

**WEEK ONE****WEEK TWO****WEEK THREE****WEEK FOUR****WEEK FIVE****THURSDAY**SAVOURY MINCE  
BURRITOSITALIAN MEATLOAF,  
MASHED POTATOESCAMELISED  
SAUSAGE  
CASSEROLEHONEY MUSTARD  
SAUSAGE  
TRAYBAKE**CARBONARA****FRIDAY**CRISPY FISH  
AND CHIPSSPAGHETTI  
PIZZA BAKETUNA FISHCAKES,  
PEASJAMBALAYA,  
HOMEMADE  
FLATBREADS**SATURDAY**LENTIL AND  
CHICKPEA  
LASAGNECHICKEN  
FRIED RICECHICKEN  
KIEV PASTABACON, EGG AND  
VEG SLICE, POTATO  
WEDGES**SUNDAY**ROAST CHICKEN,  
ROOT MASH, ROAST  
POTATOESLOADED FRIES,  
CHICKEN WINGSROAST PORK, HASSELBACK  
POTATOES, CAULIFLOWER &  
BROCCOLI CHEESEROAST GAMMON,  
CHEESY VEG, ROAST  
POTATOES**MONDAY**COCONUT AND  
CHICKPEA CURRYCHEESY  
LENTIL BAKEBUTTERNUT SQUASH  
AND CHICKPEA  
CURRY, RICECREAMY FRENCH  
ONION PASTA**TUESDAY**CARBONARA  
NOODLESTURKEY, RICOTTA,  
SPINACH PANCAKESPULLED PORK,  
JACKET POTATOES,  
SALADSAUSAGE AND  
MASH PIE**WEDNESDAY**BROCCOLI  
PESTO PASTASALT AND CHILLI  
PRAWN SPAGHETTILASAGNE, SALAD,  
GARLIC BREADPEANUT CHICKEN  
AND RICE

SHOPPING LIST					
INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2 X BROCCOLI	£1.64	£1.58	£1.64	£2.00	£1.64
SWEDE	£0.69	£0.49	£0.62	£0.62	£0.69
15 X PEPPERS	£6.36	£3.30	£3.80	£2.76	£5.96
2 X 1KG ONIONS	£1.98	£1.98	£1.98	£2.00	£1.98
2 X 1KG CARROTS	£1.20	£1.30	£1.30	£1.30	£1.30
GARLIC	£0.95	£0.95	£0.75	£0.95	£0.99
CELERY	£0.57	£0.62	£0.65	£0.57	£0.60
7.5KG POTATOES	£3.57	£3.45	£4.47	£3.45	£3.87
7 X CHILLIES	£1.40	£1.14	£0.90	£0.90	£1.18
3 X CAULIFLOWER	£2.97	£1.85	£3.00	£2.25	£3.00
4 X COURGETTES	£1.39	£1.39	£1.90	£1.40	£1.39
2 X LEEKS	£1.19	£1.19	£1.30	£1.19	£1.50
PARSLEY	£0.52	£0.52	£0.60	£0.52	£0.85
400G MUSHROOMS	£1.19	£1.19	£1.29	£1.50	£0.95
ROOT GINGER	£0.55	£0.79	£0.60	£0.55	£1.25
450G SPINACH	£1.90	£1.90	£2.00	£3.00	£2.67
2 X SALAD BAGS	£1.56	£1.70	£1.60	£1.56	£1.00
SPRING ONIONS	£0.55	£0.55	£0.55	£0.55	£0.55
CHERRY TOMATOES	£0.69	£0.69	£0.69	£0.69	£0.60
BUTTERNUT SQUASH	£1.50	£1.15	£1.62	£1.50	£1.35
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50
2 X SPAGHETTI	£0.56	£0.56	£0.56	£1.12	£1.50
3 X PASTA	£1.23	£1.23	£1.23	£1.64	£1.50
LASAGNE SHEETS	£0.75	£0.79	£0.64	£0.75	£0.99
2 X RICE	£1.04	£2.50	£1.04	£1.04	£3.18
3 X PASSATA	£1.65	£1.65	£1.80	£1.65	£1.80
6 X CHOPPED TOMATOES	£2.10	£2.10	£2.10	£2.10	£2.22
3 X CHICKPEAS	£1.62	£1.65	£1.35	£1.65	£1.65
STUFFING MIX	£0.45	£0.45	£0.30	£0.40	£0.39
2 X COCONUT MILK	£1.58	£1.58	£1.70	£1.58	£2.00
2 X TUNA	£1.10	£1.10	£1.64	£1.50	£2.00
LEMON JUICE	£0.80	£0.44	£0.75	£0.80	£0.79
HONEY	£0.75	£0.75	£0.75	£0.75	£0.75
22 SAUSAGES	£3.00	£3.00	£3.00	£3.30	£3.75
CHICKEN WINGS	£2.30	£2.19	£2.41	£2.19	£2.00
FROZEN MIXED VEG	£0.89	£0.99	£0.85	£1.50	£0.89
CHICKEN BREASTS	£5.10	£4.25	£4.10	£4.25	£6.49
FROZEN SWEETCORN	£1.32	£1.45	£1.70	£1.38	£1.70
FROZEN PEAS	£0.99	£0.99	£1.45	£0.80	£1.45
FROZEN WHITE FISH FILLETS	£2.50	£3.49	£2.50	£2.49	£2.16
FROZEN CHIPS	£1.65	£1.49	£1.65	£1.65	£1.95
GAMMON JOINT	£4.09	£4.09	£4.79	£4.29	£4.09
COOKED PRAWNS	£1.99	£1.99	£2.80	£2.75	£2.15
WHOLE CHICKEN	£3.76	£3.53	£4.57	£4.95	£4.25
2 X BEEF MINCE	£4.98	£4.98	£4.98	£4.98	£4.98
COOKING BACON	£1.00	£1.45	£2.25	£1.00	£1.00
TURKEY MINCE	£3.70	£2.49	£2.65	£3.99	£2.99
PORK JOINT	£5.00	£5.69	£5.70	£5.31	£6.25
CHORIZO	£2.25	£1.89	£2.50	£2.25	£2.50
PEPPERONI	£1.05	£1.05	£1.00	£1.00	£1.20
3 X 300ML DOUBLE CREAM	£2.97	£2.97	£3.45	£2.97	£4.05
2 X 15 EGGS	£3.98	£3.98	£3.98	£5.20	£4.78
3 X 400G CHEESE	£7.47	£7.47	£7.65	£7.47	£6.94
2 X GARLIC BAGUETTE	£0.74	£0.74	£0.74	£0.72	£0.74
2 X GRANA PEDANO	£3.58	£4.50	£5.00	£6.00	£6.38
GRATED MOZZARELLA	£4.00	£2.80	£5.10	£2.80	£4.50
SOUR CREAM AND CHIVE DIP	£1.35	£0.85	£1.00	£1.35	£1.40
RICOTTA	£1.40	£1.29	£1.29	£1.40	£1.39
RED LENTILS	£1.90	£1.29	£1.90	£1.89	£1.89
WORCESTERSHIRE SAUCE	£1.00	£0.85	£0.69	£1.30	£1.30
BEEF STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£1.00
PLAIN FLOUR	£0.70	£0.79	£0.70	£0.79	£0.79
BREADCRUMBS	£1.15	£0.89	£1.00	£1.55	£1.15
ROSEMARY	£1.00	£0.59	£1.00	£1.10	£1.09
ITALIAN HERB SEASONING	£1.00	£0.59	£1.00	£1.10	£1.09
CHILLI FLAKES	£1.00	£0.65	£1.00	£1.25	£1.09
OREGANO	£1.00	£0.55	£1.00	£1.10	£1.09
SMOKED PAPRIKA	£1.00	£0.69	£1.00	£1.90	£1.09
BROWN SUGAR	£1.80	£1.05	£1.35	£1.80	£1.75
VEGETABLE STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£2.99
LEMONADE	£0.60	£0.35	£0.60	£0.65	£0.65
BAKING POWDER	£0.57	£0.65	£0.65	£1.35	£1.35
CURRY POWDER	£1.30	£0.79	£0.95	£1.05	£0.99
SOY SAUCE	£0.75	£0.55	£0.55	£0.75	£0.89
BBQ SAUCE	£1.00	£0.89	£1.20	£1.15	£1.25
THYME	£1.00	£0.65	£1.00	£1.10	£1.09
MUSTARD	£0.90	£0.75	£0.65	£0.55	£0.65
CHICKEN STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£1.50
GARLIC GRANULES	£1.00	£0.59	£1.00	£1.10	£1.09
2 X INSTANT NOODLES	£0.70	£0.70	£0.56	£0.56	£1.00
TOMATO PUREE	£0.59	£0.59	£0.65	£0.59	£0.65
CHINESE 5 SPICE	£1.00	N/A	£1.00	£1.10	£1.09
PARSLEY	£1.00	£0.49	£1.00	£1.10	£1.09
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29
PEANUT BUTTER	£1.25	£1.25	£1.22	£0.99	£1.25
TOTALS	£144.52	£132.33	£149.15	£150.74	£164.72

**OR £122.60 ACROSS THE FIVE STORES**

# Savoury Mince Burritos

## Ingredients

- 250g minced beef
- 2 peppers, diced
- 2 onions, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 2 tbsp Worcestershire sauce
- 200ml beef stock
- 300g rice
- 100g frozen mixed vegetables
- 8 homemade wraps

### For the homemade wraps you'll need:

- 200g plain flour
- 100g warm water
- ¼ tsp salt
- 2 tbsp oil
- ½ tsp mixed herbs

## Methods

1. Begin by cooking the rice and mixed vegetables. Use a rice cooker or prepare them on the stove following your preferred method.
2. In a large pot, combine diced onions and minced beef. Cook until the beef is browned, approximately 5 minutes.
3. Add minced garlic and fry for an additional 2 minutes.
4. Stir in Worcestershire sauce, ensuring it is well distributed.
5. Add diced peppers and carrots to the pot, stirring to incorporate.
6. Pour in the beef stock and let the mixture simmer for 15-20 minutes.
7. Once the rice and vegetables are cooked, stir them into the mince mixture. Ensure everything is well mixed.
8. Place the mince mixture onto the wraps and fold them.
9. Secure the wraps with toothpicks and air fry, grill, or fry until they become crispy.
10. Remove toothpicks before serving. Enjoy your Savoury Mince Burritos!

### Let's make the homemade wraps:

1. Put the flour, salt, and herbs in a bowl and mix.
2. Gradually mix in the water, bringing the mixture together with your hand.
3. Add the oil and knead to form a soft dough. Leave to rest for 30 minutes.
4. Divide the dough into 4 portions, roll out each until they are 1cm thick, and fry in a hot pan for 2 minutes on each side.

# Crispy Fish and Chips

## Ingredients

- 400g fish fillets
- 150g plain flour (for batter)
  - 200ml lemonade
  - 1 tsp baking powder
  - 500ml oil (for frying)
- 2 tbsp flour (for coating)
  - 800g potatoes
  - 200g frozen peas

## Methods

1. Peel and cut the potatoes into chips.
2. Place the chips in a colander and rinse them under cold running water until the water runs clear. Drain and thoroughly dry the potatoes.
3. Heat the oil in a large pan over medium heat.
4. Add the chips to the hot oil and fry for about 10 minutes until softened but not coloured.
5. Meanwhile, pat the fish dry.
6. Make the batter by whisking together the flour, baking powder, and lemonade until you get a thick batter, similar to double cream.
7. Coat the fish by turning it in the remaining flour until fully coated.
8. Transfer the fish into the batter mix and turn it over until fully coated.
9. Remove the chips from the oil and drain on kitchen paper.
10. Fry the fish in batches, carefully placing it in the oil using a slotted spoon and cooking for 5-6 minutes until golden brown, turning over if needed.
11. Remove the fish from the pan and drain on kitchen paper.
12. Increase the heat of the oil.
13. Put the chips back in and fry for another 3-5 minutes until golden.
14. Drain the chips on kitchen paper.
15. Serve with frozen peas cooked according to the packet instructions.

# Lentil and Chickpea Lasagne

## Ingredients

### For the filling:

- 1 diced onion
- 1 sliced red pepper
- 1 sliced green pepper
- 2 sliced celery sticks
  - 4 sliced chillies
- 3 tsp garlic granules
- 1 tbsp smoked paprika
- 1 tin of chopped tomatoes
  - 1 tsp brown sugar
- 300ml vegetable stock
  - 100g red lentils
  - 1 tin of chickpeas

### For the cauliflower topping:

- 1 cauliflower, cut into florets
  - 50ml milk
  - 50g grated cheese
  - 1 tbsp black pepper

## Methods

### Let's make the base:

1. Fry the onion, peppers, celery sticks, and chillies in a pan.
2. Add a tablespoon of smoked paprika, then add tomatoes, brown sugar, and vegetable stock.
3. Stir in the red lentils and tin of chickpeas.
4. Simmer for 20 minutes.

### Let's make the topping:

1. Cook the cauliflower, then blend it with a bit of milk until smooth. Season well.
2. Layer lasagne sheets with the lentil/chickpea mixture and top the final layer with the pureed cauliflower.
3. Sprinkle grated cheese and black pepper over the top.

### Baking:

1. Preheat the oven to gas mark 6 (200°C).
2. Bake in the oven for 20 minutes.

# Roast Chicken, Root Mash, Roast Potatoes

## Ingredients

### For the filling:

- 1 whole chicken
- 1 chopped onion
- 500g potatoes, peeled and chopped
  - 4 carrots, chopped
- 1 lemon (reserve zest)
  - 4 tbsp butter
- 2 cloves garlic, minced
  - 2 tsp rosemary
  - 2 tsp thyme
  - 2 tsp salt
  - 1 tsp pepper

### For the gravy:

- 2 tbsp plain flour

### For the root mash:

- 2 carrots, sliced
- 1/2 swede, diced
- 2 potatoes, diced
  - 2 tbsp butter
- Salt and pepper to taste

### For the roast potatoes:

- 800g potatoes
- 1 tbsp vegetable oil
  - 1 tbsp flour
  - 1 tsp salt
  - 1 tsp pepper

## Methods

### To slow cook:

1. Place onions, potatoes, and carrots in the bottom of the slow cooker. Season with salt and pepper.
2. Zest the lemon and set the zest aside. Quarter the lemon and place it in the chicken cavity.
3. Set the chicken on top of the vegetables.
4. In a small bowl, mix softened butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
5. Coat the chicken with the butter mixture using your hands. Season with additional salt and pepper.
6. Cook the chicken on low for 6-8 hours or on high for 4-6 hours, depending on the chicken's size. Cook until the juices run clear.
7. Transfer the chicken and vegetables to a baking pan. Sprinkle the reserved zest over the chicken skin and potatoes.
8. Brown the chicken in a hot oven for 10 minutes or until the skin is brown and crispy.
9. Save 600g of the chicken for later use.

### To oven cook:

1. Place onions, potatoes, and carrots in a large roasting tray. Season with salt and pepper.
2. Zest the lemon and set the zest aside. Quarter the lemon and place it in the chicken cavity.
3. Set the chicken on top of the vegetables.
4. In a small bowl, mix butter, garlic, rosemary, thyme, and lemon zest. Season with salt and pepper.
5. Coat the chicken with the butter mixture using your hands. Season with additional salt and pepper.
6. Sprinkle the reserved zest over the chicken skin and potatoes.
7. Cover the baking tray with foil and tightly seal it.
8. Cook in the oven for 1 hour at 200°C.
9. Remove the foil, baste the chicken with the tray juices, and return to the oven uncovered for an additional 20 minutes.

### Let's make the gravy:

1. Remove the chicken and potatoes from the tray and set aside.
2. Mash the carrots and onions into the tray juices.
3. Place the tray on the stove top over medium heat (or transfer to a frying pan or wide-bottomed pot).
4. Stir in the flour.
5. Keep stirring and gradually add boiling water until you achieve a thick, smooth gravy. The amount of water will depend on the chicken's juice.

### Let's make the root mash:

1. Add all the vegetables to a pot of cold water.
2. Bring to a boil.
3. Reduce heat and simmer for 15 minutes until soft.
4. Mash the vegetables.
5. Stir in butter and season with salt and pepper.

### Let's make the roast potatoes:

1. Put the potatoes in a pot with salted cold water and bring to a boil.
2. Meanwhile, place oil on a roasting tray and heat in a hot oven.
3. Reduce heat and simmer the potatoes for 5 minutes.
4. Drain the potatoes and roughen the edges by bashing them around in a colander.
5. Sprinkle flour over the potatoes and shake to ensure good coverage.
6. When the oil is hot, add salt and pepper to it.
7. Carefully add the potatoes – be cautious as it may splatter.
8. Stir the potatoes to ensure they are covered in oil.
9. Put in the oven at 200°C or gas mark 6 for 30–40 minutes.

# Coconut and Chickpea Curry

## Ingredients

- 400g chickpeas
- 1 cauliflower head, chopped
  - 1 diced onion
- 2 minced cloves of garlic
- 1 thumb-sized piece of minced ginger
- 1 tin chopped tomatoes
  - 100g spinach
  - 1 tin coconut milk
- 250ml vegetable stock
- 1 tbsp curry powder
  - 300g rice

## Methods

- 1.** In the slow cooker, combine everything except the coconut milk and spinach.
- 2.** Cook for 4 hours on high or 8 hours on low.
- 3.** Add the coconut milk and spinach, stirring to combine.
- 4.** Heat through for 15-20 minutes until the spinach wilts.
- 5.** Serve with the cooked rice.

# Carbonara Noodles

## Ingredients

- 200g cooking bacon, diced
  - 100g mushrooms, sliced
- 2 packets chicken-flavoured instant noodles
  - 2 eggs
  - 50ml double cream
- 25g shredded Italian hard cheese, plus extra for serving

## Methods

- 1.** Cook the bacon in a non-stick frying pan over medium heat, stirring, for 3-4 minutes or until beginning to crisp.
- 2.** Add the mushrooms and cook for an additional 4 minutes.
- 3.** Meanwhile, cook the noodles following packet directions.
- 4.** In a jug, whisk together the eggs, cream, and Parmesan. Season with pepper.
- 5.** Remove the pan from heat.
- 6.** Quickly add the cooked noodles, egg mixture, and reserved cooking liquid to the pan.
- 7.** Toss until combined. (The heat from the noodles will cook the egg slightly and form a creamy sauce).
- 8.** Add a couple of tablespoons of water if needed to loosen the sauce.
- 9.** Serve immediately, topped with extra Parmesan.



# Broccoli Pesto Pasta

## Ingredients

- 1 head of broccoli
  - 500g pasta
  - 1 sliced pepper
- 1 grated courgette
- 50g grated cheese
  - 3 tbsp oil
- 2 tsp lemon juice
- Salt and pepper, to taste

## Methods

- 1.** Finely chop the broccoli florets and cook them in boiling water for about 3 minutes until they are crisp-tender.
- 2.** Using a slotted spoon, transfer the broccoli to a large bowl of iced water and then drain on paper towels.
- 3.** Cook the pasta in the same pot of boiling water according to the packet instructions, until it is al dente.
- 4.** While the pasta is cooking, stir-fry the sliced pepper and grated courgette for 5 minutes, then set them aside.
- 5.** Transfer the drained broccoli to a food processor.
- 6.** Add the oil and lemon juice to the food processor, season with salt and pepper, and blitz until smooth.
- 7.** Drain the pasta, reserving 125ml of the pasta cooking water in a jug, and return the pasta to the pot.
- 8.** Toss the pasta with the stir-fried vegetables and broccoli pesto, adding the reserved pasta cooking water as needed to coat evenly.
- 9.** Stir through the grated cheese until well combined.

# Italian Meatloaf, Mashed Potatoes

## Ingredients

- 180g breadcrumbs
  - 100ml milk
  - 1 tbsp oil
- 1 finely chopped onion
  - 1 finely diced carrot
- 2 sticks of celery, finely diced
  - 4 crushed garlic cloves
    - 1 tbsp rosemary
  - 1 tsp dried Italian herbs
- 1/2 tsp dried chilli flakes (optional)
  - 250g beef mince
    - 100g lentils
  - 1 beef stock cube
  - 1 lightly beaten egg
    - 1 carton passata
  - 150g grated cheese
    - 1 tbsp oregano

## Methods

- 1.** Preheat the oven to 200°C/180°C fan. Grease a loaf pan and line it with baking paper, extending the paper 2 cm above the edges on all sides.
- 2.** Place breadcrumbs and milk in a large bowl. Set aside.
- 3.** Cook lentils with a beef stock cube in a small pot until softened and the liquid is absorbed.
- 4.** Heat oil in a small frying pan over medium-high heat. Add onion, carrots, celery, garlic, rosemary, dried Italian herbs, and chilli (if using).
- 5.** Cook, stirring, for 5 minutes or until the onion is soft. Transfer the onion mixture to the bowl with breadcrumbs.
- 6.** Add the cooked lentils, mince, and egg to the onion mixture. Season with salt and pepper. Mix well to combine.
- 7.** Spoon the mixture into the prepared pan, pressing with the back of a spoon to compact and level.
- 8.** Bake for 50 to 55 minutes or until cooked through. Stand for 5 minutes and drain excess pan juices.
- 9.** Carefully turn the meatloaf, top-side up, into a large baking dish. Spoon over passata. Sprinkle it with oregano and cheese.
- 10.** Bake for an additional 15 to 20 minutes or until the cheese is melted, and the sauce is bubbling around the edges.
- 11.** Stand for 5 minutes. Serve with mashed potatoes and frozen mixed veg.

# Spaghetti Pizza Bake

## Ingredients

- 500ml double cream
- 70g finely grated Italian hard cheese
  - 2 eggs
  - 3 tsp rosemary
  - 2 x 400g passata
- 2 tsp Italian mixed herbs
  - 250g spaghetti
- 100g packet sliced pepperoni
  - 100g red lentils
  - 1 vegetable stock cube
- 150g coarsely grated mozzarella

## Methods

- 1.** Preheat the oven to 180C/160C fan. Spray a baking dish with oil.
- 2.** Add the lentils and a vegetable stock cube into a small pot, covering them with water. Cook until softened, and the liquid is absorbed.
- 3.** In a large jug, combine the cream, Italian cheese, eggs, and rosemary. Whisk the mixture until well combined. Season with salt and pepper.
- 4.** Drizzle 200g of passata over the base of the prepared dish. Spread half of the spaghetti evenly over the passata.
- 5.** Pour over half of the cream mixture. Layer the remaining spaghetti over the top.
- 6.** Coarsely chop half of the pepperoni and combine it with the cooked lentils and the remaining passata in a bowl. Pour this mixture over the spaghetti.
- 7.** Pour the remaining cream mixture over the lentil and passata layer.
- 8.** Sprinkle the top with mozzarella and arrange the remaining pepperoni on top.
- 9.** Bake for 40 minutes or until the cheese is bubbling and golden.
- 10.** Allow the Spaghetti Pizza Bake to rest for 10 minutes before serving. Enjoy your delightful pasta and pizza fusion!

# Chicken Fried Rice

## Ingredients

- 600g cooked and cooled rice
- 2 tbsp sesame oil (or regular cooking oil)
  - 2 tbsp dark soy sauce
  - 2 beaten eggs
- Cooked chicken (from extra chicken portions)
  - 200g mixed vegetables
  - 2 spring onions, sliced

## Methods

- 1.** Heat the oil in a large wok.
- 2.** Add the cooked and cooled rice and dark soy sauce.
- 3.** Cook over high heat for 5 minutes.
- 4.** Add the cooked chicken, mixed vegetables, and additional soy sauce.
- 5.** Cook for 5 minutes, stirring continuously.
- 6.** Push the rice to the side and add the beaten eggs.
- 7.** Cook until starting to scramble, then quickly stir them through the rice.
- 8.** Add more soy sauce and sliced spring onions, stirring thoroughly.

# Loaded Fries, Chicken Wings

## Ingredients

- 200g diced cooking bacon
  - 50g diced chorizo
  - 1 diced onion
- 1 diced red pepper
- 1 diced green pepper
  - 1 tbsp paprika
  - 300g pasta
  - 15g butter
  - 15g plain flour
  - 250ml milk
- Salt and pepper
- 1 tbsp English mustard
- 300g grated cheese
- 600g frozen fries

## Ingredients

- 400g Chicken wings
  - 1 tbsp Oil
- 1 Garlic clove, chopped
  - 1 tsp Chilli flakes
  - 1 tbsp Honey
  - 2 tbsp Soy sauce
  - 2 tsp Brown Sugar
  - 150ml Water
- 1 Chicken stock cube

## Methods

### Let's make the cheese sauce:

1. Melt butter in a saucepan over gentle heat.
2. Stir in flour, allowing the mix to cook until it achieves a straw-like colour.
3. Gradually add milk, whisking between each addition.
4. Add salt, pepper, and mustard. Keep whisking until it comes to a boil.
5. Reduce heat, add half the cheese, and simmer, stirring occasionally until the mixture thickens.

### Let's put it all together:

1. Cook the pasta according to the package instructions.
2. Cook the frozen fries as per the instructions.
3. In a separate pan, fry the bacon, chorizo, onion, red pepper, and green pepper along with some paprika.
4. Drain the cooked pasta and mix it through the cheese sauce and bacon mixture.
5. Place the frozen fries in an oven dish and pour the mac n cheese mixture over them. Top with the remaining cheese.
6. Bake in the oven or under the grill until the cheese has melted and the dish is heated through.

## Methods

1. Mix together soy sauce and chilli flakes, then brush the mixture over the chicken wings.
2. Heat oil in a pan over medium heat and add the wings. Sear and colour the chicken by frying for 2-3 minutes on each side to enhance the flavour.
3. Pour water into the pan. Crumble the chicken stock cube into the water, add sugar and chopped garlic, and bring the mixture to a boil.
4. Reduce the heat, cover with a lid, and simmer for 15-20 minutes, turning the wings over halfway through, until the sauce has reduced into a syrup, intensifying the flavour.
5. Continue turning the wings to ensure they are fully coated in the sauce.
6. Drizzle honey over the wings and turn them until fully coated.

# Cheesy Lentil Bake

## Ingredients

- 1 tbsp cooking oil
- 2 chopped onions
- 2 chopped carrots
  - 300g red lentils
- 1 minced garlic clove
- 700ml vegetable stock
  - 100g grated cheese
    - 1 beaten egg
- Salt and pepper, to season
- 100g sliced cherry tomatoes
  - 2 tbsp breadcrumbs

## Methods

- 1.** Preheat the oven to 180°C/fan 160°C/gas 4.
- 2.** Heat the oil in a large saucepan over medium heat. Add the onions and fry until soft. Add the garlic and cook for an additional minute.
- 3.** Add the carrots, lentils, and stock. Cover the pan with a lid, bring it to a boil, then simmer for about 20 minutes or until all the stock is absorbed.
- 4.** Stir in 75g of the grated cheese and the beaten egg into the lentil mixture, ensuring thorough mixing. Season well.
- 5.** Spoon the mixture into a shallow ovenproof dish and smooth the top. Top it with the sliced tomatoes.
- 6.** Sprinkle breadcrumbs and the remaining cheese over the top.
- 7.** Bake until the topping is golden brown and crisp, approximately 30 minutes.
- 8.** Keep checking to prevent burning.

# Turkey, Ricotta, Spinach Pancakes

## Ingredients

- 70g plain flour
- 1/8 tsp salt
- 100ml milk
- 50ml water
- 1 egg
- 1 tbsp unsalted butter, melted, plus extra for greasing

### For the filling

- 1 tbsp oil
- 1 onion, finely diced
- 1 clove garlic, chopped
- 1 tsp thyme
- 100g spinach
- 500g turkey mince
- 2 tsp mustard
- 250g ricotta
- 250g grated mozzarella
- 250ml double cream
- 250ml chicken stock

## Methods

### Let's make the pancakes:

1. Sift the flour and salt into a mixing bowl, creating a well in the middle.
2. Mix the milk and water in a jug.
3. Crack the egg into the well and gently whisk, gradually adding the milk-water mix while whisking.
4. Whisk until the batter is smooth.
5. Cover the bowl and refrigerate for half an hour.
6. Whisk the melted butter into the batter.
7. Heat a pan over medium heat, greasing with a little butter.
8. Pour one ladle of batter into the pan, swirling to cover the bottom.
9. Cook for about 45 seconds, flip, and cook for an additional 30 seconds.
10. Stack the pancakes with baking paper in between. Set aside until ready to use.

### Let's make the filling:

1. Heat oil in a frying pan over medium heat.
2. Add onion, garlic, and thyme, frying for 3 minutes.
3. Add the turkey mince, browning for 6 minutes.
4. Add spinach, cooking until wilted.
5. Remove from heat.
6. Add mustard, half of the ricotta, half of the mozzarella, and half of the cream to the mince mixture. Combine thoroughly.
7. Spoon 1/6th of the mince mixture onto one edge of each pancake and roll up.
8. Place the rolled pancakes seam side down in a casserole dish.

### Let's make the sauce:

1. Combine the remaining cheeses, cream, and chicken stock in a small pot. Stir well.
2. Heat over low heat until melted and well combined.
3. Pour the sauce over the pancakes.

### Let's make the cooking:

1. Cook in the oven at GM6 or 200°C for 20 minutes.
2. Alternatively, air fry at 180°C for 18 minutes.

# Salt and Chilli Prawn Spaghetti

## Ingredients

- 400g spaghetti
- 150g cooked prawns
  - 1 onion, sliced
  - 2 peppers, sliced
- 1 chilli, deseeded and finely chopped
  - 1 garlic clove, chopped
    - 150g spinach
    - 100g peas
    - 1 tbsp salt
    - 1 tsp chilli flakes
  - 1 tsp Chinese 5 spice
  - 1 tsp garlic granules
    - 1 tsp pepper
    - 1 tsp sugar
    - 1 tsp oil
- 100g cherry tomatoes, chopped

## Methods

### Preparation:

- 1.** Heat the oil in a pan, add the sliced onion, and fry until soft, approximately 5 minutes.
- 2.** Add the sliced peppers, chopped garlic, and finely chopped chilli. Stir and fry until softened, about 5 minutes more.
- 3.** Meanwhile, cook the spaghetti in boiling salted water for 8-10 minutes or until al dente.

### Seasoning:

- 1.** In a small bowl, mix together the chilli flakes, Chinese 5 spice, garlic granules, pepper, and sugar.
- 2.** Sprinkle one-third of the seasoning over the cooking vegetables, stirring to ensure everything is coated.

### Adding greens:

- 1.** Introduce peas and spinach to the pan, stirring through until the spinach wilts, around 5 minutes.

### Combining:

- 1.** Drain the cooked spaghetti and add it to the pan with the vegetables.
- 2.** Incorporate the cooked prawns and sprinkle one-third of the seasoning over the mixture.
- 3.** Stir in the chopped tomatoes and add the remaining seasoning.



# Caramelised Sausage Casserole

## Ingredients

- 50g butter
- 1 diced onion
- 1 tbsp sugar
- 2 carrots, sliced julienne style
- ½ swede, sliced julienne style
  - 1 crushed garlic clove
  - 1 tbsp tomato purée
- 450ml chicken or beef stock
- 400g tin chopped tomatoes
- Splash of Worcestershire sauce
- 2 large potatoes, cut into chunks
- 8 cooked sausages, cut into chunks

## Methods

- 1.** Heat butter in a pan over low heat, then add sliced onions and fry gently for 20 minutes, stirring occasionally to prevent sticking.
- 2.** Add sugar and increase the heat for 3 minutes.
- 3.** Reduce the heat and add carrots, swede, garlic, and tomato purée. Cook for an additional 5 minutes.
- 4.** Pour in the stock, tomato sauce or tinned tomatoes, and Worcestershire sauce. Simmer for another 5 minutes.
- 5.** Add the potatoes and cook for 15 minutes or until soft. Introduce the cooked sausages and stir through.

# Tuna Fishcakes, Peas

## Ingredients

- 1 tsp garlic granules
- 800g cooked potatoes, mashed
- 100g frozen mixed vegetables, thawed
  - 2 tins of tuna, drained
- Salt and pepper, to season
  - 2 tbsp plain flour
  - 1 egg, beaten
  - 2 tbsp cold water
- 100g breadcrumbs
- 200g frozen peas

## Methods

- 1.** In a large bowl, combine garlic granules, mashed potatoes, thawed mixed vegetables, and drained tuna. Season with salt and pepper.
- 2.** Mix everything well until evenly combined, shaping the mixture into patties.
- 3.** Set up a fishcake prep line with three bowls: place plain flour in the first bowl, beaten egg mixed with cold water in the second, and breadcrumbs in the third.
- 4.** Coat each fish cake patty in flour, dip it into the beaten egg mixture, and then coat it in breadcrumbs. Press gently to adhere the breadcrumbs. Repeat for all fishcakes.
- 5.** Chill in the refrigerator until ready to cook.
- 6.** Preheat your air fryer to 200°C.
- 7.** Arrange fishcakes in the air fryer basket, ensuring they are not overcrowded.
- 8.** Cook for 15 minutes or until golden brown and crispy.
- 9.** Alternatively, heat a large frying pan and fry the fishcakes for 4–5 minutes per side until golden brown. Drain on kitchen paper.
- 10.** While fishcakes are cooking, prepare frozen peas according to the package instructions.
- 11.** Once fish cakes are cooked, serve alongside the cooked peas.

# Chicken Kiev Pasta

## Ingredients

- 250g pasta
- 2 courgettes, halved lengthways, sliced diagonally
  - 1 tbsp oil
- 500g sliced Chicken Breast
- 50g chopped butter or spread
  - 1 leek, trimmed, sliced
  - 4 crushed garlic cloves
  - 1 1/2 tbsp plain flour
    - 150ml milk
  - 50ml double cream
- 30g chopped fresh flat-leaf parsley leaves
- 100g finely grated hard Italian cheese
  - 50g breadcrumbs

## Methods

1. Grease a baking dish.
2. Cook pasta in a large saucepan of boiling, salted water, following packet directions. Add courgette for the last 2 minutes of cooking time. Drain.
3. Meanwhile, heat oil in a large deep frying pan over medium heat. Add chicken and cook, stirring once, for 5 minutes or until golden and just cooked through.
4. Transfer to a plate.
5. Melt butter in the same pan. Add leek and cook for 5 minutes or until softened. Add garlic and flour, stirring for 1 to 2 minutes until the mixture bubbles.
6. Remove from heat.
7. Gradually stir in milk, then cream. Return to medium heat and cook, stirring constantly, for 3 to 4 minutes or until the mixture bubbles and thickens.
8. Add chicken, pasta mixture, half the parsley, and half the parmesan. Stir until parmesan just melts.
9. Preheat the grill on high.
10. Transfer pasta mixture to the prepared baking dish.
11. Combine breadcrumbs with remaining parmesan and parsley in a bowl.
12. Sprinkle over the pasta mixture.
13. Grill for 2 to 3 minutes or until golden.

# Roast Pork, Hasselback Potatoes, Cauliflower and Broccoli Cheese

## Ingredients

- 1.5kg pork joint
- 1 tbsp oil
- 1 tsp each salt and pepper

### For the cauliflower cheese:

- 1 cauliflower, broken into florets
- 50g butter
- 50g plain flour
- 500ml milk
- 100g grated cheese
- 1 tsp mustard
- Salt and pepper
- 1 tbsp butter
- Handful breadcrumbs

### For the hasselback potatoes:

- 8 potatoes
- 2 tbsp melted butter
- Salt and pepper

## Methods

### Let's make the roast pork

1. Heat the oven to 220°C.
2. Score the pork using a sharp knife or ask the butcher to do it.
3. Drizzle a little oil onto the fat, ensuring it seeps into the scored areas.
4. Season with salt and black pepper, rubbing it in.
5. Place the pork in a baking tray and pour enough water to cover the base.
6. Roast for 30 minutes, then reduce the oven to 180°C.
7. Roast for 25 minutes per pound plus an additional 25 minutes.
8. Allow the pork to rest for at least 15 minutes before carving.

### Let's make the cauliflower cheese

1. Heat the oven to 200°C.
2. Cook the cauliflower florets in boiling water for 5 minutes, then drain and set aside.
3. Melt butter in a frying pan over medium heat.
4. Add flour, whisk together, and cook for 2-3 minutes.
5. Gradually add milk, whisking continuously.
6. Add mustard and seasoning. Remove from heat when thickened.
7. Stir in the grated cheese.
8. Arrange cauliflower in a buttered dish.
9. Pour the cheese sauce over the cauliflower, ensuring even coating.
10. Melt 1 tbsp of butter in a pan, add breadcrumbs, and stir until coated.
11. Sprinkle the breadcrumb mixture over the cauliflower cheese.
12. Bake for 20 minutes or until golden brown.

### Let's make the hasselback potatoes

1. Heat the oven to 220°C.
2. Peel the potatoes; however, you can leave the skins on if preferred.
3. Insert a skewer through the bottom of each potato.
4. Make slices down the length of the potato, ensuring the skewer prevents cutting all the way through.
5. Remove the skewer and place the sliced potato in a bowl of cold water.
6. Once all the potatoes are sliced, drain them.
7. Arrange the potatoes, cut side up, in a small roasting dish.
8. Drizzle half of the melted butter over the potatoes and season generously with salt and pepper.
9. Bake for 35-40 minutes, basting occasionally to ensure even cooking.
10. Remove from the oven and drizzle the remaining melted butter over the hasselback potatoes.

# Butternut Squash and Chickpea Curry, Rice

## Ingredients

- 1 tablespoon oil
- 1 large diced onion
- 2 finely chopped garlic cloves
- 1 peeled, deseeded, and diced butternut squash
- 2 tablespoons curry powder
  - 1 can drained chickpeas
  - 1 can chopped tomatoes
    - 1 can coconut milk
      - 100g spinach
  - 300g long grain rice

## Methods

### Let's make the roast pork

1. Heat oil in a large pan.
2. Add diced onion and chopped garlic; cook until softened without browning (approximately 3-4 minutes).
3. Stir in curry powder and cook for an additional 1-2 minutes.
4. Add diced butternut squash, ensuring it is well-coated in the flavoured onion and garlic.
5. Pour in coconut milk and tomatoes; stir well and bring to a boil.
6. Reduce heat.
7. Add drained chickpeas and simmer for about 20 minutes.
8. Introduce spinach, stir well, and cook for an additional 5 minutes.
9. Serve over boiled rice prepared according to packet instructions.

# Pulled Pork, Jacket Potatoes, Salad

## Ingredients

- 4 large potatoes
  - 1 tbsp oil
  - 1 tsp salt
  - 1 tsp pepper
- 400g leftover pork
- 1 bottle BBQ sauce
  - Bag of salad

## Methods

### Let's make the pulled pork:

1. Shred the leftover pork using two forks.
2. Add the shredded pork to a pot with the BBQ sauce and gently heat through.

### Let's make the baked potatoes:

1. Prick the potatoes with a fork.
2. Mix the oil, salt, and pepper. Rub the potatoes with the seasoned oil.
3. Cut the potatoes in half and spoon the pulled pork over them.
4. Serve with the salad.

### How to microwave:

Place the potato on a microwave-safe plate and microwave for 7 minutes, turning over halfway through cooking. If not fork-tender after 7 minutes, continue microwaving in 1-minute increments. Let rest for 2 minutes.

### How to air fry:

Arrange the potatoes in a single layer in an air fryer basket. Set the air fryer to 200°C and cook for 40-50 minutes, or until a sharp knife goes through the potatoes easily. Check after 20 minutes, turn them over if browning too quickly, and check again after another 20 minutes.

### How to slow cook:

Put the potatoes into the slow cooker, cover with the lid. Cook on high for 4 ½ to 5 hrs or on low for 7 ½ to 8 hrs.

### How to oven cook:

Preheat the oven to 220°C or gas mark 7. Place on the top shelf and bake for 20 minutes, then reduce the oven to 190°C, gas mark 5, and bake for 45 minutes to 1 hr more until the skin is crisp and the inside is soft.

# Lasagne, Salad, Garlic Bread

## Ingredients

- 250g minced beef
  - 150g lentils
- 1 large onion, diced
- 2 garlic cloves, minced
- 1 tin chopped tomatoes
  - 500ml beef stock
- 2 tbsp Worcestershire sauce
  - Lasagne sheets
  - 250ml white sauce
  - 200g grated cheese

### For the white sauce:

- 15g butter
- 15g plain flour
- 250ml milk
- Salt and pepper
- 1 tbsp English mustard

## Methods

1. Fry the minced beef and onions until the beef is browned.
2. Add the minced garlic and fry for an additional 2 minutes.
3. Stir in the lentils, mixing well.
4. Add the chopped tomatoes and beef stock, then bring to a boil. Simmer gently, stirring occasionally for 20 minutes. If the mixture becomes too dry, add some more water.
5. Layer the minced mixture, lasagne sheets, and white sauce in a baking dish. Top with grated cheese.
6. Cook in the oven at GM 6 (200°C) for 25-30 minutes.
7. Cook the garlic bread in the oven for 10 minutes.
8. Serve the lasagne with the garlic bread and salad.

### Let's make the white sauce:

1. Put the butter into a saucepan and melt it over a gentle heat.
2. Add in the flour and stir, allowing the mixture to cook out until it has turned a straw-like colour.
3. Gradually add in the milk, whisking between each addition.
4. Season with salt and pepper and stir in the English mustard.
5. Add the salt and pepper and mustard.
6. Keep whisking until it comes to a boil.
7. Reduce heat and simmer, stirring occasionally until the mixture has thickened.

# Honey Mustard Sausage Traybake

## Ingredients

- 4 tbsp honey
- 4 tbsp mustard
  - 1 tbsp oil
  - 8 sausages
- 4 sweet potatoes, cut into chunks
  - 1 onion, cut into wedges
    - 1 pepper, sliced
  - 4 carrots, cut into chunks
- Salt and pepper, to taste

## Methods

1. In a large bowl, mix together honey, mustard, and oil.
2. Add sausages, sweet potatoes, onion wedges, pepper slices, and carrot chunks to the bowl with the dressing.
3. Stir well to coat all the ingredients thoroughly with the honey mustard mixture.

### How to air fry:

1. Transfer the mixture to the air fryer, spreading it out evenly for even cooking.
2. Pour any remaining dressing over the ingredients. If using a dual drawer air fryer, split the mix between the two drawers.
3. Season with salt and pepper to taste.
4. Set the air fryer to 180°C and cook for about 30 minutes, or until sausages are cooked through and vegetables are tender.
5. During cooking, shake the air fryer basket or stir the ingredients halfway through for even cooking.
6. Once sausages are browned and vegetables are cooked to your liking, remove from the air fryer.

### How to oven bake:

1. Spread the mixture on an oven-proof tray, ensuring an even layer.
2. Preheat the oven to 200°C.
3. Bake in the oven for 40 minutes or until the vegetables are tender and the sausages are cooked through.
4. Stir halfway through to ensure even cooking.



# Jambalaya, Homemade Flatbreads

## Ingredients

- 1 tbsp oil
- 1 diced onion
- 1 thinly sliced red pepper
- 2 crushed garlic cloves
- 100g sliced chorizo
- 2 tbsp paprika
- 500g rice
- 1 tin of chopped tomatoes
- 700g chicken stock

### For the homemade flatbreads

- 200g plain flour
- 100g warm water
- ¼ tsp salt
- 2 tbsp oil
- ½ tsp mixed herbs

## Methods

1. Heat the oil in a large pan.
2. Add the onion and cook for 3-4 minutes.
3. Add in the peppers, garlic, chorizo, and paprika, then cook for a further 5 minutes.
4. Add the rice, tomatoes, and chicken stock.
5. Stir well to combine and cook for an additional 20 minutes.
6. Take off the heat and leave covered until the rice is cooked, and the liquid is absorbed, about 10 minutes.

### Let's make the homemade flatbreads:

1. Put the flour, salt, and herbs in a bowl and mix.
2. Gradually mix in the water, bringing the mixture together with your hand.
3. Add the oil and knead to form a soft dough. Leave to rest for 30 minutes.
4. Divide the dough into 4 portions, roll out each until they are 1cm thick, and fry in a hot pan for 2 minutes on each side.

# Bacon, Egg and Veg Slice, Potato Wedges

## Ingredients

- 500ml milk
  - 4 eggs
- 100g unsalted butter, melted
  - 75g plain flour
- 1 courgette, coarsely grated
- 100g cooking bacon, roughly diced
  - 300g sweetcorn, defrosted
  - 80g coarsely grated cheddar

## Methods

- 1.** Preheat the oven to 180C/160C fan GM 5.
- 2.** Grease a baking dish.
- 3.** Fry the bacon until crisp.
- 4.** In a large jug, whisk together milk, eggs, melted butter and then season.
- 5.** Sift flour into a large bowl, creating a well in the centre. Gradually whisk the milk mixture into the flour until smooth.
- 6.** Place the coarsely grated courgette in a colander and squeeze out excess liquid using clean hands. Add it to the bowl.  
  
**7.** Add the crisp bacon, defrosted sweetcorn, and 40g of coarsely grated cheddar. Season, then stir to combine.
- 8.** Pour the mixture into the prepared dish and sprinkle the remaining cheddar on top.
- 9.** Bake for 50 minutes or until golden and set.
- 10.** Allow it to cool slightly for 10 minutes before serving warm or cold, paired with potato wedges.

# Roast Gammon, Cheesy Veg, Roast Potatoes

## Ingredients

- 1kg gammon joint
- 6 tbsp honey
- 4 tbsp mustard
- 2 tbsp garlic

### For the cheesy veg & roast potatoes:

- 500g potatoes, washed and dried
  - 1 tbsp oil
- 180ml double cream
  - 1/2 tsp salt
- 1/4 tsp garlic granules
- 1/4 tsp black pepper
- 50g cheese, grated
- 200g frozen mixed vegetables, defrosted

## Methods

### Let's make the honey mustard glaze:

1. In a bowl, combine honey, garlic, and mustard.
2. Mix well until the honey is slightly sticky and thoroughly incorporated into the mustard.

### How to air fry:

1. Place the gammon joint on a clean surface, generously smother it with the honey-mustard mixture, ensuring all sides are coated.
2. Loosely wrap the gammon joint in foil, leaving room for heat circulation.
3. Preheat the air fryer to 200°C.
4. Carefully place the foil-wrapped gammon joint into the air fryer basket.
5. Roast for 25 minutes at 200°C, then remove the foil.
6. Continue cooking for an additional 25 minutes at 170°C.
7. Remove from the air fryer, wrap tightly in foil, and let it rest for 20 minutes.

### How to conventionally cook:

1. Place the gammon in a large pot, cover with enough water, and simmer for 40 minutes.
2. Mix honey and mustard, cover the gammon, and cook in the oven at 200°C for 20 minutes.
3. Rest before slicing.

### For the cheesy veg & roast potatoes:

1. Preheat the Air Fryer to 180°C or the oven to 200°C.
2. Peel and slice potatoes into thin rounds. Coat with oil in a bowl.

### How to air fry:

1. Place potato slices in the air fryer basket. Air fry at 180°C for 18 minutes.
2. Prepare the cream mixture (double cream, salt, garlic powder, and black pepper).
3. After 18 minutes, add defrosted mixed vegetables to the basket.
4. Pour the cream mixture over potatoes and vegetables, ensuring even coating.
5. Gently press down on the potatoes and continue air frying at 150°C for 15-18 minutes until tender.
6. Sprinkle grated cheese evenly over the potatoes. Air fry at 200°C for an additional 1-2 minutes until the cheese melts.
7. Let it cool for 10 minutes before serving.

### How to oven cook:

1. Follow the same steps but at 200°C for an initial 25 minutes and then at 170°C for 20 minutes.

# Creamy French Onion Pasta

## Ingredients

- 400g pasta
- 60g melted salted butter
  - 1 tbsp parsley
- 3 crushed garlic cloves
  - 2 tbsp oil
- 1 finely chopped onion
- 300g thickly sliced mushrooms
  - 250ml beef stock
  - 100ml double cream
- 200g tub sour cream and onion dip
  - 40g grated Italian cheese

## Methods

- 1.** Cook the pasta in a large saucepan of salted boiling water for 2 minutes less than the packet directions.
- 2.** Ladle 250ml of pasta water into a jug and set aside.
- 3.** Drain the pasta.
- 4.** In a small bowl, combine melted butter, parsley, and 1 crushed garlic clove.
- 5.** Set aside.
- 6.** Heat oil in a large frying pan over medium heat. Add the chopped onion, mushrooms, and remaining crushed garlic. Cook, stirring, for 5 minutes or until tender.
- 7.** Add the beef stock, cream, and pasta to the pan. Bring to a boil, then reduce heat to medium-low.
- 8.** Simmer for 3 minutes or until the sauce thickens, and pasta is cooked, adding some reserved pasta water if it becomes too thick.
- 9.** Remove from heat.
- 10.** Toast bread, and while warm, lightly brush one side of each slice with the butter mixture.
- 11.** Stir the sour cream and onion dip along with the grated Italian cheese through the pasta.
- 12.** Season to taste.
- 13.** Divide among serving bowls and serve with garlic bread.

# Sausage and Mash Pie

## Ingredients

### For the filling:

- 1 tbsp oil
- 6 sausages
- 750ml beef stock
- 4 medium onions, peeled & sliced into strips
- 200g mixed vegetables
  - 4 tbsp plain flour
  - 3 tbsp butter
- 2 tbsp Worcestershire sauce
  - 1/2 tsp dried thyme
- Salt & black pepper, to taste

### For the mashed potato:

- 1.5kg Potatoes, peeled & diced
  - 50g cheese, grated
  - 125ml milk
- 1 heaped tbsp mustard
- Salt & black pepper, to taste

## Methods

### For the filling:

1. Place potato chunks in a large pot of salted water, bring to a boil, and cook until knife-tender. Drain and set aside to steam dry.
2. In a large pan over medium heat, add oil and fry the sausages until golden and fully cooked. Remove sausages and slice them into 3-4 chunks each.
3. In the same pan with the sausage fat, add sliced onions. Cook until they begin to brown, then lower the heat and continue cooking until golden. Season with salt and pepper.
4. Melt 3 tbsp butter and stir in the flour to create a paste. Gradually add beef stock, stirring to avoid lumps.
5. Add Worcestershire sauce, thyme, and salt & pepper to taste. Stir in the mixed vegetables and simmer for 5 minutes.
6. Incorporate the diced sausages and pour the mixture into a baking dish. Allow it to rest until a 'skin' forms over the top.

### For the mashed potato topping:

1. Mash potatoes with butter and milk. Stir in cheese, mustard, and season with salt & pepper.
2. Scoop the mashed potatoes onto the sausage filling, working from the outside in. Avoid pressing too hard to maintain an even gravy layer. Use a fork to create a rough texture on top.
3. Bake in the oven at 200°C/390°F for 20 minutes or until golden. Allow it to rest before serving to maintain its shape. Enjoy!

# Peanut Chicken and Rice

## Ingredients

- 500g chicken breasts, diced
  - 2 onions, diced
- 2 garlic cloves, crushed
  - 2 peppers, sliced
  - 2 carrots, sliced
- 120g peanut butter
  - 1 tbsp cornflour
  - 2 tbsp lime juice
  - 2 tbsp soy sauce
- 1 tbsp curry powder
  - 1 red chilli, diced
- 1 tin chopped tomatoes
  - 200g rice

## Methods

**1.** Combine all ingredients in the slow cooker.

**2.** Cook on low for 4 hours.

**3.** Serve over rice, cooked as per packet instructions.

**Tip:** Prefer the stove? Throw everything in a pot, bring to a boil, then simmer for 30 minutes.

# Carbonara

## Ingredients

- 400g spaghetti
- 150g mature cheddar cheese
- 200g cooking bacon, diced
- 3 cloves of garlic, minced
  - 4 egg yolks, beaten
  - 1 tbsp butter

## Methods

- 1.** Bring a pot of salted water to a boil and add the spaghetti, letting it cook at a simmer for 10 minutes.
- 2.** Separate the eggs and add the yolks to a bowl.
- 3.** Finely grate 3/4 of the cheese into the bowl, mix well, and add a pinch of pepper.
- 4.** In a frying pan, melt the butter. Add the bacon and fry for 4-5 minutes, then add the minced garlic and fry gently for an additional 2 minutes.
- 5.** Drain the spaghetti, reserving a little of the water.
- 6.** Add the spaghetti to the frying pan, mixing well to coat it with the flavours of the pan.
- 7.** Add a few splashes of the pasta water and mix again. Season with pepper, then remove the pan from the heat.
- 8.** Pour in the egg mixture, allowing the heat from the pan to cook them gently without scrambling.
- 9.** Toss well and add more of the pasta cooking water to keep the spaghetti loose, glossy, and prevent clumping.
- 10.** Serve with the remaining cheese on top.