

ASIAN INSPIRED WILD GARLIC, RICE & PINTO BEANS BOWL

I found “tons” of wild garlic in our garden and I can admit, that nothing is going to make me happier today. I didn't hesitate even a second and made a dish, that made me feel light and yet it was sooo tasty. Asian stuff..you know.



Ingredients:

150g cooked pinto beans (or kidney)

100g cooked brown rice
50g wild garlic
1 tbsp [black soy sauce](#)
1 tbsp shoyu soy sauce
1 tbsp olive oil
sesame seeds
salt, pepper and chilli to taste

How to make it:

Simply cut wild garlic in 1cm pieces/strips, put all ingredients in a bowl and mix thoroughly. If you want to have a nice presentation, mix the sauces and oil only to the beans, then add all elements in a bowl. Everyone can mix the bowl individually.

Sprinkle with some sesame seeds and add chilli, if you like.

ASIAN CHICKPEA AND LEEK STIR FRY (VEGAN VERSION INSIDE)

As you already know, we love asian stuff. This is a healthy version with chickpeas.

Ingredients

2-3 tbsp toasted sesame oil
2 cloves garlic
1 big leek

about 1 cup cooked chickpeas
2 tbsp fish sauce (vegan version: soy sauce)
2 tsp oyster sauce (vegan version: [soy sauce with mushrooms](#))
1-2 tsp molassis
chilli

How to do it:

1. Preheat a wok pan, grate the garlic and fry it shortly. Cut leek into 1cm thick rounds.
2. Add leek, stir fry until it loses some water (about 3min).
3. Add cooked chickpeas, sauces, molassis and cook for about another 3-5min.
4. Add chilli if you desire. Serve with rice.

SUPER HEALTHY SAUCE WITHOUT COOKING

I care what I eat and from time to time comes a moment, when I decide to make only a steamed meal. Sometimes I enjoy the pure taste of the ingredients, that is just salted and drizzled with olive oil or mixed with butter, that tastes like a dream when melted.

But sometimes I like strong and remarkable taste. Therefore is needed to make a sauce. But healthy, of course. And sometimes magic happens. Like this one.

The ingredients cannot be healthier, and yet comes something so wonderful out.

Ingredients:

3-4 tbsp bio yoghurt (3,5% fat)

2 tbsp coconut milk

1/2 tsp turmeric powder

1/2 clove garlic (or whole, if you like it strong!)

Note: If you are going to a meeting, just take out the sprout and nobody will know you ate garlic!

1/2 tbsp shoyu soy sauce

1 tsp molasses

Optional:

1 tbsp ground flax seeds

3 tsp ground raw brown millet

The flax seeds and especially brown millet has very special texture. It doesn't have to fit everyone's taste. I add this amount of these two ingredients into my meals because of its great health benefits.

How to make it:

1. Simply mix and drizzle over your steamed meal. Enjoy!

ORIGINAL THAI RED CURRY

We cook it regularly once a week. I even don't know, why I haven't posted this recipe sooner, it's so clear, that this classic thai recipe should be here already a long time:)

At the thai curry you can decide by your own, which kind of protein and vegetable you want to use. The base is to season and cook the sauce the right way. So use meat, tofu, tempeh, seafood or even beans as your protein. As vegetable you can choose bell pepper, carrot, pumpkin, young peas, brocolli, bambus, onion... The ratio of protein and vegetable is also up to you, the recipe is just for your first imagination. Serve with jasmine rice.

Ingredients:

375ml coconut milk

2 cups vegetable of your choice (I used red and green pepper, carrot, brocolli)

4 tbsp red curry paste

500g meat/tofu or its mixture

250ml broth

2 tbsp fish sauce

2-3 tbsp palm sugar

1 handful thai basil

And all that cut into a bite size...

How to make it:

1. In a pot or wok dissolve red curry paste in 125ml of coconut milk and boil, until the fat starts to separate.

2. Add in meat or tofu (if tofu, cut it into rectangle like on the picture and fry it in a pan first – it gets closed and firm), broth, rest of coconut milk, shredded palm sugar and fish sauce. If you use bigger pieces of meat, let it cook until half cooked. If you have smaller pieces or tofu, you can skip it to step 3.

3. Add vegetable. Now it depends which kind you choose – add hard types as first (carrot, brocolli...), softer later – shortly before the finish. All vegetable should be cooked but still crunchy at the end. And if you overcook it, don't worry, it is about practice and next time you will get it just right :)

4. At final add thai basil and take the pot off the heat.