

Brakes Nutritionist Ruth O'Sullivan (RNutr) explains how you can ensure a Plant-Forward recipe can remain high in protein and nutritionally balanced.

Protein is important for children especially, for bone health and development but meat, fish, eggs and dairy are not the only place to find protein. Lentils, beans, chickpeas, tofu, soya alternatives to meat or yoghurt are all good sources of protein. Plant-based proteins are also beneficial to health in other ways too as they often contain a wide variety of different fibre types and are usually low in saturated fat.*

THERE ARE TWO TYPES OF PROTEIN

COMPLETE

...such as Soybeans, Tofu, Soy-based meat alternatives, and Quorn contain all nine essential amino acids, making these good sources of protein for use alongside meat or in place of meat.**

INCOMPLETE

...such as Beans and Lentils are incomplete sources of protein and, lack some essential amino acids, however when paired with wholegrains such as brown rice or brown bread the meal offers all essential amino acids.**

**Source: NHS (2022) 'Eating a balanced diet'

MIX AND MATCH

Mixing incomplete proteins and with other ingredients makes a winning combination of nutritionally balanced meals.



BEANS, PULSES, LEGUMES



WHOLE GRAINS, BREAD, BROWN RICE

OR



MEAT PROTEIN

THE BENEFITS

Mixing incomplete proteins with other ingredients makes a winning combination of nutritionally balanced meals that are:



COST EFFECTIVE

Beans & pulses are often cheaper than expensive meat.



HEALTHIER

Good levels of fibre and complete amino acids.



CLIMATE FRIENDLY

Meat accounts for nearly 60% of all greenhouse gases. Using less meat and substituting with alternative proteins reduces the effects of dishes on the environment.

DID YOU KNOW?

When swapping half of the beef in a Bolognese, for example, with half brown lentils the Bolognese will be higher in fibre and lower in saturated fat compared with a standard Bolognese.**



DID YOU KNOW?

Most of us don't eat enough fibre. 5-11 year olds should have around 20g; 11-16 year olds around 25g; and adults 30g fibre per day.**

*Source: NHS (2022) 'How to get more fibre into your diet'

HERE ARE SOME GREAT PRODUCTS TO HELP REDUCE THE AMOUNT OF MEAT YOU SERVE



Green or brown lentils go well in a Bolognese alongside beef or turkey mince

A6039 Brakes Whole Green Lentils



Butterbeans are perfect for blending into soups or sauces to give a creamy texture

A564 Brakes Butterbeans



Red kidney beans are already synonymous with chilli con carne so try using them in burritos or quesadillas alongside beef mince

A13381 Brakes Red Kidney Beans in Water



Black beans can be made into a paste and combined with tomato pizza sauce for a pizza sauce with added plant protein

A100171 Brakes Black Eyed Beans in Water



Chickpeas can be oven baked and used as an addition to salads or as a topping for soups

A5952 Brakes Chickpeas



Haricot beans, the beans we recognise from Baked Beans, can be used in a sausage hot pot to make Cowboy Hotpot

A563 Brakes Haricot Beans

TOP TIPS FROM RUTH

“ Try introducing plant-forward recipes slowly if you haven't used them much before to allow children to get used to seeing them. There is a health benefit to eating even a few plant-forward recipes. ”

“ Tinned, dried or frozen are all just as nutritious and can be more cost effective – tinned beans are convenient to cook with since they don't need soaking. ”

FIND OUT MORE

About Plant-Forward and how it can help you make more cost effective, healthier and more environmentally friendly dishes.