



Recipe  
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# #2 Vegetarian 5 Night Supper Box For 4

**Five nights of delicious nutritious and easy evening meals for 4 to make your life easier.**

- **Spinach and sweetcorn jacket potatoes with slaw**
- **Leek and mushroom papardelle**
- **Spicy dahl with sweet potato**
- **Cauliflower and halloumi traybake**
- **French onion soup with cheese toasties**

A \* denotes store cupboard item – we have assumed you have olive oil, salt, flour etc to hand but if you want to add to your order we have them available. Please add salt and pepper to your own taste.

## **DAY ONE SPINACH AND SWEETCORN JACKET POTATOES WITH SLAW**

- |                                    |                                |
|------------------------------------|--------------------------------|
| • 4 large jacket potatoes          | • Red cabbage                  |
| • 75g butter                       | • 500g carrots                 |
| • 1 bunch spring onions, sliced    | • 1 red onion                  |
| • 2 corn on the cobs, corn removed | • 1 bulb fennel                |
| • 1 bag spinach                    | • 1 red apple                  |
| • 200g cheddar cheese, grated      | • Half bunch flat leaf parsley |

Preheat oven to 220c/200c fan. Pierce the potatoes, rub with olive oil and sea salt and put in the oven for one hour until soft. Melt 50g of the butter and soften the spring onions, then add the sweet corn and stir till cooked through. Add the spinach and cook until wilted. Remove potatoes when cooked, halve and scoop out the flesh. Mash in a bowl with another 25g butter, then stir through the spinach mixture and add 150g of the cheese. Return the mix to the potato shells, top with the rest of the cheese and return to the oven until heated through and the cheese is bubbling.

Slice/grate all the slaw ingredients finely and mix with your favourite dressing.

## DAY TWO LEEK AND MUSHROOM PAPARDELLE

- 50g butter
- 250g button mushrooms, sliced
- 1 pot crème fraîche
- Half bunch flat leaf parsley
- 1 kg leeks, trimmed and sliced
- 1 lemon, zested and juiced
- 1 box pappardelle

Melt the butter. Add the leeks and cook until nicely softened. Add the mushroom and cook until softened. Add the lemon juice and zest and stir through the crème fraîche until warmed. Cook the pappardelle in salted water according to packet instructions. Remove one cup of the pasta water then drain the pasta, returning to pan. Stir in the leek mixture and warm it all through, adding the pasta water to loosen the mixture if necessary. Sprinkle with chopped parsley. Serve with green salad.

## DAY THREE SPICY DAHL WITH SWEET POTATO

- 2 large sweet potatoes, cubed
- 2 cloves garlic, sliced
- 1 thumb ginger, grated
- 1 teaspoon cumin seeds
- 300g red lentils
- 500g vegetable stock
- Half bunch fresh coriander, chopped
- 1 red onion, diced
- 1 red chilli, sliced
- 1 teaspoon coriander seeds
- 1 teaspoon turmeric
- 1 tin coconut milk
- 1 lemon, zested and juiced

Pre-heat oven to 220c/200c fan. Coat sweet potato cubes in olive oil and place on a baking tray. Cook in oven for 20 minutes until soft.

Heat two tablespoons olive oil in a heavy bottomed pan. Add the onion and soften for five minutes. Add the garlic, chilli and ginger and cook for another five minutes. Grind the seeds with a teaspoon of sea salt and add to the onion mixture along with the turmeric. Stir in the lentils until everything is nicely coated. Add the stock and coconut milk. Cook on a low heat for 20 – 30 minutes until the lentils are soft. Stir through the lemon zest and juice. Top with the sweet potatoes and fresh coriander. Serve with flatbreads.

## DAY FOUR CAULIFLOWER AND HALLOUMI TRAYBAKE

- 500g new potatoes, halved
- 1 cauliflower, broken into florets
- 1 block halloumi, cut into slices
- 250g shallots, peeled
- 500g cherry tomatoes on the vine
- Half bunch fresh coriander, chopped

Preheat oven to 220c/200c fan. Parboil the potatoes for 15 minutes, until nearly tender. Drain and add to an oiled baking sheet with the shallots, and put in the oven for twenty minutes. Add the cauliflower and bake for ten minutes. Add the cherry tomatoes and halloumi and bake for another ten minutes, or until the halloumi is golden. Sprinkle with fresh coriander and serve with green salad.

## DAY FIVE FRENCH ONION SOUP WITH CHEESE TOASTIES

- 1 kg onions
- 1 tablespoon flour
- 150g Red Leicester, grated
- 50g butter
- 1 litre vegetable stock
- 2 cloves garlic
- 8 slices granary baguette

Slice onions thinly. Melt the butter in a heavy bottomed pan, add the onions and cook very slowly and gently for at least twenty minutes. Stir in the garlic and cook for another five minutes. Stir in the flour. Pour in the stock and let the soup simmer for half an hour, until the onions are meltingly soft. Pour the soup into oven proof bowls, toast the baguette slices and top with grated cheese, then place on top of soup and put under the grill until melted.



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