



# TASTE not waste

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POP BRIXTON

# TOM'S CARROT TOP PESTO SALAD

This recipe is from **Tom Hunt ( [tomsfeast.com](http://tomsfeast.com) )**, author, chef and founder of **Poco ( [pocotapasbar.com](http://pocotapasbar.com) )**.

Borani is an Iranian-style yoghurt and walnut dip. Beetroot leaves are one of my favourite ingredients, they taste similar to chard – from the same family – but have an earthier flavour. Use them to replace greens in any recipe. Beetroot leaves are a valuable ingredient in this dish, making it quite remarkable and delicious.

**Serves 4 as a side**

## Ingredients

250g carrots with leaves  
1 fennel bulb with fronds  
40g pine nuts, lightly toasted  
1 small clove garlic, finely chopped  
1/2 orange, zested then peeled  
75ml extra virgin olive oil  
1 tbsp nutritional yeast or grated parmesan

## Optional

If you are unable to find carrots and fennel with their tops still attached, replace with 50g of basil.

## Method

### For the pesto

1. Remove the stalks and leaves from the carrots and fennel bulb and place them in a bowl of cold water for five minutes, remove and rinse under the tap.
2. Bunch the tops together on a chopping board and chop finely.
3. In a large pestle and mortar, crush the garlic to a paste. Add half the toasted pine nuts and crush, then add the orange zest and combine with the pestle.
4. Add the carrot and fennel tops – or basil if using – and grind together into a rough paste, then stir in the olive oil and nutritional yeast or parmesan. You can store the pesto in a jar or container in the fridge for up to two weeks. If you don't have a pestle and mortar, blend all the ingredients in a food processor until roughly chopped and combined, or simply chop everything finely and mix together.

### For the salad

1. Wash the carrots and fennel then shave them into slithers using a peeler. Slice the orange into rounds about 5-10mm thick, then cut the rounds into halves.
2. Toss the carrot and fennel shavings with the pesto and orange pieces in a mixing bowl.
3. Serve on a plate topped with pesto and decorated with the saved fennel and carrot tops.



# CERI'S RADISH TOP PESTO QUINOA SALAD

This recipe comes from **Ceri Jones ( [naturalkitchenadventures.com](http://naturalkitchenadventures.com) )**, freelance natural chef, food writer and healthy cooking instructor based in Lewisham.

This radish top pesto salad recipe is just a simple collection of some tasty ingredients. Using the whole of the vegetable like these radish tops is a great move towards getting more from your food. I've actually combined the radish tops with parsley in this pesto as they can be a bit spicy on their own. Ironically it's tricky to find radishes with their tops attached (mostly as they don't keep that well out of the ground), so trimmed radishes and any sort of herb for the pesto will do. If you leave the radish and leaves in the fridge attached the tops continue to draw moisture from the radish drying them out, so try and make this radish top pesto as soon as possible after buying. However if you separate the leaves and the roots then you can keep the leaves in damp paper towel in the fridge for a couple of days, just make sure you give the radish leaves a good wash and spin dry before using.

**Serves 3-4**

## Ingredients

Quinoa

150g quinoa

2 courgettes (yellow / green / patty pan)

200g radishes, cut in half lengthways

60g feta, roughly crumbled

20g pine nuts, toasted

Olive oil

Salt and pepper

Radish leaf Pesto

20 grams cashew nuts, toasted

30 grams pine nuts, toasted

1 large handful of good-looking radish leaves, stems removed and roughly chopped, approx 40g

10g small handful of parsley

1 clove garlic, minced

juice and zest of a lemon

4 tablespoons olive oil

## Method

1. First make the pesto. Roughly blitz the warm nuts in your food processor, then add the garlic and blitz briefly to incorporate. Next add in the radish leaves, parsley lemon juice, zest and olive oil. Blend again, till a chunky green paste forms (don't make it too smooth), add salt and pepper and taste and adjust seasonings if necessary. If you want a runnier pesto, add more olive oil and lemon juice in a 2:1 ratio to thin it out. Set aside.
2. Rinse your quinoa well, place in a saucepan with 300mls cold stock or water. Bring to the boil, cover turn to a low heat and cook for for 15 minutes. If not quite done at 15 minutes turn off the heat and leave for 5-10 minutes for all the water to be absorbed. Transfer to a cool bowl to cool, then fluff up with a fork.
3. Next cook your radishes on the griddle pan over a medium heat with a little olive oil. Start cut side down and cook for around 6 minutes then turn over to finish off for another 4 or so minutes. Set aside. Then thinly slice your courgettes into long ribbons 3mm thick. I use a mandolin, but you can use a peeler or knife. Either-way try and maintain the same thickness for all pieces. Fry in a little oil on a griddle or frying pan until lightly charred, roughly 30 seconds each side.
4. Toss the cooled cooked quinoa with the courgettes, radish and stir through enough pesto to coat the grains.

Transfer to a serving plate. Top the salad with the feta, an extra drizzle of pesto and some extra toasted pine nuts.



# OLIVER'S LEEK HEART SALAD

This recipe comes from **Oliver Gladwin**, sustainable chef and co-founder of **Nutbourne Restaurant**. ([nutbourne-restaurant.com](http://nutbourne-restaurant.com))

On our plot we've had an abundance of vegetables, herbs and weeds, and the summer heat has kept the bees active. This dish was inspired by a walk through the garden, all the ingredients used come from a small spot I call home.

I love using techniques that heighten the flavours of the ingredients and make the plate of food look intriguing. Every ingredient in this dish works together to put the mature leeks on a pedestal of flavour. When cooking with leeks I use every part of the vegetable, even the roots, which are washed, cut and blanched then dried and fried.

## Serves 6

### Ingredients

12 leeks  
300g strained yoghurt  
200g sunflower seeds  
3 cloves confit garlic  
50ml rapeseed oil  
70ml honey  
Leek ash  
Dandelion/wood sorrel  
Shaved black autumn truffle

### Method

For the leeks: place whole trimmed leeks directly onto flat top grill and turn until black all over - this should take 5-8 mins. You are looking for the hearts of the leek to be tenderly steamed and smoky from the heat of the grill. Place on tray and cling film until cold.

Strip off black outer leaves and then put in the oven to continue to dry. Power crush the dried leeks into ash - this may need passing through a fine sieve.

For the garlic and honey yoghurt: place peeled garlic into oil and place on stove at low temperature until soft and golden.

Reserve some ash for plating first, you'll need a couple generous pinches each plate. Place strained yoghurt, confit garlic and oil, leek ash and honey in Thermomix or powerful blender and mix. Season with salt and pepper and blend.

For the sunflower seeds: toast the sunflower seeds in the oven at 170°C for 10mins. If using nuts, simply peel and brown in butter. Add to either, 40ml truffle oil, 100ml rapeseed oil and 40ml cider vinegar.

### To serve:

Warm leek with plenty of brown butter on the pass.

In the big bowl/plate dollop in the seasoned yoghurt, then top with 5 leek hearts, truffle, dressing, dandelion and then the wood sorrel.

Finish with more leek ash.



# TOM'S CAULIFLOWER STEAKS WITH HAZELNUT SAUCE

This recipe is from **Tom Hunt ( [tomsfeast.com](http://tomsfeast.com) )**, author, chef and founder of **Poco ( [pocotapasbar.com](http://pocotapasbar.com) )**.

Borani is an Iranian-style yoghurt and walnut dip. Beetroot leaves are one of my favourite ingredients, they taste similar to chard – from the same family – but have an earthier flavour. Use them to replace greens in any recipe. Beetroot leaves are a valuable ingredient in this dish, making it quite remarkable and delicious.

**Serves 4-6 as a side dish or starter**

## Ingredients

1 small cauliflower, leaves still attached

Glug light olive oil

80g hazelnuts, soaked for a minimum of four hours or overnight if possible

1 large clove garlic

50ml extra virgin olive oil, plus extra for serving

2 tsp sherry or red wine vinegar

25g stale bread

2 sprigs mint, leaves torn or whole, stems finely chopped

## Method

### To roast the cauliflower

1. Preheat the oven to 180C.
2. First pull off the larger leaves from the cauliflower, cut them in half – through the middle of the stem – and place into a medium sized roasting tin.
3. Cut the cauliflower into 3cm thick slices or steaks from top to bottom and add to the tin. Drizzle with olive oil and season with salt and pepper.
4. Roast in the oven for 25-35 minutes until the cauliflower chars slightly and softens inside.

### To make the hazelnut sauce

1. Place 50g of the soaked hazelnuts in a high powered blender with the garlic, olive oil and vinegar.
2. Soak the bread in 120ml of water for a few seconds or until soft, add both the water and the bread to the blender.
3. Blend to a very smooth paste for several minutes.
4. Serve the slices of roast cauliflower and crispy leaves drizzled with the hazelnut sauce, the remaining hazelnuts, crushed and sprinkled over the top and torn mint leaves.



# CERI'S ROASTED RAINBOW CARROTS WITH BURRATA AND SALSA VERDE

This recipe comes from **Ceri Jones ( [naturalkitchenadventures.com](http://naturalkitchenadventures.com) )**, freelance natural chef, food writer and healthy cooking instructor based in Lewisham.

Make the most of the whole carrot with this carrot top salsa verde. Serve with the roasted carrots themselves and some devilishly good burrata. Burrata for the unknown, is a specialist cheese from Puglia in Italy, a bit like mozzarella but filled with soft milk curds and cream.

**Serves 2-4**

## Ingredients

6 carrots, a range of colours, split in half down the middle

Olive oil

Salt

1 ball of burrata (approx. 100g)

Lemon zest

Salsa Verde

30g carrot tops (roughly from one bunch)

30g basil

50g tin of anchovies, drained (reserve the oil)

1 lemon, juiced (reserve zest for garnish)

2 tablespoons capers

2 cloves garlic, minced

90mls olive oil (use the reserved oil plus top up to make up to 90mls)

Salt and black pepper to taste

## Method

1. Pre-heat oven to 180C, toss the split carrots in a glug of olive oil and a pinch of salt. Lay flat on a baking tray and roast for 40 minutes. You might like to check half way and turn them over and check they are sufficiently browning all over.
2. Meanwhile make your salsa. Place the carrot tops, basil, anchovies, lemon juice, capers and garlic into a food processor and blitz till broken down. While the motor is running pour in the olive oil, and blend till a thick paste forms. Add a twist of black pepper and salt to taste. If your anchovies are salty you may not need any salt, it's really important to taste the salsa before you stick too much salt in.
3. When the carrots are softened and just starting to caramelize, remove from the oven and allow to cool for a few minutes before adding them to a large serving plate with torn pieces of burrata, dollops of carrot top salsa verde, some cracked black pepper and lemon zest.



# PANZANELLA

A quick, simple and wholesome Italian salad that will make good use of any stray vegetables or crusts of bread.

## Serves 4

### Ingredients

1 red onion, thinly sliced  
2 peppers (any colour)  
600g ripe tomatoes, roughly chopped  
200g stale bread (any colour is fine)  
4 tbsp white wine vinegar  
1 tbsp capers (olives are a good alternative)  
1 small clove of garlic, crushed  
6 tbsp extra virgin olive oil  
Small bunch of fresh basil

### Optional

2 tbsp of chopped cucumber and spring onions  
2 anchovies, finely chopped

### Method

Put the onion slices in a bowl of cold water with a pinch of salt, and leave to soak for an hour.

Roast the peppers for 40 mins at 180. Once soft put them in an airtight plastic bag, leave for 20 mins before peeling off the skin.

Tear or cut the bread into roughly 2 x 2cm chunks.

Chop your tomatoes to roughly the same size and place in a colander set over a bowl. Sprinkle salt over the top.

After the tomatoes have drained slightly, add their juice to the vinegar along with the oil, crushed garlic and torn basil. Whisk and add salt and pepper to taste.

Drain the onions, chop the peppers and add the tomatoes. Add all remaining ingredients to the bowl and stir in the dressing.

Allow to sit for about an hour, et voila.

