



Raw MEXICAN SALAD

*Gluten-free, Vegan, Dairy-free,
Nut-free*

INGREDIENTS

- 1 can of whole kernel corn or 2 corn cobs
- 1 Tin / 425g of cooked Red Kidney Beans
- 2 Tomatoes, diced
- 1 Green Capsicum, diced
- 1/2 or less of Red Onion, diced
- Small bunch Coriander / Cilantro (optional)
- Salt and Pepper to taste
- Juice of 1/2 Lemon
- 2 tsp. Olive Oil

PREP TIME

- Prep | 10m
- Cook | N/A
- Ready in | 10 m

PROCEDURE

01

Wash and drain the beans and corn, if necessary, then put in a bowl.

02

Dice the Tomato, Capsicum, and Onion, then add to the bowl.

03

Add the juice of 1/2 lemon, chopped Coriander, and the Olive Oil.

04

Toss the ingredients together.

05

Add Salt and Pepper to taste.



Raw

FRENCH LENTIL PATTIES

Vegan, Dairy-free

INGREDIENTS

- 1 can Lentils / 425g cooked Lentils
- 1/2 cup Plain Flour
- 1/2 cup Textured Vegetable Dry (optional)
- 1/4 cup Olive Oil
- 1/4 of diced Brown Onion or 1 tsp. of Onion Powder
- 1 Clove Garlic, crushed
- 1/2 tsp. of Vegeta Veggie Stock
- 1 tsp. of Cumin Seeds
- 1 Pinch of Sea Salt
- 1 Pinch of Black Pepper
- 1 tsp. of Paprika
- 1/2 tsp. Liquid Smoke (optional)
- Small bunch of Parsley (optional)

PREP TIME

- Prep | 7m
- Cook | 12
- Ready in | 20 m

PROCEDURE

01

Chop the onion and garlic finely and put in a bowl.

02

Drain Lentils and add to mixing bowl along with the flour and oil. Mix together.

03

Put TVP into a mug or bowl and fill with water until just all the TVP is covered. Let sit for 1 min. then drain with a sieve. (optional step)

04

Add TVP, oil, salt, pepper, paprika, chopped parsley, and liquid smoke (optional.) Then fold the mixture.

05

Heat 1/2 tsp. oil in frying pan.

06

Scoop pattie-sized amounts of the mixture into the frying pan. Cook until golden brown on both sides.

07

Enjoy with Veganaise or sweet chilli sauce.