

A Vegan Summer

Celebrate the Australian summer with these fresh, tasty, vegan-friendly recipes.

Chickpea Salad

Add 1 tin of chickpeas, 1 chopped green capsicum, 1 punnet cherry tomatoes, halved, 1 diced lebanese cucumber, 1 small red onion, diced, 1 crushed clove of garlic, the juice of 1 lemon, ¼ cup olive oil and a handful of chopped parsley and mint in a large bowl. Mix and serve.



Warm pumpkin salad

Place 100g baby spinach, 100g snow peas, 1 red capsicum sliced into strips, 1 large avocado sliced, a handful of pine nuts and about 10 pitted olives in a salad bowl. Toss. Add about 400g of roasted pumpkin (cut into cubes) to the salad while still warm and toss well. Pour over the dressing of 2 parts olive oil, 1 part soy sauce and 1 part raw sugar.



Sesame greens salad

Wilt any green leaves (e.g. a bunch of spinach, silverbeet, kale, or even broccoli). Chop into thin strips and place in a bowl. For the dressing, mix 1 tablespoon each of soy sauce, tahini, raw sugar and rice wine vinegar. Pour over the greens and top with 2 tablespoons of toasted sesame seeds.

Veg-Kebabs with satay sauce

Soak bamboo skewers in water so they don't burn on the bbq. Thread pieces of mushroom, capsicum, pineapple, zucchini, carrot, tofu, onion or cherry tomato onto the skewers. Grill on the bbq. Serve with a hearty peanut satay sauce made by cooking ½ chopped onion in 1 tablespoon sesame oil then heating with 4 tablespoons crunchy peanut butter, 1 teaspoon chilli flakes, 1 tablespoon soy sauce, ½ tin coconut cream, 1 tablespoon palm sugar and 1 tablespoon lime juice in a small saucepan until all mixed.



Marinated Tofu steaks

Cut a block of firm tofu into slices about 1cm thick. Marinate in a simple dressing of equal parts soy sauce and maple syrup. Grill on the bbq.



Bean patties

Ingredients are: 400g tin chickpeas, 1 clove garlic, crushed, 1/2 red capsicum, diced, 1 teaspoon each ground ginger and cumin, 1 tablespoon each sesame seeds and sunflower seeds, 1/2 cup crushed corn flakes, 1 tablespoon tamari and tomato sauce, 4 tablespoons chopped fresh coriander, 1/3 cup rolled oats. Place all ingredients in a food processor until mixture is combined. Roll into balls then flatten into patties and cook on the bbq.



Grape Fruit Punch

Mix equal parts dark grape juice and ginger ale for a refreshing summer party mocktail.

Adelaide Vegans meet every Friday night at a restaurant in the city as well as other events. See the event calendar and join the community at our website below.

