Vegan Life recipes :

Chickpea Curry (serves 4):

Quick to prepare, great for batch cooking and nice and warming for the winter months.

Ingredients:

- 1 onion (chopped)
- 3 garlic cloves (chopped)
- Thumb size piece of ginger (finally chopped/grated)
- 1/2 tbsp oil
- 1 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- pinch of chilli flakes
- 4 spoonfuls of dried red lentils
- 1 tin light coconut milk
- 400g tin of chickpeas (drained)
- Tin of chopped tomatoes
- Bag of baby spinach leaves

Method:

- Heat oil in a pan
- Add chopped onion, garlic, ginger and spices and cook until soft
- Add tinned tomatoes, coconut milk and lentils
- Cook until lentils are soft
- Add chickpeas and stir through spinach
- Could finish with fresh coriander and squeeze of lemon/lime

Spicy Vegetable and Mixed Bean Casserole with Cauliflower Rice (serves 4):

A good mid-week meal that can be batch prepped with leftovers for lunch.

Ingredients:

- 2 diced onions
- spray olive oil
- 1 diced large courgette
- 1 diced green pepper
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin mixed beans, drained
- 2 tsp cumin
- 1 tsp cinnamon
- 2 tsp harissa paste
- 1/2 bunch chopped fresh coriander

For the cauliflower rice:

- 1 large cauliflower
- spray olive oil
- 1 tsp group cumin
- 1 tsp ground coriander

Method:

- Fry the onion, courgette and pepper in the oil until soft.
- Add the tomatoes, beans, spices and harissa. Leave to simmer for 30 minutes.
- Break the cauliflower into florets and pulse in a food processor until resembling grains. Heat another spray of olive oil in a separate pan and add the spices for a few seconds, then add the cauliflower and stir to coat. Fry gently for 2 minutes until golden.
- Serve the casserole on a bed of the cauliflower and sprinkle over the coriander.