



SARAH KERR'S

INQUIRY COOKBOOK 2024

A culmination of my favourite recipes I tried during my inquiry project, which were also very quick to make and were very good as meal preps. These recipes are from various cultures, and will bring more variety to my weekly diet while being practical as far as budget and time.



TABLE OF CONTENT

Mediterranean Chopped Salad page 02

Grilled Eggplant “Steak” page 03

Spinach Ravioli page 04

Yasai Itame Stir Fry page 05

Curried Jamacian Stew page 06

Italian Lentil Soup page 07





MEDITERRANEAN CHOPPED SALAD

Ingredients

- 2 heads romaine lettuce, chopped (about 6 cups)
- 1 pint Roma tomatoes, quartered
- 1 cup cucumbers, chopped
- 15-ounce can of chickpeas, drained and rinsed
- ¼ cup red onions, finely chopped
- ¼ cup pitted Kalamata olives, sliced
- ¼ cup crumbled feta cheese
- 1 tbsp. parsley, chopped

For the Dressing

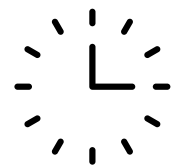
- ¼ cup olive oil
- 3 tbsp. lemon juice
- 2 teaspoons dijon mustard
- 1 garlic clove, pressed
- ½ tsp. oregano
- ¼ tsp. salt
- ¼ tsp. black pepper

Instructions

1. Assemble the salad in a large bowl, starting with the lettuce.
2. To prepare the dressing, whisk together all the ingredients for the dressing in a jar until emulsified.
3. Pour the dressing over the salad and mix thoroughly.

For crunchy chickpeas

1. Prep the chickpeas by rinsing them off and patting them dry.
2. Coat them in olive oil, and cook them in the air fryer for 10 minutes at 400 degrees F.



10 Minutes



4 People

From: Feelgoodfoodie



MEDITERRANEAN GRILLED EGGPLANT “STEAK”

Ingredients

Topping

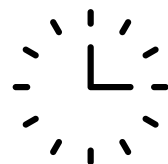
- 4 organic roma tomatoes (seeded and diced)
- 1 cucumber (peeled, seeded and diced)
- 1 cup red onion (diced)
- ½ cup kalamata olives (or green olives, sliced)
- ½ cup flat-leaf parsley (chopped)
- 2 tsp dried oregano
- ½ tsp salt (optional)
- ¼ tsp ground black pepper (optional)

Eggplant

- 2 eggplants (stem removed, sliced lengthwise into ½” wide “steaks” (you should get 8–10 “steaks”))
- ¼ cup balsamic vinegar
- ½ tsp chilli powder
- ½ tsp garlic powder
- ¼ tsp salt (optional)
- ¼ tsp ground black pepper (optional)
- 1 batch of vegan feta (link in Chef's Notes, optional)
- 1 medium lemon (sliced in half)

Instructions

1. Make your topping: Add the tomatoes, cucumber, onion, olives, parsley, oregano, salt and pepper, if using, to a large mixing bowl. Mix well and set aside.
2. Make the eggplant: With a pastry brush, brush each side of each steak with balsamic vinegar.
3. Sprinkle the steaks with chilli powder, salt and pepper, if using.
4. Heat a large stovetop pan over medium heat. Grill the eggplant steaks until tender, about 3–4 minutes per side.
5. Transfer the steaks to a serving platter and top with the vegan feta (if using), tomatoes, cucumber, red onion, olives, parsley and salt and pepper, if using.
6. Squeeze lemon juice over the top. 20 Minutes



4 People

From: The Mediterranean Dish



SPINACH RAVIOLI WITH ARTICHOKES & OLIVES

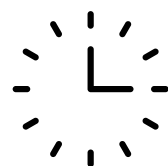
Ingredients

- 2 (8 ounce) packages frozen or refrigerated spinach-and-ricotta ravioli
- ½ cup oil-packed sun-dried tomatoes, drained (2 tablespoons oil reserved)
- 1 (10 ounce) package frozen quartered artichoke hearts, thawed
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- ¼ cup Kalamata olives, sliced
- 3 tablespoons toasted pine nuts
- ¼ cup chopped fresh basil

Instructions

1. Bring a large pot of water to a boil. Cook the ravioli according to package directions. Drain and toss with 1 tablespoon reserved oil; set aside.
2. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add artichokes and beans; sauté until heated through, 2 to 3 minutes.
3. Fold in the cooked ravioli, sun-dried tomatoes, olives, pine nuts and basil.

Also very delicious with Spinach and Feta ravioli



15 Minutes



4 People

From: Eatingwell



JAPANESE YASAI ITAME STIR FRY

Ingredients

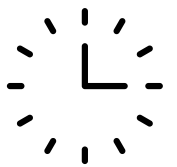
- 10 snow peas
- 1/4 onion
- 1/4 green cabbage
- 1/2 carrot
- 1 clove garlic
- 2-3 slices ginger
- 1 tbsp neutral oil
- 2 cups bean sprouts

Seasoning

- 1 tsp oyster sauce
- 1 tsp soy sauce
- 1/2 tsp kosher salt
- Ground black pepper to taste
- 2 tsp toasted sesame oil

Instructions

1. Prepare the vegetables and mince the garlic & ginger
2. Heat a large frying pan or wok on medium-high heat. Once it's hot, add **1 Tbsp neutral oil**. Then, add the garlic and ginger and coat in the oil using tongs or a spatula.
3. Next, add the onion and stir-fry until almost tender. Then, add the carrot and toss
4. Once the carrot starts to get tender, add the cabbage and snow peas. Continue to stir & cook the ingredients
5. Add the bean sprouts and toss again. Next, add the oyster sauce and soy sauce. Stir well.
6. Season with the kosher salt and black pepper. Finally, drizzle in the sesame oil. Toss one last time, then remove the pan from the heat.



30 Minutes



4 People

From: justonecookbook.com



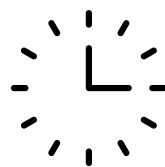
CURRIED JAMACIAN STEW

Ingredients

- 1 tbsp coconut oil (or a few tbsps of water)
- 1 white or yellow onion, diced
- 1 green bell pepper, finely diced
- 1 jalapeno chile
- 2 tomatoes chopped, or 1 (14.5oz, 411g) can diced tomatoes
- 1 tbsp red curry paste
- 1 tsp salt
- 1 tap ground allspice
- 3/4 tsp red pepper flakes
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 3 cups (540g) cooked kidney beans, or 2 15 oz cans, drained & rinsed
- 4 medium sweet potatoes, peeled and cut into 1/2 inch cubes
- 3 cups (710ml) low-sodium vegetable broth
- 1 small or 1/2 medium bunch collard greens or other greens, stemmed and cut into thin strips
- 1 cup (240ml) full-fat coconut milk

Instructions

1. Heat the oil (or water) in a large pot over medium heat. Add the onion, bell pepper, and jalapeno and cook, stirring occasionally, for 5 to 7 minutes, until the onion is tender and translucent. Add the tomatoes and red curry paste and cook, stirring frequently, for about 5 minutes, until the tomatoes have released their juices and cooked down a bit.
2. Stir in the salt, allspice, red pepper flakes, cumin, cinnamon, cloves, beans, and sweet potatoes, then pour in the broth. Bring to a boil over medium-high heat, then lower the heat and simmer, stirring occasionally, for 20 minutes.
3. Use an immersion blender to partially puree the soup so that about half of the sweet potato cubes and kidney beans are still visible and whole, or puree about half of the soup in a standard blender and return it to the pot. Add the collard greens and simmer for 5 to 10 minutes, until the greens have wilted. Stir in the coconut milk. If the soup is thicker than you'd like, stir in more broth to achieve the desired consistency. Taste and adjust seasonings if desired.



30 Minutes



4 People

From: thevegan8.com



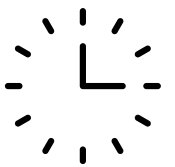
ITALIAN LENTIL SOUP

Ingredients

- extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 4 large garlic cloves, minced
- 2 carrots, chopped
- 1 celery rib, chopped
- Kosher salt
- black pepper
- 1 (28-ounce) can whole tomatoes (I like San Marzano)
- 5 cups vegetable broth
- 1 dried bay leaf
- 1 tablespoon Italian seasoning
- ½ to 1 teaspoon red pepper flakes
- 1 cup green lentils, rinsed (or brown lentils)
- 2 cups baby spinach
- 1 cup chopped parsley leaves
- Splash red wine vinegar
- Freshly grated parmesan cheese, for garnish (optional)

Instructions

1. In a large Dutch oven, heat about 2 tablespoons olive oil over medium-high heat. Add the onions, garlic, carrots, and celery. Season with a big pinch of salt and pepper. Cook, stirring occasionally until the veggies are fragrant and somewhat tender, about 5 minutes.
2. Simmer: Add the tomatoes and lightly crush with a potato masher or the back of a fork. Stir in the vegetable broth, bay leaf, Italian seasoning, red pepper flakes, and lentils. Season with another pinch of kosher salt and black pepper. Bring the soup to a boil, then lower the heat and partly cover the Dutch oven, leaving a little opening. Simmer for about 20 to 30 minutes or until the lentils are very tender and cooked through, but still intact.
3. Turn off the heat and stir in the baby spinach, parsley, and a splash of red wine vinegar. Taste and season with more vinegar, salt, and pepper to your liking. Transfer to serving bowls and finish with a drizzle of olive oil and Parmesan cheese, if using.



45 Minutes



4 People

From: themediterraneandish.com