



Vegan  
**Meat Alternatives**





# Meat Alternatives

- **Legumes, beans, peas, and lentils**

These are high fibre sources of protein and are versatile. They can be used to replace meat in recipes.

- **Mushrooms**

These have a dense texture similar to meat. Portobello mushrooms in particular have a savoury flavour and can be used grilled, stuffed, mashed or simply heated up in a frying pan.



# Meat Alternatives

- **Textured vegetable protein (TVP)**

This product is made from soybeans.

It Can be used to replace mince meat.

- **Vegetarian burgers and sausages**

Made from a variety of vegetables, grains, and soy.

They provide a meat-like taste and texture.

Common brands are Lynda McCartney, Syndian and Fry foods



# Meat Alternatives

- **Tempeh** (made from fermented soybeans)

Has a distinct flavour and meaty texture.

It works well in curries, chillies, and stir-fries.

- **Seitan** (made from wheat gluten)

Most commonly used for shaping into roasts or for replacing strips or chunks of meat

- **Tofu** (curd made from soybeans)

Mild taste and easily absorbs the flavour of any recipe. Firm tofu works well in stir-fries and curries