



**Valentine's Day
Vegetarian Delight
Instructions
from RWSipes**



Sweet Potato Harissa Tacos

Spinach & Feta Filo Tart
with Moroccan Carrot &
Avocado Salad

Baked Cardamom Pears

Made with Love.



Valentine's Day Vegetarian Delight Instructions from RWSipes



Sweet Potato Harissa Tacos

What you will need:

- 1 Pack Small Tortillas
- 1 Sweet Potato, quartered and thinly sliced
- 2 Tomatoes, Diced
- 4 inch Cucumber, Diced
- 1 Red Onion, Finely Diced
- Zest & Juice of One Lime
- 1 Teaspoon ground Harissa
- 1 Teaspoon Ras el Hanout
- Salt & Pepper
- Fresh Coriander and Flat leaf parsley
- Olive Oil
- 250g Cashew nuts
- Salt



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Sweet Potato Harissa Tacos

An eclectic mix of East meets West utilising Middle Eastern spices in a classic Mexican dish in a tapas style starter

How to make them:

1. To Make the cashew butter simply place the cashews in a food processor with $\frac{1}{4}$ tsp salt and blitz until you have powder.
2. Then keep blitzing for about 10 minutes stopping every minute or two to prevent overheating and scrap the mixture off the sides. Keep blitzing until the mixture becomes creamy like peanut butter. This can be stored in an air-tight container in the fridge and used as peanut butter.
3. Place the sweet potato slices in a bowl with the Harissa and Ras el Hanout then add some oil and mix well to coat.
4. Heat a frying pan and add the sweet potato slices and gently fry for a few minutes until cooked.



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Sweet Potato Harissa Tacos

5. Mix the chopped tomatoes, cucumber and red onions, flat leaf parsley and coriander together and season with salt and pepper, then add the lime zest and juice and stir.
6. Warm tortillas in microwave for 10 seconds or wrapped in foil in warm oven for a few minutes.
7. Spoon sweet potato mix onto tortilla, add the salsa and some cashew butter and serve.





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Spinach & Feta Filo Tart

What you will need:

Vegetable Oil, for frying
1 Leek, thinly sliced
1 Garlic clove, chopped
100g Spinach
75g Rocket, Plus extra to serve
150g Ricotta
150g Feta, crumbled
30g fresh Oregano Leaves
Grated Zest of one Lemon
9 Eggs
100ml Buttermilk
(To easily make your own buttermilk see
<https://www.bbcgoodfood.com/recipes/homemade-buttermilk>)
8 Sheets Filo pastry
74g Butter, melted



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Spinach & Feta Filo Tart

A favourite of Richard's originally from Simon Rimmer of The Sunday Brunch Show.

How to make it:

1. Preheat oven to 160C fan/180C/Gas 4.
2. Heat the oil in a pan and gently fry the leek and garlic on a low heat for 6 minutes.
3. Add the spinach and rocket and cook for 2 minutes. Strain the mixture through a sieve to remove any liquid, then transfer to a bowl and add the ricotta, feta, oregano and lemon zest; mix well.
4. Beat 3 of the eggs into the buttermilk and add to the mixture in the bowl.
5. Lay a sheet of filo in a tart tin letting it hang over.



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Spinach & Feta Filo Tart

6. Brush with melted butter; repeat until all sheets are used.
7. Spoon in the filling mixture and make 6 evenly spaced indentations into the filling, using the back of a spoon. Crack an egg into each space and brush the remainder of the melted butter onto the scrunched pastry edge.
8. Bake for 25 minutes, or until the eggs are set and the pastry is crisp and browned. Sprinkle with rocket leaves and serve.





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Moroccan Carrot and Avocado Salad

What you will need:

450g Small Carrots
125g Radishes, Sliced
150ml Extra Virgin Olive Oil
Grated Zest & Juice of one Lemon & Orange
1 Large Avocado
A Large Handful of Rocket
3 Medjool Dates
30g Pumpkin Seeds
Fresh Dill & Mint Chopped
Salt & Pepper

The paste will require:

3 Garlic Cloves
1 Teaspoon Cumin Seeds, Toasted
1 Teaspoon Chilli Flakes
1 Teaspoon Ground Cumin
1 Teaspoon Ground Coriander
2 Tablespoons Cider Vinegar
1 Tablespoon Salt
Olive Oil



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Moroccan Carrot and Avocado Salad

Combining some great textures and flavours for a wonderful side dish or a main dish on its own!

Note: This recipe will serve 6-8 people so reduce quantities accordingly or save left-overs for later.

How to make it:

1. Preheat oven to 160C fan/180C/Gas 4.
2. For the paste, blend together the ingredients adding enough oil to form a paste.
3. Toss the carrots in the paste to coat, then spread out on a roasting tray and roast for 25 minutes.
4. Remove from the oven and spoon the carrots onto a serving platter, pour the remaining paste into a bowl with the extra virgin olive oil, lemon and orange zest & juice, then whisk together and spoon some of this dressing over the roasted carrots.



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Moroccan Carrot and Avocado Salad

5. Scoop out the avocado flesh and gently crush with the lime zest & juice, seasoning well.
6. Put the rocket leaves in a bowl with the chopped dates, pumpkin seeds, dill and mint. Add the remaining dressing from the roasting tray and to toss to coat.
7. Sit the salad on top of the carrots, then add spoons of avocado and sliced radishes to serve.





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Baked Cardamom Pears

What you will need:

- 2 Firm Pears
- 1 Teaspoon Butter
- ¼ Teaspoon Ground Cardamom
- 40g Sunflower Seeds
- 80g Ricotta
- 2 Tablespoons Honey



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Baked Cardamom Pears

From the Healthy Indian Vegetarian Book by 2013 GBBO Semi Finalist Chetna Makan, which has become a firm favourite of Richard's and the basis of his weekly diet ever since!

How to make them:

1. Heat the oven to 220C (425F), Gas Mark 7
2. Halve the pears lengthways and use a metal teaspoon to scoop out the cores.
3. Melt the butter and add the cardamom. Brush this all over the pears, then put the pears on a baking tray, cut sides up, and bake for 20-30 minutes, or until golden.
4. Toast some Almond flakes or sunflower seeds in a pan then remove and set aside.



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Baked Cardamom Pears

5. In a small bowl mix the ricotta and $\frac{1}{2}$ tablespoon of honey.
6. Once the pears are baked, place the two halves on each serving plate and put a dollop of ricotta in the middle hollows where the cores were.
7. Drizzle the remaining honey on top, then sprinkle with the toasted almonds and serve.





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Drink suggestions

Wine:

Feta is rich, salty, spicy and can be highly acidic so needs a wine with an equally strong personality and structure.

A **Californian Chardonnay**, **New Zealand Sauvignon Blanc** or **Chilean Merlot** will pair nicely with our feta and spinach tart and the Moroccan salad:

Alcohol free options:

McGuigan zero sparkling alcohol free, **Adnams** 0.5 garnacha rosé, **Hardys** alcohol free chardonnay and **Torres** Natureo de-alcoholised red are all good options and should be available at a variety of supermarkets.