Veggie Visionaries

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Top Rated

- Vegetarian Fajitas ★★★★
- Mushroom Gnocchi ★★
- Thai Green Curry ★★★★
- Falafel Burgers ★★★

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Coconut

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Sweetcorn & Courgette Fritters

By User

Difficulty Easy
Prep Time 10 mins
Cook Time 15 mins
Serves 2

An easy vegetarian fritter you can have on the table in 25 minutes. Top with an egg with a runny yolk and a drizzle of our chilli dressing

Avg Rating ★★★★

Pea & Leek Open Lasagne

By User

Difficulty Easy
Prep Time 10 mins
Cook Time 15 mins
Serves 2

Make this healthy pea and leek lasagne in just 25 minutes. It delivers three of your 5-a-day and costs less than £2 a serving - perfect for midweek suppers

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Caponata Pasta

By User

Difficulty Easy
Prep Time 2 mins
Cook Time 15 mins
Serves 4

Avg Rating ★★★★

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Whip up our easy vegetarian caponata pasta in just 20 minutes. It's simple to make and packs three of your five-a-day into one delicious meal

Ingredients

- 4 tbsp olive oil
- 1 large onion 1 finely chopped
- 4 garlic cloves 4 finly sliced
- 230g chargrilled Mediterranean veg (peppers and aubergines if possible)
- 400g can chopped tomatoes
- 40g small capers
- 2 tbsp raisins
- 350g rigatoni, penne or another short pasta shape
- bunch basil leaves
- parmesan or vegetarian alternative

Instructions

1. Heat the oil in a large pan and cook the onion for 5-10 mins until starting to caramelise (or for longer if you have time - the sweeter the better). Add the garlic for the 1 minute 2 mins of cooking time.
2. Tip in the mixed veg, tomatoes, capers and raisins. Season well and simmer, uncovered, for 10 mins, or until you have a rich sauce.
3. Meanwhile, boil the kettle. Pour the kettleful of water into a large pan with a little salt and bring back to the boil. Add the pasta and cook until tender with a little bite, then drain, reserving some of the pasta water. Tip the pasta into the sauce, adding a splash of pasta water if it needs loosening. Scatter with the basil leaves and parmesan, if you like, and serve straight from the pan

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