

FRIDAY

ROASTED VEG AND LENTIL BOBOTIE

This tastes just as good as the meat version – trust us.

2 packets (500g each) **PnP roasting vegetables**
 2 Tbsp (30ml) **olive oil**
 2 Tbsp (30ml) **garam masala**
 Salt and milled **pepper**
 2 cans (400g each) **PnP lentils**, drained and rinsed
 Handful chopped **coriander**
 1 **onion**, finely chopped
 4cm knob **ginger**, peeled and finely chopped
 3 cloves **garlic**, chopped

1 tsp (5ml) each **turmeric**, **cardamom** and **cumin**
 ¼ cup (60ml) **chutney**
 1 cup (250ml) **chickpea** or **chana flour**
 1 can (400g) **coconut milk**
 ½ cup (125ml) **water**
 2 Tbsp (30ml) **tomato paste**
 ⅓ cup (80ml) **sunflower seeds**
 4 **bay leaves** or
 Chopped **chilli**, for serving

SERVES 4

Preheat oven to 180°C.
Toss vegetables in half the oil and half the masala.
Season and place on a roasting tray.
Roast for 20 minutes or

until just tender.
Tip vegetables into a 20-30cm ovenproof dish or 4 small serving bowls and stir through lentils and coriander.
Add remaining oil and onion and sauté until soft, add ginger and garlic and cook through.
Add spices and fry for another minute.
Mix chutney, chickpea flour, coconut milk, water and tomato paste in a jug.
Pour mixture over vegetables and lentils.
Scatter over sunflower seeds and tuck in bay or curry leaves.
Bake for 20-25 minutes until golden and set.
Garnish with chilli just before serving.

VEGAN

Winter Vegetable Bowl



An easy and healthy winter vegetable bowl with brown rice, beets, butternut squash, Brussels sprouts, kale and maple mustard dressing.

Prep Time 15 minutes

Cook Time 23 minutes

Total Time 38 minutes

Servings 4 Servings

Author Linda Meyer

Ingredients

- 1 cup uncooked short grain brown rice
- 1 large beet
- 1 butternut squash
- 1 lb Brussels sprouts
- 4 cups kale
- Drizzle of extra-virgin olive oil optional See Note
- Sea salt and black pepper to taste

Dressing

- ¼ cup water
- 2 garlic cloves
- 2 tbsp white balsamic vinegar
- 2 tbsp Dijon mustard
- 1 tsp pure maple syrup
- ¼ tsp ground thyme
- Sea salt and black pepper to taste

TOPPINGS

- Green onions chopped
- Roasted cashews chopped
- Basil leaves

Instructions

Preheat oven to 400°F (204°C)

Peel and cube the beets and butternut squash (remove seeds) into bite size pieces. Slice the ends off of the Brussels sprouts and slice in half.

Evenly spread the vegetables on a large rimmed baking pan. Use two pans if you run out of room. Lightly drizzle the olive oil (see note) over the vegetables and sprinkle with salt and pepper to taste. Roast for approximately 45 minutes (toss the vegetables half way through roasting), or until they are caramelized and fork tender.

While the vegetables are roasting, cook the rice according to the instructions on the package.

While the rice is cooking, make the dressing.

Maple Mustard Dressing

In a blender, add the water, garlic, vinegar, mustard, maple syrup, thyme and salt and pepper and blend until smooth and creamy, approximately 1 minute.

Build the bowls

Put the rice in a large bowl and put the vegetables on top. Toss with the dressing and divide into four bowls. Garnish with the green onions, cashews, and basil leaves.

Recipe Notes

The olive oil is optional. It will give the vegetables a nice crispy exterior but the flavor will be the same. Enjoy!

The Nutrition Facts are an estimate only.



GREEK-STYLE BAKED FRAGRANT RICE WITH ROASTED TOMATOES

Let the oven do the work while you relax.



WHOLEGRAINS
+ LEAFY
GREEN VEG

Topping:

6 salad **tomatoes**, cut in 1.5cm-thick slices
Glug **olive oil**
Salt and milled **pepper**
3 cloves **garlic**, thinly sliced
Handful **olives**
Handful each fresh **mint**, **dill** and **parsley**, torn

Glug **olive** or **canola oil**
1 **onion**, chopped
2 cloves **garlic**, chopped
3 cups (750ml) dried **brown rice and lentil mix** (or wholegrain of choice)
6 cups (1.5L) **vegetable stock** (or ½ stock, ½ water)
Grated peel of 1 **lemon**
1 packet (200g) **PnP young spinach** (or leafy green veg of choice)

SERVES 4-6

Preheat oven to 160°C.

Place tomatoes on a lined tray, drizzle with oil, season and scatter with garlic.

Roast for 30 minutes and leave in oven.

Heat oil in an ovenproof pan. Sauté onion for 8-10 minutes, then add garlic and fry for a minute.

Remove from heat and stir in rice-lentil mix, stock and lemon peel. Season.

Increase oven to 200°C and bake rice and tomatoes for 20 minutes.

Add olives to tomato tray and stir spinach through the rice. Bake for a further 5-10 minutes.

Serve rice topped with herbs, tomatoes, olives and drizzled with pan juices.

Flexitarian? No problem!

Toss shredded rotisserie chicken and feta through the rice before topping with tomatoes.

CREAMY GREEN LEEK AND PEA PASTA



SERVINGS
4 - 6



TIME
25 min



GF



NF



SF

INGREDIENTS

1 Tbsp (15 mL) olive oil
4 cloves garlic, thinly sliced
2 stalks green onions, thinly sliced
1 large leek, green tops removed, tailed, halved, washed, thinly sliced*
1 jalapeño, de-seeded, minced
1 large head broccoli, outer fibrous layer of stem removed, chopped into small pieces, green tops cut into florets.
1 tsp (5 g) salt

1½ cups (225g) frozen peas
¾ cup (100g) frozen spinach
½ tsp dried basil
¼ tsp dried oregano
¼ tsp dried mint (optional)

4 cups (400 g) fusilli pasta, or other pasta of choice (GF if desired)
1 cup (250 mL) plant-based cooking cream*
1 Tbsp (15 mL) lemon juice (the juice from about ½ a lemon)

Optional Garnish

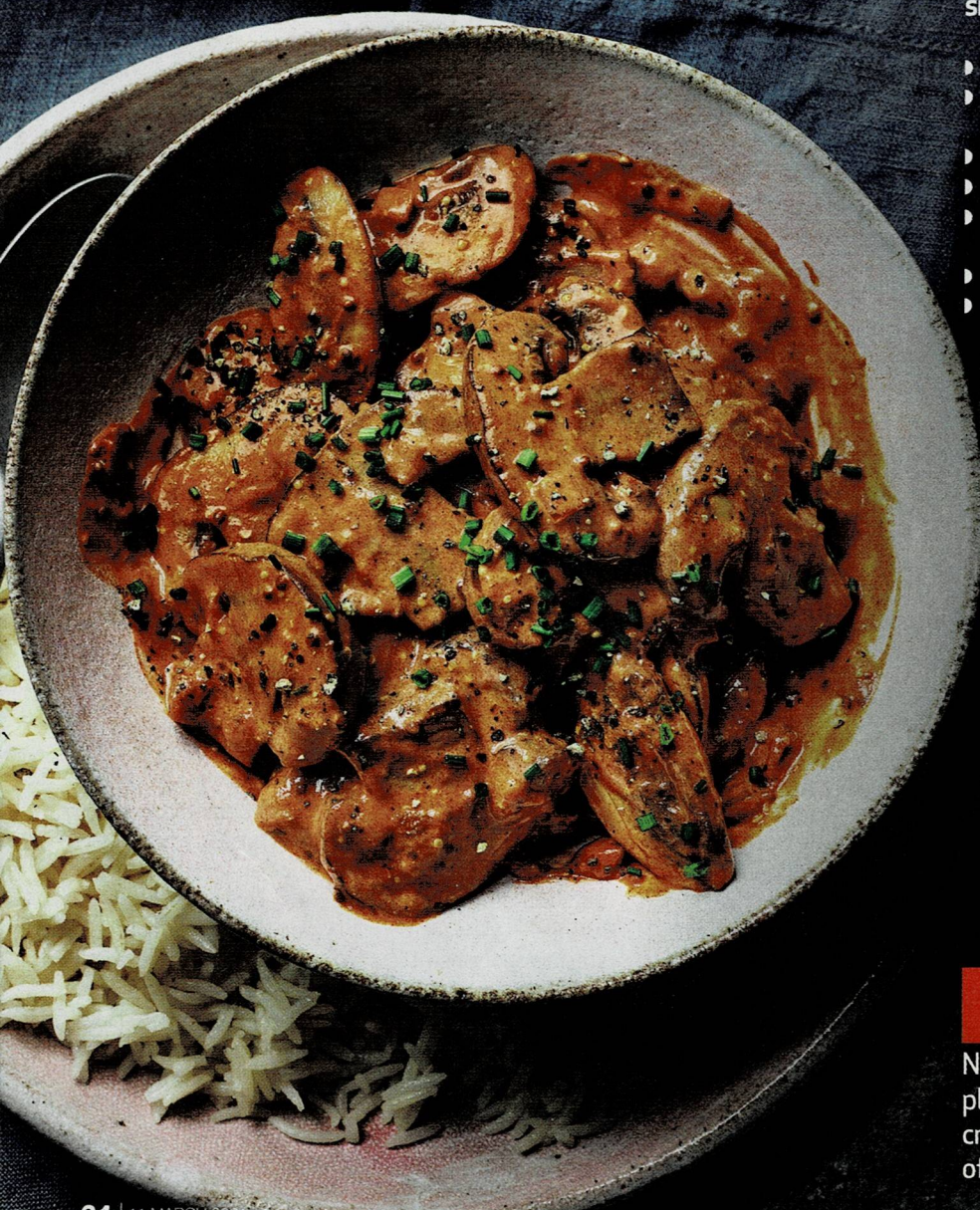
Lemon wedges
Fresh basil leaves

DIRECTIONS

1. Cut the stem off the head of broccoli. Cut away the fibrous outer layer of the stem. Chop the remaining stem into bite-sized pieces. The green tops of the broccoli can be cut into small bite-sized pieces.
2. To a large pot on high heat, add the olive oil, and when hot, add in the garlic, green onion, leek, jalapeño, broccoli stems, and salt. Note, the salt here helps to draw the water out of the veggies, which helps it all cook faster. Cook this for 5 minutes, or until the leeks become soft and translucent.
3. Then add the peas, spinach, basil, oregano, and mint, cooking for another 5 - 6 minutes.
4. Meanwhile, cook the pasta according to the package instructions, adding the broccoli florets in the last couple minutes. Just before draining it all, scoop out ½ cup (120 mL) cooking water from pasta and add to the veggie pan. Then drain the pasta and broccoli florets.
5. Add the cooking cream to the veggie pot, and stir to combine. You can leave this pasta sauce chunky as is, or make it smooth by blending it all up using an immersion blender or standing blender. We chose to blend about half of ours with an immersion blender, making it part-chunky and part-smooth.
6. Add the pasta and broccoli to the sauce, along with the lemon juice, and toss to coat.
7. Serve while hot, alongside some lemon wedges and garnished with fresh basil leaves.

NOTES

- * **Variations:** if you don't have leek, you can substitute this for 1 or 2 medium onions, finely chopped. If you don't have plant-based cooking cream, you can try using full-fat coconut milk.
- * **Storage:** store in an air-tight container in the fridge for up to 3 days.



SMOKY MUSHROOM STROGANOFF

I have fond memories of eating this dish on a trip to Russia in 2017. Ever since then I've been playing around in the kitchen, trying to recreate the recipe. Traditionally this dish contains beef, but if anything my vegan mushroom version tastes even better. I usually serve this with a portion of fluffy rice to absorb the beautifully smoky sauce.

SERVES 4

- ▶ 15-30ml (1-2T) olive oil
- ▶ 750g chestnut mushrooms, thickly sliced
- ▶ 1 large onion, chopped
- ▶ 4 garlic cloves, crushed
- ▶ 15ml (1T) wholegrain mustard
- ▶ 10ml (2t) sweet paprika
- ▶ 5ml (1t) smoked paprika

- ▶ 500ml (2c) boiling vegetable stock if using the conventional method, or 250ml (1c) if using the slow cooker method
- ▶ 100ml soy yoghurt
- ▶ salt and freshly ground pepper
- ▶ 30ml (2T) chopped fresh chives

CONVENTIONAL METHOD

COOKING: 48 MIN

- 1 Heat the oil in a large saucepan set over high heat. Add the mushrooms and fry for 7-8 minutes, then reduce the heat to medium. Add the onion and garlic and continue to cook for another 5 minutes.
- 2 Stir through the mustard and both types of paprika, then pour in 500ml (2c) of stock, cover and simmer for 30 minutes. If you want to thicken the sauce, remove the lid and cook, uncovered, for 5 minutes.
- 3 Just before serving, stir through the soy yoghurt and season with salt and pepper, then sprinkle over the fresh chives. Serve with fluffy rice.

SLOW COOKER METHOD

COOKING: 4 HOURS

- 1 Follow step 1 as per the conventional method.
- 2 Transfer the mushroom mixture to your slow cooker. Then add the mustard, both types of paprika, 250ml (1c) of stock and a pinch of salt and pepper. Cook, with the lid on, on low for 4 hours.
- 3 Just before serving, stir through the soy yoghurt and taste to check the seasoning. Lastly, sprinkle over the fresh chives.

TIP

Not vegan? Just use plain yoghurt or even crème fraîche instead of soy yoghurt.