

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



AMERICAN, VEGAN COBB SALAD WITH OIL-FREE TAHINI - RED WINE VINEGAR - DRESSING

By Jasmin Hackmann

INGREDIENTS

- 4 handfuls worth green lettuce
- 3 tbsp coconut bacon
- 3 tbsp walnuts
- 1 handful cherry tomatoes cut in half
- 1 handful carrots cut into thin sticks
- 1 avocado optionally diced (I had forgotten mine in the photos)
- ½ small red onion in strips.
- 2 tablespoons of chives cut in small rolls for garnish

CHICKEN-STYLE TOFU:

- ½ block of tofu, firm
- ¼ tsp sage, marjoram, thyme
- Salt and pepper to taste
- 2 tbsp of Aquafaba (dripping water from chickpeas)
- ½ tsp cornstarch

PAPRIKA - CHICKPEAS:

- ½ can of chickpeas, about a 250 ml cup of chickpeas
- Paprika, pepper, garlic powder, onion powder and sea salt or Himalayan salt to taste

TAHINI - RED WINE VINEGAR DRESSING:

- 2 tbsp tahini
- 3 tbsp water
- 2 tbsp red wine vinegar
- Juice of a lemon
- 1 tsp Dijon mustard
- 1 garlic clove, pressed
- Season with salt and pepper

COOK TIME:
15 minutes

PREP TIME:
20 minutes

TOTAL TIME:
35 minutes

YIELD:
2 Portions

INSTRUCTIONS

1. First, we squeeze out the tofu for about 15 minutes, so this gets a nice solid texture. Now mix all remaining ingredients for the marinade.
2. Cut the tofu into small cubes and put it in a closable bowl and add the marinade over it. Now close it and shake vigorously that the tofu is completely covered.
3. If you wish, you can prepare it the evening before, but at least 30 minutes before.
4. Now you spice up the chickpeas.
5. If you do not have coconut bacon in stock, you can prepare it now.
6. Next step, put all 3 ingredients on different baking trays and bake at 200 Celsius. First, the coconut bacon will be ready. You bake the chickpeas and tofu until they are crispy from the outside.
7. Cut all the other ingredients and prepare the sauce, mixing all the ingredients.
8. Now you can arrange the salad on plates and pour the sauce over it and garnish with chives.



Jasmin Hackmann —

Jasmin is the creator of VeEatCookBake, a go-to spot for simple, tasty, and healthy plantbased comfort food that everyone can enjoy – not just vegans. Many of Jasmin's recipes use less or no sugar and are oil-free. All her recipes are in English as well as German.

Visit her website: veeatcookbake.com