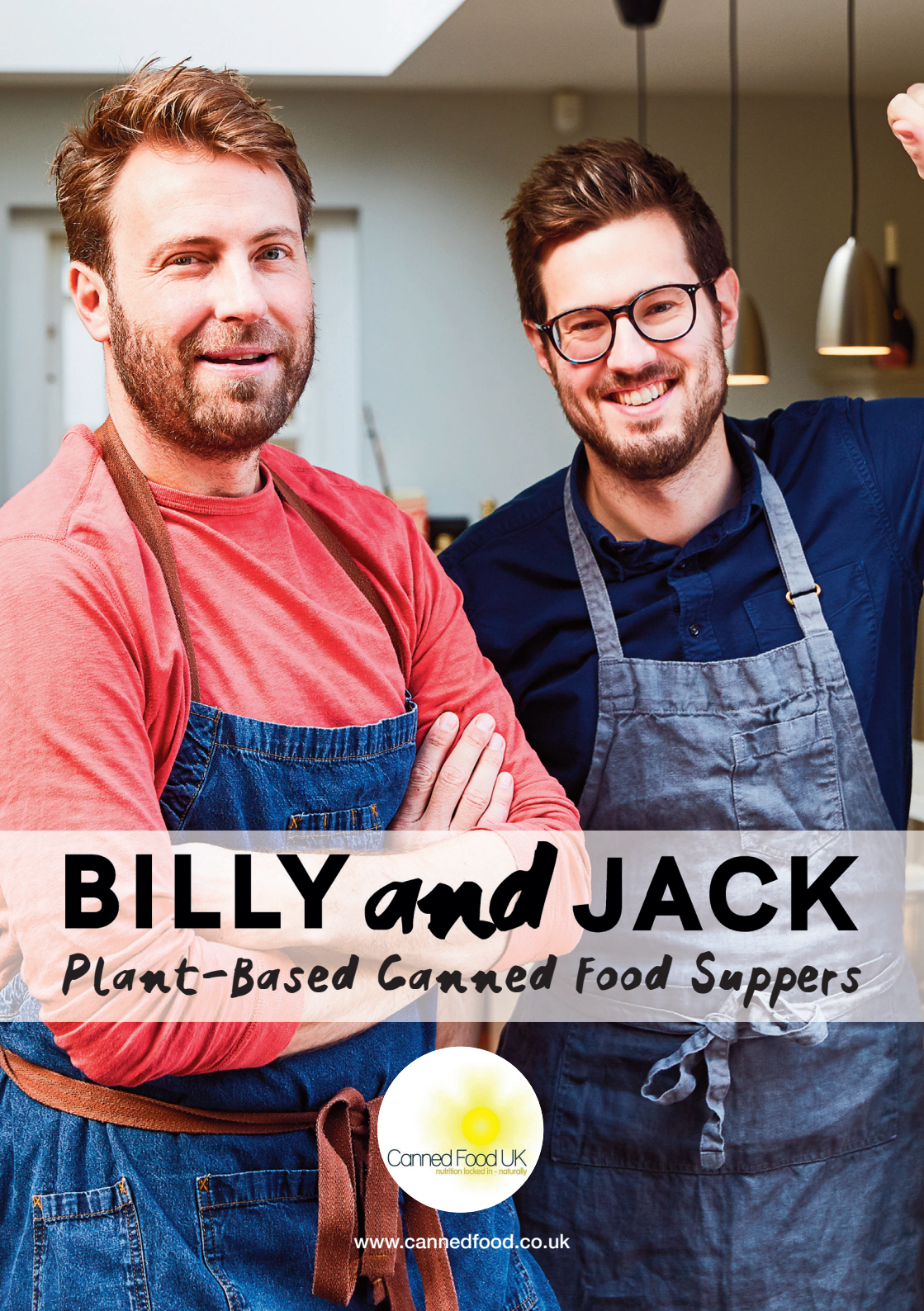


# BILLY and JACK

## Plant-Based Canned Food Suppers

Canned Food UK
nutrition locked in - naturally

www.cannedfood.co.uk



In our latest recipe collection for Canned Food UK, we've tapped into wonderful world of vegan cooking. We know that tinned foods offer so many benefits. They are nutritious, tasty, convenient and affordable and now we've tapped into some truly unique characteristics.

We've created five tasty dishes, three totally vegan – a tasty sweetcorn hummus starter, a warming mushroom and spinach wellington, plus the crowning glory, a vegan pavlova.

In addition, we've included a vegetarian Indian burger (which can easily be adapted for vegans by using a vegan yoghurt) and for those not following a plant-based diet, cod in a creamy chowder.

Our vegan pavlova uses a unique canned ingredient – tinned chickpea water also known as aquafaba, which can be used as a thickening agent instead of eggs. I know it sounds weird but trust us, aquafaba makes a perfect meringue.

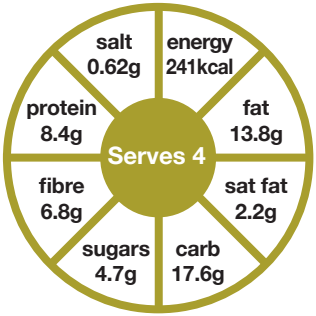
We've also created a set of video tutorials, so come and cook along with us by visiting cannedfood.co.uk/billyandjack.

Billy Wright & Jack Layer

BILLY and JACK

# Roasted sweetcorn hummus

- 1 x 400g can sweetcorn
- 1 x 400g can chickpeas
- 2 tsp tahini paste
- 1 clove garlic
- 1 lemon
- Rapeseed oil
- 2 tbsp coconut flakes
- 1 tsp zaatar
- Smoked salt, a pinch
- Seasonal vegetables/ flatbreads




1. Preheat the oven to 200°C fan. Drain the sweetcorn and pour onto a preheated baking tray, roast for 10 minutes, until turning golden brown, reserve a tbsp for later and tip the rest into a blender or food processor.
2. Add the drained chickpeas, tahini, garlic, juice of the lemon and a tbsp of rapeseed oil. Blend on full speed, add water to reach the desired consistency, season generously with the smoked salt and blend again.
3. Pour into a serving bowl, indent the top with a spoon and top with an even covering of first rapeseed oil, then the coconut flakes, reserved roasted corn and the zaatar.
4. Serve with seasonal raw vegetables and/or flatbreads to dip.



## 5-A-DAY PORTIONS

*One serving counts as 1 of your 5-A-DAY target of fruit and vegetable portions.*

# Mushroom, lentil and spinach Wellington, caramelised onion gravy and roast potatoes

- 2 x 400g cans whole button mushrooms
- 1 x 390g can fried onions
- 1 x 400g can leaf spinach
- 1 x 400g can green lentils
- 2 heaped tsp garlic paste (or 2 grated cloves)
- 2 heaped tsp vegan mustard
- Handful fresh parsley
- 1 vegetable stock cube
- 1 lemon
- 1 ready roll puff pastry sheet (320g)
- Rapeseed oil

**For the roast potatoes**

- 2 x 560g cans peeled new potatoes
- Rapeseed oil

**For the Onion Gravy**

- 1 x 390g can fried onions
- 1 vegetable stock cube
- 2 heaped tsp flour

1. Preheat the oven to 180°C, add both cans of onions to a roasting tin and roast in the oven for 45 minutes until browning and sticking to the edges. Remove two thirds and set aside to cool.
2. With the remaining onions, still in the roasting tin, crumble over the stock cube. Sprinkle over the flour and cook on the hob, stirring for 1 minute. Add 1 litre of boiling water and stir, to bring everything together. Cook over a low heat for 5 minutes, scraping the bottom and sides of the tin. Keep warm.
3. For the potatoes, drain the can and carefully press each potato so that it is slightly squashed. Heat a roasting tray in the oven with a little oil and roast the potatoes until crispy, around 50 minutes.
4. Drain mushrooms and add to pan, followed by the lentils. Lower the heat and simmer for 3 minutes or until the mixture has thickened and liquid evaporated. Take off the heat and add the lemon zest and parsley, combine and set aside to cool.
5. Sauté the spinach in a little oil, crumble in a vegetable stock cube, cook for 2 minutes, season and set aside to cool.
6. To assemble, roll out the pastry sheet, leaving it on its paper, brush the mustard across the pastry, leaving an inch to the edge of the pastry.
7. Spread the reserved onions, then the spinach, and finally the mushroom and lentil mixture onto the pastry. Roll the pastry by lifting the paper, seal the edges, then fold the ends underneath, brush with oil and return to the fridge for at least 30 minutes.
8. Remove paper and place on a baking tray. Brush again with oil and roast in the same oven for 45 minutes or until golden brown.

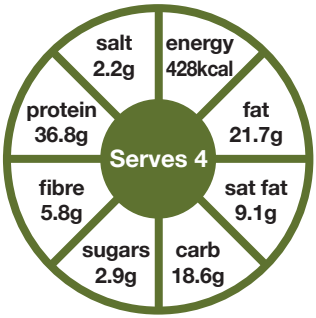



**5-A-DAY PORTIONS**

*One serving counts as 2 of your 5-A-DAY target of fruit and vegetable portions.*

# Cod, bacon, artichokes and peas in a creamy chowder

- 50g smoked pancetta
- 2 shallots diced
- ½ 400g can seafood chowder
- 1 x 400g can artichoke hearts
- 100g fresh peas (can also use canned)
- 1 x 560g can Jersey royal potatoes
- 2 cloves garlic
- 2 tbsp olive oil
- 50g butter
- 4 boned and trimmed cod fillets (or a similar white fish, works well with hake)
- Salt and pepper
- Small bunch of parsley




1. Brown the pancetta in a pan with 1 tbsp olive oil, add the shallots, garlic and butter and cook for 10 minutes or until the shallots are soft.
2. Drain the artichokes and potatoes and quarter the artichoke hearts, add to the shallots and bacon and allow them to take on a little colour. Add the peas and briefly cook through before adding half a can of the seafood chowder (save the rest for lunch!) and bring to a simmer. Season well with ground black pepper.
3. Take your fish and dry the skin with some kitchen towel. Heat 1 tbsp olive oil until shimmering and add the fish, skin down. Cook for 3-4 minutes on high heat and then carefully flip over (the skin should be nice and crispy) for 1 minute. Season liberally.
4. To serve place a ladle of the vegetables, into a shallow bowl and cover with the sauce. Top with the fish and garnish with some fresh, finely chopped parsley.



**5-A-DAY PORTIONS**

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# Indian veggie burgers with coconut onion bhajis

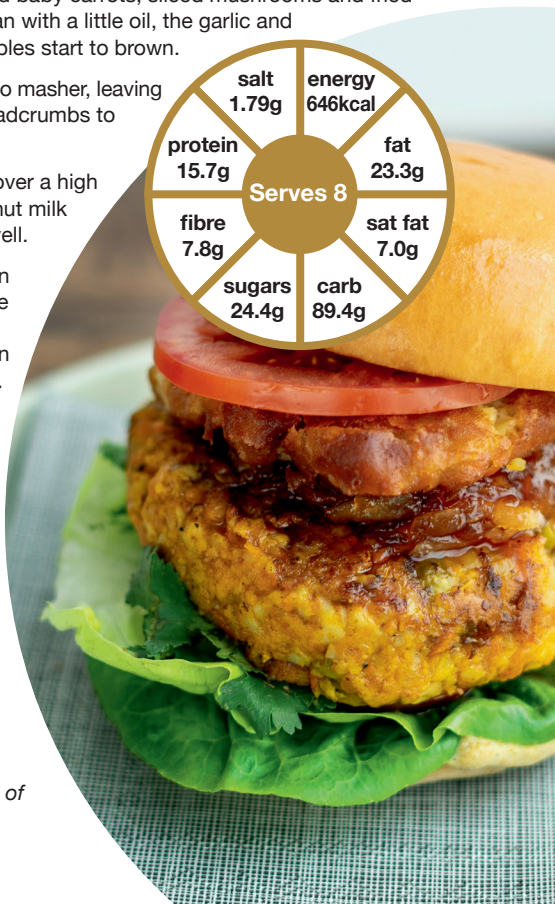
**For the burger**

- 1 x 560g can peeled new potatoes
- 1 x 400g can petit pois and baby carrots
- ½ 290g can sliced mushrooms
- ½ 390g can fried onions
- 1 heaped tsp garlic paste
- 1 heaped tsp curry paste
- 250g panko breadcrumbs
- 8 tbsp yoghurt
- 2 heaped tsp mild curry powder
- 8 tsp mango chutney
- Handful coriander leaves
- 8 brioche buns
- 2 Little Gem lettuces
- 3 vine tomatoes
- Rapeseed oil

**For the onion bhaji**

- ½ 400g can coconut milk
- 1 x 390g can fried onions
- 75g whole flour
- 1 tsp ground cumin
- Oil for deep frying

1. For the burger, drain the potatoes, petit pois and baby carrots, sliced mushrooms and fried onions. Add all can contents to a large frying pan with a little oil, the garlic and curry paste. Heat for 5 minutes until the vegetables start to brown.
2. Remove from the heat and combine with a potato masher, leaving some texture. Season and stir in the panko breadcrumbs to form a stiffer mixture. Set aside to cool.
3. For the bhajis, brown the onions for 5 minutes over a high heat to remove some moisture, stir in the coconut milk followed by the flour and the cumin, combine well.
4. Heat the oil in a deep sided frying pan and when hot, or registering 180°C, add 8 spoonfuls of the bhaji mixture and fry for 1 minute, turnover and cook for a further 1 minute or until golden brown and crispy. Remove and drain on kitchen paper.
5. Mould the burger mixture into 8 even patties and fry on each side for 2 minutes until brown and warmed through.
6. Mix the yoghurt and curry powder, spread a tbsp over the toasted buns, add 3 slices of tomatoes and two lettuce leaves, top with the burger, add a tsp mango chutney followed by the onion bhaji.




**Cook's tips:**
To make this recipe suitable for vegans, simply substitute the yoghurt for a vegan alternative.

**5-A-DAY PORTIONS**

*One serving counts as 2 of your 5-A-DAY target of fruit and vegetable portions.*

# Vegan parlova, with a boozy cherry sauce

**For the meringue**

- 1 x 400g can chickpeas
- 150g golden caster sugar
- ¼ tsp cream of tartar

**For the whipped coconut cream**

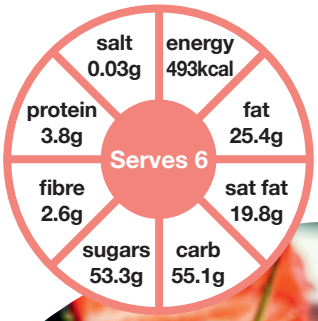
- 2 x 400g cans full fat coconut milk (chilled overnight)
- 4 tbsp icing sugar

**For the boozy cherry sauce**

- 1 x 400g tinned cherries in syrup
- 100ml Amaretto
- 2 sprigs thyme
- 1 tsp cinnamon powder

**Toppings**

- Fresh cherries
- Raspberries
- Toasted almonds
- Thyme




1. Firstly, make the meringue. Heat the oven to 150°C (fan) and drain the chickpeas and reserve the chickpea water, this is our egg substitute! You can use the chickpeas for another recipe.
2. Add the cream of tartar and using an electric whisk, whip to soft peaks.
3. Add the sugar, a tablespoon at a time and whisk until fully incorporated and smooth and glossy.
4. Pour the mixture onto a lined baking tray to make two separate discs until around 5cm high and one slightly smaller than the other. Transfer to the oven and immediately turn down to 100°C. Bake for an hour, then turn off the oven and leave overnight.
5. To make the boozy cherry sauce, empty the can of cherries into a small pan with the Amaretto, thyme and cinnamon and heat until it becomes thick and sticky. Allow to cool and then blend and pass through a sieve.
6. For the vegan whipped cream, remove the coconut milk from the fridge (the water should have separated from the cream, if it hasn't you may not have full fat coconut milk) and tip the whole contents of the can into a cold, clean bowl. Whisk the cream until light and fluffy and add the icing sugar. Whisk until incorporated and keep in the fridge until use.
7. To assemble, place half of the cream and cherry sauce on the larger meringue, place the second meringue disk on top, spread with cream, the rest of the sauce and top with the fresh berries, cherries, almonds and a scattering of thyme leaves.



## 5-A-DAY PORTIONS

*One serving counts as 1 of your 5-A-DAY target of fruit and vegetable portions.*




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