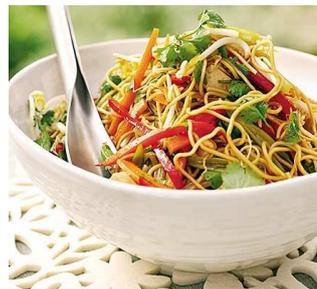


Get Cooking!



Shrove Tuesday Pancakes!

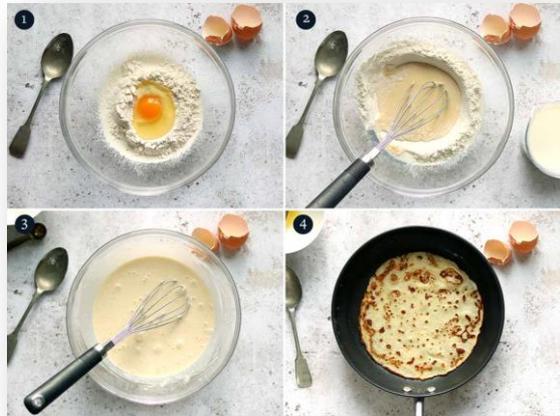
<https://www.thelastfoodblog.com/shrove-tuesday-pancakes/>

Ingredients

- 110 g plain flour/ all-purpose flour (1 cup)
- 1 large egg
- 280 ml semi-skimmed milk (1 1/4 cups)
- 30 g butter (2 1/4 tbsp) melted, plus more for frying
- 1/4 tsp of salt
- 1 tsp vanilla extract
- Sugar (To taste)
- Toppings of your choice

Equipment

- Mixing bowl
- Hand whisk
- Ladle
- Fish slice
- Frying pan
- Plate for serving



Method

1. Sift the flour into a large mixing bowl, add the salt.
2. Make a well in the centre of the flour, add the egg and some of the milk and whisk into a batter.
3. Add the rest of the milk gradually, whisking into a thin batter, whisk in the melted butter and the vanilla extract.
4. Heat a teaspoon of butter in a medium frying pan, add 1/4 cup of batter to the pan, swirl it around the pan to fill the pan.
5. Cook until the bottom of the pancake starts to brown and then flip, repeat for the other side of the pancake.

Serve immediately with chosen toppings.

Apple Crumble

Ingredients

- 100g plain flour
- 50g margarine
- 50g oats (Optional)
- 25g sugar
- 1 cooking apple
- 50g sultanas (Optional)

Equipment

- Small baking tin
- Peeler
- Vegetable knife
- Chopping board
- Mixing bowl



Method

1. Preheat the oven the oven to 180° C or gas mark 5.
2. Rub the butter or margarine into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in the oven-proof dish, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake in the oven for 25 – 30minutes, until the apples are soft and the crumble is golden.

Top Tips!

- ❖ Cut the apple into thin, equal slices!
- ❖ Use brown sugar for a healthier option!
- ❖ Why not try a Tropical crumble!
- ❖ Add Cinnamon or All Spice to add taste to your crumble!

Vegan Carrot Cake

Ingredients

Cake

- 100g grated carrot
- 70g sultanas or raisins
- 70g SR white flour
- 70g SR wholemeal flour
- 80g sugar
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 100 ml vegetable oil
- 100 ml water
- pinch of salt
- dash of vinegar
- 1/4 tsp vanilla essence

Equipment

- Mixing bowl
- Wooden spoon
- Cake tin
- Pallet knife



Icing

- 80g icing sugar
- 1/4 tsp vanilla essence
- 50g vegan margarine
- Cashews or sunflower seeds (Optional)

Method

1. Preheat the oven to 190C/375F/gas mark 5.
2. To make the cake, stir all the dry ingredients together and then mix the wet ones in.
3. Bake for 45 minutes, then reduce oven to 160C/325F/gas mark 3 and cook for another 30 minutes. Remove from oven and check it is fully cooked by inserting a toothpick into the center of the cake. If the toothpick comes out with wet batter, then return to oven and cook further. Remove from oven and cool in the tin.
4. To make the icing, mix the sugar and vanilla essence into the margarine.
5. Once the cake is cold remove from baking tin. Cover the top of the cake with the icing.
6. **Optional:** top with very roughly chopped cashew nuts or sunflower seeds.

Pizza

Recipe

- 250 g strong bread flour (white or wholemeal)
- 1 sachet of fast acting yeast
- 150 ml warm water
- 1 tin or tube of tomato puree
- 100 g cheddar cheese
- Choice of toppings: mushrooms, ham, peppers, pineapple or whatever your favourite topping is!

Equipment

- Baking tray
- Sieve
- Mixing bowl
- Weighing scales
- Oven gloves
- Cooling rack
- Flour dredger
- Measuring jug
- Rolling pin
- Palette knife
- Tea Towel



Method

1. Turn on oven to 200°C/Gas Mark 6.
2. Mix the flour, yeast and water in a mixing bowl to form a soft dough. Add more water if necessary.
3. Dust flour onto the work surface and knead for 10 minutes.
4. Place dough in the mixing bowl and cover with a tea towel. Leave to proof in a warm place for 15 minutes while you prepare the toppings.
5. Chop topping ingredients into small pieces.
6. Grate the cheese.
7. Knead the dough again, then roll out into a large circle to fit a greased baking sheet or pizza tray.
8. Cover the dough with tomato puree and place toppings on top. Sprinkle over the cheese.
9. Bake for 20 minutes until cooked.

Chicken skewers with tzatziki

<https://www.bbcgoodfood.com/recipes/chicken-skewers-tzatziki>

Ingredients

- 4 skinless chicken breasts
- 1 lemon
- 2 tsp oregano
- 1 garlic clove
- 1 small yellow pepper
- 1 small red pepper
- wholemeal tortilla wraps, to serve
- baby spinach leaves, to serve
- few sprigs flat-leaf parsley , to serve

Equipment

- 8 bamboo skewers
- Griddle pan (or grill)
- Chopping board
- Vegetable peeler
- Cooks Knife or Vegetable knife
- Plate for serving

For the tzatziki

- ½ cucumber
- ¼ garlic clove
- 4 tbsp Greek yogurt
- 1 tbsp extra virgin olive



Method

1. Soak eight bamboo skewers in water. Using sharp kitchen scissors, chop the chicken into small pieces. Pop into a plastic box with a lid. Pare strips of lemon zest from the lemon using a vegetable peeler, then juice the lemon as well. Add both the peel and the juice to the chicken in the box along with the oregano and the garlic, crushed in. Season generously, mix and put in the fridge for 15 mins with the lid on. Deseed and chop the peppers into similar-sized pieces to those of the chicken.
2. Heat a griddle pan to high while you get the chicken out. Discard the lemon zest and thread the chicken onto the skewers, alternating every few bits of chicken with a piece of red pepper followed by a piece of yellow pepper. Griddle for 10 mins, turning halfway.
3. While the skewers are cooking, make the tzatziki. Get a box grater and a bowl. Cut the cucumber into long lengths, discarding the watery seedy core. Grate into the bowl, then grate the ¼ garlic clove. Season generously and stir in the Greek yogurt. Drizzle with a little extra virgin olive oil.
4. Serve the skewers hot off the griddle with the dip, or take the chicken and peppers off the skewers, leave to cool and pack into wholemeal wraps spread with a little tzatziki and rolled up with baby spinach and a few picked leaves of parsley.

Chicken Stir Fry

Recipe

- 1 boneless chicken breast fillet
- 1 red pepper
- 1 onion
- 1 garlic clove
- 1 carrot
- 100 g mushrooms
- Packet of bamboo shoots or ready-made noodles
- Soy sauce
- Salt and pepper
- 1 tablespoon of oil



Equipment

- Wok (or frying pan)
- Chopping board
- Cooks knife or vegetable knife

Method

- 1** De-seed the pepper and slice into thin slices.
- 2** Peel and slice the onion thinly.
- 3** Peel and slice the carrot thinly.
- 4** Slice the chicken breast into thin strips.
- 5** Peel and crush the garlic.
- 6** Wash and slice the mushrooms.
- 7** Heat the oil in the wok.
- 8** Add the onion, carrots, peppers and garlic and fry for three minutes, stirring occasionally.
- 9** Add the chicken and mushrooms, cook for five more minutes, making sure the chicken is fully cooked.
- 10** Add the bamboo shoots or noodles; add the soy sauce and salt and pepper and cook, stirring the mixture for a further two minutes.
- 11** Serve the stir fry.

Try some more recipes from here!

- <https://www.bbcgoodfood.com/recipes/vegan-sponge>
- https://www.thespruceeats.com/vegan-broccoli-quiche-recipe-3376598?utm_source=emailshare&utm_medium=social&utm_campaign=mobilesharebutton2
- <https://realfood.tesco.com/recipes/collections/on-a-budget.html>
- https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas
- <https://www.bbcgoodfood.com/recipes/collection/budget-vegan>
- <https://www.nhs.uk/live-well/eat-well/vegetarian-food-on-a-budget/>
- <https://www.bbcgoodfood.com/howto/guide/cheap-vegetarian-recipes>