

# Vegetarian recipes

## Caribbean black bean and red pepper salsa

A spicy and refreshing salsa, full of flavour and great for picnics.



Serves: 6

Time: 1 hour 20 minutes

### Ingredients

- 1 tin black beans or red kidney beans, drained
- half a cucumber, finely chopped
- 100g sweetcorn
- 250g fresh tomatoes, finely chopped
- 4 spring onions, finely chopped
- 1 red pepper, finely chopped

**For the dressing:**

- 2 tablespoons vegetable oil
- 1 clove garlic, crushed
- 4 tablespoons red wine vinegar
- Juice of 1 lime
- 1 teaspoon hot pepper sauce
- quarter of a teaspoon Worcestershire sauce
- Freshly ground black pepper

## Method

1. Whisk the dressing ingredients together in a large salad bowl.
2. Simply toss the salad ingredients in the dressing and leave to stand for one hour in the fridge to allow the flavours to develop.

## Nutritional Information

Each serving provides	Amount in grams
Energy	511 kilojoules/122 kilocalories
Fat	5
Saturates	0.38
Sugar	6.4
Salt	0.27

Typical values per 100g: Energy 259kJ/62kcal.

Read more on our [Healthy recipes page](#).

## Carrot and orange soup

This is a classic flavour combination with zesty oranges and sweet carrots. It works perfectly as a starter or a light meal.



Serves: 4

Time: 1 hour

## Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 4 medium carrots, peeled and sliced
- 1 leek, washed and finely sliced
- 1 orange, zest and juice
- 75g pudding rice
- 1 teaspoon honey
- 1 litre vegetable stock (try to use low-salt stock)
- Freshly ground pepper
- 1 tablespoon chopped coriander

## Method

1. Heat the oil in a pan, add the chopped onion and cook over a medium heat to soften the onion but do not let it brown.
2. Next, add the carrots, leeks and the juice and zest of the orange.
3. Take a piece of moistened greaseproof paper roughly the size of the pan lid. Lay the paper on top of the vegetables in the pan and allow them to cook gently in their own steam and

keep their flavour.

4. Cook for 5 minutes. Remove the greaseproof paper and add the remaining ingredients.
5. Allow the soup to simmer, with the pan lid on, for about 20 minutes until all the rice and carrots are cooked.
6. You can eat the soup chunky, or blend until smooth.

**Handy tip:** You can make the soup a little thinner by adding either water or skimmed milk. Serve sprinkled with wholemeal croutons and coriander.

## Nutritional Information

Each serving provides	Amount in grams
Energy	638 kilojoules/151 kilocalories
Fat	2.7
Saturates	0.44
Sugar	9.9
Salt	0.07

Typical values per 100g: Energy 152kJ/36kcal.

The nutritional information stated above is based on each serving of Carrot and Orange Soup and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Curried pumpkin soup

Give your soup some heat with this winter warmer. Pop some in a flask for when you need it.





Serves: 4

Time: 55 minutes

## Ingredients

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 tablespoon mild curry paste
- 1 kilogram pumpkin, peeled, deseeded and chopped
- 1 litre low-salt vegetable stock
- 200ml low-fat natural yoghurt
- Chopped chives, to garnish
- Ground black pepper

## Method

1. Heat the oil in a large non-stick saucepan and cook the onion over a medium heat for 5 minutes until it's soft.
2. Add the curry paste and pumpkin and cook for another 2-3 minutes. Then add the stock and simmer for 20 minutes or until the pumpkin's tender
3. Let the mixture cool a little and then put it into a blender and blend until smooth.
4. Return it to the pan, heat thoroughly and stir in the yoghurt. Add ground black pepper and decorate with chives.

## Nutritional Information

Each serving provides	Amount in grams
Energy	727 kilojoules/174 kilocalories
Fat	9.3
Saturates	1.5
Sugar	12.2
Salt	0.45

Typical values per 100g: Energy 116kJ/28kcal.

The nutritional information stated above is based on each serving of Curried Pumpkin Soup and excludes accompaniments.

Read more on our [Healthy recipes page](#).

## Leek and potato soup

This low budget, hearty soup is delicious served with warm, crusty bread.



Serves: 6

Time: 50 minutes.

### Ingredients

- 3 large leeks, sliced
- 5 medium potatoes, chopped
- 1.5 litres vegetable stock, use low-salt stock cubes
- Freshly ground black pepper



## Method

1. Put the sliced leeks and potatoes into a large pan with the stock and bring to the boil.
2. Turn down the heat and cook gently for 30 minutes, until the potato is soft.
3. Season and serve hot.

## Nutritional Information

Each serving provides	Amount in grams
Energy	697 kilojoules/165 kilocalories
Fat	0.4
Saturates	0.1
Sugar	2.6
Salt	0.02

Typical values per 100g: Energy 147kJ/35kcal.

The nutritional information stated above is based on each serving of Leek and Potato Soup and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Mixed vegetable and lentil curry

This combination of vegetables and lentils will get you on your way to five-a-day.



Serves: 2

Time: 55 minutes

## Ingredients

- 2 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 carrots, finely chopped
- 1 large potato, cut into small pieces
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli paste
- 1 medium cauliflower, cut into florets
- 1 courgette, roughly chopped
- handful of mushrooms, chopped
- half a cup of red lentils

## Method

1. Heat the oil in a saucepan and fry the onion, garlic, carrots and potatoes for 5 minutes, stirring all the time to stop it from burning or sticking.
2. Once the onion has softened, add the spices and stir for another 3 minutes. Then add the rest of the veg, coating them in the spices.
3. Finally, add the lentils and enough hot water to cover them. Put the lid on and simmer for about 20 mins, until the lentils are cooked.
4. Serve with naan bread or basmati rice.

## Nutritional Information

Each serving provides	Amount in grams
Energy	2416 kilojoules/575 kilocalories
Fat	15.2
Saturates	2.3
Sugar	17.4
Salt	0.26

Typical values per 100g: Energy 383kJ/91kilocalories.

The nutritional information stated above is based on each serving of Mixed Vegetable and Lentil Curry and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Potato wedges

Simple to cook and delicious to eat, you can make these wedges as spicy as you like.





Serves: 4

Time: 30 minutes

## Ingredients

- 4 large potatoes
- 1 tablespoon oil
- Seasonings (for example, pepper, garlic, chilli)

## Method

1. Preheat the oven to 200°C/180°C/gas mark 6.
2. Cut the potatoes into thick wedges.
3. Toss the wedges with the oil and chosen seasonings.
4. Place the wedges on a baking tray and bake in the oven for 20-30 minutes, until golden brown and crispy.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1458 kilojoules/345 kilocalories
Fat	3.6
Saturates	0.58
Sugar	3.4
Salt	0.09

Typical values per 100g: Energy 389kJ/92kilocalories.

The nutritional information stated above is based on each serving of Potato Wedges and excludes accompaniments.

Read more on our [Healthy recipes page](#).

## Pumpkin risotto

This smooth and silky pumpkin risotto will lend a taste of Italy to your traditional autumnal fayre.



Serves: 4

Time: 45 mins

### Ingredients

- 1 tsp olive oil
- 1 small pumpkin, peeled, deseeded and chopped into bite-size pieces
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 225g Arborio rice
- 1 litre hot low-salt chicken/vegetable stock
- Small glass of white wine (optional)
- 25g cheddar cheese
- Grated cheddar cheese, to garnish (optional)

### Method



1. Heat the olive oil in a large heavy-based saucepan, add the pumpkin, onions and garlic and fry until the onion is soft but not brown.
2. Add the rice to the pan and carry on cooking for 2 minutes, stirring all the time to coat the rice in the oil.
3. If you are using wine, add this to the rice and pumpkin mixture, and then add the stock a small amount at a time, stirring continuously. Allow the stock to be soaked up before adding more. Carry on until all the stock has been used up and the rice is cooked, it should be a rich creamy texture.
4. Stir in the cheddar cheese and serve decorated with grated cheese.

## Nutritional information

Each serving provides	Amount in grams
Energy	1472 kilojoules/349 kilocalories
Fat	5.9g
Saturates	2g
Sugar	9.8g
Salt	0.2g

The information stated above is based on each serving of pumpkin risotto and includes the optional small glass of white wine but excludes the grated cheddar cheese to garnish.

## Root vegetable curry

Any combination of root vegetables would work well in this healthy and filling dish.



Serves: 4

Time: 1 hour 25 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 fresh green chilli, seeded and finely chopped
- 1 clove garlic, finely chopped
- 2.5cm piece fresh root ginger, finely chopped
- 2 tablespoons plain flour
- 2 teaspoon each of ground coriander, ground cumin and turmeric
- 300ml water
- 200g passata or 1 tin of chopped tomatoes
- 750g mixed root vegetables such as sweet potato, swede and celeriac, peeled and chopped
- 2 carrots, thinly sliced
- Freshly ground black pepper, to taste
- Chopped fresh coriander, to garnish

## Method

1. Heat the oil in a large saucepan.
2. Add the onion, chilli, garlic and ginger and sauté for 5 minutes, or until soft.
3. Stir in flour and ground spices and cook gently for 1 minute, stirring.
4. Gradually stir in the water, and then add the passata or tomatoes, diced root vegetables and carrots.
5. Season with black pepper and mix well.
6. Bring to the boil, stirring, then lower the heat, cover and simmer for about 45 minutes, or until the vegetables are cooked and tender. Stir occasionally.
7. Top with chopped coriander.

Tip: Serve with boiled rice or couscous.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1032 kilojoules/245 kilocalories
Fat	4.8
Saturates	0.7
Sugar	20
Salt	0.31

Typical values per 100g: Energy 223kJ/53kcal

The nutritional information stated above is based on each serving of Root Vegetable Curry and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Secret garden salad

Crisp, juicy and fresh, this salad will liven up your meal as a side dish.





Serves: 6

Time: 25 minutes

## Ingredients

- 500 grams baby potatoes
- 1 crisp lettuce, roughly chopped
- half cucumber, finely chopped
- 2 tomatoes, cut into quarters
- 3 spring onions, finely chopped
- 175 grams carrot, grated
- 175 grams baby turnip, grated
- 2 tablespoons natural yoghurt
- 30 grams French dressing with garlic
- Freshly ground black pepper

## Method

1. Boil the potatoes for about 15 minutes until soft and then leave them to cool.
2. Once the potatoes have cooled, put the lettuce in a bowl or large plate and arrange the rest of the vegetables on top.
3. Then simply put the baby potatoes on top and drizzle with yoghurt and French dressing and season with black pepper.

## Nutritional Information

Each serving provides	Amount in grams
Energy	544 kilojoules/129 kilocalories
Fat	2.7
Saturates	0.37
Sugar	8.1
Salt	0.16

Typical values per 100g: Energy 199kJ/47kilocalories.

The nutritional information stated above is based on each serving of Secret Garden Salad and excludes accompaniments.

Read more on our [Healthy recipes page](#).

## Spaghetti with aubergine

A simple and healthy Mediterranean meal, delicious served on its own or as a side dish.



Serves: 2

Time: 40 minutes.

### Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 medium aubergine, chopped

- 1 tin chopped tomatoes or passata
- 2 tablespoons tomato puree
- 1 vegetable stock cube (choose low salt if available)
- 180 grams spaghetti

## Method

1. Heat the olive oil in a saucepan. Add the chopped onion and garlic and cook over a medium heat for 2-3 minutes, until the onion is soft.
2. Stir in the chopped aubergine, so that it is coated in the oil (you might have to add some extra oil, because the aubergine will soak this up).
3. Then add the chopped tomatoes or passata, puree, and sprinkle in the stock cube, and simmer for 10-15 minutes.
4. Cook the spaghetti following the instructions on the back on the packet.
5. Stir the sauce into the spaghetti and serve.

## Nutritional Information

Each serving provides	Amount in grams
Energy	2560 kilojoules/608 kilocalories
Fat	15
Saturates	2.2
Sugar	25.8
Salt	0.14

Typical values per 100g: Energy 232kJ/55 kcal

The nutritional information stated above is based on each serving of Spaghetti with Aubergine and excludes accompaniments.

Read more on our [Healthy recipes page](#).

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