

Rice Soup

Ingredients:

½ cup of Jasmine rice

¼ cup of red lentils

1½–2 litres of water

1 brown onion (diced)

½ Tbsp of Herbamare™ Herbed Sea Salt (seasoning)

3 cloves of garlic (crushed)

3–4 cups of chopped vegetables (any vegetables you choose, for example: green beans, broccoli, cauliflower, carrots or potatoes)

Salt to taste

Serve with flavoured tofu dish or salad.

Method:

Set the chopped vegetables aside.

Place all other ingredients into the pot and bring to a boil. Cook for 30 to 40 minutes until the rice becomes a silky soup.

Add the chopped vegetables of your choice. Cook for 2 to 3 minutes, depending on how soft you prefer your vegetables.

Add seasoning and salt to your taste.

Flavoured Tofu

Ingredients:

1 small block of firm tofu 300g (cubed)
1 Tbsp of olive oil
½ brown onion (finely diced)
1 clove of garlic (crushed or minced)
1 tsp of grated ginger
½ cup of diced spring onion
A handful of fresh basil
Salt to taste

Variation: instead of tofu, use 1½ cups of cooked chickpea or 1½ cups of green beans.

Method:

Soften onion and garlic in a pan, stirring for a minute or so.
Add olive oil and grated ginger. Stir through.
Add salt and cubed tofu to the pan. Cook for 2 minutes or so, until cooked.
Add basil and spring onion before turning off the heat.

Paw Paw Salad

Ingredients:

1 clove of garlic
¼ cup of roasted peanuts
2 cups of paw paw (grated)
½ cup of carrot (grated)
4 cherry tomatoes
½ lime (juiced)
1 mortar and pestle
Salt to taste

Method:

In the mortar and pestle, pound garlic and peanuts.
Add the paw paw, carrot, tomatoes and lime juice by pounding them in.
Use a spoon to turn the ingredients over to mix well.
Add salt to taste.

Variation: If you don't have a mortar and pestle, mince the garlic, and crush the peanuts using a roller. Add all ingredients into a bowl, squeeze in lime juice and thoroughly mix all ingredients together with your hands.

Sticky Rice Balls

Ingredients:

2 cups of sticky rice (sometimes called Glutinous rice)

½ cup of roasted ground sesame seeds

Salt to taste

Method:

Soak sticky rice overnight in water, or at least 4 hours, then drain.

Use a steamer to steam the sticky rice. It will take about 15 to 20 minutes to cook.

Spread sesame seeds on a baking tray. Bake on low heat (130 to 150°C) for 10 minutes until golden brown. Use a grinder or small food processor to grind sesame seeds. Add salt to taste.

Spoon sticky rice into balls and then roll over the ground sesame seeds.