



FLAVOURS OF CULTURE

JOYFUL LADIES
-LONDON-

Pure Diet Cookbook

2024

ANIMAL FREE
ALCOHOL FREE
ALLIUM & ASAFOETIDA FREE

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WELLNESS IN EVERY BITE

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Salads

"Honey" Mustard Salad

Ingredients

Radish, sliced
Avocado, cubed
Plum tomatoes, halved
Lettuce, sliced

Dressing:

1 tbsp olive oil, 1 tbsp maple syrup, 1 tbsp lemon juice
1 tbsp Dijon mustard, salt to taste
1 tbsp gherkins water & diced gherkins (optional)

Instructions

Mix well the seasoning with the ingredients.
Serve and enjoy!



Mango, Avocado, Cucumber Salad

Ingredients

2 mangos, chopped
2 avocados, chopped
1 cucumber, chopped
A handful of fresh coriander leaves
Pomegranate seeds to garnish

Dressing:

juice of 1 lemon, 2 tbsp olive oil, 2 tsp agave syrup
salt and pepper to taste

Instructions

Mix well the seasoning with the ingredients.
Serve and enjoy!





Chinese Summer Salad

Ingredients

A few sticks of dried bean curd (fuzhu), soaked, drained and cut into pieces

1 cucumber, quartered

A handful of dried black fungus mushrooms, soaked, drained and cut into pieces

Seasoning:

2 tbsp toasted sesame oil, 4 tbsp rice vinegar/apple cider vinegar

4 tbsp soy sauce, 2 tsp Sichuan pepper oil

A handful of roasted peanuts, crushed into small pieces

2 tbsp sesame oil, 2 tbsp white/black sesame seeds

Instructions

1. Fill a pot with water and bring it to a boil. Add bean curd and black fungus mushroom separately and boil for a few minutes. Drain and set aside.
2. Mix the seasoning ingredients and set aside.
3. Heat sesame oil in a pan and stir-fry the crushed peanuts and sesame seeds until fragrant.
4. Combine the prepared veggies in a large bowl.
5. Pour the mixed seasonings over. Then, pour the hot oil with crushed peanuts and sesame seeds over.
6. Mix well and serve immediately. Enjoy!



Sides



Easy Smokey Barbecue

Ingredients

2 courgettes, 200g button mushrooms
2 red bell peppers, 1 block of tempeh

(In any preferred proportions)

Sauce 1:

ketchup, mustard, smoked paprika, cumin, syrup, apple cider vinegar, oil

Sauce 2:

vegan oyster sauce, peanut butter, water, oil

Instructions

1. Cut the vegetables and tempeh into bite-size chunks, and thread them onto the skewers.
2. Preheat the oven to 200°C.
3. Brush the skewers with a generous amount of oil. Ensure all vegetables and tempeh are covered. Place them on a grid to ensure space between skewers and tray (so they don't get soaked in vegetable juice during grilling).
4. Grill/roast in the oven for 25-30 minutes until the surface is golden and crispy. Turn halfway to avoid burning.
5. While waiting, make the sauces by mixing all the ingredients.
6. When the skewers are cooked, remove them from the oven, brush evenly with the sauce, and grill for another 2-3 minutes, or serve without further grilling. Enjoy!



Sweet Potato Nachos

Ingredients

2 large sweet potatoes
 4 tbsp olive oil, 1 tbsp paprika
 1 tsp chilli powder, salt and pepper
 1 cup black beans, drained from the can/cooked from dried beans
 ½ cup bell peppers, diced
 1/4 cup frozen sweet corn, cooked/roasted
 1 large avocado, diced
 2 jalapenos, cut into semi-circles, 1/4 cup fresh coriander, chopped
 2 tbsp vegan mayo

Instructions

1. Preheat oven to 220°C. Peel sweet potatoes and slice them into thin rounds.
2. Line a baking tray with sweet potato slices in a single layer. Season with olive oil, paprika, chilli powder, salt and pepper, ensuring each round is evenly coated.
3. Bake for 20 minutes. Meanwhile, prepare other veggies/herbs.
4. Remove the baking tray from the oven, top with the beans, and return to the oven for another 5 minutes.
5. Remove the baking tray from the oven, and top with the bell peppers, corn, avocado, jalapenos, and coriander.
6. Serve immediately with a dollop of mayo and some hot sauce. Enjoy!

Three-Cup Tempeh

Ingredients

2 blocks of tempeh, 1 red bell pepper, 20g basil leaves
Baby corn, snow peas, etc. (optional)

Three-cup seasonings combo:

20g soy sauce

10g sesame oil

10g sugar

Salt and pepper to taste

25g water

Instructions

1. Cut tempehs into cubes. Pan-fry the tempeh over medium heat until it turns golden brown. Set aside.
2. Remove the seeds from the red pepper, and then cut it diagonally.
3. Mix all seasonings.
4. Heat 1 tbsp vegetable oil in a pan, and add pepper with a pinch of salt. Then, add in tempeh, basil leaves, and seasonings.
5. Stir-fry until all the ingredients are evenly coated with the sauce. Turn off the heat and serve. Enjoy!



Chinese Leaf Tofu Stew

Ingredients

300g tofu, sliced
3-5 large leaves of Chinese cabbage, roughly chopped
10g ginger, finely chopped
10g celery, finely chopped
A small handful of coriander, chopped
A small handful of dried black fungus mushrooms, soaked and chopped
1 red chilli, finely chopped (optional)

2 tbsp vegetable oil, 2 tbsp sesame oil, 3 tbsp soy sauce
1 tbsp vegan oyster sauce, 1 tbsp apple cider vinegar, 1 tbsp sugar
Salt to taste, 1 tsp white pepper, 300ml water

Instructions

1. Heat vegetable oil in a frying pan over medium heat. Add the tofu slices and fry until golden brown on both sides. Set aside.
2. In a pot over medium-high heat, heat sesame oil.
3. Add chopped celery, ginger, and chilli. Stir-fry until fragrant.
4. Add the Chinese leaf, black fungus mushroom, and fried tofu to the pot. Add the remaining seasoning and water. Cover the pot and simmer for 10 minutes.
5. Sprinkle with chopped coriander. Enjoy!



Roasted Cauliflower & Green Cream Sauce

Ingredients

Half of a medium cauliflower

Sauce:

green peas + avocado + vegan mayo + salt and pepper + soy sauce

** You can be creative with the base using chickpeas or beans. The vegan mayo can be replaced by vegan yoghurt/cream + lemon juice + mustard.*

Basil oil (optional)

½ tsp turmeric powder, ½ tsp smoky paprika, 1 tsp cumin powder
2 tsp soy sauce, salt, vegetable oil

Instructions

1. Cut the cauliflower into small pieces and parboil for 15-30 seconds. This is to prevent cauliflower from getting burned from roasting.
2. Marinate the cauliflower in a bowl with all the seasoning. Then bake it at 180°C for 15-20 minutes.
3. Blend sauce ingredients, and garnish it with basil oil (if using).
4. Place the prepared cauliflower on top and enjoy!





Mains



Simple Sushi Roll

Ingredients

1 cup sushi rice + 1 1/4 cups water
2 tbsp rice vinegar, 1/2 tsp salt, 1 tsp sugar

1 block firm tofu, 1 block tempeh
4-5 nori sheets
1 cucumber, julienned
1 carrot, julienned
1 avocado, sliced
Soy sauce (for serving)

Instructions

1. Rinse sushi rice until water runs clear. Combine rice and water in a saucepan or a rice cooker. Bring to a boil, and then simmer, covered, for 18-20 minutes.
2. Mix rice vinegar, salt, and sugar. Add to rice and let cool.
3. Cut tofu and tempeh into strips. Pan-fry until crispy and golden brown.
4. Place a nori sheet on the sushi mat. Spread rice over, leaving 1 inch at the top. Place tofu, tempeh, cucumber, carrot, and avocado in the centre. Roll using the mat, sealing the edge with water. Then repeat.
5. Slice rolls into pieces with a wet knife. Serve with soy sauce. Enjoy!

Aubergine Red Curry

Ingredients

1 block tempeh
1 can of coconut milk
1 aubergine, 1 carrot, 300g mushrooms
20g Thai basil
Salt, soy sauce, and palm sugar to taste

Curry paste:

red chilli, dried red chilli, galangal
lemongrass, lime leaves, peanuts

Instructions

1. Cut the tempeh into rectangular pieces and air fry or bake at 185°C for 10–15 minutes.
2. Blend all the red curry ingredients to form a paste.
3. In a pot, add some oil and sauté the red curry paste. Pour in coconut milk until well combined.
4. Cut the aubergine into rectangular pieces, cut the carrots into strips, and slice the mushrooms.
5. Cook the vegetables, basil, and tempeh in the curry and let it simmer for 10 minutes or until cooked.
6. Season the curry with salt, soy sauce, and palm sugar.
7. Serve the curry with warm rice, and enjoy!



Steamed Twisted Roll

Ingredients

500g plain flour
5g yeast
10g sugar
3g salt
260g lukewarm water
3 tbsp oil
3 tbsp sugar
A handful of dried cranberries

Instructions

1. Mix the ingredients to form a dough. Knead it on a floured surface until smooth and elastic. Set it aside to rise until it doubles in size.
2. Punch down the risen dough and knead briefly.
3. Roll out the dough into a large rectangle using a rolling pin. Brush a thin layer of oil over the surface. Sprinkle sugar and dried cranberries. Roll the dough up into a log from the longer side. Cut the log into evenly sized pieces. Using a chopstick or the handle of a spoon, press down the middle of each piece lengthwise to create an indentation. Hold both ends of the piece and twist it in opposite directions, bringing the ends together to form a roll.
4. Cover the rolls and let them rise again.
5. Set up a steamer and bring the water to a boil. Place the rolls in, leaving space to expand. Steam over high heat for about 15 minutes. Enjoy!



Spring Roll

Ingredients

4 spring roll pastry sheets
1/4 sweetheart cabbage, 1/2 carrot
3 small dried black fungus mushrooms, 2 dried shiitake mushrooms
1/3 bunch of vermicelli

** You can be creative to mix and match your favourite ingredients.*

1 tbsp soy sauce, 1 tbsp vegan oyster sauce, 1 tsp sugar
1 tsp sesame oil, a pinch of white pepper (optional)
1 tsp flour + 4 tsp water
2 tbsp oil

Instructions

1. Soak dried mushrooms overnight and black fungus for 15 minutes.
2. Cut all the ingredients into small slices.
3. Stir-fry the ingredients and add the seasonings until dry. Set aside.
4. Start wrapping by placing the spring roll pastry diagonally. Put fillings into the bottom half of the pastry, rolling and closing it like an envelope.
5. To close the spring roll, mix flour and water, and use it as glue at the end of the pastry.
6. Heat a pan with oil, and pan-fry the spring roll until golden. Serve warm and enjoy!





Buckwheat Crepes

Ingredients

250g buckwheat flour
500ml water
A pinch of salt

Topping suggestions:

courgette, mushroom, spinach,
vegan cheese, sundried tomato, toasted nuts

Instructions

1. Mix the buckwheat flour and salt in a large bowl. Gradually add water while whisking to avoid lumps until you achieve a smooth, thin batter. Let the batter rest for at least 2 hours or overnight.
2. Cook on a hot, lightly greased pan.
3. Prepare your preferred toppings. Serve with the crepe and enjoy!

Chickpea Farinata

Ingredients

600g water
200g chickpea flour
35g olive oil + extra for greasing
5g salt

**This basic formula makes a very good vegan omelette/pancake-like base; you can add more seasonings and veggies as you like.*

Instructions

1. Preheat the oven to 220°C.
2. Mix chickpea flour and water thoroughly. Leave to rest at room temperature for a few hours (stir occasionally and remove any foam).
3. Add olive oil and salt. Stir well.
4. Grease the baking pan with extra oil. Spread the mixture over.
5. Bake in the lower part of the oven for 8 minutes, and then move to the top part of the oven and bake for another 10-15 minutes until the farinata is a nice golden-brown colour.
6. Sprinkle with black pepper to taste, and enjoy!





Aubergine Parmigiana

Ingredients

8 medium aubergine, 2 tbsp pine nuts, 2 tbsp coarse breadcrumbs

Tomato Sauce:

2 tbsp olive oil, 3x400g tins quality plum tomatoes, 2 dry bay leaves

2 large stalks of fresh basil, 1.5 tsp Italian herbs you like

1 tsp agave/maple syrup, salt and pepper to taste

Topping:

130g raw cashews (boiled or soaked overnight), 1 tbsp cornflour

2 tsp white miso paste, 2 tbsp nutritional yeast, 2 tbsp lemon juice

salt and white pepper to taste

Instructions

1. Preheat the oven to 200°C. Slice aubergines into 1.25 cm thick slices, sprinkle with salt, and bake for 20 minutes, flipping halfway, until soft and lightly browned.
2. Combine tomato sauce ingredients in a pot, bring to a boil, then simmer for 30 minutes, stirring occasionally, until thickened and tomatoes break down.
3. Blend all topping ingredients until smooth and creamy.
4. In a baking dish, layer tomato sauce, aubergine slices, and more tomato sauce, and repeat until all ingredients are used, finishing with tomato sauce. Add the topping sauce, pine nuts, and breadcrumbs.
5. Bake at 200°C for 20-30 minutes until golden brown. Enjoy!

Cauliflower Potato Curry

Aloo Gobi

Ingredients

Potato, diced
Cauliflower, chopped
Tomato, finely chopped
Green Chilli, finely chopped

Seasonings:

oil, cumin seeds, fennel seeds, turmeric powder, red chilli powder
garam masala powder, salt, water, coriander Leaves

Instructions

1. Dice the potato, cut the cauliflower into florets, and finely chop the tomato and green chilli.
2. Heat oil in a pan and add cumin and fennel seeds. Sauté until they sizzle.
3. Add the potato and cauliflower. Sprinkle with turmeric, red chilli powder, and salt. Add the chopped tomato and green chilli. Stir to combine.
4. Add a splash of water, cover, and cook on low heat for 15-20 minutes, stirring occasionally, until tender.
5. Sprinkle garam masala and mix well. Garnish with coriander leaves. Enjoy!



“Chicken” Biryani

Ingredients

Basmati rice

A few cloves, 2g saffron threads, 6 cardamom pods

1 cinnamon stick vegan butter (optional)

½ cup roughly chopped coriander leaves to serve

Seitan marination:

Seitan (or tofu, jackfruit)

Green chillis, roughly chopped

Mint leaves roughly chopped

2 tsp salt, 1 tbsp grated ginger, 1 tbsp ground coriander, 2 tsp garam masala

1 tsp Kashmiri chilli powder, 1 cup vegan yoghurt

Instructions

1. Mix chillis, mint, salt, ginger, ground coriander, garam masala, chilli powder, and yoghurt.
2. Coat seitan with this mixture and marinate for 30 mins (the longer, the better).
3. Soak saffron in warm water. Boil rice with cloves, cardamom, and cinnamon until 70% cooked and drain.
4. Cook marinated seitan in a pan until browned.
5. Layer half the rice in a pot, then add seitan, then the remaining rice.
6. Drizzle saffron water on top. Cover and cook on low for 20 minutes.
7. Garnish with coriander and optional vegan butter. Enjoy!



Crispy Rice

Tahdig

Ingredients

2 cups rice
3 tbsp vegetable oil
2 tbsp vegan butter
1 tsp salt water, as needed
1 flatbread (optional, for extra crispiness and richness)
A pinch of grounded saffron

Instructions

1. Rinse the rice until the water runs clear. Soak the rice in water for at least 30 minutes.
2. Bring a pot of salted water to a boil. Add soaked rice and cook over high heat for about 10 minutes. Drain it and set aside.
3. Add saffron in 2 tbsp hot water for about 10 minutes.
4. In a rice cooker, heat 2 tsp vegetable oil and 1 tbsp vegan butter. Put the flatbread at the bottom (if using). Spoon the rice into the pot. Drizzle the saffron water, remaining oil and vegan butter. Add 1/4 cup of water around the edges of the rice. Cover the pot and steam for about 30-40 minutes.
5. Once the rice is cooked, carefully invert the pot onto a large serving platter. Serve the rice with the crispy, golden layer on top, or break it up into pieces to share. Enjoy!



Pomegranate Walnut Stew

Fesenjan

Ingredients

400g walnuts

430g pomegranate molasses

400g butternut squash, peeled and chopped

1 sweet potato, peeled and chopped

A handful of dried plums

Water, as needed

Pomegranate seeds, walnuts, fresh coriander leaves for garnish

Instructions

1. Peel and chop the butternut squash and sweet potato into chunks. Heat a small amount of oil in a pan and fry the vegetables until they soften and the edges turn golden brown.
2. Blitz the walnuts in a food processor until finely ground.
3. In a large pot, heat the ground walnuts over medium heat, stirring frequently to prevent burning. Toast for about 3–4 minutes until they release their fragrance and oil.
4. Stir in the pomegranate molasses, followed by the sautéed butternut squash, sweet potato, and dried plums. Mix well.
5. Add enough water to cover the ingredients. Bring to a gentle simmer and cook for 10–15 minutes, stirring occasionally, until the stew thickens and the vegetables are tender.
6. Transfer to a serving dish. Garnish with pomegranate seeds, chopped walnuts, and fresh coriander leaves. Serve with rice, and enjoy!



Herb Stew

Ghormeh Sabzi

Ingredients

280g firm tofu, cut into big pieces
1 can kidney beans, drained
300g baby spinach, finely chopped
A large handful of coriander, finely chopped
1 tbsp dried fenugreek leaves
Juice of half of a lemon
3 tbsp vegetable oil
200ml hot water
Salt to taste

Instructions

1. In a large pan on medium heat, add 2 tbsp of oil. Sauté the tofu pieces until golden brown. Reserve for later use.
2. Then, add chopped spinach and coriander. Stir fry with the remaining oil until wilted.
3. Add the tofu back in, along with kidney beans, water, and remaining spices. Bring it to a boil for a few minutes before covering with a lid and allowing to simmer for 15–20 minutes. Adjust water or seasonings as needed.
4. Serve piping hot atop the rice (cooked basmati rice + olive oil + saffron water). Enjoy!





Green Falafel

Ingredients

Dried chickpeas
Chickpea flour

Seasoning:

Salt and pepper
Cumin seeds
Ground cardamom
Baking soda
Lemon juice
Olive oil

Instructions

1. Soak the dried chickpeas.
2. Add all the ingredients to a food processor and chop up to a mixture. Then transfer the mixture to a bowl.
3. Chill the falafel mixture for 30 minutes to 1 hour (optional).
4. Shape your falafel.
5. Either pan-fry (a) or bake (b) the falafel.
 - a. Heat a few tablespoons of oil in a pan on medium-high heat. Place the falafel in the pan and cook each side for 2 to 3 minutes or until golden; or
 - b. Place the falafel on the baking sheet, lightly spray or brush the top side with oil and bake for 25 to 30 minutes, flipping halfway through.
6. Serve and enjoy!

Cauliflower & Courgette Tacos

Ingredients

1 large courgette or any summer squash, chopped, 2 cups cauliflower florets, cut roughly, 1 cup frozen sweet corn, cooked/roasted, 1 jalapeno, seeds removed and cut into semi-circles, Elote seasoning blend/Taco seasoning*, 2 tbsp paprika
1 tbsp olive oil, Salt to taste

**Taco seasoning:*

1 tbsp chilli powder/flakes, 2 tsp cumin, 1 tsp salt, 1 tsp pepper
½ tsp paprika, ½ tsp smoked paprika, ½ tsp oregano

Chimichurri Sauce:

4 tbsp olive oil, 2 tbsp rice vinegar, 25g parsley, 10g coriander
1 tsp oregano, 1 tsp chilli flakes / 1 red chilli, salt and pepper to taste

Vegan Mayo (oil-free):

375g silken tofu, Juice of 1 lemon, 1 tbsp apple cider vinegar, 2 tsp Dijon mustard
salt to taste, a few drops of Tabasco hot sauce (optional, for hot mayo sauce)

Toppings:

1 avocado, chopped, 1 mango, chopped, 1 jalapeno, seeds removed and cut into semi-circles, a handful of fresh coriander leaves, 1 lime, quartered/halved

Instructions

1. Preheat oven to 220°C. Clean and prepare all veggies, fruits, and herbs.
2. Grind taco seasoning into a powder. Toss cauliflower florets with olive oil, salt, and 1 tbsp seasoning. Bake on a tray for 40 minutes until charred.
3. In a pan, heat olive oil, and sauté chopped courgette and corn with salt and paprika until softened.
4. Blend Chimichurri sauce ingredients into a paste and vegan mayo ingredients until smooth.
5. Heat wraps in a pan for 1 minute on each side. Spread mayo on each wrap, then layer with cauliflower, courgette-corn mix, and chimichurri.
6. Garnish with jalapeños, avocado, mango, cilantro, and a squeeze of lime.
Enjoy!





Soups

Miso Soup

Ingredients

1L water
10g dried wakame seaweed, soaked and drained
300g silken tofu, cubed
3 tbsp miso paste, diluted in some warm water
1 tsp sesame oil
Salt to taste
1 tbsp white sesame seeds (optional, for garnish)

Instructions

1. Bring water to a boil in a pot.
2. Add seaweed and tofu, and simmer for 2-3 minutes. Turn off the heat.
3. Stir in miso water. Add sesame oil and salt to taste.
4. Garnish with sesame seeds. Enjoy!



Green Soup

Ingredients

1 large ripe avocado
250g green peas
250g spinach
4 bowls of water (adjust per desired consistency)
A pinch of salt to taste
1 tbsp nutritional yeast

Instructions

1. Boil peas and spinach. Remove the avocado's stone and peel.
2. Put all the ingredients in the blender and add boiled water. Blend until smooth.
3. Serve and enjoy!



Sauces

Refried Beans

Ingredients

20g extra virgin olive oil/vegan butter
½ tsp ground cumin
1 can pinto/cranberry beans, drained
30g water
½ tsp salt
½ tsp ground black pepper

Instructions

1. Add oil/butter and cumin. Sauté for 3 minutes.
2. Add beans, water, salt, and pepper and cook for 2 minutes.
3. Blend until a smashed texture. Enjoy!

** Serve as part of a larger meal such as tacos or burritos.
Stored in a sealable container in the fridge for up to 5 days.*



Teriyaki Sauce

Ingredients

20g soy sauce
10g vegan oyster sauce
12g maple/agave syrup
1 tsp ginger paste/mince
1-2 tsp corn flour
4 tsp water (optional)
A pinch of black pepper
1 tsp sesame oil

Instructions

1. Mix everything!
2. Serve with pan-fired tofu/tempeh wrapped with seaweed strips. Garnish with white sesame seeds and seaweed flakes (optional). Enjoy!



Roasted Red Pepper Sauce

Ingredients

3 tomatoes
1 red pointed pepper
10g olive oil
10g tomato paste
2g nutritional yeast
4g sugar
Salt and pepper to taste
15g vegan mozzarella/cheddar cheese
2g thyme / other herbs of your choice

Instructions

1. Make a small cross-shaped incision on top of each tomato, and boil them in hot water for 1 min. Once cooled, peel off the skin.
2. Cube tomatoes.
3. Heat olive oil in a pan and sauté tomatoes. Add tomato paste, vegan cheese, herbs, and other seasonings, and give it a good mix.
4. Slice red peppers into pieces and roast with olive oil.
5. Blend everything at a high speed. Enjoy with pasta or a sandwich!



Green Pesto

Ingredients

60g basil
60g roasted pine nuts
60g extra virgin olive oil
1 tsp nutritional yeast
2 tsp vegan parmesan cheese (optional)
Salt and pepper to taste

Instructions

1. Dry roast the pine nuts until golden brown without oil, and then set aside.
2. Wash the basil and pick all the leaves.
3. Add pine nuts, basil, olive oil (roughly 1:1:1 ratio), and the other seasoning into a blender. Blend at high speed.
4. Add some vegan parmesan cheese of your choice to have more layers of flavouring.
5. Enjoy with pasta or a sandwich!





Sweets

Halve Pudding

Kachi

Ingredients

1 cup light brown sugar
1.5 cup water
A pinch of saffron (mixed with a bit of hot water)
3 tsp rose water
3 tbsp rice flour
3 tbsp vegetable oil
Shredded pistachios and almonds to garnish

Instructions

1. Mix sugar and water in a bowl. Then add saffron water and rose water. Set aside.
2. In a saucepan over medium heat, stir flour until light brown.
3. Add oil and keep stirring for about a minute until mixed well.
4. Turn the heat off, and add the liquid mixture slowly to the flour mixture, stirring continuously using a whisk.
5. Pour into serving bowls. Garnish with pistachio and sesame seeds.
6. Serve warm or at room temperature. Enjoy!



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A top-down view of a light green ceramic bowl filled with a vibrant green soup. The soup is garnished with a small cluster of ingredients including sliced almonds, red goji berries, and white seeds. The text "FLAVOURS OF CULTURE" is written in a white, serif font along the inner rim of the bowl.

FLAVOURS OF CULTURE

JOYFUL LADIES
-LONDON-

A large, soft-edged yellow circle with a subtle drop shadow, centered on the page. The text "THANK YOU" is written across it in a dark green, bold, cursive font.

THANK YOU

A bottom-up view of a light green ceramic bowl filled with a vibrant green soup. The soup is garnished with a small cluster of ingredients including sliced almonds, red goji berries, and white seeds. The text "WELLNESS IN EVERY BITE" is written in a white, serif font along the inner rim of the bowl.

WELLNESS IN EVERY BITE