

SEVEN –

VEGGIE
QUICK & EASY
MEALS FOR
EVERY DAY
OF THE WEEK.

BY LAURA BURGON

A GIRL WHO TURNED HER LIFE
AROUND WITH A LITTLE BIT OF
HELP FROM THE VEGGIES

A QUICK & EASY GUIDE TO BRING HEALTHY EATING INTO YOUR LIFE.

Welcome to my first healthy food booklet, a collection of my favourite easy to prepare meals, that firstly won't break the bank, and secondly, aren't challenging on the grey cells after a busy day.

As they aren't my own recipes, simply my 7 favourite recipes, I have credited those that created them. Since writing this booklet, I have taught myself how to create my own recipes. At the time of originally writing this I wasn't that brave.

The other good news is that by bringing these foods into your daily menu, it will bring fantastic nutrition into your life too. In just one meal, you will be able to pack maybe 3 or 4 veggies onto your plate; rewarding your body with the goodness it needs to protect you against illness and disease.

Busy lives prevent all of us from doing things properly, and unfortunately the biggest victim of this is our health and eating habits; getting in late from the office, caught up with cooking for the children, with the resulting effect being we turn to fast, easy food that is laden with calories we can live without and limited vegetables and nutrition that our bodies are crying out for.

Yes, we can buy a healthy cook book, but when you're starting your new food journey from scratch, a book full of fancy recipes containing ingredients you've never heard of isn't very encouraging. I've read many of them. They claim to be the answer, and yet I know they are not.

In order to get started, sometimes a guiding hand is all you need. It needs to be a gradual introduction that will provide reassurance and confidence. Taking your first step towards a healthy life is to be applauded. The cooking and ingredients

need to be super easy; gently guiding you to a place that will enable you to fall in love with the carrots at the supermarket, or make the curly kale irresistible!

Well, the good news is, this quick 7 recipe booklet will do just that, and even better news is that all the recipes can be eaten alone, or accompany a food of your choice.

Read on to find out how you can get cosy with a box of veg. Trust me; you'll be in love before you know it.

I hope you enjoy making some or all of these recipes. If you have a favourite recipe you'd like to share, feel free to get in touch and send me your recipe.

Happy veggie cooking.

Laura xx



1. WEST INDIAN SPICED AUBERGINE CURRY WITH CANNELLINI BEANS

INGREDIENTS

1 TSP GROUND CUMIN
1TSP GROUND CORIANDER
1/2 TSP GROUND TURMERIC
1 LARGE AUBERGINE
2 TBSP TOMATO PURÉE
1/2 GREEN CHILLI, FINELY CHOPPED
1CM PIECE GINGER, PEELED & FINELY
CHOPPED
2TSP CASTER SUGAR
1/2-1 TBSP RAPESEED OIL
3 SPRING ONIONS, CHOPPED
1/2 BUNCH CORIANDER
450G TIN CANNELLINI BEANS
COOKED BROWN RICE, NATURAL YOGURT,
LIME WEDGES TO SERVE

CREATION - LET'S GO!

1. Mix the dry spices and 1 tsp salt together in a bowl and set aside.
2. Slice the aubergine into 1 cm rounds, then score both sides of each round with a sharp knife. Rub with the spices mix until well coated (use all of the mix) then transfer to a board.

3. Put 150ml water in the empty spice bowl with the tomato purée, chilli, ginger & sugar. Set aside.
4. Heat the oil in a large non-stick frying pan over a medium heat and arrange the aubergine in the pan, overlapping the rounds if needed. Fry for 5 minutes each sides, or until golden. Add the liquid mix from the bowl, bring to a simmer, cover and cook for 15-20 mins, turning the aubergine occasionally until it's cooked through. If it seems dry, you may need to add up to 100 ml more water to create more sauce.
Season.
5. Add the tin of drained and rinsed cannellini beans and allow them to cook through for 10 minutes.
6. Serve with the brown rice, spring onions, yogurt, coriander and lime wedges.

NOTES

This could happily be doubled as one aubergine only makes a small serving for 2 people.

ROUND OF APPLAUSE □

Thanks to Good Food Magazine & their member Kish Gandhi for contributing his family recipe.

Image – bbcgoodfood.com



2.

BROWN RICE & KALE STEW

INGREDIENTS

200G READY COOKED BROWN RICE

1/2 ONION, FINELY CHOPPED

1 TBSP RAPESEED OIL

100G CURLY KALE (SAVOY CABBAGE WOULD BE AN ALTERNATIVE), WASHED AND CHOPPED INTO RIBBONS

50G FROZEN PEAS

50G EDAMAME BEANS

CREATION - LET'S GO

1. Heat the oil in a large, heavy based saucepan, then add the onion, with a pinch of salt. Cover, turn down the heat and allow to soften for 5-10 minutes.
2. Add the chopped kale, frozen peas, frozen edamame beans, cover again and allow the kale to wilt and the peas to heat through.
3. Finally, add the cooked brown rice, stir thoroughly and serve immediately with squeeze of lemon.

NOTES

This is so delicious and can be served solo or as an accompaniment to any type of fish or meat. If you like things spicy, add a chopped green or red chilli with the onion, or even some chilli powder.

ROUND OF APPLAUSE

Sainsbury's magazine



3. MINISTRONE SOUP

INGREDIENTS

3 TBSP RAPESEED OIL

1 LARGE LEEK THINLY SLICED

2 CARROTS CHOPPED INTO SMALL CUBES

1 COURGETTE THINLY SLICED

75G FINE GREEN BEANS, CHOPPED INTO SMALL
PIECES

2 STICKS OF CELERY FINELY SLICED

400 G CAN OF CHOPPED TOMATOES

400G CAN OF CANNELLINI BEANS OR BUTTER
BEANS

50G MACARONI DRIED PASTA

500ML VEGETABLE STOCK OR WATER

SALT & PEPPER TO TASTE

CREATION - LET'S GO

1. Heat the oil gently in a heavy based saucepan and add all the chopped vegetables. Allow them to soften on a low heat for 20 mins.
2. Add the stock or water, tomatoes and seasoning. Bring to the boil and simmer with the lid on for about 30 mins.
3. Add the cannellini beans with their liquor, the pasta, and simmer for a further 10 minutes.
4. Check the seasoning and serve hot.

NOTES

This soup is even better the day after, so don't be afraid to leave it overnight. It's delicious with a grating of Parmesan, and served with a garlic baguette or ciabatta. Freezes brilliantly.

Round of applause to - My mother in law!
Photo – Healthyseasonalrecipes.com



4.

BEAN CHILLI

INGREDIENTS – SERVES 4

1 LARGE ONION, FINELY DICED

1 TBSP RAPESEED OIL

1 TSP GROUND CUMIN

PINCH OF GROUND CINNAMON

1/2 TSP CHILLI POWDER (INCREASE IF YOU LIKE IT HOT!)

1 TSP SMOKED PAPRIKA

1 RED PEPPER CHOPPED INTO SMALL CUBES

1 YELLOW PEPPER CHOPPED INTO SMALL CUBES

1 GREEN PEPPER CHOPPED INTO SMALL CUBES

1 RED CHILLI DESERTED AND CHOPPED

3 GARLIC CLOVES, FINELY CHOPPED

1 TBSP TOMATO PURÉE

400G CAN CHOPPED TOMATOES

PINCH OF SUGAR

1TBSP BALSAMIC VINEGAR

2 X 400G CANS OF BLACK BEANS OR KIDNEY BEANS (I USE ONE OF EACH)

20G GOOD QUALITY DARK CHOCOLATE

CREATION - LET'S GO

1. Heat the oil in a heavy based saucepan. Add the onion, season, let it soften for several minutes then add the dried spices, and sweat for a few more minutes.
2. Add the peppers, and cover and cook for at least 10 minutes until soft.

3. Add the chopped chilli and garlic.
4. Stir in the tomato puree until everything is coated.
5. Pour in the chopped tomatoes, add the sugar, balsamic vinegar and 100ml water. Stir then simmer for 25 mins. Add extra water if it becomes too dry.
6. Drain and rinse the beans and add to the pan, simmer for a further 15 mins.
7. Just before serving, break the chocolates into squares and stir into the chilli.
8. Serve with brown rice, freshly chopped coriander, sliced avocado, lime wedges and tortillas.

NOTES

As with the minestrone, this get better if you leave it over night to let the flavors develop. Ideal for lunch and freezes brilliantly.

ROUND OF APPLAUSE ☐

The fantastic Aine Carlin - 'Keep it vegan'



Photo – diabetes.org.uk

5. BROCCOLI & TOMATO PASTA WITH PINE NUTS

INGREDIENTS

SERVES 2-3 ADULTS

1 HEAD OF BROCCOLI

1TBSP RAPESEED OIL

1 CLOVE OF GARLIC FINELY CHOPPED

400G CAN OF CHOPPED TOMATOES

25G SULTANAS

25G PINE NUTS

DRIED PASTA OF CHOICE

GRATED CHEESE TO SERVE IF DESIRED

CREATION - LET'S GO

1. Begin by cooking the pasta as per the instructions on the packet.
2. Then, heat the oil gently in a frying pan or wide based pan and add the garlic. Cook for a minute. Careful it doesn't burn.
3. Next, add the tin of chopped tomatoes and allow them to simmer on a low heat for ten minutes.
4. Meanwhile, cook the broccoli until tender, drain and put to one side.
5. Once the tomatoes have cooked down and the liquid has been reduced add the sultanas, pine nuts, broccoli and pasta. Stir to combine then serve with cheese if desired.

6. Delicious with crusty bread and a green salad.

NOTES

The simplest recipe in the collection but one of the tastiest. Perfect for lunch or as an accompaniment to roast chicken.

ROUND OF APPLAUSE ☐

This is one of the very first veggie meals that I ever cooked and it comes from a Reader's Digest cook book. Happy memories.

Photo – realfood.tesco.com



6. BRAISED VEG WITH ORZO

INGREDIENTS - SERVES 6

100ML RAPESEED OIL

1 LARGE AUBERGINE, DICED

4 CARROTS, PEELED AND DICED

4 CELERY STALKS, DICED

1 LARGE ONION, FINELY DICED

3 GARLIC CLOVES, CRUSHED

250G ORZO, RINSED, OR MACARONI

1TSP TOMATO PURÉE

ZEST OF A LEMON

CREATION - LET'S GO

1. Heat the oil in a large, wide based saucepan and sauté the aubergine, until golden. Remove with a slotted spoon onto kitchen paper.
2. Add the carrot and celery and cook until slightly golden. Remove with a slotted spoon and put onto kitchen paper.
3. Lower the heat and add the garlic and onion (careful the garlic doesn't burn) Cook for around 5 minutes.
4. Add the pasta and tomato purée for 2 minutes.
5. Then return all the veg back to the pan and stir to combine. Add the grated lemon zest and serve. Season to taste.

NOTES

The original recipe takes it one step further - after step 4, remove from the heat add 380ml veg stock with seasoning, add the veg back to the pan or put in an oven proof dish. Mix well then add chunks of mozzarella, sliced tomato on top and bake at 200/180 degrees' fan/Gas mark 8 for 40 mins.

Believe it or not the flavour combo of the veg is so good I often don't do the final step (or don't have time!)

ROUND OF APPLAUSE ☐

The legend Yotam Ottolenghi. No more words needed. Thank you for your epic recipes from 'Plenty More'



7.

BEANIE BURGERS

SERVES 2-3

INGREDIENTS

3 TBSP RAPESEED OIL

1 SMALL RED ONION, FINELY CHOPPED

400G CAN BORLOTTI BEANS (OR BLACK BEANS)

25G FRESH BREADCRUMBS OR DRIED POLENTA

1 TBSP TOMATO PURÉE

1/2 TSP CHILLI POWDER (OPTIONAL)

25G PINE NUTS

CREATION - LET'S GO

1. Heat 1tbsp of oil on a medium heat and gently soften the red onion. If using the chilli powder add now, then continue to cook for a couple of minutes. Set aside.
2. Empty the beans into a large bowl and using a fork or your hands gently press the beans until they form a rough mixture (some can be left whole)
3. Add the onion, pine nuts, tomato purée and breadcrumbs, then combine with your hands.
4. Create 4/5 burgers and place on a plate. (If time allows place in the fridge for an hour to firm up)

5. Now using the pan, you used for the onion, heat the remaining 2 tbsp. of oil, then when nice and hot add the burgers and fry for 4-5 minutes on each side.
6. Serve as you would a traditional burger with salad, a bun and homemade chips.

ROUND OF APPLAUSE

This was taken from a booklet I received in a food magazine and was written by Lesley Waters.

Photo – cooking.nytimes.com



So, there you have it: seven quick and easy recipes to get you out of the starting blocks and jogging gently into the kitchen towards the open arms of a borlotti bean!

Cooking from scratch every day will serve many purposes: it will relax your mind and so have a positive impact on your mental health, it will be so good for your health, it will save you loads of money and you will learn something new. How can that not be a tempting proposition? All you need to do is try each of the seven recipes: some you will like, some you won't, but that is all part of the cooking journey; discovery of what tickles your taste buds.

If you do try some of the recipes out, I would love to hear what you thought so either email me, or share on Facebook or Instagram.

Thank you so much for taking the time to read my booklet.

Laura x

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