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Lunch Munch

Lunch, whether home-made, grabbed from a shop or eaten out, is an important meal. Here are some suggestions, depending on your time and budget.

Eating out?

Most chains will offer a vegan alternative or two – if staff aren't sure, ask to see their special diets list. Specialist veggie places are the easiest but not always available. Wagamama and Yo!Sushi are particular favourites of the Viva! team but there are plenty more – ethnic restaurants usually offer good choices and many pubs do too. Or make friends with your local café and encourage them to provide more options. Here in Bristol our local pizzeria is now doing a roaring trade in gorgeous vegan pizza and calzone thanks to us asking them nicely – they just got in a few slabs of melting mozzarella-style vegan cheese. Result!

Home-made

Leftovers

These are often even better the next day! Whether the remains of a home-cooked meal or takeaway, they can be reheated in a microwave or heated to go in a food flask.



Wrap filled with chilli leftovers and drizzled with vegan mayo or our Sour Crème page xx

Soup

Home-made? Try our lovely recipes in Souperb, pages xx-xx



Pauper's Gourmet Potato & Greens Soup page xx

Ready-made? Buy soup in tubs, jars or tins – see **Shopping Secrets**, below

Wrap It Up: sandwiches, subs, pittas and other bread-covered delights

- Artichoke & White Bean Dip with Olives – mash up a tin of butter or cannellini beans with a little olive oil, half a tin of chopped artichoke hearts, a handful of chopped olives, a handful of fresh chopped basil plus salt and lots of black pepper



Artichoke Hearts, chopped *istock*

- Falafel, hummus, tomato and green salad with a drizzle of plain vegan yoghurt or sweet chilli sauce – falafels are widely available and are usually vegan, eg Cauldron brand



Falafels – slice them up in sandwiches, subs, pitta or wraps with salad and all the trimmings

- Hummus with roast veg OR rocket OR tomato OR grated carrot (or all of ‘em)



Carrot & Hummus Sandwiches



Hummus with added pumpkin seeds

- Italian Olive Dip, page xxx – fast, easy and rich-tasting. Add crusty bread and sliced tomatoes and salad veg for a Mediterranean treat



Italian Olive Dip

- Muffaletta – giant stuffed loaf, round or ciabbatta shaped. For special occasions and to share. Page xx



Muffaletta Stuffed Loaf (picture courtesy of <http://flavourphotos.com>)

- SLT – cold sliced vegan sausages (Linda McCartney, Fry's, Redwood's etc) with lettuce, tomato and perhaps a splodge of brown sauce or tomato chutney!
- Smoked tofu, Dijon mustard and tomato with rocket – thinly sliced smoked tofu such as Taifun works a treat on sandwiches. Or try smoked tofu with avocado and vegan mayo!
- Tofu 'Egg' Mayo, page xx – this takes a minute to make. It is very similar to a traditional egg mayo filling



Tofu 'Egg' Mayo Rolls

- VLT – veggie rashers, lettuce and tomato in a sub



VLT sub: vegan rashers, lettuce and tomato with vegan mayo!

- White Bean & Roast Garlic Dip, page xxx



White Bean & Roast Garlic Dip sandwich with mixed salad

Salads

- Wholegrain-based. Use Tropical Rice Salad on page xx – or Quinoa Pilaf, page xx. Alternatively, use any cold cooked wholegrains – quinoa or brown rice.



Tropical Rice Salad with Sesame Orange Dressing, page xx

Other grains

Couscous and bulghur (cracked wheat) are very easy – cover in just-boiled water or stock and leave covered for five minutes. Then add a handful of grated carrot, tomato, salad greens, cooked pulses or diced smoked tofu, dress with a vinaigrette dressing – and you have an instant feast



Couscous Salad with fresh mint and coriander plus chopped peppers, tomato, spring onion and cucumber plus a handful of nuts and seeds ... drizzled with olive oil and lemon juice

- Mango Salsa, page xx – try adding a couple of handfuls of cooked kidney or pinto beans for a more substantial dish



Mango Salsa

- Cauliflower and Flageolet Bean Antipasto, page xx – or make your own bean salad. Mixed beans are widely available in tins – just add chopped/grated vegetables and a good vinaigrette



Cauliflower and Flageolet Bean Antipasto – a delicious mixture of cooked and raw ingredients in a yummy Italian-style vinaigrette



Pinto Bean & Tomato Salad with Herbs and Creamy Dressing

Shopping Secrets

- **Crispbread and rice cakes**
Good with lots of things but we particularly like them topped with sliced Merchant Gourmet oven-roasted tomatoes (sold in sachets) and strips of roasted red peppers from a jar

- **Hummus, bread or crackers with ready-made salad**

- **Sushi**

Many supermarkets usually stock a vegan one, such as Waitrose Taiko vegetarian. Just check there is no egg, cream cheese etc. To date, Tesco does not sell a vegan-suitable sushi.



Vegan Sushi with Edamame Beans page xx and Pan-seared Tofu

- **Veg pots**

Innocent's range is mostly vegan but check ingredients; Clive's Pots are found in health food shops

- **Salads**

There is a big range nowadays and they aren't all leaf-based. Try those based on pulses, grains or pasta too. Just check the salad and dressing ingredients to ensure they are vegan. Many M&S and Waitrose salads are particularly good, eg M&S Super Wholefood with Blueberries & Mango or Multigrain Salad with Hummus

- **Sandwiches, wraps and subs**

Some supermarkets are better than others – at best there may be a hummus or falafel wrap/sarnie. Independent sandwich shops are often the best as they will make up a sandwich for you – and if they don't have vegan margarine or mayo, ask them to get it in for you if you're a regular! Our local sarnie shop did this and now sells a great range of vegan lunches.

- **Soup**

Fresh soups are sold everywhere. Just check they are vegan (some add cream etc). Many of the Co-op's range are suitable, as are other supermarket own-brands. And try fresh tomato soup with half a tin of drained beans or whole lentils added in for quality nutrition and extra bulk!

Tins and jars – again, check the labels. Essential's soups in jars are very good and some of them are vegan – try your local health food shop



Extras

- Fresh tomato salsa – or in a jar
- Indian snacks such as samosas and onion bhajis – nicest warmed in the oven but they can be ‘nuked’ gently or eaten cold too. Even better with some added mango chutney and plain soya yoghurt



Assorted Indian Snacks with Vegan Raita (Yoghurt Dressing)

- Pulses – beans and lentils – in tins or sachets. Great to add to salads and soups for extra nutrition and bulk
- Carrot batons – sold in packets – to dunk in salsa or hummus
- Seeds, eg Munchy pots



Mixed Toasted Seeds with Apple

- Nuts, preferably unsalted



Istock pic – too small for hi res?

- Dried fruit
- Fresh fruit



Strawberry & Banana Kebabs