



PSA: Vegetarian food doesn't have to be boring.

# Vegetarian Recipes to Cater for your Vego Friends

Are you vegetarian or perhaps you have some vego friends coming for dinner? Either way, we have a great selection of vegetarian recipes that are wholesome, nutritious and taste amazing.

Check out our guide on the best vegetarian recipes to try this Spring (that aren't just side salads and soups).

## First things first, what is a vegetarian diet?

A vegetarian diet involves abstaining from eating meat, fish and poultry, accounting for [12% of the Australian population](#). But what you might not know is that there are several different types of vegetarian diets that differ in their restrictions.

This includes:

**Lacto-vegetarian diet:** Eliminates meat, fish and poultry products but allows dairy products

**Ovo-vegetarian diet:** Eliminates meat, fish and poultry but allows eggs

**Pescatarian diet:** Eliminates meat and poultry but allows fish, eggs and dairy products

**Vegan diet:** Eliminates meat, fish, poultry, eggs and dairy products, as well as other animal-derived products, such as honey.

**Flexitarian diet:** A mostly vegetarian diet that incorporates occasional meat, fish or poultry.

## How to cater for vegetarians

When it comes to catering for different diets, it's important to ask exactly what a person does and does not eat (particularly when it comes to eggs and dairy). Then, do some research, looking at interesting recipes that you can serve for your entrée, main and side.

Short on time? We've looked through our archives and created a list for you to pick and choose from depending on their dietary needs:

### Entrée:

- [Rosemary and olive focaccia](#)

- [Tomato bruschetta](#)
- [Molten camembert and with honey roasted grapes](#)



## Main:

- [Vegetarian Ramen](#)
- [Pearl and barley risotto](#)
- [Spinach and ricotta cannelloni](#)
- [Vegetable Biryani](#)



## Sides:

- [Roast beetroot salad](#)
- [Warm vegetable salad with tabouleh](#)
- [Whole baked sweet potatoes](#)
- [Caramelised carrots and pine-nuts](#)
- [Cheesy roast cauliflower](#)



## Finding things that meat-eaters and vegetarians will both enjoy...

One of the best ways to ensure there is something for everyone at the table, is by implementing a twist on a classic dish. We have a number of alternative dishes that you can try including [roast cauliflower parmigiana](#), [mushroom lasagne](#) and a [layered vegetable pie](#) topped with tomato chutney.



Who knows, you may even find that you like the new version better than the original!

Want more inspiration for vegetarian recipes to try? [Click here](#), to check out our collection that's full of wholesome and nutritious vegetarian dishes.

---

### About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

Learn more about NEFF [here](#).