



## Cauliflower Hash Browns

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### INGREDIENTS

- 1 pack of bacon
- 5 cauliflowers
- 1/2 bag of frozen onions
- 2 peppers
- 5 eggs
- 2.5 cups plain flour
- 3 cups of grated Cheese
- 2 tsp Paprika
- Pepper to season.

### DIRECTIONS

1. Put bacon in oven and cook till ready.
2. Grate the cauliflower in food processor. drain well or ring in a cheesecloth.
3. Grate bacon in food processor.
4. Add cauliflower to a large bowl along with onions, peppers, egg, flour, cheese, paprika and seasoning pepper.
5. Mix well till fully combined.
6. Shape into hash brown shapes and freeze for an hour.
7. cook in the oven or air fryer till golden and crispy.

Top Tip: These freeze well if making a batch at home!

Vegetarian variation - add courgette and mushrooms instead of bacon!



## Seasoned Potato Wedges

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### INGREDIENTS

Potatoes

Paprika

Garlic Powder

Tomato Pasata for dipping

Mixed Herbs

Mixed Veg

Beans (for JWC Only)

### DIRECTIONS

1. Chop Potatoes
2. Very LIGHTLY drizzle over oil and toss herbs into the wedges.
3. Make Dipping Sauce
4. Add mixed herbs to the pasata.
5. Get Beans out for JWC
6. Boil Mixed Veg for 10-15 mins!
  - a. Drain well
7. Cook in oven for 30-45 mins



## *Hummus & Flatbread*

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### INGREDIENTS

2 Tins of Chickpeas  
6tbs Oil  
4tbs Tahini  
2-4 Lemons  
2tbs Garlic Puree  
1tsp Cumin  
1tsp Paprika  
Flatbreads  
Soft Cheese

### DIRECTIONS

1. Drain chickpeas (keep some water)
2. Boil Chickpeas in a pan till soft
3. Food process Chickpeas, Tahini, Lemon Juice, Paprika & Cumin.
4. Slowly add oil till right consistency.
5. Add any of the chickpea water to thin if needed.



## *Pizza Dough*

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### INGREDIENTS

Water	390ml
Strong White Flour	375g
Strong Whole Flour	375g
Yeast	3tsp
Salt	3tsp
Oil	3tbsp
Sugar	1.5tbsp

### DIRECTIONS

1. Place water in the bottom
2. Add the flours
3. Make a small hole either end add yeast without getting it wet.
4. Add all other ingredients to the bowl.
5. Mix ingredients and let it rise in store room for at least an hour covered.
6. Roll out into Rectangle trays, add toppings and cook for 15-20 mins.



## *Tomato & Vegetable Pasta*

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### INGREDIENTS

Pasta

Oil

1tbs Garlic Puree

1/2 Bag Onions

Carrots

Courgette

Celery

Tinned Tomatoes

Plus any other veg that needs  
using.

### DIRECTIONS

1. Weigh out & Cook Pasta till ready
2. Chop other Veg
3. Sauté Onions and garlic in pan for 5 mins
4. Add the tinned tomatoes and the rest of the veg
5. Stir to mix
6. Simmer for 10-15 mins
7. Blend sauce
8. Add Stock if needs to be thinned



## Cheese & Courgette Muffins

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### INGREDIENTS

Self Raising Flour	600g
Baking Powder	6tsp
Grated Cheese	150g
Courgette	2
Greek Yogurt	300g
Oil	6tbsp
Eggs	3
Milk	6tbsp

### DIRECTIONS

USE silicone tray

1. oven on at 200
2. In a bowl, Flour, baking Powder, cheese.
3. Grate the Courgette in the Food Processor.
4. Add the courgette, milk, yogurt, oil and eggs into the bowl and mix together.
5. Spoon into the silicone trays.
6. Bake for 15-20 mins till risen and golden.