Black Beans Salad

Ingredients

1 15 oz can black beans, rinsed and drained

1 cup corn 1 large ear of sweet corn or 1 cup defrosted frozen corn

1 cup halved cherry or grape tomatoes

1 cup chopped red bell pepper

1/2 cup chopped red onion

1/2 cup chopped cilantro

Juice of 1 1/2 limes

1 tablespoon olive oil

1 teaspoon kosher salt

1/2 teaspoon chili powder

1/4 teaspoon ground cumin

1 large avocado pitted, peeled, and chopped

Instructions

In a large bowl, combine black beans, corn, tomatoes, red pepper, onion, cilantro, lime juice, olive oil, salt, chili powder, and cumin. Stir to combine. Gently stir in the avocado and season with additional salt, if necessary. Serve.

Boiled Chicken Salad with Mint Chutney

INGREDIENTS

2cm pieces (50g) ginger, thinly sliced

4 x 150g small chicken breast fillets (skin on)

1 tbs sesame seeds

1/2 large telegraph cucumber, peeled, halved lengthways, seeds removed, cut into 5cm matchsticks

150g bean sprouts

1 bunch spring onions, halved, thinly sliced

1/2 bunch mint, leaves picked

1/2 bunch coriander, leaves picked

60g roasted salted peanuts, finely chopped

DRESSING

1/3 cup (80ml) fish sauce

2 tbs red wine vinegar

2 tbs lime juice

2 tbs brown sugar

1/2 tsp cornflour

1 long red chilli, seeds removed, finely chopped

1 garlic clove, finely chopped

INGREDIENTS

1.Bring 1 litre (4 cups) water to the boil in a large shallow pan with the ginger. Add chicken and simmer over medium heat for 5 minutes. Remove from heat and cool chicken in liquid for up to 1 hour.

2.For dressing, slowly bring fish sauce, vinegar, juice and sugar to the boil in a small pan over low heat. Mix cornflour with 1 teaspoon cold water, stir into the dressing and simmer gently for 1 minute. Remove from the heat, cool, then stir in the chilli and garlic.

3.Meanwhile, heat a heavy-based frypan over high heat. Add sesame seeds and toss for a few seconds until lightly golden. Remove from the pan and cool.

4.Remove chicken from liquid, discard skin and shred flesh into long strips. Combine chicken with cucumber, sprouts, onion, herbs and sesame seeds in a large serving dish. Drizzle with dressing and top with peanuts. Serve immediately.

Boiled Vegetable Soup

3 tablespoons olive oil

2 cups chopped onion (1 medium)

1 1/2 cups chopped carrot (3 to 4 carrots)

1 1/2 cups chopped celery (2 to 3 stalks)

2 tablespoons tomato paste

4 teaspoons minced garlic (4 cloves)

3/4 teaspoon ground fennel seed

1/2 teaspoon ground black pepper

1/2 teaspoon fine sea salt, plus more to taste

1/4 teaspoon crushed red pepper flakes

1 (15-ounce) can diced tomatoes with their liquid

6 cups stock or broth, see our ultra-satisfying veggie broth or homemade chicken stock

2 cups chopped potato (2 medium)

2 heaped cups chopped or shredded cabbage

2 bay leaves

1 cup frozen peas

1/2 teaspoon apple cider vinegar or fresh lemon juice

INGREDIENTS

Heat two tablespoons of the olive oil in a stockpot pot or Dutch oven over medium heat. Add the onions, carrots, celery, and the tomato paste. Cook, stirring often until the vegetables have softened and the onions are translucent; 8 to 10 minutes.

Add the garlic, fennel, black pepper, 1/2 teaspoon of salt, and the red pepper flakes. Cook, while stirring, for one minute.

Pour in the canned tomatoes and their juices as well as the stock/broth.

Add the potatoes, cabbage, and the bay leaves. Raise the heat to medium-high and bring the soup to a boil. Partially cover the pot with a lid, and then reduce the heat to maintain a low simmer.

Simmer for 20 minutes or until the potatoes, and other vegetables are tender. Add the frozen peas and cook for five more minutes.

Remove the pot from the heat and remove the bay leaves. Stir in the cider vinegar (or lemon juice) and the remaining tablespoon of olive oil. Taste and season with more salt, pepper or vinegar. Serve.

### Green Beans Salad

### INGREDIENTS

* 1 1/2 pounds trimmed green beans, cut to 2 to 3 inch long pieces
* Salt
* 1/2 cup finely chopped red onion (or shallots)
* 2 tablespoons balsamic vinegar
* 4 tablespoons extra virgin olive oil
* 3/4 cup chopped fresh basil leaves
* 3/4 cup freshly grated Parmesan cheese (about 1 1/2 ounces)
* Freshly ground black pepper

METHOD

1 Soak chopped onions in water: Place the chopped onions in a small bowl of water. This will help take the edge off the onions. Let sit while you prepare the rest of the salad.

2 Blanch the green beans: Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water). Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp.

Fresh young beans should cook quickly. Older, tougher beans may take longer.

3 Shock in ice water: While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water to the ice water to stop the cooking.

Drain the green beans and the red onions.

4 Toss with red onion, balsamic, Parmesan: Place the green beans, red onion, and chopped basil in a large bowl. Sprinkle in the olive oil, toss to coat. Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper.

Khichdi

INGREDIENTS

1/2 cup rice

1/2 cup moong dal I used moong dal dhuli

1/4 teaspoon turmeric powder

1 teaspoon salt

1/8 teaspoon hing powder also know as asafoetida

Tempering

1 teaspoon ghee

1 teaspoon oil

1/2 teaspoon cumin seeds

1/2 teaspoon mustard seeds

1 teaspoon finely chopped ginger

1 green chili finely chopped

1 large tomato chopped

1/4 cup green peas

salt to taste

### INSTRUCTIONS

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* Take 1/2 cup rice and 1/2 cup moong dal in a bowl.
* Soak it in enough water for 20 minutes. After 20 minutes, drain the water and set aside.
* Add the rice and dal to a pressure cooker and add around 3.5 to 4 cups water.
* Add salt, turmeric powder and asafoetida and pressure cook on high heat for 5- whistles.
* The rice and dal will cook and be very soft and mushy, set aside.
* To another pan on medium heat, add ghee and oil. You may use only oil to keep it vegan.
* Once the oil & ghee is hot, add cumin seeds and mustard seeds. Wait till cumin seeds start sizzling and mustard seeds pop up.
* Add chopped ginger and green chili. Saute for 30 seconds or so or till the ginger starts turning light golden brown in color.
* Add chopped tomatoes and green peas. Cook for 2 minutes, you don't want the tomatoes to get too mushy.
* Add the cooked rice and dal to the pan.
* Mix till well combined, add salt and adjust to taste.
* Garnish with cilantro and serve the moong dal khichdi with some extra ghee on top. Also it's usually served with some papad, achar (pickle) and yogurt on the side.

Pesto Boiled Potatoes

##### INGREDIENTS

* For the pesto (makes about ½ a pint):
* 1 large bunch of Italian parsley with stems, coarsely chopped
* 1 large bunch of green onions, bottoms removed and chopped into large pieces
* ¼ cup of extra virgin olive oil
* 1 teaspoon of kosher salt
* Pepper
* For the potatoes:
* 1 pound of new or baby potatoes, scrubbed
* 4 tablespoons of green onion and parsley pesto (recipe follows)

##### DIRECTIONS

* STEP 1Make the pesto. Place the parsley, green onions, and salt in the bowl of a food processor. Pulse the mixture a few times until the parsley and green onions start to break down. With the food processor running, slowly add the olive oil. Process until it forms a smooth mixture. Season with pepper to taste.
* STEP 2If you intend to freeze the pesto, transfer it to a clean glass jar and freeze. It will keep for 9-12 months in the freezer.
* STEP 3Make the potatoes. Place the potatoes in a large pot and cover them with at least an inch of cold water. Bring them to a boil over medium high heat. Lower the heat and simmer for 10-15 min until you can easily pierce them with a fork.
* STEP 4Drain the potatoes and place them back in the pot that you used to boil them.
* STEP 5Add 3-4 tablespoons of the pesto and salt to taste and toss to combine.
* STEP 6Serve immediately.