



Sustainable Food

Plant Based Protein Recipes

caterlink
feeding the imagination

Sustainable Eating Project



- In response to the current focus on sustainable eating across the UK, we have trialled a number of 50% plant based protein dishes.
- These are based on our popular dishes in which we have added beans, lentils or chickpeas to the recipe to make them 50% plant based.
- Both fully plant based and 50% plant based recipes are already successfully on menus, and enjoyed across our schools – e.g. Chilli Con Carne, Beef and Bean Fajitas, Lentil and Sweet Potato Curry.



Why?

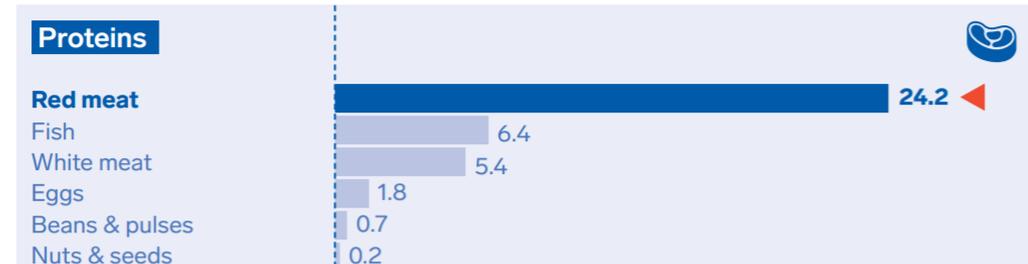
- The livestock industry is responsible for 14.5% of global GHG emissions
- Globally, meat provides just 18% of the calories consumed by humans each year – but its production takes up 83% of all existing farmland
- 70% of fresh water extraction is for agricultural production
- Meat has a much bigger impact on the environment than beans or pulses.



Why?

- Within the UK the public are becoming more aware of how their eating habits are impacting the planet – this is reflected within our business as clients and new contracts are focusing more on sustainable eating.
- The BDA (British Dietetic Association), WWF (World Wide Fund for Nature) and the Eatwell Plate have made movement towards encouraging a more sustainable diet. One of these recommendations is advocating for people to get more of their protein from plant based proteins such as beans and pulses, whilst reducing their intake of meat.
- Shifting towards a diet that incorporates more beans and pulses will help to reduce the environmental and health burdens that the UK are facing.

Figure 2.3: Foods that contribute the most to GHG emissions in the UK diet^{17,52}



One Blue Dot Eating patterns for health and environmental sustainability: A Reference Guide for Dietitians



Benefits of reducing meat consumption and increasing consumption of plant based proteins

Benefits to us



- Lower saturated fat
- Higher fibre
- Lower energy density
- Lower salt
- Reduced risk of some diseases including cardiovascular disease, type 2 diabetes, obesity and some cancers.

Benefits to the environment



- Reduced carbon footprint
- Reduced land use
- Reduced water use
- Lower biodiversity loss
- Lower soil degradation
- Reduced water pollution



Marketing

- Marketing posters have been created if you want to shout about the benefits of eating more plant based proteins.
- Alternatively you can incorporate these recipes quietly, if you think children will be put off by knowing.

What are Plant Based Proteins?

Plant based proteins are foods such as beans, chickpeas and lentils.



They contain powerful proteins to help us to build, maintain and repair the tissue that make up our bodies!

They also contain lots of fibre to keep our hearts healthy, and help us with digestion.



What are Plant Based Proteins?

Plant Based Proteins are powerful proteins such as beans, chickpeas and lentils.



Plant based proteins help to reduce the impact our eating has on the planet, by producing less greenhouse gases than meat or dairy.

Eating more plant based proteins will also use up less resources such as land and water, as well as helping reduce the loss of animal and plant species.



Allergies and Carb Counts

- The recipes have been produced so that the 14 main allergens should remain the same when changing to the 50% plant based recipes.
- If there are children with other allergies, especially legume allergies (chickpeas, beans, lentils etc) this would need to be considered.
- Carb counts may also vary from the original recipes, so be aware if diabetic children in the school.



50% Plant Based Protein Recipes

- Chicken Tikka **NEW**
- Chicken and Bean Fajitas
- Beef and Bean Fajitas
- Beef Tortilla Stack **NEW**
- Beef Bolognaise **NEW**
- Chicken Leek Puff Pastry Pie **NEW**
- Beef and Vegetable Hotpot **NEW**
- Chilli Con Carne
- Cottage Pie **NEW**
- Beef Lasagne **NEW**
- Jamaican Beef and Beans



Plant Based Protein Recipes

- Lentil and Vegetable Curry
- Vegetable and Apricot Tagine
- Lentil and Sweet Potato Curry
- Chickpea Aloo Chat
- Five Bean Chilli
- Mixed Bean Cassoulet
- Bean and Lentil Burgers
- Chickpea and Vegetable Hotpot
- Lentil and Basil Puff Pastry Whirl
- Summer Butterbean Vegetable Risotto
- Vegetable and Bean Fajitas
- Vegetarian Wellington



Feedback from trials in schools

“Easy to follow recipes”

“The children didn’t notice a difference with the 50% plant based cottage pie, the tortilla stack or the lasagne”

“Brown lentils took a while to cook, however recipe did state this, so we were prepared”

“No difference noted in terms of flavour in any of the recipes”

“They liked the taste of the new chicken tikka masala recipe”

