

Cauliflower pizza

Makes one large pizza

- 1tbsp. olive oil
- 1 trimmed and grated cauliflower
- 100g very finely chopped hazelnuts
- 20g grated parmesan cheese
- 2 beaten eggs
- 150g purple sprouting broccoli
- Tomato pizza topping (hidden veg tomato sauce or jar of ready-made)
- 100g mozzarella, roughly torn into small pieces

Optional toppings

- 6 slices of chorizo halved
- Sliced up pieces of ham
- Sliced mushrooms

Preheat oven to 220°C or gas mark 7

Line baking tray with greaseproof paper and grease with a little oil.

Dry fry cauliflower for 5-8 mins stirring frequently until softened. Transfer to a bowl.

When cooled slightly, stir in the hazelnuts, parmesan cheese and egg.

Tip mixture onto baking sheet and press into a circle.

Drizzle over oil and bake for 15 to 20 mins.

Trim and cook broccoli in boiling water approx. 6mins.

Spread the tomato sauce over the pizza base, top with your choice of the optional toppings – (chorizo, ham, mushrooms) and broccoli.

Spread mozzarella cheese over the top and bake for 8 to 10 mins until mozzarella is golden.

Remove from oven and serve.



Easy Indian butternut squash curry

- 1 butternut squash or pumpkin cut into chunks and if time allows, roasted for about 20 mins
- 1 red onion diced
- 2 tbsp. mild curry paste *or quantity to taste*
- 300ml veg stock
- 4 large tomatoes roughly chopped, you can use tinned if fresh is not available.
- 400g can of chick peas
- 3 tbsp. Greek yoghurt or small amount of coconut milk.
- Handful of chopped coriander if desired



Add squash, onion and curry paste to a large frying pan with a splash of oil.
Fry for approx. 5 mins

Pour over stock and simmer for about 15 to 20 mins until squash is tender, if using coconut milk and not Greek yoghurt add it now.

At this point you could add any surplus veg you might have, cauliflower or broccoli work well.

Add the chick peas (*drain and rinse before adding*) and tomatoes, cook until the tomatoes soften.

Simmer until the sauce is a nice thick consistency.

Remove from heat stir through yoghurt (*if using*) and coriander.

Serve with basmati rice and naan bread if you like.



Cheesy Mash and Kale

- Potatoes
- Kale
- Spring Onions
- Grated cheese

Quantities of above as required for final use.

Cook the potatoes in boiling water, when nearly cooked add kale and continue cooking until the potatoes are soft.

Whilst cooking finely chop spring onions

Drain and mash with plenty of butter and pepper to taste, add grated cheese and serve.

Can be used as a side dish or as a topping for cottage pie or fish pie.



Shredded sprouts

- 1 red onion thinly sliced
- 50g butter
- 4 sprigs of fresh sage, finely chopped
- 1kg Brussels sprouts - Wash and trim sprouts, then finely slice
- 4 tablespoons Worcester sauce
- 1 clove of garlic - peeled and crushed

Melt the butter in a large frying pan or saucepan and fry onions

Add the sage and fry for approx. 4 mins (don't allow to burn)

Add the sliced sprouts to the pan and fry for about 10 mins until soft

Add a splash of water if needed

Add the Worcester sauce and garlic.

Stir well and taste to adjust seasoning.

Serve



Hidden Veg Tomato Sauce

This makes approx. 16 portions - good for freezing.

- 4 large carrots
- 5 sticks celery
- 2 large or 3 smaller onions, red or white
- 2 Garlic cloves - *Optional*
- 1 litre veg stock
- 2 tins of tomatoes
- A good squirt of tomato puree
- dash of Worcester sauce



Put a splash of oil in a large saucepan or frying pan and gently cook all the veg until tender.

Add stock, tomatoes, tomato puree and Worcester sauce, bring to the boil and then simmer for about 30 mins.



Taste and season, add sugar if it's too acidic.

Fresh basil if available, can be added.

Blitz with a stick blender, liquidiser or food processor until smooth.

If you want a sauce of a thicker consistency then return to the pan and cook for longer, until the desired consistency is achieved.



Nettle and wild garlic soup

- 1 onion
- 1 leek
- 2 celery sticks
- 1 carrot

All above finely chopped/sliced

- 1 small potato (peeled and finely chopped)
- Approx. 1 litre veg stock
- 300g young nettles (wear gloves for picking, avoid older nettles which are darker green and have hairy stems)
- 200g wild garlic leaves - **(check that you have picked wild garlic by smelling the leaves, if it looks similar to wild garlic but doesn't smell like garlic - don't eat it!)**

Melt a knob of butter with a splash of oil in a large pan, add all the vegetables. Stir to make sure everything is well coated.

Cook (sweat) on a low heat for approx. 20 mins until soft, stir frequently to prevent vegetables from sticking to the bottom of the pan.

Pour in stock and add the nettles, simmer for approx. 10mins then add the wild garlic leaves and cook for a further 3 or 4 mins.

Remove from the heat and blitz with a stick blender, liquidiser or food processor, add about 3 tbsp. milk and season to taste.

Return to pan and reheat - serve and enjoy!

If your wild garlic had flowers when picked then these can be used as a garnish when served.

Greens and cheese pasta

- 400g pasta (rigatoni works well)
- 2 cloves garlic, crushed
- 1 courgette grated
- Small head of broccoli grated
- 100g roughly chopped spinach
- 50g butter
- 50g flour
- 700ml milk
- 120g grated tasty cheddar
- 120g grated mozzarella
- Dijon mustard to taste
- Optional chilli flakes to finish

Melt the butter and add the garlic, cook until softened

Add the courgette and broccoli, mix well and cook for approx. 2 mins.

Add the flour and cook out for a couple of mins

Slowly add the milk, stir well and allow to simmer

Meanwhile cook the pasta according to packet instructions.

Add spinach to the sauce, stir until wilted.

Add both cheeses and stir well.

Add mustard and season to taste.

Drain the pasta and add to the sauce, stir together

Serve sprinkled with chilli flakes (optional)