Meal Plans, Shopping Lists, Ingredient Swaps

Great recipes to cook at home.

This cookbook will help you eat well if you are low on food supplies or in financial difficulty during this tough time.

Stay at home. Protect the NHS. Save Lives

Limahl Asmall and Tiphaine Cheveau

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This free cookbook is sponsored by **IBScoach.org**

IBS Coach is a science backed health plan to relieve digestive issues including IBS, bloating, constipation, diarrhoea, gas and cramps.

Take a digestive health assessment by clicking here

The dietitian and lifecoach in your pocket.

Kitchen equipment

All you need to cook these meals

There's really no need for a drawer full of unused kitchen gadgets. A great rule of thumb is to buy less but at the best quality you can comfortably afford. It's better to save for a decent chopping board than replace a poorly made one every 6 months. In the long run you'll end up with great equipment that will last a lifetime.

There's some equipment you will need and some that just makes life easier. For example a wine bottle doubles as a rolling pin and a fork can be used to mash potato and whisk eggs. However, the right tool will generally do a better job. Decide what's necessary for you and spend wisely. Some good advice is to get a durable sharp knife and a non-stick frying pan. If you've got most of these items in your kitchen you'll be able to easily create the recipes in this cookbook.

Essential

Chef's Knife
Vegetable Peeler
Grater
Sieve
Spatula
Chopping Board
18-21 cm Oven Dish
Mixing Bowl
Large Deep Pot
Medium Pot
Large Roasting Tray
18-21 cm Non-stick Frying Pan
Electric Hand Blender

Very Useful

Garlic Press
Balloon Whisk
Rolling Pin

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How to use this cookbook

This is the ingredients list to make the Original Recipe. It will taste great with these quantities.

But if you don't have an ingredient, or just don't like one, you can change it for one in the Swap Shop.

And to take the recipe to the next level this section highlights complimentary ingredients for adding more big flavours.

Original Recipe

1 Ripe Banana

¾ cup Plain Flour

1 tsp Baking Powder

Swap Shop

Nectarine, Peach,

-

-

Additions

½ tsp Ground Cinnamon

½ tsp Vanilla Essence

The term al dente is usually used to describe pasta that has a small bite left to it, but it can be used for perfectly cooked mushrooms

Click here on any page to got to the contents list

This area is for tips and any other information that can make life easier.

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A note on measurements

Oven Temperature

Oven times vary between brand and type. Ours have been calculated using a fan assisted electric oven. Here's a simple conversion guide.

Fahrenheit	Gas	Electric	Electric (Fan)
375	5	190	170
400	6	200	180
425	7	220	200
450	8	230	210

Measurements

Teaspoon = (tsp)

Tablespoon = (Tbsp.)

Millilitre = (ml)

Grams = (g)

Cups = use the same coffee mug

We use Cups as a measurement because it makes life so much easier than weighing everything.

For consistent measurements, choose a standard coffee cup and use it each time. Unlike baking, cooking is forgiving and small variations will make no difference.

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#Share this cookbook
with anyone who needs it.

Breakfast & brunch

	Price per Serving (£)	
Perfect scrambled eggs	36p	*Meat free*
Egg heart toast	1.07	*Meat free*
Garlic butter mushrooms	63p	*Meat free*
Far East style egg w/ greens	42p	*Meat free*
Bootleg baked beans	52p	*Meat free option*
King's breakfast	95p	*Meat free option*
Shakin' shakshuka	70p	*Meat free option*
No bread breakfast	1.07	*Meat free option*
The mighty omelette	67p	*Meat free option*
Full English	1.24	*Meat free option*
Dutch baby	0.82p	*Meat free*
Fresh frittata	1.66	*Meat free option*

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Soup & broth

Sweet potato & sundried tomato soup	59p	*Meat free*
Chicken noodle soup	1.56	*Meat free option*
French onion soup	42p	*Meat free option*
Monday's chicken broth w/ barley	na	-

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Click on this link to go back to the menu

#sharethebook

Sides & snacks

Fresh toms, chilli, lime & avocado	1.10	*Meat free*
Carrot and courgette ribbons	42p	*Meat free*
Super slaw	38p	*Meat free*
Fresh and fiery salsa	86p	*Meat free*
Grilled courgette w/ raita	81p	*Meat free*
Serious snacking seeds	61p	*Meat free*
Butter lemon broccoli	37p	*Meat free*
The best marinated veg	1.61	*Meat free*
Tiph's potato rosti	43p	*Meat free option*
Baked bloomers	1.13	*Meat free option*
Caramelised chicken drums	76p	*Meat*
Extra crispy roast potatoes	31p	*Meat free*

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#sharethebook

Mains & meals

Sunday's roast chicken	1.83	-
Chicken tagine w/ couscous	71p	-
Lucky chicken bake w/ herby roast veg	1.54	-
Creamy chicken pasta	1.34	*Meat free option*
Healthy chicken and veg tray bake	1.20	-
North African chicken and chickpeas	1.24	-
Chick 'n' chorizo	1.49	*Meat free, chicken and beef options*
Fajitas w/ pork	1.97	*Beef and chicken options*
One pan pork w/ tender broccoli	1.07	*Beef and chicken options*
Sausage and egg fried rice	75p	*Beef and chicken options*
Honey glazed pork w/ Asian noodles	1.59	*Beef, lamb, pork and turkey options*
Meatball marinara	1.17	*Beef and pork options*
Chilli beef	1.12	*Beef and lamb options*
Shepherd's pie	1.16	*Meat free option*
Crème fraiche spinach w/ chorizo	1.47	

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Mains & meals

Crispy potato hash w/ chorizo	1.06	*Meat free option*
Sammy T's dirty rice	1.38	*Meat free option*
Lentil and bacon hotpot	91p	-
Butternut squash w/ bacon risotto	61p	*Meat free option*
My Dad's puttanesca	88p	*Meat free option*
One pot pasta	66p	*Meat free option*
Melt in the mouth bean burgers	78p	*Meat free*
Easy pizza	1.22	*Meat free option*
Cracking couscous	1.27	*Meat free option*
Chickpeas w/ spinach and feta	1.00	*Meat free*
Sweet potato w/ roast veg and feta	1.12	*Meat free and chicken options*
Stir-fry veg w/ noodles	1.26	*Meat free*
Fragrant Thai green curry paste	39p	*Meat free*
Fragrant Thai green curry	1.62	*Meat free option*

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Leftovers

Pan-fried rice cakes	93p	*Meat free option*
Pan-fried spaghetti cakes	80p	*Meat free*
Pan-fried potato cakes	68p	*Meat free option*

Dessert

French toast quarters	1.02	*Meat free*
Soft and sumptuous clafoutis	84p	*Meat free*
Apple crumble w/ honey oat crunch	70p	*Meat free*

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Bonus

Click on a link to go to that page

How To Create A Meal Plan

One Week Meal Plan for 2 People

One Week Meal Plan for 4 People

Blank Meal Plan Template

Blank Shopping List Template

Kitchen and Shopping Tips

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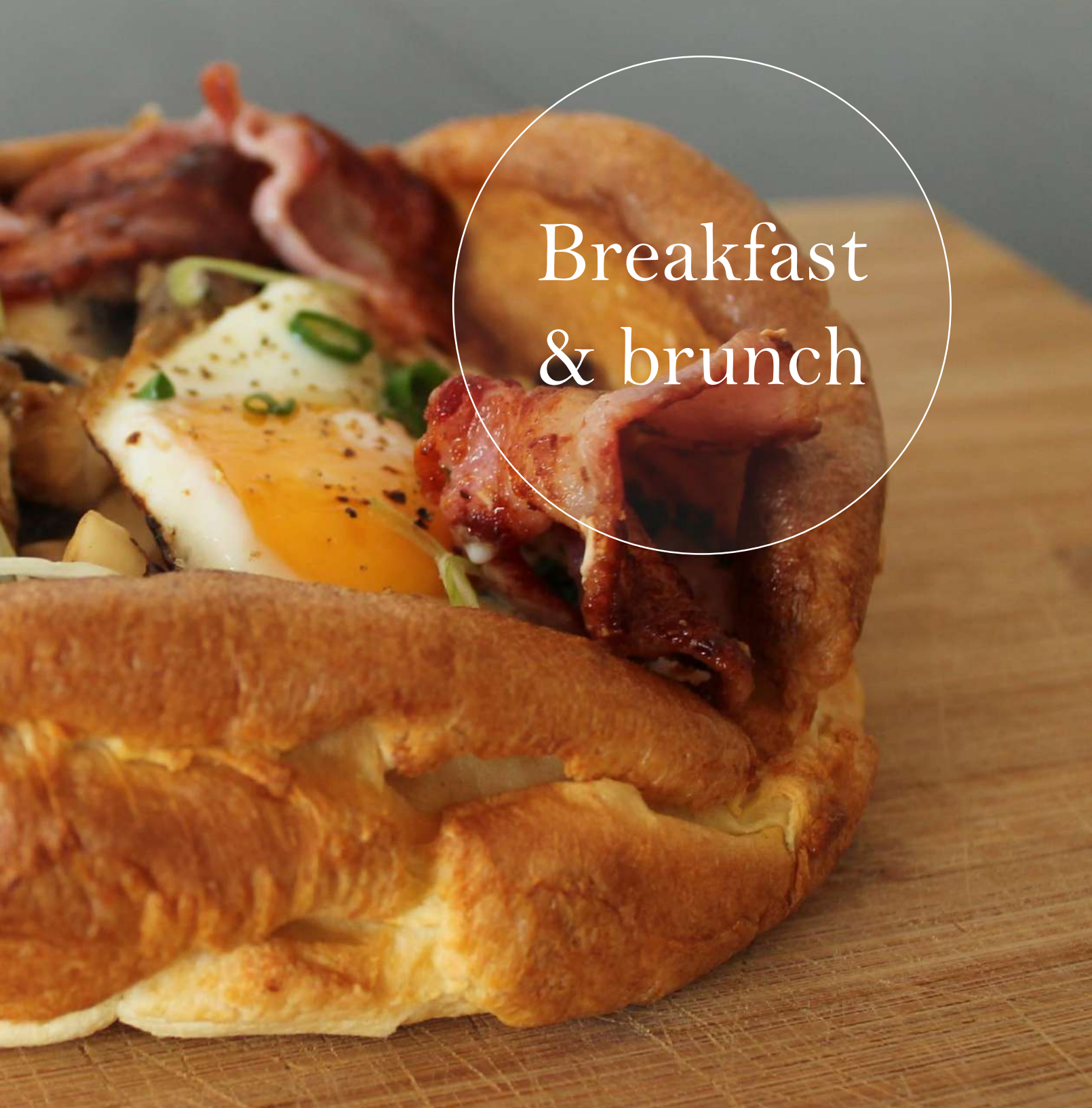

Breakfast & brunch

Perfect scrambled eggs (on toast)

At their best scrambled eggs are soft and silky with a smooth texture. They can be eaten at any time of day and dressed up to make a complete meal. The key to perfect eggs is to gently (and slowly) pull and push them around the pan rather than continuously stirring. The temperature should be medium-low.

How to

Break the eggs into a cup and whisk together with a pinch salt. Heat a non-stick frying pan to a medium-low heat and melt the butter. Pour in the eggs and wait 15 seconds. Take a spatula and slowly pull the sides into the middle of the pan and begin gently folding and moving the eggs over each other. Wait for soft, silky curds to form then remove from the heat as soon as no more liquid egg is visible. Season with salt and pepper and serve over hot buttered toast.

Original Recipe

2 Eggs
½ Tbsp Butter
Salt and Pepper
2 slices bread

Swap Shop

-
½ Tbsp Olive Oil
-

Dress Up

Tomato, chorizo and butter beans

Avocado, spring onion and feta

Bacon, bacon, and more bacon

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If you want to add ingredients to the eggs, wait until the soft curds have formed and then fold in chopped ham, sundried tomatoes or smoked salmon. To dress up the eggs, cook the ingredients separately and pile on top.

Serves 1

Under 15 minutes

+ Vegetarian option

£1.07

Egg heart toast

Who can resist such a cute and romantic gesture as this. Don't wait until valentine's day, make tomorrow special! If everyone made at least one romantic gesture each day, how much happier do you think we would all be?

P.S. kids love these too!

How to

Take a slice of bread (thick cut is best) and pop it in the toaster for 2 minutes. Using a sharp knife, cut out a large heart shape in the centre and remove the middle. Put a tsp of oil in a non-stick frying pan over a medium-high heat. Place the bread into the pan and carefully break an egg into the centre of the bread. Cook over a medium heat for 3-5 minutes until the egg is set (I like to leave the yolk soft). Butter the heart cut-out and season the egg with salt and pepper. Serve with some crispy bacon, grilled tomatoes and wilted spinach.

Original Recipe

1 Egg
1 Slice Bread
1 tsp Cooking Oil
½ Tbsp Butter
Salt and Pepper

2 Rashers Bacon
1 Tomato
1 Handful Spinach
2 Mushrooms

Grilled Tomatoes

Slice a tomato and place into an oven safe dish and season with oil, salt, pepper, and a small pinch of sugar. Grill on medium-high heat for 6 minutes, turning occasionally. (Tomatoes can also be pan fried next to the egg).

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Serves 1

Under 15 minutes

+ Vegetarian option

63p

Garlic butter mushrooms

(on toast)

Add to a Full English or pile over toast

A quick and easy recipe that can be served with toast or added to a full English breakfast with beans, fried eggs and crispy bacon. If you don't have mushrooms give courgette a try. It works equally well.

Original Recipe	Swap Shop	Additions
½ pack Mushrooms	1 Courgette	½ tsp Thyme
½ Clove Garlic	-	½ Spring Onion
1 Tbsp Butter	2 tsp Olive Oil	
2 Slices Bread	-	
Salt and Pepper		

The term al dente is usually used to describe pasta that has a small bite left to it. Let's borrow the terminology to describe perfectly cooked mushrooms. Keep an eye on yours and taste test them after a couple minutes. Remove from the heat as soon as they're al dente.

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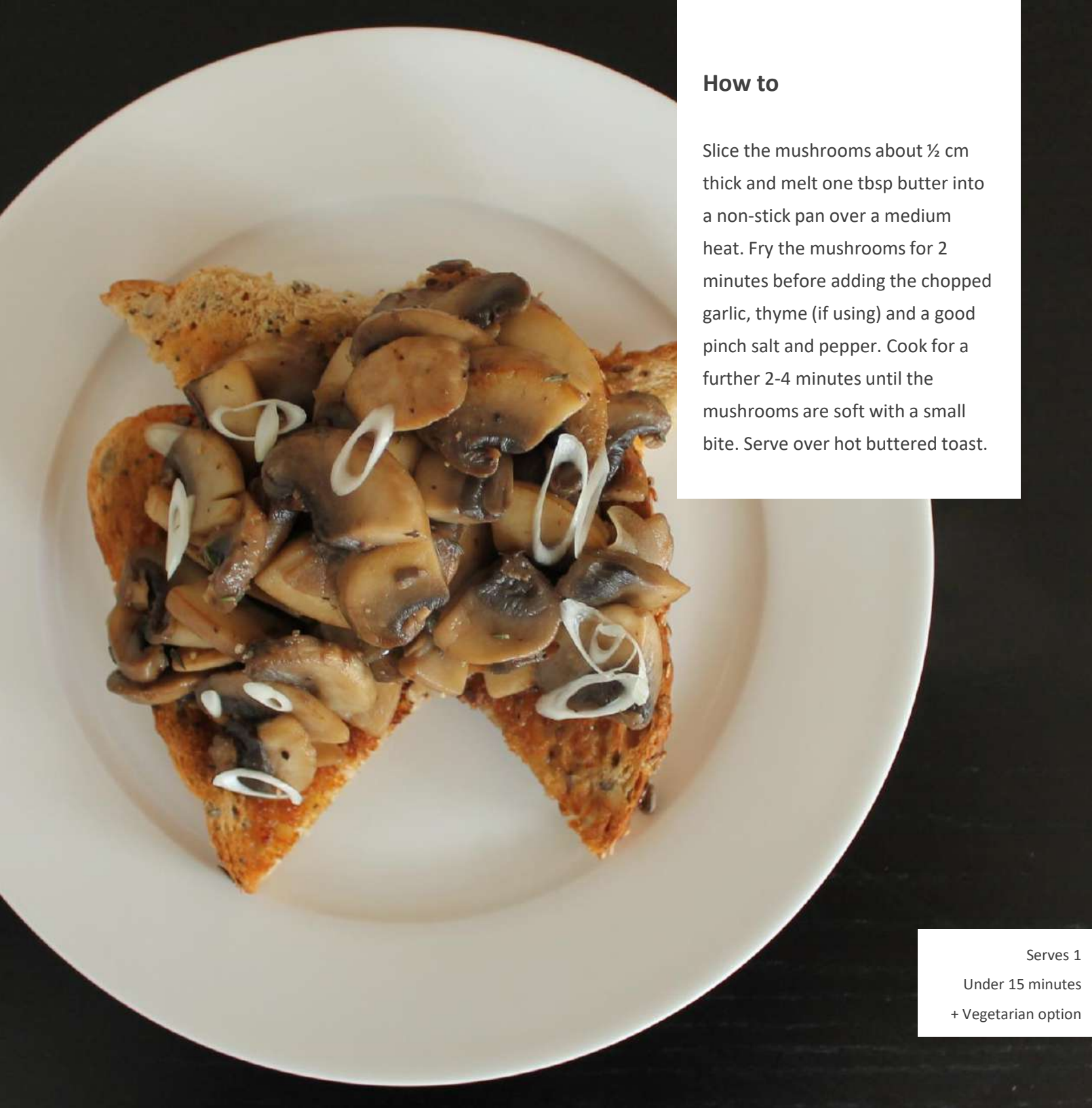

How to

Slice the mushrooms about ½ cm thick and melt one tbsp butter into a non-stick pan over a medium heat. Fry the mushrooms for 2 minutes before adding the chopped garlic, thyme (if using) and a good pinch salt and pepper. Cook for a further 2-4 minutes until the mushrooms are soft with a small bite. Serve over hot buttered toast.

Serves 1

Under 15 minutes

+ Vegetarian option

Far East style egg w/greens

Nutrient rich and full of big flavours

This Far Eastern delight makes a nourishing start to the day. In Singapore the egg is very lightly boiled so that even the white is runny! I don't recommend that as uncooked egg can contain salmonella. Instead opt for a free range (organic is best) egg and soft boil it for 4 ½ - 5 minutes.

Original Recipe	Swap Shop
1 Egg	-
1 Piece Toast	-
1 cup Fresh Spinach	1 cup Fresh Kale
1 tsp Soya Sauce	-
½ tsp Chilli Flakes	-
1 tsp Sesame Oil	-

Asian Dipping Sauce

(for general use)

1 Tbsp Soya Sauce
½ Tbsp Sesame Oil
½ Tbsp Water
½ Clove Garlic
¼ Spring Onion
1 cm Fresh Ginger (Optional)

Crush the garlic and ginger (to bruise it) and finely chop the spring onion. Mix together with the liquids. Olive oil can be used instead of sesame oil.

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Serves 1

Under 15 minutes

+ Vegetarian option

How to

Boil a deep pan of water and then lower the heat to a gentle simmer. Carefully place your egg in the water (lower it in using a spoon) and cook for 4 ½ - 5 minutes. Remove with a spoon and place under cool running water for 30 seconds. Turn the heat off and pour out most of the boiling water leaving 1 cm in the bottom of the pan. Add the spinach and a lid. Put some toast on. Gently tap and roll the egg on a flat surface to crack the shell, and then carefully peel. By now the spinach should have wilted, (if not, turn the heat on and stir until the leaves wilt). Butter the toast and place in a bowl. Drain the spinach and arrange over the toast. Place the egg on top and drizzle with soya sauce, sesame oil and flaked chilli.

52p

Bootleg baked beans

(on toast)

Grate some cheese on these beans!

Beans, beans they're good for your heart, the more you eat the more you... That may be true, but it certainly doesn't stop us consuming them. In 2009-2010 Britain ate the most canned baked beans in the world. Almost 1.5 million (of that famous brand's) cans were bought per day, with 444,908,011 units that year!

Original Recipe

1 can Baked Beans
4 -6 cm Chorizo
1 Handful Sweet Corn
1 Clove Garlic
½ Onion
Salt and Pepper
4 Slices Bread

Meat Ideas

Bacon and Caramelised Onion

Chorizo and Grilled Peppers

Sausage, Port and Rosemary

Veg Ideas

Caramelised Onion

Fried Egg and Chilli Flakes

Onion, Garlic, Chilli, and Sweet Corn

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Serves 2
Under 15 minutes
+ Vegetarian option

How to

Roughly cut the chorizo and onion into 1 cm cubes and mince the garlic. Put a dash of oil into a pan and cook the chorizo first for 1 minute on a medium heat before adding the onion and garlic. Continue to stir and cook for 3 minutes or until the onion is soft and translucent. Add 1 can of baked beans, the frozen sweet corn and a small pinch of salt and pepper. Stir and simmer for 5 minutes to allow the flavours to combine! Serve over hot buttered toast with a good grating of cheese.

Note: The cheaper varieties of baked beans are often just as good. Try a couple own brand cans before settling on your favourite. If you're worried about the ingredients, just compare the labels and go for the one with less sugar.

P.S for a veggie version remove the chorizo and top with caramelised onions or a couple chopped sundried tomatoes.

95p

King's breakfast

Wake up like Royalty with this breakfast feast

Make this on a Sunday morning and you'll definitely feel like royalty. It's the perfect breakfast, brunch, lunch, linner, dunch, snack or dinner. People have been known to eat these at any time of day and night. I use two slices of my homemade bread, but it is also excellent with shop bought bread, muffins or toasted crumpets.

Original Recipe	Swap Shop
2 Slices Bread	Crumpets, Muffins
1 Egg	1 Tbsp Cottage Cheese
1-2 Rashers Bacon	2 Sundried Tomato
¼ cup Grated Cheddar	Grated Feta Cheese
¼ Spring Onion	Finely Sliced Onion
½ Tomato	½ Grilled Pepper
1 Tbsp Cooking Oil	-
Salt and Pepper	-
	-

Grilled Peppers (optional)

1 Pepper
1 tsp Olive Oil
Salt and Pepper

Cut a pepper into quarters and remove the seeds. Drizzle over the oil and season with salt and pepper. Press flat and grill (or pan-fry) for 4-5 minutes each side.

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How to

Prep the ingredients for your masterpiece. Finely chop the spring onion, grate ¼ cup cheddar cheese and slice the tomato and avocado.

Add 1 tbsp of oil to a non stick frying pan and fry the bacon on a medium/high heat. Move the bacon to one side and break the egg into the pan. Sprinkle the spring onion onto the egg with a pinch of salt and pepper. Turn the bacon and let it cook until the desired crispiness. (I like mine crispy and let it cook for 4-5 minutes in total. Put the bread on to toast. The egg should finish cooking at roughly the same time. If you like a runny yolk, remove the egg from the heat as soon as the white has set. Lay out your toast and stack the ingredients. Try adding the cheese between the bacon and egg so that it melts from the heat. Eat your masterpiece.

Note: make a vegetarian version by swapping the bacon for sundried tomato. Also, why not try swapping the tomato and avocado for caramelised onions and garlic butter mushrooms.

Serves 1

Under 15 minutes

+ Vegetarian option

70p

Shakin' shakshuka

Brighten your day with the flavours of the Middle East

This recipe originates from the middle east and consists of beautifully baked eggs in a rich and spiced tomato sauce. The use of a pre-mixed tandoori spice is recommended here as it contains paprika and many of the originals Shakshuka spices.

Original Recipe	Swap Shop	Additions
4 Eggs	-	Grated Feta
1 can Tomato	8-10 Peeled Tomatoes	Fresh Coriander
1 Pepper	½ Courgette	Chilli Flakes
1 Onion	3 Spring Onion	Sundried Tomato
1 Clove Garlic	¼ tsp Garlic Powder	
2 tsp Tandoori Mix	1 tsp Cumin & Paprika	If using fresh tomatoes, they can be peeled by cutting a small cross in the skin (topside) and submerging in boiling water for 45 seconds.
1 Tbsp Olive Oil	1 Tbsp Cooking Oil	

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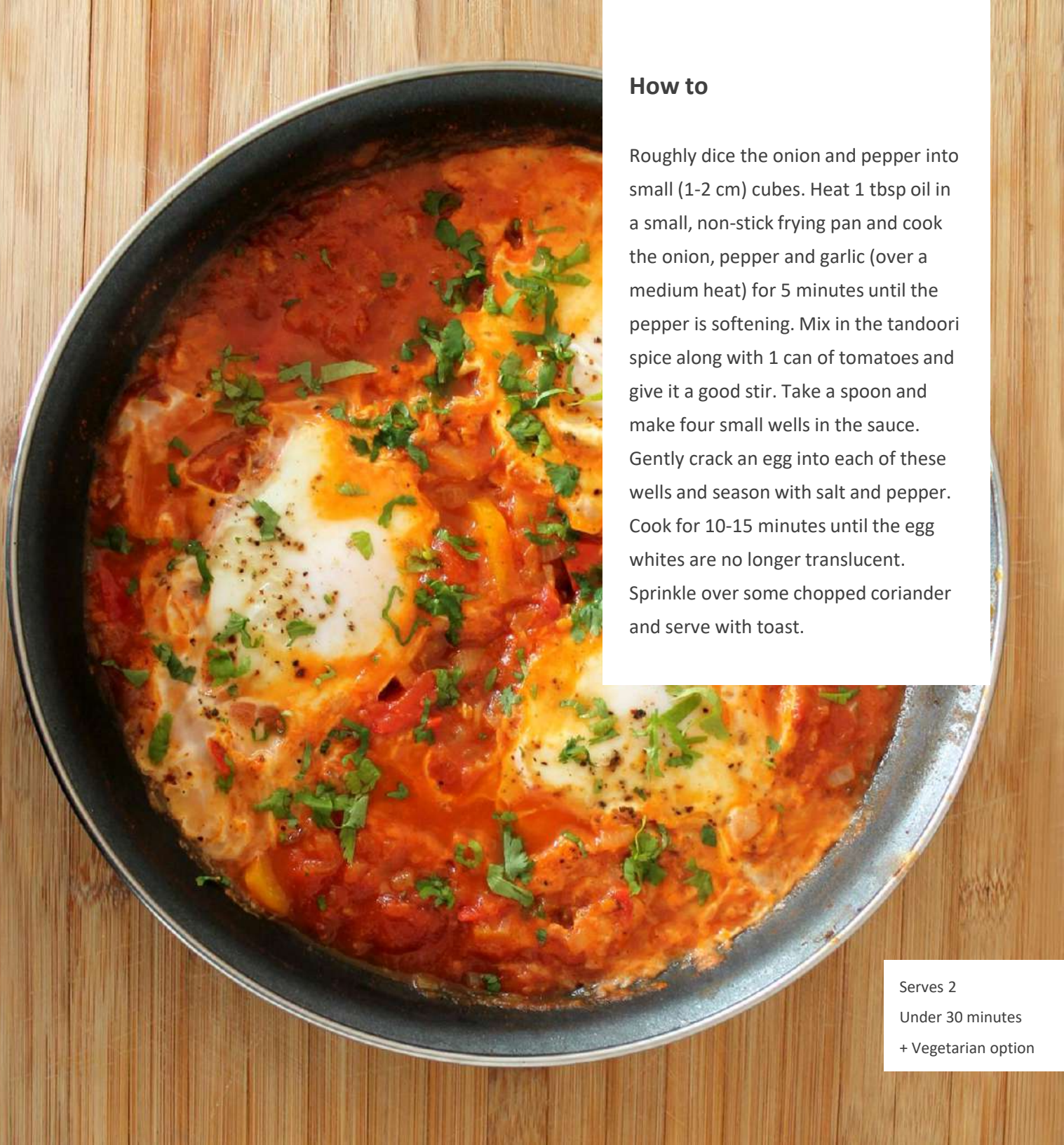

How to

Roughly dice the onion and pepper into small (1-2 cm) cubes. Heat 1 tbsp oil in a small, non-stick frying pan and cook the onion, pepper and garlic (over a medium heat) for 5 minutes until the pepper is softening. Mix in the tandoori spice along with 1 can of tomatoes and give it a good stir. Take a spoon and make four small wells in the sauce. Gently crack an egg into each of these wells and season with salt and pepper. Cook for 10-15 minutes until the egg whites are no longer translucent. Sprinkle over some chopped coriander and serve with toast.

Serves 2

Under 30 minutes

+ Vegetarian option

1.07

No bread breakfast

For those looking for a wheat free breakfast

Don't think too hard about eating aubergine for breakfast, just try it. You'll be surprised at how well this combination works. Aubergine is great at soaking up flavours, so make sure you rub on the oil, garlic, salt and pepper before grilling. To save time, you can prepare the aubergine the night before and let it marinade in the fridge until morning.

Original Recipe	Swap Shop	Additions
1 Aubergine	1 Courgette	Cheese
4 Rashers Bacon	1-2 Sundried Tomato	Spring Onion
2 Tomato	½ Grilled Pepper	
2 Egg	-	Make a vegetarian version by swapping the bacon for olives or sundried tomatoes.
1 Garlic Clove	½ Spring Onion	
1 Tbsp Olive Oil	1 Tbsp Cooking Oil	
Salt and Pepper	-	

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How to

Start with the aubergine and cut it into ½ cm thick slices. Place into a mixing bowl and add a good pinch salt and pepper, a clove of minced garlic, and 1 tbsp oil. Use your hands to mix and toss the ingredients together. Slice the tomatoes and place on a tray (along with the aubergine) and grill on high heat for 3-5 minutes each side or until they start to colour. Keep an eye on them as they can burn easily.

At the same time, begin frying the bacon in a non-stick pan over a medium heat. Finely chop half a spring onion. Move the bacon to one side of the frying pan and break the eggs into the pan. Sprinkle the spring onion onto the egg with a pinch of pepper. The bacon, aubergine and egg should all finish cooking at roughly the same time. Stack on a plate and enjoy.

Serves 2

Under 15 minutes

+ Vegetarian option

The mighty omelette

Quick and easy with endless choices of fillings

The great thing about these is the massive variety of flavours you can achieve by simply switching up the fillings. At it's most basic the omelette can be made with eggs, butter and seasoning, but why stop there when there are some epic combinations to explore.

Original Recipe

2 Eggs
1 tsp Butter Or Oil
Salt and Pepper
1 tomato
1 Handful Grated Cheddar
½ tsp Mixed Herbs

Basic Additions

½ Spring Onion
½ tsp Mustard
Grated Cheddar

Filling Ideas

Mushroom, Spring Onion and Cottage Cheese

Sundried Tomato, Feta Cheese and Spinach

When using mushroom, bacon or onion, lightly fry them in a little oil first, and then add to the eggs as per the instructions. The key to a great omelette is the process. The best way to be prepared is to have all the ingredients prepped before cooking. Two eggs is the perfect amount for an 18-20 cm diameter non-stick frying pan.

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Serves 1-2
Under 15 minutes
+ Vegetarian option

How to

Step 1. Prep the fillings by cutting into 1cm pieces. (fry any bacon, mushroom or onion).

Step 2. Crack the eggs into a bowl and add a good pinch salt and pepper. (Add the mustard and finely chopped spring onion if using). Whisk the ingredients together with a fork.

Step 3. Heat a small non-stick frying pan to medium heat, and melt the butter. Pour in the egg mix and wait 30 seconds before scattering the filling evenly over one side of the omelette. If using cheese, grate this on the other half of the omelette.

Step 4. Cook for 4-5 minutes until the omelette begins to firm up with just a little wobbly on the surface. Take a spatula and fold the cheese side onto the filling side.

Step 5. Cook for a further 2-3 minutes to finish the inside. Slide onto a plate and enjoy!

1.24

Full English

All you could dream for in a breakfast

It's morning, you've crawled out of bed after a long night and your partner presents you with a Full English in a Giant Yorkshire Pudding. Do you?

a) Make a mental note, (they're a keeper).
b) Praise them as your saviour.
c) Commit to marrying them there and then.
d) All of the above.

Full English

4 Rashers Bacon
8 Mushrooms
1 Spring Onion
½ Clove Garlic **(Optional)**
2 Eggs
1 Tbsp Butter
Salt and Pepper

*Additions

(not included in price)

Baked Beans
Cheddar Cheese
Hash Browns
Sausages

Swap Shop

4 Sundried Tomatoes
1 Courgette
-
-
-
1 Tbsp Cooking Oil
-

Giant Yorkshire Pudding

2 Eggs
¾ cup Plain Flour
½ cup Milk
Salt and Pepper
1 Tbsp Cooking Oil

*If you're having trouble getting rid of small lumps in your batter you can pour it through a sieve. The lumps will be left behind and you'll get a lovely silky batter.

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How to

Preheat the oven to 200 C. Take a mixing bowl and break in 2 eggs. Add the milk and lightly whisk together. Gradually add the flour (slowly through a sieve is best). Whisk until a smooth batter has formed with no *lumps. Add 1 tbsp cooking oil to an 18-21 cm round oven dish and spread the oil onto the sides and base. Pour in the batter and place in the middle of the oven for 20-25 minutes. Do not open the oven for the first 20 minutes. Remove from the oven when it is puffed and golden and the top is crisp.

With 12 minutes oven time left, cut the mushrooms into quarters and finely mince ½ a garlic clove. Melt the butter in a large pan over a medium heat and add the mushrooms, garlic and a pinch of salt and pepper. Stir and cook for 6-10 minutes until they are just al dente. At the same time, place a dash of oil into a non-stick frying pan and turn the heat to medium-high. Fry the bacon for 3 minutes and then move to one side of the pan. Finely chop a spring onion, crack the eggs into the frying pan and season with salt, pepper and the spring onion. Flip the bacon, fry until the egg has set, remove the Yorkshire pudding and add your fillings.

Serves 2

Under 30 minutes

+ Vegetarian option

Dutch baby

It's perfectly acceptable to eat ice cream for breakfast

Here's something for those long and lazy Sunday mornings. Pour yourself a hot brew and indulge in a big soft pancake. The Dutch baby is best eaten straight from the oven and is traditionally covered with hot butter, lemon and sugar. We like to throw on some fresh fruit and a generous scoop of yoghurt or ice cream. Honestly, there's nothing wrong with eating ice cream for breakfast!

Original Recipe

2 Eggs
¼ cup Plain Flour
¼ cup Sugar
½ cup Milk
½ Tbsp Butter

Sugar
Butter
Lemon juice

Additions

½ tsp Cinnamon
½ tsp Vanilla Essence
½ tsp Grated Lemon Zest

Filling Ideas

Fresh fruit
Ice cream
Yoghurt

For a hot filling, peel and chop up 2-3 apples, (discarding the core), then cook over a medium heat in 3 tbsp water, 1 tbsp honey, ½ a tsp vanilla essence and 1 tsp lemon juice. Cook until pureed and then spoon over the Dutch baby with a serving of yoghurt.

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How to

Preheat the oven to 200 C. Break the eggs into a mixing bowl and whisk together. Add the flour, sugar and a pinch of salt and then whisk again until a paste is formed. Slowly pour in the milk and whisk until the consistency is smooth with no lumps, (you can also add 1 tsp vanilla essence at this point). Grease an 18-21 cm ovenproof dish by rubbing the butter onto the surface and sides. Pour the batter into the dish and bake in the middle of the oven for 20-25 minutes, or until the batter has risen and has a golden top. Serve with de-frosted berries and a sprinkle of sugar, or top with sugar, melted butter and lemon juice!

Serves 1

Under 30 minutes

+ Vegetarian option

1.66

Fresh Frittata

Bursting with flavour + makes a great pizza fix

The simple frittata can be eaten hot or cold and is perfect for a packed lunch. It is quick to make and really hits the spot when I am in need of a takeaway pizza. It is easily adapted to suit fussy eaters, but have fun pimping it up with more unusual ingredients if you have them. The aim of the game is to experiment and find combinations that work for you.

Original Recipe	Swap Shop
4 Eggs	-
2 Rashers Bacon	3 Sundried Tomato
6 Mushrooms	½ Courgette
¼ cup Cheddar Cheese	¼ cup Goats Cheese
½ Onion	1 Spring Onion
1 Clove Garlic	-
½ tsp Thyme	½ tsp Mixed Herbs
1 Tbsp Cooking Oil	1 Tbsp S.D. Oil*
Salt and Pepper	-

* S.D. Oil = Sundried Tomato Oil found in the jar that the tomatoes come in. It's delicious!!

Filling Ideas

Chorizo, Onion and Peppers

Spinach, Feta and Sundried Tomato

Mushroom, Ham and Spring Onion

Leek, Pre-cooked Potato and Garlic

Peppers, Chilli and Sweet Corn

Mushroom, Spinach and Chorizo

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Serves 1-2

Under 30 minutes

+ Vegetarian option

How to

Break the eggs into a bowl and add a good pinch of salt and pepper, the mixed herbs and the cheese cut into small (1/2 cm) cubes. Beat with a whisk or fork until well mixed.

Finely dice the onion and mince the garlic, then chop the remaining ingredients into approx 1-2cm pieces. Add 1 tbsp oil to a non-stick frying pan and fry the bacon, onion and garlic together over a medium heat for 2 minutes. Add the vegetables and pan-fry for another 3 minutes. Pour in the egg mixture and arrange the ingredients in the pan so there is even coverage. Cook gently for 5 minutes before placing under a hot grill for 2-3 minutes to give a golden top.

If you do not have a grill, place a lid (or large plate) over the frying pan and cook on a lower heat for 10-12 minutes in total, or until the top is no longer liquid. Serve with a salad, some ketchup, mayo or chilli sauce!

Soups & broth

Sweet potato & sundried tomato soup

Big flavours balanced in a warming soup

My brother loves sweet potatoes. That's what I learned this week! In fact, I bet most people secretly love sweet potatoes. Their unique savoury flavour makes a great change to normal potatoes. This soup can be made to suit vegetarians and is exceptional with grated feta on top. If you don't have feta try a spoon of crème fraiche .

Original Recipe	Swap Shop	Additions
1 Large Sweet Potato	1 cup Red Lentils	Grated Feta
1 Onion	-	Crispy Bacon
2 Cloves Garlic	-	Crispy Chorizo
4 Sundried Tomatoes	1 Tbsp Tomato Puree	Lemon Juice
1 Chicken Stock Cube	1 Vegetable Cube	Crème Fraiche
1 Tbsp SD Tomato Oil*	1 Tbsp Cooking Oil	
2-3 cups Boiling Water	-	* S.D. Oil = Sundried Tomato Oil found in the jar that the tomatoes come in. It's delicious!!
Salt and Pepper	-	

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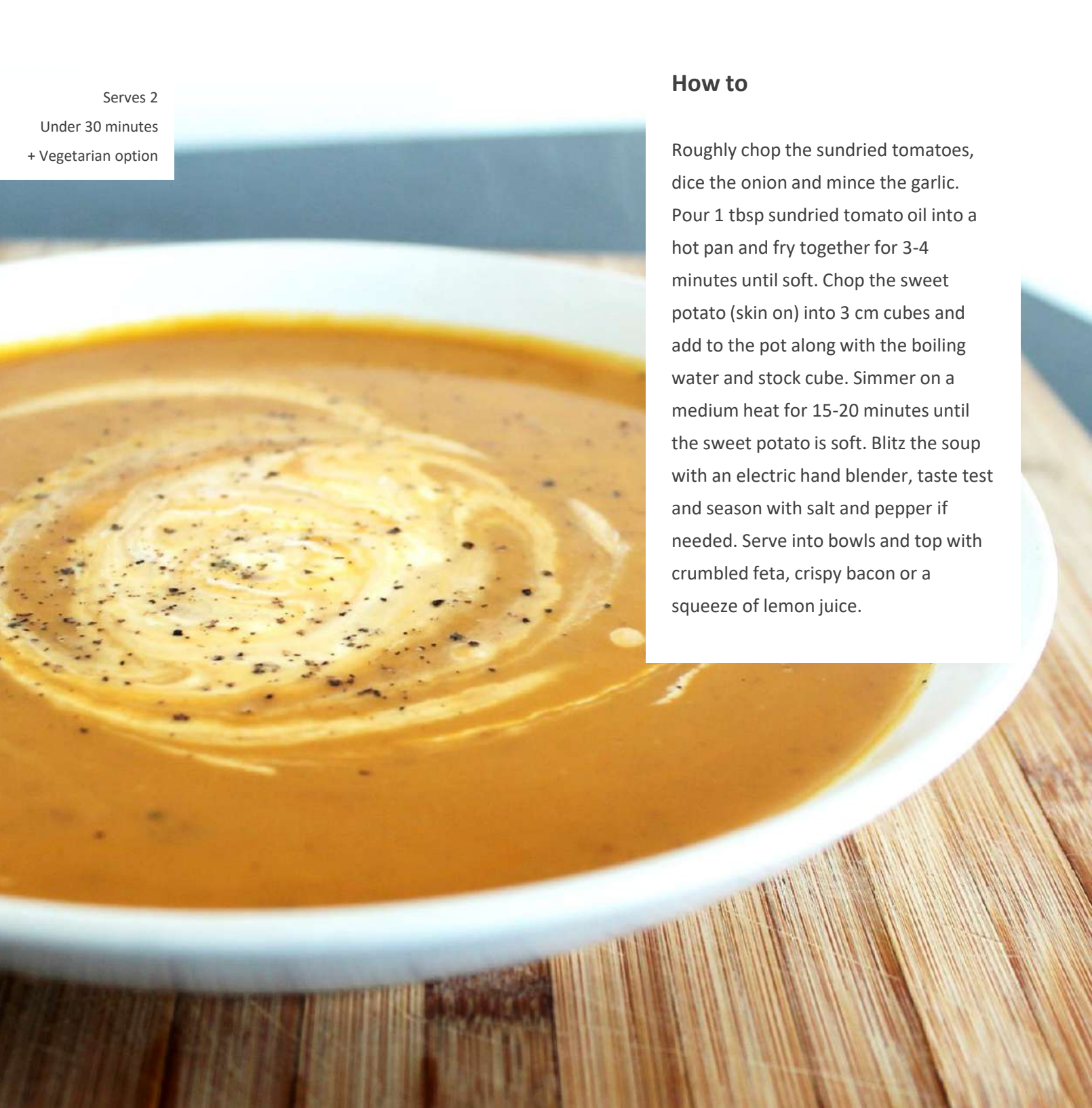
Serves 2

Under 30 minutes

+ Vegetarian option



How to

Roughly chop the sundried tomatoes, dice the onion and mince the garlic. Pour 1 tbsp sundried tomato oil into a hot pan and fry together for 3-4 minutes until soft. Chop the sweet potato (skin on) into 3 cm cubes and add to the pot along with the boiling water and stock cube. Simmer on a medium heat for 15-20 minutes until the sweet potato is soft. Blitz the soup with an electric hand blender, taste test and season with salt and pepper if needed. Serve into bowls and top with crumbled feta, crispy bacon or a squeeze of lemon juice.

1.56

Chicken noodle soup

The health giving chicken noodle soup

This is the tastiest and quickest home-style Asian soup I have come across and contains that mouth-watering combination of ginger, garlic, chilli, soya sauce and lime. There's a fair amount of chopping, but it's so worth the effort. We cooked this for friends in Paris who own a soup restaurant and they loved the depth of flavour

Original Recipe	Swap Shop
2 Chicken Thighs	Chicken Drums, Leg
2 Portions Rice Noodles	Soba Noodles
1 Chicken Stock Cube	1 Veg Stock Cube
3 Clove Garlic	-
3 cm Ginger	-
½ cup Fresh Coriander	-
1 Handful Spinach	-
3 Tbsp Soya Sauce	-
2 ½ cups Boiling Water	(625 ml water)
½ Fresh Chilli	½ tsp Chilli Flakes
½ Lime	½ Lemon
1 Spring Onion	

Additions

Carrot Sticks
Bean Sprouts
Sesame Oil

Add 8-10 fresh spinach leaves, some chopped coriander, spring onion and a squeeze of lime to the bottom of the bowl before pouring in the noodles and stock.

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How to

Very finely mince and chop the garlic, ginger, coriander and chilli, and put ¾ of it (reserve a ¼ in a bowl) into a deep pot along with the crumbled stock cube, 2 tbsp soya sauce and 1 ½ cups water. Bring to the boil and reduce heat so that the stock is gently simmering.

Meanwhile, using a sharp knife, carefully remove the fat, skin and bone from the chicken and discard. Cut the meat into 2-3 cm pieces and fry for 2 minutes in a non-stick frying pan, (in a little oil over a medium heat). Add the remaining ¼ of chopped ingredients to the frying pan followed by a tbsp of soya sauce. Fry for 5 minutes until the chicken is golden brown.

Add the chicken to the soup along with another 1 cup water. Bring to the boil and add the rice noodles. Leave the noodles to cook for 5 minutes then stir and taste test. Season with soya sauce if needed, and throw in some chopped coriander. Squeeze a ¼ lime into each bowl, and sprinkle in some fresh coriander, chopped green spring onions and fresh chilli (If you like heat).

Serves 2

Under 30 minutes

+ Vegetarian option

42p

French onion soup

Deep and rich broth made with cupboard ingredients

This classic import is most often seen in average French restaurants, but don't let that put you off. At it's best, it has a full bodied flavour with deep layers of caramelised onion, beef, butter and thyme. The cheesy melted crouton tips this into the *feed me now* category.

Original Recipe	Swap Shop	Additions
5 Medium Onions	-	1 Bay Leaf
2 Clove Garlic	-	½ cup Red Wine
½ tsp Sugar	-	1 tsp Flour
½ tsp Dried Thyme	½ tsp Sage / mixed herbs	
1 tbsp Butter	1 Tbsp Olive Oil	Croutons are traditionally
2 Beef Stock Cube	2 Veg Stock Cubes	made with Gruyere but
3 cups Water (750ml)	(2 Water, 1 Red Wine)	Cheddar makes an equally
Salt and Pepper	-	tasty version.
2 Slices Bread		
1 Handful Grated Cheddar		

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Serves 2
Under 45 minutes
+ Vegetarian option

How to

Finely chop the garlic and slice the onions into thin half moon strips. Take a pan and melt the butter over a medium heat before adding the onions, garlic, sugar, thyme, and a pinch of salt. Cook on a medium-low heat and stir occasionally for 20 minutes to caramelise the onions. Add in 750 ml - 1 litre beef stock, (1 litre will need approx 2 beef stock cubes) and stir well. Bring to the boil before dropping the temperature and simmering for 20 minutes. Prepare the melted croutons and ladle into bowls. Add a pinch of pepper and enjoy.

Melted Crouton **(optional)**

2 Slices Crusty Bread
1 Cup Grated Cheddar
Pepper

Take some crusty bread and toast each side. Layer with cheddar cheese and grill until melted, golden and bubbling. (You can use any bread and swap cheddar for goats cheese, parmesan, gruyere or comte).

NA

Monday's chicken broth w/ barley

After a roast, never throw away the chicken carcass or bones as they make an incredible stock. Begin by removing any small bits of chicken from the carcass and reserve in a cup along with any uneaten chicken pieces. (Reserve at least 1 cup of chicken pieces to add to the stock). Whilst the bone broth needs time to draw out the flavour and goodness from the bones, it is quite a simple straightforward process. It's pretty much *throw in a pot with water and wait.*

Chicken stock is packed full of vitamins, minerals and gelatine which are released from the bones when cooked under high heat for a long time. Be happy if your stock turns to jelly when cold. This is a sign of well made stock! Just heat through to return to liquid.

Chicken Stock	Swap Shop
1 Chicken Carcass + Bones	Chicken Bones
Leftover Gravy	1 Tbsp Gravy Grains
1 Onion	-
2 Clove Garlic	-
1 Carrot	1 Potato
1 tsp Mixed Herbs	½ tsp Rosemary
1 Bay Leaf	-
2 Chicken Stock Cubes	2 Veg Stock Cubes
4-6 Cups Water (1 - 1.5 L)	-
Salt and Pepper	-

Additions

½ Fresh Chilli

½ Glass Red Wine

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Chicken Stock

Roughly chop and add the ingredients to a large pot and bring to the boil. Lower the heat so the liquid is just bubbling and brew for 2-4 hours, (the liquid should almost halve). Sieve the liquid into a pot and discard the solids.

Chicken Soup

½ cup Barley (45minutes to cook)
½ Onion
Leftover Carrots
Leftover Stuffing
Leftover Roast Potatoes
Leftover Roast Chicken
Handful Chopped Spinach

Once the stock has been made add the leftover roast ingredients and simmer for 45 minutes. Top up with boiling water if necessary and taste test. Season with salt and pepper, throw in some chopped spinach and serve hot. (If you're not using barley, simmer with the leftovers for 15 minutes).

Serves 2
Under 15 minutes prep
Crowd pleaser

Sides & snacks

1.10

Fresh toms, chilli, lime & avocado

Serve this fresh and juicy concoction with chicken or pork, or with marinated veg skewers and grilled sweet corn. As with all dressings, feel free to decrease or increase the ratios of ingredients to suit your taste buds.

How to

Roughly cut the tomato and avocado into 2cm chunks and place in a bowl. Add a finely sliced spring onion and some chopped fresh chilli, (I use ½ a red hot chilli), then add the juice of 1 lime together with the olive oil and a good pinch salt and sugar. Throw in a ¼ cup chopped coriander leaves and gently mix with your hands. Serve with fajitas (p87), crispy potato hash w/ chorizo (p103), or to accompany a sizzling BBQ!

Original Recipe	Swap Shop
4 Tomatoes	-
1 Ripe Avocado	Mango
1 Spring Onion	Red Onion
¼ cup Fresh Coriander	Fresh Mint
½ Fresh Chilli	-
1 Juice Lime	Lemon
1 Tbsp Olive Oil	-
Salt and Sugar	-

Additions

Cucumber
Mint

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Fresh and juicy
great with BBQ's

Serves 2

Under 15 minutes

+ Vegetarian option

Courgette & carrot ribbons

Vibrant and tangy it punches above it's weight

A fresh salad with a tangy honey lemon dressing. Pair this with a savoury frittata or potato rosti. The freshness of the ingredients goes really well with heavier dishes and makes a lovely balanced meal.

Original Recipe	Swap Shop
1 Courgette	-
1 Carrot	-
2 tsp Honey	1 tsp Sugar
½ tsp Grain Mustard	½ tsp Dijon Mustard
1 Tbsp Olive Oil	1 Tbsp Oil
½ Lemon (Juiced)	-
1 Clove Garlic	-
Salt and Pepper	-

Additions

Spring Onion
Cucumber
Avocado
Tomato

You will need a vegetable peeler for this recipe, but if you don't have one, you can still use the dressing for another salad.

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How to

Use a vegetable peeler to peel a carrot and a courgette lengthways until you have a bowl full of thin strips. (The courgette centre can be cut into pieces as it won't peel very smoothly).

To make the dressing, gently crush one garlic clove so that it is broken but not in pieces, and whisk together (with a fork), the garlic, honey, mustard, olive oil, and lemon juice. Remove the garlic and discard. Add a pinch of salt and pepper and taste test, adding more honey or lemon juice depending on how sweet / sour you like your dressing. Gently toss the courgette and carrot in the dressing and serve.

Serves 2

Under 15 minutes

+ Vegetarian option

Super slaw

Slaw is the obvious companion to BBQ's and burgers, but it adds an explosion of colour and taste to recipes such as the potato rosti, potato cakes, and frittata. It takes minutes to make and is easy on your wallet.

Original Recipe

3 Tbsp Mayonnaise
¼ White Cabbage
¼ Red Cabbage
2 Carrots
1 Tbsp Lemon Juice
1 tsp Honey
¼ tsp Salt

Additions

½ Tbsp Mustard
½ Apple
2 Spring Onion
1 tsp Cumin Seeds
1 Tbsp Nuts
1 Tbsp Raisons

What to do with leftover cabbage

White Cabbage Soup

Make a hearty soup with ¼ white cabbage, 1 onion, 2 cloves garlic, 1 carrot, 2 potatoes, 3 rashers bacon, 1 tsp mixed herbs, 2 chicken stock cubes, 1 litre water, and salt and pepper.

Braised Red Cabbage

Shred ½ a red cabbage and slow cook with a finely diced onion, an apple (cored and chopped) two diced rashers bacon, ½ a chicken stock cube and ½ a cup cider. Fry off the onion and bacon in a tbsp butter first, then slow cook for 1 hour.

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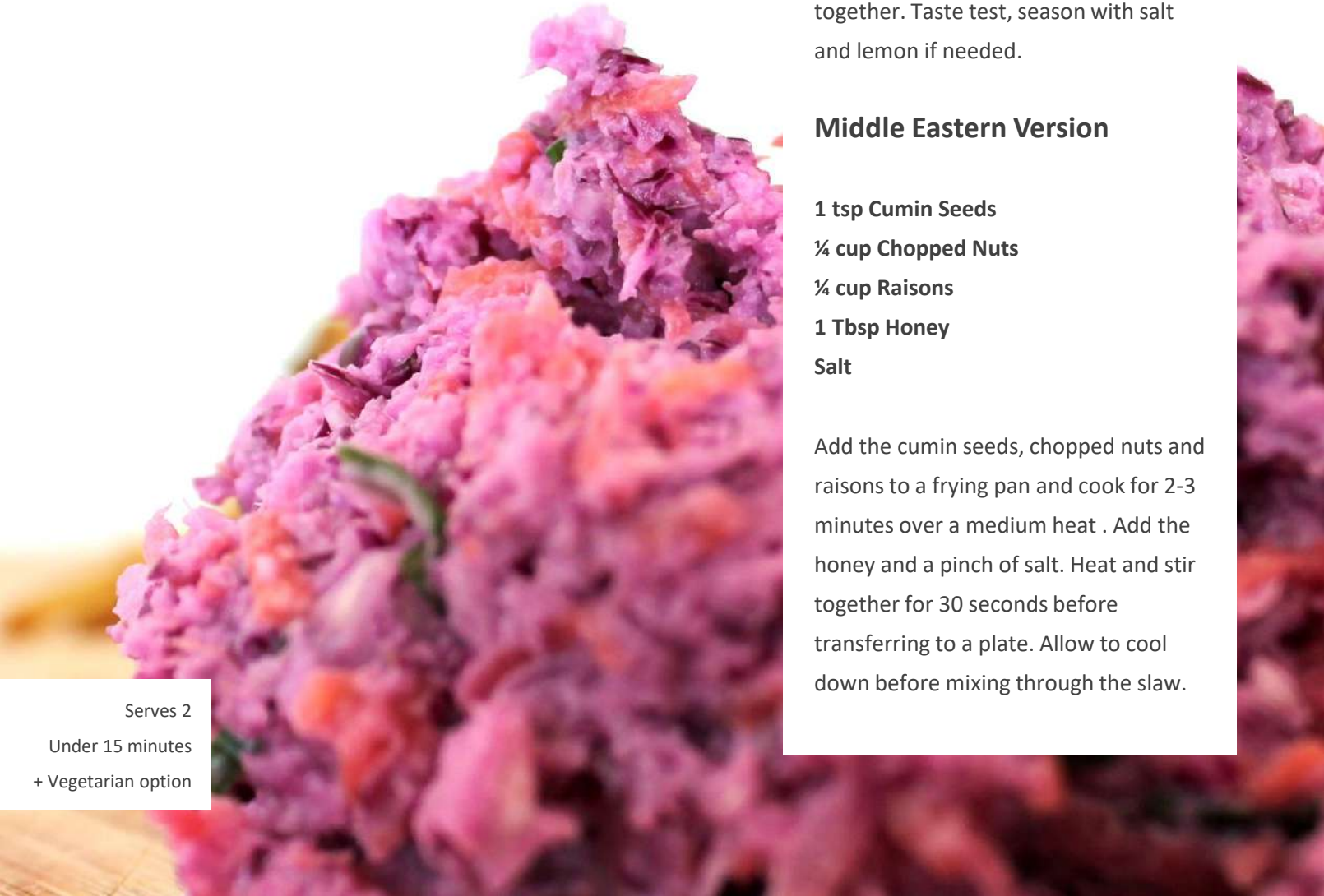
Big batch slaw can be kept in the fridge for 3 days



Serves 2

Under 15 minutes

+ Vegetarian option

How to

Cut the red and white cabbages into quarters and then grate a quarter of each into a large mixing bowl. Grate the carrots and then add the mustard, (wholegrain if available), salt, honey, and lemon juice. Add 2 tbsp mayonnaise and thoroughly mix together. Taste test, season with salt and lemon if needed.

Middle Eastern Version

1 tsp Cumin Seeds
¼ cup Chopped Nuts
¼ cup Raisons
1 Tbsp Honey
Salt

Add the cumin seeds, chopped nuts and raisons to a frying pan and cook for 2-3 minutes over a medium heat . Add the honey and a pinch of salt. Heat and stir together for 30 seconds before transferring to a plate. Allow to cool down before mixing through the slaw.

Fresh (& fiery) salsa

Great with nachos

Serve this alongside pork fajitas, barbecued meat or baked fish. For vegetarians, it goes especially well with grilled veg or a batch of cheesy nachos. Like any salsa this can be tweaked to suit your taste buds. I like mine with lots of coriander, lime and a big chilli kick, but feel free to reduce or increase ingredients as you feel necessary.

Original Recipe	Swap Shop	Additions
4 Tomatoes	-	¼ Clove Garlic
¼ Cucumber	-	
2 Spring Onions	¼ Onion	For an extra juicy salsa increase the number of tomatoes and make sure the cucumber and tomato are cut into cubes no bigger than ¾ cm.
½ Fresh Chilli	-	
½ Fresh Lime	½ Lemon	
½ cup Fresh Coriander	½ cup Fresh Parsley	
1 Tbsp Olive Oil	-	
Salt and Pepper	-	

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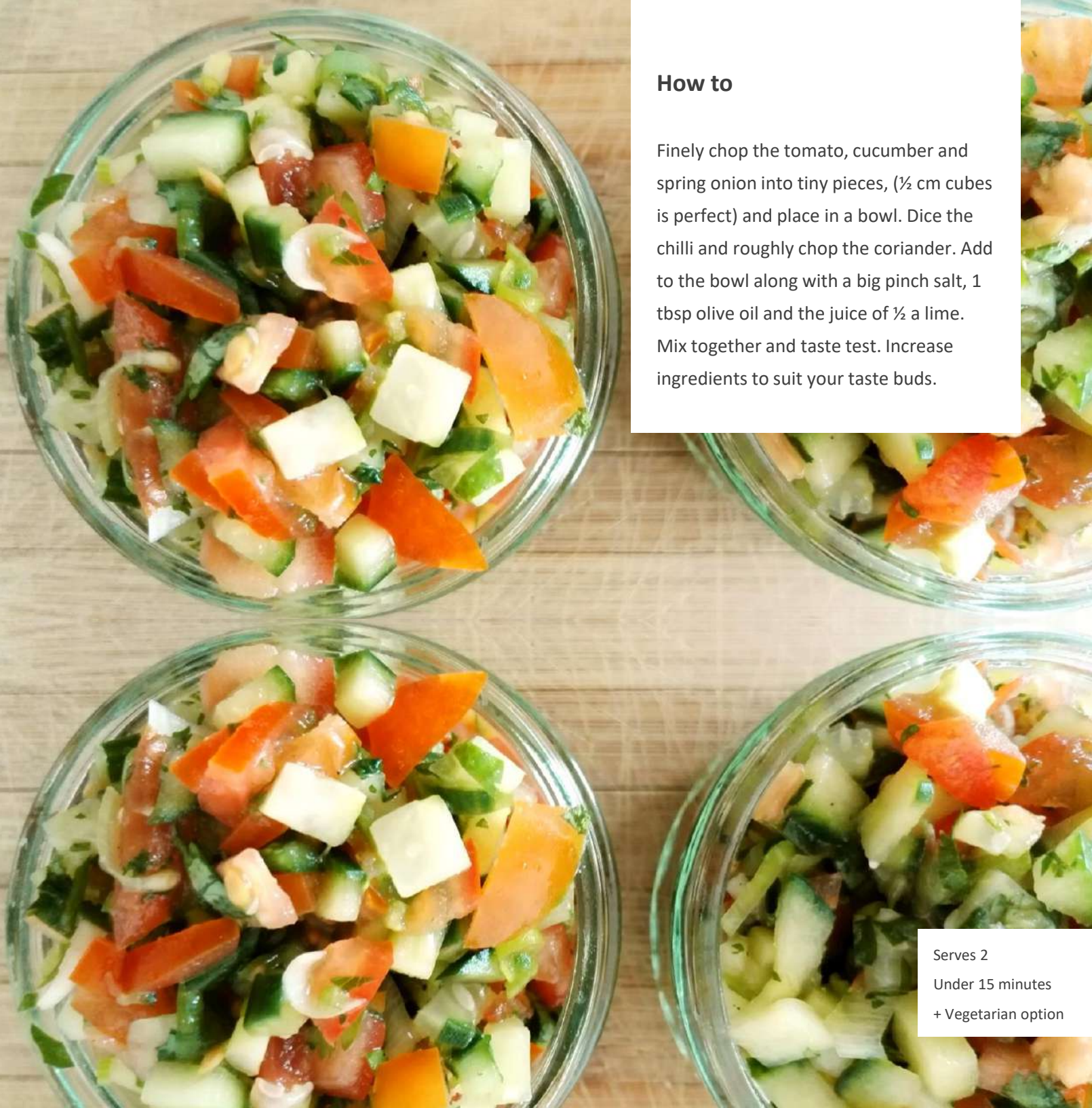

How to

Finely chop the tomato, cucumber and spring onion into tiny pieces, (½ cm cubes is perfect) and place in a bowl. Dice the chilli and roughly chop the coriander. Add to the bowl along with a big pinch salt, 1 tbsp olive oil and the juice of ½ a lime. Mix together and taste test. Increase ingredients to suit your taste buds.

Serves 2

Under 15 minutes

+ Vegetarian option

Grilled courgette w/raita

Pour a cold beer sit in the sun and munch on this

Cucumber raita is a delicious way to liven up dishes and add a cooling touch when things get too spicy. Make this crunchy raita to go with salads and vegetables, spicy grilled meats or in place of mayo in a chicken sandwich. For a quick and satisfying snack why not pair it with grilled courgette on toast!

Raita Recipe	Swap Shop	Additions
¾ cup Greek Yoghurt	¾ cup Any Yoghurt	Chives
¼ Cucumber	1 Tomato	Spring Onion
¼ Small Clove Garlic	-	
1-2 tsp Lemon Juice	-	Remember to go easy when using raw garlic as too much has been known to keep you on your own!!
2 tsp Olive Oil	-	
Salt and Pepper	-	

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Serves 1

Under 15 minutes

+ Vegetarian option

How to

Place the yoghurt in a mixing bowl and stir in a good pinch of salt and pepper. Crush and very finely mince the garlic until it becomes a paste. Dice the cucumber into ½ centimetre cubes, (the smaller the better). Add to the yoghurt with a squeeze of lemon and a lug of olive oil. Mix well and taste test. Adjust the lemon and olive oil quantities to suit your taste buds. Pile over toast with the grilled courgette.

Grilled Courgette

1 Courgette
1 tsp Olive Oil
Salt and Pepper

Cut courgette into ½ cm thick slices. Toss in a bowl with oil, salt and pepper. Grill or pan-fry for 2-4 minutes each side until golden.

Serious snacking (seeds)

Deez nuts are addictive

Why so serious? Because they are seriously delicious, full of flavour and contain massive amounts of healthy proteins, fats and nutrients. You don't have to stick to seeds. Any nuts or seeds and will be delicious. In most supermarkets there are cheap mixes of nuts, seeds and raisons which would also work well.

Original Recipe

½ cup Plain Seed Mix
½ tsp Olive Oil
1 tsp Dry Herbs
¼ tsp Chilli Flakes
2 tsp Soya Sauce

Herb Mix Ideas

Herbs De Provence

Rosemary & Thyme

Mixed Herbs

Sweet Version

½ cup Plain Seed Mix
1 tsp Honey
1 tsp Rosemary
1 tsp Olive Oil
Salt

Next time you use a butternut squash or pumpkin, separate the seeds and wash off any residue under cold water. Transfer to an oven tray (180C) and roast until they are dry. These seeds can then be prepared as above.

Fry the seeds and rosemary in a tsp oil for a couple minutes then add the honey and salt for 30 seconds. Mix well and cool before serving.

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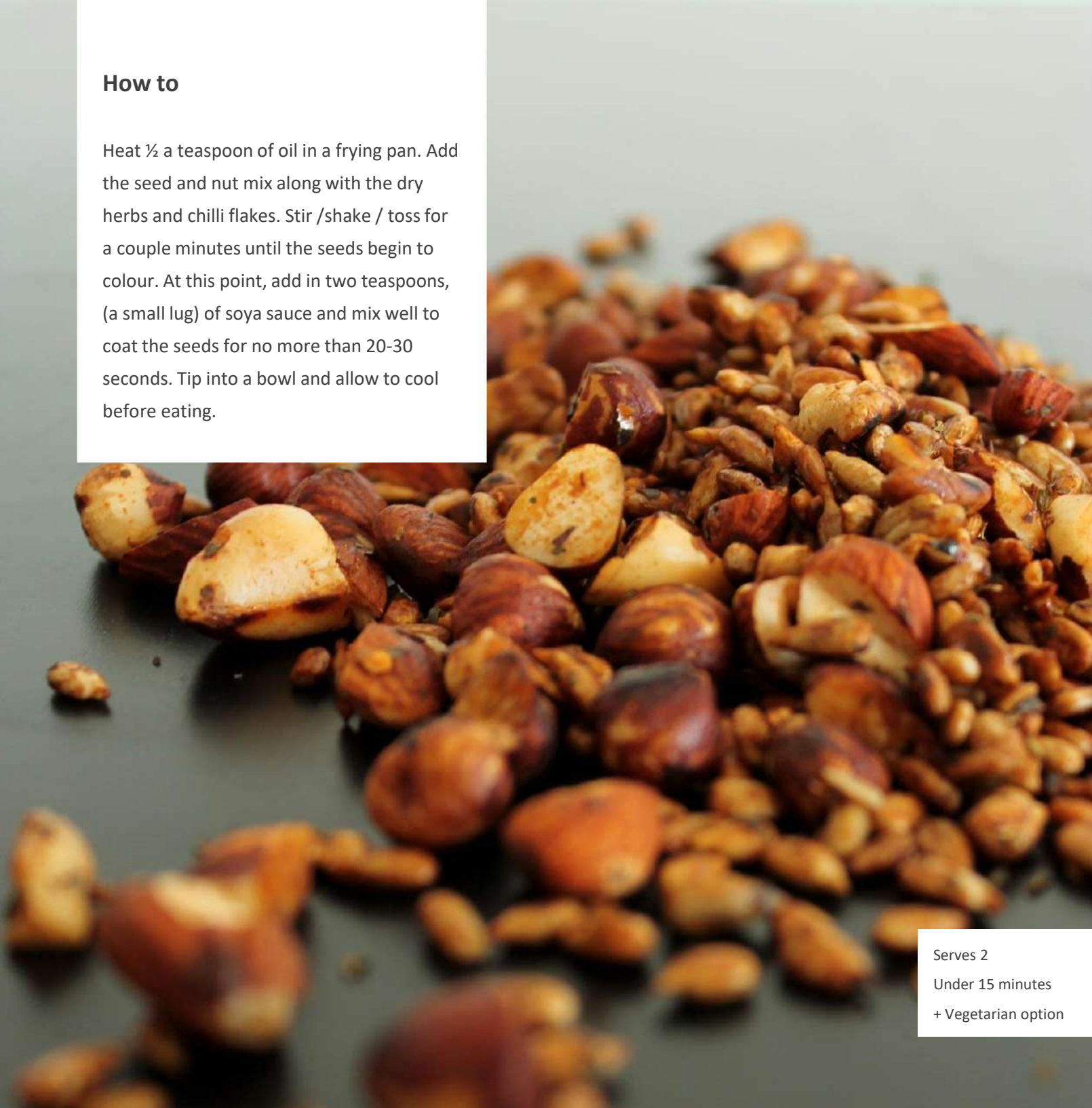
How to

Heat ½ a teaspoon of oil in a frying pan. Add the seed and nut mix along with the dry herbs and chilli flakes. Stir /shake / toss for a couple minutes until the seeds begin to colour. At this point, add in two teaspoons, (a small lug) of soya sauce and mix well to coat the seeds for no more than 20-30 seconds. Tip into a bowl and allow to cool before eating.



Serves 2

Under 15 minutes

+ Vegetarian option

Butter lemon broccoli (or any veg)

Liven up veg with a delicious dressing

Whether you're trying to get more veg in your diet or in need of a child friendly vegetable solution, this should do the trick. It's the age old dilemma, how do you get veg haters to eat more? Give them butter lemon broccoli.

Original Recipe	Swap Shop
1 Broccoli	4 Carrots
2 tsp Butter	1-2 tsp Olive Oil
2 tsp Lemon Juice	-
Salt and Pepper	-

This dressing goes especially well with lightly boiled carrots, peas, broccoli and green beans. Don't be put off by a tiny bit of butter. It's less than the amount you'd spread on toast and really turns the ordinary into the extraordinary.

Additions

Chives
Garlic

This simple dressing also works well with boiled baby potatoes. Add some chives or finely diced spring onion to liven things up!

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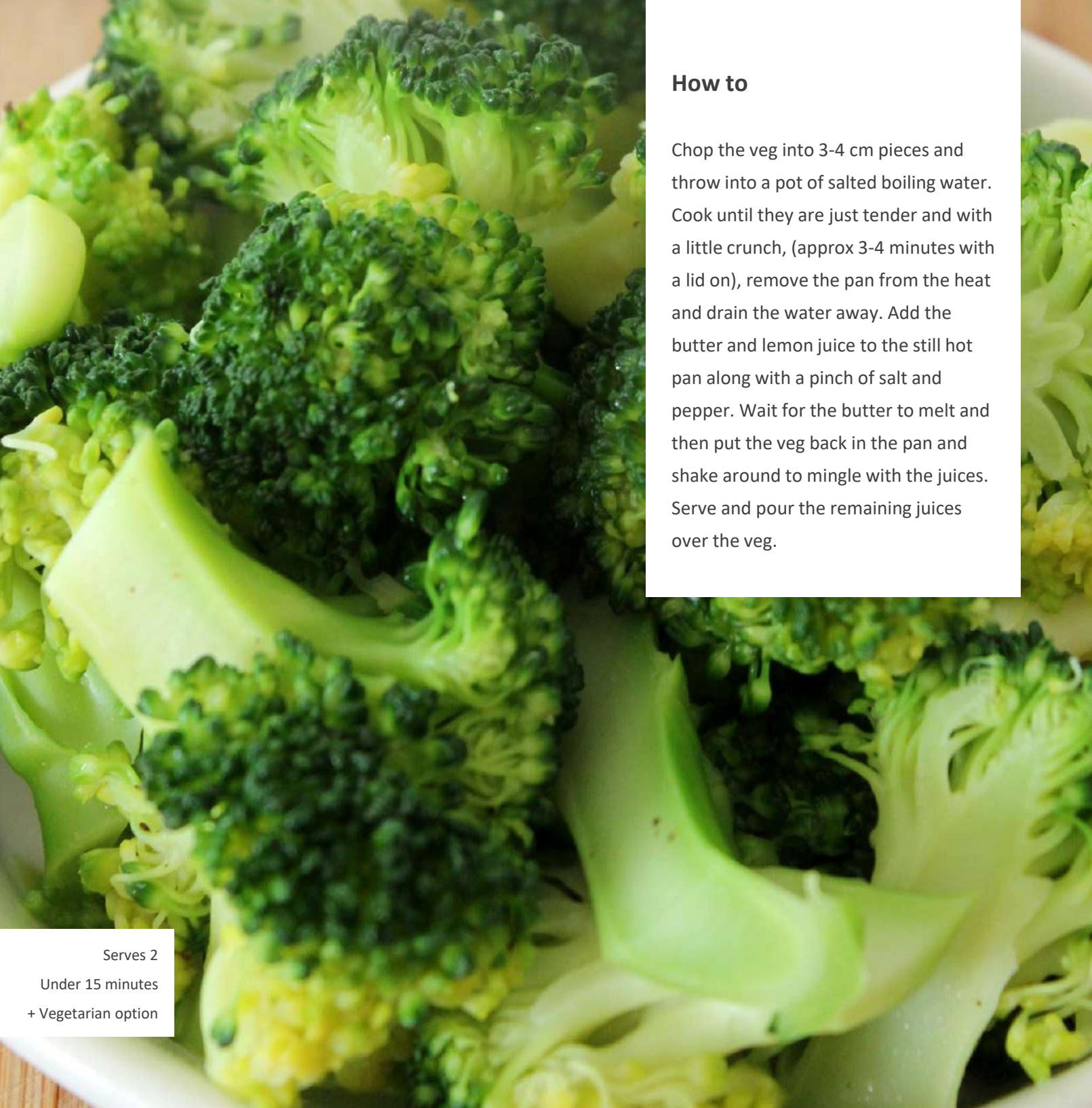

How to

Chop the veg into 3-4 cm pieces and throw into a pot of salted boiling water. Cook until they are just tender and with a little crunch, (approx 3-4 minutes with a lid on), remove the pan from the heat and drain the water away. Add the butter and lemon juice to the still hot pan along with a pinch of salt and pepper. Wait for the butter to melt and then put the veg back in the pan and shake around to mingle with the juices. Serve and pour the remaining juices over the veg.

Serves 2

Under 15 minutes

+ Vegetarian option

1.61

The best marinated veg

An awesome marinade for veg and chicken

I was a vegetarian for nineteen years and know the struggle to find decent veg in restaurants. This dish blows the competition out the water and even your most veg averse friend will appreciate the flavours here. Eat this alongside meat or BBQ's.

Original Recipe

1 Metre Kitchen Foil*
1 Pepper
1 Courgette
1 Aubergine
8 Mushrooms
6 Tomatoes
1 Onion

Marinade

2 Tbsp Olive Oil
2 Cloves Garlic
1 tsp Mixed Herbs
4 Tbsp Lemon Juice
½ tsp Salt
Pinch Pepper

Additions

Kalamata Olives
Sundried Tomatoes
Smoked Paprika
Balsamic Vinegar
Feta Cheese

If using wooden skewers instead of foil, soak them in water for 10 minutes so they do not burn. Grill or BBQ over a medium heat until the veg is tender (20-25 minutes). Turn every 5 minutes t cook equally.

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How to

Preheat the oven to 200 degrees Celsius. Finely dice the garlic and place into a large bowl with the rest of the marinade ingredients. Cut all your veg into approx equal pieces (3cm cubes) and place in the bowl with the marinade. Use your hands to toss and turn all the ingredients until they are well covered. (You can prepare this in advance and leave to marinate in the fridge for up to 24 hours).

Lay out the metre of kitchen foil and place the veg in the middle. Fold over the foil from one side and then the other to make a parcel. Pinch and roll the open ends together to make an airtight parcel. Place in an oven tray (to safeguard in case the foil tears), and bake in the middle of the oven for 45 minutes to 1 hour.

Pile on a plate and pour over any juices from the foil parcel. Finish with a pinch of pepper, a drizzle of olive oil and a squeeze of lemon.

Serves 2

Under 60 minutes

+ Vegetarian option

Tiph's potato rosti

Make a homemade giant hash brown

This is an excellent way to use up old potatoes and makes a satisfying lunch or sharing plate for large meals. Great with a full English, or eaten with the Super Slaw, and some savoury caramelised onions. Add a tsp mustard and some crispy bacon for another delicious layer of flavour.

Potato Rosti

4 Medium Potatoes
1 Egg
1 Clove Garlic
½ Onion
2 tsp Cooking Oil
Salt and Pepper

Additions

½ tsp Mustard
2 Rasher Bacon Bits
4 cm Grated Cheese
1 Spring Onions
3 Sundried Tomato
1 Tbsp Dried Herbs

You can also make the rosti with sweet potato, but be sure to thoroughly squeeze out the excess water and use a non-stick frying pan.

Caramelised Onions (Side dish)

2-4 Onions
1 Tbsp Butter / Oil
Pinch Salt

Cut the onion in half lengthways and then into thin half moon strips. Heat up 1 tbsp butter or oil in a frying pan on medium heat and add the onions along with a good pinch salt. cook for 15 minutes turning occasionally until they are soft and golden.

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Serves 2
Under 30 minutes
+ Vegetarian option

How to

Wash the potatoes and grate them (skin on) into a large mixing bowl. Finely slice the onion into half moons and add to the bowl along with a good pinch salt and pepper and 1 minced garlic clove. Add any additional flavours and mix well.

Take the bowl to the sink and pull out a handful of the mixture at a time, and squeeze out as much water as you can. Once the bowl has been completed, re-season with a pinch of salt and pepper. Break an egg into the bowl and mix through.

Heat up 1 tsp oil in a non-stick frying pan and pour in the mixture. Pat down so it is around 2-3 cm thick maximum. (I use an 18cm medium frying pan), and cook over a medium-low heat for 10 minutes.

Turn the Rosti by putting a plate snugly on top of it and turn over the frying pan so it comes out. Add another tsp oil to the pan and slide the Rosti back in to cook the other side. Allow 5-8 minutes more cooking before eating.

1.13

Baked bloomers

Garlic bread at its finest

Bloomers are the ultimate bread and cheese comfort food. Make one to go with a lentil and bacon hotpot or *tear and share* whilst watching a movie.

Original Recipe	Swap Shop
1 Medium Round Loaf	Any Loaf of Bread
1 cup Cheddar Cheese	1 cup Melting Cheese
2 Spring Onions	½ Onion
4-6 Clove Garlic	4-6 Sundried Tomato
4 Tbsp Olive Oil	4 Tbsp Melted Butter
Salt and Pepper	-

Favourites

Caramelised Onions, Bacon and Cheese

Sundried Tomato, Olives and Cheese

Cheese, Chilli and Spring Onion

We're garlic fanatics and use 6 large minced garlic cloves for this recipe. If that's not your thing, simply decrease, (or remove the garlic) and throw in a handful finely chopped sundried tomatoes, some cooked bacon, or anything that takes your fancy. Bloomers can be flavoured to your liking. There's a combo for everybody.

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How to

Preheat the oven to 180 Celsius. Take a bowl and mix together 4 tbsp olive oil and 4-6 cloves of finely minced garlic. Add 1 chopped spring onion and a good pinch of salt and pepper. Carefully slice the bread lengthwise and then widthways (slice almost to the bottom, but don't cut all the way through as it needs to stay intact. The bread should now look like a hedgehog). Evenly distribute the garlic mix into gaps in the bread and then stuff with grated cheese and top with 1 finely sliced spring onion. Loosely wrap in foil and bake in a preheated oven at 180 Celsius for 15 minutes. (If you don't have foil, bake at the bottom of the oven). Remove the foil and bake for a further 5 minutes to crisp up the top.

Serves 2

Under 30 minutes

+ Vegetarian option

Caramelised chicken drums (or wings)

Finger licking chicken

Great for a birthday or special occasion, they're *reasonably* priced and lip smackingly good. If making for a party, your butcher should be able to provide 2 kilos of wings for under £5. Add the soya sauce, honey and fresh ingredients and you're looking at a heap of hot sticky wings for under a tenner.

Original Recipe	Swap Shop	Additions
6 Chicken Drumsticks	8-10 Chicken Wings	Fresh Coriander
3 Cloves Garlic	¼ tsp Garlic Powder	1 cm Ginger
2 Tbsp Honey	1 ½ Tbsp Sugar	1 Tbsp Ketchup
2 Tbsp Soya Sauce	-	1 tbsp Toasted Sesame Oil
2 Spring Onions	¼ Grated Onion	
½ tsp Chilli Flakes	½ tsp Chilli Powder	If making 2 kilos of wings, triple the marinade measurements and bake for an extra 15 minutes.
½ tsp Dried Thyme	½ tsp Mixed Herbs	
Salt and Pepper	-	

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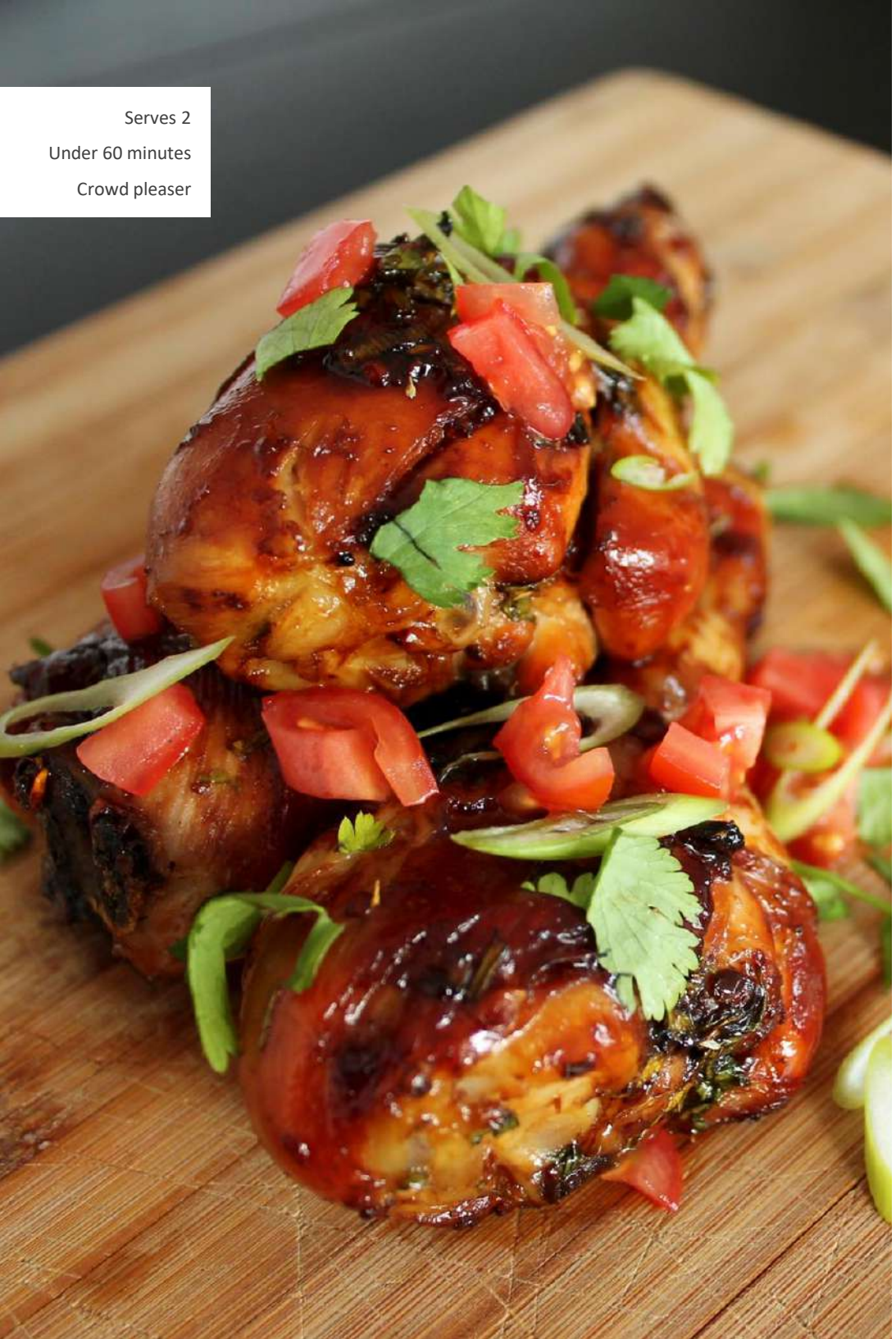

Serves 2

Under 60 minutes

Crowd pleaser

How to

Preheat the oven to 190 Celsius. Mince the garlic, chilli, thyme and spring onion and place in a large mixing bowl with the honey, soya sauce and a pinch of salt and pepper. Stir well and add the chicken to the bowl. Use your hands to massage the marinade into the chicken for a minute. If you have time, marinade in the fridge for 30 min and up to 12 hours! Place the chicken in a single layer on an oven tray and cook in the middle for 45 minutes to 1 hour, until the wings have a sticky and caramelised appearance and the meat is cooked. (Check by cutting near the bone and checking if the juices run clear).

Serve with Cracking Couscous or a Fresh toms, chilli, lime and avocado salad.

Extra crispy roast potatoes

Is there such a thing as a dream potato?

Everyone seems to have a recipe for the perfect roast potato. Some use bucket loads of fat, others use specialty potatoes. My method uses any roasting potatoes and combines oil and butter in moderate quantities. The potatoes are cut a little smaller and are fluffed up to create more surface area for an extra crispy potato.

Original Recipe	Swap Shop
1kg Potatoes	-
3 Tbsp Olive Oil	2 Tbsp Cooking Oil
3 Tbsp Butter	-
2 tsp Rosemary	Fresh Rosemary
½ Clove Garlic	-
Salt	-

Tip

Cook roast potatoes near the top of the oven and turn only once or twice during cooking.

Did you know you can par-boil and season the potatoes and then freeze batches of them ready for roasting at a moment's notice.

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How to

Preheat the oven to 200 Celsius. Peel the potatoes and cut into 4-5 cm wedges. (Try not to make perfect cubes as shape variety will give crispier potatoes). Place in a large pan and cover with boiling salted water. Boil for 8-12 minutes or until a knife easily slips into the first cm of potato.

Drain very well and leave to rest on a plate (or in the colander) for 5 minutes to air dry. Very finely mince ½ a clove of garlic, add to the dry pot along with the rosemary, oil, butter and a good pinch salt. Add the potatoes and gently toss in the pot, (or if they are too fragile, lift and stir with a spoon), until the outer surface is fluffy and they are covered in the oil and butter. Pour onto a hot oven tray and arrange in a single layer. Roast for 30 minutes before turning and then bake for 20-30 minutes more, or until crisp and golden. Season with a sprinkle of salt and serve in an open bowl. Do not cover as they will steam and lose their magnificent crunch.

Serves 4

Under 60 minutes

Crowd pleaser

Mains & meals

1.83

Sunday's roast chicken (with crispy skin)

Save the carcass for a hearty chicken broth!

Roast chicken is what Sunday's are made for but it's such a shame to end up with dry meat. So here's a tip for soft and succulent meat whilst keeping that crispy skin! Try adding a cm of water to the roasting tray. It will gently steam through the chicken and create a very juicy meat. You can then use this cooking juice as the base for a gravy.

Original Recipe	Swap Shop	Gravy 7p
Whole Chicken (1.6kg)	Chicken Legs	Juices From Tray
(Priced Free Range)	- (Optional)	1 Stock Cube
1 Onion	- (Optional)	½ Tbsp Flour
2 Cloves Garlic	- (Optional)	½ cup Water
2 Carrots	- (Optional)	Salt and Pepper
1 Tbsp Olive Oil	1 Tbsp Cooking Oil	
Salt and Pepper	1 Chicken Stock Cube	

Pour the juices into a cooking pot and thoroughly whisk the ingredients over a little heat. Thicken with more flour if necessary.

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Serves 4

Under 15 minutes prep

Crowd pleaser

How to

Preheat the oven to 200 Celsius. Place the chicken in a roasting tray and put half a peeled onion, a carrot, and a clove of garlic into the chicken's inner cavity, then rub the oil over it's skin and season with a good pinch salt and pepper. Pour a cm of water into the bottom of the tray and add ½ a chopped onion, a carrot and one crushed clove of garlic. Season the water with a good pinch salt and pepper.

Roast on the middle shelf for 30 minutes then carefully turn the chicken over using two forks and roast for another 30 minutes. Turn the bird again so the skin is facing up, and roast for the remaining time listed on the packaging. The chicken is cooked when the juices run clear. To check, use a sharp knife and insert near the leg and breast. Tilt the chicken to drain away the juices from the cavity and move to a chopping board. Leave to rest whilst making the gravy and then carve. Don't forgot to keep the carcass and a little meat to make Monday's Chicken Soup (p47). Serve with extra crispy roast potatoes (p73) butter lemon broccoli (p63), and a rich gravy.

71p

Chicken tagine (with couscous)

Big bold flavours makes a bowl of goodness

This is my old friend Kether's go to dish. He loves the simplicity of it and how the spices can be tweaked to create new versions. For such a simple recipe there are some incredible flavour layers. If you can get your hands on some preserved lemons, (or lime pickle), add a chopped tsp to the finished dish. It'll blow your mind.

Original Recipe	Swap Shop
2 Chicken Thighs	Drumsticks Or Legs
2 Carrots	½ Sweet Potato
1 Courgette	1 Pepper
1 Onion	3 Spring Onions
3 Cloves Garlic	½ tsp Garlic Powder
1 tsp Mixed Herbs	1 tsp Thyme
2 tsp Ground Mixed Spice	2 tsp Ras El Hanout *
1 Chicken Stock Cube	1 Veg Stock Cube
2 Tbsp Olive Oil	2 Tbsp Cooking Oil
2 cups Water (500ml)	-
Salt and Pepper	-
1 cup Couscous	

Additions

½ tsp Cinnamon
Fresh Coriander
Preserved Lemon
Lime Pickle
Fresh Chilli

*Ground Mixed Spice is a brilliant mix of cinnamon, coriander, nutmeg, cloves, pimento and ginger. It's perfect for a North African inspired Tagine without having to buy individual spices.

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How to

Slice the onion into half moon strips and mince the garlic. Add to a deep and wide pot along with 2 tbsp oil and fry over a medium heat for 4 minutes. Add the mixed herbs, tandoori spice and chicken thighs and cook for a further 5 minutes, stirring occasionally. Roughly chop the carrot and courgette into 3-4 cm pieces and add to the pot along with the crumbled stock cube and boiling water. Stir together, bring to the boil and put a lid on. Drop the temp to a low simmer and cook for a total of 1 hour (flipping the chicken after 30 minutes and removing the skin). Check the water levels and stir occasionally to stop any sticking to the bottom of the pan. The tagine should be moist with a little juice. If there is too much water, turn up the heat and cook off some liquid.

Couscous

Pour one cup of couscous into a large bowl and crumble in 1 chicken stock cube, 1 tbsp oil and a pinch of pepper. Mix together and pour in boiling water until it is ¾ cm above the couscous. Stir again, cover the bowl with a plate and leave for 6-8 minutes

Serves 2

Under 15 minutes prep

+ Vegetarian option

1.41

Lucky chicken bake w/ herb roasted veg

Perfect for midweek meals

This is a firm favourite for feeding groups . It's as simple as throwing the ingredients into an oven and leaving to become delicious. There's really no need to spend hours slaving over the cooker only to find your guests have finished all the drink and cheated at monopoly.

Original Recipe	Swap Shop
2 Chicken Thighs	Drumsticks, Legs Etc
2 Medium Onions	-
2 Clove Garlic	1 tsp Garlic Powder
2 Peppers	1 Courgette
6 Mushrooms	½ Aubergine
4-6 Tomatoes	½ Can Tomatoes
8 Olives	4 Sundried Tomatoes
1 Chicken Stock Cube	1 Beef or Veg Stock
1 tsp Mixed Herbs	1 tsp Rosemary
3 Tbsp Water	-
1 Tbsp Olive Oil	1 Tbsp Cooking Oil
Salt and Pepper	-

Additions

2 Rashers Bacon
6 cm Chorizo
1 cup Couscous
4 cm Feta Cheese
Lemon Quarters

If you're feeding hungry mouths, your can cook one chicken thigh per person but increase the quantity of veg. Serve with a side salad and a batch of rice or couscous cooked in chicken stock water.

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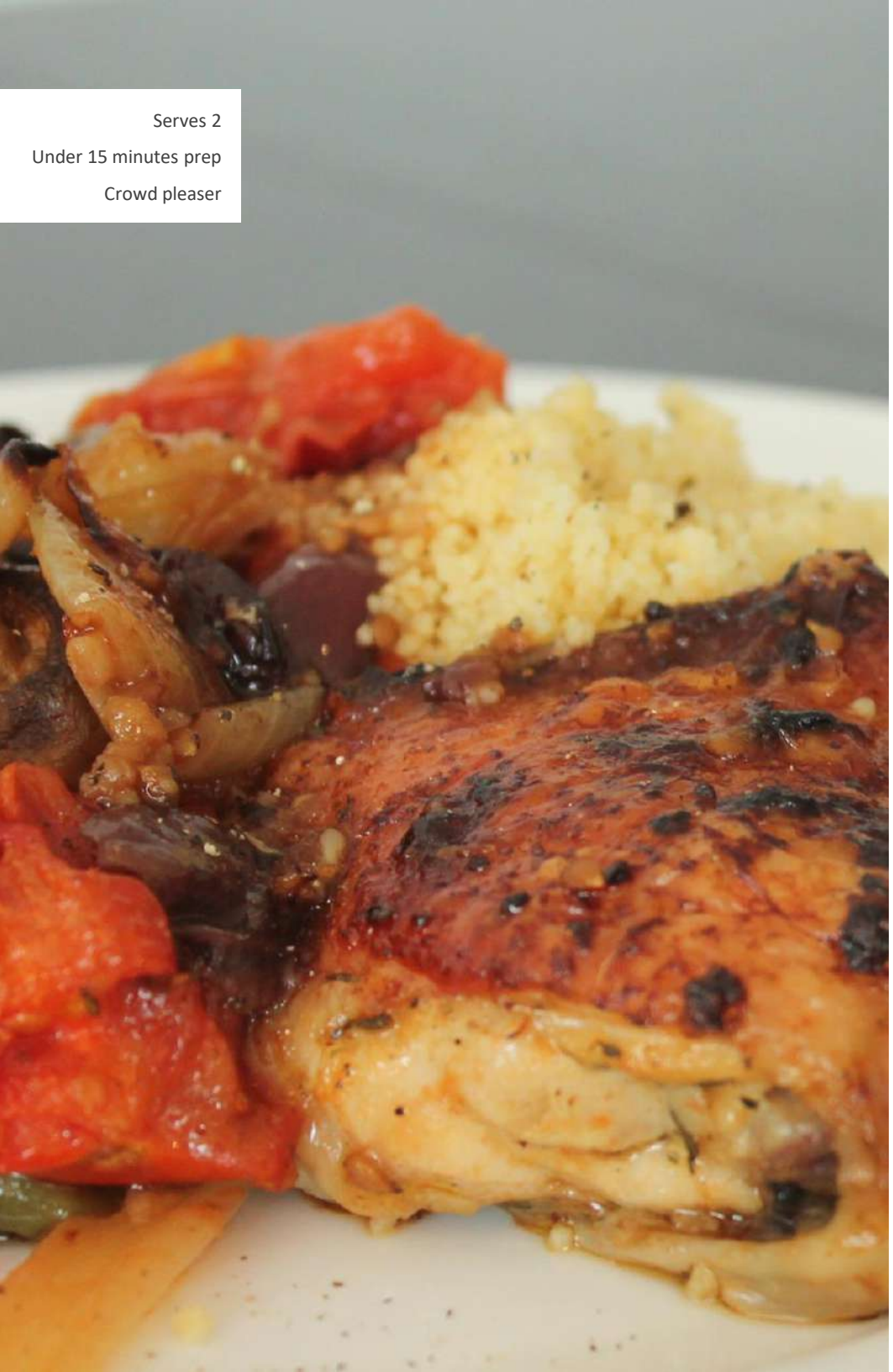

Serves 2

Under 15 minutes prep

Crowd pleaser

How to

Preheat the oven to 190 Celsius. Slice the onions into quarters and finely mince the garlic. Place into an oven tray along with a pinch of salt and pepper, the mixed herbs, olive oil, roughly chopped olives and crumbled stock cube. Pour in three tbsp water. Half each tomato and squeeze them into the roasting pan so that their juice comes out.

Half the mushrooms, roughly chop the peppers and add to the dish along with the chicken. Thoroughly mix together, (make sure the marinade coats all the ingredients). Arrange the chicken on top of the vegetables with the skin facing up. Bake in the middle of the oven for approx. 40-45 minutes. The chicken skin will turn crisp and golden and the veg soft and juicy. Serve with boiled rice or couscous cooked in stock water.

1.41

Creamy chicken pasta

Comfort food at its finest

Why chicken thighs? Chicken thigh is tastier and much more succulent than breast. Yes it needs a little prep work to remove the skin, fat and bone, but you are more than rewarded for your labour. On the plus, it costs less than breast, the bones can be used to make stock, and the skin can be used to make schmaltz. (Google it!)

Original Recipe	Swap Shop
2 Chicken Thighs	Breast, Drumsticks
1 ½ cup Fusilli Pasta	1 ½ Cups Pasta
1 Leek	3 cups Fresh Spinach
1 Onion	3 Spring Onions
2 Cloves Garlic	½ tsp Garlic Powder
½ cup Sweet Corn	½ cup Mushrooms
½ cup Cheddar Cheese	½ cup Goats Cheese
150ml Single Cream	150ml Sour Cream
1 Tbsp Olive Oil	1 Tbsp Cooking Oil
½ Chicken Stock Cube	½ Veg Stock Cube
Salt and Pepper	-

Additions

2 Rashers Bacon
1 cup Spinach

Make a vegetarian version by swapping the chicken for mushrooms. Slice them 1 cm thick so they retain a bit of texture and add them to the pot at the same time as the leeks.

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How to

Using a sharp knife, carefully remove the skin, fat and bone from the chicken thighs and chop the meat into 2-3 cm pieces. Cook the pasta (al dente) in boiling salted water and drain.

Meanwhile, chop the leek into 1 cm wide rounds, mince the garlic and finely dice the onion. Heat 1 tbsp oil in a non-stick pan and fry the chicken over a medium heat for 4 minutes before adding the leek, onion and garlic. Throw in a good pinch salt and pepper and cook over a low heat for 10 minutes until all is soft and juicy.

Dice the cheese into 1 cm cubes, then add to the pot along with the sweet corn, crème fraiche, ½ chicken stock cube and pasta. Mix together and heat through for 5 minutes before serving.

Serves 2

Under 30 minutes

+ Vegetarian option

1.20

Healthy chicken & veg tray bake

The one tray wonder

When you're bang in the middle of the week and would prefer the oven to do all the work for you, make this! Simply toss together and wait for the flavours to come together. If you place the chicken thigh skin side up you can get a nice golden crispy skin too. Happy cooking!

Original Recipe	Swap Shop	Additions
4 Chicken Thighs	4 Chicken Breasts	Fresh Chilli
3 Mixed Peppers	2 Courgettes	Smoked paprika
2 red Onions	2 Onions	Thyme
3 Cloves Garlic	-	
2 Tbsp Olive Oil	-	
250g Cherry Tomatoes	1 can Chopped Tomatoes	
1 Tbsp Tandoori Spice Mix	1 Tbsp Smoked Paprika	
4 Large Potatoes	4 Sweet Potatoes	

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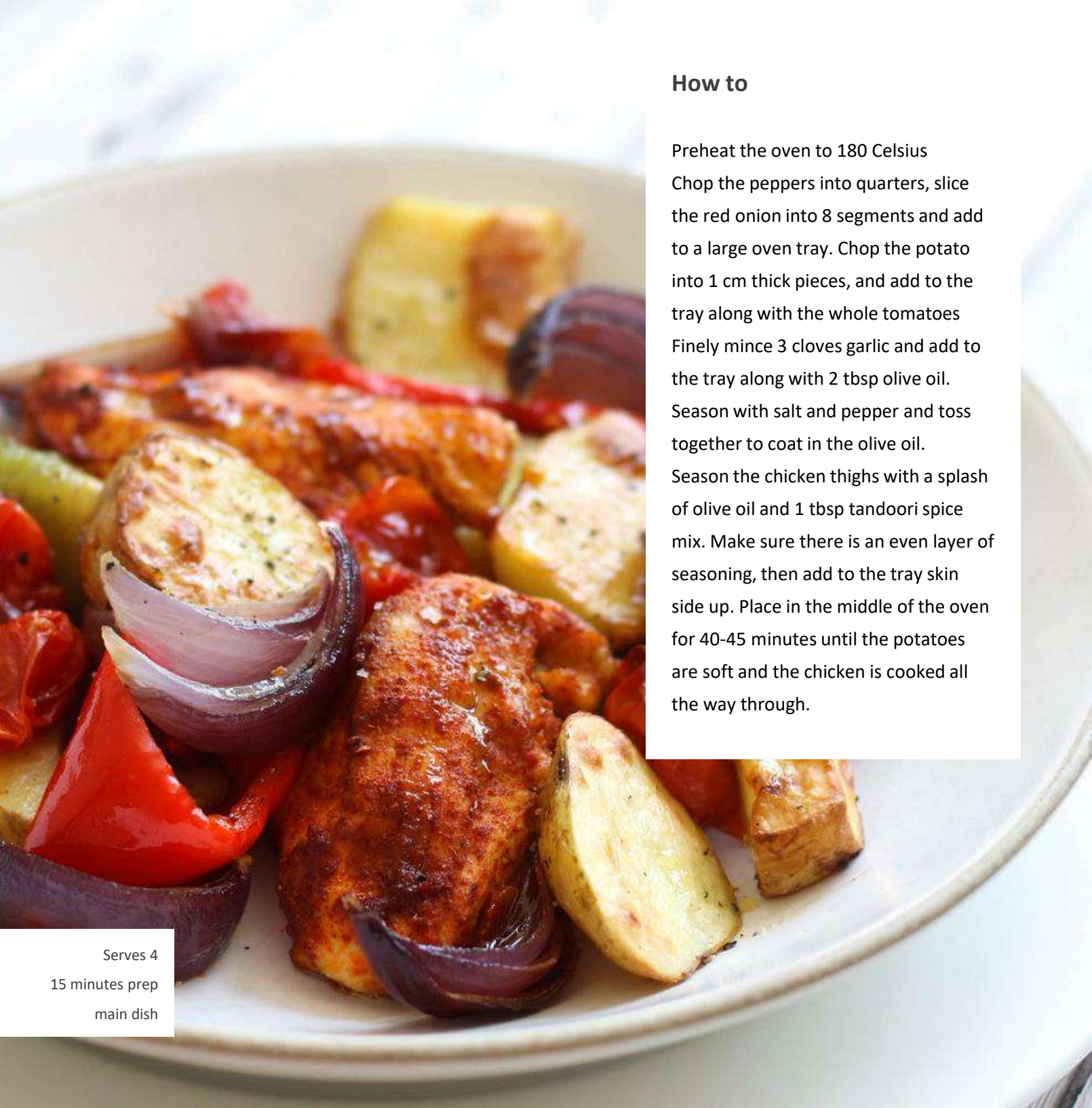

Serves 4
15 minutes prep
main dish

How to

Preheat the oven to 180 Celsius
Chop the peppers into quarters, slice the red onion into 8 segments and add to a large oven tray. Chop the potato into 1 cm thick pieces, and add to the tray along with the whole tomatoes
Finely mince 3 cloves garlic and add to the tray along with 2 tbsp olive oil. Season with salt and pepper and toss together to coat in the olive oil.
Season the chicken thighs with a splash of olive oil and 1 tbsp tandoori spice mix. Make sure there is an even layer of seasoning, then add to the tray skin side up. Place in the middle of the oven for 40-45 minutes until the potatoes are soft and the chicken is cooked all the way through.

1.24

North African chicken & chickpeas

Quick & Tasty

A simple dish packed with flavour and goodness. This North African inspired recipe uses tandoori spice mix and tomatoes to create a warm and flavoursome, hearty meal. Serve with crusty bread or a poached egg!

Original Recipe	Swap Shop	Additions
2 Chicken Thighs	2 Chicken Breasts	Fresh Chilli
1 can Chickpeas	1 can Butterbeans	Smoked paprika
1 can Chopped Tomatoes	250g Cherry Tomatoes	Thyme
1 Onion	-	Feta
2 Cloves Garlic	-	
2 Tsp Tandoori Spice Mix	2 tsp Ras El Hanout	
1 Tbsp Olive Oil	1 Tbsp Cooking Oil	
½ Chicken Stock Cube	½ Vegetable Stock Cube	
2 Handfuls Spinach	-	
2 Slices Toasted Baguette	Rice	

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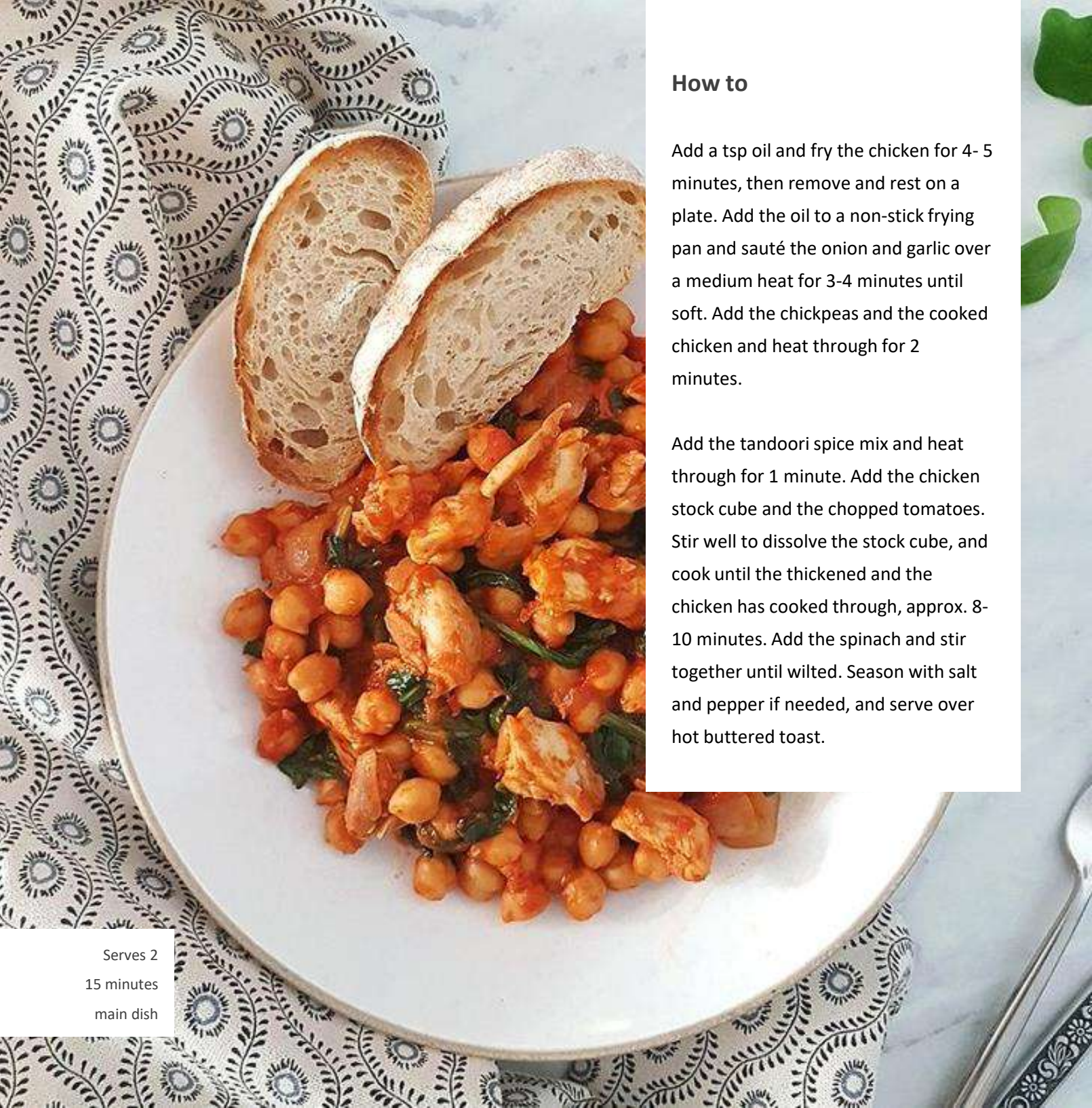

Serves 2

15 minutes

main dish

How to

Add a tsp oil and fry the chicken for 4- 5 minutes, then remove and rest on a plate. Add the oil to a non-stick frying pan and sauté the onion and garlic over a medium heat for 3-4 minutes until soft. Add the chickpeas and the cooked chicken and heat through for 2 minutes.

Add the tandoori spice mix and heat through for 1 minute. Add the chicken stock cube and the chopped tomatoes. Stir well to dissolve the stock cube, and cook until the thickened and the chicken has cooked through, approx. 8-10 minutes. Add the spinach and stir together until wilted. Season with salt and pepper if needed, and serve over hot buttered toast.

1.49

Chick ‘n’ chorizo

An all time favourite

There’s something irresistible about the combination of tender chicken, smoky chorizo, and soft butter beans in a rich tomato ragu. Spanish cuisine can provide big flavours, and this recipe doesn’t disappoint. Serve this over toast for a light brunch, rice for a dinner, or wrap it up in a flat bread with a spoon of crème fraiche.

Original Recipe	Swap Shop
2 Chicken Thighs	Breast, Drumsticks
8 cm Chorizo	4 Rashers Bacon
1 Onion	-
2 Cloves Garlic	-
1 Pepper	- (Optional)
1 Can Butter Beans	1 Can Cannellini Bean
1 Can Tomato	1 Can Tomato Passata
½ Chicken Stock Cube	½ Veg Stock Cube
2 Tbsp Water	-
Salt and Pepper	-

Additions

Fresh Chilli
Ground Paprika
Sweet Corn

If cooking for friends try serving this with a cheesy garlic bread bloomer (p69). Simply prepare the bloomer and pop it in the oven whilst cooking the Chick ‘n’ Chorizo. If you don’t have time to prepare a bloomer, serve with some toast or rice.

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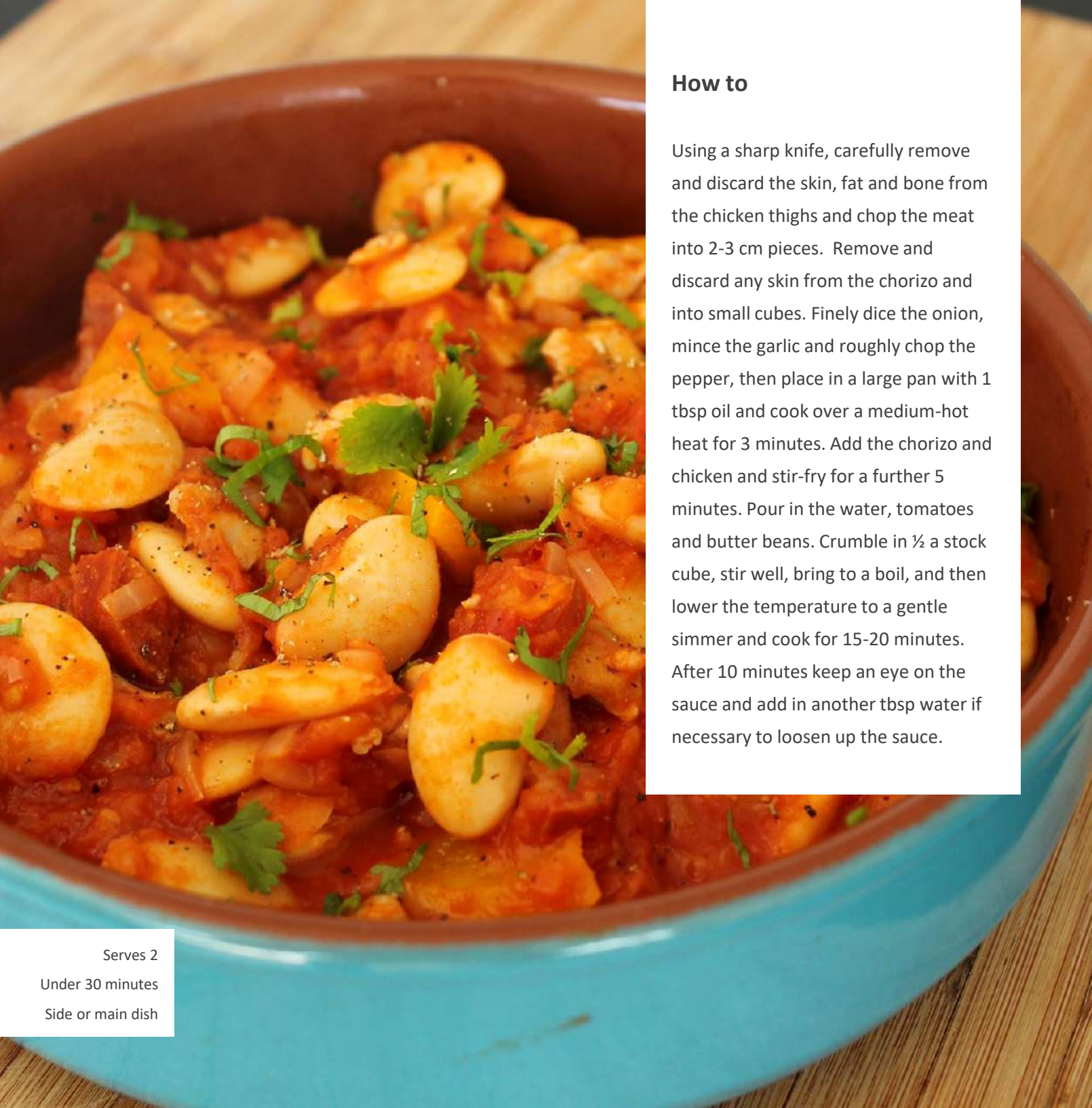

How to

Using a sharp knife, carefully remove and discard the skin, fat and bone from the chicken thighs and chop the meat into 2-3 cm pieces. Remove and discard any skin from the chorizo and into small cubes. Finely dice the onion, mince the garlic and roughly chop the pepper, then place in a large pan with 1 tbsp oil and cook over a medium-hot heat for 3 minutes. Add the chorizo and chicken and stir-fry for a further 5 minutes. Pour in the water, tomatoes and butter beans. Crumble in ½ a stock cube, stir well, bring to a boil, and then lower the temperature to a gentle simmer and cook for 15-20 minutes. After 10 minutes keep an eye on the sauce and add in another tbsp water if necessary to loosen up the sauce.

Serves 2

Under 30 minutes

Side or main dish

1.97

Fajitas w/pork

(or chicken, or minced beef, or vegetarian)

Double up the ingredients and take some of these to work

Who can resist a delicious mix of rich tomatoes with tender spiced meat and a fresh avocado wrap? If meat's not your thing, go vegetarian with a handful of whole button mushrooms or a couple more coloured peppers.

Original Recipe	Swap Shop
300g Pork Shoulder Steak	Chicken, Beef Mince
4 Fajita Wraps	1 cup Rice, Couscous
1 Can Tomato	1 Can Tomato Passata
2 Peppers	6-8 Mushrooms
3 Cloves Garlic	¾ tsp Garlic Powder
½ Fresh Chilli	½ tsp Chilli Flakes
3 tsp Tandoori Spice	3 tsp Fajita Spice
1 Tbsp Olive Oil	1 Tbsp Cooking Oil
Salt and Pepper	-
1 Handful Grated Cheddar	

Additions

Crème Fraiche
Smashed Avocado
Fresh Coriander
Tomato Salsa
Rice

If you're a big hungry (m)animal cook some rice and spoon some into your wrap. Congrats, you've now turned your fajita into a tasty Burrito.

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Serves 2

Under 45 minutes

+ Vegetarian option

How to

Finely slice the garlic, chilli (and onion if using) and cut the meat into approx. 3cm long and 1cm wide strips. Fry in a big pot with 1 tbsp oil over a medium-low heat for 4 minutes until the garlic turns translucent.

Slice the peppers into long batons and add to the pot along with the tandoori spice and 1 can of tomatoes. Add a ¼ cup water and gently simmer on a low heat for 30 minutes until the sauce has thickened. (Stir occasionally and if too dry add small amounts of water). Season with salt and pepper and mix in some chopped coriander if available. Prepare the smashed avocado, grate some cheese and heat the fajita wraps. Spoon in the ingredients and tuck in.

Smashed Avocado Optional

Cut 1 ripe avocado into small cubes and add a ¼ finely chopped spring onion. Squeeze over the juice from half a lime and a season with a good pinch salt and pepper. Smash together with a fork until nice and creamy.

1.07

One pan pork w/ tender broccoli

(or beef, or chicken)

Great as a side or as a light and healthy main

The trick to this recipe is to cut the pork (or beef) wafer thin. It increases the surface area and absorbs huge amounts of flavour. By cutting super thin you actually create more meat surface area and therefore taste more of it! It's a perfect way to economise whilst maximising taste.

Original Recipe	Swap Shop
300g Boneless Pork	2 Chicken Thighs
1 Large Broccoli	1 Savoy Cabbage
2 Carrots	1 Pepper
1 Onion	-
2 Clove Garlic	-
2 cm Ginger	-
2 Tbsp Soya Sauce	2 Tbsp Oyster Sauce
1 tbsp Toasted Sesame Oil	1 Tbsp Cooking Oil
1 Tbsp Olive Oil	-
¼ cup Water	-
Salt and Pepper	

Additions

Fresh Chilli
Spring Onion
Sesame Oil
Peanuts

Broccoli stalk is a delicious part of the vegetable. Peel or trim the skin off the stalk to reveal a light and crunchy centre which is delicious raw or lightly cooked like a carrot.

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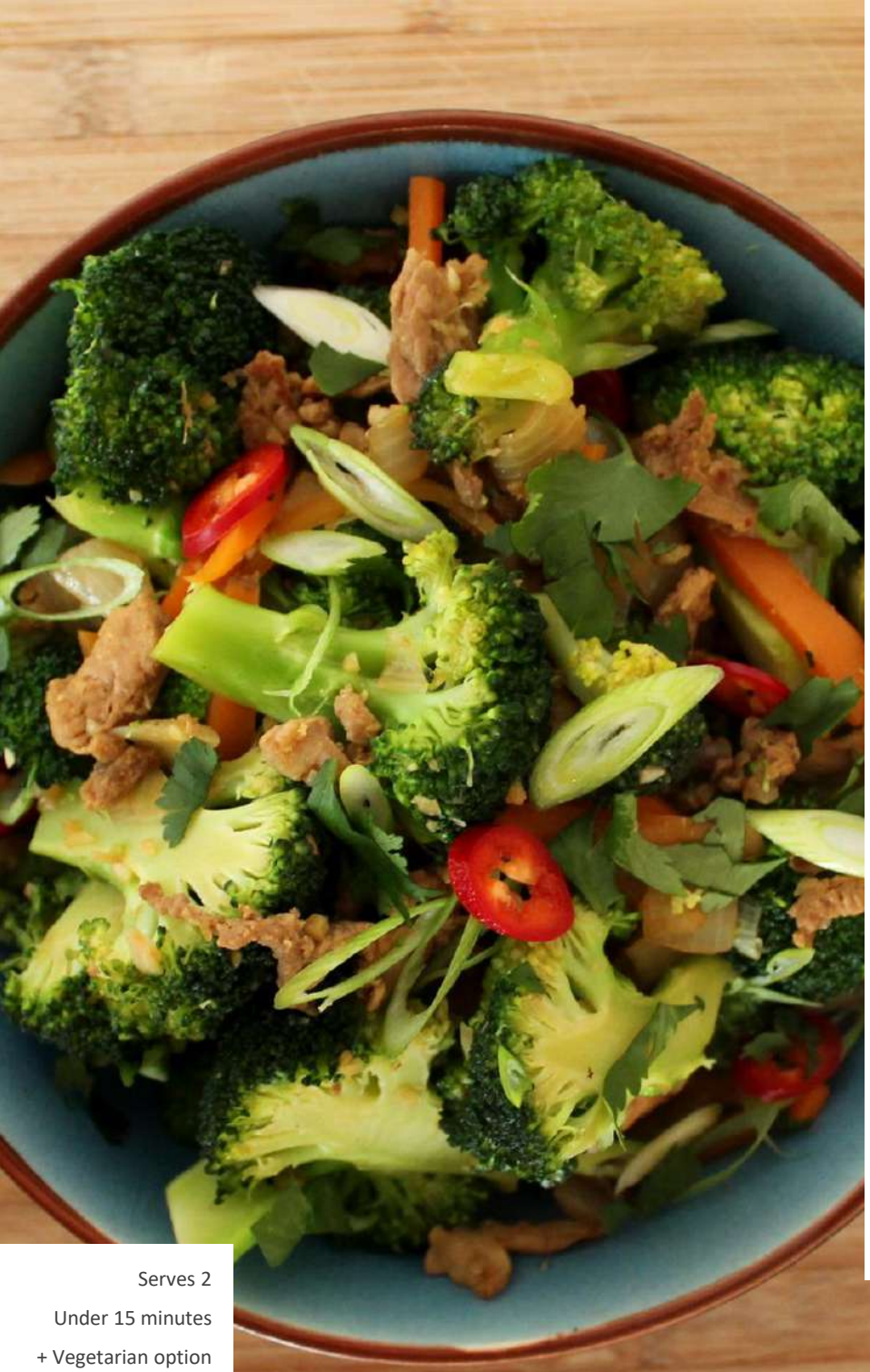

Serves 2

Under 15 minutes

+ Vegetarian option

How to

Prep the ingredients by chopping the broccoli into florets and roughly dicing the onion. Cut the carrot into thin long sticks and slice the pork into wafer thin pieces, (the thinner the better). Very finely mince the garlic and ginger and add to a large pan along with 1 tbsp soya sauce 1 tbsp olive oil, and 1 tbsp toasted sesame oil. Add the pork and stir-fry hot for 3 minutes before transferring to a bowl.

Add ¼ cup lightly salted water to the pan and water-fry the onion for 2 minutes before adding the broccoli, carrot and cooked pork. Place a lid on the pan and turn the heat down to medium-low. Steam cook for 8-10 minutes or until the broccoli is cooked but slightly crunchy. Season with the second tbsp soya sauce and finish with a handful of peanuts, some chopped spring onion and fresh chilli if available.

75p

Sausage & egg fried rice

Rice cooked in tandoori spices gives great depth of flavour

You won't be able to look at rice the same way after discovering how to improve the bland flavour. You can use different spice mixes but for this recipe a shop bought tandoori spice is perfect.

Original Recipe	Swap Shop
4 Sausages	250g Beef Or Chicken
2 Eggs*	-
1 Carrot	½ cup Broccoli Florets
1 Onion	2 Spring Onion
2 Cloves Garlic	¼ tsp Garlic Powder
¼ cup Peanuts	¼ cup Seeds Or Nuts
½ cup Frozen Peas	1 Pepper
1 Tbsp Olive Oil	1 Tbsp Cooking Oil
1 ½ Tbsp Soya Sauce	2 Tbsp Teriyaki Sauce
¼ cup Water	-
Salt and Pepper	-

Additions

Fresh Ginger
Fresh Chilli
Fresh Coriander
Sesame Oil

Spiced Rice

1 cup White Rice
2 ½ cups Boiling Water
1 Tbsp Cooking Oil
1 Cube Chicken Stock
1 ½ tsp Tandoori Spice

Add the oil, crumbled stock cube, tandoori spice and rice to a deep pan and mix together over a medium heat for 1 minute. Pour in the boiling water and cook as normal.

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How to

Put the spiced rice on to cook and 30 seconds before draining the rice add the frozen peas. (They just need defrosting and this is the perfect way to quickly freshen them up without drying them out. Reserve the rice and peas in a bowl. Slice the carrot into approximately 1 cm pieces. Mince the garlic and finely dice the onion. Remove and discard the sausage cases. Break the meat into small pieces and place in a large non-stick frying pan with the onion, garlic and a tbsp oil. Stir-fry together over a medium heat for 4-6 minutes. Add ¼ cup water and the carrots and stir-fry for another 3 minutes. Add the peanuts, rice and peas. Pour in 1 tbsp soya sauce. Mix well and stir-fry for another 3-4 minutes to heat the rice. Serve hot with a good pinch pepper. Top with a crispy fried egg and a drizzle of toasted sesame oil if available.

Crispy Fried Egg (optional)*

Put 1 tbsp oil in a non-stick frying pan and get hot. It shouldn't be smoking but as you break an egg into the pan the whites should bubble. Season the egg and fry for a couple minutes max.

Serves 2

Under 30 minutes

Great for packed lunches

1.59

Honey glazed pork w/ Asian noodles (or chicken, or beef)

These dark noodles are called Soba, but any rice noodle will also be perfect

The trick to this recipe is to cut the pork (chicken or beef) wafer thin. It increases the surface area and absorbs huge amounts of flavour. By cutting super thin you actually taste more meat than there really is. It's a perfect way to economise whilst maximising taste.

Original Recipe	Swap Shop
300g Pork Shoulder Steak	250g Beef, Chicken
2 Portions Rice Noodles	2 Portions Spaghetti
1 Carrot	½ cup Green Beans
1 Pepper	1 Courgette
2 Clove Garlic	1 tsp Garlic Powder
2 cm Ginger	½ Fresh Chilli
1 Spring Onion	½ Onion
2 Tbsp Soya Sauce	2 Tbsp Oyster Sauce
2 Tbsp Honey	1 Tbsp Sugar
1 Tbsp Olive Oil	1 Tbsp Sesame Oil
¼ cup Peanuts	¼ cup Sesame Seeds
Salt and Pepper	-

Additions

Fresh Coriander
Fresh Chilli
Fresh Lime

For a vegetarian option swap the meat for firm tofu or Quorn.

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Serves 2

Under 30 minutes

Light meals

How to

Cut the pepper into thin strips and the carrot into long thin batons. Mince the ginger and garlic and finely chop the spring onion. Make a marinade in a mixing bowl by adding the spring onion, olive oil, soya sauce, honey, a ¼ of the minced garlic and a ¼ of the ginger. Whisk together with a fork until the honey dissolves. Using a sharp knife, cut the meat into wafer thin pieces. Heat a frying pan with a dash of oil and add the meat. Stir and cook over a medium heat for 2 minutes before adding the carrot and pepper, and the remaining garlic and ginger. Lower the heat and cook for 6-8 minutes until the carrots are tender. Meanwhile, prepare the noodles by following the packet instructions. Drain and toss them in the marinade, then add the pork and veg and toss again. Serve with a garnish of roast peanuts, coriander and chilli.

1.17

Meatball marinara

(beef, pork, lamb or turkey mince)

nom nom
nom nom nom
nom nom nom
nom nom

Serve this mouth-watering recipe with spaghetti cooked in salted water. Just toss the marinara sauce through the spaghetti and top with the meatballs and a generous grating of cheese. The bacon adds a beautiful smoky / salty layer to the marinara, but it will still taste great without.

Meatball Recipe

500g Beef Mince
1 Egg
1 Onion
2 Clove Garlic
½ tsp Chilli Flakes
1 Tbsp Cooking Oil
Salt and Pepper
4 Portions Spaghetti
4 Servings of Cheddar

Tomato Marinara

2 Cans Tomato
2 Rashers Bacon (Optional)
1 Onion
3 Clove Garlic
1 Tbsp Cooking Oil
Salt, Pepper and Sugar

How to Make Marinara

Heat the oil in a pot over a medium heat and add the finely diced onion and roughly chopped bacon rashers. Cook for 4-5 minutes before adding the minced garlic. Cook for another minute and add the tomatoes, a good pinch salt and a small pinch pepper and sugar. Cover and simmer on a low heat for 10-15 minutes while you prepare the meatballs…

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Meatballs

Make the Marinara sauce, then prepare the meatballs. As you begin frying the meatballs, start boiling the spaghetti. Timed like this and all elements should be ready at the same time.

If you have a grater, finely grate the onion and garlic and place in a mixing bowl. (If you don't have a grater, the onion and garlic will need frying for a couple of minutes until soft. Cut into small pieces and fry in a tsp oil for 3-4 mins). Place in a bowl along with the beef, chilli flakes, egg, and a good pinch salt and pepper. Mix together with your hands and form into golf ball sized balls. Heat 1 tbsp oil in a non-stick frying pan and cook the meatballs over a medium heat. Turn the balls every 3 minutes, cooking for a total of 12-15 minutes. The meat is cooked when the colour has changed all the way through. Check by cutting one open.

Add the spaghetti and marinara to the frying pan and gently mix. Serve with a generous grating of cheese.

Serves 4

Under 30 minutes

Freeze up to 4 months

1.12

Chilli Beef!

This classic recipe will make 4 delicious portions, so box it up for tomorrow's lunch or invite some friends over! I serve mine with plain rice, a spoon of crème fraiche and a grating of cheese. Plain rice is best for this dish, so there is no need to add spices or a stock cube to the cooking water.

Freeze portions of juicy slow cooked chilli for no effort meals

Original Recipe	Swap Shop
500g Beef Mince	500g Pork Mince
1 Onion	-
1 Carrot	¾ tsp Garlic Powder
2 Cloves Garlic	½ Cup Sweet Corn
1 Pepper	Baked Beans [Washed]
1 Can Kidney Beans	1 cup Tomato Passata
2 Cans Tomatoes	1 Veg / Chicken Cube
1 Beef Stock Cube	*Individual Spice Mix
2 tsp Tandoori Spice	1 tsp Chilli Powder
½ tsp Chilli Flakes	-
Salt and Pepper	
4 Portions Rice	*Individual Spice Mix
	1 tsp Ground Paprika
	1 tsp Ground Cumin
	½ tsp Ground Coriander
	½ tsp Ground Ginger

Additions

Dark Chocolate
Fresh Coriander
Fresh Chilli
Mixed herbs

Word on the street is that the addition of a thumbnail sized piece of dark chocolate will give chilli another wonderful layer of flavour. If you're feeling adventurous, (or just want an excuse to buy chocolate), add a piece to the chilli at the same time as adding the tomatoes.

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Serves 4

Under 15 minutes prep

Freeze up to 4 months

How to

Finely dice the onion, mince the garlic and place in a large pan with 1 tbsp oil and cook over a medium-hot heat for 2 minutes. Mix in the tandoori spice, (or individual spice mix*), chilli flakes and a good pinch of salt. Add the minced beef and break it up into small pieces whilst cooking for 5 minutes until the meat is browned. Finely chop a pepper and add to the pot along with the can of tomatoes and one crumbled beef stock cube. (At this point add the dark chocolate if using).

Stir together, bring to the boil and reduce the heat so the liquid is bubbling gently. Cook with the lid on for 20 minutes, then add a ¼ cup of water and cook for a further 20 minutes until the sauce is thick and juicy. (Stir occasionally). Drain the kidney beans and add to the chilli. Put the rice on to boil and once cooked the chilli will be ready. Taste test, and season with a good pinch salt and pepper if necessary and spoon over the steaming hot rice.

1.16

Shepherd's pie (beef, lamb or quorn)

Mouth-watering flavours in an easy classic

This juicy version of the classic Shepherd's pie will make 4 portions, but as we usually cook for two people, we eat the leftovers the next day or freeze for up to 4 months.

Original Recipe	Swap Shop
500g Beef Mince	500g Lamb Mince
3 Carrots	¾ cup Celery
1 cup Frozen Peas	4-6 Mushrooms
2 Onions	3 Spring Onions
3 Clove Garlic	½ tsp Garlic Powder
1 Can Tomatoes	4-6 Fresh Tomatoes
2 Cube Beef Stock	2 Cube Veg / Chicken
1 Tbsp Cooking Oil	1 Tbsp Olive Oil
Salt and Pepper	-

Additions

Mushrooms
Worcester Sauce
Tabasco Sauce

Mashed Potato Top

6 Potatoes
2 Tbsp Butter
4 Tbsp Milk
Salt and Pepper
½ cup Grated Cheese (Optional)

If you don't have a potato masher, cook the potatoes for longer, add a little more milk, and smash with a fork.

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How to

Preheat the oven to 200 C. Finely dice the onions and mince the garlic. Heat 1 tbsp oil in a large pot and add the onions garlic and minced beef. Cook over a medium heat for 6-8 minutes until the beef begins to brown and the onion goes translucent. Finely dice the carrot and add to the pot along with the frozen peas, crumbled beef stock cubes, can of tomatoes and a good pinch pepper. Stir and leave to simmer on a low whilst the potatoes cook.

Meanwhile, peel the potatoes and cut the into 2-3 cm pieces. Place in a large pot and cover with salted boiling water. Boil the potatoes for 15 -20 minutes until the middle is soft. Drain and return to the pot. Add the butter, milk, a pinch salt and pepper, (and a ½ cup grated cheese if available) and mash together. Transfer the beef mince to an oven dish and spoon over the mashed potato. Bake in a preheated oven at 200 C for 20 minutes or until the top is golden.

Serves 4

Under 45 minutes

Freeze up to 4 months

1.47

Crème fraiche spinach w/ chorizo

A big hitting flavour combo perfect for filling pancakes

This has bags of flavour and goes well with almost everything. Pile over toast, wraps, potato, rice or pasta for a delicious meal. If you're looking for a new filling for savoury pancakes, this might just do the trick. It's awesome.

Original Recipe	Swap Shop	Additions
8-12 cm Chorizo	2-4 Rashers Bacon	Spaghetti
Crème Fraiche (200ml)	¾ cup Sour Cream	1 Onion
1 Bag Fresh Spinach	250g Mushrooms	1 Clove Garlic
Salt and Pepper	-	250g Mushrooms

This can easily be tweaked into a more substantial dish with the addition of one diced onion, a clove of garlic and 250g of sliced mushrooms. Add these ingredients to the frying pan when the chorizo is almost golden, then fry for another 4 minutes.

Make a vegetarian version by swapping the chorizo for 6 sundried tomatoes.

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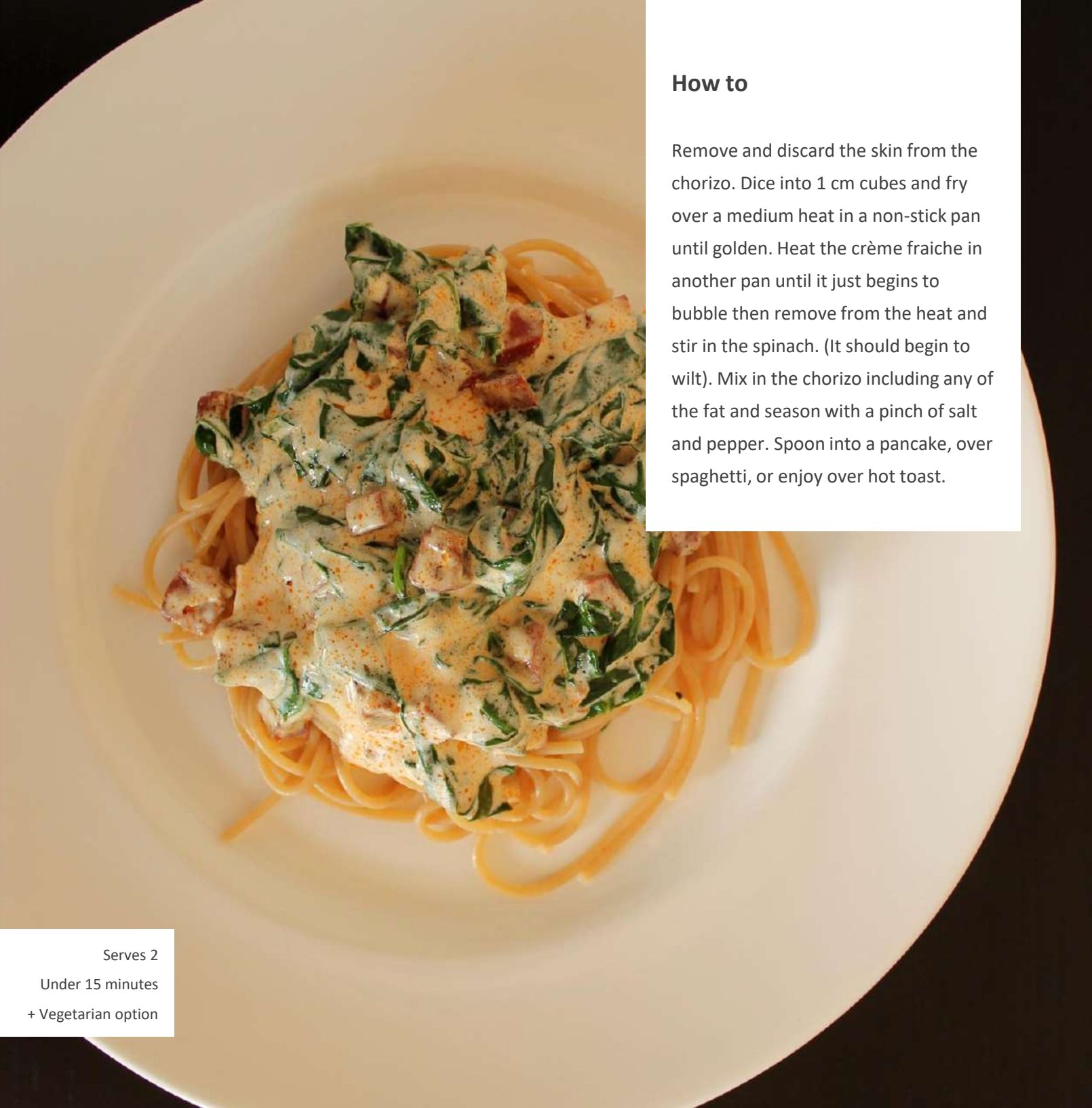

How to

Remove and discard the skin from the chorizo. Dice into 1 cm cubes and fry over a medium heat in a non-stick pan until golden. Heat the crème fraiche in another pan until it just begins to bubble then remove from the heat and stir in the spinach. (It should begin to wilt). Mix in the chorizo including any of the fat and season with a pinch of salt and pepper. Spoon into a pancake, over spaghetti, or enjoy over hot toast.

Serves 2

Under 15 minutes

+ Vegetarian option

1.06

Crispy potato hash w/ chorizo

Makes a great tapas style sharing bowl

I make this as a big sharing bowl to go with fresh courgette and carrot ribbons, grilled peppers and garlic bread, but it's also perfect for a couple's lunch or dinner. It gets lots of praise and is often the first dish to be finished. There's just something irresistible about smoky chorizo and salty potato.

Original Recipe	Swap Shop
6 Potatoes	*Polenta Block
8-12 cm Chorizo	3-4 Rashers Bacon
1 Onion	3-4 Spring Onions
2 Clove Garlic	4 Sundried Tomato
½ tsp Chilli Flakes	½ Fresh Chilli
½ Bunch Coriander	½ Bunch Parsley
2 Tbsp Cooking Oil	2 Tbsp Olive Oil
Salt and Pepper	-

Additions

Peppers
Green Beans
Sweet Corn

*Polenta can be bought ready made from Tesco and Morrison's supermarkets. Cut into 2cm cubes and fry. It's more fragile than potato, but there's no need to boil. It soaks up big flavours!

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How to

Wash the potatoes and dice into 2-3 cm cubes. Boil in a large pot of salted water for 8-12 minutes until they are cooked but not mushy. Drain well and arrange in a single layer on a plate to dry.

Meanwhile, dice the chorizo and onion into 1 cm cubes, mince the garlic and chop half the coriander (the stalks are perfect for using here and have lots of flavour). Fry in a tsp oil, in large non-stick pan for 4 minutes before transferring to a plate. Add 1 tbsp oil to the pan and get medium-hot. Pour in the potatoes and fry on one side for 5 minutes. Add the 2nd tbsp oil, turn the potatoes and cook for another 5 minutes so two sides get crispy. Throw in the chorizo mix, a good pinch salt and pepper and heat through. Garnish with lots of chopped coriander and a pinch of chilli flakes.

Serves 4

Under 30 minutes

Side or main dish

1.38

Sammy T's dirty rice

Bursting with flavour. Don't let the name put you off this beauty

This recipe originated whilst at University and received its name from the variety of ingredients friends put into their own versions. It wows the taste buds every time. Give it a go. For meat free, use a veg stock cube and remove the bacon.

Original Recipe	Swap Shop
1 cup Rice	1 cup Pasta
1 Onion	-
2 Clove Garlic	¼ tsp Garlic Powder
4 Rashers Bacon	6-8 cm Chorizo
1 Pepper	1 Courgette
2 Tomatoes	½ Can Toms (Drained)
½ Spring Onion	¼ Small Onion
1 cup Spinach	1 cup Green Beans
4 Sundried Tomatoes	6-8 Olives
¼ cup Cheddar Cheese	¼ cup Feta Cheese
1 ½ Tbsp Soya Sauce	1 Tbsp Lemon Juice
1 Tbsp Olive Oil	1 Tbsp Cooking Oil

Better Rice

1 cup White Rice
2 ½ cups Boiling Water
1 Tbsp Sundried Tomato Oil
1 Chicken Stock Cube
½ Clove Garlic

Add the sundried tomato oil, crumbled stock cube and ½ a mince garlic to a deep pan and mix together over a medium heat. Add the rice and stir together for 1 minute. Pour in the boiling water and cook as normal.

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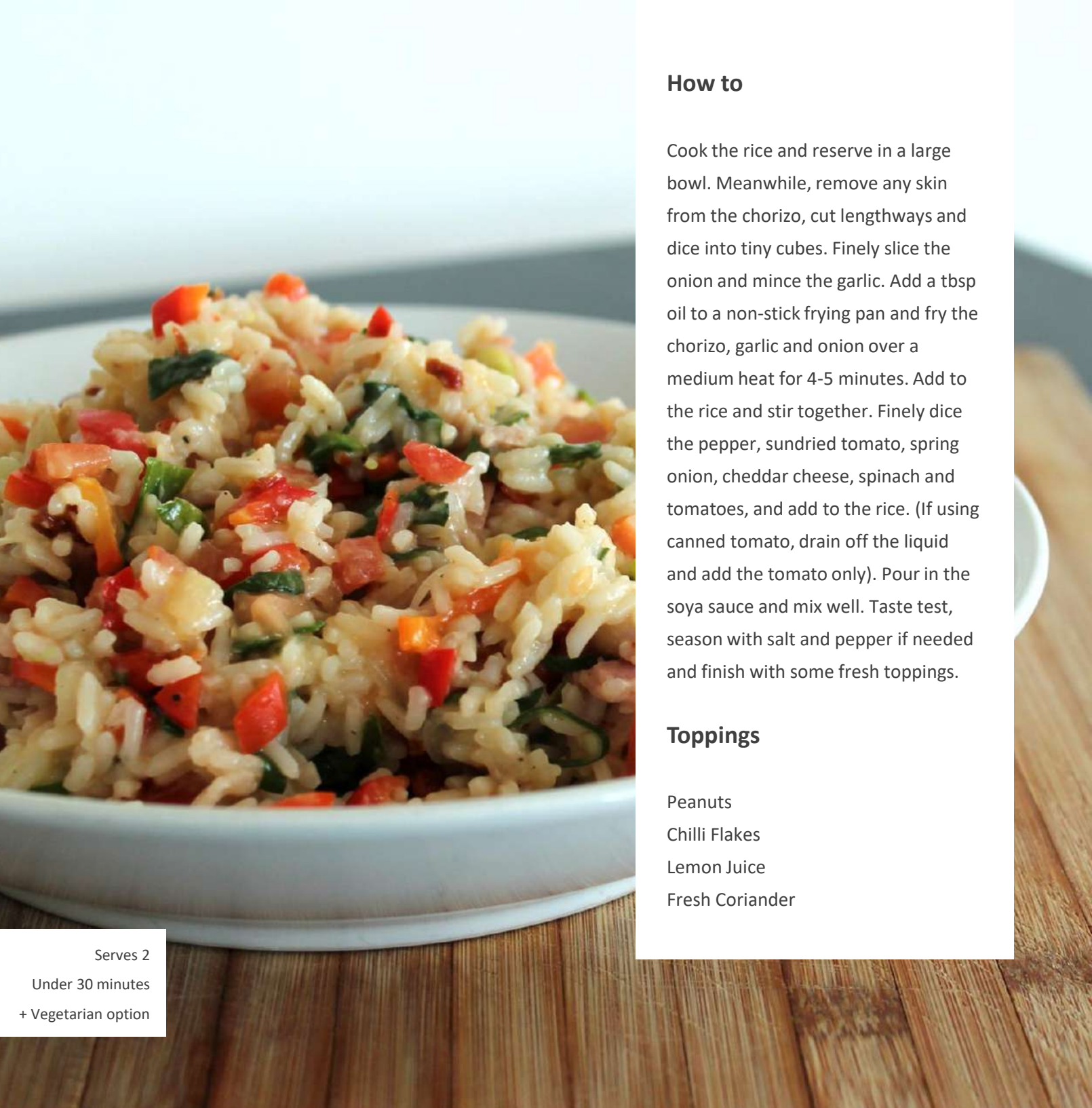

Serves 2
Under 30 minutes
+ Vegetarian option

How to

Cook the rice and reserve in a large bowl. Meanwhile, remove any skin from the chorizo, cut lengthways and dice into tiny cubes. Finely slice the onion and mince the garlic. Add a tbsp oil to a non-stick frying pan and fry the chorizo, garlic and onion over a medium heat for 4-5 minutes. Add to the rice and stir together. Finely dice the pepper, sundried tomato, spring onion, cheddar cheese, spinach and tomatoes, and add to the rice. (If using canned tomato, drain off the liquid and add the tomato only). Pour in the soya sauce and mix well. Taste test, season with salt and pepper if needed and finish with some fresh toppings.

Toppings

Peanuts
Chilli Flakes
Lemon Juice
Fresh Coriander

91p

Lentil and bacon hotpot

Packed with protein and easy to make

A bowl of comfort to warm those cooler nights. The original French recipe calls for a slightly different spice mix and a piece of salt-cured pork. Our version is delicious with bacon and can be enriched by adding thyme, bay leaf and Chinese five spice. It's simple rustic cooking at its finest.

Original Recipe	Swap Shop
¾ cup Green Lentils	¾ cup Split Peas
4 Rashers Bacon	2 Sausages
2 Carrots	2 Potatoes
1 Onion	-
2 Clove Garlic	¼ tsp Garlic Powder
½ tsp Mixed Herbs	½ tsp Thyme
1 Chicken Stock Cube	1 Beef Or Veg Cube
1 Tbsp Olive Oil	1 Tbsp Cooking Oil
2 ½ cups Water (625ml)	-
Salt and Pepper	-

Additions

2 Bay Leaves
1 tsp Five Spice
1-2 Potatoes
1 Handful Spinach

Some supermarkets sell *cooking bacon* which is made from off cuts that aren't the right shape to be sold separately. It is about half the price of normal bacon and perfect for this recipe. The cuts of bacon are often 3-4 cm thick. If you find a pack like this, you can cook a ¼ of the pack with the lentils instead of adding at the end.

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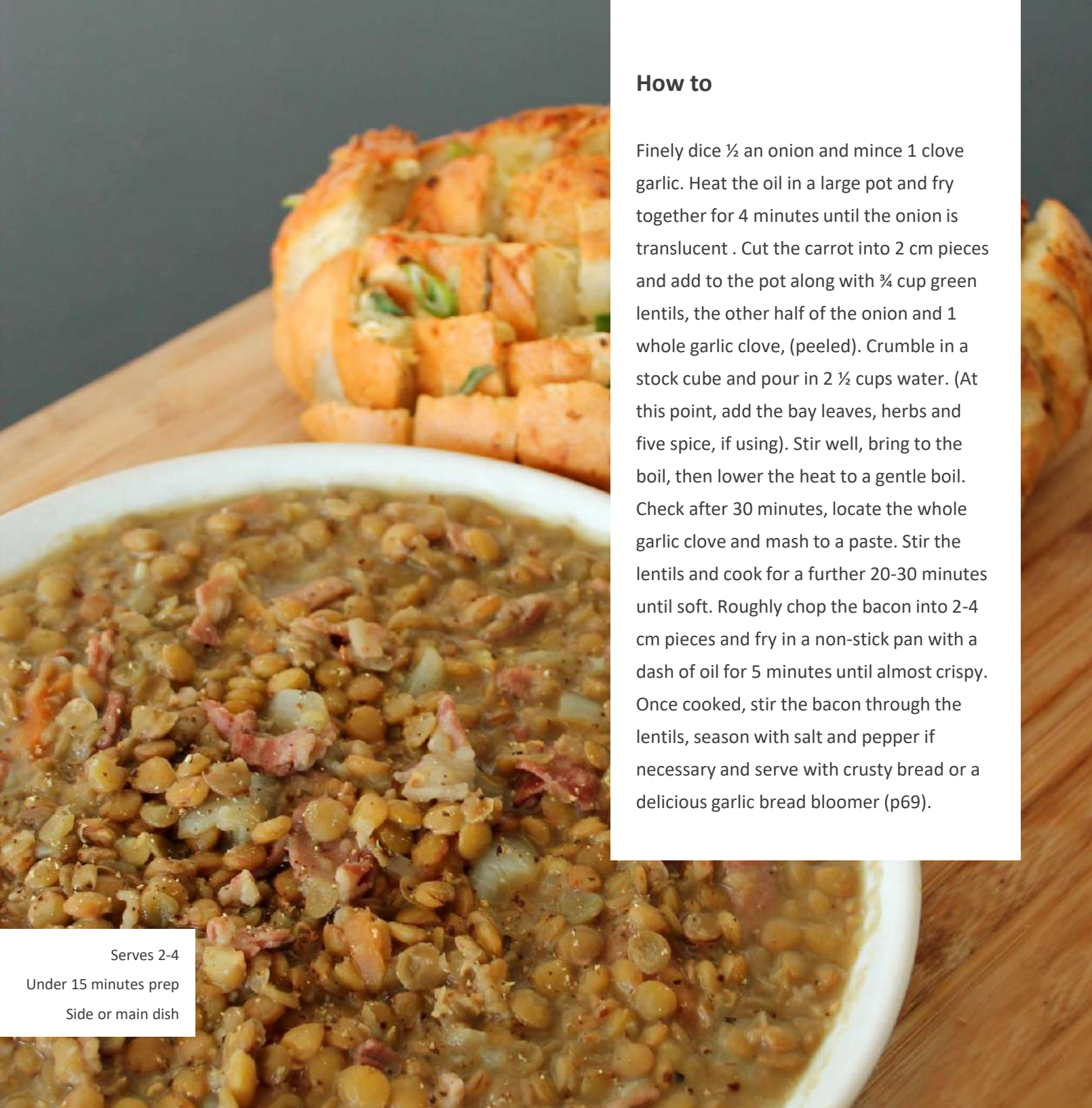

How to

Finely dice ½ an onion and mince 1 clove garlic. Heat the oil in a large pot and fry together for 4 minutes until the onion is translucent . Cut the carrot into 2 cm pieces and add to the pot along with ¾ cup green lentils, the other half of the onion and 1 whole garlic clove, (peeled). Crumble in a stock cube and pour in 2 ½ cups water. (At this point, add the bay leaves, herbs and five spice, if using). Stir well, bring to the boil, then lower the heat to a gentle boil. Check after 30 minutes, locate the whole garlic clove and mash to a paste. Stir the lentils and cook for a further 20-30 minutes until soft. Roughly chop the bacon into 2-4 cm pieces and fry in a non-stick pan with a dash of oil for 5 minutes until almost crispy. Once cooked, stir the bacon through the lentils, season with salt and pepper if necessary and serve with crusty bread or a delicious garlic bread bloomer (p69).

Serves 2-4

Under 15 minutes prep

Side or main dish

Butternut squash and bacon risotto

Please don't feed the vegetarians

This is the risotto recipe that converted me from a vegetarian at aged 19 to a meat eater. I ate this meal one lunch break whilst working at the Queen Street Cafe in Edinburgh. I thought I was eating a meat free dish, but as it turns out, the amazing flavour comes from the addition of bacon. Also, as it turns out, I love bacon.

Original Recipe	Swap Shop
1 cup Arborio Rice	1 cup Rice
½ Butternut Squash	½ Sweet Potato
4 Rashers Bacon	2-4 Sundried Tomato
2 Onion	-
4 Cloves Garlic	-
½ tsp Thyme	1 tsp Mixed Herbs
2 Tbsp Butter	1 Tbsp Olive Oil
2 Chicken Stock Cubes	1 Veg Stock Cube
2-3 cups Boiling Water	(375-500ml Water)
1 Tbsp Olive Oil	-
Salt and Pepper	-

Additions

Grated Cheddar

Any risotto can be made by gradually adding hot stock to risotto rice. For vegetarians, try roasting mushrooms in garlic, butter and thyme and adding to the pot when the rice is almost ready. If you have cheddar, grate a ¼ cup into the pot at the end of cooking.

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Serves 4

Under 30 minutes

+ Vegetarian option

How to

Preheat the oven to 180 Celsius and boil a full kettle. Remove the skin from the butternut squash and cut the flesh into 2-3 cm cubes. Toss in a mixing bowl with a tbsp olive oil, one minced garlic clove and a good pinch salt and pepper. Bake on a tray for 15-20 minutes until soft.

Meanwhile, finely dice the onion and mince a garlic clove. Place in a large and deep pot over a medium heat along with 2 tbsp butter and ½ a tsp thyme. Cook for 5 minutes. Add the rice and stir. Make the stock in a mixing bowl by pouring 3 cups boiling water over 2 crumbled stock cubes. Add ½ a cup stock to the rice and stir until the stock is almost absorbed. Then add another ½ cup. Continue to stir and repeat this process until the rice is glutinous and almost cooked throughout. (approx. 2-3 cups stock and 15-20 minutes stirring). Remove the butternut squash from the oven and stir through the rice. Turn the heat off, grate in a ¼ cup cheddar (if available) and place a lid on the pot.

Chop the bacon into small pieces. Add a tsp oil to a non-stick frying pan and cook on a medium heat for 4-5 minutes then stir the bacon (and any fat) into the risotto. Taste test. Season with salt and pepper if necessary and enjoy.

My Dad's puttanesca

Hits all the right notes if you like big flavours

If you love chilli, garlic and salt, you'll totally love this. Ready in 15 minutes, it has massive flavour using basic store cupboard ingredients! The classic recipe calls for anchovies, but use sardines as it gives more body. My dad perfected this recipe and we make heaps of it together. He tells me the name literally translates to *Whore's Spaghetti.*

Original Recipe	Swap Shop
2 Portions Spaghetti	2 Portions Pasta
1 Tin Sardines In Oil (Optional)	4 Anchovies
1 Medium Onion	-
4 Cloves Garlic	-
1 Can Tomatoes	1 Can Passata
1 tsp Mixed Herbs	1 tsp Oregano, Basil
10 Olives	-
2 Tbsp Capers	-
½ Chilli (to taste)	½ tsp Chilli Flakes
Salt and Pepper	-

Additions

Grated Cheddar
Grated Parmesan

If the idea of sardines puts you off, why not give them a try, you can always leave them out next time. Also, feel free to increase the chilli quantity if you like heat. A vegetarian version can be made by removing the sardines and increasing the quantity of olives.

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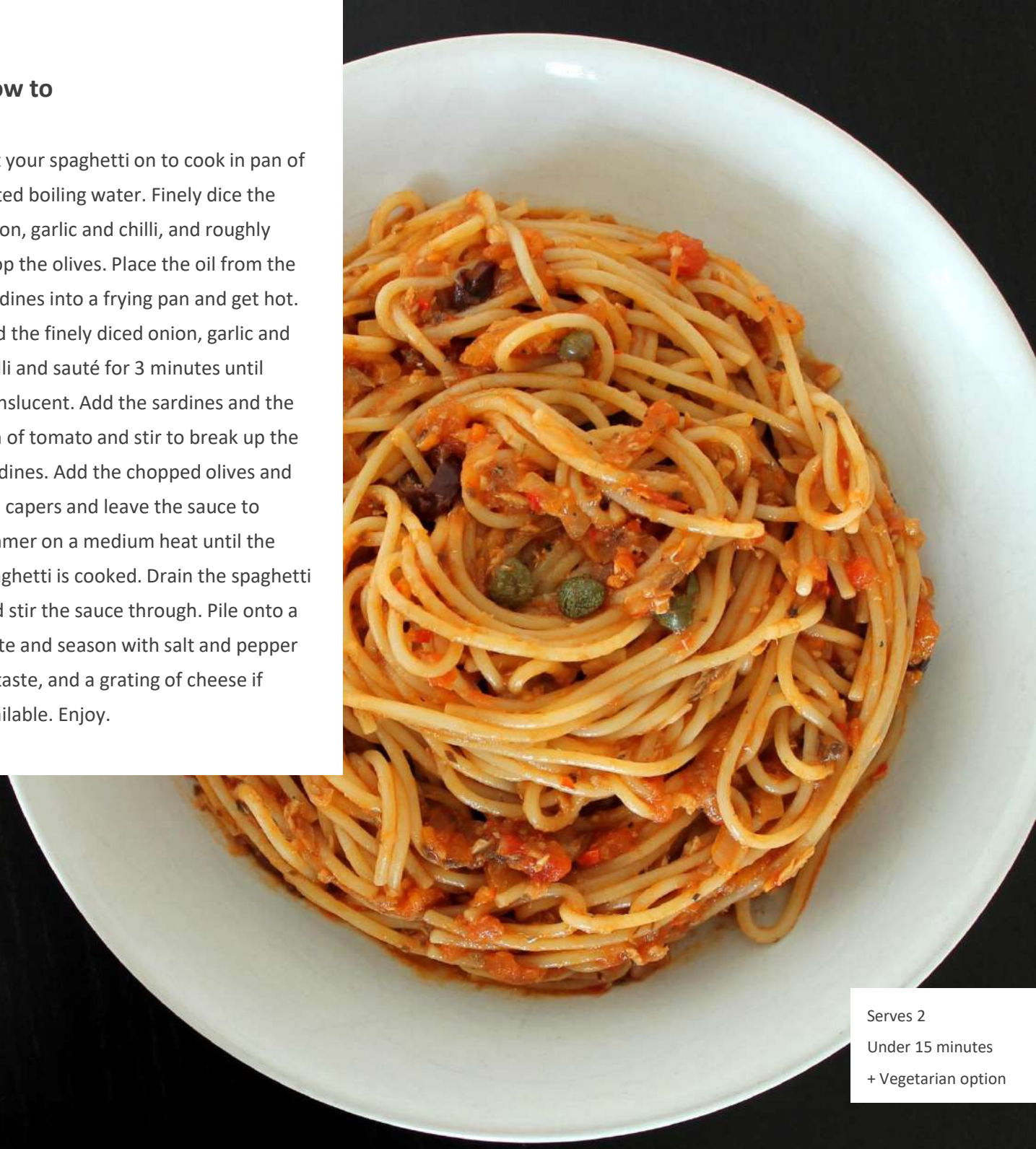
How to

Put your spaghetti on to cook in pan of salted boiling water. Finely dice the onion, garlic and chilli, and roughly chop the olives. Place the oil from the Sardines into a frying pan and get hot. Add the finely diced onion, garlic and chilli and sauté for 3 minutes until translucent. Add the sardines and the can of tomato and stir to break up the sardines. Add the chopped olives and the capers and leave the sauce to simmer on a medium heat until the spaghetti is cooked. Drain the spaghetti and stir the sauce through. Pile onto a plate and season with salt and pepper to taste, and a grating of cheese if available. Enjoy.



Serves 2

Under 15 minutes

+ Vegetarian option

One pot pasta

(perfection in minutes)

In a rush? Make a bowl of this

It's amazing how much flavour you can squeeze out of a one pot pasta recipe. This version results in a creamy tomato sauce and makes for a brilliant mid-week taste sensation. Really, this should be in everyone's repertoire. As the name suggests, it's a one pot wonder. Simply put, that's less washing up and tons of big flavours.

Original Recipe	Swap Shop
1 ½ cups Pasta	2 Portions Spaghetti
1 Onion	-
2 Clove Garlic	-
4 Sundried Tomatoes	8-10 Olives
1 Can Tomatoes	1 Can Passata
3 tsp Mixed Herbs	3 tsp Oregano
¼ tsp Chilli Flakes	½ Fresh Chilli
1 Veg Stock Cube	1 Chicken Stock Cube
¼ Block Feta Cheese	¼ cup Cheddar Cheese
1 ½ cups Water (375ml)	-
Salt and Pepper	-

Additions

Pepper
Courgette
Spinach
Chilli Flakes
Sausage
Crispy Bacon
Crispy Chorizo

This recipe is brilliant for vegetarians, but you can make it meaty by adding chorizo or cooked chicken or bacon.

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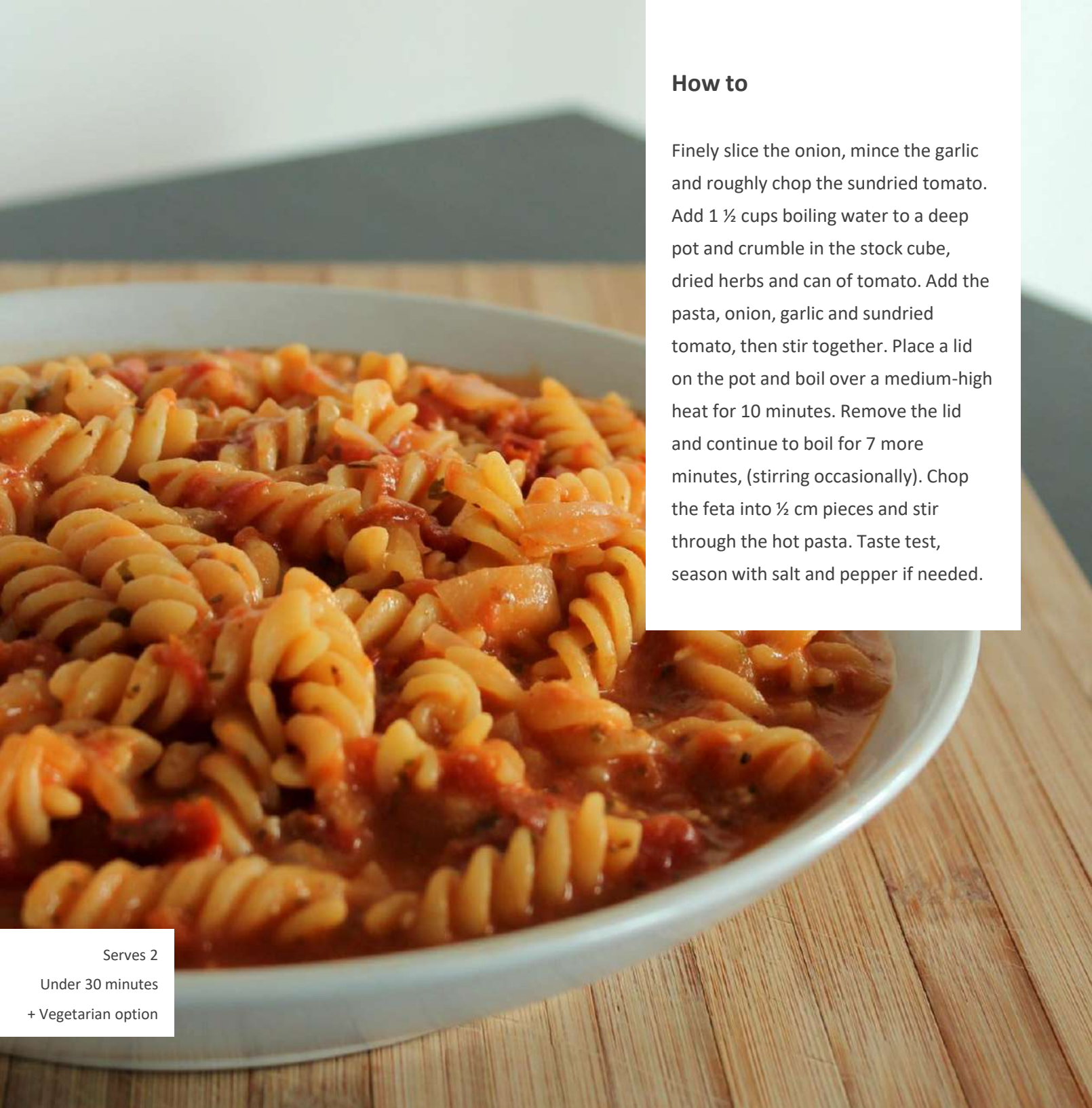

How to

Finely slice the onion, mince the garlic and roughly chop the sundried tomato. Add 1 ½ cups boiling water to a deep pot and crumble in the stock cube, dried herbs and can of tomato. Add the pasta, onion, garlic and sundried tomato, then stir together. Place a lid on the pot and boil over a medium-high heat for 10 minutes. Remove the lid and continue to boil for 7 more minutes, (stirring occasionally). Chop the feta into ½ cm pieces and stir through the hot pasta. Taste test, season with salt and pepper if needed.

Serves 2

Under 30 minutes

+ Vegetarian option

78p

Melt in the mouth bean burgers

Whoever said veggie burgers are boring needs to eat one of these

We created this little masterpiece as an alternative to the beef burger. Yep that's a veggie burger right there, in all it's glory. Start to finish ready in 15 minutes. To all us meat eaters, give this one a go. You'll be really surprised how good it is. Use a heaped tsp tandoori spice to give more flavour.

Original Recipe	Swap Shop
1 Can Black Beans	1 Can Kidney Beans
½ Small Onion	2 Spring Onions
1 Clove Garlic	½ tsp Garlic Powder
1 tsp Tandoori Spice	1 tsp Masala Spice
1 tsp Flour	-
2 Tbsp Cooking Oil	2 Tbsp Olive Oil
Salt and Pepper	-

Additions **(Included in price)**

Toasted Bun
Cheese
Tomato
Lettuce
Mayonnaise
Ketchup
Coriander
Avocado
Fried Egg

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Serves 2

Under 15 minutes

Freeze up to 4 months

How to

Drain the beans and rinse under water. Shake dry and add to a bowl. Finely grate the onion and garlic and add along with the tandoori spice (Tesco do a really good cheap one), flour and a pinch salt and pepper.

Thoroughly mix and mash the ingredients together using your clean hands to break up most of the beans.

Get a non-stick frying pan medium-hot and add 1 tbsp oil. Form the burger mix into two equal patties and fry on each side for 4 minutes. Toast the bread roll, layer with the fillings and enjoy your masterpiece.

1.22

Easy pizza

(no rise dough)

We often make these thin and crunchy pizzas on Sunday which is our day to indulge. Spend a fraction more time making a meal and in return get big flavour rewards and an awesome lunch for Monday. For an extra indulgence try making one with a soft baked egg. Crack one on top of the toppings just before placing in the oven.

A quick and easy, thin crust 'no-rise' pizza base.

Tomato Sauce

1 Can Tomato
½ Onion
1 Clove Garlic
1 tsp Mixed Herbs
1 Tbsp Olive Oil
Salt and Pepper

Pizza Base

Plain Flour (140g)
Warm Water (185ml)
2 Tbsp Olive Oil
½ tsp Salt

Topping Ideas

Cheddar cheese and sundried tomato, soft egg and chilli flakes

(included in price)

Cheese and tomato, chorizo, onion and olives

Cheese, bacon, spinach, mushrooms and crème fraiche

Very finely dice ½ an onion and mince 1 garlic clove. Pour 1 tbsp oil into a pot on a medium heat and fry the onion and garlic for 3 minutes until translucent. Add the tomatoes along with a good pinch salt, a small pinch of sugar and mixed herbs (if available). Simmer on a low heat for 12 minutes. Spoon onto the pre-baked pizza base along with your choice of toppings.

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Serves 2

Under 60 minutes

+ Vegetarian option

Pizza base

Preheat the oven to 180 Celsius and remove one wire shelf. Pour the flour into a large mixing bowl and add the oil (or sundried tomato oil), warm water and a good pinch salt. Use your hands to mix together until it forms a soft dough. If it is too sticky, add small amounts of flour. Sprinkle a thin layer of flour onto a clean worktop surface and knead the dough for 2 minutes. Lightly flour the surface and the dough as needed to avoid sticking and roll it out, (use a rolling pin or wine bottle) until it is very thin at 1-2mm thin and the same size as the wire shelf from the oven.

Gently slide your arm under the dough as if to carry a towel and carefully lie it flat on the wire shelf. Place in the middle of the oven for 6-10 minutes or until it is just firm. It can burn easily so keep an eye on it. Remove from the oven and spoon over the tomato sauce and any toppings that take your fancy. Bake a second time for 8-10 minutes and then carefully slide it off the wire rack and onto a large chopping board. Enjoy!

1.27

Cracking couscous

Great for packed lunches and afternoons in the park

Cracking Couscous relies on a beautiful combination of big flavours to tie everything together. The proportion of the veg and other ingredients isn't very important, and if you are a meat eater, definitely throw in some bacon or chorizo. If you opt for meat-free then go for sundried tomatoes and olives – preferably both.

Original Recipe	Swap Shop
1 cup Couscous	1 cup Rice
4 Rashers Bacon	6-8 cm Chorizo
4 cm Cheddar Cheese	4 cm Feta Cheese
4 Sundried Tomatoes	6-8 Olives
4 Fresh Tomatoes	½ Can Tomatoes
¼ Cucumber	½ Courgette
½ Pepper	¼ cup Sweet Corn
1 Onion	2 Spring Onions
2 Cloves Garlic	¾ tsp Garlic Powder
2 Tbsp S.D Oil*	1 Tbsp Olive Oil
1 Chicken Stock Cube	1 Veg Stock Cube
Salt and Pepper	-

Additions

Fresh Coriander
Fresh Chilli
Soy Sauce
Peanuts
Lemon Juice

*Sundried Tomato Oil is the delicious oil that the sundried tomatoes come in. It's brilliant for frying and baking veggies.

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How to

Pour one cup of couscous into a large bowl and crumble in the stock cube, tbsp sundried tomato oil and a pinch of pepper. Mix together and pour in boiling water until it is 1 cm above the couscous. Cover the bowl with a plate and leave for 8 minutes.

Dice the onion and mince the garlic. Add to a non-stick frying pan along with a tbsp oil and fry over a medium heat for 2 minutes. Roughly chop the bacon and add to the pan for a further 4 minutes. Once cooked, add to the couscous and pour in any fat as this contains tons of flavour.

Finely chop the tomatoes and add to the couscous. (If using canned tomatoes, drain off the liquid first and add the tomato pieces only). Roughly chop the sundried tomato and olives. Dice the cucumber, pepper and cheese into tiny cubes, and add to the couscous.

Mix well and taste test. You can add another layer of flavour with 1 tbsp soya sauce, a small handful of chopped coriander and plenty of peanuts.

Serves 2

Under 30 minutes

Crowd pleaser

1.00

Chickpea w/ spinach and feta

Healthy, light, fresh and full of flavour

This is a good one to spoon over buttery toast. The soft chickpeas and simple lemon and oil dressing adds a lightness to the dish that reminds me of Mediterranean cooking. If you want to take this to the next level, grate a little nutmeg over the chickpeas.

Original Recipe	Swap Shop
1 Can Chickpeas	1 Can Butter Beans
1 Onion	-
2 Clove Garlic	-
1 pack Fresh Spinach	1 cup Frozen Spinach
½ block Feta Cheese	¼ cup Goats Cheese
1 Tbsp Lemon Juice	-
2 Tbsp Olive Oil	-
Salt and Pepper	-

Additions

Toast

Nutmeg

If you're looking for a more substantial meal you can double up the ingredients, add a stock cube and eat as a big hot stew with toast as a side.

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Serves 2
Under 15 minutes
Side or main dish

How to

Finely slice the onion and mince the garlic. Heat 1 tbsp oil in a pot and fry for 4 minutes over a medium heat until soft and translucent. Drain the chickpeas and add to the pot along with a good pinch salt and pepper. Roughly chop the fresh spinach and add to the pot. Heat through for a couple minutes until wilted.

(If using frozen spinach, add in a ¼ cup water and the frozen spinach. Bring to a boil, then drop the temperature so the water is gently bubbling. Cook until the spinach is soft and can be broken into little pieces, then stir well and cook for a further 5 minutes to remove the water).

Meanwhile, pour the olive oil and lemon juice into a mixing bowl and add a pinch of salt and pepper. Vigorously whisk together for 20 seconds. Crumble the feta into the spinach and chickpeas and stir together. Spoon over hot buttered toast and drizzle over the dressing.

Sweet potato w/ roast veg and feta

Shout out to Tash for the inspiration for this recipe

Every household should have a couple *throw together* recipes that are ridiculously easy and taste amazing. You know the score, long day at work, deciding between take-away and not eating. Give this one a go, it's a favourite.

Original Recipe	Swap Shop
4 Sweet Potatoes	2 Potatoes
4 Cloves Garlic	¼ tsp Garlic Powder
2 Onion	½ Leek
2 Pepper	6-8 Mushrooms
1 Broccoli	1 Courgette
6 Tomato	½ Can Tomato (Drained)
10 Sundried Tomato	8-10 Olives
½ block Feta Cheese	2 Tbsp Cottage Cheese
3 Tbsp Olive Oil	2 Tbsp Cooking Oil
Salt and Pepper	-

Additions

Chicken Thighs
Chorizo
Bacon
Mixed Herbs
Olives

The feta cheese is an important ingredient in this recipe and really ties everything together. But if you don't fancy feta, try finely chopping ½ a spring onion and combining with some cottage cheese.

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How to

Preheat the oven to 180 C. Cut the vegetables to various sizes depending on their hardness, (see note) and place in an oven proof dish. Finely chop the garlic, and cut the sundried tomatoes into small pieces. Add to the vegetables along with the olive oil (or sundried tomato oil) and a good pinch salt and pepper. Using your hands, toss and mix the veg in the oil so they have a light coating. Sprinkle 3 tbsp water into the roasting pan and roast in the middle of a preheated oven at 180 C for 40-45 minutes or until the sweet potato is soft. Crumble the feta onto the vegetables and gently mix through. If you are feeding hungry mouths you can serve this with some couscous cooked in stock water.

Note

Arrive at equally cooked veg by cutting to different sizes depending on density. For example: hard and dense veg can be cut smaller at 1-2cm thick, whilst soft and watery veg can be cut larger at 3-4 cm thick.

Serves 4

Under 15 minutes prep

+ Vegetarian option

1.26

Stir-fry veg w/ noodles

Crunchy, healthy and bursting with flavour

Quick cooking time is the secret to an exquisite stir fry. You want to aim for fresh and slightly crunchy vegetables and avoid soggy, overcooked ones. Make sure to taste test as you go along and remove from the heat when the vegetables reach your desired crunch levels.

Original Recipe	Swap Shop
1 Portion Rice Noodles	Spaghetti
1 Carrot	¼ Broccoli Head
1 Courgette	½ Aubergine
1 Pepper	2 Tomatoes
8 Mushrooms	Handful Mange Tout
2 Clove Garlic	¼ tsp Garlic Powder
2 cm Ginger	½ tsp Chilli Flakes
1 Onion	3 Spring Onions
½ cup Salted Peanuts	¼ cup Sesame Seeds
2 Tbsp Soya Sauce	2 Tbsp Oyster Sauce
¼ cup Water	-
Salt and Pepper	-

Additions

Fresh Coriander
Fresh Chilli
Fresh Lime
Sesame Oil
Sesame Seeds
Honey

A delicious variation on the noodles can be achieved by tossing them in a marinade of ½ tbsp honey, ½ tbsp soya sauce, and ½ tbsp olive oil, (or sesame oil), and then adding the veg to the noodles.

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Serves 2
Under 15 minutes
+ Vegetarian option

How to

Success here is in the preparation, so cut a and prep all the vegetables before heating the frying pan. Put the rice noodles on to cook and once ready, drain and set aside.

Dice the onion and very finely mince the ginger and garlic, then cut the carrot and the pepper into thin strips and slice the courgette and mushroom into similar pieces. Pour 3 tbsp water into a wok or large pan, and add a pinch of salt. Water-fry the onion, garlic and ginger over a medium heat for 4 minutes. Add the carrot, peanuts and another 3 tbsp water and cook for 2 minutes before adding the mushroom, courgette and soya sauce. Gently stir-fry for 6-8 minutes or until the veg are cooked but have retained a little crunch.

Soften the noodles in a pot with boiling water for 2 minutes, then drain. Add the noodles and heat through. Taste test, and season with salt and pepper if necessary. Finish with a sprinkle fresh coriander, a drizzle of sesame oil if available.

39p

Fragrant Thai green curry paste

Oh. So. Good.

Make this mouth watering green curry paste on the weekend when you have 30 minutes to spare. The idea is to batch produce several portions which can be frozen and used over the next couple of months. When using your frozen paste, the curry can be served within 30 minutes, start to finish.

Original Recipe	Swap Shop
2 Lemongrass Stalks	-
1 Big Bunch Coriander	-
2 cm Ginger	-
1 Small Onion	-
1 Bulb Garlic	-
2-4 Green Chillies	1-4 Red Chilli
1 Tbsp Butter	1 Tbsp Olive Oil
2 Tbsp Water	-
1 Chicken Stock Cube	1 Vegetable Stock Cube

Tip

If you like it hot, throw in a few more chillies. You can always add a squeeze of lime juice to cool things down again. You will also need a hand blender and some closing sandwich bags to store the curry paste. Buy a budget hand blender for around £10, they are incredibly useful for soups, sauces, hummus and curry pastes.

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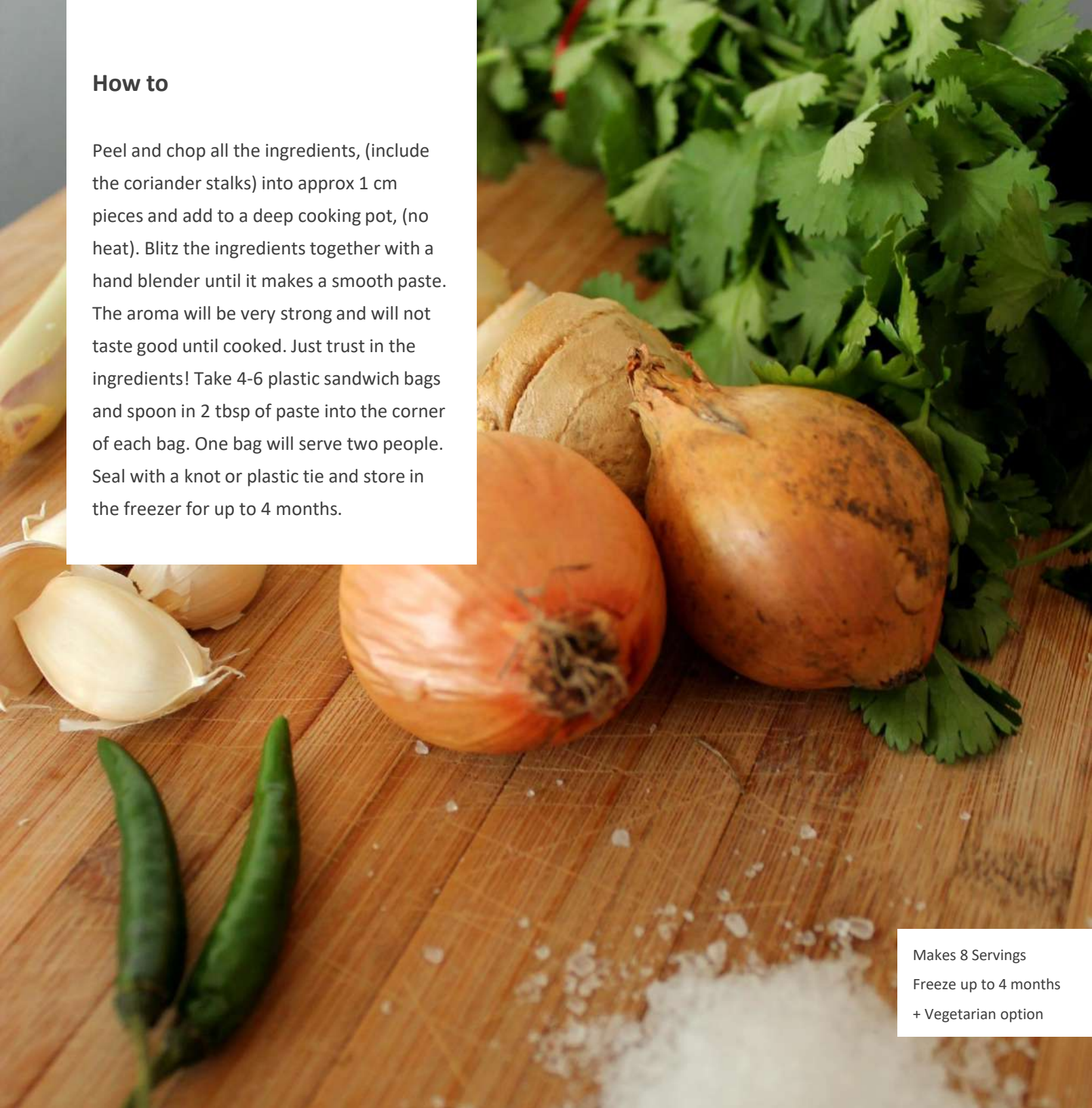
How to

Peel and chop all the ingredients, (include the coriander stalks) into approx 1 cm pieces and add to a deep cooking pot, (no heat). Blitz the ingredients together with a hand blender until it makes a smooth paste. The aroma will be very strong and will not taste good until cooked. Just trust in the ingredients! Take 4-6 plastic sandwich bags and spoon in 2 tbsp of paste into the corner of each bag. One bag will serve two people. Seal with a knot or plastic tie and store in the freezer for up to 4 months.



Makes 8 Servings

Freeze up to 4 months

+ Vegetarian option

1.62

Fragrant Thai green curry

Perfect for mid-week meals

This is a definite favourite and you'll be salivating from the aroma as it cooks. If you've pre-made the Thai green curry paste you can whip this up in less 30 minutes. It's brilliant for those mid week meals where you want something hot and tasty without the effort.

Original Recipe	Swap Shop
2 Chicken Thighs	Drumsticks Or Prawns
2 Tbsp Curry Paste	-
1 Can Coconut Milk	-
1 Courgette	½ Aubergine
1 Pepper	½ cup Frozen Peas
1 Chicken Stock Cube	1 Veg Stock Cube
Salt and Pepper	-
2 portions Rice	-

Additions

Peanuts
Fresh Coriander
Fresh Chilli

Make a vegetarian version by changing the chicken stock for vegetable stock and swapping chicken for tofu. Another option is to cut an aubergine into finger sized pieces and add to the curry along with courgette and peppers. This makes an awesome vegetarian version.

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Serves 2
Under 30 minutes
+ Vegetarian option

How to

Using a sharp knife, carefully cut away the fat, skin and bones from the chicken thighs and discard. Roughly chop the meat into 3-4 cm pieces. Empty a freezer bag of curry paste (or 2 tbsp fresh) into a large pot and gently heat until melted.

Add the chicken and stir-fry over a medium heat for 3 minutes. Pour in a can of coconut milk and crumble in the stock cube. Stir well. Cut the courgette into 1 cm rounds and the pepper into 2-3 cm pieces and add to the pot. Gently simmer on a medium-low heat for 25 minutes. (Cook the rice at during this time).

Taste test and season the curry with salt and pepper if necessary. Serve over a bowl of steaming hot rice and finish with some chopped coriander.

Leftovers

93p

Pan fried rice cakes

(what to do with leftover rice)

Great with potato or spaghetti as well

No one, in the history of the world, has ever cooked the correct amount of spaghetti, rice or potatoes. So what do you do with the leftovers? Combine them with new ingredients and quickly turn them into delicious pan fried cakes. If you don't fancy tuna, just remove it from the recipe.

Original Recipe	Swap Shop
1 cup Leftover Rice	1 cup Cold Potato
1 Egg	-
1 Small Can Tuna	1 Small Can Salmon
2 Spring Onions	1 Onion
¼ cup Fresh Coriander	¼ cup Parsley
1 Tbsp Soya Sauce	-
1 tsp Chilli Flakes	½ tsp Chilli Powder
2 Tbsp Olive Oil	2 Tbsp Cooking Oil
Salt and Pepper	-

Additions

1 cm Grated Ginger
1 Clove Garlic
1 tsp Sesame Oil
1 tsp Sesame Seeds
½ Fresh Chilli
2 Lime Wedges

If the rice is particularly cold and hard, place in a microwave for 30 seconds to warm through. It will become sticky and easier to form into cakes. As a general rule use 1 egg per 1 cup rice.

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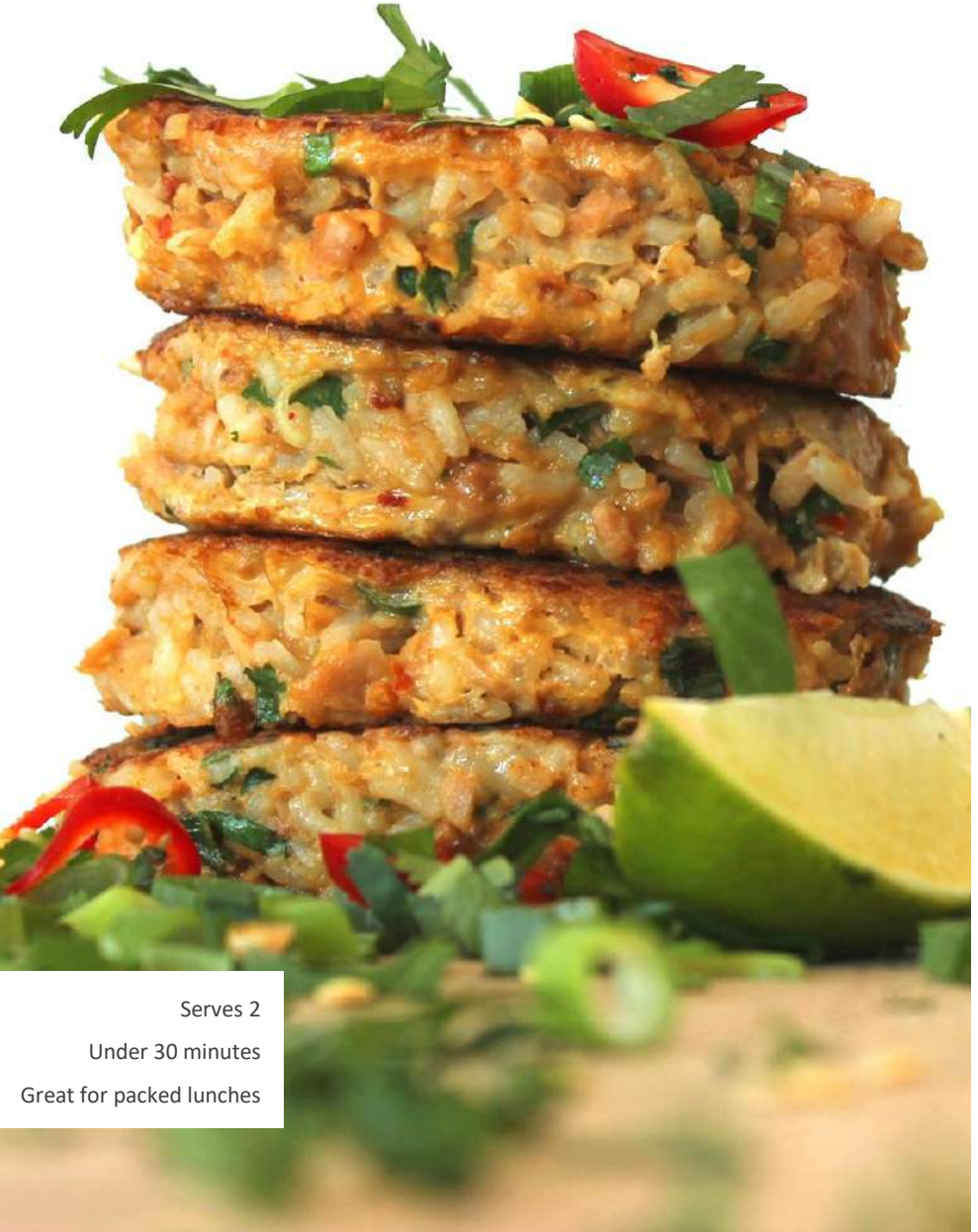

Serves 2
Under 30 minutes
Great for packed lunches

How to

Finely chop the spring onion and coriander and add to a mixing bowl along with the rice, chilli flakes and soya sauce. Drain the tuna and add to the bowl along with a pinch of salt and pepper. Break in the eggs and thoroughly mix together. Add 1 tbsp oil to a non-stick frying pan and heat to medium. If the rice is too moist to shape into patties, divide into 4-4-6 portions and spoon individually onto the frying pan. Using the back of a spoon, shape into 1 cm thick burger sized patties and cook for 8 minutes on one side taking care not to move them. Add another tbsp oil, gently turn the cakes with a spatula and cook for a further 5 minutes.

Dipping Sauce

2 Tbsp Soya Sauce
1 Tbsp Water
¼ Spring Onion

Finely chop all ingredients and mix together. Jazz it up with ½ tsp grated ginger and chilli and 1 tsp sesame oil.

80p

Pan fried spaghetti cakes

(what to do with leftover spaghetti)

Great with rice or potato as well

No one, in the history of the world, has ever cooked the correct amount of spaghetti, rice or potatoes. So what do you do with the leftovers? Combine them with new ingredients and quickly turn them into delicious pan fried cakes.

Original Recipe

2 cups Spaghetti
2 Eggs
4 Sundried Tomatoes
¼ cup Cheddar Cheese
½ Courgette
½ Pepper
2 Tbsp Oil
Salt and Pepper

*Thai green curry paste (p127)

Swap Shop

2 cups Spaghetti
2 Eggs
1 Tbsp Thai Paste*
½ Courgette
½ Pepper
2 Tbsp Oil
Salt and Pepper

Additions

Cherry Tomatoes
Cooked Bacon Rashers
Peas
Sweetcorn
Spring Onion

You can save prep time by purposefully cooking too much rice, potatoes or spaghetti. Just keep it in the fridge for a day or two until you are ready for some leftover goodness.

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Original

Whisk the eggs in a large mixing bowl. Finely dice the courgette, pepper, sundried tomatoes, and cheddar cheese. Add to the egg along with a good pinch salt and pepper. Mix together then add the leftover spaghetti and mix again.

Add 1 tbsp oil to a non-stick frying pan and heat to medium. Pour in the noodle mixture and spread over the entire pan like a big pancake, (press down to around 1-2 cm thick). Cook over a low heat for 10-12 minutes then turn the cake. (To flip the cake, place a plate on top of the noodles and turn the pan over. The cake will come out and can then be slid back the other side up). Add 1 tbsp oil and cook the other side for 8-10 minutes.

Thai Style

Break the eggs into a mixing bowl and whisk together with a tbsp Thai green curry paste. Add finely diced vegetables and cook as above.

Serves 2

Under 30 minutes

+ Vegetarian option

Pan fried potato cakes

(what to do with leftover potato)

Great with rice or spaghetti as well

No one, in the history of the world, has ever cooked the correct amount of spaghetti, rice or potatoes. So what do you do with the leftovers? Combine them with new ingredients and quickly turn them into delicious pan fried cakes.

Original Recipe	Swap Shop
2 cups Leftover Potato	1 cup Spaghetti
1 Egg	-
1 tsp Flour	- (Optional)
½ cup Cheddar Cheese	½ cup Cheese
2 Spring Onions	½ Onion
2 Tbsp Olive Oil	2 Tbsp Cooking Oil
Salt and Pepper	-

Additions

1 Rasher Bacon (Cooked)
1 tsp Mustard
½ Clove Garlic
¼ cup Sweet Corn

You can save prep time by purposefully cooking too much rice, potatoes or spaghetti. Just keep it in the fridge for a day or two until you are ready for some leftover goodness.

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Serves 2
Under 15 minutes
+ Vegetarian option

How to

Break the egg into a mixing bowl and add the potato, finely chopped spring onion, cheddar cheese, (cut into ½ cm cubes or coarsely grated) and a good pinch salt and pepper. Thoroughly mix the ingredients together. Add 1 tbsp oil to a non-stick frying pan and heat to medium. Shape the potato cakes into burger sized patties, around 1-2 cm thick, and cook for 6-8 minutes on one side. Add another tbsp oil to the pan, very gently turn the cakes and cook for a further 6-8 minutes. Try not to move the cakes around too much as they can easily break apart until a crisp surface has formed.

Pan-fried tomatoes

Pair these fluffy potato cakes with some sweet and juicy pan-fried tomatoes. Simply cut them in half and season with a little salt and pepper. Fry in the pan for 3-4 minutes each side.

Dessert

1.02

French toast quarters

(sweet or savoury)

Breakfast or dessert the choice is yours

Time to indulge, and why not, we can't sit around all day eating salad and brown rice. Throw caution to the wind and make your partner (yourself), a heaped bowl of French toast quarters.

Sweet Recipe	Swap Shop	Additions
2 Slices Crusty Old Bread	2 Slices Fresh Bread	Icing Sugar
1 Egg	-	Vanilla Essence
50 Ml Milk	50 Ml Cream	Maple Syrup
1 Tbsp Honey	1 Tbsp Sugar	Bacon
1 tsp Cinnamon	1 tsp All Spice	
1 Tbsp Butter	1 tsp Oil	
4 Tbsp Greek Yoghurt		

Savoury Recipe	Swap Shop	Additions
2 Slices Crusty Old Bread	2 Slices Fresh Bread	Crispy Bacon
1 Egg	-	Grated Cheddar
25 Ml Milk	-	
1 Spring Onion (Chopped)	1 Tbsp Olive Oil	This dish traditionally uses crusty old bread, but you can use fresh bread. It will still taste delicious.
1 Tbsp Butter	-	
Salt and Pepper		

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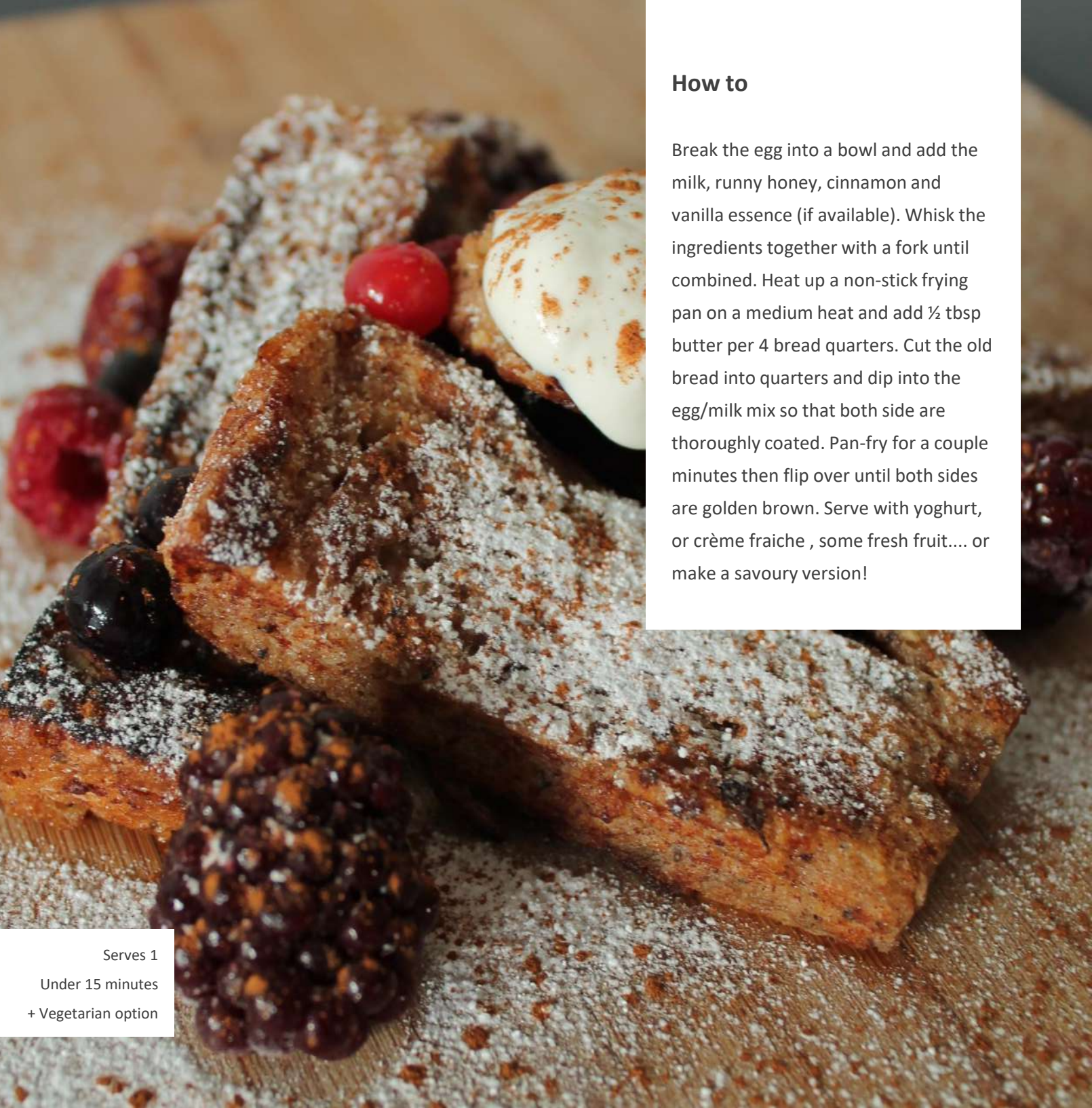

How to

Break the egg into a bowl and add the milk, runny honey, cinnamon and vanilla essence (if available). Whisk the ingredients together with a fork until combined. Heat up a non-stick frying pan on a medium heat and add ½ tbsp butter per 4 bread quarters. Cut the old bread into quarters and dip into the egg/milk mix so that both side are thoroughly coated. Pan-fry for a couple minutes then flip over until both sides are golden brown. Serve with yoghurt, or crème fraiche , some fresh fruit.... or make a savoury version!

Serves 1

Under 15 minutes

+ Vegetarian option

Soft and sumptuous clafoutis

A light and fluffy sensation with only 10 minutes prep

Clafoutis is a beautiful French recipe from the Limousin region and consists of fresh cherries baked into a soft and light batter. Our version replaces the cherries with juicy canned fruit. Buy two or three different fruit tins and store them in your cupboard until needed. In this way you can eat clafoutis whenever the mood takes you.

Original Recipe

3 Eggs
¼ cup Plain Flour
¼ cup Sugar
½ cup Milk
1 Can Pear Halves
½ Tbsp Butter
Pinch Salt

Swap Shop

You can use most tinned fruit. In the UK wild blackberries can be picked from bushes during the months of August, September and October. Keep your eye out for them as they make a lovely clafoutis.

Additions

Vanilla Essence

Fresh pineapple makes a surprisingly good clafoutis. Take a ¼ of a pineapple and cut it into 6 pieces. Caramelise it by boiling it for 4-5 minutes in a tbsp sugar, 3 tbsp water, ½ a tsp vanilla essence and 1 ½ tsp lemon juice. Add to the oven dish once caramelised.

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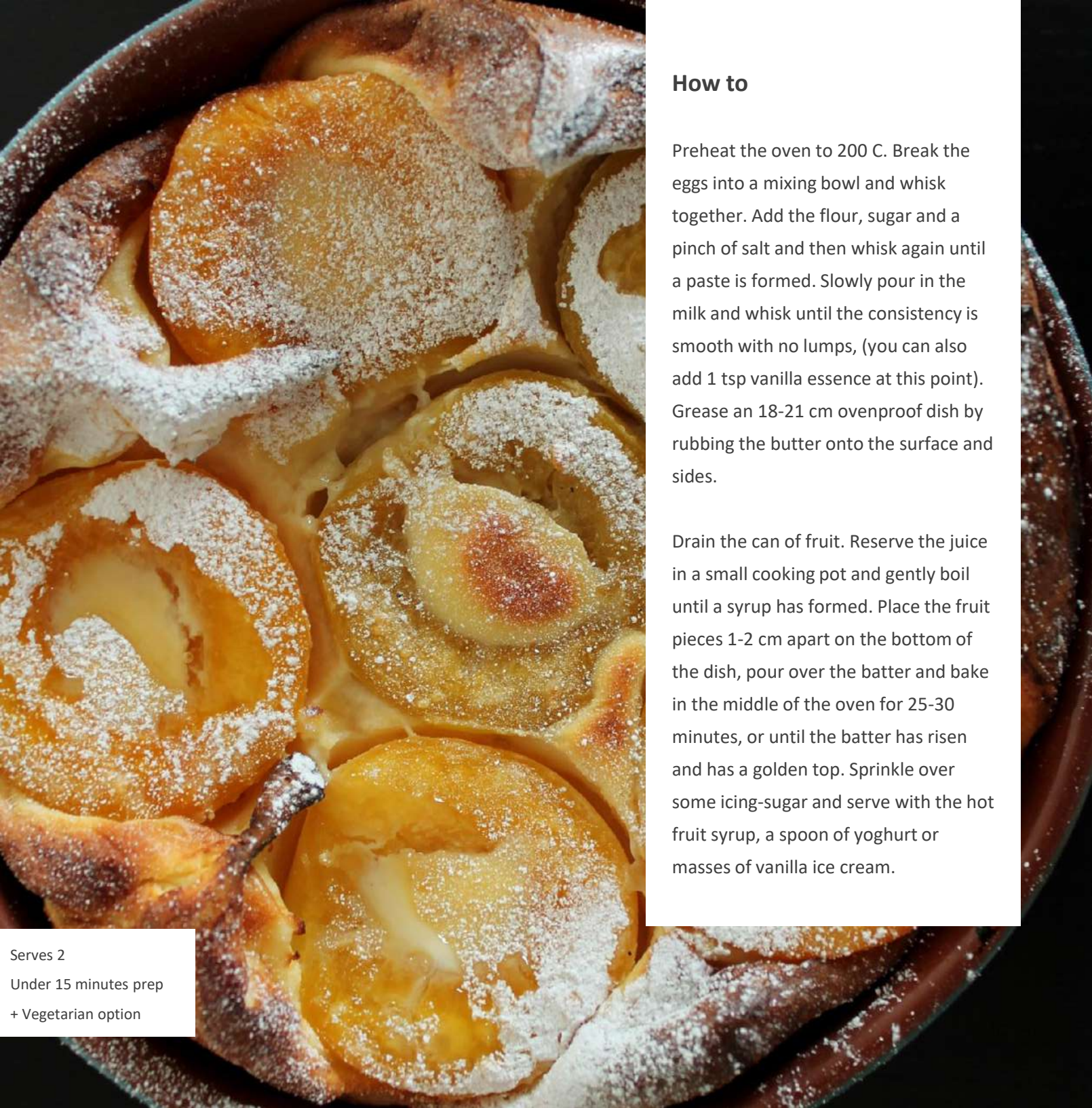

Serves 2

Under 15 minutes prep

+ Vegetarian option

How to

Preheat the oven to 200 C. Break the eggs into a mixing bowl and whisk together. Add the flour, sugar and a pinch of salt and then whisk again until a paste is formed. Slowly pour in the milk and whisk until the consistency is smooth with no lumps, (you can also add 1 tsp vanilla essence at this point). Grease an 18-21 cm ovenproof dish by rubbing the butter onto the surface and sides.

Drain the can of fruit. Reserve the juice in a small cooking pot and gently boil until a syrup has formed. Place the fruit pieces 1-2 cm apart on the bottom of the dish, pour over the batter and bake in the middle of the oven for 25-30 minutes, or until the batter has risen and has a golden top. Sprinkle over some icing-sugar and serve with the hot fruit syrup, a spoon of yoghurt or masses of vanilla ice cream.

70p

Apple crumble w/ honey oat crunch

A classic treat that's easy on the wallet

Every now and then I eat dessert for dinner. I buy a tub of ice cream and eat half a pot with a huge portion of apple crumble. Then in the morning I eat the same again for breakfast. I repeat this dessert ritual about twice per year, and I thought you might like to join me. If not, this is a super simple dessert that will feed two to four.

Original Recipe	Swap Shop
4 Cooking Apples	6-8 Eating Apples
½ Tbsp Butter	-
1 ½ Tbsp Sugar	1 Tbsp Honey
1 Tbsp Water	-
1 tsp Lemon Juice	-
½ tsp Cinnamon	-
½ tsp Vanilla Essence	-

Oat Crunch Topping

1 cup Oats
2 Tbsp Butter
2 Tbsp Honey
1 Tbsp Sugar

No oats? Make a crumble with 1 cup flour, 8 tbsp butter and ½ cup sugar. Rub together until it feels like bread crumbs, then bake as usual.

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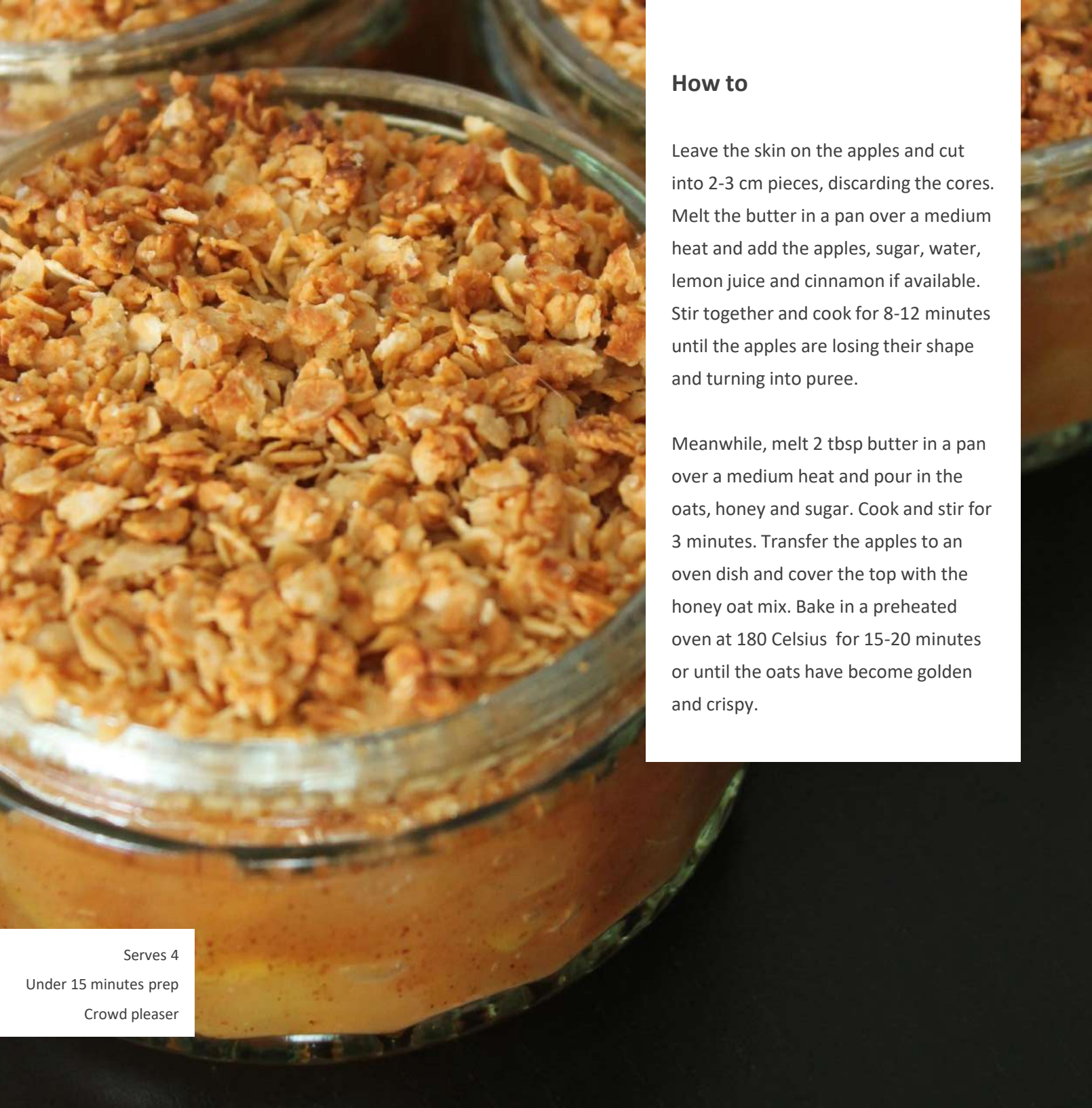

How to

Leave the skin on the apples and cut into 2-3 cm pieces, discarding the cores. Melt the butter in a pan over a medium heat and add the apples, sugar, water, lemon juice and cinnamon if available. Stir together and cook for 8-12 minutes until the apples are losing their shape and turning into puree.

Meanwhile, melt 2 tbsp butter in a pan over a medium heat and pour in the oats, honey and sugar. Cook and stir for 3 minutes. Transfer the apples to an oven dish and cover the top with the honey oat mix. Bake in a preheated oven at 180 Celsius for 15-20 minutes or until the oats have become golden and crispy.

Serves 4

Under 15 minutes prep

Crowd pleaser

How to

Create your own meal plan

Meal planning is a smart way to eat well and save money. It takes a small amount of practice, but the rewards are more than worth it. Here's a rundown of the best way to create your own budget meal plan.

1. Check the weather and visualise your week

You wouldn’t want to plan a week of fresh salads only to find it is cold and raining, (this is the U.K. after all). So the first place to start is by checking the weather and planning accordingly. Secondly, try to visualise your week. Are there events taking place? Do you have guests coming over? Sketch out your schedule and build you plan around your life.

2. List the ingredients you already have

A simple way to save money and waste less is to eat what you already have. Make a list of your available ingredients and use that as the foundation of your meal plan.

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3. Cook once, eat twice

That's a good motto for budget cooking. It simply means the evening's cooking effort gives you dinner and the next day's lunch. Do this Monday to Friday and you'll have saved yourself from cooking five additional lunches. It's a million times better than that meal-deal sandwich and is cheaper and healthier.

4. Start with the dinners and the lunches will follow

When building your meal plan, a good place to start is with dinner. Leave the fancy lunches for the weekend and focus on the evening meals. So in a one week meal plan all you have to think about are 7 breakfasts, 7 dinners and 2 weekend lunches.

5. Let the ingredients inform the next recipe

Decide on the meals you know you want to cook and then use that as the basis to fill in the blanks. For example if you know you want to eat baked chicken w/ sweet potato and sundried tomato, you will most likely have leftover sweet potatoes in the packet. So the logical step is to use sweet potato for the base of another meal, (a soup for example).

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6. Select recipes from budget cookbooks or your own list

Spend some time flipping through cookbooks and recipe websites and start collating a selection of recipes. If you don't already have a go-to list, try searching online for budget recipes, (or use this book). Keep a file of the ones you like!

7. Fill out A meal plan template & create a shopping list

Grab a pencil and eraser and fill out your meal plan template. It's good to remember that creating meal plans is a bit of an art, but definitely worth the effort!

8. Shop once per week and store ingredients properly

Find your biggest, nearest supermarket and head there with a shopping list. Don't go shopping on an empty stomach and only buy the things you need.

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Meal Plans

Eat well for £18.00 /week

On the next page I have written out a meal plan from this cookbook for two people that costs £18.44 /person for the whole week of breakfasts, lunches and dinners. That's an average of £2.63 per day, or .87p per meal!

I have used Tesco's Basics range, but the major supermarkets will offer similar ingredient and prices – The discounters Lidl and Aldi may even be cheaper, and I believe Sainsbury's have a very extensive own brand range! You will be able to save even more money as your cupboard of herbs, spices and dry goods such as pasta, rice and couscous becomes well stocked over time. A good tip is to check which ingredients you have in stock before following any meal plan, then simply buy what you need.

Of course, you may be cooking for one, (or a family), and these meal plans may not be suitable for you. My hope is that you might gain some inspiration from the plans so that you can make your own. Meal planning is a the #1 way to eat well, and you will always save you money in the long run. Good luck, and have fun!

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2 person plan

	Breakfast	Lunch	Dinner
Sun	Mighty Omelette	Sweet Potato and Sundried Tomato Soup	Meatball Marinara
Mon	Granola and Milk	Meatball Marinara	Sammy T's Dirty Rice
Tue	Granola and milk	Sammy T's Dirty Rice	Chicken and Vegetable Tagine
Wed	Perfect Scrambled Eggs On Toast	Chicken and Vegetable Tagine	Sweet Potato w/ Roast Vegetables and Feta
Thur	Granola and milk	Sweet Potato w/ Roast Vegetables and Feta	One Pot Pasta
Fri	Granola and milk	One Pot Pasta	Healthy Chicken and Roast Veg Tray Bake
Sat	Garlic Butter Mushrooms On Toast	French Onion Soup w/ Cheddar Crouton	North African Chickpea and Chicken Skillet

Click a recipe title to go to the recipe page in the book.

2 person shopping list: **£36.88** (Average price £0.87p /meal, or £2.63 per person /day)

Fresh Produce *to buy*	Meat and Dairy *to buy*	Store Cupboard *to buy*
4 x Baking potatoes (£1.20)	2 x 750g Chicken Thighs (£2.48)	10 Beef Stock Cubes (£0.50)
5 Sweet Potatoes (£1.75)	1 x 500g Cooking Bacon (£0.57)	10 Chicken Stock Cubes (£0.50)
2 x 6 Pack Salad Tomatoes (£1.18)	1 x 500g Minced Beef 15% Fat (£2.50)	1 x 80g Tandoori Curry Powder (£1.00)
1 x 330g Cherry Tomatoes (£0.85)	1 x 4 Pints Semi Skimmed Milk (£1.09)	1 x 37g Ground Mixed Spice (£0.85)
1 x Broccoli (£0.58)	1 x 400g Mature Cheddar (£1.79)	1 x 28g Crushed Chillies (0.85)
2 x Courgette (£0.80)	1 x 200g Feta Cheese (£1.20)	1 x 18g Mixed Herbs (£0.70)
4 x Carrots (£0.26)	1 x 250g Salted Butter (£1.50)	2 x can Chickpeas (£0.80)
1 x 250g Fresh Spinach (£0.79)	1 x 12 Pack Free Range Eggs (£1.69)	1 x 150ml Dark Soy Sauce (£0.65)
1 x 375g Mixed Peppers (£0.91)		1 x 1kg Long Grain Rice (£0.45)
1 x 600g Mixed Peppers (£1.10)		1 x 500g Fusilli Pasta (£0.50)
1 x 1kg Brown Onions (£0.60)		1 x 500g Spaghetti (£0.20)
2 x Red Onion (£0.42)		1 x 500g Cous Cous (£0.70)
1 x 4 Pack Garlic (£0.62)		2 x 535g Sundried Tomatoes (£2.50)
1 x 380g Mushrooms (£0.82)		2 x 800g Wholemeal Bead (£0.36)
		2 x Part Baked Baguette 2 pack (£0.42)
		2 x 1kg Fruit and Nut Granola (£1.60)

Not included in the shopping list: Olive Oil, Salt, Pepper

You might already have many of the herbs and spices.

4 person plan

	Breakfast	Lunch	Dinner
Sun	Mighty Omelette	Sweet Potato and Sundried Tomato Soup	Meatball Marinara
Mon	Granola and Milk	Meatball Marinara	Sammy T's Dirty Rice
Tue	Granola and milk	Sammy T's Dirty Rice	Chicken and Vegetable Tagine
Wed	Perfect Scrambled Eggs On Toast	Chicken and Vegetable Tagine	Sweet Potato w/ Roast Vegetables and Feta
Thur	Granola and milk	Sweet Potato w/ Roast Vegetables and Feta	One Pot Pasta
Fri	Granola and milk	One Pot Pasta	Healthy Chicken and Roast Veg Tray Bake
Sat	Garlic Butter Mushrooms On Toast	French Onion Soup w/ Cheddar Crouton	North African Chickpea and Chicken Skillet

Click a recipe title to go to the recipe page in the book.

4 person shopping list: **£64.18** (Average price £0.76p /meal, or £2.29 per person /day)

Fresh Produce *to buy*	Meat and Dairy *to buy*	Store Cupboard *to buy*
8 x Baking potatoes (£2.40)	4 x 750g Chicken Thighs (£4.96)	10 Beef Stock Cubes (£0.50)
10 Sweet Potatoes (£3.50)	2 x 500g Cooking Bacon (£1.14)	10 Chicken Stock Cubes (£0.50)
4 x 6 Pack Salad Tomatoes (£2.36)	2 x 500g Minced Beef 15% Fat (£5.00)	1 x 80g Tandoori Curry Powder (£1.00)
2 x 330g Cherry Tomatoes (£1.70)	1 x 6 Pints Semi Skimmed Milk (£1.50)	1 x 37g Ground Mixed Spice (£0.85)
2 x Broccoli (£1.16)	2 x 400g Mature Cheddar (£3.58)	1 x 28g Crushed Chillies (0.85)
4 x Courgette (£1.60)	2 x 200g Feta Cheese (£2.40)	1 x 18g Mixed Herbs (£0.70)
8 x Carrots (£0.52)	1 x 250g Salted Butter (£1.50)	1 x can Chickpeas (£0.40)
2 x 250g Fresh Spinach (£1.58)	2 x 12 Pack Free Range Eggs (£3.38)	1 x 150ml Dark Soy Sauce (£0.65)
2 x 375g Mixed Peppers (£1.82)		1 x 1kg Long Grain Rice (£0.45)
2 x 600g Mixed Peppers (£2.20)		1 x 500g Fusilli Pasta (£0.50)
2 x 1kg Brown Onions (£1.20)		1 x 500g Spaghetti (£0.20)
4 x Red Onion (£0.84)		1 x 500g Cous Cous (£0.70)
2 x 4 Pack Garlic (£1.24)		1 x 535g Sundried Tomatoes (£5.00)
2 x 380g Mushrooms (£1.64)		1 x 800g Wholemeal Bead (£0.72)
		1 x Part Baked Baguette 2 pack (£0.84)
		2 x 1kg Fruit and Nut Granola (£3.10)

Not included in the shopping list: Olive Oil, Salt, Pepper

You might already have many of the herbs and spices

new plan

	Breakfast	Lunch	Dinner
Sun			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			

New Shopping List

Fresh Produce to buy	Meat and Dairy to buy	Store Cupboard to buy	Already have these...

Kitchen & shopping tips 01

Buy Big Flavours

Budget cooking is a game of flavour combinations, where the addition of 'big flavours' can transform recipes from mundane to mouth-watering. A good tip is to identify the big flavours that you like. Make a list and start adding these ingredients into your recipes. If you cook like this, expensive meat doesn't have to be the centre of a meal. You can use less and still eat well. Here's a suggested list of Big Flavours that can transform meals.

Fresh & Dairy	Spices & Herbs	Cupboard
Eggs	Salt	Olive Oil
Butter	Pepper	Sesame Oil
Bacon	Tandoori Spice	Sundried Tomatoes
Chorizo	Garam Masala	Olives
Cheddar Cheese	Chinese Five Spice	Capers
Feta Cheese	Coriander Powder	Soya Sauce
White Onions	Cinnamon Powder	Anchovies
Garlic	Chilli Flakes	Peanuts
Fresh Coriander	Dried Thyme	Mustard
Spring Onions	Dried Rosemary	Tahini Paste
Fresh Ginger	Mixed Herbs	Tomato Ketchup
Fresh Chilli	Chicken Stock Cubes	Honey
Lemon	Vegetable Stock Cubes	Vanilla Essence
Lime	Beef Stock Cubes	Coconut Milk

Kitchen & shopping tips 02

When to Shop

It sounds silly, but don’t go food shopping when hungry! How often do we find ourselves walking down the food aisles, drooling over the goods because we're shopping at the wrong time? Shopping when hungry is a sure-fire way to spend more on things you don't need. (I have found myself buying snacks for the short journey home even though I have a bag full of great food to cook, when I get home).

Listen to your body, and if you’re hungry, eat first.

Kitchen & shopping tips 03

Where to Shop

Many of us don't live near a supermarket, and will make frequent trips to the local corner shop throughout the week. I agree we should all support our local shops, but if you are on a tight budget, making that one weekly trip to a large supermarket will bring down the cost of your food bill, (you can always shop local if you missed something). Prices in supermarkets are often (but not always) cheaper.

All the meals in the Eat Delicious cookbook have been prepared with ingredients from major supermarkets.

Kitchen & shopping tips 04

Late Night Shopping

Give late night shopping a go; discounted sell by date meats can be snapped up and frozen at home for later use. Search out the reduced aisle and if you find discounted meat with a day left, consider buying it and freezing it for up to three months. Just remember, once defrosted you've got to use it the same day.

Meat and veg are usually fine at their 'use by' or 'sell by' date, but you might want to give fish a miss. Both Tiphaine and I have suffered the consequences of out of date fish and wouldn't wish it on you.

Kitchen & shopping tips 05

Make a Shopping List

Throughout the week, make a note of any ingredients that need replacing and just before heading out finalise you shopping list. Do a quick stock take and check quantities of herbs and spices, frozen ingredients, canned and store cupboard ingredients, Vegetables and Dairy. If you're following the meal plans simply take a list of the ingredients, (you could take a photo on a phone).

If you're making your own meal plan, try using the meal plan builder in this book. If you are feeding a family, it can often be cheaper to order online. This gives you the option to search by cheapest product which can save money. You will also save time and petrol costs to visit the supermarket.

Online stores often have vouchers for first time customers. Search online to find them.

Kitchen & shopping tips 06

City Markets

In cities, local veg markets can offer amazing value for money, and ethnic shops are cheaper for herbs and specialty ingredients. In London, I have picked up 8 ripe avocados for £1 in Lewisham market, 5 peppers for £1 in Whitechapel market, and a kilo of fresh mussels for £4 from Billingsgate Fish Market.

Ask around for info on your local market and check it out. Chances are you'll walk away with a bargain.

Kitchen & shopping tips 07

Shop Weekly

When buying fresh fruit and veg focus on what you need for that week only. It's so easy to look at all the amazing produce and before you know it your basket is full of things that you don't need, or that will go off before you get around to using them.

Also, try to build up a cupboard full of staples. Each week buy a new staple such as a packet of rice, beans, lentils, pasta, canned goods or a new spice. It's amazing what you can do with simple ingredients, check out the veggie burger.

Kitchen & shopping tips 08

Think Multiples

Buy ingredients that can be used in several meals so you have options. When you write your weekly shopping list, remember to be flexible and try to choose ingredients that can be used in two or more recipes.

For example, sweet potatoes can be made into a delicious soup, roasted with tomato and served with couscous, or even marinated, grilled and tossed in a hearty salad.

Kitchen & shopping tips 09

Buy Own Brand

Turn your shopping trip into modern bargain hunting and don’t be ashamed to buy own brand. Often the only difference between basic and premium food is the packaging and marketing budgets.

If you’re unsure, compare the ingredients label and try to stay away from the one with added sugar, sweeteners and e-numbers.

Kitchen & shopping tips 10

Don’t Buy Drinks

It seems like an obvious point, but soft drinks are expensive and offer little nutrition. Most packaged drinks (except milk) are overpriced. Water is free and much better for you. Even fruit juice offers less nutrition than eating a piece of fruit. (Whole fruit contains the fibre and other nutrients not found in the juice). I'm not suggesting fruit juice is bad, (It makes a great treat and can be frozen in an ice tray for a summery lolly) but if you’re on a very tight budget, stick to whole fruit instead of juice.

Also, if you're after something cold and sweet but don't want the ice cream calories, eat some frozen grapes. Try them, they're delicious.

Kitchen & shopping tips 11

Buy in Bulk

If your budget allows it, buy bigger packs of long-life ingredients like rice, canned goods, frozen produce, and toilet paper. This can often reduce the per portion price and unlike fresh ingredients they will not spoil before you get around to using them. In UK supermarkets you can check which option is cheapest by comparing the per Kilo price.

You can also apply this thinking to other household items like toilet paper, soap and cleaning products.

Kitchen & shopping tips 12

Shop Seasonally

When fruit and veg hits peak season, the price is often lowered as there is a surplus of stock. From cucumbers to aubergines, cabbage to carrots; if you shop seasonally you will save money.

Keep an eye out for the fresh fruit and veg that is on discount. That's the stuff that's generally in season. If you want to find out more about seasonal eating the guys at Eat Seasonably have a pretty amazing calendar that tells you when veg is in season.

Check out their website for more information.

www.eatseasonably.co.uk

Kitchen & shopping tips 13

Love your Freezer

The best way to save time is to batch cook meals and freeze them. Buy plastic takeaway containers (with lids), and sandwich bags (with ties). Not only can you create your own ready meals, you can split large meat packs, control portions and store food for longer. As a general rule, freeze items for up to 3 months and use the oldest items first. We try to use most items by six weeks in our house otherwise we forget what's in the freezer. Remember to defrost meat in the fridge or with a microwave on defrost setting.

It's good to note that you can freeze meats on their best before or use by date. Just remember that once defrosted it will need to be used within 24 hours.

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Recipes aren’t set in stone

Repeat after me.

Recipes. aren’t. set. In. stone.

How many of us pick up a cookbook, flip through to a recipe we like and then put the book down because we don’t have one or two ingredients? To solve this age old problem, you can use our really clever swappable ingredients section that shows you how to swap out ingredients that you don't have or dislike, and swap in the ones that you do.

Each recipe can be personalised to suit your taste buds and made with the contents of your fridge. So whenever you cook from this book, have a look at the suggested swaps. In good time you’ll build up a picture of which ingredients go together and which can be swapped.

Once confident, you’ll find you can open the fridge and cook from scratch without a cookbook to hand. You’ll never be stuck for a meal again.

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Things to Freeze

Bacon – Split the pack into portions and freeze 2 slices per bag. If you can find it, buy cooking bacon, it's just as good and cheaper!

Boneless Pork (and other large meats) – Buy around 1kg of meat and cut into 6 pieces. freeze 2 pieces per bag.

Chicken thighs – Split into portions and freeze 2 pieces per bag.

Bread – Slice bread and freeze. Just pop in toaster to defrost.

Spinach, peas, corn, fresh herbs – Contain all the nutrients and will not spoil in the freezer.

Other things to freeze – Chopped onion, garlic, ginger, chilli, coriander and fresh herbs, chicken stock, soups, sauces, pizza dough, bread dough, pie dough, mashed potato, par-boiled and seasoned potatoes ready for roasting, curry pastes, milk, butter, grapes, juices, fresh fruit, cooked fruit, curry pastes.

How to Freeze certain vegetables – Vegetables like broccoli, carrots, green beans and mushrooms need to be quickly blanched in boiling water and chilled in cold before freezing. It's simple to do and the best bet is to Google how.

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Make Meat go Further

Fancy a Sunday roast? No problem! But before you throw away the leftovers, consider that the chicken carcass can be boiled to make a highly nutritious bone broth.

Find a big pot and fill it with water, throw in 1 tbsp. gravy granules, a stock cube, an onion, a couple cloves garlic and 1 tsp herbs. Gently boil for an hour or two, remove the bits with a sieve and put the liquid back into the pot. Add in a handful of shredded chicken and any leftover roast potatoes, carrots and stuffing. Heat through and Voila, another tasty meal.

Another way to make meat go further is to cut it into wafer thin pieces. It increases the surface area and will absorbs huge amounts of flavour. By cutting super thin you actually taste more meat than there really is. It’s a perfect way to economise whilst maximising taste.

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Why Chicken Thighs

Chicken thigh is tastier and much more succulent than breast. Yes, it needs a little prep work to remove the skin, fat and bone, but you are more than rewarded for your labour. On the plus, it costs less than breast, the bones can be used to make stock, and the skin can be used to make schmaltz. (Google it!)

A good way to bring the cost down is to buy a large pack of chicken thighs and split the pack into two thigh portions. Place each portion in a sealable freezer bag and defrost when needed.

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Eggs Eggs Eggs a guide to freshness

Ah eggs, one of the most versatile ingredients in the kitchen. If you can afford it, we suggest opting for free-range or organic as the living conditions for caged eggs aren't pretty. On the plus, free-range eggs aren't expensive with 12 costing around the £2.00 mark.

To check the freshness of an egg, submerge one in bowl of water. If the egg lies flat on the bottom it is fresh. The more it tilts on one end the less fresh it is. If it is standing almost vertical it needs to be eaten as soon as possible. If it is almost floating, or indeed floating, discard it.

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Ugly fruit & veg

Vegetables are shaped by nature and come from large muddy fields in the middle of the countryside. It's easy to forget that fact when they're presented to us in their uniform shape and perfect pristine packaging. In reality, there's just tons of perfectly edible vegetables going to waste as they aren't the right shape for the supermarkets strict criteria. Fortunately, that's now beginning to change, with 'ugly fruit and veg' being introduced back into the shops.

Please buy it. It's how nature intended the veg to be; knobbly, bent and with interesting colours. It tastes great and could save you money too.

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Dried Herbs

Herbs fit nicely into the Big Flavour category which means they can take your meals to the next level without blowing your budget. Over time you can build up a well-stocked herb drawer but to start go for a 'mixed herb' which will add depth to your savoury meals. (A good mixed herb will most likely be a combination of marjoram, thyme, oregano, basil and sage, but does vary from shop to shop). Solo herbs to consider are thyme, rosemary, sage, and oregano.

If you have unused fresh herbs, chop them up and mix with equal amounts of butter or olive oil. Freeze in an ice tray (or sandwich bags for later use. Just pop into a pan over a medium heat to melt your flavour bombs, then add your onion and garlic as normal.

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Fresh Herbs

Not only do herbs fit into the superfood category, they add depth of flavour and can transform recipes. The only problem with herbs is that they tend to wilt after a couple of days. Keep you herbs fresh by standing them in 2 cm of water (in a cup), and remember to change the water every day.

If you want to keep them even longer, finely chop the herbs into pieces and mix with butter or olive oil. Pour this mixture into an ice cube tray and keep in the freezer for up to three months. When ready to use, simply pop out a cube and melt in a pan over a medium heat. Garlic and ginger can also be kept this way.

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Ground Spices

Over the next couple of weeks, it's a good idea to build up a spice cupboard. No need to go crazy, just a few carefully chosen spices that will open up a world of flavour. Have a look at the Big Flavours tips for information on how these can transform meals. When starting to stock your spice cupboard I recommend picking up a couple of mixes rather than individual spices. Chinese Five Spice is a good one, as is Tandoori spice and Garam Masala. With these three you can bring in the flavours of the Far East, India, Mexico and the Middle East.

Some individual spices that can make a big difference are ground cinnamon, ground coriander, ground cumin, and smoked paprika.

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It’s all in the Prep

Take a peek into any professional kitchen and you’ll notice that everything is perfectly prepped allowing the chef to focus on the timings, flavour profiles and the control of heat. Let’s borrow the principles from the pros and take the time to get our ingredients ready-to-roll before we start. Cook like this and you’ll find yourself in control of the cooking process from start to finish.

A good way to achieve this is to read the ingredients list and recipe all the way through before beginning, then chop, slice and dice accordingly.

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Pre-packaged vs. loose goods

Here's a simple one. Would you rather spend £2.20 per kilo of courgettes or £1.60 per kilo? There's no difference to the vegetable, it's just that one is packaged and one is loose. Put it another way, do you really want to spend an extra £0.60p for packaging which will just end up in a landfill site?

How about this one. Would you rather spend £2.00 on 400g cheddar that you have to grate yourself, or £2.80 for 400g of pre-grated cheddar? It doesn't sound much, but if you bought that grated cheddar each week you'd spend £41.60 more per year. Now apply those savings to your whole shopping list and you can see how it quickly adds up.

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