



**Cook By Numbers**

**2 Flavours to Pair**

# Yoghurt And Mango Lassi



## Ingredients

1 cup diced fresh mango  
1 cup plain non-fat yogurt / Greek yogurt / Alpro yogurt  
1/2 cup milk (full fat, skimmed, Almond) choice  
2 Tbsp white sugar  
Dash cinnamon (optional)  
Ice

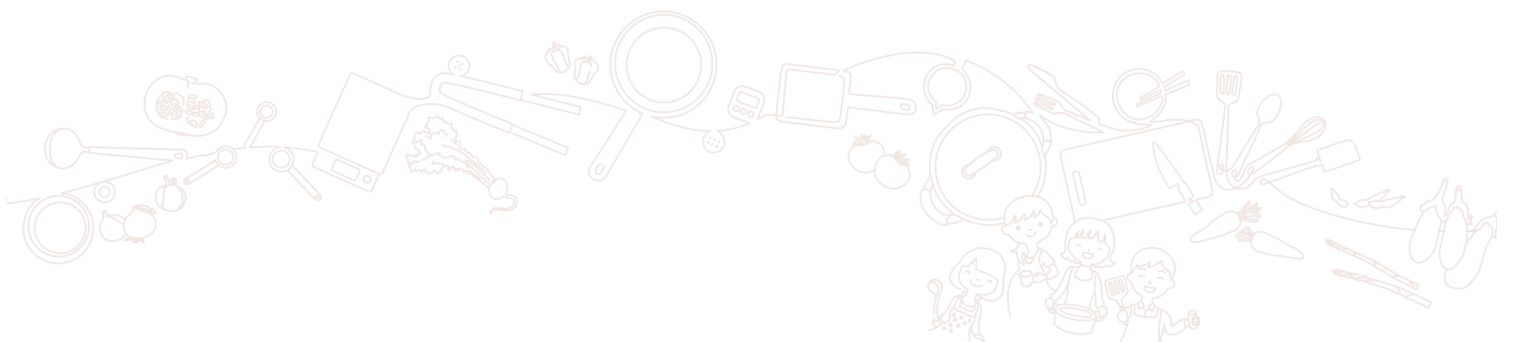


**Lubna's Kitchen**

Servings: 2 servings

## Method

1. Add all of the ingredients to the blender.
2. Puree until smooth. Serve immediately!



# Lemon and Lime Mocktail



## Ingredients

- 1 cup fresh squeezed lemon juice
- 2 Limes Juiced
- 1 lime & lemon sliced
- 7 up / cream soda / sparkling water (chilled)
- 1 sprig mint leaves
- 1 cup crushed ice

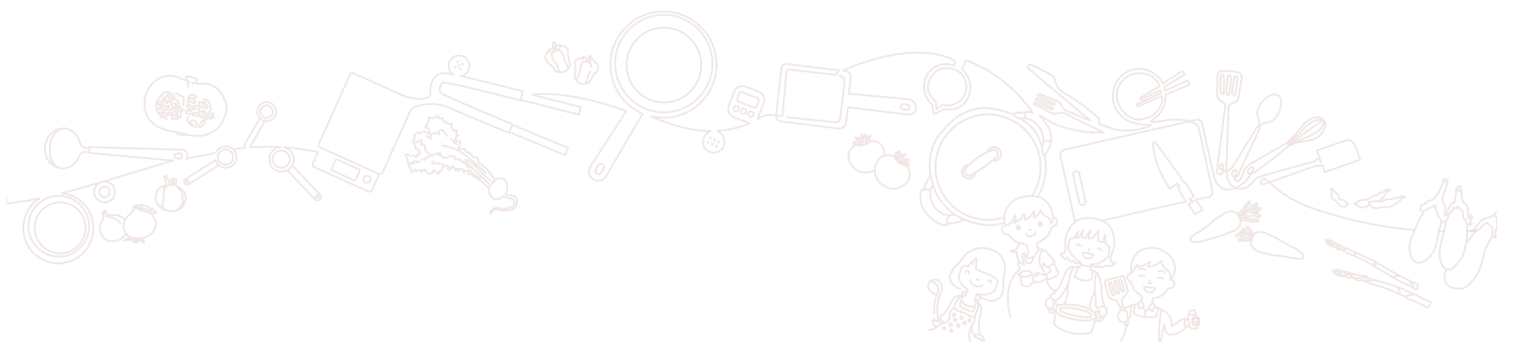


**Lubna's Kitchen**

Servings: 2 servings

## Method

1. Place ice, mint and lime slices at bottom of jug and pour over juice.
2. Pour over chilled 7up / cream soda / sparkling water Mix before serving.
3. Enjoy !





# Dairy-free! Chocolate Berry Muffin



**Magical kitchen**

**Servings: 6 servings**

**Time: 40 minutes**

## Ingredients

Dry

160 g Flour

20 g Cocoa powder

1 1/2 tsp Baking powder

Wet

130 cc Plain Soymilk

40 cc Veggie oil

40 g Light brown sugar

1 pinch salt

Banana Paste

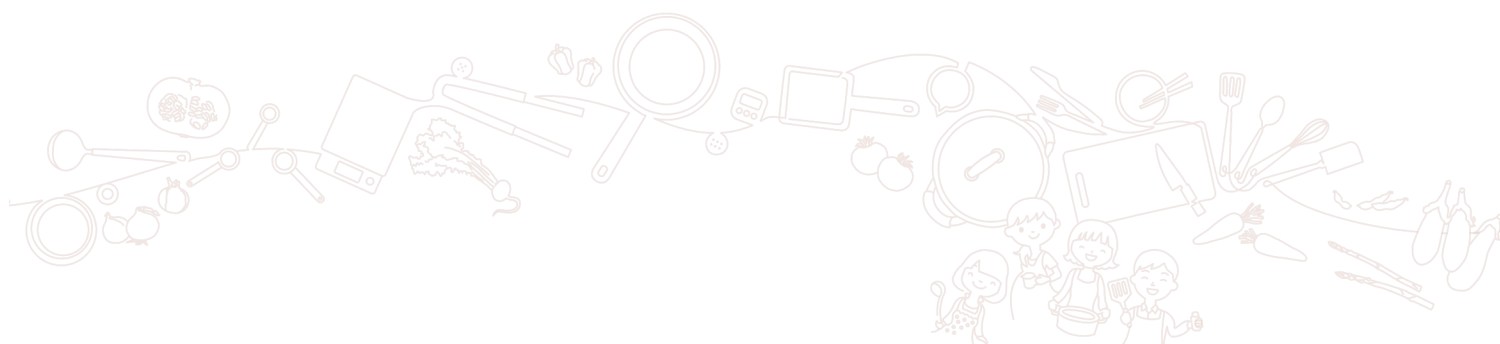
1 Banana

1 tbsp Light brown sugar

Berry jam

## Method

1. Preheat an oven to 170°C
2. Make the banana paste by chopping the banana, then mash with a fork and finish by sprinkling the sugar on top. Microwave for 40 seconds.
3. Sift all dry ingredients into a bowl.
4. Put all wet ingredients into a separate bowl, and mix them well until it is emulsified. Add the banana paste.
5. Mix the wet and dry ingredients together.
6. Fill the muffin mold about 2/3 full with the dough, put the berry jam close to the top, then cover with a little more dough.
7. Bake in 170°oven for 30 minutes.
8. Learn more ⇒ <https://youtu.be/p3ffckXu9x8>



# Lemon & Raspberry Refresher



## Ingredients

- 1 tbsp lemon curd, from a jar or homemade
- 1 cup frozen raspberries
- 1 can lemonade or lemon ice tea or Sprite



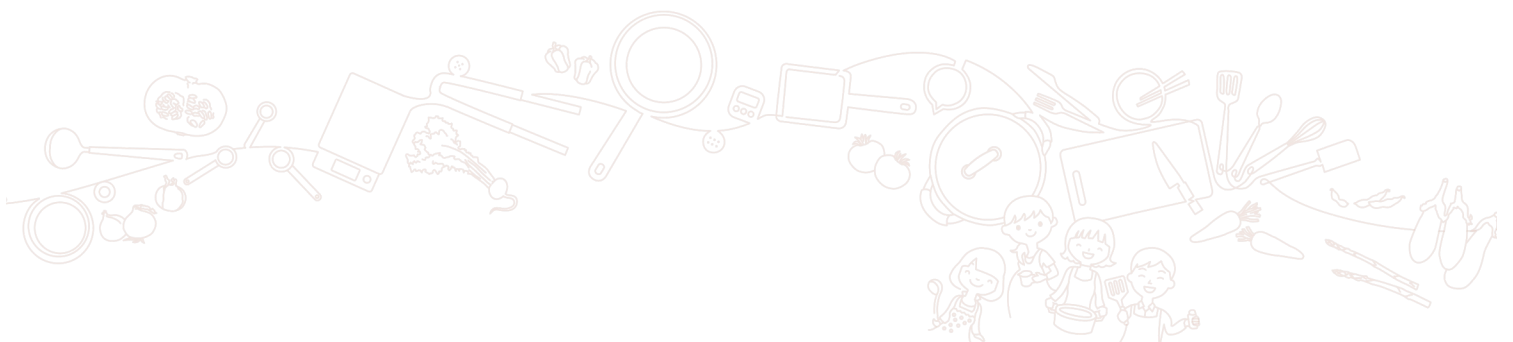
**Celeste**

**Servings: 1 serving**

**Time: 0 cooking**

## Method

1. Add the lemon curd and raspberries to a liquidiser, whiz/pulse until raspberries are broken up and they form a ball with the lemon curd.
2. Add the lemonade and whiz together for 30 seconds to a minute.
3. Pour through a sieve into a jug, using a spoon to stir it around and get it through the sieve until you are left with only seeds in the sieve. Use the spoon to scrape juice from underneath the sieve into the jug.
4. Stir the mixture and pour into a long glass. Enjoy.



# Chocolate & Stem Ginger Cookies



**Natalie Marten**

**Servings: 6 servings**

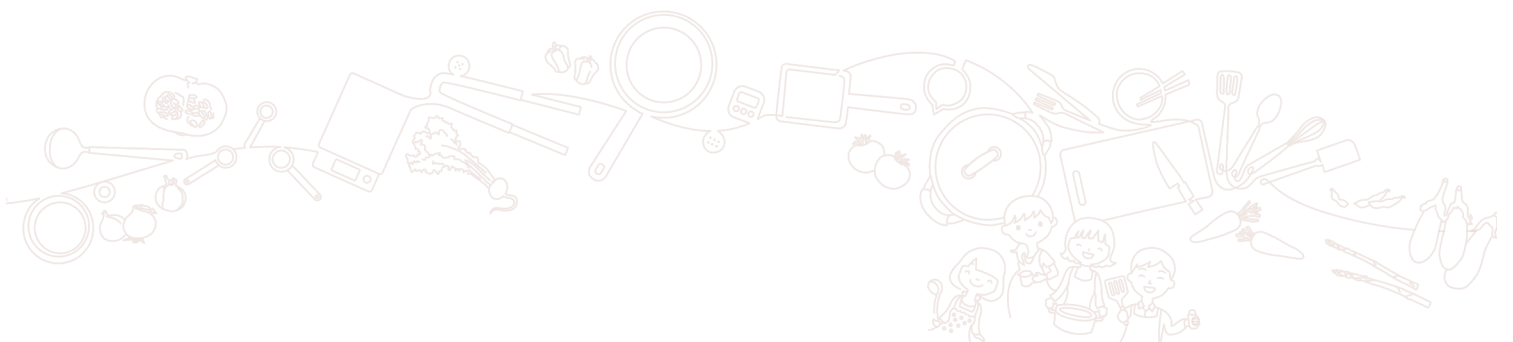
**Time: 1 hour 15 mins**

## Ingredients

180 g plain flour  
100 g choc chips,  
70 g softened unsalted butter,  
50 g crystalized stem ginger, cut into small chunks,  
50 g light soft brown sugar,  
45 ml whole milk,  
30 g granulated sugar,  
1 tbsp cocoa powder,  
1 tsp vanilla extract,  
1 tsp baking powder,  
1/6 th tsp bicarb of soda, (tiny pinch),  
Pinch salt

## Method

1. Cream together the brown sugar, granulated sugar and softened butter in a large bowl until a smooth paste is made.
2. Next add half the flour along with the baking soda and bicarb and mix together until clumps are formed.
3. Add the milk and mix well. Next add in the cocoa powder, a small pinch of sea salt and the remaining flour. Add in the chopped stem ginger and the dark choc chips. Mix well until a cookie dough is created.
4. Once a cookie dough has formed, make into six equal sized balls.
5. Place the rolled balls into the freezer for 15 mins or into a fridge for an hour to set. Preheat your oven to 180 fan or gas mark 6. Line a large baking tray with greaseproof paper.
6. Reshape the dough into fat round patties about an inch thick and place on the lined baking tray. Bake on the middle shelf for 10-12 minutes. Remove from the oven and leave to cool for a few minutes. Eat and enjoy! Perfect whilst still all warm and gooey. :)
7. Note: To reheat the cookies so they are melty in the middle again, simply microwave on high (800 Watt) for 4-5 seconds.



# Peanut Butter and Jelly Bars



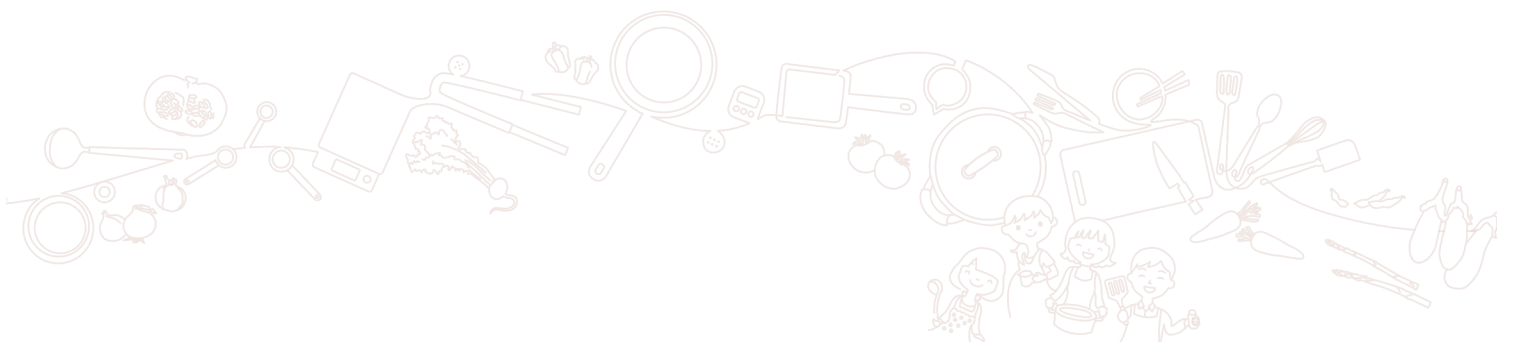
Lubna's Kitchen

## Ingredients

1/2 cup unsalted butter, room temperature  
1/2 cup smooth peanut butter  
1 cup light brown sugar, packed / caster sugar (choice)  
1 egg  
1 tsp vanilla extract  
1 & 1/4 cups all-purpose flour  
1 & 1/2 cups old-fashioned oats  
1/2 tsp baking soda  
1/2 tsp salt  
1 jar strawberry jam

## Method

1. Preheat oven to 180°C. Set aside an 8x8-inch square baking pan (ungreased).
2. In a large mixing bowl beat together the butter and peanut butter until creamy. Add the sugar and beat on medium speed until blended. Add the egg and vanilla and mix until blended.
3. In a medium bowl combine the flour, oats, baking soda and salt. Add the flour mixture to the butter mixture and blend on low speed until all the dry ingredients are incorporated. Scrape down the sides and bottom of the bowl and blend one more time until a crumbly dough forms.
4. Press a little more than 3/4 of the oat mixture into the bottom of the ungreased prepared pan (don't press too hard!). Spread the jam on top taking care not to leave more in the middle, spread the jam evenly. Crumble the remaining oat mixture on top in clumps. Press down on the topping gently to make the top more even. Bake for 25 - 30 minutes or until the top is golden brown. Cool completely before cutting into bars.
5. Store in an airtight container at room temperature or refrigerate for longer storage.





# Macha Snowball Cookies



## Ingredients

「Dry」

55 g potato starch

30 g almond powder

30 g light brown sugar

5 g macha powder

10 g walnuts

「Wet」

35 cc vegetable oil

20 cc plain soymilk

1 pinch salt



**Magical kitchen**

**Time: 40 minutes**

## Method

1. Cut the walnuts into tiny small pieces.
2. Sift all the dry ingredients in a bowl. And add the walnuts into the bowl.
3. Put all the wet ingredients into a separate bowl, and mix them well until it emulsifies.
4. Mix 2 and 3 in a bowl. Then wrap it with plastic wrap. After that put it in a fridge for half day.
5. Make into balls of about 1.5cm in diameter. Then bake in 170°oven for 20 to 25 minutes.
6. Coat sugar with the baked fresh snowball and serve!



# No-Bake Chocolate and Strawberry Cheesecake



**Stella T**

Servings: 14 people

## Ingredients

600 g Philadelphia cream cheese  
300 g Greek yogurt  
2/3 cups icing sugar  
1 tbsp fresh lemon juice  
rind from one lemon  
150 g strawberries  
1 1/2 tbsp powder gelatin

### Crust

24 Oreo cookies  
50 g butter

### Chocolate Layer

100 g dark chocolate  
2 tbsp butter

### Ganache

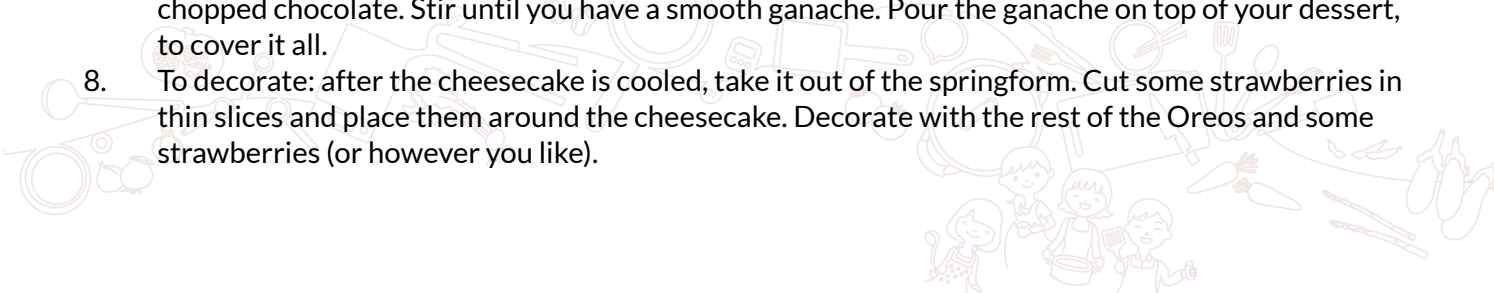
100 g dark chocolate  
100 ml soya single cream

### To Decorate

some strawberries  
4 Oreo cookies

## Method

1. For the crust: put the Oreos in a food processor and process until you have fine crumbs. Add the melted butter and process again until mixed. Put them in a 9-inch springform pan and press firmly until you have a solid layer.
2. Wash the strawberries and remove the stems. Put them in the food processor until you have a fairly smooth pulp.
3. Put the gelatine powder in a small microwave safe bowl with 2 tbsp of water. After 5 minutes put it in the microwave for 10 seconds, until it's liquid.
4. Time for the filling. In a big bowl mix the cream cheese until it's fluffy. Add all other filling ingredients (along with the gelatin and the strawberries) and mix well. Taste it and add more sugar if you wish.
5. The crust and the filling are done. For an extra flavor and crunch I added some chocolate layers. To do that, just melt the dark chocolate with the butter in the microwave.
6. For the assembly: Add a layer of cream (1/3) on top of the Oreo crust. Pour half the melted chocolate on top, to create a thin layer of chocolate. Add a layer of cream (again 1/3) and pour the rest of the chocolate. Then add the last layer of cream (the last 1/3) and put the dessert in the fridge.
7. Make the ganache. The easy way is to put the chocolate and the cream in a microwave bowl and melt it. Otherwise you can heat the cream until it reaches a boiling point and then pour it on top of the chopped chocolate. Stir until you have a smooth ganache. Pour the ganache on top of your dessert, to cover it all.
8. To decorate: after the cheesecake is cooled, take it out of the springform. Cut some strawberries in thin slices and place them around the cheesecake. Decorate with the rest of the Oreos and some strawberries (or however you like).



# Matcha and Red Bean Cupcakes with Matcha Buttercream Frosting



**DeanyEatsWorld**

**Servings: Makes 8-10 cupcakes**

## Ingredients

Soft peaks:  
1 egg white

Dry ingredients:  
140 g cake flour  
1 tablespoon matcha powder  
1 1/4 teaspoon baking powder  
1/4 teaspoon salt

Egg, sugar, butter and vanilla extract:  
90 g butter, soft, 175 g sugar  
1 teaspoon vanilla extract, 1 egg yolk

Other ingredients:  
120 ml milk  
12 teaspoons red bean paste

Buttercream frosting:  
57 g butter, 70-80 g icing sugar  
1/2 tablespoon matcha powder  
1/4 teaspoon vanilla extract  
Pinch salt  
2 tablespoons double cream

Garnish:  
Handful sliced strawberries (optional)

## Method

1. Preheat the oven to 178 degrees and line the cupcake tin with the liners. Set aside.
2. In a bowl add the egg white. With a hand whisk beat egg white has reached soft peaks. Tip: this helps to give the cupcake cake a light texture.
3. In a mixing bowl add the following dry ingredients. Sift in the matcha powder and flour. Then add baking powder and salt.
4. In another mixing bowl add the butter and sugar. Cream together until light and fluffy. Then add in vanilla extract and the egg yolk. Using a hand whisk mix until fully incorporated.
5. Now add the dry ingredients and milk to the creamed mixture. Mix to combine but do not overmix.
6. Gently fold in egg white into the batter. It should not be too runny. Fill up the lined cupcake tray under half, then add a teaspoon of red bean paste. Then add more batter until filled more than half. Tip: do not overfill. Repeat the process until all the batter and red bean has been used.
7. Bake at 178C for 18-25 minutes. To check if baked insert a toothpick into the centre. If it comes clean it is ready, otherwise bake for a few minutes longer and repeat the check again.
8. Remove cupcakes from the oven, transfer onto a wire rack or large plate and leave to cool down completely.
9. To make the matcha buttercream frosting, beat the butter in a large bowl until smooth and creamy. Then add icing sugar, matcha, salt, and beat on low until incorporated. Increase the speed to high. Add vanilla and milk, continue to beat until fluffy. Tip: If the frosting is too thick or thin, add a touch more milk until it reaches your desired texture.
10. Decorate each cupcake once fully cooled down. Top with sliced strawberries (optional) and enjoy.

# Dandelion Honey and Mustard Vinaigrette

## #2flavours



### Ingredients

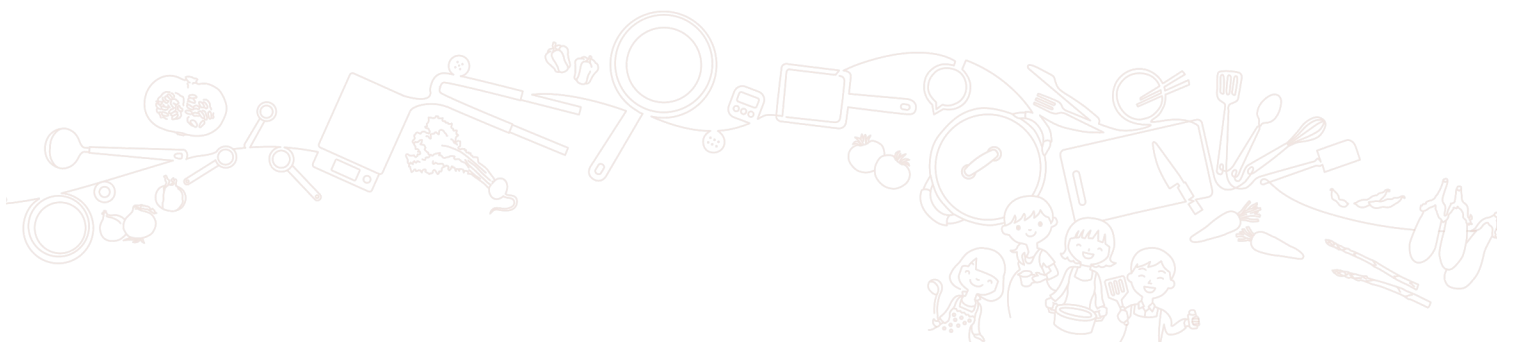
5 tablespoons olive Oil  
2 1/2 tablespoons Vinegar  
2 tablespoon Mustard  
1 tablespoon Honey (mine was a vegan version made from dandelions)  
1 cloves garlic (crushed)  
1 squeeze Lemon juice  
Salt and pepper to taste



Rachel

### Method

1. Gently whisk all of the ingredients together - other than the oil.
2. Slowly add the oil a little at a time while whisking until emulsified. You can use an electric whisk or processor but the dressing will be thicker if you drip add the oil a little at a time.
3. Season with salt and pepper to your taste. Drizzled over salad, veggies or lentils. You can also brush on the veggies before roasting.



# My Lemon & Lime Gochujang Chicken



## Ingredients

- 1 large chicken breast cut into thin slices
- 1 tbs onion diced
- 1 small birds eye Chilli pepper
- 1 tbs Gochujang paste
- 1/4 of spring onion diced
- 1/4 of green bell pepper sliced



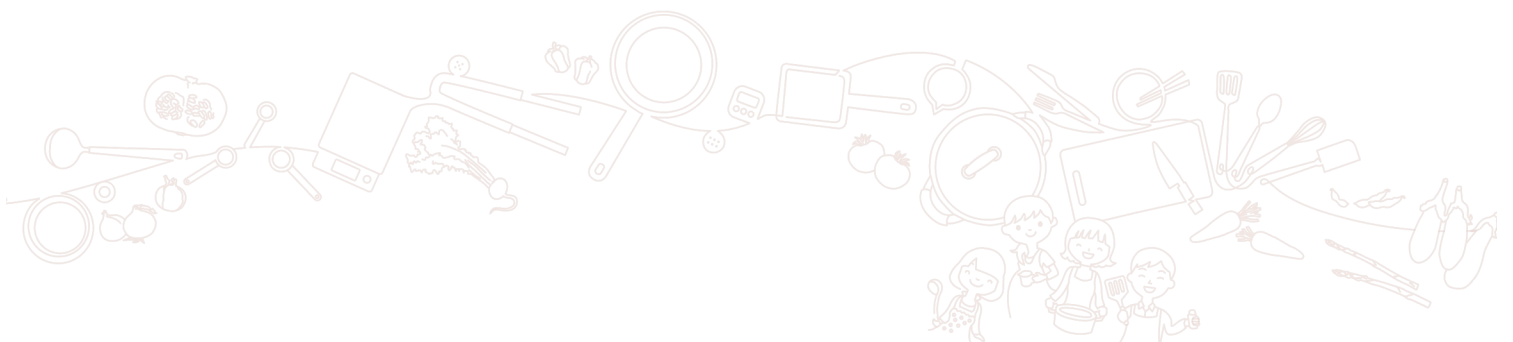
Maureen 😊

Servings: 2 servings

Time: 20 minutes

## Method

1. Cover the chicken in the Gochujang paste and leave to marinate for 2 hours longer if you like with cling film over it.
2. When your ready Heat up a little butter in the pan then.
3. Squeeze about a tsp lemon juice over the chicken and again with the lime mix in add the chilli pepper and onion.
4. Add the chicken mix to the fry pan fry for 2 minutes each side then turn down to low add the sweet bell peppers and cook the chicken stirring occasionally for 15 minutes.
5. Add some salad to the serving dish and then add the chicken when cooked.
6. Serve with sprinkles of spring onion on top and enjoy.



# My Cheese & Tomato Grilled Spam Toastie



## Ingredients

- 2 Slices Bread toasted and buttered
- 4 small slices Cheddar cheese
- 4 Slices Spam or chopped pork grilled
- 4 Cherry tomatoes sliced



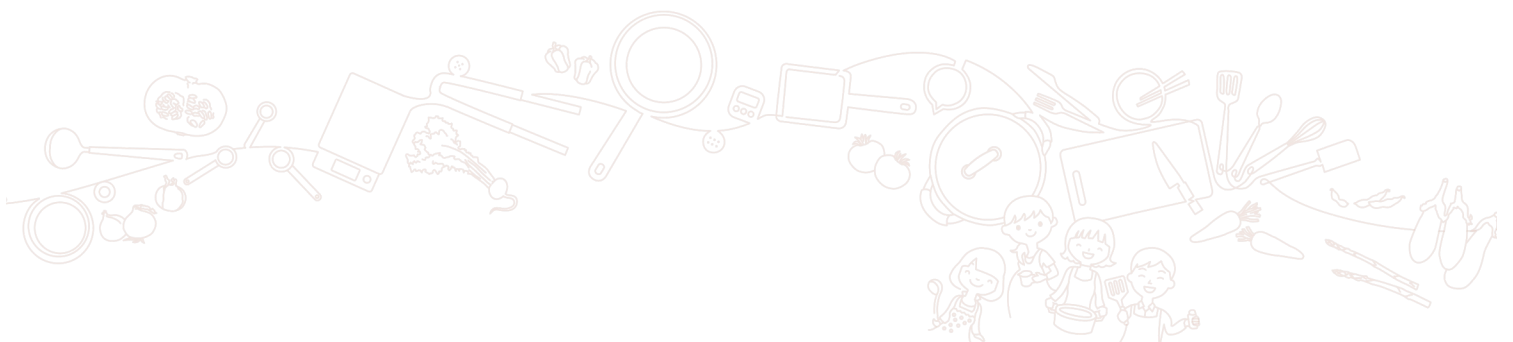
Maureen 😊

Servings: 1 serving

Time: 5 minutes

## Method

1. Grill the spam or chopped pork.
2. Make the toast and butter it.
3. Slice the cheese and Tomatoes
4. Add the grilled spam along the slice of toast to fit it.
5. Next add the slices of cheese on top then the sliced tomatoes.
6. Add the other slice of toast on top slice in half and serve.



# Easy & Tasty Algerian White Chicken Soup (Chorba Bayda / Baidha)



**mk**

**Servings: 4 servings**

**Time: 30 min prep, 45 min  
simmering time**

## Ingredients

Soup Base:

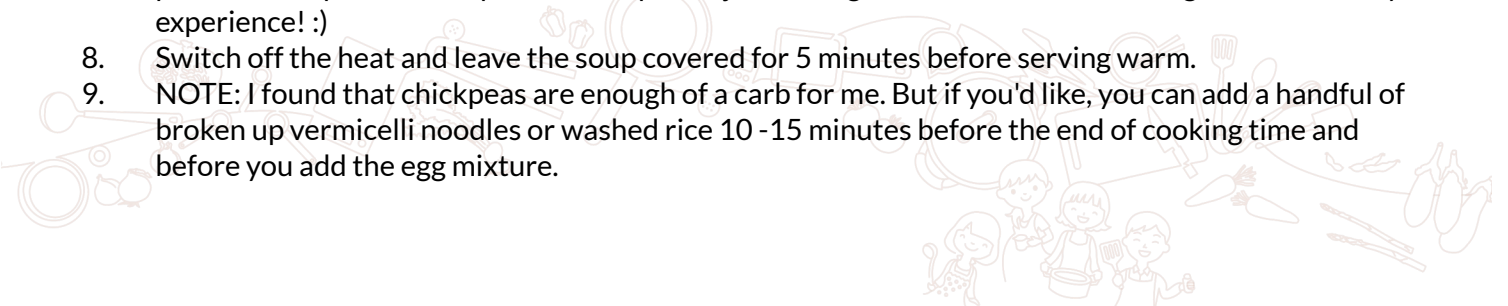
- 4 chicken drumsticks or thighs (c. 500g), bones included (skin is optional)
- 1 large onion, finely chopped
- 2-3 garlic cloves, minced
- 1 stick fresh celery, finely chopped
- 2 carrots, roughly chopped
- 1 can cooked chickpeas, drained and rinsed (c. 120 g if you are using dry chickpeas)
- 1/2 cinnamon stick (can use whole stick as well)
- 1 tsp fine salt
- 1/2 tsp black pepper
- 2 tbs olive oil
- 1 tbs butter (I used ghee instead of olive oil and butter)
- 1/2 tsp ground cinnamon (cassia)
- 1 litre water (can go up to 1.5 L)

For the finish:

- 1 lemon, juice only
- 1 large egg yolk
- 1 bunch fresh coriander or parsley, roughly chopped

## Method

1. In a large cooking pot fitted with a lid, warm ghee (or oil and butter) over medium heat. Add chicken pieces and brown on all sides for about 5-10'.
2. Remove the browned chicken from the pot and set aside. In the same pot add onion, garlic, carrot and celery, cook over a low-medium heat while stirring it so it doesn't burn. Scrape the bottom of the pot to remove any browned chicken bits, which will form part of the soup base. Cook until the onion has softened and is translucent.
3. Add spices and seasoning and return the chicken to the pot, sauté for a minute or so more all together. Add water, bring the soup up to a boil, cover and reduce heat to a steady simmer. Cook simmering for 45 minutes.
4. Add the chickpeas, cover and let it to cook for 15 minutes more.
5. In the last 5 minutes of cooking, in a small bowl mix together egg yolk, lemon juice with a fork. Add a few tablespoons of soup broth into the mix and stir until fully mixed. Make sure you do this only when you are ready to put it in the pot as the lemon will 'cook' the yolk if left together and it will congeal.
6. Steadily stir in this mixture into the soup in a thin stream, while mixing the soup while doing it. Add chopped parsley / coriander.
7. Remove the chicken from the pot and flake the meat, removing bones and skin. Return chicken pieces to the pot. This is optional but I prefer just having chicken meat when eating for a less messy experience! :)
8. Switch off the heat and leave the soup covered for 5 minutes before serving warm.
9. NOTE: I found that chickpeas are enough of a carb for me. But if you'd like, you can add a handful of broken up vermicelli noodles or washed rice 10-15 minutes before the end of cooking time and before you add the egg mixture.



# Cheddar & Lemon Curd Snack



## Ingredients

Cheddar, extra mature or vintage  
1 tbs lemon curd  
6 Scottish oatcakes



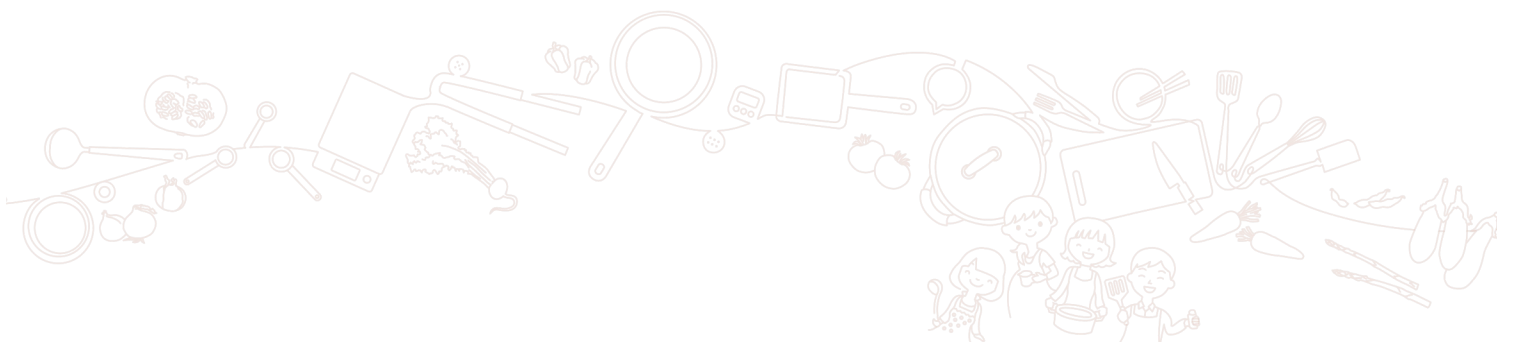
**Celeste**

Servings: 1-2 persons

Time: 0 cooking

## Method

1. Slice the cheese thickly and cut into squares to fit the oatcakes.
2. Place the cheese on the oatcakes, followed by a good bit of lemon curd.
3. Enjoy the taste sensation.





# My Simple Bacon + Egg Sandwich



## Ingredients

2 slices Bread  
2 slices Bacon  
1 Egg



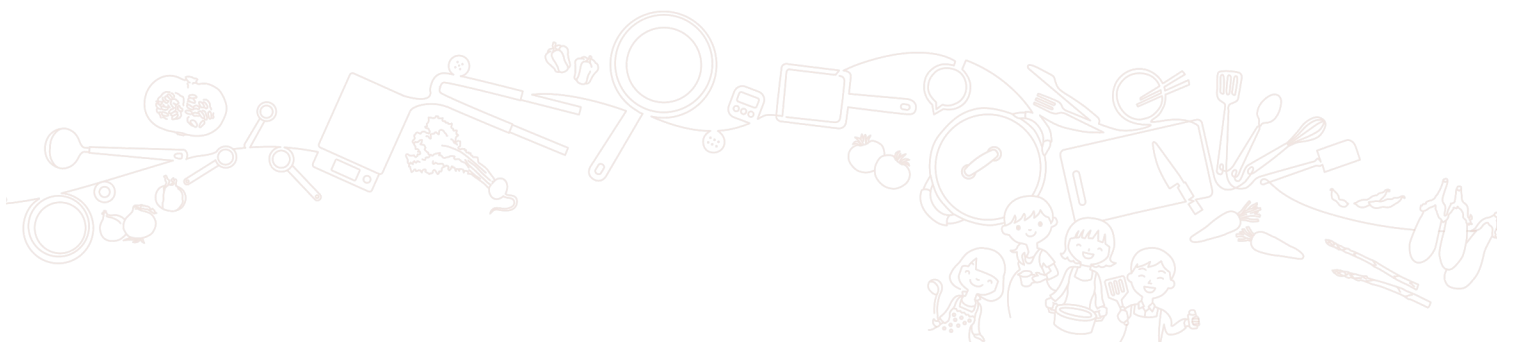
Maureen 😊

Servings: 1 serving

Time: 5 minutes

## Method

1. Fry the bacon until browned then add the egg on a non stick pan.
2. Butter the Slices of bread
3. When the bacon and egg are cooked add the bacon on the slice of bread then the egg.
4. Cut in half add to serving plate and serve



# Apple & Almond Butter Rings



## Ingredients

1 apple  
2 tbsp smooth almond butter  
Desiccated coconut (optional)

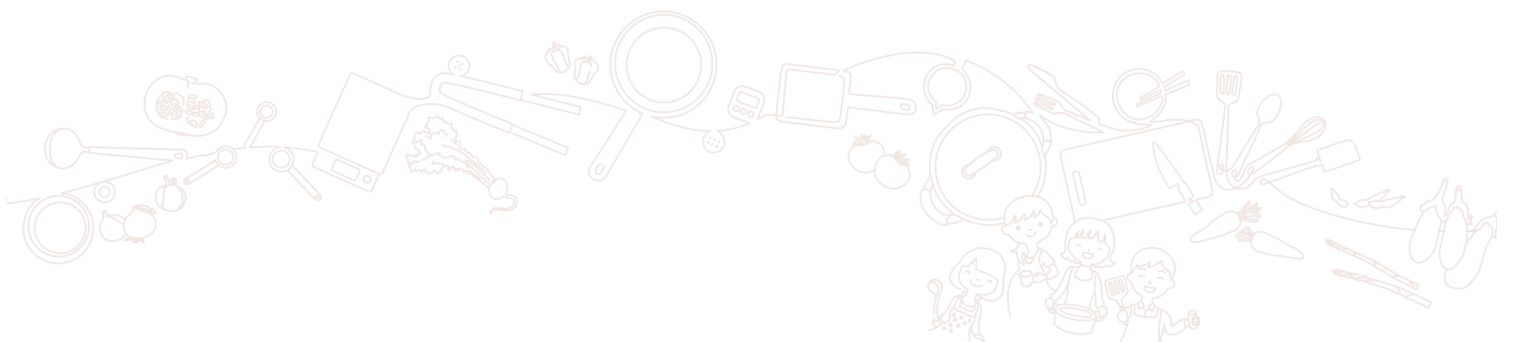


**Sonia**

Servings: 1 serving

## Method

1. First remove the core from your apple with either a peeler or a sharp knife.
2. Cut into 4 slices. Spread your almond butter on top and sprinkle with the coconut (raisins are nice too).





# Lime Green Soup



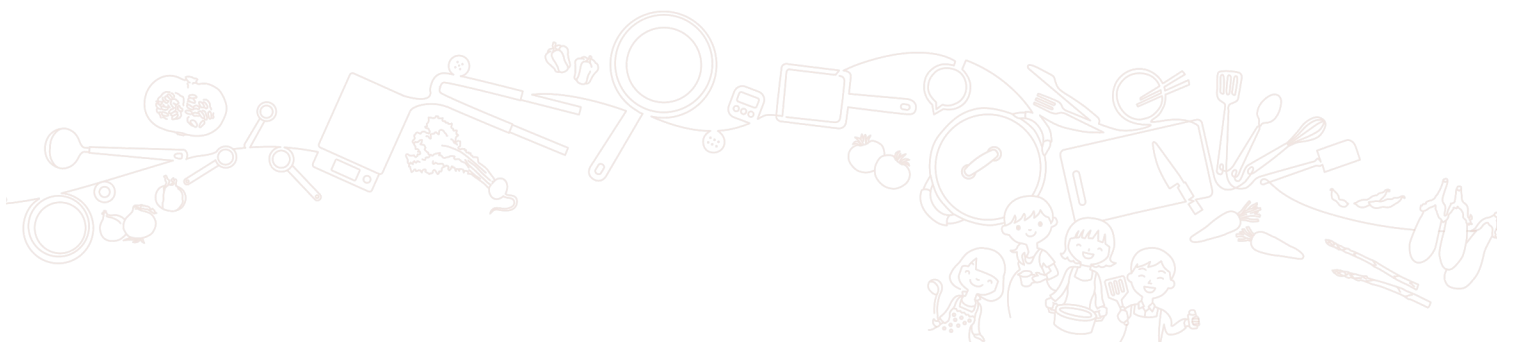
Angela 🥗

## Ingredients

- 1 onion
- 1 tsp minced garlic
- 1 tsp minced ginger paste
- 1 tsp turmeric
- 1 tsp lemongrass
- 500 ml vegetable stock
- 1 sachet creamed coconut (Patak's) (or replace 400ml of stock with coconut milk if you don't have creamed coconut)
- 1 small-medium potato, sliced
- Bright green vegetables (e.g. courgette), chopped if necessary
- Green herbs, chopped if necessary
- 3 tbsp nutritional yeast
- 2 tbsp lime juice
- Seasoning to taste

## Method

1. Chop the onion and add it to a large saucepan, along with the garlic, ginger, turmeric and lemongrass. Add just enough water to cover the onions, stir together and "fry" gently for a few minutes until the onion is soft.
2. Add the stock, coconut, potato, vegetables and herbs and cook for 20 minutes or so - until all the vegetables are soft.
3. Stir in the nutritional yeast and lime juice. Now, season to taste with salt, pepper and chilli flakes - in honesty, I actually added a bit more lime juice at this stage, to give the soup a fresher, zingier flavour.
4. Blend! (If using a liquidiser make sure it is heatproof.)



# Roasted Cauliflower & Nutmeg Soup



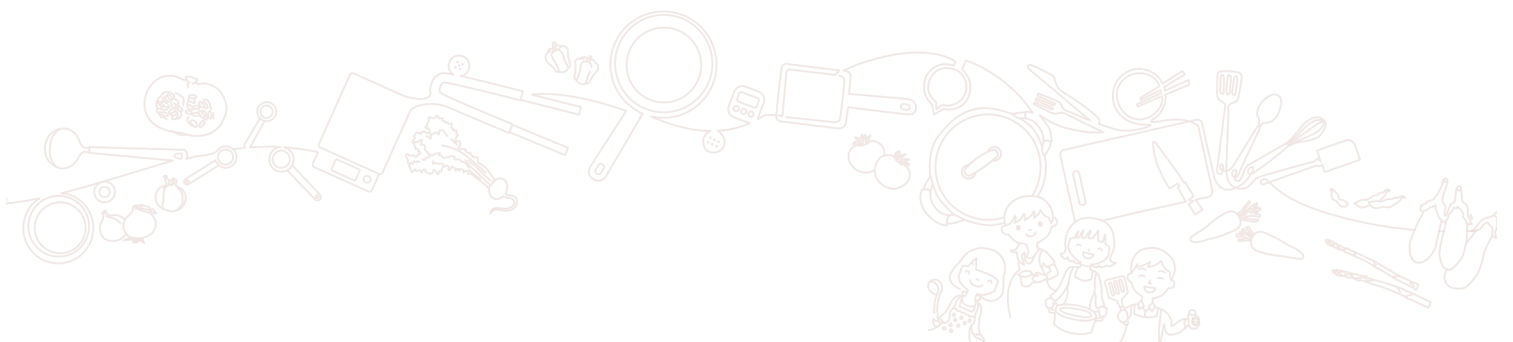
Sonia

## Ingredients

- 1 large cauliflower
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 white onion, diced
- 2 cloves garlic, crushed
- 700 mls veg or chicken stock
- 1/2 fresh lemon, juiced
- 1/4-1/2 tsp grated nutmeg (depending on preference)

## Method

1. Cut the cauli into florets, coat them in olive oil and spread them out on a baking tray. Season with the salt and pepper.
2. Roast at 190 C for 40 - 45 minutes turning halfway through. You want them to be heavily roasted and dark brown, but pull them out just before they burn!
3. Next, fry your onions and garlic gently in a large saucepan for 5 minutes until they start to soften.
4. Add the cauliflower and the stock and simmer with the lid on for ten minutes.
5. Blend the soup and add more water to get your preferred consistency. I kept mine really thick and blended until really silky smooth.
6. Add the nutmeg and lemon juice and stir well. Taste it here and add more salt, nutmeg and lemon to taste. Done!



# Chilli & Lime Baked Beans



**Celeste**

**Servings: 1-2 servings**

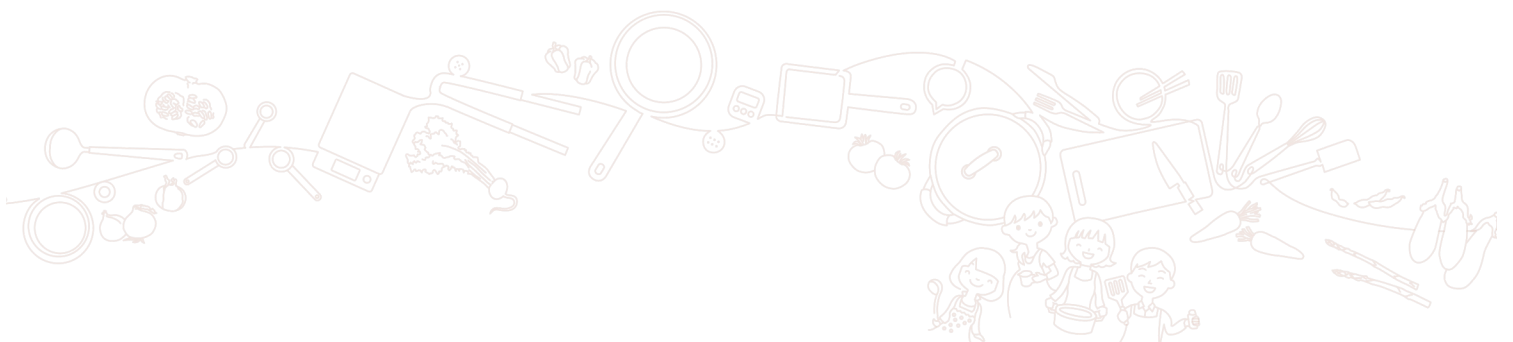
**Time: 5 minutes**

## Ingredients

- 1 tin baked beans
- 1 good pinch dried chilli flakes
- Pinch salt
- Good squeeze of lime juice

## Method

1. Heat the baked beans in a saucepan.
2. Add the chilli flakes, salt and lime juice to taste.
3. Serve over the top of potato röstis or buttered toast.



# Ramen 🍜 Gyoza 🥟 Lunch Special 🇯🇵



**Auntie Eiko's international cuisine experience**

## Ingredients

Ramen  
Chicken bone  
Spring onion  
dried fish and mushroom  
ginger  
leftover vegetable  
2 teaspoon salt (4l of soup)  
3 tablespoon soy sauce  
Ramen noodles

Gyoza  
50-70 g minced pork  
30 cm spring onion  
1 shiitake mushroom  
peel and wild garlic  
1 teaspoon oyster sauce  
1 teaspoon grated ginger  
sheets gyoza wrapping

Fried rice  
2 bowls cooked rice  
20 cm spring onion  
ham or roasted pork  
sticks crab  
2 eggs  
salt and pepper  
1 teaspoon soy sauce

## Method

1. Make good soup with chicken bone, spring onion, dried fish and mushroom and ginger. Season with salt, pepper and soy sauce.
2. Chop spring onion, shiitake mushroom and green vegetables. Mix minced pork and vegetables with seasoning. Wrap it with gyoza sheets.
3. Put sesame oil on pan and place gyoza and fry until the bottoms are crispy. Then pour hot water and steam for about 3 minutes with lid.
4. When the water is low, remove the lid, sprinkle with sesame oil and fry until crispy.
5. Chop vegetables and pork. Fry spring onion and other ingredients with vegetable oil.
6. Add rice and fry. Make a space to fry the eggs, put the eggs in it, and cook.
7. Season with salt and pepper. Pour soy sauce around the frying pan to make it delicious.
8. Boil ramen noodles. Make ramen.
9. Enjoy my lunch special 🇯🇵👍
10. Menu table of the ramen restaurant.



# Vegetarian Wide Green String Beans (Loubieh Bzeit)



## Ingredients

800 g wide string beans  
3 tomatoes  
2 onions  
4 garlic  
1 spoon tomato paste



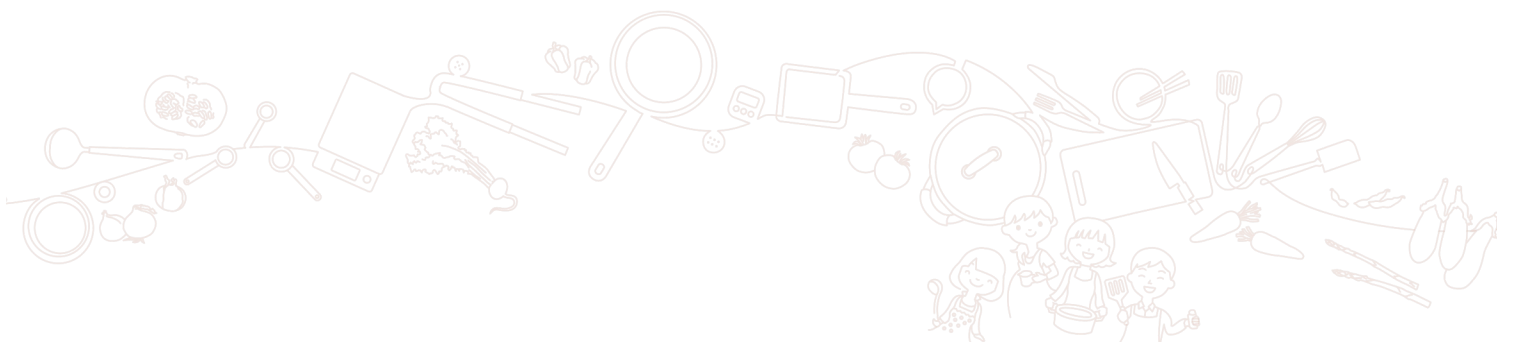
**Haytham Khansa**

Servings: 4 persons

Time: 30 mins

## Method

1. Clean and cut the string beans and boil them till they are cooked enough
2. Fry the onion and the garlic and the tomatoes and then add the tomato paste and keep them simmer
3. Add the cooked string beans and let them simmer together for 10 mins on a low fire
4. Served at the room temperature with Lebanese bread and some spring onion and green bell pepper a side. Bon appétit.





# Celery with Prawns



F.B

## Ingredients

3 celery sticks  
1/4 medium size onion sliced  
few green chillies  
1/2 tomato  
1 tsp tomato puree  
1/4 tsp turmeric powder  
1 tsp red chilli powder  
1/2 tsp coriander powder  
salt to taste  
2 cloves garlic chopped  
1/2 cup small prawns

## Method

1. Heat oil in a pan add garlic, onion, green chilli and tomato all together. Add salt and cook until everything soft, then add all dry spices
2. Cut celery thin slices cook with onion mixture around 5 to 10 min according to how soft you would like, add tomato puree mix well, add little bit of warm water if it's dry
3. Add prawns and mix well cook for further two min, add fresh coriander if available,



# Simple 2 Flavours Potato Salad



## Ingredients

Enough new potatoes for everyone  
Generous amount of good quality extra virgin olive oil  
Juice of one lemon  
Generous amount of fresh parsley  
Salt to taste

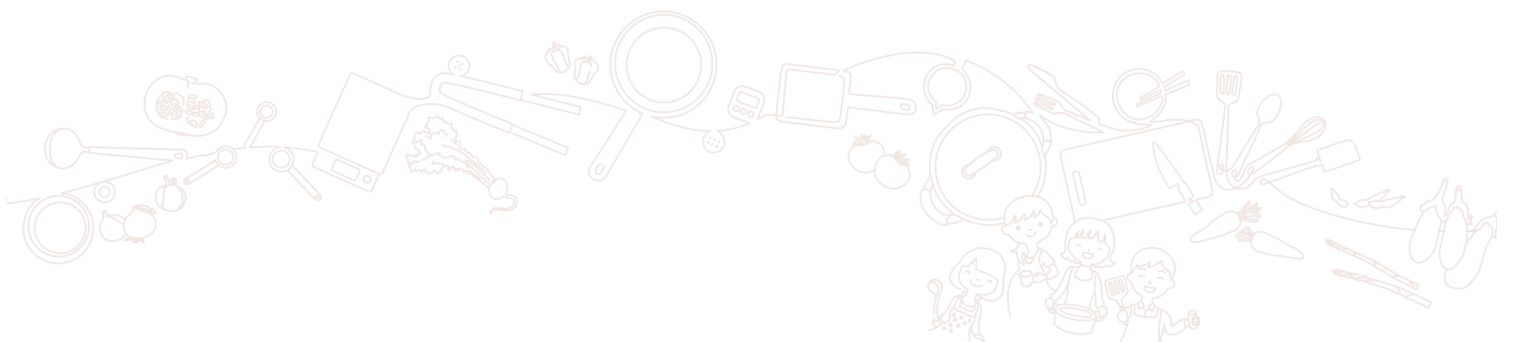


**Miss Fluffy's Cooking**

**Time: 15 mins**

## Method

1. Wash then boil potatoes in salted water until tender, about 15 mins. Drain and set aside to cool. Put potatoes in a bowl, add olive oil and lemon juice
2. Then add the parsley and mix well. Serve with whatever you fancy



# Homemade Meatballs With Spaghetti



**Xavier Seror**

**Servings: 2 servings**

**Time: 2 mins**

## Ingredients

400 g lean beef mince

Bread

1 egg

salt, ground pepper, nutmeg ginger, paprika or cloves, thyme

Garlic paste or fresh

1 big brown onion

Olive oil

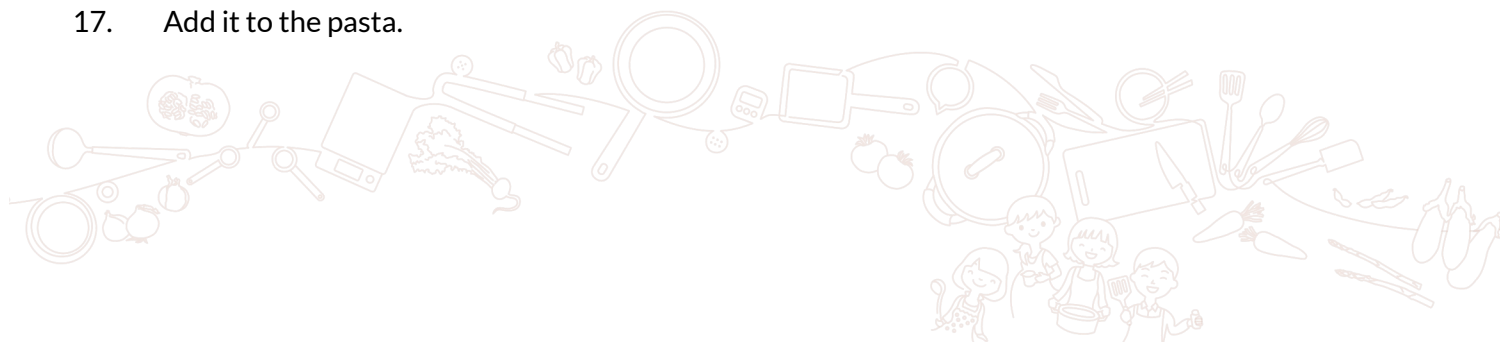
Optional chopped Courgettes / green peas

2 bay leaves

250 g spaghetti

## Method

1. Finely chop the onion.
2. Take inside of the bread (a ball) and put it in water.
3. Mix all the spices 1tsp of each.
4. In a big bowl add the mince and work it with a wooden spoon.
5. Drain the bread and squeeze the water out.
6. Mix the bread onion and spices plus garlic.
7. Add it to the mince and mix it with a spoon or your hands.
8. Add the egg and mix it.
9. Form 6 big meatballs.
10. You can either cook them in a wok and cover or slow cooker with olive oil.
11. If you use a slow cooker you can cook the meatballs on top of chopped Courgettes or green peas.
12. Cook the spaghetti al dente.
13. Tomato sauce: 1 tin of chopped tomatoes.
14. Use the tin and add small amount of olive oil plus tomato puree.
15. Oregano / basil / salt pepper.
16. Add a bit of water and mix.
17. Add it to the pasta.



# Nori and Salmon 🇯🇵 Japanese Standard Obento Lunch Box



## Ingredients

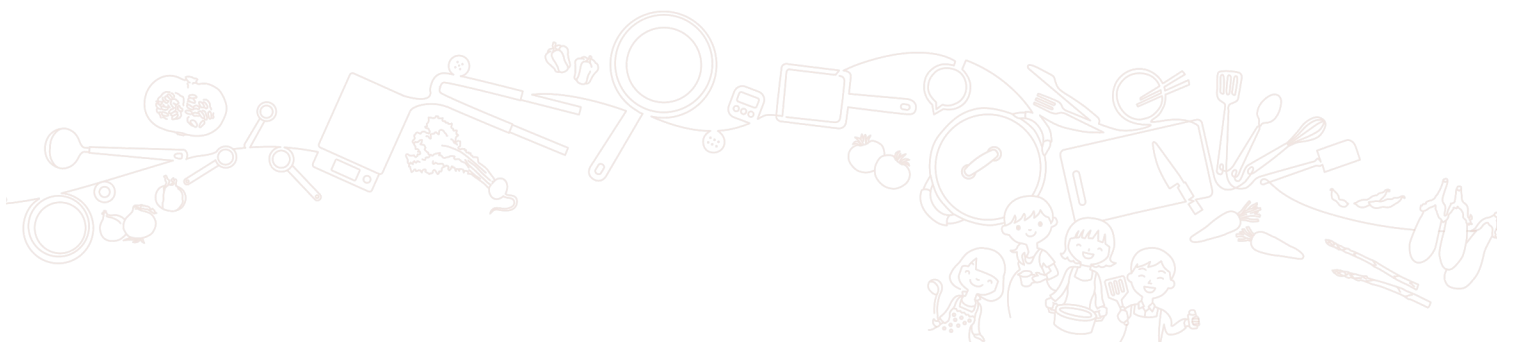
Cooked rice  
Salmon  
bonito flake  
sesame seeds  
soy sauce  
your favorite food for Obento  
Nori seaweed



**Auntie Eiko's international cuisine experience**

## Method

1. I used salty salmon, if using unsalted salmon please sprinkle salt on it and grill.
2. Mix bonito flake, sesame and soy sauce.
3. Place the bonito flake on top of the rice and cover with nori seaweed. Pack various side dishes.
4. Place grilled salmon on it. Enjoy 🇯🇵💕



# Green Chilli Sushi: Far East Meets Southwest



## Ingredients

- 1 cup uncooked sushi rice
- 3 tablespoons seasoned rice vinegar
- 2 sheets sushi nori
- 1 tablespoon cream cheese
- 2 green chilis roasted, peeled and seeded
- Soy sauce and ginger to serve (optional)

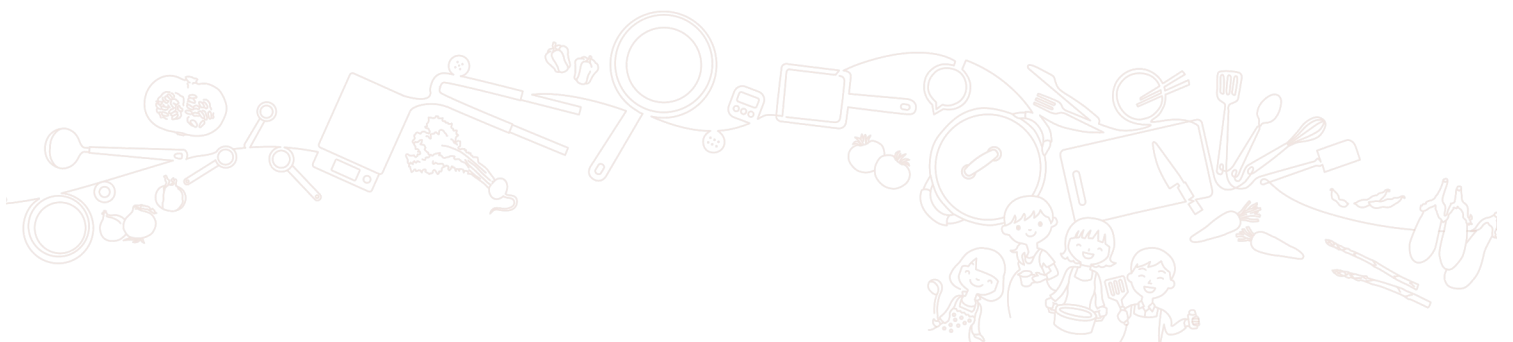
**T** MamaBean

Servings: 2 servings

Time: 45 min

## Method

1. Cool rice according to package instructions and allow to cool fully to room temperature (warm rice makes soggy sushi). Stir in seasoned rice vinegar until mixture is sticky.
2. Place one nori sheet on work surface. Spread 1/4 of the rice in an even strip along the nori (I have a sushi maker that makes this much easier)
3. Slice one green chili into strips and place on rice along with half the cream cheese.
4. Top with another 1/4 of the rice and roll up.
5. Use very sharp knife to slice into 2cm rolls.
6. Repeat to make other roll.
7. Serve with soy sauce and ginger. No wasabi necessary!



# Grilled Aubergine With Asian Style BBQ Sauce Glaze



**Yui Miles**

**Servings: 1 serving**

**Time: 20 minutes**

## Ingredients

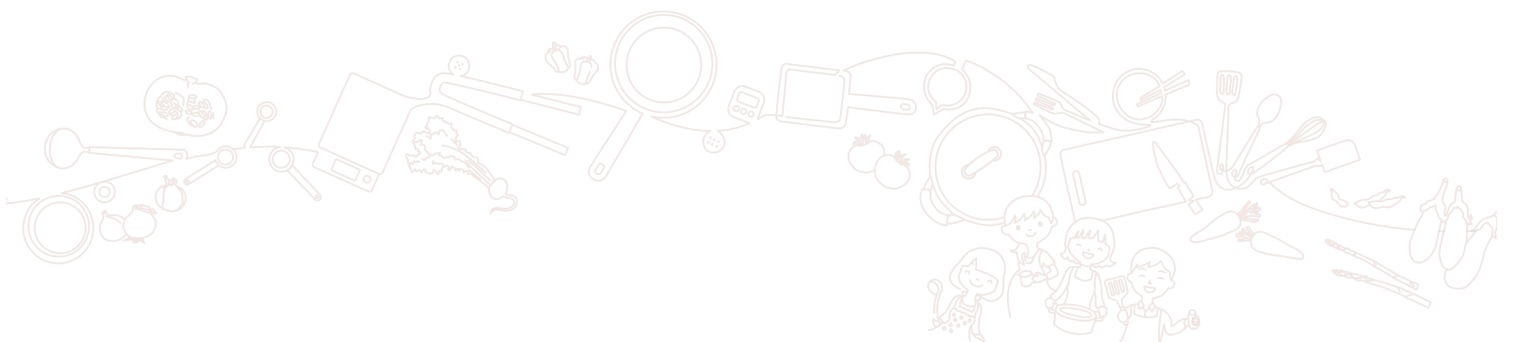
1 aubergine, cut long length (make 4 slices)  
Drizzle of olive oil  
Homemade bbq sauce  
Salt and pepper  
Some Coriander and chilli for garnish

### Asian style BBQ sauce

5 tbsp light soysauce  
3 tbsp brown sugar  
3 tbsp white vinegar  
1/2 cup or Coke (or Pepsi or lemonade or soda water)  
1 tbsp minced garlic  
Corn flour water (mix 1 tbsp corn flour with 3-4 tbsp water and mix well)

## Method

1. To make bbq sauce, add soysauce, sugar, garlic, vinegar and Coke in a saucepan, turn on medium heat and stirring well until all dissolved and sauce starts thicken up. Lower the heat to low heat and add corn flour water, mix well until saice combine and thicken up even more. Turn heat off.
2. Cut up aubergine and score both sides, seasoning with salt and pepper on both sides.
3. On medium heat griddle pan, add some olive oil, add aubergine in and fry for a few min then turn over, fry the other side for a few more minutes.
4. Turn on grill on 180c, lay your fried aubergine on the baking tray, brush your bbq sauce on the surface of aubergine on both side. Put on grill for about 10 minutes.
5. Garnish with coriander and chilli, I served mine with salad but you can slice them up and have with wrap, sandwich or mix in with salad as well.
6. Note : BBQ sauce is so tasty, you can make it in big batch and keep in the fridge.





# Tabbouleh



## Ingredients

100 g Fresh Parsley  
1 Lemon  
50 g Bulgar Wheat  
1 Clove of Garlic  
30 g Cherry Tomatoes  
1 Red Onion  
1 1/2 tbsp Olive Oil  
Salt to taste



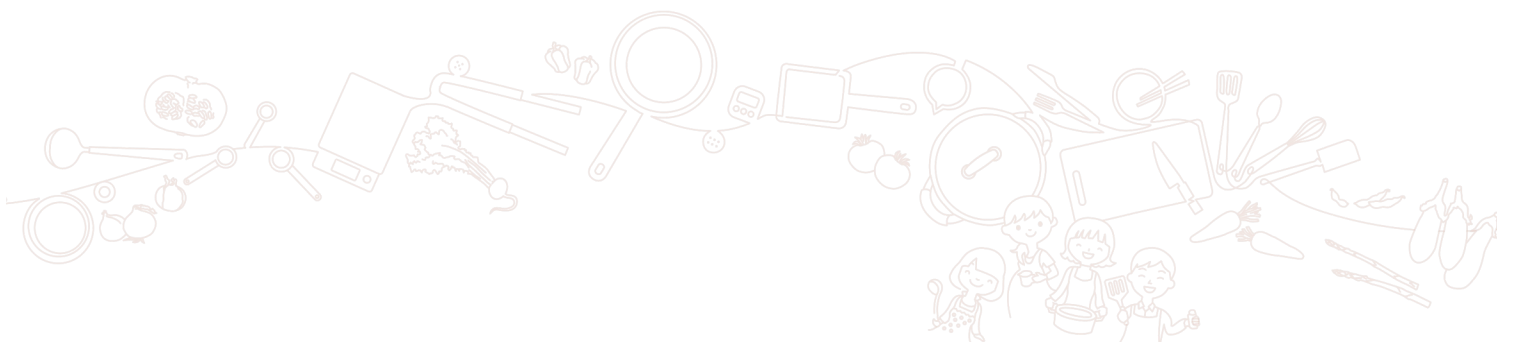
**Sally Strong**

**Servings: 4 People**

**Time: 15 minutes**

## Method

1. Boil water and add the bulgar wheat to it. Leave to soak and soften for 10-15 minutes.
2. Finely chop the onion, garlic and tomatoes. Rinse and dry the parsley. Chop the large stems off and remove any yellow leaves and finely dice.
3. Combine all of the ingredients together apart from the lemon. Juice the lemon and mix. Season with the salt and enjoy.





# Steak Wraps



## Ingredients

2 rump steaks  
Herbes de Provence. Salt pepper. Unsalted butter  
6 soft flour wraps  
4 closed cup Mushrooms  
leaves Fresh spinach  
Béarnaise sauce



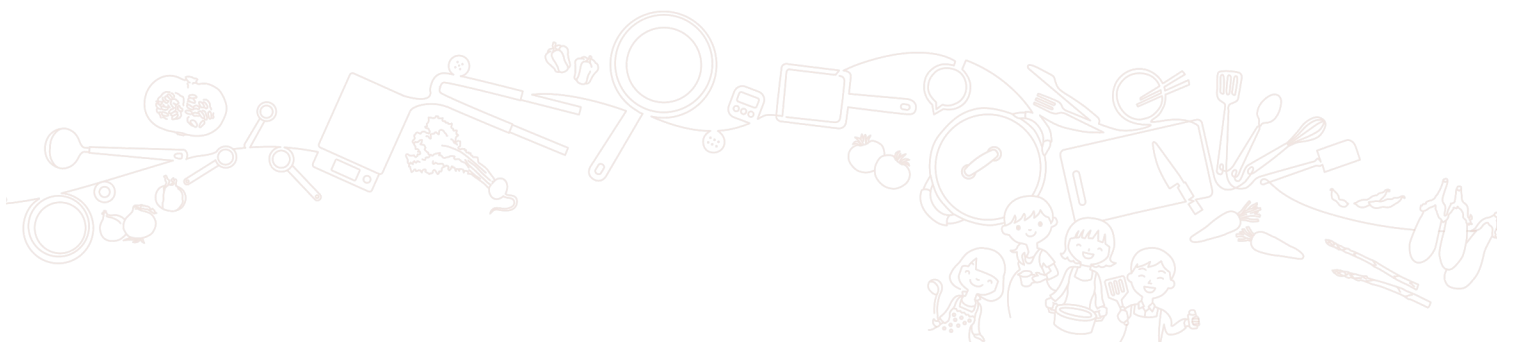
**Xavier Seror**

**Servings: 2 servings**

**Time: 20 mins**

## Method

1. Salt pepper and sprinkle herbes de Provence on both sides of each steak.
2. Slice the mushrooms.
3. Add Mushrooms and spinach leaves in a small frying pan with unsalted butter. You can add garlic too.
4. In a wok medium heat butter and add both rump steaks.
5. I like my steak rare.
6. Let the steak rest on a chopping board.
7. Cut steaks in slices
8. Take 6 wraps and microwave them for 1min 10 sec.
9. Add the mushrooms and spinach.
10. Add the steak slices.
11. Finish it off with some béarnaise sauce.
12. Wrap them and enjoy.



# Mac & Cheese Balls



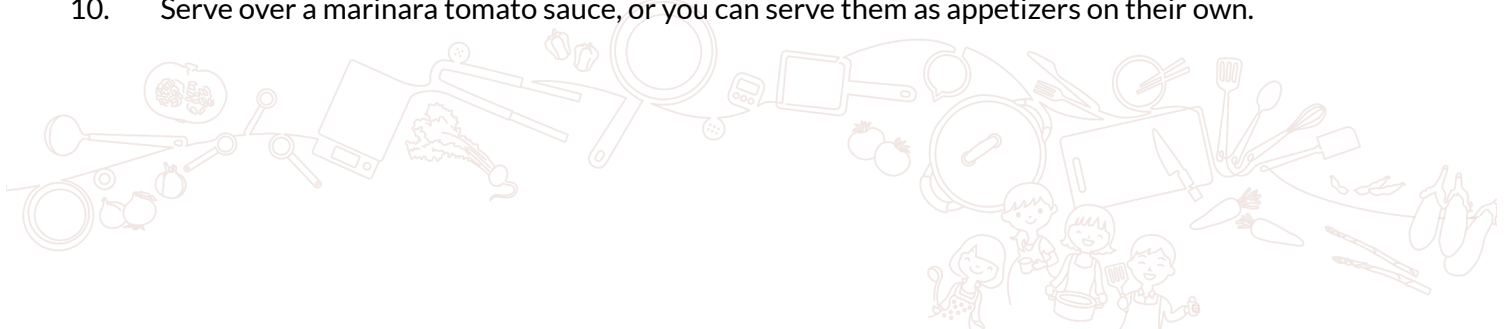
Lubna's Kitchen

## Ingredients

500 g macaroni pasta  
2 cups bechamel sauce (see my recipe)  
1 tbsp Dijon mustard  
1 cup grated parmesan cheese  
2 cups shredded mozzarella  
4 large eggs Or as needed  
2 cups breadcrumbs or as needed  
as needed vegetable oil for frying

## Method

1. Bring a pot of salted water to a boil, add the pasta and cook until al dente.
2. In a medium size pot, very gently heat up the bechamel sauce. Stir so it doesn't catch on the bottom. Add 1 tablespoon of Dijon mustard, mix well.
3. Grate the Mozzarella and Parmesan cheeses, Then add the hot bechamel sauce along with the Parmesan cheese. Season with pepper, mix well then then set aside.
4. Drain the pasta in a colander and transfer the bechamel cheese sauce to the same pasta pot you just drained. Add the hot drained pasta to the sauce, and mix well. Transfer pasta mixture to a sheet pan (optional, lined with parchment paper) and leave to cool. Cover with cling film and refrigerate at least two hours.
5. In a mixing bowl, beat the eggs. Set aside.
6. Add the breadcrumbs to a plate. Set aside.
7. After two hours once the pasta mixture has set, using your hands, shape the mixture into balls. Dip the balls in the beaten eggs and roll to coat the balls in breadcrumbs. Refrigerate.
8. In a large deep pan, heat up the vegetable oil to approx. Place a few pasta balls in oil at a time, fry until golden brown approx. 5 minutes.
9. Remove with a slotted spoon and drain on paper towels.
10. Serve over a marinara tomato sauce, or you can serve them as appetizers on their own.



# My Chicken & Chorizo Pasta



## Ingredients

- 1 Chicken breast steamed and shredded
- 3 inch piece off the horse shoe Chorizo chopped into small piece
- 1 tbs finely diced yellow onion
- 2 Cups pasta
- 1/4 Tsp Black cracked peppercorns
- 2 tbs green bell pepper diced
- 1/2 cup diced lettuce (I used iceberg lettuce)
- 12 tbs mayonnaise or Sour cream



**Maureen** 😊

**Servings: 2 servings**

**Time: 20 minutes**

## Method

1. Add the pasta in enough salted water to cover then boil it until cooked
2. Meanwhile cut and prepare the cooked chicken shred it.
3. Dice the chorizo and onions bell pepper also lettuce
4. In a frying pan add the chorizo and onions fry for 3-4 minutes stirring then turn off. Next add the cooked chicken pepper and stir to mix.
5. In a large bowl add the diced lettuce.
6. Next add the chicken and chorizo mix and stir in to mix. Also add the strained cooked pasta. Add the black pepper and mayonnaise or sour cream and mix.
7. Add to 2 Bowls and serve. Add a blob of mayo or sour cream on top. Enjoy



# Smoked Sausage and Prawn Paella



**Celeste**

**Servings: 2 servings**

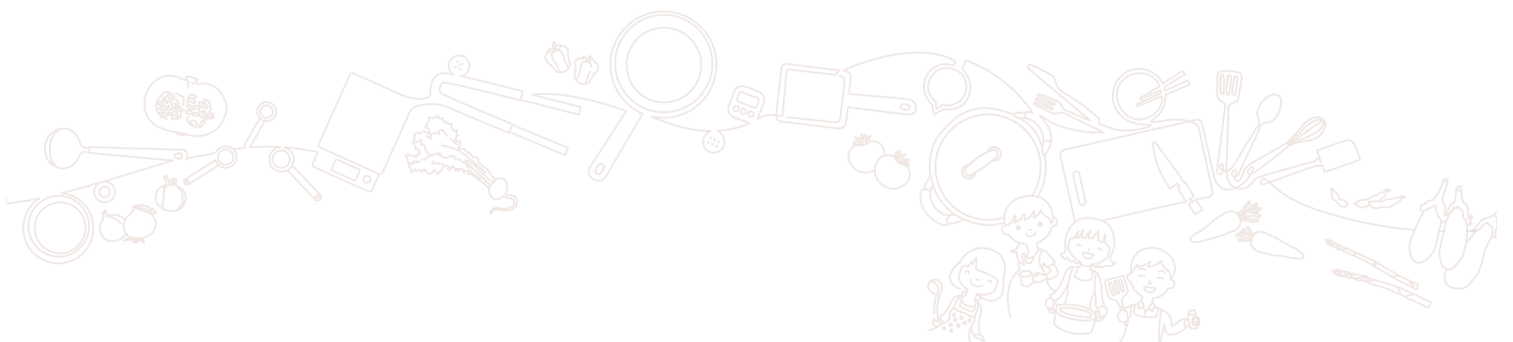
**Time: 25 minutes**

## Ingredients

1 onion, chopped or 1 cup frozen chopped onion  
1-2 cloves garlic, grated or crushed  
Pinch saffron, soaked in 1-2 tbsp boiling water  
1 cup short grain/ paella rice  
1/2 Mattesons smoked sausage, sliced  
1 cup frozen prawns, defrosted  
1 cup frozen sliced peppers  
1/2 cup frozen peas  
1/2 cup frozen broad beans  
Salt and pepper  
2-3 tbsp Olive oil

## Method

1. Heat olive oil in a heavy pan.
2. Saute the onions until golden.
3. Add the peppers and the garlic and sauté for another 2-3 minutes
4. Add the sausage, broad beans, rice, some salt, 2 cups of water (or ham/chicken stock) and saffron water.
5. Bring to the boil then cover and simmer for 15 minutes.
6. Remove lid, turn off the heat and throw in the peas and the drained defrosted prawns. Stir gently, season, stir again.
7. Leave to stand for 5 minutes.
8. Season and stir.
9. Serve.



# My Chinese Salt & Pepper Pork Steaks



## Ingredients

- 4 thick pork steaks
- 2 tbs diced onion
- 1 + 1/2 tsp Chinese salt + pepper seasoning
- 1 tsp diced chilli pepper



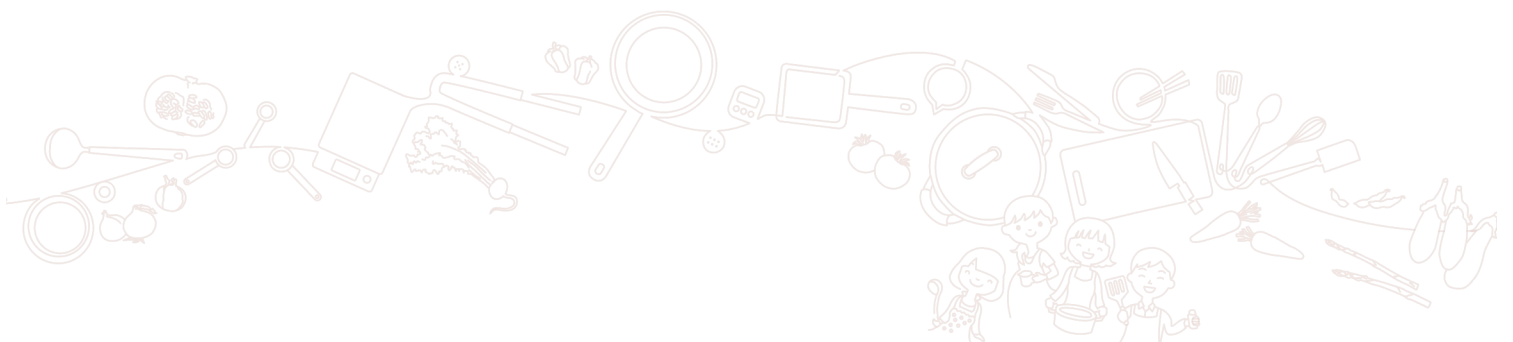
Maureen 😊

Servings: 2 servings

Time: 30 minutes

## Method

1. In a Crock pot add 1 tsp olive oil to the pan fry the pork steaks for 2 minutes turning th over until near browned on both sides. Then remove them and set aside.
2. Add the onions and chilli together fry in the pan for 30 secounds then add the salt + pepper seasoning and mix next add the four steaks back to the pot.
3. Turn down the heat turning them over so the onions and season is all over. Next take off the heat and add the lid and bake in preheated oven for 30 - 35 minutes.. 170°C
4. Take out the oven add to a serving dish and Enjoy



# Mother In Law Sweet And Sour Eggs Salad



## Ingredients

4 eggs

Romania Salad

Sweet And Sour Sauce

8 shallot / 2 green Chili pepper

3 dried Chili pepper

1 tbsp tamarind paste

2 tbsp Hot water

4 tbsp palm sugar

1 tsp fish sauce



**LeeGoh**

**Servings: 2 servings**

**Time: 10 Minutes**

## Method

1. Bring water to a Boiled (add salt and 1/2 tsp baking soda for easy peeling)then boil eggs for full 5 minutes then drain, cool and peel
2. Heat up oil deep fry for 1/2 minutes then drain set aside
3. Fry the shallot till almost brown then add the dried Chili pepper and fry for another minute then drain
4. Sieve and Pour the tamarind water onto a pot with grated palm sugar with 1 tsp of fish sauce, bring it to a boil then add the eggs, green Chili pepper, fried shallot and dried Chili pepper and mix well for 1/2 minutes
5. Plate the salad, Slice the The eggs and pour the sweet And Sour sauce and enjoy



# My Chinese Salt & Pepper Chips



## Ingredients

- 1/4 Inch fresh chilli pepper
- 2 tbs diced onion
- 3 medium potatoes peeled and cut into chips
- 1 tsp salt & pepper seasoning



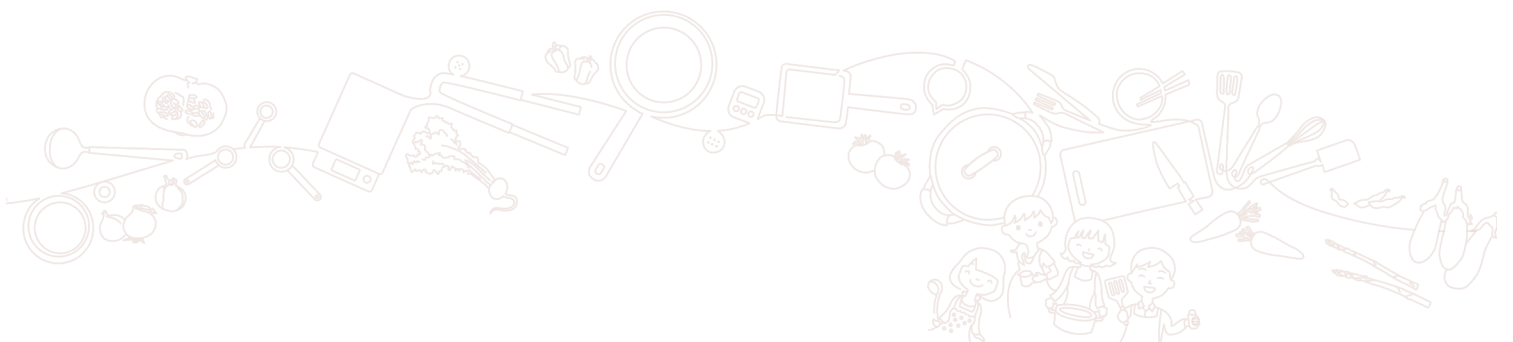
Maureen 😊

Servings: 2 servings

Time: 15 minutes

## Method

1. Deep fry or make oven chips.
2. When the chips are near cooked add the onions, chilli peppers and Salt and pepper seasoning to a frying pan or skillet.
3. Heat up the pan and add the cooked chips turning them over in the pan until all covered just for 1 minute then add to a serving dish.
4. Serve hot on their own or side dish.



# 🧀🌸 Cauliflower Cheese 🌸🧀



## Ingredients

- 1 cauliflower cut into florets
- 150 g grated cheese
- 400 ml milk
- 50 g butter
- 50 g plain flour
- Ground black pepper



**Irum Zaidi Home Cooking**

Servings: 5 servings

Time: 15-20min

## Method

1. Boil the cauliflower in salted water for 5 minutes. Drain and arrange on the bottom of an ovenproof serving dish.
2. Put the milk, flour and butter in a pan. Bring to the boil while whisking continually. Simmer for 2 minutes with whisking.
3. Turn off the heat and whisk in about  $\frac{3}{4}$  of the grated cheese.
4. Pour the cheese sauce over the cauliflower, season with ground black pepper, then sprinkle on the remaining cheese.
5. Bake at 200°C/450°F for 15-20 minutes until the top is brown and the cauliflower cheese is bubbling.
6. It will keep for several days in the fridge so there should never be any leftovers to throw away.







# Old Fashioned Mushroom & Courgette Burger



**Irum Zaidi Home Cooking**

**Servings: 4 servings**

**Time: 8-10min**

## Ingredients

127 g breadcrumbs

127 g chopped mushrooms

1 carrot, chopped

1 small courgette (zucchini), chopped

27 g unsalted nuts, e.g cashews, peanuts, almonds...

1 small onion, chopped 27 g unsalted nuts

1 small onion, chopped

1 tsp Marmite (or other yeast extract)

2 tbsp dried parsley

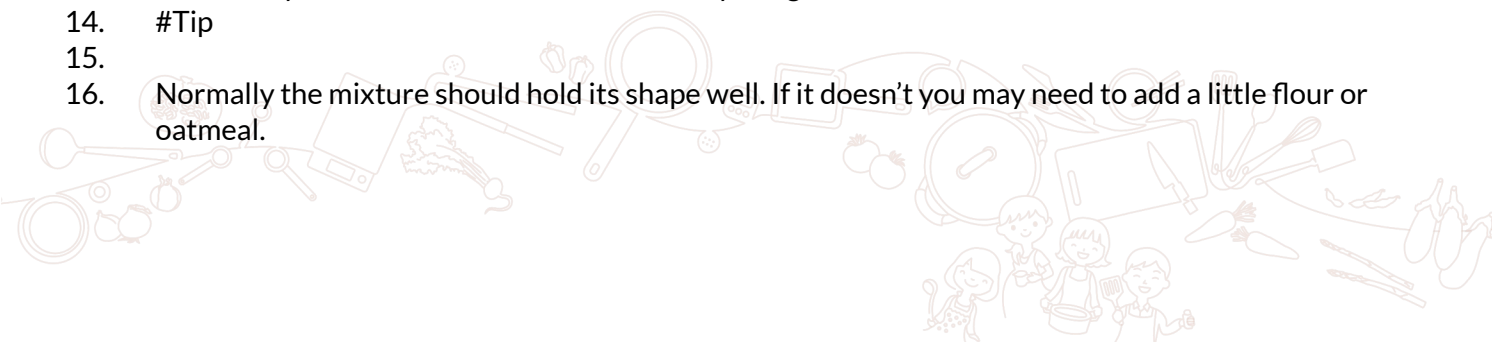
Salt

Pepper

Salt Pepper 2 tbsp vegetable oil if frying

## Method

1. Cook the mushrooms in a non-stick pan without oil for about 10 minutes to drive off the moisture.
2. Put the onion, carrot, courgette and nuts in a food processor and process to a paste.
3. Put the paste in a large bowl and add the breadcrumbs, mushrooms, parley and Marmite. Season lightly if desired then mix well.
4. Form the mixture into either four burgers or eight sausages. Now either shallow fry in a little oil for 8 minutes, or cook under a hot grill for 8-10 minutes, turning just once.
5. #Suggestions:
- 6.
7. #For\_the\_crispy\_burger
- 8.
9. Add 5 tblsp of water in to the 4 tblsp All-purpose flour to make a batter and keep aside.
- 10.
11. Roll the each burger in to the 5 tblsp dry flour. Now dip in the flour batter, and roll the burger in to the 1 cup of breadcrumbs.
- 12.
13. Shallow fry in a low to medium heat until they are golden-brown on both sides serve hot.
14. #Tip
- 15.
16. Normally the mixture should hold its shape well. If it doesn't you may need to add a little flour or oatmeal.



# Miso & Garlic Tofu With Mushrooms



## Ingredients

2 large field mushrooms  
1 tsp sesame oil  
1 tsp crushed garlic  
1 tsp white miso  
1 tbsp tamari soy sauce  
Handful fresh coriander  
80 g Cauldron marinated tofu  
Sesame seeds



**Sonia**

**Servings: 1 serving**

**Time: 10 mins**

## Method

1. Slice the mushrooms and fry them in the sesame oil until they start to release their water.
2. In a small bowl mix together the garlic, soy and miso to form a loose paste.
3. Add the tofu to the mushrooms and pour in the miso mixture. Stir in the coriander and fry for another 5 minutes.
4. Serve sprinkled with sesame seeds.



# Sweet and Salty Soba and Samphire Asian Style Noodles Salad



**Yui Miles**

**Servings: 2 servings**

**Time: 15 minutes**

## Ingredients

1 portion whole wheat soba

1 handful samphire

1/2 cup edamame or green peas

Sauce

1 tbsp soysauce

1 tsp ready made dashi seasoning

1 tbsp mirin

1 tbsp sweet plum sauce

1 tbsp sesame oil

1 tbsp toasted sesame seeds

Garnish

1 tbsp finely chopped spring onions

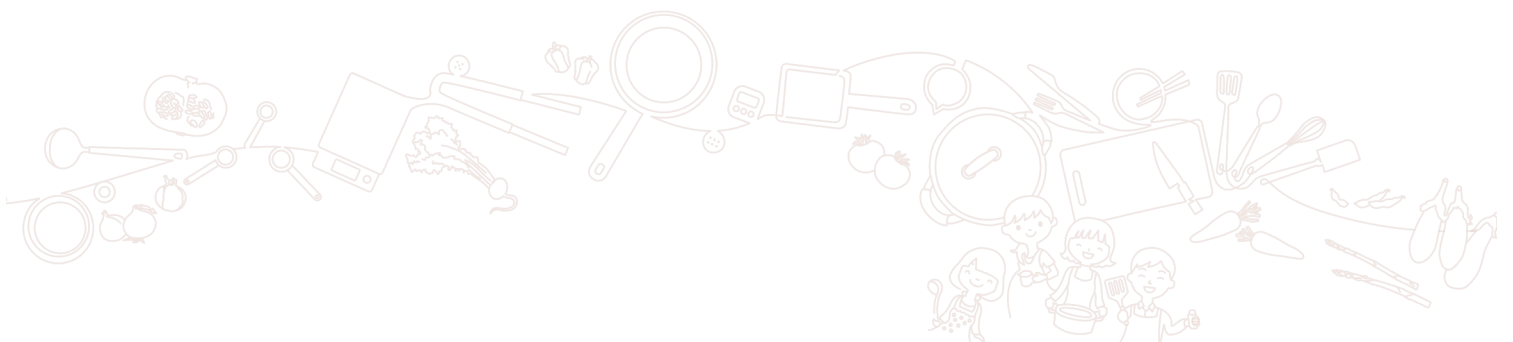
1 nori sheet, cut into small matchstick side

1 tbsp Japanese chili powder Shichimi

Togarashi

## Method

1. Blanched soba in boiling water for a few min, then add edamame beans and cook for another minutes or two.
2. Add samphire in and leave it for another minute. Drained, run through cold water a few times, drain again and leave it aside.
3. Making sauce but put all the sauce ingredients together in a mixing bowl and mix well.
4. Cut up nori sheet into small matchstick side and finely chopped spring onions (for garnish later).
5. Add your noodles mixture into the sauce, mix well and serve in a mixing bowl. Sprinkle some nori sheet, spring onions and Shichimi Togarashi before serve. You can also keep in the fridge and serve cold.





# Double Chocolate Cookie Cheesecake



## Ingredients

- 3 cookies (big size)
- 180 g soft cheese
- 3 tbsp double cream
- 2 tbsp condensed milk
- 1 tbsp icing sugar
- few drops of vanilla extract



F.B

## Method

1. Break cookies into crumbs add 1 tbsp melted butter n mix,put in a small size jars or any small size cups,(I didn't add any butter because cookies already has butter in it, so i tried to avoid it)
2. Mix room temperature soft cheese and condensed milk, when they well combined together add double cream,mix again then add powdered sugar
3. Use an electric mixer or hand blender (hand blender works fine)until thick consistency add vanilla extract and mix again
4. Put this on top of the biscuit crumbs, add additional crumbs on top of the cream cheese mixture, set in refrigerator for overnight

