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There is nothing quite like a sweet summer morning. We've covered everything from sweet to savoury, and simple to complicated, to get your day in the sun started with some plant-based magic.

LUNCH

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If you're anything like us, you're probably spending lots of time getting active in the sunny outdoors. We've provided you with our favourite nutritious lunch recipes to give you a little midday energy boost that'll keep you thriving all the way through till sundown.

SALADS

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Summer is when Mother Nature's bounty is at its best! Head to your local farmers market and fill your basket with bright and colourful seasonal produce, then jump into the kitchen and get slicing and dicing with our fresh and delicious summer salads!

DINNER

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Food brings people together, especially during balmy summer nights. We've provided you with a bunch of different dinner recipes to please every palate and bring those you love together over a cruelty free feast.

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We've spent hours in the kitchen perfecting the ultimate selection of summer sweets. Within these pages, you'll find something delicious for the chocolate lover, the cheesecake fanatic and the classic citrus tart girl.

DRINKS

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Summer is all about fresh, fruity, zesty flavours. We've juiced and blended these together to create a range of different beverages guaranteed to quench your thirst on a hot summer day.

COCKTAILS

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From a brunch time spritz to a sunset punch, we've got your summer cocktail go-to list covered. We've included one of our favourites, the Butterfly G&T, served with a vegan dip platter, as it's the perfect way to end the day in style.

ESSENTIALS

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Often, the secret is in the sauce, the base or the salad dressing. Within these pages lies the essential summer recipes that you will find yourself flicking to day in and out to create that unforgettable summer dish.



KYNDNESS IS ALWAYS IN SEASON...

After the success of our debut cookbook, we wanted to continue spreading our Kynd recipes all over the world. We're strong believers in eating seasonal, fresh produce straight from farm-to-table, and we want to show you how easy it is to do this year-round. SUMMER is the first of a four-part series that shows you just how easy it is to eat Kyndly and consciously—no matter the weather.

We've also been working hard creating an online School of Kyndness with video tutorials that show you exactly how to perfect our favourite recipes from these pages. You can find out more about the course and all of our cookbooks on our website www.kyndcommunity.com.

We're so excited to embark on this seasonal journey with you. Let's get cooking!





BREAKFAST

A stylized sun icon with a central circle and radiating lines, rendered in a yellow-orange color, is positioned behind the word 'BREAKFAST'. The sun's rays extend outwards, partially overlapping the letters of the word.

SIMPLE SCRAMBLE

SERVES 2

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There are a lot of scrambled tofu recipes doing the rounds these days, with some taking a lot longer to prepare than others. We've decided to keep things super simple with a tasty recipe that doesn't take all morning to make. Serve with a side of your favourite sourdough or as part of our savoury Breaky Bowl (see page 21)

INGREDIENTS

- 1 tablespoon coconut oil
- 2 cloves garlic, sliced
- 1 green onion, sliced
- 1/2 cup white onion, diced finely
- 1/2 teaspoon curry powder
- 1/4 teaspoon turmeric powder
- 500g silken tofu
- 1/2 teaspoon salt
- A pinch of pepper

Heat the coconut oil over a medium heat.

Add the garlic and onions. Sauté for 2 minutes, until translucent and fragrant. Add curry powder and turmeric. Sauté for 1 minute. Remove any excess liquid from the tofu and pat dry using paper towel. Roughly crumble the tofu, leaving some bigger chunks for an 'eggy' texture. Add the tofu to the pan.

Cook on medium-high heat and allow the water to evaporate. This will take approximately 8-10 minutes.

Season with salt and pepper. Serve as desired, or with a side of crunchy sourdough, fresh chopped tomato and chilli flakes.

HOT TIP:

Slice a chilli finely and add it the mixture while sautéing to make a chilli scramble 'egg'.

 FIND THIS RECIPE ON
OUR VIDEO COURSE





LUNCH



SOLACE SOUVLAKI

SERVES 2

Kebab, Gyro, Souvlaki... we're not entirely sure what the correct term is for this Greek-inspired dish, but call it whatever you like and get cooking because it's drop dead delicious! If you would like a simplified version, you can replace the homemade seitan with marinated mushrooms or a store brought meat alternative.

SRIRACHA MAYONNAISE

1 cup Aioli (see page 203)
3 tablespoons Sriracha

In a small bowl, combine the Aioli and Sriracha to make the Sriracha Mayonnaise.

SOUVLAKI

2 pieces Pita Bread (see page 195)
1/2 cup Tzatziki (see page 62)
1 romaine lettuce
8 pieces Kebab meat (see page 191)
2 tomatoes, cubed
1/4 red onion, thinly sliced
1 cup Sweet Potato Fries (see page 69)
1 handful mint leaves

Put a thick layer of Sriracha Mayonnaise and Tzatziki on the base of your Pita Bread. Add the romaine lettuce, Kebab Meat, tomato, red onion, and a handful of Sweet Potato Fries.

Garnish with mint leaves, a little extra Tzatziki and wrap to serve.





MEDITERRANEAN MELT

SERVES 2

Growing up, we used to think sandwiches were a little bit boring. But now we're older and wiser, we've realised that when you fill them with the right ingredients and serve them on some good bread, they're anything but. This sandwich features some of our favourite roast veggies and some good melty vegan cheese.

INGREDIENTS

2 pieces focaccia
1 red capsicum
1/2 cup olive oil
1/4 pumpkin, thinly sliced
with skin left on
1 small eggplant, sliced into 1cm slices
1 small zucchini,
sliced into 1cm slices
1/4 cup Pesto (see page 202)
1/4 cup Harissa (see page 203)
1 cup baby spinach
1/4 cup sweet chilli sauce
1 cup Vegan Mozzarella (see page 185)
salt and pepper, to season

To roast the capsicums, place them under the grill until blackened all over. Transfer to a bowl and cover with plastic to allow them to steam. When cool enough to touch, remove the skin.

To make the pumpkin, bring a small saucepan of water to boil. Add the pumpkin and cook for 3 minutes. Remove and drain. Drizzle with a little olive oil and season with a sprinkle of salt and pepper. In a small frypan over high heat, add the pumpkin and cook on both sides until golden brown.

Season the eggplant and zucchini with olive oil, salt and pepper. Using the same pan as the pumpkin, heat the pan over medium-high heat and add the eggplant and zucchini. Cook on both sides for a few minutes until golden brown.

Spread Pesto onto the bottom side of the focaccia. Add the eggplant, zucchini, pumpkin, capsicum, sweet chilli sauce and spinach. On the top piece of bread, smear the Harissa and vegan cheese. Close the sandwich, place in the sandwich press and toast until golden brown and crunchy.

Cut in half and serve.



LAYERED DIP

SERVES 4

You may be familiar with this colourful, appetising dip that is often served during summer backyard fiestas. We've recreated the classic layered dip recipe to provide you with a tasty vegan version that everyone at the party will love.

MEXI BEANS

- 1 tablespoon olive oil
- 1 small onion, diced
- 3 cloves garlic
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 2 cans pinto beans or refried beans

To make the mexi beans, heat the olive oil over medium-high heat. Add the garlic and onion, and sauté until translucent and soft, approximately 5 minutes. Add in the smoked paprika, cumin and salt. Transfer to a food processor along with the beans and blend until well combined.

For the guacamole, add your avocado to a bowl and roughly mash with a fork. Add the remaining ingredients. Season with more salt or lime juice if necessary.

GUACAMOLE

- 2 avocados
- 3 shallots, finely chopped or 1/4 cup red onion
- 1-2 limes, juiced
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 2 tablespoons chopped coriander
- 2 teaspoons bird's eye chilli, finely chopped (seeds removed)

Combine all Mango Salsa ingredients together in a bowl.

In a glass bowl, layer the bean dip, Cashew Cream Cheese, Guacamole and Chipotle Cashew Sauce. Top with the Mango Salsa.

Serve with a side of corn chips or crackers.

MANGO SALSA

- 1/2 cup diced mango
- 1/2 cup diced tomato
- 2 tablespoons red onion, diced
- 1 tablespoon coriander, chopped
- 1/2 teaspoon salt
- 2 teaspoons olive oil
- 1 lime, juiced
- A pinch of pepper

DIP

- 1 cup Cashew Cream Cheese (see page 192)
- 1 cup Chipotle Cashew Sauce (see page 198)
- chilli flakes for garnish



SALADS

CAESAR SALAD

SERVES 2

We've recreated this iconic summer salad with a funky plant-based twist. The mushroom schnitzel and tempeh bacon are so tasty that we promise it will be a hit for both vegans and non-vegans alike. As in any great salad, the dressing here is key, so don't be shy and douse it up with that creamy goodness.

INGREDIENTS

- 3 pieces sourdough (or any bread)
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 50g asparagus
- 3 romaine lettuce, chopped
- 1/4 cup Italian parsley, finely chopped
- 2 tablespoons mint, finely chopped
- 2 Mushroom Schnitzels (see page 193)
- 1/4 cup roasted cashews, roughly chopped
- 2 tablespoons nutritional yeast for garnish
- 1/2 cup Caesar Dressing (see page 200)

For the garlic croutons, cut your sourdough into cubes and add to a mixing bowl. Drizzle with olive oil and toss with the minced garlic. Season with salt. Transfer to a lined baking tray and place under the grill for 3-5 minutes until golden brown and crunchy. Alternatively, place them in the oven for 8-10 minutes at 170°.

To blanch your asparagus, bring a small pot of salted water to boil. Add the asparagus and cook for 2 minutes, then transfer to a bowl of ice water. Once cooled, strain the asparagus and cut into 3cm long pieces.

To serve, place a bed of romaine lettuce in your bowl. Drizzle some dressing on top and toss to combine. Add asparagus, garlic croutons and herbs.

Slice the Mushroom Schnitzel and place it on top of the salad. Sprinkle with cashews nuts and nutritional yeast. Add any additional dressing if desired.

HOT TIP:

For an extra smoky taste, sprinkle with Coconut Bacon (see page 193)

 FIND THIS RECIPE ON OUR VIDEO COURSE





ASPARAGUS & HAZELNUTS

SERVES 2

If you feel like a serving of green veggies but aren't sure how to cook it, start here. This is the perfect dainty entrée or summer BBQ side salad that turns the humble asparagus into a gourmet dish.

CREAMY ASIAN DRESSING

1/4 red apple, peeled
2 cloves garlic
3 tablespoons soy sauce
3 tablespoons rice vinegar
1 tablespoon maple syrup
1 tablespoon tahini
1 cup salad oil or any neutral tasting oil
5cm ginger, grated and minced

ASPARAGUS

200g asparagus
2 tablespoons olive oil
1 tablespoon hazelnuts, chopped
2 teaspoons Rawmesan (see page 195)
1 teaspoon parsley, chopped
2 teaspoons Coconut Bacon (see page 193)
chilli flakes, for garnish
salt and pepper, to season

For the Creamy Asian Dressing, add all ingredients to a mixing bowl and whisk to combine.

To blanch the asparagus, bring a pot of salted water to boil. Prepare a large mixing bowl of ice water. Add the asparagus to the boiling water for 2 minutes. Remove with a slotted spoon and transfer to the ice water. Strain and set aside. Drizzle with oil and season with salt and pepper.

Heat a chargrill pan over high heat. Add the asparagus and turn occasionally. Cook until grill lines appear.

Transfer to a plate and drizzle with Creamy Asian Dressing. Sprinkle the hazelnuts, Rawmesan, Coconut Bacon and parsley on top.

Garnish with chilli flakes.





DINNER



SAN CHOY BOW

SERVES 4

This recipe was made for those summer nights when you feel like something simple, light and delicious. If you like things a little more spicy, add some more chilli flakes when garnishing.

INGREDIENTS

2 tablespoons sesame oil
300g tofu
200g mushrooms, finely diced
1/2 cup green onion, chopped
2 cloves garlic, finely chopped
1 tablespoon grated ginger
2 tablespoons soy sauce (or replace with tamari for gluten-free version)
1 tablespoon vegetarian oyster sauce
A pinch of pepper
1/4 cup coriander roots, finely diced
3/4 cup canned bamboo shoots, cubed
2 tablespoons vegetable oil

DIPPING SAUCE

1 tablespoon rice vinegar
1 tablespoon soy sauce (or replace with tamari for gluten-free version)
1 teaspoon maple syrup
1 teaspoon sesame oil
1 teaspoon mirin
1/2 teaspoon sesame seeds
A pinch of chilli flakes

TO SERVE

2 romaine or iceberg lettuce, break the leaves into cups
1/2 cup cashews, roughly chopped
1 bird's eye chilli, sliced
A handful of coriander

Remove all excess liquid from the tofu. To do this, press between paper towel and put something heavy on top. Leave for 20-30 minutes. In a large mixing bowl, crumble the tofu. Add in the mushrooms, green onions, garlic and ginger.

Heat the vegetable oil in a large pan over high heat. Add the tofu mixture and sauté for 5 minutes. Add the soy sauce, oyster sauce and pepper.

Reduce the heat to medium-high and sauté for 5 minutes. Add the bamboo shoots and coriander roots and continue to sauté for another 5 minutes until most of the moisture has evaporated. Remove from heat and set aside.

To make the dipping sauce, mix together all ingredients.

To serve, place the tofu mixture in a bowl, alongside the lettuce cups. In small ramekins, add the dipping sauce and garnish ingredients.



be the sunshine





KEBAB STICKS

SERVES 3

Have you gone plant-based and thought your days of kebabs were now limited to veggies on a stick? Wrong! We've raised the bar for veggie kebabs with our homemade kebab meat and sticky, smoky, marinade. We guarantee it will soon become a summer favourite on your BBQ grill.

INGREDIENTS

250g Kebab Meat (see page 191)
1 cup yellow capsicum, cut into squares
1 cup red capsicum, cut into squares
1 cup green capsicum, cut into squares
1 red onion, cut into wedges

The main element for this recipe is the marinated kebab meat. Prepare this recipe first and ensure you keep the marinade as we will require this for cooking.

Make the kebab sticks by alternating cubes of capsicum followed by a wedge of red onion and a piece of kebab meat. Continue until your stick is full.

Heat your BBQ or char grill and add your kebab sticks. Using a brush (or a bunch of rosemary works quite well!), brush the marinade over the kebab sticks as you barbecue them.

Continue to brush the marinade so the kebab sticks take on the flavour. Remove your sticks from the BBQ when the kebab meat and veggies are nice and charred.

Serve with your favourite salad or our Potato Salad found on page 94.

 [FIND THIS RECIPE ON OUR VIDEO COURSE](#)



SWEETS



CREAMY FRUIT POPS

MAKES 3

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A popsicle mould is a great investment for your summer pantry. Get creative and freeze all kinds of things for a refreshing treat on a hot summer's day. We've turned some of our favourite summer fruit into a fruity, creamy, coconut-y pop! A little heads up: you can skip the added sugar for a healthier treat!

INGREDIENTS

- 100g frozen mango
- 100ml coconut yoghurt
- 40ml plant-based milk
- 100g frozen raspberries
- 30ml lemon juice
- 40ml sugar syrup (see page 178)

In a blender, combine mango, coconut yoghurt and plant-based milk. Blend on high until smooth, pour into a small jug and set aside. Rinse your blender and add the raspberries, lemon juice and sugar syrup (optional). Blend on high until smooth.

Evenly distribute mango mix between popsicle moulds. Top with your raspberry mix. Insert popsicle sticks and freeze until firm.

HOT TIP:

If you would like to create a pattern in your popsicles, use a toothpick to slightly swirl the two mixtures together.





DRINKS



VANILLA HIBISCUS ICED TEA

INGREDIENTS

10 pieces dried hibiscus
2 cups hot water

VANILLA & HIBISCUS ICED TEA

2 cups cold hibiscus iced tea
4 tablespoons vanilla syrup
2 teaspoons lime juice
2 scoops ice cubes

Make the hibiscus tea by adding the dried hibiscus to the hot water to a jug and allowing to infuse for 30 minutes. Transfer to fridge to cool.

Once the tea is cool, add the vanilla syrup, lime juice and ice to the jug and serve.





WATERMELON & MINT MOJITO.



PALOMA.

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