

A hand is pouring a golden liquid, likely honey, from a glass jar into a bowl of granola. The granola consists of various ingredients including almonds, raisins, and pieces of fruit. The entire scene is overlaid with a dark blue, semi-transparent filter. The text 'full.' is centered in the middle of the image, with a circular border of the same text around it.

full.

a good starter



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

# Roast Squash with Kimchi Butter

created for you by Rachel de Thample

# Roast Squash with Kimchi Butter

Makes 4 portions  
Preparation time: 20 mins  
Cooking time: 45 mins – 1 hour  
Season: October to March  
(Autumn/Winter)

## A starter from Rachel de Thample

*“The joy of growing and buying squash is that most varieties are made for storing to provide winter fuel. My knee-jerk method for preparing it is the simplest: to roast them. From there, you can blend it into a soup, mash it with olive oil, or drizzle something delicious over the top, like this umami-rich mix of kimchi brine and butter.”*

## Ingredients

- 1 squash (a medium Red Kuri is my favourite here)
- 1 tbsp (15ml) olive oil, or ghee
- 4 tbsp (55g) butter, softened
- 4 tbsp (60ml) kimchi brine (from a jar of kimchi)
- Sea salt and freshly ground black pepper

### Suggested toppings:

- A sprinkle of microgreens or sprouts, to serve

## Preparation

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Set a large roasting dish (where possible, avoid non-stick cookware) in the oven to heat up.
2. Cut the squash in half if small, in quarters if medium or into 4–5cm thick wedges if large. Scoop out the seeds (use them to test your sprouting skills, or roast them, or compost them).
3. Put the oil or ghee in the heated dish. Arrange in the squash, coating it in the fat and leaving it cut side down, or on one of the cut sides, if in wedges. Roast for 30 minutes.
4. Remove the pan from the oven, flip the squash to the other side (or cut side up if you have halves). Roast for a further 15–30 minutes, or until fully tender and visibly caramelised around the cut edges.
5. While it cooks or slightly cools, blend the butter and kimchi brine together: mix it in a bowl with a spoon, or use a stick blender or food processor for a lighter whipped result.
6. Dot the kimchi butter over the squash, to taste. If you have extra, the butter will keep nicely in the refrigerator for 1 week, or in the freezer for 1 year.
7. Serve sprinkled with microgreens or sprouts, if you like.

### Chef's tip

*It's worth making extra kimchi butter to have on hand for other things such as fish (it makes an instant sauce), or to be tossed with noodles or rice.*

## Why this is good for you?

Squash is a good source of carotenoids, which are responsible for the bright red, yellow, orange and purple colours of certain fruits and vegetables. Carotenoids act as antioxidants for humans and may reduce the risk of breast cancer, especially when you eat lots of them!





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**full.**

# Veggie Rainbow Lasagne

created for you by **Gemma Ogston**

# Veggie Rainbow Lasagne

Makes 4 large portions  
or 6 small portions  
Preparation time: 30 mins  
Cooking time: 50 mins  
Season: October to March  
(Autumn/Winter) & April to  
September (Spring/Summer)

## A main course from Gemma Ogston

*"This roasted rainbow veggie lasagne is a vibrant, wholesome take on comfort food. Layers of roasted seasonal vegetables, creamy béchamel, a rich tomato ragù, and tender pasta come together for a dish that's as nutritious as it is delicious. Perfectly balanced, hearty, and packed with flavour, it's a feast for all seasons!"*

### Ingredients

- Wholemeal Lasagne sheets: No-boil or cooked, as per package instructions (gluten-free sheets can also be used).
- Olive oil for roasting vegetables.
- Salt and pepper to taste.
- Seasonal vegetables (300g of each vegetable): create your own rainbow based on our seasonal calendar
  - Autumn/Winter months: Red: roasted red peppers (from a jar). Orange: carrots, thinly sliced or shredded; pumpkin or butternut squash, cubed; sweet potatoes, cubed. Yellow: yellow winter squash, cubed. Green: kale or brussel sprouts. Purple: purple/red cabbage, thinly sliced.
  - Spring/Summer months: Red: cherry tomatoes, red peppers. Orange: carrots, thinly sliced or shredded. Yellow: yellow squash or courgette, thinly sliced. Green: spinach or broccoli. Purple: aubergine, thinly sliced.

#### For the tomato ragù:

- 1 tbsp (15ml) olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 400g crushed tomatoes (from a glass jar)
- 250g squash purée (follow our recipe or buy the carton variety where possible)
- 1 small sweet potato, peeled and grated
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1/4 tsp chilli flakes (optional)

### Method

#### Prepare some of the vegetables

1. Preheat the oven to 200°C/180°C fan/gas mark 6 (400°F).
2. Toss the cubed pumpkin, sweet potatoes, and sliced carrots in olive oil, salt, and pepper. Spread them on a baking tray and roast for 20-25 minutes until tender.
3. Heat some olive oil in a large pan (where possible, avoid non-stick cookware) over medium heat. Sauté the spinach or kale until wilted; set aside.

#### Make the tomato ragù:

4. Heat olive oil in a saucepan over medium heat. Sauté the onion until translucent, then add garlic and cook for another minute.
5. Stir in crushed tomatoes, pumpkin purée, grated sweet potato, and spices. Simmer for 15-20 minutes until thickened.

#### Either: Prepare the béchamel sauce (veggie):

6. Melt butter in a saucepan over medium heat. Stir in flour and cook for 1-2 minutes until lightly golden. Gradually whisk in milk, ensuring no lumps form. Cook until the sauce thickens.
7. Remove from heat and stir in ricotta cheese, nutmeg, salt, and pepper until smooth.

*Recipe continues on the next page*



# Veggie Rainbow Lasagne

Makes 4 large portions  
or 6 small portions  
Preparation time: 30 mins  
Cooking time: 50 mins  
Season: October to March  
(Autumn/Winter) & April to  
September (Spring/Summer)

A main course from  
Gemma Ogston

## Ingredients (cont.d)

For the béchamel sauce  
(veggie):

- 4 tbsp (60g) butter
- 3 tbsp (45g) all-purpose flour  
(or gluten-free alternative)
- 500ml milk
- 250g ricotta cheese
- 1/4 tsp ground nutmeg
- Salt and pepper, to taste

For the cashew béchamel  
sauce (vegan):

- 135g raw cashews (soaked for 4-6  
hours or boiled for 20 minutes, then  
ground)
- 500ml unsweetened plant-based  
milk (e.g. almond or oat)
- 2 tbsp nutritional yeast
- 1 tbsp (15ml) olive oil
- 2 tbsp (15g) all-purpose flour  
(or gluten-free alternative)
- 1/4 tsp ground nutmeg
- 1 tsp garlic powder
- Salt and pepper, to taste



To use up leftovers, stuff bell peppers with the remaining lasagne. Add a little more grated cheese and bake for 20 minutes at 180°C/160°C fan/gas mark 4 (350°F).

## Method (cont.d)

**Or: Prepare the béchamel sauce (vegan):**

6. Heat olive oil or vegan butter in a saucepan over medium heat. Whisk in flour and cook until slightly golden. Gradually add plant-based milk, whisking constantly to avoid lumps.
7. Stir in nutmeg, salt, and pepper. Stir in ground cashews and nutritional yeast and garlic powder.

**Assemble the lasagne:**

8. Spread a thin layer of tomato ragù at the bottom of a glass baking dish. Layer lasagne sheets over the sauce. Add a layer of roasted red vegetables, followed by a layer of béchamel sauce.
9. Continue layering with lasagne sheets, orange vegetables, béchamel, yellow vegetables, green vegetables, and purple vegetables, separating each with lasagne sheets and béchamel. Finish with a top layer of lasagne sheets and a generous spread of béchamel sauce.

**Bake and serve:**

10. Cover the dish with a lid and bake at 190°C/170°C fan/gas mark 5 (375°F) for 30 minutes.
11. Remove the lid and bake for 10-15 minutes until the top is golden and bubbling. Allow the lasagne to rest for 10 minutes before slicing. Serve warm and enjoy!

## Why this is good for you?

This recipe contains lots of colourful vegetables. A diet high in fruit and vegetables (especially non-starchy vegetables and foods high in carotenoids) can help reduce breast cancer risk.



# Homemade Squash Purée

Makes 250g purée.  
Preparation time: 40 mins

## Ingredients

- 250g (summer or winter) squash – peeled, deseeded and chopped into small chunks
- 2 tbsp olive oil
- Salt and pepper

## Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6 (400°F).
2. Scatter the pieces of squash on an oven-proof dish (where possible, avoid using non-stick cookware), toss with 2 tbsp olive oil and season with salt and pepper.
3. Roast for around 25-30 minutes, until tender.
4. Remove from the oven and let cool.
5. When the squash is still warm (not hot or cold) mash using a potato masher.



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# full.

a good dessert



# Saffron Panna Cotta Pots & Poached Pears

Makes 4 portions  
Preparation time: 3 hours  
(including setting time)  
Season: September to  
February (Autumn/Winter)

## A dessert by Bettina Campolucci Bordi

*“Saffron reminds me of Sweden and panna cotta is one of my all-time favourite desserts. So why not marry those two together? The poached pear cuts through the creaminess and also adds an additional layer of colour.”*

### Ingredients

*For the poached pears:*

- 2 pears, peeled
- Poaching liquid (water)
- Juice of 1 lemon
- 5 tbsp (70g) caster (superfine) sugar
- 1/2 beetroot, peeled and diced, or  
1 tbsp (12.5g) beetroot powder

*For the panna cotta:*

- 1 litre (34 fl oz) coconut milk (use the carton variety where possible)
- 1 vanilla pod (bean), split and the seeds scraped out, or 1 tsp (5ml) vanilla paste/extract
- 3 tbsp (45ml) maple syrup
- A pinch of saffron
- 2 tbsp (30ml) agar agar

*Suggested Toppings:*

- Toasted nuts (such as almonds and walnuts)
- Edible flowers (such as cornflowers, nasturtiums and violets)

### Preparation

1. Add the pears to a small saucepan (where possible, avoid using non-stick cookware) and cover with poaching liquid.
2. Add the lemon juice, sugar and diced beetroot (the beetroot is purely to give the pears a lovely pink colour once they are cooked).
3. Simmer for 30 minutes and allow to cool.
4. Slice the pears into quarters lengthwise and keep in the fridge until you're ready to serve. You could keep them in the poaching liquid overnight.
5. To make the panna cotta, add the coconut milk to a pan and heat gently. Add the vanilla, maple syrup and saffron. Then sprinkle the agar agar on top of the liquid and heat through without stirring.
6. Bring it to a simmer, whisking to let the agar agar dissolve fully. Once the mixture has come to a boil, remove from the heat.
7. Pour the panna cotta mixture into serving glasses and set aside to cool. Once cooled, place in the fridge to set for a few hours.
8. Just before serving, place the poached pears on top of each panna cotta and sprinkle with toasted nuts or choice of edible flowers.



*Make this delicious dessert in the morning or the day before, ready to serve in the evening.*

### Why this is good for you?

Pears are rich in fibre and contribute to your 5-a-day. A diet high in fibre, fruit and vegetables may help reduce the risk of breast cancer.

