THOUGHTFUL LIVING LENTEN RECIPES
FEBRUARY/MARCH 2024

Chickpea and Sweet Potato Bake

Ingredients:

2 large sweet potatoes, cut into chunks, skin on

1 garlic clove, finely chopped

1 red onion, finely chopped

2 large handfuls of baby spinach

1 400g can of chickpeas

4 tablespoons of sundried potato paste or two large tablespoons of chopped sundried tomatoes

Blue crumbly cheese to taste or alternative cheese if preferred. Omit for vegan.

Olive oil for cooking

Salt and pepper

Method:

Put the sweet potatoes in a pan, cover with water, bring to the boil and simmer for 8 to 10 minutes until soft. Drain, season with salt and pepper and mash into a smooth orange puree.

Preheat oven to 200c/ 400f/ gas mark 6. Heat a little oil in a pan, add garlic and red onion. Cook for 4 to 5 minutes until softened. Add spinach and cook for a few minutes more until spinach has wilted. Add chickpeas and tomato paste and season with salt and pepper. Stir and heat through.

Transfer the chickpea mixture to a baking dish. Put the sweet potato mash on top of this (like shepherds' pie)

Crumble blue cheese over the top, if using. Bake in the oven for 15 to 20 minutes, or until golden and bubbling. Stand for a few minutes before serving.

Serves 2 - 3   *Adapted from The Medicinal Chef by Dale Pinnock*

Vegetable Casserole

Ingredients

  2 onions

  2 peppers (any colour)

  1 aubergine

  1-2 courgettes

  2 tbs tomato ketchup

  2 tins of tomato (chopped and skinless)

  1 tin of sweetcorn

  1 tbs dried oregano

  1 tsp ground coriander

  Olive oil (or vegetable oil)

  Salt and pepper

Method:

Cut the raw vegetables into chunks and sautee in a large frying pan (adding a splash of olive oil) until the onions are silky and peppers, aubergine and courgettes are softened.

Transfer the sautéed vegetables into a large casserole dish. Add tinned tomatoes, sweetcorn, ketchup, salt, pepper, oregano and ground coriander. Mix well, cover with a lid and bake in the oven for 50 - 60mins (200C/180C fan).

Serve with crusty bread

Serves 6