11 PLANT-BASED RECIPES

for the perfect braai

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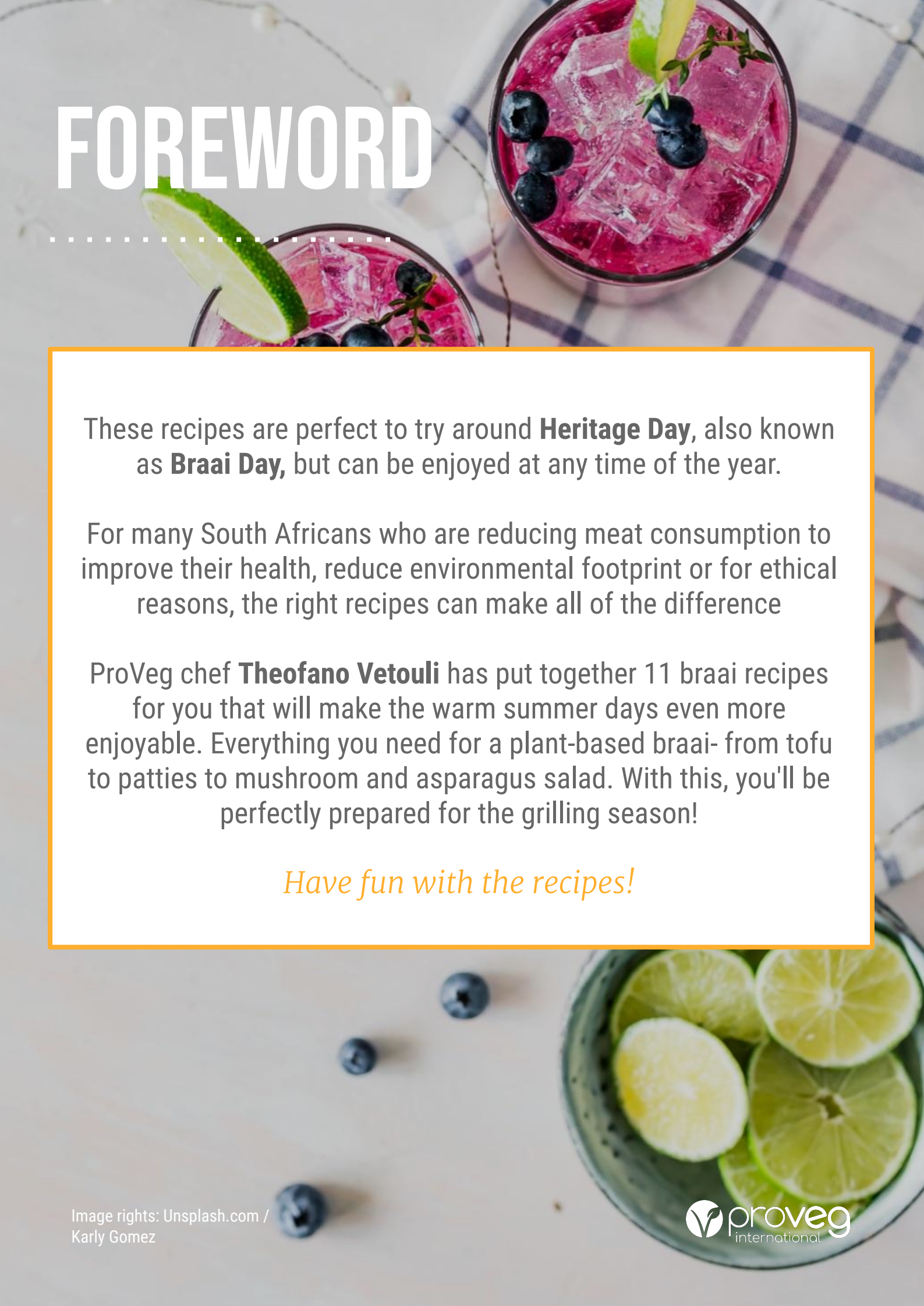
FOREWORD



These recipes are perfect to try around **Heritage Day**, also known as **Braai Day,** but can be enjoyed at any time of the year.

For many South Africans who are reducing meat consumption to improve their health, reduce environmental footprint or for ethical reasons, the right recipes can make all of the difference

ProVeg chef **Theofano Vetouli** has put together 11 braai recipes for you that will make the warm summer days even more enjoyable. Everything you need for a plant-based braai- from tofu to patties to mushroom and asparagus salad. With this, you'll be perfectly prepared for the grilling season!

Have fun with the recipes!

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APPETIZERS

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Time: 25 Minutes
Servings: 10

BAKED TOFU WITH ALMOND-OLIVES CRUST

A simple and delicious way to make tofu more impressive and satisfying is by adding an almond-olive crust to it. The crust can be prepared in the pan in a few minutes, then added to the tofu block and baked until golden and crispy. Delicious!

Ingredients

100 g	onions
100 ml	olive oil
150 g	bread crumbs
150 g	ground almonds
50 g	black olives, cored,
50 g	parsley, fresh and chopped
	salt and pepper to taste
4 packs	extra firm tofu

Instructions

Preheat the oven to 180°C

Cut the onions into fine cubes and roast them in a pan with the olive oil until translucent. Add the breadcrumbs and ground almonds, roast everything for a few minutes and let cool.

Finely chop the olives and add to the mixture, along with half of the parsley and seasoning.

Press the extra firm tofu to remove excess liquid.

Gently press the crust mixture into the extra firm tofu.

Wrap in tinfoil and place under a hot grill for about 5 minutes.

Top with the rest of the parsley, drizzle with olive oil and serve.

Recipe from Marketa Schellenberg, ProVeg trainee chef

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You can use boiled corn if you cannot find raw for this recipe.

Time: 15 Minutes
Servings: 4

GRILLED MIELIES WITH MISO-BUTTER

Mielies are a perfect addition to any braai. Sweet and buttery, it is a fun recipe and very kid-friendly. Brush with this tasty miso-butter for a surprisingly delicious side dish.

Ingredients

4	mielies
2 tbsp	vegan butter (room temperature)
2 tbsp	miso paste
1 tbsp	nutritional yeast flakes
1.5 tsp	BBQ seasoning (optional)
1 tbsp	coriander or parsley, finely chopped
	Salt flakes, to taste

Instructions

In a small bowl, mix together the butter, miso paste, and nutritional yeast flakes.

Put the mielie on the braai and lightly brush with the miso-butter.

Grill for a few minutes on all sides, until tender and slightly charred, but still juicy. Brush generously with the rest of the miso butter, add the BBQ seasoning, and sprinkle with herbs and a bit of salt.

Serve immediately and enjoy.

Recipe from Theofano Vetouli, ProVeg Chef

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Time: 13 Minutes
Servings: 10

CIABATTA ROLLS WITH BASIL CREAM PESTO, VEGAN FETA AND VEGETABLES

Crispy grilled ciabatta breads layered with a delicious spread and different toppings. They make an excellent appetizer for any braai and provide a lot of room for improvisation.

Ingredients

10	ciabatta rolls
700 g	tomatoes
150 g	black olives, cored
200 g	peppadews
100 g	fresh arugula
600 g	zucchini
400 g	vegan feta or smoked tofu
200 g	basil cream pesto (page 25)

Instructions

Put the ciabatta rolls on a grill or baking tray and grill or bake for 2-3 minutes to warm them up.

Wash the tomatoes and cut them into slices. Cut the olives in half. Drain the peppadews and cut in half.

Wash the arugula and let it drain. Cut the zucchini into slices and grill them for 2-3 minutes on each side.

Cut the ciabatta rolls into two halves and spread each half with a thin layer of pesto cream.

Layer with tomatoes, grilled zucchini, vegan feta slices, and arugula leaves. Use the olives and peppadews for the topping.

Serve the ciabatta rolls cold or place under the grill briefly to serve them hot.

Recipe from Marketa Schellenberg, ProVeg trainee chef

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Instead of king oyster mushrooms, you can use regular oyster mushrooms or portobello mushrooms, which can be grilled whole and sliced afterwards.

Time: 20 Minutes
Servings: 4

GRILLED MUSHROOM AND ASPARAGUS SALAD WITH STRAWBERRY VINAIGRETTE

Refreshing and full of colours, flavours, and roasted aromas, this salad is a gastronomic experience in itself. It is a simple way to upgrade a salad into a delicious dish that tastes fantastic and looks impressive.

Ingredients

For the mixed salad:

100 g	mixed salad greents
60 g	fresh strawberries
150 g	king oyster mushrooms
120 g	green asparagus

Instructions

For the salad:
Wash the salad greens and strawberries and let them drain.

Cut the mushrooms into thick slices and grill for 2-3 minutes, until tender.

Cut and discard the bottoms of the asparagus and grill them for 3-4 minutes, until slightly tender but still crispy.

More ingredients and instructions on the next page...

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Ingredients

For the vinaigrette:

60 g	fresh strawberries
1	lime, juiced
2 tbsp	olive oil
2 tbsp	agave nectar or sugar
1 tbsp	fresh basil leaves
¼ tsp	salt, or more to taste

Instructions

For the vinaigrette:

In the meantime, clean the strawberries and put them in a blender, together with all the other ingredients. Blend for a few seconds, to make a thick pink dressing with a creamy consistency. Salt according to taste.

Put the salad greens in a bowl and add the grilled asparagus and mushrooms. Dizzle with the strawberry vinaigrette and top with whole or sliced strawberries. Toss well and serve.

MAIN DISHES

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Deryn Macey

The patties can be served as burgers with wholegrain bread, or as patties with a vegetable side-dish.

Time: 30 Minutes
Servings: 3

BEAN BURGER WITH BEETROOT MAYONNAISE

*These burgers are nutritious, delicious, easy to make, and look gorgeous. Thanks to their beany texture, they hold together firmly and can be pre-cooked and then fried or grilled. Serve with **beetroot mayo** for an impressive dish.*

Ingredients

For the patties:

1 can	kidney beans
1	onion, diced
1 tbsp	olive oil
2	tomatoes, crushed or pureed
1 tsp	paprika
3 tbsp	soya sauce or tamari
80 g	oat flakes
1 tbsp	nutritional yeast flakes
5 tbsp	bread crumbs
3 tbsp	white flour
	salt, to taste
	pepper, to taste

For the beetroot mayonnaise:

50 ml	soya milk
1	beetroot
150 ml	rapeseed oil
1 tbsp	lemon juice
2 tsp	mild mustard
	salt, to taste
	pepper, to taste

Instructions on the next page...

Instructions

For the patties:
Rinse the kidney beans and drain them. Then transfer into a bowl and mash with your hands or a potato masher.

In the meantime, roast the onions in the oil for a few minutes.

Add all other ingredients to the bowl with the mashed beans and mix well.

With wet hands, form patties and put them on a baking tray layered with baking paper. Bake at 200°C for about 10 minutes and let them cool.

To finish cooking them, roast in the pan or in a grill-pan for 2-3 minutes.

For the beetroot mayonnaise:
Using a stick blender, blend the beetroot and soya milk until smooth. Add the rest of the ingredients and blend until it reaches a mayonnaise consistency.

Add salt and pepper to taste and chill in the fridge.

Can be served with sesame breadsticks, crackers or similar.

Time: 30 Minutes
Servings: 4

JACKFRUIT-BURGER WITH BBQ-SAUCE

Delicious and easy-to-make BBQ burgers, loaded with veggies and smoky roasted pulled jackfruit. Nutritious and very satisfying, this is an amazing recipe for pulled plant-based meat that you simply must try!

Ingredients

For the BBQ jackfruit:

2 x 400ml cans	jackfruit in brine
1	red onion
1	garlic clove
2 tbsp	rapeseed oil
150 ml	BBQ sauce (page 22)
	salt, to taste
	white pepper, to taste

Instructions

For the BBQ jackfruit:
Rinse the jackfruit and let it drain. Cut the onion into thin slices and the garlic into fine cubes.

In a pan, add the oil, jackfruit, onion, and garlic, and fry over medium-high heat for a few minutes. Mix in the BBQ sauce and then let it simmer.

In the meantime, roughly tear apart the jackfruit pieces using a fork and season with salt and pepper.

More ingredients and instructions on the next page...

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Ingredients

For serving the burgers:

2	tomatoes
¼	lettuce salad
⅛	red cabbage
1	ripe avocado
4	burger buns
8 tbsp	hummus

Instructions

For serving the burgers:

Cut the tomatoes into thin slices.

Wash the lettuce and divide the salad leaves.

Wash the red cabbage and cut into fine shreds.

Cut the avocado into thin slices.

Toast the burger buns, cut in half, and spread a tablespoon of hummus on each side.

Add the salad, tomatoes, and cabbage to the bottom halves of the buns, then add the BBQ jackfruit and top with the avocado slices.

Add the top bun and serve.

Recipe from Stephan Giannangeli, ProVeg recipe contributor

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Instead of pan frying, you can also grill the steaks. Brush the steaks with oil before rubbing them with the spices. Once grilled, gently brush them with the glaze.

Time: 140 Minutes
Servings: 4

PEPPER-CRUSTED SEITAN-STEAKS

This amazing seitan steak is full of flavour, with a delicious and aromatic pepper crust. It takes a little while to prepare but it is totally worth it. Serve it with grilled veggies.

Ingredients

For the seitan steaks:

240 g	white beans, cooked
1	medium beetroot, cooked
½ tsp	liquid smoke
¼ tsp	chili powder
1	garlic clove
30 ml	red wine vinegar
1 tbsp	soya sauce
180 ml	warm water
½ tsp	lemon salt (replace with regular salt and lemon zest
200 g	gluten powder

For the pepper crust:

½ tsp	crushed peppercorns
¼ tsp	salt flakes
2 tbsp	oil
2 tbsp	soya sauce
2 tsp	mustard
2 tsp	maple syrup

Instructions on the next page...

Instructions

For the seitan steaks:
Put all the ingredients, except for the gluten, in a food processor and blend until smooth.

Put the mixture into a bowl, add the gluten and knead for 2 minutes until firm and elastic.

Divide the mixture into 4 equal pieces and flatten with your hands. Let the steaks rest for about 1 hour.

Boil a little water In a big pot with a fitted steamer. Reduce the heat to low and put the steaks inside the steamer.

Steam for about 20 minutes and then flip and steam for another 20 minutes.

Remove the seitan steaks from the steamer and allow them to cool in order to firm up. (At this point you can refrigerate the steaks and use them later. They will last in the fridge for at least 1-2 days and can be frozen for 1-2 months).

For the pepper crust:

Rub each steak with salt flakes and crushed pepper and add it to your braai grill. Alternatively, you can also prepare it in a pan with a little bit of oil.

Cook on each side for 2-3 minutes, turning twice.

To make the glaze, mix the soya sauce, mustard and maple syrup in a small bowl until smooth. Once the steaks are crusted and nicely browned.

Gently pour the glaze over the steaks and stir to combine. Serve immediately.

Time: 135 Minutes
Servings: 10

GRILLED AVOCADOS WITH MEXICAN PAN-FRIED MILLET

A delicious, nutritious and colourful dish, loaded with protein and fibre, this Mexican-inspired millet pan with stuffed avocados is an explosion of flavours, colours, and roasted aromas.

Ingredients

For the pan-roasted millet:

400 g	millet
1 L	water
1 tbsp	salt, for cooking the millet
200 g	red paprika
200 g	eggplant
200 g	zucchini
300 g	tomatoes
200 g	onions
200 g	green beans
200 g	corn
80 g	olive oil
30 g	tomato puree
30 g	agave syrup or sugar
20 g	balsamic vinegar
20 g	salt
5 g	garlic powder
	Tabasco sauce, to taste

For the grilled avocados:

5	avocados
200 g	smoked tofu
80 ml	olive oil
100 g	red lentils
100 g	BBQ sauce
500 ml	vegetable broth
	salt, to taste
	pepper, to taste
20 ml	lime juice
	fresh coriander, to top

Instructions on the next page...

Instructions

For the pan-fried millet:
Rinse the millet with hot water. Put the millet in an oven pan, add the water and a bit of salt and let it soak for 1 hour. Then steam it for 15 minutes with the steaming function of the convection oven at 120°C. (exact cooking time depends on the kind of millet)

If you don't have a convection oven, you can cook the millet in a pot on the stove. Let the millet simmer for about 10 minutes, or until all the liquid is absorbed. Then remove from heat and let it rest with the lid on for another 15 minutes.

Cut the vegetables into cubes and the green beans into small pieces and mix together. Put in an oven-proof pan, drizzle with the olive oil and bake at 200°C until all the liquids have evaporated.

Add the tomato puree, the syrup, and the vinegar, and season with salt, pepper, garlic powder, and tabasco to taste. Fold the millet into the veggies and garnish before serving.

For the grilled avocados:
Wash the avocados, cut them in half and remove the pit.

Grill on a medium heat for 3-4 minutes on the cut side and set aside while preparing the filling.

Dice the onion and cut the tofu into small cubes or grate it. Put the onions and tofu together in a pan. Add the oil and roast for a few minutes.

Add the red lentils, the BBQ sauce and the vegetable broth and mix.

Season with salt and pepper and let the mixture simmer slowly until the lentils are soft and have absorbed the liquid. Once ready, remove from the stove.

Allow to cool. Then add the lime juice and coriander and mix.

Fill the avocado halves with the mixture and grill or bake for 3 minutes at 230°C.

Serve on top of the Mexican pan-roasted millet.

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Time: 5 Minutes
Servings: 4

BBQ SAUCE

This quick and simple BBQ sauce takes just a few minutes to make. Vegan and kid-friendly, it can be used as a side for burgers, as a base sauce for pulled jackfruit, or as a dip for grilled veggie sausages or steaks.

Ingredients

2 tbsp	tomato puree
2 tbsp	plum jam
1 tbsp	mustard
4 tbsp	tomato sauce
1 tbsp	fried onions
1 dash	vegan Cola drink
	salt, to taste
	pepper, to taste
1 pinch	chili, or more to taste
1 pinch	smoked paprika

Instructions

Mix all the ingredients together and season to taste.

Serve as a dip for vegan sausages or as a sauce on this Jackfruit Burger on page 15.

Recipe from Stephan Giannangeli, ProVeg recipe coordinator

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Time: 10 Minutes
Servings: 8

BASIL CREAM PESTO

This creamy homemade pesto tastes delicious and takes just a few minutes to make. Perfect for spreading on grilled bread, making mouth-watering crostinis, or as a simple pasta sauce.

Ingredients

150 g	almonds
5 g	fresh garlic
20 g	fresh basil
80 ml	almond milk
250 ml	olive oil
	salt, to taste

Instructions

Put all the ingredients in a blender and process until smooth and creamy. Adjust salt to taste.

This recipe will give about 400g of pesto cream. If it is not used right away, it can be stored in a sterilized vacuum jar.

Recipe from Marketa Schellenberg, ProVeg trainee chef

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IMPRESSUM

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