



# REBEL ROASTS

## EAT THEM TO DEFEAT THEM

### FEATURING



The global veg invasion has landed here in the **United Kingdom**.

The vegetables have kidnapped our great roast dinners and the kids will need your help more than ever.

Your mission is to help the kids find them and eat them to defeat them. Reclaim our roast and say it loud, say it proud...



# THIS ROAST IS MINE!



It's a roast, nice and simple, with an option for a plant-based alternative. To make a roast a little more fun we have suggested these little twists on bubble & squeak, but any roast with a good helping of veg will work.

## Method

Yield 10

Here's our recommended recipe for bubble & squeak, or you can simply adapt your own recipe – just serve with a reminder to the children to **Eat Them to Defeat Them** and get them to say “**This roast is mine!**”

- 1** Pre heat oven to GM4/350°F/180°C
- 2** In a bowl mix together the cooked mashed potatoes, sweetcorn, and green cabbage, make into 10 balls of equal amounts and place onto a greased baking sheet making sure they are flattened to form a puck shape.
- 3** Place a suitable pan on the stove to heat and add the oil, peas, carrots, squash, red onion, courgette, broccoli, and cauliflower, continue to cook until the vegetables begin to soften and colour then add the vegetable bouillon and remove from the heat.
- 4** Evenly portion the vegetable mix onto the potato cakes and place into the pre heated oven and cook until golden brown and core temperature is reached.
- 5** Probe and record temperature - must be above 75 °C
- 6** Remove from the oven and serve as an accompaniment to a roast dinner.

## Serving suggestions

Grated cheese or plant-based alternative or crushed chickpeas could be added.



## Ingredients

### Bubble & Squeak

- 900g potatoes, cooked, mashed
- 50g sweetcorn
- 70g green cabbage, cooked, shredded
- 15ml oil
- 80g peas
- 80g carrots, diced
- 200g butternut squash, diced
- ½ red onion, diced
- 150g courgette, diced
- 100g broccoli, small cut
- 100g cauliflower, small cut
- 10g vegetable bouillon

