

## Fennel, Radish & Broad Bean Salad

**Serves 4**

*Salad:*

*200g podded broad beans*

*1 tablespoon olive oil*

*Salt and freshly ground black pepper*

*1 head of fennel*

*100g radishes*

*1 bunch watercress*

*Dressing:*

*60g sesame seeds*

*Grated zest and juice of 1 orange*

*1 clove garlic, crushed*

*1 tablespoon sesame oil*

*1 tablespoon balsamic vinegar*

*2 teaspoons maple syrup*

1. Bring a pan of salted water to the boil, then add the broad beans and cook for 2 minutes, or until tender. Drain, then put into a bowl and toss in the olive oil while still hot. Season well with salt and pepper and set aside to cool.
2. Trim the fennel and cut in half lengthways. Slice across each half very thinly. Wash the radishes and slice very thinly. Add the radishes and fennel to the bowl of broad beans.
3. Dry-fry the sesame seeds in a non-stick frying pan over a medium heat for a few minutes, until they start to brown and pop. Quickly add the orange zest and juice and the garlic and simmer until the volume has reduced by half. Remove from the heat and add the rest of the dressing ingredients. Allow to cool, then season well.
4. Add the dressing to the bowl of vegetables and toss well. Finally, gently fold in the watercress and serve.

## Quinoa Tabbouleh with Toasted Pine Nuts and Pomegranates

**Serves 8**

*225g quinoa*

*350ml of cold water*

*Pinch of salt*

*25g fresh parsley, chopped*

*25g fresh mint, chopped*

*110g spring onions, white and green parts, chopped*

*50g dried cranberries*

*2 medium carrots, peeled and grated*

*1½ teaspoon ground cinnamon*

*1 teaspoon ground allspice*

*Salt and freshly ground black pepper*

*1 pomegranate, cut in half, seeds removed*

*75g (3oz) toasted pine nuts (toasted in a dry frying pan over a high heat)*

*For the olive oil dressing, you will need:*

*50ml (1¾fl oz) extra-virgin olive oil*

*Juice of 1 lemon*

*1 maple syrup*

1. Rinse the quinoa in a sieve under cold water for two to three minutes to remove the bitter coating. Put the quinoa in a saucepan with the cold water and the salt and add a tight-fitting lid. Bring to the boil, then reduce the heat to very low and cook, covered, for 12 minutes until the quinoa is tender. Turn off the heat, but leave the lid on for 10 more minutes.
2. To make the dressing, mix the extra-virgin olive oil, the lemon juice and the honey.
3. Add the dressing to the warm quinoa and allow it to cool. Then add in the chopped parsley, the chopped mint, the chopped spring onions, the dried cranberries, the grated carrots, the ground cinnamon and the ground allspice to the cooled quinoa. Mix well and season with the salt and freshly ground black pepper.
4. Tip into a serving bowl and scatter the pomegranate seeds and the toasted pine nuts over the top.

# Veggie Chilli

**Serves 4-6**

*2 medium-sized sweet potatoes, approximately 500g*  
*1 level teaspoon cayenne pepper, plus extra for sprinkling*  
*1 heaped teaspoon ground cumin, plus extra for sprinkling*  
*1 level teaspoon ground cinnamon, plus extra for sprinkling*  
*Sea salt*  
*Freshly ground black pepper*  
*Olive oil*  
*1 onion*  
*1 red pepper*  
*1 yellow pepper*  
*2 cloves garlic*  
*1 bunch of fresh coriander*  
*1 fresh red chilli*  
*1 fresh green chilli*  
*2 x 400 g tinned beans, such as kidney, chickpea, pinto and cannellini*  
*2 x 400 g tinned chopped tomatoes*  
*Tortilla chips or rice and guacamole to serve (optional)*

1. Preheat the oven to 200°C/400°F/gas 6.
2. Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin, cinnamon, salt and pepper. Drizzle with olive oil and toss to coat, then spread out on a baking tray and set aside.
3. Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers. Peel and finely chop the garlic.
4. Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.
5. Place the sweet potatoes in the hot oven for 40 minutes, or until soft and golden.
6. Meanwhile, put a large pan over a medium-high heat and add a couple lugs of olive oil. Add the onion, peppers and garlic and cook for 5 minutes.
7. Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes.
8. Drain the beans, then tip them into the pan with the tinned tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat and leave to tick away for 25 to 30 minutes, or until thickened and reduced. Keep an eye on it, and add a splash of water if it gets a bit thick.
9. Stir the roasted sweet potato through your chilli with most of the coriander leaves. Taste and season with salt and pepper, if you think it needs it.
10. Scatter the remaining coriander leaves over the top, and serve with some guacamole and rice or tortilla chips.

## Cauliflower & Potato Curry

**Serves 4**

*2 tbsp vegetable oil*

*1 large onion, chopped*

*Large piece ginger, grated*

*3 garlic cloves, finely chopped*

*½ tsp turmeric*

*1 tsp ground cumin*

*1 tsp curry powder, or to taste*

*227g can chopped tomatoes*

*½ tsp sugar*

*1 cauliflower, cut into florets*

*2 potatoes, cut into chunks*

*1 small green chilli, chopped*

*Squeeze lemon juice*

*Handful coriander, roughly chopped, to serve*

1. Heat the oil in a saucepan. Cook the onion for 10 mins until soft, then add the ginger, garlic, turmeric, cumin and curry powder. Cook for 1 min more.
2. Stir in the tomatoes and sugar. Add the cauliflower, potatoes and chilli, seasoning to taste.
3. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender – add a drop of water if you need to, but it is meant to be a reasonably dry curry.
4. When the vegetables are cooked, stir in a squeeze of lemon juice and scatter with coriander.
5. Serve with your choice of Indian bread and/or rice.

## Quick Pilau Rice

**Serves 2**

*2 tsp vegetable oil*

*1 onion, finely chopped*

*1 tsp cumin seeds*

*1 dried red chilli (optional)*

*3 cardamom pods*

*4 cloves*

*1 tsp turmeric*

*1 bay leaf*

*½ mug of basmati rice (about 150g)*

1. Heat the vegetable oil in a saucepan over a medium heat. Add the chopped onion and cook for 5 minutes, until just colouring. Put a kettle of water on to boil.
2. Sprinkle in the spices and cook for 1 minute. Turn up the heat, add the rice and stir well.
3. Fill the mug you used for the rice with boiling water (always use twice the volume of the rice) and add to the pan, with a good pinch of salt. Bring to the boil, cover and reduce the heat.
4. Simmer for 12–15 minutes over a low heat, until the water has been absorbed and the rice is cooked. Turn off the heat and fluff the rice with a fork. Set aside, covered, until needed.

# Fresh Guacamole

**Serves 4**

*2-3 fresh green chillies, to taste*

*2 limes*

*3 avocados*

*1 large bunch fresh coriander*

*Sea salt*

*Freshly ground black pepper*

1. Remove and discard the seeds from the chillies
2. Squeeze the juice from the limes
3. Peel the avocados, remove the stone and scoop out the flesh
4. Roughly chop the fresh coriander.
5. Mash or blend the chillies, lime juice, avocado and coriander until creamy but a bit chunky.
6. Season with sea salt and freshly ground black pepper, and pour into a serving dish.

# Paratha Breads

**Serves 8**

*300 g wholemeal bread flour*

*300 g plain flour*

*2 tablespoons olive oil*

*400 ml soya milk*

1. Put 300g each of wholemeal bread flour and plain flour into a bowl with a good pinch of sea salt.
2. Gradually add 2 tablespoons of olive oil and 400ml of soya milk, mixing until combined, then knead for a few minutes on a flour-dusted surface.
3. Leave to rest for 20 minutes, then divide the dough into 8 and thinly roll out each piece to A4 size.
4. One-by-one, drizzle and rub lightly with oil, roll up into a loose log, roll the log up like a Catherine wheel, then roll out with a rolling pin again to a flat round just under ½cm thick.
5. Cook in a hot oiled frying pan on a medium heat for 3 minutes on each side, or until nicely charred, then sprinkle lightly with salt. Transfer to a board and smash together to expose the layers.

# Vegan Banana Bread

**Serves 8**

*225g Plain flour (or use Self-raising flour and reduce the Baking powder to 2 heaped tsp)*

*3 heaped tsp Baking powder*

*100g Brown sugar*

*3 tsp Cinnamon or Mixed spice*

*3 large ripe bananas, mashed*

*75g Vegetable or Sunflower oil (weight)*

*50g Dried fruit or nuts (optional)*

1. Pre-heat oven to 200 degrees Celsius.
2. Mash the peeled bananas with a fork. Mix well with oil and sugar.
3. Add the flour, baking powder and cinnamon, and combine well.
4. Add any additional ingredients.
5. Bake in a greased and lined 2lb loaf tin for 20 minutes, before checking. Cover with foil, if the loaf cake is browning. Bake for another 40 minutes (approximately) until a knife or skewer comes out dry when inserted
6. Allow to cool a little before slicing. It's delicious freshly baked but even yummiier when it goes gooey the next day!



# Vegan Carrot Cake

**Serves 8**

*Cake:*

*225g grated carrot*

*170g sultanas or raisins*

*140g self-raising white flour*

*140g self-raising wholemeal flour*

*170g sugar*

*1 tsp cinnamon*

*1 tsp ginger*

*200 ml vegetable oil*

*200 ml water*

*Pinch of salt*

*Splash of vinegar*

*1/2 tsp vanilla essence*

*Icing:*

*170g icing sugar*

*Juice of half a lemon*

*Grated rind of 1 lemon*

*115g vegan margarine*

1. Preheat the oven to 190C/375F/gas mark 5.
2. Stir all the dry ingredients together, and then mix the wet ones in.
3. Bake for 45 minutes in a lined 2lb loaf tin, then reduce oven to 160C/325F/gas mark 3 and cook for another 30 minutes. Cool in tin.
4. To make the icing beat the sugar, margarine, lemon rind and juice with a hand whisk until completely combined and light in texture.
5. Ice the cake once it is cold.
6. Optional: after icing, top with very roughly chopped cashew nuts or sunflower seeds.

# Dairy-free Chocolate Mousse

**Makes 6**

*150 g dairy-free dark chocolate, plus extra for serving*

*2 large ripe avocados*

*2 tablespoons cocoa powder*

*2 teaspoons vanilla bean paste*

*3 tablespoons maple syrup*

*1 x 160 g tin of coconut cream*

1. Place a heatproof bowl over a pan of simmering water, making sure the base doesn't touch the water. Break the chocolate into the bowl and allow it to melt, then set aside to cool slightly.
2. Meanwhile, halve and stone the avocados, then scoop the flesh into a food processor, discarding the skins. Add the remaining ingredients and pulse for a few seconds. Scrape down the sides with a spatula, then pulse again to combine.
3. Pour in the cooled chocolate, then pulse a final time until creamy and smooth.
4. Divide the mixture between six small bowls, then pop in the fridge to chill for at least 30 minutes.
5. Serve with an extra grating of chocolate and fresh fruit.