



Breakfast Bars



Vegetarian Lasagna



Fruity Cheesecake

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Carrot & Coriander Soup



Chilli Con Carne



Fruity Flapjack

spring

Breakfast Bars

Ingredients

200g stoneground wholemeal flour
75g light muscavado sugar
2 tsp baking powder
1 tsp cinnamon
1 tsp mixed spice
1/2 tsp ground ginger
150g rolled oats
160g dried apricots, finely chopped
160g dates
70g pumpkin seeds
100ml unsweetened apple juice
3 eggs
2 tsp (30ml) vegetable oil

Method

- Pre-heat the oven to gas mark 6/200°C/400°F.
- Place the flour, sugar, baking powder and spices in a large mixing bowl and mix well.
- Then add the oats, apricots, dates and pumpkin seeds.
- In a separate bowl mix the apple juice, eggs and vegetable oil together and then add to the flour mixture and stir well until mixed.
- Pour the mixture into a lined cake tin and press the mixture firmly down.
- Bake in the oven for 15-20 minutes until lightly brown.
- Allow to cool in the tin before cutting into bars.

- Makes 10-12 bars

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Chilli Con Carne

Ingredients

1 tbsp (15ml) vegetable oil
2 cloves garlic, crushed
1 onion
500g lean minced meat
400g tin of tomatoes
2 red/green/yellow peppers, deseeded
2 courgettes
4-5 mushrooms
1 small tin of kidney beans in water
1 small tin of baked beans
2 fresh chillis
1/2 tube tomato puree, or enough to nicely cover
all the mixture

Method

- Heat the oil in a large pan and add the mince. Cook until brown right through.
- Add the onions, garlic and chilli until soft, then add the peppers, courgettes and mushrooms and cook for a further 2 minutes.
- Add the tomato puree until all the meat and vegetables are covered, then add the tinned tomatoes. If needs be, add a small amount of water to the mixture.
- Bring to the boil and then add the kidney beans and the baked beans and simmer for 30 – 40 minutes.
- Serve with wholegrain rice and salad.

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Perfect Pasta

Ingredients

200g/7oz pasta shapes
175g/6oz broccoli
2 chicken breasts, cooked
4 tbsp (60ml) honey
2 tbsp (30ml) rice vinegar
2 tbsp (30ml) soy sauce
1 tbsp (15ml) vegetable oil
150g/5oz sweetcorn
2 spring onions

Method

- Cook the pasta shapes according to the packet instructions. Add the broccoli for the last three minutes.
- Shred the cooked chicken into bite-sized pieces. Remove any bits of skin.
- Carefully slice the spring onions.
- Make a dressing by mixing together the honey, vinegar, soy sauce and sesame oil.
- Mix together the pasta, broccoli, chicken, spring onions, sweetcorn and the dressing.
- Your pasta salad is now ready to eat.

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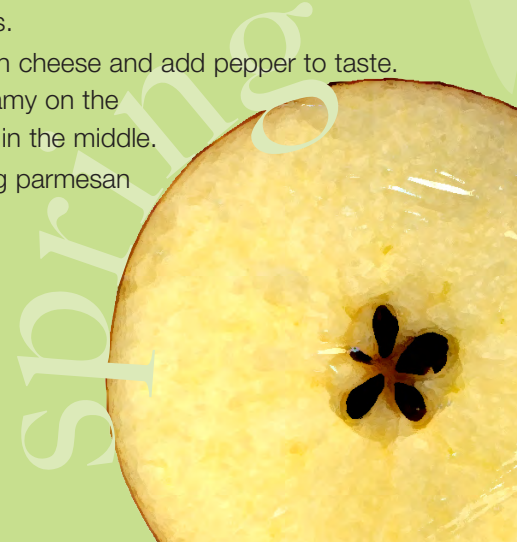
Vegetable Risotto

Ingredients

1½ pints of vegetable stock
1 tbsp of vegetable oil
1 a small onion, diced
1 garlic clove
250g of arborio rice
50g cup of parmesan cheese
1 red peppers
1 carrot
1 small tin of peas

Method

- Heat the stock in a saucepan and keep hot over a low heat.
- Heat the oil in a separate pan and cook the onion and garlic until translucent.
- Add the rice to the onion mixture, stir and turn the heat down low. Add about 1 cup of the hot stock to the rice mixture and stir until the stock is absorbed.
- Continue to add the stock 1 cup at a time stirring slowly letting the rice absorb the stock before adding more. Add the shredded carrots, peppers and peas.
- Stir in half of the parmesan cheese and add pepper to taste. The risotto should be creamy on the outside and slightly firmer in the middle.
- Garnish with the remaining parmesan and serve hot.



Holishkes (Stuffed Cabbage Rolls)

Ingredients

14-16 cabbage leaves
1 lb (450g) ground beef
2 oz (50g) uncooked rice
1 onion, finely chopped
1 grated carrot
1 egg beaten

For the Sauce:

4 tablespoons/ 2 fl oz (55ml) lemon juice
4 oz (110g) brown sugar
400ml can tomato juice

Method

- Pre-heat oven to gas mark 4/350°C/180°F
- Boil cabbage leaves for 5 minutes.
- Combine the beef, rice, onions, carrot and egg.
- Place mixture into the centre of the cabbage leaves, roll and tuck up ends.
- Place all of the sauce ingredients in a bowl and mix together. Place in the bottom of a shallow oven proof dish.
- Put the cabbage rolls on top of the sauce and bake for approximately 30 minutes.

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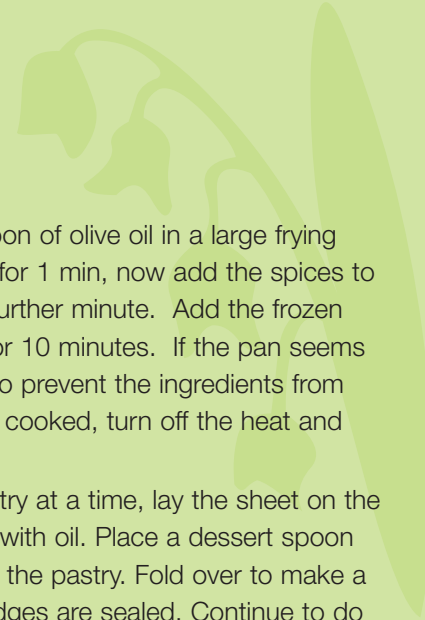
Vegetable Samosas

Ingredients

1 packet of filo pastry
Vegetable oil
1 tsp coriander powder
1 tsp cumin powder
1tsp garam masala
1tsp turmeric powder
250g frozen vegetables
1 onion finely chopped

Method

- To make the filling heat 1 tablespoon of olive oil in a large frying pan or wok. Fry the onion gently for 1 min, now add the spices to the pan and continue to fry for a further minute. Add the frozen vegetables, stir, cover and cook for 10 minutes. If the pan seems dry and a small amount of water to prevent the ingredients from sticking. When the vegetables are cooked, turn off the heat and allow the mixture to cool.
- Working with one sheet of filo pastry at a time, lay the sheet on the work surface and brush sparingly with oil. Place a dessert spoon full of the mixture at one corner of the pastry. Fold over to make a triangle shape, making sure the edges are sealed. Continue to do this until all the filling is used.
- Place the samosas on a baking tray, lightly brush them with oil, and bake in a preheated oven at 200C (400F) for eight to ten minutes or until coloured. Remove from the oven and serve.



Carrot & Coriander Soup

Ingredients

Vegetable oil

1 onion, finely chopped

2-3 large carrots, chopped

1 pint of vegetable stock (1 stock cube)

A handful of fresh coriander, roughly torn

Method

- Heat the oil in a pan and sweat the onions.
- Add the carrots and the stock and simmer until the carrots are soft.
- Add the coriander.
- Blitz the mixture until smooth with a blender.
- Return to the pan, season to taste and gently reheat.
- Serve with crusty bread.

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Fruity Cheesecake

Ingredients - Base

6 Oz (175g) sweet oat biscuits
2 oz (50g) butter, melted
2 Oz (50g) Coarsely chopped toasted hazelnuts

Ingredients - Filling

12 oz (350g) fromage frais
12 oz (350g) low/medium fat curd cheese
3 large eggs
6 oz (175g) caster sugar
1 tsp pure vanilla extract

Ingredients - Topping

1¹/₂ lb (700g) fruit of your choice
(or tinned fruit in juice if using)

Method

- Begin by crushing the biscuits and then mix with the melted butter, stirring in the hazelnuts.
- Now press the mixture into the base of the tin and pop it into the fridge to firm up whilst the filling is being made.
- Meanwhile, in a large bowl, combine the curd cheese, fromage frais, eggs, sugar and vanilla, using an electric hand whisk to beat everything together until silky smooth.
- Now pour the mixture over the biscuit base and place on the centre shelf of the oven and cook for 30 minutes.
- Leave the cheesecake to cool until cold (prevents cracking) and then transfer from the tin to a plate, cover and chill until needed.
- For the topping, weigh out 8 Oz (225g) of fruit into a bowl and if using, and puree this in a food processor and then pass through a thin sieve to remove any seeds.
- Arrange the remaining fruit over the surface of the chilled filling and base, spooning over the puree. Alternatively, if tinned fruit is used, spread out over the top of the filling.
- Pre-heat oven to gas mark 2, 300 F (150 C).
- You will also need a 9 inch (23cm) cake tin.

Fruity Flapjack

Ingredients

8oz (225g) dates

1 finely chopped pear

1 finely chopped apple

8oz (225g) oats

(add more oats if the mixture is too wet)

100g glace cherries

100g sultanas

2 tbsp of apple juice

Method

- Pre-heat the oven to gas mark 5/190°C/375°F.
- Simmer the dates in a large pan with a little water for about 10 minutes (or until soft and mushy). Keep adding a little water if the dates start to stick.
- Add all the other ingredients, except the oats, and mix well.
- Add the oats (more if needed) and stir well until all the ingredients are mixed together.
- Spread the mixture firmly into a lined or greased baking tray and bake for 20 – 25 minutes.
- Allow to cool before cutting into squares.

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Vegetable Lasagne

Ingredients

10-12 Strips of Lasagne
2 Onions, peeled and finely chopped
1 Clove of garlic
12oz (350g) mushrooms
12oz (350g) courgettes
Mixed herbs
1lb (450g) tomatoes
1tbsp (15ml) tomato puree
salt and pepper to taste

For the sauce:

1½ oz (40g) flour
1½ oz (40g) margarine
¾ pint (425ml) milk (semi skimmed/skimmed)
4 oz (110g) grated cheese

alternatively use a packet of white sauce

Method

- Pre-heat oven to Gas mark 4/ 180°C/ 350°F
- Gently fry the finely chopped onion in the oil for a few minutes to seal in the flavour.
- Add the mushrooms and courgettes and fry for a few minutes until softened.
- Add the herbs, tomatoes and tomato purée.
- Cover the pan and cook for 10 - 15 minutes so that the flavours have a chance to blend. Then season to taste.
- Meanwhile prepare the sauce. Melt the butter in a small saucepan and stir in the flour. Cook the roux for 2 - 3 minutes, then pour over the milk.
- Bring it to the boil, stirring constantly and cook for 5 minutes over a gentle heat.
- Lightly grease a 2.3L/4pt ovenproof dish and put in a layer of vegetable sauce. Cover with Lasagne and then a layer of cream sauce.
- Repeat these layers ending with a layer of cream sauce.
- Cover with grated cheese and bake for 35 - 40 minutes when the cheese should be bubbling and golden. Serve immediately.

Vegetable Spring Rolls

Ingredients

1 packet filo pastry

Vegetable oil

100g (3½ oz) bean sprouts

1 large carrot peeled and cut into matchsticks

1 courgette cut into batons same size

½ red and ½ yellow pepper cut into thin strips

1 small red onion peeled and thinly sliced

1 tsp of ginger

1 clove garlic (crushed)

1 ½ Tbsp Soya sauce

5g (¼ oz) chopped coriander

2 tsp runny honey

Method

- To make the filling, heat a wok on the stove and then add little oil. Saute the ginger, garlic, onion, carrot, pepper and courgettes in the hot pan.
- After a minute or so, add the bean sprouts and cook quickly.
- Finally, add the chopped coriander, soy sauce and honey to taste and allow to cool.
- Working with one sheet of filo pastry at a time, lay the wrapper on the work surface and brush sparingly with oil. Lay a little of the mixture along one of the shorter edges then roll up the wrapper to make a long thin spring roll about finger thickness. Continue to do this until all the filling is used.
- Place the rolls on a baking tray, lightly brush them with oil, and bake in a preheated oven at 200C (400F) for eight to ten minutes or until coloured.
- Remove from the oven and serve.



Carrot Cake

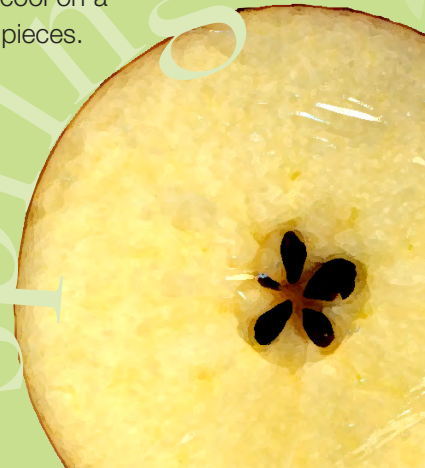
Ingredients

8oz (225g) wholemeal self-raising flour
1 tsp baking powder
3 oz (150g) soft brown sugar
2oz (50g) walnut pieces
2oz (50g) sultanas
(150g) carrots, grated
2 bananas, mashed
1/2 tsp cinnamon
2 eggs
150 ml/1/4 pint vegetable oil

Method

- Pre-heat the oven to gas mark 5/190°C and grease a 11" x 7" cake tin.
- Sift the flour, baking powder and cinnamon into a bowl and stir in the sugar.
- Then add the walnuts, sultanas, carrots and bananas.
- In a separate bowl, beat together the eggs and oil and then add to the dry mixture and stir well.
- Pour the mixture into the prepared cake tin and bake for 45 mins – 1 hour until firm to touch.
- Remove from the tin and allow to cool on a wire rack before cutting into large pieces.

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Mini Meatballs with Tomato Sauce

Ingredients - Meatballs

450g/1lb lean minced beef
1 apple – peeled and grated
50g/2oz fresh breadcrumbs
30ml/2tbsp cold water
1 chicken stock cube -
finely crumbled
Flour
1 onion – finely chopped
1tbsp chopped fresh parsley
Black pepper to season
30ml/2tbsp vegetable oil

Ingredients - Sauce

30ml/2tbsp vegetable oil
175g/6oz red pepper – diced
Pinch brown sugar
1tbsp soy sauce
1 tin chopped tomatoes – drained
1½ chicken stock cubes dissolved in
900ml/1½ pint boiling water
4 fresh, ripe tomatoes – skinned,
deseeded and chopped
175g/6oz carrots – diced
1 onion – chopped
Black pepper
2 tbsp tomato sauce

Method

- Mix together all ingredients for meatballs apart from the oil in a large bowl.
- Dip hands in flour and roll mixture into about 20 balls. Cover mixture in flour.
- Heat oil in frying pan and sauté meatballs for about ten minutes until brown and sealed.
- To prepare sauce, heat 15ml of oil in frying pan, add diced carrots, sauté for two minutes. Add red pepper, sauté for another four minutes and then set aside.
- Heat remaining oil in pan, sauté onion for two minutes, add fresh and tinned tomatoes and cook for four minutes.
- Stir in soy sauce, tomato sauce, chicken stock, sugar and season. Cook for one minute.
- Add diced vegetables, cook for two minutes, then add meatballs.
- Transfer to casserole dish and cook in preheated oven 180°C/350°F/gas mark 4.

Vegetable Quiche

Ingredients - for pastry

6oz (175g) wholemeal flour
3oz (75g) margarine
3 tbsp (45ml) water
pinch of salt

Ingredients - for filling

1 small head broccoli, cut into small florets
4oz (110g) mushrooms, washed and chopped
1 red pepper, cut into small pieces
1/2 onion, sliced
4 eggs
1/2 pint (275ml) milk
1 teaspoon oregano and 1 teaspoon basil
(optional)
8oz (225g) cheese
1 tbsp (15ml) of vegetable oil

Method

- Preheat oven to gas 4/180°C/350°F
- Prepare the pastry: In a large bowl, mix flour and salt. Add the margarine and rub in until it resembles breadcrumbs. Add the water a little at a time and kneed into dough. Let it stand for 30mins in fridge (if you have enough time.)
- Roll out the pastry and cover an 8 inch flan dish, prick the base with a fork and cook for ten minutes.
- For the filling: fry the onion in the oil for a few minutes until beginning to soften, add the mushrooms, broccoli and cook for approx 10 minutes.
- Beat the eggs in a bowl and add the milk and herbs (if using).
- Put the vegetables in the pastry and add the red pepper, cover with the egg mixture and top with the cheese.
- Bake for 30-40 minutes until the filling has set and it is golden brown.
- Serves 4-6

