



EASY VEGETARIAN RECIPES

Recipes by Sarah Gray





e benessere

OLIVA POLO CAABRE

VE

ANO

TITAVE PIANA
DI BARI

Spinach & Ricotta Lasagne

Ingredients

1 packet dry lasagne sheets
300 g baby spinach leaves
1/2 packed frozen spinach leaves
3 cloves garlic crushed
1 bottle tomato passata
1 can chopped tomatoes
300 g ricotta cheese
1 cup grated parmesan cheese
1 bunch spring onions
1/2 cup green pesto
110 g Buffalo mozzarella cheese
Large bunch fresh basil leaves
4 tablespoons Extra Virgin
Olive Oil (EVOO)
Salt & pepper to season

Method

- Finely chop spring onions & crush the garlic. Heat 2 tablespoons EVOO in a medium size saucepan and saute the garlic and onion for a few minutes. Optional - add in 1-2 teaspoons dried chilli flakes.
- Add passata, can tomatoes, generous pinch of salt & pepper and simmer for 10 minutes on low.
- Defrost frozen spinach, squeeze out excess water. In a large bowl, combine ricotta, defrosted spinach, pesto, 1/2 the parmesan, salt & pepper.
- In a deep baking dish, place 2-3 medium spoonfuls of sauce to coat the bottom, cover with 2-3 sheets of lasagne sheets to cover the base. Top with 1/3 baby spinach leaves, smooth over 1/3 of the ricotta mix and add next layer of lasagne sheets. In the second layer add 2-3 more spoonfuls of tomato sauce to cover the layer, then add 1/3 of the mozzarella (in torn apart pieces) scattered across the layer. Continue to build until you have used all lasagne sheets, ricotta mixture and sauce. Reserve some sauce for the top of the lasagne and sprinkle with the remaining parmesan.
- Bake at 180 degrees Celsius for 35-45 minutes, until the lasagne sheets are soft and cooked through.

Serves 4

1 hour

**TERIYAKI
TOFU
FRITTERS**



Ingredients

Fritters

400 g drained chickpeas

300 g firm tofu

2 teaspoons soy sauce

1 cup flour

2 teaspoons grated ginger

2 cloves garlic crushed

1 cup rocket leaves

1/2 bunch spring onions roughly chopped

Sesame seeds to serve

Teriyaki sauce

1/2 cup soy sauce

1/2 cup mirin

4 tablespoons sugar

2 teaspoons grated ginger

1/2 cup water

Method

- Place all ingredients in a food processor until smooth.
- Refrigerate for at least 1 hour so that the mixture becomes firm.
- Remove from the fridge and heat 3 tablespoons of EVOO in a large fry pan.
- Place tablespoons full of the mixture into the oil (do not overcrowd the pan - you may need to cook in batches).
- Flip after 3-4 minutes on each side, or until golden brown and crispy.
- Once all cooked, make a teriyaki sauce - mix all ingredients together well.
- Put the fritters back in the pan with half of the sauce mixture and cook for 2-3 minutes, so the sauce covers the fritters well.
- If you like, sprinkle with 1/2 cup sesame seeds and serve with steamed brown rice, topped with fresh coriander and cut up nori sheets. Serve with extra sauce.

Serves 4

1 hour



**FALAFELS
WITH
YOGHURT
FLATBREAD**

Ingredients

Falafel

500 g dried chickpeas (soaked in water overnight)
Half a bunch of spring onions chopped
2 tablespoons dried Italian herbs
4 cloves garlic
1 1/2 tbsp flour or chickpea flour
1 1/4 tsp salt
2 tsp cumin
1 tsp dried coriander leaves
1/4 tsp black pepper
1/4 tsp cayenne pepper
Pinch of ground cardamom
EVOO for frying

Yoghurt Flatbread

1 ¼ warm water
2 ¼ teaspoons dried yeast
1 tablespoon sugar
¾ cup Greek yoghurt
2 tablespoons EVOO
1 tablespoon salt
3 ¾ cups plain flour
2 tablespoons dried herbs (basil, thyme, oregano)

Method

- To make falafels, add all ingredients into a large blender bowl & mix until it becomes like a cous cous consistency. Don't mix too far as it will become a thin hummus.
- Place in the fridge for 30 mins to 1 hour.
- Remove from fridge, and heat up a deep fry pan with EVOO for medium – shallow frying
- Make small balls in your hand (wet your hands and keep spare mixture in the fridge in between frying batches, as it makes it easier to form balls).
- Fry on each side for 3-4 minutes (gently turning)
- Place on some paper towel once cooked.
- To make flatbreads, combine yeast, sugar and water and rest for 5-10 minutes
- Whisk yoghurt, EVOO and salt.
- Mix flour, herbs, yoghurt mixture and yeast mixture and knead for 3-4 mins on a well- floured board.
- Divide into 10 pieces and let rest for 15 minutes.
- Roll into rounds and brush with EVOO, placing in a frypan, brush other side before flipping.
- Flip when they start to bubble.
- Wrap in a tea towel to keep warm.
- Serve all with some Tzatziki.

Serves 6

1.5 hours

**CRISPY
FENNEL
AND
PAPRIKA
POTATOES**



Ingredients

4 medium sized potatoes
3 teaspoons smoked paprika
2 tablespoons fennel seeds
Generous amount of EVOO
Salt & Pepper for seasoning

Method

- Thinly slice the potatoes - you can use a food processor with a slicing attachment, or a mandolin.
- Mix with a generous amount of EVOO, paprika, fennel seeds, salt and pepper.
- Lay flat on a few oven trays (single layers work best) and cook on 190 degrees Celsius for around 35 minutes, or until crispy and golden on one side.
- Flip each chip over and move the ones from the edges to the middle so they don't get too brown/burnt on the edge of the tray.
- Cook for another 5 minutes.

Serves 4

45 mins



**CACAO &
WALNUT
COOKIES**

Ingredients

¼ cup honey
1 1/2 cups brown sugar loosely packed
¾ cup + 1 tablespoon Extra Virgin Olive Oil
2 flax eggs (mix 2 tablespoons ground flax meal with 1/3 cup of water and sit in fridge for 15 minutes)
2 teaspoons vanilla extract
2 cups plain flour
¾ cup cacao
1 teaspoon baking powder
¼ teaspoon salt
1 cup chopped walnuts

Method

- Preheat oven to 180 degrees Celsius.
- Mix flax eggs with sugar, honey and EVOO.
- Add in vanilla, flour, baking powder, cacao and mix well.
- Mix in chopped walnuts.
- Add more water if a little dry.
- The consistency should be like a thick paste.
- Drop tablespoons full of mixture on a lined baking tray, separating by 2 cm at least. Bake for 16 minutes at 180 degrees Celsius.

Makes 12

25 mins



Goopy Swedish chocolate cake

Ingredients

1/2 cup cocoa powder

1 3/4 cups sugar

1 cup plain flour

1 teaspoon vanilla extract

3 eggs lightly whisked

1/4 cup + 1 tablespoon EVOO

Crushed pistachios & dark
chocolate flakes / swirls

Method

- Sift dry ingredients and mix together.
- Add in oil, eggs and vanilla extract.
- Mix the wet and dry ingredients together.
- Bake at 180 degrees Celsius in a baking paper lined and pre-heated oven for 20 - 25 minutes. A springform pan is ideal for this cake. When ready, it should be firm but crack slightly when you touch it. Cool well and remove from pan by flipping it onto a plate and flipping it back over.
- Decorate with pistachios & chocolate swirls and serve with Greek yoghurt, cream or ice cream.

Serves 6

40 mins

