



Easy Vegan Recipes Meal Plan: Rough Measures

Beetroot Bourguignon

Spiced Carrot Cashew Salad

Yellow Bean Tomato Gazpacho

Asian Kale Salad with Ginger Dressing

Beetroot and Orange Salad with Creamy Mint Dressing

Produce

- shallots (2)
- garlic cloves (2) (2) (2)
- beetroot (3 large) (5)
- carrots (2) (3 large) (1)
- sweet potato (1 small)
- cucumber (1)
- vine-ripened tomatoes (2-4 large)
- red onion (1/2)
- red chilli (1)
- limes (2) (2)
- yellow tomatoes (1 package)
- kale (large bunch)
- red cabbage (1/4 C)
- spring onions (2)
- ginger (1 piece)
- onion (1/2)
- oranges (2)
- lemon (1/2)

Herbs

- fresh thyme (a few sprigs)
- Thai Basil (small bunch) (handful)
- kaffir lime leaves (5)
- fresh mint (handful)

Spices

- bay leaves (2)
- cumin seeds (2 t)
- fennel seeds (2 t)
- ground turmeric (1 t)

Pasta & Grains

- pearl barley (3/4 C)
- cashews (1 1/2 C, 150 g)

Nuts & Seeds

- peanuts (handful)
- sesame seeds (1 T)

Pantry Items

- olive oil (2 T) (drizzle) (1 C) (3 T)
- tomato puree/paste (2 T)
- harissa (1 T)
- vegetable stock (500 ml, about 2 C)
- agave or honey (1 T)
- desiccated coconut/flakes (100g, 1 C)
- cannellini beans (1 can)
- red wine vinegar (1 T)
- balsamic vinegar (balsamic vinegar)
- soy sauce or tamari (1/2 C)
- rice wine vinegar (1/4 C)
- cashew butter (2 T)
- apple cider vinegar (1 t)
- maple syrup (1 T)