LIVE LIGHTLY DIFFERENT DINNERS

PLANT-POWERED RECIPES





LIVE LIGHTLY PRESENTS **DIFFERENT DINNERS**

PLANT-POWERED 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

INGREDIENTS

600g tofu, diced 2cm

1 tsp black sesame seeds

1 tsp white sesame seeds

1 Tbsp cornflour

40g maple syrup

2 Tbsp soy sauce

300g jasmine rice

1 twin pack baby bok choy

1 spring onion, thinly sliced

10g coriander, leaves picked

4 Tbsp store-bought roasted sesame dressing

1 broccoli, cut into florets & stalk diced

(cut into quarters)

100g baby spinach

2 tsp sesame oil

TO SERVE

2 ¼ cups water

GREENS

RICE

1 drizzle of oil

¹/₂ tsp red pepper flakes, optional

TOFU



4 PERSON

30 MINUTES

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 MEANWHLE, 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

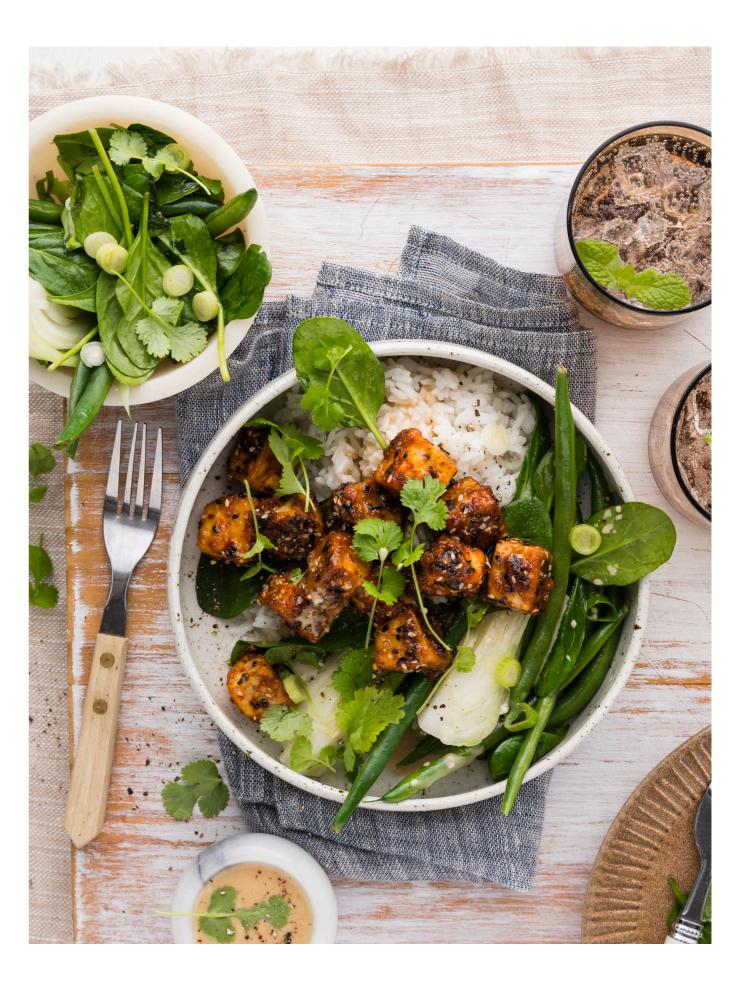
When tofu has 5 minutes cook time remaining, add bok choy and broccoli to pot of boiling water. Cook on high heat for 2-3 minutes, until tender. Drain well. Return to pot with spring onion, baby spinach, sesame oil and a pinch of salt. Toss together, cover and keep warm.

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

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

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

to high grill.

06 SERVE

THE DIFFERENT DINNERS RECIPES









METHOD

01 BEFORE YOU START

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

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.

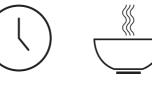
05 GRILL GNOCCHI

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.

Cheesy gnocchi gratin topped with almonds.

MEXICAN NACHO SALAD

WITH BEANS & AVOCADO



TIME 30 MINUTES

SERVING 4 PERSON

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.



INGREDIENTS

| SALAD | B E A N S |
|------------------------------|--|
| ¼ avocado, diced | 390g canned kidney beans (drained & rinsed) |
| 2 tomatoes, diced | 1 drizzle olive oil |
| 1 lettuce, shredded | 1 tan amakad paprika |
| 1 drizzle of oil | 1 tsp smoked paprika |
| 250g frozen corn | ½ tsp ground cumin |
| ⅓ tsp smoked paprika | ½ tsp oregano |
| | ¼ tsp chilli flakes, optional |
| ½ tsp ground cumin | ¹∕₂ tsp salt |
| ½ tsp oregano | 1 cup vegetable stock |
| 2 tsp vinegar | 1 Tbsp sweet chilli sauce |
| | Trosp sweet cliffit sauce |
| NACHOS | TO SERVE |
| 90g Colby cheese (grated) | 4 Tbsp lite sour cream |
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300g corn chips 1 Tbsp sweet chilli sauce





COURGETTE & PARMESAN FRITTERS

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

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.

06 TO FINISH

07 SERVE



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.

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.

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

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

MUSHROOM SKILLET LASAGNE

TOPPING

200g ricotta cheese

4 Tbsp basil pesto

1 drizzle olive oil

TO SERVE

10g basil

25g chopped walnuts

1 parsnip

WITH RICOTTA, PESTO & WALNUTS

INGREDIENTS

1 brown onion, thinly sliced

350g mushrooms, thinly sliced

LASAGNA

1 carrot, grated

1 drizzle of olive oil

1.5 tsp brown sugar

1 tsp Italian herbs

⅓ tsp dried basil

⅓ tsp ground fennel

1 tsp sweet paprika

1.5 cups water

250g lite sour cream

250g fresh lasagne

1 tsp salt

800g canned crushed tomatoes



TIME 45 MINUTES SERVING 4 PERSON

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.

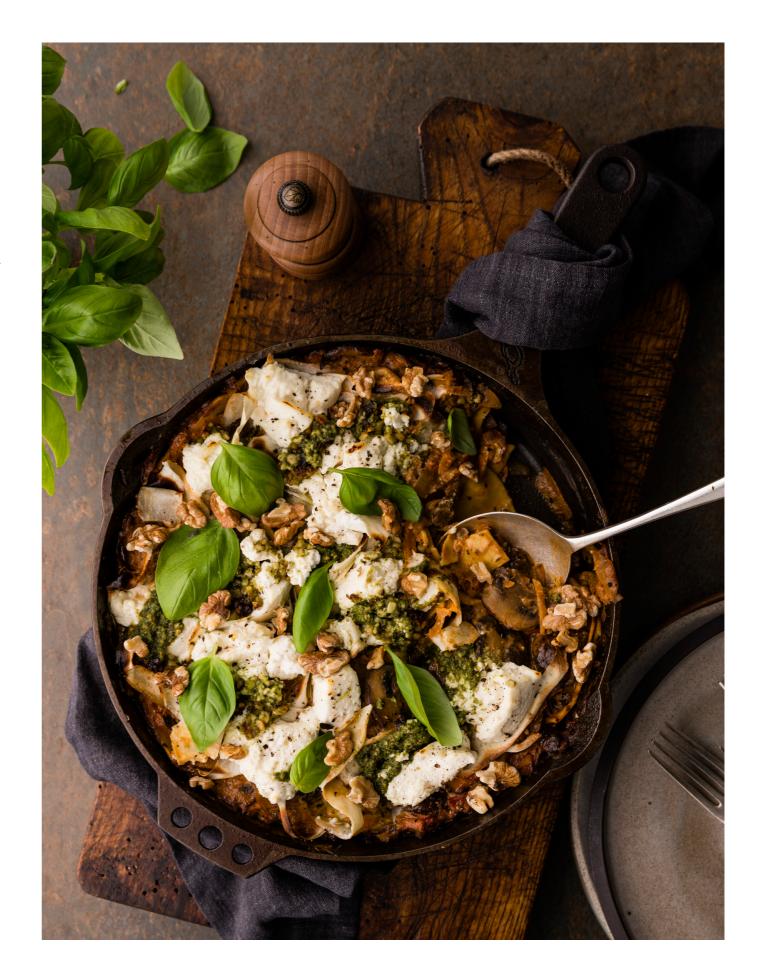
05 FINISH LASAGNE

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

INGREDIENTS

| K Ū M A R A | CHIPOTLE Sour cream |
|--|-----------------------------------|
| 800g kūmara (thinly sliced into rounds) | 125g lite sour cream |
| 1 drizzle of olive oil | 1 Tbsp chipotle sauce |
| CAULIFLOWER | TO SERVE |
| ½ cauliflower, finely chopped | 10g coriander (leaves picked) |
| 780g canned kidney beans (drained & rinsed) | (leaves picked) |
| 1 drizzle of oil | |
| 1 tsp ground cumin | |
| 1 tsp ground coriander | TIP Use less or omit |
| 1 tsp smoked paprika | chipotle sauce if you'd prefer |
| ¼ tsp oregano | less heat. |
| Pinch chilli powder | |
| 1/8 tsp garlic powder | |
| 60g tomato paste | |
| 1 can crushed tomatoes | |
| ¼ cup water | |
| 1 Tbsp chipotle sauce | |
| 100g baby spinach | |
| 100g grated mozzarella cheese | |



TIME 35 MINUTES



4 PERSON

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



30 MINUTES

TIME

SERVING 4 PERSON

INGREDIENTS

WITH PEANUT SAUCE

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

1/2 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

INGREDIENTS

| POTATO WEDGES | TO SERVE |
|------------------------------------|-------------------------------------|
| 800g potatoes (cut into wedges) | 1 telegraph cucumber (diced 1cm) |
| 2 parsnip, cut into wedges | 10g coriander, leaves picked |
| 1 drizzle olive oil | 50g grated Parmesan |
| 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 | |
| | |



TIME 40 MINUTES



4 PERSON

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

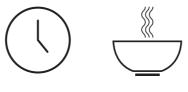
Dice cucumber and pick coriander leaves for serving.

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

Preheat oven to 230°C (or 210°C fan bake). If you don't have an

Thinly slice onion and roasted capsicum, grate carrot and slice

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

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

ovenproof frypan, set aside a medium baking dish.

SERVING 4 PERSON

INGREDIENTS

| HALOUMI BAKE | CHIPS |
|--|---------------------------------|
| 1 brown onion, thinly sliced | 4 pack (260g) Lebanese bread |
| 100g roasted capsicum (thinly sliced) | (cut into wedges) |
| | 1 drizzle olive oil |
| 1 carrot, grated | |
| 375g haloumi cheese (thinly sliced) | Z A'TA R A L M O N D S |
| (timity stiece) | 10 g mint |
| 1 drizzle olive oil | (finely chopped) |
| ½ tsp garlic powder | 25g sliced almonds |
| 1 tsp smoked paprika | 2 tsp sesame za'atar |
| ½ tsp sweet paprika | 1 drizzle olive oil |
| 1 tsp oregano | TO SERVE |
| ½ tsp dried mint | 4 Tbsp store-bought tzatziki |
| 1 ½ Tbsp brown sugar | LZdLZIKI |
| ½ cup water | |

*Sesame Za'atar: 2 tsp

white sesame seeds, 2 tsp sumac, 1 tsp thyme,

1 tsp marjoram, 1 tsp

oregano, ¼ tsp salt

800g canned cherry tomatoes

50g harissa

100g baby spinach

05 PREP CHIPS

METHOD

01 BEFORE YOU START

02 PREP HALOUMI BAKE

03 COOK HALOUMI BAKE

04 FINISH HALOUMI BAKE

minutes, until haloumi is golden and bubbly.

haloumi. Set aside separately.

minutes, until thickened.

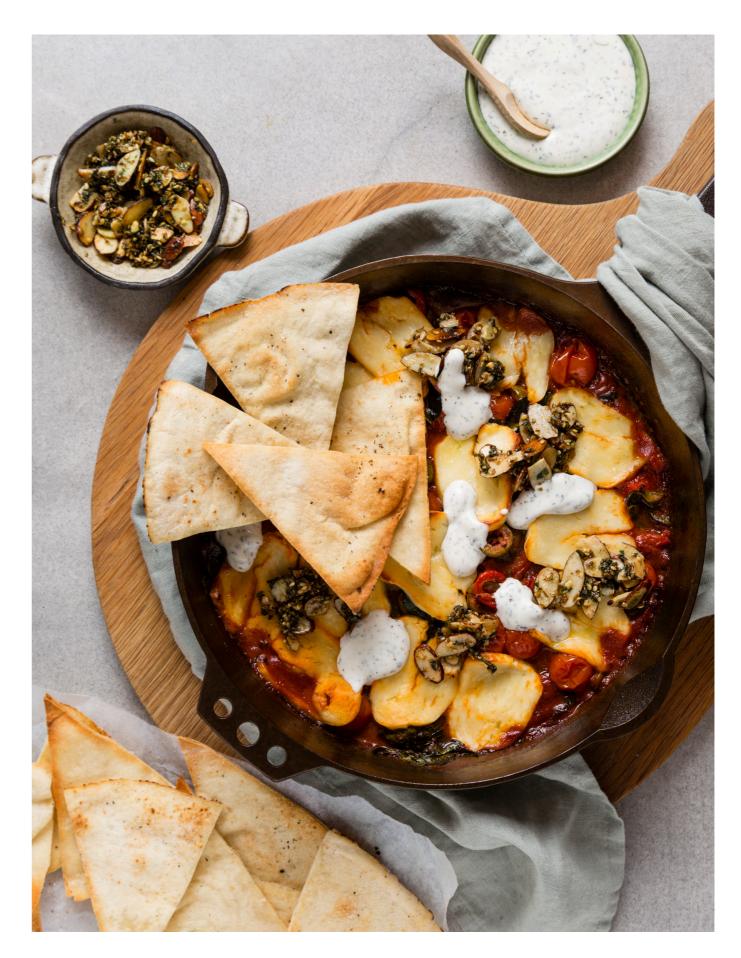
Cut Lebanese bread into wedges and toss on a large lined oven tray with oil. Season with salt and bake on lower oven rack for 5-7 minutes, until golden and crispy.

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

INGREDIENTS

VEGGIES

1 drizzle of oil

20g pine nuts

GNOCCHI

500g gnocchi

1 drizzle of oil

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

4 Tbsp basil peso

1 bunch basil, leaves picked

SAUCE

SAUCE

PINE NUTS

200g green beans

(ends trimmed and cut in half)

2 courgette thinly sliced into rounds

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.

leaves.

07 SERVE

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THE DIFFERENT DINNERS RECIPES





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

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

Gnocchi topped with remaining pesto, basil and pine nuts.

GREEK SPANAKOPITA PIE

WITH GREEK SALAD

INGREDIENTS

TIME 55 MINUTES

SERVING 4 PERSON

METHOD

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

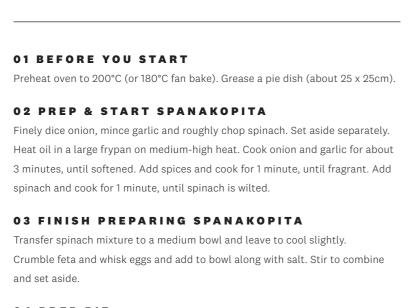
Top pie with two more sheets of filo and brush with butter. Repeat, until remaining filo is used. Fold in any excess filo from the sides of the dish and brush with butter. Bake on bottom oven rack for about 35 minutes, or until cooked through and golden.

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.





SPANAKOPITA

1/2 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

1/2 red onion, thinly sliced

70g black olives

1 drizzle of olive oil

1 Tbsp white wine vinegar



DIFFERENT DINNERS









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