

NM

NUTRITION

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30
HIGH-PROTEIN
RECIPES
*to fuel your
best life*

THE High-Protein VEGETARIAN Recipe Collection

30 DELICIOUS, NOURISHING RECIPES
TO BUILD STRENGTH, BOOST ENERGY
& SUPPORT YOUR HEALTH - **EVERY DAY**



HIGH IN
PROTEIN



NUTRITIOUS
& BALANCED



EASY &
PRACTICAL



VEGETARIAN
FRIENDLY

*Real ingredients.
Bold flavours.
Better you.*

*From
the kitchen
to the clinic -
recipes I make
myself!*

By **NM NUTRITION**

ASSOCIATE REGISTERED NUTRITIONIST
NUTRITION SOCIETY OF NEW ZEALAND



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NM NUTRITION PRESENTS

High-Protein Vegetarian *Recipe Collection*

30 Nourishing Recipes with Nutrition Information & Health Benefits

By NM Nutrition

Associate Registered Nutritionist | Nutrition Society of New Zealand

nmfoodsciencenutrition.com | YouTube: [@nmfoodscience](https://www.youtube.com/@nmfoodscience)

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Disclaimer

This recipe book is written by an Associate Registered Nutritionist with the Nutrition Society of New Zealand and is intended for general healthy eating and educational purposes only.

The nutritional information provided per serving is estimated and may vary based on specific ingredients, brands, serving sizes and preparation methods used. Always consult a Registered Dietitian or qualified healthcare professional for individualised nutrition advice, especially if you have a health condition, food allergy or specific dietary requirement.

For personalised nutrition support, visit nmfoodsciencenutrition.com



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About the Author



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NM Nutrition

Associate Registered Nutritionist | Recipe Curator | Food Scientist

NM Nutrition is the professional identity of a New Zealand-based Associate Registered Nutritionist credentialed with the Nutrition Society of New Zealand (ARNutritionist) and holding a Bachelor of Science in Human Nutrition.

A Journey from Kitchen to Clinic

The story of NM Nutrition is an unusual and beautiful one — it begins not in a university lecture hall but in a professional kitchen.

Before transitioning into evidence-based nutrition science, NM Nutrition trained and worked as a professional chef and recipe curator, developing menus, testing dishes for restaurants and creating recipes for culinary publications. Those years instilled a deep appreciation for the relationship between flavour, texture and nourishment — an understanding that food is far more than fuel.

This culinary foundation drove a passion for understanding the science behind food: why certain ingredients behave the way they do, what happens to nutrients when we cook, and how the meals we create can profoundly shape our long-term health.

Academic Background

- Bachelor of Science in Human Nutrition
- Associate Registered Nutritionist (ARNutritionist) — Nutrition Society of New Zealand
- Specialist training in food science, food labelling and nutrition communication
- Professional background in culinary arts and recipe development

Areas of Expertise


- Plant-based and vegetarian nutrition
- Food science and ingredient functionality
- Nutrition for New Zealand's multicultural community
- Recipe development and nutritional analysis
- Nutrition communication and public health education

Mission

NM Nutrition exists to bridge the gap between food science and everyday eating — making evidence-based nutrition accessible, delicious and culturally relevant for all New Zealanders. Through the YouTube channel nmfoodscience, the website nmfoodsciencenutrition.com and client consultations through NM Nutrition Ltd, the mission is simple: Eat Well. Live Well. Be Well.

 **Website:** nmfoodsciencenutrition.com

 **YouTube:** youtube.com/@nmfoodscience

 **Credentials:** ARNutritionist, Nutrition Society of New Zealand



Introduction: Why High-Protein Vegetarian?

One of the most common questions I receive — both as a nutritionist and as someone who spent years in professional kitchens — is this: Can a vegetarian diet really provide enough protein?

The answer is an unequivocal yes. And this book will show you exactly how.

The Protein Story

Protein is essential for muscle repair, immune function, enzyme production, hormone synthesis and cellular health. Adults generally need 0.8-1.0g of protein per kilogram of body weight daily — and athletes or active individuals may need up to 1.6g/kg.

Plant foods provide protein in abundance when you know what to reach for. Legumes, soy products, dairy, eggs, whole grains, nuts and seeds all contribute significantly. The key is variety — eating a wide range of plant proteins throughout the day ensures all nine essential amino acids are consumed.

Your Protein Toolkit

- Legumes (lentils, chickpeas, kidney beans): 15-18g protein per cooked cup
- Tofu (firm): 17g protein per 200g serve
- Tempeh: 20g protein per 100g — plus probiotics
- Edamame: 17g protein per cup — complete protein
- Greek yoghurt: 17g per cup — plus calcium and cultures
- Cottage cheese: 25g per cup — high in casein protein
- Paneer: 18g per 100g — plus significant calcium
- Eggs: 6g each — complete, highly bioavailable protein
- Quinoa: 8g per cooked cup — complete plant protein
- Hemp seeds: 10g per 3 tablespoons — complete protein with omega-3s

This collection brings together 30 tested, nutritionist-approved recipes spanning cuisines from South Asia, the Mediterranean, East Asia, the Middle East and the Pacific — all with New Zealand pantries in mind.

Each recipe includes: a flavour description, ingredients, step-by-step method, complete nutrition information per serve, and a note on key health benefits.

From the kitchen to the clinic — these are the recipes I make myself. Eat well, live well, be well.

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LEGUMES & PULSES

Recipe 1

Spiced Red Lentil Dal

A classic South Asian comfort dish packed with plant protein and warming spices. Creamy, satisfying, and ready in 30 minutes.



SERVES
4



TOTAL TIME
30 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
320 kcal	18g	42g	8g	9g

Ingredients

- 1 cup red lentils, rinsed
- 1 can (400ml) coconut milk
- 1 can diced tomatoes
- 1 large onion, diced
- 4 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp garam masala
- 2 tbsp olive oil
- Salt & pepper to taste
- Fresh coriander to serve

Method

- Heat olive oil in a large pot over medium heat. Add cumin seeds and toast 30 seconds.
- Add onion and sauté 5 minutes until softened. Add garlic and ginger, cook 2 minutes.
- Stir in turmeric and garam masala. Add lentils, tomatoes and coconut milk.
- Bring to a boil, reduce heat and simmer 20 minutes, stirring occasionally.
- Season with salt and pepper. Serve garnished with fresh coriander and steamed rice.



Nutrition Benefits

Red lentils provide 18g of plant protein per serve plus iron, folate and fibre. Turmeric contains curcumin with anti-inflammatory properties. Coconut milk adds healthy medium-chain triglycerides.

SOY & TOFU

Recipe 2

Crispy Tofu Stir-Fry with Edamame

Crispy golden tofu tossed with edamame, colourful vegetables and a savoury sesame-ginger sauce. A weeknight protein powerhouse.



SERVES
3



TOTAL TIME
25 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
380 kcal	26g	28g	16g	7g

Ingredients

- 400g extra-firm tofu, pressed and cubed
- 1 cup shelled edamame
- 2 cups broccoli florets
- 1 red capsicum, sliced
- 3 tbsp soy sauce (low sodium)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp grated ginger
- 2 cloves garlic, minced
- 1 tbsp cornstarch
- 2 tbsp vegetable oil
- Sesame seeds to garnish

Method

- Press tofu 15 minutes. Cube and toss with cornstarch and a pinch of salt.
- Heat oil in a wok over high heat. Fry tofu 3-4 minutes each side until golden. Remove.
- In the same wok, stir-fry broccoli and capsicum 3 minutes.
- Add edamame, garlic and ginger, cook 1 minute.
- Mix soy sauce, sesame oil and rice vinegar. Pour over vegetables. Return tofu.
- Toss everything together, serve over brown rice, garnish with sesame seeds.



Nutrition Benefits

Tofu and edamame together provide 26g of complete soy protein containing all essential amino acids. Broccoli adds vitamin C, K and cancer-protective sulforaphane. Edamame is rich in folate and manganese.

LEGUMES & PULSES

Recipe 3

Chickpea Spinach Curry (Chana Palak)

A vibrant iron-rich curry combining protein-packed chickpeas with nutrient-dense spinach in a fragrant tomato base.



SERVES

4



TOTAL TIME

35 min



DIFFICULTY

Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
295 kcal	15g	38g	9g	11g

Ingredients

- 2 cans (800g) chickpeas, drained
- 250g baby spinach
- 1 can diced tomatoes
- 1 large onion, diced
- 4 cloves garlic
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp turmeric
- 1 tsp garam masala
- 1 green chilli (optional)
- 2 tbsp olive oil
- 1/4 cup plain yoghurt
- Salt to taste

Method

- Blend onion, garlic, chilli and tomatoes into a smooth paste.
- Heat oil, add cumin and sizzle 30 seconds. Pour in blended paste, cook 8 minutes until thickened.
- Add remaining spices and cook 2 minutes, stirring constantly.
- Add chickpeas and 1/2 cup water. Simmer 10 minutes.
- Stir in spinach and cook until wilted, 2 minutes.
- Remove from heat, swirl in yoghurt. Season and serve with roti or rice.

Nutrition Benefits

Chickpeas provide 15g protein and 11g fibre per serve, supporting gut health and satiety. Spinach is a leading source of iron and folate. Pairing iron-rich plants with tomato vitamin C dramatically improves iron absorption.

GRAINS & BOWLS

Recipe 4

Greek Quinoa Power Bowl

A vibrant Mediterranean-inspired bowl loaded with quinoa, feta, olives, roasted chickpeas and a lemon herb dressing.



SERVES

2



TOTAL TIME

20 min



DIFFICULTY

Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
445 kcal	22g	52g	15g	8g

Ingredients

- 1 cup quinoa, cooked
- 1 can chickpeas, roasted (see method)
- 100g feta cheese, crumbled
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 cup kalamata olives
- 1/4 red onion, thinly sliced
- 3 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- Fresh parsley to garnish
- Salt & pepper

Method

- Drain and dry chickpeas. Toss with olive oil, salt and paprika. Roast at 200°C for 20 minutes until crispy.
- Cook quinoa according to packet instructions. Fluff and let cool slightly.
- Whisk together olive oil, lemon juice, oregano, salt and pepper.
- Assemble bowls: quinoa base, then all toppings arranged over.
- Drizzle dressing, top with feta, parsley and roasted chickpeas.



Nutrition Benefits


Quinoa is one of the few complete plant proteins containing all 9 essential amino acids. Combined with chickpeas, this bowl delivers 22g protein. Feta provides calcium and probiotics. Olive oil supplies heart-healthy monounsaturated fats.

LEGUMES & PULSES


Recipe 5

Black Bean & Sweet Potato Tacos

Smoky black beans and roasted sweet potato nestled in warm corn tortillas with a zesty avocado crema. Fiesta in a shell.


SERVES
4


TOTAL TIME
40 min


DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
410 kcal	16g	58g	12g	13g

Ingredients

- 2 cans black beans, drained
- 2 medium sweet potatoes, cubed
- 8 corn tortillas
- 1 ripe avocado
- 1/4 cup Greek yoghurt
- 1 lime, juiced
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp chilli powder
- 1 cup red cabbage, shredded
- Fresh coriander
- 1 tbsp olive oil
- Salt & pepper

Method

- Toss sweet potato with olive oil, cumin, paprika and salt. Roast at 200°C for 25 minutes.
- Season black beans with smoked paprika, chilli and a pinch of salt. Heat in a pan 5 minutes.
- Blend avocado, Greek yoghurt and lime juice into a smooth crema. Season well.
- Warm tortillas in a dry pan or directly over gas flame.
- Assemble tacos: beans, sweet potato, cabbage, coriander and avocado crema.

Nutrition Benefits


Black beans are among the highest-fibre legumes with 13g per serve, feeding beneficial gut bacteria. Sweet potato provides beta-carotene (vitamin A precursor) and complex carbohydrates for sustained energy. Avocado adds potassium and vitamin E.

DAIRY PROTEIN


Recipe 6

Paneer Tikka Masala

Tender paneer cubes in a luxuriously rich tomato-cream sauce with aromatic spices. The vegetarian answer to butter chicken.


SERVES
4


TOTAL TIME
45 min


DIFFICULTY
Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
420 kcal	24g	22g	26g	4g

Ingredients

- 400g paneer, cubed
- 1 cup tomato puree
- 1/2 cup heavy cream or coconut cream
- 1 large onion, diced
- 4 cloves garlic
- 1 tbsp grated ginger
- 2 tsp garam masala
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp turmeric
- 1 tsp kashmiri chilli powder
- 2 tbsp ghee or butter
- Fresh coriander to garnish

Method

- Marinate paneer in yoghurt, 1 tsp garam masala and turmeric for 15 minutes. Pan-fry until golden.
- Heat ghee, cook onion until caramelised, 10 minutes.
- Add garlic and ginger paste, cook 3 minutes. Add all spices, stir 1 minute.
- Pour in tomato puree. Simmer 15 minutes until thickened.
- Stir in cream, season and fold in paneer. Simmer 5 minutes.
- Garnish with coriander. Serve with naan or basmati rice.

Nutrition Benefits

Paneer is an exceptional vegetarian protein source providing 24g per serve plus significant calcium for bone health. Dairy protein is highly bioavailable. Spices including turmeric, ginger and cumin each contribute anti-inflammatory bioactive compounds.

SOY & TOFU

Recipe 7

Tempeh & Vegetable Fried Rice

Nutty, firm tempeh replaces meat in this wholesome high-protein fried rice — better than takeaway and on the table in 20 minutes.



SERVES
3



TOTAL TIME
20 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
390 kcal	23g	48g	11g	6g

Ingredients

- 200g tempeh, diced
- 2 cups cooked brown rice (day-old is best)
- 2 eggs, beaten
- 1 cup frozen peas and corn
- 1 carrot, diced
- 3 spring onions, sliced
- 3 cloves garlic, minced
- 3 tbsp soy sauce
- 1 tbsp oyster sauce (or hoisin for vegan)
- 1 tsp sesame oil
- 2 tbsp vegetable oil
- Black pepper

Method

- Heat oil in a wok over high heat. Fry tempeh until golden and crispy, 4 minutes. Remove.
- Add garlic to wok, stir 30 seconds. Add carrot and cook 2 minutes.
- Push vegetables aside, pour in eggs and scramble until just set.
- Add rice, breaking up any clumps. Stir-fry 3 minutes.
- Add peas, corn and tempeh. Pour over soy sauce, oyster sauce and sesame oil.
- Toss everything together on high heat 2 minutes. Top with spring onions.

Nutrition Benefits

Tempeh is a fermented soy food providing 23g protein and beneficial probiotics for gut microbiome health. Unlike tofu, tempeh contains the whole soybean so is higher in fibre and B vitamins. Fermentation also improves mineral absorption.

LEGUMES & PULSES

Recipe 8

Lentil & Vegetable Shepherd's Pie

A hearty, warming Kiwi-inspired plant-based pie with a green lentil and vegetable filling crowned with creamy mashed potato.



SERVES
6



TOTAL TIME
60 min



DIFFICULTY
Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
350 kcal	17g	52g	8g	10g

Ingredients

- 1.5 cups green lentils, cooked
- 1kg potatoes, mashed
- 1 large carrot, diced
- 1 celery stalk, diced
- 1 cup frozen peas
- 1 onion, diced
- 3 cloves garlic
- 2 tbsp tomato paste
- 1 cup vegetable stock
- 1 tsp thyme
- 1 tsp rosemary
- 2 tbsp milk (for mash)
- 2 tbsp butter
- 2 tbsp olive oil
- Salt & pepper

Method

- Sauté onion, carrot and celery in olive oil for 8 minutes until soft.
- Add garlic, thyme and rosemary, cook 2 minutes. Stir in tomato paste.
- Add cooked lentils and vegetable stock. Simmer 10 minutes until thickened.
- Stir in frozen peas. Season generously. Spoon into a large baking dish.
- Prepare mash: boil potatoes until tender, drain, mash with butter and milk. Season.
- Spread mash evenly over filling. Bake at 190°C for 25 minutes until golden.



Nutrition Benefits

Green lentils provide complex carbohydrates and 17g protein with a low glycaemic index to support stable blood sugar levels. They are excellent sources of iron, zinc and B vitamins. The potato topping supplies potassium and vitamin C.

EGG-BASED

Recipe 9

Egg & Spinach Frittata

A protein-rich Italian-style baked omelette loaded with spinach, feta and roasted red peppers. Perfect hot or cold.



SERVES
4



TOTAL TIME
30 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
260 kcal	20g	6g	18g	2g

Ingredients

- 6 large eggs
- 100g feta cheese, crumbled
- 150g baby spinach
- 1 roasted red pepper, sliced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/4 cup milk
- 1 tsp dried Italian herbs
- 2 tbsp olive oil
- Salt & black pepper

Method

- Preheat oven to 180°C. Heat olive oil in an oven-safe skillet over medium heat.
- Cook onion until softened, 4 minutes. Add garlic and spinach, stir until wilted.
- Whisk eggs with milk, Italian herbs, salt and pepper.
- Spread onion mixture evenly. Pour egg mixture over. Scatter feta and red pepper.
- Cook on stovetop 3 minutes until edges begin to set.
- Transfer to oven, bake 15-18 minutes until puffed and set in the centre. Slice and serve.

Nutrition Benefits

Eggs are one of the most bioavailable complete proteins available, providing all essential amino acids plus vitamin B12, D and choline for brain health. Spinach contributes folate, iron and lutein for eye health. Feta provides calcium and beneficial bacteria.

SOY & TOFU

Recipe 10

Miso Glazed Tofu with Sesame Soba

Umami-rich miso-glazed tofu served over chilled soba noodles with cucumber and edamame. A Japanese-inspired protein feast.



SERVES
2



TOTAL TIME
25 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
465 kcal	28g	52g	14g	6g

Ingredients

- 300g firm tofu
- 200g soba noodles
- 1 cup edamame, shelled
- 1 cucumber, julienned
- 2 tbsp white miso paste
- 1 tbsp mirin
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1 tsp grated ginger
- 1 tbsp vegetable oil
- Sesame seeds and nori to garnish

Method

- Mix miso, mirin, soy sauce and ginger into a smooth glaze.
- Press and slice tofu. Coat with miso glaze, marinate 10 minutes.
- Cook soba noodles according to packet. Rinse under cold water.
- Toss noodles with sesame oil, rice vinegar and a pinch of soy sauce.
- Pan-fry tofu 3 minutes each side until caramelised and sticky.
- Assemble: noodles, cucumber, edamame, tofu. Garnish with sesame seeds and nori.



Nutrition Benefits

Miso is a fermented soy food rich in beneficial bacteria, B vitamins and zinc. Soba noodles are made from buckwheat — a gluten-optional grain with high protein relative to other noodles. This dish delivers 28g complete plant protein per serve.

DAIRY PROTEIN

Recipe 11

Saag Paneer

Silky pureed spinach and mustard greens with golden paneer cubes — a North Indian classic brimming with iron and calcium.



SERVES
4



TOTAL TIME
40 min



DIFFICULTY
Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
340 kcal	22g	12g	22g	5g

Ingredients

- 350g paneer, cubed
- 500g fresh spinach
- 100g mustard greens (or extra spinach)
- 1 large onion, diced
- 1 tomato, diced
- 4 cloves garlic
- 1 tbsp ginger
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1/2 tsp turmeric
- 2 tbsp ghee
- 1/4 cup cream
- Salt to taste

Method

- Blanch spinach and mustard greens 2 minutes. Blend into a smooth puree with minimal water.
- Pan-fry paneer cubes in ghee until golden on all sides. Set aside.
- In the same pan, toast cumin seeds, add onion and cook until golden, 8 minutes.
- Add garlic, ginger and tomato. Cook 5 minutes until tomato breaks down.
- Pour in spinach puree. Add spices and season. Simmer 10 minutes.
- Stir in cream and fold in paneer. Simmer 3 minutes. Serve with naan.



Nutrition Benefits

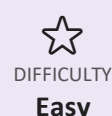
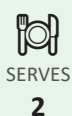
Combining spinach (plant iron, folate) with dairy paneer (protein, calcium) creates a nutritionally synergistic dish. The cream provides fat-soluble vitamin absorption. Each serving delivers 22g protein and significant iron for energy and oxygen transport.

QUICK MEALS

Recipe 12

Chickpea & Avocado Smash Toast

Elevated smashed avo toast loaded with seasoned chickpeas, hemp seeds and microgreens. A 10-minute protein-packed breakfast or lunch.



Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
380 kcal	18g	36g	18g	12g

Ingredients

- 4 thick slices sourdough
- 1 can chickpeas, drained
- 2 ripe avocados
- 2 tbsp hemp seeds
- 1 lemon, juiced
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- Chilli flakes
- Microgreens or sprouts
- Salt & pepper
- Extra virgin olive oil

Method

- Toast sourdough slices until golden and crispy.
- Roughly mash chickpeas with a fork, keeping some texture. Season with cumin, paprika, lemon and salt.
- Mash avocado with lemon juice and season generously.
- Spread avocado mash on toast, top with seasoned chickpeas.
- Sprinkle hemp seeds, chilli flakes and microgreens.
- Finish with a drizzle of extra virgin olive oil and black pepper.

Nutrition Benefits

Hemp seeds are a nutritional standout — a complete plant protein containing omega-3 and omega-6 in ideal ratio. Avocado provides monounsaturated fats and potassium. Chickpeas add fibre and plant protein. Sourdough has a lower glycaemic response than regular bread.

LEGUMES & PULSES

Recipe 13

High-Protein Palak Dal (Spinach Lentil Soup)

A deeply nourishing South Indian dal combining protein-rich split yellow lentils with iron-loaded spinach and a tempering of spices.



SERVES
4



TOTAL TIME
35 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
280 kcal	17g	40g	6g	9g

Ingredients

- 1 cup toor dal (split yellow lentils)
- 200g spinach, chopped
- 1 tomato, diced
- 1 onion, diced
- 4 cloves garlic
- 1 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric
- 1 tsp coriander powder
- 2 dried red chillies
- 1 tbsp ghee
- Salt and lemon juice to taste
- Fresh coriander

Method

- Rinse dal thoroughly. Cook with 3 cups water and turmeric until completely soft, about 20 minutes.
- Mash dal slightly with the back of a spoon.
- Heat ghee in a small pan. Add mustard and cumin seeds until they pop.
- Add dried chillies, onion and garlic. Fry until golden.
- Add tomatoes and cook 5 minutes. Stir in spinach and coriander powder.
- Pour tempering over dal, stir in spinach mixture. Add lemon juice and season.



Nutrition Benefits

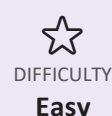
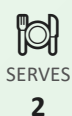
Toor dal is one of the richest plant protein sources with a low glycaemic index perfect for blood sugar management. Spinach dramatically increases the iron content. Ghee tempering actually enhances absorption of fat-soluble vitamins from spinach. A complete balanced meal.

DAIRY PROTEIN

Recipe 14

Cottage Cheese Veggie Bowl

Creamy cottage cheese topped with roasted vegetables, sunflower seeds and a drizzle of honey-mustard. Maximum protein, minimum effort.



Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
310 kcal	28g	22g	12g	6g

Ingredients

- 400g low-fat cottage cheese
- 1 cup cherry tomatoes
- 1 zucchini, sliced
- 1 cup sweet corn
- 1/2 cup sunflower seeds
- 2 cups rocket (arugula)
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- Salt, pepper, dried herbs

Method

- Toss cherry tomatoes and zucchini with olive oil and dried herbs. Roast at 200°C for 20 minutes.
- Toast sunflower seeds in a dry pan until golden. Set aside.
- Whisk together Dijon, honey, apple cider vinegar and olive oil for dressing.
- Divide rocket between bowls. Add a generous scoop of cottage cheese.
- Top with roasted vegetables and corn. Scatter sunflower seeds.
- Drizzle honey-mustard dressing over everything.

Nutrition Benefits

Cottage cheese delivers an impressive 28g protein per serve with minimal fat, making it one of the most efficient protein foods available. It is rich in casein protein which digests slowly for prolonged satiety. Sunflower seeds add vitamin E and selenium.

LEGUMES & PULSES

Recipe 15

Black-Eyed Pea & Coconut Stew

A West African-inspired warming stew with black-eyed peas, sweet potato and tomato in fragrant coconut broth — soul food at its best.



SERVES
4



TOTAL TIME
40 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
360 kcal	16g	48g	12g	11g

Ingredients

- 2 cans black-eyed peas, drained
- 1 sweet potato, cubed
- 1 can coconut milk
- 1 can diced tomatoes
- 1 onion, diced
- 3 cloves garlic
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp cayenne
- 2 cups vegetable stock
- 2 tbsp olive oil
- Kale or spinach to stir in
- Salt and lime to finish

Method

- Heat olive oil and cook onion until soft, 5 minutes. Add garlic and cook 2 minutes.
- Add paprika, cumin and cayenne, stir 1 minute.
- Add sweet potato, tomatoes, coconut milk and vegetable stock.
- Bring to a boil, then simmer 20 minutes until sweet potato is tender.
- Stir in black-eyed peas and greens. Simmer 5 minutes.
- Season with salt and a good squeeze of lime. Serve with crusty bread or rice.



Nutrition Benefits

Black-eyed peas are rich in protein, fibre and folate — particularly important for women of reproductive age. Sweet potato provides beta-carotene and vitamins B5 and B6. The coconut-tomato base delivers lycopene (a potent antioxidant) with better absorption in fat.

GRAINS & BOWLS

Recipe 16

Pesto Pasta with White Beans

Creamy homemade basil pesto tossed through al dente pasta with protein-boosting cannellini beans and sun-dried tomatoes.



SERVES
4



TOTAL TIME
20 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
490 kcal	22g	62g	16g	8g

Ingredients

- 350g pasta (wholemeal preferred)
- 1 can cannellini beans, drained
- 2 cups fresh basil leaves
- 1/3 cup pine nuts (or walnuts)
- 1/2 cup Parmesan cheese, grated
- 3 cloves garlic
- 1/2 cup olive oil
- 1/2 cup sun-dried tomatoes, sliced
- Baby spinach
- Lemon zest
- Salt & pepper

Method

- Cook pasta in salted boiling water until al dente. Reserve 1 cup pasta water.
- Blend basil, pine nuts, Parmesan, garlic, lemon zest and olive oil until smooth. Season.
- Drain pasta and return to pot. Add beans and sun-dried tomatoes.
- Stir through pesto, adding pasta water to reach desired consistency.
- Fold through baby spinach. Toss until wilted.
- Serve immediately with extra Parmesan and black pepper.



Nutrition Benefits

Cannellini beans transform pasta from a carb dish into a balanced protein meal. Basil pesto provides monounsaturated fats from olive oil and the antioxidant flavonoid lutein from basil. Wholemeal pasta increases fibre content significantly compared to white pasta.

SOY & TOFU

Recipe 17

Tofu Scramble with Turmeric

A vibrant yellow scramble using crumbled tofu as the ultimate egg substitute — perfect high-protein vegan breakfast.



SERVES

2



TOTAL TIME

15 min



DIFFICULTY

Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
280 kcal	22g	14g	14g	5g

Ingredients

- 300g firm tofu, crumbled
- 1/2 cup cherry tomatoes, halved
- 1 cup baby spinach
- 1/4 red onion, diced
- 1 tsp turmeric
- 1/2 tsp black salt (kala namak) — gives eggy flavour
- 1/2 tsp garlic powder
- 1/4 tsp smoked paprika
- 2 tbs nutritional yeast
- 1 tbs olive oil
- Chives or spring onions to garnish

Method

- Heat olive oil in a non-stick pan over medium heat.
- Add red onion and cook 3 minutes until softened.
- Crumble tofu into the pan with your hands, breaking into egg-like pieces.
- Add turmeric, black salt, garlic powder, paprika and nutritional yeast. Stir well.
- Add cherry tomatoes and cook 3 minutes. Fold in spinach until wilted.
- Taste and adjust salt. Serve on toast, garnished with chives.

Nutrition Benefits

Nutritional yeast is a secret weapon: it provides B12 (critical for vegans), zinc, selenium and additional complete protein. Turmeric gives the characteristic yellow colour while delivering curcumin. Black salt mimics egg flavour. This breakfast provides 22g protein to kickstart your day.

LEGUMES & PULSES

Recipe 18

Moroccan Chickpea Tagine

Aromatic North African chickpea stew with apricots, preserved lemon and warming spices. Serve over couscous for a complete meal.



SERVES
4



TOTAL TIME
50 min



DIFFICULTY
Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
370 kcal	15g	55g	10g	12g

Ingredients

- 2 cans chickpeas, drained
- 1/2 cup dried apricots, halved
- 1 can diced tomatoes
- 1 onion, diced
- 3 cloves garlic
- 1 preserved lemon (or 2 tbsp lemon juice)
- 1 tsp cinnamon
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp ginger powder
- 1/2 tsp turmeric
- 1 cup vegetable stock
- 2 tbsp olive oil
- Fresh coriander and flaked almonds to serve

Method

- Heat olive oil and cook onion 6 minutes until golden. Add garlic and all spices, cook 2 minutes.
- Add chickpeas, tomatoes, apricots, preserved lemon and vegetable stock.
- Bring to a boil, reduce heat, cover and simmer 30 minutes.
- Remove lid and cook 10 more minutes to thicken.
- Season generously. Serve over fluffy couscous topped with coriander and almonds.



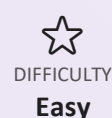
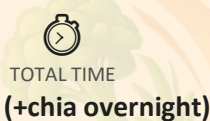
Nutrition Benefits

DAIRY PROTEIN

Recipe 19

Greek Yoghurt Protein Parfait

A layered beauty of thick Greek yoghurt, chia seed pudding, fresh berries and activated granola. High-protein, no-cook breakfast.



Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
340 kcal	24g	38g	10g	9g

Ingredients

- 1 cup full-fat Greek yoghurt
- 3 tbsp chia seeds
- 1 cup plant milk
- 1 cup mixed berries (fresh or frozen)
- 1/2 cup granola
- 1 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 2 tbsp almond butter
- Mint to garnish

Method

- Night before: mix chia seeds, plant milk and vanilla. Refrigerate overnight to form pudding.
- Layer in serving glasses: Greek yoghurt on the bottom.
- Add a layer of chia pudding.
- Top with fresh berries, granola and a drizzle of almond butter.
- Finish with honey and a sprig of mint.
- Serve immediately for best texture.

Nutrition Benefits

Greek yoghurt provides 17g protein per cup, more than double regular yoghurt, plus live cultures for gut microbiome diversity. Chia seeds are exceptional: 5g protein and 10g fibre per 3 tbsp, plus omega-3 ALA. Berries provide anthocyanin antioxidants linked to cognitive health.

LEGUMES & PULSES

Recipe 20

Kidney Bean & Kale Minestrone

A hearty Italian-style minestrone packed with kidney beans, kale and pasta — a nourishing meal in a bowl that is even better the next day.



SERVES
6



TOTAL TIME
45 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
290 kcal	15g	44g	6g	10g

Ingredients

- 2 cans kidney beans, drained
- 200g kale, chopped
- 1 cup small pasta (ditalini or elbows)
- 1 can diced tomatoes
- 2 carrots, diced
- 2 celery stalks, diced
- 1 zucchini, diced
- 1 onion, diced
- 4 cloves garlic
- 1L vegetable stock
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 tbsp olive oil
- Parmesan rind (optional but adds depth)
- Salt, pepper, fresh basil

Method

- Heat olive oil in a large pot. Cook onion, carrot and celery 8 minutes until soft.
- Add garlic, thyme and oregano, stir 1 minute.
- Add zucchini, tomatoes, kidney beans, stock and Parmesan rind. Bring to a boil.
- Simmer 15 minutes. Add pasta and cook al dente (usually 8 minutes).
- Stir in kale and cook 3 minutes until tender.
- Remove Parmesan rind, season, serve with crusty bread and grated Parmesan.



Nutrition Benefits

SNACKS & SIDES

Recipe 21

Edamame Hummus with Veggie Crudites

Ultra-creamy edamame hummus made in 5 minutes — vibrant green, protein-packed and infinitely better than shop-bought.



SERVES
4



TOTAL TIME
5 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
180 kcal	12g	14g	8g	5g

Ingredients

- 2 cups shelled edamame (frozen, thawed)
- 3 tbsp tahini
- 2 cloves garlic
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/2 tsp cumin
- 1/4 cup water
- Salt and pepper
- Carrot, cucumber, capsicum for dipping
- Sesame seeds and chilli oil to garnish

Method

- Cook edamame in boiling water 3 minutes. Drain and cool.
- Blend edamame, tahini, garlic, lemon juice, cumin and water until very smooth.
- Drizzle in olive oil while blending for extra creaminess.
- Season generously. Blend again.
- Spread into a bowl, drizzle chilli oil, sprinkle sesame seeds.
- Serve with fresh vegetable crudites and crackers.

Nutrition Benefits

Edamame hummus doubles the protein of traditional chickpea hummus while adding isoflavones — plant compounds studied for heart health and hormonal balance benefits. Tahini provides calcium, copper and more healthy fats. The whole dish is a complete snack with protein, fat and fibre.

LEGUMES & PULSES

Recipe 22

Mushroom & Lentil Bolognese

A meaty, deeply satisfying pasta sauce made with umami-rich mushrooms and earthy green lentils. No meat, no compromise.



SERVES
5



TOTAL TIME
45 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
355 kcal	18g	52g	7g	9g

Ingredients

- 400g mushrooms, finely diced
- 1 cup green lentils, rinsed
- 350g pasta
- 1 can diced tomatoes
- 1 onion, finely diced
- 2 carrots, finely diced
- 2 celery stalks
- 5 cloves garlic
- 2 tbsp tomato paste
- 1 cup vegetable stock
- 1/2 cup red wine (or extra stock)
- 1 tsp thyme and oregano
- 2 tbsp olive oil
- Parmesan to serve

Method

- Cook lentils until just tender, about 20 minutes. Drain and set aside.
- Heat olive oil. Finely dice mushrooms and sauté until all moisture evaporates and they begin to brown, 10 minutes.
- Add onion, carrot and celery. Cook 8 minutes. Add garlic and herbs.
- Stir in tomato paste and cook 2 minutes. Add wine and reduce.
- Add tomatoes, lentils and stock. Simmer 20 minutes until thick and saucy.
- Toss with cooked pasta. Serve with Parmesan and fresh basil.

Nutrition Benefits

Mushrooms are unique — they are the only plant food that naturally produces vitamin D when exposed to UV light. Combined with lentils, they create a sauce with the flavour depth of meat and 18g protein. Lentils provide iron in a form enhanced by tomato vitamin C.

SOY & TOFU

Recipe 23

Spicy Tofu Bibimbap

Korean-inspired rice bowl with crispy tofu, sautéed vegetables, fried egg and fiery gochujang sauce. A rainbow in a bowl.



SERVES

2



TOTAL TIME

35 min



DIFFICULTY

Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
490 kcal	28g	58g	16g	7g

Ingredients

- 300g firm tofu
- 1.5 cups cooked short-grain rice
- 2 eggs
- 1 cup spinach, blanched
- 1 cup bean sprouts
- 1 carrot, julienned
- 1 zucchini, julienned
- 3 tbsp gochujang
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 1 tsp ginger
- 1 tsp sugar
- 2 tbsp vegetable oil
- Sesame seeds and nori

Method

- Press and slice tofu. Pan-fry in oil until golden and crispy. Set aside.
- Sauté each vegetable separately in a little sesame oil with a pinch of salt. Keep them separate.
- Mix gochujang, soy sauce, sesame oil, ginger and sugar into bibimbap sauce.
- Fry eggs to your liking (sunny-side-up is traditional).
- Serve rice in a hot stone bowl or regular bowl. Arrange vegetables and tofu in sections.
- Top with fried egg and bibimbap sauce. Mix vigorously before eating.

Nutrition Benefits

Bibimbap is nutritionally complete: complete protein from tofu and egg, complex carbs from rice, prebiotic fibre from varied vegetables, and gochujang contains capsaicin shown to modestly boost metabolism. The variety of vegetables maximises the range of phytonutrients consumed.

LEGUMES & PULSES

Recipe 24

Pistachio & Lemon Falafel Wraps

Light, crispy baked falafels with a pistachio twist, wrapped in wholemeal flatbread with tahini, pickles and fresh herbs.



SERVES

4



TOTAL TIME

50 min



DIFFICULTY

Medium

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
420 kcal	18g	46g	16g	10g

Ingredients

- 1.5 cups dried chickpeas, soaked overnight (not canned)
- 1/2 cup pistachios, shelled
- 1/2 cup parsley
- 1/4 cup coriander
- 4 cloves garlic
- 1 lemon, zested
- 1 tsp cumin
- 1 tsp coriander powder
- 1/2 tsp baking powder
- Salt
- 4 wholemeal flatbreads
- Tahini sauce, pickles, tomato, lettuce

Method

- Drain soaked chickpeas. Blend with pistachios, herbs, garlic, lemon zest and spices. Do not over-blend — keep some texture.
- Add baking powder and salt. Refrigerate 30 minutes.
- Shape into small patties. Brush with olive oil.
- Bake at 200°C for 20-25 minutes, flipping halfway, until golden and crispy.
- Warm flatbreads. Spread tahini sauce generously.
- Fill with falafels, pickles, tomatoes, lettuce and extra herbs.

Nutrition Benefits

Traditional falafel uses raw soaked chickpeas (not canned) which gives the best texture and maximises resistant starch — a prebiotic fibre supporting gut health. Pistachios uniquely contain lutein for eye health. Each wrap provides 18g complete protein from the legume-grain combination.

QUICK MEALS

Recipe 25

High-Protein Green Goddess Smoothie Bowl

A thick, vibrant smoothie bowl packed with spinach, banana, protein-rich edamame and hemp seeds. Beautiful and nourishing.



SERVES
1



TOTAL TIME
5 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
390 kcal	22g	48g	12g	9g

Ingredients

- 1 cup frozen edamame
- 1 frozen banana
- 1 cup baby spinach
- 1/2 avocado
- 1 cup plant milk (oat or almond)
- 2 tbsp hemp seeds
- 1 tbsp almond butter
- 1 tsp spirulina (optional)
- Toppings: kiwi, granola, berries, bee pollen, coconut flakes

Method

- Add all smoothie ingredients to blender: edamame, banana, spinach, avocado, plant milk.
- Add hemp seeds, almond butter and spirulina if using.
- Blend on high until completely smooth and thick. Add more milk if needed.
- Pour into a chilled bowl — it should be thick enough that a spoon stands up.
- Arrange toppings in sections: sliced kiwi, granola, fresh berries, a sprinkle of coconut.
- Serve immediately.



Nutrition Benefits

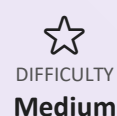
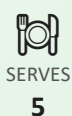
Spirulina is nature's most concentrated protein source — 60-70% protein by weight, plus B12 and iron. Hemp seeds provide gamma-linolenic acid (GLA), an anti-inflammatory omega-6 fatty acid. This bowl delivers 22g protein before 7am with a complete phytonutrient spectrum from the green foods.

DAIRY PROTEIN

Recipe 26

Paneer & Pea Biryani

Fragrant layered basmati rice with golden paneer, sweet peas and caramelised onions — an aromatic protein-rich celebration rice.



Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
460 kcal	20g	58g	16g	5g

Ingredients

- 400g paneer, cubed and pan-fried
- 2 cups basmati rice
- 1 cup frozen peas
- 2 large onions, thinly sliced
- 1/2 cup yoghurt
- 4 cloves garlic + 1 tbsp ginger paste
- 2 tsp biryani masala
- 1 tsp turmeric
- Saffron in 3 tbsp warm milk
- Fried cashews and raisins
- Ghee
- Whole spices: cardamom, cloves, bay leaf, cinnamon stick
- Fresh mint and coriander

Method

- Parboil rice with whole spices until 70% cooked. Drain.
- Caramelize onions in ghee over low heat until deep golden, 20 minutes.
- Marinate paneer in yoghurt, garlic-ginger paste and biryani masala.
- Layer in a heavy pot: rice, paneer mixture, peas, onions, saffron milk, mint. Repeat.
- Seal pot with foil then lid. Cook on low heat 25 minutes (dum method).
- Serve garnished with fried cashews, raisins and fresh herbs.

Nutrition Benefits

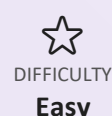
Basmati rice has a lower glycaemic index than other white rices due to its amylose starch structure. The paneer provides 20g protein and significant calcium. Saffron contains crocin, an antioxidant studied for mood-supporting properties. This biryani is a nutritionally balanced celebration dish.

SNACKS & SIDES

Recipe 27

Soy & Sesame Edamame Salad

A Japanese-inspired salad tossing edamame, cucumber, shredded cabbage and carrot in a zingy sesame-soy dressing. Ready in 10 minutes.



Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
210 kcal	14g	18g	10g	7g

Ingredients

- 2 cups shelled edamame, cooked
- 2 cups purple cabbage, shredded
- 1 large carrot, grated
- 1 cucumber, thinly sliced
- 3 spring onions, sliced
- 3 tbsp soy sauce (low sodium)
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp honey
- 1 tsp grated ginger
- 1 clove garlic, minced
- Sesame seeds and nori strips

Method

- Whisk together soy sauce, rice vinegar, sesame oil, honey, ginger and garlic.
- Combine edamame, cabbage, carrot, cucumber and spring onions in a large bowl.
- Pour dressing over and toss thoroughly to coat everything.
- Let sit 5 minutes for flavours to meld.
- Transfer to serving bowls, garnish with sesame seeds and nori strips.
- Serve immediately or refrigerate up to 2 days.

Nutrition Benefits

Edamame contains phytoestrogens (isoflavones) studied for potential benefits in hormonal balance, bone health and cardiovascular risk reduction. Purple cabbage provides anthocyanins — powerful antioxidants linked to reduced inflammation. This salad delivers 14g complete plant protein with minimal cooking.

LEGUMES & PULSES

Recipe 28

Red Kidney Bean Chilli

A bold, satisfying plant-based chilli with two kinds of beans, fire-roasted tomatoes and a secret cocoa-based depth of flavour.



SERVES
6



TOTAL TIME
45 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
310 kcal	17g	46g	6g	14g

Ingredients

- 2 cans red kidney beans
- 1 can black beans
- 2 cans fire-roasted diced tomatoes
- 1 large onion, diced
- 1 red capsicum, diced
- 4 cloves garlic
- 2 tsp cumin
- 2 tsp chilli powder
- 1 tsp smoked paprika
- 1 tbsp cocoa powder (secret ingredient!)
- 1 tsp oregano
- 2 tbsp olive oil
- 1 cup vegetable stock
- Avocado, sour cream, lime, coriander to serve

Method

- Heat oil and cook onion and capsicum 6 minutes. Add garlic and cook 2 minutes.
- Add cumin, chilli, paprika, cocoa and oregano. Stir 1 minute until fragrant.
- Add tomatoes, both beans and vegetable stock. Stir well.
- Bring to a boil, then simmer uncovered 25-30 minutes until thick.
- Season generously with salt. Let stand 5 minutes before serving.
- Serve with avocado, a swirl of sour cream, lime and coriander.



Nutrition Benefits

This chilli provides an extraordinary 14g fibre per serve — over half the daily recommendation. Dietary fibre is the single biggest predictor of gut microbiome diversity. Cocoa adds flavanols with cardiovascular benefits. Two-bean combinations increase the variety of fermentable fibres feeding different gut bacterial species.

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QUICK MEALS

Recipe 29

Chickpea Flour Pancakes (Socca)

Golden crispy chickpea flour pancakes topped with goat's cheese, roasted veg and basil. A naturally gluten-free protein-rich lunch.



SERVES
3



TOTAL TIME
25 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
320 kcal	18g	28g	14g	6g

Ingredients

- 1.5 cups chickpea flour (besan)
- 1.5 cups warm water
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp turmeric
- 100g soft goat's cheese
- 1 cup roasted capsicum and zucchini
- Fresh basil leaves
- Sun-dried tomatoes
- Black pepper and chilli flakes

Method

- Whisk chickpea flour, warm water, 2 tbsp olive oil, salt, cumin and turmeric into a smooth batter.
- Rest for 15 minutes (important for texture).
- Heat a non-stick pan with remaining olive oil over medium-high heat.
- Pour in batter to form a thin pancake. Cook 4 minutes until edges are firm and bubbling.
- Flip and cook 2 more minutes. Transfer to a board.
- Top with crumbled goat's cheese, roasted vegetables, basil and a drizzle of olive oil.



Nutrition Benefits

Chickpea flour (besan) is a protein powerhouse — 20g protein per cup — and is naturally gluten-free. Socca has roots in the Nice/Genoa region of the Mediterranean. Goat's cheese is typically lower in lactose and fat than many other cheeses, and provides calcium and phosphorus.

SOY & TOFU

Recipe 30

Thai Peanut Noodle Bowl with Tempeh

Silky peanut-lime noodles loaded with crispy tempeh, shredded vegetables and fresh herbs. Crowd-pleasing and meal-prep friendly.



SERVES
3



TOTAL TIME
25 min



DIFFICULTY
Easy

Nutrition per Serving

Calories	Protein	Carbs	Fat	Fibre
510 kcal	28g	54g	20g	7g

Ingredients

- 200g tempeh, sliced
- 200g rice noodles or soba
- 2 cups shredded red cabbage
- 1 large carrot, grated
- 1 cucumber, sliced
- 1/2 cup peanuts, crushed
- Fresh coriander, mint and basil
- Lime wedges
- For peanut sauce: 4 tbsp peanut butter, 2 tbsp soy sauce, 1 lime juiced, 1 tsp ginger, 1 tsp honey, 1 tsp chilli, 3 tbsp warm water

Method

- Mix peanut sauce ingredients until smooth. Adjust with water for desired consistency.
- Pan-fry tempeh slices in a little oil until golden and crispy on both sides, 4 minutes.
- Cook noodles according to packet. Rinse under cold water.
- Toss noodles with half the peanut sauce.
- Arrange noodles in bowls. Top with cabbage, carrot, cucumber and tempeh.
- Drizzle remaining sauce, top with peanuts, fresh herbs and lime wedges.

Nutrition Benefits

Peanuts are technically legumes — they provide protein, niacin and resveratrol, the antioxidant also found in red wine. Tempeh adds probiotics and complete soy protein. Natural peanut butter provides monounsaturated fats. This bowl delivers 28g protein and covers vitamins B1, B3, E and manganese in one dish.

Quick Reference: Protein at a Glance

Use this table to identify your highest-protein recipe picks by category:

Recipe	Category	Protein/Serve
Miso Glazed Tofu with Sesame Soba	Soy & Tofu	28g
Thai Peanut Noodle Bowl with Tempeh	Soy & Tofu	28g
Spicy Tofu Bibimbap	Soy & Tofu	28g
Cottage Cheese Veggie Bowl	Dairy Protein	28g
Crispy Tofu Stir-Fry with Edamame	Soy & Tofu	26g
Paneer Tikka Masala	Dairy Protein	24g
Greek Yoghurt Protein Parfait	Dairy Protein	24g
Tofu Scramble with Turmeric	Soy & Tofu	22g
Greek Quinoa Power Bowl	Grains & Bowls	22g
Egg & Spinach Frittata	Egg-Based	20g
Saag Paneer	Dairy Protein	22g
Tempeh & Vegetable Fried Rice	Soy & Tofu	23g

Pantry Essentials for High-Protein Vegetarian Cooking

- Canned legumes: chickpeas, kidney beans, black beans, lentils
- Dried lentils: red, green, brown, toor dal
- Firm and extra-firm tofu
- Tempeh
- Paneer (fresh or frozen)
- Eggs
- Greek yoghurt and cottage cheese
- Quinoa
- Hemp seeds, chia seeds, sunflower seeds
- Nutritional yeast (B12-fortified for vegans)
- Miso paste

- Tahini
- Natural peanut butter and almond butter
- Whole grains: brown rice, soba noodles, sourdough, oats
- Aromatics: garlic, ginger, onion (always)
- Spice basics: cumin, turmeric, garam masala, smoked paprika, coriander

References & Further Reading

The nutritional content estimates in this book are based on the following evidence-based sources:

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Nanish Malhotra is the founder of NM Nutrition Ltd — a Christchurch-based nutrition consultancy built on one core belief: real, whole food is the most powerful tool we have for long-term health.

With a BSc in Human Nutrition and ANutr credentials, Nanish brings scientific rigour to every recipe. Before specialising in nutrition science, Nanish trained as a professional chef — a rare blend of culinary craft and evidence-based practice.

Areas of focus: gut health, weight management, metabolic health, hormonal health and sports nutrition — serving clients in-person in Christchurch and online across New Zealand.

NM Nutrition is also home to the YouTube channel @NMFoodScience, producing evidence-based nutrition content for everyday New Zealanders.

This collection reflects a core philosophy:

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