



Cooking Challenge

Vegetarian Week



Mixed Vegetable Curry

Ingredients:

- Two medium onions
- 1 sour gourd
- 2 medium aubergine
- 1 courgette
- 1 tomato
- 1 green pepper
- One garlic

- Small cup of oil in pan
- One tablespoon curry powder
- One teaspoon salt
- One spoon garam masala
- Handful of coriander leaves chopped



Method:

1. Heat oil and chop onions and put onions in oil.
2. Chop tomatoes and peel garlic and add both in with onions.
3. Let them fry for about 15 minutes until golden brown. Keep mixing so they don't stick to bottom
4. Add your teaspoon of salt.
5. Put one small cup of water to mixture and add curry powder.
6. Then keep mixing for about five minutes.
7. Now add all your chopped veg into mixture. Mix well, reduce flame to low and partially cover the top. Veg will now release their own juices. Keep mixing every five mins so it does not stick to the bottom- continue this for about 40 mins.
8. Once their juice has evaporated and you begin to see oil rising to the top, add your garam masala and fresh coriander, mix for approx 2/3 mins and turn off the gas.



Spanakopita

Spanakopita

- Spanakopita is a Greek dish, that consists of spinach and feta cheese in filo pastry. For those of you, like me, who love good, home hooked Mediterranean food to remind you of holidays then you'll love this!
- Spinach is an excellent source of iron, which is essential for our cell health and helps to prevent anaemia.
- Feta, is made from sheep milk, so can be easier to digest for those who have issues with lactose and is a great source of calcium, great for strong bones, nails and teeth.

Feeling inspired? Why not make Spanakopita as part of a traditional Greek mezze and really impress your loved ones!



Ingredients

Traditional

- Filo pastry sheets
- Spinach – at least 1 bag of fresh
- Spring onions
- Feta cheese
- Soft cream cheese such as ricotta
- Herbs – dill/mint/oregano
- Olive oil

Ingredients I used/what I had in

- Filo pastry sheets
- Spinach – mix of fresh and frozen
- An Onion
- Feta
- Greek yoghurt
- Greek spices
- Olive oil
- Small can of chopped tomatoes
- Garlic

Method

Chop and fry your onion until soft.

Add seasoning and the herbs/spices. I used a spice mix brought back from Greece that I love which contains oregano, bay, paprika and cinnamon.

Chop/make a paste of garlic and add to pan if using.

Add the spinach (if frozen cook down).

I added a small can of tomatoes at this point and allowed to cook through, this isn't traditional, but I like it. This can be skipped entirely.

Crumble in the feta cheese and stir.

Add the ricotta (or whatever you could get) and stir in.

Filling done!



1.



3.



4.



5.

2.

Assembling

- I chose to make individual swirls, but you could make one big pie if you prefer which could easily be cut into individual portions
- Either method requires the filo pastry to be brushed with olive oil.
- Preheat oven to 170/150 fan/Gas mark 5.
- Pop in a baking tray to preheat.
- Lay a sheet out flat and brush all over with olive oil.
- Put a small amount of filling (2-3 spoons) at the top in a line and fold the edges of the filo in at the side to seal. See pics 1 & 2)
- Start to roll the filo and mixture towards to create a kind of sausage shape. Brush with a little oil on top as you roll. Keep rolling until you have no more pastry. See pic 3 & 4.
- One you have rolled your sausage shape, start to create a swirl by curling it in on itself – see pic 5.
- Done! Repeat the method to create the other swirls until you haven't got any more filling.

Cooking and serving

- Pop your Spanakopita onto the preheated baking tray and bake for around 25-30 mins or until a lovely golden brown colour.
- Once done, enjoy!
- You could serve these as a starter, snack or a light lunch! Serve with a little Tzatziki and salad.
- Here's a video Tutorial by Akis Petretzikis showing you how he makes Spanakopita :
<https://www.youtube.com/watch?v=f64ucPUwBlc>



Additional recipes for you to try...

1. **Chana Chaat-** <https://ikneadtoeat.com/chana-chaat-recipe/>
2. **Vegetable Samosas-** <https://www.bbcgoodfood.com/recipe/vegetable-samosas>
3. **Risotto:**
 - <https://www.bbcgoodfood.com/recipes/roasted-squash-risotto-wensleydale>
 - <https://www.bbcgoodfood.com/recipes/creamy-courgette-risotto>
 - <https://www.bbcgoodfood.com/recipes/mushroom-risotto>
4. **Welsh Onion cake:** <https://www.bbcgoodfood.com/recipes/welsh-onion-cake>
5. **Triple Cheese and aubergine lasagna:**
<https://www.bbcgoodfood.com/recipes/triple-cheese-aubergine-lasagne>
6. **Ratatouille:** <https://www.jamieoliver.com/recipes/vegetables-recipes/classic-ratatouille/>
7. **Quorn Steak and Onion Pie:** <https://www.greatbritishchefs.com/recipes/quorn-steak-onion-pie>



Theirs



Mine



Remember! Whatever you choose to make, please send us pictures of your results! We're all excited to see how you get on and try these recipes ourselves! Get a little competitive, submit your pictures and recipes, there may even be prizes! let's see who will make the best dish and take the best insta-worthy photo!

