

PICKY TEA IDEAS

PERFECT FINGER FOODS
PACKED WITH VEGETABLES



VEGETABLE PEEL CRISPS

INGREDIENTS

VEGETABLE PEELINGS
(POTATOES, CARROTS,
PARSNIPS ETC)
1 TBSP. OIL

FLAVOURING :
SALT AND PEPPER
CUMIN
GARLIC SALT
CHINESE 5 SPICE

METHOD

HEAT OVEN TO 200C. OR AIR FRYER TO 180C.

MIX ALL THE PEEL IN A BOWL.

ADD OIL AND SEASONING AND COAT WELL.

SPREAD OUT ON A BAKING SHEET OR PUT IN THE AIR
FRYER BASKET.

COOK FOR 6-10 MINUTES IN THE OVEN OR 3-4
MINUTES IN THE AIR FRYER.

SERVE.

VEGETABLE FRITTERS

COURGETTE AND HALLOUMI FRITTERS

INGREDIENTS

2 MEDIUM COURGETTES, COARSELY GRATED
225G BLOCK OF HALLOUMI CHEESE, COARSELY GRATED
150G OF FROZEN SWEETCORN, THAWED
2 EGGS, LIGHTLY WHISKED
150G OF SELF-RAISING FLOUR
1 TSP DRIED OREGANO
OIL

METHOD

SQUEEZE OUT EXCESS LIQUID FROM THE GRATED COURGETTES USING YOUR HANDS. PLACE THEM IN A BOWL.

ADD THE GRATED HALLOUMI AND THAWED SWEETCORN TO THE BOWL. STIR TO COMBINE.

MAKE A WELL IN THE CENTRE AND ADD THE LIGHTLY WHISKED EGGS, SELF-RAISING FLOUR, AND OREGANO.

SEASON WITH SALT AND PEPPER AND STIR UNTIL WELL COMBINED.

LINE THE AIR FRYER RACK WITH BAKING PAPER AND BRUSH IT WITH OIL.

DROP TABLESPOONFULS OF THE MIXTURE ONTO THE AIR FRYER RACK.

SET YOUR AIR FRYER TO 200°C.

COOK FOR 8 MINUTES, TURNING HALFWAY THROUGH OR UNTIL THE FRITTERS ARE CRISP AND GOLDEN.

TRANSFER TO A PLATE AND REPEAT WITH THE REMAINING MIXTURE.

SWEETCORN FRITTERS

INGREDIENTS

1 TIN OF SWEET CORN
1 EGG SEPARATED
100G PLAIN FLOUR
PINCH SALT
1/2 TSP. BAKING POWDER
PINCH OF DRIED CHILLI FLAKES
1 ONION FINELY DICED
OIL FOR FRYING

METHOD

MIX THE ONIONS, CORN AND EGG YOLK IN A LARGE BOWL.

COMBINE THE FLOUR, SALT, BAKING POWDER AND CHILLI IN ANOTHER.

WHISK THE EGG WHITE INTO STIFF PEAKS.

MIX THE FLOUR MIX INTO THE CORN MIX. COMBINE WELL.

FOLD THE EGG WHITES INTO THIS MIX UNTIL EVENLY MIXED.

FRY SPOONFULS OF THIS IN HOT FAT UNTIL COLOURED.

DRAIN ON KITCHEN TOWEL AND SERVE.

SCOTCH EGGS

INGREDIENTS

4 BOILED EGGS (HARD BOILED,
SOFT BOILED IT'S UP TO YOU, BUT
MAKE SURE THEY'RE SHELLED)
1LB SAUSAGE MEAT OR A FEW
SAUSAGES (SKINNED)
A GOOD DASH OF
WORCESTERSHIRE SAUCE
A LITTLE FLOUR
1 EGG, BEATEN
BREADCRUMBS

METHOD

HEAT OVEN TO 190C.

SPRINKLE THE SAUSAGE MEAT WITH A DROP OF
WORCESTER SAUCE AND MIX. DIVIDE THE SAUSAGE
MEAT INTO 4.

ROLL THE EGGS IN THE FLOUR.

NOW WRAP EACH EGG IN SAUSAGE MEAT, SEALING
THE EDGES TOGETHER WELL.

DIP INTO BEATEN EGG AND THEN INTO THE
BREADCRUMBS.

PUT ON A BAKING TRAY AND BAKE FOR ABOUT 25
MINUTES.

SERVE HOT OR COLD.

ROOT VEGETABLE ROSTI

INGREDIENTS

2 MEDIUM POTATOES
2 CARROTS
½ SWEDE
2 PARSNIPS
SALT AND PEPPER
A LITTLE OIL FOR FRYING

METHOD

PEEL YOUR VEG.

GRATE THEM INTO A CLEAN TEA TOWEL.

BRING THE EDGES OF THE TEA TOWEL TOGETHER
AND SQUEEZE TO REMOVE EXCESS WATER. REPEAT.

SEASON WITH SALT AND PEPPER.

HEAT A LITTLE OIL IN A WIDE FRYING PAN.

PUT A PILE OF VEG INTO THE OIL, SHAPE IT INTO A
ROUGH CIRCLE OR USE A RING.

ADD MORE VEG CIRCLES AND FRY UNTIL CRISPY ON
BOTH SIDES.

MINI BUTTERNUT SQUASH AND RED ONION TARTLETS

INGREDIENTS

1 TBSP. RAPESEED OIL
1 THINLY SLICED RED ONION
175G DICED BUTTERNUT SQUASH
1 TSP. GROUND CUMIN
1 TSP. GROUND CORIANDER
2 BEATEN EGGS
100ML MILK
BLACK PEPPER
8 SHEETS OF FILO PASTRY OR
SHORTCRUST PASTRY
100G GRATED STRONG CHEESE

METHOD

HEAT OVEN TO 220C.

GREASE 8 HOLES OF A MUFFIN TIN.

PUT THE RED ONION, BUTTERNUT SQUASH, GROUND SPICES, AND 1 TBSP RAPESEED OIL TOGETHER IN A BOWL. MIX UNTIL WELL COATED.

PUT INTO A ROASTING TIN AND ROAST FOR ABOUT 20 MINUTES OR UNTIL SQUASH IS JUST SOFTENING.

TURN OVEN DOWN TO 200C.

WHISK THE EGGS, MILK, AND BLACK PEPPER IN A JUG.

FILO PASTRY:

CUT EACH SHEET INTO QUARTERS.

LIGHTLY BRUSH 4 QUARTERS OF FILO WITH MELTED BUTTER LAYER UP THE BUTTERED FILO PIECES IN MUFFIN TINS PLACING THEM AT ANGLES.

SHORTCRUST PASTRY:

ROLL OUT SHORTCRUST PASTRY AND CUT OUT DISCS AND PLACE IN MUFFIN TINS.

PUT SOME OF THE ROASTED VEGETABLES INTO BASE OF EACH CASE.

SPRINKLE WITH THE CHEESE.

POUR THE EGG MIXTURE OVER TOP.

BAKE IN OVEN FOR ABOUT 20 MINUTES OR UNTIL PASTRY IS COOKED AND GOLDEN, AND FILLING IS SET.

FISH NUGGETS

INGREDIENTS

2 PIECES OF WHITE FISH FILLETS,
CUT INTO CUBES
2 TBSP PLAIN FLOUR
1 TBSP LEMON PEPPER
1 TSP SALT

METHOD

HEAT OVEN TO 190C.

MIX THE FLOUR, SALT, AND PEPPER TOGETHER
AND PUT IN A SHALLOW DISH.

TOSS THE FISH IN THE SEASONED FLOUR.

SIT ON A BAKING TRAY.

SPRAY LIGHTLY WITH OIL.

COOK FOR ABOUT 10 MINUTES.

CRUSTLESS QUICHE

INGREDIENTS

1 TBSP OIL
6 EGGS
100G SOFT CHEESE
40G CHEDDAR CHEESE, GRATED
200G COOKING BACON, DICED
1 ONION, FINELY DICED
1 PEPPER, FINELY DICED
1 TSP EACH SALT AND PEPPER
8 CHERRY TOMATOES

METHOD

HEAT OVEN TO 180C.

ADD THE OIL TO A LARGE FRYING PAN AND ADD THE BACON, COOK FOR 2 MINUTES.

ADD IN THE ONIONS, COOK FOR ANOTHER 4 MINUTES.

CRACK THE EGGS INTO A BOWL.

SEASON WITH THE SALT AND PEPPER AND WHISK WELL.

ADD THE SOFT CHEESE AND STIR UNTIL COMBINED.

ADD IN HALF THE GRATED CHEESE.

POUR THE BACON MIX INTO A PIECE OF KITCHEN TOWEL AND ALLOW TO COOL SLIGHTLY.

WHEN COOLED ADD TO THE CHEESY EGG MIX AND STIR WELL.

OIL A LOAF TIN AND POUR IN THE MIX.

TOP WITH THE CHERRY TOMATOES, PEPPERS AND REMAINING CHEESE.

BAKE FOR ABOUT 20 MINUTES UNTIL SET.

CRISPY CHICKEN BITES

INGREDIENTS

2 CHICKEN BREASTS, CHOPPED
1 CHICKEN STOCK CUBE
DISSOLVED IN 2 CUPS OF WATER,
COOLED
1 CUP OF SELF-RAISING FLOUR
1 TBSP. CORN MEAL (POLENTA)
2 TBSP. CHICKEN SEASONING
MIX (RECIPE ON WEBSITE)
1-2 TBSP. PAPRIKA (OPTIONAL)
2 BEATEN EGGS
1/2 CUP MILK

METHOD

MIX THE FLOURS WITH SEASONING.

PUT THE CUT CHICKEN IN THE CHICKEN STOCK
CUBE AND WATER FOR AT LEAST AN HOUR.

MIX THE EGGS AND THE MILK.

TAKE THE CHICKEN FROM THE WATER AND TOSS
IN THE SEASONED FLOUR. REMOVE IT AND SHAKE
OFF THE EXCESS.

DIP IN THE EGG AND MILK MIX THEN BACK IN
THE SEASONED FLOUR. SHAKE IT OFF AND THEN
LET IT SIT ON A RACK FOR ABOUT 5 MINUTES.

FRY FOR 2 MINUTES. DRAIN AND SERVE.

CRISP BAKES

INGREDIENTS

A SELECTION OF LEFT-OVER
COOKED VEGETABLES
A SMALL QUANTITY OF MASHED
POTATOES
SOME FINELY CHOPPED COOKED
MEAT
SALT AND PEPPER
FRESH CHOPPED HERBS
(OPTIONAL)
1 EGG, BEATEN
DRY BREADCRUMBS

METHOD

MASH THE VEGETABLES AND POTATOES
TOGETHER OR PUREE THE VEG IN A FOOD
PROCESSOR AND MIX THROUGH THE MASH.

STIR THROUGH THE MEAT, HERBS (OPTIONAL),
AND SEASONING.

PUT A LITTLE FLOUR ON THE WORK SURFACE.

TAKE BALLS OF THE MIX AND SHAPE INTO
PATTIES.

DIP INTO THE BEATEN EGG THEN THE
BREADCRUMBS.

HEAT A LITTLE OIL IN A PAN.

FRY THE CRISP BAKES ON BOTH SIDES UNTIL
GOLDEN AND SERVE.

CHEESE AND ONION PASTIES

INGREDIENTS

500G POTATOES, PEELED AND
QUARTERED
1 ONION, DICED
150G CHEESE, GRATED
1 EGG, BEATEN
1 PACK OF PUFF PASTRY
1/4 TSP MUSTARD

METHOD

PUT THE POTATOES IN A POT WITH COLD WATER. COVER
AND BRING TO THE BOIL.

SIMMER FOR 20 MINS UNTIL SOFT. DRAIN AND MASH.

PREHEAT THE OVEN TO 220C OR GAS MARK 7.

COMBINE THE MASHED POTATO, CHEESE, ONION AND
MUSTARD AND MIX WELL.

SPRINKLE SOME FLOUR ON THE WORK SURFACE AND
ROLLING PIN.

ROLL OUT THE PUFF PASTRY TO YOUR DESIRED THICKNESS
(ABOUT 10P PIECE).

CUT CIRCLES IN THE PASTRY (I USED A MUG).

PLACE ON A LINED BAKING SHEET.

PUT A TSP OF MIXTURE ON THE PASTRY (JUST OFF
CENTRE).

FOLD THE PASTRY OVER THE MIXTURE, MAKING SURE THE
EDGES ARE PRESSED DOWN TO PREVENT LEAKAGE, CRIMP
THE EDGES USING A FORK.

CRACK THE EGG IN A BOWL AND WHISK WITH A FORK
FOR A FEW SECONDS.

BRUSH THE EGG OVER THE PASTRY.

BAKE FOR 15 MINS UNTIL GOLDEN BROWN.

VEGETABLE FRIES/CHIPS

CARROT CHIPS

INGREDIENTS

4 CARROTS, CUT INTO CHIPS
1 TEASPOON PAPRIKA
½ TEASPOON CHILLI POWDER
2 TEASPOONS OIL

METHOD

PLACE THE CARROT CHIPS INTO A BOWL.

POUR IN THE OIL, CHILLI POWDER, AND PAPRIKA. STIR TO COMBINE, ENSURING THAT ALL THE CARROT CHIPS ARE EVENLY COATED.

PUT THE COATED CARROT CHIPS INTO THE AIR FRYER BASKET.

SET YOUR AIR FRYER TO 200°C.

COOK FOR 10 MINUTES, GIVING THEM A GOOD SHAKE AT 5 MINUTES.

TURN THE HEAT UP TO 240C AND COOK FOR 7 MINUTES MORE.

COOKING TIME MAY VARY DEPENDING ON THE AIR FRYER'S POWER.

CONTINUE COOKING UNTIL THE CARROT CHIPS ARE GOLDEN AND COOKED THROUGH. IF USING A LESS POWERFUL AIR FRYER, IT MAY TAKE A LITTLE LONGER.

CELERIAC FRIES

INGREDIENTS

1 CELERIAC
1 TBSP OIL
½ TSP SALT
½ TSP PEPPER
½ TSP PAPRIKA
½ TSP SUGAR
½ TSP GARLIC
2 PINCHES CHILLI POWDER (OPTIONAL)

METHOD

ADD THE SEASONING TO A BOWL AND MIX TOGETHER.

PEEL THE OUTER SKIN OF THE CELERIAC USING A SHARP KNIFE AND CUT INTO SLICES OF YOUR DESIRED THICKNESS.

PLACE THEM IN A COLANDER AND RINSE, THEN DRY THEM THOROUGHLY.

PLACE IN A FOOD BAG.

ADD THE OIL AND 1/2 THE SEASONING AND SHAKE THEM UNTIL THEY ARE ALL COATED.

ADD THE FRIES TO THE AIR FRYER - YOU MAY HAVE TO DO THEM IN BATCHES DEPENDING ON THE SIZE.

AIR FRY AT 200° FOR 15-18MNS WITH A SHAKE HALFWAY THROUGH. CAREFULLY REMOVE FROM THE AIR FRYER USING A SLOTTED SPOON AND DIVIDE BETWEEN PLATES.

SERVE HOT AS A SIDE WITH ANY MAIN DISH OR ON THEIR OWN AS A SNACK.

IF YOU DON'T HAVE AN AIR FRYER YOU CAN COOK THEM IN THE OVEN- 200°C FOR 20-25MNS.