

March 2020

Friday Evening

Vegetable curry, already made

Rice

Chapatis, dough made, to be cooked

Mango Chutney

Saturday Breakfast

Porridge

Stewed apple and pear with raisins

Toast

Hummus/olives

Saturday lunch

Lentil loaf for 45

Ingredients

10 tablespoon olive oil

10 small white onions diced

10 parsnips peeled and diced

15 carrots, peeled and diced

20 cloves garlic, finely minced

10 teaspoons dried thyme

5 teaspoons dried rosemary

5 teaspoons ground coriander

4 teaspoons smoked paprika

5 tsps. salt

2 tsps. freshly ground black pepper

24 cups vegetable stock

10 cups uncooked green lentils

12 cups grated sweet potato

10 cups rolled oats

½ tube tomato purée

Instructions

Preheat oven to 350F 180C and lightly oil baking dishes.

Heat the oil in a large pot.

Add the onions, parsnip and carrot. Cook, stirring frequently, until the onions are soft and clear, about 5-6 minutes. Add the garlic to the pot and cook, stirring constantly, for 2 more minutes.

Add the thyme, rosemary, coriander, smoked paprika, salt, pepper, stock, lentils, and sweet potato to the pot. Bring the mixture to a boil and then reduce heat to low. Cover the pot and simmer until lentils are very tender, about 30 minutes. Remove the pot from heat.

Stir the oats and tomato purée into the pot. The oats will absorb most of the remaining moisture in the lentil/sweet potatoes, and the mixture will become thick. Taste and adjust salt and pepper as needed.

Press the mixture into dishes.

Cover with foil and bake at 350F for 20 minutes, then remove the foil.

Bake for another 20 minutes, or until the loaf is firm.

Allow the loaf to cool for 15 minutes before slicing and serving.

Serve with

Roast potatoes

Roast parsnips

Steamed or lightly sautéed spring greens

Saturday supper for 45

Leek and potato soup

Ingredients

12 tbsps. olive oil

8 tbsps. vegan butter

8 small onions, diced

24 large leeks, cleaned well & thinly sliced (white & light green part only)

30 medium potatoes, peeled and chopped

20 cloves of garlic, minced

6 teaspoons salt, more to taste

Fresh ground pepper, to taste

12 teaspoons dried thyme

6 teaspoon dried rosemary

4 teaspoons ground coriander

35 cups vegetable stock

10 bay leaves

8 tablespoons fresh lemon juice (optional)

8 cups canned coconut milk (or any unsweetened plant-based milk)

Instructions

Make sure leeks are washed well first.

Heat the oil, butter and salt in a large pot over medium heat. Add the leeks & onion, sauté until softened, about 5-6 minutes.

Add the potatoes, garlic, thyme, rosemary, and coriander. Sauté for 2-3 minutes.

Add the vegetable broth, bay leaf, salt, and pepper. Raise heat so it starts to simmer. Now reduce heat to a low simmer and cook for about 15-20 minutes, or until the potatoes are fork tender.

Remove from heat and remove bay leaves. Stir in the coconut milk and optional lemon juice. Taste for seasoning and add more to taste.

Using an immersion blender, blend until smooth and creamy. You can also use a regular blender and carefully blend in batches.

Serve with cabbage, carrot, spring onions and apple salad

Oil dressing with lemon and oil

Crusty bread with butter

Sunday Breakfast

Baked tomatoes

Baked mushrooms

Porridge

Fresh fruit

Toast

Sunday Lunch

Jacket potatoes

Green Salad

Hummus

Olives

Fresh fruit

