



**GET
#FOODSAVVY
AND START
SAVING**

— RECIPES AND MEAL PLAN —



INTRODUCTION

Many of us want to reduce waste, save money and boost our culinary prowess, but sometimes it's hard to know where to start.

In this **Food Savvy recipe and meal plan guide** you'll find tips, tools and advice that will help you make the most of your food.

If you've got a particular challenge you'd like help with or you've got a great idea tell us more campaigns@hubbub.org.uk.



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GOOD TO KNOW

SEASONING

You'll see in our recipes that we generally haven't finished off the recipe by using salt and pepper to season, as we would encourage you to taste the dish first and see if it needs zinging up!

When you know what it needs then reach for some lemon juice, some extra herbs, pepper or a little sea salt.

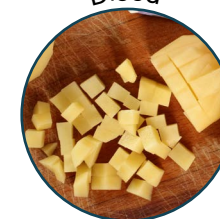
Remember you can always add seasoning, but it's harder to take it away.

CUTTING TERMINOLOGY

Sliced



Diced



Chopped



TIME TO COOK

Home cooking is a quick win for your health, the environment and our bank accounts. But it isn't necessarily what we feel like doing after a day at work. A good way to get a head start on the week is to cook and freeze in a session at the weekend.

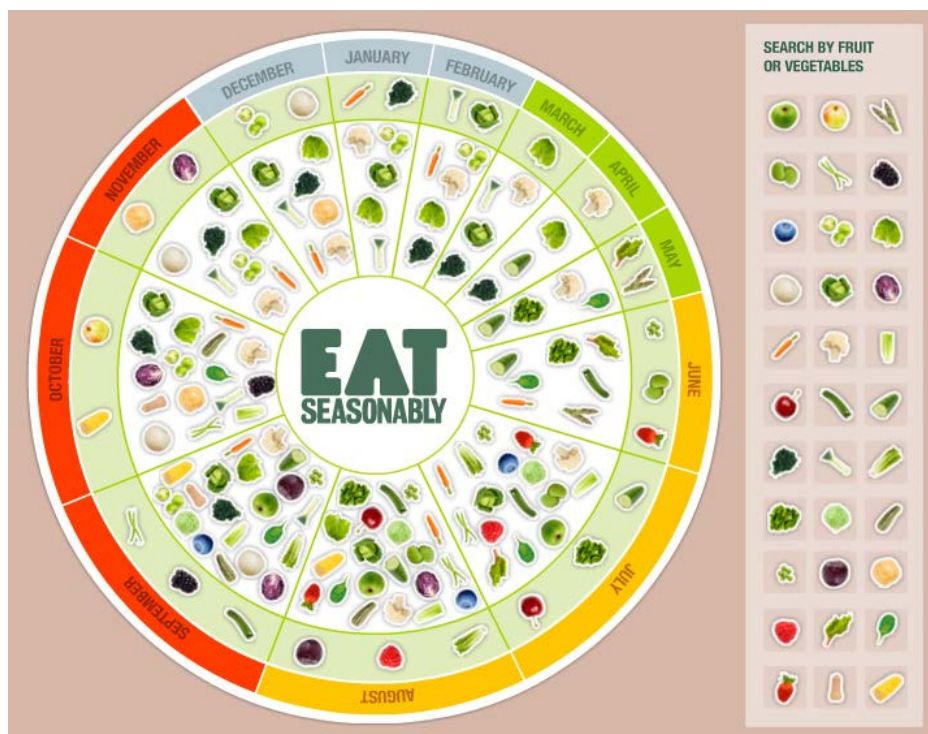
For example, for the first week of the Lunch Club plan, you could make the Shepherd's Pie, Minestrone Soup and Caribbean Curry and then chill or freeze it in portions ready for lunches and dinners later in the week. It takes a little forward thinking but can help to take the stress out of cooking.

FOOD IN SEASON

Fruit and veg are at their most flavoursome when in season. Seasonal eating can reconnect us with what is grown locally, what we need in terms of nourishment at any given time of year and it's good for the planet too.

These recipes were compiled with the seasons in mind (with some flexibility for flavour and nutritional needs). But the recipes can be used again and again throughout the year with subtle tweaks to the ingredients.

This [Eat Seasonable chart](#) will help you to be creative when recreating dishes at different times of the year.



LESS AND BETTER MEAT AND DAIRY

Eating less and better meat and dairy is a simple way for you to positively affect your health, the environment and animal welfare. It's no secret that the average person in the UK should eat more vegetables, wholegrains, nuts, beans and pulses.

These recipes put this approach into practice by leading with plant based deliciousness, with some suggestions for a few 'less and better' meat dishes. Please feel free to vary the dishes to your tastes, for example you may wish to substitute the lamb in the tagine for some pumpkin, white beans and courgettes. Or the fish in the Keralan curry for some chickpeas which are a great source of protein.

RECIPE SCALE

Scaling a recipe means that you're adjusting the ingredient quantities for a different amount of servings. The recipes in this guide have been designed to make 4 adult servings. This is perfect for 2 adults eating the meal fresh and then saving a portion each to take to work for lunch. If you're cooking for more or less people, then scale the recipe up or down as needed.

E.g. A 2 adult and 2 children household where the children have school meals will likely wish to cook a 6 serving meal so should scale up the recipes x1.5.

All recipes are provided for use with a fan assisted oven, but are easy to convert to whichever type of oven you are using, this table will help you:

Gas	°F	°C	Fan
1	275	140	120
2	300	150	130
3	325	170	150
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	210

WEEK 1

Day	Cooking	Eating
Weekend	Quick falafel	
Monday	Broccoli pesto with white beans and wholegrain penne	Lunch - Quick falafel Dinner - Broccoli pesto with white beans and wholegrain penne
Tuesday	Sweet potato and borlotti Shepherd's pie	Lunch - Broccoli pesto with white beans and wholegrain penne Dinner - Sweet potato and borlotti Shepherd's pie
Wednesday	Chunky Minestrone	Lunch - Sweet potato and borlotti Shepherd's pie Dinner - Chunky Minestrone
Thursday	Pumpkin, banana and chickpea curry with rice 'n' peas	Lunch - Chunky Minestrone Dinner - Pumpkin, banana and chickpea curry with rice 'n' peas
Friday	Grilled mackerel and warm new potato salad with spring onions and spinach	Lunch - Caribbean curry with rice 'n' peas Dinner - Grilled mackerel and warm new potato salad with spring onions and spinach
Weekend Day	'Ful madame' and fried eggs Lamb tagine	Breakfast - 'Ful madame' and fried eggs Lunch or dinner - Lamb tagine

#FOODSAVVY 3 WEEK MEAL PLAN

WEEK 2

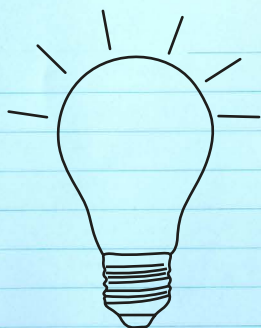
Day	Cooking	Eating
Monday	Vegetable fajitas with mango and chilli salsa	Lunch - Lamb tagine Dinner - Vegetable fajitas with mango and chilli salsa
Tuesday	Pearl barley, shallot, roast carrot and dill with chicken leg	Lunch - Vegetable fajitas with mango and chilli salsa Dinner - Pearl barley, shallot, roast carrot and dill with chicken leg
Wednesday	Vegetable lasagne	Lunch - Pearl barley, kale and roast carrot, dill with chicken leg Dinner - Vegetable lasagne
Thursday	Chilli sin carne	Lunch - Vegetable lasagne Dinner - Chilli sin carne
Friday	Vedge or Kedge	Lunch - Chilli sin carne Dinner - Vedge or Kedge
Weekend Day	Huevos Rancheros Thai pumpkin soup	Breakfast - Huevos Rancheros Lunch/ dinner - Thai pumpkin soup

WEEK 3

Day	Cooking	Eating
Monday	Orzotto with asparagus, peas and spinach	Lunch - Thai pumpkin soup (made at weekend) Dinner - Orzotto with asparagus, peas and spinach
Tuesday	Aubergine and courgette stew	Lunch - Orzotto with asparagus, peas and spinach Dinner - Aubergine and courgette stew
Wednesday	Bolognese meta e meta (half and half)	Lunch - Aubergine and courgette stew Dinner - Bolognese meta e meta (half and half)
Thursday	Kerala fish curry	Lunch - Bolognese half and half Dinner - Kerala fish curry
Friday	Paella de verduras	Lunch - Kerala fish curry Dinner - Paella de verduras
Weekend Day	Sweetcorn fritters Curried cauliflower with lemon pilau rice	Breakfast - Sweetcorn fritters Lunch/ dinner - Curried cauliflower with lemon pilau rice

FOOD SAVVY TIP

Now it's your chance to create your own weekly plan for week 4. Pick your favourite dishes from this recipe guide or elsewhere and get planning. Remember to look out for overlap so that you can use ingredients you already have or that you buy across several dishes. Plan to use the things that go off first earlier in the week.



SHOPPING LISTS

These shopping lists will help you plan for the week ahead, but you're likely to have some of the ingredients in stock and also some ingredients will carry over from previous week's recipes to the next. It's always worth checking the cupboards and fridge before shopping.

These shopping lists don't include the sweet treats, so add the ingredients from these if you plan on making these.

Week 1	Week 2	Week 3
Cupboard		
<ul style="list-style-type: none">• 3 x 400 gram tins of chickpeas• 6 pitta breads• 500 grams penne• 100 grams pine nuts• 1 x 400 gram tin cannellini or butter beans• 1 x 400 gram tin kidney beans• 400 grams dried fava beans• 5 x 400 gram tins of chopped tomatoes• 1 loaf wholemeal bread (or whatever your favourite bread is)• 2 x 400 gram tins of coconut milk• 400 grams basmati rice• 400 millilitres passata• 200 grams dried apricots, soaked and cut in half (keep the soaking water)• 400 grams of dried couscous• 2 x 400g tin of borlotti beans	<ul style="list-style-type: none">• Pack of wraps or tortillas• 330 grams pearl barley• 500 grams red split lentils• 5 x 400 gram tins chopped tomatoes• 150 grams spinach leaves or kale• 200 to 250 grams dried lasagne sheets• 1 x 400 gram tin of kidney beans, strained• 1 kilogram of basmati rice• 400 millilitre coconut milk• Small pot of Thai red curry paste	<ul style="list-style-type: none">• 400 grams of pearl barley• Small jar of capers• Small jar of olives• 1 400 gram tin borlotti beans• 3 400 gram tins chopped tomatoes• 400 grams of spaghetti• 2 x 400 gram tins coconut milk• 1 kilogram basmati rice (you might still have some left from previous weeks)• 300 grams paella rice• 300 grams red lentils (you might still have some left from week 2)• Tomato purée

Week 1	Week 2	Week 3
Fresh		
<ul style="list-style-type: none"> • 10 white onions • 1 large garlic bulb • 1 bunch of parsley • 6 eggs, preferably organic • 2 tomatoes • 1 cucumber • 1 small lettuce • 2 heads of broccoli • 2 lemons • 1 small pack of green beans • 4 carrots • 1 bunch of celery • 2 leeks • 200 grams mushrooms • 1 kilogram sweet potatoes • 1 cabbage head • Bunch of basil leaves • Sage leaves • Fresh ginger • Bunch of coriander • 3 chillies • 1 medium pumpkin or butternut squash • 2 ripe bananas or a ripe plantain or a tin of pineapple chunks in juice • Milk • Yeast flakes/ parmesan • Spring onions • 1 courgette • 600g new potatoes • 4 mackerel fillets • Crème fraiche • 130g spinach • Spring onions • 400g diced lamb shoulder 	<ul style="list-style-type: none"> • 5 white onions • 300g+ frozen peas • 1 head of cauliflower • 1 red onion • 5 red peppers • 5 chillies • 1 large bulb garlic • 4 limes • Small pack of shallots • 1 mango • 1 bunch of coriander • 4 organic chicken legs • 1 kilogram carrots • Small bunch of parsley • Small bunch of dill • 2 lemons • 2 aubergines • 2 courgettes • 800 millilitres milk (you should still have this left from week 1) • 3 tablespoons nutritional yeast flakes or grated parmesan (you should have this left from week 1) • 100 grams mushrooms • 12 eggs, preferably organic • 1 butternut squash or small to medium pumpkin • Fresh ginger (you should still have this left from week 1) • 200 grams smoked haddock (optional for Vedge or Kedge) 	<ul style="list-style-type: none"> • 2 leeks • 2 large garlic bulbs • 1 bunch of asparagus • Bunch of parsley • 3 lemons • 300 grams spinach • Bunch of basil • 2 aubergines • 3 courgettes • 2 red onions • 17 tomatoes • 4 white onions • 4 spring onions (these might still be left from week 1) • 200 grams of mushrooms • 200 grams organic beef mince • Fresh ginger (you are likely to have enough left from previous weeks) • 4 chillies • 2 carrots (these might still be left from week 2) • 400 grams MSC certified white fish such as bass, bream or tilapia • 300 grams broad beans • 1 orange pepper • 1 fennel bulb • 1 egg (you might still have some left from previous meals) • 1 red pepper • 3 large corn on the cobs

STAPLES

Things to make sure you have available every week:

- Olive oil
- Coconut oil
- Vegetable oil
- Vegetable stock cubes
- Tomato puree
- Wholegrain mustard
- Red wine vinegar
- White wine vinegar
- Plain flour
- Baking powder
- Soy sauce

DRY HERBS AND SPICES

These will be used across the recipes and you are likely to already have quite a few of them in your cupboard:

- Ground cumin
- Ground coriander
- Chilli flakes
- Nutmeg
- Turmeric
- Curry powder
- Allspice
- Cinnamon
- Smoked paprika
- Oregano
- Salt, preferably sea salt
- Black pepper
- Fennel seeds
- Bay leaves
- Black mustard seeds



WEEK 1



QUICK FALAFEL

Serves: 4 | Prep: 10 mins | Cook: 10 mins

Great served with a fresh salad, and equally good the next day in a pitta.

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 400 gram tin of chickpeas, washed and drained
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander (or use more cumin)
- Handful parsley, chopped, or 1 tsp dried mixed herbs
- 1 egg, beaten
- Pitta breads
- Salad (tomato, cucumber, lettuce, or as you like it)

METHOD

1. Heat 1 tablespoon of olive oil in a pan, add the onions and garlic and cook on a medium heat for 5 minutes or until softened. Tip them into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley. Add the egg, then squish the mixture together with your hands.
2. Mould into squash sized balls. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold with couscous, pitta bread or salad.



BROCCOLI PESTO WITH WHITE BEANS AND WHOLE GRAIN PENNE

Serves: 4 | Prep: 10 mins | Cook: 10 mins

Broccoli is in season in the UK throughout March, April, May. In this recipe it provides a mouth-watering alternative in pesto to herbs such as basil and parsley.

INGREDIENTS

- 400 grams penne pasta (we think wholegrain is tastiest)
- 2 heads of broccoli, just florets (stalk saved for tomorrow)
- 1 garlic clove, grated
- 1 lemon, juiced
- ½ teaspoons dried chilli flakes
- 3 tablespoons pine nuts, crushed
- 1 x 400 gram tin of cannellini or butter beans, strained
- 4 tablespoons olive oil
- 3 tablespoons parmesan (or yeast flakes will make this dish vegan)

METHOD

1. Add the pasta to a large pan of boiling salted water and cook according to pack instructions (usually 10 minutes).
2. Meanwhile, bring a smaller pan of salted water to the boil, add the broccoli and boil for 6 minutes. Add the beans to the pan of pasta for the last 4 minutes of cooking.
3. Drain the broccoli and return it to the pan. Lightly mash half the broccoli with a potato masher or fork. Finely grate the garlic and zest the lemon, then mix into the mashed broccoli with the chilli flakes, olive oil and crushed pine nuts.
4. Drain the pasta and beans and return to the pan. Stir in the broccoli pesto, broccoli florets and squeeze over the juice of a lemon. Spoon in the grated parmesan (or yeast flakes), toss the pasta well, then enjoy.



#FOODSAVVY TIP

Feeling lazy? Make the pesto in a processor or pick up some prepared pesto and then roast off the broccoli florets for 15 mins at 180°C in the oven, then mix.

Feeling adventurous? Cooked broccoli is a tasty and more sustainable alternative to guacamole to make a “broccamole”. Save some of the pesto from this recipe to go with the minestrone soup later in the week.

#FOODSAVVY TIP

Sweet potatoes can be swapped for white potatoes if you don't have them available, what you lose in flavour, you make up for in crispness. Borlotti beans could be switched for green lentils and if you don't have the right veg, switch in what you have; your new combo might be even better.

SWEET POTATO AND BORLOTTI SHEPHERD'S PIE

Serves: 4 | Prep: 15 mins | Cook: 1 hour

A comforting and veg-packed take on Shepherd's pie, offers a twist with the addition of mushrooms and borlotti beans, all topped off with sweet potatoes.

INGREDIENTS

- 4 tablespoons of olive oil
- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 sticks of celery, diced
- 2 leeks, sliced
- Broccoli stalks from previous day, diced
- 2 cloves garlic, diced
- 200 grams mushrooms, sliced
- 1 tablespoon tomato puree
- 1 tablespoon mixed herbs
- 1 x 400 gram tin of borlotti beans, strained
- 150 millilitres of vegetable stock
- 2 tablespoons of soy sauce
- 1 x 400 gram tin of tomatoes
- 1 kilogram sweet potatoes, peeled and large dice
- 75 millilitre organic dairy milk or oat milk
- A pinch of nutmeg

METHOD

1. Preheat the oven to 180°C.
2. Heat two tablespoons of olive oil in a saucepan, add the onions, celery, carrots, leeks, broccoli stalks and garlic then gently cook for 5 minutes on a medium heat or until softened.
3. Add the mushrooms and tomato puree and cook for a further 3 minutes.
4. Add the mixed herbs, tinned tomatoes, borlotti beans, stock, soy sauce and stir. Then reduce the heat to low and simmer for 20 minutes until thickened.
5. Boil the potatoes in a pan of water for 20 minutes or until soft. Drain the potatoes in a colander and then return to the pan. Mash the potatoes with the milk, a dash of olive oil and a pinch of nutmeg.
6. When the filling is ready, place in an oven proof dish. Add the mashed potato and spread over the top, then drizzle with a little olive oil.
7. Bake in the oven for 30-40 minutes or until bubbling and slightly browned, then enjoy.



CHUNKY MINISTRONE

Serves: 4 | Prep: 10 mins | Cook: 15 mins

A hearty and filling Italian soup. Minestrone is one of the few dishes to unite Italy ‘yet everyone makes it differently, with whatever vegetables are in season,’ according to world renowned chef Giorgio Locatelli. What’s in season for you now?

INGREDIENTS

- 2 onions, chopped
- 2 garlic cloves, chopped
- 2 teaspoons tomato puree
- 2 carrots, diced
- 2 celery sticks, sliced
- 20 green beans, sliced
- 1 x 400 gram tin chopped tomatoes
- 1 litre vegetable stock
- 100 grams spaghetti (or other pasta for example macaroni or penne)
- 150 grams cabbage (approx.), shredded
- 100 grams frozen peas
- 1 courgette, diced
- 1 x 400 gram tin of borlotti beans, strained
- Small bunch of basil, leaves shredded
- 4 sage leaves, shredded
- Olive oil
- Pinch of chilli flakes (optional)
- 4 tablespoons of broccoli pesto from earlier in the week

Serve with chunky wholemeal bread.

METHOD

1. Heat 2 tablespoons of olive oil in a saucepan, sweat the onion and garlic at a medium heat for 3 minutes then add the tomato puree. Cook for approx. 1 minute to remove any bitter flavours from the puree.
2. Add the carrot, celery, beans, tinned tomatoes and stock and bring to a simmer.
3. Break the spaghetti into small pieces, add to the soup and simmer gently for 5 minutes.
4. Add the cabbage, frozen peas, courgette and borlotti beans, continue to simmer for 5 minutes to develop the flavours and add a little more stock if necessary.
5. Add the chopped sage and basil and a pinch of chilli flakes if you like. Garnish with pesto saved from earlier in the week, if you still have some. Serve with chunky crusty wholemeal bread.



#FOODSAVVY TIP

Minestrone is the ultimate soup for a ‘fridge forage’, as there isn’t traditionally a set recipe. It is a great way to use up vegetables and herbs!



PUMPKIN, BANANA AND CHICKPEA CURRY

Serves: 4 | Prep: 10 mins | Cook: 30 mins

Live up a weekday night with a burst of colour and a kick of Caribbean flavour. This freezes very well and, if anything, is better the next day.

INGREDIENTS

- 2 tablespoons of coconut oil
- 2 onions, sliced
- Thumb size piece of ginger, peeled and chopped
- 2 cloves of garlic, chopped
- 1 fresh red chilli, deseeded and chopped (Scotch Bonnet is best to create the Caribbean flavour but if you prefer less heat, use a milder red chilli or leave it out)
- 1/2 bunch fresh coriander, leaves picked and stalks chopped
- 1 teaspoon turmeric
- 2 tablespoon curry powder
- 2 x 400 gram tins of chopped tomatoes
- 1 medium pumpkin or butternut squash, seeds removed (you can roast and eat these) large dice
- 1 x 400 gram tin of coconut milk
- 1 x 400 gram tin of chickpeas, drained
- 2 ripe bananas, sliced or a ripe plantain or a tin of pineapple chunks in juice

METHOD

1. Heat 2 tablespoons of coconut oil, sweat the onion and garlic on a medium heat for 3 minutes.
2. Add the ginger, coriander stalks, garlic, red chilli (optional) and cook for a further 2 minutes.
3. Add the turmeric, curry powder and pumpkin (or butternut squash). Coat the pumpkin with all the other ingredients by stirring.
4. Add the tomatoes. Cook until softened which will take about 20 minutes, if the pan needs some water to stop it drying out then add a splash.
5. Then add the coconut milk, pineapple and chickpeas and cook until heated through and well combined.
6. Scatter with coriander leaves, then enjoy.



#FOODSAVVY TIP

Pumpkin or butternut squash could be substituted for sweet potato or even cauliflower depending on what you have available. An ideal switch for the banana which provides the sweetness would be a ripe plantain or even a tin of pineapple in juice if you have one knocking about.



#FOODSAVVY TIP

This dish freezes incredibly well. As do most things. In fact, the average British Household could save £270 on their food bills by freezing leftovers. The only things you really shouldn't freeze are fine herbs, salad leaves and creams.



RICE 'N' PEAS

Serves: 4 | Prep: 5 mins | Cook: 10 mins

Leave the scotch bonnet chilli whole in this rice dish for a gentle warmth.

INGREDIENTS

- 1 tablespoon of coconut oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 400 gram can of kidney beans drained
- 200 millilitres coconut milk (the remainder can be frozen for a future dish)
- 200 millilitres water
- 400 grams basmati rice
- ¼ teaspoon ground allspice
- 2 sprigs of thyme
- 1 whole scotch bonnet chilli (we put it in whole, not to eat but to add a warmth to the dish. Fish it out before serving if you can)

METHOD

1. Heat coconut oil in a saucepan, add the onions and gently cook for 4 minutes. Then add the garlic for an additional minute. Meanwhile, rinse the rice well in cold water until the water runs clear.
2. Add the coconut milk, water, kidney beans (including juices from the can) and allspice, followed by the rice, then tuck the thyme and whole scotch bonnet chilli into the rice. The liquid should come about 3cm above the level of the rice and beans. Bring to a simmer, then cover with a lid, turn the heat to medium and cook for about 10 minutes (don't stir the rice, but you can scrape the bottom of the pan from time to time, to ensure rice on the bottom isn't burning).
3. Locate and carefully remove the chilli and thyme sprig. Fork through the rice to fluff it up.



GRILLED MACKEREL, WARM NEW POTATO SALAD WITH SPRING ONIONS AND SPINACH

Serves: 4 | Prep: 5 mins | Cook: 15 mins

New potatoes are young potatoes and unlike their fully-grown counterparts, they keep their shape once cooked and cut. They are also sweeter and are therefore particularly suited to salads. They are at their best in the UK between April and July.

INGREDIENTS

- 600 grams new potatoes, halved
- 4 mackerel fillets, skin on
- 2 tablespoons wholegrain mustard
- 3 tablespoons crème fraîche
- 130 grams spinach, shredded
- 3 tablespoons spring onions, sliced

METHOD

1. Drop the potatoes into a pan of salted boiling water, then boil for about 15 minutes until tender. Drain and allow to cool slightly.
2. For the mackerel, preheat the grill to high.
3. Put the mackerel fillets on the grill tray, brush with the wholegrain mustard and season with salt and pepper. Grill them for 3 minutes skin side up, then turn over and grill for a further minute, or until the mackerel is cooked through.
4. Mix a tablespoon of mustard with the crème fraîche, then add this to the warm potatoes along with the spinach and spring onions. Mix well, then serve with the mackerel on top of the potato salad. Enjoy.

#FOODSAVVY TIP

For a plant based alternative to crème fraîche, you could use tahini loosened with a squeeze of lemon and a splash of olive oil. Capers and gherkins make a fantastic sharp addition to the salad.



'FUL MADAME' AND FRIED EGGS (TOMATO AND FAVA BEAN STEW)

Serves: 4 | Prep: 10 mins | Cook: 30 mins

This fragrant breakfast is a staple food in Egypt, especially in the northern cities of Cairo and Gizah. Don't forget to soak your fava beans for breakfast tomorrow.

INGREDIENTS

- 400 grams whole dried fava beans, soaked overnight
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- Small handful fresh coriander, shredded
- Small handful fresh parsley, shredded
- Juice of 1 lemon
- 1 red chilli, deseeded and diced
- ¼ teaspoon cinnamon
- 1 teaspoon cumin
- 400 millilitres passata
- 1 teaspoon tomato puree
- 4 organic eggs

METHOD

1. Soak the fava beans overnight. Drain, place in a pan, cover with plenty of water and cook for around one hour until tender.
2. Heat the olive oil in a saucepan, cook the onion and garlic on a medium heat for 3 minutes.
3. Add the herbs, lemon juice, and spices, then cook for a few minutes. Add the passata and tomato puree plus 100 millilitres of water, which you can first use to wash the remains of the passata out of the jar or packet it came in, add the cooked fava beans, then cook on a medium heat for 20 minutes.
4. While the ful medame is finishing cooking, fry 4 organic eggs. Serve the ful medame with the fried eggs, enjoy.

#FOODSAVVY TIP

Dried beans and lentils are great for storing for a long time and are generally the more affordable option. A quicker option are tinned beans which can generally be added to a dish and just heated through.



LAMB TAGINE

Serves: 4 | Prep: 15 mins | Cook: 2 hours

Some upland areas in the UK where it is difficult to grow crops are perfect for sheep farming. This North African inspired tagine is a great way to combine delicious sustainable meat with vegetables and fruit.

INGREDIENTS

- 400 grams organic diced lamb shoulder
- 4 tablespoons olive oil
- 2 garlic cloves, sliced
- 2 teaspoons ground cinnamon
- Thumb sized piece of ginger, peeled and grated
- 2 onions, sliced
- 1 x 400 gram tin of chopped tomatoes
- 500 millilitres stock
- 1 x 400 gram tin of chickpeas, drained
- 200 grams dried apricots, soaked and cut in half (keep the soaking water)
- Bunch of coriander, leaves and stems shredded
- 400 grams dried couscous

METHOD

1. Mix the garlic, 2 tablespoons of olive oil, ground cinnamon, ginger. Coat the lamb pieces with this mixture and set aside.
2. Heat 2 tablespoons of olive oil in a casserole pot or large saucepan. Cook the sliced onions on a medium to high heat until lightly coloured and golden, add the lamb and continue to cook now on a high heat.
3. Add the chopped tomatoes and stock until the lamb is just covered, bring to the boil, add the chickpeas and then turn down to a simmer.
4. Place a lid on the pan and cook in a pre-heated oven at 140°C for approximately 2 hours.
5. Remove from the oven and place over a low heat to simmer whilst you finish with the chopped coriander and soaked apricots.
6. Serve with couscous, cooked to packet instructions.



#FOODSAVVY TIP

Try to make sure the lamb you buy is from an organic system: it's tastier, better for you and the planet. If you don't eat lamb, pumpkin works well as a vegetable alternative. Also keep the juice from the soaked apricots, you could add it to this dish or another. It would be a shame to lose that flavour.



WEEK 2



VEGETABLE FAJITAS

Serves: 4 | Prep: 5 mins | Marinade: 30 mins |
Cook: 5 mins

Caramelised cauliflower, red onions and red peppers. Marinated with sharp flavours that balance the vegetables' sweetness, while enhancing the overall aroma. This provides a great way to use up wonky and leftover veg.

INGREDIENTS

- 1 head of cauliflower, florets broken off, centre sections sliced into strips, leaves shredded
- 1 red onion, sliced
- 1 red pepper, sliced
- 1 red chilli, sliced

MARINADE

- 2 tablespoons smoked paprika
- 1 tablespoon ground coriander
- 1 teaspoon oregano
- 2 garlic cloves crushed, diced
- 4 tablespoons of vegetable oil
- 1 lime, juiced

ACCOMPANIMENT

- One pack tortillas (ideally wholegrain)

METHOD

1. Heat the oven up to 200°C and wrap the tortillas in foil.
2. Slice onion, pepper and chop cauliflower (leaves and stem too).
3. Add these to a mixing bowl and add the marinade ingredients. This is ideally done at least half an hour before cooking (but if there isn't time for this don't worry). Wrap the tortillas in silver foil and put in the oven.
4. Heat a frying pan and add marinated vegetables on a high heat to the pan and keep them moving so you get a nice charring effect. Be careful not to overcook as it can become dry.
5. Once cooked, tip the pan contents into a large bowl and serve with the heated tortillas and mango and chilli salsa.

#FOODSAVVY TIP

Psst, we'll let you into a secret, and, it's not a secret that you have to keep... Cauliflower leaves are edible and delicious. It's amazing how many people don't know this and let the luscious leaves go to waste.

MANGO AND CHILLI SALSA

Serves: 4 | Prep: 5 mins

Sweet, tangy, spicy and simple to make.

INGREDIENTS

- 2 shallots, chopped
- 1 red chilli deseeded and chopped
- 1 mango, diced
- 1 tablespoons olive oil
- 1 lime, juice and zest
- 1 tablespoon roughly chopped fresh coriander including stalks

METHOD

1. Put the shallots, chilli, mango and coriander in a bowl. Add the lime and olive oil and mix together.
2. Leave for at least 15 minutes to let the ingredients get to know each other. Serve.

#FOODSAVVY TIP

If you can't find mango, use pineapple chunks or just keep it conventional and use good old tomatoes.



VEGETABLE LASAGNE

Serves: 4 | Prep: 20 mins | Cook: 35 mins

A simple crowd pleaser that finds a happy home for any stray veg.

INGREDIENTS

- 3 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- A mix of veg (e.g. 1 aubergine, 1 courgette, 1 red pepper – cut into bite size chunks)
- 100 grams dried red split lentils
- 2 x 400 gram tin chopped tomatoes
- 2 teaspoon dried oregano
- 1 low salt vegetable stock cube
- 150 grams spinach leaves or kale
- 9–10 dried lasagne sheets

WHITE SAUCE

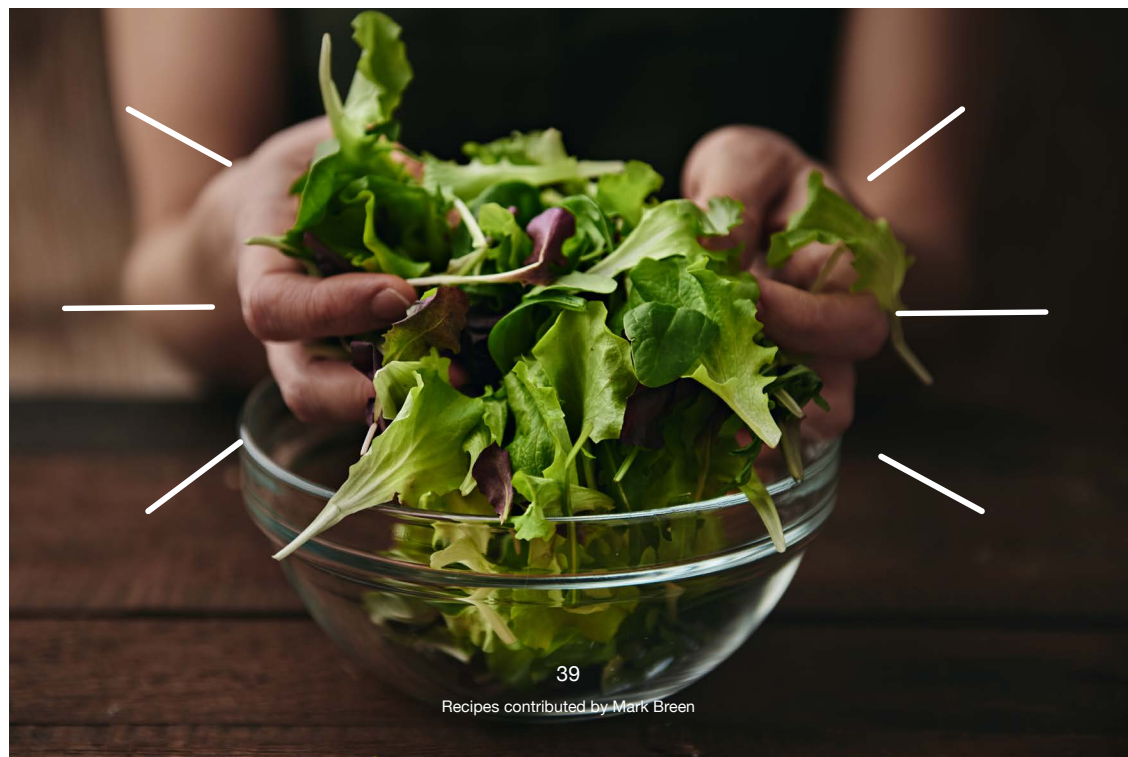
- 3 tablespoons olive oil
- 100 grams plain flour
- 800 millilitres milk (dairy or oat work well for this)
- 3 tablespoons nutritional yeast flakes (or grated parmesan)
- 1 bay leaf (optional)
- ¼ teaspoon ground nutmeg

#FOODSAVVY TIP

The vegetables in this dish can be changed depending on what is in season and what you have handy in your fridge. Salad leaves are one of the most wasted foods in the UK, if you have some going spare why not knock up a quick salad to go with the lasagne.

METHOD

1. Preheat the oven to 180°C.
2. Heat the olive oil in a saucepan and cook the onion for 3 minutes on a medium heat, or until softened and lightly browned, stirring. Add the garlic and other veg and cook for 7 minutes, stirring regularly.
3. Then stir in the red lentils, tomatoes, oregano and crumbled stock cube. Refill one of the tomato tins with water and pour into the pan. Stir well, bring to a simmer and cook for 15 minutes, stirring regularly. Add the spinach leaves, cook for 1 minute more (a bit longer for kale).
4. While the vegetables are simmering, make the white sauce. Heat the oil in a medium saucepan. When it is hot add the flour and cook, stirring all the time, for 1 minute, then add the yeast, bay leaf, nutmeg and a quarter of the milk.
5. Bring to a simmer, stirring constantly over a medium heat. Keep adding the milk gradually whilst stirring for approximately 4 minutes, or until the milk is added and it is smooth.
6. Now it's time to compile the lasagne. Add half of the vegetable and tomato mix to a Pyrex dish or roasting tray to cover the bottom, then cover this mix with lasagne sheets, then cover the sheets with half of the white sauce. Repeat this process, so you have two layers of each ingredient.
7. Bake for 35 minutes, or until the pasta has softened and the topping is nicely browned and bubbling. Stand for 5 minutes before cutting to allow the filling to settle.





PEARL BARLEY, SHALLOT, ROAST CARROT, AND DILL WITH CHICKEN LEG

Serves: 4 | Prep: 5 mins | Cook: 30 mins

Pearl barley is grown in the UK and a fantastic source of fibre. In this dish we combine it with carrots which are available year round, even in the UK 'hunger gap.' Use organic chicken thigh in this dish, it's tastier and cheaper.

INGREDIENTS

- 4 organic chicken legs, drizzled with olive oil and seasoned with salt and pepper
- 500 grams of carrots, washed and cut into diagonal slices
- 5 banana shallots, peeled and quartered
- 4 garlic cloves, crushed
- 1 teaspoon fennel seeds
- 1 tablespoon olive oil
- 300 grams pearl barley
- Bunch of parsley, chopped
- Small bunch of dill, chopped

DRESSING

- 3 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 lemon, juiced

METHOD

1. Heat oven to 180°C.
2. Put the sliced carrots in a large roasting tin with the organic chicken leg, shallots, garlic and fennel seeds. Drizzle over the oil, toss everything together and season. Roast for 30 minutes until everything has caramelised, the chicken is cooked through and the carrots are tender.
3. Meanwhile, boil the pearl barley in a large pan of water for 30 mins. Make the dressing by mixing all the ingredients together. Remove the carrots from the oven.
4. Strain pearl barley and toss through the half the dressing, carrots, dill, parsley. Serve the chicken leg on top and drizzle the whole dish with the remaining dressing, enjoy.



CHILLI 'SIN' CARNE

Serves: 4 | Prep: 10 mins | Cook: 30 mins

Here a side of Spanish to go with your dish. 'Sin' in Spanish means without. While there's no meat in this recipe, it's certainly not without flavour. Put it to the taste test with your family.

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 200 grams vegetables (e.g. celery, carrot, peppers, mushrooms), chopped
- 2 cloves of garlic, chopped
- 1 teaspoon ground cumin
- 1 teaspoon chilli powder
- 1 teaspoon smoked paprika
- 4 tablespoons tomato puree
- 1 x 400 gram tin of tomatoes
- 750 millilitres of stock
- 1 x 400 gram tin of kidney beans, strained
- 1 lime, juiced
- Fresh coriander to garnish

Serve with rice, pasta or couscous cooked to packet instructions.

METHOD

1. Heat the olive oil in a saucepan, add the onion then gently cook for 3 minutes on a medium heat or until softened.
2. Add all the chopped vegetables, garlic and spices. Stir and cook for 4 minutes.
3. Add the tomato puree, cook for a minute to heat through. Then add the tinned tomatoes, vegetable stock and kidney beans. Stir gently to combine everything.
4. Bring to the boil, cover pan and simmer for about 20 minutes or until the vegetables have cooked.
5. Cook the rice, pasta or couscous to packet instructions.
6. Add the lime juice to the chilli a little at a time whilst tasting and garnish with chopped coriander.



#FOODSAVVY TIP

When storing leftovers in the fridge, cool them as quickly as possible (ideally within minutes). Splitting them into smaller portions can help them to cool more quickly. Cover them and refrigerate. Use leftovers within two days and reheat until steaming hot. Rice should be eaten within one day.

You could cook the rice for tomorrow night's Vedge or Kedge at the same time and leave in the fridge.



VEDGE OR KEDGE

Serves: 4 | Prep: 10 mins (including cooking rice) |

Cook: 15 mins

Kedgeree combines the dual traditional British Friday night foods of fish and curry, this dish works really well with or without the fish.

INGREDIENTS

- 2 onions, chopped
- 2 garlic cloves, chopped
- 1 aubergine, diced
- 1 courgette diced
- Coconut or vegetable oil, 2 tablespoons
- 1 tablespoons of curry powder
- 1 tablespoon turmeric
- 300 grams cooked basmati rice (weight before cooking)
- 100 grams frozen peas
- 4 eggs, preferably organic
- Juice of one lemon
- 200 grams smoked haddock, MSC certified (optional)

METHOD

1. Heat the coconut or vegetable oil in a large sauce pan. Add the onions for 2 minutes or until softened on a medium heat. Then add the garlic for a minute. Followed by the aubergine and courgette for 5 minutes. Stir occasionally.
2. Boil eggs for 7 minutes. Run under cold water, leave until cool. Shell, peel and halve the eggs.
3. Add the curry powder and turmeric for 1 minute to warm the spices.
4. Then add the cooked rice, frozen peas and smoked haddock (if using).
5. Toss so all of the flavours combine and all the food is heated through. Then add the lemon juice.
6. Serve topped with the halved boiled eggs and a grinding of black pepper.



HUEVOS RANCHEROS

Serves: 4 | Prep: 5 mins | Cook: 15 mins

If you've never tried Huevos Rancheros then you're in for an eggstreamly pleasant surprise. If you have, crack on. You know a treat is in store.

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, sliced
- 2 cloves of garlic, sliced
- 2 red peppers, finely sliced
- 2 fresh red or orange chillies, sliced
- 1 tablespoon of smoked paprika
- 3 fresh bay leaves
- Sea salt and freshly ground black pepper
- 2 x 400 gram tin of chopped tomatoes
- 8 eggs, preferably organic

METHOD

1. Heat the olive oil in a large frying pan, cook the onion, garlic, peppers, fresh and smoked paprika, bay leaves on a medium heat, stirring regularly for 5 minutes to soften. Pour in the tomatoes. Bring to the boil, then turn down to a medium heat and cook for a further 5 minutes so the sauce starts to reduce down.
2. Use a spoon to make small wells in the tomato stew, and crack in your eggs to poach in the thick, delicious juices. Put the lid on and let the eggs cook for around 3 to 4 minutes.
3. Take the lid off and check your eggs. When they're done to your liking, turn the heat off and take the pan to the table.

#FOODSAVVY TIP

Eggs have a best before date, after which they will still be fine to eat. We would recommend fully cooking these eggs so that the whites and yolks are hard. You'll know if your egg is not safe to eat if it releases an unpleasant odour when cracked. Dishes like Huevos Rancheros work best with fresh eggs which can be served with a runny yolk.

Want to know if your egg is still fresh? Float it in a bowl of water. The least fresh will float to the top whilst newer eggs will drop.



THAI PUMPKIN SOUP

Serves: 4 | Prep: 10 mins (plus 30 mins to roast pumpkin whole) | Cook: 15 mins

This Thai soup has a burst of flavour and colour and will warm up your weekend lunch.

INGREDIENTS

- 1 butternut squash or small to medium pumpkin, peeled, deseeded and chopped
- 2 tablespoons coconut oil
- 1 onion, sliced
- 1 tablespoons grated ginger
- 400 millilitre coconut milk
- 500 millilitre vegetable stock
- 3-4 tablespoons Thai red curry paste
- Lime juice, for seasoning
- 1 red chilli, sliced, to serve (optional)
- Coriander leaves (optional)
- A dash of soy sauce

METHOD

1. Heat oven to 200°C.
2. Toss the pumpkin or squash in a roasting tin with half the coconut oil, then roast for 30 mins until golden and tender.
3. Meanwhile, put the remaining coconut oil in a saucepan with the onion and ginger. Cook on a medium heat for 4 minutes until softened. Stir in the curry paste for 1 minute, followed by the roasted pumpkin, all but 3 tablespoons of the coconut milk and the stock. Bring to a simmer, cook for 5 minutes.
4. Cool for a few minutes, then blitz until smooth. Return to the pan to heat through, seasoning with soy sauce, pepper and lime juice. Serve drizzled with the remaining coconut milk and scattered with chilli (and coriander if you have any in the fridge), if you like.



#FOODSAVVY TIP

Pumpkin seeds are tasty, packed with vitamins and minerals, and they're a great source of fibre. You can use them as a garnish for salads to sprinkle in stews or just as a snack. Boil them for 5-10 minutes, then dry them. Toss the seeds with a little oil, some seasoning and then roast the seeds at 180°C for 8 minutes.



WEEK 3

#FOODSAVVY TIP

Store loose leaves in a bag, in the salad drawer of the fridge. The exception is basil - keep it out of the fridge or it will turn black. Herb pots of chives, coriander, dill, mint, oregano, parsley and rosemary should be kept away from extremes of temperatures on the windowsill.

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Recipes contributed by Mark Breen



ORZOTTO WITH ASPARAGUS, PEAS AND SPINACH

Serves: 4 | Prep: 10 mins | Cook: 30 mins

Pearl barley is a nutty grain loaded with nutrients and fibre. It's usually found in wintery soups and stews, but it's a great substitute for rice in risotto and in this recipe it is combined with delicious seasonal vegetables and aromatic herbs.

INGREDIENTS

- 2 tablespoons olive oil
- 1 large leek, sliced
- 4 garlic cloves, chopped
- 400 grams of pearl barley
- 1 litre of vegetable stock
- 1 bunch of asparagus, slice into rough 1 centimetre pieces
- 50 grams of peas (frozen are fine)
- Handful of parsley, leaves and stalks finely chopped
- Zest from 1 lemon
- 100 grams of spinach
- Bunch of basil, leaves and stalks finely chopped

METHOD

1. Sweat the leek for about 3 minutes over a medium heat. Add the garlic and continue cooking for an additional minute, or until soft. Add the pearl barley, and toast for about 1 minute.
2. Add all of the stock and cook with the lid on for 25 minutes on a medium heat, you can stir for a creamier orzotto, but if you need to get something else done, just occasionally scrape the bottom of the pan, if it dries out add a splash of boiling water.
3. Add the asparagus, peas, spinach, lemon zest and parsley, and cook for an additional 5 minutes. We are aiming for all of the stock to be absorbed and the pearl barley to be cooked but not overly stodgy.
4. Remove from the heat, add the basil, mix and enjoy.

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Recipes contributed by Mark Breen



AUBERGINE AND COURGETTE STEW (CAPONATA)

Serves: 4 | Prep: 10 mins | Cook: 25 mins

Inspired by Sicily, cooked in your kitchen. This is like Italian sweet and sour.

INGREDIENTS

- 5 tablespoons of olive oil
- 2 aubergines, large diced
- 2 courgette, large diced
- 2 red onions, chopped
- 4 cloves of garlic, sliced
- Bunch fresh flat-leaf parsley, chopped separate stalks and leaves
- 4 tablespoons capers, chopped
- 2 handful of green olives, pitted and chopped
- 3 tablespoons red wine vinegar
- 10 ripe tomatoes, diced
- 1 teaspoon dried oregano
- Sea salt and black pepper
- Pine nuts

METHOD

1. Heat the olive oil in a large pan over a high heat. Add your aubergine chunks, season with a little sea salt and toss around so the aubergine is evenly coated by the oil. Cook on a high heat for around 4 or 5 minutes, giving the pan a shake every now and then. (Depending on the size of your pan you may need to cook the aubergine in batches.)
2. Do the same with the courgettes. Then leave both to rest on some kitchen paper.
3. Turn the heat down to medium, add the onion, garlic and parsley stalks, and continue cooking for another couple of minutes. Add a little more oil to the pan if you feel it's getting too dry.
4. Throw in the drained capers and the olives, and drizzle over the red wine vinegar. When all the vinegar has evaporated, add the tomatoes and simmer for around 15 minutes or until tender.
5. Taste before serving and season if you need to with salt, black pepper and a little more vinegar. Serve sprinkled with the chopped parsley leaves and pine nuts (which you should have left from week 1).



#FOODSAVVY TIP

If you are feeling especially peckish you could bulk this dish out, perhaps with some torn stale bread like you would with a panzanella or a grain such as pearl barley.



BOLOGNESE META E META (HALF AND HALF)

Serves: 4 | Prep: 10 mins | Cook: 40 mins

This dish demonstrates the half and half approach of using less and better meat and adding a different dimension with a plant based protein in this case borlotti beans.

INGREDIENTS

- 2 tablespoons olive oil
- 2 onions, chopped
- 1 leek, sliced
- 2 garlic cloves, chopped
- 200 grams of mushrooms, sliced
- 1 courgette, diced
- 4 tablespoons of tomato purée
- 200 grams organic beef mince
- 1 x 400 gram tin borlotti beans
- 2 x 400 gram tins of chopped tomatoes
- A few sprigs of thyme
- 1 teaspoon dried oregano
- 400 grams of spaghetti
- A few basil leaves or parsley leaves(optional)

METHOD

1. Heat the olive oil in a pan over a medium heat. Cook the onions and leeks for 4 minutes or until soft, then add the garlic, mushrooms and courgettes cook for 5 minutes or until softened. Add the tomato puree for a final minute.
2. Add the beef, borlotti beans and chopped tomatoes, thyme sprigs and oregano. Stir everything together, cover and simmer over a medium heat, stirring occasionally for 30 minutes.
3. Cook the spaghetti following pack instructions, approximately 10 minutes, then drain.
4. Mix the pasta and sauce together.
5. Garnish with a few basil or parsley leaves if you have available, enjoy.

#FOODSAVVY TIP

Eating less and better meat and dairy is a simple way for you to positively affect your health, the environment and animal welfare. In this recipe, we substitute out half of the usual amount of beef mince and up the amount of beans and mushrooms. You can freeze the remaining beef and use in a future dish. Celery is a great addition to this if you have any left from previous recipes.





KERALA FISH CURRY

Serves: 4 | Prep: 10 mins | Cook: 15 mins

Kerala in India is famed for its fragrant dishes often using mustard seeds and curry leaves. Keralan fish dishes, inspired by the area's beautiful coastline, are world famous.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 teaspoons black mustard seeds
- 2 garlic cloves, chopped
- Thumb size piece of ginger, peeled and grated
- 2 green chillies, chopped
- 4 onions, sliced
- 2 carrots, diced
- 2 teaspoons turmeric powder
- 2 teaspoons curry leaves
- 400 grams MSC certified white fish such as bass, bream or tilapia, skin removed and sliced into bite size chunks
- 150 grams of spinach leaves, shredded
- 800 millilitres coconut milk
- 10 curry leaves
- 4 tomatoes, chopped
- Lemon juice
- 400 grams basmati rice - Keralan dishes are traditionally served with rice or paratha bread, a roti would work well too

METHOD

1. Heat the coconut oil in a medium saucepan. Add the mustard seeds and wait until they pop then add the curry leaves for about 2 minutes.
2. Stir in the onion, carrot, garlic, ginger and chilli and soften for about 3 minutes.
3. Stir in the turmeric and curry powder and place the fish in the pan. Fry on both sides until well sealed and half cooked for about 2 minutes.
4. If serving with rice, you will want to put the rice on now.
5. Pour in the coconut milk, and add the spinach leaves and the tomatoes, simmer for 5 minutes or until the fish is cooked through. Season to taste with lemon, enjoy.



#FOODSAVVY TIP

Check out the **Good Fish Guide** to find out which fish are the most sustainable and which are the least sustainable. Make the right choice and reduce your impact. Carrot isn't traditionally used in Keralan curries, for a more traditional use for the carrot, find a recipe for a Keralan carrot thoran.

#FOODSAVVY TIP

If you have to buy more broad beans than you need, they freeze very well. The best way to do this is boil all of your beans for 5 minutes, drain, rinse with cold water and remove the beans from the skins. Use as many as you need in this recipe and then freeze the rest in freezer bags.



PAELLA DE VERDURAS

Serves: 4 | Prep: 5 mins | Cook: 20 mins

Two ingredients are critical for making an authentic Spanish paella. The first is Spanish short grained rice e.g. Bomba paella rice, it absorbs large amounts of the broth without becoming creamy or sticky. Second is smoked paprika which lends a depth of flavour.

INGREDIENTS

- 300 grams broad beans, podded, blanched and skinned
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves of garlic, chopped
- 1 red chilli, chopped
- 3 teaspoons smoked paprika
- Red pepper, deseeded and diced
- Orange pepper, deseeded and diced
- 1 fennel bulb, sliced
- 3 tomatoes, diced
- 300 grams paella rice
- 1 litre vegetable stock
- Juice of a lemon
- Handful of parsley, chopped

METHOD

1. If using broad beans, put on to boil for 5 minutes, drain, rinse with cold water and remove the beans from the pods.
2. Heat the olive oil in a large pan, cook the onions over a medium heat for 4 minutes or until softened. Then add the garlic, chilli, paprika and continue to cook for 2 minutes or until softened.
3. Add the peppers and tomatoes followed by the rice and stock.
4. Stir everything together to make sure it's all thoroughly mixed and bring to a boil. Once boiling, reduce the heat to a simmer and leave to cook until the liquid is absorbed and the rice tender, stirring in between. This should take around 15 minutes.
5. Squeeze over the juice of a lemon and add the parsley. Stir together and serve!



SWEETCORN FRITTERS

Serves: 4 | Prep: 5 mins | Cook: 10 mins

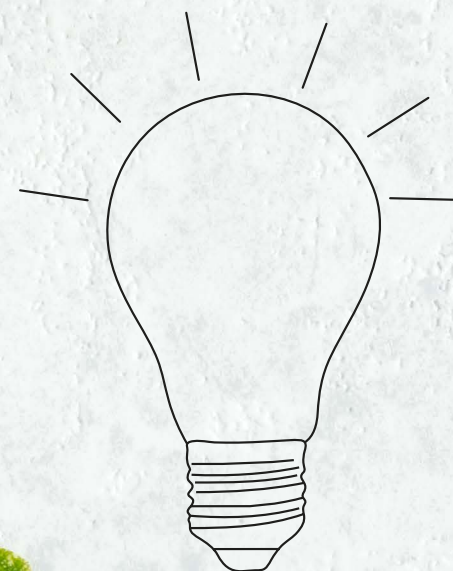
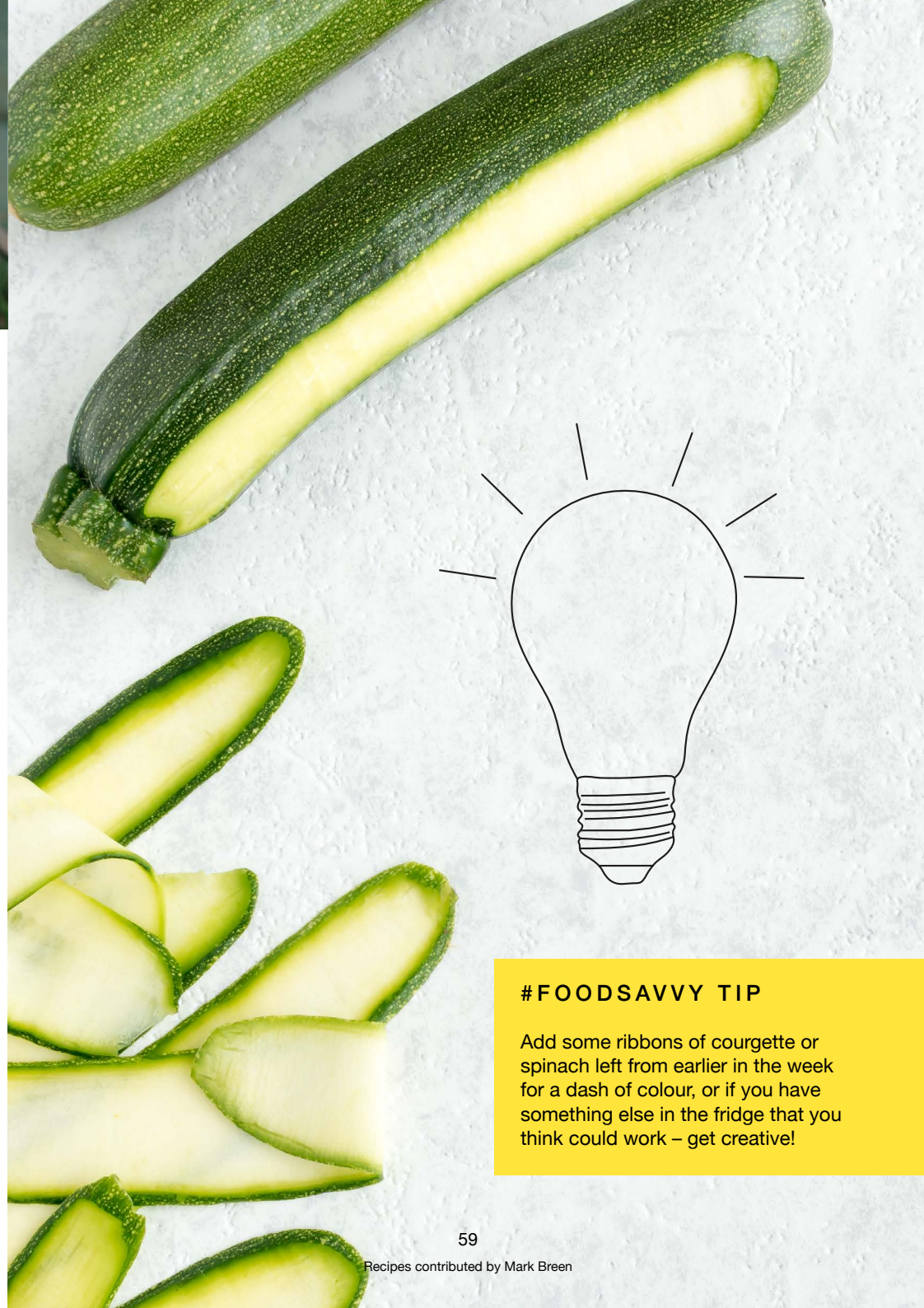
Fluffy, wholesome and delicious.

INGREDIENTS

- 150 grams plain flour (wholemeal is tasty)
- 1/2 teaspoon baking powder
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika
- 1 egg, lightly beaten
- 1 teaspoon lemon juice
- 350 grams corn kernels, cut from 3 large corn cobs (or from tin)
- 4 spring onions, thinly sliced
- 3 tablespoons chopped coriander
- 2 tablespoons vegetable oil

METHOD

1. Place the flour, baking powder, coriander, cumin and paprika in a bowl. Add the egg, lemon juice and 125ml of water and beat to a smooth batter. Add the corn, spring onion and chopped coriander and stir to combine.
2. Heat the vegetable oil in a frying pan over a medium heat and spoon in 4 tablespoons of the mixture for each fritter. Cook for 2 minutes per side until golden and cooked through. Repeat with the remaining mixture.



#FOODSAVVY TIP

Add some ribbons of courgette or spinach left from earlier in the week for a dash of colour, or if you have something else in the fridge that you think could work – get creative!



CURRIED CAULIFLOWER WITH SPINACH, LENTILS AND LEMON PILAU RICE

Serves: 4 | Prep: 10 mins | Cook: 30 mins

Cauliflower is the best flavour transporter, it'll absorb all the delicious flavours from the pan and send them directly to your tongue. Fact.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 onion, chopped
- Thumb size piece of ginger, peeled and grated
- 3 garlic cloves, chopped
- 1 teaspoon turmeric
- 2 tablespoons curry powder, or to taste
- 1 x 400 gram tin chopped tomatoes
- 500 millilitres stock
- 1 cauliflower, florets broken off and stalk and leaves cut into bite sized chunks
- 300 grams red lentils
- 100 grams spinach
- 1 small green chilli, seeds and stalk removed and chopped
- 1 lemon, juiced
- Handful coriander, roughly chopped, to serve
- 100 grams of yoghurt

METHOD

1. Heat the oil in a saucepan. Cook the onion for 4 mins until soft, then add the ginger, garlic, turmeric and curry powder. Cook for 1 minute more. Stir in the tomatoes and stock.
2. Add the cauliflower florets, leaves and stalk chunks and lentils. Cover with a lid and gently cook for a good 25 mins, stirring occasionally, until the cauliflower is tender.
3. When the vegetables are cooked, stir in a squeeze of lemon juice and scatter with coriander. Serve with lemon pilau rice and a dollop of yogurt.



LEMON PILAU RICE

Serves: 4 | Prep: 5 mins | Cook: 10 mins

INGREDIENTS

- 1 tablespoon of coconut oil
- 1 teaspoon of black mustard seeds
- Small handful of curry leaves
- ½ teaspoon turmeric
- 400 grams basmati rice, washed
- 1 lemon, zested and juiced

METHOD

1. Heat a tablespoon spoon of coconut oil in a pan and add the mustard seeds. When they pop add the red lentils and stir for a minute, then add the curry leaves and turmeric. Stir for another minute before adding to the rice with the lemon juice and zest.
2. Add water to the pan, 3 centimetres above the level of the other ingredients.
3. Bring to the boil, stir once, then simmer on a medium heat for 10 minutes with a lid on.

#FOODSAVVY TIP

You could use wholegrain rice which is even healthier, but takes a little longer to cook. If you don't have one of the ingredients above, try substituting or leaving it out, for example you could swap the curry leaves for a cinnamon stick for a warmer flavoured rice or you could swap the lentils for some nuts.



SWEET TREATS



APPLE AND RHUBARB CRUMBLE

Makes: 10 slices | Prep: 15 mins | Cook: 25 mins

The flavour of the fruit really shines through in this ultimate combination crumble.

INGREDIENTS

- 200 grams oats
- chopped nuts (if you have any but not essential)
- 2 tablespoons coconut oil
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 6 apples, peeled cored and cut into bite sized pieces
- 400 grams rhubarb, sliced
- 40 millilitre date syrup

METHOD

1. Preheat the oven to 180°C.
2. Put the rhubarb and apples into a saucepan with 2 tablespoons of water. Cook gently on a medium heat for about 6 minutes until soft but still retaining colour and bite. Remove and put in a Pyrex dish or cake tin.
3. Use a saucepan to melt the coconut oil, add the date syrup, cinnamon, and ginger. Pour this over the oats (and chopped nuts if you have them) stir well until all the dry ingredients are coated with the coconut oil mix.
4. Distribute the topping mixture over the apples.
5. Bake for 25 minutes or until golden, enjoy.

#FOODSAVVY TIP

Apple and rhubarb are an amazing crumble combination. Your crumble will taste best, depending on what you have available, for example pear and blackberry are a tasty autumn combination. Delicious served with yoghurt or crème fraiche, which you might have left over from the curry recipe.



CARROT CAKE

Makes: 10 slices | Prep: 10 mins | Cook: 40 mins

This is a fantastic recipe if you have a few spare carrots knocking about. It's earthy, balanced and moreish.

INGREDIENTS

- 120 millilitres olive oil
- 150 grams date syrup
- 2 organic eggs
- 200 grams wholemeal flour
- 2 teaspoon baking powder
- 3 teaspoons cinnamon
- 1 orange zested
- 300 grams carrots (peeled and coarsely grated)
- 60 grams raisins

METHOD

1. Preheat the oven to 180°C.
2. To make the cake, put the oil, syrup and eggs into a bowl and whisk together for 2-3 minutes.
3. Mix the flour, baking powder and cinnamon into the egg mixture and add any bran that is left in the sieve as well. Stir the mixture together then gently fold in the orange zest, carrot and sultanas.
4. Brush the inside of the loaf tin with a little oil and lightly dust with flour. Pour in the cake mixture.
5. Bake in the oven for approximately 40 minutes, the cake should feel springy to touch.

#FOODSAVVY TIP

If you don't have carrot but do have leftover apples or pears, try substituting them in, it'll be a delicious experiment.



BANANA, PEAR AND PEANUT BUTTER FLAPJACKS

Makes: 10 slices | Prep: 10 mins | Cook: 40 mins

Banana is one of the most wasted ingredients in the UK, this recipe is perfect for using overripe bananas. Oats are a great source of fibre and peanut butter is tasty and a good source of protein.

INGREDIENTS

- 50 grams coconut oil, plus a little extra for greasing
- 2 tablespoons smooth peanut butter
- 3 tablespoons date syrup
- 2 ripe bananas, mashed
- 1 pear, peeled and grated
- 100 millilitres hot water
- 250 grams rolled oats
- 185 grams dried apricot, chopped
- 85 grams pumpkin seeds (you may have these available from the Thai Pumpkin soup recipe)

METHOD

1. Heat oven to 160°C. Line a 20-centimetre square tin (or the closest thing you have) with baking parchment.
2. Melt the coconut oil, peanut butter and date syrup in a small pan.
3. Mash the banana and combine with the pear and 100 millilitres hot water, and mix to combine.
4. Then mix all of the ingredients together in a large bowl.
5. Tip into the cake tin and level the surface. Bake for 40 mins or until golden. Leave to cool in the tin, before slicing and serving.

THANK YOU

To find out more visit:

www.foodsavvy.org.uk

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