



Welcome! I'm Priya, the cook, baker and tester behind the Masala Vegan food blog.

Plant based eating is easy, affordable and adaptable to most Indian recipes. From novice to expert cooks, delicious Indian food is possible with simple everyday fresh ingredients.

Indian cooking consists of bright colours, bold flavours and fresh locally grown produce to make mouth watering and nourishing food. This mini cookbook contains a few of my recipes that are fast to cook and good to eat! So, happy cooking and please drop me a line with your feedback.

***-Priya, Masala Vegan***

For more recipes, please visit Masala Vegan  
[www.masalavegan.com](http://www.masalavegan.com)



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# Vegan Baked Cabbage Pakoras (Fritters)



*“Pakoras”* are traditionally deep fried fritters made with a variety of vegetables in a gram flour and spice batter.

Cabbage, finely shredded – 2 cups	Cumin Seeds – ½ teaspoon
Chickpea Flour – ½ cup	Fennel Seeds – ½ teaspoon
Rice Flour – ½ cup	Red Chili Powder – ½ teaspoon
Garlic Cloves, minced – 2	Oil - 1 tablespoon
Fresh Coriander – ¼ cup	Ice Cold Water – 2 tablespoons
Turmeric Powder - ½ teaspoon	Salt, to taste

- 1 Prepare a flat baking tray by lining with a sheet of baking paper. Preheat the oven to 200 °C.
- 2 In a large mixing bowl, add all the ingredients except the cold water. Mix well.
- 3 Add cold water by the spoonful to make a thick batter.
- 4 Drop little mounds of batter, approximately 1 tablespoon on the prepared baking tray.
- 5 Bake in a hot oven for 25 – 30 minutes.
- 6 Serve warm with tomato ketchup or hot sauce, if desired.

*Chickpea Flour is also called “Besan” and is, available at most ethnic & Indian shops.*



# Vegan Mushroom Pulao



“*Pulao*” is a quick one pot concoction of rice, spices and vegetables that comes together in minutes for a quick meal!

Brown Basmati Rice – 1 cup  
 Mushrooms, sliced – 1 cup  
 Green Peas – ½ cup  
 Oil - 2 tablespoons  
 Brown Onion, sliced finely- 1  
 Garlic Cloves, minced – 3 to 4  
 Ginger Paste – 2 teaspoons  
 Bay leaf -1  
 Green cardamom Pods – 4 to 5  
 Black Peppercorn - 1 teaspoon

Cinnamon Powder - 1 teaspoon  
 Red Chili Powder – ½ teaspoon  
 Cumin Seeds – 1 teaspoon  
 Coriander Seed Powder – 1 teaspoon  
 Cloves – 4 to 5  
 Water – approx. 2 cups  
 Salt, to taste  
 Chopped Coriander – 1 tablespoon

- 1 Soak the Basmati rice for at least 1 hour and rinse in fresh water till the water runs clear. Drain and set aside.
- 2 In a deep pot, heat the oil and add in the onions, garlic and ginger. Cook until golden.
- 3 Toss the mushrooms and peas into the oil. Add in all the spices and cook in the oil until aromatic.
- 4 Stir in the tomato paste and cook for a few minutes.
- 5 Gently add the drained rice and coat with the spice and vegetable mixture.
- 6 Add the water until the rice and veggies are covered.
- 7 Bring to a boil and cover the pot and reduce heat to simmer for another 15 – 20 minutes.
- 8 Check if the rice grains are cooked and take off the heat.
- 9 Fluff the rice with a fork and serve hot garnished with chopped coriander leaves and stalks. Tastes great with Raita (recipe follows)

# Raita (Indian Salad)

Gluten-free, Raw &  
Vegan



Lettuce, finely shredded – 1 cup  
Cucumber, sliced – 1 medium  
Tomato, deseeded & diced – 1  
Red Onions, sliced finely – ¼ cup  
Beetroot, peeled & boiled - 1  
Avocado Pulp, diced – 1/2

Fresh Mint, chopped – 1 tablespoon  
Coriander, minced – 1 tablespoon  
Lime Juice – 1 tablespoon  
Black Pepper, freshly ground – 1  
teaspoon  
Salt, to taste

- 1 Make sure all the vegetables are cut to a uniform size.
- 2 In a large salad bowl, mix the lime juice with salt and black pepper.
- 3 Toss in the salad vegetables and mix with a fork until well coated with the dressing.
- 4 Garnish with fresh mint and coriander leaves sprinkled on top.

Tastes best with hot dishes such as *Pulao* or, *Daal*.

\*Substitute lime juice with 2 tablespoons of coconut yogurt, if desired.

“*Raita*” is a popular side dish which features freshly chopped salad vegetable in a fresh lime juice or, yogurt dressing.



# Vegan Rice Kheer



White Basmati Rice – 1/2 cup  
Almond Milk – 5 cups  
Raw Sugar – ½ cup  
Green Cardamom Pods – 5 to 6

Coconut Oil – 1 tablespoon  
Almonds, soaked & peeled – 10  
Cashews – 8 to 10  
Raisins – 12 to 15

- 1 Soak the Basmati rice for at least 1 hour and rinse in fresh water till the water runs clear. Drain and set aside.
- 2 In a thick bottomed sauce pan, heat coconut oil and lightly fry the nuts and raisins until golden. Remove from the pan and set aside.
- 3 Add the drained rice, raw sugar and almond milk into the pan. Mix well and bring to a boil.
- 4 Cover the mixture with a lid and cook for a further 15 minutes on low heat to thicken the “*Kheer*”.
- 5 In the meanwhile, peel the green cardamom pods and separate the seeds. Add the green cardamom peels into the pan and stir well before covering again.
- 6 Powder the cardamom seeds finely and set aside.
- 7 Once the “*Kheer*” thickens, take off the heat and add the nuts and fruit. Mix well. Garnish with cardamom seed powder and ladle into serving bowls.

“*Kheer*” is an Indian pudding combining grains or, lentils with sugar cooked in milk and the perfect ending to every meal!



I really hope you enjoyed this free sampler for Indian vegan food!

This is a small sample of recipes I share on my blog.

Please visit me at **Masala Vegan** for more recipes!

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- *Priya*

