



Thrifty & wholesome recipes to try at home

Quick & Easy Flatbread Pizza's (serves 2) – giving new life to summer leftovers

Source: Waitrose FOOD July 2023

Ingredients:

- ◆ 6 tbsp base sauce (e.g. leftover pesto, passata, or ricotta)
- ◆ 2 flatbreads (or naan, pitta or wraps)
- ◆ 150g grated cheese (cheddar or mozzarella)
- ◆ 1 tbsp olive oil for drizzling

Topping Choices – a selection of the following

- ◆ 70g roasted or grilled meat
- ◆ 100g sliced fresh veg or roasted veg (e.g. tomatoes or courgettes)
- ◆ Handful herbs
- ◆ Handful salad leaves

Method:

1. Preheat oven to 200C, heat baking tray in oven
2. Spread 3tbsp base sauce per flatbread leaving 1cm border around edge. Scatter over toppings and cheese (except herbs and salad). Bake 7-10mins.
3. Sprinkle herbs or salad if using. Drizzle ½ tbsp olive oil to serve.

Deliciously Ella's Cashew Pesto Pasta (serves 3)

Source: deliciouslyella.com

Ingredients

- 3 portions of pasta, or 2-3 courgettes for courgetti
- 100g cashews
- 1 ripe avocado, peeled and roughly chopped
- Juice of 1 ½ lemons
- 25g fresh basil
- 4 tbsp olive oil
- 3 tbsp water
- 1 garlic clove, peeled
- Pinch of sea salt

Method:

1. Chop 50g cashews. Toast in a frying pan until golden brown. Once golden, leave to one side to sprinkle on top of the pasta.
2. Blend the rest of the ingredients, except the pasta/courgetti, in a bowl or using a pestle and mortar until smooth and creamy - add a dash of water if needed.
3. Toss with pasta/courgetti and sprinkle with the toasted cashews to serve.



Rainbow salad lunch bowl, based on Anna Jones' recipe (serves 2)

Source: The Guardian.com

Ingredients:

- ❖ Juice of ½ lemon
- ❖ 1 chilli (I use green), chopped
- ❖ 150g good-quality, shop-bought hummus
- ❖ 2 raw beetroot
- ❖ 3 carrots
- ❖ 3 asparagus spears
- ❖ 100g cooked quinoa
- ❖ 1 handful cresses or sprouts
- ❖ 1 handful herbs e.g. mix of basil and mint
- ❖ 50g toasted mixed seeds

For the dressing:

- ❖ ½ orange, juiced
- ❖ ½ lemon, juiced
- ❖ 1 tbsp maple syrup
- ❖ 3 tbsp extra-virgin olive oil

Method:

1. Stir the lemon juice and chopped chilli into the hummus and give it a good mix – this can be done in advance, if you like.
2. Whisk together all the dressing ingredients and put in the bottom of a large bowl, if you're eating right away, or in a jar, if you're eating later.
3. Divide the hummus equally between two bowls and swirl it around the bottom, so it roughly covers the base of the bowl.
4. Using a speed peeler or sharp knife, finely slice the beets and carrots, keeping them separate. Using the same peeler, peel long ribbons of raw asparagus.
5. Drop each of the veg one by one into the bowl of dressing, tossing each one before putting a bundle of veg in each bowl.
6. Pile in the quinoa, top with cress and herbs, and finish with the toasted seeds.

Tomato Carpaccio Salad (serves 6)

Source: jamieoliver.com

Ingredients:

- 8 ripe heirloom tomatoes
- extra virgin olive oil
- 85 g raspberries
- raspberry vinegar
- 2 x 125 g burrata, or good-quality mozzarella cheese
- a few sprigs of fresh basil

Method:

1. Slice the tomatoes and arrange on a plate. Season with sea salt, black pepper and oil.
2. Douse the raspberries with a drizzle of raspberry vinegar and crush with a fork.
3. Tear the burrata and scatter over the tomatoes, drizzle over the raspberry dressing and pick over the basil leaves to serve.