

VEGETARIAN



There are so many ways to enjoy vegetables in their own right, quite apart from enhancing so many of the dishes you will find in the 4D Recipe Library.

For a start, mushrooms, cauliflower and courgettes ready for the oven. Lightly cover with olive oil and bake for 20 minutes at 190°C.



Cauliflower, new potatoes and onions just out of the oven.



A packet of stir fry vegetables, ready washed and chopped to save time. But fresh vegetables will always have that additional degree of goodness.

Stir in olive oil and stir fry in a wok or pan for 2-4 minutes. You could use sesame oil, salt, pepper, soy sauce or lemon juice to flavour.

www.bbc.co.uk/easy-stir-fry



Traditional cauliflower cheese with tomatoes.

bbcgoodfood.com/cauliflower-cheese

Go lighter on the butter and cheese for a healthier version.

STIR FRYS



Preparation: It is always good to set out your ingredients before you start mixing, just to ensure you have the right quantities.

Ingredients for a celery, rocket, onion, apple and blue cheese stir fry.



Stir fry of cauliflower, mushrooms, peppers, onions and cabbage.



Stir fry of mixed vegetables (red pepper, leek, garlic, onion, cauliflower and butter bean) with sweet chilli sauce.



Stir fry of squash, cauliflower, cannellini beans and rocket.



Preparation for a stir fry of mushrooms, peppers, cabbage and carrot.



COLESLAW

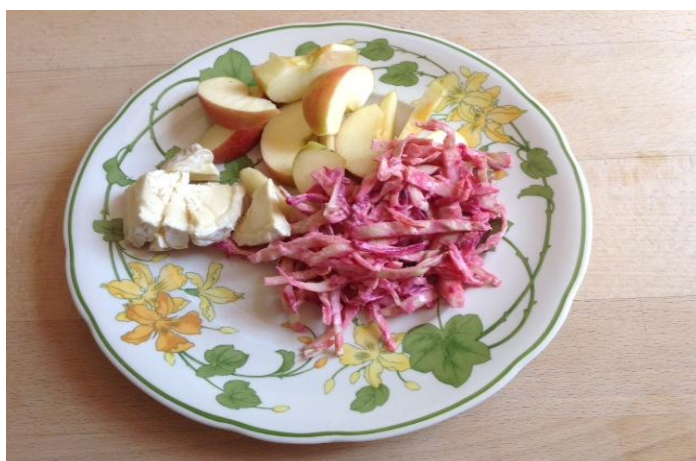
Coleslaw is another great way to enjoy eating vegetables and can go with so many other things for an easy-to-make dish.

Just chop equal amounts of cabbage, carrots, spring onion, celery and apple, add a light mayonnaise and mix.

bbcgoodfood.com/coleslaw-recipes



Coleslaw of carrot, cabbage, spring onion and apple with mustard mayonnaise.



Home-made red cabbage coleslaw, apple and soft cheese.

More vegetarian recipes here:

waitrose.com/healthy-vegetarian-recipes

bbcgoodfood.com/vegetarian-healthy-diet-plan