

Goat cheese with broccoli

Time 45 min
People 2



Ingredients

| Food | Spices | Oil | Other |
|-----------------------|------------------------------|--------------------|--------------------|
| 50 g Goat cheese | 1.5 tsp Mustard seeds | 1 tbsp Coconut oil | 3 tbsp Maple sirup |
| 1.5 pcs Broccoli | 0.5 tsp Cinnamon | 3 tbsp Ghee | 2 dl Coconut milk |
| 50 g Basmati rice | 0.5 tsp Cardamom | 1 tbsp Sesame oil | |
| 1 pcs Beetroot | 1 tsp Ginger | | |
| 5 pcs Potato | 0.5 tsp Pepper | | |
| 30 g Durum wheat semo | 0.5 tsp Tumeric | | |
| 3 tbsp Raisins | 1.5 tsp Rock salt (Himalaya) | | |
| 3 tbsp Coconut flakes | 0.5 tsp Coriander | | |
| | 0.5 tsp Cumin | | |
| | 0.5 tsp Caraway | | |
| | 0.5 tsp Hing | | |

Preparation

Broccoli:

Cut the broccoli into pieces. Heat 2 tsp of ghee in a cooking pot, add the 0.5 tsp of grounded cumin and pepper and fry it for about 10sec. Now put the broccoli into the pot and fill it up with water until half of the broccoli is covered. Add 0.5 tsp of hing and let it simmer for about 20min with the lid closed at low heat. Then let it cool down for a couple of minutes and add the diced goat cheese and some pepper.

Beetroot:

Heat the 1 tsp of coconut oil in a pot, add 0.5 tsp grounded coriander and cumin and fry it for about 10sec. Peel the beetroot and cut it into small cubes and put it in the pot. Stir it for about 60sec and then pour in some coconut milk until half of the beetroot is covered. Add half of a cinnamon stick and 0.5 tsp tumeric and let it simmer with the lid closed for about 30min at low heat.

Potatos:

Peel the potatoes, cut into cubes and put them on a frying pan. Pour some sesame oil over them and add some curry and pepper. Then mix all well by hand. Put them in a preheated oven and bake for about 15min at a high level. In the end, add a little salt to it.

Rice:

Heat up 1 tsp of ghee in a pot and add 1 tsp mustard seeds to it. Cover the pan and wait until the seeds stop jumping. Then add the rice and let it fry about 30sec while stirring. Fill up with two parts of water and cook with the lid closed on low heat for about 15 minutes. Finish it with a few drops of lemon juice and some salt.

Carob halva:

Heat up 4 tsp of ghee in a pot. Add the raisins and fry them for about 20sec. Then add 0.5 tsp cardamom and ginger, stir a little and put in the durum wheat semolina. Fry for another 30sec. Then fill it up with water and continue stirring. Add the carob, cinnamon and maple syrup. Let it cook on a low level for approximately 20 minutes. At the end decorated with some coconut flakes.

Mung beans with chapati

Time 45 min
People 2



Ingredients

| Food | Spices | Oil | Other |
|-----------------------|-----------------------|--------------------|---------------------|
| 50 g Mung peas | 4 pcs Parsley (fresh) | 4 tsp Ghee | 0.25 dl Mango juice |
| 2 pcs Carrot | 10 leafs Mint (fresh) | 2 tsp Coconut oil | 3 tbsp Agave syrup |
| 0.5 g Basmati rice | 2 tsp Tumeric | 1.5 tbsp Sesam oil | |
| 4 tbsp Raisins | 0.5 tsp Hing | | |
| 2 tbsp Coconut flakes | 1 tsp Cumin | | |
| 200 g Yoghurt | 0.5 tsp Coriander | | |
| 10 cm Cucumber | 1 pcs Cinnamon stick | | |
| 1 pcs Apple | 0.5 tsp Cardamom | | |
| 100 g Spelt flour | 3 tsp Rock salt | | |
| | 1 tsp Ginger (fresh) | | |

Preparation

Mung Dal:

Heat ghee in a pot and add cumin, coriander and pepper, fry for about about 15sec. Then add the mung beans and fry for another 30sec . Then fill up the pot with water (double the amount) , add the chopped carrots , Hing and turmeric and cook it a a low heat with the lid closed for about 40 minutes . At the end, add some salt and a few lemon drops.

Chapatti:

Pour the flour into a bowl. Add one tsp . salt, cumin and 1.5 tbsp sesame oil to it. Fill up with water (about 0.5dl), mix everything and knead to a smooth dough for about 10min. Then let the dough rest for at least 20min. Thereafter, mold the dough into small balls and roll out on a floured kitchen board. Place the rolled out dough on a preheated pan and let fry for about 10sec at high heat on each side.

Rice:

Heat 1.5 tsp ghee in a pot. Add the raisins and 0.5 tsp of cumin and let it fry for about 30sec. Then add the rice and fry it also shortly for about 30 sec. Fill up the pot with double the amount of water and let it simmer for about 15 mi with the lid closed.

Cucumber Raita:

Give the yogurt into a bowl, add the finely chopped mint leaves, coriander powder, pepper and some salt. Peel and then grate the cucumber. Add it to the yogurt and mix it well.

Apple/mango chutney:

Cut the apple into small pieces. Heat up 2 tsp of ghee in a pot, add the cardamom and ginger fry it for about 10sec. Add the apple pieces and salt. Then add the mango juice, agave syrup, cinnamon stick and 0.5 tsp of turmeric to it. Cover the pot and let simmer at a low temperature for about 15min. Thereafter, add the finely chopped parsley to it.