



Vegan Recipes





Index

	Page
Vegan Pasta Bowl with Tofu, Avocado & Kimchi	3-4
Fresh Vegan Sundried Tomato & Basil Ravioli with Kale Pesto, Peas & Broccolini	5-6
Gluten Free Gnocchi with Roasted Pumpkin, Shallots, Kale & Pine Nuts	7-8
Fresh Vegan Roast Capsicum & Olive Ravioli with Creamy Tomato Sauce	9-10
Spelt Pasta Nourish Bowl with Avocado Hummus	11-12
Vegan Mac 'n' Cheese with Kale Chips	13-14
Vegan Roast Veggie Lasagna	15-16
Tabouli and Chickpea Pulse Salad	17-18
Gluten Free Vegan Lentil Bolognese	19-20
Creamy Vegan Capsicum Pulse Penne	21-22



Vegan Pasta Bowl with Tofu, Avocado & Kimchi

Ingredients:

- 250g San Remo Spirals (half a 500g packet)
- 2 tbsp soy sauce
- 2 tsp sesame oil
- 2 tsp olive oil
- 2 tbsp sesame seeds
- ¼ bunch chives, thinly sliced
- 1 avocado, halved and thinly sliced
- 8 snow peas, blanched and thinly sliced
- ½ cup store bought kimchi
- 200g silken tofu, cubed
- ¼ bunch coriander, leaves picked and washed



Method:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Allow to cool and dress with 1 tbsp soy sauce, 1 tsp sesame oil, 1 tsp olive oil and half of the sesame seeds and chives.
2. Begin to arrange the pasta bowl; start by dividing the pasta into two bowls, then arrange the avocado, snow peas and kimchi around the bowl in a circular motion.
3. Marinate the tofu in 1 tbsp soy sauce, 1 tsp sesame oil and 1 tsp olive oil.
4. Into a frypan, on medium heat, add some sesame oil and tofu and cook for 2-3 minutes or until golden.
5. Arrange the tofu last in the middle of the bowl, sprinkle remaining sesame seeds, chives and coriander over the bowls.



prep time
15



cook time
10



serves
2



Fresh Vegan Sundried Tomato & Basil Ravioli with Kale Pesto, Peas & Broccolini

Ingredients:

San Remo Fresh Vegan Sundried Tomato & Basil Ravioli 400g
1 bunch broccolini, roughly chopped
100g frozen peas
Salt and pepper, to taste
Toasted breadcrumbs, to garnish

Kale Pesto:

150g kale leaves, boiled, squeezed of excess moisture and roughly chopped
1 garlic clove
1/3 cup vegan parmesan or nutritional yeast
3 tbsp pine nuts
1/2 cup extra virgin olive oil



Method:

1. To make the kale pesto, place all ingredients into a food processor or hand blender and blitz until a rough paste forms.
2. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
3. Add the broccolini and peas to the boiling water for the last 2 minutes of cooking.
4. Drain pasta, broccolini and peas, retaining 1/2 cup of the cooking water.
5. Return the pasta, broccolini and peas to the saucepan and add 4 tbsp of pesto.
6. Toss to combine, adding pasta cooking water to loosen to desired consistency and season with salt and pepper.
7. Serve the pasta with a garnish of breadcrumbs.



prep time
15



cook time
10



serves
2



Gluten Free Gnocchi with Roasted Pumpkin, Shallots, Kale & Pine Nuts

Ingredients:

San Remo Gluten Free Gnocchi 500g
400g pumpkin, diced into 2cm cubes
2 shallots, peeled and quartered
6 oregano sprigs, leaves removed
2 tbsp olive oil
Salt and pepper, to taste
4 kale leaves, stems removed and torn into bite sized pieces
80g pine nuts, toasted
Dukkah, to garnish



Method:

1. Pre-heat oven to 190°C and line a baking tray with baking paper.
2. Place pumpkin, shallots and oregano in a medium bowl. Add 1 tbsp olive oil and season with salt and pepper.
3. Transfer to lined baking tray and roast for 20 minutes or until vegetables are browned and cooked through.
4. Meanwhile, place kale on a separate tray (no oil) and roast for 10 minutes, or until crisp.
5. Into a pot of boiling salted water, add the gnocchi and cook as per packet directions.
6. Heat 1 tbsp olive in a large frypan over medium / high heat. Add gnocchi and sauté until golden and crisp.
7. Add pumpkin, shallots and pine nuts and toss to combine.
8. Serve with a sprinkle of the crisp kale and dukkah.



prep time
10



cook time
30



serves
4



Fresh Vegan Roast Capsicum & Olive Ravioli with Creamy Tomato Sauce

Ingredients:

- San Remo Fresh Vegan Roast Capsicum & Olive Ravioli 400g
- 1 tbsp olive oil
- 1 small brown onion, finely chopped
- 2 cloves garlic, crushed
- 2 tsp fresh rosemary, finely chopped
- $\frac{1}{2}$ cup cashews, soaked in boiling water for 15 mins
- 400g tin crushed tomatoes
- 2 tbsp tomato paste
- Salt and pepper, to taste
- $\frac{1}{2}$ cup baby rocket leaves



Method:

1. Heat olive oil in a sauté pan over a low heat and add onion, garlic and rosemary, stirring until well coated.
2. Cover and cook for 10 minutes or until onion is tender.
3. Place cooked onion mixture into a food processor or blender with drained cashews, tinned tomatoes and tomato paste, processing mixture until smooth and creamy.
4. Return mixture to pan and cook for a further 5 minutes over a medium heat, stirring occasionally. Season with salt and pepper.
5. While the sauce is cooking, into a pot of boiling salted water, add the pasta and cook as per packet directions.
6. Add cooked, drained pasta to creamy tomato sauce, stirring gently until well coated.
7. Serve pasta with fresh baby rocket leaves.



prep time
20



cook time
15



serves
2



Spelt Pasta Nourish Bowl with Avocado Hummus



Ingredients:

San Remo Spelt Spirals 250g
2 cups sweet potato, cut into chunks
2 tbsp olive oil
1 tbsp sumac
2 cups broccoli, cut into florets
1 cup purple cabbage, thinly sliced
1 cup cherry tomatoes, cut into halves
1 cup baby spinach
1 cup edamame beans, shelled
½ cup coriander leaves

1 tbsp chilli flakes
1 tbsp poppy seeds
1 lime, cut into quarters

Avocado Hummus:

½ tin of chickpeas, drained and washed
1 tbsp tahini
1 garlic clove
1 lime, zested and juiced
2 tbsp olive oil
Salt and pepper
1 ripe avocado, cored and peeled

Method:

1. Preheat oven to 180°C.
2. Place the sweet potato onto a baking tray and add 1 tbsp of olive oil and sumac. Mix together with your hands and roast in the oven for 25 to 30 mins.
3. While the sweet potato is roasting, make the avocado hummus by placing the chickpeas, tahini, garlic, lime zest and juice and olive oil in a food processor.
4. Blend until smooth and season with salt and pepper.
5. Add in avocado and blend until smooth. Cover and place in fridge.
6. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Once cooked, strain excess water and run under cold water to stop cooking process.
7. Once cool, toss with 1 tbsp of olive oil.
8. Steam broccoli until tender. Set aside and allow to cool.
9. Arrange all ingredients into two bowls in this order: pasta first in a corner followed by broccoli, cabbage, tomatoes, baby spinach, sweet potato, edamame beans and coriander.
10. Top each bowl with avocado hummus and a sprinkle of chilli flakes, poppy seeds and a lime wedge.



prep time
20



cook time
30



serves
2



Vegan Mac 'n' Cheese with Kale Chips

Ingredients:

250g San Remo Elbows
(half a 500g pack)
½ bunch kale
2 tbsp olive oil
Salt, to taste
Sprouts *(optional)*
2 tbsp parsley, chopped *(optional)*
Chilli flakes *(optional)*

Mac 'n' Cheese Sauce:

1 cup coconut milk
½ cup cashews, soaked for at least 8 hours,
drained and rinsed*
¼ cup nutritional yeast flakes
1 tbsp arrowroot powder
2 garlic cloves, minced
1 ½ tsp onion flakes
½ tbsp apple cider vinegar
Salt and pepper, to taste
1 tbsp miso paste *(optional, for more umami flavour)*
½ tsp turmeric *(optional, just for colour)*



Method:

1. Preheat oven to 110°C .
2. Wash kale and dry thoroughly, then tear into small pieces, discarding hard stems.
3. Place kale pieces on a baking tray, pour over 1 tbsp of the olive oil and toss with your hands to make sure all the kale is coated.
4. Spread the kale out, ensuring it isn't touching too much (you may need 2 baking trays). Place in oven for around 10 minutes, until kale is crispy, but not burnt.
5. Remove the kale from the oven, sprinkle with some salt and set aside.
6. Into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain and reserve ½ cup of the pasta cooking water.
7. In a blender, add all the Mac 'n' Cheese Sauce ingredients and blend until smooth.
8. Pour the sauce into a saucepan and heat slowly, stirring constantly until the sauce thickens (if it gets too thick, add a little bit of the pasta water) and season with salt and pepper.
9. Serve with kale chips, sprouts, parsley and chilli flakes.

* If you forgot to soak the cashews, boil some water and cover them, let sit for 10 minutes and you're good to go!



prep time
10



cook time
20



serves
2



Vegan Roast Veggie Lasagna

Ingredients:

San Remo Gluten Free Lasagna 200g
 2 zucchinis, thinly sliced, lengthways
 1 eggplant, thinly sliced
 Salt
 Olive oil
 ¼ pumpkin, thinly sliced
 Vegan cheese (optional)
 Fresh basil and parsley, to garnish (optional)

Cauliflower Béchamel:

1 leek, chopped
 2 garlic cloves
 ½ cauliflower
 ¼ cup cashews
 1 vegan stock cube
 Salt and pepper

Tomato Sauce:

2 shallots, diced
 2 cloves garlic, crushed
 2 tins 400g crushed tomatoes
 ½ tsp sugar
 2 tbsp fresh oregano
 2 tbsp fresh basil
 Salt and pepper

Method:

1. Place sliced zucchini and eggplant in a large colander in the sink and sprinkle generously with salt and let sit for 30 minutes to an hour. Rinse off salt, and pat it dry.
2. Preheat oven to 180°C.
3. Grease 2 large baking trays with olive oil and place zucchini, eggplant and pumpkin on top and toss with olive oil. Roast in the oven for around half an hour, until lightly browned.
4. Meanwhile, to make the cauliflower béchamel, heat 1 tbsp of olive oil in a medium sized saucepan and add leek and garlic. Cook, stirring for 5 minutes, until leek has softened.
5. Add cauliflower and cashews and stir through. Add enough water to the saucepan to cover the cauliflower, add the stock cube and bring to the boil. Let simmer for around 20 minutes, until the cauliflower is soft. Set aside to cool.
6. When cool enough, add everything to a blender, season with salt and pepper and blend until smooth. Set aside until you assemble the lasagna.
7. To make the tomato sauce, heat 1 tbsp of olive oil in a medium sized saucepan, add shallots and garlic. Cook, stirring for 5 minutes, until shallots have softened.
8. Add both tins of tomatoes, sugar, oregano and basil and stir through. Bring to the boil and let simmer until the sauce reduces, around 15 minutes. Season with salt and pepper.
9. Lightly oil an oven proof dish. Cover the bottom with a layer of the tomato sauce then arrange a layer of lasagna sheets, next the cauliflower béchamel, then a layer of the vegetables. Set aside 4 slices of zucchini and repeat these steps until you have run out of vegetables and sauce.
10. On top arrange the 4 zucchini slices and grate some vegan cheese over the top (if using).
11. Place the baking dish into the oven for 45 minutes.
12. When cooked, remove from the oven and allow to cool for 10-15 minutes. Slice and serve with a garnish of fresh basil and parsley.



prep time
60



cook time
85



serves
6





Tabouli and Chickpea Pulse Salad

Ingredients:

- San Remo Pulse Pasta Chickpeas Spirals 250g
- 1 punnet heirloom cherry tomatoes, quartered
- 3 cups flat leaf parsley, finely chopped
- ½ cup mint, finely chopped
- 1 small red onion, finely chopped
- 2 stalks celery, diced
- 1 Lebanese cucumber, diced
- 2 lemons, juiced
- 4 tbsp olive oil
- Salt and pepper



Method:

1. Into a pot of boiling salted water, add the pasta and cook as per packet directions.
2. Once cooked, strain and refresh pasta under cold water.
3. In a large bowl, mix together tomatoes, parsley, mint, onion, celery, cucumber and pasta. Set aside.
4. To make the dressing, whisk together lemon juice and olive oil in a small bowl.
5. Pour olive oil and lemon dressing over the pasta, mix together and season with salt and pepper.
6. Serve as a main or as a side to grilled meat, fish or chicken.



prep time
15



cook time
8



serves
2



Gluten Free Vegan Lentil Bolognese

Ingredients:

San Remo Brown Rice Spaghetti 250g
2 tbs olive oil
1 onion, finely diced
4 garlic cloves, minced
1 large carrot, finely diced
2 medium celery ribs, finely diced
Salt and pepper, to taste
½ cup dry red wine
5 mushrooms, diced
400g tin brown lentils, drained and rinsed
400g tin diced tomatoes
1 cup pasta water



140g tub tomato paste
1 vegan stock cube
¼ cup fresh basil, chopped
2 tsp dried oregano
2 bay leaves
½ tsp sugar
Vegan cheese (optional)

Method:

1. Heat olive oil in a pan and sauté the onion, garlic, carrot and celery with a pinch of salt and pepper for around 8 minutes on low heat.
2. Increase the heat, add the wine and simmer for 5 minutes.
3. Add the remaining ingredients, except for the vegan cheese, and simmer for 30 - 45 minutes, until the sauce has reduced down to desired thickness. Taste test and season with salt and pepper.
4. Meanwhile, into a pot of boiling salted water, add the pasta and cook as per packet directions. Drain, reserving 1 cup of the pasta cooking water.
5. Add pasta water to the sauce and stir through.
6. Once the vegan bolognese sauce has reduced down, serve pasta in bowls and top with sauce and vegan cheese.



prep time
25



cook time
45



serves
2



Creamy Vegan Capsicum Pulse Penne

Ingredients:

San Remo Pulse Penne 250g	2 tbsp extra virgin olive oil
4 large red capsicums, cut in half	Salt and Pepper, to taste
2 garlic cloves, sliced	Toasted pine nuts, to serve
1 red Birdseye chili, sliced	Torn basil leaves, to serve
1 tbsp almond butter	
½ cup almond milk	
1 tbsp corn flour	



Method:

1. Into a pot of boiling salted water, add the pasta and cook as per the packet directions.
2. In the meantime, place the halved capsicums onto a tray that has been lined with foil and place under a hot grill until the skin is blackened.
3. Once the skin is fully blackened, place the capsicums into a bowl and cover with cling wrap - this allows the capsicums to steam and helps the skin tear away easier in the next step.
4. Once the capsicums have cooled, peel off the skin and place them in a food processor with the garlic, chili, almond butter, almond milk, corn flour, oil, salt and pepper.
5. Blitz the mixture until smooth then place into a fry pan and cook for around 3-5 minutes to cook out the flour.
6. Once the pasta is cooked, toss the pasta through the sauce.
7. Top with some toasted pine nuts, extra virgin olive oil and some torn basil before serving.



prep time
15



cook time
15



serves
2