

Noodle Soup

Ingredients:

3 cups of cooked yellow split peas
½ cup of roasted peanuts (ground)
½ cup of roasted brown rice (ground)
1–2 stems of lemongrass (bruised)
4 cloves of garlic
2 large onions (chopped)
1 Tbsp of ginger (grated or minced)
1 or ½ Tbsp of Herbamare™ Herbed Sea Salt (seasoning)
½ tsp of turmeric powder
1¾ litres of water (vary depending on desired thickness)
Salt to taste
1 packet of rice noodles

Variation: Instead of chopping 2 large onions, substitute 10 to 15 un-chopped cocktail-sized onions in their place.

Method:

Soup

Put the rice noodles aside.

Place all other ingredients into a pot and bring to a boil. Stir regularly to avoid food sticking to the bottom of the pot. Continue cooking on low heat (simmer) for 30 to 40 minutes, until the desired consistency is reached. You can add more water if it seems a little too thick.

Rice noodles

Follow the instructions written on the packet: boil noodles until softened to your desired texture. Then rinse with cold water, drain and set aside.

Final Assembly

Serve noodles with the soup. Top with sliced green beans, coriander and a squeeze of lemon juice.

Noodle Salad

Ingredients:

1 small block of firm tofu (300g)
1 Tbsp of olive oil
2 cups of fine sliced purple cabbage
2 cups of bean sprouts
1 packet of rice noodles (300g)
½ cup of crushed roasted peanuts

Accessories: fresh coriander, lemon juice, tamarind paste, sliced onion, ground sesame seeds.

Method:

Cut tofu into 1–1½cm cubes.

Mix tofu with oil and salt (to taste), then bake in the oven at 180°C for 15 to 20 minutes, until golden brown. Set aside.

Cook noodles as per instructions written on the packet. Set aside.

Red sauce

4 large tomatoes
1 clove of garlic
½ brown onion (diced)
½ tsp of yeast flakes
1 Tbsp of olive oil
Salt to taste
½ tsp of turmeric powder
1 tsp of tomato paste

Soften onion in a pot without oil. Add oil and stir through.

Add all other ingredients.

Cook for 15 to 20 minutes, until a saucy consistency.

If needed, you can add a thickener, like corn flour.

Final Assembly

Take noodles, tofu, red sauce and other ingredients according to your desired portion size.

Mix thoroughly with your hands. Enjoy!

Banana & Coconut Bake

Ingredients:

400ml of coconut milk
1 pinch of salt
8 bananas (very ripe)

Method:

Peel eight overripe bananas, placing them in a baking dish.
Cover with coconut milk and a pinch of salt.
(You can add ½ cup of water if you don't want it dry).
Bake in an oven at 180°C for 20 to 30 minutes, until the top is golden brown.

Final Assembly

Serve with fresh fruit or muesli