



For quick and easy ways to add vegetables to everyday meals...

macaroni cheese

plain + dice (onion) + chop (broccoli) + chop (broccoli) + slice (tomato) + serve with (carrots, green beans) = veg up + photo of macaroni cheese with vegetables

bangers and chips

plain + slice (onion) + slice (potatoes) + slice (parsnip) + slice (carrot) + slice (zucchini) + slice (pepper) = veg up + photo of bangers and chips with vegetables

vegetable soup

plain (from a packet) + chop (onion) + chop (sweet potatoes) + chop (potatoes) + chop (carrots) + chop (squash) + chop (celery) = veg up + photo of vegetable soup

spaghetti bolognese

plain + dice (onion) + grate (carrots) + grate (zucchini) + slice (celery) + serve with (broccoli, cucumber) = veg up + photo of spaghetti bolognese with vegetables

more colour

more antioxidants

more vitamins

more minerals

more value for money

more taste

with less fat
less salt
less calories

Go to the website to request the vegup leaflet and recipes.

