

# Nice and Easy Vegetarian Food Options

- If you are at a loose end, here are some simple and fresh vegetarian meal options for your guest...
- Vegetarian Lasagne
- Stuffed Peppers
- Sweet Potato Curry (or any vegetarian curry)
- Vegetable Stir Fry
- Margherita Pizza
- Vegetarian Chilli
- Falafel / Pitta / Salad and dips – humus, creamy dips, pesto etc.



- Or for frozen: there are many more frozen vegetarian options in supermarkets now, some are below...
- Quorn or similar frozen meat substitutes (i.e meat free burgers, nuggets, sausages etc)
- Frozen margherita or vegetable pizza's
- Vegetable fingers or burgers
- Vegetable currys / stir fries
- And all the usual sides – Fries, potato waffles, hash browns, frozen veg, garlic bread, stuffed cheesy potato skins, etc.



*Here are some sample recipes ...*

## Sugar Snap Pea and Mushroom Sauté Stirfry

2 tablespoons vegetable oil

10 ounce cremini mushrooms, trimmed and sliced

10 ounce sugar snap peas, trimmed (about 3 cups)

3 large scallions, white and light green parts, cut into 2-inch pieces (about 1 1/2 cups)

4 cloves garlic, minced

2 tablespoons low-sodium soy sauce

Crushed red pepper for garnish, optional

**1.** Warm oil in a large skillet over medium-high heat until shimmering. Add mushrooms, snap peas and scallions and cook, stirring constantly, until snap peas are bright green and mushrooms have released their liquid, 3 to 4 minutes. Add garlic and cook, stirring, until golden, about 30 seconds.

**2.** Add soy sauce and cook for 3 to 4 minutes more, stirring, until snap peas are crisp-tender. Sprinkle with red pepper, if desired. Serve.



*Here are some sample recipes...*

## Sweet Potato and Chickpea Curry

1 can chickpeas

2-3 sweet potatoes

4-5 mushrooms

1 jar curry sauce (any kind)

rice

1. Chop sweet potatoes in chunks and set to boil
2. Empty can of chickpeas into another pan and set on medium heat
3. Chop mushrooms and begin to fry in pan on low heat  
Cook rice here if pan rice
4. Take chickpeas off before boiling and add to pan with mushrooms
5. Let sweet potatoes boil for a few minutes then also add to pan
6. Pour over curry sauce and simmer for 10-20 minutes  
Cook rice here if microwave rice



*Here are some sample recipes ...*

## Veggie Chilli

1 Onion  
2 Cloves of Garlic  
1 Tin of Chopped Tomatoes  
1 Bell Pepper (Green Red or Orange)  
Tomato Paste  
Oregano  
Coriander  
Chilli Powder  
Chilli Flakes (Optional)  
1 Tin of Kidney Beans

Dice the onions and finely chop the garlic. Place these in the pan with a little oil and fry until soft. Also fry off the pepper with the onions and garlic

In a separate saucepan put the tin of tomatoes, tomato paste, oregano, and coriander. Bring these contents to the boil.

When the onions have fried, add them to the tomato mix and reduce to a simmer. Then add the tins of beans and add chilli powder and flakes to taste depending how spicy you like chilli.

Allow to simmer for 20 minutes.

Serve on a bed of rice



*Here are some sample recipes...*

## Quinoa Stuffed Peppers

4 sweet large peppers, cut in half lengthways and seeded (or whole with top out and seeded, standing upright)

1 tbsp olive oil, plus 1 tsp for the tomatoes and extra for greasing

1 x 400g tin kidney beans, drained and rinsed

1 x 250g pack ready-to-eat red and white quinoa

125g (4 1/2oz) halloumi, grated (or other cheese)

2 spring onions, finely sliced

250g (8 3/4oz) cherry tomatoes, halved

1. Preheat the oven to gas 7, 220°C, fan 200°C, and grease a baking dish with oil. Arrange the halved peppers in the dish; set aside. Mix the kidney beans, [quinoa](#), halloumi and spring onions in a bowl and season. Stuff each halved pepper with this mixture.

2. Toss the tomatoes in 1 tsp oil. Top each stuffed pepper half with a few tomatoes, gently pressing them into the quinoa mixture to secure. Put the dish into the hot oven and roast for 40-45 minutes, or until the peppers are cooked through.



*Here are some sample recipes ...*

## Vegetarian Lasagne

2 tbsp oil  
1 onion  
sliced  
1 garlic clove, sliced  
1 aubergine  
cut into chunks  
1 red pepper  
8 plum tomatoes  
350ml passata  
200g ready-cooked lasagne sheets  
6 tbsp half-fat crème fraîche  
2 tbsp grated parmesan

1. Preheat the oven to gas 7, 220°C, fan 200°C, and grease a baking dish with oil. Arrange the halved peppers in the dish; set aside. Mix the kidney beans, quinoa, halloumi and spring onions in a bowl and season. Stuff each halved pepper with this mixture.
2. Toss the tomatoes in 1 tsp oil. Top each stuffed pepper half with a few tomatoes, gently pressing them into the quinoa mixture to secure. Put the dish into the hot oven and roast for 40-45 minutes, or until the peppers are cooked through.

