

MEAT FREE MONDAY

A meat-free cookbook
by

Brentwood Green Team



"Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet. It always seems to me that humans were not born to be carnivores"

Albert Einstein

Change starts with us!

Climate Change poses the greatest challenge for future generations. In addition to conserving energy, recycling right and investing in renewables, the food choices we make can have a significant impact on our greenhouse gas emissions.

Global livestock production creates more greenhouse gas emissions than the entire transportation sector. Switching from a meat-based to plant-based diet for at least one day

per week can have a remarkable positive impact on the human and environmental health.

Be a part of the solution by participating in the **'Meat-free Monday'** campaign. We hope that the recipes included in this cookbook will inspire you to try some meat-free options.

The Green Team values your support and welcomes your feedback:

green@ms.brentwood.vic.edu.au



Watch the video message by Master Chef, Simon Toohey



Meat Free Monday

Skip the meat, not your heartbeat



By going meatless for a year you could save the same amount of emissions as taking a car off the road for 6 months.



It takes 50 times more water to produce meat than plant-based food.



Lessening your meat intake means a reduced chance of cancer, heart disease, diabetes and stroke.



Meat production approximately uses 70% of the farming land. Do you really want others to starve just for eating meat?

Benefits of going meatless for a day in the week.

'Meat Free Monday' is a programme that encourages people to avoid consuming meat on Mondays to improve their health and the health of the planet.

The energy required to produce ½ Lb. of burger can easily be enough to charge an iPhone for 6 months



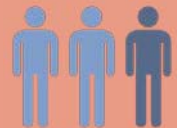
Water needed to make one hamburger is equivalent to the water needed for an individual's one month of showers



Greenhouse gas emissions from animal agriculture are fueling climate change



1 in 3 Australians are actively reducing their meat intake





self-crusting herb mushroom quiche

ISABELLA DEVLIN 7G3

SERVES 6-4

SELF-CRUSTING QUICHES ARE MADE WITHOUT PASTRY CRUSTS BUT FORM THEIR OWN FAIRLY FIRM OUTER LAYER AS THEY COOK

ingredients

- 2 medium onions
- 2 tablespoons of oil or butter
- 200 grams of mushrooms
- ½ teaspoon of dried basil
- ¼ teaspoon of dried thyme
- black pepper to taste
- 2 eggs
- ½ cup of sour cream
- ¾ cup of milk
- ½ teaspoon of salt
- ½ cup of self-raising flour
- ½ cup of grated cheese

directions

- preheat oven to 220C
- use a metal pie plate or tin with a solid base. (25-30cm)
- slice onions finely and sauté in oil/butter until soft
- Add mushrooms and cook until soft
- Add the basil thyme and black pepper
- Remove from the heat and leave to stand
- In a medium-sized bowl lightly beat together eggs, sour cream, milk, and salt
- Sprinkle the flour over the mixture and stir just enough to combine
- Then add the grated cheese, again stirring just enough to mix
- Grease a 25-30 cm flan or pie dish
- Tip in the onion and mushroom mixture and spread it evenly over the bottom, then pour the batter evenly over this
- Bake at until light brown and firm in the center
- Cool for 10-15 min before turning out
- Serve with your favorite salad



SERVES 2

VEGETABLE FRIED RICE

by Likhita Kalagotla 8G3

Ingredients

- 1 1/2 cup boiled rice
- 2 tbsp oil
- 2 cloves garlic (finely chopped)
- 1/2 onion (finely chopped)
- 4 tbsp spring onion (chopped)
- 1/4 carrot (finely chopped)
- 2 tbsp cabbage (finely chopped)
- 2 tbsp peas
- 1/4 green bell pepper (finely chopped)
- 3/4 tsp salt
- 2 tbsp soy sauce
- 1 tbsp vinegar
- 1 tsp pepper (crushed)
- 1/4 tsp salt.

Directions

1. In a large stir fry pan, heat 2 tbsp oil and add 2 garlic cloves.
2. Along with the garlic add the previously chopped onion and spring onion.
3. Stir fry until the onions are translucent.
4. Now add cabbage, peas, bell peppers, carrots, and salt.
5. Stir fry on high flame without overcooking the vegetables.
6. Stir until the sauce is well- combined.
7. When the flame is on high, add the boiled rice.
8. Add the pepper and salt as per your taste as soy sauce contains salt.
9. Stir the rice until well- combined with the vegetables.
10. Enjoy!!!



Roast Pumpkin and Chickpea Soup

The Ingredients

- 1 Kg pumpkin,
- peeled and chopped 1 onion
- cut into wedges 1 whole clove garlic
- 1 tspn cumin Oil spray
- 1 tspn cumin seeds
- 2 Litres vegetable stock
- ¼ Cup wholegrain mustard
- 2 tbspn honey
- 2 x 400 grm can chickpeas,
- rinsed Chopped parsley

Method

Preheat oven to 200c. Line an oven tray with paper, place pumpkin, onion and garlic on tray, spray with oil and sprinkle with ground cumin and cumin seeds. Roast for 40 minutes or until golden. Transfer roast vegetables to a large saucepan, add stock, mustard, honey and half the chickpeas. Bring to a simmer, cook 10 minutes. Puree soup until smooth. Add remaining chickpeas, season to taste, serve with sprinkled parsley

CATHY MOLETA (STAFF)

Veggie Pastries

TABBITA VERNON 7R1

Ingredients

- 1 tsp extra virgin oil
- 1 leek (thinly sliced)
- 3 potatoes (cubed)
- ½ tsp salt
- ½ cup cream
- ½ cup cheddar cheese (coarsely grated)
- 3 sheet ready rolled puff pastry (frozen, just thawed)
- 2 eggs (whisked)

Method

Preheat oven to 200°C. Bring a heavy-based saucepan to a medium heat, add oil. Add the leeks and sauté until soft, about 2 minutes. Add potatoes, and salt and cover, allowing to cook for another few minutes. Stir in cream and cover and let cook on low heat until the potatoes are tender. Remove from heat and allow to cool completely. Once cool, mix in the cheese. Place a sheet of pastry on a clean bench and cut out 12 cm circles. Place a tablespoon of the centre of each pastry round. Fold pastries in half to enclose filling. Use fingertips to gently press together to seal. Use a fork to press the edges closed. Place on the lined tray and lightly brush with some egg. Bake in oven for 15 minutes or until golden brown. Remove from oven and set aside to cool. Once completely cooled, wrap in baking paper, and store in the fridge





Pasta-e-Patate

BY BRENDAN DAVIES 9E1

INGREDIENTS

½ onion, diced
2 tbsp. butter
4 medium potatoes
1 cup pasta
1/4 cup tinned tomato
3 cups water
2 tsp. vegetable stock powder
salt, pepper and parsley (to taste)
Parmesan (for garnish)

METHOD

1. Place oil and half of the butter in a pan.
2. Add onion and potato and stir for 2 minutes. If they stick, add 1 teaspoon of water.
3. Add tomato and stir for 1 minute.
4. Stir in salt and pepper
5. Add water, bring to the boil, and then simmer for 10 minutes
6. Add pasta, and boil until pasta is cooked
7. Add parsley, the rest of the butter and stock. Stir until combined.
8. Add garnish and Enjoy!



Coconut and Lentil Curry

BY BROOK TAYLA (STAFF)

Ingredients

2 Tbsp Oil
4-6 cloves of garlic
1 tbsp cumin powder
1 tbsp coriander powder
1 tbsp ginger
1 tbsp turmeric
2 tsp salt
1 can lentils
1 can diced tomatoes
1 can coconut milk

Method

- Heat the oil and slightly fry the garlic.
- Add all of the spices and stir to combine.
- Add all of the canned ingredients.
- Bring to a boil and simmer for 20 minutes, stirring occasionally.
- Sprinkle with fresh parley and serve with rice or flatbread.





CAULIFLOWER AU GRATIN

Carissa Imperial

INGREDIENTS

- 1 large white cauliflower, trimmed and cut into flowerets
- 2 tablespoons of butter
- 2 tablespoons of flour
- 1 1/2 cups of milk
- Ground black pepper
- 1 cup of grated Cheddar cheese
- Breadcrumbs



DIRECTIONS

1. Wash cauliflower and place in a casserole dish. Cover and cook on HIGH for 6 to 8 minutes or until soft.
2. Stand covered while making sauce.
3. Preheat the grill to 250o C
4. Melt butter in a heated pan and stir in flour and mix well. Gradually blend in the milk and bring to a boil, whisking until thickened. Stir in the salt, pepper and half the cheese, and mix well until the cheese is melted (for the sauce).
5. Drain the water from the cauliflower. Add the sauce and mix well.
6. Mix the remaining cheese and breadcrumbs together and sprinkle over the cauliflower until the surface is covered. Put under a hot grill for a few moments, until the sauce is bubbling, and the cheese and breadcrumbs are a golden brown



SPICED SWEET POTATO PIE

BY CATHY MOLETA (STAFF)

INGREDIENTS

- 700g Orange sweet potato, peeled and roughly chopped
- Olive Oil cooking spray
- 2 tsp ground coriander
- 1 tsp cumin seeds crushed
- 400g Chickpeas, drained, rinsed
- 2 tablespoons lemon juice
- 2 tablespoons pine nuts toasted
- 100g fetta crumbled
- 6 sheets filo pastry

METHOD

Preheat oven to 200C fan forced.

Grease a 22cm round base spring form pan. Line a baking tray with baking paper, place potato onto tray, spray with oil, sprinkle with ground coriander and cumin, toss to coat, bake for 20 min or until tender, leave to cool.

Roughly mash chickpeas in a large bowl, add sweet potato, lemon juice and pine nuts, stir to combine. Stir in fetta.

Place 1 sheet filo pastry onto a flat surface, spray with oil. Top with another sheet, leaving a 2cm border, spoon 1/3 of the potato mixture along on long edge. Roll up to enclose filling. Starting at the centre of the pan, arrange filo roll, seam side down, in a coil shape, repeat the process using 1/2 the remaining potato mixture to make another roll. Add roll to pan, continuing to create a large coil shape and pressing to secure and fit snugly in pan.

Repeat 1 more time with remaining filo and filling, Spray with oil, season with salt and pepper. Bake for 25 min or until golden.





PALAK PANEER (SPINACH CHEESE CURRY WITH TOFU SUBSTITUTE)

INGREDIENTS

Spinach - a bunch

Shallot - one Garlic - one

clove Green chili - 4 Ginger and garlic

paste - 1 spoon Panner (Indian cottage

cheese or tofu 250 grams Garam

masala powder - 1 spoon Olive oil - 1

spoon Salt to taste

**YIELD: 4 TO 5 PEOPLE PREP
TIME: 15 MINS TOTAL TIME: 20
TO 30 MINS**

By Laksheya 8G3

DIRECTIONS

Wash the spinach and chop them into small pieces Add them in a pot with shallot, garlic, green chili and a cup of water.

Boil them for 5 mins, then let it cool down for few mins and blend them. Dice the panner/tofu into cubes.

In a pan add a spoon of oil and slightly fry them. Then take the panner/tofu out and keep them separately.

In the same pan add a spoon of ginger garlic paste and fry them for few mins, then add a half a spoon of garam masala powder and the blended spinach mixture.

Cook them for another 3 mins, then add salt and panner/tofu and cook it for another 2 mins and now it's ready to serve.

Special Diet Information

Panner contain milk, you can replace panner with tofu.

Best served with naan bread roti and rice



Veggie Burger Patties

MADE BY LAKSHEYA DAYASHANKER 8G3

ingredients

1 tablespoon wheat flour	$\frac{1}{2}$ cup potato grated
1 tablespoon gram flour	$\frac{3}{4}$ cup red bell pepper grated
1 garlic clove	Salt to taste
1 shallot	Chili flakes a pinch
1 cup broccoli grated	Black pepper powders a pinch
1 cup cauliflower grated	1 spoon olive oil
1 cup zucchini grated	

directions

In a big bowl add all the ingredients and mix well
Make them into 3 portion and make them 3 patties
Put them in the freezer bag and leave it in the freezer for at least 1 hour
Bake them in an air fryer or in oven for 20 mins
Now the patty to serve in the burger with sauce, lettuce, and sliced tomato

Spinach Pancakes with Ricotta Cheese

By Rebecca Buck (staff)



Ingredients

- ½ Cup plain flour
- 2 eggs
- 2 tspns oil
- 1 ¼ cups milk
- 250 gm packet frozen chopped spinach

Filling:

- 2 tablespoons pine nuts
- 250 gm Ricotta Cheese. Not the tub variety.
- 2 tablespoons parmesan cheese
- Salt and pepper

Tomato and onion sauce:

- 400 gm can crushed tomatoes
- 30 gm butter
- 1 onion
- ½ cup water

Method

Sift the flour, and eggs and oil, gradually stir in the milk. Put spinach in a pan, stir occasionally until thawed and liquid evaporated. Stir into the batter. Pour ¼ cup batter into a greased heated pan, cook slowly until golden underneath, turn brown on other side.

Put a tablespoon of filling in the centre of each pancake, fold sides in and roll up. Place into a greased shallow ovenproof dish, cover, bake in mod. Oven 15 minutes.

Sauce

Saute onion in butter till softened, add tomatoes and water, bring to boil, reduce heat simmer uncovered 15 minutes or until sauce thickened.

Serve pancake with tomato sauce.



PUMPKIN SOUP

By Laksheya Dayashanker 8G3

Ingredients

- ½ pumpkin
- 1 shallot
- 3 garlic
- clove
- 2 carrot
- ½ tomato
- ½ red bell
- pepper
- 3 cubes of
- vegetable stock
- 2 cup of water
- 1 spoon
- butter
- Coriander to
- garnishn

Directions

In a pot add pumpkin, shallot, garlic, carrot, red bell pepper, tomato, 2 cup water and boil them for 15 mins.

Then add vegetable stock and cook them for 2 to 3 mins and let it cool down for few mins.

Blend them with the blender and pour them in a pot. Then add little spoon of butter, chopped coriander and cook them for 1 to 2 min.

Now the pumpkin soup is ready to serve. Serve with garlic bread if you like.

Serves:3 People

PREP:10 min

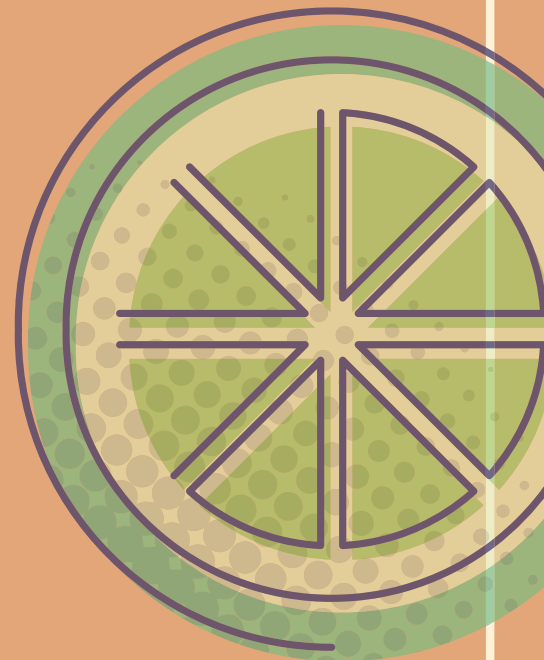
TOTAL TIME: 20min

Roasted Bell pepper Marinade

BY SHREEYA KALAGOTLA

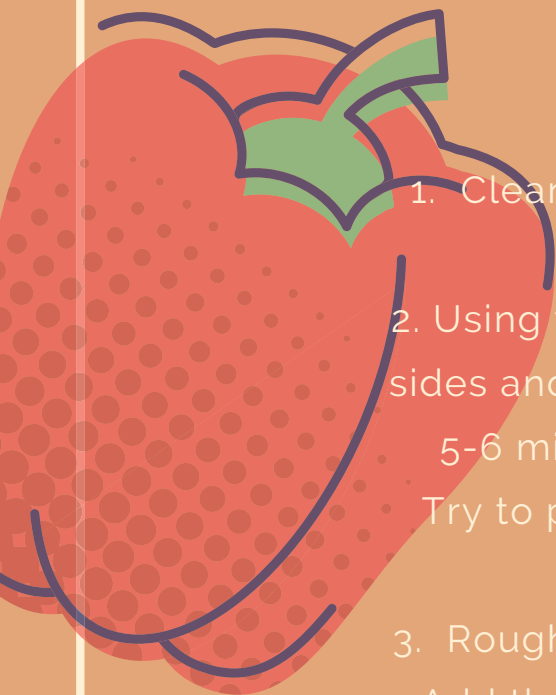
Ingredients

2 Red Bell Peppers
4 Red Dried Chilies
4 Small Garlic Cloves
1 twig of Rosemary
Juice of 1 lemon
3 tbsp of Mustard Oil
Himalayan Pink Salt
Crushed Black Pepper



Procedure

1. Clean and roast the bell peppers to the skin.
2. Using tongs roast the bell pepper on all sides and pop them into a kitchen towel for 5-6 mins which allows them to sweat. Try to peel off the charred particles and remove the seeds.
3. Roughly chop the roasted bell peppers. Add the chopped bell pepper and all the other ingredients to a blender and blend





SPINACH AND LENTIL SOUP

Made By Laksheya

INGREDIENTS

- 1 bunch/packet Spinach
- 2 small or 1 medium sized shallot onion
- 2 clove Garlic
- 3 green chili
- 1 Teaspoon Whole Cumin
- 2 pinches of turmeric powder
- 1 cup of yellow split lentils
- Salt as per your taste

PROCEDURE

1. Wash and chop all the vegetables (spinach onion garlic and green chili)
2. Boil the vegetables in an open pot with one cup of water for 4-5 min
3. Wait for the vegetables to cool down for a few minutes
4. Grate the vegetables in a blender (Do not grind it to paste just blend it to core texture) and keep them aside
5. In pressure cooker take one cup of split moong beans, 2 cups of water, cumin, turmeric and salt.
6. Cook in pressure cooker for 10-15 min
7. After the pressure is cooled down open the cooker and pour all the blended vegetables into the cooked beans and mix.
8. In an open pan let the soup boil for 2 min.
9. Right now its ready to eat.

TIPS:

If you want to add anything extra garnish them tempering

Tempering: To make tempering heat one spoon oil in a pan add mustard seeds, dry red chili and curry leaf when the mustard seed pop switch off the pan and pour them on top of the soup to garnish

PREP TIME

Serves 5 people

Total time: 20min-30min

Tips: Add Tempering



Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
Meat-free Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Need Inspiration?

Visit

<https://sustainableearthnetwork.com/recipes/>
<https://www.meatfreeweek.org/recipes>
<https://www.meatfreemondays.com/recipes/>
<http://www.tryfor5.org.au/eat-more-waste-less>

Watch

The Game Changers
Forks over Knives
Cowspiracy
What the Health

Read

The China Study
The Starch Solution
The Plant-based Solution
Eat for Life

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