

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Slow-cooked oxtail and lamb bredie are staple dishes when it comes to South African winter feasting, but plant-based meals are rising in popularity! If you're not sure where to start, or want to expand your plant-based recipe repertoire, *Fresh Living* is here to help! Scroll down for 19 meat-free winter warmers that everyone will love.



[1. GOA RED LENTIL AND VEG SOUP](#)

Budget-friendly pantry ingredients shine in this spicy, warming soup. It's perfect for any weeknight when you don't feel like spending hours in the kitchen.

[Get the Goa red lentil and veg soup recipe here.](#)



[2. LEEK, BROCCOLI AND COCONUT CREAM SOUP](#)

This vibrant green soup is full of goodness!

[Get the leek, broccoli and coconut cream soup recipe here.](#)



[3. 15-MINUTE MISO SOUP](#)

Warm, comforting and packed with umami! This soup will not only warm you right up, it's good for you, too! Miso is a Chinese soy-bean paste that boasts a long list of healthy minerals and vitamins that are great for gut health.

[Get the 15-minute miso soup here.](#)



[4. CARROT AND QUINOA SALAD AND WITH HUMMUS DRESSING](#)

Yes, you can enjoy a salad in winter! This salad is a great way to bulk up leftover roast veg. [Get the carrot and quinoa salad recipe here.](#)



5. TACO BUDDHA BOWLS

This filling bowl is inspired by Tex-Mex nachos. Forgo the meat and swap with beans. Don't forget the nacho chips for a satisfying crunch!

[Get the taco buddha bowls recipe here.](#)



[6. COCONUT AND CORIANDER POACHED MIELIES](#)

Mielies are a popular South African street food that can be enjoyed steamed or grilled. We've put a twist on this favourite by poaching the mielies in coconut milk and coriander.

[Get the coconut and coriander poached mielies recipe here.](#)



[7. JOLLOF RICE](#)

This spicy tomato and rice dish is a West African classic. If you've always wanted to try your hand at making jollof rice, now's your chance!

[Get the jollof rice recipe here.](#)



[8. CAULI AND MUNG BEAN KITCHARI](#)

Kitchari is a simple Ayurvedic dish that's very similar to dahl. Make a big batch to eat throughout the week - it's great for your gut.

[Get the cauliflower and mung bean kitchari recipe here.](#)



[9. ALOO GOBI](#)

This is probably the easiest Indian dish you'll ever make. All you need is potatoes and cauliflower and a mix of your favourite spices.

[Get the aloo gobi recipe here.](#)



[10. BUTTERNUT LAKSA](#)

Laksa is a Malaysian coconut curry soup served over noodles. It's usually made with chicken or prawns, but butternut is the star in this vegetarian laksa.

[Get the butternut laksa recipe here.](#)



[11. ROASTED ROOT VEG WITH DUKKAH](#)

This root veg roast is definitely one to serve when you're feeling a little fancy. Halve the roasting time by using baby veg. You can still use regular veg: chop them into smaller chunks before placing in the oven.

[Get the roasted root veg with dukkah recipe here.](#)



[12. 5-INGREDIENT BUTTERNUT PASTA](#)

Feeling the mid-month pinch? 5-ingredient butternut pasta to the rescue! The butternut and coconut milk pureé adds a creamy texture that's not too rich and works perfectly with any pasta shape you have in your pantry.

[Get the 5-ingredient butternut pasta recipe here.](#)



13. ONE PAN TOMATO SAUCE AND PASTA

Slow-roasting tomatoes gives them a bold depth of flavour. Don't reach for jars of tomato sauce: a little patience is all you need to make this dead-easy meat-free pasta dish. Best of all, one pan means you have less washing up to do!

[Get the one-pan tomato sauce and pasta recipe here.](#)



[14. CAULI CREAM PASTA WITH LEMONY CRUMBS](#)

Move over pasta Alfredo, *this* is the creamy pasta dish you need to make today!

[Get the cauli cream pasta recipe here.](#)



[15. PEANUT NOODLES WITH BABY PAK CHOI](#)

If you're in the mood for Thai takeout, this peanut noodle recipe will satisfy your cravings. The peanut sauce is totally addictive. Make an extra batch and add to a jar to toss through salads or to use as a marinade.

[Get the peanut noodles recipe here.](#)



[16. CRUNCHY CURRIED TOFU FLATBREADS](#)

Crunchy fried tofu has taken Instagram and TikTok by storm! Don't get left behind, give this recipe a try! We guarantee you're going to love it. We suggest tearing the tofu rather than slicing to get extra crispy edges (try to resist eating it all before plating).

[Get the crunchy curried tofu flatbread recipe here.](#)



[17. LENTIL AND CAULI SHEET TART](#)

Pot pie is a winter comfort classic, this sheet tart is our cheat's version. Swap out the yoghurt for a dairy-free version to keep this recipe 100% plant-based.

[Get the lentil and cauliflower sheet tart recipe here.](#)



[18. SPICY BRINJAL SLOPPY JOES](#)

Sloppy joes are an American favourite to serve at summer barbecues. Typically made with minced meat, our plant-based recipe uses spicy brinjal and trust us, it's packed with flavour!

[Get the brinjal sloppy joes recipe here.](#)



[19. AVOCADO AND CHOCOLATE BROWNIES](#)

Plant-based baking goes beyond cashew-cream fridge tarts. Flaxseeds act as a raising agent in plant-based baking - no more missing out on your favourite bakes.

[Get the avocado and chocolate brownies recipe here.](#)