
PLANTEDANDSIMPLE
FREE STARTER COOKBOOK
THE
20-MINUTE
PLANT PROTEIN
KITCHEN
12 fast, high-protein plant-based meals
for busy weeknights
20 MINUTES · 20 g+ PROTEIN · NO POWDERS
A free guide from
PlantedAndSimple
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WELCOME

Protein, without the complicated part

The question we get more than any other: where do you get your protein? The honest answer is that it comes from ordinary food — beans, lentils, tofu, tempeh, soy milk, seeds — cooked well and eaten in real portions.

This little book is the proof. Every recipe inside lands between 19 and 29 grams of protein per serving, uses ingredients from a normal supermarket, and is on the table in about twenty minutes. No protein powders. No specialty orders. No three-hour Sunday marathon.

Cook two or three of these in your first week and something clicks: plant-based eating stops feeling like a project and starts feeling like dinner. That's the whole goal.

WHAT YOU'LL FIND INSIDE

- 12 complete recipes with full nutrition per serving
- A five-ingredient protein anchor guide
- A 5-day starter plan you can shop for in one trip
- Storage, swap and reheating notes for every dish

START HERE

The five protein anchors

Build any meal around one of these and the protein takes care of itself. Everything else on the plate is flavour.

Tofu & Tempeh

10–20 g per 100 g

Press tofu for crispness; steam tempeh 5 minutes to remove bitterness.

Lentils & Beans

8–9 g per 1/2 cup

Red lentils collapse into sauces in 15 minutes. Canned beans are not cheating.

Soy or Pea Milk

7–8 g per cup

The single easiest upgrade — swap it into coffee, oats and smoothies.

Hemp & Chia Seeds

5–10 g per 3 tbsp

Two spoonfuls on anything adds protein, fibre and omega-3s invisibly.

Protein Pasta

13–14 g per 2 oz

Chickpea or red lentil pasta doubles the protein of a normal bowl.

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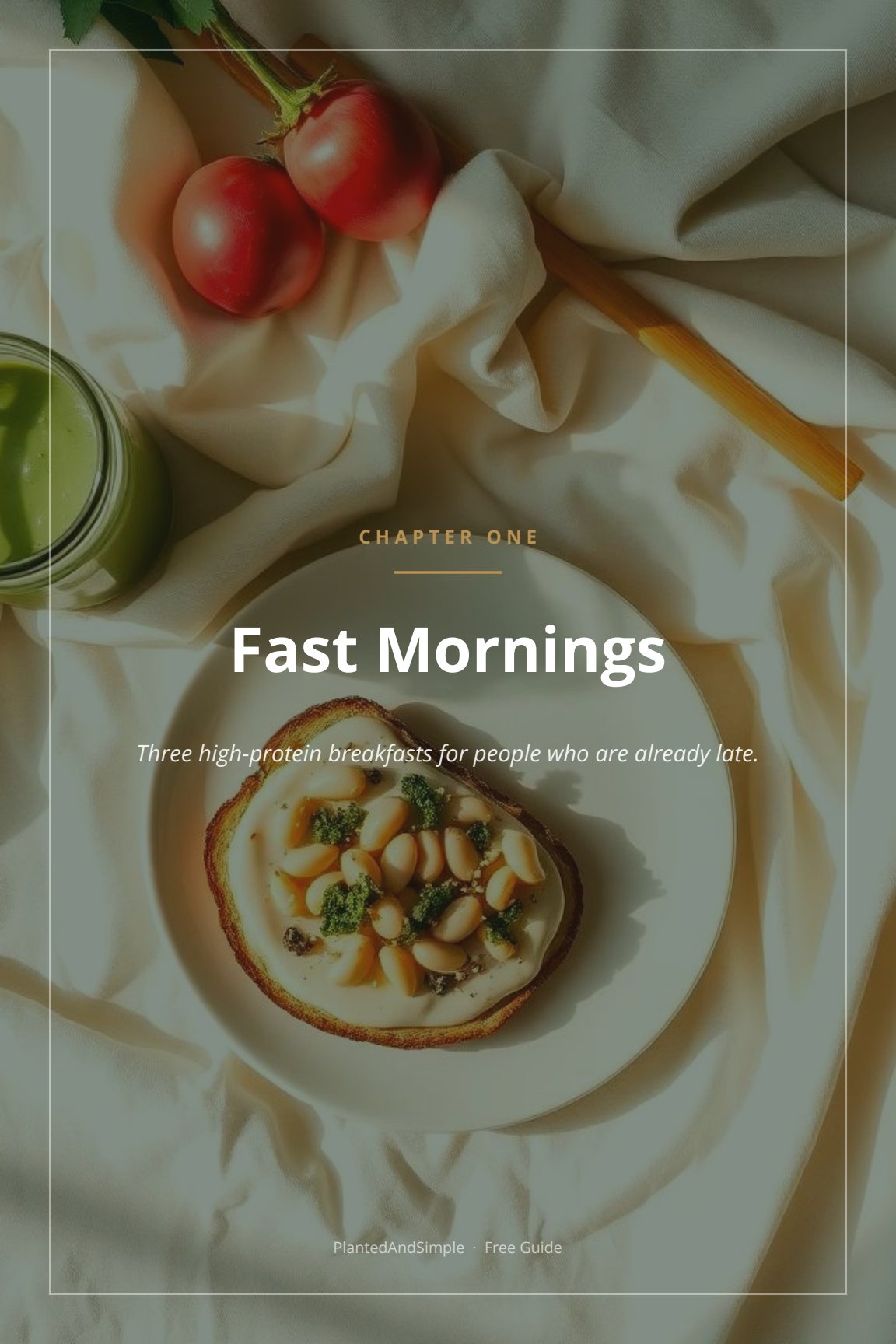
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CHAPTER ONE

Fast Mornings

Three high-protein breakfasts for people who are already late.



Whipped Tahini & White Bean Toast

Creamy cannellini beans folded into lemony whipped tahini, piled onto thick toast with chili and parsley. Ten minutes, no cooking, twenty grams of protein.

21g	430	48g	17g	12g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

8 min	2 min	2	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 21 g protein with zero cooking skill required
- Ready before the kettle finishes boiling
- Uses pantry staples you already own
- Works as breakfast, lunch or a fast dinner

Whipped Tahini & White Bean Toast

21g PROTEIN

INGREDIENTS

- 1 can (15 oz) cannellini beans, rinsed
- 3 tbsp tahini
- Juice of 1 lemon (about 2 tbsp)
- 1 small garlic clove, grated
- 2 tbsp cold water
- 1/2 tsp fine sea salt
- 4 thick slices seeded sourdough
- 1 tbsp olive oil
- 1/4 tsp chili flakes
- Handful flat-leaf parsley, chopped
- Cracked black pepper

METHOD

1. Whisk the tahini, lemon juice, garlic and salt in a bowl. It will seize and look broken — this is normal.
2. Add the cold water one tablespoon at a time, whisking hard, until the mixture loosens into a pale, pourable cream.
3. Add three-quarters of the beans and mash with a fork until thick and spreadable, leaving some texture.
4. Toast the bread until deeply golden — a sturdy, crisp base keeps the topping from going soggy.
5. Spread generously, scatter the reserved whole beans, and finish with olive oil, chili flakes, parsley and pepper.

CHEF'S TIP

Cold water is the secret. Warm water makes tahini grainy; ice-cold water whips it pale and glossy in seconds.

SMART SWAP

No cannellini? Butter beans or chickpeas work beautifully. For nut-free, use sunflower seed butter and add an extra squeeze of lemon.

STORAGE

The bean mixture keeps 4 days covered in the fridge. Loosen with a splash of water before spreading.



Vanilla Almond Chia Protein Jars

Silky overnight chia pudding built on soy milk and almond butter, layered with berries. Make four on Sunday and breakfast is decided until Thursday.

20g	390	34g	19g	13g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

10 min	No cook	4	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 20 g protein per jar, entirely make-ahead
- Five minutes of hands-on work for four breakfasts
- Naturally sweetened, no protein powder needed
- Travels perfectly in a bag or lunchbox

Vanilla Almond Chia Protein Jars

20g PROTEIN

INGREDIENTS

- 2 cups unsweetened soy milk
- 1/2 cup chia seeds
- 1/4 cup almond butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of fine sea salt
- 2 cups mixed berries
- 2 tbsp hemp seeds, to finish

METHOD

1. Warm the almond butter for 15 seconds so it stirs in smoothly, then whisk it into the soy milk with the maple syrup, vanilla and salt.
2. Whisk in the chia seeds and let the mixture sit for 10 minutes.
3. Whisk again — this second whisk is what prevents a clumped layer at the bottom.
4. Divide between four jars, seal, and refrigerate at least 4 hours or overnight.
5. Top with berries and hemp seeds just before eating so nothing turns watery.

CHEF'S TIP

If the pudding sets firmer than you like, stir in a tablespoon of soy milk. It loosens back to spoonable in seconds.

SMART SWAP

Soy milk carries the most protein of the plant milks (about 7 g per cup). Pea milk is an equal swap; almond milk will drop the total by roughly 6 g per jar.

STORAGE

Keeps 5 days sealed in the fridge. Add fruit only on the day you eat it.



Green Protein Smoothie Bowl

Thick enough to eat with a spoon, green enough to feel virtuous, and built on silken tofu so it actually keeps you full until lunch.

24g	410	45g	14g	11g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

7 min	No cook	2	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 24 g protein from whole foods, not powder
- Genuinely thick — no soupy smoothie-bowl disappointment
- A painless way to eat two cups of greens
- Ready in the time it takes to find a spoon

Green Protein Smoothie Bowl

24g PROTEIN

INGREDIENTS

- 7 oz silken tofu
- 2 frozen bananas, broken up
- 2 cups baby spinach
- 1 cup frozen mango chunks
- 3/4 cup unsweetened soy milk
- 2 tbsp hemp seeds
- 1 tbsp almond butter
- 1 tsp lime juice
- Granola, banana slices and seeds, to top

METHOD

1. Add the soy milk and silken tofu to the blender first — liquids at the bottom let the blades catch.
2. Add the spinach and blend 20 seconds until completely smooth and no green flecks remain.
3. Add the frozen banana, mango, hemp seeds, almond butter and lime. Blend on high, stopping to scrape down as needed.
4. Resist adding more liquid. Use the tamper or a spatula; the mixture should move slowly, like soft-serve.
5. Spoon into bowls and top with granola, banana and a scatter of seeds.

CHEF'S TIP

Frozen fruit, not ice, is what makes a spoonable bowl. Ice waters the flavour down and melts within minutes.

SMART SWAP

No silken tofu? Half a cup of plain soy yogurt gets you close, though the texture will be slightly looser.

STORAGE

Best eaten immediately. Leftovers freeze well in a loaf tin and can be re-blended the next morning.



CHAPTER TWO

Lunches Worth Looking Forward To

Portable, prep-friendly and never sad at a desk.



Crispy Tempeh Caesar Wraps

Golden, smoky tempeh strips and crunchy romaine in a cashew Caesar that tastes like the real thing. This is the lunch that ends sad desk salads.

29g	520	46g	24g	9g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

12 min	10 min	2	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 29 g protein and a genuinely craveable lunch
- The dressing takes 90 seconds in a blender
- Tempeh crisps in one pan, no oven required
- Packs well — assemble in the morning, eat at noon

Crispy Tempeh Caesar Wraps

29g PROTEIN

INGREDIENTS

- 8 oz tempeh, sliced into thin strips
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp maple syrup
- 1/2 tsp smoked paprika
- 1/3 cup raw cashews, soaked 10 min in hot water
- 2 tbsp lemon juice
- 1 tbsp capers plus 1 tsp brine
- 1 tsp Dijon mustard
- 1 small garlic clove
- 1/4 cup water
- 2 tbsp nutritional yeast
- 1 romaine heart, shredded
- 2 large whole-wheat tortillas

METHOD

1. Steam the tempeh strips over simmering water for 5 minutes. This one step removes any bitterness — don't skip it.
2. Whisk the soy sauce, maple syrup and smoked paprika together and toss with the drained tempeh.
3. Heat the olive oil in a skillet over medium-high and fry the strips 3 to 4 minutes per side until deeply golden and lacquered.
4. Blend the soaked cashews, lemon juice, capers and brine, Dijon, garlic, water and nutritional yeast until pourable and smooth.
5. Toss the romaine with half the dressing, pile into the tortillas with the tempeh, drizzle with the rest and roll tightly.

CHEF'S TIP

Press the wrap seam-side down in the hot skillet for 30 seconds. It seals shut and adds a toasted, bakery-style finish.

SMART SWAP

Extra-firm tofu, pressed and sliced, works in place of tempeh — reduce the protein by about 4 g per serving.

STORAGE

Dressing keeps 5 days refrigerated; cooked tempeh keeps 4. Assemble wraps the day you eat them.



RECIPE 05 OF 12

Peanut Sesame Tofu Noodle Bowl

Cold noodles, crisp vegetables and baked tofu under a peanut sauce with real depth. Better on day two, which makes it a meal-prep favourite.

28g	560	62g	22g	8g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

15 min	15 min	3	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 28 g protein and a lunch you'll actually finish
- Designed to be eaten cold — no microwave needed
- The sauce doubles as a dip and a salad dressing
- Holds beautifully for three days

Peanut Sesame Tofu Noodle Bowl

28g PROTEIN

INGREDIENTS

- 1 block (14 oz) extra-firm tofu, pressed and cubed
- 1 tbsp cornstarch
- 1 tbsp neutral oil
- 8 oz brown rice noodles or soba
- 1/3 cup natural peanut butter
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 1 tsp toasted sesame oil
- 1 garlic clove, grated
- 1 tsp grated fresh ginger
- 4-5 tbsp warm water
- 2 carrots, julienned
- 1 cucumber, julienned
- Cilantro, scallions and crushed peanuts, to finish

METHOD

1. Toss the pressed tofu cubes with cornstarch, then pan-fry in the oil over medium-high for 8 to 10 minutes, turning until every side is crisp.
2. Cook the noodles to just under package time, then rinse under cold water until fully cool. Rinsing stops the cooking and prevents clumping.
3. Whisk the peanut butter, soy sauce, vinegar, maple syrup, sesame oil, garlic and ginger together — it will thicken and stiffen first.
4. Add the warm water a tablespoon at a time until the sauce coats a spoon but slides off slowly.
5. Toss the noodles with two-thirds of the sauce, then top with the tofu, carrot, cucumber, herbs, peanuts and remaining sauce.

CHEF'S TIP

Pressing tofu is the difference between crisp and soggy. Twenty minutes under a heavy pan and a folded towel is enough.

SMART SWAP

Edamame instead of tofu turns this into a five-minute assembly job with a similar protein count.

STORAGE

Keeps 3 days refrigerated. Store the sauce separately if you want the vegetables to stay crunchy.



RECIPE 06 OF 12

Smoky Black Bean Quinoa Salad

Quinoa, black beans and charred corn in a smoked-paprika lime dressing. It travels well, it keeps well, and it never tastes like leftovers.

22g	470	64g	14g	15g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

10 min	18 min	4	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 22 g protein and 15 g fibre in one bowl
- No wilting — this salad improves overnight
- One pot, four lunches, under twenty minutes
- Naturally gluten-free and freezer-friendly

Smoky Black Bean Quinoa Salad

22g PROTEIN

INGREDIENTS

- 1 cup quinoa, rinsed well
- 1 3/4 cups water
- 1 can (15 oz) black beans, rinsed
- 1 1/2 cups corn kernels, fresh or frozen
- 1 red bell pepper, diced
- 1/2 red onion, finely diced
- 3 tbsp olive oil
- 3 tbsp lime juice
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp fine sea salt
- 1 large handful cilantro, chopped
- 1 avocado, to serve

METHOD

1. Rinse the quinoa for a full 30 seconds under cold water — this washes off the saponins that make it taste soapy.
2. Simmer the quinoa in the water, covered, for 15 minutes, then rest off the heat for 5 minutes and fluff with a fork.
3. Meanwhile, dry-toast the corn in a hot skillet for 4 minutes until it blisters and picks up dark spots.
4. Whisk the olive oil, lime juice, smoked paprika, cumin and salt into a dressing.
5. Fold everything together while the quinoa is still slightly warm — warm grains absorb dressing far better than cold ones. Add avocado at serving.

CHEF'S TIP

Season while warm, taste when cool. Chilled food always tastes less salty, so check the seasoning again before serving.

SMART SWAP

Pinto or kidney beans work equally well. Swap quinoa for farro if gluten isn't a concern.

STORAGE

Keeps 4 days refrigerated and freezes for 2 months without the avocado.



CHAPTER THREE

Twenty-Minute Dinners

Four weeknight dinners, one pan, real protein.



Red Lentil Coconut Dal

Red lentils collapse into a velvety, golden dal in under twenty minutes. This is the recipe to know by heart for the nights nothing is planned.

21g	440	52g	17g	14g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

5 min	18 min	4	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 21 g protein from one bag of dried lentils
- Costs a fraction of a takeaway and beats it
- One pot, minimal chopping, huge flavour
- Freezes better than almost anything else in this book

Red Lentil Coconut Dal

21g PROTEIN

INGREDIENTS

- 1 tbsp coconut oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 2 tsp curry powder
- 1 tsp ground turmeric
- 1/2 tsp ground cumin
- 1 1/2 cups red lentils, rinsed
- 1 can (14 oz) light coconut milk
- 3 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 tsp fine sea salt
- Juice of 1/2 lime
- Cilantro and cooked rice or naan, to serve

METHOD

1. Soften the onion in the coconut oil over medium heat for 4 minutes, then add the garlic and ginger for 1 minute more.
2. Add the curry powder, turmeric and cumin and stir for 30 seconds until fragrant — blooming the spices in fat is what gives dal its depth.
3. Stir in the lentils, coconut milk, broth and tomatoes. Bring to a gentle boil.
4. Reduce the heat and simmer 15 minutes, stirring occasionally so nothing catches on the base, until the lentils have broken down completely.
5. Season with salt and lime. Loosen with a splash of broth if it thickens past your liking, and serve over rice.

CHEF'S TIP

Dal thickens dramatically as it cools. Aim for slightly looser than you want in the pot and it will be perfect in the bowl.

SMART SWAP

Yellow split lentils work but need 10 extra minutes. Full-fat coconut milk makes it richer and adds about 5 g fat per serving.

STORAGE

Keeps 5 days refrigerated and 3 months frozen. Reheat with a splash of water.



Garlic Butter Bean & Kale Skillet

Creamy butter beans, sizzling garlic and kale that keeps a little bite, brightened with lemon. Fifteen minutes, one pan, deeply comforting.

19g	400	44g	15g	13g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

6 min	14 min	3	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 19 g protein from a single can of beans
- One pan and one knife — barely any washing up
- Cheap, fast and endlessly adaptable
- Great over toast, grains or pasta

Garlic Butter Bean & Kale Skillet

19g PROTEIN

INGREDIENTS

- 2 tbsp olive oil
- 5 garlic cloves, thinly sliced
- 1/4 tsp chili flakes
- 2 cans (15 oz each) butter beans, rinsed
- 1 cup vegetable broth
- 1 bunch kale, stems removed, torn
- 2 tbsp nutritional yeast
- Zest and juice of 1 lemon
- Salt and black pepper
- Toasted sourdough, to serve

METHOD

1. Warm the olive oil over medium-low and add the sliced garlic. Cook it gently for 3 minutes until pale gold — brown garlic turns bitter.
2. Add the chili flakes for 20 seconds, then tip in the beans and broth.
3. Simmer 5 minutes, mashing about a quarter of the beans against the side of the pan. This is what makes the sauce creamy without any cream.
4. Add the kale in handfuls, stirring until each one wilts before adding the next, about 4 minutes total.
5. Stir in the nutritional yeast, lemon zest and juice, then season well and serve over toast.

CHEF'S TIP

Massage torn kale with a pinch of salt before it hits the pan. It softens faster and loses its raw, chewy edge.

SMART SWAP

Cannellini beans or chickpeas both work. Spinach can replace kale — add it at the very end, off the heat.

STORAGE

Keeps 4 days refrigerated. Reheat gently with a splash of broth; the sauce tightens overnight.



Miso Ginger Tofu Stir-Fry

Crisp-edged tofu and snappy greens in a glossy miso ginger glaze. The trick is a hot pan and a sauce added in the final thirty seconds.

27g	490	52g	18g	7g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

12 min	12 min	3	Medium
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 27 g protein and a takeaway-quality glaze
- On the table in under 25 minutes start to finish
- Uses whatever vegetables are in the drawer
- The sauce keeps two weeks in a jar

Miso Ginger Tofu Stir-Fry

27g PROTEIN

INGREDIENTS

- 1 block (14 oz) extra-firm tofu, pressed and cubed
- 2 tbsp cornstarch, divided
- 2 tbsp neutral oil
- 2 cups broccoli florets
- 1 cup snap peas
- 1 red bell pepper, sliced
- 2 tbsp white miso paste
- 2 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tbsp grated fresh ginger
- 2 garlic cloves, grated
- 1/2 cup water
- 1 tsp toasted sesame oil
- Sesame seeds and cooked rice, to serve

METHOD

1. Toss the tofu with 1 tbsp cornstarch. Fry in the oil over medium-high for 8 minutes, turning only when each side releases easily from the pan.
2. Whisk the miso, soy sauce, maple syrup, vinegar, ginger, garlic, water and remaining cornstarch into a sauce and set it within reach.
3. Lift out the tofu. Add the broccoli, snap peas and pepper to the hot pan with a splash of water and cover for 3 minutes to steam-fry.
4. Uncover, return the tofu, and pour in the sauce. Toss constantly for 60 to 90 seconds — it will thicken and coat everything in a glossy layer.
5. Finish with sesame oil and seeds and serve immediately over rice.

CHEF'S TIP

Never boil miso hard. Add it at the end and heat just until thickened, or it loses its savoury, fermented complexity.

SMART SWAP

Tempeh or edamame both work. For gluten-free, use tamari and check your miso label.

STORAGE

Best fresh, but keeps 3 days refrigerated. The vegetables soften, so reheat quickly over high heat.



RECIPE 10 OF 12

Creamy Sun-Dried Tomato Bean Pasta

A silky, high-protein pasta sauce built from blended white beans instead of cream, sharpened with sun-dried tomatoes and finished with basil.

26g	580	82g	16g	14g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

8 min	16 min	4	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 26 g protein in a comfort-food pasta
- Creamy without any cream or cashews
- Comes together in the time the pasta cooks
- A reliable crowd-pleaser for non-vegans

Creamy Sun-Dried Tomato Bean Pasta

26g PROTEIN

INGREDIENTS

- 12 oz protein pasta or whole-wheat penne
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 1/2 cup oil-packed sun-dried tomatoes, drained and sliced
- 1 can (15 oz) cannellini beans, rinsed
- 1 cup vegetable broth
- 3 tbsp nutritional yeast
- 1/2 tsp dried oregano
- 1/4 tsp chili flakes
- 3 cups baby spinach
- Salt and black pepper
- Fresh basil, to finish

METHOD

1. Boil the pasta in well-salted water and reserve a cup of the cooking water before draining.
2. Blend three-quarters of the beans with the broth and nutritional yeast until completely smooth and pourable.
3. Soften the garlic in the olive oil for 1 minute, then add the sun-dried tomatoes, oregano and chili flakes for another minute.
4. Pour in the blended bean cream and simmer 4 minutes until it thickens and loses its raw, starchy taste.
5. Fold in the spinach, remaining whole beans and drained pasta, loosening with pasta water until glossy. Season and finish with basil.

CHEF'S TIP

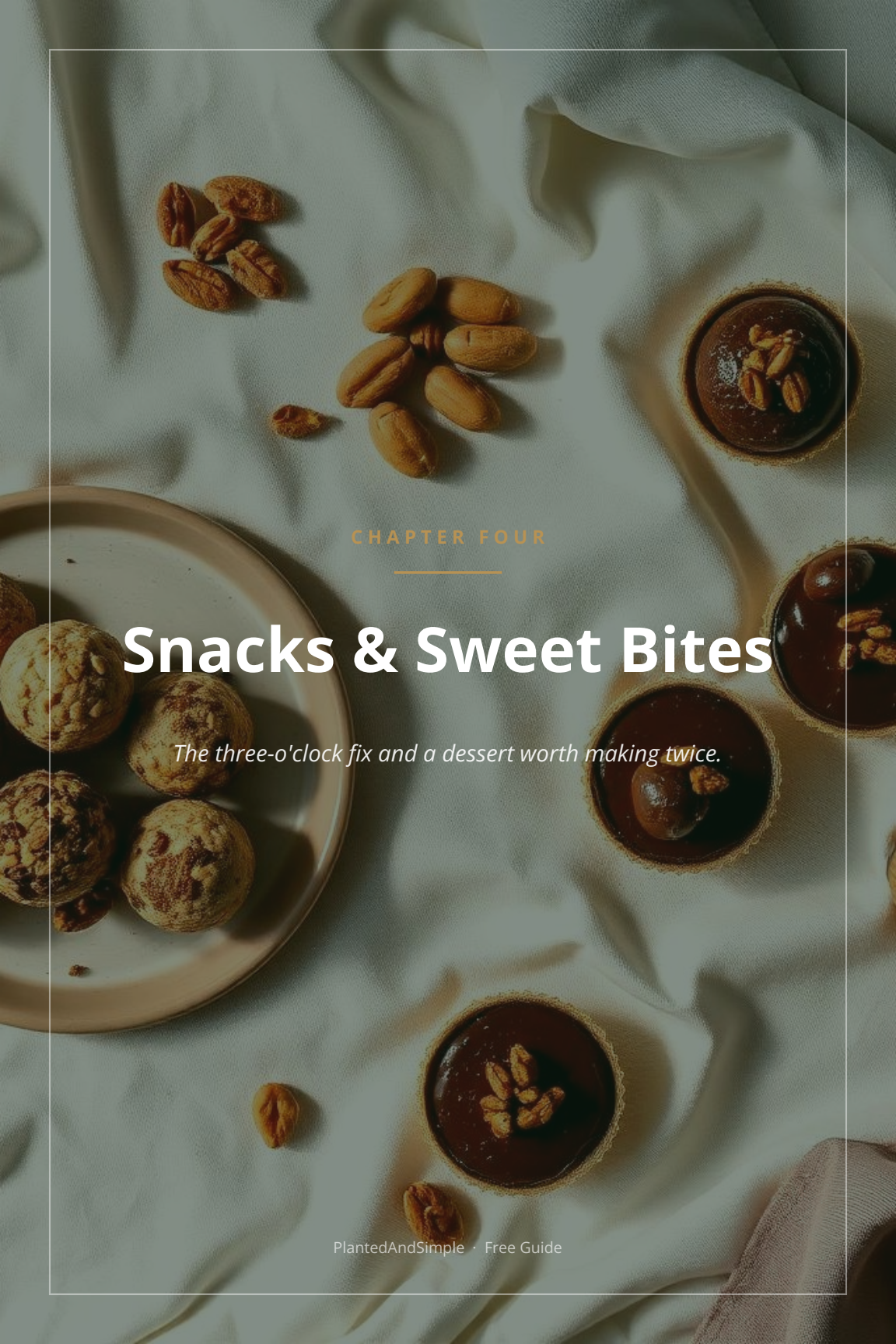
Starchy pasta water is the emulsifier. Add it a splash at a time and the sauce will cling to every piece instead of pooling.

SMART SWAP

Protein pasta (chickpea or lentil) adds roughly 8 g per serving. Regular pasta works with no other changes.

STORAGE

Keeps 3 days refrigerated. Reheat with a generous splash of water to bring the sauce back.



CHAPTER FOUR

Snacks & Sweet Bites

The three-o'clock fix and a dessert worth making twice.



RECIPE 11 OF 12

Salted Maple Peanut Protein Bites

Chewy, salty-sweet and rolled in five minutes. Keep a jar in the fridge and the four o'clock energy dip stops being a problem.

8g	180	17g	10g	3g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

10 min	No cook	14 bites	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 8 g protein per bite, no powder required
- Five minutes of work, two weeks of snacks
- Naturally sweetened with maple and dates
- Freezer-friendly and lunchbox-proof

Salted Maple Peanut Protein Bites

8g PROTEIN

INGREDIENTS

- 1 cup rolled oats
- 3/4 cup natural peanut butter
- 1/3 cup maple syrup
- 1/3 cup hemp seeds
- 1/4 cup ground flaxseed
- 1/4 cup mini dark chocolate chips
- 1 tsp vanilla extract
- 1/2 tsp flaky sea salt

METHOD

1. Stir the peanut butter, maple syrup and vanilla together until glossy and fully combined.
2. Add the oats, hemp seeds, flaxseed and salt and mix until no dry patches remain.
3. Chill the mixture for 15 minutes. Cold dough rolls cleanly; warm dough sticks to everything.
4. Fold in the chocolate chips and roll into 14 tablespoon-sized balls, pressing firmly so they hold.
5. Refrigerate 30 minutes to set before eating.

CHEF'S TIP

If the mixture crumbles, add maple syrup a teaspoon at a time. If it smears, add oats. Nut butters vary in thickness far more than recipes admit.

SMART SWAP

Sunflower seed butter makes these school-safe. Almond butter works but needs an extra tablespoon of syrup.

STORAGE

Two weeks refrigerated in a sealed jar, or three months frozen. Eat straight from the freezer.



RECIPE 12 OF 12

Dark Chocolate Silken Tofu Mousse

Two main ingredients, five minutes, and a dessert so dense and glossy that nobody guesses the base is tofu. Twelve grams of protein per cup.

12g	290	28g	15g	4g
PROTEIN	CALORIES	CARBS	FAT	FIBRE

8 min	3 min	4	Easy
PREP	COOK	SERVES	LEVEL

WHY YOU'LL LOVE THIS

- 12 g protein in a genuine dessert
- Only five ingredients, no baking
- Sets in the fridge while you eat dinner
- The recipe people always ask you for

Dark Chocolate Silken Tofu Mousse

12g PROTEIN

INGREDIENTS

- 12 oz silken tofu, at room temperature
- 7 oz dark chocolate (70%), chopped
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch of fine sea salt
- Cacao nibs and raspberries, to serve

METHOD

1. Bring the silken tofu to room temperature. Cold tofu seizes melted chocolate into grainy specks — this is the one step that matters.
2. Melt the chocolate gently in a heatproof bowl set over barely simmering water, stirring until just smooth, then remove from the heat.
3. Blend the tofu, maple syrup, vanilla and salt until completely silky, scraping down the sides at least once.
4. With the blender running, pour in the melted chocolate and blend 30 seconds until thick, dark and glossy.
5. Spoon into four cups and chill at least 2 hours. Top with cacao nibs and raspberries.

CHEF'S TIP

Blend longer than feels necessary. A full minute is what turns the texture from pudding into true mousse.

SMART SWAP

Firm silken tofu gives the densest set. Use 60% chocolate and reduce the maple syrup by a tablespoon if you prefer it sweeter.

STORAGE

Keeps 4 days covered in the fridge. Not suitable for freezing — the texture turns chalky.

BONUS

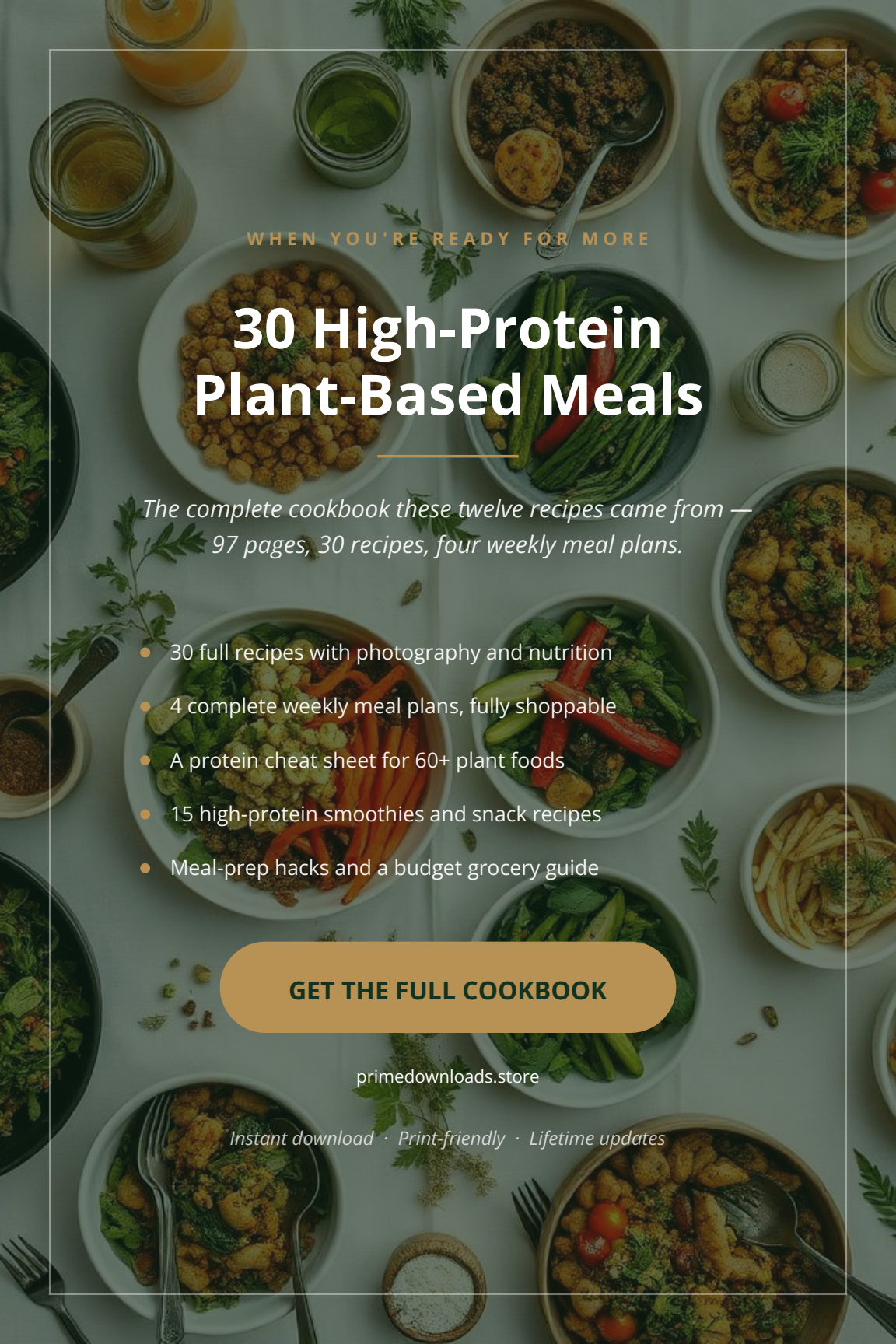
Your 5-day starter plan

One shop, five days, over 100 g of protein most days. Cook the dal and the quinoa salad once and they cover four separate meals.

DAY	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Chia protein jar	Black bean quinoa salad	Red lentil coconut dal	**112 g**
TUE	Tahini bean toast	Dal (leftovers)	Miso ginger tofu stir-fry	**108 g**
WED	Chia protein jar	Tempeh Caesar wrap	Butter bean & kale skillet	**104 g**
THU	Green smoothie bowl	Peanut sesame noodle bowl	Sun-dried tomato pasta	**118 g**
FRI	Tahini bean toast	Quinoa salad (leftovers)	Stir-fry (leftovers)	**106 g**

ONE-TRIP SHOPPING LIST

- ○ 2 blocks extra-firm tofu
- ○ 1 pack tempeh
- ○ 3 cans white beans
- ○ 2 cans black beans
- ○ 1 bag red lentils
- ○ 1 cup quinoa
- ○ 1 L unsweetened soy milk
- ○ Chia, hemp & flax seeds
- ○ Peanut butter & tahini
- ○ Kale, spinach, romaine
- ○ Broccoli, peppers, carrots
- ○ Lemons, limes, ginger



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