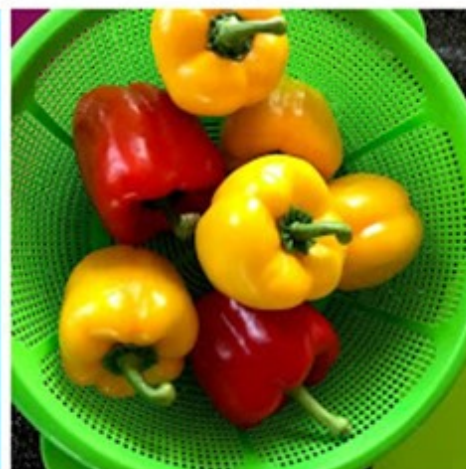


Eat Well & Save Pounds with Bev

Session 3 - Cooking with Veg



- Sweet and sour vegetables with Quorn
- Spanish Omelette
- Super easy Vegetable Risotto



S2R's *How to Series*



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I hope that you all enjoyed the chicken dishes from last week, please do let us know if you have been inspired by the videos to have a go at a new recipe.

My favourite recipe from last week was the chicken and couscous salad, luckily the weather has been hot and sunny enough to encourage me to eat more salad foods.

Saving costs and reducing the spend on our food bill is often a challenge for all of us. To reduce costs and eat well I usually cook a few meat free meals throughout the week. Have a look on the internet for more Meat free Monday ideas. Meat and fish are often the most expensive ingredients in the recipe so I thought that we could make some meat free dishes which are our favourites in the community cooking workshops.

Sweet and sour vegetables with Quorn

If you want to add some meat or fish to the recipes you can do, one of the recipes I am making is a Sweet and Sour dish, I am cooking with Quorn, if you haven't tried Quorn it's available in the supermarkets, I used the frozen Quorn chunks.

You can make the sweet and sour sauce recipe to use in your favourite sweet and sour dishes in place of a ready-made sauce in a sachet.

Spanish Omelette

This is a bit like a frittata, it's made in one pan, and it's a great way to use up left over vegetables, or tinned and frozen vegetables. It's economical to make, the protein comes from the eggs and cheese.

Vegetable risotto

This is another favourite from the cooking groups, its quick and easy to make, uses a few ingredients and again is great with fresh or frozen vegetables. Also it can be served as an accompaniment to meat or chicken.



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Slow cooker meals

Cooking in the slow cooker is a great way to make meals on a budget, there are lots of vegetable dishes that you can make in the slow cooker. I have made veggie curries, veggie lasagne and risottos in the slow cooker. A slow cooker can be bought for around £10 and may make a good investment. Many dishes that take a long time to cook in the oven can be cooked economically in a slow cooker.

A slow cooker is great for cooking cheaper cuts of meat.

If you have a favourite recipe you might like to use the slow cooker instead, I have a chart below to show how to convert timings in recipes. Individual slow cookers may have slightly different timings, but it should explain in your slow cooker instruction booklet.

How long should I cook a slow cooker recipe?

If a dish usually takes:

- 15-30 mins, cook it for 1-2 hours on High or 4-6 hours on Low
- 30 mins – 1 hour, cook it for 2-3 hours on High or 5-7 hours on Low
 - 1-2 hours, cook it for 3-4 hours on High or 6-8 hours on Low
- 2-4 hours, cook it for 4-6 hours on High or 8-12 hours on Low

Root vegetables can take longer than meat and other vegetables so put these near the heat source, at the bottom of the pot.

More meal ideas

Change 4 life and One You websites have great recipes to try, they both have apps for use on your phone.



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Sweet & Sour Veg with Quorn

Ingredients

425g can pineapple chunks, drained, juice reserved

2 tablespoons tomato ketchup,

2 tablespoons malt vinegar

2 tablespoons cornflour

1 tablespoon vegetable oil

1 onion, chopped

1 red chilli, deseeded and sliced or 1 teaspoon chilli powder

1 red and green pepper, deseeded, sliced thin strips

2 carrots, sliced into sticks

1 pack frozen Quorn chunks

2 tablespoons sweet corn

2 tomatoes, quartered

Seasoning-pepper

* cooked rice, to serve

Get cooking

1. Make the sweet and sour sauce by mixing together the pineapple juice, tomato ketchup, malt vinegar and cornflour in a measuring jug or bowl. Make up to 300ml with water.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and Quorn, stir-fry for 3-5 minutes until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the sweet corn and sauce. Bubble for 15 minutes,
4. Add the tomatoes and cook for 2 minutes, until the Quorn is cooked and the vegetables are tender.
5. Serve with the rice

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Spanish Omelette

Ingredients

- 4 eggs
- 1 tablespoon oil
- 1 small red onion, peeled, finely chopped
- 1 small potato, peeled, boiled, finely diced
- ½ red or yellow pepper, deseeded, finely diced
- ½ small courgette, washed, finely diced
- 3 mushrooms, washed, finely sliced
- 1 tomato, washed and finely chopped
- 3 tablespoons frozen peas, defrosted
- ½ teaspoon mixed herbs
- 3 tablespoons grated cheddar cheese



Get Cooking

1. Place the oil in a frying pan, heat and add all the vegetables except the peas, stir fry until soft.
2. Break the eggs into a bowl, beat well, season with pepper, add the mixed herbs.
3. Pour the egg mixture over the vegetables, add the peas, shake the pan to cover the vegetables with the eggs, heat gently for 5 minutes.
4. Add the cheese; place the pan under a hot grill until the cheese bubbles.

Serve with salad and crusty bread

A great recipe to use tinned potatoes, tinned vegetable or left over vegetables from yesterdays tea.



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Easy vegetable risotto

Ingredients

450ml hot water, 1 vegetable stock cube

100g broccoli, washed, chopped into small florets

150g frozen mixed vegetables or 1 large tin mixed vegetables or fresh green beans and peas.

1 tablespoon oil

1 small onion, peeled and chopped finely

150g risotto rice

2 tablespoon of grated parmesan/or any hard cheese/or cheddar cheese

Get cooking

1. Prepare the vegetables.
2. Make up the stock, heat the oil in a wide, shallow pan. Add the onion and fry gently for 5 minutes, stirring, until it is soft but not coloured. Add the rice and continue to stir and cook for 1-2 minutes until the grains become see-through at the edges and begin to make 'clicking' noises.
3. Add 50ml of the stock. Stir well and simmer gently until all the liquid has been absorbed. Continue adding the stock and stirring. After about 10 minutes, when half the stock has been added, add the vegetables. Continue adding stock in small amounts until it has been absorbed; this will take about 10 more minutes. Check if the rice is cooked, if not cooked add more water and cook for 5 minutes, check again.
4. Turn off the heat, stir in the grated cheese and season with pepper.