

# NATIONAL VEGETARIAN WEEK

14th- 20th May

National Vegetarian Week is the annual awareness-raising campaign promoting inspirational vegetarian food and the benefits of a meat-free lifestyle.



## ARTICHOKE HEART AND CHARGRILLED VEGETABLE PIZZA

### INGREDIENTS:

#### For the dough

Italian tipo 00 flour	1kg
Sugar	1 tbsp
Extra virgin olive oil	4 tbsp
Warm water	620ml
Salt	1 tsp
Dry yeast sachet	2

#### For the pizza sauce

Tomato passata	750g
Tomato purée	2 tbsp
Fresh basil	sprig
Everyday Favourites oregano	1 tsp
Salt	1 tsp
Fennel seeds	2 tsp
Extra virgin olive oil	2 tbsp

#### For the toppings

Arla diced mozzarella	85g per pizza
Marinated artichoke hearts	400g
Aubergines	3 large
Sundried tomatoes (drained)	400g
Roasted green peppers	2
Roasted red peppers	2
Red onions sliced	2
Dried oregano	a pinch

### METHOD:

1. Knead the dough for 10 mins, cover and leave to rest in a warm place for at least an hour or until doubled in size.
2. Heat oven on hottest setting.
3. Slice the aubergine and pat dry. Season on both sides, drizzle with oil and cook on a griddle for 5-6 minutes on each side.
4. Combine the ingredients for the pizza sauce in a bowl.
5. Roll out dough (160g per pizza) and place vase on thick bottomed baking tray.
6. Spread 3 tbsp sauce over, sprinkle with the Arla mozzarella, scatter the toppings.
7. Sprinkle on the oregano, ground black pepper and drizzle with some more olive oil.
8. Bake in oven until lightly browned and the cheese is bubbling deliciously (5-10 mins depending on oven temperature).



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## VEGETARIAN SLOPPY JOE BURGER

### INGREDIENTS:

Everyday Favorites quinoa & vegetable mix	200g
Everyday Favorites three bean chilli	400g
Butternut, goats' cheese & beet burger	10
Beef tomato	2
Cos lettuce	2
Giotto quinoa burger bun	10 (each)
Hellman's mayonnaise	200ml

### METHOD:

1. Collate all your ingredients
2. Deep fry the burger until fully cooked and keep warm
3. Warm through the quinoa & bean chilli in a pan and keep warm
4. Slice your tomatoes & slice the cos lettuce – keep chilled until required
5. To build your burger – toast the bun and keep warm
6. Top the bottom bun with mayonnaise
7. Layer the lettuce and tomato next
8. Top with the burger and then the warm quinoa mix
9. Finish with the top part of the bun and serve



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