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1 Coconut Curried Kale and Sweet Potato

INGREDIENTS

3 tbsp extra-virgin olive oil	1 cup vegetable broth
1 onion (slices)	1 can full-fat coconut milk
2 pounds sweet potato or butternut squash (cubes)	1 tbsp lime juice
5 cloves garlic (pressed or minced)	1/3 cup green pumpkin seeds
2 tsp ginger	salt
1 tsp curry powder	black pepper
2 pounds kale (stemmed & chopped)	(optional) red pepper flakes

Serves with:
Basmati rice



INSTRUCTIONS

1. Warm 2 tablespoons olive oil (in a Dutch oven) over medium heat until shimmering. Add onion and cook, stirring frequently, until softened (~ 5 minutes). Add sweet potato or squash, cover and cook, stirring occasionally, until the sweet potato is bright orange (or until the butternut is just beginning to brown), (~ 5 minutes). Transfer the mixture to a bowl for now.
2. Add 1 tablespoon olive oil to the pot and raise the heat to medium-high. Add garlic, ginger and curry powder and cook, stirring constantly, until fragrant (~ 30 seconds). Add half of the kale and stir until it's beginning to wilt (~ 1 minute). Stir in remaining greens, broth, all but 1/2 cup coconut milk and 1/2 teaspoon salt.
3. Cover pot, reduce heat to medium low, and cook, stirring occasionally, until kale is wilted (~ 12-15 minutes). Pour in sweet potato or squash mixture, cover and continue to cook until kale and sweet potato or squash are tender (~10-20 minutes).
4. Cook the rice.
5. (optional) Meanwhile, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until they're fragrant and making little popping noises (~ 3-5 minutes). Transfer to a bowl to cool.
6. Once the kale and sweet potato/squash are tender, uncover the pot and increase heat to medium-high. Cook, stirring occasionally, until most of the liquid has evaporated and sauce has thickened (~ 2-5 minutes).
7. Remove from heat and stir in the remaining coconut milk. Add the lime juice and season with salt, pepper and optional red pepper flakes, to taste. Divide rice into bowls, then top with kale mixture and a generous sprinkling of pepitas before serving.

2 Egg-Tomato-Potato Afghani Omelette

INGREDIENTS

4 tbsp olive oil
4 eggs
1 onion
1 potato
2 tomatoes
1/2 tbsp tomato paste

salt
black pepper
Serves with:
Rice
Bread



INSTRUCTIONS

1. Heat up olive oil.
2. Add the potatoes and cook for 4-5 minutes.
3. Add the onion and cook for 2 minutes.
4. Add salt and black pepper.
5. Add tomatoes and cook until soft.
6. (optional) Add tomato paste and cook for 1 minute.
7. Add the eggs on top, cover and cook on medium flame for about 1 minute.
(optional) Add fresh chilies on top

3 Spicy Coconut Vegetable Stir Fry

INGREDIENTS

SAUCE:

1 can full-fat coconut milk
1/4 cup natural peanut butter
2 tbsp sriracha
1 tsp brown sugar
1 tbsp soy sauce
1 lime
1 clove garlic (minced)
1 tsp fresh ginger (grated)

STIR FRY:

coconut cooking oil
4-6 cups mixed vegetables (carrots, brokkoli, pepper, green beans, onion)

SERVES WITH:

Basmati rice / Rice Noodles
Tofu / Chicken / Shrimp / Tempeh
peanuts (chopped)
cilantro (chopped)
lime (cutted into wedges)



INSTRUCTIONS

1. In a medium bowl, mix together the coconut milk, peanut butter, sriracha, brown sugar, soy sauce, lime juice, garlic, and ginger. (If needed) Heat sauce gently. Taste sauce and adjust heat (sriracha), sweetness (brown sugar), tartness (lime juice).
2. Heat up oil over medium. Add vegetables from hardest to softest. Stir fry accordingly until they begin to soften on the edges.
3. Meanwhile, cook the rice.
4. Pour sauce over, stir to combine & allow sauce to heat through (~ 2 min). (If using tender green, like spinach, stir it into now until it has wilted)

4 Instant Pot Pasta Mushroom Stronganoff

INGREDIENTS

3 tbsp olive oil
1/2 red onion
3 cloves garlic
16 ounces mushrooms
3/4 tsp salt
1/2 tsp pepper
1/4 cup white wine

2 cups veggie broth
1-2 tbsp mustard
1 heaping tbsp flour
8 ounces uncooked pasta
Stir in after cooking:
3/4 cup sour cream



INSTRUCTIONS

1. Boil pasta.
2. Heat oil in large skillet (medium heat). Saute onion, garlic, mushrooms until mushrooms release all of their liquid and liquid cook off (~ 10 min). Add wine, cook off. Stir in flour (cook ~ 1 min). Add broth, salt, pepper, mustard and stir to incorporate well, letting it simmer and thicken.
3. Stir in pasta and sour cream.

5 Tomato and Ricotta Bruschetta

INGREDIENTS

1 Mozzarella
75 Gramm Ricotta
250 Gramm Cherry Tomaten
3 Knollen Knoblauch
Olivenöl
4 grosse Brotschreiben

TOMATENPÜREE:
Tomatenmark
Salz
Pfeffer
Olivenöl
SERVIEREN MIT:
Basilikum



INSTRUCTIONS

1. Röste Brot in der Pfanne. Lege Scheiben in ungeölte Pfanne und drehe wenn Seite knusprig braun.
2. 2.1 Röste Tomaten entweder in Pfanne (ungeölt in die Pfanne, Knoblauch, Öl und Salz rüber). Oder 2.2 Tomaten mit Knoblauch, Öl und Salz auf einem Blech in den Ofen. Bis sich Tomaten leicht zerdrücken lassen.
3. Schmiere Brotscheiben mit rohem Knoblauch leicht ein. Beträpfel leicht mit Öl. Bestreiche mit Tomatenpüree.
4. Zerdrücke Mozzarella in Schale und vermische mit Ricotta. Salz + Pfeffer.
5. Bestreiche Brot mit Mozzarella-Ricotta-Mix. Belege mit gerösteten Tomaten.
6. Verziere mit Basilikum. Beträpfel leicht mit Öl.

6 Veg Minced Meat Casserole

INGREDIENTS

(sunflower / olive) oil
butter
8 potatoes
270g veganes hack
2 onions (finely chooped)
3 garlic cloves (finely chooped)
2 carrots (finely chooped)
2-3 tomatoes (roughly chooped)
1 mozzarella

100g cheese (e.g. cheddar)
1 vegan creme vega
salt
pepper
smoked paprika powder
thyme
rosemary
oregano

INSTRUCTIONS

1. Oil and butter into large pan. Fry potatoes. Season strongly with coriander, thyme, rosemary, oregano.
2. Once slightly brown fried, cover with cold water. Let simmer for ~ 15m. Once finished, put into separate bowl.
3. Heat up oil in same pan. Onion in, sweat for ~ 5 minutes. Garlic and carrots in. Season slightly with salt, pepper, rosemary, thyme, oregano, smoked paprika.
4. Make whole in the middle. Little oil. Meat in. Fry slightly.
5. Mix all together. Tomato in. Season if needed. Let simmer for ~ 10 minutes.
6. Creme vega in. Mix together. Another 3-5min.
7. Put into separate bowl.
8. Put potatoes back into pan. Cover with roughly pulled mozzarella.
9. Put meat mix on to. Cover with cheese.
10. Put into oven for 10 minutes until cheese golden brown.

7 Paneer Butter Masala

INGREDIENTS

(sunflower) oil
300 grms paneer
2-3 onions (roughly chooped)
3 tomatos (roughly chooped)
1 tsp salt
1/3 cup cashew nuts
ghee
1 tbsp garam masala
coriander leaves
50 grms khoya / condensed milk
3 tbsp almond milk
1 tbsp sugar
3 tbsp soja cream

1/4 cup water
salt
cumin
paprika powder
cayenne pepper
caraway seeds
(optional) kasuri methi
(optional) red chilis
(optional) kashmiri chili powder
(optional) butter
Serves with:
naan
rice



Figure 1:

INSTRUCTIONS

1. Heat oil and ghee. Add onions, tomatoes, cashews (& red chilis). Saute until completely cooked.
2. Add salt. Cook till tomatoes are mushy. Turn off and let cool down.
3. Add to a mixer and grind until its a smooth paste.
4. Heat ghee. Add paprika powder, cayenne pepper, caraway seeds (& red chili powder) (~ 20 secs).
5. Add ground paste & some water. (water was added to the mixer to remove the remaining paste)
6. Add garam masala, chopped kirander leaves, cumin (& kasuri methi). Mix a bit.
7. Close pan and let simmer for ~ 10 minutes on low flame.
8. Meanwhile cut paneer in cubes and mix with some spices. Roast very quickly in seperate pan until little soft.
9. Add condensed milk, almond milk, sugar and soja cream to the gravy and mix. Add some water if necessary.
10. Season with salt, and additional spices if needed.
11. Add paneer cubes. Close pan and simmer for ~ 10 on low flame.
12. (optional) Mix in a small cube of butter.