



# Potato Skin Samosas

Prep Time: 20 min. Cook Time: 30 min. Makes: 8 servings.

Stuff samosa filling into the skins of baked potatoes instead of a pastry. Much healthier and easier! The skin of a potato has more fiber, as well as most of the iron content of the potato and lots of other minerals and vitamins.

## INGREDIENTS

4 small baking potatoes  
1 teaspoon coconut oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 small piece of ginger, minced  
or grated  
2 to 3 teaspoons curry powder  
(mild or hot, as you like)  
Pinch of sea salt  
Pinch of freshly ground black  
pepper  
2 carrots, grated  
¼ cup frozen peas, thawed  
¼ cup chopped fresh cilantro or  
parsley

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Scrub the potatoes, and remove any eyes or blemishes. Pierce the potatoes with a fork, wrap in aluminum foil, and bake 30 minutes, or until they're soft.
3. While they're cooking, heat the oil in a medium pan and sauté the onion until it's soft, about 5 minutes. Add the garlic and ginger and sauté until they're soft as well, about 3 minutes. Add the curry powder, salt, and pepper, and stir to fully coat the onions. Turn off the heat.
4. When the potatoes are cooked, take them out of the foil and slice them in half.
5. Scoop out the flesh of the potatoes into the pan with the onions. Add the carrots, peas, and cilantro. Stir to combine, then spoon the mixture back into the potato skins.
6. If you like, you can prepare these in advance and then heat them up in the oven at 350°F for 10 minutes when you're ready to serve.

### NUTRITION FACTS

Per serving  
Calories 130

% Daily Value\*

1 g	Total Fat	1%
0 g	Saturated Fat	2%
0 mg	Cholesterol	0%
54 mg	Sodium	2%
29 g	Carbohydrates	10%
3 g	Dietary Fiber	14%
3 g	Sugar	
3 g	Protein	
2758 IU	Vitamin A	60%
19 mg	Vitamin C	31%
22 mg	Calcium	2%
1 mg	Iron	7%

## Hints & Tricks

You could also do this with sweet potatoes. These are perfect with mango chutney for dipping.



# Mango Chutney

Prep Time: 10 min. Cook Time: 45-60 min. Makes: 16 servings.

Make an easy mango chutney for a pop of flavor in a meal, or as a dipping sauce. Leave the chili pepper whole for a milder spice, or chop it up to infuse into the chutney if you want a spicier sauce.

## INGREDIENTS

1/4 cup apple cider vinegar or lime juice  
1/2 cup pure mango or apple juice  
1 large mango, peeled and chopped (about 2 cups)  
1 Tbsp fresh ginger, grated  
1 small chili pepper, chopped finely or whole, optional  
1/2 tsp cumin  
1/4 tsp cinnamon  
1/4 tsp cardamom (optional)

## DIRECTIONS

1. Heat the vinegar and juice in a small pot to boiling. Add the mango, ginger and chili pepper and cumin.
2. Turn down the heat and leave to simmer uncovered 45-60 minutes, until slightly thickened. If you left the chili pepper whole, remove it before serving.

### NUTRITION FACTS

Per burger patty  
Calories 19

% Daily Value\*

0 g	Total Fat	0%
0 g	Saturated Fat	0%
0 mg	Cholesterol	0%
1 mg	Sodium	0%
5 g	Carbohydrates	2%
0 g	Dietary Fiber	2%
4 g	Sugar	
0 g	Protein	0%
166 IU	Vitamin A	4%
6 mg	Vitamin C	10%
3 mg	Calcium	0%
0 mg	Iron	1%

## Hints & Tricks

Try this with apple instead of mango if you can't find any, or use both and make a double batch.





# Cardamom Brown Rice

Prep Time: 10 min. Cook Time: 50 min. Makes: 4 servings.

Season plain brown rice with the delicate flavors of cardamom, cinnamon and ginger. Brown rice is a source of vitamin E and the B vitamins, making it a great addition to your diet. Serve along with a curry.

## INGREDIENTS

1 Tbsp cardmom pods  
1 cinnamon stick  
1-inch piece of ginger, sliced  
1 cup brown rice  
2 cups water

## DIRECTIONS

1. Put everything into a medium pot with a lid, and bring to a boil. Turn down to low and steep for 45 minutes, or until the rice is cooked.
2. Once cooked, remove the whole spices.

### NUTRITION FACTS

Per serving  
Calories 177

% Daily Value\*

2 g	Total Fat	2%
0 g	Saturated Fat	1%
0 mg	Cholesterol	0%
5 mg	Sodium	0%
37 g	Carbohydrates	12%
2 g	Dietary Fiber	8%
0 g	Sugar	
4 g	Protein	6%
10 IU	Vitamin A	0%
0 mg	Vitamin C	1%
23 mg	Calcium	2%
1 mg	Iron	9%

## Hints & Tricks

To save time, boil water in a kettle while you toast the rice. Then it will come to a boil immediately when you add the water. Save even more time by doing this all in a pressure cooker! After sauteeing the rice, set for 10 minutes on pressure.





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# Eggplant Curry

Prep Time: 10 min. Cook Time: 20 min. Makes: 4 servings.

This is a pureed spinach and tomato sauce, around chickpeas. Make it a little more tomato if you prefer, or a little more spinach if you prefer that. Perfect high-protein dish for a night of Indian-inspired dishes.

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## INGREDIENTS

1 eggplant, diced  
1 tsp olive oil  
1/2 cup coconut milk  
1 1/2 tsp curry powder more or  
less, to your taste  
1 tsp paprika smoked  
1 Tbsp nutritional yeast  
(optional)  
pinch sea salt

## DIRECTIONS

1. Heat a pan to medium-high, and saute the eggplant in a small amount of olive or coconut oil.
2. Once softened, add the coconut milk and spices, stirring to combine, and taste for seasoning. Leave to simmer for a few minutes, until heated through.

### NUTRITION FACTS

Per serving

Calories 92

% Daily Value\*

Total	Fat	7g	11%
Saturated	Fat	5g	25%
Polyunsaturated	Fat	0.3g	
Monounsaturated	Fat	1g	
Sodium		10mg	0%
Potassium		213mg	6%
Total	Carbohydrates	7g	2%
Dietary	Fiber	4g	16%
Sugars			2g
Protein		2g	4%
Vitamin	A		6%
Vitamin	C		4%
Calcium			1%
Iron			4%

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## Hints & Tricks

If you prefer, you could chop the spinach and add to the pan rather than puree.

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# Chana Saag

Prep Time: 10 min. Cook Time: 30 min. Makes: 3 servings.

This is a pureed spinach and tomato sauce, around chickpeas. Make it a little more tomato if you prefer, or a little more spinach if you prefer that. Perfect high-protein dish for a night of Indian-inspired dishes.

## INGREDIENTS

1 onion, chopped  
1 Tbsp fresh ginger, grated  
(optional)  
1 tsp olive or coconut oil, or 1  
Tbsp water or veg broth  
1 tomato, chopped  
1 Tbsp curry powder  
1 15oz can chickpeas, rinsed  
1 large bunch fresh spinach  
1 small green chili pepper,  
optional  
2 Tbsp coconut milk, optional

## DIRECTIONS

1. Heat a large pan to medium high, and saute the onion and ginger in the oil, water or broth. Add the tomato, curry powder, and chickpeas, stirring to combine.
2. Puree the spinach, seeded chili pepper (if using) and coconut milk in a food processor until smooth.
3. Stir the spinach mixture into the chickpea mixture, and leave on the heat until warmed through. Add a bit more coconut milk if you wish.

### NUTRITION FACTS

Per serving

Calories 221

% Daily Value\*

6 g	Total Fat	10%
3 g	Saturated Fat	17%
0 mg	Cholesterol	0%
60 mg	Sodium	3%
34 g	Carbohydrates	11%
10 g	Dietary Fiber	40%
8 g	Sugar	
11 g	Protein	17%
6120 IU	Vitamin A	133%
31 mg	Vitamin C	51%
129 mg	Calcium	13%
5 mg	Iron	37%

## Hints & Tricks

If you prefer, you could chop the spinach and add to the pan rather than puree.



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# Mango Chia Lassi

Prep Time: 10 min. Makes: 2 servings.

Make a dairy-free version of this creamy, refreshing treat! Great with breakfast, as a snack, or as dessert. You could use coconut milk instead of non-dairy yogurt if you like, and then you probably wouldn't need extra water.

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## INGREDIENTS

1 mango, peeled and chopped  
(about 1 cup frozen)  
1 cup non-dairy yogurt  
1 Tbsp chia seeds  
pinch cinnamon  
pinch cardamom (optional)

## DIRECTIONS

1. Put everything into a blender, with about half a cup of water or non-dairy milk, and puree until smooth. Add more water/non-dairy milk if you need to get the right consistency.

### NUTRITION FACTS

Per serving  
Calories 163

% Daily Value\*

4 g	Total Fat	7%
1 g	Saturated Fat	3%
0 mg	Cholesterol	0%
18 mg	Sodium	1%
28 g	Carbohydrates	9%
6 g	Dietary Fiber	24%
18 g	Sugar	
5 g	Protein	7%
631 IU	Vitamin A	14%
38 mg	Vitamin C	63%
203 mg	Calcium	20%
0 mg	Iron	1%

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## Hints & Tricks

If you make this ahead of time, and leave to sit, the chia seeds will soak up some of the liquid and become a bit pudding-like. If you poured into small serving bowls, it would be lovely topped with coconut cream.

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