



Cook By Numbers

£5 Meals

Grilled chicken with garlic miso



Ingredients

400 g chicken
salt
pepper
2 tbsp. potato starch
2 tbsp. Miso
6 tbsp. Mayonnaise
1 tbsp. Grated garlic
1 tbsp. Sugar
1 tbsp. Ketchup
2 tbsp. Sesame oil



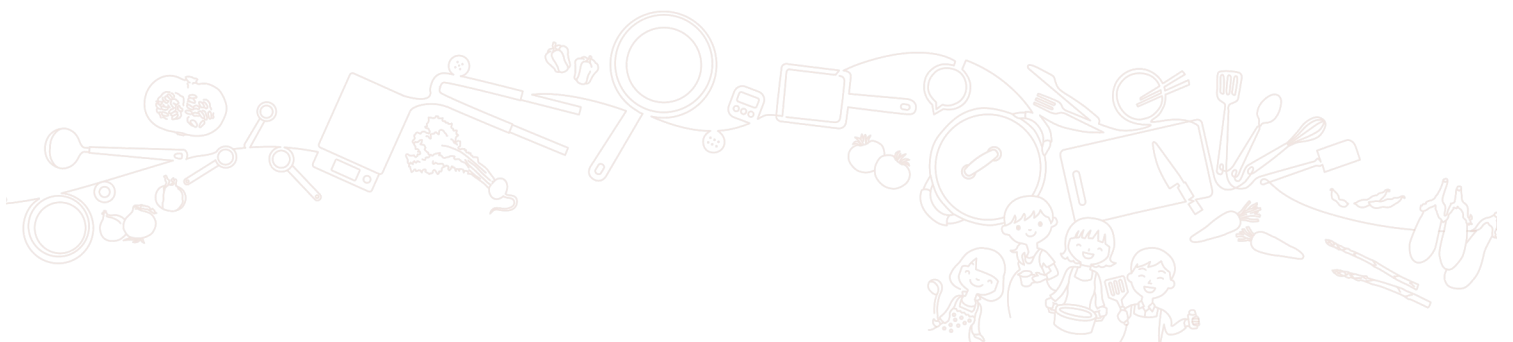
Nora

Servings: 2 people

Time: 30 min

Method

1. Mix Miso, Mayonnaise, garlic, sugar, ketchup
2. Cut the chicken into bite-sized pieces, and sprinkle with salt and pepper.
3. Cover it with potato starch.
4. Grill the chicken in a frying pan heated with sesame oil over medium heat until the chicken is browned.
5. Turn off the heat, and put sauce into the pan.



Potato and parsnip gnocchi with green pesto and crispy sage



Yui Miles

Ingredients

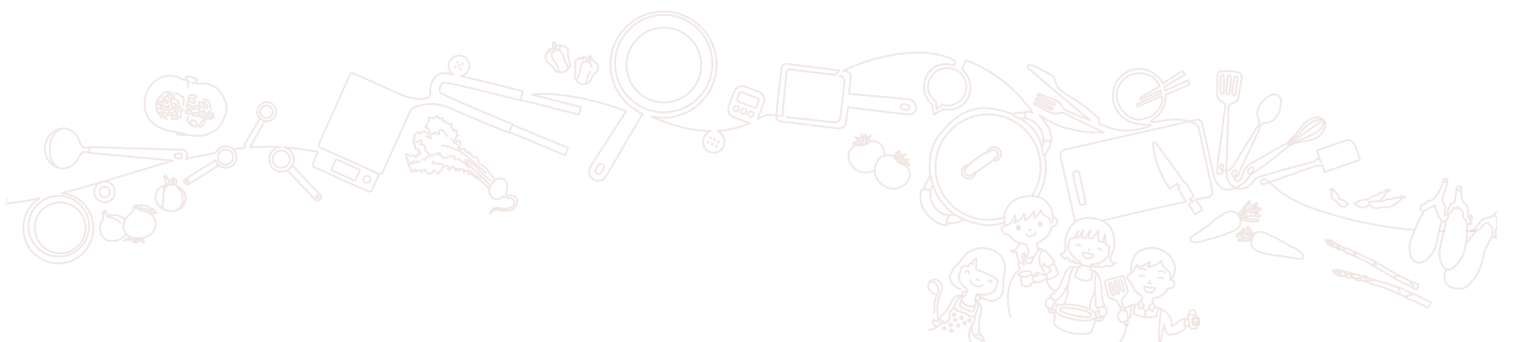
500 g mixed boiled potatoes and parsnip
200 g plain flour
Pinch salt
Pinch ground nutmeg

Sauce

2 tbsp butter
1 handful sage leaves
2 tbsp homemade pesto
Salt and pepper to taste

Method

1. Mash cooked potatoes and parsnip until smooth, add some salt, flour (half at first) and nutmeg, mix together and add the rest of flour in and mix well until the dough form to ball.
2. Roll gnocchi dough into long sausage shape, cut into 2-3 cm thick and make the pattern by put gnocchi on the back of your fork and press the pressure downward to make a nice shell shape.
3. To cook gnocchi: Bring the water to the boil, add pinch of salt then add half of gnocchi in. Gently stir and if you see gnocchi floating to the surface means they done. Sieve them out.
4. To fry gnocchi: add butter into a medium heat pan, add sage and fry for 1-2 min until sages become crispy, take them out.
5. Add gnocchi in and fry them for 5-6 min. Keep gently stir them to get them nice and golden all around. Add pesto, salt and pepper and mix well.
6. Garnish with crispy sage before serve.



Sausage pasta



Ingredients

400 g rigatoni pasta
6 good sausages
1 tin chopped tomatoes
1 med onion chopped
1 clove garlic grated
1 teaspoon dried basil
1 tbs tomato puree
Salt and pepper
Grated parmesan cheese to serve
1/4 Tsp chilli flakes (optional)



Lesley Rigden

Servings: 4 servings

Time: 30 mins

Method

1. Cook pasta as per instruction on packet
2. Fry onions and garlic in a deep frying pan
3. Deskin sausages and break into small bite pieces straight into the pan with onion and garlic, and fry until browned
4. Add cooked pasta and stir in to the sausage onion, add tomatoes, tomato puree, basil and stir add salt and pepper to taste
5. On a low heat allow let it simmer for
6. Serve and sprinkle with parmesan cheese



Wasabi Cream Cheese Eggs White and Runny Yolk Sandwich



Ingredients

- 4 large eggs
- 4 tbsp cream cheese
- Bunch blueberry or any fruits
- Bunch Any edible flower
- Salt and pepper, dried parsley
- 4 slice any bread
- 2 tsp wasabi or mustard



LeeGoh

Servings: 4 servings

Time: 10 mins

Method

1. Either cook the egg on the egg cooker or on stove, Bring a pot of water to a boil then simmer down and add eggs and let it simmer for full 5 or 6 minutes then drain and let it cool down and peel off the shell
2. Gently separate the egg yolk and egg white, mash the egg white with a folk then add in the cream cheese and 2 tsp of wasabi or mustard and mix well
3. Toast the bread and add generously of the cream cheese egg white mixture and top with egg yolk and season with salt and pepper with some dried parsley, garnish with some edible flower and blueberries and enjoy



Tajine with beans, green olives



isabel maloum

Servings: 4 servings

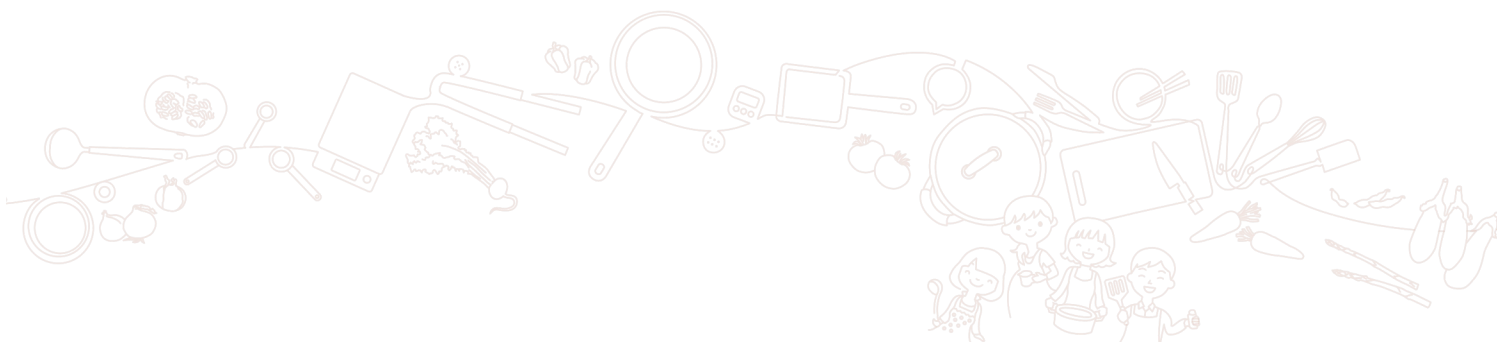
Time: 15minutes

Ingredients

200 g green beans
50 g green olives
1 onion
2 clove garlic
1 tomato
2 chicken thighs, divide four times
3 tbsp olive oil
1 carrot sliced
1 teaspoon chopped fresh ginger
1/2 teaspoon black pepper
1 teaspoon red pepper
pinch cumin
1 teaspoon chicken spices
Presley of decoration
1 tbsp butter sautéing the beans
1 teaspoon butter for the sauce
salt
slices lemon

Method

1. Put the olives in boiling water and change the water every 10 minutes to eliminate the excess salt. cut the beans in half and cook in the pan with a tbsp of butter, clove of garlic, pinch of black pepper, salt, for five minutes.
2. Grate the onion and cut the carrot with the rings
3. Put the casserole dish on a medium heat and put some oil and teaspoon of butter with the chicken and let it brown for a few minutes add the chopped onion and the carrot, the chopped tomato and mashed ginger and garlic, the spices, and let me eject a few minutes later and a 1/2 cup of hot water and beans sautéed in butter and the green olives, close the casserole dish and cook over medium heat for 15 minutes
- 4.
5. Serve with lemon slices and persely.



Pasta with roasted vegetables and feta cheese salad



DeanyEatsWorld

Servings: 4 servings

Ingredients

Roasting the vegetables:

- 1 small aubergine, cut to into chunks
- 1 small courgette, cut into chunks
- Handful cherry or plum tomatoes, sliced in half
- 1 large sweet potato or half a butternut squash, cut into chunks
- Generous drizzle of olive oil
- Salt and pepper to taste

Cooking the pasta:

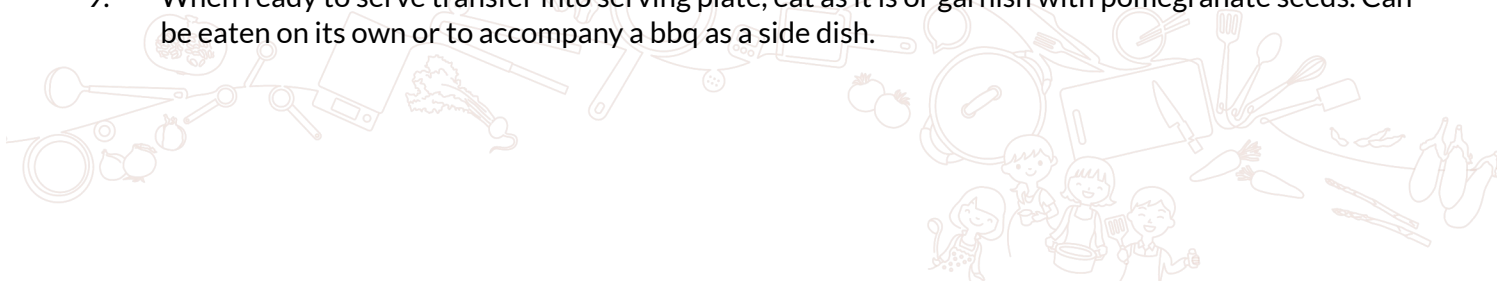
- 3 cups pasta (any of choice)
- Enough water to cover the pasta
- Generous sprinkle of salt
- 2 tablespoons olive oil

Garnish:

- 1 block feta cheese, cut into cubes
- Handful pomegranate seeds (optional)

Method

1. Preheat the oven to 200 degrees.
2. In a large saucepan add the water on medium high heat bring to a boil. Once boiling add a good sprinkling of salt and then the pasta. Cook pasta as per the packet instructions.
3. Prepare and cut the vegetables. Place in a large mixing bowl. Add a generous amount of olive oil to cover all of the vegetables. Then season with salt and pepper. Using a spoon stir all of the ingredients to coat evenly with the oil and seasoning.
4. Transfer vegetables onto a large baking tray. Spread the vegetables out and coat with more olive oil if needed. Tip: aubergine soaks the olive oil so more may be needed to coat them.
5. Place the vegetables into the oven for 25-30 minutes. Check the vegetables every 10 minutes and turn over to ensure even roasting.
6. Once the pasta is cooked to desired softness remove, turn off the heat and drain pasta and transfer back in saucepan. Add the olive oil to prevent the pasta from drying out. Set aside to let it cool down. Once cool transfer into a large mixing bowl.
7. Go back to the vegetables and check if roasted enough to preference. Remove from the oven and transfer into the mixing bowl with the cooled down pasta.
8. Mix all of the ingredients together, taste and adjust if necessary (more olive oil, salt and pepper etc). Then add the feta cheese. Mix it to incorporate into the salad.
9. When ready to serve transfer into serving plate, eat as it is or garnish with pomegranate seeds. Can be eaten on its own or to accompany a bbq as a side dish.



Baked Potatoes with Chilli



Celeste

Servings: 4 people

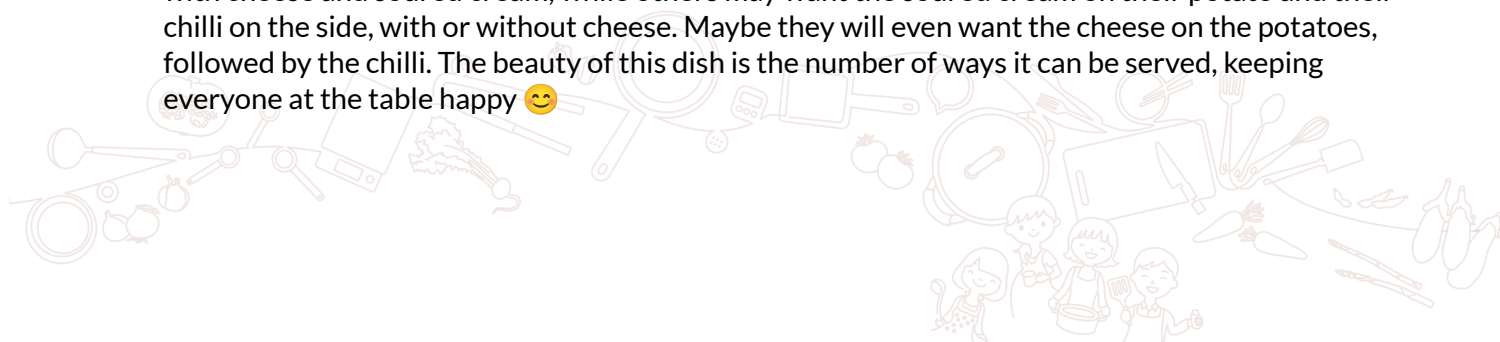
Time: 45 min - 1 hr

Ingredients

4 large baking potatoes (45p)
1 tbsp vegetable oil (2p)
1 Onion, peeled and diced (10p)
2 cloves garlic, crushed or grated (5p)
1 tsp ground cumin (1.5p)
1 tsp dried oregano (1.5p)
1 x400g tin red kidney beans in chilli sauce (65p)
400 ml passata (40p)
250 g chicken or turkey mince (or use any meat-free mince) (£2)
Salt and pepper
Optional, 4-5 tbsp/75ml soured cream (75p) or *see intro
Optional, 100g Mature cheddar/vegan cheese, grated (50p)

Method

1. Wash and thoroughly dry the potatoes and prick them all over with a fork.
2. If you have a microwave, cook the potatoes in the microwave for 15 minutes, turning them over a couple of times.
3. If you do not have a microwave, put the potatoes in a hot (190C) oven and cook for 1 hour, until crisp on the outside and fluffy inside.
4. Put microwaved potatoes in the oven for 30 minutes. In both cases, turn the potatoes over halfway through.
5. Meanwhile, heat the oil in a deep frying pan.
6. Add the onion and sweat them off for 5 minutes.
7. Add the garlic and sweat off for 30 seconds.
8. Add the cumin and oregano, then add the mince.
9. Break up the mince and get it cooked through thoroughly.
10. Add the tin of beans in chilli sauce and the passata and continue to cook for a further ten minutes. Add a splash or two of water if it gets too thick or a bit sticky.
11. Season to taste.
12. Honestly, taste it!
13. Serve the potatoes with a dab of butter or vegan butter (again, optional).
14. Let everyone serve themselves, some might want to have everything piled into the potato, topped with cheese and soured cream, while others may want the soured cream on their potato and their chilli on the side, with or without cheese. Maybe they will even want the cheese on the potatoes, followed by the chilli. The beauty of this dish is the number of ways it can be served, keeping everyone at the table happy 😊



Grilled salmon soaked in soy sauce



Ingredients

- 2 salmon
- 2 tbsp. Sake
- 1 tbsp. Sake
- 1 tbsp. Mirin (Rice wine)
- 1 tbsp. Sugar
- 1 tbsp. Soy sauce



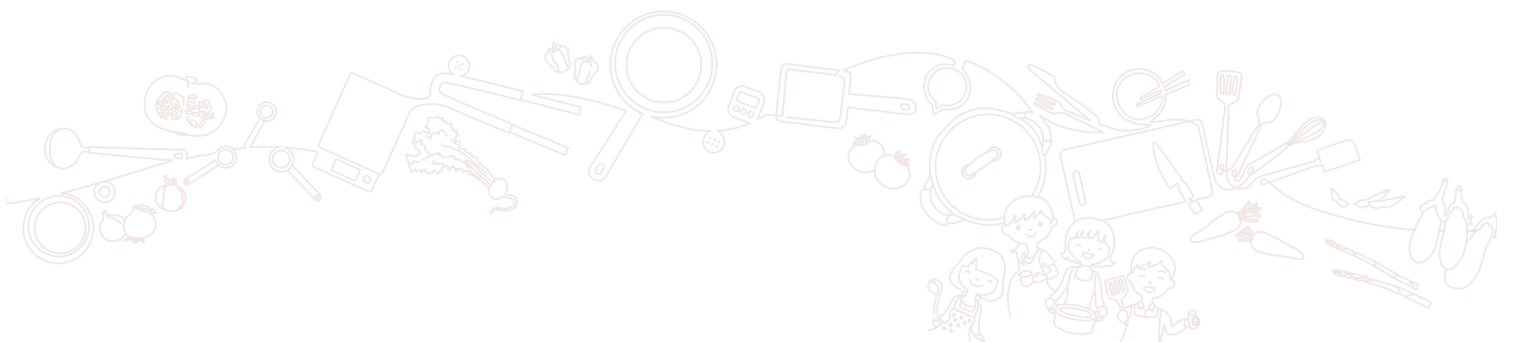
Nora

Servings: 2 people

Time: 30 min

Method

1. Sprinkle 2 tablespoons of sake on salmon and soak for 5 minutes.
2. Cut the salmon into bite-sized pieces.
3. Put Sake, Mirin, Sugar and soy sauce and salmon in a frying pan and bake.



Quick sweet tomato pasta with Parmesan aubergine



Yui Miles

Servings: 4 portions

Time: 30 minutes

Ingredients

- 2 aubergines
- 4 tbsp grated Parmesan cheese
- 2 clove garlic
- 2 shallot, finely chopped
- 1 tin small cherry tomatoes
- 300 g Pasta (75g per person)
- 2 cups bread crumbs
- 1 egg, beaten in a big mixing bowl
- Salt and pepper
- 1 bird eye chilli
- 1 handful Parsley
- Some olive oil

Method

1. Cut aubergine into long length and about 2cm thick, for one aubergine you should be able to cut about 6 pieces.
2. Seasoning with salt and pepper then dip them into egg and then coat in the bread crumbs. Lay them on baking tray and sprinkle some Parmesan cheese on top. Bake in the oven 180c for about 10-15 min
3. Cooking your pasta following the instructions.
4. While cooking pasta, start making sauce by add about 2 tbsp of olive oil, add garlic and shallots and mix well. Add a tin of cherry tomatoes in with salt and pepper. Add some chilli and stir well.
5. Add pasta to the tomato sauce and mix well. Add some of the pasta water to loose up the sauce. Garnish with finely chopped parsley. At this point your aubergine should be ready.
6. Serve your pasta with crispy Parmesan aubergine.



★Bouquet Salad★



liarra

Servings: depend on size

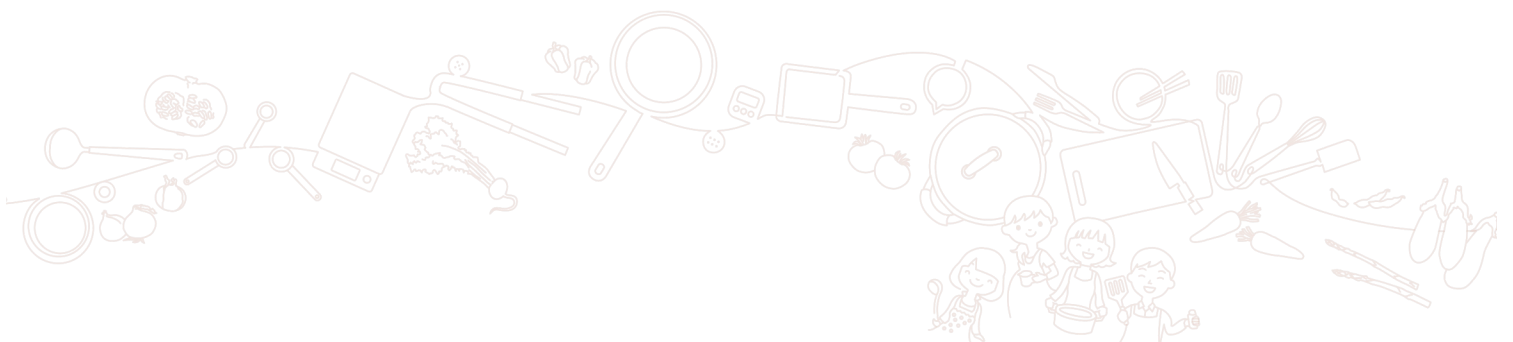
Time: 20 min

Ingredients

Frill lettuce
potherb mustard
radish
carrot
prosciutto
oven paper and hemp string

Method

1. Cut radish into flower shape
2. Cut carrot and cucumber like flower. I used special utensil like Pencil Sharpener.
3. Put oven paper (square size) and put frill lettuce on it.
4. Decorate your vegetables on it and finally make it Bouquet with hemp strings.
5. You can also use tomato, boiled egg, smoke salmon...etc. Enjoy with your favorite dressing💕 I recommend my recipe **【Dressing made with pomegranate vinegar】**



Mushroom & Peas Orzotto



Irum Zaidi Home Cooking

Servings: 4 servings

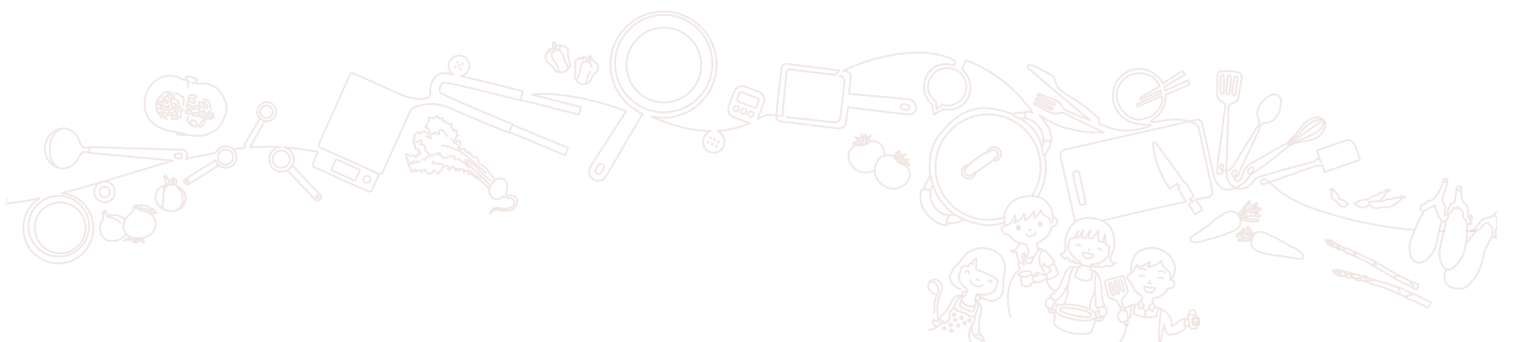
Time: 25min

Ingredients

3 tbsp butter
4 cups sliced mushrooms
1 shallot, diced
2 garlic cloves, minced
2 tsp fresh parsley leaves
1 cup dried orzo
2 cups vegetable broth
1 cup peas
Salt and pepper to taste
Spring onions for Garnishing

Method

1. In a large skillet, melt the butter over medium-high heat. Add the mushrooms and season with salt and pepper to taste.
2. Cook, stirring, until the mushrooms begin to brown and release their moisture, about 4 to 5 minutes. Stir in the shallot, garlic, and parsley leaves.
3. Cook, stirring, until the shallots begin to soften, about 1 to 2 minutes. Add the orzo. Continue to cook, stirring often, about 30 seconds.
4. Stir in the vegetable broth and bring the mixture to a boil. Reduce the heat to medium-low and continue to cook, stirring often, until most of the liquid has been absorbed, about 10 minutes.
5. Add the peas and continue to cook, stirring constantly, until the peas are heated through, about 1 to 2 minutes. Season with salt and pepper to taste garnish with some spring onions.
6. Serve immediately or store in the refrigerator for up to 5 days.



Stuffed capsicum (pork and beef)



Ingredients

500 g minced pork and beef
1 large onion (diced)
2-3 red capsicum (depends on size)
1 egg
1/2 cup breadcrumbs
1 1/2 tsp salt
Pepper to your liking
1/2 tbsp paprika powder



Jess Tj 🤖

Servings: 4-5 servings

Time: 50 mins

Method

1. Preheat oven to 180°C.
2. Put minced meat, eggs, onions, breadcrumbs, egg, salt, pepper, and paprika powder in a mixing bowl and mix well by hand.
3. Cut capsicums into half and stuffed capsicum with the meat mixture, put it on to the baking tray.
4. Baked for 40-45mins using 180°C heat or until meat is cooked thoroughly. Take out from the oven and served with your preferred side (cous-cous, baked potatoes, salad, etc)



Conchiglie pasta with tomato sauce



Ingredients

- 1 finely chopped onion
- 2 Tbsp extra-virgin olive oil
- 2 crushed garlic cloves
- 1/2 tsp chilli flakes
- Salt to taste
- 1/2 red bell pepper chopped
- 1 tinned chopped tomato
- Pinch dry basil
- 400 g cooked conchiglie

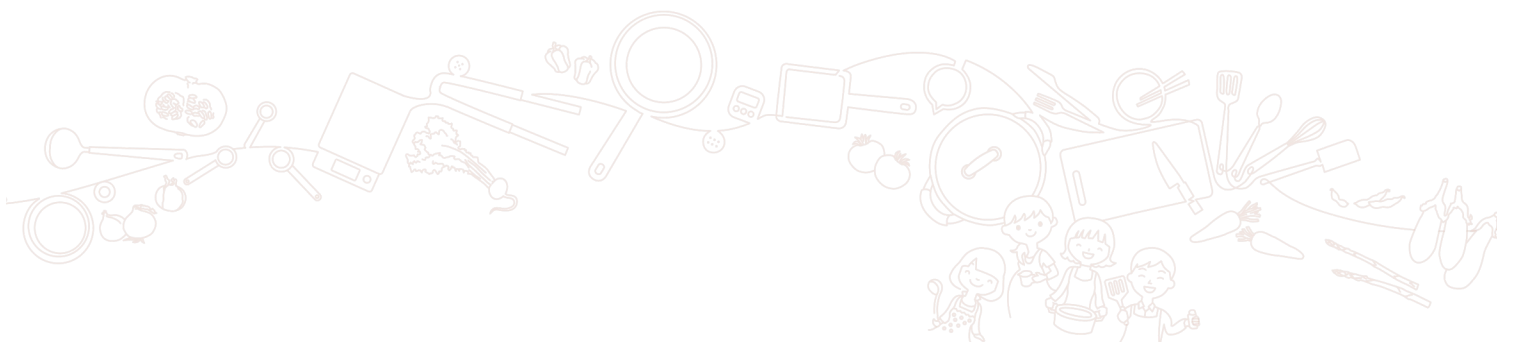


Lubna's Kitchen

Servings: 4 servings

Method

1. Heat a nonstick pan and add extra-virgin olive oil. Gently fry the finely chopped onion for 7-8 minutes, until softened and golden. Add the crushed garlic cloves, chilli flakes, salt, basil and the chopped red bell pepper then cook for 3 minutes more.
2. Add the tinned chopped tomatoes with a splash of water. Add the dry basil then bring to a gentle simmer and cook 4-5 minutes adding a splash of water if needed. Toss through the cooked conchiglie with 2 tbsp cooking water. Season and serve. Enjoy !!!



Garam Masala Chicken With Squash



Ingredients

5-6 large bone in chicken thighs
1 butternut squash
400 mls coconut milk
2 tbsp garam masala
1 tsp turmeric
1/2 tsp salt
Olive oil



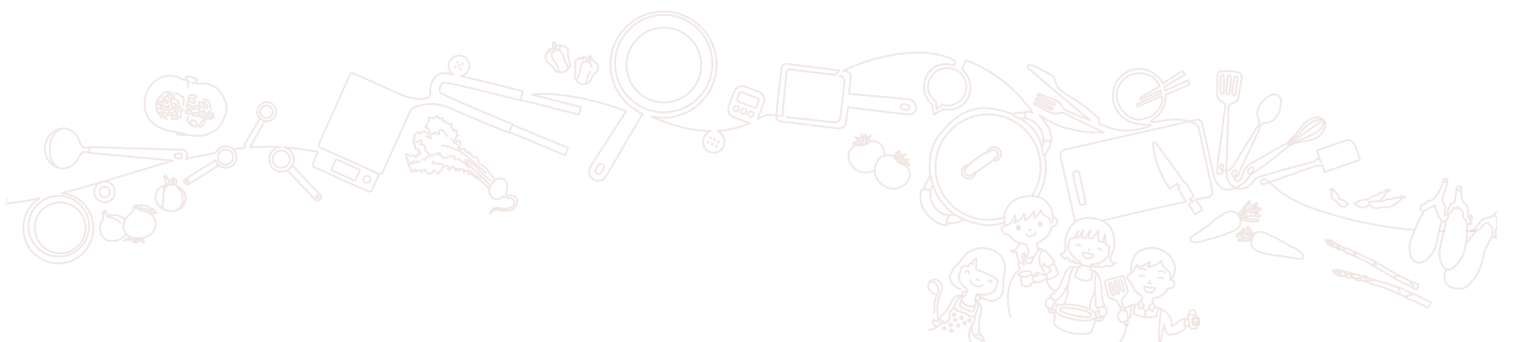
Sonia

Servings: 4 servings

Time: 50 mins

Method

1. Peel the squash, deseed and slice. Keep the skin to one side.
2. Pan fry the chicken thighs to brown the skins.
3. Put the squash in a layer at the base of a large baking tray. Put the chicken on top.
4. Whisk together the coconut milk and spices. Pour the mixture over the chicken.
5. Bake in the oven at 190 for 50 minutes.
6. 30 minutes before the chicken is done, put the squash skins on a baking tray and coat with a little olive oil, chilli powder and pepper. Bake for 30 minutes.
7. Serve the chicken topped with the crispy skins. If you want to thicken up the sauce simply mash some of the squash into it. Serve with rice for make it go further.



Seitan steak pie (vegan)



Angela 🥗

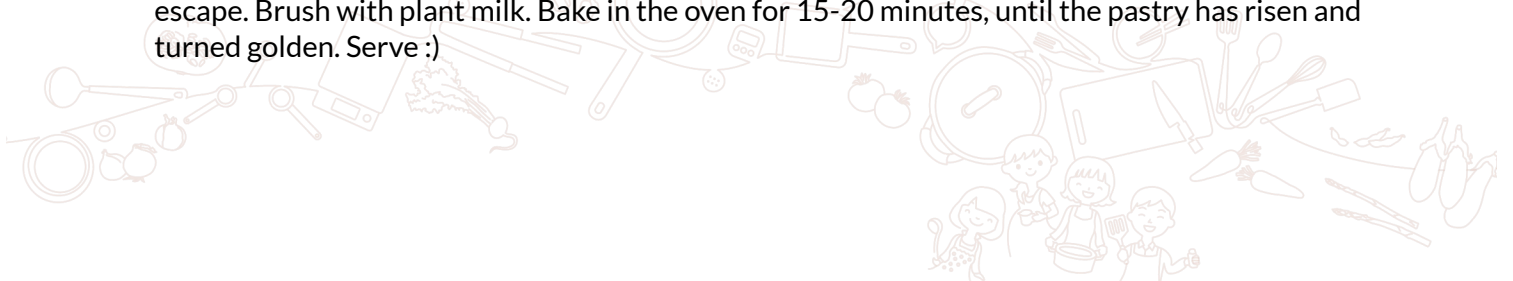
Servings: 2 people

Ingredients

2 seitan steaks (or two portions of other faux meat)
Cooking oil (no more than 1 tbsp)
1 carrot
1 leek
1 onion
1 tsp garlic
1 tsp paprika
1/2 tsp mild chilli powder
Other vegetables of your choice (e.g. mushrooms, sweet potato or other root veg - the pies pictured have 1 potato and 2 carrots between them)
200 ml veg stock
About 1 tsp gravy browning
Salt and pepper to taste
OPTIONAL 150 ml plant-based cream (I use oat cream - which is surprisingly low in fat!)
Add extra water if not using cream, to make sure the filling has a nice amount of gravy
Half-block of ready-made puff pastry (enough for two pie-lids), defrosted
For brushing, a little plant milk

Method

1. Cut the steak into bite-sized chunks and sear by cooking briefly with a little hot oil in a large pan. Remove from the heat and set aside.
2. Chop the carrot, leek and onion in a food processor and then add these to the same cooking pan. Cook gently for about 10 minutes until the vegetables are soft and smell good. Add splashes of water as needed to keep the mixture moist and stop it from browning.
3. Now add the garlic and spices, stir well and cook for a couple more minutes. Next, add the pieces of seared steak plus any other vegetables you are using, pour over the stock and add the gravy browning and seasoning. Cook until all vegetables are tender (time taken will depend on what vegetables you used and how large the pieces are - allow up to about half an hour). Then add the cream, if using, and stir.
4. When the pie filling is about 10-15 minutes away from being ready, preheat the oven to 200C. Prepare your pastry lids - just roll out the puff pastry into one suitably-sized piece for each pie.
5. Finally, assemble the pies! Add about half the cooked filling to each of two individual pie dishes and top with a piece of rolled-out puff pastry. If the lids are close-fitting, cut the pastry for steam to escape. Brush with plant milk. Bake in the oven for 15-20 minutes, until the pastry has risen and turned golden. Serve :)



My Sweet Chilli Marinated Whole Chicken with Salad (Ebook Cover Image)



Ingredients

3.5 kl whole Chicken
Sweet chilli chicken Marinade.....
1/2 cup Sweet Chilli sauce
2-3 tbs Soy sauce
1 tsp olive oil
3 Cups Mixed Salad, 3 cups lettuce, 3 cups rocket + Spinach
6 Cherry Tomatoes sliced
2 tbs sweet Chilli sauce with 2 tbs plain yogurt or Sour cream



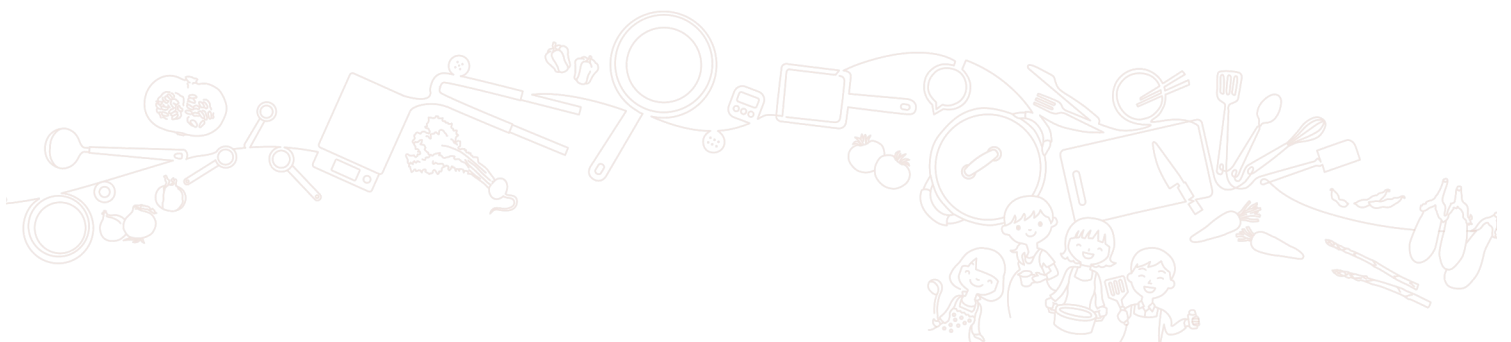
Maureen 😊

Servings: 4 people

Time: 1 hour

Method

1. Make the marinade. Mix together. Sweet chilli, soy sauce + oil.
2. Marinate the chicken for a couple of hours cover all over and cover.
3. Add the chicken covered in foil to a preheated oven 160°C. Cook for 30 minutes. Take out the oven and using a spoon baste the chicken with the juices. Then turn uncover and cook for a further 10 minutes or until browned.
4. Take the chicken out and leave to cool. Then carve
5. Meanwhile arrange to salad and add the salt, pepper, sweet chilli sauce mixed in with plain yogurt or sour cream to dress the leaves and toss to mix.
6. Add sour cream + sweet chilli sauce
- 7.
8. Slice off the breast meat share between four persons in a serving dish. And in another add the tossed dressed salad. And Serve



Seasonal spring vegetable puff pastry tart



Kate Carless

Servings: 4 people

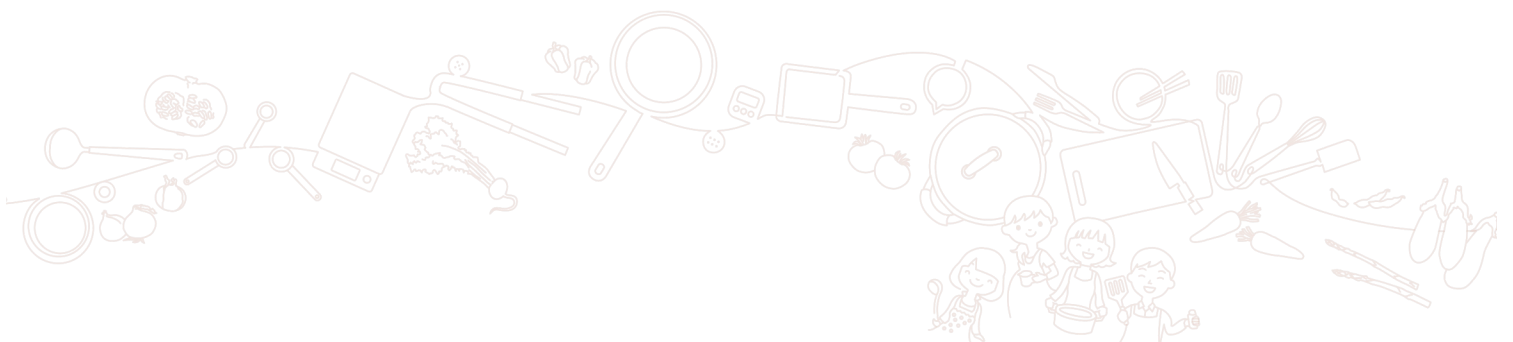
Time: 30 minutes

Ingredients

- 1 roll puff pastry
- 200 g creme fraiche
- 1 egg beaten
- Zest 1 lemon
- 1 1/2 tbsp finely chopped mint
- 200 g purple sprouting broccoli
- 150 g asparagus spears
- 1 courgette peeled into strips and rolled (see pic in step 4)
- 75 g feta cheese
- Salt and pepper

Method

1. Preheat the oven to 180 degrees
2. Mix the creme Fraiche, lemon zest, mint, seasoning and all but a small bit of the beaten egg (you'll use the rest later to glaze the pastry)
3. Unroll the puff pastry on a baking sheet. Using a knife, draw a half inch boarder around the pastry and spread the creme fraiche mixture over the inner part.
4. Lay the vegetables evenly over the pastry. Then sprinkle over the feta cheese.
5. Glaze the pastry boarder with the remaining egg and bake in the oven for 25-30mins until the pastry is golden.
6. Serve with whatever you like. I went with salad.



Teriyaki Mayo Pizza 🍕



Aunty Eiko's international cuisine experience

Servings: 1 pizza

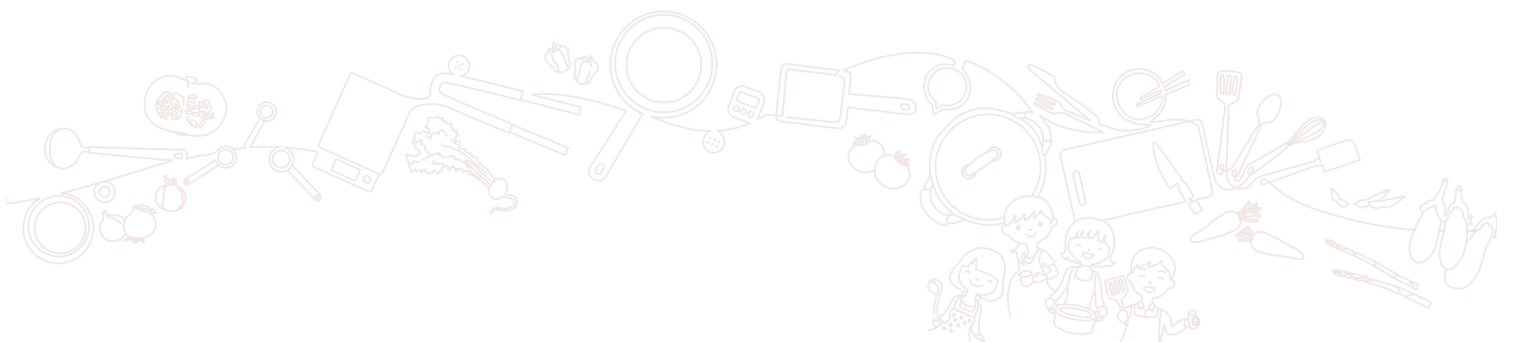
Ingredients

Pizza dough
50 ml lukewarm water
1/2 tablespoon sugar
2 g dried yeast
150 g~ bread flour
25 ml yogurt
1 tablespoon vegetable oil
1/2 teaspoon baking powder
1/2 teaspoon salt

Teriyaki sauce
2 tablespoon Mirin, 1.5 tablespoon soy sauce, 1 tablespoon sugar, 2 tablespoon water, 1 teaspoon starch powder
100 g chicken
mayonnaise
onion
cheese

Method

1. Dissolve sugar and dry yeast in lukewarm water. Mix vegetable oil, yogurt, baking powder and salt with bread flour, and mix with lukewarm water mixture. Knead dough until smooth and soft. Rest for 30 minutes.
2. Make teriyaki sauce. Cook ingredients until it's thickened.
3. Fry chicken and mix with teriyaki sauce.
4. Roll out the dough with a rolling pin and apply mayonnaise.
5. Put teriyaki chicken and sliced onion.
6. Put as much cheese on top as you like. Bake in 220°C preheated oven for 13 minutes.
7. Today's dinner 🌸🍴



Quick Mac & Cheese Kids Tea (Gluten Free and Dairy Free) 🧀



Ingredients

200 g Mattesons smoked sausage, diced
300 g gf pasta (or more for bigger appetites)
160 g grated vegan cheese (I use smoked applewood)
30 mls almond milk
2 tbsp Stork marg
Salt and pepper



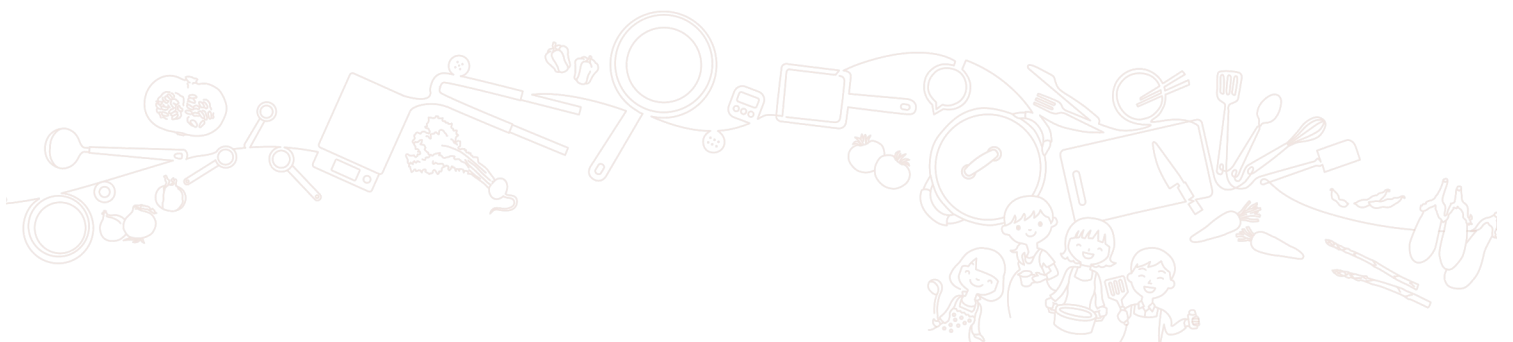
Sonia

Servings: 4 servings

Time: 15 mins

Method

1. Boil the pasta according the instructions on the packet.
2. Fry the diced sausage until nice and brown and set to one side.
3. Drain the pasta, in the same pan add your milk and marg. allow to melt then add back in the pasta and grated cheese.
4. Stir until the cheese is melted then stir in the sausage pieces and season with salt and pepper.



Mother's Indonesian style meatballs



Tremere

Servings: 4 people

Time: 2 Hrs

Ingredients

meatballs
500 Gr mince meat (Pork or beef)
1 egg
salt
peper
nutmeg

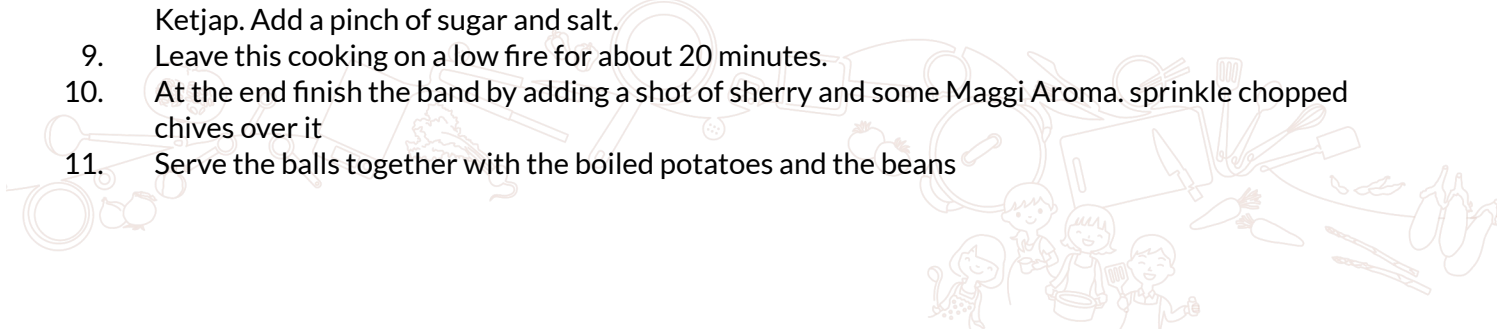
1 slice of old bread

Miscellaneous
50 gr Butter
1 onion
7 deciliter stock (pork/beef)
Ketjap Manis (or sweet soy sauce)
Sambal Goreng
2 peeled tomatoes (or a can of them)
fresh parsley
500 Gr potatoes

Beans
500 Gr sliced Flat beans (snijbonen)
1/2 Liter Water
1 Tablespoon Ketjap
white sugar
1 shot Sherry
Maggi Aroma
chives

Method

1. Mix the meatballs with the ingredients. Soak the bread in some warm water and add the mince meat, egg, salt, pepper and nutmeg.
2. I guess you could use some breadcrumbs instead.
3. Roll them in firm 5cm sized balls and let them rest for an hour in the fridge.
4. In a casserole pan cook the balls for 15 minutes in some butter with the lid half open. Remove them from the pan after, but keep them warm.
5. Continue in the pan and fry a finely chopped onion in the meat juice until it's caramelized. Add the stock and add a 2 1/2 Tablespoons of ketjap manis. Add sambal goreng and the chopped tomatoes.
6. Bring this mix (the jus) to a boil, lower the temperature and leave it standing for 5 minutes. Add some corn starch to thicken and parsley
7. Add the balls back to the jus and leave it in the pan, so all the flavour gets absorbed in the balls while we prepare the beans and boil the potatoes.
8. Prepare the beans by frying them temporarily in hot oil and then adding some water and a TS of Ketjap. Add a pinch of sugar and salt.
9. Leave this cooking on a low fire for about 20 minutes.
10. At the end finish the band by adding a shot of sherry and some Maggi Aroma. sprinkle chopped chives over it
11. Serve the balls together with the boiled potatoes and the beans



Carrot and Coriander Soup



Ingredients

450 g Carrots
1.2 l Veggie Stock
50 g Fresh Coriander
2 tsp Ground Coriander
3 tbsp Oil
1 Onion
2 Cloves Garlic
Salt and Pepper to taste



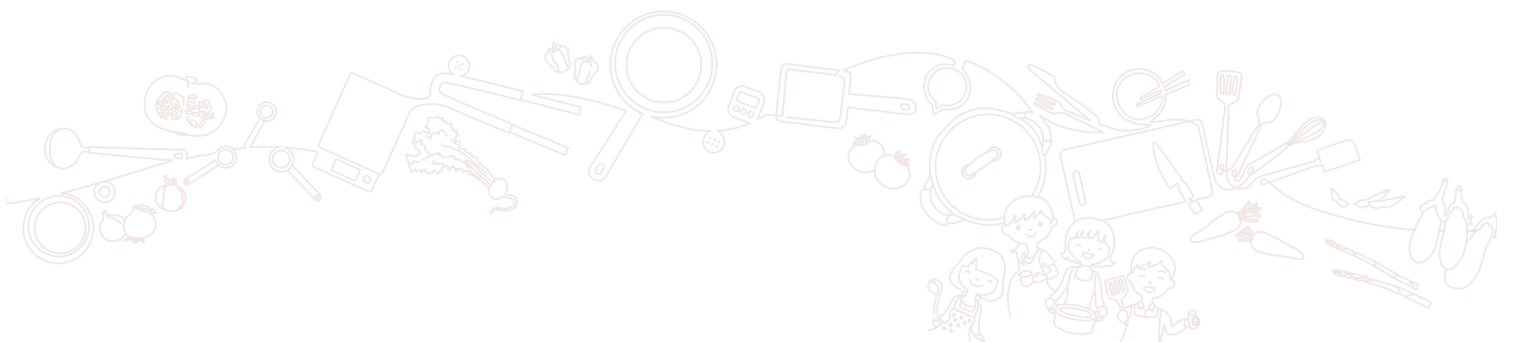
Sally Strong

Servings: 4 People

Time: 30 Minutes

Method

1. Peel and chop the carrots into equal pieces. Dice the onion and garlic.
2. Heat up the oil in a large saucepan. Add the onion, garlic and ground coriander and fry until translucent.
3. Add the carrot and the veggie stock. Bring to the boil and then simmer for 20 minutes until the carrot is soft.
4. Finely dice the fresh coriander. A few minutes before taking it off the heat and add it to the pan. Remove from the heat. Using a hand blender whizz until smooth. Season with salt and pepper and enjoy!



Stir fry egg noodles with tofu



Yui Miles

Servings: 4 portions

Time: 30 minutes

Ingredients

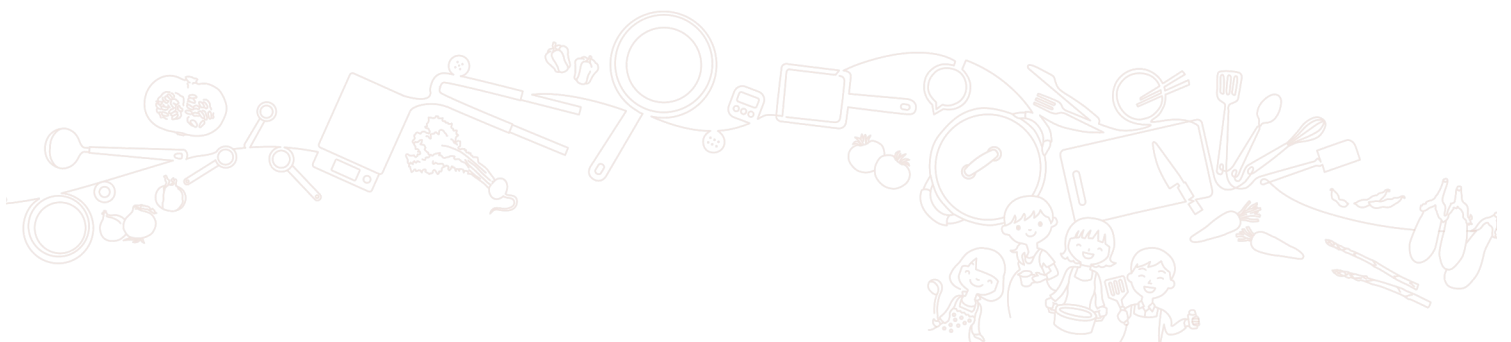
4 nests dry egg noodle
1 block tofu, cut into small chunks size
1 carrot, shredded
2 spring onions, sliced
1/2 sweet heat cabbage, sliced
1 handful beansprouts
2-3 tbsp vegetable oil
2 clove garlic, finely chopped

Sauce

1 tbsp oyster sauce
1 tbsp dark soysauce
1 tbsp soysauce
1 tsp sugar
Salt and pepper

Method

1. Blanched egg noodles in hot water for 4-8 minutes. Once noodles softened, drained and place in a plate or bowl.
2. On a medium heat pan or wok, add vegetable cooking oil then garlic, fry for a min until garlic golden. Add tofu and fry for another 1-2 minutes.
3. Add all the vegetable in and quick stir fry.
4. Add egg noodles and mic well.
5. Mix the sauce base together in a mixing bowl, pour them on to the pan or wok with the noodles mix. Stir well. Seasoning with salt and pepper. Taste it, you can add kore sauces if prefer.



Stir-fried potato miso butter



Ingredients

400 g Potatoes
15 g Butter
2 tbsp. Miso
1/2 tbsp. Sugar
50 g broccoli



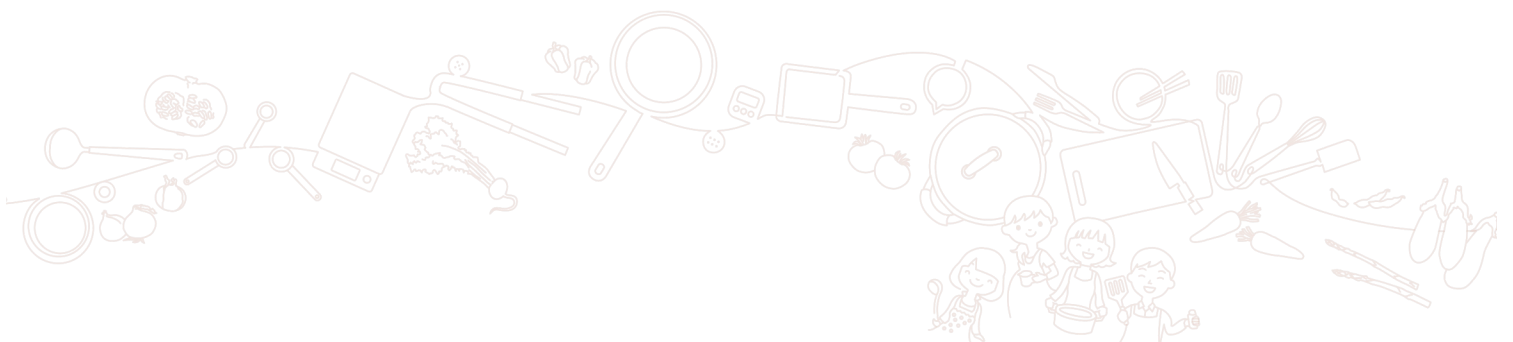
Nora

Servings: 2 people

Time: 30 min

Method

1. Peel potatoes and cut to bite-size pieces.
2. Then soak it to water.
3. After drain it, put it in a heat-resistant container and microwave it at 600w for 5 minutes. (800w 4.5 minutes)
4. Cut the broccoli.
5. Melt butter in a frying pan and add potatoes and broccoli.
6. Grill on low heat. When it gets brown, add miso and sugar and let it blend into the whole.



Beef Mince burrito bowls



Lubna's Kitchen

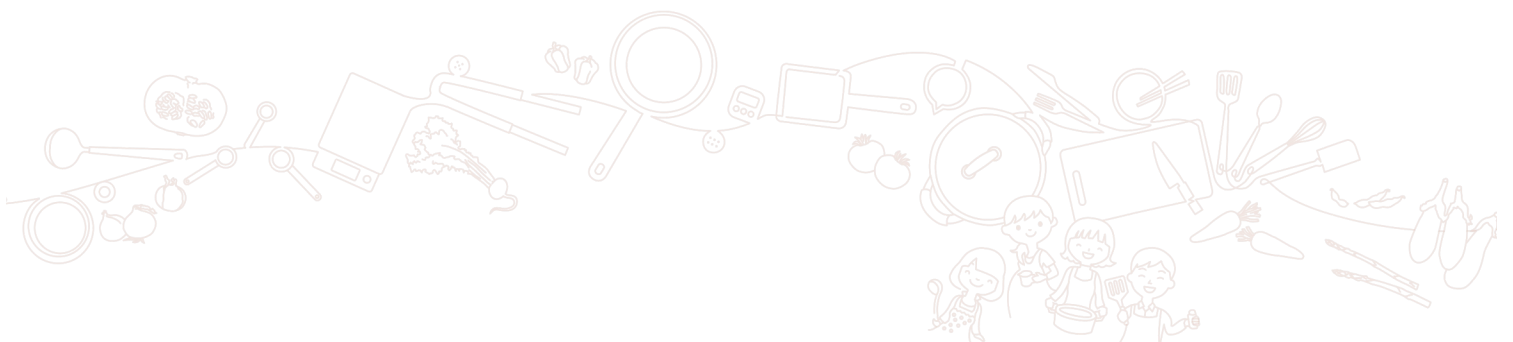
Servings: 4 servings

Ingredients

- 1 Tbsp sunflower oil, plus extra to brush
- 2 onions, sliced
- 500 g beef mince
- Red chilli powder to taste
- Salt to taste
- 1/2 tsp Turmeric powder
- 200 ml boiling water
- 4 medium tortilla wraps
- 1/4 iceberg lettuce, shredded
- 4 cups tomatoes cut into diced
- 1/2 cucumber cut into diced
- 8 Tbsp greek yogurt or any your Favourite sauce
- Some grated cheese (optional)

Method

1. Heat the oven to 200°C/180°C. Heat the 1 tbsp oil in a large non-stick frying pan, add the onions and sauté for 6-7 minutes or till nice brown then add beef mince, fry over a medium heat for 6-8 minutes until the the beef has turned browned.
2. Add all spices with the boiling water, then add to the pan then simmer for 6-8 minutes until the liquid has cooked off.
3. Meanwhile, brush the tortillas with a little oil, then put each one
4. in an ovenproof bowl (pudding basins are ideal). Bake for 5-6 minutes until golden and firm – work in batches if you only have 1 or 2 bowls. Remove from the oven and leave to cool while you repeat with the remaining tortillas.
5. To serve, half-fill the tortilla cases with shredded lettuce, then top with the hot beef, tomatoes and cucumber. Add a dollop of yogurt and your favourite sauce (if using) serve straightaway.



Slow cooker sausage stew (vegan)



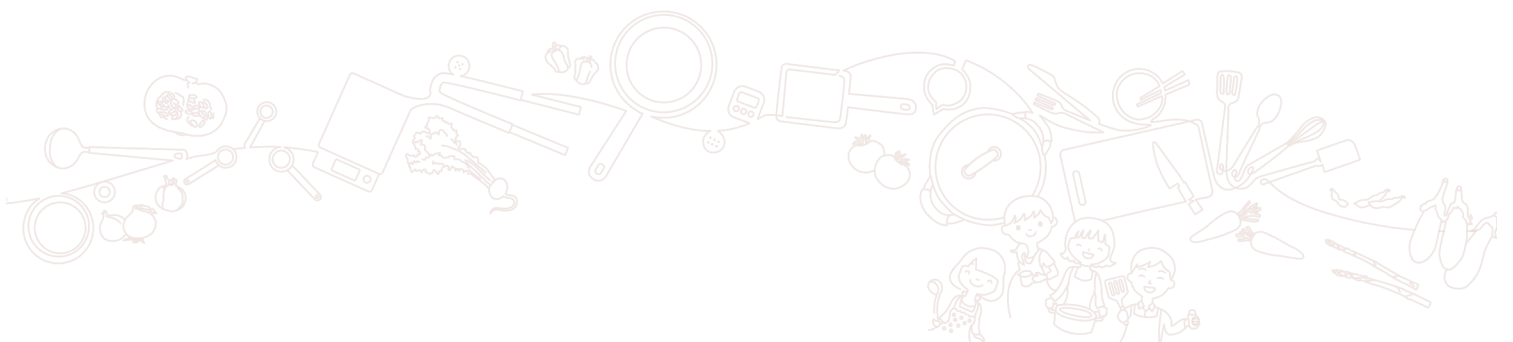
Angela 🥗

Ingredients

- 6 vegan sausages, defrosted if frozen. (Try a tasty sausage e.g. chorizo-flavoured.)
- 1 tbsp cooking oil
- 1 onion
- 2 carrots
- 1 tin tomatoes
- 1/4 cup quinoa
- 1 tsp veg bouillon powder
- 1 tsp smoked paprika
- 1/2 tsp mild chilli powder
- 1/2 tsp gravy browning

Method

1. Cut the sausages into chunks (about 4 chunks for each sausage) and fry the chunks in the oil for a few minutes while preparing the other ingredients, stirring a couple of times.
2. Chop the onion and carrots. Add these and all the other ingredients to the slow cooker, including the sausage chunks and the oil they were fried in.
3. Stir everything together. Cook on low for about 8 hours.



Dairy-free Tofu Cream



Ingredients

- 1 Drained Tofu
- 2 tbsp Non-smell Coconut Oil
- 1 tsp Vanilla extract
- 1 ~ 2 tbsp Light brown sugar
- 1 pinch Salt

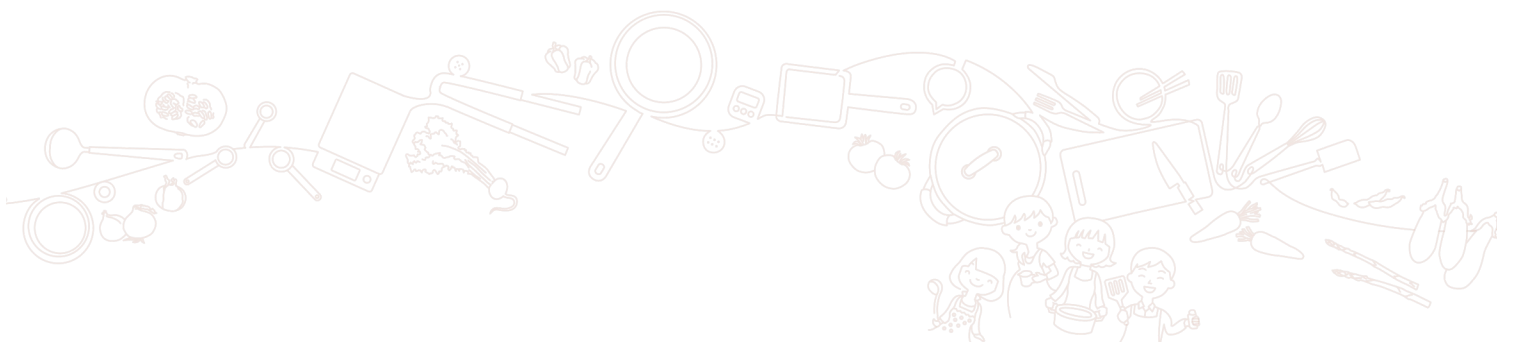


Magical kitchen

Time: 30 minutes

Method

1. Put all ingredients into a bowl, and blend them well with a hand blender until it is smooth.
2. More details ⇒ https://youtu.be/iAm_pqV_QgE



Curried Jacket Potato



shital

Servings: 4 people

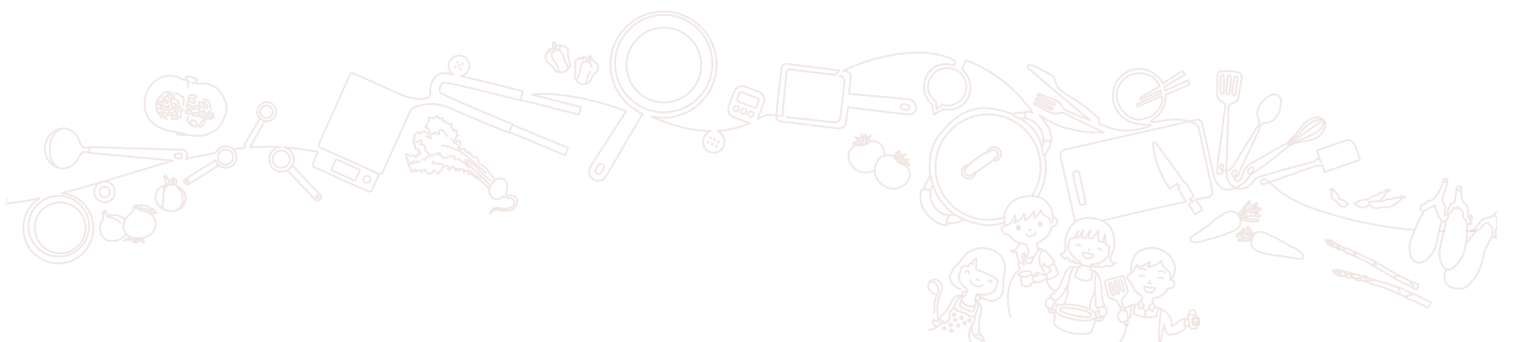
Time: 20mins

Ingredients

4 jacket potatoes
to taste Salt
1/2 teaspoon pepper
1 teaspoon red chilli powder
1 teaspoon cumin seeds
3 tablespoons oil
4 neem leaves (limro)
Chopped coriander
Drizzle of lemon juice
2 chopped green chillies

Method

1. Bake the potatoes in the microwave for 10 mins I usually wait till they cool down a bit then chop them into small pieces
2. Add oil to the pan add cumin seeds let them pop then add limro and green chillies. Then add the potatoes salt pepper chilli powder and a sprinkle of lemon juice and decorate with chopped coriander so easy but tastes yummy 😊



Mediterranean tuna farfalle pasta salad



rsa_food

Servings: 4 servings

Time: 30 minutes

Ingredients

500 g farfalle pasta
2 tins tuna in brine
500 g sugarbelle tomatoes
100 g pitted black olives
200 g chestnut mushrooms
1 white onion
Extra virgin olive oil
2 gherkins
1/4 cucumber
2 celery sticks
Cracked pepper
100 ml mayonaise
1 tsp chilli oil
2 garlic cloves
50 g caper berries

Method

1. Cook the pasta to al dente
2. Fry onions, mushrooms and then when browned add tsp butter and garlic. Add pasta to mix and stir well. Let cool to room temperature.
3. Prepare the salad items and leave in fridge for an hour to cool down.
- 4.
5. Add Mayo to the pasta and add tuna with the brine. Stir.
6. When ready to serve add all salad ingredients and olives. Season to taste.



Greens and Lentils Pasta



Rachel

Servings: 4 servings

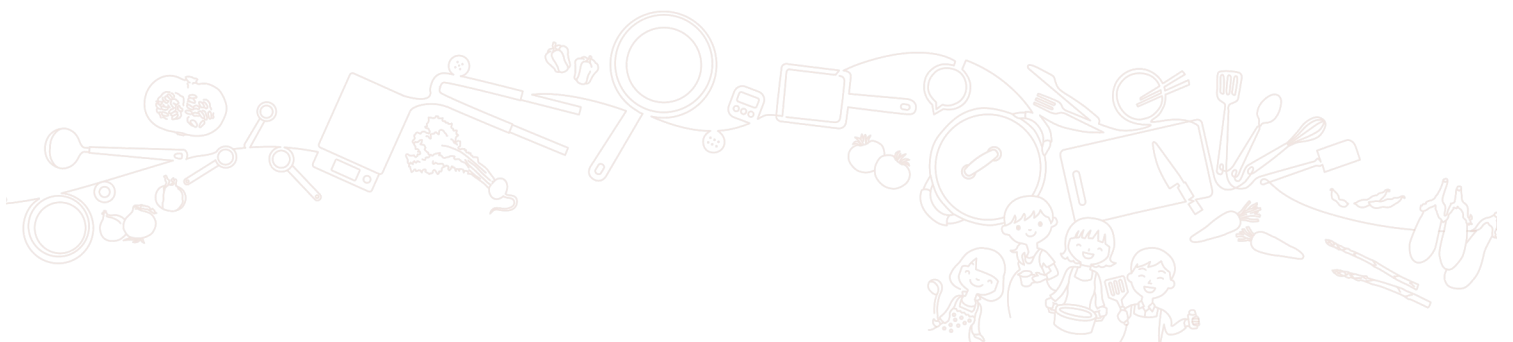
Time: 20 minutes

Ingredients

- 500 g Pasta (I used brown)
- 300 g Lentils (tinned, jar or cooked)
- 1 tin tomatoes
- 2/3 coves garlic
- 1 onion (finely chopped)
- 1 handful greens (fresh or frozen) or add other veg you need to use up
- 3 tablespoons capers
- 1 little chopped chilli or fresh or dried herbs (optional)

Method

1. Cook pasta according to instructions.
- 2.
3. Sauté onion on a gentle heat but don't let it brown. Add finely chopped or grated garlic and true for 2 or 3 minutes. Add cooked lentils and cook in the onion mixture for a few minutes. Add the tin of chopped tomatoes and the capers and greens if frozen (a few minutes utes before the end if they are fresh. Simmer on a low heat for around 10 minutes (normally around the time that it takes to cook the pasta.
4. Drain the pasta. You can add a splash of oil to stop it sticking if you have any.
5. Plate into 4 portions and top with the with the lentils. Sprinkle with chopped chilli and/or herbs if you are using.



Rustic chicken and vegetable pie



Ingredients

Roll of pastry
100 g chicken mince
400 g packet of frozen vegetables -
precooked
Spoonful passata sauce
Salt and pepper to taste
Beaten egg to glaze
Olive oil



Miss Fluffy's Cooking

Servings: 4 servings

Time: 40 mins

Method

1. Preheat oven to 180. Heat oil in a pan. Brown the mince and then add the passata. Cook for another 5 minutes. Set a side
2. Roll out the pastry into a round medium sized foil tray. Trim the edges and set a side. Prick with a fork and glaze with egg.
3. Add the bag of veg, still frozen, to the mince. Mix and season to taste. Then add to the pie. Use the rest of the pastry to decorate. Glaze with egg and pop in the oven for about 25-30 mins. Serve with a salad



Garganelli with courgette and speck



Ingredients

500 g Garganelli pasta
1 small courgette
80 g speck or pancetta
Small chopped onion
Tin chopped tomatoes
Olive oil
Salt to taste
Parmesan to serve - optional



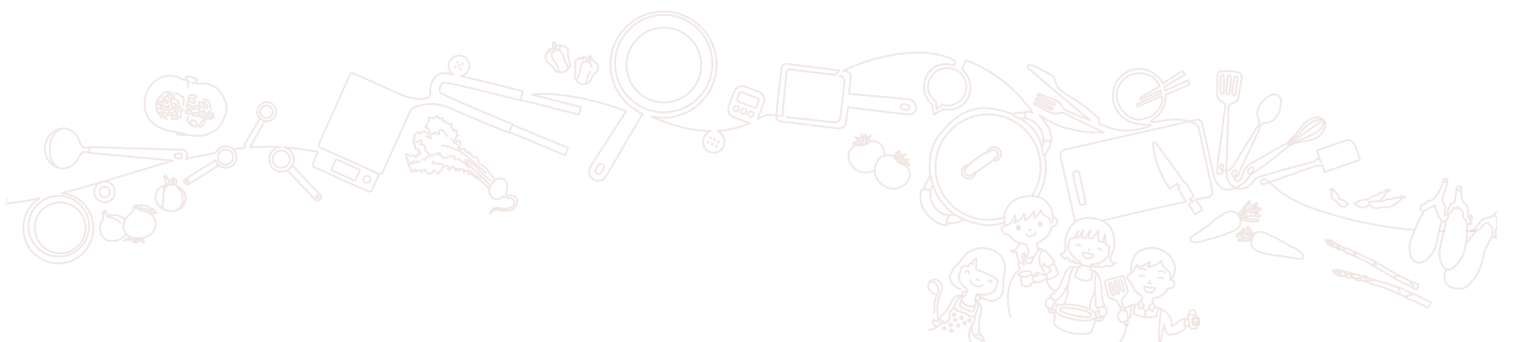
Miss Fluffy's Cooking

Servings: 4 servings

Time: 20 mins

Method

1. Bring a pot of salted water to the boil and cook pasta according to instructions. Heat oil in a pan and soften the onions. Slice the courgette into circles. Add them when onion is soft - if using pancetta, add with the onions -
2. Now add the speck and tomatoes. Stir and simmer for about 5 mins while the pasta finishes cooking. Drain pasta al dente and add to sauce. Mix well and serve



Readymade kebab in spicy sauce



Ingredients

- 4 Readymade kebab
- 1/3 Sliced onion
- 2 tbsp chilli sauce
- 2 tbsp ketchup
- Fresh coriander
- 2 cloves crushed garlic



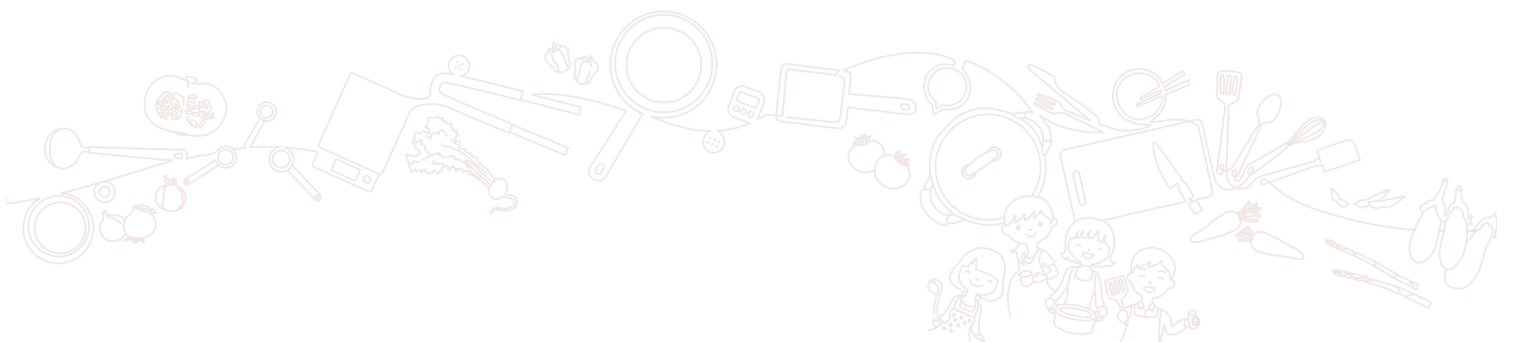
F.B

Servings: 2 servings

Time: 10 min

Method

1. Cut kebabs in desire size
2. Heat little bit oil in a pan add garlic, and onion, cook just a little then add kebabs
3. When kebabs are done add sauces and cook until sticky and well coated with kebabs, sprinkle some coriander on top



Carbonara



Ingredients

400 g spaghetti
100 gr pancetta
4 eggs yolks
Pepper
Salt
50 gr pecorino cheese

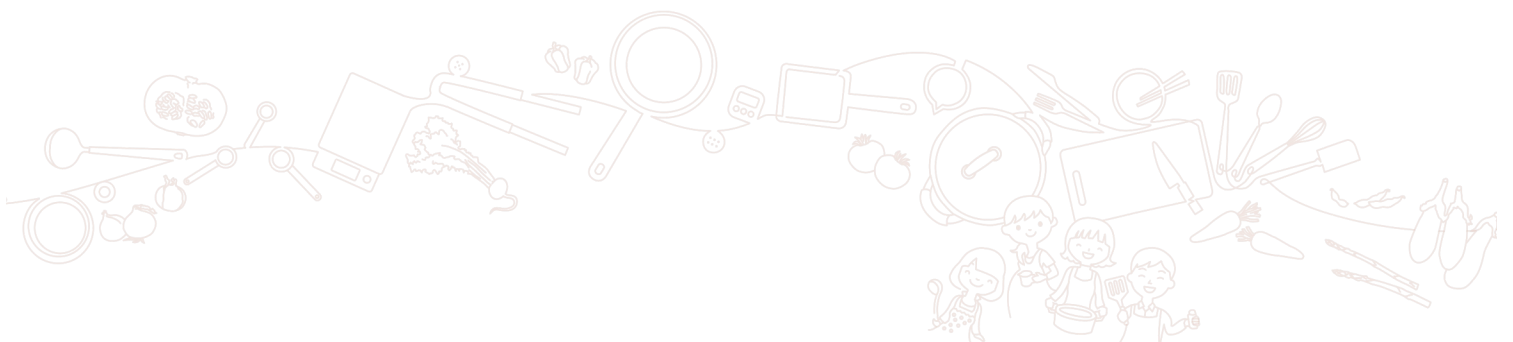


Roberto

Servings: 4 people

Method

1. Cook the pancetta until crispy, prepare the carbo-cream mixing the egg yolk with the grated cheese and set aside
2. Cook the spaghetti, 2 minutes before ready put them in the frying pan keeping the water where they have been cooking in, and end the cooking process adding some water from the pasta.
3. Taking them off the fire add the bacon and the carbo-cream and mix together and had pepper.



Haydari



Ingredients

250 gr greek yogurt
2 tbsp olive oil
2 tsp dried mint
1 pinch salt
1 clove of garlic



Duygu

Servings: 4 people
Time: 10 minutes

Method

1. Place the oil and mint in a pan and fry them medium heat. Fry them till getting boiled and replaced.

