



- mealplan -  
VEGANUARY

# - introduction - VEGANUARY

## Hey and hello

First I want to say thank you for downloading this mealplan! I have created this with the intention of helping you to have it as easy as possible to be going through Veganuary! There is a lot of time, love in passion in here, so I hope you will like it and it'll help you!



All recipes in here are created, cooked, photographed, edited and written by myself (Katie from Une Petite Cuisinière). You can find most of them on my blog ([www.unepetitecuisiniere.com](http://www.unepetitecuisiniere.com)) or at my Instagram (@uneptcuisiniere) and there also are some extra and exclusive ones in here!

## What's Veganuary?

Veganuary is a challenge, which has become very popular to be done in January. The main point of the challenge is to eat vegan for a whole month. No matter what your motive is, whether you want to take more care of the environment or animals, whether you want to improve your health or whether you just want to try out something new, it in any case is a fun challenge!

# - introduction - VEGANUARY

## Disclaimer

While I am a super passionate cook, love to get creative and love to eat vegan food, I am not a nutritionist, not an expert and not a doctor. Completely or even just slightly changing your eating behaviour is a change for your body. If you consider converting to veganism in the longterm I recommend, you go check in with a doctor and/ or a nutritionist, so you are safe and not lacking any nutrients.

## INDIVIDUAL

In this mealplan you eat something different every day for every meal for a week. I am aware that this is a lot of cooking, but I created it like this, so you have a great variety to choose from. You do not need to strictly follow it, it should be more of a guideline/ inspiration.

Also, please note that everyone is different, has a different body, a different level of activity, a different metabolism, different preferences and different genes. You may very likely need to eat more or less, depending on your hunger cues! So PLEASE listen to your body and eat whenever you are hungry or feeling like it!



I hope that this guide will help you as an inspiration to cook and eat as healthy and as delicious plant based food as possible and that it will get you through January in a delicious way!

Wishing you all the best,

Love,

Katie// Une Petite Cuisinière

- mealplan -  
VEGANUARY

NOM



FRUIT



WEEK



HEALTHY



- mealplan -  
VEGANUARY

FR



SAT



SUN



SACKS



- monday -  
BREAKFAST

Creamy Green Smoothie



# Creamy Green Smoothie



2 servings:  
1 banana  
1 apple  
50g rolled oats  
2 handful greens (like  
spinach)  
3 cm piece of ginger  
1 date  
1/2 lemon juiced  
1/2 cucumber

How to:

Blend everything in a blender until smooth. Enjoy!

Smoothies are a great way to make a quick breakfast or snack. They are packed with nutrients and super easy to make. Plus they are really delicious! Still, when making them make sure to not include fruit only but also some carbs, veggies and healthy fats. This will keep you full for longer and they won't contain as much sugar.

- monday -  
LUNCH

Green Curry Noodles w/  
Crispy Baked Tofu





# Green Curry Noodles w/ Crispy Baked Tofu



2 servings:

400 g tofu

6 tbsp breadcrumbs

3 tbsp sesame seeds

2 tbsp oil

3 tbsp soy sauce

Green Noodles:

250 g rice noodles

50 g green curry paste

100 ml coconut milk

1 tbsp oil

500g mixed/ green vegetables

## How to

Preheat the oven to 220°C. Cut the Tofu into 1cm sized chunks.

Toss them in the soy sauce. In a separate bowl combine sesame seeds and bread crumbs. Toss the tofu in the mixture and spread them out on a baking tray lined with parchment paper. Make sure there is space inbetween the chunks. Drizzle the oil and bake for 17-20 minutes. Then take out and let cool a little bit.

In the meantime chop all of the veggies into bite sized chunks.

Heat up the oil in a nonstick pan. Once hot fry the veggies for 3-4 minutes. Turn down the heat to medium-low. In a bowl combine the coconut milk with the curry paste until smooth.

Prepare the rice noodles according to package instructions but undercook them for 2 minutes. When done cooking, drain them and add them to the veggies along with the curry sauce and the spinach. Gently mix through until everything is well combined.

Divide onto the bowls and top with the crispy tofu! Enjoy!

- monday -  
DINNER

Crispy Cauliflower Tacos  
w/ Spicy Mango Salsa



# Crispy Cauliflower Tacos w/ Spicy Mango Salsa



For 2 servings:

What you will need:

For the cauliflower:

1/2 head cauliflower

4 tbsp ajvar or tomato paste

1 tsp sambal olek (chili paste)

2 garlic cloves

1/2 tbsp olive oil

1 tbsp maple syrup

1 tsp sesame oil

salt & pepper

4 tbsp g breadcrumbs

oil

How to

Break or cut the cauliflower into small florets. Blend all the ingredients except the cauliflower, breadcrumbs and the normal oil in a blender. Add the cauliflower to a large bowl and toss in the marinade. Let sit for at least 1 hour. The longer the better.

Heat up the oven to 180°C. Take the cauliflower out of the marinade and toss them in the breadcrumbs. Line a baking tray with parchment paper and add the cauliflower on top. Drizzle with oil and make sure that every piece has some oil on it. Bake for 15-20 minutes, then turn up to 200°C and bake for 5 minutes until crispy and golden brown.

The rest:

1/2 avocado

plant based yoghurt

1 mango

1 chilis deseeded

2 spring onions

1 lime

1 tbsp soy sauce

1/2 tsp maple syrup

6 taco shells

# Crispy Cauliflower Tacos w/ Spicy Mango Salsa



In the meantime mash the avocado and mix with the (plant based) yoghurt! Peel the mango and chop in small cubes. Add to a bowl along with the deseeded and finely sliced chili, the spring onions and the cilantro. Combine soy sauce, lime juice and maple and mix it with the rest.

Optional: Toss the cabbage and carrots with a splash of vinegar and about 2-3tbsp of the avocado cream.

Heat up the taco shells.

Fill each taco shell with some cabbage (if making some), a few cauliflower florets, the salsa and avocado cream! Serve and enjoy!

Find out more about the recipe here:

<http://unepetitecuisiniere.com/the-best-healthy-and-crispy-cauliflower-tacos-with-spicy-mango-salsa/>

- tuesday -  
BREAKFAST

Kiwi Chia Pudding



# Kiwi Chia Pudding



What you will need:

2 kiwis

2 tbsp maple syrup

50 g chia seeds

200 ml oat milk

For topping:

200 g plant based yoghurt

granola

How to:

Peel the kiwis and purée them in a food processor or a high speed blender. Add the milk and liquid sweetener and mix again. Mix in the chia seeds. Divide it onto the jars. refrigerate for at least 4 hours till overnight.

Before eating top with the yogurt, fresh fruit and granola.

Find out more about the recipe here:

<http://unepetitecuisiniere.com/kiwi-chia-pudding-vegan/>

- tuesday -  
LUNCH

Green Vegan Risotto



# Green Vegan Risotto



## How to:

Heat up the vegetable broth. In a large pot heat up the olive oil. Finely dice the onion and add to the oil once hot. Sauté for about 1 minute until shiny. Add the rice and cook for another minute. Turn the heat down to medium and add a cup of the vegetable broth. Let the rice soak up all of the vegetable broth added while stirring continuously. When it has cooked away, repeat the process for about 12 minutes.

In the meantime steam or cook the spinach for 4 minutes. Add them to a blender along with the cashews, plant milk, mustard, basil and cornstarch. Blend until creamy.

2 servings:

- 140 g risotto rice
- 1 l vegetable broth
- 0.5 tbsp olive oil
- 0.5 white onion

For the creamy sauce

25 g cashew nuts (soaked for 4 hours if your blender is not high speed)

80 ml plant based milk

1 tsp mustard

0.5 tbsp cornstarch

2 handful spinach

0.5 handful basil

For the rest:

1 small red onions

0.5 tbsp olive oil

0.5 tbsp honey



# Creamy Green Smoothie



In a pan heat up the remaining oil. Slice the red onions into thin slices. Add them to the oil with the honey. Let them cook down on medium high heat until they have shrunk down and gotten caramelized.

After about 12 minutes of the rice cooking add the green sauce and the onions. Mix through very well and cook for another 3-4 minutes until the rice is cooked through.

Seperate onto plates and garnish with some extra herbs! Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/the-ultimate-creamy-vegan-green-risotto-with-caramelised-onions/>

- tuesday -  
DINNER

Black Quinoa Teriyaki  
Burger



# Black Quinoa Teriyaki Burger



2 servings:  
100 g quinoa  
5 tbsp soy sauce  
1.5 tbsp  
cornstarch  
1 tsp sriracha or  
hot sauce  
1 tbsp maple  
syrup  
2 tbsp oil  
200 g mushrooms  
1/2-1 Avocado  
2 burger buns  
a handful greens  
4 tbsp vegan  
mayonnaise or  
burger sauce  
(optional)

## How to:

Add the quinoa to a pot along with 200 ml of water. Bring to a boil and then reduce to a simmer. Let simmer for about 10-15 minutes until all water is absorbed completely.

Slice the mushrooms into about 0,5 cm thick slices.

In a small bowl combine the soy sauce, maple syrup, hot sauce and cornstarch. Make sure there are no big lumps of cornstarch in the mixture.

When the quinoa is done transfer it to a food processor. But make sure it has really absorbed all liquids, otherwise the burger patty will fall apart. Add about 2/3 of the teriyaki mixture to it and blend well. It should all stick together and form a big ball.

# Black Quinoa Teriyaki Burger



Slightly flour your hands so they are dry. Divide the quinoa mixture into 2 and form them into patties. Do this by first rolling a ball in your hand and laying it on a flat surface. Then press it down with the palm of hand to make a flat surface.

Heat up half of the oil in a pan. Sauté the mushrooms in there for about 3 minutes. reduce the heat and add the remaining teriyaki sauce.

Mash the avocado. Half the burger buns and toast the bottom half.

Heat up the remaining oil in another pan. Once hot add the quinoa patties and fry on each side for about 3-4 minutes. Once the bottom bun is toasted add a generous spread of mayonaise. Top it with some salad. Add the black quinoa patty on top. Then the mushrooms and some sliced cucumber if using. Lastly, add the mashed avocado and the top half of the burger bun. Serve and enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/black-quinoa-teriyaki-burger-vegan/>

- wednesday -  
BREAKFAST

Vegan Tofu Scramble  
Breakfast Bowl



# Vegan Tofu Scramble Breakfast Bowl



- serves 2:
- 4 handful greens
  - 3 tbsp olive oil
  - juice of 1 lemon
  - 1 tbsp honey.
  - 1 package @neniamtisch couscous\*
  - 4-6 tbsp baba ganusch or hummus
  - 1 avocado
  - 200g tofu
  - 1/2 tsp Curcuma
  - 1,5 tsp kala namak salt\*
  - 1 tsp garlic powder
  - 1/2 tsp paprika powder
  - 4 tbsp coconut milk or vegan cream

## How to:

In a bowl combine the lemon juice, 2 tbsp of the olive oil and the honey. Wash the greens (such as spinach or salad) and toss in the marinade.

Crumble the tofu apart with your fingers or a fork. Heat up the remaining oil in a pan and fry the tofu on medium high for about 3-4 minutes. Add the spices and cook for another 2 minutes.

Take off the heat, stir in the coconut milk or vegan cream and add to the bowl.

Assemble with the baba ganusch/ hummus, the couscous and the avocado. Sprinkle with some sesame seeds and some salt and enjoy!

\* you can also use 100g regular couscous mixed with 200ml boiling water, with 3 tbsp Ajvar or tomato paste, salt and some chilli paste. Let the couscous stand for about 10 minutes and soak up the liquids.

\*Kala Namak salt is a special salt that has a very egg-like taste. You can find it in most organic stores but if you do not have it, it is no big problem

You can see how to make the recipe here:  
<https://www.instagram.com/p/CHmrkOeBSJ1/>

- wednesday -  
DINNER

Zucchini, Pineapple  
& Chickpea Curry



# Zucchini, Pineapple & Chickpea Curry



Serves 2:

- 300 g chickpeas from the can
- 50 g yellow curry paste
- 200 ml coconut milk
- 1 zucchini
- 200g pineapple (canned or fresh)
- 1 handful spinach
- 100 g mushrooms
- 1 tbsp oil
- 25-50 ml water
- rice or naan to serve with

## How to

Drain and rinse the chickpeas. Cut the summer squash into bite sized pieces. Slice the mushrooms. Combine half of the coconut milk with the curry paste in a bowl until a smooth and creamy consistency is reached and everything is well combined.

heat up the oil in a large pot. add the curry coconut mixture and sauté for 1 minute. then add in the mushrooms and summer squash. Let it fry for about 4 minutes. Add the water, chickpeas and pineapple and the rest of the coconut milk. Bring to a boil and let simmer for about 10-15 minutes. Just before serving stir in the spinach.

Then garnish with the cilantro and serve with rice or naan!

Find out more about the recipe here:

<http://unepetitecuisiniere.com/summer-squash-pineapple-and-chickpea-curry/>



- wednesday -  
LUNCH

Oriental Roasted  
Pumpkin and Hummus



# Oriental Roasted Hummus and Pumpkin



serves 2:

1/2 hokkaido squash

1/4 tsp chili flakes, salt, oregano,

cumin & thyme

1 tsp sesame seeds

1 tbsp olive oil

For the rest:

1/2 can white beans

1 tbsp tahin\*

1 tbsp olive oil

1/2 tsp vinegar

1/4 tsp salt & paprika powder

Parsley, Pine nuts & Pita bread to

serve

How to:

Preheat the oven to 200°C. Slice the pumpkin into about 1-2cm thick slices. Lay them out on a baking tray. Mix the spices with the olive oil and brush the pumpkin with the mixture. Bake in the oven for 20-30 minutes until soft.

In a food processor combine the drained white beans, tahin, olive oil, salt, paprika, vinegar and about 2-3 tbsp of the liquid, the beans were in. Blend until creamy. If not creamy enough add more of the liquid or more olive oil.

Add the pine nuts to a pan and heat them up. Fry them until golden brown, then immediately take them off the heat.

Divide the white bean hummus onto plates. Top with the pumpkin when done. Sprinkle with the pine nuts and parsley. Enjoy!

\*Tahin is a paste made out of sesame seeds. If you do not have this, simply add more olive oil

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/easy-oriental-baked-pumpkin-with-creamy-white-bean-hummus/>

- thursday -  
BREAKFAST

Vegan Bircher Muesli



# Vegan Bircher Muesli



- Serves 2:
- 100 g rolled oats (fine ones work best)
  - 200 ml almond milk
  - 1 heaped tbsp plant based yoghurt
  - 1 tbsp sunflower seeds
  - 1 tbsp pumpkin seeds
  - 1 tbsp dried cranberries or raisins
  - 1 tsp honey
  - 1 apple
- some more nuts, nut butter and fresh fruits to serve

## How to:

Grate the apple and add it to a bowl along with the rolled oats, yoghurt, honey, seeds, cranberries and milk. Let sit in the fridge for 6 hours or overnight.

The next morning take it out and top with some fresh berries, nuts & nut butter!

Enjoy!!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/bircher-muesli-with-honey-poached-apple/>

- thursday -  
LUNCH

Sweet Potato and Hummus Harvest Bowl



# Sweet Potato and Hummus Harvest Bowl



Serves 2:

300 g sweet potato (1 medium)

1 tsp paprika powder

1/2 tsp garlic powder, chili flakes, salt

1 tbsp olive oil

Dressing:

3 tbsp (NENI) hummus

1/2 lemon

2-3 tbsp water to thin out

For the rest:

70 g quinoa

200 g cannelli or butter beans

6 handfuls greens (spinach, lambs lettuce,...)

1/2 pomegranate

1-2 tbsp almonds or any other nuts

## How to

Preheat the oven to 200°C. Cut the sweet potato into about 1 cm sized chunks. Toss them with the spices and oil and bake in the oven for 20-25 minutes.

In the meantime add the quinoa along with twice the amount of water and some salt to a pot and bring to a boil. Reduce to a simmer. Once all water has been absorbed turn down to low heat and let it sit for about 5 minutes until it has become fluffy.

Mix all the ingredients for the dressing. If it is too thick, add more water, if too thin, more hummus.

Once the sweet potatoes are done add them to a bowl along with the salad, quinoa, pomegranate, beans and toss in the hummus dressing.

Serve and enjoy!

Find more NENI recipe inspiration here:  
<https://www.instagram.com/neniamtisch/>

- thursday -  
DINNER

Creamy Vegan Tomato  
& Veggie Pasta



# Creamy Vegan Tomato & Veggie Pasta



Serves 2:

200g wholewheat Pasta

1 tbsp olive oil

1 red onion

2 garlic cloves

1 chili (optional)

250g mushrooms

2 handful greens (like spinach)

400ml tomato sauce or puréed

tomatoes

some fresh basil, parsley, salt & pepper

about 3 tbsp of plant based cream

(such as soja/ oat cuisine)

a sprinkle of nutritional yeast (if you

have) - it's called "Hefeflocken" in

german

How to:

Into a pot add water and a generous amount of salt and bring to a boil. Add the pasta and boil according to package instructions.

In the meantime finely chop up the onions, garlic and chilli. Slice the mushrooms and roughly chop the greens. Heat up the oil in a pan and fry the onions, garlic and chilli for about 1-2 minutes, then add in the mushrooms and tomato sauce. Season with herbs, salt and pepper and reduce to a simmer.

Before the pasta is done boiling preserve half a cup of the pasta water, then drain.

To the sauce add the greens, the pasta, the preserved water and the vegan cream. Mix through till everything is combined.

Serve with fresh herbs and a sprinkle of nutritional yeast if you have!

Enjoy!

See how to make the recipe here:

<https://www.instagram.com/stories/highlights/18131348653113977/>



- friday -  
BREAKFAST

Overnight Vanilla Quinoa



# Overnight Vanilla Quinoa



Serves 2:

100g Quinoa

300g plant based yoghurt

100ml plant based milk

2 tbsp maple syrup

1 vanilla bean

300g frozen berries

nuts, nut butter and fresh fruit to serve

## How to:

The night before add the quinoa to a pot along with 200ml water and a pinch of salt. Bring to a boil, reduce to a simmer and let simmer until all water is absorbed. Turn the heat to minimum and let it sit until fluffy and everything is soaked up.

Add the cooked quinoa to a bowl along with the yoghurt, milk, sweetener. Slice the vanilla bean in half lengthwise and scrape out the inner part. Also add it to a bowl and let sit in the fridge overnight.

The next morning heat up the frozen berries in the microwave or on the stove and top the quinoa with them and some nuts and/or nut butter.

Enjoy!

Breakfasts like these are great if you do not want to spend much time in the kitchen in the morning! You prepare everything the night before, let it sit in the fridge and have it ready to go in the morning! Plus, the quinoa will keep you full and a lot of energy for a long time because of its high fibre and carbohydrate content!

- friday -  
LUNCH

Beetroot Couscous Kisir



# Beetroot Couscous Kisir



Serves 2:

150 g couscous

300 ml vegetable broth

1 rather small beets

1/4 cucumber

50 g edamame beans (cooked)

1 spring onions

1/2 bell pepper

75 g feta

1/2 tbsp parsley & mint

1 tsp honey

1 tbsp olive oil

1/2 lemon

## How to

Bring the vegetable broth to a boil. Take off the heat and add about 3 tbsp of it to a blender with the beets. Pour in the couscous to the rest and let it soak up the liquid and fluff.

Chop up the cucumber and bell peppers into small (about 1cm sized) pieces.

Finely slice the spring onions and chop the herbs. Add them all to a large bowl.

In a separate bowl combine the olive oil, honey and lemon juice.

When the couscous is done, add it to the bowl with the veggies, the beetroot sauce and olive oil mixture. Mix it through until the sauce has covered everything.

Divide onto plates and crumble the feta on top. Serve with some fresh herbs and enjoy!

Find out more about the recipe here:

<http://unepetitecuisiniere.com/not-your-average-super-quick-beetroot-and-couscous-kisir/>

- friday -  
DINNER

Beetroot Hummus



# Beetroot Hummus



- 1 batch:  
1 can chickpeas  
2 small beetroots (precooked)  
1 tbsp Tahini  
2 tbsp Olive Oil  
2 tsp vinegar (white wine  
vinegar works best)  
3-4 tbsp aquafaba (the liquid  
canned chickpeas come in)  
1/2 tsp garlic powder, salt,  
paprika powder

## How to:

Drain the chickpeas but preserve the liquid they were in. Add them to a blender along with all the other ingredients and 3-4 tbsp of that preserved liquid. Blend until smooth! If it is too firm, add more olive oil or aquafaba. But be aware that beetroot hummus will not be as creamy as normal hummus because of the beets in it! Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/better-than-store-bought-15-minute-beetroot-hummus/>

- friday -  
DINNER

Homemade Nachos & Guac



# Homemade Nachos & Guac



Serves 2 (as a snack):  
4 wholegrain tortillas  
1-2 tbsp oil  
Salt  
Paprika Powder  
2 Avocados  
A few tomatoes  
1/2 lime  
Cilantro

Cut the tortillas into small triangles and spread out onto two baking trays. Brush with oil, sprinkle with salt and paprika. Bake at 200°C for 15-20 minutes.

Mash the avocado and add finely diced tomatoes, salt and cilantro. Serve with a good movie :)

See how to make it here:  
<https://www.instagram.com/reel/CHGWXg8hK0k/>



- saturday -  
BREAKFAST

Cinnamon Roll French  
Toast Sticks



# Cinnamon Roll French Toast Sticks



Serves 2:

- 4 slices sourdough bread (about 1.5 cm thick)
- 2 tbsp chia seeds
- 100 ml milk or plant based milk
- 2 tbsp honey/ maple
- 2 tsp cinnamon
- 1 tbsp oil or margarine
- 1/2 lemon juiced
- 300 g frozen berries
- 3-4 tbsp coconut sugar
- 3-4 tsp cinnamon
- plant based yoghurt

How to:

Cut the slices of bread into about 2,5-3cm wide sticks. In a large bowl combine the chia seeds, milk, honey and 2 tsp of cinnamon and let sit for about 5 minutes. Add the bread slices into the mixture and let them soak it up for about 5 minutes.

Heat up the oil in a pan and fry the sticks for about 2-3 minutes on each side until golden and crispy. In the meantime heat up the frozen berries with the lemon juice on medium high heat.

To a bowl add the coconut sugar and remaining cinnamon and mix through. Once the bread is done frying, toss it in this mixture and add to a plate. Serve with the yoghurt and the berries! Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/cinnamon-roll-french-toast-sticks-that-anyone-can-make/>

- saturday -  
LUNCH

Peanut Soba Noodle Stir Fry  
w/ Sticky Tofu



# Peanut Soba Noodle Stir-Fry w/ Sticky Tofu



## How to:

Bring a pot of water to a boil. Add the soba noodles and cook according to package instructions (about 5 minutes). When done cooking, preserve 3 tablespoons of the water they were cooking in and drain them and rinse under cold water to stop them from continuing to cook.

Chop up the veggies into bite sized pieces. In a pan heat up 1 tbsp of the oil and fry them on high heat for about 3 minutes, then turn down to medium.

Serves 2:

160 g soba noodles

500g mixed vegetables\*

1 tbsp oil

For the peanut sauce:

2 tbsp peanut butter

1 garlic clove

2 cm ginger

juice of 1 lime

1.5 tbsp coconut sugar

4 tbsp soy sauce

1/2 tsp rice wine vinegar

For the tofu:

200 g firm tofu

2 tbsp soy sauce

1 tbsp maple syrup

1 tsp cornstarch

\* I like to use a mix of bell peppers, carrots, edamame, mushrooms and cabbage

# Peanut Soba Noodle Stir-Fry w/ Sticky Tofu



In the meanwhile cut the tofu into 1cm sized chunks. Mix the soy sauce, maple syrup and cornstarch until no chunks left. Heat up the remaining oil in another pan and fry the tofu on each side for about 1-2 minutes until crisp. Turn the heat down and add the soy sauce mixture. Stir to make sure the tofu is all covered with the sauce.

In a blender blend together all of the ingredients for the peanut sauce and add the 2 tbsp of preserved water. Add it to the veggies along with the cooked noodles and mix till well combined. Divide onto plates and top with the tofu! Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/super-quick-peanut-soba-noodle-stir-fry-with-best-sticky-tofu/>

- saturday -  
DINNER

Sesame Miso Eggplant  
w/ Coconut Rice



# Sesame Miso Eggplant w/ Coconut Rice



For the eggplant:  
1 eggplants  
0.5 tbsp Tahini  
1.5 tbsp miso paste  
0.5 tbsp sesame oil  
0.5 tsp hot sauce  
3 tbsp soy sauce  
1 tbsp maple syrup

For the rice:  
125 g rice  
100 ml coconut  
milk  
150 ml water  
For the rest:  
2 handful baby  
spinach  
1 scallions (spring  
onions)  
1 tbsp sesame  
seeds

How to:

Cut the eggplants lengthwise. Carefully cut a grid-pattern into each half of the eggplant. This only is supposed to add some depth to the eggplant to soak up the flavor better. Do not cut the eggplant through!

In a bowl/ tupperware combine all of the ingredients for the sauce. Place the eggplant halves, pattern side down in the marinade and let marinade for about 2-4 hours if you have got the time (if you do not, continue on from the next step).

Preheat the oven to 200°C. Place the eggplant halves on a baking tray and brush some of that remaining dressing into the grids. Bake the eggplant for 30-40 minutes. Take them out of the oven, heat it up to 225°C.

# Sesame Miso Eggplant w/ Coconut Rice



Brush the eggplants again and bake for another 5 minutes. In the meantime add the rice along with the coconut milk, some salt and water to a pot and bring to a boil. Reduce to a simmer and let simmer until all liquid is absorbed. Cover and let steam on very low heat for another 3-5 minutes until the rice is soft. Wash the baby spinach and toss it with some salt, pepper, and the remaining eggplant marinade. Divide the rice and salad onto the plates and add the eggplant on top. Sprinkle with sesame seeds, chopped up scallions and cilantro. Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/super-easy-roasted-sesame-miso-eggplant-with-coconut-rice/>



- sunday -  
BRUNCH

Chai Pancakes w/ super  
easy Chocolate Sauce



# Chai Pancakes w/ super easy Chocolate Sauce



Serves 2:

For the pancakes:

- 1 tbsp chia seeds
- 3 tbsp plant based milk
- 50 g apple sauce (Apfelmus)
- 50 g plant based yoghurt
- 2 tbsp maple syrup
- 100 ml sparkling/ soda water
- 100 g wholegrain flour
- 1 tsp baking powder & cinnamon
- 1/2 tsp ginger & cardamon
- 1/4 tsp cloves & nutmeg
- some oil/ butter for frying

How to:

Combine the chia seeds with the plant based milk and let sit for 3-5 minutes until gelly.

Combine the flour with the spices and baking powder.

Add the apple sauce, plant based yoghurt, sparkling water and maple syrup to the chia egg and stir until everything is combined!

Whisk in the flour until having reached a smooth batter, with a cake batter like consistency. If too thick, add some more milk or water, if too thin, add some more flour.

For the chocolate sauce:

- 2 tbsp canned coconut milk
- 3 tbsp cacao powder
- 2 tbsp maple syrup
- 2-3 tbsp plant based milk
- some fresh fruit for serving

# Chai Pancakes w/ super easy Chocolate Sauce



Heat up a pan and melt the oil in it. Once hot add about 3 tbsp of the batter for each pancake and cook on medium-high for about 4 minutes. When bubbles start to form, it is time to flip and cook for another 2-3 minutes on the other side.

In the meantime make the chocolate sauce by combining all of the ingredients in a pot and bringing them to a boil. Whisk everything until combined and take off the heat!

Once all pancakes are done, serve them with the chocolate sauce and fresh fruit! Enjoy!

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/chai-pancakes-with-super-simple-hot-chocolate-sauce/>

- sunday -  
DINNER

Roasted Sweet Potato  
Tikka Masala



# Roasted Sweet Potato Tikka Masala



Serves 2:

For the sweet potato:

300 g Sweet Potato (1 medium one)

1/2 tbsp Graham Masala

1/2 tsp turmeric, chili flakes, garlic powder

1/4 tsp salt & ginger powder

1 tsp ground cumin

1 tbsp oil

For the rest:

1/2 large yellow onion

2 garlic cloves

1 thumb-sized piece of ginger

1 tsp graham masala

1/2 tsp chili flakes (optional)

1/4 tsp cumin, turmeric & salt

200 ml canned tomatoes (puréed)

1/2 can coconut milk

50g plant based yoghurt

rice, naan to serve with

cilantro and cashews to garnish

How to:

Chop up the sweet potato into about 1 cm sized cubes. Combine the spices with the oil. Toss the sweet potato with the oil-spice mixture and lay out on a baking tray lined with parchment paper. Bake at 180°C for 10 minutes.

In the meantime blend the onion, garlic, ginger and remaining spices together until it has become a smooth paste. When the roasting is done, heat up the remaining oil in a pot and fry the curry paste in it for about 2 minutes until fragrant. Add the sweet potatoes, canned tomatoes and coconut milk. Bring to a boil and let simmer for about 10 minutes on medium-low heat.

Before serving stir in the plant based yoghurt. Then divide onto bowls and serve with some rice or naan. Garnish with fresh cilantro and cashews. Enjoy!

Find out more about the recipe here:

<http://unepetitecuisiniere.com/the-most-comforting-roasted-sweet-potato-and-chicken-tikka-masala/>

- veganuary -  
SNACKS

Oey-Goey Salted Caramel  
Chocolate Bars



# Oey-Goey Salted Caramel Chocolate Bars



makes 9 bars:  
100 g oats  
1 tbsp coconut oil  
1 tbsp maple  
150 g dates  
a pinch of sea salt  
100 ml coconut milk  
80 g dark chocolate the draker,  
the healthier

## How to:

Place the oats in a blender and blend until super fine, flour like consistency.

Remove the oats from the blender and blend them until smooth and thick. Transfer them into a pot and add the coconut milk and sea salt. Bring it to a boil then reduce to a simmer for about 5 minutes until thickend.

Take one tablespoon from the date mixture and add them to the finely grounded oats along with the coconut oil and maple sirup. Mix until sticky, if it still is crumbly add more of one of the three.

Line a square form with parchment paper. Add the oat mixture to it and press it flat. Add the date caramel on the top and place in the freezer while melting the chocolate in either the microwave or in a water bath. Once molten pour it as a final layer on top of the date caramel and keep in the freezer for at least half an hour.

Then take it out and cut it into 9 pieces. Store in the fridge or enjoy right away.

Find out more about the recipe here:

<http://unepetitecuisiniere.com/oey-goey-salted-caramel-chocolate-bars/>

- veganuary -  
SNACKS

Cinnamon Apple Crumble





# Cinnamon Apple Crumble



Serves 4-6:  
3 red apples  
1 tbsp maple syrup  
2 tsp cinnamon  
1 tbsp oil  
a pinch of sea salt  
100 g rolled oats  
50 g coconut sugar  
50 g margarine

How to:

Preheat the oven to 180°C.

Cut up the apples into about 1cm sized chunks. In a pan heat up about 1 tbsp of the oil and add the cinnamon, maple, sea salt and apples. Fry for about 5 minutes until soft. Add them into a baking dish.

In a food processor, process the oats until they have reached a very fine, flour-like consistency. Add the coconut sugar and margarine and pulse again until everything is combined.

Crumble this mixture on top of the fruit and bake it in the oven for 10-15 minutes.

Take it out and let cool a little bit. Then serve it with ice cream or yoghurt.

Find out more about the recipe here:  
<http://unepetitecuisiniere.com/healthy-peach-and-cherry-crumble/>