



Carrot, Ginger and Orange Soup

Ingredients:

Good glug of olive oil
4 small onions, chopped
4 garlic cloves, chopped
2–3 inch piece of fresh ginger, finely grated
Zest and juice of 2 oranges
8 carrots, peeled and sliced
1 litre water with vegan stock or 4 tsp vegetable bouillon
Couple of pinches of cayenne pepper or chilli powder (optional)
Sea salt and pepper to taste

Method:

1. In a saucepan, gently cook the onion in the olive oil until softened.
2. Add the garlic, ginger, and orange zest. Cook for a minute or so and then add the carrots, stock, and cayenne pepper or chilli powder (if using).
3. Simmer until the carrots are tender.
4. Using a hand blender, blend the soup until smooth.
5. Add the orange juice and season with salt and pepper. Blend again briefly to mix.
6. Reheat gently. Serve with optional dollop of coconut yoghurt or crème fraiche, and a sprinkle of chopped coriander on top.

To Serve:

- Coconut yoghurt or vegan crème fraiche (optional)
- Chopped coriander leaves

They are ready when a skewer comes out clean and feels firm on top.



Pilau Rice

Ingredients:

2–3 tbsp vegetable oil or low-cal oil spray
1 small onion
1 tbsp cumin seeds
2 bay leaves
Half a pint of hot water
Basmati rice (allow 75g per person)
Salt to taste

Method:

1. Heat the vegetable oil in a medium-sized saucepan.
2. Finely chop the onion and add to the saucepan. Add the cumin seeds and bay leaves and fry the ingredients until golden brown.
3. Add the hot water to the saucepan and bring to the boil.
4. Add the rice and salt to taste. Keep stirring until the water is evaporated.
5. Turn down the heat and let the rice simmer for 20 minutes or until cooked.
6. Take the pan off the stove and leave to cool slightly before serving.



Chilli Non Carne

Ingredients:

- 1 tbsp olive oil (for the pasta dishes, or sunflower oil for the rice ones)
- ½ large onion, chopped
- 1½ cloves of garlic, crushed
- ¼ red pepper, chopped
- ½ medium courgette, chopped in half lengthways then sliced
- 50g (2oz) mushrooms, chopped
- 110g (4oz) veggie mince
- 400g tin of chopped tomatoes
- ½ tbsp tomato purée
- ½ tsp chilli powder
- ½ tsp paprika
- ½ tsp cumin
- ½ tbsp peanut butter
- 50g (2oz) sweetcorn
- 50g (2oz) kidney beans, cooked, rinsed and drained

Method:

1. Fry the chilli, paprika, cumin, peanut butter, sweetcorn and kidney beans in the oil until soft.
2. Add the garlic, courgette and mushrooms and cook until the mushrooms are golden brown.
3. Add the mince and herbs and fry for 4–5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.)
4. Add the purée and tinned tomatoes, stir well and simmer for 10 minutes over a low heat.
5. Serve on a bed of cooked long grain rice (allow 75g (3oz) per person).

They are ready when a skewer comes out clean and feels firm on top.