

Stuffed Jacket Potato



Risotto- Serves 4



Cheese and Tomato Pasta Bake



Ingredients:

- 1 baking potato
- Onion, Pepper, bacon (optional)
- Seasoning (e.g. salt and pepper)
- Grated cheddar (can opt for dairy free)

Ingredients:

- 50g butter (can opt for dairy free)
- 250g of mixed vegetables finely chopped
- 300g risotto rice
- 1.4l chicken stock
- 140g of cooked Chicken (can opt for tofu)
- Seasoning (e.g. parsley or basil)

Ingredients:

- 500g of short pasta
- 1 cup of grated cheddar cheese (can opt for vegan cheese)
- Fresh basil to serve
- 1 Tin of chopped tomatoes
- 1 red onion finely chopped
- 2 garlic cloves
- Mixed vegetables finely chopped

Method:

- 1) Pre-heat oven to 180 degrees (C)
- 2) Pierce the the potato using a fork
- 3) Place in microwave for 6 minutes
- 4) Bake the oven for 15 minutes
- 5) Whilst the potato is cooking, prepare all the ingredients you would like to place in the jacket potato
- 6) Take the potato out of the oven, leave to cool and cut in half
- 7) Scoop out the potato and mix in the prepared ingredients then place back into the outer skin of the potato
- 8) Bake in the oven for another 5 minutes

Method:

- 1) Heat a large pan. Add vegetables and fry for 5 minutes on a low heat
- 2) Stir in risotto rice and cook over medium heat for 2 minutes until the rice has started to turn translucent
- 3) Pour in a quarter of chicken stock and set a timer for 20 minutes
- 4) Continue cooking and stir frequently topping it up with the stock as it get absorbed (you may not need all the stock). The texture now should be creaming like rice pudding.
- 5) If you are using chicken, add it to the mixture and any other seasoning you would like to use and stir together.
- 6) Serve it and any left overs can be left to cool and stored in the fridge for a few days

Method:

- 1) Pre-Heat oven to 200 degrees (C)
- 2) Boil pasta until soft and prepare vegetables . Once done, drain the pasta and place back in the pan
- 3) Add the tinned tomatoes and any left over vegetables to the pan and any seasoning etc and stir until it's all mixed together
- 4) Take a baking tray or pyrex dish and layer the pasta with grated cheese between each layer
- 5) Bake in the oven for 15 minutes or until the the cheese on top is golden brown

Vegan Mac and Cheese



Ingredients:

- 350g dried macaroni
- 1 onion and chopped veg
- 1L unsweetened soya milk
- 100g dairy-free margarine
- 50g Vegan cheese
- 85g Plain Flour
- 40g breadcrumbs

Method:

- 1) Pre-heat oven to 180 degrees (C)
- 2) Boil macaroni until soft
- 3) Meanwhile, fry onion and any chopped veg into a pan and add the milk and slowly bring to boil.
- 4) Melt the margarine in another pan and add the flour until it forms a paste (roux)
- 5) Add the cheese and any seasoning to the mixture
- 6) Transfer the pasta into a baking dish
- 7) Crush or blend the breadcrumbs and sprinkle over pasta
- 8) Cook in the oven for 20-25 minutes, or until golden brown and bubbling

Cottage Pie



Ingredients:

- 1 large onion
- 2-3 medium carrots
- 500g pack of lamp mince or quorn mince
- 2 tbsp tomato puree
- large splash of Worcestershire Sauce
- 500ml Beef stock
- 900g potatoes, cut into chunks
- 85g butter (can opt for dairy free)
- 3 tbsp of milk (can opt for dairy free)

Method:

- 1) Pre-heat oven to 180 degrees (C)
- 2) Soften onion and carrots
- 3) When soft add mince until brown
- 4) Add tomato puree and Worcestershire sauce
- 5) Add beef stock and bring to simmer
- 6) Boil potatoes and mash with milk and butter
- 7) Put mince in a baking dish, add the potato on top and ruffle with a fork
- 8) Bake for 20-25 minutes until the top is starting to colour

Cod with sweet potato mash and lemon



Ingredients:

- 1 Large sweet potato
- 2 tsp of olive oil
- 1 skin-on cod fillet (can opt for TKC vegetarian Cod Fillet)
- 1 lemon
- 1 cup of spinach
- 1 garlic clove

Method:

- 1) Pierce the sweet potatoes using a fork. Heat up in the microwave on high for 10-12 minutes then boil in a large pan of water for 10-15 minutes or until tender.
- 2) Meanwhile, heat 1 tsp of olive oil in a pan. Fry the fish, skin-side down for 2-3 minutes until crisp. Fry on the other side for 2 minutes more or until cooked.
- 3) Remove the fillet from the pan and place on a plate then squeeze half a lemon over it.
- 4) Gently fry the spinach and any other vegetables you would like for 1-2 minutes. Then, squeeze the other half of the lemon and add the crushed up garlic.
- 5) Mash the sweet potato and season and serve with the fish and veg.

Vegan Chocolate Mousee



Ingredients:

- 150g dairy free dark chocolate, plus extra for serving
- 2 large avocados
- 2 tsp cocoa powder
- 1 tsp of vanilla extract
- 3 tsp of maple syrup
- 1 x 160g tin of coconut cream

Method:

- 1) Place a heatproof bowl over a pan of simmering water, making sure the base does not touch the water. Break the chocolate into the bowl and allow it to melt.
- 3) Halve and destone the avocados and place the flesh into a bowl along with the cooled chocolate.
- 4) Add the remaining ingredients and mix together until creamy and smooth
- 5) Divide the mixture into small bowls and leave to set in the fridge to chill for 30 minutes
- 6) Add fruit or extra gratings of chocolate to serve

Cake Pops



Ingredients:

Cake:

- 100g butter
- 100g caster sugar
- 1/2 tsp vanilla extract
- 2 eggs
- 100g self-raising flour

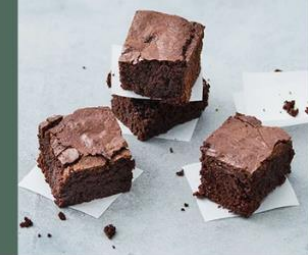
Buttercream:

- 100g butter
- 150g icing sugar
- 1/2 tsp vanilla extract
- 1 tbsp milk
- 200g white chocolate
- Sprinkles to dip

Method:

- 1) Heat oven to 190C/ gas 5 and grease and line baking tin.
- 2) Mix butter, sugar and vanilla extract into a bowl and beat well. Slowly beat and add the eggs one by one then add the flour and mix well.
- 3) Bake the cake for 20 minutes until risen and golden brown
- 4) To make the buttercream, beat the butter and icing sugar together until smooth. Then add the vanilla extract and milk and mix well.
- 5) Once the cake is cooled crumble into large crumbs. Add the buttercream mixture and stir together.
- 6) Take the chunks of cake and roll them into balls and place them on a tray. Then push lolly pop sticks into each of them and place in the fridge to set for an hour.
- 7) Once set, roll in melted chocolate and sprinkles and set again for 30 minutes

Vegan Chocolate Brownies



Ingredients:

- 200g dairy free, dark chocolate, roughly chopped
- 170g self-raising flour
- 5 tbsp sunflower oil
- 3 tsp cocoa powder
- 180g golden caster sugar
- Sea Salt
- Vanilla Extract
- 230ml unsweetened soya milk
- 200g pecan nuts (optional)

Method:

- 1) Preheat oven to 180 degrees. Grease a square baking tray.
- 2) Place a heatproof bowl over a pan of simmering water making sure it does not touch the base. Add 150g dark chocolate and melt then set aside to cool
- 3) Sieve flour and cocoa powder into a large bowl and stir in the sugar and a pinch of salt
- 4) Add the rest of the dark chocolate and nuts then pour the mixture into a prepared tin and bake for 20-25 minutes on the outside, but still gooey in the middle
- 5) Leave to cool for 5 minutes and enjoy.