



Veggie Delights!

To Start: French Onion Soup

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Serves: 4

Ingredients:

- 3 Large onions
- 1 tablespoon of olive oil
- 1.1/2 pints or 900mls vegetable stock
- 1 teaspoon yeast extract
- Mixed herbs to taste
- Salt and pepper to taste (remember yeast extract is very salty)

Method:

- Slice the onions
- Heat the oil in a large saucepan

- Add the onions to the hot oil, not smoking as this would burn the onions, and give a nasty taste
- Cook the onion until lightly brown
- Add the remaining ingredients
- Bring to the boil, and immediately turn down the heat. Put a lid on the pan to prevent liquid evaporating.
- Simmer for 15 to 20 minutes
- Serve with French bread. Add cheese for a meal in itself.

Serving Suggestions:

Serve with French bread and add cheese for a meal in itself!

Mains: Lentil Bake

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Serves: 6 (or can be cut smaller for a buffet)

Ingredients:

- 8oz/225gms lentils - red lentils are cheap and give a soft mushy base, puy are blue, but more expensive and give a nutty base
- 1 pint/500ml of water
- 1 medium onion

- 1 red pepper
- 400gm tin of chopped tomatoes
- 4oz/100gms cheese. (cheddar or similar strong cheese, say edam or blue cheese for an extra bite)
- 1 tablespoon oil
- Mixed herbs to taste
- 1 egg
- 1oz/25gms breadcrumbs
- 1oz/25gms chopped nuts from Not Just Nuts
- Salt and pepper to taste.

Method:

- Cook the lentils in the water until soft and drain if all the water has not been absorbed
- Heat the oil in a frying pan
- Cook the onion and pepper until soft (do not brown, stir during cooking)
- Add the tomatoes and heat through
- Add the herbs
- Season with salt and pepper
- Beat the egg
- Grate the cheese
- Combine all the ingredients and place in a lightly oiled baking dish - use a flan dish, as it can go straight onto the table for serving!

- Bake at Gas mark 5 / 190c / 375F for 25 to 30 min. Make sure the egg is set - stick a knife in the middle of the dish, if it comes out clean, its done
- Serve hot or cold

Serving Suggestions:

This could be served with a green salad and new potatoes or a variety of salads such as bean, potato, or a combination such as apple and celery.

pudding: Fruit Salad

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Serves: 4

Ingredients:

- 1 apple
- 16 strawberries or raspberries
- 2 oranges or satsuma's
- 4 dessertspoon of blueberries
- 1 sliced banana

Method:

- Chop up the fruits as detailed above
- Add all the ingredients to a bowl

- Sprinkle with seeds or nuts

Serving Suggestions:

Serve with natural yoghurt, meringue or organic ice cream if you're feeling naughty!

And finally.....

Enjoy!

www.notjustnuts.co.uk