



ZIPPY HERB DIP

Goes well with crisp and savory snacks

MAKES: 1 CUP

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 Tbsp olive oil
- 1 cup flat-leaf parsley,
loosely packed
- 1-2 scallions
- 2 dates, coarsely chopped
- $\frac{3}{4}$ cup Greek yoghurt
- $\frac{1}{2}$ to 1 tsp dijon mustard
- $\frac{1}{2}$ to 1 tsp garlic powder
- 1 tsp paprika
- black pepper, to taste

NOTES

Lactose-free Greek-style yogurt is available. If you cannot tolerate dairy products, use pureed extra firm tofu plus 1-2 tsp lemon juice and 1-2 tsp nutritional yeast.
Serve with [Whole Grain Pita Chips](#) and cut veggies for a balanced snack or light meal.

EQUIPMENT

- mini food processor or immersion blender or standing blender
- small bowl
- cutting board and knife
- measuring cups and spoons

DIRECTIONS

1. Blend oil, parsley, scallions, and dates in a mini chopper or by hand, until you have a coarse puree
2. Add yoghurt, garlic powder and mustard



HEARTY LENTIL WRAP

Full of protein, fibre, and other goodies!

MAKES: 2 SERVINGS

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

FILLING

- ½ of a 540ml tin canned lentils, well-rinsed (about 1 cup)
- 2-3 tbsp ZIPPY HERB dip
- 1 tbsp nutritional yeast
- ¼ cup crisp or crunchy vegetables (such as celery, sui choy, bell peppers), finely chopped
- 3 dates, chopped finely
- Ground pepper, to taste

TO ASSEMBLE WRAP

- Whole grain tortilla or pita bread
- ⅓ to ½ cup veggies, such as lettuce, cucumber, peppers, or leftover roasted yams or cooked carrots.

EQUIPMENT

- can opener
- strainer
- medium bowl
- cutting board and knife
- measuring cups and spoons

DIRECTIONS

1. Mix all filling ingredients in a medium bowl
2. Assemble wrap
3. Optional: Brush wrap with olive oil and warm over low-medium heat until golden brown

NOTES

- Recipe can be doubled
- Assembled wraps keep well in the fridge for 1-2 days if vegetables are dry



BRAISED GREENS & PROTEINS

Flexible and fast one-pan meal

MAKES: 2 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

INGREDIENTS

For both Toppings

- 2 small skinless boneless fish fillets, about 1" thick (Note 1)
- ½ block medium firm tofu
- 1-2 tsp olive oil (Note 2)
- 2 cloves Garlic, grated
- 1 cup no-salt added chicken or vegetable broth.
- ½ bunch Kale, frozen
- 4 cups Sui choy (cabbage)
- 1 medium Carrot
- 4 Scallions
- Optional: 1 tsp cornstarch or ground psyllium husk + 1 tbs cold water

Topping A: East Asian Flavours

(Inspired by Cantonese Sizzling Ginger fish → Traditional recipe on [Recipe Tin Eats](#))

- 2 more cloves garlic, grated
- 1/2 thumb of ginger, shredded
- 1-2 tsp sesame oil
- 2 tbsp coconut aminos (Note 3)
- 1 more scallion, green part only, sliced

Optional: ½ tsp chili flakes

Topping B: Mediterranean Flavours

(Inspired by [The Mediterranean Dish](#))

- 2 more cloves garlic, grated
- 1 tsp lemon zest, grated
- 1 tsp ground coriander seed
- 2 sundried tomatoes, finely chopped
- ½ cup flat-leaf parsley, leaves loosely packed
- 1-2 tsp additional Olive oil

Optional: 2 tbs chopped nuts, ½ tsp Aleppo pepper, sprinkle of salt

INGREDIENT NOTES

1. Red Snapper, Basa, and Haddock are all [sustainable options](#). A thinner cut of salmon (near to the tail) would also work well for this dish.
2. Can substitute 1 tsp with flax oil for additional Omega-3s
3. Or 1 tbs soy sauce plus 1 tsp rice vinegar and 1 tbs water



BRAISED GREENS & PROTEINS

Flexible and fast one-pan meal

MAKES: 2-4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

EQUIPMENT

- Cutting board and larger knife
- Box grater or microplane
- Vegetable peeler or small spoon
- Wide bottom shallow pot or wok with lid
- Measuring cups and spoons
- Small bowl

DIRECTIONS

1. **Prepare Vegetables:** break up Kale into bite-sized pieces; cut Sui Choy into 3" pieces; slice Scallions into 2" pieces; peel Carrots into ribbons
2. **Make Broth:** Heat oil over low-medium; add Garlic and cook 1-2 minutes until fragrant; add stock and turn heat to low (or remove from heat).
3. **Layer in vegetables:** add layers of cut vegetables into the broth
4. **Add Proteins and Topping:** Mix together all topping ingredients. Lay a 1/2" slice of tofu with piece of fish on top of vegetables and cover with topping.
5. **Braise:** Bring to boil, reduce heat until broth is simmering. Cover and cook 6-8 minutes or until fish is opaque.
6. **Thicken Sauce:** Drizzle starch or psyllium slurry into sauce and stir gently without disturbing fish and tofu.
7. Serve hot with Mixed Grain Rice.
8. Store leftovers in fridge with 1 hour of cooking. Eat within 1-2 days. Does not freeze well.



MIXED GRAIN RICE

Nourishing whole grains with nutty flavour

MAKES: 6 CUPS
(8-12 SERVINGS)

PREPPING TIME: 20 MIN COOKING TIME: 30 MIN

INGREDIENTS

Whole Grain Mix:

- 1/4 cup pearl barley
- 1/4 cup brown rice
- 1/2 cup red or black rice
- Boiling water, to cover

To Cook:

- 1/4 cup millet
- 3/4 cup white rice
- 2 cups water

EQUIPMENT

- Strainer and Medium Bowl
- Medium-sized pot with lid (or rice cooker)
- Measuring cups

DIRECTIONS

1. Soak Whole Grains Mix in just-boiled water for 15-20 minutes. Drain.
2. Rise Millet and White Rice.
3. Mix all ingredients together in pot or rice cooker.
4. Stove top cooking directions: Bring rice and water to a boil on medium-high heat. Reduce heat to low, cover with lid, and cook 20-25 minutes, until all water is absorbed. Remove from heat and let stand 5 more minutes. Fluff with a fork before serving
5. Freeze what you will not eat in 2 days, using sealed containers or baggies

NOTES

Similar mixed grain rice is common across East Asia. In Korea, it is Jaggokbap (잡곡밥), in China, it is Multi-grain rice (五谷丰登饭) and in Japan, it is Zakkokumai (雑穀米)