

# giddy veggie menu

## Roasted Carrots and Beetroots

4 large carrots  
4 large beetroots  
Few sprigs fresh thyme or a tsp dried thyme  
2 tbsp Olive oil, salt and pepper  
Balsamic vinegar

Peel carrots and cut into 2" (5cm) lengths, quarter each piece length wise. Cut beetroots into similar size pieces and put both vegetables into a bowl. Add olive oil, thyme and seasoning and spread everything out on a roasting tin. Pre heat oven to 200c and roast approx 30 to 40 minutes. Arrange on four plates and drizzle with balsamic vinegar.

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## Veggie Goulash

1 large onion, chopped  
2 tbsp olive oil  
2 cloves garlic, crushed  
1 red and 1 green pepper  
2 courgettes  
3 sticks celery  
1 tin chopped tomatoes, 1 tin water  
2 tins chick peas  
2 vegetable stock cubes  
1 heaped tbsp paprika  
½ tsp chilli powder  
1 carton sour cream

Heat oil in large saucepan, fry onion till soft, add garlic and roughly chopped peppers, courgettes and celery, cook for 5 minutes, stirring, then add tomatoes, water, rinsed chickpeas, stock cubes, paprika and chilli. Cover pan and simmer approx 20 minutes. Serve with a dollop of sour cream on top.

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## Nutty Pancakes

1 pack of 8 crepes (from the supermarket)  
1 large carton (or 300ml) double cream  
100 g granulated sugar  
2 tbsp rum  
100 g ground walnuts  
100 g chopped walnuts  
1 tbsp raisins or sultanas (soaked in rum for 2 hours)  
1 tsp cinnamon

In a small saucepan, bring half the cream and all the sugar to a boil. Add walnuts, raisins, rum and cinnamon, bring back to boil briefly, and then reduce heat. Stir continuously until the mixture thickens. This should only take a few minutes. Let it cool a little and then spread a good tablespoonful of this mixture on each pancake. Roll them up tightly and lay side by side in a lasagne or similar dish. Pour over the other half of the cream and put in the oven to warm up. Serve two each on four plates, dusted with a bit more cinnamon.