

### **Beetroot Brownies - recipe from Veganury – makes one tray of Brownies.**

4 fresh beetroot, peeled, chopped and boiled till soft then mashed or pureed  
100g plain/white flour  
50g dairy-free margarine  
50g brown sugar  
3 “flax eggs” (1 tbsp ground flax meal + 3 tbsp water whisked for five minutes)  
125g Dark chocolate, chopped  
3 tbsp dark chocolate  
3 tbsp cocoa powder  
2 tbsp baking powder

Topping - 50g dark chocolate broken up  
2 tsp coconut oil  
1 tbsp water from the beetroot  
desiccated coconut or topping of your choice

- Heat oven to 180 c
- Cream marg and sugar, add flax eggs and then the beetroot puree and coffee.
- In another bowl sieve the flour, cocoa and baking powder. Slowly stir into the beetroot mix. Add the chopped chocolate at the end.
- Add to a greased tray and bake for 40-45 minutes. Transfer to a rack.
- Whilst cooking heat the chocolate for the topping slowly with the coconut oil and beetroot water. Stir till you have a glossy paste.
- Pour over slightly cooling brownies.

### **M’jeddrah - traditional Lebanese recipe - feeds 5-6 people.**

1 cup green lentils  
1-2 cups rice  
Salt to taste  
6 big onion, chopped  
Oil to fry in

- Start a cup of green lentils boiling.
- Chop and fry 6 big onions in any oil you have – the aim is to get them nice and brown and caramelised.
- After the lentils have been boiling for about 10 mins, add 1-2 cups of rice, 1tsp salt and more hot water.
  - The timing depends on the rice you use and how long the lentils take to cook (which will depend on how old they are – the longer they’ve been in your cupboard, the longer they take to cook). With white basmati I’d typically add the rice 10 mins after I start the lentils. With brown basmati, I’d add the rice 5 mins after I start the lentils – the idea is that they end up cooked at the same time!
- When the rice and lentils are done, stir in the vast amounts of fried onions, and there you have it – M’jeddrah, cheap, delicious, easy and climate friendly.

### **Vendela's Seed Crackers – makes two sheets.**

100g sesame seeds  
50g linseeds  
100g pumpkin seeds  
50g sunflower seeds  
100g cornflour  
1/2 tsp salt  
2 tbsp sunflower oil  
200ml boiling water

- Add all dry ingredients to a bowl and mix.
- Add the boiling water and oil and mix again then stand for 30 minutes.
- Prepare two baking sheets with baking paper. Spread mixture as thinly as possible.
- Bake for 1hr - 1hr 15 mins at 150 degrees till brown.
- Snap into pieces when cool.

### **Devena's potato curry – feeds 2-3 people.**

- Peel and dice 6-8 potatoes
- Heat oil in large pan on medium heat.
- When hot add 1 tbsp cumin seeds and one tsp of black mustard seeds
- Add potatoes
- Add 1 tsp salt, 1 tsp turmeric, 1 tsp red chilli powder
- Add three cloves of chopped garlic
- Add two fresh green chillis
- You could add lentils or spinach at this point
- Cook for 20-30 minutes on low-medium low.

### **Karyn's Mac no Cheese – feeds 4-5 people.**

Making the white sauce:

- Melt one third of a cup of vegan margarine in a pan.
- Stir in one third of a cup of flour.
- Add 450g of plant based milk, a bit at a time, stirring constantly – this will take 5-10mins.
  - Soya, oat or almond milk will work – so will water if necessary
- Add one tsp vegetable stock and season.

Preparing the veg and pasta.

- Boil 3 chopped carrots for a couple of minutes in a separate pan
- Add peas and sweetcorn to the pan with the carrots – or any other chopped veg you want to use instead for a couple of minutes
- Add spelt pasta (around 200g) to the same pan
- Drain when almost cooked

Putting the dish together:

- Add the pasta and veg to sauce and stir well.
- Transfer the mixture to an oven proof dish.
- Top with breadcrumbs and flaked almonds - or whatever you like
- Put in the oven at for 20 minutes at 180 degrees.

### **Saja's Fasolia – traditional Libyan recipe – feeds 2-3 people**

- Finely chop one red onion.
- Heat oil in your pan and add the onion. Season with salt.
- Add spices 1tsp ground turmeric, 1tsp chilli powder, 1tsp ground ginger, 2 cloves garlic, pepper to taste.
- Add a couple of diced potatoes.
- Add one tin of chopped tomatoes or 5 big tsp of tomato puree.
- Add 500ml boiling water
- Simmer for 20 mins.
- Add two cans / 3 cups of pre-cooked white beans – flageolet, haricot, white kidney beans will all work.
- Simmer for 15 mins.
- Add fresh chopped dill before serving.

### **Steve's roast veg**

- Chop seasonal veg from the CSA veg harvest delivery, add seasoning, herbs, balsamic vinegar, olive oil and roast in the oven.

### **Sweet Potato Groundnut Stew – feeds 2-4 people.**

1 kg sweet potato  
1 onion  
2.5 cm garlic roughly chopped  
2.4 cm ginger chopped  
2 cloves garlic chopped  
1tsp chilli flakes and 1tsp salt  
rapeseed oil

The sauce -

One tin chopped tomatoes  
400 ml vegetable stock  
50g peanut butter

- Peel sweet potato and add to roasting tray, add all of the other ingredients and roast in oven for 45 minutes at 200 degrees
- Mix sauce ingredients in a saucepan over low heat
- Pour sauce over the potato mixture in the roasting tray.
- Return to the oven for 15 minutes.
- Sprinkle with a handful of salted peanuts and chopped fresh coriander before serving.

### **Nazia's Pau Bhaji – feeds 2-3 people.**

1 carrot, chopped  
½ a cauliflower, in pieces  
2 onions, chopped  
8 cloves garlic, crushed  
1 cup green peas  
2 potatoes peeled and chopped  
2 green chillis, roughly chopped  
1 roughly chopped medium tomato  
1 finely chopped medium tomato  
2-4 tbsp marga  
1tbsp red chilli powder  
1-2tsp ground turmeric  
1-2tsp veg masala  
1-2tsp cumin seed  
1-2tsp salt  
Lemon and fresh coriander  
2 bread buns

- Put the carrot, cauliflower, potato, peas, rough chopped tomatoes, salt and green chilli. Boil until soft and mash.
- Put half the marga in a pan and melt
- Add half the onions, garlic, spices and fine chopped tomato, and fry for a few minutes.
- Add the mashed veg and water to the onions and spices to make a smooth texture.
- Simmer until onions are cooked.
- Butter the buns with marga and fry in marga until toasted.
- Serve with remaining chopped onion, lemon juice and fresh chopped coriander leaf,

### **Kate's flapjack recipe – makes one tray of flapjack.**

• Into a saucepan:  
125g fat - vegan margarine or coconut oil  
125g organic peanut butter  
150g Brown sugar  
70g honey  
Zest of one orange or tbsp of orange marmalade

- When melted add:

200g oats  
120g dried fruits  
120g nuts and seeds

- Pour into a greased square baking tin and cook at 165 degrees for 20 minutes.

### **Marcus's Tomato and Lentil soup – feeds 3-4 people.**

One tin of chopped tomatoes  
One cup of red lentils - soaked for a few hours if you want to  
2 chopped onions  
2 garlic cloves, chopped  
1 tsp or tbsp of dried basil (or fresh if you have it in the garden)

- Heat oil in a pan. Add the onions and garlic till browned.
- Add the lentils and stir.
- Add the tomatoes and another cup of water.
- Season with salt and pepper and dried basil.
- Simmer for 45 minutes – add water if it looks dry.
- Blend with a stick blender.

## **Rajiv's Chilli Chunky Carrot and Sweet Potato Mash – feeds 2 people.**

Peeled and chopped medium sweet potato

3 chopped carrots

Half a sliced onion

Heaped tsp ground cumin

Chilli flakes to taste

Salt and Pepper

Juice of half a lemon

Fresh coriander

- Cook onions in water for 2-3 minutes.
- Add ground cumin, cook for one minute.
- Add sweet potato, cook for one minute.
- Add chilli flakes, salt and carrots.
- Cover with water and cook for around 5 minutes.
- When potatoes are soft, roughly mash.
- Serve with the juice of half a lemon and fresh coriander if you have it.