



?C? in our Vegetarian Alphabet seems suitably covered with this recipe title!

As seems to be the case with these Vegetarian creations, we made far too much and will be having a second helping this evening. So a bonus cost and cooking free day sorted!

Ingredients:-

- 1 tin of Chickpeas, drained
- 1 tin chopped Tomatoes
- Chilli flakes
- A squirt of Tomato Puree
- 1 tsp Sugar
- Mixed herbs
- 2 leaves from a Spring Green Cabbage, chopped
- 2 medium Potatoes
- 1 Carrot
- 1 Small Pepper
- 1 Onion

1 tsp Turmeric
3 Mushrooms, quartered
Grated Cheese
Oil

Method:-

- (1) In a pan add the chopped Tomatoes, Chilli flakes, Tomato Puree, Sugar and mixed Herbs.
- (2) Bring to the boil and then simmer for 20 minutes.
- (3) Peel and roughly chop your Potatoes, Carrot, Pepper and Onion. Stand in water.
- (4) Boil your Potatoes.
- (5) Add your Chickpeas and Turmeric to water in a pan and simmer for 5 minutes. Then drain.
- (6) Preheat the oven to 180C.
- (7) In a baking tray mix your vegetables and most of the Chickpeas, keep a handful back for a garnish.
- (8) Place the tray in the oven for 20 minutes.
- (9) Lightly fry most of the Cabbage leaves in a little Oil, keeping ¼ back for a garnish.
- (10) After 20 minutes stir the Mushroom into your tray back, pour the Tomato Chilli sauce over and sprinkle with the grated Cheese.
- (11) Return to the oven for a further 10 minutes or until the Cheese has melted and slightly browned.
- (12) In a deep fat fryer fry the remaining Cabbage leave and Chickpeas until they are crispy.
- (13) Form a circle of fried Cabbage leave from the frying pan on your plates.
- (14) Spoon the Bake into this circle.
- (15) Garnish with the deep fried Cabbage and Chickpeas.

We had a home made Garlic Bread as a side. Again for a pair of Omnivorous creatures this was a very tasty and filling meal.