

Vegetarian Recipes

A few vegetarian recipes suggested by members of BearstedCAN and New Way:

Vegetable Pie (serves 4)

Ingredients

1 tablespoon vegetable oil
2 medium onions sliced
1 star anise
1 large carrot finely chopped
1 tablespoon tomato puree
1 crushed garlic clove or a squeeze of garlic puree
1 teaspoon of dried mixed herbs or 2 teaspoons of fresh thyme and rosemary leaves chopped
400g tin of chopped tomatoes
400g tin of lentils
Approx. 900g sweet potatoes peeled and cut into chunks

- Fry the onions and star anise in the vegetable oil until browned.
- Add the carrots, tomato puree, garlic and herbs and cook for about 2 minutes.
- Remove the star anise and add the tomatoes and lentils with their juice and approx. 50 ml of water and cook until carrots are tender.
- Season to taste.
- Meanwhile, boil the sweet potato chunks in a pan of water allowing them to simmer for about 15 minutes, until they are soft,
- Drain and mash the potatoes with some butter if desired.
- Preheat oven to 200° C (180° C fan).
- Spoon the lentil mixture into a pie dish and dollop the mash on top.
- Cook for 20-30 minutes until hot all the way through.

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

Red Pepper Crumble

Serves 6

6 large red peppers, halved, deseeded and core removed

1 tbsp olive oil

75 g butter

50 g plain flour

568 ml carton semi-skimmed milk

200 g Parmesan cheese, grated

1 garlic clove, crushed

900g fresh spinach trimmed and roughly chopped

Pinch of nutmeg

125 g breadcrumbs

40 g pine nuts

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

Avocado Curry (vegan)

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

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

Avocado lunch on wholewheat toast

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

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

Cheesy Aubergine Bake

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

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

- First make the sauce: heat 1 tbsp of the olive oil in saucepan and gently fry the finely chopped onion and crushed garlic for 5 to 7 minutes so they remain juicy. Then add the tomato and tomato puree, basil, salt and pepper. Cover the pan and let this simmer on a very low heat for 30 mins stirring occasionally.
- Wash the aubergines and cut them into slice about ½ cm thick. Put them on a large plate, lightly salt them and then leave them for 20 minutes so that any bitter juices are drawn out. After this, rinse and pat dry. Heat some olive oil in a deep frying pan and fry the slices a few at a time so that they are lightly browned. Drain them on kitchen paper. If all the oil is used during the cooking add a little more to the pan.
- Next lightly oil a 1.75 litre ovenproof dish and pour in a little of the tomato sauce. Then make a layer of 1/3 aubergine slices followed by a layer of sliced mozzarella cheese or grated cheddar cheese and then some more sauce. Repeat the layers ending with a topping of sauce and cover that with the Pamesan cheese. Cover the dish with foil and bake it for 20 minutes in the centre of the oven. Then uncover it and bake for a further 10-15 minutes so that the cheese browns nicely on top and serve straight away.

Speedy Squash Curry

Serves 4

Cooking oil

1 large onion, peeled, halved and thinly sliced

2 tbsp mild curry powder

500 g butternut squash flesh cut into small bite-sized cubes or any other squash

400 g can chopped tomatoes

200 ml reduced fat coconut milk

Salt and freshly ground black pepper

Chopped coriander to garnish

Basmati rice to serve

- Spray a large non-stick frying pan with low calorie cooking spray and place over a medium heat.
- Add the onion and stir fry over a medium heat for two to three minutes. Add the curry powder, butternut squash and tomatoes and stir fry over a high heat for 2-3 minutes.
- Stir in the coconut milk and bring to the boil. Reduce the heat to low, cover and simmer gently for 10-12 minutes or until the squash is just tender.
- Season well, remove from the heat and garnish with chopped coriander before serving with cooked basmati rice, if desired.

[Cauliflower Pizzaiola](#)

[Potato Leek Gratin](#)

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

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