

Healthy-Easy-Jain-Vegan Recipes

Mostly Raw

No Grains or Pulses Used

All fresh ingredients

Sumptuous 3 Course Meal for 2

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Starter

Kachori – Raw



Raw tomato Kachori close up



Raw tomato Kachori ready for large event

Ingredients

- ¼ fresh Coconut (approx 50 grams)
- Peanuts or walnuts or linseed (also known as flax seed)- 20-40 grams (if you are allergic to any of these use ground roasted chick peas - ground daria)
- ½ teaspoon brown sesame seeds (optional)
- Vegetable that is green throughout (e.g. french beans, capsicum, etc.) - 10-20 grams. Other tender vegetables 20 grams.
- Green chilli or chilli powder (according to taste)
- ½ – 1 Lime (according to taste).
- 1-2 medjool dates or some seedless raisins.
- Amchur - mango powder (according to taste)
- Garam Masalo (according to taste)- you can also prepare this freshly using a mortar and pestle by adding cinnamon, clove, star anise cumin & coriander seeds and grinding.
- 1 – 2 pieces of tindoda
- Rock salt (according to taste)
- 2-3 medium sized vine tomatoes

Method

Stuffing preparation

1. Coarsely grind peanuts and sesame and put the mixture aside. Or if using linseeds or daria then finely grind them.
2. If making your own garam masalo - grind them in a mortar and pestle.
2. Blend the coconut, green chilli, rock salt, dates, amchur, garam masalo with some lime juice. Taste and add spices/salt as necessary.
3. Finely chop the green vegetable (e.g. french beans, capsicum, etc.).
5. Mix all of the above together well. Add more spices & lime according to taste. Keep mixing till all spices are thoroughly mixed. Mixture should be sticky.
6. The stuffing is now ready.

Final Steps

7. Cut tomatoes into halves. (If you imagine the place where the tomato was stuck to the plant stem as the North Pole, then the cut should from North pole to South pole)
8. Scoop out seeds and water using sharp spoon carefully ensuring the tomato bowl shape does not get a hole in it. Keep aside for later.
9. Stuff each ½ tomato with the stuffing and press in gently. Slightly overload the stuffing. Garnish with a thin round of tindoda and the tomato Kachori is ready to be enjoyed!

Chutney/Dip – Raw

Ingredients

- ¼ Fresh Coconut cut into small pieces
- 10-15 Freshly shelled peas
- ½ green capiscum cut into large chunks
- Some flat helda beans or french beans or freshly shelled peas
- 3 pieces of 1 star anise
- rock salt
- ¼ teaspoon fenugreek seeds
- 1 fresh lime juice



Chutney/Dip decorated with Brazil nuts & flat beans

- ½ chayote (also known as Chow chow) or if you don't have this then tender courgette
- Some chopped brazil nuts and sesame seeds for decoration OR sliced rounds of baby tomato

Method

1. Add the Cut Fresh Coconut pieces, star anise, rock salt, fenugreek seeds, lime juice (according to taste) into a blender and blend a little. Then add green capiscum, freshly shelled peas or some beans and blend a little. till smooth paste.
2. Decorate with some Brazil nuts and sesame seeds or sliced rounds of baby tomato.
3. Cut Chayote into half and then into ¼ cm slices. (If you don't have this then use large ½ rounds of courgette)
4. Serve with some slices of the Chayote inserted into the chutney/dip.

Notes

The star anise, lime juice and rock salt combination is amazingly tasty.

Main Course

Simple yet Tasty Plantain Stir-Fry – Cooked

Ingredients

- 1 large green plantain (not matoke)
- Pumpkin (if available)
- 1 large courgette
- 3-4 medium tomatoes
- 1 tablespoon coconut oil
- ¼ teaspoon mustard seeds
- Pinch of fenugreek seeds
- ¼ teaspoon jeeru (cumin) seeds
- ¼ teaspoon turmeric powder
- ¼ – ½ teaspoon chilli powder (depending on taste)



Tasty Plantain Stir-fry served with a salad

Method

1. Slice the courgette into rings (or half rings) of 5mm thickness.
2. Peel about 300-400 grams of the pumpkin and cut into cube-like pieces.
3. Peel the green plantain carefully leaving the inner part of the skin on the plantain (i.e. the aim is to only take off the outer green layer so that the nutrients under the skin remain).
4. Put stainless steel pan on medium heat and add oil. Once oil has melted add mustard & fenugreek seeds and shut lid.
5. While the oil is melting slice the plantain into rings (or ½ rings) of 3mm thickness.
6. Wait for mustard seeds to splutter, then add jeeru and immediately add the sliced green plantain and pumpkin cubes and stir thoroughly so that they are coated with oil. Leave on **low** heat to cook with lid on.
7. Let this cook for 3-5 minutes, then stir again and add turmeric.
8. When it has been cooking for 5-7 minutes add the sliced courgette and stir thoroughly. Leave on low heat to cook with lid on.
9. Stir occasionally ensuring no water falls outside of the pan when lifting the lid for stirring. Add ½ of the sliced tomatoes. Shut lid and continue cooking.
10. When it has been cooking for about 15-20 minutes (i.e. till it is nearly done), add chilli powder stir thoroughly. Then add other ½ of the sliced tomatoes on top. Leave on low heat to cook with lid on for a few minutes.
11. It is now ready to serve.

Spaghetti with Sauce – Raw

Ingredients

- 2 freshly diced sweet corn from cobs
- ½ green capsicum or some tender beans
- 1 -2 coloured capsicums
- 5 baby tomatoes
- 1 large vine tomato
- 1 ripe avocado
- black pepper
- ¼ green chilli
- red chilli powder (to taste)
- lemon juice to taste
- rock salt to taste
- some water
- 1 courgette



Courgette Spaghetti with sauce



Served with plantain stir fry in the back of the plate.

Method

1. Take ½ corn cob and remove seeds from the cob. keep aside.
2. Finely dice the green capsicums or finely slice the tender beans - keep aside. Also finely dice the coloured capsicums and keep aside. Dice ½ avocado and keep aside.
3. Take the other 1 & ½ corn cob and remove seeds from the cob. Add this to a blender together with the green chilli, ½ avocado and lime juice. Slice and add the large vine tomato, rock salt and pepper and blend this to a thick batter consistency (adding a little water if necessary). Taste and adjust the lime juice and salt to taste.
4. Add the above mixture to a mixing bowl and add all prepared vegetables. Stir thoroughly. Add a little water if you think needs it. Now the spaghetti sauce is ready.
5. Using a spiralizer turn the courgette into a spaghetti into a separate bowl.
6. Serve the spaghetti on a plate, add the spaghetti sauce on top and decorate with slices of baby tomato.
7. When serving add a little chilli powder to garnish.

Dessert

Omega3 Rich Ice-cream & Fruit Salad – Raw



Fruit salad with grape & banana ice-cream

Fruit salad with grape & banana ice-cream

Ingredients

Fruit Salad

- 1 peach or 1 nectarine
- 1 apples or pear
- Some black grapes.

Omega3-Rich Ice-Cream

- 3-4 Bananas for ice-cream
- 20 Black grapes
- 1 tablespoon cold pressed linseed oil
- Linseed (flaxseed) oil (best to use cold-pressed as it has more nutrients)

Decoration

- Fruit of choice. (E.g. 2-3 Strawberry)
- Nuts and seeds of choice (e.g. brazils, walnuts almonds, sunflower seeds, pumpkin seeds etc)

Method

Ice-Cream preparation (afternoon of previous day)

1. Slice the banana lengthways in half and again into quarters lengthways. Place on steel thali or plate. Then slice the banana into rings (each ring contains 4 sliced quarters).
2. Place in freezer.

Fruit Salad

1. Cube the apple/pear and add to a mixing bowl
2. Add some sliced grapes to the mixing bowl
3. Cube the peach/nectarine and add to the mixing bowl
4. Mix the fruit salad in the mixing bowl.
5. Put the fruit salad into serving bowls ready to add ice-cream.

Omega3-Rich Ice-Cream

1. Prepare a few strawberry halves removing the green bits. Keep aside.
2. In a blender - add some of the frozen banana pieces separately (you may need to cut the frozen pieces with a strong knife).
3. Add 1 tablespoon of linseed oil and blend the mixture to make a creamy mixture.
4. Then keep adding frozen banana pieces and blend. Add grapes as necessary but not too many otherwise the ice-cream will end up being more of a creamy sauce.
5. Once Omega3-Rich Ice-Cream is ready add it to each serving bowl
6. Decorate with strawberries, serve and eat immediately!

Notes

Your blender needs to be strong enough to work with frozen fruit otherwise it may get damaged.

This ice-cream can be made with a base of frozen pieces and any other fruit instead of grapes. Fruits such as strawberries, apricots, cherries, mango, peach, nectarine, blueberries etc ... try and see all the colours you produce. Add a slice of avocado and watch the ice-cream turn slightly fluorescent colour! Enjoy experimenting!