



ROYAL
VOLUNTARY
SERVICE

VEGAN SEASONAL SOUP

Ollie Bragg

For the Pea and Lavender Soup:

Dietary requirements: Dairy-free, Egg-free, Gluten-free, Vegan, Wheat-free

Serves 1

Ingredients

- **1 onion**
- **2 tsp vegetable oil**
- **250g/scant 9oz frozen peas**
- **1 tsp dried lavender or fresh lavender head**
- **½ litre water with stock or 2 tsp vegetable bouillon**
- **Sea salt and pepper to taste**



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Method

- 1. Finely chop onion and fry in vegetable oil until onion is translucent.**
- 2. Add peas and lavender.**
- 3. Continue to fry for 1 minute, stirring to absorb flavour.**
- 4. Add bouillon stock power (or vegetable stock) with water.**
- 5. Mix and turn off heat.**
- 6. Blend in a food processor or hand blender.**
- 7. Return to pan and heat.**
- 8. Season to taste.**



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For the flatbreads:

Dietary requirements: Dairy-free, Egg-free, Vegan

Serves 4

Ingredients

- **100g/3.5oz or 2/3 cup plain or wholemeal self-raising flour**
- **1/3 tsp baking powder**
- **pinch of sea salt**
- **80ml or 1/3 cup vegan yoghurt**
- **2 tbsp olive oil or coconut oil**



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Method

- 1. Mix dry ingredients together in a bowl.**
- 2. Add yogurt and mix into a dough.**
- 3. Form into a ball or two smaller balls. Leave until ready to use.**
- 4. Roll out dough on a floured surface to a roughly round shape, about ½ cm thick.**
- 5. Heat a pan over a medium heat and add oil.**
- 6. Add flatbread.**
- 7. Fry until golden on the underside. Flip and cook the other side.**



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For the Summer Fruit Crumble:

Dietary requirements: Dairy-free, Egg-free, Halal, Kosher, Vegan

Serves 4

Ingredients

- **110g/4oz plain wholemeal flour**
- **55g/2oz vegan margarine**
- **75g/3oz brown sugar**
- **25g/1oz rolled oats**
- **900g/2lb fruit (apples, blackberries, plums, mixed soft fruit etc)**



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Method

- 1. Sift the flour into a mixing bowl and rub in the margarine and 25g/1oz of the brown sugar.**
- 2. Add the oats and mix well.**
- 3. Peel/prepare the fruit, mix with the remaining sugar and place in pie dish.**
- 4. Sprinkle crumble mixture evenly over top, pressing down to form a seal.**
- 5. Bake in preheated oven at 180°C/350°F/gas mark 4 for 15–30 minutes, depending on fruit.**

To find out more about the Virtual Village Hall and other online sessions please visit virtualvillagehall.royalvoluntaryservice.org.uk. Or to find out more about the Royal Voluntary Service go to royalvoluntaryservice.org.uk.



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