



THE GREEN ROASTING TIN

VEGAN & VEGETARIAN ONE DISH DINNERS

RUKMINI IYER

CONTENTS

COVER

LIST OF RECIPES

ABOUT THE BOOK

ABOUT THE AUTHOR

DEDICATION

TITLE PAGE

> INTRODUCTION

> SIDES

VEGAN

1 QUICK

SWEET DREAMS ARE MADE OF GREENS

ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER

RAINBOW TABBOULEH WITH AVOCADO, RADISHES & POMEGRANATE

QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE, RAISINS & LAMB'S LETTUCE

LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES, SUN-DRIED TOMATOES, BASIL & PINE NUTS
WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER, SESAME & MUSHROOMS
SPICED ROASTED CARROT & BEAN CURRY
SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY DRESSING
CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS
LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS
QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS & ROCKET
ROSEMARY ROASTED CHICORY & RADISH SALAD WITH ASPARAGUS & ORANGE

2

MEDIUM

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA WITH TARRAGON & LEMON
ALL-IN-ONE SWEET POTATO THAI CURRY
AUBERGINE WITH TOMATOES, HARISSA & ALMONDS
MISO AUBERGINES WITH TOFU, SESAME & CHILLI
CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE
ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI
SQUASH & SPINACH CURRY
OKRA & CHICKPEA CURRY WITH ALMONDS
CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED CARROTS, KALE, DATES & LEMON

3

SLOW

THREE BEAN CHILLI WITH AVOCADO SALSA
ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING
WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE

ALL-IN-ONE KALE & BORLOTTI MINISTRONE WITH DITALINI, CHILLI OIL & PINE NUTS
GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING
OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE, AUBERGINE, PEPPERS & TOMATOES
SWEET POTATO & PARSNIP TAGINE WITH DATES & CORIANDER
PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS
GROUNDNUT STEW: SWEET POTATO IN A PEANUT & TOMATO SAUCE
GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS
BEETROOT, CHICKPEA & COCONUT CURRY
ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI & GINGER
WARMING SWEET POTATO & MUSHROOM POLENTA WITH TOMATOES
SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS, CORIANDER, POMEGRANATE & CASHEWS
CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS & TOMATOES



INFOGRAPHICS

- 1 | WARM SALADS
- 2 | ALL-IN-ONE STEWS | TAGINES | CURRIES
- 3 | TARTS & GRATINS
- 4 | SUPERGRAIN TRAY

VEGETARIAN

4

QUICK

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI,
GORGONZOLA, CHILLI & WALNUT
GREEN MACHINE: ROASTED GREENS WITH RAS EL
HANOUT, BULGUR WHEAT & RICOTTA
CREOLE SPICED LEEK & MUSHROOM TART
CRISPY KALE & BULGUR WHEAT SALAD WITH
POMEGRANATES, PRESERVED LEMON, GOAT'S CHEESE &
ALMONDS
COURGETTE, ASPARAGUS & GOAT'S CHEESE TART
SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI,
SPINACH & COUS COUS
BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA
FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON &
SOUR CREAM
SQUASH & GORGONZOLA TART WITH FIGS & PECANS
CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI,
ROSEMARY, & RICOTTA
STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER &
CANNELLINI BEANS WITH GORGONZOLA
QUICK CHEESE & ONION TART
QUICK ROASTED FENNEL & BULGUR WHEAT WITH
MOZZARELLA, FIGS, POMEGRANATE & DILL
CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S
CHEESE

5

MEDIUM

OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES
& CHILLI WITH EGGS
CARROT & TALEGGIO TARTE TATIN
MEDITERRANEAN COURGETTES ROASTED WITH OLIVES,
FETA & TOMATOES
WATERCRESS & PARSNIP PANZANELLA WITH
GORGONZOLA, HONEY & RADISHES
LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA
TOPPING

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE & SPINACH
WENSLEYDALE, PARSNIP & CARROT TART WITH ROSEMARY
CANNELLINI BEAN FALAFEL WITH POTATO WEDGES, SPINACH & POMEGRANATE
HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKEs, OLIVES & FETA
STUFFED ROASTED FENNEL & MUSHROOMS WITH GRUYERE
RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER TOPPING
CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON & BLUE CHEESE
CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS, FETA & LIME

6

SLOW

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE
AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE & WALNUTS
HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS & FETA
ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH, POMEGRANATE, WATERCRESS & FETA
BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S CHEESE & WALNUTS
RICH POTATO & MUSHROOM GRATIN WITH CREAM & REBLOCHON
SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL
HERB STUFFED ROASTED ONIONS WITH CHERRY TOMATOES & CANNELLINI BEANS
LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH
BULGUR WHEAT & FETA
CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN
HASH WITH BAKED EGGS



RECIPE PAIRINGS

ACKNOWLEDGEMENTS

COPYRIGHT



LIST OF RECIPES

ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH,
POMEGRANATE, WATERCRESS & FETA
ALL-IN-ONE KALE & BORLOTTI MINISTRONE WITH DITALINI,
CHILLI OIL & PINE NUTS
ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER
ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI &
GINGER
ALL-IN-ONE SWEET POTATO THAI CURRY
AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE & WALNUTS
AUBERGINE WITH TOMATOES, HARISSA & ALMONDS

BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA
BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S CHEESE
& WALNUTS
BEETROOT, CHICKPEA & COCONUT CURRY
BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH BULGUR
WHEAT & FETA

CANNELLINI BEAN FALAFEL WITH POTATO WEDGES, SPINACH &
POMEGRANATE
CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS &
TOMATOES
CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED
CARROTS, KALE, DATES & LEMON
CARROT & TALEGGIO TARTE TATIN
CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS,
FETA & LIME
COURGETTE, ASPARAGUS & GOAT'S CHEESE TART
CREOLE SPICED LEEK & MUSHROOM TART
CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S CHEESE
CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE

CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI, ROSEMARY, & RICOTTA

CRISPY KALE & BULGUR WHEAT SALAD WITH POMEGRANATES, PRESERVED LEMON, GOAT'S CHEESE & ALMONDS

CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON & BLUE CHEESE

CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS

CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN HASH WITH BAKED EGGS

ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING

FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR CREAM

GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPOUTS & PEANUT-COCONUT DRESSING

GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS

GREEN MACHINE: ROASTED GREENS WITH RAS EL HANOUT, BULGUR WHEAT & RICOTTA

GROUNDNUT STEW: SWEET POTATO IN A PEANUT & TOMATO SAUCE

HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS & FETA

HERB STUFFED ROASTED ONIONS WITH CHERRY TOMATOES & CANNELLINI BEANS

HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKE, OLIVES & FETA

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE & SPINACH

LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA TOPPING

LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS

LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES,
SUN-DRIED TOMATOES, BASIL & PINE NUTS

LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC
WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

MEDITERRANEAN COURGETTES ROASTED WITH OLIVES, FETA &
TOMATOES

MISO AUBERGINES WITH TOFU, SESAME & CHILLI

OKRA & CHICKPEA CURRY WITH ALMONDS

OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE,
AUBERGINE, PEPPERS & TOMATOES

OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES &
CHILLI WITH EGGS

PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS

QUICK CHEESE & ONION TART

QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS &
ROCKET

QUICK ROASTED FENNEL & BULGUR WHEAT WITH MOZZARELLA,
FIGS, POMEGRANATE & DILL

QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

RAINBOW TABBOULEH WITH AVOCADO, RADISHES &
POMEGRANATE

RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER
TOPPING

RICH POTATO & MUSHROOM GRATIN WITH CREAM &
REBLOCHON

ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS,
LEMON & TAHINI

ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE,
RAISINS & LAMB'S LETTUCE

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA
WITH TARRAGON & LEMON

ROSEMARY ROASTED CHICORY & RADISH SALAD WITH ASPARAGUS & ORANGE

SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS, CORIANDER, POMEGRANATE & CASHEWS

SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY DRESSING

SPICED ROASTED CARROT & BEAN CURRY

SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI, SPINACH & COUS COUS

SQUASH & GORGONZOLA TART WITH FIGS & PECANS

SQUASH & SPINACH CURRY

STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER & CANNELLINI BEANS WITH GORGONZOLA

STUFFED ROASTED FENNEL & MUSHROOMS WITH GRUYERE

SWEET DREAMS ARE MADE OF GREENS

SWEET POTATO & PARSNIP TAGINE WITH DATES & CORIANDER

SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI, GORGONZOLA, CHILLI & WALNUT

THREE BEAN CHILLI WITH AVOCADO SALSA

WARMING SWEET POTATO & MUSHROOM POLENTA WITH TOMATOES

WATERCRESS & PARSNIP PANZANELLA WITH GORGONZOLA, HONEY & RADISHES

WENSLEYDALE, PARSNIP & CARROT TART WITH ROSEMARY

WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER, SESAME & MUSHROOMS

WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE

ABOUT THE BOOK

Seventy-five one-tin recipes: half vegan, half vegetarian, all delicious.

With all seventy-five recipes in this book, you simply pop your ingredients in a tin and let the oven do the work.

From flexitarians to families, this book is for anyone who wants to eat easy veg-based meals that fit around their busy lives.

ABOUT THE AUTHOR



Rukmini is a food stylist and author of the bestselling cookbook *The Roasting Tin*. She loves creating new recipes and working on food photo shoots. When she's not styling, cooking or entertaining, she can usually be found reading by the riverside, filling her balcony and flat with more plants than they can hold, and planning her dream kitchen garden complete with pet chickens.

FOR ROSS



THE GREEN ROASTING TIN

VEGAN & VEGETARIAN ONE DISH DINNERS

RUKMINI IYER





INTRODUCTION

This book is divided into two parts, half vegan, half vegetarian. Each chapter is organised by speed, depending on whether you want dinner in 30 minutes, up to 45 minutes, or an hour – so there’s something for busy weeknights, as well as lazy weekend cooking. And if you want more inspiration after trying some of the recipes, the infographics in the centre of the ebook ([here](#)) are designed to help you build your own tin.

I was brought up in a vegetarian household – often vegan, as southern Indian food tends to be. Other than pizza night, my mother rarely failed to put at least three different types of dish on the table – whether it was rice, spiced potatoes and aubergines, sambhar, carrots and beans in mustard seeds and a peppery tomato rasam, or home-made mushroom quiche, roasted vegetables and a Caprese salad. Given that she worked full-time as a GP, I have no idea how she managed, unless I’m sublimating the memory of a lot of potato waffles and buttery macaroni with grated cheddar (still up there on my list of favourite dinners). Food for dinner parties or birthdays was even better – home-made paneer, blitzed with spices, then formed into koftas, deep-fried and cooked in a rich Mughal tomato and cream sauce, tiny stuffed aubergines, cauliflower cooked with ginger and chilli, and my favourite, pulao rice with cashews and saffron.





Weeknight cooking rarely affords the time for so many dishes, so I've taken the principles of vegetarian cooking learned from home, and applied them to the traybakes in this book. All the dishes are packed with flavour, through spices or fresh herbs and almost always lemon or lime juice (I am considering shares in a citrus farm); and there's a variety of both colour and texture in each dish. Inspired by my mother's Indian cooking, there are a number of oven-roasted curries in the book – rather than slowly frying off onions, then spices, then each vegetable and simmering on the stove for half an hour, I've designed recipes in which everything is roasted in a single layer before adding the sauce, as with the beetroot, chickpea and coconut curry [here](#), which is a favourite among my friends.

Moving west, I've found that orzo and bulgur wheat are all-in-one-tin heroes – add enough stock, layer your vegetables on top and stick in the oven for just 15–20 minutes and you have a balanced dinner that needs nothing more than a glass of wine on the side – try the all-in-one roasted tomato and bay orzo ([here](#)) and crispy kale and bulgur wheat salad with pomegranates and preserved lemon ([here](#)).

This book was slightly in danger of becoming the gratin and tart book, because I love both. There aren't many things better than a hot, crisp, breadcrumb-topped gratin – the leek and Puy lentil gratin with a crunchy feta topping ([here](#)) is outstanding. If you're after comfort food, try the dauphinoise/tartiflette hybrid [here](#). My boyfriend, recently initiated into the joys of ready-rolled puff pastry, finds it a revelation: unroll, top with vegetables and bake – it's an easy weeknight win. The shallot 'cheese and onion' tart ([here](#)) and the carrot and taleggio tarte tatin ([here](#)) are as good for midweek suppers as they are for dinner parties.

For weekends or special occasions, there are dishes which take a little longer in the oven, but are just as low-effort: try the beautiful escalivada – whole roasted aubergines, peppers and tomatoes with almonds ([here](#)), stuffed mini pumpkins with sage and goat's cheese ([here](#)) or whole roasted cauliflower with ras el hanout, pearl barley and pomegranate ([here](#)).

All the recipes are designed to work as stand-alone dinners if you wish – you'll need nothing more than a grain or some greenery for a full meal unless they're already incorporated into the dish. But if you're feeding more people, it's always nice to combine several dishes and share – you'll find suggested recipe pairings at the end of the book, with combinations that I've found work particularly well together. As with my previous book *The Roasting Tin*: chop, kick back and let the oven do the work.

A note on tablespoons: All tablespoons mentioned are the standard 15ml measure. You don't have to be exact when drizzling oil over a tray of vegetables – the amount given in tablespoons is a guideline if you want it – but a 15ml measure is useful for getting the proportions just right for the dressings in this book. All the salt is sea salt flakes.





SIDES

Lots of the recipes in this book feature an integral carbohydrate that goes in the tin with everything else – bulgur wheat/pastry/potatoes etc. For those that don't, if you want a grain to bulk the dish out, here's a quick guide to cooking times if you need it – pick one that matches the cooking time for your roasting tin. There are suggestions to jazz them all up at the end of the page. All quantities below serve 4. Serve alone or with one of the flavour mixes below.

5 MINUTES – COUS COUS | PLAIN/WHOLEMEAL: Pop 200g in a bowl, pour 250ml boiling vegetable stock over it, cover with a plate, then leave to stand for 5 minutes. Fluff through with a fork, and serve.

20 MINUTES – QUINOA: Rinse it really well to get rid of the bitterness, tip 240g and 500ml boiling vegetable stock into a saucepan, bring to the boil, then half cover and simmer for 15–17 minutes until the grains have absorbed all the water. Turn off the heat, fluff through and leave to steam, covered, for 5 minutes.

12 MINUTES – QUICK COOK FARRO: I like this, because it has the texture of spelt or pearl barley but only takes a fraction of the time to cook. Put 200g in a large pan of boiling salted water, and simmer for 10–12 minutes. Drain well, and serve.

15 MINUTES – BULGUR WHEAT: For the very rare occasions where I haven't specified sticking the bulgur wheat in the tin with stock and all the vegetables, you can also cook 300g in a large pan of boiling salted water, and simmer for 15 minutes. Drain well, and serve.

11 MINUTES – PASTA: You know the drill, 80–100g per person, chuck it in plenty of boiling salted water, simmer for 9–11 minutes according to

the packet instructions, drain well.

20 MINUTES – BASMATI RICE: Here's my top secret – you can cook perfect, fluffy basmati rice every time using – a microwave. I rarely cook it any other way. Rinse 300g basmati rice well in cold water, drain and put in a lidded dish with 600ml boiling water. Cover, then microwave on the medium setting for 13 minutes. Leave to stand for 10 minutes.

40 MINUTES – BROWN/WILD/MIXED RICE: Stick 300g in a large pan of boiling salted water and simmer for 40 minutes until cooked through and slightly al dente. Drain well and serve.

55–60 MINUTES – SPELT AND PEARL BARLEY: These take a bit longer – either simmer 300g in plenty of boiling salted water for 1 hour, or make life easier and pop 300g with 700ml stock in a roasting tin or casserole dish, cover tightly with foil or a lid, then stick in the oven at 180°C fan/200°C for 55 minutes.

FLAVOUR MIXES: A tablespoon of olive oil or butter, a big pinch of salt then pick one two or more from the below and stir it through:

zest and juice of a lemon / finely chopped coriander / finely chopped mint /
zest and juice of a lime / toasted cashew nuts / toasted almonds / finely
chopped flat leaf parsley / roughly chopped basil / grated ginger / fried
Sichuan peppercorns / toasted pine nuts



VEGAN



VEGAN 1 | QUICK

UNDER THIRTY MINUTES
IN THE OVEN



VEGAN | QUICK RECIPE LIST

SWEET DREAMS ARE MADE OF GREENS

ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER

RAINBOW TABBOULEH WITH AVOCADO, RADISHES &
POMEGRANATE

QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE,
RAISINS & LAMB'S LETTUCE

LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES,
SUN-DRIED TOMATOES, BASIL & PINE NUTS

WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER,
SESAME & MUSHROOMS

SPICED ROASTED CARROT & BEAN CURRY

SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY
DRESSING

CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS

LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS

QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS &
ROCKET

ROSEMARY ROASTED CHICORY & RADISH SALAD WITH
ASPARAGUS & ORANGE

SWEET DREAMS ARE MADE OF GREENS

Roasted asparagus and avocado pair beautifully with quinoa and an orange tahini dressing in this fresh, light dish that packs plenty of flavour.

Serves: 2
Prep: 10 minutes
Cook: 15 minutes

2 avocados, halved and stoned
150g asparagus
1 clove of garlic, crushed
1 orange, zest only
1 tablespoon olive oil
A good pinch of sea salt
Freshly ground black pepper
40g almonds or hazelnuts
100g spinach, chopped
1 orange, segmented

DRESSING

25g tahini
1 orange, juice only
½ teaspoon sea salt
Freshly ground black pepper

TO SERVE

Cooked quinoa (see [here](#) or buy ready cooked vac-packed)

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the avocados and asparagus into a roasting tin with the crushed garlic, orange zest, olive oil, salt and pepper, and mix well. Scatter the almonds or hazelnuts into the tin, then transfer to the oven and roast for 15 minutes.
2. Mix the tahini with the orange juice, sea salt and black pepper, adding a little water if needed to make it the consistency of single cream. Taste and adjust the seasoning as needed, then set aside.
3. Once the avocados and asparagus have had 15 minutes, tip the quinoa, chopped spinach and orange segments into the tin. Mix everything well, then drizzle with the dressing and serve hot.



ALL-IN-ONE ROASTED TOMATO & BAY ORZO WITH BLACK PEPPER

This simple dish allows the concentrated flavour of the roasted tomatoes to really infuse into the pasta, packing an intense flavour hit. An elegant, risotto-like dinner.

Serves: 2
Prep: 10 minutes
Cook: 20 minutes

200g orzo
400ml vegetable stock
400g cherry tomatoes on the vine, halved (save the vines)
½ red onion, very finely chopped
2 bay leaves
Freshly ground black pepper
2 teaspoons sea salt
2 tablespoons extra virgin olive oil
A good handful of fresh basil or flat-leaf parsley, chopped

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the orzo with the vegetable stock in a deep roasting tin and lay the vines over the top. (The tomato flavour will infuse into the stock.)
2. Arrange the cherry tomatoes in an even layer over the orzo, then scatter with the red onion, bay leaves, plenty of black pepper and 1 teaspoon of sea salt. Transfer to the oven and cook, uncovered, for 20 minutes.
3. As soon as the orzo is cooked (the pasta should be just al dente), remove the vines and stir through the extra virgin olive oil, another teaspoon of sea salt and the herbs. Taste and season with more salt and pepper as needed, and add a little dash more stock if you like. Serve immediately.





RAINBOW TABBOULEH WITH AVOCADO, RADISHES & POMEGRANATE

This tabbouleh has rather more bulgur wheat than a traditional version (which is mostly a parsley salad), so think of this as a hybrid. Cooked along with the tomatoes, the bulgur wheat develops a wonderful flavour – a lovely, elegant grain-based dish.

Serves: 2–3
Prep: 15 minutes
Cook: 20 minutes

200g bulgur wheat
250ml boiling vegetable stock
6 small vine tomatoes, finely chopped
1 lemon, zest and juice
25g fresh coriander, finely chopped
50g fresh flat-leaf parsley, finely chopped
1 tablespoon extra virgin olive oil
1 teaspoon sea salt
Freshly ground black pepper

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the bulgur wheat, boiling stock, tomatoes and lemon zest in a roasting tin, then transfer to the oven and cook, uncovered, for 20 minutes.
2. Take the bulgur wheat out of the oven, give it a stir and leave it to steam dry for 5 minutes before stirring through the lemon juice, coriander, parsley, olive oil, salt and black pepper.
3. Taste and adjust the seasoning as needed, then stir in the spring onions and radishes. Top with the avocado and pomegranate seeds and serve warm or at room temperature. This makes excellent lunchbox food for the next day too.

4 spring onions, thinly sliced

6 radishes, thinly sliced

1 avocado, thinly sliced

1 pomegranate, seeds only



QUICK THAI OKRA WITH OYSTER MUSHROOMS & COCONUT MILK

The quick roasted okra lends a wonderful flavour to this dish – on the table in just 30 minutes. Serve with some quick cook noodles or rice.

Serves: 2
Prep: 10 minutes
Cook: 30 minutes

250g okra
125g oyster or shiitake mushrooms
1 stick of lemongrass, broken
2 kaffir lime leaves
1 teaspoon sea salt
1 tablespoon sesame or vegetable oil
2 cloves of garlic, grated
5cm ginger, grated
2 tablespoons tom yum paste
1 x 400ml tin of coconut milk
100ml water

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the okra, mushrooms, lemongrass, lime leaves and salt with the oil in a small roasting tin, then transfer to the oven and roast for 15 minutes.
2. Mix together the garlic, ginger, tom yum paste, coconut milk and water. Once the vegetables have had 15 minutes, pour the coconut mixture over, then return to the oven for a further 15 minutes.
3. Taste and season with soy sauce, scatter over the red chilli and spring onions and serve with rice or quick cook noodles.

Soy sauce, to taste

1 red chilli, sliced

3 spring onions, sliced

TO SERVE

Quick cook noodles or
rice (see [here](#))



ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE, RAISINS & LAMB'S LETTUCE

You might not have thought of roasting cabbage leaves before, but they become wonderfully crisp in the oven – think crispy seaweed at a Chinese restaurant. Here, the bright purple leaves combine with garlic croutons, apples and raisins in a lovely light autumnal salad.

Serves: 2
Prep: 10 minutes
Cook: 25 minutes

600g red cabbage,
roughly chopped into
5cm pieces
150g nice bread (I
used olive bread),
roughly cut into 2½ cm
cubes
1 tablespoon olive oil
2 cloves of garlic,
crushed
1 teaspoon sea salt
Freshly ground black
pepper
100g lamb's lettuce or
watercress

1. Preheat the oven to 180°C fan/200°C/gas 6. Separate out the leaves of the chopped red cabbage so that none of them are stuck to each other, then spread them out on a large roasting tray all in one layer, along with the torn bread. Add the olive oil, garlic, salt and black pepper, mix well then transfer to the oven and roast for 25 minutes.
2. Mix all the ingredients for the dressing together, then adjust the salt and lemon juice to taste.
3. Toss the crisp cabbage and croutons with the lamb's lettuce and half the dressing. Scatter over the sliced apple and raisins, pour over the remaining dressing and serve immediately.

1 apple (Braeburn or similar), thinly sliced

A couple of handfuls of raisins

DRESSING

½ tablespoon lemon juice

1 teaspoon salt

2 tablespoons extra virgin olive oil

Freshly ground black pepper



LUNCHBOX PASTA SALAD: QUICK-ROAST BROCCOLI WITH OLIVES, SUN-DRIED TOMATOES, BASIL & PINE NUTS

I often prefer pasta with just roasted vegetables and plenty of olive oil, rather than with a sauce. This puttanesca style broccoli works perfectly for a filling lunch.

Serves: 2
Prep: 10 minutes
Cook: 25 minutes

1 large head of
broccoli, cut into small
florets
75g pitted black olives
75g sunblush
tomatoes
1 tablespoon oil from
the sunblush tomatoes
½ teaspoon sea salt
200g penne pasta
40g toasted pine nuts
25g fresh basil,
roughly chopped
1 lemon, zest and juice

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the broccoli florets, olives, sunblush tomatoes, oil and sea salt in a roasting tin, then transfer to the oven and roast for 15 minutes.
2. Meanwhile, bring a large pan of salted water to the boil, add the penne and cook for 9–11 minutes, or according to the packet instructions, until just al dente. Drain, reserving a few tablespoons of the cooking water.
3. Throw the pine nuts over the broccoli, then return to the oven to roast for a further 10 minutes, until the broccoli is nicely charred and cooked through. Mix immediately with the

2 tablespoons olive oil
Sea salt
Freshly ground black
pepper

pasta, basil, lemon zest and juice, olive oil and reserved pasta water.

4. Taste and season as needed with salt and black pepper and serve warm or at room temperature.



WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER, SESAME & MUSHROOMS

Like its fellow brassicas, cabbage becomes wonderfully crispy when roasted in the oven. You definitely want to get hold of some Sichuan peppercorns for this – they are intensely aromatic and absolutely make the dish. Served with rice and a punchy sesame dressing, this is a simple, elegant dinner.

Serves: 2
Prep: 10 minutes
Cook: 25 minutes

1 large sweetheart cabbage (the pointy one)
300g shiitake mushrooms
2 tablespoons sesame oil
2 teaspoons sea salt
2 heaped teaspoons Sichuan peppercorns, lightly crushed

DRESSING

1 tablespoon soy sauce

1. Preheat the oven to 200°C fan/220°C/gas 7. Cut the cabbage into long quarters, keeping the stem intact, and transfer to a roasting tin, cut side up, along with the mushrooms.
2. Drizzle the cabbage and mushrooms with the sesame oil and mix well, making sure you work the oil particularly in between the cut leaves. Scatter each cabbage quarter and the mushrooms with the sea salt and Sichuan peppercorns, then transfer to the oven and roast for 25 minutes.
3. Mix together the soy sauce, sesame oil, red chilli, rice wine vinegar and sesame seeds and set aside.

1 tablespoon sesame oil

½ red chilli, finely chopped

1 tablespoon rice wine vinegar

2 teaspoons sesame seeds

4. Serve the cabbage and mushrooms hot, with rice and the dressing alongside or drizzled over.

Note: If you can get the reddish Sichuan peppercorns from an oriental supermarket, they're much more flavoursome than those in the supermarket jars.

TO SERVE

White rice (see [here](#))



SPICED ROASTED CARROT & BEAN CURRY

This South Indian style curry is a dry one, made without a gravy so that the vegetables are wonderfully crisp. Serve with coconut yogurt on the side, along with plenty of fluffy white rice.

Serves: 2
Prep: 10 minutes
Cook: 30 minutes

220g carrots, peeled
180g fine green beans,
topped and tailed
½ cauliflower, cut into
small florets
1 tablespoon
vegetable oil
5cm ginger, grated
2 teaspoons mustard
seeds
½ teaspoon ground
turmeric
½ teaspoon chilli
powder
10 curry leaves
2 teaspoons sea salt
1 lemon, juice only

1. Preheat the oven to 200°C fan/220°C/gas 7. Cut the carrots in half lengthways, then again into long slim strips, about the width of the green beans.
2. Mix the carrots, beans and cauliflower in a large roasting tin with the oil, ginger, spices, curry leaves and salt, then transfer to the oven and roast for 30 minutes.
3. Season with the lemon juice and salt to taste, and serve with basmati rice, yogurt and a handful of unsalted peanuts for crunch.

TO SERVE

Basmati rice (see [here](#))

4 tablespoons coconut
yogurt

A handful of unsalted
peanuts



SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY DRESSING

The peanut satay dressing works so well with the crispy smoked tofu and vegetables – and it takes just 10 minutes in the oven. One of my favourite vegan dishes in the book.

Serves: 2
Prep: 10 minutes
Cook: 10 minutes

2 fennel bulbs, thinly sliced
4 pak choi, thinly sliced
2 tablespoons vegetable oil
2 teaspoons sea salt
450g smoked organic tofu, cut into small cubes
2 tablespoons cornflour

DRESSING

100g crunchy peanut butter
2 tablespoons soy

1. Preheat your grill to max. Spread out the sliced fennel and pak choi in a single layer on a large grill tray and mix with half the oil and salt. Toss the smoked tofu cubes with the cornflour, then with the remaining oil and salt and scatter them over the sliced fennel and pak choi.
2. Transfer to the grill for 5–10 minutes, until the tofu is golden brown and crisp on top and the vegetables have wilted.
3. Meanwhile, mix together the peanut butter, soy sauce, vinegar, garlic, ginger and chilli for the dressing. Taste and adjust the soy sauce as needed.
4. Serve the grilled tofu and vegetables with the peanut dressing alongside.

sauce

2 tablespoons rice

wine vinegar

2 small cloves of garlic,
finely grated

2cm ginger, grated

1 red chilli, finely
chopped



CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS

This Indian street food inspired dish combines crispy chickpeas with sprouts and a tamarind dressing. You could go down the full *chaat* route by adding puffed rice and making it more of a snack, but for a filling meal add some flatbreads or naan along with the yogurt.

Serves: 4
Prep: 10 minutes
Cook: 25 minutes

500g Brussels sprouts,
halved

200g banana shallots,
peeled and halved

1 x 400g tin of
chickpeas, drained and
rinsed

1 teaspoon ground
cumin

1 teaspoon ground
coriander

1 teaspoon chilli
powder

1 tablespoon
vegetable oil

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the sprouts with the shallots, chickpeas, spices, oil and salt in a roasting tin, then transfer to the oven for 25 minutes, until the vegetables are crisp and browned.

2. Meanwhile, mix the oil with the tamarind paste and sugar. Once the vegetables are cooked, toss with the dressing, then scatter over the peanuts, fresh coriander and the chaat masala and/or mango powder, if using. Serve with the yogurt, piled into flatbreads or naan.

Note: The tamarind paste used here is the kind you get at the supermarket in a small own-brand jar – not the very concentrated paste that you get at Asian grocery stores. If using the latter, halve the amount.

2 teaspoons sea salt

DRESSING

1 tablespoon
vegetable oil

1 tablespoon tamarind
paste

1 teaspoon brown
sugar

TO SERVE

20g salted peanuts,
chopped

A handful of fresh
coriander, roughly
chopped

1 teaspoon each of
chaat masala and/or
mango powder
(optional)

4 tablespoons coconut
yogurt

Flatbreads or naan



LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS

This is perfect with rice for a light dinner when you're in a hurry. Use the big grill tray that comes as standard in your oven so you can fit all the vegetables into it in one layer.

Serves: 4
Prep: 10 minutes
Cook: 10 minutes

300g mini portobello mushrooms
120g shiitake or mixed mushrooms
200g asparagus
200g pak choi
2 tablespoons sesame oil
1 teaspoon sea salt

DRESSING

1 lime, zest plus 2 tablespoons juice
1 tablespoon sesame oil
1 tablespoon soy sauce

1. Preheat the grill to max. Spread out the mushrooms, asparagus and pak choi in a single layer on a large grill tray, then add the sesame oil and sea salt and mix well. Transfer to the grill for 5–10 minutes, until the mushrooms are cooked through and the greens have just wilted.
2. Mix the lime zest, juice, sesame oil and soy sauce together and dress the grilled vegetables with it as soon as they come out of the oven. Scatter with fresh coriander and serve with rice.

TO SERVE

25g fresh coriander,
roughly chopped

White or jasmine rice
(see [here](#))





QUICK COOK LEEK ORZOTTO WITH ASPARAGUS, HAZELNUTS & ROCKET

This is such a pretty spring dish, perfect for a light dinner or weekend lunch with friends – and a good way to use up asparagus if you've overbought in season. Use blanched almonds if you haven't got hazelnuts – you need the crunch to finish off the dish.

Serves: 3–4
Prep: 10 minutes
Cook: 20 minutes

300g orzo
750ml vegetable stock
2 leeks, thinly sliced
400g asparagus, trimmed and halved
1 tablespoon olive oil
1 teaspoon sea salt
Freshly ground black pepper
1 lemon, zest and juice
40g hazelnuts
100g rocket, roughly chopped
1–2 tablespoons olive

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the orzo and vegetable stock in a roasting tin. Rub the leeks and asparagus with the olive oil, salt, black pepper and lemon zest, then scatter all over the orzo along with the hazelnuts.
2. Transfer to the oven for 20 minutes, then stir through the chopped rocket, lemon juice and olive oil. Season as needed with salt, pepper and more lemon juice to taste, then serve hot.

Note: This dish, like most, lives or dies by the seasoning you add at the end – taste and adjust the lemon and salt to your taste until it's just perfect.

oil



ROSEMARY ROASTED CHICORY & RADISH SALAD WITH ASPARAGUS & ORANGE

This is a lovely summer salad – serve with plenty of good crusty bread for a light lunch.

Serves: 2
Prep: 10 minutes
Cook: 30 minutes

4 heads of chicory,
halved
200g radishes, halved
100g asparagus
1 tablespoon olive oil
2 sprigs rosemary
Zest of 1 orange plus 2
tablespoons juice
Freshly ground black
pepper
2 teaspoons sea salt
250g cooked vac-
packed Puy lentils
100g watercress
1 orange, segmented
1 tablespoon extra

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the chicory, radishes and asparagus in a roasting tin along with the olive oil, rosemary, orange zest, pepper and 1 teaspoon of sea salt, then transfer to the oven and roast for 30 minutes.
3. Once cooked, stir through the Puy lentils, watercress and orange segments, and dress with the extra virgin olive oil, orange juice and another teaspoon of sea salt. Taste and adjust the seasoning as needed, then serve warm.

Note: You can pop a bowl under the orange as you segment it to collect the juice, and use that for the dressing rather than a new orange.

virgin olive oil



Rosemary Roasted Chicory & Radish Salad with Asparagus & Orange



VEGAN 2 | MEDIUM

UP TO 45 MINUTES
IN THE OVEN



VEGAN | **MEDIUM RECIPE LIST**

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA
WITH TARRAGON & LEMON

ALL-IN-ONE SWEET POTATO THAI CURRY

AUBERGINE WITH TOMATOES, HARISSA & ALMONDS

MISO AUBERGINES WITH TOFU, SESAME & CHILLI

CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE

ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS,
LEMON & TAHINI

SQUASH & SPINACH CURRY

OKRA & CHICKPEA CURRY WITH ALMONDS

CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED
CARROTS, KALE, DATES & LEMON

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA WITH TARRAGON & LEMON

This is a glorious all-in-one warm salad. The sourdough for the panzanella toasts beautifully on top of the roasting tomatoes and red peppers, with added flavour from the artichoke oil – perfect to feed a crowd.

Serves: 4
Prep: 10 minutes
Cook: 35 minutes

800g mixed large vine and cherry tomatoes
2 red peppers, roughly chopped
200g jarred artichokes, sliced
2 tablespoons oil from the jarred artichokes
2 cloves of garlic, crushed
2–3 sprigs of fresh tarragon, leaves only
2 teaspoons sea salt
200g sourdough, torn into rough chunks
150g rocket or spinach

1. Preheat your oven to 180°C fan/200°C/gas 6.
2. Cut the large tomatoes in half and mix them in a roasting tin with the smaller tomatoes, red peppers, artichokes, oil, garlic and tarragon. Season with sea salt, place the roughly torn sourdough on top, then transfer to the oven and roast for 35 minutes.
3. Meanwhile, mix together the lemon juice, extra virgin olive oil, sea salt and finely chopped tarragon.
4. Once the vegetables are cooked, gently stir the dressing through along with the rocket or spinach. Serve hot.

Note: If you can't easily find tarragon, use basil.

DRESSING

1 tablespoon lemon juice
1 tablespoon extra virgin olive oil
1 teaspoon sea salt
1 tablespoon finely chopped fresh tarragon





ALL-IN-ONE SWEET POTATO THAI CURRY

For me this is the perfect one-pot dish – everything in at the same time, then a gentle, even stint in the oven – like a casserole, but quicker. The flavours of the coconut, lemongrass and chilli really infuse together as it cooks – a comforting, soupy noodle sort of dish.

Serves: 2
Prep: 5 minutes
Cook: 45 minutes

750g sweet potatoes,
peeled and cut into
1cm slices

1 stick of lemongrass,
broken

5cm ginger, grated

2 cloves of garlic,
grated

1 large red chilli,
halved lengthways

1 x 400ml tin of
coconut milk, stirred

500ml boiling
vegetable stock

2 packets of fine
straight-to-wok
cooked noodles

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Tip the sweet potatoes, lemongrass, ginger, garlic, chilli, coconut milk and stock into a deep roasting tin or casserole dish, then transfer to the oven and cook, uncovered, for 45 minutes.
3. Prod the sweet potato – it should be soft throughout – then remove the dish from the oven. Immediately add the straight-to-wok noodles and submerge in the liquid. Leave to sit for 5 minutes, then stir in the lime juice.
4. Scatter over the coriander and serve immediately in deep soup bowls.

Note: This dish is going to generate some steam in your oven, so keep your face well back when you open the oven door after 45 minutes. I speak from experience – misty glasses and all.

1 lime, juice only
25g fresh coriander,
leaves only



AUBERGINE WITH TOMATOES, HARISSA & ALMONDS

I could do a whole chapter on roasted aubergines, but as other vegetables are available, I've toned it down. This simple harissa-spiced aubergine dish is wonderfully filling and works perfectly with a bowl of lemony cous cous.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

2 aubergines, cut into
1cm slices
2½ tablespoons olive
oil
20g harissa
1 red onion, sliced into
thick half-moons
8 large vine tomatoes,
halved
1 teaspoon sea salt
40g flaked almonds
25g fresh coriander,
chopped

TO SERVE
Cous cous (see [here](#))

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Lay the aubergine slices in a roasting tin large enough to hold them all in one layer, then brush each side with the harissa and 2 tablespoons of the oil. Mix the red onion with the remaining half tablespoon of olive oil, then scatter it over the aubergines.
3. Tuck the tomato halves around the dish, season everything with sea salt, then transfer to the oven and roast for 30 minutes. Tip over the almonds, then return to the oven for a further 15 minutes, until the aubergines are cooked through.
4. Scatter with the coriander and serve with cous cous and yogurt alongside.

Vegan yogurt



MISO AUBERGINES WITH TOFU, SESAME & CHILLI

Miso aubergines seem to be all the rage at the moment, and with good reason – the flavours work beautifully together. This version adds a punchy sesame and lime dressing to liven up both the aubergines and the crispy tofu. Serve alongside fluffy white rice.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

2 aubergines, halved lengthways
250g firm organic tofu, cut into 1.5cm slices
75g miso paste
2 tablespoons sesame oil
2.5cm ginger, grated
2 cloves of garlic, crushed
100g spring greens, thickly sliced

DRESSING

1 red chilli, finely

1. Preheat the oven to 180°C fan/200°C/gas 6. Cut deep cross-hatches into each aubergine half, then transfer to a roasting tin along with the tofu.
2. Mix the miso paste with the sesame oil, ginger and garlic, then rub this into everything in the roasting tin. Transfer to the oven and roast for 25 minutes. Then, rub the spring greens with 1 tablespoon of sesame oil, add them to the tin and cook for a further 20 minutes.
3. Meanwhile, mix the chilli, ginger, garlic, lime zest and juice, soy sauce, sesame oil and spring onions together. Tip this dressing over the aubergine and tofu as soon as it comes out of the oven, then scatter with the sesame seeds.

chopped
2cm ginger, grated
2 cloves of garlic,
grated
2 limes, zest of 1 and
juice of both
2 tablespoons soy
sauce
2 tablespoons sesame
oil
3 spring onions, thinly
sliced

Serve hot with rice alongside.

Note: You probably already have your favourite tofu brand – I've found that the 'Tofoo' organic brand from the supermarket works well roasted.

TO SERVE

30g sesame seeds
White rice (see [here](#))



CRISPY GNOCCHI WITH MUSHROOMS, SQUASH & SAGE

This is a lovely autumnal dish. Mushrooms and squash are a great pairing, and the sage brings it all together. Serve with a quick basil dressing for a flavourful dinner on a cold night.

Serves: 2
Prep: 10 minutes
Cook: 35 minutes

500g gnocchi
500g squash, peeled
and cut into 1cm cubes
300g baby chestnut
mushrooms
3 tablespoons olive oil
20g fresh sage leaves
1 teaspoon sea salt
Freshly ground black
pepper

DRESSING

30g fresh basil, very
finely chopped
30g pine nuts, finely
chopped

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Put the gnocchi into a large bowl and pour over a kettleful of boiling water. Leave to stand for 2 minutes, then drain well.
3. Mix the gnocchi with the squash, mushrooms, oil and sage leaves in a roasting tin large enough to take everything in one layer. Season well with the salt and black pepper, then transfer to the oven and roast for 35 minutes.
4. Meanwhile, mix the basil, pine nuts, oil, garlic, sea salt and lemon juice together for the dressing, then taste and adjust the seasoning as needed.

3 tablespoons olive oil
1 clove of garlic, finely
grated
1 teaspoon sea salt
½ tablespoon lemon
juice

5. Serve the crispy gnocchi with the dressing
alongside.



ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI

Cauliflower was made to be roasted, and the spices in this dish work perfectly with the tahini dressing. Make sure you use a big enough roasting tin, so the cauliflower can crisp up along with the chickpeas. An easy, flavourful dinner.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

1 large cauliflower, cut into large florets
1 x 400g tin of chickpeas, drained and rinsed
1 large red onion, quartered
200g spring greens
2 tablespoons olive oil
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground ginger

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Tip the cauliflower, chickpeas, red onion and spring greens into a large roasting tin and mix well with the oil, spices and sea salt. Transfer to the oven and roast for 25–30 minutes, until the cauliflower is just cooked through.
3. Meanwhile, mix the tahini with the lemon juice, oil, water, salt and black pepper, adding a little more water as needed to get a nice spoonable consistency. Taste and adjust the salt and lemon juice as needed.
4. Drizzle the dressing over the hot roasted cauliflower, scatter with the coriander and pumpkin seeds and serve with warm

1 teaspoon smoked
paprika
2 teaspoons sea salt

flatbreads.

DRESSING

60g tahini
1 lemon, juice only
2 tablespoons olive oil
4 tablespoons water
1 teaspoon sea salt
Freshly ground black
pepper

TO SERVE

25g fresh coriander,
roughly chopped
40g pumpkin seeds,
toasted
Warm flatbreads





SQUASH & SPINACH CURRY

This is a wonderfully filling curry – serve with fluffy white rice, or naan breads and vegan yogurt.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

1 medium squash,
peeled and cut into
1cm chunks

2 white onions, roughly
chopped

2 cloves of garlic,
crushed

5cm ginger, grated

1 red chilli, deseeded
and finely chopped

2 teaspoons ground
cumin

2 teaspoons ground
coriander

½ teaspoon ground
turmeric

1 tablespoon
vegetable oil

2 teaspoons sea salt

1. Preheat the oven to 200°C fan/220°C/gas 7.

2. Tip the squash and onions into a roasting tin, then mix with the garlic, ginger, chilli, spices, oil and salt. Transfer to the oven and roast for 25 minutes.

3. Stir in the chopped spinach, passata and boiling water, then return to the oven for a further 20 minutes.

4. Taste and season with lemon juice and more salt as needed, then scatter over the coriander and serve with rice or naan bread.

180g spinach, roughly
chopped

400ml passata

400ml boiling water

1 lemon, juice only

A handful of fresh
coriander, roughly
chopped

OKRA & CHICKPEA CURRY WITH ALMONDS

Okra has a reputation for becoming gelatinous in stews or curries, but in this oven-roasted dish it keeps its form perfectly. Serve this warming curry with rice and vegan yogurt.

Serves: 2
Prep: 10 minutes
Cook: 45 minutes

1 tablespoon
vegetable oil 1 onion,
roughly chopped 250g
okra

1 heaped teaspoon
ground cumin

1 teaspoon ground
coriander

½ teaspoon ground
turmeric

½ teaspoon chilli
powder

1 teaspoon smoked
paprika

1 teaspoon sea salt

1 x 400g tin of
chickpeas, drained and
rinsed

2 cloves of garlic,
grated

1cm ginger, grated

1 x 400g tin of
chopped tomatoes

200ml water

½ lemon, juice only

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the oil, onion, okra, spices, salt and chickpeas in a roasting tin, then transfer to the oven and roast for 20 minutes.
3. Meanwhile, mix the garlic, ginger, tomatoes and water together and set aside.
4. Once the okra has had 20 minutes in the oven, add the spiced tomato water, stir, then return to the oven and cook, uncovered, for 20 minutes.
5. Taste and season as needed with salt and the lemon juice. Scatter over the flaked almonds and coriander and serve hot with rice and yogurt.

TO SERVE

A handful of flaked

almonds

A handful of fresh
coriander, chopped

Basmati rice (see [here](#))

Vegan yogurt

CARROT & KALE FATTOUSH: CRISP PITTA WITH SPICED ROASTED CARROTS, KALE, DATES & LEMON

This lovely Middle Eastern inspired crisp bread salad, or fattoush, is packed full of flavour and textural contrasts: sweetness from the carrots and dates, crunch from the toasted pitta bread – heaven. It makes a wonderful light dinner or lunch.

Serves: 2 generously or 2
plus 1 lunchbox

Prep: 10 minutes

Cook: 25 minutes

200g kale, roughly
chopped

400g Chantenay
carrots, halved

2 cloves of garlic,
crushed

1 tablespoon sumac

1 teaspoon sea salt

A good grind of black
pepper

3 wholemeal pitta
breads, roughly torn

80g lamb's lettuce

250g vac-packed
cooked Puy lentils

80g dates, halved

2 tablespoons lemon
juice

2 tablespoons extra
virgin olive oil

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the kale and carrots in a roasting tin with the crushed garlic, sumac, salt and black pepper. Scatter over the pitta breads, then transfer to the oven and roast for 40 minutes.
3. Scatter the lamb's lettuce, lentils and dates over the toasted pitta bread, then whisk the lemon juice and extra virgin olive oil together and pour over. Use a couple of big spoons to mix everything together really well and serve immediately.

Note: If you're keeping leftovers for a lunchbox, remove the pitta bread and store it separately from the rest of the salad, so it stays crunchy for the next day.





Carrot & Kale Fattoush: Crisp Pitta with Spiced Roasted Carrots, Kale, Dates & Lemon



VEGAN

3 | SLOW

AN HOUR +
IN THE OVEN



VEGAN | **SLOW RECIPE LIST**

THREE BEAN CHILLI WITH AVOCADO SALSA

ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING

WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE

ALL-IN-ONE KALE & BORLOTTI MINISTRONE WITH DITALINI, CHILLI OIL & PINE NUTS

GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING

OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE, AUBERGINE, PEPPERS & TOMATOES

SWEET POTATO & PARSNIP TAGINE WITH DATES & CORIANDER

PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS

GROUNDNUT STEW: SWEET POTATO IN A PEANUT & TOMATO SAUCE

GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS

BEETROOT, CHICKPEA & COCONUT CURRY

ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI & GINGER

WARMING SWEET POTATO & MUSHROOM POLENTA WITH
TOMATOES

SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS, CORIANDER,
POMEGRANATE & CASHEWS

CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS &
TOMATOES

THREE BEAN CHILLI WITH AVOCADO SALSA

This low-effort chilli lets the veg roast in a single layer, before the beans and tomatoes are added to gently cook in the oven. Perfect by itself, it's also lovely alongside the chipotle sweetcorn with squash [here](#).

Serves: 4
Prep: 10 minutes
Cook: 1 hour

250g chestnut mushrooms, quartered
1 onion, roughly chopped
1 red pepper, roughly chopped
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon chipotle chilli flakes
1 teaspoon smoked paprika
1 teaspoon sea salt
1 tablespoon olive oil
1 x 400g tin of cannellini beans
1 x 400g tin of black beans
1 x 400g tin of red kidney beans
2 x 400g tins of chopped tomatoes
200ml vegetable stock
Coriander leaves, to garnish

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the mushrooms, onion and red pepper with the spices, salt and olive oil in a large, deep roasting tin. Transfer to the oven and roast for 25 minutes.
3. Drain and rinse all the beans and add to the tin with the chopped tomatoes and stock. Give everything a good stir, then return to the oven and cook, uncovered, for 35 minutes.
4. Just before the chilli is ready, mix the chopped avocado with the lime juice, red onion and sea salt to taste. Serve the chilli scattered with coriander leaves, with the avocado salsa, and with yogurt and tortillas or nachos alongside.

Note: Watch out for steam once the chilli has finished cooking – stand well back from the oven when you open it.

SALSA

1 avocado, roughly
chopped

1 lime, juice only

½ red onion, finely
chopped

1 teaspoon sea salt

TO SERVE

Coconut yogurt

Tortillas or nacho chips



ESCALIVADA: SLOW ROASTED PEPPERS, AUBERGINES & TOMATOES WITH A BASIL & ALMOND DRESSING

This dish is like sitting in an outdoor café in Spain, and can make the dullest supermarket produce sing. The quantities given are to serve 2 generously, as that's what'll fit comfortably into a standard roasting tin, but you can easily double this up as part of a veggie feast, and even bring the vegetables to the table whole before 'carving' and dressing them.

Serves: 2-3

Prep: 10 minutes

Cook: 1 hour

2 whole aubergines,
pricked all over with a
fork

3 red pointy peppers

6 large vine tomatoes

1 red onion, quartered

A handful of fresh
thyme sprigs

4 large cloves of garlic,
unpeeled

1 tablespoon olive oil

2 teaspoons sea salt

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the whole aubergines, red peppers, vine tomatoes, onion, thyme, garlic, olive oil and 1 teaspoon of salt into a large roasting tin, then use your hands to coat everything really well in the oil and salt.
2. Transfer to the oven and roast for 1 hour, chucking the almonds in for the last 10 minutes to toast.
3. Remove the tin from the oven – the veg should be charred all over and very soft when prodded. Rescue the garlic, and leave the rest

50g whole almonds
1 tablespoon lemon
juice
1 tablespoon extra
virgin olive oil
25g fresh basil,
roughly torn or
chopped

TO SERVE

Good crusty bread or
pearl barley (see [here](#))

of the veg to sit while you whisk the lemon juice, extra virgin olive oil and the other teaspoon of sea salt together with the squeezed-out and mashed roasted garlic. Using a knife and fork, remove the inedible tops and stems, then roughly tear the softened vegetables apart.

4. Scatter over the basil and the dressing, then mix really well together. Serve warm, with good crusty bread or pearl barley.





WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE

This is a real showstopper of a dish, either made with a whole cauliflower or four little ones. The pearl barley infuses with the spices, creating a harmonious all-in-one dish.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

300g pearl barley,
rinsed
700ml vegetable stock
5cm ginger, grated
1 head of cauliflower
or 4 mini cauliflowers
2 heaped teaspoons
ras el hanout
1 teaspoon sea salt
1 clove of garlic,
crushed
2 tablespoons olive oil
100g spinach, finely
chopped
½ lemon, juice only

1. Preheat the oven to 160°C fan/180°C/gas 4. Mix the pearl barley with the vegetable stock and ginger in a deep roasting tin. If using a large cauliflower, remove the leaves from the cauliflower, roughly chop them, then stir them in with the pearl barley.
2. Rub the cauliflower all over with the ras el hanout, sea salt, garlic and 1 tablespoon of olive oil, then place on top of the pearl barley. Cover the tin tightly with foil, then transfer to the oven to cook for 1 hour.
3. Remove the cauliflower from the tin, then stir the spinach, lemon juice and another tablespoon of olive oil through the pearl barley. Season as needed with more salt and lemon juice. Return the cauliflower to the tin,

TO SERVE

1 pomegranate, seeds
only

40g toasted almonds

25g fresh coriander,
chopped

scatter everything with the pomegranate
seeds, almonds and chopped coriander and
serve hot.

Note: You will need extra large foil.



ALL-IN-ONE KALE & BORLOTTI MINESTRONE WITH DITALINI, CHILLI OIL & PINE NUTS

This is a hearty stew for autumn evenings – the pasta will keep absorbing the liquid, so it'll become less sauce-like the longer it sits. You can use any herbs you have lying about – I used basil as it was to hand, but anything with a strong flavour such as rosemary, thyme and oregano will work well.

Serves: 2
Prep: 15 minutes
Cook: 50 minutes

100g ditalini or macaroni
1 onion, roughly chopped
1 small carrot, chopped
1 stick celery, chopped
2 cloves of garlic, crushed
2 teaspoons smoked paprika
1 x 400g tin of chopped tomatoes
700ml boiling vegetable stock
1 tablespoon olive oil

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix all the ingredients in a deep-sided roasting tin, then cover tightly with foil, transfer to the oven and cook for 50 minutes.
3. Meanwhile, make the chilli oil. Heat the olive oil in a small pan and add the chilli flakes. Let it bubble over a medium heat for 30 seconds, then take the pan off the heat. Leave the oil to infuse while the minestrone cooks.
4. Remove the roasting tin from the oven and let it sit for 10 minutes, uncovered, then taste and adjust the salt, pepper and lemon juice – you will need plenty of all of them. Serve drizzled with the chilli oil and scattered with the pine

1 x 400g tin of borlotti
beans, drained and
rinsed

150g kale, roughly
chopped

1 heaped teaspoon sea
salt

A good grind of black
pepper

A large handful of
fresh basil, roughly
chopped

nuts and basil leaves.

Note: Chop the carrot and celery as finely as you can so they'll melt into the sauce.

CHILLI OIL

3 tablespoons olive oil

2 teaspoons chilli
flakes

TO SERVE

½ lemon, juice only

A handful of toasted
pine nuts

A handful of fresh basil
leaves



GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING

This is probably my favourite dish in the book – roast potatoes with a spicy peanut dressing and green veg – what’s not to like? It’s been a hit with all my recipe testers too – a potato salad on acid.

Serves: 2
Prep: 15 minutes
Cook: 1 hour

1kg Charlotte potatoes, halved
2 tablespoons olive oil
1 teaspoon sea salt
240g green beans
300g beansprouts
A handful of fresh coriander, to serve

DRESSING

50g crunchy peanut butter
80ml coconut milk
2 tablespoons lime

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the potatoes in a roasting tin with the oil and salt, then transfer to the oven and cook for 40 minutes.
3. Meanwhile, mix together all the ingredients for the dressing. Depending on your brand of peanut butter, you may need to add a little more coconut milk so you have a thick, spoonable dressing consistency. Taste and adjust the seasoning as needed.
4. Once the potatoes have had 40 minutes, add the green beans and beansprouts. Add a splash more oil if needed, then return to the oven for

juice

1½ tablespoons soy
sauce

1 fresh red chilli,
grated

2.5cm ginger, grated

a further 20 minutes.

5. Scatter the potatoes and vegetables with the coriander and serve warm or at room temperature, with the dressing alongside.

Note: Check the seasoning of the dressing by putting a little bit on a cooked potato, and tasting. Add more soy sauce to the rest of the dressing as needed.



OVEN BAKED RATATOUILLE: SLOW COOKED COURGETTE, AUBERGINE, PEPPERS & TOMATOES

The trick with this ratatouille is to cut the courgettes really thinly, so they absorb all the flavours from the sauce. This is lovely on the day it is made, but even better the next day, warmed through in the oven, so if you're in the mood for a spot of batch cooking for the week ahead, this is your dish.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

2 large courgettes,
very thinly sliced
1 large aubergine,
sliced into 5mm half-
moons
2 red peppers, roughly
chopped
1 red onion, roughly
chopped
2 cloves of garlic,
crushed
2 tablespoons olive oil
2 heaped teaspoons

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the vegetables, garlic, oil, salt, pepper and basil in a medium-sized roasting tin or lasagne dish, then top with the tinned tomatoes. Smooth the tomatoes over the vegetables, then transfer to the oven and roast for 30 minutes.
3. Remove the tin from the oven and increase the heat to 200°C fan/220°C/gas 7. Give the vegetables a bit of a stir, then top with the breadcrumbs and parmesan and return to the oven for a further 30 minutes.

sea salt
Freshly ground black pepper
25g fresh basil, roughly chopped
2 x 400g tins of chopped tomatoes
75g fresh white breadcrumbs
30g vegan parmesan, grated

TO SERVE

Crusty bread

4. Leave the ratatouille to cool down for 10–15 minutes, then serve with plenty of crusty bread.

Note: Don't panic if it looks like there's too much liquid in the tin after the first 30 minutes; this absorbs perfectly by the end.



SWEET POTATO & PARSNIP TAGINE WITH DATES & CORIANDER

Tagines are traditionally ‘throw-everything-into-the-pot-and-wait’ sort of dishes. By all means use an actual tagine if you have one, but a roasting tin covered in foil works just as well. This is sweet and intense – serve with vegan yogurt and flatbreads or cous cous.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

500g parsnips, peeled and cut into 1cm slices
500g sweet potatoes, peeled and cut into 1cm half-moons
5 spring onions, finely chopped
2 cloves of garlic, crushed
5cm ginger, grated
1 bay leaf
2 heaped teaspoons ras el hanout
1 teaspoon sea salt
10 nice plump dates,

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Tip everything except the coriander and the toasted almonds into a roasting tin, mix well, then cover tightly with foil, transfer to the oven and roast for 1 hour.
3. Once cooked, give it another stir and taste for salt – adjust as needed. Scatter over the coriander and toasted almonds and serve hot, with cous cous or flatbreads.

halved

400ml passata

400ml vegetable stock

A handful of fresh
coriander, roughly
chopped

A handful of toasted
almonds

PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS

This dish is a vegetarian version of my favourite Persian dish, fesenjan stew. There's such an amazing depth of flavour from the pomegranate molasses and ground walnuts – if you have time, it's well worth toasting the walnuts in the oven for 10 minutes before starting the recipe, but if not, this is delicious as it is. Serve with rice or cous cous.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

600g chestnut mushrooms
2 onions, finely chopped
1 tablespoon olive oil
1 teaspoon sea salt
Freshly ground black pepper
75g walnuts, roughly broken
75ml pomegranate molasses
100ml vegetable stock
1 teaspoon dark brown sugar
1 pomegranate, seeds only
A handful of fresh coriander, chopped

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the mushrooms, onions, olive oil, salt and pepper in a roasting tin, then transfer to the oven to roast for 20 minutes.
3. Meanwhile, blitz half of the walnuts in a spice grinder (if you have toasted them, let them cool down before blitzing) until finely ground. Mix with the pomegranate molasses, vegetable stock and dark brown sugar. Once the mushrooms have had 20 minutes, stir the pomegranate sauce through, then return to the oven for 25 minutes.
4. Scatter with the remaining walnuts, pomegranate seeds and coriander before serving with rice or cous cous.

GROUNDNUT STEW: SWEET POTATO IN A PEANUT & TOMATO SAUCE

I hadn't had a groundnut stew before trying the one in Ruby Tandoh's *Flavour*, and found the combination of peanut, tomato and chilli in a sauce addictive – it's my most requested dinner at home. This vegan version, with chunky sweet potato and onions, is a good alternative – serve with a bowl of freshly cooked white rice.

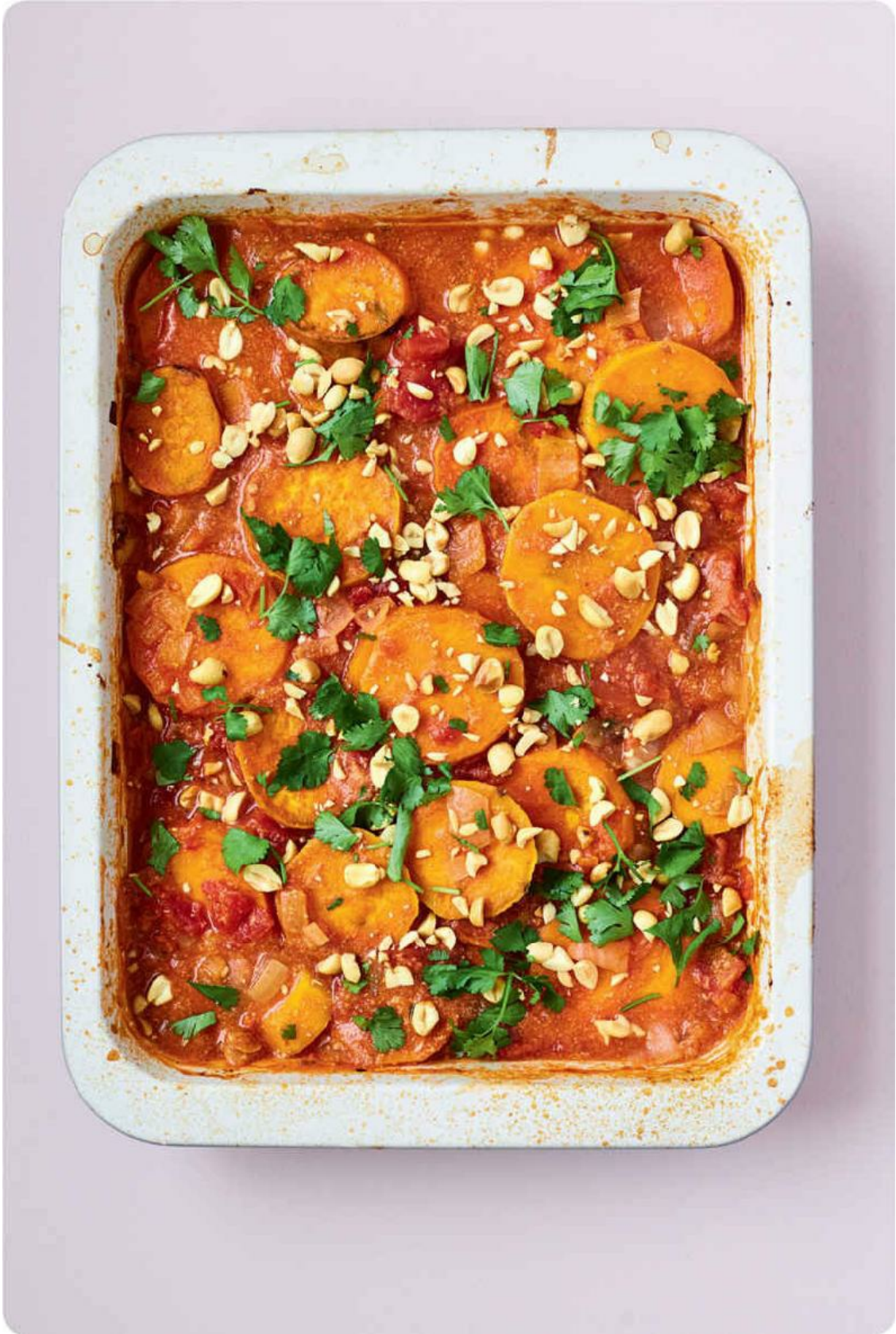
Serves: 4
Prep: 10 minutes
Cook: 1 hour

1kg sweet potatoes,
peeled and cut into
1cm slices
1 onion, roughly sliced
2.5 cm ginger, grated
2 cloves of garlic,
crushed
1 Scotch bonnet chilli,
pierced
1 tablespoon olive oil
1 teaspoon sea salt
50g peanut butter
1 x 400g tin of
chopped tomatoes
400ml vegetable stock

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the sweet potatoes, onion, ginger, garlic and Scotch bonnet with the oil and salt in a roasting tin, then transfer to the oven and cook for 45 minutes, until the sweet potato is just soft when prodded with a fork.
3. Mix together the peanut butter, chopped tomatoes and vegetable stock, and pour over the roasted sweet potatoes. Give everything a good stir, then return to the oven for a further 15 minutes.
4. Fish out the Scotch bonnet, season to taste with salt and scatter over the chopped coriander and peanuts. Serve with hot rice.

TO SERVE

A handful of fresh
coriander, chopped
A handful of salted
peanuts, roughly
chopped
White rice (see [here](#))



GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS

This all-in-one pearl barley dish is like a light risotto: warming and full of flavour. It's smart enough to serve as part of a sharing table for friends, and comforting enough for a TV dinner with a glass of (red) wine and an episode of *Scandal*.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

450g vine tomatoes, chopped
2 leeks, thinly sliced
2 cloves of garlic, grated
1 teaspoon chilli flakes
1 teaspoon sea salt
2 bay leaves
300g pearl barley
700ml vegetable stock
1 tablespoon olive oil
40g pine nuts, toasted

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the tomatoes, leeks, garlic, chilli flakes, salt, bay leaves, pearl barley, stock and olive oil in a deep roasting tin or casserole dish and cover tightly with foil or a lid. Transfer to the oven and cook for 1 hour.
3. Meanwhile, whisk together the lemon juice, extra virgin olive oil, sea salt, black pepper and dill and set aside.
4. Once the pearl barley is cooked, stir through the dill dressing and season to taste with salt, pepper and lemon juice. Serve scattered with the pine nuts.

DRESSING

1 tablespoon lemon
juice

2 tablespoons extra
virgin olive oil

1 teaspoon sea salt

Freshly ground black
pepper

25g fresh dill, roughly
chopped



BEETROOT, CHICKPEA & COCONUT CURRY

Roasted spiced beetroot and chickpeas form the base for this dish, while the coconut milk reduces down quickly in a hot oven to make a simple and delicious curry sauce. Serve with rice or naan bread to create a filling meal.

Serves: 2
Prep: 15 minutes
Cook: 50 minutes

1 onion, roughly chopped
600g beetroot, peeled and cut into small wedges
1 x 400g tin of chickpeas, drained and rinsed
2 cloves of garlic, crushed
5cm ginger, grated
1 red chilli, roughly chopped
1 heaped teaspoon ground cumin
1 heaped teaspoon ground coriander
1 heaped teaspoon

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the onion, beetroot and chickpeas in a roasting tin with the garlic, ginger, chilli, spices, oil and salt, then transfer to the oven and roast for 40 minutes.
3. Give the coconut milk a good stir, then pour it over the beetroot and mix well. Return the roasting tin to the oven for 10 minutes.
4. Taste and season with more salt as needed and serve with rice or naan, scattered with fresh coriander and coconut flakes, if using.

Note: You might want to use gloves while you're preparing the beetroot, to avoid stained hands.

ground ginger

½ teaspoon ground

turmeric

1 tablespoon

vegetable oil

1 teaspoon sea salt

1 x 400g tin of coconut

milk

TO SERVE

Basmati rice (see [here](#))

or naan breads

A handful of fresh

coriander

Coconut flakes

(optional)



ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI & GINGER

This sticky coconut rice works perfectly with the sharp coriander and lime dressing, with a good contrast from the sweetness of the squash and crunch from the cashews. It doubles up easily if you're feeding more people.

Serves: 2
Prep: 10 minutes
Cook: 1 hour

150g jasmine rice
1 x 400ml tin of coconut milk
1 tablespoon soy sauce
2.5cm ginger, grated
1 clove of garlic
300g squash, peeled and cut into 1cm cubes
300g broccoli, cut into florets
30g toasted cashews, to serve

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the rice, coconut milk, soy sauce, ginger and garlic in a small roasting tin and top with the squash. Cover tightly with foil, then transfer to the oven and cook for 45 minutes.
3. Top the rice and squash with the broccoli, then re-cover and return to the oven for a final 15 minutes. Pop the cashew nuts into the oven on a small tray to toast at the same time.
4. Mix together the oil, lime juice, soy sauce, ginger, chilli and coriander, adjusting the soy and lime juice to taste.

DRESSING

2 tablespoons sesame

oil
2 tablespoons lime
juice
2 tablespoons soy
sauce
2.5cm ginger, grated
1 red chilli, finely
chopped
20g fresh coriander,
finely chopped

5. Tip the dressing over the hot broccoli, rice and squash, scatter with the toasted cashews and serve hot.

Note: Deseed the chilli if you prefer a less hot dressing.



WARMING SWEET POTATO & MUSHROOM POLENTA WITH TOMATOES

I hadn't thought polenta could be baked before reading it in Alice Hart's *The New Vegetarian* – it's a wonderful, effort-free way to cook the grain. This recipe is an homage to hers, albeit with garlicky mushrooms and soft, quick roasted tomatoes as a topping.

Serves: 2
Prep: 10 minutes
Cook: 55 minutes

150g polenta
400ml vegetable stock
3 tablespoons olive oil
300g sweet potatoes,
peeled and cut into
5mm chunks
Freshly ground black
pepper
300g mini portobello
or chestnut
mushrooms, sliced
250g cherry tomatoes,
halved
2 cloves of garlic,
crushed

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Line a roasting tin with baking paper, then tip in the polenta, vegetable stock, 2 tablespoons of olive oil and the sweet potatoes. Stir, season well with black pepper, then transfer to the oven and cook, uncovered, for 40 minutes.
3. Meanwhile, mix together the parsley, lemon juice, extra virgin olive oil and chilli flakes for the dressing.
4. Stir the mushrooms, tomatoes, garlic, salt, pepper and another tablespoon of olive oil together and set aside.

1 teaspoon sea salt
Freshly ground black
pepper

DRESSING

15g fresh flat-leaf
parsley, finely chopped
1 lemon, juice only
2 tablespoons extra
virgin olive oil
½ teaspoon chilli flakes

5. Once the polenta has had 40 minutes, take the tin out of the oven and give it a good stir. Top with the mushroom and tomato mixture and return to the oven for a further 15 minutes, after which the mushrooms should be softened and the polenta crisp. Serve with the dressing alongside and a green salad.



SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS, CORIANDER, POMEGRANATE & CASHEWS

This easy, flavoursome daal will look after itself in the oven for an hour, so you won't need to worry about it running dry. With a little coconut milk or single cream stirred through at the end, it's rich and comforting – perfect with rice or naan bread.

Serves: 4

Prep: 10 minutes

Cook: 1 hour 25 minutes

250g banana shallots,
peeled and halved

1 tablespoon
vegetable oil

1 bay leaf

1 teaspoon ground
cumin

1 teaspoon ground
coriander

½ teaspoon ground
turmeric

1 teaspoon freshly
ground black pepper

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Tip the banana shallots into a small deep roasting tin and mix well with the vegetable oil, bay leaf and spices. Transfer to the oven and roast for 25 minutes.
3. After 25 minutes, add the rinsed lentils, boiling water, ginger and garlic to the tin. Give everything a good stir, then cover tightly with foil and return to the oven for 1 hour.
4. As soon as the lentils have had an hour, season generously with the salt and stir through the coconut milk or single cream. Taste and add

225g brown lentils,
rinsed well
700ml boiling water
5cm ginger, grated
2 cloves of garlic,
crushed
2 teaspoons sea salt
150ml coconut
milk/single cream
1 lime, juice only

lime juice and more salt as needed. Scatter
over the pomegranate seeds, coriander and
cashews, and serve with rice or naan bread.

TO SERVE

1 pomegranate, seeds
only
A handful of fresh
coriander, roughly
chopped
A handful of toasted
cashews



CAPONATA STYLE AUBERGINES WITH OLIVES, CAPERS & TOMATOES

This is the sort of dish you could eat straight from the tin – gloriously tomatoey, with so much flavour from the capers and olives. Use baby aubergines if you can get them – if not, ordinary aubergines sliced into eighths work well.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

800g baby aubergines
1 red onion, cut into eighths
2 tablespoons olive oil
2 teaspoons sea salt
2 cloves of garlic, crushed
3 sprigs of fresh rosemary
25g capers
75g pitted green olives
2 x 400g tins of tomatoes
2 teaspoons red wine

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Slice the baby aubergines lengthways, leaving the stems intact, then transfer to a roasting tin along with the onion. Rub everything well with the olive oil, sea salt and garlic and top with the rosemary. Transfer to the oven and roast for 40 minutes.
3. Add the capers, olives, tinned tomatoes and red wine vinegar, stir gently, then return to the oven to cook for a further 20 minutes, until the sauce has reduced down. Taste and adjust the seasoning as needed. Scatter over the torn basil and almonds and serve with bulgur wheat or focaccia.

vinegar

25g fresh basil, torn

30g toasted almonds

TO SERVE

Bulgur wheat (see
[here](#)) or focaccia

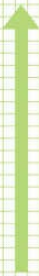




Caponata Style Aubergines with Olives, Capers & Tomatoes

1 | WARM SALADS

DRESS



 OLIVE OIL BLACK PEPPER SEA SALT	<p>ACIDITY</p> LEMON LIME POMEGRANATE MOLASSES VINEGAR	<p>HERBS</p> BASIL MINT CORIANDER PARSLEY TARRAGON
---	--	---

<p>FRESH</p> ORANGE AVOCADO GRAPEFRUIT POMEGRANATE SEEDS TOMATO APPLE RADISHES PEAR FIG DATES MANGO SPRING ONION
--

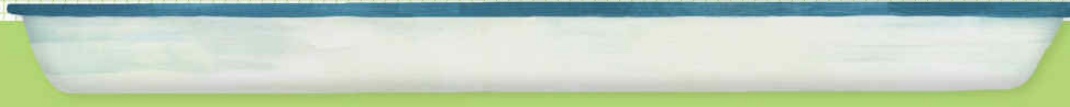
ADD



<p>PROTEIN</p> GOAT'S CHEESE ALMONDS GORGONZOLA PICCANTE CASHEWS FETA PUY LENTILS CHICKPEAS	<p>LEAVES</p> SPINACH ROCKET WATERCRESS LAMB'S LETTUCE
--	--

ROAST

 OLIVE OIL SEA SALT	<p>VEG</p> CELERIAC BEETROOT BUTTERNUT SQUASH POTATO RED ONION BROWN ONION FENNEL CHICORY SWEET POTATO PARSNIP CARROT RED CABBAGE CAULIFLOWER
-------------------------------	--



2 | ALL-IN-ONE STEWS | TAGINES | CURRIES

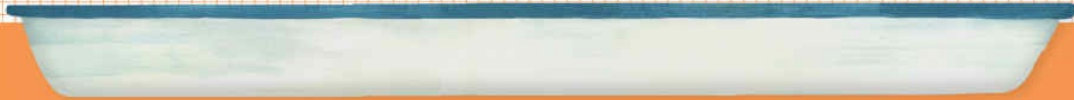
SCATTER



ADD



MIX



3 | TARTS & GRATINS

DRESS

HERBS



BASIL



DILL



THYME



ROSEMARY



OREGANO



PARSLEY

CHEESE



GOAT'S CHEESE



FETA



MOZZARELLA



PARMESAN



GORGONZOLA
PICCANTE



CHEDDAR

OVEN

VEG - SLICED OR CUBED



BROCCOLI



CAULIFLOWER



BRUSSELS SPROUTS



FENNEL



MUSHROOM



POTATO



CELERIAC



BUTTERNUT
SQUASH



AUBERGINE



BEETROOT



RED PEPPER



COURGETTE

ALLIUMS



RED ONION



LEEK



BROWN
ONION



GARLIC



SPRING
ONION

LAYER

BASE



SEA SALT



BLACK
PEPPER



PASTRY



CRÈME
FRAÎCHE



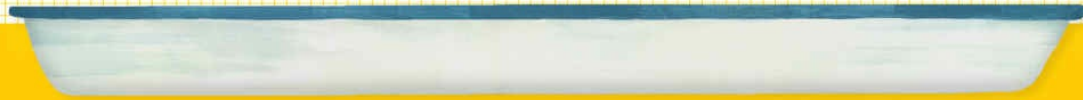
YOGURT



DOUBLE CREAM



VEGETABLE STOCK



4 | SUPERGRAIN TRAY

SCATTER

TEXTURE



ALMONDS



HAZELNUTS



PINE NUTS



PISTACHIOS



PEANUTS



WALNUTS



CASHEWS

HERBS



PARSLEY



CORIANDER



BASIL



MINT



THYME



ROSEMARY



SPINACH



WATERCRESS



ROCKET

ROAST

FLAVOUR



OLIVE OIL



BLACK PEPPER



SEA SALT



LEMON



LIME



SPRING ONION



GARLIC



CHILLI



HARISSA



GINGER



RAS EL HANOUT



CORIANDER SEEDS



CUMIN SEEDS



SUMAC

VEG



BROCCOLI



ARTICHOKES IN OIL



MUSHROOM



TOMATO



SWEET POTATO



BUTTERNUT SQUASH



KALE



ASPARAGUS



BETROOT



FENNEL

MIX

BASE GRAIN



PEARL BARLEY



SPELT



BULGUR WHEAT



FARRO



BUCKWHEAT



BROWN RICE



ORZO



VEGETARIAN



VEGETARIAN

4 | QUICK

UNDER THIRTY MINUTES
IN THE OVEN



VEGETARIAN | QUICK RECIPE LIST

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI,
GORGONZOLA, CHILLI & WALNUT

GREEN MACHINE: ROASTED GREENS WITH RAS EL HANOUT,
BULGUR WHEAT & RICOTTA

CREOLE SPICED LEEK & MUSHROOM TART

CRISPY KALE & BULGUR WHEAT SALAD WITH POMEGRANATES,
PRESERVED LEMON, GOAT'S CHEESE & ALMONDS

COURGETTE, ASPARAGUS & GOAT'S CHEESE TART

SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI, SPINACH
& COUS COUS

BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA

FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR
CREAM

SQUASH & GORGONZOLA TART WITH FIGS & PECANS

CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI, ROSEMARY, &
RICOTTA

STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER & CANNELLINI
BEANS WITH GORGONZOLA

QUICK CHEESE & ONION TART

QUICK ROASTED FENNEL & BULGUR WHEAT WITH MOZZARELLA,
FIGS, POMEGRANATE & DILL

CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S CHEESE

THE MOST INDULGENT QUICK COOK QUICHE: BROCCOLI, GORGONZOLA, CHILLI & WALNUT

Puff pastry as a base for quiche? Yes please. I could eat this unashamedly indulgent dish every week – it's so quick to put together. Broccoli and gorgonzola complement each other beautifully, with a slight kick from the chilli. Serve with a crunchy green salad.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

320g ready-rolled puff
pastry sheet

300g broccoli florets,
halved

½ red onion, finely
chopped

1 teaspoon chilli flakes

125g gorgonzola
piccante

30g walnuts, chopped

100ml single cream

4 free-range eggs

1 lemon, zest only

1 teaspoon sea salt

1 clove of garlic,
crushed

1. Preheat the oven to 180°C fan/200°C/gas 6 and line a small deep roasting tin with baking paper. Now cover the base of the tin with the puff pastry – you want it to come up the sides and hold all the filling in.
2. Scatter the broccoli florets, red onion, chilli flakes, walnuts and gorgonzola evenly over the pastry.
3. Beat the cream, eggs, lemon zest, sea salt and garlic together, then pour over the broccoli and cheese. Transfer to the oven and bake for 30 minutes, after which the pastry should be cooked and the centre of the quiche just wobbly.
4. Leave to sit in the tin for 10 minutes to cool down, then serve warm or at room temperature.

Note: You can use the baking paper that the pastry comes wrapped in to line the base of your roasting tin.



GREEN MACHINE: ROASTED GREENS WITH RAS EL HANOUT, BULGUR WHEAT & RICOTTA

This is a lovely all-in-one dish, really brought together by the creaminess of the ricotta at the end. If the supermarket has inexplicably run out of ricotta, substitute thick Greek yogurt. Ras el hanout can vary in heat, so if you know yours isn't very spicy, add another teaspoon.

Serves: 2
Prep: 10 minutes
Cook: 25 minutes

200g bulgur wheat,
rinsed
400ml boiling
vegetable stock
225g long-stem
broccoli
180g green beans
270g spring greens,
roughly chopped
2 teaspoons ras el
hanout
1 tablespoon olive oil
2 cloves of garlic,
crushed
1 teaspoon sea salt

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Tip the bulgur wheat into a roasting tin and pour over the vegetable stock. Toss the broccoli, green beans and spring greens in a bowl with the ras el hanout, olive oil, garlic and sea salt, then spread them over the bulgur wheat in the tin. Transfer to the oven and cook, uncovered, for 25 minutes.
3. Mix together the lemon zest and juice, olive oil, sea salt and black pepper and set aside. Once the greens and bulgur wheat are cooked (the bulgur should be soft and the vegetables crisp), pour over the dressing, add the mint and mix well. Serve scattered with the toasted almonds and ricotta and a good pinch of ras el hanout.

DRESSING

1 lemon, zest and juice
2 tablespoons olive oil
1 teaspoon sea salt
Freshly ground black
pepper

TO SERVE

25g mint, finely
chopped
A handful of toasted
almonds
4 heaped tablespoons
ricotta
A good pinch of ras el
hanout



CREOLE SPICED LEEK & MUSHROOM TART

I love the combination of cayenne pepper, paprika and lemon in this cream cheese tart base: it works perfectly with the leeks and mushrooms. Serve with some lightly dressed spinach on the side and you've got a flavourful, filling dinner.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

1 x 320g ready-rolled puff pastry sheet
180g cream cheese
1 teaspoon smoked paprika
½ teaspoon cayenne pepper
1 lemon, zest and juice
Freshly ground black pepper
1½ teaspoons sea salt
100g mushrooms, thinly sliced
1 tablespoon olive oil
175g baby leeks, halved lengthways

1. Preheat the oven to 180°C fan/200°C/gas 6. Lay the pastry on a lined roasting tray and cut it down so that it is a couple of centimetres larger at each end than the leeks (see [here](#)).
2. Mix together the cream cheese, paprika, cayenne, lemon zest and juice, black pepper and ½ teaspoon of sea salt, then spread over the pastry, leaving a 2.5cm border around the edges.
3. Mix the mushrooms with half the oil and another ½ teaspoon of salt and scatter over the cream cheese. Mix the leeks with the remaining oil and another ½ teaspoon of salt, and lay them over the mushrooms. Transfer to the oven and cook for 30 minutes.

TO SERVE
Spinach leaves

4. Serve the tart hot, with a green salad
alongside.



CRISPY KALE & BULGUR WHEAT SALAD WITH POMEGRANATES, PRESERVED LEMON, GOAT'S CHEESE & ALMONDS

This quick, flavoursome bulgur wheat salad, infused with preserved lemon and ginger, is as good for dinner as it is for a lunchbox. Thanks are owed to Rowan, this book's editor, for the idea – I'd happily eat this every week.

Serves: 2
Prep: 10 minutes
Cook: 15 minutes

200g bulgur wheat,
rinsed
5cm ginger, finely
grated
2 preserved lemons,
rind roughly chopped
1 teaspoon sea salt
400ml boiling water
200g kale or spring
greens
½ tablespoon olive oil
1 heaped tablespoon
za'atar
1 tablespoon lemon

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the rinsed bulgur wheat with the ginger, preserved lemon, sea salt and boiling water in a roasting tin. Toss the kale or spring greens with the olive oil, then tip evenly over the bulgur wheat. Transfer to the oven and roast for 15 minutes.
3. Meanwhile, whisk together the za'atar, lemon juice and extra virgin olive oil to make a dressing, and set aside.
4. Mix the cooked bulgur and crispy kale with the dressing, then scatter over the goat's cheese, almonds, pomegranate seeds and coriander.

juice

1 tablespoon extra
virgin olive oil

100g goat's cheese,
crumbled

50g toasted whole
almonds

1 pomegranate, seeds
only

15g fresh coriander,
roughly chopped

TO SERVE

Greek or natural
yogurt

Serve hot, with the yogurt alongside.

Note: Za'atar is a mix of sesame seeds, sumac, dried herbs and spices. It's readily available in supermarkets, but if you can get hold of some from a Palestinian or Israeli grocer, it'll be much fresher.



COURGETTE, ASPARAGUS & GOAT'S CHEESE TART

A simple weeknight dinner – I'm fairly sure a version of this grew out of a quick fridge raid before catching up on everyone's favourite Westerosi soap opera, but it turned out so well that it deserved more than one repeat. By all means substitute feta cheese for the goat's – it's lovely either way. Serve with simply dressed or roasted cherry tomatoes on the side.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

2 courgettes, very thinly sliced into rounds
200g asparagus
½ tablespoon olive oil
½ teaspoon sea salt
1 lemon, zest only
Freshly ground black pepper
A handful of fresh dill, roughly chopped
1 x 320g ready-rolled

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the courgettes and asparagus in a bowl with the oil, salt, lemon zest, black pepper and dill.
2. Lay the puff pastry on a lined roasting tray and spread with the crème fraîche, leaving a 2.5cm border around the edges. Arrange the courgette slices like fish scales, slightly overlapping, on top of the crème fraîche, then lay over first the goat's cheese slices, then the asparagus.
3. Transfer to the oven and cook for 30 minutes. Serve hot, with a salad or tomatoes alongside.

puff pastry sheet

2 tablespoons crème
fraîche

100g goat's cheese
with rind, thinly sliced

TO SERVE

Roasted or dressed
cherry tomatoes





SPICY HARISSA SPROUTS & BROCCOLI WITH HALLOUMI, SPINACH & COUS COUS

This is a quick and easy dinner – the halloumi works so well with the spices, sprouts and broccoli. Pile into flatbreads with yogurt and you've got a filling meal.

Serves: 4
Prep: 10 minutes
Cook: 25 minutes

1 head of broccoli, cut into florets
500g Brussels sprouts
250g halloumi, cut into cubes
2 tablespoons harissa
2 tablespoons olive oil
150g spinach, chopped
A pinch of sea salt
½ lemon, juice only

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the broccoli with the sprouts, halloumi, harissa and olive oil in a roasting tin, then transfer to the oven and roast for 25 minutes.
3. Stir through the chopped spinach and taste and season with sea salt and lemon juice as needed. Serve piled into flatbreads with the yogurt.

TO SERVE

Flatbreads
4 tablespoons yogurt



BAKED EGGS WITH BEETROOT, CELERIAC, DILL & FETA

I love baked eggs: they're the perfect weekend breakfast or late-night comfort food. These started out in ramekins, like oeufs en cocotte, before I decided they'd be happier freeform on a roasting tray. The flavours in this dish are incredible – try it and see.

Serves: 4
Prep: 10 minutes
Cook: 20 minutes

180g fresh beetroot, peeled and grated
180g celeriac, peeled and grated
Any beetroot tops, finely chopped
3 tablespoons chopped fresh dill
180g natural yogurt
1½ tablespoons lemon juice
180g feta cheese
Freshly ground black pepper
4 free-range eggs

1. Preheat the oven to 160°C fan/180°C/gas 4.
2. Mix together the grated beetroot and celeriac, beetroot tops, dill, yogurt, lemon juice and feta, along with a good grind of black pepper. Line a large roasting tin with baking paper, then divide the mixture into four piles, well spaced apart, and flatten them with a spoon in the centre to form a cup.
3. Crack an egg into each beetroot cup, then transfer to the oven and bake for 15–20 minutes, until the eggs are done to your liking.
4. Season the eggs with a pinch of sea salt, scatter with fresh dill and serve with toasted buttered sourdough alongside.

TO SERVE

A pinch of sea salt

Fresh dill

4 slices toasted

buttered sourdough

Note: The photograph below shows the eggs before baking.



FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR CREAM

I love fajitas and this version with mushrooms is a wonderful quick dinner. You'll need to use the grill tray that comes fitted as standard in your oven to get everything cooking evenly: have the tortillas and sour cream ready on the table, so you can serve this as soon as it comes out of the oven.

Serves: 2-3
Prep: 10 minutes
Cook: 10 minutes

300g portobello mushrooms, sliced
150g chestnut mushrooms, sliced
2 red peppers, thinly sliced
1 onion, thinly sliced
1 teaspoon chipotle chilli flakes
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons sea salt
1 tablespoon olive oil

1. Preheat the grill to max. Tip the mushrooms, peppers and onion on to a grill tray large enough to hold everything in one layer, and mix with the spices, salt and olive oil. Transfer to the grill for 5-10 minutes, until the peppers are charred and the mushrooms have softened.
2. Scatter over the coriander and stilton and serve with the sour cream in warm tortillas.

25g fresh coriander,
chopped

100g stilton

150ml sour cream

Warm tortillas



SQUASH & GORGONZOLA TART WITH FIGS & PECANS

Gorgonzola and figs work beautifully with squash for a lovely autumnal dish. The trick with this tart, as with many of the squash dishes in the book, is to dice the squash into tiny 1cm cubes, so it'll cook through beautifully in half an hour.

Makes: 6
Prep: 15 minutes
Cook: 30 minutes

400g squash, peeled and cut into 1cm cubes
½ tablespoon olive oil
1 teaspoon sea salt
1 x 320g ready-rolled puff pastry sheet
1 heaped tablespoon crème fraîche
200g gorgonzola piccante
5 figs, quartered
A handful of fresh basil leaves
1 tablespoon honey

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the squash cubes with the olive oil and sea salt.
2. Lay the puff pastry on a lined baking tray, and cut into six squares. Spread each with the crème fraîche, leaving a 1cm border around the edge. Scatter evenly with the squash, then the gorgonzola, and top with a few fig quarters and a basil leaf, then drizzle over the honey.
3. Transfer to the oven and cook for 20 minutes, then remove and scatter over the pecans. Return to the oven for a further 10 minutes, until the pastry is golden brown and the squash is cooked through.

45g chopped pecans

4. Serve hot, scattered with more basil.





CRISPY GNOCCHI WITH ROASTED PEPPERS, CHILLI, ROSEMARY & RICOTTA

The gnocchi with mozzarella and tomatoes from the first *Roasting Tin* book was so popular that I decided to revisit it, as there are never too many ways to eat crispy gnocchi. This version, with roasted red peppers and rosemary, is a lovely alternative. Use a very large and ideally metal roasting tin, for maximum crunch on the potatoes.

Serves: 2 generously
Prep: 15 minutes
Cook: 30 minutes

500g gnocchi
500g mixed red, yellow
and baby peppers,
roughly chopped
200g cherry tomatoes,
halved
2 tablespoons olive oil
2 bay leaves
2 cloves of garlic
1 teaspoon chilli flakes
2 large sprigs of fresh
rosemary
1 teaspoon sea salt

1. Preheat the oven to 200°C fan/220°C/gas 7. Tip the gnocchi into a large bowl, then pour a kettleful of boiling water over it and leave to stand for 2 minutes before draining well.
2. Tip the gnocchi into a roasting tin along with everything except the ricotta. Mix well – make sure you’ve used a tin big enough for everything to fit in one layer. Transfer to the oven and cook for 30 minutes, until the gnocchi is crisp and golden.
3. Taste and season with salt and pepper as needed, dollop on the ricotta and scatter with the parsley before serving hot.

Freshly ground black
pepper

4 tablespoons ricotta

A handful of freshly
chopped parsley



STORECUPBOARD PASTA BAKE: CRISPY RED PEPPER & CANNELLINI BEANS WITH GORGONZOLA

This is a good quick storecupboard pasta bake. I often buy jars of ready roasted red peppers, then don't know what to do with them – this is a perfect way to use them up. You can use any cheese you have lying about – I like the contrast of blue cheese with this, but feta or goat's cheese would be just as good.

Serves: 2–3
Prep: 10 minutes
Cook: 15 minutes

300g vine tomatoes, quartered
200g macaroni/ditalini
2 tablespoons olive oil
25g fresh dill, roughly chopped
25g fresh flat-leaf parsley, roughly chopped
1 x 450g jar of roasted red peppers, drained and roughly chopped

1. Preheat the grill to max. Tip the tomatoes into a small lasagne dish, transfer to the oven and grill for 5–10 minutes, until softened.
2. Meanwhile, bring a large pan of salted water to the boil and cook the macaroni or ditalini for 9–11 minutes, or according to the packet instructions, until just al dente.
3. Drain the pasta, then stir in the grilled tomatoes, olive oil, herbs, red peppers, black olives, cannellini beans, spring onions, smoked paprika, lemon juice, half the cheese, the sea salt and a good grind of black pepper. Taste

160g pitted black olives, halved

1 x 400g tin of cannellini beans, drained and rinsed

3 spring onions, finely chopped

2 teaspoons smoked paprika

½ lemon, juice only

100g Gorgonzola piccante, roughly crumbled

1 teaspoon sea salt

Freshly ground black pepper

50g panko breadcrumbs

and adjust the lemon juice, salt and olive oil as needed.

4. Return the mixture to the lasagne dish, and scatter over the remaining cheese and the breadcrumbs. Drizzle with a little olive oil, then return to the grill for 3–5 minutes, until crisp and golden brown. Serve hot. Leftovers are excellent in a lunchbox.



QUICK CHEESE & ONION TART

Shallots, rather than onions, form the base for this five-ingredient cheese and onion tart – they become wonderfully sweet after half an hour. Really good for a quick post-work dinner, along with a crunchy green salad.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

400g banana/échalion shallots, peeled
1 tablespoon Dijon mustard
1 x 320g ready-rolled puff pastry sheet
80g mature Cheddar, grated
A few sprigs of fresh thyme
Freshly ground black pepper

1. Preheat the oven to 180°C fan/200°C/gas 6. Cut each shallot into four slices lengthways.
2. Lay out the pastry on a roasting tray lined with baking paper, and spread with the Dijon mustard, leaving a 2.5cm border around the edge. Arrange the flat shallot slices over the top, then scatter over the Cheddar, thyme and black pepper.
3. Transfer to the oven for 30 minutes. Serve hot with a green salad alongside.

TO SERVE
Green salad



QUICK ROASTED FENNEL & BULGUR WHEAT WITH MOZZARELLA, FIGS, POMEGRANATE & DILL

This is a beautiful dish, and perfect for a lunchbox the next day too. Do as Alice Hart suggests and buy the shorter, fatter bulbs of fennel – they have a better flavour.

Serves: 4
Prep: 10 minutes
Cook: 20 minutes

300g fennel, thinly sliced

300g bulgur wheat

2 cloves of garlic, crushed

600ml boiling vegetable stock

2-3 figs, quartered

250g mozzarella, roughly torn

1 pomegranate, seeds only

20g fresh dill, roughly chopped

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the fennel, bulgur wheat, garlic and boiling vegetable stock in a roasting tin, then transfer to the oven and cook for 20 minutes.
3. Meanwhile, whisk the orange zest, juice, extra virgin olive oil, spring onions, sea salt and black pepper together. Pour this dressing over the cooked bulgur wheat and fennel and mix well. Taste and adjust the seasoning as needed.
4. Scatter with the fig quarters, mozzarella, pomegranate seeds and chopped dill, and serve hot.

DRESSING

1 orange, zest plus 1
tablespoon juice

1 tablespoon extra
virgin olive oil

4 spring onions, thinly
sliced

1 teaspoon sea salt

Freshly ground black
pepper

Note: Take the mozzarella, figs and pomegranate out of the fridge an hour before you want them, to let them come up to room temperature.



CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S CHEESE

This is one of the most visually beautiful dishes in the book, and tastes as good as it looks. Serve with Greek yogurt and some cous cous on the side.

Serves: 4

Prep: 10 minutes

Cook: 25–30 minutes

1 very large
cauliflower

1 red onion, quartered

1 tablespoon olive oil

1 teaspoon sea salt

4 teaspoons harissa

125g soft goat's
cheese, crumbled

30g pine nuts, roughly
chopped

20g panko
breadcrumbs

2 tablespoons fresh
flat-leaf parsley,
chopped

1. Preheat the oven to 180°C fan/200°C/gas 6. Remove the greens from the cauliflower and pop them into the roasting tin along with the red onion. Mix with the olive oil and season with salt.
2. Slice the cauliflower from top to bottom into four thick steaks and lay these in the tin along with the greens and red onion. Rub each steak on both sides with ½ teaspoon of harissa. Season with sea salt, then press the goat's cheese onto each steak.
3. Mix the pine nuts, panko breadcrumbs and parsley with a pinch of sea salt, then scatter a quarter of this over each cauliflower steak, pressing down lightly.

TO SERVE

Cous cous (see [here](#))
Greek yogurt

4. Drizzle with olive oil, then transfer to the oven to roast for 25–30 minutes, until the tops are golden brown and the cauliflower is just cooked through. Serve the steaks with cous cous and Greek yogurt, with the crispy leaves and onions alongside.





Crisp Cauliflower Steaks with Harissa & Goat's Cheese



VEGETARIAN

5 | MEDIUM

UP TO 45 MINUTES
IN THE OVEN



VEGETARIAN | **MEDIUM RECIPE LIST**

OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES &
CHILLI WITH EGGS

CARROT & TALEGGIO TARTE TATIN

MEDITERRANEAN COURGETTES ROASTED WITH OLIVES, FETA &
TOMATOES

WATERCRESS & PARSNIP PANZANELLA WITH GORGONZOLA,
HONEY & RADISHES

LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA TOPPING

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE &
SPINACH

WENSLEYDALE, PARSNIP & CARROT TART WITH ROSEMARY

CANNELLINI BEAN FALAFEL WITH POTATO WEDGES, SPINACH &
POMEGRANATE

HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKE, OLIVES &
FETA

STUFFED ROASTED FENNEL & MUSHROOMS WITH GRUYERE

RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER
TOPPING

CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON & BLUE
CHEESE

CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS,
FETA & LIME

OVEN BAKED SHAKSHUKA: ROASTED PEPPERS, TOMATOES & CHILLI WITH EGGS

I love shakshuka, but I don't love how long it takes to carefully fry large quantities of onions, peppers and tomatoes on the stove. Cue the oven version – roast all the vegetables first, and save yourself 20 minutes of stirring. This is a standard weekend breakfast at home.

Serves: 4
Prep: 15 minutes
Cook: 45 minutes

1 red onion, roughly chopped
2 red peppers, roughly chopped
2 yellow peppers, roughly chopped
300g vine tomatoes, quartered
2 red chillies, deseeded and roughly chopped
2 cloves of garlic, crushed
1 tablespoon olive oil
1 teaspoon sea salt
1 teaspoon ground cumin
1 teaspoon ground coriander
1½ teaspoons smoked paprika
1 x 400g tin of chopped tomatoes
4 free-range eggs
1 tablespoon za'atar

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the onion, peppers, tomatoes, chillies and garlic with the oil, salt and spices in a large roasting tin, then transfer to the oven and roast for 30 minutes.
3. Lower the temperature to 160°C fan/180°C/gas 4. Squash the cooked tomatoes down well with a wooden spoon, then add the tinned tomatoes and mix everything together. Make four indentations in the tomato mixture, crack an egg into each, then return to the oven for a further 10 minutes, or until the eggs are just cooked to your liking.
4. Scatter with the za'atar, if using, and the freshly chopped coriander. Serve with lots of hot buttered toast or pitta breads.

Note: The eggs will take more or less time depending on whether they're fridge cold.

(optional)

Freshly chopped
coriander

TO SERVE

Buttered toast or pitta
breads



CARROT & TALEGGIO TARTE TATIN

This is a lovely tart to make if you've impulse-bought some tiny, green-topped Peter Rabbit carrots at the supermarket and are wondering what to do with them; it looks even prettier if there are rainbow carrots on offer. You don't need much more than a green salad alongside this for an elegant weeknight dinner.

Serves: 4
Prep: 10 minutes
Cook: 30 minutes

1 x 320g ready-rolled puff pastry sheet
2 scant teaspoons mustard
200g taleggio, thinly sliced
250g baby carrots, halved lengthways
1 tablespoon olive oil
1 teaspoon sea salt
Freshly ground black pepper
A few sprigs of fresh thyme

1. Preheat the oven to 180°C fan/200°C/gas 6. Lay the pastry on a lined baking tray and spread with the mustard, leaving a 2.5cm border around the edges, then scatter over the taleggio.
2. Toss the halved carrots with the olive oil and salt, then arrange these over the cheese. Scatter over the thyme, then transfer to the oven and roast for 30 minutes.
3. Serve hot, with a green salad alongside.

TO SERVE
Green salad





MEDITERRANEAN COURGETTES ROASTED WITH OLIVES, FETA & TOMATOES

Courgettes can be unfairly maligned, but try this storecupboard dish and you'll have new green-veg converts in your house. A bowl of lemony cous cous on the side makes for a lovely light dinner.

Serves: 4
Prep: 10 minutes
Cook: 35 minutes

6 large courgettes, cut into 1cm diagonal slices

200g feta cheese, roughly chopped

140g sunblush tomatoes in olive oil

120g black olives

40g panko breadcrumbs

Freshly ground black pepper

TO SERVE

Cous cous (see [here](#))

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Put the courgette slices into a very large roasting tin in a single layer, then cover thickly with the feta cheese. Tip the sun-blush tomatoes and olives over evenly, then scatter with the breadcrumbs and plenty of black pepper. Transfer to the oven and roast for 35 minutes.
3. Ten minutes before you're ready to eat, prepare the cous cous, stirring through some lemon juice if you wish.
4. Serve the roasted courgettes with the cous cous alongside.

Note: If you've used sunblush tomatoes in olive oil, you don't need to add any extra oil to the dish – there's enough on the tomatoes. If

you're using dried tomatoes from a packet, mix a tablespoon of oil with the courgettes before adding the feta.



WATERCRESS & PARSNIP PANZANELLA WITH GORGONZOLA, HONEY & RADISHES

The tin opposite didn't last very long once the picture had been shot: everyone kept diving in to fish out bits of honey-drizzled parsnip and gorgonzola. A very moreish warm salad.

Serves: 2
Prep: 10 minutes
Cook: 30 minutes

2 bread rolls (ciabatta, sourdough, bagels), roughly torn

500g parsnips, peeled and cut into 1cm half-moons

1 tablespoon olive oil

1 clove of garlic, crushed

2-3 sprigs of fresh rosemary

1 teaspoon sea salt

120g watercress

100g radishes, thinly sliced

100g gorgonzola

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the torn bread, parsnips, olive oil, garlic, rosemary and sea salt in a roasting tin, then transfer to the oven and roast for 30 minutes.
3. Meanwhile, whisk together the red wine vinegar, extra virgin olive oil, sea salt and black pepper and set aside.
4. Mix the roast parsnips and toasted bread with the watercress, radishes, gorgonzola and dressing. Pile on to plates and drizzle over the honey just before serving.

piccante

1 tablespoon runny
honey

DRESSING

2 teaspoons red wine
vinegar

2 teaspoons extra
virgin olive oil

1 teaspoon sea salt

A good grind of black
pepper



LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA TOPPING

This filling gratin, with its crisp feta topping, is perfect comfort food – the dining equivalent of sitting cosily on the sofa under a blanket. It's good for batch cooking for the week ahead, as any leftovers will keep well for a couple of days in the fridge. This dish is a favourite among friends who helped try out the recipes.

Serves: 4 generously
Prep: 10 minutes
Cook: 40 minutes

30g butter
3 cloves of garlic,
crushed
500g leeks, thinly
sliced
2 teaspoons sea salt
Freshly ground black
pepper
500g vac-packed
cooked Puy lentils
450ml crème fraîche
125g feta cheese,
crumbled

1. Preheat the oven to 180°C fan/200°C/gas 6. Put the butter and garlic into a roasting tin and pop into the oven to melt while you get on with slicing the leeks.
2. Mix the sliced leeks with the melted garlic butter, season well with the sea salt and black pepper, then return to the oven to roast for 20 minutes.
3. After 20 minutes, stir through the Puy lentils, crème fraîche and another good scatter of sea salt, then top with the feta cheese and breadcrumbs. Drizzle with the olive oil, then return to the oven for a further 20–25 minutes, until golden brown on top.

50g panko or fresh
white breadcrumbs
1 tablespoon olive oil

4. Serve the gratin hot, with a mustard or
balsamic dressed green salad alongside.



HONEY ROASTED ROOT VEGETABLE SALAD: WITH BLUE CHEESE & SPINACH

This warming winter salad works well as a light main for two, or alongside a more substantial grain-based dish.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

400g carrots, peeled
and cut into 5mm
slices
400g parsnips, peeled
and cut into 5mm
slices
450g celeriac, peeled
and cut into 5mm
wedges
2 teaspoons paprika
2 tablespoons olive oil
5cm ginger, grated
2 teaspoons sea salt
1 tablespoon honey
45g walnuts, roughly
broken
100g baby spinach

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the carrots, parsnips and celeriac in a roasting tin along with the paprika, oil, ginger and salt, then transfer to the oven and roast for 40 minutes.
3. Drizzle everything with the honey, add the walnuts, then return to the oven for 5 minutes.
4. Meanwhile, whisk the red wine vinegar with the extra virgin olive oil, sea salt and black pepper.
5. Once the vegetables are done, give them 5 minutes to cool down, then tip the spinach and blue cheese into the roasting tin along with the dressing and mix well. Taste and adjust the salt or honey as needed and serve immediately.

leaves

100g blue cheese, e.g.
Stilton

DRESSING

2 teaspoons red wine
vinegar

1 tablespoon extra
virgin olive oil

1 teaspoon sea salt

Freshly ground black
pepper



WENSLEYDALE, PARSNIP & CARROT TART WITH ROSEMARY

I'm not going to deny it – this is a time-consuming dish, in the way that stuffing vine leaves or kibbeh is time-consuming, but worth it. If you feel like a bit of kitchen pottering, then this is the dish for you: there's something curiously soothing about repetitive ribbon rolling. It tastes as good as it looks.

Serves: 4
Prep: 30 minutes
Cook: 40 minutes

1 x 320g ready-rolled puff pastry sheet
2 tablespoons crème fraîche
200g Wensleydale cheese, finely crumbled
2–3 large carrots, peeled
2–3 large parsnips, peeled
1 tablespoon olive oil
2 teaspoons sea salt
Freshly ground black

1. Preheat the oven to 180°C/200°C/gas 6. Unroll the puff pastry on to a large roasting tray, then spread with the crème fraîche, leaving a 2.5cm border around the edge. Scatter over the crumbled cheese.
2. Using a speed peeler, peel the carrots and parsnips into long ribbons and transfer them to a large bowl. Dress with the olive oil, sea salt and black pepper, then roll each ribbon into a small cylinder. Prod each cylinder into the Wensleydale as you go, roughly alternating the white and orange, until the cheese is completely covered in parsnip and carrot roses.

pepper

A few sprigs of fresh

rosemary

2 cloves of garlic

TO SERVE

Green salad

3. Congratulate yourself on a job well done, then scatter the tart with a little rosemary, transfer to the oven and roast for 40 minutes. Serve hot, with a green salad alongside.



CANNELLINI BEAN FALAFEL WITH POTATO WEDGES, SPINACH & POMEGRANATE

A little bit of effort is required before sticking these in the roasting tin, but it's worth it. They are lovely for a light, snacky dinner or as a starter.

Serves: 2-3
Prep: 10 minutes
Cook: 40 minutes

1 x 400g tin of cannellini beans
½ clove of garlic, crushed
50g chives, finely chopped
200g feta cheese, crumbled
2 teaspoons smoked paprika
2 sweet potatoes, peeled and cut into small wedges
1 tablespoon olive oil
½ teaspoon sea salt

1. Preheat the oven to 180°C fan/200°C/gas 6. Pulse the cannellini beans, garlic, chives, feta and smoked paprika together in a food processor until you have a rough, sticky mixture.
2. Tip the sweet potato wedges into a large roasting tin and mix with the olive oil and sea salt. Take walnut-size portions of the falafel mix and roll them into balls, then tuck them around the sweet potato wedges.
3. Transfer to the oven and roast for 40 minutes, until the sweet potatoes are cooked through, and the falafel are golden brown on top.
4. Serve with the spinach, pomegranate seeds and natural yogurt alongside.

TO SERVE

150g baby spinach
leaves

1 pomegranate, seeds
only

4 tablespoons natural
yogurt

*Note: The falafel mix doesn't get sufficiently sticky if you try to hand
mix it, so do use a food processor.*



HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKES, OLIVES & FETA

Stuffed peppers – retro or fantastic? As with pineapple upside-down cake, I think they are both. These lovely parcels, stuffed with rich artichokes and feta, are a far cry from the ones that turned up in school dinners, and show just how lovely stuffed vegetables can be.

Serves: 4
Prep: 10 minutes
Cook: 35 minutes

4 long red peppers,
halved lengthways and
deseeded
1 x 280g jar of
artichokes, roughly
chopped
200g feta cheese,
crumbled
100g pine nuts
Freshly ground black
pepper
25g fresh flat-leaf
parsley, finely chopped
1 lemon, zest and juice
50g breadcrumbs

1. Preheat the oven to 200°C fan/220°C/gas 7. Arrange the halved peppers in a lined roasting tin with plenty of room around them.
2. Mix the artichokes, feta cheese, pine nuts, black pepper, parsley, lemon zest and juice and half the breadcrumbs, and stuff the mixture into the halved peppers.
3. Top with the remaining breadcrumbs, drizzle over the olive oil, then transfer to the oven to roast for 30–35 minutes, until the peppers are softened and slightly charred around the edges and the topping is crisp and golden.
4. Serve hot, with a crunchy green salad and good bread alongside.

1 tablespoon olive oil

TO SERVE

Focaccia or good
bread

Crunchy green salad



STUFFED ROASTED FENNEL & MUSHROOMS WITH GRUYERE

Fennel is a divisive issue in my kitchen – I like it, my boyfriend doesn't: he has been known to pick all the fennel out of dishes that I've asked him to try from this book. So this dish has hidden fennel in the mushrooms, and obvious fennel for the rest of us.

Serves: 2
Prep: 15 minutes
Cook: 40 minutes

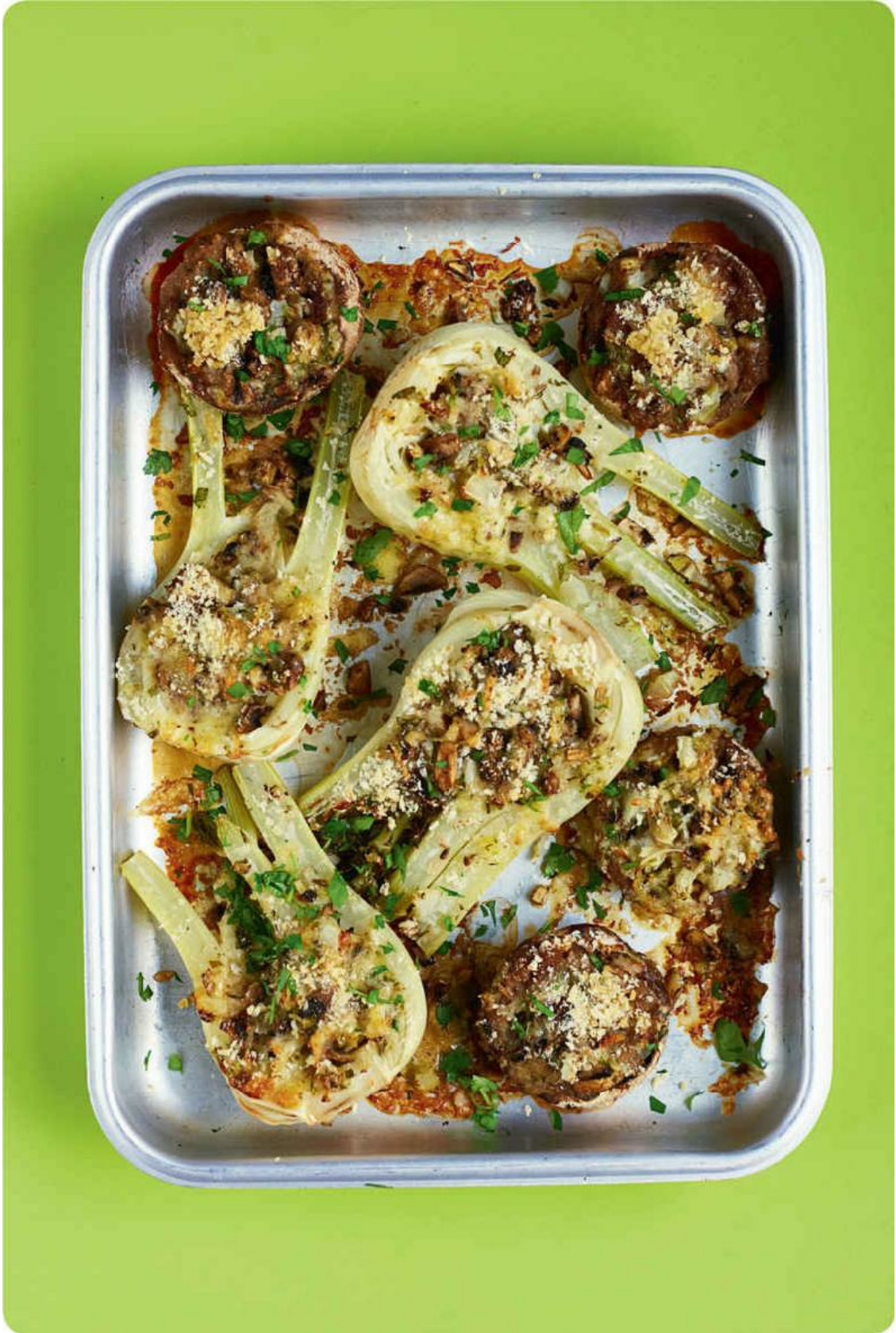
2 plump fennel bulbs,
halved
150g chestnut
mushrooms, finely
chopped
75g Gruyère cheese,
grated
15g fresh tarragon,
finely chopped
1 lemon, zest only
1 teaspoon sea salt
Freshly ground black
pepper
4 portobello
mushrooms, stems

1. Preheat the oven to 180°C fan/200°C/gas 6. Carefully cut out the centre of each fennel bulb, leaving a 'shell' behind. Chop the remaining flesh, and mix it with the chopped mushrooms, Gruyère, tarragon, lemon zest, salt and pepper.
2. Stuff this mixture into the fennel shells and the mushroom cups, then cover each with the breadcrumbs. Drizzle with olive oil, then transfer to the oven and roast for 40 minutes, until the tops are golden brown and crisp.
3. Serve with a salad and crusty bread alongside.

removed

40g white
breadcrumbs

1 tablespoon olive oil



RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER TOPPING

This casserole is incredibly warming for a cold autumn night – rich with wine and mushrooms and with herby cheese scones as a topping. You can easily double this up to serve more people – just use a really large roasting tin.

Serves: 2
Prep: 10 minutes
Cook: 40 minutes

300g mini portobello mushrooms
250g chestnut mushrooms, halved
3 cloves of garlic, crushed
2 teaspoons sea salt
1 onion, roughly chopped
2–3 sprigs of fresh rosemary
1 tablespoon olive oil
200ml good red wine
2 teaspoons cornflour

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the mushrooms, garlic, sea salt, onion and rosemary with the olive oil in a roasting tin or lasagne dish, then transfer to the oven and roast for 20 minutes.
2. Meanwhile, in a food processor or by hand, mix the flour, cream of tartar and sea salt with the butter until it looks like fine sand, then stir in the herbs, three-quarters of the cheese and the pepper. Add the milk, and bring everything together gently into a scone dough. Cover and chill until needed.
3. Once the mushrooms have had their 20 minutes, mix a tablespoon of the red wine with the cornflour then stir it into the mushrooms

150ml vegetable stock

along with the remaining wine and the stock.

SCONES

250g plain flour

1½ teaspoons cream of tartar

1 teaspoon sea salt

35g cold butter, cubed

25g fresh parsley or basil, finely chopped

60g extra mature cheddar, grated

Freshly ground black pepper

100ml milk

1 egg, lightly beaten

4. Form the scone dough into walnut-size portions and dot them over the mushrooms, flattening each slightly. Brush with the beaten egg, top with the reserved cheese, then return to the oven for 20 minutes – the scones should be golden brown and crisp, and the sauce thick and reduced. Leave to sit for 5 minutes, then serve hot.



CRISPY SPROUT & ARTICHOKE GRATIN WITH LEMON & BLUE CHEESE

Not everyone shares my love for sprouts, but this might convert the most hardened sceptic. Rich artichoke is a lovely pairing in this rich, crisp gratin – perfect for a cold night.

Serves: 4
Prep: 10 minutes
Cook: 25 minutes

400g Brussels sprouts, halved
175g jarred artichokes, roughly chopped
1 tablespoon oil from the jarred artichokes
300ml single cream
1 tablespoon lemon juice
100g stilton, crumbled
A good grind of black pepper
50g panko breadcrumbs

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix the sprouts, artichokes, oil, single cream and lemon juice together in a roasting tin, then top with the crumbled stilton, black pepper and panko breadcrumbs. Transfer to the oven and roast for 25–30 minutes, until the top is golden brown and bubbling.
3. Serve hot, with thinly sliced toasted sourdough alongside.



CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS, FETA & LIME

This dish feels like a festival to me, with its bright colours and textures – crispy black beans, soft feta, spiced squash and toasted corn on the cob. Serve as part of a Mexican style sharing feast, or on its own with coriander rice.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

750g squash, cut into
1cm slices

4 sweetcorn

1 x 400g tin of black
beans, drained and
rinsed

1 teaspoon chipotle
chilli flakes

1 teaspoon ground
coriander

1 teaspoon ground
cumin

1 teaspoon salt

2 tablespoons olive oil

1 lime, juice only

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Mix together the squash, sweetcorn and black beans in a roasting tin along with the spices, salt and olive oil, then transfer to the oven and roast for 45 minutes.
3. Squeeze over the lime juice, then scatter over the feta, coriander and spring onions. Serve with the sour cream and rice alongside.

200g feta cheese,
crumbled

25g fresh coriander,
finely chopped

2 spring onions, finely
chopped

TO SERVE

4 heaped tablespoons
sour cream

Coriander rice (see
[here](#))



Chipotle Roasted Sweetcorn with Squash, Black Beans, Feta & Lime



VEGETARIAN

6 | SLOW

AN HOUR +
IN THE OVEN



VEGETARIAN | **SLOW RECIPE LIST**

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE

AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE & WALNUTS

HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS & FETA

ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH,
POMEGRANATE, WATERCRESS & FETA

BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S CHEESE
& WALNUTS

RICH POTATO & MUSHROOM GRATIN WITH CREAM &
REBLOCHON

SWEET POTATOES WITH TALEGGIO, ONIONS & BASIL

HERB STUFFED ROASTED ONIONS WITH CHERRY TOMATOES &
CANNELLINI BEANS

LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC
WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH BULGUR
WHEAT & FETA

CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN HASH
WITH BAKED EGGS

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE

These beautiful little pumpkins are a real showstopper. You can find them in supermarkets around Hallowe'en, or alternatively use very small squash. They can be very be very hard to cut so you will need a sharp, strong knife.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

4 mini pumpkins
Sea salt
16 fresh sage leaves
250g soft goat's cheese
2 teaspoons chilli flakes
2½ tablespoons olive oil
½ teaspoon chilli powder

1. Preheat the oven to 180°C fan/200°C/gas 6. Carefully slice the top off each pumpkin, then using a small sharp knife, cut around the cavity containing the seeds. Scoop these out with a spoon and set aside.
2. Season the inside of each cavity with a good pinch of sea salt, then line with two sage leaves. Stuff each with a quarter of the goat's cheese, then scatter over the chilli flakes before replacing the lid. Rub each pumpkin with ½ tablespoon of the olive oil, scatter with a little more salt, and top each pumpkin with more sage leaves, making sure there's plenty of oil on the leaves too. Transfer to the oven and roast for 1 hour.
3. Rub the pumpkin seeds with kitchen paper to get rid of any flesh and toss with ½ tablespoon of olive oil, the chilli powder and a pinch of sea salt. Ten minutes before the pumpkins are ready, tip the seeds into the roasting tin alongside, then return to the oven.

4. Serve the pumpkins whole, along with a green salad.



AUBERGINE & FENNEL GRATIN WITH GOAT'S CHEESE & WALNUTS

Aubergine is often paired with a tomato sauce in a gratin, but it works beautifully with crème fraîche, goat's cheese and nutmeg in this warming layered fennel dish. The walnuts add extra crunch and flavour to the golden breadcrumb topping.

Serves: 4
Prep: 15 minutes
Cook: 45 minutes

600ml crème fraîche
2 teaspoons sea salt
Freshly ground black pepper
25g fresh flat-leaf parsley, finely chopped
1 teaspoon grated nutmeg
2 medium aubergines, thinly sliced into rounds
500g fennel, thinly sliced
125g soft goat's cheese, crumbled

1. Preheat the oven to 180°C fan/200°C/gas 6. Mix the crème fraîche with the sea salt, black pepper, parsley and nutmeg.
2. Place half of the aubergine slices into the tin, followed by half the fennel and half the crème fraîche and goat's cheese. Repeat these layers, then scatter the top layer of crème fraîche and cheese with the breadcrumbs and walnuts.
3. Drizzle with the olive oil, then transfer to the oven and bake for 45 minutes, until the top is golden brown and crisp, and the gratin is bubbling.
4. Leave to sit for 10 minutes to cool down before serving with plenty of crusty bread

50g white
breadcrumbs

50g walnuts, roughly
chopped

1 tablespoon olive oil

Note: To get the fennel sliced really thinly, you can carefully use a mandolin or the slicing blade on a food processor.

TO SERVE

Crusty bread

HASSELBACK SQUASH WITH ROASTED ONIONS, LEEKS & FETA

Hasselback squash seems to be in vogue at the moment: think Hasselback potatoes, but bigger – they make a good-looking centrepiece. This dish incorporates leeks, which soften and squash down into a lovely rich gravy.

Serves: 4

Prep: 15 minutes

Cook: 1 hour 10 minutes

1 medium butternut squash

A handful of fresh rosemary

A handful of fresh thyme

6 bay leaves

2 red onions, halved crossways

2 leeks, cut into 2.5cm logs

50g butter, thinly sliced

1 teaspoon sea salt

300ml vegetable stock

4 tablespoons crème fraîche

100g feta cheese, crumbled

1. Preheat the oven to 180°C fan/200°C/gas 6. Carefully halve the squash, remove the seeds, then place cut side down on a board. Cut almost all the way through the squash, but not quite – you want a series of parallel cuts, as if making a hedgehog.
2. Stuff each cut alternately with rosemary, thyme and bay, then transfer to a roasting tin along with the onions and leeks. Lay the sliced butter over the squash and onions, and season with the sea salt. Pour the stock into the tin, then transfer to the oven and roast for 1 hour 10 minutes.
3. Prod the softened leeks with a wooden spoon and stir through the crème fraîche. Scatter the crumbled feta over the squash, and serve alongside the onion and leek gravy.

ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH, POMEGRANATE, WATERCRESS & FETA

This is a vibrant, elegant dinner: the pearl barley cooks beautifully in the oven along with the squash, with the fresh elements added just at the end. Excellent for lunchboxes the next day, too.

Serves: 4
Prep: 15 minutes
Cook: 1 hour

1 x 750g squash,
peeled and cut into
1cm chunks

All the seeds from the
squash (or a handful of
pumpkin seeds if that's
easier)

Sea salt

1 teaspoon olive oil

300g pearl barley,
rinsed

700ml boiling
vegetable stock

2 cloves of garlic,
crushed

1 bag of watercress,
roughly chopped

1 tablespoon lime juice

1 tablespoon extra
virgin olive oil

100g feta cheese,
crumbled

1 pomegranate, seeds
only

Freshly ground black
pepper

1. Preheat the oven to 200°C fan/220°C/gas 7. Tip the squash chunks into the roasting tin, then spread the seeds you've saved from the squash on another baking tray and rub with a pinch of sea salt and the olive oil.
2. Mix the pearl barley, vegetable stock and crushed garlic with the squash chunks, then cover tightly with foil and transfer to the oven to cook for 1 hour. Pop the tray with the seeds in alongside after 50 minutes.
3. Once the squash and pearl barley have had an hour, remove from the oven and stir through the watercress, lime juice and extra virgin olive oil.
4. Top with the feta, pomegranate seeds and toasted seeds. Season with sea salt and black pepper to taste and serve hot.



BASIL & THYME ROASTED ONIONS WITH SQUASH, GOAT'S CHEESE & WALNUTS

This is such a lovely autumnal dish and looks beautiful when brought to the table: it's the favourite of this book's designer, Pene. Serve with a green salad and good bread.

Serves: 4
Prep: 10 minutes
Cook: 50 minutes

600g butternut squash, peeled and cut into 1cm chunks

4 medium onions, halved

1 tablespoon olive oil

1 teaspoon sea salt

Freshly ground black pepper

4 cloves of garlic, unpeeled and halved

8 fresh basil leaves

A handful of fresh thyme sprigs

125g soft goat's cheese (without rind)

1. Preheat the oven to 200°C fan/220°C/gas 7. Arrange the squash and onions in a single layer in a roasting tin or large lasagne dish, the onions cut side up. Mix everything well with the olive oil, then scatter over the salt and black pepper.
2. Top each halved onion with half a clove of garlic, a basil leaf and a sprig of thyme and scatter the remaining thyme over the squash. Transfer to the oven and roast for 40 minutes.
3. Remove the dish from the oven and roughly break the goat's cheese over the onions and squash in large chunks, making sure each onion gets a piece of cheese over it. Scatter over the walnuts, then return to the oven for a further 10 minutes, until the onions are soft through

A handful of roughly
broken toasted
walnuts

DRESSING

30g fresh basil, very
finely chopped

3 tablespoons olive oil

1 teaspoon sea salt

½ tablespoon lemon
juice

when pierced with a fork.

4. Meanwhile, mix the chopped basil, olive oil, sea salt and lemon juice together. Once the onions are ready, pour over the dressing, and serve hot.

Note: If your onions are large, give them 50 minutes in the oven before topping with the goat's cheese.



RICH POTATO & MUSHROOM GRATIN WITH CREAM & REBLOCHON

Somewhere between a tartiflette and a dauphinoise, this rich gratin takes elements from both and combines them for a very satisfying, if calorific, winter dish. (I have been known to have leftovers for breakfast.) If you can't find a reblochon, substitute Gruyère and layer it in between the gratin as well. Serve with a green salad.

Serves: 6
Prep: 15 minutes
Cook: 1 hour

1kg Maris Piper potatoes, sliced paper thin
1 onion, finely sliced
300g chestnut mushrooms, thinly sliced
Sea salt
Freshly ground black pepper
Fresh nutmeg
2 cloves of garlic, grated
800ml double cream

1. Preheat the oven to 180°C fan/200°C/gas 6. Butter a medium-sized roasting tin or lasagne dish, then add a layer of potatoes, followed by onions and mushrooms. Season with a generous pinch of sea salt, black pepper and a grating of nutmeg, then repeat the layers, seasoning between each, finishing with a layer of potatoes.
2. Mix the garlic with the double cream, another good pinch of salt, pepper and grated nutmeg, then pour it all over the potatoes. Top with the reblochon, scatter over the sage leaves, then transfer to the oven and cook for 1 hour.

1 x 240g reblochon
cheese

10–12 fresh sage
leaves

TO SERVE

Green salad

3. Let the gratin sit for 10 minutes, then serve with a crisp green salad alongside.

Note: It might seem like you're adding a lot of salt, but the potatoes absolutely drink it in: you may need to serve salt on the table so people can season to taste.



SWEET POTATO WITH TALEGGIO, ONIONS & BASIL

Whole roasted sweet potato was a university staple, given a new lease of life by my friend Laura. She perfected softening finely chopped red onions and garlic together to pile into the hot potatoes, along with a good dollop of Greek yogurt. This version, with rich taleggio and a basil dressing, is perfect comfort food.

Serves: 4
Prep: 15 minutes
Cook: 1 hour

4 sweet potatoes
(about 1kg)
2 red onions,
quartered
1 tablespoon olive oil
1 teaspoon sea salt
A handful of lemon
thyme sprigs
200g taleggio, thickly
sliced

DRESSING

30g fresh basil, very
finely chopped

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Prick the sweet potatoes all over with a fork, then tip them into a roasting tin with the quartered onions. Rub the potatoes and onions with the oil and salt, then scatter over the lemon thyme. Transfer to the oven and roast for 55 minutes.
3. For the dressing, mix the chopped basil with the olive oil, garlic, sea salt and lemon juice and set aside.
4. When the sweet potatoes have had 55 minutes, take the tray out of the oven and cut a cross into each potato – they should be

3 tablespoons olive oil
1 clove of garlic, finely
grated
1 teaspoon sea salt
½ tablespoon lemon
juice

wonderfully soft inside. Lay the slices of taleggio inside the potatoes, then return to the oven for a further 5 minutes for the cheese to melt. Serve hot, with the onions and dressing alongside.



HERB STUFFED ROASTED ONIONS WITH CHERRY TOMATOES & CANNELLINI BEANS

In this dish, the onions are stuffed with butter and herbs and roasted whole. They make a lovely simple dinner along with the easy tomato and cannellini bean stew.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

4 red onions
A handful of fresh thyme sprigs
A handful of fresh rosemary sprigs
75g butter
1 x 400g tin of cannellini beans, drained and rinsed
250g cherry tomatoes
200ml vegetable stock
2 bay leaves
Sea salt
Freshly ground black pepper

1. Preheat the oven to 180°C fan/200°C/gas 6. Cut a tiny section off the base of each onion, so that it sits upright, then cut a deep cross in it, making sure not to cut all the way through. Transfer to a roasting tin, and stuff each one with a few sprigs of rosemary and thyme and a quarter of the butter.
2. Tip the cannellini beans, tomatoes and stock into the tin alongside the onions and add the remaining herbs and the bay leaves. Season the onions and tomatoes well with sea salt and black pepper, then transfer to the oven and roast for 1 hour.
3. Once cooked through, season the cannellini beans with the lemon juice and salt to taste. Scatter over the crumbled feta and parsley and

½ lemon, juice only

100g feta cheese,
crumbled

A handful of fresh flat-
leaf parsley, roughly
chopped

serve hot.

LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

This is such a rich dish – parmesan, egg and truffle were made to go with roast potatoes. The celeriac adds freshness, and there's pepper from the watercress – perfect. You can easily cook the eggs in the tin for the last 10 minutes, as with the roast potato hash [here](#), but I prefer the look and texture of soft-boiled eggs with this.

Serves: 4
Prep: 10 minutes
Cook: 45 minutes

500g Maris Piper potatoes, peeled and cut into 2.5cm chunks

500g celeriac, peeled and cut into 2.5cm chunks

3 cloves of garlic

1 tablespoon olive oil

1 teaspoon sea salt

Freshly ground black pepper

4 free-range eggs, at room temperature

100g watercress, roughly chopped

50g walnuts, toasted

25g parmesan, shaved

DRESSING

2 tablespoons olive oil

½ tablespoon lemon juice

1. Preheat the oven to 180°C fan/200°C/gas 6. Tip the potatoes, celeriac and garlic into a roasting tin and mix well with the olive oil, sea salt and black pepper. Transfer to the oven and roast for 45 minutes, until the potatoes are crisp and cooked through.
2. Mix all the dressing ingredients together. Truffle oil comes in varying strengths, so you may wish to add a little more along with the lemon juice, a drop at a time, until you're happy with the taste.
3. Just before the potatoes are ready, bring a pan of water to the boil, then gently lower in the eggs and cook for 4–5 minutes for a runny yolk. Remove to a bowl of cold water and peel when cool enough to handle.
4. Mix the potatoes with the chopped watercress and top with the halved boiled eggs. Drizzle the dressing over everything, scatter over the walnuts and parmesan and serve hot.

1 teaspoon good-
quality truffle oil

1 teaspoon sea salt

Freshly ground black
pepper



Lux Warm Winter Salad: Roasted Potatoes & Celeriac with Truffle, Parmesan & Soft-Boiled Eggs

BUTTER ROASTED HARISSA LEEKS & BEETROOT WITH BULGUR WHEAT & FETA

This tasty all-in-one dish is as good for dinner as it is for lunchboxes the next day. Harissa paste does tend to vary in strength, so try a tiny bit before you start to assess the level of heat, and put a bit more or less in the recipe as you prefer.

Serves: 2 generously
Prep: 10 minutes
Cook: 1 hour

350g beetroot, diced into 1cm chunks
2 leeks (450g), cut into 2.5cm logs
1-2 tablespoons rose harissa
1 tablespoon softened butter
1 teaspoon sea salt
200g bulgur wheat
400ml boiling vegetable stock
100g feta cheese
A handful of fresh coriander, roughly chopped
4 tablespoons natural yogurt

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Rub the beetroot and leeks all over with the harissa and butter in a roasting tin. Scatter over the salt, then transfer to the oven and roast for 45 minutes.
3. Give the vegetables a good mix, then stir in the bulgur wheat and vegetable stock. Return to the oven for 15 minutes, uncovered.
4. Scatter over the feta cheese and coriander and serve hot, with the yogurt on the side.



CRUNCHY ROAST POTATO, ARTICHOKE & SPRING GREEN HASH WITH BAKED EGGS

This is as good for a weekend breakfast as it is for a warming dinner: all your food groups in one gloriously crisp, eggy hash. The chilli yogurt brings everything together and you could scatter it with chopped coriander or any other soft herbs to finish if you wish.

Serves: 4
Prep: 10 minutes
Cook: 1 hour

800g floury potatoes
(e.g. Maris Piper),
peeled and cut into
2.5cm chunks
2 x 280g jars of sliced
artichokes, drained
2 tablespoons oil from
the artichokes
2 cloves of garlic,
crushed
2 teaspoons sea salt
A good grind of black
pepper
200g spring greens,
roughly sliced

1. Preheat the oven to 200°C fan/220°C/gas 7.
2. Mix the potatoes, artichokes, oil, garlic, salt and black pepper in a roasting tin, then transfer to the oven and roast for 50 minutes.
3. Reduce the heat to 150°C fan/170°C/ gas 4, and remove the tin from the oven. Stir through the spring greens, then create four indentations in the vegetables and crack an egg into each one. Season the eggs with a little salt, then return to the oven for a further 10 minutes, until the whites of the eggs are just set.
4. Meanwhile, mix the chilli sauce with the natural yogurt. Serve alongside the eggs and

4 free-range eggs
½ tablespoon sriracha
or your favourite hot
chilli sauce
3 tablespoons natural
yogurt

potatoes as soon as they're out of the oven.



Crunchy Roast Potato, Artichoke & Spring Green Hash with Baked Eggs



RECIPE PAIRINGS

INDIAN FEAST

SPICED ROASTED CARROT & BEAN CURRY (V)

BEETROOT, CHICKPEA & COCONUT CURRY (V)

CRISPY TAMARIND SPROUTS WITH PEANUTS & SHALLOTS (V)

OKRA & CHICKPEA CURRY WITH ALMONDS (V)

SIMPLE ALL-IN-ONE DAAL WITH ROASTED SHALLOTS, CORIANDER, POMEGRANATE & CASHEWS (V)

SQUASH & SPINACH CURRY (V)

SOUTH EAST ASIA

WHOLE ROASTED CABBAGE QUARTERS WITH SICHUAN PEPPER, SESAME & MUSHROOMS (V)

SMOKED TOFU WITH FENNEL, PAK CHOI & PEANUT SATAY DRESSING (V)

MISO AUBERGINES WITH TOFU, SESAME & CHILLI (V)

LIME & CORIANDER MUSHROOMS WITH PAK CHOI & ASPARAGUS (V)

GADO GADO: INDONESIAN SALAD WITH WARM POTATOES, GREEN BEANS, BEANSPROUTS & PEANUT-COCONUT DRESSING (V)

ALL-IN-ONE STICKY RICE WITH BROCCOLI, SQUASH, CHILLI & GINGER (V)

LIGHT LUNCH

LUNCHBOX PASTA SALAD: QUICK ROAST BROCCOLI WITH OLIVES, SUN-DRIED TOMATOES, BASIL & PINE NUTS (V)

ROASTED RED CABBAGE WITH CRISP GARLIC CROUTONS, APPLE, RAISINS & LAMB'S LETTUCE (V)

CARROT & TALEGGIO TARTE TATIN

ROSEMARY ROASTED CHICORY & RADISH SALAD WITH ASPARAGUS & ORANGE (V)

MIDDLE EASTERN

ROASTED CAULIFLOWER WITH CHICKPEAS, SPRING GREENS, LEMON & TAHINI (V)

PERSIAN MUSHROOMS WITH POMEGRANATE & WALNUTS (V)

WHOLE ROASTED CAULIFLOWER WITH RAS EL HANOUT, PEARL BARLEY & POMEGRANATE (V)

AUBERGINE WITH TOMATOES, HARISSA & ALMONDS (V)

ALL-IN-ONE JEWELLED PEARL BARLEY WITH SQUASH, POMEGRANATE, WATERCRESS & FETA

CRISP CAULIFLOWER STEAKS WITH HARISSA & GOAT'S CHEESE

SOUTH AMERICAN SHARING FEAST

FAJITA SPICED MUSHROOMS & PEPPERS WITH STILTON & SOUR CREAM

THREE BEAN CHILLI WITH AVOCADO SALSA (V)

CHIPOTLE ROASTED SWEETCORN WITH SQUASH, BLACK BEANS, FETA & LIME

Note: Make the chilli ahead – the oven will get too steamy for the sweetcorn to roast if you put them both in at the same time.

AUTUMNAL DINNERS

GENTLY SPICED PEARL BARLEY WITH TOMATOES, LEEKS, DILL & PINE NUTS (V)

SWEET DREAMS ARE MADE OF GREENS (V) *(omit the quinoa)*

CREOLE SPICED LEEK & MUSHROOM TART

BASIL & THYME ROASTED ONIONS WITH SQUASH, GOATS CHEESE & WALNUTS

WHOLE STUFFED MINI PUMPKINS WITH SAGE & GOAT'S CHEESE

QUICK ROASTED FENNEL & BULGUR WHEAT WITH MOZZARELLA, FIGS, POMEGRANATE & DILL

WEEKEND LUNCH

LEEK & PUY LENTIL GRATIN WITH A CRUNCHY FETA TOPPING

WATERCRESS & PARSNIP PANZANELLA WITH GORGONZOLA,

HONEY & RADISHES

RED WINE MUSHROOM CASSEROLE WITH A CHEESE COBBLER
TOPPING

HONEY ROASTED ROOT VEGETABLE SALAD WITH BLUE CHEESE &
SPINACH

SQUASH & GORGONZOLA TART WITH FIGS & PECANS

LUX WARM WINTER SALAD: ROASTED POTATOES & CELERIAC
WITH TRUFFLE, PARMESAN & SOFT-BOILED EGGS

PICNIC TABLE

THE MOST INDULGENT QUICK COOK QUICHE; BROCCOLI,
GORGONZOLA, CHILLI & WALNUT

ROASTED TOMATO, RED PEPPER & ARTICHOKE PANZANELLA
WITH TARRAGON & LEMON

HERBY ROASTED PEPPERS STUFFED WITH ARTICHOKE, OLIVES &
FETA

RAINBOW TABBOULEH WITH AVOCADO, RADISHES &
POMEGRANATE



ACKNOWLEDGEMENTS

Cookbooks are always a collaborative process, and I was delighted to have the same team on this book as for the last. Thanks are owed to Rowan Yapp, Harriet Dobson and the team at Square Peg for taking on another book and for their patience and support throughout the writing and testing, and to Pene Parker for the beautiful design, art direction and help on the shoot. I was incredibly lucky to work with the brilliant David Loftus again on the photographs for the book – thank you so much for making it look wonderful, and for your and Ange’s amazing support. Grace Helmer – the illustrations are stunning, thank you so much.

Team Glengyle – what would I do without you? Danielle Adams Norenberg, Christine Beck, Emma Drage and Laura Hutchinson, thank you so much for the thorough recipe testing, advice and general brilliance – I’ve learned so much from all of you, both in and out of the kitchen.

This sort of cookbook isn’t a literary masterpiece (though Alice would approve on account of the many pictures and few words), but I’d like to thank Megan Smedley and Vic Northwood for their early encouragement at a time when it was much needed. It was a privilege to be in your classes, and I was extremely lucky to have you both as teachers.

My family, Parvati, Vijay and Padmini Iyer, are absolutely the best cheerleaders – Ma, thank you so much for your thorough and enthusiastic help recipe testing again; Dad, thank you for your unwavering belief in my abilities; Padz, as tempting as it is to write ‘Not you!’, Boosh style, you are the best – please can I move into your retirement community? I will do the cooking as long as I don’t have to play Gloomhaven.

Ross, the man in my pics – your feedback on every dish in this book was invaluable, from the occasional, slightly pained ‘This needs work’, through to enthusiastic assent and polished-off plates. Thank you for not minding my kitchen takeover, I know you can’t wait to go back to using three saucepans, five steamers, one wok and twelve garlic crushers for every weeknight dinner now that this book is finished. This book is for you.



This ebook is copyright material and must not be copied, reproduced, transferred, distributed, leased, licensed or publicly performed or used in any way except as specifically permitted in writing by the publishers, as allowed under the terms and conditions under which it was purchased or as strictly permitted by applicable copyright law. Any unauthorised distribution or use of this text may be a direct infringement of the author's and publisher's rights and those responsible may be liable in law accordingly.

Epub ISBN: 9781473556515

Version 1.0

10 9 8 7 6 5 4 3 2 1

VINTAGE

20 Vauxhall Bridge Road,
London SW1V 2SA

Vintage is part of the Penguin Random House group of companies whose addresses can be found at global.penguinrandomhouse.com.



Penguin
Random House
UK

Text copyright © Rukmini Iyer 2018

Rukmini Iyer has asserted her right to be identified as the author of this Work in accordance with the Copyright, Designs and Patents Act 1988

First published by Square Peg in 2018

Penguin.co.uk/vintage

Design by Pene Parker

Photography by David Loftus

Prop styling by Pene Parker

Food styling by Rukmini Iyer

Illustrations by Grace Helmer

A CIP catalogue for this book is available from the British Library