

Be  
nice.

# Nice Kitchen

Every day Plant-based Cooking



Sophie Choi

# Nice Kitchen

Every day Plant-based Cooking

Written by Sophie Choi

Recipes developed by Gurveer Brar & Sophie Choi

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of the writer.

© 2018 by Sophie Choi

eBook first published by Sophie Choi in Dec 2018.

photographs by Sophie Choi  
Recipes developed by Gurveer Brar & Sophie Choi

I'm probably the last person to be spending hours in the kitchen, developing or following a complicated recipe to present something posh. I want something quick and healthy, simple and nourishing.

I get lazy and I am busy with other things, but I don't want to compromise my health. Does it sound like someone?

I make food to nourish myself. I keep it simple because I don't have too much time to spend in the kitchen, and keeping it simple is the most sustainable way to live healthy without resorting to fast food or packaged goods.

Many recipes that I encounter are sometimes a bit complicated for me to follow or require too many different ingredients that make my grocery bag too heavy to carry, or just too elegant for every day meal.

There are many "fancy pants" recipes that you can find for special occasions. Here, I would like to present you the "sweatpants" recipes for everyday life.

The recipes that are presented in this book are what we make at home day in and day out. They are down to earth, easy to follow, simple, healthy and NICE.

### **What do I mean by NICE?**

Nice to your body, nice to the environment, and nice to other living beings. I believe that health does not end with YOU becoming healthier, but it STARTS with you and your choices, spreading out to others and therefore benefiting all lives sharing this planet we call home.

I do not believe that we need to hurt or otherwise bring harm to others and environment for human bodies to be nourished.

We can perfectly be healthy or even become healthier without consuming animal products and/or processed foods.

That is the first step to being nice to yourself and others. Take good care of your body, mind and soul, as well as others around you.

All the recipes here are cruelty-free, using the ingredients in their most natural form as possible, delicious and healthy!

#WholeFoodPlantBased :)

Your Holistic Nutritionist  
Sophie Choi, MScBA, CHN, 500CYT



Natural Nibs

You don't have to follow the recipes in exact steps with exact list of ingredients suggested here.

The goal of this cookbook is to show you how easy it is to eat nutritiously and cruelty free, and to help you jump start into healthier way of living.

Feel free to add, take away, or even skip an ingredient as you see fit to your liking. If you're missing an ingredient, then forget about it. Just go ahead with what you have or add something else that you thought of yourself. Maybe that tastes better to you than what's listed in my recipes.

You're the chef. Improvise it. Be creative. Have fun :)

The logo for Sophie Be's Natural Nibs. It features the name "Sophie Be's" in a blue, cursive script font, with a small blue dot above the 'i' in "Be's". To the right of the script, the words "Natural Nibs" are written in a blue, sans-serif font. A small blue leaf-like icon is positioned above the 'i' in "Nibs".

Sophie Be's  
Natural Nibs

"The only real stumbling block is fear of failure.

In cooking  
you've got to have a  
what-the-hell  
attitude."

-Julia Child



# Recipes

## Breakfast

1. SWEET GREEN SMOOTHIE
2. THICK GREEN SMOOTHIE
3. BLUEBERRY SMOOTHIE
4. SUMMER SMOOTHIE
5. BANANA OATMEAL
6. OVERNIGHT OATMEAL
7. POWER-UP GRANOLA
8. SCRAMBLED TOFU

## Indian

9. TARKA | curry base
10. SABZI | veggie curry
11. DAHL | lentil curry
12. CHHOLE | chickpea curry
13. SAAG | spinach curry

## Italian

14. MUSHROOM RISOTTO
15. EASY VEGGIE PASTA
16. MARINARA PASTA
17. CREAM PASTA
18. PESTO
19. PESTO PASTA
20. OIL PASTA
21. PASTA SALAD
22. VEGGIE LASAGNE

## Mexican

23. GUACAMOLE
24. VEGGIE BURRITOS
25. LENTIL BURRITOS
26. POTATO BEAN BURRITOS



# Recipes

## Quinoa & Couscous

- 27. **QUINOA ASPARAGUS**
- 28. **QUINOA SALAD**
- 29. **COUSCOUS AUX LEGUMES**
- 30. **COUSCOUS SALAD**

## Asian

- 31. **CASHEW VEGGIE STIR-FRY**
- 32. **GREEN BEAN STIR-FRY**
- 33. **PINEAPPLE STIR-FRY**
- 34. **ITALIASIAN STIR-FRY**
- 35. **KIMBAP**
- 36. **KOREAN MISO STEW  
(DOENJANG JJIGAE)**
- 37. **PINE NUT PORRIDGE**
- 38. **VIETNAMESE ROLLS**

## Burgers

- 39. **LENTIL BURGERS**
- 40. **CHICKPEA BURGERS**

## Snacks

- 41. **HUMMUS**
- 42. **PEANUT BUTTER**
- 43. **ALMOND BUTTER**
- 44. **POWER IN THE JAR**

## Desserts

- 45. **HONEYMOON**
- 46. **CASHEW ISSUE**
- 47. **NICECREAM**
- 48. **MINI POPSICLES**
- 49. **CACAO MOUSSE**
- 50. **OATMEAL COOKIES**





## SABZI | VEGGIE CURRY



**Prep time**  
15 min



**Cook time**  
20 min



**Servings**  
3~4



**Difficulty**  
☆☆☆

### Ingredients

#### Seasoning (Tarka):

1 tbsp coconut oil  
5 cloves of garlic  
1 large onion  
1 thumb sized ginger  
1 tbsp turmeric powder  
1 tbsp cumin powder  
1 tsp coriander powder  
1 tsp black pepper  
1 tsp salt

#### Seasoning optional:

1 tomato  
2-3 red peppers or  
1 tbsp chili powder

#### Vegetables:

4-5 sweet potatoes  
2 carrots, zucchini or eggplant

### Directions

1\_ Finely chop the **garlic, onion, ginger, tomato, and red peppers** and cut the **vegetables** into small to medium cubes.

2\_ In a large pan, heat **coconut oil** over medium heat and stir in all the **seasoning ingredients** to make Tarka(refer to pg.9)

3\_ When Tarka is done, add all the **vegetables** and stir to mix everything evenly.

4\_ When vegetables are cooked, add more **salt** and/or **black pepper** as needed.

5\_ Turn off the stove, put the lid on, let it sit for 5 min.

6\_ Serve with rice, quinoa, or couscous.





## EASY VEGGIE PASTA



**Prep time**  
10 min



**Cook time**  
20 min



**Servings**  
2~4



**Difficulty**  
☆☆

### Ingredients

#### Pasta:

1.5L water  
400g whole-grain pasta  
1 tsp salt

#### Sauce:

½ large onion  
5 cloves of garlic  
1 big tomato  
¼ cauliflower  
½ eggplant  
1 cup of thinly sliced mushrooms  
Other veggies of your choice  
  
1 tbsp Italian herb mix  
2 tsp salt  
1 tsp black pepper  
olive oil

### Directions

1\_ Finely chop **onion, garlic, tomato** and **cauliflower**. Cut **eggplant** and other **veggies of your choice** into small pieces and **mushrooms** into thin slices.

2\_ In a pan, heat **olive oil** over medium heat, stir in **onion** and **garlic** and cook until brown.

3\_ Add in **tomato**, and also more olive oil as needed. Stir for 2 min. Then stir in **cauliflower, eggplant**, and other veggies. After 2 min, add in **mushrooms** and cook until mushrooms are brown. Add **salt** and **black pepper**. Stir to mix evenly. Close the lid and simmer.

4\_ In a pot, add **pasta** and **salt** into boiling **water**. Make pasta following the package instructions (usually takes +/- 10 min).

5\_ Just before pasta is ready, add in Italian herb mix to the sauce, and mix evenly.

6\_ When pasta is ready, drain water and mix with finished sauce.





## CASHEW VEGGIE STIR-FRY



**Prep time**  
10 min



**Cook time**  
20 min



**Servings**  
3~4



**Difficulty**  
☆☆

### Ingredients

2 cups of brown rice  
3 cups of water  
  
1 onion  
1 carrot  
6 shiitake mushrooms  
1 head of broccoli  
1 handful of bok choy  
1 cup of cashew nuts  
  
1 tsp salt  
2 tsp soy sauce  
2 tbsp rice vinegar

### Directions

- 1\_ Add **rice** into boiling water. Cook until done.
- 2\_ Cut **onion**, **mushrooms** and **broccoli** into bite-sized pieces, and **carrot** into small cubes.
- 3\_ Cook **broccoli** in boiling water. Drain water when done.
- 4\_ Cover the bottom of the pot with water. Add in **onion** and stir until brown.
- 5\_ Add more water and throw in **carrot** cubes. Stir and cook until done.
- 6\_ Add 1/2 cup of water and **bok choy**. Cook until bok choy shrink in size.
- 7\_ Add in **broccoli** and **mushrooms**. When mushrooms shrink and change colours, add **cashew nuts**, **salt**, **soy sauce** and **rice vinegar**.
- 8\_ Add **rice** into the pot, stir for another minute then serve warm.



People ask, “Why do you choose to live so difficult?”

I choose to go the right way rather than the easy way.

The sound of your heart is so subtle, and sometimes it is buried in the loud opinions of others or your own thoughts. But if you listen, your heart already knows the answers. Your heart already knows what is right for you. If you know the real motive for what you do, difficult things become easy because you can no longer live otherwise.

I decided to try my best to be as “nice” as possible in the hopes of being a little help to someone’s health, someone’s life, someone’s happiness and maybe even contribute to the health of the Earth.

**A truly healthy life does not end with YOU,  
but it BEGINS with you, making it a healthier and fairer place for  
everyone around.**

Thank you so much for reading this cookbook.  
I sincerely appreciate your support!

With love,  
Sophie





Nice Kitchen

- THE END -