

Oil-free cooking cheat sheet

Everything you used oil for, done without a drop. Pin this inside a kitchen cupboard.

Sautéing

Heat the pan, add onion with 2–3 tbsp water or stock. Add a splash more each time it starts to stick. Onions still go golden, just a little more slowly.

Roasting

Line the tray with baking paper. Roast at 200°C, turning once. Season with spices before, and add a squeeze of lemon or a drizzle of balsamic after.

Crispy without frying

Use an air fryer for potatoes, chickpeas and tofu. Toss them in a little aquafaba (chickpea water) or soy sauce first so the spices stick.

Baking

Replace oil with an equal amount of mashed banana, apple sauce or pumpkin. Use a flax egg (1 tbsp ground flax + 3 tbsp water, rested 5 minutes) for each egg.

Creamy dressings

Blend silken tofu, white beans or cooked potato with mustard, garlic, lemon, a little maple syrup and herbs. Thin with water or plant milk.

Pans that help

A good non-stick or ceramic-coated frypan, a heavy-based saucepan for soups, an air fryer, and baking paper. That's all you need.

Where your healthy fats come from: ground flaxseed and chia every day, plus the natural fats in tofu, tempeh, soy milk, whole grains and greens. In the Relaxation phase, nuts, seeds, avocado and olives come back in moderation, but still no oil.