

# VEGANUARY IDEAS

*Ollie Bragg*



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**SERVES 4**

## For the Satay Tofu

**Dietary requirements: Dairy-free, Egg-free, Vegan**

### Ingredients

- **800g/1lb 12 oz tofu, drained and cut into 2cm (scant 1 inch) cubes**
- **Cornflour for dust**
- **100ml/generous 1/6 pint rapeseed oil**
- **128g/4 1/2 oz salted peanut butter**
- **30-45ml/2-3 tbsp soy sauce**
- **1-2 tbsp maple syrup (or other sweetener of choice)**
- **1/2-1 tsp chilli flakes**
- **3 tbsp lime juice**
- **60ml/4 tbsp water (to thin)**



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## Method

- 1. Spread the tofu cubes on a large plate or shallow bowl and dust with cornflour, shaking and turning them to coat.**
- 2. Add the oil to a deep frying pan or wok and heat over a medium flame. Prepare some kitchen roll on a plate.**
- 3. Shake off the excess cornflour from the tofu cubes and add the tofu to the pan/wok once the oil is hot.**
- 4. Fry until golden and crisp before transferring to the kitchen roll lined plate.**

## For the satay sauce

- 1. Add all the remaining ingredients to a large mixing bowl and whisk to combine. You could also use an electric hand blender. Add more water if it is too thick.**
- 2. Add a saucepan and gently heat. You could also serve cold.**
- 3. Serve over the crispy tofu with an Asian style salad or stir-fry veg.**



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## For the Vegan Pesto

**Dietary requirements: Dairy-free, Egg-free, Vegan**

### Ingredients

- **Fresh basil**
- **Pine nuts (walnuts, almonds optional)**
- **½ -1 clove garlic**
- **Nutritional yeast (can be found in most supermarkets)**
- **Spinach (optional)**

### Method

- 1. Crush the nuts in a pestle and mortar or food blender**
- 2. Chop the garlic and add to the nuts**
- 3. Add the basil leaves to the mix**
- 4. Add 2 tbsps of nutritional yeast to the mix**
- 5. Add a glug of extra virgin olive oil**
- 6. Add water to thin**
- 7. Add a squeeze of lemon juice and a pinch of salt**
- 8. Blitz in a food processor**



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## For the Vegan Cheese Sauce

**Dietary requirements: Dairy-free, Egg-free, Vegan**

### Ingredients

- **90ml/3fl oz water + 1 tbsp**
- **3 tbsp tahini (sesame paste)**
- **1 tbsp nutritional yeast flakes (sold in good health stores)**
- **½ tbsp fresh lemon juice**
- **1 small shallot or ¼ small red onion, finely chopped**
- **½ tsp yeast extract or more if using low-salt variety**

### Method

- 1. Combine all ingredients and blend until smooth.**
- 2. Heat gently, without boiling, before pouring over food.**

**OUR THANKS TO OLLIE BRAGG FOR THIS GUIDE.**

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