



COOK!

with the Vegetarian Society

Great British Food Festival

May 2026



Warm Rosemary Beetroot Salad with Puy Lentils and Whipped Pumpkin Cream



Serves 2

Dairy-Free, egg-free, gluten-free, nut-free, vegan, wheat-free

Preparation: 20 mins

Cooking: 25 mins

INGREDIENTS

For the whipped pumpkin cream:

- 150g pumpkin purée
- 1 tbsp olive oil
- 2 tbsp vegan cream
- 1 tsp lemon juice
- ¼ tsp ground cumin
- Salt to taste

For the rosemary beetroot:

- 1 tbsp olive oil
- 2 medium cooked beetroots, cut into wedges
- 1 sprig fresh rosemary
- 1 tsp maple syrup
- A pinch of salt

For the Puy lentils:

- 1 tbsp olive oil
- 120g cooked Puy lentils
- Salt to season
- 1 small shallot, finely diced
- 1 small garlic clove, minced
- 1 tsp lemon juice

For the crispy Savoy cabbage:

- 3 Savoy cabbage leaves, finely shredded
- 1 tsp olive oil
- A pinch of salt
- 25g toasted hazelnuts, roughly chopped



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METHOD

1. Make the whipped pumpkin cream: Add the pumpkin purée, olive oil, vegan cream, lemon juice, cumin, and salt to a jug. Blend with a stick blender until smooth. Season to taste with salt. Set aside.
2. Heat 1 tbsp olive oil in a frying pan over a medium heat. Add the beetroot wedges, rosemary, a pinch of salt, and maple syrup. Cook for 5–7 minutes, turning occasionally, until glossy and warmed through with lightly caramelised edges. Remove the rosemary sprig. Set aside.
3. Heat 1 tsp oil on a medium-high heat. Add the shredded cabbage and a pinch of salt.
4. Cook for 5-6 minutes, stirring occasionally, until the edges catch, crisp, and deepen in colour.
5. Hold warm on a very low heat while warming the lentils.
6. Heat 1 tbsp olive oil in a frying pan. Add the shallot and a pinch of salt. Cook for 2–3 minutes until softened and translucent. Add the garlic and cook for 1 minute. Stir in the lentils, season with salt, and warm through gently for 3-4 minutes. Finish with the lemon juice.
7. Smear a generous layer of whipped pumpkin cream across the base of 2 plates. Add a mound of Puy lentils in the centre. Top with the beetroot. Scatter over the crispy cabbage. Finish with toasted hazelnuts, black pepper, and a drizzle of extra virgin olive oil.



