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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 17th FEBRUARY 2025

E A T L O C A L ⋅ L I V E B E T T E R

VEG BOX CONTENTS

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| | |  | | | | |  |  |  |  | | Moderate | 35 minutes | Side | 06 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  1½ cups water  ¼ cup cider vinegar  3 tablespoons ketchup  2 tablespoons light brown sugar  1 tablespoon Dijon/wholegrain mustard  salt and freshly ground black pepper - to taste  2 tablespoons olive oil  1 green cabbage - cut into 6-8 even wedges  A bowl of food with a spoon  AI-generated content may be incorrect. |  | **Cooking Steps**  Combine the water, cider vinegar, ketchup, brown sugar, mustard and salt and black pepper, to taste. Set aside.  Heat the olive oil over medium-high heat in a heavy pan. Season the cabbage wedges on each side with salt and black pepper.  Place the cabbage wedges in the pan and brown 2-3 minutes per side or until lightly browned. Transfer to a plate.  Pour the water/vinegar combination into the pan. Bring to a boil and simmer 4-5 minutes to reduce and thicken slightly.  Place the cabbage wedges back into the pan. Reduce heat to medium-low and simmer uncovered 15-18 minutes or until the cabbage is tender. Flip the cabbage wedges midway through.  Adjust seasoning with salt and black pepper. Garnish with chopped fresh parsley if desired. | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | BUTTERNUT SQUASH & CRISPY CHICKPEA CURRY | | | | |  | | | | |  | | | | |  |  |  |  | | Easy | 30 minutes | Side | 04 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  1 butternut squash cubes,  Bowls of food in a row  AI-generated content may be incorrect.peeled and cut into cubes  2 tbsp oil  1 tsp salt  1 onion/2 shallots finely chopped  3 garlic cloves crushed  ½ tsp dried ginger  2 tbsp garam masala  ½ tsp cinnamon  ½ tsp chilli flakes/powder  1 14oz tin chopped tomatoes  1 tsp sugar  1 cup stock  ½ cup coconut milk  salt, to taste  1 14oz tin chickpeas drained  1 tbsp oil  salt, to taste |  | **Cooking Steps**  Preheat the oven to 200°C/400°F. Place the butternut squash on a large, rimmed baking sheet. Drizzle over the olive oil and season with salt. Place in the oven and roast for 25-30 minutes until just cooked and starting to caramelise.  To make the curry sauce, soften the onion/shallots in a little oil or butter in a large pot. Add the garlic and ginger and cook until fragrant. Add the spices and fry for 30 seconds then pour in the tomatoes, sugar, stock and coconut milk. Season to taste then allow to simmer for 15-20 minutes until the sauce has thickened and reduced slightly.  Add the roasted butternut to the curry sauce and allow to cook for another 10-20 minutes or until the butternut is cooked.  To make the chickpeas, heat the oil in a large frying pan then add the drained chickpeas. Fry until the chickpeas start to brown then add the spices. Cook until the chickpeas are crisp and golden then remove from the heat.  Serve the butternut curry over rice topped with the crispy chickpeas. |  |  |  |  |  | | --- | --- | --- | --- | | GRIDDLED COURGETTE & POTATO SALAD | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 60 minutes | Side/Main | 04 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  500g unpeeled potatoes roughly quartered  2tbsp olive oil to roast the potatoes  2 tbsp dried rosemary  6 sprigs fresh thyme  500g courgette roughly chopped  6 tbsp natural/greek style yogurt  4 tbsp toasted pine nuts  **For the dressing**  ½ large lemon squeezed  4 tbsp extra virgin olive oil  salt  A close up of food  Description automatically generated |  | **Cooking Steps**  Start by preheating the oven to 200ºC fan.  Wash and roughly quarter the potatoes, add to a baking tray and drizzle with olive oil, season with salt and top with fresh thyme and rosemary, toss until all the potatoes are coated and pop in the oven for around 30 minutes.  Prepare the courgettes by roughly chopping then adding to a griddle pan until you get those delicious lines, option to season with salt.  Take a peek at the potatoes, turning on the baking tray and bake for a final 15 minutes or until crispy.  Prepare the dressing by mixing the ingredients together.  Spread the yogurt onto a plate, add the roasted crispy potatoes and grilled courgettes, then drizzle over that delicious dressing toasted pine nuts. |  |  |  |  |  | | --- | --- | --- | --- | | SAUSAGE & SPINACH LASAGNE | | | | |  |  |  |  | | Moderate | 55 minutes | Main | 08 Servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  450g fresh lasagna noodles  1 pack sausages Italian/any, casings removed  1 can chopped tomatoes  1 tsp crushed red/black pepper  200g baby spinach  450g ricotta/cream cheese  1 large egg  250g grated parmesan cheese  750g grated mozzarella cheese  salt and pepper  A casserole with a spoon in it  AI-generated content may be incorrect. |  | **Cooking Steps**  Preheat the oven to 400. In a large pan cook the sausage over medium heat. Cook for 5-10 minutes, breaking up the larger pieces with a wooden spoon then stir in the chopped tomatoes and season with salt and crushed pepper. Next, add the spinach into the sauce. When all the spinach has wilted turn off the heat and set aside.  In a small bowl stir together the ricotta/cream cheese, parmesan, egg and 1 tsp each of salt and pepper.  Brush a deep casserole dish, preferably a 12 x 8 oval dish but a standard size will work too, with enough olive oil to coat.  Start with one layer of lasagna noodles, a layer of the cheese mixture, then a layer of the sausage-spinach mixture. Repeat layers. Top with the remaining noodles, sauce and grated mozzarella cheese.  Cover with greased foil; bake 30 minutes then uncover; bake until lightly browned on top and the sauce and cheese is bubbling, 5-10 minutes. Let stand 15 minutes before serving. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | BLUEBERRY & HONEY FLAPJACKS | | | | |  | | | | |  | | | | |  |  |  |  | | Moderate | 40 minutes | Dessert/Snack | 12 servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  200g butter  200g caster sugar  150g runny honey  425g porridge oats  ¾ tsp ground cinnamon  punnet blueberries, washed  and lightly mashed  75g sunflower seeds  75g brazil nuts, chopped  A close up of a blueberry oatmeal bars  Description automatically generated |  | **Cooking Steps**  Heat the oven to 180C, 160C fan, 350F, gas 4. Prepare an 8x12in tin, the base lined with baking parchment.  Melt the butter, sugar and honey in a medium saucepan until dissolved, and mix until well combined. Remove from the heat and stir in the remained ingredients, mixing well and coating evenly.  Spoon into the prepared tin then spread and flatten to create a smooth top. Bake for 45 minutes. Set aside to cool completely before turning out. Cut into bars. These will keep in an airtight container for several days. |   **STICKY NADORCOTT STEAMED PUDDINGS**   |  |  |  |  | | --- | --- | --- | --- | |  | | | | |  |  |  |  | | Moderate | 90 minutes | Dessert | 06 servings | |  |  |  |  |  |  |  |  | | --- | --- | --- | | **Ingredients**  butter for greasing  soft light brown sugar to sprinkle  2 nadorcotts, 1 sliced into rounds and 1 squeezed  125g self-raising flour  90g caster sugar  65g fresh white breadcrumbs  1 heaped tsp baking powder  90g shredded suet  4 tbsp marmalade  2½ tsp ground ginger  1 tsp ground cinnamon  1 large egg  4 tbsp golden syrup  3-4 tbsp milk  **Syrup**  Juice of 2 nadorcotts, strained through a sieve  75g golden caster sugar  2 tbsp golden syrup |  | **Cooking Steps**  Butter 6 x 175ml plastic dariole moulds or pudding basins. Sprinkle the bottom of each with a little soft brown sugar, then put a clementine round in the bottom of each dariole mould or pudding basin.  Mix together the flour and golden caster sugar with a small pinch of salt, the breadcrumbs, baking powder and suet. In a small bowl or jug, whisk the marmalade with the clementine juice, the spices, egg and golden syrup, then stir the wet mixture into the flour mixture. Add just enough of the milk to bring it together into a soft dropping consistency.  Divide the mixture evenly among the moulds/basins, filling each one about two-thirds full. Cover each mould/basin with a circle of baking paper, then tie with string under the rim of the moulds, using a longer piece of string to make a handle.  Put the puddings in a large pan and pour in boiling water until it reaches halfway up the sides of the moulds. Bring to the boil, then cover and steam for 1 hour 10 minutes to 1 hour 15 minutes.  Meanwhile make the syrup. Put the clementine juice, sugar and syrup in a pan over a medium heat and allow the sugar to melt. Increase the heat and boil until you have a thick syrup.  Remove the puddings from the pan, allow to cool for 5 minutes, then turn them out onto a wire rack. Drizzle with the syrup, then set aside for a few minutes to let it soak in. Serve with cream or custard. |  |  | | --- | | A black background with green and red text  Description automatically generated | |  | | |  | | |  | | | | | | |