



ORGANIC VEGAN RECIPE

VOLUME 1

“Organic means larder...”





ORGANIC FARMER
ORGANIC COCONUT MILK
REGULAR
ليب جوز الهند العادي الطبيعي

ORGANIC FARMER
Extra Virgin
TUNISIAN
Olive Oil
ORGANIC
EXTRA VIRGIN
OLIVE OIL
زيتون طبيعي

ORGANIC FARMER
ORGANIC
Chopped
Tomatoes
طماطم مقطعة مسبوقة

ORGANIC FARMER
GLUTEN FREE
ORGANIC FARMER
ORGANIC RICE
ORGANIC White Fusilli
ORGANIC HONEY





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INTRODUCTION

Plant-based diet is getting popular all over the world because of its positive impact to health! It may be beneficial for people who are looking to manage their weight, boost their immune system, lower risk of heart disease, lower cancer risk, prevent diabetes, and many more! This is why we came up with this recipe e-book to inspire people to bring their diet to the next level and possibly stick to a much healthier diet. Here you can find “Main”, “Salad”, and “Soup” recipes to choose from.

Feast your eyes on pictures of dishes that are both sumptuous and nutritious. They're easy to prepare, so you and your loved ones can actually have a feast at your meal table.

WHY ORGANIC LARDER

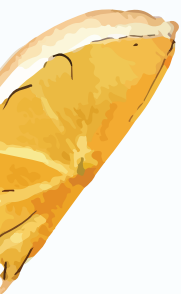
We have a wide range of certified organic and biodynamic products— from food, beverage, body care, and baby care to household products. We are price conscious because we understand the value of proper nutrition to everyone. We do our utmost to maintain our competitive pricing policy and ensure that our high-quality products are readily accessible and affordable as we want to ensure, organic made easy for everyone.

We know what you want, which is why we came up with different ranges—Keto, Vegan, Vegetarian, gluten-free, diet-free, low in sugar, low in cholesterol, etc.— simply because we care about consumers' nutritional needs.

We source responsibly, so we are confident of our organic traceability from farm to fork and from seed to shelf.

Our product suppliers are handpicked by our owner, who visits each of their farms and factories for inspections, making sure that the products are of the highest calibre and ensures that consumers are getting products that meet and exceed the approved quality standards. We source from family businesses and not from corporations, which is why our CEO guarantees the quality of our products.

We go to these lengths, because here at Organic Larder, we believe that your health is your wealth!



MAIN



Broccoli Buckwheat Biryani

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

- 500 gm Broccoli, grated | Organic Larder Broccoli Rice *(May also use Organic Larder Cauliflower rice)*
- 10 gm Organic Larder Chickpeas *(Cooked or in Brine)*
- 10 gm Toasted buckwheat
- 10 gm Carrots, diced
- 5 gm Garlic, chopped
- 10 gm Onion, chopped
- 5 gm Ginger, chopped
- 10 gm Fresh Coriander leaves, chopped
- 50 gm Organic Larder Chopped Tomatoes
- 5 gm Organic Larder Curry Powder
- 5 gm Organic Larder Cumin Powder
- 5 gm Organic Larder Vegetable Stock
- 10 gm Organic Larder Coconut Oil
- 2 gm Organic Larder Himalayan Salt
- 2 gm Organic Larder Black Pepper

Method

Sauté the aromatics. Pre-heat the pan & add the oil. Once oil is heated, add the garlic, onion & ginger. Stir gently for about **2 minutes** until fragrant & soft.

Next, add the curry powder, cumin powder, chopped tomatoes & vegetable stock. Continue cooking for a **few minutes** until it becomes as thick as a paste, and then, **add the rest of the ingredients** and cook for a **few more minutes**.

Transfer to a serving plate & serve warm.



Benefits of Broccoli

Broccoli is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K & B vitamins including folic acid.



Chili Con Tofu with Steamed Rice Avocado Salsa

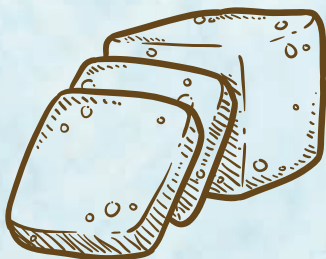
(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

20 gm	Red beans, drained & rinsed twice (canned)
200 gm	Tofu Fresh, diced
50 gm	Mixed Bell Pepper (Red, Yellow, Green), diced
5 gm	Fresh Coriander Leaves, chopped
20 gm	Organic Larder Corn (Jarred)
5 gm	Garlic, chopped
10 gm	Onion, chopped
5 gm	Cumin Powder
100 gm	Organic Larder Chopped Tomatoes
5 gm	Organic Larder Vegetable Stock
10 gm	Organic Larder Tomato Paste
10 gm	Organic Larder Olive oil
2 gm	Organic Larder Himalayan Salt
5 gm	Organic Larder Smoked Paprika
2 gm	Organic Larder Black Pepper
1 cup	Organic Larder Rice, steamed
-	Half an avocado, unpeeled & sliced into cubes
100 gm	Fresh Tomatoes, chopped
-	Lime



Benefits of Tofu

Tofu is a good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorous. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.



Method

Sauté the aromatics. Pre-heat the pan and add the oil. Once oil is heated, add the garlic, onion and mixed pepper. Stir gently for a **few minutes** until fragrant.

Sprinkle the cumin powder, and then, add the chopped tomatoes, tomato paste, corn and paprika. Cook for a **few more minutes**, and then, add the tofu, coriander leaves, red beans, vegetable stock, salt & pepper. Continue cooking for a couple more minutes until fragrant.

Put the steamed rice, chili con tofu & avocado on a serving plate. Add the fresh tomatoes onto the avocado & squeeze in some lime to make an avocado salsa. **Serve.**



Roast Pumpkin with Spinach in Coconut Curry Sauce

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

200 gm	Pumpkin, roasted until half cooked
50 gm	Fresh Spinach
5 gm	Garlic, chopped
10 gm	Onion, chopped
5 gm	Ginger, chopped
5 gm	Curry Powder
5 gm	Cumin Powder
10 gm	Organic Larder Chickpeas, jarred
1 cube	Organic Larder Vegetable Stock
10 gm	Organic Larder Coconut Oil
100 gm	Organic Larder Coconut Milk
100 gm	Organic Larder Chopped Tomatoes
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper
1 cup	Organic Larder Brown Rice, steamed

Method

Sauté the aromatics. Pre-heat the large skillet & add the oil. Once oil is heated, add the garlic, onion & ginger. Stir gently **for a few minutes** until fragrant & soft.

Now, add the curry powder, cumin powder, chopped tomatoes & vegetable stock. Continue **cooking for a couple more minutes**, and then, add the coconut milk, pumpkin, chickpeas & spinach (make a thick coconut curry sauce). Then, season w/ salt & pepper.

Next, **transfer** to a serving plate & serve w/ steamed brown rice.



THIS IS A HIGHLY NUTRITIOUS AND PARTICULARLY RICH IN VITAMIN A RECIPE





Soya Bean Stew with Steamed Rice and Sautéed Bok Choy and Mushroom

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

200 gm	Soya beans, soaked overnight
50 gm	Mushroom, sliced
50 gm	Bok Choy, rinsed
5 gm	Garlic, chopped
10 gm	Onion, chopped
5 gm	Cumin Powder
1 cube	Organic Larder Vegetable Stock
10 gm	Organic Larder Coconut Oil
100 gm	Organic Larder Chopped Tomatoes
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper
1 cup	Organic Larder Brown Rice, steamed

Method

Boil soya beans in a pot with a dash of salt until soft, then set aside.

Sauté the aromatics. Pre-heat the large skillet & add the oil; once oil is heated, add the garlic & onion. Stir gently for about **2 minutes** until fragrant & soft.

Add the cumin powder, chopped tomatoes & boiled soya beans. Cook for a **couple more minutes**, and then, set aside.

Next, sauté the bok choy & mushroom in coconut oil; then, season w/ salt & pepper. Serve on a plate w/ steamed rice, soya bean stew and sautéed bok choy & mushroom.



THIS IS A TYPICAL VEGAN MEAL





SALADS



Did you Know?

Matcha is a powerhouse of antioxidant that helps diminish aging, by protecting against oxidative damage in the cells.



Method

To make the **hummus recipe**: Using a food processor, mix together the **tahini paste**, cold water, olive oil, salt, garlic & lemon juice, then add the **Organic Larder chickpeas (rinsed in warm water and drained)**. Puree for about 3-4 minutes more, or until smooth. Season to taste, then **transfer to a bowl**.

Add the mashed avocado & matcha powder into the bowl, & mix everything together.

Transfer to a platter, then serve.

Matcha Avocado Hummus Salad

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

400 gm	Organic Larder Chickpeas
100 gm	Organic Larder Tahini Paste
100 gm	Ripe Avocado, mashed
20 gm	Matcha Powder
10 ml	Organic Larder Lemon Juice
5 gm	Fresh Garlic
100 ml	Cold water
10 ml	Organic Larder Olive Oil
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper



Chopped Salad in Wasabi, Tamari Lemon Dressing

(Gluten Free)

PREP Time: 10 to 15 Minutes
Serves: Two (2) People

Ingredients

100 gm	Any salad leaves you prefer, rinsed & diced
50 gm	Fresh cucumber, rinsed & diced
50 gm	Red Bean
25 gm	Cherry Tomato, rinsed & cut into half
50 gm	Olives, rinsed & diced
20 gm	Buckwheat, toasted
5 gm	Wasabi Powder / Japanese Horseradish Powder
50 gm	Organic Larder Sweet Corn
50 gm	Organic Larder Chick Peas
20 gm	Organic Larder Walnut, toasted
10 ml	Organic Larder Olive Oil
10 ml	Organic Larder Lemon Juice
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper
10 ml	Organic Larder Tamari Sauce

Method

Make A sauce: In a mixing bowl, whisk together the olive oil, lemon juice, tamari sauce, wasabi powder, & season it with salt & pepper.

Add the vegetables; add the toasted walnut & toasted buckwheat into the mixing bowl w/ sauce; toss gently to mix everything together.

Place on a serving platter, & serve w/ toasted bread.

GOOD FOR WEIGHT LOSS DIET





Quinoa Beetroot Salad in Cinnamon Balsamic Dressing

(Gluten Free)

PREP Time: 15 to 20 Minutes
Serves: Two (2) People

Ingredients

- 500 gm Fresh Beetroot
- 20 gm Kale, chopped
- 50 gm Cherry Tomato, cut into half
- 200 gm Organic Larder Quinoa
- 10 ml Organic Larder Balsamic Vinegar
- 5 gm Organic Larder Cinnamon Powder
- 10 ml Organic Larder Maple Syrup
- 10 ml Organic Larder Olive Oil
- 2 gm Organic Larder Himalayan Salt
- 2 gm Organic Larder Black Pepper



Method

Boil the beetroot until soft. Peel the skin & cut into small bite size cubes, then set aside in a mixing bowl.

Boil the quinoa (better if it's still a little crunchy), then strain & add it into the mixing bowl.

Dressing: In a medium-size bowl, whisk together the balsamic vinegar, olive oil, cinnamon powder, & maple syrup, then set aside.

Add the quinoa, cherry tomato, chopped kale & dressing to the beetroot in the mixing bowl.

Season the Salad w/ Organic Larder salt & pepper, then serve.





Raw Zucchini Pasta Salad with Basil Pesto

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

600 gm	Green Zucchini
100 gm	Fresh Avocado, cut into cubes
50 gm	Cherry Tomato, cut into half
5 ml	Organic Larder Balsamic Vinegar
50 gm	Organic Larder Basil Pesto Sauce
10 ml	Organic Larder Olive Oil
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper

Method

Rinse the Zucchini & place onto the spiralizer. Put in a mixing bowl & keep it in a chiller for 10 – 20 minutes.

Seasoning. Take the zucchini pasta out of the chiller. Add the basil pesto sauce, balsamic vinegar, olive oil, salt & pepper

Tip: You may add some chopped kale or coriander leaves to enhance the flavour, then **Serve Cold.**



THIS IS A KETO FRIENDLY SALAD
GOOD FOR WEIGHT LOSS TOO



SOUPS





Roast Beetroot Soup with Coconut Milk Ginger

(Gluten Free)

PREP Time: 15 to 20 Minutes
Serves: Two (2) People

Ingredients

- 500 gm Fresh Beetroot, peeled & cut into chunks
- 5 gm Garlic, chopped
- 10 gm Onion, chopped
- 20 gm Fresh Ginger, chopped
- 1 cube Organic Larder Vegetable Stock
- 10 gm Organic Larder Coconut Oil
- 50 ml Organic Larder Coconut Milk
- 2 gm Organic Larder Himalayan Salt
- 2 gm Organic Larder Black Pepper



Method

Sauté the aromatics. Pre-heat the pan & add the oil; once oil is heated, add the garlic, onion & ginger. Stir gently until fragrant & soft, for about 5 minutes.

Add the beetroot, and continue cooking for a few more minutes or until slightly softened.

Season the vegetables. It's ideal to season the vegetables at this point, to best absorb the flavour; especially if you're using **Organic Larder vegetable Broth**, salt & pepper.

Add 8 to 10 cups of water or vegetable broth & bring to a simmer.

Cover & simmer. Turn the heat down to low, cover the pot, and let it cook for about **15 more minutes.**

Once the vegetables are very soft, you can **puree the soup** in a blender; transfer to the same pot & add **Organic Larder** coconut milk then **serve warm w/** gluten-free toasted bread





Roast Tomato Soup with Green Lentils

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

500 gm	Fresh Tomato
5 gm	Garlic, chopped
5 gm	Onion, chopped
50 gm	Carrot, cut into chunks
10 gm	Leeks, chopped
2 gm	Fresh Thyme, chopped
50 gm	Organic Larder Green Lentil (Cooked)
1 cube	Organic Larder Vegetable Stock
5 gm	Organic Larder Coconut Oil
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper

Method

Roast the tomato in the oven for 20 minutes at **180 C** until brown & Soft.

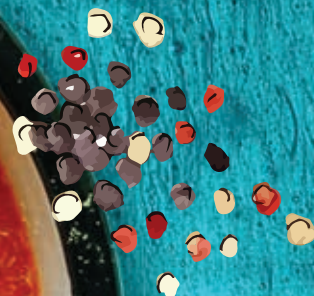
Sauté the aromatics. Pre-heat the pan & add the oil; once oil is heated, add the garlic, onion, leeks & fresh thyme. Stir gently for about **5 minutes** until fragrant & soft.

Add the roasted tomato & continue cooking for **15 more minutes**.

Season the vegetables. It's ideal to season the vegetables at this point, to best absorb the flavour; especially if you're using **Organic Larder vegetable stock**, salt & pepper.

Add half a litre water or vegetable broth & **bring to simmer**.

Cover & simmer. Turn the heat down to low, cover the pot, and let it cook for about **15 more minutes**. Once the vegetables are very soft, you can puree the soup in a blender; transfer to the same pot & add **Organic Larder** cooked green lentils, then **serve warm**.



Fresh Broccoli Spinach Soup with Chia Seeds

(Gluten Free)

PREP Time: 15 to 20 Minutes
Serves: Two (2) People

Ingredients

500 gm	Fresh Broccoli
250 gm	Fresh Spinach
5 gm	Garlic, chopped
5 gm	Onion, chopped
5 gm	Organic Larder Chia Seeds
1 cube	Organic Larder Vegetable Stock
10 gm	Organic Larder Coconut Oil
2 gm	Organic Larder Himalayan Salt
2 gm	Organic Larder Black Pepper

Method

Rinse & cut the vegetables, then set aside.

Sauté the aromatics. Pre-heat the pan & add the oil; once oil is heated, add the garlic & onion. Stir gently for about **5 minutes** until fragrant & soft.

Add the broccoli, continue cooking for a few more minutes until slightly softened.

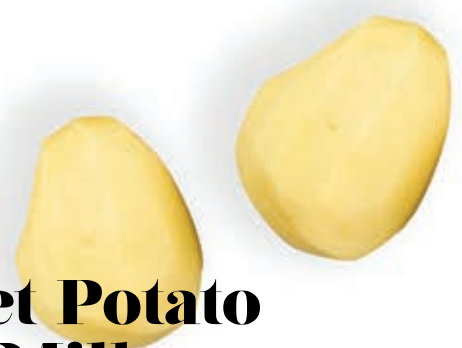
Season the vegetables. It's ideal to season the vegetables at this point, to best absorb the flavour; especially if you're using **Organic Larder** vegetable stock, salt & pepper.

Add 8 to 10 cups of water or vegetable broth & bring to a simmer.

Cover & simmer. Turn the heat down to low, add the spinach, & cover the pot, then let it cook for about 10 more minutes.

Once the broccoli & spinach are very soft, you can **puree the soup** in a blender & transfer to the same pot. Add **Organic Larder** coconut milk & chia seeds, then **serve warm**.





Roast Carrot Sweet Potato Soup with Oat Milk

(Gluten Free)

PREP Time: 15 to 20 Minutes

Serves: Two (2) People

Ingredients

- 200 gm Carrot, peeled and cut into chunks
- 300 gm Sweet Potato, peeled and cut into chunks
- 5 gm Garlic, chopped
- 10 gm Onion, chopped
- 1 cube Organic Larder Vegetable Stock
- 10 gm Organic Larder Olive Oil
- 50 ml Organic Larder Barista Oat Milk
- 2 gm Organic Larder Himalayan Salt
- 2 gm Organic Larder Black Pepper

Method

Sauté the aromatics. Pre-heat the pan & add the oil; once oil is heated, add the garlic & onion. Stir gently until fragrant & soft, for about **5 minutes**.

Add the sweet potato & carrot then continue cooking for a few more minutes or until slightly softened & the edges become slightly brown.

Season the vegetables. It's ideal to season the vegetables at this point, to best absorb the flavour; especially if you're using **Organic Larder** vegetable stock, salt & pepper.

Add 8 to 10 cups of water or vegetable broth & bring to a simmer.

Cover & simmer. Turn the heat down to low, cover the pot, and let it cook for about **15 more minutes**.

Once the vegetables are very soft, you can puree the soup in a blender; transfer to the same pot & add **Organic Larder** oat milk, then **serve warm**.





“Organic means larder...”