



# Aussie Christmas

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VEGAN RECIPE PLAN

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by Messy Veggies

# Shopping List

Serves 4

## FRESH

1 jar vegan mayo  
1 lemon  
1 Iceberg lettuce  
1 bunch fresh parsley  
2 x avocado  
6 x medium mushrooms approximately 200g  
6 x garlic cloves  
1x handful baby spinach  
1 x red onion  
1.5 kg baby white potatoes  
2 spring onions  
1 x tub Sheese  
1 bunch coriander  
Pepitas  
200g cherry tomatoes  
1 mango  
2 cos lettuce  
1kg carrots  
500g Nuttelex  
250g dates

## PANTRY

2 tbsp tomato sauce  
1 tsp worchestuce sauce  
1 cup walnuts  
½ cup cashews  
½ cup breadcrumbs  
1 tbsp 'beef' style Massel stock powder  
2 tsp liquid smoke  
9 tbsp maple syrup  
Seeded mustard  
½ cup extra virgin olive oil  
3 tbsp apple cider vinegar  
2 tsp dijon mustard  
1 tsp sea salt  
¼ tsp black pepper or to taste  
Salt  
Cracked black pepper  
1 tsp bi carb soda  
¼ cup brown sugar  
1 ½ self raising flour  
¼ cup brown sugar  
200ml Coconut cream  
½ tsp vanilla extract  
Orgran egg replacer





# Classic Aussie Feast

**This menu is for those who like a traditional Australian Christmas Feast and want it with all the trimmings.**

Vegan food does not have to leave you wanting more, in fact it often packs a punch with more flavour....



🕒 10m

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# Prawn Cocktail

It's crucial that you render as much fat as possible during the initial cooking; you can even let the ribs cool and scrape off the excess before glazing.

## Ingredients

2 tbsp tomato sauce  
2/3 cup mayo  
1 tsp worcestershire sauce  
1 lemon  
1 cos lettuce  
Vegan prawns (Sophie's Kitchen or other)  
Parsley

### Optional

Avocado

### Special Equipment

Cocktail glasses

## Method

Remove prawns from the freezer at least 1 hour before assembling to defrost.

Mix tomato sauce, mayonaise and worcestershire in a small bowl.

Toss prawns with sauce.

Place some lettuce in serving glasses, Martini glasses are ideal but you can use whatever glass you like.

Top with prawns, serve garnished with some lemon wedges.

## SERVE

🕒 30m

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# Potato Salad

**When you think potato salad, you think perfectly cooked spuds with a tangy creamy dressing. This one is no different but the addition of the Sheese will literally blow your mind.**

## Ingredients

1/2 red onion  
1 cup vegan mayo  
1.5 kg baby white potatoes  
2 Spring onions  
100g of Sheese  
1 tsp Seeded mustard

## Method

Cut your baby potatoes in half and place in a large pot. Cover with water and place on the stove. High heat until the water boils, then reduce heat to medium for 5 mins. Check to see the potatoes are tender by poking with a knife.

Drain the potatoes when done and rinse with cold water. You will need to ensure the potatoes are completely cold before adding to the other ingredients.

Dice your red onion and spring onions and set aside.

Combine the Sheese, vegan mayo and seeded mustard and mix til combined.

Take the cold potatoes, red onion and place in your salad bowl. Cover with the mayo mixture and mix thoroughly.

Sprinkle with the spring onions.

**SERVE**





🕒 10min

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# Mango & Avo Salad

This is the perfect fresh salad for the warm Christmas days.

## Ingredients

### Maple Vinaigrette Dressing

1/2 cup extra virgin olive oil  
3 tbsp apple cider vinegar  
2 tsp dijon mustard  
2 tsp maple syrup  
1 garlic clove minced  
1 tsp sea salt  
1/4 tsp black pepper or to taste

### Salad

Coriander  
1/2 red onion, sliced  
Pepitas toasted  
200g cherry tomatoes, halved  
1 mango, cubed  
1 avocado, cubed  
2 cos lettuce

## Method

Combine all of the dressing ingredients in a jar, shake well and put aside.

Chop and rinse the lettuce leaves, use a salad spinner or tea towel to get rid of all the remaining water. Place in large bowl

Add the remaining salad ingredients to the bowl with the lettuce and toss through the dressing.

## SERVE

🕒 25m

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# Maple Butter Roast Carrots

We have replaced the sweetness of honey with maple in this classic roast veggie side dish

## Ingredients

1kg carrots washed and peeled (or unpeeled)  
1/3 cup Nuttelex  
3 tablespoons maple syrup  
4 garlic cloves minced  
1/2 teaspoon salt plus more for seasoning  
Cracked black pepper  
2 tbs fresh chopped parsley

## Method

Preheat oven to 220°C. Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.

Trim ends of carrots and cut into thirds.

Melt Nuttelex in a pan or skillet over medium-heat. Pour in maple and cook, while stirring, until completely melted through the butter. Add the garlic and cook for 30 seconds until fragrant while stirring.

Add the carrots and allow the sauce to thicken for a further minute, while tossing the carrots through the sauce. Season with salt and pepper.

Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.

Roast for 20 minutes, or until carrots are fork-tender. Grill for 2-3 minutes on high heat to crisp/char the edges.

## SERVE





# Walnut & Mushroom Wellington

🕒 45 min

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## Ingredients

### Mince

1 cup walnuts  
½ cup cashews  
½ cup breadcrumbs  
6 medium mushrooms approximately 200g  
1 tbsp 'beef' style Massel stock powder  
1 tsp crushed garlic or powder  
2 tsp liquid smoke  
1 handful handful fresh parsley  
¼ cup water  
1 handful baby spinach  
1 carrot peeled  
1 ½ sheets thawed vegan puff pastry or gluten free vegan puff pastry  
3 tbsp maple syrup

### Optional Centre

Hello Friend Foods Spring Thyme Havarti

Original recipe by Nadia Fragnito

**A meaty hearty meal without the cruelty. Feast vegan style with all the trademarks of a traditional Christmas roast meal. Serve this up with generous lashings of gravy**

## Method

Process all mince ingredients except the water in a food processor for about 1 minute to break into smaller pieces, like a crumble.

With the processor still running, pour in the water to allow the mince to come together.

Placing your puff pastry sheets on a lightly floured bench, form 1 large piece, ensuring the sheets are pressed together firmly. Pour the walnut mince in the middle of the sheets and using your hands form a firm log in the centre, leaving some room at each end to tuck in the pastry sides.

Layer the spinach and carrot on top of the mince. Press down firmly.

Squeeze out the Spring Thyme Havarti in a thin strip that covers the length of the roll.

To wrap the pastry, starting with the side closest to you, carefully roll the puff pastry right over the mince & Havarti forming into a long log, tucking in the pastry ends as you go. Transfer the pastry, fold side down onto an oven tray lined with baking paper. If the pastry comes apart a little, that's okay, just press the pastry together to cover the gaps.

Using a sharp knife, make large diagonal scores on top of the pastry to help steam escape and for ease of cutting when the pastry is cooked.

Taking a pastry brush, paint the pastry all over with maple syrup. This will create a lovely glaze.

Bake in a 200C preheated oven for 30 minutes or until golden brown and crisp.

## SERVE

🕒 30m

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# Sticky Date Pudding

An irresistibly rich vegan take on one of our favourite desserts, the sticky date pudding.

## Ingredients

### Pudding

250g Dates  
1 tsp bi carb soda  
1 cup boiling water  
1/4 cup brown sugar, loosely packed  
60g Nuttalex  
2 x egg replacer  
1 1/2 self raising flour

### Sauce

1/4 cup brown sugar loosely packed  
200ml coconut cream  
1/2 tsp vanilla extract  
60g Butter Nuttalex

## Method

Preheat the oven to 180°C.

Cut up the dates into small pieces. These can be whatever size you want them to be.

In a large bowl combine all of the pudding ingredients with the dates and mix until combined.

Pour into a oven safe dish, whatever size you would like your pudding to be.

Place in the oven for 15-20 mins

For the sticky sauce, place all the ingredients into a small saucepan and turn the heat to medium-high.

Continue to stir until the sauce starts to thicken. It will bubble & change colour, but keep stirring. It will eventually change to a thicker syrup then remove it from the heat.

Poke a few holes in the top of the pudding with a toothpick and pour the sauce over the top. Leave a little aside for extra dipping.

**SERVE**





**Tag us in your vegan  
Aussie Christmas dinner  
@messy.veggies**

