

JAMIE OLIVER

# VEG



EASY & DELICIOUS MEALS FOR EVERYONE

# VEG

MICHAEL JOSEPH

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# JOHN HAMILTON

1963 – 2019

Shortly after the last shoot day for this book, our long-standing Art Director and dear friend, John, unexpectedly passed away. He taught me publishing, stood by my side on every shoot, watched and tasted every dish of every book for 21 years, and was a gentle Glaswegian giant in the world of design. He generously gave so many opportunities to designers, photographers, artists and illustrators, and his passion for art and reimagining books of all kinds in extraordinary ways was unprecedented.

Me, my team and all my family at Penguin Random House salute you, John, for everything you have given us. Our hearts are broken, but you will always inspire us, and, as you would say . . . one love.

So much love to John's wife, Claire, and their wonderful kids, Sadie and Angus. xxx





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VEG POWER!



I'm fairly sure that if you've picked up this book and are reading these words, you're already asking yourself a few questions about the food you eat. All of us are aware that we need to eat more veg, and of the extraordinary health benefits attached to doing so. But, in a busy fast-paced life where meat is so convenient and available on every corner, the question is – can veg dishes really cut the mustard? Can they be truly tasty and make you feel satisfied and happy? I believe that the answer is a gigantic: YES! So, with that in mind

... welcome to the wonderful world of delicious food that just happens to be meat-free.

This is a glorious veg-based cookbook, written by me – a meat lover who will absolutely not compromise on flavour. We humans are creatures of extreme habit, and the concept of change, even positive, challenges all of us. Most of us buy the same foods week in, week out – sound familiar? So, embracing this book for what it is, disarming yourself and opening your mind to trying new things by celebrating the huge bounty of veg, fruit, herbs, spices, pulses, nuts and seeds on offer, can only be a good thing. You can find so much exciting produce in standard supermarkets these days (let alone farmers'

markets and beyond), and if you shop smart and surf the seasons you should be quids in, so there's really no excuse ... especially with this book in your hands! I hope it helps to break the mould.

## EVERYONE'S WELCOME

On the pages that follow, I want to show you just how tasty and comforting veg-based meals can be when given the respect and thought they deserve.

And I also want to stamp out any pre-existing prejudices around food choices. This book is not just for vegetarians: everyone's welcome –

especially your classic meat eater who might be stuck in a bit of a rut but knows that they could, and should, be welcoming more veg into their diet. I designed these recipes to leave you feeling full, satisfied and happy – and not missing the meat from your plate. Whether you're looking to embrace a



meat-free day or two each week, live a vegetarian lifestyle, or just want to try some brilliant new flavour combination, I believe this book will tick all the boxes and help you enjoy things you may never have tried before.

A quick note for all my strict vegetarian friends out there: you will see me mention Worcestershire sauce, pesto and Parmesan cheese (see [page 268](#) for more info), among others, in the ingredients lists on the recipe pages.

Joyfully, we live in a time where you can source really good vegetarian versions or alternatives, so sit back, relax and fill your boots in a way that works for you.

I actually started writing this book eight years ago – it's been a real labour of love – but now is the time to publish it, accompanied by a beautiful new and exciting TV show. I've travelled halfway around the world to watch, listen and learn from some of the best veggie cooks on the planet, to really amplify flavour and scrumptiousness, and to give you beyond-tasty plates of food.

Being able to finally publish this book is not only a real honour and a landmark moment for me, but also an indicator that the time is right and that veg-based cooking is becoming mainstream again. We might think that basing our meals around more veg and less meat is forward thinking, and is trendy or progressive, but I can assure you, if anything, it's looking back towards our grandparents and great-grandparents, who – by default – cooked this way. Without question, it was the norm, they knew what they were doing and we should absolutely take a leaf out of their book.

The recipes are a broad assortment of the food that I love to eat at home with my wife and kids, and are everything I would deliver flavour-wise in any other cookbook: they're dishes that make me feel energized, comforted, complete and full up. I'm not telling you to eat any of these meals because they're healthy (even though 70% of them are – see [pages 286–93](#) for more nutrition info), I want you to eat them because you want to, and because they're delicious. As usual, they're all tried, tested and interrogated (and then tested again, just to be sure!), so they're the absolute best they can be. And for me, the beautiful thing about this book is that I can give you a really reliable, safe place to come for easy and delicious veg-based meals, put together with love, care and attention.

I've got lots of inspiration on the lunch and dinner front with easy pastas, soups and sarnies, clever traybakes and one-pan wonders, as well as tasty curries, stews, pies, bakes, rice and noodle dishes, and burgers that'll knock your socks off. And that's not all, there's also an array of brunch and weekend nibbles to get your teeth into. I've tried to equip you with a myriad of modern meals, taking into account that you're probably incredibly busy, juggling 101 other things at the same time.

With that in mind, I've kept the visuals and words simple, clear, supportive and to the point, and have done my best to empower you with confidence, instead of baffling you with clutter and long, laborious lists or explanations.

No barriers, just super-tasty, easy, accessible and affordable recipes, with veg as the main event. There's upfront nutrition info on every page so you can make fast, informed choices. Plus, I've given some extra tips on how I like to serve the dishes myself, as well as ways to tweak the recipes to include a whole array of beautiful veg.

NO BARRIERS, JUST SUPER-  
TASTY, EASY, ACCESSIBLE &  
AFFORDABLE RECIPES

A handwritten signature in black ink, appearing to read 'Joanne', with a small dot above it.

Putting labels on food preferences, I have to say, frightens the life out of me

---

there are enough things in life that divide us, and I feel that food shouldn't be one of them. But, it is. As far as I'm concerned, if it's good, it's good.

Everyone's on their own food journey, and people are all at different stages.

And that's OK! In the Oliver household we really try to eat veg-based meals at least three times a week, and the benefits to our health, as well as the

planet, are clear to see. Promoting less meat (but better quality) and more veg is something I've always done: this is not a new thing for me – if you look at the index of any of my cookbooks, you're going to see a huge number of V

symbols. Even so, I've been constantly asked by the public (sometimes berated!) to do a 100% veg-based cookbook, so here it is, guys – I hope you love it as much as I enjoyed making it.





# CURRIES & STEWS







CURRIES & STEWS

PLEASE SELECT A RECIPE

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CURRIES & STEWS

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[AMAZING VEGGIE CHILLI](#)

[MY CAULIFLOWER TIKKA MASALA](#)

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CRISPY CAULIFLOWER KATSU



## LIGHT & DELICATE CURRY SAUCE, FLUFFY RICE, LIME-PICKLED CHILLIES

SERVES 6 | 1 HOUR 15 MINUTES

2 heads of

Preheat the oven to 180°C/350°F/gas 4. Cut 6 chunky cauliflower (800g each)

cauliflower slices, straight through the stalks, around 2.5cm thick (use up the leftover stalkless cauliflower

3 fresh mixed-

colour chillies

by making my Simple pickle, see [page 252](#)). Season 3 limes

the cauliflower slices all over with sea salt and leave

150g plain flour

aside (this will draw out the natural moisture).

3 large eggs

Meanwhile, finely slice the chillies and place them in a

bowl with a pinch of salt. Finely grate over the zest of

200g fine

breadcrumbs

2 limes, then squeeze over the juice and leave to

1 onion

lightly pickle.

4 cloves of garlic

Put 100g of the flour into one bowl, beat the eggs in

5cm piece of

ginger

another, and tip the breadcrumbs into a third. Coat the

1 carrot

cauliflower slices in the flour, dunk in the beaten egg,

1 bunch of fresh

then dip, press and coat in the breadcrumbs. Place on

coriander (30g)

an oiled baking tray and push down to compact. Bake

olive oil

for 45 minutes, or until golden and crisp.

1 heaped teaspoon

garam masala

Meanwhile, peel the onion, garlic, ginger and carrot,

1 teaspoon ground

then finely chop with the coriander stalks, reserving  
turmeric

the leaves. Fry in a large pan on a medium heat with 1  
3 teaspoons mango

tablespoon of oil and the spices for 15 minutes, stirring  
chutney

regularly. Stir in 50g of flour and the mango chutney,  
450g basmati rice

followed by 1 litre of boiling water. Whisk together,

then simmer for 15 minutes, or to your preferred

consistency, stirring occasionally. Taste and season to

perfection with salt and black pepper. Cook the rice

according to the packet instructions, then drain. Serve the rice and sauce  
with the crispy cauliflower, chilli

pickle, lime wedges and reserved coriander leaves.

For that 1980s retro feel, mould the rice in

small bowls like I've done here – it's

pointless, but fun!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
637kcal	9.2g	2g	23.6g	120g	16g	1.5g	10.4g



## AMAZING VEGGIE CHILLI

COMFORTING BLACK RICE, ZINGY CRUNCHY SALSA, CHILLI-  
RIPPLED YOGHURT

SERVES 4 | 1 HOUR 30 MINUTES

2 red onions

Preheat a griddle pan to high. Peel the onions, scrub

2 sweet potatoes

the sweet potatoes and deseed the peppers. Cut off a  
(250g each)

small chunk of each and put aside with one tomato

3 mixed-colour

(this is for the salsa later). Roughly chop the rest of the  
peppers

veg into 4cm chunks and halve the remaining

4 large ripe

tomatoes

tomatoes, then chargrill, working in batches.

olive oil

Drizzle 1 tablespoon of oil into a large casserole pan

1 teaspoon cumin

seeds

over a medium-low heat and stir in the cumin and

1 teaspoon smoked

paprika. Peel, roughly chop and add the garlic, finely

paprika

grate in the lemon zest, and add the grilled veg bit by

4 cloves of garlic

bit as they're ready, stirring regularly. Tip in the beans

1 lemon

(juices and all), and 1½ tins' worth of water, then add

1 × 400g tin of

around 1 tablespoon of chilli sauce (or to your liking).

cannellini beans

Season with sea salt and black pepper and simmer for

hot chilli sauce

30 minutes, or until thickened and reduced.

250g black rice

Meanwhile, cook the rice in a pan of boiling salted

1 bunch of fresh

water according to the packet instructions. Pick 2

mint (30g)

sprigs of mint leaves and very finely chop with the

4 small flour

salsa veg, then toss with the lemon juice and season to

tortillas

taste with salt and pepper.

4 tablespoons

natural yoghurt

Warm the tortillas on the griddle and ripple a good few

shakes of chilli sauce through the yoghurt. Serve the

chilli with the black rice, salsa, yoghurt and tortillas, and pick over the mint leaves. Enjoy!

Using veg raw to make a salsa as well as

cooking it in the stew is incredibly

resourceful and delicious.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
636kcal	9.1g	2.6g	18.3g	121.2g	26.4g	1.4g	15.3g

## MY CAULIFLOWER TIKKA

### MASALA

PANEER, SPICED YOGHURT MARINADE, CREAMY CASHEW &  
SAFFRON SAUCE

SERVES 4 | 45 MINUTES

60g unsalted

Put the cashews, saffron and mango chutney into a jug,

cashews

cover with 700ml of boiling water and leave to one

1 pinch of saffron

side to soak. Preheat the grill to high. Finely grate the

1 tablespoon

lemon zest into a large bowl, add the yoghurt, paprika,

mango chutney

a pinch of sea salt and black pepper and 1 tablespoon

1 lemon

of oil, and mix well. Chop the paneer into 2cm cubes

2 tablespoons

natural yoghurt

and break the cauliflower into florets (roughly the

same size), then toss in the marinade. Tip into a large

1 teaspoon smoked

paprika

roasting tray and grill on the middle shelf for 12

olive oil

minutes, or until beautifully golden and gnarly at the

200g paneer

edges.

cheese

½ a head of

Put the butter and 1 teaspoon of oil into a large

cauliflower (400g)

casserole pan on a low heat with the cinnamon and

1 knob of unsalted

cloves, and bash the cardamom pods, adding just the

butter

inner seeds. Peel, finely slice and add the garlic, and

1 cinnamon stick

cook for a few minutes, stirring occasionally. Peel the

3 cloves



onion and ginger, roughly chop, then place in a blender

3 cardamom pods

with the tomato paste and a good splash of boiling

4 cloves of garlic

water, and whiz to a paste. Pour into the pan and cook

1 onion

for 10 minutes, stirring regularly.

5cm piece of

ginger

2 tablespoons sun-

Tip the cashew mixture into the blender and whiz until

dried tomato paste

super-smooth – you may need to work in batches. Pour

4 sprigs of fresh

into the pan, bring to the boil, then leave to tick away

coriander

for 5 minutes, stirring occasionally. Stir in the paneer

and cauliflower, season to perfection with salt and

pepper, then place under the grill. Once golden and

bubbling, stir back through and pick over the coriander

leaves.

Delicious served with fluffy rice and wedges of lemon for squeezing over.

Swap the paneer for chickpeas and the cauliflower for squash for a different but equally delicious result.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
426kcal	31.1g	13g	20.6g	17.5g	12.2g	0.8g	4.7g

## STUFFED CURRIED

### AUBERGINES

#### SPICED TAMARIND & PEANUT SAUCE, FRESH CORIANDER

SERVES 6 | 1 HOUR 15 MINUTES

1 onion

Preheat the oven to 190°C/375°F/gas 5. Peel the onion,

4 cloves of garlic

garlic and ginger, place in a food processor with the

4cm piece of

coriander stalks and chillies (deseed if you like), and

ginger

whiz to a fine paste. Put the spices and curry leaves

½ a bunch of fresh

into a 25cm × 35cm roasting tray on a low heat with 2

coriander (15g)

tablespoons of oil and fry for 1 minute, or until

2 fresh red chillies

smelling fantastic, stirring constantly. Tip in the paste

1 teaspoon each

and cook for 5 minutes, or until softened, stirring

cumin seeds,  
mustard seeds,  
regularly. Stir in the peanut butter, mango chutney and  
ground turmeric,  
tamarind paste, season with a good pinch of sea salt  
garam masala,  
fenugreek seeds  
and black pepper, then scrape into a bowl, adding a  
splash of water to loosen to a paste, if needed.

1 big handful of  
fresh curry leaves  
groundnut oil

Leaving them intact at the stalk, cut the aubergines into  
quarters lengthways, rub and stuff them generously

2 heaped  
tablespoons

with all the paste, then arrange them in the tray (if  
crunchy peanut

using regular aubergines, simply trim then cut into  
butter

1 cm-thick rounds and sandwich the paste between

1 tablespoon

them). Place the tray on a medium heat and fry for 5

mango chutney

minutes, turning halfway. Add the coconut milk,

2 tablespoons

tamarind paste

roughly chop and sprinkle over the tomatoes, season

12 finger

well with salt and pepper, and bring to the boil. Cover

aubergines (800g

with tin foil and roast for 40 minutes, or until

total)

1 × 400g tin of

thickened and reduced, removing the foil halfway.

light coconut milk

Season to perfection and scatter over the coriander

250g ripe mixed-

leaves.

colour cherry



tomatoes

Always good with fluffy rice, poppadoms, yoghurt and extra fresh chilli.

Delicious and convenient made in advance and reheated when you need it – loosen with a splash of water, if needed.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
221kcal	15.2g	5.6g	6.7g	15.9g	12.9g	0.9g	2.3g

## SUPER-COMFORTING GUMBO

LOADS OF VEG, SMOKY SPICED GRAVY, PICKLED JALAPEÑO

CHILLIES

SERVES 6 | 1 HOUR 10 MINUTES

1 onion

Peel and finely chop the onion, garlic and celery, and

3 cloves of garlic

deseed and roughly chop the peppers. Pour 3

3 sticks of celery

tablespoons of oil into a large pan over a medium heat

3 mixed-colour

and mix in the flour to make a paste (loose roux).

peppers

Cook until dark brown, stirring constantly so that it

groundnut oil

doesn't catch and burn. Add the chopped veg to the

3 heaped

paste along with the bay leaves, then strip in the thyme

tablespoons plain

leaves and cook for 20 minutes, or until softened and

flour

dark nutty brown, stirring regularly (give it some

3 fresh bay leaves

love).

3 sprigs of fresh

thyme

Stir through the cayenne pepper and paprika, followed

½ teaspoon

cayenne pepper

by the wine and allow to reduce by half before

1 teaspoon smoked

scrunching in the tomatoes. Tip in the chickpeas

paprika

(juices and all) and enough water to cover, then

100ml red wine

simmer over a medium heat for 25 minutes, or until

1 × 400g tin of

reduced to your preferred consistency, adding the peas

quality plum

for the last 5 minutes. Season to perfection with sea

tomatoes

salt and black pepper. Meanwhile, finely slice the

1 × 400g tin of

chillies, place in a bowl, and stir in the vinegar and a

chickpeas

pinch of salt to make a quick pickle. Dry-fry the okra

200g frozen peas

in a large non-stick frying pan on a medium heat until

2 fresh jalapeño

chillies

lightly charred, then halve and scatter over the gumbo.

4 tablespoons red

wine vinegar

200g okra

I like to serve the gumbo and pickle with fluffy rice

and a handful of fresh parsley.

Own your gumbo by surfing the seasons

with pumpkin, squash, mushrooms,

sweetcorn, courgette. Use your imagination

– it's a brilliantly flexible recipe.





ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
250kcal	8.7g	1.7g	9.3g	32.3g	11.3g	0.6g	7.4g



## AMAZING TOMATO CURRY

FRAGRANT SPICES, SAFFRON & COCONUT SAUCE, TOASTED

ALMONDS

SERVES 4 | 40 MINUTES

1.2kg ripe mixed

With the tip of a knife, prick the tomatoes, removing  
tomatoes

the cores from any larger ones. Carefully plunge them

1 pinch of saffron

into fast-boiling water for 45 seconds, then drain and

20g flaked

peel away the skin. Cover the saffron with 100ml of  
almonds

boiling water and leave to infuse. Toast the almonds in

4 cloves of garlic

a large non-stick frying pan over a medium heat until

4cm piece of

ginger

golden, then tip into a small bowl and place the pan

back on the heat.

2 fresh red chillies

olive oil

Peel and very finely chop the garlic, ginger and

1 handful of fresh

chillies. Drizzle 1 tablespoon of oil into the pan, then

curry leaves

add the curry leaves, followed by all the spices. Peel

1 teaspoon

mustard seeds

and quarter the onion, click apart into petals, then add

1 teaspoon

to the pan with the garlic, ginger and chilli and fry for

fenugreek seeds

3 minutes, stirring constantly. Add the tomatoes,

1 teaspoon cumin

coconut milk and saffron water, then cover and simmer

seeds

for 20 minutes, removing the lid and adding the mango

1 onion

chutney halfway. Season to taste with sea salt and

1 × 400g tin of

black pepper, then scatter over the almonds. Serve with

light coconut milk

fluffy rice.

2 teaspoons mango

chutney

This curry goes up a level when tomatoes are at their most delicious, so make it in the summer with beautifully ripe tomatoes for the very best results.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
208kcal	12.9g	6.1g	5.1g	19.7g	15.9g	0.2g	4.8g

BURNS NIGHT STEW &

DUMPLINGS

CHUNKY ROOT VEG, HAGGIS SEASONING, CABBAGE & APPLE

SLAW

SERVES 6 | 2 HOURS

300g celeriac

Preheat the oven to 180°C/350°F/gas 4. Peel the

300g swede

celeriac and swede and scrub the carrots, then roughly

3 carrots

chop and place in a large casserole pan on a medium

olive oil

heat with 1 tablespoon of oil, the bay leaves, a pinch of

4 fresh bay leaves

sea salt and a generous pinch of black pepper. Drain

1 × 280g jar of

the pickled onions and add with the ground allspice

silverskin pickled

and cloves, then cook for 15 minutes, or until nicely

onions

golden, stirring regularly. Throw in the pearl barley,

½ teaspoon ground

pour over the porter and leave to bubble and cook

allspice

away, then add the jam and stock, and simmer while

½ teaspoon ground

cloves

you make the dumplings.

75g pearl barley

Tip the flour into a bowl with a good pinch of salt.

330ml smooth

porter

Chop and rub in the butter, then mix in about 100ml of

2 teaspoons

water, or just enough to bring it together into a pliable

blackcurrant jam

dough. Roll into 12 balls, then plop into the stew,

1.5 litres vegetable

shaking to coat. Drizzle lightly with oil, then cover and

stock



bake for 1 hour, or until the stew has reduced and the

300g self-raising

dumplings are golden and puffed up, removing the lid

flour

for the last 15 minutes to build some colour.

50g unsalted butter

Meanwhile, very finely shred the cabbage and apple

(cold)

$\frac{1}{4}$  of a red cabbage

(200g)

1 eating apple

with good knife skills or on a mandolin (use the

1 tablespoon red

guard!). Toss with the vinegar and mustard, then

wine vinegar

season to perfection with salt and pepper.

1 teaspoon

wholegrain

mustard

Taste and season the stew, if needed, then serve with

the dumplings and slaw.

The dumplings will double in size as they cook, so make sure you've got enough distance between the stew and the lid of your pan.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
424kcal	13.2g	5.1g	10.2g	67.1g	15.6g	1.9g	8.1g

THAI-STYLE MUSHROOM &

TOFU BROTH

HOT, SOUR, SALTY & SWEET LIQUOR, FLUFFY CRISPY RICE

CAKE

SERVES 6 | 25 MINUTES

olive oil

Rub a large non-stick frying pan lightly with oil. Tip in

450g basmati rice

the rice and twice the volume of water, season with a

800ml vegetable

pinch of sea salt, then cover and cook on a high heat

stock

for 10 minutes. Remove the lid, then cook on a low

1 × 400g tin of

heat for a further 5 minutes, or until the rice is fluffy

light coconut milk

with a crispy bottom, shaking the pan occasionally.

4 teaspoons

tamarind paste

Meanwhile, tip the stock and coconut milk into a large

4 sticks of

lemongrass

pan, and add the tamarind paste. Peel the lemongrass

15g palm sugar

and trim the ends, very finely chop the tender stalks

and add to the pan, then roughly chop and add the

1–2 fresh red

chillies

palm sugar. Deseed and finely slice the chilli(es), peel

4cm piece of

and finely chop the ginger, then add it all to the pan

ginger

and place over a medium heat. Roughly chop any

200g mixed

larger mushrooms with the tofu, leaving any smaller

mushrooms

ones whole, then add to the pan. Bring to the boil for a

300g firm tofu

couple of minutes while you trim and finely slice the

6 spring onions

spring onions and pick most of the coriander leaves,

½ a bunch of fresh

then stir through with a drizzle of soy sauce, to taste.

coriander (15g)

low-salt soy sauce

Spoon the broth into bowls. Turn out the rice cake,

1 lime

slice into wedges and place on top. Serve with the

remaining coriander and lime wedges for squeezing over.

There's a lot of fun to be had here with

seasonal veg and mushrooms – react to

what's available and make the most of

them.