



## Plant Based Diet Cooking Course with Walter Trupp

### COURSE CONTENT



This course uses wholefoods to provide you with a variety of nutritional, energy boosting plant-based menu options which are easy to make, cheap *and* tasty!

### Lunch and Dinner

Chefs Eye-View Video and PDF recipe

1. Beetroot and Kohlrabi
2. Chickpea & Vegetable Tagine
3. Eggplant Tomato Compote
4. Roast Capsicum with Goats Cheese
5. Pan-fried Zucchini with Sultanas and Pine Nuts
6. Mushroom and Chestnut Casserole (PREVIEW)
7. Turnips with honey
8. Roast Corn Cobs
9. Palak Paneer
10. Scrambled tofu
11. Golden Millet and vegetable patties
12. Quinoa and vegetable patties
13. Quinoa, Squash & Leek Pilaf with Feta Cheese and Runny Eggs
14. Peppers stuffed with spiced Quinoa
15. Quinoa cooked (Video only)



## **Breakfasts and snacks**

### **Chefs Eye-View Video and PDF recipe**

1. Every morning Chia Pudding
2. Raw Chocolate chia seed pudding with roast banana
3. Raw fermented Bircher muesli
4. High Energy Muesli balls
5. Cooked multi grain porridge
6. High protein Quinoa and coconut porridge
7. Wholesome quinoa buckwheat pancakes and waffles - gluten free
8. Berry and pearl sago compote for muesli and pancake toppings
9. Quinoa Balls- sweet

## **Wholesome Salads & Raw Foods**

### **Chefs Eye-View Video and PDF recipe**

1. Radish and Cherry Tomato Pickle (Video only)
2. Middle Eastern quinoa and spiced eggplant salad
3. Quinoa and goats cheese parsley salad
4. Quinoa and raw cauliflower cous cous/rice
5. Middle Eastern Chickpea Salad
6. Rice and kale salad with pomegranate and feta cheese
7. Bocconcini capsicum and lentil salad
8. Kale and Sesame Salad with Shitake Mushrooms
9. Kale and Brussel Sprout Salad with Honey and Mint Pesto

*Dedicated to bringing the chef out in you" Walter Trupp*