

LIVE LIGHTLY

DIFFERENT DINNERS

PLANT-POWERED RECIPES



IN PARTNERSHIP WITH



INTRODUCTION

Cooking dinner can be a challenge, but we've made it easy with a selection of delicious, nutritious recipes from the Diabetes Foundation Aotearoa. Trying new meals might seem daunting, but we've got you covered.

Adding more plant-based meals to your diet is great for your health and the planet. You don't need to go fully plant-based to make a difference—just try one or two meals per week.

At **livelightly.nz**, we partnered with the Diabetes Foundation Aotearoa and they've crafted simple, tasty recipes that are quick to make and perfect for busy lifestyles. These dishes are full of flavor, easy to store, and budget-friendly, reducing both food waste and grocery costs.

Why wait? Start your culinary journey with us and enjoy meals that are good for you and the environment. Enjoy!



LIVELIGHTLY



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Eating meals with more plants not only improves your health but also benefits the planet.



VEGETABLE STEW/BOIL UP

Cook Time	Serves
30 Minutes	4

Ingredients

- 1 Tbsp olive oil
- 1 brown onion, finely diced
- 2 cloves garlic, finely diced
- 3 carrots, sliced in chunks
- 2-3 potatoes, sliced in chunks
- 2 celery sticks, sliced
- 2 leeks, sliced
- 6-8 mushrooms, quartered
- 100 g frozen peas
- 1 x 400 g can of butter beans (drained and rinsed)
- 1 Tbsp tomato puree
- 1 litre vegetable stock
- 1/2 tsp mixed dried herbs

Directions

- Step 1** Heat oil in a large pan. Cook the onion on a gentle heat for 2-3 minutes.
- Step 2** Add the garlic and cook for a minute.
- Step 3** Add the vegetables and beans and mix well.
- Step 4** Add the flour and tomato puree, stir well to coat vegetables and prevent them sticking.
- Step 5** Add the vegetable stock and herbs, stir well and bring to the boil.
- Step 6** Once boiling, put lid on pot and reduce heat to simmer.
- Step 7** Simmer gently with the lid on for 30 minutes.



Helpful tip

If serving with motumotu/doughboys add these when stew has been cooking for 20 minutes.

*Eat
better,
live
better*



BAKED POTATO WITH BEANS & CHEESE

Cook Time	Serves
15 Minutes	2

Ingredients

- 2 potatoes
- 1/2 tin baked beans
- 1/2 cup plant-based cheese
- 1 cup baby spinach
- salt and pepper



Helpful tip

Serve with spring onions, chilli, parsley, or spinach leaves.



Directions

Step 1 Preheat the oven to 180°C.

Step 2 Bake potatoes in the oven for about hour, until the skin is firm and the centers are soft.

Step 3 Five mins before the potatoes are ready, warm the baked beans in a pan on the stove using a gentle heat.

Step 4 Remove potatoes from the oven, cut a cross shape on the top without cutting the whole way through the potato.

Step 5 Carefully squeeze the outside of the potato so the flesh opens and the soft fluffy inside pokes through.

Step 6 Pour on the desired amount of spinach, baked beans and sprinkle with grated cheese. Sprinkle with salt and pepper to taste.



CHICKPEA & SPINACH CURRY

Cook Time	Serves
30 Minutes	6-8

Ingredients

- 1 Tbsp olive oil
- 1 large onion, diced
- 2 cloves garlic, crushed, peeled and chopped
- 1 Tbsp finely chopped ginger
- 1 Tbsp curry powder
- 1 tsp paprika
- Sprinkle chilli flakes to taste
- 3 bay leaves
- 2 medium potatoes cut into small cubes
- 1 medium kumara cut into small cubes
- 1 can of chopped tomatoes
- 1 can chickpeas, drained
- 2 - 3 cups of water (add more if needed)
- 1 tsp garam masala
- 2 tsp vegetable stock
- 250 g spinach chopped or 150 g frozen spinach

Directions

- Step 1** Set the pan on medium heat.
- Step 2** Fry the onion, garlic and ginger in the oil.
- Step 3** Add the curry powder, paprika, chilli and bay leaves.
- Step 4** Cook for 1-2 minutes.
- Step 5** Add the potatoes, kumara, tomatoes, chickpeas and water.
- Step 6** Simmer for 10 minutes and add garam masala and vegetable stock.
- Step 7** Cook for a further 5 minutes and add spinach.
- Step 8** Serve with brown rice.



Helpful tip

Serve with chutney and greek yoghurt on the side.



VEGETABLE CHOP SUEY

Cook Time	Serves
30 Minutes	6

Ingredients

1 250 g packet vermicelli, soaked in water - then chopped

2 Tbsp oil

1 onion - finely diced

5 cloves of garlic - finely chopped

1 Tbsp ginger - finely chopped

1 cup mixed frozen vegetables corn, carrot, peas

1 cup cabbage - finely chopped

1 cup broccoli or cauliflower

5 - 6 tablespoons of low salt soya sauce

1 cup of tofu

pepper and salt



Helpful tip

Add chopped coriander and chilli to taste.

Directions

Step 1 Place vermicelli in a large bowl and cover with hot water.

Step 2 Soak for 10 minutes or until the noodles have expanded. Drain, saving one cup of water. Cut with scissors into small lengths.

Step 3 Heat oil in a large pot or pan. Add onions and cook until soft.

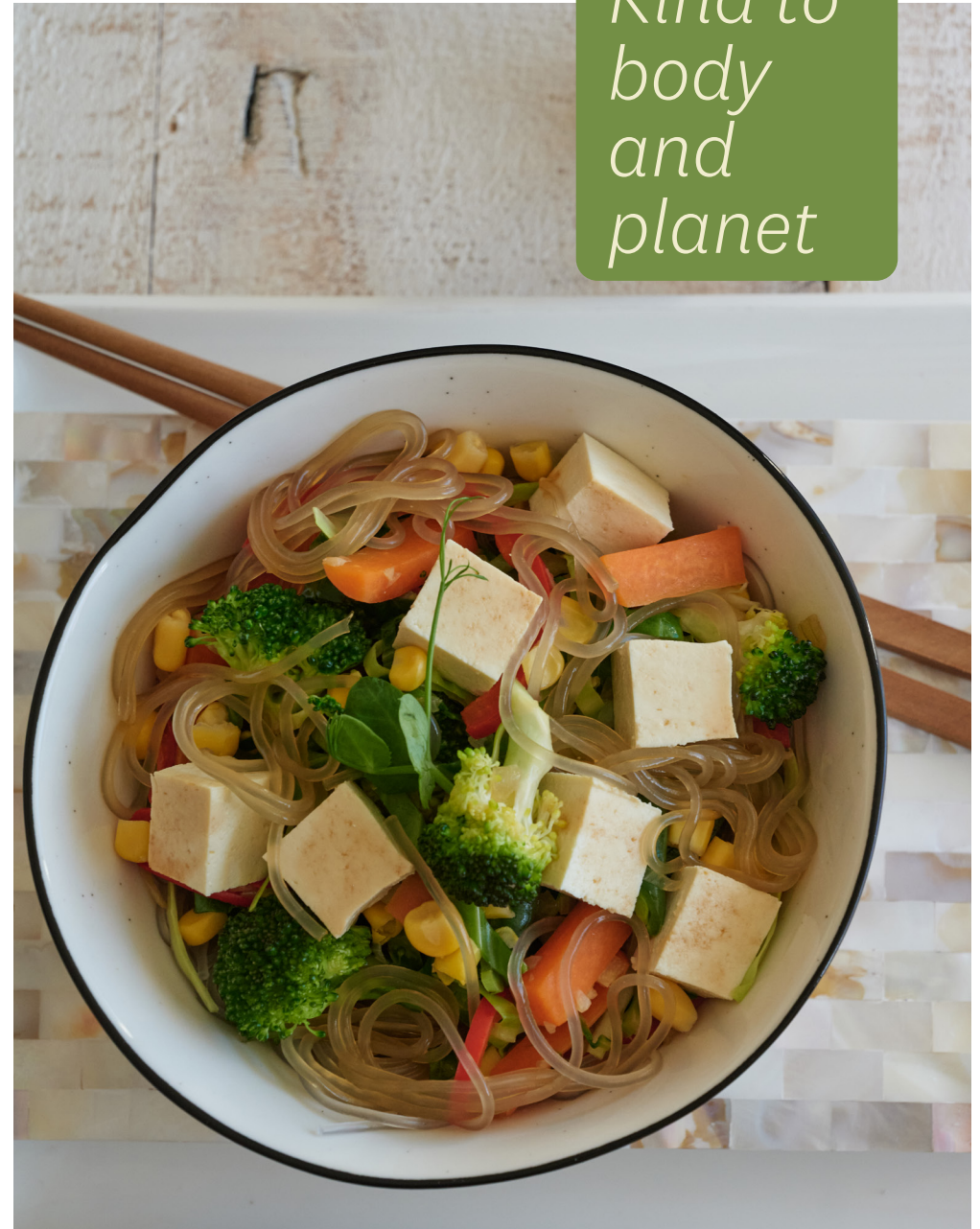
Step 4 Add garlic and ginger and cook briefly.

Step 5 Add frozen vegetables, cabbage, broccoli or cauliflower. Mix well.

Step 6 Cook until vegetables are cooked. Add drained vermicelli along with the 1 cup of the soaking water.

Step 7 Add tofu and soya sauce and cook for 5 minutes or until the vegetables are hot.

Kind to
body
and
planet



CORN FRITTERS

Cook Time	Serves
15 Minutes	4

Ingredients

- 4 eggs
- 1/2 - 1 cup milk
- 1/2 cup wholemeal flour
- 1/2 cup self-raising flour
- 2 tins of whole kernel corn
- 1 -2 spring onions - chop finely
- 1 cup baby spinach leaves
- oil for frying



Directions

- Step 1** Beat eggs and 1/2 of the milk, with a fork or egg beater.
- Step 2** Stir in flour, drained corn and spring onions.
- Step 3** Add more milk to make a softer/ runnier batter or more flour if the batter is too runny.
- Step 4** Wipe pan with oil. Place spoonfuls of mixture in a pan.
- Step 5** When the mixture bubbles on the top flip the fritter over.
- Step 6** Cook on the other side until golden brown.
- Step 7** Serve with baby spinach leaves or coleslaw.



Helpful tip

Try grated zucchini, potato or kumara in place of corn. Serve with sweet chilli, yoghurt or tomato sauce and a salad or a salsa.

CURRIED RED LENTIL DHAL

Cook Time	Serves
30 Minutes	4

Ingredients

- 1 cup red lentils
- 2 cups water or more if required
- 2 Tbsp oil
- 2 cloves garlic, chopped
- 1 Tbsp ginger, chopped
- 1 cup crushed tomatoes - fresh or tinned
- 1 cup baby spinach
- pinch of salt
- 1/2 Tbsp paprika
- 1 Tbsp curry powder
- 1/2 cup lite coconut milk



Helpful tip

Add coriander leaves, spinach leaves or grated carrot for more vegetable servings.

Directions

- Step 1** Soak the red lentils in a bowl of water for 20 to 30 minutes. Drain the water.
- Step 2** In a pan, heat oil and add ginger and garlic.
- Step 3** Add tomatoes and salt, continue cooking on low heat.
- Step 4** Once tomatoes soften, add paprika and curry powder.
- Step 5** Cook until the spices are mixed well. Now add the coconut milk and let it cook for few minutes.
- Step 6** Add the soaked red lentils to the pan and cover.
- Step 7** Cook on a low heat, until the lentils are cooked and soft (20 to 30 minutes). Adjust the amount of water for your preferred consistency.
- Step 8** Add baby spinach leaves before serving.



MEXICAN QUESADILLAS

Cook Time	Serves
15 Minutes	8

Ingredients

- 1 Tbsp oil
- 1 onion diced
- 3 cloves garlic - finely diced
- 1 can chopped tomatoes
- 1/4 cup basil, oregano, parsley finely chopped
- 1 can kidney or black beans
- 1 can whole kernel corn
- 1 grated carrot
- 1 tsp paprika
- 1 cup plant based/Edam cheese, grated
- 8 tortillas, wraps or burritos

Directions

- Step 1** Heat the oil in a pan and brown the onion. Add the garlic, tomatoes and herbs, and cook until thick.
- Step 2** Add the beans and mash lightly.
- Step 3** Add the corn, grated carrot and paprika.
- Step 4** Preheat a non-stick frying pan or sandwich press with a little oil.
- Step 5** Top a tortilla with the vegetable mix. Sprinkle with cheese.
- Step 6** Cover with another tortilla to make a sandwich.
- Step 7** Cook tortillas one at a time in the frying pan for 2 - 3 minutes on each side or until the fillings are hot and the cheese has melted.



Green choices, great health

MEXICAN WRAP

Cook Time	Serves
15 Minutes	6

Ingredients

- 10 wraps - low carb
- 1 capsicum, chopped finely
- 1 bag lettuce
- 2 large tomatoes, diced
- 1 can of kernel corn, fresh or frozen
- 1 red onion, diced
- 1 can black beans, drained and rinsed
- 1 cup grated cheese (optional)
- 3 Tbsp of lite mayonnaise
- paprika (sprinkle)
- salt & pepper to taste

Directions

Step 1 In a large bowl toss salad ingredients.

Step 2 Add mayonnaise, paprika, salt and pepper and mix well.

Step 3 Toast wraps in frying pan for 10 seconds on each side.

Step 4 Place filling in wrap and fold.



How to fold
your wrap



NACHOS AND BEANS

Cook Time	Serves
30 Minutes	4

Ingredients

- 1 brown onion
- 1 grated carrot
- 1 Tbsp olive or canola oil
- 2 Tbsp nachos spice mix or (1 tsp each of paprika, garlic powder & cumin)
- 1 can of black beans
- 1 can Mexican style tomatoes
- 1/4 cup Greek yogurt
- 1/4 cup plant based/Edam cheese, grated
- 1 bag nachos chips



Directions

Step 1 Brown the onion in a pan with the oil. Add the carrot and cook for 3 minutes. Add the spice mix. Cook for a further 3 minutes.

Step 2 Add the beans and Mexican style tomato and cook for 10 minutes stirring occasionally.

Step 3 Serve with nacho chips, yogurt and cheese in a layered stack or on a platter.



Helpful tip

Serve with a tomato and onion salsa and guacamole or chopped avocado. Add lemon wedges and fresh chillies or jalapenos for extra flavor.



LENTIL BOLOGNESE & SPAGHETTI

Cook Time	Serves
30 Minutes	5-6

Ingredients

- 1 packet whole wheat pasta
- 1 Tbsp olive oil
- 3 cloves of garlic, finely chopped
- 1 large brown onion, diced
- 1 medium carrot, grated
- 1 celery stick (optional), chopped
- 100 g of mushrooms (optional), chopped
- 2 tsp vegetable stock
- 1 400 g can chopped tomatoes
- 1 cup red lentils
- fresh/dried mixed herbs



Helpful tip

Serve with plant-based cheese or stir in nutritional yeast instead to give a cheesy flavour.

Directions

Step 1 Heat a large fry pan to a medium/high heat. Add the oil to the pan and add the diced onion and garlic. Cook until onions become soft (about 3 minutes).

Step 2 Add carrot, celery, and mushrooms to the pan and cook for a further 5 minutes.

Step 3 Add stock, canned tomatoes, red lentils and herbs into the pan. Stir everything together. Add a cup of water to pan.

Step 4 Bring to a boil and then reduce to a simmer for 25 minutes.

Step 5 In a separate pot, bring the water to a boil for pasta. Add the pasta to the boiling water.

Step 6 Drain pasta and plate.

Step 7 Remove the bolognese dish from the element and serve over cooked pasta. Top with grated cheese, basil or fresh tomato.



SUSHI BOWL

Cook Time	Serves
15 Minutes	6-8

Ingredients

- 2 cups brown rice
- 1 block firm tofu
- 2 spring onions, thinly sliced
- 2 Tbsp finely chopped fresh flat leaf parsley leaves or coriander
- 1 tin chickpeas
- 1 cucumber, finely chopped
- 2 celery stalks, finely chopped
- 1 capsicum finely chopped
- 1 bag of spinach
- avocado - optional
- 1/4 cup low salt reduced soy sauce

Directions

- Step 1** Cook the rice and leave to cool.
- Step 2** Marinate the tofu in the soy sauce for 15 minutes. Cut into cubes.
- Step 3** Place the rice in a bowl together with all the remaining ingredients except soy sauce.
- Step 4** Top with soy sauce or mayonnaise or your favourite dressing.



*Nourish
life with
plant
power*

TOFU VEGGIE FRIED RICE

Cook Time	Serves
30 Minutes	6

Tofu

2 Tbsp low sodium tamari or soy sauce

2 tsp rice vinegar

1/2 tsp toasted sesame oil

1/2 tsp ground white pepper

1 block extra firm tofu pressed and cut into 1/2 inch cubes

Stir Fry

2 Tbsp cooking oil

2 Tbsp minced fresh ginger

1/2 tsp chilli flakes

1 diced carrot

6 spring onion, finely chopped

1 cup frozen green peas

1 cup frozen corn kernels

2 Tbsp low sodium tamari or soy sauce

2 tsp sesame oil

1/8 tsp ground white pepper

1/2 cup roasted peanuts

2 cups cooked brown rice

Directions

Step 1 Remove the cooked rice from the refrigerator and set aside.

Step 2 If not using leftover rice, cook 2/3 cup rice according to the package directions, then set aside to cool.

Step 3 Prepare the tofu: In a medium baking dish, mix together soy sauce, rice vinegar, toasted sesame oil, and white pepper. Add tofu, gently toss until well coated. Set aside for 15 minutes.

Step 4 Make the stir fry: Heat 1 tablespoon oil in a large non stick fry pan or wok over medium heat until shimmering. Add the tofu and cook for 7 minutes or until golden brown on all sides. Move the cubes around every 1 to 2 minutes for even browning. Remove the skillet from the heat. Transfer tofu to a baking sheet or plate.

Step 5 Wipe the skillet clean with a paper towel and return to the stove. Heat 1 tablespoon of oil over medium high heat. Cook ginger and chilli for 10 seconds, until fragrant, stirring constantly. Add the carrots and spring onions and cook for 1 minute more.



Step 6 Add the peas and corn and cook for 30 seconds, or until just heated through.

Step 7 Add cooked rice. Drizzle the soy sauce and sesame oil around the edge of the skillet. Add white pepper on top of the rice. Continue to cook while mixing in the seasonings, for about 20 seconds until incorporated and the rice is warmed through.

Step 8 Reduce the heat to medium and add the tofu and peanuts, stir to combine.

