

Falafel



For approx. 40 – 50 pieces

500 g chickpeas, soaked in water for about 12-15 hours

4-5 tablespoons cold water

1 medium onion, finely chopped

5-6 cloves of garlic, mashed

1 parsley bunch, finely cut

1 coriander bunch, finely cut

3 tablespoons flour

1 teaspoon baking soda

2 teaspoons coriander powder

1 teaspoon cumin powder

1 teaspoon paprika powder

1/2 teaspoon of cardamom powder

chili powder, to taste (optional)

salt

sesame seeds, for coating (optional)

sunflower oil for frying

Process the chickpeas with a food processor, add the water, until a paste is obtained, but not mushy and holds itself together (you can also use a mincer/grinder, repeat the process 2-3 times).

In a bowl, mix all the ingredients by hand until smooth and

uniform. Refrigerate for at least an hour.

With wet hands form balls (or patties) the size of a walnut and press them well. Cover them with sesame seeds and fry on both sides, in hot oil, until brown (3-4 minutes on each side). Fry first one piece, if it won't hold together, add more flour to the mixture and try again.

Serve hot with [hummus](#), [pita bread](#), [tahini sauce](#) and mix salad/pickles.

Baked tofu in tomato sauce



For 2 servings:

300 g tofu, drained well and cut into pieces

1 tablespoon tomato paste or 2-3 tablespoons tomato passata

For the marinade:

1 teaspoon dried oregano

1 teaspoon dried thyme
1 teaspoon dried basil
1 teaspoon paprika powder
chili powder or dried chili flakes, to taste (optional)
salt and pepper, to taste
4-5 cloves garlic, mashed (or to taste)
2-3 tablespoons olive oil

Mix the spices (oregano, thyme, bususioc, paprika, salt and pepper) or you can use 2-3 tablespoons of seasoning for grill.

Mix all the ingredients for the marinade with 2 tablespoons of olive oil. Add the tofu and mix well until all the tofu pieces are coated with spices. Let it marinate in the fridge for a few hours or it can be prepared the day before and left overnight to marinate.

Heat a tablespoon of olive oil in a pan, add the pieces of tofu and fry for few minutes, at medium heat, until golden-brown. Add the tomato paste dissolved in a little bit of water (or the tomato passata), stir fry for few minutes .

Serve with polenta or mashed potatoes, rice, cous cous, etc.

Variation: Instead of tofu you can use tempeh or seitan.

Chinese-style asparagus



For 2-3 servings:

200 g tofu, diced

200 g green asparagus, cut in pieces of 3-4 cm long

1 onion, chopped

1 red bell pepper, chopped

2 green onions, chopped

2 tablespoons sesame seeds

1 tablespoon sesame oil

For the marinade:

3-4 tablespoons soy sauce

4 cm grated ginger (or 1 tablespoon ginger powder)

2 tsp. coriander powder

chilli flakes, to taste

5-6 garlic cloves, minced

pepper, to taste

Mix all the ingredients for the marinade. Pour over the tofu pieces, mix well and leave to marinate in the refrigerator for at least an hour.

Heat the sesame oil in a wok, add the onion and the tofu and stir fry for about 2-3 minutes on high heat. Add the asparagus and the bell pepper, stir fry for further 3-4 minutes. At the end add the green onions and the sesame seeds. Mix everything and continue to stir fry for another 2-3 minutes. If needed add more soy sauce to taste.

Serve plain or with boiled rice.

Seitan kebab



For the seitan:

1 kg flour (see the recipe [here](#))

Cook the seitan whole, in water with some bay leaves, peppercorns and allspice, for approx. 40 min.

Drain then slice finely.



Mix the following spices:

3 tsp. paprika

1/4 tsp. cumin powder

2 tsp. garlic powder
2 tsp. dried thyme
cayenne powder, to taste
salt and pepper, to taste

Pour the spice mix over the seitan spices and mix well. Cover and let it rest for at least an hour.

Fry the seitan in a little oil till golden brown.



Serve with pitta bread and lettuce, shredded red cabbage, tomato and pickles slices, [garlic sauce](#) or [avocado sauce](#).

Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated
3 tablespoons chickpea flour
1 tablespoon nutritional yeast (optional)
1 green onion, finely chopped
4-5 tablespoons parsley, finely chopped
2-3 tablespoons water
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2 tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).



Brined cucumbers in tomato sauce



For 4-6 servings:

10-12 brined cucumbers, sliced approx. 1 cm thick (if they are too salty leave them in cold water for half an hour then drain the water)

2 onions, finely chopped

200-300 g soy pieces, optional

3-4 tablespoons tomato puree or 400-500 ml tomato passata

1 bunch dill, finely chopped

2 tablespoons oil

pepper to taste

Heat the oil in a saucepan, add the onions and stir fry for about 2-3 minutes.

Add the cucumbers and cover with water. Cook until the cucumbers are soft. Add more water if needed.

Add the tomato puree dissolved in 1/2 cup water (or the tomato passata) and continue cooking until the sauce has reduced slightly.

Finally add the pepper and dill.

Chana Punjabi



For 2 servings:

- 350 g (a can) cooked chickpeas
- 1 onion, finely chopped
- 2 tomatoes, finely chopped
- 1 clove garlic, mashed
- 1 cm ginger, minced (or 1/2 teaspoon ginger powder)
- fresh chili, to taste (or chili powder)
- 1 teaspoon mustard seeds (extra, optional)
- 1 teaspoon paprika
- 1 teaspoon coriander powder

1/2 teaspoon garam masala
1/4 teaspoon turmeric
1 tbsp oil
fresh cilantro (optional)

Heat the oil in a saucepan, add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for a few minutes then add the garlic, coriander, ginger, paprika, chili (chili powder) and tomatoes.

Cook at medium heat until the sauce has reduced, stirring occasionally. If needed, add a little water.

Add the turmeric, garam masala and chick peas and continue to cook for approx. 5 minutes. Add salt to taste and garnish with fresh cilantro.

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

Vegetables-tempeh souflaki



For 4-6 servings:

300 g tempeh (can be replaced with tofu)
2 bell peppers
1 zucchini

2-3 onions
10 tiny tomatoes
a few cloves of garlic (optional)

For the marinade:

3-4 tablespoons olive oil
juice of one lemon
2 tablespoons oregano
2 tablespoons thyme
salt and pepper, to taste

Prepare a marinade mixing the lemon juice, oil and spices. Cut the tempeh (or tofu) and the vegetables into medium pieces and mix them with the marinade. Let it marinate in the fridge for at least 2 hours.

Soak the wooden skewers in water for about 15-20 minutes.

Thread the tempeh and the vegetables on skewers and grill for a few minutes on each side.

Serve with different side dishes and / or salad.

Variation: you can also use other vegetables like mushrooms, eggplant, etc.

Seitan nuggets



For approx. 12-15 pieces:

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

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 cup soy milk

4-5 tablespoons flour

6-7 tablespoons breadcrumbs

10 peppercorns

2-3 allspice berries

2-3 bay leaves

2 tablespoons grill/Italian mix seasoning

salt and pepper, to taste

oil for frying

Mix the garlic and onion powder with flour then follow the seitan recipe.

Drain the seitan dough well and cut it in the form of nuggets.

Cook the seitan pieces in water with peppercorns, allspice and bay leaves, approx. 30-40 minutes. Drain well.

Add the mix seasoning to the flour and mix well. Roll the seitan nuggets through the flour, then through the soy milk and finally through the breadcrumbs.

Fry them a few minutes on both sides, in hot oil, until golden brown.

Serve with side dishes and salads.

Variation: you can add more spices to the flour like: dried basil, dried oregano, etc.

Stuffed eggplant with smoked tofu



For 2 servings:

1 large eggplant
200 g smoked tofu, finely chopped
1 onion, finely chopped
3-5 garlic cloves, finely chopped
1 tsp. rosemary
1 tsp. oregano
1 tablespoon olive oil
salt and pepper, to taste
grated vegan cheese (optional)

Wash the eggplant and cut in half lengthwise. Using a small knife, cut a border inside each eggplant about 1 cm thick. Scoop out the core with a teaspoon. Sprinkle the eggplants with salt, brush with a little bit oil and bake them in the

oven for about 10-20 minutes, until tender.

Heat the oil in a small saucepan and stir fry the onion for 2-3 minutes. Add the finely chopped eggplant core, garlic, rosemary and oregano. Cover and simmer. Stir occasionally, add 1-2 tablespoons of water if needed.

When the eggplant is done add the smoked tofu, salt and pepper to taste and mix well.

Stuff the eggplants, top with grated vegan cheese and bake in the oven (175- 200 C) until golden brown (15-20 minutes).

Serve with salad.

