

## March recipes

### Braised bok choy with mushrooms (Vegan and seasonal)

For 4 people

Preparation: 15 minutes

Cooking time: 15 minutes

#### Ingredients

- 1 bok choy (chinese cabbage)
- 6 dry flavored mushrooms
- 20 g soy vermicelli (or rice noodles)
- 2 garlic cloves
- 5 tsp sunflower oil (or olive oil)
- 3 tsp soy sauce
- 1 tsp sugar
- Salt

Clean and slice the cabbage into 2 cm large pieces. Soak the mushrooms and the vermicelli into 2 bowls of hot water for 15 minutes.

Peel and crush the garlic.

Heat the oil in a pan. Add the garlic and then the cabbage. Let the cabbage brown then add 3 glasses of water. Salt and season with the soy sauce and sugar.

Add in the pan the mushrooms and the vermicelli. Cover and simmer for 10 minutes.

## Spinach and chickpeas curry (Vegan and seasonal)

For 4 people

Preparation: 10 minutes

Cooking time: 15 minutes

### Ingredients

- 400 g canned chickpeas
- 150 g fresh spinach
- 2 onions
- 2 garlic cloves
- 5 tsp sunflower oil (or olive oil)
- 1 tsp curry paste (or Garam masala)
- 200 g tomato coulis
- Salt and Pepper

Peel and slice the onion and the garlic. Let them brown for 2 minutes with the oil in a frying pan. Add the rinsed and drained chickpeas, the curry and the tomato coulis. Cover and simmer for 10 minutes over medium heat.

Add the spinach, salt and pepper, and then cover. Simmer for 5 more minutes.

Serve with rice and/or naans.

## Carrot peel spread (Zero-waste and vegan)

For 1 jar

Preparation: 10 minutes

Cooking time: 5 minutes

### Ingredients

- Peels of 2 carrots' bunches
- 3 stale bread slices
- 5 cl plant-based milk (or water)
- 1 garlic clove
- 1 tsp lemon zest
- 5 cl olive oil
- Thyme, salt and pepper

Let the bread soften in the milk.

Peel and crush the garlic.

Steam the carrot peels and the garlic for 5 minutes.

Blend with the lemon zests, the bread, the oil, and the seasonings.