

Mexican tortillas



Mexican tortillas

6 tortilla wraps (see recipe [here](#))

For the filling:

500 g cooked kidney beans, drained

7 tablespoons tomato passata (or 3-4 tbsp tomatoes puree diluted in little water)

fresh chili, finely sliced/chili powder (to taste)

$\frac{1}{2}$ iceberg lettuce, chopped

1 bell pepper, finely sliced

4 tomatoes, cubed

1 avocado, finely sliced

1 red onion, finely sliced

salt and pepper, to taste

Heat the tomato passata in a small saucepan. When it begins to boil add the fresh chili/chili powder and the kidney beans and stir. Set aside to cool a little bit.

On each tortilla wrap add a layer of bean mix and spread evenly over the entire surface. Add a little bit of the other vegetables, salt and pepper to taste and roll.

Tofu stuffed zucchinis



For 4 servings:

2 zucchinis

350-400 g tofu, smashed (with a fork)

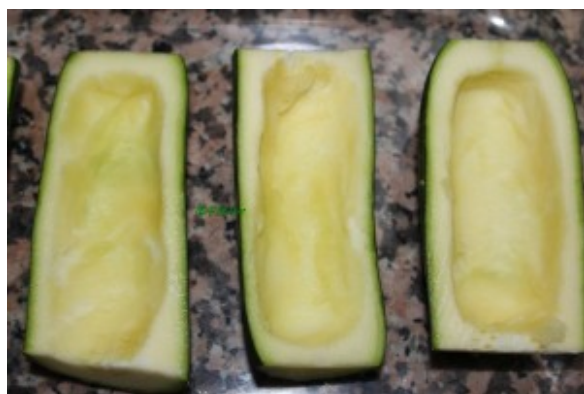
4 spring onions, finely chopped

2 tbsp. breadcrumbs

4-5 tablespoons dill, finely cut

salt and pepper , to taste

Wash the zucchini, cut into two equal parts, then into half length ways. Scoop out seeds, chop it fine and put in a bowl.



Tofu stuffed zucchinis

Mix it with the tofu, onion, breadcrumbs and t dill. Add salt

and pepper to taste and mix well.

Stuff the zucchinis with the mix.



Tofu stuffed zucchinis

Place them in a tray, add approx. 1 cm of water and bake in oven, at medium heat until golden brown (20-30 minutes).

Serve warm or cold with (mix) salad.

Mushrooms salad



1/2 kg mushrooms, sliced

2-3 garlic cloves (to taste), mashed

2 tablespoons oil

2-3 tablespoons chopped fresh dill

1-2 tablespoons [vegan mayonnaise](#)

salt and pepper

Stir fry the mushrooms in oil until all the moisture evaporates. Let it cool than place them in a bowl and mix with the vegan mayonnaise, mashed garlic and the dill. Add salt and pepper to taste.

Potatoes sour soup



Potatos (sauer) soup

1 kg potatoes, cubed

250 g soup vegetables (onions, carrots, peppers, parsnips, celery, etc.), chopped

2 tomatoes, finely chopped

1 teaspoon paprika powder

lemon juice, to taste (optional)

lovage/parsley

2 tablespoons olive oil

salt, to taste

Cook the potatoes together with the onions, in enough water to cover.

When the potatoes are half cooked add the other vegetables.

Cook for 5 minutes then add the tomatoes.

When the tomatoes are cooked add the lemon juice and more water, the paprika powder and salt to taste.

Garnish with fresh lovage/parsley and olive oil.

Biryani



Biryani

For 4-6 servings:

300 g rice

300 g vegetables (onion, bell pepper, frozen peas)

2 cm ginger, grated (1 tsp ginger powder)

3 teaspoons coriander powder

3 cloves of garlic, crushed

1 teaspoon garam masala

3 tablespoons oil

salt, to taste

fresh cilantro to garnish (optional)

Cook the rice in water with some salt. Drain and set aside.

Chop the vegetables and mix them with the garlic, ginger and the spices.

Heat the oil in a wok (pan) and add the vegetables. Stir continuously until they begin to soften slightly. Add the rice, stir to combine and add salt to taste.

Garnish with finely cut fresh coriander.

Serve with Indian dishes.

Note: You can use different kind of vegetables: carrots, broccoli, leeks, green beans, etc..

Potatoes masala



Potatoes masala

For 3-4 servings:

$\frac{1}{2}$ kg potatoes, cubed

$\frac{1}{2}$ kg frozen peas

2 peppers, chopped

4 onions, chopped

4 tomatoes, chopped

2 cm ginger, grated (1 tsp ginger powder)

2 teaspoons turmeric
2 teaspoon mustard seeds
1 teaspoon garam masala
fresh chilli / chilli powder, to taste
1 tablespoon tomato pasta
2 tablespoons oil
salt

Cook the potatoes in water with 1 teaspoon of turmeric. Drain the water.

Heat the oil in a pan and add the mustard seeds. As they begin to pop add the onion and the green peppers. Stir fry for a few minutes (2-3) then add the remaining ingredients and the rest of the turmeric. Cook for another few minutes, stirring occasionally, if necessary add a little bit of water.

Add the potatoes, the peas and salt to taste and cook for another 2 minutes.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Seitan chili



Seitan chili

Seitan made from 1 kg flour (see recipe [here](#))

1 teaspoon paprika

1 teaspoon onion powder

1 teaspoon garlic powder

$\frac{1}{2}$ teaspoon turmeric

2 onions, chopped

1 bell pepper, finely sliced

3-4 tablespoons tomato puree

4 cloves of garlic

2 cm ginger

1 tsp coriander powder

1 teaspoon garam masala

fresh chilli /chilli powder, to taste

2 tablespoons oil

salt

Fresh coriander, finely chopped, for garnish (optional)

When you make the seitan dough add the paprika powder, the onion powder and the garlic powder. Than follow the seitan recipe.

Cut the well drained seitan into pieces (2×2 cm, it will increase the volume) and cook it in water with a little bit salt and the turmeric, approx. 20 minutes. Leave it to drain .

Prepare a paste of ginger and garlic.

Dissolve the tomato puree in a glass of water and add the spices.

Heat the oil in a pan and stir fry the onion for 2-3 minutes. Add the bell pepper, the paste of ginger and garlic and the tomato puree. Cook for 1-2 minutes and than add the seitan . Cover and simmer for 15-20 minutes, stirring frequently (if needed add a little bit of water).

Garnish with fresh coriander .

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Red lentils curry



Red lentils curry

For 4 servings:

400 g red lentils
1 onion, chopped
2-3 bay leaves
1 tablespoon curry
1 teaspoon turmeric
1 teaspoon cumin powder
chilli / chilli powder (to taste)
1 teaspoon raw sugar
4 cloves of garlic, crushed
2 cm ginger, grated (1 tsp ginger powder)
4 tbsp tomato puree/paste
salt

Fresh coriander and/or fresh chilli for garnish (optional)

Wash the lentils thoroughly and cook them in 1 l water, together with the bay leaves and the onion. Stir occasionally

making sure to add water if needed (enough to cover it).

When the lentils are almost cooked add the remaining ingredients and continue cooking for another 5 minutes. Add salt to taste.

Garnish with fresh coriander, finely cut, and/or hot peppers.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Chana dal



Chana dal

For 5-6 servings:

400 g chana dal

$\frac{1}{2}$ kg green beans, cuted (optional)

2-3 bay leaves

3 tomatoes, finely chopped

1 teaspoon cumin seeds

1 teaspoon mustard seeds

chilli / chilli powder, to taste

1 tablespoon oil

salt

fresh coriander, finely chopped and/or hot pepper for garnish (optional)

Soak the chana dal in water for about 1 hour.

Wash the chana dal thoroughly and cook it in water, double the volume of chana dal, along with the bay leaves. When the chana dal is almost cooked add the green beans.

Heat the oil in a pan and add the mustard and cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the tomatoes and the chilli. When the tomatoes have softened add them over chana dal, stir it well and cook for another 1-2 minutes.

Garnish with fresh coriander and/or hot peppers.

Serve with basmati rice /[biryani](#) and/or [naan bread](#) .