



# MADE IN HACKNEY

COMMUNITY  
COOKERY SCHOOL



## ANNUAL REPORT 2018-2019



# FOUNDERS FOREWORD

**SARAH BENTLEY**

Founder & Project Director



## **What a pivotal year it's been for plant-based food.**

After decades of existing on the periphery, vegan food went mainstream with restaurants launching vegan menus, supermarkets bringing out own-brand vegan lines (not all that healthy but it's progress) and veg-forward cooking shows airing on mainstream TV.

The most-high profile was Jamie Oliver's 'Veg' series on Channel 4, which Made In Hackney were delighted to be featured on. Jamie visited our Cazenove Road HQ and cooked up veg crumble with our chef Steve. He spoke to our volunteers and participants about how Made In Hackney has positively changed their diet – and indeed their lives. A beautiful experience for all! I also appeared on Sky News in a segment about the importance of fibre.

The output of the Made In Hackney team this year is staggering and they deserve the highest respect, gratitude and maybe a spa break! Across London we delivered 355 classes and events (almost one event per day every day of the

year!) ranging from cookery classes to community feasts and interactive kid's kitchens held in nurseries, community centres, youth clubs, hostels, refuges, pensioners clubs and more. These events were attended by a whopping 5182 participants. Our research shows that for every one person who attends our programmes, an additional three (children, partners, family, neighbours) are impacted positively, which makes our potential reach for the year 20,728 people. Wow.

Some of this growth is down to us making financial and staff capacity investment in areas such as growing our team build and masterclass programme (props to Veryan and Dilupa for leading this), improving our SEO ranking, and adopting the Salesforce customer relationship management system. Tirelessly pioneered by our Project Director Nynke Brett, she led the Herculean task of transferring all our systems and data into Salesforce supported by partner Economic Change, and then training us all how to use it (not an easy task, especially with me!). As excruciating a process as this was, the result is that we are now a fit-for-purpose organisation

that can fully understand our impact and the multifarious ways the 'Made In Hackney family' engage with us as volunteers, class attendees, donors, supper club attendees, teachers, ambassadors and more. So much gratitude to Nynke for this game-changing work.

Last but by no means least, a good chunk of the year was spent with myself and Fran fundraising and planning for our new HQ, Liberty Hall in Upper Clapton. Liberty Hall is the brainchild of local community group Clapton Commons. A group of neighbours got together with the aim of turning an abandoned public toilet into a community space with a local food champion – us – as the lead tenant. We've been working closely with the dedicated Clapton Commons team to get the building renovated ready to open Spring 2020. There's been some lumps and bumps along the way but I look forward to reporting on this beautiful new venue in next year's report.

*With kitchen love,  
Sarah Bentley  
& the MIH team*



# ABOUT MADE IN HACKNEY

**At Made In Hackney we believe in healthy, affordable food that's good for people and planet. We aim to give people the skills to grow, cook and eat more plants to improve not only their health, but the planet's too. We promote food that is, as much as possible, local, seasonal, organic and plant-based.**

We make a difference to:

- health and wellbeing
- environment
- community

Watch our [video on Youtube](#) to find out more.



We support people to improve their health, create communities that they want to be part of, and tackle the climate crisis through dietary change.

This year, our cooking and food growing classes and events have been attended by **5182** participants to help them lead healthier, happier, more environmentally sustainable lives.

We predominantly work with communities that suffer disproportionately from health inequalities, while ensuring **everyone** can access a part of Made In Hackney's programme. Groups we have worked with this year include:

- cultural and religious community groups
- gypsies and travellers
- sight and hearing impaired
- people with mental health support needs
- pensioners
- homeless people
- low income families
- people with learning difficulties
- recovering addicts
- young people in care
- young carers
- women in refuges

**Our three pillars of impact are:**



**HEALTH & WELLBEING**



**ENVIRONMENT**



**COMMUNITY**

We also worked with people with pre-existing health conditions such as asthma, type 2 diabetes, weight management challenges, IBS, various types of cancer, high blood pressure, depression, schizophrenia, PTSD and bipolar disorder and stroke survivors.

**We know our programme changes people's lives for the better.**

*"It surpassed expectations. So inspiring. Wish I'd learnt this as a child. Should be on the school curriculum!"*

**Maeve, food growing class participant**



## A story about Maisie and her mum

**There are many moving stories from this year, but one of the most affecting was about Maisie and her mum.**

Maisie, age 12, has had a debilitating bowel condition for 5 years that made it tough for her to enjoy normal 12 year-old life, like attending school, going to parties and participating in sports.

Maisie and her Mum attended our family cooking sessions and started to make changes to their diet. Maisie's symptoms began to improve for the first time in years. Inspired, they had a private nutrition consultation with one of our teachers, Asa Simonsson, and armed with the practical skills they had learned in our classes (they attended 12!), they decided they would go 100% plant-based.

Now Maisie's symptoms have almost completely disappeared, she says she feels, 'the best I can ever remember', and has even started ice skating sessions. Well done Maisie. You're an inspiration and testament to the belief that if you change your diet, you really can change your life.

# THE LAST YEAR AT A GLANCE

In the last year Made In Hackney made a massive impact. This year we...

355

Delivered 355 classes and events which were attended by 5182 participants

Created 650 volunteer opportunities and worked with 176 unique volunteers

650

165

Delivered 165 training opportunities to volunteers, staff and community members to prepare them to assist Made In Hackney and to enhance their employability prospects

Partnered with Street Feast London to deliver Extra-Veganza, a one-off vegan market featuring the best vegan food traders and chef collaborations, raising £3.5K

£3.5k

Improved our infrastructure by implementing Salesforce CRM software



£2.2k

Raised £2.2K from former trustee Radhika Bhagat's Legacy Fund

13

Successfully delivered on our third year of core funding from the National Lottery Community Fund, delivering 13 six-week courses to groups most in need and 24 Sunday community classes

24

Raised £5.6K from supporters who ran the Hackney Half Marathon

£5.6k

£1k

Raised £1K holding a vegan cheese party

Secured £90K worth of funding for a new, fully accessible HQ, Liberty Hall, due to open in Spring 2020

£90k

91

Re-secured our contract with Hackney Council Public Health and expanded our service delivery to include 91 classes and events this year, which included 5 community feasts



Filmed with Jamie Oliver for his 'Veg' cookery show on Channel 4

We also...

- Ran an inter-generational Windrush Baking Project for Hackney Council
- Held a multi-workshop food waste prevention series for Resource London and TRIFOCAL.
- Catered for 100 health professionals and community leaders at Public Health Hackney's Weight Strategy Day.
- Led interactive Kids Kitchens at Royal Parks Half Marathon, Clapton Commons Fun Day, Alexandra Rose Voucher Scheme Celebration and Hopes and Homes Family Marathon.



- Delivered a meal prep class for diabetes patients of Homerton Hospital Diabetes Department.
- Led cooking and food growing workshops as part of the Barbican Culture Mile and The Big Lunch festival.
- Facilitated a feedback afternoon for Cancer Research Innovation Lab with carers about barriers to healthy eating.
- Delivered food innovation workshops and team building events for Planet Organic, Unilever, Adidas and Mizkan.

## Partners and supporters

**We work with a range of fantastic partners to make the biggest impact possible, from council departments to charities and grassroots community groups. This year working with...**

### Community partners

• Action For Children Young Carers  
• Adobe Foundation • Age UK Barnet  
• Alexandra Rose Voucher Scheme  
• Amy's Place • Blackfriars Settlement  
• CGL Camden • Deaf Multilingual Community Support (DMSC)  
• Phoenix Futures Grace House  
• Hackney Circle • ICM Foundation  
• Ishan Children's Centre  
• Inclusive Communities  
• Kingswood Community Shop  
• London Gypsies and Travellers  
• Manor House Development Trust  
• Single Homeless Project  
• The Complete Works • The House Project (supporting young care leavers) • Tyssen Children's Centre

*"Love the community aspect of the course, great to interact with others. Teacher and assistants were amazing, helpful and considerate. Very knowledgeable about food. Feel like I've gained a lot and want to be more involved with Made In Hackney in future."*

**Kitty, Nye Bevan International Cooking participant**

### Funders

• Adobe • BBC Children In Need  
• Fidelity Foundation • Hackney Parochial • The Goldsmiths' Company Charity • John Lewis Stratford  
• London Stock Exchange Group Foundation • Million Dollar Vegan  
• The National Community Fund  
• Notting Hill Genesis • Tudor Trust  
• Worshipful Society of Insurers

### Supporters

• Clearspring Ltd • Golden Jubilee Trust – John Lewis Partnership  
• Hisense • Jarr Kombucha • KitchenAid Cookery School • Lush • Mare Street Market • Magimix • Oatly  
• Pea Shoot Supper Club • Pidgin • Rubies In The Rubble • Salesforce  
• Slaw • Street Feast • Vevolution  
• Vitamix • Viridian • Wholefoods Organic and Natural Supermarket UK

### Clients

• Adidas • Cancer Research Innovation Lab • Hackney Council Public Health  
• Homerton Hospital Diabetes Dept  
• Kitchen Aid London (venue)  
• Limelight Sports • London School Of Economics • London Waste and Recycling Board (LWARB) • Mizkan  
• Planet Organic • Salesforce  
• SI Network • The Barbican • The Midnight Club • TRIFOCAL • Unilever

## OUR IMPACT

Our activities create a big impact.  
Our participants and evaluation data tells us...

### Health

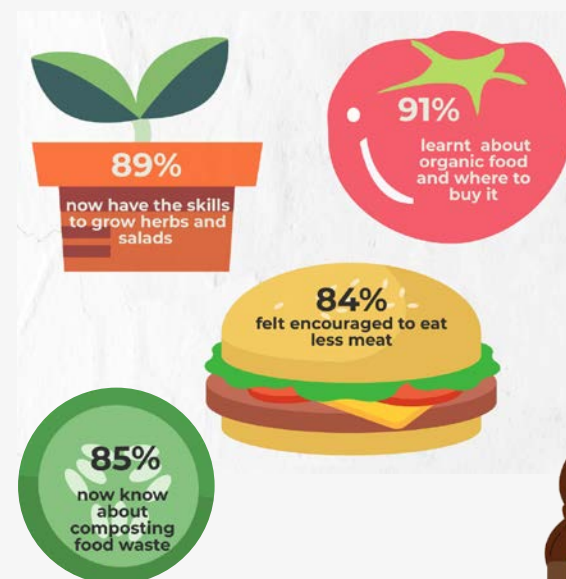


**176 volunteers**

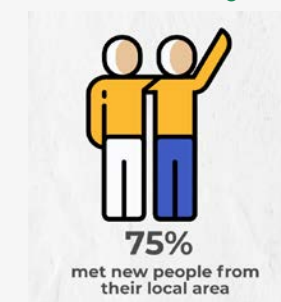
**79%**  
gained skills and experience that enhanced employability

**93%**  
said MIH improved their overall mood

### Environment



### Community



**80%**  
said the classes helped them feel more connected to their local area

Based on data from MIH courses from  
1 November 2018 to 31 October 2019



# WHAT WE DO

**We run cooking and food growing classes and courses, food education activities at community outreach events, lead demos and workshops, enable access to certified training opportunities and run a meaningful volunteer programme. All our work aims to inspire behaviour change and normalise plant-based eating by giving people the skills, experience and knowledge to make this transition.**

## Community food growing and cookery classes

In the last year we delivered **214** community classes for **900** unique participants. These classes were a mixture of classes as part of 4-6 week courses (which we ran 177 of, funded by National Community Fund and Public Health Hackney) and one-off classes (which we ran 37 of, funded by National Community Fund and Adobe Foundation).



Our classes and courses provide great learning experiences in a fun and supportive environment. People often tell us that being involved in Made In Hackney has been life changing.

We offer a warm and welcoming environment for people to learn healthy plant-based cookery, how to grow herbs and salads and also how to compost. We work with local charities, community organisations, housing associations and support groups to ensure our courses are offered to the people who need them most such as low income families, people with a learning difficulty or physical disability, young carers, marginalised groups such as gypsies and travellers and people suffering from both mental health issues.

We work with expert chefs and teachers to help learners to develop the practical skills to feed themselves and their families healthily, affordably, deliciously and ethically. This is all supported by a very successful volunteer programme.

*"I really enjoyed this course, it was great. It's really helped with a health condition. I have learnt so much new information about healthy eating. I wish the course was longer, I want more!"*

**Leila, Deaf and Multilingual Community Support class participant**

Classes incorporate discussions about nutrition, reducing waste, eating seasonally, buying locally, understanding food labels and how food choices can help tackle global issues such as biodiversity loss. The classes provide a fun and supportive atmosphere for participants of all levels of ability to learn and cook together. At the end of each class, participants, volunteers and teachers all sit together to eat, chat and enjoy.

This year's class menu has included:

- Autumn Colours • Beginner's Vegan • Cooking for One • Cooking on a Budget • Cooking with Cauliflower • Dinner Makeover • Fifteen Minute Meals • Foraging Walk • Glam Up Your Veg • Healthy Eastern European • Healthy Ethiopian • Healthy Indian • Intro to Food Growing • Ital • One Pot Wonders • Pickling and Preserves • Refined and Sugar Free • Summer Picnic Food • Turkish Twist • Winter Wellness

Our core course themes are Cooking for Life, Family Cooking and International Cuisine. This year we were particularly excited to welcome the Deaf Multilingual Community Support and their sign language interpreters into the kitchen. They have really inspired us and we know they are really enjoying cooking and eating lots of delicious plant-based food as a result.



*"Children are more involved in preparing everyday meals and more confident with basic knife skills. Fantastic social group and fun to work with everyone. Teachers were great at engaging children and treating them as real people."*

**Kate, Redmond Centre, Family Cooking participant**



### Youth cookery funded by Children In Need

This year we were delighted to be awarded a three year grant from Children In Need to deliver cookery sessions to young carers, young people from the gypsy traveller community and young people in care.

*“These are actually alright you know, for vegetables.”*

**Thandi, Age 13**

We made healthy spins on take-away food, lots of international cuisine and all sorts of creative desserts with the favourite being refined sugar-free, gluten-free jammy dodgers! It's amazing watching the confidence of the young chefs build each week and by the end of the course they were all 'boss' in the kitchen.

## Community outreach and events

We send our team of professional cookery teachers and volunteers out into the community to educate and inspire people to make healthier plant-based food choices. We provide a mixture of cookery, inspiring conversations, interactive food activities and of course delicious free food and recipes.

*“The teachers were absolutely lovely and we both looked forward to the sessions we attended. It was beneficial for my child's confidence to interact with the teachers and the other families.”*

**Louise, Lea View, Family Cooking participant**

We met 1350 people at events this year, many of whom had not been to a Made In Hackney class, but have since. These events included the Clapton Commons Community Fun Day, Clapton Park Children's Centre Summer Festival, Morning GloryVille sober raves, Vevolution festivals, Be The Future Market and the She Loves Plants festival.

Our chocolate nut-free raw balls have been a big hit at these events, along with our now signature chocolate

hummus, often referred to as, “mind blowing”. This dessert style hummus makes an excellent base to create arty animal cracker faces using chopped fruit and veg which children love to make and eat with us in our kids interactive kitchen sessions. Check out the recipes here: [Nut free chocolate bliss balls](#) [Chocolate houmous](#)

Thanks to support from Viridian Nutrition we were able to print more of our beautiful [Thrifty Feasts recipe books](#) which are an amazing tool to inspire people to regularly make affordable plant-based food.

Each year we hold two community celebration parties – our summer celebration and December festive party. These events provide a fun opportunity for people who have been to classes to get together and enjoy games, competitions, live music, acrobats and magicians, eat delicious FREE food and take part in an incredible free raffle, with prizes such as meals out in Michelin starred restaurants. Many participants have told us it is the highlight of their social calendar. Ours too!

*“Enjoyed variety of course and we're now eating more veg and cutting back on meat. Helped to take time to enjoy preparing more meals from scratch!”*

**Rachael, Redmond, International Cooking participant**

*“It was a lovely opportunity to enjoy some new recipes together with a group of new people. I have tried several of the recipes again at home already, and now feel like I have a few more interesting dishes in my cooking repertoire!”*

**Claire, Redmond, International Cooking participant**





## Masterclasses

In the last year, we held **56** Masterclasses for **365** people. These classes raise much needed income for Made In Hackney whilst still achieving our charitable purpose.

Masterclasses are led by expert chefs, artisan cheesemakers, foragers, fermenters and nutritionists. These sessions aim to give participants a unique learning experience, equipping participants with knowledge and enthusiasm to develop these skills at home.



We are proud to be innovators in the plant-based food space and our masterclass programme reflects this with this year's class themes including:

- **Cooking With Aquafaba** • **Foraging**
- **Fermentation** • **Gourmet Vegan**
- **Raw Food** • **Gourmet Ferments**
- **Gluten-Free Baking** • **Nut Cheese**
- **Gujarati Cuisine** • **Homemade Cosmetics**
- **Indo-African Fusion** • **Vegan Korean** • **Vegan Baking**
- **Middle Eastern Feast** • **Vegan Italian Patisserie**
- **Cooking With Seaweed** • **Sourdough Bread**
- **Southern Indian** • **Tonics and Teas**
- **Life Beyond Cheese** • **Vegan Fish and Vegan Meats**

All proceeds from this programme are used to fund our programme of free and by-donation courses to vulnerable and low-income community groups.

*"I broke a bone a little while ago and it took so long to heal. This made me think more about what I was eating and its nutritional value. Volunteering has helped me to build a better understanding of healthy food and improve what I eat."*

Kate, a volunteer class host

## Volunteering and training

Volunteers play a critical role in the success and delivery of Made In Hackney's programmes. We appreciate them and support them to develop. They spread the word about us at events, support our teachers to lead classes, gain experience as project apprentices supporting us in the office and offer specialist skills such as sewing, photography and graphic design.

Over this period, we worked with **176 volunteers** including **8 amazing project apprentices** and **41 energetic corporate volunteers**. We want to use this opportunity to say a massive **THANK YOU** to each of them.

*"I have gone from cooking at home zero to once a week to maybe 5 or 6 times a week. I have built my skills and can now help others to do the same. Just having the ability to chop up an onion has really helped me."*

Richard, class participant who became a volunteer class host

**We are keen to understand the impact volunteering with Made In Hackney has on volunteers. Here is what they told us...**

**89%**

89% of volunteers felt their cookery skills had improved from their involvement

**70%**

70% felt volunteering had improved their health

79% felt their employability had been improved

**79%**

95% of volunteers said their role had offered them a sense of pride and purpose

**95%**

**93%**

93% of volunteers said the classes improved their general mood

**100%**

All volunteers said they had met new people from their local area



## OUR AMBASSADORS

Our ambassadors support us to raise our profile, participate in events and do special projects for us. Huge thanks goes to...



**DR RUPY AJULA**



**RACHEL DE  
THAMPLE**



**JAY BRAVE**



**ROXY POPE & BEN  
POOK OF SO VEGAN**

## OUR TRUSTEES

During this year we have had a board of 10 trustees who bring a range of knowledge and expertise to offer strategic guidance.

**Chair:** Jean Carroll

**Treasurer:**

Irina Nedashkovskaya Basile

**Board Members**

Yasmin Ahmed

Rebecca Barton

Damien Clarkson

Rowena Humphreys

Anna Lucus • Amar Qureshi

Tara Sukumar • Tara Waters

## OUR TEACHERS

The Made In Hackney cookery teachers are the heartbeat of what we do. We'd like to acknowledge them and their service here:

Mark Breen • Ellie Phoebe Brown  
Because Dye • Daphne Duval  
Sharon Gardner • Fiona McAllister  
Zoe Marks • Bruna Oliveira  
Anton Petrov • Sareta Puri  
Melissa Saint Hill • Nishma Shah  
Asa Simonsson • Woin Tegegn  
Rachel de Thample • Steve Wilson

You can also meet them  
on our website.

## OUR TEAM

The Made In Hackney team works exceptionally hard. We salute you!



**SARAH BENTLEY**  
Founder and  
Project Director



**NYNKE BRETT**  
Project Director  
(volunteers)



**VERYAN  
WILKIE-JONES**  
Project Director  
(programmes)



**JAYSHREE BHAKTA**  
Finance  
Director



**DILUPA  
NANAYAKKARA**  
Enterprise  
Manager



**FRAN HUMBER**  
Development  
Manager



**ANDI GAYWOOD**  
Venue  
Manager



**MARK BREEN**  
Evaluation  
and Impact

Portraits by Tom Hains [www.tomhainsphotography.com](http://www.tomhainsphotography.com) unless otherwise stated



## THE FUTURE

Next year we plan to:

- Move into our new fully accessible HQ, Liberty Hall
- Launch a digital version of our cookery school to expand our revenue streams and grow our impact
- Transform our social media content so it is educational
- Diversify our funding and income streams even more to secure all existing team roles
- Run even more classes to help more people to eat health and affordable food that is good for people, the planet and animals.



## THE FINANCIALS

	2018-2019 £	2017-2018 £
Turnover:		
Grants	273,140	114,455
Fundraising	41,480	66,074
Enterprise	68,242	91,643
Other	2,893	5,575
<b>Total turnover</b>	<b>385,755</b>	<b>277,747</b>
Expenses	298,986	234,672
Net for year	86,769	43,075
<b>Balance carried forward</b>	<b>191,277</b>	<b>104,508*</b>

\*Adjusted by £300 from previous year for accruals

## THANK YOU

A big thank you to everyone we have worked with over the last year. The people who have attended our classes, the volunteers who give so generously with their time, the cooking and growing teachers who share their valuable knowledge, our delivery partners, and to all of the people and organisations who have supported us financially.

**You make the Made In Hackney dream possible.**





## SPICED SQUASH & RED ONION SALAD

This slow cooked salad brings out the squash and red onion's natural sweetness. The recipe is by MIH chef Mark Breen from our Thrifty Feasts II recipe book.

### INGREDIENTS

1 large butternut squash	1 teaspoon paprika
2 red onions	4 tablespoons of sunflower seeds
3 tablespoons olive oil	1 tablespoon parsley
1 teaspoon cumin seeds	
1 teaspoon coriander powder	

### METHOD

1. Heat the oven to 200°C/ gas mark 6.
2. Scoop out seeds from squash and cut into pieces (approx 3cm long).
3. Put the squash in a large bowl, add three tablespoons of olive oil, and some black pepper, the cumin, coriander and paprika and toss well.
4. Spread, skin down, on a baking sheet and roast for 20 minutes until the squash has taken on a little colour and started to cook.
5. Slice the onions then mix them with the squash and cook for another 20 minutes. Remove from the oven and leave to cool.
6. Roughly chop the parsley.
7. To serve, spread the vegetables on a platter and scatter the seeds and parsley on top.

**Variations:** for a dressing, mix 2 tablespoons of tahini with 2 tablespoons of olive oil, a squeeze of lemon and a splash of water and drizzle over the salad. You could bulk this out even more with some pearl barley, brown rice or cous cous.

Photography by Chelsea Bloxsome  
[www.chelseabloxsome.com](http://www.chelseabloxsome.com)  
 Food Styling by Jack Sargeson @jackspacesargeson  
 Assisted by Natasha Middleton @nattamidd



# TANDOORI CARROTS ON BUTTERBEAN TOMATO DIP

**Wow – the humble carrot is given a tandoori makeover to sensational effect by master chef Niki Webster over at Rebel Recipes.**

## INGREDIENTS

### Tandoori dressing

1 teaspoon ground coriander  
1 teaspoon cumin seeds  
1 teaspoon garam masala  
1 teaspoon salt flakes  
½ teaspoon ground ginger  
1 teaspoon ground turmeric  
½ teaspoon garlic granules  
½ teaspoon ground cinnamon  
Pinch of chilli flakes  
2 tablespoons olive oil

### Roasted carrots

600g carrots trimmed

### For the butterbean hummus

1 can butter beans drained  
1 clove garlic - optional  
1 tablespoon olive oil  
½ teaspoon sea salt  
1 tablespoon tahini  
5 cherry tomatoes

### To serve

Coconut yogurt  
Olive oil  
Chilli flakes  
Leaves  
Sea salt

## METHOD

### To roast the carrots

1. Add all the dressing ingredients to a large tub with a lid.
2. Add the carrots, replace the lid and shake to coat the carrots.
3. Ideally leave for at least 30 minutes to marinate a little, or if you are pushed for time simply add the carrots to a baking tray and roast for 50 minutes to 1 hour 10 minutes until the carrots are soft inside and a little charred on the outside, turning occasionally.

### To make the dip

5. Add the butter beans into your blender with the garlic, lemon juice, tahini and olive oil.
6. Blitz until smooth and creamy (approx 2 minutes), add a little water to loosen if needed.

### To serve

7. Top the butter bean dip with the tandoori carrots.
8. Add dollops of coconut yogurt, chilli flakes, sea salt, leaves and a drizzle of extra virgin olive oil if you like. Great with fresh bread.







Photography: So Vegan for Made In Hackney

## CHOCOLATE FALAFEL

**Chocolate falafel? No way! Yes way. Try this tasty recipe from our Sarah for a new sweet spin on falafel.**

### INGREDIENTS

**Falafels** (makes 12 medium size balls)

1 x can chickpeas (drained)  
40g almond butter  
(or nut butter of your choice)  
30g cocoa powder or cacao powder  
3 tablespoons maple syrup  
½ teaspoon baking powder  
½ teaspoon vanilla essence  
Pinch of sea salt

#### Sauce

3 tablespoons coconut oil  
4 tablespoons cocoa or cacao powder  
3 tablespoons plant milk (optional)  
1 tablespoon maple syrup

#### Decoration

2 tablespoons pistachios (crushed)  
6 strawberries (sliced)  
1 tablespoon cocoa powder

### METHOD

1. Drain and rinse the chickpeas.
2. Add all the ingredients for the falafel into a food processor and blend until combined into a non-lumpy mixture.
3. Take the mixture out and roll into balls.
4. Pop the balls onto a baking tray and into the oven at 160C/320F/ Gas mark 3 for 12 minutes.
5. While the falafels are cooking you can make your chocolate sauce. Add all the ingredients to a small saucepan and on a low heat gently melt the coconut oil. Stir together all the ingredients to make a sauce.
6. Bring the falafels out of the oven and once cool enough to handle roll in chocolate powder.
7. Serve still warm with a drizzle of chocolate sauce topped with some crushed pistachios and sliced strawberries.



# ROASTED VEG WITH PEANUT & ZINGY HERB DRESSING

**Sweet, zingy and pretty simple to make. What's not to love about this dish created by Niki Webster from Rebel Recipes.**

## INGREDIENTS

8 carrots, topped and chopped into large chunks  
1 medium butternut squash sliced lengthways  
2 tablespoons olive oil  
Big pinch sea salt, black pepper

### To make the peanut dressing

1 tablespoon tamari  
1 tablespoon toasted sesame oil  
6 tablespoons coconut milk  
1 teaspoon maple syrup  
1 teaspoon brown rice vinegar  
1 teaspoon brown rice miso  
3 tablespoons chunky peanut butter  
1/2 teaspoon garlic granules  
1/2 teaspoon Chilli flakes

## METHOD

### For the roast veg

1. Pre heat your oven to 180c.
2. Place the veg on a baking tray and coat in olive oil, salt and pepper.
3. Bake for 50-60 mins until soft in the middle and caramelised on the outside. Keep your eye on them as they will cook at varying times.

### To make the peanut sauce

4. Add the ingredients to a large bowl or mason jar and mix well to combine.

### For the herby sauce

2 big handfuls coriander  
2 big handfuls mint  
Juice 1 lime  
8 tablespoons coconut milk  
1/2 teaspoon chilli flakes  
1/2 teaspoon salt

### Gomashio

4 tablespoons white sesame seeds  
2 teaspoons black sesame seeds  
1/2 teaspoon sea salt

### Toppings

Shaved cucumber  
Herbs

### For the herby sauce

5. Add all the ingredients into a mini chopper or blender and blitz to combine.

### To make the gomashio

6. Dry toast the sesame seeds and salt in a pan until lightly toasted. Be careful not to burn. Set aside.

### To serve

7. Drizzle or toss the veg with the peanut sauce, top with the herby dressing, gomashio, shaved cucumber and fresh herbs.







📷 @madeinhackney

🐦 @Made\_In\_Hackney

📌 MadeInHackneyLocalFoodKitchen

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