



5 Fast and Fabulous Plant Based Meals

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COOK BOOK

The following are a selection of recipes from...

healthy home café



organic wholefood
cooking school
& blog

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red lentil soup with tomatoes and zucchini

from healthyhomecafe.com

prep time	cook time	serves
5 mins	20 mins	4

what you will need

- 1 tablespoon extra virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 x 400g tin diced tomatoes
- 2 medium (200g) zucchinis, diced
- 175g (3/4 cup) red lentils
- 1 litre (4 cups) vegetable stock
- A handful (50 grams approx.) baby spinach leaves
- 1/4 cup fresh basil (or other fresh herbs), roughly chopped

here's how

- 1 Heat a large saucepan over medium heat.
- 2 When hot, add the oil, onion and garlic and cook, stirring often, for 5 minutes or until onion softens.
- 3 Add the tomatoes, zucchinis, lentils and stock and bring to the boil.
- 4 Reduce heat to low and cook, stirring occasionally, for 20 minutes or until the lentils are tender and the soup thickens.
- 5 Add spinach leaves, stir and allow to wilt with the heat of the soup.
- 6 Taste and season with pepper as required.
- 7 Serve sprinkled with fresh basil, coriander, mint, parsley or chives.

helpful notes

Store in fridge for up to five days, or freeze if wanting to keep for longer



cauliflower, red lentil and coconut soup

from healthyhomecafe.com

prep time cook time serves

10 mins 20 mins 4-6

what you will need

- 1 large brown onion, diced
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin (or more if you like)
- 1 medium cauliflower (approx 1 kilogram), roughly chopped
- 1 cup red lentils
- 2 cups vegetable or chicken stock
- 2 cups water
- 1 cup coconut milk
- fresh coriander, garnish

here's how

- 1 Heat a large pot over medium heat.
- 2 When hot add onion and oil and saute for 4-5 minutes or until soft and starting to brown.
- 3 Add garlic, turmeric and cumin and cook for a few minutes, then add cauliflower, lentils, stock and water.
- 4 Cook for 10-15 minutes, until cauliflower is soft and red lentils are cooked.
- 5 Transfer to a food processor and blend until smooth.
- 6 Return to pot and stir through coconut milk.
- 7 Serve garnished with coriander.

helpful notes

Store in fridge for up to five days, or freeze if wanting to keep for longer



why should I cook with lentils?

They are cheap, filling, easy to use, very versatile and very, very nutritious!

In fact they are:

A valuable source of protein

High in fibre to keep your bowels healthy and reduce your risk of bowel cancer

A good source of soluble fibre which can help to lower LDL cholesterol levels

A low GI carbohydrate food

An important source of B-group vitamins

A source of the minerals iron, zinc, magnesium and calcium

An excellent source of phytonutrients (powerful plant antioxidants)

A very small but relevant source of essential omega-3 fats

Low in saturated fat

Low in calories or kilojoules

And the same can be said for most other legumes (dried beans and chickpeas), in fact!

Plus red lentils cook quickly and just 'melt' into whatever they are cooked in

So those 'fussy eaters' won't even know they are there!

helpful notes

Red lentils are available from supermarkets, Indian grocery stores, some Asian grocery stores and health food stores

They come dry in packets and do not need to be soaked before you cook them

And they take only 10-15 minutes to cook

Photo opposite: uncooked red lentils



black bean soft tacos with guacamole

from healthyhomecafe.com

prep time	cook time	serves
10 mins	5 mins	4

what you will need

1 x 400 gram tin of black beans (or 1½ cups of home cooked beans of any type)

1 x 453 gram jar of salsa - I used Mission Chunky Salsa

1 packet of your favourite wholegrain wraps

¼ small red cabbage (approx 200 grams or 2 cups), finely shredded

2 medium carrots (approx 2 cups lightly packed), grated

½ bunch fresh coriander or mint, roughly chopped

juice of 1 lime

1-2 tablespoons extra virgin olive oil

1 large ripe avocado

or ½ batch of my fully-loaded guacamole
(recipe at healthyhomecafe.com)

salt and pepper to taste

a small handful of spinach leaves, optional

50 grams feta cheese, optional

here's how

- 1 Drain and rinse black beans.
- 2 Add the entire jar of salsa to a medium saucepan, then rinse salsa jar with about 1 tablespoon of water and add to saucepan. Add drained beans and mix together.
- 3 Heat over a low heat, stirring constantly, until the mix starts to bubble around the edges (note: you don't need to cook it as both ingredients are already cooked, so just heat through).
- 4 Meanwhile, prepare the super-quick 'slaw:
Combine finely shredded red cabbage, grated carrot and coriander together in a bowl
Add lime juice, olive oil a pinch of salt and some pepper and mix together.
- 5 If not using pre-made guacamole, slice avocado and put onto a serving plate.
- 6 Transfer bean mix to a serving bowl and place on the table with all other ingredients.
- 7 Allow everyone to construct their own soft tacos.

helpful notes

'Slaw and guacamole can be made several hours, or even a day in advance

For a vegan option – use fresh avocado or make guacamole without the feta – you could add a little nutritional yeast instead!





black bean chilli

from veggie-licious autumn winter cookbook

prep time	cook time	serves
10 mins	10 mins	4

what you will need

- 1 tablespoon extra-virgin olive oil
- 1 medium red onion, diced
- 2-3 cloves garlic, crushed
- 5-6 medium flat mushrooms, sliced
(I love the Swiss brown ones)
- 2-3 teaspoons Mexican chilli powder (I like Spice & Co)
- 1 x 400 gram tin black beans,
drained and rinsed (or use 240g or
1 1/3 cups cooked)
- 500 gram jar pasta sauce
- 1 cup water or vegetable stock
- freshly ground black pepper, to taste
- fresh coriander, for garnishing

here's how

- 1 Heat a large frying pan over medium heat.
- 2 When hot add the olive oil and onion; sauté for 2 minutes, until onion softens.
- 3 Add garlic, and mushrooms and sauté for 3-4 minutes.
- 4 Add spices, then add beans, pasta sauce and water or stock.
- 5 Bring to the boil, then turn down to a simmer and cook for 3-4 minutes.
- 6 Serve on top of polenta, pasta or a mixture of quinoa and rice or barley, garnished with fresh coriander.
- 7 To complete the meal, include a side of greens (beans, broccoli etc) or salad.

helpful notes

Add other vegetables like carrot, zucchini, pumpkin, eggplant or red capsicum.

Baby spinach leaves can be stirred through at the end.

Red kidney beans (also high in antioxidants) can be used in place of black beans, as can cannellini beans, any other beans, chickpeas or 4- / 5-bean mix.

In place of pasta sauce you can use 1 x 400 gram tin tomatoes + 2 tablespoons tomato paste

Alternative ways to serve chilli:

Serve in a wrap with avocado and salad

Serve on a baked sweet potato or with sweet potato wedges (delicious!)

To make your own chilli mix: 1 teaspoon dried oregano + 1 teaspoon sweet paprika + 1/2 teaspoon cumin + 1/2 teaspoon cinnamon + 1/4 teaspoon chilli powder

why cook with black beans?

Not only are black beans very low GI (30) but they are a virtually fat-free protein source and are high in fibre

They also contain more antioxidants than almost any other bean

Antioxidants destroy free radicals, which are highly active (damaging) molecules in the body whose excess has been linked to heart disease, cancer and premature ageing

Black beans are my favourite beans to cook with

I use them in veggie burgers, soups, salads and just love them in chilli

In fact I make this very recipe VERY often as it is so quick, easy and deeelicious!

They are very popular in Mexico where they eat them several times a day—even for breakfast!

helpful notes

Black beans are available from supermarkets, Indian grocery stores, some Asian grocery stores and health food stores

They come dry in packets or cooked in tins

You will need to soak the dry black beans overnight before you cook them

Photo opposite: uncooked black beans



quick chickpea curry

from healthyhomecafe.com

prep time	cook time	serves
10 mins	20 mins	4

what you will need

- 1 tablespoon extra virgin olive oil
- 1 large brown onion, sliced or diced
- 2 cloves garlic
- 2 tablespoons of a mild curry powder
- 1½ - 2 cups coconut milk
- 1 tablespoon cornflour
- 1½ cups vegetable or chicken stock
- 400 gram tin of diced tomatoes
- 3 cups cooked chickpeas, or 2 x 400 gram tins drained and rinsed
- 2 cups+ of your choice of vegetable or mixed vegetables
- 1 cup frozen peas
- 2 large handfuls (50 grams approx) baby spinach leaves
- ½ cup fresh coriander leaves, roughly chopped

here's how

- 1 Heat a large frypan over medium heat
- 2 When hot, add the oil and onion and cook for 5 minutes, or until soft.
- 3 Then add the garlic and cook for 1 minute.
- 4 Add the curry powder, cook for 1 minute, then add $\frac{1}{4}$ cup coconut milk and cook for 2-3 minutes.
- 5 Sprinkle in the flour, stir, then gradually add $\frac{1}{4}$ cup coconut milk and mix until smooth.
- 6 Add 1 more cup of coconut milk, along with the chicken stock, tomatoes, chickpeas and vegetable/s.
- 7 Simmer for 10 minutes, stirring occasionally, or until vegetables are cooked.
- 8 Add peas and spinach leaves and stir through.
- 9 Add the extra $\frac{1}{2}$ cup coconut milk if the curry is too thick for your liking.
- 10 Remove from heat. Serve topped with fresh coriander.

helpful notes

Use your choice of vegetable or mixed vegetables -

e.g. green beans, cauliflower, zucchini, eggplant, pumpkin

Note - any vegetables that take a long time to cook, like eggplant and pumpkin, cut them small to reduce cooking time

Store in fridge for up to five days, or freeze if you want to keep for longer



why are chickpeas good for me?

Chickpeas are a wonderful source of many important nutrients we need for optimal health.

This includes the macronutrients carbohydrate and protein as well as micronutrients such as iron, folate, magnesium, manganese and zinc.

In fact chickpeas are a very low GI carbohydrate food, which means they provide a very slow release of energy, which is the best way to fuel your body, plus they help to keep you full for a good length of time.

Chickpeas are an excellent source of fibre, and in fact contain all three different types of fibre – insoluble, soluble and resistant starch. Soluble fibre and resistant starch are important food sources for the healthy bacteria in your gut, helping them to produce important short chain fatty acids (SCFAs) like butyrate which reduces your risk of bowel (colon) cancer. Soluble fibre can also help to lower LDL (called the ‘bad’) cholesterol levels in your body

Chickpeas are also an excellent source of many different types of antioxidants and phytonutrients that reduce oxidative stress in the body which can cause damage to cells and organs and speed up the ageing process. Quick, give me some chickpeas!!

how to buy chickpeas

Chickpeas are available from supermarkets, Indian grocery stores, some Asian grocery stores and health food stores

They come dry in packets or already cooked in tins

You will need to soak the dry chickpeas overnight before you cook them

Photo opposite: uncooked chickpeas



If you have enjoyed the recipes in this book and would like to
know more about how to cook with legumes, eat more
vegetables along with many more of my delicious plant based
recipes, check out my two e-cookbooks:
“veggie-licious autumn winter” and
“veggie-licious spring summer”

Details at healthyhomecafe.com

