Recipes for a Healthy World is a collaboration of chefs, cooks, and food bloggers from around the world, celebrating plant-based foods. We hope that this cookbook will inspire you to explore more plant-based foods and help you discover new favorites.
Introduction

Industrial meat and dairy production is threatening our health and the health of the planet. Choosing to eat more ecologically grown plant-based foods and less industrial meat and dairy, helps us savour good food and discover new dishes while affirming what we care about most—our health, our communities and our environment. By having a deeper connection with our food and the people who produce it, we can stop the industrial meat and dairy industry from harming the environment and our health.

Recipes for a Healthy World: A Greenpeace Cookbook is a collaboration of chefs, cooks, food bloggers, and foodies from around the world, celebrating plant–based foods. We hope that this cookbook will inspire you to explore more plant–based foods and help you discover new favorites.
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What inspires you to eat less meat?

Every time we eat, we make a decision. We choose the food that will give us the energy we need to allow us to perform in our lives. This decision, though small, affects many aspects of the life of this planet. Industrial food production is destroying our planet and everything living on it. Farming crops destined to feed livestock are causing deforestation and displacing Indigenous groups. The agrochemicals this industry uses to grow crops poison the soil, the water, affecting the life that depends on it. Animals become products instead of living beings. I know how industrial farming worsens the effects of climate change. I’ve seen glaciers in the Arctic and I know my grandchildren might never see one. I know how droughts and floods are affecting the most vulnerable around the world. This is why choosing what to eat is important.

Quinoa & Seaweed Croquettes with summer salsa

Ingredients

Croquettes:
- 200g cooked quinoa
- 60g kelp soaked overnight and finely chopped
- 15g nori seaweed
- 8 tbsp oats
- Salt
- Olive oil

Fresh Summer Salsa:
- 2 finely chopped tomatoes (or about 12 cherry tomatoes)
- ¼ piece chopped red onion
- 2 tbsp chopped chives
- 2 tbsp lemon juice
- 1 tbsp olive oil (or sesame seed oil)
- 1 tbsp Chopped Ginger
- Salt
- 120 grs. of Fresh seasonal salad

Method

Croquettes:
Mix the quinoa, oats, seaweed, chopped chives and a pinch of salt in a large bowl. Make round flat medium size croquettes. In a hot pan, add the oil and cook the croquettes for about 5 minutes on each side or until golden brown and crispy.

Fresh Summer Salsa:
Mix all the ingredients and season.

To serve:
Place the salsa at the bottom and on top the croquettes with the fresh salad on the side.

For more about Daniel, follow and connect with him on:
Facebook: www.facebook.com/chefdanielbravo/
Twitter: twitter.com/DBGaribi
Hormone Balancing Super Bowl
by Lexi Monzeglio, South Africa

About Chef Lexi Monzeglio

Lexi Monzeglio is a plant-based chef and food creative from Johannesburg, South Africa. She started out in advertising, but through her food blog (@plantlifeblog), food styling and recipe development, she made her way into a kitchen over the years. Lexi qualified through Matthew Kenney’s plant-based culinary course and now works as a chef, stylist and consultant full time.

When she’s not in the kitchen, Lexi loves to be outdoors—rock climbing, cycling, trail running or even just lying on the grass soaking up the sun. She believes in balance, making the best choices you can (for yourself & the environment) and being kind to yourself when it comes to food and diet.

What inspires you to eat less meat?

I choose to follow a plant-based lifestyle because I believe it is truly the least harmful way of living for both myself and the environment. Highly processed foods (including farmed animals) are filled with all kinds of hormones, antibiotics and other junk you don’t want in your body, but more than that, the process of animal agriculture has a massive damaging effect on our planet. I am trying to nourish my body the best way I can and, at the same time, leave the smallest footprint possible on Earth.

This recipe is all about balancing your body. Besides being a fantastic hormone balancer for women—which means improving PMS symptoms, supposedly increases libido, balances estrogen—Maca also improves energy levels and is said to improve your mood too, it’s an antioxidant and it’s packed with B vitamins, C, and E… Plenty of calcium, zinc, iron, magnesium, phosphorus and amino acids. So boys, don’t write this one off—it’s good for you too! Most recipes use Maca in smoothies or breakfasts, so I wanted to introduce it in a savoury way that you can throw on top of bowls, salads or even sarmies (sandwiches) to get that goodness in!

Hormone Balancing Super Bowl

Ingredients

- 1 bunch kale, chopped
- 1 cup quinoa
- 3–4 radishes
- ¼ cup pomegranate rubies
- 2 tsp turmeric
- 2–3 cloves garlic, minced
- 1 cup walnuts
- 1–2 tbsp Maca powder
- 1 tbsp apple cider vinegar
- 2–3 tbsp tahini
- 2–3 tbsp lemon juice (juice of one lemon)
- 2–4 tbsp water
- 1 tbsp olive oil
- Some spring onion, to serve

Method

- Toast the walnuts in a frying pan with the turmeric and a very light splash of oil (olive or coconut). Once the walnuts are coated in turmeric and starting to brown, take them off the heat.
- Chop up the kale and pan fry in some coconut or olive oil with the minced garlic. Fry for about 10 minutes or until the kale is thoroughly wilted and soft—but not soggy and losing colour.
- Boil the quinoa in 3 cups of salted water (add more garlic to the water if you are a garlic nutso like me).

Make your dressing by whisking together the Maca, apple cider vinegar, tahini, lemon juice, olive oil and water.

- Slice up the radishes and chop the spring onion.
- Construct your bowl by adding the warm quinoa, spinach and walnuts and tossing together.
- Then add the radishes, pomegranate rubies and a generous amount of dressing and eat!

For more about Lexi, follow and connect with her on:

Instagram: @leximonzeglio & www.instagram.com/plantlifeblog/
About Entrepreneur
Anak Navaraj

Anak Navaraj is a calm and hardworking individual who has passion in illustrating his perspective through photography, sustainable living, food and ecological farming. After working at Suan Sampran, his family’s eco-farming business that produces herbs, fruits and vegetables, Anak and his brother founded a lifestyle organic brand called Patom Organic Living. Anak established their flagship store and restaurant in the heart of Bangkok.

The restaurant offers seasonal and local food using fresh and non-chemical ingredients. His products combine traditional wisdom and modern methods, emphasising the sourcing of raw materials. These materials are sourced from their family’s certified organic farm and a network of local organic farmers in Sampran, Nakorn Patom province, to ensure the best quality produce that is good for consumers, while reinforcing a sustainable supply chain among local farmers.

What inspires you to eat less meat?

Eating more organic veggie food is not only good for ourselves but it is also good for our planet. Eating more vegetables is good for our mental and physical health. The seasonality of vegetables and herbs challenges us to think about which vegetables or herbs we include for each meal. And for our planet, eco-farming maintains the balance of the soil by not using the chemicals. Think about the industrial vegetable farms that use chemicals, once the rain comes, the chemicals will travel from the soil to the river which, eventually, will come back to our bodies.

This recipe is a modern twist on the favourite Thai spring rolls. It is perfect as healthy appetiser, or cocktail party snacking! This aromatic and delicate-looking bite offers surprisingly bold and tangy flavors and nutritional benefits with minimal prep time. The chef proudly highlights the organic Damask rose, the signature flower from Sampran that wraps the whole punchy stuffing together with an aromatic scent. The menu also opens up for creativity, as you can customise any seasonal vegetables and herbs for your desired colors and texture.

Flower and Vegetable Spring Rolls | Makes 4 pieces | Preparation & cooking time: 20 mins

Ingredients*

- 25g Napa cabbage
- 25g Chinese cabbage
- 50g Japanese potato
- Damask Rose (or any small rose)
- 25g ixora (or any edible flower)
- 25g peppermint
- 37.5g cabbage
- 6g rice paper
- 5g soy sauce
- 2.5g brown sugar
- 2.5g vegetable oil
* All the vegetables could be changed ie. Japanese potatoes could be replaced with pumpkin or butternut squash or any seasonal vegetable.

Dipping Sauce (spicy and sour)

- 5g soy sauce
- 5g lime juice
- 4.5g brown sugar
- 1g bird’s eye chili**
- 1.8g garlic
- 1g coriander root

**This recipe is a medium level of spicy in Thailand, add/reduce the amount of chillies as preferred.

Method

- Slice Napa Cabbage, Choy, Japanese potato and Cabbage.
- Pour the oil into the pan and wait until it heats up a bit. Add the prepared vegetables; stir-fry until cooked. Season with brown sugar and soy sauce; continue stirring until it’s well mixed. Then let it cool.
- Cut a sheet of rice paper into 4 equal sheets. Soften a piece of rice paper by soaking in water.
- Put 2–3 rose petals, 1–2 peppermint leaves, and approximately 1 tablespoon of stir-fried vegetables on the piece of rice paper and wrap.
- Serve with tangy dipping sauce.

For more about Daniel, follow and connect with him on:
Facebook: www.facebook.com/chefdanielbravo/
Twitter: twitter.com/DBGaribi
Baked Beans on Toast
by Anna-Laura Kummer, Austria

What inspires you to eat less meat?
There are many reasons why I decided not to eat animal products anymore. A huge aspect is the environment. As a travel blogger, I have a negative impact on the environment, which I try to compensate (at least to some extent) with my vegan lifestyle. Health and ethics also play a major role. I love animals and to me they are all equal—whether dog, cow or pig: I don’t want to take their lives for my enjoyment. That’s why I’m vegan!

About Anna-Laura Kummer
Anna is a 21-year-old lifestyle blogger from Vienna, Austria. She started her career as a social media influencer on YouTube when she was only 15 years old. Since then she has developed a passion for a sustainable and vegan lifestyle. She shares her favourite vegan recipes, fair fashion outfits and inspirational travels with her readers on her blog.

Baked Beans on Toast Serves 3
Ingredients
- White bread, e.g. baguette (6 slices, toasted)
- 350g white beans (cooked/canned)
- 1 onion
- 1 garlic clove
- 2 tbsp tomato paste/purée
- 2 tsp paprika
- 1 handful parsley
- ca. 300g tomato sauce
- 1 shot of agave syrup
- Salt & pepper
- Oil (for frying)

Method
Slice and dice onion and garlic, and sauté it with coconut oil on medium heat in a small pot. Add 2 tablespoons tomato paste and 2 teaspoons paprika and mix well. Add the beans and tomato sauce and bring it to a boil. To give it that certain something, refine it with parsley, agave syrup and salt and pepper.
Serve the baked beans with toasted white bread (e.g. fresh baguette).
Ét voilà! Here is your great breakfast that is filling and healthy and will for sure impress your friends at your next brunch. :-)

For more about Anna-Laura, follow and connect with her on:
Blog: www.annalaurakummer.com
Facebook: www.facebook.com/annalaurakummer
Instagram: www.instagram.com/annalaurakummer/
Twitter: twitter.com/annalaurakummer
Bloody Beet Burgers
by Matthew Prescott, United States

What inspires you to eat less meat?
When I was 12, my sister came home from school one day and proclaimed herself a vegetarian. A vegetarian!? I’d never heard the word—let alone met one. Like any good little brother, I poked fun—sticking my steak in her face and making a moo’ing sound. But eventually, I learned the reasons for her decision—like the enormous environmental impact of livestock production. And in my teens, I adopted a meat-free diet as well. That set me on a path toward a lifetime of activism, working to save the world by helping people put more plants on our plates. Starting with burgers like this one! Beets are healthy, versatile, and full of iron. With a single (beef-based) burger emitting a whopping 6.8 pounds of carbon, these bloody beet burgers are lighter on the planet and oh-so-tasty!

Method
Place the lentils, shredded beet, parsley, and walnuts in a large bowl. Add all the remaining patty ingredients—except the canola oil—and stir to combine well. Let sit for 30 minutes.

Form the mixture into four large balls. Flatten into patties and set aside on a plate or tray.

In a skillet, heat 2 tablespoons of the canola oil over medium heat. Cook the patties, two at a time, until golden brown, about 4 minutes per side, adding more oil as needed. (If cooking all four patties at once, use all 4 tablespoons oil.) Transfer to a paper towel–lined plate.

Build the burgers on buns with your favorite condiments and any of the optional toppings.

For more about Matthew, follow and connect with him on:
* Twitter: twitter.com/MatthewPrescott
* Facebook: www.facebook.com/FoodIsTheSolution
* Website: matthewprescott.com/
* Instagram: www.instagram.com/mattprescott/

Ingredients
For the patties:
- 1 (15-oz) can green or black lentils, drained
- 1 large beet, peeled and shredded (about 2 C)
- ½ C fresh parsley, finely chopped
- ½ C walnuts, coarsely chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp salt
- ¼ tsp freshly ground black pepper
- ½ tsp liquid smoke
- ½ tsp soy sauce
- ¼ C tahini
- ½ C instant oats
- 2 tbsp tomato paste
- Squeeze of lemon juice
- 4 tbsp canola oil

To assemble:
- 4 buns
- Your favorite condiments
- A few pickles, sliced (optional)
- Finely sliced red onion (optional)
- 1 tomato, sliced (optional)
- 1 avocado, sliced (optional)
Chomolia (African kale) in peanut sauce, served with uphuthu

by Nompumelelo Mqwebu, South Africa

About Chef

Nompumelelo Mqwebu

Founder of the Mzansi International Culinary Festival (MICF) and Chef owner of Africa Meets Europe Cuisine, Nompumelelo Mqwebu is an enterprising chef who has travelled the world honing her skills. Locally and internationally trained, she has focused her energies in promoting and advocating for the elevation of authentic African cuisine with indigenous ingredients. Her debut cookbook ‘Through the Eyes of an African Chef’ is the South African winner of the ‘First Book’ and ‘Self Published’ categories in the Gourmand World Cookbook Awards. Chef Nompumelelo and her business partners have recently brought the cookbook to life through Kumyoli Culinary Experiences where guests travel South Africa on a plate at their new home Dunkeld Manor where guests travel South Africa on a life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences where guests travel South Africa on a plate at their new home Dunkeld Manor where guests travel South Africa on a life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life through Kumyoli Culinary Experiences have recently brought the cookbook to life.

Chomolia (African kale) is like normal kale and is a perennial most prominent in Zimbabwe and Zambia, but it is grown in various provinces of South Africa, too.

For the tomato and onion relish

- 2 medium tomatoes
- 1 medium onion
- For the peanut sauce
- 20g ground peanuts
- 10ml peanut oil
- 5ml honey (optional)
- Salt for seasoning

For uphuthu

- 2½ cups maize meal
  (alternatives: polenta or couscous)
- 1 cup water, with a pinch of salt

For the chomolia

- 250g chomolia (African kale)
- 15ml cooking oil
- 60ml tomato purée
- 2 cloves garlic, crushed
- 1 medium onion, diced
- 1 small bunch spring onions, chopped
- ½ small green pepper, diced

Seasoning

- Salt and black pepper
- Small knob of butter

Garnish

- Coriander flowers

Method

For the peanut sauce: In a small pan, heat the ground peanuts for 1 minute, then remove from heat and pour into blender. Add peanut oil, salt and honey (optional). Blend until thick but runny. Taste the seasoning, adding more oil if necessary (depending on the natural oil and moisture in the peanuts).

For uphuthu: On the stove bring 1 cup of water and a pinch of salt to a boil in a small saucepan. Lower the heat then pour in 2 cups of maize meal into the centre of the pot. Close with lid for 2–3 minutes. Remove the lid and, using a fork, stir vigorously until the maize is coarse, like couscous. If it’s a bit wet, add the remaining maize meal, or not, depending on how moist you like uphuthu. Close lid and cook on low heat for 15–20 minutes. The crust may go golden at the bottom. That’s fine.

For the chomolia: To slice chomolia, fold each leaf in half, then cut stems and keep them aside. Slice the stems into slivers and use them, too. Working with batches of several leaves at a time, roll them up like cigars to consolidate them for easy chopping. Chop chomolia. Heat the oil in a medium-sized pot, then add onion and garlic. Stir, then add the green pepper and spring onion. When the pepper and onion are soft, add the chopped chomolia and tomato purée and simmer for 10 minutes (chomolia needs a bit of time to soften). Pour in the peanut sauce and mix well. Taste for seasoning and adjust according to your taste (a little goes a long way). Cook for another 5 minutes and remove from heat.

For more about Nompumelelo, follow and connect with her on:

Twitter: twitter.com/NompumeleloChef
Instagram: www.instagram.com/nompumelelomqwebu
Facebook: web.facebook.com/nompumelelomqwebu
LinkedIn: www.linkedin.com/in/nompumelelo-mqwebu-5026a014

What inspires you to eat less meat?

For me eating vegetarian is just going back to how things were in the days of old. African people come from a generation of nomads and hunter gatherers. The relationship between people and animals was mostly sacred. Eating meat was never to waste and mainly for special occasions, from cultural ceremonies to feeding a stranger who was going by – as you would expect they had not had protein in a while. I also believe if we eat less meat we would not need to slaughter so many animals to feed masses, which will lead to sustainable ways of caring for our whole food system.

For the chomolia

- For the tomato and onion relish
- For the peanut sauce
- For uphuthu
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Chomolia (African kale) in peanut sauce, served with uphuthu

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  - LinkedIn: www.linkedin.com/in/nompumelelo-mqwebu-5026a014 |
**Surprisingly Interesting Chard Pasta**  
by Kim Leyson (Mme Zsazsa), Belgium

### What inspires you to eat less meat?

I don’t want to preach: we all have our preferences when it comes to food. I don’t eat meat anymore because I simply cannot reconcile myself with the ecological impact of the meat industry and the way animals are treated. Over the years, I began preparing meat much less often. I have had a large vegetable garden for years where almost all ingredients for dinner can be harvested and I find this self-sufficiency terrific. So instead of preaching about what’s on everyone’s plate, I’d rather inspire people by showing them delicious dishes.

### Method

- Heat a large pot of salted water to cook the pasta while you fry the chard stalks.
- Put a pan with some olive oil on low heat and fry the garlic with the cumin seeds, chili flakes, raisins and walnuts. When everything starts to smell good, the chard stalks can be added. Raise the heat a bit and stir regularly so that nothing burns. When the stalks are almost soft, the leaves may be added. Keep stirring until everything is done. Season well with pepper and salt.
- Drain the pasta and mix under the chard. Stir the walnut oil and sesame oil through the pasta.
- Want a tasty side dish? Try sweet and sour cucumbers! In a bowl, stir together 2 tablespoons of olive oil, 4 tablespoons of apple vinegar, 2 teaspoons of sugar, 1 teaspoon of salt and black pepper. Cut 2 to 3 cucumbers into thin slices, also chop some chives and stir everything into the vinaigrette. Cover and put in the refrigerator for at least half an hour. Also tasty with thin green pepper strips.
- Tip! Add some extra spice with fresh chili peppers.

### Ingredients

- 6 to 8 stalks of coloured chard, separate leaves from stalk, dice the stalks into 1 cm cubes, the leaves into fine strips
- 3 cloves of garlic, finely chopped
- 1 tbsp cumin seed
- chili flakes
- handful of raisins
- handful of walnuts, chopped
- 400g of spaghetti
- 1 tsp sesame oil
- 1 tbsp walnut or hazelnut oil
- Olive oil
- Pepper and salt
About Chef
Johan Lundgren

Johan Lundgren is a 36-year-old father of one, living in Malmö – in his opinion, Sweden’s best city when it comes to plant-based food. Johan has a strong passion for simple, good, and tasty food. He likes to vegansitise typical meat-based recipes, and he believes that any type of food has its plant-based counterpart! When he is not baking and cooking, he spends his time sharing information about the benefits of a plant-based diet: in his blog, as a public person and as a motivational speaker. He stopped eating animals 16 years ago, simply because he could not defend his consumption of other living creatures.

Noodle Soup with Miso – Tahini Broth
by Johan Lundgren, Sweden

What inspires you to eat less meat?

Plant-based cooking and baking need not be either difficult or tasteless, and the recipe below proves the exact opposite. With a minimal footprint on our environment, it is a matter of course for me to skip animal ingredients in anything that has to do with food. There is only one planet Earth, let us take care of it!

My contribution is a noodle soup with a white miso and tahini-based broth. Add the chili oil, tamari and kimchi broth, and it becomes something beyond the ordinary. The combination of these simple ingredients deliver a smooth, creamy broth packed with flavors à la layer-upon-layer principle. The additions to the soup are simple and inexpensive, and make it even better. I use wheat noodles which I let cook in the broth, but any noodles should work; just adjust the cooking time. The remaining ingredients are fried tofu and the vegan “fishballs” which are available to buy in well-stocked Asian shops.

Ingredients

- 700ml water
- 3 tbsp white miso
- 2 tbsp tahini
- 1-2 tsp chilli oil (depending on how strong you want the broth)
- 1-2 tsp tamari (depending on how salty miso is)
- 1 tbsp kimchi broth (optional)
- 2 servings of noodles
- 50g of deep-fried tofu
- 6 pieces vegan fishballs
- 2 tsp sesame seeds
- 100ml chopped chives
- Possibly a spoonful of kimchi

Method

► Boil water and add the miso, tahini, chili oil, tamari and kimchi broth. Add the noodles, tofu and the fishballs. ► Cook until the noodles are ready. You can also add a bit of kimchi in the noodle soup for a more fermented flavor. Suggestions for other ingredients: onions, fresh broccoli, chopped nori leaves, crushed peanuts, cilantro.

For more about Johan, follow and connect with him on:
- Blog: www.vaxtbaserat.nu
- Instagram: @vaxtbaserat.nu
- Facebook: facebook.com/vaxtbaserat.nu
- Bloglovin: www.bloglovin.com/blogs/vaxtbaserat-19194613
**About Chef Bela Gil**

Bela Gil was still a teenager when she began to take an interest in the physical and mental benefits of healthy eating. The need to cook her own food to maintain a healthy life made her decide to deepen her knowledge of cooking and nutrition. Bela believes that eating is an act of compassion for ourselves and for the planet.

Bela has hosted her own cooking show, "Bela Cozinha", released several popular cookbooks, and hosted the radio program "Bela Infância", at Rádio Globo, where she gave practical tips on natural food for parents and children. Nowadays, outside the "Bela Cozinha" program, Bela gives lectures, cooking classes and writes columns. The chef also has a Youtube channel, "Canal da Bela", where she discusses issues such as maternity and food questions, all without ever ceasing to prioritize health, taste, and the environment in any of the works.

Bela has been married to producer João Paulo Demasi for 15 years, and is the mother of Flor, 9 years, and Nino, 1 year and 8 months. Bela is proud of the fact that the family enjoys natural food.

**What inspires you to eat less meat?**

I believe we can change the world through food. Eating is a political act, and so we must understand well what and why we eat, and also its impacts on society. Food can bring us health or illness, corrupt or sustain our beliefs, and injure or preserve nature. The industrial system of meat production is unsustainable, unethical and violent. No animal should live in the conditions that the pigs, fish, oxen, cows, chickens, and so many other animals live in, in captivity, to become meat for human consumption. It is for this reason that I am inspired to cook plant-based foods and why I decided to share this courgette and carrot-based pasta with a delicious pesto that appeals to children and adults.

**Vegetable Pasta with carrot leaf pesto**

by Bela Gil, Brazil

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**Vegetable Pasta with carrot leaf pesto**

| Serves 4 |

**Preparation & cooking time:**

40 minutes

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**Ingredients**

**Carrot leaf pesto:**

- 1/4 to 1/3 cup olive oil
- 2 cups basil
- 2 cups carrot leaves
- 1 clove of garlic
- 100g pumpkin seeds
- sea salt to taste

**Vegetables:**

- 3 courgettes
- 2 carrots
- 1 clove of garlic
- 1/4 of an onion, diced
- 3 tbsp of olive oil

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**Method**

**Pesto**

- In a processor, place the olive oil, basil leaves and carrot leaves, garlic clove, and last the pumpkin seeds.
- Process until it becomes a thick pesto
- Add the sea salt and set aside.

**Pasta**

- With the help of a vegetable slicer, make the noodles with carrot and courgette, keep them separated
- In a frying pan, heat the oil and sauté the garlic and onion. Stir in the carrot noodles. Bring to a boil, put the zucchini noodles, sprinkle some salt and cover for about 3 minutes
- Remove the lid and sauté the pasta with the carrot leaf pesto. Add the sea salt and serve.

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**For more about Bela, follow and connect with her on:**

**Instagram:** www.instagram.com/belagil/
Helena Rizzo hails from Porto Alegre, in the south of Brazil. At the age of 18, she moved to São Paulo where she took internships in restaurant kitchens. Then, at 21, after saving some money, she set off for Europe to try her hand at restaurants there.

Over dinner one evening with friends at the famous El Celler de Can Roca, in Girona, Spain, everything began to make sense. Helena realized that food could be a form of artistic expression and not just rote, monotonous work – as had been her experience. After insisting, she convinced one of the owners of El Celler to grant her a position in the restaurant’s kitchen.

There, she met Daniel Redondo, chef de cuisine at the time, and fell in love. After returning to São Paulo, she invited Daniel to move to Brazil and share the kitchen with her, and in 2006, their restaurant Maní was born. The restaurant’s contemporary cuisine is deeply rooted in iconic Brazilian ingredients. Their creations, at times grand, at times extremely simple, reflect memories and love for the produce.

### What inspires you to eat less meat?

There is one fact about our eating habits that is alarming: of the 30,000 edible vegetable species in the world, 90% of what we consume consists of only 20 of them. Why have a monotonous diet when we have such a large diversity available? This diversification is interesting for several reasons: from gustative to nutritional. I think our diet has become so restrictive and boring because of ignorance.

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**Cashew Ceviche**

**by Chef Helena Rizzo, Brazil**

**Serves 8**

**Ingredients**

- **Cajuína Shaves**
  - 1.5kg cashews, ripe
  - 50ml cachaca
- **Cashew Milk**
  - 1kg cashew nuts
  - 1l mineral water
- **Ceviche**
  - 8 cashews, ripe
  - 2 red chillies, deseeded
  - 1 small red onion, thinly sliced in julienne
  - 2 lemons, juiced
  - 50ml cashew milk
  - 10g coriander, chopped
  - Salt
- **Garnish**
  - Coriander sprouts

**Method**

1. **Place the lentils, shredded beet, parsley, and walnuts in a large bowl. Add all the remaining patty ingredients—except the canola oil—and stir to combine well. Let sit for 30 minutes.**

2. **Cajuína shaves**

   *Wash the cashews well and remove the nuts. Cut the cashews into pieces and put them into a centrifuge to extract the juices. Place the cashew juice into the refrigerator in a closed container and allow it to decant for 12 hours. Once decanted, remove the foam and the solid part of the cashew, which will have floated to the surface. Strain the liquid using a fine chinois. Place 15ml of the juice in a pan and bring it to a simmer over a low heat. Pour in the remaining of the juice, add the cachaca and place it in the freezer.*

3. **Cashew milk**

   *Blend the nuts with the water then centrifuge the purée to obtain a milk. Strain the milk through a fine chinois and set aside.*

4. **Ceviche**

   *Peel the cashews and cut them into cubes. Combine the salt, pepper, onion, lemon juice and the cashew milk together in a bowl and add the chopped coriander. Set aside and allow to infuse until required.*

5. **To Serve**

   *Place the ceviche in a bowl with one spoon of cajuína shaves. Top with the coriander sprouts and serve.*

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For more about Helena, follow and connect with her on: **Instagram:** www.instagram.com/helenarizzo/?hl=pt-br
About Niede Rigo

Niede Rigo is a nutritionist and has always been interested in food culture and little-known, forgotten, or devalued ingredients. She is a member of Slow Food, participated in a project giving workshops for lunch ladies in the wilderness of Bahia, was the curator of the project Comer é Mais, in Sesc Belenzinho, for three years; and the project Comer é Panc, at Sesc Pompeia in 2018. You can read her work on her blog, Come-Se, on Instagram, and also in her column Nhac, in the Paladar section of the newspaper O Estado de São Paulo.

What inspires you to eat less meat?

About thirty percent of grain planted is intended to feed livestock, which consumes a considerable slice of the earth’s resources, such as arable land and forest, in addition to water. And today, no one can claim ignorance about the need to eat dishes with less animal proteins and a greater diversity of vegetables. These foods contribute to our healthier and a more sustainable world.

Beijus

Beijus are indigenous specialties usually made with some sort of cassava product. They are always flattened like Mexican tortillas. The most popular are the tapioca beijus made with pure starch from the root, also known as gum or tapioca. But there are beijus of various forms, dried in the fire or under the sun, drier or more humid, with fermented or unfermented cassava dough, with dough mixed with the gum, in various combinations with nuts, peanuts, coconut, etc.

I like to make the beijus from dough - which is nothing more than the grated root, squeezed well to extract all the juice. Only the resulting dough is used. It is an inexpensive, energetic, and nutritious food that replaces bread with advantages. In addition to being delicious, it has consistency and can be used to make sandwiches or as a base for various types of toppings. What I usually do, to not waste food, is to add the leftovers to the juicer when I make carrot, beetroot, and other juices. Or, I grate these vegetables and squeeze - the nectar, mix with lime, orange juice, and passion fruit juice, for example, and make a juice to accompany the beijus. What was squeezed, I mix together with the cassava flour I buy at the farmers market - usually sold to make cakes with sugar, eggs, milk, butter, and cheese. Thus, colored beijus satisfy children and adults without the need for any other animal ingredient and serve the most diverse food intolerances, since it is vegan, sugarless, gluten-free and flavored. I’m sure it will not be such a sacrifice to exchange appetizing cakes for delicious and healthy beijus - for us and for the planet!

Cassava flour Beijus

Ingredients

- 1 pound peeled cassava
- Salt to season
- Optional: Toasted or ground peanuts or other nuts (+/- 1 cup to every 500 g of dough)

For coloured beijus

- 2 tbsp grated beets (red)
- 2 tbsp grated carrots (orange)
- 2 tbsp grated coconut (white)
- 4 tbsp Barbados gooseberry plant leaves (green)

Method

- Finely grate and squeeze 1 pound of peeled cassava onto a cloth. Discard the liquid. Crumble what remains in the cloth and pass through the grates of a frying basket, so the dough is well separated into pieces. Or buy the dough already grated and squeezed if you can find it sold as such.
- Season the dough with 1 teaspoon of salt and sieve over an unseasoned skillet, making a layer about 1 centimeter thick, or so. Over low heat, cook for about 3 minutes. Turn over and cook on the other side. If you like, you can cover the skillet to cook the beiju evenly and keep it more flexible. An omelet maker also works well.
- To mix up the flavor, add toasted and ground peanuts or any chopped nuts in the ratio of +/- 1 cup to every 500 g of dough.
- For coloured beijus, divide the dough into 4 parts. Add 2 tablespoons of grated beets and squeezed in to make a red beiju; the same amount of carrot grated and squeezed into for orange; 2 tablespoons of grated coconut for white; and 4 tablespoons of finely chopped Barbados gooseberry plant leaves for the green. In all cases, pass through a very thick sieve or fryer basket allowing it to drop directly into the frying pan so that the beijus become fluffier.
Millet fritters with pumpkin ketchup
by Stina Spiegelberg, Germany

About Stina Spiegelberg
Stina has been a vegan food blog pioneer since 2008, with her blog veganpassion. As a vegan TV chef and speaker Stina shows how to embrace and enjoy life – with all tastes. Her first book made a vegan baking sensation. With her eight cookbooks, she inspired not only the plant-based community, but people all over the world to start cooking for their well-being. Stina supports a healthy lifestyle for children - supporting schools with easy plant-based foods and workshops. As a founder of the Plant Based Institute she also educates professionals and interested individuals on plant-based, healthy foods.

What inspires you to eat less meat?
Going vegan ten years ago was the best decision of my life. I can only encourage everyone to try living a happy life based on a healthy diet for themselves and a sustainable world. It is not about what percent of people are actually living vegan, but about every small step you can take day-by-day without harming others. If we look at nature it brings us all these colourful foods, ready to be harvested and cooked. I wouldn't know what else we could possibly need. I've chosen these millet fritters because they are everyone's favourite. You can make them in a batch, eat them with fresh veggies and give them to your kids to take to school or work. They are easy to make and the best thing is: millet is such a sustainable and modest plant, that it doesn't need much water and nearly grows on any soil – and it leaves you happy and well-fed. For me the perfect lunch!

Millet fritters with pumpkin ketchup | Serves 4
Preparation: 30 Minutes

Ingredients

Millet fritters
- 1 cup of millet
- 1 ¾ cup of vegetable broth
- 1 turnip or 1 kohlrabi
- 2 carrots
- 1 onion
- ¼ cup + 1 tsp of chickpea flour
- 2 tbsp of dairy-free milk
- Salt, pepper
- Nutmeg, cumin, mustard seed (optional)
- Olive oil

Garnish
- 2 romaine lettuce
- ½ cucumber
- Pumpkin ketchup
- 4 tbsp vegan parmesan
- 1 garlic clove
- Salt, pepper
- 1 tsp agave syrup
- 1 tbsp white wine vinegar
- 1/3 cup + 1 tbsp water
- 1 tbsp olive oil

Method

Cook the millet in vegetable broth for about 15 minutes. Shred carrots and turnip and dice the onions. In a bowl, mix together millet, veggies, chickpea flour and dairy-free milk and season well. Form 12 pattys and fry them in olive oil until brown on each side.

Wash lettuce and cucumber and cut into pieces. Blend parmesan, garlic, spices, agave syrup, vinegar, water and oil in a mixer. Best dressing ever!

Serve some lettuce with three millet fritters and some pumpkin ketchup and drizzle with the dressing. Enjoy life!

For more about Stina, follow and connect with her on:
- Instagram: www.instagram.com/veggiestina
- Facebook: www.facebook.com/stinaspiegelberg.official
- Website: www.stinaspiegelberg.com
Chana Dal Curry | Serves 4–6
Preparation & cooking time: 45 minutes

Ingredients

- 1 ½ cups dried chana dal beans*
- ¼ cup plant-based oil of your choice (except olive oil, sesame oil, or coconut oil)
- 1 tbsp vegetable bouillon
- 2 tsp masala powder
- ¼ cup tamarind pulp
- ½ cup regular coconut milk or ¼ cup plain unsweetened plant-based yoghurt
- White rice or starch of your choice prepared for 4–6 people

*Recommended—although you can substitute the lentil or bean of your choice

Curry base**

- 1 cup shallots, finely sliced
- 10 cloves peeled garlic, finely sliced
- 1 tbsp powdered turmeric
- 1 tsp chili powder or 2–4 dried chillies (seeds removed) OR paprika to taste

**Optional: for a spicier curry base add 1–2 Tbsp chili powder or 2–4 dried chillies (seeds removed) OR paprika to taste

Method

1. Combine chana dal beans or beans of your choice with about 6 cups of water in a medium saucepan. Bring to a boil and simmer, covered, over medium-low heat until beans soften (about 30–45 minutes depending on lentil or bean).
2. Once cooked, drain most of the liquid from the pan, leaving just enough to cover the beans. Add bouillon, stir, and keep simmering uncovered over low heat.
3. Combine tamarind pulp with ¼ cup water in a small bowl. Microwave for 1 minute. Stir to dissolve and microwave again if needed. Once most of the pulp is dissolved, separate tamarind liquid from seeds and bers. Set tamarind liquid aside.
4. Using either a mortar and pestle (recommended) or small food processor, combine all ingredients and puree until a paste forms. With a food processor, this should take less than a minute while using a mortar and pestle may take up to 5 minutes (but will be worth it!). The paste can be used right away or refrigerated for up to a week.
5. Heat oil of your choice in a small-medium saucepan. Once hot, add curry base and fry until golden brown (about 5 minutes).
6. Add masala powder to the base and continue to cook for an additional minute.
7. Add cooked base and ¼ cup of the reserved tamarind liquid to the pan of cooked beans and stir to combine. Bring to a simmer. The liquid should be thick and very aromatic.
8. Add coconut milk or yogurt to pan and stir. Bring back to a simmer.
9. Add salt to taste and serve hot over white rice or starch of your choice.

Tips:

- Try adding 1 cup diced tofu at Step 6 for added texture and protein.
- If you opt for mild curry base, try adding 1 cup of diced roma tomatoes, seeds removed after Step 4 for extra flavor. Cook for 5 minutes, or until tomatoes liquify, before moving to Step 5.
- For either curry base, try adding ¼ cup sliced fresh ginger or 2 Tbsp fresh ginger juice.
- If opting for a spicier curry base, use dried chillies like cayenne or arbol for spice and guajillo or mulato for texture and smokiness.

For more about Ka Hsaw Wa and the work of Earth Rights International, follow and connect with him on:

- Twitter: @earthrightsintl
- Instagram: www.instagram.com/earthjustice/
- Facebook: www.facebook.com/EarthRightsIntl/
- Website: www.earthrights.org
Healthy Quinoa Biryani
by Davinder Kumar, India

About Chef Davinder Kumar
Chef Davinder Kumar is not only well known for his great culinary passion, he is also an adventurous food connoisseur, who has travelled around extensively and regularly seeks the opportunity to explore the different kinds of cuisines while developing his gourmet knowledge.

An aficionado in the fine art of cooking to the gourmet’s delight, Davinder Kumar has been in this profession for more than four decades. He was the sole Indian representative in the International Cooking Festival held in Tokyo, Japan, in 1983 and was awarded a medal for his presentation of Indian cuisine. Presently Chef Kumar is Vice President – F&B (Production) at Le Meridien, New Delhi.

Chef Davinder Kumar is a portal dedicated to the ultimate presence of culinary perfectionism within the global environment keeping its presence of Indianness in his cuisine. Over the years he has been bestowed with several awards for his excellence in culinary art & contribution to the industry. He has also been conferred upon National Tourism Award for Best Chef of India by Ministry of Tourism. He has also authored several cookery books.

What inspires you to eat less meat?
Although I am a non-vegetarian, but being a Chef one has to be deeply involved in tasting all sorts of foods. Personally I preferred vegetarian food over non-vegetarian specially the local produce. As per my understanding I find vegetarian food a better option because:
- Some vegetables can be eaten raw, preventing the loss of necessary nutrients while cooking.
- Vegetarian foods do not contain as much fat as non-vegetarian food.
- Lots of vegetables have high medicinal value which lacks in non-vegetarian food.
- Plant based foods including bean, peas, nuts and seeds are rich in essential proteins.
- Vegetarian food helps in lowering the body weight and lower down the fear of being obese and not be conscious about their health and body.
- It helps to maintain cholesterol level which lowers down the risk of heart diseases. Vegetarian food controls and prevents diabetes.
- It prevents us from several types of cancer. Vegetarian food is a rich source of calcium, minerals, proteins, zinc, vitamin D, iron, vitamin 12, and iodine and omega-3 fatty acids.
- This diet controls depression, hypertension, anxiety and allergies.
- Due to deficiency of Calcium teeth and bones become weak and spongy. We get calcium from milk products and vegetable such as dark green vegetables, turnip, tofu, broccoli etc. which are rich sources of calcium.
- It reduces the risk of food poisoning.
- Vitamin K lowers down the excessive loss of blood. Green leafy vegetables, wheat bran and cheese are rich sources of vitamin K.
- We need sodium and potassium for the proper functioning of nerves and muscles and to maintain the balance of water in our body. Both of them are found in salt, cereals, pulses and fruits.

I am a firm believer in eating anything and everything that comes from a plant and avoid anything that comes from a processing plant.

Healthy Quinoa Biryani
Serves 2

Ingredients
- 125g quinoa
- 30g carrot (diced)
- 30g beans (diced)
- 30g asparagus (diced)
- 30g broccoli (diced)
- 20g green cardamom
- 2 tbsp olive oil
- 3 green cardamom
- 1 mace
- 2 black cardamom
- 1 cinnamon stick
- 150g onions (sliced)
- 1 tbsp ginger & garlic paste
- 1 tsp kashmiri chili powder
- 1 tsp turmeric
- 1 tsp garam masala
- Salt
- 2 tsp fried onion
- 1 tsp mint leaves (chopped)
- 1 tsp green coriander (chopped)
- A few drops kewra water

Accompaniments
- Raita / Mirchi ka salan

Method
- Wash and soak Quinoa for 30 minutes. Boil and keep aside.
- Boil water in a pan and blanch diced carrots, beans, asparagus, broccoli and green peas. Keep aside.
- Heat ghee/oil in a heavy bottom pan, add green cardamom, mace, black cardamom, cinnamon stick. Let whole spices infuse their flavor into the olive oil.
- Add onions, fry until golden brown in color. Add garlic paste, add blanched vegetables, kashmiri chili powder, turmeric powder, garam masala and salt to taste, simmer for a while.
- Add boiled Quinoa, mint, coriander, fried onions, kewra water, Cover with a lid and cook on dum (slow fire) for 5-6 minutes.
- Serve hot. Biryani can be served with either raita or mirchi ka salan.
About Chef Rohit Mahalley

Chef Rohit did his Hotel Management Degree from Nagpur and went abroad to explore cuisines internationally and further education in Hospitality field. Chef Rohit specialized himself in European cuisine from London, United Kingdom and worked with several 5 star brands like Jumeira, Sofitel, Park Inn etc. Chef Rohit is running a Pure Vegetarian in Nagpur, Maharashtra under name “Chef Rohit’s Pure Veg Family Restaurant”. The Restaurant aims to serve highest quality vegetarian food with friendly service and unique taste. It is an ideal place for vegetarians and is a tribute to Vegetarian society.

What inspires you to eat less meat?

In today’s world people become vegetarian because of one or more of the followings it may be because of religion, culture, ethics, environment, society, economy. There are a number of reasons to it, but it is considered that a vegetarian diet is considered to be a healthier diet than an ovo vegetarian diet as it provides all the essential nutrients that a body requires and also by having a vegetarian diet a human body is less prone to risk of diseases.

Today I am sharing my unique Indian vegetarian dish with the Spinach base. This dish is the part of Main Course in Indian cuisine. This dish is prepared with the easily available ingredients throughout the year. The key ingredient of this dish is Spinach. Spinach is rich in Vitamins, Minerals & Iron. In addition to Spinach, other ingredients like Garlic, American Corn compliments the dish & its flavour very well.

Lehsuni Corn Palak

Method

For onion paste
- Take non-stick pan on flame. Add oil make it hot on medium flame.
- Add sliced onion, bay leaf, black peppercorn and green cardamom saute it until half brown.
- Remove it from the pan let it cool and grind it into a fine paste – keep it separate.

For spinach puree
- Now take water in deep pot, bring it to boil. Add a pinch of salt. Blanch fresh spinach in the water.
- Drain the water. Make a fine puree from the blanched spinach and keep it separate.

For the main dish
- Take a non stick pan and add oil. Make it hot on a slow flame. Add the ginger garlic paste. Keep stirring and cook it for 2 to 3 minutes.
- Add chopped onion and cook it until the oil gets separated.
- Add chopped garlic and cook it for 1 minute.
- Now put onion paste into the pan and let it cook while stirring until oil gets separated.
- At this stage, add all the powder spices and cook them for 1 minute.
- Add corn kernels, stir, add spinach pure. Stir it until it is boiled. Season with generous amounts of salt.

Add butter and half quantity of fresh cream we have. Mix it well. Save remaining for garnish.

Transfer piping hot mouth-watering Lehsuni Corn Palak to a serving bowl and garnish with golden fried garlic and fresh cream.

You can serve this dish with hot butter Naan (An Indian Bread from Tandoor oven) or any regional hot bread with butter.

Lehsuni Corn Palak

Serves 4

Ingredients

- 200g sliced onion for paste
- 1 bay leaf
- 4 black peppercorn
- 2 green cardamom
- ¼ cup oil for onion paste
- 1 tbsp ginger garlic paste
- 2 cups spinach puree
- 1 cup corn
- ¼ cup chopped onion
- ¼ cup chopped garlic
- ½ turmeric powder
- 2 tsp red chilli powder
- 2 tsp garam masala powder
- ½ cup fresh cream
- 1 tbsp butter
- Salt to taste
- Roughly chopped Garlic chunks. Fry it until golden brown for garnish.

For more about Rohit, follow and connect with him on:

Facebook: www.facebook.com/crknagpur/
Twitter: twitter.com/crknagpur
Instagram: www.instagram.com/crknagpur/
Chargrilled Broccoli with cabbage, mustard mash, pine nuts and red wine jus by Billy Armstrong Thomson, The Netherlands

About Chef Billy Armstrong Thomson
Billy Armstrong Thomson has been cooking professionally and helping run kitchens, cafes and restaurants for the past 16 years. Billy grew up in Auckland, Aotearoa (NZ) in a small inner city farm house with an abundant vegetable garden, chickens and the seaside close by. He’s had a passion for cooking and creativity from a young age, with a lot of support from his family. Billy cheffed and ran cafes in New Zealand, Australia and in the UK for over 16 years before moving to the Netherlands to run his own establishment catering to Greenpeace International employees. Billy creates affordable and a conscious daily a la carte menu of 7-9 different seasonal, affordable, cruelty-free and of course tasty dishes alongside his fiancé Lucienne. The menus are seasonal and on availability only.

What inspires you to eat less meat?
Now comes the time we need to share some of our recipes and approaches in the re learning a different approach to the way we eat, Responsible sourcing and share one of the most essential parts of day to day life, good quality and thoughtful food! I hope you enjoy making our meals and are excited to join in amongst the movement of the positive food revolution!

Chargrilled Broccoli with cabbage, mustard mash, pine nuts and red wine jus | Serves 4
This here is a fantastic dish during the colder months, hearty and an array of texture and flavors to really make the heart sing.

Ingredients

For the jus:
- Olive oil
- One small brown onion (diced)
- One small carrot (diced)
- 6 leaves of rosemary
- One small clove garlic (diced)
- 6 white button mushrooms sliced
- 125ml red wine
- 75ml coffee
- 1 tbsp rolled oats
- 5 tbsp maple syrup
- 4 tbsp soy sauce
- 250ml vegetable stock

For the mash:
- 6-8 medium sized potatoes suitable for mashing
- 1 tbsp of whole grain or Dijon mustard (optional)
- Olive oil
- One clove of garlic diced
- 100ml almond/oat/soy milk

Other ingredients:
- One large head of broccoli
- ½ a white cabbage, sliced 1cm thick
- 2 tbsp of toasted pine nuts
- Fresh parsley

Method
- First up, you will need two saucepans and a char grill, fill one of your saucepans with water and bring to the boil. In the other put a tablespoon of olive oil on a medium low heat and add the onion, carrot and rosemary and sauté until soft.
- Add the garlic and mushrooms letting the aroma greet your nose then add the remaining ingredients and bring to a low heat. Now, there are some quite strange ingredients to some in here, coffee? Maple? Oats?? I know it’s not breakfast but if one there is one thing I have learnt it’s being open to recreate some flavors we have all been led to believe are of no cost to the well being of the planet. The coffee creates a background flavor that has a beautiful earthy contrast to the sweet maple and wine, the saltiness from the soy adds a further dimension. The oats help create a gelatinous viscosity so it really sticks to whatever lucky vegetable is mopping up this delicious sauce.
- After 25-35 minutes this sauce should be a nice consistency and can be put aside until serving.
- In the boiling pot, add a good pinch of salt, cut the tail end off the broccoli and lifting it up cut cut into 1/4s down the stem. Put these gently in the boiling water for 45-60 seconds, then taking out and placing on a clean tea towel to dry. Do the same with cabbage.
- Once the boiling water is free add the potatoes and boil until soft. Remove from the water (I use the water to fill your sink so you can recycle the hot water to do the dishes)
- Put the saucepan back on a low heat and add the olive oil and garlic, then the mustard and milk of choice. Add the spuds and mash them up with some salt and pepper.
- Have your char grill pan have on a high heat, rub olive oil into the cabbage and broccoli and cook on each side/surface for about 45-60 seconds—the cabbage less than broccoli as the broccoli will have 3 sides. Season generously.
- Please note! If char grill is not something you have handy, a fry pan is fine, just bring to a high heat and flash all ingredients in a pan with a dash (2 tablespoons) of white wine when it’s almost cooked.
- I like to put the mash down, followed by cabbage, broccoli then a scattering of toasted pine nuts and fresh parsley. Be sure to fill your gravy boat with this amazing sauce as it will have the whole team coming back for more!!
About Sonia Astudillo

Raw food advocate and vegetarian Sonia Astudillo wants to disabuse people of the thought that eating healthy is expensive and complicated. When she chose this lifestyle, she started with just a spoon, fork and a good knife. Plus, a coconut opener. The shift was gradual and certainly not difficult for Sonia as she had been a vegetarian since 2005 before embracing her advocacy for raw food in 2013. Since then, Sonia has gone from living healthy to preaching about it. She conducts three-hour group classes on raw food to a mixed group of students, professionals, senior citizens and people with health conditions.

What inspires you to eat less meat?

Simple, raw vegan dishes are easy to prepare. You only need very basic ingredients that are available in your kitchen. Vegetables, fruits and nuts are not at all pricey. Since raw food is so much easier to digest, much of our energy can then be channeled to healing our body. Aside from the personal benefits, you are also supporting your local farmers.

Raw Yogini Brownies

by Sonia Astudillo, Philippines

Ingredients

- 1 cup pili nuts*, soaked and dehydrated
- 1 cup dates
- 5 tbsp raw cacao
- 2 tbsp coconut sugar
- ¼ tsp salt

*If pili nuts are difficult to find, you can substitute them for walnuts.

Method

Process pili nuts in a food processor. Add in the dates and process some more. Add all the other ingredients and continue processing until the desired consistency is achieved. Makes a small tray of brownies.

For more about Sonia, follow and connect with her on:
- Facebook: facebook.com/rawyoginisonia
- Instagram: Instagram.com/rawyoginisonia
- Blog: Rawyoginisonia.com
About Cristina Barros

Originally from Mexico City, Cristina Barros is a teacher in Literature at the Universidad Nacional Autónoma de México (UNAM, in Spanish), and is dedicated to the study of Mexican cuisine. She has been awarded the title of Chévalier by the Académie Culinaire de France. She is also a member of the Union of Scientists Committed to Society (UCCS, in Spanish) and a member of the campaign Without Maize There Is No Country. Cristina stands out for her great contribution to the investigation of indigenous cuisine, as well as the resurrection of old books of national cuisine, edited by CONACULTA in 2009, whose works place Mexican cuisine within art, history and culture.

Milpa's Soup

by Cristina Barros, Mexico

What inspires you to eat less meat?

I’ve decided to reduce my consumption of meat, especially beef, because I believe that raising these animals, especially in the case of intensive livestock, is contrary to nature, highly polluting and requires significant amounts of water. Large tracts of land that are deforested for this purpose are also used. Those are major damages that affect us all, when only very few of us can consume this food that is not as healthy as it is thought.

Ingredients

- ½ an onion
- 1 corn on the cob
- ¼ kilo of mushrooms
- 2 tender zucchini
- ½ kilo of swiss chard
- One bunch of coriander
- Salt

Method

Cut the zucchini, the mushrooms and the chards (previously washed). Slice the corn on the cob to use the grains. Chop the onion finely and fry it in a pot with a spoon of olive oil over medium heat until the onion becomes transparent; then add the zucchini, the mushrooms, the chards and the corn, and fry it for five minutes. Pour in 1 ½ litres of hot water and salt. When it has come to a boil, add the coriander and let it cook for five more minutes. Turn it off, and leave it on the side for a moment. Serve it hot. It can be dressed with tortillas and guacamole.

Milpa's Soup

in Mexico

This soup is prepared in Mexico, especially in the summer, when the milpa is ready to be harvested. The Milpa is the traditional polyculture system where corn, zucchini, chili, and beans are grown, as are various edible vegetables that we call “quelites”. I have made some adaptations, taking into account people living outside the country, for example, I changed epazote to coriander, and quelites to chard.
Spicy braised tofu with turnip
by Song Jung Eun and A Flower Blossom on the Rice team, South Korea

About Song Jung Eun and A Flower Blossom on the Rice

Song Jung Eun is dedicated to raising awareness on local food systems and sustainability by creating wholesome, healthy meals that are both pleasing to the eyes and satisfying to the stomach. Song is a chef at A Flower Blossom on the Rice, a Korean restaurant located in Insadong, Seoul, serving locally grown and organic ingredients. Song and the team at A Flower Blossom on the Rice believe that cooking starts when nature nourishes us through the hands of farmers. All the ingredients come to the restaurant with a sense of origin and pride. Their recipes are designed to bring out the best of each and every ingredient in the most natural form. The restaurant was featured in Michelin Guide Seoul, 2018.

What inspires you to eat less meat?

My child suffered from food allergies throughout her childhood. No doctor could help her. After months of investigation, I realized that our food system is broken. This disturbs the ecosystems, which in turn has disturbed the health of our children. Our family stopped eating meat completely, and replaced all food items with organic ones. The result was remarkable – my child was fine without her medicine in three months time. My personal quest for healthy eating has been continuous since then (her child is now 23). Healthy eating begins with taking care of nature and appreciating the good food our soil offers us.

What inspires you to eat less meat?

Spicy braised tofu with turnip
Serves 4

This popular Korean tofu dish is perfect for anyone who is looking for a savory side dish to eat alongside rice or noodles. It is easy to make and can be prepared in a matter of minutes. The sugar adds a subtle sweetness to the dish and the dried chili powder adds a little spicy kick. Throw in an extra teaspoon or two if you want more heat. This menu is delicious eaten hot or cold and actually tastes better when you eat it the next day.

Ingredients

- 400g firm tofu
- 1/3 white radish
- Marinade:
  - 140g Soy sauce
  - 10g minced garlic
  - ½ spring onion
  - 40g sugar
  - 40g dried chili powder
  - Water

Method

1. Cut tofu into slabs and remove excess water out by draining on a sieve or tapping dry using a paper kitchen towel. Sauté tofu on a pan drizzled with cooking oil until golden brown. Slice white radish into 1cm thick semi circles and julienne spring onion. Mix soy sauce, minced garlic, spring onion, sugar and dried chili powder to create a flavorful marinade.
2. Place sliced white radish on a pan, layer with tofu and evenly spread marinade. Add water until all the ingredients are covered. Cook over high heat and reduce to medium heat when water starts to boil. Cook until radish becomes soft and well marinated.

For more about A Flower Blossom on the Rice, follow and connect with them on:
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- Facebook: www.facebook.com/198109327215928
- Website: kottbob.modoo.at