Source: http://whattheheckdoieatnow.com/

Vrij:Zomerpasta

|  |  |  |
| --- | --- | --- |
| 300 gram pasta naar keuze |  | 300 |
| 1 ui | V |  |
| 2 teentjes knoflook | V |  |
| 1 venkel |  |  |
| 50 gram (uitgelekt) rucola |  |  |
| 75 gram pitloze zwarte olijven |  |  |
| 150 gram (uitgelekt) zongedroogde tomaten | V |  |
| 3 eetlepels pijnboompitten | V |  |
| 75 gram parmezaanse kaas |  |  |
| 150 ml gezeefde tomaten |  |  |
| handvol verse basilicum |  |  |
| halve theelepel gedroogde oregano | V |  |
| 1 eetlepel limoenrasp | V |  |
| peper en zout | V |  |
| Olijfolie | V |  |

Za:Quinoa Yotto champion ah

|  |  |  |
| --- | --- | --- |
| 1 verse groene peper | V |  |
| 25 g verse peterselie |  |  |
| 25 g verse munt |  |  |
| 100 ml traditionele olijfolie | V |  |
| ¾ tl zout | V |  |
| 250 g quinoa |  |  |
| 1 liter groentebouillon (koud) | V |  |
| 20 g ongezouten boter (of margarine) |  |  |
| 100 g feta |  |  |
| 1 el traditionele olijfolie | V |  |
| 250 g minipruimtomaatjes (of romaatjes) |  |  |
| 4 tenen knoflook (in plakjes) |  |  |

Zo: Port. Wraps

|  |  |  |
| --- | --- | --- |
| 6 large portobello mushrooms |  |  |
| Marinade (this will be divided): |  |  |
| ½ cup grapeseed oil | V |  |
| ½ cup fresh lime juice |  |  |
| 4 tsp dried oregano | V |  |
| 4 tsp ground cumin | V |  |
| 3 tsp chili powder | V |  |
| 1½ tsp salt | V |  |
| freshly ground pepper | V |  |
| The Rest: |  |  |
| 2 large red peppers thinly sliced | V |  |
| 1 large yellow pepper thinly sliced | V |  |
| 1 large orange pepper thinly sliced | V |  |
| 1 large yellow onion thinly sliced | V |  |
| 6-8 whole wheat flour tortillas | V |  |
| Cilantro=Koriander |  |  |
| Cashew cream (Link to recipe provided) |  |  |
| Sliced avocado or guacamole (optional) |  |  |

Ma:Mie bloemkool tempeh

|  |  |  |
| --- | --- | --- |
| 1 block of tofu |  |  |
| 2 tbsp soy sauce | V |  |
| The Sauce: |  |  |
| ⅔ cups soy sauce |  |  |
| ½ cup maple syrup |  |  |
| ¼ cup rice vinegar | V |  |
| 6 cloves of garlic, pressed | V |  |
| 1 tbsp toasted sesame oil |  |  |
| 1 tbsp grated fresh ginger=gember | V |  |
| 1 cup water | V |  |
| 3 tbsp cornstarch mixed with 3 tbsp cold water | V |  |
| The Rest: |  |  |
| 1 head of cauliflower, cut into bite sized florets |  |  |
| ¾ cup cashews |  |  |
| ¾ cups frozen peas | V |  |