

Plant Based | Vegan | Gluten Free | Dairy Free

7-Day Meal Planner with Recipes

The logo for PFIN NEWS, featuring the word "PFIN" in a bold, teal, sans-serif font with a small red leaf icon above the letter "I", and the word "NEWS" in a smaller, orange, sans-serif font below it.



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The goal of this 7-Day Recipe Plan is to provide you with opportunities to step into the 'plant based' world with ease and grace. All ingredients are available in the natural food section of your local supermarket or your online or offline health food store.

Ideally your ingredients should be freshly picked or freshly purchased from your local farmers market and organic. This might be a big ask, especially in cities, so at least wash your vegetables in salty water (1-teaspoon to 500mls of water) or a 'water-apple cider vinegar' solution (2-teaspoon to 500mls of water).

ELIMINATION 4.00AM TO 12 MIDDAY

BREAKFAST

This first meal of the day is about supporting your elimination process, then it is appropriate to eat food and drink fluid, which supports the elimination of waste from your system. Overburdening your digestive system after a nighttime fast (8 hours of good sleep), will only stop your elimination process as your body directs energy to your digesting food. I have found the body can only really undertake one process at a time. The old adage of 'breakfast being the most important meal of the day' is entirely correct BUT for the reasons many do not realise.

INGESTION, DIGESTION, ABSORPTION -12 MIDDAY TO 8.00PM

LUNCHTIME

Ideally food eaten between 12 midday and 8.00pm in the evening is the main meal of the day. This is not always possible so the best recommendation is do your utmost to eat as much as you can at 'lunchtime' even if it looks like an evening meal. Feel free to mix and match lunch recipe ideas for those designed for the evening meal – it's OK.

EVENING MEAL - DINNER

Eating light in the evening supports the continuation of the 'nutrient absorption' process. It also means that your digestive metabolism is not struggling to break down food. This being the case, your immune system has an opportunity to reboot itself during 'fasting hours'. Your adrenals have a chance to rest and most importantly your lymphatic system will get to work. Your lymphatics are your body's 'septic system'- when your body is resting and stress-free the lymph system drains successfully.

FASTING 8.00PM TO 4.00AM – THE CYCLE COMMENCES AGAIN

7-DAY RECIPE GUIDE

	Breakfast	Lunch	Dinner	Snacks
Monday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Avocado Filled With Spicy Salsa	2-Minute Zucchini Fettucine With Asparagus & Olives	Upside-Down 'Tuna' Sashimi
Tuesday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Cherry Tomatoes in Basil Oil	Cauliflower Risotto	Sprouted Chickpea Falafel
Wednesday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	2-Minute Salsa & Nut Mayonnaise	Lime Infused Carrot & Cucumber With Porcini Mushrooms	Saffron 'Rice' Salad With Almonds
Thursday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Creamy Miso Dulse Mushroom Soup	Sweet Potato Pesto 'Linguine' With Sun-Dried Tomatoes	Sweet Pineapple Cashew & Lime Sorbet
Friday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Moroccan Sunrise	Vegetable Coconut Curry With Cauliflower Rice	Green Tea Cacao Sweets
Saturday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Marinated Mushrooms Tapas 3-Ways	Pad Thai Noodles With Peanut Sauce	Dolmades (Wrapped Grape Leaves)
Sunday	Large glass lemon water Seasonal fruit smoothie Bowl of seasonal fruit	Avocado 'Carpaccio' With Chilli Lime Nut Sauce	Mushroom & Walnut 'Burgers' With Tomato Sauce	Spinach & Nori Rolls With Wasabi Mayo

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Feel free to print this guide off and place on your kitchen notice board or on your refrigerator door.

In the following pages there are recipes for each of the dish suggestions. This is just a suggested approach so you have free reign to make adjustments and additions to ingredients where you feel you'd like to.

TIP:

The main thing is to remember to create flavours to work with the vegetables. Remember too that all the protein you need is in the vegetables. Find ways to also bring 'peace' into your life and remove anything from your life that no longer serves you. Eating healthy, clean and living food is one thing but if your life is full of stress, chances are that this will affect your gut function. I use a Kiwifruit extract to support the efficient functioning of my gut. This is available from the <https://plantfoodnews.com/shop>

RECIPES

BREAKFAST - ELIMINATION 4.00AM TO 12 MIDDAY

Smoothie Ideas



SMOOTHIE RECIPES

Red Berry

- 1 frozen banana
- ½ fresh orange - chilled
- 1 cup (200gms) cut Pineapple – chilled
- 1 cup of strawberries and/or other seasonal red berries of choice – washed and hulled
- 250mls coconut water - chilled

Place all the ingredients into your personal blender and blend until smooth. Serve in a glass and drink over a period of 15 minutes. I take my time to 'chew' the liquid so that the enzymes and acids in my saliva thoroughly mix through the liquid, helping it to break down quickly. This smoothie contains simple carbohydrates and with the addition of coconut water, it allows the body to prepare for elimination. Coconut water contains digestible carbohydrates in the form of simple fructose and energy and power restoring electrolytes.

Fruit enzymes have shown to support the activation of the elimination process.

Banana and Vanilla

2 frozen banana
 1/2 tsp vanilla – organic extract
 250 mls coconut milk – free of emulsifiers and preservatives

Blend all the ingredients in your personal blender and serve. Drink over a 15-minute period and add ice when blending if your liquid is too warm.

Chocolate and Vanilla

This is one of my favourite smoothies – it's truly amazing.

2 -3 frozen banana
 1 tsp vanilla – organic extract
 2 tsp cacao powder – raw and unadulterated
 250 mls Oat milk

That's it! Nothing else. The raw cacao is full of magnesium and the banana will give you 'start-up carbs' for the day. Vanilla is not just about flavouring. Some research has been done into Oat Milk's LDL/HDL Cholesterol balancing activities. Antioxidant activity. Anti-inflammation abilities. Blend together and drink over a 10-15 minute period.

Kiwifruit and Chia

4 Kiwifruit – peeled and quartered
 2 dsp. Chia seed – straight from the packet, no pre-soaking necessary
 1 tsp. ginger – Freshly grated or 1/3 tsp dried ginger
 300-400ml Coconut or Oat yogurt

Chia is the ancient Mayan word for strength, and the tiny seeds, to this day are valued for their energy-boosting characteristics. Blend all the ingredients together. This might be quite thick so feel free to add water or coconut water to your blender. Enjoy and remember take any left over to school or your place of work as a mid morning top up.

Avocado and Berry

1 Avocado – firm but soft to the touch
 1 cup (250gms) mixed fresh strawberries, raspberries, blueberries
 300-400ml Oat Milk
 2 dsp. Coconut palm syrup

If the berries and milks are chilled you won't need to add any ice. If not drop a few cubes into your blender. Blend thoroughly until smooth. You will enjoy beautiful plant based fats from the avocado, antioxidants from the berries and 'light proteins' and trace minerals from the almond milk and coconut milk.

Creamy Mango

Fruit from 2 mangoes – fresh if possible but tinned is OK
 1 cup Coconut yogurt
 2 dsp. Coconut palm syrup
 Optional: ½ cup Oat Milk
 Add 6-8 ice cubes to chill if you prefer.

Thoroughly blend all the ingredients until smooth. You can also supplement the mango with 2 cups of dried apricots – soaked overnight and water poured off. High in simple carbohydrates and naturally occurring fibre. This is very smooth on the tummy. Yes it is OK to blend fruit with vegetables. But what about adding extracts from flowers or the flowers themselves?

Raspberry and Beetroot

2 cups chopped Fresh beetroot
 1 cup (250ml) frozen Raspberries
 1 cup (250ml) Coconut yogurt
 1 cup (250ml) Red hibiscus tea - cooled
 2 dsp. Coconut palm syrup to taste

Blend ingredients thoroughly until smooth. A high-speed blender is really good when you include vegetables in your smoothie makeup. Feel free to garnish with some fresh raspberries. This smoothie is rich in fibre; antioxidants in the beetroot include Betanin and vulgaxanthin. Beetroot is also an excellent source of folate, manganese, potassium and copper. They are high in dietary fibre, magnesium, phosphorus, vitamin C, iron and vitamin B6. Over-all a very healthy combination.

TIP: The hibiscus has a number of recognised health benefits including providing relief from high blood pressure and high cholesterol, as well as digestive, immune system, and inflammatory issues. It can also speed up the metabolism and help in healthy, gradual weight loss. It also imparts a very pleasant taste to the smoothie.

Chopped Fruit

Seasonal fruit of choice – chopped
 Oat milk – Almond is OK if preferred
 Buckwheat or chopped nuts as a garnish
 Whole blueberries – grapes - strawberries as a garnish

RECIPES

LUNCHTIME - INGESTION, DIGESTION, ABSORPTION -12 MIDDAY TO 8.00P

[All food images can be viewed at plantfoodnews.com website](http://plantfoodnews.com)

Avocado Filled With Spicy Salsa

1 whole avocado cut in half and de-stoned
 1 medium size tomato
 1 small red onion
 ½ medium sized Lebanese cucumber
 ½ green bell or banana pepper
 Juice of 1 lime
 Apple cider vinegar (ACV)
 Macadamia oil

Dice the tomato, red onion, cucumber and pepper and place in a mixing bowl.

Add the juice or equivalent of one whole lime (lemon will suffice).

Add a splash of ACV and macadamia oil and season.

Place avocado in a small serving dish or bowl and scoop out a little more of the centre of the avocado and spoon in the diced mixture. You can garnish if you wish but I tend to just grind some cracked pepper over the top and eat

Cherry Tomatoes in Basil Oil -Title Image

1 container of Cherry Tomatoes –washed and halved
 1 cup of fresh Basil leaves
 ¼ cup Olive oil
 1/8 cup Pine nuts

¼ tsp Salt to taste
Cracked pepper to taste

Place the basil into your food process and slowly drizzle the oil onto the churning leaves. Add the pine nuts and seasoning to taste. You are looking for an oily consistency sufficient enough to pour off into a container.

Spread the halved tomatoes onto a serving dish and drizzle the basil oil over them. Garnish with a fresh basil leaf if available.

2-Minute Salsa & Nut Mayonnaise

Salsa:

Fresh corn kernels
Sliced red onion
Sliced cherry tomatoes
Diced red bell pepper
Red chilli finely chopped
Mini cauliflower florets
Sliced mushrooms
Diced pickled gherkins

Vary amounts depending on the number of mouths you need to feed.

Nut Mayonnaise:

½ cup Oat or Coconut milk
½ cup of Macadamia or cashew nuts pre-soaked overnight then chopped or you can purchase pre-chopped 'fines' from some retail food outlets
1 dsp Tahini
½ Red bell pepper chopped
1 Clove Garlic
Sprinkling of paprika
Season to taste

Blend all ingredients for the Nut Mayo in the order listed. Combine all the diced and prepared vegetables in a bowl and mix through.

Add some of the nut mayonnaise and blend thoroughly garnishing with fresh basil and ground pepper and sea salt. (Makes enough for 2 servings, vary amount for extra mouths.)

Creamy Miso Dulse Mushroom Soup

3 cups of Oat or almond milk
2 tbsp Nut pulp (optional to thicken)
4 large Swiss brown or Portobello mushrooms

3 dsp Miso paste
 1 tsp Dried dulse flakes (seaweed)
 Sea salt and cracked pepper
 A dash of macadamia oil
 Handful of sliced marinated mushrooms for garnish

Whisk the ingredients up in your Vitamix or blender at high speed, creating a beautiful foaming mixture, which is tepid to the touch. The longer you leave the Vitamix at high speed the warmer the mixture will become. Pour into soup bowls and garnish by floating the marinated mushroom on the surface.

Add seasoning and a splash of macadamia oil around the edges.

Moroccan Sunrise

Yellow Squash or Large Zucchini
 Garlic Cashew Cream (see included recipe)
 1 Dsp Mild Curry Powder
 Extra S&P as needed

Blend the curry powder with the cashew cream. Slice the Squash into thin slices and set a teaspoon of the cream on top.

Marinated Mushrooms Tapas 3-Ways

You will be making three separate dishes of RAW food ideal to serve to unexpected guests.

Dish 1 – Marinated Mushrooms:

24 small button mushrooms
 ½ cup macadamia oil
 ¼ - ½ cup agave syrup
 dash of apple cider vinegar (ACV)

Wipe the mushrooms thoroughly

In an airtight container, add the small mushrooms along with oil, syrup, ACV, salt and pepper, holding back on each ingredient according to preferred taste. The idea is to achieve just a slight sweetness at the same time creating a savoury outcome.

Adjust seasoning to taste. Set aside in the refrigerator to marinate for 24 hrs before using.

Dish 2 – Tomato Salsa:

1 large tomato
 1/3 red bell pepper
 1/3 Lebanese cucumber
 1/3 habaneras or similar hot green pickled chilli
 Juice of a whole lime or lemon

Few springs of coriander/cilantro

Dice tomato, red bell pepper, cucumber and habaneras in a separate bowl.

Add limejuice and sprigs of coriander/cilantro and add a generous splash of macadamia or olive oil along with ACV – apple cider vinegar.

Finish with salt and pepper.

Dish 3 – Cured olives

Cured olives are considered RAW and make a great snack anytime. Obtain your favourites and keep them available at all times in the refrigerator. The olives are the third member of this quick tapas trilogy.

Spoon portions of each dish 1, 2 and 3 into separate or combination dish and serve.

Avocado ‘Carpaccio’ With Chilli Lime Nut Sauce

For the nut sauce:

¼ cup Oat (plain)

½ cup macadamia nuts or ‘fines’ (small pieces) - soaked overnight. Any nut works!

1 dsp Tahini

½ Red bell pepper (chopped)

1 Clove garlic

Sprinkling of paprika

Dash of Tabasco or half a red chilli

Dash of limejuice

Season to taste

Blitz the entire ingredients in a small blender. Add more nuts or ‘fines’ to achieve a thick to runny consistency. If too thick, simply add more limejuice to ‘lighten’ it up.

TIP: The nut sauce will last a few days in your refrigerator if you have no immediate use but again I tend to recommend you ‘make to use’ and things taste so much fresher.

For the ‘Carpaccio’

1 firm but ripe ready-to-eat avocado

Take one firm and ripe ready-to-eat avocado, leaving the skin on. Remove the stone and then cut vertically down the avocado. Gently scoop the already cut flesh away from the skin with a large spoon and layer it neatly on a plate.

Gently pour the nut sauce over the top of the avocado. Garnish with some greenery or sprinkle with red bell pepper.

Basic 'Cheesy' Garlic Mayonnaise

1 Cup of rolled Oats soaked for 60mins
 2 Cloves of Garlic
 ¼ Cup Oat Milk (plain) or Coconut Cream (add +/- for desire consistency)
 2-4 Tsp of Savoury Yeast
 Squeeze of Lime Juice
 Salt & pepper as required

Blend all the ingredients together and store in an airtight jar or container in the fridge.

TIP: Taste as your go and once you have made this 'stock' ingredient a few times you will get it 'right' every time.

RECIPES

EVENING SNACK –DINNER

Two-Minute Zucchini Fettuccine With Asparagus & Olives

1 Large firm zucchini/courgette
 3 or 4 Green asparagus spears
 1 Clove of garlic
 6 Dried olives
 1 Lime
 Macadamia oil
 Salt and pepper to taste

Leaving the green skin on, spiralise the zucchini into a large bowl.

Add the sliced bite-sized asparagus and finely diced garlic.

Squeeze half a lime into the bowl and add a drizzle of macadamia or olive oil along with the olives and season with sea salt and cracked pepper.

Add more lime for taste if preferred.

Toss the entire contents of the prep bowl before placing in a nice serving bowl.

TIP: For spiralising your vegetables you can use a hand operated GEFU model or a bench mounted machine with a winding handle. Makes 3 – 4 servings.

Cauliflower & Turnip Risotto

½ diced Turnip or parsnip
 4 large Cauliflower florets
 1 med sized Red bell pepper
 ½ spring onion
 Pinch of chives for garnish
 Salt & pepper
 1 cup of Nut cream (earlier recipe)

Dice finally all the vegetables, retaining half of the bell pepper.

Set aside and place the nut cream into your blender with the other half of the red bell pepper.

Blitz thoroughly to create a red/orange coloured sauce.

On a serving plate, place the vegetables in a neat mound and pour over the sauce as shown in the image opposite.

Finish off with some chive garnishing and some freshly ground pepper.

Lime-Infused Carrot & Cucumber With Porcini Mushrooms

½ peeled Carrot
 ½ peeled Cucumber
 ½ Avocado
 Dash of Cashew or Oat milk
 Juice of 1 lime
 Salt & pepper as required

7-9 pieces of dried porcini or Swiss brown mushroom (both are very nutty) – 3 of which you will need to rehydrate and use as a topping. You may choose to substitute a fresh mushroom.

Spiralise carrot and cucumber into separate glass bowls and add the limejuice to each. Do not add salt at this stage as it serves to release water from the vegetables. Mix thoroughly and leave for an hour or so.

Using the grinder attachment of your blender, grind down 6 pieces of the mushroom into a fine powder. (use more if you want a tastier cream)

Replace the blender blade and coarsely break down the avocado. This can also be done with a fork and add the dried mushroom powder with a pinch of salt. This is the cream that fills the centre.

On a serving plate, place a large stainless steel food form.

Wrap a layer of the infused spiralised carrot around the inside of the base followed by a layer of carrot.

Now fill the centre of the twirled carrot and cucumber with the avocado mushroom cream until it just comes over the top.

Finally, add a couple of pieces of the rehydrated porcini on the top. At the same time sprinkle some of it around the plate. Remove the food form and you are left with something quite magical. Another grind of cracked pepper and a splash of macadamia oil can finish the plate off.

Sweet Potato Pesto 'Linguine' With Sun-Dried Tomatoes

1 Long narrow sweet potato
 1 dsp of Pine nuts
 ¼ cup Sundried or dehydrated cherry tomatoes
 1 dsp Limejuice
 Salt & pepper to taste
 1 tsp Macadamia oil

Spiralise the peeled sweet potato using a table top or hand held spiraliser.

Sprinkle some fresh limejuice over the spiralsised sweet potato and thoroughly marinate for a few minutes.

Remove marinated spirals and place in serving bowl and add 3-4 generous dsp of ready-made pesto (see previous recipe for Basil Pesto).

Add the pine nuts and chopped sundried tomatoes.
 Thoroughly merge the pesto into the spiralsised sweet potato.

Sprinkle with some macadamia oil and season with the sea salt and cracked pepper.

TIP: The dehydrated tomatoes can be purchased in a jar from your health food store or simply put small cherry tomatoes into your dehydrator when next you use it and make your own.

Vegetable Coconut Curry With Cauliflower Rice

5 Good sized florets of cauliflower for the 'rice'
 ½ Red bell pepper
 ½ Zucchini
 ½ Carrot
 3 Florets of broccoli – in fact, you can use any vegetable you have available
 1 Small clove of garlic
 ½ Red chilli
 1 tsp Fresh ginger
 2-3 dsp Mixed curry powder
 1 tsp Cumin powder
 1 tsp Shredded coconut

½ Stick celery
 Squeeze of limejuice
 Enough Cashew or oat milk to create a sauce-like texture when combined with the vegetables
 Salt & pepper to taste

Put the cauliflower florets and gently pulse them in your food processor to create a rice-like consistency. Place in a serving bowl. Combine all the vegetables including garlic, chilli, ginger, curry powder and cumin.

Pulse in the food processor until rice consistency – do not over pulse or the mix will be mushy. Don't overdo the blending. Chunky vegetables keep it looking and feeling authentic.

Add small amount of cashew or almond milk to achieve saucy consistency

Season at this stage, and add some extra salt if required.

Turn out or portion into serving bowls with the cauliflower rice as the base and top off with extra coconut and mint.

Pad Thai Noodles With Peanut Sauce

1 Medium zucchini peeled to reveal white flesh
 (Alternately use finely chopped cabbage to achieve a noodle effect)
 1 Red Bell pepper finely sliced
 1 med red onion
 Handful of sugar snap peas
 ½ cup of Chopped basil
 ½ cup of Fresh chopped coriander
 Splash of Macadamia oil

Spiralise the Zucchini to create a noodle effect.

Place it along with the rest of the chopped vegetables in a prep bowl

Add the basil and the coriander. (Keep some coriander back for garnish.)

½ cup Peanut butter of choice
 1/2 cup Oat milk (plain)
 1/3 cup of Namu Shoyu sauce (organic soy sauce)
 1 tsp Tamarind paste
 1 Red chilli
 1 dsp of Fresh ginger
 2 dsp Coconut palm syrup or coconut palm sugar
 Black pepper to taste
 2 tsp Limejuice

Blend all ingredients. You are looking for a smooth to runny consistency.

Add more or less of all ingredients to achieve the outcome that works best with your pallet.

TIP: Remember to 'taste test' as you go.

Mushroom & Walnut 'Burgers' With Tomato Sauce

2 large Portobello or Swiss brown mushrooms
2 carrots (peeled and grated)
2 zucchini (grated)
¼ cup of walnuts (soaked overnight)
¼ diced red onion
1 tsp Italian herbs
2 medium cloves of garlic
2 tsp olive oil
Salt & pepper

Blend all the ingredients together in a food processor.

Mix to a moist paste adding a little water if too dry, but be careful not to make this too wet otherwise they won't form burger shapes. Form the mix into burger/patty like rounds or something smaller in the form of medallions, which can be used to accompany salads.

Place the burgers or medallions into the dehydrator at 50C (110F) or in a warm oven at no more than 50C with fan on and door ajar. Turn every hour until firm. These will only need 3-4 hours to firm up in a fan oven, and up to 10hours in the dehydrator.

Serve burger with a topping of tomato sauce and serve between gluten free snack bread or salad vegetables.

Tomato Sauce

1 can Diced Italian tomatoes or 400gm fresh chopped tomatoes
2 tsp Organic tomato concentrate
2 Whole fresh tomatoes
1sp Italian herbs
1 medium Clove of garlic –peeled
2 tsp Olive oil
1 tsp Limejuice
3 tsp Coconut palm syrup
Salt and pepper to taste

Blend all the ingredients in a smoothie maker until a smooth consistency is achieved.

Taste to ensure your sauce is sweet and salty enough. Store in an airtight container in the refrigerator for up to 10 days and use as required.

Snack Recipes – Savoury & Sweet

Upside-Down ‘Tuna’ Sashimi

1 cup of Soaked sunflower seeds
 1 lge Pickled Gherkin & with a dsp. of pickling juice
 ¼ cu Lime/lemon juice
 ¼ tsp Salt
 ½ Finely chopped white onion
 ¼ cup Chopped Parsley
 ¼ cup Chopped Dill
 ½ cup Chopped Celery
 1 tbs. Dulse Seaweed flakes
 4 lge. Tomatoes with seeds removed, cut into stripes to form a ‘boat’ into which the mixture will be spooned, formed and topped off with some remaining dill.

Using your food processor pulse the seeds, gherkin, lime juice and salt until the seeds are completely broken up.

Add the other ingredients being careful not to over process. Using a teaspoon, form small quinelles and place into the tomato ‘boats’. Serve on the platter with your other ‘sushi’ creations.

Add a small piece of dill as a garnish.

Sprouted Chickpea Falafel

2 cups of Dried chickpeas left to soak overnight and rinsed over 2-3 days to stimulate sprouting-alternately use cooked or canned chickpeas (pour liquid off)
 1 cup of Fresh or frozen garden peas thawed
 ¼ diced Red onion
 1 clove of Chopped garlic
 ¼ cup Fresh coriander
 ½ tsp Cumin powder
 ¼ tsp Coriander powder
 1 dsp Lemon or Limejuice
 1 tsp Macadamia oil
 Salt & pepper to taste

Combine all the ingredients into your food processor and mix thoroughly holding back on some of the oil and juice. Consistency should be firm and cohesive so that you can either roll into small balls or make patties.

Lay the patties out on your drying tray if you have a dehydrator or baking dish if you intend to use your oven to dry on no more than 50C, fan on and door open. Dehydrate for several hours turn every hour.

These will be ready between 3-4 hrs. A fan oven may only take 2-3 hrs. You will know when they are dried.

Serve with Coriander garlic cream sauce.

Use the cashew cream recipe shown earlier but remix by adding more lemon/lime juice and another 1/3rd cup of fresh coriander. (Makes around 30 servings)

Saffron 'Rice' Salad With Almonds

1 ½ cups Cauliflower & turnip rice
 4 Spring onions - finely chopped
 1 Preserved lemon, finely chopped, or grated rind of 1 lemon
 1/3 cup Activated almonds, coarsely chopped (soak almonds overnight to activate)
 1/3 cup Lemon juice
 1/3 cup Fresh Medjool dates, chopped
 2 tsp Fresh mint torn into pieces
 ¼ cup Soaked chopped apricots
 3 Threads of dried saffron
 2 tsp Orange rind grated
 1 tsp Ground coriander
 1 tsp Ground cumin
 ¼ cup Macadamia or olive Oil

Pulse the cauliflower and turnip in your food processor until a rice consistency is obtained.

Turn out into mixing bowl and add all the other ingredients. This dish is all about flavours so feel free to add or subtract

Soak saffron in small amount of lemon juice until colour emerges and add to the mix.

TIP: Gradually add the oil until the 'rice' just becomes moist.

Sweet Pineapple, Cashew & Lime Sorbet

½ Fresh pineapple diced and frozen
 8 Fresh limes peeled and frozen
 1/4 cup Raw cashews or alternately ½ cup rolled oats (soaked for 60 mins)
 ¼ tsp Fresh ginger
 2 dsp Coconut palm syrup
 ¼ cup Chopped mint

Blend all the ingredients in your processor until a 'yogurt' like consistency is reached. Spoon into individual serving glasses and garnish with mint. If the mixture becomes too watery just place it back in the freezer before serving.

Green Tea Cacao Sweets

2 cups of Walnuts, Pecans, Pistachios or other nuts of your choice.
 6 Pitted & chopped Medjool dates
 2 dsp Cacao powder
 1 tsp Vanilla essence

Matcha green tea for sprinkling over the top
 Desiccated Coconut (optional)

TIP: Add a dash of coconut palm syrup for a sweeter taste

Combine the nuts and dates in a food processor until sticky, then add remaining ingredients and blend thoroughly.

Roll into bite-size balls and place on a serving dish. Using a sieve gently dust the balls with the green tea powder or roll in desiccated coconut if preferred.

Use chopsticks to transfer the balls onto individual serving Japanese soupspoons.

Dolmades (Wrapped Grape Leaves)

1 cup Soaked and 'Bloomed' Wild Rice.
 (Alternately use a mix of Rice and 'pulsed' cauliflower florets/turnip or firm squash to achieve rice consistency)
 1/4 cup Greek olives, pitted, minced
 1 med sized Portobello mushroom
 1 tsp Lemon or Limejuice
 1/4 Cup chopped dill
 1/4 Cup chopped raisins soaked
 1 tsp. Onion powder
 1/4 tsp. Ground pepper
 1 Clove of chopped garlic
 1 tbsp. Macadamia or olive oil
 1/4 tsp Mustard seed powder
 Salt & pepper to taste
 1 VacPac of Cured Grape Leaves

TIP: Soak the leaves in warm water for 10 minutes to reduce the saltiness and to aid in separation.

Lightly pulse all the filling ingredients leaving out the Wild Rice.

Add in the 'rice' at the end. This then becomes your filling which should be firm in consistency and not too oily.

Add the oil and limejuice and adjust to taste accordingly.

Open up the strained Grape Leaves one by one.

Set the stem-end facing you and place a dessertspoon size of the filling above the stem.

Begin rolling, folding in the sides as you go until you have a nice neat little Dolmades parcel. (If the leaves come with stems attached them cut them off as you fill each leaf.) Place neatly on a plate until you have used all the mix up.

Season with a splash of Macadamia or Olive Oil along with a good squeeze of Lime or Lemon juice. Enjoy!!

Nori Rolls With Wasabi Mayo

To make up the Nori Roll you will need:

Sheets of Nori Seaweed

Carrots Julienne – use either a sharp knife to cut into sticks or a mandolin

1 Lebanese cucumber cut longwise

1 Japanese white radish cut longwise

2 Spring onions cut longwise

½ Dozen sprigs of mesculin or mustard lettuce

To make the Wasabi Mayo:

Use cashew cream recipe from above with the addition of:

1 dsp. fresh wasabi or equivalent from a green tube and salt and pepper as required

Blend all the above together and add more of the wasabi if required, reserving some water add gradually to creat a thick and not too runny consistency. Set aside in a serving bowl.

Constructing the Sushi Rolls:

On a flat surface lay out a Sushi mat.

Place the outer spinach wrap down and lay a sheet of Nori on top.

On the end closest to you lay out the carrot, cucumber, white radish, spring onion and mesculin.

Roll the vegetables away from you and bring the mat up to make things nice and round.

Continue to roll using the matt to give you a nice round outcome.

Slice according to numbers or needs but generally in half is good because this allows guests to drizzle the mayo into the roll which is the best way I find to eat this morsel.

Always Have On Hand

Bananas
Oranges
Grapes
Melon
Lemons
Limes
Seasonal stone fruit
Leafy greens
Cucumber
Tomatoes
Red onion
Zucchini (courgettes)
Cauliflower
Carrots
Seasonal vegetables as required
Dark pitted olives
Olive oil
Apple cider vinegar
Coconut palm syrup (low GI sugar alternative)
Coconut palm sugar (optional)
Raw cashews
Almonds
Walnuts
Sunflower seeds
Sea or desert salt
Whole peppercorns in grinder
Coconut cream & milk

Further info mailto:editor@plantfoodnews.com