

Native Soul

FEED YOUR SOUL



FREE E-BOOK

Quick and Easy 3-Course Plant-based Menu

HI THERE,
I'm Christine.

I love cooking and preparing beautiful and healthy plates of food. I hope to help people use classic techniques of layering flavour to make plant-based cooking easy and affordable.

Native Soul is a plant-based food business that was started with a strong focus on the love of vegetables and an appreciation for depth of flavour and healthy eating.

Or quite simply, feeding your soul.

Our mission is to inspire healthier eating by connecting people to real food.



I HOPE THIS LITTLE E-BOOK KICKSTARTS YOUR JOURNEY TO
NOURISHING YOUR SOUL WITH PLANT-BASED GOODNESS

Christine xx





STARTER

Butternut, Basil & Pumpkinseed Salad

INGREDIENTS FOR 4 PEOPLE
COOKING TIME: 10 MINUTES

This starter is simple, nutritious and yummy, with lots of options to adapt it to your tastebuds.





Ingredients

INGREDIENTS

- 1 butternut (you can use pumpkin but it does tend to be stringy and not quite as sweet)
- 1 block tofu (optional vegan)/1 block of feta cheese (optional non-vegan)
- Lettuce of choice (butter, iceberg, mixed leaves, rocket, baby gem or a combo)....

Method



Step 1: Butternut

- Preheat your oven to 180°C.
- Peel and chop butternut into squares¹.
- Toss the blocks of butternut with a little bit of oil in a roasting pan².
- Season with a sprinkling of salt and black pepper.
- Place in oven to roast for about 10 minutes (longer if bigger chunks).

Step 2: Roasted seeds/nuts

- Place pumpkin seeds (or other seed/nut of choice) in a frying pan over medium heat³.
- Roast until you start to **smell** toasting, **see** a change in colour or **hear** the seeds popping.
NB: Don't walk away from the pan as they can burn quickly!
-