

Salad Rolls with Peanut Sauce

Ingredients:

<i>For 1 person (5 servings)</i>	<i>For 2 people (10 servings)</i>	<i>For 3 people (15 servings)</i>
<ul style="list-style-type: none">• 4oz/125g cooked vermicelli noodles• 1/2 cucumber• 1 red pepper• 1 carrot, peeled• 10 rice paper wrappers• 10 large mint leaves• 1/4 cup chopped peanuts <p>Dipping sauce</p> <ul style="list-style-type: none">• 1/4 cup natural peanut butter• 1 tbsp hoisin sauce• 2 tsp soy sauce• 1 clove garlic, diced• 1 tsp chilli garlic sauce• 1-2 tbsp warm water	<ul style="list-style-type: none">• 8oz/250g cooked vermicelli noodles• 1 cucumber• 2 red peppers• 2 carrots, peeled• 20 rice paper wrappers• 20 large mint leaves• 1/2 cup chopped peanuts <p>Dipping sauce</p> <ul style="list-style-type: none">• 1/2 cup natural peanut butter• 2 tbsp hoisin sauce• 4 tsp soy sauce• 2 cloves garlic, diced• 2 tsp chilli garlic sauce• 2-3 tbsp warm water	<ul style="list-style-type: none">• 12oz/375g cooked vermicelli noodles• 1 1/2 cucumber• 3 red peppers• 3 carrots, peeled• 30 rice paper wrappers• 30 large mint leaves• 3/4 cup chopped peanuts <p>Dipping sauce</p> <ul style="list-style-type: none">• 3/4 cup natural peanut butter• 3 tbsp hoisin sauce• 6 tsp soy sauce• 3 cloves garlic, diced• 3 tsp chilli garlic sauce• 3-4 tbsp warm water

Directions:

Dipping Sauce

- 1) In small bowl, stir together peanut butter, hoisin sauce, soy sauce, diced garlic and chilli garlic sauce until smooth.
- 2) Add warm water slowly and stir until desired thickness is reached.
- 3) Set aside.

Rice paper rolls

- 1) Cut cucumber, red pepper and carrot into thin strips like a matchstick.
- 2) Fill a large bowl with warm water. Soak rice paper wrappers in the water, 1 at a time, until they're soft (about 1 minute each). Transfer to tea towel and pat dry.
- 3) Along bottom edge of wrapper and leaving 1" on each side, place 1 mint leaf, 1 tsp of peanuts, cucumber, red pepper and carrot. Add small amount of vermicelli noodles.
- 4) Fold sides over the ingredients and tightly roll up.
- 5) Repeat with remaining ingredients to make 10 rolls.
- 6) Place in your Tupperware with a damp paper towel over top.

At home:

- 1) Cut rolls in diagonally in half and serve with peanut dipping sauce.
- 2) Will keep in the fridge for 2-3 days.

Adapted from: CBC "Best Recipes Ever." <http://www.cbc.ca/bestrecipes/recipes/vegetarian-salad-rolls>

Bolognese-Veggie Pasta Sauce

Ingredients:

<i>For 1 person (6 servings)</i>	<i>For 2 people (12 servings)</i>	<i>For 3 people (18 servings)</i>
<ul style="list-style-type: none"> • 2 tbsp olive oil • 1/2 lb ground beef • 1 yellow onion • 2 cloves garlic, minced • 1 pepper • 1 carrot, peeled • 1 cup chopped mushrooms • 1 1/2 cup diced kale • 2 cups diced tomato • 1 tsp basil • 1 tsp oregano • 1 tbsp rosemary • 1 tbsp fresh thyme • 1 tbsp fresh parsley • 1/2 tsp salt • Black pepper • 1 x 28oz can crushed tomato 	<ul style="list-style-type: none"> • 4 tbsp olive oil • 1 lb ground beef • 2 yellow onions • 4 cloves garlic, minced • 2 peppers • 2 carrots, peeled • 2 cups chopped mushroom • 3 cups diced kale • 4 cups diced tomato • 2 tsp basil • 2 tsp oregano • 2 tbsp rosemary • 2 tbsp fresh thyme • 2 tbsp fresh parsley • 1 tsp salt • Black pepper • 2 x 28oz can crushed tomato 	<ul style="list-style-type: none"> • 6 tbsp olive oil • 1 1/2 lb ground beef • 3 yellow onions • 6 cloves garlic, minced • 3 peppers • 3 carrots, peeled • 3 cups chopped mushroom • 4 1/2 cup diced kale • 6 cups diced tomato • 3 tsp basil • 3 tsp oregano • 3 tbsp rosemary • 3 tbsp fresh thyme • 3 tbsp fresh parsley • 1 1/2 tsp salt • Black pepper • 3 x 28oz can crushed tomato

Directions:

- 1) Heat olive oil in a large pot on medium heat. Add the ground beef and cook until it is brown throughout, about 5 minutes.
- 2) While beef is cooking, dice the onion and finely mince the garlic. Once the beef has cooked through, add the onion and garlic to the pot and cook for 2-3 minutes.
- 3) Peel the carrot. Dice the carrot, pepper and mushrooms into 1/2" pieces. Add to the pot and stir to combine. Cook for 5 minutes.
- 4) Dice the tomato and cut the kale into thin strips using only the leaves, not the thick ribs.
- 5) Add tomato, kale, basil, oregano, rosemary, thyme, parsley, salt, black pepper and crushed tomato. Stir to combine all ingredients, cover the pot and bring to a boil.
- 6) Once boiling, turn heat down slightly, and simmer until sauce thickens (about 15 minutes). Stir occasionally.

At Home:

- 1) Cook pasta according to instructions on box.
- 2) Top pasta with Bolognese sauce and grated Parmesan cheese.

Adapted from Budget Bytes: <https://www.budgetbytes.com/2015/11/spaghetti-with-vegetable-meat-sauce/>