Veggie Delight

MAKE MEATLESS MONDAY AN EVERYDAY MANTRA. THESE PLANT-BASED DISHES ARE PACKED WITH FLAVOUR AND COME TOGETHER QUICK AND EASY.

RECIPES BY
THE CHATELAINE KITCHEN

PHOTOGRAPHY BY
ERIK PUTZ

FOOD STYLING BY
ASHLEY DENTON

PROP STYLING BY
MADELEINE JOHARI

PRODUCED BY
SIMONE OLIVERO

ART DIRECTION BY
STEPHANIE HAN KIM

Veggie Noodle Pad Thai
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Refried Bean Tostadas with Queso Fresco

Grilled Eggplant on Coconut Rice

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**Veggie Noodle Pad Thai**

**PREP 15 MIN**  **TOTAL 25 MIN**

- 1/2 cup rice noodles
- 1/2 cup lime juice
- 1/2 cup natural peanut butter
- 1 tsp sriracha hot sauce (optional)
- 210 g plg smoked tofu
- 3 tbsp canola oil, divided
- 4 garlic cloves, minced
- 1 tbsp minced ginger
- 2 340-g pkg spiralized zucchini noodles
- 2 cups matchstick carrots
- 1/2 cup Thai basil leaves (optional)
- 2 cups bean sprouts
- 2 340-g pkg smoked tofu
- 1 tbsp minced ginger
- 2 tbsp canola oil, divided
- 2 cups chopped chives
- 1/2 cup store-bought crispy onions
- 1/4 cup hoisin sauce
- 1/2 cup lime juice
- 1/3 cup natural peanut butter

**Kitchen tip**
- If your sweet potatoes are larger than 250 g, you may need 2 to 4 more min.

**Butternut Squash Pizza**

**PREP 30 MIN**  **TOTAL 35 MIN**

- 1/4 cup butternut squash pieces, thawed
- 5 tbsp olive oil
- 1 tsp sea salt
- 1 tsp red pepper flakes (optional)
- 1/2 cup crumbled feta
- 1/4 cup finely chopped cilantro
- 1/2 cup chopped chives
- 4 tbsp chopped walnuts
- 1/4 cup sour cream
- 1 tbsp lime juice
- 1 tbsp honey

**Refried Bean Tostadas with Queso Fresco**

**PREP 10 MIN**  **TOTAL 30 MIN**

- 1 red bell pepper halved and thinly sliced
- 1 small red onion, thinly sliced
- 3 tbsp canola oil, divided
- 1/4 tsp sea salt
- 1 small garlic clove, minced
- 1 banana, mashed
- 1/4 cup store-bought crispy onions
- 1 lime, cut into wedges (optional)

**Grilled Eggplant on Coconut Rice**

**PREP 10 MIN**  **TOTAL 35 MIN**

- 400 mL can coconut milk
- 1/3 cups basmati rice
- 1 tbsp vanilla
- 1 tbsp coarse sugar
- 1/4 cup chopped cilantro (optional)

**Coconut rice**

**MAY 2020**

- 400 mL can coconut milk
- 1/3 cups basmati rice
- 1 tbsp vanilla
- 1 tbsp coarse sugar

**Rhubarb Pie**

**PREP 35 MIN**  **TOTAL 50 MIN**  **PLUS 2 HOURS COOLING TIME**

- 2 frozen deep-dish pie crusts (such as Tenderflake), at room temperature
- 600 g pkg frozen chopped rhubarb, thawed in fridge overnight
- 1/3 cups granulated sugar
- 1 tbsp cornstarch
- 1 tbsp coarse sugar

**Coconut rice**

**MAY 2020**

- 2 frozen deep-dish pie crusts (such as Tenderflake), at room temperature
- 600 g pkg frozen chopped rhubarb, thawed in fridge overnight
- 1/3 cups granulated sugar
- 1 tbsp cornstarch
- 1 tbsp coarse sugar

1. Position rack in lower third of oven, then preheat to 400°F. Line a baking sheet with parchment paper. Remove one pie crust from foil pan and lay flat on prepared sheet. Refrigerate both pie crusts in the fridge until ready to use.

2. Combine rhubarb and granulated sugar in a large saucepan set over medium-high. Bring to a boil, 8 to 9 min. Reduce heat to medium. Cook, stirring often, until mixture thickens, 13 to 15 min. (Time will depend on water content of rhubarb—thickened mixture should measure about 2 cups.) Stir vanilla and cornstarch and 1 tbsp water in a small bowl. Stir into rhubarb mixture.

3. Remove baking sheet from fridge. Transfer crust and parchment to counter. Use a cookie cutter to cut desired shapes from flat pastry and set aside.

4. Place chilled pie crust still in foil on baking sheet and pour in rhubarb mixture. Add crumble cutouts. Brush cutouts with 1 tsp water, then sprinkle with coarse sugar.

5. Bake until crust is golden brown, 14 to 20 min. Transfer pie to a rack to cool completely. refrigerator until filling is firm, about 1 hour.


**Making and serving calories**

50 MIN

**Butternut Squash Pizza**

- Butternut squash, garlic, tomato paste, butternut squash in pieces, thawed
- Olive oil
- Red pepper flakes (optional)
- Feta cheese
- Cilantro
- Sour cream
- Honey

**Making and serving calories**

50 MIN

**Refried Bean Tostadas with Queso Fresco**

- Refried beans
- cooked and mashed
- Refried beans
- Queso fresco
- Lime wedge

**Making and serving calories**

50 MIN

**Grilled Eggplant on Coconut Rice**

- Eggplant
- Butternut squash, garlic, tomato paste, butternut squash in pieces, thawed
- Olive oil
- Red pepper flakes (optional)
- Feta cheese
- Cilantro
- Sour cream
- Honey

**Making and serving calories**

50 MIN