



# From Plant to Pot

Vegan Recipes for your  
Instant Pot & Vortex Air Fryer



# From Plant to Pot

To celebrate 'Veganuary,' Instant Brands UK have created a collection of delicious Vegan recipes that you can make quickly and easily in your Instant Pot or Vortex Air Fryer.

With whole food recipes from Breakfast to Brunch, Lunch to Dinner, and Desserts to Sweet Treats, there's a plant-based dish for everyone this Veganuary.

Each recipe is marked with our simple key, telling you which appliance it uses, how long the recipe takes and serving size.



**Instant Pot Recipe**



**Vortex Air Fryer or Duo Crisp Recipe**



**Time in cooker/fryer from start to finish including set pressure release time.**

(Does not include any preparation time or Instant Pot pre heating time, or untimed natural pressure release.)



**Number of portions served**



# From Breakfast to Brunch

## Spicy Pinto Beans

Recipe by Maryea Flaherty



- 450g dry pinto beans
- 2 tbsp avocado oil
- 1 large yellow onion, peeled and diced
- 1 medium jalapeño, seeded and diced
- 2 tsp minced garlic
- 800ml vegetable stock
- 225 g passata
- 2 tbsp chili powder
- 1 tbsp yellow mustard
- 1 tsp dried oregano
- 1 tsp cumin
- 1/2 tsp black pepper
- 2 bay leaves
- 1/2 tsp salt



1. Place the beans in a bowl of water to soak for 4–8 hours. Then drain.
2. Select *Sauté* and add the oil, onion, jalapeño, and garlic.
3. Sauté until softened, about 5 minutes.
4. Add soaked beans, stock, passata, chili powder, mustard, oregano, cumin, pepper, bay leaves, and salt to the inner pot. Stir well to combine and scrape any brown bits from the bottom of the pot.
5. Secure the lid and select *High Pressure* and set the time to 25 minutes, followed up natural pressure release.
6. Remove and discard the bay leaves before serving.

## Coconut Blueberry Chia Pudding

Recipe by Maryea Flaherty



- 400ml coconut milk
- 240ml water
- 340g frozen blueberries
- 160g chia seeds
- 90g rolled oats
- 160g maple syrup
- 1/2 tsp vanilla extract
- Fresh berries (optional)

1. Combine all ingredients except fresh berries into the inner pot.
2. Select *High Pressure* and programme the time for 3 minutes, followed by 5 minutes natural pressure release.
3. Pour the puddings into individual serving cups and refrigerate for 1 hour.
4. Serve cold with berries, or cover tightly and refrigerate for up to 4 days.







## Tofu Scramble & Avocado Toast

Recipe by Instant Brands UK



- 280g extra firm tofu, pressed
- 1 tbsp olive oil
- 2 tbsp paprika
- Salt & pepper

*For serving:*

- Toast
- Avocado
- Cherry tomatoes

*Additional equipment required:*

- Heatproof shallow dish (that fits inside Air Fryer)

1. Press the tofu before you begin, by wrapping the block in paper towels and putting a heavy dish or book on top. Leave this for at least 30mins, or as longer if you have time.
2. Once pressed, mash the tofu with a fork into a "scramble" and season with paprika, salt & pepper.
3. Oil the dish and then pour the tofu scramble mix into the dish. Try to arrange the tofu in a single layer if possible.
4. Select the *Air Fry* function on the Vortex Air Fryer and programme the temperature to 164°C and the time to 15 minutes. Once at temperature, place the dish of tofu into the tray.
5. After 5minutes, open the tray and use a spoon to give the tofu scramble a little mix, flipping it all over, then do this again another 5minutes later.
6. Depending on how close to a single layer the tofu is in the dish will depend how much of the final 5minutes you will need to get all the tofu cooked. (e.g. if you are using a small dish and the tofu is heaped inside, or if you are using a larger dish and the tofu is a single layer)
7. Keep checking the dish every 2minutes giving it a stir until all the scramble is cooked, browned and a little crispy.
8. Once ready, smash the avocado and spread onto toast, spoon on the tofu scramble on top, and garnish with cherry tomatoes.





## Porridge (2 ways)

Recipe by Maria Bravo



*\*The ingredients listed is for 1 portion so double/triple quantities for 2/3 servings etc.*

- 40g porridge oats
- 250ml Non-dairy milk of choice
- Any flavouring of choice - e.g. cinnamon, maple syrup, coconut
- Topping of choice - e.g. fresh fruit/nuts

### Method 1 - Inner Pot

**(This method works best with Almond Milk)**

1. Pour the almond milk into the inner pot and stir in the oats.
2. Select *Porridge/Oatmeal* function and set to *Low Pressure*.
3. Programme the time for 5 minutes, followed by natural pressure release.
4. Once finished, give the porridge a stir and serve with your flavouring and/or topping of choice.

### Method 2 - Pot in Pot

**(This method works better with other non-dairy milks)**

1. Mix the milk and oats in an ovenproof dish.  
*Suggested bowl diameter for each Pot size:*  
3L = 15cm 5.7L = 18cm 8L = 20cm
1. Pour 500ml of water into the inner pot, place the trivet inside and the ovenproof dish on top.
2. Select *Porridge/Oatmeal* function and set to *Low Pressure*.
3. Programme the time for 5 minutes, followed by natural pressure release.
4. Once finished, give the porridge a stir and serve with your flavouring and/or topping of choice.



# From Lunch to Dinner

## Wheat Grain, Black Bean and Avocado Salad

Recipe by Instant Pot



- 60g dried black beans
  - 180g wheat grain
  - 1L water
  - 280g cherry tomatoes
  - 2 chopped chillies
  - Handful of chopped fresh coriander
  - 2 tbsp cider vinegar
  - 2 tbsp extra-virgin olive oil
  - 1 garlic clove minced
  - 1/2 tsp salt
  - 1 avocado peeled and chopped
  - Handful of vegan cheese
1. Place the beans and wheat grain in a fine mesh sieve; rinse and drain.
  2. Place in the Instant Pot with the water and set to *High Pressure* for 25 minutes, followed by quick pressure release.
  3. Meanwhile, combine the tomatoes, peppers, coriander, vinegar, oil, garlic, and salt in a large bowl and set aside.
  4. Once the Instant Pot has finished, drain the beans and wheat grains in a fine mesh sieve. Run under cold water to stop the cooking process and cool quickly. Drain well.
  5. Combine the drained bean mixture with the avocado, vegan cheese and tomato mixture. Toss gently until well coated and serve.







## Sweet Potato & Black Bean Chili

Recipe by Maryea Flaherty



- 225 g dry black beans
- 1 tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 2 large sweet potatoes, peeled and cut into 1" cubes
- 1 1/2 tbsp chili powder
- 2 tsp ground cumin powder
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 800g chopped tomatoes
- 750ml vegetable stock
- 160g tomato paste

1. Place the dry beans in a large bowl and cover with 5 cups water. Allow to soak at room temperature 4–8 hours. Drain the beans and set aside.
2. Add the oil and onion to the Instant Pot, Select *Sauté* and stir occasionally for 6 minutes.
3. Once the onion has softened, add the garlic and sauté an additional 30 seconds.
4. Add the soaked beans, sweet potatoes, chili powder, cumin, salt, pepper, paprika, cinnamon, tomatoes, stock, and tomato paste. Stir well to combine and scrape any brown bits from the bottom of the inner pot.
5. Select *High Pressure* and programme for 20 minutes followed by 10 minutes natural pressure release.



## Vegetable Minestrone with Pasta

Recipe by Pamela Ellgen



- 2 tbsp olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 4 carrots, peeled & sliced
- 2 celery stalks, sliced
- 1.4L vegetable stock
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp fine sea salt
- 1/2 tsp black pepper
- 2 bay leaves
- 800g red kidney beans
- 800g diced tomatoes
- 170g tomato paste
- 200g macaroni pasta

1. Select *Sauté* and add the olive oil to the inner pot. Once the oil is hot, add the onion, garlic, carrots, and celery; sauté for 3 minutes or until the vegetables start to soften.
2. Press Cancel and pour in the stock. Using a wooden spoon, scrape up any browned bits stuck to the bottom of the pot. Add the oregano, thyme, salt, pepper, and bay leaves, and stir to combine.
3. Add the beans, diced tomatoes, tomato paste and macaroni but don't stir (this prevents the tomatoes from getting to the bottom of the pot, where they might burn).
4. Select *High Pressure* and set the time for 5 minutes, followed by natural pressure release for 10 minutes, then quick release any remaining pressure.





## Ginger, Lime & Edamame Spaghetti Squash

Recipe by Instant Pot



- 1 spaghetti squash (about 1.2kg)
  - 240ml water
  - 3 tbsp soy sauce
  - 2 limes divided
  - 4 tsp sugar
  - 1 tbsp grated fresh ginger
  - 1/8 tsp crushed pepper flakes
  - 340g frozen shelled edamame
  - 2 carrots, cut into matchsticks
  - 5 spring onions, both green and white parts
  - 40g unsalted peanuts or slivered almonds, coarsely chopped
  - Handful chopped fresh coriander
1. Pierce the squash over the entire surface with the tip of a sharp knife. Place in the microwave and set on high for 2 minutes.
  2. Carefully remove the squash from the microwave (it will be hot) and cut the squash in half crosswise, not lengthwise.
  3. Scrape out the seeds with a spoon.
  4. Place the water and a trivet in the Instant Pot, and the 2 squash halves on top of the trivet.
  5. Set to *High Pressure* for 7 minutes, followed by quick pressure release.
  6. Meanwhile, combine the soy sauce, juice of 1 lime, sugar, ginger, and pepper flakes in a small bowl.
  7. Whisk until well blended and set aside.
  8. When the Instant Pot valve drops, carefully remove the lid and take the squash halves out and place on a chopping board.
  9. Remove the trivet, press Cancel and set to *Sauté*.
  10. Add the edamame to the water, bring to a boil, and boil for 2 minutes then . Drain well.
  11. To create long spaghetti squash strands, run a fork around the outer edges of the squash to release the strands, rather than “raking through” the strands.
  12. Place the squash into bowls, and top with the edamame, carrots, and green onion.
  13. Spoon the soy sauce mixture evenly on top, sprinkle with the nuts and coriander, and garnish with remaining lime wedges.





## Lentil Curry

Recipe by @KateVeggieDesserts



- 2 tsp oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves garlic, finely chopped
- 1 tbsp mild curry powder
- 2 tsp garam masala
- ½ tsp chili powder, or more to taste
- 215g red lentils, rinsed
- 475ml water
- 400g chopped tomatoes
- 1 tbsp tomato paste
- 200ml canned coconut milk, stirred
- Handful of spinach chopped
- Juice of ½ a lemon

1. Add the onions, carrot and oil to the pot and select *Sauté*.
2. Stir occasionally until they start to brown and soften for 5 minutes.
3. Add the garlic, garam masala, curry powder and chilli powder and sauté for a further minute, then press off.
4. Stir in the lentils, water, chopped tomatoes and tomato puree.
5. Secure the lid on the Instant Pot and select *High Pressure* and set the time to 10 minutes. Note that it can take up to 10 minutes for the Instant Pot to pressurise before the cooking begins.
6. Once finishes, quick pressure release the steam then stir in the coconut milk, spinach and lemon juice until the spinach wilts.
7. Taste and season with salt and pepper and add more chilli powder if desired.



## Crispy Tofu

Recipe by Instant Pot UK



- 280g extra firm tofu, pressed
- 2 tbsp sesame oil
- 2 tbsp soy sauce



1. Press the tofu before you begin, by wrapping the block in paper towels and putting a heavy dish or book on top. Leave for at least 30mins.
2. Once pressed, cut the tofu into cubes (about 1.5-2cm)
3. In a bowl, combine the sesame oil and soy sauce, and add the cubed tofu, coating each piece in the marinade. If your not in a hurry, then leave the tofu to marinade for about 30mins so it absorbs the flavour.
4. Select the *Air Fry* function on the Vortex and programme the temperature to 190°C and the time to 14 minutes.
5. Once at temperature, add the tofu leaving space around each piece.
6. After 5 minutes, open the tray and give the tofu a good shake. And do this again another 5 minutes later (it should be looking pretty crispy by now!)
7. Continue to Air Fry for the final 4 minutes of the timer.
8. Once cooked and crispy, add as the meat replacement to your favourite curry, or stir fry dish, pasta sauce or even just to top a salad!

## Crispy Chickpeas

Recipe by Instant Pot UK



- 400g can chickpeas
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp dried thyme
- 1 tsp ground black pepper



1. Drain and rinse the chickpeas and dry thoroughly with a kitchen towel.
2. Spread chickpeas evenly on a small ovenproof dish and place inside the Air Fryer.
3. Select *Air Fry*, then set the temperature to 200°C and the time to 17 minutes.
4. When the display indicates "Add Food" remove the chickpeas, toss with olive oil and return to the cooking chamber. Give them a stir when prompted to "Turn Food."
5. Watch the chickpeas in the last 2 minutes of cooking and stop the program when they are a deep golden colour and crispy.
6. Combine the herbs and once the chickpeas are ready toss them in the seasoning.





## Massaman Curry with Tofu and Butternut Squash

Recipe by Coco Morante



- 400g extra firm tofu, pressed
- 1 tbsp coconut oil
- 1 large yellow onion, cut into 1-inch pieces
- 110g coconut cream
- 4 tbsp massaman curry paste
- 240ml vegetable stock
- 1 butternut squash, seeded and cut into 1-inch cubes (about 650g)
- 250ml coconut milk
- Handful of fresh thai basil leaves
- Hot steamed rice for serving

1. Cut the tofu into 1/2-inch slices. Sandwich the slices in a single layer between double layers of paper towels or a folded kitchen towel and press firmly to release as much moisture as possible.
2. Cut the slices into 1/2-inch cubes. Set aside.
3. Select the *Sauté* function on the Instant Pot, add the coconut oil, and melt.
4. Add the onion and sauté for 4 minutes, until the onion starts to brown.
5. Add the coconut cream and curry paste and sauté for 2 minutes more, until bubbling and fragrant.
6. Stir in the stock using a wooden spoon to nudge loose any browned bits from the pot bottom, then add the squash in a single layer.
7. Cancel Sauté, and select *Low Pressure* and set the cooking time for 1 minute.
8. When the cooking program ends, perform a quick pressure release, then open the pot and stir in the coconut milk, then add the tofu.\* Press the Cancel button to reset the cooking program and select *Sauté*.
9. Let the curry come up to a simmer and cook for 2 minutes, stirring occasionally and gently, being careful not to break up the tofu.
10. Press the Cancel button to turn off the pot. Gently stir in the basil.
11. Ladle the curry into bowls. Serve piping hot with the rice on the side.

\*If you prefer crispy tofu in your curry, check out the Air Fryer Crispy Tofu recipe on the next page to prepare your tofu before adding to the curry.





## Quinoa Pilaff

Recipe by Jenny Tschiesche



- 1 tbsp oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 blocks frozen spinach
- 1 medium red pepper, diced
- 1 medium yellow pepper, diced
- 170g quinoa, rinsed
- 1 tsp salt
- 230ml water

1. Select *Sauté* and add the oil, onion and garlic, sautéing until transparent.
2. Add the vegetables to the pot, and then stir in the quinoa, salt and water.
3. Secure the lid in place and set to *High Pressure* for 2 minutes, followed by natural pressure release.



## Herb & Lemon Orzo with peas

Recipe by Pamela Ellgen



- 2 tbsp extra-virgin olive oil
- 400g dry orzo pasta
- 1/2 tsp sea salt
- 1 tbsp dried parsley
- 1 tsp dried thyme
- 1 tsp dried garlic
- 1 tsp dried lemon zest
- 200g green split peas
- 800ml vegetable stock or water

1. Place all the ingredients into the Instant Pot in order.
2. Once the stock is added, stir to mix it all together.
3. Put the lid on and select *High Pressure* and program the time for 5 minutes, followed by 5 minutes of natural pressure release, then quick release any remaining pressure.
4. Serve immediately.





## Mac 'n' Trees

Recipe by Coco Morante



### Macaroni

- 450g macaroni
- 900ml water
- 1 tsp fine sea salt

### Sauce

- 150g raw cashews soaked in water for 2 hours or overnight in the fridge, then drained.
- 80ml water
- 2 tbsp nutritional yeast
- 1 1/2 tbsp fresh lemon juice
- 1 clove garlic peeled
- 1 tsp yellow mustard
- 1 tsp Tabasco sauce
- 1/2 tsp fine sea salt
- 1/4 tsp cayenne pepper

1. Place the macaroni, 900ml water and salt into the Instant Pot.
2. Secure the lid and set to *High Pressure* and program the time to 6 minutes.
3. Whilst the pasta is cooking, make the sauce by combining the cashews, water, nutritional yeast, lemon juice, garlic, mustard, Tabasco, salt, and cayenne pepper in a blender.
4. Blend at high speed for about a minute, until smooth, scraping down the sides of the blender halfway through,
5. Taste for seasoning, adding more salt and/or cayenne, if needed. You can also add an extra splash of water, if you prefer a thinner sauce.
6. When the Instant Pot cooking program ends, allow for 5 minutes of natural pressure release, then quick release the remaining pressure.
7. Open the pot and stir in the sauce.
8. Spoon the macaroni into bowls and serve immediately.





## Onion Bhajis

Recipe by *The Curry Guy*



- 2 white onions
- 1 red onion
- 1 tsp salt
- 1 tbsp garlic paste
- 2.5cm fresh ginger, julienned
- 3 green chillies, pounded to a paste
- 1 tbsp curry powder
- 2 tbsp rapeseed oil
- 1/2 tsp turmeric
- 4 tbsp rice flour
- 140g sifted gram flour
- 3 tsbp coriander leaves, finely chopped

1. Finely slice the onions, mix with the salt and set aside for an hour.
2. After an hour, the onions will be limp and moist. Squeeze the onions to release the water and add the remaining ingredients to the onions. You should easily be able to pick up a ball of the onion mixture.
3. Divide the mixture into small bhajis.
4. Select the *Air Fry* function and set to 176°C and for 15 minutes. Spray the basket with oil spray generously.
5. Place the bhajis in the basket once to temperature. You will need to cook these in batches.
6. After 15 minutes, your first batch will be cooked to perfection, then continue with the remaining bhajis.
7. Serve hot or at room temperature.

## Mini Hasselback Potatoes

Sandhya's Kitchen



- 750g baby potatoes
  - 2 tbsp olive oil
  - 2 clove minced garlic
  - Salt and pepper to taste
1. Place the potato one at a time, on a wooden spoon and cut across intervals. The spoon will stop you from cutting the potatoes through.
  2. Combine olive oil, garlic, salt & pepper in a small bowl and brush the potatoes with the seasoning mixture.
  3. If using the Duo Crisp, arrange the potatoes in the air fryer basket over two levels, then place inside the inner stainless steel pot and place the Air Fryer Lid on.
  4. If using the Vortex Air Fryer, arrange as a single layer inside the frying chamber.
  5. On either machine, select the *Air Fry* function and set the temperature to 180°C and the time for 20 minutes.
  6. When the timer is halfway, turn the potatoes around once, so that they cook evenly.
  7. Once finish, serve hot with dip of choice.





## Toasted Sesame Miso Hummus

Recipe by Coco Morante



- 170g dried chickpeas
- 1 tsp fine sea salt
- 3 tbsp white miso paste
- 1 tbsp toasted sesame oil
- 1 tbsp cold-pressed avocado oil
- 3 tbsp fresh lemon juice
- 1 tsp toasted sesame seeds for garnish

1. Select *Sauté* and add the oil, onion and garlic, sautéing until transparent.
2. Add the vegetables to the pot, and then stir in the quinoa, salt and water.
3. Secure the lid in place and set to *High Pressure* for 2 minutes, followed by natural pressure release.



## Garden Salsa

Recipe by Barb Musick



- 8 large tomatoes, roughly chopped
- 5 garlic cloves, finely diced
- 2 jalapeño, seeded and diced
- 1 pepper, any colour, diced
- 1 small red onion, diced
- 1 small yellow onion, diced
- 1 tbsp ground cumin
- 3 - 4 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp baking soda
- 60g tomato paste
- 2 tbsp freshly squeezed lime juice
- Fresh coriander

1. Stir together the tomatoes, garlic, jalapeños, pepper, onions, cumin, salt, pepper, and baking soda in the Instant Pot.
2. Select *High Pressure* and set the timer for 5 minutes, followed by 10 minutes natural pressure release, then quick release any remaining pressure.
3. Remove the lid and stir in the tomato paste, lime juice, and coriander.
4. Allow the salsa to cool completely before serving.



# Spinach & Mushroom Risotto

Recipe by Maria Bravo



- 1 tbsp oil of your choice
- 1 onion, chopped
- 3 cloves garlic
- 150g chestnut mushrooms, sliced or in small wedges
- 300g arborio rice
- 700ml vegetable stock
- Salt and pepper to taste
- 1-2 tbsp nutritional yeast flakes
- Handful of spinach

1. Select *Sauté* and set to Less, then add the 1 tbsp oil to the inner pot.
2. Stir in the chopped onion and garlic. Cover with glass lid and sweat for 5-6 minutes.
3. Add the mushrooms and stir, then leave for another 2 minutes covered with the glass lid.
4. Stir in the rice and wait for it to go translucent.
5. Add a little bit of stock and use a wooden spoon to remove any caramelised or burnt-on bits at the bottom of the inner pot.
6. Then stir in the remaining vegetable stock.
7. Put on the lid, and select *High Pressure* and programme the time for 5 minutes followed by quick pressure release.
8. Remove the lid and stir in nutritional yeast flakes and the spinach until it wilts.
9. Serve immediately.





# Sweet Treats to Desserts



## Vegan Chocolate Cake (2 ways!)

Recipe by Maria Bravo



OR



### Dry ingredients

- 225g plain flour
- 150g golden granulated sugar
- 4 tbsp cocoa powder
- 1 tsp bicarbonate soda
- 1/4 tsp salt

### Wet ingredients

- 250ml water
- 125ml vegetable oil
- 1 tsp vanilla extract
- 1 tbsp apple cider vinegar
  
- Fresh berries for decorating

1. Mix dry ingredients in a big bowl and whisk together.
2. Mix wet ingredients in another bowl.
3. Add the wet ingredients to the dry ingredients and beat until smooth. It will be quite thin, but do not overmix.
4. Pour into a silicone cake pan that fits in either Instant Pot or Vortex Air Fryer.

### 5. **Instant Pot Pressure Cooker method:**

Place 500ml cold water into the inner pot. Cover the cake pan with foil and place inside the inner pot on top of the trivet. Select *High Pressure* and set the time for 60 minutes followed by 15minutes natural pressure release.

### 5. **Vortex Air Fryer method:**

Select the *Bake* function, and programme the temperature to 160°C and the time to 35 minutes. Once to temperature, place the cake pan in to the Vortex.

6. Allow the cake to cool completely in the cake pan before topping with fresh berries and serving.





## Banana Bread with Walnut Streusel

Recipe by Nisha Vora



### Banana Bread

- 150g plain flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp fine sea salt
- 72g coconut oil, melted
- 67g organic cane sugar
- 80ml almond milk
- 2 tbsp flaxseed meal
- 1 tsp pure vanilla extract
- 3 very ripe medium bananas, mashed

### Walnut Streusel

- 40g rolled oats
- 50g chopped walnuts
- 2 tbsp plain flour
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 1/2 tbsp coconut oil, melted
- 1 tbsp pure maple syrup

1. Grease an 8 inch × 4 inch loaf pan or a 7-inch spring form pan with cooking spray or oil and sprinkle with a spoon of flour. Shake to evenly distribute the flour and set the pan aside.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. In a large bowl, whisk the melted coconut oil and sugar until combined. Stir in the almond milk, flaxseed meal, and vanilla until well combined.
4. Gently stir the dry ingredients into the wet ingredients until just combined, taking care to not overmix.
5. Fold in the mashed bananas with a silicone spatula.
6. Pour the banana bread batter into the prepared pan and cover the pan tightly with foil.
7. Pour 240ml water in the inner pot and carefully place in the trivet with the pan on top (a foil sling is useful here)
8. Select *High Pressure* and set the time to 50 minutes.
9. Meanwhile, prepare the walnut streusel: In a small bowl, mix together the oats, walnuts, flour, cinnamon, and salt.
10. Pour in the melted coconut oil and maple syrup and fold in with a silicone spatula to evenly combine.
11. Once the 50 minute timer on the Instant Pot has completed allow a natural pressure release.
12. Carefully remove from the pot and take off the foil cover. Use a toothpick to check it is cooked - it should come out with a few moist crumbs.
13. Once the bread is cooked through, sprinkle the top evenly with the streusel and allow it to cool in the pan for 10 minutes.
14. Then remove the bread from the pan and cool for another 10 minutes on the wire rack before cutting into slices.



# Chai Spiced Rice Pudding

Recipe by Nisha Vora



- 200g arborio rice
- 375ml unsweetened almond milk
- 230ml full-fat coconut milk, well stirred
- 240ml water
- 1 tsp pure vanilla extract
- 1/8 tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground cardamom
- 1/2 tsp ground nutmeg
- 1/8 tsp ground cloves
- 2 tbsp almond butter
- 1 tbsp pure maple syrup
- 4 soft medjool dates, pitted & chopped
- Fresh fruit and nuts (for serving)

1. Place all ingredients except the fresh fruit and nuts into the Instant Pot and stir to combine.
2. Select *High Pressure* and set the cook time to 10 minute, followed by 5 minutes natural pressure release for 5 minutes, then quick release the remaining pressure.
3. Open the pot and stir the rice pudding thoroughly.
4. Transfer the rice pudding to bowls and top with fresh fruit and nuts.





# Spiced Red Wine Poached Pears

Recipe by Michelle Fagone



- 4 pears
- 2 tbsp fresh lemon juice
- 750ml vegan red wine
- 120ml freshly squeezed orange juice
- 2 tsp grated orange zest
- 50g sugar
- 1 cinnamon stick
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1 sprig fresh mint



1. Rinse and peel the pears leaving the stem.
2. Using a corer or melon baller, remove the cores from underneath without going through the top so you can maintain the stem.
3. Brush the pears inside and out with the lemon juice.
4. Combine the wine, orange juice, orange zest, sugar, cinnamon stick, cloves, and ginger in the inner pot.
5. Select *Sauté* button and change the temperature to More.
6. Bring to a slow boil in about 3–5 minutes then stir to blend and dissolve the sugar.
7. Carefully place the pears in liquid and using the Adjust button change the temperature to Less and leave to simmer unlidged for 5 minutes.
8. Put the lid on, and select *Low Pressure* and set for 3 minutes, followed by quick-release pressure.
9. Use a slotted spoon to transfer the pears to a serving platter or individual bowls.
10. Garnish with mint sprig.