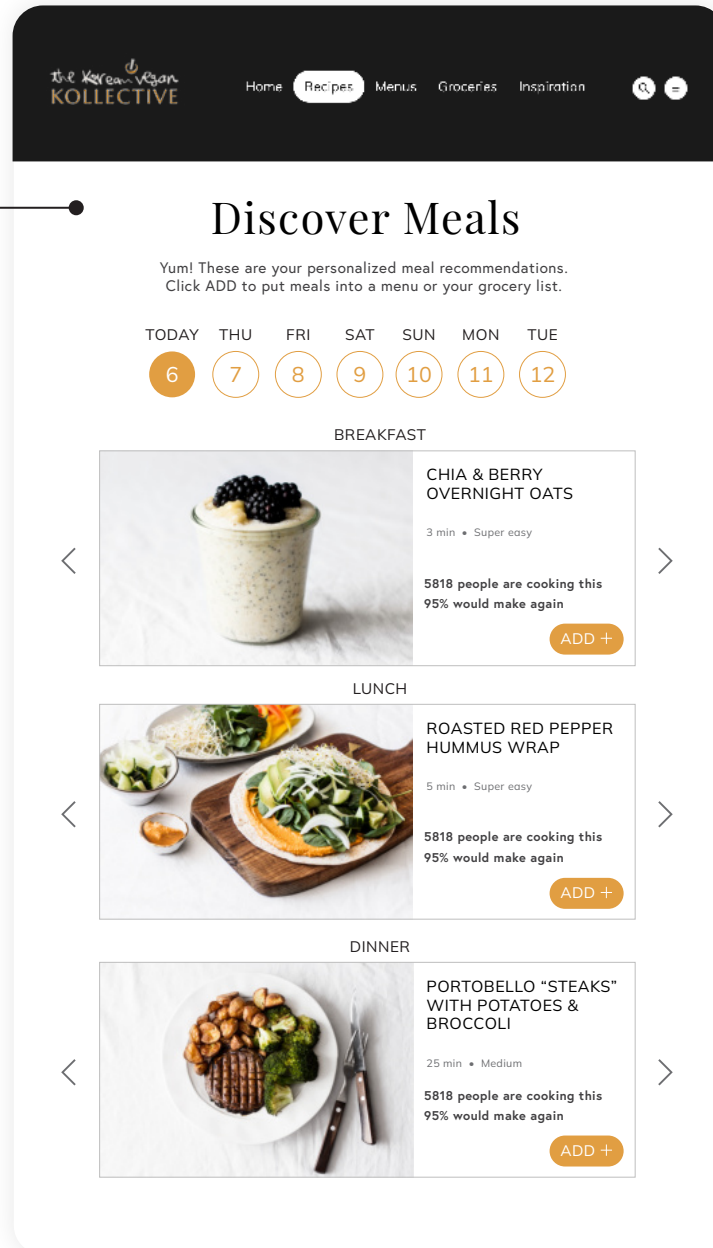


# What can I expect inside the Korean Vegan Kollektive?

## Discover

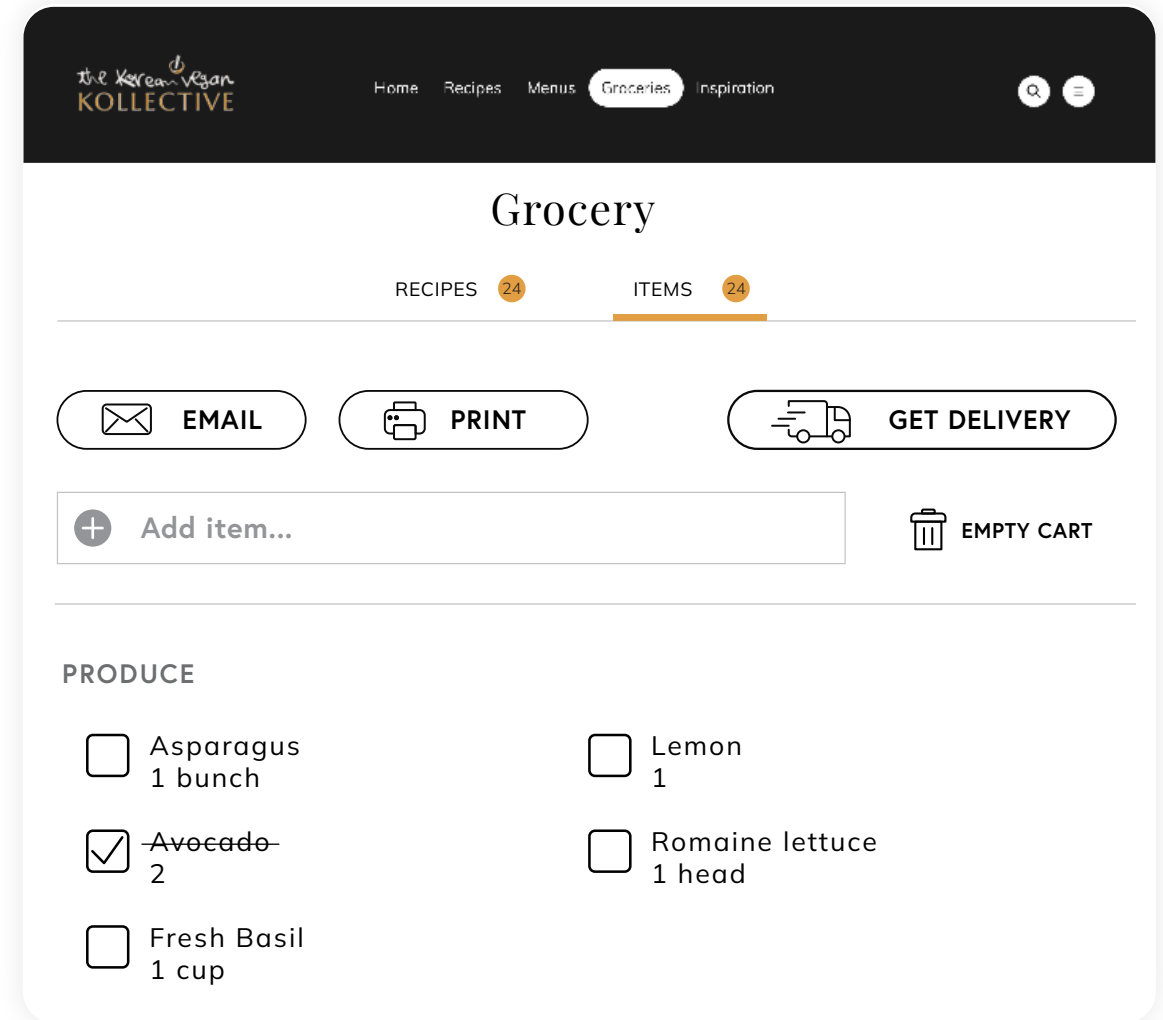
Discover thousands of personalized recipes, with new recommendations every day.

You'll find everything from healthy snacks and delectable desserts, to comforting family dinners and even the foods I eat when I train. This app and my team will guide you in learning to make the most mouthwatering vegan dishes at home.



## Grocery lists

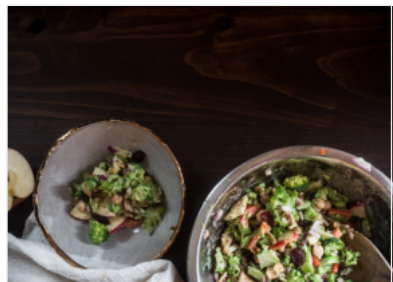
Use your convenient grocery list to shop or select "delivery" to skip the trip to the store altogether. Start as soon as your next meal!



# Menus

Quick Salads ▾

RECIPES 5



Broccoli Salad

10 mins Super easy



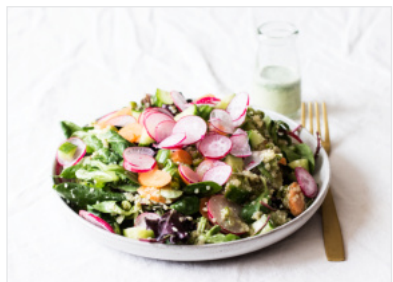
Dreamy Green Bowl

15 mins Super easy



Spicy Thai Salad

15 mins Easy



Spring Salad with Lemon Mint Dressing

10 mins Super easy



Loaded Veggie Salad with Miso Lime Dressing

10 mins Easy



## Your menu



Organize your meals and stay on track!

+ CREATE A NEW MENU ✎ EDIT

Favorite salads

Recipes: 5 🛒 In Grocery

Weekend breakfasts

Recipes: 7

Easy-to-pack lunches

Recipes: 11

## Menus

Make life easier by organizing your meals in advance. You can create and customize as many Menus as you'd like!

## Support

Our team of Food Coaches is here to make sure you get the support you need to meet your goals. Whether you're new to plant-based food, a novice home cook, have specific food goals, have picky eaters at home or you're just looking for some friendly support, we're here for you!

Our team is available 7 days a week, so feel free to reach out at any time.

### Start a conversation



What channel do you prefer?



#### Email

No time to wait around? We usually respond within a few hours.



#### Chat

We're online right now, talk with our team in real-time.



# Crunchy Gochujang Cauliflower

makes 2 servings



I've been veganizing some of my favorite "fried chicken" recipes. This is my version of a favorite General Tso's chicken dish from a restaurant in Urbana, Illinois. I used cauliflower here because the flavor pairs incredibly well with the sauce, and moreover, it isn't too heavy like tofu might be. You have to coat each chunk of cauliflower very well in the corn starch. It should be thick-- thicker than you think is necessary in order to get the "crunch" you'll want.

## Ingredients

1 head	Fresh cauliflower	1 tsp	Vegetarian oyster sauce
1	Carrot	1 tsp	Mustard
1 cup	Purple cabbage	1 tsp	Gochujang
1/3 cup	Low-sodium vegetable stock/broth	2 tbsps	Maple syrup
2 tps	Better than bouillon no chicken base	1 tbsp	Olive oil
1 cups + 2 tbsps	Corn starch	1/4 cup	Onion, chopped
1 tbsp	Garlic powder	2	Scallions
6 cloves	Garlic	2 tps	Sesame oil
1/2 tsp	Black pepper	1 tbsp	Sesame seeds
1 tsp	Low-sodium soy sauce/tamari	3 tbsps	Unsweetened soy/nut/rice milk

## Directions

[see next page]



# Crunchy Gochujang Cauliflower

[continued]

## Directions

1. Produce Prep- Wash and chop the cauliflower into large chunks, a little bit larger than bite-sized. Peel and chop the onion. Chop the carrot and cabbage.
2. Place cauliflower chunks into a large bowl. Add 3/4 of the vegetable base (I like “Better than Bouillon”), together with the plant milk. Mix the cauliflower so that they are evenly coated and set the bowl aside (you can also refrigerate it overnight).
3. To another large bowl, add the corn starch, the garlic powder, and black pepper. Stir everything together with a whisk and set it aside.
4. Prepare the sauce in advance by whisking together the remaining vegetable base, light soy sauce, vegetarian oyster sauce, mustard, gochujang, maple syrup, and additional cornstarch (use ¾ tsp per serving).
5. In a very large cast iron pan or deep fryer, bring the vegetable oil to 350°F/180 C. While you are waiting for the oil to get hot, dredge some of the cauliflower in the cornstarch + garlic powder mixture. Make sure that each chunk is thickly coated with the corn starch. You want the cauliflower to be super dry.
6. Place the dredged cauliflower in the hot oil, ensuring not to crowd the pan. You will have to work in batches and once the corn starch is all used up. Make more corn starch + garlic powder, if needed.
7. Fry your cauliflower for approximately 5-7 minutes, turning regularly, until the edges begin to brown. Remove them from the oil and place them on a cooling rack to drain the excess oil. Repeat for the remaining cauliflower.
8. Once all the cauliflower has been fried once, you can fry them all a second time (without worrying about over-crowding the pan) for extra crunch.
9. Once you have completed frying all your cauliflower, add the olive oil to a large pan over medium high heat. When the oil is hot, add the garlic, onion, carrot, cabbage, and scallions to the pan. Saute the vegetables until the onion starts to turn translucent, about 2 minutes.
10. Add the vegetable broth and cook for another 30 seconds. Then, stir in the sauce you prepared earlier. Cook the sauce over medium high heat for about 1 minute, until it gets thick.
11. Turn off the heat and pour the fried cauliflower into the sauce. Stir the cauliflower gently until they are evenly coated. Drizzle them with the sesame oil and sprinkle the sesame seeds. Serve immediately.

# Best Blueberry Muffins

makes 2 servings



One serving makes about 2-3 muffins, depending on the size of your muffin pan.

## Ingredients

2 tsp	Lemon juice
1 cups + 2 2/3 tbsps	Unbleached, all-purpose flour
1 tsp	Baking powder
1/4 tsp	Baking soda
2 pinches	Salt
1/4 tsp	Coriander
1 tsp	Lemon zest
1/3 cup + 1 2/3 tbsps	Miyoko's Cultured Vegan Butter
1/3 cup + 2 tsp	Sugar
2 tsp	Vanilla extract
2 tbsps	Aquafaba
3/4 cup	Blueberries
1/4 cup	Unsweetened soy/nut/rice milk

## Directions

1. Preheat oven to 425F/220C.
2. Line muffin tin with muffin liners.
3. Mix lemon juice together with plant milk.
4. Sift together flour, baking powder, baking soda, salt, coriander, and lemon zest.
5. In a separate bowl, using a hand mixer, cream together butter with sugar.
6. Next add plant milk + lemon juice mixture to the butter mixture and vanilla extract, as well as aquafaba.
7. Add dry ingredients in 3rds and mix until well combined.
8. Fold in blueberries with spatula so they don't burst. Batter will be pretty thick.
9. Using two spoons or an ice cream scooper, scoop batter into each liner so it's nearly completely full.
10. Place in the oven for 12 minutes. Then lower the temperature to 350F/180C for another 15 minutes or until toothpick comes out clean.

# Creamy Ramen Noodles

makes 2 servings



## Ingredients

### Produce

- 1/2 cup Carrots, chopped small
- 2 Shiitake mushrooms
- 1 cup Green cabbage
- 1 clove Garlic
- 1/4 Zucchini
- 1/2 Fresno peppers
- 1 Scallion
- 1 cup Spinach

### Gyerranmari

- 1/3 cup + 2 tsps JUST Egg
- 1/4 Nori seaweed sushi sheet
- 1/4 slice Chao original 'cheese' slice
- 1/2 tsp Olive oil

### Ramen

- 1 tbsp Olive oil
- 1 tbsp Sesame oil
- 1 tbsp Doenjang
- 4 Vegetable dumplings
- 2 tsps Low-sodium soy sauce/tamari
- 1 1/2 cups Water
- 1/4 cup Unsweetened soy milk
- 1 Ramen noodles soup packet
- 1/4 cup Frozen corn
- 1 1/2 blocks Silken tofu
- 1/2 cup Onion, chopped

## Directions

[see next page]



# Creamy Ramen Noodles

[continued]

## Directions

1. Make the Gyerranmari. For ease, it's recommended to make multiple servings of gyerranmari at a time. 4-8 servings is best. Leftover gyerranmari is always a good thing!
2. Add a little bit of oil to a small pan over medium-high heat. Pour in 3/4 of the liquid egg replacer. Add a pinch of salt. Add 1/2 the cheese, followed by 1/2 of the nori. When the egg is halfway cooked, roll the egg up like a crepe. Add the remaining liquid egg replacer and repeat.
3. Produce Prep- Make sure all your produce is clean before prepping. Peel and julienne chop the onion. Use the same technique, the julienne cut, for the shiitake mushroom, carrots and cabbage. Peel and mince the garlic. Chop the zucchini. Slice the gyerranmari, fresno chili and the scallion.
4. Add both olive oil and sesame oil to a large, deep pan over medium high heat. Add the packet of soup base to the pan and begin stirring, to ensure the spices do not burn, for 1 minute.
5. Add the onions, mushrooms, garlic, and doenjang and stir until the vegetables are coated. Deglaze the pan with the soy sauce and then add water.
6. Add the soy milk and stir.
7. Next, add the ramen noodles, together with the carrots, cabbage, zucchini, corn, and dumplings.
8. Add the silken tofu and break up with a spoon.
9. Cook until the noodles are done, stirring as necessary, around 4 to 5 minutes. Garnish with gyerranmari slices, chili, and scallion.