

9 PLANT-BASED RECIPES



FOREWORD

On the first sunny days of the year, none of us wants to spend hours in the kitchen - after all, there is so much to discover outside!

ProVeg chef **Theofano Vetouli** has put together nine delicious recipes for you. Filled with plant-based goodness, these easy-to-make dishes will impress your friends and delight your loved ones. From a vegan alternative to devilled eggs to a chickpea-and-asparagus omelette to a healthy fondant made with chocolate drops, there's something for everyone here.

Have fun with the recipes!

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- 08** Carrot cake with vegan cream-cheese frosting
- 09** Classic vegan panna cotta

The image features three slices of toast on a wooden cutting board. The top slice is topped with sliced cherry tomatoes, pumpkin seeds, and chives. The middle slice is topped with sliced bananas, blueberries, and sesame seeds. The bottom slice is topped with sliced avocados, chives, and sesame seeds. A small white bowl filled with pumpkin seeds and a sprig of parsley is on the left. The background is a light blue-grey textured surface.

01

APPETISERS



Time: 35 minutes

Servings: 5

SWEET POTATO FRITTERS WITH APPLE RAITA DIP

These sweet potato fritters are easy to make, and have a touch of ginger and coconut. Serve them with a soya-yoghurt raita dip, made with sweet apples and cinnamon, for a perfectly tasty appetiser.

Ingredients

For the fritters:

400 g	sweet potatoes
2	spring onions
2 tsp	ginger
1 tsp	coriander powder
5 tbsp	cornstarch
1 pinch	chili powder, more to taste
	Salt, to taste
3 tbsp	refined coconut oil

Instructions

For the fritters:

Peel and grate the sweet potato and place in a bowl. Thinly slice the spring onions, finely grate the ginger, and add both to the bowl.

Add the coriander powder, cornstarch, chilli powder, and salt. Mix and gently massage the fritter mixture with your hands, until well combined and slightly sticky.

In a medium pan, heat the coconut oil on medium-high. Add spoonfuls of the mixture to the hot oil and fry the fritters until golden on each side. Remove the fritters from the pan and place on kitchen paper to absorb the oil for a few minutes before serving.

More ingredients and instructions on the next page...



Coconut oil makes the fritters crispy, but another light frying oil such as sunflower oil can be used instead.

Ingredients

For the raita:

- 1** apple
- 300 g** Soya yoghurt
- ½** lemon, juice and zest
- 1 pinch** cinnamon
- 1 pinch** salt

To serve:

- Fresh coriander,
- To taste*

Instructions

For the raita:

Peel and grate the apple and put it in a bowl. Add the soya yoghurt, lemon juice and zest, cinnamon, and salt, and mix well. Keep the raita chilled until serving.

To serve:

Serve the fritters on a platter with the apple raita and add some fresh coriander if you wish.



Time: 45 Minutes + 4
hours to cool
Servings: 8

VEGAN DEVILLED POTATOES

Tender roasted potato bites, loaded with a luscious chickpea-and-mayonnaise paste with an 'eggy' touch, This vegan alternative to deviled eggs is completely delicious.

Ingredients

For the potatoes:

1200 g new potatoes (small,
thin-skinned potatoes)

salt, to taste

2 tbsp olive oil

1 pinch black salt

Tandoori spice or hot
paprika, to taste

For the chickpea cream:

220 g chickpeas, *cooked*

4 tbsp vegan butter or coconut
fat, melted,

3 tbsp

vegan mayonnaise
(choose without soya for
a soya-free dish)

½ tsp

Black salt

2 tbsp

nutritional yeast

1 pinch

Turmeric powder
(optional, for colour)

To decorate:

**1 small
carton**

Cresse

Crushed pink pepper

Instructions on the next page...



Instructions

Put potatoes in a medium-sized pot and cover with water. Add some salt and cook over a medium heat until potatoes are just tender – about 10-15 minutes.

Once ready, reserve 3 potatoes for the paste, and let the rest of the potatoes cool.

In a blender, process the chickpeas and melted vegan butter until a smooth paste forms. Add the mayonnaise, black salt, nutritional yeast, and turmeric, and blend again. Skin the reserved potatoes, cut into small pieces and add to the mixture while blending.

Leave the mixture in the fridge for at least 4 hours to firm up.

Halve the cooked potatoes, brush them with some olive oil, and sprinkle with smoked salt and tandoori spice.

Place in a baking pan and roast in the oven for 15 minutes, at 170°C, until golden.

Take out of the oven and let cool on a serving plate.

Top the potatoes with the chickpea cream, using a piping bag. Sprinkle with cress and fresh ground pink pepper and serve.



02 SALADS



Time: 15 Minutes

Servings: 4

CHICKPEA SALAD WITH BEETROOT AND MINT

A fresh and delicious chickpea salad that is easy to prepare and surprisingly filling, thanks to the chickpeas. Can also be served as a light meal.

Ingredients

For the salad:

425 g	chickpeas, cooked
250 g	beetroot, cooked
15 g	fresh mint
30 g	fresh parsley
1	small onion
1	jalapeño pepper
1	garlic clove
300 g	cherry tomatoes

Instructions

For the salad:

Rinse and drain the chickpeas and put them in a salad bowl.

Cut the beetroot into small cubes and add to the chickpeas.

Finely chop the mint, parsley, onion, jalapeno pepper, and garlic clove, and add to the bowl.

Halve the cherry tomatoes and mix everything together.

More ingredients and instructions on the next page...



Ingredients

For the dressing:

60 ml	olive oil
3 tbsp	lemon juice
5 tbsp	apple cider vinegar
	salt, to taste
	pepper, to taste

Instructions

For the dressing:

Mix all the dressing ingredients well and add to the salad. Serve in glasses and decorate with mint leaves.

If you can find baby chard or spinach, you can also make this salad raw instead of braised.



Time: 15 Minutes
Servings: 5

BRAISED SWISS-CHARD SALAD WITH WALNUTS AND BEETROOT AND A TAHINI DRESSING

Warm salad made with braised, tender swiss chard and beetroot and topped with a pink tahini dressing and walnuts. It is super nutritious, aromatic, and colourful. It tastes amazing, and looks absolutely gorgeous.

Ingredients

For the salad:

300 g	colorful Swiss chard
2	small beets
1 tbsp	olive oil
1 tsp	ginger
1 pinch	salt
½ tsp	lemon zest

Instructions

For the salad:

Wash and roughly chop the swiss chard stems and leaves separately. Wash and peel the beetroot and cut into thin slices.

In a pan, heat up the olive oil and add the chopped stems, the beetroot slices, and the chopped ginger. Stir and cook over medium heat for a couple of minutes.

Then add the chopped leaves, a pinch of salt, and the lemon zest, and continue braising for 2-3 minutes, while stirring the mixture together.

Remove from the heat and set aside while you prepare your dressing.

More ingredients and instructions on the next page...



Ingredients

For the Dressing:

200 g	vegan quark
1 tbsp	Tahini
1	Small beetroot, cooked or raw
1 tbsp	lemon juice
1 tbsp	nutritional yeast (optional)
¼ tsp	salt, to taste

For the topping:

50 g	walnuts
	Coloured peppercorns, freshly ground

Instructions

For the dressing:

In a mixer or blender, combine all ingredients for the dressing and process into a smooth and vibrant, pink, creamy consistency.

Serve the warm salad with generous spoonfuls of dressing over it and finish with chopped walnuts and the freshly ground peppercorns.



03 MAIN DISHES



The ratio of regular
tofu to smoked
tofu can be
adapted to your
preference.

Time: 90 Minutes
Servings: 7

WALNUT-AND-TOFU ROAST

This plant-based version of meatloaf is ideal for holiday celebrations or a formal dinner. It is packed with protein, is easy to cut into thick, firm slices, and is very filling.

Ingredients

200 g	walnuts	½ tsp	salt
1	onion, quartered		Pepper, to taste
250 g	roasted red peppers, drained	1 tbsp	Yeast extract (alternatively: 1 tbsp nutritional yeast + 1 tbsp soya sauce)
400 g	regular tofu		vegetable stock powder
200 g	smoked tofu	2 tsp	gluten flour
½ tsp	thyme, dried	50 g	Bread crumbs
½ tsp	marjoram, dried	150 g	
¼ tsp	rosemary, dried OR 1 tbsp fresh and finely chopped		
¼ tsp	basil, dried		
¼ tsp	sage, dried		

Instructions on the next page...



Instructions

Using a food processor, blend the walnuts to a fine crumble. Add onions and process again to make a paste.

Continue processing while adding the peppers, tofu, and seasoning.

If necessary, scrape down the inside of the blender with a spatula to ensure that the mixture is uniform and well blended. Taste and adjust seasoning as needed.

Transfer mixture into a bowl, add the gluten flour and breadcrumbs, and knead for a few minutes.

Transfer the mixture into a bread pan and bake for about 75 minutes at 150°C.

After baking, wait for the loaf to cool down before removing from the pan.

Place on a serving dish, cut into slices, and serve with your favourite sauce and sides.

As it cools, the loaf will firm up and slice more easily. For best results, prepare the loaf a day ahead, cool overnight, and heat up again before serving.



The recipe offers space for improvisation with different veggies and other additions such as mushrooms or veggie sausages!

Time: 30 Minutes
Servings: 4

ASPARAGUS AND CHICKPEA FRITTATA

A vegan take on the classic frittata, made with chickpeas and spring greens, this chickpea frittata is filled with fresh asparagus, spring onions, chives, and spinach.

Ingredients

120 g	chickpea flour	4	spring onions
½ tsp	Kala Namak	200 g	green asparagus
2 tbsp	nutritional yeast		salt and pepper, to taste
1 tsp	egg replacer	2 tbsp	chives, chopped
1 tbsp	flour (any type)	2 handfuls	spinach
1 tsp	baking powder	30 g	plant-based cheese shreds
220 ml	water (or more, as needed)		
½	lemon, juiced		
200 ml	vegan whipping cream unsweetened		
2 tsp	Olive oil		

Instructions on the next page...



Instructions

In a bowl, combine the chickpea flour with the black salt, nutritional yeast, egg-replacer powder, flour, baking powder, water, and lemon juice, and mix well. Set aside while the mixture absorbs the moisture.

Using a blender, blend the whipping cream until foamy and thick.

Put a medium-sized oven-safe pan on a medium heat, add the olive oil, and gently fry the spring onions for 1-2 minutes.

Cut the bottoms off the asparagus and discard. Then cut in half and add the asparagus to the pan. Stir-fry for another 1-2 minutes, then add the salt and pepper.

In the meantime, add the chickpea mixture to the whipped cream and blend together. Stir in the chopped chives and spinach leaves, and add the mixture to the pan.

Sprinkle the cheese shreds on top, lightly covering the frittata mixture and then gently press them into the mixture.

Over a medium heat, let the frittata cook for a few minutes, covered with a lid, until the edges start to get a golden crust.

Then turn off the stove and put the pan with the frittata into the oven. Bake under the grill for 3-4 minutes at 180°C.

Once golden brown on top, remove the frittata from the oven and let cool before serving. Top with extra chives, fresh ground pepper, and other herbs of your preference, and serve.

A top-down view of three different pies on a dark wooden surface. In the top left is a pie with a smooth, orange-brown filling. In the bottom left is a pie with a lattice crust. In the bottom right is a pie topped with pecans. Several wooden kitchen tools, including a spatula and a rolling pin, are scattered in the background.

04 DESSERTS



Time: 10 minutes + 4
hours to cool
Servings: 6

HEALTHY VEGAN CHICKPEA FUDGE

This recipe for vanilla and chocolate-chip soft fudge uses a surprise ingredient: chickpeas! It is very easy to make, loaded with protein, and super tasty.

Ingredients

230 g	chickpeas, cooked and drained
1 tbsp	vanilla extract
2 tbsp	hazelnut butter
50 g	agave syrup
120 ml	melted shea butter or refined coconut oil
50 g	vegan chocolate chips (optional)
2 pinches	salt flakes

Instructions

Blend chickpeas in a blender or food processor until smooth, scraping down the sides of the container between pulsings.

While blending, slowly add the vanilla extract, the nut butter, and agave syrup, until completely combined into a smooth mixture. Then slowly add the melted butter, while processing at high speed.

Transfer the mixture to a square container about 15x15 cm, lined with parchment paper.

Fold in the chocolate chips and gently smooth out the surface with a spoon.

Sprinkle some salt flakes on top and chill for at least 4 hours in order for the fudge to firm up. Once firm, remove from the container, cut into squares, and serve.



The walnuts can optionally be omitted or replaced with other crushed nuts such as almonds or macadamia.

Time: 60 Minutes
Servings: 10

CARROT CAKE WITH VEGAN CREAM-CHEESE FROSTING

A moist and aromatic carrot cake with walnuts, cinnamon, and fresh ginger, topped with a vegan cream-cheese frosting.

Ingredients

For the Frosting:

400 g	soya yoghurt (strained overnight)
100 g	margarine (room temperature)
250 g	powdered sugar
¼ tsp	salt
1 tsp	cream stabiliser

Instructions

For the Frosting:

To strain the soya yoghurt, place a cheesecloth in a strainer, pour in the yoghurt and let it thicken overnight.

Using a mixer, beat the margarine and half of the sugar for a few minutes until light and fluffy.

Add the juice, salt, strained yoghurt, and the rest of the sugar, and beat again at high speed. Continue mixing and add the cream stabiliser. Let the frosting cool in the fridge for at least 2 hours before using.

More ingredients and instructions on the next page...



Ingredients

For the carrot cake:

180 g	vegan butter/ margarine (room temperature)
220 g	brown sugar
300 g	carrots, shredded
1 tbsp	ginger, grated
1 tsp	cinammon
1 tsp	vanilla extract
1 tbsp	apple cider vinegar
1	orange or lime, zest
350 ml	orange juice
450 g	white spelt flour
15 g	baking powder
¼ tsp	salt
70 g	Walnuts, crushed

Instructions

For the carrot cake:

Using a mixer, beat margarine and sugar for a few minutes until light and fluffy.

In a bowl, mix the shredded carrots with the ginger, cinnamon, vanilla, flaxseed, vinegar, zest, and orange juice.

In another bowl, mix the flour with the baking powder and the salt.

Add the carrot mixture to the margarine and add the dry ingredients one by one, mixing them in as you go. Then fold in the crushed walnuts.

Pour mixture into a 26-cm-diameter round pan and bake at 180°C for about 50 minutes (place on the middle rack, no fan). Check that the cake is baked all the way through by inserting a toothpick into the middle and making sure it comes out clean.

Let the cake cool before frosting.

**More ingredients and
instructions on the next page...**



Ingredients

For serving:

½ cup walnuts (optional)
1 lime, zest

Instructions

For serving:

Transfer the cooled carrot cake to a serving dish.

Spread a thick layer of frosting on top and decorate with walnuts and lime zest.

This recipe is from
the cookbook
"Vegiterran" by
Theofano Vetouli

Time: 15 Minutes + 2
hours to cool
Servings: 4

CLASSIC VEGAN PANNA COTTA

Preparing a delicious plant-based panna cotta is super simple. Presented in combination with a fruity syrup, this Italian classic is a real eye-catcher. Make it for your loved ones and be sure to impress them

Ingredients

For the panna cotta:

400 ml coconut milk
3 tsp brown sugar
4 tsp agar-agar
½ tsp ground bourbon
Vanilla, more to taste

To serve:

Fruit or chocolate
Syrup, ideally home-made

Instructions

For the panna cotta:

Place all the ingredients in a small saucepan and heat over a medium heat. Allow the mixture to thicken, stirring constantly, until bubbles form. Remove the pan from the heat and allow the mixture to cool.

Rinse 4 small ramekins with a little water and pour the mixture into the ramekins in equal amounts (about half a cup per ramekin). Now place the ramekins in the fridge for 2 hours for the panna cotta to set.

Once the panna cotta has completely cooled down, carefully remove it from the ramekins with a knife and turn out onto a plate. Add syrup to the panna cotta and serve!