

You can of course add meat/fish to any of the vegetarian dishes if you like!



Roasted Veg Sauce and Wholegrain Pasta

Roast any veg you have in a tray for 30 mins at 180° then add chopped tomatoes and some Italian dried herbs for a further 10 mins. Blend or serve chunky on a bed of wholegrain pasta.

Mackerel and Artichoke Rice Bowl

Simply mix together mashed tinned mackerel, a handful of brown rice (cold or warm), diced jarred artichoke, a few chopped tomatoes or peppers and a dash of oil and vinegar. Add pepper to taste.



Zesty Bean Salad

Mix chopped avocado, mixed beans, chopped cherry tomatoes, sweetcorn, sliced black olives, chopped or dried coriander leaf with lime juice and any grains you have.

Cauliflower and Sweetcorn Mix

Finely chop cauliflower and roast whilst you cook some sweetcorn and chop a red onion. Mix all together with any green leaves that you have and add a dash of olive oil. You can serve this with mini wholemeal pittas, a grain of your choosing or sweet potato or just enjoy solo!



Tomato, Artichoke and Green Lentil on Sweet Potato

Roast tomatoes and chopped artichoke with some of the oil together at 180° for about 30 mins and add a tin of drained green lentils and a shake of tarragon for the last 10 mins. Serve this with a sweet potato or mix through a diced sweet potato.



Cupboard Curry

Simmer any combination of beans, chickpeas, lentils, diced sweet potato, butternut squash, chopped tomatoes, coconut milk, diced mushrooms, and diced courgette with a splash of water if necessary and some curry powder. Create your own very simple curries. Add some chilli if you like it hot! Top with coriander and/or sliced onion.

Carrot Biryani

Fry (with a small amount of oil or dry fry in a non-stick pan) grated carrot, turmeric and garam masala with frozen peas and packet rice for 5-10 mins. Serve with Greek yogurt and coriander.



Salmon and Grain Pilau

Prepare a grain of your choosing perhaps quinoa or bulgar wheat (or a combination) and mix through smoked salmon trimmings, cooked peas, lime juice and cooked chopped onion. Enhance the flavour by using stock to cook the grain.



Buddha Bowl

Arrange any of the following in sections in a bowl:
Cooked diced Sweet Potato, Hummus, Sweetcorn, Black beans, Chopped Tomatoes, Wholegrains, Tzatziki, Grated Cabbage, Chickpeas, and Diced Cucumber....use your imagination!

Sprinkle with chopped onion.



Hob Tagine

Simmer diced butternut squash, chopped onion, chopped juicy prunes, olives, honey, cinnamon and coriander in chopped tomatoes or stock and serve over a whole grain over your choosing or with a green salad.

