

## VEGAN SHEPHERD'S PIE

### Ingredients

- 500g miniature potatoes
- ½ x 30g pack flat leaf parsley, finely chopped
- 3 tbsp olive oil
- 1 onion, finely chopped
- 1 x 625g family pack mushrooms (closed cup)
- 2 garlic cloves, finely chopped
- ¼ tsp crushed chillies
- 250g ready-to-eat puy lentils
- 400g tin chopped tomatoes
- 2 tbsp tomato purée

### Method

Cook the potatoes in a pan of boiling water for 12-15 mins or until tender. Drain and return to the pan. Season, then lightly crush with a potato masher or fork. Stir in half the parsley.

Heat 2 tbsp of the oil in a large, deep frying pan over a medium heat. Add the onion and cook, stirring regularly, for 2-3 mins. Increase the heat to medium-high, add the mushrooms and fry for 7-8 mins, stirring occasionally, until softened.

Stir in the garlic, crushed chillies, lentils, chopped tomatoes, tomato purée and 250ml water. Simmer for 8-10 mins or until the sauce has thickened, then add the remaining parsley. Season. Preheat the grill to high.

Tip the lentil and mushroom mix into a baking dish, then spoon over the crushed potatoes. Drizzle with the remaining olive oil and grill for 8-10 mins until the potatoes are golden.

## FISH PIE

### Ingredients

- 1kg white potatoes, peeled and cut into chunks
- 1 large onion, chopped
- 1 x 250g tub Garlic & Herbs Extra-Light Soft Cheese
- 1 x 320g pack fish pie mix
- 190g Coldwater prawns
- handful fresh flat-leaf parsley, chopped
- milk (optional)
- 1 tbsp olive oil
- 100ml (3 1/2fl oz) fish or vegetable stock
- 1 tbsp cornflour

### Method

Preheat the oven to Gas Mark 5, 190°C, fan 170°C. Put the potatoes in a large pan and cover with water. Bring to the boil and cook for 10-15 minutes until cooked through. Drain and mash, adding a little milk if you wish. Season with salt and pepper.

Meanwhile, heat the oil in a large saucepan and gently cook the onion for 5-10 minutes, until softened. Add the soft cheese and the stock and combine well.

Blend the cornflour with 2 teaspoons of cold water and stir into the sauce. Cook for a few more minutes until thickened. Add the fish pie mix and cook for 2 minutes before stirring in the prawns and parsley.

Pour into an oven dish and top with the mash. Cook for 25-30 minutes until piping hot.

**EASY AS PIE!**

## **SWEET POTATO SOUP**

### **Ingredients**

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh root ginger
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 3 medium tomatoes, chopped
- 2 large sweet potatoes, peeled and chopped
- 1 carrot, peeled and chopped
- 1 litre water
- 1 teaspoon salt
- 40g chopped, unsalted peanuts
- 1 pinch cayenne pepper
- 2 tablespoons creamy peanut butter
- Freshly chopped coriander

### **Method**

Heat the oil in a large saucepan over medium-high heat. Sauté the onion 10 minutes, until lightly browned. Mix in the garlic, ginger, cumin, coriander, cinnamon and cloves. Stir in the tomatoes, sweet potatoes, and carrot; continue to cook and stir about 5 minutes.

Pour water into the saucepan and season the mixture with salt. Bring to the boil, Remove the soup mixture from heat. In a food processor or blender, blend the soup and peanuts until almost smooth. Season with cayenne pepper. Return to the saucepan. Whisk in the peanut butter and cook until heated through. Serve warm topped with fresh coriander.

## **WATERMELON AND LIME MOCKTAIL**

### **Ingredients**

- 1 watermelon
- 2 limes
- 1 tbsp white sugar or runny honey
- 500ml (17fl oz) chilled soda water
- 10 mint leaves, plus a few mint sprigs for garnish
- about 10-15 ice cubes to serve, plus extra (optional)

Halve the watermelon and cut the flesh into chunks, discarding any seeds and the rind – you'll need about 450g (15 1/2oz) flesh in total. Transfer to the freezer, in a suitable container, and leave for an hour to get really cold.

Slice two thin round slices from each of the limes and set aside for garnish, then squeeze the juice from the remaining limes into a blender.

After an hour, remove the watermelon from the freezer and add to a blender, along with the sugar or honey, chilled soda water and the mint leaves.

Blend until smooth, adding a splash more soda water if you prefer a thinner consistency, then stir and pour into a jug filled with the ice cubes.

Garnish with the reserved lime slices and the mint sprigs. Serve in tall glasses, filled with more ice, if you like.

## **CARROT AND FETA BURGERS**

### **Ingredients**

- 2 red onions, 1 sliced, 1 chopped
- 1 lemon, juiced
- 1 tsp olive oil
- 390g tin green lentils, drained
- 2 tsp ground cumin
- 200g carrots, coarsely grated
- 75g wholemeal breadcrumbs
- 1 egg
- 100g feta, crumbled
- 70g pack wild rocket

### **For the tzatziki**

- 100g cucumber, seeded and finely diced
- 100g natural 0% fat yogurt
- 10g mint, leaves chopped

### **Method**

Preheat the oven to gas 7, 220°C, fan 200°C. Marinate the sliced onions with the lemon juice for 30 mins; drain.

Heat the oil in a pan over a medium heat and cook the chopped onion for 2-3 mins. Add the lentils and turn up the heat. Cook for 2 mins to evaporate the liquid, adding the cumin towards the end. Tip into a bowl.

Add the carrot, breadcrumbs and egg to the bowl and mix. Fold in the feta and shape into 4 burgers 8cm wide and 2cm tall. Transfer to a baking tray lined with baking paper; bake for 15 mins.

Mix the cucumber with the yogurt and mint, season. Serve the burger with a dollop of tzatziki and the rest alongside, with the marinated onion and rocket.

**Cook's tip:** You can serve the burgers, tzatziki and salad in wholemeal rolls. They also taste great cold, making an ideal lunch on the move.

## **HEALTHY FISH AND CHIPS**

### **Ingredients**

- 700g frozen sweet potato wedges, fresh will do too
- 1 tbsp light olive oil, plus extra for brushing
- 1 tsp sweet paprika (optional)
- 4 frozen hake fish fillets, approx 100g each
- 50g breadcrumbs
- 1 lemon, zested, plus extra wedges to serve
- 25g Parmesan, grated
- 2 tbsp chopped flat leaf parsley
- frozen peas or petits pois, cooked to pack instructions, to serve

### **Method**

Preheat the oven to gas 7, 220°C, fan 200°C. Lightly brush a shallow roasting tray with oil then add the frozen sweet potato wedges. Sprinkle with the paprika (if using) and bake for 10 mins in the preheated oven.

Meanwhile, place the frozen fish fillets well apart on a lightly oiled baking sheet. Put the breadcrumbs in a bowl, then add the lemon zest, Parmesan, parsley and 1 tbsp of oil. Season with black pepper and mix together.

After 10 mins in the oven, turn the potato wedges, brushing with a little more oil if sticking. Return them to the middle shelf of the oven and put the fish fillets on the top shelf. Bake for another 5 mins.

Drain off any liquid released from the fish then divide the breadcrumb mixture evenly between the fillets, pressing down firmly onto the top of each one with the back of a spoon. Return to the oven and leave everything to cook for another 15-18 mins, or until the crumbs are golden, the fish is opaque, and the potatoes are golden and crisp.

Serve with peas and lemon wedges on the side.

**Cook's tip:** If you sit the potato wedges upright on the baking tray as they bake, you won't need to turn them as they cook.

## **SATAY FRITTERS**

### **Ingredients**

- 1 x 210g tin chickpeas, drained
- 2 tbsp peanut butter
- 2 eggs
- 75g self-rising flour
- 50ml milk
- 1 tsp bicarbonate of soda
- 1 tbsp soy sauce
- 1 tbsp sweet chilli sauce, plus extra to serve
- 1 large carrot, grated
- 4 spring onions, finely sliced
- sunflower oil, for greasing
- 2 tbsp salted peanuts, roughly chopped
- handful mint leaves, to serve

### **Method**

Preheat the oven to gas 2, 150°C, fan 130°C. Put the chickpeas, peanut butter, eggs, flour, milk, bicarbonate of soda, soy and sweet chilli sauces into a food processor.

Blitz to a smooth batter.

Mix the carrot and spring onions into the batter. Grease a frying pan with oil.

Spoon tablespoons of batter into the pan and cook in batches, for 2-3 mins each side, until golden. Transfer to the oven to heat through while you cook the remaining fritters, greasing the pan with a little oil for each new batch.

Pile the cooked fritters onto a platter, drizzle with sweet chilli sauce and sprinkle with the peanuts and mint.