

Stuffed peppers



Stuffed peppers

For 2-3 servings:

7-8 small or 4-5 big peppers

1/2 cup rice

2-3 carrots, grated

1 large onion, finely chopped

2 tablespoons oil

1 bunch dill / parsley, finely chopped (use the leaves for the rice mix and the stalks for the sauce)

salt and pepper, to taste

6-7 large tomatoes

Remove the top of peppers, seeds and membranes.

In a saucepan stir fry the onion and carrots, in oil, for about 3-4 minutes. Add the rice and 1 $\frac{1}{2}$ cup water. Cook the rice half. If needed, add a little water. Add salt and pepper and the dill / parsley leaves.



Stuffed peppers

Stuff the peppers with rice mixture. Cover each pepper with a slice of tomato. Stand peppers upright in a saucepan.

Prepare a sauce of blended tomatoes, a cup of water, the dill/parsley stalks, salt and pepper. Pour over peppers.



Stuffed peppers

Cook on medium heat for about 30 minutes. Add more water to the sauce if needed.



Stuffed peppers

Serve warm or cold with salad or pickles.

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..

Vegan sushi



For 10 rolls:

250 g sushi rice
10 nori seaweed sheets
10-12 tablespoons rice vinegar
1/2 tablespoon raw sugar
1/2 teaspoon salt

For the filling:

1 avocado, sliced □□
1 green pepper, sliced, □grilled
pickled gherkins
saute carrot (cut into strips if too thick)
cucumber, cut into strips

sesame seeds
etc.

bamboo sushi mat

Cook the rice according to the directions on package. In a small bowl, mix the rice vinegar, sugar and the salt. Add the cooked rice and mix gently. Allow to cool a little bit.

Place one nori sheet on the bamboo sushi mat (with the rough side up). Wet your hands to prevent sticking. Have a small bowl of water next to you. Using your hands (or a wet spoon), spread a thin layer of rice (1/2 cm) on the sheet of nori and press, leaving a 4 cm border at one end of the nori sheet.

Place the filling ingredients vertically, in a line down the center of the rice (you can make different combinations, let your imagination free: avocado + cucumber, grilled peppers and saute carrot, avocado + pickled gherkins, etc). You can sprinkle some sesame seeds over the rice.



Vegan sushi

Wet the free border so it will stick on the sushi roll. Roll up the bamboo mat slowly, tucking in the closer end of the sushi roll and press lightly with both hands. Remove the roll from the mat.

Allow to cool for at least half an hour before serving.

Cut the roll, just before serving, into pieces of approx. 1.5

– 2 cm thick, using a moistened sharp knife to prevent sticking.

Serve with little bowls of soy sauce (you can add a little bit of grated horseradish to the soy sauce).



Vegan sushi

Nasi goreng



Nasi goreng

For 2-3 servings:

250 g rice

1 carrot
1 onion
1 leek
100 g green beans
100 g of peas
broccoli
3 cm ginger, rasped (or 2 teaspoons ginger powder)
2 tsp coriander powder
4-5 garlic cloves, diced
chilli (optional)
2-3 tablespoons soy sauce
2 tablespoons oil
salt and pepper

[peanut sauce](#)

Cook the rice and leave it to drain. It should not stick, otherwise rinse it with cold water .

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

Heat 1-2 tablespoons of oil in a wok and add all the vegetables. Add a little bit of water (not too much), the ginger, the garlic and the coriander powder. Stir continuously for 5-6 minutes. The vegetables should be crunchy .

Finally add the salt, pepper and the soy sauce to taste, mix it well and then add the cooked rice.

Serve with peanut sauce and sweet-sour pickles .

Note: You can use different kind of vegetables: cabbage, cauliflower, celery, zucchini, etc .

Pilaf



Pilaf

For 2-3 servings:

150 g rice
2 large onions, finely chopped
3-4 carrots, grated
1 tablespoon oil
salt and pepper, to taste

Stir fry the onions and the carrots, in oil, for 3-4 minutes. Add the rice and water to cover. Cover and simmer on low heat, stirring often. If needed add a little bit more water. Cook until all the liquid is absorbed and the rice is done.

Add salt and pepper to taste. Cover and let it rest for few minutes before serving.

Serve with salads or pickles.

Variation: Together with the onions and carrots you can add a green pepper, diced.

You can also garnish with finely chopped parsley.