

Meat-Free

- [Aloo Gobi](#)
- [Chickpea Red Curry](#)
- [Chickpea Tortilla Filling](#)
- [Glass Noodles \(면도면, 유채면\)](#)
- [Green Lasagne](#)
- [Potato Dill Stew](#)
- [Peanut Stew](#)
- [Spring Veg Stew](#)
- [Vegan Bolognese](#)
- [Vegetable Bake / Greek Ratatouille \(Μπιριάμι\)](#)
- [Orzo Salad](#)
- [Palak Tofu \(Palak Paneer\)](#)

Aloo Gobi



Ingredients

- 2-3 potatoes
- 1 head cauliflower
- 2 onions
- 1 tbsp minced garlic
- 1 tsp minced ginger
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp chili powder

Method

1. Peel and dice potato, and immerse in boiling water.
2. Sauté ginger, garlic and cumin seeds.
3. Finely chop 1 onion and add to pan until onions turn translucent.
4. Drain and add the potatoes. Sauté for 2-3 minutes, then add a little water, cover, and cook until fork-tender.
5. Chop cauliflower head into bite-size florets and finely slice the second onion, and add to pan along with the remaining spices.
6. Stir for a few minutes to mix well and then cover and simmer until vegetables are cooked.

Chickpea Red Curry



Ingredients

- 1/2 butternut pumpkin
- 1/2 head of cauliflower
- 1 onion
- 1 red capsicum
- 1 can chickpeas
- 1 can stewed tomatoes
- 1 can coconut milk
- 2 cups fresh spinach
- 3 tbsp Thai red curry paste
- 1 tbsp lemon juice
- 3 tsp minced garlic
- 1 tsp cumin
- 1 tsp paprika

Method

1. Peel and roughly chop the pumpkin, then steam and blend to make purée.
2. Finely chop onion and capsicum and sauté with garlic until soft.
3. Add tomatoes, curry paste, cumin and paprika, and sauté for several minutes.
4. Cut cauliflower into small florets and add along with coconut milk and pumpkin purée, then simmer uncovered for 10-15 minutes.
5. Add the drained chickpeas, chopped spinach, and lemon juice, and cook until the spinach is wilted.

Notes

Makes 6 servings as a main over rice.

Chickpea Tortilla Filling

Ingredients

- 1 can of chickpeas
- 1/2 cup green split peas, soaked
- 1/2 onion, finely chopped
- 1 capsicum, finely chopped
- 2 tsp olive oil
- 1 tsp garlic
- 1 tsp lemon juice
- 1/2 tsp salt
- 1/2 tsp oregano
- 1/2 tsp smoked paprika

Method

1. Mix all together, can store in fridge before cooking.
2. Fry until warm and soft.
3. Line a tortilla with spinach, top with chickpea mix, wrap and eat.

Glass Noodles (玻璃粉条)



Ingredients

- 250g / 8oz bean sprouts
- 125g / 4oz sweet potato starch noodles
- 2-3 scallions, chopped diagonally
- 1/2 red capsicum, julienned
- 1/2 yellow capsicum, julienned
- 1/2 carrot, julienned
- 1/2 zucchini, julienned
- 3 tbsp soy sauce
- 1 tbsp sugar
- 1 tsp minced garlic
- 1 tsp sesame oil
- 1/2 tsp sesame seeds
- 1/4 tsp pepper

Method

1. Bring a pan of water to boil, then cook the bean sprouts covered for 2 minutes.
2. Remove the bean sprouts and use their water to cook the noodles for 6-7 minutes, then drain and cut to shorter lengths (use scissors and snip randomly at the colander).
3. Mix soy sauce, sugar, garlic, sesame oil and seeds, and pepper together until sugar is dissolved.
4. Add julienned vegetables and noodles to pan with a small amount of the sauce, and stir-fry until slightly wilted.
5. Add the bean sprouts and the rest of the sauce, and toss until well combined.

Notes

Makes 2 servings.

Green Lasagne



Ingredients

- 500g / 1lb box of lasagne noodles
- 4 zucchinis
- 2 cups broccoli florets
- 2 onions
- 2 tsp parsley
- 2 tsp oregano
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup pesto
- 3 cups white sauce

Method

1. Finely chop or gently blend broccoli and finely dice zucchini, then sauté in a pan with finely chopped onion, salt, pepper, parsley, and oregano.
2. Cook lasagne noodles and drain.
3. Mix the broccoli mix with the pesto.
4. In a baking dish, layer: pesto/broccoli mix, noodles, white sauce and repeat until all are used up, with the final layer being noodles and white sauce.
5. Bake for 30 minutes at 180C / 350F.

Potato Dill Stew



Ingredients

- 3 potatoes
- 2 carrots
- 1 cup peas
- 1 onion
- 4-5 stalks of fresh dill
- 3 tbsp tomato paste
- 2 tbsp minced garlic
- 1 tsp salt
- 1/2 tsp pepper

Method

1. Finely chop onion and sauté with olive oil until translucent.

2. Add finely-chopped dill, salt, pepper, diced carrots, and peas, and sauté for several more minutes.
3. Dissolve tomato paste in 1/2 cup of hot water, and add to pan.
4. Peel potatoes and dice to 1" cubes, and add to pan with 3 cups of water.
5. Bring to boil and simmer for 40 minutes or until potatoes and carrots are tender.
6. Turn off heat and rest for 1-48 hours before serving.

Notes

For freezer meal prep, stop after adding the potatoes in Step 4 BEFORE adding water. Stir all ingredients together and transfer to freezer bags. When ready to use, defrost and add to crock pot in the morning along with 3 cups of water.

Peanut Stew

Ingredients

- 2 sweet potatoes, diced to 1"
- 1 onion, chopped
- 1 can diced tomatoes
- 1 can chickpeas, drained
- 1 cup roasted peanuts
- 1/2 cup peanut butter
- 2 cups chopped spinach
- 2 cups vegetable stock
- 3 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp cumin

Method

1. Sauté onion, garlic, ginger, and cumin.
2. Add to crock pot with all other ingredients except spinach.
3. Cook on low for 6-8 hours.
4. Add spinach half an hour before serving.
5. Serve over quinoa.

Notes

Makes 4 serves.

Spring Veg Stew

Ingredients

- 4 carrots, sliced
- 3 leeks, sliced
- 2 zucchinis, sliced
- 3 tsp garlic
- 1 tsp English mustard
- 2 cups / 500mL vegetable stock
- 200g peas
- large handful of spinach
- 1/2 cup / 150g unsweetened yoghurt
- 1/4 cup cornflour

Method

1. Sauté leeks and garlic, and then stir through the cornflour.
2. Add leeks, stock, carrots, and zucchini to crock pot and cook for 2-4 hours.
3. Add the yoghurt, mustard, peas, and spinach, and cook for another 1-2 hours.
4. Serve with bread.

Vegan Bolognese

Ingredients

- 1 cup walnuts
- 10-12 button mushrooms
- 1 onion
- 4 carrots
- 1 zucchini
- 3 tsp minced garlic
- 1 tsp cinnamon
- 1/2 tsp cloves
- 2 tbsp basil
- 1 tbsp parsley
- 1 can stewed tomatoes

Method

1. Blend walnuts and mushrooms until coarse.
2. Sauté walnut-mushroom mixture, diced onion, and garlic until browned.
3. Add grated carrots and zucchini and continue sautéing.
4. Add spices and herbs, then tomatoes; break up tomato pieces with spoon.
5. Simmer until ready to serve over pasta.

Vegetable Bake / Greek Ratatouille (Μπριάμ)

Ingredients

- 2 zucchinis
- 2 yellow squash
- 1 eggplant
- 2 onions
- 2 dozen grape or cherry tomatoes
- 3 tsp minced garlic
- 600g / 24oz jar pasta sauce

Method

1. Preheat oven to 200C / 400F.
2. Quarter the eggplant lengthways and slice to about 1cm, then sauté with chopped onion and garlic until the onion turns translucent.
3. Halve the zucchinis and squash lengthways and slice to about 1cm, then add to frying pan, continuing to stir occasionally until they begin to soften.
4. Slice tomatoes in half and add to frying pan with pasta sauce.
5. Place frying pan in oven and bake for 1 hour.

Notes

Makes 6 servings as a main over rice.

Also very good with fish.

Orzo Salad

Ingredients

- 250g / 8oz dry risone (orzo)
- 2 cups spinach
- 1 can chickpeas
- 1 cup grape or cherry tomatoes
- 1/2 cup sliced kalamata or black olives
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper

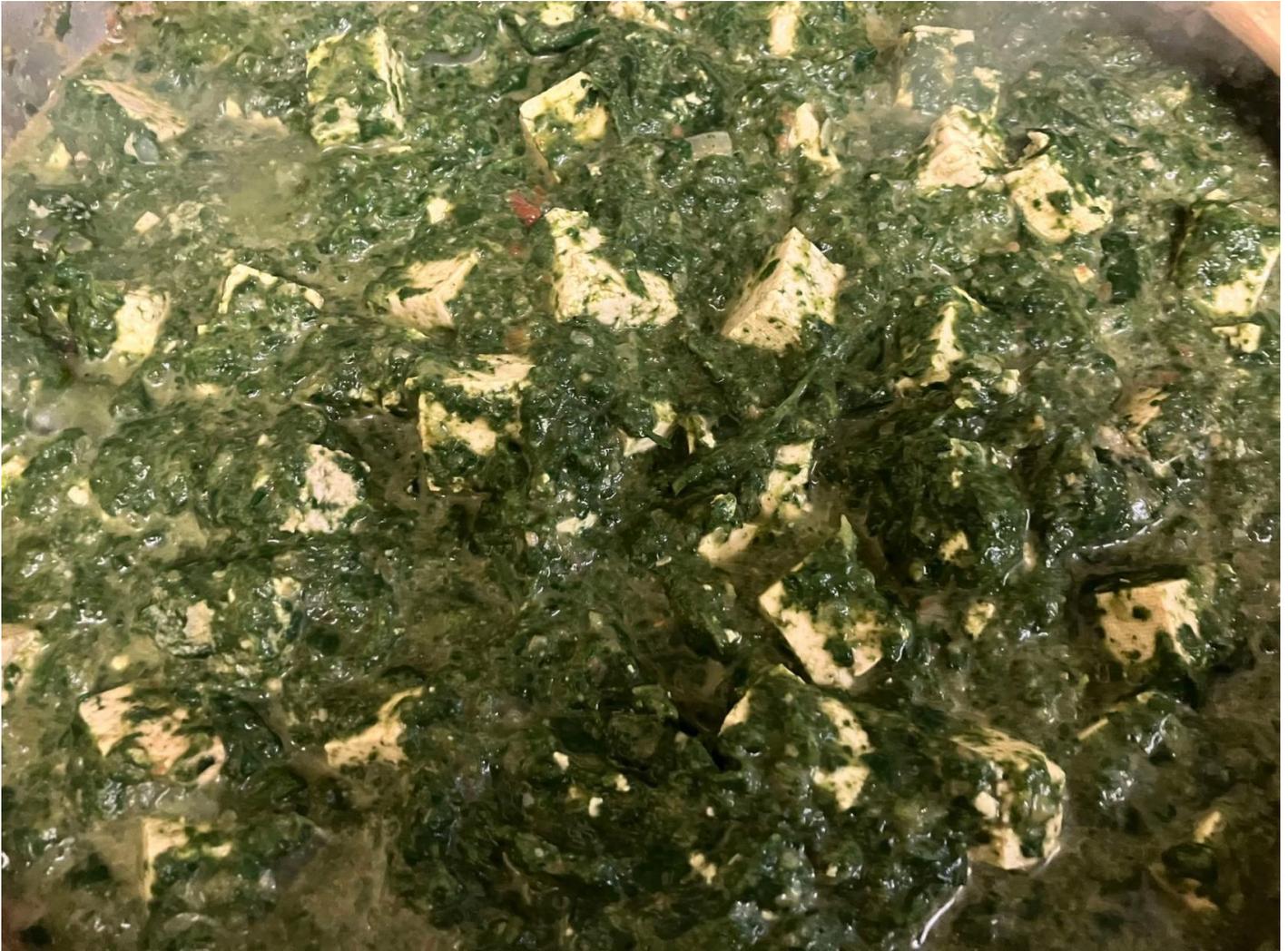
Method

1. Cook the risone.
2. Finely chop the spinach, quarter the tomatoes, and drain the chickpeas, and then place all in the bottom of a colander.
3. Drain the risone through the vegetables.
4. Whisk together the oil, lemon juice, garlic, salt and pepper.
5. Toss all ingredients together to combine.

Notes

Makes 4 servings as a side.

Palak Tofu (Palak Paneer)



Ingredients

- 500g / 1lb tofu (or paneer, halloumi, cheese curds, etc)
- 1kg / 2lb fresh spinach
- 1 large onion, chopped
- 1/2 cup chopped tomatoes
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1/4 cup garam masala
- coconut milk (or milk, or Greek yoghurt)

Method

1. Wash spinach and then sauté until wilted. You may need to do this in batches. Set aside in a large bowl.

2. Sauté onions with garlic, ginger, and garam masala.
3. Add tomatoes and a little water and cover until the onion is soft.
4. During Step 3, cut tofu (or cheese) into cubes.
5. Transfer onion/tomato/spice mix into the bowl and blend. Add milk gradually as you do this until you reach your preferred sauce consistency.
6. During Step 5, sauté tofu (or cheese).
7. Add sauce back to tofu and cook on low until it begins to bubble.

Notes

Serve over rice.

Makes 10-12 servings as a main over rice. To meal prep, freeze after Step 5. When ready to eat, defrost, sauté tofu, and complete Step 7.