

2021 LiveLighter Healthy Recipe Challenge

**Janine Murray's Black Lentil, Quinoa and Sweet Potato Salad**

**Serves:** 1-2 VEGAN

**Ingredients:**

- 2 small sweet potatoes, cut into 2cm cubes.
- 1 punnet cherry tomatoes
- 2 tbs olive oil
- 1/2 cup black lentils
- 1/2 cup quinoa
- juice of 1 small lemon
- 1 bunch broccoli broken into florets
- 1 tbs wholegrain mustard
- 1 tbs tarragon vinegar (or put 1/2 tsp of tarragon into 2 tsp of vinegar and microwave until hot, then strain and use 1 tbs of this)
- 1/2 tsp cumin, ground.
- 1 tbs olive oil



**Method:**

1. Preheat oven to 180C.
2. Place sweet potatoes on one side of baking tray and cherry tomatoes on the other. Drizzle with 2 tbs olive oil, season with salt and pepper and roast for 20 mins. Set aside.
3. Place lentils in small saucepan with 1.5 cups of water and cook for 15-20 minutes, then drain. Rinse in cold water and set aside.
4. Repeat the process with the quinoa.
5. Steam broccoli for 2-3 minutes or cook in microwave for 2 minutes. Drain, rinse in cold water and set aside.
6. Place all ingredients in a large bowl and squeeze over the juice of one lemon.
7. In a small bowl, whisk together the mustard, tarragon vinegar, cumin and olive oil and pour over the salad.
8. Toss well and serve whilst the roast sweet potatoes and tomatoes are warm.

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**Robert Beutler's Autumn Harvest Soup**

**Serves:** 2-5 VEGAN/VEGETARIAN

**Ingredients:**

- 500g Soup mix (mixed dried lentils)
- 800g fresh peeled tomatoes, diced
- 1 large onion, diced
- 5 Carrots, chopped
- 6 Celery Sticks, chopped
- 1 Swede, peeled and chopped
- 1 Turnip, peeled and chopped
- 5 Potatoes, peeled and chopped
- 3 Parsnips, peeled and chopped
- 5 teaspoons salt reduced vegetable stock powder, make up into liquid using fresh water as per pack directions.
- Pepper to taste



**Optional Ingredients:**

- Diced beef or chicken (for a non-vegan/vegetarian option)
- 1/3 cup of fresh chopped herbs like parsley, basil or rosemary
- A few pinches of additional spices like turmeric, chilli, ground coriander seed or ginger

**Method:**

1. Soak the soup mix lentils covered with water in a large bowl overnight for best results (or add to soup on the day when liquid is boiling for a speedy option)
2. Cut vegetables into large pieces e.g. large potatoes 6 to 8 pieces
3. Place all ingredients into a 5+ litre saucepan and bring to the boil. Cover and simmer for approximately 1 and a 1/2 hours. Remove a third of the vegetables and place in a large bowl and blend.
4. Return to the saucepan and mix well to thicken the soup.
5. Allow to cool slightly, then serve whilst hot/warm.