



ST PETER'S  
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 1

## Peanut & Sweet Potato Stew

### The Well Recipe Card

#### Ingredients

- 1 tbsp oil
- 1/2 onion, finely chopped
- 2 garlic cloves, very finely chopped
- thumb-sized piece ginger, very finely chopped
- **6 tbsp smooth peanut butter**
- 1-2 sweet potato, peeled and cut into bite sized chunks
- 1 veg stock cube made with 1 can hot water
- 1 can coconut milk
- 1 pack passata
- 6-8 spring green leaves, chopped roughly

#### Optional Extras

- Chopped Peanuts for garnish
- Rice or Bread

#### Method

Melt 1 tablespoon of oil in a pan over a medium heat and soften the onion for 5 mins. Add 2 finely chopped garlic cloves and finely chopped piece of ginger, and cook for 1-2 min until fragrant.

Stir in the passata, stock with hot water, coconut milk and potato.

Bring to a gentle boil and cook, uncovered, for 20 minutes or until the sweet potato is soft.

Stir through the peanut butter and spring greens and cook for a further 10 minutes on low. Serve with cooked rice or bread, and if you want some crunch, sprinkle over a few (optional) dry roasted peanuts.





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Serves 2

## Minestrone Soup

### The Well Recipe Card

#### Ingredients

- 1 tablespoon oil
- 1 onion, roughly chopped
- 2 cloves garlic, finely chopped
- 2 carrots, chunkily chopped
- ½ celeriac, chunkily chopped
- 6 spring green leaves, chopped roughly
- 1 can chopped tomatoes
- 1 can peas, drained
- 1 stock cube
- Water (2 cans worth)
- 100g pasta
- Herby spice mix
- A little salt

#### Method

**Heat 1 tablespoons of oil in a large pan. Add the chopped onion and garlic and cook gently for 5 – 10 mins until softened. Add the herb blend and cook for another minute or two.**

**Add the all of the other ingredients except the pasta and bring to a boil over medium heat. Let it boil gently for about 10 minutes.**

**Then add the pasta and cook for another 10–15 minutes or until the pasta is to your liking. Season with a little salt and serve with a (optional) chunk of bread and butter**







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## Red Bean and Pepper Chilli

### The Well Recipe Card

#### Ingredients

- 1 tbsp Oil
- 1 onion, thickly slices chopped
- 1 pepper, deseeded and sliced thickly
- **Smoky herb spice blend**
- 1 can kidney bean
- 1 box chilli and pepper passata
- 100g rice to serve (or optional nacho chips)

#### Optional Extras

- Sour cream
- guacamole
- Cheese
- jalapenos

#### Method

Heat the oil in a large pan. Add the onion and peppers, and cook for about 10 minutes until softened. Add in the spice blend and cook for a few more minutes.

Tip in the beans and chilli passata, mix well and bring to a gentle boil for 15 mins or until the chilli is thickened and the veg soft. Salt to taste and serve with rice or turn into nachos by serving on nacho chips with any of the optional extra toppings.

#### Rice cooking instructions:

Boil a kettle of water and add to a pan on a medium heat (or just fill a pan with water and bring to the boil). Once the water is boiling add your rice, stir it and boil gently (it is on too high if the pan starts to boil over) for 10-12 minutes or until the rice is soft.

Drain and serve.





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## Vegetable Korma Curry

### The Well Recipe Card

#### **Ingredients**

- 2 Tablespoons Oil
- 1 Can Coconut Milk
- 1 Onion White, roughly chopped
- 1 teaspoon fresh garlic, finely chopped
- 1 teaspoon fresh ginger, finely chopped
- Korma spice blend
- Tomato Paste (130g)
- Vegetables, chopped into bite-size chunks - ½ cauliflower, 1 carrot, 1 red pepper
- A little Salt
- 150g Rice

**Optional Extras** - Poppadoms and Coriander

#### **Method**

Heat a tablespoon of oil in a pan and add the chopped onion, garlic and minced ginger. Once golden brown add the spice blend and cook at a low-medium heat for a few more minutes until the spices started smelling really good.

Next, add in the tomato paste and chopped vegetables and give it all a good stir to coat the vegetables in the spices.

Then add in the coconut milk and boil gently on a low heat until all the vegetables are cooked (About 15-20 minutes). Add a little salt to taste.

Whilst the curry is cooking, boil a kettle of water and add to a pan on a medium heat (or just fill a pan with water and bring to the boil). Once the water is boiling add your rice, stir it and boil gently (it is on too high if the pan starts to boil over) for 10-12 minutes or until the rice is soft. Drain and serve the rice with the curry and any (optional) extras.







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## Squash, Glazed Peach & Barley Salad

### The Well Recipe Card

#### Ingredients

- 1/2 butternut squash, peeled and cut into cubes
- 1 tablespoon ground cumin
- Oil
- 1 can barley, drained
- 1 can peaches, syrup drained and set aside
- 8 yellow cherry tomatoes, sliced in half
- ½ head romaine lettuce, sliced into thin shreds
- 1 spring onion, green stem removed and white bulb finely sliced
- Salt to taste

#### Dressing

- Equal parts oil and peach syrup
- 1 garlic clove, finely chopped
- Juice of ½ lemon (or more if desired)
- Salt to taste

#### Method

Preheat the oven to 180c. Place the peeled and cubed squash on the tray and cover with a little oil, a tablespoon of cumin and salt. Give it all a mix so that the squash is well coated.

Place in the preheated oven and roast until golden brown (approximately 20 minutes). Add a squeeze of lemon juice when they are done.

Whilst the squash roasts, heat a pan on a medium-high heat. Once hot, place peach segments onto the pan and let them get nice and golden brown, this should take 2-3 minutes per side – then flip and do the other side.

Mix all the dressing ingredients together and taste – adjust to your own liking with any spice/herb additions or any more or less oil/syrup. Once you've got it tasting good – set aside.

Prepare the spring onion, tomato and lettuce as written above and add to a big bowl (or pan) along with the drained barley. Add the squash once roasted and as much dressing as you would like. Mix really well to coat everything in dressing.

Serve with the glazed peaches decorating the top and eat any leftovers for dessert (they go nicely with some ice-cream!)





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## Enchiladas

### The Well Recipe Card

#### Ingredients

- 1 jar chilli and pepper passata
- 2 tablespoons of any oil
- 1 onion, finely chopped
- 1 pepper, finely chopped
- 5 mushrooms, thinly sliced
- Mexican Spice Blend
- 6 leaves of spring greens, roughly chopped 150g
- 1 can beans, drained and rinsed
- Salt, to taste
- 8 Tortillas

#### Optional Extras

- Cheese

#### Method

Preheat oven to 180c degrees. Lightly oil a deep oven tray (about a finger deep).

In a pan over medium heat, heat the oil. Add the onions and cook for about 5 to 7 minutes until soft. Add the mushroom and pepper and cook, stirring occasionally, for about 8 minutes or until the peppers are soft and the mushrooms are browned.

Add the Mexican spice blend, stir to coat all the veg and cook until smelling good, about 1 minute. Add the spring greens, a few handfuls at a time, stirring until it has reduced in size.

Add the drained beans and enough passata sauce to get all the veg wet but not swimming in sauce. Season with a little salt to taste.

**Assemble the enchiladas:** Pour some passata sauce into your prepared pan and tilt it from side to side until the bottom of the pan is evenly coated. To assemble your first enchilada, spread a few tablespoons of the pepper/mushroom filling mixture down the middle of a tortilla, then roll up into a wrap. Place it seam side down against the edge of your pan. Repeat with remaining tortillas and filling until the tray is full.

Drizzle the remaining passata sauce evenly over the wraps in the tray, leaving the edges of the wraps bare so they can crisp a little in the oven. Sprinkle with (optional) cheese.

Bake for 20 minutes (or until your cheese is bubbling if adding any). Then serve.







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## Festive Pecan-Stuffed Peppers & Roasted Brussel Sprouts

### The Well Recipe Card

#### **Ingredients**

- 100g rice
- 2 bell peppers, any colour
- 2 tablespoons oil
- 1/2 onion, finely chopped
- 4 mushrooms, chopped into small bits
- 1 carrot, cut into bite sized chunks
- 50g Pecans, chopped roughly into chunks
- ½ can chopped tomatoes
- 1 handful of Brussels sprouts, outer leaves removed and cut in half
- salt, to taste
- freshly ground black pepper, to taste

#### **Method**

Preheat the oven to 180c.

In a small pan bring salted water to a boil over medium heat and cook the rice for 10-12 minutes. Drain and set aside.

Cut off the tops of the bell peppers ("lids") and set aside. Scoop out the inside and discard the seeds. Wash the peppers carefully and set aside.

In a large pan heat 2 tablespoons of oil, add the onion and fry for 2-3 minutes until soft. Add the mushrooms and carrots and fry for a further 8-10 minutes, stirring occasionally.

Add the smoky spice blend, stir well and cook for another few minutes until it smells lovely. Remove from the heat. Add the cooked rice, chopped tomatoes, chopped pecans and stir until well combined. Season to taste with salt.

Divide the mixture between the peppers and place the "lids" on top.

Place the stuffed peppers on a lightly oiled baking tray along with the brussels sprouts, cover the sprouts in a little oil and salt. Bake for 20 minutes, until slightly brown on the edges and serve.

