

Miso-roasted aubergine steaks with sweet potato

Cooking time

Prep:20 mins**Cook:**1 hr, 5 mins

Serves 2

Roast thick slices of aubergine with miso, garlic and ginger, then serve with chunky sweet potato wedges for a filling, vegetarian dinner

Additional info

- Healthy
- Gluten-free
- Vegetarian

Nutrition *per serving*

Kcalories 344

Protein 6g

Carbs 54g

Fat 8g

Saturates 1g

Fibre 15g

Sugar 30g

Salt 2.5g

Ingredients

- 1 large aubergine (about 375g)
- 2 tbsp brown miso paste (we used Clearspring)
- 350g sweet potatoes, unpeeled and cut into chunky wedges
- 1 tbsp sunflower oil
- thumb-sized piece ginger, grated
- 1 garlic clove, grated
- pinch of pink Himalayan salt
- 8 spring onions, sliced diagonally
- small pack parsley, leaves chopped

Cooking the vegetables

Add the water gradually in this recipe to avoid the veg stewing in the liquid, plus it helps them to stay juicy and moist.

Method

1. Heat oven to 180C/160C fan/gas 4. Peel the aubergine with a potato peeler and roughly spread the miso paste all over it – the best way to do this is with the back of a spoon.
2. Put it in a roasting tin along with the sweet potato wedges. Pour 225ml boiling water into the base of the tin, then add the oil, ginger and garlic. Sprinkle a pinch of salt over the wedges and place in the oven.
3. After 30 mins, pour another 125ml boiling water into the base of the tin and roast for another 20 mins. Repeat, adding 50ml boiling water and the spring onions, and roast for 10 mins more. Check the aubergine is cooked by inserting a knife in the centre – if it is ready it will easily slide in and out, and the aubergine will be soft on the inside.
4. Sprinkle the chopped parsley over the potato wedges, slice the aubergine into 2cm thick 'steaks' and serve on top of the potatoes. If there is no sauce in the bottom of the tin, add 3 tbsp water to loosen up the miso, then pour the miso gravy over the aubergine steaks and sprinkle with cracked black pepper.

Warm quinoa salad with grilled halloumi

Cooking time

Prep:15 mins**Cook:**25 mins

Serves 3

This iron-rich, veggie dish is a great source of iron and uses gluten-free quinoa for an extra dose of protein

- Vegetarian
- Gluten-free

Nutrition *per serving*

Kcalories 603

Protein 28g

Carbs 40g

Fat 37g

Saturates 16g
Fibre 1g
Sugar 7g
Salt 3.1g

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 small red onion, sliced
- 1 large roasted pepper from a jar, thickly sliced, or a handful of ready-roasted sliced peppers
- 200g quinoa
- 500ml vegetable stock
- small bunch flat-leaf parsley, roughly chopped
- zest and juice 1 lemon
- large pinch sugar
- 250g pack halloumi cheese, cut into 6 sliced

Healthy benefits

Quinoa is brilliant for vegetarians as it contains good levels of protein. It is gluten-free and also an excellent source of calcium, iron and B vitamins.

Method

- 1.** Heat 1 tbsp of the oil in a medium saucepan. Cook the onion and pepper for a few mins, then add the quinoa and cook for a further 3 mins. Add the stock, cover and turn the heat down to a simmer. Cook for 15 mins or until soft, then stir through half the parsley. Heat the grill.
- 2.** Meanwhile, mix the lemon zest and juice with the remaining parsley and oil, and a large pinch of sugar and salt. Grill the halloumi until both sides are golden and crisp. Serve the salad with the grilled halloumi and the dressing poured over everything.

Gluten-free carrot cake

Cooking time

Prep:20 mins**Cook:**55 mins

Serves 8

Additional info

- Freeze un-iced
- Gluten-free

Nutrition *per serving*

Kcalories 599

Protein 6g

Carbs 86g

Fat 28g

Saturates 16g

Fibre 2g

Sugar 64g

Salt 0.6g

Ingredients

- 140g unsalted butter, softened, plus extra for greasing
- 200g caster sugar
- 250g carrots, grated
- 140g sultanas
- 2 eggs, lightly beaten
- 200g gluten-free self-raising flour
- 1 tsp cinnamon
- 1 tsp gluten-free baking powder
- 50g mixed nuts, chopped

For the icing

- 75g butter, softened
- 175g icing sugar
- 3 tsp cinnamon, plus extra for dusting

Method

- 1.** Heat oven to 180C/160C fan/gas 4. Grease and line a 900g/2lb loaf tin with baking parchment.
- 2.** Beat the butter and sugar until soft and creamy, then stir in the grated carrot and sultanas. Pour the eggs into the mix a little at a time.
- 3.** Add the flour, cinnamon, baking powder and most of the chopped nuts and mix well. Tip the mix into the loaf tin, then bake for 50-55 mins or until a skewer poked in the middle comes out clean. Allow to cool in the tin for 15 mins, then remove from the tin and cool completely on a wire rack.
- 4.** Meanwhile, make the icing. Beat the butter in a large bowl until it is really soft, add the icing sugar and cinnamon, then beat until thick and creamy. When the cake is cool, spread the icing on top, then sprinkle with a little more cinnamon and the remaining chopped nuts.