

Multicultural Vegetarian Cookbook

Quick, easy, diverse and healthy
multicultural recipes





Acknowledgement

Recipe contribution and testing by staff of ECCQ Chronic Disease Program.

Introduction

The Multicultural Vegetarian Cookbook contains 9 healthy and delicious recipes for the whole family. They are easy to make recipes from cultures all over the World. The Australian Healthy Eating Guidelines encourage all Australians to enjoy a wide variety of foods every day. We have modified these recipes to make them healthier either through choosing healthier ingredients and/or cooking methods. We hope you will enjoy your traditional foods with these modified recipes or try these new recipes to improve your health and wellbeing.

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10 Minute Broccoli Tofu Bowls

Serves: 4 | Prep ⌚ 5 min | Cook ⌚ 5 min | Total ⌚ 10 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
6	32.4	6

Ingredients

450g firm tofu (diced into cubes)

✓ 1 cup or 250ml of vegetable stock (low sodium)

✓ 2 tbsp soy sauce (low sodium)

✓ 1 tsp dark soy sauce (low sodium)

2 tbsp Shaoxing wine (or dry sherry cooking wine)

½ tsp sugar

✓ 2 tbsp canola oil

2 cloves garlic (chopped)

450g broccoli (cut into small florets)

1 tbsp corn-starch (dissolved in 2 tbsp water).

Method

1. In a medium bowl combine stock, soy sauce, dark soy sauce, wine, sugar, and set aside.
2. Heat 2 tbsp oil in a wok or skillet over medium heat, and add the garlic.
3. Cook for a minute, being careful not to let the garlic burn.
4. Add the broccoli, change the heat to high, stir-frying the broccoli for a minute or when it turns a bright green colour.
5. Add the tofu and your stock mixture, tossing everything together gently.
6. Bring to a simmer, and stir in the corn-starch slurry. Allow to simmer for about 2 minutes, until the sauce has thickened.
7. Serve over steamed rice!





Kousa (Zucchini Stew)

Serves: 7 | Prep ⌚ 10 min | Cook ⌚ 30 min | Total ⌚ 40 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
4	47.5	27

Ingredients

- 1 cup of onion (diced)
- 3 cloves of garlic (crushed)
- 1 kg zucchini (diced)
- 2 cups of carrots (diced)
- 1 can or 400ml of tomatoes
- 2 cups of water
- ½ cup of celery (diced)
- 1 mild chilli
- ✓ 3 tbsp of olive oil
- 1 tsp chilli powder
- 1 can of chickpeas
- ½ cup parsley (chopped)
- salt and pepper to taste.

Method

1. Sauté the onion in a little bit of olive oil until soft. Then add the garlic and sauté for about 30 seconds more.
2. Next add the zucchini and carrots.
3. After about 5 minutes, add the canned chickpeas with water or stock.
4. Add canned tomatoes with their juice. Smash the tomatoes down into the vegetables with a wooden spoon and break them apart a little.
5. Once the mixture comes to a low boil, reduce the heat and simmer, stirring occasionally, until vegetable stew has thickened. Finally, add a little salt and pepper and some fresh parsley and celery ready to eat!





Palusami (Taro leaves in Coconut Cream)

Serves: 8 | Prep 🕒 10 min | Cook 🕒 50 min | Total 🕒 60 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
47	20	2

Ingredients

20 - 25 taro leaves*

✓ 1 can coconut cream (lite)

1 medium size onion (diced)

1 tsp salt.

Method

1. Mix together coconut cream, onion and salt to taste.
2. Arrange 6-8 prepared* young taro leaves on top of a square of foil placed in a small bowl, and gently push down the centre to form a cup.
3. Scoop 5 tbsp of the coconut cream mixture into the leaves cup.
4. Slowly gather the ends of the taro leaves into the centre to form a round parcel.
5. Gather the ends of the foil together in the same way, twisting the ends together securely in the centre of the parcel.
6. Repeat until you run out of leaves or coconut cream.
7. Place the foil parcels or bundles in a roasting dish and bake at 180°C for 50 minutes in a conventional oven.
8. Remove from oven after 1 hour.

Best to enjoy with baked taro or baked green banana.

* Remove the leaf tip, the midrib, and 1cm around leaf junction area, as they may cause itching in the mouth or throat if not removed.





Σπανακόρυζο (Spinach and Rice)

Serves: 4 | Prep 🕒 10 min | Cook 🕒 20 min | Total 🕒 30 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
4.2	15	2

Ingredients

500g spinach (rinsed)

1 lemon (juiced)

1 onion (diced)

3 cloves of garlic (crushed)

✔ 2 ½ tbsp olive oil

1 tsp dry mint

1-2 tbsp dill (chopped)

✔ 1½ cups vegetable stock (reduced sodium)

✔ 1 cup basmati rice (rinsed)

Salt/Pepper to taste

Dodoni Feta for serving (optional).

Method

1. In a pot sauté the onion and garlic with olive oil until soft.
2. Add the spinach, dry mint, dill and 1.5 cups vegetable stock and bring to a boil.
3. Add the rice, salt (as needed) and pepper and simmer, covered for about 15 minutes until rice is soft. Add additional warm water as needed.
4. Serve warm or at room temperature with a squeeze of lemon juice, a bit of olive oil and crumbled feta.





Spicy and sour Stir-Fried Potato

Serves: 4 | Prep ⌚ 15 min | Cook ⌚ 5 min | Total ⌚ 20 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
0.3	10.5	6

Ingredients

½ kg of potatoes (peeled and shredded)

2 garlic (chopped)

1 spring onion (sliced)

1 coriander (sliced)

✓ 1tsp canola oil

½ tsp five spice powder

2 long fresh/dried red chillies (de-seeded and thinly sliced)

✓ 1tsp soy sauce (low sodium)

1½ tsp Chinese brown/white vinegar

Salt and Sugar to taste.

Method

1. Soak shredded potato into a large bowl with clean water covered for 5-10 minutes, then rinse and drain to remove excess starch.
2. Heat nonstick wok or frypan and add stir-fry together canola oil, five spice powder, garlic and chilli for ½ a minute.
3. Add potato and stir-fry for one to two minutes, mix potato well with garlic chili and five spice powder.
4. Add soy sauce, sugar, vinegar and stir well for another 2-3 minutes until potato is cooked but still crunchy.
5. Add chilli oil, spring onion and coriander and serve.





Pinto Beans

Serves: 8 | Prep 🕒 10 min | Cook 🕒 40-60 min | Total 🕒 75 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
0.5	47	2

Ingredients

500g of beans of your choice (washed)

2 medium onions

2 tomatoes (diced)

✔ **½ cup** canola oil

4 cloves of garlic (crushed)

½ tsp of ground coriander

½ tsp of ground cumin

✔ **¼ tsp** vegeta (reduced salt)

2 bay leaf

Method

1. Add beans and one bay leaf in a pot and cook until soft.
2. In separate saucepan add oil and fry onion until soft.
3. Add 1 cup of water, diced tomatoes, garlic, coriander, cumin, vegeta/salt, bay leaf and cook until mixture begins to thicken.
4. Once thick, reduce heat to a simmer, stirring thoroughly until smooth.
5. Add tomato mixture/stew to the beans mix with wooden spoon.
6. Simmer all together for 5 minutes.
7. Serve with rice, chapati, asida or kiswa.





Seaweed Salad

Serves: 4 | Prep 🕒 15 min | Cook 🕒 5 min | Total 🕒 20 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
1.9	32.9	11.2

Ingredients

½ cabbage (thinly sliced)

200g green leaves

1 carrot (shredded)

200g green soybeans

200g seaweed salad

3 tbsp sugar

✔ 2 tbsp soy sauce (low sodium)

2 tbsp vinegar

Method

1. Mix sugar, soy sauce and vinegar of choice to create your dressing.
2. Pour over your prepared salad.
3. Serve.





Cà tím hấp mỡ hành (Steamed eggplant with green onion)

Serves: 4 | Prep ⌚ 30 min | Cook ⌚ 40 min | Total ⌚ 70 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
1	17	4

Ingredients

- 700g eggplant
- 3 green onion
- 4 garlic cloves
- ½ lemon
- 4 red chillies (chop or thin slice)

✔ 3 tbsp canola oil

Sauce

- 1/3 tsp ground pepper
- 1 tbsp white/ red vinegar
- 1 tbsp sesame oil
- ✔ 1 tbsp reduced sodium oyster sauce
- 1 tbsp chilli sauce
- ✔ 2 tbsp reduced sodium soy sauce
- 1 tbsp sugar
- 3 tbsp water

Method

1. Cut eggplant in 6 cm length then cut to 6-8 pieces depending on the size of eggplant.
2. Soak all eggplant into a big bowl of water with 1 tsp of salt and ½ of lemon that prevent eggplant change colour in 5 minute then discard water and drain eggplant.
3. Mix 1 tbsp of oil with drained eggplant. Steam eggplant with medium heat in 7 minute from boiling point.
4. In a saucepan, turn on the heat, pour 2 tbsp of canola oil, sautéed chopped garlic and chopped fresh chilli aroma. Add mixed sauce to the pan, simmer in 1 minute then add sliced green onion and turn off the heat immediately (keep onion green).
5. Arrange eggplant in a plate, pour all the sauce over it.
6. Enjoy with steamed rice.



with Onion Oil)



Loubye Bzeit (*Green beans in Oil*)

Serves: 4 | Prep ⌚ 30 min | Cook ⌚ 40 min | Total ⌚ 70 min

Nutritional Information

Saturated Fat per g	Fibre per g	No. Vegetables per Serve
8.6	39	18

Ingredients

1kg green beans (trimmed and chopped)

1 large onion (diced)

6 cloves of garlic (crushed)

✓ **¼ cup** olive oil

400ml diced tomatoes

1 tbsp tomato paste

½ cup water

1 tsp salt

½ tsp black pepper.

Method

1. Set a pot over medium heat. Add the olive oil, onion and garlic. Sauté for 5 minutes until translucent.
2. Add the green beans and sauté for an additional 10 minutes until the green beans begin to wilt. Season with salt and pepper.
3. Add the can of diced tomatoes over the green beans. Add water to the can and pour over green beans along with the tomato paste.
4. Let simmer over medium-low heat for 25-30 minutes.
5. Serve at room temperature with pita bread.



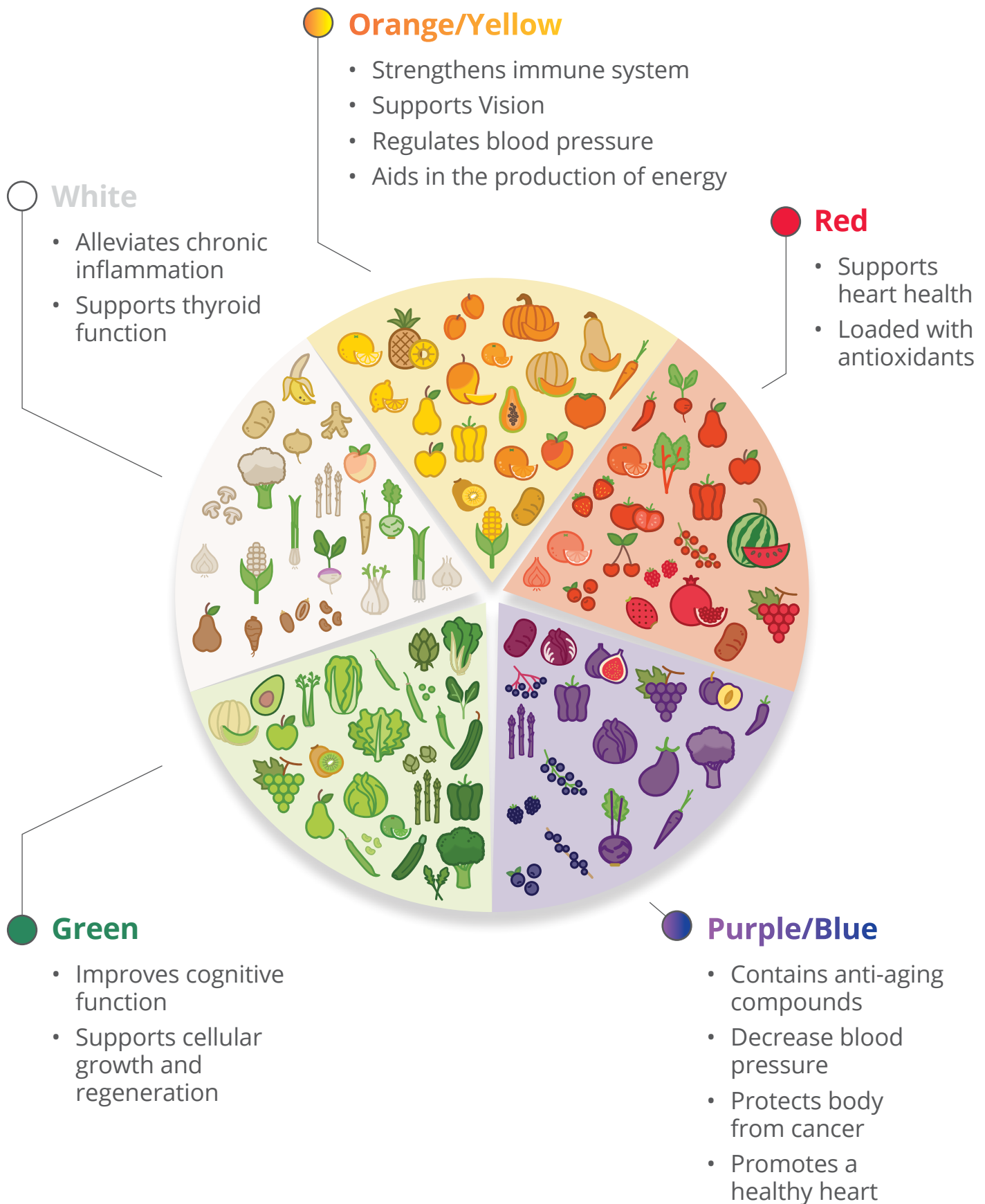


Seasonal Produce Guide

Legend Spring ● Summer ● Autumn ● Winter ●

Fruit					
Apples (Red)	●●●●	Paw Paw	●●●●	Eggplants	●●●●
Apples (Green)	●●●●	Peaches	●●	Endive	●●●●
Apricots	●	Pears	●●●●	Fennel	●●●●
Avocados	●●●●	Persimmons	●●	Garlic	●●●●
Bananas	●●●●	Pineapples	●●●●	Ginger	●●●●
Blackberries	●	Plums	●●	Kale	●●●●
Blueberries	●●●●	Pomegranate	●●●●	Leek	●●●●
Breadfruit	●●	Quince	●	Lettuce	●●●●
Carambola	●●●●	Rambutan	●●	Lo Bok (Daikon)	●●●●
Cherries	●●	Raspberries	●●●●	Mushrooms	●●●●
Coconuts	●●●●	Rockmelons	●●●●	Okra	●●●●
Cumquats	●	Rosella	●●	Onions (Brown)	●●●●
Custard Apples	●●●●	Strawberries	●●●●	Onions (Red)	●●●●
Dates	●●●●	Tamarillo	●●	Onions (White)	●●●●
Dragonfruit	●●●●	Tangelo	●	Onion (Eschallot)	●●●●
Figs	●●	Watermelon	●●●●	Onion (Spring)	●●●●
Gooseberries	●●	Vegetables		Parsnip	●●●●
Grapes (Red)	●	Artichokes	●●●●	Peas	●●●●
Grapes (Green)	●●	Asparagus	●●●●	Potatoes	●●●●
Grapefruit	●●●●	Beans (Broad)	●	Pumpkin (Jap)	●●●●
Guava	●●●●	Beans (Green)	●	Pumpkin (Butternut)	●●●●
Honeydew Melons	●●●●	Beans (Flat)	●	Radish	●●●●
Kiwifruit	●●●●	Beetroot	●●●●	Rhubarb	●●●●
Lemons	●●●●	Broccoflower	●●●●	Silverbeet	●●●●
Limes	●●●●	Broccoli	●●●●	Snow Peas	●●●●
Loganberries	●	Brussels Sprouts	●●	Spinach	●●●●
Lychees	●	Cabbage	●●●●	Sprouts	●●●●
Mandarins	●●●●	Capsicum	●●●●	Squash	●●●●
Mangoes	●●	Carrots	●●●●	Sweet Corn	●●●●
Mangosteen	●●	Cauliflower	●●●●	Sweet Potatoes	●●●●
Nectarines	●●●●	Celeriac	●●●●	Taro	●●●●
Olives	●●	Celery	●●●●	Tomatoes	●●●●
Oranges	●●●●	Chinese Cabbage	●●●●	Turnip (Swede)	●●●●
Passionfruit	●●●●	Chinese Spinach	●●●●	Watercress	●●●●
		Chillies	●●●●	Witlof	●●●●
		Chokos	●●●●	Zucchini	●●●●
		Cucumbers	●●●●		

The Colour Wheel of Produce



Free basic nutrition education is available in English and community languages to people from Culturally and Linguistically Diverse Backgrounds, please contact ECCQ Chronic Disease Program at **07 3844 9166** or email: **chronicdisease2@eccq.com.au**

