



## Mushroom & Chickpea Curry

Serves: 3–4

Prep Time: 10 mins - Cooking Time: 15 mins    Dairy-free, Vegan

### Ingredients:

- 1 can chickpeas
- ½ onion
- 2 tbsp oil
- 250g/scant 9oz mushrooms
- 1 tsp garlic
- 1 tsp ginger
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp turmeric powder
- ½ tsp chilli powder
- 3 tbsp tamarind sauce
- 1 tomato, chopped
- ½ vegetable stock cube
- 150ml coconut milk
- Pinch of salt
- Fresh coriander to garnish

### Method:

1. Precook the chickpeas as per the instructions on the can. Drain off liquid.
2. Dice the onion and heat the oil in a medium pan.
3. Fry the onion until soft.
4. Dice the mushrooms, add to the pan, and fry until soft.
5. Finely dice or grate the garlic and ginger and add to the pan. Fry for 2 minutes.
6. Add the spices, stir well, and fry for 1 minute.
7. Add the diced tomato, chickpeas, salt, stock cube and coconut milk. Stir well and simmer for 10 minutes.
8. Chop the coriander and add to the pan.
9. Garnish with fresh coriander.

Serve with rice or naan bread/flatbread.



## Simple Flatbreads

So simple and great with soup or curry!

Serves 4

Time to prepare: 5 mins

Time to cook: 5 mins

Dietary requirements: Dairy-free, Egg-free, Vegan

### Ingredients:

- 100g/3.5oz or 2/3 cup plain or wholemeal self-raising flour
- 1/3 tsp baking powder
- pinch of sea salt
- 80ml or 1/3 cup vegan yoghurt
- 2 tbsp olive oil or coconut oil

### Method:

1. Mix dry ingredients together in a bowl.
2. Add yogurt and mix into a dough.
3. Form into a ball or two smaller balls. Leave until ready to use.
4. Roll out dough on a floured surface to a roughly round shape, about ½ cm thick.
5. Heat a pan over a medium heat and add oil.
6. Add flatbread.
7. Fry until golden on the underside. Flip and cook the other side.



## Reduced Fat Citrus Cheesecake

Serves 2

### Ingredients:

- 4 Digestive biscuits
- 2 tbs low fat spread
- 100g (half a tub) reduced fat soft cheese (Philadelphia)
- 5 tbs reduced fat thick Greek yoghurt
- 2 tbs Lemon Curd
- Canned Mandarins (drained) to decorate
- ½ lemon zest (optional)

### Method:

1. Crush the biscuits in a small serving glass
2. Melt low fat spread in microwave
3. Mix the melted spread into the crushed biscuits and press down to form a thin layer
4. In a small bowl, gently mix the cheese, yoghurt and lemon curd
5. Spoon the mix into the serving glass
6. Drain mandarins and decorate the top of the cheesecake, or top with lemon zest
7. Chill before serving