

## Recipes

### Carrot, sweet Potato and Squash Winter Casserole

Oven temp. 180 C / Gas 4

Enough for a generous helping for 4 people

6 tablespoons Olive Oil	Put altogether and
2 Bay Leaves	gently heat in a covered
1 tablespoon (yes!) dried Basil	heavy pan for about 10 mins.
5 cm / 2 inch piece of fresh Ginger, grated	Watch for burning!
$\frac{1}{2}$ teaspoon Chili powder	
1 heaped teaspoon whole coriander seeds, crushed	
1 medium onion grated or finely chopped	
1 sweet red pepper finely chopped	
3 teaspoon tomato paste	Stir into above mixture and
1 tablespoon Tamari Soya sauce	stir-fry for about 3 - 4 mins.
6 large Tomatoes, chopped finely or 1 x 400g can	Add and cook for 5 mins
300ml creamy coconut milk or 50 g chopped creamed coconut dissolved in 300ml boiling water.	Add and stir into the above mix.

Chop or slice approx. 1kg (2lbs.) a mixture of Carrots, Sweet Potatoes and Butternut Squash (pieces need to have equal thickness).  
Layer into an oiled casserole dish large enough to be 1/2 full and pour the sauce over the top, wriggle the dish to spread it evenly to the bottom.

2 tablespoon Tamari Soya sauce	Mix and splash and sprinkle over the dish and
1 tablespoon Olive Oil	bake for about 40 mins until soft and top is
1 teaspoon black pepper	bubbly and golden.

### Roast Beetroot with Basil and Lemon

Oven temperature 180C / Gas 4 -5 Serves 4 people

500g (1lb) raw Beetroot,  
remove only rough bits of skin,  
and chop into equal size pieces.

(faster, if covered

toss in olive oil, (easiest if you use a bowl)  
to brown)

spread out into a roasting tin and

**fresh**

sprinkle with a generous amount of dried Basil

Roast until softened

with foil, remove when soft,

Serve hot or cold, sprinkled with

Lemon Juice, Chives, Basil

### Mixed Rice with Cashews and Cardamom

Serves 4 people

3 teaspoons oil  
and

6 cardamom pods

$\frac{1}{2}$  cup of unsalted cashew nuts

Heat the oil, add cardamom pods

cashews. Gently cook for 3-4 mins until  
nuts turn brown

2 cups of Wild rice and Basmati rice,  
mixed and washed

add the rice and stir-fry for 2 mins.,  
then add water,  
bring to the boil and cover,  
simmer for appr.35mins.  
until all the water has been absorbed,

Loosen gently with a fork and serve