



COSY SEASON FEAST

Settle into the cosy season with a delicious three-course feast, perfect for when the nights draw in. **Serving four people for just under £14**, this menu brings together warming autumnal flavours and comforting dishes to enjoy with family and friends.

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Starter

CRUNCHY PEAR AND WALNUT SALAD

Serves: 4 Preparation time: 10 minutes

Ingredients

For the salad

- 1 bag of mixed salad leaves
- ½ small red cabbage
- 2 sticks of celery
- 1 large pear
- 50g walnuts
- 100g vegan greek-style salad cheese

For the dressing

- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- Salt and pepper to taste

Method

1. Finely slice the celery and red cabbage.

2. Chop the pear and salad cheese into small cubes.

3. Roughly crush the walnuts and add to a small pan on medium heat without oil. Toast the walnut pieces until they become aromatic (around 5 minutes, stirring regularly).

4. In a small tub or jar, add the red wine vinegar, olive oil and salt and pepper. Shake to combine and create the dressing.

5. Add the salad leaves, sliced vegetables, chopped pear, vegan cheese and salad dressing to a large bowl and toss until the dressing is distributed evenly.

6. Serve into 4 bowls and top with the toasted walnuts.

PUMPKIN 'GHOUL'ASH

Serves: 4 **Preparation time:** 20 minutes **Cooking time:** 30 minutes

Ingredients

- 1 tbsp rapeseed vegetable oil
- 1 red and 1 green pepper
- 1 medium onion
- 2 cloves of garlic
- 2 tbsp tomato puree
- 1 tsp Marmite
- Flesh of 1 medium pumpkin
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp chilli flakes
- 100g dried red lentils
- 2x 400g tinned tomatoes
- 1 tsp sugar
- Salt and pepper to taste
- Pack of 4 part-baked crusty rolls
- Optional unsweetened soya yogurt to serve

Method

1. Finely chop the onion and garlic.
2. Chop the peppers and pumpkin into

medium-sized chunks.

3. In a large pan or casserole dish, heat 1 tbsp of rapeseed oil and add the onion, red and green pepper and fry for 5 minutes on a medium heat.

4. Turn the pan to a low heat and add the chopped garlic and fry for another 2 minutes.

5. Add 500 ml of boiling water to the Marmite, sugar and tomato puree and stir to make a stock.

6. Add the stock, cubes of pumpkin, paprika, ground cumin, chilli flakes, red lentils and tinned tomatoes to your pan and stir to combine.

7. Simmer for at least 30 minutes, stirring occasionally. The longer the better and the flavours will combine with time!

8. Whilst the goulash simmers, heat your oven to 180°C and cook the part-baked rolls until crisp and warm.

9. Add salt and pepper to the goulash to taste, then serve with the warm bread and (if desired) a dollop of soya yogurt.

Main
course





Dessert

PUMPKIN SPICED LATTE BANANA BREAD

Serves: 6 generous slices **Preparation time:** 15 minutes **Cooking time:** 45 minutes

Ingredients

- 200g all-purpose flour
- 75g brown sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp ground sweet cinnamon
- ½ tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ¼ tsp allspice
- A small pinch of salt
- 90ml rapeseed oil
- 1 tsp vanilla extract
- 2 large ripe bananas
- 1 tbsp instant coffee granules made up with • •
- 75ml boiling water
- 50g walnuts

Method

1. Pre-heat the oven to 180°C.
2. Add 75ml of boiling water and coffee granules to a mug, stir and leave to cool.
3. Sift the flour into a large mixing bowl.
4. Add the rest of the dry ingredients (brown sugar, baking powder, baking soda, cinnamon, ginger, nutmeg, cloves, allspice and salt) and stir

thoroughly with a wooden mixing spoon.

5. Mash the bananas very thoroughly.

6. Add the wet ingredients (vegetable oil, vanilla extract, mashed bananas and coffee) to the bowl and stir thoroughly to create a sticky mixture.

7. Roughly chop the walnuts and add half of them to your cake mix, stirring to combine.

8. Line a loaf tin with greaseproof paper (or grease the sides and bottom with margarine) before pouring in your cake mixture.

9. Scatter the remaining walnut pieces over the top of the cake mixture.

10. Bake for 45 minutes or until a clean knife inserted into the mixture can be removed without residue. Exact timing will vary depending on the shape of your loaf tin.

11. Cool in the tin for 10 minutes and then remove, slice and serve.

Top Tips:

- If you're short on time, use a muffin tray to make 6 individual muffins instead (15-20 minutes baking time).
- Sliced cake can be wrapped tightly at room temperature and stored for up to 3 days, in the fridge for up to a week, or the freezer for 3-4 months.

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