

# Falafel Wraps



## Ingredients: (serves 4)

2 400g tins of chickpeas

4 spring onions

Half a pack of coriander (15g)

4 cloves of garlic

4 tsp. of chilli powder

4 tsp. of plain flour

Oil for cooking

Tortilla wraps

Salad to serve

Tzatziki sauce to serve



## Method:

Drain the chickpeas and pat dry with kitchen roll

Blend half the chickpeas until smooth

Roughly chop the other half of the chickpeas and add to the blended chickpeas (this will add texture and crunch to your falafel)

Finely chop the spring onion and garlic and add to the chickpea mixture

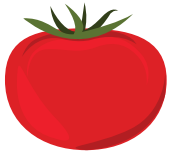
Remove the coriander leaves from the stalks. Chop the coriander leaves and add to the chickpea mixture

Add the chilli powder, salt and pepper and plain flour and mix well

Take a spoonful of the mixture and form it into a ball then squash the ball down to make a burger shape

Heat 2 tablespoons of oil in a large pan and fry the falafel, flipping over half way until crispy on the outside and hot in the middle (about 2 minutes on each side)

Warm up the wraps and add tzatziki, the falafel and salad and roll it up



# Black Bean Chilli Quesadillas



## Ingredients:

Tortilla wraps

Tomato and garlic sauce

Chilli powder

Grated cheese

Tin of black beans

Veg selection – add your own (spring onions, grated carrot, sweetcorn, peppers, spinach, coriander, tomatoes)

## Method:

Prepare the vegetables you have chosen to use (chop spring onion, pepper, spinach, coriander, tomatoes and grate some carrot)

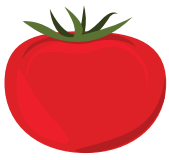
Take half a tortilla wrap, spread over a tablespoon of tomato and garlic sauce and sprinkle over some chilli powder

Add your chosen veggies and some black beans to half of the wrap (it will be folded over to cook it)

Sprinkle over some cheese and fold your wrap in half

Cook in a hot, dry pan, turning over half way through, until crispy on the outside and melty inside





# Lentil Ragu



## Ingredients: (serves 4 -6)

2 medium white onions  
4 cloves of garlic  
2 carrots  
2 sticks of celery  
6 chestnut mushrooms  
1 tbsp. of dried mixed herbs  
1 tbsp. of Marmite or Worcester Sauce  
3 tbsp. of tomato puree  
800ml of vegetable stock  
300g of red lentils  
300g of pasta  
100g of grated cheese



## Method:

Finely dice the onions, celery and carrots

Chop the garlic

Heat 2 tablespoons of oil in a large pan, add the onions and cook for 5 minutes until softened

Add the celery, carrots, mushrooms and garlic and cook for 5-10 minutes until soft

Add the mixed herbs and cook for 2 minutes

Add the tomato puree and cook for 2 minutes

Stir in the lentils

Add the stock and stir through the marmite or Worcester sauce

Cook for 15-20 minutes until the lentils are soft

Meanwhile, cook the pasta

Season the ragu with a pinch of salt and pepper if required

Drain the pasta and stir it into the ragu

Sprinkle with cheese and enjoy