

# VEGAN MINI COOK BOOK







# JICAMA TACOS

*with vegan meat & veggie medley*

*Yield: 4 servings*

*Prep Time: 20 minutes*

## The Recipe

### INGREDIENTS

3 tablespoons (45 ml) of extra virgin olive oil  
jicama wraps (I recommend 4-5 per person)  
impossible vegan minced meat  
1/2 cup of cilantro  
5 cloves of garlic  
1/2 of a shallot  
1/2 cup / 50 g of cherry tomatoes  
1/2 cup / 50 g of sweet mini bell peppers  
1 1/2 cup / 170 g of baby corn  
1 cob of corn  
2 cups / 200 g of kidney beans  
1/2 cup of blue corn tortilla chips  
1 tablespoon / 5 g of vegan mozzarella cheese  
Paprika powder, cayenne pepper, red chili flakes, oregano,  
salt & lemon pepper to taste

### DIRECTIONS

1. Start with mincing the garlic, shallot & cilantro and add to a bowl with the Impossible Meat. Mix everything well. Cut up the bell peppers, baby corn, cherry tomatoes & corn.
2. Add the minced meat mix to a skillet with olive oil on medium heat. After 1 minute, add bell peppers and baby corn and let it cook for 5 minutes.
4. Rinse kidney beans and add them together with the tomatoes, and corn to the pan. Mix well and finish off with the spices. Let it sit cook for 1 minute, and prepare to serve.
3. Finish off the tacos with the vegenaïse as sour cream, guac or avocado, vegan mozzarella cheese, and tortilla chips, and enjoy!

### TIPS & NOTES

- Use whatever veggies you have in your fridge or are in season. These tacos would be great with cauliflower or mushrooms as well!
- Not a fan of impossible meat or vegan meat in general? Feel free to sub for Beyond meat or skip it altogether.





# GREEK SALAD

*with vegan feta cheese*

*Yield: 2 servings*

*Prep Time: 10 minutes*

## The Recipe

### INGREDIENTS

3 tablespoons (45 ml) of extra virgin olive oil  
1 cup / 100 g of arugula  
1 cup / 100 g of baby kale  
1 cup / 100 g of cherry tomatoes  
1 cup / 100g of Persian cucumbers  
1/2 of a shallot  
1/2 cup / 50 g of Kalamata olives  
6 tablespoons / 10 g of capers  
2 1/2 cup / 300 g of vegan feta cheese  
1/2 of a lemon  
Oregano, salt & lemon pepper to taste

### DIRECTIONS

1. Add the greens to a bowl and slice all the veggies.
2. Add oregano to the vegan feta cheese and cut into cubes.
3. Add the cut veggies and top it off with olive oil, lemon, salt, pepper & oregano. Enjoy!

### TIPS & NOTES

- Instead of the shallot, feel free to substitute with red onions.
- You can add croutons or pita bread to make it more filling.





# VEGAN GNOCCHI

*with a creamy pesto sauce*

*Yield: 2 Servings*

*Prep Time: 20 minutes*

## The Recipe

### INGREDIENTS

12 oz / 340 g of cauliflower gnocchi  
3 tablespoons (45 ml) of extra virgin olive oil  
5 cloves of garlic  
1/2 of a shallot  
2 tablespoons / 10 g of fresh sage  
1/2 cup / 50 g of fresh parsley  
1 1/2 cup / 170 g of baby corn  
1 cup / 100 g of spinach  
2 cups / 200 g of English peas  
1 cup / 100 g of vegan pesto  
1 cup / 100 g of vegan cream cheese  
1/4 cup / 25 g vegan parmesan cheese  
6 tablespoons / 10 g pine nuts  
Lemon pepper & salt to taste

### DIRECTIONS

1. Cut up the baby corn and mince the garlic & shallots and add it together with the fresh sage leaves to a pan on medium heat with olive oil. Cook for 30 seconds and then add the baby corn.
2. On a separate skillet with olive oil, cook the cauliflower gnocchi for 5 minutes until tender.
3. Add the spinach and peas to the skillet with the baby corn until cooked. Then add the cream cheese, pesto and mix well.
4. Add the cauliflower gnocchi to the other skillet and mix well. Finish off with parmesan cheese, pine nuts, fresh parsley & salt & lemon pepper to taste.

### TIPS & NOTES

- This recipe works great with regular gnocchi as well as any type of pasta.
- Feel free to add any other veggies you like to this recipe, such as broccoli or tomatoes.



*for more info & recipes*

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