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YOGA + DAY SPA

The principles of **Ayurvedic cooking** is based on a knowledge dating back to at least 10,000 years ago, integrating health, nutrition, wellness and balance between mind, body. It is the only holistic healthy eating and cooking approach that considers eating according to your body type.

Ayurvedic Cooking emphasises correct food combining, offer explanations on why certain foods are incompatible, causing common health issues. Applying this ancient knowledge can immediately bring changes to overall health and wellbeing. This holistic cooking introduces you to the fascinating world of life enhancing plant based foods and how to apply basic principles to your kitchen, tailoring health benefits that are customised to optimise healing and boost energy rapidly.

With this knowledge you can start a journey on becoming a holistic healer, improving the health of yourself and your loved ones.



Warming Black Sesame & Tahini Porridge with pan-fried banana fritters

Ingredients

l cup of steel cut oats, soaked overnight in cold water 2 tablespoons of hulled tahini 1 tbls of black sesame seeds, freshly grounded Pinch pink salt 1 ½ cup coconut milk 2 tsp coconut sugar 1 teaspoon of grated fresh ginger

Toppings

2 tbls goji berries
1 tsp black sesame seeds
2 tbls pumpkin seeds
3 tbls sunflower kernels
1/2 tsp cinnamon powder
1/2 tsp cardamom powder
1/4 tsp nutmeg powder
1 tbls ghee (or coconut oil)
1 banana, quartered

Warming Black Sesame & Tahini Porridge with pan-fried banana fritters

- Rinse and drain the oats and place in a medium pan with the tahini, salt and coconut milk over medium heat and bring to boil. Reduce the heat and simmer for 10 mins.

 Stir in the sugar and ginger to combine.
- 2. Pan fry the bananas in ghee, face down for 2-3 mins, then turn once and fry for a further 1 min. Set aside.
- Mix the goji berries, sesame seeds, pumpkin seeds, kernels and spices together in a small bowl with the cinnamon, cardamom, nutmeg powders.
- Serve the porridge into bowls and topped with the banana fritters (any left-over ghee from the pan pour over) and then top with berry seeds, spices & mixture.





Tulka Ayurveda Summer Post Digestive Soup

3 spring onions, sliced (or shallots)

2 tbls ghee or sesame oil

2 tsp of Ayurvedic curry powder

250g buckwheat udon noodles or wholemeal noodles, broken.

l lemongrass stalk, bruised.

l bunch of silverbeet or spinach, chopped stalks removed (optional)

Tulka Ayurveda Summer Post Digestive Soup

- 1. In a medium saucepan, add the ghee and once melted add the spring onion and cook for 2-3 mins.
- 2. Add the curry powder and cook for another 2 mins then add approx.
- 3. Add 4 cups of water and the noodles, bring to boil and simmer for 15mins.
- 4. Add the silverbeet and lemongrass stalk (whole) and cook for another 10mins.
- 5. Serve with fresh lime wedges.





Almond Crusted Autumn Vegetables with pearled cous cous

4 cups of diced zucchini, green leaves & green beans or broccoli

1/2 cup of finely ground almonds

2 tsp turmeric powder

2 tsp ground cumin

1/2 tsp cayenne pepper

6 curry leaves or bay leaves

2 tsp apple cider vinegar

1/2 tsp freshly ground pepper

l tsp pink salt

4 Tbls of vegetable oil

Handful of fresh basil leaves or coriander leaves, chopped.

180g pearled cous cous,

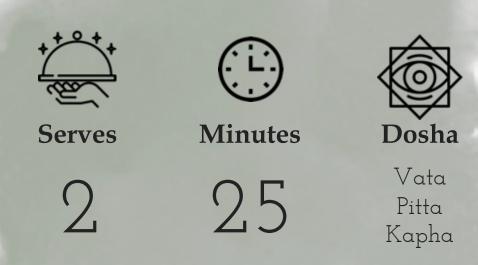
Lemon for serving

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Almond Crusted Autumn Vegetables with pearled cous cous

- Place cous cous in small saucepan, cover with water and bring to boil. Simmer for 15mins, or until soft.

 Drain & set aside.
- Place the diced vegetables in a medium saucepan with 300mls of water, bring to boil. Simmer for 10 mins.
- 3. In a mixing bowl, add all remaining ingredients except the basil, mix thoroughly. Add this to the vegetables and cook for another 2mins. Mix in the cous cous.
- 4. Serve with topping of fresh basil leaves and heavy squeeze of lemon juice.





Want to learn more about Ayurvedic cooking?

Sign up today for our "Plant Based Cooking Masterclass"

19 April, 11:00- 12:30 pm ACST

Livestream via Zoom Tickets: \$22.95

Buy tickets at www.portelliotwellness.com