

?C? in our Vegetarian Alphabet seems suitably covered with this recipe title!

As seems to be the case with these Vegetarian creations, we made far too much and will be having a second helping this evening. So a bonus cost and cooking free day sorted!

Ingredients:-

1 tin of Chickpeas, drained
1 tin chopped Tomatoes
Chilli flakes
A squirt of Tomato Puree
1 tsp Sugar
Mixed herbs
2 leaves from a Spring Green Cabbage, chopped
2 medium Potatoes
1 Carrot
1 Small Pepper
1 Onion

1 tsp Turmeric
3 Mushrooms, quartered
Grated Cheese
Oil

Method:-

(1) In a pan add the chopped Tomatoes, Chilli flakes, Tomato Puree, Sugar and mixed Herbs.
(2) Bring to the boil and then simmer for 20 minutes.
(3) Peal and roughly chop your Potatoes, Carrot, Pepper and Onion. Stand in water.
(4) Per boil your Potatoes.
(5) Add your Chickpeas and Turmeric to water in a pan and simmer for 5 minutes. Then drain.
(6) Preheat the oven to 180C.
(7) In a baking tray mix your vegetables and most of the Chickpeas, keep a handful back for a garnish.
(8) Place the tray in the oven for 20 minutes.
(9) Lightly fry most of the Cabbage leaves in a little Oil, keeping ¼ back for a garnish.
(10) After 20 minutes stir the Mushroom into your tray back, pour the Tomato Chilli sauce over and sprinkle with the grated Cheese.
(11) Return to the oven for a further 10 minutes or until the Cheese has melted and slightly browned.
(12) In a deep fat fryer fry the remaining Cabbage leave and Chickpeas until they are crispy.
(13) Form a circle of fried Cabbage leave from the frying pan on your plates.
(14) Spoon the Bake into this circle.
(15) Garnish with the deep fried Cabbage and Chickpeas.

We had a home made Garlic Bread as a side. Again for a pair of Omnivorous creatures this was a very tasty and filling meal.