

## Vegetarian Recipes

A few vegetarian recipes suggested by members of BearstedCAN and New Way are detailed below.

### **SAVOURY**

#### **Vegetable Pie (serves 4)**

##### **Ingredients**

- 1 tablespoon vegetable oil
  - 2 medium onions sliced
  - 1 star anise
  - 1 large carrot finely chopped
  - 1 tablespoon tomato puree
  - 1 crushed garlic clove or a squeeze of garlic puree
  - 1 teaspoon of dried mixed herbs or 2 teaspoons of fresh thyme and rosemary leaves chopped
  - 400g tin of chopped tomatoes
  - 400g tin of lentils
  - Approx. 900g sweet potatoes peeled and cut into chunks
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- Fry the onions and star anise in the vegetable oil until browned.
  - Add the carrots, tomato puree, garlic and herbs and cook for about 2 minutes.
  - Remove the star anise and add the tomatoes and lentils with their juice and approx. 50 ml of water and cook until carrots are tender.
  - Season to taste.
  - Meanwhile, boil the sweet potato chunks in a pan of water allowing them to simmer for about 15 minutes, until they are soft,
  - Drain and mash the potatoes with some butter if desired.
  - Preheat oven to 200° C (180° C fan).
  - Spoon the lentil mixture into a pie dish and dollop the mash on top.
  - Cook for 20 -30 minutes until hot all the way through.

Quantities are approximate and you can use any other vegetables you like!

## **Red Pepper Crumble**

Serves 6

6 large red peppers, halved, deseeded and core removed

1 tbsp olive oil

75 g butter

50 g plain flour

568 ml carton semi-skimmed milk

200 g Parmesan cheese, grated

1 garlic clove, crushed

900g fresh spinach trimmed and roughly chopped

Pinch of nutmeg

125 g breadcrumbs

40 g pine nuts

- Preheat oven to 200 C (180 C fan oven) mark 6.
- Put pepper halves into a baking dish, add a little olive oil and toss to coat thoroughly. Roast for approx 35 min. Remove from oven. Reduce oven temperature to 190 C (170 C fan oven) mark 5.
- Make the sauce. Melt 50 g of butter in pan and stir in flour. Cook, stirring for 1 minute. Remove pan from heat and add milk, continuing to stir. Return to the heat and slowly bring to the boil, whisking all the time. Simmer for 2 minutes, then stir in 125 g grated Parmesan and season to taste. Set aside.
- Melt remaining butter in a large frying pan and cook the garlic for one minute until golden. Add the spinach and cook over a high heat until just wilted. Drain, then season and add nutmeg. Put on top of the peppers in the baking dish.
- Spoon cheese sauce over the spinach to cover. Add breadcrumbs, remaining cheese and pine nuts on top. Cook in the oven for 20 mins or until brown, crisp and bubbly.

## **Avocado Curry (vegan)**

1 large onion  
1 tbs vegan margarine  
455g mushrooms  
2 tsp (or more to taste) curry powder  
2 tomatoes  
Pinch salt  
4 tsp lemon juice  
285 ml cups soya (soy) yogurt  
4 avocados

- Chop the onion. Saute in the margarine along with the mushrooms until tender.
- Stir in the curry powder and cook for a little longer.
- Chop the tomato and add to the saucepan, with the salt. Heat through.
- Add the lemon juice and yogurt. Stir well and heat until just below boiling point.
- Peel, halve and chop the avocados and stir into the mix. Place on the rice and fill with the mushroom mixture.

## **Avocado lunch on wholewheat toast**

55 g vegan margarine  
30 g wholewheat flour  
285 ml soya (soy) milk  
225 g mushrooms  
2 tins red pimentos  
2 large avocados  
Salt and freshly ground pepper  
Wholewheat toast to serve

- Heat half the margarine, add the flour and cook gently for a minute and then gradually add the milk, stirring constantly to make a white sauce. Set aside.
- Slice the mushrooms and saute in the remaining margarine until tender.
- Chop the pimentos coarsely. Add to the white sauce along with the mushrooms.
- Peel and dice the avocados. Add to the white sauce just before serving. Season to taste.
- Serve over wholewheat toast

## Cheesy Aubergine Bake

150 ml olive oil  
1 onion peeled and finely chopped  
2 cloves of garlic crushed  
2 x 400 g tin of tomatoes, drained  
2 tbsp tomato puree  
2 tsp fresh chopped basil or 1 tsp dried basil  
Salt and freshly ground black pepper  
550 g aubergines, unpeeled  
225 g mozzarella or cheddar cheese  
3 tbsp parmesan cheese

Pre-heat the oven to gas mark 4, 350 F (180 C).

First make the sauce: heat 1 tbsp of the olive oil in saucepan and gently fry the finely chopped onion and crushed garlic for 5 to 7 minutes so they remain juicy. Then add the tomato and tomato puree, basil, salt and pepper. Cover the pan and let this simmer on a very low heat for 30 mins stirring occasionally.

Wash the aubergines and cut them into slice about ½ cm thick. Put them on a large plate, lightly salt them and then leave them for 20 minutes so that any bitter juices are drawn out. After this, rinse and pat dry. Heat some olive oil in a deep frying pan and fry the slices a few at a time so that they are lightly browned. Drain them on kitchen paper. If all the oil is used during the cooking add a little more to the pan.

Next lightly oil a 1.75 litre ovenproof dish and pour in a little of the tomato sauce. Then make a layer of 1/3 aubergine slices followed by a layer of sliced mozzarella cheese or grated cheddar cheese and then some more sauce. Repeat the layers ending with a topping of sauce and cover that with the Pamesan cheese. Cover the dish with foil and bake it for 20 minutes in the centre of the oven. Then uncover it and bake for a further 10-15 minutes so that the cheese browns nicely on top and serve straight away.

## **Speedy Squash Curry**

Serves 4

- Cooking oil
  - 1 large onion, peeled, halved and thinly sliced
  - 2 tbsp mild curry powder
  - 500 g butternut squash flesh cut into small bite-sized cubes or any other squash
  - 400 g can chopped tomatoes
  - 200 ml reduced fat coconut milk
  - Salt and freshly ground black pepper
  - Chopped coriander to garnish
  - Basmati rice to serve
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- Spray a large non-stick frying pan with low calorie cooking spray and place over a medium heat.
  - Add the onion and stir fry over a medium heat for two to three minutes. Add the curry powder, butternut squash and tomatoes and stir fry over a high heat for 2-3 minutes.
  - Stir in the coconut milk and bring to the boil. Reduce the heat to low, cover and simmer gently for 10-12 minutes or until the squash is just tender.
  - Season well, remove from the heat and garnish with chopped coriander before serving with cooked basmati rice, if desired.

## **Vegan Roll**

### **Ingredients**

- glug of oil
- 2 cloves garlic
- 1 tbsp fresh ginger
- 2 medium sweet potatoes (original recipe says to grate them, but I prefer them chopped for a better consistency)
- 1 tsp ground cumin
- ½ tsp turmeric
- ¼ tsp ground nutmeg
- 2 tbsp water (or more, if it sticks to the pan)

- bunch of kale, chopped (stems removed)
- 400g can chickpeas, drained
- salt
- freshly ground black pepper
- 2 tbsp fresh coriander
- 1 tbsp fresh parsley
- 2 sheet pre-rolled puff pastry (I use Jus Rol gluten free/vegan pastry)

## Instructions

1. Finely grate or crush the garlic and finely grate the ginger. Add oil to a pan, warm up then add the garlic and ginger and cook for a bit, without garlic browning too much.
2. Add the sweet potato to the frying pan. Cook for 10-15 minutes until softened, adding water if it sticks to the pan.
3. Sprinkle over the cumin, turmeric, nutmeg.
4. Add the chickpeas and stir these through. Continue to cook the mixture, stirring regularly, until the vegetables are cooked well. Mash the mix a bit to 'bulk' it up slightly.
5. Add the kale and mix, cook for a couple of minutes.
6. Season with salt and pepper to taste.
7. Set the mixture aside to cool for 15-20 minutes (or overnight) to avoid a soggy pastry later on.
8. While the mixture is cooling, get the puff pastry out of the fridge to soften as it makes it more pliable and easier to handle.
9. Chop the coriander and parsley. Stir these through the vegetable mixture.
10. Place half the vegetable mixture onto each pastry sheet about  $\frac{1}{3}$  of the way up the sheet. Using your hands form it into a sausage shape the length of the pastry sheet. Roll the pastry around the filling, as firmly as possible without stretching the pastry, until you have a roll shape with approximately 1 inch overlap of pastry. Trim the excess pastry if necessary. So that the sides of pastry stick together, you can brush a little water all around the mix before folding.
11. Preheat the oven to 180C Fan Bake. Line a baking sheet with parchment or greaseproof paper.
12. Brush a little oil or water over the top of each roll and sprinkle with sesame seeds (optional).
13. Place the rolls onto the prepared baking sheet and bake for 25-30 minutes until the pastry is golden (keep an eye on it so that it doesn't burn).

## **Halloumi Naan Salad**

### **Ingredients:**

1 pack of halloumi  
2 large carrots  
2 large courgettes  
1 cucumber  
1 avocado with a little lemon juice  
A handful of cherry tomatoes  
2 naan breads

### **Sauce:**

Large bunch of coriander  
2 oz natural yoghurt  
2 tbsp mango chutney  
Juice of ½ a lime

### **Method**

**For the sauce:** in the small bowl of a liquidiser or food processor, whiz most of the coriander including the stalks with the yoghurt, chutney, lime juice and some seasoning. Set aside.

Peel the carrots, courgette and cucumber into long ribbons and place on a large platter. Cut tomatoes into halves and sprinkle over the salad. Cut the avocado into slices and cover it with lemon juice to stop it discolouring. Spread this evenly over the salad.

Start heating a little oil brushed over a griddle pan. Meanwhile, cut the halloumi into slices and griddle for a few minutes on each side. Scatter over the salad.

Pop the naan breads in the toaster or preferred method of heating. Slice these and scatter over the salad.

Pour the sauce into a jug for people to pour over the salad. Enjoy!

## **Brown Rice Salad**

### **Ingredients:**

8 oz brown rice

Salt

Spring onions, one bunch, washed and finely chopped

1 red, green or yellow pepper, seeded and finely chopped

(2 oz raisins or sultanas)

2 oz cashew nuts, browned under the grill\* or oven roasted

2 tablespoons chopped parsley

Soy sauce dressing (see below)

Cook the rice in boiling salted water until tender. Rinse well, drain carefully and cool.

Place in a bowl and add the remaining ingredients.

Mix thoroughly before serving and allow to stand for a few minutes before serving.

### **Soy sauce dressing**

4 fluid oz olive oil

3 tablespoons soy sauce

2 tablespoons lemon juice

1 clove of garlic, crushed

1 inch root ginger, finely chopped

Salt/pepper

Put all ingredients into a screw topped jar, and shake well before pouring over the rice salad. Mix well.

\*Use plain cashew nuts, not the roasted/salted variety, and keep a close eye on them under the grill, as once they start to brown they can very quickly burn!



## **Aubergine and Chickpea Stew**

1 large aubergine  
2 large onions  
100ml extra virgin olive oil  
2 tins/400g can chickpeas  
2 tins/455g tomatoes  
1 tsp dried mint/mint sauce  
Salt/pepper

Cut the aubergine into cubes and cut the onions roughly. Heat the olive oil gently and saute until tender. Add the chickpeas, tinned tomatoes, mint and seasoning. Cook uncovered over a low heat for half an hour. Cool and serve at room temperature.

## **Chickpea Goulash**

1 onion  
225g mushrooms  
30g vegan margarine  
4 tbs vegetable stock  
¼ tsp nutmeg  
1 tsp soy sauce  
¼ tsp mustard powder  
2 tins/400g chickpeas  
2 tsp cider/wine vinegar  
285g wholewheat noodles  
200 ml soya yoghurt

Chop the onion and mushrooms. Melt the margarine and saute the vegetables until soft.

Add the stock, seasonings, chickpeas and vinegar. Cover and simmer on a low heat for about 10 minutes.

Meanwhile, cook the noodles for 10-15 minutes.

Take the chickpea mixture off the heat, stir in the yoghurt and warm through at a very low heat so that the yoghurt does not curdle.

Pour over the noodles.

## **Mixed vegetable pie with parsley potato topping**

This is home created recipe so the ingredients can be varied ie. different vegetables, no parsley in the topping etc

### **Filling:**

2 tbsp olive oil

1 medium onion- sliced or chopped

½ red pepper – chopped

1 stick celery – chopped

2 garlic cloves – crushed

2 good handfuls of butternut squash when chopped into small cubes (no need to peel if home grown)

30g red lentils

½ tin chopped tomatoes

¼ teaspoon of each cinnamon, ground ginger, smoked paprika, turmeric

Tablespoon of each finely chopped parsley and coriander

Veg stock cube

S&P

Topping:

Mashed potato

Handful of chopped parsley

Butter or margarine for the top if desired

### **Method:**

Sauté onion gently in oil until soft then add pepper and celery and continue to cook 5 mins. Add garlic and spices, stir and gently sizzle a few minutes then add lentils and sizzle a few more.

Add tomatoes, stir, squash, stir, crumble in stock cube and sprinkle in herbs, stir. Barely cover with water, lid on and cook for about 25 mins or until the squash is just soft. Check towards the end if a little more water is needed or if the lid needs to be removed to reduce the liquid. I aim for a quite moist but not runny consistency. Taste and add S&P as liked.

During the long cook boil potatoes and mash, stir in parsley if using.

Assemble the filling in a casserole/pie dish. Spread the potato and rough the top with a fork. Fleck with butter or margarine.

Bake at 190 or gas 5 for about 30 minutes or until the topping is lightly browned.

## **Baked Courgettes with Cheese**

### Ingredients

4 courgettes

2 tbsp virgin olive oil

115 g mozzarella thinly sliced

2 large tomatoes diced

Fresh basil or oregano

Preheat the oven to 200 °C/Gas Mark 6. Slice the courgettes lengthways into 4 pieces each. Brush with oil and place on an ovenproof tray. Bake for 10 minutes without allowing them to get too floppy. Remove from the oven and place cheese slices on top along with the diced tomatoes. Return to the oven for approximately five minutes to allow cheese to melt. Remove and serve.

### [Cauliflower Pizzaiola](#)

### [Potato Leek Gratin](#)

*I add some pre-fried onion to make it a potato/leek and onion bake. I leave out the ham.*

### [Savoury Rolls](#)

### [Mary Berry's Nordic Seed and Nut Loaf](#)

### [Halloumi and Carrot Burger](#)

### [Mushroom Bourguignon](#)

NB I just fried the shallots like I would onions and I used my own choice of mushrooms

<https://ottolenghi.co.uk/recipes/roasted-sweet-potato-tomato-sauce-and-feta-otk>

<https://ottolenghi.co.uk/recipes/confit-tandoori-chickpeas>

**Continued....**

## **SWEET**

### **Apple, Pear and Ginger Sponge**

#### **Filling:**

4 apples (any variety, I use a mix of Bramley and eaters so it's not too sweet)

2 pears

#### **Topping:**

100g SR flour

100g margarine

100g caster sugar

2 eggs

Milk

2 balls of ginger in syrup

#### **Method:**

Peel and chop the apples and pears. Place in a pan with a little water and stew until just soft. Transfer the fruit to a lightly greased baking dish with as little fluid as possible.

Mix flour, marg and sugar on low speed whisk.

Add eggs one at a time and whisk.

Add milk to make a soft dropping consistency and whisk well.

Chop the ginger into small pieces and fold into the sponge mix.

Distribute the sponge mix over the fruit and bake at 180 or gas 4 for about 1 hour or until the top seems springy to the touch.

Serve with custard, yoghurt, cream or ice cream.

[Deliciously Ella - cookies](#)