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Vegetarian Recipes



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Vegetarian Bake



Ingredients

Tablespoon coconut oil to grease the oven dish

One and a half fresh aubergines

2 courgettes

2 sticks of celery

2 leeks

150g mushrooms

one red or yellow pepper

Pink Himalayan salt to season

Generous amount grated cheddar cheese for topping



Method

Layer all the washed, sliced vegetables into the oiled oven dish. Season with salt. Top with grated cheese. Pop into the oven for 50/60 minutes at 180c until vegetables are done.



Vegetarian Cheesey Rissoles



Ingredients

Left over cooked carrots

Left over cooked cabbage, brocolli or pak choi

Left over cooked mixed root mash (swede, celeriac, sweet potato butter)

Mixed herbs

Pink himalayan salt

One egg

Ground almonds to coat rissoles in

Generous amount of grated cheddar cheese



Method

Turn the oven onto 175c to pre heat. Heat a large fryig pan and add some coconut oil to the base of it. When its heated up but not smoking you are ready to add the rissoles. You are just going to brown and seal the rrsoles, then you will lift them out of the pan and place them on a baking tray in the oven to continue cooking right through.

Roughly chop the left over cooked vegetables and put into a large mixing bowl. Grate the cheese. Beat a raw egg. Add both to the mixture along with the salt - season to taste and add some mixed herbs.

Take an ice cream scoop, measure one scoop of the mixture out and drop into a dish of ground almonds. Swish it about a bit, add some more ground almnds to the tiop of it and flatten it with your hand. Then add it to the frying pan of hot oil. Heat through and seal both sides. Lift out onto the baking tray and pop the tray full into the oven.

Sweet Potato Wedges



Ingredients

Several sweet potatoes

Pink Himalayan salt

1 x tablespoon coconut oil to grease the oven tray.

Method

Wash and slice potatoes into chunky wedges. (No need to peel these) Place on pre greased baking tray and sprinkle with salt. Bake in oven at 180c for 25/30 minutes.

Mixed Root Mash



Ingredients

Whatever root vegetables you have to hand will be fine. I usually make my mash from a mixture of

Celeriac

Sweet potato

Swede

Parsnips

A generous knob of butter and some Himalayan salt to season

Method

Peel and chop/slice the vegetables. Cover with boiling water, salt, boil for 20 minutes. Drain, add butter and mash.