



THE
FELIX
PROJECT

GOOD FOOD FOR GOOD CAUSES

ROAST BEETROOT & PARSNIP SOUP RECIPE



A beautiful, earthy soup with a fabulous colour.

Serves: 6-8

Utensils Required: saucepan, roasting tray, sheet foil, knife, blender

Difficulty Rating: x

Prep Time: 10 minutes

Cook Time: 1 hour

Cooking Method: oven & hob

INGREDIENTS

- 750g raw beetroot
- 400g parsnips, peeled and cut into quarters
- 4 cloves garlic, unpeeled
- few sprigs fresh thyme or 1 tsp dried thyme
- olive oil
- 1 litre vegetable stock
- 2 teaspoons vinegar
- 1 tablespoon honey or sugar
- salt and black pepper



METHOD

1. Heat the oven to 200C/400F/gas 6.
2. Wash the vegetables well, trim the stalks from the beetroot and cut each one in quarters. Sit in a roasting tray with the parsnips, garlic cloves and thyme. Season with salt and pepper then drizzle with enough oil to lightly coat the beetroot.
3. Cover with foil and roast in the oven for 50 minutes-1 hour, or until the beetroot is tender when pierced with a skewer or sharp knife.
4. When cooked, transfer the beetroot to a blender, squeeze the garlic out of the skins and add with the vinegar, honey/sugar and stock. Blend until smooth and add some water if the mixture becomes too thick - Check the seasoning.

UTENSILS



IMAGE DIRECTIONS



TIPS

Serve hot or cold, in summer or winter. Lovely with a swirl of sour cream – or cream mixed with horseradish sauce.

BEETROOT & TAHINI DIP RECIPE



Lovely earthy flavours in a dish that is good as a starter or as part of a mezze-type meal.

Serves: 4

Utensils Required: roasting tray, knife, blender

Difficulty Rating: x

Prep Time: 10 minutes

Cook Time: 1 hour

Cooking Method: oven

INGREDIENTS

- 450g raw beetroot
- 5 cloves of garlic
- 3 tablespoons tahini
- Juice of 1 lemon
- olive oil 2 tablespoons
- + more for serving
- water (2 tablespoons as needed)
- 1 tbsp honey or sugar
- salt and black pepper



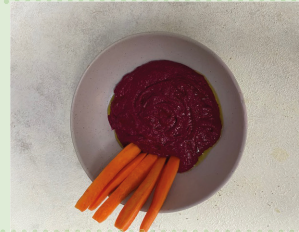
METHOD

1. Heat the oven to 200C/400F/gas 6.
2. Wash the beetroot well, trim the stalks and cut each one in quarters. Sit in a roasting tray and add the garlic cloves. Season with salt and pepper then drizzle with enough oil to lightly coat the beetroot.
3. Roast in the oven for 50 minutes-1 hour, or until the beetroot is tender when pierced with a skewer or sharp knife.
4. When cooked, transfer the beetroot to a blender, squeeze the garlic out of the skins and add along with the tahini, lemon juice, honey and a pinch of salt & black pepper. Blend until smooth adding water where needed if the mixture becomes too thick.
5. Taste and add more seasoning or lemon juice if needed.

UTENSILS



IMAGE DIRECTIONS



TIPS

You don't have to make this the day you need it, just roast the beetroot when you are using the oven for something else as this dip will keep in the fridge for a few days.

Serve in a flat dish and drizzle with extra olive oil when serving with warm pitta breads, crackers and raw vegetable sticks.

CARROT & CHICKPEA FRITTERS RECIPE



Good as a snack, as a starter, piled up as a main, as a side, in a lunchbox...

Makes: 12 fritters

Utensils Required: mixing bowl, fork, grater, baking sheet, frying pan, spoon

Difficulty Rating: xx

Prep Time: 10 minutes + 10 minutes resting time for the batter

Cooking Time: 4-6 minutes in frying pan

Cooking Method: cooked on hob, kept warm in oven

INGREDIENTS

- 1 tin chickpeas
- 400g carrots - coarsely grated
- 4 tablespoons plain flour
- pinch of salt
- 1 teaspoon black pepper
- 1 medium red or white onion - peeled and chopped
- sunflower oil for frying
- good handful of spinach, kale, and herbs - chopped
- 1 teaspoon of smoked paprika, 1 teaspoon of cumin, 1 teaspoon of chilli flakes – if you have these
- To serve plain yoghurt, lime wedges, cheese of your choice



METHOD

1. Pre-heat your oven to 150C.
2. Drain the chickpeas but keep the water (aquafaba), mix together the flour, spices (if using), salt and black pepper in a large bowl. Slowly add the aquafaba - you may not need it all - until you have a smooth batter the texture of double cream
3. Leave to stand for 10 minutes (if you have time, otherwise use straight away)
4. Take the drained chickpeas and mash with a fork or potato masher into a rough, smashed up consistency (not too fine as you want a bit of texture).
5. Add the grated carrot, onion, chickpeas & greens and stir until everything is well-mixed and all the vegetables are coated in batter.
6. Heat a little sunflower oil in a non-stick frying pan. Take spoonfuls of the batter mixture and carefully place them into the hot oil, pushing them down with the back of a spoon to flatten. Fry on a medium heat for about 2-3 minutes each side until browned and crispy.
7. Keep cooked fritters warm on the baking sheet whilst you cook the next batch.

UTENSILS



IMAGE DIRECTIONS



TIPS

Don't use the fine grater for the carrot as it will be too wet and you need the rougher texture of the coarse grater for these fritters.

Leaving the batter to sit for 10 minutes lets the flour grains swell and soften.

It is important that the batter is very well mixed with the vegetables and that there are no lumps of uncoated vegetables.

From The Felix Project & The Cookbook Kitchen

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CLASSIC APPLE TART RECIPE



A perfect recipe as you can use ready-rolled pastry and any sort of apple for this very simple - but truly delicious - French tart.

Serves: 4

Utensils Required: baking sheet, knife

Difficulty Rating: x

Prep Time: 15 minutes

Cooking Method: baked in oven

Cook Time: 35 minutes

INGREDIENTS

- 1 packet ready rolled pastry, sweet, shortcrust or puff
- 4 apples
- 2 tablespoons sugar



METHOD

1. Heat the oven to 200C/400F.
2. Unroll the pastry, leaving it on the baking parchment and place onto a baking sheet.
3. Cut all the apples into quarters and remove the cores with a small knife.
4. Slice the apple as thinly as possible.
5. Arrange the apple slices onto the pastry in even layers.
6. Fold the edge of the pastry inwards all the way around the edge and press with a fork or end of knife.
7. Cook in the middle of the oven for 30-35 minutes, until golden.
8. Sprinkle with sugar and optional spice, enjoy hot or cold.

UTENSILS



IMAGE DIRECTIONS



TIPS

Can be served with yoghurt, creme fraiche, cream or ice cream.



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MEATLESS MUSHROOM BALLS RECIPE



A little effort is needed but this but makes a great filling and nutritious meal that is good enough for a special occasion - and the mushroom mix can be made in advance.

Serves: 4 as a main meal

Prep Time: about an hour

Cook Time: some on the hob then 15 minutes in the oven

Utensils Required: knife, chopping board, wide pan with lid, spatula, oven proof pan, 2 saucepans, blender

Cooking Method: hob/oven

Difficulty Rating: xx

INGREDIENTS



- 300g mushrooms
- 2 tablespoons olive, vegetable or coconut oil, or butter
- 1 onion
- 2 cloves garlic
- 100g red split lentils
- 2 teaspoons mixed dried herbs
- 25g porridge oats
- salt & pepper
- 1 egg, beaten
- 300g pasta

For the sauce:
- 2 cloves garlic
- 1 tin chopped tomatoes/ passata
- 2 teaspoons smoked paprika

METHOD

1. Chop the mushrooms into small pieces, the smaller the better. Add the oil, mushrooms to a wide pan and cook, stirring frequently on a low heat.
2. Peel and chop the onion and garlic into small pieces and add to the cooking mushrooms along with the lentils, porridge and mixed herbs.
3. Cook for 15 minutes, stirring frequently with a tight-fitting lid, check and stir frequently. The liquid that comes out of the mushrooms and onions is absorbed and allows the lentils to cook and soften.
4. Add the seasoning, mix well and leave to cool for 10 minutes.
5. In a small pan gently heat the garlic, tomatoes and paprika, simmer for 10 minutes then blend
6. To the cooled mushroom mix add the egg, stir well, dust your hands with a little flour and shape into 16 even-sized balls.
7. Heat the oven to 180C, place the balls on a lightly oiled baking sheet and roast in the oven for 15 mins.
8. Cook your pasta according to the packet instructions, drain and serve topped with the mushroom balls and sauce spooned over.

UTENSILS



IMAGE DIRECTIONS



TIPS

The mushroom balls and the sauce can be made in advance and stored in the fridge overnight.