

Veets Macro Plate

Per person

Ingredients

½ cup cooked grain – brown rice, millet, black rice and quinoa are all my faves *

¼ cup adzuki beans

Steamed broccoli and green beans

Baked sweet potato (I bake enough for 2 days) put on this particular day I didn't have sweet potato so I grated carrot with ¼ apple grated and 1 tsp currants (this was enough for 2 days)

Stem veg tomato (not strictly macro and also a fruit but tomato makes my skin glow so I leave that it)

Pickled red cabbage

Lettuce leaves

3 tsp Hemp seeds

1 tsp dulce flakes

pickled red cabbage (sliced red cabbage and soaked in apple cider vinegar – this lasts ages in the fridge)

Dressing

2 tbsp tahini

2 pinches turmeric

1 tbsp lemon juice

¼ cup water

salt to taste

2 tbsp finely chopped mint

Method

1. Cook rice as you normally do. I cook ½ cup brown rice with 1 cup water a touch of salt bring it to a boil then put on a low heat for 40 minutes. In this time the water will have evaporated.
2. Steam the broccoli and beans for 5 minutes
3. Slice the tomato.
4. Make the dressing by mixing everything together.
5. Serve on your favourite plate bowl (that's a shallow bowl that could almost be a plate).

*for ½ cup cooked grain you need approx. ¼ cup.



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