

NATIONAL VEGETARIAN WEEK

MAY 13TH - 20TH

INGREDIENTS

76588	Gustoso penne pasta	1kg
	Chopped garlic in oil	20g
01623	Everyday Favourites diced onions	120g
34200	Gustoso multi-use tomato sauce	800g
27615	Casa De Mare sun dried tomatoes in oil	200g
07630	Casa De Mare pitted black olives	100g
07627	Casa De Mare baby capers	60g
	Chopped flat leaf parsley	20g
	Fresh aubergine	1
04389	Everyday Favourites pure Canadian maple syrup	30ml
70361	Everyday Favourites garlic powder	3g
	Smoked paprika	10g
13685	Pure olive oil glass	15g

METHOD

1. Heat a deep frying pan and add the garlic and onions. Cook until golden brown and caramelised.
2. Add the tomato sauce and reduce slightly, then add the sun dried tomatoes, black olives and capers, finishing with the flat leaf parsley – set to one side
3. Heat the oven to 190c and line two baking trays with parchment paper. Slice the aubergine finely lengthways and set to one side, mix the maple syrup, garlic powder, smoked paprika and oil together, then lightly brush the mixture onto the aubergine slices and lay onto the baking tray. Cook for 10-15 minutes until they become crisp, then brush with more mixture and continue to cook for a further 5-6 minutes until really crisp.
4. Toss the cooked pasta with the sauce and serve into your chosen bowl. Top with the aubergine bacon and a drizzle of oil.

MEDITERRANEAN
PASTA TOPPED
WITH AUBERGINE
“BACON”



ON THE MENU TODAY!

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TOPPED WITH AUBERGINE
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INDIAN CHEESE AND PINEAPPLE

INGREDIENTS

42832	Diced Paneer Cheese	1kg
70369	Everyday Favourites Garam Masala	3 tsp
60726	Everyday Favourites Table Salt	3 tsp
34079	Everyday Favourites Plain Flour	200g
04285	Everyday Favourites Free Range Medium Eggs	5
59009	Panko Breadcrumbs	500g
	Fresh Pineapple	1
	Red Chilli	2
	Red Onion	1 large
27083	Greek Style Yoghurt	300ml
	Cucumber	2
60726	Everyday Favourites Table Salt	3g
	Black Onion Seeds	8g
	Fresh Mint	small bunch
71879	Blue Dragon Sriracha	

METHOD

1. Toss the paneer in the salt and garam masala, then pané in the flour, egg and panko.
2. Make the salsa, then peel and dice the pineapple, concasse the tomato, finely dice the red chilli, peel and finely dice red onion, then mix together.
3. For the cucumber yogurt - Cut the cucumber in 5 inch chunks and use a mandoline to ribbon. Mix with the yoghurt, salt, shredded mint and seeds.
4. Deep fry the panko cubes and divide the cucumber yogurt onto plates. Top the yogurt with the fried panko and the salsa, then drizzle on some of the sriracha sauce.



ON THE MENU TODAY!

INDIAN CHEESE WITH PINEAPPLE



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A graphic for National Vegetarian Week. The background is a light-colored, textured surface, possibly a wooden table, with various fresh vegetables like tomatoes, cucumbers, and leafy greens scattered around. In the bottom right corner, a silver fork and knife are visible, resting on a white napkin. The text "NATIONAL VEGETARIAN WEEK" is centered in a large, bold, green-outlined font.

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