

top 13

VIRAL

Recipes



with over
30 million
views on
Instagram

by Green Kai

Table of Contents

Zucchini Lentil Mushroom Bake.....	3-4
Muhammara-inspired Hummus.....	5-6
Creamy Avocado Pasta.....	7-8
Creamy Mushroom Spinach Crepes.....	9-10
How to make Vegan Butter.....	11-12
Crispy Green Beans with za'atar.....	13-14
Broccoli Waldorf Salad.....	15-16
Orange Chocolate Christmas Truffles.....	17-18
'Tofu Alla Toscana'.....	19-20
Instant Noodles made healthy.....	21-22
Crunchy Thai Peanut Rice Salad.....	23-24
Moroccan-inspired Lentil Salad.....	25-26
Smashed Avo & Chickpea Sandwich.....	27-28



Instagram



Table of Contents



Zucchini Lentil Mushroom Bake



SERVINGS: 4-5

PREP: 15 MINS

COOK: 40 MINS

TOTAL: 55 MINS

Zucchini Lentil Mushroom Bake

INGREDIENTS:

- 1 tsp extra virgin olive oil
- 4 medium zucchinis/ courgette
- 1 yellow onion
- 3 cloves of garlic
- Mushrooms (2 Portobello mushrooms/4-5 medium white mushrooms)
- 1 cup brown lentils
- 2 cups veg stock
- 2 bay leaves
- ½ tsp salt
- ¾ cup plant milk
- 1 tsp basil

Tomato Sauce:

- 2 cups passata
- 1 Tbsp oregano
- 1 tsp raw sugar
- ½ tsp salt
- ¼ cup nutritional yeast
- ¼ cup breadcrumbs (or Gluten-Free breadcrumbs)
- Pinch of salt
- 1 tsp extra virgin olive oil
- Salt, pepper to taste



There is no doubt this is the most popular recipe on my Instagram page. Many have called it the best gluten-free lasagna they have ever had.. Delicious and healthy is my favorite combination, and this fiber-rich zucchini lentil bake ticks those boxes. It's hearty and filling, yet fresh and packed with beautiful earthy flavours.

INSTRUCTIONS:

1. Thinly slice the zucchini. Dice the garlic and onion and chop the mushrooms. Rinse and drain the lentils. Prepare all the ingredients.
2. In a large frying pan, heat olive oil and fry onion and garlic over medium heat for approximately 3-4 minutes, until fragrant and translucent. Add mushrooms and cook for another 5 minutes. Add lentils, vegetable stock and bay leaves.
3. Cover with a lid and cook on medium-low heat for 15 minutes. Add plant-based milk and basil and cook without the lid for another 15 minutes or until the lentils have fully softened. Taste and add salt and pepper.
4. In a medium saucepan, place passata, oregano, raw sugar, and salt. Combine well. Bring to a boil and set aside.
5. Preheat the oven to 180°C. Spread ¼ cup of the tomato sauce over the bottom of an oven dish.
6. Place slices of zucchini. Add lentil mushroom mix and spread evenly, add another layer of zucchini slices, pour, and spread evenly the tomato sauce. Place another layer of lentil mushroom mix, zucchini slices, tomato sauce and place one more layer of zucchini on top.
7. Brush ½ tsp of olive oil on the zucchini. In a small bowl combine nutritional yeast, breadcrumbs, salt, and 1 tsp of olive oil. Spread the crumbs on top.
8. Bake for 25 minutes.
9. Remove from the oven and let it cool for approximately 10 minutes. Top with fresh basil and enjoy!





Muhammara -inspired Hummus



SERVINGS: 3-4

PREP: 10 MINS

COOK: 35 MINS

TOTAL: 45 MINS

Muhammara-inspired Hummus

INGREDIENTS:

- 2 medium red capsicums/bell peppers
- Olive oil and salt to roast
- 1/2 cup crushed toasted walnuts + 1 Tbsp to garnish
- 1 can of chickpeas/ 1 ½ cups of cooked chickpeas
- ¼ cup hemp oil @hemp.nz
- 1 tsp balsamic vinegar
- 2 cloves of garlic
- 2 Tbsp lemon juice
- 1 tsp salt
- 1 tsp sweet paprika
- 1/2 tsp ground cumin

Garnish:

- 1 tsp red pepper flakes
- 1 Tbsp roasted walnuts
- 1 Tbsp chopped parsley



This muhammara-inspired hummus is so vibrant and flavorful thanks to roasted capsicums. It has a unique texture – smooth combined with a subtle crunch of roasted walnuts. It pairs beautifully with pita bread, bread sticks, crackers, and fresh vegetables.

INSTRUCTIONS:

1. Preheat the oven to 200°C. Prepare the ingredients, cut capsicums in half.
2. Place the capsicum on a baking tray. Pour dashes of olive oil and sprinkle with salt. Place the tray in the oven and roast for 35 minutes.
3. In the meantime, dry roast walnuts.
4. Remove from the oven and let cool. Remove the skin from roasted capsicum.
5. Place peeled capsicum in a food processor/blender. Add chickpeas, hemp oil, garlic cloves, lemon juice, sweet paprika, cumin, and salt. Blend until you reach the desired texture.
6. Serve with more hemp oil on top, red pepper flakes, roasted walnuts, and chopped parsley.
7. Enjoy!



Creamy Avocado Pasta



SERVINGS: 3-4

PREP: 20 MINS

COOK: 5 MINS

TOTAL: 25 MINS

Creamy Avocado Pasta

INGREDIENTS:

- 3 avocados
- Handful of basil
- 1 clove of garlic
- 1 tsp salt
- 2 Tbsp lemon zest
- 2 Tbsp lemon juice
- 1 Tbsp hemp oil
- 1 tsp olive oil
- ½ pack chicken-style strips
- ½ pack fettuccine or spaghetti pasta
- Pinch of capsicum flakes/ chili flakes if you want a spicy kick
- Fresh basil to serve
- Salt and pepper to taste



Avo lovers, here is a beautifully creamy and zesty avocado pasta for you. Nick made this pasta for me back in Barcelona in 2016. It's amazingly fresh and I love it served both, warm and cold. Replace plant-based chick'n in this recipe with sliced mushrooms and/or sliced sundried tomatoes.

INSTRUCTIONS:

1. Cook the pasta according to the packaging. Prepare all the ingredients.
2. Fry plant-based chick'n or mushrooms. Heat olive oil and place frozen strips. Fry for 8 minutes, tossing occasionally.
3. To make the sauce: In a food processor, place avocados, basil, garlic, lemon zest, salt, lemon juice, hemp oil. Blend until smooth.
4. Drain the pasta, don't rinse it. Add avocado sauce and your toppings. Mix well.
5. Serve with more fresh basil and capsicum flakes/chili flakes.
6. Enjoy!





Creamy Mushroom Spinach Crêpes



SERVINGS: 3-4

PREP: 5 MINS

COOK: 30 MINS

TOTAL: 35 MINS

Creamy Mushroom Spinach Crêpes

INGREDIENTS:

- 2 cups flour
- 2 cups soy milk (creamy, I used Vitasoy Soy Milky.)
- 3 Tbsp extra virgin olive oil
- Big pinch of salt
- Big pinch of raw sugar

- 1 tsp extra virgin olive oil
- 2 garlic cloves (diced)
- 2 cups chopped mushrooms (approx. 10 medium white button mushrooms)
- 3 cups spinach (baby spinach or chopped if big leaves)
- 1 tsp basil
- ½ tsp salt

Creamy sauce:

- 1 block firm tofu
- 2 Tbsp apple cider vinegar or lemon juice
- 2 Tbsp soy milk
- 1 Tbsp nutritional yeast @realfooddirect
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- ½ tsp pepper
- Fresh basil to serve



Who doesn't love crêpes? These plant-based crêpes are very easy to make, and flavorful. They are paired with creamy mushroom filling that will simply melt in your mouth.

INSTRUCTIONS:

1. Prepare all the ingredients: Dice the garlic, chop the mushrooms, and spinach.
2. In a large bowl, place the flour, soy milk, olive oil, salt, and sugar. Whisk until well combined. Set aside.
3. Heat a large frying pan with olive oil to medium. Add garlic. Sauté for 3 mins. Add mushrooms and sauté for 5 mins without stirring. Add salt and basil and mix well. Add spinach and sauté for another 5 mins, stirring occasionally.
4. In a food processor, place the tofu, apple cider vinegar, nutritional yeast, garlic and onion powders, salt, and pepper. Blend until smooth.
5. Lower the heat to low and incorporate tofu mixture.
6. Heat a frying pan to medium, add a dash of oil, and spread it evenly with a brush or paper towel. Pour a scoop of the batter. Tilt the pan, so that the batter coats the surface evenly. Fry for 3 min, flip, and fry for another 2min.
7. Place the filling onto half of the crepe and fold twice to make a triangle.
8. Serve with fresh basil.
9. Enjoy!





How to make Vegan Butter



PREP: 5 MINS

COOK: 5 MINS

TOTAL: 10 MINS

How to make Vegan Butter

INGREDIENTS:

- 1 cup refined coconut oil
- ¼ cup olive oil/avocado oil
- ½ cup plant-based milk (at room temperature)
- 1 Tbsp nutritional yeast
- ½ tsp salt
- 1 tsp apple cider vinegar
- A small pinch of ground turmeric for color (optional)



Have you ever tried to make your own butter?

I love making everything from scratch, especially if it's quick and easy. This recipe takes no time to make and it's so deliciously creamy,

INSTRUCTIONS:

1. Melt coconut oil and let cool down to room temperature.
2. Place all the ingredients in the blender/tall jar and blend until well combined – see the video.
3. Place baking paper into a small container so the butter doesn't stick to the container and pour in the mix.
4. Place in the fridge for 1+ hours to set.
5. Flip the container to place the butter onto a plate.
6. Store in the fridge for up to 2 week





Crispy Green Beans with za'atar



SERVINGS: 3-4

PREP: 5 MINS

COOK: 20 MINS

TOTAL: 25 MINS

Crispy Green Beans with za'atar

INGREDIENTS:

- 250g green beans
- 1 Tbsp olive oil
- Salt

- ¼ cup of sliced almonds
- ¼ cup of hemp hearts @hemp.nz Gifted
- 2 Tbsp vegan butter
- ½ Tbsp za'atar
- Lemon wedges to serve



Crispy Green Beans with za'atar, toasted hemp hearts, and almonds. This is one of my favorite side dishes. It's aromatic, flavorful and so easy to make, and yet, packed with goodness thanks to the addition of hemp hearts.

INSTRUCTIONS:

1. Preheat the oven to 190°C.
2. Wash green beans and tap them with a paper towel to dry.
3. Place green beans onto a baking tray. Drizzle with olive oil and season with salt. Toss until evenly coated.
4. Roast for 20 minutes, tossing halfway through the roasting time.
5. 5 minutes before the end of the roasting time, in a large frying pan, place sliced almonds and hemp hearts and toast them until golden, stir frequently to avoid burning.
6. Once toasted and fragrant, add vegan butter and za'atar. Mix well and turn off the heat.
7. Remove the beans from the oven and add them to the frying pan. Toss until evenly coated.
8. Serve immediately with freshly squeezed lemon juice.
9. Enjoy!





Broccoli Waldorf Salad



SERVINGS: 3-4

PREP: 15 MINS

COOK: 5 MINS

TOTAL: 20 MINS

Broccoli Waldorf Salad

INGREDIENTS:

- 1 medium broccoli (chopped)
- 2 apples (chopped)
- 1 cup grapes (halved)/ sub. for cranberries
- 1/2 cup crushed toasted walnuts

Dressing:

- 1/3 cup of vegan aioli
- 1 tsp of maple syrup
- 2 Tbsp of lemon juice
- 1 tsp of lemon zest
- Salt and pepper to taste



Traditionally Waldorf salad is served on a bed of lettuce and most importantly it's made with celery. I replaced the celery with raw broccoli and took a spin on the dressing too. Yum! It's so fresh, crunchy, and zesty. I love it and I'm sure you will too.

INSTRUCTIONS:

1. Prepare the ingredients. Dry toast walnuts, chop broccoli and apples, and cut grapes in half.
2. To make the dressing, in a medium bowl, combine the aioli, maple syrup, lemon juice, lemon zest, salt, and pepper.
3. Assemble the bowl: place the chopped broccoli, chopped apples, grapes, and toasted walnuts.
4. Mix in the dressing thoroughly.
5. Serve chilled.
6. Enjoy!





Orange Chocolate Christmas Truffles



PREP: 15 MINS

COOK: 0 MINS

TOTAL: 15 MINS

Orange Chocolate Christmas Truffles

INGREDIENTS:

- 1 ½ cups dates
- 1 cup almonds
- ½ cup pecans
- Orange juice from 1 orange
- Zest grated from 1 orange
- ¼ tsp salt
- 1 1/2 Tbsp cacao powder
- ½ cup chopped pecans to coat
- 2 Tbsp cacao powder to coat



Here is a DIY Christmas Gift inspiration for you – these Orange Chocolate Truffles are so easy to make, super festive and so yummy! They are nutty and sweet, yet fresh thanks to the orange flavors.

INSTRUCTIONS:

1. In a food processor, place: dates, almonds, pecans, orange zest, orange juice, cacao powder, and salt. Blitz until smooth; scrape the sides of the food processor 2-3 times throughout the process.
2. Place the mixture in a bowl and refrigerate for 1 hour.
3. Using an ice cream scoop, scoop the mixture and roll it in your hands to shape a ball.
4. Roll the balls in cacao powder or crushed pecans to coat.
5. Place in a jar and decorate as desired. Refrigerate before serving for at least 1 hour.
6. Enjoy!





'Tofu Alla Toscana'



SERVINGS: 3-4

PREP: 10 MINS

COOK: 40 MINS

TOTAL: 50 MINS

'Tofu Alla Toscana'

INGREDIENTS:

- 1 block of firm tofu
- Neutral cooking oil to fry the tofu
- Salt
- Freshly ground black pepper
- ½ tsp dried capsicum (optional)

Sauce:

- 4 peeled and diced potatoes
- ½ cup raw cashews (soaked for 1h in hot water)
- 1 Tbsp apple cider vinegar @ceresorganics
- 2 Tbsp nutritional yeast @realfooddirect
- ½ tsp onion powder
- 1 tsp plant-based chicken stock
- 2 Tbsp sundried tomatoes oil (sub. for extra virgin olive oil)
- 1 ½ cup hot water
- ½ tsp salt
- 1 Tbsp oregano
- 1 Tbsp Italian herbs

- 1 tsp olive oil
- 4 garlic cloves (diced)
- 1 can butter beans
- 1 cup cherry tomatoes
- 4-5 sundried tomatoes (sliced)
- 2 cups spinach
- Salt and pepper to taste



My vegan version of Tuscan Chicken. Nick and I met in Italy, and we both love Italian cuisine, so I usually choose Italian flavors for our Valentine's dinner. Food can often be a beautiful way to travel.

INSTRUCTIONS:

1. Soak the cashews (ideally overnight, but a 1-hour soak in hot water works just fine as well). Peel the potatoes and cut them into quarters. Cut the tofu in half and then into triangles - see video. Slice sundried tomatoes. Dice the garlic. Prepare the spinach and beans.
2. Boil the potatoes until tender (about 20-25 minutes).
3. Pour the oil onto a large frying pan (enough to cover ½ of the tofu) and heat to medium. Place tofu triangles and fry on each side for 3-4 minutes - until golden. Add salt, pepper, and dried capsicum. Once done, place them on a paper towel to absorb the oil.
4. Drain the potatoes and place them in a food processor. Add cashews, sundried tomato oil, apple cider vinegar, onion powder, nutritional yeast, oregano, Italian herbs, salt, plant-based chicken stock, and water. Blend until smooth.
5. Heat a large frying pan with olive oil. Add garlic and sauté for 3 minutes. Pour the sauce, add sundried tomatoes, cherry tomatoes, spinach, and butter beans. Mix well and simmer for 5 min. Add salt and pepper if needed. Place tofu triangles and press them gently into the sauce.
6. Serve with rice/ broccoli/ cauliflower rice.
7. Enjoy!





Instant Noodles made healthy



SERVINGS: 1

PREP: 10 MINS

COOK: 5 MINS

TOTAL: 15 MINS

Instant Noodles made healthy

INGREDIENTS:

- 1 serving – approx. 50g of rice vermicelli noodles
 - ½ tsp sesame oil
 - ½ brown onion (chopped)
 - 2-3 mushrooms (chopped)
 - 1/3 pack of firm tofu (cut into small cubes) I used @tonzu.nz
 - ½ cup shelled edamame
 - A handful of pak choy or other greens of your choice: spinach, kale, cabbage
 - ½ thinly sliced carrot
 - 1 Tbsp spring onion (chopped)
 - 1 tsp grated ginger
 - 1 tsp miso paste
 - ¼ tsp chili paste
 - 1 tsp good quality plant-based chicken stock powder
-
- 1 tsp soy sauce/tamari sauce to serve



Vegan Instant Noodles prepped in 10 minutes are a perfect nutritious and DELICIOUS lunch on a busy day. They store very well in the fridge for up to 4 days. This recipe is such a lifesaver.

INSTRUCTIONS:

1. Prepare the ingredients: chop the onion, slice the mushrooms, and cut the tofu into 1cm cubes.
2. Heat sesame oil in a large frying pan to medium. Add the onion and sauté until golden. Add mushrooms and sauté for 3 more minutes. Add tofu, salt, and pepper, and fry until golden.
3. In the meantime, thinly slice the carrots and chop the pak choy into smaller pieces.
4. Place all the ingredients except soy sauce in an airtight container and store in the fridge.
5. To serve: fill the container with boiling hot water just enough to cover the noodles. Place the lid back on the container and shake to mix well. Leave for 5 minutes with the lid on, and serve with some soy sauce or tamari sauce to taste.
6. Enjoy!





Crunchy Thai Peanut Rice Salad



SERVINGS: 2-3

PREP: 20 MINS

COOK: 5 MINS

TOTAL: 25 MINS

Crunchy Thai Peanut Rice Salad

INGREDIENTS:

- 250g of brown and wild rice
- 2 cups iceberg/romaine lettuce, thinly chopped
- 1 ½ cups red cabbage, thinly chopped
- 1 cup carrots, grated
- ½ red capsicum, sliced
- ½ yellow capsicum, sliced
- 1 cup cucumber, diced
- ½ cup spring onions, sliced
- ½ cup coriander, chopped
- ½ cup of chopped peanuts

Dressing:

- ¼ cup smooth peanut butter
- 2 Tbsp avocado oil
- 2 Tbsp soy sauce
- 1 Tbsp maple syrup
- 1 tsp rice vinegar
- 1 tsp sesame oil
- 1 tsp chili paste
- Juice from ½ lime
- 1 clove of garlic
- 1 tsp of grated ginger



Rice salad made crunchy and fun! This is one of my favorite salads. Even Nick loves it, and let's just say he is not a salad person. Try it and I'm sure it's gonna be your new favorite too.

INSTRUCTIONS:

1. Prepare the ingredients: cook the rice and chop all the vegetables.
2. In the meantime, dry toast crushed peanuts.
3. Make the dressing: in a medium bowl, combine peanut butter, avocado oil, soy sauce, rice vinegar, maple syrup, sesame oil, chili paste, lime juice, garlic, and ginger. Mix until creamy.
4. Let the rice cool.
5. Assemble the salad bowl: place all vegetables and herbs, pour the dressing, and mix well until combined.
6. Serve chilled and enjoy!





Moroccan- inspired Lentil Salad



SERVINGS: 3-4

PREP: 15 MINS

COOK: 20 MINS

TOTAL: 35 MINS

Moroccan-inspired Lentil Salad

INGREDIENTS:

- 2 ½ cups cooked French green lentils (from 1 cup dry lentils)
- 2 ½ cups of grated carrots (approx. 4-5 medium carrots)
- 1 cup of chopped cucumber
- ½ cup of chopped dates
- ½ cup chopped and toasted cashews
- ½ cup of chopped mint
- ½ cup of chopped parsley

Dressing:

- ¼ cup extra virgin olive oil
- squeezed lemon juice from 1 lemon
- 1 Tbsp balsamic vinegar
- 1 tsp apple cider vinegar
- 2 tsp Moroccan seasoning
- 1 garlic clove, minced
- Big pinch of salt
- Freshly ground black pepper, to taste



This salad brings back beautiful memories of the time I spent in Morocco. It's sweet and sour, very fresh, and colorful and has a great crunch thanks to toasted cashews. Give it a go and I'm sure it's gonna be one of your new favorite salads

INSTRUCTIONS:

1. Cook the lentils until tender. In the meantime, grate the carrots, and chop the cucumber, dates, cashews, mint, and parsley.
2. Toast the cashews on a dry frying pan.
3. Make the dressing: in a medium bowl, combine olive oil, lemon juice, balsamic vinegar, apple cider vinegar, Moroccan seasoning, minced garlic, salt, and cracked pepper.
4. Let the lentils fully cool down.
5. In a large salad bowl, combine cold lentils, carrots, cucumbers, dates, cashews, and fresh herbs.
6. Pour the dressing over the salad and mix well.
7. Garnish with fresh mint or parsley.
8. Enjoy!





Smashed Avocado and Chickpea Sandwich



SERVINGS: 2

PREP: 5 MINS

COOK: 0 MINS

TOTAL: 5 MINS

Smashed Avocado and Chickpea Sandwich

INGREDIENTS:

- 1 cup of chickpeas
- 2 avocados
- 1 large clove of garlic
- ½ red onion
- 1 Tbsp bell pepper flakes (optional)
- Big pinch of salt
- 1 Tbsp lemon juice

- Wholemeal seeded bread
- Cucumber
- Spinach
- Fresh parsley (optional)



This quick lunch sandwich is packed with veggies, super easy to make and so delicious! It stores very well and doesn't go soggy.

INSTRUCTIONS:

1. Prepare the ingredients. Mince the garlic and dice the onion. Slice the cucumber or other veggies of your choice.
2. In a medium bowl, mash the chickpeas. Add avocado and combine. Add garlic, red onion, bell pepper flakes, salt, and lemon juice. Mix well.
3. Assemble the sandwich; generously spread the chickpea and avocado spread over both bread slices. Place your vegetables on one of the bread slices, and place the other slice on top.
4. Enjoy!

**Follow
for more
easy,
delicious**



**plant-
based and
vegan
recipes**




Aga



by Green Kai