



## Shileo - Recipes

# Fruit salad

Fruity semolina pudding in konjac rice



## Zutaten

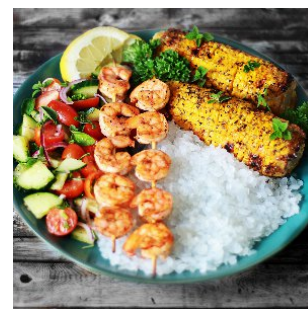
- 500 ml almond drink
- 140 g dried konjac rice
- 80 g erythritol
- 2.5 teaspoon cinnamon
- raspberries, cherries, strawberries, coconut chips, cashews

## Anleitung

- 1** First crush the konjac rice in a mixer until it has reached the desired grain size.
- 2** Now put the almond drink into a pot, warm it up and stir in erythritol and cinnamon.
- 3** Pour the konjac rice into the pot and stir well to avoid the formation of lumps.
- 4** When the desired consistency for the semolina porridge is reached, remove the pot from the heat and serve and enjoy the semolina porridge with fruits of your choice.

# Konjac with Friends

Crunchy cucumber and tomato salad on crispy corncobs, shrimp skewers and konjac rice



## Zutaten

- 140 g dried konjac rice
- 2 corncobs
- 20 king prawns defrosted
- 1 cucumber
- 100 g cocktail tomatoes
- 1 red onion
- 6 stems fresh chives
- 2 stems fresh parsley
- Salt, pepper, oregano, paprika powder
- 2 tablespoon spirit vinegar
- 2 tablespoon olive oil

## Anleitung

- 1** Boil the konjac rice in salted water boiling point and then set aside.
- 2** Cook the corncobs, also boil and then marinate with some olive oil, salt, pepper and marjoram. Then put them on the grill.
- 3** Remove the shell from the prawns and marinate them with some oil, salt, pepper and paprika powder. Then place on a wooden skewer and grill.
- 4** For the tomato-cucumber salad, cut the onion, cucumber and tomatoes into thin rings and put them into a mixing bowl.
- 5** Then add 2 tablespoons olive oil and 2 tablespoons brandy vinegar, mix well and season with salt and pepper.
- 6** Finally, chop parsley and chives finely and add them to the salad.
- 7** Last but not least, take the corncobs and the prawn skewers off the grill and enjoy with konjac rice and salad.

# Pina Colada Crème

Fruity coconut-pineapple cream with konjac flour



## Zutaten

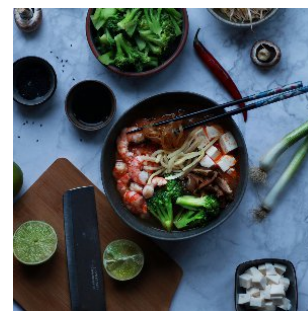
- 400 ml organic coconut milk (60% coconut)
- 1 pineapple
- 1 dash of lemon
- 40 g erythritol
- 100 ml water
- 15 g konjac flour

## Anleitung

- 1** Peel the pineapple, cut it into small pieces and process it into a puree and put aside.
- 2** Pour the coconut milk into a tall mixing bowl and puree with 100 ml water.
- 3** Add half of the pineapple puree to the coconut milk and mix again. Then season with erythritol and a dash of lemon.
- 4** Add the konjac flour and blend again with a blender until a homogenous, creamy consistency is obtained.
- 5** Fill the cream into glasses and arrange with the remaining pineapple puree, fresh cherries or coconut flakes.

# Rama-Lama-Dingdong

Tasty ramen soup elaborated with konjac pasta



## Zutaten

- 6 nests of dried konjac pasta
- 1 liter of water
- 1 bunch of greens
- 200 g Black Tiger Shrimps in shell
- 100 g silk tofu
- 100 g broccoli
- 100 g bean sprouts
- 50 g bamboo sprouts
- 10 g dried Mu-Err mushrooms
- 20 g dried shiitake mushrooms
- 1 spring onion
- 1 teaspoon red curry paste
- 10 ml soy sauce
- Salt, pepper
- 1/2 lime

## Anleitung

- 1** For the broth remove the head and shell of the Black Tiger Shrimps and put them aside.
- 2** Cut the soup greens into small pieces with the shrimp shells and the heads in one liter of salted water and boil for at least two hours. Then skim off the shells and vegetables so that only the broth remains. Add a tablespoon of curry paste, stir and continue cooking at a low heat.
- 3** Place the shiitake and Mu-Err mushrooms in warm, salted water for two hours and leave to stand.
- 4** Meanwhile prepare the remaining ingredients. Wash the broccoli, divide into florets and steam in salted water. Alternatively, the broccoli can be defrosted in the microwave.
- 5** Cut the silk tofu into small cubes and cook the konjac pasta in salted water. Drain and set aside.
- 6** Cut the spring onion into thin slices.
- 7** Take the mushrooms out of the water bath and dab dry with a kitchen towel. Then cut them into strips.
- 8** Put the bamboo sprouts in a kitchen sieve, rinse with cold water and strain.
- 9** Now prepare all the ingredients and bring the vegetable stock to a boil on the highest level.
- 10** Put the desired ingredients in a high ramen bowl, add the broth and refine with lime juice and soy sauce and spring onion as you like.

# Fudgy Konjac Donut

Soft donuts with konjac flour and sugar-free chocolate glaze



## Zutaten

- 400 ml almond drink
- 150g erythritol
- 80 g soy flour
- 35 g coconut flour
- 3 g konjac flour
- 15 g coconut oil
  
- 3 g psyllium husks
- 1 egg
- Vanilla bean pulp
- 125 g sugar-free dark chocolate

## Anleitung

- 1** Put all the dry ingredients into a large mixing bowl and mix together. Then add egg, coconut oil and almond drink and mix until a creamy mixture is obtained.
- 2** Pour the dough into a greased donut or bagel silicone mold and bake at 200 degrees for 15-20 minutes and let cool down well.
- 3** Crush the chocolate and melt in a bowl over a water bath.
- 4** Dip the donuts into the chocolate and let them dry on a grid.
- 5** Tip: The chocolate sticks better to the donut if you store it in the fridge 10 minutes before

# Konjac Lo Mein

Asian konjac noodle pan with vegetables and roasted turkey breast fillet



## Zutaten

- 6 nests of dried konjac pasta
- 250 g mushrooms, brown
- 125 g turkey breast fillet
- 100 g bean sprouts
- 1 red pepper (approx.150 g)
- 1 zucchini, medium size (approx. 300 g)
- 2 spring onions (approx. 35 g)
- 1 teaspoon red curry paste
- 1 garlic clove
- 1 teaspoon sesame oil
- 1 teaspoon Sesame
- 1 teaspoon black cumin
- 10 ml soy sauce
- fresh ginger

## Anleitung

- 1** Bring konjac pasta to the boil in salted water, then pour into a sieve and drain.
- 2** Slice the mushrooms and fry them in a pan with a little oil. Season to taste with salt and pepper. Then put them into a bowl and put aside.
- 3** Cut the zucchini and peppers into strips and also fry them in the pan with oil and season to taste with salt and pepper. Add the bean sprouts and let them cook at medium heat with closed lid.
- 4** Peel and finely chop the ginger and put it in a small bowl. Put the garlic clove in a press and press it into the peel. Press the juice of the lime into it and mix with soy sauce and the desired amount of curry paste. Then pour everything into the pan and add 100ml of water.
- 5** Put the konjac pasta into the pan, season with sesame oil, mix well and divide into bowls.
- 6** Cut the turkey breast fillets into thin strips, sear them with oil and season with salt, pepper and curry powder.
- 7** Finally, finely chop the spring onions, spread them with turkey breast on the shells and serve with fresh sesame seeds.

# Sexy Sweetheart

Fruity konjac rice bowl with berries, nuts and seeds



## Zutaten

- 140 g dried konjac rice
- 600 ml almond drink
- Vanilla bean pulp
- 50 g erythritol
- 200g soy yoghurt

### Toppings:

- 25 g strawberries
- 60 g blueberries
- 30 g raspberries
- 30 g blackberries
- 20 g kiwi berries
- 25 g Brazil nut kernels
- 20 g hemp seeds
- 20 g dried mulberries

## Anleitung

- 1** Put konjac rice and almond drink in a pot. Add the pulp of the vanilla bean and erythritol and cook on a low heat with the lid on for 30 minutes. Stir occasionally.
- 2** Stir in the soy yoghurt and place in a bowl.
- 3** Top the rice pudding as desired with berries, nuts and seeds and enjoy.



# Konjac Maki Sushi

Juicy Makis and Inside Outs with konjac rice



## Zutaten

- 3 nori leaves
- 140 g dried konjac rice
- 100 g smoked salmon slices
- 1/2 avocado
- 1/2 red pepper
- 1/4 cucumber
- 2 leaves Pak Choi
- Wasabi paste
- Black cumin
- Cress or red radish sprouts

## Anleitung

- 1** This is how it gets sticky: First, prepare the konjac rice. In order to do so, put 140 g of dried konjac rice into 500 l of salted water and cook at low heat for 1 hour. Stir occasionally. When the rice has absorbed most of the liquid, bring the rice to the boil again on high heat so that the remaining liquid disappears. Place the konjac rice in a bowl and let it cool down for 20 minutes. Stir from time to time. Then place in the refrigerator for another 20 minutes.
- 2** Now the rice should be nice and sticky and can be processed to Sushi. For this purpose, put a Nori leaf on the roll mat and put the rice on it. Spread the rice so that the edges of the nori leaf are at least one centimeter free. If you like, you can now spread some wasabi paste on the rice bed.
- 3** Now cut avocado, paprika, pak choi and cucumber into thin strips. Take the smoked salmon out of the package as well and cut it into the desired shape. Now spread the desired ingredients on the lower third. Optionally sprinkle with cress or black cumin. Then the sushi roll can be rolled up carefully.
- 4** Cut the whole thing into strips and serve with some soy sauce and wasabi paste or pickled ginger.

# Konjac Rainbowl

Fruity spirulina - Konjac rice pudding



## Zutaten

- 140 g dried konjac rice
- 600 ml almond milk
- 50g erythritol
- 40g blue spirulina powder
- 200g soy yoghurt, unsweetened

### Toppings:

- 2 teaspoons linseed
- 60 g raspberries
- 100 g kiwi berries
- 30 g macadamia nuts
- 10 g almonds
- 10 g pumpkin seeds
- 10 g pecan kernels

## Anleitung

- 1** Cook the konjac rice in the almond drink at low heat with the lid on for 30 minutes. Stir occasionally and season with erythritol.
- 2** Let the konjac rice cool down, then fold in soy yoghurt and spirulina powder and stir well.
- 3** Place the konjac rice in a bowl and serve with the desired toppings.

# Pasta Pomodoro with crispy beans

Konjac noodles with fruity tomato sauce and crispy beans



## Zutaten

- 6 nests of dried konjac pasta
- 400g needle bans
- 1 can of strained tomatoes
- 200 g fresh tomatoes
- 1 small onion
- 1 clove of garlic
- 2 tablespoons of tomato paste
- 50 ml olive oil
- Salt, pepper
- Herbes de Provence
- 40 g grated gouda

## Anleitung

- 1** For the tomato sauce, cut the onion into small cubes and fry them in the pan with a little oil until they are glassy. Press the garlic clove and add it as well. Then deglaze with strained tomatoes.
- 2** Add the tomato paste and stir in. Cut the tomatoes into small cubes and add them to the sauce. Finally season to taste with salt, pepper and herbs and cook for 20 minutes at low heat.
- 3** Wash the beans with cold water, dab with a kitchen towel and put them on a baking tray. Drizzle the beans with oil and season with salt and pepper. Then bake them in the oven at 200 degrees for 20 minutes until they are crispy.
- 4** In the meantime, cook the konjac pasta in salted water, strain and serve with tomato sauce and beans.
- 5** You can add grated cheese if you wish.

# Zoodely-Doodely

## Low-Carb Konjac and Courgettes Noodles Salad



### Zutaten

- 200g Shileo Konjac pasta,
- 3 large courgettes,
- 3 tablespoons ground almonds,
- 100g rocket,
- 100g parmesan,
- 150g yoghurt (3.8% fat),
- salt , pepper

### Anleitung

- 1** Boil the konjac noodles over a medium heat in lightly salted water for about 10 minutes.
- 2** Wash the zucchini and cut into a spaghetti shape (Zoodles) with a spiral cutter. Then roast the almonds briefly in a pan without oil.
- 3** Peel garlic and chop it into fine cubes. Put the roasted almonds, garlic, parmesan and yoghurt in a jar and puree with a blender.
- 4** Season with salt, pepper and lemon juice.
- 5** Just before the end of the cooking time, add the Zoodles to the Konjac noodles and cook for 2 minutes.
- 6** Drain off and let cool briefly. Put the arugula under the Zoodlesalat.
- 7** Arrange and enjoy with the almond yoghurt sauce.

# Angkor What?

## Low-Carb Asian Noodles



### Zutaten

- 300g Shileo Konjac pasta,
- 300g smoked tofu,
- 4 carrots,
- 500g mushrooms,
- 500g broccoli,
- 4 tablespoons soy sauce,
- 2 tablespoons no-calorie erythritol sugar,
- 1 large red onion,
- 1 clove of garlic,
- 1 tbsp Tomato paste,
- 1.5 tbsp sesame seeds,
- half a lime,
- salt, pepper

### Anleitung

- 1** Boil the konjac noodles in lightly salted water for about 10 minutes. Meanwhile cut carrots into strips.
- 2** Divide the broccoli into bite-sized pieces and lightly sauté with the carrots in a pan with a little water.
- 3** Slice the mushrooms and brown them with the cubed tofu, chopped onion and garlic clove in a separate pan.
- 4** Add tomato paste, erythritol sugar, sesame seeds and soy sauce. If necessary, dilute with a few tablespoons of water.
- 5** Season with salt and pepper. Finally, add the sautéed vegetables and pasta to the pan.
- 6** Stir and serve, garnished with the sesame seeds and herbs, and drizzle with the juice from the lime. Enjoy!

# Little Miss Sunshine

Low-Carb Milk Rice



## Zutaten

- 210g Shileo Konjac rice,
- 75g non-calorie erythritol sugar,
- the pith of a vanilla bean,
- juice of an organic lemon or orange,
- 0.5L low-fat milk or vegan alternative,
- for garnishing: berries and / or cinnamon.

## Anleitung

- 1** Place konjac rice with 750mL of water in a pan and cook on a medium heat for 15 minutes. Then drain and rinse briefly under running warm water. Then put the precooked rice back into the pan.
- 2** Add the milk, spices, lemon or orange and sugar.
- 3** Cook everything together on a low heat with the lid closed for a further 15 minutes, stirring occasionally. Then cool the rice pudding on the stove with the lid closed and serve with fruit or cinnamon.