

Vegetarian dishes

Stuffed Portobello Mushrooms

2 large mushrooms
1 vine tomato
1 courgette
2 teasp. pesto
1 mozzarella ball
seasoning

Peel the Portobello mushroom, remove the stalk and chop finely, leave to one side.

Fill the middle with pesto. Slice the tomato thinly and layer on top of the pesto. Cut the courgette through the middle and thinly slice, layer on top of tomatoes. Chop the mozzarella and lay on top of courgette with the mushroom stalk. Bake at 180°C for 20 minutes. Serve with a green vegetable or Neapolitan Coleslaw.

Neapolitan Slaw

1 small white cabbage
½ red cabbage
100 gr dried cranberries or raisins
100 gr shelled pistachios
seasoning
mayonnaise, or half and half crème fraiche and mayonnaise.

Chop the cabbages in a food processor or slice very thinly by hand or on a mandolin (be careful if using a mandolin with your fingers.)

Add cabbages to a large bowl, add the nuts and dried fruit. Add your chosen dressing to the cabbage mixture, the amount will be variable depending on amount of cabbage and personal choice. I like to make this salad in the morning and allow it to mature a bit before eating, brings out the flavours.

Vegan alternative: use a soya or coconut yoghurt or a vegan mayo.

Egg Allergies: Make a vinaigrette with olive oil, balsamic vinegar, lemon rind and juice, 1 teasp pomegranate molasses or maple syrup and fresh herbs (your choice, I like dill or basil). Season to taste.

Gnocchi Bake

1 packet gnocchi
1 large broccoli floret
a few cherry, vine or beef tomatoes
1 yellow or red pepper
cheese sauce
grated cheese

This recipe uses up that old packet of gnocchi in the freezer, odd bits of cheese, vegetables that can be used up at the end of the week. Grease an oven proof dish. In a large saucepan add gnocchi to boiling water. Cook 5 minutes or according to packet. Drain well. Bring another pan of water to boil and add broccoli florets. Whilst broccoli is cooking slice the tomatoes and pepper, add to base of the dish and top with the gnocchi. When the broccoli is still firm but just cooked, chop slightly and add to the dish. Pour over the cheese sauce and add grated cheese.

Vegan alternative: make a white vegan sauce using soya milk and top with some breadcrumbs or sunflower seeds

Mixed Vegetable Kugel

1 large parsnip
1 red onion
1 baking potato
1 sweet potato dried dill
Seasoning, olive oil

In a food processor grate all the vegetables. Put in a large bowl, add the seasoning, herbs and olive oil. Mix well. Add the mixture to a well-greased oven proof dish. Dot with a little butter. Bake at 180°C for 45 minutes, cover with foil after 30 minutes. This dish can be made in advance, delicious served with roast meats or fish or a vegetarian meal.

