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Vegan / Vegetarian Awareness Month

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Are you into doing the Vegan or Vegetarian thingy? Do you like knowing where your food comes from and how it is grown? [Tandoor Chef](#) Products are authentic recipes of India and are certified vegan/vegetarian and offering great options for your dining pleasure.

Vegan/Vegetarian Awareness Month

Tandoor Chef was kind enough to send me vouchers for 2 meals. One Tandoor Chef 4 Samosa and one Palak Paneer. These dishes look quite appetizing on the package as well as the ingredients used to prepare them. I try to only eat [healthy](#)/all natural foods because I have found that some meats affect me differently than they used to. So I try to limit my consumption of meat to just one meal a day if I eat it at all.



Tandoor Chef Samosa & Palak Paneer

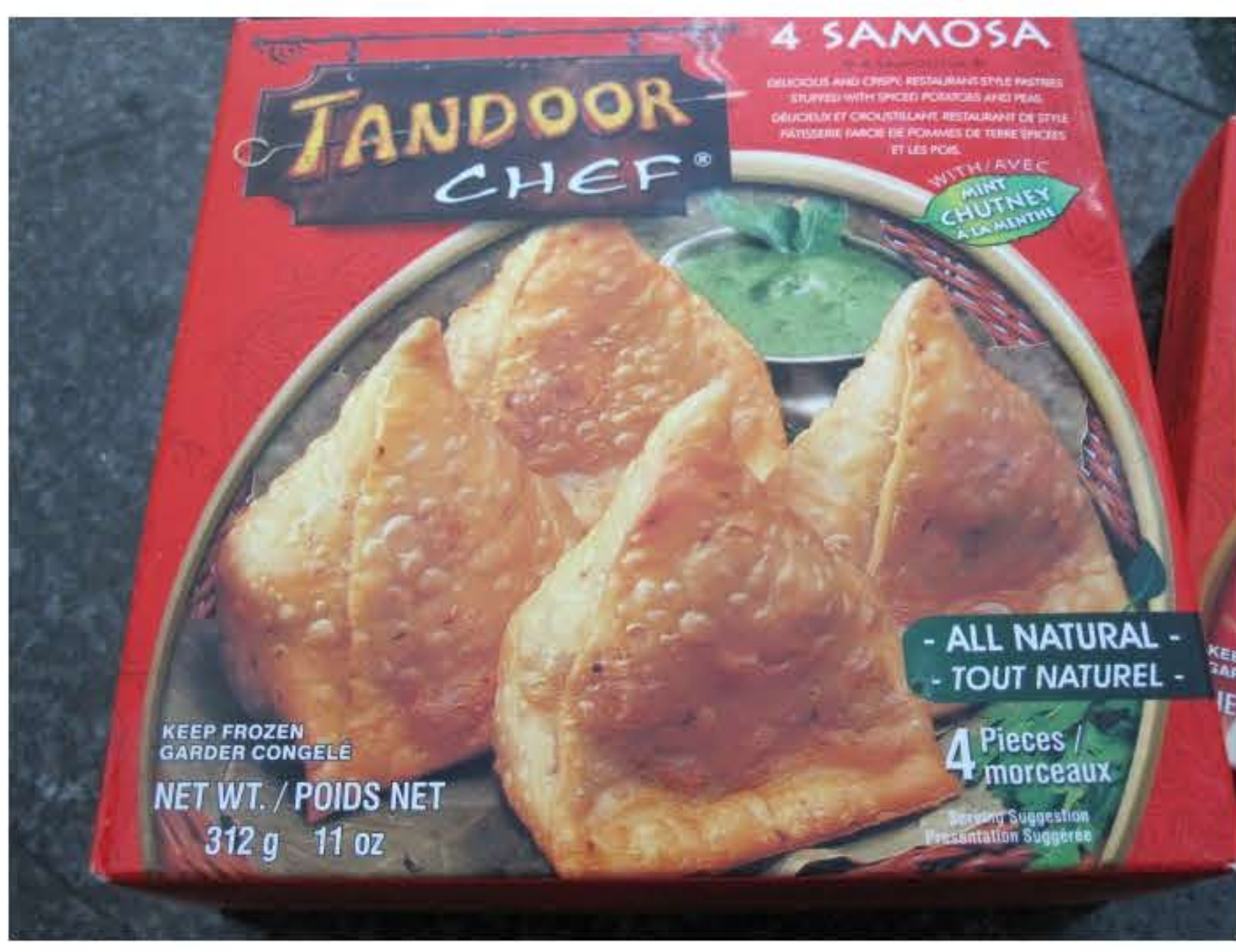
Tandoor Chef Palak Paneer is spinach with homemade styled cheese simmered and sautéed in an enticing savory sauce, gluten free and is all natural. I like spinach so this dish looks like I will really enjoy it. The Tandoor Chef Samosa also looks appetizing because it is a delicate crispy pastry filled with spiced potatoes and peas and comes with mint chutney for dipping.

Tandoor Chef prides itself in using only 100% all natural ingredients, no artificial colors or dyes and plenty of [healthy](#) herbs and spices. I first tried the Tandoor Chef Palak (SAAG) Paneer entrée. Paneer is a home made style of cheese made from milk and vinegar and Palak is fresh cooked spinach. I ate Palak Paneer with Naan bread but also ate alone to just savor the taste.

Palak Paneer is a traditional dish from India and one of the best loved vegetarian dishes. Besides being tasty, Tandoor Chef Palak Paneer is also very nutritious, full of 17g of protein, 8g of fiber and fresh veggies like spinach, broccoli, onions, tomatoes and garlic.



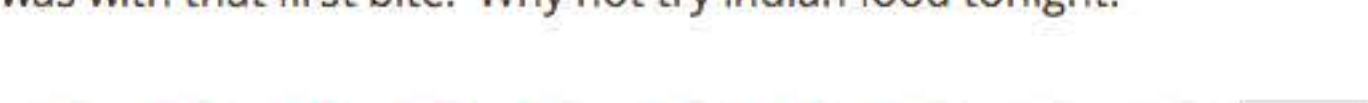
Ok, now I wanted to try Tandoor Chef's SAMOSA. These cute crispy pastries look heavenly because I like crunchy food and potatoes and peas. Potatoes are a comfort food don't ya know. Tandoor Chef SAMOSA is easy to prepare, simply defrost in the microwave for a minute or less then bake at 350° for 15 to 18 minutes or deep fry for 2½ to 3 minutes. Along with the SAMOSA comes mint chutney for dipping.



The Tandoor Chef's SAMOSA smelled wonderful as they baked and of course I was ready to chow down when they came out of the oven. The pastry is crunchy and quite tasty. Usually baked foods are not real crunchy but Tandoor Chef Pastries are really great. I tried the mint Chutney, a red sauce as well as a typical ranch style dressing and liked all the sauces. So you don't have to limit your choices of sauces – let your imagination run wild and dip Tandoor Chef SAMOSA in your favorite sauce.

September is Vegetarian Awareness month and is a good time to try [Tandoor Chef](#)'s variety of options and to boot they are certified vegetarian/vegan. Check out Tandoor Chef for your local stores that carry Tandoor Chef Products. I found mine in an Earth Fare store. Then check out [Facebook](#), [Twitter](#), [YouTube](#) which has some interesting videos on how they make Naan, [Pinterest](#) and [Instagram](#) for all sorts of interesting information about the company and the products.

If you are a Vegan or Vegetarian do like I did and try Tandoor Chef. I am sure you will be as pleased as I was with that first bite. Why not try Indian food tonight.



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