



## ROAST LEEK, PEA & MINT SOUP

*THIS IS SPRING IN A SOUP.  
THE CARAMELISED ROAST LEEKS  
ADDS A SUBTLE SWEETNESS,  
MADE PERFECTLY CREAMY FROM  
THE CRÈME FRAÎCHE.*

**VEGETARIAN | GLUTEN-FREE**  
**MAKES 4-5 BOWLS**

4 large leeks, cut into small chunks  
90 ml (3 fl oz) olive oil  
1 large brown onion, roughly diced  
2 garlic cloves, roughly chopped  
400 g (14 oz/generous 3 cups) frozen  
peas  
1 litre (34 fl oz) vegetable stock  
1 ripe avocado, peeled and stoned  
1 tbsp crème fraîche  
½ small bunch of mint, plus extra  
to garnish  
juice of ½ lemon, plus extra to taste  
salt and freshly ground black pepper  
feta, to garnish

**1** Preheat the oven to 200°C (400°F/  
Gas 6). Line a roasting tray with  
baking parchment. Lay the leeks on the  
tray, cut side up. Drizzle over 60 ml  
(2 fl oz) of the olive oil, and sprinkle a  
generous pinch of salt on top. Roast  
the leeks in the oven for 15 minutes or  
until tender and caramelised.

**2** Heat the remaining oil in a large  
saucepan, add the onion and sauté  
for 2 minutes until soft and  
translucent. Add the garlic, cook for  
1 minute, then add the frozen peas  
and roasted leeks and pour over  
the stock.

**3** Bring the mixture to the boil, then  
reduce to a simmer for 5 minutes  
or until the peas have defrosted.

**4** Remove the pan from the heat. Add  
the avocado, crème fraîche, mint and  
lemon juice and blitz with a hand  
blender until smooth. Add extra lemon  
juice if needed, and season to taste.  
Once cooked, remove from the heat and  
allow to cool completely.

**5** Portion the soup into containers and  
freeze. Defrost in the fridge overnight,  
and reheat in the microwave until  
heated through. Serve with a sprinkle  
of feta and mint and more seasoning,  
if required.

# COURGETTE & RICOTTA LASAGNE

*THIS IS A FRESH TAKE ON THE CLASSIC LASAGNE. MADE WITH A GENEROUS PORTION OF HERBS, AND COURGETTE LAYERS TO REPLACE PASTA, YOU'LL BE FEELING LIGHT AND ZIPPY WITH THIS WARM WEATHER ALTERNATIVE.*

**VEGETARIAN | GLUTEN-FREE**  
**MAKES 4-6 LUNCH PORTIONS**

olive oil, for greasing  
1 large broccoli crown, cut into florets,  
then sliced lengthways  
300 g (10½ oz/6 cups) spinach  
600 g (1 lb 5 oz/scant 2½ cups) ricotta  
2 garlic cloves, minced  
½ small bunch of basil, leaves only,  
roughly chopped  
½ small bunch of flat-leaf parsley,  
leaves only, roughly chopped  
½ small bunch of mint, leaves only,  
roughly chopped  
850 g (1 lb 14 oz/3½ cups) passata  
4 large courgettes (zucchini), peeled  
into ribbons  
150 g (5¼ oz/1½ cups) Parmesan,  
grated  
2 tbsp balsamic vinegar  
salt and freshly ground black pepper

**1** Preheat the oven to 200°C (400°F/  
Gas 6). Grease a 23 cm (9 in) deep  
baking dish with olive oil.

**2** Fill a small saucepan with salted  
water and bring to the boil. Add the  
broccoli, bring back to the boil and  
cook for 1–2 minutes or until just crisp  
and tender. Remove with a slotted  
spoon, and place in a bowl of  
ice-cold water.

**3** In the same saucepan, fit in a  
steaming pot and fill with the spinach.  
Reduce to a simmer, cover and steam  
for 2 minutes until the spinach has  
wilted. Remove from the pan, and  
squeeze out as much water as possible.

**4** In a large bowl, stir together the  
ricotta, garlic, basil, parsley and mint  
with a pinch of salt and pepper.

**5** Spread one third of the passata over  
the base of the dish, top with half of  
the courgette ribbons, the spinach and  
broccoli, one-third of the ricotta  
mixture and one-third of the Parmesan.  
Repeat the layering once more. Drizzle  
over the balsamic vinegar and top  
with the remaining passata, ricotta  
and Parmesan.

**6** Place the dish on a baking tray,  
(in case any sauce bubbles over) and  
bake for 20 minutes or until golden  
on top and bubbling. Set aside to  
cool completely.

**7** Cut the lasagne into 4–6 portions,  
place each serving into containers and  
freeze. When ready to eat, defrost in  
the fridge overnight, and reheat in the  
microwave until piping hot.





## CARAMELISED ONION, MUSHROOM & GOAT'S CHEESE FRITTATA

*YOU CAN ALSO COOK YOUR FRITTATA IN INDIVIDUAL MUFFIN CASES TO MAKE QUICK-GRAB MEALS THAT WILL DEFROST IN TIME FOR LUNCH! SIMPLY POUR THE MIX INTO 10 MINI MUFFIN CASES AND BAKE FOR 12 MINUTES OR UNTIL LIGHTLY GOLDEN AND JUST SET.*

**VEGETARIAN | GLUTEN-FREE  
MAKES 4-6 LUNCH PORTIONS**

3 tbsp olive oil  
300 g (10½ oz/3⅓ cups) mushrooms,  
sliced  
small bunch of thyme (about 10 sprigs)  
2 red onions, sliced into fine wedges  
1 tbsp brown sugar  
1 tbsp balsamic vinegar  
9 large eggs  
3 tbsp milk, semi-skimmed or whole  
(full-fat)  
3 tbsp chopped dill, plus extra to  
garnish  
100 g (3½ oz/⅔ cup) goat's cheese,  
crumbled  
salt and freshly ground black pepper

**1** Heat 1 tablespoon of the oil in a deep ovenproof saucepan (22 cm/ 8½ in) over a medium heat. Add the mushrooms and thyme and sauté until tender. Remove the mushrooms from the pan and set aside.

**2** In the same saucepan, heat the remaining oil over a low heat. Add the onions and cook for 10 minutes or until softened and lightly golden, stirring regularly. Stir in the sugar and vinegar and cook for a further 5 minutes or until caramelised.

**3** Preheat the oven to 200°C (400°F/ Gas 6). In a bowl, whisk together the eggs and milk, stir in the dill, mushrooms and half the goat's cheese, then season to taste. Pour this into the saucepan with the caramelised onions, making sure no onions are stuck to the bottom of the pan, stirring gently.

**4** Cook the frittata mixture for 2 minutes or until the edges start to set. Sprinkle over the remaining goat's cheese and cook in the oven for 15 minutes or until golden and set. Allow to cool.

**5** Cut the frittata into portions, wrap in cling film (plastic wrap), place in containers and freeze. When ready to eat, defrost in the fridge overnight, and reheat in the microwave until warm. Garnish with fresh dill, to serve.

