

JAMIE OLIVER

VEG



EASY & DELICIOUS MEALS FOR EVERYONE

VEG

MICHAEL JOSEPH

an imprint of
PENGUIN BOOKS





JOHN HAMILTON

1963 – 2019

Shortly after the last shoot day for this book, our long-standing Art Director and dear friend, John, unexpectedly passed away. He taught me publishing, stood by my side on every shoot, watched and tasted every dish of every book for 21 years, and was a gentle Glaswegian giant in the world of design. He generously gave so many opportunities to designers, photographers, artists and illustrators, and his passion for art and reimagining books of all kinds in extraordinary ways was unprecedented.

Me, my team and all my family at Penguin Random House salute you, John, for everything you have given us. Our hearts are broken, but you will always inspire us, and, as you would say . . . one love.

So much love to John's wife, Claire, and their wonderful kids, Sadie and Angus. xxx



CONTENTS

INTRODUCTION

CURRIES & STEWS

PIES, PARCELS & BAKES

SOUPS & SARNIES

TRAYBAKES

RICE & NOODLES

PASTA

SALADS

BURGERS & FRITTERS

ONE-PAN WONDERS

BRUNCH

FRIDAY NIGHT NIBBLES

HINTS & TIPS

NUTRITION

INDEX

BOOKS BY JAMIE OLIVER

COPYRIGHT



VEG POWER!

I'm fairly sure that if you've picked up this book and are reading these words, you're already asking yourself a few questions about the food you eat. All of us are aware that we need to eat more veg, and of the extraordinary health benefits attached to doing so. But, in a busy fast-paced life where meat is so convenient and available on every corner, the question is – can veg dishes really cut the mustard? Can they be truly tasty and make you feel satisfied and happy? I believe that the answer is a gigantic: YES! So, with that in mind ... welcome to the wonderful world of delicious food that just happens to be meat-free.

This is a glorious veg-based cookbook, written by me – a meat lover who will absolutely not compromise on flavour. We humans are creatures of extreme habit, and the concept of change, even positive, challenges all of us. Most of us buy the same foods week in, week out – sound familiar? So, embracing this book for what it is, disarming yourself and opening your mind to trying new things by celebrating the huge bounty of veg, fruit, herbs, spices, pulses, nuts and seeds on offer, can only be a good thing. You can find so much exciting produce in standard supermarkets these days (let alone farmers' markets and beyond), and if you shop smart and surf the seasons you should be quids in, so there's really no excuse ... especially with this book in your hands! I hope it helps to break the mould.

EVERYONE'S WELCOME

On the pages that follow, I want to show you just how tasty and comforting veg-based meals can be when given the respect and thought they deserve. And I also want to stamp out any pre-existing prejudices around food choices. This book is not just for vegetarians: everyone's welcome – especially your classic meat eater who might be stuck in a bit of a rut but knows that they could, and should, be welcoming more veg into their diet. I designed these recipes to leave you feeling full, satisfied and happy – and not missing the meat from your plate. Whether you're looking to embrace a meat-free day or two each week, live a vegetarian lifestyle, or just want to try some brilliant new flavour combination, I believe this book will tick all the boxes and help you enjoy things you may never have tried before.

A quick note for all my strict vegetarian friends out there: you will see me mention Worcestershire sauce, pesto and Parmesan cheese (see [page 268](#) for more info), among others, in the ingredients lists on the recipe pages. Joyfully, we live in a time where you can source really good vegetarian versions or alternatives, so sit back, relax and fill your boots in a way that works for you.

I actually started writing this book eight years ago – it's been a real labour of love – but now is the time to publish it, accompanied by a beautiful new and exciting TV show. I've travelled halfway around the world to watch, listen and learn from some of the best veggie cooks on the planet, to really amplify flavour and scrumptiousness, and to give you beyond-tasty plates of food. Being able to finally publish this book is not only a real honour and a landmark moment for me, but also an indicator that the time is right and that veg-based cooking is becoming mainstream again. We might think that basing our meals around more veg and less meat is forward thinking, and is trendy or progressive, but I can assure you, if anything, it's looking back towards our grandparents and great-grandparents, who – by default – cooked this way. Without question, it was the norm, they knew what they were doing and we should absolutely take a leaf out of their book.

The recipes are a broad assortment of the food that I love to eat at home with my wife and kids, and are everything I would deliver flavour-wise in any other cookbook: they're dishes that make me feel energized, comforted, complete and full up. I'm not telling you to eat any of these meals because they're healthy (even though 70% of them are – see [pages 286–93](#) for more nutrition info), I want you to eat them because you want to, and because they're delicious. As usual, they're all tried, tested and interrogated (and then tested again, just to be sure!), so they're the absolute best they can be. And for me, the beautiful thing about this book is that I can give you a really reliable, safe place to come for easy and delicious veg-based meals, put together with love, care and attention.

I've got lots of inspiration on the lunch and dinner front with easy pastas, soups and sarnies, clever traybakes and one-pan wonders, as well as tasty curries, stews, pies, bakes, rice and noodle dishes, and burgers that'll knock your socks off. And that's not all, there's also an array of brunch and weekend nibbles to get your teeth into. I've tried to equip you with a myriad of modern meals, taking into account that you're probably incredibly busy, juggling 101 other things at the same time.

With that in mind, I've kept the visuals and words simple, clear, supportive and to the point, and have done my best to empower you with confidence, instead of baffling you with clutter and long, laborious lists or explanations. No barriers, just super-tasty, easy, accessible and affordable recipes, with veg as the main event. There's upfront nutrition info on every page so you can make fast, informed choices. Plus, I've given some extra tips on how I like to serve the dishes myself, as well as ways to tweak the recipes to include a whole array of beautiful veg.

**NO BARRIERS, JUST SUPER-
TASTY, EASY, ACCESSIBLE &
AFFORDABLE RECIPES**

Putting labels on food preferences, I have to say, frightens the life out of me – there are enough things in life that divide us, and I feel that food shouldn't be one of them. But, it is. As far as I'm concerned, if it's good, it's good.

Everyone's on their own food journey, and people are all at different stages. And that's OK! In the Oliver household we really try to eat veg-based meals at least three times a week, and the benefits to our health, as well as the planet, are clear to see. Promoting less meat (but better quality) and more veg is something I've always done: this is not a new thing for me – if you look at the index of any of my cookbooks, you're going to see a huge number of V symbols. Even so, I've been constantly asked by the public (sometimes berated!) to do a 100% veg-based cookbook, so here it is, guys – I hope you love it as much as I enjoyed making it.

A handwritten signature in black ink, appearing to read "Jamie", with a small dot above it.



CURRIES & STEWS

CURRIES & STEWS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



CURRIES & STEWS

CRISPY CAULIFLOWER KATSU

AMAZING VEGGIE CHILLI

MY CAULIFLOWER TIKKA MASALA

STUFFED CURRIED AUBERGINES

SUPER-COMFORTING GUMBO

AMAZING TOMATO CURRY

BURNS NIGHT STEW & DUMPLINGS

THAI-STYLE MUSHROOM & TOFU BROTH

MUSHROOM STROGANOFF

WONDERFUL VEG TAGINE

BREAD-TOPPED BIRYANI

CRISPY CAULIFLOWER KATSU

LIGHT & DELICATE CURRY SAUCE, FLUFFY RICE, LIME-PICKLED CHILLIES

SERVES 6 | 1 HOUR 15 MINUTES

2 heads of cauliflower (800g each)
3 fresh mixed-colour chillies
3 limes
150g plain flour
3 large eggs
200g fine breadcrumbs
1 onion
4 cloves of garlic
5cm piece of ginger
1 carrot
1 bunch of fresh coriander (30g)
olive oil
1 heaped teaspoon garam masala
1 teaspoon ground turmeric
3 teaspoons mango chutney
450g basmati rice

Preheat the oven to 180°C/350°F/gas 4. Cut 6 chunky cauliflower slices, straight through the stalks, around 2.5cm thick (use up the leftover stalkless cauliflower by making my Simple pickle, see [page 252](#)). Season the cauliflower slices all over with sea salt and leave aside (this will draw out the natural moisture). Meanwhile, finely slice the chillies and place them in a bowl with a pinch of salt. Finely grate over the zest of 2 limes, then squeeze over the juice and leave to lightly pickle.

Put 100g of the flour into one bowl, beat the eggs in another, and tip the breadcrumbs into a third. Coat the cauliflower slices in the flour, dunk in the beaten egg, then dip, press and coat in the breadcrumbs. Place on an oiled baking tray and push down to compact. Bake for 45 minutes, or until golden and crisp.

Meanwhile, peel the onion, garlic, ginger and carrot, then finely chop with the coriander stalks, reserving the leaves. Fry in a large pan on a medium heat with 1 tablespoon of oil and the spices for 15 minutes, stirring regularly. Stir in 50g of flour and the mango chutney, followed by 1 litre of boiling water. Whisk together, then simmer for 15 minutes, or to your preferred consistency, stirring occasionally. Taste and season to perfection with salt and black pepper. Cook the rice

according to the packet instructions, then drain. Serve the rice and sauce with the crispy cauliflower, chilli pickle, lime wedges and reserved coriander leaves.

For that 1980s retro feel, mould the rice in small bowls like I've done here – it's pointless, but fun!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
637kcal	9.2g	2g	23.6g	120g	16g	1.5g	10.4g

AMAZING VEGGIE CHILLI

COMFORTING BLACK RICE, ZINGY CRUNCHY SALSA, CHILLI-RIPPLED YOGHURT

SERVES 4 | 1 HOUR 30 MINUTES

2 red onions
2 sweet potatoes
(250g each)
3 mixed-colour
peppers
4 large ripe
tomatoes
olive oil
1 teaspoon cumin
seeds
1 teaspoon smoked
paprika
4 cloves of garlic
1 lemon
1 × 400g tin of
cannellini beans
hot chilli sauce
250g black rice
1 bunch of fresh
mint (30g)
4 small flour
tortillas
4 tablespoons
natural yoghurt

Preheat a griddle pan to high. Peel the onions, scrub the sweet potatoes and deseed the peppers. Cut off a small chunk of each and put aside with one tomato (this is for the salsa later). Roughly chop the rest of the veg into 4cm chunks and halve the remaining tomatoes, then chargrill, working in batches.

Drizzle 1 tablespoon of oil into a large casserole pan over a medium-low heat and stir in the cumin and paprika. Peel, roughly chop and add the garlic, finely grate in the lemon zest, and add the grilled veg bit by bit as they're ready, stirring regularly. Tip in the beans (juices and all), and 1½ tins' worth of water, then add around 1 tablespoon of chilli sauce (or to your liking). Season with sea salt and black pepper and simmer for 30 minutes, or until thickened and reduced.

Meanwhile, cook the rice in a pan of boiling salted water according to the packet instructions. Pick 2 sprigs of mint leaves and very finely chop with the salsa veg, then toss with the lemon juice and season to taste with salt and pepper.

Warm the tortillas on the griddle and ripple a good few shakes of chilli sauce through the yoghurt. Serve the

chilli with the black rice, salsa, yoghurt and tortillas, and pick over the mint leaves. Enjoy!

Using veg raw to make a salsa as well as cooking it in the stew is incredibly resourceful and delicious.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
636kcal	9.1g	2.6g	18.3g	121.2g	26.4g	1.4g	15.3g

MY CAULIFLOWER TIKKA MASALA

PANEER, SPICED YOGHURT MARINADE, CREAMY CASHEW & SAFFRON SAUCE

SERVES 4 | 45 MINUTES

60g unsalted cashews
1 pinch of saffron
1 tablespoon mango chutney
1 lemon
2 tablespoons natural yoghurt
1 teaspoon smoked paprika
olive oil
200g paneer cheese
½ a head of cauliflower (400g)
1 knob of unsalted butter
1 cinnamon stick
3 cloves
3 cardamom pods
4 cloves of garlic
1 onion
5cm piece of ginger

Put the cashews, saffron and mango chutney into a jug, cover with 700ml of boiling water and leave to one side to soak. Preheat the grill to high. Finely grate the lemon zest into a large bowl, add the yoghurt, paprika, a pinch of sea salt and black pepper and 1 tablespoon of oil, and mix well. Chop the paneer into 2cm cubes and break the cauliflower into florets (roughly the same size), then toss in the marinade. Tip into a large roasting tray and grill on the middle shelf for 12 minutes, or until beautifully golden and gnarly at the edges.

Put the butter and 1 teaspoon of oil into a large casserole pan on a low heat with the cinnamon and cloves, and bash the cardamom pods, adding just the inner seeds. Peel, finely slice and add the garlic, and cook for a few minutes, stirring occasionally. Peel the onion and ginger, roughly chop, then place in a blender with the tomato paste and a good splash of boiling water, and whiz to a paste. Pour into the pan and cook for 10 minutes, stirring regularly.

2 tablespoons sun-dried tomato paste

4 sprigs of fresh coriander

Tip the cashew mixture into the blender and whiz until super-smooth – you may need to work in batches. Pour into the pan, bring to the boil, then leave to tick away for 5 minutes, stirring occasionally. Stir in the paneer and cauliflower, season to perfection with salt and pepper, then place under the grill. Once golden and bubbling, stir back through and pick over the coriander leaves.

Delicious served with fluffy rice and wedges of lemon for squeezing over.

Swap the paneer for chickpeas and the cauliflower for squash for a different but equally delicious result.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
426kcal	31.1g	13g	20.6g	17.5g	12.2g	0.8g	4.7g

STUFFED CURRIED AUBERGINES

SPICED TAMARIND & PEANUT SAUCE, FRESH CORIANDER

SERVES 6 | 1 HOUR 15 MINUTES

1 onion
4 cloves of garlic
4cm piece of ginger
½ a bunch of fresh coriander (15g)
2 fresh red chillies
1 teaspoon each cumin seeds, mustard seeds, ground turmeric, garam masala, fenugreek seeds
1 big handful of fresh curry leaves
groundnut oil
2 heaped tablespoons crunchy peanut butter
1 tablespoon mango chutney
2 tablespoons tamarind paste
12 finger aubergines (800g total)

Preheat the oven to 190°C/375°F/gas 5. Peel the onion, garlic and ginger, place in a food processor with the coriander stalks and chillies (deseed if you like), and whiz to a fine paste. Put the spices and curry leaves into a 25cm × 35cm roasting tray on a low heat with 2 tablespoons of oil and fry for 1 minute, or until smelling fantastic, stirring constantly. Tip in the paste and cook for 5 minutes, or until softened, stirring regularly. Stir in the peanut butter, mango chutney and tamarind paste, season with a good pinch of sea salt and black pepper, then scrape into a bowl, adding a splash of water to loosen to a paste, if needed.

Leaving them intact at the stalk, cut the aubergines into quarters lengthways, rub and stuff them generously with all the paste, then arrange them in the tray (if using regular aubergines, simply trim then cut into 1cm-thick rounds and sandwich the paste between them). Place the tray on a medium heat and fry for 5 minutes, turning halfway. Add the coconut milk, roughly chop and sprinkle over the tomatoes, season well with salt and pepper, and bring to the boil. Cover with tin foil and roast for 40 minutes, or until

1 × 400g tin of
light coconut milk
250g ripe mixed-
colour cherry
tomatoes

thickened and reduced, removing the foil halfway.
Season to perfection and scatter over the coriander
leaves.

Always good with fluffy rice, poppadoms, yoghurt and
extra fresh chilli.

Delicious and convenient made in advance
and reheated when you need it – loosen with
a splash of water, if needed.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
221kcal	15.2g	5.6g	6.7g	15.9g	12.9g	0.9g	2.3g

SUPER-COMFORTING GUMBO

LOADS OF VEG, SMOKY SPICED GRAVY, PICKLED JALAPEÑO CHILLIES

SERVES 6 | 1 HOUR 10 MINUTES

1 onion
3 cloves of garlic
3 sticks of celery
3 mixed-colour peppers
groundnut oil
3 heaped tablespoons plain flour
3 fresh bay leaves
3 sprigs of fresh thyme
½ teaspoon cayenne pepper
1 teaspoon smoked paprika
100ml red wine
1 × 400g tin of quality plum tomatoes
1 × 400g tin of chickpeas
200g frozen peas
2 fresh jalapeño chillies
4 tablespoons red wine vinegar

Peel and finely chop the onion, garlic and celery, and deseed and roughly chop the peppers. Pour 3 tablespoons of oil into a large pan over a medium heat and mix in the flour to make a paste (loose roux). Cook until dark brown, stirring constantly so that it doesn't catch and burn. Add the chopped veg to the paste along with the bay leaves, then strip in the thyme leaves and cook for 20 minutes, or until softened and dark nutty brown, stirring regularly (give it some love).

Stir through the cayenne pepper and paprika, followed by the wine and allow to reduce by half before scrunching in the tomatoes. Tip in the chickpeas (juices and all) and enough water to cover, then simmer over a medium heat for 25 minutes, or until reduced to your preferred consistency, adding the peas for the last 5 minutes. Season to perfection with sea salt and black pepper. Meanwhile, finely slice the chillies, place in a bowl, and stir in the vinegar and a pinch of salt to make a quick pickle. Dry-fry the okra in a large non-stick frying pan on a medium heat until lightly charred, then halve and scatter over the gumbo.

200g okra

I like to serve the gumbo and pickle with fluffy rice and a handful of fresh parsley.

Own your gumbo by surfing the seasons with pumpkin, squash, mushrooms, sweetcorn, courgette. Use your imagination – it's a brilliantly flexible recipe.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
250kcal	8.7g	1.7g	9.3g	32.3g	11.3g	0.6g	7.4g

AMAZING TOMATO CURRY

FRAGRANT SPICES, SAFFRON & COCONUT SAUCE, TOASTED ALMONDS

SERVES 4 | 40 MINUTES

1.2kg ripe mixed tomatoes
1 pinch of saffron
20g flaked almonds
4 cloves of garlic
4cm piece of ginger
2 fresh red chillies
olive oil
1 handful of fresh curry leaves
1 teaspoon mustard seeds
1 teaspoon fenugreek seeds
1 teaspoon cumin seeds
1 onion
1 × 400g tin of light coconut milk
2 teaspoons mango chutney

With the tip of a knife, prick the tomatoes, removing the cores from any larger ones. Carefully plunge them into fast-boiling water for 45 seconds, then drain and peel away the skin. Cover the saffron with 100ml of boiling water and leave to infuse. Toast the almonds in a large non-stick frying pan over a medium heat until golden, then tip into a small bowl and place the pan back on the heat.

Peel and very finely chop the garlic, ginger and chillies. Drizzle 1 tablespoon of oil into the pan, then add the curry leaves, followed by all the spices. Peel and quarter the onion, click apart into petals, then add to the pan with the garlic, ginger and chilli and fry for 3 minutes, stirring constantly. Add the tomatoes, coconut milk and saffron water, then cover and simmer for 20 minutes, removing the lid and adding the mango chutney halfway. Season to taste with sea salt and black pepper, then scatter over the almonds. Serve with fluffy rice.

This curry goes up a level when tomatoes are at their most delicious, so make it in the

summer with beautifully ripe tomatoes for the very best results.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
208kcal	12.9g	6.1g	5.1g	19.7g	15.9g	0.2g	4.8g

BURNS NIGHT STEW & DUMPLINGS

CHUNKY ROOT VEG, HAGGIS SEASONING, CABBAGE & APPLE SLAW

SERVES 6 | 2 HOURS

300g celeriac
300g swede
3 carrots
olive oil
4 fresh bay leaves
1 × 280g jar of silverskin pickled onions
½ teaspoon ground allspice
½ teaspoon ground cloves
75g pearl barley
330ml smooth porter
2 teaspoons blackcurrant jam
1.5 litres vegetable stock
300g self-raising flour
50g unsalted butter (cold)
¼ of a red cabbage (200g)

Preheat the oven to 180°C/350°F/gas 4. Peel the celeriac and swede and scrub the carrots, then roughly chop and place in a large casserole pan on a medium heat with 1 tablespoon of oil, the bay leaves, a pinch of sea salt and a generous pinch of black pepper. Drain the pickled onions and add with the ground allspice and cloves, then cook for 15 minutes, or until nicely golden, stirring regularly. Throw in the pearl barley, pour over the porter and leave to bubble and cook away, then add the jam and stock, and simmer while you make the dumplings.

Tip the flour into a bowl with a good pinch of salt. Chop and rub in the butter, then mix in about 100ml of water, or just enough to bring it together into a pliable dough. Roll into 12 balls, then plop into the stew, shaking to coat. Drizzle lightly with oil, then cover and bake for 1 hour, or until the stew has reduced and the dumplings are golden and puffed up, removing the lid for the last 15 minutes to build some colour.

Meanwhile, very finely shred the cabbage and apple

1 eating apple
1 tablespoon red
wine vinegar
1 teaspoon
wholegrain
mustard

with good knife skills or on a mandolin (use the guard!). Toss with the vinegar and mustard, then season to perfection with salt and pepper.

Taste and season the stew, if needed, then serve with the dumplings and slaw.

The dumplings will double in size as they cook, so make sure you've got enough distance between the stew and the lid of your pan.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
424kcal	13.2g	5.1g	10.2g	67.1g	15.6g	1.9g	8.1g

THAI-STYLE MUSHROOM & TOFU BROTH

HOT, SOUR, SALTY & SWEET LIQUOR, FLUFFY CRISPY RICE CAKE

SERVES 6 | 25 MINUTES

olive oil
450g basmati rice
800ml vegetable stock
1 × 400g tin of light coconut milk
4 teaspoons tamarind paste
4 sticks of lemongrass
15g palm sugar
1–2 fresh red chillies
4cm piece of ginger
200g mixed mushrooms
300g firm tofu
6 spring onions
½ a bunch of fresh coriander (15g)
low-salt soy sauce
1 lime

Rub a large non-stick frying pan lightly with oil. Tip in the rice and twice the volume of water, season with a pinch of sea salt, then cover and cook on a high heat for 10 minutes. Remove the lid, then cook on a low heat for a further 5 minutes, or until the rice is fluffy with a crispy bottom, shaking the pan occasionally.

Meanwhile, tip the stock and coconut milk into a large pan, and add the tamarind paste. Peel the lemongrass and trim the ends, very finely chop the tender stalks and add to the pan, then roughly chop and add the palm sugar. Deseed and finely slice the chilli(es), peel and finely chop the ginger, then add it all to the pan and place over a medium heat. Roughly chop any larger mushrooms with the tofu, leaving any smaller ones whole, then add to the pan. Bring to the boil for a couple of minutes while you trim and finely slice the spring onions and pick most of the coriander leaves, then stir through with a drizzle of soy sauce, to taste.

Spoon the broth into bowls. Turn out the rice cake, slice into wedges and place on top. Serve with the

remaining coriander and lime wedges for squeezing over.

There's a lot of fun to be had here with seasonal veg and mushrooms – react to what's available and make the most of them.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
384kcal	9g	4.4g	12.7g	65.9g	6g	0.4g	2.3g

MUSHROOM STROGANOFF

CRUNCHY CORNICHONS, FRAGRANT CAPERS, CREAMY WHISKY SAUCE & PARSLEY

SERVES 2 | 20 MINUTES

400g mixed mushrooms
1 red onion
2 cloves of garlic
4 silverskin pickled onions
2 cornichons
4 sprigs of fresh flat-leaf parsley
olive oil
1 tablespoon baby capers
50ml whisky
smoked paprika
80g half-fat crème fraîche

Get all the prep done before you start cooking: trim the mushrooms, tearing up any larger ones and leaving any smaller ones whole, peel and finely slice the red onion and garlic, and finely slice the pickled onions and cornichons. Pick and roughly chop the parsley leaves, finely chopping the stalks.

Place a large non-stick frying pan over a high heat, throw in the mushrooms and red onions, shake into one layer, then dry-fry for 5 minutes (this will bring out the nutty flavour), stirring regularly. Drizzle in 1 tablespoon of oil, then add the garlic, pickled onions, cornichons, parsley stalks and capers. After 3 minutes, pour in the whisky, tilt the pan to carefully flame, or light with a long match (watch your eyebrows!), and, once the flames subside, add $\frac{1}{4}$ of a teaspoon of paprika, the crème fraîche and parsley, then toss together. Loosen with a splash of boiling water to a saucy consistency, and season to taste with sea salt and black pepper.

Divide between plates, sprinkle over a little paprika, and serve with fluffy rice.

Look out for seasonal wild mushrooms in

supermarkets and local farmers' markets – they're absolutely extraordinary and will add so much bonus flavour to this dish.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
251kcal	13.9g	5.2g	6.7g	11.9g	7.9g	0.8g	4.3g

WONDERFUL VEG TAGINE

SAFFRON, PRESERVED LEMONS, APRICOTS, FLUFFY COUSCOUS
& TOASTED ALMONDS

SERVES 6 | 1 HOUR

1 pinch of saffron
4 cloves of garlic
4cm piece of
ginger
olive oil
1 teaspoon ground
cumin
½ teaspoon ground
cinnamon
1 teaspoon ras el
hanout
1 tablespoon sun-
dried tomato paste
2.5kg mixed veg,
such as
aubergines,
courgettes, carrots,
cherry tomatoes,
red onion,
butternut squash,
mixed-colour
peppers
1 × 400g tin of
chickpeas
100g dried apricots
1 preserved lemon
300g couscous

Put the saffron into a jug, cover with 500ml of boiling water and leave to infuse. Meanwhile, peel and finely slice the garlic and ginger, then place in a large casserole pan over a medium heat with 2 tablespoons of oil, the cumin, cinnamon and ras el hanout. Add the tomato paste, fry for a few minutes, stirring regularly, then pour over the saffron water. Trim and prep the veg, as necessary, then chop into large chunks, adding them to the pan as you go. Tip in the chickpeas (juices and all), roughly chop and add the apricots and preserved lemon, discarding any pips, then season with sea salt and black pepper. Bring to the boil, cover, reduce the heat to low, and simmer for 45 minutes, or until tender, stirring occasionally.

When the veg are almost tender, just cover the couscous with boiling water, season with salt and pepper and pop a plate on top. Leave for 10 minutes, then fluff and fork up. Pick the herb leaves and toast the almonds. Serve the tagine and couscous sprinkled with the almonds and herbs.

Delicious served with harissa rippled yoghurt.

In the summer I grow most of these

½ a bunch of
mixed fresh herbs,
such as dill, mint,
flat-leaf parsley
(15g)

20g flaked
almonds

vegetables, and I'm always eager to pick,
wash and race to cook this dish – the
flavour is just extraordinary with tender,
delicate veg.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
438kcal	9.6g	1.4g	16.3g	77.6g	27.7g	1g	15.8g

BREAD-TOPPED BIRYANI

CAULIFLOWER, CHICKPEA & GREEN BEAN CURRY, FRAGRANT
SAFFRON RICE

SERVES 6 | 2 HOURS PLUS RESTING

450g basmati rice
2 cloves of garlic
2.5cm piece of
ginger
2 onions
1 fresh red chilli
100g sun-dried
tomato paste
1 bunch of fresh
coriander (30g)
3 cloves
1 cinnamon stick
olive oil
200g green beans
½ a head of
cauliflower (400g)
1 × 700g jar of
chickpeas
150g natural
yoghurt
350ml semi-
skimmed milk
1 good pinch of
saffron
½ teaspoon
cardamom pods
garam masala

Cook the rice in a large pan of boiling salted water for exactly 7 minutes, then drain and spread out on a tray to cool. Meanwhile, peel and roughly chop the garlic, ginger and onions. Whiz to a paste in a blender with the chilli, tomato paste, most of the coriander and a splash of water. Put the cloves and cinnamon into a large pan on a medium heat with 2 tablespoons of oil and fry for 2 minutes, then tip in the paste and cook for 10 minutes, stirring regularly. Trim and halve the beans and break the cauliflower into bite-sized florets, then add to the pan with the chickpeas (juices and all). Stir in the yoghurt, cover and simmer on a low heat for 10 minutes, then season to perfection with sea salt and black pepper.

Preheat the oven to 180°C/350°F/gas 4. Gently heat the milk over a low heat until warm, then turn off. Add the saffron, bash and add the cardamom pods, then leave to infuse. Lightly oil a 23cm springform cake tin and place on a tray. Spoon in a third of the rice and really press down to compact. Drizzle over 4 tablespoons of the saffron milk, dust with 1 teaspoon of garam masala and spoon over half the curry. Repeat the layers once more, pressing as you go and finishing with a top layer of rice and 4 more tablespoons of the saffron milk.

200g self-raising
flour

Add the flour to the remaining saffron milk and bring together into a dough (add extra flour, if needed). Knead until smooth, then roll out so it's just bigger than the tin. Place on top, pressing the edges to seal. Rub with oil, dust with garam masala, and bake at the bottom of the oven for 40 minutes, or until golden. Rest for 15 minutes, then remove the bread lid and tear into portions, release from the tin, and pick, finely chop and scatter over the remaining coriander. Always good served with a squeeze of lemon, a green salad and a dollop of yoghurt.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
691kcal	17.5g	3.6g	22.7g	116.6g	13.2g	0.9g	10.4g

PIES, PARCELS & BAKES

PIES, PARCELS & BAKES

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION





PIES, PARCELS & BAKES

ALLOTMENT COTTAGE PIE

STICKY ONION TART

ROASTED VEG DOSA

SUMMER VEG BLANKET PIE

CAULIFLOWER CHEESE PIZZA PIE

CRISPY-BOTTOMED STEAMED DUMPLINGS

ASPARAGUS QUICHE & SOUP

MY VEGGIE MOUSSAKA

PITHIVIER PIE

FILO SNAKE BAKE

MY VEGGIE PASTIES

YEMENI-STYLE PANCAKES

EASY PEA & SPINACH SAMOSAS

ALLOTMENT COTTAGE PIE

ROOT VEG, PORCINI MUSHROOMS, MARMITE & CRISPY ROSEMARY

SERVES 6–8 | 2 HOURS

10g dried porcini mushrooms
2 large leeks
3 carrots
500g swede
500g celeriac
olive oil
3 sprigs of fresh rosemary
1 teaspoon cumin seeds
2kg potatoes
40g unsalted butter
1 splash of semi-skimmed milk
1 onion
1 teaspoon Marmite
3 tablespoons tomato purée
1 × 400g tin of green lentils

Preheat the oven to 190°C/375°F/gas 5. In a blender, cover the porcini with 600ml of boiling water. Trim, wash and slice the leeks 2cm thick, then scrub the carrots, swede and celeriac and chop to roughly the same size. Drizzle 2 tablespoons of oil into a large casserole pan on a medium heat, strip in the rosemary, fry for 1 minute to crisp up, then remove to a plate with a slotted spoon. Add the cumin seeds and prepped veg to the flavoured oil, season with sea salt and black pepper, and cook for 30 minutes, stirring regularly.

Meanwhile, peel and roughly chop the potatoes, cook in a pan of boiling salted water for 15 minutes, or until tender, then drain well. Mash with the butter and milk, and season to taste. Quarter the onion, add to the porcini in the blender along with the Marmite and tomato purée and whiz until smooth. Pour into the veg pan and cook for 20 minutes, or until dark and caramelized, stirring regularly and scraping up any sticky bits from the bottom of the pan.

Tip the lentils (juices and all) into the veg pan, bring to the boil, then season to taste. Spoon over the mash, place on a tray, bake for 30 minutes, or until lightly golden and bubbling at the edges, then sprinkle over the crispy rosemary.

Serve with simple steamed seasonal greens – it's a winner!

Sometimes I swap the lentils for borlotti or butter beans – both work really well.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
466kcal	12g	4.4g	14g	80g	15g	0.8g	13.7g

STICKY ONION TART

SWEET GARLIC, FRESH THYME, BAY & BUTTERY PUFF PASTRY

SERVES 6 | 50 MINUTES

4 medium onions
50g unsalted butter
4 sprigs of fresh thyme
4 fresh bay leaves
2 tablespoons soft dark brown sugar
4 tablespoons cider vinegar
8 cloves of garlic
320g sheet of all-butter puff pastry (cold)

Preheat the oven to 220°C/425°F/gas 7. Peel the onions and halve across the middle. Place the butter in a 26cm non-stick ovenproof frying pan on a medium heat. Strip in the thyme leaves and add the bay, shake the pan around and get it bubbling, then add the sugar, vinegar and 100ml of water. Place the onion halves in the pan, cut side down. Peel and halve the garlic cloves and place in the gaps, then season generously with sea salt and black pepper. Cover, turn the heat down to low and leave to steam for 10 minutes to soften the onions slightly, then remove the lid and cook until – very importantly! – the liquid starts to caramelize, gently shaking the pan occasionally to stop it from sticking.

Place the pastry over the onions, using a wooden spoon to push it right into the edges of the pan. Bake for 35 minutes, or until golden brown and puffed up (it will look quite dark, but don't worry!). Using oven gloves to protect your hands, pop a large plate over the pan and confidently but very carefully turn out.

Delicious served with goat's cheese, a simple salad and a cold beer.

Shallots, leeks and spring onions all make

wonderful tarts – just make sure they're soft and caramelized before covering with pastry.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
352kcal	21.6g	13.6g	4.4g	35.3g	13.5g	0.6g	3.5g

ROASTED VEG DOSA

TOMATO & GINGER SALSA, FRESHLY GRATED COCONUT

SERVES 6 | 1 HOUR 45 MINUTES PLUS SOAKING & FERMENTING

150g white urid dal
300g basmati rice
2 tablespoons fenugreek seeds
2 red onions
2 peppers
2 potatoes
2 sweet potatoes (250g each)
olive oil
65g freshly grated coconut
5cm piece of ginger
12 ripe cherry tomatoes
2 cloves of garlic
2 fresh red chillies
2 teaspoons cumin seeds
2 teaspoons mustard seeds
1 knob of unsalted butter
½ a bunch of fresh coriander (15g)

Thoroughly wash the dal, rice and fenugreek, then drain and place in a blender. Top up with 900ml of fresh water and leave for 6 hours with the lid on to soak (transfer to a covered bowl and work in batches if you have a small blender), then blitz. Leave overnight at room temperature to ferment, then blitz again until super-smooth – this batter will be good for 2 days in the fridge. When you're ready to cook, preheat the oven to 180°C/350°F/gas 4. Rub the onions, peppers, potatoes and sweet potatoes with 1 tablespoon of oil, then place in a snug-fitting roasting tray. Roast with a splash of water for 1 hour, or until soft, then remove.

Meanwhile, place the coconut in a small bowl. Peel the ginger, then finely grate just 1cm with the tomatoes and scrape into a second bowl, seasoning with sea salt and black pepper. Peel the garlic, then finely chop with the remaining ginger and the chillies. Gently fry the cumin and mustard seeds in a large non-stick frying pan on a medium heat with the butter for 1 minute. Add the garlic, ginger and chillies, fry for 1 minute, then tear in all the roast vegetables, discarding any tough skins and seeds, and saving any juices from the tray, to serve. Mix and mash everything together,

season to perfection with salt and pepper, pick in the coriander leaves, and fry until golden. Keep warm while you make the dosas.

Place a large non-stick frying pan over a medium heat, pour in a ladle of batter and swirl around to create a thin layer. Cook for 5 minutes, or until crispy and golden on just one side, then roll up and repeat. Serve with the veg, dips and sprinkles.

Mango chutney folded through the roasting juices is always a nice addition.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
480kcal	10.7g	5.8g	15.6g	87.6g	12.8g	0.5g	4.9g

SUMMER VEG BLANKET PIE

PRESERVED LEMON, SAFFRON, HARISSA, CRISPY LAYERED FILO, YOGHURT

SERVES 4 | 1 HOUR 30 MINUTES

400g natural
yoghurt

320g ripe cherry
tomatoes

extra virgin olive
oil

1 tablespoon red
wine vinegar

4 cloves of garlic

1 tablespoon
fennel seeds

olive oil

1 large leek

320g new potatoes

320g butternut
squash

320g courgettes

½ × 700g jar of
chickpeas

1 preserved lemon

1 teaspoon rose
harissa

50g dried sour
cherries

1 pinch of saffron

8 sheets of filo
pastry

Line a sieve with 3 pieces of kitchen paper, tip in the yoghurt, pull up the paper and very gently apply pressure so that the liquid starts to drip through into a bowl, then leave to drain. Halve the tomatoes, season with sea salt and black pepper, drizzle with 2 tablespoons of extra virgin olive oil and the vinegar, then toss and leave to macerate (this really brings out the flavour).

Preheat the oven to 190°C/375°F/gas 5. Peel and finely slice the garlic, then place in a large non-stick ovenproof frying pan on a medium heat with the fennel seeds and 2 tablespoons of olive oil. Fry for a few minutes, stirring regularly, while you prep the veg, adding to the pan as you go: trim, wash and slice the leek, scrub the potatoes, squash (deseed, if needed) and courgettes and chop into 2cm chunks. Cover and cook for 15 minutes, shaking the pan occasionally, then remove the lid, tip in the chickpeas (juices and all) and season lightly with a pinch of salt and pepper. Finely chop the preserved lemon, discarding any pips, then add to the pan with a drizzle of juice from the jar, and the harissa. Fry for a further 15 minutes, or until beautifully caramelized, stirring occasionally.

1 tablespoon
sesame seeds

Meanwhile, cover the sour cherries and saffron with 300ml of boiling water, leave for a few minutes, then add to the pan with the tomatoes, reserving the macerating juices. Lay the filo out flat, then brush all over with the reserved tomato juices. Roughly scrunch, wave and layer the filo into the pan, partly tucking it in at the edges (there's no need to be neat). Scatter over the sesame seeds and bake for 25 minutes, or until golden and crisp. Transfer the yoghurt to a plate and drizzle with a little oil from the harissa jar, then serve with the pie.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
641kcal	23.7g	5.6g	20.5g	90.6g	28.8g	1.7g	9.4g

CAULIFLOWER CHEESE PIZZA PIE

OOZY MELTY CHEESY WHITE SAUCE, SUPER-CRISPY CRUST

SERVES 4–6 | 1 HOUR 10 MINUTES PLUS PROVING

1 × 7g sachet of
dried yeast
550g strong bread
flour, plus extra
for dusting
olive oil
1 onion
50g unsalted butter
4 fresh bay leaves
2 teaspoons
English mustard
700ml semi-
skimmed milk
1 small head of
cauliflower,
ideally with leaves
(600g)
120g mature
Cheddar cheese

Whisk the yeast into 300ml of lukewarm water, leave for 2 minutes, then pour into a large bowl with 500g of the flour and a really good pinch of sea salt. Mix up as best you can, then knead vigorously on a flour-dusted surface to give you a smooth, elastic dough. Rub lightly with oil, place in the bowl, cover with a clean damp tea towel and prove for 1 hour in a warm place, or until doubled in size.

Meanwhile, peel and finely slice the onion and place in a pan with the butter, bay leaves and a splash of water. Fry on a medium heat for 10 minutes, stirring regularly, then stir in 50g of flour, followed by the mustard, and slowly add the milk to give you a loose white sauce. Roughly break up the cauliflower, discarding just the tatty outer leaves, and finely slice the stalk. Add to the pan with any remaining leaves. Simmer gently for 30 minutes, stirring occasionally, then turn off the heat, grate in the cheese, season to perfection and allow to cool a little.

Preheat the oven to full whack (240°C/475°F/gas 9). Lightly oil a 30cm non-stick ovenproof frying pan or a 25cm × 35cm baking tray, then press out the dough to

fill the space. Spoon over the cauliflower mixture, leaving a 2cm border around the edge, then leave to prove again until doubled in size. Bake at the bottom of the oven for 25 minutes, or until golden, crisp and melty.

Delicious served with a bowl of lemony dressed seasonal salad leaves.

Mix up the cheeses you choose – also incredible made with broccoli instead of, or as well as, the cauliflower.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
872kcal	28.4g	15.8g	34.2g	128.4g	16.4g	1.5g	8.3g

CRISPY-BOTTOMED STEAMED DUMPLINGS

ROASTED SQUASH, BROCCOLI, GARLIC, GINGER, MISO, CHILLI & SESAME SEEDS

SERVES 4 | 1 HOUR 35 MINUTES PLUS COOLING

500g butternut squash
olive oil
1 clove of garlic
6cm piece of ginger
80g broccoli
1 teaspoon red miso paste
1 tablespoon rice wine vinegar
24 × 10cm square wonton wrappers
½ a fresh red chilli
2 spring onions
2 tablespoons sesame seeds
low-salt soy sauce
English mustard
1 lime

Preheat the oven to 180°C/350°F/gas 4. Quarter the squash, deseed and toss with 1 tablespoon of oil and a pinch of sea salt and black pepper, then roast on a tray for 1 hour, or until soft and golden. Leave to cool.

Peel the garlic and 2cm of the ginger, then whiz in a food processor with the broccoli, miso and vinegar until fine. Pulse in the squash, then season to taste.

One by one, lightly wet the edges of the wonton wrappers with your finger, add 1 heaped teaspoon of filling to the middle of each, and pinch together to seal (don't stress if they tear every now and again), placing them in a large oiled non-stick frying pan as you go. Put the pan over a high heat, then pour over 150ml of water and cover. Let it steam until the water has completely evaporated, then uncover and allow to fry, removing as soon as the bottoms are golden and crisp.

Meanwhile, peel the remaining ginger, finely grate with the chilli, and place in a small dipping bowl. Trim and finely shred the spring onions, toast the sesame seeds, then serve with soy, mustard and lime wedges.

I love swapping in sweet peas, asparagus,
water chestnuts and edamame – delicious!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
227kcal	7g	1.1g	6.9g	33.7g	6.7g	1.2g	4.1g

ASPARAGUS QUICHE & SOUP

WHOLEMEAL PASTRY, THYME, RICOTTA & CHEDDAR

SERVES 8 | 1 HOUR 15 MINUTES PLUS CHILLING

125g plain flour
125g wholemeal flour
125g unsalted butter (cold)
7 large eggs
1kg asparagus
olive oil
2 large potatoes
2 onions
½ a bunch of fresh thyme (15g)
1.5 litres vegetable stock
150g ricotta cheese
150g mature Cheddar cheese

Preheat the oven to 180°C/350°F/gas 4. Tip the flours into a bowl with a good pinch of sea salt, then chop and rub in the butter. Make a well in the middle, crack in one of the eggs, add 2 tablespoons of cold water, then mix, pat and bring together. Place between two large sheets of greaseproof paper, flatten to 1.5cm thick and chill in the fridge for 30 minutes. Roll out the pastry between the sheets of greaseproof, then line a 25cm loose-bottomed tart tin with the pastry, easing and pushing it carefully into the sides and letting the pastry scruffily hang right over the sides (this will stop it shrinking). Prick the base all over with a fork and bake for 20 minutes, or until lightly golden, then trim off the excess pastry (sometimes I don't bother as people seem to love the crispy bits).

Halve the asparagus spears, saving the tips for the quiche. Chop and place the rest in a large pan over a medium heat with 1 tablespoon of oil. Peel, roughly chop and add the potatoes and onions and strip in half the thyme leaves, and cook for 15 minutes, or until lightly golden, stirring regularly. Pour in the stock, bring to the boil, then simmer for 15 minutes. Whiz with a stick blender until smooth, pass through a sieve, then season to taste with salt and black pepper.

While the soup is on the go, beat the remaining eggs in a bowl with a pinch of salt and pepper and the ricotta, then grate in the Cheddar and pick in the remaining thyme leaves. Chop and add the reserved asparagus tips, then stir into the egg mixture and tip into the tart case. Bake for 40 minutes, or until beautifully golden. I like to serve the quiche and soup together – it's a wonderful meal.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
514kcal	30.4g	15.4g	23.1g	39.7g	6.3g	1.1g	5.5g

MY VEGGIE MOUSSAKA

SWEET TOMATO, GRILLED AUBERGINES, CREAMY PORCINI & FETA SAUCE

SERVES 8 | 2 HOURS

40g dried porcini mushrooms
2 onions
8 cloves of garlic
olive oil
½ a cinnamon stick
1 bunch of fresh oregano (30g)
2 tablespoons red wine vinegar
2 large aubergines (400g each)
1kg potatoes
2 × 400g tins of quality plum tomatoes
200g feta cheese
2 large eggs
500ml semi-skimmed milk
1 whole nutmeg, for grating

Cover the porcini with 500ml of boiling water. Peel and finely slice the onions and garlic. Drizzle 2 tablespoons of oil into a large casserole pan over a medium-low heat, add the cinnamon and fry for 1 minute, then add the onion and garlic. Pick in the oregano leaves, pour in the vinegar, then simmer with the lid on for 20 minutes, or until soft and lightly golden, stirring regularly. Meanwhile, slice the aubergines lengthways 1cm thick, then chargrill in batches on a griddle pan.

Scrub the potatoes and slice 1cm thick, then add to the casserole pan with just the porcini water, reserving the mushrooms. Scrunch the tomatoes into the pan, then pour in 1 tin's worth of water and leave to tick away on a medium heat for 30 minutes, stirring regularly. Preheat the oven to 200°C/400°F/gas 6.

Place the mushrooms in a blender with half the feta and the eggs. Pour in the milk, finely grate in half the nutmeg, then whiz until smooth. Season the tomato sauce to perfection with sea salt and black pepper, then spoon half into a 25cm × 35cm baking dish. Cover with half the aubergines, drizzle over 4 tablespoons of creamy sauce, then repeat, finishing with the

remaining creamy sauce. Crumble over the rest of the feta, then bake for 40 minutes, or until golden and bubbling.

Delicious served with a simple lemony dressed green salad.

Sometimes I swap the feta for grated halloumi. Ribbons of courgette grilled with the aubergine are very nice, too.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
311kcal	11.6g	5.2g	14.6g	40g	13.4g	0.8g	5.6g

PITHIVIER PIE

GOLDEN PASTRY, CELERIAC, CREAMY LEEK, MUSHROOM & BLUE CHEESE SAUCE

SERVES 10 | 4 HOURS 30 MINUTES PLUS OVERNIGHT CHILLING

1 whole celeriac
(1kg)
olive oil
2 large leeks
1 knob of unsalted
butter
2 cloves of garlic
400g mixed
mushrooms
75g plain flour
2 teaspoons
English mustard
800ml semi-
skimmed milk
1 bunch of fresh
flat-leaf parsley
(30g)
120g blue cheese
2 × 320g sheets of
all-butter puff
pastry (cold)
1 large egg

Preheat the oven to 200°C/400°F/gas 6. Scrub the celeriac, rub with 1 tablespoon of oil and wrap in tin foil. Roast for 1 hour 30 minutes, then finely slice and season with sea salt and black pepper. Meanwhile, halve, wash and finely slice the leeks, then place in a large casserole pan on a medium heat with the butter. Peel, finely slice and add the garlic and mushrooms, then cook for 15 minutes. Stir in the flour and mustard, followed slowly by the milk, then simmer for 5 minutes, or until thickened, stirring regularly, and remove from the heat. Pick, finely chop and stir in the parsley, crumble in the cheese, then season to perfection.

Line a 20cm bowl (8cm deep) with clingfilm. Arrange slices of celeriac in and around the bowl until covered. Reserving half the sauce, layer up the rest with the remaining celeriac in the bowl, finishing with celeriac. Pull over the clingfilm, weigh it down with something heavy, and chill overnight with the remaining sauce.

Preheat the oven to 180°C/350°F/gas 4. On greaseproof paper, roll both sheets of pastry out to around 30cm × 35cm. Unwrap the filling parcel and place in the middle of one sheet. Beat the egg and brush around the

edge of the pastry and all over the celeriac, then carefully lay the second piece of pastry on top, smoothing around the shape of the filling. Trim the edges to 2.5cm, crimp to seal, then eggwash all over. Very lightly score the pastry (like in the picture), making a small hole in the top. Bake at the bottom of the oven for 2 hours, or until beautifully golden, brushing with more eggwash once or twice, then serve with the warmed-up creamy sauce. Delicious with dressed seasonal steamed greens.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
442kcal	27.4g	16.2g	12.8g	36.2g	7.6g	1g	6.2g

FILO SNAKE BAKE

SPINACH, OLIVE & FETA FILLING, LETTUCE & BLOOD ORANGE SALAD BITES

SERVES 6 | 1 HOUR 45 MINUTES PLUS COOLING

1 onion
4 cloves of garlic
olive oil
10 black olives
(stone in)
1 bunch of fresh
oregano (30g)
500g baby spinach
1 × 250g jar of
roasted red
peppers in brine
½ × 280g jar of
artichoke hearts
2 tablespoons
couscous
6 sheets of filo
pastry
100g feta cheese
2 large eggs
3 baby gems
3 regular or blood
oranges

Peel and finely slice the onion and garlic, then place in a large casserole pan over a medium heat with 2 tablespoons of oil. Destone and tear in the olives and pick in the oregano leaves, then fry for 5 minutes, stirring regularly. Add the spinach and tear in the peppers and artichokes, then fry for a further 10 minutes, or until all of the juices have cooked away. Season to taste with sea salt and black pepper, then stir in the couscous and leave aside to cool.

Preheat the oven to 190°C/375°F/gas 5. Lay out 3 sheets of filo side by side on an oiled work surface, overlapping each one and brushing between the overlaps with water to create one long sheet, then rub lightly all over with oil. Lay the remaining sheets on top in the same way to create a double layer. Crumble the feta into the spinach mixture, beat and mix in the eggs, then spoon evenly along the bottom edge. Roll up into a long snake (be confident and don't worry about cracks and tears – it cooks into a beautiful thing), then slowly and loosely wind up like a Catherine wheel. Quickly and carefully slide on to a lightly oiled baking tray, and bake at the bottom of the oven for 50 minutes, or until golden and crisp.

Trim and click apart the lettuce leaves, peel and segment the oranges, then buddy up and serve alongside the filo bake. Bloomin' delicious!

As well as spinach in this dish, it's really nice to use different greens, such as chard, dandelions, stinging nettles, watercress or rocket, soft herbs, or even edible flowers.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
388kcal	17.9g	4.5g	14g	44g	13.4g	2.1g	6.2g

MY VEGGIE PASTIES

MIXED MUSHROOMS, SWEDE, POTATO, ONION, ROSEMARY

MAKES 8 | 1 HOUR 45 MINUTES PLUS CHILLING

500g mixed mushrooms

500g strong flour, plus extra for dusting

250g unsalted butter (cold)

200g swede

400g potatoes

1 onion

1 pinch of dried rosemary

1 large egg

Tear the mushrooms into a bowl, scatter over 15g of sea salt (most of this will drain away later) and scrunch together, then leave for 30 minutes, scrunching occasionally. Tip the flour into a bowl with a pinch of salt, then chop and rub in the butter. Make a well in the middle, slowly pour in 200ml of cold water, then mix, pat and bring it together. Wrap in clingfilm and chill in the fridge for 1 hour.

After 30 minutes the mushrooms should feel quite soggy, so squeeze firmly to remove as much salty liquid as you can (the mushrooms should end up weighing around 400g). Peel the swede, potatoes and onion and slice into small pieces, roughly the same size and thickness as a pound coin. Mix the veg with the mushrooms, then add the rosemary and a few generous pinches of black pepper.

Preheat the oven to 180°C/350°F/gas 4. Divide the pastry into 8, then roll out into 20cm rounds on a clean flour-dusted surface. Divide up the filling, then scrunch and pile it to one side of the middle, leaving a 2.5cm gap around the edges. Lightly brush the exposed pastry with beaten egg, fold over and press the edges

down, then twist and crimp with your fingers and thumbs to seal. Eggwash, then place on a lined baking sheet and bake for 40 minutes, or until golden.

Serve with a watercress and apple salad and a dollop of English mustard.

These freeze really well raw – simply bake to order straight from frozen at 180°C/350°F/gas 4 for 1 hour.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
516kcal	27.8g	16.6g	9.6g	60.8g	4g	1.1g	4g

YEMENI-STYLE PANCAKES

SMOKY AUBERGINE, CREAMY TAHINI, FRESH SALSAS

SERVES 4 | 45 MINUTES

300g strong bread flour

1 × 7g sachet of dried yeast

2 large aubergines (400g each)

1 clove of garlic

2 lemons

4 tablespoons natural yoghurt

2 tablespoons tahini

4 sprigs of fresh coriander

1 big bunch of fresh flat-leaf parsley (60g)

2 fresh green chillies

extra virgin olive oil

4 ripe tomatoes
olive oil

4 large eggs

Tip the flour into a bowl, add a pinch of sea salt and the yeast, then whisk in 500ml of lukewarm water and leave aside for 30 minutes to do its thing – it should be aerated and bubbly. Meanwhile, place the aubergines directly over the flame of a gas hob or on a griddle pan, until soft and blackened all over, turning with tongs. Slice the aubergines open, transfer to a plate, then peel and finely grate over the garlic, season with salt and add a squeeze of lemon juice. Spoon over the yoghurt and tahini, pick over the coriander leaves, then leave aside.

Pick most of the parsley and very finely chop with the chillies (deseed if you like), then scrape into a bowl and stir in 2 tablespoons of extra virgin olive oil and the juice of 1 lemon. Grate the tomatoes on to a plate, discarding any skins, then season to taste with salt, black pepper and lemon juice.

When you're ready to cook, place a medium non-stick frying pan on a medium heat with 1 teaspoon of olive oil. Once hot, add a ladle of batter, tilting to spread it up and around the edges. Cook until it dries up and starts to come away from the sides, then crack an egg on top and use a fork to break and spread it over the surface of the pancake. Pick over a few parsley leaves

and fold over, then turn regularly until golden on both sides, clank up and repeat. To serve, spoon over the fresh salsas and scoop over the tahini aubergine (leaving the blackened skin behind). Cut any remaining lemon into wedges for squeezing over.

If you're feeding a crowd, get all the pancakes made and stacked up in advance, then simply reheat, cooking the eggs at the same time.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
513kcal	20.4g	4.2g	21.7g	65.8g	9.6g	0.8g	7.2g

EASY PEA & SPINACH SAMOSAS

YOGHURT, MANGO & CHILLI RIPPLE

SERVES 8 (MAKES 16) | 1 HOUR 15 MINUTES PLUS COOLING

1 carrot
1 onion
olive oil
2 cloves of garlic
5cm piece of ginger
1 tablespoon rogan josh curry paste
1 × 400g tin of chickpeas
100g frozen peas
100g baby spinach
1 bunch of fresh mint (30g)
100g paneer cheese
4 sheets of filo pastry
1 tablespoon sesame seeds
½ a ripe mango
1 lime
300g natural yoghurt
chilli oil

Peel the carrot and onion, chop into 1cm cubes, then place in a large non-stick frying pan on a medium heat with 1 tablespoon of olive oil. Peel, finely chop and add the garlic and ginger, then cook on low for 20 minutes, stirring regularly. Add the curry paste and fry for 1 minute. Tip in the chickpeas (juices and all), peas and spinach, and cook for 10 minutes, or until the juices have evaporated. Roughly mash and season to perfection with sea salt and black pepper. Pick the mint leaves, then finely chop with the paneer and stir through. Leave to cool.

Preheat the oven to 200°C/400°F/gas 6. Lay a clean damp tea towel out flat on a work surface, then place a sheet of filo on top and cut into 4 strips. Brush the edges of each strip lightly with water, then spoon 1 heaped tablespoon of filling into the bottom corner of each. Fold diagonally up to create triangle shapes, then roll and fold up the samosas, tucking in the sides and pressing lightly to seal as you go (it doesn't matter if they're a bit untidy – you'll get better as you go), and repeat. Brush with olive oil and sprinkle with sesame seeds, dividing them between oiled baking trays. Bake for 20 minutes, or until golden and crisp.

Peel and destone the mango, then whiz in a blender with the lime juice. Ripple with the yoghurt and a little chilli oil, to taste.

Nice served hot, or even cold as part of a packed lunch with a salad.

Sometimes I like to sprinkle the filo with garam masala before rolling up for an extra kick – super-tasty!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
245kcal	11.1g	3.6g	10.9g	26.6g	8.2g	0.4g	4.1g

SOUPS & SARNIES

SOUPS & SARNIES

PLEASE SELECT A RECIPE

[TAP FOR TEXT VERSION](#)





SOUPS & SARNIES

SPICED PARSNIP SOUP

CRISPY MUSHROOM SHAWARMA

BOLD BLACK BEAN SOUP

SUPER STACKED SARNIE

SILKY FENNEL SOUP

FRAGRANT NOODLE SOUP

PULLED MUSHROOM SANDWICH

SCRUMPY ONION SOUP

MY PANZANELLA GAZPACHO

GREEK-STYLE CHEESE TOASTIE

WATERCRESS & SWEET LEEK SOUP

SILKY OMELETTE BAGUETTE

SARDINIAN MUSIC BREAD STACK

SPICED PARSNIP SOUP

SILKY POPPADOMS & FUNKY CRISPS

SERVES 4 | 50 MINUTES

800g parsnips
1 onion
2 cloves of garlic
5cm piece of ginger
olive oil
1 teaspoon cumin seeds
garam masala
200g red split lentils
4 uncooked poppadoms
1.5 litres vegetable stock
4 tablespoons natural yoghurt
4 sprigs of fresh coriander
optional: chilli oil

Preheat the oven to 180°C/350°F/gas 4. Put 2 parsnips aside for later. Peel the onion, roughly chop with the remaining parsnips (keep the skins on) and peel and finely grate the garlic and ginger. Place the parsnips and onions in a large pan over a medium heat with 1 tablespoon of olive oil, then cover and cook for 20 minutes, or until dark golden, stirring occasionally. Add the garlic and ginger, then scatter over the cumin seeds, 1 teaspoon of garam masala and the lentils and cook for a further 5 minutes. Roughly snap in the uncooked poppadoms, then add the stock and simmer for 20 minutes, loosening with a splash of water, if needed.

Meanwhile, speed-peel the reserved parsnips into ribbons until you reach the woody core (discard this bit), blanch for 30 seconds in fast-boiling water, then drain and pat dry. Season with sea salt, then spread out in a single layer over a couple of oiled baking trays. Roast for 15 minutes, or until golden and crisp. Season the soup to perfection, ripple through the yoghurt and divide between warm bowls. Pick over the coriander leaves, sprinkle with a little garam masala, and top with the parsnip crisps. Feel free to drizzle with chilli oil for a warm glow.

You can make this soup as chunky or as smooth as you like, and if you cook it a

little drier, it makes a fantastic side dish as part of a bigger curry feast.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
428kcal	11.7g	2g	21.6g	62.2g	16.9g	1.1g	11.3g

CRISPY MUSHROOM SHAWARMA

TAHINI FLATBREADS, PICKLES, MINTED JALAPEÑO SALSA & DUKKAH

SERVES 4 | 1 HOUR PLUS MARINATING

200g natural yoghurt

800g portobello and oyster mushrooms

1 red onion

2 cloves of garlic

2 preserved lemons

1 teaspoon each ground cumin, ground allspice, smoked paprika
olive oil

2 tablespoons pomegranate molasses

10 radishes, ideally with leaves

½ a cucumber

100g ripe cherry tomatoes

1 tablespoon white wine vinegar

1 × 200g jar of pickled jalapeño

Line a sieve with pieces of kitchen paper, tip in the yoghurt and pull up the paper and very gently apply pressure so that the liquid starts to drip through into a bowl, then leave to drain. Peel and trim just the portobello mushrooms, then peel and quarter the onion and separate into petals. Peel the garlic, roughly chop the preserved lemons, discarding any pips, and bash to a paste in a pestle and mortar with ½ a teaspoon of sea salt, 1 teaspoon of black pepper and the spices. Muddle in 1 tablespoon of oil, then toss with all the mushrooms and onions. Marinate for at least 2 hours, preferably overnight.

When you're ready to cook, preheat the oven to full whack (240°C/475°F/gas 9). Randomly thread the mushrooms and onions on to a large skewer, then place on a large baking tray and roast for 20 minutes, turning occasionally. Push the veg together so it's all snug, baste with any juices from the tray, then roast for a further 15 minutes, or until gnarly, drizzling over the pomegranate molasses for the last 3 minutes. Meanwhile, finely slice the radishes and cucumber, ideally on a mandolin (use the guard!), and quarter the

chillies
1 bunch of fresh
mint (30g)
4 large flatbreads
4 tablespoons
tahini
2 tablespoons
dukkah

tomatoes, toss with a pinch of salt and the vinegar, then leave aside. Tip the jalapeños (juices and all) into a blender, then pick in most of the mint leaves and whiz until fine. Pour back into the jar – this will keep in the fridge for a couple of weeks for jazzing up future meals.

Warm the flatbreads, spread with tahini, then sprinkle over the pickled veg, remaining mint leaves and dukkah. Carve and scatter over the gnarly veg, dollop over the hung yoghurt, drizzle with jalapeño salsa, then roll up, slice and tuck in.

If you find the tahini has separated in the jar, add a splash of hot water and mix until spoonable.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
357kcal	18.2g	3.5g	14.3g	33.3g	13.6g	1.8g	5.7g

BOLD BLACK BEAN SOUP

JAZZED UP WITH LIME-SPIKED AVOCADO, FETA & CHILLI

SERVES 2 | 30 MINUTES

2 red onions
2 cloves of garlic
2 sticks of celery
1 fresh red chilli
olive oil
1 teaspoon cumin seeds
1 × 400g tin of black beans
1 ripe avocado
1 lime
20g feta cheese
optional: 2 sprigs of fresh coriander
extra virgin olive oil

Peel the onions and garlic, then finely chop with the celery and chilli, reserving a little chilli for garnish. Place in a large pan on a medium heat with 1 tablespoon of olive oil and the cumin seeds. Cook for 15 minutes, stirring regularly, then tip in the black beans (juices and all) and 1 tin's worth of water. Simmer for 15 minutes, or until thickened and reduced, then spoon out a ladle's worth. Whiz the rest of the soup with a stick blender (or in a regular blender) until smooth and thick, and season to perfection with sea salt and black pepper. Peel, destone and slice the avocado, season with salt and squeeze over half the lime juice.

Divide the smooth soup between warm bowls, and top with the reserved chunky soup and avocado. Crumble over the feta and sprinkle with the reserved chilli. Pick over the coriander leaves (if using), drizzle with a little extra virgin olive oil and serve with lime wedges for squeezing over.

This makes a strangely perfect weekend brunch served with a wodge of sourdough bread at the bottom of the bowl and a perfectly poached egg on top. Hurrah!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
371kcal	21.7g	4.9g	13.8g	25.5g	12g	0.9g	15.6g

SUPER STACKED SARNIE

GRILLED MEDITERRANEAN VEGETABLES, FRESH MINT
DRESSING & BLACK OLIVES

SERVES 8 | 45 MINUTES PLUS PRESSING

2 large ripe
tomatoes

2 mixed-colour
peppers

2 mixed-colour
courgettes

½ a head of
cauliflower (400g)

2 red onions

1 bunch of fresh
mint (30g)

extra virgin olive
oil

2 tablespoons red
wine vinegar

8 black olives
(stone in)

1 large loaf of
crusty rustic bread
(1kg)

125g ball of
mozzarella cheese

Preheat a griddle pan to high. Halve the tomatoes, deseed the peppers and tear into chunks, slice up the courgettes and cauliflower, and peel and quarter the onions. Working in batches, grill all the veg until charred, transferring to a bowl as you go. Pick the mint leaves into a pestle and mortar, pound to a paste, then muddle in 4 tablespoons of oil and the vinegar. Destone the olives, add to the bowl with the dressing and toss to coat. Season with sea salt and black pepper.

Slice the top off the loaf. Pull out the soft insides to hollow out the bread – do it as evenly as you can and get right into the edges (use whatever you pull out to make flavoured breadcrumbs for another day – see [page 280](#)).

Slice up the mozzarella and toss with the dressed veg, then put it all into the hollowed-out bread, compacting and pushing it all into the edges. Pop the top of the bread back on, then press down really hard to compress. Wrap in clingfilm, then place in the fridge with something heavy on top and leave for at least 4 hours, preferably longer. Remove from the fridge 20 minutes before you want to eat it, slice into wedges and tuck in.

I've used a 1kg loaf here, but use two smaller loaves if these are easier for you to find.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
489kcal	16.8g	4.2g	16.4g	72.4g	8.9g	1.3g	7.3g

SILKY FENNEL SOUP

VIBRANT SPINACH SWIRL, CHUNKY PARMESAN CROUTONS

SERVES 4 | 40 MINUTES

2 bulbs of fennel
2 onions
300g potatoes
olive oil
4 slices of rustic bread
20g Parmesan cheese
600ml whole milk
100g baby spinach

Preheat the oven to 180°C/350°F/gas 4. Trim the fennel, peel the onions and potatoes, then roughly chop everything and put into a large pan on a medium heat with 1 tablespoon of oil. After 1 minute, pour in 200ml of water, pop the lid on and cook for 20 minutes, removing the lid halfway through.

Meanwhile, slice the bread into 2cm chunks. Drizzle over 1 tablespoon of oil and toss to coat, then scatter over a lined baking tray and grate over the Parmesan. Bake for 25 minutes, or until beautifully golden and crisp.

Pour the milk into the pan. Bring to the boil, then ladle into a blender and whiz until super-smooth – you may need to work in batches. Season to perfection with sea salt and black pepper, then divide two-thirds of the soup between warm bowls. Add the spinach to the soup in the blender and whiz again. Randomly swirl or ripple the green soup between the bowls, and serve with the croutons.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

The green spinach swirl can be made with other delicate greens, such as watercress, rocket or tender Swiss chard, with fantastic results.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
415kcal	14.9g	5.4g	15.4g	60.1g	14.3g	0.9g	10.3g

FRAGRANT NOODLE SOUP

ROASTED GINGER, LEMONGRASS, GARLIC & CHILLI

SERVES 4 | 1 HOUR

12cm piece of
ginger
2 sticks of
lemongrass
1 bulb of garlic
4 long shallots
2 fresh red chillies

olive oil
2 litres vegetable
stock
250g ripe cherry
tomatoes, on the
vine
6 kaffir lime
leaves
25g dried porcini
mushrooms
2 tablespoons red
wine vinegar
2 tablespoons low-
salt soy sauce
200g mixed
mushrooms
125g baby
sweetcorn
300g vermicelli
rice noodles
1 lime

Preheat the oven to 190°C/375°F/gas 5. Crack and bash the unpeeled ginger, lemongrass and garlic bulb with the base of a large casserole pan, then place in the pan. Peel the shallots but keep them whole, then add to the pan with the chillies. Toss everything with 1 tablespoon of oil, then roast for 30 minutes.

Remove the pan from the oven, pour over the stock, then add the tomatoes (vines and all), kaffir lime leaves, porcini, vinegar and soy sauce. Simmer for 30 minutes over a medium-low heat on the hob, adding the mixed mushrooms and sweetcorn for the last 10 minutes. Cook the noodles according to the packet instructions, then drain and divide between bowls. Squeeze the lime juice into the broth, then have a taste and tweak with a little more soy sauce, if needed. Spoon the soup over the noodles and finish with the coriander leaves.

Sometimes I buy and finely chop some kimchi and serve as a pickle on the side.

4 sprigs of fresh
coriander



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
402kcal	6.2g	0.8g	15.8g	74.7g	5.1g	0.8g	5.6g

PULLED MUSHROOM SANDWICH

BLUE CHEESE NUGGETS, CRUMBLed WALNUTS & ROCKET

SERVES 4 | 20 MINUTES

500g mixed mushrooms, such as oyster, shiitake, shimeji
extra virgin olive oil
herby or red wine vinegar
dried chilli flakes
¼ of a red onion
2 sticks of celery, ideally with leaves
1 large ciabatta loaf
60g blue cheese
15g rocket
20g shelled unsalted walnut halves

Preheat the oven to 180°C/350°F/gas 4. Trim the mushrooms, then dry-fry in a large non-stick frying pan on a high heat for 5 minutes, turning regularly (this will bring out the nutty flavour) – you may need to work in batches. Meanwhile, drizzle 2 tablespoons each of oil and vinegar into a large bowl, and season with a good pinch of chilli flakes, sea salt and black pepper. Peel the onion, finely chop with the celery and add to the bowl, adding the warm mushrooms as and when ready, and pulling any larger mushrooms apart into finer strands. Toss together.

Warm the ciabatta in the oven for 5 minutes, then slice in half and open it out like a book. Dot with nuggets of blue cheese, scatter over the rocket, crumble over the walnuts, then arrange the pulled mushroom mixture on top. Slice into 4 chunky portions and tuck in. I usually enjoy this with a seasonal salad.

The filling for this sarnie can actually be served as a salad in its own right – tear the bread up into croutons for a tasty alternative.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
289kcal	14.5g	4.1g	12g	29.4g	2.8g	1.2g	3.8g

SCRUMPY ONION SOUP

GIANT CHEESY OOZY CROUTONS

SERVES 4 | 1 HOUR 10 MINUTES

4 onions
4 cloves of garlic
30g unsalted butter
4 fresh bay leaves
½ a bunch of fresh thyme (15g)
2 tablespoons balsamic vinegar
30g rye or wholemeal flour
500ml scrumpy cider
1.2 litres vegetable stock
1 heaped teaspoon red miso paste
2 large eggs
1 teaspoon English mustard
Worcestershire sauce
80g mature Cheddar cheese
½ teaspoon Marmite
2 bread rolls
olive oil

Peel and slice the onions and garlic, then place in a large casserole pan over a low heat with the butter and bay leaves. Strip in most of the thyme leaves, stir in the balsamic vinegar and flour, and cook for 30 minutes, or until golden brown and caramelized, stirring regularly. Pour in the cider and allow to cook away, then add the stock and miso paste. Simmer gently for 25 minutes, stirring regularly, then season to taste with sea salt and black pepper.

Preheat the grill to high. Crack the eggs into a bowl, add the mustard and a few shakes of Worcestershire sauce, then grate in the cheese and add the Marmite. Beat everything together well, then halve the bread rolls and spread over the mixture. Rub the remaining thyme sprigs with a little oil and strip over the top. When the soup is almost ready, grill for 5 minutes, or until golden and bubbling.

Serve the soup in warm bowls, with an oozy crouton each for dipping and dunking.

To make vegetarian: use anchovy-free Worcestershire sauce.

If you liquidize this soup it makes a fantastic gravy to go with a roast dinner and all the trimmings – Yorkshire puddings, roast potatoes ... veg galore!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
454kcal	18.6g	9.4g	18g	47.7g	18.7g	1.4g	6.4g

MY PANZANELLA GAZPACHO

SUMMER VEGGIES, FRESH BASIL, GOOD BREAD & OIL, SHERRY VINEGAR

SERVES 4–8 | 10 MINUTES

4cm-thick slice of
crusty bread

100g fresh or
frozen podded
broad beans

200g fresh or
frozen peas

4 spring onions

1–2 fresh green
chillies

½ a cucumber

1 red pepper

½ a clove of garlic

250g ripe mixed-
colour cherry
tomatoes

½ a bunch of fresh
basil (15g)

1 tablespoon
sherry vinegar

extra virgin olive
oil

Briefly run the bread under the tap and put to one side. Working in batches, if needed, put a handful of ice cubes into a blender (or a large jug) with 200ml of water. Add the broad beans and peas, then roughly chop and add the spring onions, chilli(es) and cucumber. Deseed and tear in the pepper, then peel, roughly chop and add the garlic, followed by the tomatoes. Tear in the bread and place most of the basil on top, then drizzle in the vinegar and 2 tablespoons of oil. Blitz until smooth (or use a stick blender), season to perfection with sea salt and black pepper, and finish with the remaining basil leaves.

Depending on availability, I love serving this soup with segments of blood orange or cubes of watermelon, and an extra handful of fresh peas.

Get all the ingredients prepped and ready to go, then blitz at the last minute so it's full of life and flavour. Brilliant for a summer get-together!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
165kcal	7.4g	1.1g	7g	18.4g	7.9g	0.2g	6.5g

GREEK-STYLE CHEESE TOASTIE

FETA-STUFFED APRICOTS, HERBS, HALLOUMI & TZATZIKI
DIPPING SAUCE

SERVES 1 | 15 MINUTES

¼ of a red onion
2 tablespoons red
wine vinegar
20g feta cheese
6 dried apricots
30g halloumi
cheese
2 slices of
sourdough bread
6 black olives
(stone in)
2 sprigs of fresh
dill
3 sprigs of fresh
mint
olive oil
3cm piece of
cucumber
2 tablespoons
natural yoghurt
¼ of a lemon

Peel and finely slice the onion, place in a bowl with a pinch of sea salt and the vinegar, then scrunch and leave to lightly pickle.

Preheat a griddle or non-stick frying pan to medium-high. Cut the feta into 6 cubes, then tear open the apricots and stuff in the feta. Grate half the halloumi on to one of the slices of bread, then drain and add the pickle. Top with the stuffed apricots, then destone and tear over the olives. Pick over the dill and most of the mint leaves. Grate over the rest of the halloumi, then press the remaining piece of bread on top. Toast until golden and crisp on both sides, brushing the outside lightly with oil and pressing down as you go.

Meanwhile, grate the cucumber into a bowl (discard the watery core), add the yoghurt, pick, finely chop and add the remaining mint leaves, then squeeze over the lemon juice and season to perfection with salt and black pepper.

Slice the toastie in half and serve with the dipping sauce.

The combo of fruit and salty cheese is a thing of joy, so have fun with it – peach with mozzarella, or grilled pear and blue cheese – let your imagination go wild!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
539kcal	19.3g	9.6g	22g	68.7g	33.1g	3.1g	8g

WATERCRESS & SWEET LEEK SOUP

HORSERADISH & CRÈME FRAÎCHE CROÛTES

SERVES 4 | 45 MINUTES

1 onion
2 cloves of garlic
1 large leek
olive oil
500g potatoes
1 litre vegetable stock
100g watercress
2 teaspoons
creamed
horseradish
2 heaped
tablespoons crème
fraîche
½ a baguette
extra virgin olive
oil

Peel and finely chop the onion and garlic, halve, wash and roughly chop the leek, then place in a large casserole pan over a medium-low heat with 2 tablespoons of olive oil. Fry gently with the lid on for 20 minutes, or until soft with no colour, stirring regularly and adding a splash of water, if needed.

Peel the potatoes, chop into 1cm cubes and add to the pan. Pour in the stock, cover, then bring to the boil. Reduce the heat to low and simmer for 15 minutes, or until the potatoes are tender. Season to perfection with sea salt and black pepper and stir in most of the watercress. Blitz a third of the soup with a stick blender (or in a regular blender) and stir through.

Mix the horseradish with the crème fraîche, then finely slice the baguette (if beautifully fresh I leave untoasted, but toast if you prefer), adding a spoonful to each piece. Serve the soup topped with the croûtes and the remaining watercress. Finish with a drizzle of extra virgin olive oil and a sprinkle of pepper.

Feel free to blitz the whole thing for a super-silky, elegant version.





ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
393kcal	16.6g	5.4g	11g	52.9g	6.6g	0.8g	3.4g

SILKY OMELETTE BAGUETTE

TOMATO & GREEN CHILLI SALSA & MELTY CHEESE

SERVES 2 | 10 MINUTES

1 baguette
160g ripe mixed-colour cherry tomatoes
½–1 fresh green chilli
extra virgin olive oil
red wine vinegar
30g mature Cheddar cheese
½ a bunch of fresh chives (15g)
3 large eggs
1 knob of unsalted butter
1 teaspoon curry powder

Slice the baguette in two, then split in half lengthways (warm in a low oven, if you like). Quarter the cherry tomatoes and finely slice the chilli, then place in a bowl with a pinch of sea salt and black pepper and 1 tablespoon each of oil and vinegar. Toss together well, and put aside.

Grate the cheese, finely chop the chives and beat the eggs. Place a large non-stick frying pan on a high heat, and after 1 minute, add half the butter. Pour half the eggs into the hot pan, and quickly swirl to cover the base. Scatter over half the cheese and chives, then dust with half the curry powder. Normally by now, 1 minute will have passed and the egg will be just set. Angle the pan and use a spatula to swiftly roll up the omelette and stuff inside one of the baguette halves (slice first or leave whole – it's up to you). Load with half the salsa, then repeat.

The quicker you make the omelette the better – be confident. Ideally, it will never be golden brown, always soft, silky and light yellow.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
852kcal	31.5g	12.2g	34g	115.6g	8.7g	3.2g	8g

SARDINIAN MUSIC BREAD STACK

JUICY TOMATOES, BASIL & ALMOND PESTO, CREAMY MOZZARELLA, PARMESAN

SERVES 8 | 30 MINUTES PLUS CHILLING

1kg ripe mixed-colour tomatoes
250g music bread (carta di musica)
dried oregano
balsamic vinegar
2 × 125g balls of mozzarella cheese
50g Parmesan cheese, plus extra to serve
1 bunch of fresh basil (30g)
½ a clove of garlic
50g blanched almonds
extra virgin olive oil
¼ of a lemon

Slice all the tomatoes just under 1cm thick. Line a deep round cake tin with clingfilm, leaving a slight overhang. Start by covering the base with a layer of music bread (snap to fit, if needed), and top with a layer of tomatoes. Season with sea salt, black pepper, oregano and a drizzle of balsamic vinegar, then follow with another layer of music bread. Tear over a little mozzarella and grate over a fine layer of Parmesan, then repeat until you run out of ingredients, finishing with a layer of music bread. Fold over the clingfilm and chill in the fridge overnight.

Pick most of the basil leaves into a pestle and mortar and bash to a paste with a pinch of salt. Peel and bash in the garlic, then pound in the almonds until fine. Muddle in 4 tablespoons of oil, finely grate in 25g of Parmesan, and squeeze in the lemon juice. Season to perfection, and tweak to your liking.

When you're ready to eat, carefully turn the stack out on to a serving platter, discarding the clingfilm. Grate over an extra layer of Parmesan, spoon over the pesto,

and scatter over the remaining basil leaves. Serve at room temperature.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Carta di musica is harder to find than your usual bread, but you can get it in good Italian delis, or online.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
337kcal	18.6g	7g	14.2g	29.2g	6.3g	1.4g	3.4g

TRAYBAKES

TRAYBAKES

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



TRAYBAKES

REVERSE PUFF PASTRY PIZZA

MEDITERRANEAN VEGETABLE RICE

POTATO & MUSHROOM AL FORNO

SCRUMPTIOUS VEG TRAYBAKE

FLORENTINA TRAYBAKE

PEA & RICOTTA STUFFED COURGETTES

HASSELBACK AL FORNO

MASALA STUFFED PEPPERS

REVERSE PUFF PASTRY PIZZA

SUMMER VEG, OREGANO, BASIL, BALSAMIC & MOZZARELLA

SERVES 4 | 1 HOUR 30 MINUTES

1 red onion
1 yellow pepper
250g ripe mixed-colour cherry tomatoes
1 courgette
4 sprigs of fresh oregano
olive oil
1 × 320g sheet of all-butter puff pastry
½ × 125g ball of mozzarella cheese
2 sprigs of fresh basil
thick balsamic vinegar

Preheat the oven to 180°C/350°F/gas 4. Peel and quarter the onion and separate into petals, then scatter into a 25cm × 35cm roasting tray. Deseed and roughly chop the pepper, halve the tomatoes and roughly slice the courgette, then add to the tray. Pick over the oregano leaves, drizzle with 2 tablespoons of oil, season with sea salt and black pepper, then roast for 50 minutes, tossing halfway.

Remove the tray from the oven and push the veg in towards the centre slightly. Quickly and carefully rub the sides and corners of the tray with oil, then confidently cover the veg with the pastry sheet and tuck in the edges. Place back in the oven for 30 minutes, or until golden and puffed up. Gently run a palette knife around the edge of the pastry to loosen, then carefully turn out on to a board. Tear over the mozzarella and basil, and drizzle with the thick balsamic, to taste.

You can easily ramp up your veg by serving with a spinach salad.

There's loads of fun to be had here, using lots of different veggies, including aubergines, baby carrots, crushed new potatoes, asparagus and peas. Let your hair down and have a veg party!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
476kcal	32g	17g	9.1g	37.4g	9.3g	1g	3.9g

MEDITERRANEAN VEGETABLE RICE

BOMBS OF GREEN PESTO, OLIVE TAPENADE, CREAMY
MOZZARELLA & BASIL

SERVES 4 | 45 MINUTES

300g basmati rice
1 small red onion
1 courgette
4 ripe mixed-
colour tomatoes
4 tablespoons
green pesto
olive oil
8 black olives
(stone in)
white wine vinegar
extra virgin olive
oil
4 sprigs of fresh
basil
½ × 125g ball of
mozzarella cheese

Preheat the grill to high. Tip the rice into a 25cm × 35cm roasting tray (or use a large round shallow ovenproof pan or tray, like I've done here, if you have one), pour over 650ml of boiling salted water and cook over a medium heat for 12 minutes, stirring occasionally, then turn off the heat. Meanwhile, peel the red onion, then very finely slice with the courgette, or use a mandolin (use the guard!). Finely slice the tomatoes into rounds.

Randomly bomb the pesto over the rice (if you fancy making pesto from scratch, take the recipe from [page 90](#)), then start layering up your veg: cover the rice with rounds of onion, then move on to a layer of courgettes, overlapping them as you go, followed by a layer of tomatoes. Repeat, moving slightly nearer the middle each time until you've covered the whole surface (use the picture to help you out – it might look a bit fiddly, but it's child's play to make). Drizzle with 2 tablespoons of olive oil and sprinkle with black pepper, then place under the grill on the middle shelf for 25 minutes, or until beautifully gratinated. Meanwhile, for the tapenade, destone and very finely

chop the olives, then mix with ½ a tablespoon each of vinegar and extra virgin olive oil. To serve, pick over the basil leaves, dot over the olive tapenade and delicately tear over the mozzarella.

To make vegetarian: use vegetarian pesto.

Very finely slicing the veg means you can pretty much use any kind or variety – baby carrots, fennel, aubergines, beetroot – to really celebrate the seasons in a flamboyant way.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
522kcal	26.4g	5.8g	11.9g	63.4g	5.7g	1.5g	3.2g

POTATO & MUSHROOM AL FORNO

GARLIC, CHIVES, TRUFFLED EGGS, COTTAGE CHEESE & PARMESAN

SERVES 4 | 1 HOUR 30 MINUTES

750g potatoes
2 onions
3 cloves of garlic
olive oil
200g button mushrooms
200g oyster mushrooms
3 large eggs
1 bunch of fresh chives (30g)
150g cottage cheese
½ teaspoon truffle oil
30g Parmesan cheese

Preheat the oven to 200°C/400°F/gas 6. Scrub the potatoes and peel the onions, then cut into wedges. Place in a large roasting tray, bash and throw in the garlic cloves, then drizzle over 1 tablespoon of olive oil and season with sea salt and black pepper. Toss together well, then roast for 50 minutes, or until lightly golden and cooked through. Roughly slice the mushrooms, then toss in 1 tablespoon of olive oil and add to the tray for a final 20 minutes.

Meanwhile, beat the eggs until pale and fluffy, then finely chop and add the chives and fold through the cottage cheese and truffle oil (the tiniest amount makes all the difference – don't be tempted to add more). When the time's up remove the tray from the oven, pour the egg mixture over the roasted veg and finely grate over the Parmesan. Bake for 10 minutes, or until beautifully golden and just set.

Delicious served with a lemony watercress salad.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

If you've got access to mixed wild seasonal mushrooms, this recipe is just crying out for them to be used, but is still delicious made with the humble, reliable farmed ones.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
386kcal	15.8g	4.8g	18g	46.1g	8.9g	1.2g	6.4g

SCRUMPTIOUS VEG TRAYBAKE

SWEET TOMATO, CHIANTI, PORCINI, OLIVES, OREGANO &
BAKED FETA

SERVES 4 | 1 HOUR 45 MINUTES

20g dried porcini mushrooms
400g butternut squash
2 carrots
2 red onions
2 sticks of celery
2 red peppers
olive oil
2 cloves of garlic
10 black olives (stone in)
2 sprigs of fresh rosemary
½ teaspoon dried chilli flakes
1 teaspoon dried oregano
250ml Chianti red wine
2 × 400g tins of quality plum tomatoes
1 × 400g tin of cannellini beans

Preheat the oven to 200°C/400°F/gas 6. Cover the porcini with 100ml of boiling water. Scrub the squash (deseed, if needed) and carrots, peel the onions, trim the celery and deseed the peppers, then roughly chop and place in a large roasting tray with 1 tablespoon of oil. Peel and finely chop the garlic, destone and tear the olives, then add to the tray and strip in the rosemary leaves. Season with a pinch of sea salt and black pepper, the chilli flakes and oregano, then toss together well and roast for 40 minutes, or until tender.

When the time's up, remove from the oven and pour over the wine. Scrunch in the tomatoes, tip in the beans (juices and all), and add the porcini and soaking liquor, leaving any gritty bits behind. Break over big chunks of feta and place back in the oven for 40 minutes, or until thickened and delicious. Dress the rocket with lemon juice and scatter over the tray before serving.

Delicious served with crusty sourdough bread or interesting grains, such as cracked

120g feta cheese
30g rocket
1 lemon

wheat, freekeh, quinoa, couscous or wild
rice – it also makes a fine pie filling.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
374kcal	11.2g	4.8g	16.4g	41.7g	22.4g	2.3g	13.2g

FLORENTINA TRAYBAKE

ROOT VEG, CODDLED EGGS & LEMONY SPINACH SALAD

SERVES 4 | 1 HOUR 30 MINUTES

1 celeriac
2 onions
500g Maris Piper potatoes
3 mixed-colour carrots
1 bunch of fresh chives (30g)
olive oil
1 tablespoon wholegrain mustard
4 large eggs
1 lemon
100g baby spinach
extra virgin olive oil

Preheat the oven to 220°C/425°F/gas 7. Peel and halve the celeriac and onions, scrub the potatoes and carrots, then very finely slice (I like to cut the carrots into thin strips) and place in a large roasting tray. Finely chop and scatter over the chives, and season with a pinch of sea salt and black pepper. Drizzle with 2 tablespoons of olive oil, add the mustard, then toss together and shake into an even layer. Cover with tin foil and roast for 1 hour, then remove the foil and cook for a further 10 minutes, or until beautifully golden.

When the time's up, remove from the oven and make 4 little dents in the veg (right down to the bottom of the tray, if you can), crack in the eggs, season lightly with salt and pepper, then place back in the oven for 3 minutes, or until the eggs are cooked to your liking. Squeeze the lemon juice over the spinach, drizzle with 1 tablespoon of extra virgin olive oil, then toss to coat and serve alongside.

In the summer, this is delicious made with new potatoes, baby carrots and beets.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
345kcal	16.1g	3g	13.1g	39.7g	13.9g	1.4g	10.8g

PEA & RICOTTA STUFFED COURGETTES

CHERRY TOMATOES, OLIVES, MINT, LEMON & FLUFFY RICE

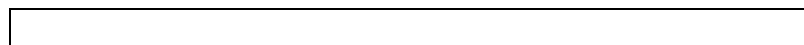
SERVES 4 | 45 MINUTES

4 sprigs of fresh mint
150g fresh or frozen peas
100g ricotta cheese
50g mature Cheddar cheese
1 lemon
8 baby courgettes, with flowers
400g ripe cherry tomatoes
4 spring onions
8 black olives (stone in)
1 fresh red chilli
2 cloves of garlic
olive oil
red wine vinegar
300g basmati rice

Preheat the oven to 200°C/400°F/gas 6. Pick the mint leaves into a food processor, then add the peas, ricotta and Cheddar. Finely grate in the lemon zest and squeeze in the juice, then add a pinch of black pepper and blitz until smooth. Taste and adjust the seasoning, if needed. Carefully fill each courgette flower with the mixture, then press and pat the petals back together to seal.

Halve the tomatoes, trim and slice the spring onions and destone and tear the olives. Deseed and roughly chop the chilli, then peel and roughly chop the garlic. Put everything into a 25cm × 35cm roasting tray. Drizzle with 2 tablespoons each of oil and vinegar, then season with pepper and scrunch together well. Stir in the rice and 700ml of boiling water, then place over the hob and bring to the boil, stirring occasionally. Lightly push the courgettes into the rice, and bake at the bottom of the oven for 20 minutes, or until beautifully golden.

Delicious with a summery salad and a glass of chilled dry white wine.



If you can't get courgette flowers, halve regular courgettes, then use a teaspoon to scrape out the seedy core and stuff them.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
494kcal	16g	6g	18.4g	75g	5.6g	0.5g	5.5g

HASSELBACK AL FORNO

ROOT VEG GALORE, WILTED SPINACH, LENTILS & YOGHURT RIPPLE

SERVES 4 | 1 HOUR 50 MINUTES

1 large parsnip
½ a butternut squash (600g)
1 onion
2 beetroots
4 carrots
4 potatoes
2 cloves of garlic
½ a bunch of fresh thyme (15g)
olive oil
2 tablespoons white wine vinegar
100ml Chianti red wine
2 × 400g tins of green lentils
100g baby spinach
4 tablespoons natural yoghurt

Preheat the oven to 200°C/400°F/gas 6. Scrub or peel all the veg: quarter the parsnip, squash and onion and halve the beetroot (try to choose medium-sized carrots and potatoes, but use your common sense and slice any larger ones in half). One at a time, place the veg on a board between the handles of two wooden spoons, so that when you slice down into them the spoons stop the blade from going all the way through. Carefully slice at just under ½cm intervals all the way along, putting the veg into a large roasting tray as you go.

Peel the garlic and place in a pestle and mortar, strip in the thyme leaves, then bash to a paste and muddle in 6 tablespoons of oil, the vinegar, and a pinch of sea salt and black pepper. Toss well with the veg, then roast for 1 hour, or until golden and caramelized, turning halfway. Remove all the veg to a board and place the tray over a medium heat on the hob. Pour in the wine and leave to bubble and cook away, scraping up all the sticky caramelized bits from the bottom of the tray. Tip in the lentils (juices and all) and spinach, then stir until the juices have thickened and the leaves have wilted. Season to taste with salt and pepper, ripple through the yoghurt, then present to the table with the board of veg.

Delicious served with the rest of the bottle of red wine.

Swapping out the lentils for borlotti, butter or cannellini beans, or even chickpeas, can be super-delicious – give it a try!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
584kcal	22.6g	4g	16.8g	78g	23.1g	0.8g	18g

MASALA STUFFED PEPPERS

SPICY POTATO FILLING, PANEER CHEESE & SMASHED PISTACHIOS

SERVES 4 | 1 HOUR 35 MINUTES

500g potatoes
2 sweet potatoes
(250g each)
1 red onion
4 cloves of garlic
1 fresh red chilli
1 large knob of
unsalted butter
1 teaspoon cumin
seeds
¼ teaspoon ground
cloves
2 teaspoons tomato
purée
½ a bunch of fresh
coriander (15g)
2 red peppers
2 yellow peppers
red wine vinegar
60g paneer or feta
cheese
20g shelled
unsalted pistachios

Scrub the potatoes and sweet potatoes and chop into 2cm chunks, then place in a large roasting tray over a medium heat on the hob. Cover with boiling salted water and cook for 15 minutes, or until tender, stirring occasionally, then drain.

Meanwhile, preheat the oven to 180°C/350°F/gas 4. Peel and roughly chop the onion and garlic, and finely slice the chilli. Place the tray back on the hob over a medium heat with the butter, add the onion, garlic, chilli, cumin seeds, cloves, tomato purée and a good pinch of sea salt and black pepper, then cook for 3 minutes, stirring regularly. Finely chop most of the coriander and add to the tray with the potatoes, then mix and mash everything together.

Carefully halve the peppers lengthways and deseed, then rub the insides with a little vinegar and salt. Divide the filling between the peppers, then place back in the tray and roast for 1 hour, or until soft, sweet and beautifully gnarly, grating over the cheese for the last 5 minutes. Bash the pistachios in a pestle and mortar until fine. Serve half a red and yellow pepper on each plate, sprinkle with the pistachios and pick over the remaining coriander leaves.

I love this served as it is, but it's also delicious as part of a bigger curry feast.

I like to assemble this the day before and roast it when I need it. You can absolutely use this filling to stuff other veg, such as courgettes and aubergines.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
389kcal	11.9g	5.5g	11.8g	62.5g	19.9g	1.2g	5.9g

RICE & NOODLES

RICE & NOODLES

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



RICE & NOODLES

ROASTED TOMATO RISOTTO

SWEET & SOUR STIR-FRY

PUMPKIN RICE

MUSHROOM RISOTTO

VEGGIE PAD THAI

PRETTY PERSIAN-STYLE RICE

MALAYSIAN-STYLE VEG NOODLES

QUICK MUSHROOM NOODLE BROTH

ROASTED TOMATO RISOTTO

SWEET FENNEL, CRISPY THYME, GARLIC, VERMOUTH,
PARMESAN

SERVES 6 | 1 HOUR

6 large ripe
tomatoes
1 bulb of garlic
½ a bunch of fresh
thyme (15g)
olive oil
1.2 litres vegetable
stock
1 onion
1 bulb of fennel
2 knobs of
unsalted butter
450g Arborio
risotto rice
150ml dry white
vermouth
80g Parmesan
cheese

Preheat the oven to 180°C/350°F/gas 4. With a knife, cut the cores out of the tomatoes, then place cut side down in a snug-fitting baking dish with the whole garlic bulb, and scatter over the thyme sprigs. Drizzle with 1 tablespoon of oil, season with sea salt, and roast for 1 hour, or until starting to burst open (the juices will add game-changing flavour later on).

Bring the stock to a simmer. Peel and finely chop the onion and fennel, reserving any herby tops, then place in a large, high-sided pan on a medium heat with 1 tablespoon of oil and 1 knob of butter. Cook for 10 minutes, or until softened but not coloured, stirring occasionally, then stir in the rice to toast for 2 minutes. Pour in the vermouth and stir until absorbed. Add a ladleful of stock and wait until it's been fully absorbed before adding another, stirring constantly and adding ladlefuls of stock until the rice is cooked – it will need 16 to 18 minutes. Beat in the remaining knob of butter, finely grate and beat in the Parmesan, then season to perfection and turn the heat off. Cover the pan and leave to relax for 2 minutes so the risotto becomes creamy and oozy.

Divide the risotto between warm plates, place a tomato in the centre with a little sweet garlic and the herby

fennel tops, then drizzle over the tasty tomato juices.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Squeezing the smooth, mild garlic out of its skin after roasting adds a delicious bonus flavour to the risotto.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
507kcal	15.3g	6.9g	13.6g	77.7g	7.6g	0.7g	5.3g

SWEET & SOUR STIR-FRY

SWEET PEACHES, RAINBOW VEG, PAK CHOI & NOODLES

SERVES 4 | 20 MINUTES

1 tablespoon
tomato purée

1 tablespoon
cornflour

1 tablespoon white
wine vinegar

low-salt soy sauce

1 teaspoon
Chinese five-spice

1 × 410g tin of
peaches in natural
juice

1 red onion

2 mixed-colour
peppers

1 carrot

4 cloves of garlic

4cm piece of
ginger

1 fresh red chilli

olive oil

150g frozen peas

1 pak choi

200g vermicelli
rice noodles

optional: 2
tablespoons
sesame seeds

Mix the tomato purée and cornflour together in a bowl, then muddle in the vinegar, 1 tablespoon of soy sauce and the five-spice. Drain and add the peach juices and mix well. Place a large non-stick frying pan or wok on a high heat. Peel the onion and deseed the peppers, then finely slice with the carrot, adding them to the pan as you go. Dry-fry for 5 minutes, or until lightly charred, stirring occasionally. Peel the garlic and ginger, then finely chop with the chilli and add to the pan with 1 tablespoon of oil. Fry for 2 minutes, then stir in the sauce. Roughly chop the peaches and add to the pan with the peas, then slice the pak choi into 8 and toss everything together. Season to taste with soy and black pepper.

Turn the heat down to low, then cook the noodles according to the packet instructions and drain, reserving a mugful of starchy noodle water. Toast the sesame seeds in a dry frying pan until golden (if using). Adjust the consistency of the sauce with a splash of reserved noodle water, if needed, then serve with the noodles and a scattering of sesame seeds (if using).

I've opted for noodles here, but it's equally delicious with rice or steamed buns.

I've used peaches in this story – I just love them – but apricots, and the more traditional pineapple, work well.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
351kcal	6.9g	1.1g	8.1g	63.8g	16.6g	0.1g	7g

PUMPKIN RICE

CHERRY TOMATOES, BUTTER BEANS & OKRA

SERVES 6 | 50 MINUTES

400g pumpkin or butternut squash
100g coconut cream
4 allspice berries
4 spring onions
½ a bunch of fresh thyme (15g)
2 Scotch bonnet chillies
½ a pointed cabbage (400g)
450g basmati rice
2 cloves of garlic
1 onion
olive oil
200g ripe mixed-colour cherry tomatoes
200g okra
1 × 700g jar of butter beans

Peel and deseed the pumpkin, then chop into 2cm chunks. Pour 800ml of boiling salted water into a large pan over a medium-high heat, add the coconut cream and leave to melt, then add the pumpkin and allspice berries. Trim the spring onions and bash with your fist, then halve and drop into the pan with half the thyme sprigs and the whole Scotch bonnets (no holes or bruises please). Roughly chop the cabbage, discarding the core, then add to the pan with ½ a teaspoon each of sea salt and black pepper. Cover and cook for 10 minutes, then rinse and stir in the rice. Pop the lid back on, turn the heat down to low and cook for 12 minutes, or until the water is absorbed. Turn the heat off and leave to steam.

Meanwhile, peel and finely slice the garlic and peel and roughly chop the onion, then place in a large non-stick frying pan on a medium heat with 2 tablespoons of oil and cook for 5 minutes. Halve the tomatoes, then remove the chillies from the rice, carefully deseed, slice, and add half to the pan (feel free to add more later, to taste, and remember to clean your knife, board and hands thoroughly after). Pick in the remaining thyme leaves, then trim and halve the okra and add to the pan. Cover and cook for 8 minutes, stirring occasionally, then tip in the beans (juices and all) to

warm through for a few minutes. Fork up the rice, breaking up the pumpkin, and serve with the beans, seasoning everything to perfection.

If you can't find pointed cabbage, feel free to use white or Savoy cabbage – or even Brussels and kale can be delicious.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
513kcal	12.1g	6g	16.8g	89.9g	10.1g	0.4g	10g

MUSHROOM RISOTTO

CREAMY PARSLEY-SPIKED MASCARPONE

SERVES 6 | 1 HOUR

2 onions
2 cloves of garlic
3 sticks of celery
olive oil
2 knobs of unsalted butter
500g mixed mushrooms
1 lemon
extra virgin olive oil
1.2 litres vegetable stock
4 sprigs of fresh rosemary
450g Arborio risotto rice
175ml white wine
80g Parmesan cheese, plus extra to serve
½ a bunch of fresh flat-leaf parsley (15g)
4 tablespoons mascarpone cheese

Peel and finely chop the onions, garlic and celery, then place in a large, high-sided pan over a medium heat with 1 tablespoon of olive oil and 1 knob of butter. Cook for 10 minutes, or until softened but not coloured, stirring occasionally. Meanwhile, trim and slice any larger mushrooms, then dry-fry all the mushrooms in a large non-stick frying pan on a medium heat, until charred – you'll need to work in batches. Turn off the heat, then dress with the lemon juice, 2 tablespoons of extra virgin olive oil and a pinch of sea salt and black pepper. Remove and very finely chop half the mushrooms, keeping the rest warm until needed.

Bring the stock to a simmer, adding the rosemary to infuse. Stir the rice into the chopped veg to toast for 2 minutes. Pour in the wine and stir until absorbed. Add the chopped mushrooms and a ladleful of stock and wait until it's been fully absorbed before adding another, stirring constantly and adding ladlefuls of stock (avoiding the rosemary) until the rice is cooked – it will need 16 to 18 minutes. Beat in the remaining knob of butter, finely grate and beat in the Parmesan, then season to perfection and turn the heat off. Cover and leave to relax for 2 minutes so the risotto becomes creamy and oozy.

Meanwhile, pick the parsley leaves into a pestle and mortar and bash to a paste with a good pinch of salt. Muddle in the mascarpone, loosening with a splash of water, if needed. Divide the risotto between warm plates, dollop over the herby mascarpone, and top with the remaining mushrooms, drizzling over any juices. Finish with a fine grating of Parmesan.

To make vegetarian: swap Parmesan for vegetarian hard cheese.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
577kcal	26g	13g	14.1g	71.5g	6.4g	1.1g	2.8g

VEGGIE PAD THAI

CRISPY FRIED EGGS, SPECIAL TAMARIND & TOFU SAUCE,
PEANUT SPRINKLE

SERVES 2 | 30 MINUTES

150g rice noodles
sesame oil
20g unsalted
peanuts
2 cloves of garlic
80g silken tofu
low-salt soy sauce
2 teaspoons
tamarind paste
2 teaspoons sweet
chilli sauce
2 limes
1 shallot
320g crunchy veg,
such as asparagus,
purple sprouting
broccoli, pak choi,
baby corn
80g beansprouts
2 large eggs
olive oil
dried chilli flakes
½ a cos lettuce
½ a mixed bunch
of fresh basil, mint
and coriander
(15g)

Cook the noodles according to the packet instructions, then drain and refresh under cold running water and toss with 1 teaspoon of sesame oil. Lightly toast the peanuts in a large non-stick frying pan on a medium heat until golden, then bash in a pestle and mortar until fine, and tip into a bowl. Peel the garlic and bash to a paste with the tofu, add 1 teaspoon of sesame oil, 1 tablespoon of soy, the tamarind paste and chilli sauce, then squeeze and muddle in half the lime juice.

Peel and finely slice the shallot, then place in the frying pan over a high heat. Trim, prep and slice the crunchy veg, as necessary, then dry-fry for 4 minutes, or until lightly charred (to bring out a nutty, slightly smoky flavour). Add the noodles, sauce, beansprouts, and a good splash of water, toss together over the heat for 1 minute, then divide between serving bowls.

Wipe out the pan, crack in the eggs and cook to your liking in a little olive oil, sprinkling with a pinch of chilli flakes. Trim the lettuce, click apart the leaves and place a few in each bowl. Pop the eggs on top, pick over the herbs, and sprinkle with the nuts. Serve with lime wedges for squeezing over, and extra soy, to taste.

If you want to make this dish vegan, remove the eggs and serve with extra cubes of tofu, marinated in soy and lime juice.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
593kcal	19g	3.8g	26.4g	83.5g	10.7g	1.3g	8.3g

PRETTY PERSIAN-STYLE RICE

CRISPY SAFFRON CRUST, HERBS GALORE, POMEGRANATE & SMASHED PISTACHIOS

SERVES 6 | 50 MINUTES PLUS COOLING

1 big pinch of saffron
450g basmati rice
3 cardamom pods
1 Maris Piper potato
olive oil
1 red onion
1 big bunch of mixed fresh herbs, such as dill, flat-leaf parsley, mint (60g)
20g shelled unsalted pistachios
1 pomegranate
6 tablespoons natural yoghurt
extra virgin olive oil
optional: rose harissa

Place the saffron in a bowl, cover with 75ml of boiling water and leave to steep. Cook the rice in a large pan of boiling salted water for 7 minutes, cracking and adding the cardamom pods, then drain and spread out on a large baking tray to cool. Season with a generous pinch of sea salt and black pepper, then divide into 4 piles, picking out and discarding the cardamom.

Scrub the potato and slice into 1cm rounds. Rub a 26cm non-stick frying pan with 1 tablespoon of olive oil, then add the potato in a single layer in a nice pattern and place on a medium-low heat. Toss the first pile of rice with half the saffron water, then add to the pan and carefully pat into an even layer. Add and pat down the second pile of rice, then peel, very finely slice and add a layer of onion. Top with the third pile of rice, then pick, finely chop and scatter over most of the herbs and cover with the remaining rice. Drizzle over the remaining saffron water, then find a plate just smaller than the pan, place on top and push down to really compact. Pop a lid on top, turn the heat down to low and cook for 20 minutes, or until golden and crisp. Meanwhile, roughly bash the pistachios in a pestle and

mortar until fine. Halve the pomegranate, then, holding each half cut side down, bash the back with a spoon so all the seeds come tumbling out.

Confidently turn the rice out on to a board, top with the yoghurt, pomegranate seeds, remaining herbs, a drizzle of extra virgin olive oil and a scattering of pistachios. Absolutely delicious served with a dash of harissa, if you like.

This layering of rice is so exciting. Feel free to mix up your herbs and even swap out pomegranate for grilled peaches, apricots or figs. So tasty!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
338kcal	5.9g	1.3g	8.6g	66.6g	4.7g	0.7g	2.6g

MALAYSIAN-STYLE VEG NOODLES

BABY CORN, MANGETOUT, TOFU, LIME & PEANUT SPRINKLE

SERVES 4 | 35 MINUTES

1 potato
2 shallots
olive oil
½ teaspoon ground turmeric
2 teaspoons curry powder
2 fresh kaffir lime leaves
2 cloves of garlic
2cm piece of ginger
2 fresh red chillies
2 sticks of lemongrass
200g silken tofu
200g baby corn
1 × 400g tin of light coconut milk
200g mangetout
low-salt soy sauce
2 limes
20g unsalted peanuts
200g rice noodles

Scrub the potato and peel the shallots, then chop into 1cm dice and place in a large non-stick pan with 1 tablespoon of oil. Add the turmeric and curry powder, then cook on a medium-low heat for 20 minutes, or until lightly golden, stirring occasionally. Meanwhile, place the kaffir lime leaves in a pestle and mortar. Peel and roughly chop the garlic and ginger, trim and finely chop the chillies and lemongrass, then add them all to the lime leaves and bash to a fine paste. Scrape into the pan and cook for 5 minutes, stirring regularly. Roughly chop and add the tofu, followed by the corn, then pour in the coconut milk. Bring to the boil, stir in the mangetout, then season to taste with soy and lime juice.

Meanwhile, roughly chop the peanuts. Cook the noodles according to the packet instructions, then drain and divide between 4 bowls. Spoon over the veg and sauce, sprinkle over the nuts, and serve with lime wedges for squeezing over.

Sometimes I toss the chopped nuts through the noodles with a little lime zest before

adding to the bowls – it makes them tacky
with a good crunch!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
455kcal	15.5g	6.5g	13.7g	63.4g	6.8g	0.1g	2g

QUICK MUSHROOM NOODLE BROTH

QUICK CARROT & GINGER PICKLE, SPRING ONIONS & SESAME SEED SPRINKLE

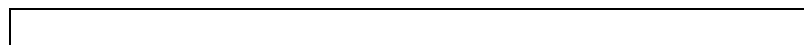
SERVES 4 | 20 MINUTES

4 cloves of garlic
4cm piece of ginger
groundnut oil
30g dried porcini mushrooms
1 carrot
1 fresh red chilli
1 teaspoon sushi pickled ginger
2 spring onions
2 heaped tablespoons red miso paste
low-salt soy sauce
200g dried egg noodles
2 pak choi
250g mixed mushrooms
1 tablespoon sesame seeds

Peel and finely slice the garlic and ginger, then place in a large casserole pan on a high heat with 1 tablespoon of oil. Fry for 2 minutes, add the porcini and 1.5 litres of boiling water, then cover and simmer on a low heat for 10 minutes. Meanwhile, scrub and coarsely grate the carrot with the chilli, and mix with the sushi ginger. Trim and finely slice the spring onions, then put both aside.

When the time's up, stir the miso paste and 2 tablespoons of soy sauce into the broth. Cook the noodles according to the packet instructions, then divide between warm bowls. Season the broth to taste with soy and black pepper, then halve or quarter the pak choi and add with the mushrooms (they come in all shapes and sizes, so feel confident to tear, slice or leave whole) for just 1 minute, to keep their freshness. Divide the veg between the bowls, ladle over the steaming broth, and serve with the pickle, spring onions and a scattering of sesame seeds.

Delicious with a squeeze of lime juice, if you like.



This broth welcomes any delicate veggies like mangetout, sugar snap peas, chard or baby corn, if you want to chop and change it to keep it interesting.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
301kcal	7.4g	1.2g	13.4g	47.9g	4.2g	2.8g	3.5g

PASTA

PASTA

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



PASTA

GREENS MAC 'N' CHEESE
SWEET LEEK CARBONARA
ODDS & ENDS PASTA ON TOAST
TASTY VEGAN LASAGNE
SPAGHETTI PORCINI BALLS
PICNIC PASTA SALAD
SUNSHINE FUSILLI PASTA
SILKY COURGETTE BOW-TIES
SUMMER TAGLIATELLE
MIGHTY MUSHROOM PASTA
SQUASH GNOCCHI

GREENS MAC 'N' CHEESE

LEEK, BROCCOLI & SPINACH, TOASTED ALMOND TOPPING

SERVES 6 | 1 HOUR

1 large leek
3 cloves of garlic
400g purple sprouting or tenderstem broccoli
40g unsalted butter
½ a bunch of fresh thyme (15g)
2 tablespoons plain flour
1 litre semi-skimmed milk
450g dried macaroni
30g Parmesan cheese
150g mature Cheddar cheese
100g baby spinach
50g flaked almonds

Preheat the oven to 180°C/350°F/gas 4. Trim, halve and wash the leek and peel the garlic, then finely slice with the broccoli stalks, reserving the florets for later. Place the sliced veg in a large casserole pan over a medium heat with the butter, then strip in the thyme leaves and cook for 15 minutes, or until softened, stirring regularly. Stir in the flour, followed slowly by the milk, then simmer for 10 minutes, or until thickened, stirring regularly. Meanwhile, cook the pasta in a large pan of boiling salted water for 5 minutes, then drain.

Grate the Parmesan and most of the Cheddar into the sauce, and mix well. Tip into a blender, add the spinach and whiz until smooth – you may need to work in batches. Season to perfection with sea salt and black pepper, then stir through the pasta and broccoli florets, loosening with a splash of milk, if needed. Transfer to a 25cm × 35cm baking dish, grate over the remaining Cheddar and scatter over the almonds. Bake for 30 minutes, or until beautifully golden and bubbling.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Swap spinach out for any kind of exciting fresh or frozen greens, discarding any tough

stalks. I also sometimes add breadcrumbs to the top for bonus crunch. Tasty!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
619kcal	25.1g	12.4g	29g	75.1g	12g	0.9g	6.4g

SWEET LEEK CARBONARA

FRESH THYME, GARLIC, CRACKED BLACK PEPPER &
PARMESAN

SERVES 4 | 50 MINUTES

2 large leeks
4 cloves of garlic
4 sprigs of fresh thyme
1 knob of unsalted butter
olive oil
300g dried spaghetti
50g Parmesan or pecorino cheese, plus extra to serve
1 large egg

Trim, wash and finely slice the leeks. Peel and finely slice the garlic and pick the thyme leaves, then place in a large casserole pan on a medium heat with the butter and 1 tablespoon of oil. Once sizzling, stir in the leeks and 400ml of water, then cover and simmer gently over a low heat for 40 minutes, or until sweet and soft, stirring occasionally. Season with sea salt and black pepper.

When the leeks are almost done, cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water. Toss the drained pasta into the leek pan, then remove from the heat and wait 2 minutes for the pan to cool slightly while you finely grate the cheese and beat it with the egg (if the pan's too hot, it'll scramble; get it right and it'll be smooth, silky and deliciously elegant).

Loosen the egg mixture with a splash of reserved cooking water, then pour over the pasta, tossing vigorously (the egg will cook in the residual heat). Season to absolute perfection, going a little OTT on

the pepper. Adjust the consistency with extra cooking water, if needed, and finish with a little stroke of cheese.

Fantastic served with a glass of cold Italian white wine.

To make vegetarian: swap Parmesan or pecorino for vegetarian hard cheese.

Often I triple the leek base and freeze it for quick cooking another day.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
418kcal	14.4g	6g	17g	58.9g	4.4g	0.8g	2.3g

ODDS & ENDS PASTA ON TOAST

5-VEG TOMATO SAUCE, MELTED CHEESE, SMASHED BASIL

SERVES 4 | 55 MINUTES

olive oil
1 red onion
1 red pepper
1 courgette
1 stick of celery
4 cloves of garlic
2 × 400g tins of
quality plum
tomatoes
1 tablespoon
balsamic vinegar
150g mixed dried
pasta
1 bunch of fresh
basil (30g)
extra virgin olive
oil
4 thick slices of
granary bread
75g mature
Cheddar cheese

Place a large non-stick frying pan on a medium heat with 1 tablespoon of olive oil. Peel the onion and deseed the pepper, then roughly chop with the courgette and celery, adding them to the pan as you go. Peel, finely chop and add the garlic, then cook for 20 minutes, stirring regularly. Scrunch in the tomatoes, then add ½ a tin's worth of water and the balsamic. Leave to tick away for 20 minutes, or until thickened and reduced, then season to taste with sea salt and black pepper.

Meanwhile, preheat the grill to high. Cook the pasta in a large pan of boiling salted water according to the packet instructions (stagger adding the pasta, if using different shapes and sizes), then drain and tip into the sauce. Pick most of the basil leaves into a pestle and mortar and bash to a fine paste with a pinch of salt, then muddle in 2 tablespoons of extra virgin olive oil.

Toast the bread on one side, then flip it over and grate over the Cheddar. Pop back under the grill until bubbling, then spoon over the pasta and smashed basil, and finish with the remaining basil leaves. Seriously satisfying!

I prefer to leave the sauce chunky, but if you've got fussy eaters (and that includes you, adults!), feel free to blend until smooth.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
478kcal	18g	5.8g	18g	65g	16.2g	1.7g	8g

TASTY VEGAN LASAGNE

LAYERS OF PASTA, RICH TOMATO & CHIANTI RAGÙ, CREAMY MUSHROOM SAUCE

SERVES 6 | 3 HOURS

2 red onions
2 cloves of garlic
2 carrots
2 sticks of celery
2 sprigs of fresh rosemary
olive oil
1 teaspoon dried chilli flakes
100ml vegan Chianti wine
1 × 400g tin of green lentils
2 × 400g tins of quality plum tomatoes
1kg mixed wild mushrooms
4 heaped tablespoons plain flour
800ml almond milk
70g vegan Cheddar cheese
300g dried lasagne sheets

Peel the onions, garlic and carrots, trim the celery and pick the rosemary leaves, then finely chop. Scrape into a large pan on a medium heat with 2 tablespoons of oil and the chilli flakes, and cook for 20 minutes, or until lightly golden. Pour in the wine and let it bubble and cook away, then tip in the lentils (juices and all). Scrunch in the tomatoes, add 1 tin's worth of water, then simmer over a low heat for 1 hour. Season to perfection with sea salt and black pepper.

Meanwhile, working in batches, tear the mushrooms into a large non-stick frying pan on a medium heat and dry-fry for 5 minutes (this will bring out the nutty flavour), then transfer to a plate. Quickly wipe the pan, then pour in 4 tablespoons of oil and stir in the flour. Gradually whisk in the almond milk, simmer for 5 minutes to thicken, then pour into a blender. Add a third of the mushrooms and 50g of the cheese, season with salt and pepper, then blitz until smooth. Preheat the oven to 180°C/350°F/gas 4.

Spoon a layer of tomato sauce into the bottom of a 25cm × 35cm baking dish, scatter over a few mushrooms, then cover with lasagne sheets and 5 tablespoons of creamy sauce. Repeat these layers three

½ a bunch of fresh
sage (15g)

more times, finishing with all the remaining creamy sauce and mushrooms. Grate over the remaining cheese. Pick the sage, toss in a little oil, then push into the top layer. Bake at the bottom of the oven for 50 minutes, or until golden and bubbling. Leave to stand for 15 minutes before serving. Delicious served with a simple seasonal salad.

Make sure you use vegan lasagne sheets.

A handful of baby spinach scattered between the layers is always a nice addition.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
539kcal	20.2g	4.8g	15.4g	75g	12.8g	1g	8g

SPAGHETTI PORCINI BALLS

SWEET & SPICY SUN-DRIED TOMATO, BASIL & PARMESAN SAUCE

SERVES 6 | 40 MINUTES

20g dried porcini mushrooms
2 × 250g packets of mixed cooked grains, ideally with punchy flavour
2 large eggs
100g baby spinach
2 fresh red chillies
1 lemon
50–75g stale breadcrumbs
olive oil
450g dried spaghetti
1 clove of garlic
1 bunch of fresh basil (30g)
20g Parmesan cheese, plus extra to serve
100g sun-dried tomatoes in oil

Cover the porcini with boiling water, leave for 5 minutes, then drain, reserving the soaking water. Place the grains in a food processor with the porcini mushrooms, eggs, spinach and one of the chillies. Finely grate in the lemon zest, then add a pinch of sea salt and black pepper and whiz until sticky. Pulse in the breadcrumbs – packets of grains will vary, so use your common sense, adding just enough to bring the mixture together. With wet hands, roll into 30 little balls. Drizzle 1 tablespoon of oil into a large non-stick frying pan over a medium heat, then add the balls and fry for 10 minutes, or until golden all over, turning with care – you may need to work in batches (keep warm covered with tin foil, if needed).

Cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water. Meanwhile, give the food processor a quick rinse, then peel and drop in the garlic, pick in most of the basil leaves, finely grate in the Parmesan, and add the sun-dried tomatoes with 2 tablespoons of oil from the jar. Add the remaining chilli (deseed if you like), then whiz to a paste. Pulse in the reserved porcini soaking water, then toss with the drained pasta, adding a splash

of reserved cooking water to loosen, if needed. Fold through the porcini balls, and finish with the reserved basil leaves, a generous squeeze of lemon juice and a fine grating of Parmesan.

Serve with a lemony green salad for added crunch and zing. It's a winner!

To make vegetarian: swap Parmesan for vegetarian hard cheese.

I find I get better results from the grain packets that have been jazzed up a little bit, rather than the plain naked ones.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
628kcal	19.4g	3.8g	23g	92.2g	6.1g	1.6g	8.4g

PICNIC PASTA SALAD

NEON DRESSING, CHERRY TOMATOES, MOZZARELLA & OLIVES

SERVES 4 | 15 MINUTES

300g dried pasta shells

¼ of a clove of garlic

1 bunch of fresh flat-leaf parsley (30g)

1 bunch of fresh basil (30g)

red wine vinegar
extra virgin olive oil

½ a celery heart

250g ripe mixed-colour cherry tomatoes

12 black olives (stone in)

125g ball of mozzarella cheese

Cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain.

Meanwhile, peel the garlic and put into a blender with the herbs, 2 tablespoons each of vinegar and oil, and a good splash of water, then whiz until smooth. Season to perfection with sea salt and black pepper.

Very finely chop the celery heart and quarter the tomatoes, then add to a large salad bowl. Destone and tear in the olives, pour over the vivid green dressing and tip in the drained pasta, then toss together. Serve hot, warm or cold, tearing over the mozzarella just before serving.

Amazing served as part of a buffet or picnic, and great packed up for lunch.

If you have any leftovers, crack in an egg or two, toss together, then grate over some cheese and bake until beautifully golden.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
436kcal	16.2g	6g	16.8g	59.2g	4.2g	0.7g	3.7g

SUNSHINE FUSILLI PASTA

SWEET YELLOW PEPPER SAUCE, CRUSHED PISTACHIOS & PARMESAN

SERVES 4 | 20 MINUTES

1 onion
2 cloves of garlic
olive oil
2 tablespoons
white wine vinegar
2 yellow peppers
20g shelled
unsalted pistachios
300g dried fusilli
30g Parmesan
cheese, plus extra
to serve

Peel and finely slice the onion and garlic, then place in a large non-stick frying pan on a medium heat with 1 tablespoon of oil, the vinegar and a pinch of sea salt. Deseed and finely slice the peppers, then add to the pan and cook with the lid on for 10 minutes, or until softened but not coloured, stirring occasionally. Meanwhile, bash the pistachios in a pestle and mortar until fine.

Cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water. Finely grate the Parmesan into a blender, add the pepper mixture and a splash of boiling water, then whiz until smooth and season with salt and black pepper. Toss the pasta and sauce together, loosening with a splash of reserved cooking water, if needed. Finish with a dusting of pistachios and a fine grating of Parmesan.

Always good with a fresh crunchy herby green salad.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

As obvious as it sounds, this dish can be made to great effect using red, orange or green peppers, all giving a slightly different expression of colour and flavour.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
388kcal	9.6g	2.4g	13.8g	65.4g	8.8g	0.7g	2.6g

SILKY COURGETTE BOW-TIES

CHILLI, GARLIC, FENNEL, CREAM & PARMESAN

SERVES 4 | 15 MINUTES

300g dried farfalle
4 cloves of garlic
1 fresh red chilli
olive oil
½ teaspoon fennel seeds
2 mixed-colour courgettes
100ml rosé wine
80ml single cream
40g Parmesan cheese, plus extra to serve

Cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water. Meanwhile, peel the garlic and finely chop with the chilli, then place in a large non-stick frying pan on a medium heat with 1 tablespoon of oil and the fennel seeds. Coarsely grate the courgettes (discard the seedy core), then add to the pan and cook for 5 minutes, or until softened, stirring occasionally.

Turn the heat up to high, pour in the wine, leave to bubble and cook away, then switch off and add the cream. Grate over the Parmesan, tip in the pasta and toss together, loosening with a splash of reserved cooking water, if needed. Season to taste with sea salt and black pepper and finish with a fine grating of Parmesan.

If you want to up your summertime veg, a delicious side salad of lemony-dressed baby spinach and fresh raw peas makes a really good match.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Vary the grated veg used in this dish – butternut squash, carrots, fennel, even peppers – for tasty results.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
404kcal	11.7g	5.1g	14.9g	59.7g	4.2g	0.3g	0.9g

SUMMER TAGLIATELLE

BASIL & ALMOND PESTO, BROKEN POTATOES, DELICATE GREEN VEG

SERVES 4 | 20 MINUTES

1 bunch of fresh basil (30g)
½ a clove of garlic
50g blanched almonds
extra virgin olive oil
25g Parmesan cheese, plus extra to serve
¼ of a lemon
1 Maris Piper potato
125g green beans
300g dried tagliatelle
200g delicate summer veg, such as broad beans, peas, tenderstem broccoli

Pick most of the basil leaves into a pestle and mortar and bash to a paste with a pinch of sea salt. Peel and bash in the garlic, then pound in the almonds until fine. Muddle in 4 tablespoons of oil, finely grate in the Parmesan, then squeeze in the lemon juice. Season to perfection, and tweak to your liking.

Scrub and finely slice the potato, trim just the stalks off the beans, then place both in a pan of boiling salted water with the tagliatelle and cook according to the pasta packet instructions. Prep the delicate summer veg as necessary, adding them to the pan for the last 3 minutes. Drain, reserving a mugful of starchy cooking water, then toss with the pesto, loosening with a splash of reserved cooking water, if needed. Drizzle with 1 tablespoon of oil, and finish with the remaining basil and a fine grating of Parmesan. Nice served with a crunchy seasonal salad.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

I've used fresh basil and almonds here, but pretty much any soft herb and unsalted

shelled nut combo will deliver very tasty results – whatever you fancy!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
561kcal	25.9g	4.1g	18.4g	67.9g	5g	0.6g	5.7g

MIGHTY MUSHROOM PASTA

SWEET TOMATO & PARMESAN SAUCE, GARLICKY HAZELNUT BREADCRUMBS

SERVES 4 | 20 MINUTES

50g stale
breadcrumbs
olive oil
20g blanched
hazelnuts
4 cloves of garlic
3 sprigs of fresh
thyme
400g mixed
mushrooms
1 teaspoon dried
chilli flakes
1 × 400g tin of
quality plum
tomatoes
300g dried penne
30g Parmesan
cheese, plus extra
to serve

Tip the breadcrumbs into a medium non-stick frying pan on a low heat with 1 tablespoon of oil. Lightly crush the hazelnuts in a pestle and mortar, add to the pan, then peel and finely grate in 2 cloves of garlic and strip in the thyme leaves. Toss regularly throughout the pasta and sauce process, until golden and crisp.

Place a large non-stick frying pan on a high heat, then tear or roughly slice the mushrooms (depending on their size and shape) and dry-fry for 1 minute (this will bring out their nutty flavour). Peel, finely chop and add the remaining garlic, with the chilli flakes and 1 tablespoon of oil, then cook for 3 minutes, tossing regularly. Scrunch in the tomatoes, add 1 tin's worth of water and leave to tick away. Meanwhile, cook the pasta in a large pan of boiling salted water according to the packet instructions, then drain, reserving a mugful of starchy cooking water.

Finely grate the Parmesan, then toss with the pasta and sauce, loosening with a splash of reserved cooking

water, if needed. Season to taste, and top with the toasty hot sprinkle and a fine grating of Parmesan.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

You can easily add a creamy dimension to the sauce by adding 1 tablespoon of crème fraîche or cream, which is super-delicious and indulgent.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
465kcal	15.5g	3.4g	17.5g	68.1g	6.3g	0.4g	5.6g

SQUASH GNOCCHI

FRAGRANT PARSLEY & WALNUT PESTO

SERVES 4 | 1 HOUR 15 MINUTES

500g Maris Piper potatoes

500g butternut squash

100g Tipo 00 flour, plus extra for dusting

1 whole nutmeg, for grating

1 bunch of fresh flat-leaf parsley (30g)

½ a clove of garlic

50g shelled unsalted walnut halves

extra virgin olive oil

25g Parmesan cheese, plus extra to serve

½ a lemon

Peel the potatoes and squash (deseed, if needed), chop into 3cm chunks and cook in a large pan of boiling salted water for 12 minutes, or until tender, then drain and cool. Tip on to a clean tea towel, gather up into a bundle and squeeze out as much liquid as you can, then tip into a bowl. Mash together, then sprinkle over the flour, finely grate over half the nutmeg, season generously with sea salt and black pepper, and mix well. Knead the mixture on a flour-dusted surface for a few minutes until pliable, then divide into 4 equal pieces and roll each into a sausage, about 1.5cm thick. Slice into 1.5cm pieces to create the gnocchi.

Pick the parsley leaves into a pestle and mortar and bash to a paste with a pinch of salt. Peel and bash in the garlic, then pound in the walnuts until fine. Muddle in 4 tablespoons of oil, finely grate in the Parmesan, then squeeze in the lemon juice. Season to perfection and tweak to your liking.

When you're ready to eat, cook the gnocchi in two batches in a pan of boiling salted water for 2 to 3 minutes – as soon as they come up to the surface they're ready, so remove with a slotted spoon to a plate – they'll firm up after about 30 seconds. Either toss each batch with half the pesto and a splash of cooking

water, or spread the pesto on a plate and serve the steaming gnocchi on top. Finish with an extra grating of Parmesan. Delicious with a seasonal salad.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

I love having fun with the pesto, so swap the parsley for rocket or a blend of mint and basil. Shop-bought jars are great if you're short on time, but making your own will give you super-fresh, incomparable flavour.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
447kcal	23.4g	4g	11.8g	49.7g	7.5g	1.1g	4.4g

SALADS

SALADS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



SALADS

ROAST NEW POTATO & PICKLE SALAD

LADY MARMALADE SALAD

DOUBLE CORN SALAD

MY CHOPPED FATTOUSH SALAD

SHAVED FENNEL, MELON & MOZZARELLA

FRENCH GARLIC BREAD SALAD

ANGRY BEAN SALAD

VIBRANT BHEL PURI SALAD

SQUASHED CAULI & CHERRY SALAD

EASY THAI-STYLE NOODLE SALAD

WARM GRAPE & RADICCHIO SALAD

ROAST NEW POTATO & PICKLE SALAD

ZINGY LEMON, MUSTARD, LOADS HERBS & CRUMBLLED FETA

SERVES 6 | 1 HOUR

1.2kg new potatoes
olive oil
6 cloves of garlic
1 lemon
2 sprigs of fresh rosemary
1 tablespoon plain flour
1 cucumber
100g radishes, ideally with leaves
½ a red onion
1 teaspoon wholegrain mustard
2 tablespoons red wine vinegar
½ a bunch of fresh dill (15g)
½ a bunch of fresh mint (15g)
40g feta cheese

Preheat the oven to 200°C/400°F/gas 6. Cook the potatoes in a large pan of boiling salted water for 20 minutes, then drain and steam dry. Tip into a large roasting tray and drizzle with 2 tablespoons of oil, then add a good pinch of sea salt and black pepper. Bash and add the unpeeled garlic cloves to the tray, then roast for 20 minutes. Meanwhile, finely grate the lemon zest and pick and finely chop the rosemary. When the time's up, scatter the lemon zest, rosemary and flour over the potatoes from a height. Toss together, then squash flat with a potato masher and roast for a final 20 minutes, or until golden and crisp.

Meanwhile, scratch the outside of the cucumber with a fork to create grooves, then finely slice into rounds. Halve and quarter the radishes, peel and very finely slice the onion, then put all this into a bowl with the mustard, vinegar and half the lemon juice. Season to taste with salt and pepper, pick and add the herb leaves, toss together, then place on top of the hot crispy potatoes, mixing just before serving. Finish with a crumbling of feta, and extra lemon juice, if you like.

I have had some fun making this salad with hasselback potatoes for added texture and crunch – see [page 106](#) for the technique.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
223kcal	6.5g	1.7g	6.4g	34.7g	4.3g	0.7g	4.7g

LADY MARMALADE SALAD

CHICORY, SWEET SHALLOTS, ORANGE DRESSING & CRUSHED NUTS

SERVES 4 | 25 MINUTES

2 tablespoons
mixed shelled
unsalted nuts, such
as walnut halves,
almonds,
pistachios
2 large shallots
4 oranges
1 tablespoon red
wine vinegar
extra virgin olive
oil
1 heaped teaspoon
runny honey
4 mixed-colour
chicory
½ a bunch of fresh
chervil (15g)

Toast the nuts in a large dry frying pan over a medium heat until golden, then bash in a pestle and mortar until fine. Peel the shallots and slice ½cm thick, then dry-fry for 5 minutes, or until lightly charred, tossing regularly. Juice the oranges, pour into the pan and simmer until syrupy, then remove from the heat. Add the vinegar, 3 tablespoons of oil and the honey, then season to perfection with sea salt and black pepper (it should be slightly too acidic and salty, to make the magic happen).

Halve the chicory, finely slice the base end, then click the leaves apart and place in a salad bowl. Spoon over the warm dressing, pick over the chervil leaves and sprinkle with the crushed nuts, then toss to dress.

Brilliant with goat's cheese and hot toasts, plus a glass of dry white wine.

Works well with any kind of bitter salad leaves.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
156kcal	12.5g	1.7g	2.1g	11.1g	8.7g	0.5g	0.6g

DOUBLE CORN SALAD

CRUNCHY ICEBERG LETTUCE & CREAMY CHEESE DRESSING

SERVES 4–6 | 30 MINUTES

rapeseed oil
50g popping corn
chipotle Tabasco
sauce
4 corn on the cob
1 iceberg lettuce
4 spring onions
30g mature
Cheddar cheese
30g blue cheese
6 tablespoons
natural yoghurt
¼ of a clove of
garlic
2 teaspoons
English mustard
2 tablespoons
white wine vinegar
1 teaspoon
Worcestershire
sauce
4 sprigs of fresh
coriander

Place a large non-stick frying pan on a high heat with 1 tablespoon of oil, then add the popping corn and cover with a lid. Once popped, add a few generous shakes of Tabasco, toss together and tip into a large salad bowl. In the same pan, grill the corn until lightly charred all over, turning regularly, then remove.

Trim and roughly chop the lettuce, and trim and finely slice the spring onions, then add to the bowl. Break the cheeses into a blender, and spoon in the yoghurt. Peel and add the garlic, followed by the mustard, vinegar and Worcestershire sauce, then blitz until smooth, and season to taste with sea salt and black pepper. Carefully slice off the corn kernels and add to the bowl. Pour over the dressing, toss together and pick over the coriander leaves, then serve straight away.

Really nice as a tasty lunch served with warm wraps or as part of a bigger spread.

To make vegetarian: use anchovy-free Worcestershire sauce.

Some other things this salad loves for company are: sliced avocado, crumbled feta

and halved green grapes – it's a really fun dish!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
248kcal	12.5g	4.5g	11.9g	22.5g	6.8g	0.7g	2.1g

MY CHOPPED FATTOUSH SALAD

GRILLED PITTA, RAINBOW CHOPPED SALAD & POMEGRANATE GALORE

SERVES 4 | 20 MINUTES

4 pitta breads
1 pomegranate
1 tablespoon sumac
extra virgin olive oil
1 lemon
1 tablespoon pomegranate molasses
2 mixed-colour peppers
1 bulb of fennel
½ a cucumber
2 ripe tomatoes
2 spring onions
1 romaine lettuce
1 big bunch of mixed fresh herbs, such as mint, dill, flat-leaf parsley (60g)

Toast the pittas on a griddle pan on a high heat until crisp and bar-marked, then roughly chop and put aside. Halve the pomegranate and, holding each half cut side down in your fingers, bash the back of it with a spoon so all the seeds tumble out into a large salad bowl. Sprinkle over the sumac, then drizzle in 2 tablespoons of oil, squeeze over the lemon juice and add the pomegranate molasses.

Deseed the peppers and finely chop with the fennel, cucumber (discard the watery core) and tomatoes, trim and finely slice the spring onions and lettuce, and add to the bowl. Pick and finely chop the herb leaves, scatter into the bowl with the pitta and toss together. Season to taste with sea salt and black pepper.

Amazing with little raw peas when in season, and if you can't get pomegranate, little cubes of chopped mango are also delicious in the mix.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
287kcal	8g	1.2g	9.2g	46.4g	13.5g	0.8g	6g

SHAVED FENNEL, MELON & MOZZARELLA

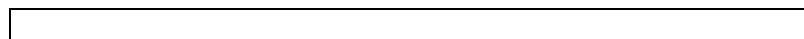
CRISPY CAPERS, MINT & CHILLI, STICKY BALSAMIC DRESSING

SERVES 4 | 15 MINUTES

olive oil
2 tablespoons baby capers
4 sprigs of fresh mint
1 fresh red chilli
4 tablespoons balsamic vinegar
1 super-ripe cantaloupe melon
2 bulbs of fennel
1 small red onion
8 bocconcini mozzarella (150g)

Drizzle 2 tablespoons of oil into a large non-stick frying pan. Scatter in the capers, pick in the mint leaves, then finely slice and add the chilli. Fry gently on a medium heat for 5 minutes, or until crispy, jiggling the pan regularly. Turn the heat off, remove everything to a little dish with a slotted spoon, then pour the balsamic into the scented warm oil and let it sizzle. Scoop the melon seeds into a sieve and press them to squeeze all the sweet juice into the hot pan, then discard the seeds. Use a teaspoon to remove little nuggets and curls of melon to a bowl.

Trim the fennel, reserving any herby tops, and peel the red onion, then very finely slice both by hand or on a mandolin (use the guard!). Place in icy water for 2 minutes to crisp up, then drain well and pat dry with a clean tea towel (this will stop the dressing getting watered down). Toss with the melon, and season to perfection with sea salt and black pepper. Serve the salad on a platter or individual plates, scatter over the mozzarella, crispy mint, capers and chilli, and the reserved herby fennel top, and drizzle over the dressing.



Don't think about making this unless you have a lovely ripe melon that's sweet and perfumed.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
241kcal	14.7g	6.1g	10.1g	17.5g	16.2g	0.7g	7g

FRENCH GARLIC BREAD SALAD

DELICATE LEAVES, GRAPES, HERBS & THICK MUSTARDY
DRESSING

SERVES 6 | 45 MINUTES PLUS PROVING

1 × 7g sachet of
dried yeast
500g strong bread
flour, plus extra
for dusting
4 cloves of garlic
1 bunch of fresh
flat-leaf parsley
(30g)
150g unsalted
butter (at room
temperature)
extra virgin olive
oil
2 tablespoons
Dijon mustard
2 tablespoons
white wine vinegar
1 teaspoon runny
honey
½ a bunch of fresh
chives (15g)
200g mixed-colour
grapes
60g shelled
unsalted walnut

Whisk the yeast into 350ml of lukewarm water, leave for 2 minutes, then pour into a large bowl with the flour and a good pinch of sea salt. Mix up as best you can, then knead vigorously on a flour-dusted surface to give you a smooth, elastic dough. Place in the bowl, cover with a clean damp tea towel and prove for 1 hour in a warm place, or until doubled in size. Knock out the air with your fists, then divide into 6, shape into ovals about 1cm thick, and prove on a flour-dusted tray for 30 minutes. Preheat the oven to 210°C/425°F/gas 7.

Meanwhile, make the flavoured butter. Peel the garlic and pick the parsley leaves, then finely chop and scrunch into the butter with a pinch of salt and black pepper. Lightly press small pieces of flavoured butter into the bread, then bake for 15 minutes, or until golden and cooked through.

Whisk 6 tablespoons of oil with the mustard, vinegar, honey and a pinch of salt and pepper in a large bowl to make an emulsified dressing. Finely chop the chives, slice the grapes and walnuts, then toss with the salad

halves

300g delicate salad
leaves, such as
frisée, rocket,
radicchio

leaves and dressing and place on top of the hot bread (strangely, I always get a lot of satisfaction out of serving fridge-cold salad with oven-hot bread – seriously good!).

I sometimes like to serve this with shaved or crumbled goat's cheese. Yum!

I find that the best-tasting grapes always have seeds – sometimes you've just got to halve and deseed them for the most delicious experience.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
703kcal	41.1g	15.9g	13.5g	74.7g	7.9g	1.1g	4.1g

ANGRY BEAN SALAD

WARM ARRABBIATA DRESSING, CHILLED BABY MOZZARELLA,
FRESH MINT

SERVES 4 | 20 MINUTES

400g ripe mixed-
colour cherry
tomatoes
400g green and
yellow beans
4 sprigs of fresh
mint
4 cloves of garlic
2 fresh red chillies
olive oil
3 tablespoons red
wine or balsamic
vinegar
8 bocconcini
mozzarella (150g)
4 slices of rustic
bread

Carefully plunge the tomatoes into a pan of fast-boiling salted water for exactly 30 seconds, scoop out with a sieve and run under cold water. Line up the beans, remove just the stalk ends and place in the boiling water for 4 minutes. Meanwhile, pick the mint leaves, putting the baby leaves aside for garnish. Peel the garlic, then finely slice with the chillies. Pinch and peel away the tomato skins, reserving the flesh (it's a bit of a faff, but it's worth it).

Drain the beans, placing the pan back on a medium heat. Drizzle in 1 tablespoon of oil, then add the garlic, chilli and mint leaves. Fry for 2 minutes, add the tomatoes, vinegar and beans and simmer for 4 minutes, stirring regularly to break up the tomatoes. Taste and season to absolute perfection with sea salt and black pepper, then spoon on to a platter along with any tasty juices.

Scatter over the mozzarella and reserved mint leaves, and serve with hot toast.

Lovely served warm on the day – and any leftovers are great cold in a lunch box.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
296kcal	11.9g	5.8g	13.8g	33.4g	7.2g	1g	5.6g

VIBRANT BHEL PURI SALAD

POPPED RICE, POMEGRANATE, POPPADOMS & PEANUTS

SERVES 4 | 20 MINUTES

2cm piece of
ginger
2 teaspoons
tamarind chutney
extra virgin olive
oil
1 pomegranate
1 lemon
50g unsalted
peanuts
100g popped rice
1 red onion
1 cucumber
200g ripe mixed-
colour cherry
tomatoes
10 radishes,
ideally with leaves
1 fresh green chilli
½ a bunch of fresh
mint (15g)
½ a bunch of fresh
coriander (15g)
2 uncooked
poppadoms
½ teaspoon garam
masala
50g Bombay mix

Peel and roughly chop the ginger and bash to a paste in a pestle and mortar, then add the tamarind chutney and 1 tablespoon of oil. Squeeze in the juice from half the pomegranate and all of the lemon, then muddle together and tip into a large salad bowl. Toast the peanuts and popped rice in a large dry non-stick frying pan on a medium heat until lightly golden (keep an eye on them, as they can easily catch), then remove from the heat and tip into the bowl.

Peel and very finely chop the onion, finely chop the cucumber, quarter the tomatoes and halve the radishes, then add to the bowl. Slice and add the chilli (deseed if you like), and pick in the herb leaves. Holding the remaining pomegranate half cut side down, bash the back of it with a spoon so all the seeds come tumbling out into the bowl. Puff up the poppadoms in the microwave for 30 seconds each, then scrunch over the bowl, and sprinkle over the garam masala and Bombay mix. Toss everything together well, and serve straight away.

Really nice with a dollop of coriander yoghurt.

This makes an exciting portable salad – put the dressing into the bottom of a container

and layer the rest of the salad ingredients on top, then simply shake up just before eating.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
329kcal	15g	2.4g	10.8g	37.7g	10.3g	0.8g	5.5g

SQUASHED CAULI & CHERRY SALAD

HERBY NUTTY BROWN RICE, PRESERVED LEMON & TOASTED PINE NUTS

SERVES 4 | 50 MINUTES

1 large head of cauliflower, ideally with leaves (1kg)

300g brown rice

olive oil

2 teaspoons za'atar

200g ripe cherries

1 preserved lemon

1 lemon

1 teaspoon runny honey

extra virgin olive oil

2 tablespoons pine nuts

1 bunch of fresh mint (30g)

1 bunch of fresh dill (30g)

4 tablespoons Greek yoghurt

Preheat the oven to 220°C/425°F/gas 7. Remove just the tatty outer leaves from the cauliflower, then break into large florets. Cook the rice in a large pan of boiling salted water according to the packet instructions, adding the florets and leaves for just the first 10 minutes to parboil, then remove them to a large roasting tray with a slotted spoon. Drizzle the cauliflower with 2 tablespoons of olive oil, season with a pinch of sea salt, black pepper and the za'atar, and toss to coat. Place another tray on top, push down to really squash and flatten, then place in the oven (still with the tray on top) for 30 minutes, or until golden and crisp.

Meanwhile, destone and roughly chop the cherries, finely chop the preserved lemon, discarding any pips, and place in a bowl. Squeeze in half the lemon juice, drizzle with the honey and 3 tablespoons of extra virgin olive oil, and mix well.

Drain the rice and leave to steam dry. Toast the pine nuts in a dry non-stick frying pan on a medium heat until golden. Squeeze the remaining lemon juice over

the rice and season to taste with salt and pepper. Pick and finely chop the herbs, toss with the rice and tip on to a platter. Top with the cauliflower, yoghurt, pine nuts and the lemony cherry mixture (juices and all).

Feel free to swap in your favourite soft herbs, depending on what you've got at home. Plus, any kind of unsalted nuts or seeds work well in this story.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
568kcal	25.1g	4.8g	15.8g	74.1g	16.3g	0.9g	7.8g

EASY THAI-STYLE NOODLE SALAD

CRUNCHY VEG, LOADS A HERBS, SUPER-FRESH DRESSING, NUTS & SEEDS

SERVES 4 | 20 MINUTES

200g vermicelli rice noodles
5cm piece of ginger
3 limes
1 tablespoon low-salt soy sauce
1 tablespoon chilli jam
extra virgin olive oil
sesame oil
4 spring onions
650g mixed crunchy veg, such as carrots, pak choi, Chinese cabbage, radishes, chicory, asparagus, sprouts
80g unsalted peanuts
1 tablespoon sesame seeds
½ a bunch of fresh mint (15g)

Cook the noodles according to the packet instructions, then drain and refresh under cold running water. Meanwhile, peel and roughly chop the ginger, then bash to a paste in a pestle and mortar. Finely grate in the lime zest and squeeze in the juice, then add the soy sauce, chilli jam, 2 tablespoons of extra virgin olive oil and 1 teaspoon of sesame oil. Muddle together and tip into a large salad bowl.

Take pride in slicing the veg really nicely: trim and very finely slice the spring onions and whatever other crunchy veg you choose, and add to the dressing. Toast the peanuts and sesame seeds in a dry non-stick frying pan on a medium heat until golden, then bash half to a powder in a pestle and mortar and tip into the bowl, saving the rest for garnish. Add the noodles to the bowl, then pick and tear in the herb leaves and toss together well, scattering over the reserved nuts and seeds. Season with black pepper and extra soy, if you like.

Sometimes I like to serve this dish with soy-doused silken tofu – delicious!

½ a bunch of fresh
coriander (15g)

I often make this salad to use up odds and ends in the fridge, which means it's always a little bit different – a great recipe for minimizing food waste.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
437kcal	18.2g	3.1g	11.5g	55.5g	10.6g	0.5g	3.6g

WARM GRAPE & RADICCHIO SALAD

TOASTED PINE NUTS, GARLIC, ROSEMARY, STICKY BALSAMIC & HONEY

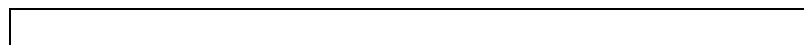
SERVES 4 | 30 MINUTES

200g seedless red grapes
1 radicchio or 2 red chicory
2 cloves of garlic
2 sprigs of fresh rosemary
2 heaped tablespoons pine nuts
olive oil
2 tablespoons balsamic vinegar
1 tablespoon runny honey
30g rocket

Put the grapes on a griddle pan over a high heat and grill for 5 minutes, or until caramelized and starting to burst open, then place in a large salad bowl. Trim and quarter the radicchio, then dismantle all the leaves. Working in batches, grill, char and soften on both sides, then add to the bowl (this may feel like a very unusual process, but trust me, it's delicious).

Once you've grilled the radicchio, turn the heat off (we're going to use the pan to make a warm dressing). Peel and finely slice the garlic, pick the rosemary leaves and place in the still-hot griddle pan with the pine nuts and 2 tablespoons of oil. Keep everything moving for 1 minute, then add the balsamic vinegar (it'll sizzle and smell amazing!), and pour every last bit into the bowl along with the honey. Toss and massage it all together, seasoning to absolute perfection with sea salt and black pepper. Leave to sit for 10 minutes, then toss through the rocket.

Great as a side salad, or shave over a little goat's cheese and serve with hot toast.



This salad makes a surprisingly amazing
pizza topping with bombs of mozzarella.
Enjoy!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
209kcal	13.6g	1.5g	2.9g	20.1g	17.8g	0.1g	2.6g

BURGERS & FRITTERS

BURGERS & FRITTERS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



BURGERS & FRITTERS

INDIAN-STYLE CHIP BUTTY

SWEETCORN & JALAPEÑO FRITTERS

ROASTED BLACK BEAN BURGERS

SPICED CARROT PANCAKES

BRILLIANT BHAJI BURGER

ROGAN JOSH SCOTCH EGGS

ROASTED FALAFEL PITTA POCKETS

INDIAN-STYLE CHIP BUTTY

SPICED POTATO, MANGO & POMEGRANATE CHUTNEY, MINT YOGHURT & SPRINKLES

SERVES 4 | 35 MINUTES

400g potatoes
400g sweet potatoes
3 cloves of garlic
3cm piece of ginger
1 fresh red chilli
1 large knob of unsalted butter
1 teaspoon garam masala
1 teaspoon mustard seeds
2 tablespoons mango chutney
½ a pomegranate
1 bunch of fresh mint (30g)
4 tablespoons natural yoghurt
4 soft rolls
20g Bombay mix

Scrub the potatoes and sweet potatoes and chop into 2cm chunks, cook in a large pan of boiling salted water for 10 minutes, or until tender, then drain and steam dry. Peel the garlic and ginger, finely chop with the chilli, and place in a large non-stick frying pan over a medium heat with the butter, garam masala and mustard seeds. After 1 minute, tip and mash in the potatoes, then season to perfection with sea salt and black pepper. Keep frying until crispy, then mix up and allow to get crispy again. Divide roughly into 4 (still in the pan), then use 2 spoons to crudely mould and shape into balls, patiently frying and turning until kind of rounded, really golden and crispy all over (trust me, these are amazing!).

Spoon the mango chutney into a bowl, squeeze in enough pomegranate juice to loosen, then mix together with a handful of the pomegranate seeds. Whiz the mint leaves in a blender with the yoghurt until smooth. Split the rolls open and lightly toast on the inside, and roughly crush the Bombay mix.

Spoon a dollop of mint yoghurt on to each bun base, top with a hot potato ball, a little mango chutney and Bombay mix, then pop the lid on and squash.

As another option, these are also great torn into a chapatti with a mixed chopped salad and a squeeze of lemon juice for an Indian-style wrap.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
470kcal	11.4g	5.2g	12.8g	84.6g	14g	1.3g	3.6g

SWEETCORN & JALAPEÑO FRITTERS

CARAMELIZED BANANA, AVOCADO, TOMATO & FETA SALAD

SERVES 4 | 35 MINUTES

1 mug of self-raising flour
1 mug of semi-skimmed milk
1 mug of frozen sweetcorn
1 large egg
1 heaped tablespoon pickled jalapeño chillies
60g feta cheese
1 cucumber
4 ripe mixed-colour tomatoes
2 tablespoons red wine vinegar
½ a bunch of fresh coriander (15g)
2 spring onions
1 ripe avocado
4 ripe bananas
olive oil

Put the flour, milk and sweetcorn into a bowl, crack in the egg, and season with a pinch of black pepper. Finely chop and add the jalapeño chillies, then crumble in half the feta and whisk to a thick batter.

Roughly chop the cucumber and tomatoes, then place in a salad bowl with the vinegar. Pick and roughly chop most of the coriander leaves, trim and finely slice the spring onions, then add to the bowl with a pinch of pepper and toss together. Quarter, destone and peel the avocado.

For the best results, cook one portion at a time: peel one of the bananas and halve lengthways, then place cut side down to one side of a large non-stick frying pan over a medium heat with 1 teaspoon of oil. Spoon 2 separate ladlefuls of batter into the pan, and cook until the fritters are golden on both sides and the banana is caramelized. Repeat with the remaining ingredients, dividing the salad, avocado, remaining feta and coriander between the plates as you go.

Frozen and tinned sweetcorn is amazing, but for the ultimate experience, remove the

kernels from fresh corn cobs.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
557kcal	18.4g	5.5g	17.6g	85.8g	26.7g	1.5g	5.9g

ROASTED BLACK BEAN BURGERS

ZINGY SALSA, YOGHURT, SLICED MANGO & AVOCADO

SERVES 4 | 40 MINUTES

1½ red onions
200g mixed mushrooms
100g rye bread
ground coriander
1 × 400g tin of black beans
olive oil
40g mature Cheddar cheese
4 soft rolls
100g ripe cherry tomatoes
1 lime
chipotle Tabasco sauce
1 ripe mango
1 ripe avocado
4 tablespoons natural yoghurt
4 sprigs of fresh coriander

Preheat the oven to 200°C/400°F/gas 6. Peel 1 onion, place in a food processor with the mushrooms, rye bread and 1 teaspoon of ground coriander, and whiz until fine. Drain and pulse in the black beans, season lightly with sea salt and black pepper, then divide into 4 and shape into patties, roughly 2.5cm thick. Rub all over with oil and dust with ground coriander, then place on an oiled baking tray and roast for 25 minutes, or until dark and crispy, topping with the Cheddar and warming the rolls for the last few minutes.

Meanwhile, peel and very finely chop the remaining onion with the tomatoes and place in a bowl. Squeeze over the lime juice, add a few shakes of Tabasco and season to taste. Destone, peel and finely slice the mango and avocado.

Halve the warm rolls and divide the yoghurt between the bases, followed by half the salsa, the mango, avocado and coriander leaves. Top with the burgers, remaining salsa and extra Tabasco, pop the lids on and press down lightly.

Always nice with oven-roasted, skin-on chips.

Make sure you choose the ripest possible tomatoes for the salsa – the flavour is incomparable!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
499kcal	18.7g	5.3g	19g	64g	14.1g	1.6g	12.5g

SPICED CARROT PANCAKES

SILKY HOUMOUS, CRUNCHY VEG, ROSE HARISSA & CRUSHED PISTACHIOS

SERVES 4 | 20 MINUTES

150g carrots
1 fresh green chilli
½ a bunch of fresh coriander (15g)
½ a red onion
1 teaspoon ground cumin
½ teaspoon fennel seeds
1 mug of wholemeal self-raising flour
1 mug of semi-skimmed milk
1 large egg
olive oil
100g crunchy veg, such as radishes, carrots, cucumber
rose harissa
1 lemon
4 tablespoons go-to houmous (see [page 242](#))
30g watercress
optional: 40g feta cheese

Scrub the carrots and coarsely grate into a large bowl. Finely chop and add the chilli and coriander, peel, finely slice and add the onion, then scatter over the spices. Add the flour, milk, egg and a pinch of sea salt, and mix well.

Place a large non-stick frying pan on a medium-low heat and drizzle in 1 teaspoon of oil. Working in batches, spoon in 2 tablespoons of batter per pancake (the rougher the better – the sprawly bits will give you great texture and crunch). Cook until golden on both sides, pressing lightly after you turn, then repeat.

Meanwhile, finely slice the crunchy veg, and mix 2 teaspoons of harissa with half the lemon juice. Serve 2 pancakes at a time hot from the pan, topped with a dollop of go-to houmous (see [page 242](#)), a pinch of crunchy veg and some watercress. Crumble over the feta (if using) and drizzle over the lemony harissa. Bash the pistachios in a pestle and mortar until fine, then scatter on top and serve with lemon wedges for squeezing over.

Once you've mastered this recipe, why not give it a try with grated beetroot, squash or

30g shelled
unsalted pistachios

courgettes. Super-delicious!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
411kcal	15.3g	3.9g	17.9g	54.4g	8.7g	1g	9g

BRILLIANT BHAJI BURGER

CORIANDER YOGHURT, MANGO CHUTNEY, CRUNCHY
POPPADOM SPRINKLE

SERVES 4 | 40 MINUTES

1 red onion
2 cloves of garlic
2 fresh green
chillies
1 big bunch of
fresh coriander
(60g)
75g paneer cheese
200g butternut
squash
4cm piece of
ginger
100g plain flour
1 lime
2 teaspoons rogan
josh curry paste
olive oil
75g natural
yoghurt
1 baby gem lettuce
4 soft burger buns
2 uncooked
poppadoms
mango chutney

Peel and very finely slice the onion and garlic, deseed and finely slice the chillies, finely chop the coriander stalks, reserving the leaves, then place in a bowl. Coarsely grate in the paneer and squash (deseed if needed), then peel and finely grate in the ginger. Sprinkle in the flour and a pinch of sea salt and black pepper, then squeeze over the lime juice. Add the curry paste and 50ml of water, then mix.

Drizzle 2 tablespoons of oil into a large non-stick frying pan over a medium-low heat, then roughly divide the mixture into 4 portions and place in the pan, flattening them out into rough rounds, about the width of the buns (don't worry about wispy edges, it'll mean bonus crunch later!). Fry for 16 minutes, or until golden and cooked through, turning every few minutes. Meanwhile, pound most of the coriander leaves to a paste in a pestle and mortar, muddle in the yoghurt, then season to taste. Finely shred the lettuce, halve the burger buns (warm first, if you like), and puff up the dry poppadoms in the microwave for 30 seconds each.

Divide the coriander yoghurt between the bases and inside bun-lids, then break up the poppadoms and

sprinkle over. Place a crispy bhaji burger on top of each bun-base, add a dollop of mango chutney, a few coriander leaves and the lettuce, then pop the tops on and press down lightly.

Serve with a cold beer and extra fresh chilli if you love a bit of heat (like me!).

You can have a lot of fun with this recipe by mixing up not only the veg you choose but also the curry paste.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
493kcal	15.4g	4.8g	17g	75.2g	20.7g	1.9g	6.2g

ROGAN JOSH SCOTCH EGGS

RUNNY GOLDEN YOLKS, CRISPY NAAN BREADCRUMBS & MANGO CHUTNEY

SERVES 4–8 | 50 MINUTES PLUS CHILLING

5 large eggs
2 × 250g packets
of mixed cooked
grains, ideally with
punchy flavour
2 heaped
teaspoons rogan
josh curry paste
1 bunch of fresh
mint (30g)
50g plain flour
1 naan bread
2 litres vegetable
oil, for frying
mango chutney

Soft-boil 4 eggs in a pan of boiling salted water on a medium-high heat for 5 minutes exactly, then drain, cool under cold running water, and peel. Tip the grains into a food processor with the curry paste, pick in the mint leaves, then whiz until fairly fine and tacky in texture, adding a splash of water, if needed. Divide into 4 balls. One at a time, pat out on a 15cm square of greaseproof paper, to just under 1cm thick. Place the paper flat on your hand, put a peeled egg in the centre and mould the mixture up and around the egg to seal it inside, using the paper to help you. As it comes together into a ball, remove it from the paper and press gently in your hands to create the perfect covering – patch up any holes as you go. Place the flour in one bowl, beat the remaining egg in another, then whiz the naan to fine crumbs and tip into a third bowl. Cover the coated eggs with flour, dip into the beaten egg and roll in the crumbs until well covered, then chill.

When you're ready to cook, just under half-fill a large sturdy pan with oil – the oil should be 8cm deep, but never fill your pan more than half full – and place on a medium-high heat. Use a thermometer to tell when it's ready (170°C), or add a piece of potato and wait until it turns golden – that's the sign that it's ready to go.

Carefully lower the Scotch eggs into the pan using a slotted spoon and cook for 8 minutes, or until golden. Scoop out and drain on kitchen paper. Cut in half and serve seasoned lightly with sea salt and with mango chutney for dunking.

Fantastic with salad for dinner, or serve up half as a starter or lighter bite.

Super-fun made with the double yolker eggs you're able to buy these days – everyone loves them!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
674kcal	43.3g	6.6g	21.7g	48.7g	1.8g	1.7g	5.7g

ROASTED FALAFEL PITTA POCKETS

SILKY TAHINI, CHOPPED SALAD, CRISPY CHICKPEAS &
GARLIC, POMEGRANATE

SERVES 4 | 1 HOUR

2 × 400g tins of chickpeas
olive oil
2 cloves of garlic
½ teaspoon each dried chilli flakes, fennel seeds, cumin seeds, ground coriander
1 big bunch of mixed fresh herbs, such as flat-leaf parsley, coriander, mint (60g)
200g frozen peas
4 ripe tomatoes
½ a cucumber
extra virgin olive oil
1 lemon
½ a pomegranate
4 large pitta breads
4 tablespoons tahini

Preheat the oven to 200°C/400°F/gas 6. Drain the chickpeas, placing a handful into a small non-stick ovenproof frying pan over a medium heat with 3 tablespoons of olive oil. Peel, finely slice and add the garlic, then cook until golden, stirring regularly while you whiz up the falafel mix. Working quickly, place the spices in a food processor with a pinch of sea salt and black pepper. Tear in the herbs, discarding the stalks, then tip in the remaining chickpeas and the peas and whiz to combine, keeping a bit of texture. Remove the chickpeas and garlic to kitchen paper with a slotted spoon, leaving the flavoured oil behind. Carefully add the falafel mix to the hot flavoured oil and press out with a spatula to flatten and fill the pan. Fry for 5 minutes, then roast for 40 minutes, or until golden and crisp.

Meanwhile, finely chop the tomatoes and cucumber and scrape into a bowl. Drizzle lightly with extra virgin olive oil, squeeze over the lemon juice and season with salt and pepper. Holding the pomegranate half cut side down in your fingers, bash the back of it with a spoon so all the seeds tumble into another bowl.

Warm the pittas in the oven for 2 minutes, then cut strips off one side and open out to create pitta pockets. Loosen the tahini with a splash of water, if needed, then rub 1 tablespoon around the inside of each pitta pocket. Randomly stuff with a quarter of the falafel, breaking and pushing it in, then load up with as much salad and pomegranate as you can fit in. Finish with the crispy chickpeas and garlic, and serve any leftover salad on the side.

Jazz this up even more by serving with a dollop of harissa swirled yoghurt – seriously good!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
540kcal	24.8g	3.6g	20.6g	61.9g	9.7g	1.6g	11.7g

ONE-PAN WONDERS

ONE-PAN WONDERS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



ONE-PAN WONDERS

SCRUFFY AUBERGINE LASAGNE

SUMMER BUBBLE & SQUEAK

PROPER BAKED BEANS

GREEK-INSPIRED CAULIFLOWER STEW

TOMATO & SPRING VEG FRITTATA

ANGRY PASTA FAGIOLI

SHAKSHUKA, MY STYLE

SPEEDY EGG-FRIED RICE

SCRUFFY AUBERGINE LASAGNE

SWEET TOMATO SAUCE WITH GARLIC, SAGE & LEMON,
CHEESE & ALMOND CRUNCH

SERVES 6 | 1 HOUR 35 MINUTES

3 large aubergines
(400g each)

3 onions

6 cloves of garlic

1 bunch of fresh
sage (30g)

olive oil

1 teaspoon dried
chilli flakes

1 lemon

2 × 400g tins of
quality plum
tomatoes

80g mature
Cheddar cheese

80g Parmesan
cheese

300g fresh lasagne
sheets

50g blanched
almonds

Place a large shallow casserole pan on a medium heat with 250ml of water. Halve the aubergines lengthways and place in the pan. Peel, quarter and add the onions, then cover with a lid and cook for 20 minutes.

Meanwhile, peel and finely slice the garlic, and pick the sage leaves. Preheat the oven to 200°C/400°F/gas 6.

Remove the lid, and once most of the liquid has cooked away, make a well in the middle. Add 3 tablespoons of oil, the garlic, chilli flakes and most of the sage leaves, then finely grate in the lemon zest. Once golden, scrunch in the tomatoes, pour in 2 tins' worth of water, and simmer for 20 minutes, stirring occasionally.

Remove the pan from the heat, grate in the cheeses, then season to absolute perfection with sea salt and black pepper. Tear in the pasta sheets and mix up really well to coat and separate, then pull some of the sheets to the top to create a top layer. Bash the almonds until fine and rub the remaining sage leaves with oil, then sprinkle on top. Use the back of a spoon to create some dips and wells, and bake for 25 minutes, or until golden and bubbling.

I love this served with a big crunchy green salad dressed with balsamic vinegar.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Two of my girls are gluten-intolerant, so I often turn this into a pasta bake by using gluten-free pasta. Feel free to use any pasta shape. Simply parboil before adding.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
463kcal	22.9g	7.5g	20.1g	48.4g	16.3g	0.6g	5.7g

SUMMER BUBBLE & SQUEAK

CHILLI FRIED EGGS, APPLE & WATERCRESS SALAD, FRENCH DRESSING

SERVES 4 | 1 HOUR

600g baby new potatoes
150g fresh or frozen peas
150g fresh or frozen broad beans
¼ of a Savoy cabbage (250g)
1 courgette
1 carrot
olive oil
4 large eggs
1 fresh red chilli
extra virgin olive oil
1 teaspoon Dijon mustard
1 tablespoon red wine vinegar
1 eating apple
40g watercress

Scrub the potatoes and cook in a large pan of boiling salted water for 20 minutes, or until tender, adding the peas and broad beans for the last minute, then drain. Meanwhile, trim the cabbage and courgette and scrub the carrot, then roughly chop into 1cm chunks. Place them all in a 26cm non-stick frying pan on a medium heat with 1 tablespoon of olive oil and cook for 15 minutes, or until golden and caramelized, then add the potatoes, peas and broad beans. At this point, start to mash it all up – keep mashing and frying for 15 minutes. Season to taste with sea salt and black pepper, pat down and flatten for a final 5 minutes, or until golden and crisp, then turn out on to a platter.

Fry the eggs to your liking in the same pan, finely slicing and scattering the chilli over the egg. Pour 2 tablespoons of extra virgin olive oil into a large bowl, and whisk in the mustard and vinegar. Matchstick the apple, toss in the dressing with the watercress, and serve alongside the bubble and squeak and eggs.

If this is what summer looks like, imagine how gorgeous winter could also be – think

chestnuts, squash, Brussels sprouts,
mushrooms. Wow!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
373kcal	17.4g	3.4g	16.8g	40.4g	12.7g	0.4g	9.6g

PROPER BAKED BEANS

SWEET TOMATO & PEPPER SAUCE, CHEDDAR, ROSEMARY & CRISPY STODGY BREAD

SERVES 6 | 1 HOUR 10 MINUTES

1 red onion
2 cloves of garlic
1 carrot
1 fresh red chilli
olive oil
1 teaspoon sweet smoked paprika
1 tablespoon cider vinegar
1 × 450g jar of roasted peppers in brine
1 × 400g tin of quality plum tomatoes
1 level teaspoon black treacle
4 × 400g tins of beans, such as butter, cannellini
½ a loaf of rustic bread (250g)
60g mature Cheddar cheese
4 sprigs of fresh rosemary

Preheat the oven to 200°C/400°F/gas 6. Peel the onion and garlic, and scrub the carrot, then whiz in a food processor with the chilli until finely chopped. Tip into a large non-stick ovenproof frying pan over a medium heat with 1 tablespoon of oil and the paprika, then fry for 15 minutes, or until lightly caramelized, stirring regularly. Add the vinegar and leave to cook away, then tip back into the food processor with the peppers (juices and all) and tomatoes and whiz until smooth. Pour back into the pan, add the treacle and bring to the boil. Tip in the beans (juices and all), then simmer for 5 minutes, while you slice the bread 1cm thick.

Coarsely grate the cheese and stir through the beans, then season to perfection with sea salt and black pepper. Fan the bread over the top of the pan, patching up any gaps, then lightly push it down into the sauce and rub a little sauce over the top. Pick the rosemary leaves and toss with a little oil, then sprinkle over the top. Bake for 30 minutes, or until golden and gnarly (you're aiming for the perfect contrast between crisp and wonderfully stodgy).

Nice served as the main event or as a side – I like it with a crispy tangy salad.

This is a great opportunity to try different beans, or even chickpeas.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
384kcal	9.2g	3.3g	20.3g	56.5g	11g	0.6g	12.3g

GREEK-INSPIRED CAULIFLOWER STEW

OLIVES, ZINGY LEMON, FRESH TOMATOES, NEW POTATOES &
PEAS

SERVES 4 | 1 HOUR 25 MINUTES

1 lemon
olive oil
1 bulb of garlic
2 red onions
10 black olives
(stone in)
300g new potatoes
½ a bunch of fresh
oregano (15g)
10 large ripe plum
tomatoes
1 head of
cauliflower,
ideally with leaves
(800g)
200g fresh or
frozen peas or
broad beans

Preheat the oven to 200°C/400°F/gas 6. Use a speed-peeler to strip the lemon zest into a large casserole pan on a medium heat, then add 2 tablespoons of oil and the garlic bulb. Peel and quarter the onions and separate into petals, destone the olives, and slice the potatoes 1cm-thick. Add to the pan, pick in the oregano leaves and cook for 5 minutes, or until just starting to soften and colour. Quarter and add the tomatoes, then season to taste with sea salt and black pepper.

Pour 500ml of water into the pan and bring to the boil, stirring well and scraping up any sticky bits from the bottom. Discard just the tatty outer leaves from the cauliflower, then cut a cross into the stalk and push it right down to the bottom of the pan. Drizzle with 1 tablespoon of oil, cover, then place in the oven for 1 hour, or until golden and caramelized, basting occasionally and removing the lid halfway through. Remove the cauliflower to a serving platter and pick out the garlic bulb, then place the pan back over a medium heat on the hob, stir in the peas or broad beans, and simmer for 5 minutes. Carefully squeeze all

the garlic out of the skins and stir back into the pan. Taste and tweak the seasoning, if needed, then pour over the cauliflower and finish with a good squeeze of lemon juice.

I love to serve this with bread to mop up the juices – heavenly!

When adding the peas or broad beans, this is your opportunity to add extra quick-cooking greens like chard, spinach, asparagus, tenderstem broccoli – this will lift the dish and really reflect the seasons.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
311kcal	12.3g	1.9g	11.9g	41g	21.2g	0.3g	11.9g

TOMATO & SPRING VEG FRITTATA

PEAS, ASPARAGUS, RICOTTA & FRESH MINT

SERVES 4 | 2 HOURS 15 MINUTES

6 large ripe tomatoes
1 teaspoon dried oregano
8 large eggs
50g Parmesan cheese
60g fresh peas
300g asparagus
½ a bunch of fresh mint (15g)
olive oil
125g ricotta cheese

Preheat the oven to 140°C/275°F/gas 1. Halve and deseed the tomatoes, then place in a 26cm non-stick ovenproof frying pan and season with sea salt and black pepper. Sprinkle over the oregano, roast for 1 hour 30 minutes, then remove.

Turn the temperature up to 200°C/400°F/gas 6. Crack the eggs into a large bowl and whisk until pale and fluffy. Grate in most of the Parmesan, add the peas and season with a pinch of salt and pepper. Use a speed-peeler to peel the asparagus into ribbons, discarding the woody ends, then pick and finely chop the mint leaves, adding both to the bowl and mixing together.

As soon as the oven is up to temperature, remove the tomatoes from the pan and drizzle in 1 tablespoon of oil. Pour in the egg mixture, then place the tomatoes back on top. Spoon over little nuggets of ricotta, and grate over the remaining Parmesan. Bake for 18 minutes, or until golden and just set.

Nice served with a hunk of crusty bread.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

I love making these dehydrated tomatoes,
but if you haven't got time, swap in sun-
dried tomatoes – it's no trouble at all!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
340kcal	23.7g	8.5g	25.6g	8g	6.4g	1.7g	3.5g

ANGRY PASTA FAGIOLI

SQUASH, BEANS, WARMING CHILLI, ROSEMARY OIL

SERVES 4 | 50 MINUTES

300g butternut squash
1 carrot
olive oil
4 fresh red chillies
1 onion
2 cloves of garlic
300g dried wholemeal penne
1 × 400g tin of borlotti beans
1 × 400g tin of quality plum tomatoes
2 sprigs of fresh rosemary
extra virgin olive oil
1 teaspoon red wine vinegar

Peel the squash (deseed if needed) and scrub the carrot, then chop into 1cm chunks, and place in a large casserole pan on a medium heat with 2 tablespoons of olive oil. Prick and throw in the whole chillies (this will give you a warming, gentle heat), then cook for 10 minutes, or until lightly golden, stirring regularly. Peel and finely chop the onion and garlic, then add to the pan and cook for a further 10 minutes, or until softened and caramelized.

Wrap the pasta in a clean tea towel and bash with a rolling pin to crack and break it up (give it some welly!), then stir into the pan with a pinch of sea salt and black pepper. Tip in the beans (juices and all) and scrunch in the tomatoes, along with 3 tins' worth of water. Pop the lid on and simmer for 20 minutes, or until thickened and the pasta is cooked, stirring occasionally.

Meanwhile, strip the rosemary leaves into a pestle and mortar, add a pinch of salt and bash to a paste, then muddle in 3 tablespoons of extra virgin olive oil and the vinegar. Swirl into the pan and serve up.

I like to pull out the chillies, chop them into a paste and serve them as an angry (fiery)

condiment for stirring back through the
soup, to taste.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
506kcal	17.9g	2.6g	17.3g	73g	13.9g	1.2g	13.6g

SHAKSHUKA, MY STYLE

CHIPPED POTATOES & SQUASH, PEPPERS & FIERY ROSE HARISSA

SERVES 4 | 30 MINUTES

200g potatoes
200g butternut squash
olive oil
3 mixed-colour peppers
½ a bunch of fresh flat-leaf parsley (15g)
2 cloves of garlic
1 teaspoon fennel seeds
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon rose harissa
1 × 400g tin of quality plum tomatoes
4 large eggs

Scrub the potatoes and squash (deseed if needed), slice into 1cm-thick chips, then place in a large non-stick frying pan on a medium heat with 1 tablespoon of oil. Deseed and roughly chop the peppers, adding them to the pan as you go. Pick the parsley leaves, finely slicing the stalks. Peel and finely slice the garlic and add to the pan with the parsley stalks, fennel seeds, paprika and cumin, then cover and cook for 10 minutes, stirring regularly.

Flick over the harissa and scrunch in the tomatoes, then stir in ¼ of a tin's worth of water, pop the lid back on and cook for a further 10 minutes, or until the potatoes and squash are soft, stirring occasionally. Remove the lid, stir in the parsley leaves and season with a pinch of sea salt, then cook until the sauce has thickened and reduced. Make 4 wells with the back of a spoon, crack in the eggs, pop the lid on and cook the eggs to your liking.

Nice served with warm flatbreads and extra harissa, if you like.

I've made quite a dry shakshuka before, stirred through lots of beaten eggs and

baked it to make a kind of frittata – very good it was, too!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
219kcal	10.5g	2.2g	11.3g	22.5g	11.6g	0.8g	5.2g

SPEEDY EGG-FRIED RICE

LOADSA GREENS, ASIAN DRESSING, CHILLI & SESAME SEEDS

SERVES 2 | 15 MINUTES

1 pak choi
200g delicate green veg, such as asparagus, sugar snap peas, baby spinach, peas
2 spring onions
1 fresh red chilli
2cm piece of ginger
groundnut oil
tamari
1 tablespoon white wine vinegar
1 × 250g sachet of cooked basmati rice
1 lime
2 large eggs
1 tablespoon sesame seeds
2 sprigs of fresh coriander

Place a large non-stick frying pan on a high heat. Halve the pak choi, then trim and prep the green veg, as necessary (snap off and discard the woody ends from the asparagus, if using, and halve the spears), and place in the pan. Trim, finely slice and add the spring onions and chilli, then peel, finely chop and add the ginger. Cook for 1 minute, or until lightly charred, tossing halfway, then drizzle in 2 tablespoons of oil, 1 tablespoon of tamari and the vinegar. Tip into a serving bowl.

Break up the rice and tip into the hot pan, finely grate in half the lime zest and add a splash of water. Stir-fry for 2 minutes, then flatten into an even layer. Beat and pour over the eggs, sprinkle with the sesame seeds and add a few drips of tamari, then cover and turn the heat off. Leave for 2 minutes (the residual heat will cook the egg), then serve with the veg, tearing over the coriander leaves. Cut the lime into wedges for squeezing over.

Obviously you can cook your own rice and simply refresh under cold water and drain, but using the packets is a great little cheat if you're short on time.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
426kcal	22.3g	4.9g	17.4g	41.3g	3.9g	1.2g	4.6g

BRUNCH

BRUNCH

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION



BRUNCH

AUSSIE-STYLE BRUNCH BOWLS

HONEYED HALLOUMI, FIGS & FLATBREADS

SUPER SPINACH PANCAKES

BRUNCH-STYLE EGG CURRY

VEGGIE FRY-UP

COURGETTE & FETA SCONES

AVOCADO & JALAPEÑO HASH BROWN

COMFORTING CONGEE BOWL

SPEEDY SPICED POCKET BREAD

BEAUTIFUL BUCKWHEAT PANCAKES

RIPPLED SMOOTHIE BOWLS

STICKY TOFFEE WAFFLES

AUSSIE-STYLE BRUNCH BOWLS

AVO, EGGS, SPROUTS & VEG, INCREDIBLE APRICOT, CHILLI & TOMATO DRESSING

SERVES 4 | 15 MINUTES

4 large eggs
80g podded broad beans
80g baby spinach
80g mixed sprouts
40g mixed seeds
½ a cucumber
1 ripe beef tomato
1 ripe avocado
40g shelled unsalted walnut halves
1 bunch of mixed fresh herbs, such as coriander, flat-leaf parsley, mint (30g)
1 bunch of radishes, ideally with leaves
1 fresh red chilli
8 dried apricots
8 ripe mixed-colour cherry tomatoes
extra virgin olive oil
½ a lemon

Soft-boil the eggs in a pan of boiling water on a medium-high heat for 5½ minutes, then drain, cool under cold running water and peel. Meanwhile, get all the veg prepped, dividing it between 4 bowls in little piles as you go: lightly crack the broad beans in a pestle and mortar, and place in the bowls with the spinach, sprouts and seeds. Chop the cucumber, slice the tomato, quarter, destone and peel the avocado, bash the walnuts and pick most of the herb leaves, then arrange nicely in the bowls along with the radishes, halving and adding the eggs.

For the dressing, roughly chop the chilli (deseed if you like), then bash to a paste in a pestle and mortar with the remaining herb leaves. Roughly chop and bash in the apricots, followed by the cherry tomatoes – you may need to work in batches. Muddle in 3 tablespoons of oil and the lemon juice, season to taste with sea salt and black pepper, then transfer to 4 little bowls.

Pour over the dressing and toss together, then serve with bread or toast.

For me, this dish is all about ducking and diving around the seasons, having fun and

not being boring, so change up the veggies
and nuts and make your mark.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
437kcal	34.2g	5.7g	17.5g	18g	13.6g	0.3g	5.9g

HONEYED HALLOUMI, FIGS & FLATBREADS

CHOPPED SALAD, YOGHURT, TAHINI, SOFT-BOILED EGGS & DUKKAH

SERVES 4 | 20 MINUTES

4 large eggs
1 gem lettuce
4 sprigs of fresh mint
1 ripe beef tomato
½ a cucumber
2 tablespoons natural yoghurt
2 tablespoons tahini
1 lemon
225g halloumi cheese
olive oil
2 tablespoons sesame seeds
4 teaspoons runny honey
4 ripe figs
8 black olives (stone in)
1 tablespoon dukkah
4 flatbreads

Soft-boil the eggs in a pan of boiling water on a medium-high heat for 5½ minutes, then drain, cool under cold running water and peel. Trim the lettuce and pick the mint leaves, then chop with the tomato and cucumber. Drizzle over the yoghurt and tahini, squeeze over the lemon juice, then continue chopping and mixing until fine. Season to taste with sea salt and black pepper.

Slice the halloumi lengthways into 4, then place in a large non-stick frying pan on a medium heat with 1 tablespoon of oil. Cook for 2 minutes on each side, scatter in the sesame seeds and press and turn to coat all over. Remove to a plate, then drizzle with the honey. Quarter the figs, destone the olives, then halve the eggs and sprinkle with the dukkah. Serve with warm flatbreads and display like a picnic.

You can add to this salad in so many ways, with interesting grains, salads, salsas or fruit – it's all about choice, contrast and variety. Delicious!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
536kcal	33.4g	13.2g	28.2g	31.1g	14.3g	2.5g	4g

SUPER SPINACH PANCAKES

AVOCADO, TOMATO, COTTAGE CHEESE, CHILLI & CORIANDER

SERVES 6 | 25 MINUTES

1 ripe avocado
350g ripe mixed-colour cherry tomatoes
100g baby spinach
3 spring onions
½ a bunch of fresh coriander (15g)
1 lime
extra virgin olive oil
1 large egg
1 mug of self-raising flour
1 mug of semi-skimmed milk
olive oil
300g cottage cheese
hot chilli sauce

Halve, destone, peel and finely slice the avocado and quarter the tomatoes, then place in a salad bowl with a quarter of the spinach. Trim, finely slice and add the spring onions and pick in the coriander leaves, then squeeze over the lime juice. Drizzle with 1 tablespoon of extra virgin olive oil, season to perfection with sea salt and black pepper, toss to coat and put aside.

Crack the egg into a blender, add the flour, milk, remaining spinach and a pinch of salt and pepper, then blitz until smooth. Place a large non-stick frying pan on a medium heat, rub the pan with a little olive oil, then pour in a thin layer of batter, swirling it up and around the edges. Cook on one side only for 2 minutes, or until lightly golden, then stack up on a serving plate and repeat.

Top each pancake with dollops of cottage cheese, the avocado salad, and a few good shakes of chilli sauce. Really nice served with extra lime wedges for squeezing over, and a fried egg on top, if you fancy.

Instead of spinach you could use a mixture of soft herbs, such as parsley, mint, basil or tarragon – whatever you like!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
331kcal	13.3g	4g	13.5g	42.3g	6.3g	1.2g	3g

BRUNCH-STYLE EGG CURRY

FLUFFY YOGHURT FLATBREADS, CORIANDER, LEMON & FRESH CHILLI

SERVES 6 | 30 MINUTES

2 onions
2 cloves of garlic
2cm piece of ginger
2 fresh red chillies
olive oil
2 tablespoons korma curry paste
9 large eggs
1 × 400g tin of quality plum tomatoes
1 × 400g tin of light coconut milk
200g self-raising flour, plus extra for dusting
150g natural yoghurt
½ a bunch of fresh coriander (15g)
1 lemon

Peel and finely slice the onions, garlic and ginger, finely slice 1 of the chillies, then place in a large casserole pan on a high heat with 1 tablespoon of oil. Fry for 10 minutes, or until soft, stirring constantly. Stir in the paste and a good pinch of sea salt, then cook for a further 5 minutes, or until sticky and lightly caramelized, stirring regularly. Meanwhile, cook the eggs in a pan of boiling water on a medium-high heat for 7 minutes, then drain, cool under cold running water and peel.

Scrunch the tomatoes into the pan, and pour in the coconut milk. Simmer on a low heat for 10 minutes, stirring occasionally, halving and adding the eggs for the last 5 minutes. Meanwhile, put the flour, yoghurt, 2 tablespoons of oil and a pinch of salt into a bowl, then mix, bring together and pat into a dough. Halve, then roll out each piece on a flour-dusted surface until just under 1cm thick. One at a time, cook in a large non-stick frying pan on a medium heat for 3 minutes, or until golden and cooked through, turning halfway.

Pick and finely chop the coriander leaves, stir into the curry, then season to taste. Tear and divide up the flatbreads, and top with a spoon of curry. Finely slice

and scatter over the remaining chilli, and slice the lemon into wedges for squeezing over. Tasty served with an extra dollop of yoghurt, if you like.

You can embellish this curry by adding paneer, chickpeas or even butter beans – they will give it a sumptuous, comforting feel. And if you fancy rice instead of bread, happy days!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
415kcal	22.7g	7.8g	17.1g	37.2g	10.2g	1.7g	3.6g

VEGGIE FRY-UP

CRISPY POLENTA, JALAPEÑO SALSA, FRIED EGGS,
MUSHROOMS & AVOCADO

SERVES 4 | 40 MINUTES PLUS SETTING

150g quick-cook
polenta

20g Parmesan
cheese

olive oil

1 × 200g jar of
pickled jalapeño
chillies

1 bunch of fresh
coriander (30g)

1 × 400g tin of
quality plum
tomatoes

200g mixed
mushrooms

1 ripe avocado

1 lime

4 large eggs

Cook the polenta in a pan of boiling salted water according to the packet instructions, whisking constantly to prevent lumps. It's ready when it comes easily away from the edge of the pan – you want a thick consistency. Remove from the heat, grate in and stir through the Parmesan. Tip into a 15cm × 20cm oiled baking dish (so it's 2.5cm thick), forking up the top to give great texture. Leave to set.

Tip the jalapeños (juices and all) into a blender, then add the coriander (stalks and all) and whiz until fine. Pour back into the jar – this will keep in the fridge for a couple of weeks for jazzing up future meals. Tip the tomatoes into a small pan, mashing them with a potato masher until fairly smooth, then season to taste and leave to blip away over a medium heat. Once the polenta is set, cut into 4 chunky wedges and place in a large non-stick frying pan over a medium heat with 1 tablespoon of oil. Once dark golden on one side, flip the polenta over, add the mushrooms to the gaps in the pan, and turn occasionally until softened.

Halve, destone, peel and finely slice the avocado, then squeeze over the lime juice. Spoon the tomato sauce on to plates, add the polenta wedges and mushrooms,

then fry the eggs to your liking and place on top.
Drizzle over a little jalapeño salsa, to taste, then add
the avocado and get stuck in.

To make vegetarian: swap Parmesan for vegetarian
hard cheese.

Sometimes I embellish this dish by adding
baby spinach with the avocado, and
crumbling over some feta.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
340kcal	16.4g	4.4g	14g	34.5g	4.4g	1.2g	2.5g

COURGETTE & FETA SCONES

JAZZED-UP FRIED EGGS, TOMATOES, MINT & CHILLI

SERVES 2 + 12 LEFTOVER SCONES | 45 MINUTES PLUS CHILLING

500g courgettes
500g self-raising flour
2 level teaspoons baking powder
150g unsalted butter (cold)
2 teaspoons dried chilli flakes
200g feta cheese
4 large eggs
1 fresh red chilli
olive oil
4 sprigs of fresh mint
150g ripe mixed-colour cherry tomatoes

Preheat the oven to 200°C/400°F/gas 6. Coarsely grate the courgettes (discard the seedy core), then place in a large bowl with a pinch of sea salt. Scrunch and squeeze together, then leave aside. Meanwhile, tip the flour into a bowl with the baking powder and a pinch of salt, then chop and rub in the butter. Squeeze the courgettes hard to get rid of any excess water, then stir through the flour mixture with the chilli flakes, and crumble in the feta. Make a well in the middle, crack in 2 of the eggs, then mix, pat and bring together into a dough (don't overwork it for a crumbly texture). Wrap in clingfilm and chill in the fridge for 15 minutes.

Roll out the chilled dough on a floured surface until 3cm thick, then stamp out the scones using a 6cm cutter. Place on a lined tray and bake for 20 minutes, or until golden, then leave to cool. Meanwhile, very finely slice the chilli. Drizzle 1 tablespoon of oil into a large non-stick frying pan on a medium heat, add half the chilli in the middle and pick in half the mint leaves, then crack an egg over the top. Scatter half the tomatoes in and around the edge of the pan, cover with a lid and cook for 2 minutes, or until cooked to your liking, then serve and repeat.

Nice served with a cup of builder's or mint tea.

Extra scones can be frozen raw, then cooked to order straight from frozen at 180°C/350°F/gas 4 for 35 minutes.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
411kcal	26.3g	10.5g	15.1g	31.3g	4g	1.6g	1.9g

AVOCADO & JALAPEÑO HASH BROWN

ROASTED VINE TOMATOES, SPRING ONIONS, CORIANDER &
POACHED EGGS

SERVES 4 | 35 MINUTES

250g ripe cherry
tomatoes, on the
vine
olive oil
800g Maris Piper
potatoes
4 spring onions
2 fresh jalapeño
chillies
1 ripe avocado
20g Parmesan
cheese
4 large eggs
4 sprigs of fresh
coriander
1 lime

Preheat the oven to 190°C/375°F/gas 5. Place the tomatoes on a baking tray, drizzle with 1 tablespoon of oil, season with sea salt and black pepper, then roast for 30 minutes. Meanwhile, scrub and coarsely grate the potatoes, then squeeze dry in a clean tea towel. Place a large non-stick ovenproof frying pan on a medium heat. Roughly slice the spring onions and jalapeños (deseed, if you like), and halve, destone, peel and finely slice the avocado. Mix everything together, then place in the pan with 1 tablespoon of oil and cook for 5 minutes, stirring occasionally. Finely grate in half the Parmesan and season with salt and pepper, then pat and flatten everything down into an even layer. Cook for 10 minutes, or until golden and crisp on the bottom, then transfer to the oven for a final 10 minutes.

Meanwhile, poach the eggs to your liking. Turn the hash brown out on to a board (it's the perfect combo of soft and crispy), then finely grate over the remaining Parmesan. Divide between plates, top with the tomatoes and poached eggs, then tear over the

coriander leaves. Serve with lime wedges for squeezing over.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Cooked avocado is utterly delicious – however, it does divide people. If you're not a fan, simply leave it out of the hash brown and serve it fresh on top.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
377kcal	19.9g	4.6g	14.4g	38.1g	4.3g	1.3g	3.6g

COMFORTING CONGEE BOWL

SOFT-BOILED EGGS, SHIITAKE BACON, CHILLI & SHREDDED
SPRING ONION

SERVES 4 | 1 HOUR

4 cloves of garlic
4cm piece of
ginger
250g jasmine rice
1.5 litres vegetable
stock
1 star anise
250g shiitake
mushrooms
groundnut oil
4 large eggs
2 spring onions
1 fresh red chilli
2 sprigs of fresh
coriander
1 tablespoon black
sesame seeds
low-salt soy sauce

Preheat the oven to 200°C/400°F/gas 6. Peel the garlic and ginger, bash to a paste in a pestle and mortar, and scrape into a large pan on a medium heat. Add the rice, vegetable stock, 500ml of water, the star anise and a pinch of sea salt and black pepper. Bring to the boil, then simmer on a low heat for 45 minutes, or until it resembles a porridge consistency, beating with a wooden spoon as it starts to thicken, and loosening with a splash of water, if needed.

With 30 minutes to go, trim and very finely slice the mushrooms. Toss with 1 tablespoon of oil and a small pinch of salt and pepper, then spread out in a single layer over a couple of oiled baking trays. Roast for 20 minutes, or until golden and perfectly crisp (the flavour and snappy texture are just incredible).

Meanwhile, soft-boil the eggs in a pan of boiling water on a medium-high heat for 5½ minutes, drain, cool under cold running water, then peel and halve. Trim and finely shred the spring onions, finely slice the chilli, and pick the coriander leaves. Divide the congee between warm bowls, discarding the star anise. Top

each with an egg, mushrooms, spring onions, chilli and coriander, and scatter over the sesame seeds. Serve drizzled with soy, to taste.

Hot, comforting congee is particularly good with a quick pickle, made by scrunching shredded carrot and cabbage with a little rice wine vinegar.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
394kcal	12.4g	2.7g	17.3g	58.1g	2g	1g	2.4g

SPEEDY SPICED POCKET BREAD

SOFT-COOKED EGG, FETA & PEAS, CHUNKY TOMATO SALSA

SERVES 1 | 10 MINUTES

¼ of a red onion
1 fresh green or yellow chilli
1 large wholemeal tortilla
1 large egg
15g feta cheese
30g fresh or frozen peas
curry powder
100g ripe mixed-colour cherry tomatoes
½cm piece of ginger
extra virgin olive oil
1 lime
2 sprigs of fresh coriander
1 tablespoon natural yoghurt

Peel the onion and very finely slice with the chilli. Lay the tortilla flat, crack the egg on top, then gently move the yolk around with your fingers (without breaking it) to spread the white to the edges, ending up with the yolk back in the middle. Crumble the feta over one half, then scatter the onion, chilli and peas over the feta. Dust with ½ a teaspoon of curry powder, then fold in half. Carefully transfer to a large non-stick frying pan on a medium-low heat, and cook for 3 minutes on each side for a soft, runny egg – cook for longer, if you prefer.

Meanwhile, finely grate 2 tomatoes into a bowl. Peel and finely grate in the ginger, drizzle in 1 teaspoon of oil, then quarter and stir through the remaining tomatoes. Squeeze over half the lime juice, then mix and season to perfection with sea salt and black pepper. Pick and stir through the coriander leaves.

Cut or tear the sandwich in half, and serve with the tomato salsa, yoghurt, a flick of curry powder and an extra squeeze of lime juice.

A brilliantly flexible dish for the whole

family – feel free to halt the chilli and curry powder if making for little ones, or indeed to ramp up the heat if (like me!) you're a bit of a chilli fiend.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
389kcal	16.7g	6g	19.7g	39g	10.3g	1.2g	9g

BEAUTIFUL BUCKWHEAT PANCAKES

ROASTED RHUBARB & PLUMS, CREAMY YOGHURT & BASHED HAZELNUTS

SERVES 4 | 30 MINUTES

2 large eggs
180g buckwheat flour
300ml semi-skimmed milk
300g rhubarb
8 ripe plums
2 blood or regular oranges
4 tablespoons runny honey
1 sprig of fresh rosemary
40g blanched hazelnuts
unsalted butter
4 heaped tablespoons Greek yoghurt

Preheat the oven to 180°C/350°F/gas 4. Crack the eggs into a bowl, add the flour, milk and a pinch of sea salt, whisk until smooth, then chill until needed.

Trim the rhubarb, slice into 4cm pieces and place in a 25cm × 35cm baking dish. Halve and destone the plums, then place cut side up in the dish. Finely grate over the orange zest, squeeze over the juice, then drizzle with the honey. Add the rosemary sprig to the dish (this will add a delicious subtle perfume) and roast for 30 minutes, or until softened and starting to caramelize.

Lightly bash the nuts in a pestle and mortar, then toast in a large dry non-stick frying pan on a medium heat until golden, and tip into a bowl. Place the pan back on the heat, and rub with a little butter. Loosen the batter with a splash of water, if needed, then pour in a ladleful, swirling it up and around the edges of the pan. Cook until lightly golden on both sides, then slide on to a plate. Serve as and when ready, with a dollop of

yoghurt, a quarter of the fruit, a scattering of nuts and a drizzle of juice from the fruit tray, then repeat. What a treat!

The buckwheat flour will give you a really interesting flavour, but feel free to use regular wholemeal flour, if you prefer.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
446kcal	15.8g	4.7g	15.8g	62.9g	33.8g	0.8g	4.9g

RIPPLED SMOOTHIE BOWLS

CRUNCHY GRANOLA, BLUEBERRY COMPOTE, LIME-SPIKED BANANA

SERVES 4 | 25 MINUTES

50g mixed
unsalted nuts and
seeds
150g rolled jumbo
oats
olive oil
runny honey
1 tablespoon
unsweetened
shredded, dried or
desiccated
coconut, plus extra
to serve
300g frozen
blueberries
3 ripe bananas
300g natural
yoghurt
1 teaspoon vanilla
bean paste
½ a lime

Preheat the oven to 180°C/350°F/gas 4. Roughly chop the nuts and seeds, then place in a large bowl with half the oats. Drizzle in ½ a tablespoon each of oil and honey, then mix well. Spread out evenly on a lined baking tray and roast for 20 minutes, or until lightly golden, then remove and stir through the coconut.

Meanwhile, heat the blueberries and ½ a tablespoon of honey in a small pan on a medium heat for 5 minutes, stirring occasionally and adding a splash of water to loosen, if needed. Peel two of the bananas, then whiz in a blender with the yoghurt, vanilla and the remaining oats until smooth. Divide three-quarters of the smoothie between 4 shallow bowls, then add half the blueberry compote to the blender and whiz again. Ripple into the bowls, then spoon over the remaining compote. Peel and slice the remaining banana, toss with the lime juice, then add to the bowl with the warm granola and an extra pinch of coconut.

I always peel, chop and freeze bananas that are on the turn – frozen bananas will give you a slightly thicker and more refreshing result.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
409kcal	14.9g	4.3g	12.1g	60.3g	30.8g	0.1g	5.5g

STICKY TOFFEE WAFFLES

CARAMELIZED BANANAS, CREAMY YOGHURT, FLAKED ALMONDS & POMEGRANATE

SERVES 4 | 30 MINUTES

150g wholemeal self-raising flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
4 Medjool dates
3 ripe bananas
2 large eggs
250ml semi-skimmed milk
olive oil
20g flaked almonds
2 tablespoons maple syrup
½ a pomegranate
4 tablespoons natural yoghurt

Place the flour, baking powder, cinnamon and dates in a blender. Peel and add 1 banana, then crack in the eggs, pour in the milk and whiz to a thick, smooth batter. Get your waffle machine switched on and ready to go, rubbing it with a little oil. Once super-hot, ladle in the batter and seal, following the machine instructions until the waffles are golden and cooked through (usually around 7 minutes), then repeat. Waffle machines vary slightly – both in size and temperature – so you’ll need to use your instincts and adjust accordingly.

Meanwhile, toast the almonds in a dry non-stick frying pan on a medium heat until lightly golden, then tip into a bowl, placing the pan back on the heat. Peel and slice the remaining bananas 1cm thick, then place in the pan with the maple syrup. Cook gently until golden and caramelized, turning to coat. Holding the pomegranate half cut side down, bash the back of it with a spoon so all the seeds come tumbling out. Place each cooked waffle on a plate, dollop with yoghurt, then top with the caramelized banana, toasted almonds and pomegranate seeds.

Unsurprisingly, these waffles are delicious served with chocolate – use a fine grater and you’ll find that a little goes a long way but looks and tastes amazing!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
337kcal	9.4g	2.5g	13.2g	53.6g	25.5g	0.5g	5.4g

FRIDAY NIGHT NIBBLES

FRIDAY NIGHT NIBBLES

PLEASE SELECT A RECIPE

[TAP FOR TEXT VERSION](#)



FRIDAY NIGHT NIBBLES

BRILLIANT BANG BANG CUCUMBER

CHEESY KIMCHI TOASTIE

GO-TO HOUMOUS

CRISPY TORN TACOS

POLENTA CHIPS

TORTILLA CHIPS & DIPS

PLOUGHMAN'S NACHOS

SIMPLE PICKLE

SUPERCHARGED BABA GANOUSH

SPEEDY DOUGH BALLS

CRUNCHY SUMMER ROLLS

EXCITING CRUDITÉS

GNARLY BLACK BEAN TACOS

CRISPY MOROCCAN CARROTS

BRILLIANT BANG BANG CUCUMBER

TOASTED SESAME SEEDS, SOY, CHILLI FLAKES & LIP-SMACKING SZECHUAN PEPPER

SERVES 4 | 10 MINUTES

1 large cucumber
½–1 teaspoon
dried chilli flakes
½–1 teaspoon
Szechuan pepper
2 tablespoons
sesame seeds
2 tablespoons low-
salt soy sauce
2 tablespoons
black rice or
balsamic vinegar
1 teaspoon sesame
oil

Scratch the outside of the cucumber with a fork to create grooves. With your fist, ‘bang bang’ the cucumber flat, then roughly slice up and place in a bowl with a really good pinch of sea salt. Scrunch up aggressively and leave for 5 minutes.

Bash the chilli flakes and Szechuan pepper in a pestle and mortar until fine, then muddle in and lightly crack the sesame seeds. Tip into a dry non-stick frying pan and toast on a medium heat until beautifully golden, tossing regularly.

Grab the cucumber with your hands and squeeze hard to remove any salty liquid, then transfer to a serving bowl. Drizzle with the soy, vinegar and oil, then scrunch together and sprinkle over the hot sizzling seeds.

Wonderful with simple crisps and your favourite beer or spirit.

This method is also brilliant with bashed-up carrots (use a rolling pin), mooli or radish. Love it!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
56kcal	3.9g	0.5g	2.8g	2.8g	2.2g	1.3g	1.1g

CHEESY KIMCHI TOASTIE

EPIC BRITTLE CRUNCHY CHEESE CROWN

SERVES 1 | 10 MINUTES

2 slices of soft
bread

40g mature
Cheddar cheese

40g quality kimchi

Place one piece of bread on a board and grate over a third of the cheese. Finely chop the kimchi and spread it over the cheese, right to the edges of the bread, then grate over half the remaining cheese. Place the second piece of bread on top, then transfer to a large non-stick frying pan on a medium heat. Cook for 2 minutes on each side, or until beautifully golden, then remove from the pan. Grate the remaining cheese and scatter over the surface of the pan, then place the toastie back on top. After around 30 seconds (or when the cheese is nicely golden), confidently lift the toastie up using a fish slice – the cheese from the sides will hang down and will harden after about 20 seconds – then carefully turn it over to reveal your handsome cheese crown.

Of course you can serve this for one, but I usually cut it up into soldiers and share it as more of a nibble, with a cold beer.

Sometimes I serve this with a little bowl of finely bashed unsalted nuts and dip the cheesy exposed sides for extra flavour and crunch.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
352kcal	15.5g	8.6g	17.4g	37.5g	2.6g	1.9g	2.8g

GO-TO HOUMOUS

LOTS OF DELICIOUS WAYS

SERVES 6 | 5 MINUTES PLUS TOPPINGS

1 × 400g tin of chickpeas
2 tablespoons tahini
½ a clove of garlic
½ a lemon
extra virgin olive oil
4 sprigs of fresh flat-leaf parsley
smoked paprika

Drain the chickpeas and tip into a blender with the tahini. Peel and add the garlic, squeeze in the lemon juice and drizzle in 4 tablespoons of oil, then whiz until super-smooth or still with texture, depending on your preference. Loosen with a splash of water, if needed. Season to taste with sea salt and black pepper, then transfer to a plate or bowl. This is my basic go-to houmous – it's the plate at the bottom of the picture. To garnish, pick, finely chop and add the parsley in 4 little pinches, alternating with pinches of smoked paprika.

Travelling clockwise in the picture is **go-to houmous** with a decent dollop of **harissa** swirled into the middle. Simply delicious!

Above that: it's quite nice to hold back some whole chickpeas from making the **go-to houmous**, then simply dress with **lemon juice** and **extra virgin olive oil**, place on top, and finish with a good spoonful of **tahini**.

And last but not least: **go-to houmous** topped with crispy black beans. Drain ½ a 400g tin of **black beans** and fry until popped and crispy, then add ½ a tablespoon of **extra virgin olive oil** and ½ a teaspoon

of **smoked paprika**. Serve topped with finely chopped **parsley** and an extra pinch or two of paprika, sprinkled from a height. Yum!

Whichever option you choose, finish with a drizzle of extra virgin olive oil.

If you can make the houmous using jarred chickpeas (super-tasty juices and all), they're normally bigger and creamier, and the flavour and texture are phenomenal – it's worth searching them out!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
146kcal	11.8g	1.7g	3.6g	6.3g	0.3g	0g	2.3g

CRISPY TORN TACOS

SMASHED SWEET POTATO, APPLE & CHILLI SALSA

MAKES 4 | 1 HOUR 15 MINUTES

1 large sweet potato (300g)
1 teaspoon smoked paprika
2 limes
1 ripe tomato
¼ of a red onion
4 sprigs of fresh mint
½ an eating apple
½ a fresh red chilli
1 large flour tortilla

Preheat the oven to 180°C/350°F/gas 4. Scrub the sweet potato, dust with smoked paprika, and roast for 1 hour, or until tender. Meanwhile, squeeze the lime juice into a bowl. Deseed the tomato, peel the onion and pick the mint leaves, then very finely chop with the apple and chilli, and stir into the bowl.

Pinch off and reserve the sweet potato skin. Tear the tortilla into quarters, then rack up between the domes of an upside-down muffin tray, which will hold the tortillas in shape (they'll be a bit irregular, but it's all part of the charm). Bake for 10 minutes, or until golden and crisp, tearing the sweet potato skin on to the tray for the last 5 minutes. Mash the sweet potato and season to taste with sea salt and black pepper, then divide between the hot taco shells and top with the zingy apple and chilli salsa, and the crispy skin. Serve with a cold beer – what a treat!

Feel free to fill the taco shells with other mashed veg – squash, carrots and purple potatoes are all super-tasty.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
127kcal	1.3g	0.5g	2.6g	28g	7.9g	0.3g	1.4g

POLENTA CHIPS

CRISPY ROSEMARY & PARMESAN

SERVES 8 | 1 HOUR 30 MINUTES PLUS SETTING

400g quick-cook
polenta

40g Parmesan
cheese

olive oil

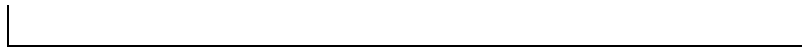
4 sprigs of fresh
rosemary

Cook the polenta in a pan of boiling salted water according to the packet instructions, whisking constantly to prevent lumps. It's ready when it comes easily away from the edge of the pan – you want a thick consistency. Remove from the heat, grate in and stir through half the Parmesan, then tip on to an oiled baking tray, forking up the top to give great texture. Leave to set.

Preheat the oven to 180°C/350°F/gas 4. Tear or cut the polenta into chips or chunky wedges, toss with a little oil, then spread out in a single layer on a couple of large non-stick baking trays. Roast for 50 minutes, or until beautifully golden and crisp, turning them and picking over the rosemary leaves for the last 10 minutes. Finely grate over the remaining Parmesan, then get stuck in.

To make vegetarian: swap Parmesan for vegetarian hard cheese.

Although I love the simplicity of the flavours here, you can add pungent things, such as tapenade, pastes, pesto or chopped herbs, to the polenta before setting, if you like.





ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
236kcal	5.9g	1.8g	5.3g	39.9g	0.3g	0.2g	1.6g

TORTILLA CHIPS & DIPS

CHILLI & TOMATO, CHEESE, SPRING ONION & LIME

SERVES 2 | 15 MINUTES

2 spring onions
2 tablespoons light
cream cheese
1 lime
2 large flour
tortillas
1 fresh red chilli
100g ripe cherry
tomatoes
olive oil
2 sprigs of fresh
coriander

Trim and finely slice the spring onions and mix with the cream cheese, half the lime juice and a splash of water to give you a nice consistency. Roughly slice the tortillas and place in a large dry non-stick frying pan on a medium heat, ideally in one layer. Turn regularly until golden and crisp, then tip on to a plate.

Meanwhile, finely slice the chilli, quarter the tomatoes and season with sea salt and black pepper. Drizzle 1 tablespoon of oil into the pan, place back on a medium heat, add the chilli and tomatoes and squeeze over the remaining lime juice. Stir vigorously for 1 minute, then tip over the crispy tortillas. Dollop the creamy dip on top, and pick over the coriander leaves.

Serve with your favourite beer or a glass of chilled white wine.

Smashed avo or a handful of warmed black beans and grated Cheddar make tasty topping alternatives.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
243kcal	7.3g	3.8g	8.1g	38.5g	5.2g	1.8g	3.3g

PLOUGHMAN'S NACHOS

FLAVOURED BUTTER, MELTY CHEESE & ZINGY PICKLED ONIONS

SERVES 6 | 15 MINUTES

60g unsalted butter
(at room
temperature)

1 tablespoon HP
sauce

½ a loaf of seeded
bread

60g mature
Cheddar cheese

6 pickled onions

Preheat the oven to 180°C/350°F/gas 4. Fork up the butter and beat with the HP sauce. Slice the bread as finely as you can, spread with the flavoured butter, and place on a couple of large baking trays in a single layer. Very finely grate over the Cheddar, then bake for 10 minutes, or until golden and crisp. Finely slice the pickled onions and separate into rings, then scatter over the hot toasts.

Delicious served with sliced apple and a glass of chilled cider.

Smashed up, these tasty bites make particularly good croutons for soup, or form the base of a fantastic ploughman's salad with crunchy lettuce and cress.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
302kcal	16.7g	8g	9.4g	30.7g	3.7g	1g	4.4g

SIMPLE PICKLE

BEAUTIFUL SEASONAL VEG, COMPLEMENTARY HERBS & SPICES

MAKES 1 LARGE JAR | 15 MINUTES

500ml mineral water

500ml cider vinegar

500g vegetables, such as carrots, artichokes,

radishes, cucumber, celery, mixed beans, asparagus, cauliflower, broccoli, beetroot

a few sprigs of fresh herbs, such as rosemary, thyme, bay, tarragon, fennel, marjoram

1 teaspoon spices, such as mustard seeds, cardamom, fennel seeds, cumin seeds, dried chilli, saffron

optional: fragrant ingredients, such as garlic, fresh chilli, turmeric, ginger, horseradish

This is a brilliant general pickle that gives you a structure to rely on, but also some flexibility with vegetables, spices and flavourings, to allow your creativity to come out – tweak to perfection as you experiment with new combinations.

Tip the water, vinegar and 30g of sea salt into a large pan and bring to a simmer. Select the vegetable(s) you'd like to use, then wash and prep to an agreeable bite-size. Add to the pan with your chosen herb and spice combination, and any additional fragrant ingredients, to taste (if using), then bring to the boil and poach until half cooked (there's no need to poach salad veg, such as cucumber, first), to keep a good crunch. Decant the veg and liquor into a sterilized jar and secure the lid – good to eat after a day or two, and if all is sterilized well (see below), they'll be good for 3 months unopened and kept in a dark place. Once opened, leave in the fridge and use within a week or two. If you choose not to sterilize, they'll keep happily in the fridge for up to 2 weeks.

How to sterilize: simply boil the jar, lid and any utensils used to fill the jar for 15

minutes, making sure not to use any unsterile items until after you've sealed the jar.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
26kcal	0.5g	0.1g	2g	4g	2.5g	0.3g	2g

These values are based on 100g.

SUPERCARGED BABA GANOUSH

SMOKY AUBERGINE, TAHINI, FETA, LETTUCE CUPS & POMEGRANATE

SERVES 10 | 50 MINUTES

3 large aubergines
(400g each)

3 tablespoons
tahini

1 lemon

¼ of a clove of
garlic

extra virgin olive
oil

40g feta cheese

1 teaspoon rose
harissa

1 bunch of fresh
flat-leaf parsley
(30g)

1 teaspoon runny
honey

4 mixed-colour
chicory

2 baby gem lettuce

½ a pomegranate

Grill the aubergines on a griddle, under the grill (prick them first!), over a gas flame or on a barbecue for 25 minutes, or until blackened all over and soft inside.

Meanwhile, put the tahini (or use peanut or almond butter) into a bowl, finely grate in the lemon zest and squeeze in the juice. Peel and finely grate in the garlic, muddle in 2 tablespoons of oil and crumble in most of the feta.

Halve the aubergines and scoop the soft flesh into the bowl, discarding the blackened skins. Add the harissa and beat together to the consistency you like. Finely chop the parsley (stalks and all) and stir into the bowl with the honey. Taste and season to perfection with sea salt and black pepper.

Trim the chicory and lettuce, click the leaves apart and arrange on a platter, placing the baba ganoush in the centre. Hold the pomegranate half cut side down, bash the back of it with a spoon so all the seeds tumble out, then scatter over the platter, and crumble over the remaining feta.

Nice with a glass of chilled rosé.

Halved or quartered grapes also work well instead of pomegranate, if you prefer.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
113kcal	6.6g	1.4g	3.6g	10.7g	7.2g	0.2g	1.1g

SPEEDY DOUGH BALLS

SMOKIN' SWEET PEPPER & CHILLI RIPPLED CREAM CHEESE DIP

SERVES 4–6 | 20 MINUTES

250g self-raising
flour

olive oil

1 × 250g jar of
roasted peppers in
brine

1 fresh red chilli

½ teaspoon sweet
smoked paprika

100g light cream
cheese

Place the flour and a good pinch of sea salt in a bowl, make a well in the middle, then mix in around 150ml of water and bring together to form a dough. Knead vigorously for a few minutes, then roll out into a long sausage, roughly 2cm thick. Chop into 2cm nuggets, toss in 2 tablespoons of oil, then rest for 5 minutes. Place in a non-stick frying pan over a medium heat for around 10 minutes, or until golden and cooked through, turning occasionally.

Place the peppers (juices and all), chilli and paprika in a food processor and blitz until smooth. Beat the cream cheese in a bowl, then fold and swirl through a quarter of the pepper sauce. Tip the rest back into the jar and save in the fridge for future meals (amazing used to flavour rice or couscous).

Serve the dough balls topped with the dip – delicious with a glass of chilled rosé.

Sometimes I flavour the dough with a little crumbled cheese and chopped herbs.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
317kcal	10.2g	2.9g	8g	51.1g	4.3g	1.3g	2.8g

CRUNCHY SUMMER ROLLS

CRISP GRATED VEG, APPLE, CHILLI & MINT, PEANUT DIP

SERVES 4 (MAKES 8) | 30 MINUTES

100g vermicelli
rice noodles
sesame oil
3 teaspoons low-
salt soy sauce
3 carrots
1 bunch of
radishes
1 eating apple
2 limes
1 fresh red chilli
1 mixed bunch of
fresh mint and
coriander (30g)
1 punnet of cress
8 rice paper
wrappers
2 heaped
tablespoons
crunchy peanut
butter

Cook the noodles according to the packet instructions, then drain and refresh under cold running water. Drizzle over 1 tablespoon of oil and 1 teaspoon of soy sauce. Scrub the carrots and coarsely grate with the radishes and apple, and squeeze over the juice of ½ a lime. Finely slice the chilli, pick the herb leaves and snip the cress. Dip one of the rice paper wrappers into a shallow bowl of warm water, then drain and lay out flat. Lay a few herb leaves across the middle, top with carrot, radish, apple and noodles, and scatter over a few slices of chilli and a pinch of cress. Fold the edge nearest to you over the filling, tightly roll it away from you, tucking in the sides as you go and pressing lightly to seal, then repeat.

For the peanut dip, mix the peanut butter and 2 teaspoons of soy with the juice of 1 lime, gradually loosening with a few teaspoons of water to a good dipping consistency. Slice the summer rolls into bite-sized pieces, and serve with the peanut sauce for dunking and lime wedges for squeezing over.

Delicious with a chilled glass of dry white wine.

Feel free to embellish these with grilled oyster mushrooms, roasted cauliflower

florets or chunks of silken tofu, if you like.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
319kcal	11.6g	2g	7.7g	45.2g	9.8g	0.8g	3.8g

EXCITING CRUDITÉS

TAHINI YOGHURT DIP, SPRING ONION & CHILLI PICKLE,
BEETROOT PICKLE

SERVES 6 | 20 MINUTES

2 spring onions
1 fresh green chilli
white wine vinegar
1 small beetroot
600g crunchy veg,
such as fennel,
celery, radishes,
peppers, mixed-
colour beetroots,
carrots, cucumber,
mooli, cauliflower,
green beans
1 lemon
3 tablespoons
tahini
1 clove of garlic
250g natural
yoghurt
extra virgin olive
oil
2 sprigs of fresh
mint

Trim the spring onions and chilli, then chop as finely as you can and place in a small bowl with 1 tablespoon of vinegar and a good pinch of sea salt. Peel and very finely grate the beetroot, scrape into another bowl, then mix in 1 tablespoon of vinegar and a good pinch of salt. Leave aside to lightly pickle.

Trim and prep the crunchy veg as necessary, then slice to an agreeable bite-size and place on a serving plate. Squeeze over half the lemon juice, season with salt, and toss to coat. Loosen the tahini with 1 tablespoon of boiling water and the remaining lemon juice. Peel and finely grate in the garlic, then whisk in the yoghurt and drizzle with 1 tablespoon of oil. Dot the pickles on to the yoghurt dip, pick over the mint leaves, and serve the veg alongside for dunking.

The enjoyment of having crunchy raw veg is hugely amplified by a squeeze of citrus – why not try lime, blood orange or grapefruit juice next time.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
126kcal	8g	1.8g	5.3g	8.6g	6.7g	1.2g	2.4g

GNARLY BLACK BEAN TACOS

COTTAGE CHEESE, SMOKY CHIPOTLE TABASCO & SPRING ONIONS

SERVES 4 | 10 MINUTES

1 × 400g tin of
black beans
½ teaspoon ground
cumin
1 teaspoon red
wine vinegar
2 small corn
tortillas
2 tablespoons
cottage cheese
chipotle Tabasco
sauce
2 spring onions

Drain the beans, then mash in a large non-stick frying pan over a medium heat with the cumin, vinegar and a pinch of sea salt and black pepper. Fry for a few minutes to get a bit of colour, tossing regularly, then separate into two small piles and squash a tortilla on top of each (don't worry if they don't quite fit into the pan – they can overlap a little and still work beautifully!). Push down to flatten and stick the bean mixture to the tortilla, then squash and cook until hot through.

Carefully turn out on to a board, top with bombs of cottage cheese and a few shakes of Tabasco, to taste, then finely slice and sprinkle over the spring onions, and clank up into quarters. Serve with an ice-cold beer, and relax.

Feel free to use different types of beans, and swap out cottage cheese for Cheddar, if you prefer – it's all good!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
129kcal	2.4g	0.6g	7.3g	16.6g	1.7g	0.8g	6.7g

CRISPY MOROCCAN CARROTS

ORANGE & THYME SYRUP, TAHINI & HARISSA RIPPLED
YOGHURT

SERVES 6 | 50 MINUTES PLUS COOLING

12 baby carrots
3 oranges
3 fresh bay leaves
3 sprigs of fresh
thyme
4 sheets of filo
pastry
olive oil
runny honey
2 tablespoons
sesame seeds
1 tablespoon tahini
2 teaspoons rose
harissa
6 tablespoons
natural yoghurt

Preheat the oven to 200°C/400°F/gas 6. Scrub the carrots, then cook in a pan of fast-boiling salted water for 10 minutes, or until just tender, then drain. Finely grate half the orange zest into the empty pan and squeeze in all the juice. Place on a medium heat, add the bay, thyme and a good pinch of sea salt, then cook until syrupy, folding the carrots back into the glaze to coat. Leave to cool.

One by one, lay out the filo sheets, rub with oil, then cut lengthways into 3 strips. Place a carrot at the bottom of each and roll up like a cigar, squeezing lightly to seal (don't worry about being too neat). Repeat with the remaining carrots and filo, placing them on a baking tray as you go. Brush each lightly with oil, then roast for 20 minutes, or until lightly golden and crisp, drizzling with a little honey and scattering with the sesame seeds for the last 5 minutes.

Stack the carrots on a board, scattering over any sesame seeds left on the tray, then swirl the tahini and harissa through the yoghurt and serve alongside.

People love this as a nibble, starter or side,
and are always surprised if you use different

coloured heritage carrots – pink, purple,
yellow ... whatever you like!



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
239kcal	11.6g	2.1g	5.1g	30g	10g	0.9g	4.3g

HINTS & TIPS

HINTS & TIPS

LET'S CHAT CHEESE

DAIRY & PLANT-BASED MILKS

KNOWING YOUR FATS

VIBRANT VINEGARS

MAXIMIZING FLAVOUR

TERRIFIC TOPPERS

HELPFUL KITCHEN NOTES

LET'S CHAT CHEESE

The world of veggie cheese is getting bigger all the time, with more and more cheesemakers embracing and experimenting with vegetarian coagulants. There's no category of cheese that is exclusively veggie – if in doubt, speak to your local cheesemonger for more information, or simply check the back of the pack before you buy. And if you're struggling to find enough choice, speak to your local supermarket to encourage them to stock some veggie alternatives.

You'll see that I've used a whole range of cheeses in this book and haven't specified using veggie. There are lots of fantastic vegetarian alternatives out there now, so if you don't want to use cheese made with animal rennet, please do swap in a suitable alternative. To source amazing British cheeses, check out Neal's Yard Dairy, who distribute all over the world.

For all the vegans out there, it's very hard to mimic the flavour and texture of cheese, but there are brands doing a great job right now, and the market is moving very quickly, so watch this space. And for the non-veggies, you've probably got more choice than ever.

A NOTE ON PARMESAN

Parmesan cheese, and anything containing it, such as shop-bought pestos, will include animal rennet. Whenever I've used these ingredients, or any other non-vegetarian ingredients, I have clearly flagged them in green on the relevant pages, after the method. To make these recipes fully vegetarian, look out for these notes and swap to the suggested alternatives. Also, if you want to follow a strict vegetarian diet, remember to check all packaging to ensure you're buying veggie-friendly ingredients across the board.

HERE ARE SOME WORLD-CLASS CHEESES YOU MUST LOOK OUT FOR, THAT JUST HAPPEN TO BE VEGGIE

Appleby's Cheshire	Cotherstone
Applewood	Riseley
Beenleigh Blue	Sinodun Hill
Black Bomber	Spa Blue
Blacksticks Blue	Spenwood
Brunswick Blue	Stinking Bishop
Cardo	Ticklemore
Cashel Blue	Waterloo
Cornish Yarg	Wigmore



DAIRY & PLANT-BASED MILKS

It's really good that we have the choice of so many different milks – whether dairy or plant-based – these days. But it's important to remember that dairy milk packs a real nutrition punch, and that plant-based milk drinks aren't as clear cut, so it's often necessary to fill the gaps.

Personally, I choose organic dairy milk, and yoghurt and cheeses that come from it – it's a great-value trade-up. But here are some thoughts:

Plant-based drinks can be made from many different plants, including soya, almonds, coconuts, oats and rice – and a broad selection is increasingly available in UK supermarkets. Depending on how they're made, these drinks can be a good source of some nutrients. However, some almond milks are predominantly made of water (up to 80%), with some containing as little as 2% almonds. So while they can form part of a nutritious diet, drinking them as a direct replacement for cow's milk can increase the risk of missing out on some key nutrients – choose fortified, unsweetened versions to reduce the risk of deficiency.

In the UK, cow's milk provides protein, calcium, iodine and some B vitamins. Calcium is important for healthy teeth, strong bones and muscle function, and B vitamins help keep our nervous system healthy, maintain a healthy immune system and convert the food we eat into energy. Iodine is essential for making thyroid hormones, needed for metabolism, growth and the development of babies' brains during gestation and early life.

PLANT-BASED CHOICES

There are many quick and easy switches that can be made to make a dish completely plant-based, particularly when it comes to dairy.

- Fortified, unsweetened plant-based drinks are an easy switch to replace animal milk.
- Plant-based yoghurts are also now widely available – soy being the most popular – and can be used instead of natural yoghurt for those avoiding dairy. Again, try to choose unsweetened versions. These yoghurts are a great lower-fat alternative to mayonnaise.
- Soy and dairy-free spreads can be used in place of butter; just check the ingredients lists to make sure that the product is free of ‘trans’ or ‘hydrogenated’ fats.
- Dairy-free cheeses are also now available.

For more information on following a vegan diet, visit jamieoliver.com/nutrition-guidance/ or seek the advice of a registered nutritionist or dietician.



KNOWING YOUR FATS

It goes without saying that our fat consumption needs to be kept in check, but a healthy diet does require the right fats, so choose unsaturated sources when you can, such as olive and liquid vegetable oils, nuts, seeds and avocados (this also includes omega-3-rich oily fish).

WHAT ARE THE HEALTHIEST OILS?

The polyunsaturated fatty acids omega-3 and omega-6 are the two essential fatty acids that we need to get from our diets, because our body cannot make them. These are found in nut and seed oils (rapeseed, walnut, linseed, avocado and sunflower oil) – I've mostly used olive and extra virgin olive oil on the recipe pages, but feel free to swap these into your cooking.

Different oils have different fatty-acid compositions and therefore different health benefits; however, most oils are high in a combination of monounsaturated and polyunsaturated fatty acids. When these fats replace saturated fats in our diet, they reduce and maintain healthy cholesterol levels, reducing the risk of heart disease. Some oils can boast more specific health claims, like olive oil, whose polyphenols have been proven to have protective properties. Similarly, avocado and sunflower oil are high in vitamin E, which we need for cell protection.

COCONUT OIL – WHAT'S THE DEAL?

I'm not anti coconut oil, but the fictitious health benefits associated with it, and therefore its overuse, are of concern. Coconut oil has a higher proportion of saturated fatty acids than any other plant-based oil, and is very low in essential fatty acids. My advice is to use it in moderation and only in dishes where it adds appropriate flavour.

BUTTER

Butter can be great for adding flavour in certain dishes, however, it should be used in moderation. I personally try to choose butter made from grass-fed cow's milk.

VEGAN ALTERNATIVES TO BUTTER

When it comes to margarines available on the market, just make sure to avoid any products made with trans fats – these could be labelled as ‘hydrogenated’ or ‘partially hydrogenated’ fats – which can be harmful to the body and are best avoided.

One of the clever little tricks I use to mimic butter is to take quality cold-pressed extra virgin olive oil and pop it into the fridge or freezer to solidify – it'll give you a naturally spreadable, healthier and delicious non-dairy alternative to butter.



VIBRANT VINEGARS

Amazing vinegar can really transform a dish, and is often the unsung hero of any storecupboard. I enjoy flavouring my own vinegars, and would highly recommend buying large bottles of red or white wine vinegar, dividing them between smaller sterilized bottles (see [page 252](#)) and jazzing them up with all kinds of different flavours. Seal, label and pop on the shelf ready to use – brilliant in dressings and marinades, used to add magic to soups and stews, or decanted into a little spray bottle for spritzing on to anything roasted. Seriously tasty!

HERE ARE SOME OF MY FAVOURITE ADDITIONS

Berries – strawberries, blueberries, blackberries, blackcurrants, cranberries

Stone fruit – cherries, plums, apricots, peaches, nectarines

Fresh herbs – mint, basil, chives, parsley, bay, rosemary, coriander, dill, tarragon, thyme (in the summer it's quite romantic to cut flowering herbs and sink them into vinegar to capture the moment)

Honey or honeycomb

Fennel

Blends of toasted spices – cinnamon, cloves, star anise, allspice, mustard seeds, fennel seeds, peppercorns

Ginger or garlic

Fresh chillies (Scotch bonnets if you like things fiery!)

Strips of citrus zest

Rose petals

Vanilla pods

Elderflower

For super-quick results (quicker infusion), heat up a quarter of the vinegar with your chosen seasoning, then cool and add to the rest. Brilliantly simple.



MAXIMIZING FLAVOUR

& GETTING THE MOST OUT OF YOUR INGREDIENTS

Flavour is subjective, but here are some of my favourite tips and tricks for really bolstering and getting the most out of your ingredients. These are the kinds of things I love to have ready and waiting in the fridge or cupboard, to add that extra special something and make my dishes really sing. I'm not expecting you to go out and buy all of these, but food is an adventure, so do consider picking up one new thing a week when doing your shopping.

SPICES are, by weight, some of the most nutrient-dense foods on the planet and can really make or break a meal. I use spices throughout the book for adding oomph and flavour; and when you have more flavour you need less salt, so it's a win-win. Don't be afraid to experiment with a whole array – turmeric, saffron, paprika, cinnamon, fenugreek, cumin, fennel, mustard and coriander seeds and, of course, ground chilli, are some of my favourites.

FRESH HERBS are a joyful element of cooking and can really liven up your meals (not to mention their reputed nutritious qualities). Pick, chop, tear, pound, bash or muddle them together with quality extra virgin olive oil, and add to dishes for an extra layer of flavour, freshness, surprise and deliciousness. Fresh herbs really are a cook's best friend.

DRIED HERBS are a wondrous thing. The delicate, light, zingy flavours associated with fresh herbs will have disappeared, but in return you'll experience savoury, robust, comforting flavours, which when added to soups, stews, sauces, breads and pulses have the ability to elevate a dish to the next level. They're super-convenient, too.

SALT is a brilliantly useful condiment that is both delightful and potentially harmful if used regularly to excess. The job of the mindful cook is to use this wonderful ingredient with respect, seasoning intelligently to bring the best out of your ingredients. Generally speaking, the easiest way to reduce your salt intake is to avoid processed fast foods and cook from scratch as often as you can. That way, you'll know exactly how much salt has been added.

FLAVOURED SALT is a fun, clever way to have an array of preserved flavours just a pinch away. Simply whiz sea salt in a blender with your chosen flavours – herbs, chillies, citrus zest and juice, dried mushrooms and seaweed all brilliantly work well, to name just a few. Spread out on a tray to fully dry, then bash up and keep in sealed jars for future use. By default, creating a flavoured salt results in a slightly lower-salt seasoning. Happy days!

HARISSA, like any chilli paste or oil, brings a wonderful background warmth to a dish. Made with ground spices and dried herbs, sometimes with preserved lemons and rose water, it adds a ray of sunshine to all kinds of dishes. Look out for it.

PICKLES, CHUTNEYS & PRESERVES provide layers of flavour, depth, surprise and crunch. Whether you're making a stir-fry, stew, tagine, curry or cheese toastie – just a little amount here and there can bring dishes to life in a fast and convenient way. To me, life without pickles is a little dull. And you can't beat a jar of veg and fruit preserved at the optimal time.

CURRY PASTES – whether buying or making your own (they freeze well in ice cube trays), these are the most fantastic flavour bombs to have on hand. Made from a blend of herbs, spices and fragrant ingredients, there's so much flavour in just one little spoonful.

SUN-DRIED TOMATOES are available everywhere these days. Whether you choose the paste, or the halved tomatoes in oil, they'll bring

dynamism and sunshine to your dishes.

MISO, which is quite trendy at the moment, is a fermented soy or rice product, and there's a lot of fun to be had with it. Providing a deep umami flavour, it adds real oomph to noodle and rice dishes. Traditionally used in soups and broths, it can also be added to gravies and stews, or even tossed with veg before roasting. Enjoy experimenting.

SOY SAUCE OR TAMARI – who doesn't love a swig? These fermented products are brilliant for adding deep umami seasoning to foods. Standard and low-salt versions are both brilliant – just remember to use in moderation to keep your salt intake in check.

NUTS & SEEDS can be very good for us, and a handful a day can have a real benefit because of the heart-healthy fats they contain. Brilliant crushed, crumbled, chopped or pounded into flour, they're fantastic at perking up salads, stews and curries. Use raw for added creaminess, or toast for incredible texture and nuttiness. Have fun with your nuts; don't be boring.

TAHINI is a sesame seed paste, essential in houmous. It's really good in marinades and sauces, or in breakfasts and desserts, and is perfect for drizzling and dunking, too. Delicious!

DRIED MUSHROOMS are an absolute must for big beefy, meaty flavour. I use them all the time, often instead of stock cubes – you get a lovely dark colour and deep flavour. In Asian supermarkets you can sometimes pick up bigger bags at really great prices.

CAPERS & OLIVES are widely used around the Mediterranean. Just a small amount of these can really lift a dish, with pops of concentrated flavour. You can use them instead of salt to give you a really delicious floral savouriness. I always have some on hand, no matter what.

CRACKING CONDIMENTS, such as chilli, teriyaki, Worcestershire and HP sauce, as well as things like Marmite, peanut butter

and mustard, are real gems – a swig, dash or spoonful can add an accent flavour to all kinds of dishes. Use with restraint, but enjoy when you do.



TERRIFIC TOPPERS

Take your dishes to the next level by topping with these easy-to-create flavour gems – they're beyond simple to knock together but make all the difference.

FLAVOURED BREADCRUMBS

Simply frying breadcrumbs with a little oil, herbs and garlic can add an amazing flavour, texture and dynamic to all kinds of dishes, including salads, stews and pastas, to name just a few. And with bread being one of the most wasted foods, this simple flavour-boosting preservation technique is a bit of a double whammy. Straight-up stale breadcrumbs are delicious, too.

CITRUS

Invest in a fine grater – a few scrapings of zest can really lift a dish, and also make it look beautiful. A squeeze of juice is often all that's needed to get those taste buds really dancing.

FRESH SALSAS

A good salsa, whether chunky or smooth, has the ability to add amazing colour, life, tang and seasoning to so many dishes. It's a constant in my kitchen – fantastic for adding surprise and awakening the palate. My general principle is to use finely chopped herbs, ripe tomatoes and acidity – through the use of either vinegar or citrus – a little seasoning and possibly some fruit for added sweetness. Adjust the consistency to suit the dish you're embellishing.

RIPPLED YOGHURTS

I quite enjoy finishing dishes with refreshing yoghurt, rippled with contrasting flavour punches like spicy harissa, pestos, pastes, olives, sun-

dried tomatoes, tahini, chutneys or pickles. Think of it as a yin-yang of deliciousness that matches with, and elevates, your dish.

FROZEN CHILLIES

Freeze on-the-turn chillies, then finely grate over dishes for a delicate kick. Great for making marinades, and for adding a hum to sauces and stews. Ginger can be treated in the same way.

TEMPERS

A really interesting way of adding a last-minute whack of flavour to dishes, a temper, in its simplest form, is made from lightly toasted spices, herbs and fragrant ingredients heated in a little oil. Typically, it's spooned over curries, but I've also had incredible success using it with roasted veg, soups and salads. Use your imagination, and have a go.

PICKLES & CHUTNEYS

It may sound obvious, but pickles and chutneys make fantastic accompaniments. For me, things like piccalilli, mango or chilli pepper chutney are the tip of the iceberg, but every culture has its own expression – whether that's super-fresh and zingy, or preserved and jarred to capture the best of the season. I'm always exploring, and love buying jars of things I don't recognize to see if I like it, and if it will work well with dishes I cook regularly. Try to create opportunities to try new flavours – it's exciting!

CHILLI SAUCE

I absolutely love chillies, and I know I'm not the only one. A dash or three of chilli sauce can really lift a dish – the question is, how much and what flavour? Everyone seems to be adding Sriracha to most things these days, which is super-tasty, but the key is to test out lots of different ones, until you hone in on your favourite flavours. I've even known people to collect chilli sauces like souvenirs – it's a bit geeky, but I love it.

HELPFUL KITCHEN NOTES

STOCK Good-quality stock is a handy thing to have in the freezer. Now, I know you can easily buy decent organic stocks these days, but for truly cracking flavour (and not a lot of effort!), try making your own. Often, a lot of the ingredients that go into making a stock are by-products or waste anyway, so it's a great way to make the most of your ingredients.

I frequently make a big batch of fresh stock, using a myriad of surplus vegetables, as well as peelings and trimmings I've saved, fresh herbs, and even the skins of roasted veg, such as celeriac, carrots and parsnips. Simply pop them into a container in the freezer until you've built up enough of a collection to be able to cook up your next batch of tasty stock.

To make stock from scratch, cover the veg and any saved trimmings with water, embellishing with your chosen herbs, peppercorns, unpeeled bashed garlic cloves, and maybe a splash of wine or some additional spices. A handful of dried mushrooms thrown into the mix will also earn you big flavour points, as will things like chilli, ginger, miso, tomato purée, tamari, vinegar, seaweed and soy, if you're after more of a punchy vibe, depth of flavour or accent, where applicable. Bring to the boil, then simmer gently for an hour or two until it tastes fantastic. Season to perfection with sea salt and black pepper, and sieve before using. To save for another day, leave to cool, then bag up in portions and freeze flat to minimize defrosting time. And don't forget to label and date them for future reference.

CHOOSE QUALITY As is often the case in cooking, the success of the recipes comes down to the quality of the ingredients you use. Trade up where you can, buying the best produce you can find. To this end, remember that shopping in season always allows your food to be more nutritious, more delicious and more affordable. Ingredients that noticeably make a difference on the flavour front when you choose best-quality are: jarred beans and chickpeas, tinned plum tomatoes, curry pastes, stock (see [above](#) to make your

own), oils (see [pages 272–3](#)) and vinegar (see [page 274](#)). These are ingredients that are used in abundance in cooking, and can often be commoditized, meaning that the norm becomes the lesser-quality cheaper version. But, by rediverting some of the money saved from not buying meat, you can enjoy extraordinary gains in flavour and texture by upgrading. Money well spent, I'd say.

DAIRY & EGGS With staple dairy products, like milk, yoghurt and butter, I couldn't endorse the trade-up to organic more. It is more expensive, but we're talking pennies, not pounds. Plus, every time you buy organic, you vote for a better food system. The same goes for eggs and anything containing egg, such as noodles and pasta – always choose free-range or organic.

ORGANIC IS THE NORM To this day, people are still debating organic production in comparison with what is now viewed as 'normal' farming. In my mind, organic is and should be the norm – this is the way we have farmed for millennia, as opposed to relying heavily on pesticides, herbicides and other chemicals, which have sadly become a big part of the modern farming industry. Organic produce is not an option for everyone, and that is absolutely fair enough, but if you can, supporting our British organic farmers is a wonderful thing to do. In doing so, I really believe that you're voting for a better food system. I don't buy 100% organic, but I do the very best I can, when I can – and that's always been the way.

EQUIPMENT I've kept the equipment I've used in this book pretty simple – a set of saucepans and non-stick ovenproof frying pans, a griddle and a large casserole pan, chopping boards, some sturdy roasting trays, a couple of baking tins and a decent set of knives will see you through. If you want to save time, there are a few kitchen gadgets that will make your life a lot easier – things like a speed-peeler, a box grater and a pestle and mortar are all fantastic for creating great texture and boosting flavour, and a food processor or stick blender and a mandolin are always a bonus, especially if you're short on time! Keep your kit in good nick, and your kitchen organized, and you'll be ready to go.

A NOTE ON FREEZING Remember to let food cool before freezing, breaking it down into portions so it cools quicker and you can get it into the freezer within 2 hours. Make sure everything is well wrapped, and labelled up for future reference. Thaw in the fridge before use. Generally, if you've frozen cooked food, don't freeze it again after you've reheated it.

NUTRITION

A NOTE FROM JAMIE'S NUTRITION TEAM

Our job is to make sure that Jamie can be super-creative, while also ensuring that all his recipes meet the guidelines we set. Every book has a different brief, and *Veg* is a real celebration of veg-based recipes, focusing both on meals you can enjoy every day, and on more indulgent foods for weekends and special occasions. 70% of the recipes in this book fit into our healthy guidelines – some are complete meals, but there'll be others that you'll need to balance out with what's lacking. For absolute clarity and so that you can make informed choices, we've presented the nutritional content for each dish on the recipe page itself, giving you an easy access point to understand how to fit these recipes into your week.

Food is fun, joyful and creative – it gives us energy and plays a crucial role in keeping our bodies healthy. Remember, a good, balanced diet and regular exercise are the keys to a healthier lifestyle. We don't label foods as 'good' or 'bad', but encourage an understanding of the difference between nutritious foods for everyday consumption and those to be enjoyed occasionally.

For more info on our guidelines and how we analyse recipes, visit: jamieoliver.com/nutrition

Rozzie Batchelar, Senior Nutritionist, RNutr (food)

A BIT ABOUT BALANCE

Balance is key when it comes to eating well. Balance your plate right and keep your portion control in check, and you can be confident that you're giving yourself a great start on the path to good health. It's important to

consume a variety of foods to ensure we get the nutrients our bodies need to stay healthy. This means eating from all the food groups: vegetables; fruit; wholegrain starchy carbohydrates; protein – this of course includes lean meat and fish, but in this book we’re going meat-free and heroing plant-based proteins (beans and pulses, nuts, seeds) and eggs; and naturally low-fat dairy foods and a small amount of unsaturated fats. There’s a place for all kinds of food in our diet; it’s about how often and how much.

WHAT’S THE BALANCE?

The UK government’s Eatwell Guide shows us what a healthy balance of food looks like. Don’t worry about the exact percentages, but use the figures below to think about the proportion of each food group you consume across the day.

THE FIVE FOOD GROUPS (UK)	PROPORTION*
Vegetables & fruit	39%
Starchy carbohydrates (bread, rice, potatoes, pasta)	37%
Protein (eggs, beans, other non-dairy sources – heroed in this book – as well as lean meat & fish)	12%
Dairy foods, milk & dairy alternatives	8%
Unsaturated fats (such as oils)	1%
AND DON’T FORGET TO DRINK PLENTY OF WATER, TOO	

* Please note: the remaining 3% is made up of food to be enjoyed occasionally.

VEGETABLES & FRUIT

To live a good, healthy life, veg and fruit should sit right at the heart of your diet. Different-coloured vegetables and fruits come in all kinds of shapes,

sizes, flavours and textures, and contain different vitamins and minerals, which each play a part in keeping our bodies healthy and optimal, so it's important to try to eat a variety each day (see [pages 291–2](#)).

STARCHY CARBOHYDRATES

Carbs provide us with a large proportion of the energy needed to make our bodies move, and to ensure our organs have the fuel they need to function. When you can, choose fibre-rich wholegrain and wholewheat varieties. 260g is the recommended daily amount of carbohydrates for the average adult, with up to 90g coming from total sugars, which includes natural sugars found in whole fruit, milk and milk products, and no more than 30g of free sugars. Free sugars are those added to food and drink, including sugar found in honey, syrups, fruit juice and smoothies. Fibre (see [page 288](#)) is also classed as a carbohydrate, and adults should be aiming for about 30g of fibre each day.

FIBRE

Fibre is important in keeping our digestive systems happy. A fibre-rich diet helps our gut microbiota flourish and helps bulk up our faeces (that's right, we're talking about poo, but it's important!), meaning we can get rid of waste efficiently. Both these things equal a happy gut!

Fibre is found in plant-based foods. We can't digest fibre, but microbiota in our gut can, which helps to keep our digestive systems happy. There are two different types of fibre: insoluble fibre – which helps other food and waste pass through the gut – and soluble fibre, which helps to slow digestion and lower cholesterol.

Insoluble fibre is largely found in wholegrain foods, as well as in popcorn, potato skins, dried fruit, nuts, beans, sweetcorn, broccoli and carrots. And soluble fibre is found in oats, barley, pulses, beans, sweet potatoes, peas, apples, oranges and avocados.

Fibre helps to keep us regular, control our blood-sugar levels and maintain lower cholesterol.

PROTEIN

Think of protein as the building blocks of our bodies – it's used for everything that's important to how we grow and repair. The requirement for an average woman aged 19 to 50 is 45g per day, with 55g for men in the same age bracket.

Sources of protein of course include meat and fish, but whether you're a meat eater, vegetarian or vegan, eating more plant-based proteins can be beneficial for health, and also contribute to a more sustainable diet. Compared to protein from animal sources, plant-based protein is lower in saturated fat and salt (in the case of processed meats), and higher in fibre. Beans, pulses, nuts, seeds, tofu and any product derived from these are good sources of plant protein. For more information on following a vegetarian or vegan diet, visit jamieoliver.com/nutrition-guidance/.

Many people worry about not getting enough protein on a plant-based diet, because plant-based protein sources don't always contain all the essential amino acids and aren't absorbed as efficiently. However, if you eat a wide variety of plant-based proteins, they can still provide you with all the essential amino acids you need. Soy, hemp and quinoa are all 'complete proteins', meaning they contain all the essential amino acids our bodies need.

DAIRY FOODS, MILK & DAIRY ALTERNATIVES

This little slice of a balanced plate offers an amazing array of nutrients when eaten in the right amounts. Favour milk, yoghurt and small amounts of cheese in this category; the lower-fat varieties (with no added sugar) are equally brilliant and worth embracing. If opting for plant-based versions, favour the fortified, unsweetened products (see [pages 270–1](#)).

UNSATURATED FATS

While we only need small amounts, we do require healthier fats (see [pages 272–3](#)). Choose unsaturated sources where you can, such as olive and liquid vegetable oils, nuts, seeds and avocados (this also includes omega-3 rich oily

fish). Generally speaking, it's recommended that the average woman has no more than 70g of fat per day, with less than 20g of that from saturated fat, and the average man no more than 90g, with less than 30g from saturates.

DRINK PLENTY OF WATER

This one is simple – to be the very best you can be, stay hydrated. Water is essential to life, and to every function of the human body! In general, females aged 14 and over need at least 2 litres per day and males in the same age bracket need at least 2.5 litres per day. Lower-fat milks and unsweetened drinks like tea and coffee can also contribute to fluid intake. It's also worth mentioning that British tap water is completely safe, and is of fantastic quality – not to mention that it can be consumed for free. We should be really proud of that.

ENERGY & NUTRITION INFO

Generally speaking, the average woman needs around 2,000 calories a day, while the average man needs roughly 2,500. These figures are a guide, and what we eat needs to be considered in relation to factors like age, build, lifestyle and activity levels.



EAT THE RAINBOW

It's super-important to eat a variety of veg and fruit, as they each contain a whole spectrum of different vitamins and minerals, which all play a part in keeping our bodies healthy and happy – the list below will tell you a bit more about the benefits of eating a whole rainbow of different colours. The brilliant thing about veg and fruit is that there are still loads of hidden compounds we're yet to discover, together with the benefits they have on our bodies. Exciting times!

RED fruits, such as tomatoes, peppers and chillies, are all a source of vitamin C, which our bodies need for many different things, from maintaining healthy teeth, gums and skin to supporting immune function. Peppers and chillies are also a source of vitamin B6, which is important for metabolic and nervous-system function. Red peppers are also high in folic acid, which we need for immune function.

PINK fruits, like strawberries, raspberries and pomegranates, aren't too dissimilar to red fruits in that they provide a source of vitamin C and are also often a source of vitamin B6 – pomegranates, for example. Some, like strawberries, are also a source of folic acid, which we need to make red blood cells and to prevent tiredness and fatigue.

ORANGE veg and fruit – think carrots, squash, sweet potatoes, oranges – provide sources of vitamin E, vitamin C and vitamin A. Beta carotene, a form of vitamin A, is what gives them their orange colour, and this is important for maintaining normal vision. Our bodies need vitamin E for cell protection.

YELLOW veg and fruit, such as yellow peppers, yellow courgettes and sweetcorn, contain folic acid, which our bodies need for many different things, like metabolic and immune function. Yellow peppers, like their red

versions, are also high in vitamin C, while sweetcorn also provides a source of thiamin, which our hearts need in order to function. The popular banana is a source of potassium and vitamin B6, while lemon juice provides vitamin C.

GREEN veg provide us with a wide variety of nutrients. Folic acid is found in a large number of green veg and is needed for many different functions, including red blood cell formation and helping to prevent tiredness and fatigue, as well as for immune and metabolic function.

Vitamin K is found in very high amounts in kale in particular, but also in broccoli, green beans and other green veg. Vitamin K is important for maintaining healthy bones.

Potassium, found in lots of green veg, like courgettes and fennel, is important for maintaining our blood pressure and for muscle and nervous-system function.

DARK GREEN leafy veg in particular, like spinach, can also be a source of calcium and iron.

PURPLE veg and fruit – think aubergines, red grapes, red cabbage – contain potassium, which we need for maintaining healthy blood pressure and muscle function. Some can also be a source of vitamin C, in the case of red cabbage and cherries, and blueberries are high in manganese, which we need for maintaining bone health.

BRILLIANT BEANS & PULSES

Beans and pulses come in all different colours, shapes and sizes, and with that offer an array of different nutrients. As well as contributing to daily veg, they also provide us with a source of fibre and are high in protein, so are a great meat alternative to switch in. The type of fibre found in beans and pulses is ‘soluble fibre’, which contributes to lowering and maintaining healthy cholesterol, helping to protect us against heart disease. On top of

this, they are also a source of important micronutrients – for example, lentils and kidney beans are a great source of iron. The type of iron found in plant-based foods is harder for our bodies to absorb compared to that found in animal products, so it's best to consume them with foods high in vitamin C to increase absorption.

HOW MUCH SHOULD WE EAT?

In the UK, the guidance is to try to aim for at least 5 portions of veg or fruit each day, and at the moment only 31% of adults and 8% of 11- to 18-year-olds are meeting this target. Guidance differs from country to country – personally, I'm more in agreement with the Australian guidelines, which advise eating 5 portions of veg and 2 portions of fruit each day. The benefits of eating more veg and fruit are clear to see, so wherever in the world you live, the big message is: the more – and the more variety – the merrier!

WHAT COUNTS AS A PORTION?

A portion is considered to be 80g of fresh, frozen or tinned veg or fruit (or a large handful), 30g of dried fruit (only 1 portion each day), or 150ml of unsweetened veg or fruit juice (only 1 portion each day). In general, it's better to eat your veg and fruit than to drink them. Although 150ml of veg and fruit juice/purée can contribute to your 5-a-day, once puréed the naturally occurring sugars become free sugars – the type of sugar more detrimental to our health if we consume too much. If you do have a juice or make a smoothie, try to choose lower-sugar options – for example, a vegetable juice rather than a fruit juice. 80g of beans or pulses (3 big tablespoons) counts, too (but only 1 portion each day), and also gives us protein.

IF YOU GROW IT, YOU'LL EAT IT

In my experience, if you grow something, you're far more likely to eat it – this applies to kids and adults alike! I believe that the closer you are to nature and where your food comes from, the happier and healthier you'll be – a little bit of growing can be good for the soul.

If you've never tried growing your own, I recommend giving it a go. It's inspiring, super-fun, keeps you fit and can save you money. Plus, if you've got kids, it will get them engaged in food in the most dynamic way. You don't need a garden or a field to get involved – a window box, flat roof, allotment, balcony, pot, grow-bag or bucket all work fine.

When you pick stuff straight from the ground, it's at its freshest and most nutritious. I get a geeky buzz about turning something that's been in the ground just minutes before into a meal. If you've got a farmers' market nearby and you know stuff's been picked that morning, take advantage of it. As soon as veg are picked, their nutrient levels start to deplete, so eating them as fresh as possible is going to give you more goodness per mouthful.

THANK YOU!

I started writing this book eight years ago, and from growing and cooking veggies at home with my little ones (who are not so little now), right up to now where I've travelled to extraordinary veg-loving parts of the world, it's been a truly fantastic, eye-opening experience – check out the pics over the page. It's really made me focus on the cooking techniques required to make veg some of the most delicious foods on the planet. So, from the bottom of my heart, thanks to everyone who's put up with me on this brilliant vegtastic journey.

To my food team, headed up by the wonderful Ginny Rolfe (don't forget the 5-second rule!) – 20 years together and still going strong! You are all such talented, caring, committed cooks and I'm blessed to work with you and call you my dear friends. To my in-house team: Christina Mackenzie, Maddie Rix, Jodene Jordan, Elspeth Allison, Sophie Mackinnon, Rachel Young, Hugo Harrison and Sharon Sharpe (who inspired the Pumpkin rice recipe on [page 116](#)). To Athina Andrelos, Bianca Koffman and the elegant Helen Martin – thanks for keeping us all in check. And to my freelance team: Abi Fawcett (where's my crabs? Don't forget the IOU!), Isla Murray and India Whiley-Morton.

And big love to my Scottish brother Pete Begg (#haufnhauf) and the lovely Bobby Sebire.

Huge thanks to my brilliant nutrition gals, Rozzie Batchelar, Jenny Rosborough and Maria Parisi, for the laborious love, care and attention spent on creating absolute clarity on the nutrition front, on every page of this book. You have surpassed yourselves, again.

To my amazing editorial team, led by the lovely Beth Stroud, and to Chloe Lay and the rest of the words gang – thanks for all your hard work and dedication, as always.

And to the one and only legend and photographic genius David Loftus – it's been a pleasure and a joy to make this book together. The simplicity and honesty of the work speaks for itself. Shout out to Richard Clatworthy on lighting and digital. To Paul Stuart, who shot the front cover and portraits – thanks for being a top man and loads of fun – great work! And a shout-out to Lima O'Donnell and Julie Akeroyd, too.

On design, big thanks to James Verity at creative agency Superfantastic – it continues to be a joy to work with you, your proficiency and amazing talent. You're getting quite annoying now – you haven't dropped the ball once!

On to my beloved publishing family at Penguin Random House. John Hamilton, it's with utter sadness that you'll never see this, but your friendship and commitment during the creation of this book was profoundly important, right up to the very last shoot day, which was joyful, productive and brilliant. We all laughed so hard it hurt. Thank you for everything. You'll be sorely missed by all. In hard times, you realize who your friends are. Many of the names below have been with me for years and I'm super-grateful for the love, care and attention you always give me and my books. So much love to Tom Weldon, Louise Moore, Elizabeth Smith, Clare Parker, Annabel Wilson, Jenny Platt, Juliette Butler, Katherine Tibbals, Nick Lowndes, Christina Ellicott, Rachel Myers, Katie Corcoran, Louise Blakemore, Chantal Noel, Anjali Nathani, Catherine Wood, Lucy Beresford-Knox, Lee-Anne Williams, Antony De Rienzo, Chris Wyatt, Tracy Orchard, Stuart Anderson, Joanna Whitehead and Anna Curvis. Also to our regular freelancers, the very gorgeous Annie Lee, Sarah Day, Emma Horton and Caroline Wilding.

To my terrific marketing and PR teams: Jeremy Scott, Laura Ball, Katie McNeilage, Michelle Dam, Saskia Wirth and Ellen Diamond. And to Subi Gnanaseharam and her cracking team on social. Big love to my CEO Paul Hunt, Deputy Louise Holland, Chief Content Officer Zoe Collins, and my PA, the extraordinarily brilliant, Ali Solway, and to John Dewar for years of patience. Thanks to all my other teams back at HQ: technical, art, digital video, personal, legal, operations, IT, finance, P&D and facilities. You're all the best.

Thanks to my TV team – I'm blessed to work with some truly talented people. The thunder crackers that are Samantha Beddoes and Katie Millard,

and their troop of incredible editorial talent: Dave Minchin, Shayma Alsayed, Maegan Tillock, Sunny Hussain. Our glorious director Niall Downing and the fantastic crew: Olly Wiggins, Luke Cardiff, Jon Kassel, Mike Sarah, Freddie Claire, Calum Thomson, Rob Thomas, Jim McLean, Ben Banayo, Alice Sephton, Julia Bell and Serena Buselli. To Sean Moxhay (you deserve a medal for holding all these creatives together), and to Anna Selby, Emily Wood and Lucy Taylor on production. And thanks also to the gang at Channel 4 and the wonderful team at FremantleMedia International.

And last but not least, big love and thanks to my nearest and dearest for putting up with me. To my darling wife, Jools, who has fully enjoyed the development of the recipes in the creation of this book. And to Poppy, Daisy, Petal, Buddy and River, who always get a plate of veggies or salad before they get anything else and now have a pretty good relationship with food (you could definitely help more with the washing-up, though!). To my incredible Mum and Dad, who have consistently been an amazing inspiration to me – thank you for everything! To my sweet sister Anna-Marie, and mother-in-law, Mrs Norton, and Leon – you're the best. And to Gennaro Contaldo – why you cooking so good?

Over and out, guys ... until next time. Jamie Trevor Oliver, MBE





SPECIAL DIET-FRIENDLY RECIPES

DAIRY-FREE

For a quick reference list of all the dairy-free recipes in this book, please see below:

CURRIES & STEWS

[Crispy cauliflower katsu](#)
[Super-comforting gumbo](#)
[Amazing tomato curry](#)
[Thai-style mushroom & tofu broth](#)
[Wonderful veg tagine](#)

PIES, PARCELS & BAKES

[Crispy-bottomed steamed dumplings](#)

SOUPS & SARNIES

[Fragrant noodle soup](#)
[My panzanella gazpacho](#)

RICE & NOODLES

[Sweet & sour stir-fry](#)
[Pumpkin rice](#)
[Veggie pad Thai](#)
[Malaysian-style veg noodles](#)
[Quick mushroom noodle broth](#)

PASTA

[Tasty vegan lasagne](#)

SALADS

[Lady marmalade salad](#)

[My chopped fattoush salad](#)

[Vibrant bhel puri salad](#)

[Easy Thai-style noodle salad](#)

[Warm grape & radicchio salad](#)

BURGERS & FRITTERS

[Rogan josh Scotch eggs](#)

[Roasted falafel pitta pockets](#)

ONE-PAN WONDERS

[Summer bubble & squeak](#)

[Greek-inspired cauliflower stew](#)

[Angry pasta fagioli](#)

[Shakshuka, my style](#)

[Speedy egg-fried rice](#)

BRUNCH

[Aussie-style brunch bowls](#)

[Comforting congee bowl](#)

FRIDAY NIGHT NIBBLES

[Brilliant bang bang cucumber](#)

[Crispy torn tacos](#)

[Simple pickle](#)

[Crunchy summer rolls](#)

GLUTEN-FREE

For a quick reference list of all the gluten-free recipes in this book, please see below:

CURRIES & STEWS

[My cauliflower tikka masala](#)
[Stuffed curried aubergines](#)
[Amazing tomato curry](#)
[Mushroom stroganoff](#)

PIES, PARCELS & BAKES

[Allotment cottage pie](#)
[Roasted veg dosa](#)
[My veggie moussaka](#)

SOUPS & SARNIES

[Spiced parsnip soup](#)
[Bold black bean soup](#)

TRAYBAKES

[Potato & mushroom al forno](#)
[Scrumptious veg traybake](#)
[Florentina traybake](#)
[Pea & ricotta stuffed courgettes](#)
[Hasselback al forno](#)
[Masala stuffed peppers](#)

RICE & NOODLES

[Roasted tomato risotto](#)

[Pumpkin rice](#)
[Pretty Persian-style rice](#)
[Malaysian-style veg noodles](#)

SALADS

[Lady marmalade salad](#)
[Shaved fennel, melon & mozzarella](#)
[Squashed cauli & cherry salad](#)
[Warm grape & radicchio salad](#)

ONE-PAN WONDERS

[Greek-inspired cauliflower stew](#)
[Tomato & spring veg frittata](#)
[Shakshuka, my style](#)
[Speedy egg-fried rice](#)

BRUNCH

[Aussie-style brunch bowls](#)
[Avocado & jalapeño hash brown](#)
[Beautiful buckwheat pancakes](#)

FRIDAY NIGHT NIBBLES

[Go-to houmous](#)
[Polenta chips](#)
[Simple pickle](#)
[Supercharged baba ganoush](#)
[Crunchy summer rolls](#)
[Exciting crudités](#)

VEGAN

For a quick reference list of all the vegan recipes in this book, please see below:

CURRIES & STEWS

[Super-comforting gumbo](#)
[Amazing tomato curry](#)
[Thai-style mushroom & tofu broth](#)
[Wonderful veg tagine](#)

SOUPS & SARNIES

[Fragrant noodle soup](#)
[My panzanella gazpacho](#)

RICE & NOODLES

[Sweet & sour stir-fry](#)
[Pumpkin rice](#)
[Malaysian-style veg noodles](#)

PASTA

[Tasty vegan lasagne](#)

SALADS

[My chopped fattoush salad](#)
[Vibrant bhel puri salad](#)
[Easy Thai-style noodle salad](#)

BURGERS & FRITTERS

[Roasted falafel pitta pockets](#)

ONE-PAN WONDERS

[Greek-inspired cauliflower stew](#)

[Angry pasta fagioli](#)

FRIDAY NIGHT NIBBLES

[Brilliant bang bang cucumber](#)

[Go-to houmous](#)

[Crispy torn tacos](#)

[Simple pickle](#)

[Crunchy summer rolls](#)

FULL RECIPE LIST

CURRIES & STEWS

CRISPY CAULIFLOWER KATSU
AMAZING VEGGIE CHILLI
MY CAULIFLOWER TIKKA MASALA
STUFFED CURRIED AUBERGINES
SUPER-COMFORTING GUMBO
AMAZING TOMATO CURRY
BURNS NIGHT STEW & DUMPLINGS
THAI-STYLE MUSHROOM & TOFU BROTH
MUSHROOM STROGANOFF
WONDERFUL VEG TAGINE
BREAD-TOPPED BIRYANI

PIES, PARCELS & BAKES

ALLOTMENT COTTAGE PIE
STICKY ONION TART
ROASTED VEG DOSA
SUMMER VEG BLANKET PIE
CAULIFLOWER CHEESE PIZZA PIE
CRISPY-BOTTOMED STEAMED DUMPLINGS
ASPARAGUS QUICHE & SOUP
MY VEGGIE MOUSSAKA
PITHIVIER PIE
FILO SNAKE BAKE
MY VEGGIE PASTIES
YEMENI-STYLE PANCAKES
EASY PEA & SPINACH SAMOSAS

SOUPS & SARNIES

SPICED PARSNIP SOUP
CRISPY MUSHROOM SHAWARMA

BOLD BLACK BEAN SOUP
SUPER STACKED SARNIE
SILKY FENNEL SOUP
FRAGRANT NOODLE SOUP
PULLED MUSHROOM SANDWICH
SCRUMPY ONION SOUP
MY PANZANELLA GAZPACHO
GREEK-STYLE CHEESE TOASTIE
WATERCRESS & SWEET LEEK SOUP
SILKY OMELETTE BAGUETTE
SARDINIAN MUSIC BREAD STACK

TRAYBAKES

REVERSE PUFF PASTRY PIZZA
MEDITERRANEAN VEGETABLE RICE
POTATO & MUSHROOM AL FORNO
SCRUMPTIOUS VEG TRAYBAKE
FLORENTINA TRAYBAKE
PEA & RICOTTA STUFFED COURGETTES
HASSELBACK AL FORNO
MASALA STUFFED PEPPERS

RICE & NOODLES

ROASTED TOMATO RISOTTO
SWEET & SOUR STIR-FRY
PUMPKIN RICE
MUSHROOM RISOTTO
VEGGIE PAD THAI
PRETTY PERSIAN-STYLE RICE
MALAYSIAN-STYLE VEG NOODLES
QUICK MUSHROOM NOODLE BROTH

PASTA

GREENS MAC 'N' CHEESE
SWEET LEEK CARBONARA
ODDS & ENDS PASTA ON TOAST
TASTY VEGAN LASAGNE

SPAGHETTI PORCINI BALLS
PICNIC PASTA SALAD
SUNSHINE FUSILLI PASTA
SILKY COURGETTE BOW-TIES
SUMMER TAGLIATELLE
MIGHTY MUSHROOM PASTA
SQUASH GNOCCHI

SALADS

ROAST NEW POTATO & PICKLE SALAD
LADY MARMALADE SALAD
DOUBLE CORN SALAD
MY CHOPPED FATTOUSH SALAD
SHAVED FENNEL, MELON & MOZZARELLA
FRENCH GARLIC BREAD SALAD
ANGRY BEAN SALAD
VIBRANT BHEL PURI SALAD
SQUASHED CAULI & CHERRY SALAD
EASY THAI-STYLE NOODLE SALAD
WARM GRAPE & RADICCHIO SALAD

BURGERS & FRITTERS

INDIAN-STYLE CHIP BUTTY
SWEETCORN & JALAPEÑO FRITTERS
ROASTED BLACK BEAN BURGERS
SPICED CARROT PANCAKES
BRILLIANT BHAJI BURGER
ROGAN JOSH SCOTCH EGGS
ROASTED FALAFEL PITTA POCKETS

ONE-PAN WONDERS

SCRUFFY AUBERGINE LASAGNE
SUMMER BUBBLE & SQUEAK
PROPER BAKED BEANS
GREEK-INSPIRED CAULIFLOWER STEW
TOMATO & SPRING VEG FRITTATA
ANGRY PASTA FAGIOLI

SHAKSHUKA, MY STYLE
SPEEDY EGG-FRIED RICE

BRUNCH

AUSSIE-STYLE BRUNCH BOWLS
HONEYED HALLOUMI, FIGS & FLATBREADS
SUPER SPINACH PANCAKES
BRUNCH-STYLE EGG CURRY
VEGGIE FRY-UP
COURGETTE & FETA SCONES
AVOCADO & JALAPEÑO HASH BROWN
COMFORTING CONGEE BOWL
SPEEDY SPICED POCKET BREAD
BEAUTIFUL BUCKWHEAT PANCAKES
RIPPLED SMOOTHIE BOWLS
STICKY TOFFEE WAFFLES

FRIDAY NIGHT NIBBLES

BRILLIANT BANG BANG CUCUMBER
CHEESY KIMCHI TOASTIE
GO-TO HOUMOUS
CRISPY TORN TACOS
POLENTA CHIPS
TORTILLA CHIPS & DIPS
PLOUGHMAN'S NACHOS
SIMPLE PICKLE
SUPERCHARGED BABA GANOUSH
SPEEDY DOUGH BALLS
CRUNCHY SUMMER ROLLS
EXCITING CRUDITÉS
GNARLY BLACK BEAN TACOS
CRISPY MOROCCAN CARROTS

INDEX

The page references in this index correspond to the print edition from which this ebook was created, and clicking on them will take you to the the location in the ebook where the equivalent print page would begin. To find a specific word or phrase from the index, please use the search feature of your ebook reader.

A

[allotment cottage pie](#)

almonds

[amazing tomato curry](#)

[basil & almond pesto](#)

[greens mac 'n' cheese](#)

[Lady Marmalade salad](#)

[scruffy aubergine lasagne](#)

[sticky toffee waffles](#)

[wonderful veg tagine](#)

[amazing tomato curry](#)

[amazing veggie chilli](#)

[angry bean salad](#)

[angry pasta fagioli](#)

apples

[apple & chilli salsa](#)

[apple & watercress salad](#)

[cabbage & apple slaw](#)

[crunchy summer rolls](#)

apricots

[Aussie-style brunch bowls](#)

[Greek-style cheese toastie](#)

[wonderful veg tagine](#)

[arrabbiata dressing](#)

artichokes

[filo snake bake](#)
[Asian dressing](#)
[asparagus](#)
 [asparagus quiche & soup](#)
 [easy Thai-style noodle salad](#)
 [speedy egg-fried rice](#)
 [tomato & spring veg frittata](#)
 [veggie pad Thai](#)
[aubergines](#)
 [scruffy aubergine lasagne](#)
 [stuffed curried aubergines](#)
 [supercharged baba ganoush](#)
 [my veggie moussaka](#)
 [wonderful veg tagine](#)
 [Yemeni-style pancakes](#)
[Aussie-style brunch bowls](#)
[avocados](#)
 [Aussie-style brunch bowls](#)
 [avocado hash brown](#)
 [bold black bean soup](#)
 [roasted black bean burgers](#)
 [super spinach pancakes](#)
 [sweetcorn & jalapeño fritters](#)
 [veggie fry-up](#)

B

[baba ganoush](#)
[baby corn](#) [see corn](#)
[baguette: silky omelette baguette](#)
[baked beans](#)
[bananas](#)
 [rippled smoothie bowls](#)
 [sticky toffee waffles](#)
 [sweetcorn & jalapeño fritters](#)
[bang bang cucumber](#)

basil

[basil & almond pesto](#)

[odds & ends pasta on toast](#)

beans

[amazing veggie chilli](#)

[angry bean salad](#)

[angry pasta fagioli](#)

[Aussie-style brunch bowls](#)

[bold black bean soup](#)

[bread-topped biryani](#)

[gnarly black bean tacos](#)

[go-to houmous](#)

[my panzanella gazpacho](#)

[proper baked beans](#)

[pumpkin rice](#)

[roasted black bean burgers](#)

[scrumptious veg traybake](#)

[summer bubble & squeak](#)

[summer tagliatelle](#)

[beautiful buckwheat pancakes](#)

beetroots

[beetroot pickle](#)

[hasselback al forno](#)

bhaji burger

bhel puri salad

black beans

[bold black bean soup](#)

[gnarly black bean tacos](#)

[go-to houmous](#)

[roasted black bean burgers](#)

blue cheese

[double corn salad](#)

[pithivier pie](#)

[pulled mushroom sandwich](#)

[blueberries: rippled smoothie bowls](#)

[bold black bean soup](#)

bread

bread-topped biryani
my chopped fattoush salad
French garlic bread salad
my panzanella gazpacho
ploughman's nachos
proper baked beans
speedy dough balls

see also flatbreads; pizza; sarnies; toast

brilliant bang bang cucumber

brilliant bhaji burger

broad beans

Aussie-style brunch bowls
my panzanella gazpacho
summer bubble & squeak
summer tagliatelle

broccoli

crispy-bottomed steamed dumplings
greens mac 'n' cheese
summer tagliatelle
veggie pad Thai

broth

quick mushroom noodle broth
Thai-style mushroom & tofu broth

brunch-style egg curry

bubble & squeak

buckwheat pancakes

burgers

brilliant bhaji burger
Indian-style chip butty
roasted black bean burgers

Burns Night stew & dumplings

butter beans

proper baked beans
pumpkin rice

butternut squash

angry pasta fagioli
brilliant bhaji burger

[crispy-bottomed steamed dumplings](#)
[hasselback al forno](#)
[pumpkin rice](#)
[scrumptious veg traybake](#)
[shakshuka, my style](#)
[squash gnocchi](#)
[summer veg blanket pie](#)

C

cabbage

[cabbage & apple slaw](#)
[easy Thai-style noodle salad](#)
[pumpkin rice](#)
[summer bubble & squeak](#)

cannellini beans

[amazing veggie chilli](#)
[proper baked beans](#)
[scrumptious veg traybake](#)

capers

[mushroom stroganoff](#)
[shaved fennel, melon & mozzarella](#)

carbonara: sweet leek carbonara

carrots

[allotment cottage pie](#)
[Burns Night stew & dumplings](#)
[carrot & ginger pickle](#)
[crispy Moroccan carrots](#)
[crunchy summer rolls](#)
[easy Thai-style noodle salad](#)
[Florentina traybake](#)
[hasselback al forno](#)
[scrumptious veg traybake](#)
[spiced carrot pancakes](#)
[summer bubble & squeak](#)
[sweet & sour stir-fry](#)

cashews: my cauliflower tikka masala
cauliflower

bread-topped biryani
cauliflower cheese pizza pie
my cauliflower tikka masala
crispy cauliflower katsu
Greek-inspired cauliflower stew
squashed cauli & cherry salad
super stacked sarnie

celeriac

allotment cottage pie
Burns Night stew & dumplings
Florentina traybake
pithivier pie

celery

bold black bean soup

Cheddar cheese

asparagus quiche & soup
cauliflower cheese pizza pie
cheesy kimchi toastie
double corn salad
giant cheesy oozy croutons
greens mac 'n' cheese
odds & ends pasta on toast
pea & ricotta stuffed courgettes
ploughman's nachos
proper baked beans
scruffy aubergine lasagne
silky omelette baguette

cheese

see also individual cheeses

cheesy kimchi toastie

cherries: squashed cauli & cherry salad

chickpeas

bread-topped biryani
easy pea & spinach samosas
go-to houmous

[roasted falafel pitta pockets](#)
[super-comforting gumbo](#)
[wonderful veg tagine](#)

[chicory](#)

[easy Thai-style noodle salad](#)
[Lady Marmalade salad](#)
[supercharged baba ganoush](#)
[warm grape & radicchio salad](#)

[chilli sauce](#)

[amazing veggie chilli](#)

[chillies](#)

[angry pasta fagioli](#)
[apple & chilli salsa](#)
[Aussie-style brunch bowls](#)
[avocado hash brown](#)
[bold black bean soup](#)
[brilliant bang bang cucumber](#)
[brunch-style egg curry](#)
[congee bowl](#)
[courgette & feta scones](#)
[crispy cauliflower katsu](#)
[crispy-bottomed steamed dumplings](#)
[crunchy summer rolls](#)
[fragrant noodle soup](#)
[minted jalapeño salsa](#)
[proper baked beans](#)
[pumpkin rice](#)
[shaved fennel, melon & mozzarella](#)
[silky courgette bow-ties](#)
[smokin' sweet pepper & chilli rippled cream cheese dip](#)
[speedy egg-fried rice](#)
[spring onion & chilli pickle](#)
[summer bubble & squeak](#)
[super spinach pancakes](#)
[super-comforting gumbo](#)
[sweetcorn & jalapeño fritters](#)
[tomato & green chilli salsa](#)

[tortilla chips & dips](#)

[veggie fry-up](#)

Chipotle Tabasco sauce

[double corn salad](#)

[gnarly black bean tacos](#)

[roasted black bean burgers](#)

[my chopped fattoush salad](#)

[chutneys](#)

see also [mango chutney](#)

[coconut: roasted veg dosa](#)

[coconut cream: pumpkin rice](#)

coconut milk

[amazing tomato curry](#)

[brunch-style egg curry](#)

[Malaysian-style veg noodles](#)

[Thai-style mushroom & tofu broth](#)

[congee bowl](#)

corn

[double corn salad](#)

[Malaysian-style veg noodles](#)

[veggie pad Thai](#)

see also [sweetcorn](#)

[cornichons: mushroom stroganoff](#)

cottage cheese

[gnarly black bean tacos](#)

[potato & mushroom al forno](#)

[super spinach pancakes](#)

[cottage pie](#)

courgettes

[courgette & feta scones](#)

[Mediterranean vegetable rice](#)

[odds & ends pasta on toast](#)

[pea & ricotta stuffed courgettes](#)

[reverse puff pastry pizza](#)

[silky courgette bow-ties](#)

[summer bubble & squeak](#)

[summer veg blanket pie](#)

super stacked sarnie
couscous: wonderful veg tagine
cream cheese
smokin' sweet pepper & chilli rippled cream cheese dip
tortilla chips & dips
crème fraîche croûtes
crisps: spiced parsnip soup
crispy-bottomed steamed dumplings
crispy cauliflower katsu
crispy Moroccan carrots
crispy mushroom shawarma
crispy torn tacos
crudités
crunchy summer rolls
cucumbers

Aussie-style brunch bowls
brilliant bang bang cucumber
my chopped fattoush salad
crispy mushroom shawarma
Greek-style cheese toastie
honeyed halloumi, fig & flatbreads
my panzanella gazpacho
roast new potato & pickle salad
roasted falafel pitta pockets
spiced carrot pancakes
sweetcorn & jalapeño fritters
vibrant bhel puri salad
see also cornichons

curries

amazing tomato curry
bread-topped biryani
brunch-style egg curry
my cauliflower tikka masala
crispy cauliflower katsu
stuffed curried aubergines
Thai-style mushroom & tofu broth
curry pastes

D

dips

[peanut dip](#)

[smokin' sweet pepper & chilli rippled cream cheese dip](#)

[tahini & rose harissa rippled yoghurt](#)

[tahini yoghurt dip](#)

[tortilla chips & dips](#)

[dosa: roasted veg dosa](#)

[double corn salad](#)

[dough balls](#)

dressings

[arrabbiata dressing](#)

[Asian dressing](#)

[creamy cheese dressing](#)

[French dressing](#)

[jalapeño dressing](#)

[neon dressing](#)

[orange dressing](#)

[sticky balsamic dressing](#)

[thick mustardy dressing](#)

dukkah

[crispy mushroom shawarma](#)

[honeyed halloumi, fig & flatbreads](#)

dumplings

[Burns Night stew & dumplings](#)

[crispy-bottomed steamed dumplings](#)

E

[easy pea & spinach samosas](#)

[easy Thai-style noodle salad](#)

eggs

[asparagus quiche & soup](#)

[Aussie-style brunch bowls](#)

[avocado hash brown](#)

[beautiful buckwheat pancakes](#)
[brunch-style egg curry](#)
[congee bowl](#)
[courgette & feta scones](#)
[Florentina traybake](#)
[giant cheesy oozy croutons](#)
[honeyed halloumi, fig & flatbreads](#)
[potato & mushroom al forno](#)
[rogan josh Scotch eggs](#)
[shakshuka, my style](#)
[silky omelette baguette](#)
[speedy egg-fried rice](#)
[speedy spiced pocket bread](#)
[spiced carrot pancakes](#)
[sticky toffee waffles](#)
[summer bubble & squeak](#)
[super spinach pancakes](#)
[sweet leek carbonara](#)
[sweetcorn & jalapeño fritters](#)
[tomato & spring veg frittata](#)
[veggie fry-up](#)
[my veggie moussaka](#)
[veggie pad Thai](#)
[Yemeni-style pancakes](#)
[exciting crudités](#)

F

[falafel pitta pockets](#)
[fattoush: my chopped fattoush salad](#)
[fennel](#)
[my chopped fattoush salad](#)
[roasted tomato risotto](#)
[shaved fennel, melon & mozzarella](#)
[silky fennel soup](#)
[fennel seeds: silky courgette bow-ties](#)

feta cheese

- [bold black bean soup](#)
- [courgette & feta scones](#)
- [filo snake bake](#)
- [Greek-style cheese toastie](#)
- [masala stuffed peppers](#)
- [roast new potato & pickle salad](#)
- [scrumptious veg traybake](#)
- [speedy spiced pocket bread](#)
- [supercharged baba ganoush](#)
- [sweetcorn & jalapeño fritters](#)
- [my veggie moussaka](#)

[figs: honeyed halloumi, fig & flatbreads](#)

filo pastry

- [crispy Moroccan carrots](#)
- [filo snake bake](#)
- [summer veg blanket pie](#)

flatbreads

- [brunch-style egg curry](#)
- [crispy mushroom shawarma](#)
- [honeyed halloumi, fig & flatbreads](#)
- [roasted falafel pitta pockets](#)
- [speedy spiced pocket bread](#)

[Florentina traybake](#)

[fragrant noodle soup](#)

[French dressing](#)

[French garlic bread salad](#)

[frittata: tomato & spring veg frittata](#)

fritters

- [brilliant bhaji burger](#)
- [sweetcorn & jalapeño fritters](#)

[fry-up: veggie fry-up](#)

G

garlic

[French garlic bread salad](#)
[roasted falafel pitta pockets](#)
[gazpacho: my panzanella gazpacho](#)
[gherkins: mushroom stroganoff](#)
[ginger](#)
[carrot & ginger pickle](#)
[tomato & ginger salsa](#)
[gnarly black bean tacos](#)
[gnocchi: squash gnocchi](#)
[go-to houmous](#)
[granola: rippled smoothie bowls](#)
[grapes](#)
[French garlic bread salad](#)
[warm grape & radicchio salad](#)
[Greek-inspired cauliflower stew](#)
[Greek-style cheese toastie](#)
[green beans](#)
[angry bean salad](#)
[bread-topped biryani](#)
[summer tagliatelle](#)
[greens mac 'n' cheese](#)
[gumbo: super-comforting gumbo](#)

H

[halloumi cheese](#)
[Greek-style cheese toastie](#)
[honeyed halloumi, fig & flatbreads](#)
[harissa](#)
[crispy Moroccan carrots](#)
[go-to houmous](#)
[shakshuka, my style](#)
[spiced carrot pancakes](#)
[supercharged baba ganoush](#)
[tahini & rose harissa rippled yoghurt](#)
[hash brown](#)

hasselback al forno

hazelnuts

beautiful buckwheat pancakes

mighty mushroom pasta

honey

honeyed halloumi, fig & flatbreads

rippled smoothie bowls

warm grape & radicchio salad

horseradish: watercress & sweet leek soup

houmous

I

Indian-style chip butty

J

jalapeño chillies

avocado hash brown

minted jalapeño salsa

super-comforting gumbo

sweetcorn & jalapeño fritters

veggie fry-up

K

katsu: crispy cauliflower katsu

kimchi: cheesy kimchi toastie

L

Lady Marmalade salad

lasagne

scruffy aubergine lasagne

tasty vegan lasagne

leeks

allotment cottage pie

greens mac 'n' cheese

pithivier pie

sweet leek carbonara

watercress & sweet leek soup

lemongrass

fragrant noodle soup

Malaysian-style veg noodles

Thai-style mushroom & tofu broth

lemons

Greek-inspired cauliflower stew

lemony spinach salad

pea & ricotta stuffed courgettes

roast new potato & pickle salad

scruffy aubergine lasagne

wonderful veg tagine

Yemeni-style pancakes

lentils

allotment cottage pie

hasselback al forno

roasted veg dosa

spiced parsnip soup

tasty vegan lasagne

lettuce

my chopped fattoush salad

double corn salad

honeyed halloumi, fig & flatbreads

lettuce & blood orange salad bites

supercharged baba ganoush

veggie pad Thai

M

mac 'n' cheese

Malaysian-style veg noodles
mangetout: Malaysian-style veg noodles

mango chutney

brilliant bhaji burger
Indian-style chip butty
rogan josh Scotch eggs

mangos

easy pea & spinach samosas
roasted black bean burgers

masala stuffed peppers

mascarpone cheese: mushroom risotto

Mediterranean vegetable rice

melon: shaved fennel, melon & mozzarella

mighty mushroom pasta

mint

angry bean salad
crunchy summer rolls
easy Thai-style noodle salad
Indian-style chip butty
minted jalapeño salsa
roast new potato & pickle salad
shaved fennel, melon & mozzarella

miso

crispy-bottomed steamed dumplings
quick mushroom noodle broth
scrumpy onion soup

Moroccan carrots

moussaka: my veggie moussaka

mozzarella cheese

angry bean salad
Mediterranean vegetable rice
picnic pasta salad
reverse puff pastry pizza
Sardinian music bread stack
shaved fennel, melon & mozzarella
super stacked sarnie

mushrooms

[allotment cottage pie](#)
[congee bowl](#)
[crispy mushroom shawarma](#)
[fragrant noodle soup](#)
[mighty mushroom pasta](#)
[mushroom risotto](#)
[mushroom stroganoff](#)
[pithivier pie](#)
[potato & mushroom al forno](#)
[pulled mushroom sandwich](#)
[quick mushroom noodle broth](#)
[roasted black bean burgers](#)
[scrumptious veg traybake](#)
[spaghetti porcini balls](#)
[tasty vegan lasagne](#)
[Thai-style mushroom & tofu broth](#)
[veggie fry-up](#)
[my veggie moussaka](#)
[my veggie pasties](#)
[music bread stack](#)

N

[naan bread: rogan josh Scotch eggs](#)
[nachos: ploughman's nachos](#)
[neon dressing](#)
[noodles](#)
[crunchy summer rolls](#)
[easy Thai-style noodle salad](#)
[fragrant noodle soup](#)
[Malaysian-style veg noodles](#)
[quick mushroom noodle broth](#)
[sweet & sour stir-fry](#)
[veggie pad Thai](#)

O

oats: rippled smoothie bowls

odds & ends pasta on toast

okra

pumpkin rice

super-comforting gumbo

olives

filo snake bake

Greek-inspired cauliflower stew

Mediterranean vegetable rice

pea & ricotta stuffed courgettes

picnic pasta salad

scrumptious veg traybake

super stacked sarnie

omelette baguette

onions

Florentina traybake

odds & ends pasta on toast

reverse puff pastry pizza

roasted veg dosa

scrumptious veg traybake

scrumpy onion soup

sticky onion tart

super stacked sarnie

sweet & sour stir-fry

my veggie pasties

see *also* pickled onions; spring onions

oranges

beautiful buckwheat pancakes

crispy Moroccan carrots

Lady Marmalade salad

lettuce & blood orange salad bites

oregano

reverse puff pastry pizza

scrumptious veg traybake

oyster mushrooms

crispy mushroom shawarma

potato & mushroom al forno

P

[pad Thai](#)

[pak choi](#)

[easy Thai-style noodle salad](#)

[quick mushroom noodle broth](#)

[sweet & sour stir-fry](#)

[veggie pad Thai](#)

[pancakes](#)

[beautiful buckwheat pancakes](#)

[roasted veg dosa](#)

[spiced carrot pancakes](#)

[super spinach pancakes](#)

[Yemeni-style pancakes](#)

[see also fritters; waffles](#)

[paneer cheese](#)

[brilliant bhaji burger](#)

[my cauliflower tikka masala](#)

[easy pea & spinach samosas](#)

[masala stuffed peppers](#)

[my panzanella gazpacho](#)

[Parmesan cheese](#)

[avocado hash brown](#)

[chunky Parmesan croutons](#)

[greens mac 'n' cheese](#)

[mighty mushroom pasta](#)

[mushroom risotto](#)

[polenta chips](#)

[potato & mushroom al forno](#)

[roasted tomato risotto](#)

[Sardinian music bread stack](#)

[scruffy aubergine lasagne](#)

[silky courgette bow-ties](#)

[spaghetti porcini balls](#)

[squash gnocchi](#)

[summer tagliatelle](#)

sunshine fusilli pasta
sweet leek carbonara
tomato & spring veg frittata
veggie fry-up

parsnips

hasselback al forno
spiced parsnip soup

pasta

angry pasta fagioli
greens mac 'n' cheese
mighty mushroom pasta
odds & ends pasta on toast
picnic pasta salad
scruffy aubergine lasagne
silky courgette bow-ties
spaghetti porcini balls
squash gnocchi
summer tagliatelle
sunshine fusilli pasta
sweet leek carbonara
tasty vegan lasagne

pasties: my veggie pasties

peaches: sweet & sour stir-fry

peanut butter

peanut dip
stuffed curried aubergines

peanuts

easy Thai-style noodle salad
Malaysian-style veg noodles
veggie pad Thai
vibrant bhel puri salad

pearl barley: Burns Night stew & dumplings

peas

easy pea & spinach samosas
Greek-inspired cauliflower stew
Malaysian-style veg noodles
my panzanella gazpacho

pea & ricotta stuffed courgettes
roasted falafel pitta pockets
speedy egg-fried rice
speedy spiced pocket bread
summer bubble & squeak
summer tagliatelle
super-comforting gumbo
sweet & sour stir-fry
tomato & spring veg frittata

peppers

amazing veggie chilli
my chopped fattoush salad
filo snake bake
masala stuffed peppers
odds & ends pasta on toast
my panzanella gazpacho
proper baked beans
reverse puff pastry pizza
roasted veg dosa
scrumptious veg traybake
shakshuka, my style
smokin' sweet pepper & chilli rippled cream cheese dip
sunshine fusilli pasta
super stacked sarnie
sweet & sour stir-fry

Persian-style rice

pesto

basil & almond pesto
fragrant parsley & walnut pesto
Mediterranean vegetable rice

pickled onions

Burns Night stew & dumplings
mushroom stroganoff
ploughman's nachos

pickles

beetroot pickle
carrot & ginger pickle

[crispy mushroom shawarma](#)
[lime-pickled chillies](#)
[pickled jalapeño chillies](#)
[roast new potato & pickle salad](#)
[simple pickle](#)
[spring onion & chilli pickle](#)

[picnic pasta salad](#)

pies

[allotment cottage pie](#)
[cauliflower cheese pizza pie](#)
[pithivier pie](#)
[summer veg blanket pie](#)
see also [pasties](#); [quiche](#)

pistachios

[Lady Marmalade salad](#)
[masala stuffed peppers](#)
[pretty Persian-style rice](#)
[spiced carrot pancakes](#)
[sunshine fusilli pasta](#)

[pithivier pie](#)

pitta breads

[my chopped fattoush salad](#)
[roasted falafel pitta pockets](#)

pizza

[cauliflower cheese pizza pie](#)
[reverse puff pastry pizza](#)

[ploughman's nachos](#)

[plums: beautiful buckwheat pancakes](#)

polenta

[polenta chips](#)
[veggie fry-up](#)

pomegranates

[my chopped fattoush salad](#)
[Indian-style chip butty](#)
[pretty Persian-style rice](#)
[roasted falafel pitta pockets](#)
[sticky toffee waffles](#)

supercharged baba ganoush
vibrant bhel puri salad

poppadoms

brilliant bhaji burger
spiced parsnip soup
vibrant bhel puri salad

popped rice: vibrant bhel puri salad

popping corn: double corn salad

porcini mushrooms

allotment cottage pie
fragrant noodle soup
quick mushroom noodle broth
scrumptious veg traybake
spaghetti porcini balls
my veggie moussaka

portobello mushrooms: crispy mushroom shawarma

potatoes

allotment cottage pie
asparagus quiche & soup
avocado hash brown
Florentina traybake
Greek-inspired cauliflower stew
hasselback al forno
Indian-style chip butty
masala stuffed peppers
potato & mushroom al forno
pretty Persian-style rice
roast new potato & pickle salad
roasted veg dosa
shakshuka, my style
silky fennel soup
squash gnocchi
summer bubble & squeak
summer tagliatelle
summer veg blanket pie
my veggie moussaka
my veggie pasties

[watercress & sweet leek soup](#)
[preserved lemons](#)
[squashed cauli & cherry salad](#)
[summer veg blanket pie](#)
[wonderful veg tagine](#)
[pretty Persian-style rice](#)
[proper baked beans](#)
[puff pastry](#)
[pithivier pie](#)
[reverse puff pastry pizza](#)
[sticky onion tart](#)
[pulled mushroom sandwich](#)
[pumpkin rice](#)

Q

[quiche: asparagus quiche & soup](#)
[quick mushroom noodle broth](#)

R

[radicchio: warm grape & radicchio salad](#)
[radishes](#)
[Aussie-style brunch bowls](#)
[crunchy summer rolls](#)
[easy Thai-style noodle salad](#)
[roast new potato & pickle salad](#)
[spiced carrot pancakes](#)
[vibrant bhel puri salad](#)
[reverse puff pastry pizza](#)
[rhubarb: beautiful buckwheat pancakes](#)
[rice](#)
[amazing veggie chilli](#)
[bread-topped biryani](#)
[congee bowl](#)

crispy cauliflower katsu
Mediterranean vegetable rice
mushroom risotto
pea & ricotta stuffed courgettes
pretty Persian-style rice
pumpkin rice
roasted tomato risotto
roasted veg dosa
speedy egg-fried rice
squashed cauli & cherry salad
Thai-style mushroom & tofu broth
vibrant bhel puri salad

ricotta cheese

asparagus quiche & soup
pea & ricotta stuffed courgettes
tomato & spring veg frittata

rippled smoothie bowls

risotto

mushroom risotto
roasted tomato risotto

roast new potato & pickle salad
roasted black bean burgers
roasted falafel pitta pockets
roasted tomato risotto
roasted veg dosa
rogan josh Scotch eggs
rosé wine: silky courgette bow-ties

S

saffron

bread-topped biryani
pretty Persian-style rice
summer veg blanket pie

salads

angry bean salad

[apple & watercress salad](#)
[my chopped fattoush salad](#)
[double corn salad](#)
[easy Thai-style noodle salad](#)
[French garlic bread salad](#)
[Lady Marmalade salad](#)
[lemony spinach salad](#)
[lettuce & blood orange salad bites](#)
[picnic pasta salad](#)
[roast new potato & pickle salad](#)
[shaved fennel, melon & mozzarella](#)
[squashed cauli & cherry salad](#)
[tomato & feta salad](#)
[vibrant bhel puri salad](#)
[warm grape & radicchio salad](#)

[salsas](#)

[amazing veggie chilli](#)
[apple & chilli salsa](#)
[chunky tomato salsa](#)
[minted jalapeño salsa](#)
[roasted black bean burgers](#)
[tomato & ginger salsa](#)
[tomato & green chilli salsa](#)
[Yemeni-style pancakes](#)

[samosas: easy pea & spinach samosas](#)

[Sardinian music bread stack](#)

[sarnies](#)

[cheesy kimchi toastie](#)
[crispy mushroom shawarma](#)
[Greek-style cheese toastie](#)
[Indian-style chip butty](#)
[pulled mushroom sandwich](#)
[Sardinian music bread stack](#)
[silky omelette baguette](#)
[speedy spiced pocket bread](#)
[super stacked sarnie](#)

[Scotch eggs](#)

[scruffy aubergine lasagne](#)
[scrumptious veg traybake](#)
[scrumpy onion soup](#)
[shakshuka, my style](#)
[shaved fennel, melon & mozzarella](#)
[shawarma: crispy mushroom shawarma](#)
[shiitake mushrooms: congee bowl](#)
[silky courgette bow-ties](#)
[silky fennel soup](#)
[silky omelette baguette](#)
[smoothie bowls](#)

[soups](#)

[asparagus quiche & soup](#)
[bold black bean soup](#)
[fragrant noodle soup](#)
[my panzanella gazpacho](#)
[scrumpy onion soup](#)
[silky fennel soup](#)
[spiced parsnip soup](#)
[watercress & sweet leek soup](#)
[see *also* \[broth\]\(#\)](#)

[soy sauce](#)

[brilliant bang bang cucumber](#)
[congee bowl](#)

[speedy dough balls](#)

[speedy egg-fried rice](#)

[speedy spiced pocket bread](#)

[spiced carrot pancakes](#)

[spiced parsnip soup](#)

[spinach](#)

[Aussie-style brunch bowls](#)
[easy pea & spinach samosas](#)
[filo snake bake](#)
[greens mac 'n' cheese](#)
[hasselback al forno](#)
[lemony spinach salad](#)
[silky fennel soup](#)

spaghetti porcini balls
speedy egg-fried rice
super spinach pancakes

spring onions

spring onion & chilli pickle
tortilla chips & dips

squash *see* butternut squash

squashed cauli & cherry salad

stews

amazing veggie chilli
Burns Night stew & dumplings
Greek-inspired cauliflower stew
mushroom stroganoff
super-comforting gumbo
Thai-style mushroom & tofu broth
wonderful veg tagine

sticky onion tart

sticky toffee waffles

stir-fry: sweet & sour stir-fry

stroganoff: mushroom stroganoff

stuffed curried aubergines

summer bubble & squeak

summer rolls

summer tagliatelle

summer veg blanket pie

sun-dried tomatoes

spaghetti porcini balls

sunshine fusilli pasta

super-comforting gumbo

super spinach pancakes

super stacked sarnie

supercharged baba ganoush

swede

allotment cottage pie
Burns Night stew & dumplings
my veggie pasties

sweet & sour stir-fry

sweet leek carbonara

sweet potatoes

amazing veggie chilli

crispy torn tacos

Indian-style chip butty

masala stuffed peppers

roasted veg dosa

sweetcorn

fragrant noodle soup

sweetcorn & jalapeño fritters

see also corn

Szechuan pepper: brilliant bang bang cucumber

T

tacos

crispy torn tacos

gnarly black bean tacos

tagine: wonderful veg tagine

tahini

crispy mushroom shawarma

go-to houmous

honeyed halloumi, fig & flatbreads

roasted falafel pitta pockets

supercharged baba ganoush

tahini & rose harissa rippled yoghurt

tahini yoghurt dip

Yemeni-style pancakes

tamarind

stuffed curried aubergines

veggie pad Thai

vibrant bhel puri salad

tasty vegan lasagne

tenderstem broccoli: greens mac 'n' cheese

Thai-style mushroom & tofu broth

Thai-style noodle salad

[tikka masala: my cauliflower tikka masala](#)

toast

[cheesy kimchi toastie](#)

[Greek-style cheese toastie](#)

[odds & ends pasta on toast](#)

tofu

[Malaysian-style veg noodles](#)

[Thai-style mushroom & tofu broth](#)

[veggie pad Thai](#)

tomatoes

[amazing tomato curry](#)

[amazing veggie chilli](#)

[angry bean salad](#)

[angry pasta fagioli](#)

[avocado hash brown](#)

[brunch-style egg curry](#)

[my chopped fattoush salad](#)

[chunky tomato salsa](#)

[Greek-inspired cauliflower stew](#)

[Mediterranean vegetable rice](#)

[mighty mushroom pasta](#)

[odds & ends pasta on toast](#)

[my panzanella gazpacho](#)

[proper baked beans](#)

[reverse puff pastry pizza](#)

[roasted black bean burgers](#)

[roasted tomato risotto](#)

[Sardinian music bread stack](#)

[scruffy aubergine lasagne](#)

[scrumptious veg traybake](#)

[tasty vegan lasagne](#)

[tomato & ginger salsa](#)

[tomato & green chilli salsa](#)

[tomato & spring veg frittata](#)

[tortilla chips & dips](#)

[veggie fry-up](#)

[my veggie moussaka](#)

Yemeni-style pancakes

see also sun-dried tomatoes

tortillas

gnarly black bean tacos

speedy spiced pocket bread

tortilla chips & dips

traybakes

Florentina traybake

hasselback al forno

masala stuffed peppers

Mediterranean vegetable rice

pea & ricotta stuffed courgettes

potato & mushroom al forno

reverse puff pastry pizza

scrumptious veg traybake

truffle oil: potato & mushroom al forno

tzatziki: Greek-style cheese toastie

U

urid dal: roasted veg dosa

V

vegan lasagne

veggie chilli

veggie fry-up

my veggie moussaka

veggie pad Thai

my veggie pasties

vibrant bhel puri salad

vinegars

W

waffles: sticky toffee waffles

walnuts

fragrant parsley & walnut pesto

Lady Marmalade salad

pulled mushroom sandwich

warm grape & radicchio salad

watercress

apple & watercress salad

watercress & sweet leek soup

wonderful veg tagine

Y

Yemeni-style pancakes

yoghurt

crispy mushroom shawarma

summer veg blanket pie

tahini & rose harissa rippled yoghurt

tahini yoghurt dip

BOOKS BY JAMIE OLIVER

- 1 The Naked Chef *1999*
- 2 The Return of the Naked Chef *2000*
- 3 Happy Days with the Naked Chef *2001*
- 4 Jamie's Kitchen *2002*
- 5 Jamie's Dinners *2004*
- 6 Jamie's Italy *2005*
- 7 Cook with Jamie *2006*
- 8 Jamie at Home *2007*
- 9 Jamie's Ministry of Food *2008*
- 10 Jamie's America *2009*
- 11 Jamie Does ... *2010*
- 12 Jamie's 30-Minute Meals *2010*
- 13 Jamie's Great Britain *2011*
- 14 Jamie's 15-Minute Meals *2012*
- 15 Save with Jamie *2013*
- 16 Jamie's Comfort Food *2014*
- 17 Everyday Super Food *2015*
- 18 Super Food Family Classics *2016*
- 19 Jamie Oliver's Christmas Cookbook *2016*
- 20 5 Ingredients – Quick & Easy Food *2017*
- 21 Jamie Cooks Italy *2018*
- 22 Jamie's Friday Night Feast Cookbook *2018*
- 23 Veg *2019*

Food photography DAVID LOFTUS

Cover and portrait photography PAUL STUART

Design JAMES VERITY at SUPERFANTASTIC

MICHAEL JOSEPH

UK | USA | CANADA | IRELAND | AUSTRALIA
INDIA | NEW ZEALAND | SOUTH AFRICA

Penguin Books is part of the Penguin Random House group of companies whose addresses can be found at global.penguinrandomhouse.com



First published 2019

Copyright © Jamie Oliver, 2019

Recipe photography copyright © Jamie Oliver Enterprises Limited, 2019

Cover and portrait photography copyright © Paul Stuart, 2019

Illustration copyright © Jon Gray ([page 3](#)), 2019

The moral right of the author has been asserted

Recipe photography by David Loftus

Travel photography by Freddie Claire ([pages 296–7](#))

Design by Superfantastic

Colour reproduction by Altimage Ltd

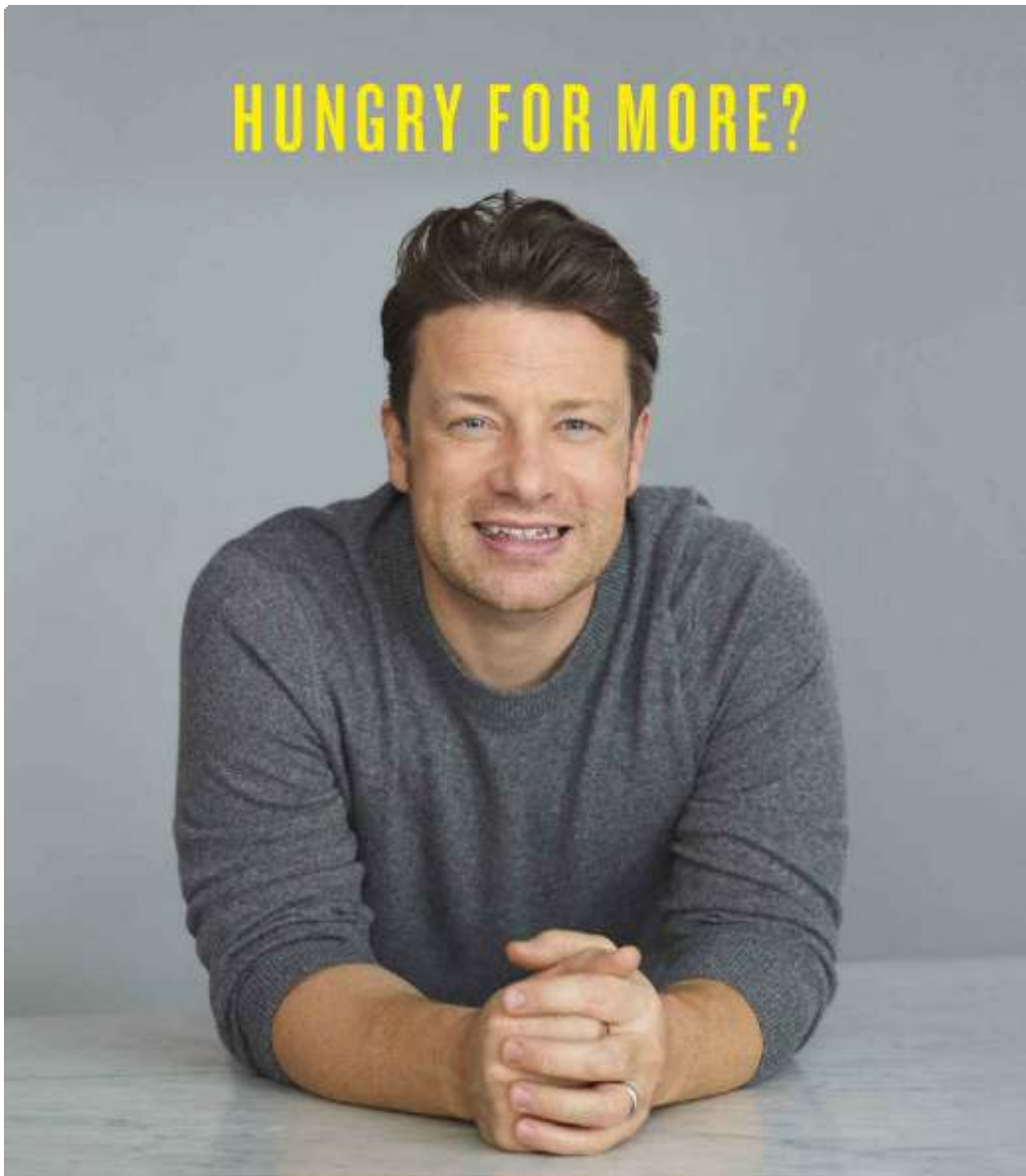
ISBN: 978-1-405-93226-4

penguin.co.uk
jamieoliver.com

This ebook is copyright material and must not be copied, reproduced, transferred, distributed, leased, licensed or publicly performed or used in any way except as specifically permitted in writing by the publishers, as allowed under the terms and conditions under which it was purchased or as strictly permitted by applicable copyright law. Any unauthorized distribution or use of this text may be a direct infringement of the author's and publisher's rights and those responsible may be liable in law accordingly.



HUNGRY FOR MORE?



For handy nutrition advice, as well as videos, features, hints, tricks and tips on all sorts of different subjects, loads of brilliant recipes, plus much more, check out

JAMIEOLIVER.COM

#JAMIESVEG

