



Suggested One Pot Meal Recipes

Quinoa With Broccoli Mushroom Walnut Stir Fry

Ingredients

1 cup cooked quinoa
1.5 cups sliced broccoli,
1/2 cup sliced mushrooms
1 cup cooked fresh peas
4 soaked walnut halves, broken into pieces
2 tsp cold pressed cooking oil
1/4 tsp oregano
2 tsp chopped celery
1 tsp chopped garlic
2 tsp chopped coriander leaves
salt and pepper to taste

Method:

1. Put oil in a pan and add garlic, peas, and sliced broccoli in that order. Sauté after each addition for 2 minutes, till peas and broccoli are tender.
2. Add mushrooms, herbs and spices and sauté for 1 minute.
3. Add cooked quinoa and mix well.
4. Just before serving, add walnuts and sauté till everything is heated through. Check salt and pepper and adjust taste.
5. Serve hot with homemade tomato chutney
6. Balance with big bowl of salad.

Barley Hot Pot

Ingredients

1 cup cooked barley
3/4 cup cooked mixed beans like all kinds of kidney beans/ rajma, double beans, black eyed peas
½ cup each of red, yellow and green capsicums chopped
½ cup finely chopped tomatoes
1/4th cup finely chopped spring onion
1 to 2 tsp finely chopped green chillies
1 tsp each finely chopped garlic and ginger
½ to 1 tsp apple cider vinegar
1 cup vegetable stock/ broth or just plain water
salt and pepper to taste
additional red chilli flakes to taste
1 tbsp sesame or any cold pressed cooking oil

Method:

1. Heat oil in a pan and sauté the garlic, ginger, green chillies and spring onion till flavours are released.
2. Add chopped capsicums and toss for half a minute
3. Add the cooked beans and barley, salt and pepper and mix well.
4. Meanwhile, separately heat the vegetable stock/ broth and add salt, pepper and apple cider vinegar, and bring to a boil.
5. When ready to serve, pour the boiling hot broth/ stock on the warm capsicum, bean, barley mixture, spring onion and tomato and mix well.
6. Season to taste with more salt, pepper and chilli flakes.
7. Serve Hot with a big bowl of salad.

Chickpea Raw Mango Roll Ups

Ingredients

For filling

1 cup cooked chickpeas / kabuli chana
2 tbsp or more finely chopped raw mango
1 tsp grated fresh ginger
1 tsp minced cilantro/ coriander leaves
1 to 2 tsp sesame seeds roasted and coarsely powdered
1/4th teaspoon garam masala
1/4th tsp cumin/ jeera powder
salt and pepper to taste

To assemble

- 2 pieces of emmer/ farro/ spelt/ khapli flat bread/ rotis of 5-inch diameter
- 1 avocado thinly sliced (optional)
- 1.5 to 2 cups assorted finely chopped raw salad (red green and yellow capsicums, spring onion, tomato, lettuce, zucchini, with cilantro/ coriander and mint, mixed with a pinch of salt and pepper)

Method:

1. Put the chickpeas in a bowl and mash coarsely with a fork, leaving them slightly chunky. Mix in the rest of the filling ingredients and make it spicy and tasty.
2. Spread half the filling on the roti evenly, and spoon half the salad evenly over the roti.
3. Lay out half the avocado slices equally all over the roti.
4. Sprinkle a dash of salt and pepper over the avocado.
5. Similarly assemble the second roti.
6. Roll up to eat the rotis at room temperature, or can roast/bake the rotis on a tawa or in the oven to crisp up the outside
7. Enjoy with a big bowl of mixed vegetable stew containing lots of vegetables, to make a complete meal.

This is a great way to use up left over rotis/ parathas and chole.

Asian Noodle Soup

(For 4 Servings)

Ingredients

1 cup cooked buckwheat soba noodles,
1/2 cup mushrooms sliced,
6 small pieces of tofu,
2 to 3 tsp olive oil for broth
1 tbsp olive oil,
2 onions quartered,
4-inch piece of fresh ginger chopped,
2 cinnamon sticks,
1 star anise,
2 whole cloves,
2 tsp coriander seeds,
3 to 4 cups vegetable broth/ stock,
1 tbsp tamari (optional),
salt to taste

For Toppings:

4 tbsp each finely sliced fresh herbs and vegetables like:
cilantro/ coriander,
carrot,
tender french beans,
purple cabbage,
white radish,
spring onion,
chinese cabbage/ bok choy,
thai basil or mint,
bean sprouts,
finely sliced chillies,
chili garlic sauce,
lime/ lemon wedges

Method

1. Cook noodles according to package instructions.
2. Add 1 Tbsp olive oil to a hot pressure pan/ pot with lid, and sauté onion, ginger, cinnamon, star anise, cloves and coriander seeds. Stir occasionally, letting the onions and ginger brown.
3. Add vegetable broth and tamari. Place the lid and boil for 15 to 20 minutes.
4. Meanwhile, spread tofu in single layer on a pan with a few drops of olive oil and roast on all sides.
5. Lightly sauté the mushrooms and bean sprouts in a few drops of olive oil.
6. When broth is cooked, open lid and using a fine mesh sieve and discard solids from broth.

7. Layer half the noodles, mushrooms, and tofu in a big soup bowl and pour half the broth over it. Adjust salt to taste.
8. Add a tbsp each of desired toppings, sauce and lemon/ lime. Add at least 1 cup vegetables for the topping.
9. Make a second bowl of soup using the remaining ingredients.
10. Enjoy Hot with a big bowl of Salad.

Bean and Vegetable Salvadoran Tortillas (Pupusas)

(For 4 Servings)

Ingredients

For the filling:

1 tbsp olive oil,
1 cup onion minced,
6 cloves garlic minced,
3/4 teaspoon chili powder,
1/2 teaspoon oregano,
1/4 teaspoon cumin powder,
1/4 teaspoon chipotle powder (optional),
1 cup cooked black beans/ kidney beans,
1 cup finely chopped capsicums,
1/2 cup grated carrot,
1/2 cup corn

For the dough

1 cup any one flour - khapli/ barley/ buckwheat flour,
1 tsp oil,
1/4 tsp salt,
1/4 tsp oregano,
water as needed,
1 tbsp oil for making pupusas

For salsa

-1.5 cups finely chopped mixed vegetables like tomato/ capsicum/ carrot/ onion/ cilantro or coriander leaf/ spring onion/ green chillies/ celery stem/ raw mango/ avocado,
-2 to 3 tsp lemon juice,
-salt and pepper to taste

Method

For Dough:

Mix all the dough ingredients to make a soft, pliable dough. Knead well, cover with a damp muslin cloth and keep aside.

For Salsa

Mix all ingredients together and keep in refrigerator till needed.

For Filling:

1. To make the filling, heat the oil in a pan and cook the onion and capsicum until well cooked, about 5 minutes. Add the garlic and spices and sauté for 1 minute more.
2. Meanwhile coarsely process the corn until broken into pieces. Add the carrot and corn to the cooked onion in pan and sauté until cooked.
3. Add the beans and sauté while smashing them with a wooden spoon. Adjust seasoning until tasty and spicy. Set aside to cool.

To Make the Pupusas:

1. Divide the dough into 4 equal balls. Pat with thumbs to hollow out the centre and make a katori shape by stretching the dough.
2. Put 1/6th of the filling in the hollow and stuff it like paratha. Close the edges and roll out into a thick paratha like Pupusa. Cook on hot tawa/ pan applying a few drops of Oil, until crisp on both sides.
3. Similarly make the remaining 3 Pupusas
4. Serve Hot with Salsa and Homemade Tomato Sauce.
5. Enjoy with Vegetable stew and some extra salad.

Bulgur/ Dalia Salad with Raisins and Seeds

(Serving size – 4 servings)

Ingredients

3/4th cup emmer/ khapli / durum wheat dalia,
2 cups boiling water,
1 cup chickpeas/ Kabuli chana cooked,
1 large celery rib finely chopped,
1 green capsicum finely chopped,
1 to 2 green chillies finely chopped
1/2 cup parsley chopped,
1/2 cup spinach chopped,
4 black raisins/ manuka soaked and chopped,
juice of 1 small lemon,
2 tsp extra virgin olive oil,
salt and pepper to taste,
3 tbsp. toasted pumpkin/ watermelon/ sunflower seeds coarsely chopped,
4 walnut halves coarsely chopped

Method

1. Place bulgur/ dalia in large bowl. Add water. Let stand until bulgur is well soaked and cooked, about 20 minutes. Cook if still not soft.
2. Drain well in strainer, pressing gently on bulgur to remove most of the moisture. Transfer bulgur to dry serving bowl.
3. Sprinkle remaining ingredients evenly on top. Toss with fork to coat well.
4. Season with more salt and pepper, if desired.
5. Just before serving, sprinkle seeds and nuts on top and toss again.
6. Enjoy with 1.5 to 2 cups stir fried vegetables.

Delicious Kathi Roll

(Serving size – 4)

Ingredients

For Vegetable Roll

1 cup grated cauliflower,
1/2 cup grated carrot,
1/2 cup green peas roughly chopped,
1/2 cup grated cabbage,
1/2 cup french beans finely chopped,
1/2 cup boiled and mashed sweet potato,

For Making Tadka/ Masala

1 tablespoon oil,
¼ teaspoon carom seeds,
¼ teaspoon cumin seeds/ jeera,
1 cup onions finely chopped,
1 tsp ginger-garlic paste,
1 cup tomatoes finely chopped,
1/4 cup bell pepper/ capsicum finely chopped,
¼ teaspoon turmeric powder.
½ teaspoon kashmiri red chili powder,
½ teaspoon coriander powder,
½ tsp amchur powder,
½ teaspoon garam masala powder,
1/2 cup chopped coriander leaves,
salt and pepper to taste,

For Making Rotis

1 cup khapli wheat flour,
1 cup besan,
½ teaspoon salt or add as required,
1 tablespoon oil,
1 cup water or add as required,
2 tbsps oil for roasting kathi rolls,

Toppings for Roll

1 cup onions thinly sliced,
1 cup capsicum thinly sliced,
1 cup tomato deseeded and thinly sliced,
1 cup lettuce/ any greens thinly sliced,
½ cup cilantro/ coriander leaves chopped,
salt and pepper to taste,
chat masala to taste,
2 to 3 cups pudina and coriander chutney with added lemon juice,

wooden toothpicks for securing rolls,

Method

For Rotis

Mix all the dough ingredients together and knead, adding water as required, until you get a soft smooth dough. Cover the dough and keep aside for it to rest for 30 minutes.

Make 6 small rotis out of the dough, wrap in a muslin cloth and keep aside until ready to make the Kathi rolls.

For Rolls

Make a Tadka with the masala ingredients. Add all ingredients for masala and cook until onion is very soft.

Add the cauliflower, carrot, cabbage, peas and French beans and cook well, sprinkling water and covering the pan with a lid. Mash vegetables as you cook to make a dry stuffing. Add mashed sweet potato and mix well. Cook until the stuffing is dry. Check seasoning and add as required.

Divide the stuffing into 6 equal portions and fashion each portion into a 5-inch-long roll.

To Assemble Just Before Serving

Apply 2 tsp Pudina Chutney all over 1 side of a roti.

Carefully Place 1 Vegetable Roll in the centre of the roti

Arrange 1/6th of the strips of raw Vegetable topping lengthwise, evenly along the side of the roll.

Roll up the roti tightly and secure with 2 wooden toothpicks.

Similarly make the other 3 rolls with remaining 3 rotis.

Sprinkle a few drops of oil on a hot pan and roast each roll carefully on all sides.

Serve Hot with more Mint/ Pudina chutney.

Serving: Maximum 2 Rolls per person with 2 cups vegetable soup

Mexican Lentil Hot Pot

(Serves 4)

Ingredients

1 cup lentils to be soaked for 4 hours
1 cup brown rice, soaked for minimum 2 hours
2 tablespoons extra virgin olive oil,
1 cup onion diced,
1 cup carrots scrubbed and diced,
2 celery stalks diced,
1 cup red or green capsicum/ bell pepper diced,
6 to 8 cloves garlic minced,
1 tbsp cumin/ jeera powder,
¼ teaspoon smoked paprika/ kashmiri chilli powder,
1 teaspoon oregano,
2 cups tomatoes diced,
2 to 3 tsp green chilies diced,
1 cup spinach leaves shredded by hand,
8 cups vegetable broth/ water,
salt to taste,
chilli flakes to taste,
½ cup cilantro/ coriander chopped,
1 avocado peeled and diced for garnish (optional),

Method

1. Sauté the onions, celery, bell pepper and carrots in a pan with the oil, for about 5 minutes. Add garlic, cumin, paprika, and oregano and let it cook for another minute.
2. Add tomatoes, chilies, lentils, broth/ water, and salt to taste and bring to a boil. Then change gas to simmer, cover and cook until lentils are tender.
3. Once Lentils are tender, add the cooked barley or rice and Spinach and cook till heated through. Mash slightly while it is cooking to thicken the broth.
4. Season with salt and pepper, more cumin or chilli flakes as necessary.
5. Serve it garnished with fresh cilantro, avocado, and chilli flakes if required.
6. Balance with a Mixed Salad

Variation: Brown rice can be replaced by barley, millets, khapli dalia or quinoa.

Buddha Bowl

Ingredients:

1 cup cooked sprouted jowar cooked with salt and herbs of choice,
1 cup chickpeas cooked soft with salt and herbs of choice,
1 cup steamed vegetables with salt and pepper to taste (cauliflower, carrot, beans),
1/4 cup shredded cabbage,
1/4 cup chopped green capsicum,
1/4 cup chopped tomato,
1/4 cup chopped yellow capsicum,
1/4 cup spring onion,
1/4 cup sliced onion,
5 roasted almonds cut into 4 pieces each,
2 tsp roasted pumpkin seeds,
3/4 cup vegan cashew mayonnaise,
1/2 cup harissa sauce,
salt and pepper to taste,

Method

1. Mix the cooked jowar and chickpeas together and season with a little salt and pepper.
2. Toss the steamed vegetables in harissa sauce and mix well. Harissa sauce recipe is on the FFD App in chutneys section.
3. Toss the raw cabbage, green and yellow capsicum, and spring onion with the cashew mayonnaise until evenly mixed. Cashew mayonnaise recipe is on the FFD app in chutneys and section.
4. Mix the raw sliced onion and tomato together and season with a little salt and pepper.
5. Mix the chopped almonds and roasted seeds together.
6. To assemble, take a big bowl and layer half the jowar-chickpea mix at the bottom.
7. Next layer half the steamed vegetables followed by half the raw vegetables, evenly in the bowl.
8. Sprinkle half the onion-tomato mixture and the almond-seed mixture evenly in the bowl.
9. Repeat layering the same sequence of ingredients with the remaining food to build up the bowl in layers.
10. Enjoy at room temperature along with a cup of hot clear vegetable soup.

Paratha Pizza

(Serves 2)

Ingredients

2 jowar-besan parathas of 6" size,
4 tbsp homemade pizza sauce (recipe on FFD App under chutneys),
1 cup sautéed mushrooms or steamed mixed vegetable strips (cauliflower, beans, carrot, peas, zucchini)
½ cup multicoloured capsicum thinly sliced
½ cup onion thinly sliced
½ cup tomato thinly sliced,
1 tbsp boiled sweet corn,
6 olives sliced,
½ cup basil leaves shredded (optional),
2 tbsp cup homemade vegan cheese crumbled (recipe on FFD app under chutneys),
¼ tsp oregano,
¼ tsp chilli flakes,
salt and pepper to taste,
2 tsp oil

Method

1. Make Pizza sauce in advance.
2. Knead a soft dough with ½ small katori Jowar atta, ½ small katori besan, 1 tsp oil, and salt to taste. Make two thick parathas of 6" size and keep in container till needed.
3. About 10 minutes before serving, apply the oil evenly over both sides of parathas. Heat a big pan and roast only 1 side of the 2 parathas till slightly crisp and put off gas.
4. Apply the pizza sauce equally and evenly all over the roasted side of the 2 parathas. Layer the sautéed mushrooms/ steamed vegetables, capsicums, onion, and tomatoes evenly over both parathas and sprinkle with a little salt, pepper, chilli flakes and oregano, to taste.
5. Sprinkle the corn, sliced olives, basil leaves, crumbled cheese and a little oregano. Sprinkle salt and pepper as needed.
6. Re-heat the pan, then reduce the heat. Keep one paratha on the pan and cover with a domed lid or big pan. Let it heat through on a very slow flame, for about 5 minutes, until bottom layer is also crisp and topping is heated through. Remove to a plate and cut into quarters with a sharp knife.
7. Repeat cooking and cutting for 2nd Paratha.
8. Enjoy with a big bowl of hot vegetable soup and/ or some salad.

Quinoa And Kidney Beans Bowl

(Serves 4)

INGREDIENTS

1/4th Cup Cooked Quinoa or Millet
1/4th Cup Cooked Kidney Beans
2 tsp Vegetable Oil
1/4 Cup Chopped Celery
1 Onion Chopped
4 Cloves Garlic, Minced
4 Cups Water/ Vegetable Broth
2 Tomatoes Chopped
1 Cup Mixed Vegetables Chopped (Cauliflower, Cabbage, Carrot, Beans, Peas, Zucchini, Mushrooms etc)
1 tsp Italian Seasoning
Salt and Pepper to Taste
1/2 Teaspoon Black Pepper
2 tsp Coriander leaves and for garnish

METHOD

1. In a Pan/ Kadhai over medium heat, heat oil. Add celery, onions, and garlic; cook 5 minutes, stirring occasionally.
2. Add broth/ water, chopped tomatoes, mixed vegetables, cooked Kidney beans, Italian seasoning, salt, and pepper. and bring to a boil. Simmer on low flame for 15 minutes, mashing vegetables as you cook.
3. Add Quinoa and cook until soup is thick and hot. Add water to get the consistency you like. Check Seasoning.
4. Serve Hot Garnished with Coriander.
5. Balance with a big bowl of salad.