

# RECIPE BOOK



by Laura Steel

# Black Bean, Pepper and Mushroom Fajitas

Ingredients

- 2 Peppers
- Garlic Clove
- Lime
- 1 can Black Beans
- 180g Sliced Mushrooms
- 10g Chipotle Paste
- 10g Vegetable Stock Paste
- 6 Plain Tortillas
- 75g Sour Cream



Method

1. Preheat your oven to 220°C/200°C fan/gas mark 7.
2. Halve the peppers and discard the core and seeds. Slice into thin strips.
3. Peel and grate the garlic (or use a garlic press). Zest and halve the lime.
4. Drain and rinse the black beans in a sieve. Pop half into a bowl and roughly mash with the back of a fork.
5. Heat a drizzle of oil in a large frying pan on high heat.
6. Once hot, add the pepper and sliced mushrooms. Stir-fry until just soft, 3-4 mins.
7. Once the veg has softened, add the chipotle paste, veg stock paste, garlic, black beans (whole and crushed) and 50ml water to the pan.
8. Cook, stirring, until the liquid has reduced and the mixture has thickened slightly, 1-2 mins.
9. When the fajita filling is ready, squeeze in some lime juice and season with salt and pepper. Mix well, then remove the heat.
10. Meanwhile, pop the tortillas onto a baking tray and into the oven to warm through, 1-2 mins.
11. In another small bowl, mix together the soured cream and lime zest.
12. When everything's ready, lay your tortillas onto your plates (3 per person).
13. Spread over a spoonful of the zesty soured cream, then top with the fajita filling.
14. Serve lime wedges alongside for squeezing over.

# Roasted Pepper and Aubergine Linguine

Ingredients

- 1 aubergine
- 1 bell pepper
- 180g linguine
- 1 garlic clove
- 1 small bunch chives
- 1 carton finely chopped tomatoes with onion and garlic
- 1tsp sugar
- 50ml water
- 10g vegetable stock paste
- 25g sun-dried tomato paste
- 40g grated hard Italian-style cheese



Method

1. Preheat your oven to 240°C/220°C fan/gas mark 9. Bring a large saucepan of water to the boil with 1/4 tsp salt for the pasta.
2. Trim the aubergine, then cut into roughly 2cm pieces.
3. Halve the pepper and discard the seeds. Chop into 2cm pieces.
4. Pop both veg onto a baking tray, drizzle with oil and season with salt and pepper. Toss to coat, then spread out and roast on the top shelf until soft, 15-18 mins. Turn halfway through.
5. While the veg roasts, add the linguine to the pan of boiling water and bring back to the boil. Cook until tender, 12 mins.
6. Once cooked, drain in a colander and pop back into the pan. Drizzle with oil and stir through to stop it sticking together.
7. Meanwhile, peel and grate the garlic (or use a garlic press).
8. Finely chop the chives (use scissors if easier).
9. Heat a drizzle of oil in a large frying pan on medium heat. Once hot, add the garlic and cook, stirring, for 30 secs.
10. Stir in the chopped tomatoes, veg stock paste, sun-dried tomato paste, sugar and water. Season with salt and pepper.
11. Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.
12. Once cooked, combine the roasted veg, cooked pasta and sauce in whichever pan is the largest.
13. Stir in half the chives and half the hard Italian style cheese. Add a splash more water if it seems a bit dry.
14. Season to taste with salt and pepper if needed.
15. When everything's ready, serve your roasted pepper and aubergine linguine in bowls.
16. Finish with a sprinkling of the remaining chives and cheese.

# Creamy Truffle and Mushroom Rigatoni



Ingredients

- 180g rigatoni
- 1 garlic clove
- 150g tenderstem broccoli
- 120g sliced mushrooms
- 150g creme fraiche
- 10g vegetable stock paste
- 10g truffle zest
- 40g grated hard Italian cheese

Method

1. Bring a large saucepan of water to the boil with 1/2 tsp salt.
2. Once boiling, add the rigatoni and bring back to the boil. Cook until tender, 12 mins.
3. Cut the broccoli into 3 pieces widthways.
4. When the pasta has been cooking for 8 mins, add the broccoli to the same pan and bring back to the boil.
5. When the pasta and broccoli are cooked, drain them in a colander and leave until needed.
6. While the pasta cooks, peel and grate the garlic (or use a garlic press).
7. Pop your pan on medium-high heat with a drizzle of oil.
8. Once hot, add the sliced mushrooms and season with salt and pepper.
9. Stir-fry until golden, 4-5 mins.
10. Stir in the garlic and cook for 1 min more.
11. Reduce the heat slightly, then add the creme fraiche and veg stock paste.
12. Pour in 50ml water for the sauce. Bring to the boil and simmer for 2 mins, then remove from the heat.
13. Stir through the truffle zest and hard Italian style cheese.
14. Add the cooked pasta and broccoli to the sauce and toss together. Reheat if necessary.

# Welsh Rarebit Veggie Pie

Ingredients

- 450g potatoes
- 150g chestnut mushrooms
- Garlic clove
- 1 carton lentils
- 15g Worcester sauce
- 25g sundried tomato paste
- 1/2 carton chopped tomatoes
- 28g red wine stock paste
- 60g mature Cheddar cheese
- 10g Dijon mustard
- 150g creme fraiche
- 75ml water
- 1/2 tsp sugar

Method

1. Preheat your oven to 240°C/220°C fan/gas mark 9.
2. Bring a large saucepan of water to the boil with 1/2 tsp salt for the potatoes.
3. Chop the potatoes into 2cm chunks (peel first if you prefer). Quarter the mushrooms. Peel and grate the garlic (or use a garlic press).
4. Drain and rinse the lentils in a sieve.
5. When your pan of water is boiling, add the potatoes and cook until you can easily slip a knife through, 15-20 mins.
6. Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
7. Once hot, add the mushrooms and stir-fry until browned, 5-6 mins.
8. Add the Worcester sauce to the mushrooms and allow it to evaporate, 1-2 mins.
9. Stir in the garlic and sun-dried tomato paste, cook for 1 min more. Season with salt and pepper.
10. Pour in the chopped tomatoes, red wine stock paste, water and sugar for the sauce.
11. Stir in the lentils, then bring the mixture to the boil. Simmer until thickened, 8-10 mins.
12. Meanwhile, grate the Cheddar cheese and pop it in a small bowl with the Dijon mustard and creme fraiche. Season with salt and pepper, then stir together and set aside.
13. Once the potatoes are cooked, drain in a colander and return to the pan, off the heat. Add a knob of butter (if you have any) and mash until smooth. Season with salt and pepper.
14. Taste the lentil filling and season with salt and pepper if needed. Add a splash more water if you feel it needs it.
15. Transfer to an appropriately sized ovenproof dish and top with an even layer of mash. Spoon the cheese and mustard mixture over the mash and spread it out with the back of a spoon.
16. Bake the pie on the top shelf of your oven until golden brown, 15-20 mins.

# Paneer Pathia With Turmeric Rice

Ingredients

- 200g paneer
- 5g coriander
- 15g fresh root ginger
- 100g basmati rice
- 32g tomato paste
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 15g tamarind paste
- 1/2 tsp cayenne pepper
- 1 tsp cumin seeds
- 1/2 tbsp curry powder
- 3 garlic cloves
- 1 brown onion
- Salt
- Sugar
- Vegetable oil

Method

1. Peel and finely chop the brown onion, garlic and ginger.
2. Heat a large, wide-based pan (preferably non-stick) with a generous drizzle of vegetable oil over a medium heat. Once hot, add the chopped onion with a generous pinch of salt and cook for 6-8 min or until softened.
3. Meanwhile, heat a pot with a matching lid with a generous drizzle of vegetable oil over a medium heat. Once hot, add the cumin seeds and cook for 1-2 min or until sizzling. Once the cumin seeds start to sizzle, carefully add the basmati rice and stir it all together.
4. Add the ground turmeric and 250ml cold water with a pinch of salt to the pot and bring to the boil over a high heat. Once boiling, reduce the heat to very low and cook, covered, for 10-12 min or until all the water has absorbed and the rice is cooked. Once cooked, remove from the heat and keep covered until serving.
5. While the rice is cooking, boil half a kettle. Chop the paneer into bite-sized pieces.
6. Once the onion has softened, add the chopped paneer, ginger and garlic to the pan and cook for 1-2 min further or until fragrant. Once fragrant, add the ground cumin, curry powder and cayenne pepper with the tomato paste and stir it all together. Add the tamarind paste with 150ml boiled water and 2 tsp sugar.
7. Give everything a good mix up, then cook for 3-4 min or until the sauce has thickened.
8. Meanwhile, chop the coriander roughly, including the stalks. Serve the paneer pathia with the turmeric rice. Garnish with the chopped coriander.

# Sri Lankan-Style Coconut Dal With Aubergine Pickle

Ingredients

- 20g coriander
- 1 green chilli
- 11g vegetable stock mix
- 15g fresh root ginger
- 50g solid creamed coconut
- 3.8g black mustard seeds
- 130g basmati rice
- 15ml cider vinegar
- 1 tsp ground turmeric
- 1 tbsp curry powder
- 3 garlic cloves
- 100g red lentils
- 3 shallots
- 1 aubergine
- Pepper
- Salt
- Sugar
- Vegetable oil

Method

1. Boil a full kettle. Add the basmati rice and 300ml cold water to a pot with a lid and bring to the boil over a high heat. Once boiling, reduce the heat to very low and cook, covered, for 10-12 min or until all the water has absorbed and the rice is cooked. Once cooked, remove from the heat and keep covered until serving.
2. While the rice is cooking, peel and finely slice 1 shallot, then peel and finely slice 1 garlic clove. Dissolve the vegetable stock mix and creamed coconut in 600ml boiled water.
3. Trim the green stalk off the aubergine and slice into strips. Heat a large, wide-based pan (preferably non-stick with a matching lid) with a very generous drizzle of vegetable oil over a medium-high heat. Once hot, add the aubergine strips with a pinch of salt and cook, covered, for 10-12 min, turning occasionally until golden and tender.
4. Heat a separate pot with a drizzle of vegetable oil over a medium heat. Once hot, add the sliced shallot, sliced garlic, curry powder and half the ground turmeric (you'll use the rest later!) and cook for 1 min, then add the rinsed lentils and cook for 1 min further. Add the coconut stock, bring to the boil over a high heat, and cook for 15-20 min or until the lentils are tender and starting to break down.
5. Whilst everything is cooking, slice the green chilli in half lengthways, then slice diagonally into strips. Peel and chop the remaining shallots into wedges. Peel and finely chop (or grate) the remaining garlic. Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the ginger. Chop most of the coriander finely, including the stalks (save a few whole leaves for garnish!).
6. In a bowl, combine the chopped garlic with the chopped ginger, chopped coriander, cider vinegar, black mustard seeds and 1 tbsp sugar.
7. Once the aubergine is golden and tender, transfer it to kitchen paper and return the pan to a medium heat. Add the sliced green chilli and shallot wedges with the remaining ground turmeric and cook for 2-3 min.
8. Return the cooked aubergine and pickling liquid to the pan and cook for 2-3 min or until all the liquid has evaporated.
9. Serve the Sri Lankan-style coconut dal with the basmati rice to the side.
10. Top with the aubergine pickle, garnish with the reserved coriander leaves and season with a grind of black pepper.

# Creamy Veg-Packed Potato-Topped Pie

Ingredients

- 5.5g Dijon mustard
- 11g vegetable stock mix
- 150g canned sweetcorn
- 4 white potatoes
- 50g soft cheese
- 1 carrot
- 120g shredded spring greens
- 2 garlic cloves
- 1 broccoli
- 1 leek
- Butter
- Flour
- Milk
- Pepper
- Salt

Method

1. Preheat the oven to 220°C/ 200°C (fan)/ gas 7. Boil a kettle.
2. Cut the broccoli into small florets, then add to a baking tray and put the tray in the oven for 15-18 min or until starting to soften.
3. Meanwhile, chop the potatoes into large bite-sized pieces. Add the chopped potatoes to a pot with plenty of boiled water and a pinch of salt and bring to the boil over a high heat. Cook for 12-15 min or until fork-tender, then drain and return to the pot to steam dry.
4. Reboil half a kettle. Chop the leek in half lengthways, wash thoroughly to remove any grit from between the leaves, then top, tail and slice finely. Top, tail peel and dice the carrot.
5. Heat a large, wide-based pan with 15g butter over a medium heat. Once melted, add the sliced leek and diced carrot with a pinch of salt and cook for 4-5 min or until beginning to soften.
6. Meanwhile, peel and finely chop (or grate) the garlic and dissolve the vegetable stock mix and Dijon mustard in 250ml boiled water.
7. Once the vegetables have softened, add half the chopped garlic (you'll use the rest later!) with 1 tbsp flour and cook for 30 secs, then add the vegetable stock and soft cheese. Bring to the boil over a high heat and cook for 3-4 min or until thickened. While the creamy sauce is thickening, drain the sweetcorn.
8. Return the drained potatoes to a low heat with a knob of butter and a small splash of milk. Season with a generous pinch of salt and pepper and mash until smooth.
9. Add the drained sweetcorn and roasted broccoli to the creamy sauce with a generous grind of black pepper and mix.
10. Transfer the creamy pie filling to an oven-proof dish and top with the mash. Put the dish in the oven for 15-20 min or until golden.
11. Wash the shredded spring greens, then pat dry with kitchen paper. Once the pie is almost done, heat a separate large, wide-based pan (preferably non-stick) with a knob of butter over a medium heat. Once hot, remove the pan from the heat, add the shredded spring greens and remaining chopped garlic, then return to the heat and cook for 3-4 min or until tender with a bite.
12. Serve the pie with the garlicky greens to the side.

# All-In-One Honey Baked Greek Cheese & Crispy Gnocchi



Ingredients

- 100g Greek salad cheese
- 1/2 tsp dried chilli flakes
- 1 tsp dried oregano
- 350g gnocchi
- 10ml red wine vinegar
- 15g honey
- 1 courgette
- 125g cherry tomatoes
- 1 red onion

Method

1. Preheat the oven to 220°C/ 200°C (fan)/ gas 7
2. Peel and cut the red onion into wedges
3. Top, tail and chop the courgette into quarters lengthways, then chop into large bite-sized pieces
4. Add a generous drizzle of olive oil to a large oven-proof dish
5. Add the chopped courgette to one side of the dish with the onion wedges and cherry tomatoes
6. Sprinkle over the chilli flakes with the dried oregano and the red wine vinegar and give everything a good mix up
7. Top the mixed vegetables with the Greek cheese, then drizzle the honey over the top
8. Add the gnocchi to the other side of the dish with a drizzle of olive oil and a pinch of salt and pepper
9. Put the dish in the oven for 20-25 min or until the Greek cheese is slightly charred and the gnocchi is golden and crispy
10. Once the Greek cheese is slightly charred and the gnocchi is golden, remove the dish from the oven and add a small splash of boiled water
11. Give everything a good mix up until fully combined

# 3 Cheese Veg-Packed Pasta Bake

Ingredients

- 1 tsp dried basil
- 35g grated Italian hard cheese
- 2 garlic cloves
- 15ml balsamic vinegar
- 10g parsley
- 125g mozzarella
- 11g vegetable stock mix
- 16g tomato paste
- 210g canned finely chopped tomatoes
- 150g tortiglioni
- 1 courgette
- 125g cherry tomatoes
- 40g cheddar cheese

Method

1. Preheat the oven to 240ºC/ 220ºC (fan)/ gas 9
2. Peel and finely chop (or grate) the garlic
3. Add the tortiglioni to a pot of boiled water with a pinch of salt, bring to the boil over a high heat and cook for 8-10 min or until cooked with a slight bite
4. While the pasta is cooking, top, tail and chop the courgette[s] into quarters lengthways, then slice finely, heat a large, wide-based pan (preferably non-stick) with a drizzle of olive oil over a medium-high heat. Once hot, add the sliced courgette with a pinch of salt and cook for 4 min or until beginning to soften
5. Meanwhile, dissolve the vegetable stock mix, dried basil, balsamic vinegar, tomato paste and 1 tsp sugar in 100ml boiled water
6. Chop the cherry tomatoes roughly
7. Once the courgette is beginning to soften, add the chopped garlic to the pan and cook for 30 secs
8. Add the stock with the chopped cherry tomatoes and finely chopped tomatoes and bring to the boil over a high heat
9. Season with a generous grind of black pepper and cook for 3-4 min further
10. Grate the cheddar cheese, drain the mozzarella, then pat and squeeze as much liquid out as you can with kitchen paper. Tear the drained mozzarella into rough, bite-sized pieces. Chop the parsley finely, including the stalks
11. Add the drained tortiglioni to the sauce with the chopped parsley (save some for garnish!) and mix it up. Add half the pasta to an oven-proof dish, then top with the grated cheese. Top with the remaining pasta, torn mozzarella and grated Italian hard cheese and put the dish in the oven for 5-10 min or until all the cheese has melted
12. Serve the 3 cheese veg-packed pasta bake topped with the reserved chopped parsley and a grind of black pepper

# Caramelised Mushroom, Parsley & Walnut Speltotto

Ingredients

- 2 garlic cloves
- 30g grated Italian hard cheese
- 25g walnuts
- 11g vegetable stock mix
- 160g chestnut mushrooms
- 15ml Chinese rice wine
- 50g soft cheese
- 5g parsley
- 120g spelt
- 1 shallot
- 1 leek

Method

1. Heat a large, wide-based pan over a medium-high heat. Peel and finely slice the shallot. Once hot, add a knob of butter to the pan.
2. Once melted, add the sliced shallot with a pinch of salt and cook for 2-3 min until starting to soften
3. Meanwhile, dissolve the vegetable stock mix in 500ml boiled water. Once the shallot has softened, add the Chinese rice wine and spelt to the pan and cook for 2-3 min further
4. Add the vegetable stock and cook, covered, for 25-30 min, stirring occasionally, until the spelt is tender with a slight bite
5. Whilst the spelt is cooking, peel and finely chop (or grate) the garlic. Slice the chestnut mushrooms finely. Chop the leek in half lengthways, wash thoroughly to remove any grit then top, tail and slice finely. Roughly chop the walnuts
6. Heat a separate, large, wide-based pan (preferably non-stick) over a medium-high heat. Once hot, add the chopped walnuts and cook for 2-3 min or until toasted and lightly golden. Once toasted, transfer the walnuts to a plate and set aside
7. Return the pan to a medium-high heat with a drizzle of olive oil. Once hot, add the sliced mushrooms and cook for 4-5 min until golden and caramelised. Once caramelised, add the chopped garlic and sliced leek to the pan and cook for 1-2 min further until the leek has started to soften
8. Chop the parsley finely, including the stalks
9. Once the spelt is tender with a slight bite and all the liquid has been absorbed, stir through the chopped parsley, soft cheese and half the grated Italian hard cheese
10. Add the caramelised mushrooms and leek to the pan and mix
11. Serve the speltotto garnished with the toasted walnuts and remaining grated Italian hard cheese. Season with a generous grind of black pepper and top with a drizzle of olive oil

# Smoky Chipotle Mac 'N' Cheese

Ingredients

- 1 yellow pepper
- 1 red pepper
- 80g crème fraîche
- 30g panko breadcrumbs
- 40g chipotle paste
- 5.5g vegetable stock mix
- 16g tomato paste
- 150g macaroni
- 2 tsp smoked paprika
- 80g cheddar cheese
- 1 red onion



Method

1. Preheat the oven to 220°C/ 200°C (fan)/ gas 7
2. Deseed the peppers and cut into thin strips. Heat a large, wide-based pan (preferably non-stick with a matching lid) with a drizzle of vegetable oil over a medium heat. Once hot, add the sliced peppers and cook, covered, for 4-5 min
3. Peel and slice the red onion. Add the sliced onion to the pan with a pinch of salt and cook, covered, for a further 4-5 min
4. Add the macaroni to a pot of boiled water with a large pinch of salt and bring to the boil over a high heat. Cook for 7 min or until it's cooked with a slight bite. Once done, drain the macaroni, reserving 150ml of starchy pasta water
5. Combine the panko breadcrumbs, smoked paprika, a pinch of salt and a generous drizzle of vegetable oil in a small bowl.
6. Grate the cheddar cheese
7. Dissolve the vegetable stock mix in the reserved pasta water
8. Once the onion has softened, add the chipotle paste, tomato paste, drained macaroni, crème fraîche, grated cheese and vegetable stock to the pan, and give everything a good mix up
9. Transfer the chipotle mac 'n' cheese to an oven-proof dish. Top with the smoky breadcrumbs and put the dish in the oven for 10 min or until bubbling and crispy
10. Remove the smoky chipotle mac 'n' cheese from the oven and leave to stand until cooled slightly, then serve

# South East Asian Inspired Chickpea Curry

Ingredients

- 1 Sweet Potato
- 2 Garlic Cloves
- 1 Lime
- 1 carton Chickpeas
- 45g Yellow Thai Style Paste
- 15g Ginger Puree
- 10g Vegetable Stock Paste
- 200ml Coconut Milk
- 30g Peanut Butter
- 150g Basmati Rice
- 100g Baby Spinach



Method

1. Peel and chop the sweet potato into 2cm chunks (no need to peel). Peel and grate the garlic. Zest and cut the lime into wedges. Drain and rinse the chickpeas in a sieve.
2. Heat a drizzle of oil in a large saucepan on medium-high heat. Once hot, add the yellow Thai style paste, ginger puree and garlic. Stir and cook for 1 min. Add the sweet potato and chickpeas to the pan, then stir in the veg stock paste, coconut milk, peanut butter and 150ml water for the curry. Stir the sauce thoroughly to combine, 2-3 mins. Bring to the boil, then reduce to a simmer. Cover with a lid and simmer, stirring frequently, until the sweet potato is tender, 15-20 mins. Add a splash of water if you feel it needs it.
3. Meanwhile, pour 300ml water into a medium saucepan with a tight-fitting lid. Stir in the rice and 1/4 tsp salt and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).
4. Once the sweet potato is cooked, remove the lid from the curry and add the spinach a handful at a time until wilted and piping hot, 1-2 mins. Add a good squeeze of lime juice to the curry, then season with salt and pepper. Taste and add more salt, pepper and lime juice if needed.
5. When everything's ready, fluff up the rice with a fork and stir through the lime zest. Share the rice between your bowls and spoon over the curry. Serve with any remaining lime cut into wedges for squeezing over.

# Cauliflower, Mushroom and Harissa Lentil Pie

Ingredients

- 450g Potatoes
- 300g Cauliflower Florets
- 1 sachet Ground Cumin
- 150g Closed Cup Mushrooms
- 2 Garlic Cloves
- 1 carton Lentils
- 40g Mature Cheddar Cheese
- 1 bunch Chives
- 50g Harissa Paste
- 1 carton Chopped Tomatoes with Onion and Garlic
- 10g Vegetable Stock Paste

Method

1. Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with 1/2 tsp salt. Chop the potatoes into 2cm chunks (peel first if you prefer). Add the potatoes to the pan of boiling water and cook until you can easily slip a knife through, 15-20 mins.
2. Meanwhile, halve any large cauliflower florets and pop them onto a large baking tray. Drizzle with oil, sprinkle over the ground cumin, then season with salt and pepper. Toss to coat, then spread out in a single layer. When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.
3. While the cauli roasts, thinly slice the mushrooms. Heat a drizzle of oil in a large frying pan on medium-high heat. Once hot, add the mushrooms and season with salt and pepper. Cook until browned, 5-6 mins.
4. Meanwhile, peel and grate the garlic (or use a garlic press). Drain and rinse the lentils in a sieve. Grate the Cheddar. Roughly chop the chives (use scissors if easier).
5. Once the mushrooms are browned, add the garlic and harissa paste (add less if you don't like heat). Stir together and cook for 1 min. Stir in the chopped tomatoes, lentils, veg stock paste and 50ml water. Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins. Add a splash of water if it's a little thick.
6. Once the potatoes are cooked, drain in a colander and return to the pan, off the heat. Add a knob of butter and a splash of milk (if you have any) and mash until smooth. Season with salt and pepper, then stir through half the chives.
7. Once roasted, remove the cauliflower from the oven and turn your grill on to high. Stir the cauliflower through the sauce, season with salt and pepper then transfer it to an appropriately-sized ovenproof dish. Top your pie filling with an even layer of mash and sprinkle over the cheese. Grill until golden and bubbling, 5-6 mins. When ready, sprinkle the remaining chives over the pie to finish.

# 3 Cheese Veg-Packed Pasta Bake

Ingredients

- 1 tsp dried basil
- 35g grated Italian hard cheese
- 2 garlic cloves
- 15ml balsamic vinegar
- 10g parsley
- 125g mozzarella
- 11g vegetable stock mix
- 16g tomato paste
- 210g canned finely chopped tomatoes
- 150g tortiglioni
- 1 courgette
- 125g cherry tomatoes
- 40g cheddar cheese

Method

1. Preheat the oven to 240ºC/ 220ºC (fan)/ gas 9
2. Peel and finely chop (or grate) the garlic
3. Add the tortiglioni to a pot of boiled water with a pinch of salt, bring to the boil over a high heat and cook for 8-10 min or until cooked with a slight bite
4. While the pasta is cooking, top, tail and chop the courgette[s] into quarters lengthways, then slice finely, heat a large, wide-based pan (preferably non-stick) with a drizzle of olive oil over a medium-high heat. Once hot, add the sliced courgette with a pinch of salt and cook for 4 min or until beginning to soften
5. Meanwhile, dissolve the vegetable stock mix, dried basil, balsamic vinegar, tomato paste and 1 tsp sugar in 100ml boiled water
6. Chop the cherry tomatoes roughly
7. Once the courgette is beginning to soften, add the chopped garlic to the pan and cook for 30 secs
8. Add the stock with the chopped cherry tomatoes and finely chopped tomatoes and bring to the boil over a high heat
9. Season with a generous grind of black pepper and cook for 3-4 min further
10. Grate the cheddar cheese, drain the mozzarella, then pat and squeeze as much liquid out as you can with kitchen paper. Tear the drained mozzarella into rough, bite-sized pieces. Chop the parsley finely, including the stalks
11. Add the drained tortiglioni to the sauce with the chopped parsley (save some for garnish!) and mix it up. Add half the pasta to an oven-proof dish, then top with the grated cheese. Top with the remaining pasta, torn mozzarella and grated Italian hard cheese and put the dish in the oven for 5-10 min or until all the cheese has melted
12. Serve the 3 cheese veg-packed pasta bake topped with the reserved chopped parsley and a grind of black pepper

# Bibimbap

Ingredients

- 150g rice
- 1 carrot, peeled & julienned
- 150g mushrooms
- 100g spinach
- 1tbsp sesame seeds
- 2 eggs
- Gochujang paste
- Miso stock
- Soy & red miso sauce

Method

1. To make the Bibimbap sauce mix the Gochujang paste with the sesame oil, sesame seeds, sugar and vinegar along with 1 tbsp water. Mix well and set aside.
2. Pour 300ml of boiling water into a saucepan followed by the miso stock, followed by the rice. Stir gently and bring to the boil. Then turn it down to a low heat, cover with a lid and let it simmer for 12-15 mins.
3. Heat 1 tbsp of oil in a wok or large frying pan over high heat and then fry the carrots, mushrooms and spinach and any other vegetables all together with the soy and red miso for 3-4 mins, and then remove from the pan and keep warm.
4. Alternatively if you want to display it traditionally, fry the carrots for 2 mins with the Soy & Red Miso, then remove from the pan. Fry the mushrooms for 2 mins, then remove from the pan, then fry the spinach for 1 minute and remove from the pan.
5. In the same pan, fry the eggs, keeping the yolks soft.
6. To serve, put some rice into 2 large bowls or plates and add vegetables (either together or separately). Put one egg on top of each serving and then drizzle your Bibimbap sauce from Step 1 on top of each dish.



# Creamy Tomato Pasta

Ingredients

- 300g/10 oz spaghetti
- 2 tbsp / 30g butter
- 3 garlic cloves, minced
- ½ onion, finely chopped
- 1 cup / 250 ml tomato passata
- 3/4 cup / 185 ml heavy / thickened cream
- 1/2 cup / 125 ml milk
- 3/4 cup / 30g parmesan
- 1tsp dried basil, or other herb of choice
- 1tsp vegetable stock powder, or 1 bouillon cube, crumbled
- Pepper + salt

Method

1. Cook pasta in a big pot of boiling water for time per packet MINUS 2 minutes. Just before draining, scoop out a mugful of pasta cooking water.
2. Melt butter in large skillet over medium heat. Add garlic and onion, cook until translucent - about 2 minutes.
3. Add remaining ingredients. Stir until parmesan is melted. Turn heat up slightly and simmer for 2 minutes. Adjust salt to taste.
4. Add pasta. Toss for 1 to 2 minutes or until sauce thickens and is clinging to pasta instead of swimming on the base of the skillet. Use reserved pasta cooking water if required to thin the sauce out if it gets too thick.
5. Serve immediately, garnished with more parmesan and parsley if desired.



# Pasta alla norma

Ingredients

- 2 aubergines, cut into 3cm chunks
- 1 heaped tsp salt
- 4 tbsp extra virgin olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- pinch chilli flakes
- 2 x 400g tins chopped tomatoes
- 1 tsp sugar
- 350g spaghetti
- small bunch basil, shredded, plus a few leaves to serve
- 1 heaped tbsp capers
- ricotta salata or parmesan, finely grated, to serve (optional)

Method

1. Toss the aubergines with the salt, then tip into a colander set over a bowl for 30 mins, to extract any moisture.
2. Heat 2 tbsp of the oil in a casserole dish or saucepan. Tip in the onion and a pinch of salt, and cook over a low heat for 10 mins. Add the garlic and chilli, and cook for 1 min. Tip in the tomatoes and sugar, and bring to a simmer. Cook, uncovered, for 20 mins, stirring occasionally. Heat the oven to 220C/200C fan/gas 7.
3. Pat the aubergine dry with kitchen paper, then toss with the remaining oil. Spread out on a baking sheet and roast for 25-30 mins until softened and golden around the edges. Meanwhile, cook the pasta following pack instructions, reserving 100ml of the cooking water.
4. Stir the aubergine into the sauce with the basil and capers. Season to taste, then toss the spaghetti in the pan with the sauce and a splash of the pasta water. Divide between four bowls and top with the ricotta and extra basil, if using.

# Aloo Palak

Ingredients

- 1 lb spinach
- 1 large potato (peeled and cubed)
- 1/4 cup oil
- 1 tbsp ghee/butter (optional)
- 1 tsp cumin seeds
- 1 medium onion (finely chopped)
- 1-2 green chili peppers (slit in half)
- 3-4 cloves garlic (crushed)
- 1/2 inch piece ginger (crushed)
- 1 medium to large tomato (finely chopped)
- 1 tsp coriander powder
- 1/2 tsp cumin powder
- 1/4-1/3 tsp turmeric powder
- 1/4 tsp red chili powder
- ¾-1 tsp salt or to taste
- 1/4 tsp garam masala (optional)
- 1 tsp freshly squeezed lime or lemon juice

Method

1. Finely chop the spinach leaves. Set aside.
2. Boil the cubed potato with 1 tsp salt until tender. Drain and set aside.
3. Meanwhile, heat oil and ghee in a large pan over medium-high heat and add the cumin seeds. Give them a few seconds to sizzle. Add the onion and cook, stirring often, until slightly golden, about 5-7 minutes. Add the slit green chili pepper, garlic, and ginger and cook until the raw smell disappears, about 20 seconds. Add the chopped tomato, spice powders (except garam masala), and salt. Cook until the tomato becomes soft and the oil starts to leave the sides, about 3 minutes.
4. Raise the heat to high and add the spinach. Stir-fry it until it loses its moisture, about 10 minutes. Add water as needed to prevent the spinach from sticking to the bottom. If you feel that it still isn't cooked, add 1/4 cup of water, cover, and cook on low-medium heat for an additional 5 minutes. It should no longer have any raw taste.
5. When the spinach is cooked, add the boiled potatoes and stir to coat the potatoes with the spinach. Add garam masala and more salt, if needed. Turn off the heat and sprinkle lime or lemon juice.
6. Serve hot with roti, naan, rice, or bread. You can also serve yogurt and chopped red onions on the side, if desired.

# American-Style Mac 'N' Cheese

Ingredients

Mac 'N' Cheese

- 150 g dried macaroni
- 150 g Primula Light Cheese
- 2 tsp American-style mustard
- 1 gherkin, sliced
- A handful of chopped dill, to garnish

'Slaw

- 100g fat-free natural yogurt
- 1 tbsp extra-light mayo
- 1/4 red cabbage, finely shredded
- 1/4 white or green cabbage, finely shredded
- 2 carrots, grated
- 1/2 red onion, finely sliced
- A handful of chopped dill
- A dash of Worcestershire sauce

Method

1. Cook the pasta according to pack instructions.
2. Meanwhile, combine all of the ‘slaw ingredients and place in a serving dish.
3. Drain the pasta and set aside.
4. Mix the Primula Light Cheese and mustard, then stir the mixture through making sure you’ve evenly coated the pasta.
5. Garnish with gherkin and chopped dill.
6. Serve immediately.

# Butternut Squash, Spinach & Mushroom Tacos

Ingredients

- 1 large butternut squash, cut, cleaned, and diced into 1-inch cubes (about 4 cups)
- 6 oz fresh spinach
- 8 oz baby portobello mushrooms, sliced
- 3 tbsp olive oil
- 3 garlic cloves, minced
- 1/4 cup walnuts
- 1/4 tsp red pepper flakes
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp dried cumin
- 5-inch tortillas
- Sour cream as garnish

Method

1. Preheat the oven to 180C. Line a baking pan with aluminum foil. Add the butternut squash cubes to the pan and drizzle with 1 tablespoon olive oil. Season with 1/4 teaspoon salt, and 1/8 teaspoon black pepper. Toss to combine.
2. Roast in the oven for 25-30 minutes or until soft. Toss once or twice as they cook. Remove from the oven and set aside.
3. In a large skillet over medium heat, add the remaining olive oil. When hot, add the mushrooms and cook for a few minutes until they begin to release some liquid and soften.
4. Add the garlic, remaining salt, black pepper, and red pepper flakes. Stir to combine.
5. Add the spinach and cook, stirring, for a minute or so until the spinach begins to wilt.
6. Add the butternut squash and walnuts. Toss and cook for a minute or so to warm through.
7. Remove from the heat.
8. Serve the mixture on the tortillas with sour cream as garnish.

