

Sticky 5 spices tempeh



For 4 servings:

350 g tempeh

4-5 tablespoons soy sauce

3 tablespoons Chinese 5 spices

4-5 tablespoons sweet chili sauce

3-4 tablespoons sesame seeds

4-5 tablespoons oil, for frying

Mix the soy sauce and spices.

Cut the tempeh into slices approx. 1-1.5 cm thick. Pour the mix over tempeh, spread evenly and leave to marinate, in the fridge, for a few hours.

Heat the oil in a pan and add the tempeh. Fry on both sides until brown. Pour the sweet chili sauce and add the sesame seeds, stir to evenly cover the tempeh.



Sticky 5 spices tempeh

Tip: Serve with rice noodles salad.



Sticky 5 spices tempeh

Note: for weight loss bake the tempeh in oven, without oil.

Banana & redcurrant ice cream



Banana & redcurrant
ice cream

For 2-3 servings:

2 large banana / 3 small, frozen

1 cup redcurrants

1-2 tablespoons raw sugar, to taste (optional)

Freeze the bananas peeled.

Put all ingredients in blender/food processor and blend/process until smooth.

Serve immediately.

Raw spring rolls



Raw spring rolls

For 10 pieces:

10 rice paper sheets

200 g vegetables: carrot, cabbage, cucumber, green onion, bell pepper (red), cut julienne

1 cm ginger, grated

1 clove of garlic, mashed

2 tablespoons fresh lemon juice

2 tablespoons soy sauce

2 tablespoons fresh cilantro (or parsley), finely chopped

Prepare a marinade of soy sauce, lemon juice, garlic and ginger. Add the vegetables and mix well.

Prepare the rice paper sheets as directed on the package. Place 1-2 tablespoons of vegetable mix along edge of the sheet, fold over until ingredients are covered, fold in each side and roll up.

Serve with chili sauce or soy sauce with garlic.

Variation: can also use different vegetables: soy sprouts, lettuce, avocado, etc. and smoked tofu.



Raw spring rolls

Eggplant and chickpea Curry



Eggplant and chickpea Curry

For 4 servings:

- 2-3 eggplants, cubed
- 300 g cooked chickpeas
- 1 onion, chopped
- 3-4 cloves garlic, finely chopped
- 2 cm fresh ginger, grated / 2 tsp. ginger powder
- 7-8 tomatoes, finely chopped / 1 can diced tomatoes (400g)
- 1 teaspoon cumin seeds
- 1/2 teaspoon turmeric
- 2 tsp. coriander powder

chili / cayenne pepper, to taste
salt, to taste
1 tablespoon oil

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the eggplants, garlic, coriander, ginger, chili and the tomatoes and a little bit of water if needed. Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced and the eggplants are done. Add the cooked chickpeas and turmeric, cook for another 2-3 minutes. Add salt to taste.

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

Sauteed spinach



Sauteed spinach

For 3-4 servings:

1.5 kg fresh spinach (well washed and chopped) / 900 g frozen spinach
1 large onion, finely chopped
3-4 cloves of garlic, finely sliced

1 tablespoon oil
a slice of lemon
salt and pepper, to taste

Stir fry the onion in oil for 1-2 minutes. Add the spinach and very little water. Cover and simmer, stirring occasionally for about 10 minutes. Add the garlic and lemon and simmer for another 2-3 minutes. Add salt and pepper to taste.

It can be served with boiled potatoes.

Attention! Do not reheat the spinach! (reheating increase the nitrates)

Peas and mushrooms in tomato sauce



Peas and mushrooms in tomato sauce

For 2-3 servings:

500 g peas (fresh or frozen)
250 g mushrooms, sliced
1 onion, chopped

1 bell pepper, cubed/sliced

5-6 tomatoes, finely chopped (2 tablespoons tomato puree)

parsley / dill, finely cut

1-2 tablespoons oil

salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the mushrooms, cover and stir occasionally. After 5-6 minutes, add the tomatoes (or the tomato puree dissolved in a cup of water).

Continue cooking for a few minutes then add the green pepper and the peas.

When vegetables are cooked add salt and pepper to taste. Garnish with parsley or dill.

Serve with salad.

Quinoa goreng



Quinoa goreng

Per serving:

50 g quinoa

300 g vegetables: carrot, onion, leek, sweet pepper, green beans, peas, broccoli, cabbage, cauliflower, celery, zucchini, etc.

1 cm ginger, grated (or 1 teaspoons ginger powder)

1 teaspoon coriander powder

2 garlic cloves, diced

chilli/chili powder, to taste (optional)

2 tablespoons soy sauce

1/2 tablespoon oil

Cook the quinoa as indicated on the package.

Cut all the vegetables into cubes or slices. Cook the green beans apart for 7-10 minutes and drain.

Heat the oil in a wok and add the vegetables gradually, beginning with the ones which take longer to cook. Add a little bit of water (not too much), the ginger, the garlic and the coriander powder. Stir fry for about 5-6 minutes. The vegetables should be crunchy.

Finally add the soy sauce, mix well then add the cooked quinoa.

Serve with peanut sauce and sweet-sour pickles .

Peanut sauce

200 ml unsweetened soy milk

1 teaspoon ginger powder

1 teaspoon coriander powder

2-3 tablespoons soy sauce

4-5 tablespoons peanut butter

Preheat the soy milk in a saucepan, add all the ingredients, mix it well until peanut butter is incorporated and let it cook for about a minute. The composition should have the consistency of a thick sauce otherwise add a little bit more peanut butter. After cooling the sauce continues to

thicken.

Tempeh teriyaki



Tempeh teriyaki

For 12-15 pieces:

300 g tempeh, cubbed
6-7 tablespoons teriyaki sauce
sesame seeds (optional)
skewers

Marinate the tempeh in the teriyaki sauce for at least 2-3 hours.

Soak the skewers in water for 15-20 minutes.

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

Sprinkle sesame seeds on top.

Serve with Asian side dishes and salads like: noodles, rice etc..

Warm salad



Warm salad

For 2-3 servings:

1 zucchini, sliced
1 sweet pepper, sliced
2-3 onions, ½" thick sliced
tomatoes, sliced
handful of olives
dried basil and oregano, to taste
1 tablespoon olive oil
1 tablespoon balsamic vinegar
salt and pepper, to taste

Heat the grill and grill the zucchini, the sweet pepper and the onions a few minutes on each side.

Mix with the rest of the ingredients and add salt and pepper to taste.



Warm salad

Lentil stew



For 2-3 servings:

- 1 cup beluga lentils (or brown/green)
- 1 carrot
- 1 onion
- 1 leek
- 2-3 cloves of garlic
- 1 can diced tomatoes (400g/14 oz)
- 2 bay leaves
- 1 teaspoon thyme
- 1 teaspoon oregano
- 5 tablespoons red wine
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

salt and pepper, to taste

fresh basil, finely cut (optional)

Wash the lentils and cook them in water with the bay leaves. Drain.

Chop all the vegetables very, very fine. Stir fry the vegetables (except garlic) in oil for 2-3 minutes then add the tomatoes, the wine and the spices. Cover and simmer on medium heat until the sauce reduced. Add the garlic, the lentils, the lemon juice, salt and pepper to taste and cook for another few minutes. Garnish with fresh basil.