Meal Prep Recipes

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Recipes

Roasted Chickpeas and Cauliflower

Ingredients

- 1 cup uncooked chickpeas
- 2 small heads of cauliflower
- ¼ cup olive oil
- 1 tbsp salt
- spices of your choice (oregano, roasted cumin powder)

Instructions

1. Add the chickpeas to a pressure cooker and cover with water.
2. Pressure cook until just tender. Remove and let cool.
3. Cut up the cauliflower into small bite sized pieces.
4. Add in a single layer to a large baking tray then add back the par cooked chickpeas.
5. Add olive oil, salt, and other spices
6. Bake at 220 degrees celcius for 20-25 minutes or until the cauliflower is slightly charred and the chickpeas are crispy

Reheat Instructions

Microwave/air fry for 2-3 minutes

Classic Hummus

Ingredients

- 1 cup uncooked chickpeas
- 1 tsp baking soda
- 1 garlic clove

- ½ cup tahini (roasted sesame seeds can be used)
- Juice of 1 lemon
- 2 tsp salt
- ½ cup cooking liquid

Instruction

1. Add the chickpeas to a pressure cooker and cover with water.
2. Cook till super tender and soft
3. Strain the chickpeas before adding them to a food processor along with a clove of garlic, tahini, lemon, salt, and cooking liquid.
4. Blend until super smooth. Make sure to do this process while the chickpeas are still hot to ensure a super smooth creamy hummus. It will thicken more when it cools, so it's ok to add more liquid if it seems too clumpy.

Pesto Protein Patties

Ingredients

- 1 cup boiled soybeans
- 1 medium boiled potato
- 100 g paneer or firm tofu
- 2 tbsp pesto sauce
- 2 tbsp roasted chickpea flour or breadcrumbs (as needed for binding)
- ½ tsp black pepper
- ½ tsp oregano
- Salt to taste
- 1 tbsp chopped fresh coriander (optional)
- A little olive oil for air-frying

Instructions

1. Boil the soybeans until completely tender. Drain and allow them to cool.
2. Mash the boiled potato in a mixing bowl.
3. Add the cooked and blended soybeans and crumble the paneer or tofu.
4. Add pesto sauce, black pepper, oregano, salt and coriander.
5. Mash or pulse the mixture until it comes together. Keep some texture.
6. Add roasted chickpea flour or breadcrumbs if the mixture feels too wet.
7. Divide into equal portions and shape into small, flat patties.
8. Arrange the patties on a parchment-lined tray without touching each other.
9. Freeze until firm.
10. Transfer the frozen patties into labelled freezer-safe containers or bags.

Reheat Instructions

Take the required number of patties directly from the freezer. Brush or spray lightly with oil.

Air-fry at 180°C for approximately 12–15 minutes, turning halfway, until golden and piping hot throughout.

Herbed Paneer or Tofu Mini Balls

Ingredients

- 200 g paneer or firm tofu, crumbled
- ½ medium onion, finely chopped
- 2 tbsp fresh coriander, chopped
- 2 garlic cloves, finely minced
- 2 tbsp thick hung curd
- 2 tbsp ground flaxseeds
- 1 tsp dried oregano
- ½ tsp black pepper
- ½ tsp roasted cumin powder
- Salt to taste
- 2–3 tbsp roasted chickpea flour, if required for binding

Instructions

1. Crumble the paneer or tofu into a mixing bowl.
2. Add finely chopped onion, coriander and garlic.
3. Add hung curd, ground flaxseeds, oregano, cumin powder, black pepper and salt.
4. Mix everything thoroughly.
5. If the mixture feels too soft or sticky, add a little roasted chickpea flour.
6. Shape into small, bite-sized balls.
7. Arrange them on a parchment-lined baking tray.
8. Bake at 190°C for approximately 15–20 minutes, turning once, until firm and lightly golden.
9. Allow to cool completely.
10. Arrange in a single layer and freeze until firm.
11. Transfer to labelled freezer-safe containers.

Reheat Instructions

Air-fry at 180°C for 5–8 minutes, or until piping hot throughout. Alternatively, reheat in a microwave.

Baked Sweet Potato Fries

Ingredients

- 500 g sweet potatoes
- 1 tbsp olive oil or any oil of your choice
- ½ tsp salt
- ½ tsp paprika
- ½ tsp roasted cumin powder
- ½ tsp black pepper
- ½ tsp dried oregano

Instructions

1. Wash and peel the sweet potatoes.
2. Cut them into evenly sized bite-sized strips or cubes.
3. Pat them dry to remove excess moisture.
4. Transfer to a large mixing bowl.
5. Add olive oil, salt, paprika, cumin powder, black pepper and oregano.
6. Toss until all the pieces are evenly coated.
7. Spread in a single layer on a baking tray.
8. Bake at 220°C for 20–25 minutes, turning halfway, until tender inside and lightly golden outside.
9. Allow to cool completely.
10. Divide into two portions. Refrigerate one for the coming week and freeze the other in a single layer before transferring to a freezer-safe container.

Reheat Instructions

Air-fry at 180°C for 5–8 minutes until heated through and slightly crisp.

Black-Eyed Pea and Corn Fritters

Ingredients

- 1 cup uncooked black-eyed peas (lobia)
- ½ cup boiled sweet corn
- 1 cup blanched spinach, squeezed dry
- 100 g paneer or firm tofu
- ½ medium onion, chopped
- 2 garlic cloves
- 2 tbsp fresh coriander
- 1 tsp roasted cumin powder
- ½ tsp black pepper
- ½ tsp oregano
- 2 tbsp roasted chickpea flour, if required
- Salt to taste
- A little olive oil for air-frying

Instructions

1. Soak the black-eyed peas for 6–8 hours.
2. Drain, rinse and pressure cook until completely tender. Drain thoroughly and cool.
3. Blanch the spinach, squeeze out excess water and roughly chop.
4. Add the cooked black-eyed peas, boiled corn, spinach, paneer or tofu, onion, garlic and coriander to a food processor.
5. Pulse until you get a coarse mixture. Do not make it completely smooth.
6. Add cumin powder, black pepper, oregano and salt.
7. Mix well. Add roasted chickpea flour if the mixture needs additional binding.
8. Grease silicone moulds lightly.
9. Fill the moulds with the mixture and press gently to shape.
10. Place in the freezer until completely firm.
11. Remove from the moulds and transfer to labelled freezer-safe containers.

Reheat Instructions

Air-fry the frozen fritters at 180°C for approximately 12–15 minutes, turning halfway if needed. Lightly brush or spray with oil and ensure the centre is piping hot before serving.

Weekly Grain Base (Choose Your Grain)

Ingredients

Choose any one or two grains:

- 1 cup brown rice
- OR 1 cup quinoa
- OR 1 cup foxtail millet
- OR 1 cup little millet
- OR 1 cup barnyard millet
- OR 1 cup browntop millet
- OR 1 cup kodo millet
- Water as required
- Salt to taste (optional)
- ½ cup homemade vegetable stock (optional)

Instructions

1. Measure the grain and wash thoroughly.
2. Soak if required, depending on the grain.
3. Add the grain to a saucepan or pressure cooker.
4. Add the appropriate quantity of water or homemade vegetable stock.
5. Cook until the grains are tender and fluffy. Avoid overcooking.
6. Allow to cool promptly.
7. Divide into individual portions and transfer to airtight containers.
8. Refrigerate the portions required for the coming days.

Storage Instructions

- Refrigerator: 3–4 days.
- Freezer: Freeze individual portions if preparing extra quantities.

Reheat Instructions

Sprinkle a little water over the grains and microwave for 1–2 minutes until steaming hot. Alternatively, steam

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Fresh Crunchy Salad Base

Ingredients

- 1 cup lettuce leaves
- 1 cup other salad greens
- 1 medium cucumber

- 1 capsicum
- 1 cup shredded cabbage
- 1 medium carrot
- ½ cup cherry tomatoes
- A few fresh coriander leaves (optional)

Instructions

1. Wash all vegetables and greens thoroughly under running water.
2. Dry them completely using a salad spinner or clean kitchen towel.
3. Chop the lettuce and other salad greens into bite-sized pieces.
4. Slice the cucumber and capsicum.
5. Shred the cabbage and carrot.
6. Halve the cherry tomatoes.
7. Line clean, airtight storage containers with a dry paper towel or clean cloth napkin.
8. Arrange the completely dry vegetables in separate sections or separate containers.
9. Keep delicate greens separate from vegetables that release moisture.
10. Refrigerate immediately and assemble fresh salad portions as required.

Storage Instructions

- Refrigerate at 4°C or below.
- Prepare fresh batches every 3–4 days, rather than storing cut salad for the entire two weeks.
- Keep dressing separate until serving.

Serving Instructions

Take a handful of fresh greens and vegetables and add them directly to your grain bowl. Add your preferred protein component and dressing.

Herby Tahini Yogurt Paneer Dressing

Ingredients

- ½ cup thick hung curd (Greek yogurt)
- ¼ cup crumbled paneer or feta cheese
- 2 tbsp tahini
- 1 tbsp fresh lemon juice
- 1 small garlic clove
- 1 tbsp fresh coriander leaves, finely chopped
- 1 tbsp fresh mint leaves, finely chopped

- 1 tbsp olive oil (optional)
- ½ tsp roasted cumin powder
- ½ tsp black pepper
- Salt to taste
- 2–4 tbsp water, as required for consistency

Instructions

1. Add hung curd, crumbled paneer, tahini, lemon juice and garlic to a blender.
2. Add olive oil, roasted cumin powder, black pepper and salt.
3. Blend until you get a smooth, creamy consistency.
4. Add water gradually, one tablespoon at a time, to adjust the thickness.
5. Add finely chopped fresh parsley and mint leaves.
6. Pulse briefly so the herbs are incorporated while retaining a little texture.
7. Taste and adjust the lemon juice, salt and seasoning.
8. Transfer into a clean, airtight glass jar and refrigerate.

Storage Instructions

- Refrigerator: Ideally consume within 2–3 days.
- Keep refrigerated at 4°C or below.
- Always use a clean, dry spoon.
- Do not leave the dressing at room temperature for extended periods.

Serving Instructions

Use 1–2 tablespoons over your grain and salad bowls.

It pairs particularly well with:

- Roasted chickpeas and cauliflower.
- Pesto protein patties.
- Sweet potato fries.
- Black-eyed pea and corn fritters.
- Quinoa, brown rice and millet bowls.