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Plant based one pan meals

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Miso Glazed Roasted Carrots

4 servings

25 minutes

Ingredients

- 10 Heirloom Carrots (cut in half lengthwise)
- 30 milliliters Orange Juice (freshly squeezed)
- 6 grams Orange Zest
- 2 grams Ginger (minced)
- 5 milliliters Coconut Oil (melted)
- 36 grams Miso Paste
- 5 milliliters Sesame Oil
- 30 milliliters Water
- 15 milliliters Rice Vinegar
- 7 grams Maple Syrup

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the carrots on the baking sheet.
- 2 In a small bowl, mix together the orange juice, orange zest, ginger and coconut oil. Brush this mixture on the carrots and place in the oven to cook for 16 to 20 minutes.
- 3 While the carrots are cooking, whisk together the miso paste, sesame oil, water, rice vinegar and maple syrup in a small bowl.
- 4 Remove the carrots from the oven and drizzle the miso sauce over top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Rice Vinegar: Use apple cider vinegar instead.

Miso Paste: This recipe was developed and tested using white miso.

Cook Time: Depending on the thickness of your carrots, you can either slice in half or quarter them if they are large. The cook time will vary depending on how thick your carrots are.

Additional Toppings: Top with sesame seeds.



Cabbage Wedges

4 servings
40 minutes

Ingredients

- 534 grams Purple Cabbage (sliced into wedges)
- 15 milliliters Avocado Oil
- 2 grams Sea Salt
- 15 milliliters Lemon Juice

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Place the cabbage wedges on the baking sheet and drizzle all sides with avocado oil. Sprinkle with sea salt.
- 2 Bake for 15 minutes, remove and flip the wedges over. Bake for 15 minutes more. Remove from the oven, squeeze lemon juice on top and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Avocado Oil: Use olive oil or coconut oil.

More Flavor: Season with garlic powder, nutritional yeast or parmesan cheese.



Sesame Orange Bok Choy

4 servings

15 minutes

Ingredients

44 milliliters Orange Juice (freshly squeezed)
15 milliliters Coconut Aminos
2 grams Ginger (finely grated)
750 milligrams Sea Salt
15 milliliters Sesame Oil
560 grams Bok Choy (chopped)
2 grams Sesame Seeds (optional)

Directions

- 1 In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
- 2 Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
- 3 Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/4 cup cooked greens.

More Flavor: Serve with orange wedges.

No Bok Choy: Use kale, spinach or chard instead.

No Coconut Aminos: Use tamari or soy sauce instead and omit the salt.



White Bean & Lemon Kale Soup

4 servings

30 minutes

Ingredients

713 milliliters Vegetable Broth
2 Carrot (chopped)
2 Leeks (white parts only, chopped fine)
2 Garlic (cloves, minced)
500 milligrams Oregano
1 gram Thyme (dried)
420 grams Cannellini Beans (drained, rinsed)
711 milliliters Water
84 grams Kale Leaves (stem removed, chopped)
45 milliliters Lemon Juice
Sea Salt & Black Pepper (to taste)
15 grams Parsley (chopped)

Directions

- 1 In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
- 2 Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
- 3 Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving size is equal to about 2 cups.

Additional Toppings: Top with chili flakes and/or shredded parmesan.



Japanese Eggplant & Tofu Stir Fry

2 servings
20 minutes

Ingredients

30 milliliters Avocado Oil (divided)
2 Eggplant (Japanese, large, cut into 3-inch pieces)
161 grams Tofu (extra firm, drained and crumbled)
2 Garlic (cloves, thinly sliced)
6 grams Sesame Seeds
14 grams Thai Basil (roughly chopped)
1 Red Hot Chili Pepper (chopped)
22 milliliters Lime Juice
12 grams Tamari

Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is roughly 1 cup of eggplant and tofu.

Like it Sweet: Add a touch of maple syrup or honey.

No Lime Juice: Use rice vinegar instead.

Additional Toppings: Serve over top of rice, cauliflower rice or quinoa.



Mushroom & Edamame Stir Fry

2 servings
20 minutes

Ingredients

7 milliliters Sesame Oil
10 Cremini Mushrooms (sliced)
1/2 Yellow Onion (small, sliced)
21 grams Kale Leaves (finely chopped)
310 grams Frozen Edamame (thawed)
30 milliliters Vegetable Broth
36 grams Tamari
6 grams Ginger (fresh, finely grated)
2 Garlic (clove, minced)
170 grams Cauliflower Rice

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings: Asian-style hot sauce or sesame seeds.

No Cauliflower Rice: Use white rice, brown rice or quinoa instead.

No Kale : Use spinach or Swiss chard instead.



Roasted Brussels Sprouts with Spicy Peanut Sauce

4 servings
30 minutes

Ingredients

352 grams Brussels Sprouts (halved, trimmed)
10 milliliters Avocado Oil
Sea Salt & Black Pepper (to taste)
32 grams All Natural Peanut Butter
1 Lime (juiced)
12 grams Tamari
3 grams Sriracha
15 milliliters Water
27 grams Raw Peanuts (crushed)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl, add the Brussels sprouts and avocado oil. Season with salt and pepper to taste and toss well. Transfer to the baking sheet and place in the oven. Bake for 25 to 28 minutes, until crispy and browned.
- 3 Meanwhile, in a small bowl, add the peanut butter, lime juice, tamari, sriracha, and water. Whisk to combine.
- 4 When ready to serve, drizzle the peanut sauce on top of the roasted Brussels sprouts and top with crushed peanuts. Enjoy!

Notes

Leftovers: Store in a sealed container in the fridge for up to 3 days. Reheat on the stovetop in a skillet.

Serving Size: One serving is equal to about one cup.

Nut-Free: Use sunflower seed butter instead of peanut butter and sunflower seeds instead of peanuts.

No Sriracha: Use chili flakes or another hot sauce instead.



Asparagus & Mushroom Frittata

4 servings
25 minutes

Ingredients

8 Egg
59 milliliters Water
15 milliliters Extra Virgin Olive Oil
192 grams Mushrooms (sliced)
134 grams Asparagus (sliced)
2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the eggs and water to a bowl and whisk well. Set aside.
- 3 Heat the oil in a cast-iron skillet, or another oven-proof skillet, over medium heat. Add the mushrooms and asparagus and cook until the mushrooms have softened and the asparagus is fork-tender, five to seven minutes. Stir in the green onion, salt, and pepper, and continue to cook for another minute until the green onions have softened.
- 4 Pour the whisked eggs into the skillet with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 5 Bake for 12 to 15 minutes or until eggs have set and are firm to the touch in the center of the pan. Let sit for five minutes before cutting into wedges. Season with additional salt and pepper if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 10-inch cast-iron pan was used for four servings.

More Flavor: Use milk of choice instead of water. Add fresh or dried herbs, garlic, or red pepper flakes.



One Pan Okra & Black Eyed Peas

4 servings
20 minutes

Ingredients

300 grams Okra (trimmed, chopped)
430 grams Black Eyed Peas (cooked, drained and rinsed)
15 milliliters Extra Virgin Olive Oil
5 grams Paprika (to taste)
2 grams Sea Salt (to taste)
726 grams Canned Whole Tomatoes (drained, halved)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large baking sheet, add the okra, black-eyed peas, oil, paprika, and salt. Toss until well combined, then spread evenly.
- 3 Arrange the tomatoes evenly overtop and roast for 20 minutes, stirring halfway.
- 4 Stir and season with more salt if needed. Transfer to bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cup.

More Flavor: Use smoked paprika or berbere spice instead. Add garlic and onions.

Additional Toppings: Serve with rice, bread, quinoa, or over mixed greens.



Miso Glazed Eggplant

4 servings
25 minutes

Ingredients

36 grams Miso Paste
30 milliliters Coconut Aminos
15 milliliters Avocado Oil
1 Eggplant (medium, sliced into 1/2 inch pieces lengthwise)
1 gram Cilantro (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix together the miso paste, coconut aminos, and oil. Brush each eggplant slice with the miso mixture, being sure to cover both sides, and place on the baking sheet. Roast the eggplant for 15 to 20 minutes, flipping it halfway through.
- 3 Top the eggplant with the cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two eggplant pieces.

Additional Toppings: Add sesame seeds.