

Weekly Vegetarian Menu

Overview

This weekly menu focuses on balanced vegetarian meals featuring seasonal vegetables and grains available in the UK during Spring. Each meal is designed for two people.

Monday

Breakfast: Spinach and Feta Omelette

- **Ingredients:**

- 4 eggs
- 100g fresh spinach
- 50g feta cheese
- 2 tbsp olive oil
- Salt and pepper to taste

- **Instructions:**

1. In a bowl, whisk together eggs, salt, and pepper.
2. Heat olive oil in a pan over medium heat, add spinach, and sauté until wilted (2-3 minutes).
3. Pour in the eggs and cook until slightly set, crumble feta on one half and fold the omelette. Cook until fully set (3-4 minutes).

- **Cooking Time:** 10 minutes

- **Serving Size:** 2 omelettes

Lunch: Quinoa Salad with Roasted Veggies

- ****Ingredients:****

- 150g quinoa
- 1 red bell pepper, diced
- 1 courgette, diced
- 1 red onion, diced
- 2 tbsp olive oil
- Salt and pepper
- Handful of parsley, chopped

- ****Instructions:****

1. Preheat the oven to 200°C (400°F).
2. Cook quinoa according to package instructions.
3. Toss bell pepper, courgette, and onion in olive oil, salt, and pepper. Roast for 20 minutes.
4. Mix roasted veggies with quinoa and top with parsley.

- ****Cooking Time:**** 30 minutes

- ****Serving Size:**** 2 portions

Dinner: Mushroom and Pea Risotto

- ****Ingredients:****

- 200g arborio rice
- 1 onion, finely chopped
- 150g mushrooms, sliced
- 100g peas (fresh or frozen)
- 750ml vegetable stock
- 2 tbsp olive oil

- 50g parmesan cheese, grated
- Salt and pepper

- **Instructions:**

1. In a pan, heat olive oil and sauté onion until translucent (5 min).
2. Add mushrooms and cook for another 5 minutes.
3. Stir in arborio rice and cook for 1 minute. Gradually add vegetable stock, stirring frequently, until rice is creamy and cooked (20 minutes).
4. Stir in peas and parmesan, season with salt and pepper.

- **Cooking Time:** 35 minutes

- **Serving Size:** 2 bowls

Tuesday

Breakfast: Overnight Oats with Berries and Almonds

- **Ingredients:**

- 100g rolled oats
- 200ml almond milk
- 200g mixed berries (strawberries, blueberries)
- 30g almonds, chopped
- 1 tbsp honey (optional)

- **Instructions:**

1. In a jar, combine oats and almond milk. Stir in honey if using.

2. Top with mixed berries and chopped almonds.
3. Refrigerate overnight.

- **Cooking Time:** 5 minutes (prep)
- **Serving Size:** 2 jars

Lunch: Chickpea and Avocado Wraps

- **Ingredients:**
 - 200g canned chickpeas, drained
 - 1 ripe avocado
 - 1 tsp lemon juice
 - 4 whole wheat wraps
 - 100g mixed salad greens
 - Salt and pepper
- **Instructions:**
 1. Mash chickpeas and avocado together with lemon juice, salt, and pepper.
 2. Spread the chickpea mixture on wraps, add salad greens and roll tightly.
- **Cooking Time:** 10 minutes
- **Serving Size:** 4 wraps (2 per person)

Dinner: Lentil and Sweet Potato Curry

- **Ingredients:**
 - 150g red lentils
 - 1 large sweet potato, diced
 - 1 can coconut milk (400ml)

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 750ml vegetable stock
- 2 tbsp olive oil
- Salt and pepper

- **Instructions:**

1. Heat olive oil in a pot and sauté onions and garlic until soft (5 minutes).
2. Add diced sweet potato, lentils, curry powder, coconut milk, and vegetable stock. Bring to a boil and then let simmer for 30 minutes, or until lentils and sweet potato are cooked through.
3. Season with salt and pepper.

- **Cooking Time:** 40 minutes

- **Serving Size:** 2 bowls

Wednesday

Breakfast: Banana Pancakes with Maple Syrup

- **Ingredients:**

- 2 ripe bananas
- 100g flour (whole wheat optional)
- 200ml milk (dairy or plant-based)
- 1 tsp baking powder
- Maple syrup to serve

- **Instructions:**

1. In a bowl, mash bananas, add milk, flour, and baking powder and mix until smooth.
2. Heat a non-stick skillet over medium heat. Pour in batter to form pancakes, cook until bubbles form, then flip (2-3 minutes per side).
3. Serve with maple syrup.

- **Cooking Time:** 15 minutes

- **Serving Size:** 8 pancakes

Lunch: Beetroot and Goat Cheese Salad

- **Ingredients:**

- 2 medium beetroots, cooked and sliced
- 100g goat cheese, crumbled
- 100g mixed salad leaves
- 2 tbsp balsamic dressing
- Salt and pepper

- **Instructions:**

1. In a bowl, combine salad leaves and sliced beetroots.
2. Top with crumbled goat cheese and drizzle with balsamic dressing. Season to taste.

- **Cooking Time:** 10 minutes

- **Serving Size:** 2 salads

Dinner: Stuffed Bell Peppers with Rice and Beans

- **Ingredients:**

- 2 large bell peppers, halved and seeds removed
- 150g cooked rice
- 1 can black beans, drained
- 1 tsp cumin
- 100g grated cheese
- 2 tbsp olive oil
- Salt and pepper

- ****Instructions:****
 1. Preheat the oven to 180°C (350°F).
 2. In a bowl, mix cooked rice, black beans, cumin, salt, and pepper.
 3. Stuff bell pepper halves with the mixture, top with cheese, and drizzle with olive oil.
 4. Bake for 25-30 minutes.

- ****Cooking Time:**** 40 minutes
- ****Serving Size:**** 2 stuffed peppers

Thursday

Breakfast: Chia Seed Pudding with Kiwi

- ****Ingredients:****
 - 3 tbsp chia seeds
 - 200ml coconut milk
 - 1 tbsp honey (optional)
 - 2 kiwis, sliced

- **Instructions:**

1. In a bowl, mix chia seeds, coconut milk, and honey. Stir well and let sit for at least 4 hours or overnight in the fridge.
2. Serve topped with sliced kiwi.

- **Cooking Time:** 5 minutes (prep)

- **Serving Size:** 2 bowls

Lunch: Spinach and Ricotta Stuffed Pasta

- **Ingredients:**

- 200g pasta shells
- 150g fresh spinach
- 150g ricotta cheese
- 2 tbsp parmesan, grated
- Salt and pepper
- 1 jar (about 400g) tomato sauce

- **Instructions:**

1. Cook pasta according to package instructions, drain, and set aside.
2. In a bowl, mix spinach, ricotta, salt, and pepper.
3. Stuff cooked pasta shells with spinach and ricotta mix.
4. Spread a layer of tomato sauce on the bottom of a baking dish, place stuffed shells on top, cover with remaining sauce and sprinkle with parmesan.
5. Bake at 180°C (350°F) for 15-20 minutes.

- **Cooking Time:** 30 minutes

- **Serving Size:** 2 portions

Dinner: Vegetable Stir-Fry with Tofu

- **Ingredients:**

- 200g firm tofu, cubed
- 1 bell pepper, sliced
- 1 carrot, julienned
- 100g broccoli florets
- 2 tbsp soy sauce
- 2 tbsp olive oil
- Cooked rice or noodles to serve

- **Instructions:**

1. In a pan or wok, heat olive oil and sauté tofu until golden (5 minutes).
2. Add bell pepper, carrot, and broccoli, and stir-fry for another 5-7 minutes.
3. Add soy sauce and toss to coat.
4. Serve with rice or noodles.

- **Cooking Time:** 15 minutes

- **Serving Size:** 2 bowls

Friday

Breakfast: Smoothie Bowl with Spinach and Banana

- **Ingredients:**

- 2 bananas
- 100g fresh spinach
- 200ml almond milk
- Toppings: granola, nuts, seeds, coconut flakes

- **Instructions:**
 1. In a blender, combine bananas, spinach, and almond milk. Blend until smooth.
 2. Pour into bowls and add desired toppings.

- **Cooking Time:** 10 minutes
- **Serving Size:** 2 bowls

Lunch: Vegetable Sushi Rolls

- **Ingredients:**
 - 200g sushi rice
 - 4 sheets of nori
 - 1 cucumber, julienned
 - 1 carrot, julienned
 - 1 avocado, sliced
 - Soy sauce for dipping

- **Instructions:**
 1. Cook sushi rice according to package instructions and let cool.
 2. Place a sheet of nori on a bamboo mat, spread a layer of rice, and arrange cucumber, carrot, and avocado.
 3. Roll tightly and slice into pieces. Serve with soy sauce.

- **Cooking Time:** 40 minutes
- **Serving Size:** 2 rolls (8 pieces each)

Dinner: Cauliflower and Chickpea Tacos

- **Ingredients:**

- 1 small cauliflower, cut into florets
- 1 can chickpeas, drained
- 2 tbsp olive oil
- 1 tbsp taco seasoning
- 4 small corn tortillas
- Toppings: avocado, salsa, cilantro

- **Instructions:**

1. Preheat the oven to 200°C (400°F). On a baking tray, toss cauliflower florets and chickpeas with olive oil and taco seasoning.
2. Roast for 25-30 minutes until golden.
3. Serve in corn tortillas topped with avocado, salsa, and cilantro.

- **Cooking Time:** 40 minutes
- **Serving Size:** 2 tacos each

Saturday

Breakfast: Greek Yogurt with Honey and Nuts

- **Ingredients:**

- 400g Greek yogurt
- 2 tbsp honey
- 50g mixed nuts, chopped

- **Instructions:**

1. In bowls, layer Greek yogurt, honey, and top with mixed nuts.

- **Cooking Time:** 5 minutes

- **Serving Size:** 2 bowls

Lunch: Mediterranean Couscous Salad

- **Ingredients:**

- 150g couscous
- 150ml boiling water
- 100g cherry tomatoes, halved
- 1 cucumber, diced
- Handful of olives, sliced
- 2 tbsp olive oil
- Salt and pepper

- **Instructions:**

1. Place couscous in a bowl and pour boiling water over it. Cover and let sit for 5 minutes.
2. Fluff couscous with a fork and mix in cherry tomatoes, cucumber, olives, olive oil, salt, and pepper.

- **Cooking Time:** 15 minutes

- **Serving Size:** 2 portions

Dinner: Aubergine and Spinach Lasagna

- **Ingredients:**

- 2 aubergines, sliced
- 300g fresh spinach
- 200g ricotta cheese
- 200g pasta sheets
- 400g tomato sauce
- 100g mozzarella, shredded
- Olive oil, salt, and pepper

- **Instructions:**

1. Preheat the oven to 180°C (350°F). Grill aubergine slices until soft (5 minutes).
2. In a baking dish, layer tomato sauce, pasta sheets, ricotta, spinach, and grilled aubergine. Repeat until ingredients are used.
3. Top with mozzarella and bake for 30-35 minutes.

- **Cooking Time:** 50 minutes

- **Serving Size:** 2 portions

Sunday

Breakfast: Veggie Breakfast Burritos

- **Ingredients:**

- 4 eggs

- 1 bell pepper, diced
- 1 small onion, diced
- 2 whole wheat tortillas
- 50g cheese, grated
- Salt and pepper

- **Instructions:**

1. In a pan, sauté onion and bell pepper until soft (5 minutes).
2. Scramble eggs in a bowl and add to the pan, cooking until set, then season with salt and pepper.
3. Place egg mixture in tortillas and sprinkle with cheese.
4. Roll and serve.

- **Cooking Time:** 15 minutes

- **Serving Size:** 2 burritos

Lunch: Roasted Carrot and Hummus Sandwich

- **Ingredients:**

- 4 large carrots, peeled and cut into sticks
- 2 tbsp olive oil
- Salt and pepper
- 4 slices of whole grain bread
- 100g hummus
- Handful of salad greens

- **Instructions:**

1. Preheat oven to 200°C (400°F). Toss carrot sticks with olive oil, salt, and pepper, and roast for

20-25 minutes.

2. Spread hummus on bread and top with roasted carrots and salad greens. Assemble into sandwiches.

- **Cooking Time:** 30 minutes

- **Serving Size:** 2 sandwiches

Dinner: Vegetable Paella

- **Ingredients:**

- 150g Arborio rice
- 1 onion, chopped
- 1 red pepper, chopped
- 100g green peas
- 900ml vegetable stock
- 1 tsp saffron (or turmeric)
- 2 tbsp olive oil
- Salt and pepper

- **Instructions:**

1. In a pan, heat olive oil and sauté onion and pepper (5 minutes).
2. Stir in rice and saffron, cook for 2 minutes.
3. Gradually add vegetable stock, stirring occasionally, for about 20 minutes.
4. Add peas and cook for another 5 minutes, season with salt and pepper.

- **Cooking Time:** 30 minutes

- **Serving Size:** 2 portions

Summary:

This vegetarian menu contains a variety of balanced meals throughout the week, featuring seasonal ingredients. It includes a diverse range of recipes emphasizing health, flavor, and creativity. Enjoy your meals!