

VEGAN MEALS FOR £1

Aubergine and Mushroom Pasta Bake

Serves: 3-4

Approx. cost per portion: £1.00

Ingredients

- 500g dried pasta
- 4 tbsp oil
- 1 aubergine (diced)
- 1 courgette (diced)
- 150g mushrooms (diced)
- 2 garlic cloves (crushed)
- 1 jar of tomato pasta sauce (500g)
- 1 tsp rosemary
- Salt & pepper
- 100g grated vegan cheese



Method

- 1) To a large baking tray add all the chopped veg and drizzle with olive oil and a pinch of salt. Cover the veg in the oil and bake in the oven for 25-30 minutes.
- 2) While the veg is roasting add your pasta to a pan and cook.
- 3) In a large pan, on a low heat, pour in the pasta sauce, herbs, salt & pepper. By heating the sauce it reduces the cooking time in the oven.
- 4) Drain the pasta and add to the pasta sauce, stir until covered in the sauce.
- 5) Pour into an oven proof dish and top with grated vegan cheese.
- 6) Bake for 15-20 minutes until the cheese is golden and slightly browned. Serve!

For more vegan recipes, visit:
www.animalaid.org.uk/veganrecipes



VEGAN MEALS FOR £1

Tofu and Veggie Stir Fry

Serves: 4

Approx. cost per portion: 81p

Ingredients

- 2 tbsp oil
- 1 block of firm tofu (drained, chopped into cubes)
- 1 garlic clove (peeled and crushed)
- 1 medium onion (peeled and sliced)
- 200g frozen mixed vegetables
- 200g mushrooms (sliced)
- 3 tbsp soy sauce
- 1 spring onion (chopped)



Method

1. Heat the oil in a large frying pan or wok.
2. Fry the tofu until golden brown, and then remove from the pan and place on a sheet of kitchen roll.
3. In the same pan, add the onion, garlic, frozen vegetables and mushrooms, and fry for 10-15 minutes, adding 2 tbsp's of soy sauce half way through.
4. Add the tofu back to the pan, the final tbsp soy sauce, mix thoroughly and top with the spring onion, serve with rice or noodles.



AnimalAid



@AnimalAid



@animalaid_uk



animalaid.org.uk

