

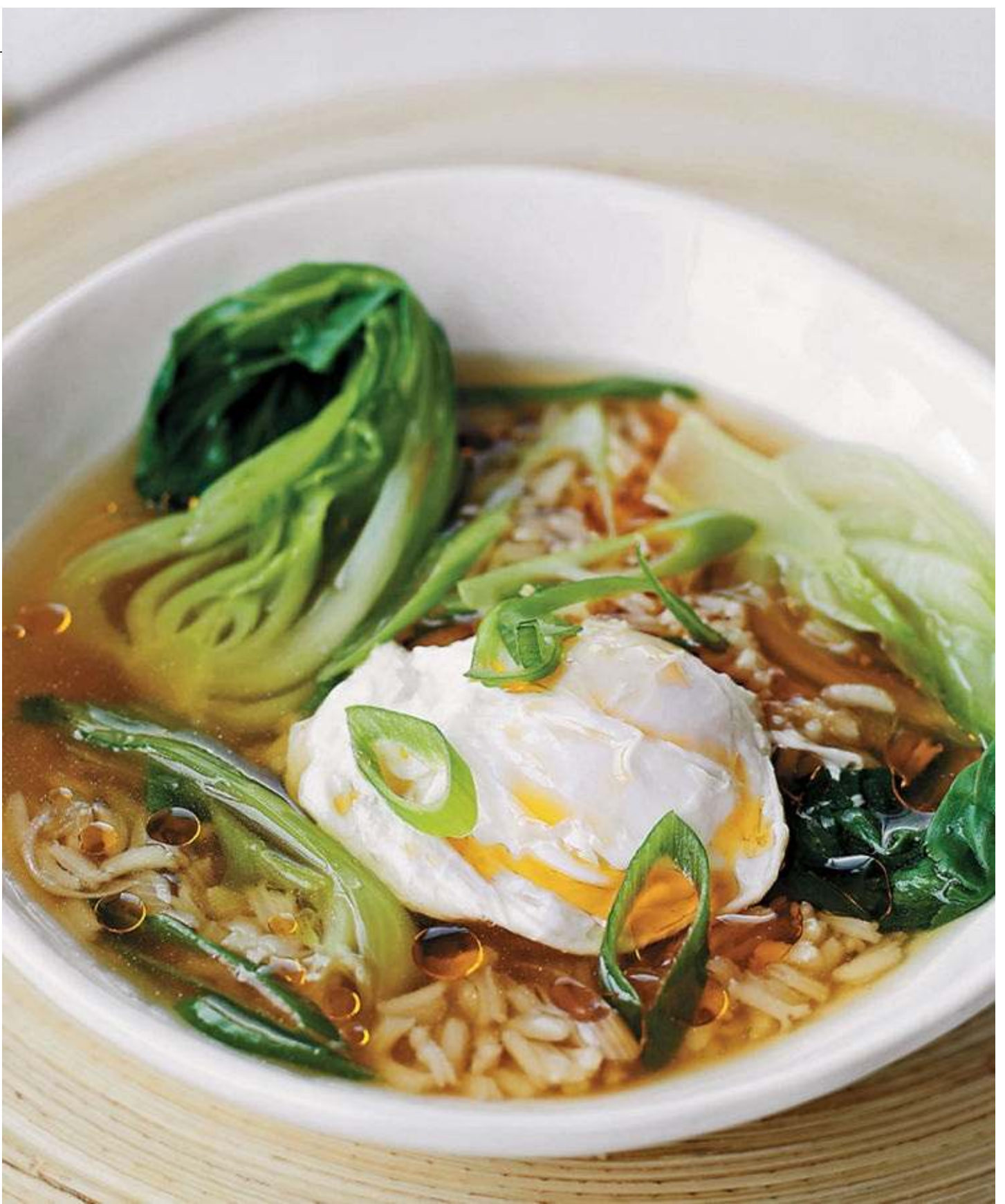
# 200 *Fast* vegetarian recipes





hamlyn | **all colour cookbook**

**200** *Fast vegetarian recipes*



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# How to use this ebook

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Select one of the chapters from the [main contents](#) list and you will be taken to a list of all the recipes covered in that chapter.

Alternatively, jump to the [index](#) to browse recipes by ingredient.

Look out for linked text (which is underlined and/or in a different colour) throughout the ebook that you can select to help you navigate between related recipes.

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# introduction

This book offers a new and flexible approach to meal-planning for busy cooks and lets you choose the recipe option that best fits the time you have available. Inside you will find 200 dishes that will inspire you and motivate you to get cooking every day of the year.

All the recipes take a maximum of 30 minutes to cook. Some take as little as 20 minutes and amazingly, many take only 10 minutes.

On every page you'll find a main recipe plus a short-cut version or a fancier variation if you have a bit more time to spare. Whatever you go for, you'll find a huge range of super-quick recipes to get you through the week.



## vegetarian recipes

A diet rich in fresh vegetables, pulses and wholegrains is well documented to be a healthy one. Armed with the knowledge that a diet high in meat protein can be detrimental to health, and with such an abundance of wonderful, seasonal vegetables widely available, it's not difficult to understand why many people choose to follow a vegetarian or 'flexitarian' diet.

The key to a well-balanced vegetarian diet is simple: eat plenty of wholegrains (brown rice,

barley, corn, oats, millet and buckwheat are all good options), foods which are made from wholegrains (such as wholemeal breads, pastas and cereals), protein-rich pulses, lentils, nuts and eggs, and an abundance of fresh fruit and vegetables. Dairy products (such as butter, cheese, cream, milk and yoghurt) or non-dairy alternatives should form a smaller part of the diet and caffeinated drinks, alcohol and sugary treats should be enjoyed in moderation.

Complex carbohydrates are essential for a good diet and vital for energy. The presence of dietary fibre allows the energy from the natural sugars they contain to be released slowly, as opposed to refined sugars, which are released into the body quickly and can leave energy levels depleted. Foods rich in complex carbohydrates include those made using the whole of the grain, such as wholemeal bread and wholewheat pasta, as well as brown rice, barley, corn, buckwheat, dried beans and bananas.

A healthy vegetarian diet will be high in fibre, which is vital for moving the food in the bowel, helping to prevent intestinal problems and reducing the risk of bowel cancer. Foods rich in fibre can help to lower blood cholesterol, therefore it is advisable to include high-fibre foods, such as beans and peas, brassica family vegetables (including cabbage, broccoli and Brussels sprouts), oats and wholegrain wheat, in most of your meals.

Protein is essential for tissue repair and cell growth and reproduction, especially for growing children and pregnant women. However, we do not need large amounts of protein in our diet and it is perfectly possible to consume the recommended amounts of protein from just non-animal foods. Good sources of vegetarian protein include nuts and seeds, pulses, soya products, peas, beans, chickpeas and lentils.

## techniques and tips

Using condiments, seasonings, herbs and spices can liven up your dining experience enormously, giving you an opportunity to cook and eat a glorious palette of flavours, colours and textures. Stock up your store cupboard before you begin to travel through the varied and wonderful world of vegetarian cookery. Most supermarkets will sell everything you'll need, but also try ethnic stores and greengrocers to source more unusual ingredients and produce.



A well-equipped kitchen will really help you to save time when preparing your vegetarian meals. A couple of good saucepans of different sizes, a frying pan and a wok are all essentials, and you will find lots of uses for a good-quality pestle and mortar. A salad spinner speeds-up salad washing, and accurate kitchen scales will help to ensure successful results every time. A food processor is a must for quick and easy blending and processing.



## store cupboard staples

It's a good idea to have a variety of dried pasta shapes to hand – linguini, spaghetti, pappardelle, fusilli, penne and orzo should cover most recipes.

Rice (basmati, brown, jasmine, risotto and paella), bulgar wheat, couscous, polenta and



quinoa are great staples that can be used in a variety of ways to produce wonderful, quick meals. ~~Plain flour is a must for making sauce bases and crumble toppings. Gram flour is great for a spiced batter base to make a variety of crispy vegetable fritters.~~

Quick-cooking pulses that don't require long soaking – Puy lentils, split red lentils and yellow split peas – are essential for creating delicious vegetarian dishes, and canned pulses and beans are handy for instant, last-minute meals. A good supply of kidney beans, chickpeas, black-eyed beans, cannellini beans and butter beans will also be really useful.

Healthy, wholesome and delicious, nuts and seeds will perk-up many dishes from salads to stir-fries. Sunflower seeds, sesame seeds, cashew nuts, almonds, pistachio and walnuts make nutritious additions to vegetarian meals.

Packed with flavour and colour, canned tomatoes and passata have a multitude of uses and are a terrific stand-by for making quick sauces, curries and stews.

Good-quality olive oil, sunflower and vegetable oils and toasted sesame seed oil are great for stir-frying and general-purpose cooking. Red wine, white wine, balsamic, cider and rice wine vinegars are a must for creating quick salad dressings and sauces.

## flavourings

You cannot have enough of a variety of dried herbs and spices in your store cupboard to experiment with flavours. The list is endless, but always remember to buy them in small quantities and use within three months for maximum flavour. A good stock of dried herbs (basil, thyme, oregano, tarragon, rosemary and parsley are a good starting point), whole spices (cumin seeds, coriander seeds, black mustard seeds, cloves, cardamom pods and cinnamon sticks) and ground spices (cumin, cinnamon, coriander, chilli powder, paprika and turmeric) will really add depth to your dishes. Sea salt and fresh black peppercorns are also a must.

Stock up on a selection of sauces and condiments to add instant flavour to your dishes. Soy sauce, sweet chilli sauce, Tabasco sauce and Worcestershire sauce are staples you will use time and time again. Honey and maple syrup are good sweeteners to keep at hand for both sweet and savoury recipes.



## fresh food

Keeping your fridge well stocked will enable you to create healthy and tasty vegetarian meals in minutes. The key is to buy fresh produce regularly, and to only buy what you know you will use to minimize wastage. Fresh pasta, tofu, cheese, butter, milk, cream and eggs are always great to have in the fridge. You'll also find lemons, limes, red chillies, fresh ginger, spring onions and fresh herbs are excellent additions to speedy meals.

Buy fruit and vegetables that are in season and, if possible, locally grown. The goodness and flavour will be far superior to those that have been grown out of season or have travelled many miles to reach the supermarket shelves. Garlic, onions, potatoes, shallots, carrots and other root vegetables and most varieties of fruit will keep well for a few days in the pantry.



A stack of white ceramic plates and a bowl, with the text "snacks & light bites" overlaid. The stack consists of a shallow bowl on top of several plates. The text is centered on the bowl in a thin, black, sans-serif font.

snacks &  
light bites

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# snacks & light bites

quick quesadillas

stuffed courgettes

asparagus frittata

falafel with spicy sauce

aubergine melts

sweetcorn fritters with chilli salsa

tostados with avocado & tomato

mozzarella & spinach pancakes

bocconcini with fresh pesto aioli

eggs florentine

spring onion rostis with spicy salsa

walnut, gorgonzola & pear boats

borlotti bean & pepper bruschetta

red pepper dip with herby pittas

baked brie with maple syrup

broad bean & pea crostini

asparagus with poached eggs

chickpea & spinach omelette

bean burgers with garlicky yogurt

feta-stuffed peppers

ciabatta toast with grilled veg

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# quick quesadillas

Serves **4**

Total cooking time **10 minutes**

200 g (7 oz) **refried beans**

**8 soft flour tortillas**

25 g (1 oz) **jalapeño pepper slices**, drained and chopped

**1 large tomato**, deseeded and diced

150 g (5 oz) **Cheddar cheese**, grated

**2 spring onions**, sliced

1 tablespoon finely chopped **fresh coriander** (optional)

100 ml (3½ fl oz) **soured cream**, to serve (optional)

**Spread** the refried beans over 4 of the tortillas. Top with the jalapeño slices, diced tomato, grated cheese, spring onions and chopped coriander, if using. Cover each one with another tortilla to make 4 quesadillas.

**Toast** the quesadillas, one at a time, in a large ridged griddle pan set over a medium-high heat for about 30–60 seconds on each side, until lightly browned and the cheese inside has melted.

**Cut** the quesadillas into quarters and serve immediately with soured cream, if using.

**For spicy bean burritos**, spread the refried beans over all 8 tortillas, then top with the jalapeño slices, 2 large, diced tomatoes, 1 cored, deseeded and chopped red pepper and the sliced spring onion. Tuck in the ends and roll each tortilla tightly, then place in a snug-fitting ovenproof dish. Pour a 300 g (10 oz) jar hot Mexican salsa over the tortillas, then dot with small spoonfuls of soured cream and sprinkle with the cheese. Cook in a preheated oven, 220°C (425°F), Gas Mark 7, for 20–25 minutes until hot and bubbling. Serve hot with shredded iceberg lettuce and the chopped coriander, if using. **Total cooking time 30 minutes.**



quick quesadillas

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# stuffed courgettes

Serves 4

Total cooking time **30 minutes**

## 4 courgettes

175 g (6 oz) **plum tomatoes**, chopped  
210 g (7 oz) **mozzarella cheese**, grated  
2 tablespoons shredded **basil leaves**  
25 g (1 oz) **Parmesan cheese**, grated  
**salt and pepper**

**Slice** the courgettes in half horizontally and then scoop out the middle of each one, reserving the flesh.

**Place** the courgette halves in a roasting tin, cut side up, and bake in a preheated oven, 200°C (400°F), Gas Mark 6, for 10 minutes.

**Meanwhile**, chop the reserved courgette flesh and mix it in a bowl with the chopped tomatoes, grated mozzarella and basil. Season to taste.

**Remove** the courgette halves from the oven and spoon the filling into each one.

**Sprinkle** with the grated Parmesan and return to the oven to bake for 15 minutes, until golden.

**For griddled courgettes with mozzarella**, use a vegetable peeler to thinly slice 4 courgettes length-ways. Toss the courgettes in 2 tablespoons olive oil and then cook them on a preheated hot griddle pan for 2–3 minutes on both sides, until griddle marks start to show. Served topped with 210 g (7 oz) torn mozzarella cheese and 6–8 torn basil leaves. Drizzle with a little olive oil, a squeeze of lemon juice and a grinding of pepper. **Total cooking time 20 minutes.**





stuffed courgettes

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# asparagus frittata

Serves **4**

Total cooking time **30 minutes**

400 g (13 oz) **asparagus**

2 tablespoons **olive oil**

**6 large eggs**

50 g (2 oz) **Parmesan cheese**, grated

1 tablespoon chopped **oregano**

**salt** and **pepper**

**Break** the woody ends off the asparagus and discard. Toss the spears in 1 tablespoon of the olive oil.

**Heat** a griddle pan until hot and cook the asparagus for 4–5 minutes, until starting to look a little charred. Cut the asparagus spears into thirds.

**Beat** the eggs in a large bowl with the grated Parmesan, oregano and some salt and pepper. Add the asparagus.

**Heat** the remaining oil in a flameproof, nonstick frying pan. Pour the mixture into the pan and cook for 8–10 minutes over a low heat, tipping the pan from time to time to allow the runny egg to reach the edges to cook evenly.

**Cook** for a further 4–5 minutes under a preheated hot grill, until the top is golden.

**Turn** the frittata out on to a board, cut into wedges and serve immediately.

**For griddled asparagus**, toss 450 g (14½ oz) trimmed asparagus in 2 tablespoons olive oil. Heat a griddle pan until hot and cook the asparagus for 4–5 minutes, turning once. Serve drizzled with olive oil and sprinkled with Parmesan cheese shavings. **Total cooking time 10 minutes.**



asparagus frittata

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# falafel with spicy sauce

Serves 4

Total cooking time **15 minutes**

400 g (13 oz) **can chickpeas**, rinsed and drained

1 **onion**, finely diced

2 **garlic** cloves, chopped

3 tablespoons chopped **parsley**

1 teaspoon **ground coriander**

1 teaspoon **ground cumin**

2 tablespoons **plain flour**

2–3 tablespoons **vegetable oil**

**salt** and **pepper**

½ **iceberg lettuce**, shredded, to serve

## Spicy sauce

100 g (3½ oz) **tomato purée**

½ –1 teaspoon **harissa paste**, to taste

2 **garlic cloves**, crushed

1 teaspoon **lemon juice**

50 ml (2 fl oz) **water**

1 tablespoon chopped **parsley**

**To** make the sauce, place all the ingredients in a small saucepan and simmer for 10 minutes

**Meanwhile**, place all the falafel ingredients except the oil in a large bowl and mash together with a fork. Season to taste. Alternatively, place the ingredients in a food processor and blitz until smooth. Using wet hands, shape the mixture into small balls and flatten slightly.

**Heat** the vegetable oil in a frying pan and cook the falafel for 5–7 minutes, turning once, until golden all over.

**Serve** on the lettuce with the spicy sauce.

**For falafel & tabbouleh salad**, make the falafel as for [Falafel with spicy sauce](#). Meanwhile, place 250 g (8 oz) couscous in a heatproof bowl and just cover with boiling water. Leave to stand for 10 minutes. Fluff up the couscous with a fork, then stir in 2 tablespoons each of chopped mint, parsley and chives, 3 diced tomatoes and ½ diced cucumber. Serve with the falafel and dollops of ready-made hummus. **Total cooking time 20 minutes.**



falafel with spicy sauce

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# aubergine melts

Serves **4**

Total cooking time **30 minutes**

**2 aubergines**, halved lengthways  
**4 tablespoons olive oil**  
**4 tomatoes**, sliced  
**200 g (7 oz) mozzarella cheese**, sliced  
a small handful of **basil leaves**  
**2 tablespoons toasted pine nuts**  
**pepper**  
crisp **green salad**, to serve

**Place** the aubergine halves on a baking sheet, drizzle with the olive oil and bake in a preheated oven, 200°C (400°F), Gas Mark 6 for 20 minutes until softened.

**Remove** the aubergine from the oven, arrange the slices of tomato and mozzarella on top and bake for a further 5 minutes, until the cheese has melted.

**Scatter** with basil leaves and pine nuts, season with pepper and serve with a crisp green salad.

**For aubergine & goats' cheese pasta**, cook 400 g (13 oz) pasta shapes of your choice in a saucepan of boiling water according to the pack instructions, until 'al dente'. Meanwhile, heat 1 tablespoon olive oil in a frying pan and fry 1 chopped onion and 2 sliced garlic cloves for 3–4 minutes. Add 1 chopped aubergine and cook for a further 4–5 minutes. Pour in a 400 g (13 oz) can chopped tomatoes and simmer for 3–4 minutes. Drain the pasta and stir into the sauce with 100 g (3½ oz) crumbled goats' cheese and a small handful of torn basil leaves and mix well. **Total cooking time 20 minutes.**



aubergine melts

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# sweetcorn fritters with chilli salsa

Serves 4

Total cooking time **20 minutes**

275 g (9 oz) **can sweetcorn**

65 g (2½ oz) **plain flour**

1 teaspoon **baking powder**

1 **egg**, beaten

½ **red pepper**, cored, deseeded and finely chopped

1 small **red chilli**, deseeded and finely chopped

6 tablespoons chopped **fresh coriander**

2 tablespoons **vegetable oil pepper**

## **Salsa**

1 tablespoon **olive oil**

2 **tomatoes**, finely chopped

½ small **red chilli**, finely chopped

1 tablespoon **soft light brown sugar**

2 tablespoons chopped **fresh coriander**

**Drain** the sweetcorn and place half the kernels in a food processor and whizz until almost smooth. Transfer to a bowl and stir in the remaining, whole sweetcorn. Sift in the flour and baking powder and mix together. Mix in the egg, red pepper, chilli and coriander and season with plenty of pepper.

**Heat** the oil in a large, heavy-based non-stick frying pan over a medium-high heat and drop in 4 spoonfuls of the mixture. Cook for about 1 minute on each side until browned. Remove with a fish slice, drain on kitchen paper and keep warm. Cook the remaining mixture in the same way (to make 8 fritters in total).

**Meanwhile**, mix together all the ingredients for the salsa, season with pepper and place in a serving bowl.

**Serve** the fritters warm with the salsa on the side.

**For sweetcorn pancakes**, make up a 150 g (5 oz) packet pancake batter mix according to the pack instructions and mix in 8 tablespoons drained canned sweetcorn and 3 tablespoons chopped fresh coriander. Season well. Heat a little vegetable oil in a frying pan over a medium-high heat, pour in a quarter of the mixture and cook for 1 minute, then turn and cook



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