

# 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).



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## Grilled seitan & vegetables skewers



Grilled seitan & vegetables skewers

**For 6-8 servings:**

seitan

2 zucchini

2-3 onions  
2-3 sweet peppers

**For the seitan:**

1 kg flour  
1 teaspoon paprika powder  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
  
2 bay leaves  
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into approx. 3 x 3 cm (1 x 1 inch) pieces.

**For the marinade:**

6 cloves of garlic, mashed  
2 tablespoons olive oil  
2 teaspoons thyme  
1 teaspoon oregano  
1 teaspoon paprika powder  
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Thread the seitan pieces and vegetables on skewers.

Grill the seitan and vegetables skewers, on each side, on a pre-heated grill pan.



Grilled seitan & vegetables skewers

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# Grilled seitan and vegetables



Grilled seitan and vegetables

## For 3-4 servings:

seitan  
2 zucchini  
2-3 onions  
2-3 sweet peppers

## For the seitan:

1 kg flour

1 teaspoon paprika powder  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder

2 bay leaves  
10 peppercorns

The preparation of seitan is described [here](#).

Cook the seitan, whole, in water with the bay leaves and peppercorns, for about 30-35 minutes. Drain well then cut into four equal pieces.

### **For the marinade:**

6 cloves of garlic, mashed  
2 tablespoons olive oil  
2 teaspoons thyme  
1 teaspoon oregano  
1 teaspoon paprika powder  
salt and pepper, to taste

Mix all ingredients.

Wash the vegetables and cut into pieces.

Pour the marinade over the seitan and vegetables, mix well and leave to marinate for at least one hour (the longer, the better).

Grill the seitan and vegetables on a pre-heated grill pan.



Grilled seitan and  
vegetables

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## Couscous vegetable burger



Couscous vegetable burger

### For 10 pieces:

1/2 cup couscous  
300 g (10,5 oz) potatoes, cooked and mashed  
1 zucchini, grated  
3 carrots, finally grated  
1/2 cup sweet corn (canned)  
1 cup frozen peas  
1 large onion, grated  
5 cloves of garlic, mashed  
a pinch of cumin powder  
2 teaspoons rosemary  
1 teaspoon thyme  
2 teaspoons paprika powder  
fresh chili pepper / chili flakes, to taste (optional)  
salt and pepper, to taste

Prepare couscous according to package directions. Allow to

cool.

Mix all ingredients until you get a paste.



Couscous vegetable burger

Divide the mixture into 10 equal parts. Form balls and then press between your hands about approx. 1,5-2 cm. thick (0,5 inch).



Couscous vegetable burger

Fry the burgers in a little bit of oil, about 5 minutes on each side.



Couscous vegetable burger

You can also bake them in the oven, on medium heat, for about 15 minutes on each side.

Cut the burger bun in half, add the burger and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or [garlic sauce](#), to taste.

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## Courgette sour soup



Courgette sour soup

**For 5-6 servings:**

- 1 large courgette, cut in medium pieces
- 1 onion
- 2 carrots



1 potato  
1 bell pepper  
2 celery stalks  
5-6 large ripe tomatoes, peeled and finely chopped  
1,5 l water  
juice of 1-2 lemons, to taste  
lovage, finely chopped  
salt, to taste  
1-2 tablespoons olive oil (optional)

Finely chop the onion, carrots, bell pepper, celery and potato. Put the vegetables in a soup pan with 1.5 l water.

Cover and cook for few minutes than add the tomatoes. When tomatoes are almost cooked add the courgette.

When the vegetables are done add salt and lemon juice to taste (add a little bit more water if needed). Cook for another few minutes.

Garnish with lovage and olive oil.

*Note:* you can use parsley instead of lovage.

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## 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

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## Tofu stuffed zucchinis



### **For 4 servings:**

2 zucchinis

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

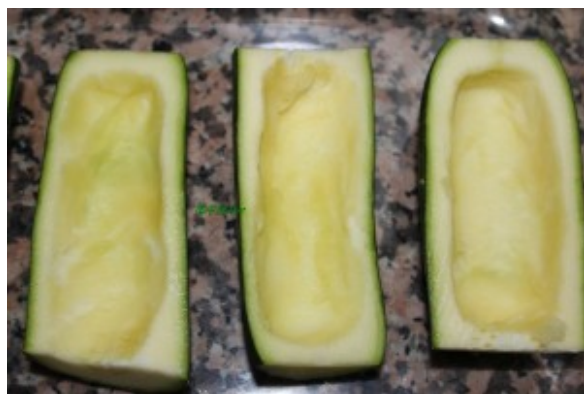
4 spring onions, finely chopped

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.

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## Zucchini masala



Zucchini masala

For 3-4 servings:

2 zucchini

1 tablespoon oil

$\frac{1}{2}$  teaspoon cumin seeds

$\frac{1}{2}$  teaspoon mustard seeds

$\frac{1}{4}$  teaspoon fennel seeds

$\frac{1}{2}$  teaspoon garam masala  
fresh chilli / chill powder (to taste)  
 $\frac{1}{4}$  teaspoon turmeric  
1 teaspoon raw sugar  
salt

Wash the zucchini, cut them in half, lengthwise and then into slices of approx. 0.5 cm.

Heat the oil in a pan and add mustard, cumin and fennel seeds. Fry for 2-3 minutes until they begin to pop. Add the zucchini and cook, stirring occasionally, being careful that they do not stick to the pan.

When the zucchini have softened slightly add the remaining spices and salt to taste. Continue cooking for approx. 4-5 minutes. The zucchini must be firm, crunchy.

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

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## Zucchini spaghetti with pesto sauce



Zucchini spaghetti with pesto sauce

For 4 servings:

2 medium zucchini

see pesto recipe [here](#)

Cut the zucchini in the shape of spaghetti (you can use a julienne knife).

Season the zucchini spaghetti with the pesto sauce and garnish with basil.

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## Zucchini in tomato sauce



### For 2-3 servings:

2 large/3 small zucchinis, washed and cubed

1 large onion, finely chopped

1 tin diced tomatoes (400g)

2 tablespoons oil

parsley, finely chopped

salt and pepper

Stir fry the onion in oil for 2-3 minutes. Add the zucchini and very little water. Cook for 5 minutes then add the canned tomatoes. Cook until the zucchinis are done. Add salt and pepper to taste. Garnish with parsley.

Serve with salad.