

June 5, 2022 YouTube Live Cook-along

Menu: Asparagus Rice Hot dish (use spring peas if you don't like asparagus)
Chickpea Vegan Curry
Butterhead tofu lettuce wraps

Easy Vegan Lemon Rice and Asparagus

Servings: 4 people

Calories: 215kcal

Ingredients

Make rice in this broth: It'll take about 20 minutes to cook

- 2 cups water
- 2 tbsp lemon juice
- 1 tsp [vegan chicken seasoning](#) or vegetable bullion
- 1/4 tsp [turmeric](#) ground
- 1/4 tsp salt
- pinch saffron OPTIONAL

While rice is cooking, Sauté:

- 1/2 cup onion diced
- 1 tbsp vegetable oil

Asparagus Prep: Bring 1 cup of water with minced garlic and salt to boil. Cut hard part and cook tender parts of asparagus just until asparagus gets bright green or fork tender. Immediately immerse in COLD water to stop cooking. Drain and pat dry. Set aside.

- 1 lb asparagus fresh
- 2-3 cloves garlic minced
- pinch salt

Instructions

1. Cook rice in broth – set aside
2. Dice the onion and sauté' in a skillet over low heat until soft (3-4 minutes).
3. Fluff the rice and add to onion gently.
4. Dice a part of the asparagus and mix into the rice. Put into a serving dish

5. Lay the remaining asparagus on top of the dish.
6. Salt to taste, and serve with an extra squeeze of fresh lemon.
7. Option: Garnish with [vegan parmesan](#) if you like.

Chickpea Vegan Curry

Servings: 4 people

Ingredients

- 1 tbsp [coconut oil](#)
- 1 large onion thinly sliced
- 3 cloves garlic minced
- 1 inch fresh ginger peeled and minced or grated
- 1 tsp [garam masala](#)
- ½ tsp cumin
- 1/4 tsp ground turmeric
- 1/4 tsp [salt](#) (plus more to taste)
- 1 and 1/2 cups diced tomatoes (equal to 1 14-oz. can; drain before using)
- 1 and 1/2 cups coconut milk (equal to 1 14-oz. can)
- 1 and 3/4 cups cooked chickpeas
- 2 tbsp freshly-squeezed lime juice (1 lime) (lemon also works)
- chopped fresh cilantro (coriander) for serving
- Thawed frozen petite peas

Instructions

1. In a large pan, heat the coconut oil over medium-high heat. Add the onion with a pinch of salt. the onion is softened and starting to brown.
2. Reduce the heat to medium. Add the garlic and ginger; stir and cook for 60 seconds or until fragrant. Stir in the garam masala, turmeric, and salt. Cook for 30 seconds more to toast the spices.
3. Add the tomatoes to the pan and stir well. Continue to cook, stirring occasionally, for about 3-5 minutes or until the tomatoes are starting to break down and dry up a little bit. Stir in the coconut milk and chickpeas. Bring the mixture to a boil, then reduce the heat to medium-low.
4. Simmer the coconut chickpea curry for about 10 minutes or until reduced slightly.
5. Stir in the fresh lime juice.
6. Stir in thawed peas (Do not cook, just thaw)

- Season to taste with additional salt (I used about another 1/2 teaspoon at this point). Serve hot, with chopped fresh cilantro.

Tofu Lettuce Wraps (Better than PF Chang)

Ingredients

- 1 head butterhead or iceberg lettuce. Use middle leaves (about 12), wash, pat dry.
- Dice 1 pkg of extra firm organic tofu – about 1/4 inch squares

Marinade for at 1 hour in broth

- 2 cups water
- ¼ cup Tamari or other non-fermented soy sauce
- 2 TB yeast flakes
- 1 tsp paprika (optional) to give color and taste
- 1 tsp onion powder
- ½ tsp garlic powder

Drain (save the broth), bake at 375° for 20 min, turn over and bake another 15 minutes or until golden brown

- 2 green onions – sliced
- 1 can of whole water chestnuts, dice in quarters
- Option: 1 pkg of crunchy rice noodles

Instructions

1. Mix baked tofu, sliced green onions, and the quartered waterchestnuts well.
2. Salt to taste if needed.
3. Spoon mixture onto a lettuce leaf.
4. The Ginger Dressing goes really well with it. Or you can just drizzle tiny bit of soy sauce. Enjoy!

Ginger Dressing

This dressing is YUMMY on spinach salad (add red onions sliced very thin, roasted almonds, dried cranberries).

In a sauce pan, mix together:

- 3 cloves of minced garlic
- 2 TB fresh minced ginger
- 3/4 C water mix with
 - 2 TB corn starch
- 3 TB Soy sauce
- 2 TB yeast flakes
- 3 TB honey or Agave Nectar

Bring to a boil and boil for 1 minute. Pour into a cold dish, let cool After it cools, add 1 – 2 TB fresh squeezed lime juice, depending on how sour you like it.