



PLANT-BASED HOLIDAY FEAST

ENTREE

Mini Jackfruit Tacos

PALATE CLEANSER

Melon Citrus Gazpacho

MAIN

Lentil and Walnut Stuffed Cauliflower
with
Pomegranate Summer Salad

DESSERT

'My Sister's Plant-based
Christmas Pudding'
& Vanilla Custard

doctorsfornutrition.org



ENTREE

MINI JACKFRUIT TACOS

Creator: Dr Chau Tran, Consultant Endocrinologist
Doctors For Nutrition New South Wales Ambassador

Serves 6
Time: 20 minutes

INGREDIENTS

12 small corn tortillas (ensure at least 95% corn)
2 sliced red onions
2 x 400g tins jackfruit in brine
125g tin of black beans
1/2 shredded cabbage
2 grated carrots
1 pineapple, cut into 1cm thick rings
Juice of 2 limes
1 avocado
Bunch of fresh coriander
1 tbsp paprika
1 tbsp cumin
Nutritional yeast
Pepper



METHOD

1. Place sliced onion in a medium fry-pan over a high heat. Add 1 x tbsp of water and stir until the onion starts turning brown.
2. Add to the fry-pan: well drained and rinsed jackfruit and black beans, juice of 1 lime, paprika and cumin. Cook until warm through.
3. On a hot griddle pan, fry pineapple slices for 4 mins each side (no oil needed), remove from the pan and cut into chunks.
4. Mix cabbage, carrots, coriander leaves in a bowl.
5. In another bowl mash avocado, remaining lime juice, sprinkle of nutritional yeast and pepper.
6. Place tortilla on hot frying pan for 1 min each side.
7. Top warm tortilla with cabbage, jackfruit mixture, grilled pineapple chunks and a dollop of avocado. Serve immediately.



PALATE CLEANSER

MELON CITRUS GAZPACHO

Creator: Dr Heleen Roex,
Doctors For Nutrition Co-Founder and Board Chair

Serves 6

Time: 10 minutes (plus 1 hr chilling time)

INGREDIENTS

1kg of rockmelon or other melon, peeled and cut into cubes
Juice of 2 oranges
Juice of 2 limes
1/2 tbsp of minced fresh ginger
Fresh mint leaves to garnish

METHOD

1. In a high-powered blender, combine melon, orange juice, lime juice and ginger.
2. Blend for 2 mins or until completely smooth.
3. Pour into a bowl and chill in the refrigerator for 1 hr.
4. Using a spoon transfer into 6 large shot glasses and garnish with mint leaves.



SIDE SALAD

POMEGRANATE SUMMER SALAD

Creator: Fuchsia Goldsmith, NZRD
Doctors For Nutrition New Zealand Lead Dietitian (North Island)

Serves 6 as a side
Time: 50 minutes

INGREDIENTS

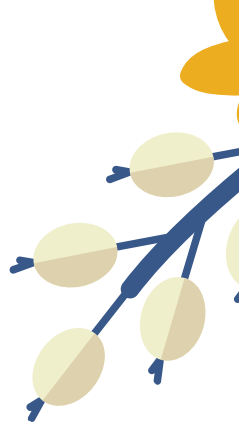
1 cup sorghum*
250g pack tempeh
420g tin cannellini beans,
drained and rinsed
1 tsp turmeric
1/2 tsp sumac
1/2 tsp cumin
1 pomegranate, deseeded
1/2 telegraph cucumber
1 red capsicum
120g bag baby spinach
1 avocado
1 lemon (juiced)



METHOD

1. Heat oven to 210 degrees celsius and boil kettle.
2. Cook sorghum*: In a small saucepan, add sorghum and 3 cups of boiling water, bring to a simmer, cover and cook for 30 mins.
3. Prepare tempeh: Slice and lay tempeh out on a baking tray.
4. Prepare veggies: Slice cucumber and capsicum into batons, wash baby spinach.
5. Bake tempeh: In a small bowl, mix spices (turmeric, sumac & cumin) with 1 tbsp of water to form a paste. Drizzle spice paste over tempeh and bake on a tray for 15-20 mins.
6. Prepare dressing: In a small bowl, mix 4 tbsp mashed avocado with 1 tbsp cold water and lemon juice. Whisk to combine.
7. Assemble salad: On a large platter or bowl, combine the baby spinach, drained cannellini beans, sorghum, vegetables (cucumber and capsicum) and tempeh with the dressing.
8. Top with pomegranate seeds and sliced avocado, and serve.

* Sorghum can be replaced with quinoa. To prepare, combine 1 cup of washed quinoa to 1 1/2 cups water and place in a pot. Bring to the boil and cover. Simmer for 15 mins or until water has absorbed.



MAIN

LENTIL AND WALNUT STUFFED CAULIFLOWER

Creator: Dr Adrian Griscti, GP
Doctors For Nutrition South Australia Ambassador

Serves 6

Time: 2 hours (inc. 1 1/2hr cooking time)

INGREDIENTS

1 large, whole cauliflower
1 tbsp ground flaxseed meal
1/2 cup raw walnuts
420g tin salt-free lentils
2 cloves garlic, minced
1 small diced onion
1 clove crushed garlic
1 finely diced carrot
1/2 cup fresh herbs (e.g. sage and oregano)
1 tsp miso paste
Juice and zest of 1 lemon
Pepper to taste

METHOD

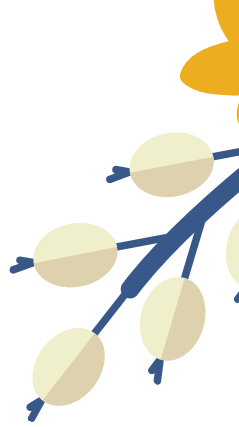
1. Heat oven to 200 degrees celsius.
2. Tie the cauliflower head tightly together with kitchen string to ensure the head remains intact.
3. Using a sharp knife carefully remove the whole stem from the cauliflower creating a cavity for the stuffing.

To prepare the walnut and lentil stuffing:

1. Mix 1 tbsp of ground flaxseed meal with 3 tbsp of water. Place in the fridge for 15 mins to thicken.
2. Place walnuts on a small baking tray and lightly roast for 5-8 mins. Remove and crush with a mortar and pestle. Set aside a tbsp for garnishing.
3. Add 1 tsp miso paste to 1 cup of hot water, stir.

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MAIN

LENTIL AND WALNUT STUFFED CAULIFLOWER

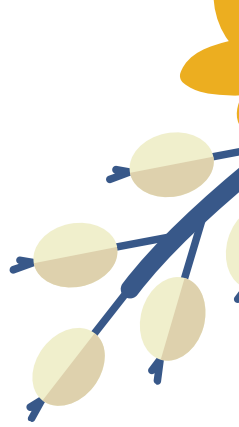
METHOD CONT.

5. In a medium size frypan, over a medium heat, add onion, garlic and 2 x tbsp of miso liquid. Fry until onions are starting to brown.
6. Add drained and rinsed lentils, carrot, herbs, flaxseed mix and crushed walnuts to the pan. Stir, slowly adding remaining miso liquid as needed until the carrot starts to soften. Only add enough stock to keep the mixture slightly moist.
7. Remove stuffing from heat and allow to cool.

To stuff the cauliflower:

1. Remove any remaining stem from the cauliflower to make as much space as possible for the stuffing.
2. Fill the cavity with the walnut and lentil stuffing, make sure to press the filling firmly into the head of the cauliflower.
3. Place the stuffed cauliflower in a casserole dish with a lid, lined with baking paper, stuffing side down.
4. Drizzle with lemon juice and lemon zest, top with pepper.
5. Put the casserole dish lid on, place it in the oven for about 1 hr, or until tender.
6. Remove the lid and cook for another 20-30 minutes until golden on top.
7. Remove from the dish, roughly slice and garnish with remaining walnuts and fresh herbs.





DESSERT

'MY SISTER'S PLANT BASED CHRISTMAS PUDDING' AND VANILLA CUSTARD

Contributed by Jenny Cameron, Doctors For Nutrition Victoria Nutritionist and Lead Research Advisor. Pudding recipe created by her sister Lynne Georgiou; custard created by her mother Gladys Koetsveld.

Serves 20*

Time: 8 hours (plus resting. The pudding is usually made up to 4 weeks before Christmas)

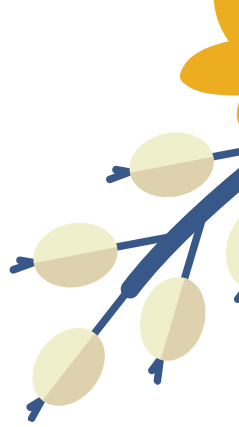
PUDDING

INGREDIENTS

3 cups rinsed dried fruit (e.g. one cup each of raisins, sultanas and currants)
2 1/2 cups water
6 medjool dates, rinsed, pitted and chopped
10 mashed pitted prunes
2 tbsp brandy (optional)
1 tsp bicarbonate of soda
Egg replacer: equal to 2 eggs (use 2 tablespoons ground flaxseed meal plus 6 tablespoons water)
2 cups wholemeal self-raising flour
1-2 tsp spice (eg: cinnamon, nutmeg, ground cloves)
1 tsp vanilla essence



*As this is a calorie-dense Christmas treat, only a small portion is required.



DESSERT

'MY SISTER'S PLANT BASED CHRISTMAS PUDDING' AND VANILLA CUSTARD

METHOD

1. Place dried fruit, dates, prunes, water and brandy (opt.) into a large, lidded container and place it in the fridge for 24-36 hrs. The next day add carb soda, egg replacer, flour, spice and vanilla. Stir.
2. As a lining for the pudding mix: cut open two large oven bags to form single rectangular sheets and place them overlapping, and fold over once to seal, in a large pudding basin (you can use a stainless steel pudding bowl), then place pudding mix on the oven bags lining the inside of the bowl. Collect all the edges of the open oven bags (leaving room for pudding to expand) then tightly fasten the oven bag edges in the middle with string, then fold down the gathered edges before tightly covering the top of the pudding bowl with a double sheet of foil to form a good seal.
3. Put a piece of string under the bottom of the pudding bowl and tie it in the centre at the top of the bowl, this helps you lift the hot bowl out to check water level throughout cooking.

Steaming in a saucepan:

Place foil-covered pudding bowl in a large saucepan with enough boiling water to come halfway up the sides of the bowl. Place a low metal vegetable steamer on the bottom of the saucepan so that the pudding bowl is slightly elevated. Cover with a tight-fitting saucepan lid, replenish boiling water as necessary during cooking time. Steam for minimum of 4-5 hrs. When cooled, remove oven bags from pudding and replace with fresh oven bags. Store pudding in the oven bags in the pudding bowl, in the fridge for up to 4 weeks.

On Christmas Day:

Add a bit more brandy (optional) then re-cover the pudding bowl with another double foil sheet to form a tight seal and re-tie string to enable easier lifting from the pudding bowl. Re-steam using the above method, for at least 2 hrs – the longer the better.





DESSERT

'MY SISTER'S PLANT BASED CHRISTMAS PUDDING' AND VANILLA CUSTARD

VANILLA CUSTARD

INGREDIENTS

4 tbsp cornflour
1/2 tsp turmeric
6 medjool dates, chopped
1 tsp vanilla essence
1 litre soy or other plant milk

METHOD

1. Soak dates in boiling water to cover for 10 mins, drain.
2. Use a blender or food processor to mix ingredients then place in a saucepan, bring to low boil, stirring continuously until cornflour is cooked.

MEET THE CONTRIBUTORS!



From left to right: Dr Chau Tran, Dr Heleen Roex, Fuchsia Goldsmith, Dr Adrian Griscti and Jenny Cameron. Find their full bios at doctorsfornutrition.org/team