



EASY, TASTY
RECIPES

VEGAN SPANISH TAPAS



Whatever your reason for Vegan, give this lovely quick and easy tapas recipe a go.

INGREDIENTS

Serves 4

4 slices of bread
200g tomato-based pizza sauce
140g grated vegan cheese
60g mixed peppers
50g red onions
12 vegan sausages
5g fajita mix
3g fresh parsley

INSTRUCTIONS

1. Cook the vegan sausage until piping hot, then allow to cool slightly. Once cool enough to touch, cut into 1cm diagonal slices.
2. Finely slice the red onion and peppers.
3. Spread the tomato-based pizza sauce over the slices of bread.

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4. Place chopped vegetables and vegan sausage into a bowl together with the spices and mix well.
5. Place on top of the slices of bread and the sprinkle with the grated cheese.
6. Bake in the oven at 200°C for approx. 10-15 minutes until piping hot and golden brown.
7. Sprinkle with fresh chopped parsley.

Pimp your Tapas

You could upgrade to your humble slice of wholemeal bread to rye or sourdough, or you could even try a slice of spelt bread.

Spelt is the oldest known whole grain. It was one of the first grains to be milled and is more nutritious than modern grains.

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