

SPECIAL
- DAY -



7TH - 11TH JUNE

ENVIRONMENT WEEK!

RECIPE BOOKLET

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGETARIAN RECIPE



ROASTED GARLIC, TOMATO & ROSEMARY FOCACCIA

SERVES  Ten

ALLERGENS  Wheat, Gluten

INGREDIENTS

- 500g strong white bread flour
- 14g dried yeast sachets
- 1tbsp. sugar, plus extra tsp for baking
- 3tbsp. olive oil, plus extra for kneading, greasing and serving
- 250ml tap water, warm
- 1 garlic, top sliced off
- 150g cherry tomatoes
- Rosemary, sprigs, small handful
- 2tsp. sea salt

METHOD

1. Put the flour in a mixing bowl and make a well in the centre. Add the yeast, sugar and 100ml warm water. Gently mix and leave for a few minutes, until the yeast has dissolved and starts to foam.
2. Add remaining warm water, olive oil and 1tsp flaked sea salt, stirring until the mixture forms a sticky dough. Knead for 5-10 minutes, adding a little extra oil if needed, until smooth and elastic. Shape the dough into a disc and transfer to a large, oiled bowl. Cover with a cling film and set aside somewhere warm for approx. 1 Hour until doubled in size.
3. Preheat the oven to 180°C. Wrap the garlic bulb in kitchen foil and roast directly on the oven shelf for approx. 25 Minutes, until tender. Remove from oven and set aside to cool. Once cool enough to handle, gently squeeze out the cloves and set aside.
4. Put the tomatoes in a bowl and drizzle with oil. Toss to coat, then season and set aside.
5. Lightly grease a deep roasting tray with oil. Tip the dough into the tin and stretch it out to fill the edges and corners. Using oiled fingers, make rows of evenly spaced dimples over the surface of the dough and press in the garlic cloves, tomatoes and rosemary. Cover with oiled cling film and set aside to prove for a further 45 minutes, until doubled in size.
6. Preheat the oven to 200°C. Scatter the remaining sea salt over the dough. Place in the oven and bake for 30 minutes, or until golden.
7. Remove from the oven and leave to cool in the tin for a few minutes. Drizzle with a little more oil just before serving.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGETARIAN RECIPE



QUORN MEDITERRANEAN
LENTIL BURGERS IN A FLOURED BUN

SERVES



Ten

ALLERGENS



Wheat, Soya,
Sesame, Egg, Gluten

INGREDIENTS



- 400g quorn mince
- 2tbsp. vegetable oil
- 250g red onion, finely diced
- 1 red pepper, finely diced
- 1 yellow pepper, finely diced
- 4 cloves garlic, finely chopped
- 2tbsp. smoked paprika
- 250g puy lentils, cooked
- 200g breadcrumbs, wholemeal, fresh
- 2 egg yolk, beaten
- Basil, small handful, finely shredded
- Lo salt, pinch
- Ground black pepper, pinch
- Floured burger buns
- Garden salad

METHOD



1. Pre-heat the oven to 200°C.
2. Heat the oil in a frying pan and gently fry the onion and peppers for 3-4 minutes, now add the garlic and smoked paprika and cook for a further 2 minutes.
3. Place the onions and peppers into a bowl and combine the quorn mince, puy lentils, breadcrumbs, egg, basil and seasoning, mix gently until all the ingredients are combined.
4. Divide the mixture into 10 equal amounts and form into a burger shape.
5. Place onto a lightly greased baking tray and cook for 10-12 minutes. Serve in a floured bun with a fresh green salad.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGETARIAN RECIPE



SPINACH & RICOTTA CANNELLONI

SERVES  Ten

ALLERGENS  Wheat, Milk,
Egg, Gluten

INGREDIENTS

- 20 cannelloni tubes
- 400g ricotta cheese
- 1kg spinach, frozen
- 150ml vegetable oil
- 100g stork, softened
- 2 eggs, free range
- 300g grated mozzarella
- 2tsp. garlic puree
- 1kg chopped tomatoes
- 2tsp. dried oregano
- Lo salt, pinch
- Black pepper, ground, pinch

METHOD

1. Preheat the oven to 180°C.
2. Add the chopped tomatoes, oregano and garlic puree to a large pan and bring to a simmer.
3. Simmer for 8-10 minutes, stirring occasionally until the sauce has thickened, then remove from the heat and set aside.
4. Steam the spinach for approx. 6 Minutes, until cooked. Transfer the spinach into a colander and press to squeeze out any excess water and set aside to cool.
5. Once the spinach is cooled. Mix with the ricotta, egg and salt and pepper, mixing well and put into a piping bag.
6. Pipe this mixture into the cannelloni tubes, making sure they are filled well. Spoon some of the tomato sauce onto the base of a greased baking dish then arrange the filled cannelloni side-by-side in rows, making sure they are packed in tightly. Top the cannelloni with a little more sauce and sprinkle the mozzarella.
7. Bake for approx. 25 Minutes and remove when the cheese is melted and bubbling, the pasta is cooked, and the filling is hot.
8. Allow to rest for a few minutes before serving.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGETARIAN RECIPE



CINNAMON SCONES WITH VANILLA CINNAMON DRIZZLE

SERVES



Ten

ALLERGENS



Wheat, Milk,
Gluten

INGREDIENTS



- 325g self-raising flour
 - 2tbsp. caster sugar
 - 2tsp. cinnamon, ground
 - 1tsp. baking powder
 - 1/4 tsp. sea salt
 - 70g cold unsalted butter, cut into cubes
 - 180ml semi-skimmed milk
 - 1tsp. vanilla extract
 - 50ml milk, semi skimmed, to glaze
- For the drizzle:
- 75g icing sugar
 - 1/4 tsp. cinnamon, ground
 - 1 tsp vanilla extract
 - 3tsp. milk, semi skimmed

METHOD



1. Preheat the oven to 200°C. Line a baking sheet with baking parchment.
2. In a large bowl, combine the flour, sugar, cinnamon, baking powder and salt. Rub in the butter with your fingertips until it forms fine crumbs. Mix in the milk and vanilla until the dough starts to come together.
3. Tip the mixture onto a lightly floured surface and knead 3 or 4 times. Don't overwork the dough or the scones could become tough.
4. Pat the dough out to 2cm thickness. Use a 6cm round cutter with the edge dipped in flour to cut out as many scones as possible. Pat the scraps back to a dough and repeat.
5. Place the rounds onto the baking sheet and brush the tops with the milk
6. Bake for approx. 15 Minutes until risen and golden.

For the vanilla cinnamon drizzle:

7. Mix the sugar and cinnamon in a bowl. Add the vanilla and 1tsp of the milk, stir until it reaches a thick drizzling consistency and using a piping bag drizzle over the cooled scones.

SPECIAL
— DAY —

ENVIRONMENT WEEK!
VEGAN RECIPE



VEGAN THAI SQUASH SOUP

SERVES  Ten

ALLERGENS  None

INGREDIENTS 

- 500g onion, chopped
- 2 lemongrass stalk, bashed and shredded
- 2 red chillies, roughly chopped
- 2kg butternut squash, peeled and diced
- 2 limes, juiced
- 300ml coconut milk
- 1ltr tap water
- 5g vegetable bouillon
- Small bunch coriander, leaves picked
- Lo salt, pinch
- Ground black pepper, pinch

METHOD 

1. Fry the onion, lemongrass and chilli in a large pan with a splash of water for approx. 3 minutes until softened.
2. Add the squash and stir. Cover with the vegetable stock, bring to the boil and simmer for 15 minutes until the squash is tender. Add the lime juice, remove from the heat and blitz with a hand blender until smooth.
3. Pour in the coconut milk, season, then return to the heat to gently warm through. Serve with roughly chopped coriander.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGAN RECIPE



VEGAN THAI RED CURRY

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 800ml coconut milk
- 250ml water
- 20g vegetable bouillon
- 300g sweet potatoes, peeled and cubed
- 300g pumpkin, peeled and cubed
- 1 spring onion, bunch, finely chopped
- 175g green beans
- 300g courgette, cut into chunks
- 10 black peppercorns
- 2tsp. cumin seeds
- 2tsp. coriander seeds
- 4 red chillies
- 1kg onions
- 2 garlic cloves, crushed
- 2cm fresh ginger, peeled
- 4 lemon grass, stalks
- 1 lime, finely grated zest only
- ½tsp. turmeric
- 25ml vegetable oil
- Lo salt, pinch
- 10ptns. rice, steamed
- Coriander, small handful, chopped

METHOD



1. To make the curry paste, dry-fry the peppercorns, cumin and coriander seeds until fragrant, then grind them in a mortar and pestle or a bowl and rolling pin.
2. Put them with the ginger, lemon grass, chillies, into a food processor and blend until smooth (it takes a good 5 minutes).
3. Warm the oil in a pan and add the paste. Cook on a low heat until it becomes fragrant. Turn up the heat to high, add the coconut milk and stock and bring to the boil. Simmer for 3 minutes.
4. Add the sweet potatoes, pumpkin and spring onions and simmer for 5 minutes. Add the French beans and courgette and simmer for a further 5 minutes, or until the vegetables are just cooked.
5. Garnish the curry with the chilli and chopped coriander and serve with the rice.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGAN RECIPE



VEGAN BANANA BREAD SUPER FOODS SMOOTHIE

SERVES  Ten

ALLERGENS  Wheat, Rye,
Barley, Gluten

INGREDIENTS 

- 8 bananas, frozen
- 700g buckwheat
- 75g chopped dates, soaked in warm water for an hour
- 2ltr water
- 20ml vanilla essence
- 2tsp. ground cinnamon
- Ground allspice, pinch

METHOD 

1. Place in your blender in the order of the ingredients listed, then blend for 30 seconds or until smooth and then serve.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGAN RECIPE



VEGAN CHOCOLATE CAKE

SERVES



Ten

ALLERGENS



Sulphur Dioxide,
Soya, Sesame

INGREDIENTS



- 150g avocado
 - 300g light muscovado sugar
 - 350g gluten-free plain flour
 - 50g cocoa powder
 - 1tsp. bicarbonate of soda
 - 2tsp. gluten-free baking powder
 - 85g dairy-free sunflower spread, and a little for greasing
 - 200g dairy free chocolate
 - 25g cocoa
 - 125ml soya milk
 - 400ml unsweetened soya milk
 - 150ml vegetable oil
 - 2 tsp vanilla extract
 - ½tsp. lo salt
- For the frosting:
- 85g avocado
 - 200g icing sugar
 - 1tsp. vanilla extract

METHOD



1. Preheat oven to 160°C.
2. Grease two 20cm sandwich tins with a little dairy-free sunflower spread, then line the bases with baking parchment.
3. Put the avocado and muscovado sugar in a food processor and whizz until smooth.
4. Add gluten-free plain flour, cocoa powder, bicarbonate of soda, gluten-free baking powder, soya milk, vegetable oil and 1tsp vanilla extract to the bowl with the salt and process again to a velvety, liquid batter.
5. Divide between the tins and bake for approx. 25 mins, until fully risen and a skewer inserted into the middle of the cakes comes out clean.
6. Cool in the tins for 5 mins, then turn the cakes onto a rack to cool completely.
7. Preparing the frosting. Beat together 85g ripe avocado flesh and dairy-free sunflower spread with electric beaters until creamy and smooth. Pass through a sieve and set aside.
8. Melt 200g dairy-free chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins. Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soya milk to a simmer, then gradually beat into the cocoa until smooth.
9. Cool for a few minutes. Add in the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla to make a shiny, thick frosting. Use this to sandwich and top the cake.

SPECIAL
— DAY —

ENVIRONMENT WEEK!

VEGAN RECIPE



VEGAN LEMON CAKE

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS



- 100ml vegetable oil, plus extra for the tin
- 275g self-raising flour
- 200g golden caster sugar
- 1 tsp. gluten free baking powder
- 1 lemon, zested, juiced
- 170ml tap water
- 150g icing sugar

METHOD



1. Preheat oven to 180°C.
2. Oil a 1lb loaf tin and line it with baking parchment. Mix the flour, sugar, baking powder and lemon zest in a bowl. Add the oil, lemon juice and 170ml cold water, then mix until smooth.
3. Pour the mixture into the tin. Bake for approx. 30 minutes, until a skewer comes out clean.
4. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.
5. For the icing, sieve the icing sugar into a bowl. Mix in just enough lemon juice to make an icing thick enough to pour over the loaf.



**ENVIRONMENT
WEEK!
JUNE**

RECIPE BOOKLET