

# Vegan Menu – Escola Vegana

## Welcome to Vegan School!

It is with great joy that we welcome you to our community of vegan cuisine lovers. Here, you will find delicious and nutritious inspiration to transform your diet and lifestyle.

## Your exclusive menu is ready!

Below, you will find a special selection of vegan recipes created with great care. From quinoa couscous to nutritious hot chocolate, each dish is an adventure of flavors and health. We hope that each recipe brings more color and joy to your meals.

## Download and enjoy without limits!

In addition to viewing the menu here, you have the option to download a PDF version. This way, you can access these wonderful recipes at any time and anywhere, making your journey into vegan cooking easier.

## We are here to support your journey!

If you have questions or need tips, our team is always available. Enjoy each recipe, try new flavors and feel free to share your experiences with us. Together, let's discover the incredible world of vegan cuisine!

### RECIPE 1

#### Quinoa couscous with vegetables and fresh peas



### RECIPE 2

#### Black-eyed pea pancake filled with cauliflower, walnuts and zucchini with tomato sauce



**RECIPE 3**  
**Black-eyed pea puree with roasted vegetables**



**RECIPE 4**  
**Pasta with pea pesto**



**RECIPE 5**  
**Rustic yam tapioca (with black-eyed pea hummus and arugula)**



**BONUS RECIPE**  
**Nutritious hot chocolate**



## **Quinoa couscous with vegetables and fresh peas**

**INGREDIENTS:**

- ½ cup of quinoa (grain) left to soak for 12 hours
- 1 cup fresh or frozen peas
- 1 small zucchini cut into cubes
- 1 carrot cut into cubes
- 2 tablespoons (full) of raisins
- ½ chopped red onion
- chopped fresh parsley
- extra virgin olive oil
- curry powder
- whole salt

**METHOD OF PREPARATION:**

1. Drain and wash the quinoa in a sieve, place in a pan with 1 cup of water and a pinch of salt and cook until all the water has dried.
2. Sauté the onion in a frying pan with 1 tablespoon of olive oil
3. Add the curry and then the peas, carrot and zucchini, and sauté for 5 minutes
4. Add the cooked quinoa, add salt and sauté for another 1-2 minutes
5. Turn off the heat, add the parsley and raisins and season with lemon juice.
6. Can be served warm or cold

Preparation time: 20 minutes

Yield: 2 servings

## Black-eyed pea pancake

### INGREDIENTS:

- 1 cup black-eyed peas, left to soak for 12 hours
- 2 cups chopped cauliflower
- ½ cup walnuts
- 2 tomatoes
- 1 cup homemade tomato sauce
- 1 small zucchini cut into cubes
- 2 garlic cloves
- sal integral
- cumin, smoked paprika, oregano and black pepper
- extra virgin olive oil

### METHOD OF PREPARATION:

(pancakes)

1. Drain the beans, place in a blender, add 1 cup of water or vegetable milk, salt and blend until a homogeneous mixture is obtained.
2. Grease a non-stick frying pan with a drizzle of olive oil and pour 1 small ladle of the dough, spreading it well over the entire surface.
3. Leave on low heat for about 2 minutes or until ready to turn
4. Let it cook for another 1 minute on the other side
5. Remove and repeat the process until the dough runs out (yields 4 to 6 pancakes) (filling)
6. Pulse the cauliflower and walnuts in the food processor until finely chopped.
7. Place in a bowl, add 2 tablespoons of extra virgin olive oil, 1 teaspoon of salt, ½ tablespoon of smoked paprika, 2 chopped garlic cloves and mix well
8. Pour this mixture into a baking dish and place in a medium oven for 25 minutes, stirring every 10 minutes at least.
9. In a pan, place the chopped tomatoes and zucchini, season with salt and oregano and let cook for 5 minutes
10. Add the mixture that was in the oven (assembly)

11. Place the filling in the paquecas, place on a baking tray and cover with tomato sauce.
12. Place in the oven to heat

Serving suggestions: green salad or rice with broccoli

Preparation time: 50 minutes

Yield: 4-6 pancakes

## **Black-eyed pea puree (with roasted vegetables)**

### **INGREDIENTS:**

- 1 cup cooked black-eyed peas
- 1 head of roasted garlic
- 2 large or 4 small carrots
- 1 broccoli
- extra virgin olive oil
- sal integral
- cumin, black pepper, turmeric

### **METHOD OF PREPARATION:**

(roasted vegetables)

1. Wash the carrots with a brush and cut into 2 or 4 (lengthwise)
2. Cut the broccoli into pieces and place on a baking tray greased with olive oil, along with the carrots.
3. Season with salt, black pepper, drizzle with olive oil and bake in a medium oven for about 30 minutes.

(mashed potato)

1. Blend the cooked beans (without broth) with the roasted garlic, 1 tablespoon of olive oil, salt, cumin, saffron and black pepper in a blender.
2. Place on fire to heat

Preparation time: 50 minutes

Yield: 2 servings

# Pasta with pea pesto

## INGREDIENTS:

- 1 cup fresh frozen peas
- 1 cup basil leaves
- 1/4 cup shelled chestnuts or sunflower or pumpkin seeds
- 1/4 cup extra virgin olive oil
- sal integral
- wholemeal or gluten-free pasta

## METHOD OF PREPARATION:

1. Defrost steamed peas
2. Blend half the peas in a blender with the other ingredients, adding water if necessary.
3. Add the rest of the peas to the sauce
4. Serve with cooked pasta, hot or cold

Preparation time: 20 minutes

Yield: 2 servings

# Rustic yam tapioca (with black-eyed pea hummus and arugula)

## INGREDIENTS:

- 4 medium yams
- 1/2 cup cooked black-eyed peas
- 1 clove of garlic
- juice of 1/2 lemon
- 1 tablespoon tahini (optional)
- salt, cumin, black pepper, turmeric
- argula

## METHOD OF PREPARATION:

(tapioca)

1. Peel and grate the yams
2. Season with salt

3. Place half in a frying pan greased with olive oil.
4. Cook over low heat until the underside is golden brown, then turn over and let the other side brown.
5. Do the same with the rest of the yam (yields 2 tapiocas)

(man)

1. Blend the beans in a blender with the lemon juice, olive oil, garlic, tahini, salt and seasoning until they form a paste, gradually adding water

Preparation time: 15 minutes

Yield: 2 servings

## **Nutritious hot chocolate**

### **INGREDIENTS:**

- 2 cups of plant-based milk (coconut, almond or other)
- 1 small yam, peeled, cooked
- 1 spoon of cocoa powder
- 1 spoon of molasses or coconut sugar or brown sugar
- cinnamon and ginger powder (optional)

### **METHOD OF PREPARATION:**

1. Blend all ingredients in a blender and heat to heat.

Preparation time: 5 minutes (+ 10 to cook the yam)

Yield: 2 servings