



# NATIONAL VEG WEEK

15 - 21 MAY 2023

## VEG MADE EASY

**Mustard Foods** is committed to reducing our carbon footprint. For National Vegetarian Week, we've put together a meal planner, discounts on our vegan and vegetarian meals, and our team will enjoy veggie staff meals at the office all week.

## WHY?

National Vegetarian Week highlights the benefits of eating less meat – for the health of the planet and our bodies.

Plant-based food has a much lower carbon footprint, so eating more plants is one thing we can all do to help reduce our environmental impact.

You can make a difference with just one week of veggie meals.

**Eat veggie, cut carbon, drive change!**



Vegan Bolognese



# MUSTARD MEAL PLANNER

ONE WEEK OF VEG MEALS

## MONDAY

### OODLES OF THAI NOODLES

**You will need:**

Mustard Foods Thai Red Vegetable Curry

Rice noodles

Fresh basil and lime to garnish

1. Soak the rice noodles according to packet instructions and mix into the Thai curry.
2. Garnish with fresh basil and a lime wedge.

## TUESDAY

### TACO TUESDAY

**You will need:**

Mustard Foods Mexican Bean Chilli

Corn taco shells

Salsa

Pickled jalapenos

Grated cheese

1. Fill your taco shell with bean chilli, salsa, pickled jalapenos and top with cheese.

**Thai Red Curry**



Caribbean Sweet Potato Stew

# WEDNESDAY

## SWEET POTATO BUDDHA BOWLS

### You will need:

Mustard Foods Caribbean Sweet Potato Stew

Cooked brown rice or quinoa

Baby spinach or kale

Avocado

Sesame seeds and fresh lime to garnish

1. Arrange all the ingredients in a shallow bowl.
2. Top with sesame seeds and garnish with a lime wedge.

# THURSDAY

## CAULIFLOWER CURRY NIGHT

### You will need:

Mustard Foods Cauliflower Tikka Masala

Cooked basmati rice

Cucumber raita

Fresh coriander for garnish

1. Serve the curry with fluffy basmati rice and cucumber raita on the side. Garnish with fresh coriander leaves.



# FRIDAY

## LOADED BAKED POTATOES

### You will need:

[Mustard Foods Vegan Bolognese](#)

Baked potatoes

Sour cream

Fresh chives to garnish

1. Cut the baked potatoes down the middle.
2. Add a heaping spoon of vegan bolognese.
3. Top with a dollop of sour cream and garnish with chopped chives.

# SATURDAY

## EASY PEA-SY MAC & CHEESE

### You will need:

[Mustard Foods Mac & Cheese](#)

Frozen peas

Baby spinach

Grated cheddar cheese

1. Blanch the frozen peas and spinach in boiling water for 3 mins.
2. Mix the peas and spinach in the macaroni mixture and pour into a baking dish.
3. Add extra grated cheese and bake at 180°C for 20 - 30 mins.



Rustic Tomato Sauce

# SUNDAY

## QUICK VEGGIE-PACKED HOMEMADE PIZZA

### You will need:

1 ½ cups self-raising flour, plus more for kneading

1 cup plain yogurt

[Mustard Foods Rustic Tomato Sauce](#)

Grated mozzarella cheese

Olive oil

### Suggested toppings:

Any roasted vegetables (such as red peppers, zucchini, red onion and butternut)

Thinly sliced mushrooms

Pitted olives

Sun-dried tomatoes

Fresh basil to garnish

1. Mix flour and yogurt in a bowl to form a shaggy dough. Transfer to a work surface dusted with flour.
2. Knead the dough, adding more flour as needed to prevent it from being too sticky.
3. Roll out the dough and place on a greased oven tray or pizza pan.
4. Par-bake the pizza base for 5 - 7 mins at 260°C.
5. Add rustic tomato sauce, mozzarella cheese, and your favourite toppings. Drizzle with a little olive oil.
6. Bake for another 5 - 7 mins until the crust is lightly browned and the cheese has melted.

For more family meal ideas, or to have delicious vegetarian meals delivered, visit Mustard Foods: [shop.mustardfoods.com](http://shop.mustardfoods.com)