



**Rebalanced menu guide**

**for caterers**

## Introduction

This menu guide is offered as part of the Kale Yeah! sustainability scheme. It helps caterers rebalance their menus by reducing meat, fish and dairy and adding more plant-based options. It is designed to show how easy it is to achieve meat reduction targets, including the Public Sector Catering **#20percentlessmeat** pledge, while still providing customers with delicious dishes.

The guide accompanies the Kale Yeah! Caterers' toolkit, which contains tips for creating super tasty meat- and fish-free meals, as well as suggestions for incentivising and promoting plant-based options.

Find out more here: [foe.uk/kale-yeah](https://foe.uk/kale-yeah)



We'd love to receive feedback on how helpful you have found these resources and whether there is any further information you would like to help you adapt your menus. Email [info@foe.co.uk](mailto:info@foe.co.uk)

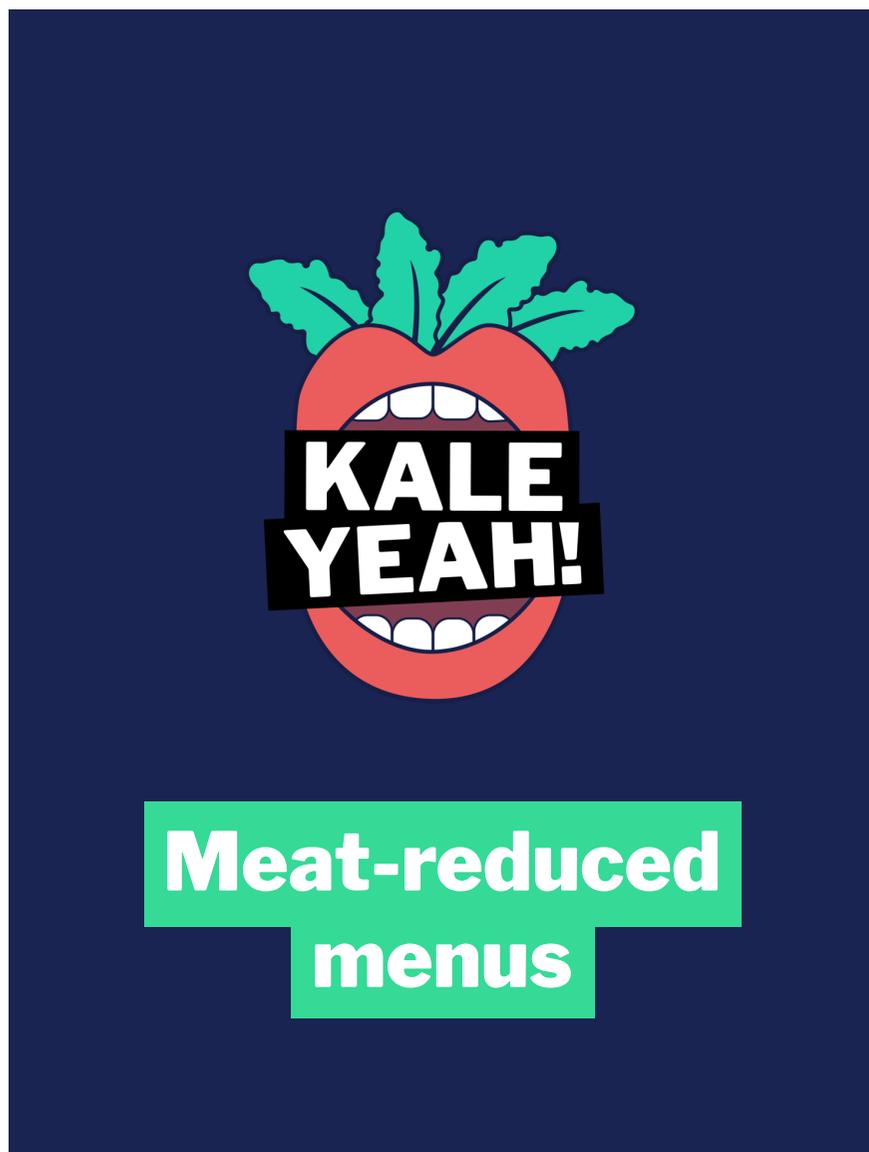
## How it works

We have **created a two-week baseline menu cycle** featuring two main meals a day to illustrate the kinds of main courses that would typically be served in a university café, canteen or dining hall.

We have then **adapted this baseline menu in three different ways** to show how making simple changes can reduce the amount of meat, fish and dairy products by more than 20%, and even over 50%.

By comparing the three adapted versions to the baseline, chefs and catering managers will be able to visualise how to adapt their own menus in a similar way.

Basic recipe ingredients for the new meat-reduced and plant-based dishes in adapted menus 1, 2 and 3 are listed on pages 10–44.



Four example menus are provided to illustrate how different meat reduction targets can be met by rebalancing menus in different ways.

**Baseline menu** represents a typical, standard menu consisting of 21 meat or fish recipes and 7 plant-based dishes.

**Menu 1** has more plant-based dishes (14) and fewer recipes containing meat or fish (14).

Total meat reduction from baseline is 29%.

**Menu 2** introduces meat-, fish- and dairy-reduced versions of the original dishes (21) and has 7 plant-based recipes.

Total meat reduction from baseline is 38%.

**Menu 3** combines more plant-based recipes (14) with meat-, fish- and dairy-reduced dishes (14).

Total meat reduction from baseline is 56%.

All rebalanced menus exceed the Public Sector Catering **#20percentlessmeat** pledge.

# Baseline menu

**21 meat-based dishes**
**7 plant-based dishes**

| Week One                              |  |   |  |   |  |   |
|---------------------------------------|--|---|--|---|--|---|
| Monday                                | Tuesday  | Wednesday   | Thursday                                   | Friday                                  | Saturday                                 | Saturday  |
| <b>Beef Chilli</b><br>(1000)          | <b>Pork Loin with Rice &amp; Veg</b><br>(1500) | <b>Lamb Moussaka</b><br>(1060)                    | <b>Sweet &amp; Sour Chicken</b><br>(1000)  | <b>Lamb Tagine</b><br>(1300)            | <b>Pasta Bolognese Bake</b><br>(1300)    | <b>Beef Burger with Fries</b><br>(1250)             |
| <b>Prawn Linguine</b><br>(800)        | <b>Thai Red Tofu Curry</b><br>(0)              | <b>Surf &amp; Turf Paella</b><br>(1600)           | <b>Spinach &amp; Sweet Potato Dahl</b> (0) | <b>Kung Pao Chicken</b><br>(1000)       | <b>Chicken Stew</b><br>(1000)            | <b>Spinach &amp; Chickpea Burger with Fries</b> (0) |
| Week Two                              |  |   |  |   |  |   |
| Monday                                | Tuesday  | Wednesday   | Thursday                                   | Friday                                  | Saturday                                 | Saturday  |
| <b>Sausage Casserole</b><br>(1200)    | <b>Thai Green Chicken Curry</b><br>(1500)      | <b>Teriyaki Chicken</b><br>(1200)                 | <b>Pork Stroganoff with Mash</b> (1050)    | <b>Classic Shepherd's Pie</b><br>(1300) | <b>Lamb Hotpot</b><br>(1350)             | <b>Steak Pie</b><br>(1600)                          |
| <b>Roasted Aubergine Penne</b><br>(0) | <b>Soy Pork</b><br>(1000)                      | <b>Shredded Beef with Szechuan Sauce</b><br>(900) | <b>Fish Pie</b><br>(1475)                  | <b>Garden Lasagna</b><br>(0)            | <b>Sizzling Chinese Chow Mein</b><br>(0) | <b>Spring Pea Risotto</b><br>(0)                    |

Numbers in brackets represent total grams of animal protein per recipe (10 servings).

Total overall animal protein content of menu = **25,385g**

# Menu 1

**14 meaty dishes**  
**14 plant-based dishes**



| Week One   |  |  |   |  |   |  |
|--|--|--|---|--|---|--|
| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Saturday   |
| <p><b>* Five-Bean Mexican Chilli</b><br/>(0)</p> <p><b>Prawn Linguine</b><br/>(800)</p>  | <p><b>Pork Loin with Rice &amp; Veg</b><br/>(1500)</p> <p><b>Thai Red Tofu Curry</b><br/>(0)</p> | <p><b>* Hearty Lentil Bolognese</b><br/>(0)</p> <p><b>Surf &amp; Turf Paella</b><br/>(1600)</p>                  | <p><b>Sweet &amp; Sour Chicken</b><br/>(1000)</p> <p><b>Spinach &amp; Sweet Potato Dahl</b> (0)</p> | <p><b>Lamb Tagine</b><br/>(1300)</p> <p><b>* Butternut Squash and Chickpea Curry</b><br/>(0)</p> | <p><b>Pasta Bolognese Bake</b><br/>(1300)</p> <p><b>* Creamy Corn Chowder</b> (0)</p> | <p><b>Beef Burger with Fries</b><br/>(1250)</p> <p><b>Spinach &amp; Chickpea Burger with Fries</b> (0)</p> |
| Week Two   |  |  |   |  |   |  |
| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Saturday   |
| <p><b>Sausage Casserole</b><br/>(1200)</p> <p><b>Roasted Aubergine Penne</b><br/>(0)</p> | <p><b>Thai Green Chicken Curry</b><br/>(1500)</p> <p><b>* Pulled Jackfruit Tacos</b><br/>(0)</p> | <p><b>* Stir-fried Noodles in Black Bean Sauce</b> (0)</p> <p><b>Shredded Beef with Szechuan Sauce</b> (900)</p> | <p><b>* Winter Warmer Hotpot</b><br/>(0)</p> <p><b>Fish Pie</b><br/>(1475)</p>                      | <p><b>Classic Shepherd's Pie</b><br/>(1300)</p> <p><b>Garden Lasagna</b><br/>(0)</p>             | <p><b>Lamb Hotpot</b><br/>(1350)</p> <p><b>Sizzling Chinese Chow Mein</b><br/>(0)</p> | <p><b>Steak Pie</b><br/>(1600)</p> <p><b>Spring Pea and Asparagus Risotto</b><br/>(0)</p>                  |

Numbers in brackets represent total grams of animal protein per recipe (10 servings).  
 An asterisk \*\* indicates where a dish has been changed in relation to the Baseline menu.  
 Total animal protein = **18,075g**  
 Reduction in animal protein from Baseline menu to Menu 1 = **29%**

# Menu 2

**21 meat-reduced dishes**  
**7 plant-based dishes**



| Week One   |  |   |   |   |  |  |
|--|--|---|---|---|--|--|
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Saturday   |
| <p><b>* Mexican Chilli with Beef &amp; Beans</b> (700)</p> <p><b>* Prawn &amp; Sweet Pepper Linguine</b> (600)</p> | <p><b>* Fruit-stuffed Pork Loin with Rice and Veg</b> (1000)</p> <p><b>Thai Red Tofu Curry</b> (0)</p>                     | <p><b>* Lamb &amp; Mushroom Moussaka</b> (560)</p> <p><b>* Surf, Turf &amp; Earth Paella</b> (1000)</p> | <p><b>* Sweet &amp; Sour Chicken &amp; Squash</b> (600)</p> <p><b>Spinach &amp; Sweet Potato Dahl</b> (0)</p>             | <p><b>* Moroccan Tagine with Cous Cous</b> (800)</p> <p><b>* Kung Pao Stirfry</b> (600)</p> | <p><b>* Italian Pasta Bake</b> (900)</p> <p><b>* Autumn Stew with Herb Dumplings</b> (500)</p> | <p><b>* Blended Burger with Fries</b> (750)</p> <p><b>Spinach &amp; Chickpea Burger with Fries</b> (0)</p>       |
| Week Two   |  |   |   |   |  |  |
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Saturday   |
| <p><b>* Sausage &amp; Bean Cassoulet</b> (700)</p> <p><b>Roasted Aubergine Penne</b> (0)</p>                       | <p><b>* Thai Green Curry with Chicken and Summer Veg</b> (1000)</p> <p><b>* Soy Dressed Pork, Mooli and Tofu</b> (500)</p> | <p><b>* Teriyaki Chicken with Broccoli</b> (800)</p> <p><b>* Szechuan Stir-Fry</b> (500)</p>            | <p><b>* Pork &amp; Wild Mushroom Stroganoff with Mash</b> (800)</p> <p><b>* Seafood Pie with Shredded Kale</b> (1000)</p> | <p><b>* Lamb &amp; Lentil Shepherd's Pie</b> (900)</p> <p><b>Garden Lasagna</b> (0)</p>     | <p><b>* Succulent Lamb Stew</b> (700)</p> <p><b>Sizzling Chinese Chow Mein</b> (0)</p>         | <p><b>* Slow Braised Steak and Sweet Potato Pie</b> (800)</p> <p><b>Spring Pea and Asparagus Risotto</b> (0)</p> |

Numbers in brackets represent total grams of animal protein per recipe (10 servings).  
An asterisk \*\* indicates where a dish has been changed in relation to the Baseline menu.

Total animal protein = **15,710g**

Reduction in animal protein from Baseline menu to Menu 2 = **38%**

# Menu 3

**14 meat-reduced dishes**  
**14 plant-based dishes**



| Week One   |  |  |   |  |  |  |
|--|--|--|---|--|--|--|
| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Saturday   |
| <p>* <b>Five-Bean Mexican Chilli</b> (0)</p> <p>* <b>Prawn &amp; Sweet Pepper Linguine</b> (600)</p> | <p>* <b>Fruit-stuffed Pork Loin with Rice and Veg</b> (1000)</p> <p><b>Thai Red Tofu Curry</b> (0)</p>         | <p>* <b>Hearty Lentil Bolognese</b> (0)</p> <p>* <b>Surf, Turf &amp; Earth Paella</b> (1000)</p> | <p>* <b>Autumn Stew with Herb Dumplings</b> (500)</p> <p><b>Spinach &amp; Sweet Potato Dahl</b> (0)</p> | <p>* <b>Moroccan Tagine with Cous Cous</b> (800)</p> <p>* <b>Butternut Squash and Chickpea Curry</b> (0)</p> | <p>* <b>Italian Pasta Bake</b> (900)</p> <p>* <b>Creamy Corn Chowder</b> (0)</p>       | <p>* <b>Blended Burger with Fries</b> (750)</p> <p><b>Spinach &amp; Chickpea Burger with Fries</b> (0)</p>       |
| Week Two   |  |  |   |  |  |  |
| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Saturday   |
| <p>* <b>Sausage &amp; Bean Cassoulet</b> (700)</p> <p><b>Roasted Aubergine Penne</b> (0)</p>         | <p>* <b>Thai Green Curry with Chicken and Summer Veg</b> (1000)</p> <p>* <b>Pulled Jackfruit Tacos</b> (0)</p> | <p><b>Stir-fried Noodles in Black Bean Sauce</b> (0)</p> <p>* <b>Szechuan Stir Fry</b> (500)</p> | <p><b>Winter Warmer Hotpot</b> (0)</p> <p>* <b>Seafood Pie with Shredded Kale</b> (1000)</p>            | <p>* <b>Lamb &amp; Lentil Shepherd's Pie</b> (900)</p> <p><b>Garden Lasagna</b> (0)</p>                      | <p>* <b>Succulent Lamb Stew</b> (700)</p> <p><b>Sizzling Chinese Chow Mein</b> (0)</p> | <p>* <b>Slow Braised Steak and Sweet Potato Pie</b> (800)</p> <p><b>Spring Pea and Asparagus Risotto</b> (0)</p> |

Numbers in brackets represent total grams of animal protein per recipe (10 servings).  
 An asterisk \*\* indicates where a dish has been changed in relation to the Baseline menu.  
 Total animal protein = **11,150g**  
 Reduction in animal protein from Baseline menu to Menu 3 = **56%**



- Basic recipes for the new meat-reduced and plant-based dishes in adapted menus 1, 2 and 3 follow.
- They list the main ingredients but need input from chefs on seasoning, sauces and method.
- Recipes are based on 10 servings.
- Main ingredients are listed by weight, in grams.
- Other measures (e.g. millilitres) and extras (e.g. burger buns) are not included in the overall dish weight.
- For further reductions in animal protein, and if budget permits, swap dairy milk and cream for a plant alternative e.g. oat or soya (which also caters for Kosher and lactose-free diets).
- ● indicates an increase in a plant ingredient  
● indicates a decrease in an animal protein
- All meat-free dishes are fully plant-based (vegan).
- For further culinary tips and guidance on the sourcing of the animal products you are still using, see our Caterers' toolkit at [foe.uk/kale-yeah](https://foe.uk/kale-yeah)

# Alphabetical list of recipes

## 21 meat-reduced dishes

|    |  |                                   |
|----|--|-----------------------------------|
| 10 | Autumn stew with dumplings                   | Chicken stew                      |
| 11 | Blended burger with fries                    | Beef burger with fries            |
| 12 | Fruit-stuffed pork loin                      | Pork loin with rice and veg       |
| 13 | Italian pasta bake                           | Pasta Bolognese bake              |
| 14 | Kung Pao stir-fry                            | Kung Pao chicken                  |
| 15 | Lamb and lentil shepherd's pie               | Classic shepherd's pie            |
| 16 | Lamb and mushroom moussaka                   | Lamb moussaka                     |
| 17 | Mexican chilli with beef and beans           | Beef chilli                       |
| 18 | Moroccan tagine with cous cous               | Lamb tagine                       |
| 19 | Pork and wild mushroom stroganoff            | Pork stroganoff with mash         |
| 20 | Prawn and sweet pepper linguine              | Prawn linguine                    |
| 21 | Sausage and bean cassoulet                   | Sausage casserole                 |
| 22 | Seafood pie with shredded kale               | Fish pie                          |
| 23 | Slow braised steak and sweet potato pie      | Steak pie                         |
| 24 | Soy-dressed pork, mooli and tofu             | Soy pork                          |
| 25 | Succulent lamb stew                          | Lamb hotpot                       |
| 26 | Surf, turf and earth paella                  | Surf and turf paella              |
| 27 | Sweet and sour chicken with squash           | Sweet and sour chicken            |
| 28 | Szechuan stir-fry                            | Shredded beef with Szechuan sauce |
| 19 | Teriyaki chicken with broccoli               | Teriyaki chicken                  |
| 30 | Thai green curry with chicken and summer veg | Thai green chicken curry          |

## 21 original meaty dishes

## 14 plant-based dishes

|    |  |
|----|--|
| 31 | Butternut squash and chickpea curry    |
| 32 | Creamy corn chowder                    |
| 33 | Five-bean Mexican chilli               |
| 34 | Garden lasagna                         |
| 35 | Hearty lentil Bolognese                |
| 36 | Pulled jackfruit tacos                 |
| 37 | Roasted aubergine penne                |
| 38 | Sizzling Chinese chow mein             |
| 39 | Spinach and chickpea burger with fries |
| 40 | Spinach and sweet potato dahl          |
| 41 | Spring pea and asparagus risotto       |
| 42 | Stir-fried noodles in black bean sauce |
| 43 | Thai red tofu curry                    |
| 44 | Winter warmer hotpot                   |





## Autumn stew with herb dumplings

### Meat-reduced version of Chicken stew

| Ingredients                                       | Chicken stew | Autumn stew with herb dumplings |
|---|--------------|---------------------------------|
| Diced chicken                                     | 1000         | ● 500                           |
| Onions  | 300          | 300                             |
| Carrots   | 250          | 250                             |
| Potatoes  | 500          | 500                             |
| Mushrooms   | 250          | 250                             |
| Chickpeas   | 0            | ● 250                           |
| Butternut squash                                  | 0            | ● 300                           |
| Dumplings   | 0            | ● 500                           |
| <b>Total ingredient weight (g)</b>                | <b>2300</b>  | <b>2850</b>                     |
| <b>Total animal protein weight (g)</b>            | <b>1000</b>  | <b>500</b>                      |
| <b>Animal protein as a proportion of dish (%)</b> | <b>43%</b>   | <b>18%</b>                      |
| <b>Animal protein reduction (%)</b>               |              | <b>50%</b>                      |



Substitute half of the chicken with chickpeas, squash and dumplings



## Blended burger with fries

### Meat-reduced version of Beef burger with fries

| Ingredients                                       | Beef burger with fries | Blended burger with fries |
|---|------------------------|---------------------------|
| Minced beef                                       | 1250                   | ● 750                     |
| Red onion   | 300                    | 300                       |
| Tomato purée                                      | 50                     | 50                        |
| Mushrooms (blended)                               | 0                      | ● 750                     |
| French fries                                      | 1000                   | 1000                      |
| Burger buns (x10)                                 |                        |                           |
| <b>Total ingredient weight (g)</b>                | <b>2600</b>            | <b>2850</b>               |
| <b>Total animal protein weight (g)</b>            | <b>1250</b>            | <b>750</b>                |
| <b>Animal protein as a proportion of dish (%)</b> | <b>48%</b>             | <b>26%</b>                |
| <b>Animal protein reduction (%)</b>               |                        | <b>40%</b>                |



Replace half the beef with blended mushrooms



## Fruit-stuffed pork loin

### Meat-reduced version of Pork loin with rice and veg

| Ingredients                                       | Pork loin with rice and veg | Fruit-stuffed pork loin with rice and veg |
|---|-----------------------------|---|
| Pork loin (x10)                                   | 1500                        | ● 1000                                    |
| Long grain rice                                   | 500                         | 500                                       |
| Broccoli  | 500                         | 500                                       |
| Green beans                                       | 500                         | 500                                       |
| For stuffing:                                     |                             |   |
| Apricot   | 0                           | ● 150                                     |
| Prune   | 0                           | ● 150                                     |
| Breadcrumbs                                       | 0                           | ● 200                                     |
| <b>Total ingredient weight (g)</b>                | <b>3000</b>                 | <b>3000</b>                               |
| <b>Total animal protein weight (g)</b>            | <b>1500</b>                 | <b>1000</b>                               |
| <b>Animal protein as a proportion of dish (%)</b> | <b>50%</b>                  | <b>33%</b>                                |
| <b>Animal protein reduction (%)</b>               |                             | <b>33%</b>                                |



Reduce size of pork loins and stuff with fruit and breadcrumb mix



## Italian pasta bake

### Meat-reduced version of Pasta Bolognese bake

| Ingredients                                | Pasta Bolognese bake | Italian pasta bake |
|--|----------------------|--------------------|
| Beef mince                                 | 1000                 | ● 700              |
| Onions                                     | 200                  | 200                |
| Garlic                                     | 10                   | 10                 |
| Tinned tomatoes                            | 500                  | ● 600              |
| Tomato purée                               | 50                   | 50                 |
| Streaky bacon                              | 100                  | ● 0                |
| Pasta                                      | 1000                 | 1000               |
| Grated cheddar cheese                      | 200                  | 200                |
| Chopped aubergine                          | 0                    | ● 200              |
| Chopped celery                             | 0                    | ● 200              |
| Total ingredient weight (g)                | 3060                 | 3160               |
| Total animal protein weight (g)            | 1300                 | 900                |
| Animal protein as a proportion of dish (%) | 42%                  | 28%                |
| Animal protein reduction (%)               |                      | 31%                |



Remove bacon; substitute aubergine and celery for some of the beef



## Kung Pao stir-fry

### Meat-reduced version of Kung Pao chicken

| Ingredients                                       | Kung Pao chicken | Kung Pao stir-fry |
|---|------------------|-------------------|
| Diced chicken                                     | 1000             | ● 600             |
| Red peppers                                       | 250              | 250               |
| Red chillies                                      | 20               | 20                |
| Garlic  | 20               | 20                |
| Ginger  | 20               | 20                |
| Cashew nuts                                       | 100              | 100               |
| Rice  | 500              | 500               |
| Beanspouts  | 0                | ● 200             |
| Broccoli  | 0                | ● 200             |
| Chinese leaf                                      | 0                | ● 200             |
| (Kung Pao marinade)                               |                  |                   |
| <b>Total ingredient weight (g)</b>                | <b>1910</b>      | <b>2110</b>       |
| <b>Total animal protein weight (g)</b>            | <b>1000</b>      | <b>600</b>        |
| <b>Animal protein as a proportion of dish (%)</b> | <b>52%</b>       | <b>28%</b>        |
| <b>Animal protein reduction (%)</b>               |                  | <b>40%</b>        |



Add stir-fried veg  
in place of some  
of the chicken



## Lamb and lentil shepherd's pie

### Meat-reduced version of Classic shepherd's pie

| Ingredients                                | Classic shepherd's pie | Lamb and lentil shepherd's pie |
|--|------------------------|--------------------------------|
| Lamb mince                                 | 1300                   | ● 900                          |
| Onions                                     | 300                    | 300                            |
| Carrots                                    | 300                    | 300                            |
| Tinned tomatoes                            | 600                    | 600                            |
| Potatoes                                   | 1500                   | 1500                           |
| Tomato purée                               | 50                     | 50                             |
| Puy lentils                                | 0                      | ● 500                          |
| Total ingredient weight (g)                | 4050                   | 4150                           |
| Total animal protein weight (g)            | 1300                   | 900                            |
| Animal protein as a proportion of dish (%) | 32%                    | 22%                            |
| Animal protein reduction (%)               |                        | 31%                            |



Replace some of the  
lamb with puy lentils

## Lamb and mushroom moussaka

### Meat-reduced version of Lamb moussaka



Replace half the lamb with blended mushrooms.  
Swap the milk and butter for dairy-free alternatives.

| Ingredients                                | Lamb moussaka | Lamb and mushroom moussaka |
|--|---------------|----------------------------|
| Minced lamb                                | 800           | ● 400                      |
| Onions                                     | 300           | 300                        |
| Garlic                                     | 20            | 20                         |
| Tinned tomatoes                            | 400           | 400                        |
| Aubergines                                 | 800           | 800                        |
| Tomato purée                               | 50            | 50                         |
| Mushrooms (blended)                        | 0             | ● 400                      |
| Potatoes                                   | 1200          | 1200                       |
| For the sauce:                             |               |                            |
| Flour                                      | 100           | 100                        |
| Butter                                     | 100           | ● 0                        |
| Eggs                                       | 60            | 60                         |
| Feta cheese                                | 100           | 100                        |
| Dairy-free margarine                       | 0             | ● 100                      |
| Milk (ml)                                  | 1000          | 1000                       |
| Total ingredient weight (g)                | 3930          | 3930                       |
| Total animal protein weight (g)            | 1060          | 560                        |
| Animal protein as a proportion of dish (%) | 27%           | 14%                        |
| Animal protein reduction (%)               |               | 47%                        |



## Mexican chilli with beef and beans

### Meat-reduced version of Beef chilli

| Ingredients                                | Beef chilli | Mexican chilli with beef and beans |
|--|-------------|------------------------------------|
| Beef steak mince                           | 1000        | ● 700                              |
| Mixed peppers                              | 300         | ● 350                              |
| Onions                                     | 500         | ● 550                              |
| Tinned tomatoes                            | 400         | 400                                |
| Garlic                                     | 10          | 10                                 |
| Tomato purée                               | 50          | 50                                 |
| Red chillies                               | 20          | 20                                 |
| Kidney beans                               | 300         | ● 400                              |
| Borlotti beans                             | 0           | ● 400                              |
| Total ingredient weight (g)                | 2580        | 2880                               |
| Total animal protein weight (g)            | 1000        | 700                                |
| Animal protein as a proportion of dish (%) | 39%         | 24%                                |
| Animal protein reduction (%)               |             | 30%                                |



Replace some of the beef with borlotti beans or another pulse



## Moroccan tagine with cous cous

### Meat-reduced version of Lamb tagine

| Ingredients                                       | Lamb tagine | Moroccan tagine with cous cous |
|---|-------------|--------------------------------|
| Diced lamb  | 1300        | ● 800                          |
| Aubergine   | 300         | ● 500                          |
| Chopped onion                                     | 300         | 300                            |
| Garlic  | 10          | 10                             |
| Tomatoes  | 300         | ● 400                          |
| Dried apricots                                    | 50          | ● 60                           |
| Sultanas  | 50          | ● 60                           |
| Ginger  | 10          | 10                             |
| Tomato purée                                      | 50          | 50                             |
| Cous cous   | 0           | ● 500                          |
| <b>Total ingredient weight (g)</b>                | <b>2370</b> | <b>2690</b>                    |
| <b>Total animal protein weight (g)</b>            | <b>1300</b> | <b>800</b>                     |
| <b>Animal protein as a proportion of dish (%)</b> | <b>55%</b>  | <b>30%</b>                     |
| <b>Animal protein reduction (%)</b>               |             | <b>38%</b>                     |



Reduce lamb portion and serve with cous cous



## Pork and wild mushroom stroganoff

### Meat-reduced version of Pork stroganoff with mash

| Ingredients                                       | Pork stroganoff with mash | Pork and wild mushroom stroganoff with mash |
|---|---------------------------|---|
| Pork fillet                                       | 1000                      | ● 800                                       |
| Onions  | 300                       | 300   |
| Mushrooms (mixed)                                 | 300                       | ● 600                                       |
| Butter  | 50                        | ● 0   |
| (Soured cream (ml)                                | 250                       | 250)  |
| Potato (mashed)                                   | 1000                      | 1000  |
| Dairy-free margarine                              | 0                         | ● 50  |
| <b>Total ingredient weight (g)</b>                | <b>2900</b>               | <b>3000</b>                                 |
| <b>Total animal protein weight (g)</b>            | <b>1050</b>               | <b>800</b>                                  |
| <b>Animal protein as a proportion of dish (%)</b> | <b>36%</b>                | <b>27%</b>                                  |
| <b>Animal protein reduction (%)</b>               |                           | <b>24%</b>                                  |



Replace some of the pork with wild mushrooms; swap butter for dairy-free margarine



## Prawn and sweet pepper linguine

### Meat-reduced version of Prawn linguine

| Ingredients                                       | Prawn linguine | Prawn and sweet pepper linguine |
|---|----------------|---------------------------------|
| Prawns  | 800            | ● 600                           |
| Onions  | 200            | 200                             |
| Garlic  | 20             | 20                              |
| Red chilli  | 10             | 10                              |
| Fresh tomatoes                                    | 500            | ● 600                           |
| Pasta linguine                                    | 1000           | 1000                            |
| Sweet red peppers                                 | 0              | ● 300                           |
| <b>Total ingredient weight (g)</b>                | <b>2530</b>    | <b>2730</b>                     |
| <b>Total animal protein weight (g)</b>            | <b>800</b>     | <b>600</b>                      |
| <b>Animal protein as a proportion of dish (%)</b> | <b>32%</b>     | <b>22%</b>                      |
| <b>Animal protein reduction (%)</b>               |                | <b>25%</b>                      |



Replace some of the prawns with sweet red peppers



## Sausage and bean cassoulet

### Meat-reduced version of Sausage casserole

| Ingredients                                | Sausage casserole | Sausage and bean cassoulet |
|--|-------------------|----------------------------|
| Pork sausages                              | 1200              | ● 700                      |
| Onions                                     | 300               | 300                        |
| Garlic                                     | 10                | 10                         |
| Mushrooms                                  | 150               | 150                        |
| Tinned tomatoes                            | 400               | 400                        |
| Carrots                                    | 250               | 250                        |
| Kidney beans                               | 0                 | ● 400                      |
| Cannellini beans                           | 0                 | ● 400                      |
| Bread (for breadcrumbs)                    | 0                 | ● 200                      |
| Total ingredient weight (g)                | 2310              | 2810                       |
| Total animal protein weight (g)            | 1200              | 700                        |
| Animal protein as a proportion of dish (%) | 52%               | 25%                        |
| Animal protein reduction (%)               |                   | 42%                        |



Replace some of the sausage with mixed beans

## Seafood pie with shredded kale

### Meat-reduced version of Fish pie



Replace some of the seafood with kale and leek; use non-dairy margarine instead of butter; reduce the amount of cheese.

| Ingredients                                | Fish pie | Seafood pie with shredded kale |
|--|----------|--------------------------------|
| Diced cod                                  | 400      | ● 300                          |
| Diced salmon                               | 400      | ● 300                          |
| Prawns                                     | 300      | ● 200                          |
| Potatoes                                   | 1000     | 1000                           |
| Peas                                       | 200      | ● 250                          |
| Sweetcorn                                  | 200      | ● 250                          |
| Kale (shredded)                            | 0        | ● 500                          |
| Leek                                       | 0        | ● 200                          |
| (For the sauce)                            |          |                                |
| Flour                                      | 75       | 75                             |
| Butter                                     | 75       | ● 0                            |
| Dairy-free margarine                       | 0        | ● 75                           |
| Cheddar cheese                             | 300      | ● 200                          |
| (Milk (ml))                                | 1000     | 1000)                          |
| Total ingredient weight (g)                | 2950     | 3350                           |
| Total animal protein weight (g)            | 1475     | 1000                           |
| Animal protein as a proportion of dish (%) | 50%      | 30%                            |
| Animal protein reduction (%)               |          | 32%                            |



## Slow braised steak and sweet potato pie

### Meat-reduced version of Steak pie

| Ingredients                                       | Steak pie   | Slow braised steak and sweet potato pie |
|---|-------------|---|
| Diced beef steak                                  | 1300        | ● 800                                   |
| Onions  | 400         | 400                                     |
| Carrots   | 400         | 400                                     |
| Tomato purée                                      | 50          | 50                                      |
| Sweet potato                                      | 0           | ● 600                                   |
| For the pastry:                                   |             |   |
| Plain flour                                       | 600         | 600                                     |
| Butter  | 300         | ● 0                                     |
| Dairy-free margarine                              | 0           | ● 300                                   |
| <b>Total ingredient weight (g)</b>                | <b>3050</b> | <b>3150</b>                             |
| <b>Total animal protein weight (g)</b>            | <b>1600</b> | <b>800</b>                              |
| <b>Animal protein as a proportion of dish (%)</b> | <b>52%</b>  | <b>25%</b>                              |
| <b>Animal protein reduction (%)</b>               |             | <b>50%</b>                              |



Replace some of the steak with sweet potato; use non-dairy margarine instead of butter



## Soy-dressed pork, mooli and tofu

### Meat-reduced version of Soy pork

| Ingredients                                       | Soy pork    | Soy dressed pork, mooli and tofu |
|---|-------------|----------------------------------|
| Pork fillet                                       | 1000        | ● 500                            |
| Garlic  | 20          | 20                               |
| Ginger  | 20          | 20                               |
| Mangetout   | 250         | 250                              |
| Green beans                                       | 250         | 250                              |
| Mooli   | 0           | ● 300                            |
| Tofu  | 0           | ● 300                            |
| Soy marinade                                      |             |                                  |
| <b>Total ingredient weight (g)</b>                | <b>1540</b> | <b>1640</b>                      |
| <b>Total animal protein weight (g)</b>            | <b>1000</b> | <b>500</b>                       |
| <b>Animal protein as a proportion of dish (%)</b> | <b>65%</b>  | <b>30%</b>                       |
| <b>Animal protein reduction (%)</b>               |             | <b>50%</b>                       |



Add mooli (a type of radish) and tofu in place of half the pork



## Succulent lamb stew

### Meat-reduced version of Lamb hotpot

| Ingredients                                | Lamb hotpot | Succulent lamb stew |
|--|-------------|---------------------|
| Diced lamb                                 | 1300        | ● 700               |
| Onions                                     | 400         | 400                 |
| Potatoes                                   | 1500        | 1500                |
| Butter                                     | 50          | ● 0                 |
| Margarine                                  | 0           | ● 50                |
| Carrots                                    | 0           | ● 200               |
| Mushrooms                                  | 0           | ● 150               |
| Butternut squash                           | 0           | ● 450               |
| Total ingredient weight (g)                | 3250        | 3450                |
| Total animal protein weight (g)            | 1350        | 700                 |
| Animal protein as a proportion of dish (%) | 42%         | 20%                 |
| Animal protein reduction (%)               |             | 48%                 |



Replace some of the lamb with carrots, mushroom and squash



## Surf, turf and earth paella

### Meat-reduced version of Surf and turf paella

| Ingredients                                | Surf and turf paella | Surf, turf and earth paella |
|--|----------------------|-----------------------------|
| Prawns                                     | 600                  | ● 400                       |
| Diced chicken                              | 1000                 | ● 600                       |
| Long grain rice                            | 500                  | 500                         |
| Garlic                                     | 20                   | 20                          |
| Onions                                     | 250                  | 250                         |
| Peppers                                    | 250                  | 250                         |
| Mushrooms                                  | 0                    | ● 250                       |
| Courgette                                  | 0                    | ● 250                       |
| Carrots                                    | 0                    | ● 250                       |
| Total ingredient weight (g)                | 2620                 | 2770                        |
| Total animal protein weight (g)            | 1600                 | 1000                        |
| Animal protein as a proportion of dish (%) | 61%                  | 36%                         |
| Animal protein reduction (%)               |                      | 38%                         |



Reduce prawns and chicken and add assorted veg



## Sweet and sour chicken with squash

### Meat-reduced version of Sweet and sour chicken

| Ingredients                                       | Sweet and sour chicken | Sweet and sour chicken with squash |
|---|------------------------|------------------------------------|
| Diced chicken                                     | 1000                   | ● 600                              |
| Mixed peppers                                     | 300                    | ● 400                              |
| Garlic  | 30                     | 30                                 |
| Ginger  | 30                     | 30                                 |
| Chillies  | 20                     | 20                                 |
| Spring onions                                     | 100                    | 100                                |
| Tomato purée                                      | 50                     | 50                                 |
| Pineapple   | 200                    | ● 250                              |
| Brown rice  | 600                    | 600                                |
| Butternut squash                                  | 0                      | ● 400                              |
| <b>Total ingredient weight (g)</b>                | <b>2330</b>            | <b>2480</b>                        |
| <b>Total animal protein weight (g)</b>            | <b>1000</b>            | <b>600</b>                         |
| <b>Animal protein as a proportion of dish (%)</b> | <b>43%</b>             | <b>24%</b>                         |
| <b>Animal protein reduction (%)</b>               |                        | <b>40%</b>                         |



Replace some of the chicken with squash



## Szechuan stir-fry

### Meat-reduced version of Shredded beef with Szechuan sauce

| Ingredients                                       | Shredded beef with Szechuan sauce | Szechuan stir-fry |
|---|-----------------------------------|-------------------|
| Sliced beef                                       | 900                               | ● 500             |
| Mixed chillies                                    | 20                                | 20                |
| Spring onions                                     | 100                               | 100               |
| Bean sprouts                                      | 150                               | 150               |
| Bamboo shoots                                     | 150                               | 150               |
| Basmati rice                                      | 500                               | 500               |
| Carrots   | 0                                 | ● 200             |
| Chinese leaf                                      | 0                                 | ● 200             |
| Mushrooms   | 0                                 | ● 200             |
| Szechuan marinade                                 |                                   |                   |
| <b>Total ingredient weight (g)</b>                | <b>1820</b>                       | <b>2020</b>       |
| <b>Total animal protein weight (g)</b>            | <b>900</b>                        | <b>500</b>        |
| <b>Animal protein as a proportion of dish (%)</b> | <b>49%</b>                        | <b>25%</b>        |
| <b>Animal protein reduction (%)</b>               |                                   | <b>44%</b>        |



Replace some of the beef with stir-fried veg



## Teriyaki chicken with broccoli

### Meat-reduced version of Teriyaki chicken

| Ingredients                                       | Teriyaki chicken | Teriyaki chicken with broccoli |
|---|------------------|--------------------------------|
| Diced chicken                                     | 1200             | ● 800                          |
| Garlic  | 10               | 10                             |
| Ginger  | 10               | 10                             |
| Spring onions                                     | 100              | 100                            |
| Basmati rice                                      | 500              | 500                            |
| Broccoli  | 0                | ● 300                          |
| Baby sweetcorn                                    | 0                | ● 200                          |
| (Teriyaki marinade)                               |                  |                                |
| <b>Total ingredient weight (g)</b>                | <b>1820</b>      | <b>1920</b>                    |
| <b>Total animal protein weight (g)</b>            | <b>1200</b>      | <b>800</b>                     |
| <b>Animal protein as a proportion of dish (%)</b> | <b>66%</b>       | <b>42%</b>                     |
| <b>Animal protein reduction (%)</b>               |                  | <b>33%</b>                     |



Replace some of the chicken with broccoli and baby sweetcorn



## Thai green curry with chicken and summer veg

### Meat-reduced version of Thai green chicken curry

| Ingredients                                | Thai green chicken curry | Thai green curry with chicken and summer veg |
|--|--------------------------|--|
| Diced chicken                              | 1500                     | ● 1000                                       |
| Onions                                     | 500                      | 500  |
| Garlic                                     | 20                       | 20   |
| Thai green curry paste                     | 50                       | 50   |
| Green chillies                             | 10                       | 10   |
| Brown rice                                 | 500                      | 500  |
| Broccoli                                   | 0                        | ● 300  |
| Sugarsnap peas                             | 0                        | ● 300  |
| Coconut milk (ml)                          | 500                      | 500  |
| Total ingredient weight (g)                | 2580                     | 2680   |
| Total animal protein weight (g)            | 1500                     | 1000   |
| Animal protein as a proportion of dish (%) | 58%                      | 37%  |
| Animal protein reduction (%)               |                          | 33%  |



Replace some of the chicken with broccoli and sugarsnap peas



## Butternut squash and chickpea curry

### Ingredients

|                                    |             |
|------------------------------------|-------------|
| Chopped onions                     | 300         |
| Garlic                             | 20          |
| Curry paste                        | 50          |
| Mixed chillies                     | 10          |
| Chickpeas                          | 300         |
| Butternut squash                   | 700         |
| Courgette                          | 400         |
| Basmati rice                       | 500         |
| Coconut milk (ml)                  | 500         |
| <b>Total Ingredient Weight (g)</b> | <b>2280</b> |



Try adding some golden raisins to highlight the natural sweetness of the recipe and add extra texture.



## Creamy corn chowder

### Ingredients

|                                    |             |
|------------------------------------|-------------|
| Onions                             | 300         |
| Garlic                             | 20          |
| Red chillies                       | 20          |
| Carrots                            | 300         |
| Leeks                              | 300         |
| Sweetcorn                          | 600         |
| Potatoes                           | 600         |
| Coconut milk (l)                   | 800         |
| <b>Total Ingredient Weight (g)</b> | <b>2140</b> |



Soya or oat milk would also work (but would make the soup less creamy).



## Five-bean Mexican chili

### Ingredients

|                  |     |
|------------------|-----|
| Onions           | 300 |
| Garlic           | 20  |
| Mixed chillies   | 30  |
| Celery           | 200 |
| Tinned tomatoes  | 600 |
| Tomato purée     | 50  |
| Mixed peppers    | 300 |
| Kidney beans     | 400 |
| Cannellini beans | 400 |
| Black eyed beans | 400 |
| Pinto beans      | 400 |
| Haricot beans    | 400 |
| Rice             | 500 |

Total Ingredient Weight (g) 4000



Serve with a side of tortilla chips to give this dish some crunch.



## Garden lasagna

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 300  |
| Garlic                      | 20   |
| Red chillies                | 10   |
| Tinned tomatoes             | 600  |
| Tomato purée                | 50   |
| Sweet peppers               | 250  |
| Spinach                     | 150  |
| Mushrooms                   | 250  |
| Courgette                   | 400  |
| Lasagna sheets              | 500  |
| For the Bechamel sauce:     |      |
| Flour                       | 100  |
| Dairy-free margarine        | 100  |
| Plant milk (ml)             | 1000 |
| <br>                        |      |
| Total Ingredient Weight (g) | 2730 |



Sprinkle each layer with nutritional yeast flakes (eg. Engevita) for a cheesy flavour.



## Hearty lentil Bolognese

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 300  |
| Garlic                      | 20   |
| Celery                      | 200  |
| Mushrooms                   | 200  |
| Tinned tomatoes             | 600  |
| Tomato purée                | 50   |
| Puy lentils                 | 500  |
| Spaghetti pasta             | 800  |
| Total Ingredient Weight (g) | 2670 |



Add Marmite to the sauce for a boost of “umami”, that rich, meaty and moreish taste.



## Pulled jackfruit tacos

### Ingredients

|                                    |             |
|------------------------------------|-------------|
| Canned jackfruit                   | 900         |
| Red onion                          | 200         |
| Jalapeno chillies                  | 20          |
| Mixed peppers                      | 100         |
| Carrots                            | 100         |
| Red cabbage                        | 100         |
| Avocado                            | 200         |
| Fresh tomatoes                     | 300         |
| Vegan sour cream                   | 250         |
| Flour tortillas (x10)              |             |
| <b>Total Ingredient Weight (g)</b> | <b>2170</b> |



Jackfruit has a pork-like texture and can be used to replace meat in all sorts of recipes.



## Roasted aubergine penne

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 300  |
| Garlic                      | 20   |
| Mixed peppers               | 300  |
| Canned tomatoes             | 800  |
| Tomato purée                | 100  |
| Aubergine                   | 600  |
| Penne pasta                 | 1000 |
| Total Ingredient Weight (g) | 3120 |



Char the aubergine to give it some satisfying smokiness.



## Sizzling Chinese chow mein

### Ingredients

|                             |      |
|-----------------------------|------|
| Garlic                      | 20   |
| Red chillies                | 20   |
| Ginger                      | 30   |
| Mushrooms                   | 200  |
| Mange tout                  | 300  |
| Baby sweetcorn              | 250  |
| Mixed peppers               | 250  |
| Pak choi                    | 200  |
| Beansprouts                 | 200  |
| Bamboo shoots               | 200  |
| Noodles                     | 500  |
| Total Ingredient Weight (g) | 2170 |



Mushroom sauce is a great alternative to oyster sauce. Available from Asian supermarkets or easy to make from shiitake mushrooms, vegetable oil, garlic, ginger, sesame oil and soy sauce.



## Spinach and chickpea burger with fries

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 200  |
| Chickpeas                   | 600  |
| Spinach                     | 400  |
| Breadcrumbs                 | 400  |
| French fries                | 1000 |
| Burger buns (x10)           |      |
| Total Ingredient Weight (g) | 2600 |



The gloopy juice from a tin of chickpeas, known as “aquafaba” (which means “bean water”), can be used as a binder instead of egg. Search online for more info on this versatile secret ingredient.



## Spinach and sweet potato dahl

### Ingredients

|                             |      |
|-----------------------------|------|
| Onion                       | 200  |
| Garlic                      | 20   |
| Ginger                      | 20   |
| Red chilli                  | 10   |
| Sweet potato                | 1000 |
| Spinach                     | 300  |
| Red split lentils           | 500  |
| Total Ingredient Weight (g) | 2050 |



Some say there are as many dahl recipes as there are stars in the sky! Experiment with different pulses such as yellow split peas or black lentils. Top with crispy onions for a bit of crunch.



## Spring pea and asparagus risotto

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 200  |
| Garlic                      | 20   |
| Leeks                       | 200  |
| Asparagus                   | 800  |
| Peas                        | 600  |
| Arborio rice                | 1000 |
| Total Ingredient Weight (g) | 2820 |



Copy Italian chefs with “mantecatura” (“cooking ’til creamy”). When rice is al dente, remove from heat, stir in dairy-free marga, nutritional yeast and finely-grated vegan cheese, cover and rest for 4 minutes.



## Stir-fried noodles in black bean sauce

### Ingredients

|                    |      |
|--------------------|------|
| Garlic             | 20   |
| Ginger             | 20   |
| Red chillies       | 20   |
| Spring onions      | 100  |
| Mushrooms          | 400  |
| Broccoli           | 300  |
| Red peppers        | 300  |
| Noodles            | 1000 |
| (Black bean sauce) |      |

Total Ingredient Weight (g) 2160



To ensure the dish is plant-based, use rice or wheat noodles.



## Thai red tofu curry

### Ingredients

|                             |      |
|-----------------------------|------|
| Tofu                        | 900  |
| Onions                      | 300  |
| Garlic                      | 20   |
| Ginger                      | 30   |
| Thai red curry paste        | 50   |
| Mixed chillies              | 20   |
| Mangetout                   | 300  |
| Courgette                   | 300  |
| Jasmine rice                | 500  |
| Coconut milk (ml)           | 500  |
| Total Ingredient Weight (g) | 2420 |



Deep-fried tofu puffs (available from Asian supermarkets) are perfect for this recipe, they add a nice chewy texture.



## Winter warmer hotpot

### Ingredients

|                             |      |
|-----------------------------|------|
| Onions                      | 300  |
| Carrots                     | 500  |
| Potatoes                    | 700  |
| Sweet potatoes              | 700  |
| Parsnips                    | 700  |
| Chickpeas                   | 600  |
| Total Ingredient Weight (g) | 3500 |



Make this nutritious, homely dish even heartier by adding some pulses or meat-free sausages.



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