



There are plenty of delicious recipes that will make Meat Free Monday super tasty.

## Meat-free Monday ideas the whole family will love

Ever since the [Meat Free Monday](#) campaign was launched by the McCartneys to raise awareness of the environmental impact of meat, many Australian families have made a commitment to start the week with a healthy vegetarian meal. This has resulted in more creative recipes that place greens on centre stage, rather than just the side.

We've put together a list of recipes to help you go meat-free while saving some pennies, loading up on your veggies and helping the environment at the same time.

### Spinach and Ricotta Cannelloni

When it comes to pasta there are plenty of tasty varieties that are full of flavour. One of our favourites is spinach and ricotta cannelloni. Filled with cheese and leafy greens, this hearty meal will bring the flavours of Italy to your dinner table, complete with a rich tomato sauce. Bake for 25-30 minutes using [VarioSteam](#) to ensure your meat-free meal is cooked to perfection.

[Click here for The NEFF Kitchen recipe.](#)

### Minestrone Soup

Winter may be over, but that doesn't mean you need to give up on a warm vegetable soup, especially when it is as tasty and nutritious as minestrone. This adaptable soup can be made from pretty much any vegetables that you have on hand such as potatoes, carrots and celery. This makes it easy to put together if you skipped your weekend shop and helps to ensure you're not letting any of your fresh produce go to waste. If you would like something a little more substantial to accompany your soup, you can try one of our [delicious sides](#), such as crusty homemade bread or a cheesy pull apart loaf.

[Click here for The NEFF Kitchen Recipe.](#)

### Chickpea and Lentil Curry

Loaded with protein, this chickpea and lentil curry will make the whole family feel fuller for longer. Simply strain the chickpeas and run them under cold water for one minute. Then place all the ingredients into the oven on [FullSteam](#) for 30 minutes. This will help you retain more nutrients and flavour than you would using a traditional oven, making meat-free Monday something the whole family will look forward to.

[Click here for the NEFF recipe.](#)

## **Cheesy Roast Cauliflower**

Monday is a great day to indulge in decadent comfort food. Luckily our cheesy cauliflower bake is hot, creamy and full of flavour. With just a few main ingredients, it's easy to put together on a Monday and won't take long to prepare if you are rushing home to feed the family after work. Use [CircoTherm](#) with a [high level of steam](#) to ensure it retains the creamy and nutty flavours of the cauliflower. This dish tastes so good that the kids will never know that it's full of vegetables.

[Click here for the NEFF recipe.](#)

## **Roast Beetroot Salad**

With the warm weather approaching, you may be looking for lighter meals to enjoy around the dinner table. The roast beetroot salad is a vibrant and tasty alternative that will put a twist on your classic dinner fare. Beetroot has an earthy charm that compliments the fragrant mint and basil herbs. With the added crunch and creaminess of macadamia nuts, this salad is perfect for meat-free Mondays.

[Click here for the NEFF recipe.](#)