

# Veggie bean stew



Serves 4

Packed full of plant based protein

## Ingredients

1/2 can of butter beans drained and rinsed  
1/2 tin of chopped tomatoes  
1 handful of frozen sweetcorn (defrosted)  
1/2 and onion or 1 spring onion, finely diced  
1 garlic clove, crushed  
1 sprig of fresh rosemary finely chopped  
1 sweet potato cut into chunks  
1 carrot cut into chunks  
A pinch of salt and pepper

## Method

1. In a large saucepan over a medium heat add a tablespoon of oil then add the onions and allow to slowly fry for 5 minutes
2. Next add the garlic, rosemary, sweet potatoes and carrots and cook for a further minute
3. Lastly add the chopped tomatoes, seasoning and cook on a low heat for about 35 minutes until the vegetables are tender
4. Next add the beans and sweetcorn and then simmer for another 10 minutes
5. Once cooked, serve with on it's own or with rice or bread

## Top tips

- Use the rest of the tinned beans and chopped tomatoes to make a shashouka simply by adding some eggs
- You can add any vegetables you have to this dish that you have in your fridge

# Tomato basil & mozzarella pasta



Serves 4

A classic favourite to tantalise your taste buds

## Ingredients

1 tbsps. oil (not included)  
1/2 onion, finely diced  
1 cloves garlic, finely sliced  
5 tomatoes roughly chopped  
1/2 a balls of mozzarella chopped into small chunks  
4 fresh basil leaves and stalks finely chopped  
Salt & pepper (not included)  
200g of pasta

## Method

1. Heat a little oil in a saucepan on a low heat and fry the chopped onions, once softened add the garlic and basil stalks and cook for a few minutes
2. Next add the chopped tomatoes, chopped basil leaves and season with salt and pepper and cook on a low heat for about 15mins
3. Cook the pasta in a saucepan of boiling water
4. When the pasta is cooked pour some of the pasta water (about a cup) into the tomato sauce and drain the rest
5. Mix the drained pasta with the tomato sauce and stir through the chopped mozzarella and serve

## Top tips

- Swap the mozzarella for grated mozzarella or other grated cheese
- Use the rest of the mozzarella to make a salad with tomatoes for lunch the day after



# Shakshouka

Serves 4

A deliciously simple dish which can be eaten at any time of day

## Ingredients

1/2 onion, peeled and thinly sliced  
1 clove of garlic, peeled and crushed  
2 peppers, finely sliced  
1/2 a tin of beans  
1/2 tin tomatoes  
2 eggs  
1 tsp ground cumin/1 tsp smoked paprika  
Any fresh herbs (basil, coriander, parsley)

## Method

1. Heat the oil in a frying pan that has a lid, then soften the onions and garlic for 5 mins until soft
2. Stir in the tomatoes, spices and sugar, then simmer for 8-10 mins until thick
3. Using the back of a large spoon, make 4-6 dips in the sauce, then crack an egg into each one
4. Place a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the fresh herbs

## Top tips

- You can add any veg to this dish such as: peas, courgette or mushrooms



# Baked chicken with veg

Serves 4

A quick whole meal in a dish

## Ingredients

1 chicken breasts or chicken thighs/drumsticks  
1/2 onion  
1 garlic cloves  
1/2 aubergine  
1 courgettes  
1/2 tin of tomatoes  
Herbs (Thyme, rosemary)

## Method

1. Cut the onion into quarters, the courgette into 1cm slices, the aubergine into 2cm cubes (approximately!) and put in an oven tray with the garlic clove un-skinned to roast for 15 minutes
2. Add the tomatoes and herbs to the veg, mix well and then add the chicken and cook until the chicken is cooked through (the meat shouldn't be pink)

## Top tips

- You can switch the veg in this dish for variety, or add additional veg such as red peppers
- Add a handful of olives or sundried tomatoes for an Italian twist