Veggie Visionaries

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Why Go Veggie?

Top Rated

Vegetarian Fajitas ★★★★

Mushroom Gnocchi ★★

Thai Green Curry ★★★★

Falafel Burgers ★★★

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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

Avg Rating ★★★

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Caponata Pasta

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By User

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Cook Time 15 mins
Serves 2

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Avg Rating ★★★★

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Ingredients

- 4 tbsp olive oil
- 1 large onion finely chopped
- 4 garlic cloves finely sliced
- 250g chargrilled Mediterranean veg (peppers and aubergines if possible)
- 400g can chopped tomatoes
- 1tbsp 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 8-10 mins until starting to caramelise (or for longer if you have time - the sweeter the better). Add the garlic for the final 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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