



PLANT-BASED RECIPES INSPIRED BY ASIA

SIMON HILL

Creator of The Proof Podcast and
author of The Proof is in the Plants

THE PROOF[®]

CONTENTS

INTRODUCTION 2

A Note From Me	3
The Proof Is In The Plants	4
Friends Of The Proof	5

PLANT-BASED RECIPES INSPIRED BY ASIA 6

Hotel Komune, Bali	7
Tofu Scramble	8
Tempeh Curry	9
Mushroom Curry	10
Turmeric Spice	11
Vegan Pumpkin Pancakes	12
Part 1: Dosa Batter	13
Part 2: Garam Masala	14
Part 3: Potato Masala	15

ADDITIONAL RESOURCES 16

Additional Resources To Support The Proof is in the Plants	17
Plant-Based Ferments	18
Plant Performance	19
Two Week Meal Plan	20
Subscribe On YouTube	21

LET'S CONTINUE THE CONVERSATION 22

DISCLAIMER

The information found on theproof.com or any of its media platforms, and in this guide, is intended for informational and educational purposes only. Any statements made on these platforms are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult with your medical practitioner before making any changes to your current diet and lifestyle.



A NOTE FROM ME

HI FRIENDS,

It's great to have you here with me.

My name is Simon Hill—host of The Proof podcast, nutritionist, sports physiotherapist, creator of **theproof.com** blog and author of *The Proof is in the Plants*.

My philosophy is simple. We live in an environment that makes it incredibly hard to follow an evidence-based dietary pattern, an environment that in many ways sets us up for failure. Rather than waiting for this environment to change, or waiting to experience pain, I want to arm you with evidence-based solutions. This will help you better navigate the world in which we live and improve your chances of living a long, healthy life, allowing you to do more of whatever it is you love to do.

It took me a master's in Nutrition and years of research to understand the science and how our food choices are shaped. However, I believe that this information should be easily accessible to everyone.

This isn't about dietary labels or agendas. It's a space to honour science, to honour learning as a community and to encourage progress over perfection. If you want to improve your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,

Simon



THE PROOF IS IN THE PLANTS

What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too?

The good news is that evidence now shows a plant-based diet may offer us exactly that – I've done the hard work translating the science into actionable advice for everyday life.

In my first book *The Proof is in the Plants*, I bring together all the facts and advice for anyone curious about feeling and doing better through a plant-focussed diet.

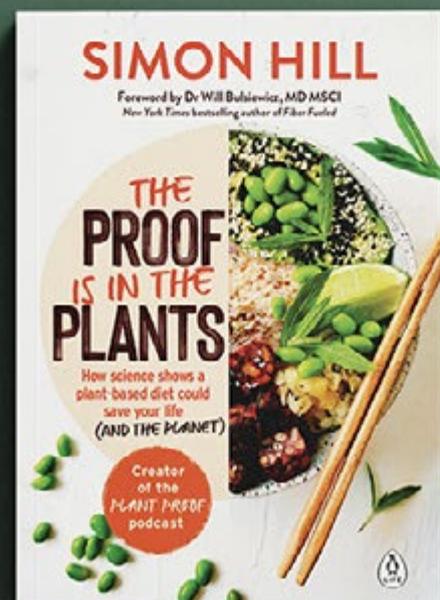
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out – and share – the agenda-free truth about the optimum diet for human health.

By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of my internationally successful The Proof podcast, I have pursued the answers to all the questions I had about fuelling our bodies with more plants. Now, in my first book, I bring it all together into one inspiring and practical guide.

It covers:

- The reasons why we're all so confused about what to eat
- The evidence showing how a plant-based diet can reduce the risks of heart attacks and strokes, type 2 diabetes, cancer and dementia
- The positive impact of plant-based living for the climate and animal welfare
- Common myths about a plant-based diet – and what the real facts are
- How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients
- Practical tips for making the shift, and much more

If you want to understand and unlock the many benefits of putting more plants on your plate, this book is for you.



**LEARN MORE
ABOUT THE BOOK**

FRIENDS OF THE PROOF

Recommendations, resources, discounts, and more — here you'll find brands and products that are Proof friendly to help you live better for longer.

Essential 8 is your must-have daily vitamin, scientifically formulated to complement your plant-focused diet. Crafted to deliver the optimal dosage of nutrients in highly bioavailable forms, Essential 8 helps you maintain a healthy immune system and supports your cardiovascular, bone, and brain health.

Each bottle contains one month's supply when taken daily. Ethically produced, backed by science, powered by nature.

Save 10% on your first order (on top of the normal subscription saving) by heading to theproof.com/friends.

**SAVE 10% ON YOUR
FIRST ORDER**



eimele™

PLANT-BASED RECIPES INSPIRED BY ASIA





HOTEL KOMUNE, BALI

Set on the lush and unspoilt East Coast of Bali, Hotel Komune Resort and Beach club is blessed with a hypnotising view of the world-famous Keramas surf break.

These recipes were crafted alongside Komune's affectionately named "Big Chef". Born from a 2-year journey of creation and experimentation, they are a labour of love that reflects Komune's passion for sustainability and their plant-based menu.

This beautiful resort is committed to reducing its environmental footprint, to do so, they compost on-site, use strategies to minimise food waste, grow much of their food, and source other ingredients locally. Komune is a flourishing community of custodians who truly care, and the recipes within reflect that.

You may notice that some of these recipes don't include specific ingredient quantities. This is because you can be creative to taste and adjust as you see fit. Don't let this scare you – we've set the foundations, and the plants will do the rest of the heavy lifting. Enjoy this exploration into Asian-inspired cuisine.

HOTEL KOMUNE

TOFU SCRAMBLE

You may have had tofu scramble before, but not like this. Coming together with ease, the bold, deep curry paste pairs with these simple vegetables to create a craving-crushing dish. Pre-baking the tofu allows it to absorb more flavour and elevates the texture to be tender and soft, not soggy or rubbery.

INGREDIENTS:

200g tofu	15g capsicum
15g Indonesian curry paste (or Madras curry powder)	Salt & pepper to taste
25g onion	Olive oil
15g mushroom	Coriander leaf

METHOD:

1. Crumble the tofu into bite-sized pieces and cook for 1min until it has a scramble-like texture.
2. Mix in the curry paste, salt, and pepper.
3. Put it on a baking tray and roast it for two minutes at 180°C (356 °F). This helps to dry out the tofu.
4. While the tofu is roasting, heat a drizzle of olive oil in a pan.
5. When the oil is hot, begin to sauté the onion, then add in the mushroom and capsicum and toss together until soft.
6. Take the tofu out of the oven and add it to your pan with the vegetables.
7. Toss everything together gently, seasoning with salt and pepper.
8. Garnish with fresh coriander leaf.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Tofu is made from soy which is an excellent vegetarian source of protein and low in saturated fat. It is also relatively high in isoflavones which are a type of antioxidant and aid in the reduction of oxidative stress within the body caused by free radicals.
- * Olive oil is a source of monounsaturated fatty acids (MUFAs), playing an important role in disease prevention. This is due to its ability to increase HDL cholesterol and decrease LDL cholesterol, therefore improving blood pressure, glycaemic control in diabetics, endothelial function, oxidative stress and more.

TEMPEH CURRY

Loaded with aromatics for a fragrant and flavourful finish, this tempeh curry is luxurious and wonderfully balanced. Coconut cream enhances the curry paste with a velvety base, the pate-like tempeh mixture offers a unique texture, and a fresh coriander garnish sings through the warm flavours.

INGREDIENTS:

200g roasted tempeh	80g yellow curry paste (Indonesian)	Cardamon
50g roasted potatoes		Star anise
25g roasted mushrooms	150ml coconut cream	Salt & pepper
5g garlic	50ml water	Fresh coriander leaf
10g shallot	Olive oil	
Large chilli (if you like spice)	Bay leaf	

METHOD:

1. Preheat your oven to 270°C (518°F).
2. Chop your tempeh, potatoes and mushroom and add them to a baking tray.
3. Roast the tempeh until golden brown, and the potatoes and mushroom until soft. Pour into a food processor and blend the mixture, seasoning with salt and pepper.
4. Remove mixture from food processor and shape into smooth strips. Grill or pan-fry until golden brown and crisp on the outside.
5. Heat some oil in a pot, and sauté the garlic, shallot, and chilli. Stir well until the mixture becomes golden brown.
6. Add in the yellow curry paste and stir well.
7. Pour in the coconut cream, with the bay leaf, star anise and cardamom.
8. Cook slowly until a curry-like texture forms. Add water if necessary. This should take approximately 10 minutes.
9. Add your grilled tempeh mixture to a plate and pour the curry sauce over the top.
10. Garnish with coriander leaf.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Bay leaves have been linked to many health benefits, much like many other herbs and spices. One specific benefit is the antioxidant properties due to phenolic compounds present. These compounds play a role in combating oxidative stress, and if consumed regularly combat inflammation.

MUSHROOM CURRY

Bolstered by hearty mushrooms and packed with plants, this cosy curry is perfect for the cooler months. This recipe is very forgiving and allows the plants to speak for themselves.

INGREDIENTS:

500g mushroom	1g turmeric (thinly sliced like hair)	2 bay leaves
20g onion		Cardamom
10g garlic	10g green chilli	Star anise
150g red tomatoes	300ml coconut cream	Olive oil
1g ginger (thinly sliced like hair)	20g masala powder	Salt & pepper
	80g yellow curry paste (Indonesian)	100ml water if necessary

METHOD:

1. Heat some olive oil in a pan. Once the oil is hot, sear the mushrooms until golden brown and crisp. Alternatively, you can roast this in the oven for a no-oil option.
2. Heat some oil in a pot and sauté the onion and garlic. Stir well until it becomes fragrant.
3. Add in the yellow curry paste and masala powder, then the ginger, turmeric, green chilli, star anise and tomatoes.
4. Stir gently, adding in the mushrooms until everything is mixed well.
5. Pour in the coconut cream, bay leaves and cardamom. Simmer over low heat until a curry-like texture forms, adding water if necessary.
6. This should take roughly 5–8 minutes.
7. Add salt and pepper.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Ginger is jam-packed with health benefits such as aiding nausea and being anti-inflammatory, which is a great help for conditions like arthritis or primary dysmenorrhea. Ginger has also been shown to help individuals with type 2 diabetes by improving insulin sensitivity and significantly lowering fasting glucose.
- * Garlic is another fabulous ingredient offering antibacterial, antimicrobial, and antifungal properties.

TURMERIC SPICE

Born in the kitchens of Hotel Komune Resort, this homemade turmeric spice sings in any Asian-inspired dish. This recipe fills the kitchen with a heavenly aroma and makes a perfect gift in jars for friends and family.

INGREDIENTS:

400g turmeric	100g garlic	30g salt
250g galangal	30g coriander seed	10g pepper
250g ginger	120g lemongrass	5g star anise
100g aromatic ginger	4g lime leaf	5g cardamom
300g shallot	200ml salad oil	

METHOD:

1. Preheat the oven to medium-high heat.
2. Add all ingredients (except star anise and cardamom) to a baking tray, drizzling the salad oil evenly across the spices. Roast for 15min at 180 °C (356°F) until soft.
3. Blend all ingredients in a food processor.
4. Cook in a saucepan on low heat for 45 minutes, until flavours are fully released.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Turmeric is another fantastic ingredient. Curcumin is the main component of turmeric and offers an array of health benefits. It has been used to support inflammatory bowel diseases, cardiovascular diseases, neurological disorders and so much more.

A quick tip: pair your turmeric with black pepper to enhance absorption.



VEGAN PUMPKIN PANCAKES

These fibre-loaded pumpkin pancakes are a satiating staple alongside savoury dishes. With a touch of sweetness thanks to the roasted pumpkin, they offer a balanced base for any time of day.

INGREDIENTS:

50g rice, soaked for 4–6 hours on the day before

200g lentils, soaked for 4–6 hours on the day before

200g roasted pumpkin, soft

Salt

Vegetable oil

Palm sugar, if you like sweetness

METHOD:

1. Put the rice in a bowl, rinse well and cover with cold water. Do the same with the lentils in a separate bowl.
2. Leave both bowls to soak for 4–6 hours. Alternatively, you can prepare this the day before and leave both bowls to soak overnight.
3. Chop up the pumpkin and place it on a baking tray. Roast at 270°C (518°F) in the oven until soft.
4. Drain the rice and lentils separately.
5. Place the rice in a food processor or blender. Add 1 cup of cold water and grind until it forms a smooth paste. This should take around 3–5 minutes (it might be necessary to do this in batches).
6. Repeat this process with the lentils.
7. Combine the two pastes in a medium mixing bowl, with the soft roasted pumpkin.
8. Whisk the mixture together, with enough water to create a medium-thick batter and add salt and palm sugar for flavour.
9. Heat a non-stick pan with a drizzle of oil.
10. Pour in the pancake dough and cook on medium heat until the bottom gets a nice golden colour. Flip the pancake.
11. When both sides are nice and golden colour, serve and enjoy!

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Pumpkin is a great source of carotene, polyphenolic compounds (packed with antioxidants), mineral components, and vitamin C.
- * Lentils are rich in fibre, folate and a great source of protein. Fibre plays a large role in the prevention of cardiovascular disease and in supporting our gut health by promoting the production of short-chain fatty acids (SCFAs).

PART 1: DOSA BATTER

Originating in South India, these fermented crepes are worth waiting for. The slightly tangy taste complements curries beautifully and is perfectly paired with the potato masala.

INGREDIENTS:

200g rice
2g fenugreek
100g urad dal (lentil)
Salt
Vegetable oil



METHOD:

1. To make the dosa batter, put the rice in a bowl, rinse well and cover with cold water.
2. Do the same with the urad dal and fenugreek seeds. Leave both bowls to soak for 4–6 hours.
3. Drain the rice and dal-fenugreek mixture separately.
4. Put the rice in a food processor or blender. Add cold water and blend until it forms a smooth paste (it might be necessary to work in batches)
5. This should take around 10 minutes. Then repeat this process with the dal-fenugreek mixture.
6. Combine the two pastes in a medium mixing bowl. Whisk together, adding enough water to create a medium-thick batter. Cover the bowl with a tea towel and leave it in a warm place.
7. Let the mixture ferment until the surface appears bubbly. This should take around 8 hours.
8. Stir in a pinch of salt. Use the batter straight away or refrigerate it for future use.
9. The batter will keep for up to a week in the fridge. Thin with water, if necessary, before use.
10. To cook the dosa, glaze the pan with vegetable oil, pour a thin film of the batter into the pan and cook until golden and crispy on low heat. Cook one side only.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Fenugreek is a powerful ingredient proven to have antioxidant effects and the ability to lower blood cholesterol and glucose levels. These benefits are attributed to the diverse collection of phytoconstituents (constituents of plant origin) such as alkaloids, saponins, polyphenols, flavonoids, lipids, carbohydrates, amino acids, and hydrocarbons.

PART 2: GARAM MASALA

I guarantee, once you've made your own garam masala, you'll never want to use store-bought again. Warm and fragrant with just a touch of heat, this homemade spice blend can be added to curries or used to level-up roasted vegetables.

INGREDIENTS:

100g cumin

35g coriander

35g cardamom

35g black pepper

25g ground cinnamon

10g cloves

10g ground nutmeg

METHOD:

1. Heat a dry skillet over very low heat.
2. Add in all the ingredients and roast the spices gently, shaking the pan occasionally.
3. Continue to heat and stir gently until the mixture is quite hot, but not burnt.
4. Pour the mixture into a blender or food processor or use a mortar and pestle. Grind into a fine powder.
5. Pour into a clean, dry jar. Let it cool before using.
6. Store the mixture in a sealed jar.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Cinnamon is another spice packed with benefits. Specifically, it has been found to have a strong effect on lowering blood pressure and fasting blood glucose levels.
- * Coriander is a widely used ingredient that has antimicrobial benefits, largely due to the monoterpenoids (such as linalool) which are responsible for many of the antibacterial, antiseptic, and antiviral properties in essential oils.



PART 3: POTATO MASALA

Simple and spiced, this cosy potato masala is a must-have in your recipe rotation. It's a golden and wholesome classic that can be served as a side or take centre stage wrapped in dosa.

INGREDIENTS:

1kg potatoes (roasted)	2g mustard seed	Curry leaf/salam leaf
30g masala powder	10g ginger	Coriander
80g onion	5g turmeric	Olive oil
15g cumin powder	20g green chilli	Salt & pepper

METHOD:

1. Cut potatoes in half or cubes, drizzle olive oil over evenly and roast in the oven at 180°C–200°C (356 °F–392°F) until cooked.
2. Heat additional oil in a pan.
3. Add in the chilli, mustard seeds, curry leaves, ginger, and turmeric. Give it a quick stir.
4. Add the onion and cook over medium heat until golden, this should take about 2–3 minutes.
5. Add the roasted potatoes followed by masala powder, cumin powder, salt, and pepper. Mix well and break potatoes apart with a spatula.
6. Take out of the pan and transfer to the plate with the warm dosa and add some fresh coriander to garnish.

SOME NUTRITION FACTS ABOUT THIS RECIPE:

- * Though they may seem small, mustard seeds are packed with antioxidants and have also been found to have anti-cancer properties. An interesting tip is that if you pair cooked broccoli with mustard seeds, it can assist in the release of sulforaphane (an anti-cancer compound) as mustard seeds are an active source of myrosinase, which is present in broccoli but denatured during the cooking process.



ADDITIONAL RESOURCES

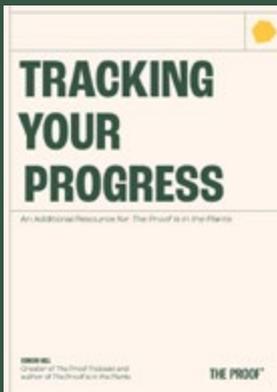


ADDITIONAL RESOURCES TO SUPPORT THE PROOF IS IN THE PLANTS



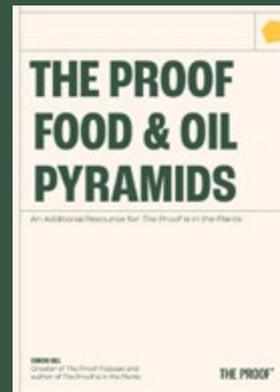
SUPPLEMENT GUIDE

Everyday and performance supplements supported by science that you may want to consider to compliment your plant-based diet.



TRACKING YOUR PROGRESS

Tools to help you track your progress as you adopt a plant-based approach.



THE PROOF FOOD AND OIL PYRAMIDS

A colour copy of The Proof food and oil pyramids.

BLOOD TEST GUIDE

The laboratory tests you should consider speaking to your doctor about to objectively monitor your health status.



PLANT-BASED FERMENTS

Simple, affordable, and super delicious recipes to help you take your fermented food game to the next level.



WHAT'S INSIDE?

No matter the diet you follow, I think we can all agree that nourishing our microbiome and doing what we can to promote a strong gut lining is critical to achieving our best health. Central to this is eating a wider diversity of plants to provide prebiotic fuel for our lovely gut bugs and of course, regularly consuming probiotic-rich fermented foods. The latter is what this book aims to help you with. Goodbye inflammation, hello healthy gut!

GET YOUR COPY

TWO WEEK MEAL PLAN

Experience the benefits of eating more plants.



WHAT'S INSIDE?

- Simple, delicious and nutritionally-balanced recipes created by a nutritionist
- Daily breakfast, lunch, snack and dessert recipes for 2 weeks
- Shopping list for easy preparation
- Complete nutritional breakdown for each recipe

**A ZERO-COST
RESOURCE**

GET YOUR COPY

SUBSCRIBE ON YOUTUBE



Keep up to date on all the latest episodes and get exclusive access to added visuals, studies and more on The Proof YouTube Channel.

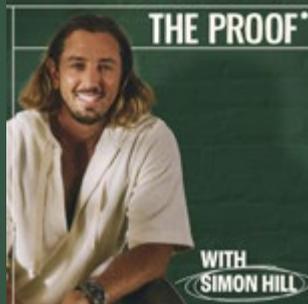
SUBSCRIBE

LET'S CONTINUE THE CONVERSATION

I'd love this to be just the start of our friendship. Please connect with me on the socials to keep the good times rolling.

HAVE A LISTEN

Search 'The Proof Podcast' on your favourite streaming platform



VISIT SIMON'S RESTAURANT, EDEN BONDI

 eden_bondi

E EDEN

100% PLANT-BASED
Restaurant & Bar

LET'S CHAT

- | | |
|--|---|
|  simonhill |  nutritionscientist |
|  theproof |  theproofwithsimonhill |
|  theproof |  theproofwithsimonhill |
| |  theproofclips |



SPECIAL THANKS TO...

CREATIVE DIRECTION AND GRAPHIC DESIGN:

Chloe Gordon @madeby.chloe

THE PROOF IS IN THE PLANTS FRONT COVER IMAGE:

Styled and shot by Alison Buchanan

FOOD PHOTOGRAPHY AND STYLING:

Sally O'Neil @thefitfoodieblog

PHOTO CHEF:

Sarah Mayoh @msmayohnaise

PERSONAL PHOTOGRAPHY:

Charles Grant @charlesgrant_

Zac Heath @zacheath

THE PROOF[®]

theproof.com

COPYRIGHT NOTICE

© SIMON HILL 2021. PUBLISHED BY THE PROOF PTY LTD

All rights reserved. Without limiting the rights under copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a database and retrieval system or transmitted in any form or any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of both the owner of copyright and the above publishers.