

COOKING CUISINE

23rd Nov 2022

Super-Simple-Show-Stopper Side Dishes

1. Roasted Aubergine Fans

Serves 4

Equipment

- Oven tray and baking paper
- Chopping board & knife

Ingredients

- 4 small or 2 medium aubergines
- 3 medium sized tomatoes
- 200gr cheese (mozzarella, cheddar or feta)
- 1 onion or zucchini, sliced
- Salt & pepper
- Olive oil
- 2tbsp dried basil, oregano or thyme

Directions

- Pre-heat the oven to 200°C
- Cut the aubergine into half from the stalk down to the bottom, leaving the stalk in place
- Cut the aubergine into strips, starting at the stalk down, leaving each slice attached to the stalk to make a fan
- Cut the onions, cheese and tomatoes into slices, the thickness of the aubergine slices you cut.
- Place the aubergine halves onto a baking paper lined baking tray or into an oven dish.
- Place onion and cheese slices alternating between each aubergine slices,
- Mix the olive oil with the herbs and a pinch of salt & pepper and brush over the fans, working a little into each gap as well.
- Bake for 30-40 minutes or until cooked.
- Serve hot.



2. Roasted Butter Leeks

Serves 4

Equipment

- Baking dish
- Baking foil

Ingredients

- 2-3 leeks, chopped into 4-5 cm (1.5') chunks
- 100ml hot vegetable or chicken stock (nutritional yeast based, optional)
- Juice from 1 Lemon
- 1tsp nutritional yeast (optional)
- 2-3 tbsp butter or ghee, melted or olive oil
- Salt & freshky ground pepper for seasoning

Directions

- Pre-heat the oven to 200°C.
- Place clean and cut leeks into the baking dish
- Add the stock
- mix the butter with the lemon juice and drizzle over the leeks
- sprinkle with nutritional yeast, if using and season with salt & pepper
- Cover with baking foil and roast for 25-30min
- Remove the tin foil and roast for a further 10-15min or until golden.

Tip: serve with chicken dishes, fold into an omlet, soup or toss with rice or pasta



3. Ginger & Honey Roasted Sweet Potatoes

Serves 4

Equipment

- Oven tray or baking dish

Ingredients

- 2 sweet potatoes, cut in half lengthwise
- 3 tbsp olive oil
- 1tbsp runny honey
- ½ tsp ginger powder
- ½ tsp sweet or smoked paprika
- ½ tsp chili flakes (optional)
- Salt & freshly ground pepper
- 1 lemon or lime
- 2Tbsp chopped fresh parsley, cilantro or chives



Directions

- Pre-heat oven to 200°C
 - Place potato halves on baking tray, cut side up
 - Score the flesh with a knife
 - Brush each potato half with olive oil, including skin side
 - Season with salt & pepper, paprika, ginger, and chili (if using)
 - Bake in the oven for 20-25min
 - Remove from the oven and drizzle with honey and return to the oven for a further 10 min
 - Place on serving plates and top with lemon juice and herbs
- Serve hot

Tip: cut any left-overs into chunks and add to salads or soup,
Scoop the soft flesh out of the skin and blend into a smooth puree for sandwich fillings
or a dip, season to taste