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# Your Plant-Based Christmas

*5 delicious  
recipes* for your  
3 course Christmas  
dinner



For Animals  
Ngā Kararehe Haumarū

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## Starters



### Carrot 'Salmon' Mini bagels

#### Ingredients:

- 3 large carrots
- ½ cup soy sauce
- ¼ cup rice wine vinegar
- 1 tbsp liquid smoke
- salt to taste
- 1 bag of mini bagels (10)
- 1 tub of Angel Foods cream cheese
- 1 cucumber (sliced)

#### Method:

- Peel the carrots lengthwise.
- Place the carrot strips into a bowl and pour over the soy sauce, rice wine vinegar, liquid smoke and a few pinches of salt.
- Toss the carrot peels to combine the marinade. Set aside for at least an hour.
- Slice mini bagels in half and place on a lined oven tray. Bake at 180°C for 15 minutes. If you can't find mini bagels, you can use a sliced baguette.
- When bagels are toasted, remove and spread the cream cheese generously on each slice.
- Place on halved cucumber slices and the carrot 'gravlax' strips.
- Plate up and enjoy!



### Tomato and Basil Bruschetta

#### Ingredients:

- 1 French breadstick
- 2 cups cherry tomatoes
- ¼ cup olive oil
- juice of 1 lemon
- salt to taste
- ½ cup of fresh basil (chopped)

#### Method:

- Chop the breadstick into 1cm thick slices, before brushing each side with olive oil.
- Place bruschetta slices on a lined oven tray and place in the oven to bake at 180°C for 15-20 minutes.
- Chop the cherry tomatoes into quarters and place into a bowl with lemon, salt and basil. Mix together.
- Remove the bread from the oven and spoon the tomato mixture onto each slice.
- You can also add some vegan feta cheese (Angel Foods is delicious!)

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## Seitan roast with hasselback potatoes

### Ingredients:

700g baby potatoes

Dough:

2 cups vital wheat gluten

½ tsp pepper

1 tsp garlic granules

1 tsp onion powder

1 tsp dried mint

¼ cup nutritional yeast

1 tbsp miso paste

1 tbsp tahini

2 tbsp soy sauce

2 tbsp olive oil

1 cup water

Broth:

6 cups vegetable stock

2 tbsp soy sauce

1 tsp dried sage

1 cup red wine

a few sprigs of rosemary

2 garlic cloves

Glaze:

½ cup olive oil

2 tbsp soy sauce

1 tbsp maple syrup

1 tsp dried mint

1 tsp miso paste

### Method:

Place dried dough ingredients in a large bowl and mix.

Add the wet dough ingredients, and mix well with a wooden spoon. Begin to knead the mixture for around 5 minutes, until it forms a dough.

Place the dough on your benchtop and roll out with a rolling pin. With your hands, form the dough into a loaf-like shape.

Set the dough loaf aside to prepare the broth.

Add the broth ingredients into a large pot and bring to the boil.

Gently place the dough into the simmering broth, leaving to boil for 40 minutes.

In a mixing bowl whisk together the glaze ingredients.

When the time is up, remove the seitan from the broth. Preheat the oven to 180°C and let the seitan loaf cool on a lined oven tray for 20 minutes.

**For the potatoes:** Cut thin slices width-wise into the potatoes, about ¾ of the way through.

Keep slices roughly ½ cm in width to ensure the potatoes stay intact. Arrange the potatoes around the seitan loaf.

Pour the whisked glaze over the seitan and potatoes. Place the tray into the oven to bake for about 1 hour – or until the potatoes are cooked through and the potato skins are crispy.

Remove from the oven, transferring the seitan roast and potatoes on a serving platter.

Using the glaze left on the oven tray, brush or drizzle it over the roast. Serve while it's hot! (Though still tasty for Boxing Day sandwiches with any leftovers!)

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## festive christmas salad with candied pecans

### Ingredients:

#### Salad:

- 3 cups arugula or dark leafy green
- 1 cup cooked pearl barley, couscous or quinoa
- 1 sweet potato, diced and roasted 180°C 30 minutes
- 1 pomegranate, jewelled
- 1 apple, finely sliced
- 1 cup candied pecans (1 tbsp maple syrup)
- ½ cup olive oil)

#### Dressing, mix the following well:

- ½ cup olive oil
- Zest and juice of one lemon
- Juice of one lemon
- ¼ cup balsamic vinegar
- 2 tbsp maple syrup

### Method:

Peel and chop 1 large sweet potato into 2 cm cubes and place on an oven tray add ¼ cup olive oil, and bake for 25-30 minutes, or until the cubes are tender. Take the tray out and set aside to cool.

**Candied pecans:** In a frying pan on medium-high heat, add ¼ cup of olive oil to the pan with the pecans, then drizzle the maple syrup on top. Stir for about 5 minutes until the pecans start to crisp. Remove these from the pan and let them cool.

Assemble all your salad ingredients in a bowl and present them whichever way you'd like (see picture above for ideas).

Add the dressing when you're ready to serve.



## Crispy lemon roasted baby carrots & broccolini

### Ingredients:

- 1 bunch of orange carrots
- 1 bunch of purple carrots
- 1/8 cup oil
- zest of half a lemon
- 1 bunch of broccolini (or a head of broccoli)

### Method:

Preheat oven to 180°C.

Chop off the carrot tops before spreading them out on a lined oven tray.

Cover in the oil and lemon zest and toss to coat evenly.

Place in the oven to bake for 15 minutes.

Add the broccolini and return the tray to the oven for a further 10 minutes.

Feel free to top with toasted almonds or a toasted nut of your choice! This also tastes great with some crumbled vegan feta (Angel Foods brand is great).

Remove from the oven, place on a serving dish and enjoy!



## Sticky date pudding with coconut caramel sauce

### Ingredients:

#### For the pudding:

½ cup raw cashews (soaked overnight, or in boiling water for a few hours)

1 ½ cups medjool dates, pitted (soaked in boiling water for 1 hour)

1 tsp vanilla essence

1 tbsp lemon juice

1 tsp baking soda

¼ cup cornflour (or tapioca starch)

1 punnet of strawberries (to serve)

#### For the caramel sauce:

½ cup of the date paste (made during the pudding instructions)

1 cup coconut cream

1 tsp vanilla essence

### Method:

Place cashews in a food processor. Blend until smooth and creamy. Now blend the dates in the food processor, until a smooth paste is formed.

Set aside ½ cup of date mixture (for the caramel sauce) scooping the remaining 1 cup to the bowl with the cashew cream. Add the vanilla and lemon and mix well.

Next, add in the dry ingredients before mixing again.

Grease a deep, oven-proof dish with the margarine, and scoop in the mixture. Place in the oven for 30 minutes at 180°C.

Place the caramel sauce ingredients into a bowl and mix well. Serve with the pudding when hot with fresh strawberries and coconut ice cream.

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