Recipe

1. Pancakes

**Serves – 8; time – 20 minutes**

Application

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**Ingredients:**

125g plain flour

1 medium egg, beaten

275ml-300ml milk

Vegetable or sunflower oil, for frying

**Costed shopping list accordingly**

**Method:**

1. To make the batter, sift the flour with a pinch of salt into a large bowl. Make a well in the centre, pour in the egg and slowly whisk in enough milk to make a smooth batter, the consistency of pouring cream. Rest for at least 20 minutes.
2. Heat a crepe pan or a smaller heavy-based frying pan over a medium heat. When hot, dip some kitchen paper in the oil and wipe across the surface of the pan. Add a small ladleful of batter and tilt the pan to swirl the batter evenly and thinly. Cook for 1-2 minutes, until the pancake is golden underneath.
3. Loosen all around the pancake with a palette knife. Flip over and cook for a further minute, until golden. Slide out onto a plate and repeat to finish up the batter – oil the pan between each pancake.
4. Serve the pancakes with lemon wedges to squeeze over and sprinkle with caster sugar.
5. Indian scrambled masala egg

**Serves – 2; time – 20 minutes**

**Ingredients:**

* 3 eggs
* 1 chopped onion
* 2 chopped tomato
* 1 green chilli
* 1/2 teaspoon of red chilli powder/ paprika
* 1/4 teaspoon of garam masala
* 1/2 teaspoon pepper (adjust to taste)
* 1 teaspoon of salt (adjust to taste)
* 2 teaspoon of butter
* 1 gram of coriander leaves (optional- for garnish)

**Costed shopping list accordingly**

**Method:**

* Chop the onions and tomato in small pieces.
* Slice the green chilli into 4 halves.
* Whisk the eggs with 1 teaspoon of salt , 1/2 teaspoon of pepper ,1/2 teaspoon of red chilli powder, 1/4 teaspoon of garam masala and add the green chilli into the egg mixture.
* Add 2 teaspoon of butter on a frying pan on a medium heat.
* Fry the chopped onions for 3-4 minutes until it turns light brown in colour then add chopped tomato and stir for a minute.
* Add the egg mixture to the frying pan and stir constantly to get the eggs scrambled.
* Occasionally stir for 3 minutes until the egg is cooked
* Add coriander leaves for garnish
* Serve either on its own or with some bread toast.

1. Vegan broccoli and carrot stir fry recipe

**Serves – 2; time – 20 minutes**

**Ingredients:**

* Handful of broccoli
* 2 carrots
* Red pepper
* 1 teaspoon soy sauce (adjust to taste)
* A pinch of ground/grated ginger (Optional)
* 1/2 teaspoon pepper (adjust to taste)
* 1/4 teaspoon of salt (adjust to taste)
* Pinch of chilli flakes (adjust to taste)
* 2 teaspoon of oil

**Costed shopping list accordingly**

**Method:**

 Break the broccoli into bite-size florets and peel and chop up the carrots into bite-size pieces.

 Add the carrots to a pan of water and bring to the boil. Add a pinch of salt. Cook for around 4-5 minutes until they begin to soften.

 Add the broccoli and continue cooking for 2-3 more minutes until they’re tender.

 Drain the broccoli and carrots and keep aside.

* In a frying pan, heat a little oil in a wok or large frying pan over a high heat.

Add the garlic and ginger and cook for a minute.

* Add in the sliced peppers. You can also add chopped mushrooms, sliced onions and/or chopped spring onions.
* Continue to stir fry for another 2 minutes
* Add in the broccoli and carrots.
* Season with 1/2 teaspoon of pepper, a pinch of chilli flakes and a teaspoon of soy sauce. Add extra seasoning to your taste. You can swap the soy sauce for Worcestershire sauce although note that this is not usually vegan. You can also substitute the chilli flakes for chilli sauce.
* Stir fry everything for a final 2 minutes.
* Serve either on its own or with some rice or noodles.