

EVERYDAY VEGAN

Delicious meals that can be
made in 30 minutes or less



elephantastic
vegan

Intro



My name is Bianca Haun and I'm the blogger behind [Elephantastic Vegan](http://ElephantasticVegan.com). I've been vegan since 2012 and have been asked constantly what I would eat, so I started to share my vegan food adventures on my blog starting in the summer of 2014. You'll find traditional Austrian recipes, as well as recipes from all over the world like falafel, curries and pizza, but also desserts, snacks, drinks and a lot of party food. I'm that kind of girl that always brings food to parties and get-togethers, so if you're looking for ideas - head on over to my site and you'll never have to come empty handed!

I created this e-book to provide simple, everyday meals, that are easy to make and delicious. All of the recipes can be made in 30 minutes or less. All recipes are vegan, many are gluten-free and a few more can be easily adapted to be gluten-free.

If you would like to see even more vegan recipes, check out my blog on

elephantasticvegan.com

and follow me on

[Facebook](#), [Twitter](#), [Instagram](#), [Pinterest](#), [Tumblr](#), [Google+](#)

Much love,
Bianca

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Basic - Vegan Cashew Parmesan

Make your own vegan Cashew Parmesan at home! It only takes about a minute and it is very versatile - try it on on salads, noodles, lasagne,... and so much more! I use this vegan Cashew Parmesan in a lot of the recipes in this eBook, so it's always a good thing to have this one as a staple in your pantry. It lasts a long time (a few months). The recipe yields about 1 cup.

Ingredients

1 cup raw, unsalted cashews
1 tablespoon Nutritional Yeast Flakes
1/2 teaspoon salt

Instructions

1. Put all the ingredients in a food processor and pulse until fine.
2. Ready to use, store the rest in an air-tight glass jar.



Lime Broccoli Rice

I love nothing more than a light, fresh and easy to make, healthy lunch when it's hot outside! So this vegan Lime Broccoli Rice was the perfect treat for a hot summer day. I used it as a main meal but it's an awesome side dish for e.g. Mexican dishes as well. And it would be a great addition to any BBQ or a great filling for wraps or burritos. I've topped it with my Cashew Parmesan and with fresh cilantro, but that's optional of course! However I fully recommend it because it was super delicious!

VEGAN & GLUTEN-FREE, serves 2

Ingredients

1 cup parboiled rice (or use basmati rice instead)
1 1/2 cups water
3/4 teaspoon salt
2 cups broccoli florets
1/2 teaspoon sesame oil
juice from 1 lime
Homemade Cashew Parmesan (page 4)
chopped cilantro (optional)

Instructions

1. Cook the rice on medium-low heat with 1 1/2 cups of water, 1/2 teaspoon of salt and lime juice of half a lime.
2. Wash and cut the broccoli.
3. Put the broccoli florets in a food processor and chop. You want tiny pieces, but no broccoli cream.
4. In a large pan, add the sesame oil and turn on medium high heat.
5. Add the broccoli. Stir occasionally. After 3-4 minutes add the rice.
6. Add 1/4 teaspoon salt and the juice of the other half of the lemon and add more salt to taste.
7. After a minute or two it's ready to serve. Top with Homemade Cashew Parmesan and cilantro if you want to!



Chickpea Curry

Vegan & gluten-free, creamy and delicious Chickpea Curry. It's super quick and easy to make. Tomato purée and coconut milk make a great basis for curries. Chickpeas provide the dish with a lot of protein. The curry is best served with some [Homemade Naan](#) and Basmati Rice.

VEGAN & GLUTEN-FREE, serves 2

Ingredients

1 cup canned & drained chickpeas
1 cup tomato purée*
1 1/2 cups coconut milk, full-fat
1 teaspoon plant-based oil
1/4 teaspoon salt
1/4 teaspoon ginger powder
1/8 teaspoon onion powder
1/4 teaspoon curry powder
black sesame seeds

*I used store-bought tomato purée (with salt, no additional herbs) for this recipe - it's often canned or in cartons, not to confuse with tomato paste which is thicker in consistency.

Instructions

1. In a large pot, heat one teaspoon of plant-based oil and add in the drained chickpeas.
2. Roast them for about 2-3 minutes on medium-high heat and reduce the heat to low.
3. Add in the tomato purée, coconut milk and spices.
4. Stir and let it cook for about 8-10 minutes (while slowly turning up the heat again). This is the point where you can adjust the curry to your taste by adding more coconut milk, salt, etc...
5. Once the curry is hot and it has reached the desired consistency, transfer it to a bowl and top it with black sesame seeds.



Simple Carrot Rice

Sometimes I don't have the time to cook super complicated meals - so something quick and easy is always welcome! What I love to make is this healthy & vegan Carrot Rice. It's so good with chopped cilantro and with homemade Vegan Cashew Parmesan.

VEGAN & GLUTEN-FREE, serves 2

Ingredients

1 cup parboiled rice
1 1/2 cups water
1/4 teaspoon salt
1/2 teaspoon lemon juice
3 small carrots (or 1 large one)
1/2 teaspoon olive oil
1 teaspoon chopped cilantro
homemade Cashew Parmesan (page 4)

Instructions

1. Prepare the Cashew Parmesan.
2. Cook (with the lid on!) the rice on medium low heat with 1 1/2 cups of water along with the salt and lemon juice until all the water is absorbed.
3. Peel the carrots and cut them in smaller pieces.
4. Put the carrots in a food processor and chop until they're in fine pieces.
5. In a large pan, add the olive oil and turn it on medium high heat.
6. Add the carrot pieces. Stir occasionally. After 3-4 minutes, once the carrot pieces are soft, add the rice.
7. Add additional salt and lemon juice to taste.
8. After a minute or two it's ready to serve. Top with the chopped cilantro and Cashew Parmesan.



German Noodle Salad

This vegan German Noodle Salad is the perfect dish for the summer or to take to work/school because it's served cold and really easy to make. No need to stand in the hot kitchen for hours, but you can make this dish in 30 minutes or less!

VEGAN, serves 2

Ingredients

3 cups / 250g vegan penne noodles
2 mini cucumbers
1 corn on the cob
juice from 1/2 lime
1/4 cup vegan mayonnaise (Follow your Heart, VegaVita,...)
2 teaspoons water
1/4 teaspoon salt
2 tablespoons chopped fresh parsley

Instructions

1. In a large pot heat water and cook the corn on the cob for a few minutes.
2. Take the corn on the cob out and pour the penne noodles in the hot water. Cook them according to the instructions.
3. Meanwhile mix the vegan mayo with the lime juice, salt and the 2 teaspoons of water until super creamy.
4. Cut the mini cucumbers in small pieces and cut the corn off the cob with a knife.
5. Once the noodles are cooked, drain them and pour cold water over the pasta until they're cold.
6. Put the cold, drained pasta in a large bowl, add the seasoned mayo, the corn and the cucumbers bits and give it a good mix. Taste and add more salt to taste.
7. Top with the chopped fresh parsley and enjoy! (Or keep it in the fridge until serving time)



Creamy Avocado Pasta with spinach

This Avocado Pasta with spinach & cashew parmesan was super creamy and delicious. It's actually really easy to make so it's perfect for a quick lunch or a stressless dinner. It may look weird mixing avocado, pasta & spinach but it's so good. I'd totally recommend not to miss out on that awesome homemade Cashew Parmesan. You could easily make this dish gluten-free if you use gluten-free noodles.

VEGAN, serves 2

Ingredients

4 ounces vegan Spaghetti Noodles
1 1/2 Avocados
1/2 teaspoon lime juice
1/2 teaspoon + 1/4 teaspoon salt
2 cups young spinach
Homemade Cashew Parmesan (page 4)

Instructions

1. In a large pot heat the water for the pasta with 1/2 teaspoon of salt and cook the noodles until soft.
2. While the noodles are cooking, peel and pit the avocado and place the avocado flesh together with the lime juice and 1/4 teaspoon salt in a food processor and chop until it's a smooth avocado sauce.
3. Wash the spinach.
4. Prepare the Cashew Parmesan from page 4.
5. Once the noodles are ready, drain them and put them back in the pot.
6. Pour over the avocado sauce and give it a good mix.
7. Add in the baby spinach and heat it on low heat for a minute or two.
8. Taste and add more salt & lime juice to taste.
9. Divide the Avocado Pasta onto two plates & top it with the Cashew Parmesan. Enjoy!



Curried Couscous with Broccoli

When lunch has to be served really quick, couscous is one of the best choices! It only needs to soak in hot water and it's done in 2-3 minutes. I love to give the couscous a nice golden color by adding curry powder into the hot water.

VEGAN, serves 2

Ingredients

2/3 cup / 160ml water
1/2 cup / 90g couscous
3/4 teaspoon salt
1/2 teaspoon curry powder
1/4 lime
1 onion
1/2 teaspoon canola oil
1/2 broccoli
1/2 teaspoon white sesame seeds

Instructions

1. Heat the water for the couscous in a large pot, add in the curry powder and salt.
2. Wash the broccoli and cut it in small florets.
3. Once the water is boiling, take the pot off the stovetop and add in the couscous and put the lid back on (the couscous will be ready in about two minutes).
4. Meanwhile peel the onions and dice it.
5. Heat a large pan with the canola oil and place the onions in there. Cook them for a few minutes on medium-high heat while stirring constantly, season with a pinch of salt and keep them on the heat until they cook down and get a nice brown color.
6. Fluff the couscous with a fork, add in the quick caramelized onions and give it a good mix.
7. Add the broccoli florets into the pan (where the onions were) and season with a pinch of salt. Put the lid on and let it roast on medium-high heat for a couple of minutes until the broccoli softens.
8. Once the broccoli is done you can start by dividing the couscous on two plates, add the broccoli on top, season with the lime juice and sprinkle with the white sesame seeds.



Jägerpfanne

This recipe is a vegan version of the Austrian dish Jägerpfanne. It translates to hunter's pan and traditionally can be made with beef bolognese or sometimes chicken. There are so many varieties of this dish - so I made a vegan version of how I remember the dish. Have I ever told you that Austria is a meat-focused country? But it's lovely to see that there are new vegan restaurants popping up.

VEGAN, serves 2

Ingredients

4 ounces vegan whole wheat elbow pasta
1/2 cup tomato purée*
3 spring onions
2 carrots
1 cup finely chopped mushrooms
1/8 teaspoon Liquid Smoke
1/2 teaspoon salt + 1/2 teaspoon for cooking the pasta
3 garlic cloves
1 tablespoon paprika powder
1 teaspoon olive oil
1/2 teaspoon soy sauce
1/4 teaspoon balsamic vinegar
1/3 cup water + water for the noodles
1/8 teaspoon cayenne powder
Homemade Cashew Parmesan (page 4)

*I used store-bought tomato purée (with salt, no additional herbs) for this recipe - it's often canned or in tetra paks, not to confuse with tomato paste which is thicker in consistency.

Instructions

1. Prepare the Cashew Parmesan (from page 4).
2. In a large enough pot heat water with a 1/2 teaspoon of salt and cook the elbow pasta according to the instructions on the package. When done, drain and set aside.
3. Wash and cut the carrots, mushrooms and spring onions in small pieces. Peel and mince the garlic cloves.
4. In another large pot heat the olive oil and toss in the minced garlic, chopped carrots, mushrooms and spring onions.
5. Season with soy sauce and balsamic and let it roast on medium-high heat for about 5 minutes while stirring occasionally.
6. Add 1/2 teaspoon of salt, paprika powder, cayenne powder, liquid smoke and 1/3 cup of water to the veggie sauce. Let it cook for about 10 minutes.
7. Pour in the tomato purée and add additional salt to taste. At this point you can also add more liquid smoke if you want the sauce even more smokier or more cayenne pepper to make it spicier.
8. Let it cook on medium-high heat for about 5 minutes, until it is hot.
9. Add the cooked elbow pasta into the sauce and give it a good mix.
10. Once the noodles are hot again, the Jägerpfanne is ready to be served. Don't forget to top it with the Cashew Parmesan. A green leafy salad is the perfect side dish.



Palak Tofu

Palak Paneer is one of my favorite Indian curries, but since I've adapted a vegan diet I've been looking for alternatives and found firm tofu to be the excellent substitution for the paneer (which is an Indian cheese). This creamy spinach curry with tofu is the perfect comforting dish for cold days. The Palak Tofu is best served with some [Homemade Naan](#) and Basmati Rice.

VEGAN & GLUTEN-FREE, serves 2

Ingredients

14 oz. canned spinach
1/2 block / 6 oz firm tofu
1 teaspoon canola oil
1/2 teaspoon Kala Namak
1/2 teaspoon curry powder
1/2 teaspoon ginger powder
3/4 cup coconut milk
1/4 cup tomato purée*
3/4 teaspoon salt

*I used store-bought tomato purée (with salt, no additional herbs) for this recipe - it's often canned or in tetra paks, not to confuse with tomato paste which is thicker in consistency.

Instructions

1. In a large pan on medium-high heat, add the canned spinach, coconut milk and tomato purée and mix. Let it thicken up while preparing the tofu.
2. Cut the tofu in little cubes and add it in a another hot pan coated with the canola oil. Season with the Kala Namak. Pan-Fry it for about 5 minutes, stir occasionally.
3. Add the salt, ginger powder and curry powder to the spinach curry. Taste and add additional spices to your liking.
4. Once the spinach curry is hot and tastes delicious, add the tofu cubes to the curry and give it a good mix.
5. Your Palak Tofu is ready to be served!



Zucchini Pasta with Avocado Sauce

I still remember the first time I tried Zucchini Pasta (or Zoodles) like it was yesterday - I've gotten a Spiralizer from my parents and was so happy that I could finally enter the magic world of gluten-free, super healthy vegetable pasta. I was amazed how much zucchini noodles tasted like real pasta! If you haven't tried it yet, now is the perfect time!

VEGAN & RAW & GLUTEN-FREE, serves 2

Ingredients

2 large zucchinis
2 avocados
3/4 teaspoon salt
1 teaspoon lemon juice
ground pepper
Homemade Cashew Parmesan (page 4)

Instructions

1. Wash and spiralize your zucchini using a Spiralizer (or a Julienne Peeler).
2. Put the spiralized zucchini in a large bowl, sprinkle 1/4 teaspoon of the salt over the zucchini and give it a good mix. Set aside for about 20 minutes.
3. Meanwhile peel the avocado, remove the pit and put it the avocado flesh in a blender or food processor - mix it with the rest of the salt, the lemon juice and ground pepper until it's a smooth avocado sauce. Taste it and add more salt or lemon juice to taste.
4. After 20 minutes the zucchini pasta should have lost quite a bit of its water - drain it and put it back in the bowl.
5. Add the avocado sauce and give it a good mix.
6. Put the Zucchini Pasta on a plate and enjoy. Don't forget to top it with the Cashew Parmesan!



Spaghetti Bolognese

Spaghetti Bolognese is one of the dishes I make when I don't have a lot of time or I want something simple to cook. It's really that easy, but it's oh so delicious. The bolognese sauce uses soy granule as a base and these give the dish a "meaty" taste and look. I LOVE to sprinkle homemade Cashew Parmesan on top, which makes it even more authentic.

VEGAN, serves 2

Ingredients

4 ounces vegan spaghetti noodles
1 cup tomato purée*
1/3 cup soy granule (TVP)
1/4 teaspoon liquid smoke
1 teaspoon salt
ground pepper
1/4 teaspoon onion powder
1/4 teaspoon paprika powder
Homemade Cashew Parmesan (page 4)

*I used store-bought tomato purée (with salt, no additional herbs) for this recipe - it's often canned or in cartons, not to confuse with tomato paste which is thicker in consistency.

Instructions

1. In a large pot heat water with a 1/2 teaspoon of salt and cook the noodles.
2. In a smaller pot, pour in the soy granule, add 1/4 cup of water and let it cook on medium heat until the soy granule has soaked up all the water.
3. Add the onion & paprika powder, liquid smoke, 1/2 teaspoon salt and ground pepper to the soy granule and stir.
4. Pour in the tomato purée and salt to taste. At this point you can add more liquid smoke to taste if you want the sauce even more smokier.
5. Let it cook for about 5 minutes, until it is hot.
6. Place the cooked spaghetti noodles on a plate, add the bolognese sauce and top it with the Cashew Parmesan.



I hope you like the **Everyday Vegan** recipes in this eBook! If you make some recipes from this eBook (or my blog) and post it on instagram, please use the hashtag #elephantasticvegan and tag me via @elephantasticvegan. I love seeing all your wonderful creations! Or feel free to drop me a mail: bianca@elephantasticvegan.com. Thanks!

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Love, Bianca