

## DANIEL'S FASTING RECIPES

### BREAKFAST OR LUNCH (SERVE WITH SALAD)

- Vegan Jambalaya

**INGREDIENTS:** 2 tbsp olive oil

1 large onion (180g), finely chopped

4 celery sticks, finely chopped

1 yellow pepper, chopped

2 tsp smoked paprika

½ tsp chilli flakes

½ tsp dried oregano

115g brown basmati rice

400g can chopped tomatoes

2 garlic cloves, finely grated

400g butter beans, drained and rinsed

2 tsp vegetable bouillon powder

large handful of parsley, chopped

**INSTRUCTIONS:** Heat the oil in a large pan set over a high heat and fry the onion, celery and pepper, stirring occasionally, for 5 mins until starting to soften and colour.

Stir in the spices and rice, then tip in the tomatoes and a can of water. Stir in the garlic, beans and bouillon. Bring to a simmer, then cover and cook for 25 mins until the rice is tender and has absorbed most of the liquid. Keep an eye on the pan towards the end of the cooking time to make sure it doesn't boil dry – if it starts to catch, add a little more water. Stir in the parsley and serve hot.



## **LUNCH**

- Buckwheat Stir Fry

**INGREDIENTS:** 350 g (1 1/2 cup) buckwheat groats

350 ml (1 1/2 cup) water, for cooking

2 carrots

1 bell pepper

1/2 leek

1 onion

2 tbsp olive oil

1/4 tsp thyme

1 tbsp parsley, chopped

### **INSTRUTIONS: COOK THE BUCKWHEAT**

Add the buckwheat groats to a sieve and rinse under running water. Transfer to a pot and add water. Place over medium heat, season with salt, and bring to a boil. Cover with a lid and simmer for 12 minutes. When it's cooked, set the buckwheat aside, cover with a lid.

### **VEGGIES**

Peel the carrots and cut them into small cubes. Clean the bell pepper, remove the core and cut it into small cubes. Cut the leek in half lengthways, rinse under running water and cut it into small cubes. Peel the onion and dice it.

### **STIR FRY**

Place a large pan with olive oil over medium heat. Add the vegetables and season with thyme, salt, and pepper. Stir fry for 5 minutes, stirring regularly. Add the buckwheat and cook for 2 - 3 minutes. Remove from the heat and season to taste with salt and pepper if necessary.

### **SERVE**

Serve the Buckwheat Stir Fry with Vegetables as a main or side dish. Before serving, sprinkle with chopped parsley.



## **DINNER**

- Chinese – Style Braised Eggplant

**INGREDIENTS:** 1/2 pack Omni Meat (Any plant-based meat) or (Serve with quinoa or brown rice)

1 eggplant, sliced

1sp shallots, chopped

1tsp ginger, diced

Chinese celery, diced

205ml oil

100ml water

**Marinade Sauce:** 1.5 tsp light soy sauce

1.5 tsp vegan fish sauce

1/4 tsp salt

1 tsp ginger juice

1/3 tsp sesame oil

Pinch ground white pepper

**Seasonings:** 2 tsp chilli bean sauce

**INSTRUCTIONS:** Defrost Omni Meat, mix well with marinade sauce.

Heat the pan and add 200ml oil, then deep fry the eggplant over medium heat for about 1 minute, drain and set aside.

Heat the pan and add 1 tsp oil, then stir fry chopped shallots and ginger over medium heat until aromatic. Then, add Omni Meat and stir well.

Add chilli bean sauce and stir fry over high heat for 1 minute.

Add the eggplant and pour 100ml water into the pan, then cook for 3 minutes.

Add Chinese celery and done!

