

FOOD INSPIRATION FOR SELF-ISOLATION

a cookbook



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INTRODUCTION

We are currently living through a period of uncertainty, anguish and change. Covid-19 has drastically impacted our daily lives; changing the way we shop, work and even eat.

Food has the power to inject comfort into life, which helps to bring a sense of normality. It can spark that feeling of achievement and purpose, which may seem unattainable during these troublesome times. I have written this book as a tool for your kitchen. The recipes have been designed to utilise your larder and freezer to make fresh produce go even further. It is added bonus that these delicious dishes may serve up a little extra joy in your day.

These 10 flexi-vegan recipes will look after your body, mind and food supplies. They are easily customisable, great for batch cooking and all freeze perfectly. The dishes are modest without being boring and will nourish and support the body without breaking the budget.

I hope you take some inspiration and get yourself in the kitchen. Whether cooking is something you have always loved, or recently found yourself with the time to learn, I hope that you find this useful.

Stay safe.

G x

how to use this book

To give you as much flexibility as possible in these 10 recipes, I have divided the recipe ingredients into 3 sections:

Essentials = the ingredients needed to create the bare bones of the recipe.

Nice to have = ingredients that if you have available, will take your dish to the next level. If you choose not to use any of the ingredients from this section, ignore them in the recipe method.

Swaps & substitutions = other ingredients that you could use as a replacement for essential ingredients that you do not have.



MIXED-BEAN VEGGIE CHILLI



prep time

10 MINS



cook time

40 MINS



serves

4

ingredients

essentials

- 1 white onion
- 2 cloves garlic
- 2 tbsp olive oil
- 1 400g can chopped tomatoes
- 2 tbsp tomato puree
- 2 400g cans mixed-beans, *drained*
- 1 200g can sweetcorn, *drained*
- 1 tbsp maple syrup
- sea salt & black pepper

spice mix

- 1 heaped tsp chilli powder
- 1 tsp smoked paprika
- 1 tbsp paprika
- 1 tbsp dried oregano
- 1 tbsp cumin

nice to have

- 1 red bell pepper
- fresh coriander, *roughly chopped*

method

- Finely chop the onion, dice the red pepper into small cubes and mince the garlic.
- Heat a large pan or cast-iron casserole dish over medium heat. Add the oil and once hot, the onion and red pepper. Sweat the veg for 10 minutes, stirring frequently, until soft and translucent. Stir in the garlic and season everything with a pinch of salt and pepper.
- Add the chopped tomatoes, tomato puree, mixed-beans, sweetcorn, maple syrup, spice mix, 1-2 tsp of sea salt and lots of black pepper into the saucepan. Swirl a little water round the can from the chopped tomatoes and add that in too. Give everything a really good stir, then bring to the boil.
- Reduce the heat to a simmer and let the chilli gently bubble, uncovered, for 15 minutes. Add the lid and simmer for another 15 minutes or until thickened and reduced. Taste and adjust the seasoning accordingly. Serve sprinkled with fresh coriander.

serving suggestions

You can serve this veggie chilli the traditional way with rice, guacamole and sour cream. Or, why not try it over nachos or as a topping for a jacket potato.

swaps & substitutions

Maple syrup = honey, agave nectar, date syrup or sugar.



CREAMY PESTO PASTA BAKE



prep time

15 MINS



cook time

20 MINS



serves

4-6

ingredients

essentials

- 300g pasta (gf if necessary)
- 100g sun-dried tomatoes, *drained*
- 150g green pesto
- 150g hummus
- freshly ground black pepper

nice to have

- 2-3 handfuls leafy greens
- 1 courgette
- 250g cherry/plum tomatoes
- 100g feta cheese or vg alternative
- 2 tbsp pine nuts

method

- Preheat the oven to 180°C (fan assisted).
- Bring a large saucepan of salted water to the boil and add the pasta. Cook it according to the packets instructions, until al dente.
- Roughly chop the sun-dried tomatoes and if using, thinly slice the courgette and chop the tomatoes into halves.
- Drain the pasta, reserving a little of the cooking water in the bottom of the pan. Pour the pasta back into the pan with the cooking water and add the pesto, hummus and sundried tomatoes. Mix well, then stir through the leafy greens, courgette and tomatoes.
- Pour the pasta mix into an ovenproof dish, crumble over the feta and sprinkle on the pine nuts. Pop the dish into the oven for 15-20 minutes, until the feta is golden and the pine nuts are toasted. Serve immediately with a crack of freshly ground black pepper.

serving suggestions

This pasta bake is perfect just on its own - hot or cold!

swaps & substitutions

Pasta = use whichever pasta is your favourite or whatever you have in the cupboard!

Green pesto = red pesto

recipe notes

You can use a shop-bought hummus or make your own. For my favourite recipe, just search 'best hummus ever' on georgieeats.co.uk



COCONUT RED LENTIL DHAL



prep time

5 MINS



cook time

35 MINS



serves

3

ingredients

essentials

- 1 tbsp olive oil
- 1 small red onion
- 2 cloves garlic
- 125g dried red lentils
- 1 400ml can coconut milk
- 250ml vegetable stock
- 1 tsp maple syrup
- 2 tsp white wine vinegar
- sea salt & black pepper

spice mix

- 2 tsp garam masala
- 1/2 tsp chilli flakes or powder
- 1/2 tsp ground coriander
- 1/2 tsp cumin
- 1 tsp ground cinnamon
- 1 tsp turmeric

nice to have

- fresh coriander, *roughly chopped*
- cashew nuts

method

- Finely chop the onion and mince the garlic.
- Place a high-sided frying pan over a medium heat and add the oil. Once hot, add the onion and let it sweat for 6-8 minutes, until soft and translucent. Then, add the garlic, spice mix and a dash of water. Stir well and fry for a further minute or so, until the spices release their aroma.
- Add the red lentils, coconut milk, stock and maple syrup into the pan. Stir well and bring to a boil. Lower the heat to a simmer and let the pan gently bubble for 20-25 minutes, stirring occasionally, until the lentils are soft and the dhal is creamy.
- Stir in the white wine vinegar, then season generously with sea salt & black pepper. Serve sprinkled with chopped fresh coriander and cashew nuts.

serving suggestions

For some extra greens, why not try adding a few handfuls of spinach, kale or frozen green peas into the dahl two minutes before the end of cooking.

swaps & substitutions

Vegetable stock = water

Maple syrup = honey, agave nectar, date syrup or sugar.

White wine vinegar = apple cider vinegar or lemon juice.

added extras

This coconut lentil dahl is great with any type of rice, quinoa or other similar grains. It makes a fantastic topping for a jacket potato and is even delicious on toast!



VEGGIE SAUSAGE & BUTTERBEAN STEW



prep time

5 MINS



cook time

50 MINS



serves

2-3

ingredients

essentials

- 6 frozen veggie sausages
- 1 white onion
- 1 tbsp olive oil
- 2 cloves garlic
- 1 heaped tsp smoked paprika
- 1 tsp dried thyme
- 500g carton passata
- 400g tin butter beans
- sea salt & black pepper

nice to have

- 1 bell pepper
- 2-3 handfuls spinach

method

- Cook the veggie sausages in the oven according to packets instructions.
- Meanwhile, thinly slice the onion and red pepper. Heat the oil in a large casserole dish set over a medium heat. Once hot, add onion and red pepper to the dish and cook for 8-10 mins, until softened. Stir in the garlic, smoked paprika and dried thyme and cook for another minute or so.
- Add the passata, butter beans and dash of water into the pan and season liberally with sea salt and black pepper. Bring everything to a boil, then reduce the heat and to a simmer for cook for 5 minutes more, until slightly reduced.
- Add the veggie sausages into the pan and cover with a lid. Adjust the ovens temperature to 180°C (fan assisted), then place the whole dish into the oven for 30 minutes. Remove the dish from the oven and use the residual heat to wilt the spinach as you stir it in. Serve hot.

serving suggestions

This stew makes a great meal all on its own, but is also fantastic served with a side of mashed potato and some more green veg.

swaps & subsitutions

Veggie sausages = falafel, veggie meatballs or another tin of beans.

Dried thyme = rosemary, oregano, basil or mixed herbs.

Butter beans = cannellini beans, haricot beans or mixed beans.

added extras

To pack this stew with veggies, you can add in 1 chopped courgette along with the onion and pepper. Or, if you would like it spicy, add 1 tsp of chilli flakes.



LENTIL BOLOGNESE



prep time

10 MINS



cook time

70 MINS



serves

4

ingredients

essentials

- 1 white onion
- 1 carrot
- 3 cloves garlic
- 2 tbsp olive oil
- 1 400g can chopped tomatoes
- 2 tbsp tomato puree
- 550ml vegetable stock
- 150ml red wine
- 2 tbsp soy sauce
- 2 tbsp balsamic vinegar
- 100g puy lentils or lentils vertes
- 2 tsp dried oregano
- 1 tsp dried thyme
- sea salt & black pepper

nice to have

- 250g chestnut mushrooms
- 1 tbsp dark miso paste
- 2 bay leaves

method

- Finely dice the onion and carrot, mince the garlic and chop the mushrooms into small pieces.
- Heat the olive oil in a large frying pan over medium heat and add the oil. Once hot, add the onion, carrot, mushrooms and a pinch salt and fry, stirring occasionally for 7-10 minutes or until soft and translucent.
- Add the garlic to fry for 30 seconds, then stir in the chopped tomatoes, tomato puree, vegetable stock, red wine, soy sauce, balsamic vinegar and miso paste. Stir well before adding the lentils, bay leaves, oregano, thyme and generous amounts of salt & black pepper.
- Bring the pan to a boil, then lower the heat and cover with a lid. Simmer for 40 minutes before removing the lid and cooking for another 15-20 minutes, or until thick and glossy. Taste and adjust the seasoning.

serving suggestions

This lentil bolognese is perfect over your favourite pasta or with a jacket potato. You can even top it with mash potato and pop it in the oven to make a shepherds pie!

swaps & substitutions

Vegetable stock = water.

Red wine = vegetable stock or water.

Soy sauce = tamari (gf) or worcestershire sauce.

Dried thyme/oregano = rosemary, basil, parsley or mixed herbs.



FALAFEL BURGERS



prep time

10 MINS



cook time

35 MINS



serves

2

ingredients

essentials

- 1 400g can chickpeas, *drained*
- 1 large clove garlic
- 1 tsp cumin
- 4 tbsp gram (chickpea) flour
- olive oil
- sea salt & black pepper

for the sauce

- 3 heaped tbsp hummus
- 1 tbsp olive oil
- 1/2 tbsp white wine vinegar
- 1/2 tbsp tahini

nice to have

- 15g (1/2 bunch) fresh parsley

method

- Add the chickpeas into a food processor along with the garlic, parsley, cumin, 1 tsp sea salt and a few generous pinches of black pepper. Blitz into a rough paste. To help it along here, you may need to stop once or twice to scrape down the sides of the processor.
- Place the chickpea paste into a bowl and mix in the gram flour. Use your hands to mould the mixture into 2 burger patties, then place them onto a plate and freeze for 1 hour until firm.
- Meanwhile, you can make the sauce. Add the hummus, olive oil, white wine vinegar and tahini into a bowl and mix well. Refrigerate until serving.
- Preheat the oven to 180°C (fan assisted). Heat a large frying pan over medium-high heat and add just enough oil to coat the bottom of the pan. Once the oil is hot, place the cold falafel into the pan and fry for 3-4 minutes each side until crispy, then transfer the whole frying pan into the oven to bake for 25 minutes. Serve warm.

serving suggestions

I love these falafel burgers stacked up high in a bun with lashings of sauce, salad and pickled red onion. They also are fantastic in wraps, stuffed between pita bread or on a salad.

swaps & subsitutions

Gram flour = plain flour or gluten-free plain flour.
White wine vinegar = apple cider vinegar or lemon juice.
Sauce = homemade or shop-bought tzatziki or plain hummus.

added extras

You can use a shop-bought hummus or make your own. For my favourite recipe, just search 'best hummus ever' on georgieeats.co.uk



20 MINUTE CHICKPEA CURRY



prep time

5 MINS



cook time

15 MINS



serves

2

ingredients

essentials

- 1 white onion
- 2 cloves garlic
- 1 tbsp coconut oil
- 1 400g can chickpeas, *drained*
- 1 400g can chopped tomatoes
- 1 tbsp maple syrup
- sea salt & black pepper

spice mix

- 2 tsp garam masala
- 1/2 tsp chilli flakes or powder
- 1/2 tsp ground coriander
- 1/2 tsp cumin
- 1 tsp ground cinnamon
- 1 tsp turmeric

nice to have

- 1/2 tbsp grated fresh ginger
- 2-3 handfuls spinach
- fresh coriander, *roughly chopped*

method

- Finely chop the onion and mince the garlic.
- Warm a large frying pan over medium a heat. Add the oil and once hot, the onion. Fry for 5-8 minutes, until soft and translucent, then add the garlic, grated ginger and spice mix. Fry for another minute or so, stirring constantly, until the spices release their aroma.
- Add the chickpeas, chopped tomatoes, maple syrup, 100ml of water, 1 tsp sea salt and generous amounts of black pepper into the pan and stir to combine. Bring everything to a boil, then reduce the heat to a simmer and let the pan bubble gently for 5-8 minutes, stirring regularly, until the sauce has reduced and is thick and rich. Taste and adjust the seasoning.
- Stir the spinach through the curry, allowing it to wilt for a minute or so before removing the pan from the heat. Serve sprinkled with fresh coriander.

serving suggestions

Serve this quick chickpea curry with any type of rice or grain you like. The nutty flavour of brown rice compliments this dish particularly well!

swaps & substitutions

Coconut oil = olive oil, rapeseed oil, butter or ghee.

Chopped tomatoes = passata.

Maple syrup = honey, agave nectar, date syrup or sugar.



HUMMINGBIRD BREAKFAST MUFFINS



prep time

15 MINS



cook time

25 MINS



serves

10

ingredients

essentials

- 150g plain flour
- 100g coconut sugar
- 40g desiccated coconut
- 1 tsp baking powder
- 1/4 tsp sea salt
- 2 large eggs
- 70g olive oil
- 125g coarsely grated carrot
- 190g tinned crushed pineapple, *drained*
- 100g raisins

nice to have

- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 10 walnut halves

method

- Preheat the oven to 170°C (fan assisted) and line a muffin tin with 10 paper cases.
- In a large bowl, mix together the flour, sugar, desiccated coconut, cinnamon, baking powder and salt.
- In another large bowl combine the eggs, olive oil, vanilla extract and 3 tbsp of water. Stir in the grated carrot, crushed pineapple and raisins. Add the dry mix into the wet mix and fold gently until combined.
- Divide the mixture between the 10 muffin cases, then top each one with a walnut half. Bake them in the preheated oven for 25-30 minutes, until golden and a skewer inserted into the center of a muffin comes out clean.
- Remove the muffins from the oven and allow them to cool for 5 minutes before transferring to a cooling rack.

serving suggestions

These breakfast muffins are best served warm with a dollop of natural yoghurt. Eat them hot from the oven or give one a blitz in the microwave for 15 seconds. You can even microwave them straight from frozen - try a minute or so!

swaps & substitutions

Plain flour = self-raising (leave out baking powder), wholemeal, gluten-free or spelt flour.

Coconut sugar = brown sugar.

Raisins = chopped dates, chopped dried apricots or dried cranberries.

vegan or gluten-free?

VEGAN - swap the eggs for a flax egg mixture. Mix 2 tbsp of ground flaxseed with 5 tbsp of water and let it thicken for 10 minutes before adding into the cake batter.

GLUTEN-FREE - swap the plain flour for GF flour and add 1 tsp of chia seeds to help it bind.



OATY BERRY SHORTCAKE



prep time

10 MINS



cook time

35 MINS



serves

9

ingredients

essentials

- 125g oats
- 185g plain flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1/4 tsp sea salt
- 100g maple syrup
- 75g coconut oil, *melted*
- 1 large egg
- 3 large handfuls of frozen berries

method

- Preheat the oven to 180°C (fan assisted) and line an 8x8 baking tin with parchment paper.
- In a large mixing bowl, mix together the oats, flour, baking powder, bicarbonate of soda and sea salt.
- Pour in the maple syrup and melted coconut oil, then use a wooden spoon to mix everything together into coarse crumbly texture. Remove 5 heaped tbsp of the mix from the bowl and set aside for the topping.
- Add the egg to the bowl and stir to form a sticky dough. Transfer the dough to the baking tin and press it into an even layer with your fingers. Add the frozen berries on top then sprinkle over the reserved crumble topping. Bake in the oven for 30-35 minutes, until the top is golden brown. Allow to cool completely before cutting into 9 squares.

serving suggestions

These shortcakes are even more lovely served with a dollop of natural yoghurt, or for a treat, ice-cream!

swaps & substitutions

Maple syrup = honey or agave nectar.

Coconut oil = butter or vegan butter.

Frozen berries = I find that raspberries, blueberries and/or blackberries work best. You can also use fresh berries if they are in season.

vegan or gluten-free?

VEGAN - swap the egg for a flax egg. Mix 1 tbsp of ground flaxseed with 2.5 tbsp of water and let it thicken for 10 minutes before adding it into the mix.

GLUTEN-FREE - swap the plain flour for GF flour and use GF baking powder.



PEANUT BUTTER & CHOCOLATE COOKIES



prep time

5 MINS



cook time

35 MINS



serves

3

ingredients

essentials

- 85g oats
- 65g smooth peanut butter
- 1/2 tsp bicarbonate of soda
- 110g maple syrup
- 1 tbsp plant-based milk
- 10 squares of dark chocolate
- sea salt

nice to have

- 1/2 tsp vanilla extract

method

- Preheat the oven to 180°C (fan assisted).
- Add the oats into a high-speed food processor and blitz into a smooth flour.
- Add the oat flour into a large bowl and combine with the peanut butter, bicarbonate of soda, maple syrup, vanilla extract and milk. Mix until smooth.
- Spoon 10 walnut sized balls of the mixture onto a lined baking tray and flatten the top of each one with a square of chocolate. Bake the cookies in the oven for 12 minutes or until golden brown.
- Remove the tray from the oven and whilst the cookies are still hot, sprinkle each one with a pinch of sea salt. Allow to cool before enjoying.

serving suggestions

You can't beat one of these cookies with a cup of steaming hot tea or glass of cold oat milk!

swaps & substitutions

Peanut butter = almond butter, cashew butter or for a nut-free version, tahini.

Maple syrup = honey or agave nectar.

Dark chocolate = milk or white chocolate, pecan nuts, walnuts, peanuts, or flaked almonds.

variations

For a peanut butter & jam variation, omit the chocolate and bake the cookies for 8 minutes.

Remove the cookies from the oven and working quickly, make an indent into the top of each one.

Fill each indent with raspberry jam, then return the tray to the oven for a further 3-4 minutes or until golden brown.



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Thank you so much to my brilliant photographer Kirsty who came to take these gorgeous photos at such short notice. If you want to see more of her work, you can find her at [@kirstyjaynerussell](#) on Instagram, or on her website at [kirstyjaynerussell.com](#).

I upload new recipes weekly on my website: [georgieeats.co.uk](#). You can also follow me over on Instagram for daily food inspiration and super quick recipes [@georgieeatsuk](#).

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