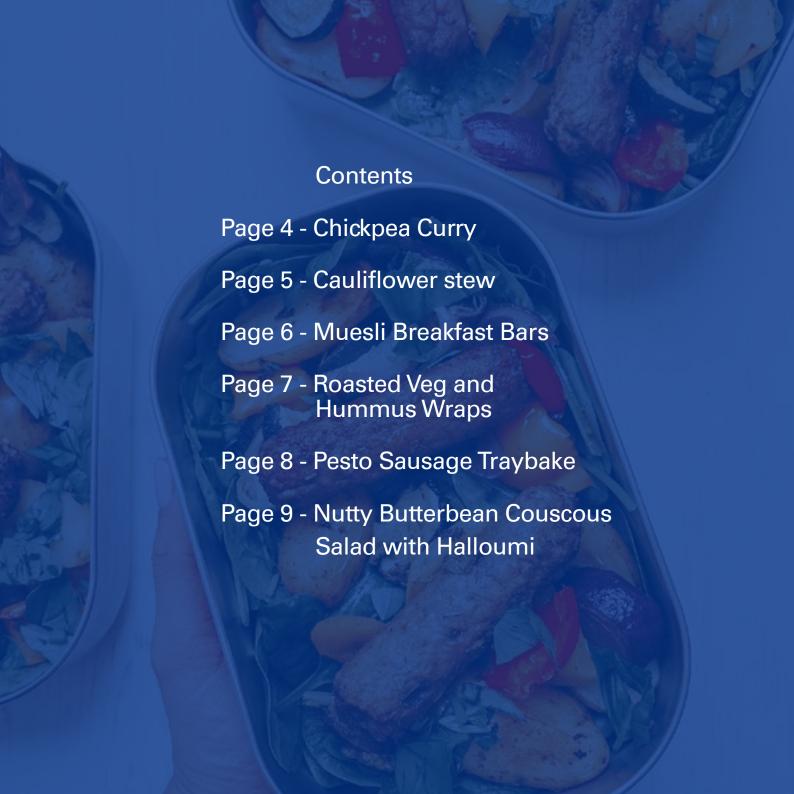




*Terms and Conditions





INGREDIENTS

1 finely chopped brown onion

3 cloves minced garlic

1 red chilli

1 tin tomatoes + refill the tin with water

1 tin full fat coconut milk (can sub for reduced fat if need to)

1 tin chickpeas

250g quorn or cubed firm tofu 100g spinach (can be frozen) 1tbsp cumin

1 tsp turmeric

1 tsp ground coriander salt & pepper to taste

1 tbsp coconut oil

METHOD

- Add the coconut oil to a medium pot, then add the finely chopped onion, then the chopped chilli and fry for 7 minutes
- Add the cloves, minced garlic and cook for a further 1 minute
- Add the cumin, turmeric and ground coriander followed by the guorn or cubed firm tofu and cook for a few minutes
- Pour in the tinned tomatoes, then fill the empty tin with water and pour into the pot, add the tinned chickpeas and bubble for around 5 minutes
- Add the coconut milk followed by the spinach and heat for a further 5 minutes then serve up

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CAULIFLOWER & LENTIL STEW

INGREDIENTS

- 1 tbsp olive oil
- 1 large white onion
- 3 cloves minced garlic
- 1 red chilli
- 1 large cauliflower head
- 400g tin chopped tomatoes
- 100g passata
- 1 cup soaked red lentils (prep them in the morning before work or the night before)
- 100g roasted red peppers (I use an antipasti jar)
- 1/2 tsp sea salt 500ml boiled water + stock cube 100g spinach

HERBS AND SPICES

2 tbsp smoked paprika1 tsp chilli flakes1 tbsp sage

SMOKED PAPRIKA YOGURT

- 1/4 cup dairy free plain yogurt
- 1 tsp smoked paprika
- 1 tsp garlic infused olive oil

METHOD

- Drizzle the olive oil into a large pot and slowly fry the diced white onion and cook until see through
- Add the finely chopped red chilli and cook for a further 2-3 minutes then add the minced garlic cloves
- As soon as the garlic is cooked, add the cauliflower florettes and add the smoked paprika, sage and chilli flakes, then after 5-6 minutes add all of the other ingredients
- Stir in the stock cube and allow to simmer for around 15-20 minutes until the lentils are cooked
- 5 minutes before stirring, add the spinach and allow to wilt in the heat of the stew
- Season to perfection with salt, maybe add a dash more chilli if needs be
- Serve up in a bowl and top with the yogurt

TO MAKE THE YOGURT

Simply spoon the yogurt into a bowl, and swirl in a drizzle of olive oil, sprinkle with the smoked paprika and top over your stew

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INGREDIENTS

3 large wholemeal wraps

1 red pepper, sliced 1 yellow pepper, sliced

1 courgette, sliced 1 aubergine, sliced 1 red onion, sliced Iceberg lettuce

1 tsp of smoked paprika

HUMMUS

Olive oil

1 can of chickpeas, drained and rinsed

3 garlic cloves, crushed

1 tsp of smoked paprika

2 tbsp of tahini Juice from 1/2 lemon 70ml olive oil Pinch of salt

METHOD

 Preheat oven to 180°C/350°F, and line two baking trays.

 Scatter sliced peppers, courgette and aubergine onto the tray. Season with paprika and oil, and roast in oven for 10 minutes.

 Add sliced red onion to the trays, and place everything back in the oven for a further 10 minutes.

 Meanwhile, if making hummus, add chickpeas, garlic cloves, smoked paprika, tahini, lemon juice, 70ml of olive oil, and salt to a food processor, and blend until thick and creamy. Add more olive oil should you want it extra creamy.

 Assemble each wrap the night before you are eating it, by adding hummus first, then lettuce, followed by roasted veggies.

• Serve with fruit/veg of choice.



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