

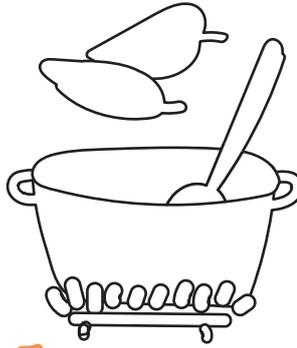


VEGGIE EMPANADAS

1

Preheat your oven to 220C. Gently fry 2 cloves of garlic, 2 turnips and 1 sweet potato (all chopped) in a little oil for 10 minutes.

COLOUR ME IN



2

Add a big handful of chopped spinach, and a pinch of salt and pepper. Cook for another minute! Cut 15cm circles out of ready-made shortcrust pastry.

3

Plop a spoonful of your mix onto each circle, fold in half and crimp shut. Prick empanadas with a fork then brush with a bit of beaten egg. Bake for 7-8 minutes until golden!

MANGO LASSI

1

Put 3 chopped, ripe mangoes, 500g of plain yoghurt and handful of ice cubes in a blender or smoothie-maker.

2

Cover ears and whizz noisily for a few seconds.

Ask your grown-up for a little taste. What does it need? You can add a bit of honey for sweetness, or a few squeezes of lime juice for zing. A sprinkle of ground cardamom makes it extra delicious. Whizz again!

3

Pour into glasses, admire the colour and slurp up. YUM!

VEGETARIAN CEVICHE!

1

Thinly slice lots of veg. Choose from celery, cauliflower, beetroot, radishes, courgettes, peppers and red onion. Add an avocado too if you like!

2

In a bowl, mix together the juice of 2 limes and their zest, 1 teaspoon of brown sugar, 1 garlic clove (chopped), a handful of coriander (chopped), a splash of vinegar and some salt and pepper to taste.

3

Pour the dressing over the veg and leave in the fridge for an hour to marinate before serving.

Tangy and delicious!

GHORAYEBAH BISCUITS

1

Preheat your oven to 190 degrees and line a baking tray. Cream together 100g of butter or ghee and 50g of icing sugar until sticky!

2

Slowly add 200g of plain flour then beat with a hand mixer. Knead the dough then roll into 12 balls and pop an almond or pistachio in the centre of each one.

3

Bake for 15 minutes and then cool on a rack.

Enjoy!

SPECIAL PINEAPPLE DESSERT

1

Cut a pineapple into bitesize pieces (or open a can of pineapple chunks!). Gently fry a big handful of cashews and dried coconut slivers.

2

Stir together 200ml of fresh single cream with a tablespoon of honey.

3

Mix everything together and pop in the fridge. Serve when cool. DELICIOUS!