



EASY PLANT BASED SWAPS

Like the idea of eating more plant based meals but not sure how to do it? Here are some easy swaps you can make...

COWS MILK → SOYA MILK

DICED CHICKEN → TOFU

MAYONNAISE DRESSING → TAHINI & LEMON DRESSING

BEEF MINCE → LENTILS

YOGHURT → COCONUT YOGHURT

GET IN TOUCH

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PLANT BASED RECIPE AND NUTRITION GUIDE

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TOP TIPS FOR EATING PLANT BASED

DON'T FORGET THE PROTEIN

Reducing your intake of meat, fish and dairy could accidentally mean you reduce your protein intake, so make sure to include plenty of beans, pulses, nuts, seeds and/or soya products to keep your protein intake stable

EAT THE RAINBOW

Whether you chose to eat meat and fish, or purely plant based it's important that you include a variety of plant sources every day. Opt for a mix of different coloured fruits and veggies, as well as different grains, pulses, nuts and seeds

MEAT FREE MONDAY

Not sold on the idea of going vegan? That's okay! Why not have a go at Meat Free Monday instead? Choosing to go without meat for one day a week is not only great for your health and the planet, but also gives you a chance to try different foods



BUTTERNUT AND SUNFLOWER PENNE PASTA



Serves 5



Prep time; 2-3 hours
Cook time; 40 minutes



1 of your 5 a day



Suitable for Vegan

INGREDIENTS

300g Butternut Squash
1 Medium Onion
3 Garlic Cloves
1 tbsp Veg Oil
100ml Tap Water
2 tsp Vegetable Stock Powder
400g Dried Pasta
Pinch of Salt and Pepper
150g Sunflower Seeds

PREPARATION

1. Soak the sunflower seeds in water for 2-3 hours, drain and pat dry. Or you can soak overnight if you have time.
2. Peel the onion, and cut into large quarters.
3. Dice the butternut squash, discarding the seeds. No need to remove the skin!

METHOD

1. Preheat the oven to 180°C. Place the squash, onion, and garlic on the baking sheet. Drizzle with oil and sprinkle with salt and pepper. Bake until the onion is soft and the butternut squash flesh is very tender and golden on the edges, about 30 minutes.
2. Once slightly cooled, add the squash to a blender along with the onion, garlic, sunflower seeds, salt and freshly ground black pepper. Pour the vegetable stock made up with the hot water into the blender gradually and blitz until smooth and creamy.
3. Cook the pasta in a large pot of boiling water according to package directions or until al dente.
4. Drain the pasta and return it to the pot. Stir in half the sauce, adding more as needed to coat the pasta. Serve hot.

