



A loaf like this is a delicious way to use up eggs and is perfect for sharing.

PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE HAVE A COURSE FOR YOU.

WEEK FIVE

MEAT FREE DAYS - COURGETTE AND SWEET POTATO LOAF

Makes 6 portions

INGREDIENTS

5 eggs lightly beaten
1 onion, finely chopped
1 clove garlic, crushed
450g grated courgette
250g peeled and grated sweet potato
150g ground almonds
1 tsp baking powder
1/2 cup of nutritional yeast or strong cheese
2 tbsp pesto
1 tbsp dried rosemary
A few cherry tomatoes to top
Salt and pepper

INSTRUCTIONS

Line a baking tin (20cm x 30cm, or similar size) with greaseproof paper.

Grate the sweet potato, courgette, onion and garlic as above. If you have a food processor, use the grater blade.

Mix the courgette, sweet potato, ground almonds, rosemary, yeast or cheese, and salt and pepper together in a large bowl.

Make a well in the mixture and add the eggs and pesto. Mix well.

Stir in the onions, garlic and baking powder.

Line a baking tin with greaseproof paper. Pour in the mixture, spreading evenly, and top with tomatoes.

Bake for 40-50 minutes at 400F/200C. The loaf is cooked when a skewer comes out clean.



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*A great way to use up leftover haggis,
neeps and tatties!*

WEEK FIVE

MEAT FREE DAYS - HAGGIS PASTY

INGREDIENTS

200g Vegetarian Haggis
100g Potatoes
100g Turnips
Ready-to-roll shortcrust pastry
Cream cheese
1 beaten egg
Chives or parsley
Salt & pepper to taste

INSTRUCTIONS

Take your leftover haggis, neeps and tatties and mix together in a bowl with chives or other seasoning of your choice and a table spoon of cream cheese.

Spread out the sheet of shortcrust ready-to-roll pastry on a flat surface and cut into 4 squares.

Spoon the mixture into the centre of each square and fold over one corner of the pastry to create a pasty shape.

Leave a 1cm crust around one edge of the pasty.

Make a small slash in the top to let the steam out and brush the top liberally with the beaten egg.

Bake in the oven at 180 degrees for 25-30mins.

