LIGHT & SWEET

Fresh Herb Spring Rolls with Peanut-Lime Dip

PREP	COOK	SERVES
30 min	5 min	4 (8 rolls)

Vegan Vegetarian

Fresh rice-paper rolls packed with herbs and crunchy vegetables, with a peanut-lime dip.

Ingredients

Rolls

- 8 rice paper wrappers
- 100 g rice vermicelli
- 1 carrot, cut into matchsticks
- ½ cucumber, cut into matchsticks
- 8 soft lettuce leaves
- A handful each of fresh mint and coriander (or basil)
- 200 g firm tofu, pressed and sliced into thin sticks (optional)

Peanut-lime dip

- 3 tbsp smooth peanut butter
- 1 tbsp hoisin sauce
- 1 tbsp lime juice
- 1 tsp soy sauce
- 2 to 3 tbsp warm water

Method

1. Cook the vermicelli according to the packet, drain, rinse under cold water and drain again.
2. Whisk the dip ingredients with enough warm water to make a pourable sauce. Set aside.
3. Fill a wide dish with warm water. Dip one rice paper wrapper for 10 seconds, until just pliable, and lay it on a damp board.

4. Place a lettuce leaf on the lower third, then a little vermicelli, carrot, cucumber, herbs and a few sticks of tofu if using.
5. Fold the bottom over the filling, fold in the sides, then roll up tightly.
6. Repeat with the remaining wrappers. Serve straight away with the dip.

Cook's tip

The wrappers keep softening after you take them out of the water, so lift them out while they still feel a little firm. To prepare ahead, cover the rolls with a damp tea towel for up to 2 hours.

HEARTY & GROUNDING

Black Bean and Sweet Potato Burgers

PREP	COOK	SERVES
25 min	35 min	4 burgers

Vegan Vegetarian

Smoky, sweet and hearty bean burgers with avocado and a spicy mayo. Naturally vegan.

Ingredients

For the patties

- 1 large sweet potato (about 350 g), cut in cubes
- 400 g can black beans, drained
- 60 g rolled oats
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 2 garlic cloves, crushed
- 2 tbsp tomato paste
- 1/2 tsp salt
- 2 tbsp oil, for frying

For the spicy mayo

- 3 tbsp vegan mayonnaise
- 1 tsp sriracha

To build

- 4 burger buns (check they are vegan)
- 1 avocado, sliced
- A few lettuce leaves
- 1 tomato, sliced

Method

1. Heat the oven to 200°C. Roast the sweet potato on a tray for 25 minutes until soft and lightly browned.
2. Mash the sweet potato with half of the beans. Stir in the rest of the beans, lightly crushed, then the oats, paprika, cumin, garlic, tomato paste and salt.
3. Shape into four patties and chill for 20 minutes so they firm up.
4. Fry in the oil over medium heat for 4 minutes per side until crisp.
5. Mix the mayo and sriracha. Toast the buns and build with mayo, lettuce, tomato, avocado and the patty.

Cook's tip

Do not skip the chilling. Bean patties are soft until the oats have had time to soak up the moisture.

HOT & BOLD

Bendy Fries with Paprika Salt

PREP	COOK	SERVES
20 min	25 min	4

Vegan Vegetarian

Bendy, spiral-cut potato fries baked until crisp and tossed in smoky paprika salt. Vegan.

Ingredients

For the fries

- 800 g floury potatoes (Maris Piper or similar)
- 2 tbsp cornflour
- 3 tbsp neutral oil
- 1/2 tsp salt

For the paprika salt

- 1 tsp smoked paprika
- 1 tsp sea salt
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper

Method

1. Peel the potatoes and cut them into long, bendy spirals with a spiralizer (thick blade). Cut the spirals into fry-length pieces if you like.
2. Soak in cold water for 30 minutes, then drain and dry very well with a clean towel. (The soaking time is not included in the prep time.)
3. Heat the oven to 220°C with two large trays inside.
4. Toss the potatoes with the cornflour, oil and salt. Spread on the hot trays in one layer.
5. Bake for 22 to 25 minutes, turning once, until crisp and golden at the edges.
6. Mix the paprika salt and toss the fries in it while they are still hot.

Cook's tip

Dry potatoes crisp up and wet ones steam. Take a minute to really dry them, and never crowd the tray.

HEARTY & GROUNDING

Vegan Dark Chocolate Cake

PREP	COOK	SERVES
20 min	35 min	10 slices

Vegan Vegetarian

A deep, moist chocolate cake made without eggs or dairy, covered in glossy chocolate ganache.

Ingredients

For the cake

- 250 g plain flour
- 200 g caster sugar
- 60 g unsweetened cocoa powder
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 1/2 tsp salt
- 300 ml oat milk
- 100 ml neutral oil
- 1 tbsp white wine vinegar
- 2 tsp vanilla extract

For the ganache

- 200 g dairy-free dark chocolate, chopped
- 200 ml coconut milk (from a can, full fat)

Method

1. Heat the oven to 180°C. Grease and line two 18 cm round cake tins.
2. Whisk the flour, sugar, cocoa, baking powder, bicarbonate of soda and salt in a large bowl.
3. In a jug, mix the oat milk, oil, vinegar and vanilla. Pour into the dry ingredients and whisk until smooth.
4. Divide between the tins and bake for 30 to 35 minutes, until a skewer comes out clean. Cool completely.

5. For the ganache, heat the coconut milk until steaming, pour over the chocolate, wait 2 minutes, and stir until smooth. Let it thicken for 30 minutes.
6. Sandwich the cakes with a third of the ganache, and spread the rest over the top and sides.

Cook's tip

Do not skip the vinegar. It reacts with the bicarbonate and gives the cake its rise.

FRESH & COOL

Virgin Mojito

PREP
5 min

SERVES
1 glass

Vegan | Vegetarian

Lime, mint, sugar and sparkling water over crushed ice. All the freshness of a mojito, without the rum.

Ingredients

- 1 lime, cut in 6 wedges
- 10 fresh mint leaves
- 2 tsp sugar
- 100 ml sparkling water
- Crushed ice
- A sprig of mint, to serve

Method

1. Put the lime wedges, mint leaves and sugar in a sturdy glass.
2. Press gently with a muddler or a wooden spoon, just enough to release the juice and oils.
3. Fill the glass with crushed ice.
4. Top up with the sparkling water and stir from the bottom.
5. Decorate with a sprig of mint and serve with a straw.

Cook's tip

Do not pound the mint. Crushing it releases bitter flavours and makes the drink taste grassy.