



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

VEGETARIAN SOUPS AND SALADS

OVEN BAKED SWEET POTATO AND RED PEPPER SOUP

500g sweet potatoes peeled and diced
1 red onion roughly sliced
1 spray olive oil
2 red peppers halved and deseeded
400-500ml vegetable stock
Seasoning

Preheat the oven to 200°C/400°F/Gas mark 6. Put the sweet potatoes and onion in a roasting tin which has been sprayed with the oil. Add the peppers and bake for about 45 mins until tender.

Place the cooked vegetables in a blender or food processor with some of the stock and blend. Add more of the stock a little at a time and process after each addition, until you have the consistency you require. Tip the soup into a saucepan, season with pepper.

Serves 4 (Vegetarian Express by Rose Elliot)

MISO FLAVOURED BROTH WITH MARINATED TOFU

200g firm tofu cut into cubes
2tbsp miso paste
600ml vegetable stock
Few spring green leaves shredded
2 spring onions sliced
1tbsp soy sauce
1 red chilli sliced

Toss the tofu in the miso paste and leave for 15 mins.

Dissolve the miso in the vegetable stock and bring to a simmer.

Add the greens, half the spring onion and chilli and simmer for 2 mins.

Grill the tofu for a few minutes, turning until glazed. Divide between 2 bowls. Pour over the broth then scatter over the remaining spring onions and chillies.

Serves 2 (Good Food Website)

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SPICED LENTIL SOUP

Small piece ginger, peeled and grated
1 tsp cumin seeds
Pinch of chilli flakes
1 onion finely chopped
2 large carrots, peeled and grated
150 g red lentils
1 litre vegetable stock
1 lime juiced
Small bunch coriander leaves (Fresh)

Heat 1 tbsp oil in a large pan and fry ginger and spices for 2 mins.
Add the vegetables and cook for 5 mins more then add the lentils and stock.

Bring to the boil and simmer for 15 mins, stirring occasionally until the lentils are tender. Blend until smooth or leave chunky. Stir through a squeeze of lime juice and sprinkled with coriander.

Serves 2-3 (Good Food Website)

BUTTER BEAN SALAD WITH TOMATO SALSA

1 bag of mixed salad leaves with rocket for extra flavour
½ avocado sliced
396 g can butter beans
2 tomatoes diced
Red onion diced

Combine the red onion with the diced tomatoes, add a drizzle of balsamic vinegar.

Put the salad leaves in a bowl with avocado and place the salsa on top.

Serves 2 (Diana Wright)

BEANSPROUT SALAD WITH WALNUTS

1 bag beansprouts or sprouting beans
2 carrots grated
Bunch fresh coriander chopped
1 tsp sesame seeds
1 orange
Drizzle of balsamic
6 walnuts

Place in a large bowl, dress with the orange juice and balsamic vinegar.

Serves 2 (Diana Wright)

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