

ONE BITE

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Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Reviewed: WEEKNIGHT ONE POT VEGAN Cookbook

By Honey Morris

If you're looking to simplify your dinner routine, without sacrificing on flavour, then "Weeknight One Pot Vegan" by Nicole Malik is the perfect place to start.

Florida-based Nicole became vegetarian at 12 years of age and has been passionate about plant based food ever since. Nicole's food blog "Delicious Everyday" features an array of inspiring vegan and vegetarian recipes.

"Weeknight One Pot Vegan" is Nicole's first cookbook, featuring 75 recipes divided across seven exciting chapters, with my personal favourites being "Crowd Pleasing Comfort Food" and "Simply Sweet One Pot Treats". That's right, even a delicious dessert can be created with minimal mess!

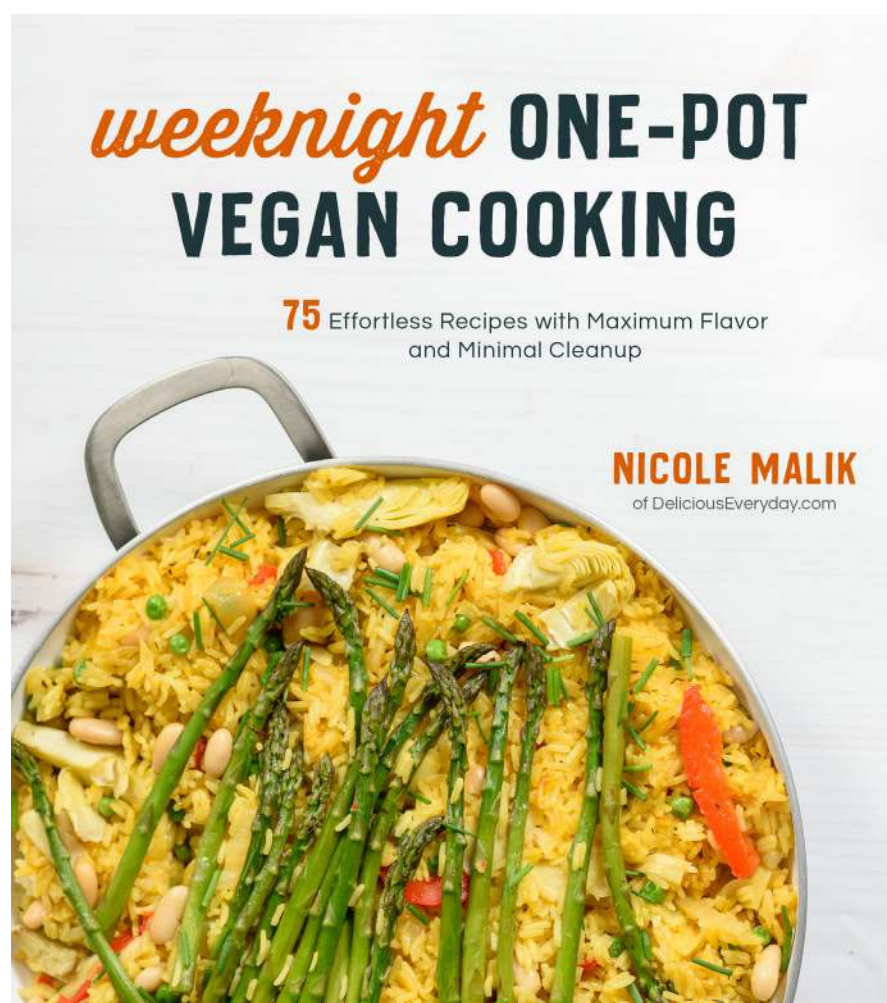
I love cooking but admittedly, I often dread the mountain of washing up it often creates, especially on weeknights. So, one pot meals are always going to get a big thumbs up from me!

There's an abundance of creative dishes in this cookbook but a couple of standouts for me were the sundried tomato vodka penne (don't mind if I do) and the Cuban lentil picadillo!

I can't go past the more familiar dishes too, the Portobello pot roast and the balsamic French onion soup called out to me with their comforting and wintery flavours. Yum!

I'm confident that whatever your culinary preferences you'll find at least a handful of dishes in "Weeknight One Pot Vegan" to add to your list of favourite weeknight meals, and you'll be thanking Nicole for the time she saves you!

This is, as Nicole herself says in the introduction, "good food that you can feel good about eating".



Honey Morris —

WANT TO WIN A COPY?

Thanks to the lovely people at Page Street Publishing, we've got one copy of 'Weeknight One Pot Vegan Cooking' to giveaway. If you'd like to be in with a chance of winning please send an email with your full name and postal address to emma@onebitevegan.com with the subject line 'Weeknight One Pot'. Please note, this competition is only open to US readers. Prize cannot be exchanged for cash. Entries close after February 29th 2020.

Honey Morris is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she's not crocheting, or cooking up a vegan storm in the kitchen, you'll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.

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Asian Skillet Nachos with Wasabi Crema

As a kid, one of my all-time favorite treats was getting to have nachos for dinner. This grown-up version elevates nachos to a whole new level with Chinese-spiced veggies and a spicy wasabi-yogurt sauce. It makes an incredibly fun and simple weeknight dinner. You can easily scale this recipe up or down—the only limit is the size of your pan.

SERVES:

2

INGREDIENTS

SKILLET NACHOS

- 1 tbsp (15 ml) sesame oil
- 2 cups (132 g) sliced mushrooms
- ½ yellow onion, sliced
- ½ green bell pepper, sliced
- 2 tbsp (30 ml) soy sauce
- 1 tsp Chinese five-spice powder
- 1 (6-oz [170-g]) package tortilla chips

WASABI CREMA

- ¼ cup (60 g) plain dairy-free yogurt
- ½ tsp wasabi paste

FOR SERVING

- ½ cup (35 g) shredded cabbage
- ½ cup (50 g) shredded carrots
- 2 scallions, sliced

DIRECTIONS

1. Preheat the oven to 425°F (220°C, or gas mark 7).
2. To make the nachos, heat the sesame oil in an oven-safe skillet over medium-high heat. Cook the mushrooms, onion and bell pepper for 6 to 7 minutes, until softened. Add the soy sauce and Chinese five-spice powder, and cook for another 1 to 2 minutes. Remove the vegetables from the pan and set aside.
3. To make the wasabi crema, mix the dairy-free yogurt and wasabi paste in a small bowl and set aside.
4. Arrange the tortilla chips in the skillet. Top the chips with the cooked vegetables. Bake for 5 minutes, until just warmed. Top with the shredded cabbage, carrots, scallions and wasabi crema.

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Vietnamese Veggie Pho

SERVES:

4

Pho (pronounced “fuh”) is one of the most fun dishes in the whole world. I love making a big batch of broth and noodles and letting everyone pick their own toppings. This one-pot version is brimming with delicious spice, yet it’s one of the simplest recipes in this whole book! Get creative and experiment with the toppings. Try it with additions such as radishes, basil, mint, shredded carrots, bean sprouts or fresh lime wedges.

INGREDIENTS

- 2 tbsp (30 ml) olive oil
- 1 small onion, thinly sliced
- 5 oz (142 g) sliced shiitake mushrooms
- 2 scallions, sliced, greens and whites separated
- 1 tsp Chinese five-spice powder
- ¼ tsp crushed red pepper flakes
- 1 tsp ginger paste
- Salt, to taste
- Black pepper, to taste
- 6 cups (1.4 L) vegetable broth
- 1 (5-oz [142-g]) package rice noodles

FOR SERVING

- ¼ cup (10 g) alfalfa sprouts (optional)
- Red chili pepper, sliced (optional)
- Fresh cilantro (optional)
- Hot sauce, such as Sriracha

DIRECTIONS

1. Heat the olive oil in a large stockpot over medium heat. Add the onion, mushrooms, scallion whites, Chinese five-spice powder, red pepper flakes, ginger paste, salt and pepper. Cook for 4 to 5 minutes, until the mushrooms begin to soften.
2. Add the vegetable broth and bring to a boil. Add the rice noodles and simmer for 5 minutes.
3. Top with the sprouts, red chili pepper and cilantro (if using). Garnish with the reserved scallion greens and serve with hot sauce.

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