



THE  
FELIX  
PROJECT

GOOD FOOD FOR GOOD CAUSES

# APPLE & CINNAMON COMPOTE RECIPE



Lovely warm with ice-cream or cream for a quick pudding, or spoon on top of yoghurt or porridge for a fantastic breakfast. Also works brilliantly as the classic sauce with sausages, roast pork and pork chops. Use a dairy-free substitute instead of the butter for a lactose-free, vegan-friendly version.

**Serves:** 4 with yoghurt as a pudding/breakfast

**Utensils Required:** saucepan, spoon, knife

**Difficulty Rating:** x

**Prep Time:** 5 minutes

**Cooking Method:** cooked on hob

**Cook Time:** 15 minutes

## INGREDIENTS

- 3 apples
- 1 teaspoon  
ground cinnamon
- 2 tablespoons butter
- 2 tablespoons sugar



## METHOD

1. Peel and remove the cores from the apples. Cut each one into about 1cm chunks.
2. Put a saucepan over a medium heat and add the butter and sugar. Stir around until the butter has melted and the sugar dissolved.
3. Add the apples and cinnamon. Cover with a lid and leave to simmer for 15 minutes, until the apples are soft.

## UTENSILS



## IMAGE DIRECTIONS



## TIPS

Good cold but best served hot or warm  
Cover and chill then store in the fridge for up to 1 week.

# PUMPKIN SAVOURY FRITTERS RECIPE



Serve with a variety of toppings: grated cheese, bacon, chopped ham, baked beans, a dollop of yoghurt.  
Also excellent served with fried eggs

**Serves:** 2 - 3 as a supper dish

**Prep Time:** 15 minutes

**Cook Time:** 4 minutes per pancake

**Utensils Required:** grater, knife, chopping board, bowl, frying pan, fish slice

**Cooking Method:** cooked on hob

**Difficulty Rating:** xx

## INGREDIENTS

- 250g peeled pumpkin
- 1 spring onion chopped
- 1 grated/crushed garlic clove
- 60g Self raising flour
- 1 egg
- 30ml milk
- Salt/pepper



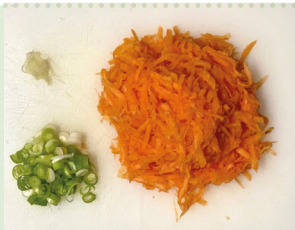
## METHOD

1. Preheat the oven to 150C and line a baking sheet with foil.
2. Grate the pumpkin on the coarse side of a box grater and place the shreds in a large bowl. Add the spring onion and garlic.
3. In a small bowl, whisk together the flour, salt and pepper until combined.
4. Crack the egg into a bowl and add the milk.
5. Add the flour mixture and the egg mixture to the sweet potatoes and toss with a fork to combine.
6. In a large non-stick frying pan heat the oil over high heat.
7. When the oil is sizzling, turn the heat down to medium-high and spoon a large tablespoon mixture into the frying pan and flatten with a spatula. You can cook 3 to 4 pancakes at a time.
8. Flip the pancakes when the underside is browned, about two minutes, then cook the second side for 1 ½ to 2 minutes until browned.
9. Repeat with the remaining batter.
10. Keep cooked pancakes warm in the oven until needed.

## UTENSILS



## IMAGE DIRECTIONS



## TIPS

Make a BIG batch - these lovely pancakes can be cooked ahead of time and will store in an airtight container in the fridge for up to 3 days. Reheat in a hot oven for 5 minutes or until heated through and crispy. They can also be popped in the freezer: freeze layered with baking parchment so that they don't stick together.

# SPROUT & CARROT SLAW RECIPE



So quick and easy to make. Great as a salad or add to sandwiches with grated hard, or spreadable soft, cheese.

**Serves:** 2

**Utensils Required:** grater, bowl, spoon

**Difficulty Rating:** x

**Prep Time:** 10 minutes

**Cooking Method:** n/a

**Cook Time:** n/a

## INGREDIENTS

- 100g Brussel sprouts
- 100g carrots
- 2 tablespoons yoghurt
- 1 tablespoons vinegar  
or 1 lemon juiced
- salt and pepper



## METHOD

1. Grate the carrots and Brussel sprouts into a bowl.
2. Add the yogurt, vinegar or lemon juice and seasoning and mix well until evenly blended.

## UTENSILS



## IMAGE DIRECTIONS



## TIPS

Store in an airtight container in the fridge for up to 4 days.



# SPICED PUMPKIN SOUP RECIPE



Simple nourishing and warming: the addition of lentils adds protein. If possible, don't peel vegetables, just give them a good wash. There are a lot of vitamins and minerals just below the skin.

**Serves:** 4

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Utensils Required:** knife, chopping board, saucepan, spoon

**Cooking Method:** cooked on hob

**Difficulty Rating:** xx

## INGREDIENTS

- 1 onion
- 2 cloves garlic
- 800g pumpkin or squash
- 1 tbs oil
- pinch chilli flakes
- 1 teaspoon curry powder
- 100g red lentils
- 700ml any stock or water
- salt and pepper



## METHOD

1. Peel and finely dice the onion and garlic.
2. Finely dice all of the pumpkin.
3. Warm the oil in a medium pan, add the diced onion, garlic and pumpkin and cook on a medium heat for 5 minutes, stirring frequently.
4. Add the chilli flakes, curry powder and red lentils, mix well.
5. Add the stock, bring to a simmer and cook gently with a lid on for 30 minutes.
6. Add the seasoning stir well.

## UTENSILS



## IMAGE DIRECTIONS



## TIPS

Enjoy with lots of bread. Swirl in a bit of yoghurt to each bowl of soup and sprinkle with chopped parsley or coriander to make this into a great dish for a party.



# MIXED MASH RECIPE



Mash doesn't need to be JUST potato. There are lots of starchy root veg that work just as well. Although beetroot can make everything look a bit odd!

**Serves:** 4 as a side dish

**Prep Time:** 10 minutes

**Cook Time:** 20-30 minutes

**Utensils Required:** peeler, knife, saucepan, colander, masher

**Cooking Method:** cooked on hob

**Difficulty Rating:** x

## INGREDIENTS

- 2 large carrots – peeled and chopped
- 1 large potato – peeled and cut into 6
- 2 parsnips – peeled and chopped
- butter, oil or yoghurt
- salt and pepper



## METHOD

1. Put the carrot into salted water and boil for 10 minutes.
2. Add the potatoes and parsnips and bring the water back to the boil then turn the heat to down to a simmer until everything is cooked.
3. Drain well and mash all the veg together adding butter, olive oil or yoghurt.
4. Season with salt and pepper.

## UTENSILS



## IMAGE DIRECTIONS



## TIPS

It's best to get the cooked veg as dry as possible so leave to drain for a couple of minutes then mash over a low heat. A small pinch of grated nutmeg is also very good to add with the seasoning. Serve as a side dish or top with nuts, seeds or cheese for a more substantial meal.