



kale's kitchen

ESSENTIAL FAMILY FAVOURITES

VEGAN & ORGANIC RECIPES



Content

04 Main Course

07 Sticky tofu bowl

09 Potato Kale Stew

10 Snacks & dips

13 Baba Ganoush

15 Roasted Chickpeas

18 Breakfast

19 Greakfast Granola

20 Banana Porridge

21 Dessert

22 Avocado chocolate Mousse

23 Banana Carrot Cake

24 On the Go

26 Banana Smoothie

28 Coconut Granola Bars

29 Lunch

30 Cucumber & Potato Salad

31 Warm Avocado Toast

MAIN COURSE

MAIN COURSE

/,meɪnˈkɔːs/ | *noun*

1. plural noun: **main courses**
2. the most substantial course of a meal. "it is vital to have a light first course and pud on either side of a heavy main course"



Sticky tofu bowl with broccoli


2 servings


30 min


634 kcal


Normal

The fragrant jasmine rice, crunchy smoked tofu and spicy savory sauce, takes me back to the days my grandma and I, would browse through her cookbooks on a quest for new exciting recipes to cook, she especially enjoyed the east asian cuisine, having a newfound love of trying foods from other cultures..

Ingredients

- 120 g Jasmine Rice
- 200 g Smoked Tofu
- 4 tbsp. Cornstarch
- ½ Broccoli head
- 2 Garlic Cloves
- 2 tbsp. Sunflower Oil
- 1 tbsp. Lime Juice
- 2 tbsp. Ginger, grated
- 2 tbsp. Soy Sauce
- 2 tbsp. Wine Vinegar
- 1 tbsp. Sesame Seeds
- 1 tbsp. Crushed red pepper

Method

Prepare the rice according to the package instructions.

Dab the tofu dry with a paper towel, cut into small cubes and combine in a bowl with the cornstarch.

Separate the broccoli into florets, and peel and finely chop the garlic.

Heat up 1/2 of the sunflower oil in a pan over medium heat. Fry the tofu cubes on all sides for approximately 7 minutes until golden brown and crispy.

For the sauce, combine the remaining oil, lime juice, ginger, soy sauce, garlic and vinegar. Simmer over medium heat for approximately 7 minutes until the sauce starts to thicken.

Boil the broccoli florets in a small pot of water over high heat for 3 minutes.

Add the tofu back to the pan and cover with the sauce
Drain the broccoli, combine it with rice and tofu in a bowl. Season with crushed red pepper and sesame seeds.

Serve, Eat & Enjoy!



Potato Kale Stew with chickpeas


2 servings


35 min


558 kcal


Easy

This Potato Kale Stew isn't as hearty as the name suggests. Instead, it's super creamy thanks to the almond butter, soy sauce and vegetable broth. Fun fact: Kale is a typical winter vegetable. It's flavors really unfold once it's been exposed to cold temperatures for some time. This dish pairs perfectly with white rice, give it a try!

Ingredients

- 450 g Potatoes
- 2 tbsp. Olive Oil
- 1 tsp. Ground Cumin
- 50 g Fresh Kale
- 250 g Canned Chickpeas
- 1 pc. Onion
- 1 pc. Garlic Clove
- 1 tbsp. Almond Butter
- 1 tbsp. Soy Sauce
- 200 ml Vegetable Broth
- Pinch of salt, to taste

Method

- Preheat the oven to 395°F (200°C).
- Wash and cut the potatoes into bite-sized pieces
- Combine the potatoes with 1/2 of the olive oil. Season with salt and cumin, bake the potatoes for approx. 30 minutes.
- With 10 minutes of cook time remaining, add the kale to the baking sheet
- Pour the remaining olive oil in a pan and sauté the on-ion cubes over medium heat for approx. 5 minutes.
- In the meantime, combine the almond butter, soy sauce and vegetable broth together.
- Crush and add the garlic to the pan, season with cumin and sauté for 1 additional minute.
- Deglaze with the vegetable broth mixture and add the chickpeas. Simmer over low heat for approx. 8 minutes.
- Mix in the kale and potatoes.
- Serve, Eat & Enjoy!

SNACKS & DIPS

SNACK

/snak/ | *noun*

1. noun: **snack**; plural noun: **snacks**
2. a small amount of food eaten between meals. "not many people make it through to the evening meal without a snack"



Baba Ganoush with flatbread


2 servings


55 min


386 kcal


Easy

This delicious eggplant cream, known as Baba Ganoush, can also be prepared on the grill! In that case, simply place the whole eggplant on the grill. Once the part touching the cooking surface starts to turn black, remove it from the grill. Once it cools down, you'll be able to remove the skin from the eggplant with your fingers.

Ingredients

- 1 Eggplant
- 1 Garlic Clove
- ½ Cucumber
- 2 Pita Bread (vegan)
- 15 g Tahini
- 1 tsp. Lemon Juice
- 2 tbsp. Olive Oil
- Parsley, to taste
- Salt & Pepper, to taste
- Ground Cumin, to taste
- Paprika Powder, to taste

Method

Preheat the oven to 180°C / 360°F.

Cut the eggplant in half lengthwise and place the halves cut-side down on a baking sheet lined with baking paper.

Roast the eggplant on the middle rack for approx. 35 minutes.

In the meantime, peel the garlic clove and cut the cucumber into sticks.

Let the eggplant cool for approx. 10 minutes and then use a spoon to scoop out the flesh.

In the meantime, heat the pita bread according to the package instructions.

In a food processor, combine the eggplant flesh with the garlic, tahini, lemon juice, salt, pepper, cumin, paprika powder, olive oil and parsley. Purée until creamy.

Serve, Eat & Enjoy!



Roasted chickpeas with paprika


2 servings


47 min


239 kcal


Easy

Chips are essential for a movie night. The only problem is, once you start, it's hard to stop! Plus, chips and similar snacks are empty calories. Our solution: Roasted Chickpeas. They'll supply you with plenty of plant-based protein and valuable fiber. So, go ahead, enjoy your movie night without feeling guilty about what you're snacking on!

Ingredients

- 2 tsp.** Olive Oil
- 1 tsp.** Lime Juice
- 265 g** Canned Chickpeas
- To taste** Cumin
- To taste** Garlic Powder
- To taste** Paprika Powder
- To taste** Salt

Method

- Preheat the oven to 175°C / 350°F.
- Drain the chickpeas in a sieve and rinse with water.
- Dab dry with a paper towel and then place in a bowl.
- Add the olive oil, lime juice and the remaining seasonings to the bowl and mix well.
- Spread the chickpeas out over a baking sheet covered with baking paper.
- Roast the chickpeas on the middle rack for approx. 40 minutes in the oven.
- Serve, Eat & Enjoy!



Get a taste

If you open the pages to this book, you'll find yourself immersed in an authentic array of vegan & organic recipes deeply anchored within my family, with notes from all over the world, chosen by Grandmother Kale.

This cuisine bursts with aromatic and vibrant flavours that pop and dance on your palate and will keep you coming back for more.

Melanie Kael



9 780201 379624