

Recipe

Beetroot shawarma, kale pesto, hemp seed dukkah



Overview

Beetroot shawarma

Kale pesto - 30g (scroll down for the recipe)
BBQ beetroot - 40g (scroll down for the recipe)
Hemp seed dukkah - 1g (scroll down for the recipe)
Extra virgin olive oil - 2g

Method

Spoon the kale pesto into a small bowl, drizzle the olive oil over the pesto and top with the dukkah.

Slide the chargrilled and glazed slices of beetroot onto a 4inch / 10cm knotted skewer and place on the side of the bowl as shown in the image above.

Step 1

Kale pesto

(Makes 350 g)

Curly kale (de-stemmed & chopped) - 50g
Coriander (chopped) - 30g
Flat leaf parsley (de-stemmed) - 25g
Walnuts - 50g
Peeled garlic - 15g
Ginger (chopped) - 10g
Lemon juice - 25g
Nutritional yeast - 20g
Fine sea salt - 5g
Extra virgin olive oil - 100g
Vitamin C/ ascorbic acid - 2g

Method

Place all ingredients, except the olive oil into a food processor and mix until it is finely chopped and evenly combined.

Gradually add the olive oil to emulsify.

Using a spatula, transfer the pesto into a plastic container ready for later use.

Step 2

BBQ beetroot

Pre-cooked beetroot (peeled) - 450g
Fine sea salt - 8g
Pomegranate molasses - 25g

Method

Unpack the beetroot, drain on a clean paper towel and then lay on a hot grill to char the outside.

Once charred, place them in a large stainless-steel bowl and season with salt and the molasses.

Once cool, slice them on a mandolin approximately 0.5cm in thickness.

Transfer to a plastic container and refrigerate until required later.

Before serving, skewer and warm them gently in an oven for 6-8 mins at 180°C.

Step 3

Hemp seed dukkah

(Makes 350g)

Ingredients

Toasted white sesame seeds - 100g
Hemp seeds (hulled) - 50g
Lin seeds - 50g
Zaatar - 50g

Method

Mix all ingredients in a stainless-steel bowl until evenly combined.

Transfer to a clean dry container and store in a dry place until later.

Recipe

Omelette muffin, avocado, basil, mushrooms, soy



Overview

Omelette muffin

Omelette muffin - 1 unit (scroll down for the recipe)
Avocado - 10g (scroll down for the recipe)
Garlic mushrooms - 10g (scroll down for the recipe)
Pea shoots

Method

Reheat the muffins in the oven at 150°C for 2-3 mins.
These need to be served at lukewarm / room temperature.
Top them with the avocado puree and 3-4 slices of mushrooms.
Garnish with a few leaves of pea shoots.

Step 1

Omelette muffin (Makes 570g)

Silken tofu, drained - 400g
Water - 90g
Peeled garlic, minced - 10g
Nutritional yeast - 10g
Extra virgin olive oil - 15g
Fine sea salt - 5g
Turmeric powder - 5g
Chickpea flour - 50g
Cornstarch - 10g

Method

Preheat oven to 180°C.
Combine everything except the chickpea flour and cornstarch in the blender and blend until smooth.
Add chickpea flour and cornstarch and pulse a few times, until well mixed.
Oil the non-stick muffin pan and fill each cup with 45g of the batter.
Bake for about 25 minutes, until firm and pulling away from the sides.
Let the muffins cool for **at least 15mins** before serving warm or at room temperature.

Step 2

Garlic mushrooms (Makes 500g)

Chestnut mushrooms - 400g
Peeled garlic, sliced - 10g
Extra virgin olive oil - 30g
Onions, brunoise / finely chopped - 150g
Soy sauce - 60g

Method

Clean mushrooms and slice.
Heat oil in a large pan and fry the mushrooms for about 5 minutes on both sides until golden brown.
Add the chopped onions and garlic and fry for another 1-3 mins.
Then deglaze with sauce and fry for a further 1-2 mins over a low heat.
Cool, transfer and refrigerate.

Step 3

Avocado puree (Makes 600g)

Avocado, peeled, deseeded - 520g
Coconut milk - 100g
Fine sea salt - 20g
Vitamin C/ ascorbic acid - 8g
Basil leaves - 60g

Method

Cut the avocado into large chunks (6 - 8 pieces), then combine all the ingredients in a blender and blend until smooth.
Transfer into squeeze bottles / piping bags and refrigerate until required later.