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# Week 1

## Monday

### Sweet and Sour Red Lentil Dahl with Rice

#### Ingredients:

- 3 tablespoons vegetable oil
- 1 white onion, finely diced
- 1 tablespoon freshly grated ginger
- 2 garlic cloves, crushed
- 200g red lentils
- 1 L water or vegetable stock
- 1 teaspoon turmeric
- 2 teaspoons garam masala
- 100g jar tamarind puree
- 1 small bunch coriander, roughly chopped
- Also add: Carrots, Celery, Tomato and Spinach.
- Mango chutney, to serve
- Lime pickle, to serve
- Greek yoghurt raita, to serve
- Brown rice, to serve



#### Method:

Rinse the lentils and place them in a deep saucepan. Add the turmeric and cover with 1L water or vegetable stock. Add some salt and boil over high heat for about 15 minutes or until very soft. Skim away any foam that may form on the top.

Meanwhile, place the onion and the oil in a heavy-based frying pan over medium-high heat and sauté the onion until soft and golden, about 10 minutes. Add the garlic and ginger and cook for about a minute. Add the garam masala and sauté for a further 2 minutes. Add the tamarind and lentils and adjust the seasoning as necessary.

Serve with basmati rice, your favourite pickle, chutney, and some fresh coriander.

**Allergen Advice: Dairy, Celery.**

## Plum Cobbler

### Ingredients:

- 400g sweet eating apples (around 3 apples)
- 2 tsp. cinnamon
- 750g plums
- 2 tbsp maple syrup
- 1 tsp. vanilla

### Cobbler

- 1/3 cup/ 55 g buckwheat flour (you can sub spelt flour here if you want)
- 1/4 cup/ 32 g millet flour (you can sub spelt flour here if you want)
- 1/3 cup/36 g old-fashioned rolled oats
- 1 teaspoon baking powder
- 1/4 teaspoon fine sea salt
- 4 tablespoons/ 56 g fridge cold, unsalted butter, in 1/4" dice (or coconut oil)
- 2 tablespoons/ 27 g honey



### Method:

1. Start by making an apple sauce to sweeten the plums.
2. Peel and cut the apple into small dice-sized pieces.
3. Place them into a pan with the maple syrup and the cinnamon.
4. Over a low heat and with a lid on, cook the apples for about 5-10 minutes until they start to soften but not fall apart. You want their shape to still be whole. You are creating a coating for the plums. Once cooked, put to the side to cool slightly
5. Preheat the oven to 180 C.
6. Cut the plums into quarters and add to the cooked apples.
7. Put all the topping ingredients apart from the honey into a food processor and blend the cold butter into the flours so that it is like breadcrumbs. You can do this with your fingertips, but it is quicker in the food processor; just be careful not to over-process it.
8. Pour the cobbler topping mix into a separate bowl, add the honey (if it is solid, it helps to heat it slightly, so it is runny) and bring together. If it needs a little moisture, you could add a little yoghurt to bring it together, but there should be enough as the butter softens. It should not go like dough but be like soft breadcrumbs that, if you squeezed them together, would form a dough.
9. Pour the plums and apple into the dish you are going to bake and serve them in. Make sure all the juice goes with them. Make sure they are evenly spread.
10. Add the cobbler topping by sprinkling little bits of it over the top of the plums. Just remember that, however big they are as you put them on, is the size they will be when they are served. Big bits will be big bits; you

want lots of small.

11. Place the dish into the hot oven and bake for 30 minutes.
12. Take the dish out and let it cool for 10 minutes before serving.
13. Serve with cream or yoghurt.

Notes:

It's important that the plums are ripe, buying them in advance and letting them ripen, if they are not ripe, there will be very little juice with this dish.

**Allergen Advice: Dairy, Gluten.**

## Tuesday

### *Meatless Shepherd's Pie*

#### Filling:

- 300g pay or speckled lentils
- 1 mushroom stock cube
- Cook them in 1 pt. water for 15-20 min till soft but with a tiny bit of bite to them, not totally soft.
- 1 large or 2 small onions
- 3-4 peeled garlic cloves
- 1 bulb (200g) fennel
- 2 sticks (100g) celery
- 200g carrots
- 180g leek
- 250g chestnut or portobello mushrooms
- 1 x 400g tin of tomato
- Sherry vinegar 1 tsp. (or apple cider vinegar)
- 2 tbsp nutritional yeast flakes
- ½ tbsp nori flakes
- 1 tsp. dried herbs
- 1 tbsp soy sauce
- Bay leaf



#### Topping:

- 2 kg potatoes boiled or steamed
- Mashed with 100g butter
- 125ml dairy or coconut yogurt
- Salt to taste

**Method:**

1. Cook the lentils in lots of water with the mushroom stock cube and a bay leaf. Make sure they are well-cooked but not falling apart. Although they are cooked into the sauce, they will not soften any more after they come out of the water. The length of time will differ for each brand of lentil; some will take 20-30 minutes, but I have had some that took 45 minutes, so always go by the texture.
2. Whilst the lentils are cooking, start on the veg.
3. Roughly chop the onion and place it in the food processor with the garlic. Pulse it and push it back down the sides with a spatula in between pulses. You want to keep it in bits, don't turn it too mush!
4. Heat a frying pan with 1.5tbsp olive oil and pour the onion mix in, stir and mix well. Cook over a medium heat. Keep stirring as it is wetter than when cut with a knife, it will easily stick to the bottom of the pan.
5. Whilst the onion is cooking, put the carrots, fennel and celery into the food processor and pulse again to small bits, again we don't want to blend it too mush!
6. When the onion mix has cooked off a bit, add the chopped-up carrot mix to the onion and cook that for 5-10 min.
7. Once it's cooked, take the carrot and onion mix out of the frying pan and put it in a large saucepan to one side.
8. The leeks are the only veg we are chopping; this is to make sure there is enough texture to the dish. Make sure the leek is washed well, and there is no dirt down its sides. Then cut in half, and each half cut into lengths and then slice into small  $\frac{1}{2}$  cm squares. (e.g. small dice)
9. Add the leeks to the pan with 1.5 tbsp oil and cook slowly over a low heat till they start to soften.
10. While they are cooking, put the mushrooms into the food processor and pulse, so you get small bits again, not mush!
11. Once the leeks are softening, add the mushrooms and turn the heat up; the mushrooms will release a lot of water, so you want to make sure that it is cooked off.
12. Once the mushrooms are cooked, add them to the large saucepan with the tin tomato and 500ml of water and a mushroom stock cube.
13. Cook this down with the lid on a jar until it is thick and unctuous. The longer this cooks for the more delicious it will be!
14. Add the nutritional yeast flakes, nori and soy, herbs, waterside sauce and sherry vinegar, cook for a further 5 min and check the seasoning.

15. Whilst this is cooking, get the potatoes cooked, peel them and boil in water with a pinch of salt.
16. Once cooked, put the potatoes through a potato ricer or mash with a normal masher. Beat in the butter and yoghurt and add a pinch of salt, check for seasoning.
17. Place the lentil mix into a serving dish deep enough to hold both the lentils and the mash. Then spoon the mash over the top carefully spreading it out so it's even.
18. Place in an oven at 200C for till golden brown on top.

**Notes:**

For dairy-free use coconut yoghurt in the mash and just avoid the butter or add some olive oil

**Allergen Advice: Celery**

**Sweet potato chocolate cake**

**FROSTING**

- 110 g / ½ cup HOT mashed cooked sweet potato\*
- 3 tbs maple syrup or plant milk

**WET INGREDIENTS**

- 110 g / ½ cup mashed cooked sweet potato\*
- 360 ml / 1½ cup oat milk
- 120 g spread
- 200 g / 1 cup brown sugar
- a can of black beans

**DRY INGREDIENTS**

- 180 g / 1½ cups all-purpose wheat flour
- 75 g / ¾ cup coco powder
- 1 tsp of baking powder
- ½ tsp of baking soda
- ¼ tsp fine sea salt

**METHOD**

**FROSTING**

1. Place ½ cup of hot sweet potato in a food processor together with roughly chopped chocolate. Process until all the chocolate has melted and you get a smooth frosting.



2. Taste and add maple syrup if you feel that the mixture lacks sweetness (depends on how sweet your chocolate is and on your preference). If not using maple syrup, add oat milk to achieve a more spreadable consistency. Transfer to a bowl and set aside.

## CAKE

1. Warm up the oven to 180° C / 355° F and line a 900 g / 2 lb cake tin with baking paper. Move the oven rack a notch down from the middle position.

2. Process ½ cup of sweet potato with a can of black beans in the food processor with ½ cup of oat milk. Once smooth, add the remaining wet ingredients and whizz until smooth. Transfer to a large bowl. If you don't have a food processor, you could probably mash sweet potato with a fork by adding a splash of oat milk (from the amount of milk the recipe calls for) to get a smooth puree before adding the remaining wet ingredients. If you do use a food processor, make sure you scrape all of the wet mixture that stays on the lid, blade etc. using a spatula so that the ratio of wet to dry ingredients remains correct.

3. Sift all the dry ingredients into another bowl and mix well until thoroughly combined.

4. Add dry ingredients to the wet ones in three batches, folding well each time. Fold gently with a spatula until there is no dry flour left, but do not overmix (that's important if you are using a flour containing gluten)!

5. Transfer the cake batter into the prepared baking tin. It should be thick.

6. Bake for about 55-60 minutes, or until a toothpick comes out clean. Remove from the oven and allow it to cool down completely before applying the icing.

**Allergen Advice: Gluten**

## Wednesday

### *African sweet potato stew served with brown rice*

#### Ingredients:

- 1 tablespoon coconut oil
- 1 large onion, fine diced
- 3 garlic cloves, minced
- 1 tablespoon freshly grated ginger
- 1.5 teaspoons ground cumin
- 7 cardamoms
- 1 veggie stock cube + 100ml of water
- ½ 400g tin coconut cream
- 3 tbsp tomato paste
- 3 prunes
- 500g sweet potatoes, diced (you can leave the peel on, but for my child, I tend to peel it)



- 1 tin black beans drained well
- Salt and pepper, to taste – you will probably not need to season with salt due to the stock cube and the miso.

**Method:**

1. Heat a heavy-based pan or casserole dish to a medium heat and add the coconut oil.
2. Once the base is coated with melted oil, add the onion. Sweat the onion, stirring frequently, for about 5 minutes, until soft and translucent.
3. Add the garlic, ginger, cumin, and cardamom. Cook everything for about 1 minute more, until fragrant.
4. Add the water, tomato paste, coconut, and prunes to the pot. Stir well to fully blend everything.
5. Add the sweet potato and the black beans. Allow the soup to simmer, stirring occasionally, until the sweet potatoes are tender, about 45-60 minutes – you want the potato totally soft, but also the black beans to have softened too.
6. Serve with brown rice, coriander and a lime segment.

## Thursday

### Pumpkin soup

- 1.2 kg / 2.4 lb pumpkin (any type) OR butternut squash, unpeeled weight (Note
- 1 onion, sliced (white, brown, yellow)
- 2 garlic cloves, peeled whole
- 750 ml vegetable broth/stock, low sodium
- 250 ml water
- Salt and pepper
- Croutons Finishes:



125 - 180 ml cream, half and half or milk (Note 2)

Cut the pumpkin into 3cm / 2.25" slices. Cut the skin off and scrape the seeds out

2. Place the pumpkin, onion, garlic, broth and water in a pot – liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce the heat and let simmer rapidly until the pumpkin is tender (check with a butter knife) – about 10 minutes.
3. Remove from heat and use a stick blender to blend until smooth (Note 3 for blender).
4. Season to taste with salt and pepper, stir through cream (never boil soup after

Adding cream, the cream will split.

5. Serve with croutons.

**Allergen Advice: Dairy, Gluten.**

### **Vegetable and Lentil Ragu on Spaghetti**

- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 2 carrots diced
- 4 garlic cloves crushed
- 1 tbsp each tomato purée and balsamic vinegar
- 250g diced vegetables, such as courgettes, peppers
- 50g red lentil
- 2 x 400g cans chopped tomatoes with basil
- shredded cheese



1. Tip the onion, celery and carrots into a large non-stick saucepan and add 2-3 tbsp water or stock, if you have some. Cook gently, stirring often, until the vegetables are soft.
2. Add the garlic, tomato purée and balsamic vinegar, cook on a high heat for 1 min more, add the diced veg, lentils, and tomatoes, then bring up to the boil.
3. Turn to a simmer, then cook for about 20 mins. Meanwhile, cook the pasta following the pack instructions, then drain. Season the ragu and serve with pasta and cheese.

**Allergen Advice: Dairy, Celery, Gluten**

## **Friday**

### **Homemade baked beans**

- 2x 400g tins of haricot beans
- 1 tbsp olive oil
- 1 onion, roughly cut
- 4 cloves of garlic sliced
- Passata and 200ml water
- Veggie stock cube
- 1 tbsp apple cider vinegar
- 1½. tbsp brown sugar
- 1 tsp salt
- Pinch allspice
- ¼ tsp cinnamon



**Method:**

1. Heat the oven to 140C.
2. Drain the tinned beans and rinse well.
3. Heat the olive oil in a casserole dish that you will use to cook the beans in the oven.
4. Add the onion and cook over a medium heat once it becomes translucent
5. Add the garlic and cook for another 1-2 min.
6. Add the passata and all the other ingredients except for the beans! This is important as the sauce will be blended first.
7. Cook the sauce for 5-10 minutes and then pour it into a blender and blend well. You want it to change to a lighter colour, which comes from high-speed blending.
8. Pour the blended sauce back into the casserole dish and add the beans. Stir well to combine and put the lid on.
9. Put in the oven for 2 hrs.
10. Once you take them out of the oven, the sauce may have thickened. At this point, you might want to add more water to make them 'saucier'. Think about how much sauce there is with tinned beans. I add about 200ml of water, but this will depend on how much has evaporated during cooking.
11. Check the seasoning. I found with the additional 200ml that I did not need to change the seasoning at all.

## Week 2

### Monday

#### Vegan Sausages

**Ingredients:**

- 1 ½ cups (270 g) white beans from one 15 oz can, drained and rinsed
- 1 cup (90 g) oats (gluten-free if needed)
- ½ medium (60 g) onion chopped
- 3 garlic cloves minced
- 1 flat Tbsp tomato paste
- 2 tsp onion powder
- 2 tsp smoked paprika
- 1 tsp dried sage
- ¾ tsp sea salt or less/more to taste
- 2 Tbs garlic powder
- Black pepper to taste

**Method:**

Blend all together, pipe the sausages onto the tray and bake!

**Allergen Advice: Dairy, Gluten, Sulphite**

### **Deconstructed banana tiramisu**

#### **Ingredients**

##### **For the Mascarpone Cream**

- 1 cup (240 mls) heavy cream whipping cream (See Note 1)
- 1 teaspoon vanilla extract
- ½ cup (60 grams) powdered sugar icing sugar
- 1 cup (250 grams) mascarpone cheese (See Note 2)
- Chocolate shaving



#### **To Assemble**

- Bananas
- Cocoa powder for dusting before serving

#### **Instructions**

##### **For the Mascarpone Cream**

1. Use an electric hand mixer or stand mixer and a whisk attachment to whip the heavy cream with powdered sugar in a medium bowl until very soft peaks form.
2. In a small bowl, stir the mascarpone cheese and vanilla extract to combine.
3. Add the mascarpone mixture to the whipped cream and whisk just until firm peaks form. Be careful not to overbeat! If you're unsure, it's better to under beat than overbeat.

#### **To Assemble**

1. Cut the bananas into quarters. Layer two halves at the bottom of the serving bowl. Pipe with approximately one teaspoon of the mascarpone mixture and repeat so that you have two layers of bananas and two layers of mascarpone cream.
2. Repeat with the remaining bananas and mascarpone cream in the remaining 5 glasses.
3. Cover with plastic wrap and refrigerate for at least 2 hours to set.
4. To serve, dust the tops with sieved cocoa powder and chocolate shavings.

**Allergen Advice: Dairy.**

**Tuesday**

## **Vegan poke bowls**

### **INGREDIENTS**

- 1 cup brown rice
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 14-ounce package extra firm tofu, drained and pressed
- 1/4 cup low-sodium soy sauce
- 1 teaspoon chilli powder
- 1 teaspoon lime juice
- 1/2 teaspoon ground ginger
- 2 medium carrots, julienned or diced
- 1 cucumber, finely chopped
- 2 cups red cabbage, finely chopped
- 1 avocado, sliced
- 1 nori sheet, sliced thinly
- 1/4 cup green onions, sliced



### **For spicy aioli:**

Mix vegan mayo, chilli powder, and a couple of garlic cloves, mix together.

### **Method:**

1. Preheat oven to 375°F. Lightly grease a baking sheet.
2. To a medium saucepan, add 2 1/4 cups of water. Bring to a boil. Add rice, cover, and lower the heat to simmer. Cook rice for 45 minutes; turn off the heat and leave the lid on. Let's sit for 10 minutes. When done, add apple cider vinegar, salt and pepper; stir.
3. Cut tofu into 1/2-inch cubes. In a medium bowl, add soy sauce, chilli powder, lime juice and ginger; stir. Add tofu; stir to coat evenly. Place tofu on the baking sheet in a single layer. Bake for 25 minutes, until crispy.
4. To arrange each bowl, add 1/4 of the carrots, 1/4 of the cucumber, 1/2 cup red cabbage, 1/4 avocado, 1/4 of the nori, 1 tablespoon green onions.
5. Serve with a drizzle of aioli.

**Allergen Advice: Soya, Gluten.**

**Wednesday**

### **Mediterranean Tomato Bruschetta**

#### **Ingredients**

- ½ small red onion, finely chopped
- 8 medium tomatoes (roughly 500g) coarsely chopped
- 2-3 garlic cloves, crushed
- 6-8 leaves of fresh basil, finely chopped
- 30ml balsamic vinegar
- 60-80ml extra virgin olive oil
- 1 loaf crusty bread (Works well with a baguette)



#### **Method**

1. In a large bowl, mix the onions, tomatoes, garlic and basil, taking care not to mash or break up the tomatoes too much. Add the balsamic vinegar and extra virgin olive oil. Add salt and pepper to taste. Mix again. Cover and chill for at least an hour. This will allow the flavours to soak and blend together.
2. Slice the baguette loaf diagonally into 12 thick slices and lightly toast them until they are light brown on both sides. Serve the mixture on warm slices of bread. If you prefer the mixture at room temperature, remove it from the fridge half an hour before serving.

**Allergen Advice: Gluten**

### **Pesto pasta**

#### **Ingredients**

- 2 cups (60g) fresh basil leaves\*
- 1/3 cup (25g) freshly grated or shredded cheese
- 3 small cloves of garlic (roasted garlic or fresh) \*
- 1/3 cup (80ml) olive oil
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste



#### **Instructions**

1. Pulse the basil, cheese, and garlic together in a food processor or blender.

2. Scrape down the sides, then add the oil, lemon juice, and salt. Pulse until everything is blended and relatively smooth. Add a drizzle more olive oil to thin out, if desired. Taste and add pepper (and/or more salt) if desired. I always add a pinch of pepper.
3. Mix with cooked pasta.

**Allergen Advice: Dairy, Gluten.**

## **Thursday**

### **Woodland pie**

#### **Ingredients**

- 3 tbsp olive oil
- 400g New potatoes boiled and chopped into small bite-sized sized pieces
- 1 medium or 2 small onions, finely chopped
- 4 Cloves garlic, crushed
- 1 stick celery
- 340g Tin of black-eyed peas or 180g
- 5 Sprigs fresh thyme, chopped finely
- Salt (I used about 2-3 pinches)
- 1 tsp. sumac
- 200ml vegetable bouillon
- 200ml cream
- ½ lemon juiced
- Puff pastry –



#### **Method:**

1. Heat the oven to 200C.
2. Put 1 tbsp of olive oil into a large saucepan over a medium-high heat. Add the onions, gently fry for 5 minutes until soft and starting to caramelise.
3. Then add the garlic and the celery to the onion mix and cook for a further 3-5 minutes.
4. Add the thyme to the mix, season with a pinch of salt.
5. Add black-eyed peas, cook for a further 2 min.
6. Then add the cream and all the seasonings. Stir well and check for salt. You want this to taste good! Once it has cooked with the pastry on it will lose some of the stronger flavour, and if it is not seasoned right here, it will be a bit bland and tasteless once finished.
7. Add the potatoes.

8. Cook the sauce with all the ingredients in until it is the right consistency, not too runny but not too dry. The pastry will absorb a lot of the sauce, so you want it to be about the consistency of double cream.
9. Take an oven dish that will fit the sauce mix and cut the pastry to fit it. I like a rectangular dish, so it is almost the same size as the pastry. From the trimmings, cut some leaf shapes and put them to one side.
10. Pour the pie mix into the dish.
11. If the pie mix is still very hot, you may need to leave it cool for 5-10 min before putting the pastry on top, or the fat in the pastry will melt.
12. Place the pastry over the top of the pie mix, and make an X in the middle of the pastry with a sharp knife to allow steam to escape. Brush the top of the pastry with beaten egg or milk, or mix the two together. Then place the leaves you have cut on top to decorate the pie. Brush the leaves with the glaze, too.
13. Put the pie in the oven for 20-25 minutes until the pastry is golden brown.

**Allergen Advice: Dairy, Celery, Gluten**

### **White chocolate cheesecake**

- 175 g (2.00 cups) homemade shortbread
- 100g plain flour
- 35g of butter/ spread
- 40g sugar
- 400 ml (2.25 cups) Double cream
- 400 g (2.00 cups) Full fat cream cheese

### **Method**

1. Make the shortbread, put it in the oven 200 C.
2. Whip together the double cream, cream cheese and melted ROOM TEMPERATURE white chocolate until fully combined.
3. Chill the mixture
4. Pipe the cheesecake mixture onto the biscuit base.

**Allergen Advice: Dairy, Gluten**



## Friday

### Indian Roti wraps served with zesty salad

- 2 tbsp olive oil
- 2 onions, finely chopped
- 1 celery stalk, thinly sliced
- 2 carrots, diced
- 2 parsnips, diced
- 5 garlic cloves, peeled and left whole
- 1 whole potato
- Frozen peas
- 2.5cm piece of fresh root ginger, peeled and grated
- 1 ½ - 2 tbsp mild curry powder
- 1 tsp turmeric
- 400g can chopped/ crushed tomatoes
- 1 vegetable stock/ bouillon cube
- 2 heaped tbsp. tomato puree/ paste
- Freshly ground pepper



### Method:

1. Heat the oil in a large flameproof casserole dish over a medium heat. Add the onions, celery, carrots and parsnips and cook, covered and stirring occasionally, for 8 minutes until softened.
2. Chop 3 of the garlic cloves and stir into the casserole with the lentils, ginger and spices. Pour in the tomatoes, then fill the can with water and add to the pan, then add a second can of water.
3. Bring to the boil, crumble in the stock/bouillon cube and add the tomato puree/ paste. Stir, part-cover with a lid and simmer for 20-25 minutes, or until the sweet potatoes are cooked.
4. Season the sauce with pepper and check the flavour, adding more curry powder, if needed.
4. For the salad, chop the cucumber, add lime juice, season and serve.

**Allergen Advice: Dairy, Celery, Gluten**

### **Indian Jaggery Ginger Cookies**

#### **Ingredients:**

- 227 grams vegan butter, softened to room temperature
- 200g light brown sugar
- 100ml dark brown sugar
- 1 tablespoon vanilla extract
- 406g all-purpose flour
- 1 tablespoon baking soda
- ½ teaspoon salt
- 1 tablespoon ground ginger
- 1 tablespoon cinnamon
- ½ table nutmeg

#### **Method**

1. Preheat oven to 350 degrees F. Line 2 large baking sheets with parchment paper.
2. In a large bowl with a hand mixer, beat the softened vegan butter and brown sugar together until creamy. Add the molasses and vanilla and beat it until smooth. Scrape the sides as needed with a spatula
3. Add 2 cups of flour to the bowl, then sprinkle the baking soda, salt, ginger, cinnamon and nutmeg on top of the flour. Mix at a low speed to combine. Now add the remaining 1 ¼ cups of flour and mix until incorporated. The dough will be quite thick, but not dry.
4. Place on the prepared baking sheets, and bake for 11-12 minutes, until they begin to crack on top. They will look very soft, but they firm up a lot as they cool. If you over bake, they will be crispy
5. Let cool for 10-15 minutes, then enjoy!



**Allergen Advice: Gluten**