

FREE WEEKLY VEGAN RECIPE GUIDES

## EAT WITH EURTHLIN &amp;



HOME COOKING MADE EASY

## 5 VEGAN TRIATHLETE APPROVED RECIPES

COURTESY OF AMANDA - @VEGAN\_TRIGIRL / @VEGAN\_TRIGIRL\_EATS

## VOLUME 18

1. AMANDA'S NOURISH BOWL
2. AMANDA'S LENTIL BOWL
3. AMANDA'S TEMPEH OR TOFU STIR-FRY
4. AMANDA'S GREEN GODDESS PASTA
5. AMANDA'S BEETROOT HUMMUS









AMANDA'S

## GREEN GODDESS PASTA

This is a comforting one pan meal, full of goodness and packed with protein from the chickpea pasta and the green peas. The avocado adds a decent dose of good fat.

100% PLANT BASED

STEP BY STEP

### INGREDIENTS

- 85g dried pasta – I use chickpea pasta, to boost my protein intake
- A handful of broccoli
- A handful of peas
- 2-3 Tbsps of hummus – I use shop bought to save time
- 1/2 an avocado
- 1 Tbsp nutritional yeast or vegan cheese to top – optional

### DIRECTIONS

1. Cook the pasta as per instructions (chickpea pasta cooks quickly)
2. 4-5mins before the end of the cooking time add the broccoli and peas to the same pan.
3. Once everything is cooked, drain, reserving a couple of tablespoons of the cooking water.
4. In the same pan that you cooked the pasta, add the hummus and cooking water and gently heat.
5. Add the pasta back in and coat well with the hummus.
6. Tip into a large bowl, top with avocado and vegan cheese/hooch if using.

### SERVES 1

- Nutrition per serving = 640 Cals, 34g Protein, 81g Carbs, 21g Fat
- Recipe & Image: @vegan\_trigirl\_eats
- If you make this recipe we would love to know! Tag @Eurthlin and @vegan\_trigirl\_eats on Instagram and hashtag your cooking with #EatWithEurthlin



AMANDA'S

## BEETROOT HUMMUS

This is a lovely dip to keep in the fridge for snacking on, great for post training with some toasted pita bread. I do not add oil to keep it low fat.

100% PLANT BASED

### INGREDIENTS

- 1 can of chickpeas
- 1 clove of garlic, chopped
- 1 Tbsp tahini
- Juice of one lemon
- Pinch of salt
- 1 large cooked beetroot, chopped

STEP BY STEP

### DIRECTIONS

1. Tip the can of chickpeas along with the aqua faba (the water in the can) into a blender, along with the rest of the ingredients.
2. Blend well, adding a little water to get to your desired consistency.

Will keep in the fridge for 3-4 days.

### SERVES 2

- Nutrition per serving = 250 Cals, 10.5g Protein, 38.5g Carbs, 7g Fat
- Recipe & Image: @vegan\_trigirl\_eats
- If you make this recipe we would love to know! Tag @Eurthlin and @vegan\_trigirl\_eats on Instagram and hashtag your cooking with #EatWithEurthlin