



## Tasty & wholesome recipes to try at home

### **Courgette and red pepper muffins (makes 12)**

Source: Deliciously Ella

#### Ingredients:

- ◆ 2 medium courgette, peeled, grated
- ◆ 1 red romano pepper, (90g) deseed, chopped 5mm pieces
- ◆ Basil leaves (a few)
- ◆ Dry ingredients: 250g spelt flour, 50g plain flour, 1 tsp baking powder, 2 tsp bicarbonate of soda, 1 tsp coriander, 1 tsp cumin, 1tsp paprika
- ◆ Wet ingredients: 280ml almond milk, 65ml oil, 1 tbsp apple cider vinegar

#### Method:

1. Preheat oven to 220C. Line 12 hole muffin tin with cases.
2. Mix dry ingredients in a large bowl. In a separate bowl, whisk wet ingredients, then stir the grated courgette, pepper and basil into the wet mixture. Season.
3. Combine the wet and dry ingredients, stir well to ensure no lumps
4. Pour into muffin cases and bake 25-30 minutes. Check to see that a knife or skewer comes out clean. Leave muffins in the tray for at least 10 minutes to firm up, then transfer to a wire rack to finish cooling. Can be eaten still a little warm if desired.

### **Pasta with greens, garlic and chilli (serves 4)**

Source: River Cottage Cookbook

#### Ingredients

- ◆ 2-3 heads of spring greens, shred leaves
- ◆ 6 tbsp olive oil
- ◆ 1 onion, finely sliced
- ◆ ½ -1 red chilli, finely chopped
- ◆ 2 garlic cloves, cut into fine slivers
- ◆ 300g pasta shapes

#### Method:

1. Heat olive oil in a frying pan over a low heat. Add onion and cook gently 10 mins. Add chilli, garlic, seasoning and cook 3 mins.
2. When the onion is almost cooked, cook the pasta in a large pan of boiling water, according to pasta's instructions. Add the greens to the pasta pan for the last few minutes of cooking. Drain pasta and greens thoroughly, toss with the onion mixture. Season and serve with grated cheese of your choice.

## Greens & Beans (Serves 6)

Source: Eat More, Live Well by Megan Rossi

### Ingredients:

- ❖ 2 tbsp olive oil
- ❖ 2 cloves garlic grated (approx 8g)
- ❖ 300g greens of choice stalks chopped finely and leaves roughly chopped
- ❖ 400g tin cannellini beans, drained
- ❖ 400g tin red kidney beans, drained
- ❖ Zest of 1 lemon
- ❖ ½ tbsp soy sauce
- ❖ 40g grated parmesan

### Method:

1. In a frying pan, heat the olive oil and garlic for a minute.
2. Add the greens and sauté.
3. After a few minutes add the tinned beans, lemon zest and soy sauce.
4. Serve immediately with grated parmesan

## Courgette Brownies (makes 16)

Source: bbcgoodfood.com

### Ingredients:

- ❖ 200g unsalted butter, cubed
- ❖ 120g plain flour
- ❖ 50g cocoa powder
- ❖ 200g dark chocolate
- ❖ 4 eggs
- ❖ 300g caster sugar
- ❖ 1 courgette (about 300g), grated
- ❖ 100g chocolate chips

### Method:

1. Preheat oven 180C/160C Fan/Gas 4
2. Butter and line 30x20cm tray. Sift flour and cocoa into a bowl, set aside.
3. Melt butter, dark chocolate. Once melted, set aside to cool slightly.
4. Beat eggs, sugar together until thick and doubled in volume. Fold in melted chocolate mixture followed by the flour mixture, then grated courgette & chocolate chips. Do this gently to retain as much air in the batter as possible
5. Tip into tin, bake 20-30 mins until just set. Leave to cool completely in the tin, remove and cut into 16 pieces.

## Spring green & pea risotto (Serves 2)

Source: Riverford.co.uk

### Ingredients:

- ❖ 800ml veg stock
- ❖ 1 onion finely sliced
- ❖ 2 cloves garlic, finely chopped
- ❖ 3 sprigs thyme leaves
- ❖ 175g arborio rice
- ❖ 80ml white wine (optional)
- ❖ 1 bay leaf
- ❖ 3 tbsp nutritional yeast
- ❖ 60g garden peas
- ❖ 80g spring greens, cut into thin ribbons
- ❖ Zest 1 lemon

### Method:

1. Bring stock to a simmer in saucepan
2. In a deep frying pan, add a little oil, onion and garlic and cook until soft 8-10 mins. Add thyme, rice and stir for 2 mins
3. Add bay leaf, wine and cook 1-2 mins. Now turn the heat down, add 1 ladle of stock and stir to combine until it is absorbed. Continue to add the stock ne ladle at a time until the rice is almost cooked.
4. Add nutritional yeast, a ladle of stock, salt and pepper. Stir to mix. Add peas & cook for 2-3 mins. Finally stir in the greens and cook for another 2 mins. Remove and garnish with lemon zest and fresh herbs