



FESTIVAL FOOD LUNCHES & DINNER

BEETROOT & BEAN BURGER

Add some fat potato wedges white or sweet or mix the two ! I had mine in lightly toasted seeded soda bread with guacamole and red cabbage slaw on the side



1 raw fresh beetroot, grated

½ red onion finely , chopped

1 punnet chestnut mushrooms chopped into small pieces

1 clove garlic crushed

½ tin black beans , mashed with a potato masher (or kidney beans)

½. Cup ground almonds

½ tsp cumin

½ tsp smoked paprika

Black pepper

Himalayan pink salt

Chopped coriander

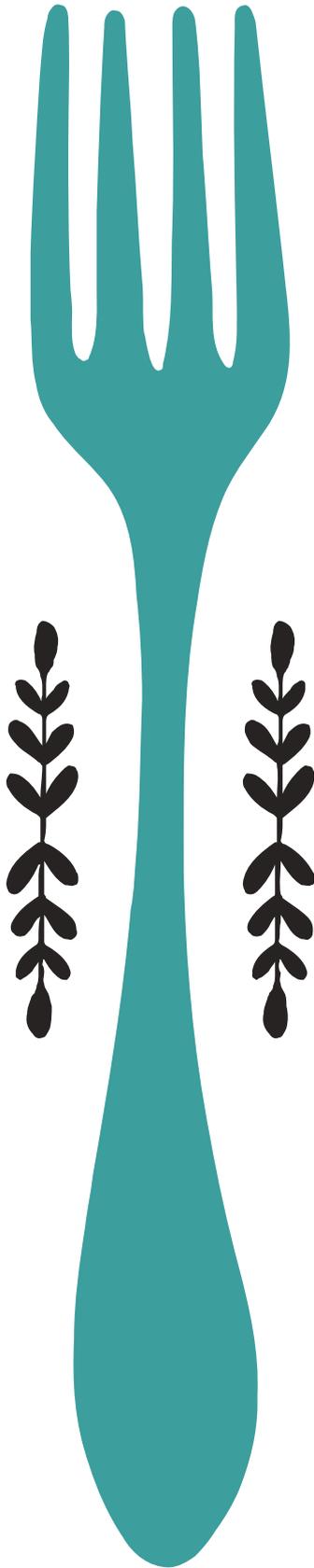
1 flax egg (3 tsp ground flax seed 5 tsp water mix and leave to stand for ten mins)

Olive oil

Heat the oil in a pan and add onion along with spices and fry gently for a few mins before adding the mushrooms when soft, stir in the grated beetroot ,mashed beans, ground almond then fold in the flax egg and coriander.

Shape into four thickish rounds then cook for a few mins each side .

Theses are my favourite burger recipe 🍴❤️



Creamy Kedgeree

200g Basmati rice

100g yellow lentils (mung Dhal)

500ml plant based milk (or your usual milk)

800ml water

Vegan Butter (or ghee)

1 tsp Cumin seeds

1 large onion chopped

3-4 garlic cloves finely chopped

½ tsp turmeric

4-6 tsp finely chopped root ginger

Black ground pepper

1 heaped tsp garam masala

1 ½ tsp ground cumin

1 ½ tsp ground coriander

Salt to taste

4 tsp lemon juice

Large handful chopped chives or parsley

Optional – large handful roasted cashews

Wash rice and lentils and drain well , add to a pan with the milk and water bringing to the boil, reduce heat and simmer partially covered for approximately ten mins or until just cooked .

In another pan heat some butter then add cumin seeds, once they darken add the onion and cook until golden . Add the garlic and ginger cooking gently until the garlic just starts to colour, stir in the salt and the rest of the spices and cook for about 1 min then add a splash of water.

Check the lentils and rice which should be cooked if so stir in the onion mix and cook for a few more mins , add the lemon juice chives or parsley, cashews and adjust seasonings and texture if required. It should be thickish and creamy .



Tasty Tomato & Lentil Soup

Fresh tomatoes approx 1 punnet

Red Lentils

2 cloves Garlic

Fresh Turmeric

1 tsp Cumin

1 chilli finely chopped

Black Pepper

Vegetable Bouillon

Roast slowly the tomatoes, garlic and some grated turmeric in a little coconut oil along with black pepper, cumin and chilli, this should take approx half hour forty mins on a low temperature.

Whilst this is cooking bring a pan of water to the boil add a teaspoon of stock and the lentils keep on simmer until cooked.

When the tomatoes are soft gently mash with a potato masher then stir into the lentils and mash together to combine.



Lentil Dhal

– serves 3-4

1 red or white onion (use 1 heaped tsp powder if no fresh onion)

2 cups red lentils

4 cups veg stock

2 tbs Indian spice blend or paste

2 cups chopped veg of choice*

Salt and Pepper to taste

*we used spinach and courgette – pepper, mushroom, broccoli, cauliflower and other leafy greens (fresh or frozen) would also work well.

Sauté the onion for 4-5 mins in a large saucepan until softening, add the spices 1-2 mins before the end.

Rinse the red lentils and add along with the veg stock to the pan. Bring to boil then simmer for approx. 18-20 minutes total.

Add the chopped veg of choice approx. 5-10 mins before the end of cooking Note: time depends on size of pieces used, for example, courgette will need about seven mins but fresh spinach only three.

Great served with rice, quinoa, naan bread or similar and a side green salad.