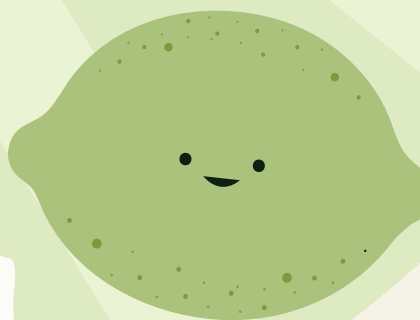


QUEEN OF GREENS



Recipe Book



queenofgreens.co.uk



The Queen of Greens has meant my family can try new food that we wouldn't normally eat. I like the fact that we now have access to fresh fruit and veg that is affordable. The bus is a great way to bring the community together and everyone has a great relationship with Paul the greengrocer.

Customer



Everyone now knows about the Queen of Greens. It's really busy and people are benefitting from it in the community. It's all great!

Customer

Vegetarian Fajitas

For a quick, easy veggie family meal, try these fajitas. If you want to swap out the spices, opt for fajita seasoning instead.

Ingredients:

½ tsp chilli powder
½ tsp smoked paprika
½ tsp ground cumin
1 tbsp oil
2 tbsp soured cream
or crème fraiche
small bunch coriander,
finely chopped
1 lime, juiced
400g canned black
beans, drained
4 large or 8-12 small
flour tortillas
1 avocado, sliced
or 1 small tub guacamole
1 red and 1 yellow
pepper, cut into strips
1 red onion, cut into
thin wedges
1 garlic clove, crushed

Prep Time: 5 mins

Cook Time: 10 mins

Difficulty: Easy

Serves: 4 people

Method:

To make the fajita mix, take two or three strips from each colour of pepper and finely chop them. Set aside. Heat the oil in a frying pan and fry the remaining pepper strips and the onion until soft and starting to brown at the edges. Cool slightly and mix in the chopped raw peppers. Add the garlic and cook for 1 minute, then add the spices and stir. Cook for a couple of minutes more until the spices become aromatic, then add half the lime juice and season. Transfer to a dish, leaving any juices behind, and keep warm.

Tip the black beans into the same pan, then add the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them through and help them absorb any flavours of the fajita mix, then stir through the coriander.

Warm the tortillas in a microwave or in a low oven, then wrap them so they don't dry out. Serve the tortillas with the fajita mix, beans, avocado and soured cream.



Italian Veggie Cottage Pie

An Italian twist on an English classic, this veggie pie makes a super budget supper for the whole family.

Ingredients:

4 tbsp olive oil
525ml milk
1 tbsp butter
4 tbsp crème fraîche
50g plain flour
2 tsp dried oregano
1½ kg floury potatoes, such as King Edward or Maris Piper, cut into even chunks
2 aubergines, cut into chunks
2 large garlic cloves, crushed
16 sundried tomatoes, roughly chopped, plus 1 tbsp of their oil
400g spinach, washed
125g cheddar, grated, plus extra to top

Prep Time: 10 mins
Cook Time: 30 mins
Difficulty: Easy
Serves: 6 people

Method:

Bring a large saucepan of water to the boil. Add the potatoes and boil for about 15 minutes or until tender. Transfer to a colander and drain well. Heat the milk and butter in a small pan, then pour over the potatoes. Remove from the heat, then mash the potatoes. Tip in the crème fraîche and beat with a wooden spoon until smooth and creamy. Season with pepper and a pinch of salt.

Heat the oven to 220C/200C Fan/Gas 7. Heat 1tbsp of the oil in a large, lidded frying pan or flameproof casserole dish. Cook the aubergine in two batches over a high heat for 4 - 5 minutes, adding extra oil as you need to. Return all the aubergine to the pan with the garlic, tomatoes and 1 1/2 tsp oregano, cooking for 1 minute. Stir in the spinach, put the lid on the pan and leave for a few minutes to wilt.

Add in the flour and stir through until combined. Pour in the milk, stir gently and bring to the boil. Bubble for a few minutes, then stir in the cheese and season. Cook until the cheese has melted and the sauce has thickened.

Mix the mash with the remaining oregano and spread over the filling. Scatter over a little more grated cheese and bake for 10 - 15 minutes until golden.



Spinach, Sweet Potato & Lentil Dhal

A comforting vegan one-pot recipe that counts for 3 of your 5-a-day!
You are sure to love this iron-rich, low-fat, low-calorie supper.

Ingredients:

1 tbsp sesame oil
600ml vegetable stock
1½ tsp ground turmeric
1½ tsp ground cumin
½ small pack of Thai basil,
leaves torn
1 red onion, finely chopped
1 garlic clove, crushed
Thumb-sized piece
of ginger, peeled and
finely chopped
1 red chilli, finely chopped
2 sweet potatoes (about
400g/14oz), cut into even
chunks
250g red split lentils
80g bag of spinach
4 spring onions, sliced
on the diagonal

Prep Time: 10 mins
Cook Time: 35 mins
Difficulty: Easy
Serves: 4 people

Method:

Heat 1 tbsp sesame oil in a wide-based pan with a tight-fitting lid. Add 1 finely chopped red onion and cook over a low heat for 10 minutes, stirring occasionally until softened.

Add 1 crushed garlic clove, a finely chopped thumb-sized piece of ginger and 1 finely chopped red chilli. Cook for 1 minute, then add 1½ tsp ground turmeric and 1½ tsp ground cumin. Cook for a further minute.

Turn up the heat to medium, add 2 sweet potatoes that are cut into even chunks and stir everything together so that the potato is coated in the spice mixture. Tip in 250g red split lentils, 600ml vegetable stock and some seasoning.

Bring the liquid to the boil and then reduce until the lentils are tender and the potato is just holding its shape.

Taste and adjust the seasoning, then gently stir in the 80g spinach. Once wilted, top with the 4 diagonally sliced spring onions and ½ small pack torn basil leaves to serve.



Slow Cooker Vegetable Lasagne

Make this low-calorie veggie lasagne as a lighter alternative to the traditional bake. It also packs in all of your five-a-day!

Ingredients:

1 tbsp rapeseed oil
2 tbsp tomato purée
2 tsp vegetable bouillon
15g fresh basil, chopped and a few leaves
2 onions, sliced
2 large garlic cloves, chopped
2 large courgettes, diced (400g)
1 red and 1 yellow pepper, deseeded and roughly sliced
400g can chopped tomatoes
1 large aubergine, sliced across length or width for maximum surface area
6 wholewheat lasagne sheets (105g)
125g vegetarian buffalo mozzarella, chopped

Prep Time: 30 mins

Cook Time: 2 hrs and 30 mins - 3 hrs

Difficulty: Easy

Serves: 4 people

Method:

Heat 1 tbsp rapeseed oil in a large non-stick pan. Fry 2 sliced onions and 2 chopped large garlic cloves for 5 minutes, stirring frequently until softened. Tip in 2 diced large courgettes, 1 red and 1 yellow pepper (both roughly sliced), 400g chopped tomatoes, 2 tbsp tomato purée, 2 tsp vegetable bouillon and 15g chopped basil.

Stir well, cover and cook for 5 minutes. Don't be tempted to add more liquid, plenty of moisture will come from the vegetables once they start cooking!

Slice 1 large aubergine, laying half the slices in the base of the slow cooker and topping with 3 sheets of lasagne. Add a third of the ratatouille mixture, the remaining aubergine slices, 3 more lasagne sheets and then the remaining ratatouille mixture.

Cover and cook on high for 2½ - 3 hours until the pasta and vegetables are tender. Turn off the machine.

Scatter 125g vegetarian buffalo mozzarella over the vegetables, then cover and leave for 10 minutes to settle and melt the cheese. Scatter with extra basil and serve with a handful of rocket.





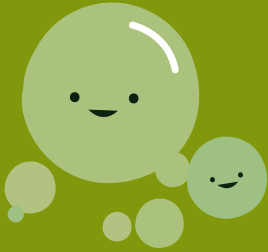
The bus was a massive hit in our school, the staff loved it as well as the children and parents.

Monksdown Primary School

I've only been coming for the last few weeks, thought I'd try it out. It really helps because it stops me from having to carry everything from the town centre. I don't normally buy fruit and veg but with it on my doorstep, I eat more. It also brings people together.

Customer





**If you have any recipe ideas
you would like to send over
to the team, please email:**

antonia@feedingliverpool.org



queenofgreens.co.uk

 @QueenGreensBus   queenofgreensbus

