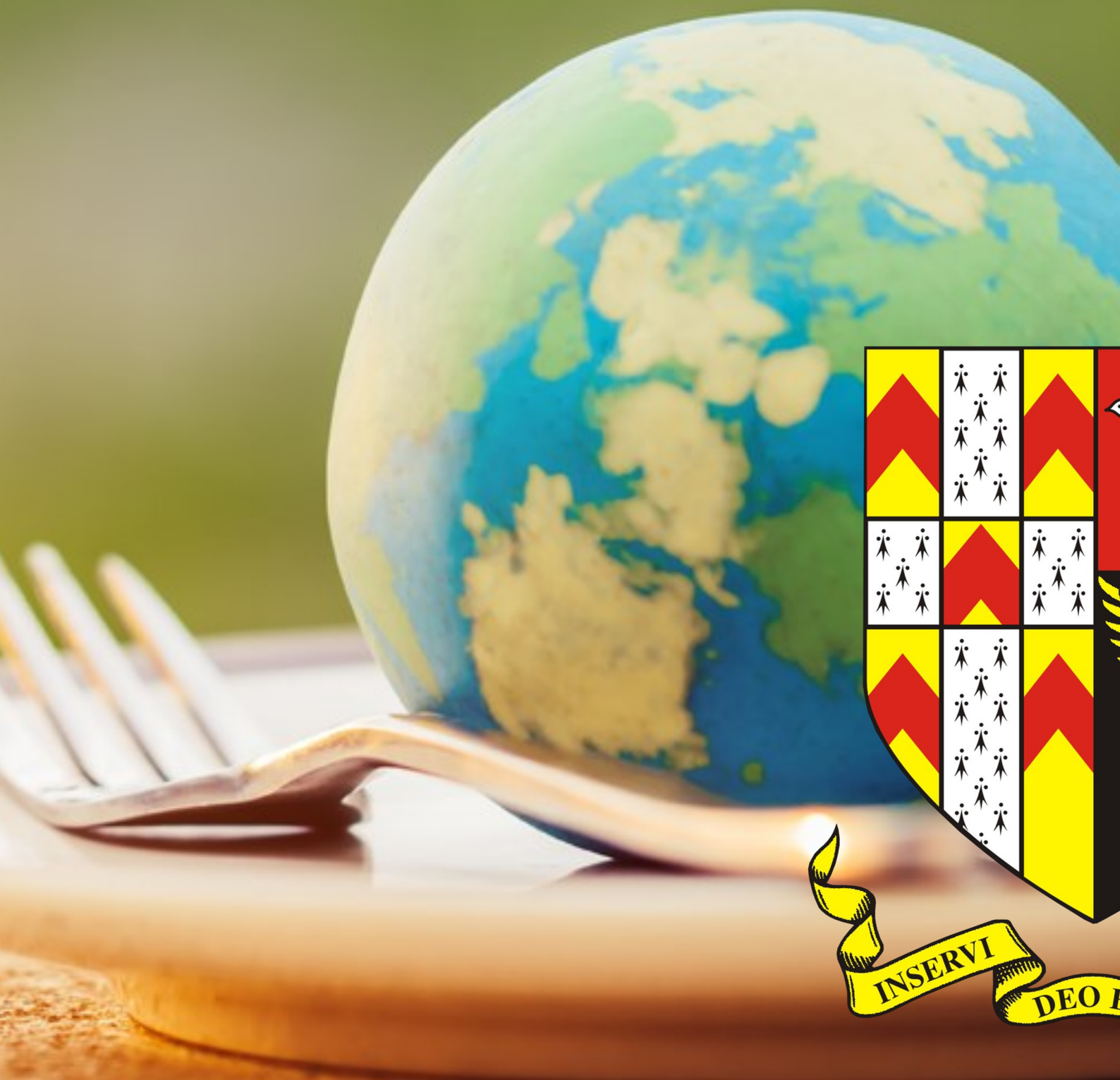


How to Save The World - One Meal at a Time

The Friary School presents its favourite vegetarian recipes



ACCORDING TO FORECASTS, THE DEMAND FOR MEAT WILL DOUBLE BY 2050.

Many people are unaware that increasing meat consumption has an effect on the climate and the environment.

Going meatless, even just once to a few times a week, can also make an amazing impact on your health. You don't have to cut all animal products out of your life cold-turkey, but decreasing the amount of meat, and increasing the amount of vegetables, fruits, nuts, and whole-grains that you eat, can do wonders for your health and the health of the environment.

HERE ARE 7 REASONS TO GO MEATLESS ONE DAY A WEEK:

IT'S GREAT FOR YOUR HEART HEALTH

Animal products are high in saturated fat, in contrast to plant-based foods that are either low in fat or contain heart-healthy unsaturated fat. A higher consumption of animal products is correlated to a higher risk of cardiovascular disease, as diets high in saturated fat increase the levels of cholesterol in your arteries. A number of studies show that people with diets higher in whole grains and produce, and lower in meat, have a lower risk of heart disease.

IT LOWERS YOUR RISK FOR CANCER

Diets higher in fruits and veggies help protect you against cancer. Diets high in red meat have also been shown to increase the risk of colon cancer. One study also showed that vegans have significantly lower rates of cancer than meat-eaters, even when controlling for non-dietary factors such as smoking, alcohol consumption, and family history of cancer. Just skipping the meat one day a week helps you form healthy habits that help you lower your cancer risk.

YOU'LL STILL GET PLENTY OF PROTEIN

The thought that veggies don't contain protein is quite the myth. In fact, it's extremely easy to get adequate protein from plant-based sources. Legumes (such as beans and lentils), nuts, tofu, and plant based protein powders (such as hemp pea, and rice protein,) are packed with protein and fibre, making them filling and healthy options to include in your vegetarian meals.

IT HELPS YOU LOSE WEIGHT

On average, filling, nutrient-dense vegetarian meals are still lower in calories than meat-centred meals. Swapping out meat options for veggie options during the week helps you lower your calorie intake, up your nutrient and vitamin intake, and helps you slim down.

YOU'LL CONTRIBUTE TO THE HEALTH OF THE ENVIRONMENT

Lowering your intake of meat makes a notable environmental impact. According to extensive research, if everyone went vegetarian for just one day, we could save 100 billion gallons of water, and we would reduce greenhouse gas emissions by 1.2 million tons of carbon dioxide. According to Environmental Agency, if everyone skipped/substituted to vegetarian food from chicken for one meal a week, the carbon dioxide savings would be equivalent to taking more than half a million cars off the roads.

YOU'LL SAVE SOME CASH

Pound for pound, produce is significantly cheaper than meat. Some research even suggests that vegetarians can save at least £750 each year in comparison to meat eaters. You may be slimming down swapping out the meat once in a while for veggies, but you'll be padding your wallet!

IT'S EASY!

You don't have to cut meat out completely or all at once to make a healthy change. There are plenty of filling, healthy and delicious vegetarian meals that can easily satisfy you and your whole family. Of course we aren't saying that eating meat is unhealthy, but reducing your intake and replacing it some with healthy veggies, fruits, and whole grains can have a wonderful impact on your health and the environment as a whole.

Wondering what to make for your next "Meatless Meal"?

Check out some of our favourites.



Please note - the recipes included in this book are not our own recipes.

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Prep: 30 mins
Cook: 40 mins

More effort

Serves 4

							low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
320	27g	5g	10g	8g	6g	10g	0.69g

Ingredients

2 large aubergines

200g/7oz pumpkin or squash
(try kabocha or butternut squash)

100g red onion, thinly sliced

1 tsp cumin seeds (or use slightly less ground cumin)

2 garlic cloves, thinly sliced

4 tbsp virgin rapeseed or olive oil

2 tsp fresh herb (thyme, oregano, sage or rosemary work well)

100g feta cheese, diced

large handful walnuts, lightly toasted and halved

For the courgette salad:

4 courgettes

1 lemon

2 tsp extra-virgin olive oil

small handful mint leaves, chopped

small handful flat-leaf parsley, chopped



Mr Vandenhoevel's

BAKED AUBERGINE STUFFED WITH ROAST PUMPKIN, FETA & WALNUT WITH MINTED COURGETTES

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Cut the aubergines in half lengthways, leaving the stem in place (this can be removed when eating). Using a small sharp knife, scoop out the inner flesh leaving a shell about 1cm thick. Chop the flesh and put into a bowl.

STEP 2

Peel the pumpkin or squash, remove the seeds, then cut into 1 - 2cm dice and mix with the chopped aubergine and red onion. Mix in the cumin, garlic and 2 tbsp oil and toss together with some salt and black pepper. Lay on a baking tray lined with parchment paper. Rub 1 tbsp oil over the aubergine halves and season. Place, cut-side down, on another tray lined with parchment paper. Bake for 15 - 20 mins, until the pumpkin and aubergine shells are almost cooked through.

STEP 3

Tip the pumpkin mixture back into the bowl and stir through the mixed herbs, feta and walnuts. Turn over the aubergine halves, then pile up the mixture inside. Drizzle with the remaining 1 tbsp oil and bake for 20 mins, at which point the pumpkin will be fully cooked. If it starts to colour too much, cover loosely with foil.

STEP 4

Meanwhile, make the courgette salad. Top and tail the courgettes, then slice very thinly into wide ribbons. Toss with the zest, juice of half the lemon and the oil. Leave for 10 mins to let the courgettes soften a little.

STEP 5

To serve, toss the herbs through the courgettes and cut the remaining lemon half into wedges. Place an aubergine half on each plate, pile up the salad beside it and serve with a lemon wedge.

A quick pizza base dough for when you want pizza in a hurry.

MAKES: 2 X 30CM PIZZA BASES,

SERVES: 4,

PREP TIME: 5 MINS

TOTAL TIME: 5 MINS,

PLUS 10 -15 MINUTES RESTING

Ingredients

400g Plain flour, plus extra to dust

1 x 7g sachet fast action dried yeast

1 tsp fine sea salt

1 tsp caster sugar

2 tbsp olive oil, plus extra to drizzle

1 tbsp cornmeal, polenta or semolina,
to roll out



Miss Cartwright's

QUICK PIZZA DOUGH FOR CHEESE AND TOMATO PIZZA

Method

STEP 1

Preheat the oven to the hottest it will go (around 240C, fan 220C, gas 9) before starting to make the dough. Put in a couple of pizza stones, or 2 large baking trays, to get really hot.

STEP 2

Mix the flour, yeast, salt and sugar together in a mixing bowl. Make a well in the centre and add the oil, then add about 225ml water to bring together as a dough. Tip out onto a floured surface and knead for 1 minute, just until smooth. Leave to rest under the upturned bowl while you prepare your pizza toppings.

STEP 3

It's time to shape the pizzas! Roll out one ball at a time on a lightly floured surface, to about 25cm in diameter. Sprinkle a large square of baking paper. Stretch and press the pizza dough with your fingertips until it is about 30cm diameter, indenting a thicker crust around the edges. The middle should be about 5mm, and the crust about 1cm deep. Repeat to make a second pizza.

STEP 4

Spread the pizzas with sauce and add your toppings (don't add too many, or you'll end up with a soggy pizza). Drizzle with a little oil and leave to rest for 10 - 15 minutes before baking, so that the dough starts to rise. Slide the pizzas onto the preheated pizza stones or hot baking trays, still on the lining paper to help lift them easily. Bake for 10-15 minutes until the base is golden and crisp.

 **SERVES** 10 TO 12  **COOKS IN** 2 HOURS 20 MINUTES **DIFFICULTY** SHOWING OFF

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
536	33g	11.2g	13g	2g	15.4g	47.4g	6.4g
27%	47%	56%	14%	33%	31%	18%	-

Ingredients

- 3 cloves of garlic
- 3 sprigs of fresh rosemary
- 2 large red onions
- 2 aubergines
- 2 courgettes
- 1 medium butternut squash
- olive oil
- 3 large red peppers
- 1 tablespoon balsamic vinegar
- ½ teaspoon golden caster sugar
- 600 g baby spinach
- 200 g ricotta cheese
- 2 lemons
- 60 g Parmesan cheese
- unsalted butter , for greasing
- plain flour , for dusting
- 640 g shortcrust pastry
- 1 bunch of fresh basil
- 100 g soft goat's cheese
- 1 large free-range egg



Mrs Brough's

PICNIC PIE

Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. Peel and finely slice the garlic, pick and finely chop the rosemary leaves, discarding the stalks. Peel and slice the onions, and slice the aubergines and courgettes lengthways, roughly 5mm thick.
3. Peel and cut the squash into 5mm slices, then place on an oven tray, season and drizzle over 3 tablespoons of oil. Roast on the top shelf of the oven for 35 minutes, or until soft, adding the garlic and rosemary after 20 minutes.
4. Put the whole peppers on a second tray and place on the lower shelf of the oven for 35 minutes, or until blackened. Tip them into a bowl, cover with clingfilm and set aside for 10 minutes.
5. Peel and discard the skins of the peppers, deseed, then slice the flesh into large pieces. Season, then place in a colander to drain.
6. Heat 2 tablespoons of oil in a large pan over a medium heat and sweat the onions for 10 to 12 minutes, or until just caramelised. Stir in the balsamic and sugar and cook for another 5 minutes.
7. Place a griddle pan over a medium-high heat. Brush the aubergine and courgette slices with oil and place on the hot griddle for 5 minutes, until soft and lightly charred (do this in batches). Turn and season them halfway through, then transfer to a plate. Set aside.
8. Fill and boil the kettle. Put the spinach in a colander and pour over the boiling water to wilt it. Let it cool, then squeeze it dry, chop it up and pop it into a bowl.
9. Add the ricotta to the spinach, then finely grate in the lemon zest and half the Parmesan. Season, stir to combine and set aside.
10. Reduce the oven temperature to 180°C/350°F/gas 4 and grease and flour a 23cm spring-form cake tin.
11. On a floured surface, roll out 420g of the pastry, so it fits the base and sides of the tin. Carefully press the pastry into the tin, leaving a little overhang, and trim off any excess.
12. Pick the basil leaves. Sprinkle half the basil and half of the remaining Parmesan over the pastry base, then layer up the veg. Begin with the courgettes and aubergines followed by a layer of the peppers, then the spinach. Spoon over the squash and onions, dot over pieces of the goat's cheese, then scatter on the rest of the basil and Parmesan.
13. Beat and brush the egg around the edge of the pie. Roll out the rest of the pastry, place it on top and crimp the edges with your fingers to seal. Poke a hole in the pastry top and brush with the beaten egg.
14. Bake the pie in the oven for 45 minutes, or until golden, covering the top with kitchen foil for the last 10 minutes if it looks too dark.
15. Leave the pie to cool in the tin on a wire rack for 10 minutes, then take it out of the tin to cool completely. Serve hot or cold.

Ingredients

- 1 garlic clove, crushed
- 125ml Greek yogurt
- 1 x 225g pack halloumi cheese
- 1 tbsp olive oil
- 1 tbsp dried oregano
- ½ -1 tsp dried chilli flakes, to taste
- 4 large soft tortilla wraps
- 1 Little Gem lettuce, shredded
- 150g cherry tomatoes, halved
- ½ cucumber, halved, seeded and sliced
- ½ small red onion, thinly sliced
- a handful of pitted olives, sliced

Mr Foster's

HALLOUMI WRAPS



SERVES: 4

PREP TIME: 10 MINS

TOTAL TIME: 20 MINS

Nutritional information (per serving)

Calories	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
562Kcal	28gr	15gr	52gr	6gr	5gr	23gr	3.1gr

Method

STEP 1

Mix the garlic and yogurt together with some salt and pepper.

STEP 2

Slice the halloumi into 8 pieces. Brush with oil on both sides, sprinkle with the oregano and chilli flakes, and press on well. Heat a barbecue griddle or hotplate, or use a frying pan if cooking inside.

STEP 3

Sear the halloumi for about 2 minutes each side until marks appear. Warm the tortilla wraps briefly to soften them, either on the barbecue or in the halloumi frying pan.

STEP 4

Divide the garlic yogurt between the wraps, then add some lettuce and 2 slices of hot halloumi to each one. Top with cherry tomatoes, cucumber, onion and olives. Bring the bottom up and then fold the sides in tightly. Serve immediately.

Method

STEP 1

Heat the olive oil in a large pan over a medium-high heat. Toss in the onion and garlic and fry for 2 - 3 minutes until soft.

STEP 2

Mix the chipotle paste, smoked paprika and chocolate powder into the cooking onions. Then pour in the chopped tomatoes, canned beans and vegetable stock. Stir the pan to evenly combine all the ingredients. Then bring to a simmer and cook for 20 minutes.

STEP 3

Remove the pan from the heat and mix in the lime juice and chopped coriander. Season to taste.



Ingredients

- 2 Medium Onion (peeled and finely diced)
- 4 Cloves Garlic (peeled and finely chopped)
- 1 (400g) Can Red Kidney Beans (drained)
- 1 (400g) Can Cannellini Bean (drained)
- 1 (400g) Can Black Beans (drained)
- 2 (400g) Cans Chopped Tomatoes
- 200 ml Vegetable Stock
- 2 Teaspoons Chipotle Paste
- 1 Teaspoon Smoked Paprika
- 1 Tablespoon Chocolate Powder
- 1 Medium Lime (juiced)
- 10 g Coriander (finely chopped)
- 1 Tablespoon Olive Oil

Mrs Hearn's

THREE BEAN CHILLI

Ingredients

300g Quorn Vegetarian Meat-Free Mince
2 tbsp vegetable oil
1 medium onion, diced
1 red pepper, diced
2 fresh red chillies, diced
2 cloves of garlic, crushed
½ tsp smoked paprika
2 tsp ground cumin
3 tsp ground coriander
1 tsp chilli powder (optional depending on your heat preference)
400g can chopped tomatoes
500ml tomato passata
1 tbsp tomato puree
1 vegetable stock cube
400g can kidney beans, drained
1 tsp brown sugar or 1 small cube plain chocolate (optional)
salt to taste (optional)
1 large bunch of fresh coriander leaves, finely chopped



Serves 4



30 mins



Easy



275 cals
(Per serving)



9g of fat



20 g fibre
(Per serving)



14 g protein
(Per serving)

Mr Rivers-Boyce's

VEGETARIAN CHILLI-CON-CARNE WITH QUORN MINCE

A rich, hearty meat free vegetarian chilli recipe packed with flavour. The perfect vegetarian comfort food to keep you warm during winter nights. Our veggie chilli con carne has all the taste and kick of a classic chilli con carne, but with fewer calories and less saturated fat.

What's not to love?

Method

STEP 1

Pre-heat the oil in a large frying pan and cook the onion for 5 - 6 minutes or until beginning to soften. Add the red pepper and continue to cook for a further 5 minutes. Add the chillies, garlic and spices and cook for a further 2 minutes stirring continuously.

STEP 2

Stir in the chopped tomatoes, passata, tomato puree and crumble over the stock cube and bring to a gentle simmer for 8 minutes stirring occasionally. Stir in the kidney beans, sugar or chocolate if using and the Quorn Meat Free Mince. Cook over a gentle heat for a further 10 minutes and season to taste.

STEP 3

Stir in the chopped coriander and serve with rice, jacket potatoes or with nachos for a delicious dinner!

Adding beans like kidney beans or black beans to Quorn Mince helps to bulk out dishes to make your ingredients go even further. You could also add some greens to this dish by stirring in a couple of handfuls of fresh or frozen spinach leaves!

Chefs Tip



Ingredients

Olive oil: Olive oil is used to extract the garlic's flavour and toast the herbs, making them more intense. Use a high quality, extra virgin variety.

Garlic: A healthy amount of garlic adds a bold flavour to the beans.

Spices: **Red pepper flakes**, **Urfa pepper**, **cumin** and smoked **paprika** give these butter beans a Mediterranean twist. Kosher **salt** and black **pepper** enhance the flavour.

Note: Urfa pepper is a Turkish spice that adds a slightly earthy heat. Learn all about it in our essential guide and try it yourself at our shop. You can substitute with Aleppo pepper, more red chili flakes, or simply leave it out if you'd like.

- **Butter beans:** Large, creamy beans that are delicious right out of the can but even better with a quick simmer. You can substitute with any large white bean, like cannellini or Great Northern.
- **Lemon:** Fresh lemon juice lightens the richness of the beans, perfectly complementing the fresh herbs and garlic. Fresh lime juice would also work.
- **Green onions:** Used like an herb, green onion is mild enough to enjoy raw. They add a fresh sweet and savoury flavour that complements the stewed garlic. You can substitute with shallots or chives if you'd like.
- **Fresh herbs:** Parsley and dill add a Mediterranean spirit and freshness to the butter beans. Any tender, leafy herb like basil or mint would also work.

Mrs Grigg's

BUTTER BEANS WITH GARLIC, LEMON AND HERBS

Method

STEP 1

Toast the seasonings. Mince 4 garlic cloves. In a large non-stick pan, heat 2 tablespoons of olive oil over medium. When the oil begins to shimmer, add the minced garlic, ¼ teaspoon smoked paprika, and ½ teaspoon each of red pepper flakes, Urfa biber (if using) and cumin. Season with a big pinch of salt and pepper and stir just until the garlic is fragrant, about 30 seconds to 1 minute (do not let the garlic brown or the oil will taste bitter).

STEP 2

Simmer the beans. Add 2 (15-ounce) cans of drained butter beans and 1 cup of vegetable broth. Bring to a boil, then turn the heat to low and simmer until the beans are warm and the broth is just slightly thickened, 5 to 10 minutes. Meanwhile, trim and chop 2 green onions. Prepare ⅓ cup each of chopped dill and parsley.

STEP 3

Finish and serve. Juice in two lemons, then stir in 2 chopped the green onions and fresh herbs. Serve warm.

Bean Swaps and Substitutions

Butter beans are large creamy beans and easy to find throughout the southern United States. It's worth seeking them out, but if you can't find them you can still make this recipe by swapping in smaller white beans. It won't be quite the same, but it will still be delicious. Here are a few of options:

- **Cannellini beans** would be my first choice if you can't find butter beans. They are smaller than butter beans but bigger than the other swaps I recommend. They are still really creamy and would work well in this recipe.
- **Great Northern Beans** are not as creamy as cannellini beans but are still a good middle-of-the-road choice. They are a decent size will still provide a great experience.
- **Navy beans** are the smallest of the white bean swaps and therefore not as creamy as the other options I listed above. I would save these as a last resort, but they will work in a pinch.

What to Serve with Butter Beans

The slightly spicy, lemony broth for these creamy butter beans is the best part - you'll want something to soak it up.

Serve with store-bought or homemade crusty bread, plain rice, or lemony rice. You can even toss 10 - 12 ounces of cooked pasta right into the pan with the beans.

For a low-carb option, serve the butter beans more like a soup with a lemon parmesan salad on the side.



Prep: 15 mins
Cook: 50 mins



Serves 2



Easy

Nutrition per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
507	23g	4g	40g	12g	11g	30g	0.13g

Ingredients

2 baking potatoes (about 180g each)

1 tbsp cold-pressed rapeseed oil

1 yellow or orange pepper, deseeded and chopped

2 garlic cloves, finely grated

1 tsp cumin seeds

½ tsp chilli flakes

1 tsp smoked paprika

1 tsp ground coriander

1 tsp dried oregano

400g can chopped tomatoes

2 tsp vegetable bouillon powder

400g can three bean salad
(cannellini, flageolet and adzuki), drained

handful of coriander, chopped, plus extra leaves
to serve

1 small avocado, stoned, halved and
chopped or mashed

1 lime, cut into wedges



Mr Thorpe's

VEGAN THREE-BEAN CHILLI WITH POTATO JACKETS

This healthy baked potato filling provides four of your 5-a-day in each serving, plus iron, vitamin C and fibre, and plenty of flavour from store cupboard spices

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6 and bake the potatoes for 50 mins - 1 hr, or until tender.

STEP 2

Meanwhile, heat the oil in a non-stick frying pan and fry the pepper and garlic for a few minutes. Stir in the cumin seeds, chilli flakes and spices, then tip in the tomatoes, bouillon powder and beans. Bring to a simmer, cover and cook for 15 mins, or until reduced to a thick sauce. Stir in the chopped coriander.

STEP 3

Cut a cross into the tops of the baked potatoes and gently press on the sides to open them out. Spoon over the chilli, then top with the avocado and squeeze over some of the lime wedges. Scatter over some coriander leaves and serve with the remaining lime wedges.



Head Boy, Minaz Uddle's

BAKED MAC AND CHEESE

This is a Mac and Cheese recipe that is everything you want in a knock-your-socks off Macaroni Cheese - cheesy and creamy, with perfectly cooked macaroni (no bloated pasta!), plenty of sauce and a crunchy buttery top (essential in my world!)

Macaroni, also known as *elbow pasta* should be used. But really, any short pasta will work just fine – penne, ziti, twirls etc.

A combination of Gruyere and mozzarella cheese is good. **Gruyere for the most superior flavour** with the best melting qualities for creamy sauces such as this – there's no contention in my view. And **mozzarella for stretch** – nothing does the cheese pull like a good mozzarella!

But honestly, any cheese that melts well works is excellent with Mac and Cheese, such as cheddar, tasty, Colby, Swiss, Pepper Jack, Emmental.

No cream? You do NOT need it. This sauce is rich enough as it is from the butter and cheese. Cream makes it so rich you can't eat more than a few spoonful's.



Tips for the **BEST Mac & Cheese!**

- **Freshly grated cheese** – don't use pre shredded. They have anti caking agents that can make the sauce grainy.
- **No bloated overcooked pasta** – Cool macaroni slightly and lightly coat in butter. This stops the macaroni from absorbing more liquid while baking, resulting in bloated overcooked pasta (hot pasta absorbs liquid faster, butter creates thin film of protection) and less sauce.
- **To avoid lumps** in your sauce, stir constantly as you slowly pour the milk in and keep stirring once the milk is all added. If necessary, switch to a whisk to get rid of stubborn little lumps!
- **Plenty of sauce** – Because I like my Mac and Cheese saucy, not dried up so you can cut it like cake!
- **Can you make Mac and Cheese ahead of time?** Most recipes are not suitable for making ahead, but this recipe is! The best way is to cool pasta then toss with sauce and adding breadcrumb topping. Cool, refrigerate or freeze then bake on the day of (see recipe Note 5 for baking time).
- **How long can Mac and Cheese stay in the fridge?** Unlike most, this Macaroni Cheese recipe is good for 3 to 5 days in the fridge. Most Mac and Cheese will not keep well because there's not enough sauce so it gets absorbed by the pasta and you're left with dry, sauceless pasta.
- **Freezing?** Yes! Assemble, cool, do not bake, just freeze it. Thaw then on the day of, bake per Note 5 in the recipe.
- **Add ins?** This recipe is great as it is, but there's tons of add-in options. Add shredded chicken, sautéed onion and bell peppers/capsicum, bacon, hot sauce (for heat!), dried herbs of choice.

How to make Baked Mac and Cheese

It's a straightforward recipe, starting with a basic butter-flour roux that is used to thicken milk to make the cheese sauce



The simple trick to avoid lumps in the Mac and Cheese Sauce is to pour the milk in slowly while constantly stirring, then just switch to a whisk if needed to remove any stubborn lumps!

🕒 Prep: 15 mins
👨‍🍳 Cook: 45 mins

👨‍🍳 Easy

🍴 Serves 8

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	low in salt
263	17g	8g	25g	14g	4g	5g	1.28g

Ingredients

1 large potato, diced

1 small butternut squash, peeled, deseeded and diced

1 aubergine, diced

6 tbsp tikka masala paste

3 tbsp vegetable oil

2 onions, sliced

680g-700g jar tomato passata

400g can coconut milk

2 red peppers, sliced

2 courgettes, diced

Add a few coriander sprigs, to serve

Add rice or naan bread, to serve



Head Girl, Holly Cutland

VEGETABLE CURRY

This simple vegetable curry is budget-friendly and great for feeding a crowd, served with naan and rice.

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Toss the potato, squash and aubergine with 2 tbsp curry paste and 2 tbsp oil in a large roasting tin. Season, then roast for 30 mins.

STEP 2

Meanwhile, make the sauce. Fry the onions in the remaining oil in a large pan until softened and golden – add a splash of water if they start to dry out. Stir in the remaining curry paste, cook for 3 mins, then add the passata, coconut milk and 100ml water. Simmer for a few mins.

STEP 3

When the vegetables are roasted, tip them into the sauce with the peppers and courgettes. Simmer for 10-15 mins until tender. Scatter with coriander and serve.

RECIPE TIPS

MAKE IT DIFFERENT!


Make it Thai:

Use Thai green curry paste, swap the passata for an extra can coconut milk and stir in the juice of a few limes before serving.


Or spice it up by adding 2 chopped red chillies to the onions and use a Madras or vindaloo curry paste.

Nutrition: Per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
732	20g	11g	103g	24g	16g	27g	1.4g

 Prep: 40 mins
Cook: 45 mins

 Easy

 Serves 4

Ingredients

2 red onion
3 tbsp cider vinegar
2 courgettes
1 large red pepper
½ cauliflower
400g can chickpeas
3 tsp coriander seeds
2 tsp garam masala
350g self raising flour
500g natural yogurt
small bunch coriander
100g pot coconut chunks
small bunch mint
2 limes
½ cucumber
2 garlic cloves
1 shallot
1 green chilli
salt, pepper, sugar and olive oil



Mr Allman's

VEGETARIAN WRAPS

Try these flavour-packed veggie wraps filled with pickled onions, roasted veg, coconut tzatziki and spicy green sauce. They will feed four people for under £10 – perfect for a hungry crowd.

Method

STEP 1

To make the sweet pickled onions, slice one red onion into thin half moons. Put 2 tbsp cider vinegar in a small pan with 1 tbsp sugar and 1 tsp salt. Heat until almost boiling, then pour over the onions and leave for 2 hrs, by which time they will be sweet and crunchy.

STEP 2

To make the roasted veg, heat oven to 180C/160C fan/gas 4. Chop the courgettes, remaining red onion, the red pepper and cauliflower into bite-sized pieces. Tip into a baking tray with the chickpeas, plus 1 tbsp of the starchy water from the can. Pour over a good glug of olive oil, add 2 tsp of the coriander seeds, the garam masala, a sprinkle of salt and pepper, and mix everything together with your hands. Cook in the oven for 45 mins, but give them a good shake after 30.

STEP 3

For the flatbreads, mix the flour with 350g of the yogurt, the remaining 1 tsp coriander seeds, and all the coriander stalks, finely chopped. It will come together quickly into a dough. Take a golf ball-sized chunk and roll it out on a floured board until it's the thickness of a 20p coin, then dry-fry in a hot frying pan for about a minute on each side. When done, brush each flatbread on one side with some olive oil.

STEP 4

To make the tzatziki, blitz 1/4 of the pot of coconut chunks in a blender until it resembles breadcrumbs, then set aside. Pour the remaining 150g yogurt into a bowl. Finely chop half the mint leaves and add to the bowl along with the juice of 1 lime. Grate in the cucumber and a garlic clove, then add the coconut. Season and mix.

STEP 5

To make the spicy green sauce, put the rest of the coconut chunks in a blender with the rest of the coriander and mint leaves, a peeled clove of garlic, the peeled shallot, chilli, the juice of a lime, 1 tbsp cider vinegar, and 1 tsp brown sugar. Blitz until smooth.

STEP 6

Take a flatbread, load it with a handful of vegetables, then a big spoonful of tzatziki and spicy green sauce, then a sprinkling of sweet pickled onions. Wrap it up, and tuck in.



MICHELIN STAR CHEF, TV CHEF AND JUDGE AND EX FRIARY STUDENT

Tom Shepherd's

TOMATO ARRABBIATA WITH A SIDE OF TRUFFLE ARANCINI

Tom's restaurant 'Upstairs', in Lichfield, was awarded a Michelin Star just four months after opening and is the first, and only, in Staffordshire to do so.

Please note that although this is the dish that Tom gave as his favourite the recipe is not Tom's own recipe.

ARRABBIATA SAUCE

Method

STEP 1


Pour the oil into a saucepan and fry the garlic over a medium heat for 1-2 mins until fragrant, but not browned. Add the chilli, fry for another minute, then add the tomatoes along with 1 tsp salt and ½ tsp sugar. Stir well to combine the ingredients and simmer gently for 20 mins, stirring regularly. The sauce will thicken slowly as it cooks.

STEP 2

Taste and adjust the seasoning if needed. Serve stirred through pasta, or blend it first to create a smoother sauce if you prefer. Will keep chilled for up to five days.

STEP 3

Add to pasta or Quorn mince.

 Prep: 10 mins
 Easy  Serves 2
Cook: 25 mins










Ingredients

2 small garlic cloves, peeled and crushed

2 tbsp extra virgin olive oil

1 red chilli, deseeded and finely chopped

1 x 400g can chopped tomatoes

 Dairy-free  Egg-free  Gluten-free  Low sugar  Nut-free  Vegan
 Vegetarian

Nutrition: Per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
76	6g	1g	5g	4g	1g	1g	1.24g



Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 200g risotto rice
- 150ml white wine
- 800ml hot vegetable stock
- truffle paste (depending on strength)
- 125g parmesan finely grated
- 60g breadcrumbs
- 2 eggs, beaten
- 50g plain flour
- 1 litre vegetable oil, for deep frying
- truffle oil and pesto or tomato sauce, to serve (optional)

L Prep: 30 mins
Cook: 1 hr
plus cooling

E Easy

F Serves 4 - 6

Nutrition: Per serving (6)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
430	19g	5g	46g	4g	3g	14g	0.89g

ARANCINI

Method

STEP 1

Heat the olive oil in a frying pan over a medium heat, and fry the onion until soft but not browning, about 10 mins. Stir in the garlic, fry for a minute, then tip in the rice. Turn up the heat slightly and stir the rice into the onions, toasting the grains until they look semi-translucent. Stir in the wine and simmer until absorbed.

STEP 2

Reduce the heat to medium-low, and add the hot stock, a ladleful at a time, continually stirring, until the rice is just tender and the risotto is creamy, about 20 mins. Stir in the truffle paste to taste, seasoning and 100g of the parmesan. Stir off the heat for a minute until well combined, then transfer to a tray or container, cover and leave to cool.

STEP 3

Once cool, take spoonful's of the risotto and mould in your hands (damp hands will help prevent the rice sticking). You should end up with 16 - 18 ping pong-sized balls.

STEP 4

Put the breadcrumbs, eggs, and flour into separate shallow bowls. Season the flour with salt and pepper. Stir the remaining 25g cheese into the breadcrumbs.

STEP 5

Toss the arancini into the flour, rolling to coat, then dunk in the egg, and then the breadcrumbs. Repeat with all the arancini.

STEP 6

Toss the arancini into the flour, rolling to coat, then dunk in the egg, and then the breadcrumbs. Repeat with all the arancini.

STEP 7

To serve, sprinkle with a little sea salt and drizzle with truffle oil. Serve with a loose pesto, or tomato sauce for dunking, if you like.

Ingredients

2 tbsps butter and dash of olive oil

6 x cloves of Garlic (minced)

6 x tbsps tomato paste

300ml double cream

125g drained mozzarella ball

190g grated parmesan

Salt and pepper to season

More grated mozzarella & parmesan & oregano to sprinkle on top before grilling.

Method

STEP 1

Cook 500g of pasta in slightly salted water until all dense (I use fusilli)

Meanwhile:

STEP 2

Add 2 tbsps of butter and a little olive oil to a large frying pan or wok, heat slowly until melted. Add peeled and minced garlic cloves (6x) to pan and cook until fragrant.

STEP 3

Add 6 tbsps of tomato paste and stir well, heat for 2 mins.

STEP 4

Add 300 ml of double cream and stir well combined season and allow to simmer for a few minutes.

STEP 5

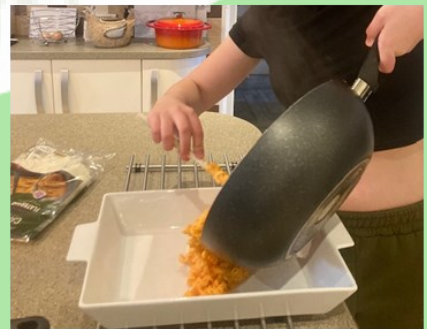
Add cooked pasta & a little pasta water to the sauce mix. Then tear chunks of mozzarella into mixture & add grated parmesan, stir well.

STEP 6

Once combined transfer to oven proof dish and top with more grated mozzarella parmesan and a little oregano. Cook at 180 degrees for 10 - 15 mins until cheese melts. Grill for a minute or two to crisp up the cheese a bit. Then serve & enjoy.

Isla Luckhurst's

MARGHERITA PASTA





Ingredients

Plant-based mince

1 onion

1 can of green peas

about 3 carrots

about 6 big potatoes

Shredded cheese (e.g. Cheddar)

Milk

Butter

Salt

Pepper

Chilli flakes

Miss Stuzelczyk's

VEGETARIAN SHEPHERD'S PIE (CHEESY VARIATION)

Method

STEP 1

Peel the potatoes and cut them into small chunks. Cook the potatoes in salted boiling water until tender. Drain well. Mash the potatoes. Add some butter and milk as well as a good amount of pepper. Add some shredded cheese and mix well.

STEP 2

Peel the carrots and cut them into slices. Cook until tender.

Put the peas into a sieve and wash them in cold water.

STEP 3

Cut the onions into tiny chunks. Heat oil in a pan and add the onion until it becomes translucent. Add the vegan/vegetarian mince and as much of the spices as you desire. Cook and stir as long as prescribed by the packaging.

STEP 4

Preheat the oven to 200 degrees. Put the mince into a baking dish as the first layer. Now put your peas and carrots as the second layer. Put the mashed potatoes on top.

Optional: You can add the rest of your shredded cheese on top for a crispy top layer.

Bake in the oven for 20 minutes.



Ingredients

400g strong white bread
flour/200g SWBF & 20g '00' flour

7g salt

7g yeast

3tbsp olive oil

220ml cool water

Semolina for dusting

Garlic

Salted butter

Parsley

Makes 3-4



Sophie Antcliff's

GARLIC BREAD PIZZA WITH MOZZARELLA AND PEPPER

Method

STEP 1

Put the flour in a large bowl, add salt on one side and yeast on the other.

STEP 2

Add the olive oil and 150ml of the water into the flour and mix with fingers.

STEP 3

Add the remaining water a little at a time until you have a smooth soft dough and you have picked up the flour.

STEP 4

Tip the dough onto an oiled surface and knead for 5 - 10 minutes until you have a smooth elastic ball of dough.

STEP 5

Put into a lightly oiled bowl and cover. Leave to rise for 1 - 2 hours until at least doubled in size.

STEP 6

At the end of the rising time, heat the oven to 220C and place pizza stone on the shelf.

STEP 7

Mix equal amounts of semolina and white flour together and use it to dust the work surface.

STEP 8

Transfer the dough onto the surface and divide into 3 or 4. shape into balls.

STEP 9

Dust dough with flour mix and flatten into rounds, pressing down with heels of hands and then fingers.

STEP 10

Roll out each ball into a circle, dusting as required with the flour mix. Flick and spin the dough several times until you have a thin disc.

Garlic butter:

Place 3-4 tbsp of room temperature butter into a small bowl.

Crush one or two cloves of garlic into the butter.

Add 1-2 tsp of parsley and mix together.

Spread onto the base and leave some over.

Toppings: good toppings to include are pepper, cheddar, mozzarella, rocket and balsamic vinegar.

STEP 11

Bake for 10-12 minutes, brush leftover garlic butter on and enjoy.

Ingredients

- 1 tbsp of coconut oil
- 1 onion that is chopped
- 2 garlic gloves
- Garlic cloves that are grated
- A thumb-sized amount of ginger, grated
- 3 tbsp of Thai red curry paste (make sure it is vegetarian)
- 1 tbsp of smooth peanut butter
- 500g of sweet potato, peeled then chopped in chunks
- 400ml of canned coconut milk
- 200g of bagged spinach
- A lime

Louis Martin's

SWEET POTATO AND PEANUT CURRY!



Method

STEP 1

Melt a tbsp of coconut oil in a saucepan over medium heat and soften your chopped onion for 5 minutes. Then, add two grated garlic cloves and a grated thumb-sized piece of ginger, and cook that for 5 minutes until sweet.

STEP 2

Stir in 3 tbsp of Thai red curry paste, 1 tbsp of peanut butter and 500g of sweet potato, chopped and chunked, then add 400ml of coconut milk and 200ml water.

STEP 3

Bring to the boil, turn down the heat and simmer, uncovered, for 25 - 30 minutes or until the sweet potato is soft.

STEP 4

Stir through 200g of spinach and the juice of 1 lime, and season it well. Serve with cooked rice, and if you want some crunch, sprinkle over dry roasted peanuts and that's the recipe finished.

Method

STEP 1

Put the falafel in the oven (following the packet instructions).

STEP 2

Whilst it cooks, prepare the salad.

STEP 3

Remove the pan from the heat and mix in the lime juice and chopped coriander. Season to taste.

STEP 4

On each flatbread, spread a layer of houmous, put the falafel on, then add the beetroot after slicing it.



Ingredients

For the flatbread

Falafel (from supermarket or homemade)

Beetroot

Houmous

Flatbread

For the salad

Tomatoes

Pepper

Leaves

Any other vegetables (e.g. cucumber)

Maisie Botfield's

FALAFEL ON FLATBREADS WITH SALAD



Ingredients

400g black beans that are drained

Small bunch coriander, finely chopped

8-12 flour tortillas

1 avocado, sliced

2 tbsp soured cream

For fajita mix

1 red or 1 yellow pepper, cut into strips

1tbsp of oil

1 red onion, cut into thin wedges

1garlic clove, crushed

1/2 tsp chilli powder

Serves 4

Louis Martin's

VEGETARIAN FAJITAS

Method

STEP 1

To make the fajita mix, take two or three strips from each colour paper and finely chop them. Set aside. Heat the oil in a frying pan and fry the remaining pepper strips and the onion until soft and starting to brown at the edges. Cool slightly and mix in the chopped raw peppers. Add the garlic and cook for 1 minute, then add the spices and stir. Cook for a couple of minutes until the spices become aromatic, then add half the lime juice and season. Transfer it to the dish, leaving any juices behind, and keep warm.

STEP 2

Tip the black beans into the same pan, then add the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them through and help them absorb any flavours of the fajita mix, then stir through the coriander.

STEP 3

Warm the tortillas in a microwave or in a low oven, then wrap them so they do not dry out. Serve the tortillas with the fajita mix, beans, avocado and soured cream and there is your vegetarian fajitas meal.

Top 20 Protein Sources For Vegetarians

Proteins are the building blocks that help in the growth of muscles, bones, skin, hair, and other tissues



In children, protein deficiency can cause developmental delays and cognitive impairments.

Long-term protein deficiency can lead to serious health problems, including organ damage, stunted growth, and even death in extreme cases.

NUTS AND SEEDS



Pumpkin Seeds, Peanuts, Almonds, Pistachios, Sunflower seeds

LEGUMES



Soybeans, Fava Beans, Lentils, Split Peas, Kidney Beans, Chickpeas

GRAINS



Kamut (Khorasan Wheat), Teff, Amaranth, Quinoa, Wild Rice

VEGETABLES



Green Peas, Spinach, Artichokes, Sweet Corn, Avocado

DAIRY



Yoghurt (non-fat), Curd, Paneer, Cheese, Milk

HIGH PROTEIN FOODS

Cheese

Cashews

Paneer

Quinoa

Peanuts



Daily protein intake for a sedentary lifestyle

0.8g to 1g per kg body weight

Happy Tummy

HEALTHY
100%
VEGETARIAN
food



***“Let food be thy medicine
and medicine be thy food.”
- Hippocrates***

