

## Chicken, vegetable & mixed bean casserole.

### Ingredients

1 onion  
½ a leek  
1 stick celery, finely sliced  
300g cubed butternut squash  
300g swede  
2 turnips  
2 parsnips  
250g frozen vegetarian soya chicken pieces (Quorn)  
100g carrots  
200g potatoes  
1 litre vegetable stock  
200g tinned chopped tomatoes  
100g tinned berloti beans  
100g tinned butter beans  
100g tinned haricot beans  
splash of olive oil

### Method

Finely chop onions, celery and leeks, add to oil in saucepan and fry on a gentle heat until translucent.

Bake the soya pieces in the oven for 20 minutes at 180c with a little olive oil

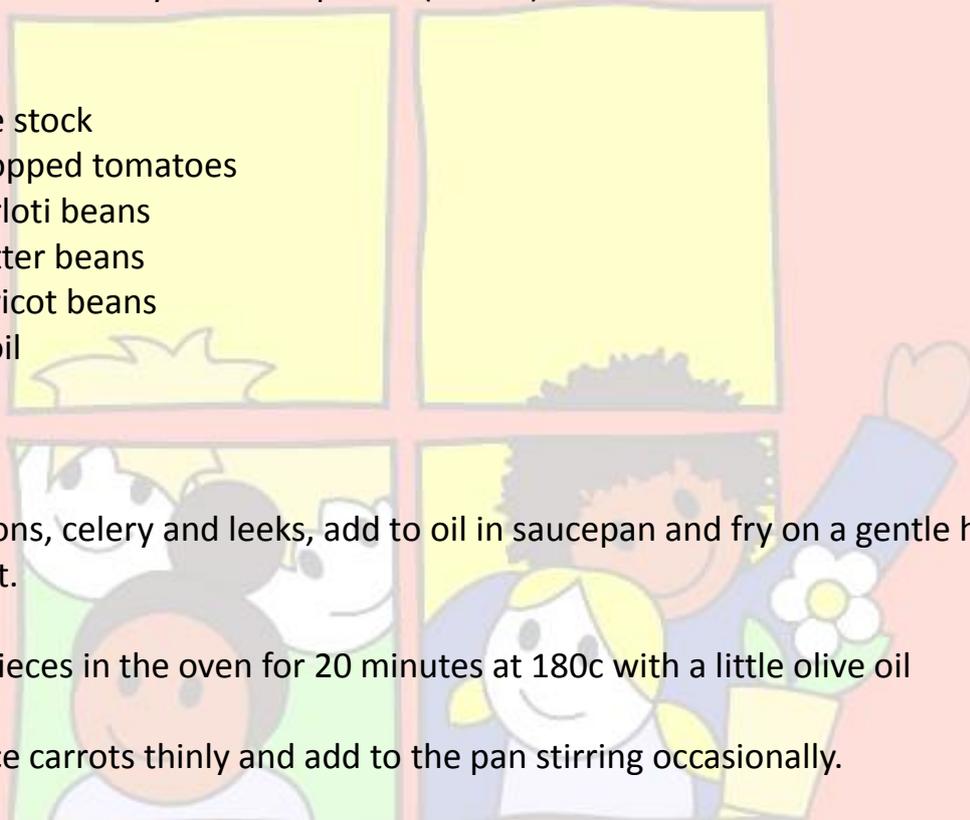
Quarter and slice carrots thinly and add to the pan stirring occasionally.

Add half of the stock, bring to the boil and simmer

Peel and dice the potato, turnip, parsnip and squash and add to the pan along with the chicken pieces and the beans.

Top up with remaining stock.

Simmer for 45 minutes , serve and enjoy !



# Tuna Pasta Bake with Peas & Sweetcorn

## Ingredients

1 onion (chopped finely)  
1 clove garlic (crushed)  
1/2 leek thinly sliced  
350g whole-wheat fusilli pasta  
200g tinned tuna  
500ml semi skimmed milk  
30g butter  
30g plain flour  
100g Peas  
100g Sweetcorn  
Teaspoon mustard  
Pinch of salt & pepper  
1 slice wholemeal bread

## Method

Heat peas and sweetcorn in boiling water.

Chop onions, garlic and leeks in magimix, add to oil in saucepan and fry on a gentle heat until translucent.

Gently heat tuna in onion / leek mix and set aside.

Warm milk in a pan

Make a roux using equal amounts of butter and flour, when flour is cooked out, add to warm milk and stir until you achieve a velvety consistency. Add mustard and salt & pepper.

Cook pasta in boiling water

When heated through, combine peas, sweetcorn, tuna mix into the sauce and stir through the cooked pasta.

Blend or finely chop a slice of wholemeal bread.

Arrange in dishes and sprinkle the tops with breadcrumbs.

Cook for 30 minutes at 180c, leave to cool for 5 minutes and enjoy !

## Macaroni Cheese with Broccoli & Cauliflower

1 onion (chopped finely in magimix)  
350g macaroni pasta  
200g grated cheddar cheese  
500ml milk  
30g butter  
30g plain flour  
½ teaspoon mustard  
Pinch of salt & pepper  
80g cauliflower  
80g broccoli

### Method

Heat broccoli and cauliflower in boiling water, once cooked, chop roughly and set aside.

Finely chop or blend onion, add to olive oil in saucepan and fry on a gentle heat until translucent, set aside.

Warm milk in a pan

Make a roux using equal amounts of butter and flour, when flour is cooked out, add to warm milk along with 150g of the cheese and stir until you achieve a velvety consistency. Add mustard and salt & pepper.

Cook macaroni in boiling water, when cooked, add olive oil and onion mix, stir through macaroni, and add the cheese sauce mix, combining all the ingredients.

Arrange in dishes and sprinkle the tops with breadcrumbs and the remaining grated cheese

Cook for 30 minutes at 180c, leave for 5 minutes to cool and enjoy!

