

WEGEBONIA®

# VEGAN RECIPES 15 MINUTES

MORE THAN 40 VEGAN RECIPES FOR EVERYONE

ILONA TRZCIŃSKA & ALEKSANDER SUSZEK

Original title:

Vegan Recipes, 15 Minutes. More than 40 vegan recipes for everyone.

Authors: Ilona Trzcińska and Aleksander Suszek

Cover design: Ilona Trzcińska and Aleksander Suszek

Photos: Ilona Trzcińska and Aleksander Suszek

Correction: Ilona Trzcińska

[kontakt@wegebunia.pl](mailto:kontakt@wegebunia.pl)

All rights to the photos and descriptions in the book are reserved. Dissemination and duplication in any way of the whole or part of this work without the prior written consent of the owner of the rights is prohibited.

1st Edition

Olsztyn 2022

ISBN: 978-83-965263-0-4

WEGEBUNIA®

# CONTENTS

<b>INTRODUCTION</b> .....	str.1
<b>LESS KNOWN PRODUCTS</b> .....	str.2
<b>MAIN COURSES</b>	
Curry couscous .....	str.4
Chinese noodles .....	str.10
Zucchini pancakes.....	str.14
Lemon- fish sticks .....	str.16
Pasta with avocado .....	str.24
Burgers with red bean cutlets .....	str.26
Herbal potatoes with zucchini and peas .....	str.32
Eggplant in béchamel sauce .....	str.42
Cannelloni .....	str.48
Stuffed conchiglie .....	str.52
Asian pancakes .....	str.56
Fish balls .....	str.66
Burrito .....	str.76
<b>SWEETS</b>	
Nut bars .....	str.6
Raspberry pudding .....	str.22
Pumpkin mousse .....	str.28
Candy bars on a stick .....	str.60
French toast .....	str.68
Wafers with sweet cream .....	str.74
<b>BREAKFAST</b>	
Fish paste .....	str.8
Porridge with mandarin .....	str.12
Onion waffles with pesto .....	str.18
Rice with apples .....	str.38
Cherry jelly .....	str.44
Pancakes with coconut cheese and blueberries .....	str.54
Smoothie bowl with chocolate granola .....	str.70
<b>DRINKS</b>	
Spinach smoothie .....	str.50
Mint- lemon soft drink .....	str.82
<b>APPETIZERS</b>	
Casserole with zucchini .....	str.20
Nachos with dip and 'meat' tofu .....	str.30
Sweet and spicy fried parsley .....	str.34
Fried egg with toast .....	str.36
Lemon salad with pistachios .....	str.46
Spring rolls with broad beans .....	str.62
Yoghurt pita bread .....	str.64
Savory toast .....	str.72
Salsa .....	str.80
<b>SOUPS</b>	
Pizza soup with vegan cheese .....	str.40
cauliflower cream with curry chickpeas .....	str.58
Leek soup .....	str.78
<b>USEFUL RECIPES FROM THE BLOG</b> .....	str.84
<b>CONFECTIONERY SLEEVE</b> .....	str.95
<b>ABOUT US</b> .....	str.96
<b>BEHIND THE SCENES</b> .....	str.97

# HELLO! 🍷

At the outset, we would like to thank you, everyone who bought ours e-book. For this reason, we are very pleased and we hope you will like it. As probably some of you remember, the topic of the e-book was selected in a special voting on our social media. We do not hide that creating recipes for 15 minutes was a big challenge for us, but we did it because you needed it. So we encourage you to use our e-book as often as possible!

You can find a lot of variety recipes here. We are sure that everyone will find something for themselves. However, we will not leave you without a few tips, which will help you take a full advantage of the possibilities of our e-book. Above all, we would like you to check if you have already followed the advice from the list below, in your kitchen. These are important issues that in our opinion facilitate efficient cooking.

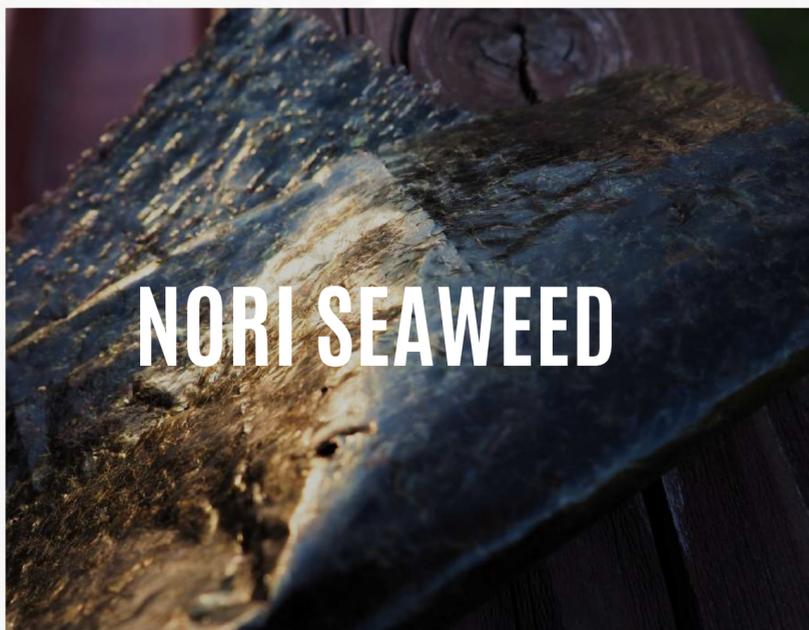


- Use the powers of your kitchens. There are more than one burner for a reason 😊.
- Make your work easier with the help of kitchen helpers. Instructions for making a sleeve confectionery on page 95.
- First, get to know the recipe well. Before you start preparing your dish, analyze the tasks step by step. Then it will be much easier for you to work in the kitchen. Everything will run smoother.
- Change the order of the cooking steps. You know best how long it takes for you. Do not be afraid adjust the instructions to suit you, you don't have to follow our directions perfectly. Everyone has other equipment in the house and knows best how much time he has to spend on a given activity.
- Make the most of your time in the kitchen. If your oven heats up for a long time, turn it on right now. Don't wait until the time for using it will come.
- Focus on what you need to do. Don't watch the show at the same time or so listen to distracting music. There will be time for that later 😊.
- Obviously, also wear a kitchen apron for safety (I wonder who follow this rule... 😊 😊).
- Finally, a very important case, at least in our opinion. Invest in a good blender. This is probably the most frequently used kitchen tool. It is unbreakable.

## LESS POPULAR PRODUCTS

Before we show you our recipes, we would like to take a moment to look at the ingredients we've used. We've described here some of the products that you may not know or that may raise your doubts. We treat them as ordinary products, you can buy them in larger ones supermarkets. Most of them last a long time and therefore we almost always have them in the kitchen at hand. We encourage you to take risks and look without fear at those, for some still, culinary news.

It is a soybean cottage cheese with great possibilities. At the beginning, it can be known as a vegetable cheesecake but a moment later, it can pretend to be vegan meat. It is actually a field for experimentation. It catches other flavors very well, because it itself is neutral. In 15 minutes we don't have time to introduce it to you in a complicated marinates. However, it only takes a moment to make tofu help us prepare a delicious dinner. There exist soybean supporters and opponents. We believe that we should be more afraid of whether we are eating enough natural and healthy fruits and vegetables, than whether we eat the controversial soybeans. Tofu can be bought in a natural form, smoked or with spices. You can also meet it in a very delicate version, velvet. Then it is called a silken tofu. Maybe you will like this soy firecracker so much that someday you will make yourselves the tastiest and the cheapest, because home-made tofu.



They are dried marine algae with many valuable properties nutrients. Already a small amount of them it greatly enriches the taste of dishes. Vegans can use them in various ways, not only for preparing sushi. All lovers fishy flavors must have heard of them. Olek is also a fan of them, so sometimes we buy such sheets of pressed algae. We recommend them to all herbivores, thirsty for water sensations.

It is made from fermented soybeans and wheat. I think after tofu, this is the next most popular vegan food product from our list. Well known, but maybe someone still hesitates. Used in the place of salt, it boosts the flavor of meals very well. It is especially suitable for recipes, which lack the umami flavor. It's always worth having it on hand and use in small amounts as it is very intense.





These are inactive yeasts that are produced using high temperature. From the kitchen side, they are very much aromatic particles full of flavor, added to many dishes. Most often they are used for preparing vegan cheese sauces or Parmesan sprinkles. It is worth choosing a proven one company, because the taste may differ depending on producer's. We always buy a large jar of Primär yeast flakes. It's also worth it to mention that they are a very healthy product, which can even be used as a supplement (for more details, please visit diet blogs).

You can smell it for a miles because it has a very egg smell. It works well in all recipes in which the taste of an egg is important. Indispensable when you want to make the tofu scramble. Just like the rest of ingredients listed here it is also efficient. In a few years of being vegan, I only used one larger package, bought online. And you must know that in the meantime Olek joined me and he really is a fan of scrambled tofu. if you want to check what it's like to have an egg without an egg then we recommend trying black salt.



This is by far my favorite oil from those I've tried. If you ask Olek, he will always answer oliwaaa, so don't even ask him ... As you may have guessed, sesame oil is pressed from sesame seeds. Its smell is just wonderful. As for the taste, it's also worth looking for your favorite manufacturer. The best oil is one with a distinctive taste. You can meet with cold pressed oil or oil from roasted sesame seeds. The first one is of course healthier and probably tastier.

Already the second type of salt in this list. Don't think we're doing a collection, but .. The first time we used this spice was when we couldn't find a liquid smoke for the recipe in the store. We liked this salt so much that we hadn't been looking for anything else since then. Fits best with recipes, intended to imitate 'meat' and smoked flavors. It is a very unusual spice, it does a good job in the kitchen. Just add a little, enough for long.





# CURRY COUSCOUS

# CURRY COUSCOUS

MAIN COURSES

## INGREDIENTS

- 1 large onion
- 2 large garlic cloves
- ½ carrot (70 g)
- 200 g natural tofu
- 2 tsp. dried thyme
- 2 tsp. dried basil
- 4 tsp. minced garlic
- 2 tsp. soy sauce
- 1 large tomato (200 g)
- 250 g natural coconut yoghurt
- salt/ pepper
- 150 g couscous + 250 ml boiling water
- 2 tsp. sugar
- ½ tsp. cinnamon
- 3 heaped tsp. curry spice
- oil
- parsley (to serve)



## METHOD

- We start by peeling and cutting carrot into thin slices. Then we put it into the hot oil in a pot.
- Next we cut an onion and garlic cloves. We add them to the carrot. Sprinkle with salt and pepper.
- When the onion is translucent, pour sugar and cinnamon into the pot. We also add coconut yoghurt.
- We put water in the kettle to boil.
- Meanwhile, cut a tomato into smaller pieces and put it in the pot with curry spice.
- Now we're dealing with tofu. We cut them into small, flat pieces and mix them in a bowl with six tablespoons of oil, dried thyme, basil, garlic, soy sauce, salt and pepper. Put them in a pan, heat them up and fry them until gold on both sides.
- Blend the contents of the pot and season with salt and pepper.
- Put 2 heaped tablespoons of sauce into a tall vessel, add couscous and pour boiling water over it, mix. Cover the top with a plate and wait for the groats to be absorbed liquid (about 5 minutes).
- Put the swollen groats into the rest of the sauce, mix them and put on a plate.
- Curry couscous serve sprinkled with crispy tofu and fresh parsley.

Bon Appetit!



# NUT BARS

# NUT BARS

SWEETS

## INGREDIENTS

- 100 g dried cranberries
- 150 g dried dates
- 2 heaped tbsp. peanut butter
- 170 g instant oatmeal

## METHOD

- First, we pour dates and cranberries into a bowl. We flood them with boiling water and set aside for 5 minutes to swellings.
- During this time, we blend oatmeal into powder.
- We add peanut butter and dried fruit, drained from the water to them. Then blend everything together. If necessary, knead the ingredients by hand for a while.
- Next we form bars \*. We put them on a baking paper and then put them in the freezer. The mass will not stick to your hands so much if you wet them beforehand.
- We eat the bars when they concentrate in the freezer.

Bon Appetit!

\*PS: Instead of making individual bars, we can also cover a small oblong cake mold with baking paper, put the mass in it and after taking it out from the freezer cut into pieces. The bars will then have a sharper shape.



# FISH PASTE



# FISH PASTE

BREAKFASTS

## INGREDIENTS

- 2 tbsp. linseed oil\*
- 5 tbsp. natural soy yoghurt
- 1 tsp. soy sauce
- 1 tsp. smoked salt
- 1 tsp. sarepta mustard
- 2 nori seaweed sheets
- 180 g smoked tofu
- coarsely ground pepper
- ½ medium-sized onion
- 1 tsp. sweet pepper
- pickled cucumber and dill (to serve)

\* linseed oil adds a fishy flavor



## METHOD

- First, crush smoked tofu and put it into a tall vessel.
- Then add an finely chopped red onion and crushed algae.
- We add linseed oil, yoghurt, soy sauce, sarepta mustard and sweet pepper.
- Season the paste with smoked salt and a large amount of coarsely ground pepper.
- Blend everything thoroughly.
- We serve the paste on fresh bread with pickled cucumber and dill.

Bon Appetit!





# CHINESE NOODLES

# CHINESE NOODLES

## MAIN COURSES

### INGREDIENTS

- ½ tsp. minced garlic
  - ½ tsp. sweet pepper
  - cayenne pepper pinch
  - ½ tbsp. soy sauce
  - 1 tbsp. sesame oil
  - ½ tbsp. sesame seeds
  - 1 tsp. flour salt/ pepper
  - ½ ladle of pasta water
- 
- 100 g pak choi cabbage
  - 100 g frozen green haricot beans
  - 40 g mung bean sprouts
  - ½ red onion
  - ½ garlic clove
  - ½ tsp. coriander seeds
  - salt/ pepper
  - 50 g red bell pepper
  - 75 g champignons
  - 125 g Chow Mein Chinese noodles (House of Asia)
  - 100 g smoked tofu + ½ tbsp. soy sauce



There is a different type of pasta in the photo than in the recipe, so do not suggest yourself;).

### METHOD

- First, boil water with salt in a pot.
- Then we cut an red onion and a garlic into slices. We put them on a hot frying pan with oil.
- Before the onion is translucent add thin strips of a paprika and coriander seeds. We sprinkle them with salt and pepper, mix.
- When the water starts to boil, put haricot beans in it and cook it according to instructions on the package.
- Now we chop a pak choi and add it to the pepper.
- Next, add mung bean sprouts and sliced mushrooms to the pan. We fry them over low heat.
- Cut tofu into thin strips and fry it in oil in the second pan. When it will be golden on both sides, add soy sauce. Fry for a while and put the tofu on the first pan with vegetables.
- We also put the cooked haricot beans in the pan.
- During this time, we boil water in the kettle. We also put another water with salt in a pot. When it starts to boil, add Chinese noodles and cook according to the instructions on the package (approx. 5 minutes).
- Then we prepare a deep plate. Pour sesame, dried garlic, sweet paprika, a pinch of cayenne pepper, flour, salt and pepper into it. Mix. In the next step, add soy sauce and sesame oil.
- We take one ladle of pasta water and add it to the spices. Then mix thoroughly.
- Put the drained pasta together with the mixture of spices into the pan. Combine the ingredients.
- Serve the finished Chinese noodles sprinkled with sesame seeds. Eat it with chopsticks or with a fork.

Bon Appetit!



# LEMON-FISH STICKS

# LEMON-FISH STICKS

MAIN COURSES

## METHOD

- 200 g natural tofu
- 4 tsp. fish seasoning
- salt/ pepper
- 1 tsp. smoked pepper
- 3/4 cup of water (the cup has 200 ml)
- 1 cup of flour
- 1 cup of breadcrumbs
- 250 g broccoli
- 60 g white rice
- oil
- 1 tsp. lemon juice



## PREPARATION

- First, we put rice into a pot. Pour it with water in the amount specified on the package and boil.
- Now we're dealing with tofu. We cut it into sticks, about 1 cm thick.
- We prepare two bowls. In one we mix the flour with water and in the other one breadcrumbs with spices (fish seasoning, smoked paprika, salt, pepper). We put each piece of tofu in first and then in the second bowl.
- Boil water with salt in a pot to prepare a broccoli.
- Then heat the oil in a pan and add the breaded tofu. We fry it on both sides until golden.
- Meanwhile, cut the broccoli into florets, wash them and cook for 3 - 4 minutes, until you can easily put them on a fork.
- Put the rice on a plate, lay the tofu on it, next add the broccoli and pour lemon juice over it.

Bon Appetit!





# NACHOS WITH DIP AND 'MEAT' TOFU



## NACHOS WITH DIP AND 'MEAT' TOFU

APPETIZERS

### INGREDIENTS

- 20 black olives
- 1 large salted nachos pack (we have 450 g)
- 2 spicy red peppers
- 1 large raspberry tomato
- 1 small red onion (80 g)
- ½ parsley bunch

### TOFU

- 200 g natural tofu
- 2 tsp. smoked pepper
- 1 tsp. sweet pepper
- ½ tsp. minced garlic
- 1 tbsp. meat patty spice
- 1 ½ tbsp. soy sauce
- salt/ pepper
- oil

### DIP

- 1 can of white beans (400 g, after straining 290 g)
- 3 tbsp. flour
- ½ tsp. cumin good
- hot pepper pinch
- 1 tsp. tomato concentrate
- 1/3 red bell pepper (80 g)
- salt/ pepper
- 1 tsp. minced garlic
- 1 large raspberry tomato (250 g)
- 1 tsp. sarepta mustard
- 5 tbsp. yeast flakes
- 2 tsp. sweet pepper
- 1 cup of vegetable broth (250 ml)

### METHOD

- We start by boiling water in a kettle for broth (unless you have your own broth left 😊)
- Then strain white beans and rinse under running water. Throw it in a pot with a paprika, cut into smaller pieces.
- We also add a chopped tomato, mustard, tomato paste and yeast flakes.
- Pour the broth into the pot and add spices such as cumin, garlic powder, sweet and hot paprika and pepper. Mix.
- We cook it under lid while preparing the rest of the ingredients.
- First, we will deal with the 'meat topping'!
- Heat the oil in a pan and put tofu on it, crushed in hands or with a fork.
- When it is fried for a while, add spices, i.e., smoked and sweet pepper, garlic, meat patty spice and soy sauce. Season with salt and pepper as needed and continue to fry. The tofu should be salty and slightly spicy.
- In the meantime, we start cutting the vegetable additives, an red onion and a tomato into small cubes, spicy red peppers into stripes.
- The parsley shred together with the sprigs and olives leave whole.
- Blend the contents of the pot until smooth, add the flour and mix it vigorously (preferably a kitchen whisk).
- Prepare a deep dish. Put the sauce in the middle and sprinkle the nachos around. Put the chopped vegetables on top and add aromatic tofu sprinkles.

Bon Appetit!



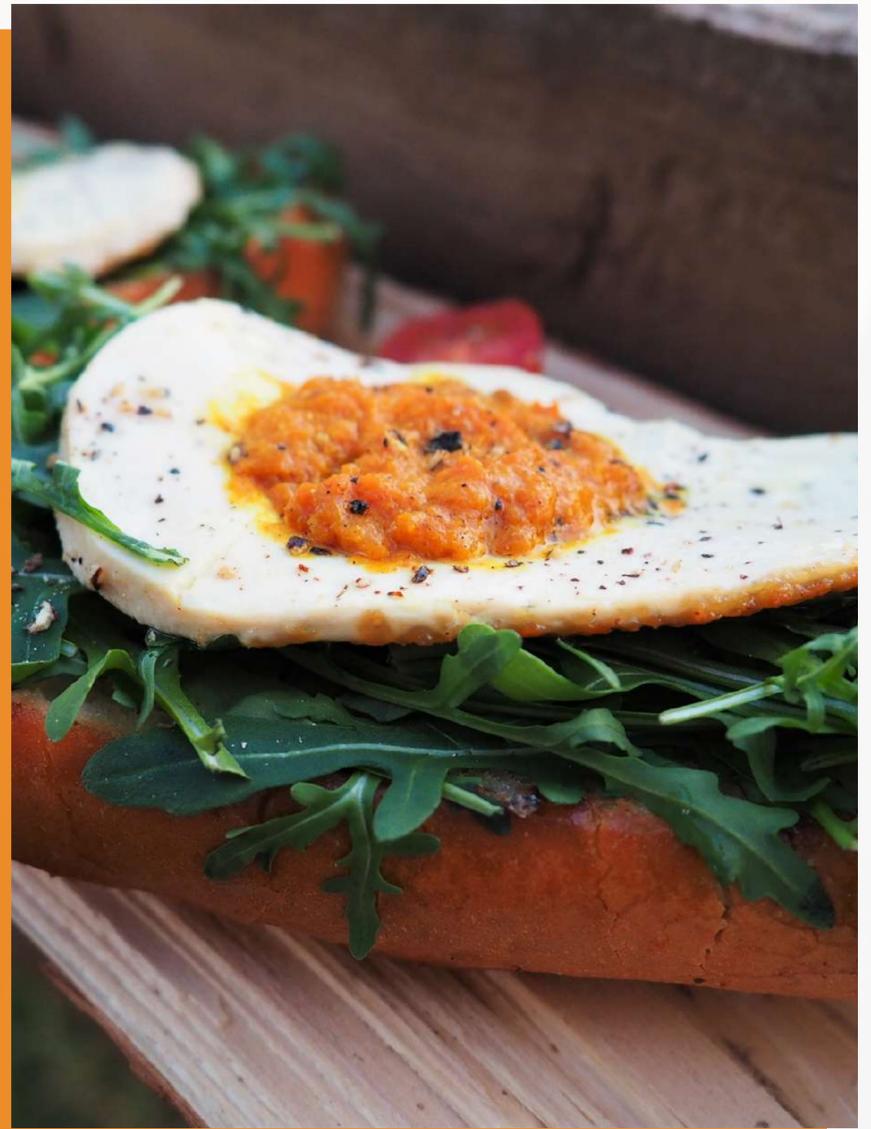
# FRIED EGG WITH TOAST

# FRIED EGG WITH TOAST

APPETIZERS

## INGREDIENTS

- 1 halfbaguette
- 300 g silken tofu
- 50 g carrot
- 4 tsp. olive oil + for frying
- halfbaguette
- 2 tsp. yeast flakes
- ½ tsp. turmeric
- ½ tsp. black salt (kala namak)
- 1/3 tsp. minced garlic
- salt/ pepper
- 3 cherry tomatoes
- ½ arugula pack
- oil



## METHOD

- We peel a carrot, cut it into thin slices and put into cooking.
- Then we take the silken tofu carefully out of the package and cut it into 4 slices. We cut round slices out of them with a knife and salt them from above.
- Now we prepare a halfbaguette. We cut it into 4 parts.
- When the carrot is soft, we throw it with the cherry tomatoes into a tall vessel. Add olive oil, yeast flakes, turmeric and dried garlic to them.
- Season with salt and pepper and blend until smooth. Next we add kala namak and mix.
- Heat the oil in a pan and put tofu on it. We put a portion of egg mass on each piece of the tofu and put the lid on.
- Meanwhile, fry the halfbaguette on both sides in the second pan with oil.
- Put fresh arugula and the 'fried egg' on the ready bread.

Bon Appetit!

