

The Sustainable Recipe Collection 2021



A selection of recipes with a sustainability edge designed to excite and inspire.

Introduction

This collection of recipes was submitted to our Sustainable Recipe Contest earlier in the year. There are fabulous dishes and ingredients to try, and the creators of the recipes have calculated the estimated carbon footprint score per serving for your awareness.

[8-in-10 people](#) see climate change as a significant threat to their country. [Food production is responsible for one-quarter](#) of the world's greenhouse gas emissions. The average daily footprint in the UK is currently 35.6kg CO₂e, including travel, home heating, and so on. The average diet related carbon footprint is 5.17kg CO₂e – but this needs to shrink to 4.09kg CO₂e by 2030. Higher carbon footprint values mean higher greenhouse gas emissions, exacerbating climate change, which in turn affects the conditions needed for producing our food. The food an Oxford resident eats makes up 43% of their ecological footprint (Moore 2018, Oxfordshire Ecological Footprinting Study). Therefore, it is vital to consider and re-evaluate, often multiple times, what we are eating and how it is sourced, not only for the planet but also for our own health.

Generally, we are all aware that the food we consume impacts the planet, yet it is one of the hardest aspects to change in our lifestyle. We hope to introduce you to new and exciting ideas, so it is not a chore or something you feel you have to do, but something exciting and enjoyable!

The Switch Up Your Lunch campaign is one easy way to do this. Trying the recipes included in this cookbook is another. Please try and tag us on social media [@OxfordEnvSust](#) to let us know what you thought; we'd love to hear your feedback!

The scores are reported in grams of carbon dioxide equivalents, or gCO₂e, which bundles all greenhouse gases such as methane and nitrous oxide to a single unit to enable comparisons. If you would like to calculate the carbon footprint of one of your own dishes, use this [calculator](#).

We want to build upon this resource, so look out for our Sustainable Food Contest 2022.

See an easy-to-read interpretation of carbon emissions emitted per food group on the last page of this document.

#SwitchUpYourLunch

Table of Contents

Introduction	2
Breakfast	4
Vegan breakfast pancakes.....	4
Lunches, salads and side dishes	5
Spicy couscous and halloumi salad with apricots.....	5
Wholesome Green and Bean Soup	6
Gyros style za'tar spiced vegan wrap.....	7
Sweetcorn and coriander soup.....	8
Potato bake	9
Mains	10
Plant n' Dec.....	10
Vegan nut crumble	12
Nasi goreng.....	14
Desserts.....	15
Raspberry cranchan.....	15

Bear in mind: The recipes in this collection are the product of a friendly contest within the University. These are not the products of culinary professionals. Use your best judgment while following it. The carbon footprint of each dish offers a general impression based on the average carbon footprint of each of the produces. It is not a precise calculation and shouldn't be related to as such.

Be aware of products that might cause an allergic reaction.

Breakfast

Vegan breakfast pancakes

By Anika Knuppel

Description: Banana and oat-based flourless pancakes (7-10 servings)

Ingredients list.

60g Oats

½ Banana

100ml water (more if needed, but rather start with too little than too much)

Pinch of salt

2 teaspoons Nut butter (e.g. almond or peanut butter)

Toppings (e.g. nut butter, chocolate spread, maple syrup, fruit)

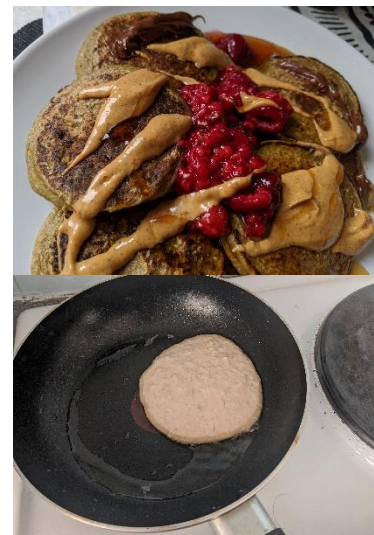
The carbon footprint score of this dish per serving - 170g CO₂e

Method

1. Blend all ingredients with a blender. Be careful to not wait too long until baking - as the batter gets denser with time. If the batter is too thin, add some more oats or wait a little; if too thick, carefully add some water.
2. Heat up a pan with oil. Bake pancakes (size just under the size of the palm of the hand) until golden brown.
3. Top off with syrup, nut butter and fruit.

Additional sustainability tips:

Try to use palm oil free nut butter.



Lunches, salads and side dishes

Spicy couscous and halloumi salad with apricots

Description: The perfect summer recipe: Fruity apricots, chilli and yummy halloumi on spiced couscous (7-10 servings)

Ingredients list.

200g couscous

1 orange (organic)

6 apricots

1 shallot

1 bunch of parsley and mint

250g halloumi cheese

1 tbsp ras el hanout spice mix

1 dried chilli (use less if you wish)

1 tbsp white wine vinegar

7 tbsp olive oil

The carbon footprint score of this dish, per serving - 1,547g CO₂e

Method

1. Thinly slice the shallot. Grate the chilli. Cut the apricots in halves and remove stones. Wash the orange with hot water, grate the orange zest, squeeze and collect the orange juice. Cut the halloumi in 2cm thick slices.

2. Boil 300ml of water, take off the hob, add couscous, orange juice, 2g ras el hanout, 1 tsp orange zest, and 1/2 tsp salt. Cover and leave for 7 minutes.

3. Preheat your oven to 220°C. Put the apricot halves in a bowl and add 1 tbsp olive oil, 1 tbsp sugar, 1/4 tsp salt and the ground chilli. Mix together. Place the apricots on a baking tray on the top shelf of your oven and grill for 8 minutes.

4. Heat 2 tbsp oil in a frying pan and fry the halloumi for 4 minutes until nicely browned from both sides. Set some mint and parsley leaves aside for later and chop the rest of the leaves.

5. Add the herbs and sliced shallot to the couscous, then season with 4 tbsp olive oil, 1 tbsp white wine vinegar, 1/4 tsp salt and 1/2 tsp sugar.

6. Place the couscous salad on a plate. Add the grilled apricot halves, halloumi and finally some mint and parsley leaves. Enjoy!

Additional sustainability tips:

1. This is a great summer recipe, and it tastes fantastic with fresh apricots. Out of season, you can use tinned apricots as an alternative.
2. Serve as a main or as a side dish, it's a great addition to any sustainable barbecue.

Other tips:

Ras el hanout is a mix of different spices. You can either buy it from most large supermarkets, or if you are already well-stocked with spices, you can mix it yourself.



Wholesome Green and Bean Soup

By Kate O'Connor

Description: A zesty, chunky soup perfect for a quick dinner (7-10 servings)

Ingredients list.

- 2 tbsp vegetable oil
- 1 medium sized courgette
- 2 medium sized leeks
- 1 head of celery
- 500ml vegetable stock
- 400g tin butterbeans (drained and rinsed)
- Good quality extra virgin olive oil
- 1/2 lemon or more if you wish



The carbon footprint score of this recipe, per serving – 1,060g CO₂e

Method

1. Carefully wash and trim the head of celery, cutting away the dirty parts of the root end without cutting the stalks away from the heart. Cut the head of the celery in two, lengthways through the heart and season the cut sides.
2. Bring a good-sized saucepan or frying pan with a lid to a medium heat. Add 1 tbs of vegetable oil and place in the two halves of the celery in, cut side down (if you need to trim down the celery to fit in the pan, trim from the stalk end). They should sizzle as they touch the oil. Place the lid on the pan and cook for about 15 minutes or until cooked through and soft with a crispy brown crust on the cut side.
3. While the celery cooks, in a large soup pot or saucepan, sweat 1 cm thick disks of leek in the other tbs of oil over medium-low heat. When these are softened but not browned, add the vegetable stock and the beans, put on the lid and turn the heat to low.
4. Remove the celery and set it aside to cool. Turn the heat up under the pan and add the courgette, cut into large dice. Fry until just it's cooked through and dark golden-brown in places and immediately add to the leeks and stock.
5. Slice the celery into pieces roughly the same size as the courgette and add to the leeks and stock. Turn the heat up under the soup and stir gently until it's piping hot and the colour from the courgette and celery has leached into the stock. Don't allow it to simmer or boil.
6. Remove from the heat and season to taste with salt and black pepper. Finish by stirring through a good glug of extra virgin olive oil and the juice of about half a lemon and serve with a couple of slices of crusty bread

Gyros style za'tar spiced vegan wrap

Description: A wrap with garlic, cucumber and mint yoghurt base. Topped with baked tofu and za'atar spiced veg mixture (7-10 servings)

Ingredients list

8 mini or large wraps	1 Green Bell Pepper
200g Alpro unsweetened dairy free yogurt	1 tin of cooked lentils
3-4 Cloves of garlic (crushed/pureed)	1.5tbsp Za'tar spice mix
1/4 of a Cucumber peeled	1 slab of Tofu (usually around 280g)
1 tbsp Lemon Juice	Bread crumbs
1 Courgette (cubed)	Dairy free milk
1 Red Onion	Corn starch

The carbon footprint score of the dish, per serving - 550g CO₂e

Method

1. Mix the dairy free yoghurt with the pureed/minced garlic, lemon juice and peeled/thinly sliced cucumber and mix together then set aside.
2. For the tofu, first pre heat the oven to 200 degrees. Then chop tofu into squares, cover in corn flour and fry in oil and a little salt for 5 mins until they start to crisp up. Then take off the heat and cool, then dip into dairy free milk and coat in breadcrumb mix (breadcrumbs and za'tar spice), then place on a baking tray and bake for 20 mins.
3. For the veg mix sauté the chopped courgette and red onion with 2tsp cumin for 3-4 mins, then add in the chopped green pepper, cooked lentils and 1.5 tbsp of za'tar spice mix and cook until done.]
4. Then add the yoghurt mix to the base of the wrap, top with shredded lettuce, veg mix and tofu. Finish off with some siracha sauce if you would like. Enjoy.

Additional sustainability tips

Try to shop or grow vegetables locally if you are able to.



Sweetcorn and coriander soup

By Anjali Shah

Description: Tasty sweetcorn soup (7-10 servings)

Ingredients list:

1 tablespoon of vegetable oil	25g fresh coriander finely chopped
1 medium onion finely chopped	400g tinned sweetcorn
1 garlic clove finely chopped	500ml vegetable stock salt pepper

The carbon footprint score of this recipe, per serving - 306g CO₂e

Method

1. Put the oil in a large saucepan and gently heat.
2. Add the onion and garlic and gently cook for 5 minutes.
3. Stir in the coriander and sweetcorn and cook for another 3 minutes.
4. Add the vegetable stock and simmer for 10 minutes.
5. Using a stick blender, partly blend the soup
6. Season to taste with the salt and pepper.

Additional sustainability tips:

The soup will keep for 5 days in a refrigerated sealed container or can be frozen.



Potato bake

Description: A comforting and healthy side dish (7-10 servings)

Ingredients list:

1 kg potatoes, cleaned and chopped into bite size pieces	500g washed baby spinach
2 garlic cloves finely chopped	250g vegan cheese grated
1 onion finely chopped	salt & pepper to taste
1 Knorr vegetable stock pot	

The carbon footprint score of this recipe per serving – 790g CO₂e

Method

1. Preheat the oven to 200 degrees celsius.
2. Simmer the potatoes in water with a pinch of salt for 15 minutes.
3. In a small saucepan, put the onion, garlic, vegetable stock pot and 150ml of boiling water, and simmer for 15 minutes.
4. When cooked, drain the potatoes and place them in a large oven-proof dish.
5. Wilt the spinach in a saucepan with a little water. Then drain off the excess water.
6. Put the spinach, onion mixture and half the vegan cheese into the over-proof dish.
7. Gently mix together with some salt and pepper.
8. Sprinkle the rest of the cheese on top.
9. Bake in the oven for 40 minutes.

Additional sustainability tips

Any leftover veg could be added to this dish with the potatoes.



Mains

Plant n' Dec

By John Buckell

Description: Cauliflower steak, squash puree, salt-baked beets, cashews, coriander & lemon oils (7-10 servings)

Ingredients list.

1 cauliflower	1 egg white
30ml chicken stock	70g table salt
50g plant butter	5g cashew nuts
100g kuri kabocha (or any other butternut squash-type vegetable)	30g coriander leaves
2 beetroot (any colour)	1/2 lemon
130g plain flour	100ml canola oil
	Salt & pepper

The carbon footprint score of this dish, per serving - 3,050g CO₂e

Method

Cauliflower steak: -(1) remove the outer leaves -(2) cut into three equal slices -(3) melt the plant butter over a medium heat -(4) add the stock and bring to the boil -(5) submerge each slice of the cauliflower in the butter/stock -(6) simmer in the butter/stock for about 10 mins to soften -(7) lay slices on a roasting dish -(8) pour over excess butter/stock -(9) season generously -(10) roast at 200°C until golden (about 40 mins); turn half way through cooking.

For the salt crust (easy to find instructions on google if this isn't clear) -(1) combine flour, salt, and egg whites in a mixing bowl -(2) transfer to surface and knead for 2-3 minutes - (3)refrigerate until needed; it is now ready to be rolled out

For the beetroot -(1) peel and cut into pieces that are around 1/2 inch in diameter -(2) roll out salt crust and encase pieces being careful to leave no air inside (tip: roll out a bottom layer, lay pieces on top and cover with top layer; trim with spatula ready for the oven) -(3) bake at 200°C for around an hour

For the squash puree -(1) cut the squash into pieces that are around 1/2 inch in diameter -(2) salt (see above) -(3) bake squash pieces as per beetroot -(4) transfer to blender and blend with canola oil until desired consistency is reached -(5) season to taste

For the cashews: -(1) Roast on a baking tray until brown and oils have emerged (keep an eye on them - don't overdo it like I did!)

For the coriander oil -(1) blanch (approximately 20 seconds) coriander in boiling water and then shock (transfer to ice bath) -(2) pat off excess water on paper towels -(3) transfer to blender - blitz, while adding canola oil (use equal volume of oil to leaves) - blitz for around 5-10 mins to extract as much flavour/colour as possible -(4) pass oil through a muslin to remove solids - refrigerate until needed

For the lemon oil –(1) juice the lemon –(2) add equal quantity of canola oil –(3) shake vigorously and serve (note: don't do in advance, it'll separate)

Serving - All the bits are there - play with it, have fun!

Additional sustainability tips:

Substitute the chicken stock for vegetable stock



Vegan nut crumble

By Caroline Wood

Description: A warming, nutty root vegetable dish in a gently spiced tomato sauce, with a crispy, moorish topping (4 generous servings)

Ingredients list

1 medium onion, diced	Smoked paprika,
350 g Carrots, peeled and sliced	2 teaspoons Soy sauce,
400 g Sweet potato, peeled and cut into small chunks	1 tablespoon Sherry vinegar,
400 g Tin of tomatoes	2 teaspoons Ground cinnamon,
400 ml Vegetable stock	2 teaspoons Sugar,
140 g Oats,	1 teaspoon salt and pepper to taste
70 g Nut butter (e.g. peanut butter)	Seasonal herbs (optional),
50 g Nuts (cashew nuts or almonds work well)	15 grams Vegetable oil,
	1 tablespoon Water, 2 tablespoons

The carbon footprint score of this recipe, per serving – 820g CO₂e

Method

1. Heat the olive oil in the base of a large deep frying pan, or casserole dish. Cook the onion and carrot for 5-10 minutes until softened.
2. Add the tin of tomatoes and the vegetable stock. Bring to a simmer and add the smoked paprika, sugar, soy sauce, sherry vinegar and ground cinnamon.
3. Add the sweet potato and cook at a simmer (with the lid on the pan) for 20 minutes until the sweet potato has cooked through.
4. Meanwhile, add the 2 tablespoons of water to the nut butter in a microwavable dish, and heat for 1 minute in a microwave. Stir well with a fork until it makes a creamy paste – it should drop heavily from a spoon. Heat for an extra 30 seconds- 1 minute if needed.
5. Mix the creamy paste into the oats with your fingertips to make the crumble topping. The pieces should be about coin-sized in diameter, not too big or small.
6. Preheat the grill to a high setting.
7. Check the sweet potato and carrots and adjust seasoning to taste. Add the nuts and (if using) the herbs, and stir well.
8. Spoon the vegetables in the sauce into a deep dish. Scatter the crumble mixture on top.
9. Place the dish under the grill for around 5 minutes until the crumble is crisp on top.



Additional sustainability tips:

If you have a garden, why not use home-grown carrots, onions and sweet potato?

You can use herbs grown on a windowsill.

If you buy your vegetables, try to make sure they are British grown.

Avoid packaging if you can.

Don't forget to recycle the tin from the tin tomatoes!

Other tips:

For a bit of extra sweetness, stir in a handful of chopped, dried apricots when you add the nuts.

This recipe is vegan and gluten-free (Oats do not contain gluten, but many people with coeliac disease avoid eating them because they can become contaminated with other cereals that contain gluten).

Nasi goreng

By Anjali Shah

Description: An Indonesian rice dish (7-10 servings)

Ingredients list

300g brown rice	1 medium carrot thinly sliced
2 tablespoons of oil	1 tablespoon of tomato puree
200g green beans trimmed	Indonesian spice paste (check it is vegan)
100g mushrooms in quarters	2 tablespoons of soy sauce
1 large onion finely chopped	8 spring onions thinly sliced
3 garlic cloves finely chopped	Coriander to garnish
2 red chillies finely chopped	

The carbon footprint score of this recipe, per serving – 351g CO₂e

Method

1. Cook the rice, and then set aside to cool.
2. Chop all the vegetables as suggested in the ingredients list.
3. Boil the green beans in salted water for three minutes.
4. Heat the oil in a wok or big saucepan. Add the onion, garlic, chillies, carrot, and mushrooms. Stir fry for 2 minutes.
5. Add the Indonesian spice paste and stir fry for one more minute.
6. Add the tomato puree, cooked rice and green beans. Stir fry for two minutes.
7. Add the soy sauce and spring onions. Mix together. Serve with a garnish of coriander.

Additional sustainability tips:

1. Any leftover vegetables can be added into the recipe.
2. Using brown rice reduces the carbon footprint.
3. It lasts for 5 days in a refrigerated sealed container.



Desserts

Raspberry cranchan

By Lara Semple

Description: A Scottish classic dessert made dairy free (7- 10 servings)

Ingredients list

600g homegrown or local raspberries

4 tbsp of local honey

4-5 tbsp of Scottish oats

4-6 tbsp of Scottish whiskey

Icing sugar to sweeten the fruit to taste (2
tbsp)

Some dark chocolate to grate over the top
(20g) I used Cadbury's Bournville because it is
vegan

2 x 350ml of Oatly Oatgurt Plain

Yoghurt/The Collective Oat yoghurt or
another thick dairy free yoghurt

The carbon footprint score of this recipe, per serving - 142.5g CO₂e

Method

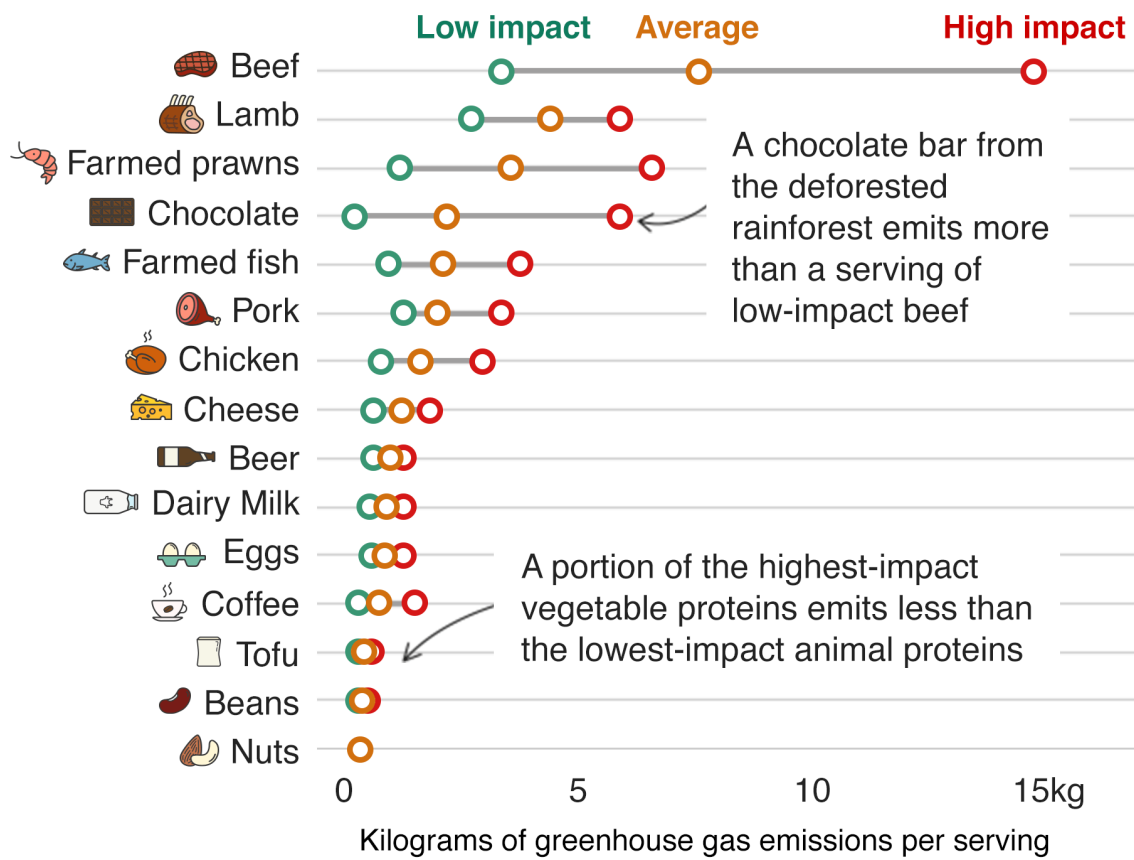
1. Toast the oatmeal by spread it out on a baking sheet and grill until it smells rich and nutty. Use your sense of smell to tell you when it is nutty enough. Cool the oatmeal.
2. Put a few raspberries to the side for topping at the end. Make a fruit purée with the rest. Put in a saucepan with a bit of water and the icing sugar. Leave to reduce until it is of a puree consistency. You may like to use a sieve to remove the seeds from the puree, however I prefer to keep the seeds in.
3. Stir the yoghurt, honey and whisky together. Taste the mix and add more of anything if you feel the need. Stir in the oatmeal and whisk together lightly.
4. Create alternate layers of the cream mixture with the purée into 4 small serving bowls or 2 large servings. Top with the spare fruit we put to the side before. Finally grate the dark chocolate across the top to finish.
5. Allow to chill in the fridge for at least an hour before eating.

Additional sustainability tips:

Grow your own fruit and then you can prep it and freeze it for use in the depths of winter. Rhubarb is my favourite!

Experiment trying different dairy free alternative yoghurts, I prefer Oat, but there are many different ones to try depending on budget and preference.





Source: Poore & Nemecek (2018), Science



Full citation:

Poore, J., & Nemecek, T. (2018). [Reducing food's environmental impacts through producers and consumers](#). *Science*, 360(6392), 987-992.

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Estates services

E: sustainability@admin.ox.ac.uk

Sustainability.admin.ox.ac.uk

