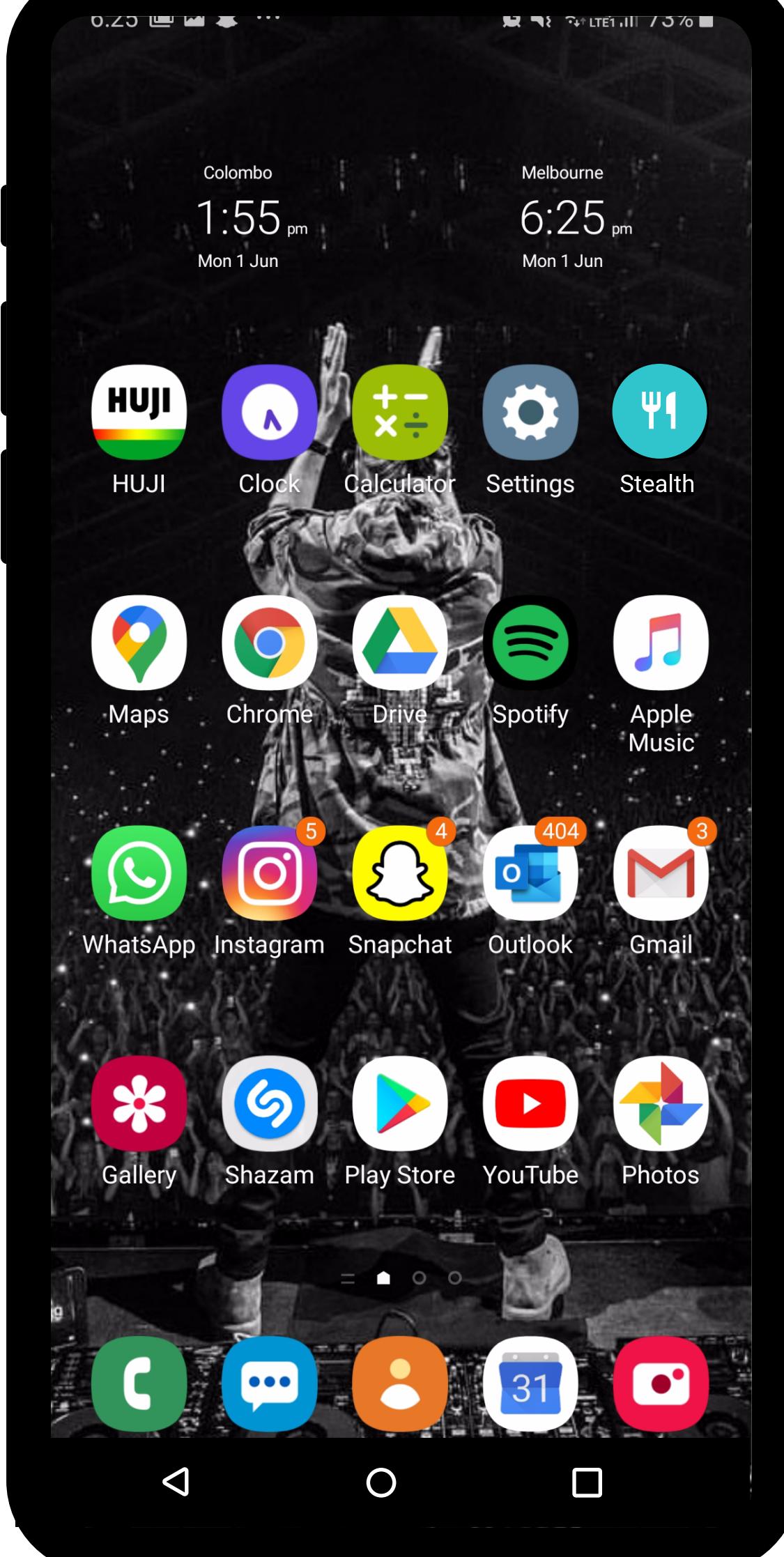


1.



2

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Healthy Blueberry Pancakes

🕒 Under 30 Minutes

🍏 Health Index: 7/10

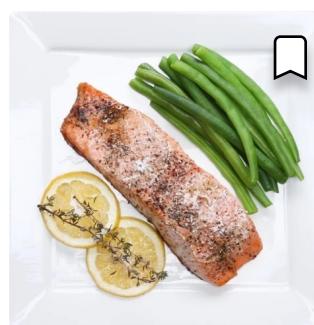


Elegant Braised Lamb Shank Dinner

🕒 Over 30 Minutes

🍏 Health Index: 6/10

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Baked Salmon

🕒 Under 30 Minutes

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Vegan Lasagna

🕒 Over 30 Minutes

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Vegan Enchiladas

⌚ Over 30 Minutes

🌿 Health Index: 8/10



Zesty Panko-Crusted Salmon And Asparagus

⌚ Under 30 Minutes

🌿 Health Index: 8/10



Spinach And Artichoke Quesadillas

⌚ Over 30 Minutes

🌿 Health Index: 8/10



Keto Caprese Avocado Bowls

⌚ Under 30 Minutes

🌿 Health Index: 9/10

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4

 Search

Clear

Diet

Healthy

Keto

Vegetarian

Vegan

Pescatarian

Non-Veg

Meal

Entree

Main Course

Dessert

Breakfast

Lunch

Dinner

Cuisines

Chinese

French

Italian

Spanish

Indian

Australian

Time to Cook

15 Minutes

30 Minutes

60 Minutes

Apply



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My Cookbook

5



Search

Clear

Diet

Healthy



Keto



Vegetarian



Vegan



Pescatarian



Non-Veg



Meal

Entree



Main Course



Dessert



Breakfast



Lunch



Dinner



Cuisines

Chinese



French



Italian



Spanish



Indian



Australian



Time to Cook

15 Minutes



30 Minutes



60 Minutes



Apply



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Search



My Cookbook



6

 Search

Vegan + Main Course + Indian

Clear

Search Results

**Slow Cooker Coconut Curry**

Under 30 Minutes

Health Index: 8/10

**Easy-Peasy Potato Curry**

Under 30 Minutes

Health Index: 8/10

**Spicy Masala Veggie Burgers**

Under 30 Minutes

Health Index: 8/10

**Roasted Cauliflower And Curry Soup**

Under 30 Minutes

Health Index: 8/10



Explore



Search



My Cookbook



7

Roasted Cauliflower and Curry Soup



455
Calories

60%
Carbs

10%
Fats

30%
Protein

Ingredients

Item	Quantity
Can of chickpeas	365g
Curry Powder	4 tsp
Garlic Powder	1 tsp
Onion Powder	1 tsp
Grounded Coriander	1 tsp
Grounded Tumeric	1 tbs
Kosher Salt	1 tsp



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My Cookbook

8

Roasted Cauliflower and Curry Soup



455
Calories

60%
Carbs

10%
Fats

30%
Protein

Ingredients

Item	Quantity
Can of chickpeas	365g
Curry Powder	4 tsp
Garlic Powder	1 tsp
Onion Powder	1 tsp
Grounded Coriander	1 tsp
Grounded Tumeric	1 tbs
Kosher Salt	1 tsp

Explore

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My Cookbook

9

 Search

Vegan + Main Course + Indian

Clear

Search Results

**Slow Cooker Coconut Curry**

Under 30 Minutes

Health Index: 8/10

**Easy-Peasy Potato Curry**

Under 30 Minutes

Health Index: 8/10

**Spicy Masala Veggie Burgers**

Under 30 Minutes

Health Index: 8/10

**Roasted Cauliflower And Curry Soup**

Under 30 Minutes

Health Index: 8/10

**Easy Chicken Curry**

Explore



Search



My Cookbook



10

Search

Clear

Diet

Healthy

Keto

Vegetarian

Vegan

Pescatarian

Non-Veg

Meal

Entree

Main Course

Dessert

Breakfast

Lunch

Dinner

Cuisines

Chinese

French

Italian

Spanish

Indian

Australian

Time to Cook

15 Minutes

30 Minutes

60 Minutes

Apply



Explore



Search



My Cookbook

11

Search

Clear

Diet

Healthy



Keto



Vegetarian



Vegan



Pescatarian



Non-Veg



Meal

Entree



Main Course



Dessert



Breakfast



Lunch



Dinner



Cuisines

Chinese



French



Italian



Spanish



Indian



Australian



Time to Cook

15 Minutes



30 Minutes



60 Minutes



Apply



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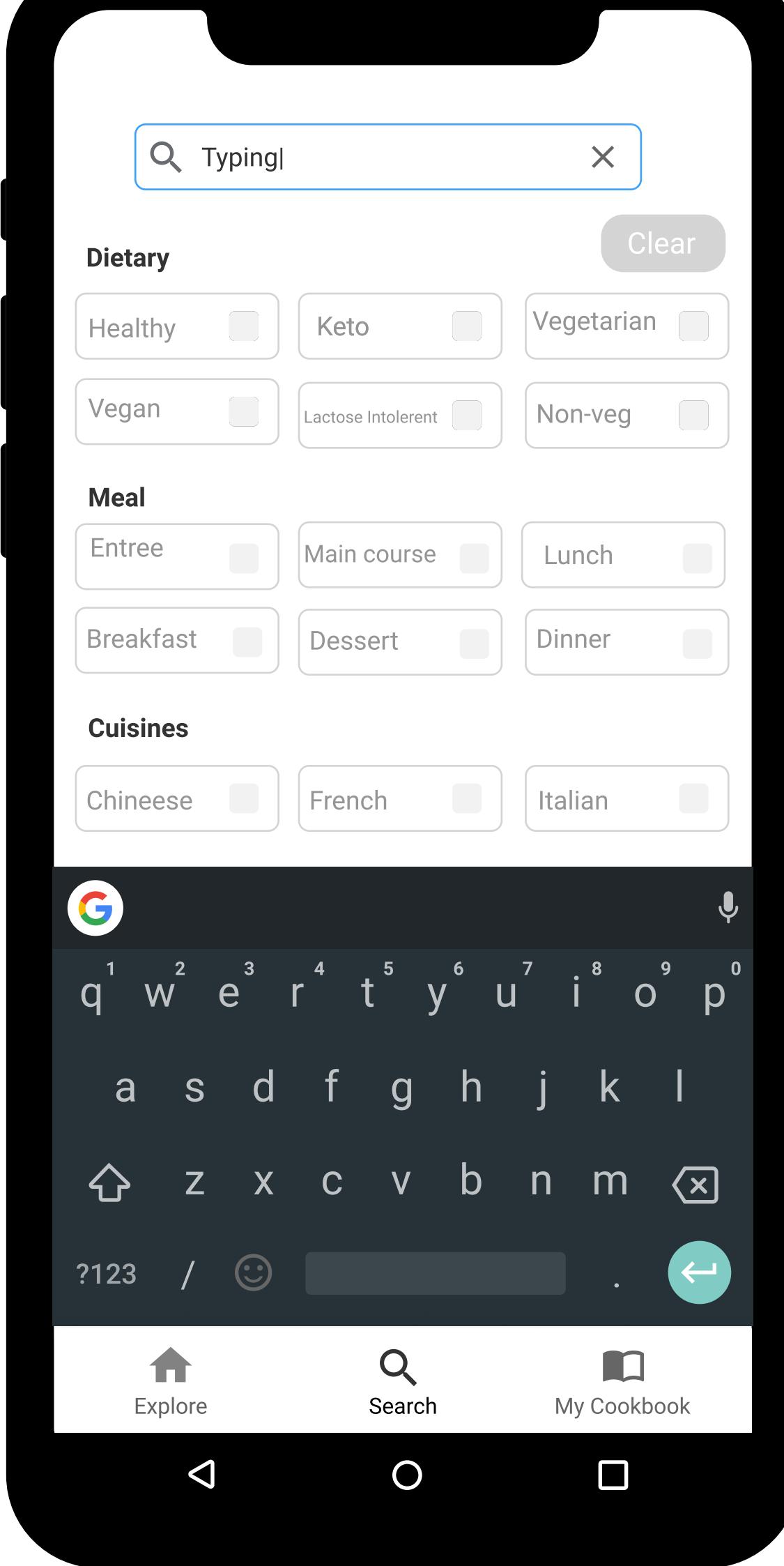


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12



13



Roasted Eggplant Curry



Dietary

Clear

Healthy



Keto



Vegetarian



Vegan



Lactose Intolerent



Non-veg



Meal

Entree



Main course



Lunch



Breakfast



Dessert



Dinner



Cuisines

Chineese



French



Italian



q¹ w² e³ r⁴ t⁵ y⁶ u⁷ i⁸ o⁹ p⁰

a¹ s² d³ f⁴ g⁵ h⁶ j⁷ k⁸ l⁹

z¹ x² c³ v⁴ b⁵ n⁶ m⁷

?123 /



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Search



My Cookbook



 Search

Search Results for "Roasted Eggplant Curry"

**Roasted Eggplant Curry** Under 30 Minutes Health Index: 8/10

Explore



Search



My Cookbook



15

Roasted Eggplant Curry



369
Calories

40%
Carbs

50%
Fats

10%
Protein

Ingredients

Item	Quantity
Meduim Eggplant	3
Olive Oil	60 ml
Freshly Ground Pepper	0.5 tsp
Coconut Oil	60 ml
Medium White Onion Chopped	0.5
Chilli Powder	1 tsp
Ground Cardamom	2 tsp

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Roasted Eggplant Curry



Smoked Paprika	2 tsp
Ground Couriander	2 tsp
Ground Tumeric	2 tsp
Garlic Minced	3 Cloves
Ginger Peeled and Minced	1 tsp
Roma Tomatoes, Medium Size	3
Coconut Milk	435 ml
Water	120 ml
Cooked Rice, for Serving	-

Step by Step Instructions

1. Preheat the oven to 400°F (200°C).
2. Slice the top of the eggplant and then slice them in half lengthwise. Cut each half one more time lengthwise. Lay the slices on their flat sides and cut lengthwise into thirds. Finally, slice horizontally to form cubes.
3. Transfer to a baking sheet, drizzle with the olive oil, salt and pepper. Bake for 25 minutes, stirring half way through until golden brown.



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One-Pot Salmon & Soba Dinner For Two

🕒 Under 30 Minutes

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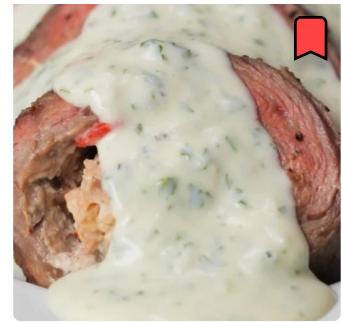
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2-Hour Strawberry Cheesecake

🕒 60 Minutes

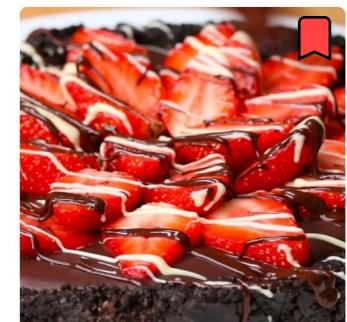
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Surf And Turf Steak Roll Up

🕒 40 Minutes

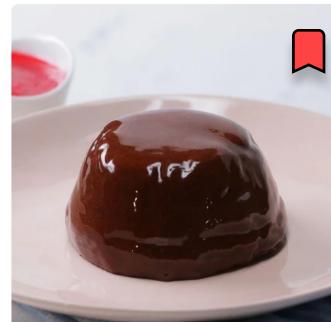
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Chocolate And Strawberry Tart

🕒 150 Minutes

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Brownie Ice Cream Bombs



Drunken Pasta



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Brownie Ice Cream Bombs

 Under 30 Minutes

 Health Index: 8/10



Drunken Pasta

 60 Minutes

 Health Index: 5/10



Easy-As-Pie Antioxidant Wellness Shot

 40 Minutes

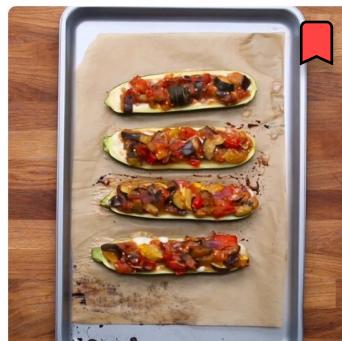
 Health Index: 6/10



Roasted Cauliflower And Curry Soup

 150 Minutes

 Health Index: 4/10



Ratatouille Boats



Christmas Paella



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19

Roasted Cauliflower and Curry Soup



455
Calories

60%
Carbs 10%
Fats 30%
Protein

Ingredients

Item	Quantity
Can of chickpeas	365g
Curry Powder	4 tsp
Garlic Powder	1 tsp
Onion Powder	1 tsp
Grounded Coriander	1 tsp
Grounded Tumeric	1 tbs
Kosher Salt	1 tsp

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Roasted Cauliflower and Curry Soup



Cauliflower, cut into florets	1 Medium Head
Small Yellow Onion, Diced	1
Scallions Sliced for Servings	-
Fresh Cilantro for Serving	-
Ginger Peeled and Minced	1 tsp
Lime Wedges	3
Coconut Milk	435 ml
Water	120 ml
Cooked Rice, for Serving	-

Step by Step Instructions

1. Preheat the oven to 400°F (200°C).
2. In a medium bowl, combine the chickpeas, curry powder, garlic powder, onion powder, coriander, tumeric and salt, and toss to coat the chickpeas. Transfer the chickpeas to a small baking sheet and spread in an even layer.
3. Bake for 30 min or untill the chickpeas are crispy. Remove from the oven and let cool.



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