunky sandwich made with fresh bread, crisp salad and that slightly burnt, smoky bacon flavour. Tempeh is an awesome all-round meat alternative and it works really well as the bacon in this recipe. For that extra crisp bacon texture, we suggest you shallow fry the tempeh. However, if you are looking for a healthier alternative you can bake it in the oven.

Ingredients

For the Bacon

- 100g Tempeh thinly sliced
- 1 teaspoon liquid smoke
- 1 teaspoon tomato ketchup
- 2 teaspoons soy sauce
- 1 ½ tablespoons olive oil

For the Sandwich

- Bread of your choice
- Lettuce
- Tomato
- Vegan Mayonnaise
- Pepper to taste

Top Tip! If you choose to oven bake the tempeh, make sure you keep a close eye on it as the thinly sliced tempeh can burn very quickly. The odd black bit here and there won't hurt and is actually quite yummy!



Instructions


Mix the liquid smoke, tomato ketchup and soy sauce in a small bowl. Set aside.

Thinly slice the tempeh.

Heat the oil in a frying pan and once hot gently add the tempeh slice by slice. Allow to cook for about 2 minutes on each side. Add half of the sauce and cook for a further minute. Turn the tempeh, add the remaining sauce, and cook for 1 minute.

From here it really is just building the sandwich to your taste.

We recommend a huge smear of mayonnaise followed by the lettuce and tomato. Top with the slices of tempeh bacon and the final piece of bread. Enjoy!



Crispy Tempeh Nuggets



These crispy tempeh nuggets are perfect for lunch, dinner and of course as a snack. You can prepare them in advance or enjoy them fresh out of the oven with your favourite sauce to serve. We like to shallow fry them briefly to make them extra crispy and golden however you can transfer them straight to the oven for a healthier option.

Ingredients

- 1 block tempeh (approx. 250g)
- 5 tablespoons panko breadcrumbs
- 2 tablespoons nutritional yeast
- ½ teaspoon onion powder
- ½ teaspoon paprika powder
- 3 tablespoons cornflour
- 50ml soy milk
- Pinch of salt and pepper
- Olive oil for frying
- Your favourite sauce to serve, we like BBQ, Chili or Salsa

Top Tip!

Try serving your crispy nuggets between slices of bread for the ultimate comfort food sandwich!

Instructions

Cut the tempeh into pieces, approx. 3cm square.

Mix together the breadcrumbs, nutritional yeast, onion powder, paprika powder, salt and pepper.

Prepare 3 bowls or plates each containing the flour, milk and the breadcrumb mix. Dip the tempeh in the flour and shake off any excess. Next gently dip the tempeh in the soy milk allowing the milk to cover all sides. Finally move the tempeh to the breadcrumbs and gently coat the nugget several times. Repeat the process and set to one side.

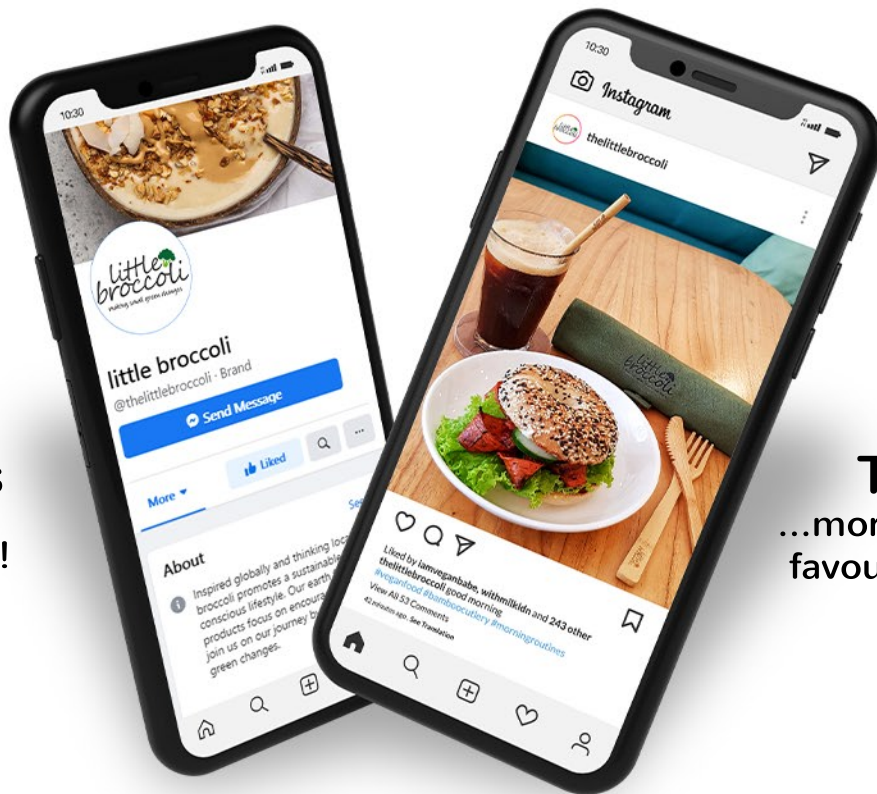
Shallow fry for about 3 minutes on each side ensuring they do not burn.

Transfer to the oven at 180 degree for 10 minutes. The nuggets should be golden brown and crispy on the outside.



Social Media

As we are a small business helping us to share our story and products means so much. We would love it if you could share your purchases on social media and leave us a review wherever you bought your products.



Follow Us
...and share
your creations!

Tell Us
...more about your
favourite recipes!



@thelittlebroccoli
www.littlebroccoli.com



Thank You!

Copyright © 2021 by little broccoli

All rights reserved. No parts of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review.

www.littlebroccoli.com

little broccoli

making small green changes

INSPIRED GLOBALLY - THINKING LOCALLY



@thelittlebroccoli
www.littlebroccoli.com

