



A VEGAN SUMMER BY THE SEA!



Five 100% plant-based recipes
perfect for enjoying under the
umbrella or on the go



FLATBREAD WITH SCRAMBLED TOFU, PEPPERS, CORN, AND ONION

Let's kick off with a classic: flatbread is versatile, easy to eat on the go, and perfect for experimenting with endless filling ideas!



This one is quick to prepare and makes a nutritious vegan main dish that's perfect for the beach. Just blanch the tofu for a few minutes to eliminate any bitter aftertaste, then sauté it in a pan with peppers, corn, and onion. Fill the flatbread and enjoy!



VEGAN ZUCCHINI RÖSTI

Rösti is a traditional Swiss dish – a round, crispy, and tasty potato patty.



Here's our 100% plant-based twist: vegan zucchini rösti, made with just a few simple ingredients. Combine grated **zucchini** with **flour**, **oil**, **salt**, **pepper**, and **nutritional yeast** to create your batter, then cook in a pan until golden brown. Easy and delicious!



EGG-FREE OMELETTE

Delicious on its own and perfect for a sandwich filling, this vegan omelette is an explosion of flavour and goodness. It's made with chickpea flour, a versatile ingredient you can mix with your favourite add-ins for fresh and tasty recipes every time.



We recommend making it with **zucchini**, **onion**, **sun-dried tomatoes**, or **Taggiasca olives**. Simply add all the ingredients to the batter and cook in the oven or a pan.



HUMMUS "TONNATO"

Quick, healthy, and full of flavour



We bet that it will become a staple at your table once you make this. It's made like classic hummus but with the addition of **capers** and **nori seaweed** to the cooked **chickpeas**, giving it a distinctive "sea" flavour. Perfect with bread, croutons, or raw vegetables.



MARINATED TOFU SANDWICH WITH OLIVES AND MUSHROOM CREAM

Slice the tofu thinly. In a bowl, combine half a cup of soy sauce diluted with half a cup of water.



Add **lemon juice**, **rosemary**, and a small piece of **fresh ginger**. Immerse the tofu slices and let them marinate for 30 minutes. After marinating, drain the tofu slices and brown them in a pan. Heat your sandwich bread, flatbread, or pinsa and assemble with your desired toppings. Here's a tip: try a layer of mushroom cream, a bed of rocket, marinated tofu, Taggiasca olives, and a bit of the marinade.
Delicious!



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