

Delicious Dinners

Very Veggie



Ratatouille

Ingredients:

2 teaspoons olive oil
1 red pepper seeded and diced
1 onion peeled and diced
8 baby courgettes, diced
1 tablespoon tomato puree
Black pepper
Handful parsley

Equipment:

Pan
Spoon
Knife
Chopping board



Recipe:

1. Seed and dice pepper. Peel and dice onion and dice courgette.
2. Heat the oil in a pan and cook the onion and the pepper until soft.
3. Add the baby courgettes and the tomato puree and cook for a further 3 minutes.
4. Roughly chop parsley.
5. Season the ratatouille with black pepper and parsley.
6. Serve with pasta, jacket potato or crusty bread.

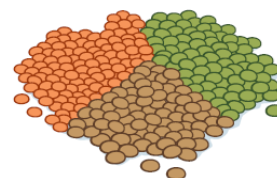
Vegetable Chili with Nachos!

Ingredients:

1 onion
1 garlic clove
1 courgette
5 mushrooms.
1 tin chopped tomatoes
1 tin of mixed beans
1 teaspoon cumin
2 teaspoons mixed herbs
½ teaspoon paprika
2 teaspoons olive oil
70 grams cheese
Large bag of tortilla chips

Equipment:

Knife
Chopping board
Tin opener
Spoons
Pan
Wooden spoon
Cheese grater
Bowl



Recipe:

1. Finely chop onion and garlic.
2. Finely slice courgette and mushrooms.
3. Drain and rinse beans.
4. Heat the olive oil in a pan over a medium heat.
5. Add the onion, garlic, cumin, herbs and paprika to the oil and cook for 5 minutes.
6. Add the courgette and mushrooms to the pan and cook until softened.
7. Add the tinned tomatoes and mixed beans to the pan. Reduce the heat and simmer for 15 minutes.
8. Grate cheese.
9. Place tortilla in a bowl, top with chili and cheese serve and enjoy