

# Serves 6 - Pasta Primavera

75g young broad beans  
2 x 100g asparagus  
170g peas  
350g spaghetti  
175g leeks  
1 tbs butter  
200ml fromage frais  
Handful of chopped herbs  
**Parmesan to serve**



## Step 1

Bring a pan of water to the boil and put a steamer (or colander) over the water. Steam the beans, asparagus and peas until just tender, then set aside. Boil the pasta following pack instructions.

## Step 2

Meanwhile, fry the leeks gently in the oil and butter for 5 mins or until soft. Add the fromage frais to the leeks and very gently warm through, stirring constantly to ensure it doesn't split. Add the herbs and steamed vegetables with a splash of pasta water to loosen.

**Step 3** Drain the pasta and stir into the sauce. Adjust the seasoning, then serve scattered with the cheese and drizzled with a little extra olive oil.

# Serves 4 – Spanish Paella

1½ tbs sunflower oil or vegetable oil  
1 large onion finely diced  
2 red peppers chopped  
3 garlic cloves crushed or finely grated  
1 tbs smoked paprika  
250g paella rice  
227g can chopped tomatoes  
750ml vegetable stock  
Saffron (optional)  
400g butter beans or other beans such as cannellini  
200g green beans or long-stem broccoli  
2 lemons 1 juiced and 1 cut into wedges



## Step 1

Heat the oil in a large lidded frying pan over a medium heat and fry the onion for 5 mins. Add the peppers and cook for another 5 mins until the onion and pepper has softened. Stir in the garlic and cook for 1 min, then stir in the paprika and cook for 1 min.

## Step 2

Stir in the paella rice and cook for 2 mins. Pour over the white wine, if using, and cook for 2-3 mins to reduce. Add the chopped tomatoes, vegetable stock and saffron, if using.

## Step 3

Stir in the beans, then pour over the stock and bring to the boil. Reduce to a simmer and cook for 10 mins. You can stir it occasionally, if you like, but traditionally you want a crust to form on the bottom. After 10 mins, scatter the green beans or broccoli on top, place the lid on the pan and cook for 3-4 mins until the greens and rice are tender. Cook with the lid off for a few mins if the rice is still too wet. Remove from the heat, squeeze over the lemon juice and serve with lemon wedges on the side.

## Serves 6 – Vegetable Korma with rice

1 tbsp vegetable oil  
1 onion finely chopped  
3 cardamom pods bashed  
2 tsp each ground cumin and coriander  
½ tsp ground turmeric  
1 green chilli deseeded (if desired) and finely chopped  
1 garlic clove crushed  
thumb-size piece ginger  
finely chopped  
800g mixed vegetable  
such as carrots, cauliflower, potato and courgette, chopped  
300-500ml hot vegetable stock  
200g frozen peas  
200ml yogurt



**Step 1** Heat the oil in a large pan. Cook onion with the dry spices over a low heat for 5-6 mins until the onion is light golden. Add the chilli, garlic and ginger and cook for 1 min, then throw in the mixed vegetables and cook for a further 5 mins.

**Step 2** Divide the mixture appropriately between two pans if serving vegetarians and meat eaters. Chop the chicken into small chunks and stir into one pan. Add the stock, dividing between the pans appropriately, and simmer for 10 mins (if only cooking the veggie version in one pan, use 300ml stock; if dividing between two pans, add 250ml to each). Divide the peas, if necessary, and add, cooking for 3 mins more until the veg are tender and the chicken is cooked through.

**Step 3** Remove from the heat and stir through the yogurt and ground almonds, if using. Serve sprinkled with the toasted almonds and coriander, with basmati rice or naan bread on the side.

## Serves 6 - Creamy courgette lasagne

9 dried lasagne sheets  
1 tbsp sunflower oil  
1 onion finely chopped  
700g courgette (about 6)  
coarsely grated 2 garlic cloves  
crushed 250g tub ricotta  
50g cheddar  
350g jar tomato sauce for pasta



### Step 1

Heat oven to 220C/fan 200C/gas 7. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.

### Step 2

Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the courgettes and garlic and continue to fry until the courgette has softened and turned bright green. Stir in 2/3 of both the ricotta and the cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.

### Step 3

In a large baking dish, layer up the lasagne, starting with half the courgette mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.

# Serves 4 - Spaghetti Carbonara

100g pancetta  
50g Pecorino cheese  
50g parmesan  
300g peas  
3 large eggs  
350g spaghetti  
2 plup Garlic  
50g unsalted butter



## Step 1

Put a large saucepan of water on to boil.

## Step 2

Finely chop the 100g pancetta, having first removed any rind. Finely grate 50g pecorino cheese and 50g parmesan and mix them together.

## Step 3

Beat the 3 large eggs in a medium bowl and season with a little freshly grated black pepper. Set everything aside.

## Step 4

Add 350g spaghetti to the water and when the water comes back to the boil, cook at a constant simmer, covered, for 10 minutes or until al dente (just cooked).

## Step 5

Squash 2 peeled plump garlic cloves with the blade of a knife, just to bruise it.

## Step 6

While the spaghetti is cooking, fry the pancetta with the garlic. Drop 50g unsalted butter into a large frying pan or wok and, as soon as the butter has melted, tip in the pancetta and garlic.

## Step 7

Leave to cook on a medium heat for about 5 minutes, stirring often, until the pancetta is golden and crisp. The garlic has now imparted its flavour, so take it out with a slotted spoon and discard.

## Step 8

Keep the heat under the pancetta on low. Just before the pasta is ready blanch the peas in with the pasta water, then lift it from the water with a pasta fork or tongs and put it in the frying pan with the pancetta. Don't worry if a little water drops in the pan as well (you want this to happen) and don't throw the pasta water away yet.

## Step 9

Mix most of the cheese in with the eggs, keeping a small handful back for sprinkling over later.

## Step 10

Take the pan of spaghetti and pancetta off the heat. Now quickly pour in the eggs and cheese. Using the tongs or a long fork, lift up the spaghetti so it mixes easily with the egg mixture, which thickens but doesn't scramble, and everything is coated.

## Step 11

Add extra pasta cooking water to keep it saucy (several tablespoons should do it).

# Serves 4 - Mild split pea and spinach dhal served with naan

175g yellow split peas  
½ tbsp coconut oil  
1 small onion finely chopped  
1 fat garlic clove crushed  
½ tsp yellow mustard seeds  
¼ tsp turmeric  
1 ½ tsp mild curry powder  
1 stock cube  
50g chickpeas  
100g spinach chopped  
Plain yogurt  
Naan bread fingers to serve



## Step 1

Soak the yellow split peas in a bowl of water for 20 mins. Rinse thoroughly in a few changes of water.

## Step 2

Heat the oil in a large heavy-based saucepan. Cook the onion for 5-10 mins, stirring from time to time until softened and starting to caramelise. Add the garlic and spices and cook for a further 1-2 mins allowing the aromas to release.

## Step 3

Pulse the chickpeas in a food processor into fine pieces – make sure you do this well so that there is no risk of choking. Add the split peas and chickpeas to the pan, then pour in enough water to cover it by a few cms. Crumble in the veg stock cube. Bring to the boil, then simmer for 1 hr or until the split peas are tender, stirring from time to time. If they start to look a little dry, add in more water as needed during the cooking. Stir through the frozen chopped spinach and once the dhal is hot throughout, serve with a dollop of yogurt on top, pitta or brown rice.

# Serves 6 – Chicken and Pepper Quesadillas

Olive oil for cooking  
½ teaspoon smoked paprika  
½ teaspoon garlic powder  
½ teaspoon dried oregano  
½ teaspoon ground cumin  
1 pound chicken tenderloins, tendons trimmed or boneless, skinless  
chicken breasts cut into 1½ strips  
1 cup thick and chunky salsa  
½ cup water  
4 large tomatoes diced  
1 red onion diced into small pieces  
2 x red peppers diced into small pieces  
2 x yellow peppers diced into small pieces  
4 large burrito-size 10-inch flour tortillas  
3 cups grated Mexican cheese



## Step 1

In a small bowl, mix together the smoked paprika, garlic powder, oregano, and cumin. Sprinkle the spice mixture evenly all over the chicken.

## Step 2

In a large nonstick skillet over medium-high heat, heat 1½ tablespoons of oil until shimmering. Add the chicken and cook, undisturbed, until golden brown on the first side, 2 to 3 minutes. Flip the chicken, reduce the heat to medium, and continue cooking until the chicken is cooked through, 3 to 4 minutes more. Transfer the chicken to a plate or cutting board.

## Step 3

Add the peppers, onion and tomatoes and water to the skillet. Cook, uncovered, over medium-low heat until most of the liquid is evaporated and the sauce has a thick consistency, 7 to 9 minutes. Meanwhile, shred the chicken.

## Step 4

Off the heat, add the shredded chicken and any juices that have accumulated on the plate/cutting board to the finished sauce and stir until evenly combined. Transfer the chicken mixture to a plate.

## Step 5

Heat ½ tablespoon of oil in the skillet over medium heat. Place 1 tortilla in the skillet and swirl it around with your hand to coat the bottom evenly with the oil. Sprinkle ¾ cup of the cheese evenly over top, leaving a ½-inch border around the edges. Spread about ⅓ cup of the chicken and pepper mixture over half of the tortilla. When the cheese is mostly melted, fold the tortilla over to cover the filling and form a half-moon shape. Cook until the tortilla is crisp and golden and the cheese is melted, adjusting the heat as necessary, 1 to 2 minutes per side. Repeat with the remaining oil, tortillas, cheese, and filling, adjusting the heat as necessary. (Cover the cooked quesadillas lightly with foil to keep them warm.) Let the quesadillas rest a few minutes to allow the filling to set, then cut into wedges.

For the rice – Fry diced peppers and red onions in olive oil, add cooked rice following packet instructions.

## Serves 6 - Salmon and spring greens curry served with rice

4 Salmon fillets  
2 tsp Veg oil  
1 onion  
300g wholegrain basmati rice  
3 cloves of garlic  
1 x 5cm piece of ginger  
1 tbsp turmeric  
1 red pepper  
1 hand full of mange tout  
150g spinach  
10g finely chopped coriander



### Step 1

Season and pan fry the salmon skin side up for 4 minutes in a tablespoon of vegetable oil. Leave it alone, then flip it and cook for another 2 minutes. Remove from the pan and set aside.

### Step 2

Cook the rice per packet instructions. Fry the onion in the remaining vegetable oil for 3-4 minutes then add the garlic and ginger. Add the turmeric and a splash of water and mix well.

### Step 3

Add in the diced pepper and mange tout, cook for a further minute then add the can of coconut milk. Mix well and it'll go this lovely golden colour. Simmer away for 7-8 minutes.

### Step 4

Add in the spinach and cook for 2 minutes so the spinach wilts. Then place the salmon back in and cook for 2 more minutes. Serve with the rice topped with coriander.

## Serves 6 – Spring shredded vegetable stir fry

2 tbsp sunflower oil  
4 spring onions, cut into 4cm/1½in lengths  
1 garlic clove, crushed  
1 piece fresh root ginger, about 1cm/½ in, peeled and grated  
1 carrot, cut into matchsticks  
1 red pepper, cut into thin matchsticks  
1 yellow pepper, cut into thin matchsticks  
100g/3½oz sweetcorn  
1 courgette, cut into thick matchsticks  
150g/5½oz cabbage  
2 tbsp soy sauce



### Step 1

Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.

### Step 2

Add the carrot, red pepper and baby sweetcorn and stir fry for 2 minutes. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients from the centre to the side of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.

### Step 3

Add 1 tablespoon water, hoisin and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft. Serve with noodles.

## Serves 6 - Turkey Chilli served with Jacket Potatoes

2 teaspoons olive oil  
1 onion, chopped  
3 garlic cloves, minced  
1 red pepper, chopped  
450g turkey or chicken mince  
1 tablespoon chilli powder  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt  
2 x 400g tins chopped tomatoes  
300ml chicken stock  
2 tins dark red kidney beans, drained and rinsed  
200g tins sweetcorn, drained and rinsed



### Step 1

Using a large pan, heat the oil on a medium heat. Add the onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.

### Step 2

Add the minced turkey or chicken to the pan until cooked through and then add the chilli powder, cumin, oregano, cayenne pepper and salt, stirring well.

### Step 3

Add the tomatoes, stock, kidney beans and sweetcorn. Bring to the boil then reduce the heat and simmer for 30-45 minutes, or until the chilli thickens and the flavours come together. (Alternatively, add to a slow cooker and cook on low for 6 hours.)

## Serves 6 - Mediterranean Traybake with Couscous

1 courgette  
1 small aubergine  
3 red peppers  
2 red onions, thickly sliced  
3 garlic cloves, crushed  
2 tbsp olive oil  
200g/7oz char-grilled artichoke hearts, in oil, drained  
2 tsp balsamic vinegar



### Step 1

Heat the oven to 220C/200C Fan/Gas

### Step 2

Cut the courgette and aubergine into fingers. Cut the peppers into match stick strips. Place all the vegetables in a roasting tin with the garlic and drizzle with oil. Season well with salt and pepper.

### Step 3

Roast the vegetables for 20 minutes, then add the drained artichoke hearts. Toss everything together and return to the oven for a further 5-10 minutes, or until hot. Remove from the oven and leave to cool.

### Step 4

When cool, toss the vegetables with balsamic vinegar and serve with couscous.

## Serves 4 - Tuna Pasta Bake

400g fusilli Pasta  
100g frozen pea  
50g butter  
50g plain flour  
600ml milk  
1 tsp Dijon mustard  
2 x 195g cans tuna Drained  
4 spring onions Sliced  
198g can sweetcorn Drained  
100g cheddar grated



### Step 1

Bring a pan of water to the boil. Add the pasta and cook, following pack instructions, until tender. Add the peas for the final 3 mins cooking time.

### Step 2

Meanwhile, melt the butter in a pan over a medium heat. Stir in the flour and cook for 2 mins. Add the milk, whisking constantly, then slowly bring to the boil, stirring often, until sauce thickens. Remove from the heat, add the mustard and season well.

### Step 3

Heat the grill to medium. Drain the pasta and peas, then return to the pan and stir in the tuna, spring onions, sweetcorn and sauce. Tip into a shallow baking dish, top with the cheddar and cook under the grill for 5 mins or until golden and bubbling.

## Serves 4 - Herby Cod with Garlic Orzo and Green Beans

4 cod fillets (6 oz each)  
2 lemons, zested and juiced  
3 tablespoons olive oil, divided  
2 tablespoons fresh dill, chopped  
2 tablespoons fresh parsley, chopped  
3 cloves garlic, minced  
1 cup orzo pasta  
1 lb fresh green beans, trimmed  
1/2 cup sliced almonds  
3 tablespoons butter  
1/4 cup chicken broth  
1/4 cup grated Parmesan cheese  
Salt and black pepper to taste  
Lemon wedges for serving



### Step 1

Preheat oven to 400°F (200°C). Season cod fillets with, lemon zest, dill, and parsley.

### Step 2

Heat 2 tablespoons olive oil in an oven-safe skillet over medium-high heat. Sear cod fillets for 2-3 minutes per side until golden.

### Step 3

Transfer skillet to oven and bake for 8-10 minutes until fish flakes easily with a fork.

Meanwhile, cook orzo according to package directions. Drain and set aside.

### Step 4

Blanch green beans in boiling water for 4-5 minutes until crisp-tender. Drain and set aside.

### Step 5

In the skillet, heat remaining olive oil and butter. Add minced garlic and sauté for 30 seconds.

Add cooked orzo, green beans, and chicken broth. Toss for 2-3 minutes until heated through.

Remove from heat and stir in, Parmesan cheese, and lemon juice.

Serve cod fillets over the green bean orzo with lemon wedges.

## Serves 6 - Spiced Beef Burrito Bowl

2 tbsp sunflower oil, plus 1 tsp  
150g frozen diced onion or 1  
fresh onion, finely chopped  
2 tsp frozen chopped garlic or 2 fresh  
finely chopped  
500g frozen 5% fat beef mince,  
chunks  
3 tsp chipotle chilli paste  
1 tbsp tomato purée  
400g tin chopped tomatoes



### Step 1

Heat 2 tbsp of the oil in a large pan and fry the onion for 5-7 mins over a high heat, stirring regularly, until softened and starting to colour. Add the garlic and cook for 1 min. Tip in the beef and cook, stirring and breaking it up every so often, until browned all over. Add the chilli paste and tomato purée and cook for 1 min, then tip in the chopped tomatoes. Half fill the tin with water and add to the pan, then bring to the boil and simmer for 20 mins.

### Step 2.

Meanwhile, quarter the cherry tomatoes and combine them in a small bowl with the spring onions and coriander. Season to taste and set aside. Slice the avocado, squeeze over the lime and set aside.

### Step 3

Heat 1 tsp oil in a medium frying pan over a high heat and cook the peppers for 3-4 mins until the liquid evaporates and the peppers soften. Add the black beans and heat together. Microwave 3 portions of rice to pack instructions, then stir through the warm beans and peppers. Ready to serve!

## Serves 6 - Lamb Moussaka

2 medium aubergines sliced into 1cm  
(½ inch) thick rounds then halves  
4 tablespoons olive or rapeseed oil  
2 red onions diced  
500 g lamb mince (or leftover roast  
lamb,  
cut into bitesize pieces)  
3 cloves garlic crushed or grated  
1 teaspoons cumin seeds  
½ teaspoon cinnamon  
2 x 400g tins chopped tomatoes  
2 teaspoons dried oregano  
Salt and pepper to taste  
300 ml crème fraîche  
100 g cheddar or other hard cheese,  
grated



### Step 1

Preheat your grill to medium high.

Lay the aubergine slices on the grill rack and brush with oil, turn the slices over and brush with more oil (roughly 2 tablespoons oil in total on the aubergines). Grill for about 5 minutes on each side or until nicely browned.

As soon as the aubergines are ready, preheat your oven to 220C / 200C / gas mark 7 / 425F. (You can do this a little earlier if you have a separate grill and oven).

### Step 2

While the aubergine slices are grilling, prepare your filling: place the remaining 2 tablespoons oil and onions in a wide, deep pan and cook on low for 5 minutes, until the onions are soft but not brown. Turn the heat up and add in the lamb mince cook for 3 minutes then turn the heat down again and add the garlic, cumin and cinnamon and cook for another 2 minutes, stirring occasionally.

### Step 3

Add in the chopped tomatoes, oregano, pepper, bring to the boil, then reduce the heat and simmer for 10 minutes, until thick.

When the lamb sauce and aubergines are ready, layer up your moussaka: first put half the lamb sauce in the base of a casserole dish or cast iron pan, next add a layer of aubergines, then the rest of the sauce, then the rest of the aubergines. Finally spoon over the crème fraîche and then sprinkle over the cheese. Place in your preheated oven for 10 minutes, or until the cheese is browned.

Serve with salad.

## Serves 6 – Summer Veg Casserole

- 3 tbsp olive oil
- 1 garlic bulb halved through the middle
- 2 large courgettes thickly sliced
- 1 large red onion sliced
- 1 aubergine halved and sliced on the diagonal
- 2 large tomatoes quartered.
- 200g new potatoes scrubbed and halved
- 1 red pepper deseeded and cut into chunky pieces
- 400g can chopped tomatoes
- 0.5 small pack parsley chopped



### Step 1

Heat oven to 200C/180C fan/gas 6 and put the oil in a roasting tin. Tip in the garlic and all the fresh veg, then toss with your hands to coat in the oil. Season well and roast for 45 mins.

### Step 2

Remove the garlic from the roasting tin and squeeze out the softened cloves all over the veg, stirring to evenly distribute. In a medium pan, simmer the chopped tomatoes until bubbling, season well and stir through the roasted veg in the tin. Scatter over the parsley and serve.

## Serves 6 – Spaghetti Bolognese

- 1 onion, roughly chopped
- 1 carrot, peeled, finely grated
- 1 courgette, trimmed, finely grated
- 1 red pepper, deseeded, thinly sliced
- 500g/1lb 2oz lean beef mince
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 1 tsp dried oregano or dried mixed herbs
- 1 beef stock cube
- 1 bay leaf
- 300g/10½oz dried spaghetti
- salt and freshly ground black pepper



**Step 1** Put the vegetables in a large, heavy-based saucepan and cover with 500ml/18fl oz water. Bring to the boil, then simmer for 8-10 minutes, or until the onion and pepper are very soft. Remove from the heat and blend the contents to a smooth purée using a hand-held blender. Set aside and keep warm.

### Step 2

Heat a separate, non-stick, lidded saucepan over a medium heat. Dry-fry the beef mince for 3-5 minutes, stirring with a wooden spoon to break up any large clumps, until lightly browned on the outside.

### Step 3

Add the puréed vegetables, chopped tomatoes, tomato purée and dried herbs to the pan, stirring well to combine. Crumble over the stock cube and add the bay leaf. Season with pepper and stir again.

### Step 4

Bring to the boil, then reduce the heat until it is simmering. Half-cover the pan with the lid and continue to simmer gently for 25-30 minutes, stirring the sauce more and more regularly as it thickens.

### Step 5

Meanwhile, bring a large pot of salted water to the boil. Add the spaghetti and cook until al dente.

### Step 6

Divide the spaghetti between bowls and top with the bolognese sauce. Season with black pepper and Parmesan

# Serves 4 – Garlic and herb salmon with baby corn and new potatoes

4 salmon fillets, *skinless (~180g/6oz each) (Note 1)*  
1/2 tsp black pepper  
1 tbsp olive oil  
15g / 1 tbsp butter, *unsalted*  
2 garlic cloves, *finely minced*  
1/2 cup chicken or vegetable stock/broth, *low sodium*  
1 cup cream, *heavy/thickened*  
1/2 cup parmesan, *finely grated (grate your own, Note 3)*  
2 tsp tarragon leaves\*, *finely chopped*  
2 tsp chervil\*, *finely chopped*  
2 tsp parsley\*, *finely chopped, plus more for garnish*



**Step 1** Pan-sear the salmon in a little oil in a non-stick skillet until it's cooked.  
**Step 2** Just before the salmon is done, throw in a little butter. Don't add butter in at the start of the cook – it will burn;  
**Step 3** Then spoon the melted butter over the salmon.  
**Step 4** Remove the salmon and keep it warm, loosely tented with foil.  
**Step 5** In the same skillet with all that buttery goodness remaining, sauté the garlic until golden;  
**Step 6** Add cream and chicken stock, then let it simmer for 3 minutes to reduce and thicken;  
**Step 8** Stir through parmesan – this will thicken it further.  
**Step 9** Lastly, stir in the herbs. We don't want to cook the herbs as such; we want to retain the fresh flavour and colour.

Baby corn and new potatoes boil as per the packet instructions

# Serves 6 – Spring vegetable crumble

About 600g/1lb 5oz mixed vegetables  
carrot, parsnip, squash, sweet potato  
spring onion, leek, pepper, kale  
peas (frozen or fresh), sweetcorn  
200g/7oz plain or wholemeal flour  
100g/3½oz butter, softened  
50g/1¾oz grated cheese  
handful of porridge oats  
freshly ground black pepper  
2 tbsp butter  
1 garlic clove, crushed  
2 tbsp plain flour  
400ml/14fl oz milk or vegetable stock  
handful grated cheese



**Step 1** Preheat the oven to 200C/400F/Gas 6.  
**Step 2** Chop or slice all of the vegetables into roughly equally sized 1 cm pieces and set aside.  
**Step 4** For the crumble, put the flour into a mixing bowl. Chop the butter into little lumps and add it to the flour. Using your fingers rub the flour and butter together. Keep going until it looks like breadcrumbs (a few lumps are ok!). Stir in the oats, cheese, pepper and seeds (if using). Set aside.  
**Step 5** Meanwhile, heat a large saucepan and melt the butter until it bubbles slightly. Add the garlic and stir for a minute. Add the flour and stir well for another minute. The butter and flour will thicken and change colour slightly. Gradually add the stock or milk a little at a time, stirring as you pour. The sauce should thicken up and not be lumpy. If it is you will need to mix it really fast to get rid of any lumps.  
**Step 6** Add the chopped fresh vegetables (but not any frozen ones) to the sauce and cook gently for five minutes, stirring often. Then add any frozen vegetables.  
**Step 7** Pour the saucy vegetables into a 20cm/8in square baking dish and let it cool slightly.  
**Step 8** Sprinkle the crumble all over the top of the vegetables. You should cover all of them up and have a nice thick crumble topping.  
**Step 9** Place the dish onto a baking tray (to catch any spills) and bake in the oven for 30-40 minutes or until the crumble is golden-brown all over.  
**Step 10** Remove the crumble from the oven and leave to cool slightly before serving

# Serves 6 – Smokey bacon and leek quiche

1 tablespoon unsalted butter  
2 cups sliced leeks about 2-3 medium leeks, white and light green parts, sliced 1/4 inch thick  
5 slices bacon 3 oz, hardwood or applewood smoked if possible  
1 1/2 cups grated medium cheddar cheese  
4 eggs  
1 1/2 cups whole milk  
1 teaspoon kosher salt  
1/4 teaspoon black pepper  
1 tablespoon chopped fresh herbs such as parsley, thyme and oregano  
Just roll short crust pastry 320g



**Step 1** Preheat the oven to 375 degrees F. Roll out the pie dough into a circle on a floured surface. Fold the dough into quarters and unfold over a 9-inch pie pan, leaving a 1 inch overhang. Trim and crimp the edges.  
**Step 2** Line the crust with parchment paper and fill with pie weights or dried beans. Bake for about 15 minutes. Prick the bottom of the crust all over with a fork and return to the oven for about 8-10 minutes longer, until it starts to look dry. Set aside while you prepare the filling.  
**Step 3** Cut the bacon into small pieces and sauté over medium heat until browned and crispy, stirring frequently. Remove the bacon with a slotted spoon, leaving 1 tablespoon of grease in the pan. Add 1 tablespoon of butter to the bacon grease and melt.  
**Step 4** Add the sliced leeks and sauté until tender and browned. Transfer the leeks to the plate with the bacon.  
**Step 5** Meanwhile, whisk together the eggs, milk, herbs and pepper.  
**Step 6** To fill the quiche, put half the grated cheese in the bottom, then add the leeks and bacon. Sprinkle the rest of the cheese evenly over the top and pour the egg mixture evenly over the top.  
**Step 7** Bake in the oven for 45 minutes until the centre of the quiche is cooked you can check using a knife.

# Serves 6 – Jamaican Chicken Curry with rice

1 tbl spoon fresh thyme leaves (from about 15 sprigs)  
1 small red onion, coarsely chopped  
3 medium scallions, thinly sliced (about 1/3 cup)  
1 small chilli pepper, trimmed and thinly sliced  
2 tablespoons plus 1 teaspoon Jamaican curry powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon ground white pepper  
1/2 teaspoon freshly ground black pepper  
4 pounds bone-in chicken pieces, cut into rough 3-inch pieces  
2 cloves garlic, minced  
2 tablespoons vegetable oil  
2 cups water  
2 medium white potatoes (about 12 ounces total), peeled and diced  
1 medium carrot, peeled and diced  
1 chicken bouillon cube, 1 teaspoon chicken bouillon powder  
6 allspice berries  
Roti or steamed rice, for serving

**Step 1** Place 1 tablespoon fresh thyme leaves, 1 coarsely chopped small red onion, 3 thinly sliced scallions, 1 thinly sliced small chilli pepper, 2 tablespoons, 2 tablespoons of the Jamaican curry powder, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon ground white pepper, and 1/2 teaspoon black pepper in a large bowl. Stir to combine.  
**Step 2** Add 4 pounds cut bone-in chicken pieces to the marinade and toss to combine, massaging the seasonings into the chicken with your hands (wear gloves if you can). Cover and let marinate in the refrigerator for at least 1 hour or up to overnight.  
**Step 3** Heat 2 tablespoons vegetable oil in a large pot over medium heat until shimmering. Add 2 minced garlic cloves and remaining 1 teaspoon Jamaican curry powder and cook, stirring constantly, until fragrant, about 15 seconds. Using tongs, transfer the chicken into the pan and reserve the marinade left in the bowl. Cover and cook for 5 minutes. Uncover and stir the chicken, making sure it is not stuck to the bottom.  
**Step 4** Add 2 cups water to the reserved marinade and stir to combine. Pour the liquid into the pot. Cover and boil (not simmer), stirring occasionally, until the chicken is cooked through and tender, 30 to 35 minutes.  
**Step 5** Add 2 diced medium white potatoes, 1 diced medium carrot, 1 chicken bouillon cube, and 6 allspice berries to the pot. Stir until the bouillon is dissolved.. Cover and boil until the potatoes are fork tender and the sauce is thickened to the consistency of thick gravy, 8 to 10 minutes. Serve with steamed rice.

## Serves 6 – Tomato and mozzarella Orzo

1 head of broccoli  
4 cloves of garlic  
red wine vinegar  
extra virgin olive oil  
1 onion  
olive oil  
500g cherry tomatoes  
1 bunch of fresh basil (30g)  
300g orzo pasta  
1 organic veg stock cube  
1 x 150g ball of mozzarella



**Step 1** Place a large casserole pan on a high heat. Cut off the broccoli stalk and set aside, then break up the florets and dry fry in the hot pan for 7 minutes, or until charred and slightly softened, turning regularly.

**Step 2** Peel the garlic, finely grate  $\frac{1}{2}$  a clove into a large bowl, add 1 tablespoon each of red wine vinegar and extra virgin olive oil, and mix well. Toss with the hot broccoli, then set aside.

**Step 3** Place the pan on a medium-low heat. Peel and finely chop the onion along with the remaining garlic, trim and finely chop the broccoli stalk, then cook in the pan with 1 tablespoon of olive oil for 10 minutes, or until softened.

**Step 4** Halve and add the cherry tomatoes, tear in half of the basil leaves, season with sea salt and black pepper, and stir well, then cover and cook for 5 minutes, or until the tomatoes are starting to burst.

**Step 5** Stir in the orzo until it's all coated in the sauce. Dissolve the stock cube in 1 litre of boiling water, then pour into the pan and simmer for 10 minutes, or until the orzo is tender and the tomatoes are beautifully saucy, stirring regularly.

**Step 6** Chop the mozzarella into 1cm cubes, scatter into the pasta and leave to stand for 1 minute, or until melty. Stir through along with the remaining basil, drizzle with extra virgin olive oil, and serve with the charred broccoli.

## Serves 3 – Salmon and sweet potato muffins

Oil for greasing  
1 lightly smoked salmon Fillet  
1 small sweet potato peeled and cut into 1cm cubes (about 125g)  
4 eggs  
a few chives snipped



**Step 1** Heat the oven to 200C/180 fan/gas 6, grease a baking tray and six holes of a muffin tin. Put the salmon on the tray and cook for 10 mins or until cooked through. Allow to cool enough to handle, then flake the fish, removing any bones and skin.

**Step 2** Meanwhile, put the sweet potato in a steamer over boiling water and steam for 8-10 mins or until tender. Drain.

**Step 3** Beat the eggs with a little black pepper and the chives. Stir in the salmon and potato and spoon the mixture into the muffin tin. Bake for 10-12 minutes until the eggs are set. Leave for a minute or two and then use a knife to carefully remove the muffins.

# Serves 6 – Lamb Tagine served with cous

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2 tbsp olive oil  
finely diced  
diced (about 150g)  
lamb  
crushed  
tsp cumin  
tsp ground ginger  
tsp saffron strands  
tsp ground cinnamon  
tbsp clear honey  
dried apricot quartered  
vegetable stock cube  
squash peeled, seeds removed  
dice  
and chopped parsley



**Step 1** Heat the olive oil in a heavy-based pan and add the onion and carrot. Cook for 3- 4 mins until softened.

**Step 2** Add the diced lamb and brown all over. Stir in the garlic and all the spices and cook for a few mins more or until the aromas are released.

**Step 3** Add the honey and apricots, crumble in the stock cube and pour over roughly 500ml boiling water or enough to cover the meat. Give it a good stir and bring to the boil. Turn down to a simmer, put the lid on and cook for 1 hour.

**Step 4** Remove the lid and cook for a further 30 mins, then stir in the squash. Cook for 20 – 30 mins more until the squash is soft and the lamb is tender. Serve alongside rice or couscous and sprinkle with parsley if using.

# Serves 6 – Spiced beef and mascarpone

## pasta

24-ounce jar of marinara sauce  
1 pint of canned tomato puree  
(or a 16-ounce can)  
2 tablespoons of butter  
1 cup of pureed pumpkin  
1 pound of ground beef  
1 teaspoon of oregano  
1 teaspoon of basil  
1/2 teaspoon of thyme  
Salt and black pepper to taste



**Step 1** Make the red sauce. In a large high-sided sauté pan add the marinara sauce, can of tomato puree, butter, pumpkin puree, and cooked ground beef. Cook this over medium heat until it bubbles, then turn the heat down to a simmer. Let simmer for 15-20 minutes while you prepare the cheese sauce. Taste it to see if you need to add any other seasonings.

**Step 2** Mix the whole milk ricotta and room-temperature mascarpone cheese in a large bowl with a whisk until creamy. Then, mix in the lemon juice, oregano, basil, and pepper. Let the mixture chill in the refrigerator until needed.

**Step 3** In a large saucepan or stock pot, bring water to a boil. Cook the pasta to the al dente package directions. Transfer the cooked pasta to the simmered tomato meat sauce and stir to get all that delicious sauce into all the nooks and crannies of the pasta. Turn off the heat.

**Step 4** Heat oven to 350 degrees F. In a large-sided 9x13 pan layer the tomato/beef/pasta mixture with the creamy cheese layer. Two layers of each and topped with mozzarella cheese. Place the casserole dish in a heated oven and bake for 20 minutes covered and 5 minutes uncovered.

# Serves 6 – Meatloaf with garlic tomato

## sauce

1 tbsp olive oil  
1 onion finely chopped  
1 garlic clove crushed  
2 tbsp tomato purée  
500g beef mince  
1 egg  
85g fresh breadcrumbs

### For the tomato sauce

1 tbsp olive oil  
1 onion finely chopped  
1 carrot finely chopped  
1 celery stick finely chopped  
1 garlic clove finely chopped  
500ml passata with basil



**Step 1** Heat the oil in a frying pan and add the onion, cook for 4-5 mins over a low heat, then stir in the garlic. Leave to cool completely.

**Step 2** To make the tomato sauce, heat the oil in a saucepan and fry the onion, carrot and celery for 3-4 mins, then add the garlic and cook for a minute. Add the passata and bring to a simmer, then season and cook for 5 mins.

**Step 3** Heat oven to 180C/160C fan/gas 4. Mix the cooled onion with the tomato purée, mince, egg and breadcrumbs, and season. Line a 900g loaf tin with a liner or baking parchment and pack in the meatloaf mixture. Cook for 20-25 mins or until a skewer poked into the centre feels roasting hot when pulled out. Leave to rest for 10 mins before lifting out of the tin.

**Step 4** Serve slices of the meatloaf with some tomato sauce spooned over. Wrap any remaining meatloaf and use it as a sandwich filling for a lunchbox. *Can be frozen for up to a month.*

# Serves 6 – Spring veg and fish chowder

2 tbsp coconut or olive oil  
3-4 rashers of (ideally nitrate-free) back bacon, chopped into small pieces  
1 onion, finely diced  
2 leeks, finely sliced  
1 tbsp wholemeal flour or arrowroot  
1 litre (4 cups) vegetable stock  
1 large white potato (or 1 turnip or 1 swede), diced into small cubes  
1 courgette (zucchini), diced  
4 fillets of fresh or frozen defrosted cod or other white fish  
(I use basic frozen pollock fillets)  
250 ml (1 cup) milk  
50 g (1/4 cup) grated Cheddar or other hard cheese  
150 g (1 cup) frozen peas  
large handful fresh parsley, roughly chopped



Heat 1 tbsp of the oil in a large deep frying pan over medium heat and fry the bacon for 1-2 mins until cooked and just crisping up. Set the bacon bits aside and add the other tbsp of oil to the pan. Throw in the diced onion and leeks and fry for 3-4 mins until softened, then stir through the flour and cook for 30 secs before pouring in the stock. Add the potato, courgette and fish and bring the chowder to the boil. Simmer for 8-10 mins, until the fish and veg is cooked through. Pour in the milk, cheese and peas and cook for another 2 mins, then sprinkle with parsley and serve on its own or with crusty bread