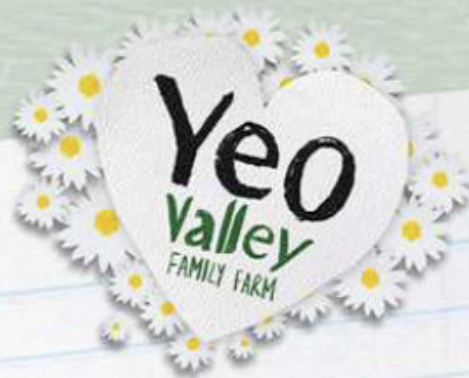




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PAGE 6



JOHN TORODE'S
BEEF HOTPOT



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Welcome



We all hope this year is going to be better than last, and all of us at Easy Cook are here to get you off to the best possible

start with our first issue of 2021: a veritable smorgasbord of culinary delights to feed body and soul. It's packed to the gunnels with cosy feasts (p44), simple weeknight solutions (p20), budget ideas (p10) and sweet treats (p80) to keep you inspired all month long and beyond. Get started with the recipe on this page, which is a favourite of my teenage kids – a healthy-ish five-ingredient spicy piri-piri chicken to fire you up after the (much-needed) break over Christmas. Stay safe and love cooking!

Keith Kendrick

Editor

BEST OF BBC



★ **James Martin**
Balsamic-braised beef (p87)



★ **Tom Kerridge**
Barbacoa pulled beef tacos (p86)



★ **John Torode**
Chinese beef & aubergine hotpot (p85)



Piri-piri chicken with sweet potato mash & broccoli

■ Serves 4 ■ Prep 20 mins ■ Cook 55 mins

3 large sweet potatoes (about 900g), peeled and cut into large chunks
oil, for drizzling
6-8 chicken thighs, skin left on
2 red onions, cut into wedges
25g piri-piri spice mix (or a mild version, if you like)
300g long-stemmed broccoli

1 Heat the oven to 180C/160C fan/gas 4. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a large roasting tin. Push the sweet potatoes to one end of the tin, then, in the other end, toss the chicken with the

onions, spice mix, a drizzle of oil and some seasoning. Roast for 40 mins, stirring halfway through. Add the broccoli to the tin, drizzle with a little more oil, season, and roast for 10-15 mins more.

2 Remove the chicken, onions and broccoli from the tin. Roughly mash the sweet potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions, and serve from the tin in the middle of the table.

PER SERVING 662 kcals, fat 23g, saturates 6g, carbs 74g, sugars 40g, fibre 15g, protein 32g, salt 2.1g

From ^{BBC} goodfood

What's so good about our recipes is that the majority have been tested in the Test Kitchen of our sister title BBC Good Food. So, they're all easy, tasty and quick to make – and you can be sure that they'll work every time.

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Our promise to you

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.

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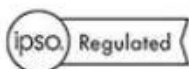
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80 Super-simple sweet traybakes

JANUARY 2021

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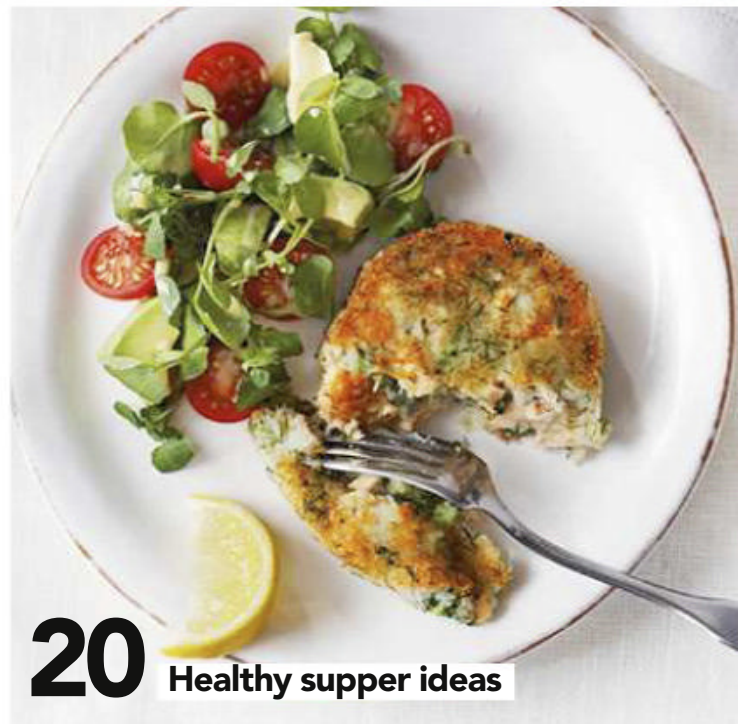


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Make our cover recipe!



Easy classic lasagne, p6

PASS THE PASTA

Kids will love to help assemble this easiest ever lasagne, made with streaky bacon, beef mince, a crème fraîche sauce and gooey mozzarella

Easy classic lasagne

■ Serves 4-6 ■ Prep 15 mins
■ Cook 1 hr **FREEZABLE**

1 **1 tbsp olive oil**
2 **smoked streaky bacon rashers,**
chopped into small pieces
1 **onion, finely chopped**
1 **celery stick, finely chopped**
1 **medium carrot, grated**
2 **garlic cloves, finely chopped**
500g **beef mince**
1 **tbsp tomato purée**
2 **x 400g cans chopped tomatoes**
1 **tbsp honey**
500g **fresh egg lasagne sheets**
400ml **crème fraîche**
125g **ball mozzarella, roughly torn**
50g **grated parmesan**
large handful of basil, leaves
picked and torn (optional)

1 Heat the oil in a large saucepan over a medium heat, and fry the bacon for a few minutes until starting to turn golden. Add the onion, celery and carrot, and cook for 5 mins more, stirring occasionally until the vegetables have softened.

2 Add the garlic and cook for another minute, then add the mince and cook for

about 6 mins more, breaking up any lumps with a wooden spoon, until the mince is browned all over.

3 Stir in the tomato purée and cook for 1 min, stirring well. Tip in the chopped tomatoes and a can of water. Stir in the honey and season to taste, then simmer the mixture for 20 mins.

4 Heat the oven to 200C/180C fan/gas 6. To assemble the lasagne, ladle a little of the ragu into the bottom of a roasting tin or casserole dish, spreading the sauce all over the base. Place 2 lasagne sheets on top, overlapping to fit, then repeat with the remaining ragu and lasagne sheets, finishing with a layer of pasta.

5 Combine the crème fraîche with 2 tbsp water to make a smooth, pourable sauce. Pour this over the pasta, then scatter with the mozzarella and parmesan. Bake for 25-30 mins until golden and bubbling. Scatter with the basil before serving, if you like.

PER SERVING (6) 844 kcals, fat 52g, saturates 30g, carbs 54g, sugars 13g, fibre 5g, protein 37g, salt 1.1g



layers of
comforting
goodness

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COVER
RECIPE

SIMPLE *storecupboard* **SUPPERS**

Step into the new year with these thrifty dishes that keep ingredients to a minimum

**AS
LITTLE
AS 56P**
PER SERVING

56p
per serving

**Mexican-style eggy
bread, p10**



£1.41
per serving

Peanut butter & prawn noodle salad, p10



Mexican-style egg bread

■ Serves 1 ■ Prep 10 mins
■ Cook 5 mins **VEGETARIAN**

1/2 medium avocado, stoned, peeled and cut into pieces
2 tomatoes, deseeded and chopped

1 heaped tbsp chopped coriander
1/2 lime, juiced
2 large eggs, lightly beaten
olive oil, for frying
2 thick slices sourdough or crusty bread
15g strong cheddar, grated
1/2 small red chilli, finely chopped

1 Gently combine the avocado, tomato, coriander and lime juice in a small bowl. Season generously and set aside.

2 Whisk the eggs with a little seasoning. Heat the oil in a non-stick frying pan over a medium heat. Dip each slice of bread in the beaten egg, turning to coat, then fry for about 2 mins on each side, or until golden brown. Transfer to a baking sheet and sprinkle with the cheese. Heat the grill to high and grill the egg bread for 1 min to melt the cheese. Top with the avocado salsa and red chilli to serve.

PER SERVING 829 kcals, fat 39g, saturates 13g, carbs 76g, sugars 9g, fibre 8g, protein 40g, salt 2.6g

Peanut butter & prawn noodle salad

■ Serves 4 ■ Prep 10 mins ■ Cook 5 mins

250g fine egg noodles
130g crunchy peanut butter
2 tbsp soy sauce
3 tbsp chilli oil, plus extra to serve
1 lime, juiced, plus wedges to serve
150g cooked king prawns
1 large carrot, grated
small bunch of coriander leaves, roughly chopped
4 spring onions, sliced
2 handfuls of chilli prawn crackers (optional)

1 Cook the noodles following pack instructions. Drain and leave to cool a little.
2 Put the peanut butter in a heatproof bowl with 2 tbsp water. Mix, then microwave on high for 30 seconds to loosen. Stir in the soy sauce, chilli oil and lime juice to make a dressing. Toss the noodles in the dressing, season and spread out on a sharing platter.
3 Top with the prawns, carrots, coriander and spring onions and toss everything together, then break the prawn crackers, if using, and sprinkle over the top. Serve with extra lime wedges and chilli oil drizzled over.

PER SERVING 516 kcals, fat 27g, saturates 4g, carbs 41g, sugars 5g, fibre 7g, protein 23g, salt 1.9g



MAKE A SALAD

Peanut chicken & beansprout salad

■ Mix some **crisp lettuce leaves**, **finely chopped red onion**, **chopped coriander**, **grated carrot** and **beansprouts**. Divide between four plates. Top with **shredded cooked chicken** and spoon over the dressing.

£1.67
per serving



Smoked mackerel & leek hash with horseradish

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

250g new potatoes, halved
2 tbsp sunflower oil
2 large leeks, thinly sliced
100g peppered smoked mackerel, skin removed
4 eggs
2 tbsp creamed horseradish

1 Put the potatoes in a heatproof bowl with a splash of water, cover, and microwave on high for 5 mins until the potatoes are tender. Alternatively, steam or boil them. Drain.

2 Meanwhile, heat the oil in a frying pan over a medium heat, and fry the leeks with a pinch of salt for 10 mins, stirring until softened. Add the potatoes, turn up the heat and fry for a couple of minutes until crisp. Flake in the mackerel.

3 Make four indents in the leek mixture in the pan, crack an egg into each, season, cover and cook for 6-8 mins or until the whites have set and the yolks are runny. Serve with the horseradish on the side.

PER SERVING 546 kcs, fat 35g, saturates 6g, carbs 25g, sugars 7g, fibre 7g, protein 29g, salt 1.7g



EVERYDAY BUDGET

£1.08
per serving

Curried cauliflower & lentil soup

■ Serves 3-4 ■ Prep 10 mins
■ Cook 30 mins **VEGETARIAN**

1 cauliflower, outer leaves removed, stalk roughly chopped
1½ tbsp sunflower oil
2 tsp fennel seeds
150g red lentils
3 tbsp curry paste of your choice
½ lemon, juiced

1 Cut the cauliflower into small florets, then toss a quarter with 1 tbsp oil and half the fennel seeds. Season well, then tip into a roasting tin and set aside.

2 Heat the oven to 220C/200C fan/gas 7. Heat the remaining oil in a saucepan over a medium heat, and toast the rest of the fennel seeds for 2 mins. Add the lentils, remaining cauliflower florets, the cauliflower stalk, curry paste and 1 litre water, then bring to the boil. Simmer for 25 mins until the cauliflower is tender and the lentils cooked through.

3 Meanwhile, put the roasting tin in the oven and roast for 20 mins until the cauliflower is crisp and slightly charred. Tip the saucepan ingredients into a food processor and blitz until smooth, then return to the pan and warm through. Stir in the lemon juice and a little water if it's too thick. Ladle into bowls and top with the crispy cauliflower to serve.

PER SERVING (4) 242 kcs, fat 8g, saturates 1g, carbs 27g, sugars 5g, fibre 6g, protein 13g, salt 0.5g



Chorizo & pea risotto

■ Serves 4 ■ Prep 5 mins ■ Cook 30 mins

1 tbsp olive oil

200g chorizo, peeled and chopped

300g arborio risotto rice

2 tbsp white wine vinegar

1.2 litres hot chicken stock (fresh is best)

200g frozen peas

60g parmesan, finely grated, plus extra to serve

1 Heat the oil in a large frying pan, and fry the chorizo until crisp and all the oil has been released. Remove a quarter to a plate.

2 Tip the rice into the pan, stir to coat in the oil, and toast for 1 min or so, then pour

in the vinegar. Once the vinegar has evaporated, add a ladleful of the stock, stir until absorbed, then add a bit more stock. Continue doing this for about 20 mins until most of the stock has been absorbed and the rice has swollen but still has a slight bite.

3 Tip in the peas, parmesan and the remaining stock. Give everything a good stir. Once the cheese has melted, season with black pepper, then divide between bowls, topping each portion with the remaining crisp chorizo and some extra parmesan.

PER SERVING 642 kcals, fat 25g, saturates 10g, carbs 68g, sugars 4g, fibre 6g, protein 34g, salt 2.8g

£1.40
per serving



MAKE IT VEGGIE

Garlicky pea & spinach risotto

■ Omit the chorizo and instead fry the rice in the olive oil. Continue cooking using **vegetable stock**. Add the peas and **3-4 handfuls of baby spinach**, allow to wilt, then stir through a generous portion of **vegetarian soft cheese spread** until melted.



Speedy sausage stroganoff tagliatelle

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

20g butter

olive oil, for drizzling

6 pork sausages

350g chestnut mushrooms, sliced

1 tsp sweet smoked paprika

300ml soured cream

1/2 tbsp wholegrain mustard

150ml beef stock

400g dried tagliatelle

small bunch of parsley, chopped

1 Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausagemeat out of the skins directly into the pan, and fry for 5-8 mins, or until golden brown. Add the mushrooms and cook for 5 mins more until starting to brown. Stir through the paprika and cook for 1 min, then stir in the soured cream, mustard and stock. Bring to a simmer and season to taste.

2 Cook the pasta in a large pan of boiling salted water following pack instructions. Add to the sauce with half the parsley. Serve sprinkled with the rest of the parsley.

PER SERVING 826 kcals, fat 42g, saturates 20g, carbs 80g, sugars 7g, fibre 10g, protein 27g, salt 1.2g

TRY IT ON POTATOES

Stroganoff jackets

■ Bake **4 large jacket potatoes** at 200C/180C fan/gas 6 for 1 hr until tender when pierced with a knife. Meanwhile, make the stroganoff sauce as above in step 1. Cut a deep cross in the potatoes and ease them open. Spoon over the sauce and serve scattered with the parsley, with **salad** on the side.

Mango chutney baked feta with lentils

■ Serves 2 ■ Prep 10 mins
■ Cook 20 mins **VEGETARIAN**

200g feta

1 tbsp mango chutney

150ml natural yogurt

small handful of mint, finely chopped

small handful of dill, finely chopped

1 tbsp olive oil

250g pouch microwave puy lentils

**1/2 medium cucumber, halved, deseeded
and cut into half-moons**

120g cherry tomatoes, halved

1 Heat the oven to 220C/200C fan/gas 7. Put the feta in a baking dish and spread over the chutney. Bake for 20 mins until sticky.

2 Combine the yogurt, half the mint, half the dill, the oil and 1 tbsp water to make a dressing. Season to taste.

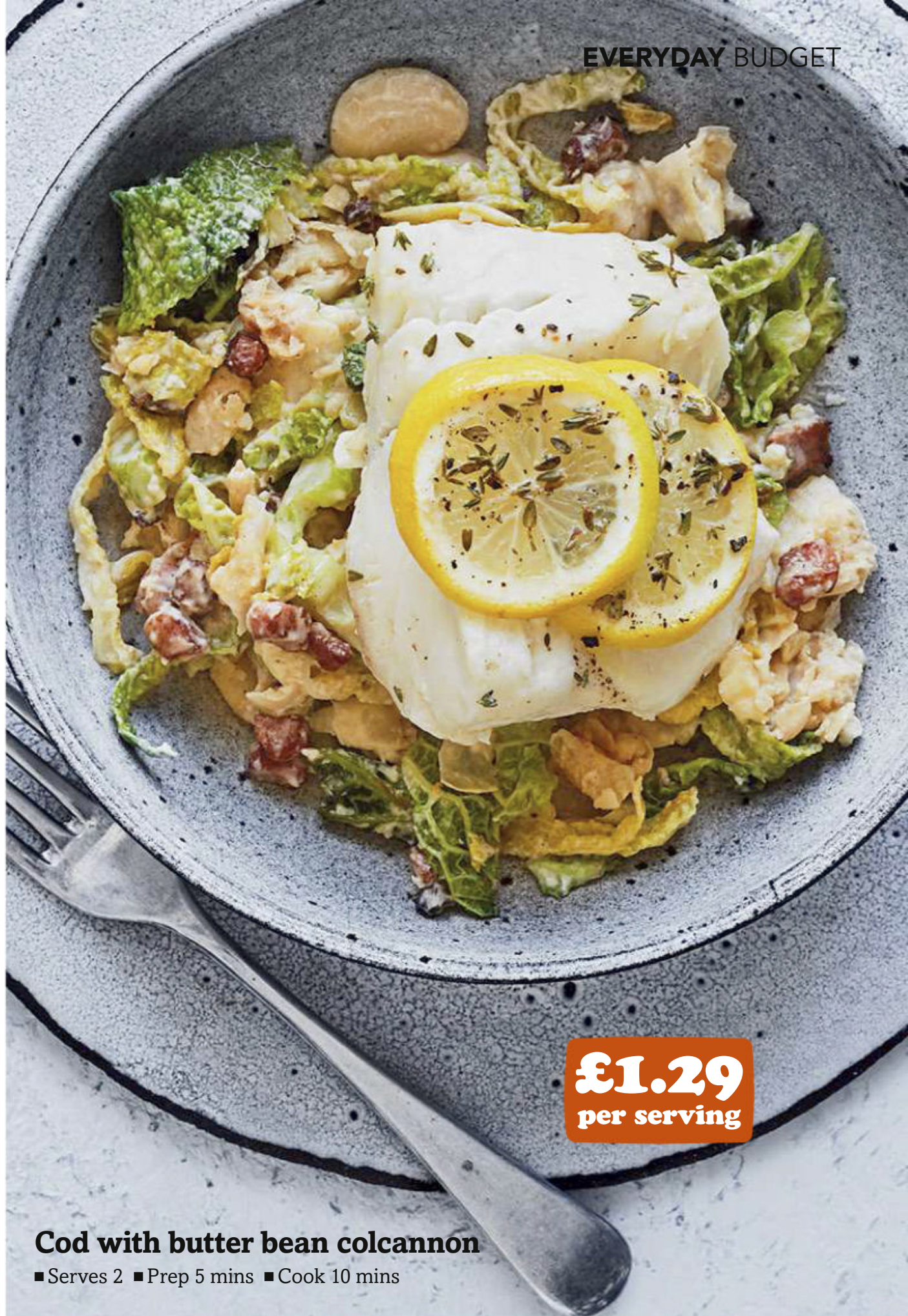
3 Cook the lentils following pack instructions. Toss with the cucumber and tomatoes, then divide between two plates and top with the feta, a drizzle of the yogurt dressing and the remaining herbs.

PER SERVING 596 kcals, fat 31g, saturates 16g, carbs 40g, sugars 16g, fibre 10g, protein 34g, salt 4.2g

WRAP IT UP

Sticky feta wraps

Omit the lentils. Bake the feta and make the dressing as above, omitting the water. Heat **2 large tortilla wraps** following pack instructions and spread with the yogurt mix. Top with the tomatoes, cucumber and a handful of **rocket**. Add the feta and remaining herbs, then roll up.



£1.29
per serving

Cod with butter bean colcannon

■ Serves 2 ■ Prep 5 mins ■ Cook 10 mins

2 skinless cod fillets

25g butter

6 thyme sprigs, leaves picked

1/2 lemon, sliced

77g smoked diced pancetta

**1/2 small savoy cabbage,
finely shredded**

**400g can butter beans, drained
and rinsed**

50ml single cream

1 Heat the oven to 220C/200C fan/gas 8. Cut two squares of baking parchment slightly bigger than the cod, and place a fillet in the centre of each. Divide 20g butter between the two fillets, and top with the thyme leaves and lemon slices. Season.

Fold and scrunch the paper together to create two paper parcels. Put on a baking sheet and cook in the oven for 8-10 mins. **2** Meanwhile, heat a medium frying pan over a high heat, and fry the pancetta for a few minutes until golden and crisp. Add the remaining butter and cabbage, then cook for 5 mins until the cabbage has softened. Lightly mash the butter beans with a potato masher in a small saucepan over a low heat, then mix the beans with the buttery cabbage and pancetta mixture. Stir through the cream to loosen, then season. Serve the fish with the colcannon.

PER SERVING 646 kcals, fat 41g, saturates 23g, carbs 21g, sugars 6g, fibre 11g, protein 43g, salt 1.9g





Southern-fried chicken tacos

■ Serves 4 ■ Prep 10 mins ■ Cook 15 mins

610g southern-fried chicken goujons

2 tbsp chives, finely chopped

150g soured cream

8 small soft corn tortillas or 12 mini flour tortillas

3 Little Gem lettuces, cut into wedges

4 spring onions, very finely sliced

buffalo hot sauce, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the chicken on a baking sheet and cook for 15 mins until piping hot in the centre. Meanwhile, stir half the chives into the soured cream and season to taste.

2 Warm the tortillas in the microwave on high for about 1 min. Slice each chicken piece in half diagonally. Serve the warm tortillas topped with the chicken, lettuce wedges, a dollop of soured cream, the spring onions and a generous drizzle of buffalo sauce. Scatter over the remaining chives.

PER SERVING 657 kcals, fat 28g, saturates 8g, carbs 65g, sugars 8g, fibre 6g, protein 33g, salt 1.5g

75p
per serving

Saag paneer kedgeree

■ Serves 2 ■ Prep 5 mins

■ Cook 15 mins **VEGETARIAN**

2 large eggs

1 tbsp vegetable oil

1 red onion, finely sliced

115g paneer, cut into 2-3cm cubes

2 tbsp medium curry powder

250g frozen spinach

200g pouch microwave coconut rice, cooked

1/2 red chilli, finely sliced (optional)

1 Bring a medium pan of water to the boil. Add the eggs and cook for 7 mins, then transfer to a bowl of cold water and set aside.

2 Meanwhile, heat the oil in a large non-stick frying pan or shallow casserole dish over a medium-high heat, and fry the onion for 5 mins. Add the paneer and fry for 5 mins more until evenly browned and the onion is beginning to caramelise.

3 Add the curry powder and fry for 1 min, then add the spinach. Cover and cook for a few minutes to allow the spinach to defrost. Uncover, add the rice, turn up the heat and cook for a few minutes more, or until everything is piping hot. Season. Peel the eggs, halve and place on top of the rice. Finish with a scattering of chilli, if you like.

PER SERVING 553 kcals, fat 32g, saturates 14g, carbs 29g, sugars 6g, fibre 8g, protein 32g, salt 0.8g

£1.93
per serving



White fish with sesame noodles

■ Serves 2 ■ Prep 10 mins ■ Cook 10 mins

25g toasted sesame seeds, plus extra to serve
2 tbsp soy sauce
1 tbsp oil, plus extra for frying
1 tsp rice vinegar (or any white vinegar)
150g soba or wholewheat noodles
(300g if using pre-cooked)
200g spinach leaves
2 seabass fillets

1 Use a spice grinder or pestle and mortar to crush the sesame seeds, then combine with the soy sauce, oil, 1 tbsp water and a splash of the vinegar to make a creamy dressing. Season and set aside. Bring a pan of salted water to the boil, add the noodles and cook following pack instructions. Drain and set aside. Tip the

spinach into the pan and cook until reduced and dark green. Add the noodles, sesame dressing and a splash of water, and toss well to heat through.

2 Heat some oil in a non-stick frying pan over a medium-high heat. Season the skin of the seabass, then place in the pan skin-side down. Fry until the skin has crisped up and the flesh has nearly all turned opaque, around 3 mins. Flip and fry for 30 seconds more until the fish is flaking and cooked through. Divide the noodles and greens between two bowls and place the fish on top. Scatter over the toasted sesame seeds and serve.

PER SERVING 624 kcals, fat 24g, saturates 4g, carbs 54g, sugars 3g, fibre 7g, protein 45g, salt 4.1

£1.58
per serving

Beet hummus & crispy chickpea subs

■ Serves 2 ■ Prep 10 mins ■ Cook 10 mins **VEGETARIAN**

**300g cooked beetroot in water, drained,
½ sliced**

400g can chickpeas, drained

3 tbsp vegetarian pesto

1 tbsp olive oil, plus extra for frying

2 large ciabatta rolls

**2 large handfuls mixed rocket,
watercress & spinach salad**

splash of white wine vinegar

1 Blitz the whole beetroots, three-quarters of the chickpeas, 2 tbsp pesto and the oil in a food processor with some seasoning until you have a thick, smooth hummus. Warm

the ciabatta rolls through following pack instructions.

2 Fry the remaining chickpeas in a little oil until crisp, then set aside. Toss the salad leaves with the remaining pesto and a splash of vinegar. Split the rolls, then assemble the sandwiches with the hummus, beetroot slices, salad leaves and fried chickpeas.

PER SERVING 639 kcals, fat 22g, saturates 3g, carbs 77g, sugars 16g, fibre 14g, protein 24g, salt 1.6g

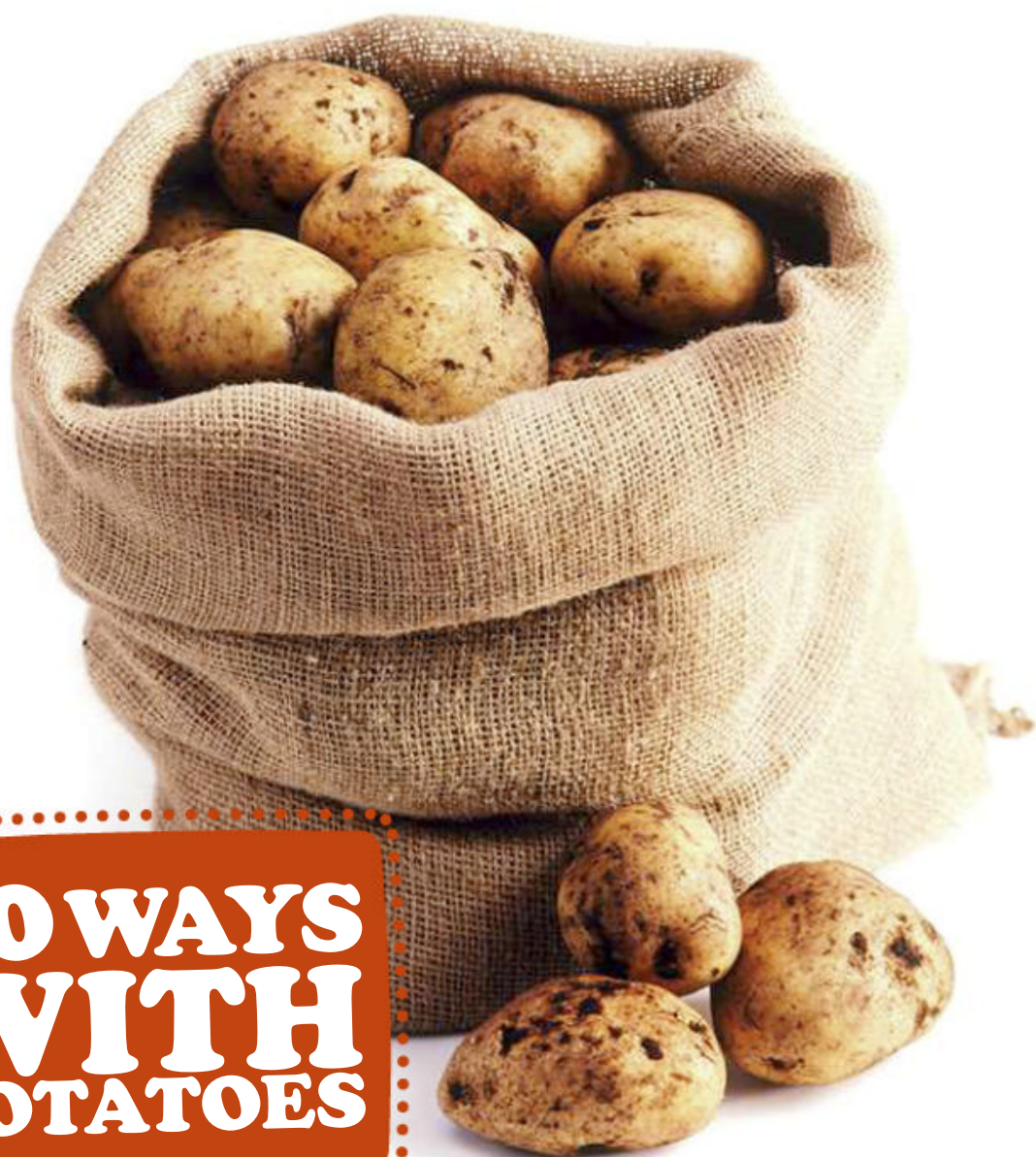
**3 OF
YOUR
5-A-DAY**



£1.25
per serving

TAKE SOME... POTATOES

Quick and filling ideas with spuds



10 WAYS WITH POTATOES

Chorizo mash

■ Chop **750g potatoes** into large chunks and put in a pan of water. Bring to the boil and cook for 20 mins until soft. Cut **200g chorizo** into small cubes and fry until crisp. Mash the potatoes with a little **milk** and **butter**, then season and stir through the chorizo. Serves 4.

Bacon rösti

■ Grate **2 large potatoes**, wrap in a clean cloth and squeeze out the excess water. Fry **½ chopped onion** and **4 thinly sliced smoked streaky bacon rashers**. Mix with the potato with **2 tbsp flour**. Form into small patties, then fry in a frying pan with **2 tbsp oil** over a medium heat for 3 mins on each side until golden brown. Serves 2-3.

Retro Russian salad

■ Combine **500g cold boiled potatoes**, **200g cold boiled carrot chunks**, **150g peas**, **4 chopped gherkins** and **100g cubed ham**. Combine **4 tbsp mayo**, **2 tsp white wine vinegar** and **2 handfuls of chopped parsley** and stir in the potato mixture. Serves 2.

Mushroom & potato gratin

■ Bring **100ml milk** and **284ml double cream** to the boil, then tip in **500g sliced potatoes**, **200g sliced mushrooms** and **2 sliced garlic cloves**. Season and cook over a medium heat for 10 mins. Pour into a gratin dish, top with **grated parmesan** and bake at **180C/160C fan/gas 4** for 30 mins, until tender and golden on top. Serves 4.

Chunky cheese pasties

■ Cut **2 large potatoes** into chunks and boil for 15 mins. Drain and mix with **100g grated cheddar**, **1 chopped onion**, fried, and **1 tbsp chopped sage**. Roll out a **500g block puff pastry** to a 40cm square and cut into four squares. Fill each with the potato mix, brush the edges with **beaten egg**, then pull the four corners together in the middle to seal. Brush with more egg, then bake at **200C/180C fan/gas 6** for 15 mins until golden. Makes 4.

Easy tortilla

■ Thinly slice **700g cooked potatoes**. Fry **1 sliced onion** in **1 tbsp oil** until golden, then mix with the potatoes and **280g jar roasted peppers**, drained and sliced. Season, then layer in a large frying pan. Pour over **6 beaten eggs** and cook gently for 10 mins until the base and edges have set. Heat the grill to high and grill to set the top, then slice into wedges and enjoy hot or cold. Serves 3-4.

Tapas-style potatoes

■ Fry **½ chopped onion** with **1 chopped garlic clove**, **1 red chilli**, deseeded and chopped, and **1 tsp dried oregano** until the onion is soft. Add **1 tsp tomato purée**, **227g canned chopped tomatoes**, **¼ tsp sugar** and a **pinch each paprika** and **chilli powder**. Fry for 5 mins, then add **300g leftover chopped potatoes** and cook for a further 5 mins to heat through. Serves 2.

Leek & potato soup

■ Heat **1 tbsp oil** in a pan and fry **200g chopped leeks**, **1 chopped garlic clove** and **1 tbsp chopped sage** until soft. Add **500g sliced potatoes** and cover with **1 litre vegetable stock**. Bring to the boil and simmer gently until the potatoes are soft. Season, blitz with a hand blender until smooth, then loosen with **100ml single cream**, if you like. Serves 4.

Spicy wedges

■ Cut **4 large unpeeled potatoes** into wedges and toss with **5 tbsp olive oil**, the **juice of 1 lemon**, **¼ tsp paprika**, **1 tsp chilli powder** and **½ tsp each ground cumin and ground coriander**. Arrange in a single layer on a baking tray and bake at **220C/200C fan/gas 7** for 30-40 mins, shaking the tray occasionally until the wedges are brown and crisp. Serves 4.

Haggis potato cakes

■ Boil **700g chopped floury potatoes** in a pan of salted water for 10-12 mins. Drain and leave to steam-dry, then mash until smooth. Season to taste. Meanwhile, cook **300g haggis** following pack instructions. Tip into a bowl and break into chunks with a fork, then fold into the mash with **6 chopped spring onions** and leave to cool. Form into four potato cakes using your hands. Put **150g panko breadcrumbs** in a food processor and blitz until fine. Tip onto a plate, then coat the cakes in the crumbs. Chill for 15 mins. Heat **1½ tbsp olive oil** in a large non-stick frying pan over a medium heat. Fry the potato cakes for 5-6 mins on each side, or until golden. Bring a large pan of water to just under the boil, and poach **4 eggs**. Serve the cakes topped with the eggs and some more chopped spring onions. Serves 4.

Why not give these crispy haggis cakes a try on Burns Night?

HAGGIS POTATO CAKES

A WEEK OF *low-calorie* **MEALS**

Get inspired by good-for-you suppers that are
light on calories, but full of flavour

**LOW IN
FAT PLUS
3 OF YOUR
5-A-DAY**

Meat-free Monday

Tagliatelle with vegetable ragu, p22

LOW FAT &
HIGH IN
FIBRE

Tuesday
Full English frittata
with smoky beans, p22



Meat-free Monday

Tagliatelle with vegetable ragu

A veg-packed sauce to please everyone.

■ Serves 5 ■ Prep 10 mins ■ Cook 40 mins

VEGETARIAN **FREEZABLE** *sauce only*

- 1 onion, finely chopped
- 2 celery sticks, finely chopped
- 2 carrots, finely chopped
- 4 garlic cloves, crushed
- 1 tbsp each tomato purée and balsamic vinegar
- 250g chopped vegetables, such as courgettes, peppers and mushrooms
- 50g red lentils
- 2 x 400g cans chopped tomatoes with basil
- 250g tagliatelle
- 2 tbsp shaved vegetarian Italian-style hard cheese (optional)

- 1** Cook the onion, celery and carrots in a large saucepan with 2-3 tbsp water, stirring often until the vegetables are soft.
- 2** Add the garlic, tomato purée and vinegar. Cook over a high heat for 1 min, then add the chopped veg, lentils and tomatoes. Bring to the boil, then reduce to a simmer and cook for 20 mins more. Season to taste.
- 3** Meanwhile, cook the pasta following pack instructions, then drain and serve topped with the ragu and cheese.

PER SERVING 321 kcals, fat 3g, saturates 2g, carbs 55g, sugar 12g, fibre 5g, protein 15g, salt 0.3g

MAKE IT MEATY

Turkey, lentil & veg ragu

- When you add the garlic, tomato purée and vinegar, stir in **250g lean steak mince**. Fry for 3 mins, breaking it up with a wooden spoon as you go, then continue as above.

Tuesday

Full English frittata with smoky beans

This makes a great weekend brunch, too. You can use whole eggs if you prefer, but the fat and calories will increase. An egg yolk contains about 55 calories and 5g fat, while the white has just 17 calories and is fat-free.

■ Serves 4 ■ Prep 5 mins ■ Cook 30 mins

- 2 low-fat sausages, sliced
- 4 extra-lean bacon rashers, all fat removed, chopped
- 150g button mushrooms, halved, or larger ones quartered
- 8 egg whites, or 350ml liquid egg whites from a carton
- 3 tbsp milk
- 140g cherry tomatoes, halved
- 2 x 400g cans reduced salt and sugar baked beans
- 1½ tsp smoked paprika
- small bunch of chives, finely chopped

- 1** Heat the oven to 180C/160C fan/gas 4. Line the base and sides of a roasting tin (it should be about the size of a sheet of A4 paper) with baking parchment. Fry the sausages and bacon in a non-stick pan until golden, stirring often to stop them sticking. Scoop into the prepared tin.
- 2** Return the pan to the heat and fry the mushrooms for about 5 mins until golden, then spoon into the tin with the sausages and bacon. Whisk the egg whites with the milk and lots of seasoning. Pour into the tin, then dot the tomatoes on top. Bake for 20-25 mins, or until the egg whites are set.
- 3** Meanwhile, heat the beans and paprika through in a large saucepan over a low heat. Scatter the frittata with the chives and serve with the beans on the side.

PER SERVING 268 kcals, fat 6g, saturates 2g, carbs 27g, sugars 7g, fibre 9g, protein 26g, salt 3.3g

Wednesday

Baked turkey meatballs with broccoli & crispy potatoes

■ Serves 4 ■ Prep 15 mins ■ Cook 40 mins

1 onion, grated
 1 large carrot, grated
 3 garlic cloves, crushed
 1 tbsp chopped rosemary leaves
 350g turkey mince
 4 large potatoes, unpeeled, cut into cubes
 1 tbsp olive oil
 400g can cherry tomatoes
 2 tbsp grated parmesan
 350g long-stemmed broccoli
 bunch of basil, leaves shredded

1 Heat the oven to 220C/200C fan/gas 7. Combine the onion, carrot, half the garlic and half the rosemary with the turkey mince

and some seasoning. Roll into 16 balls, then arrange on a baking tray. Toss the potatoes with the remaining garlic and rosemary and the oil on a baking tray, then cook both for 20 mins, with the potatoes on the top shelf.

2 Drain the juices from the meatballs, then pour over the cherry tomatoes, sprinkle with the parmesan and season. Toss the potatoes, and swap to the bottom shelf. Cook for 20 mins more until the potatoes are crisp and the meatball sauce is bubbling.

3 Cook the broccoli for 3-4 mins until tender. Scatter the meatballs with the basil and serve with the potatoes and broccoli.

PER SERVING 279 kcals, fat 7g, saturates 2g, carbs 22g, sugars 8g, fibre 5g, protein 31g, salt 0.4g



SWAP CRISPY POTATOES FOR MASH

Rosemary & garlic mash

■ Peel and chop **4 large potatoes**, then boil until tender. Drain and leave to steam-dry. Heat **1 tbsp olive oil** in the potato pan and add the remaining garlic and rosemary from the meatballs. Fry for 1-2 mins until softened. Tip in the potatoes and mash with seasoning.



**HEART
HEALTHY
FISH OILS**

Thursday

Salmon & broccoli cakes with watercress, avocado & tomato salad

■ Serves 4 ■ Prep 10 mins
■ Cook 20 mins

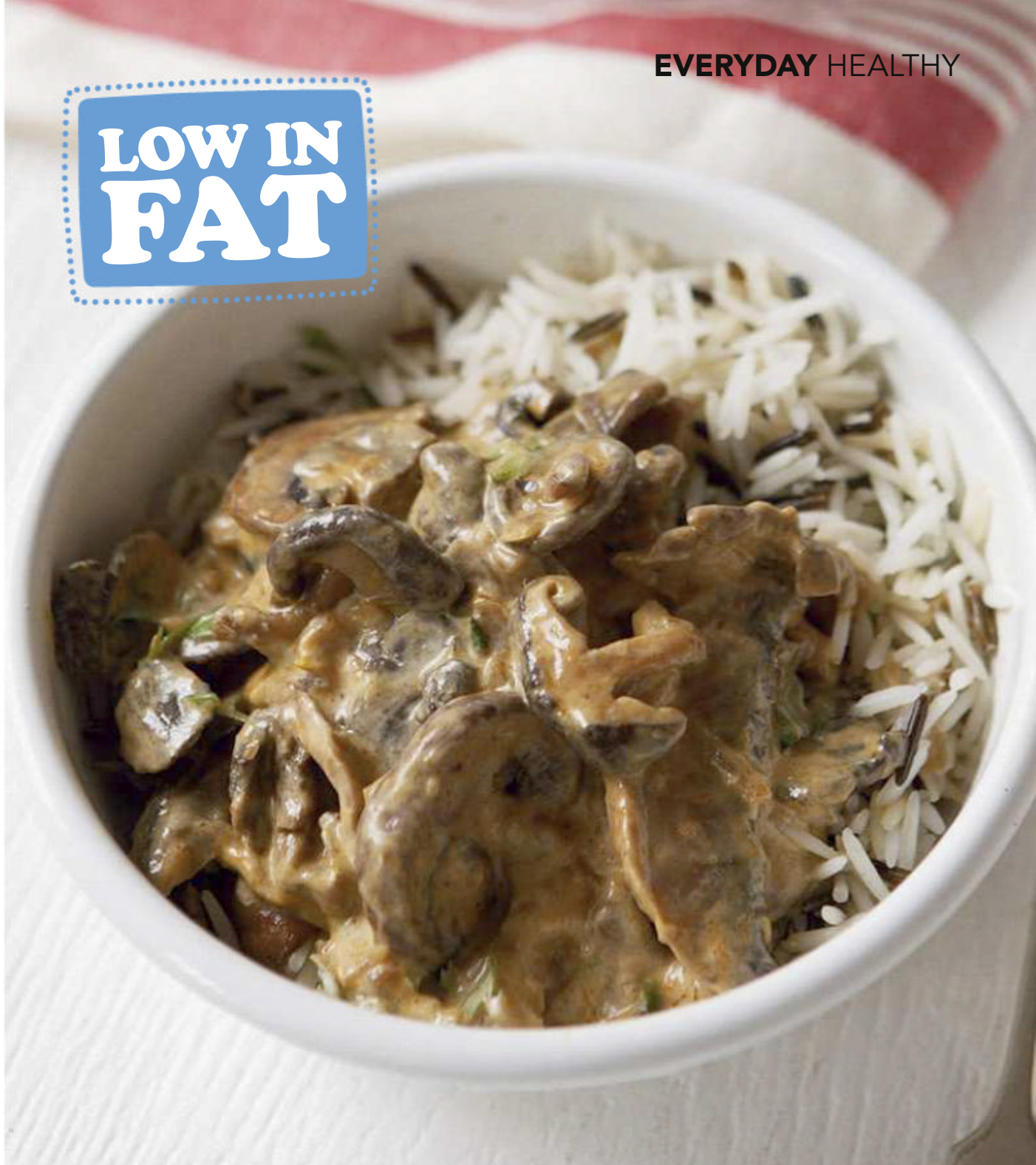
500g potatoes, cut into chunks
85g broccoli, cut into small florets
2 salmon fillets, poached
1 lemon, juiced, plus wedges to serve
small bunch of dill, chopped
1 tbsp sunflower oil
1 tbsp Dijon mustard
1 avocado, stoned, peeled and roughly chopped
100g cherry tomatoes, halved
100g watercress

1 Cover the potatoes in salted water, bring to the boil and simmer for 8-10 mins until just tender, adding the broccoli 3 mins before the end of cooking time. Drain, leave to steam-dry, then roughly mash. Flake in the salmon, then stir in half the lemon juice and the dill. Season and shape into four cakes.

2 Heat the oil in a pan and fry the cakes for 3 mins on each side until golden. Meanwhile, mix the rest of the lemon juice with the mustard and some seasoning. Mix together the avocado, tomatoes and watercress, and divide between four plates. Top each with a cake, then drizzle over the dressing and serve with the lemon wedges for squeezing over.

PER SERVING 315 kcals, fat 18g, saturates 3g, carbs 23g, sugars 3g, fibre 4g, protein 17g, salt 0.7g

LOW IN
FAT



Friday

Mushroom stroganoff

■ Serves 2 ■ Prep 10 mins
■ Cook 20 mins **VEGETARIAN**

2 tsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tbsp paprika
300g mixed mushrooms, chopped
150ml vegetable stock
1 tbsp Worcestershire sauce or vegetarian alternative
3 tbsp half-fat soured cream
small bunch of parsley, roughly chopped
250g pouch microwave wild rice, cooked

1 Heat the oil in a large non-stick frying pan and soften the onion for about 5 mins. Add the garlic and paprika, then cook for 1 min more. Add the mushrooms and cook over a high heat, stirring often, for about 5 mins.

2 Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the

heat and stir through the soured cream and most of the parsley. Make sure the pan is not over the heat, or the sauce may split.

3 Stir the remaining parsley through the cooked rice and serve with the stroganoff.

PER SERVING 329 kcals, fat 9g, saturates 1g, carbs 50g, sugar 8g, fibre 4g, protein 11g, salt 0.7g

FUNGI FACTS!

- Mushrooms make a great alternative to meat, being a source of vitamin B12 – an important vitamin for those on a vegetarian diet. They're also one of the few natural sources of vitamin D, which helps to keep bones and teeth healthy, and supports your immune system.
- Research indicates you can significantly increase their vitamin D content by exposing them to sunlight for an hour or two before cooking.



Simple saviours

Whether you're after an easy breakfast, a quick lunch or fuss-free supper, look to your cupboards for the bases of satisfying meals

Corn, chard & cheese tart

This is great to make at the start of the week to cut into portions to enjoy on following days.

■ Serves 6 **VEGETARIAN**

500g block shortcrust pastry

FOR THE FILLING

50g butter

2 onions, thinly sliced

1-2 tsp chilli flakes

pinch of sumac

8 lemon thyme sprigs, leaves picked and chopped

200g Swiss chard, thinly sliced

340g can sweetcorn, drained and ½ blitzed with a stick blender

200ml crème fraîche

3 eggs

100g feta, crumbled

salad, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 6. To make the filling, melt the butter in a large frying pan over a medium heat, and add the onions, a pinch of salt and half each of the chilli flakes and lemon thyme. Turn the heat to low, then cook slowly for 30-35 mins

until sticky and golden. Add the chard and cook for a further 4-5 mins until it has wilted and any excess moisture has evaporated. Season and remove from the heat.

2 Beat all the sweetcorn, the crème fraîche and eggs together in a bowl. Season and set aside. Toss the feta with the remaining chilli flakes and lemon thyme in a separate bowl.

3 Roll the pastry out to about a 30cm circle. Use it to line a 25cm loose-bottomed tart tin, lightly pressing it into the base and sides. Trim the excess and prick the base all over with a fork. Chill for 20 mins. Put a baking tray in the oven to heat up.

4 Line the chilled pastry case with a sheet of baking parchment and baking beans. Bake for 20 mins, then remove the parchment and beans and bake for 10 mins more until lightly golden. Reduce the oven to 160C/140C fan/gas 4.

5 Tip the onion mixture into the pastry case, spread it evenly across the base, then pour over the egg mixture. Scatter over the feta mixture and bake for 25-30 mins until the tart is just set in the middle and golden on top. Leave to cool slightly before removing from the tin, then slice and serve with salad, if you like.



**TRY
SOMETHING
NEW**





Tomato, lentil & aubergine ragu

■ Serves 6 **VEGETARIAN**

6 tbsp olive oil
2 onions, finely chopped
2 aubergines, cut into 2.5cm cubes
2 garlic cloves, finely chopped
½ tsp fennel seeds
2 bay leaves
pinch of chilli flakes
200ml red wine
2 x 400g cans beluga lentils, drained and rinsed
2 x 400g cans chopped tomatoes
cooked polenta or pasta and wilted greens, to serve

1 Heat 2 tbsp oil in a large frying pan over a low heat, and cook the onions for 10-15 mins until softened. Meanwhile, heat the remaining oil in a second frying pan over a high heat, and fry the aubergines and a pinch of salt for 5-10 mins, stirring often until the aubergine is golden. Set aside.

2 When the onions are soft and just golden, add the garlic, fennel seeds, bay leaves and chilli flakes. Fry for 2-3 mins more, then tip in the wine. Bring to the boil and cook until reduced by two-thirds, about 5 mins. Add the lentils, tomatoes and the browned aubergines. Season and reduce the heat to a simmer. Cook for 15-20 mins until the sauce has thickened a little and the aubergine is very soft.

3 Just before serving, remove the bay leaves. Serve over cooked polenta or pasta with some wilted greens on the side.

Spiced cannellini beans on toast

Who doesn't love baked beans? These are a homemade alternative that's sweet, spicy and warming. Top with a fried egg for a classic breakfast.

■ Serves 2 **VEGETARIAN**

1 tbsp olive oil
1 garlic clove, finely chopped
¼ tsp chilli flakes
pinch of paprika
400g can plum tomatoes
2 tsp Worcestershire sauce
1 tsp light brown soft sugar
2 tsp cider vinegar
400g can cannellini beans,
drained and rinsed
2 slices bread
2 fried eggs, to serve (optional)

1 Heat the oil in a large frying pan over a low-medium heat, and fry the garlic until starting to turn golden. Add the spices and cook for 30 seconds more, then add the tomatoes, Worcestershire sauce, sugar, vinegar and beans. Season, bring to the boil, then simmer over a medium-high heat for 15-20 mins until slightly thickened.
2 Toast the bread and serve topped with the baked beans and a fried egg, if you like.



Recipes adapted
 from *Take One Tin*
 by Lola Milne
 (£14.99, Kyle Books).
 Photographs ©
 Lizzie Mayson

A week of lunchboxes **SORTED**

Can't face making sandwiches every day? These lunches can be made ahead and easily adapted for variety

Smoky beef stew

- Makes 6-8 portions ■ Prep 10 mins
- Cook 3 hrs **FREEZABLE**

1kg stewing beef, cut into large chunks
2 onions, chopped
2 x 400g cans chopped tomatoes
2 tsp each sweet paprika, ground cumin
and mild chilli powder
2 tbsp red or white vinegar
2 tbsp caster sugar
400g can butter beans, drained
and rinsed

1 Heat the oven to 160C/140C fan/gas 3. Mix the beef, onions, tomatoes, spices, vinegar and sugar in a casserole dish. Cover and bake for 2 hrs 30 mins, then stir in the beans and bake for 30 mins more (with the lid off if the casserole is a little wet, or covered if it's a good consistency), until the beef is tender.

2 Leave to cool completely, then freeze in six or eight portions in freezerproof food bags or containers. Defrost thoroughly overnight in the fridge, then heat in the morning and transfer to an insulated container, or heat in a microwave just before eating.

PER SERVING 341 kcals, fat 12g, saturates 5g, carbs 18g, sugars 11g, fibre 4g, protein 42g, salt 0.9g

***Never
have a
morning
panic
again!***

3 WAYS TO EAT THIS STEW

- Wrap in soft tortillas with lettuce and soured cream.
- Top with crumbled feta or grated cheddar and eat with a wholemeal pitta or cooked rice.
- Add leftover cooked potatoes and peas or sweetcorn to make it into a one-pot lunch.



Smashed bean dip

- Makes 4 portions ■ Prep 10 mins
- No cook **VEGETARIAN**

400g can chickpeas, drained and rinsed
400g can cannellini beans, drained and rinsed
2 lemons, juiced, 1 zested
2 garlic cloves, crushed
2 tsp ground cumin
100ml Greek yogurt

1 Blitz the chickpeas and half the beans together in a food processor with the lemon juice, garlic, cumin and yogurt until smooth.

2 Tip in the rest of the beans and pulse once until combined but very chunky. Stir in the lemon zest and plenty of seasoning, then divide between four containers and store in the fridge.

PER SERVING 172 kcals, fat 5g, saturates 1g, carbs 22g, sugars 3g, fibre 6g, protein 11g, salt 1g

3 WAYS TO EAT THIS DIP

- Sprinkle with pumpkin and/or sunflower seeds, and eat with celery sticks.
- Serve with bread and carrot sticks for dipping.
- Enjoy with a handful of tortilla chips and cucumber sticks.



Favourite pasta salad

- Makes 4 portions ■ Prep 10 mins
- Cook 10-12 mins **VEGETARIAN**

250g pasta shapes

140g frozen peas

small bunch of parsley, chopped

small bunch of chives, finely chopped

1 lemon, zested and juiced

2 tbsp olive oil

any additional ingredients to mix in (see below)

1 Cook the pasta following pack instructions, adding the peas for the final 2 mins of cooking. Drain, rinse under cold running water, then drain again.

2 Tip into a bowl with the herbs, lemon zest and juice, olive oil and some seasoning, and mix well. Cover and chill until ready to serve.

PER SERVING 292 kcals, fat 7g, saturates 1g, carbs 51g, sugars 3g, fibre 4g, protein 10g, salt 0.02g

4 WAYS TO VARY THE FLAVOUR

- Add chunks of ham, salami or cooked chicken.
- Flake in hot-smoked salmon, tinned tuna or smoked mackerel.
- Add sundried tomatoes, olives or jarred roasted peppers.
- Top with crispy bacon.

Sausage rolls

- Makes 10 ■ Prep 25 mins
- Cook 40 mins **FREEZABLE**

12 sausages, sausagemeat squeezed from the skins

2 slices white bread, blitzed to crumbs

2 tbsp chopped sage

500g puff pastry

3 tbsp caramelised onions

flour, for dusting

1 egg, lightly beaten

2 tsp sesame seeds

1 Heat the oven to 200C/180C fan/gas 6. Mix the meat with the breadcrumbs and sage. Halve the pastry into two rectangular blocks. On a floured surface, roll each out lengthways until you have two thin sheets, about 20 x 45-50cm.

2 Thinly spread the onions over the pastry, leaving a 3cm border along one long edge of each sheet. Divide the meat along the onions, shaping into a smooth roll, then brush the border with the egg. Fold the excess pastry over the meat and press along the border. Trim this edge, tuck under slightly, then brush all over with egg. Scatter with seeds and slice each roll into five.

Bake on baking sheets for 35-40 mins until golden and cooked through. Leave to cool, then freeze in food bags. Defrost in the fridge.

PER SERVING 439 kcals, fat 31g, saturates 12g, carbs 27g, sugars 4g, fibre 1g, protein 15g, salt 1.7g

3 WAYS TO ENJOY THESE SAUSAGE ROLLS

- Serve with ketchup or brown sauce.
- Eat with a leafy salad or coleslaw.
- Add cucumber sticks, cherry tomatoes or whole radishes.



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Cheesy spinach bake

- Makes 6-8 portions ■ Prep 20 mins
- Cook 40 mins **VEGETARIAN** **FREEZABLE**

200g feta
500g ricotta
300g baby spinach, chopped
bunch of spring onions, finely sliced
50g parmesan or vegetarian Italian-style hard cheese, grated
1 egg
grating of nutmeg
100g breadcrumbs
2 tbsp olive oil
6 sheets filo pastry

1 Heat the oven to 180C/160C fan/gas 4. Mash the feta in a large bowl with the

ricotta. Stir in the spinach, spring onions, parmesan, egg, a grating of nutmeg and half the breadcrumbs. Season.

2 Brush a 20 x 30cm tin with a little of the oil. Layer in half the filo sheets, brushing each with oil before adding the next. Scatter the remaining crumbs evenly over the base. Spoon in the ricotta filling and gently spread, so as not to dislodge the crumbs. Cover with the remaining filo, brushing with oil as you go, then score into portions. Bake for 35-40 mins until golden and crisp. Leave to cool, then freeze in individual squares. Defrost overnight in the fridge and eat cold, or warm in the microwave.

PER SERVING 436 kcals, fat 25g, saturates 13g, carbs 32g, sugars 5g, fibre 2g, protein 23g, salt 2g

3 WAYS TO VARY THIS BAKE

- Add ham as an extra layer when compiling the bake.
- Eat with a splash of hot chilli sauce for added spice.
- Serve with crisp leaves or some couscous salad.


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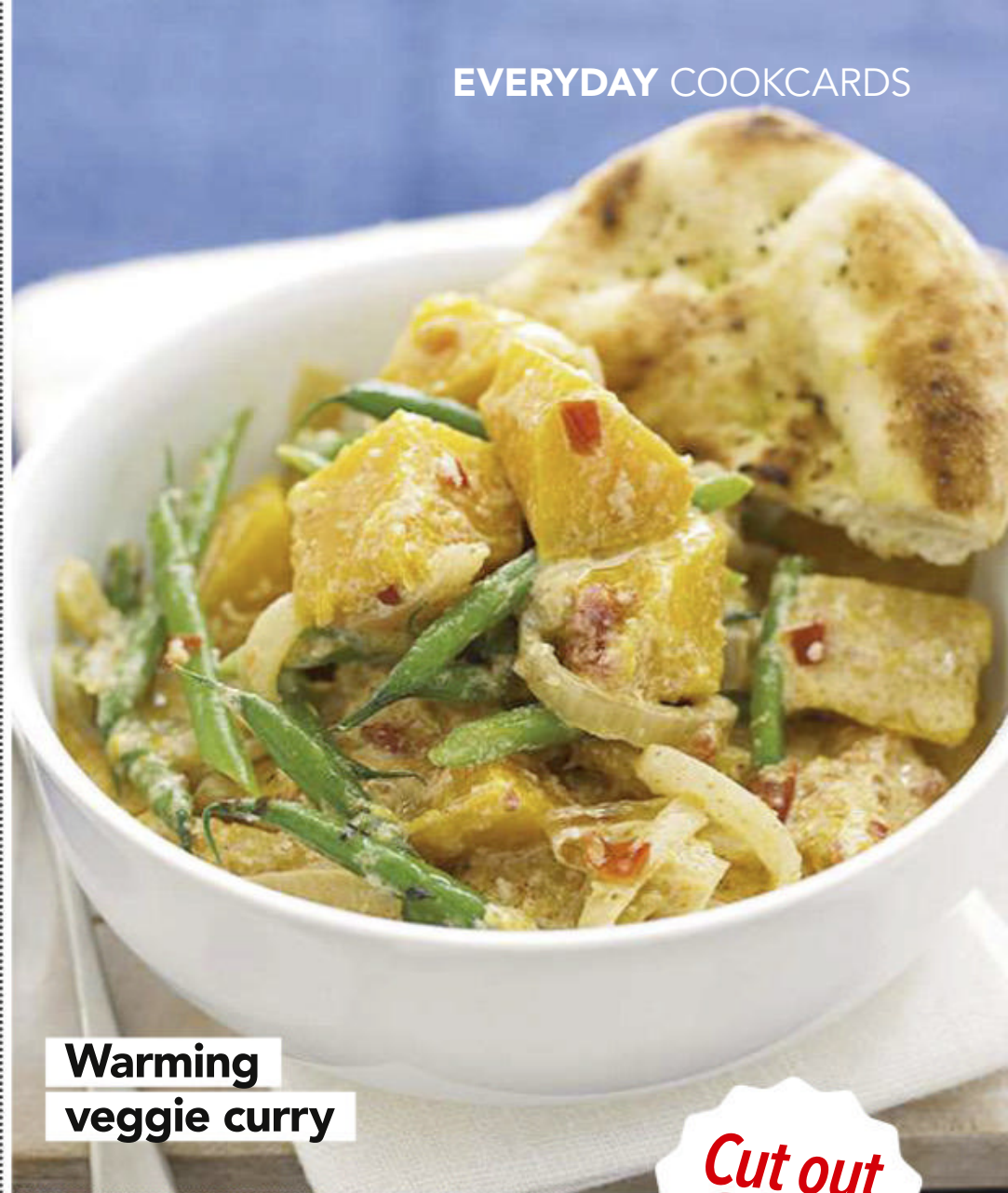
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**Pork with
rice noodle salad**



**Warming
veggie curry**

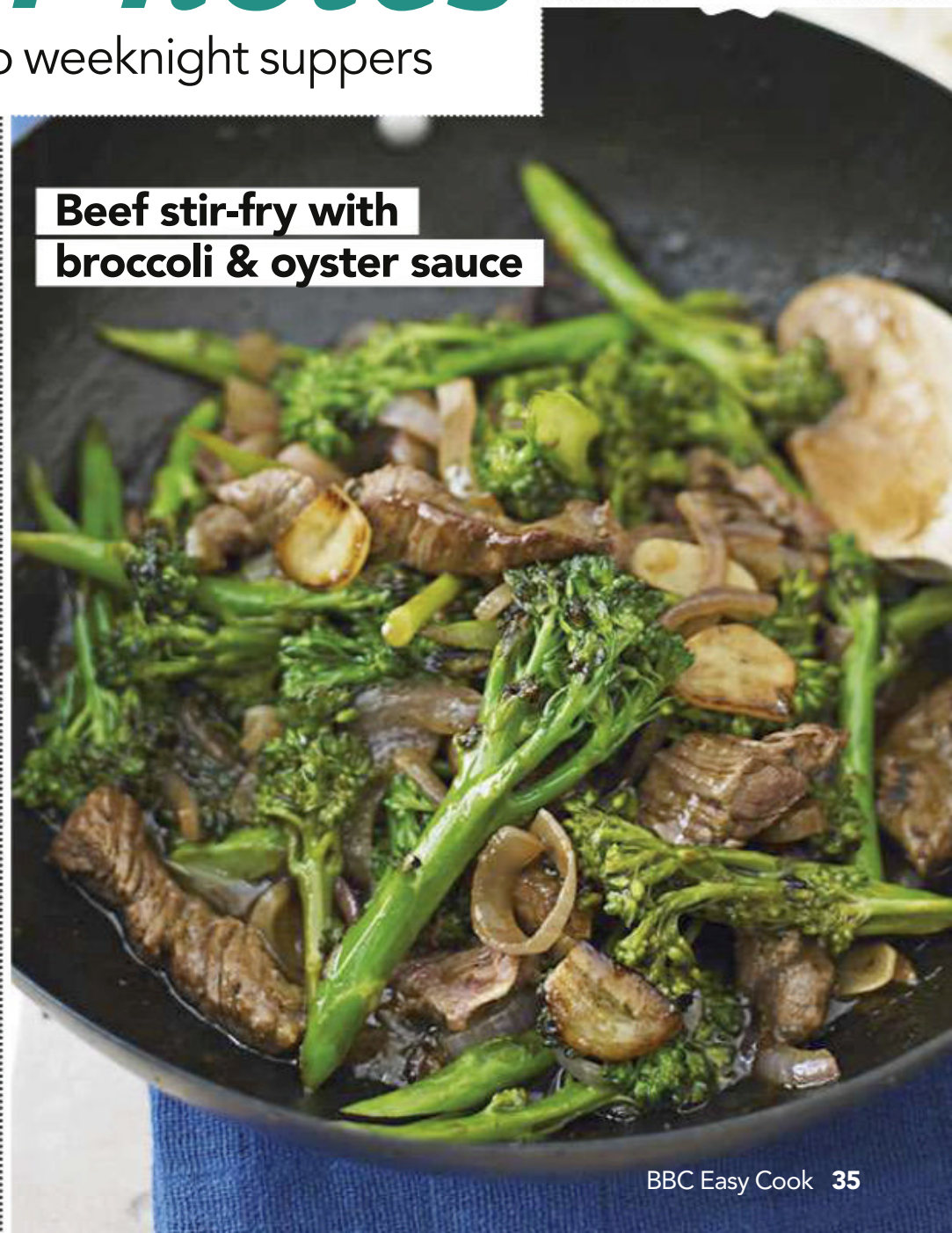
Flavour notes

Easy ways to liven up weeknight suppers

***Cut out
& keep***



**Sticky chicken
drumsticks**



**Beef stir-fry with
broccoli & oyster sauce**

Warming veggie curry

■ Serves 4 ■ Prep 10 mins
■ Cook 25 mins **VEGETARIAN**

1 tbsp sunflower oil
1 butternut squash, peeled and cut into thick slices
1 onion, sliced
1 tbsp red Thai curry paste (check it's vegetarian, if needed)
50g sachet coconut cream
250g frozen French beans
naan breads, to serve

1 Heat the oil in a saucepan, and gently fry the squash and onion for about 5 mins until softened, but not browned. Stir in the curry paste and cook for 1 min more. Combine the coconut cream and 300ml boiling water from the kettle in a heatproof bowl, then pour this to the pan. Bring to the boil and simmer for 10 mins.
2 Add the beans, then cook the curry for about 3-5 mins more until everything is just tender. Warm the naan breads following



pack instructions and serve alongside the curry.

PER SERVING 178 kcals, fat 9g, saturates 4g, carbs 23g, sugars 13g, fibre 5g, protein 5g, salt 0.2g

Pork with rice noodle salad

■ Serves 4 ■ Prep 10 mins
■ Cook 10 mins

1 tsp lemongrass paste
1 tsp grated ginger
1/2 red chilli, finely chopped
1 tsp sunflower oil
3 tbsp fish sauce
4 pork chops
FOR THE SALAD
200g thin rice noodles
1 lime, zested and juiced
1/2 tsp caster sugar
1/2 cucumber, sliced into thin strips
handful of mint, leaves picked and chopped

1 Combine the lemongrass paste, ginger, chilli, oil and 1 tbsp fish sauce. Spread over the pork chops and set aside.
2 Put the noodles in a large heatproof bowl. Pour over a kettleful of boiling water and leave to soften for 5 mins. Drain and rinse under cold



running water. Drain again and return to the bowl. Whisk the remaining fish sauce with the lime zest and juice, and sugar. Pour over the noodles. Toss in the cucumber and mint.

3 Heat a griddle pan until smoking hot. Griddle the pork chops for 5 mins on each side until cooked through, then serve with the noodle salad.

PER SERVING 500 kcals, fat 19g, saturates 7g, carbs 46g, sugars 1g, fibre 2g, protein 38g, salt 2.5g

Beef stir-fry with broccoli & oyster sauce

■ Serves 2 ■ Prep 5 mins
■ Cook 10 mins

1-2 tbsp sunflower oil
200g beef steak, cut into thin strips (see tip, right)
200g long-stemmed broccoli
1 onion, sliced
2 garlic cloves, sliced
2 tbsp oyster sauce

1 Heat a wok until smoking hot, then add the oil and beef. Stir-fry for 2 mins, then tip onto a plate. Add the broccoli and a splash of water, then cook until the broccoli turns bright green.
2 Add the onion and stir-fry for 1 min more, then add the garlic and cook for another minute. Add the oyster sauce and 125ml water. Bring to the boil and cook until sticky. Stir in the beef and any juices from the plate.

PER SERVING 256 kcals, fat 12g, saturates 2g, carbs 10g, sugars 8g, fibre 4g, protein 30g, salt 1.8g



Tip Put the steaks in the freezer for 10 mins to firm up, then cut into thin slices using a very sharp knife.

Sticky chicken drumsticks

■ Serves 4 ■ Prep 5 mins, plus marinating ■ Cook 25 mins

4 tbsp sweet chilli sauce
1 tsp grated ginger
2 tsp soy sauce
1 lime, zested
8 chicken drumsticks

1 Combine the chilli sauce, ginger, soy sauce and lime zest. Pour this over the drumsticks and leave to marinate for at least 30 mins, or chill for longer.
2 Heat the oven to 190C/170C fan/gas 5. Shake the excess marinade off the drumsticks and arrange on a shallow baking tray. Reserve the leftover marinade. Roast for 20 mins, then pour over the reserved marinade and roast for 5 mins more until the chicken is sticky and browned.

PER SERVING 200 kcals, fat 9g, saturates 3g, carbs 4g, sugars 2g, fibre none, protein 26g, salt 0.8g



Tip Try using this marinade on pork chops, salmon steaks, or, for a veggie option, portobello mushrooms.



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Versatile

Bored with the same old meals day after day? Bring new life to plain chicken, help increase your five-a-day total, and introduce

Spicy stir-fried sprouts

- Serves 4 ■ Prep 20 mins
- Cook 10 mins **VEGETARIAN**

500g Brussels sprouts, trimmed and halved

1 tbsp sunflower oil

1 chilli, sliced into rings

2 garlic cloves, finely chopped

large piece of ginger, peeled and sliced into fine matchsticks

1 tbsp soy sauce

1 Cook the sprouts in a pan of boiling salted water for 3 mins, then drain. Heat the oil in a wok over a high heat, then stir-fry the chilli, garlic and ginger for 1 min.

2 Add the sprouts, stir-fry for 2 mins more, then drizzle with the soy sauce. Toss everything well before serving.

PER SERVING 82 kcals, fat 5g, saturates 1g, carbs 6g, sugars 4g, fibre 5g, protein 5g, salt 0.7g

Sweet & sour kale with garlic & anchovy

- Serves 4 ■ Prep 5 mins
- Cook 10 mins

400g kale, shredded

4 tbsp olive oil

4 garlic cloves, sliced

2 anchovy fillets, chopped

1 tsp golden caster sugar

1 tbsp red wine vinegar

**1 OF
5-A-DAY**

vegetables

chops, roasts and fish with an interesting side dish – it will
the family to a wider selection of vegetables

1 Cook the kale in a large pan of boiling water for 4 mins until just tender. Drain, then return the pan to the heat with the oil.

2 Sizzle the garlic and anchovies. Add the sugar and vinegar and bubble briefly. Return the kale to the pan and reheat. Tip everything into a dish.

PER SERVING 146 kcals, fat 13g, saturates 2g, carbs 4g, sugars 3g, fibre 3g, protein 4g, salt 0.3g



**1 OF
5-A-DAY**

All-in-one cabbage with beans & carrots

■ Serves 3-4 ■ Prep 10 mins ■ Cook 10 mins

25g butter

4 smoked streaky bacon rashers, chopped

2 large carrots, chopped into small chunks

1 Savoy cabbage, quartered, cored and shredded

400g can haricot beans, drained and rinsed

300ml chicken stock

1 Heat the butter in a wide saucepan. Add the bacon and carrots, then sizzle for 3-4 mins until the bacon starts to crisp. Stir in the cabbage, cook for 2 mins until wilted, then add the beans.

2 Add the stock. Cook for 5 mins until the beans are hot and the carrots tender.

PER SERVING 169 kcals, fat 8g, saturates 3g, carbs 15g, sugars 8g, fibre 7g, protein 10g, salt 1.2g



**3 OF
5-A-DAY**

Celeriac champ

- Serves 4 ■ Prep 10 mins
- Cook 20-25 mins **VEGETARIAN**

1 garlic clove
1 large celeriac (about 650g), peeled
and cut into chunks
900g potatoes, cut into chunks
50ml double cream
25g butter, plus extra to serve
5 spring onions, sliced

1 Peel the garlic and put in a pan of cold water over a medium heat with the celeriac and potatoes. Cook for 20-25 mins until tender.
2 Drain and mash. Stir in the cream and butter. Season, add the spring onions and top with a knob of butter to serve.

PER SERVING 308 kcals, fat 13g, saturates 7g, carbs 43g, sugars 5g, fibre 9g, protein 7g, salt 0.5g



**1 OF
5-A-DAY**

**1 OF
5-A-DAY**



Sticky sesame-glazed carrots

- Serves 4 ■ Prep mins
- Cook 40 mins **VEGETARIAN**

Heat the oven to 200C/180C fan/gas 6. Toss **800g carrots**, cut into long wedges, with **1 tbsp olive oil** on a baking tray. Roast for 40 mins, stirring in **1 tbsp honey** halfway through. Sprinkle over **½ tbsp sesame seeds** for the final 10 mins.

PER SERVING 114 kcals, fat 4g, saturates 1g, carbs 19g, sugars 18g, fibre 5g, protein 2g, salt 0.1g

Tip Beans and pulses count as one portion, regardless of how much you eat. They're a great source of fibre.

Broccoli & peas with sesame seeds, soy & honey

- Serves 4 ■ Prep 10 mins
- Cook 20 mins **VEGETARIAN**

1 tbsp olive oil
1 large onion, sliced
1 garlic clove, crushed
2 x 400g cans butter beans, drained and rinsed
1 lemon, zested and juiced
1 large or 2 small bunches of parsley, chopped

1 Heat the oil in a pan, and cook the onion for 10-15 mins until soft. Add the garlic for the final minute.
2 Add the beans and cook until heated through. Stir in the lemon zest and juice. Sprinkle in the parsley and serve.

PER SERVING 134 kcals, fat 4g, saturates none, carbs 19g, sugars 4g, fibre 6g, protein 8g, salt 1.3g



**2 OF
5-A-DAY**

Tip Frozen, canned and dried veg all count towards your five-a-day, and contribute vitamins, minerals and fibre. A variety is best, so aim for a rainbow of colours.

1 OF
5-A-DAY

1 OF
5-A-DAY

Broccoli & peas with sesame seeds, soy & honey

■ Serves 2 ■ Prep 10 mins
■ Cook 5 mins **VEGETARIAN**

1 tbsp sesame seeds, lightly toasted
1 tsp poppy seeds
1 broccoli, cut into florets
100g frozen peas
FOR THE DRESSING
1 tbsp soy sauce
1 tsp honey
1/4 tsp sesame oil

1 Combine the dressing ingredients. Mix the sesame and poppy seeds together. Cook the broccoli and peas in a pan of boiling water for 2 mins, then drain.

2 Tip the broccoli and peas back in the pan, pour half the dressing and half the seeds over, and shake briefly. Serve dressed with the rest of the dressing and seeds.

PER SERVING 68 kcals, fat 6g, saturates none, carbs 10g, sugars 6g, fibre 6g, protein 10g, salt 0.8g

Zesty pomegranate rice

■ Serves 4 ■ Prep 10 mins
■ Cook 15 mins **VEGETARIAN**

500ml vegetable stock
bunch of spring onions, chopped
250g basmati rice
120g pomegranate seeds
1 tsp coriander seeds, crushed
1 tsp ground cumin
50g flaked almonds, toasted
1 orange, zested

1 Bring the stock, onions and rice to the boil. Simmer for 10 mins. Drain and set aside for 5 mins.

2 Add pomegranate seeds, coriander seeds, cumin, most of the almonds and the orange zest. Season. Sprinkle with the remaining almonds.

PER SERVING 319 kcals, fat 8g, saturates 1g, carbs 57g, sugars 6g, fibre 4g, protein 8g, salt 0.3g

Colcannon

■ Serves 4 ■ Prep 20 mins
■ Cook 40-50 mins **VEGETARIAN**

1kg floury potatoes, cut into chunks
2 large carrots, cut into small chunks
100ml double cream
50g butter
2 turnips, cut into small chunks
1 garlic clove, finely chopped
1 tbsp olive oil
100g cabbage, shredded

1 Boil the potatoes for 20 mins, adding the carrots for the last 5 mins. Drain. Spoon out the carrots, and mash the potatoes with the cream and butter. Fry the carrots, turnips and garlic for 10 mins, adding the cabbage for the last 2 mins.

2 Heat the grill to high. Mix the fried veg with the mash in an ovenproof dish and season. Grill for 5-10 mins.

PER SERVING 445 kcals, fat 25g, saturates 14g, carbs 52g, sugars 10g, fibre 7g, protein 7g, salt 0.3g

Tip Potatoes don't count towards your five-a-day, so mix them with other veg.

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10

OF THE BEST HEALTHY ONE-POTS

CONVENIENT
COOKING

Cosy up to healthy comfort food. It doesn't have to be laden with fat and carbs to make you feel warm inside, and these dishes pack in the veg!

Prawn jambalaya

This nourishing dish is a winner. It's low in fat and calories, and provides four of your five-a-day.

■ Serves 2 ■ Prep 10 mins ■ Cook 35 mins

1 tbsp rapeseed oil
1 onion, chopped
3 celery sticks, sliced
100g wholegrain basmati rice
1 tsp mild chilli powder
1 tbsp ground coriander
1/2 tsp fennel seeds
400g can chopped tomatoes
1 tsp vegetable bouillon powder
1 yellow pepper, roughly chopped
2 garlic cloves, chopped
1 tbsp thyme leaves
150g small prawns (defrosted if frozen)
3 tbsp chopped parsley

1 Heat the oil in a large, deep frying pan, and fry the onion and celery for 5 mins to soften. Add the rice and spices, and pour in the tomatoes and just under one can of water. Stir in the bouillon powder, pepper, garlic and thyme.

2 Cover the pan with a lid and simmer for 30 mins until the rice is tender and almost all the liquid has been absorbed. Stir in the prawns and parsley, cook briefly to heat through, then serve.

PER SERVING 396 kcals, fat 8g, saturates 1g, carbs 55g, sugars 15g, fibre 9g, protein 20g, salt 1.3g





4
OF YOUR
5-A-DAY



Mexican bean soup with shredded chicken & lime

You can make a veggie version with guacamole. Mash a small avocado with lime and chilli, then stir in a chopped tomato, 1 tbsp finely chopped onion and some coriander.

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins **FREEZABLE** soup only

2 tsp rapeseed oil
1 large onion, finely chopped
1 red pepper, cut into chunks
2 garlic cloves, chopped
2 tsp mild chilli powder
1 tsp each ground coriander and ground cumin
400g can chopped tomatoes
400g can black beans, undrained
1 tsp vegetable bouillon powder
1 cooked skinless chicken breast (about 125g), shredded
handful of coriander, chopped
1 lime, juiced
1/2 red chilli, deseeded and finely chopped (optional)

1 Heat the oil in a medium pan, and fry the onion and pepper for 10 mins, stirring frequently. Stir in the garlic and spices, then tip in the tomatoes, the beans and the liquid from the can, half a can of water, and the bouillon powder. Simmer the soup, covered, for 15 mins.

2 Meanwhile, tip the chicken into a bowl with the coriander, lime juice and chilli (if using), and toss well. Ladle the soup into two bowls, top with the chicken mixture, and serve.

PER SERVING 378 kcals, fat 8g, saturates 1g, carbs 36g, sugars 17g, fibre 12g, protein 32g, salt 0.5g

French country fish & mussel stew

■ Serves 4 ■ Prep 5 mins ■ Cook 25 mins

1 tsp rapeseed oil
2 bacon rashers, chopped
1 litre hot fish stock
generous pinch of saffron
1 large carrot, finely chopped
1 celery stick, finely chopped
2 leeks, thinly sliced
350g tomatoes, chopped (or a 400g can)
400g can cannellini beans, drained
265g skinless sustainable white fish fillets, such as haddock or cod, cut into chunks
350g fresh mussels, scrubbed and beards removed
2 tbsp chopped parsley

1 Heat the oil in a large non-stick pan over a high heat, and stir-fry the bacon for 1 min.

Pour in the stock, then stir in the saffron, carrot, celery and leeks. Reduce the heat to medium, cover and cook for 10 mins.

2 Add the tomatoes and beans, and cook for 10 mins more until the veg is tender. The consistency will be quite brothy, so if you fancy a thicker texture, use a hand blender and purée a little of the soup in the pan to thicken it.

3 Stir in the fish and mussels, then cover and cook for 5 mins more until the fish is just cooked and the mussels open. There will be too many shells, so take some of the mussels out of them. Stir through the parsley, then ladle into soup bowls.

PER SERVING 323 kcals, fat 5g, saturates 1g, carbs 19g, sugars 8g, fibre 8g, protein 49g, salt 2.1g





Squash, mushroom & gorgonzola pilaf

■ Serves 2 ■ Prep 15 mins

■ Cook 50 mins **VEGETARIAN**

1 tsp rapeseed oil

1 large onion, halved and sliced

3 garlic cloves, finely chopped

200g butternut squash, peeled, deseeded and chopped

140g small button mushrooms

125g brown basmati rice

700ml vegetable stock

10 pieces dried mushroom, chopped

2 tsp chopped sage

small bunch of parsley, chopped, stalks and leaves separated

40g gorgonzola or vegetarian alternative, crumbled

1 Heat the oil in a large non-stick pan, and fry the onion and garlic for 5 mins. Add the squash and button mushrooms and cook for a few more minutes. Stir in the rice, then pour in the stock. Stir well, add the dried mushrooms, sage and parsley stalks. Cover and simmer over a low heat for 35-40 mins until the rice is tender – check towards the end of cooking and add a little water if the rice has absorbed all the stock. If there is a lot of liquid, uncover and cook for 5-10 mins.

2 Take off the heat, fold in the parsley leaves and cheese with some black pepper, then leave to stand for 5 mins before serving.

Spinach, sweet potato & lentil dhal

■ Serves 4 ■ Prep 10 mins

■ Cook 35 mins **VEGETARIAN**

1 tbsp sesame oil

1 red onion, finely chopped

1 garlic clove, crushed

thumb-sized piece of ginger,
peeled and finely chopped

1 red chilli, finely chopped

1½ tsp ground turmeric

1½ tsp ground cumin

2 sweet potatoes (about 400g),
peeled and cut into even chunks

250g red split lentils

600ml vegetable stock

80g spinach

4 spring onions, sliced on the
diagonal, to serve

½ small bunch of Thai basil, leaves
picked and torn, to serve

1 Heat the oil in a wide-based pan over a low heat, and cook the onion for 10 mins, stirring occasionally until softened. Add the garlic, ginger and chilli, cook for 1 min, then add the spices and cook for 1 min more.

2 Turn up the heat to medium, add the sweet potatoes and stir everything together so the potatoes are coated in the spice mixture. Tip in the lentils, stock and some seasoning. Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potatoes are just holding their shape.

3 Taste and adjust the seasoning, then gently stir in the spinach. Once wilted, top with the spring onions and basil to serve.

PER SERVING 397 kcals, fat 5g, saturates 1g, carbs 65g, sugars 19g, fibre 11g, protein 18g, salt 0.6g







All-in-one roast

This roast chicken can be eaten as it is, or add a bag of kale, if you like, as a side dish.

■ Serves 4 ■ Prep 20 mins ■ Cook 1 hr 30 mins

4 large carrots (about 400g), cut into large chunks

1 celeriac (about 575g peeled weight), peeled and cut into equal-sized chunks

1 large swede (about 550g), quartered and cut into thick slices

2 red onions, cut into wedges

1 garlic bulb

2 tbsp rapeseed oil

2 rosemary sprigs, leaves and woody stalks separated

1 lemon, zested and juiced

1 medium chicken (about 1.4kg)

1 Heat the oven to 200C/180C fan/gas 6. Tip the carrots, celeriac, swede, onions and garlic bulb into a large roasting tin with the oil, rosemary leaves and some black pepper. Toss and roast for 5-10 mins.

2 Put the zested and juiced lemon peels and the rosemary stalks inside the chicken. Stir the lemon zest and juice into the roasted veg, then sit the chicken on top and roast for 1 hr-1 hr 25 mins until the chicken is cooked through but still moist. Remove the chicken from the oven and rest for 10 mins while the veg continues to roast. Squeeze the roasted garlic from the skins into the veg, stir and serve.

PER SERVING 427 kcals, fat 23g, saturates 5g, carbs 12g, sugars 10g, fibre 10g, protein 38g, salt 0.5g

Lentil bolognese soup

This vegetarian bolognese-based soup with red lentils contains four of your five-a-day and fibre.

■ Serves 4-6 ■ Prep 10 mins ■ Cook 35 mins

2 tbsp rapeseed oil
3 onions, finely chopped
3 large carrots, finely chopped
3 celery sticks, finely chopped
4 garlic cloves, finely chopped
500g passata
1 tbsp vegetable bouillon powder
125g red lentils
1 tsp smoked paprika
4 thyme sprigs
125g wholemeal penne
50g finely grated parmesan, plus extra to serve

1 Heat the oil in a large non-stick pan and fry the onions for a few minutes. Add the

carrots, celery and garlic, then fry for 5 mins more, stirring until the vegetables start to soften.

2 Pour in the passata, bouillon powder, lentils and 2 litres boiling water from the kettle. Add the paprika, thyme and plenty of black pepper. Bring to the boil, cover and simmer for 20 mins.

3 Tip in the penne and cook for 12-15 mins until the pasta and lentils are tender, adding a little more water if necessary. Stir through the cheese, then ladle half into bowls. Sprinkle over more cheese, if you like.

PER SERVING 425 kcals, fat 11g, saturates 3g, carbs 56g, sugars 18g, fibre 9g, protein 19g, salt 0.5g



Spicy Moroccan-style eggs

■ Serves 4 ■ Prep 10 mins

■ Cook 15-20 mins **VEGETARIAN**

2 tsp rapeseed oil

1 large onion, halved and thinly sliced

3 garlic cloves, sliced

1 tbsp rose harissa

1 tsp ground coriander

150ml vegetable stock

400g can chickpeas, undrained

2 x 400g cans cherry tomatoes

2 courgettes, finely chopped

200g baby spinach

4 tbsp chopped coriander

4 large eggs

1 Heat the oil in a large, deep frying pan, and fry the onion and garlic for about 8 mins, stirring every now and then until starting to

turn golden. Add the harissa and ground coriander, stir well, then pour in the stock, chickpeas and the liquid from the can. Cover and simmer for 5 mins, then mash one-third of the chickpeas to thicken the stock a little.

2 Tip the tomatoes and courgettes into the pan, and cook gently for 10 mins until the courgettes are tender. Fold in the spinach so that it wilts into the pan.

3 Stir in the chopped coriander, then make four hollows in the mixture and break in the eggs. Cover and cook for 2 mins until the whites are just set, then remove from the heat and rest for 2 mins before serving.

PER SERVING 242 kcals, fat 10g, saturates 2g, carbs 22g, sugars 11g, fibre 8g, protein 16g, salt 1g

**WARMING
BRUNCH
DISH OR
SUPPER**



Spicy vegetable stew with coconut

■ Serves 4 ■ Prep 10 mins ■ Cook 40 mins **VEGETARIAN** **FREEZABLE**

1 tbsp rapeseed oil
2 large onions, thinly sliced
1 tbsp finely chopped ginger
3 garlic cloves, chopped
1 large red chilli, deseeded and thinly sliced
1 tbsp thyme leaves
1 tsp each cinnamon and smoked paprika
2 tsp each ground coriander and cumin seeds
2 x 400g cans chopped tomatoes
800ml vegetable bouillon, made with 4 tsp vegetable bouillon powder
2 green peppers, deseeded and cut into cubes
1 sweet potato, peeled and cut into cubes
2 plantains, peeled and sliced
160g brown basmati rice
2 x 400g cans red kidney beans, drained
handful of coriander, chopped, plus extra for sprinkling
140g unsweetened coconut yogurt

1 Heat the oil in a large non-stick pan, and fry the onions for 8 mins until softened and golden. Add the ginger, garlic, chilli and thyme, and cook, stirring for 1 min. Add the spices, stir briefly over the heat, then pour in the tomatoes and bouillon, and stir in the peppers, sweet potato and plantains. Cover and simmer for 30 mins.

2 Meanwhile, boil the rice following pack instructions. Stir the beans into the stew with the fresh coriander and cook gently for 10 mins until the peppers are tender.

3 Divide the rice and stew between bowls, and top with the yogurt and some more coriander before serving.

PER SERVING 603 kcals, fat 11g, saturates 5g, carbs 97g, sugars 28g, fibre 21g, protein 19g, salt 0.3g

5
OF YOUR
5-A-DAY



One-pot chicken with quinoa

■ Serves 2 ■ Prep 5 mins ■ Cook 30 mins

1 tbsp rapeseed oil
 2 skinless chicken breasts
 1 medium onion, sliced into 12 wedges
 1 red pepper, deseeded and sliced
 2 garlic cloves, finely chopped
 100g green beans, trimmed and cut in half
 1/4-1/2 tsp chilli flakes, to taste
 2 tsp each ground cumin and ground coriander
 100g uncooked quinoa
 85g frozen sweetcorn
 75g kale, thickly shredded

1 Heat the oil in a large, deep frying pan or sauté pan. Season the chicken and fry over a medium-high heat for 2-3 mins on each side until golden. Transfer to a plate. Add the onion and pepper to the pan and cook for 3 mins, stirring, until softened and lightly browned.

2 Tip in the garlic and beans, and stir-fry for 2 mins. Add the chilli and spices, then stir in the quinoa and sweetcorn. Pour in 700ml just-boiled water with 1/2 tsp sea salt flakes, and bring to the boil.

3 Return the chicken to the pan, reduce the heat to a simmer and cook for 12 mins, stirring regularly and turning the chicken occasionally. Add the kale and cook for a further 3 mins until the quinoa and chicken are cooked through.

PER SERVING 529 kcals, fat 12g, saturates 1g, carbs 52g, sugars 15g, fibre 6g, protein 50g, salt 0.4g





SOUP'S UP!

These comforting bowls from chef and restaurateur Carl Clarke are great to make ahead for midweek lunches, or to serve as a satisfying supper

Thai bone broth, p58

Chinese chicken & instant
noodle soup, p58





Thai bone broth

The base is a pre-prepared chicken stock (see tip, right), but if you can find a fresh shop-bought version, that will do the trick. There's a fair amount of heat from the bird's-eye chillies, but you can adjust the amount to suit your taste.

■ Serves 6

- 2 tbsp coconut oil**
- 1 onion, finely chopped**
- 4 garlic cloves, chopped**
- 2 tbsp finely chopped ginger**
- 30g galangal, peeled and thinly sliced**
- 2 litres chicken stock (see tip, right, or use fresh shop-bought)**
- 6 kaffir lime leaves**
- 3 lemongrass stalks, flattened and bruised with a knife**
- 120g mushrooms, sliced (optional)**
- 4 red bird's-eye chillies, split in half lengthways but left whole**
- 300g vermicelli rice noodles**
- 600g cooked chicken, shredded**
- 2 pak choi, cut into quarters**
- 2-3 tsp fish sauce**
- lime juice, to taste**
- 4 spring onions, thinly sliced**
- FOR THE TOPPING**
- handful of coriander, torn**
- 6 handfuls of ready-to-eat beansprouts**
- 3 red chillies, thinly sliced**
- 1 lime, cut into wedges**

- 1** Heat the oil in a large saucepan over a medium-low heat, and cook the onion for 2-3 mins until soft and golden. Add the garlic, ginger and galangal and cook for 1-2 mins more. Add the stock, 1 tsp salt, lime leaves, lemongrass, mushrooms, if using, and chillies. Simmer for about 20 mins until fragrant.
- 2** Add the noodles and cook for a further 7-8 mins until cooked through. Add the chicken and pak choi and cook for 3 mins more. Season with the fish sauce and lime juice, then add the spring onions.
- 2** Divide the broth between six bowls, then top with the coriander, beansprouts, red chillies and a lime wedge each.

Tip

To make the chicken stock, heat the oven to 200C/180C fan/gas 6. Put **2kg chicken wings** in a deep flameproof roasting tin with **2 tbsp rapeseed oil** and roast for 1 hr until golden and crisp. Remove from the oven, carefully pour away the fat and transfer the wings to a plate. Put the roasting tin over a medium heat, add 200ml water and scrape with a wooden spoon to release any browned bits. Remove from the heat and set aside. Heat a little extra rapeseed oil in a large saucepan over a medium heat. Cook **2 quartered onions, 3 thickly sliced carrots, 100g quartered button mushrooms** and **2 bashed garlic cloves** for 10 mins until just starting to caramelise. Add the wings with enough water to cover, then bring to a simmer. Cook for 3 hrs, or up to 6 hrs. Strain into a jug through a fine mesh sieve, discarding the solids, and leave to cool completely. Chill overnight, then remove any solidified fat before using. *This recipe makes 1 litre stock, so double the ingredients to make the bone broth (left). Will keep in an airtight container in the fridge for up to a week.*



Chinese chicken & instant noodle soup

You can put this one-pot broth on a very low simmer and forget about it for a few hours. The instant noodles add a nice chewy twist and, along with the soft-boiled eggs, make a delicious filling lunch or supper. The sriracha is optional, so just leave it out if you don't like it too spicy.

■ Serves 4

- 1 whole chicken, jointed**
- 3 white onions, cut into quarters**
- 3 garlic cloves, unpeeled and bashed**
- 1 carrot, halved**
- 3 spring onions, finely sliced**
- 1 tbsp black peppercorns**
- 1 star anise**
- 2 tbsp light soy sauce**
- TO SERVE**
- 2 eggs**
- 1 packet instant noodles**
- 2 spring onions, sliced**
- ½ tsp toasted sesame oil**
- sriracha and steamed greens (optional)**

- 1** Put 4 litres water (preferably filtered or mineral water) in a large pot with the chicken, onions, garlic, carrot, spring onions, peppercorns, star anise, soy sauce and 1 tbsp sea salt. Bring to the boil, then skim off any scum that rises to the surface using a spoon. Reduce the heat and simmer for 3-6 hrs, until the liquid has reduced considerably (the longer it's simmered, the better). Strain through a fine mesh sieve, setting aside the chicken to cool and discarding the remaining solids. When the chicken is cool enough to handle, remove as much meat from the bones as you can using your hands.
- 2** Boil the eggs in a separate pan for 6 mins until soft-boiled. Rinse under cold running water until cool enough to handle, then peel, halve and set aside. Cook the noodles following pack instructions, then divide between four deep bowls. Ladle over the hot broth and arrange the spring onions and halved eggs on top. Drizzle over a little sesame oil and sriracha, if using, and serve with greens on the side, if you like.




MUST TRY

David's mum's Jewish chicken soup

David is my business partner and my brother in both our fried chicken restaurant brands, Chick 'n' Sours and CHIK'N. I have had the pleasure of being invited to Jewish New Year dinner at his parents' house, and his mum's food is incredible. She is Jewish and was born in Egypt, so her style of cooking comes with a North African influence. Try to make this soup with spent hens (available at any halal butcher), as they are more gamey and have more depth of flavour for soups.

■ Serves 6-8

1 spent hen or whole chicken
1 leftover chicken carcass
bunch of celery
2 parsnips
4 leeks
3 large onions
5 large carrots
2 garlic cloves
bunch of parsley
2 heaped tbsp Jewish chicken soup seasoning mix (available online or in specialist shops)
250g vermicelli or broken up spaghetti (optional)
squeeze of lemon juice, to serve
FOR THE MATZO BALLS
275g medium matzo meal
6 eggs, beaten
100g chicken fat from the broth
1 heaped tbsp Jewish chicken soup seasoning mix

1 Bring the chicken and leftover carcass to the boil in a large saucepan of water. Continue to boil, skimming off any scum that rises to the surface, until the liquid is clear. Add all the vegetables and the seasoning mix, then reduce the heat and simmer for 3 hrs. Strain through a fine mesh sieve into a bowl and leave to cool before chilling. Once the fat has solidified at the top, remove it from the soup to use in the matzo balls.

2 To make the matzo balls, beat the matzo meal, eggs, reserved chicken fat, seasoning mix, 1½ tbsp of the broth and a little salt together in a large bowl. Chill until firm. Shape the mixture into 16 balls using wet hands. Bring a large pan of salted water to the boil, then lower in the matzo balls and cook for 5-6 mins. Drain and set aside.

3 Pour the broth into a large pan and bring to the boil. Add the matzo balls and cook for 5-10 mins, along with the vermicelli or spaghetti, if using. Season with a squeeze of lemon juice and serve.



Recipes adapted from *The Whole Chicken*
 by Carl Clarke (£22, Hardie Grant).
 Photographs © Robert Billington

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FRIDAY NIGHT *Fakeaways*

Love a takeaway? These homemade versions of our favourites are simple to make, and they're healthier and cheaper, too



**Fish & chips with coconut batter
& tartare sauce, p62**



Fish & chips with coconut batter & tartare sauce

For ease, we've shallow-fried the fish, but it's still crispy as it would be from a takeaway.

■ Serves 4 ■ Prep 15 mins ■ Cook 10 mins

600g boneless and skinless cod loin fillet
75g plain flour

1 egg

100ml coconut milk, plus extra if needed

1 tsp baking powder

vegetable oil, for frying

FOR THE TARTARE SAUCE

3 tbsp mayonnaise

3 tbsp Greek yogurt

4 small or 2 large cornichons, chopped

1 tbsp capers, drained

1 tbsp chopped dill

2 tbsp chopped flat-leaf parsley

TO SERVE

oven-baked chips

cooked peas

2 lemons, quartered

1 Cut the fish into four equal pieces. Season and dust with 2 tsp flour. In a medium bowl, whisk the remaining flour, egg, coconut milk and baking powder together with some salt until you have a smooth, thick batter. Add a little more coconut milk if it's too stiff. In a small bowl, combine the tartare sauce ingredients and set aside.

2 Pour a 2cm depth of vegetable oil into a large wok and heat until hot enough to brown a small piece of bread in 20 seconds. Fry the fish in batches, dipping each piece into the batter, then gently lowering into the oil. Fry for 2-3 mins until golden, turning once. Drain on kitchen paper, then keep warm in a low oven while you fry the rest.

3 Serve the fish with the chips, peas, tartare sauce and lemon wedges.

PER SERVING 551 kcals, fat 38g, saturates 9g, carbs 18g, sugars 3g, fibre 1g, protein 32g, salt 1g

Turkish kebabs with tomato chilli sauce

These can be marinated the day before, plus you can cook them individually if some of your family need to eat at separate times.

■ Serves 4 ■ Prep 20 mins plus at least 1 hr marinating ■ Cook 15 mins

2 garlic cloves, 1 crushed, 1 left whole

200g Greek yogurt

1 lemon, juiced

2 tsp tomato purée

2 tsp each crushed chilli flakes

and sumac

4 chicken breasts, cut into chunks

300g baby plum tomatoes

1 thumb-sized red chilli, stem removed

2 tbsp extra virgin olive oil

1 small red onion, sliced

1 tbsp pomegranate molasses

TO SERVE

4 Middle Eastern flatbreads

long pickled chillis (guindillas)

handful each coriander and

flat-leaf parsley

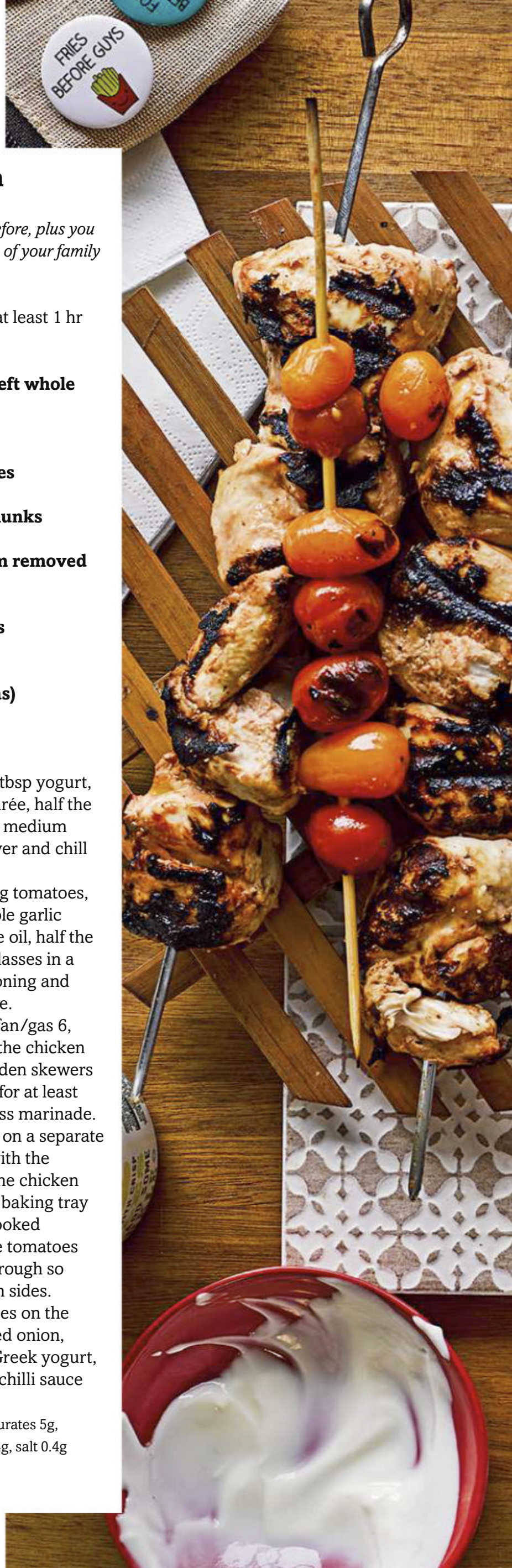
1 Mix the crushed garlic with 3 tbsp yogurt, the lemon juice, 1 tsp tomato purée, half the spices, and some seasoning in a medium bowl. Add the chicken, toss, cover and chill for at least 1 hr or overnight.

2 Make the chilli sauce. Put 100g tomatoes, the chilli, remaining spices, whole garlic clove, tomato purée, 1 tbsp olive oil, half the onion and the pomegranate molasses in a food processor. Add some seasoning and pulse until puréed, then set aside.

3 Heat the oven to 200C/180C fan/gas 6, and heat a griddle pan. Thread the chicken onto metal skewers (or use wooden skewers that have been soaked in water for at least 30 mins), then wipe off the excess marinade. Thread the rest of the tomatoes on a separate skewer. Lightly oil the griddle with the remaining olive oil and brown the chicken on both sides, then transfer to a baking tray and bake for 10 mins, or until cooked through. Meanwhile, griddle the tomatoes for 1-2 mins, turning halfway through so they have griddle marks on both sides.

4 Serve the chicken and tomatoes on the flatbreads with the remaining red onion, pickled chillies, the remaining Greek yogurt, parsley and coriander, with the chilli sauce spooned over.

PER SERVING 276 kcals, fat 12g, saturates 5g, carbs 7g, sugars 6g, fibre 2g, protein 34g, salt 0.4g



**MUST
TRY**





Butter chicken

■ Serves 4 ■ Prep 15 mins plus at least 1 hr marinating ■ Cook 35 mins

500g boneless, skinless chicken thighs,
cut into bite-sized pieces

FOR THE MARINADE

1 lemon, juiced

2 tsp each ground cumin and paprika

1-2 tsp hot chilli powder

200g natural yogurt

FOR THE CURRY

2 tbsp vegetable oil

1 large onion, chopped

3 garlic cloves, crushed

1 green chilli, deseeded and finely
chopped (optional)

thumb-sized piece of ginger,
peeled and grated

1 tsp garam masala

2 tsp ground fenugreek

3 tbsp tomato purée

300ml chicken stock

50g flaked almonds, toasted

TO SERVE (optional)

cooked basmati rice

naan breads

mango chutney or lime pickle

coriander

lime wedges

1 Combine all the marinade ingredients with some seasoning, and toss with the chicken. Cover and chill for 1 hr or overnight.

2 Heat the oil in a large, heavy saucepan over a medium heat, and fry the onion, garlic, green chilli, ginger and some seasoning for 10 mins until the veg is soft.

3 Add the spices and tomato purée, and cook for 2 mins more until fragrant. Add the stock and marinated chicken, and cook for 15 mins more, then add any remaining marinade. Simmer for 5 mins, then sprinkle with the almonds. Serve with rice, naan breads, chutney, some coriander and lime wedges, if you like.

PER SERVING 367 kcs, fat 18g, saturates 3g, carbs 12g, sugars 10g, fibre 3g, protein 37g, salt 0.6g

Singapore-style noodles with prawns

You'll have this on the table in half the time it takes a delivery to arrive.

■ Serves 2 ■ Prep 10 mins

■ Cook 10 mins

2 nests thin rice vermicelli noodles

1 tbsp light soy sauce

1 tbsp oyster sauce

2 tsp mild curry powder

1 tbsp sesame oil

1 garlic clove, chopped

1 red chilli, thinly sliced (deseeded
if you don't like it too hot)

thumb-sized piece of ginger,
peeled and grated

1 medium onion, sliced

1 yellow or red pepper, cut into
thin strips

4 spring onions, cut in half
lengthways, then into thin strips

8 raw king prawns

1 large egg, beaten

coriander leaves, to serve

1 Soak the rice noodles in warm water for 5 mins until softened but still al dente. Drain and set aside. Combine the soy sauce, oyster sauce and curry powder in a small bowl.

2 Heat half the oil in a large wok and fry the garlic, chilli and ginger until golden, about 2 mins. Add the remaining oil, onion, pepper, spring onions, prawns and noodles. Stir-fry for a few minutes. Push everything to one side, add the egg and stir to scramble. Add the soy sauce mix, toss again for a few more minutes, then remove from the heat. Sprinkle over the coriander leaves before serving.

PER SERVING 411 kcs, fat 10g, saturates 2g, carbs 54g, sugars 10g, fibre 6g, protein 23g, salt 2.6g



More-occo

Warm up winter and make a weekend night in with the family into a special event with this North African-inspired menu

MENU FOR SIX



Butternut & harissa hummus
Seeded flatbreads



Pulled lamb shoulder with sticky
pomegranate glaze

Golden couscous with apricots
& crispy onions

Minty carrot, pistachio
& feta salad



Rose cream & raspberry jellies



Pulled lamb shoulder with sticky pomegranate glaze

■ Serves 6 ■ Prep 20 mins plus 24-48 hrs marinating ■ Cook 5 hrs

4 garlic cloves, chopped
2 tsp ground cinnamon
2 tsp ground cumin
1 tbsp dried oregano
1 lemon, quartered, pips removed
1.5kg bone-in lamb shoulder joint
2 red onions, cut into wedges
1 litre pomegranate juice
2 tbsp honey
250g natural yogurt
100g pomegranate seeds
small handful of mint leaves, chopped

1 Put the garlic, cinnamon, cumin, oregano and lemon in a blender with 1 tsp salt and 2 tsp black pepper. Blitz until smooth. Put the lamb in a large roasting tin and pour over the marinade. Massage all over the lamb and chill for 24-48 hrs.

2 Remove the lamb from the fridge 1 hr before cooking. Heat the oven to 160C/140C fan/gas 3. Scatter the onions around the lamb, tucking some underneath, then pour over the pomegranate juice. Cover with foil and roast for 4 hrs.

3 Remove the foil, and pour the pan juices into a large saucepan with the honey. Turn the oven up to 220C/200C fan/gas 7, cover the lamb and cook for 30 mins more. While it cooks, bubble the pan juices over a high heat until reduced, thick and syrupy – this may take up to 30 mins.

4 Pour the sticky glaze over the lamb and onions and return to the oven for 30 mins more, uncovered, until the glaze is bubbling and just starting to char, and the lamb is really tender. Mix the yogurt, most of the pomegranate seeds and the mint leaves in a small bowl. Shred the lamb at the table and serve with the sticky onions and minty pomegranate yogurt. Scatter over the remaining pomegranate seeds.

PER SERVING 668 kcals, fat 39g, saturates 19g, carbs 33g, sugars 32g, fibre 1g, protein 46g, salt 1.3g

Butternut & harissa hummus

■ Serves 6 ■ Prep 10 mins plus cooling
■ Cook 45 mins **VEGETARIAN** **FREEZABLE**

1½ butternut squash (about 400g), peeled and cut into 2cm pieces
3 garlic cloves, unpeeled
2 tbsp olive oil
3 tbsp tahini
1 tbsp harissa, plus a little extra for drizzling
400g can chickpeas, drained and rinsed

1 Heat the oven to 200C/180C fan/gas 6. Put the butternut squash and unpeeled garlic cloves in a roasting tin, season well and tip in 100ml water. Cover the tin with foil and bake for 45 mins until the squash is really tender. Leave to cool.

2 Tip the squash into a food processor with any juices from the tin. Squeeze the garlic from its skins into the processor. Add the remaining ingredients, season with salt and blitz the mixture to a paste.

3 Scrape the hummus into a bowl. Drizzle with extra harissa before serving.

PER SERVING 155 kcals, fat 9g, saturates 1g, carbs 13g, sugars 3g, fibre 3g, protein 4g, salt 0.4g

Seeded flatbreads

■ Makes 12 ■ Prep 45 mins plus 1 hr rising
■ Cook 30 mins **VEGETARIAN**

7g sachet fast-action dried yeast
1 tsp caster sugar
400g strong white bread flour
200g wholemeal bread flour
oil, for the bowl
1 tbsp nigella seeds
2 tbsp sesame seeds

1 Mix the yeast with 2 tbsp warm water and sugar, and set aside for a few minutes. Put the flours and 1 tsp salt in a large bowl and make a well in the centre. Pour in the yeast mixture and 500ml warm water. Mix to a dough with a wooden spoon, tip out and knead for 5-10 mins until smooth and elastic – add a little extra flour if the dough is too sticky. Transfer to an oiled bowl, cover with a tea towel and leave to rise for 1 hr until doubled in size.

2 Tip onto work surface, knock out the air and knead in the seeds. Divide the dough into 12 pieces, and roll each out as thin as you can. Fry for 2 mins until bubbles appear. Flip and cook for 2 mins more. *Will keep, well wrapped, for up to a day.*

PER FLATBREAD 189 kcals, fat 3g, saturates none, carbs 34g, sugars 1g, fibre 3g, protein 7g, salt 0.4g

**Golden couscous
with apricots &
crispy onions, p68**



**Minty carrot,
pistachio &
feta salad, p68**

**Pulled lamb shoulder with
sticky pomegranate glaze**

**FULL OF
SPICE
& FLAVOUR**



Golden couscous with apricots & crispy onions

■ Serves 6 ■ Prep 15 mins
■ Cook 20 mins **VEGETARIAN**

500g couscous

1 vegetable stock cube, crumbled
2 tsp ground turmeric
1 tsp ground cinnamon
100g dried apricots, chopped
3 red onions, thinly sliced
1 tsp caster sugar
500ml vegetable or sunflower oil
1 lemon, zested and juiced
2 tbsp olive oil
small bunch of coriander, chopped
small handful of mint, chopped,
a few leaves reserved

1 Put the couscous in a large heatproof bowl, add the stock cube, turmeric, cinnamon and apricots, and season well. Pour over 500ml boiling water from the kettle, stir, then cover and leave to absorb for 5 mins.

2 Put half the onions in a second heatproof bowl with a good pinch of salt and the sugar. Pour over enough boiling water to cover and leave to steep for 10 mins. (This will remove some of the onions' acidity, and turn them a beautiful bright pink colour).

3 Heat a deep saucepan no more than two-thirds full of oil. Once hot, fry the remaining onions in batches for 1-2 mins until golden and crispy. Drain on kitchen paper and sprinkle with salt.

4 Use a fork to fluff up the couscous. Drain the steeped onions and stir through the couscous with the lemon zest and juice, olive oil and herbs. Serve scattered with the crispy onions and mint leaves.

PER SERVING 403 kcals, fat 8g, saturates 1g, carbs 67g, sugars 11g, fibre 6g, protein 12g, salt 0.6g



Minty carrot, pistachio & feta salad

■ Serves 6 ■ Prep 20 mins plus chilling
■ Cook 30 mins **VEGETARIAN**

2 tbsp olive oil, plus extra to serve
500g carrots, halved and cut into chunks
400g can chickpeas, drained and rinsed
2 tsp ground cumin
1/2 lemon, juiced
1 tbsp honey
small bunch of mint, chopped
2 large handfuls spinach leaves
100g shelled pistachios, roughly chopped
200g feta, crumbled

1 Heat the oven to 200C/180C fan/gas 6. Tip half the oil, the carrots, chickpeas and cumin onto a baking tray, season and toss. Roast for 30 mins until the carrots are tender.

2 Combine the lemon juice, honey and the rest of the oil, then pour this over the roasted carrots and chickpeas. Leave to cool. *Will keep chilled for up to a day. Best eaten at room temperature.*

3 Stir in the mint, spinach and pistachios, and check the seasoning. Scatter the feta over and drizzle with a little extra oil.

PER SERVING 307 kcals, fat 20g, saturates 6g, carbs 20g, sugars 10g, fibre 6g, protein 12g, salt 1.6g

Rose cream & raspberry jellies

■ Makes 6 ■ Prep 10 mins plus 2 hrs chilling
■ Cook 5 mins

135g pack raspberry jelly cubes
500ml double cream
1 tsp rose water
12 raspberries, halved
honey, for drizzling
small handful of mint leaves
1 tbsp pistachios, chopped

1 Break the jelly cubes into a heatproof jug, pour over 100ml boiling water from the kettle and stir to dissolve. Gently warm the cream in a small pan, then remove from the heat and pour in the jelly mixture. Stir in the rose water, then return the mixture back to the jug. Divide the jelly mixture between six small glasses and chill for 2 hrs or until set. *Can be made up to a day ahead.*

2 Remove the set jellies from the fridge about 20 mins before serving. Divide the raspberries between them, then drizzle with honey, and top with a few mint leaves and the pistachios.

PER JELLY 501 kcals, fat 46g, saturates 28g, carbs 19g, sugars 18g, fibre 1g, protein 3g, salt none



TO EXTRACT SEEDS FROM A FRESH POMEGRANATE...

■ Cut the fruit into quarters, from the flower end to the stem, then pull back the skin to release the seeds. Peel off the white membrane (this tastes bitter) and pop the seeds into a bowl.

**MUST
TRY**



Super Sundays

Sunday lunch doesn't always have to be a roast – sometimes it just needs to be something comforting for the whole family



**Roast salmon
& roast baby
potatoes**



Roast chicken spaghetti

■ Serves 6 ■ Prep 5 mins ■ Cook 2 hrs

1 medium chicken (about 1.5kg), any kitchen string removed

1 lemon, halved

1 large shallot, halved

2 tbsp olive oil, plus extra to serve

6 medium carrots, trimmed and halved lengthways

1 chicken stock pot

300-400g spaghetti

200-300g long-stemmed broccoli, steamed

1 Heat the oven to 180C/160C fan/gas 4. Stuff the chicken cavity with the lemon and shallot halves, and rub half the oil over the skin. Arrange the carrots in the middle of a flameproof roasting tin, and drizzle with the rest of the oil. Sit the chicken on top and season. Roast for 1 hr 30 mins until the chicken skin is crisp and the legs feel loose when you wiggle them. If the legs don't feel loose, cook for 15 mins more until they do.

2 Lift the chicken onto a board, pour any liquid from inside it into the tin, and set the chicken aside to rest. Cook the pasta for 1 min less than the pack instructions. Put the roasting tin over a medium heat. Drain the pasta, reserving the water, and add 150ml of the water and the stock pot to the tin. Bubble together to make a gravy.

3 Put the pasta in a large serving dish and drizzle over a little oil. Remove the chicken legs and divide in two. Carve the breast into thick slices, arrange over the spaghetti and pour over any juices. Slice the carrots, pile at one end and the broccoli at the other. Pour the gravy over the pasta, or serve in a jug.

PER SERVING 567 kcals, fat 20g, saturates 5g, carbs 53g, sugars 8g, fibre 7g, protein 40g, salt 1g



Roast salmon & roast baby potatoes

You may not need all of the potatoes in this recipe, so use any leftovers in a potato salad, or chopped up in soups and stews. If you need more, use 750g.

■ Serves 4 ■ Prep 5 mins ■ Cook 50 mins

500g baby potatoes, halved if large

1 tbsp olive oil

2 tbsp butter

500g skinless salmon fillet

2 lemons, halved

250g frozen peas

2 tbsp crème fraîche, plus extra to serve (optional)

1 tbsp chopped dill or mint (optional)

1 Heat the oven to 200C/180C fan/gas 6. Boil the potatoes for 10 mins until just tender, then drain and leave to steam-dry. Toss the potatoes in the oil and butter, then tip onto a baking tray. Roast for 20 mins. Push

the potatoes to one side and put the salmon on the other with the lemon halves. Season. Roast for 15-20 mins more until everything is cooked through – check the centre of the salmon with the tip of a knife.

2 Boil the peas for 2 mins, then drain and tip into a bowl. Add the crème fraîche and herbs, if using. Flake the salmon into large chunks and squeeze over the roasted lemons. Serve the salmon with the potatoes and peas, and some extra crème fraîche on the side, if you like.

PER SERVING 482 kcals, fat 28g, saturates 9g, carbs 24g, sugars 5g, fibre 5g, protein 32g, salt 0.2g



Roast pork & apples

■ Serves 4-6 ■ Prep 5 mins ■ Cook 2 hrs 45 mins

1 large onion, thickly sliced
2 kg pork shoulder joint
1 tbsp rapeseed oil
½ tsp fennel seeds (optional)
2 garlic cloves
4 eating apples, cored and cut into quarters
800ml chicken stock
roast or mashed potatoes and steamed or roast veg, to serve

1 Heat the oven to 220C/200C fan/gas 7. Tip the onion slices into a flameproof roasting tin and sit the pork on top. Rub the skin with the oil and sprinkle with sea salt and the fennel seeds, if using. Tuck the garlic cloves under the side of the pork. Roast for 30 mins, or until the skin begins to crackle, blister and turn golden brown.

2 Reduce the oven to 180C/160C fan/gas 3. Add the apples to the tin and roast for about 2 hrs more, or until the meat is very tender. Lift the pork onto a board and leave to rest. Spoon the apple and onion into a bowl.
3 While the pork rests, make the gravy. Tip all the fat out of the tin, then put the tin over a low heat. Add a splash of the stock, scraping any sticky bits off the bottom with a wooden spoon. Pour in the remaining stock, then bring to the boil. Squeeze the garlic from the skins into the tin and stir. Strain the gravy through a sieve into a jug. Serve the pork and crackling in slices with the roasted apple, onion and gravy, roast or mashed potatoes and some veg.

PER SERVING (6) 637 kcals, fat 38g, saturates 13g, carbs 8g, sugars 7g, fibre 2g, protein 64g, salt 0.7g

Sausage casserole in a yorkie

■ Serves 4 ■ Prep 20 mins plus chilling
■ Cook 50 mins

3 tbsp rapeseed oil, plus extra for drizzling

1 large onion, finely sliced

1 celery stick, finely sliced

1 tbsp tomato purée

400g can chopped tomatoes

1 tbsp dark brown soft sugar

2 tsp Dijon mustard

2 thyme sprigs

2 carrots, cut into thick slices

1 pack of pork sausages

chopped parsley, to serve (optional)

FOR THE YORKSHIRE PUDDING

4 large eggs (about 100ml when cracked into a jug)

140g plain flour

200ml whole milk

rapeseed oil, for the tin

1 Heat 2 tbsp oil in a large flameproof casserole, and fry the onion for 8-10 mins over a low heat until it starts to soften and caramelise. Add the celery and cook for a further 5-10 mins until softened. Add the tomato purée and cook for 2 mins more, then add the tomatoes, sugar, mustard, thyme, carrots and 400ml water, and bring to the boil. Cook, uncovered, over a low heat for 15 mins. Meanwhile, fry the sausages in the remaining oil until browned all over. Add to the veg mix, cover and cook for 10 mins more.

2 To make the Yorkshire pudding, crack the eggs into a bowl or jug, then add the flour and whisk together until smooth. Gradually add the milk, whisking continuously until the batter is lump-free. Season. Pour into a jug, cover and chill for at least 30 mins, or up to 24 hrs.

3 While the casserole is cooking, heat the oven to 230C/210C fan/gas 8. Drizzle a little oil into a 30cm frying pan with an ovenproof handle, and put it in the oven for 5 mins to heat up. Carefully pour the batter into the hot pan, then return to the oven and cook for 25 mins. Check the Yorkshire pudding – when ready, it should have a dark brown colour at the edges and feel firm and dry. To serve, spoon the sausage casserole into the yorkshire, and scatter over the parsley, if you like.

PER SERVING 674 kcals, fat 38g, saturates 12g, carbs 55g, sugars 21g, fibre 8g, protein 23g, salt 1.6g





Pea & leek super-green tart

This recipe works equally well with shortcrust or puff pastry, so use whichever you prefer. The preheated baking sheet in the oven will help cook the base of the pastry. Leftovers would be ideal for packing into a lunchbox.

■ Serves 6 ■ Prep 10 mins
■ Cook 35 mins **VEGETARIAN**

flour, for dusting

350g puff or shortcrust pastry (use a block or ready-to-roll)

$\frac{1}{2}$ tsp butter

1 large or 2 small leeks, cut into $\frac{1}{2}$ cm rounds

125ml whipping cream

1 large egg

150g frozen spinach, defrosted

200g peas

4 mozzarella pearls

1 Heat the oven to 200C/180C fan/gas 6 with a baking sheet inside to heat up. Lightly dust a work surface with flour, then roll the pastry out into a circle large enough to line a 22cm tart tin (3cm deep, with a removable base). Trim off any excess overhanging pastry, then chill while you make the filling.

2 Heat the butter in a frying pan, and fry the leeks in a single layer for a minute. Add 50ml water and cover. Cook over a low heat for 4 mins, checking regularly to ensure the pan doesn't dry out. Whisk the cream and egg, then mix in the spinach and peas.

3 Tip the pea mixture into the base of the tart and arrange the leek on top (if you don't want the leeks on top, stir them through the pea mixture). Break the mozzarella pearls in half and dot over the tart. Slide the tart onto the hot baking sheet in the oven and bake for 30 mins, or until the filling is cooked through. Leave to rest for 5 mins before cutting.

PER SERVING 417 kcals, fat 30g, saturates 16g, carbs 23g, sugars 4g, fibre 5g, protein 12g, salt 0.7g



Don't forget the pudding



Frozen fruit crumble

■ Serves 6 ■ Prep 10 mins

■ Cook 25 mins **VEGETARIAN**

100g plain flour

50g rolled oats

100g cold butter, cut into cubes

50g light brown soft sugar, plus a little extra if needed

60g flaked almonds (optional)

3 tbsp ground almonds

500g frozen berries or summer fruits, defrosted

ice cream, custard or cream, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the flour, oats, butter and sugar in a bowl and

squash to a crumble texture using your fingers. Sprinkle over a baking tray and bake for 10 mins, stirring and roughly breaking up halfway through. Stir through the flaked almonds. *Can be done up to two days ahead and stored in an airtight container.*

2 Sprinkle the ground almonds over the base of an ovenproof dish, then spoon in the fruit. If the berries are sour, sprinkle with a little more brown sugar. Sprinkle the crumble mix on top and bake for 15 mins. Rest for 5 mins, then serve with ice cream, custard or cream.

PER SERVING 330 kcals, fat 19g, saturates 9g, carbs 31g, sugars 13g, fibre 6g, protein 5g, salt 0.3g

Warm up winter

FULL OF
SPICE
& FLAVOUR

Bring some spice to cold evenings with this Mexican-inspired feast. Each dish is vegan-friendly and made in one pot, so it's easy to put together and suitable for everyone

Easiest enchiladas

This recipe takes some long-life pantry items, freshens them up with a bit of chunky salsa, and boom! A gourmet meal that makes a perfect leftover plate for breakfast, lunch or dinner the following day.

■ Serves 4 **VEGETARIAN**

2 x 400g cans black beans, drained and rinsed
400g can sweetcorn, drained
1 heaped tsp each salt, onion powder, garlic powder, ground coriander, ground cumin and sweet smoked paprika
100g vegan soft cheese, plus extra for the topping
10-12 wheat tortillas (about 12cm)
450g jar chunky tomato salsa
100g vegan hard cheese, grated
small handful of coriander, finely chopped (optional)
FOR THE TOPPING
1 ripe avocado, stoned, peeled and finely chopped
1 tomato, finely chopped
¼ fresh or pickled red onion, finely chopped
handful of coriander leaves, finely chopped
handful of fresh sliced or pickled jalapeño, finely chopped

1 Heat the oven to 200C/180C fan/gas 7. Combine the beans, sweetcorn, salt and spices in a large bowl. Add the soft cheese and use a potato masher to combine.
2 Pour half the salsa into the base of a large rectangular baking dish. Spoon a heaped tablespoon of the bean and corn filling into one of the tortillas, roll it up and place it, seam-side down, into the salsa. Repeat with the remaining filling and tortillas, arranging them side-by-side in the dish so they're packed in snugly. Cover with the remaining salsa and the grated cheese.
3 Bake for 20 mins. Meanwhile, combine the toppings in a small bowl. Thin a little vegan soft cheese with some water or plant-based milk until it has a pourable consistency.
4 Remove the enchiladas from the oven and sprinkle over the veg topping mixture, then drizzle with some of the thinned vegan soft cheese, if you like.







Really good potatoes

Use sweet potatoes instead for an even more delicious partner to a Mexican-inspired meal.

■ Serves 4 **VEGETARIAN**

1.2kg potatoes, cut into 1cm cubes

olive oil, for drizzling

3 tbsp potato seasoning (see tip)

TO SERVE (OPTIONAL)

hummus

**1 ripe avocado, stoned, peeled
and chopped**

1-2 lettuces, leaves separated

1 Heat the oven to 220C/200C fan/gas 9. Toss the potatoes in a good amount of oil and the seasoning mix, then spread them over one or two baking trays (there should be plenty of room between each potato so they can crisp up).

2 Roast for 20 mins until golden brown with slightly darker edges, and tender when pierced with a fork. Serve immediately, either as they are, or with hummus and avocado in lettuce cups.

Tip To make the potato seasoning, combine 1 tsp each onion powder, garlic powder, ground cumin, ground coriander, smoked paprika and sea salt with 1 tbsp nutritional yeast

Mexi quinoa salad

■ Serves 4-6 **VEGETARIAN**

200g quinoa
olive oil, for drizzling
1 tsp sweet smoked paprika
1 tsp cumin seeds
1 ripe avocado, stoned, peeled and chopped
400g can black beans, drained and rinsed
400g can sweetcorn, drained and rinsed
1 red onion, thinly sliced
200g cherry tomatoes, halved or quartered if large
3-4 handfuls of leafy greens, such as rocket and spinach, large leaves chopped
handful of coriander, leaves picked and finely chopped
FOR THE DRESSING
60ml olive oil
2 tbsp tamarind paste mixed with 2 tbsp water, or use 2 limes, juiced
1 tbsp maple syrup
1 garlic clove, crushed

TO SERVE (OPTIONAL)

a few handfuls of salted tortilla chips, crushed
vegan soured cream

1 Put the quinoa in a fine mesh sieve and rinse under cold running water. Transfer to a small saucepan with 500ml water and $\frac{1}{2}$ tsp salt. Cover, bring to the boil, then reduce the heat to a simmer and cook for 20 mins until the water has been absorbed. Remove from the heat, uncover, drizzle in a little oil and sprinkle with the paprika and cumin seeds. Fluff the grains with a fork and leave to rest, uncovered, for 10 mins.
2 Meanwhile, make the dressing. Combine the ingredients in a small bowl. Once the quinoa has cooled, add the remaining salad ingredients and stir to combine. Add the dressing and stir once more, then spoon into bowls and top with crushed tortilla chips and soured cream, if using. Serve straightaway.
Will keep in an airtight container in the fridge for up to two days.



Recipes adapted from *Vegan One-Pot Wonders* by Jessica Prescott (£15, Hardie Grant).
Photographs C Bec Hudson

TRAYBAKES

cakes & pudds

Who doesn't love a traybake? They're easy to bake and portion, and perfect for a cake tin treat or pudding – especially with something creamy!



White chocolate blondies

These decadent dessert bars are the fairer cousins of brownies, with the same dense, fudgy texture.

- Makes 16 ■ Prep 10 mins plus cooling
- Cook 45 mins **VEGETARIAN**

225g cold butter, chopped into small pieces, plus extra for the tin

200g white chocolate, chopped into small pieces

175g plain flour

$\frac{1}{2}$ tsp baking powder

200g light brown soft sugar

100g golden caster sugar

3 large eggs

2 tsp vanilla extract

1 Butter a 21 x 21cm square tin, then line the base and sides with baking parchment. Put the butter and half the white chocolate in a heatproof bowl set over a pan of gently simmering water. Stir every few minutes until the butter and chocolate have melted. Remove from the heat and leave to cool for

15 mins. Heat the oven to 180C/160C fan/gas 4. Combine the flour, baking powder and $\frac{1}{4}$ tsp salt and set aside.

2 Put the sugars and eggs in a second large bowl. Beat with an electric whisk until thick and foamy – this will take a few minutes. It's ready when it leaves a trail from the beaters that sits on the surface for 2 seconds.

3 Add the vanilla to the melted chocolate, and stir – don't worry if it has separated. Pour into the egg mixture. Fold together gently, until most of the buttery streaks have been folded in. Sift the flour mixture in and fold together again, then add the remaining chocolate and stir until well combined.

4 Pour the mixture into the tin, spreading it into the corners. Bake for 30-35 mins until a skewer inserted into the middle comes out with sticky crumbs, but no raw mixture. Leave to cool completely in the tin – the blondies will sink as they cool, just like brownies. Cut into 16 squares. *Will keep for five days in a sealed container.*

PER SERVING 299 kcals, fat 17g, saturates 10g, carbs 33g, sugars 27g, fibre 1g, protein 3g, salt 0g





Banoffee traybake

■ Serves 12 ■ Prep 20 mins plus cooling ■ Cook 30 mins **VEGETARIAN**
FREEZABLE *undecorated sponge only*

200g butter, softened, plus extra for the tin
2 large ripe bananas, peeled (250g peeled weight)
250g light brown soft sugar
4 large eggs
1½ tsp vanilla extract
250g self-raising flour
100g natural yogurt
100g dark chocolate, chopped into chunks
100g canned thick caramel or dulce de leche
12 dried banana chips, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm baking tin with two strips of criss-crossed baking parchment. Mash the bananas in a jug with a fork, then add the butter and sugar and beat with an electric whisk until smooth and creamy.

2 Add the eggs, one at a time, beating well after each addition, then add the vanilla and a pinch of salt. Fold in the flour, yogurt and chocolate chunks. Scrape the mixture into the tin and smooth the surface. Bake for 30 mins until risen and golden, and a skewer inserted into the middle comes out clean. Leave to cool for 10 mins in the tin, then transfer to a wire rack. *Once completely cool, will keep in the freezer for up to a month.*

3 Cut the traybake into 12 squares, then top each with a spoonful of caramel and a banana chip, if you like. *Will keep in an airtight tin for up to five days.*

PER SERVING 406 kcals, fat 20g, saturates 12g, carbs 48g, sugars 31g, fibre 2g, protein 7g, salt 0.7g

Lighter spiced carrot cake

■ Cuts into 15 squares ■ Prep 30 mins plus cooling ■ Cook 30 mins

VEGETARIAN **FREEZABLE** *un-iced*

125ml rapeseed oil, plus a extra for the tin
300g wholemeal flour
2 tsp baking powder
1 tsp bicarbonate of soda
1 tbsp mixed spice
100g dark soft brown sugar
140g carrots, grated
140g sweet potatoes, peeled and grated
200g sultanas
2 large eggs
4 tbsp agave syrup
2 oranges, juiced
FOR THE ICING
200g quark
50g fromage frais
3 tbsp icing sugar, sifted
1 orange, zested

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm tin with baking

parchment. Combine the flour, baking powder, bicarb, spice and sugar in a large bowl. Stir in the carrots, sweet potatoes and sultanas. Combine the eggs, oil, agave syrup and half the orange juice. Tip the wet mixture into the dry, stir, then scrape into the tin. Bake for 25-30 mins until a skewer inserted into the middle comes out clean. Prick all over with a skewer and drizzle with the rest of the orange juice. Leave to cool in the tin.

2 Make the icing. Stir the quark with a spoon to loosen, then fold in the fromage frais, icing sugar and orange zest. Spread over the cake, and slice into squares.

PER SQUARE 269 kcals, fat 10g, saturates 1g, carbs 38g, sugars 25g, fibre 3g, protein 6g, salt 0.4g



Treacle tart bars

■ Cuts into 16 ■ Prep 20 mins plus cooling ■ Cook 1 hr 10 mins

VEGETARIAN **FREEZABLE**

320g sheet ready-rolled shortcrust pastry
750g golden syrup
175g fresh breadcrumbs
120g rolled oats
1 lemon, zested and juiced
3 large eggs, beaten

1 Heat the oven to 200C/180C fan/gas 6. Line the base and sides of a 20 x 30cm baking tin with two criss-crossed strips of baking parchment. Unroll the pastry and use it to line the base and up the sides a little. Line with baking parchment and baking

beans. Bake for 20 mins. Remove the beans and parchment and bake for 10 mins more until pale but biscuity. Turn the oven down to 180C/160C fan/gas 4.

2 Combine the golden syrup, breadcrumbs, oats, lemon zest and juice and the eggs, and whisk until smooth. Tip the mixture into the pastry case, smooth the surface, then bake for 40 mins until the filling is golden brown and set. Leave to cool, then slice into bars. *Will keep in a tin for up to five days.*

PER BAR 312 kcals, fat 7g, saturates 2g, carbs 56g, sugars 38g, fibre 2g, protein 5g, salt 0.8g



Coconut & mango sponge

- Cuts into 12 squares ■ Prep 20 mins plus cooling
- Cook 30 mins **VEGETARIAN**

425g can sliced mangoes in syrup, drained
200g butter, softened, plus extra for the tin
225g golden caster sugar
4 large eggs
200g self-raising flour
50g desiccated coconut, plus 3 tbsp for sprinkling
140g Greek-style coconut yogurt

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm baking tin with two strips of criss-crossed baking parchment. Pat the mango dry, then chop into 3cm pieces and set aside.

2 Beat the butter and sugar until smooth and creamy. Add the eggs, one at a time, beating well after each addition. Fold in the flour and coconut, then the mango and yogurt. Scrape into the tin and smooth over the surface, then sprinkle with the extra coconut. Bake for 30 mins until risen and golden, and a skewer inserted into the middle comes out clean. Leave to cool in the tin for 10 mins. Serve warm with the coconut yogurt, or cool completely. *Will keep in a tin for up to three days.*

PER SQUARE 360 kcals, fat 22g, saturates 14g, carbs 36g, sugars 24g, fibre 3g, protein 5g, salt 0.5g



Salted caramel brownies

- Makes 16 large or 32 bite-sized brownies ■ Prep 20 mins plus cooling
- Cook 30 mins **VEGETARIAN**

200g unsalted butter, plus extra for the tin
100g each 70% cocoa solids chocolate and 50% cocoa solids chocolate
397g can caramel
200g golden caster sugar
4 medium eggs, at room temperature
100g plain flour, plus 2 tbsp
50g cocoa powder

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 23cm square tin with baking parchment. Melt the butter in a medium pan, then break in both the chocolates and remove from the heat. Leave the mixture to stand until melted.

2 Mix 175g caramel with 1 tsp sea salt in a small bowl. Put the rest of the caramel in a large bowl with the sugar and eggs, and beat with an electric whisk until combined. Whisk in the chocolate mixture.

3 Combine the flour, cocoa powder and a good pinch of salt in another bowl, then sift this over the chocolate mixture. Beat briefly until smooth.

4 Pour half the batter into the tin, and level the surface with a spatula. Spoon half the salted caramel over in five thick, evenly spaced stripes using a teaspoon. Spoon the rest of the batter on top and smooth out, trying not to disturb the caramel beneath. Top with the rest of the caramel in the same stripy fashion. Drag a skewer or the tip of a knife through the caramel to make a feathered pattern on top.

5 Scatter with a little more sea salt, then bake for 25-30 mins, or until risen with a firm crust on top. When ready, the brownie will wobble just a little when you shake the tin. Leave to cool completely in the tin, then cut into squares to serve.

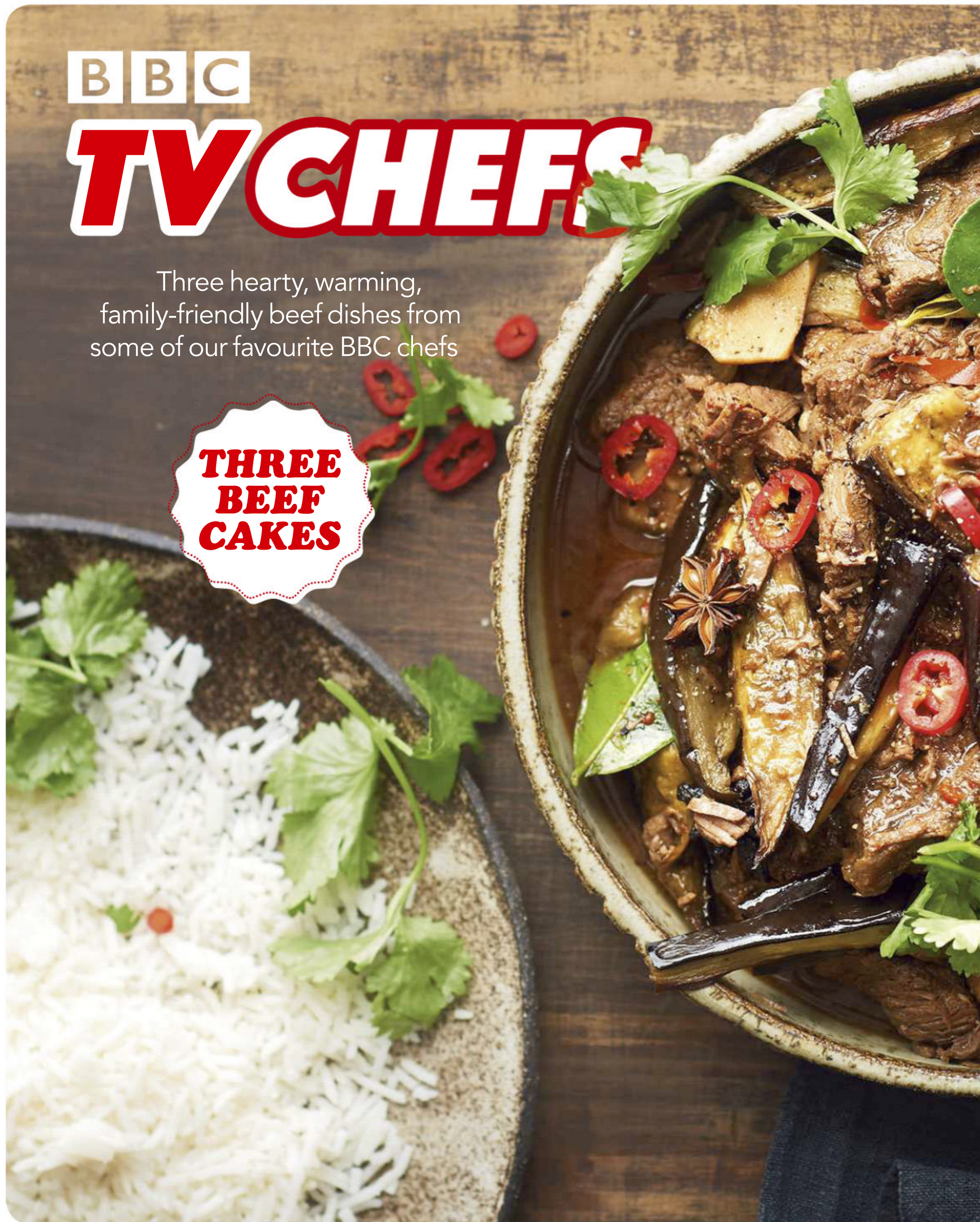
PER SQUARE (16) 345 kcals, fat 19g, saturates 11g, carbs 37g, sugars 29g, fibre 2g, protein 5g, salt 0.8g

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TV CHEFS

Three hearty, warming,
family-friendly beef dishes from
some of our favourite BBC chefs

**THREE
BEEF
CAKES**





John Torode's Chinese beef & aubergine hotpot

No nation has mastered the art of slow-cooking better than China. Simmered stews, traditionally cooked in clay pots, transform even tough and cheap cuts into something deliciously tender. My take is just the type of recipe to have bubbling away on a cold day.

■ Serves 8 ■ Prep 20 mins ■ Cook 3 hrs 30 mins **FREEZABLE**

5 star anise

1 cinnamon stick

3 tbsp sunflower oil

2kg braising steak (shin is best), cut into large chunks

1 litre chicken stock

3 red chillies, halved lengthways and deseeded, plus extra sliced into rounds to serve

100g galangal (use ginger if you can't find galangal), peeled and sliced

2 tbsp Thai fish sauce

200ml soy sauce

1 tbsp demerara sugar

6 kaffir lime leaves

**3 aubergines, cut into wedges
rice and coriander, to serve**

1 Heat the oven to 150C/130C fan/gas 2. Heat a large, dry casserole dish over a medium heat, toast the star anise and cinnamon until fragrant, then remove to a bowl. Add the oil to the dish, then brown the beef in batches (be careful not to overcrowd the pan). Remove to a plate.

2 Add the rest of the ingredients, except for the aubergine, to the dish, stir and bring to the boil. Return the spices and meat to the dish, skim off any fat from the surface, cover and cook in the oven for 2 hrs.

3 Remove the lid, add the aubergine and stir well, then return to the oven and cook for 1 hr, uncovered, until the aubergine and meat are tender. Rest in the dish until cool enough to eat. Scatter over some coriander and sliced red chillies, then serve with rice.

PER SERVING 389 kcals, fat 20g, saturates 7g, carbs 10g, sugars 8g, fibre 2g, protein 38g, salt 4.3g

BEST OF BBC

John Torode appears regularly on *MasterChef* and *MasterChef: The Professionals* on BBC One.



Tom Kerridge's barbacoa pulled beef tacos

This would usually be done with a large cut such as brisket, but I've used shin as it reduces the cooking time.

■ Serves 6 ■ Prep 20 mins plus at least 1-2 hrs marinating and cooling ■ Cook 2 hrs 30 mins **FREEZABLE** beef only

100ml cider vinegar
2 limes, juiced
1 tbsp chipotle paste
6 garlic cloves, crushed
pinch of ground cloves
1 tsp ground cumin
1 tsp dried oregano
2 bay leaves, crumbled
1 tsp light brown soft sugar
1kg boneless beef shin, cut into large pieces

300ml beef stock

TO SERVE

6 large or 12 small soft tacos
small handful of coriander, chopped
pickled red onion, sliced radishes
and crumbled feta

1 Pour the vinegar and lime juice into a large bowl big enough to hold all the beef. Whisk in the chipotle paste, garlic, spices, herbs, sugar

and some seasoning. Mix in the beef, ensuring it's well-coated. Cover and leave to marinate for 1-2 hrs, or chill overnight.

2 Heat the oven to 160C/140C fan/gas 3. Put the beef on a plate and tip the marinade into an ovenproof casserole, along with any bits stuck to the bowl. Pour in the stock. Bring to a simmer. Add the beef and simmer for 1 min, then cover and cook in the oven for 2 hrs.

3 If the beef isn't tender enough to shred, cook for 15 mins more, then check again. Leave until cool enough to handle, then lift onto a board using a slotted spoon. Bring the sauce to the boil and reduce to about 300ml. Roughly shred the beef, discarding any fat or gristle. Stir back into the sauce to reheat, then serve in the casserole dish with the tacos, coriander and toppings on the side for everyone to help themselves.

PER SERVING 266 kcals, fat 13g, saturates 5g, carbs 2g, sugars 1g, fibre 1g, protein 34g, salt 0.3g



BEST OF BBC

Tom Kerridge is a BBC regular with his own series *Lose Weight for Good*, *Top of the Shop* and *Fresh Start*.



James Martin's balsamic-braised beef

I got the idea for this recipe while driving around Modena, the Italian region that makes balsamic vinegar. You never get served beef there without a drizzle of balsamic, so I thought why not take that a stage further and cook the beef in the vinegar? Give it a try, it really works.

■ Serves 6 ■ Prep 20 mins plus 1 hr marinating ■ Cook 2 hrs 30 mins **FREEZABLE**

2kg stewing beef, cut into large chunks

250ml balsamic vinegar

300ml beef stock

3 garlic cloves, crushed

1 onion, roughly chopped

3 carrots, roughly chopped

5 thyme sprigs

1 bay leaf

1 tbsp cornflour, mixed with a little water (optional)

1 Tip the beef into a bowl, then pour over the balsamic vinegar. Mix well, then leave to marinate in the fridge for 1 hr.

2 Heat the oven to 180C/160C fan/gas 6. Put the stock, garlic, onion, carrots and herbs into an ovenproof casserole with the beef and its

marinade. Mix everything together, cover, then cook in the oven for 2 hrs 30 mins until the beef is really tender. Leave to cool slightly.

3 Tip the beef into a colander with a bowl underneath to catch the juices. Tip the liquid back into the casserole then, on the hob, bring to the boil until it starts to become a syrupy gravy. If you prefer your gravy thicker, add the cornflour mixture and simmer, stirring, for 1 min more. Return the beef to the sauce.

PER SERVING 408 kcals, fat 17g, saturates 7g, carbs 9g, sugars 8g, fibre 1g, protein 56g, salt 0.6g



BEST OF BBC

James Martin is a regular on *Saturday Kitchen's Best Bites* on BBC Two.

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TOTALLY *tropical*

Passion fruit is great as is, but it's even better in these sweet recipes

Mango & passion fruit fool

■ Peel **2 mangoes**, then slice the cheeks from one and finely chop. Cut the flesh from the other and purée with a hand blender. Spoon the **seeds from 1 passion fruit** into the mango purée, and gently fold in along with **300g Greek yogurt** and half the chopped mango. Divide between four glasses and chill. To serve, spoon the seeds from 2 passion fruit over the fools, and top with the remaining chopped mango. Makes 4.

Passion fruit cupcakes

■ Line a 12-hole muffin tin with paper cases. Beat **175g caster sugar**, **175g softened butter**, **175g self-raising flour**, the **seeds from 2 passion fruits** and **3 eggs** together in a bowl using an electric whisk until smooth and creamy. Spoon into the muffin cases and bake for 20 mins at 180C/160C fan/gas 4 until a skewer inserted into a cake comes out clean. Leave to cool on a wire rack. Beat 175g soft unsalted butter, **300g icing sugar** and the seeds from 2 passion fruits together in a bowl until very smooth. Spread the icing over the cooled cupcakes. Makes 12.

Warm passion fruit sauce

■ Scoop the **seeds from 5 passion fruits** into a pan, add **65g caster sugar** and simmer for 5 mins. Add a **knob of butter** and stir until melted. Pass through a sieve and serve over vanilla ice cream or a hot dessert, such as sponge pudding. Serves 4.

Passion fruit trifle

■ Beat **125g mascarpone**, **25g caster sugar** and **½ tsp vanilla extract** until smooth. Whip **142ml double cream**, and fold into the mascarpone mix. Stir the **seeds from 4 passion fruits** with the **juice of ½ orange**. Put a slice of **sponge cake** into the bottoms of two glasses. Top with half the passion fruit mix and some **tinned pineapple**. Spoon over half the **mascarpone cream**. Repeat, finishing with a layer of mascarpone cream. Serves 2.

Tropical breakfast smoothie

■ Scoop the **seeds from 3 passion fruits** into a blender, and add **1 chopped banana** and **300ml orange juice**. Purée until smooth, then pour into glasses. Serves 2.



Mango & passion fruit fool

JANUARY

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Need some inspiration? Look no further than our at-a-glance guide

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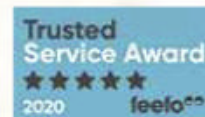
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