

Vegan 3 courses @ 7pm Wednesday 19/08/2020

Italian Lentil Salad

Ingredients for salad:

- 1 large can of cooked lentils
- 2 Spring onions-chopped
- 1 cup chopped grapes
- 1 Cucumber peeled, seeded, chopped
- ½ Red pepper Onion diced
- 2 teaspoon Lemon zest

Ingredients for Vinaigrette:

- 1/3 cup fresh Lemon juice
- 1/3 Olive oil
- Salt and pepper mix

Method:

Mix all the salad ingredients in the small mixing bowl. Mix the vinaigrette in the jar, close the lid, and shake it. Pour the vinaigrette into the salad bowl. Fold all the ingredients and transfer into the serving plate

Vegan Tart Tatin

Ingredients for Tart Tatin:

- Pre-made Puff pastry
- Mix veg (of your choice)-par boiled
- 50g Vegan butter
- 1 tablespoon -Red wine vinegar (similar)
- 1 tablespoon Sugar
- 3 sprigs-Thyme
- Handful of crushed nuts

Method:

Melt butter with sugar and vinegar in an oven proof pan. Add onion until soften.

Add thyme leaves , rest of veg and nuts. Remove from the heat and cover with pastry.

Bake 180 Celsius for 20-25 mins. Flip and serve

Vegan Chocolate Brownies

Ingredients:

- 5 tbsp sunflower oil
- 200g of diary free chocolate
- 170g self raising flour
- 3 heaped tea spoons Cocoa Powder
- 180g Golden caster sugar
- Sea Salt
- 1 vanilla pod
- 230ml unsweetened soya milk
- 200g pecan nuts
- Raspberries

Method:

Grease and line baking tin

Melt 150g of chocolate

Sieve flour and cocoa powder, stir in sugar, pinch of salt and vanilla

Stir in oil, soya milk and melted chocolate

Roughly chop remaining chocolate and pecan nuts. Stir into the flour mix and add raspberries

Pour mixture into tin and bake for 20-25 mins