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5 Meaty, Vegan Protein Options To Keep In Your Fridge At All Times



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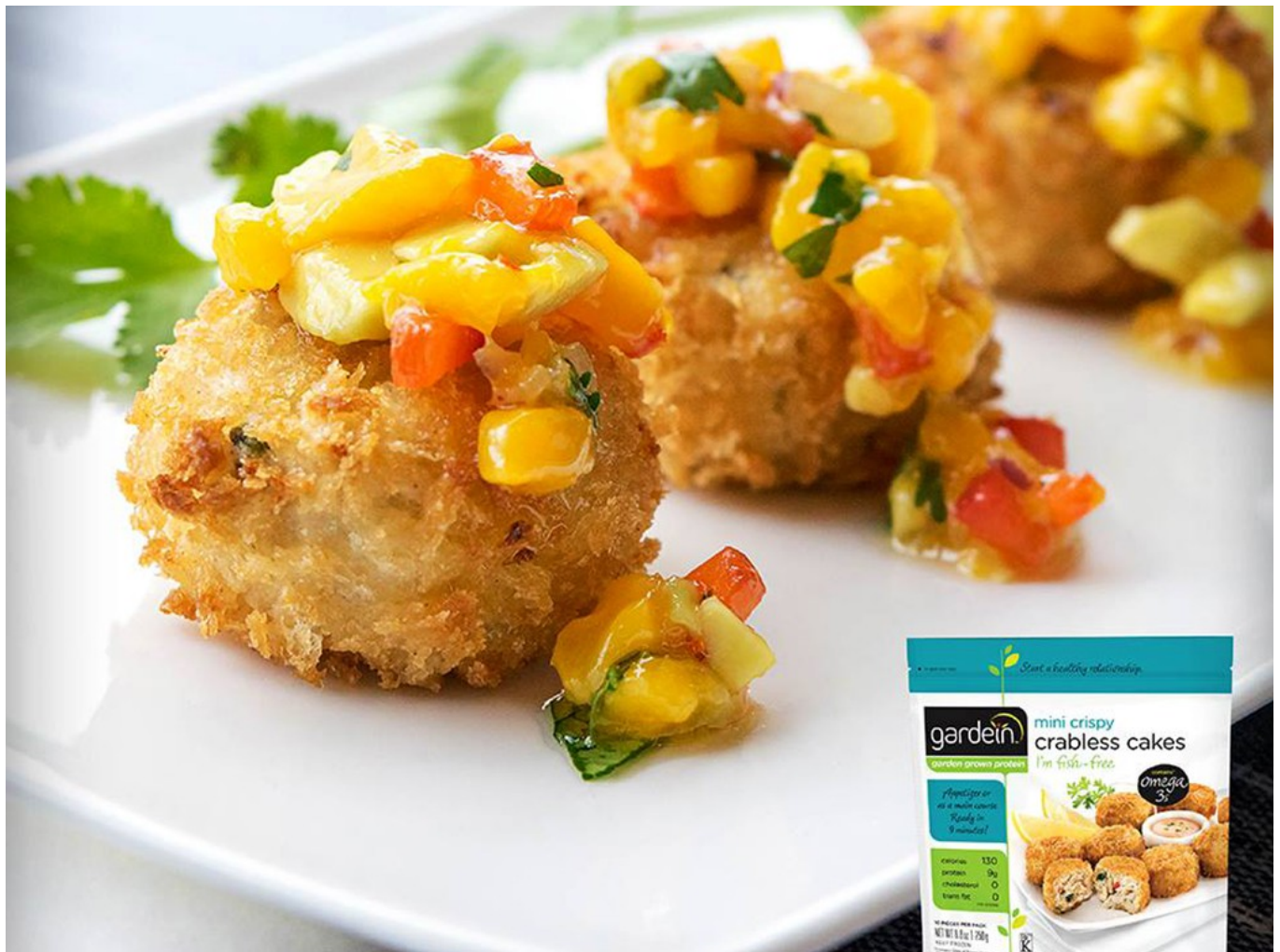
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Bring home-cooking to another level with these vegan protein staples that are meaty, versatile, and oh-so yummy.

As convenient as it is to eat out, there is something to be said about cooking your own meals. Sometimes, we're just over the foods we have come to know and love, and other times it just feels nice to "adult" and whip up a meal for a change.

And on those types of days, while we would love to make foods from scratch, that doesn't always pan out. Life happens, we get it. This is where our kitchen-friendly refrigerator and freezer comes in handy. Don't turn up your nose to these frozen and frigid finds for they may be the secret tolls you need to stay on your healthy path! For a healthy dose of protein for veg-heads and meat-eaters alike, here are five plant proteins to stock up in your fridge or freezer at all times!



1. Gardein Mini Crispy Crabless Cakes

An award-winning line of delicious and healthy meat-free foods, Gardein's Mini Crabless Cakes are swimming with flavor and ocean-free omega-3s. Made with non-GMO soy, wheat, and veggies, they are cholesterol-free, vegan and kosher. Crispy on the outside, moist and flaky on the inside, these bite-sized garden grown protein are perfect as an appetizer or main course.



2. Beyond Meat Beyond Burger

The Beyond Burger's flavor is unparalleled. Made from pea protein, beet juice and coconut oil, this 100% vegan patty even has a higher protein count than conventional beef burgers. Smokey, savory and utterly delicious, you can nosh away guilt-free knowing there are no hormones, antibiotics or cholesterol on your lunch, dinner (or breakfast – we're not judging!) plate. Though they are entirely plant-based, it is recommended you keep these bad boys refrigerated until ready to cook!



3. Spicebox Organics Locally Made Tempeh

If tofu isn't your thing, tempeh is a great alternative! Eaten primarily in Asia and hailing from Indonesia, tempeh is made by fermenting cooked soybeans with mold (instead of curdling fresh, hot soy milk with a coagulant, which is how tofu is made). Spicebox Organics, one of our favorite health food shops chains, offers up a mean batch of locally made tempeh – firm, chewy, nutty, and slightly sweet. Though higher in calories than its whiter unfermented cousin, tempeh is less processed and contains more protein, calcium and fiber than tofu. Keep it in the fridge until you're ready to add it to soups, salads or casseroles.

Find locally made tempeh in the refrigerator section at Spicebox Organics stores.



4. Lion's Mane Mushrooms

With its chewy, meaty texture and taste reminiscent to chicken, Lion's Mane mushrooms are a great staple to have stocked in your kitchen pantry. They are a great stand-in for meat dishes as the mild mushrooms pick up the flavors of whatever is being cooked, and they are substantial enough to be the main dish or a famed side dish. We like to sauté them in garlic, white wine and parsley or add to our stir-fry in lieu of tofu.



5. Linda McCartney Vegetarian Sausages

Now *this* is something we're super excited about! For those who are looking to transition to a more plant-based diet but are apprehensive, you'll love UK-based plant-based foods purveyor Linda McCartney Foods (yes, THAT McCartney) and its vegan sausages. Made with rehydrated textured soya protein and natural flavors, they cook up to a nice crisp on the outside with a satisfying texture on the inside but it's the seasoning that's the best! Full of flavor with a high protein count, go ahead and stock up!

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Jenny Star Lor is Green Queen’s resident eco wellness writer. She is passionate about reducing her carbon footprint, loves all things fitness and enjoys tasting her way through Hong Kong’s veggie dining options. Originally from Los Angeles, she now calls Hong Kong home. Previously, she wrote and reported for global publications such as The Hollywood Reporter and US Weekly. She is also a passionate pole dancer and teaches classes across Hong Kong.



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