

SPRING ZING!

Vitality Salad Serves 2

50g watercress
1 orange, in segments
a handful of red grapes
2 tbsp frozen peas, thawed
1 tbsp pumpkin seeds
1 tsp sunflower seeds (optional)
¼ tsp ground cumin
¼ tsp garam masala
½ tsp soya sauce

- 1 Wash the watercress and arrange in a bowl together with the grapes, peas and orange segments*.
- 2 Combine all dressing ingredients and pour over the salad.
- 3 Roast the pumpkin and sunflower seeds in a dry frying pan until they start to turn brown. Add the spices first, then drizzle the soy sauce all over. Stir until the seeds are evenly covered and take the pan off the heat. Sprinkle the roasted seeds over the salad.

* The easiest way to remove all membranes from the orange segments: carefully cut all peel off the orange. Then slice carefully to the right and left of each segment to cut it out.

Recipe – Chava Eichner

With the new season comes a plethora of produce perfect for your body a boost and put a spring in your step!

Dressing:
1 tbsp linseed oil
1 tbsp balsamic vinegar
a few drops of soy sauce
salt and freshly ground black pepper



Spring Vegetables with Saffron Basmati

350g brown basmati rice
2 medium-sized tomatoes
large pinch of saffron threads
300ml hot vegetable stock
2 tbsp olive oil
8 large spring onions, cut diagonally into thin slices

400g carrots, cut into thin slices
400g leeks, cut into thin slices
400g courgettes, cut into thin slices
salt and black pepper
handful of fresh herbs, chopped, to garnish

- 1 Bring a large saucepan of water to the boil and add the rice. Boil for 5 minutes, then reduce the heat and simmer for 20 minutes or until the rice is cooked. Drain and keep warm.
- 2 Meanwhile, put the tomatoes in a bowl and cover with boiling water for exactly 20 seconds then plunge them back into cold water. Peel the tomatoes then roughly chop the flesh. Put the saffron threads in a bowl with 2 tbsp of vegetable stock. Leave to soak for 5 minutes.
- 3 Heat the olive oil in a wok or deep frying pan and sauté the spring onions on high heat for about 3 minutes until soft. Add the carrots, leeks and courgettes and cook for a further 5 minutes, stirring occasionally. You can use tongs or spoons to toss everything together. Stir in the tomatoes, saffron stock and liquid and season with salt and pepper. Simmer for 3 minutes.
- 4 Divide the rice between 4 warm bowls. Pile the vegetable mixture on top with a slotted spoon, then drizzle their juices over the top. Scatter the herbs on top and serve.

Adapted from *The New Vegan*, Amanda Grant



Spinach and Walnut Lasagne Serves 4

Sauce:

½ tbsp olive oil
½ medium onion, chopped small
½ crushed garlic
large handful of broken walnuts
450ml passata
½ tbsp dried basil
½ tsp dried oregano
1 bay leaf
pinch of sugar
salt & freshly ground black pepper
100g fresh spinach, roughly chopped

Filling:

338g firm tofu, drained and crumbled
7g finely chopped fresh parsley or 1 tbsp dried
1 small clove garlic, crushed
1 tbsp lemon juice
salt and pepper
100g lasagna no-cook sheets
50g grated dairy-free cheese (such as Redwood's Cheezly Melting Mozzarella or Melting Cheddar style)

- 1 Heat oil in a large saucepan over medium heat. Add onion, cover and cook for 5 minutes, stirring occasionally.
- 2 Add garlic and walnuts and cook, covered, for a few minutes.
- 3 Remove saucepan lid, add passata, basil, oregano, bay leaf and a pinch of sugar. Season with salt and pepper. Simmer for 20-30 minutes to allow flavours to blend.
- 4 5-10 minutes before the end of sauce cooking time, stir in the spinach. Also preheat the oven to 190°C/375°F/Gas 5.
- 5 In a large bowl, combine crumbled tofu with the parsley, garlic, lemon juice and season well with salt and pepper. Mix until well combined.
- 6 When the sauce has cooked, discard the bay leaf.
- 7 Spread a thin layer of the tomato sauce in the bottom of a shallow rectangular baking dish.
- 8 Arrange a layer of lasagna sheets on top.
- 9 Spread a layer of tofu mixture.
- 10 Repeat with alternating layers, ending with tomato sauce. Top with cheese and bake for 30-40 minutes – or until heated through. Let stand for 5 minutes before serving.



Photography: Chava Eichner

mati Rice Serves 4

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Special Rhubarb Crumble Serves 4-6

340g rhubarb
3 tbsp water
160g raw cane sugar
115g wholewheat flour
55g rolled oats
55g desiccated coconut
2 tsp powdered ginger
115g vegan margarine

- 1 Chop the rhubarb and place in an oiled oven-proof dish with the water. Sprinkle 70g of the sugar over it.
- 2 Put the remaining 90g of the sugar in a large bowl with the flour, oats, coconut and ginger. Mix well then add the margarine and blend in well with your fingers.
- 3 Pile the crumble mixture on top of the fruit and bake at 400°F/200°C/Gas 6 for 30 minutes. Check after 20 minutes and if the top is browning too quickly, cover with kitchen foil and turn the oven down to a low heat for the remaining 10 minutes.
- 4 Serve warm with dairy-free vanilla ice cream.

From Easy Vegan Cooking, Leah Leneman