

PROTEAM

**DINNER
RECIPE
BOOKLET**

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LENTIL AND CAULIFLOWER CURRY (SERVES 4)

Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 3 tbsp curry paste
- 1 tsp turmeric
- 1 tsp mustard seeds
- 200g red or yellow lentil
- 1 low-sodium vegetable or chicken stock (made with 2 cubes)
- 1 large cauliflower, broken into florets
- 1 large potato, diced
- 3 tbsp coconut yoghurt
- a small pack of coriander, chopped
- juice 1 lemon

**23G OF
PROTEIN**

Method

1. In a large saucepan heat the oil. then cook the onions until soft.

2. Then add the curry paste, spices and lentils into the saucepan and stir until the lentils are coated.

3. Pour the stock over the mixture and simmer for 20 minutes, then add the cauliflower and potato. if it looks dry you can add extra water.

4. Simmer the mixture until the cauliflower and potatoes are tender (12 minutes). Then stir in the yoghurt, coriander and lemon juice. Serve with brown rice.

VEGETARIAN BOLOGNAISE (SERVES 4)

24G OF
PROTEIN

Ingredients

- 2 tbsp oil
- 1 onion finely chopped
- 2 carrots chopped finely
- 2 finely chopped celery sticks
- 1 crushed garlic clove
- 350g frozen vegetarian mince
- 1 bay leaf
- 500ml passata
- 1 vegetable stock cube
- 100ml milk
- small bunch basil chopped (or dried basil)
- 600g cooked spaghetti or another pasta shape (about 250g dried)
- vegetarian hard cheese or parmesan, to serve, optional

Method

1. Heat the oil in a large pan and gently fry the onion, carrots and celery until the onion is starting to soften.

2. Then stir in the garlic and the vegetarian mince (there's no need to defrost it) and fry for a couple of minutes.

3. Next add the bay leaf, passata, vegetable stock cube and 200ml water, before bringing everything to a boil.

4. Once boiling reduced the heat and allow to simmer for 30 mins or until all the pieces of veg are tender.

5. Then add the milk and cook for another 10 minutes, cover with a lid.

6. If the sauce is still thin after 10 minutes allow it to bubble until thickened, then season to taste and mix the basil through.

7. Serve with the spaghetti and grate the cheese over the top.

VEGETARIAN ENCHILADAS (SERVES 4)

23G OF
PROTEIN

Ingredients

- 1 tsp oil
- 2 onions chopped
- 280g grated carrots
- 2-3 tsp chilli powder
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans of mixed pulses in water, drained
- 6 whole meal tortillas
- 200g natural yoghurt
- 50g cheddar cheese, finely grated

Method

1. Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick.

2. Sprinkle in the chilli powder and cook for 1 min more before adding in the tomatoes and pulses and bring to the boil.

3. Once boiling, reduce the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Then remove from the heat and season to taste.

4. Put the grill on a high heat

5. Fill your tortillas with a few tablespoons of the chilli mixture, roll them up and place them into an ovenproof dish. Spoon any leftover chilli mixture over the top.

6. Mix the yoghurt and grated cheese together and spoon over the enchiladas. Then place it under the grill for a few minutes until the top is golden and bubbling.

7. Divide between 4 and serve with a green salad.

RED LENTIL PASTA WITH CREAMY TOMATO AND PEPPER SAUCE (SERVES 2)

30G OF
PROTEIN

Ingredients

- 150g red lentil fusilli
- 2 handfuls of rocket
- 60g unsalted, unroasted cashews
- 1 large garlic clove, roughly chopped
- 1 large roasted red pepper (in red wine vinegar) from a jar, drained, any seeds removed
- 4 sundried tomatoes
- 8 large basil, roughly chopped

Method

1. To make the sauce, place the cashews and garlic in a bowl and cover with 125ml boiling water and set aside for 5 minutes.

2. Meanwhile boil a pan of water to cook the pasta as per the instructions.

3. Add the sundried tomatoes and roasted peppers to the bowl that contains the cashew, garlic, and water. Then blend this with a hand blender or food processor. Once smooth stir through the basil and season with black pepper.

4. Drain the pasta and mix it with the sauce. It is then ready to enjoy so divide it into two bowls and serve with a handful of rocket.

VEGETABLE AND BEAN CHILLI (SERVES 4)

21G OF
PROTEIN

Ingredients

- 1tbsp olive oil
- 1 clove garlic, finely chopped
- ginger, finely chopped
- 1 large onion, chopped
- 2 courgettes, diced
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 1tbsp chilli powder
- 100g red lentils, washed and drained
- 1tbsp tomato purée
- 2x cans chopped tomatoes
- 195g can sweetcorn, drained
- 420g can butter beans, drained
- 400g can kidney beans in water, drained

Method

1. In a large pan heat the oil. Then cook the garlic, ginger, onion, courgettes and peppers until they soften. Then add the chilli powder and cook for 1 minute.

2. Stir in the lentils, tomato puree, tomatoes and 250ml water. Bring this to a boil and cook for 15-20 minutes.

3. After this add the sweetcorn and beans and cook for another 10 minutes before its ready to eat.

Best served with rice, jacket potato or nachos.

SIGNPOSTING

Please visit BBC Good Foods for all the recipes used in this booklet

<https://www.bbcgoodfood.com>

