COOK!

with the Vegetarian Society

Wakefield Vegan Festival





Garlic Paprika Cauliflower Steaks with Super Green Quinoa



Serves 2-3 , depending on size of cauliflower, 1 steak per person

Dairy-free, egg-free, vegan

Preparation: 30 mins
Cooking: 40 mins

INGREDIENTS

For the spice rub:

- 2 tbsp vegetable oil
- 1 tbsp garlic paste
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp chilli powder

- 1 large cauliflower, cut into 3-4cm steaks

For the green quinoa:

- 80g quinoa, washed
- 240ml vegan vegetable stock
- 60g garden peas
- 60g green beans, halved
- 2 tsbp chopped parsley

For the salad dressing:

- 2 tbsp extra virgin oil
- 1 tbsp lemon juice
- 1 tsp agave syrup
- ½ tsp Dijon mustard
- Salt and pepper to season

To garnish:

- ½ lemon, cut into wedges
- 2-4 tbsp toasted chopped hazelnuts

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METHOD

1. Preheat the oven to 200^{0}C / fan 180^{0}C / gas 6.
2. In a small bowl, combine all the ingredients for the spice rub.
3. Lay the cauliflower steaks on a flat baking tray. Brush all over with the spice rub until well coated. Roast in the hot oven for 20-25 mins until the edges start to blacken.
4. While the cauliflower is roasting, make the green quinoa: Add the quinoa and the vegetable stock to a small saucepan. Put a tight-fitting lid on the pan. Bring to the boil on a medium-high heat. Once boiling, turn the heat to medium-low and simmer for 15-20 mins until the quinoa starts to become slightly transparent and the water has evaporated. Do not remove the lid while cooking. Once cooked, set aside with the lid on to steam for 5 minutes.
5. In a small bowl, mix all the salad dressing ingredients together until combined.
6. While the quinoa is cooking, cook the vegetables: Bring a small pan of water to the boil. Gently lower the peas into the pan and heat for 2-3 minutes, add the green beans and blanch briefly for about 1 minute.
7. Remove the peas and beans from the pan and place in a large bowl with the warm quinoa and parsley. Add the dressing and toss through.
8. To assemble the dish: Spoon the quinoa onto a plate. Place the cauliflower steak on top of the quinoa. Garnish with lemon slices and toasted hazelnuts. Serve immediately.

Whipped Tahini Sauce



Serves 3

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

Preparation: 10 mins

INGREDIENTS

- 60ml tahini
- 1 tsp garlic purée
- 1 tsp lemon juice
- ¼ tsp sea salt
- A pinch of ground white pepper
- 40-100ml water

METHOD

1. In a small food processor, place all ingredients except the water. Briefly pulse until the ingredients are combined. Add approximately half the water and pulse again. Add the rest of the water and pulse to incorporate. Once all the water is incorporated, blend for a further 10 seconds until creamy.
2. Serve immediately or refrigerate for 2-3 days.

Persian Herb, Lemon, and Chickpea Stew



Serves 2

Egg-free, nut-free

Preparation: 30 mins

Cooking: 25 mins

INGREDIENTS

- 2 tbsp vegetable oil
- 1 medium onion, chopped
- 3 cloves of garlic, finely chopped
- 1 lemon, zest and juice
- 1 x 400g can chickpeas, drained and rinsed
- 1 tsp turmeric
- ½ tsp green cardamom pods, ground with a pestle and mortar
- 500ml warm vegetable stock
- 125g kale, washed and chopped
- 2 tbsp chopped coriander
- 2 tbsp chopped parsley
- 1 tbsp chopped dill
- 1 tsp chopped chives
- salt and pepper, to taste

METHOD

1. In a large saucepan, heat the oil on a medium heat. Add the onions, garlic and lemon zest and cook for 4-5 minutes until the onions are soft and translucent.
2. Add the chickpeas and cook for a further 10 minutes, stirring regularly.
3. Add the turmeric and cardamom. Cook for 2 minutes stirring until the chickpeas and onions are well coated in the spices.
4. Add the warm stock and cook for 5 minutes.
5. Meanwhile, in a shallow pan, wilt the kale over a low heat for 2-3 minutes.
6. Add the kale, fresh herbs and lemon juice to the large pan and cook for 2-3 minutes, stirring until well combined.
7. Season to taste with salt and pepper.
8. Serve immediately or cool then refrigerate for 2-3 days.

