4 veggie recipes I like cooking

AFRICAN SWEET POTATO STEW

SERVES 4-6
PREPARATION 20 minutes COOKING TIME 40-45 minutes FREEZING Suitable CALS/SERVINC 305-205

1 onion
4 tbsp groundnut oil(or oil of your choice)
2 garlic cloves, peeled and crushed
2 tsp grated fresh root ginger
1/2 tsp cayenne pepper
350g sweet potatoes
1 tbsp mild or medium curry paste
1/2 pint passata
1/2 pint vegetable stock
225g spinach leaves, trimmed
225g button mushrooms
4 tbsp peanut butter
2 tbsp chopped fresh coriander
salt and pepper coriander sprigs, to garnish

1 Cook the mushrooms in a large pan, that you will use for the rest of the dish (must have a lid), and stir-fry for 4-5 minutes until beginning to release their juices then set aside.

2 Peel and chop the onion. Heat 3 tbsp of the oil in a saucepan, add the onion, garlic, ginger and cayenne and fry gently for 10 minutes.

3 Meanwhile, peel the sweet potatoes and cut into cubes.
Add the curry paste to the onion mixture and cook, stirring, for 1 minute. Add the sweet potatoes, stir to coat with the onion mixture and fry for 3-4 minutes. Add the passata and stock. Bring to the boil, cover and simmer for 15-20 minutes until the potatoes are almost tender

4 Meanwhile, roughly shred the spinach leaves. Add mushrooms to the potatoes with the spinach and cook for a further 5 minutes or until the vegetables are cooked through.

5 Mix a few spoonful's of the stew juices with the peanut
butter to soften it slightly, then stir back into the pan. Add the coriander, season with salt and pepper to taste and heat through. Serve garnished with coriander sprigs.

Good Housekeeping Step by Step Vegetarian Cookbook - recipe modified by me

Pasta with broccoli, dolcelatte and pine nuts

Lemon zest and juice combine with pretty purple sprouting or normal green broccoli to bring real freshness to simple pasta dressed with good olive oil and rich, creamy dolcelatte cheese. This is one of those supper dishes that tastes so good it's hard to believe that it's been so easy to make.
Preparation time: 10 minutes Cooking time: 15 minutes Serves: 2

A few mushrooms
200g dried pasta, such as rigatoni or fusilli
225g purple sprouting broccoli, washed
100g dolcelatte cheese, broken into small pieces
Juice and grated zest of 1 lemon
50g pine nuts, toasted
2 tbsp extra virgin olive oil
Freshly ground black pepper

1 Add a little oil to one of the pans you will be using and cook the mushrooms until they begin to release their juices then set aside

2 Bring a very large pan of cold water to the boil and add a pinch of salt. Add the pasta to the pan and cook for 10-12 minutes, or until just cooked.

3 Meanwhile, simmer the purple sprouting broccoli in a medium pan of boiling water for 4-5 minutes, until just tender.

4 Drain the pasta and purple sprouting broccoli and return both to the hot pasta pan along with the mushrooms, dolcelatte cheese, lemon juice and zest, pine nuts and olive oil. Season generously with black pepper then place over a low heat and toss together well. Spoon into serving bowls and eat at once, with a green salad.

Sausage & leek gnocchi

Hearty potato gnocchi and sausages in a creamy, cheesy sauce equals a weeknight family favourite
SERVES 4 READY IN 30 MINS

1 tsp rapeseed oil or whatever you normally use
8 Quorn Sausages
1 leek, sliced
3 cloves garlic
30ml 50% Less Fat Crème Fraiche
1 reduced-salt chicken stock cube made up to 400ml
500g bag of Gnocchi
15g Grated Hard Cheese
175g Cherry tomatoes halved
5g basil leaves, to serve

1 Cook the sausages and cook for 10 mins until starting to crisp up. Remove from the pan, put in a bowl, cut each sausage into quarters then set aside.

2 In the same pan, add the leek and cook for 5-10 mins on a low-medium heat until softened. Add the garlic and cook for 2 mins.

3 Pour in the crème fraiche then the stock and stir until combined and starting to bubble. Add the sausages and stir through.

4 Add the gnocchi and cook for 5 mins until bubbling. Stir in 10g of the cheese and the tomatoes and cook for 1 min.

5 To serve, sprinkle with the remaining 5g grated cheese, some freshly ground black pepper and the basil leaves.

If making for 2 then half the quantities and use a 200g bag of Gnocchi ---- Thanks to Asda for this recipe

Pasta with Courgettes & Balsamic Vinegar

Serves 2 Preparation: 10 mins Cooking time: 25 mins
Freezing: Not suitable

1 small onion
1 garlic clove
2 courgettes
Extra-virgin olive oil
A few pine nuts
1 tbsp chopped fresh parsley
salt and pepper
1 tbsp water
80 g fresh or dried tagliatelle, pappardelle or shapes
1 tbsp balsamic vinegar
Freshly grated Parmesan or pecorino cheese

1 - Peel and finely chop the onion and garlic. Thinly slice the courgettes.

2 - Toast the pine nuts (in the pan you will use for cooking the pasta) over a medium high heat until lightly browned. Transfer to a small bowl and set aside.

3 - Start cooking the pasta in a large pan (the one you used above) of boiling salted water until al dente. (Fresh pasta ribbons will need only 2 to 3 minutes cooking time.)

4 - Add the oil to another pan. Stir in the onion and garlic and cook over a gentle heat for 2 minutes to soften. Add the courgettes and increase the heat. Cook, stirring for about 4 minutes until just beginning to brown.

5 - Add the parsley, seasoning and water to the pan. Cover, and cook gently for 5 minutes.

6 - Uncover the courgettes and cook for a moment or two over a high heat, stirring gently, until excess liquid has evaporated. Remove from the heat and sprinkle with the balsamic vinegar and pine nuts.

7 - Drain the pasta thoroughly and add to the courgettes with two thirds of the grated cheese. Toss to mix. Serve at once, sprinkled with the remaining cheese.

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