

RECIPE 1



Ingredients:

1 large potato, diced
6 tbsp tikka masala paste
3 tbsp vegetable oil
2 onions, sliced
680g-700g jar tomato passata
400g can coconut milk
2 red peppers, sliced
2 courgettes, diced



Easy Vegetable Curry

STEP 1

Fry the potatoes and onions in oil in a large pan until softened and golden – add a splash of water if they start to dry out. Stir in the curry paste, cook for 3 mins, then add the passata, coconut milk and 100ml water. Simmer for a few mins.

STEP 2

When the vegetables are roasted, tip them into the sauce with the peppers and courgettes. Simmer for 10-15 mins until tender. Scatter with coriander and serve.

Serve with a few sprigs of coriander, rice and a naan.

Ingredients:

4 tbsp passata
1 garlic clove, crushed
½ tbsp olive oil
½ tsp dried herbs (mixed herbs, basil or oregano work well)
2 plain tortillas
50g grated mozzarella
6-8 slices pepperoni
10-12 pickled jalapeño slices

RECIPE 2



Tortilla Pizzas

STEP 1

Heat the oven to 220C/200C fan/gas 7. Mix the garlic, passata, olive oil, herbs and season well. Put the tortillas onto a large baking sheet.

STEP 2

Spread over the tomato sauce leaving a 1cm border around the edges. Scatter with the mozzarella, add the pepperoni and jalapeños. Bake for 6-8 minutes until the edges are crisp and golden, and the cheese has melted and is bubbling.

Serve with homemade potato wedges or salad and a condiment of your choice.

Max suggests a dollop mayonnaise.





RECIPE 3



Ingredients:

2 tbsp olive oil
2 large onions, halved and diced
3 large garlic cloves, chopped
2 tbsp mild chilli powder
2 tsp ground cumin
2 tsp dried oregano
1kg pack lean minced beef
400g can chopped tomato
2 beef stock cubes
2 large red peppers, deseeded and cut into chunks
1 x 400g can red kidney beans, drained

Easy Chilli Con Carne

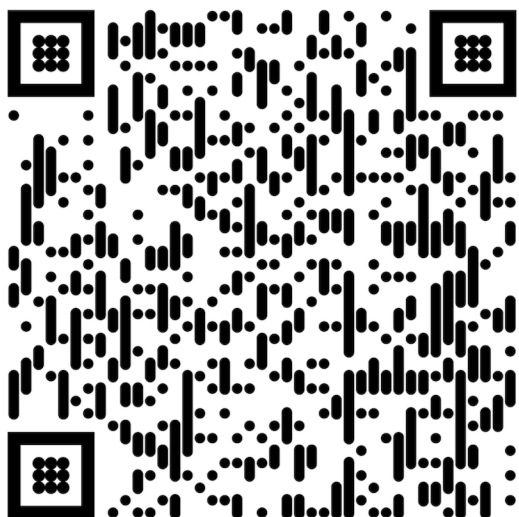
STEP 1

Heat oven to 150C/fan 130C/gas 3. Heat the oil, preferably in a large flameproof casserole or saucepan, and fry the onions for 8 mins. Add the garlic, spices and oregano and cook for 1 min, then gradually add the mince, stirring well until browned. Stir in the tomatoes, add half a can of water, then crumble in the stock and season with salt and pepper.

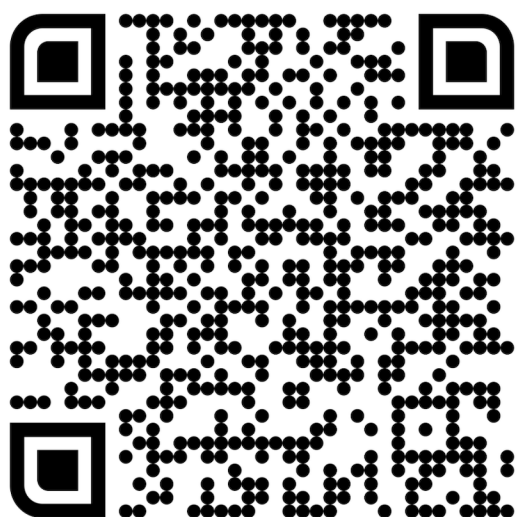
STEP 2

Cover and cook on the hob for 30 mins. Stir in the peppers and sundried tomatoes, then cook for 30 mins more until the peppers are tender. Stir in the beans and cook for another 5 mins.

Serve with avocado or a big salad, some basmati rice or tortilla chips and a bowl of soured cream.



Sustainability Recipes



CCCU Cookalongs

These recipes were taken from BBC Good Food.

More recipes and inspiration can be found by scanning the QR codes. Here you can try your hand at one of the CCCU Cookalongs or one of the Sustainability Team's seasonal recipes.

