

Family recipes

Vegetarian Recipes



Turning Heads

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Vegetable Cottage Pie



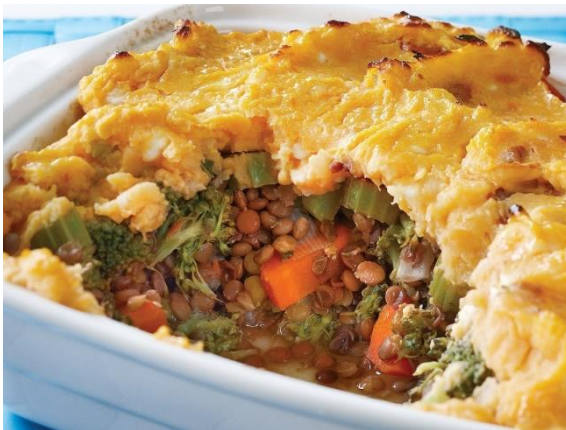
Ingredients:

500g	Potatoes
30g	Butter
2 tbsp	Vegetable oil
1 large or 2 small	Onion/s
2 cloves	Garlic
300g	Green lentils
3 large	Carrots
2 tsp	Mixed herbs
1 tsp	Thyme
400g	Chopped tomatoes
1	Vegetable stock cube
3 stalks	Celery
75g	Grated cheese
1 small pot	Tomato puree

You will also need a little milk + salt and pepper to season

Method:

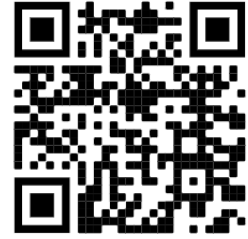
- Preheat the oven to 180C/Gas 5.
- Wash the green lentils and cover with 750ml water. Bring to the boil and simmer for about 35 minutes. (miss out this step if you are using tinned green lentils!)
- To make the topping, place the potatoes into a large pan of cold water. Bring to the boil and cook for 12–15 minutes, or until tender. Drain well.
- Add the butter and mash using a potato masher. Add the milk, a little at a time, and continue to mash until smooth. Season, to taste, with salt and freshly ground black pepper. Set aside.



- To make the filling, heat the oil in a large pan over a low to medium heat. Add the onion and fry for 10 minutes, or until softened. Add the garlic, chopped celery, chopped carrots, and mixed herbs and continue to fry for a further 5 minutes. Crumble in the stock cube and add the lentils to the pan and fry for a further 3 minutes, stirring continuously.
- Add the chopped tomatoes and tomato purée and stir well to combine. Simmer until the sauce has thickened. Season, to taste, with salt and black pepper. Add 1 cup of boiling water.
- Spoon the filling into a large ovenproof dish. Spread the mashed potato over the filling in a smooth, even layer.

Bake for 20 minutes, or until the topping is golden-brown and the filling is cooked through. Serve with steamed vegetables.

Lemon Drizzle Cake



Ingredients:

125g	Butter
2	Eggs
175g	Caster Sugar
2	Lemons
175g	Self-raising flour
100g	Icing Sugar

You will also need 50ml of milk

Method:

- Butter and line a loaf tin with baking paper
- Preheat your oven to 180°C/gas 5
- Beat together the butter and sugar in a bowl until they form a smooth mixture with no lumps of butter

- Take the zest off one of the lemons with a grater or zester and add this to the mixture

- Crack the two eggs and add them to the mixture, then beat everything together again

- Mix in the flour

- Mix in the milk
- Pour and scrape into the loaf tin and cook in the oven for 45 minutes
- You can check if it's cooked by sticking a skewer in- if the skewer comes out clean the cake is cooked, if not put it back in the oven for another 5 minutes and test it again with the skewer
- Squeeze the juice from the two lemons into a bowl, and take out any pips that fall in. Then mix the icing sugar in to form a runny drizzle sauce
- Poke lots of holes into the top of the cake with a skewer and drizzle the sauce over
- Leave the cake in the tin until completely cold, then take it out and put it on a wire rack
- Enjoy!



Sweet Potato and Peanut Curry



Ingredients:

1	Onion
2	Garlic cloves
Thumb-sized piece	Ginger
3 tbsp	Thai red curry paste
1 tbsp	Smooth peanut butter
500g	Sweet potato
1 can	Coconut milk
200g	Spinach
1	Lime
400g	Rice

You will also need a little oil

Method:

- Chop up the onion and cook in a little oil in a frying pan for 5 minutes to soften.
- Stir in the Thai curry paste, peanut butter and sweet potato, coconut milk and 200ml of water. Bring to the boil and then simmer for 25 minutes.
- Add 2 grated cloves of garlic and grated ginger and cook for a further minute. You can keep the skin on the ginger – added flavour!
- Stir in the spinach and squeeze the juice of a lime into the dish. Allow the spinach to wilt and cook down – should only take about 2 minutes.
- Serve over rice and enjoy!



Pound Cake



Ingredients:

200g	Unsalted butter
200g	Caster sugar
3	Eggs
200g	Self-raising flour
1 tsp	Baking powder
3 tbsp	Whole milk
1 tbsp	Vanilla paste
125g	Icing sugar

Method:

- Preheat the oven to 180°C /gas 5 and grease the sides and base of a loaf tin.
- Put all the ingredients into a mixing bowl (except the icing sugar) and beat together with a whisk.

- Pour the mixture into loaf tin and cook for 40 – 45 minutes.
- Take the cake out of the oven and allow it to cool.
- Then add a little water to the icing sugar and carefully pour over the cake. Allow it to drip down the sides!



Ratatouille Lasagne



Ingredients:

1	Onion
1	Pepper
1	Courgette
9 sheets	Lasagne
4	Carrots
3	Garlic cloves
2	Tomatoes
1 tin	Chopped tomatoes
2 tbsp	Mixed herbs
1	Pot of tomato puree
1 tsp	Salt and pepper
100ml	Vegetable stock cube
100g	Cheddar cheese

Method:

- Preheat the oven to 180°C /gas 5 and grease a pyrex dish.
- Slice the onion, carrots and courgettes as finely as you can.
- Firstly, fry the onions in a little oil for 2 minutes until slightly brown and then add the carrots. Cook for a further 3 minutes.
- Then add the courgettes and garlic and continue to cook for another 5 minutes. To this add the tomatoes and cook for a further 2 minutes.
- Then, into a measuring jug add the stock cube, chopped tomatoes, herbs, salt, pepper and puree.
- Spread half of the vegetable mix on the bottom of the pyrex dish and cover with a layer of lasagne sheets.
- Pour over half of the sauce.
- Add to the top of the lasagne the remainder of the vegetables and cover with a final layer of lasagne.
- Pour over the remaining sauce and cover with grated cheese.
- Cook in the oven for 35 minutes until crispy and golden brown on top.



Bread and Butter Pudding



Ingredients:

9	Slices of bread
50g	Butter for spreading on bread and greasing the tin / dish
500ml	Milk
3 tbsp	Caster sugar
1/2 tsp	Vanilla extract
1 tsp	Cinnamon
75 g	Raisins
2	Eggs

Method:

- Butter the bread and cut into quarters.
- With a little butter grease the dish or tin ensuring all the sides are covered.
- Preheat the oven to 180°C /gas 5.
- Heat the milk in a pan and do not let it boil!

- Turn off the heat and add the vanilla and then leave for 2 minutes.
- Crack 2 eggs into a bowl and slowly add the milk mixture. Mix well.
- In a separate bowl add 2/3 of the sugar, the cinnamon and mix.
- Then, add the sugar / cinnamon to the bowl. Mix well.
- Place the bread butter side down in the dish and layer this up covering each layer with the raisins.
- When all the bread is used up, pour over the milk mixture and sprinkle the remaining sugar over the top.
- Cook in the oven for 30 minutes until golden brown.



Mexican Bean and Potato Bake

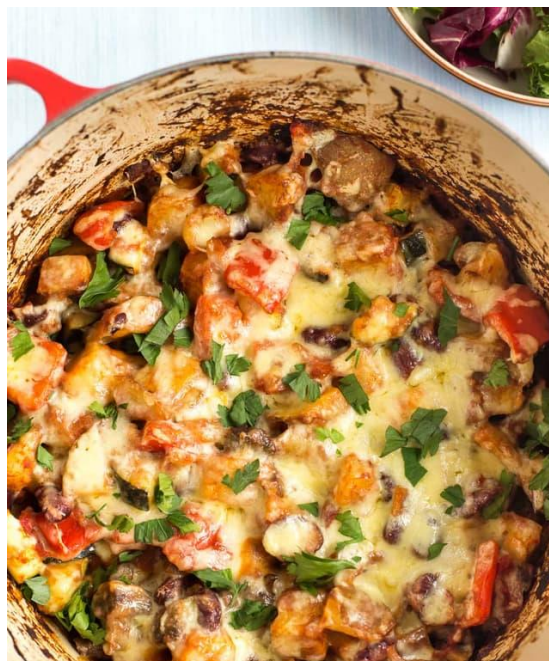


Ingredients:

3	Large potatoes
2 tbsp	Vegetable oil
1	Pepper
100g	Mushrooms
1	Courgette
1 tin	Tomatoes
1 tin	Kidney beans
2 tsp	Smokey paprika
2 tsp	Cumin
2 tsp	Chilli
pinch	Salt and pepper
75g	Cheddar cheese

Method:

- Peel and dice the potatoes and spread over a casserole dish. Cover with the oil and roast at 190°C /gas 5 for 45 minutes.
- Chop up the pepper, mushrooms and courgette into small cubes and take out the potatoes from the oven.
- Add all the vegetables to the potatoes, the kidney beans, tinned tomatoes, spices and mix.
- Return to the oven and cook for another 25 minutes or until the vegetables are tender.
- Take out of the oven, sprinkle with cheese and then return to the oven for 15 minutes until the cheese is melted.
- Enjoy!



Apple and Sultana Muffins



Ingredients:

200g	Self-raising flour
50g	Plain flour
1 tsp	Cinnamon
100g	Caster sugar
2	Eggs
125ml	Semi-skimmed milk
4 tbsp	Sunflower or vegetable oil
2	Cooking apples
100g	Sultanas or mixed fruit
1 tsp	Baking powder

Method:

- Preheat the oven to 180°C /gas 5.
- Peel the apples and carefully grate into a bowl.
- In a clean bowl add both flours, baking powder, cinnamon and sugar and mix.

- In another clean bowl add the eggs, milk and oil and then combine the wet ingredients to the dry.
- Add the apple and sultanas and mix. Carefully spoon the mixture into 12 muffin cases.
- Cook for 25 – 30 minutes.
- Let them cool and then enjoy with a cuppa!



Green Mac 'n' Cheese



Ingredients:

300g	Pasta (ideally macaroni)
40g	Butter
40g	Plain flour
200g	Cheese
1	Courgette
100g	Spring greens / spinach
3	Spring onions
100g	Breadcrumbs
1 tbsp	Mustard

You will also need a little oil and 500ml of milk

Method:

- Boil a large saucepan of water

- When the water is bubbling, add the pasta and cook for 8-10 minutes until soft

- Slice the spring onion and finely chop the spring greens/ spinach and courgette and lightly fry in a saucepan for 5 minutes.
- Drain the pasta and set aside whilst you make the sauce
- In another large saucepan, melt the butter over a medium heat
- When melted, add the flour and stir till it's smooth
- Whisk in the milk a little at a time
- Heat until the sauce is thick and smooth
- Remove the saucepan from the heat and add most of the cheddar cheese
- Stir the sauce until the cheese has melted
- Add the sauce to the pasta, then the mustard and greens and then transfer to an oven proof dish.
- Sprinkle over the rest of the cheese and breadcrumbs
- Cook in an oven at 180°C/gas 5 for 20 minutes until the cheese is brown and bubbling



Carrot, Sultana and Chickpea Slices



Ingredients:

1 tin	Chickpeas
80g	Sultanas
1 tbsp	Vanilla
1 tbsp	cinnamon
1/2 tsp	Bicarbonate of soda
1	Egg
1 tsp	Ground ginger
2 tbsp	Honey
1	Large carrot

Method:

- Preheat the oven to 180°C /gas 5 and grease or line a baking tray.
- Mix all the ingredients except the carrots and sultanas and blitz in a food processor until smooth and combined.
- Add the carrots, sultanas and honey and combine.

- Transfer the mixture into a lined tray and press down with a palate knife or spatula.
- Cook in the oven for 35 minutes.
- Remove and serve with a cuppa or covered in custard.



Honey Flapjacks



Ingredients:

225g	Butter or margarine
75g	Caster sugar
4 tbsp	Honey
350g	Oats
50g	Sultanas or mixed fruit

Method:

- Preheat the oven 180°C /gas 5
- Either butter or use parchment paper to grease a 30 x 15cm oven proof dish.
- Melt the butter / margarine, sugar, and honey in a pan over a medium heat.
- Put the oats and sultanas into a mixing bowl and add the butter mix.
- Stir until all the oats are covered.
- Tip into the oven proof dish and push down with the back of a wooden spoon.
- Cook for 10 – 15 minutes and leave to cool before cutting into squares and eating!



Fruit Crumble



Ingredients:

450g	Mixed fruit – apples / pears / blackberries
75g	Granulated sugar
50g	Butter
100g	Plain flour
50g	Demerara sugar
50g	Oats
1 tbsp	Cinnamon



Method:

- Heat the oven to 180°C /gas 5.
- Slice the apple / pear and mix the other fruit in a bowl with the granulated sugar.
- Tip the fruit mix into a pie dish.
- Next, cube the butter and rub it into the flour to make a light breadcrumb texture. Add the oats to this and a little cinnamon. Add in the demerara sugar until combined and spread over the fruit until completely covered.
- Bake for 35-50 mins until golden brown and bubbling, and the fruit is tender. Leave to cool for 5 mins before serving.

Serve with custard!

All the recipes are available to watch on our YouTube channel. Follow the QR code: -



YouTube Video Link



Or go to our channel at Turning Heads @
turningheads5842

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