

On a floured surface, roll the pastry out to a thickness of 1cm ($\frac{1}{2}$ in). Use a cutter or small saucer to cut out 4 circles 10-12cm (4-4 $\frac{1}{2}$ in) across and transfer to a lightly greased large baking sheet. Lightly score a circle 1cm ($\frac{1}{2}$ in) from the edge of each one. When the onions have cooled, preheat the oven to 200°C, fan 180°C, gas 6 and divide the onions equally between the inner circles of the tart cases. Brush the outer rings with beaten egg – they will puff up and hold the filling. Crumble the goats' cheese over the onion, and bake on the centre shelf of the oven for 15-18 minutes.

Per serving 443cals; 27g fat, of which 7g saturated fat; 42.8g carbohydrate; 11.3g protein; 5.2g added sugar; 0.9g salt; 2.5g fibre

Butternut squash kutta

Serves 4

This is one of those Indo-Iraqi soupy stews that we love. This particular dish is traditional for the Jewish New Year. Serve with rice.

Prep time 25 minutes

Cook time 30 minutes

Do ahead The stew can be made up to a day ahead. Add the juice, mint, almonds and sugar then gently reheat

50g (2oz) blanched almonds
1 tablespoon olive oil
1 large red onion, peeled and chopped
3 cloves garlic, peeled and crushed
2cm ($\frac{3}{4}$ in) chunk root ginger, peeled and grated
1 teaspoon turmeric
500g (1lb 2oz) butternut squash, peeled, deseeded and cut into 3cm ($\frac{1}{4}$ in) cubes
400g (14oz) fresh or tinned tomatoes, roughly chopped
handful sultanas
2 sticks celery, chopped
handful celery leaves
juice 1 lemon
small handful fresh mint leaves, chopped
1 tablespoon caster sugar
few fresh coriander leaves, to garnish

Heat a large, deep-sided frying pan and toast the almonds in it for a minute, then tip them out of the pan and halve or roughly chop them. Add the oil to the pan, followed by the onion, garlic, ginger and turmeric and cook together, stirring, over a medium heat for 3-4 minutes.

Add the butternut squash cubes, tomatoes, sultanas, celery, celery leaves, 400ml (14fl oz) of water and some salt to season. Bring to the boil and simmer, covered, until the butternut squash is tender, 20-25 minutes.

Stir in the lemon juice, mint, almonds, and sugar, and cook for a further 5 minutes. Garnish with the coriander.

Per serving 213cals; 9.4g fat, of which 0.8g saturated fat; 27.9g carbohydrate; 6.1g protein; 5.2g added sugar; 0.1g salt; 4.8g fibre

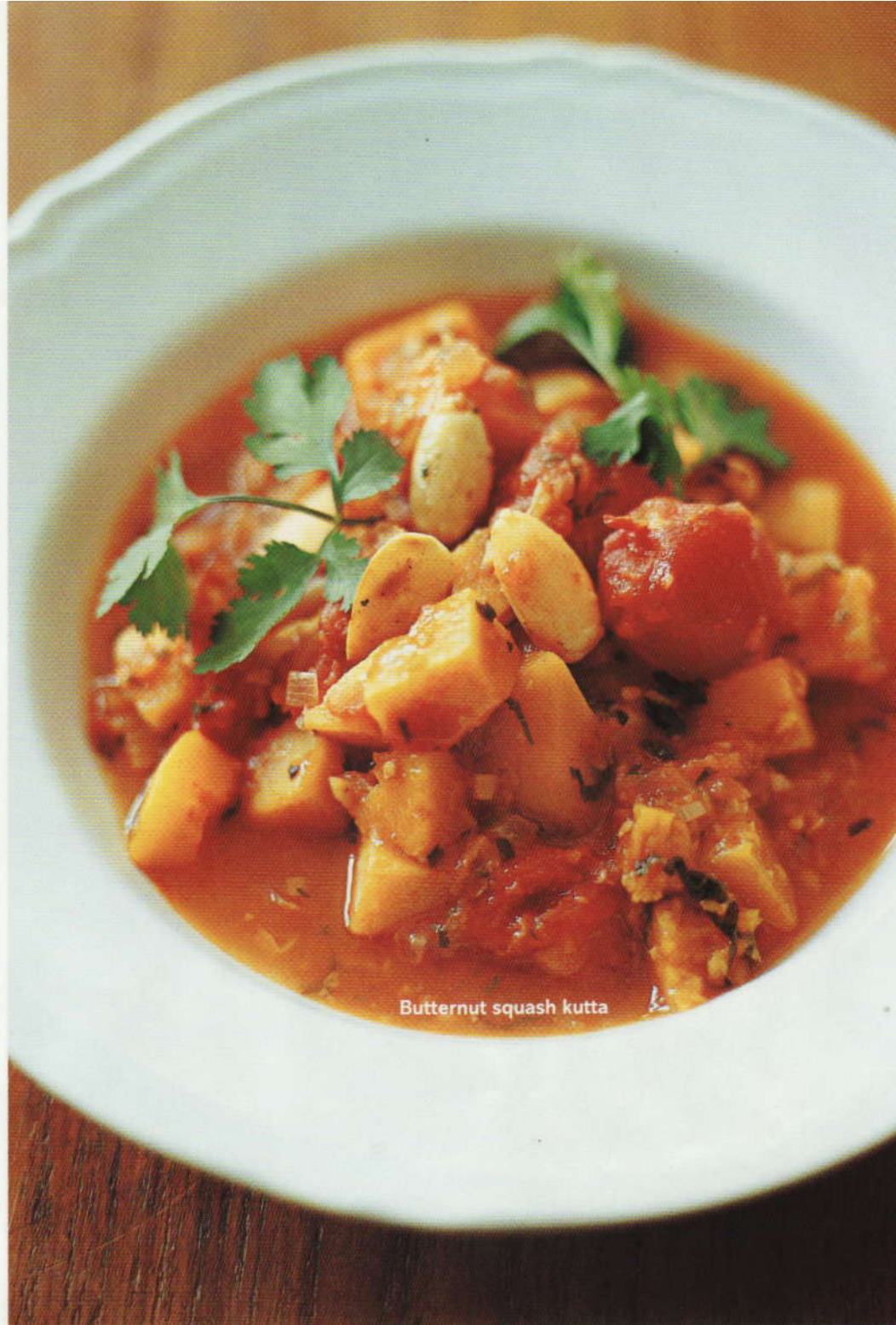
Turkish salad

Serves 4

Turkish salad to us is not Turkish and it is not a salad – it's really more of a relish, usually found on falafel stands around Israel. It is sweet, a little spicy, and very piquant. It makes a good complement to crudités and fritters, or can be served with tortillas or a slice of grilled halloumi.

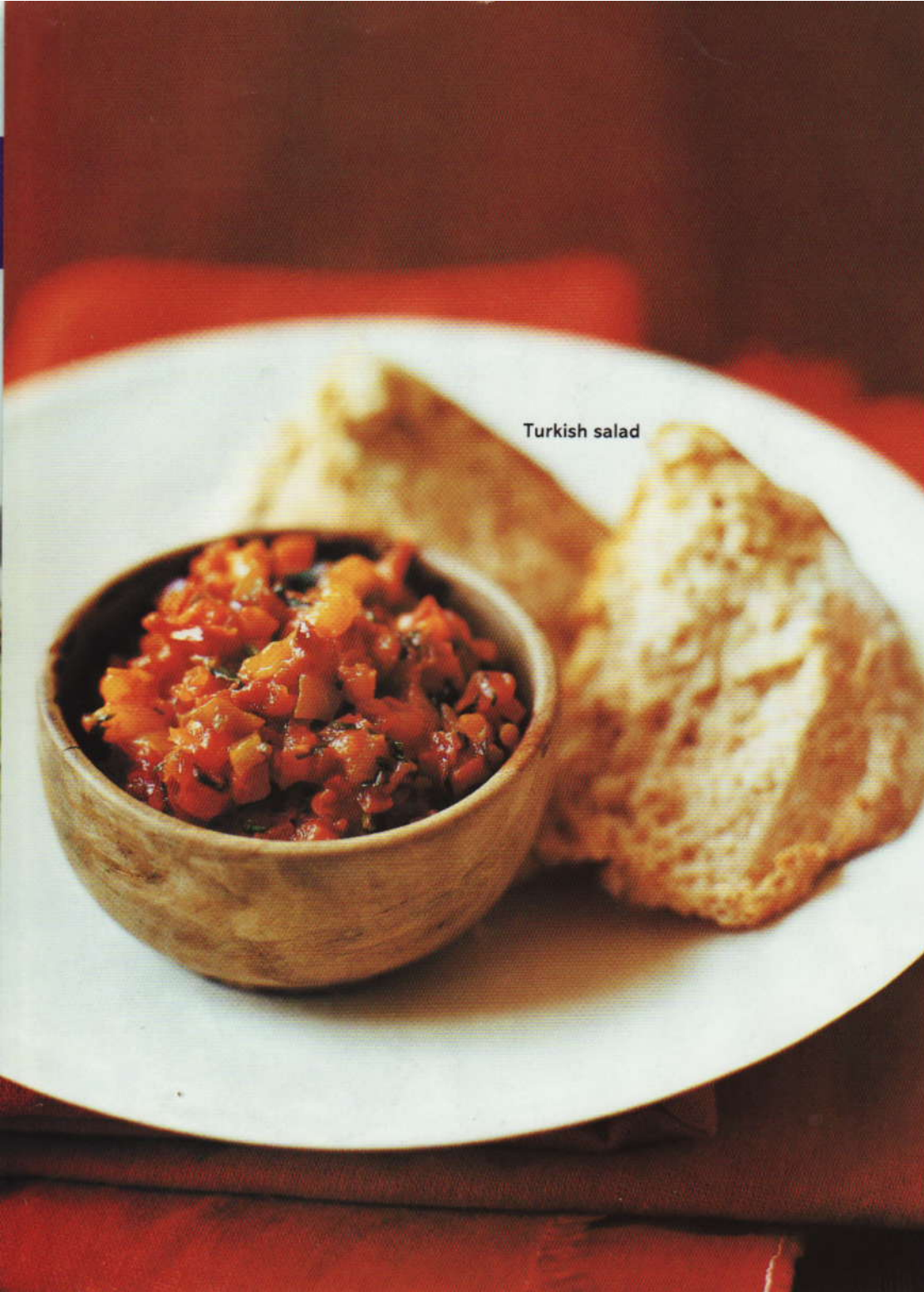
Prep time 40 minutes, plus 30 minutes' chilling

Cook time 35 minutes ▶



Butternut squash kutta

Turkish salad



Do ahead The salad can be made 2 hours ahead and kept in the fridge

5 red peppers
2 orange peppers
2 tablespoons olive oil, plus a little extra for oiling the peppers
1 red chilli, deseeded and finely chopped
1 large red onion, peeled and finely chopped
100g (3½oz) tomato purée
2 tablespoons caster sugar
2 tablespoons red wine vinegar
handful fresh coriander leaves, chopped

Preheat the oven to 220°C, fan 200°C, gas 7. To roast and skin the peppers, oil them lightly and roast them on a large baking tray for 15 minutes, turning occasionally. When they are ready, place in a large plastic freezer bag. Tie the bag and leave the peppers to sweat for 20 minutes. This process will allow the skins to be removed very easily.

In a large frying pan and over a low heat, fry the chilli and then the onion in the 2 tablespoons of oil for 5-6 minutes until the onion is translucent, then add the tomato purée, sugar, vinegar, coriander and 3 tablespoons of water. Continue to cook for a further 5-6 minutes. Remove from the heat.



OFFER

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Skin, deseed and finely dice the peppers, and stir into the mixture. Cool and chill for at least 30 minutes before serving.

Per serving 195cals; 5g fat, of which 0.8g saturated fat; 33.8g carbohydrate; 4.7g protein; 10.4g added sugar; 0.2g salt; 6g fibre

Potato mammoosa

Serves 4

This simple and quick-to-prepare dish – a spicy scrambled egg with tomatoes and potato – is almost the perfect brunch. We love to eat mammoosa with warm pitta bread and chutney or any other chilli sauce we have to hand.

Prep time 15 minutes

Cook time 30 minutes

2 tablespoons olive oil
2 green chillies, deseeded and finely chopped
1 teaspoon turmeric
1 red onion, peeled and chopped
500g (1lb 2oz) potatoes, peeled and cut into 1cm (½in) dice
2 medium tomatoes, finely chopped
4 medium eggs, beaten
1 tablespoon finely shredded fresh coriander, plus a few fresh coriander leaves to garnish

Heat the olive oil in a large lidded frying pan, then add the chillies and turmeric, followed quickly by the chopped onion. Cook over a medium heat for 3-4 minutes, until translucent.

Add the diced potato and stir well for 3-4 minutes. Cover the pan, reduce the heat to low, and continue to cook for a further 10 minutes.

Add the chopped tomatoes, cover, and cook for another 10 minutes. Add the eggs and the shredded coriander, and scramble gently into the potato mixture for 3-4 minutes. Season with salt and garnish with the coriander leaves. Serve immediately.

Per serving 225cals; 9.8g fat, of which 2.1g saturated fat; 25.8g carbohydrate; 9.8g protein; no added sugar; 0.2g salt; 2.6g fibre □