

# VEGETABLE CURRY ON JACKET POTATOES



*\* Serves roughly 2-4 depending on the appetite, age and size of children*

## INGREDIENTS

- 1 large onion
- 1 pepper
- 3 garlic cloves – or 3 tsp of garlic granules
- 2 tbsp tikka masala paste
- 1 tsp curry powder
- 1 x 400g chopped tomatoes
- 1 x 400g chickpeas (drained)
- Any frozen vegetables (e.g. peas, sweetcorn, carrots)
- 2 large baking potatoes – or sweet potatoes for a healthier option
- Small amount of oil

**SUITABLE FOR VEGANS**

## **METHOD**

### **For potatoes**

- Heat the oven to 220C/200C fan/gas 7. Rub a little oil over each potato and put in the oven. Bake for 20 minutes, then turn down the oven to 190C/170C fan/ gas 5 and bake for a further 45 minutes - 1 hour until the skin is crisp and the inside is soft.

### **For sweet potatoes**

- Heat the oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put them on a baking tray and roast in the oven for 45 minutes or until tender.

### **For the curry**

- In a large saucepan, fry the onion and pepper together on a high heat in a little bit of oil for approximately 5 minutes until the onion is softer and browning.
- Add the garlic cloves allow to fry on a medium heat for 2 minutes before adding the spices. Cook for a further 2 minutes.
- Add chopped tomatoes, bring to a simmer, then add the chickpeas and frozen vegetables and a bit of water. Cook on a low heat for 30 minutes.

- If it begins to look a little bit dry, add some water. The consistency should be thick enough so that the sauce coats the main ingredients (add more water for a runnier consistency). If you add more vegetables, you may want to increase the quantity of other ingredients accordingly.

This is a versatile dish – any vegetables can be added (though it's important to remember that cooking times of each vegetable may vary). It could be served on jacket potatoes, sweet potatoes, rice, quinoa or with bread.

This recipe is a true winter warmer, full of vitamins and minerals from the vegetables and protein from the chickpeas.

Frozen vegetables could be swapped for fresh, but frozen ingredients can be cheaper and vegetables are usually frozen immediately after harvesting, ensuring they retain many of their nutrients in any case.

# LENTIL AND TOMATO SOUP

*\* Serves roughly 2-4 depending on the appetite, age and size of children*

## INGREDIENTS

- 1 tsp olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, finely chopped
- 80g red lentils
- 400g tinned chopped tomatoes
- 300ml vegetable stock
- A handful of basil for topping (optional)
- 2 tsp smoked paprika (optional)
- Black pepper, to taste



**SUITABLE FOR VEGANS**

## METHOD

- Heat the oil in small saucepan over a medium heat. Add the onion and garlic and cook for 2–3 minutes.
- Add all the other ingredients (except the basil) and bring to the boil. Reduce the heat and simmer for 20 minutes.
- When serving, add the basil.

This is two of your five-a-day with some plant-based protein. It is inexpensive, easy to make and you can batch cook it if you'd like. You may also like to add other vegetables to it.



# THREE BEAN CHILLI



*\* Serves roughly 6-8 depending on the appetite, age and size of children*

## INGREDIENTS

- 1 x 400g can of kidney beans
- 1 x 400g can of black beans
- 1 x 400g can of pinto beans
- 1 large onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 x 400g chopped tomatoes
- 1 tbsp chilli powder
- 300ml veg stock
- Cooking oil

**SUITABLE FOR VEGANS**

## METHOD

- In a pot, heat the oil over a medium heat adding the onions for 5 minutes until tender.
- Add the garlic for 1 minute.
- Add the beans, tomatoes and chilli powder.
- Stir and then add the vegetable stock.
- Bring to a boil, reduce heat and simmer for 20 minutes. Add more vegetable stock/water if necessary.

The beans can be swapped for any beans, chickpeas, lentil or mince. You could add sweetcorn, peas, carrots, or any other vegetables. This is a winter warmer, good for the heart, easy to make, plant-based protein, and around two of your five a day.

# BANANA AND BERRIES PORRIDGE



*\* Serves roughly 4-6 depending on the appetite, age and size of children*

## INGREDIENTS

- 100g frozen mixed berries
- 1 banana sliced
- 150 porridge oats
- 250ml milk, plant milk, or water
- 1 tbsp seeds of your choice
- 1 tbsp nuts of your choice (optional)

## METHOD

- Put the oats and milk in a saucepan and bring to a gentle simmer, then add the berries.

**SUITABLE FOR VEGANS**



- Cook gently over a medium-low heat for 10 minutes, stirring often. If it looks like getting a bit dry, add more water or milk.
- For the topping, add the banana, seeds and nuts.