

# Colourful Coleslaw



Serves: 2 hungry people

## Instructions

- 1:**  
Finely shred the red cabbage.
- 2:**  
Finely chop the pepper, carrot, spring onions, celery and parsley.
- 3:**  
Put all the veggies together in a large bowl.
- 4:**  
Drain the sweetcorn and add to the bowl.
- 5:**  
Either mix in the mayonnaise, enough to generously coat the veg - probably 2 tablespoons, or mix 2 tablespoons of yoghurt with the lemon juice and black pepper and stir into the veggies.

## Notes

Serve this colourful coleslaw with your choice of sausages and mash, falafels in pitta bread, smoked mackerel fillet or a couple of boiled eggs, cut into quarters, arranged on the top and sprinkled with toasted cashews.

## Ingredients

- 1/4** red cabbage  
*or hard white if preferred*
- 1/2** orange or yellow pepper
- 1** carrot
- 3** spring onions  
*or 1/2 small onion*
- 1** stick of celery
- 1** small tin of sweetcorn
- 1** small bunch of parsley
- Mayonnaise *or* yoghurt
- 1 tablespoon** of lemon juice  
*optional*
- Pinch** of black pepper

## Equipment

- Chopping board
- Sharp knife
- Mixing bowl
- Large bowl

# Fruit Kebabs



Makes: 4 large skewers

## Instructions

1:

Chop your fruit into bite sized pieces.

(If using, leave berries, grapes and satsuma segments whole)

2:

Carefully slide them onto your skewer or cocktail stick in a colourful arrangement like a rainbow or your own pattern.

## Notes

You can serve these fruit kebabs with yoghurt or custard drizzled over them.

## Ingredients

Choose 6-8 depending on season and budget from:

1 banana

1 apple

1 kiwi

1 satsuma or orange

1 pear

**Small** bunch of grapes  
*red or green*

**Handful** of blueberries or blackberries

**2-3** strawberries

1 slice of melon or watermelon

1 slice of mango

1 peach or nectarine

1 slice of pineapple

1 plum

## Equipment

Chopping board

Sharp knife

Wooden skewers or cocktail sticks for mini kebabs

# Harlequin Soup



Serves: 4

## Instructions

**1:**

Finely chop the leek, onion, celery, carrots, potato, parsnip. Finely shred the cabbage, include as many of the dark green leaves as possible.

**2:**

Put the oil, leek, onion, celery and crushed garlic into the saucepan. Cook on a low heat for a few minutes, stir to prevent it sticking.

**3:**

When it is slightly softened add the carrot, potato and parsnip and allow to gently soften for a few minutes with the lid on. Add a little water if it's sticking.

**4:**

Add the stock cube, hot water, red lentils, mixed herbs and a pinch of black pepper. Bring to the boil and then simmer for 10-15 minutes.

**5:**

While it's cooking put the frozen peas into a bowl of hot water to thaw.

**6:**

When the veg looks quite soft and the lentils have mostly disintegrated add the cabbage, peas, sweetcorn, haricot beans and pasta. Add more water and another stock cube if needed.

**7:**

Cook for a further few minutes until the pasta is soft. You may like to check the taste and add a pinch of salt or more pepper. Ladle into bowls and sprinkle with the chopped parsley.

## Notes

You can serve this with some fresh crusty bread or garlic bread. For an extra treat sprinkle some cheddar cheese on top of the bread and gently grill until it bubbles.

## Ingredients

**1** leek

**1** onion

**2** sticks of celery

**2** large carrots

**1** large sweet potato or white potato

**1** small parsnip

**1/4** dark green cabbage

**2-3** garlic cloves  
*peeled and crushed in a garlic press*

**80g** red lentils

**80g** frozen peas

**1** small tin of sweetcorn

**Handful** of chopped parsley

**1x400g** tin of haricot beans  
*rinsed*

**80g** macaroni or spaghetti  
*broken into small pieces*

**1 tablespoon** of oil  
*olive or sunflower is good*

**1-2** veg stock cubes

**Pinch** of mixed herbs

Salt and pepper

**1.5 pints** of hot water

## Equipment

Chopping board

Sharp knife

Mixing bowl

Large bowl

# Rainbow Veggies with Houmous



Serves: 4 to 6

## Instructions

1:

Cut the chosen veg into sticks (carrots, peppers, celery, cucumber, avocado) or shapes (broccoli, cauliflower, mushroom) or leave whole (lettuce leaves, cherry tomatoes, mange tout, radish)

2:

Put the small bowl in the middle of the large plate for the dip and arrange the veggies around it.

3:

Drain the chickpeas, saving the juice.

4:

Finely chop or mince the garlic.

5:

Whiz the chickpeas, garlic, lemon juice, water, salt, black pepper and tahini and cumin, if using, with a hand blender.

6:

Add some of the chickpea juice or more water if you'd like the mixture smoother.

## Notes

For a creamy, milder dip, try butter beans instead of chickpeas.

## Ingredients

Choose a selection from:

Little Gem lettuce

*good for scooping up the dip*

Carrot

Tomato

*cherry tomatoes are great*

Cucumber

Red Pepper

Yellow pepper

Mange tout peas

Celery

Radish

Avocado

Broccoli

Mushroom

*button ones are best for dipping*

Cauliflower

For the houmous:

**1 x 400g** tin of chickpeas

**1-2** garlic cloves

**2-3** tablespoons water

**1** tablespoon lemon juice

**1/2** teaspoon ground cumin  
*if you have it*

**1** teaspoon of tahini

*sesame seed paste - optional*

**Pinch** of salt and a pinch of black pepper

## Equipment

Chopping board

Sharp knife

Large serving plate

Small bowl

# Roasted Roots ...and Squeaky Cheese!



Serves: 4

## Instructions

- 1:  
Preheat the oven to 160C
- 2:  
No need to peel the veg apart from the onion. Wash them really well with a brush to get into the nooks and crannies.
- 3:  
Cut the peeled onions into halves and then each half into quarters.
- 4:  
Trim the rest of the veg and chop into bite sized chunks, not too small or they will get too dry.
- 5:  
The garlic cloves can be left whole, after cooking they are really sweet and can be easily popped out of their papery skins.
- 6:  
In the large mixing bowl put the oil, paprika, salt and black pepper, give it a stir and then add all the veg. Stir well so the veg is coated.
- 7:  
Fill the roasting tray with your mixture and put in the oven for 30-40 minutes depending on the size of your veg chunks.
- 8:  
Cut the block of cheese into cubes and stir into the veg in the roasting tray for the last 10-15 minutes.
- 9:  
Finely chop the parsley, if using, and sprinkle over the cooked veg.

## Notes

You might like to try this with Colourful Coleslaw or a simple green salad.

## Ingredients

- 2** large onions  
*red or white*
- 2-3** large carrots
- 1** large parsnip
- 2** large beetroot  
*trim roots and tops*
- 1** small swede or turnip
- 1** large sweet potato or white potato  
*can be peeled if the skin looks a bit rough*
- 6-8** garlic cloves
- 2 tablespoons** of oil  
*olive or sunflower is good*
- 1 heaped tablespoon** of paprika or smoked paprika
- Pinch** of salt
- Pinch** of papper
- 1** block of halloumi cheese
- 1** small bunch of parsley  
*optional*

## Equipment

- Chopping board
- Sharp knife
- Large mixing bowl
- Large roasting tray