

WAYS WITH VEGETABLES

Fried spinach variations

Chop an onion and fry gently in oil until soft. Add spinach, sprinkle with salt and pepper; cook and stir 3 to 5 minutes until leaves are wilted and reduced. *Variation 1* use butter and garlic. *Variation 2* use red pepper flakes and garlic. *Variation 3* add chickpeas and lemon juice.

Fried cabbage

Chop an onion and fry gently until soft. Chop cabbage into bite-sized pieces Stir into pan with salt and pepper to taste. *Variation 1* add sour cream. *Variation 2* add garlic.

Roast vegetables

Chop a selection of firm vegetables (carrot, swede, parsnip, butternut squash) into cubes. Put in a bowl and toss with oil. Put in a greased baking dish. Bake at 190°C gas 5 for 15-20 minutes. *Variation 1.* add sugar and garlic to the oil. *Variation 2* sprinkle with thyme leaves. *Variation 3* Add honey to the oil.

Winter salad

Chop up a selection of cauliflower, white cabbage, beetroot, broccoli, carrots (or grated, if liked), celery onions, mushrooms, sweetcorn. Add defrosted frozen peas. Pour over a dressing (oil and vinegar, or sour cream plus Worcestershire sauce, salt and pepper).

Summer salad

Mix together a selection of new potatoes, young carrots, broad beans or peas, chopped celery, cucumber, radishes, tomatoes (cherry or chopped), water cress, lettuce leaves, spring onions, chopped peppers. Pour over a dressing.

Make a meal of a salad

With chopped cold sausages, cold pasta, cheese, hardboiled eggs, chopped ham, chorizo, tinned tuna, sardines, beans, cooked chicken, cooked flaked fish, cottage cheese plus prawns. Add chopped fresh herbs, and/or a spice of choice.

Cheesy veg

Chop up into cubes solid vegetables like carrot, turnip, parsnip, swede and boil until soft – about 5 minutes or so. Just before the end add softer vegetables like cauliflower and broccoli, broken into florets. Drain and put into a shallow dish. Add salt and pepper and any herbs and spices you like. Top with grated cheese or mozzarella and grill until the cheese melts.

Tortilla

Lay the tortilla out flat on a board, spread hummus on the bottom third and put lettuce on top. Arrange shredded or grated carrot and cucumber sticks in a bank on top of the lettuce and spoon chopped tomatoes on top. Sprinkle on grated cheese. Fold bottom up first and then the sides.

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