

Here is a weekly vegetarian menu for two people, with balanced meals using seasonal spring vegetables and grains available in the UK. Recipes with cooking times and serving sizes are included for each meal.

Monday

Breakfast: Spinach and Feta Frittata

- 6 eggs, beaten
- 1 cup baby spinach leaves
- 1/2 cup crumbled feta cheese
- 1/4 cup milk
- Salt and pepper to taste
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 180C. Whisk together eggs, milk, salt and pepper.
2. Heat oil in an oven-safe skillet over medium heat. Add spinach and cook until wilted, about 2 minutes.
3. Pour in egg mixture and sprinkle feta on top. Cook until edges set, about 5 minutes.
4. Transfer to oven and bake until center is set, 10-12 minutes. Let cool slightly before slicing and serving.

Serves: 2

Cooking time: 20 minutes

Lunch: Quinoa Tabbouleh Salad

- 1 cup quinoa, rinsed
- 2 cups water

- 1 bunch parsley, finely chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely diced
- 1 lemon, juiced
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a saucepan, bring quinoa and water to a boil. Reduce heat, cover and simmer until tender and water is absorbed, 15-20 minutes. Let cool.
2. In a bowl, combine cooled quinoa, parsley, tomatoes, onion, lemon juice, oil, salt and pepper. Toss to combine. Chill until serving.

Serves: 2

Cooking time: 25 minutes

Dinner: Asparagus Lemon Risotto

- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 4 cups vegetable broth
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 1/2 cups arborio rice
- 1/2 cup white wine
- 1 lemon, zested and juiced
- 1/4 cup parmesan cheese, grated
- 2 tbsp butter

- Salt and pepper to taste

Instructions:

1. In a saucepan, heat broth and keep warm over low heat.
2. In a large pot, heat oil over medium heat. Add onion and garlic. Cook until softened, 5 minutes.
3. Add rice and cook, stirring, 1 minute. Pour in wine and simmer until mostly absorbed.
4. Ladle in 1 cup warm broth and cook, stirring often, until absorbed. Repeat until rice is tender, 20-25 minutes total.
5. Stir in asparagus during last 5 minutes of cooking. Remove from heat.
6. Mix in lemon zest and juice, parmesan, butter, salt and pepper. Serve immediately.

Serves: 2

Cooking time: 35 minutes

Tuesday

Breakfast: Overnight Bircher Muesli

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup plain yogurt
- 1 apple, grated
- 1/4 cup raisins
- 1 tbsp honey
- 1/2 tsp cinnamon

Instructions:

1. In a bowl, mix together oats, milk, yogurt, apple, raisins, honey and cinnamon.
2. Cover and refrigerate overnight. Serve cold.

Serves: 2

Prep time: 5 minutes, plus overnight soaking

Lunch: Roasted Carrot Hummus Wraps

- 2 large carrots, peeled and cut into 1-inch pieces
- 2 tbsp olive oil
- 1 (15 oz) can chickpeas, drained and rinsed
- 1/4 cup tahini
- 1 lemon, juiced
- 2 cloves garlic
- 1 tsp ground cumin
- Salt to taste
- Water as needed
- 2 large whole wheat tortillas
- 2 cups baby spinach
- 1/2 cucumber, thinly sliced

Instructions:

1. Preheat oven to 200C. Toss carrots with 1 tbsp oil on a baking sheet. Roast until tender, 20-25 minutes. Let cool.
2. In a food processor, blend cooled carrots, chickpeas, tahini, lemon juice, garlic, cumin, remaining 1 tbsp oil and salt until smooth, adding water by the tablespoon to reach desired consistency.
3. Spread hummus on tortillas. Top with spinach and cucumber. Roll up tightly, slice in half and serve.

Serves: 2

Cooking time: 30 minutes

Dinner: Baked Falafel with Tzatziki

Falafel:

- 1 (15 oz) can chickpeas, drained and rinsed
- 1/2 onion, roughly chopped
- 3 cloves garlic
- 1/2 cup parsley leaves
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1/4 tsp cayenne pepper
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tsp baking powder
- Salt and pepper to taste
- 2 tbsp olive oil

Tzatziki:

- 1 cup plain Greek yogurt
- 1/2 cucumber, seeded and finely diced
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 1 tbsp chopped fresh dill
- Salt and pepper to taste

Instructions:

1. Preheat oven to 200C. Line a baking sheet with parchment paper.
2. In a food processor, pulse chickpeas, onion, garlic, parsley, cumin, coriander and cayenne until

coarsely chopped.

3. Transfer to a bowl. Stir in flour, baking powder, salt and pepper. Form mixture into 12 patties and brush both sides with oil. Place on prepared baking sheet.

4. Bake, flipping halfway through, until crisp and golden brown, 20-25 minutes.

5. Meanwhile, make tzatziki: Mix together all ingredients. Chill until serving.

6. Serve falafel with tzatziki for dipping.

Serves: 2

Cooking time: 30 minutes

Wednesday

Breakfast: Strawberry Rhubarb Chia Pudding

- 2 cups unsweetened almond milk

- 1/2 cup chia seeds

- 2 tbsp maple syrup

- 1 tsp vanilla extract

- 1 cup strawberries, chopped

- 1 stalk rhubarb, diced

- 1 tbsp honey

Instructions:

1. In a bowl, whisk together milk, chia seeds, maple syrup and vanilla. Let stand 5 minutes, then whisk again. Cover and chill overnight.

2. In a saucepan, combine strawberries, rhubarb and honey. Bring to a simmer over medium heat. Cook, stirring often, until fruit is very tender and mixture is thickened, 10-15 minutes. Let cool completely.

3. Swirl fruit compote into chilled chia pudding.

Serves: 2

Cooking time: 20 minutes, plus overnight chilling

Lunch: Spring Pea and Mint Soup

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 3 cups fresh or frozen peas
- 1/2 cup chopped fresh mint
- 1/2 cup plain yogurt
- Salt and pepper to taste

Instructions:

1. In a large pot, heat oil over medium heat. Add onion and garlic. Cook until softened, 5 minutes.
2. Pour in broth and bring to a boil. Add peas and simmer until bright green and tender, 3-5 minutes.
3. Remove from heat. Stir in mint. Using an immersion blender, puree soup until smooth.
4. Whisk in yogurt, salt and pepper. Reheat gently if needed before serving.

Serves: 2

Cooking time: 20 minutes

Dinner: Vegetable and Halloumi Traybake

- 1 small head broccoli, cut into florets
- 1 small head cauliflower, cut into florets

- 2 red bell peppers, sliced
- 1 zucchini, sliced
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- 8 oz halloumi cheese, sliced

Instructions:

1. Preheat oven to 200C. On a large rimmed baking sheet, toss broccoli, cauliflower, peppers, zucchini and onion with oil. Sprinkle with oregano, salt and pepper.
2. Roast vegetables, tossing occasionally, until tender and lightly browned, 25-30 minutes.
3. Top with halloumi slices. Bake until cheese is golden brown, 5-10 minutes more. Serve immediately.

Serves: 2

Cooking time: 40 minutes

Thursday

Breakfast: Savory Oatmeal with Sautéed Mushrooms

- 1 cup rolled oats
- 2 cups water
- 1/4 tsp salt
- 1 tbsp olive oil
- 8 oz mixed mushrooms, sliced
- 2 cloves garlic, minced
- 1 tsp fresh thyme leaves

- Salt and pepper to taste
- 2 tbsp parmesan cheese, grated

Instructions:

1. In a saucepan, bring oats, water and 1/4 tsp salt to a boil. Reduce heat and simmer, stirring occasionally, until thickened, 5-7 minutes.
2. Meanwhile, heat oil in a skillet over medium-high heat. Add mushrooms and cook, stirring occasionally, until browned, 5-7 minutes.
3. Stir in garlic and thyme. Cook 1 minute. Season with salt and pepper.
4. Serve oatmeal topped with mushrooms and parmesan.

Serves: 2

Cooking time: 15 minutes

Lunch: Spring Vegetable Frittata

- 6 eggs
- 1/4 cup milk
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 leek, white and light green parts only, chopped
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 cup frozen peas, thawed
- 1/4 cup goat cheese, crumbled

Instructions:

1. Preheat broiler. In a bowl, whisk together eggs, milk, salt and pepper.
2. Heat oil in an oven-safe skillet over medium heat. Add leek and cook until softened, 3-5 minutes.

3. Add asparagus and peas. Cook until asparagus is crisp-tender, 3-5 minutes.
4. Pour in egg mixture. Cook until edges are set, 5 minutes. Sprinkle with goat cheese.
5. Transfer skillet to broiler. Broil until top is set and lightly browned, 2-3 minutes. Let cool slightly before slicing and serving.

Serves: 2

Cooking time: 20 minutes

Dinner: Lemony Artichoke and Spinach Pasta

- 8 oz spaghetti
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 (14 oz) can artichoke hearts, drained and quartered
- 1 lemon, zested and juiced
- 4 cups baby spinach
- 1/4 cup parmesan cheese, grated
- Salt and pepper to taste

Instructions:

1. Cook spaghetti in a pot of boiling salted water until al dente. Reserve 1/2 cup pasta water, then drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, 1 minute.
3. Stir in artichokes, lemon zest and juice. Cook until heated through, 2-3 minutes.
4. Add spaghetti, spinach and parmesan to skillet. Toss until spinach is wilted, adding reserved pasta water as needed to loosen sauce. Season with salt and pepper. Serve hot.

Serves: 2

Cooking time: 20 minutes

Friday

Breakfast: Peanut Butter Banana Smoothie Bowl

- 2 frozen bananas
- 1 cup unsweetened almond milk
- 2 tbsp peanut butter
- 1 tsp vanilla extract
- Toppings: sliced banana, granola, chia seeds, shredded coconut

Instructions:

1. In a blender, combine bananas, milk, peanut butter and vanilla. Blend until smooth and creamy.
2. Pour into bowls. Garnish with desired toppings and serve immediately.

Serves: 2

Prep time: 5 minutes

Lunch: Curried Chickpea Salad Pita

- 1 (15 oz) can chickpeas, drained and rinsed
- 1/4 cup plain yogurt
- 1 tbsp lemon juice
- 1 tsp curry powder
- 1/2 tsp ground cumin
- Salt and pepper to taste
- 1/4 cup red onion, finely chopped

- 1/4 cup cilantro, chopped
- 2 whole wheat pita breads, halved and toasted
- 1 cup baby spinach

Instructions:

1. In a bowl, mash chickpeas with a fork until almost smooth.
2. Stir in yogurt, lemon juice, curry, cumin, salt, pepper, onion and cilantro until combined.
3. Fill each pita half with spinach and chickpea mixture. Serve immediately.

Serves: 2

Prep time: 10 minutes

Dinner: Spring Vegetable Paella

- 1 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 cup short-grain rice
- 1/4 tsp saffron threads
- 1/2 tsp smoked paprika
- 1 cup dry white wine
- 2 cups vegetable broth
- 1 cup asparagus, cut into 1-inch pieces
- 1 cup frozen peas
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. Heat oil in a large skillet over medium heat. Add onion and pepper. Cook until softened, 5 minutes.
2. Stir in garlic, rice, saffron and paprika. Cook 1 minute.
3. Pour in wine. Simmer until mostly absorbed, 2-3 minutes.
4. Stir in broth, 1/2 cup at a time, stirring constantly and allowing liquid to absorb before adding more, until rice is tender, 20-25 minutes.
5. Add asparagus and peas during last 5 minutes of cooking. Season with salt and pepper.
6. Remove from heat, cover and let stand 5 minutes before serving with lemon wedges.

Serves: 2

Cooking time: 40 minutes

Saturday

Breakfast: Asparagus and Goat Cheese Quiche

- 1 unbaked 9-inch pie crust
- 1 tbsp olive oil
- 1/2 onion, diced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 5 eggs
- 1/2 cup milk
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