

Download A Year In A Vegetarian Kitchen Easy Seasonal Dishes For Family And Friends

For a meatless dinner that still utilizes milk, eggs, and cheese, these versatile and satisfying pasta dishes are the way to go. These main course meals successfully satisfy hearty appetites with a well rounded array of flavors and ingredients and with prep times suited to fit into your busy week. Preheat oven to 180C. Put the soft butter, sugar and baking powder into a bowl, mix until smooth. Beat the eggs and gently add to the mixture. Add the flour (must be sieved in).

Sichuan Stir-Fried Potatoes. We were unfamiliar with the concept of stir-fried potatoes until we started to eat more Sichuan food. Potatoes sliced into thin matchsticks (use a mandolin to help you!) make for one of our all-time favorite traditional Chinese vegan dishes. I printed this recipe out ages ago but didn't try til tonight....I wish I'd tried it sooner, it was SO simple to make and SO tasty! The meat was really moist and tender, and I can't believe how far two chicken breasts went, feeding two adults, a 5 year old and a 1 year old (who positively devoured them then asked for more!)