



Week Three

Vegan Recipes

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# Tofu Tropic Smoothie

## Ingredients

- 2 cups diced frozen mango
- 1 1/2 cups pineapple juice
- 3/4 cup silken tofu
- 1/4 cup lime juice
- 1 teaspoon freshly grated lime zest

## Directions

1. Combine mango, pineapple juice, tofu, lime juice and lime zest in a blender.
2. Blend until smooth.
3. Serve immediately.

Serving Size	Calories	Fat	Protein	Sodium
1 ¾ cups	254 per serving	3g per serving	6g per serving	10mg per serving

# BREAKFAST

# Spicy Noodle Stir-Fry

## Ingredients

- 2 nests dried, medium egg noodles
- 1 tablespoon sesame seed
- 2 tablespoons sesame oil
- 1 tablespoon fresh ginger, minced
- 3 garlic cloves, minced
- 2-3 fresh red chilies, minced
- 1 onion, halved and sliced
- 1 head broccoli, cut into small florets
- 1 small red bell pepper (capsicum), deseeded and cut into strips
- ½ small yellow bell pepper, deseeded and cut into strips
- 4 baby corns, halved lengthwise
- 4 baby carrots, quartered lengthwise
- 4 snow peas, trimmed and halved diagonally
- 2 tablespoons scallions, thinly sliced
- lime wedges, for squeezing

## Sauce

- 2 tablespoons soy sauce
- ½ tablespoon Worcestershire sauce
- ½ tablespoon oyster sauce
- 2 tablespoons tomato ketchup
- 1 teaspoon sugar
- ¾ tablespoon tamarind paste
- ½ tablespoon chili garlic paste
- 1 tablespoon vegetable stock (or use water)
- salt and fresh ground black pepper, to taste

## Directions

1. Bring a pot of salted water to boil and cook noodles for 3-4 until al dente (following pack directions). Rinse under cold water. Drain and set aside.
2. Meanwhile, combine the sauce ingredients in a jug, and whisk to blend.
3. Heat the wok or skillet until very hot. Add the sesame seeds and stir-fry over high heat until golden. Remove and set aside.
4. Reheat the wok and add the oil. Swirl to coat. Stir-fry onions over high heat for 2-3 minutes, or until slightly tender. Tip in ginger, garlic and chili, and stir-fry for 10 seconds.
5. Add all the vegetables and stir-fry for 3 minutes. Then add a splash of stock to the wok and cover to create some steam. Cook for a minute, or until vegetables are just heated through and still crunchy.
6. Increase the heat to high, and stir in half the sauce. Tip in noodles with the remaining sauces, and spring onions, and toss to combine. Season with salt and pepper, and stir around until everything is blended and the noodles are heated through. Transfer to bowls and top with sesame seeds. Serve immediately with hot sauce and lime wedges on the side.

LUNCH

# Pasta with Edamame Pesto

## Ingredients

- 1 cup edamame, cooked and shelled, a few whole beans reserved
- 1/4 cup roasted almonds, a few nuts reserved
- 1 cup fresh mint, a few small sprigs reserved
- 1 small cove of fresh garlic
- 1/2 cup extra virgin olive oil
- salt and freshly ground pepper
- 1/2 pound farro or other whole wheat pasta

## Directions

1. Start a large pot of salted water to boil.
2. Combine the edamame, almonds, mint, garlic, olive oil and seasonings in a bowl of a food processor or blender and blend until a rough paste is formed.
3. Meanwhile, cook the pasta until al dente, drain, return to the pot and stir in the pesto.
4. Taste for seasonings and serve with the reserved edamame, almonds and mint sprinkled over the top.

# DINNER