



Mild, aromatic.

Made in India. Packed in Australia.

NUTRITION INFORMATION	
Serving size: 100 g	
Average	Quantity per
Quantity per	Serving
100 g	
Energy	1370 kJ
Protein	7.4 g
Fat, total	7.6 g
- saturated	1.3 g
Carbohydrate	45.4 g
- sugars	21.6 g
Sodium	48 mg

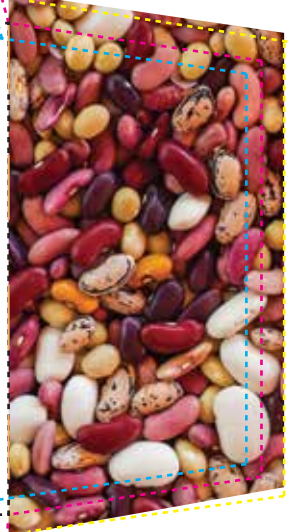
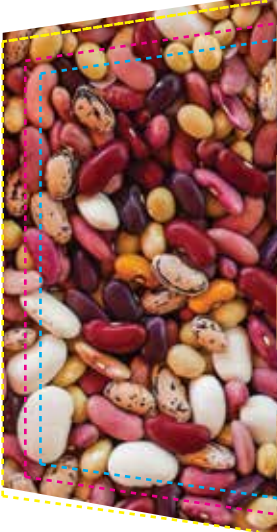
- * 1 x 400ml can of coconut cream (optional)
 - * 1 tsp powdered vegetable stock
 - * 1 half celery
 - * 1 large carrot
 - * 1 large onion
 - * 1 large tomato
 - * 140g tomato paste (small jar/tub)
 - * 500g of mixed legumes
- You will need:
- Recipe for a versatile vegan staple inside!**
- Ingredients: Pure ground spices of Turmeric, Paprika (Smoked), Paprika (Sweet), Ginger, Nutmeg, Pimento (All Spice), Fenugreek, Coriander, Cumin, Cardamom, Fennel, Cloves, Black Pepper, Chili, Rose Petals.

YOUR LOGO HERE

THANK YOU FOR YOUR BUSINESS

The term **'Ras el Hanout'** refers to a complex, aromatic spice blend that's famously associated with Moroccan cuisine. The literal translation of Ras el Hanout from Arabic to English is "Head of the Shop", but really it means "top shelf" which implies that this is the very best offering by a spice merchant.

■ = Indicative of areas of common usage.



1. Prepare your legumes



500 grams of dry legumes
e.g. chickpeas, pinto, black or kidney beans
or create your own colourful legume mix!



8+ healthy portions when served on:
rice, cauliflower rice, sauté'd veggies,
mushrooms or toast, etc.

Soak



Soak dry beans
for 24 hours, changing
the water once to reduce
phytates and increase
nutrient absorption.



Rinse



Drain and
rinse.



Pre-Cook



Cover with water and
Pressure cook
for 20 mins.

Cover with water and
cook on low with
lid on for 60 mins.

Note: some lentils such as green or red do not need to soak or pre-cook.

The benefits of legumes, spices and plant-based cooking!



Legumes are high in fibre and potassium

The high fibre content of legumes means that you'll feel fuller for longer and your gut microbiome will absolutely love you for it! But remember to soak your dry beans overnight to reduce phytates and improve nutrient absorption.



They're cheap!

Legumes cost a fraction of the price of meat and fish to produce and buy, so they're an easy way to cut down on your grocery bill and make a little go a long way!



Plant-based diets are GREAT for the planet

Plant-based diets, of which legumes and spices form an essential part are much more environmentally sustainable than meat-based diets and cause far less harm.



Legumes and spices are good for you!

Studies show that regularly eating legumes and spices as part of a plant-based diet can start to improve cholesterol levels, blood sugar profiles and the markers of ageing within just 3 weeks.

4. Serve

Turn off the heat and stir through a can of coconut cream (optional) before serving over rice, cauliflower rice, quinoa, chickpeas, lentils, cabbage and onion or on toast. Top with cheese, yogurt or hummus and enjoy!



2. Sauté your veggies



Onions, carrots and celery form the basis for much of plant-based cooking, but you may use other vegetable combinations, be sure to always wash vegetables thoroughly before use.

Prepare



Chop your veggies, blitz in the food processor or use straight from the freezer.



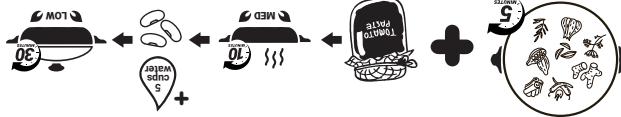
Start by sautéing your onions till they stick, then add your vegetables, stir in 1 cup of water, replace lid and cook for 30 minutes.

Sauté



Start by sautéing your onions till they stick, then add your vegetables, stir in 1 cup of water, replace lid and cook for 30 minutes.

1. Cook on medium heat for 10 minutes
Add 140g or 1 small tub of jar of tomato paste into your spice well.
2. Add water and deglaze the pan
Add 5 cups of water and scrape the bottom of your pan clean. Then replace lid and cook for a final 30 minutes on low.
3. Add stock powders and legumes



After 10 mins, add 5 cups of water and your legumes

3. Create your flavour

Bloom your spices + add tomato paste

Make a well in your veggies. Add a splash of your favourite cooking oil and your spices. Allow the oil to coat the spices and draw out their fat-soluble molecules for about 5 minutes over medium heat.

Add 140g or 1 small tub of jar of tomato paste into your spice well.