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# VEGETERIAN RECIPE COLLECTION

*Get inspired by these plant-based  
nutritious recipes. Enjoy the plant power!*



A close-up photograph of a bowl of vegetarian nasi goreng. The dish consists of browned rice mixed with various vegetables like green onions, carrots, and bean sprouts. A perfectly fried sunny-side-up egg is placed on top of the rice. The bowl is light green and sits on a white marble surface. A semi-transparent white box with black text is overlaid on the left side of the image.

# **VEGETARIAN NASI GORENG**



# VEGETARIAN NASI GORENG



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
380 kcal  
10g Fats  
59g Carbs  
14g Protein



## WHAT YOU NEED

- 7. oz. (200g) brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and chopped
- 2 tsp. sambal (chili paste)
- 10.5 oz. (300g) white cabbage, shredded
- 10.5 oz. (300g) leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 oz. (200g) green beans
- 3.5 oz. (100g) bean sprouts

## WHAT YOU NEED TO DO

*Boil the rice according to the instructions on the package.*

*Heat ½ tbsp. oil in a large pan and add the garlic, ginger and sambal, cook for 3 mins. Add the cabbage, leek, and carrot to the pan and stir-fry for another 5 min. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.*

*Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.*

*Serve the rice in a bowl topped with an egg and green beans on the side.*



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A top-down view of a white plate containing a serving of vegetable fried rice noodles. The noodles are thin and white, mixed with a variety of vegetables including green beans, red and green bell peppers, and shredded carrots. A single sunny-side-up fried egg is placed on the right side of the plate. The background is a dark wooden surface.

## **VEGETABLE FRIED RICE NOODLES**

# VEGETABLE FRIED RICE NOODLES



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
437 kcal  
16g Fats  
55g Carbs  
16g Protein



## WHAT YOU NEED

- 8 oz. (225g) rice noodles, or rice
- 1 onion
- 2 tbsp. sesame oil
- 1 inch fresh ginger
- 4 cloves garlic
- 2 tbsp. chili sauce
- 6.4 oz. (180g) tofu, chopped
- 14 oz. (400g) Chinese stir fry vegetable mix
- 3 tbsp. tamari sauce
- 4 eggs, fried
- pickled vegetables (optional)

## WHAT YOU NEED TO DO

*Cook the rice noodles according to package instructions. Meanwhile, finely chop the onion. Heat 1 tbsp. of the oil in a wok and fry the onion over medium heat for 5 minutes. Peel then finely chop the ginger as well as the garlic.*

*Add the ginger, garlic and chili paste to the onion and cook for 3 minutes. Next add in the tofu and heat for another 3 minutes.*

*Turn the heat to high, add the Chinese vegetable mix along with the tamari sauce and stir-fry for 5 minutes.*

*Meanwhile, heat the remaining oil in a large frying pan and fry the eggs. Add the rice noodles to the vegetable and tofu mixture and toss. Serve the with a fried egg on top and pickled vegetables (optional).*



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A top-down view of a white bowl filled with vegetable pad thai. The dish consists of wide, flat rice noodles coated in a dark, glossy sauce. It is garnished with sliced almonds, whole peanuts, sliced red and green bell peppers, and sliced green onions. A wedge of lime sits on the left side of the bowl. In the background, a green square dish holds two more lime wedges, and a small green bowl contains more peanuts. A pair of wooden chopsticks with a blue string and a wooden elephant-shaped handle rests on the right side of the bowl. The entire scene is set on a light-colored wooden surface.

**VEGETABLE  
PAD THAI**

# VEGETABLE PAD THAI



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per  
serving:  
430 kcal  
15g Fats  
58g Carbs  
13g Protein



## WHAT YOU NEED

- 7 oz. (200g) flat rice noodles, or soya bean noodles
- 4 tbsp. tamarind sauce
- 2 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1/2-1 tsp. chili flakes
- 2 tbsp. coconut oil
- 2 garlic cloves, finely chopped
- 2 large eggs, lightly beaten
- 11.2 oz. (320g) stir fry vegetables
- 3/8 cup (50g) roasted peanuts
- 1 lime, quartered

## WHAT YOU NEED TO DO

*Prepare the noodles according to instructions on packaging. In the meantime, mix the tamarind, soy sauce, sugar and chili flakes together.*

*Heat the oil in a large frying pan or wok and cook the garlic for 1 min, and then add the sauce mixture. Let this bubble for a minute, and then transfer to a bowl.*

*In the same pan, on medium-high heat, add the beaten eggs. Let them set for a minute, without stirring. Once set, break vigorously with a wooden spoon.*

*Add the stir-fry vegetables and cook for 2 minutes. Then add the noodles, pour over the sauce, stir well and cook for another minute or two. Serve sprinkled with peanuts and a squeeze of lime.*



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A top-down view of a light green ceramic bowl filled with a meal. On the left side of the bowl is a portion of dark red chili sauce containing kidney beans, carrots, and green herbs. On the right side is a portion of bright yellow cauliflower rice, also garnished with green herbs and small, light-colored seeds. A silver fork is placed in the center of the bowl, with its handle extending towards the top right. The handle is white with blue floral patterns and a pink rose. The bowl sits on a dark wooden surface. A white and black striped cloth is visible at the bottom left corner.

**VEGAN CHILI WITH  
SPICED CAULIFLOWER RICE**



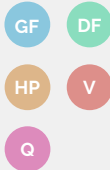
# VEGAN CHILI WITH SPICED CAULIFLOWER RICE



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
373 kcal  
7g Fats  
54g Carbs  
20g Protein



## WHAT YOU NEED

- 3 tsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium carrots, grated
- 2 2/3 cups (600g) tomato passata
- 2 tbsp. tomato purée
- 2 x tins black beans, rinsed and drained
- 1 x tin red kidney beans, rinsed and drained
- 1 jalapeño pepper, deseeded and diced
- chili flakes, to taste
- 8 cups (800g) cauliflower rice (or make your own in a food processor)
- 1 tsp. onion powder
- ½ tsp. turmeric
- ¼ cup (30g) pumpkin seeds
- 2 tbsp. fresh parsley, chopped

## WHAT YOU NEED TO DO

*Heat 1 tsp. coconut oil in a large saucepan and cook the garlic until fragrant. Add the carrots, tomato passata and purée, black beans, kidney beans and jalapeño pepper. Season with salt and pepper and cook for 10 mins stirring often.*

*In the meantime, prepare the cauliflower rice. Heat the remaining 2 tsp. coconut oil in a pan and toss in the cauliflower rice. Add the onion powder and turmeric, season with salt and pepper and cook for 3-5 minutes. Then remove from the pan and set aside.*

*Once chili is ready, serve in a bowl alongside the spiced cauliflower rice. Sprinkle with pumpkin seeds and chopped fresh parsley to serve.*



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A top-down view of a bowl filled with buckwheat beetroot risotto. The risotto is a mix of small, reddish-brown buckwheat grains and diced beetroot. It is garnished with golden-brown pine nuts and crumbled white cheese. The bowl is surrounded by fresh green arugula leaves. The bowl itself has a green and white patterned interior and a gold rim. A dark blue patterned cloth is visible on the left side.

**BUCKWHEAT  
BEETROOT RISOTTO**



# BUCKWHEAT BEETROOT RISOTTO



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
550 kcal  
24g Fats  
56g Carbs  
21g Protein



## WHAT YOU NEED

- 2 tbsp. olive oil
- 2 small onions, chopped
- 2 sprigs thyme, leaves only
- 2 garlic cloves, crushed
- 2 ½ cups (500g) beetroot, cooked
- 1 1/3 cups (300g) buckwheat
- 5 cups (1.25l) vegetable stock
- ¼ cup (30g) pine nuts, roasted
- 1 cup (150g) goats cheese, crumbled
- 4 handfuls rocket, to serve

## WHAT YOU NEED TO DO

*Heat the oil in a pan on high heat. Add the onion and thyme and cook for 3 minutes. Add in the garlic and cook for another minute.*

*Next add in the buckwheat and cook for 3 minutes stirring until the grains are translucent, then add in a little bit of the vegetable stock and stir until it is absorbed.*

*Keep adding the stock until the buckwheat is cooked, it will take about 25 mins. Add the beetroot for the last 10 minutes of cooking.*

*In the meantime, roast the pine nuts in a dry pan for 3 minutes on medium heat until golden brown.*

*Crumble the goat's cheese and stir in half the risotto at the end of cooking. Divide the rocket over the plates alongside the risotto.*

*To serve sprinkle with the rest of the goat's cheese, pine nuts and season with salt and pepper.*



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## **CREAMY LEEK RISOTTO**



# CREAMY LEEK RISOTTO



Serves: 4  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
438 kcal  
7g Fats  
81g Carbs  
13g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 1 ½ cup (350g) risotto rice
- 2 cups (500ml) vegetable stock
- 3 rosemary springs
- ½ cup (60g) parmesan, grated
- 3 tbsp. soy cream

## WHAT YOU NEED TO DO

Heat the oil in a frying pan and sauté the leeks and onion for about 5 mins. Add in the rice and simmer for 1 minute.

Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.

Remove the rosemary springs, and season the risotto with salt and pepper.

Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.



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A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, red tomato-based sauce, topped with roasted cashews and fresh cilantro leaves. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored marble surface, with a few cashews and cilantro leaves scattered around. A piece of flatbread is visible on the right side of the frame.

**SLOW COOKER CAULIFLOWER  
TIKKA MASALA**



# SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4  
Prep: 10 mins  
Cook: 3-4hrs



Nutrition per  
serving:  
226 kcal  
14g Fats  
22g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- Handful fresh coriander
- 1/3 cup (50g) cashews roasted

## WHAT YOU NEED TO DO

*Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.*

*Pour in the diced tomatoes and honey stir to mix everything.*

*Cook on high for about 3-4 hours or the cauliflower is tender.*

*Add the coconut milk, and stir well. Cook for another 3-5 mins on low until warmed through.*

*Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).*



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**VEGETARIAN SHEPHERD'S  
PIE WITH SWEET POTATO**



# VEGETARIAN SHEPHERD'S PIE WITH SWEET POTATO



Serves: 6  
Prep: 20 mins  
Cook: 20-25 mins



Nutrition per  
serving:  
234 kcal  
6g Fats  
36g Carbs  
9g Protein



## WHAT YOU NEED

- 4 cups (800g) cooked sweet potato mash, around 4-5 potatoes
- 1 tbsp. coconut oil
- 3 1/3 cups (250g) mushrooms, chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 2 handfuls parsley, chopped
- 1 tbsp. fresh thyme
- 1 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- 2 tbsp. buckwheat flour
- 1 cup. (235ml) vegetable stock
- 3 cups (450g) frozen veg mix
- ½ cup (50g) dairy free cheese or parmesan

## WHAT YOU NEED TO DO

*Firstly, prepare the sweet potato mash either by boiling or microwaving the potatoes.*

*Heat the coconut oil in a large frying pan and add in the mushrooms and garlic, season with salt and pepper and cook for 5 mins.*

*Add in the onion, parsley and thyme and sauté everything for another 10 mins. Next, add the tomato paste and Worcestershire sauce, mix well.*

*Sprinkle in the flour and stir well for 3mins. Next add in the stock and frozen vegetables stirring until thickened.*

*Heat the oven to 360C (180C) and transfer the vegetables into a oven proof dish. Top with the sweet potato mash and cheese.*

*Bake in the oven for 20-25 minutes until top is golden brown. Serve straight away.*



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**SWEET POTATO  
SAAG ALOO**



# SWEET POTATO SAAG ALOO



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
197 kcal  
7g Fats  
35g Carbs  
6g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 onions, thinly sliced
- 4 garlic cloves, sliced
- 2 tbsp. ginger, grated
- 1 tbsp. mild curry powder
- 2 2/3 cups (400g) sweet potatoes, peeled and chopped
- 3 tomatoes, diced
- 1 1/4 cup (300ml) vegetable stock
- 1 1/4 cups (250g) spinach, roughly chopped
- 4 tbsp. natural yogurt
- 2 tbsp. desiccated coconut
- 1 tbsp. mint leaves, finely chopped
- juice of 1/2 lemon
- handful coriander, chopped

## WHAT YOU NEED TO DO

Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 mins until soft.

Next add the garlic, ginger, curry powder, and sweet potato, mix well until combined.

Season with salt and pepper.

Add the tomatoes and vegetable stock. Bring to boil, and turn down the heat and cover the pan. Simmer gently for about 10 minutes.

In the meantime, prepare the yogurt by mixing together the natural yogurt, desiccated coconut, and mint. Set aside until needed.

Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper if required and if necessary loosen the sauce with some water.

Serve with the earlier prepared yogurt, a squeeze lemon, and fresh coriander.



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# CHICKPEA, SWEET POTATO & SPINACH CURRY





# CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
328 kcal  
16g Fats  
38g Carbs  
11g Protein



## WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

## WHAT YOU NEED TO DO

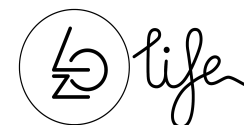
*Heat the oil in a frying pan, add the grated ginger, onion, garlic and chilli pepper. Fry often stirring for about 3 minutes.*

*Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.*

*Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.*

*Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.*

*Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.*



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# THAI GREEN CURRY WITH LENTILS





# THAI GREEN CURRY WITH LENTILS



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
394 kcal  
12g Fats  
60g Carbs  
15g Protein



## WHAT YOU NEED

- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp. ginger, grated
- 1 tbsp. coconut oil
- 2-3 tbsp. Thai green curry paste
- juice and zest of 1 lime
- 14 oz. (400ml) can light coconut milk
- 1 large or 2 small bok choy, cut into small pieces
- 14 oz. (400g) can lentils, drained and rinsed
- salt, to taste
- coriander, to serve
- 8 oz. (225g) cooked rice noodles, to serve

## WHAT YOU NEED TO DO

*Fry the onion, garlic and ginger in coconut oil for a few minutes then add the curry paste and cook for another 5 min.*

*Next add in the lime zest and juice, and the coconut milk, mixing well.*

*Add in the lentils and bok choy and allow to simmer for about 5 min. Season with salt if needed.*

*Serve with a portion of rice noodles and fresh coriander.*



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# MOROCCAN SPICED VEG WITH CASHEWS & BLACK RICE





# MOROCCAN SPICED VEG WITH CASHEWS & BLACK RICE



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per serving:  
362 kcal  
6g Fats  
70g Carbs  
10g Protein



## WHAT YOU NEED

- 3 ¼ cups (800g) cooked black rice
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1 aubergine, chopped
- 2 carrots, chopped
- 1 zucchini, chopped
- 1 sweet red pepper, chopped
- 1 can chopped tomatoes
- 2/3 cup (150ml) vegetable stock
- 1 tbsp. harissa spice blend
- 1 tsp. ground coriander
- 1 tsp. ground cinnamon
- ½ tsp. ground turmeric
- juice of 1 lemon
- handful fresh parsley, chopped
- handful mint leaves, chopped
- 4 tbsp. natural yogurt

## WHAT YOU NEED TO DO

*Cook rice according to instructions on packaging. It will take around 35 mins.*

*In the meantime, prepare all your vegetables, wash and chop them accordingly.*

*Heat 1 tbsp. of coconut oil in a large pan over medium heat. Add in the onion and garlic and sauté for 5 minutes, stirring regularly.*

*Next add in all the other chopped vegetables. Season with salt & pepper, and add in the spices. Toss to combine and cook for another 5 mins.*

*Add in the chopped tomatoes and vegetable stock, and bring to boil. Reduce the heat, cover and simmer for 20 mins until vegetables are tender.*

*Stir in the lemon juice and parsley. Taste for any additional seasoning. Serve with a side of black rice and a dollop of yogurt.*



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**LEBANESE  
FALAFEL BOWL**



# LEBANESE FALAFEL BOWL



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
356 kcal  
26g Fats  
27g Carbs  
11g Protein



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## WHAT YOU NEED

- 1 red onion
- 1 red pepper
- $\frac{3}{4}$  cup(100g) asparagus
- 2 tbsp. traditional olive oil
- 12 store-bought falafels, spicy
- 4 tbsp. store-bought roasted eggplant salad with mayonnaise
- $\frac{3}{4}$  cup (100g) low fat feta cheese
- $\frac{1}{2}$  cup (100g) beetroot, matchsticks

## WHAT YOU NEED TO DO

*Cut the onion into wedges. Remove the stalks and seeds from the bell pepper and cut the flesh into strips. Sprinkle the onion, pepper, and asparagus with half the oil.*

*Heat the grill pan and grill the onion and pepper for 5 mins then add in the asparagus and grill for another 3 mins. Season with salt and pepper.*

*In the meantime, heat the remaining oil in a frying pan, cut the falafels in half and fry for 6 minutes.*

*To assemble the salad place the grilled veg, falafels, beetroot and eggplant dip in the bowl and crumble the feta cheese over it.*



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**BAKED EGGPLANT WITH  
MOZZARELLA, TOMATO & PESTO**



# BAKED EGGPLANT WITH MOZZARELLA, TOMATO & PESTO



Serves: 4  
Prep: 15 mins  
Cook: 35 mins



Nutrition per  
serving:  
234 kcal  
20g Fats  
21g Carbs  
9g Protein



GF

V



## WHAT YOU NEED

- 2 aubergines
- 2 tbsp. olive oil
- 4.4 oz (125g) mozzarella, sliced
- 4 medium tomatoes, sliced
- 2 tbsp. green pesto

## WHAT YOU NEED TO DO

*Preheat the oven to 400F (200C).*

*Make deep cuts in the aubergines without cutting right through. Place the aubergines on a tray covered with parchment paper and rub with the olive oil. Bake in the middle of the oven for about 35 min.*

*Meanwhile cut the mozzarella and tomatoes into slices. Remove the aubergines from the oven, let it cool slightly and insert a slice of mozzarella and tomato in each cut. Season with salt and pepper.*

*Lastly, drizzle with the pesto and cook in the oven for another 10 minutes until the mozzarella has melted.*



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**TOFU IN  
PEANUT SAUCE**



# TOFU IN PEANUT SAUCE



Serves: 4  
Prep: 30 mins  
Cook: 15 mins



Nutrition per  
serving:  
310 kcal  
18g Fats  
17g Carbs  
18g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 ¼ cups (400g) tender stem broccoli
- 1 3/8 cups (350g) firm tofu

### **For the Sauce:**

- 1/4 cup (65g) natural peanut butter
- 2 tbsp. tamari or soy sauce
- 2 tbsp. water
- 5 tbsp. honey
- 1 tsp. sesame oil
- 1/2 tsp. chili flakes
- 1 tbsp. ginger, grated

## WHAT YOU NEED TO DO

*Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.*

*Cut the tofu into 1/2 inch (1.25 cm) cubes.*

*Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.*

*In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 mins, occasionally turning, until browned. Add in the earlier prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.*



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**SATAY TEMPEH SKEWERS  
WITH ASIAN SLAW**



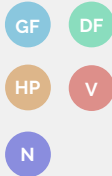
# SATAY TEMPEH SKEWERS WITH ASIAN SLAW



Serves: 4  
Prep: overnight  
Cook: 20 mins



Nutrition per  
serving:  
365 kcal  
24g Fats  
22g Carbs  
23g Protein



## WHAT YOU NEED

- 14 oz. (400g) natural tempeh

### **For the marinade:**

- ¼ cup (45g) crunchy peanut butter
- 3 tbsp. coconut milk (more if required)
- 1 tbsp. sesame oil
- 1 tbsp. lime juice
- 1 tbsp. tamari (or soy sauce)
- 1 tbsp. honey
- 1 tsp. chili paste (sambal oelek)
- 1 tsp. ginger, grated

### **For the slaw:**

- 300g red cabbage, shredded
- 1 tbsp. Sesame oil
- 1 tsp. honey
- 1 tbsp. lime juice
- 2 tsp. ginger, grated
- sesame seeds, to serve

## WHAT YOU NEED TO DO

*Cut the tempeh into 32 even cubes.*

*Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).*

*Preheat the oven to 350F (180C).*

*Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 mins checking to prevent burning. Save the rest of the marinade for serving.*

*Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.*

*Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.*



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# SMOKED AUBERGINE GOULASH





# SMOKED AUBERGINE GOULASH



Serves: 4  
Prep: 20-30 mins  
Cook: 35 mins



Nutrition per  
serving:  
181 kcal  
10g Fats  
26g Carbs  
5g Protein



## WHAT YOU NEED

- 2 aubergines
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

## WHAT YOU NEED TO DO

*Wash the aubergines and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.*

*In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.*

*Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.*

*Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.*

*During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).*

*Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.*

*Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.*

*At the end, add the chopped parsley and check the seasoning for salt.*

*Serve with rice or pasta.*



**BEAN STEW**



# BEAN STEW



Serves: 6  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
148 kcal  
2g Fats  
25g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 7/8 cup (175g) tomatoes, chopped
- 1 tbsp. tomato puree
- 2x 14 oz. (400g) tin chopped tomatoes
- 1x 14oz. (400g) tin butter beans, drained
- Parsley, chopped, to garnish

## WHAT YOU NEED TO DO

*Heat the coconut oil in a large pot, and cook the onion, garlic, rosemary and thyme over medium heat for 5-6 minutes, until soft. Season with salt and pepper.*

*Add in the parsnips, carrots, tomatoes, tomato puree and cook for another 15 mins, until softened.*

*Add in the beans, chopped tomatoes and mix well. Bring to a boil, reduce the heat and simmer for another 15 mins. Season to taste, with salt and pepper and more herbs if desired.*

*Garnish with fresh parsley before serving.*

*The stew can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.*



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A top-down view of a white ceramic baking dish containing ten baked sweet potato halves. Each half is filled with a green pesto sauce, topped with crumbled white feta cheese, and garnished with bright red pomegranate seeds. Some seeds are scattered on the surface of the dish around the potatoes. The dish is placed on a light-colored marble countertop with a grey cloth underneath.

**BAKED SWEET POTATO  
WITH FETA, PESTO  
& POMEGRANATE**



# BAKED POTATO WITH FETA, PESTO & POMEGRANATE



Serves: 4  
Prep: 5 mins  
Cook: 30-45 mins



Nutrition per  
serving:  
283 kcal  
12g Fats  
42g Carbs  
7g Protein



GF V



## WHAT YOU NEED

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

## WHAT YOU NEED TO DO

*Heat the oven to 390F (200C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.*

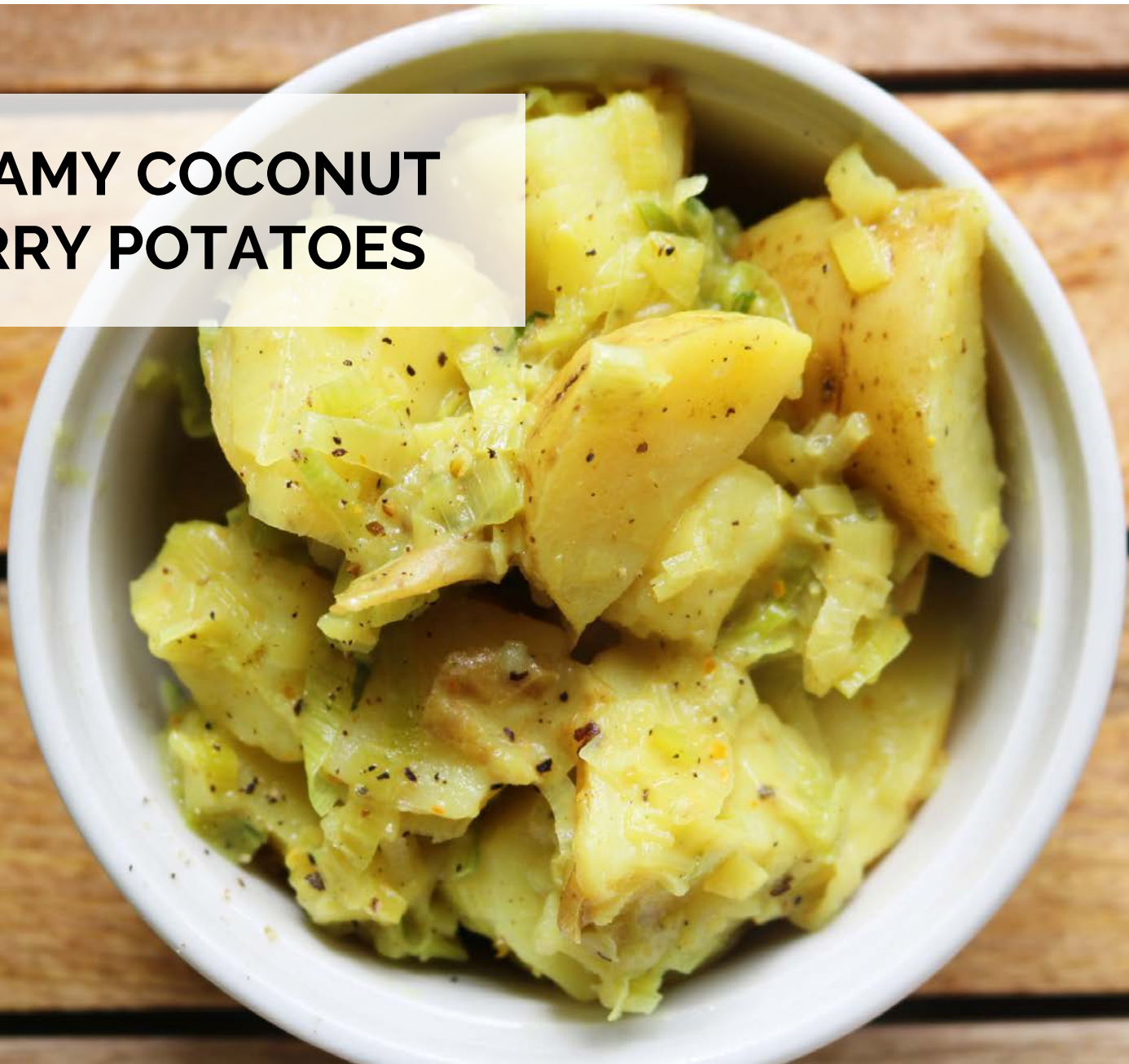
*Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.*

*Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.*



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**CREAMY COCONUT  
CURRY POTATOES**





# CREAMY COCONUT CURRY POTATOES



Serves: 6  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
195 kcal  
6g Fats  
29g Carbs  
4g Protein



GF

DF



## WHAT YOU NEED

- ½ tbsp. coconut oil
- 1 leek, sliced and washed (green part only)
- 1 tbsp. curry powder
- 2.20lb (1kg) baby potatoes, halved and cooked
- 13.5oz. (400ml) can light coconut milk

## WHAT YOU NEED TO DO

*Heat the coconut oil in a pan over medium heat. Add the leek and cook for about 5 minutes, stirring often. Next add the curry powder and season with salt and pepper.*

*Add in the cooked potatoes, mix well and cook for 2-3 minutes before adding the coconut milk. Cook for another 5-6 minutes until everything is heated through. Season with salt and pepper to taste and serve.*



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