

Vegetarian Recipes

Broccoli pesto penne with chilli and garlic sizzle

Ingredients

150g wholewheat penne

200g broccoli florets

30g pack basil

15g flat-leaf parsley

20g roasted chopped hazelnuts

3 tsp olive oil

30g vegetarian hard cheese or Parmesan, finely grated, plus extra to serve

2 garlic cloves, thinly sliced

1 large red chilli, sliced into thin rounds

1. In a pan of boiling water, cook the pasta following the pack instructions. In another pan of boiling water, blanch the broccoli for 3 mins, drain and refresh under cold water.
2. In a food processor, whizz the broccoli with the basil, parsley, nuts and 1 tsp oil, until finely chopped. Add the cheese and 4-5 tbsp of the pasta cooking water to loosen the pesto, then pulse. Season to taste.
3. When the pasta is ready, drain and return to the pan. Add the broccoli pesto and mix through the pasta to coat.
4. Heat the remaining oil in a pan, add the garlic and chilli and stir-fry for 1 min over a high heat, until softened and browning slightly.
5. Divide the pasta between 2 serving bowls, and spoon over the garlic and chilli sizzle. Serve with a few cheese shavings, if you like.

Aloo gobi traybake

Ingredients

300g baby potatoes, halved

½ x 400g pack cauliflower and broccoli florets

3 tomatoes (about 250g), roughly chopped

210g tin chickpeas, drained

1½ tbsp tikka curry paste

2 tbsp olive oil

1 red chilli, sliced

15g fresh coriander, stalks and leaves separated, both chopped

1 lime, cut into wedges to serve

1. Preheat the oven to gas 6, 200°C, fan 180°C. Line a baking tray with nonstick baking paper.
2. Boil the potatoes for 5 mins, then drain and tip onto the baking tray with the broccoli, cauliflower, tomatoes and chickpeas.
3. Mix together the curry paste, oil, chilli and coriander stalks. Pour onto the tray and mix everything together. Season.
4. Roast for 25-30 mins until the vegetables are tender. Scatter with the coriander leaves and serve with the lime wedges for squeezing over.

Carrot and feta burgers

Ingredients

2 red onions, 1 sliced, 1 chopped

1 lemon, juiced

1 tsp olive oil

390g tin green lentils, drained

2 tsp ground cumin

200g carrots, coarsely grated

75g wholemeal breadcrumbs

1 egg

100g feta, crumbled

70g pack wild rocket

For the tzatziki

100g cucumber, seeded and finely diced

100g natural 0% fat yogurt

10g mint, leaves chopped

1. Preheat the oven to gas 7, 220°C, fan 200°C. Marinate the sliced onions with the lemon juice for 30 mins; drain.

2. Heat the oil in a pan over a medium heat and cook the chopped onion for 2-3 mins. Add the lentils and turn up the heat. Cook for 2 mins to evaporate the liquid, adding the cumin towards the end. Tip into a bowl.
3. Add the carrot, breadcrumbs and egg to the bowl and mix. Fold in the feta and shape into 4 burgers 8cm wide and 2cm tall. Transfer to a baking tray lined with baking paper; bake for 15 mins.
4. Mix the cucumber with the yogurt and mint; season. Serve the burger with a dollop of tzatziki and the rest alongside, with the marinated onion and rocket.
5. Tip: You can serve the burgers, tzatziki and salad in wholemeal rolls. They also taste great cold, making an ideal lunch on the move.