

Roasted Vegetables (for filling burritos or tossing with pasta or rice)

Remember as well as the ingredients below you can roast most vegetables, you can also include root vegetables like carrots, pumpkin, squash or beetroot or even potatoes. Chop root vegetables into smaller pieces to reduce their cooking time.

Peppers

Courgettes

Onions

Tin of mixed beans – drained

Tin of sweetcorn – drained.

Olive Oil (or any other type of cooking oil – don't use butter as this burns in the oven)

Salt & Pepper to taste

Chop the peppers, courgettes and onions, drizzle with olive oil and season with salt and pepper (seasoning optional)

Roast in the oven at 180 degrees for 15 minutes,

After 15 minutes remove the vegetables, stir and add the beans and sweetcorn, toss it all together,

Roast for another 30 minutes until the vegetables are soft.

Simple Salsa

You will notice there are not weights and measurements here, use what you have available.

Tomatoes – chopped into small pieces

Red Onion – chopped into small pieces

Fresh chilli – chopped into very small pieces – start with a small amount and add more to taste if required.

A squeeze of fresh (or bottled) lime juice

Stir all your prepared ingredients in a bowl to create your salsa

Simple Guacamole

2 ripe avocados – mashed

1 tomato chopped into very small pieces

1 red onion – chopped into small pieces

Juice of half a lime.

Mash the avocado into a puree then add your chopped tomato, onion and squeeze of lime – stir it all together for your simple guacamole.