Anna Jones’s approach to hearty meat-free cooking accentuates texture, colour and flavour. It’s a way of eating that’s very now: easy on the eye, easy on the wallet – and very, very moreish.
**Mint, pistachio and courgette polpette**

**SERVES 4. HANDS-ON TIME 30 MIN, OVEN TIME 20 MIN, PLUS 20 MIN RESTING**

“These cloud-like nuggets are somewhere in falafel territory – they’re much lighter but no less satisfying. They could easily be eaten for dinner with spaghetti and tomato sauce, or stuffed into a pitta with pickled beets, houmous and some caperberries for a filling lunch. If you don’t have a food processor, a potato masher will have the same effect on the lentils – and, of course, a pestle and mortar will make a mighty pesto.”

- 250g cooked puy lentils (or a 400g tin puy lentils, drained and rinsed)
- 2 courgettes (about 275g)
- 100g breadcrumbs (I use wholemeal)
- 125g ricotta
- 1 garlic clove, finely chopped

1. Pulse the lentils in a food processor a few times until you have a lightly textured mush, with some lentils still visible (see Anna’s introduction). Pop into a bowl, grate in the courgettes, then pile in all the remaining polpette ingredients [reserve half the mint for later] and mix well. Season with salt and pepper – this mixture needs a good seasoning as it seems to soak it all up in the oven. Leave to sit for 20 minutes or so. Meanwhile heat the oven to 220°C/fan200°C/gas 7.
2. Divide the mixture into 4 portions and roll 6 little balls from each one, to create 24 polpette. Put them on a baking tray and drizzle well with olive oil (if you want to be really precise, brush them all over for a perfectly crispy outside). Bake them in the hot oven for 20 minutes or until they have a golden crust.
3. While they are in the oven, pop all the pesto ingredients as well as most of the reserved mint into a food processor. Add 2 tbsp water and whizz to a smooth-ish paste. If you like a little more oil in your pesto, add some more here – I like the freshness of it without too much oil. Taste and adjust the levels of lemon juice, salt and pepper and pecorino, if using, as you like.
4. Take the polpette out of the oven. Serve them on a pile of quinoa, topped with a healthy spoonful of pesto, the remaining mint and some salad leaves for a proper meal.

**PER SERVING**

442kcals, 27.2g fat (7.4g saturated), 18.5g protein, 29g carbs (3.1g sugars), 0.8g salt, 5.3g fibre

**WINE EDITOR’S CHOICE**

Choose a cool, refreshing white, such as lemony French sauvignon blanc.

**Meet Anna…**

After reading an article about following your dreams, Anna quit a dull office job and applied to work at Jamie Oliver’s Fifteen restaurant in London. She ended up working with Jamie for seven years, styling, writing and working on his books, before working with other chefs and cooks from Mary Berry to Yotam Ottolenghi. *A Modern Way to Eat*, from which these recipes are taken, is her first book.

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**Full-of-greens fritters**

**MAKES 12 (SERVES 4). HANDS-ON TIME 25 MIN**

“I change the greens in these fritters depending on what’s in season, but my favourite combinations are courgette, spinach and basil, and sprouting broccoli, spring greens and dill. Any quick-cook greens will do. I use whatever soft cheese I can find, but look out for Piedmontese sheep’s cheese, which takes the fritters to a whole new level.”
• 250g courgettes, grated
• 100g spinach, shredded
• 25g freshly grated parmesan or pecorino cheese (or vegetarian alternative)
• 4 tbsp soft crumbly cheese (see introduction or use feta, robiola or goat’s cheese)
• ½ garlic clove, finely chopped
• A few fresh dill or basil sprigs, chopped
• Finely grated zest 1 unwaxed lemon
• 5 medium free-range eggs, beaten
• Olive oil for frying

1. Put the courgettes and spinach in a bowl. Add the parmesan/pecorino and crumble in the soft cheese. Add the garlic, herbs, lemon zest and seasoning, then mix well. Add the eggs and mix well.

2. Cook these in batches. Put a large frying pan over a medium heat and add a generous glug of oil. Once the oil is hot, carefully add tablespoons of the mixture to the pan and flatten out to form patties. Fry for 2-3 minutes, then carefully flip over and fry for another 2 minutes or until the egg has cooked.

3. Keep warm on a tray in a low oven while you make the next batch.

Serve with a bright salad, dressed with lemon, oil and a little mustard.

PER SERVING 240kcals, 19.2g fat (6.4g saturated), 16g protein, 1.8g carbs (1.7g sugars), 1g salt, 1.5g fibre

WINE EDITOR’S CHOICE For dishes with lots of greens and mild cheese, pick an Italian white such as soave.

Roasted root panzanella [v]
SERVES 4. HANDS-ON TIME 35 MIN, OVEN TIME 1 HOUR 10 MIN

“I love to roast the squash seeds – they taste much better than any shop-bought ones. Just soak the seeds in salted water for a couple of hours – the squash fibres will peel away easily. Roast them at 200°C/fan180°C/gas 6 for 15 minutes with a little salt and oil. Bear in mind the seeds will crisp up as they cool.

This dish is wonderful served with a little goat’s cheese or even a spoonful of lemony yogurt and some green leaves.”

• 6 medium beetroot, peeled and quartered (or 4 large beetroot cut into eighths)
• 2 tbsp sherry or red wine vinegar
• Olive oil for drizzling
• 2 red onions, cut into eighths
• 6 small carrots, halved lengthways
• ½ butternut squash, cut into 1cm slices
• A few fresh sage or thyme sprigs
• 5 slices good seeded bread
• Handful roasted butternut squash seeds or pumpkin seeds (see Anna’s introduction)
• Finely grated zest 1 unwaxed lemon

FOR THE DRESSING
• 2 tbsp extra-virgin olive oil
• Small bunch fresh mint leaves, picked and roughly chopped
• 1 tbsp wholegrain mustard

1. Heat the oven to 200°C/fan180°C/gas 6. Put the beetroot in a deep roasting tray with the vinegar, some seasoning and a good splash of olive oil. Turn to coat everything, then cover with foil and roast for 15 minutes.

2. Put the onions and carrots in a second tray and the squash in a third tray. Season each, drizzle with olive oil, divide the herbs among them, then toss to coat. Put the 2 trays into the oven once the beetroot has been in for 15 minutes, then roast everything for a further 40 minutes or until tender and golden. Take all 3 trays out of the oven.

3. Scrape the onions and carrots into the tray with the squash. Tear the bread into small chunks and put in the now empty tray the onions and carrots were in. Scatter with the roasted seeds and grated lemon zest, then season. Drizzle with olive oil and put into the oven for 5 minutes or until starting to crisp.

4. Meanwhile, make the dressing. Carefully pour the juices from the
A tart with heart –
and butternut squash and kale

A light tart of butternut squash and kale [v]

PER SERVING (FOR 8) 412kcals, 25.6g fat (13.3g saturated), 13.8g protein, 32.6g carbs (7.8g sugars), 1.3g salt, 5.8g fibre

WINE EDITOR’S CHOICE An unoaked, fruity, juicy red is the best choice here, so go for a tangy beaujolais-villages or bourgogne rouge.

FOR THE FILLING
• Olive oil for frying
• 1 red onion, finely sliced
• 1 butternut squash, grated
• 200g kale, stalks removed, leaves shredded
• 3 medium free-range eggs
• About 400ml whole milk or almond milk
• 100g gruyère cheese, grated
• Nutmeg for grating

1. You can make the pastry by hand or using a food processor. Start by mixing the flours together in a bowl, then add the salt and chopped thyme. Mix with a wooden spoon or pulse in a food processor. Add the butter and rub between your fingers or pulse again until the mixture has a coarse breadcrumb consistency.
2. Now add the water, 1 tbsp at a time (you may not need it all), and bring together by hand or pulse briefly until a dough just forms. Shape into a disc, wrap in baking paper and chill for 30 minutes.
3. Heat the oven to 210°C/fan190°C/gas 6½. Roll out the pastry on a flour-dusted surface to about the thickness of a £1 coin, into a large circle just bigger than a 24cm fluted loose-bottomed tart tin, 4cm deep. Roll up on a rolling pin, then unroll over the tart tin. Use your fingers to push the pastry into the edges and scallops of the tin, working it up the sides so it just overhangs the edge. Chill for another 10 minutes.
4. Line the pastry with baking paper and fill with baking beans, rice or old dried beans. No need to trim the edges – I do this at the end. Bake for 15 minutes, then take it out of the oven and remove the paper and beans/rice, brush with the beaten egg (you can add the rest to the filling) and pop back into the oven for 10 minutes or until golden.
5. For the filling, heat a large pan with olive oil, add the onion and cook for 10 minutes or until soft and sweet. Add the grated squash and the shredded kale, then season. Cook for a few minutes, then put into a bowl and set aside. Break the eggs into a measuring jug and beat well. Pour in the milk up to the 500ml mark, season, then add the grated cheese and a good grating of nutmeg. Mix well. Once the squash and kale mixture has cooled, add the egg mixture and stir well.
6. Pour the squash and kale mixture evenly into the pastry case. Put the tart tin on a baking sheet and bake in the oven for 30-35 minutes until just set. Trim any excess pastry with a serrated knife. Serve warm or cold.

MAKE AHEAD

Make the pastry up to a day in advance, roll out and line the tart tin, then chill, ready for blind baking.