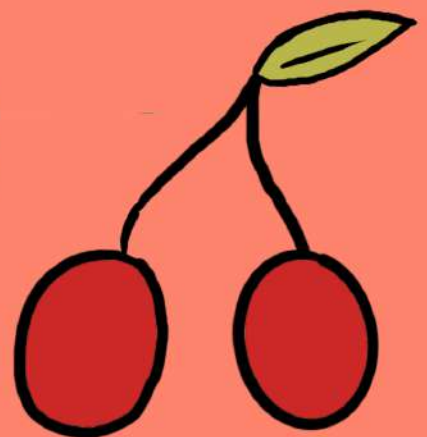
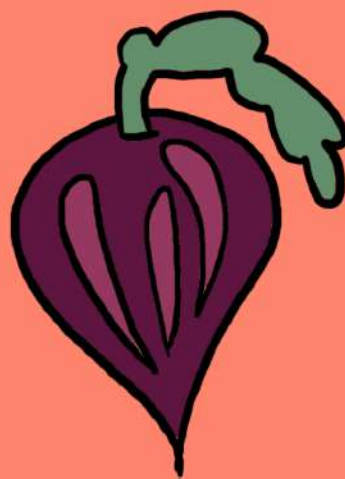
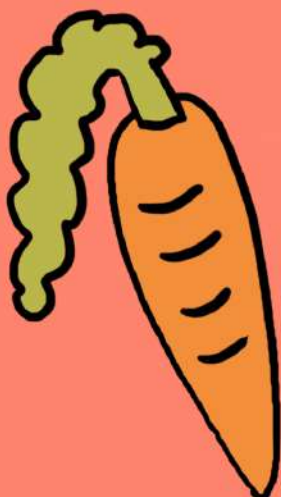


Fan favorites

All the classics you need - Lotte Boonstra



**LENTIL
&LIME**



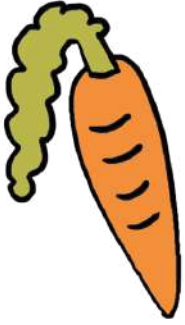
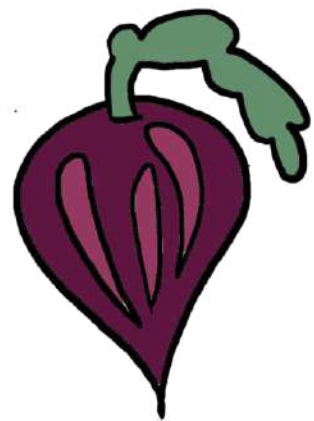


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Chili sin carne

Serves: 6-8

Prep time: 15 min

Cook time: 45 min

Ingredients

Chili

- 2 white onions
- 5 cloves of garlic
- 1 chili pepper
- 1 jalapeno pepper
- 2 tablespoon ground cumin
- 2 tablespoon ground paprika
- 1 tablespoon chili powder
- 3 tablespoons oregano
- 70g tomato paste
- 300g canned corn
- 400g canned lentils
- 400g canned black beans
- 400g canned peeled tomatoes
- 1 tablespoon soy sauce
- 1 tablespoon chipotle peppers
- 1 tablespoon agave syrup (honey is also suitable)
- 1 tablespoon cacao
- 1 tablespoon cornstarch
- ½ lime
- 300 ml water
- 1 bouillon cube
- Fresh cilantro or parsley

Mexican rice

- 1 onion
- 5 cloves of garlic
- 1 tablespoon ground cumin seed
- 1 tablespoon paprika powder
- 400 g long grain rice
- 400 g peeled tomatoes (canned)
- 1 bouillon cube
- 500 milliliters water
- 4 sprigs parsley or coriander

Pickled onions

- 2 red onions
- 500 milliliters vinegar
- 500 milliliters water
- 1 tablespoon sea salt
- 1 tablespoon peppercorns

Extra toppings

- Avocado
- Oat-based creme fraiche

Tips & Tricks

For optimal results, cook the chili for 2 hours, let it rest overnight, and savor it the following day.

Chili sin carne

Directions

Mexican rice

1. In a deep pan, heat a thin layer of oil over medium heat.
2. Finely mince the onion and garlic. Sauté for a few minutes.
3. Stir in the cumin and paprika powder. Sauté for a few more minutes.
4. Add the rice to the pan and cook until it turns golden.
5. Pour in the canned tomatoes, water, and bouillon cube. Cook for about 15 minutes or until the rice reaches the desired level of doneness (refer to the instructions on the rice package).
6. If there is any excess liquid in the pan after the rice is cooked, you can drain the rice.
7. Remove the pan from the heat and fluff the rice with a fork. Stir in finely chopped cilantro or parsley.





Chili sin carne

Directions

Chili

1. Heat a thin layer of olive oil in a pan over medium heat until warm.
2. Mince the onion and add it to the pan. Allow the onions to caramelize which typically takes 5 to 10 minutes depending on the heat.
3. Mince the garlic and slice the chili pepper and jalapeno pepper into small pieces. Add them to the pan and sauté until aromatic, being careful not to brown the garlic.
4. Add cumin, paprika, chili powder and oregano. Sauté for 30 seconds to a few minutes, depending on the heat of the pan.
5. Add tomato paste to the pan and cook for a few minutes to eliminate the sour flavor of the tomato paste.
6. Drain the corn, black beans, and lentils, then add them to the pan.
7. Crush the peeled tomatoes with your hands. Add it to the pan.
8. Add 300 ml of water and a bouillon cube to the pan. The bouillon cube will dissolve in the liquid.
9. Spice up the chili by adding soy sauce, chipotle pepper, agave syrup, cacao, and cornstarch. Bring the chili to a boil, then reduce the heat and let it simmer for at least 30 minutes. Remember, the longer you cook the chili, the more flavors will develop.
10. Finally, add a touch of freshness to the chili by incorporating fresh parsley (or cilantro) and fresh lime juice.

Pickled onions

1. Thinly slice the onions in half rings and add to a clean pot.
2. Add the vinegar, water, sea salt and peppercorns to a saucepan and cook until salt is dissolved.
3. Add the concussion to the sliced onion and let rest for about 30 minutes to 1 hour (or until soft and tender).

The best enchiladas

Serves: 6-8

Prep time: 15 min

Cook time: 30 min

Ingredients

Filling

- 2 white onions
- 1 chili pepper
- 1 jalapeno pepper
- 5 cloves of garlic
- 2 tablespoons ground chili powder
- 1 tablespoons ground cayenne
- 1 tablespoon ground cumin seed
- 3 tablespoon oregano
- 70g tomato paste
- 2 large tomatoes
- 200 ml water
- 1 bouillon cube
- 300g canned corn
- 400g canned chili beans
- 400g canned black beans
- 1 tablespoon agave syrup
- 1 tablespoon chipotle pepper
- 1 lime
- 200 g long grain rice
- Fresh cilantro or parsley
- Salt and pepper
- Pan with a thick bottom
- 1 small hand parsley or cilantro

Guacamole

- 4 large avocados
- 4 small shallots
- 4 cloves of garlic
- 2 tomatoes
- 2 limes
- 2 chili peppers
- Drizzle of oil
- Salt and pepper

Sour cream

- 500g vegan sour cream
- ½ lemon
- Drizzle of oil
- Salt and pepper

Pickled onions

- 2 red onions
- 500 milliliters vinegar
- 500 milliliters water
- 1 tablespoon sea salt
- 1 tablespoon peppercorns

Other ingredients

- Tomatillo salsa
- (Vegan) cheese
- 8 tortillas

The best enchiladas

Directions

Filling

1. Heat a thin layer of olive oil in a pan over medium heat until warm.
2. Add the minced onion to the pan and let it caramelize for about 5 to 10 minutes, stirring occasionally.
3. Add the minced garlic, sliced chili pepper, and sliced jalapeno pepper to the pan. Sauté until aromatic, being careful not to brown the garlic.
4. Sprinkle ground cumin, paprika, and oregano into the pan. Sauté for 30 seconds to a few minutes to enhance the flavors.
5. Stir in the tomato paste and cook for a few minutes to eliminate the sour flavor of the paste, being careful not to burn it.
6. Add the diced tomatoes to the pan and cook until their size reduces slightly.
7. Pour in 300 ml of water and add the bouillon cube. Stir until the cube dissolves in the liquid.
8. Add the rice to the pan and cook it according to the package instructions, allowing it to absorb all the liquid.
9. To give the dish an extra kick, add agave syrup, chipotle pepper, and squeeze the juice of one lime into the pan.
10. Mix everything well and continue cooking until the rice is fully cooked and the flavors are well combined.
11. Finally add some fresh parsley or cilantro for some freshness.

Pickled onions

1. Thinly slice the onions in half rings and add to a clean pot.
2. Add the vinegar, water, sea salt and peppercorns to a saucepan and cook until salt is dissolved.
3. Add the concussion to the sliced onion and let rest for about 30 minutes to 1 hour (or until soft and tender).

The best enchiladas

Directions

Guacamole

1. Finely chop the shallots. Crush the garlic cloves and cut them into small pieces. Also, dice the tomatoes and chili peppers into small pieces. Place them in a bowl.
2. Halve the avocados and carefully remove the pits. Scoop out the avocado flesh into the bowl.
3. Add a drizzle of oil, squeeze the juice of the limes, and sprinkle some parsley into the bowl.
4. Mash the mixture to your desired consistency, using a fork or a masher.
5. Season with salt and pepper according to your taste.

Sour cream

1. Whisk the vegan sour cream until smooth.
2. Squeeze the juice of half a lemon into the sour cream.
3. Add a drizzle of oil and season with salt and pepper to taste.

Assembly

1. Place all the tortillas on a plate for easy assembly.
2. Take one tortilla at a time and spoon a portion of the filling onto it. Fold the tortilla to enclose the filling and place it in a large baking dish.
3. Repeat the process until all the tortillas are filled and arranged in the baking dish.
4. Place the baking dish in the oven and bake for 20 minutes. You can optionally add (vegan) cheese at this step.
5. Remove the enchiladas from the oven and top them with guacamole, sour cream, and tomatillo salsa.



Vegan bolognese

Serves: 4-6

Prep time: 15 min

Cook time: 30 min

Ingredients

- 1 white onions
- 1 leek
- 5 cloves of garlic
- 1 tablespoon paprika powder
- 1 tablespoon cumin
- 70 g tomato paste
- 375 g vegan minced meat
- 2 carrots
- 1 zucchini
- 400 g peeled tomatoes
- 1 bouillon cube
- 150 mL pasta water
- 4 sprigs fresh basil
- 500 g rigatoni pasta
- Vegan parmesan cheese



Tips & Tricks

Keep in mind that some brands of vegan minced meat can be on the drier side, but this won't be an issue as we'll be adding plenty of liquids to the sauce later.

Peeled tomatoes provide more flavor compared to diced tomatoes.

If you're feeling spicy you can add a chili pepper to the recipe. Add it simultaneously with the garlic.

Vegan bolognese

Directions

1. Mince the garlic and onion. Cut the leek into half rings.
2. Grate carrots and zucchini. Peel carrot before grating. Drain zucchini by squeezing or using a kitchen towel.
3. Heat a pan over medium heat. Sauté the onion and leek for a few minutes or until they are caramelized. Then add the garlic and sauté for another minute.
4. Once the garlic becomes aromatic, add a tablespoon of paprika and a tablespoon of cumin. Toast the spices for about 30 seconds to a few minutes until they release their aromas.
5. Add the tomato puree to the pan and cook it for 30 seconds to a few minutes to remove any sourness.
6. Next, add the vegan minced meat to the pan and cook it for a few minutes.
7. Now, add all the grated vegetables to the pan and quickly sauté them to allow them to absorb the flavors.
8. In a separate bowl, crush the peeled tomatoes with your hands before adding them to the sauce.
9. Add water and a bouillon cube to the sauce. Bring it to a boil, then reduce the heat and let it simmer for 15 minutes. Remember, the longer the sauce simmers, the better the flavors will develop.
10. Meanwhile, cook the pasta of your choice. Rigatoni works great with bolognese. Cook the pasta al dente in generously salted water. Before draining the pasta, reserve a cup of pasta water to add to the sauce.
11. Finally, roughly chop the basil and add it to the sauce. This way, the basil will maintain its vibrant color and flavor.
12. Serve the pasta with vegan parmesan cheese (made from cashews and nutritional yeast) and a fresh side salad of cucumber, tomato, and basil.

The “Green” lasagne

Serves: 4-6

Prep time: 60 min

Cook time: 30 min

Ingredients

Zucchini pesto

- 2 zucchinis
- 100 grams arugula
- 100 grams cashew nuts
- 50 grams parmesan cheese
- 5 sprigs of thyme
- 1-2 large garlic cloves
- ½ lemon
- 50 milliliters olive oil

Roasted pepper sauce

- 5 large bell peppers
- ½ garlic bulb
- 15 grams pack of rosemary
- 4 sprigs of thyme
- 50 milliliters olive oil
- 1 lemon
- 1 teaspoon of agave syrup

Other ingredients

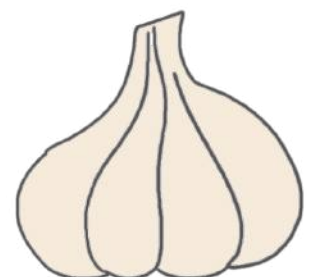
- 3 balls of mozzarella
- 200 grams of pizza cheese (or more, if desired)
- 500 grams lasagna sheets (you may not need all of them)

Why not vegan?

I didn't veganize this recipe because I was vegetarian at the time I created it, and throughout the years this has been the most requested recipe by people coming over for dinner. So, to honor my dinner guests, I included the original vegetarian version.

To veganize

- Replace regular Parmesan cheese with cashew based parmesan cheese
- Replace the regular pizza cheese with vegan pizza cheese
- Replace the regular mozzarella with vegan mozzarella or soy based béchamel





The “Green” lasagne

Directions

Zucchini pesto

1. Start by cutting the zucchini into small cubes, as this will help them cook faster and release their moisture.
2. Heat a drizzle of olive oil in a pan and add the zucchini cubes. Sprinkle it with salt, pepper, and thyme. Cook until golden.
3. In a blender combine the cooked zucchini, arugula, cashew nuts, Parmesan cheese, garlic cloves, juice of half a lemon and a drizzle of olive oil. Blend the mixture into a smooth pesto.
4. Taste the pesto and adjust the flavors according to your preference by adding more cashew nuts, lemon juice, Parmesan cheese, garlic, or arugula. Season with salt and pepper, keeping in mind that Parmesan cheese is naturally salty.

Roasted pepper sauce

1. Clean and cut the bell peppers into pieces. The smaller the pieces, the faster they will cook.
2. Crush all the garlic cloves, remove the skin, and roughly chop them. Although it may seem like a lot of garlic, the slow cooking process will make the taste mild.
3. In a pan, heat a generous drizzle of olive oil and add the garlic, bell peppers, and thyme. Set the heat to low and let the peppers cook until they are easily pierced with a fork.
4. Remove the peppers from the pan and place them in a bowl suitable for an immersion blender. Puree them until smooth, or leave it slightly chunky if desired.
5. Add the lemon juice and balsamic cream. The proportions mentioned in the recipe are for using only red bell peppers. If you use different colored bell peppers, adjust the amount of lemon juice and agave syrup accordingly, as yellow and green bell peppers are more acidic in taste than red bell peppers.

The “Green” lasagne

Directions

Assembly

1. Tear the mozzarella into a separate bowl, reserving some for topping.
2. Start by spreading a layer of roasted pepper sauce on the bottom of a baking dish. Place lasagna sheets on top.
3. Add a layer of zucchini pesto and place some mozzarella in the pesto. Cover with more lasagna sheets.
4. Repeat this process, finishing with a layer of roasted pepper sauce. Sprinkle all the cheese and reserved mozzarella over the lasagna.
5. Place the lasagna in the oven at 200 degrees Celsius for 30-35 minutes.



Vegan “Green” lasagne



Vegetarian “Green” lasagne



Filled Turkish bread

Serves: 4

Prep time: 15 min

Cook time: 10 min

Ingredients

- 1 Turkish bread (ready-to-bake or fresh)
- 200 grams hummus
- ½ zucchini
- ½ eggplant
- 1 bell pepper
- 200 g chickpeas
- 200 g chickpeas
- 1 teaspoon za'atar
- 2 teaspoons garlic powder
- A handful of parsley
- Spring onion
- Olive oil extra virgin
- Salt and pepper

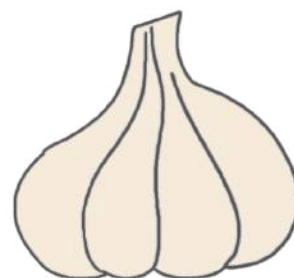




Filled Turkish bread

Directions

1. Preheat the grill in the oven to 200 degrees Celsius. If your oven doesn't have a grill function, simply preheat it to 200 degrees Celsius.
2. Line a baking tray with parchment paper.
3. Thinly slice the zucchini, eggplant, and pepper. The thinner the slices, the faster the vegetables will roast. Place the sliced vegetables on the prepared baking tray.
4. Drain the chickpeas and add them to the baking tray.
5. Drizzle olive oil over the vegetables and chickpeas on the baking tray. Sprinkle with za'atar, garlic powder, pepper, and salt.
6. Bake the vegetables in the oven for about 10 minutes or until they turn golden.
7. Cut open the Turkish bread and spread hummus on the bottom half. Drizzle the top half with olive oil.
8. Once the veggies are golden, remove them from the oven and place them on top of the hummus.
9. Roughly chop the parsley and slice the spring onion into rings. Sprinkle the roasted veggies with fresh parsley and spring onion.
10. Place the top half of the bread back on and cut the sandwich into 4 pieces.



Turkish pizza inspired wrap

Serves: 4

Prep time: 30 min

Cook time: 30 min

Ingredients

Filling

- 1 large white onion
- 4 cloves of garlic
- 2 chili peppers
- 1 tablespoon paprika
- 1 tablespoon cumin
- 2 tablespoons Mediterranean herbs
- 70 grams tomato paste
- 200 grams vegan minced meat
- 400 grams lentils
- 1 red bell pepper
- 1 yellow bell pepper
- ½ lime
- 5 sprigs of parsley

Minty garlic sauce

- 240 grams oat crème fraîche
- Drizzle of olive oil
- ½ lime
- 2 cloves of garlic
- 3 sprigs of mint
- 4 sprigs of parsley
- Pepper and salt

Other ingredients

- 1 cucumber
- 200 g iceberg lettuce
- 6 large whole wheat wraps



Turkish pizza inspired wrap

Directions

Filling

1. Finely mince the garlic and onion. Finely chop the chili peppers. Heat a thin layer of olive oil in a pan and add the onion, garlic and chili peppers. If you prefer a milder flavor, remove the seeds before chopping.
3. Add the paprika powder, ground cumin and Mediterranean herbs to the pan and sauté for 30 seconds to a few minutes, until they become fragrant.
4. Stir in the tomato paste and cook for 30 seconds to a few minutes, depending on the heat of your pan. This will help balance the acidity of the tomato paste and enhance its flavor.
5. Add the vegan minced meat to the pan. The moisture content of the vegan minced meat may vary by brand. If it seems dry, add a few tablespoons of water and gradually adjust to reach the desired consistency.
6. Drain the canned lentils and add them to the mixture in the pan.
7. Slice the paprika into very small cubes. Cut them in half, then slice into thin strips. Rotate the paprika 90 degrees and finely chop into small cubes. Add the paprika to the pan and cook, allowing the flavors to meld together.
8. Squeeze the juice of half a lime into the pan. Roughly chop the parsley and add it to the pan as well.
9. This is the final moment to adjust the filling to your taste. Give it a taste test! If it's too dry, you can add a little more water, but be careful not to make it too watery. The filling should be able to hold itself without dripping. If you desire more freshness, add more lime juice.

Turkish pizza inspired wrap

Directions

Minty garlic sauce

1. In a bowl, whisk the oat-based crème fraîche with a drizzle of olive oil. If oat-based crème fraîche is unavailable, you can use a plant-based yogurt as an alternative. Make sure that you use unsweetened products for savory cooking.
2. Squeeze the juice of half a lime into the bowl.
3. Mince the garlic cloves or use a garlic press to avoid large garlic chunks in the sauce.
4. Chop the mint and parsley and add them to the sauce.
5. Season with freshly ground pepper.

Assembly

1. Dice the cucumber into small cubes. Slice the iceberg lettuce if you haven't purchased pre-cut lettuce.
2. Warm the wraps in a frying pan or in the microwave.
3. Place a few spoonfuls of the ground meat mixture onto the wrap. Add 3 tablespoons of cucumber. Add a little bit of lettuce. Add 4 teaspoons of the garlic sauce onto the wrap. Fold the wrap and enjoy.
4. For an extra nice finish you can place the folded wraps back in the pan for a crispy exterior.



Carrot masala soup

Serves: 4

Prep time: 15 min

Cook time: 45 min

Ingredients

- 6 cloves of garlic
- 2 cm piece of ginger
- 2 tbsp masala (curry)
- 1 tbsp ground cumin
- 2 tsp cinnamon
- 400 g chickpeas
- 700 g winter carrots
- 500 ml water
- 1 bouillon cube
- 200 ml coconut milk
- Handful of cilantro or parsley
- Coconut cream



Tips & Tricks

The flavor improves the longer the soup simmers.

For a curry-like version, use less water and blend the soup less finely. You can also pair leftover soup with rice.

This soup is perfect for freezing in individual portions, ready to defrost whenever you're hungry. It can be stored in the freezer for around 3 months.

Carrot masala soup

Directions

1. Clean and slice the carrots into even pieces. Drain the chickpeas and set them aside.
2. Heat a thin layer of neutral oil in a soup pan.
3. Mince the garlic and add it to the pan. Sauté the garlic until it becomes aromatic.
4. Add the masala, cumin, and cinnamon to the pan and cook for 30 seconds up to a few minutes, depending on the heat of the pan.
5. Add the carrots and chickpeas to the pan and cook for a few minutes to allow the flavors of the spices to infuse into the vegetables.
6. Next, pour in the water and add the bouillon cube to the pan. Simmer for 20-30 minutes.
7. Using a blender, puree the soup until smooth.
8. Add coconut cream and a handful of cilantro or parsley to the soup.
9. Serve the soup with a dollop of coconut yogurt and fresh cilantro.
10. Enjoy the soup with fresh naan bread.



Oyster mushroom shoarma

Serves: 4

Prep time: 15 min

Cook time: 45 min

Ingredients

- 300 grams oyster mushrooms
- 400 grams canned black beans
- 250 grams Roma tomatoes
- 1 red onion
- 3 cloves of garlic
- Cucumber
- 150 grams oat-based sour cream
- Bunch of parsley
- Teaspoon of ground cumin seeds
- 10 pitas

Tips & Tricks

The mushrooms might require some cooking time depending on their moisture level. Once you've decreased their water content, the mushrooms develop a delightful umami flavor. So, the key to achieving delicious mushrooms is simply patience! That sounds like a good deal to me.

If you don't have a grater on hand, finely chopping the cucumber works too. In this case, the dip will resemble the Turkish cousin of tzatziki, called cacik. It's similar to tzatziki, but instead of grated cucumber, it uses small cucumber cubes.

For an even drier tzatziki, consider removing the cucumber seeds before grating or chopping. This helps reduce the water content even further.

Oyster mushroom shoarma

Directions

Tomato salsa

1. Dice the tomatoes into small cubes. Try to minimize the amount of liquid added to the salsa. You can carefully squeeze out any excess juice.
2. Finely chop the red onion.
3. Chop a few sprigs of parsley.
4. Add a drizzle of oil and season with salt and pepper to taste.

Tzatziki

1. Add a drizzle of oil, lemon juice, salt, and pepper to a bowl.
2. Grate the cucumber and squeeze out any excess moisture from the grated cucumber. Add the cucumber to the oil mixture.
3. Finely chop a clove of garlic and a few stalks of parsley, and add them to the tzatziki. If you're a big fan of garlic, you can add an extra clove. Alternatively, you can use dill instead of parsley.
4. Add the containers of oat-based crème fraîche to the tzatziki and mix everything together.

Grilled black beans

1. Heat up a thin layer of oil in a frying pan.
2. Finely chop two cloves of garlic, then gently sauté them.
3. Add a teaspoon of ground cumin to the garlic and allow it to cook for a couple of minutes, ensuring it doesn't burn in the hot pan.
4. Next, introduce the beans and cook for a few minutes.

Oyster mushroom shoarma

Directions

Oyster mushroom shoarma

1. Tear the oyster mushroom into long strips.
2. Heat oil in a pan. Add cumin, garlic, and paprika powder to the pan and sauté for 30 seconds to a few minutes, depending on the heat of the pan.
3. Cook the oyster mushrooms until they turn golden.
4. Season with a generous amount of freshly ground pepper and salt.

Assembly

1. Preheat your oven and bake the pitas according to the instructions on the packaging
2. Combine the flavors in the way you prefer and enjoy! 🍴



All-time-favorite sandwich

Serves: 2

Prep time: 15 min

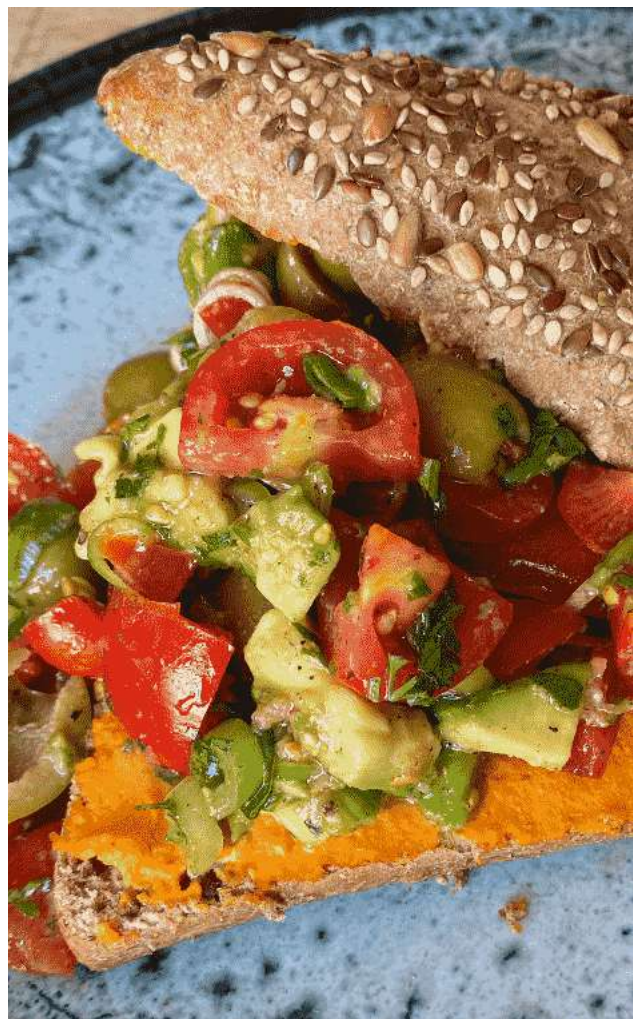
Cook time: 0 min

Ingredients

- 2 pieces of brown triangle bread
- 1 large avocado
- 150 grams Roma tomatoes
- 65 grams olives
- 2 spring onions
- 100 grams hummus
- 4 sprigs of parsley

Directions

1. Cut the avocado in half and remove the seed. Cut the avocado and tomatoes into small cubes and place them in a separate bowl.
2. Slice the olives and spring onions into small rings and add them to the bowl.
3. Finely chop the parsley and also add it to the bowl.
4. Drizzle the filling with olive oil, and season with salt and pepper. Mix everything together.
5. Spread a generous amount of hummus on both slices of bread.
6. Place a generous amount of the filling on one slice of bread and cover with the other slice to form a sandwich.





Mushroom Gỏi Cuốn

Serves: 2

Prep time: 15 min

Cook time: 30 min

Ingredients

Mushroom filling

- 800 gram chestnut mushrooms
- 7 pieces of garlic
- 1 teaspoon sesame oil
- 2 teaspoon agave syrup
- 2 tablespoons soy sauce
- ½ lemon
- 1 teaspoon chili flakes
- 6 sprigs fresh parsley
- Salt & Pepper to taste

Other ingredients

- 150 g sushi rice
- 3 carrots
- 3 spring onions
- 3 tablespoons black sesame seeds
- 10 ricepapers
- Neutral oil (optional, for frying)





Mushroom Gỏi Cuốn

Directions

Mushroom filling

1. Grate, tear, or cut the mushrooms into small pieces.
2. Heat oil in a large pan over medium heat. Make sure the pan is large enough to accommodate all the mushrooms.
3. Add the mushrooms to the hot pan and cook for 4-8 minutes.
4. Add minced garlic, soy sauce, chili flakes, lemon juice, salt, and pepper to the mushrooms. Cook for another 4-8 minutes, adjusting the timing based on the heat of your pan and the thickness of the mushrooms. The mushrooms should turn golden and release their moisture.
5. Stir in sesame oil and fresh parsley, then turn off the heat.

Next

1. Cook the rice according to the instructions. Add a drizzle of rice vinegar (or lemon juice) and sesame oil to the cooked rice.
2. Use a cheese slicer or a sharp knife to thinly slice the carrots into long strips. They should be approximately the length of the folded rice paper.
3. Thinly slice the spring onions lengthwise to match the length of the folded rice paper.
4. Soak a rice paper wrapper in lukewarm water until it becomes soft. Place it on a clean surface.
5. Fill the rice paper with the mushroom filling, cooked rice, carrot strips, and spring onions. Fold the rice paper closed, ensuring there are no air holes. Repeat with the remaining rice papers.
6. Sprinkle black sesame seeds on top for garnish.
7. For a crunchy variation, you can fry the Goi Cuốn in a thin layer of neutral oil until they become crispy.

Creamy pumpkin pappardelle

Serves: 4

Prep time: 15 min

Cook time: 45 min

Ingredients

- 1 bottle gourd (or butternut squash)
- 8 cloves of garlic
- 2 white onions
- 1 tablespoon of cinnamon (or a teaspoon)
- 2 tablespoons dried thyme
- 400g canned peeled tomatoes
- 3 sweet tomatoes
- 70g tomato paste
- 200ml vegan cream
- ½ lemon
- 500g pappardelle pasta
- 4 sprigs of basil
- Vegan parmesan cheese

Tips & Tricks

Don't toss out the pumpkin skin after scooping out the flesh; it can be a star ingredient in a delightful salad. Combine it with arugula, red onion, grilled chickpeas, (vegan) feta, nuts, seeds, and a balsamic dressing for a flavorful twist!

If you prefer a vegetarian version of this dish, simply swap out the vegan cream and parmesan for their non-vegan counterparts. But do give the vegan version a shot; you might be pleasantly surprised by the results!

This sauce also works wonderfully in lasagne. For a classic lasagne, substitute the cream inside the sauce with mozzarella and béchamel sauce for that rich, creamy touch. If you're going the vegan route, use vegan béchamel sauce instead. Enjoy!

Creamy pumpkin pappardelle

Directions

Pumpkin

1. Preheat the oven to 200 degrees Celsius.
2. Wash the pumpkin and cut it in half. Drizzle the flesh side with oil, thyme, and 4 roughly chopped garlic cloves.
3. Place the pumpkin with the flesh facing down on a baking tray or oven dish to keep it juicy.
4. Bake the pumpkin in the oven for 30 minutes or until it becomes butter-soft and can be easily pierced with a fork.

Pasta

1. Use pappardelle pasta, either fresh or dry, for this dish. Boil the pasta in generously salted water as per the package instructions.
2. Before draining the pasta, save some of the pasta water (about 1-2 cups) as you'll need it for the sauce.



Creamy pumpkin pappardelle

Directions

Sauce

1. Preheat a large pan with a thin layer of oil over medium heat (preferably with a thick bottom).
2. Mince the onion and add it to the pan, caramelizing it until golden.
3. Mince the remaining garlic or use a garlic press, adding it to the pan to sauté until aromatic.
4. Add the cinnamon and dried thyme (if using fresh thyme, add it in step 9 for more delicate flavor) to the pan and mix.
5. Add the tomato paste and sauté for 30 seconds to a few minutes to eliminate the sour taste.
6. Incorporate the canned tomatoes into the sauce, optionally adding some fresh tomatoes. Simmer the tomato sauce for a few minutes up to half an hour, as longer simmering enhances the flavor.
7. Once the pumpkin is done, spoon out its flesh (which should be easy since it's soft), and add it to the sauce, letting it dissolve and blend beautifully.
8. Pour in some of the saved pasta water (around 1-2 cups) to achieve your desired sauce thickness.
9. Enhance the sauce by adding lemon juice, lemon zest, vegan cream, and fresh basil leaves.
10. Add the cooked pappardelle to the sauce, allowing it to soak up all the delicious flavors.
11. Serve the pasta with vegan cashew parmesan. This dish pairs well with grilled oyster mushrooms and asparagus. Enjoy!



My take on bánh xèo

Serves: 2

Prep time: 15 min

Cook time: 15 min

Ingredients

Mushroom filling

- 200 grams oyster mushrooms
- 2 shallots
- 2 cm ginger
- 6 pieces garlic
- Olive oil to bake
- 1 tablespoon soy sauce
- 1 tablespoon agave syrup
- 1 tablespoon sesame oil
- 1 teaspoon chiliflakes
- Salt & pepper

Side Salad

- Handful Iceberg lettuce
- 3 sprigs parsley
- 3 sprigs mint
- 2 spring onion

Crepe

- ¼ zucchini
- 1 carrot
- ½ leek
- 1 cup flour
- 1 cup water
- 1 tablespoon dried kurkuma
- Chili flakes
- Salt & peppe

Sauce

- 4 tablespoons soy sauce
- 100 ml cup hot water
- ½ lime
- 1.5 tablespoons sugar
- 1 large clove garlic
- 1 red chili pepper

Tips & Tricks

While traditional bánh xèo omits vegetables in the batter, I've fused it with a Chinese-style pancake, which does include veggies.

For extra crispiness, add bean sprouts to the salad, as often seen in the original bánh xèo recipe.



My take on bánh xèo

Directions

Mushroom filling

1. Tear the oyster mushrooms into bite-sized pieces.
2. Mince the shallots, garlic, and grate the ginger.
3. Sauté the aromatic ingredients in a pan until fragrant.
4. Add the torn oyster mushrooms to the pan.
5. Incorporate the soy sauce, agave (or sweetener of choice), sesame oil, chili flakes, and season with salt and pepper.
6. Continue cooking until excess moisture evaporates, and the mushrooms turn crispy and a delightful golden color.

Crepe

1. Prepare the vegetables by julienning the zucchini, grating the carrot, and slicing the leek into half circles.
2. In a bowl, combine the flour, water, and dried turmeric. Adjust the measurements to achieve your preferred pancake thickness; less water yields a thicker pancake.
3. Mix the prepared vegetables into the batter.
4. Heat a skillet and pour in the batter.
5. Once the crepe is cooked through, flip it.
6. Fill your crepe with the oyster filling.

Sauce

1. In a bowl, combine soy sauce, hot water, and sugar. Stir until sugar dissolves.
2. Add minced garlic and red chili pepper. Adjust spice level to taste.
3. Squeeze in lime juice for a zesty kick.
4. Mix well and let it sit for a few minutes to infuse the flavors.

My take on bánh xèo

Directions

Assembly

1. Place the mushroom filling inside the crepe, and on the side, serve the freshly cut lettuce, parsley, mint, and spring onion. Don't forget to provide the sauce as well. Enjoy!





**LENTIL
& LIME**