

CANNED FOOD UK

www.cannedfood.co.uk

CANvenient bites

Canned Food Vegetarian & Vegan Recipes





WELCOME

to the CANvenient Bite vegetarian and vegan recipe booklet. Eight delicious recipes using many of our favourite canned foods.

We're all looking for convenient and easy meal options but it is equally important to ensure a healthy, balanced diet, so these dishes are not only CANvenient and easy to put together but also nutritious. Our recipes use store cupboard essentials, which means they can be rustled up in minutes.

Why we love canned food...

- **Canned foods are cooked in the can, locking in nutrients**
- **Can count towards 5-A-Day nutritional requirements**
- **Can contribute to a balanced and healthy diet**
- **Convenient, quick and easy to use**
- **Good quality and affordable**
- **Cans are 100% recyclable**
- **Cans can be recycled again and again**

More canned food recipes and inspiration are available via

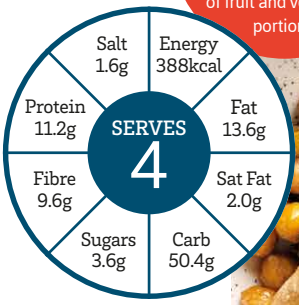
www.cannedfood.co.uk

Pumpkin Gnocchi
with Garlicky Spinach and Crispy Chickpeas

Vegetarian | Vegan

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

500g floury potato (e.g. Maris Piper or King Edward)
salt and black pepper, to season
1 x 400g can chickpeas, drained
4 tbsp olive oil
1 tsp sea salt
½ x 400g can pumpkin
120g plain flour
1-2 garlic cloves, thinly sliced
1 x 400g can spinach, drained
4 tbsp sunflower oil



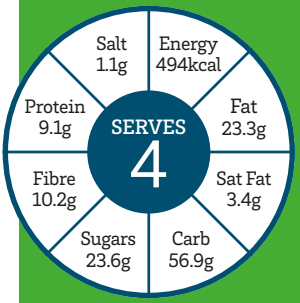
1. Pre-heat the oven to 200°C.
2. Peel and cut the potatoes into large pieces. Place the potatoes in a pan of salted boiling water and cook for 15 minutes. Drain thoroughly and then mash the potato. Season with salt and pepper. Allow to cool.
3. Meanwhile, dry off the chickpeas with kitchen towel. Toss with 2 tbsp. olive oil and salt. Spread out on a large baking tray. Roast in the oven for 20-30 minutes until golden and crispy.
4. Mix the pumpkin gently into the potato, and gradually stir in the flour until you have a dough that is soft and slightly sticky. Work the dough as quickly and as little as possible or it will become very sticky.
5. Tip onto a lightly floured work surface and divide into 4 pieces. Roll each piece into a long log, approx. 2cm thick. Cut the log into approx. 2cm pieces. Place the gnocchi onto a large floured baking tray (make sure they don't touch or they will stick together). Repeat with the remaining dough.
6. Heat half the oil in a frying pan and sauté the gnocchi for a few seconds on each side until golden brown and remove.
7. Heat the remaining oil in a large frying pan, add the garlic to gently soften. Stir through the spinach and continue to cook for 2 – 3 minutes until warmed through. Add the warm gnocchi. Gently toss together and serve topped with the crispy chickpeas.





Jackfruit Nachos

Vegetarian | Vegan | (Gluten free if using GF tortillas)



½ tbsp sunflower oil
1 onion, finely chopped
1 x 400g can jackfruit, drained and rinsed
½ bunch coriander
2 tsps chipotle paste
1 x 400g can chopped tomatoes
½ tbsp dark brown sugar
200g bag tortilla chips
1 ripe avocado
½ lime
1 x 400g can black beans
2 large tomato, diced

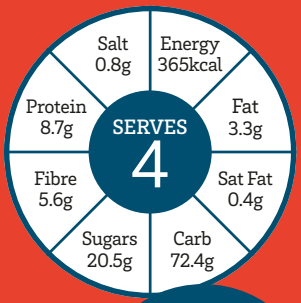
5-A-DAY PORTIONS:
One serving of this recipe counts as **3 of your 5-A-DAY target** of fruit and vegetable portions.

1. Heat the oil in a large saucepan and cook the onion until starting to soften.
2. Cut the jackfruit into 1 – 2cm pieces and finely chop the coriander stalks (saving the leaves), then stir both into the onion.
3. Add the chipotle paste, tomatoes, brown sugar and 250ml water. Stir together and bring to the boil.
4. Turn the heat down and simmer for approx. 30 minutes, stirring occasionally.
5. Pre-heat the oven to 200°C and place the tortillas in an oven proof dish.
6. Scoop out the avocado, squeeze over the lime and mash with a fork. Season to taste.
7. Stir the black beans into the jackfruit mixture and cook for a further 5 – 8 minutes until the beans start to soften. Add a little extra water if it looks a little thick or too dry.
8. Warm the tortillas for 5 – 10 minutes in the oven. Top with the jackfruit mixture, avocado and tomatoes. Tear and scatter over the reserved coriander leaves to serve.



Jackfruit Jambalaya

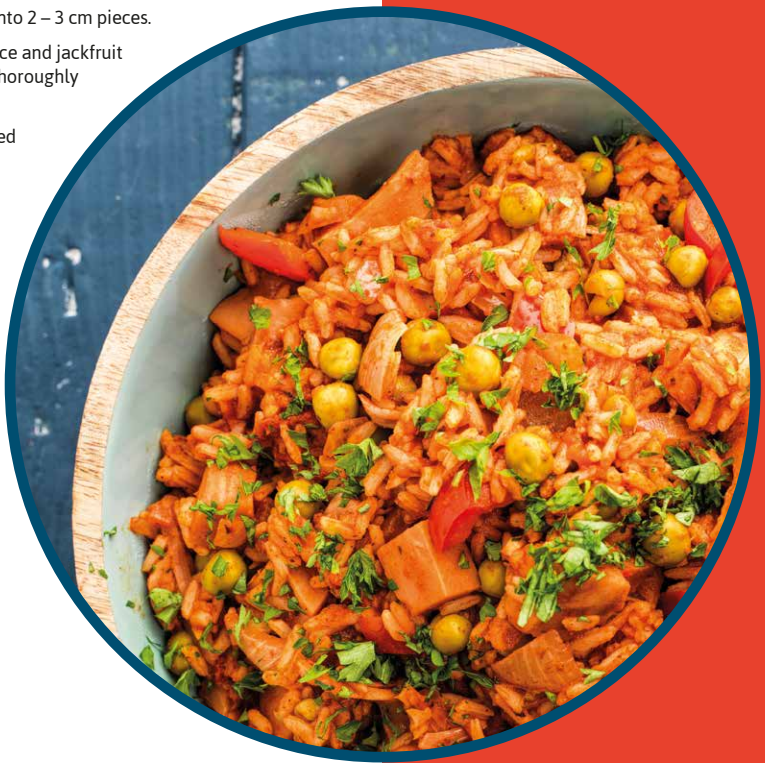
Vegetarian | Vegan | Gluten free



5-A-DAY PORTIONS:
One serving of this recipe counts as **3 of your 5-A-DAY target** of fruit and vegetable portions.

½ tbsp sunflower oil
1 x onion, diced
1 red pepper, diced
2 garlic cloves, crushed
1 x 400g can jackfruit, drained
½ tbsp Cajun seasoning
1 tbsp smoked paprika
½ tbsp dried mixed herbs
250g long grain rice
500ml warm vegetable stock
1 x 400g can cherry tomatoes
1 heaped tbsp canned tomato puree
1 x 140g can garden peas, drained
fresh parsley, to serve

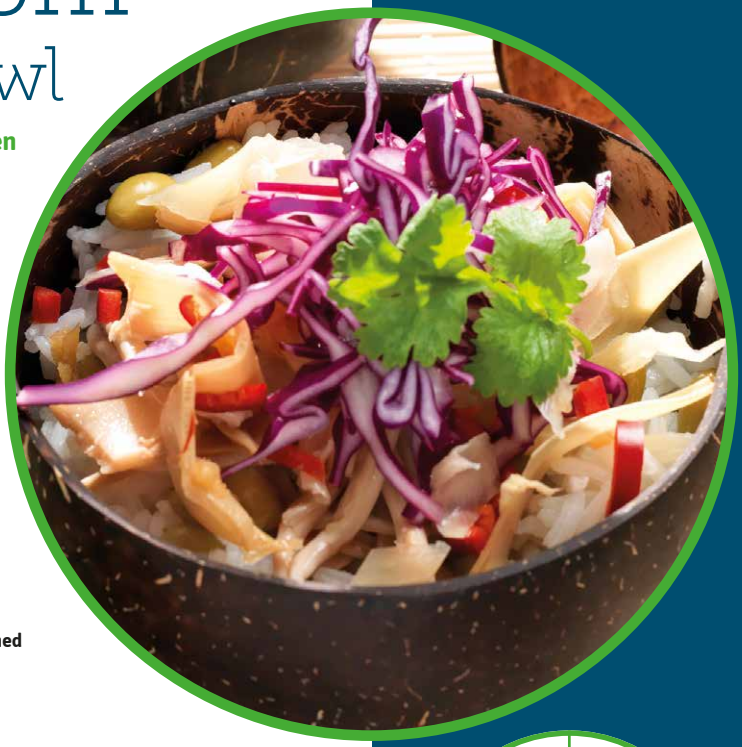
1. Heat the oil in a large saucepan and fry the onion and pepper until softened. Add the garlic and cook for a further 1 – 2 minutes.
2. Meanwhile, cut the jackfruit into 2 – 3 cm pieces.
3. Stir the spices, mixed herbs, rice and jackfruit into the onion mixture, until thoroughly coated.
4. Add the vegetable stock, tinned cherry tomatoes and tomato puree. Gently stir through and bring to a simmer. Cover and cook gently for 30 – 35 minutes, stirring occasionally.
5. In the last 2 minutes, stir through the peas and continue to simmer until the rice is cooked.
6. Season to taste and serve with a handful of roughly chopped fresh parsley.





Banana Blossom Grain Bowl

Vegetarian | Vegan | Gluten free



2 tbsp tamari

1 tbsp sesame oil

2 tsp grated root ginger

½ red chilli, deseeded and finely sliced

1 x 500g can banana blossom, drained and rinsed

4 tbsp Japanese rice vinegar

3 tsp caster sugar

¼ red cabbage, finely shredded

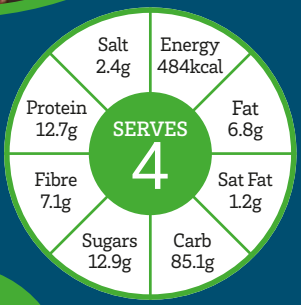
300g jasmine rice

1 x 400g can edamame beans, drained

pickled ginger, to serve

coriander, to serve

1. Mix together the tamari, sesame, ginger and chilli. Slice the banana blossoms in half, pat dry with kitchen paper and stir it through the tamari mixture. Leave to marinate.
2. In a medium bowl, mix together the rice vinegar, sugar and a pinch of salt. Stir through the red cabbage and leave to marinate.
3. Cook the jasmine rice according to pack instructions. In the last minute of cooking add the edamame beans to heat through.
4. When the rice is cooked, drain the liquid off the red cabbage and stir through the warm rice.
5. Divide the rice between 4 serving bowls and top with the banana blossom, cabbage, pickled ginger and coriander. Drizzle with a little of the tamari marinade to serve.



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

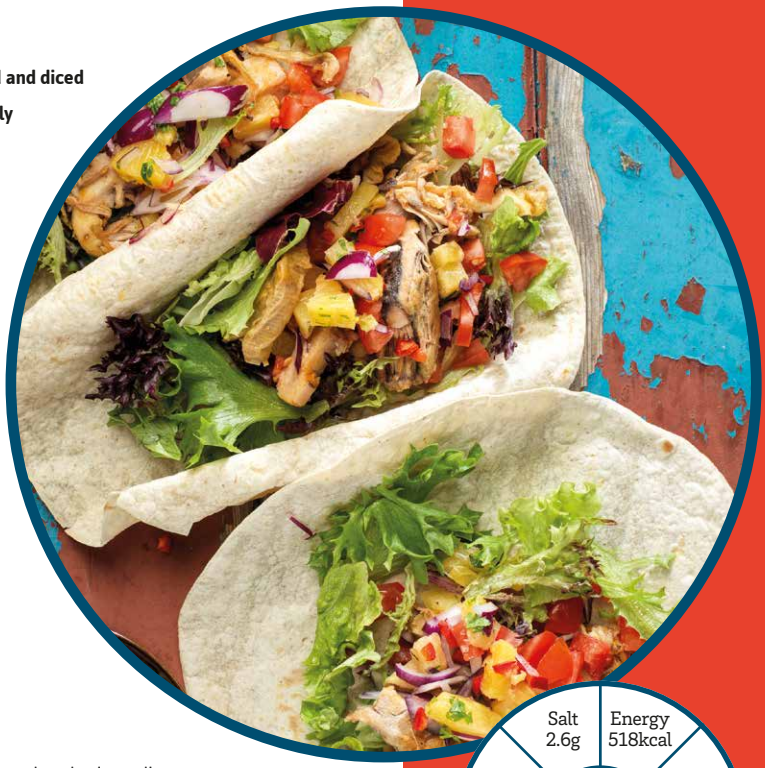




Fish' Tacos with Pineapple Salsa

Vegetarian | Vegan | (Gluten free if using GF flour and tortillas)

COOK'S TIP: this recipe can be gluten free too, simply use gluten free flour for the coating and gluten free tortillas.



Pineapple salsa

1 x 400g can pineapple, drained and diced

1 x red chilli, deseeded and finely chopped

1 red onion, finely sliced

1 lime, juice and zest

large handful of coriander, roughly chopped

Banana blossom

3 tbsp plain flour, plus a little for dusting

1 tsp Cajun seasoning

1 x 400g can banana blossom, drained and rinsed

To serve

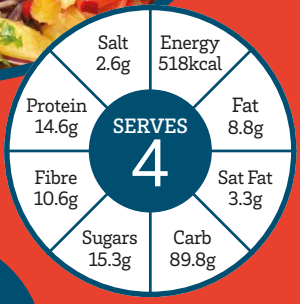
8 x medium tortillas

1 bag mixed salad

½ red onion, finely sliced

3 medium tomatoes, diced

1. Mix together all of the pineapple salsa ingredients and set aside for the flavours to develop.
2. Pre-heat the oven to 200C. Grease a large baking tray with oil.
3. Mix the flour and Cajun seasoning together. Dry the banana blossom on kitchen paper and lightly dust with flour all over to coat and place onto the baking tray.
4. Place into the oven and bake for 25 – 30 minutes, turning half way through, until lightly golden and crispy.
5. Warm the tortillas as per pack instructions and serve with the warm banana blossom, mixed salad, onion, tomatoes and the pineapple salsa.



5-A-DAY PORTIONS:
One serving of this recipe counts as **3 of your 5-A-DAY target** of fruit and vegetable portions.

Meringue Wreath

with Christmas Spiced Apricots

Vegetarian | Gluten free

COOK'S TIP: Refrigerate the coconut milk upside down, so that the liquid is on the top when you open it.



1 x 400g can chickpeas, drained and liquid reserved

125g caster sugar

2 tbsps. dark brown sugar

½ tsp mixed spice

1 tsp cinnamon

1 tsp vanilla extract

2 x 400g can apricot halves, drained and juice reserved

1 x 400g can coconut milk, refrigerated overnight

1 heaped tbsp. icing sugar

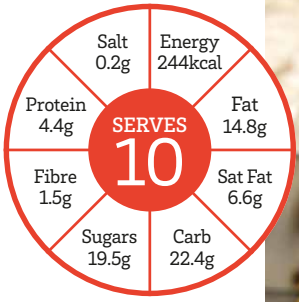
1. Pre-heat the oven to 120°C. Line a large baking sheet with baking parchment. Using a plate or cake tin, draw a 28cm circle on the parchment (remember to turn it over or you may get pencil on your meringue).
2. Using a stand mixer whisk the chickpea liquid for approx. 10 minutes until thick and forms soft peaks. 1 teaspoon at a time, add the caster sugar whisking between each addition. Then, continue whisking for 2 – 3 minutes to ensure all the caster sugar is combined.
3. Using a large spoon, spoon the meringue onto the parchment in large blobs to make a wreath shape, using the pencil circle as a guide. Using the back of a spoon, make a dip in the top of each blob.
4. Bake for 2 - 2.5 hours until crisp, then turn off the oven and leave to cool with the oven door shut, for approx. 1 hour. Remove from the oven and store in an airtight container (if not using straight away).
5. Pre-heat the oven to 200°C. In a large bowl mix together the brown sugar, spices and vanilla. Gently stir through the drained apricots to coat. Spoon the mixture onto a baking tray and roast for 12 – 15 minutes until warmed through and the sugar has melted.
6. Open the coconut milk tins and pour off the clear liquid. Whisk the coconut cream until thick. Gently stir through the icing sugar. Add a little of the reserved apricot juice if the cream is too thick.
7. To serve, place the meringue wreath onto a large flat plate and top with the coconut cream and apricots. Sprinkle with a little extra cinnamon, if desired.





Strawberry Semifreddo

Vegetarian | Gluten free



2 x 400g can strawberries in syrup

2 x 170ml can thick cream

1 x 400g can custard

1 tsp vanilla extract

25g pistachio nuts, roughly chopped

15g cornflour dissolved in 1tsp water

1. Line a 1kg loaf tin with cling film so enough hangs over the edge, to be folded over the top when the tin is full. Then, repeat (a double layer of cling film, makes lifting out easier).
2. Drain the strawberries from 1 of the cans and reserve the syrup. Cut the drained strawberries into 1 – 2cm pieces.
3. Whip the cream until it forms soft peaks. Gently stir in the canned custard, vanilla, strawberry pieces and 3 tbsps. of the reserved syrup. Place the rest of the syrup in a pan, heat through and add the cornflour and simmer for two minutes until thickened.
4. Pour the semifreddo mixture into the lined loaf tin, smooth the top and place into the freezer. Freeze overnight.
5. To serve, thaw the semifreddo in the fridge for 1 – 2 hours, until just starting to soften. Remove it from the tin and carefully peel off the cling film.
6. Drain the strawberries from the remaining can, cut into quarters and serve scattered over the semifreddo with the reserved strawberry syrup and pistachio nuts.



Spiced Cherry Semifreddo

Vegetarian | Gluten free

2 x 400g cans black cherries in syrup, drained and syrup reserved

¼ tsp mixed spice

1 cinnamon stick

1 tsp vanilla extract

1 – 2 tbsp dark brown sugar

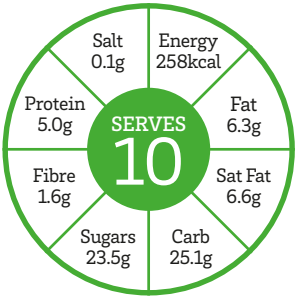
2 x 170g cans thick cream

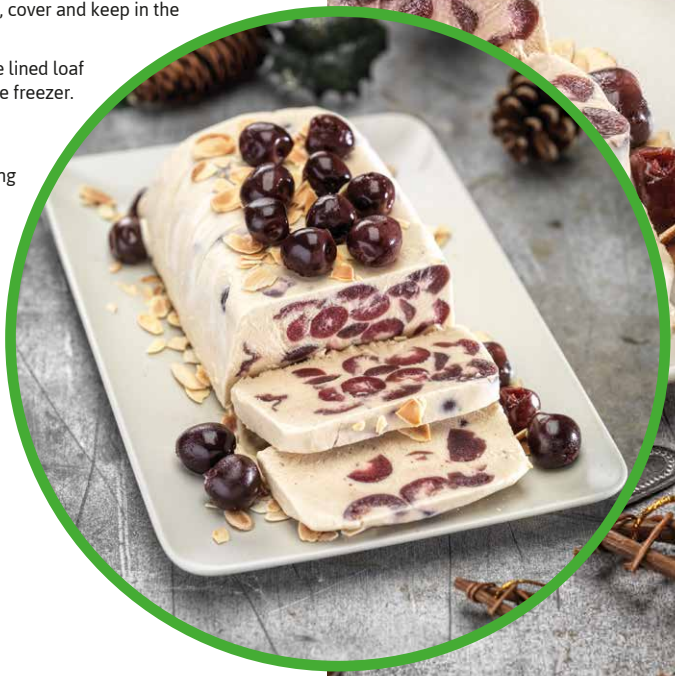
1 x 400g can custard

25g toasted flaked almonds

20g cornflour dissolved in 2tbsp water

1. Line a 1kg loaf tin with cling film so enough hangs over the edge, to be folded over the top when the tin is full. Then, repeat (a double layer of cling film, makes lifting out easier).
2. In a medium saucepan simmer the cherry syrup, spices, vanilla and sugar for 4 – 5 minutes until the sugar has dissolved add the cornflour and simmer for two minutes until thickened. Cut the cherries in half and stir into the syrup. Take off the heat and leave to infuse. Once cold, strain off the syrup and reserve.
3. Whip the cream until it forms soft peaks. Gently stir in the canned custard, half of the cherries and 2tbsp of the reserved syrup. Place the rest of the syrup and cherries in a container, cover and keep in the fridge.
4. Pour the semifreddo mixture into the lined loaf tin, smooth the top and place into the freezer. Freeze overnight.
5. To serve, thaw the semifreddo in the fridge for 1 – 2 hours, until just starting to soften. Remove it from the tin and carefully peel off the clingfilm.
6. Drain the remaining cherries from the syrup. Serve scattered over the semifreddo with the flaked almonds and a little of the reserved cherry syrup.







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