

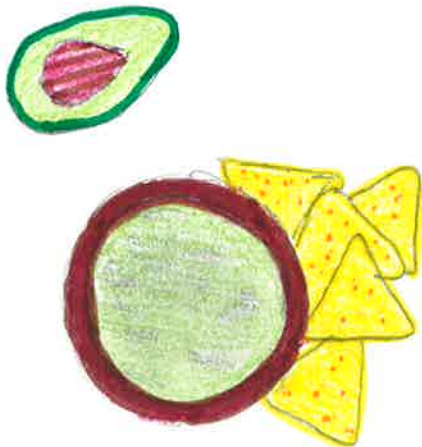
# Guacamole

## ~ INGREDIENTS ~

- 1 avocado or 2 medium
- 2 medium tomatoes
- 1 Onion
- 1 boiled egg, peeled
- 1 handful of coriander
- Juice of 1 lime or lemon
- Salt and pepper
- Chilli (optional)

## ~ PREPARATION ~

- 1 Pot the avocado, chilli, salt and pepper into a mortar bowl.
- 2 Chop the tomatoes, onion and the egg into small pieces.
- 3 Fine chop the coriander
- 4 Add the lime juice and mix all the ingredients well into a bowl to serve.



Note:  
serve fresh

# TROPICAL FRUIT SALAD

## Ingredients:

- 1/2 medium cantaloupe or honeydew melon, diced into 1/4 cubes
- 1/2 mini seedless watermelon, diced 1/4 cubes
- 1 small pineapple, diced into 1/4 cubes.
- 1 medium lime, juiced.
- Optional: yogurt, granola or Tajin seasoning for a spicy kick.

## Instructions:

- In a medium mixing bowl, combine the diced cantaloupe, watermelon, pineapple and lime juice. Toss to combine. For best flavor, cover and refrigerate for at least 20 minutes before serving.
- This fruit salad is best when freshly prepared but keeps well in the refrigerator, covered for up to 3 days.



# BRICK LANE BURGER

## Ingredients:

- 2 red onions
- 1 carrot
- 200g butternut squash
- 100g paneer cheese
- 2 cloves of garlic
- 5cm piece of ginger
- olive oil
- 2 baby gem lettuce
- 6 burger buns
- mango chutney
- 2 fresh green chillies
- 1 big bunch of fresh coriander, (60g)
- 150g gram flour
- 2 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 limes
- 100ml natural yoghurt
- 1 fresh red chilli, (optional)
- 3 poppadoms

## Steps:

- 1- Preheat the oven to 180°C/350°F/gas 4
- 2- Peel and finely slice the onions and place into a large mixing bowl. Scrub the carrot and squash, then coarsely grate into the bowl, along with the paneer. Peel the garlic and ginger and finely grate in into the bowl. Finely chop the green chillies and half the coriander and add to the mix.
- 3- Tip in the flour, turmeric and cumin, season with sea salt and black pepper, then squeeze in the juice of 1 lime. Add 100ml of water, then get in there with clean hands and give it a good mix up. Divide into 6, then shape and squash into 3cm-thick patties
- 4- Drizzle 1 tablespoon of oil into a large nonstick frying pan on a medium heat, add the patties and fry for 2 or 3 minutes on each

side, or until golden and crisp - you may need to work in batches. Remove to a baking tray and pop in the oven for 10 minutes, or until cooked through.

5- For the coriander yoghurt, pick the remaining coriander leaves into a pestle and mortar, setting aside a handful for garnish. Add a pinch of salt, then bash to a paste. Squeeze in the juice of half the remaining lime, then stir in the yoghurt.

6- Finely shred the lettuce, finely slice the red chilli, halve the burger buns.

7- To assemble, spoon a little coriander yoghurt over the base and inside lid of each burger bun. Crumble the poppadoms and sprinkle over the yoghurt, then sit a patty on top of each base and spread with 1 tablespoon of mango chutney.

Eva López

# CHOCOLATE PEPPERMINT CUPS



## INGREDIENTS

- 2 tablespoons raw honey
- 1/4 teaspoon peppermint extract
- 1 cup dark chocolate (I used 6 ounces dark choco. late drops)
- Flaky sea salt, for sprinkling.

## INSTRUCTIONS

- Stir together the honey and peppermint extract until combined. Arrange mini cupcake liners on plate(s)
- Melt the chocolate. Fill the bottoms of each cup with 1 teaspoon of the melted chocolate.
- Sprinkle a little sea salt over the cups. Freeze the candies until firm.

# VEGETARIAN RECIBE



# VEGETARIAN RECIPE

## CRISPY FALAFEL: Ingredients

- 1/4 cup + 1 tablespoon extra virgin olive oil.
- 1 cup dried chickpeas, rinsed, picked over and soaked for at least 4 hours and up to 24 hours in the refrigerator.
- 1/2 cup roughly chopped red onion.
- 1/2 cup packed fresh parsley.
- 1/2 cup packed fresh cilantro.
- 4 cloves garlic, quartered.
- 1 teaspoon fine sea salt.
- 1/2 teaspoon freshly ground black pepper.
- 1/2 teaspoon ground cumin.
- 1/2 teaspoon ground cinnamon.

## CRISPY FALAFEL: Instructions

1. With an oven rack in the middle position, preheat oven to 375 degrees Fahrenheit. Pour 1/4 cup of the olive oil into a large.
2. Combine the soaked and drained chickpeas, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon, and the remaining 1 tablespoon of olive oil. Process until smooth, about 1 minute.
3. Scoop out about 2 tablespoons of the ~~inches wide~~ mixture at a time. Shape the falafel into small patties, about 2 inches wide and 1/2 inch thick. Place each falafel on your oiled pan.
4. Bake for 25 to 30 min, carefully flipping the falafels halfway through baking, until the falafels

# Fried egg in Pepper

Original. Feb 14.

1. big red pepper
- 3 Small eggs
- to taste salt and pepper

## Method

1. Remove the top and bottom of the pepper, clean out the seed, and cut 3 thick rings. Save the rest.
2. put the rings in a skillet on medium heat with a splash of water, cook a minute and flip them
3. crack the eggs in the pepper rings, season, and cook until the egg is cooked through but the yolk is still runny
4. cut the leftover peppers and serve them as a side to your eggs.

# Vegetarian recipe

Name: No-Bake greek yogurt tart

## Ingredients:

### For the crust

- 2 cups raw pecans.
- 10 medjool dates, soaked in warm water for 10 minutes and pitted.
- $\frac{1}{4}$  teaspoon fine sea salt.

### For the filling.

- $1\frac{1}{2}$  cups plain Greek yogurt
- $\frac{1}{2}$  cup raspberries or blueberries (or more - I went ahead and used an entire 6-ounce container).
- 4 strawberries, hulled and thinly sliced.

## Steps:

1. Make the crust: In a food processor, pulse the pecans until ground into a semi-fine meal. Add the dates and pulse until the mixture holds together when pinched and starts to look like dough.
2. Press the dough into a 9 to  $9\frac{1}{2}$ -inch tart pan with a removable bottom to form an even crust along the base and sides. Chill in the freezer for 10 minutes.
3. Make the filling: Remove the crust from the freezer. Carefully remove the tart from the pan (leave it resting on the round base) and slide it onto a round serving platter. Spread the yogurt over the crust. Top the yogurt with the raspberries and strawberries, then drizzle with honey.



4. To serve, slice the tart with a sharp knife, wiping off the blade after each cut. Use a thin pie server or spatula to server.

Olga Coello Pérez

# Roasted Cauliflower and Farro Salad

## Ingredients:

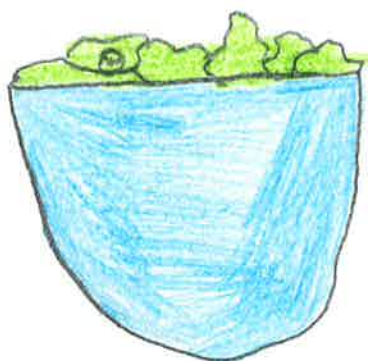
- 1 large head cauliflower, cut into bite-sized florets.
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon fine sea salt.

## Instructions:

First to roast the cauliflower: preheat the oven to 425 degrees Fahrenheit, toss the cauliflower florets with the olive oil, red pepper flakes and salt, and arrange it in an even layer across the pan.

Later cook the farro: In a medium saucepan, combine the rinsed farro with at least three cups water.

Finally divide the avocado and greens between four dinner plates. serve promptly.



# Spinach Mango Banana Juice

## Ingredients

- 2 ~~oz~~ freshly washed, packed spinach
- 1/2 cold water
- 1 large mango, peeled and sliced
- large frozen banana

## Directions

- 1- Blends spinach and water until liquid and frothy
- 2- Add mango and banana and blend on high

