



The In Our Nature Cookbook

A collection of our favourite sustainable recipes!

In Our Nature is a collaboration between

MANCHESTER
CLIMATE CHANGE
AGENCY



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Tyndall Centre ²²years
for Climate Change Research

GROUNDWORK
GREATER MANCHESTER



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INGREDIENTS

2 tbsp. rapeseed oil
½ Large onion – diced
¼ size piece of ginger
1 garlic glove
½ tsp nutmeg
1 tsp dried coriander
1 tsp allspice
1 tsp finely chopped Fresh thyme
1 tsp cumin
½ 400g tin of chopped tomato
1 tsp tomato puree
½ veg stock cube
300g Long grain rice
100g of frozen peas
½ Lemon zest
pinch of salt
pinch of pepper
Red chilli to garnish
spring onion to garnish

For salad:

150g baby carrots – washed and
grated
¼ head of Red cabbage – grated.
100g red onions
2 tbsp of olive oil
1/2 tsp salt
1/2 tsp black pepper
6/7 stems of fresh parsly – finely
chopped
Juice of 1/4 lemon



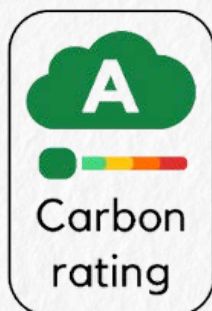
JOLLOF RICE




Makes 4



15 mins prep, 35 mins
cooking



Carbon
rating

 My Emissions

472 gCO₂e *per serving*

Very Low carbon footprint

By making this dish plant based, it produces very low emissions and is healthy and sustainable for the planet

TURN OVER FOR
INSTRUCTIONS 



gwafu *vegan*

1. Fry the onions in the oil for 2 to 3 mins on a medium heat. Then add the ginger, lemon zest, garlic and all the spices to the pan and fry for a further 1 to 2 mins. If the spices start to stick add a splash of the stock water to the pan and mix in.

2. Add the chopped tomatoes, tomato puree, 100ml of veg stock to the pan and mix till combined. Turn up the heat and bring to the boil. Once its boiled reduce down to a simmer and let it cook for 10-15 minutes. Add some of the reserved stock to the pan if it starts to stick.

3. Add the peas, basmati rice and the rest of the stock to the pan, stir until well combined. Increase the heat till it starts to gently simmer. Place the lid on top and let it cook for 15 mins, do not lift the lid!

4. Turn off the heat, leave the lid on and let it finish cooking for another 10 mins.

5. While you are waiting prep your salad. Prep all the vegetables and place in a large bowl.

6. Add all of the seasoning to the bowl and combine thoroughly

7. Place in a clean container, seal with a lid and place in the fridge for 2-3 days.

8. Serve rice hot with your side salad and top with red chillis and spring onion.

INGREDIENTS

For the curry paste

Thumb-sized piece of ginger, peeled and roughly chopped

2 spring onions, roughly chopped

1 onion, roughly chopped

4 cloves garlic

1 long red chilli, roughly chopped

2 tbsp vegetable or olive oil

2 tbsp curry powder

1 tsp ground allspice

1 tsp ground turmeric

1 tbsp tomato purée

1 large potato, peeled and chopped into bitesized chunks

2 large tomatoes, roughly chopped

2 carrots, peeled and chopped into bitesized chunks

400g can Essential Black Eyed Beans / Black beans, drained and rinsed

500ml vegetable stock

4 sprigs thyme

2 x 410g cans young Jackfruit, drained and rinsed

Handful flat leaf parsley, roughly chopped, to serve
300g long grain rice



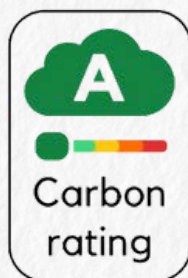
CARIBBEAN CURRIED JACKFRUIT



Makes 4



20 mins prep, 45 mins cooking



My Emissions

566 gCO₂e per serving

Very Low carbon footprint

Jackfruit is a fruit native to India that has a surprisingly meaty texture. It grows in abundance in the wild and is considered a pest, so harvesting it is very sustainable

TURN OVER FOR INSTRUCTIONS



gwafuvegan

Prep work before cooking

- Drain and shred the Jackfruit with either two forks or your fingers. You want them to end up like a pulled pork shreds.

Method

1. Pre-heat the oven at 180 degrees / gas mark 4
2. Placed your shredded Jackfruit with some oil and give it a good mix. Place in the oven for 25 mins to crispen up. Half way through give them a good mix and return them to the oven.
3. Time to make the curry paste. Place the ginger, spring onion, onion, garlic and chilli in a food processor or blender and blitz to a coarse paste. Heat the oil in a wide flameproof pan over a medium heat. Add the paste, followed by the curry powder, allspice, turmeric, ¼ tsp freshly ground black pepper and a pinch of salt. Stir to combine, add the tomato purée, then reduce the heat to low and cook for 5 minutes.
4. Now add all the remaining ingredients and mix well, alongside the jackfruit from the oven. Increase the heat to high and bring to the boil, then reduce the heat to a low simmer. Cover and cook for 30 minutes. Time to now make your rice. – see method below
5. After 30 minutes, the jackfruit, carrots and potatoes will have softened. Using the back of a wooden spoon, mash a few chunks of potato into the sauce to thicken it a little. Remove the thyme sprigs from the pot and season, if needed.
6. The curry is now ready to serve. Sprinkle with fresh parsley, if liked and serve with rice

Method for rice stage

1. Place 1 cup of rice (no rinsing!), salt and 1.5 cups water in a saucepan and bring to a boil over medium high – no lid
2. Turn heat down to low, cover with lid, and leave for 13 minutes;
3. With lid still on, remove saucepan from stove and stand for 10 minutes; and
4. Fluff with a rice paddle, rubber spatula or fork, marvel at perfect fluffy rice!

INGREDIENTS



- 1/2 Cup of Vegetable oil
- 1/2 White onion
- 1/2 Red onion
- 1/2 tsp Salt
- 3 large tomatoes - finely chopped
- 1/4 cup of water
- 250g frozen spinach
- 1/4 Cup sweetcorn
- Spice blend:**
 - 2 cloves of Garlic
 - 1/4 Ginger
 - 1 hot chillies
 - 1 tsp. All spice
 - 1 tsp. All purpose
 - 1/2 Cube veg stock cube

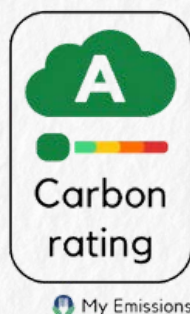
INSTRUCTIONS

1. Heat a non-stick pan with oil at a medium to high heat and fry onions for 5 minutes.
2. Add the chopped tomatoes to the pan and fry to 10 minutes, constantly stirring to ensure they don't burn.
3. Reduce the heat and add blended spices and cook for a further 5/10 mins again constantly stirring to ensure they don't burn.
4. Add Spinach, sweetcorn and cook for 10 mins
5. Serve hot or refrigerate for 3 days. Can be reheated in the microwave.



SPINACH STEW

 Makes 4  20 mins prep, 45 mins cooking



480 gCO₂e *per serving*

Very Low carbon footprint

This hearty plant based dish contains a big variety of vegetables and goes well with fried plantain.



INGREDIENTS

- 200 g rolled oats
- 1 medium ripe banana
- 125 ml unsweetened plant-based milk
- 1 teaspoon of baking powder
- 1 pinch of cinnamon
- 1/4 teaspoon salt
- 25 ml coconut oil, for cooking
- 30 g of maple syrup (optional)

INSTRUCTIONS

1. Place oats into a blender and blend until they reach a flour-like consistency, about 1 minute. Add the cinnamon, a banana, salt, baking powder, plant-based milk and maple syrup (optional), and blend until the mixture becomes a smooth batter.

2. Brush a medium frying pan with coconut oil, then heat over medium heat.

3. Add 1/4 cup batter to the pan and cook until edges are golden brown, about 2-3 minutes. Flip the pancake and cook for another 2-3 minutes. Repeat until the batter is all gone.

4. Turn off the heat and serve.



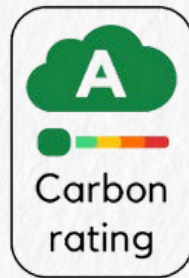
BANANA PANCAKES



Makes 6



10 mins prep, 20 mins cooking



Carbon rating

My Emissions

438 gCO₂e *per serving*

Very Low carbon footprint

Serve topped with: A tablespoon of Greek yoghurt A handful of frozen berries or banana slides.

Do you need more energy? Sprinkle a handful of your favourite crunchy nuts on top of the pancakes, and you will be ready for your morning lectures.

You can store leftover pancakes wrapped in parchment paper in the refrigerator for up to 3 days.



INGREDIENTS

200g dried puy or vertes lentils
(or 2 tins cooked lentils, drained)
100g wholemeal couscous
350g sweet potato, diced
1 large pepper, diced
1 aubergine, quartered
12 cherry/plum tomatoes, halved
4 small onions
4 garlic cloves
40g chopped fresh herbs, such
as parsley, mint and coriander –
or a mix of all three!
Juice of 1 lemon
4tsp ground cumin
4tsp paprika
1 tsp chilli flakes (optional)
4 tbsp olive oil
Salt and pepper to season



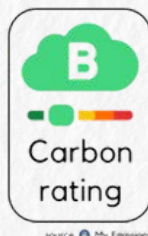
ROASTED VEG, LENTIL & COUSCOUS SALAD



4 servings



10 mins prep, 45 mins
cooking



725
gCO₂e per serving

Lentils are a great source of plant-based protein, and are much more affordable than processed meat-alternatives. Lentils, beans, and pulses are very versatile and can work well as a meat substitute in many dishes, especially in a Bolognese sauce.

This salad contains 21 grams of plant-based protein, making it a cost effective, filling, and healthy dish.

TURN OVER FOR
INSTRUCTIONS



For roasted veg:

1. Preheat oven to 200°C, or 180°C if fan
2. Toss diced sweet potato, aubergine, and pepper in enough oil to coat (approx. 2tbsp).
3. Add the spices and a few pinches of salt then toss well to evenly coat.
4. Distribute onto baking trays in an even layer; make sure trays aren't too crowded so veg roasts evenly! Roast tomatoes on separate tray.
5. Bake for around 25 minutes, shaking halfway through. If the sweet potato is taking longer, remove the peppers and aubergine once they are cooked to your liking.
6. Once all veg is done, allow to cool.

For couscous:

1. Put dried couscous and pinch of salt into heatproof bowl
2. Pour over 100ml boiling water and cover. Leave for 10 minutes, or until all moisture is absorbed. Meanwhile, chop herbs finely.
3. Break couscous apart with fork then fold in chopped herbs. Season to taste with salt, pepper and lemon juice.

For lentils:

1. Heat 2 tbsp oil over medium heat in saucepan and cook onions until soft. Add garlic and cook for 2 minutes.
2. Stir in dried lentils and 600ml water. Bring to a boil then reduce to light simmer and cook until all water has been absorbed and lentils are cooked. Stir occasionally to make sure lentils aren't sticking to bottom of the pan – if this happens, reduce the heat slightly.

NB: To avoid mushy lentils, make sure water isn't at a rolling boil as the lentils cook.

3. Allows lentils to cool by spreading out on tray. To serve: Combine couscous, lentils and roasted veg and serve with a torn herbs and a squeeze of lemon juice.

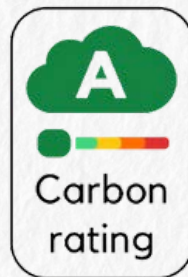
INGREDIENTS


3 large baking potatoes
Salt
Pepper
Smoked paprika
Chilli powder
Garlic powder
Onion powder
Olive oil
BBQ sauce (as much as you want)
1 can of young jackfruit
2 cloves of garlic
2 spring onions, chopped
Plant-based mayo



BBQ JACKFRUIT LOADED FRIES

 4 servings  10 mins prep, 50 mins cooking



 My Emissions

624 gCO₂e *per serving*

Very Low carbon footprint

This recipe uses jackfruit to replace pulled pork. Despite being a fruit, it has a meaty texture and is easily shredded with a fork. Jackfruit will soak up the flavour of whatever it's cooked in really well, and many people can't tell the difference between jackfruit and meat!

Because it's plant based, it has a much lower carbon footprint than meat, and it's full of vitamins making it healthier for people and the planet.



TURN OVER FOR INSTRUCTIONS

1. Wash your potatoes and peel them or leave the skin on if you prefer.
2. Chop potatoes into chip shape. Smaller chips will cook quicker.
3. In a large mixing bowl, drizzle your chips with olive oil and add your desired amount of salt, pepper, garlic powder, onion powder, and spices. Mix to make sure the chips are coated with spices and oil.
4. Bake the chips for between 35-50 minutes, checking them regularly and turning them.
5. While the chips cook, heat some oil in a pan and add your drained jackfruit. Season with the chip seasonings to taste, and add half the garlic.
6. Once the jackfruit is lightly browned, add a generous amount of BBQ sauce, enough to coat the jackfruit entirely. Simmer with the lid on for around 20 minutes.
7. Once cooked, shred the BBQ jackfruit with a fork, and top the chips.
8. Mix remaining garlic with some plant-based mayo, and drizzle over the pulled jackfruit fries. Garnish with spring onion.

INGREDIENTS

2 tablespoons vegetable oil
1 medium yellow onion, diced
4 cloves garlic, minced
4 teaspoons curry powder
1 ½ teaspoons paprika
1 teaspoon cayenne
2 teaspoons cumin powder
½ teaspoon allspice
2 teaspoons fresh ginger, minced
½ teaspoon black pepper
2 lb potato (905g), peeled and cubed
15 oz chickpeas (425g), 1 can drained
1 cup vegetable broth (240ml)
1 tablespoon lemon juice
14 oz diced tomato (395g), 1 can
14 oz coconut milk (415ml), 1 can



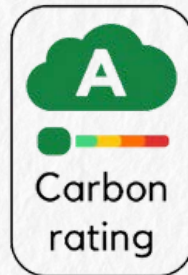
CHICKPEA & POTATO CURRY



2-3 servings



10 mins prep, 30 mins cooking



Carbon rating

My Emissions

934 gCO₂e *per serving*

Very Low carbon footprint

Chickpeas are a great substitute for meat, because they're high in protein, meaning they will keep you fuller for longer, while being low in saturated fats.

Ingredients like potatoes and chickpeas also cost effective and don't take very long to cook, meaning you can whip up a delicious vegan curry in half an hour!

TURN OVER FOR INSTRUCTIONS



1. Heat the oil in a large pot over medium heat until shimmering. Add the onion and saute for about 3 minutes, until translucent.
2. Add the garlic and saute for about 2 minutes, until fragrant.
3. Add the curry powder, paprika, cayenne, cumin, allspice, ginger, salt, and pepper. Stir and cook for about 2 minutes until the spices are fragrant.
4. Add the potatoes and mix well until well-coated in spices.
5. Add the chickpeas and stir to incorporate.
6. Add the broth, lemon juice, and tomatoes and stir, then pour in the coconut milk and stir to combine.
7. Increase the heat to high and bring the mixture to a simmer. Once bubbling, reduce the heat to medium and cook for 15-20 minutes, until the potatoes are tender and easily pierced with a fork.
8. Serve and garnish with fresh cilantro

INGREDIENTS

- 1 large butternut squash
- 1 large potato
- 1 white onion 2/3 garlic cloves
- 1 vegetable stock cube

INSTRUCTIONS

1. Firstly, pre-heat a large saucepan over a low heat and add a splash of olive oil.
2. Peel and dice both the onion and garlic and then add them to the saucepan and stir regularly to avoid burning.
3. Peel and roughly chop the rest of the vegetables and add them to the saucepan once the onions and garlic have lightly browned in colour.
4. Add water to the saucepan to cover the vegetables, then add the stock cube and stir it in.
5. Leave the pan to simmer over a low heat for 2-3 hours, checking every hour, stirring and adding more water if needed.
6. After all the vegetables are softened you can then blend the contents of the pan together. If you do not have a blender you can use a potato masher. Continue to blend until the soup is smooth.
7. Season with salt and pepper to taste. Serve with cream or creme fraiche if you fancy and enjoy.



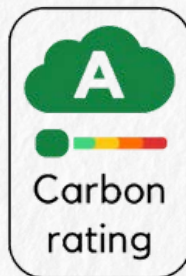
ROOT VEGETABLE SOUP



2-3 servings



10 mins prep, 2-3 hours cooking



Carbon rating

My Emissions

934 gCO₂e *per serving*

Very Low carbon footprint

Nutritional Fact: All of the vegetables means that the soup is rich in fibre!

Top Tip: You can also add any leftover root vegetables you may have such as carrots and parsnips.

The soup will keep in the fridge for 2-3 days afterwards.



INGREDIENTS

For the sauce:

- 1 tbsp oil
- 1 onion, chopped
- 1 large carrot, chopped
- 1 large garlic clove, crushed
- 2cm piece of ginger, peeled and grated
- 1/2 or 1 tbsp of curry powder
- 1/4 tsp of ground tumeric
- 200ml coconut milk
- 1 vegetable stock cube
- 2 tsp maple syrup

For the katsu:

- 1 tbsp cornflour
- 250g block of firm tofu
- 200g of panko breadcrumbs
- Drizzle of oil for frying

To serve:

- 250g cooked basmati or jasmine rice
- Handful of coriander
- Lime wedges



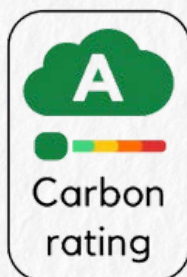
TOFU KATSU CURRY




2 servings



20 mins prep, 40 mins cooking



Carbon rating

 My Emissions

786 gCO₂e *per serving*

A vegan spin on a classic katsu curry, complete with crispy panko breadcrumbs, fluffy rice, and a delicious aromatic sauce.

Chicken is replaced with tofu, to reduce the carbon footprint of the dish, but keep the protein content high.

Top tips: if you're short on time or don't have enough pots and pans, you can use microwave rice.

You could make double the sauce and freeze half, to massively reduce cooking and prep time next time you make this meal!

TURN OVER FOR INSTRUCTIONS

1. Start with the sauce - heat the oil in a frying pan and cook the onions and carrots until they start to caramelize, about 8 minutes
2. Add garlic and ginger and cook for another minute, then add the curry powder and turmeric, and stir to coat the veggies
3. Add the coconut milk, maple syrup, stock cube, and 100ml of water, then cover and simmer for 20 minutes, adding more water if the sauce thickens too much.
4. While the sauce cooks, slice your tofu into your desired size chunks. Mix the cornflour with 2 tbsp of water and some seasoning.
5. Dip each tofu piece in the cornflour mix and then into the breadcrumbs, making sure they're well coated by pressing the breadcrumbs in.
6. Heat oil in a frying pan and cook the breaded tofu for 4 minutes on each side, until golden and heated all the way through.
7. While your tofu cooks, blend the curry sauce with a stick or table top blender, once the carrots have softened.
8. Serve in bowls with your cooked rice, topped with crispy tofu and the katsu sauce, and garnish with the coriander and lime wedges.

INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 can chopped tomatoes
- 1 can mixed beans
- 1 can chickpeas (drained)
- 1 handful frozen spinach
- 2 handfuls frozen peas
- 2 handfuls frozen sweetcorn
- Spices: 1 tsp ground cumin and paprika, ½ tsp chilli powder.
- Optional: A dash of Worcestershire sauce - NB the Worcestershire sauce makes the chilli unsuitable for vegans and vegetarians.

INSTRUCTIONS

1. Heat the oil in a large saucepan over a medium heat on the hob. Add the onion and garlic, cook for 5-10 minutes until the onion is soft. You may wish to lower the heat.
2. Add the remaining ingredients and mix well. Continue to cook with the lid on for a further 25 minutes.



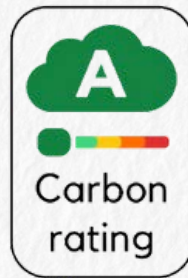
MEXICAN CHILLI



4 servings



10 mins prep, 35 mins cooking



My Emissions

934 gCO₂e *per serving*

Very Low carbon footprint

Nutritional Fact: Spinach, along with other green leafy vegetables, is high in iron which is essential for maintaining a healthy immune system!

Top Tip: This one pot Mexican chili pairs nicely with homemade tortilla chips



INGREDIENTS

- 1 large sweet potato
- 1 medium onion
- 400g tin of black beans
- 1 teaspoon chilli powder
- 1 teaspoon smoked paprika
- 20g tomato puree
- Olive oil
- 2 cloves of garlic, crushed or chopped
- 1 vegetable stock cube
- 12 mini taco tortillas (3 per person)
- Handful of spinach (optional)
- 100g of feta cheese (optional)



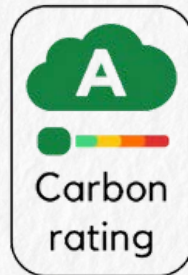
SWEET POTATO & BLACK BEAN QUESADILLAS



4 servings



10 mins prep, 40 mins cooking



Carbon rating

My Emissions

427 gCO₂e *per serving*

Very Low carbon footprint

This is a delicious, hearty and filling dish that feels like a real treat, while also being really good for you and the planet! Sweet potatoes and black beans are packed with vitamins and minerals, and the beans are high in protein. Feta cheese is optional in this meal, and you could leave it out or substitute with plant-based cheese or nutritional yeast to make it vegan. Without adding feta cheese, this dish is classed as having a very low carbon footprint!

TURN OVER FOR INSTRUCTIONS

1. Preheat oven to 200°C, or 180°C in a fan oven.
2. Chop sweet potato into small cubes - around 1cm in size - to make sure they cook quickly.
3. Drizzle the sweet potato in olive oil and sprinkle over some chilli powder. and smoked paprika, tossing the sweet potato to coat it. Roast in the oven for 20-25 minutes.
4. Drain and rinse the black beans, and partially mash them with a fork or potato masher.
5. While the sweet potato cooks, heat some oil in a pan and fry the onions until they become translucent, about 5 minutes.
6. Add paprika, chilli powder, garlic, and tomato puree, and cook for 1 to 2 minutes.
7. Add your black beans, vegetable stock cube, and about 150ml of water, then simmer until the water has evaporated. Add more spices and salt and pepper to taste. If using spinach, add it with the black beans.
8. Once the sweet potato is done, remove it from the oven, set aside the potato, and use the same tray to bake the quesadillas.
9. Place some black beans and sweet potato chunks on one half of each tortilla. If you're using feta cheese, crumble it on top of your beans and sweet potato.
10. Fold over your quesadillas, and place them on the baking tray. Brush with a drizzle of oil (or oil spray) and bake for around 8 minutes, or until crispy and golden. Enjoy!