

Beetroot Patties with tahini and sweet chilli sauce

200g roasted beetroot

100g chick peas

1 tbsp tahini

2 spring onions

handful chopped mixed herbs (mint, parsley, coriander)

½ grated lemon zest

1 egg, beaten

½ tsp ground cumin

Salt and pepper

Finely chop all the ingredients and mould into patties with wet hands.

Fry in shallow oil until golden brown and serve with natural yogurt or maybe these sauces.

Sweet chilli dipping sauce – So easy and great with pretty much anything.

Use a blender to blend 150ml white wine vinegar, 3 red chillies,(deseeded), 2 cloves of garlic, 120g caster sugar and ½ teaspoon of salt. Transfer to a saucepan and bring to the boil. Simmer for a minute then add a dash of Thai Fish Sauce. Store in a jar for up to a week in the fridge.

Clementine and Tahini Sauce – full of flavour

125g light tahini

2 tbsp maple syrup

2 tsp cider vinegar

1 tbsp soy sauce

Grated zest of a Clementine

80ml Clementine juice

1 tsp grated ginger

½ red chilli, finely chopped

Blend everything with a little water until the sauce is smooth. Store in the fridge for up to a week.