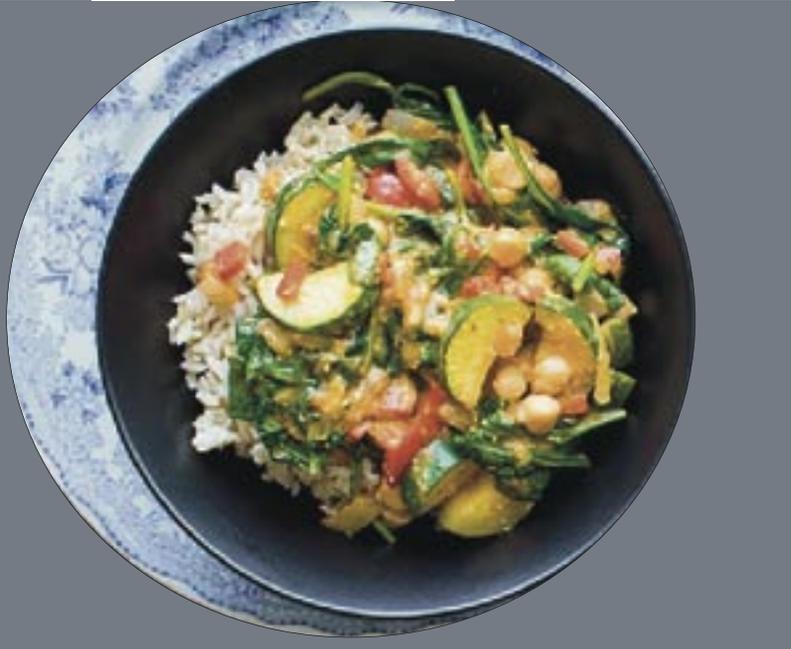




# Coconut Chickpea Curry



## Ingredients

2 teaspoons avocado oil or canola oil  
1 cup chopped onion  
1 cup diced bell pepper  
1 medium zucchini, halved and sliced  
1 (15oz) can chickpeas, drained & rinsed  
1.5 cups coconut curry simmer sauce  
Half cup vegetable broth  
4 cups baby spinach  
2 cups precooked brown rice,  
heated according to package instructions

## Instructions

- 1: Heat oil in a large skillet over medium - high heat. Add onion, pepper and zucchini; cook, stirring often, until the vegetables begin to brown, 5 to 6 minutes.
- 2: Add chickpeas, simmer sauce and broth and bring to a simmer, stirring. Reduce heat to medium-low and simmer until the vegetables are tender, 4 to 6 minutes. Stir in spinach just before serving. Serve over rice.

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# Raw Beet Golden crusted Portabello Burger

4 servings



## Ingredients

### DEEP- FRIED MUSHROOMS

4 large Portabello mushroom caps  
3/4 -1cup all purpose flour  
2 eggs beaten  
1.5 cups panko crumbs  
1/2 a 130g chilled goat cheese  
2 -3 cups vegetable oil

### BEET SLAW

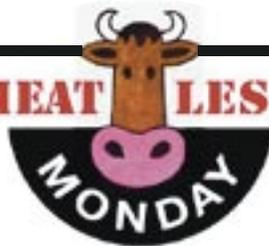
1 large or 3 -4 small beets  
1 tsp olive oil  
2 tsp white wine vinegar  
Pinch of salt and chili flakes  
2 tbsp chopped cilantro

### BURGERS

4 small toasted burger buns  
Favourite burger toppings and condiments - tomatoes lettuce onions avocado and mustard

## Instructions

- 1 Wipe the mushrooms clean, Place flour, eggs and panko in separate shallow dishes. Cut 4 coin-shaped pieces from goat cheese log. Press 1 piece into mushroom ( where stem was removed ) maintaining the cheeses coin shape. Working with 1 mushroom at a time, dust a cap including goat cheese with flour. Lightly coat an egg. Crust with panko Set on a plate. Repeat with remaining mushrooms.
- 2 Prepare slaw peel and grate beets. You should have about 1 cup. Stir with 1tsp oil and then vinegar, salt and chili flakes Sprinkle with celantro and set aside.
- 3 Pour oil into a large deep frying pan, set over medium-high heat . Heat oil to 350 adjusting heat as needed,
- 4 Deep-fry coated mushrooms until tender, 8-10 minutes per side, carefully turning half way through. Using a slotted spoon carefully remove golden mushrooms to a paper - towel lined plate. Using more paper towel pat the excess oil from the burgers.
- 5 Stack warm mushroom burgers on toasted buns. Stir the cold slaw and divide between the burgers. Sandwich with your favourite toppings and condiments.



## The Best Healthy Chilli Recipe



### Ingredients

2 tbsp olive oil extra virgin. -  
1 red onion finely chopped  
5 garlic crushed - 2 inch ginger grated  
3 carrots washed, chopped in small chunks  
3 celery washed, chopped in small chunks  
1 red bell pepper washed, chopped, small chunks  
1/2 fennel bulb washed, chopped, small chunks  
1/2 tsp turmeric powder - 1 tsp cumin powder  
1/2 tsp black pepper - 2 red chilli finely chopped  
( you can increase or decrease to taste )  
1 tsp salt to taste - 2 cups tomato canned, diced  
1.5 cups vegetable stock unsalted  
2 cups kidney beans cooked  
1 cup black beans cooked  
2 cups fresh spinach, washed  
Garnish - 4 tsp fresh lemon juice  
1 cup coriander washed, finely chopped

### Instructions

In a large pot, on medium heat, heat olive oil. Add the onion, garlic, ginger and fry until golden. Stir in the carrots, celery, pepper, fennel and cook for 10 minutes, stirring occasionally. If the mixture begins to stick to the pot, add a small amount of stock. Add turmeric, cumin, black pepper, red chillies and salt. Stir to coat the vegetables and cook for 2 minutes. Add tomatoes, stock, kidney beans, and stir to mix. Bring to a simmer, cover and cook, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer for about 25 minutes. Add spinach, stir and cook for 5 minutes, for the best texture and flavour, 2 cups of the cooked chili transfer to a blender and blitz until smooth. Pour the blended mixture back into the pot and stir. You could also use a hand blender and blitz a couple of times into the pot. Don't overdo it though. Finish with lemon juice and garnish with cilantro.

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# Quinoa Lentil Stuffed Zucchini Boats



## Ingredients

1/4 cup brown lentils - 3 cups water  
1/2 cup quinoa - 2.5 tbsp olive oil  
6 zucchini medium large,  
sliced in half lengthwise  
1 onion medium - 2 cloves garlic large  
1/2 tsp sea salt some for sprinkling  
1/2 tsp black pepper or to taste  
1 tsp cumin powder  
1 tsp coriander powder  
1 cup cherry tomato cut in quarters  
1/2 tsp red chilli flakes  
1/2 lemon fresh juice

## Instructions

- 1: Rinse and soak the lentils overnight.
- 2: Boil the lentils in 2 cups of water for 15-20 mins until al-dente
- 3: Drain the lentils, rinse with cold water to stop them from cooking further and set aside. At the same time, in a separate pot, cook the quinoa in 1 cup of water. Once it boils turn the heat to low until all the water has been absorbed. Set aside.
- 4: Position a rack in the top of the oven and preheat to 400 F. Line a baking tray with grease proof paper.
- 5: Using a teaspoon scoop out the centre of zucchini leaving a 1/4" border on all sides. Rub 1/2 tbsp olive oil all over the zucchini boats. Sprinkle with salt and pepper. Place them on a grease proof paper tray, skin side down and set aside.
- 6: Heat the 2 tbsp olive oil in pan over medium high heat. Add the onions garlic and saute for 2-3 minutes.
- 7: Add 1/2 tsp salt, cumin and coriander, stir for 1 minute. Stir in the tomatoes and cook for 1-2 minutes.
- 8: Add quinoa and lentils with red pepper flakes and mix well.
- 9: Divide the mixture into the prepared zucchini boats.
- 10: Cover with foil bake for 20 minutes till cooked through.
- 11: Squeeze lemon juice over boats and serve whilst hot .

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Monthly **Menu 5**

# Easy Mushroom Pasta



## Ingredients

3 tbsp ( 45g ) vegan butter  
1 onion finely chopped  
18oz ( 500 ) mushrooms sliced  
1 tbsp crushed garlic  
1 tsp dried oregano  
4 tbsp all purpose flour  
1/3 cup ( 80ml ) vegetable stock  
1/2 tsp salt  
1 tsp black pepper  
1 tsp Dijon mustard  
1/2 pack-( 9oz- 250g ) penne pasta

## Instructions

- 1: Put the pasta on to cook according to instructions
- 2: Add the vegan butter to the pot along with the chopped onions and fry until onions are softened.
- 3: Add the sliced mushrooms, crushed garlic and oregano and fry until mushrooms are softened.
- 4: Add all purpose flour and fry with the mushrooms for 1 minute before adding the coconut milk and vegetable stock. Stir in until combined, keep stirring until it reaches a simmer. A perfect thickness as it reaches a simmer or just after.
- 5: Add salt, black pepper, Dijon mustard and stir in.
- 6: Add the cooked pasta in with the sauce, toss together until well coated.
- 7: Serve with some fresh chopped cilantro and a sprinkle of black pepper.

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