FINAL SUB’D [430 words]

**Recipes from Spring 2018 Seminar lunch**

**Recipes designed and prepared by Taryn McWillian**

**Potato and cauliflower curry**

½ head cauliflower

3 large potatoes (could replace with sweet potatoes)

1 can coconut cream

**Curry paste**

1 long red chilli

2 cloves garlic

1 tsp grated ginger

1 tsp palm sugar

1 tsp curry powder

1 tsp lemongrass

½ an onion, chopped small

Fry all ingredients in a pan for about 15 minutes on a medium heat. Add coconut cream and let it simmer

Cut cauliflower into small bite-size pieces. Cook cauliflower in a hot oven on high, just to get some nice char. Cut potatoes same size as cauliflower and boil till just soft Add both to curry sauce and cook for another 10 minutes. Serve with fresh greens or rice.

**Mixed bean salad**

2 cans mixed beans (or beans you prefer)

½ cup chopped shallots

1 cup diced tomato

3 cups raw baby spinach

Sea salt and black pepper (to taste)

**Dressing**

1 Tbsp lemon juice

½ tsp whole-grain mustard

1 tsp of honey

Blend in a blender and add olive oil till thick enough to coat.

**Waldorf salad**

1 baby cos lettuce, chopped

1 cup sliced apple

½ cup sliced celery

½ cup red grapes

½ cup walnuts

½ cup raisins

**Dressing**

1 tsp Dijon mustard

1 Tbsp lemon juice

1 tsp honey

1 cup almond milk

Blend all together and slowly add olive oil till think enough to coat

**Roast Brussel sprouts and tofu**

This is an easy recipe to make

1 kg Brussel sprouts

500 gm firm tofu

Balsamic reduction

Olive oil

Sea salt and pepper to taste

In oven on high, roast Brussel sprouts with oil, salt and pepper to get a little char on them. Cut tofu into small cubes, about the same size as the Brussel sprouts. Pan-fry the tofu for a nice brown outside. Place all on a plate with some fresh raw baby spinach and drizzle over balsamic reduction.

**Asian Noodle Salad**

1 packet rice noodles

1cup shredded cabbage

½ cup grated carrot

½ cup sliced red capsicum

½ cup sliced shallots

Black sesame seeds

**Dressing**

1 tsp sesame oil

1 garlic clove, crushed

2 Tbsp hoisin sauce

2 Tbsp tamari

1 tsp Chinese cooking wine

**Raw Vegetable Salad**

No need for a recipe; just put together all your favourite raw salad vegetables.

**Dressing**

2 limes (juice and zest)

1 tsp honey

1 small chilli (seeds removed)

1 Tbsp vinegar

1 Tbsp palm sugar

1 tsp grated ginger

1 tsp crushed garlic

Olive oil to taste

Blend all ingredients together to make dressing

I served a Thai-style dressing, but you can use any dressing you prefer.