

# KYND

## COOKBOOK

*over 100 plant-based recipes from our cafe and our hearts*



BY LAUREN CAMILLERI & CORRYN QUEENAN



another day in

paradise

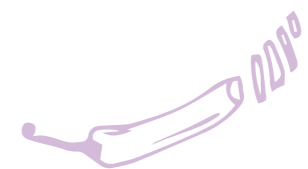
to eat  
to drink



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# WELCOME

We never imagined KYND to be in the position it is in today. When we first opened our doors, we had built a tiny cafe that had the potential to seat around 20 customers at a time. We had no idea of what we were in for, or how many people, if any, would come. Little did we know that within a week of opening, we would have lines down the street and people clambering over each other to get a photo in front of "that pink wall".

Today, our little Seminyak cafe has expanded so significantly that our space allows us to serve, on average, 700 customers per day. It still blows our minds that within less than two years of opening, we have been able to create a space that so many people throughout the world have come to know and love.

While putting this book together, we have been able to take a moment to physically step out of the business, enabling us to reflect on our experience and journey so far. In the last two years, we have felt a whole range of emotions, had a whole heap of fun, learnt so many lessons, shared quite a few tears and created a book full of stories that we would now love to share with you.

If you've visited KYND in Bali - firstly thank you. It is because of you we are able to produce this book and be able to spread our passion for plant-based living all over the world. We are so damn grateful for each and every single one of you.

If you have joined us at one of our venues, you have shared our number one mission at KYND, which is to spread Kynd-ness and change people's perceptions of vegan food. You also would have realised that the menu we serve is designed to be as simple and approachable as possible to everyone. Vegans, Vegan Sceptics and people who don't even know what Vegan is - we welcome everyone with open arms and hope they leave feeling better than when they arrived.

This is the same approach that we have adopted when creating this book. We want to show you that everyone is capable of creating amazingly delicious plant-based meals at home and that the task shouldn't be at all daunting. Throughout these pages you will find recipes that are super simple, alongside some that are a little bit more complex and take a little bit of extra love and energy. But trust us, the little extra love is always worth it. Especially when you see the smiles on your guests' faces when they are eating the food you have prepared.

You don't have to be the world's greatest chef to pull them off - actually, we will let you in on a little secret. As you will soon learn, Lauren isn't even a qualified chef. But you know what? This is why we think the menu at KYND has been so well received because, what she lacks in technical skills, she makes up for with a whole lot of love and a whole lot of passion! We hope this book helps you become more confident in the kitchen and allows you to create amazing meals for yourself and those who you love. We also hope it helps change some perceptions about Vegan cooking and inspires you to adopt more plants into your diet.





# BALI BANANA PANCAKES



SERVES  
2



MINUTES  
25



DIFFICULTY  
3/10

## CARAMEL SAUCE

1 cup coconut cream  
¾ cup brown sugar  
Pinch salt  
1 teaspoon vanilla extract  
(optional)

## PANCAKES

2 tablespoons vegan butter,  
melted  
1½ cups all-purpose flour  
2 cups soy milk or any  
plant-based milk  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
2½ tablespoons white or  
brown sugar  
Coconut oil or extra vegan  
butter, to coat pan  
2 bananas, sliced  
Strawberries, sliced  
Shredded coconut

*If you ever came to Bali back in the early 2000's, you would probably have fond memories of sitting at a warung (local cafe) on the beach, eating jaffles and banana pancakes. We sure do, and that's why we wanted to share with you the recipe below. If you're not overly confident in the kitchen, then start here. You would probably be able to make this one with your eyes closed. Seriously! It's so damn easy to make and we hope it takes you back to the shores of Bali's famous beaches.*

## METHOD

For the caramel sauce, use a small pot or pan and mix together all ingredients. Heat on medium-high heat, stirring consistently.

Once the mixture is bubbling, reduce the heat and simmer for approx. 5 minutes or until the mixture starts to thicken. Note: The sauce will thicken most when cooled. You can use the caramel sauce straight away or allow to cool and store in the fridge for around 1 week.

To make pancakes, first melt the butter, then mix together with the flour, milk, baking powder, vanilla extract and sugar in a bowl. If your mixture is too thick, add a little more milk until you get the desired consistency. It shouldn't be too thick or too thin. You want a consistency similar to cream.

Heat your non-stick frypan and use coconut oil or butter to coat your pan. Pour approx. ½ cup of the mixture into the pan and swirl around to get a bigger pancake. Thinly slice a banana long ways and place the banana onto the pancake as it's cooking.

Wait for the bubbles to appear in the pancake and flip it over.

## TO SERVE

Garnish with strawberries, caramel sauce and shredded coconut.

## HOT TIP:

If you are short on time skip the caramel sauce and use maple syrup.





# BUCKWHEAT PESTO PASTA SALAD



SERVES  
4



MINUTES  
40



DIFFICULTY  
4/10

## INGREDIENTS

400g gluten free buckwheat pasta or use any other pasta  
1 teaspoon olive oil  
2 tablespoons coconut oil  
3 cloves garlic, sliced  
½ cup Pesto or any store-bought vegan pesto (see page 126)  
½ cup coconut cream  
2 teaspoons salt  
150g kale, chopped and stems removed  
3 spring onions, sliced  
2 tablespoons sun-dried tomatoes, sliced  
2 tablespoons capers  
2 tablespoons pumpkin seeds  
2 tablespoons basil leaves

*As you would have read at the start of this book, Lauren's time management skills aren't the greatest. She's lost count of how many times she's been invited to an afternoon party and been asked "just to bring a salad" only to remember the salad prep just as she's about to leave the house. This salad below has saved her countless times – its so easy to whip together with a simple pot of boiled pasta mixed through with our special pesto sauce and will be a wholesome hit at any party.*

## METHOD

Cook pasta according to packet's instructions, remember to use a pinch of salt and a tiny bit of olive oil whilst boiling the pasta for better results.

Heat coconut oil in a large saucepan on medium-high, add garlic and cook for approx. 30 seconds until garlic is slightly cooked. Add in the pesto, coconut cream and salt. Mix together until you get a creamy consistency.

Add in the kale and cook for a couple of minutes until kale turns a dark green colour and is tender to eat. Once cooked, remove pan from heat. Mix together the pesto sauce, spring onions and cooked pasta.

## TO SERVE

Garnish with sun-dried tomatoes, capers, pumpkin seeds and basil.







# SUSHI



MAKES  
8



MINUTES  
40



DIFFICULTY  
5/10

## INGREDIENTS

8 nori wraps  
2 cups Sushi Rice  
(see page 214)  
1 cup Lemongrass Tofu &  
Tempeh (see page 108)  
2 carrots, cut into matchsticks  
1 avocado, sliced  
1 cucumber, cut into  
matchsticks  
1 cup red cabbage, shredded  
1 cup baby spinach or greens  
½ cup Chipotle Mayo  
(see page 209)  
¼ cup soy sauce  
1 teaspoon wasabi  
1 tablespoon pickled ginger

*Sushi is one of our favourite foods, as it is literally so simple to vegan-ise and get creative with. Serve with pickled ginger, soy sauce and wasabi for a really authentic sushi experience.*

## METHOD

Using a sushi rolling mat, grab a piece of nori and lay it on top. Place a thin layer of rice evenly across your nori. Wet your hands for this step as the rice can be sticky.

Leave 2cm of nori at the top end of your sushi with no rice so you can seal after rolling. Using your filling ingredients, start to build your sushi by adding each across the rice. Lay the ingredients about 4cm from the bottom of the nori. Don't put too much of each ingredient, otherwise it will be too hard to roll. Drizzle with chipotle mayo.

To roll, grab the bottom edge of your mat and lift over your filling ingredients and roll firmly and tightly. To seal, wet the top of the nori with your fingers and seal your sushi closed. Cut with a sharp knife and serve with soy sauce, wasabi and pickled ginger.

Spaghetti Aglio Olio



Spaghetti Bolognese



Zucchini Puttanesca





# SWEETS



*At KYND, we are big on sweets. If it wasn't enough to have an entire store dedicated to selling ice-cream, we also have a full display cabinet at the cashier filled with cakes, doughnuts, cookies and muffins. Here you will find a few of our favourite and most simple sweet recipes that won't have you spending hours in the kitchen, but will provide hours of happiness to your family's bellies.*





# GRANOLA BAR



SERVES  
10



MINUTES  
45



DIFFICULTY  
3/10

## INGREDIENTS

½ cup almonds  
½ cup raisins  
½ cup cranberries  
1½ cup rolled oats  
½ cup desiccated coconut  
¼ cup pumpkin seeds  
¼ cup sunflower seeds  
1 teaspoon salt  
¼ cup vegan butter  
¼ cup almond butter  
¼ cup coconut nectar or any liquid sweetener  
¼ cup brown sugar  
1 teaspoon vanilla essence

*These granola bars are perfect for the school or office lunch box and are a quick, delicious and slightly nutritious sweet. We find them to be the perfect mix of nutty and fruity sweetness. This recipe can be adapted based on your favourite dried fruit and nuts.*

## METHOD

Pre-heat the oven to 160°C

Using a food processor, add the almonds and pulse to chop. Pulse until they are coarsely chopped but still have lots of texture.

Add the raisins and cranberries and pulse again for 30 seconds. Next, add in the oats, coconut, pumpkin seeds, sunflower seeds and salt, then pulse.

Transfer the mixture into a large mixing bowl. In a small saucepan on low heat, combine the butter, almond butter, coconut nectar, brown sugar and vanilla.

When the mixture begins to bubble, turn off the heat and using your hands or spoon, fold the mixture through the dry ingredients until well combined. Place the mixture into a tin lined with parchment paper. Using a spoon or something hard, press the mixture firmly into the tin.

Bake the granola for 25 minutes or until the top is golden brown.

Remove from the oven and allow to cool. To make the bars not crumble, it is best to set them in the fridge overnight or at least for a couple of hours.

## HOT TIP:

Add some dark chocolate chips to this recipe if you feel like being a bit naughtier.



paradise

it's not  
the kind

# *Thank you for being part of our story.*

You've probably seen it all over the internet. The pink paradise wall, colourful smoothie bowls, mouth-watering burgers & eye catching salads. Now you can bring a little bit of this iconic Bali café into your home wherever you are in the world. In this book you will find over 100 vegan recipes including some of the cafes best kept secrets, as well as the story of how Lauren & Corryn managed to create one of the most popular & instagamed cafes in the world.

