

# Taste the Highlands Recipe Collection

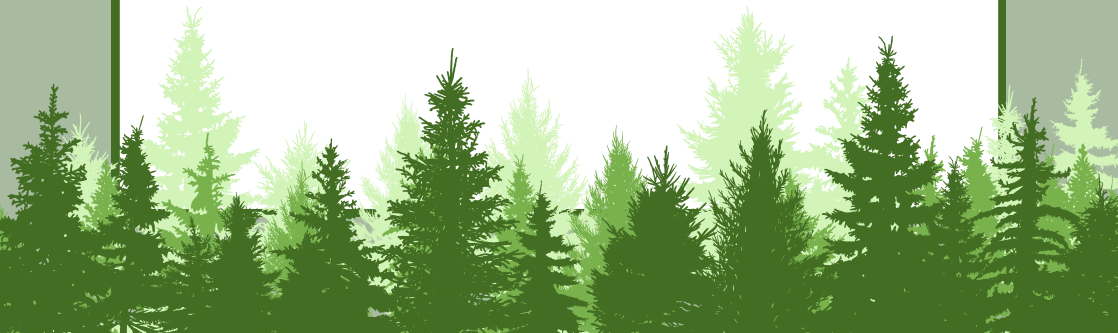
I created the Taste the Highlands Seasoning Collection to make good home cooking feel easy, generous and full of character.

Whether you are feeding the family, stocking a holiday cottage, planning prepare-ahead suppers, or simply looking for new ways to use your seasoning blends, these recipes are designed to help you get a lovely meal on the table without fuss.

Inside this collection you will find recipes using

- ***Scottish Tattie & Vegetable Seasoning***
- ***Highland Seasoning***
- ***Forest Barbecue Seasoning***

These are the sort of dishes I love most hearty traybakes, simple oven suppers, and one-pan meals built on honest ingredients and beautiful flavour.



## Scottish Tattie, Leek & Carrot Tray Roast

### Serves 4

A simple tray roast of potatoes, leeks and carrots turns into something deeply comforting with the help of tattie seasoning blend.

### Ingredients

800g potatoes, cut into chunky bite-sized pieces	2 to 3 tbsp <b>Scottish Tattie &amp; Vegetable Seasoning</b>
3 carrots, peeled and sliced thickly	1 tsp sea salt
2 leeks, trimmed and sliced	½ tsp black pepper
2 tbsp olive oil	150ml vegetable stock
	2 tbsp chopped parsley

### Method

Preheat the oven to 200°C fan.

1. Place the potatoes, carrots and leeks into a large roasting tray. Drizzle over the olive oil, then sprinkle with the seasoning, salt and pepper.
2. Toss well so everything is evenly coated.
3. Pour the stock around the vegetables. Cover loosely with foil and roast for 25 minutes.
4. Remove the foil, toss gently, then roast for a further 20 minutes until golden at the edges and tender throughout.
5. Scatter with parsley and serve.

## Sausage, Tattie & Cabbage Bake

### Serves 4

This is the kind of practical, hearty supper that never goes out of style

### Ingredients

8 sausages	100ml or vegetable stock
700g potatoes, cut into wedges	1 onion, peeled and cut into wedges
½ small green cabbage, thickly sliced	2 tbsp olive oil
1 tbsp wholegrain mustard	2 tbsp <b>Scottish Tattie &amp; Vegetable Seasoning</b>
	1 tsp wholegrain



## Scottish Tattie, Leek & Carrot Tray Roast Contd.

### Method

Preheat the oven to 200°C fan.

1. Place the potatoes and onion in a roasting tin. Add the olive oil and seasoning and toss well. Roast for 15 minutes.
2. Remove from the oven and add the sausages and cabbage.
3. Mix the mustard with the stock and pour into the tray.
4. Return to the oven for 25 minutes until the sausages are cooked through and the vegetables are golden and tender.
5. Bring to the table and serve straight from the tray.

## Potato, Spinach & White Bean Gratin

### Serves 4

This is the kind of practical, hearty supper that never goes out of style

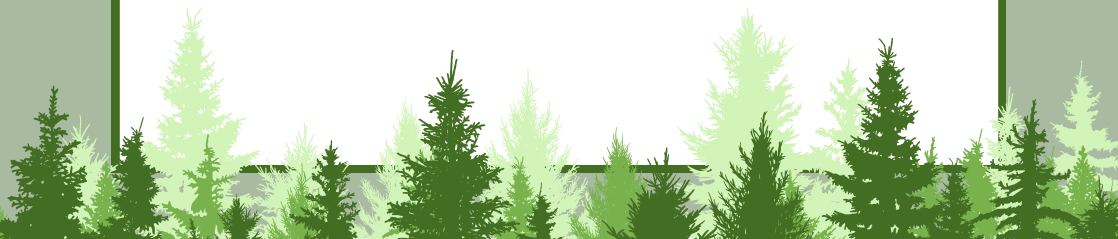
### Ingredients

8 sausages	100ml or vegetable stock
700g potatoes, cut into wedges	1 onion, peeled and cut into wedges
½ small green cabbage, thickly sliced	2 tbsp olive oil
1 tbsp wholegrain mustard	2 tbsp <b>Scottish Tattie &amp; Vegetable Seasoning</b>
	1 tsp wholegrain

### Method

Preheat the oven to 190°C fan.

1. Grease a shallow ovenproof dish.
2. Layer half the potatoes in the dish.
3. Scatter over half the beans and half the spinach.
4. Repeat with the remaining potatoes, beans and spinach.
5. Mix the cream, stock, garlic and seasoning together and pour over.
6. Cover with foil and bake for 35 minutes.
7. Remove the foil, top with the cheese and bake for a further 15 minutes until golden and bubbling.
8. Leave to rest for 10 minutes before serving.



## Highland Chicken & Root Vegetable Roast

### Serves 4

Tender chicken, sweet roasted roots and the gentle savoury warmth of Highland Seasoning make this a real favourite

### Ingredients

6 chicken thighs	2 parsnips, cut into batons
700g potatoes, cut into chunks	1 red onion, cut into wedges
2 carrots, thickly sliced	2 tbsp olive oil
	2 tbsp <b>Highland Seasoning</b>
	150ml chicken stock

### Method

Preheat the oven to 200°C fan.

1. Preheat the oven to 200°C fan.
2. Place the potatoes, carrots, parsnips and onion in a roasting tray. Drizzle with the olive oil and sprinkle over the Highland Seasoning. Toss well to coat.
3. Nestle the chicken pieces on top and pour the stock around the tray.
4. Roast for 45 minutes until the chicken is golden and cooked through and the vegetables are tender. Spoon over the pan juices before serving.

## Highland Beef, Oat & Vegetable Bake

### Serves 4

This is an easy, generous bake, perfect for busy days when you want something ready to serve with very little fuss, our highland mix elevates this dish beautifully.

### Ingredients

500g beef mince	2 tbsp porridge oats
1 onion, finely chopped	1 tbsp tomato purée
2 carrots, finely diced	400ml beef stock
1 small leek, sliced	1 tbsp oil
2 tbsp <b>Highland Seasoning</b>	2 tbsp chopped parsley

### Method

Preheat the oven to 190°C fan.

1. Heat the oil in a frying pan, cook the onion, carrot and leek for 5 minutes until softened.

## *Highland beef, oat & vegetable bake continued....*

1. Add the mince and cook until browned. Stir in the Highland Seasoning, oats and tomato purée. Pour in the stock and bring to a simmer.
2. Transfer to an ovenproof dish and bake uncovered for 25 minutes until rich and thickened.
3. Scatter with parsley and serve.

## **Highland Butter Bean, Tomato & Courgette Bake**

### **Serves 4**

This plant based bake is built from simple pantry ingredients and fresh vegetables, making it a very handy recipe for everyday cooking. It is warming, wholesome and full of gentle flavour.

### **Ingredients**

2 courgettes, sliced	1 x 400g tin chopped tomatoes
1 onion, sliced	2 tbsp <b>Highland Seasoning</b>
2 garlic cloves, crushed	2 tbsp olive oil
2 x 400g tins butter beans, drained	100ml stock
	50g grated cheese

### **Method**

Preheat the oven to 190°C fan.

1. Place the courgettes, onion, garlic, butter beans, chopped tomatoes, seasoning, olive oil and stock into an ovenproof dish. Stir everything together well.
2. Top with cheese and bake for 35 minutes until bubbling and lightly golden.
3. Serve with crusty bread

## **Forest Barbecue Chicken Traybake**

### **Serves 4**

Rich, smoky and wonderfully easy, this is a one-pan supper full of deep flavour and very little fuss.

### **Ingredients**

6 - 8 chicken thighs	2 red onions, cut into wedges
2 tbsp <b>Forest Barbecue Rub</b>	2 x 400g tins butter beans or cannellini beans, drained
2 tbsp olive oil	150ml chicken stock
250g cherry tomatoes	



## *Forest Barbecue Chicken Traybake continued....*

### **Method**

Preheat the oven to 200°C fan.

1. Rub the chicken with 1 tbsp olive oil and the Forest Barbecue Rub.
2. Place the onions, beans and tomatoes in a roasting dish.
3. Drizzle with the remaining oil and toss gently.
4. Nestle the chicken on top and pour the stock around the edge.
5. Roast for 40 to 45 minutes until the chicken is cooked through and golden.
6. Spoon over the roasting juices before serving.

## **Forest Barbecue Sausage Traybake**

### **Serves 4**

This colourful traybake is a lovely balance of sweetness and smoky spice.

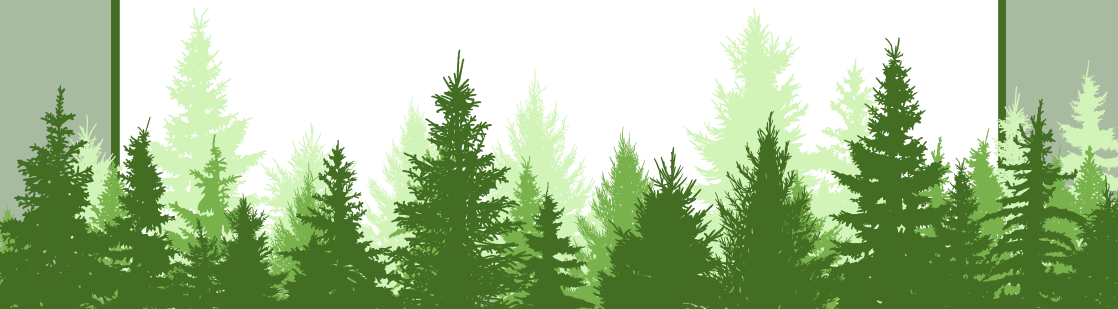
### **Ingredients**

- |   |                                       |
|---|---------------------------------------|
| 8 sausages  | 1 red onion, sliced                   |
| 2 large sweet potatoes,<br>peeled and cut into chunks | 2 tbsp olive oil                      |
| 2 red peppers, cut into thick<br>strips               | 2 tbsp <b>Forest Barbecue<br/>Rub</b> |
|   | 100ml stock                           |

### **Method**

Preheat the oven to 200°C fan.

1. Place the sweet potatoes, peppers and onion in a roasting tin. Add the olive oil and Forest Barbecue Rub and toss well. Roast for 15 minutes.
2. Add the sausages and pour in the stock. Return to the oven for 25 minutes, turning once halfway through.
3. Serve hot, with yoghurt or slaw if you like.



## Sticky Forest Barbecue Lentil & Vegetable Bake

### Serves 4

A lovely plant based dish that is packed with flavour and made from store cupboard ingredients making it fantastic when you need a quick comforting meal. It is hearty enough for supper and reheats beautifully the next day.

### Ingredients

2 carrots, diced	1 tbsp tomato purée
2 celery sticks, diced	2 tbsp <b>Forest Barbecue Rub</b>
1 onion, chopped	2 tbsp olive oil
1 tin green or brown lentils, drained	150ml stock
1 tin chopped tomatoes	1 tbsp honey

### Method

Preheat the oven to 190°C fan.

1. Combine the carrots, celery, onion, lentils, tomatoes, tomato purée, stock, honey and Forest Barbecue Rub in an ovenproof dish. Stir well and drizzle with the olive oil.
2. Cover with foil and bake for 25 minutes.
3. Remove the foil, stir, then bake uncovered for a further 10 minutes until slightly thickened.
4. Serve hot with crusty bread, rice or baked potatoes.



Scan here to sign up  
for our newsletter



# Welcome to Meg's Scottish Kitchen

A place where seasonal food, warm hospitality and comforting homemade dishes come together from the shores of Loch Awe.

Inspired by Scotland's rich larder and over 30 years of professional cooking experience, every meal is made with care, flavour and the joy of sharing good food with good people.




Alongside homemade Heat & Eat meals and holiday catering, Meg's Scottish Kitchen also offers small-batch spice blends, baking mixes, cookery demos, relaxed Demo & Dine evenings, seasonal recipes and a warm, story-filled newsletter celebrating good food, local ingredients and the changing seasons.

**Visit our website and sign up to our newsletter**

 Dalavich, Loch Awe, Argyll

 [meg@megsscottishkitchen.com](mailto:meg@megsscottishkitchen.com)

 07590 676880

