



AN INTRODUCTION TO

PLANT BASED COOKING WITH

THE DESIGNER HIPPY

VOLUME ONE

A COLLECTION OF QUICK, EASY & DELICIOUS  
PLANT BASED  
RECIPES



THE DESIGNER  
HIPPIY'S GUIDE  
TO PLANT  
BASED COOKING

THE  
COOK-  
BOOK

*Roast Curried Pumpkin Soup / Bruschetta / Vegetable Stir Fry / Sa-  
tay Vegetable Curry / Vegan Bolognese / Salt & Pepper Silken Tofu / Coco-  
nut beans / Samosa / Roast Vegetable Cous Cous / Fennel and Orange Salad*







SALTY/  
SWEET/  
GIFTS/  
FROM/  
THE/  
EARTH/





# CONTENT

FRESH AND DELICIOUS DELI - FRESH - SWEEBASIC

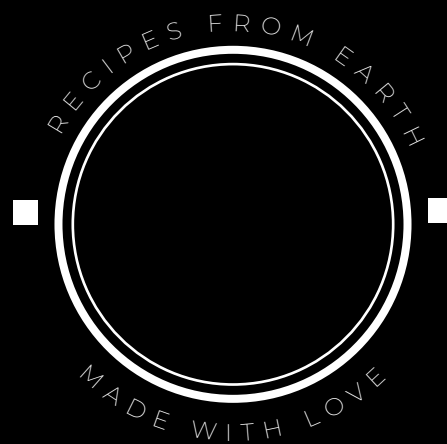
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Editor

Designer

Master Cook





For my Mother Matilda and my Nonna Giuliana

I would like to dedicate this e-book to my Mother and my Nonna, for they passed on their love of good food, how important it is to eat together as a family every night and last but not least, the happiness found within when people enjoy eating a meal you have prepared.





A B O U T  
THE COOKBOOK

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Within this small but insightful plant based e-book you will find some of my families favourite plant-based recipes. Some recipes I have created, others are adapted from traditional recipes passed on from my mother and grandmother and the remaining were too yummy not to include!

Not only will you find plant-based recipes but personal stories from my life, insights into living a plant-based lifestyle and kitchen tips and tricks to help you along the way.

From beginners to capable cooks, this cook book is for those interested in consuming less animal products and transitioning to a plant-based diet without any restriction on flavours and without spending a whole lot of time in the kitchen. There is a preconceived idea that going plant based is 'difficult' but I am here to show you, it isn't. Even I thought that at the start and I think it is because most of us from birth are fed meat and that's all we know.

Living in Australia means meat is a big part of our culture. Sundays BBQ's with the family are crucial, a McDonald's or KFC is usually within a tempting 15 minute proximity and catchy T.V advertisements like 'put some pork on your fork' are all very Australian.

However, all your nutrition can be found within plants, benefiting both you and the environment. When I tell people we are plant based, they often reply 'oh that's hard, what do you eat'. Well there are basically 5 main types of meat consumed (Chicken, Cow, Pig, Sheep, Fish) with the additions of less consumed meats such as goat, duck, turkey. Compare that to the most consumed vegetables ( 20 types with more then 20,000 varieties available ) and fruit (15 types mainly consumed with 390,000 different varieties ). All in all, there are way more types of plants that can be eaten. Being plant-based isn't boring or bland but experimenting and being creative with your cooking is essential.

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A bit about me, The Designer Hippy aka Gabriella. I was raised in a multi-cultural family an hour from Sydney, Australia.

My parents placed great importance on a seated dinner every night with lots of food at the centre. A tradition I continue with my own family.

I see this time as a time to be appreciative of what's in front of us, both food and family. Both are precious and should never be taken for granted.

My childhood is something I am very grateful for. I was loved, well looked after and attended Private schools. from kinder to year 12.

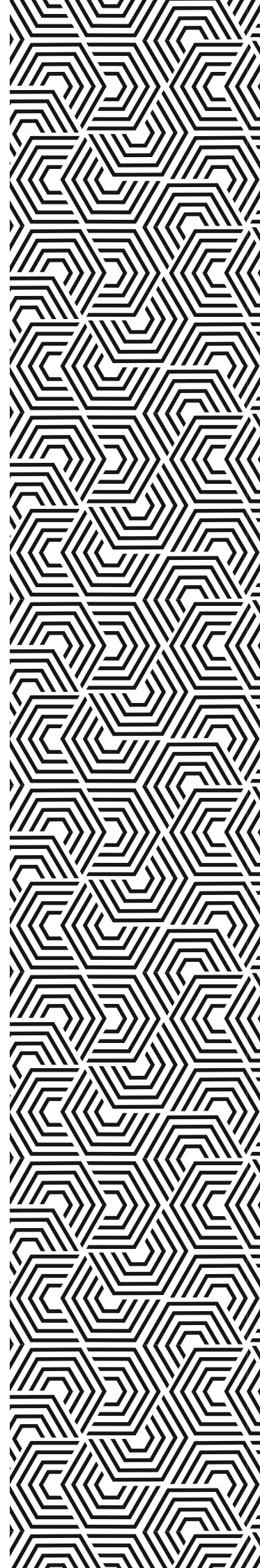
From as early as I can remember, my family have been making traditional Italian biscuits from a secret recipe handed down from generation to generation for decades.

We never use ready-made pasta sauce from the bottle and when pizza or fresh made pasta is on the menu then a whole day needs to be dedicated and all hands on deck - resulting in dozens upon dozens of eggs and kgs of flour being used. Tiring but worth it. I guess you can say, the love of food runs in my blood. Being half Italian and half Indian, both cultures are known for their robust flavours and large quantities . By the age of 12 I was making pasta sauce for dinner and that is where it all began. From cupcakes to Mexican, my love of food only grew and so did my passion for cooking.

Lastly, I hope you enjoy this book ; I hope the meals prepared fill your tummy's and make your heart smile with satisfaction.

Much Love, The Designer Hippy

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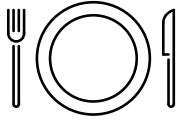
VEGAN  
SPAGHETTI  
BOLOGNESE





H O M E M A D E

# VEGAN SPAGHETTI BOLOGNESE



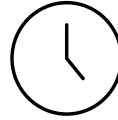
SERVING

4 PERSON



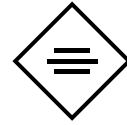
VEGAN

GLUTEN FREE



TIME

45 MINUTE



DIFFICULTY

4 / 10

*Once upon a time I ate meat. Both my parents are carnivores and in such, I was raised eating meat. I remember when I would get home from school and I would know instantly when my mother had made bolognese sauce. Firstly the smell would fill the house and the big pot would be on the stove. My mum's bolognese is the best you will ever taste. Possibly a bias opinion but definitely an accurate one. So my favourite type of 'meranda' which from Italian to English translates to 'afternoon snack', would be bolognese sauce on crusty Italian bread topped with parmesan cheese.*

*It's not that I miss eating meat but sometimes I miss these old favourites that I was brought up on. With this in mind, I created my very own vegan bolognese. The flavours are strikingly similar to the meat based recipe and with the assistance of a mushroom mince, the texture is as well!*

## T I P S A N D T R I C K S

**F**irstly, always read the entire recipe before you commence. This assists with multi-tasking as well as your vision for the outcome.

**A**lways use good quality ingredients especially olive oil. It makes a difference!

**I**f you have left overs for the next day from this recipe, add some oil into a pan and ensure it is hot, then add your spaghetti bolognese and crisp it up! Sounds weird but is so good and I bet you're going to thank me later for the idea.

# SPAGHETTI BOLOGNESE

## FORMULA

INGREDIENTS	%	
MUTTI POLPA	3	CANS
BROWN ONION	1	DICED
CARROTS	2	DICED
CELERY STICKS	2	SMALL PIECES
QUORN MINCE	1	PACKET
SPAGHETTI	500	G
GARLIC CLOVE	2	DICED
TOMATO PASTE	1	TABLESPOON
FRESH PARSLEY	2	HANDFUL
RED WINE	1/2	CUP
OLIVE OIL	2.5	TABLESPOON
SALT		TO TASTE
PEPPER		TO TASTE

## PROCESS

In a medium size pot on medium heat, add your olive oil and your onion.

Cook until the onions are translucent then add your three cans of tomato polpa.

Season your sauce with salt and pepper.

Add your garlic, wine, tomato paste, celery, carrots and about two handfuls of parsley leaves to the sauce.

Stir and leave to cook. Stir occasionally.

Whilst your sauce is cooking, put a large pot of water to boil on the stove.

Once boiling add your salt and pasta. Cook until pasta is ready and drain.

Put your pasta back in this pot and mix it.

Try your sauce. If it needs more salt add it.

When it seems as though the tomato is nearly cooked (about 25min) add your vegan mince.

Once cooked, add the sauce to the pasta and mix.

Serve with or without parmesan.





*SERVE WITH A SALAD & WARM, ITALIAN CRUSTY BREAD.*





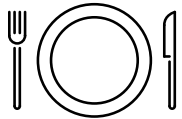
SALT &  
PEPPER  
SILKEN  
TOFU





H O M E M A D E

# SALT & PEPPER SILKEN TOFU



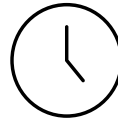
SERVING

4 PERSON



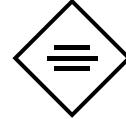
VEGAN

GLUTEN FREE



TIME

10 MINUTE



DIFFICULTY

5 / 10

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*Tofu is a great source of protein for vegetarians and vegans. Most people don't really like tofu because it's quite bland however this recipe will convert everyone into tofu lovers.*

*I use an Australian organic brand of silken tofu for this recipe and it is always a hit. I have tried it with medium-firm tofu but the silken tofu once fried has a super crispy texture on the outside with a soft, melt-in-your-mouth centre and it is de-lish.*

*Tofu can also be used in a variety of formats like scrambled, in desserts, fried, in curry's and the list goes on.*

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## T I P S A N D T R I C K S

**I** use sea salt for ALL of my cooking. Credit to my mamma for starting this trend in our house but I prefer the flavour and feel as though I have more control on how much salt goes into my food as sea salt has a more delicate flavour. The extra expense is worth it for me.

**W**ith the tofu, you want to absorb the excess water by gently patting it with paper towel on both sides. This will make it extra crispy.

**C**ut the silken tofu into equal size portions so they cook at the same rate. If you make the silken tofu too small then you will end up with a crunchy nugget of tofu. Also delicious but I suggest 2.5cm cubes for best results. with this recipe. The most difficult part of this recipe is managing the silken tofu as it is very delicate.

H O M E M A D E

# SALT & PEPPER SILKEN TOFU

## FORMULA

INGREDIENTS	%	
SILKEN TOFU	600	GRAMS
CHINESE 5 SPICE	1	TABLESPOON
SALT	2	BIG PINCHES
PEPPER		ALOT
OIL		TO FRY
CORNSTARCH	1.5	CUPS
OR GF FLOUR		

## PROCESS

**P**lace your flour, Chinese 5 spice , salt and pepper into a flat dish with sides

**M**ix gently so all ingredients are combined

**C**ube your tofu and pat dry any excess water with paper towel.

**T**hen add half of your cubed tofu and with a spoon, gently cover all sides of the tofu with your flour mix .

**g**et your oil ready for frying and ensure it is hot prior to cooking the tofu by dropping a tiny drop of flour. If it starts sizzling you're ready to go.

**N**ow, add your tofu into the oil. Do not crowd the pan, depending on the size of your fry pot, 6-7 at a time should be fine.

**O**nce golden brown on each side, let it sit on some paper towel to drain the excess oil. Serve immediately.



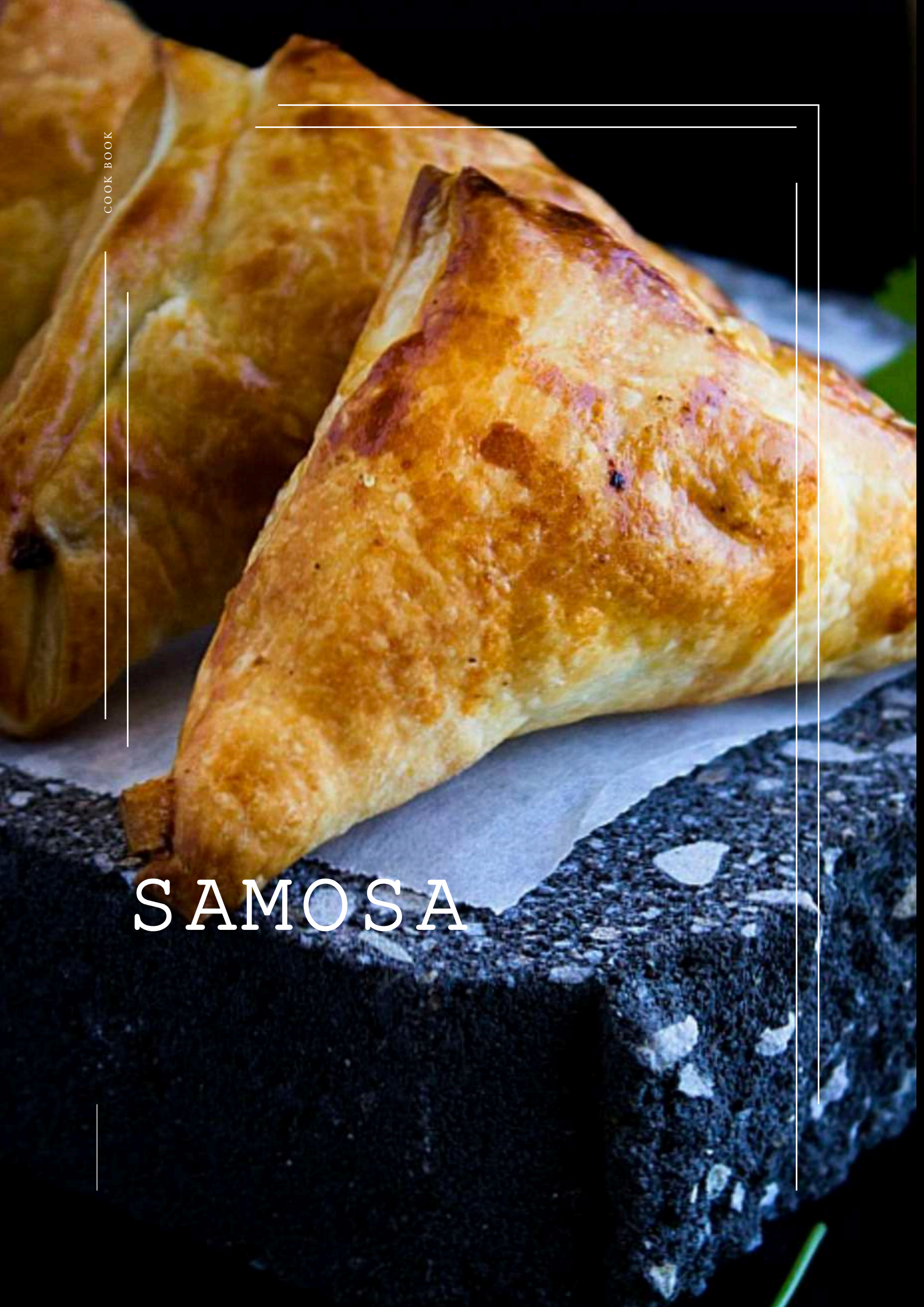


*SERVE WITH A VEGETABLE PACKED FRIED RICE.*



COOK BOOK

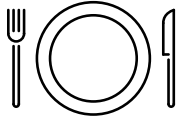
# SAMOSA





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H O M E M A D E  
S A M O S A



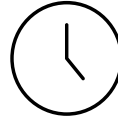
SERVING

4 PERSON



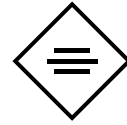
VEGAN

GLUTEN FREE



TIME

60 MINUTE



DIFFICULTY

5 / 10

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*Definitely my favourite Indian appetiser is the samosa. My vegan version is so good even my Indian Grandmother who loves everything super spicy loves these.*

*There are a few ways you can serve these depending on how much time you have.*

- 1. As samosa in a pastry casing*
- 2. If you're short on time then just make this mixture and serve with rice.*

*If you need to bring something to a family event then I recommend this dish.*

*Everyone loves pastry and these can be made in advance. See below.*

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T I P S A N D T R I C K S

**E**nsure your Samosa filling is cooled slightly before filling the pastry casings.

**A**s mentioned, this is a great recipe to prepare ahead. Either make the mixture and leave it overnight or half cook the Samosas and then finish cooking them when you need too.

H O M E M A D E  
S A M O S A

F O R M U L A

INGREDIENTS	%	
POTATO	4	DICED
CARROTS	2	DICED
ONION	2	CHOPPED
GARLIC CLOVE	2	CHOPPED
FRESH GINGER	1	TABLESPOON
PEAS	1.5	CUP
GARAM MASALA	1	TABLESPOON
GROUND CUMIN	1	TABLESPOON
TURMERIC	1	TABLESPOON
GROUND CORI- ANDER	1	TABLESPOON
FRESH CORIAN- DER LEAVES	1	HANDFUL
PUFF PASTRY	6	SHEETS
OIL		TO TASTE
SALT		TO TASTE
PEPPER		TO TASTE

P R O C E S S

**C**oat the base of your pot in oil, then add the onions and cook until translucent.

**S**eason with salt and pepper, add your spices, garlic, ginger, carrots and potatoes, stir and put the lid on to cook.

**A**fter 15 minutes, add your peas.

**T**ake your pastry sheets out of the freezer and allow to unthaw.

**I**f you're not making them into Samosa then it's ready to be served on rice.

**O**nce your puff pastry has thawed, cut into even amount of squares.

**Y**ou will usually get 9 from one sheet of pastry.

**P**lace one teaspoon or so into the middle of the pastry square then seal the edged of the pastry so you end up with a triangle shape.

**B**ake them on a lined baking tray in the oven on 200 degrees fan force till the pastry is light golden brown.



*SERVE WITH CHUTNEY AS AN APPETISER OR WITH RICE AS A  
MAIN MEAL.*



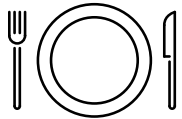


ROAST  
VEGETABLE &  
PEARL COUS  
COUS



H O M E M A D E

# ROAST VEGETABLE & PEARL COUS COUS

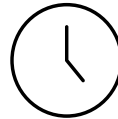


SERVING

4 PERSON

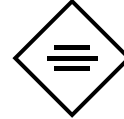


VEGAN



TIME

40 MINUTE



DIFFICULTY

6 / 10

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*Cous Cous- The food so nice they named it twice ! I love Cous Cous especially pearl Cous Cous. I like the texture and the versatility of the dish.*

*So this little recipe is filling, delicious and cheap. It feeds lots of people without comprising on flavour or spending too long in the kitchen. I bring it to the family events because everyone loves it and I am sure you will too.*

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## T I P S A N D T R I C K S

**Y**ou can use any vegetables to roast and add to the cous cous. I use what's in season or what I have left in the fridge. It's best prepared and then eaten soon after because the cous cous has tendency to stick together after a while.

**C**ut all your veggies the same size and smallish so they roast quicker in the oven.

**A**lso, get creative and adapt the recipe to suit your own taste by switching up the spices used to season the vegetables.

**L**astly, I use a vegan stock in powder form and then i make my own by adding the water. You can use shop bought stock and it will do the same thing.



H O M E M A D E

# ROAST VEGETABLE & PEARL COUS COUS

## FORMULA

INGREDIENTS	%	
BROCCOLI	1	HALVED
PUMPKIN	1/4	CUBES
ONION	2	HALVED & SLICED
CHERRY TOMA- TOES	1	PUNNET
ZUCCHINIS	2	CUT INTO CIRCLES
COUS COUS	3	CUPS
STOCK	1	TABLESPOON
SMOKED PAPRI- KA	1	TABLESPOON
CUMIN	1	TABLESPOON
RAS EL HONOOT	1	TABLESPOON
OLIVE OIL		TO TASTE
SALT		TO TASTE
PEPPER		TO TASTE

## PROCESS

**P**lace all your vegetables in a tray on baking paper.

**D**rizzle olive oil over your vegetables as well the spices then season with Salt and Pepper.

**B**ake in the oven for about 20 minutes on 220 fan force.

**I**n the mean time, cook your cous cous according to the packet instructions and add 1 teaspoon of stock into the water.

**O**nce cooked, be sure to fluff it up with a fork and transfer to a large bowl.

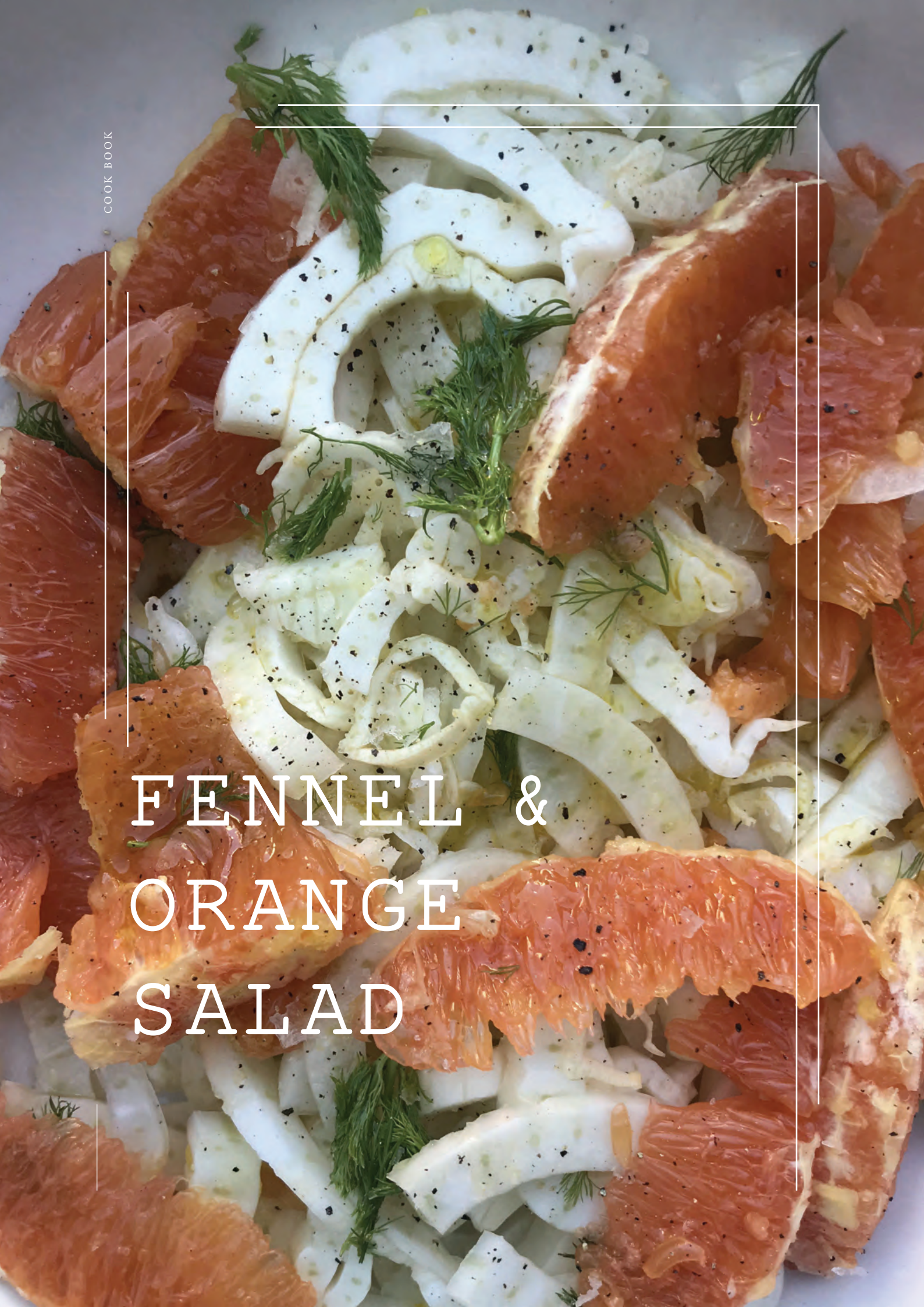
**W**hen the veggies are cooked, add them to your cous cous and mix gently.





*SERVE WITH FRIED EGGPLANT.*





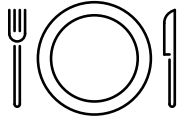
# FENNEL & ORANGE SALAD

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H O M E M A D E

# F E N N E L & O R A N G E S A L A D

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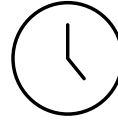
SERVING

4 PERSON



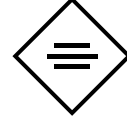
VEGAN

GLUTEN FREE



TIME

10 MINUTE



DIFFICULTY

6 / 10

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*This is my favourite winter salad. It's quick, zesty and always a crowd pleaser especially when people come over for dinner. The crunchiness of the fennel against the sweet juicy orange is just amazing.*

*Fun fact, my husband actually hated fennel and this salad converted him! And when I make it for dinner Romeo starts eating it before I have finished making it.*

*I have used blood oranges in this one but normal oranges work just as well.*

---

## T I P S A N D T R I C K S

**T**he recipe is perfect as is however adding olives and other little salad items that you love will only make it more unique and perfect for you.

**T**hink, baby spinach leaves, fetta, cucumber, pomengranate seeds etc.

**E**nsure to thinly slice the fennel for easier digestion and aesthetics.

**W**atch a video on how to segment an orange properly traduce wastage.



H O M E M A D E

# F E N N E L & O R A N G E S A L A D

## F O R M U L A

INGREDIENTS	%	
FENNEL	1	HALVED & SLICED
ORANGES	2	TO TASTE
OLIVE OIL		TO TASTE
SALT		TO TASTE
PEPPER		TO TASTE
LEMON	1/4	SQUEEZED

## P R O C E S S

**F**irstly, take the tops off the fennel but keep some of the little leaves.

**Y**ou can add this into the salad too. **O**nce it has been thinly sliced and put into a bowl, you can start on your orange.

**R**emove the peel and cut the segments out of the orange leaving you with just the flesh (no membrane if possible).

**C**atch all the juices and put them in the bowl then with the remainder of your orange which will be mainly the skin, squeeze any extra juice into the bowl with your fennel and orange.

**A**dd a splash of olive oil, squeeze 1/4 of a lemon, add salt and pepper and you're all done !



*SERVE WITH ROAST VEGETABLE & PEARL COUS COUS.*



COCONUT  
GREEN  
BEANS



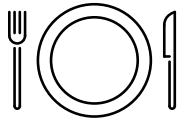


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H O M E M A D E

# COCONUT GREEN BEANS

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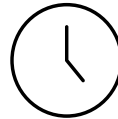
SERVING

4 PERSON



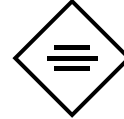
VEGAN

GLUTEN FREE



TIME

15 MINUTE



DIFFICULTY

2 / 10

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*Honestly, I don't think this recipe could get any easier or yummiier. I serve it as a side with my Indian curries.*

*I also think this is a great side dish for any main meal beause there are no spices, just coconut !*

*The flavour isn't too intense and the crunchiness of the beans with the coconut is so divine. Anything with coconut is amazing really and green beans have so many good properties - you would be silly not to try this.*

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## T I P S A N D T R I C K S

**I** always JUST cook my veggies so they retain some crunchiness. It is better for you and I also think it just tastes nicer.

**S**ame with pasta, it is also always 'al-dente'. The firmer the pasta is, the longer the digestion time.

**S**lower digestion means a lower spike in blood sugars, and that is better for you! So cook your pasta al dente, which literally translates from Italian to mean "to the tooth."



H O M E M A D E

# COCONUT GREEN BEANS

## FORMULA

INGREDIENTS	%	
GREEN BEANS	400	GRAMS,CUT IN HALF
COCONUT	1/4	CUP SHRED- DED
BROWN ONION	1	SLICED
OIL		TO TASTE
SALT		TO TASTE
PEPPER		TO TASTE

## PROCESS

**I**n a small saucepan, add just enough oil to coat the base of the saucepan and once hot, add your onion and season with salt and pepper.

**C**ook until just translucent then add your beans and cover.

**C**ook them for about 5-10 minutes.

**W**hen they are nearly done, add your shredded coconut.

**C**ook for 2 more minutes and then eat.





*SERVE WITH AN INDIAN CURRY.*





ROAST  
CURRIED  
PUMPKIN  
SOUP

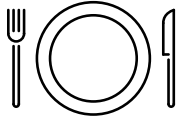


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H O M E M A D E

# ROAST CURRIED PUMPKIN SOUP

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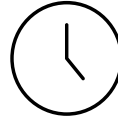
SERVING

4 PERSON



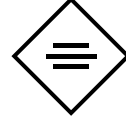
VEGAN

GLUTEN FREE



TIME

60 MINUTE



DIFFICULTY

3 / 10

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*They say you tend to marry someone with similar characteristics to your father and this would be the case when it comes to soup. Both my father and husband are not big fans of soup however when my hubby ate this he said it was THE best pumpkin soup. I personally love pumpkin soup especially my mum's. I remember putting so much sour cream in it as a child though it might have been half soup half sour cream. Anyways, this one is easy and so tasty and perfect for a cold winter night.*

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## T I P S A N D T R I C K S

**A** stick blender is definitely your friend in this recipe.

**R**oasting the pumpkin in the oven gives it a delicious flavour and makes scooping the flesh out so easy.



H O M E M A D E

# ROAST CURRIED PUMPKIN SOUP

## FORMULA

INGREDIENTS	%	
PUMPKIN	1	LARGE
COCONUT CREAM	1	CAN
STOCK	1	LITRE
MADRAS CURRY POWDER	1	TABLESPOON
GROUND CUMIN	1	TABLESPOON
GARLIC CLOVES	3	LARGE
BROWN ONION	1	ROUGHLY CHOPPED
SALT		TO TASTE
PEPPER		TO TASTE
OIL		TO TASTE

## PROCESS

**P**lace your whole pumpkin in a lined baking tray in the oven on 220 fan force.

**W**hilst your pumpkin is roasting, put half a litre of stock in a large pot with your onion, seasoning, spices and garlic and cook on very very low on the stove.

**Y**ou will know your pumpkin is cooked when the skin changes colour and a knife goes in easily.

**O**nce cooked, cut in half and scoop out the seeds.

**A**dd the pumpkin flesh into the large pot with the garlic and onion.

**U**se your stick blender to blend until smooth and creamy.

**A**dd your coconut cream and cook for another 3-5 minutes. Check for seasoning and serve.





*SERVE WITH A SALAD AND GARLIC BREAD.*



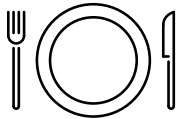
VEGETABLE  
STIR FRY





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## H O M E M A D E



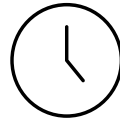
SERVING

4 PERSON



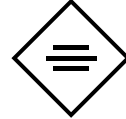
VEGAN

GLUTEN FREE



TIME

45 MINUTE



DIFFICULTY

3 / 10

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*So Asain cuisine is definitely in my top three favourites ( along with Mexican and Italian). This dish is quick once all the prepping is done. It is absolutely crucial to have all your ingredients prepped like with most dishes but definitely with stir fry.*

*I don't think I have ever made this recipe using the same vegetables so it always has a new delicious flavour and lucky because this has become a weekly staple in our house and my son Romeo seriously smashes it down so I know his tummy will be nice and full for bed time.*

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## T I P S A N D T R I C K S

**C**ook your veggies on very high heat, small amounts at a time or it's going to sautee and not stirfry. This will give it a more authentic texture and a slightly charred flavour.

**M**ix up your veggies and include your favourites. Be sure to put the fan on when you're stirry frying because I have set the fire alarm off from the smoke making this about 5 x haha.

**S**ome noodles I would recommend are Hokkien noodles or Flat rice noodles.

**Y**ou can also add egg for extra protein.



# VEGETABLE STIR FRY

## FORMULA

INGREDIENTS	%	
BROWN ONION	1	CUT IN HALF THEN WEDGES OF HALF MOONS
GARLIC CLOVE	1	DICED
RED CAPSICUM	1	SLICED IN STRIPS
ZUCCHINI	2	SLICED DIAGONALLY
CHOZ SUM	2	BUNCHES, ONLY LEAVES
ASIAN MUSHROOMS	1	HANDFUL
BROCCOLI	1	FLORETS CUT IN HALF
SESAME OIL		TO TASTE
SESAME SEEDS		TO TASTE
SOY SOUCE		TO TASTE
DARK SOY SOUCE		TO TASTE
NOODLES	400-500	G

## PROCESS

**E**nsure your wok is very hot. Add a splash of sesame oil and cook your vegetables in batches with a splash of soysauce on top.

**E**nsure to stir your veggies constantly so they don't sit in the wok.

**T**ransfer to a bowl once veggies are cooked.

**I**n the mean time, cook your noodles according to the packet instuitions.

**O**nce the noodles and vegetables are cooked, mix together and serve.





*SERVE WITH SALT N PEPPER TOFU.*



# BRUSCHETTA

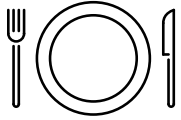




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H O M E M A D E

# BRUSCHETTA



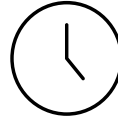
SERVING

4 PERSON



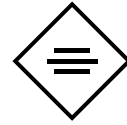
VEGAN

GLUTEN FREE



TIME

15 MINUTE



DIFFICULTY

3 / 10

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*Definitely one of Italy's most famous dishes is the humble bruschetta ( Pronounced bru-ske-ta ). Vegan, easy to make and absolutely bursting with flavour- its easy to see why it is a staple at every Italian Restaurant. There are many versions of this and the dish can easily be customised but I have kept it authentic.*

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## T I P S A N D T R I C K S

**S**ome additions you can try are olives, feta or Tuna.

**T**omatoes are the hero so ensure they are ripe and delicious. I chose a medly of tomatoes as I love the different favours of the traditional tomatoes combined with the yellow cherry and the gorgeous watermelon tomatoes.

**E**nsure you rub your bread with the garlic clove when the bread is fresh out of the toaster- trust me it makes a difference.



H O M E M A D E

# BRUSCHETTA

## FORMULA

INGREDIENTS	%	
CHERRY/MEDLEY TOMATO	550	G, CUT IN HALF DICED
BASIL	1	HANDFUL
CUCUMBER	3	DICED
LOAF OF PANÉ DI CASA	2	SLICED
RED ONION	1	DICED
OLIVE OIL		TO TASTE
SALT		TO TASTE
PEPPER		TO TASTE
CLOVES GARLIC	2	WHOLE
AVOCADO	1	CUBED

## PROCESS

**B**egin by getting a large bowl and add your diced onion, basil, tomatoes, onion and avocado.

**S**eason with salt and pepper and a drizzle of olive oil.

**T**oast your bread and when still hot, rub your garlic clove all over the bread slice.

**T**hen top the bread with the mixture.

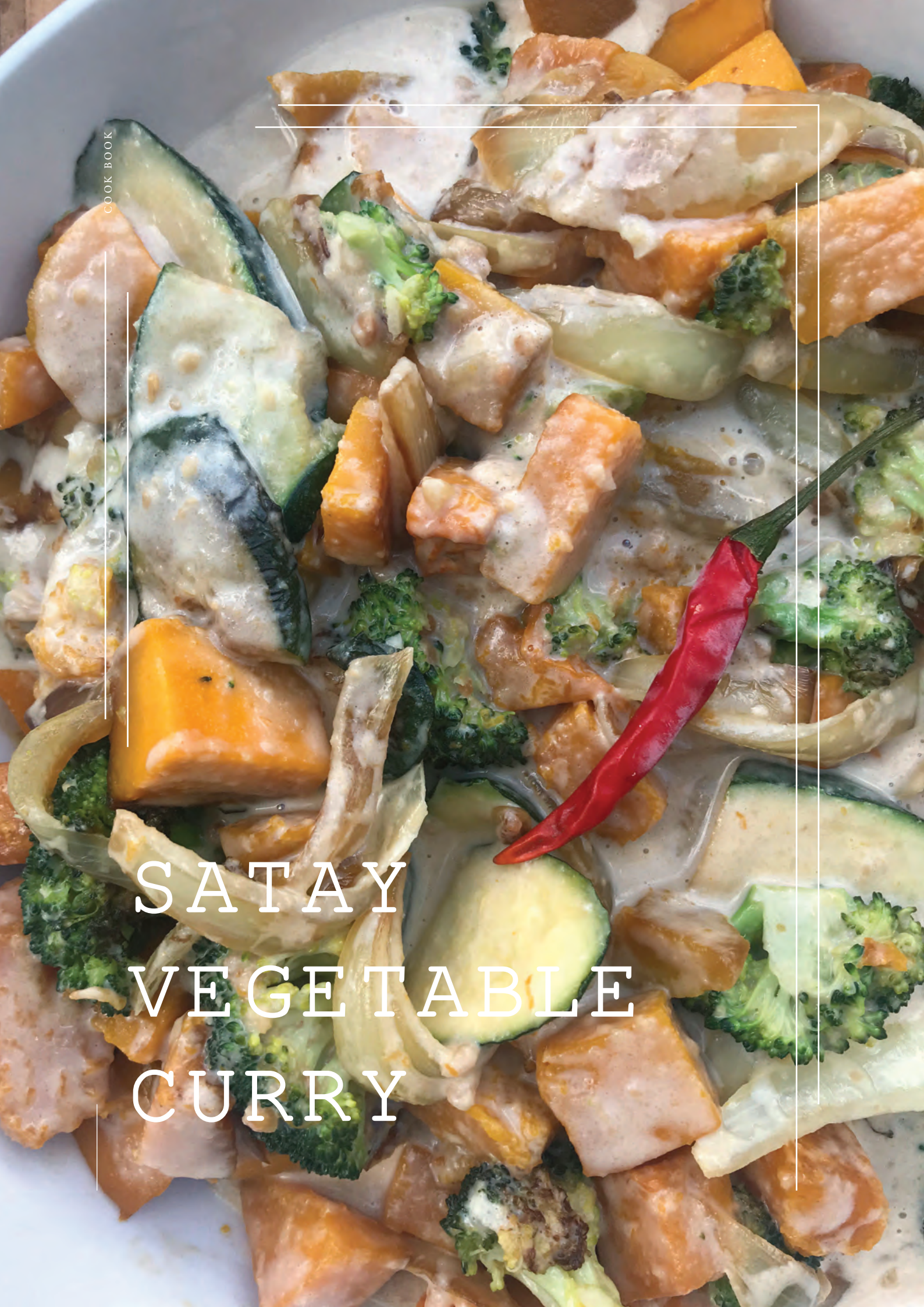




SERVE AS AN ENTREE WITH A MAIN MEAL.



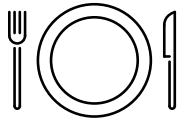
SATAY  
VEGETABLE  
CURRY





H O M E M A D E

# SATAY VEGETABLE CURRY



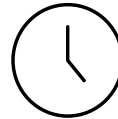
SERVING

4 PERSON



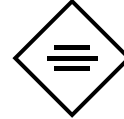
VEGAN

GLUTEN FREE



TIME

20 MINUTE



DIFFICULTY

6 / 10

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*When I was in High school my girlfriends and I always used to go to Thai for dinner whether it was someones birthday or just night out and I would always get chicken satay sticks for entree. Satay is honestly so good and I don't know anyone who doesn't like it. It has taken me a while to perfect this recipe and last week I made it for one of my best friends and she loved it so I thought 'ok this is the oneeee'.*

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## T I P S A N D T R I C K S

**Y**ou may need to add more soy depending on how salty you like it. It would be equally delicious served with rice or noodles.

**I**f you prefer a thicker sauce, then add two cans of coconut cream instead of one of milk and one of cream.

**C**ook your sauce on low because you don't want the coconut cream/milk to boil ferociously.



# SATAY VEGETABLE CURRY

## FORMULA

INGREDIENTS	%	
GARLIC CLOVES	4	G, CUT IN HALF DICED
SOY	3	TABLESPOON
PEANUT BUTTER	3/4	CUP
COCONUT SUGAR	1	TABLESPOON
COCONUT CREAM	2	CAN
CHILLI	1	HALVED
LEMON	1/2	SQUEEZED
BROCCOLI	2	CUT INTO FLORETS
BROWN ONION	2	CUT IN HALF MOONS
PUMPKIN CUBED	1/4	CUBED
ZUCCHINI	2	CUT ON AN ANGLE
SESAME OR COCONUT OIL	2	TABLESPOON
RICE TO SERVE		

## PROCESS

**S**tart by putting the coconut cream and milk, peanut butter, soy, garlic, sugar into a bowl and whisk till all ingredients are combined.

**T**hen pour into a small saucepan, add the chilli and put on low heat with no lid.

**L**et this simmer while you cook your veggies.

**T**hen, in a large saucepan, add the oil and once hot, add your veggies and cook on medium to high until they are cooked.

**O**nce they are cooked, your sauce will be ready.

**P**our the sauce on top of the veggies and serve immediately.





SERVE WITH RICE OR NOODLES.







L A S T   W O R D S

Thank you from the bottom of my heart for purchasing my very first cook book.

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My vision with this ebook was to show you how easy it is to go plant based or  
reduce your intake of meat benefiting animals, the environment, future generations  
and your health. These recipes are nutrition filled and bursting with flavour, suitable  
for the whole family and easy to make. I hope when cooking and eating them you  
feel happy and think of me. Cooking is such a big and important part of my life.  
It is more than just fuel for your body. I see it as a form of art and self expression.

---

Our bodies are our temples, we only get one and I believe we need to respect this  
and express gratitude by eating yummy and healthy food that assists with mental  
and physical health and development.

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Be sure to follow my parenting and life/cooking journey on social media  
@thedesignerhippy and any feedback is welcome.

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Thank you again for supporting me.

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Love and Blessings,

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The Designer Hippy xx

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