



NICO & LOUISE

# 10 Vegetarian Protein Meals





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# *Let's Get Cooking!*

*Hi! And warm welcome to our 10 most popular recipes* ❤️

Whether you're cooking for one or feeding a family, these recipes will inspire you to embrace the **potential of plant-based eating**.

If you are new to vegetarian cooking or looking to try meatless meals - you are in the right place.

Happy Cooking!

*Nico and Louise*









# Black Bean Salad

4 PEOPLE 40 MINUTES

*Black bean salad is an easy recipe that combines simple vegetables with a refreshing cilantro lime dressing. Add cooked quinoa for extra protein.*

- **1 can (15 ounces) (230 grams) black beans or 1½ cups / 230 grams cooked black beans, or ½ cup / 100 grams dried black beans**
- **1½ pounds (680 grams) sweet potatoes peeled and chopped into 1-Inch or 2½ cm cubes**
- **1 cup (150 grams) green bell pepper diced**
- **½ cup (100 grams) canned corn kernels**
- **½ cup (80 grams) red onion chopped**
- **¼ cup (30 grams) pickled jalapeños add more or less to taste**
- **1 avocado, diced**

## DRESSING:

- **1 cup (25 grams) cilantro use parsley if you don't like cilantro**
- **¼ cup (55 grams) extra virgin olive oil**
- **¼ cup (60 grams) lime juice**
- **2 tablespoons (30 grams) maple syrup**
- **1 clove garlic**
- **1 teaspoon grated ginger**
- **1 teaspoon salt or more to taste**

## 1. PREPARE THE BLACK BEANS

- **Canned black beans:** drain and rinse 1 can (15 ounces) black beans.
- **Dried black beans:** boil ½ cup dried beans in a pot with lightly salted water for 1 to 1½ hours or until tender.

## 2. ROAST THE SWEET POTATOES

- Preheat oven or air fryer to 400°F or 200°C.
- Peel and chop 1½ pounds sweet potatoes into 1-Inch cubes or 2½ cm.
- Toss them in 1 tablespoon olive oil, ½ teaspoon salt, and 2 twists black pepper.
- **Oven:** arrange on a baking sheet and bake for 25 minutes or until fork tender and slightly browned.
- **Air fryer:** transfer into air fryer basket. The cubes can overlap.
- Air fry at 400°F or 200°C for 15 to 18 minutes, shaking the air fryer basket every 4 minutes to allow for even cooking.

## MAKE THE DRESSING

- Blend 1 cup cilantro, ¼ cup extra virgin olive oil, ¼ cup lime juice, 2 tablespoons maple syrup, 1 clove garlic, 1 teaspoon grated ginger, and 1 teaspoon salt.

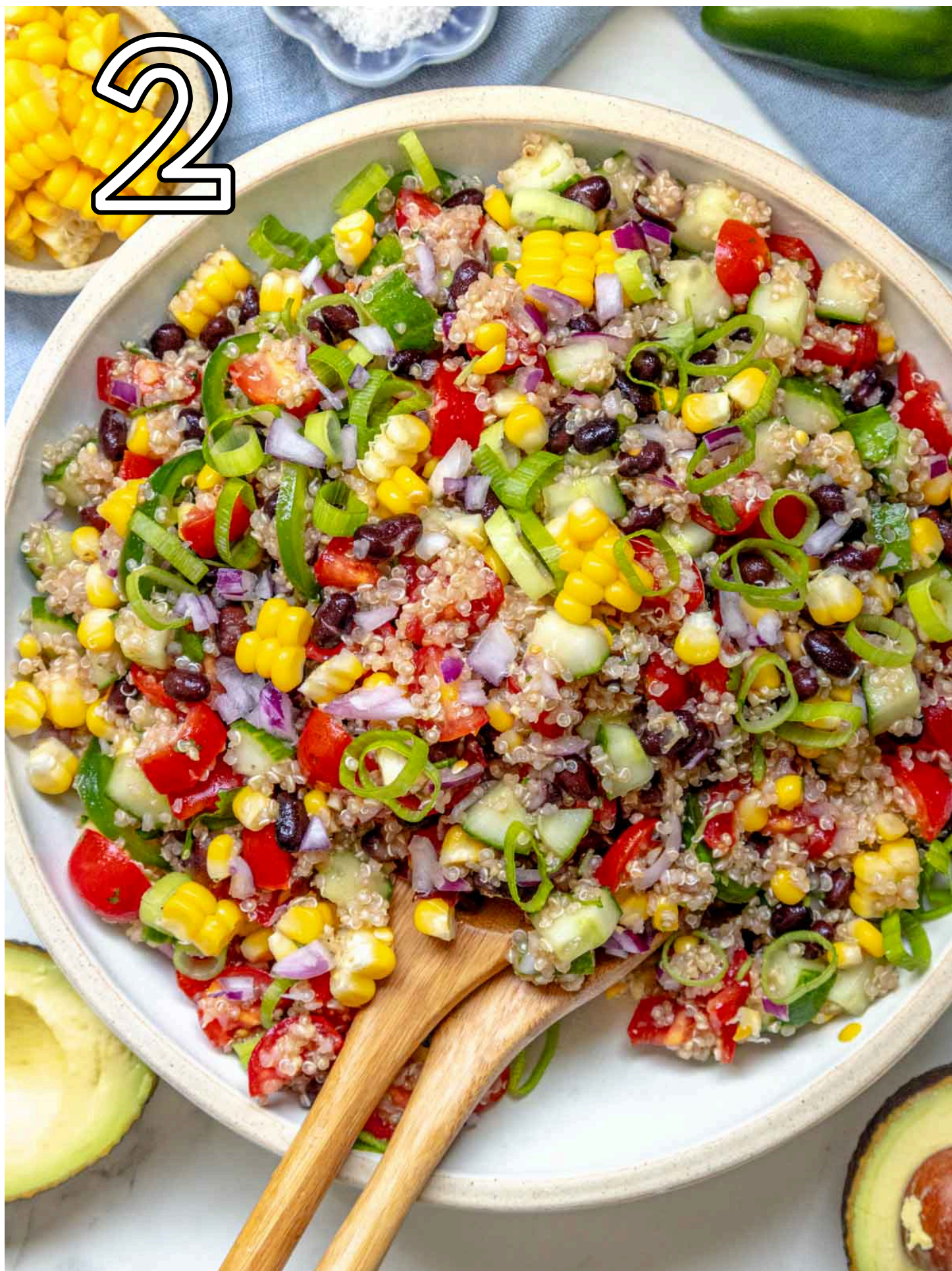
## TOSS THE SALAD

- To a large mixing bowl, add the black beans, 1 cup green bell pepper (diced), ½ cup canned corn kernels, ½ cup red onion (chopped), ¼ cup pickled jalapeños, and 1 avocado (diced).
- Tip: only add the avocado if you are serving the salad within 2 hours of making it. If you are meal-prepping, then add the avocado shortly before serving.
- Toss with the dressing, then taste and adjust for salt before serving.

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# Quinoa Salad

4 PEOPLE 30 MINUTES

*This quinoa salad combines crunchy vegetables, tender black beans, protein-rich quinoa, and bold, tangy cilantro lime dressing into a colorful, and nutritious recipe.*

- **¾ cup (150 grams) uncooked quinoa or about 2¼ cups cooked quinoa**
- **1 can (15 ounces) (240 grams) black beans 1½ cups / 240 grams cooked black beans, or ½ cup / 100 grams dried black beans**
- **2 cups (300 grams) cherry tomatoes quartered or halved**
- **1½ cups (200 grams) cucumber diced**
- **1 cup (150 grams) corn kernels**
- **½ (50 grams) red onion chopped**
- **½ cup (12 grams) cilantro chopped**
- **1 ripe avocado diced or sliced**
- **1 jalapeño or more to taste, thinly sliced**
- **For the dressing**
- **4 tablespoons extra virgin olive oil**
- **4 tablespoons lime juice**
- **2 tablespoons maple syrup**
- **1 clove grated garlic**
- **1 teaspoon grated ginger**
- **1 teaspoon salt or more to taste**

**1. COOK THE QUINOA:** Rinse ¾ cup uncooked quinoa and add it to a pot with plenty of boiling water - at least 3 cups.

Cook for 10 to 12 minutes then drain it in a fine-mesh sift.

Put the sift over the pot to allow the quinoa to steam off and finish draining.

**2. CHOP THE VEGGIES:** To a large mixing bowl, add 1 can (15 ounces) black beans (drained and rinsed), 2 cups cherry tomatoes (quartered), 1½ cups cucumber (diced), 1 cup corn kernels, ½ red onion (chopped), ½ cup cilantro (chopped), 1 ripe avocado (diced), 1 jalapeño (thinly sliced), and the cooked quinoa.

**3. MAKE THE DRESSING:** Whisk 4 tablespoons extra virgin olive oil, 4 tablespoons lime juice, 2 tablespoons maple syrup, 1 clove grated garlic, 1 teaspoon grated ginger, and 1 teaspoon salt in a small bowl.

**MIX THE SALAD:** Pour dressing over the salad and toss until well combined. Taste and adjust for salt before serving.

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# Chickpea Curry

4 PEOPLE 30 MINUTES

*Tender chickpeas simmer in a velvety gravy of Indian spices, tomatoes, and coconut milk, producing a deeply satisfying, nutritious, and comforting meal.*

- **1 tablespoon olive oil**
- **1 large onion finely chopped**
- **3 cloves ( ) garlic grated**
- **1 inch (2½ cm) ginger grated**
- **2 teaspoons curry powder**
- **1 teaspoon ground coriander**
- **1 teaspoon ground cumin**
- **1 teaspoon turmeric powder**
- **¼ teaspoon red pepper flakes**
- **3 cans (15 ounces each) (720 grams) chickpeas or 4½ cups cooked chickpeas**
- **2 cups (500 grams) vegetable stock**
- **1 can (15 ounces) (400 grams) crushed tomatoes**
- **1 can (14 ounces) (400 grams) coconut milk**
- **4 cups (100 grams) spinach, optional**
- **1 teaspoon salt**
- **2 twists black pepper**
- **1 teaspoon garam masala**

1. Heat 1 tablespoon olive oil in a large skillet or Dutch oven.
2. Add 1 large onion (chopped) and sauté on medium-low heat for 4 minutes, stirring often.
3. Add 3 cloves garlic, 1 inch ginger (both grated), 2 teaspoons curry powder, 1 teaspoon ground coriander, 1 teaspoon ground cumin, 1 teaspoon turmeric powder, and ¼ teaspoon red pepper flakes.
4. Stir and sauté for another minute to toast the spices. If the pan gets dry, add two tablespoons of broth.
5. Add 3 cans (15 ounces each) chickpeas drained from their liquid and stir them in the spices for one minute.
6. Stir in 2 cups vegetable stock, 1 can (15 ounces) crushed tomatoes, and 1 can (14 ounces) coconut milk. Season with 1 teaspoon salt and 2 twists black pepper.
7. Simmer on medium heat for about 20 minutes until you reach your desired consistency. Stir occasionally.
8. Add 4 cups spinach and cook for two more minutes or until they wilt.
9. Finally, stir in 1 teaspoon garam masala, then taste and adjust for salt.
10. You might want to add 2 teaspoons sugar to balance the spices.
11. You can serve chickpea curry with brown or basmati rice, naan, or roti.
12. For toppings, we recommend a squeeze of lemon or lime juice, fresh cilantro or finely

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# Broccoli Pasta

8 SERVINGS 45 MINUTES

*Broccoli pasta is a creamy recipe with tender broccoli florets mashed into a delicious sauce with olive oil, garlic, chili, parmesan, and basil.*

- **1 pound (450 grams) broccoli fresh or frozen + 1 gallon (3½ liters) water and 1 tablespoon of salt to boil them.**
- **12 ounces (340 grams) short pasta conchiglie, orecchiette, rotini, or another type.**
- **3 tablespoons extra virgin olive oil**
- **2 cloves garlic pressed, grated, or thinly sliced**
- **¼ teaspoon red pepper flakes or thinly sliced red chili. Add more or less to taste.**
- **½ cup (50 grams) grated parmesan cheese + shaved parmesan for garnishing.**
- **1 handful basil leaves**

1. Cut 1 pound broccoli into small florets and boil them for 5 minutes or until fork tender.
2. Tip: We recommend cooking the broccoli in 1 gallon (3½ liters) of water seasoned with 1 tablespoon of sea salt.
3. Heat 3 tablespoons extra virgin olive oil in a large skillet.
4. Add 2 cloves garlic (thinly sliced) and ¼ teaspoon red pepper flakes and sauté for 1 minute.
5. Remove the broccoli from the water and add them to the skillet (do not discard the water; we use it to cook the pasta).
6. Add one cup of the cooking water and simmer on medium heat for 10 minutes or until very tender.
7. Mash the broccoli with a fork or blend with an immersion blender.
8. While the broccoli simmers, cook 12 ounces short pasta as per package instructions minus 2 minutes.
9. Use the same water you used for cooking the broccoli.
10. ADD THE PASTA: Drain the pasta (reserve one cup of cooking water) and add it to the sauce.
11. Add ½ cup grated parmesan cheese and finish cooking for about a minute.
12. Add some reserved pasta water if necessary to make the dish creamy.
13. Taste and adjust for salt.
14. Serve with 1 handful basil leaves and shaved parmesan on top.

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# Tofu Soup

4 PEOPLE 30 MINUTES

*This tofu soup has a good balance of protein, vegetables, and fats. It's also fast, easy, customizable, simple to make gluten-free if needed.*

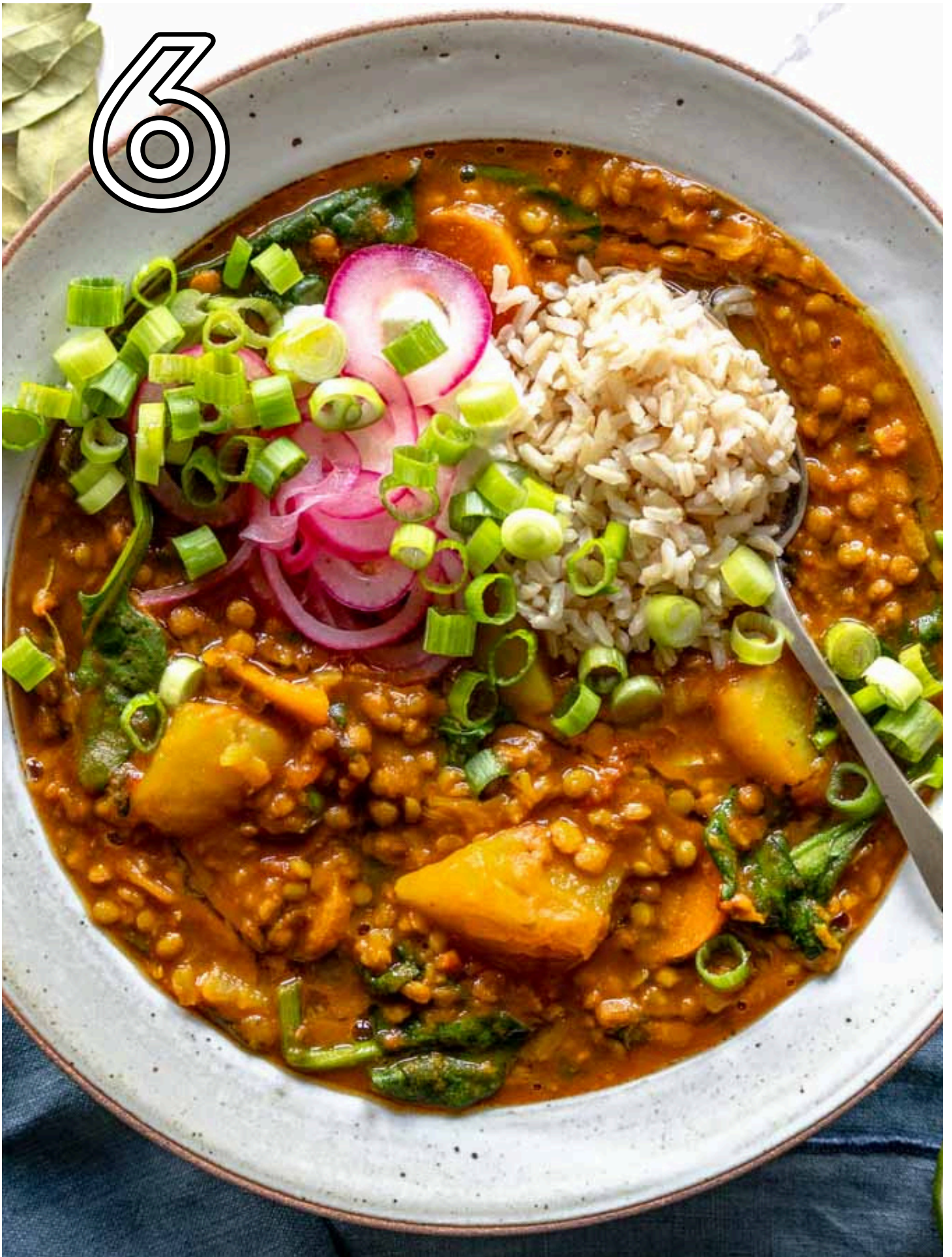
- **¾ cup (20 grams) dried mushrooms, shiitake**
- **1½ tablespoons olive oil**
- **3 cloves garlic finely chopped or grated**
- **1½ inches (4 cm) ginger finely chopped or grated**
- **½ red hot chili or ¼ teaspoon red pepper flakes**
- **8 ounces (220 grams) mushrooms white, brown, portobello, chopped**
- **3 tablespoons (45 grams) soy sauce**
- **½ teaspoon salt**
- **2 twists black pepper**
- **6 cups (1½ liter) vegetable broth**
- **14 ounces (400 grams) tofu firm, diced**
- **1 cup (100 grams) broccoli florets**
- **¾ cup (100 grams) frozen peas**
- **TOPPINGS**
- **1 scallion finely sliced, swap fresh cilantro**
- **2 teaspoons sesame oil or chili oil**

1. Soak ¾ cup dried mushrooms in a bowl with hot water for 5 minutes, then squeeze them out of the water and cut them into chunks. Reserve the soaking water for later.
2. Chop 8 ounces mushrooms into chunks. Don't cut them too thin.
3. In a large pot, heat 1½ tablespoons olive oil, 3 cloves garlic, 1½ inches ginger, ½ red hot chili (all finely chopped). Fry on low heat for one minute.
4. Add the dried and fresh mushrooms, 3 tablespoons soy sauce, ½ teaspoon salt, 2 twists black pepper, and cook for 5 minutes.
5. Add 6 cups vegetable broth, the reserved soaking water from dried mushrooms and bring to a boil.
6. Add 14 ounces tofu (diced), 1 cup broccoli florets, and ¾ cup frozen peas and simmer until the veggies are cooked - about 10 minutes.
7. If you want to add miso paste, dissolve it first in hot broth, then add it when the soup is almost ready.
8. Serve in a bowl and top with 1 scallion (finely chopped) and 2 teaspoons sesame oil

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# Curried Lentil Soup

4 PEOPLE 40 MINUTES

*Curry lentil soup is a warming and comforting one-pot recipe. It consists of protein-rich lentils simmered with spices, tomatoes, and vegetables.*

- 2 tablespoons olive oil
- 1 large onion chopped
- 2 carrots cut into discs
- 3 cloves garlic grated
- 1 teaspoon ginger grated
- 2 teaspoons curry powder
- 1 teaspoon of turmeric powder
- 1 teaspoon ground cumin
- ¼ teaspoon red pepper flakes
- 5 cups (1.25 liters) vegetable broth or more if needed
- 1 can (15 ounces) (400 grams) crushed tomatoes
- 1 cup (200 grams) dried lentils green or brown
- 1 pound (450 grams) potatoes peeled and cut into bite-size chunks
- 5 ounces (130 grams) kale or spinach, chopped
- 1 teaspoons salt or more to taste
- ⅛ teaspoon black pepper

## SERVES WELL WITH

- *Lime wedges + Greek yogurt, brown rice, pickled red onions.*

1. **FLAVOR BASE:** Heat 2 tablespoons olive oil in a large pot.
2. Add 1 large onion (chopped), and 2 carrots cut into thin discs. Sauté for 3 minutes.
3. Add 3 cloves garlic and 1 teaspoon ginger (grated), 2 teaspoons curry powder, 1 teaspoon turmeric powder, 1 teaspoon ground cumin, ¼ teaspoon red pepper flakes, and sauté 1 more minute. Stir often.
4. **LET SIMMER:** Add 5 cups vegetable broth, 1 can (15 ounces) crushed tomatoes, 1 cup dried lentils, 1 pound potatoes, and 5 ounces kale.
5. Season with 1 teaspoons salt and ⅛ teaspoon black pepper and simmer for about 30 minutes or until the lentils are cooked.
6. **SERVING SUGGESTIONS:** Taste and adjust for salt before serving.
7. We recommend serving it with brown rice, a squeeze of lime juice, a dollop of Greek yogurt, pickled red onions, chopped scallions.

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# ***Ricotta-stuffed Zucchini***

10 SERVINGS 45 MINUTES

*Stuffed zucchini are easy to make with hollowed zucchini and a mouthwatering ricotta sun-dried tomato filling.*

- **5 zucchini medium size**
- **1 tablespoon olive oil**
- **3 spring onions finely chopped**
- **3 cloves garlic pressed or grated**
- **1 teaspoon dried oregano**
- **1 teaspoon salt or more to taste**
- **⅛ teaspoon black pepper**
- **1 cup (250 grams) ricotta cheese**
- **¾ cup (50 grams) parmesan cheese**
- **½ packed cup (90 grams) sun-dried tomatoes cut into small pieces**
- **½ cup (70 grams) breadcrumbs**
- **1 teaspoon grated lemon zest**

1. Preheat the oven to 400°F or 200°C.
2. Wash and dry 5 zucchini, cut them in half lengthwise, and scoop the flesh out with a teaspoon or melon baller.
3. Chop the flesh finely with a knife. Set aside.
4. In a large skillet, heat 1 tablespoon olive oil.
5. Add 3 spring onions (finely chopped) and 3 cloves garlic (pressed) and sauté them for 2 to 3 minutes on medium heat, stirring often.
6. Add the chopped zucchini pulp, season with 1 teaspoon dried oregano, 1 teaspoon salt, and ⅛ teaspoon black pepper, and cook for about 5 minutes until the water released from the zucchini evaporates.
7. Transfer the zucchini to a mixing bowl and add 1 cup ricotta cheese, ¾ cup parmesan cheese, ½ packed cup sun-dried tomatoes (chopped), ½ cup breadcrumbs, and 1 teaspoon grated lemon zest.
8. Mix with a spatula until the mixture is well combined.
9. Fill the zucchini boats with a few spoonfuls of mixture and arrange them on a baking sheet lined with parchment paper.
10. Optionally, sprinkle with some grated parmesan.
11. Bake in the oven at 400°F or 200°C for 20 minutes (air-fryer at 350°F or 180°C, 12 to 15 minutes) or until the stuffed zucchini are golden brown on top and tender-crisp at the bottom.
12. Arrange them on a serving platter and enjoy them as a main or side dish.

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# Vegetarian Chili

4 PEOPLE 50 MINUTES

*Vegetarian chili combines protein-rich beans, aromatic spices, and a rich, bold, flavorful tomato sauce.*

- 2 tablespoons olive oil
- 1 medium onion
- 1 large carrot
- 1 rib celery
- 4 cloves garlic
- 1 bell pepper
- 2 teaspoons smoked paprika
- 1½ teaspoons cumin
- ½ teaspoon chili powder
- 1 teaspoon dried oregano
- 3 cans (15 ounces each) (1200 grams) diced tomatoes
- 3 cans (15 ounces each) (720 grams) beans we add 2 cans black beans + 1 can kidney beans
- 1½ cups (375 grams) vegetable broth
- 1½ teaspoons salt
- ¼ teaspoon (¼ teaspoon ) black pepper
- 4 cups (120 grams) spinach
- 3 tablespoons balsamic vinegar or more to taste
- Serves well with
- 4 servings brown rice

1. **MAKE FLAVOR BASE:** Heat 2 tablespoons olive oil in a large pot or Dutch oven.
2. Add 1 medium onion, 1 large carrot, 1 rib celery (all chopped), and sauté for 3 minutes.
3. Add 4 cloves garlic (pressed), 1 bell pepper (diced), 2 teaspoons smoked paprika, 1½ teaspoons cumin, and ½ teaspoon chili powder, and cook for two more minutes, stirring often.
4. **SIMMER:** Pour in 3 cans (15 ounces each) diced tomatoes, 3 cans (15 ounces each) beans (drained), and 1½ cups vegetable broth, then season with 1 teaspoon dried oregano, 1½ teaspoons salt, and ¼ teaspoon black pepper.
5. Simmer for about 30 to 40 minutes or until the chili thickens, then blend about 2 cups of chili for creaminess. Stir often.
6. Finally, stir in 4 cups spinach and 3 tablespoons balsamic vinegar, let the spinach wilt, taste it, and adjust for salt and spiciness.
7. **SERVE:** Serve with brown rice, quinoa, pasta, or tortilla chips.
8. We recommend topping it with sour cream or Greek yogurt, spring onions, cilantro, corn, lime juice, and avocado.

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# Lentil Patties

12 PATTIES 20 MINUTES

*Lentil patties are excellent for a tasty and wholesome weeknight dinner because you can make them with little effort in less than 30 minutes.*

- **2 cans (15 oz each) (460 grams) lentils sub 3 cups cooked lentils / or 1 cup dried lentils boiled in 4 cups water and 1 teaspoon salt until tender.**
- **1 egg**
- **½ cup parmesan grated**
- **4 tablespoons all-purpose flour**
- **¼ cup (8 grams) parsley chopped**
- **1 medium onion chopped**
- **3 cloves garlic grated**
- **1 teaspoon ground cumin**
- **1 teaspoon ground coriander**
- **1 teaspoon salt**
- **⅓ teaspoon black pepper**
- **4 wedges lemon**

1. To a food processor, add 2 cans (15 oz each) lentils (drained), 1 egg, ½ cup parmesan, 4 tablespoons all-purpose flour, ¼ cup parsley, 1 medium onion, 3 cloves garlic, 1 teaspoon ground cumin, 1 teaspoon ground coriander, 1 teaspoon salt, and ⅓ teaspoon black pepper.
2. Pulse a few times until coarsely chopped and combined. Don't overblend.
3. Shape mixture into 12 patties and arrange on a baking tray lined with parchment paper.
4. You can make the patties by hand or with a cookie cutter, press down the mixture with the back of a teaspoon.
5. **PAN-FRIED:** heat 2 tablespoons of olive oil in a nonstick skillet. Add the fritters and fry them on medium heat for 5 minutes on each side, turning them once.
6. **OVEN-BAKED:** brush patties with olive oil, and bake in a preheated oven at 400°F or 200°C for 20 minutes or until golden brown.
7. **AIR-FRIED:** brush your air fryer basket with olive oil to prevent the patties from sticking.
8. Arrange the patties in the basket, brush with oil, and air fry at 400°F or 200°C for 10 minutes or until golden brown (more brown than golden).
9. Serve with 4 wedges lemon to squeeze on top. They are delicious with tzatziki or marinara sauce, next to saffron rice, couscous, or with pita bread.

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# Vegetarian Bolognese

6 SERVINGS 50 MINUTES

*This rich and earthy sauce is delicious with pasta, gnocchi, and lasagna, and it's the perfect meatless pasta condiment for dinner with the family.*

- 2 tablespoons extra virgin olive oil
- 1 medium onion finely chopped
- 1 rib celery finely chopped
- 1 large carrot finely chopped
- 3 cloves garlic finely chopped
- 2 tablespoons tomato paste the thick one that comes in a tube or small can
- ½ teaspoon rosemary
- 2 bay leaves optional
- 8 ounces (250 grams) mushrooms grated with large holes of a box grater
- 4 cups (1 litre) vegetable stock
- 24 ounces (one glass bottle) (700 grams) tomato puree or passata
- 1 cup (200 grams) dried lentils green or brown
- 1 teaspoon (1 teaspoon) salt or more to taste
- ⅛ teaspoon black pepper
- 3 tablespoons balsamic vinegar or soy sauce.

1. **FLAVOR BASE:** Finely chop 1 medium onion, 1 rib celery, 1 large carrot, and 3 cloves garlic with a knife or pulse them in a food processor.
2. Heat 2 tablespoons extra virgin olive oil in a large pot. Add the chopped vegetables and sauté for 3 minutes on medium heat, stirring often.
3. Add 2 tablespoons tomato paste, 8 ounces mushrooms (grated with the large holes of a box grater), ½ teaspoon rosemary, 2 bay leaves, 1 teaspoon salt, ⅛ teaspoon black pepper, and sauté for 5 minutes, stirring occasionally.
4. **SIMMER:** Rinse 1 cup dried lentils and look for foreign objects such as stones, soil, or dirt.
5. Add rinsed lentils, 4 cups vegetable stock, and 24 ounces (one glass bottle) tomato puree to the pot and simmer for 30 minutes or until the sauce thickens and the lentils are cooked. Stir occasionally.
6. **FINAL TOUCH:** Discard the bay leaves and stir in 3 tablespoons balsamic vinegar.
7. Finally, blend some of the sauce (1 to 2 cups) with an immersion blender or standing blender until you reach your desired texture.
8. Taste and adjust for salt and balsamico.
9. **SERVING SUGGESTIONS:** Cook your favorite pasta (we recommend tagliatelle, fettuccine, or spaghetti) in plenty of salted boiling water as per package instruction minus 2 minutes.

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# Weekly Meal Plan

## what's for dinner

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## shopping list

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