

# Emirates adds plant-based options in celebration of Veganuary

With the rising popularity of vegan meals amongst its customers, Emirates is celebrating Veganuary by including an additional plant-based option on its menus for the month of January. The plant-based meal is available as a fourth main course option in first and business class menus on flights from Dubai to USA, Europe, Australia, New Zealand, South Africa and Addis Ababa. Emirates is also offering a vegan option in economy on flights to Addis Ababa this month.



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Veganuary is a worldwide movement, to encourage veganism especially in January.

Last year, Emirates served 345,000 special plant-based meals to customers on board. The airline has over 170 vegan recipes in its kitchen and for January will be serving some new dishes such as:

- Tofu Jalfrezi – a spiced tofu and vegetable stir fry served with steamed wild rice and tandoori broccolini;
- Shitake Ravioli served with coriander pesto and edamame
- Ancho three-bean chilli – a spiced vegan stew of peppers and beans served with corn cakes, chimichurri and tofu aioli
- Shitake fried rice served with sautéed asparagus and oyster mushrooms and Marmite sauce
- Misir Wat – an Ethiopian style spicy red lentil stew, served with sautéed spinach and spiced potatoes and carrots

On all other routes and across all classes, customers can continue to request vegan meals, along with other special meals, 24 hours before departure.

Emirates' vegan meals are created by its team of chefs and nutritionists and come complete with vegan desserts. A special vegan cheese has also been introduced in economy class and a vegan option as part of its gourmet chocolate programme in premium classes.

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