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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 Smoky White Bean Shakshuka

### INGREDIENTS

2 Tbsp olive oil  
4 cloves garlic (minced)  
1 yellow onion (finely diced)  
1 28oz. can whole peeled tomatoes  
1/2 Tbsp smoked paprika  
1 tsp ground cumin  
1/2 tsp dried oregano  
1/8 tsp crushed red pepper

freshly cracked black pepper  
1/4 tsp salt (or to taste)  
1 15oz. can cannellini beans  
(drained)  
4 large eggs  
1 handful fresh parsley (chopped)  
2 oz. feta (crumbled)



Figure 1:

### INSTRUCTIONS

1. Heat olive oil in a large deep skillet over medium heat. Add minced garlic and diced onion. Cook until onions are soft and transparent (about 5 minutes).
2. Add the canned tomatoes with their juices, crushing them with your hands as you add them to the skillet. Stir in smoked paprika, cumin, oregano, crushed red pepper, and some freshly cracked black pepper.
3. Allow the sauce to come to a simmer. Let it cook for 5-7 minutes, stirring occasionally, until slightly thickened. Add salt and adjust seasoning as needed.
4. Stir in the drained white beans and return to a simmer for 2-3 minutes.
5. Crack the eggs directly into the skillet. Cover and let simmer for about 5 minutes, until the whites are set but the yolks remain soft.
6. Sprinkle crumbled feta and chopped parsley over the top before serving.

## 8 Menemen

### INGREDIENTS

2 Tbsp extra virgin olive oil  
1 medium yellow onion (chopped)  
1 green bell pepper (cored, seeded,  
and chopped)  
Kosher salt  
2 vine-ripe tomatoes (chopped)  
3 Tbsp tomato paste  
Black pepper

1/2 tsp dried oregano  
1 tsp Aleppo pepper (more for later)  
4 large eggs (beaten)  
Crushed red pepper flakes (optional,  
if you like spicy)  
1 French baguette (thickly sliced,  
optional)



### INSTRUCTIONS

1. Heat olive oil over medium heat. Add chopped onions and peppers, seasoning with kosher salt. Cook for 4-5 minutes, stirring regularly, until softened (be careful not to brown the onions).
2. Add chopped tomatoes and tomato paste. Season with more kosher salt, black pepper, oregano, and Aleppo pepper. Cook over medium heat, stirring occasionally, until tomatoes soften but still hold their shape (about 5-7 minutes).
3. Push tomato and pepper mixture to one side of the pan. Lower the heat to medium-low. Add beaten eggs and cook briefly, stirring gently as needed, until eggs are just set. Fold tomato mixture into the eggs.
4. Finish with a drizzle of extra virgin olive oil, more Aleppo pepper, and crushed red pepper flakes for extra spice if desired. Serve immediately with thick slices of bread.