



# 20-MINUTE VEGAN LUNCHES

10 DELICIOUSLY SIMPLE PLANT-BASED  
MEALS FOR YOUR BUSY LIFE

MEGAN SADD

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CREATOR OF  
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# INTRODUCTION



## OH HEY!

Thank you so much for pre-ordering *30-Minute Vegan Dinners (30MVD)*! To demonstrate my sincere gratitude and appreciation, I created this bonus e-book of *20-Minute Vegan Lunches* as a companion piece to my cookbook. The meals are easy, fast, delicious, and simple. I made a point to develop the recipes in a way that makes creative use of leftovers and pantry ingredients. Thank you again for supporting Carrots & Flowers!

Lots of love,

Megan Sudd



# CREAMY ROASTED RED PEPPER LENTIL PENNE

1½ cups (100 g) lentil penne or pasta of choice

2 cups (300 g) cherry or grape tomatoes

Salt and pepper, to taste

## Red Pepper Pesto

1 (12-oz [340-g]) jar roasted red peppers

1 cup (125 g) walnuts

¼ cup (5 g) fresh basil, tightly packed

¼ cup (25 g) vegan Parmesan shreds, plus more to serve

3 cloves garlic

2 tbsp (30 ml) lemon juice

1 tbsp (15 ml) olive oil (optional)

¾ tsp salt

½ tsp red pepper flakes

*This simple meal includes one of my favorite sauces of all time—roasted red pepper pesto! It's fast, flavorful and tastes amazing just about every way. Try it with pasta, as a sandwich spread, in a wrap or as a dipping sauce for roasted vegetables.*

**Prep Time:** 10 minutes | **Cook Time:** 10 minutes | **Yield:** 2 to 3 servings

1. Preheat the oven to 450°F (232°C). Cook the pasta according to package instructions, then drain. While the water begins to boil, slice the tomatoes.
2. Arrange the tomatoes on a lined baking sheet. Sprinkle them with a dash of salt and pepper, then place them in the oven to roast for 10 minutes. It's okay if the oven is still heating up.
3. Add the red pepper pesto ingredients to a high-speed blender or food processor and blend until smooth, about 2 minutes. Stop to scrape down the sides.
4. Drain the pasta when it's ready, then put back in the pot on medium heat. Stir in the pesto and heat until warmed through. Divide the pasta between serving bowls and top with roasted tomatoes and a sprinkle of vegan Parmesan.

## FRESH TIPS!

*If making ahead, allow the dish to cool to room temperature before storing in a closed container in the fridge if possible. Reheat in a microwave or on a stovetop. Add a tiny amount of water or olive oil before reheating if it seems dry.*







# TEMPEH BLT TACOS WITH MAPLE CHIPOTLE AIOLI

*Tacos and tempeh bacon is a match made in heaven, and a fabulous way to use up leftover chipotle aioli. For an even more portable lunch, wrap the fillings up burrito style!*

## Marinade

- 3 tbsp (45 ml) soy sauce or tamari
- 3 tbsp (45 ml) maple syrup
- 1 tbsp (15 ml) hot sauce
- 1 tsp liquid smoke
- ¼ tsp garlic powder

- 8 oz (227 g) tempeh
- 2 romaine leaves
- 1 large tomato
- 1-2 tsp (5-10 ml) oil, for cooking
- 8 corn tortillas
- 1 large avocado

## Maple Chipotle Aioli

- ¼ cup (60 ml) leftover chipotle aioli (30MVD, page 160)
- 1 tbsp (15 ml) maple syrup

**Prep Time:** 15 minutes | **Cook Time:** 5 minutes | **Yield:** 3 to 4 servings (about 8 tacos)

1. Combine the soy, syrup, hot sauce, liquid smoke and garlic powder in a mixing bowl. Dice the tempeh into thin strips and add it to the marinade. Toss with your hands until well coated.
2. Wash and dry the lettuce and tomato, then place a pan on medium heat. Chop the lettuce and tomato.
3. Add a small amount of oil to coat the pan. Add the tempeh to the hot pan. Fry until golden brown, about 2 minutes, then flip the tempeh.
4. Pour the remaining marinade over the tempeh. Cook until dark and sticky, about 2-3 more minutes. While it cooks, thinly slice the avocado.
5. Warm the tortillas in the microwave for 30 seconds. Fill the tortillas with a large spoonful of aioli and 2-3 strips of tempeh bacon. Top each taco with avocado, tomato and romaine.



# BROCCOLI RICOTTA PIZZA

*This easy recipe proves you can have it all! Healthy, homemade pizza that's ready in just twenty minutes and includes a serving of greens. What could be better?*

1½ heaping cups (260 g) frozen broccoli

4 pita or gluten-free flatbreads

1 cup (250 g) vegan ricotta\*

¾ cup (85 g) vegan mozzarella

1 tsp red pepper flakes

Pinch of salt

¼ cup (25 g) vegan Parmesan (optional)

**Prep Time:** 10 minutes | **Cook Time:** 10 minutes | **Yield:** 4 servings

1. Preheat the oven to 450°F (232°C) with a rack in the center. Heat the broccoli in the microwave for 2 minutes, then put it in a clean kitchen towel and squeeze the excess water out. While the broccoli heats, begin measuring the remaining ingredients.
2. Chop the broccoli into small pieces. Place the pitas on two baking sheets. Divide and spread the ricotta among the pitas. Top each pita with mozzarella, broccoli, red pepper flakes, salt and optional Parmesan.
3. Place the baking sheets side by side on the center rack. Bake for 8-10 minutes, until the crust is crisp. Wait 1 minute before slicing, then cut it up and dig in!

## FRESH TIPS!

*\* This recipe works great with both Tofu Ricotta (30MVD, page 96) and Macadamia Ricotta (30MVD, page 30).*

*After assembling the pizzas, they can be wrapped and frozen for up to a week. Bake them at 450°F (232°C) for an extra 2-3 minutes, or until the crust is crisp.*

*If using gluten-free flatbread, your cook times may vary. Keep an eye on the crust so it doesn't burn!*







# TOFU ‘EGG’ SALAD SANDWICH

*This tofu ‘egg’ salad is perfect for meal prepping and so easy to make. Try it with Indian black salt for a realistic ‘eggy’ flavor or without for a simple, delicious lunch!*

- 1 (14-oz [400-g]) package firm tofu
- 6–8 strips vegan bacon (store-bought or leftover [30MVD, page 33], optional)
- 2 green onions
- 2 tbsp (3 g) minced fresh dill, from a large handful
- ⅓ cup (78 g) vegan mayonnaise
- 2 tbsp (30 g) Dijon mustard
- ½ tsp lemon juice
- ½ tsp turmeric
- ¼ tsp hot sauce
- ¼ tsp Indian black salt (optional)
- 8 slices multi-grain or gluten-free bread
- 1–2 tomatoes
- 8 romaine leaves

**Prep Time:** 15 minutes | **Cook Time:** 5 minutes | **Yield:** 4 servings

1. Put a lightly oiled pan on medium heat if making vegan bacon. Drain the tofu, wrap it in a clean kitchen towel and gently squeeze some of the water out.
2. Fry the vegan bacon according to package instructions, or until crisp, usually about 2–4 minutes on each side. While it cooks, put the tofu in a mixing bowl and mash with a fork until crumbly
3. Finely chop the green onions and mince the dill. Add the onions and dill to the tofu, then add the mayonnaise, mustard, lemon juice, turmeric, hot sauce and optional Indian black salt. Mix well to combine.
4. Lightly toast the bread and slice the tomatoes. Wash and dry the lettuce and cut the leaves in half width-wise.
5. Assemble the sandwiches with ½ leaf of lettuce, tomato, tofu ‘egg’ salad, vegan bacon and another ½ leaf of lettuce. Be sure to keep the wet items (tomato and tofu) away from the bread so the sandwich doesn’t get soggy and sad!

## FRESH TIPS!

*Indian black salt, or Kala Namaak, is high in sulfur, which adds a deliciously ‘eggy’ flavor to plant-based food. It can be found in specialty markets or online, and a little goes a very long way!*

*The tofu ‘egg’ salad can be made ahead and kept in a closed container in the fridge for up to 3 days.*



# SAUCY PEANUT SOBA NOODLE SALAD

4 oz (113 g) soba noodles

3 green onions

2 carrots

2 Persian cucumbers

6 oz (170 g) baked tofu

## Dressing

2 cloves garlic

¼ cup (65 g) peanut butter

¼ cup (60 ml) water

3 tbsp (45 ml) soy sauce or tamari

2 tbsp (30 ml) rice vinegar

2 tbsp (30 ml) sriracha (or to taste)

1 tbsp (15 ml) agave

2 tsp (4 g) minced ginger

1 tbsp (9 g) sesame seeds

*These saucy noodles taste great both hot and cold, making them a scrumptious and healthy option for your weekly lunch rotation.*

**Prep Time:** 10 minutes | **Cook Time:** 7 to 8 minutes | **Yield:** 2 to 3 servings

1. Cook the soba according to package instructions, then drain and rinse under cold water.
2. Thinly slice the green onions. Grate the carrots and slice the cucumbers. Dice the tofu into ½" (1.3-cm) cubes.
3. Make the dressing. Mince the garlic. Combine the peanut butter, water, soy, vinegar, sriracha, agave, garlic and ginger in a mixing bowl. Stir well. Taste, then adjust seasoning if desired.
4. Divide the noodles among serving bowls or containers. Pour the dressing over the noodles, then top with tofu, carrots, cucumber slices and green onion. Toss well and garnish with sesame seeds before digging in!

## FRESH TIPS!

*Some sriracha is made with fish. Check the label to be sure it's vegan.*

*These noodles can be made ahead and stored in a closed container in the fridge for up to 3 days.*







# MEXICAN CHOP SALAD WITH SPICY CASHEW RANCH

## Spicy Chickpea Salad

- 1 (15-oz [425-g]) can chickpeas
- ½ jalapeño
- 1 cup (260 g) pico de gallo (30MVD, page 180)
- 1 tbsp (15 ml) lime juice
- Pinch of salt (optional)

## Spicy Cashew Ranch

- ½ cup (120 ml) cashew ranch (30MVD, page 22)
- 1 tbsp (3 g) taco seasoning
- 2 small heads romaine lettuce
- 1 cup (150 g) cherry or grape tomatoes
- 1 small avocado
- 1 cup (185 g) cooked quinoa

Made with leftovers and pantry ingredients, this healthy Mexican Chop Salad is a tasty and spicy way to stay nourished throughout the week.

**Prep Time:** 15 minutes | **Cook Time:** none | **Yield:** 2 servings

1. Drain the chickpeas and put them in a mixing bowl. Seed and mince the jalapeño. Add the pico de gallo, lime juice and jalapeño to the chickpeas. Mix well. Taste and add salt if desired.
2. In a small bowl, combine the cashew ranch and taco seasoning. Mix thoroughly.
3. Rinse, dry and chop the romaine. Slice the tomatoes in half and thinly slice the avocado.
4. Divide the romaine between serving bowls or containers. Top each bowl with chickpea salad, quinoa, tomatoes and avocado. Serve with spicy cashew ranch on the side.

## FRESH TIPS!

*This lunch can be made ahead and stored in a closed container in the fridge for up to 2 days. Squeeze a bit of lime juice over the avocado and cover it with other ingredients so it stays fresh.*

*The spicy chickpea salad can be made ahead and stored for up to 5 days.*



1 tbsp (15 ml) rice vinegar  
1 tsp sugar  
1 cup (200 g) cooked brown rice

#### Maple Miso Tahini

2 tbsp (30 ml) tahini  
1 tbsp (15 ml) soy sauce or tamari  
1 tbsp (17 g) white or yellow miso  
1 tbsp (15 ml) maple syrup  
½–1 tsp sriracha  
1–2 tbsp (15–30 ml) water, to thin

4 oz (113 g) store-bought baked tofu  
1 small avocado  
4 nori sheets  
1 cup (180 g) leftover roasted vegetables

## ROASTED VEGETABLE SUSHI SANDWICH WITH MAPLE MISO SAUCE

*While not at all traditional, these sushi sandwiches are a deliciously creative way to use leftover roasted vegetables. The Maple Miso Tahini tastes best with autumnal vegetables like butternut squash, Brussels sprouts, sweet potato, beets and roasted mushrooms, but feel free to experiment with any leftovers you have on hand.*

**Prep Time:** 15 minutes | **Cook Time:** less than 1 minute | **Yield:** 2 servings

1. Pour the vinegar and sugar over the rice. Mix well and microwave for 1 minute until hot. Mix and mash the rice with a fork until sticky.
2. Combine the tahini, soy, miso, syrup and sriracha in a small bowl. Mix well. Add 1–2 tbsp (15–30 ml) water or enough to thin to your desired consistency and mix again.
3. Slice the baked tofu into thin squares. Thinly slice the avocado.
4. Lay a square of cling wrap over a clean cutting board. Arrange the nori to make a diamond in the center of the cling wrap. Wet your fingers, then place a 4" (10-cm) square of rice in the center of the nori sheet. Cover the rice with a bit of parchment paper or cling wrap and press down to compress the rice into a tidy square.
5. Layer the vegetables, tofu and avocado over the rice. Moisten the corners of the nori, then carefully fold it over to close the sandwich. Use the cling wrap to carefully press the sandwich into a compacted shape. Slice in half and eat immediately with the maple miso tahini on the side or wrap each sushi sandwich individually and slice in half before serving.

#### FRESH TIP!

*If using avocado, this recipe tastes best when eaten the same day, or the next day.*







# BBQ CHICKPEA LETTUCE BOATS WITH GUACAMOLE

*BBQ sauce + guacamole is pure foodie heaven if you ask me! Canned chickpeas keep this meal healthy and fast, while the sauce (your choice of Cashew Ranch or Chipotle Cream) takes this simple meal to the next level.*

## BBQ Chickpeas

¼ small red onion

1 tsp oil

1 (15-oz [425-g]) can chickpeas

½ cup (120 ml) BBQ sauce

1 tsp smoked paprika

½ cup (75 g) cherry or grape tomatoes

8 romaine lettuce leaves

¼ cup (60 g) guacamole

¼ cup (60 ml) chipotle aioli or cashew ranch (30MVD, pages 160 and 22)

**Prep Time:** 10 minutes | **Cook Time:** 5 to 7 minutes | **Yield:** 2 servings

1. Place a pan on medium heat. Dice the onion. Add the oil to the pan followed by the onion. Cook for 1 minute.
2. Drain the chickpeas, then add them to the pan. Add the BBQ sauce and paprika to the chickpeas and stir well.
3. Cook for 3–4 minutes, until the sauce is very sticky, stirring often. While the chickpeas cook, slice the tomatoes in half.
4. Transfer the chickpeas to a bowl and place them in the freezer to cool a bit. Meanwhile, wash and dry the lettuce.
5. Divide the guacamole among the lettuce leaves. Top each leaf with a scoop of BBQ chickpeas, cherry tomatoes and your choice of sauce, then eat them like you would a veggie dog.
6. If making ahead, plan to assemble the boats just before serving so the lettuce stays crisp.

## FRESH TIP!

*If you don't have guacamole on hand, mash an avocado with a tbsp (15 ml) of lime juice and a pinch of salt.*



# SWEET POTATO CASHEW BUTTER STIR-FRY

1 large sweet potato  
2 tsp (10 ml) coconut or other cooking oil  
1 large shallot  
2 cloves garlic  
2 tsp (4 g) minced ginger

## Cashew Butter Sauce

½ cup (120 g) cashew butter  
¼ cup (60 ml) tamari  
1½ tbsp (22 ml) sesame oil  
1 tbsp (6 g) minced ginger  
1½ tsp (6 g) Chinese five spice  
½ tsp garlic powder  
Pinch of red pepper flakes (optional)  
¼ cup (60 ml) water, to thin

1 lb (453 g) bag stir-fry veggie mix  
1 tbsp (15 ml) soy sauce or tamari  
3 cups (600 g) cooked brown rice  
½ cup (70 g) roasted cashews, for crunch (optional)

*This one goes out to all my sweet & savory fans! The cashew butter lends a creaminess to the dish while allowing the Chinese five spice and sweet potatoes to shine through. Swap almond or peanut butter for cashew butter if you want a stronger nutty flavor!*

**Prep Time:** 5 minutes | **Cook Time:** 15 minutes | **Yield:** 3 to 4 servings

1. Scrub then dice the sweet potato into ½" (1.3-cm) cubes. Put the oil in a large pan over medium-high heat. Dice the shallot while the pan heats up.
2. Add the shallot to the pan and mince the garlic. Add the garlic and ginger to the pan and stir well.
3. Add the sweet potato and 2 tbsp (30 ml) water, then cover. Cook until browned and softened, about 7 minutes, removing the cover to stir every minute or so.
4. Make the sauce. Combine the cashew butter, tamari, sesame oil, ginger, Chinese five spice, garlic powder and optional red pepper flakes. Add water to thin, about ¼ cup (60 ml).
5. Add the vegetables to the pan with the tamari and 1 tbsp (15 ml) water. Stir then cover. Steam for 3-4 minutes until softened, removing the cover to stir a few times.
6. While the vegetables finish cooking, heat the rice in a microwave for 2 minutes or until hot. Warm the sauce in a pan over medium-low heat.
7. Divide the rice among serving bowls or containers. Top with stir-fried vegetables. Pour the sauce over the bowls just before serving. Top with roasted cashews if desired.

## FRESH TIP!

*Chinese five spice can be found in most grocery stores, but I always recommend sourcing spices from bulk bins if you can find them. They're cheaper and you can get just the amount you need without committing to a five-dollar jar.*







1 bunch swiss chard (4 large leaves)  
1 (15-oz [425-g]) can chickpeas  
½ medium apple  
1 stalk celery  
¼ cup (60 g) vegan mayo  
1 tbsp (6 g) curry powder  
½ tsp agave  
1 tsp apple cider vinegar  
½ tsp turmeric  
½ tsp salt  
Pinch of cayenne

#### For Serving

⅛ head purple cabbage  
1 avocado  
1 large tomato  
½ cup (52 g) sprouts  
¼ cup (60 g) coconut yogurt (optional)

## CURRIED CHICKPEA CHARD WRAPS

*This colorful, crunchy, flavorful meal is perfect for an easy lunch or meal prep option. Feel free to swap the chard for cabbage leaves or your choice of wrap. The curried chickpea salad tastes great every which way!*

**Prep Time:** 15 minutes | **Cook Time:** 5 minutes | **Yield:** 2 servings

1. Fill a large pot halfway full of water, then set it to boil. Rinse the chard leaves well, then trim the tough stem and bottom few inches.
2. Simmer the chard for 20–30 seconds. When the leaves turn bright green, quickly rinse them under cold water, then place between clean kitchen towels and pat dry.
3. Make the chickpea salad. Drain and rinse the chickpeas, then mash them in a medium mixing bowl with a potato masher.
4. Finely dice the apple and thinly slice the celery. Add the apple and celery to the chickpeas followed by the vegan mayo, curry, agave, vinegar and spices. Mix well.
5. Thinly slice the cabbage and avocado. Dice the tomato.
6. Place ⅓ cup (65 g) curried chickpea salad in the center of each chard leaf. Top with avocado, sliced tomato, sprouts and cabbage, and drizzle with optional yogurt. Wrap it tight like a burrito and serve right away or store in a closed container in the fridge for up to 2 days.

#### FRESH TIPS!

*Keep a close eye on your chard wraps so they don't get soggy.*

*Remove them from the pan as soon as they start to brighten and soften! If steamed chard isn't your thing, feel free to swap it with purple cabbage leaves.*

*The curried chickpea salad can be made ahead and stored for up to 5 days.*