

LIVE LIGHTLY

DIFFERENT DINNERS

VEGETARIAN RECIPES



IN PARTNERSHIP WITH



**PLANT
BASED
PROTEIN**



LIVE LIGHTLY PRESENTS

DIFFERENT DINNERS

VEGETARIAN RECIPES

We know that cooking different dinners can be a challenge, that's why we've made it easy by selecting a small range of tasty, nutritious recipes created by My Food Bag.

Eating meals with more plants is not only better for your health, it's better for the planet too. You don't have to switch to a complete plant-based diet to eat more sustainably. Swapping just one or two meals per week can have a big impact.

Live Lightly did some research and found that people want easy and tasty options to help them get familiar with choosing different dinners.

We hope you enjoy giving a few of these recipes a go.

For more information visit livelightly.nz/eat



These nutritious recipes were developed by the talented chefs at My Food Bag.



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STICKY MAPLE SOY TOFU

WITH SESAME GREENS & FRESH CORIANDER



TIME
30 MINUTES



SERVING
4 PERSON

INGREDIENTS

TOFU

600g tofu, diced 2cm

½ tsp red pepper flakes, optional

1 tsp black sesame seeds

1 tsp white sesame seeds

1 Tbsp cornflour

1 drizzle of oil

40g maple syrup

2 Tbsp soy sauce

RICE

300g jasmine rice

2 ¼ cups water

GREENS

1 twin pack baby bok choy
(cut into quarters)

1 broccoli, cut into florets & stalk diced

1 spring onion, thinly sliced

100g baby spinach

2 tsp sesame oil

TO SERVE

10g coriander, leaves picked

4 Tbsp store-bought roasted sesame dressing

METHOD

01 BEFORE YOU START

Preheat oven to 230°C (or 210°C fan bake). Bring a large pot of salted water to the boil.

02 PREP & COOK TOFU

Pat tofu dry and dice 2cm. Add to a medium bowl and season with salt. Gently toss together with red pepper flakes, if using, sesame seeds, cornflour and oil, until well coated. Transfer to a lined oven tray and bake for about 15 minutes, until golden.

03 MEANWHILE, COOK RICE

Combine rice, boiling water measure and a pinch of salt in a medium pot and bring to the boil with the lid on. Once boiling, reduce to lowest heat to cook for 12 minutes. Turn off heat and steam, covered, for 5 more minutes. Do not lift lid during cooking.

04 PREP GREENS

Cut bok choy into quarters. Cut broccoli into florets and dice stalk. Thinly slice spring onion.

05 COOK GREENS

When tofu has 5 minutes cook time remaining, add bok choy and broccoli to pot of boiling water. Cook on high heat for 2-3 minutes, until tender. Drain well. Return to pot with spring onion, baby spinach, sesame oil and a pinch of salt. Toss together, cover and keep warm.

06 FINISH TOFU & PREP CORIANDER

In a small bowl, combine maple syrup and soy sauce together. Drizzle over tofu and toss to coat. Return to upper oven rack for a further 1-2 minutes, until sticky and starting to caramelise. Toss to coat. Pick coriander leaves.

07 SERVE

Rice and greens topped with tofu, roasted sesame dressing and coriander.





CHEESY GNOCCHI GRATIN

WITH ROASTED PUMPKIN



TIME

40 MINUTES



SERVING

4 PERSON

INGREDIENTS

PUMPKIN

1 butternut pumpkin, peeled & diced

1 leek, sliced 1cm

1 red onion, thinly sliced

1 drizzle of oil

GNOCCHI

1 drizzle of oil

500g gnocchi

SAUCE

2 Tbsp butter

2 Tbsp plain flour

2 cups milk

100g baby spinach

TO SERVE

50g feta cheese, crumbled

50g grated Parmesan

25g sliced almonds, optional

METHOD

01 BEFORE YOU START

Preheat oven to 230°C (or 210°C fan bake). Set aside a medium baking dish (approx. 22cm x 28cm).

02 PREP & COOK PUMPKIN

Peel and dice pumpkin, slice leek and thinly slice onion. Toss with oil on 1-2 lined oven trays and spread in a single layer. Season with salt and pepper and roast for 15-20 minutes, until tender and golden. Remove from oven and switch to high grill.

03 COOK GNOCCHI

Heat oil in a large frypan on medium-high heat and cook gnocchi for about 10 minutes, until gnocchi is golden. Transfer to a medium baking dish.

04 PREP & COOK SAUCE

Heat butter in a medium pot on medium-high heat. When butter is melted, add flour and cook for 1 minute, until sandy in texture. Whisk in milk, 1/2 cup at a time, until smooth and thickened. Remove from heat and stir through spinach. Season to taste with salt and pepper.

05 GRILL GNOCCHI

Add roast veggies to dish with gnocchi and toss gently to combine. Top with sauce and sprinkle with crumbled feta and Parmesan. Grill in oven for about 3 minutes, until cheese is melted.

06 SERVE

Cheesy gnocchi gratin topped with almonds.

MEXICAN NACHO SALAD

WITH BEANS & AVOCADO



TIME
30 MINUTES



SERVING
4 PERSON

INGREDIENTS

SALAD

½ avocado, diced
2 tomatoes, diced
1 lettuce, shredded
1 drizzle of oil
250g frozen corn
½ tsp smoked paprika
½ tsp ground cumin
½ tsp oregano
2 tsp vinegar

BEANS

390g canned kidney beans
(drained & rinsed)
1 drizzle olive oil
1 tsp smoked paprika
½ tsp ground cumin
½ tsp oregano
¼ tsp chilli flakes, optional
½ tsp salt
1 cup vegetable stock
1 Tbsp sweet chilli sauce

NACHOS

90g Colby cheese
(grated)
300g corn chips

TO SERVE

4 Tbsp lite sour cream
1 Tbsp sweet chilli sauce

METHOD

01 BEFORE YOU START

Preheat oven to high grill.

02 PREP SALAD

Dice avocado and tomato and shred lettuce. Heat oil in a large frypan on high heat. Cook corn and spices for about 4 minutes, until starting to char. Transfer to a medium bowl with avocado, tomato, lettuce and vinegar. Toss to combine and season to taste with salt and pepper. Reserve pan.

03 COOK BEANS

Drain and rinse beans. Return pan to high heat with oil and cook beans with spices and chilli flakes, if using, for about 3 minutes. Add stock and sweet chilli sauce and cook for about 2 minutes, until liquid has mostly evaporated. Remove from heat and roughly smash with a wooden spoon.

04 GRILL NACHOS

Grate cheese. Spread corn chips on an oven tray and sprinkle with cheese. Grill in oven for about 3 minutes, until cheese is melted.

05 SERVE

Salad with nachos, beans, sour cream and sweet chilli sauce.

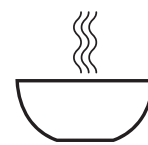




COURGETTE & PARMESAN FRITTERS



TIME
40 MINUTES



SERVING
4 PERSON

WITH BURRATA & BALSAMIC SALAD

INGREDIENTS

FARRO

100g farro

FRITTERS

3 courgettes, grated

6 eggs

50g grated Parmesan

150g wholemeal flour

¼ cup milk

1 tsp baking powder

2 drizzle of olive oil

TOMATO SALAD

8 vine tomatoes

2 tsp balsamic vinegar

TO SERVE

150g burrata cheese, torn

100g mesclun

100g balsamic glaze

METHOD

01 BEFORE YOU START

Bring a large pot of salted water to the boil.

02 COOK FARRO

Once water is boiling, add farro and simmer for 15-20 minutes, or until tender with a slight bite. Drain, rinse under cold water, then drain again.

03 PREP FRITTERS

Grate courgette and add to a large bowl. Add eggs, Parmesan, wholemeal flour, milk and baking powder. Season and whisk together, until just combined.

04 COOK FRITTERS

Heat half the oil in a large non-stick frypan on medium-high heat. Cook heaped tablespoons of fritter batter in batches for 2-3 minutes each side, until golden, puffed and cooked through.

05 MEANWHILE, PREP TOMATO SALAD

Cut smaller tomatoes in half and larger tomatoes into quarters. Toss together in a medium bowl with cooked farro and balsamic vinegar. Season to taste.

06 TO FINISH

Tear burrata into chunks over a small bowl so you catch any cream.

07 SERVE

Mesclun with fritters, tomato salad and burrata. Drizzle over balsamic glaze.

MUSHROOM SKILLET LASAGNE

WITH RICOTTA, PESTO & WALNUTS



TIME
45 MINUTES



SERVING
4 PERSON

INGREDIENTS

LASAGNA

1 brown onion, thinly sliced
350g mushrooms, thinly sliced
1 carrot, grated
1 drizzle of olive oil
1.5 tsp brown sugar
1 tsp Italian herbs
½ tsp dried basil
½ tsp ground fennel
1 tsp sweet paprika
800g canned crushed tomatoes
1.5 cups water
1 tsp salt
250g lite sour cream
250g fresh lasagne

TOPPING

1 parsnip
200g ricotta cheese
4 Tbsp basil pesto
25g chopped walnuts
1 drizzle olive oil

TO SERVE

10g basil

METHOD

01 BEFORE YOU START

Preheat oven to 220°C (200°C fan bake). If you don't have a large ovenproof frypan, set aside a large baking dish.

02 PREP VEGES

Thinly slice onion and mushrooms, grate carrot and peel parsnip into ribbons. Set aside separately.

03 START LASAGNE

Heat olive oil in a large, ovenproof frypan on high heat. Cook onion and mushrooms for 4-5 minutes, until softened and browned. Add sugar, spices and carrot. Cook for about 30 seconds, stirring, until fragrant.

04 SIMMER LASAGNE

Add canned tomatoes, water measure and salt to pan, stir and bring to a simmer. Simmer for a further 6-7 minutes, until sauce has reduced slightly. Remove from heat and stir through sour cream. Transfer mixture to baking dish, if using.

05 FINISH LASAGNE

Carefully separate lasagne sheets and cut into rectangles (roughly 10 x 5cm). Gently fold individual pasta sheets through sauce, ensuring sheets are separated and not sticking together. Scatter over parsnip ribbons, then dollop with ricotta and pesto. Sprinkle over walnuts, drizzle with olive oil and season with salt and pepper.

06 BAKE LASAGNE & PREP BASIL

Bake lasagne on upper oven rack for about 15 minutes, until golden on top and pasta is tender. While lasagne cooks, pick basil leaves and set aside to serve.

07 SERVE

Lasagne topped with basil.





SMOKY MEXICAN CAULIFLOWER CHILLI

WITH KŪMARA DIPPERS & SOUR CREAM



TIME
35 MINUTES



SERVING
4 PERSON

INGREDIENTS

KŪMARA

800g kūmara
(thinly sliced into rounds)

1 drizzle of olive oil

CAULIFLOWER

½ cauliflower, finely chopped

780g canned kidney beans
(drained & rinsed)

1 drizzle of oil

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

¼ tsp oregano

Pinch chilli powder

1/8 tsp garlic powder

60g tomato paste

1 can crushed tomatoes

½ cup water

1 Tbsp chipotle sauce

100g baby spinach

100g grated mozzarella cheese

CHIPOTLE SOUR CREAM

125g lite sour cream

1 Tbsp chipotle sauce

TO SERVE

10g coriander, leaves picked

TIP

Use less or omit
chipotle sauce
if you'd prefer
less heat.

METHOD

01 BEFORE YOU START

Preheat oven to 220°C (or 200°C fan bake).

02 PREP & COOK KŪMARA

Slice kūmara into rounds and toss together on a lined oven tray with oil. Season lightly and roast for 20-25 minutes, until golden and tender.

03 PREP & COOK CAULIFLOWER

Chop cauliflower and drain and rinse kidney beans. Heat oil in a large frypan on medium-high heat. Add cauliflower, spices and tomato paste and cook for about 2 minutes, until fragrant.

04 FINISH CAULIFLOWER

Add canned tomatoes, water measure, kidney beans and first measure of chipotle sauce to pan and bring to a simmer (see tip). Reduce heat to medium and cook for about 8 minutes, stirring often, until thickened (add a splash of water if the mixture becomes too dry). Stir through baby spinach to wilt and season lightly to taste. Sprinkle over mozzarella and cover with a lid to melt cheese.

05 PREP CHIPOTLE SOUR CREAM

In a small bowl, combine sour cream and second measure of chipotle sauce (see tip).

06 TO FINISH

Pick coriander leaves.

07 SERVE

Cauliflower with kūmara on the side for dipping. Top with sour cream, coriander and pumpkin seeds.

LEMONGRASS HALOUMI SATAY NOODLES

WITH PEANUT SAUCE



TIME
30 MINUTES



SERVING
4 PERSON

INGREDIENTS

NOODLES & SLAW

200g vermicelli noodles, string removed

350g slaw

200g mung bean sprouts

100g store-bought Thai dressing

HALOUMI

400g haloumi cheese, diced 2cm

2 Tbsp tom yum lemongrass paste

1 drizzle of oil

SATAY SAUCE

60g peanut butter

½ cup light coconut milk

1 Tbsp sweet chilli sauce

1 Tbsp soy sauce

TO SERVE

1 cucumber, peeled into ribbons

10g coriander, leaves picked

1 lime, cut into wedges

METHOD

01 BEFORE YOU START

Bring a full kettle to the boil.

02 COOK VERMICELLI

Remove string and place vermicelli in a large heatproof bowl and cover with boiling water. Use a fork to separate strands, then cover. Leave for 5 minutes, then drain. Rinse with cold water to cool, then drain again. Cut in a few places with kitchen scissors to make them easier to eat.

03 PREP HALOUMI

Dice haloumi 2cm and add to a medium bowl. Toss together with tom yum paste, until well coated. Set aside.

04 MAKE SATAY SAUCE

Whisk all satay sauce ingredients together in a medium pot. Place pot on medium-high heat and bring to a simmer. Once simmering, remove from heat, cover and keep warm. Set aside to serve.

05 COOK HALOUMI

Heat oil in a large, non-stick frypan on medium-high heat. Cook haloumi for 4-5 minutes, tossing often, until golden on all sides.

06 TO FINISH

Add slaw, mung beans and Thai dressing to a large bowl. Toss together and season to taste with salt. Peel cucumber into ribbons, pick coriander leaves and cut lime into wedges.

07 SERVE

Noodles, slaw and cucumber topped with haloumi, satay sauce, coriander and crispy shallots. Serve lime wedges on the side for squeezing.





PARMESAN LOADED VEGGIE WEDGES

WITH CHILLI BEANS & SOUR CREAM



TIME
40 MINUTES



SERVING
4 PERSON

INGREDIENTS

POTATO WEDGES

800g potatoes
(cut into wedges)

2 parsnip, cut into wedges

1 drizzle olive oil

50g grated Parmesan

TO SERVE

1 telegraph cucumber
(diced 1cm)

10g coriander, leaves picked

50g grated Parmesan

125g lite sour cream

VEGGIE CHILLI

1 drizzle olive oil

2 carrot, grated

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

¼ tsp oregano

Pinch chilli powder

1/8 garlic powder

1 Tbsp cornflour

60g tomato paste

400g can mild chilli beans

1 cup water

100g baby spinach

METHOD

01 BEFORE YOU START

Preheat oven to 220°C (200°C fan bake).

02 PREP & COOK WEDGES

Cut potatoes and parsnip into wedges and toss on a lined oven tray with oil. Season with pepper and bake in the oven for 20 minutes. After 20 minutes remove from oven and sprinkle over first measure of Parmesan cheese. Return to oven and bake for a further 10 minutes, until wedges are tender and golden.

03 PREP & COOK CHILLI

Heat oil in a frypan on medium-high heat. Grate carrot and add to pan to cook for about 2 minutes, until soft. Add spices and cornflour and cook for 1 minute, until fragrant. Add tomato paste, stir and add chilli beans and water. Bring to a simmer and cook for about 5 minutes stirring occasionally, until thick. Stir through baby spinach to wilt and season to taste.

04 TO FINISH

Dice cucumber and pick coriander leaves for serving.

05 SERVE

Parmesan wedges with chilli. Sprinkle over remaining Parmesan and top with cucumber, sour cream and coriander.

GREEK HALOUMI & CHERRY TOMATO BAKE

WITH PITA CHIPS & TZATZIKI



TIME
40 MINUTES



SERVING
4 PERSON

INGREDIENTS

HALOUMI BAKE

1 brown onion, thinly sliced
100g roasted capsicum (thinly sliced)
1 carrot, grated
375g haloumi cheese (thinly sliced)
1 drizzle olive oil
½ tsp garlic powder
1 tsp smoked paprika
½ tsp sweet paprika
1 tsp oregano
½ tsp dried mint
1 ½ Tbsp brown sugar
½ cup water
800g canned cherry tomatoes
50g harissa
100g baby spinach

CHIPS

4 pack (260g) Lebanese bread, cut into wedges
1 drizzle olive oil

ZA'TAR ALMONDS

10 g mint, finely chopped
25g sliced almonds
2 tsp sesame za'atar*
1 drizzle olive oil

TO SERVE

4 Tbsp store-bought tzatziki

*Sesame Za'atar: 2 tsp white sesame seeds, 2 tsp sumac, 1 tsp thyme, 1 tsp marjoram, 1 tsp oregano, ¼ tsp salt

METHOD

01 BEFORE YOU START

Preheat oven to 230°C (or 210°C fan bake). If you don't have an ovenproof frypan, set aside a medium baking dish.

02 PREP HALOUMI BAKE

Thinly slice onion and roasted capsicum, grate carrot and slice haloumi. Set aside separately.

03 COOK HALOUMI BAKE

Heat oil in a large, ovenproof frypan on medium-high heat. Cook onion and capsicum with a pinch of salt for 3-4 minutes, until softened. Add spices, sugar and carrots and cook for 30 seconds, until fragrant. Add water measure, canned tomatoes and harissa and bring to a simmer. Reduce heat to low and simmer for 5-6 minutes, until thickened.

04 FINISH HALOUMI BAKE

Remove pan from heat, stir through spinach to wilt and season to taste with salt. Transfer mixture to baking dish, if using. Top with slices of haloumi and bake on upper oven rack for about 15 minutes, until haloumi is golden and bubbly.

05 PREP CHIPS

Cut Lebanese bread into wedges and toss on a large lined oven tray with oil. Season with salt and bake on lower oven rack for 5-7 minutes, until golden and crispy.

06 PREP ZA'ATAR ALMONDS

Chop mint. Heat a small dry frypan on medium heat. Cook almonds and za'atar for 1-2 minutes, tossing, until golden and fragrant. Transfer to a small bowl and toss together with mint and olive oil.

07 SERVE

Haloumi bake topped with za'atar almonds. Serve chips and tzatziki on the side for dipping.





CREAMY COURGETTE GNOCCHI

WITH PINE NUTS, BASIL PESTO & PARMESAN



TIME
30 MINUTES



SERVING
4 PERSON

INGREDIENTS

VEGGIES

200g green beans
(ends trimmed and cut in half)

2 courgette thinly sliced into rounds

1 drizzle of oil

PINE NUTS

20g pine nuts

GNOCCHI

500g gnocchi

1 drizzle of oil

SAUCE

1 drizzle of oil

1 ½ cups water

250g frozen peas

100g baby spinach

4 Tbsp basil pesto

50g grated Parmesan

185g lite sour cream

SAUCE

1 bunch basil, leaves picked

4 Tbsp basil pesto

METHOD

01 BEFORE YOU START

Bring a large pot of hot salted tap water to the boil.

02 PREP VEGGIES

Trim beans and cut in half and cut courgette into rounds. Set aside.

03 COOK PINE NUTS & VEGGIES

Heat a large, dry frypan on medium-high heat. Toast pine nuts for 1-2 minutes, until golden. Remove from pan and set aside to serve. Return pan to medium-high heat with oil. Cook beans and courgette with a pinch of salt for 4-5 minutes, until tender and starting to colour. Remove veggies from pan and set aside. Reserve pan.

04 COOK GNOCCHI

Cook gnocchi in pot of boiling water on high heat for 2-3 minutes, until they just start to float. Drain well and return to pot with oil to prevent sticking. Set aside.

05 COOK SAUCE

Return reserved pan to medium-high heat with oil. Cook gnocchi for 2-3 minutes, until starting to brown. Add water and peas and bring to a simmer. Add veggies back to pan along with spinach and cook for a further 1-2 minutes, until liquid has reduced and gnocchi is cooked.

06 FINISH GNOCCHI

Remove pan from heat and add first measure of basil pesto, Parmesan and sour cream. Toss to combine and season to taste with salt and pepper. Pick basil leaves.

07 SERVE

Gnocchi topped with remaining pesto, basil and pine nuts.

GREEK SPANAKOPITA PIE

WITH GREEK SALAD



TIME
55 MINUTES



SERVING
4 PERSON

INGREDIENTS

SPANAKOPITA

½ red onion, finely diced

3 garlic cloves, minced

1 bunch spinach, roughly chopped

1 drizzle of oil

1 ¼ tsp lemon pepper

1 ¾ tsp sweet paprika

1 tsp oregano

2 Tbsp chives dried

1 tsp ground cumin

200g feta cheese

6 eggs, whisked

1 tsp salt

200g filo pastry

3 Tbsp butter, melted

SALAD

1 telegraph cucumber, diced

1 tomato, diced

1 capsicum, diced

½ red onion, thinly sliced

70g black olives

1 drizzle of olive oil

1 Tbsp white wine vinegar

METHOD

01 BEFORE YOU START

Preheat oven to 200°C (or 180°C fan bake). Grease a pie dish (about 25 x 25cm).

02 PREP & START SPANAKOPITA

Finely dice onion, mince garlic and roughly chop spinach. Set aside separately. Heat oil in a large frypan on medium-high heat. Cook onion and garlic for about 3 minutes, until softened. Add spices and cook for 1 minute, until fragrant. Add spinach and cook for 1 minute, until spinach is wilted.

03 FINISH PREPARING SPANAKOPITA

Transfer spinach mixture to a medium bowl and leave to cool slightly. Crumble feta and whisk eggs and add to bowl along with salt. Stir to combine and set aside.

04 PREP PIE

Line baking dish with two sheets of filo letting them cover the sides of the dish. Generously brush with butter and top with two more sheets of filo. Repeat the process, until two-thirds of the filo is used. Evenly spread spinach and feta filling over filo.

05 COOK PIE

Top pie with two more sheets of filo and brush with butter. Repeat, until remaining filo is used. Fold in any excess filo from the sides of the dish and brush with butter. Bake on bottom oven rack for about 35 minutes, or until cooked through and golden.

06 PREP SALAD

Dice cucumber, tomato, capsicum and thinly slice onion. Toss in a medium bowl with olives, olive oil and vinegar. Season to taste with salt and pepper.

07 TO FINISH

Cut cooked spanakopita into squares.

08 SERVE

Spanakopita with salad on the side.



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