



THE  
REAL  
BOK  
CHOY /

*Veggie recipes*





## What is this recipe book about?



This recipe book provides eight savoury recipes that will provide you with meals for breakfast, lunch or dinner - or sometimes a snack (e.g. hummus). We're also including one sweet-but-healthier, veg-filled carrot cake recipe!

Depending on how many people you are cooking for, and how hungry they are, you may want to double some recipes so that you have leftovers to have the following day.

We have provided very rough estimates of how many [serves of vegetables](#) you will get with each meal. We haven't included small quantities of vegetables, like garlic cloves.

Also, please note that we are not chefs (just look at our carrot cake icing, haha!). And you don't have to be one either.

## About The Real Bok Choy



Rebecca Reynolds came up with the name, [The Real Bok Choy®](#), to represent The Real McCoy of nutrition. That is; an authentic nutrition and lifestyle consultancy that bases its practice on honesty, balance and scientific evidence.

Rebecca is sometimes known as 'Dr Bec' and completed her PhD at The University of Sydney before becoming a lecturer at UNSW Sydney. She is also a Registered Nutritionist with the Nutrition Society of Australia.

*“We all know that vegetables are awesome foods, and the recipes in this book aim to get more of them into your bellies – in a tasty, messy-real-person (even with semi-posh food styling and photos), semi-ethical (e.g. free range eggs) way!”*



## Breakfast ideas



6

Veggie eggies



8

Veg-filled frittata

## Lunch ideas



10

Couscous, feta & roast veg



12

Pumpkin hummus



14

Potato & protein salad

## Dinner ideas



16

Peanut tofu with bok choy



18

Curry cauli



20

Roast veggies & mozzarella

## Dessert & snack idea



22

Carrot-y carrot cake



# Veggie eggies

This recipe is our version of [Shakshouka](#). It will feed about 4 people, with each person getting about [2 serves of veg](#) (the recipe provides about 8 serves of veg in total).



## Ingredients

- 4 garlic cloves
- Extra virgin olive oil - to taste
- 400g tin chopped tomatoes
- 400g tin black beans
- 6 [free-range eggs](#)
- 1 large spring onion or some fresh chives
- 1 large handful fresh basil
- Salt and pepper- to taste (easy on the salt)
- (Optional to serve and to increase your serves of veg = fresh tomatoes).

## Method

1. Finely chop the garlic cloves. In a deep frying pan, add the chopped garlic to some olive oil over a low-medium heat.
2. Add the tin of tomato (all of the contents). Drain the tin of black beans and add the beans to the pan. Stir well.
3. Add the eggs to the pan - break each egg one by one evenly across the pan - see picture! Take care to keep the yolks intact if that is your preference, otherwise break the yolks.
4. Let the pan simmer gently until the eggs are cooked - you may have to spoon some of the tomatoey sauce over the eggs to help the tops of the eggs cook.
5. Drizzle some olive oil over the finished pan. Sprinkle some finely chopped spring onion or chives - plus some coarsely torn fresh basil - on the top of the pan.
6. Serve with salt and pepper (and maybe some fresh tomatoes - that you can lightly fry in some olive oil if you like).



## Veg-filled frittata

This recipe will feed about 4 people, with each person getting about [2.5 serves of veg](#) (the recipe provides about 10 serves of veg in total).



### Ingredients

- 5 cups baby spinach and rocket leaves
- Fresh basil, fresh chives, and fresh parsley (all 1 handful = about ½ cup each)
- [6 free-range eggs](#)
- 500g ricotta cheese
- ½ cup grated parmesan cheese
- Salt and pepper - to taste (easy on the salt)
- Extra virgin olive oil - to taste
- 1 onion
- 4 cloves garlic
- 1 zucchini
- 6ish stalks asparagus
- Lemon juice - to taste.

### Method

1. Preheat the oven to 180°C. Whizz 4 of the 5 cups of fresh spinach and rocket, plus the 3 handfuls of fresh herbs in a food processor, until all is finely chopped.
2. Add eggs, ricotta cheese and grated parmesan cheese to the food processor. Whizz until smooth.
3. Finely slice the onion and finely chop the garlic (while keeping separate). In a frying pan that can go into an oven (i.e. no plastic or wooden handles!), add some extra virgin olive oil and the onion. Fry on medium heat until softened, and then add the garlic and fry for about 1 minute more.
4. Finely slice the zucchini and fry in the pan.
5. Remove the pan from the heat and add the whizzed egg mixture. Cook the pan in the oven for about 20 minutes, until your beautiful frittata is golden on top.
6. When it is done, take it out of the oven, and sprinkle over the remaining cup of spinach and rocket leaves.
7. Lightly pan fry the asparagus in a different frying pan. Add to the top of the frittata, with a drizzle of olive oil, lemon juice and salt and pepper.



## Couscous, feta & roast veg

This will feed 4-6 people and each person will get about 4 serves of veg (20 serves of veg in the whole recipe).



### Ingredients

- 2 capsicums
- 2 courgettes
- 4 carrots
- 1 red onion
- Some lugs extra virgin olive oil - to taste
- Pinch salt
- 100g pine nuts
- 1 cup wholemeal couscous (made with 1 low salt stock cube)
- 1 handful parsley
- Some sprigs of lemon thyme and oregano – to taste
- 1 lemon
- 200g feta cheese
- 60g rocket.

### Method

1. Turn the oven on to 200°C.
2. Chop the capsicums, courgettes, carrots and red onion into roughly 2cm cubes.
3. Lightly oil a baking dish and line it with brown/more eco-friendly baking paper.
4. Roast the vegetables in extra virgin olive oil and a pinch of salt for about 45 minutes to 1 hour, or until lightly golden and tender.
5. Dry fry the pine nuts until lightly toasted/browned and set aside.
6. Make the couscous as per the packet's instructions, whilst adding 1 low salt stock cube to the boiling water.
7. Finely chop the fresh herbs.
8. Add the vegetables, pine nuts, couscous, fresh herbs, rocket and crumbled feta to a bowl – and mix with extra virgin olive oil and the juice of the lemon... And eat!



## Pumpkin hummus

This will feed about 8 people and each person will get about 2 serves of veg (the whole recipe provides about 15 serves – not including the carrot/cucumber/celery sticks).



### Ingredients

- 900g pumpkin
- 1 teaspoon sesame oil
- 1 teaspoon salt
- 1 tin chickpeas
- 3 cloves garlic
- 1 cup water
- 2 tablespoons sesame seeds
- 300g tahini
- 1.5 teaspoons ground cumin
- Juice ½ lemon
- 1 cup extra virgin olive oil and some extra lugs to serve - to taste
- 3 tablespoons fresh lemon thyme
- (Serve with fresh sticks of carrot/cucumber/celery - good as a light meal or a snack).

### Method

1. Turn the oven on to 200°C.
2. Cut the pumpkin into 2-3cm pieces (not including the skin) and taking care not to cut yourself with the hard-to-cut raw pumpkin.
3. Lightly oil a baking dish and line it with brown/more eco-friendly baking paper.
4. Roast the pumpkin in the sesame oil and salt for about 40 minutes or until tender, and set aside.
5. Drain the tin of chickpeas and set 2 tablespoons of them aside. Boil the majority of the chickpeas with the garlic in the water for about 10 minutes (even though the chickpeas are already cooked). Drain the chickpeas BUT keep about ½ of the liquid.
6. Dry fry the sesame seeds until toasted/ lightly browned.
7. Blitz the following in a food processor: the cooked pumpkin; the boiled chickpeas, garlic and some of the water; the tahini, cumin, lemon juice, cup of extra virgin olive oil = your hummus!
8. Serve topped with the toasted sesame seeds, the lemon thyme and some lugs of extra virgin olive oil. And fresh veg sticks!



# Potato & protein salad

This will feed about 6 people and each person will get about 6 serves of veg (the recipe provides about 40 serves of veg in total!).



## Ingredients

- 2kg potatoes (try low glycemic index ones, e.g. [Carisma](#))
- 6 [free-range eggs](#)
- 200g tinned tuna in water, or only in extra virgin olive oil (not oil 'blend', where the olive oil has been blended with other oils. Try to choose tuna that is 'sustainable', e.g. pole-and-line caught, is [MSC-certified](#), etc.)
- (Some lugs of extra virgin olive oil if your tuna is not tinned in it - to taste)
- 4ish spring onions - to taste
- About 100g capers
- About 350g baby cucumbers
- 1 to 2 tablespoons wholegrain mustard
- 2 handfuls fresh mint and dill
- 1 handful rocket.

## Method

1. Wash the potatoes (keep the skin on) and chop them.
2. You can boil the eggs at the same time as the potatoes if you have a large enough pan, or boil separately. Make sure you put the eggs into water that is already simmering, and boil for about 5 minutes so that the yolks are still a bit runny (or longer if you like your egg yolks totally hard).
3. Boil the potatoes in salted water until they are soft, drain and then set aside to let cool.
4. In a large mixing bowl, add the tuna (with its olive oil if it is in olive oil. Drain and add extra virgin olive oil if the tuna is in water).
5. Finely chop the spring onions and add to the bowl. Drain the capers and add to the bowl. Drain the baby cucumbers BUT keep a few tablespoons of the juice that they are picked in – and add both to the bowl.
6. Finely chop the fresh mint and dill and add to the bowl, along with the wholegrain mustard, rocket and cooled potatoes. Mix well.
7. Spoon it into a clean serving dish if you want to look posh when you serve it. Or just serve straight from the mixing bowl!



## Peanut tofu with bok choy

This will feed about 2 people and each person will get about 2-3 serves of veg (the whole recipe provides about 5-6 serves).



 2-3

### Ingredients

- 300g hard tofu
- ¼ cup reduced salt soy sauce
- 2 tablespoons [low glycemic index sugar](#) - or alternative sweetener of your choice
- 2 tablespoons sesame oil
- 2 tablespoons sweet chilli sauce
- 2 tablespoons apple cider vinegar
- Some lugs extra virgin olive oil - to taste
- 2 to 3 spring onions - to taste
- 2 cloves garlic
- 1 tablespoon sesame seeds
- 1 bunch bok choy
- 2 tablespoons chopped peanuts (whole dry roasted or raw peanuts are healthier, loosely crush them with the back of a spoon)
- (Optional – serve with 1 handful fresh, chopped or torn coriander)
- (Optional – serve on top of [low glycemic index brown rice](#)).

### Method

1. Make sauce for the tofu by mixing the soy sauce, sugar, sesame oil, sweet chilli sauce and apple cider vinegar. Marinade the tofu in the sauce for however long you have! Overnight in the fridge is ideal.
2. Finely chop the spring onion and the garlic and keep them separate. In a frying pan, fry the spring onion until it is soft, then add the garlic and keep frying until fragrant.
3. In a different frying pan, fry the tofu slices (without the sauce) in olive oil over medium heat until nicely browned, and add the sesame seeds during the last minute or so.
4. Add the bok choy and the tofu sauce to the pan with the onion and garlic, and cook until the bok choy's green bits are wilted and the stems are crisp but tender!
5. Serve the bok choy mix with the tofu – top with peanuts (and chopped coriander?).
6. (Also serve on top of brown rice, if you like).



# Curry cauli

This will feed about 4-6 people and each person will get about 4 serves of veg (the recipe provides about 20 serves of veg in total).



 4-6

## Ingredients

- 1 small head cauliflower (about 1kg)
- ½ cup chickpea flour
- 3cm fresh ginger
- ½ cup raw cashews
- 3 garlic cloves
- ¼ cup extra virgin olive oil - to taste
- 400g thick Greek yoghurt
- 3 tablespoons curry powder
- ½ teaspoon salt
- 500g fresh tomatoes
- 1 bunch fresh coriander
- (To serve: crème fraîche or thick Greek yoghurt; maybe also extra cashews, and/or some drained, tinned chickpeas).

## Method

1. Turn the oven on to 200°C. Cut the cauliflower into large florets and cook for a few minutes in some boiling (and salted?) water. Drain and set aside.
2. Place chickpea flour in a frying pan and dry roast it over low-medium heat, stirring it often, until it smells roasted. Remove from heat and set aside.
3. Finely grate the ginger and add to a blender. Then add the following to the blender: cashews, garlic cloves, oil and half of the yoghurt. Blend away to make a lovely paste!
4. In a large bowl; add the paste, roasted chickpea flour, curry powder, salt, remaining 200g of yoghurt and the cauliflower florets. Gently stir and let stand for 15 minutes.
5. Grease an oven rack and line the bottom of the oven with aluminium foil. Place the marinated cauliflower florets on the oven rack and bake for about 45 minutes, or until tender and lightly charred in places.
6. Serve the cooked cauliflower on a large dish with the chopped tomatoes and roughly torn coriander (and crème fraîche or yoghurt if desired. If you're quite hungry, you might want to serve with the yoghurt and cashew nuts and/or chickpeas).



## Roast veggies & mozzarella

This will feed 4 people with each person getting about 3 serves of veg (the whole recipe provides 12 serves of veg).



### Ingredients

- 3 cloves garlic
- Handful fresh rosemary
- ¼ cup honey (or your choice of sweetener)
- ¼ to ½ cup extra virgin olive oil
- 1 teaspoon salt
- 2 parsnips
- 2 raw beetroots
- 500g potatoes (try low glycemic index ones like [Carisma](#))
- ½ cup pine nuts
- About 200g mozzarella
- Handful fresh parsley
- 1 lemon.

### Method

1. Turn the oven on to 180°C. Lightly oil a baking/roasting dish and line it with brown/more eco-friendly baking paper.
2. Finely chop the rosemary leaves and garlic cloves; and add to a mixing bowl with honey, olive oil and salt.
3. Wash the parsnips, beetroot and potatoes (don't peel them); and then chop into about 2cm wedges.
4. Put the vegetables in the roasting dish and add the mixing bowl's contents and mix well - so the vegetables are covered in the honey and oil mixture. Then evenly spread out the vegetables on the dish and cover with foil.
5. Roast for about 1 hour, or until the veggies are tender; and then remove the foil and increase the temperature of the oven to 200-220°. Add the pine nuts. Cook until the vegetables are golden, for about 20 minutes. Be careful not to burn them!
6. Transfer the vegetable mix to a serving platter. Tear up the mozzarella and parsley and add to the platter.
7. Serve with lemon wedges so that people can drizzle some lemon over the veggies once the meal is transferred to their plates!



## Carrot-y carrot cake

This will feed about 8 people and each person will get about 1.5 serves of veg (the recipe provides about 12 serves of veg in total).



### Ingredients

- ¼ to 1 cup walnuts
- 2 free-range eggs
- 1 cup thick Greek yoghurt
- ½ cup maple syrup
- ¼ to ½ cup extra virgin olive oil
- ½ cup soy milk
- 1 teaspoon vanilla extract
- 2 cups chickpea flour
- 1 tablespoon cinnamon
- 3 teaspoons baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- ½ cup coconut flakes
- 5 medium-large carrots, grated
- 100g cream cheese at room temperature
- 50g butter at room temperature
- 1 cup icing sugar mix.

### Method

1. Preheat the oven to 180°C. Lightly oil a cake tin and line it with brown/more eco-friendly baking paper.
2. Chop the walnuts and pan fry them until they are fragrant. Then add the coconut flakes and keep frying until they are lightly browned. Set aside.
3. In a large mixing bowl, whisk eggs for 10 seconds with a whisker thing! Add yoghurt, maple syrup, olive oil, soy milk and vanilla extract and whisk it all well.
4. In another large mixing bowl, add the flour, cinnamon, baking powder, baking soda and salt; mix well with a wooden spoon.
5. Pour the dry contents to the bowl with the whizzed, wet ingredients and lightly stir.
6. Then add the grated carrots, walnuts and most of the coconut and lightly stir again.
7. Pour the mix into the tin and bake for about 40 minutes, or until a skewer that you insert into the cake comes out pretty clean.
8. You can let the cake cool for about 5 hours or you can be impatient like us and put your icing on sooner. For the icing, whisk the cream cheese and butter in a bowl until pale. Gradually add the sugar, whisking until combined. Spread onto the cooled cake.
9. Sprinkle the remaining toasted coconut flakes on the top. Delish!