

VEGETARIAN MAIN AND SIDE DISHES



In this handout we have included a variety of different vegetarian main course dishes. Many people are unaware how many amazing vegetarian dishes there are, and many people are bought up on 'meat and two veg' and think it is virtually impossible just to eat a vegetarian diet. I do personally eat some fresh fish and organic meat occasionally, the idea is to find your balance and personal preference and find out what really suits your body.

What I do find interesting is that when meat eaters that eat a lot of meat start adding in more vegetarian dishes they often say how much calmer they feel and their blood pressure also often goes down to a more balanced level. This could be because meat is very yang in Chinese medicine, or to put it another way - causes tightness in the body. Some people find if they eat too much vegan/ vegetarian food they feel too yin, or 'spacey' and not grounded - which is the opposite.

So it is all about finding your balance and experimenting with different dishes. If you do eat fish or meat you probably have plenty of recipes already with those ingredients. That is why all these recipes are vegetarian, if this is new for you, be brave and test out some of these recipes and see which you like. Please Enjoy



Millet and sunflower burgers

Serves 4

Ingredients

- 3 cups cooked organic millet
- $\frac{3}{4}$ cup soaked sunflower seeds
- $\frac{1}{4}$ cup frozen peas
- 1 Large onion finely chopped
- 2 tbsp parsley and coriander
- Pinch of Himalayan salt and pepper

The Method

1. Mix all the ingredients together and form into flat burgers.
2. Coat the burgers in spelt flour (or gluten free flour). Place in the fridge for a few hours or overnight to harden.
3. Shallow fry in ghee or coconut oil.
4. Top the burger with salsa from the Dips section and serve with a fresh colourful salad and Linseeds crackers.



Roasted butternut squash with lemongrass and green chilli

Serves 2

Ingredients

- ½ Butternut Squash cubed
- ½ lemongrass stalk finely chopped
- ½ cup French beans chopped
- 1 Green Chilli finely chopped
- 3 tbsp Ghee/ Coconut oil
- Feta Cheese
- Olive Oil
- 1 tsp Himalayan Salt

The Method

1. Preheat the oven to 200/ Gas mark 6.
2. Brush the cubes of butternut squash with ghee or coconut oil.
3. Place in the oven for 30 minutes.
4. crumble some feta cheese
5. Once cooked place in a serving bowl, add the French beans, crumble.



Sweet potato Wedges with chilli mayonnaise

Serves 2

Ingredients

- 3 Sweet potatoes
- 3 tbsp Ghee
- 1 Lime squeezed
- 1 tbsp Coriander
- 1 tsp Himalayan Salt

The Method

Warm a baking tray in the oven at 180c with the Ghee. Chop the sweet potato into wedges and place onto the baking tray, sprinkle with the salt and cook for 45 minutes. Then once out of the oven sprinkle with chopped coriander and squeeze over the lime juice. Enjoy



Chilli Mayonnaise

Ingredients

- ½ cup Vegan Mayonnaise (see Dips) Or buy in health food store
- 1 Fresh red chilli finely chopped

The Method

1. Simply add the chopped chilli to the mayonnaise.
2. Try adding chives for a cooler flavour.

Slow raw Pizza

Ingredients

The Base

- 2 cups Buckwheat sprouted
- ¼ cup Sun dried tomatoes
- ½ Onion
- 4 tbsp Olive oil
- 1 tbsp Liquid Amino
- Dehydrator sheets and dehydrator



The Method

1. Blend the sprouted buckwheat with a small amount of water until it makes a smooth doughy consistency.
2. Add the rest of the ingredients and blend again until smooth.
3. Spread the mixture about 1/2 cm thick onto a dehydrator sheet .
4. Decorate with your favourite toppings, olives, tomatoes, spinach, feta, etc.
5. Place in the dehydrator for 12 hours.

Nut Roast with tomato sauce

Serves 3

Ingredients

- 1/2 cup Hazelnuts, walnuts and almonds soaked and rinsed
- 1/2 cup hulled hemp seeds and
- 1 sweet potato cubed
- 1 tbs Olive Oil
- 1 Clove garlic
- 1 tbsp brown miso rice
- 1/2 cup fennel
- 1 tsp Rosemary
- 1 tsp sage
- 1 Orange squeezed
- 1/2 Orange zest
- 1/2 tsp Himalayan salt



The Method

Sauce

1. 1 Tin chopped tomatoes, or if you're avoiding tomatoes, you can blend carrot with a small amount of beetroot and you get a red sauce.
2. 1 tbsp fresh herbs – coriander, basil, oregano.

If you would like this recipe raw

1. Put aside the nuts and blend the remaining ingredients.
2. Blend the nuts lightly until they appear as chopped nuts and add them to the mix.
3. Place mixture into a dish, gently press down and sprinkle with fresh herbs
4. Serve with salad and creamy vegetable mash.

If you would like this recipe cooked

1. Preheat the oven to 180/Gas mark 5.
2. Place the blended mixture into a tin lined with greaseproof paper, bake for 20 minutes.
3. Serve with salad and creamy vegetable mash.

Creamy Vegetable Mash

Serves 2-4

Ingredients

- 1 cup Cauliflower chopped
- ½ cup Soaked Cashew nuts
- ½ cup parsnips chopped
- 1 Garlic clove
- 1 tbs Olive oil
- 1 tsp parsley
- 1 tsp Himalayan salt
- 2 tbs yeast flakes (Optional For a cheese taste)

The Method

1. Blend until smooth and creamy. Preheat the oven to 180/ Gas mark 5.
2. Place into an oven dish and cook for 20 minutes.

Sweet Potato Cakes

Serves 4

Ingredients

- 3 Sweet Potatoes cubed
- 1 cup Spinach
- 1 cup Buckwheat flour

- ¼ cup Spring Onions chopped
- 1 Red chilli finely chopped
- 1 tbsp Liquid Aminos
- 2 tbsp ghee/coconut oil
- 1 tsp Himalayan salt

The Method

1. Steam the sweet potato until it softens.
2. Once steamed leave the potato to drain for half an hour (to avoid spitting in the pan).
3. Place the ghee or coconut oil into a frying pan and leave to melt.
4. Place all the ingredients including the potato into a large mixing bowl and stir until sticky.
5. Take a large tbsp of the mixture and place it in the hot frying pan, pat it down with the back of the spoon.
6. Fry both sides for 5 minutes or until golden.



Hazelnut Bake

Serves 4

Ingredients

- 1 cup Hazelnuts shelled and roughly chopped
- ½ cup mixed nuts ground
- ½ cup Sprouted Flour
- 1 Onion Chopped
- 2 Courgette chopped
- 4 fresh tomatoes or if you're avoiding tomatoes, you can blend carrot with a small amount of beetroot and you get a red sauce.
- 1 tbsp Ghee
- 1 tbsp Creamed coconut
- 1 tbsp Sesame seeds
- ½ tbsp. Cumin seeds
- ½ tsp Turmeric
- Small piece of Ginger grated
- Pinch of Himalayan Salt and Pepper

The Method

1. Preheat the oven to 180 or gas mark 5.
2. Place the ghee in a large frying pan and sauté the onion until it turns pearly.
3. Add the hazelnuts and courgettes cook for 10 minutes or until the nuts
4. until the nuts brown
5. Add the remaining ingredients and stir.
6. Place the mixture into a large oven dish.
7. Cook for 45 minutes at 180c.

Winter roasted vegetables

Serves 3

Ingredients

- 3 Parsnips
- 2 Red onions chopped
- 2 Sweet potatoes sliced in wedges
- 20 Cherry tomatoes
- 5 Garlic Cloves
- 3 tbsp of coconut oil or ghee
- 3 tbsp small capers
- ½ lemon squeezed
- 1 tbsp raw honey
- 2 tbsp Fresh Rosemary
- Pinch of Himalayan Salt and Pepper

The Method

1. Preheat the oven to 180/gas mark 5.
2. Pour some coconut oil or ghee into the bottom of the oven dish.
3. Place all the ingredients into the oven dish and stir, glazing the vegetables.
4. Roast for 45 minutes or until golden.

Warming winter stew

Serves 5

Ingredients

- 1 cup black eyed beans or Adzuki beans soaked overnight
- 1 Onion chopped
- 2 Garlic cloves chopped
- 1 carrot chopped
- 1 leek chopped

- 2 tbsp tomato puree
- 1 tbsp Bouillon vegetable stock
- 1 tbsp Ghee
- 1 tsp cumin
- 1 tsp ginger
- 1 Orange roughly chopped with skin on
- 1 tsp Himalayan salt
- Pinch of black pepper
- 1 bay leaf

The Method

1. Rinse the beans, cover in fresh water, bring to the boil and simmer for 1 hour.
2. Sauté the onion, garlic, carrots and leak in some ghee, in a large pan.
3. Add the remaining ingredients into the large pan.
4. Then add the beans and heat for 20 minutes.
5. Take out the oranges and squeeze the juice into the pan.
6. Serve with leafy greens.



Buckwheat Salad

Prepare all the ingredients and simply pour on the oriental dressing.

Ingredients:

- Buckwheat groats (dry roast and cooked)
- Red pepper (finely chopped)
- Peanuts/hazelnuts (roasted)
- Spring onions (finely chopped)
- Arame (steep boiling water 1 min. drain)
- Parsley (finely chop)

Oriental Dressing

- 2 Fl Oz. Light oil
- 2 Tbsp Liquid Aminos
- 1 Tbsp. Lemon juice ½ clove garlic (crushed)
- 1 cm root ginger (finely chop)
- S&P



Arabic Millet Salad

Ingredients:

- 1 lb/ 450g millet
- 1 pints/ 650 ml
- 20 dates
- 8 Tbsp/120g toasted sunflower seeds
- Small bunch chives
- 4 Tbsp/ 60 ml tamari
- 2 Tsp/ 10 ml fennel seeds
- 2 Tsp/ 10 ml cumin seeds
- Juice 1 lemon
- 2 Tbsp/ 30 ml olive oil
- 1 Tbsp/ 15 ml linseed oil

The Method

1. Carefully wash the millet and add the water. Cover and simmer for about 20 min. or until all the water is absorbed.
2. Toast the fennel and cumin seeds and add to the millet with all the oil, tamari and lemon juice.
3. Chop the dates and chives and add to the millet.
4. Finally, stir in the toasted sunflower seeds.



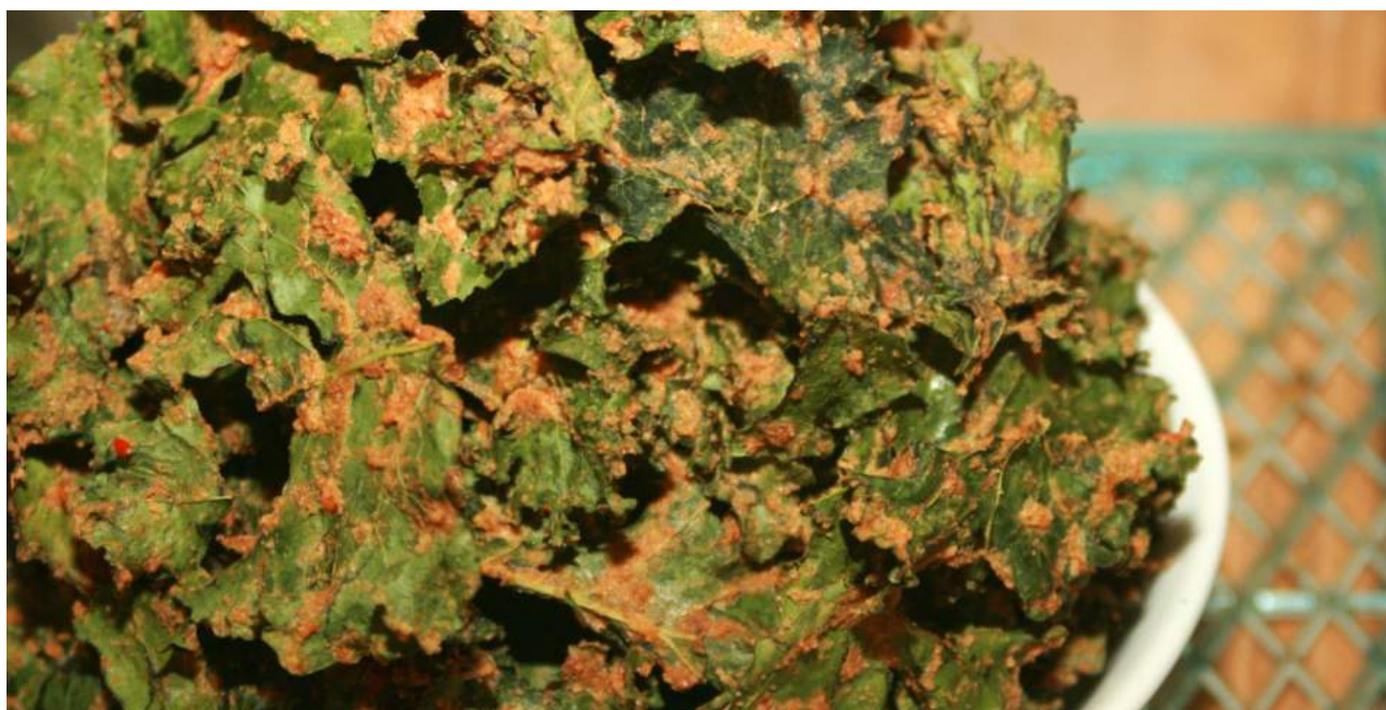
Kale Chips

Ingredients:

- 1 bunch kale or a bag of kale from the shops
- 2 tbsp extra-virgin olive oil.
- 1 tbsp cider vinegar.
- ½ tbsp of Liquid Aminos
- 1 tbsp Nutritional yeast
- 2 tomatoes , Skinned and de piped
- 4 Dates

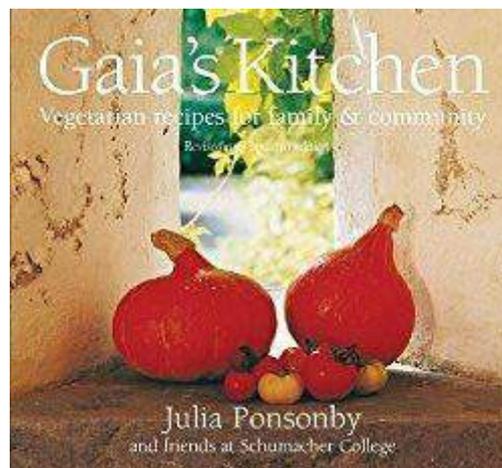
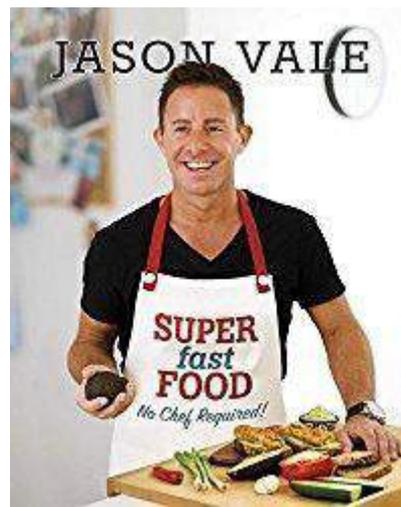
The Method

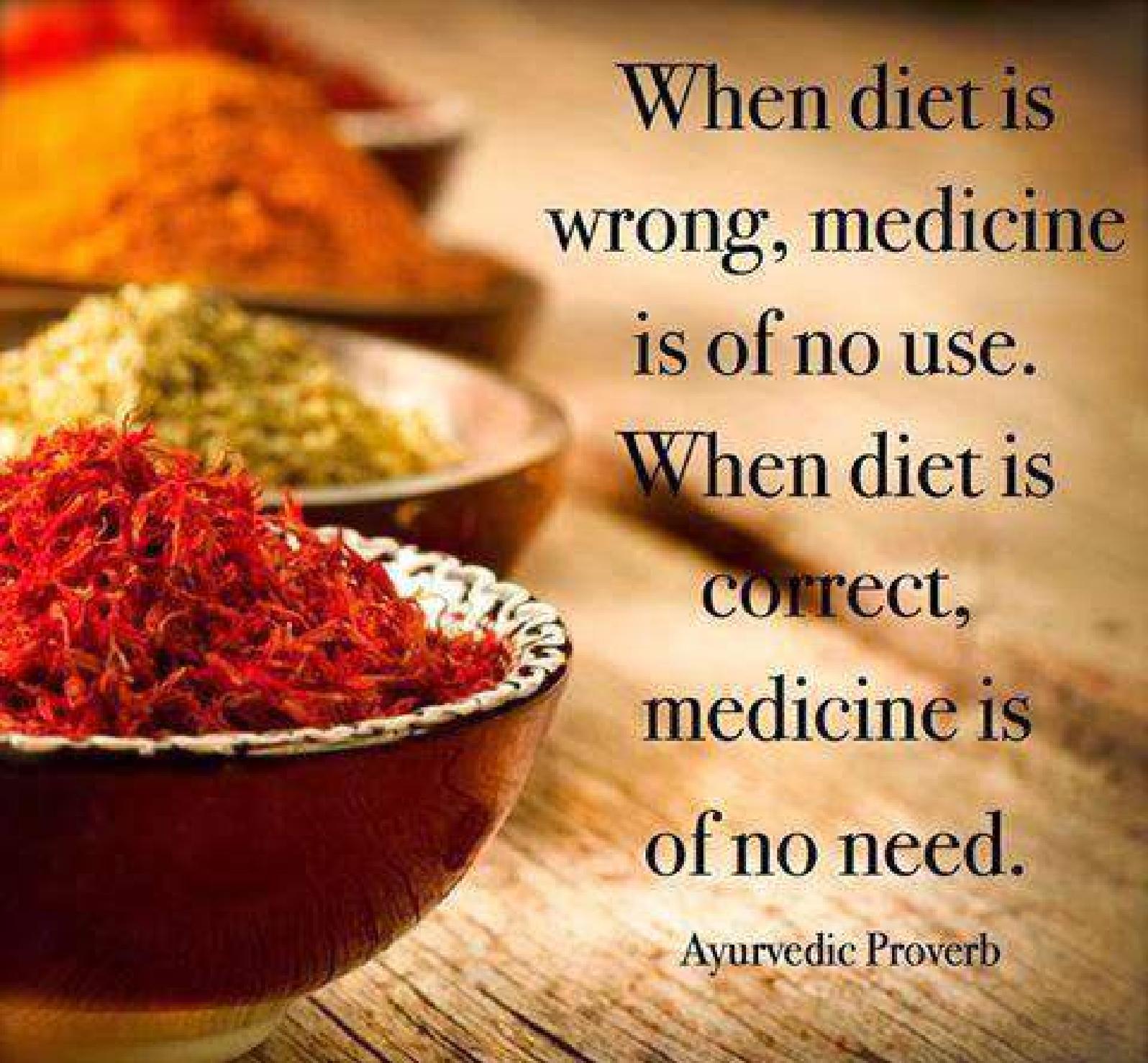
1. Cut away inner ribs from each kale leaf and discard; tear the leaves into pieces of uniform size.
2. Wash torn kale pieces and spin dry in a salad spinner or dry with paper towels until they're very dry.
3. Place all the other ingredients into a blender and blend , this is the sauce that you will then massage into the kale.
4. Spread the leaves evenly into a dehydrator and leave for about 8 hours under 40.



If you are not used to vegetarian dishes, please try some of these dishes and feel the effects they have on your body, and for more inspiration and some amazing recipes, the following are great cookbooks.

When you're looking at recipe book, and they use standard flour, just replace it with sprouted flour, if they use sugar, sweeten it with e.g. raw honey or a banana, be creative in adapting recipes.





When diet is
wrong, medicine
is of no use.
When diet is
correct,
medicine is
of no need.

Ayurvedic Proverb

Enjoy your healthy main dishes.

“Eat Right Feel Amazing” “Remember when your body is hungry it wants nutrients not calories.”

Be Well, Be Healthy, Be happy, Be Awesome.