

1

breakfast

lunch

2

3

dinner

kids

4

## ★ Garden Pie

Serves 4

### Ingredients:

2-3 sheets ready-prepared **puff pastry** or **short crust pastry**

#### *Filling*

2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, diced

2 cups, creamed or **mashed potato** with skins

2 tablespoon, minced **garlic**

1 cup, cooked **sweet potato**, diced

1-1 ½ cups, cooked **broccoli** florets

¾ cup, cooked **green beans**, trimmed and halved

2 tablespoons, chopped fresh **basil** and **oregano**

½ cup, mixture cheddar and mozzarella cheese or soy **cheese**

### Directions:

- Preheat oven to 400°F
- Line 4 small greased pie dishes with pastry, very lightly coat with olive oil and refrigerate until needed.
- Combine garlic with mashed potatoes. (As an option, combine ¼ cup cheddar cheese to the mixture).
- Fold the Helen's Kitchen™ Tofu Steaks, cooked sweet potato, broccoli, beans and herbs into the mashed potato mixture (try not to mash the vegetables).
- Spoon mixture into pie dishes, top with cheese and bake for 30 minutes or until the pies are golden brown.

## ★ Garden Steak Linguini Verde

Serves 4

### Ingredients:

2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, diced

4 cups, cooked **linguini**

1 tablespoon each, **olive oil**, **lemon juice** and **dried red chili flakes**

2 cups, **fresh organic tomatoes**, diced

½ cup, each of **fresh basil** and **Italian parsley**, finely chopped

2 tablespoons, **salted capers**

½ cup **parmesan cheese**, grated or in flakes (optional)

**sea salt and cracked pepper** (optional)

### Directions:

- In a bowl toss together all the ingredients.
- Serve on bowls with crusty bread and top with red wine vinegar and parmesan cheese flakes.

## ★ Tofu Chicken Pesto Pasta

Serves 4

### Ingredients:

2-3 **Helen's Kitchen™ Chicken Flavor Tofu Steaks**, heated or lightly pan fried, diced  
6 cups **bow-tie** or **penne pasta**, cooked  
¾ cup, diced **onion** and 2-3 tablespoons chopped **garlic**  
½ cup, prepared **fresh pesto sauce**  
¾ cup, organic **tomatoes**, diced  
¾ cup, each of grated **parmesan cheese** or parmesan-like soy cheese (optional)

### Directions:

- Sauté onions and garlic in a pan until onions are soft and golden brown.
- Add pesto sauce, simmer for 1 minute.
- Toss together sauce, Helen's Kitchen™ Tofu Steaks and tomatoes.
- Serve hot topped with parmesan cheese (optional).

## ★ Thai Red Curry

Serves 4

### Ingredients:

2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cut into thin strips  
4 **scallions**, shredded  
1 medium, **red chilies**, seeded and thinly shredded  
2 tablespoons, minced **garlic**  
2 tablespoons, **Thai red curry paste**  
1 can, **coconut milk**  
¼ cup, **bambo shoots**  
2 tablespoons, each of **fish sauce**, **lime juice**, and **brown sugar**  
4 cups, **steamed vegetables** (only cook partially, do not overcook the vegetables)  
4 cups, **steamed rice**

### Directions:

- In a lightly greased wok, sauté onions, chilies and garlic for 2 minutes.
- Add the Thai red curry paste and coconut milk and simmer for 4-6 minutes.
- Add the bamboo shoots, fish sauce, lime juice, brown sugar and continue simmering for 5 minutes.
- Add the Helen's Kitchen™ Tofu Steak strips and vegetables and simmer a further 5-10 minutes on low.
- Serve hot on a bed of steamed rice.

**Hint:** You can try this recipe using yellow or green Thai curry paste.

## ★ Chinese Sweet and Sour Stir-Fry

Serves 4

### Ingredients:

3-4 **Helen's Kitchen™ Tofu Steaks**, heated, grilled or lightly pan fried, cut into thin strips  
1-2 tablespoons, **peanut oil**  
2 tablespoons, minced **garlic**  
4 **scallions**, shredded  
1 medium, **red bell pepper**, sliced in strips  
20-25, **snow peas**  
1 can (8 oz.), **pineapple chunks**, drained  
2 cups, **prepared sweet and sour sauce**

### Directions:

- In a wok heat peanut oil and stir-fry garlic and onions, until garlic is golden brown.
- Add onions, peppers and snow peas and stir-fry for a further 3-5 minutes.
- Add Helen's Kitchen™ Tofu Steak strips and continue stir-frying for a further 5 minutes.
- Add pineapple chunks and sweet and sour sauce and simmer on a low heat until everything sauce bubbles.
- Serve hot on a bed of steamed rice.

**Hint:** You can try making the stir-fry using any of your favorite stir-fry sauces, such as vegetarian oyster sauce or plum sauce.

## ★ Indian Curry

Serves 4

### Ingredients:

1 packet, **Helen's Kitchen™ Italian Tofu Meatballs** or 3 cubed **Helen's Kitchen™ Curry Flavor Tofu Steaks**, heated  
¼ cup, **canola oil**  
2 tablespoons, minced **garlic**  
2 cups, **onions**, chopped  
2 tablespoons, **curry paste**  
1 tablespoon, **curry powder**  
¼ cup, **tomato paste**  
4 cups or 1 can, **diced tomatoes** (or try a can of diced tomatoes and green chiles)  
4 cups, **steamed rice**

### Directions:

- In a pot heat canola oil, add onion and garlic and sauté for 2 minutes. Add curry paste and powder, making sure that oil remains sizzling.
- Add tomato paste and tomatoes gradually making sure that the curry stays sizzling.
- Add the Helen's Kitchen™ Italian Meatballs or Tofu Steaks and continue to cook on a medium-low heat for 10 minutes or until cooked. Allow to simmer for another 10 minutes.
- Serve hot over rice.

## ★ Vegetarian Pizza

Serves 4

### Ingredients

10 oz, **prepared pizza dough**, placed a room temperature to rise slightly  
2-3 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cubed  
5-6 tablespoons, **pizza sauce**, or marinara sauce  
¼ cup, each of **green peppers** and **onions**, sliced  
½ cup, sliced **roma tomatoes**, halved  
¼ cup, **fresh basil** or baby spinach leaves  
¼ cup, **black olives**, sliced (optional)  
¼ cup, **mild goat or fontina cheese** (optional)  
2 cups, low-fat mozzarella cheese or soy **cheese**

### Directions:

- Preheat oven to 400°F.
- Divide the dough into four portions. On a floured surface, roll dough to ½ inch thickness.
- Spread a ¼ of the tomato paste over the bases and top a portion of Helen's Kitchen™ Tofu Steaks, onions, peppers, tomatoes, greens, olives and cheeses or your favorite toppings, finishing with the cheeses.
- Bake for 12-18 minutes or until cooked and cheese and base are golden brown.
- Serve how with crusty garlic bread and a crisp green salad.

## ★ Three Cheese Tart

Serves 4

### Ingredients:

2 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, sliced thinly  
1 sheet or 12oz, ready-made **prepared puff pastry**  
1 cup, low-fat **ricotta cheese**  
2 **eggs**  
1 ½-2 cups, freshly grated **parmesan** or parmesan-like soy cheese, grated or as flakes (or a mixture of parmesan and mascarpone cheese)  
¾ cup, **basil leaves**, chopped or whole  
¼ cup, **olives** (optional)  
¾-1 cup, fresh or semi-dried **tomatoes**, sliced or chopped  
¼ cup, **goat cheese** (optional)

### Directions:

- Preheat oven to 350°F.
- Cut puff-pastry into 8x12 inch rectangle or into four 4x6 inch rectangles for individual servings.
- Place pastry on greased cookie tray or use non-stick baking paper.
- In food processor, combine the ricotta, eggs and 1 cup of the cheese into a paste.
- Spread cheese mixture over pastry and arrange the basil leaves, olives, tomatoes and slices of Helen's Kitchen™ Tofu Steaks on top.
- Top with remaining cheese and goats cheese, spray with olive oil or cooking spray.
- Place in oven for 25-35 minutes or until the pastry is golden. Serve hot with a salad.

## ★ Hearty Tofu Steak Vegetable Stew

Serves 4-8

### Ingredients:

3-4 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cubed  
1 large, **onion**, finely chopped  
3-4 cloves, **garlic**, minced  
1 cup, **barley**, rinsed  
1 medium, **carrots**, peeled and sliced  
1 medium **potato**, peeled and cubed  
1 cup, each prepared **vegetable broth** and **prepared mushroom** (or brown gravy)  
2 **bay leaves**  
1 tablespoon, **fresh dill**, chopped  
½ can (8 oz), **crushed tomatoes**  
**Sea salt** and **cracked pepper** to taste

### Directions:

- In a large pot, sauté onions and garlic until soft.
- Add barley, carrots, potato, bay leaves and herbs, vegetable broth, gravy and 4 cups of water, bring to boil and simmer for 40 minutes, until is almost done.
- Add tomatoes, dill and salt and pepper and simmer a further 20-30 minutes until vegetables are tender.
- Add hot Helen's Kitchen™ Tofu Steaks cubes just before serving.
- To serve, remove bay leaves and ladle into bowls.

## ★ Steak and Mushroom Gravy Pie

Serves 4

### Ingredients:

2-3 sheets, **short crust pastry**, for the base  
2 sheets, ready-prepared **puff pastry**, for the lids  
1 **egg**, lightly beaten  
*Filling*  
3-4 **Helen's Kitchen™ Tofu Steaks**, heated or lightly pan fried, cubed  
1 ½ cups, diced **onion** and 2 tablespoons minced **garlic**  
1 tablespoon, **thyme** and 2 tablespoons of **cracked pepper**  
3-4 cups, prepared **thickened mushroom gravy** (thicken with corn flour)

### Directions:

- Preheat oven to 400°F
- Line 4 small greased pie dishes with short crust pastry, cut out 4 round lids from the puff-pastry. Refrigerate until required.
- Sauté onions, garlic, thyme and pepper, until onions are soft.
- Combine onion mixture with hot gravy and Helen's Kitchen™ Tofu Steaks.
- Spoon mixture into pie dishes and top with puff-pastry lids.
- Press the sides of the pastry base and lids together to seal.
- Brush with egg and bake for 15 minutes or until pastry lid is golden and puffed.
- Serve warm with a colorful salad or stemmed vegetables.