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FREDDIE SMITH

MISO AND TAHINI NOODLE SOUP WITH SPIRALISED COURGETTE, FRIED AUBERGINE AND MUSHROOMS, TOPPED WITH SEAWEED AND CRISPY ONIONS

Ingredients

- 1L water straight from kettle
- 2 large teaspoons of miso
- 1 large teaspoon of tahini
- 2 tablespoons of sesame oil
- 1 tablespoon of olive oil
- 1 large courgette
- 3-4 florets of broccoli
- 5-6 mushrooms
- 2-3 slices of aubergine
- 50g rice noodles (per portion - prepared separately)
- 2 teaspoons of salt (to taste)
- soy sauce (to taste)
- seaweed and crispy onions to garnish

For 3 Portions

Instructions

- Dissolve 2 large teaspoons of miso, 1 of tahini in cup of hot water then add to large pan with rest of kettle water and turn on heat, stir when it starts to bubble
- chop aubergine, mushrooms and broccoli and add to frying pan with olive oil and 1 spoon of sesame oil. Cook on high heat until they start to brown
- whilst that is cooking, spiralise (or cut into thin strips if you don't have a spiraliser) the courgette
- when veg are fried, add everything to the miso broth and stir
- boil the kettle again and take a second saucepan: put the noodles in and then add the boiling water. Leave on low heat or just sitting in boiling water until noodles soften (about 2 mins or so)
- drain noodle water and place in bowl for serving
- use tongs to put the solids from the pan into your bowl and ladle the broth as desired
- garnish with soy sauce (if desired), seaweed and crispy onions

I like to have bread with this becuz if there's soup have bread, right? :)

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ALISTAIR STEWART

Lentil bolognese pasta with cavolo nero

For 2 Portions

1. BOIL 2X SERVINGS WHOLEWHEAT PENNE PASTA
2. FRY 2X CLOVES GARLIC (CHOPPED) , HALF AN ONION (CHOPPED), SOME SPRING ONIONS (CHOPPED) IN PAN
3. ADD 1X TIN CHOPPED TOMATOES AND 1X TIN LENTILS, MIX IN, SIMMER
4. COOK PASTA INTO THE SAUCE
5. STEAM/BOIL 100G CAVOLO NERO WITH SALT
6. EAT! :)

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BILLY NICHOLLES

THIS IS A SIMPLE FOCACCIA, AN ITALIAN, OLIVE OIL BASED FLATBREAD. YOU CAN TOP IT WITH ALL SORTS OF THINGS, BUT I KEPT IT SIMPLE WITH OREGANO AND FLAKY SALT. I THINK IT'S BEST DIPPED IN OLIVE OIL AND BALSAMIC VINEGAR :)

Recipe

THE LINK TO THE RECIPE IS BELOW (I'M NOT PROUD THAT IT'S A PAUL HOLLYWOOD RECIPE, BUT I'VE USED IT FOR A WHILE SO DIDN'T WANT TO CHANGE 😊) [HTTPS://WWW.GOODTO.COM/RECIPES/PAUL-HOLLYWOOD-S-FOCACCIA](https://www.goodto.com/recipes/paul-hollywood-s-focaccia)