



VEGETERIAN RECIPES

*Get inspired by these plant-based
nutritious recipes. Enjoy the plant power!*

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A close-up photograph of a bowl of vegetarian nasi goreng. The dish consists of a base of browned rice mixed with various vegetables including green onions, carrots, and bean sprouts. A perfectly fried sunny-side-up egg is placed on top of the rice. The bowl is light green and sits on a white marble surface. A semi-transparent white box with black text is overlaid on the left side of the image.

**VEGETARIAN
NASI GORENG**

VEGETARIAN NASI GORENG



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
380 kcal
10g Fats
59g Carbs
14g Protein



WHAT YOU NEED

- 7. oz. (200g) brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and chopped
- 2 tsp. sambal (chili paste)
- 10.5 oz. (300g) white cabbage, shredded
- 10.5 oz. (300g) leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 oz. (200g) green beans
- 3.5 oz. (100g) bean sprouts


WHAT YOU NEED TO DO

Boil the rice according to the instructions on the package.

Heat ½ tbsp. oil in a large pan and add the garlic, ginger and sambal, cook for 3 mins. Add the cabbage, leek, and carrot to the pan and stir-fry for another 5 min. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.

Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.

Serve the rice in a bowl topped with an egg and green beans on the side.

A top-down view of a white plate containing a meal. The main component is a pile of white rice noodles mixed with browned ground meat, green beans, red bell peppers, and other vegetables. A large, sunny-side-up fried egg is placed on the right side of the plate. At the top of the plate, there is a separate portion of shredded orange carrots and yellow bell peppers. The plate is set on a dark wooden surface.

VEGETABLE FRIED RICE NOODLES

VEGETABLE FRIED RICE NOODLES



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
437 kcal
16g Fats
55g Carbs
16g Protein



WHAT YOU NEED

- 8 oz. (225g) rice noodles, or rice
- 1 onion
- 2 tbsp. sesame oil
- 1 inch fresh ginger
- 4 cloves garlic
- 2 tbsp. chili sauce
- 6.4 oz. (180g) tofu, chopped
- 14 oz. (400g) Chinese stir fry vegetable mix
- 3 tbsp. tamari sauce
- 4 eggs, fried
- pickled vegetables (optional)

WHAT YOU NEED TO DO

Cook the rice noodles according to package instructions. Meanwhile, finely chop the onion. Heat 1 tbsp. of the oil in a wok and fry the onion over medium heat for 5 minutes. Peel then finely chop the ginger as well as the garlic.

Add the ginger, garlic and chili paste to the onion and cook for 3 minutes. Next add in the tofu and heat for another 3 minutes.

Turn the heat to high, add the Chinese vegetable mix along with the tamari sauce and stir-fry for 5 minutes.

Meanwhile, heat the remaining oil in a large frying pan and fry the eggs. Add the rice noodles to the vegetable and tofu mixture and toss. Serve the with a fried egg on top and pickled vegetables (optional).

A top-down view of a white bowl filled with vegetable pad thai. The dish consists of wide, flat rice noodles coated in a dark brown sauce, mixed with sliced red and green bell peppers, green onions, and sliced almonds. A wedge of lime is placed on the left side of the bowl. In the background, a green square dish holds two more lime wedges, and a small green bowl contains roasted peanuts. A pair of wooden chopsticks with a blue cord and a wooden elephant-shaped handle rests on the right side of the bowl. The entire scene is set on a white wooden surface.

**VEGETABLE
PAD THAI**

VEGETABLE PAD THAI



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
430 kcal
15g Fats
58g Carbs
13g Protein



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WHAT YOU NEED

- 7 oz. (200g) flat rice noodles, or soya bean noodles
- 4 tbsp. tamarind sauce
- 2 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1/2-1 tsp. chili flakes
- 2 tbsp. coconut oil
- 2 garlic cloves, finely chopped
- 2 large eggs, lightly beaten
- 11.2 oz. (320g) stir fry vegetables
- 3/8 cup (50g) roasted peanuts
- 1 lime, quartered

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on packaging. In the meantime, mix the tamarind, soy sauce, sugar and chili flakes together.

Heat the oil in a large frying pan or wok and cook the garlic for 1 min, and then add the sauce mixture. Let this bubble for a minute, and then transfer to a bowl.

In the same pan, on medium-high heat, add the beaten eggs. Let them set for a minute, without stirring. Once set, break vigorously with a wooden spoon.

Add the stir-fry vegetables and cook for 2 minutes. Then add the noodles, pour over the sauce, stir well and cook for another minute or two. Serve sprinkled with peanuts and a squeeze of lime.

A top-down view of a light green ceramic bowl filled with a meal. On the left side of the bowl is a portion of dark red chili sauce containing kidney beans, carrots, and green herbs. On the right side is a portion of bright yellow cauliflower rice, also garnished with green herbs and small green pumpkin seeds. A silver fork is partially submerged in the rice. The bowl is set on a dark wooden surface, with a white and blue floral patterned napkin visible at the bottom right.

**VEGAN CHILI WITH
SPICED CAULIFLOWER RICE**

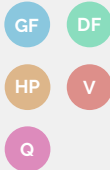
VEGAN CHILI WITH SPICED CAULIFLOWER RICE



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
373 kcal
7g Fats
54g Carbs
20g Protein



WHAT YOU NEED

- 3 tsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium carrots, grated
- 2 2/3 cups (600g) tomato passata
- 2 tbsp. tomato purée
- 2 x tins black beans, rinsed and drained
- 1 x tin red kidney beans, rinsed and drained
- 1 jalapeño pepper, deseeded and diced
- chili flakes, to taste
- 8 cups (800g) cauliflower rice (or make your own in a food processor)
- 1 tsp. onion powder
- ½ tsp. turmeric
- ¼ cup (30g) pumpkin seeds
- 2 tbsp. fresh parsley, chopped

WHAT YOU NEED TO DO

Heat 1 tsp. coconut oil in a large saucepan and cook the garlic until fragrant. Add the carrots, tomato passata and purée, black beans, kidney beans and jalapeño pepper. Season with salt and pepper and cook for 10 mins stirring often.

In the meantime, prepare the cauliflower rice. Heat the remaining 2 tsp. coconut oil in a pan and toss in the cauliflower rice. Add the onion powder and turmeric, season with salt and pepper and cook for 3-5 minutes. Then remove from the pan and set aside.

Once chili is ready, serve in a bowl alongside the spiced cauliflower rice. Sprinkle with pumpkin seeds and chopped fresh parsley to serve.

A top-down view of a bowl filled with buckwheat beetroot risotto. The risotto is a mix of small, reddish-brown buckwheat grains and diced beetroot. It is garnished with whole pine nuts and crumbled white cheese. The bowl is surrounded by fresh green arugula leaves. The bowl has a green and white patterned interior and a gold rim. A dark blue patterned cloth is visible on the left side.

**BUCKWHEAT
BEETROOT RISOTTO**

BUCKWHEAT BEETROOT RISOTTO



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
550 kcal
24g Fats
56g Carbs
21g Protein



WHAT YOU NEED

- 2 tbsp. olive oil
- 2 small onions, chopped
- 2 sprigs thyme, leaves only
- 2 garlic cloves, crushed
- 2 ½ cups (500g) beetroot, cooked
- 1 1/3 cups (300g) buckwheat
- 5 cups (1.25l) vegetable stock
- ¼ cup (30g) pine nuts, roasted
- 1 cup (150g) goats cheese, crumbled
- 4 handfuls rocket, to serve

WHAT YOU NEED TO DO

Heat the oil in a pan on high heat. Add the onion and thyme and cook for 3 minutes. Add in the garlic and cook for another minute.

Next add in the buckwheat and cook for 3 minutes stirring until the grains are translucent, then add in a little bit of the vegetable stock and stir until it is absorbed.

Keep adding the stock until the buckwheat is cooked, it will take about 25 mins. Add the beetroot for the last 10 minutes of cooking.

In the meantime, roast the pine nuts in a dry pan for 3 minutes on medium heat until golden brown.

Crumble the goat's cheese and stir in half the risotto at the end of cooking. Divide the rocket over the plates alongside the risotto.

To serve sprinkle with the rest of the goat's cheese, pine nuts and season with salt and pepper.



CREAMY LEEK RISOTTO

CREAMY LEEK RISOTTO



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per
serving:
438 kcal
7g Fats
81g Carbs
13g Protein



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WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 1 ½ cup (350g) risotto rice
- 2 cups (500ml) vegetable stock
- 3 rosemary springs
- ½ cup (60g) parmesan, grated
- 3 tbsp. soy cream

WHAT YOU NEED TO DO

Heat the oil in a frying pan and sauté the leeks and onion for about 5 mins. Add in the rice and simmer for 1 minute.

Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.

Remove the rosemary springs, and season the risotto with salt and pepper.

Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.

A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, orange-red sauce, topped with roasted cashews and fresh green cilantro leaves. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored marble surface, with a few cashews and cilantro leaves scattered around it. A piece of flatbread is visible on the right side of the frame.

**SLOW COOKER CAULIFLOWER
TIKKA MASALA**

SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4
Prep: 10 mins
Cook: 3-4hrs



Nutrition per
serving:
226 kcal
14g Fats
22g Carbs
7g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- Handful fresh coriander
- 1/3 cup (50g) cashews roasted

WHAT YOU NEED TO DO

Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.

Pour in the diced tomatoes and honey stir to mix everything.

Cook on high for about 3-4 hours or the cauliflower is tender.

Add the coconut milk, and stir well. Cook for another 3-5 mins on low until warmed through.

Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).



**VEGETARIAN SHEPHERD'S
PIE WITH SWEET POTATO**

VEGETARIAN SHEPHERD'S PIE WITH SWEET POTATO



Serves: 6
Prep: 20 mins
Cook: 20-25 mins



Nutrition per
serving:
234 kcal
6g Fats
36g Carbs
9g Protein



WHAT YOU NEED

- 4 cups (800g) cooked sweet potato mash, around 4-5 potatoes
- 1 tbsp. coconut oil
- 3 1/3 cups (250g) mushrooms, chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 2 handfuls parsley, chopped
- 1 tbsp. fresh thyme
- 1 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- 2 tbsp. buckwheat flour
- 1 cup. (235ml) vegetable stock
- 3 cups (450g) frozen veg mix
- 1/2 cup (50g) dairy free cheese or parmesan

WHAT YOU NEED TO DO

Firstly, prepare the sweet potato mash either by boiling or microwaving the potatoes.

Heat the coconut oil in a large frying pan and add in the mushrooms and garlic, season with salt and pepper and cook for 5 mins.

Add in the onion, parsley and thyme and sauté everything for another 10 mins. Next, add the tomato paste and Worcestershire sauce, mix well.

Sprinkle in the flour and stir well for 3mins. Next add in the stock and frozen vegetables stirring until thickened.

Heat the oven to 360C (180C) and transfer the vegetables into a oven proof dish. Top with the sweet potato mash and cheese.

Bake in the oven for 20-25 minutes until top is golden brown. Serve straight away.



**SWEET POTATO
SAAG ALOO**

SWEET POTATO SAAG ALOO



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
197 kcal
7g Fats
35g Carbs
6g Protein



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WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 onions, thinly sliced
- 4 garlic cloves, sliced
- 2 tbsp. ginger, grated
- 1 tbsp. mild curry powder
- 2 2/3 cups (400g) sweet potatoes, peeled and chopped
- 3 tomatoes, diced
- 1 1/4 cup (300ml) vegetable stock
- 1 1/4 cups (250g) spinach, roughly chopped
- 4 tbsp. natural yogurt
- 2 tbsp. desiccated coconut
- 1 tbsp. mint leaves, finely chopped
- juice of 1/2 lemon
- handful coriander, chopped

WHAT YOU NEED TO DO

Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 mins until soft.

Next add the garlic, ginger, curry powder, and sweet potato, mix well until combined. Season with salt and pepper.

Add the tomatoes and vegetable stock. Bring to boil, and turn down the heat and cover the pan. Simmer gently for about 10 minutes.

In the meantime, prepare the yogurt by mixing together the natural yogurt, desiccated coconut, and mint. Set aside until needed.

Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper if required and if necessary loosen the sauce with some water.

Serve with the earlier prepared yogurt, a squeeze lemon, and fresh coriander.

CHICKPEA, SWEET POTATO & SPINACH CURRY



CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
328 kcal
16g Fats
38g Carbs
11g Protein



WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

WHAT YOU NEED TO DO

Heat the oil in a frying pan, add the grated ginger, onion, garlic and chilli pepper. Fry often stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.

THAI GREEN CURRY WITH LENTILS



THAI GREEN CURRY WITH LENTILS



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
394 kcal
12g Fats
60g Carbs
15g Protein



WHAT YOU NEED

- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp. ginger, grated
- 1 tbsp. coconut oil
- 2-3 tbsp. Thai green curry paste
- juice and zest of 1 lime
- 14 oz. (400ml) can light coconut milk
- 1 large or 2 small bok choy, cut into small pieces
- 14 oz. (400g) can lentils, drained and rinsed
- salt, to taste
- coriander, to serve
- 8 oz. (225g) cooked rice noodles, to serve

WHAT YOU NEED TO DO

Fry the onion, garlic and ginger in coconut oil for a few minutes then add the curry paste and cook for another 5 min.

Next add in the lime zest and juice, and the coconut milk, mixing well.

Add in the lentils and bok choy and allow to simmer for about 5 min. Season with salt if needed.

Serve with a portion of rice noodles and fresh coriander.

MOROCCAN SPICED VEG WITH CASHEWS & BLACK RICE



MOROCCAN SPICED VEG WITH CASHEWS & BLACK RICE



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
362 kcal
6g Fats
70g Carbs
10g Protein



WHAT YOU NEED

- 3 ¼ cups (800g) cooked black rice
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 aubergine, chopped
- 2 carrots, chopped
- 1 zucchini, chopped
- 1 sweet red pepper, chopped
- 1 can chopped tomatoes
- 2/3 cup (150ml) vegetable stock
- 1 tbsp. harissa spice blend
- 1 tsp. ground coriander
- 1 tsp. ground cinnamon
- ½ tsp. ground turmeric
- juice of 1 lemon
- handful fresh parsley, chopped
- handful mint leaves, chopped
- 4 tbsp. natural yogurt

WHAT YOU NEED TO DO

Cook rice according to instructions on packaging. It will take around 35 mins.

In the meantime, prepare all your vegetables, wash and chop them accordingly.

Heat 1 tbsp. of coconut oil in a large pan over medium heat. Add in the onion and garlic and sauté for 5 minutes, stirring regularly.

Next add in all the other chopped vegetables. Season with salt & pepper, and add in the spices. Toss to combine and cook for another 5 mins.

Add in the chopped tomatoes and vegetable stock, and bring to boil. Reduce the heat, cover and simmer for 20 mins until vegetables are tender.

Stir in the lemon juice and parsley. Taste for any additional seasoning. Serve with a side of black rice and a dollop of yogurt.



**LEBANESE
FALAFEL BOWL**

LEBANESE FALAFEL BOWL



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
356 kcal
26g Fats
27g Carbs
11g Protein



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WHAT YOU NEED

- 1 red onion
- 1 red pepper
- $\frac{3}{4}$ cup(100g) asparagus
- 2 tbsp. traditional olive oil
- 12 store-bought falafels, spicy
- 4 tbsp. store-bought roasted eggplant salad with mayonnaise
- $\frac{3}{4}$ cup (100g) low fat feta cheese
- $\frac{1}{2}$ cup (100g) beetroot, matchsticks

WHAT YOU NEED TO DO

Cut the onion into wedges. Remove the stalks and seeds from the bell pepper and cut the flesh into strips. Sprinkle the onion, pepper, and asparagus with half the oil.

Heat the grill pan and grill the onion and pepper for 5 mins then add in the asparagus and grill for another 3 mins. Season with salt and pepper.

In the meantime, heat the remaining oil in a frying pan, cut the falafels in half and fry for 6 minutes.

To assemble the salad place the grilled veg, falafels, beetroot and eggplant dip in the bowl and crumble the feta cheese over it.



**BAKED EGGPLANT WITH
MOZZARELLA, TOMATO & PESTO**

BAKED EGGPLANT WITH MOZZARELLA, TOMATO & PESTO



Serves: 4
Prep: 15 mins
Cook: 35 mins



Nutrition per
serving:
234 kcal
20g Fats
21g Carbs
9g Protein



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WHAT YOU NEED

- 2 aubergines
- 2 tbsp. olive oil
- 4.4 oz (125g) mozzarella, sliced
- 4 medium tomatoes, sliced
- 2 tbsp. green pesto

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

Make deep cuts in the aubergines without cutting right through. Place the aubergines on a tray covered with parchment paper and rub with the olive oil. Bake in the middle of the oven for about 35 min.

Meanwhile cut the mozzarella and tomatoes into slices. Remove the aubergines from the oven, let it cool slightly and insert a slice of mozzarella and tomato in each cut. Season with salt and pepper.

Lastly, drizzle with the pesto and cook in the oven for another 10 minutes until the mozzarella has melted.



**TOFU IN
PEANUT SAUCE**

TOFU IN PEANUT SAUCE



Serves: 4
Prep: 30 mins
Cook: 15 mins



Nutrition per
serving:
310 kcal
18g Fats
17g Carbs
18g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 ¼ cups (400g) tender stem broccoli
- 1 3/8 cups (350g) firm tofu

For the Sauce:

- 1/4 cup (65g) natural peanut butter
- 2 tbsp. tamari or soy sauce
- 2 tbsp. water
- 5 tbsp. honey
- 1 tsp. sesame oil
- 1/2 tsp. chili flakes
- 1 tbsp. ginger, grated

WHAT YOU NEED TO DO

Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.

Cut the tofu into 1/2 inch (1.25 cm) cubes.

Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.

In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 mins, occasionally turning, until browned. Add in the earlier prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.



**SATAY TEMPEH SKEWERS
WITH ASIAN SLAW**

SATAY TEMPEH SKEWERS WITH ASIAN SLAW



Serves: 4
Prep: overnight
Cook: 20 mins



Nutrition per
serving:
365 kcal
24g Fats
22g Carbs
23g Protein



WHAT YOU NEED

- 14 oz. (400g) natural tempeh

For the marinade:

- ¼ cup (45g) crunchy peanut butter
- 3 tbsp. coconut milk (more if required)
- 1 tbsp. sesame oil
- 1 tbsp. lime juice
- 1 tbsp. tamari (or soy sauce)
- 1 tbsp. honey
- 1 tsp. chili paste (sambal oelek)
- 1 tsp. ginger, grated

For the slaw:

- 300g red cabbage, shredded
- 1 tbsp. Sesame oil
- 1 tsp. honey
- 1 tbsp. lime juice
- 2 tsp. ginger, grated
- sesame seeds, to serve

WHAT YOU NEED TO DO

Cut the tempeh into 32 even cubes.

Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).

Preheat the oven to 350F (180C).

Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 mins checking to prevent burning. Save the rest of the marinade for serving.

Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.

Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.

SMOKED AUBERGINE GOULASH



SMOKED AUBERGINE GOULASH



Serves: 4
Prep: 20-30 mins
Cook: 35 mins



Nutrition per serving:
181 kcal
10g Fats
26g Carbs
5g Protein



WHAT YOU NEED

- 2 aubergines
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

WHAT YOU NEED TO DO

Wash the aubergines and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.

In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.





BEAN STEW

BEAN STEW



Serves: 6
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
148 kcal
2g Fats
25g Carbs
7g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 7/8 cup (175g) tomatoes, chopped
- 1 tbsp. tomato puree
- 2x 14 oz. (400g) tin chopped tomatoes
- 1x 14oz. (400g) tin butter beans, drained
- Parsley, chopped, to garnish

WHAT YOU NEED TO DO

Heat the coconut oil in a large pot, and cook the onion, garlic, rosemary and thyme over medium heat for 5-6 minutes, until soft. Season with salt and pepper.

Add in the parsnips, carrots, tomatoes, tomato puree and cook for another 15 mins, until softened.

Add in the beans, chopped tomatoes and mix well. Bring to a boil, reduce the heat and simmer for another 15 mins. Season to taste, with salt and pepper and more herbs if desired.

Garnish with fresh parsley before serving.

The stew can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

A top-down view of a white ceramic baking tray containing ten baked sweet potato halves. Each half is filled with a green pesto sauce, topped with crumbled white feta cheese, and garnished with bright red pomegranate seeds. Some seeds are scattered on the tray around the potatoes. The tray is placed on a light-colored marble surface with a grey cloth underneath.

**BAKED SWEET POTATO
WITH FETA, PESTO
& POMEGRANATE**

BAKED POTATO WITH FETA, PESTO & POMEGRANATE



Serves: 4
Prep: 5 mins
Cook: 30-45 mins



Nutrition per
serving:
283 kcal
12g Fats
42g Carbs
7g Protein



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WHAT YOU NEED

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

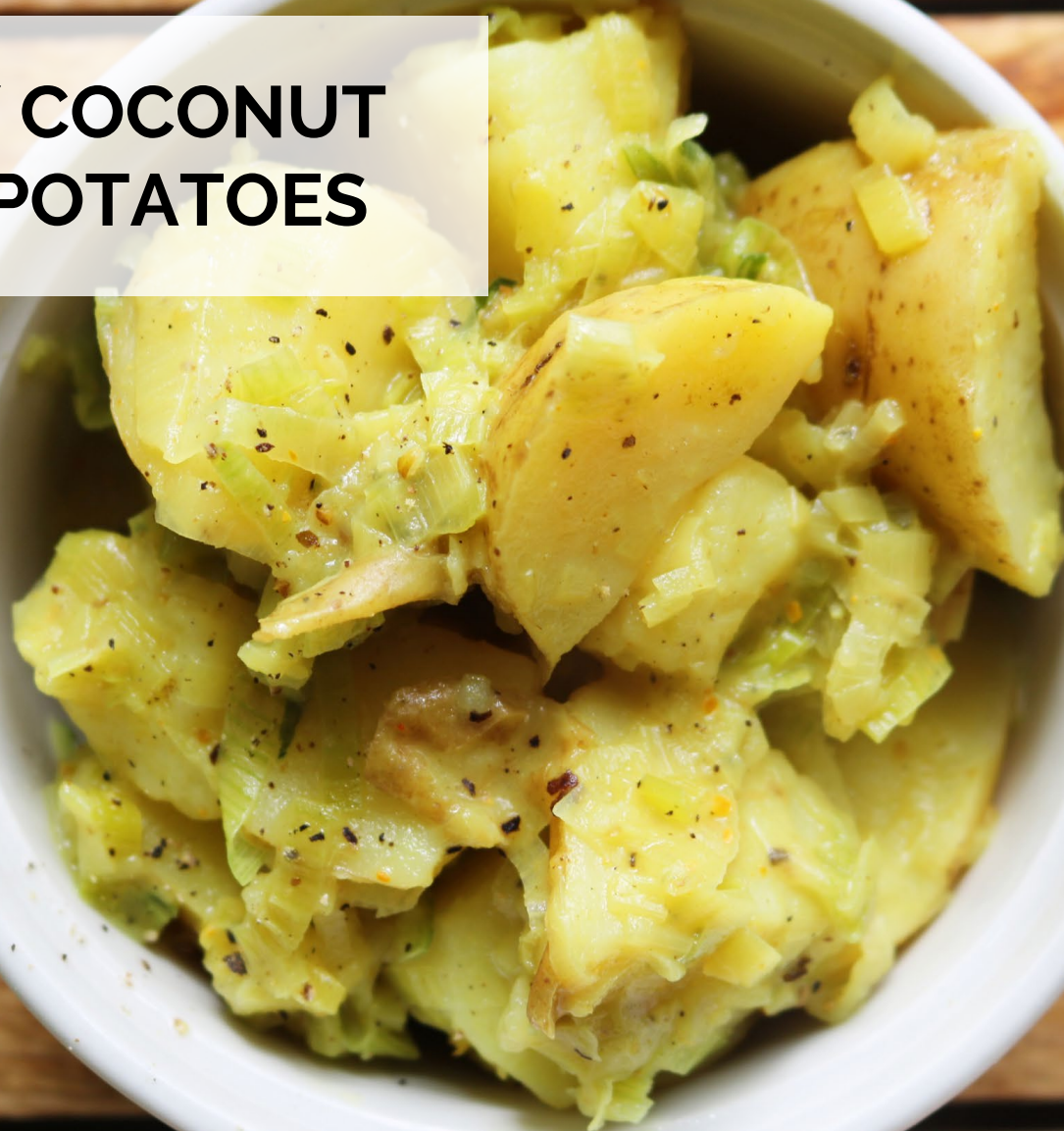
WHAT YOU NEED TO DO

Heat the oven to 390F (200C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.

Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.

Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.

**CREAMY COCONUT
CURRY POTATOES**



CREAMY COCONUT CURRY POTATOES



Serves: 6
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
195 kcal
6g Fats
29g Carbs
4g Protein



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WHAT YOU NEED

- ½ tbsp. coconut oil
- 1 leek, sliced and washed (green part only)
- 1 tbsp. curry powder
- 2.20lb (1kg) baby potatoes, halved and cooked
- 13.5oz. (400ml) can light coconut milk

WHAT YOU NEED TO DO

Heat the coconut oil in a pan over medium heat. Add the leek and cook for about 5 minutes, stirring often. Next add the curry powder and season with salt and pepper.

Add in the cooked potatoes, mix well and cook for 2-3 minutes before adding the coconut milk. Cook for another 5-6 minutes until everything is heated through. Season with salt and pepper to taste and serve.