



Awesome vegan "Winter Bowl" with Hasselback Potatoes

🕒 Preparation time: 30 minutes
👤 Cooking time: 35 minutes
Total time: 65 minutes

👤 Portions: 2

Ingredients (serves 2)

For the Hasselback potatoes

- 900 g (31.7 oz) small to medium (waxy) potatoes (4-6 potatoes per portion depending on appetite)
- 1 clove of garlic
- 3-4 tbsp. olive oil
- 1 tsp. salt
- 1 small tsp. cumin
- 1/2 tsp. paprika powder
- 1/2 tsp. harissa (or chili flakes or simply pepper)

For the pumpkin puree

- 300 g pumpkin (type: Hokkaido, weight unpeeled without seeds)
- 1 tbsp. vegetable oil
- 1 small tsp. paprika powder
- 1 pinch of salt
- 1 tsp. Ras-el Hanout
- Optional: 5 g (0.17 oz) fresh ginger, peeled (or a pinch of ginger powder)
- 1 tbsp. cornflour (can be omitted, but makes the puree somewhat "firmer")
- 1 pinch turmeric
- Salt to taste
- Lemon juice to taste
- Optional for Garnish: 1 tsp black sesame seeds or black cumin seeds

Other Bowl ingredients

- 200 g (7.05 oz) red cabbage
- Juice 1/2 orange or 2 tablespoons apple vinegar/herbal vinegar
- 1 pinch of salt
- 250 g (8.81 oz) mushrooms
- 1 small/half onion (approx. 30-50 g/ 1.05 - 1.7 oz)
- 1 small/ half clove of garlic
- 1 small tbsp. vegetable oil
- 1-2 tbsp. balsamic vinegar
- 1 tbsp. soy sauce (or Tamari for a gluten free bowl)
- 80 g (2.8 oz) frozen peas
- 2 handfuls of lamb's lettuce

Instructions (25-30 minutes preparation + 35 minutes baking time)

1. Wash the potatoes thoroughly and fan them finely on a work surface without peeling. For this you should place two wooden spoons on both sides of each potato to prevent a "complete cut".
2. Preheat oven to 200 °C/ 392 °F fan. Cover a tray with parchment paper.
3. Peel one clove of garlic. Mix olive oil, salt, cumin, paprika powder and harissa. Press the garlic clove and stir all ingredients.
4. Place the potatoes next to each other on the baking tray and brush them thoroughly with the marinade. Let the marinade also run into the "compartments"/cuts. Salt the potatoes again and dust with paprika powder.
5. Bake potatoes at 200 °C/ 392 °F fan for about 35 minutes until golden brown. Depending on the size and variety of the potatoes, the baking time

may vary slightly. The Hasselback potatoes are ready when they are nicely golden brown and firm to the bite. The fans should brown nicely, but not burn.

6. Wash pumpkin, halve, remove seeds and dice 300 g (10.58 oz) pumpkin. Mix the pumpkin cubes with 1 tbsp. vegetable oil, some paprika powder, salt and Ras el-Hanout and put them into a baking tin.
7. Add the pumpkin cubes to the Hasselback potatoes in the oven at 200 °C/ 392 °F fan and bake simultaneously/parallel with them for about 15 minutes until the pumpkin cubes are soft. Then puree the pumpkin cubes in a blender with a little salt, a small pinch of turmeric, a small piece of peeled ginger, and cornflour. Season the puree with salt and lemon.
8. While potatoes and pumpkin pieces are roasting in the oven, wash red cabbage and slice finely. Knead (massage) the red cabbage strips with the juice 1/2 orange and a pinch of salt and let it marinate until served.
9. Cut the mushrooms into cubes. Peel 1 small onion and clove of garlic and dice finely. Heat 1 tbsp. of oil in a frying pan. Sauté onion and garlic cubes briefly. Then add the mushrooms and fry them for 2-3 minutes until they are slightly tender. Deglaze the mushrooms with balsamic vinegar, let it simmer down briefly and season with soy sauce (or salt & pepper).
10. Defrost peas briefly in very warm water and then drain. Sort the lamb's lettuce, clean and wash thoroughly.
11. Put lamb's lettuce, marinated red cabbage, fried mushrooms and a large portion of pumpkin puree in two large bowls. Add the Hasselback potatoes and the defrosted peas. Sprinkle black sesame seeds over the mashed pumpkin, sprinkle potatoes with harissa (or paprika powder) and salt as desired. Enjoy!

Of course you can vary your Hasselback Winterbowl to suit your taste. Instead of lamb's lettuce, try some finely chopped kale, marinated in apple vinegar or lemon juice. Instead of peas, you can add edamame and instead of pumpkin puree, other dips, especially hummus, go very well with it. Get creative!

Such a colorful bowl maybe is not the " traditional festive meal ", but I think it is so beautiful that I would serve it also at Christmas dinner or during the holidays. This great bowl is also a great opportunity to use e.g. red cabbage, mushrooms and leafy greens left over from Christmas dinner. Write me which ingredients you have combined. I am very much looking forward to your feedback!