



Aubergine in soy sauce (very useful!) serves 2-3

I use this hot or cold - as a side dish or the main event - as a sauce, on salad or jacket potato or with grains !

Ingredients

2 tablespoons oil
2 med / large Aubergines (eggplant) - chopped into 1cm pieces
2 med onions sliced or chopped
garlic crushed 1-4 depending on your taste
Fresh or powdered chili (or a piece of fresh ginger finely chopped or grated.)
1 tin tomatoes - chopped (or fresh, 1 cup)
soya sauce 2 tablespoons at least
1- 2 tsp honey

Sauté the first four ingredients till a little brown. Add spices and then tomato, soya sauce and honey.
Stir and simmer until soft. 20 - 30 mins
Serve with rice. (Brown rice is best!) Salad or other vegetables



Home made Hummus

So easy to make you hardly need to buy it, especially if you keep tins of Chic peas and jars of Tahini in your store cupboard.

Ingredients

1 tin of chic peas, drained, or a cup of pre cooked chic peas.
(I cook batches of these and keep in fridge or freezer)
1/3 cup Tahini - (2 Big Tablespoons) more or less
1 crushed garlic clove
Juice of lemon, rind too if you like lemon
Olive oil - to taste
salt and pepper to taste

Optional extras -

coriander, chilli, (fresh or any other way), herbs (oregano), turmeric, paprika etc etc.

Put it all in a food mixed and blitz. Smooth or coarse - your choice.
If it is too sticky you can add more water or fluid the chic peas were in.
You can also adjust any of the ingredients here and it still be yummy.
Make it really runny and it can be a salad dressing.



Massaged Greens serves 3-4 (but I can eat half this in one go!)

6 cups chopped greens, any type of kale, spinach, chard or mixture
2 tablespoons olive oil, or more
1 tablespoon flax oil (or additional olive oil)
1 tablespoon cider vinegar or lemon juice
2 teaspoons shoyu (soya sauce)
2-3 spring onions, chopped (optional) (or leeks or onions)
1-2 cloves garlic, crushed (optional)
2-3 teaspoons finely grated ginger (optional)
sea salt
1 cup or more of chopped herbs, such as basil, parsley, oregano etc or 1 tsp of dry

Wash the green and remove any tough stems.
Chop finely and toss with olive oil, flax oil, cider vinegar and/or lemon, shoyu, green onion, garlic and ginger as desired. Use freshly cleaned paws to massage with love. Pay attention to tougher parts.
Allow to stand and marinate, rubbing now and again for an hour or two. Toss in herbs and allow to stand 10 minutes to absorb flavour. Keeps well for a day or two sealed in fridge.



Potato Fennel Leek & Toasted Spice Soup

Recipe adapted from '30 Minute Vegan's Taste of Europe'

1 tsp fennel seed
1 tsp cumin seed
1/2 tsp peppercorns
2 tablespoons olive oil
1 cup leeks, sliced thin
1/2 cup fennel bulb, chopped
2 cloves garlic, crushed
6 cups water or vegetable stock
2 medium potatoes, rinsed, chopped (2 1/2 cups)
1 cup soy, rice or almond milk
2 Tbs Italian parsley, chopped
3 tbs **nutritional yeast** *
2 tsp soy sauce, or to taste
2 tsp sea salt, or to taste
1/2 tsp black pepper, ground to taste
Pinch cayenne pepper

Place fennel, cumin, and peppercorns in a stock pot on medium-high heat for 1-2 minutes, stirring constantly, until aromatic and toasty.

Add oil, leeks, fennel, and garlic. Cook for 3 minutes, stirring frequently. Add water (or stock) and potatoes and cook until soft, approximately 20 minutes, stirring occasionally. Add soy milk.

Remove from heat and allow to cool 10-15 minutes. Carefully blend in batches, filling the blender halfway. Return to pot, add parsley and seasonings, and stir well.