

# A Taste of Romance

## Valentine's Veggie Menu

### Starters

#### Halloumi and Aubergine Salad

Serves 2 | 1 Bite per serving

Slice 1 aubergine, sprinkle with salt and leave sit for 30mins. Rinse well, drain and pat dry.

Slice 2 tomatoes and 60g halloumi into thick pieces, spray with low cal spray oil and place on the baking tray. Spray the aubergine with low cal spray oil and place on the same baking tray. Grill the tomatoes for 2 minutes and halloumi

To make the dressing, put handful of parsley, 1.5 tsp oil & a squeeze of lemon into the blender, adding water if necessary. Blitz for 10 seconds

To serve, arrange on a platter and drizzle the dressing over top. Garnish with salt and pepper and fresh mint leaves.

### Main Courses

#### Spinach and chickpea curry

Serves 4 | FREE

Heat pan with low cal spray oil and over a medium heat. Add 3 onions chopped and, fry until they are translucent. Add 3 minced cloves of garlic and 1 inch piece of ginger and stir regularly. Add 2 tsps garam masala, 1 tsp cumin and ¼ tsp cayenne powder and stir until the spices are slightly toasted. Make sure to cover all of the onions with the spices. Drain and rinse a tin of chickpeas and add to the pot and stir. Add a tin of chopped tomatoes, stir, and leave the lid on for 20 minutes to simmer on a low-medium heat. Add a bag of baby spinach in batches and stir until it is wilted. Once cooked, sprinkle coriander and a squeeze of lemon. Serve with ¼ plate of basmati rice.



### Desserts

#### Passion Fruit Mini Pavlovas

Serves 2 | 1 Bite per serving

Cut 2 passion fruit in half and scoop out the seeds. Mix with 2 tbsp 0% Greek Yogurt and use to fill 2 shop bought meringue nests. Decorate with blackberries and strawberries.

#### Chocolate & Berry Mousse Pots

Serves 2 | 2 Bites per serving

Melt 40g 70% dark chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Once melted let it cool for 5 mins, then stir in 2 tbsp low fat yogurt. Whisk the white of a large egg until stiff and then add 1 tsp caster sugar and beat until stiff again. Start by folding in a small amount of the egg white mix first to loosen the chocolate, then carefully fold in the rest, keeping as much air as possible. Cover the bottom of 2 small glasses or ramekins with a mix of berries, divide the mousse on top and chill in the fridge until set. Garnish with a few sliced berries and a mint leaf before serving.