

# vegetarian

## LIVING

### COMFORT FOOD

HEARTY MIDWEEK RECIPES

MEAT-FREE  
MADE EASYThe McCartneys share recipes  
from family and friendsNEW YORK,  
NEW YORKLindsey Harrad's  
US gastro-tourFREEZE  
AHEADNew ideas for  
stress-free  
entertainingStella McCartney's  
winter minestroneEAT  
OUT  
ALEX BOURKE'S  
GUIDE TO THE  
BEST UK  
EATERIES

PLUS

PLANET ORGANIC'S  
SUCCESSFUL IDEALS  
ECO-GARDENING PROJECTS  
HOW TO START A SUPPER CLUB

## SOPHIE DAHL'S BEAUTIFUL COOKING

- Soba noodle salad with rainbow vegetables
- Winter curry with saffron cinnamon rice

RACHEL  
ALLENNo fuss,  
one-pot winter  
crowd-pleasersLET'S EAT  
CAKEChocolate and  
chestnut heaven –  
in 30 minutes!HUGH  
GOES  
VEGGIECelebrating  
the seasons at  
River Cottage

## newshoots

### Not naughty but nice!

If you're trying to lose weight with those Christmas parties in mind, but still want comforting food for the colder, dark evenings, *Slimming World* is great for recipe inspiration.

The following simple idea is taken from their *Extra Easy Meals in Minutes* recipe book, available from Slimming World groups at £4.95 – visit [www.slimmingworld.com](http://www.slimmingworld.com) for your nearest one.

#### Cheesy broccoli bake

Serves 4 • Prep/cook 30 mins

500g broccoli florets  
8 spring onions, finely chopped  
200g cherry tomatoes, halved or quartered  
2 large free-range eggs, beaten  
200g fat-free cottage cheese with spring onion and chives  
3 cloves garlic, peeled and crushed  
4 tbsp finely chopped parsley  
110g reduced-fat vegetarian Cheddar cheese, grated

- 1 Preheat the oven to 220C/fan 200C/gas 7.
- 2 Cook the broccoli in a large saucepan of lightly salted boiling water for 2–3 minutes. Drain, transfer to a bowl and set aside.
- 3 Add the spring onions and cherry tomatoes to the broccoli, mix well and spoon into an ovenproof dish.
- 4 Meanwhile, whisk the eggs in a clean bowl with the cottage cheese and garlic until smooth. Season well and add the parsley.



5 Pour the egg mixture over the vegetables and stir briefly to distribute the ingredients evenly. Sprinkle the cheese on top and cook in the oven for 15–20 minutes or until the mixture has just set. Remove from the oven and serve immediately.

**COOK'S TIP** Cauliflower florets work equally well in this recipe. You can also swap the cottage cheese for quark if you wish – just add 1 tbsp chopped chives before you use it.

■ PER SERVING 232 cals, fat 11g, sat fat 5g, protein 26g, carbs 8g, sugars 7g, fibre 5g, salt 1.2g

## A FISHY TALE

The Vegetarian Society's latest online campaign is aimed at non-veggie fish-eaters. Aware of the fact that meat-eaters and pescatarians can find the idea of going veggie rather daunting, Fish Free Fridays has been launched. With web pages at [www.vegsoc.org/fff](http://www.vegsoc.org/fff), a dedicated Facebook page and an FFF Twitter account, the campaign will include up-to-date news, information and tips for replicating a taste of the sea in your vegetarian cooking, from vegetarian sushi to ocean pie.

Vegetarian Society head of communications Liza O'Neill, told us: 'Everyone's heard of Meat Free Monday, and thanks to Sir Paul McCartney, the idea of cutting down on meat consumption for the sake of the environment is widely acknowledged. We're just extending that to take account of the increasing evidence that the fishing industry simply isn't sustainable. Vegetarians don't eat fish any day of the week, of course, but people who aren't ready to go vegetarian can still make a valuable contribution by not eating fish for one day a week. Once they see how easy it is, they might try giving up fish altogether.'



## 3 OF THE BEST

### VEGGIE PIES

You can't beat a plate of pie at this time of year – served on its own or with a pile of creamy mash.

#### Linda McCartney Foods Mushroom & Ale Pie

Our testers loved the pastry and the hearty filling which included very tasty gravy – a couple of testers said they would have liked a bit more of the latter but still gave it a resounding thumbs-up (£1.99, available exclusively at Sainsbury's). [www.lindamccartneyfoods.co.uk](http://www.lindamccartneyfoods.co.uk)



#### Simple Simon's Hot Roasted Root Vegetable with Mango and Chilli Pie

A gourmet pie that looks like something you'd expect in a gastro pub, this didn't disappoint and made a very substantial meal in itself. 'Lovely flavours, although not spicy as I was expecting,' was one comment (£4.30 for around 275g – the pies are handmade so weights can vary). [www.simplesimonspies.co.uk](http://www.simplesimonspies.co.uk)



#### Pieminister Heidi Pie

This was a garlicky delight, with goat's cheese and lovely chunks of sweet potato, spinach and red onion, and very tasty pastry to boot. Great eaten hot or cold and a worthy all-round winner (£3.50 for a 270g pie). [www.pieminister.co.uk](http://www.pieminister.co.uk)



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### GOING NUTTY

We've been getting our mornings off to a scrumptious start this month with Jordan's new Country Crisp with Honey and Nut. Containing chopped almonds and slices of Brazil nuts, a 500g pack is £2.69 from Tesco, Waitrose and Sainsbury's stores.

