

# Plant Kitchen

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## What is Plant Kitchen?

Whether you're going vegan, taking part in Meat Free Monday, avoiding meat and dairy or simply enjoy incorporating more plant-based foods into your diet, our Plant Kitchen range means you'll never have to compromise on taste.

Expertly developed by our chefs, every product is rigorously benchmarked so it tastes just as good or even better than its meat or dairy counterpart.

From fuss-free prepared meals to scratch-cooking ingredients and sweet treats, there's something for everyone – pop into store to discover the whole range!





## Meat Free Monday with Plant Kitchen

This year, M&S is supporting Meat Free Monday, bringing you recipes, tips and advice to help you incorporate more plant-based meals into your diet. From flavour-packed homemade dinners to fuss-free Plant Kitchen meals and freezer favourites, be inspired by our tasty veggie and vegan ideas

Did you know that one of the simplest changes you can make to help reduce your climate impact is to introduce more plant-based ingredients into your diet?

That's why we're supporting Meat Free Monday to provide our customers looking to make this change with recipes, tips and advice from our nutritionists. "It's great that M&S is supporting Meat Free Monday and inspiring people to eat less meat and dairy," says Suzanne Barnard, senior campaign manager at Meat Free Monday. "Having at least one plant-based day a week is a simple way to help protect the planet."

### VEGETARIAN AND VEGAN RECIPES

From brilliant breakfasts like pumpkin-spiced porridge and banana pancakes to nutritious dinners like warming winter dahl and sticky noodle salad, shake up your mealtimes with our vegetarian and vegan recipes

#### Pumpkin-spiced porridge

Serves 4

##### INGREDIENTS

- 1 small carrot, grated
- 1 apple, grated
- 180g M&S multigrain porridge
- 1 tsp M&S pumpkin spice seasoning
- 75g raisins
- 850ml Plant Kitchen almond drink
- 1 tbsp almond butter
- Drizzle maple syrup, to serve (optional)
- Toasted flaked almonds, to serve (optional)



##### METHOD

1. Put the carrot, apple, porridge oats, pumpkin spice seasoning, raisins and Plant Kitchen almond drink in a pan along with a pinch of salt. Cook over a medium heat, stirring, for 10-15 minutes, until thick and creamy.
2. Serve topped with the almond butter, a drizzle of maple syrup, flaked almonds and an extra pinch of pumpkin spice. Add a splash of extra almond drink, if you like.

#### Blueberry and banana pancakes

Serves 3, makes around 9 pancakes

##### INGREDIENTS

- 150g plain flour
- 1 tsp baking powder
- 2 ripe bananas
- 170ml Plant Kitchen oat or almond drink
- 300g blueberries
- Fresh fruit of your choice, to serve
- Maple syrup, to serve (optional)

##### METHOD

1. Combine the flour and baking powder in a bowl with a pinch of salt.
2. In a separate bowl, mash one of the bananas with the oat or almond drink. Combine with the dry ingredients until you have a thick batter. Set aside.
3. Meanwhile, slice the remaining banana and heat a splash of oil in a non-stick frying pan. Drop spoonfuls of batter into the pan to make the pancakes. Once they've started to form bubbles on top, scatter over a few blueberries and banana slices, then flip. Cook the other side for another few minutes, until golden on both sides.
4. Working in batches, cook the remaining pancakes - keep any cooked ones warm in the oven. Serve with fresh fruit and maple syrup, if you like.



## Warming winter dhal with crispy chickpeas and kale

Serves 4

### INGREDIENTS

1 jar M&S Bombay-style spice paste  
2 large tomatoes, roughly chopped  
200g red lentils  
1 carrot, grated (no need to peel)  
1 tin chickpeas, drained  
1 tsp chilli flakes  
75g kale, stalks removed, roughly torn  
200g M&S wholegrain basmati rice  
120g frozen spinach  
½ lemon, juice only (optional)  
2 green finger chillies, finely chopped (optional)  
1 tsp cumin seeds  
1 tsp mustard seeds  
Handful fresh coriander, to serve



### METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Heat a splash of oil in a large saucepan over a medium heat. Add the Bombay-style spice paste, keeping the jar, and fry for a few minutes, until fragrant.
3. Add the chopped tomatoes, lentils and carrot. Cover with water and season. Bring to the boil, then simmer, covered, for around 25 minutes until the lentils are tender (add a splash more water if it looks too dry).
4. Meanwhile, place the chickpeas in a small baking tray. Drizzle a little oil into the used jar of Bombay-style spice paste, shake, then pour the flavoured oil over the chickpeas. Season and scatter over the chilli flakes, then roast in the oven for 10 minutes.
5. Add the kale and roast for another 5-10 minutes until everything is nice and crispy.
6. Cook the rice according to the packet instructions.
7. When the lentils are done, stir in the spinach and simmer for a few minutes until it's cooked through. Season to taste, adding a squeeze of lemon juice if needed.
8. Heat a little oil in a small frying pan over a medium heat, then add the green chillies, cumin seeds and mustard seeds. Sizzle for a couple of minutes until fragrant, then add to the dhal.
9. Serve the dhal topped with the crispy kale and chickpeas and alongside the rice. Add some fresh coriander, if you like.



## Vietnamese-style sticky noodle salad

Serves 4

### INGREDIENTS

2 packs (360g each) M&S Plant Kitchen no chicken pieces  
1 jar (90g) M&S soy, ginger and garlic paste  
½ tbsp sesame oil, plus extra for serving  
1 tbsp honey  
2 packs (275g each) M&S Plant Kitchen rice noodles, microwaved according to pack instructions, cooled  
2 carrots, peeled, thinly sliced or julienned  
½ cucumber, cut into matchsticks or grated  
½ bunch mint, leaves picked and stalks discarded  
1 chilli, deseeded and sliced  
2 spring onions, sliced  
1 lime, cut into four wedges  
Handful peanuts, chopped

### METHOD

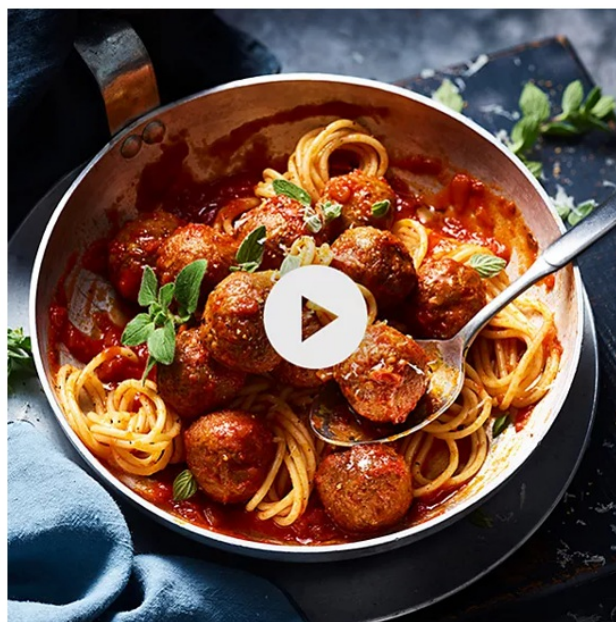
1. Put the no chicken pieces and the soy, ginger and garlic paste into a bowl and mix to coat.
2. Heat the sesame oil in a large pan over a medium heat and add the no chicken pieces. Cook for 2 minutes.
3. Add the honey to the pan and cook for a further 3 minutes or until sticky.
4. Split the cooled noodles, carrot and cucumber between the four bowls, then add the no chicken pieces.
5. Top with the mint, chilli and spring onions, then drizzle over some sesame oil.
6. Finally, garnish with the lime wedges and chopped peanuts. Serve with your favourite sauce, such as sriracha or soy sauce, if you like.

### **Plant Kitchen veggie balls**

Made with naturally meaty-tasting mushrooms, onions, garlic and miso, our new Plant Kitchen veggie balls can be cooked in the same way as meatballs – try them with mash and pickles or in traybakes. Or for a quick midweek meal, pan-fry them for 10 minutes, then add our classic tomato everything sauce and serve with spaghetti. That's a meal for two in 15 minutes for under £5!

Not only are our veggie balls delicious, they're also gluten-free, a source of protein, high in fibre, low in saturated fat and one of your five-a-day. Plus, they carry our Eat Well sunflower.

Click below to watch our latest TV advert, which puts the spotlight on these plant-based stars.



### **Plant Kitchen tikka masala curry**

Love Our Best Ever chicken tikka masala, but looking for a plant-based alternative? Try our new Plant Kitchen tikka masala – it contains 14 fragrant, balanced spices, creamy coconut milk, flame-grilled onions, roasted squash and cauliflower. What's more, it also carries our Eat Well sunflower.

Find the Plant Kitchen tikka masala curry in store now.





### **Plant Kitchen woodfired hot and spicy pizza**

Host the ultimate vegan pizza party with this new-in treat – a hand-stretched sourdough base topped with vegan pepperoni, creamy “not’zarella”, pickled jalapeño chillies, spicy [Roquito](#)® chillies and tomato sauce with hot smoked paprika.