

# VEGAN

## Hot Main Dishes

### CREAMY COCONUT CURRY BOWL

Ingredients: Coconut milk, chickpeas, pumpkin, spinach, ginger, turmeric, lime. Description: Silky coconut sauce embraces tender pumpkin and chickpeas, finished with a hint of lime and turmeric. Calories: 420 | Protein: 14g | Fats: 20g | Carbs: 45g

### LENTIL & MUSHROOM SHEPHERD'S PIE

Ingredients: Green lentils, mushrooms, carrots, herbs, mashed cauliflower topping. Description: A comforting plant-based twist on a classic – rich lentil base topped with golden mashed cauliflower. Calories: 380 | Protein: 18g | Fats: 10g | Carbs: 45g

### SMOKY EGGPLANT & TOMATO STEW

Ingredients: Roasted eggplant, tomato, garlic, smoked paprika, basil. Description: Deeply roasted flavours with Mediterranean warmth – best enjoyed with steamed rice or quinoa. Calories: 340 | Protein: 8g | Fats: 14g | Carbs: 38g

### THAI GREEN VEGETABLE CURRY

Ingredients: Broccoli, zucchini, tofu, green curry paste, coconut milk, Thai basil. Description: A fragrant, creamy Thai curry with a perfect balance of spice and sweetness. Calories: 410 | Protein: 16g | Fats: 22g | Carbs: 35g

MARA  
THE HOUSE OF CONSCIOUS LIVING



# **STUFFED BELL PEPPERS WITH QUINOA & BLACK BEANS**

Ingredients: Quinoa, black beans, corn, tomato, cumin, chili, herbs. Description: Oven-baked bell peppers filled with spiced quinoa and black beans — wholesome and hearty. Calories: 360 | Protein: 15g | Fats: 8g | Carbs: 50g

# **CREAMY CASHEW ALFREDO PASTA (NUT-FREE OPTION: TAHINI SAUCE)**

Ingredients: Gluten-free pasta, tahini (or cashew cream), garlic, spinach, lemon zest. Description: Velvety pasta coated in a rich, dairy-free alfredo sauce with a bright citrus finish. Calories: 450 | Protein: 13g | Fats: 22g | Carbs: 48g

# **SPICED CAULIFLOWER & CHICKPEA TAGINE**

Ingredients: Cauliflower, chickpeas, apricots, cinnamon, cumin, tomatoes. Description: A Moroccan-inspired stew with sweet and savory balance, slow-cooked to perfection. Calories: 390 | Protein: 12g | Fats: 14g | Carbs: 50g

# **MISO GLAZED TOFU WITH ASIAN GREENS**

Ingredients: Tofu, miso paste, sesame, Bok choy, tamari glaze. Description: Caramelized tofu coated in a savory-sweet miso glaze, served with wilted greens. Calories: 360 | Protein: 20g | Fats: 16g | Carbs: 24g

# **HEARTY VEGETABLE & LENTIL STEW**

Ingredients: Brown lentils, carrot, celery, tomato, thyme, olive oil. Description: Nourishing comfort food — slow-simmered lentils with aromatic herbs and vegetables. Calories: 370 | Protein: 18g | Fats: 9g | Carbs: 48g

# **GRILLED TEMPEH WITH GINGER-MAPLE GLAZE**

Ingredients: Tempeh, tamari, ginger, maple syrup, garlic, sesame oil. Description: Crispy golden tempeh brushed with a sweet-ginger glaze — high protein and satisfying. Calories: 400 | Protein: 22g | Fats: 16g | Carbs: 30g