

Fit & Well  
1 April 2020  
Circ: 28,000  
Frequency: Monthly

# fit & well.

3 CLASSIC MEALS WITH A PLANT-BASED TWIST

FOR THOSE OF US WHO LOVE PLANT-BASED BUT AREN'T QUITE READY TO GO THE WHOLE VEGAN HOG (AS IT WERE)



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## M&S PLANT KITCHEN NO CHICKEN KIEVS

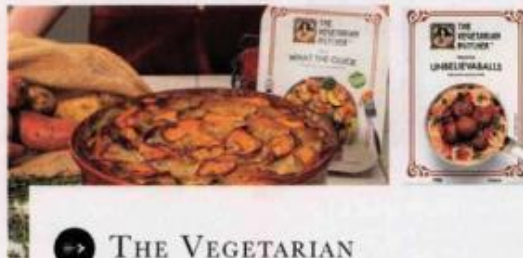
£3.50, M&S

THESE KIEVS ARE an absolute winner. Moist and delicious with a crisp golden breadcrumb shell, the 'chicken' is made from soya protein and there's an oozing garlicky filling. Yum.



FIT & WELL

Editor's choice



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## THE VEGETARIAN BUTCHER RANGE

£3.29, Waitrose and Tesco

'HYPER-REALISTIC', the committed veggie may find this a little *too* like meat. The great thing about this is the range - everything from 'meatballs' to 'chicken nuggets' (aka Unbelievaballs and Little Peckers) is they are all tea-time regulars, making it easy to convert meat-lovers.

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## GOOD CATCH FISH-FREE TUNA, NAKED IN WATER

£2.50, Tesco

AT LAST! A fish-free range that tastes like, well, fish. Good Catch has launched three new 100% plant-based products made with a six-legume blend including chickpeas, soya and fava beans. Also contains omega-3, seaweed and algae extracts for that seafood flavour!

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## TOMATO AND 'TUNA' BRUSCHETTA

MAKES: 6 bruschetta

### INGREDIENTS:

- ★ 6 slices of ciabatta bread
- ★ 3 medium-sized ripe tomatoes, deseeded and roughly chopped
- ★ ½ a small red onion, finely chopped
- ★ 1 pack Good Catch Oil & Herbs plant-based tuna
- ★ 6 tbsps vegan pesto
- ★ 1 tbsps extra virgin olive oil
- ★ Salt and pepper
- ★ Optional: Fresh basil leaves, to garnish

### METHOD:

1. **Toast the ciabatta** on a griddle pan or under a hot grill until golden brown and slightly charred around the edges.
2. **Season the tomatoes** with plenty of salt and freshly milled black pepper. Stir through the red onion. Drizzle with the extra virgin olive oil.
3. **Spread the toast** with the pesto and top with the tomatoes and Good Catch plant-based tuna. Garnish with basil to serve. ▶