

AI Chef - Recipe Generator Chatbot

Natural Language Processing Coursework

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1. Introduction

This project presents the development of an **Intelligent Recipe Chatbot** designed to recommend meals based on natural language input describing user preferences. The system combines traditional and modern NLP techniques to understand queries such as "*a healthy high-protein dinner*" or "*a quick vegetarian lunch*" and return recipes that align closely with that intent.

1. Data Scraping with BeautifulSoup

Recipe data was extracted from the [BBC Good Food](#) website using `requests` and `BeautifulSoup`. Key fields collected include recipe titles, ingredients, cooking/prep times, servings, and instructions. The resulting structured dataset served as the foundation for text-based modelling.

2. Data Preprocessing

- Combined relevant text fields (e.g., title + ingredients) into a single corpus for analysis.
- Cleaned text by removing punctuation, converting to lowercase, and normalizing spacing.
- Tokenized sentences into individual words using `nltk.word_tokenize`.
- Removed stopwords to focus on meaningful content.
- Applied stemming (`PorterStemmer`) and lemmatization (`WordNetLemmatizer`) to reduce words to their base forms.

3. Exploratory Data Analysis (EDA)

- Generated a **word cloud** to visualize the most frequent terms across the recipe corpus.
- Created **token count distribution histograms** to understand the variation in text length across recipes.
- **Free-Text Recipe Search**

The chatbot interprets flexible, conversational input and returns recipes that best match the described intent, offering a natural and user-friendly discovery process.

4. Baseline Model – Word Matching

A simple word-matching approach was initially used, comparing tokens in user queries with recipe titles and ingredient lists. While functional, this baseline lacked semantic depth and struggled with synonyms or phrasing variations.

5. TF-IDF with Cosine Similarity

Text fields were vectorized using **TF-IDF**, and **cosine similarity** was computed between user queries and recipe documents. This approach improved relevance by considering term importance and overall context, allowing for more accurate recipe recommendations.

6. DistilBERT for Contextual Understanding

To incorporate contextual semantics, the project integrated **DistilBERT**, a distilled transformer-based language model. Embeddings generated from DistilBERT allowed for better semantic matching between queries and recipes, even when wording differed significantly.

7. RecipeBERT Exploration

Preliminary experimentation with **RecipeBERT** — a transformer model pre-trained on culinary data — highlighted its potential to further improve food-specific language understanding and enhance intent-driven recipe recommendations.

8. PCA Visualisation

This pipeline showcases how modern NLP techniques can be applied to domain-specific tasks, with an emphasis on semantic search, conversational understanding, and the integration of pretrained language models into intelligent interfaces.



1.1 Import libraries

```
In [63]: # =====#
# NLP Libraries
# =====#
import nltk
nltk.download('punkt')
nltk.download('stopwords')
nltk.download('punkt_tab')

from nltk.tokenize import word_tokenize, sent_tokenize      # Tokenization
from nltk.corpus import stopwords                         # Stopword removal
from nltk.stem import PorterStemmer, WordNetLemmatizer    # Stemming & Lemmatization

# =====#
# General-Purpose Libraries
# =====#
import pandas as pd
```

```

import numpy as np
import string
import ast
import time
from collections import Counter

# =====
# Visualization
# =====
import matplotlib.pyplot as plt
from mpl_toolkits.mplot3d import Axes3D # Enables 3D plots
from wordcloud import WordCloud # Word frequency visualization

# =====
# Machine Learning & NLP Models
# =====
from sklearn.feature_extraction.text import TfidfVectorizer
from sklearn.metrics.pairwise import cosine_similarity
from sklearn.decomposition import PCA

from transformers import DistilBertTokenizer, DistilBertModel
from transformers import AutoTokenizer, AutoModel
import torch

# =====
# Web Scraping
# =====
import requests
from bs4 import BeautifulSoup
import re

# =====
# Interactive Widgets
# =====
import ipywidgets as widgets
from IPython.display import display, clear_output
from IPython.display import Markdown, display

```

```

[nltk_data] Downloading package punkt to
[nltk_data]      /Users/eoinhoustoun/nltk_data...
[nltk_data]      Package punkt is already up-to-date!
[nltk_data] Downloading package stopwords to
[nltk_data]      /Users/eoinhoustoun/nltk_data...
[nltk_data]      Package stopwords is already up-to-date!
[nltk_data] Downloading package punkt_tab to
[nltk_data]      /Users/eoinhoustoun/nltk_data...
[nltk_data]      Package punkt_tab is already up-to-date!

```

2. Scraping Data

2.1 Get Recipe Titles

```
In [ ]: def scrape_titles(base_url):
    """
    Scrape BBC Good Food recipe titles from a URL.
    """
    recipes = []

```

```

response = requests.get(base_url)
if response.status_code != 200:
    print(f"Failed to fetch: {base_url}")
    return recipes

# Parse the page content
soup = BeautifulSoup(response.text, 'html.parser')

# Extract meal titles
meals = [item.text.strip() for item in soup.find_all('h2', class_='he'])

# Append titles to the recipe list
recipes.extend(meals)
return recipes

```

Used **BeautifulSoup** to systematically scrape and compile a comprehensive dataset of recipes from [BBC Good Food](#).

```
In [ ]: # list of URLs
base_urls = [
    f"https://www.bbcgoodfood.com/search?q=Quick+and+healthy+recipes&page"
    for page in range(1, 334) # Page 1 to 333 (10,00 Recipes)
]

all_recipes = []

for base_url in base_urls:
    page_recipes = scrape_titles(base_url)
    all_recipes.extend(page_recipes)

df_recipes = pd.DataFrame(all_recipes, columns=["Recipe Title"])
print(df_recipes)
```

	Recipe Title
0	Quick seafood linguine
1	Quick and easy fish stew
2	Chicken & chorizo jambalaya
3	Quick & easy flatbreads
4	Healthy pancakes
...	...
9985	Smoky cheese & onion tart
9986	App only Niçoise focaccia sandwiches. This is a...
9987	The ultimate makeover: Chocolate log
9988	Clementine & vodka-baked salmon with beetroot ...
9989	Mushroom rarebit with mash & thyme gravy

[9990 rows x 1 columns]

Scraped 9,990 recipe titles

```
In [ ]: # Convert the column to a single list
recipe_titles = df_recipes['Recipe Title'].explode().tolist()
formatted_titles = ",\n    ".join(f"\'{title}\'" for title in recipe_titles)
print(f"recipe_titles = [\n    {formatted_titles}\n]")
```

```
recipe_titles = [
    "Quick seafood linguine",
    "Quick and easy fish stew",
    "Chicken & chorizo jambalaya",
    "Quick & easy flatbreads",
    "Healthy pancakes",
    "Overnight oats",
    "Healthy tikka masala",
    "Healthy chicken katsu curry",
    "Quick chicken hummus bowl",
    "Healthy shakshuka",
    "Healthy pepper, tomato & ham omelette",
    "Chicken korma",
    "Chinese chicken curry",
    "Quick chicken curry",
    "Quick crumble mix",
    "Healthy turkey meatballs",
    "Healthy porridge bowl",
    "Healthy beef stew",
    "Quick pizza dough",
    "Healthy banana bread",
    "Healthy tomato soup",
    "Quick & easy chickpea coconut dhal",
    "Quick and easy pasta salad",
    "Quick prawn curry",
    "Healthy biscuits",
    "Easy lentil curry",
    "Pasta with salmon & peas",
    "Super-quick fish curry",
    "Quick chilli",
    "Quick prawn, coconut & tomato curry",
    "Healthy egg & chips",
    "Healthy chilli con carne",
    "Healthy fish pie",
    "Healthy bolognese",
    "Healthy seafood pasta recipe",
    "Healthy lasagne",
    "Quick tartar sauce",
    "Sesame salmon, purple sprouting broccoli & sweet potato mash",
    "Quick & spicy nasi goreng",
    "Quick sausage bolognese",
    "Quick chicken chasseur",
    "Quick lamb biryani",
    "Quick tomato risotto",
    "Nutty chicken satay strips",
    "Curried cod",
    "Quick fried rice",
    "Quick pickled cucumbers",
    "Quick & easy tiramisu",
    "Healthy beef chow mein",
    "Indian chickpeas with poached eggs",
    "Healthy ragu",
    "Healthy chicken stir-fry",
    "Vegetarian ramen",
    "Healthy chicken pasta bake",
    "Healthy Swedish meatballs",
    "Healthy meatball & noodle soup",
    "Healthy baked beans",
    "Cauliflower, paneer & pea curry",
    "App onlyOaty healthy apple muffins. This is a premium piece of conten
```

t available to registered users.",
 "Vegetable & bean chilli",
 "Healthy pad Thai",
 "Easy risotto with bacon & peas",
 "Healthy fish korma",
 "Healthy banana muffins",
 "Herb & garlic baked cod with romesco sauce & spinach",
 "Healthy gnocchi",
 "Quick peanut brittle",
 "Quick steak & mushroom stroganoff",
 "Quick sushi bowl",
 "Crispy grilled feta with saucy butter beans",
 "Quick kimchi",
 "Sausages with quick onion gravy",
 "Easy healthy falafels",
 "Quick beef & broccoli noodles",
 "10-minute couscous salad",
 "Pomegranate chicken with almond couscous",
 "Healthy coleslaw",
 "Quick mushroom & spinach lasagne",
 "Healthy roast dinner",
 "Healthy granola",
 "Quick cauliflower cheese",
 "Quick cheat's strawberry mousse",
 "Healthy homemade granola",
 "Healthy potato salad",
 "Healthy burgers",
 "Quick tomato soup with cheesy garlic dippers",
 "Healthy flapjacks",
 "Healthy tuna pasta",
 "Chicken, leek & brown rice stir-fry",
 "Healthy salmon pasta",
 "Healthy veggie platter",
 "Linguine with avocado, tomato & lime",
 "Healthy chicken salad",
 "Quick banana ice cream",
 "Quick sticky toffee puddings",
 "Prawn tagliatelle with courgettes",
 "App onlyHealthy baked chicken schnitzel with creamed corn. This is a premium piece of content available to registered users.",
 "Healthy vegan enchiladas",
 "Quick mushroom noodle soup",
 "Quick cheese straws",
 "Superhealthy Singapore noodles",
 "Quick turkey couscous",
 "Healthy gluten-free fish & chips",
 "Healthy Easter bunny pancakes",
 "Quick honey & garlic pork chops",
 "Quick florentines",
 "Healthy baked oats",
 "Spicy Cajun chicken quinoa",
 "Quick banana ice cream sandwiches",
 "Quick creamy salmon pasta",
 "Healthy spaghetti bolognese",
 "Healthy Turkish meatloaf",
 "Healthy Halloween stuffed peppers",
 "App onlyQuick hummus. This is a premium piece of content available to registered users.",
 "Creamy mushrooms on toast",
 "Quick pickled cabbage",

"Quick & easy hot-and-sour chicken noodle soup",
"Quick fish stew",
"Quick braised chard & lentils",
"Quick pitta pizzas",
"Quick braised chard & lentils",
"Healthy full English",
"Quick sausage stew",
"Healthy Halloween nachos",
"Chicken piccata with garlicky greens & new potatoes",
"Quick beef & broccoli one-pot",
"Zesty haddock with crushed potatoes & peas",
"Healthy mushroom soup",
"App onlyQuick pickled red cabbage. This is a premium piece of content available to registered users.",
"Chicken with crushed harissa chickpeas",
"Healthy chocolate milkshake",
"Creamy courgette lasagne",
"Healthy fish & chips with tartare sauce",
"Healthy carrot soup",
"Healthy chocolate brownies",
"Quick roast lamb",
"Quick chilli bean wraps",
"Sushi-style salmon & avocado rice",
"Quick chilli with creamy chive crushed potatoes",
"Easy roasted cauliflower",
"Sweet potato & peanut curry",
"Healthy pumpkin pancakes",
"Easiest ever seafood rice",
"App onlyFragrant pork & lemongrass noodles. This is a premium piece of content available to registered users.",
"Coconut & squash dhansak",
"Healthy roast turkey crown",
"Family meals: Easy fish pie recipe",
"Healthy vegan pasta bake",
"Healthy Easter lamb",
"Quick cottage pie",
"Quick cottage pie",
"Ginger chicken & green bean noodles",
"Quick celeriac remoulade",
"Quick chicken noodles",
"Healthy stuffing balls",
"Healthy salad Niçoise",
"Quick & easy party nibbles",
"Quick roast Christmas chicken & sticky veg",
"Double bean & roasted pepper chilli",
"Pulled chicken salad",
"Healthy cookies",
"Healthy apple crunch",
"Healthy vegetable soup",
"Quick chicken chow mein",
"Healthy pumpkin soup",
"Quick roast chicken & homemade oven chips with kiev butter",
"Homemade apple pie",
"Egg & rocket pizzas",
"Healthy gravy",
"Banana bread",
"Charred broccoli, lemon & walnut pasta",
"Quick salmon, preserved lemon & olive pilaf",
"Sauté potatoes with sea salt & rosemary",
"Porridge with quick berry compote, figs & pistachios",

"Haddock & spinach cheese melt",
"Roasted pepper sauce for pasta or chicken",
"Thai-style steamed fish",
"Quick tomato relish",
"Healthy salad with ginger soy dressing",
"Spinach, sweet potato & lentil dhal",
"Pesto chicken salad",
"Quick braised lettuce & peas",
"Quick quinoa tabbouleh",
"Quick fish pie",
"Rump steak with quick mushroom and red wine sauce",
"Roasted cauli-broc bowl with tahini hummus",
"Spaghetti with sardines",
"Bacon & mushroom risotto",
"Spicy chicken couscous",
"Healthy Halloween pizzas",
"Quick springtime pasta",
"Roasted red pepper & parsley pesto with penne",
"Celery soup",
"Best Yorkshire puddings",
"Smoky chickpeas on toast",
"Quick lemon gravadlax",
"Salsa verde baked eggs",
"Somerset stew with cheddar & parsley mash",
"Paprika pork",
"Quick garden salad",
"Healthy meatloaf with spaghetti sauce",
"Quick-fried runner beans with cheddar & hazelnuts",
"Avocado & strawberry smoothie",
"Ricotta, tomato & spinach frittata",
"Healthy Easter boiled eggs",
"Healthy tuna lettuce wraps",
"Kidney bean curry",
"Quick curried kedgeree",
"Tandoori chicken",
"Stir-fried garlic green beans",
"Stir-fried garlic green beans",
"Quick peach Melba crumbles",
"Quick chicken souvlaki",
"Lentil bolognese",
"Quick caesar salad with roast chicken & bacon",
"Quick chickpea & chard tamarind curry",
"Prosciutto, kale & butter bean stew",
"Healthy banana & peanut butter ice cream",
"Stir-fried beef with hoisin sauce",
"Strawberry & banana almond smoothie",
"Quick & easy Korean pork",
"Asparagus soup",
"Speedy lentil coconut curry",
"Baked cheese with quick walnut bread & pears",
"Bean & halloumi stew",
"Quick-to-mix mincemeat",
"Minestrone in minutes",
"Egg Niçoise salad",
"Courgette tortilla with toppings",
"Healthy salmon bowl",
"Quick steak grill",
"Best ever chocolate brownies recipe",
"Stir-fried pork with ginger & honey",
"Homemade granola",

"Quick frosted walnuts. This is a premium piece of content available to registered users.",
"Creamy linguine with ham, lemon & basil",
"Chicken jalfrezi",
"Easy vegetarian chilli",
"Spiced roast side of salmon",
"One-pan spicy rice",
"Quinoa salad with grilled halloumi",
"Thai red curry with quick pickled cucumber",
"Ham & potato hash with baked beans & healthy 'fried' eggs",
"Pizza Margherita in 4 easy steps",
"Caesar pitta",
"Breakfast egg wraps",
"Easy chicken casserole",
"Vegan chilli",
"Banana oat pancakes",
"Classic scones with jam & clotted cream",
"Prawn & harissa spaghetti",
"Thai green pork lettuce cups",
"Help-yourself tuna rice salad",
"Quick Croque-monsieur",
"Cinnamon rubbed salmon with couscous & harissa yogurt",
"Spiced lentil & butternut squash soup",
"Thai prawn & ginger noodles",
"Tangy couscous salad",
"Quick prawn noodle soup",
"Spiced salmon & tomato traybake",
"Speedy butternut squash barley 'risotto'",
"Turkey meatballs with citrus couscous",
"Quick spicy mooli pickle",
"The best salmon fish cakes",
"Mixed bean goulash",
"Tomato & pasta soup",
"Spicy meatballs with chilli black beans",
"Slow-cooker beef stew",
"Carrot & coriander soup",
"App onlyChickpea salad. This is a premium piece of content available to registered users.",
"App onlyChickpea salad. This is a premium piece of content available to registered users.",
"Quick chilli cornbread",
"Healthy spiced rice pudding",
"Quick pickled green beans",
"Butternut squash curry",
"Quick fruit compote",
"Roast pork with apples & mustard",
"Quick gazpacho",
"Curried satay noodles",
"Big-batch bolognese",
"Quick prawn, fennel & tomato ragout",
"Cod with olives & crispy pancetta",
"Vegan banana bread",
"Chicken balti",
"Microwave mug cake",
"Boiled egg, avocado & quick pickled radish tartine",
"Salmon noodle soup",
"Japanese-style mackerel rice bowl",
"Grilled salmon tacos with chipotle lime yogurt",
"Speedy sausage stroganoff tagliatelle",
"Spanish rice & prawn one-pot",

"Tuna Niçoise protein pot",
"Pineapple, beef & ginger stir-fry",
"Chicken parmesan",
"Cinnamon porridge with banana & berries",
"Quick lamb & potato pot",
"Stir-fried chicken with broccoli & brown rice",
"Smoky sweet potato & bean cakes with citrus salad",
"Healthy pesto eggs on toast",
"Easy banana muffins",
"Cinnamon porridge with banana & berries",
"Broccoli pesto & pancetta pasta",
"Quick braised cabbage with pancetta",
"Smoky sweet potato & bean cakes with citrus salad",
"Lamb's liver and onions",
"Fridge-raid fried rice",
"Creamy seafood stew",
"Lighter chicken cacciatore",
"Mustardy pork & apples",
"Meatball & tomato soup",
"Vegan tagine",
"Pork tacos",
"Tomato & basil soup",
"One-pan pasta",
"Curry coconut fish parcels",
"Pea hummus",
"Herby Persian frittata",
"Baked eggs with spinach & tomato",
"Berry omelette",
"Baked haddock",
"Chicken & lemon skewers",
"Salmon with leeks & parsnip mash",
"Thai spiced turkey patties with noodle salad",
"Roast chicken traybake",
"Easy chocolate fudge cake",
"Baked salmon with fennel & tomatoes",
"Smoked mackerel, orange & couscous salad",
"No-fuss shepherd's pie",
"Grilled peach, chicken & feta salad",
"Creamy butter beans with quick fried prawns",
"Hot beetroot salad",
"Smoked mackerel risotto",
"Easy rocky road",
"Steak & broccoli protein pots",
"Italian potato salad",
"Grilled peach, chicken & feta salad",
"Roasted pepper baked eggs",
"Peanut butter & banana on toast",
"Easy falafel recipe",
"Sausage, kale & gnocchi one-pot",
"Red lentil, chickpea & chilli soup",
"Spinach & chickpea curry",
"Zingy salmon & brown rice salad",
"Versatile veg soup",
"Forest fruit & banana smoothie",
"Coriander cod with carrot pilaf",
"Pork noodle stir-fry",
"Chicken & veg bowl",
"Lemon & rosemary pork with chickpea salad",
"Roast pork with couscous & ginger yogurt",
"Falafel burgers",

"Fruity pork steaks",
"Turkey & avocado toast",
"Home-style chicken curry",
"Roasted aubergine & tomato curry",
"Orange, fennel & rocket salad",
"Easy egg-fried rice",
"Chilli prawn linguine",
"Teriyaki salmon",
"Spicy root & lentil casserole",
"Low-sugar lime & basil green juice",
"Spicy root & lentil casserole",
"Curried chicken & new potato traybake",
"Lemony mushroom pilaf",
"Warm lemony courgette salad",
"Indian chickpea & vegetable soup",
"Spiced halloumi & pineapple burger with zingy slaw",
"Creamy tomato, courgette & prawn pasta",
"Spicy chilli bean soup",
"Quick stir fry",
"Healthy veg patch hummus",
"Poached eggs with smashed avocado & tomatoes",
"Crunchy coleslaw",
"Chicken satay salad",
"Broccoli & sage pasta",
"Salmon with chilli & lime butter",
"Prawn & mango salad",
"Lemon chicken stir-fry",
"Sweetcorn salsa",
"Lentil soup",
"Chicken, edamame & ginger pilaf",
"Vegan jambalaya",
"Spaghetti with smoky tomato & seafood sauce",
"Quick pork with mild spices",
"Chole with cumin rice & raita",
"Chicken, potato & green bean curry",
"Roasted sweet potato & carrot soup",
"Super-quick Indian rice",
"Beetroot smoothie",
"Tomato penne with avocado",
"Orzo with spinach & cherry tomatoes",
"Red lentil & squash dhal",
"Creamy tomato risotto",
"Cod with bacon, lettuce & peas",
"Healthier flapjacks",
"Easy millionaire's shortbread",
"Moroccan spiced cauliflower & almond soup",
"Indian chicken protein pots",
"Moroccan chickpea, squash & cavolo nero stew",
"Quick veg & soft cheese frittata",
"Quick salt & pepper squid",
"Mussels in red pesto",
"Best ever macaroni cheese recipe",
"Quick braised lettuce, peas & bacon",
"App only Warm chicken salad with avocado dressing. This is a premium piece of content available to registered users.",
"Pork souvlaki",
"Tamarind prawn curry",
"Hot & sour pork & pepper stir-fry",
"Spaghetti with spinach & garlic",
"Must-make moussaka",

"Creamy courgette & bacon pasta",
"Oven-baked risotto",
"Mushroom stroganoff",
"Sausage & white bean casserole",
"Penne all'arrabbiata",
"Chorizo, orzo & sweetcorn summer stew",
"Feta & kale loaded sweet potato",
"Spiced carrot & lentil soup",
"App onlyCreamy sausage & harissa pasta. This is a premium piece of content available to registered users.",
"Pulled chicken & black bean chilli",
"Pulled chicken & black bean chilli",
"Peanut butter overnight oats",
"Veggie yaki udon",
"Salt and pepper chicken",
"Easy carrot cake",
"Honey & sesame beef noodles",
"Avocado hummus & crudités",
"Chilli salmon & teriyaki noodles",
"Super-quick Scandi supper",
"Easy teriyaki chicken",
"Lemon spaghetti with tuna & broccoli",
"Best chewy chocolate chip cookies",
"Mexican bean soup with guacamole",
"Chicken masala skewers",
"Broccoli lemon chicken with cashews",
"Cajun turkey salad with guacamole",
"Chicken and mushrooms",
"Chicken soba noodles",
"Easy Singapore noodles (chow mein)",
"Stir-fried noodles & beansprouts",
"Honey-roasted parsnips",
"Cottage pie",
"Spring vegetable tagliatelle with lemon & chive sauce",
"Rustic vegetable soup",
"Roasted vegetable & feta tostada",
"Lemon drizzle cake",
"Strawberry frozen yogurt",
"Spicy chickpeas",
"Easy prawn noodles",
"Easy paella",
"Courgette, potato & cheddar soup",
"Turkey noodle soup",
"Mediterranean sardine salad",
"Moroccan chicken stew",
"Spiced black bean & chicken soup with kale",
"Easy paella",
"Carrot biryani",
"Spicy chicken & avocado wraps",
"Wild rice salad",
"Miso chicken & rice soup",
"Griddled lettuce & peas",
"Cabbage with caraway",
"Cherry tomato, kale, ricotta & pesto pasta",
"Salmon with warm chickpea, pepper & spinach salad",
"Moroccan chicken with lemon couscous",
"Italian stuffed chicken",
"Chicken cacciatore one-pot with orzo",
"Super smoky bacon & tomato spaghetti",
"Kimchi fried rice",

"Watermelon, prawn & avocado salad",
"Pepper & lemon spaghetti with basil & pine nuts",
"Spicy cauliflower",
"Superhealthy salmon burgers",
"Teriyaki salmon parcels",
"One-pot harissa chicken",
"Vegetarian enchiladas",
"Quick mushrooms, aubergines & peppers",
"Moroccan chicken with sweet potato mash",
"Vegan bolognese",
"Ultimate tomato salsa",
"Pasta arrabbiata with aubergine",
"Veggie tahini lentils",
"Tuna pasta with rocket & parsley pesto",
"Tangy trout",
"Greek-style roast fish",
"Italian butter beans",
"Salmon salad with sesame dressing",
"Smoky hake, beans & greens",
"Low-fat moussaka",
"Tomato soup & hummus crispbread",
"15-minute chicken pasta",
"Roasted asparagus & pea salad",
"Prawn & salmon burgers with spicy mayo",
"Iceberg with yogurt dressing",
"Grilled Mediterranean veg with bean mash",
"Energy balls with dates",
"Air fryer baked potatoes",
"Easy butter chicken",
"BBQ chicken with corn rice",
"Chocolate chia pudding",
"Potato, spring onion, dill & cheese frittata",
"Finbar's veggie spag bol",
"Classic pasta e fagioli",
"Turkey tortilla pie",
"Butter bean & tomato salad",
"Pork with pears",
"Tofu, greens & cashew stir-fry",
"Quick crêpes Suzette",
"Healthy chicken burritos",
"Moroccan-style chicken stew",
"Quick crêpes Suzette",
"Chorizo & pea risotto",
"Carrot & cumin salad",
"Cherry tomato & caper spaghetti",
"Red cabbage slaw",
"One-pan beef stew with vegetable mash",
"Gluten-free pancakes",
"Prawn jambalaya",
"One-pan salmon with roast asparagus",
"Storecupboard pasta salad",
"Bean, feta & herb dip",
"Baked sea bass with lemon caper dressing",
"Sugar-free banana bread",
"Lemon chicken with fruity olive couscous",
"Cinnamon porridge with baked bananas",
"Saucy bean baked eggs",
"Peanut butter & date oat pots",
"Vegetarian fajitas",
"Spaghetti puttanesca with red beans & spinach",

"Chicken pasta bake",
"Sea bass with sizzled ginger, chilli & spring onions",
"Wilted spinach with nutmeg & garlic",
"Sushi rice bowl with beef, egg & chilli sauce",
"Chicken with lemon & courgette couscous",
"Salmon pesto traybake with baby roast potatoes",
"Super-fast prawn noodles",
"Butternut squash and red pepper soup",
"Waldorf slaw",
"Speedy soy spinach",
"Quinoa, lentil & feta salad",
"Chicken, broccoli & beetroot salad with avocado pesto",
"Japanese-style brown rice",
"Sushi rice bowl with beef, egg & chilli sauce",
"Roasted cauliflower steaks",
"Avocado smoothie",
"Khatti dhal",
"One-pot goulash pasta",
"Mango salad with avocado and black beans",
"Broccoli & green beans with toasted hazelnut butter",
"Pasta with pine nuts, broccoli, sardines & fennel",
"Vegetarian egg-fried rice",
"Fragrant lemongrass & coconut chicken stir-fry",
"Slow cooker lamb curry",
"Ricotta, broccoli, & new potato frittata",
"Chilli con carne recipe",
"Summer salmon with papaya salsa",
"Tuna, caper & chilli spaghetti",
"Spring greens with lemon dressing",
"Easy lamb tagine",
"Creamy pesto & kale pasta",
"App onlySriracha & lime prawn linguine. This is a premium piece of content available to registered users.",
"Cider-braised cabbage & leek hotpot",
"Lentil salad with tahini dressing",
"Healthy chocolate milk",
"Sausages with quick onion gravy & sweet potato chips",
"Next level ratatouille",
"Chunky Bolognese soup with penne",
"Prawn & sweetcorn fritters",
"Sweet potato & lentil soup",
"Lasagne",
"Slow cooker lamb curry",
"Lasagne",
"Smoky cod, broccoli & orzo bake",
"Curried chickpeas",
"Steamed fish & pak choi parcels",
"Paprika chicken ciabattas",
"Peanut butter smoothie",
"Prawn salad with orange, red onion & avocado",
"Late-summer tomato & carrot salad",
"Tomato & spinach kitchari",
"Classic lasagne",
"Cabbage soup",
"Cullen skink",
"Cauliflower soup",
"Miso & sesame eggs",
"Baked cod",
"Two bean, potato & tuna salad",
"Puy lentil salad with soy beans, sugar snap peas & broccoli",

"Harissa-crumbed fish with lentils & peppers",
"Chicken tikka with spiced rice",
"Classic Christmas cake",
"Trout with creamy potato salad",
"Harissa salmon with zesty couscous",
"Slow cooker bolognese",
"Roast tomatoes",
"Toddler recipe: Sweetcorn & spinach fritters",
"Slow-cooker chicken casserole",
"Stir-fried lettuce",
"Oven-baked bhajis",
"Creamy mushroom & spinach pasta",
"Bircher muesli with apple & banana",
"Creamy mushroom & spinach pasta",
"Braised leeks & peas",
"Roasted peppers",
"Paneer korma",
"Greek salad omelette",
"Chicken biryani bake",
"Indian bean, broccoli & carrot salad",
"Roast tomatoes",
"Easy turkey burgers",
"Leek, pea & watercress soup",
"Hob-to-table moussaka",
"Smashed chicken with corn slaw",
"Thai salmon noodles",
"Chicken noodle soup",
"Mexican chicken stew with quinoa & beans",
"Stuffed baked trout",
"Winter vegetable & lentil soup",
"Balsamic beef stew with veggie mash",
"Yummy golden syrup flapjacks",
"Frazzled chorizo & rocket linguine",
"Black bean tortilla with salsa",
"Vegan curried squash, lentil & coconut soup",
"Salmon with celeriac mash",
"Apple & sultana porridge",
"Avocado salad",
"Quick Christmas pudding",
"Caponata pasta",
"Prawn fried rice",
"Smoky chipotle pepper salsa",
"Sweet potato & cauliflower lentil bowl",
"Salmon stir-fry",
"Mushroom brunch",
"Succotash",
"Salmon with celeriac mash",
"Apple & sultana porridge",
"Chicken koftas with hummus & salad",
"Corn & green bean cakes with avocado & chilli jam",
"Spaghetti & tuna balls",
"Hoisin pork with garlic & ginger greens",
"Miso noodles with fried eggs",
"Couscous salad",
"Super-green mackerel salad",
"Italian vegetable soup",
"Beef stroganoff",
"Classic Victoria sandwich recipe",
"Mexican chicken burger",
"Chickpea, tomato & spinach curry",

"Chicken with crispy Parma ham",
"Mussels with tomatoes & chilli",
"Chunky oven chips",
"Steamed clams in saffron & spring green broth",
"Pasta primavera",
"Stir-fried noodles with tofu",
"Sugar plums",
"Pan-fried salmon with watercress, polenta croutons & capers",
"Ratatouille",
"Red cabbage, cauliflower & coconut dhal",
"App onlyTurmeric cod with chickpea traybake. This is a premium piece
of content available to registered users.",
"Goan-style vegetable curry with kitchari",
"Open cottage cheese & pepper sandwich",
"Orange, walnut & stilton salad",
"Goan-style vegetable curry with kitchari",
"Red cabbage, cauliflower & coconut dhal",
"Pan-fried salmon with watercress, polenta croutons & capers",
"Ratatouille",
"App onlyTurmeric cod with chickpea traybake. This is a premium piece
of content available to registered users.",
"Saltimbocca",
"Sweet potato & chicken curry",
"Energy balls",
"Spicy vegetable egg fried rice",
"Mushroom hash with poached eggs",
"Spring chicken in a pot",
"One-pan prawn & tomato curry",
"Padron peppers",
"Easy garlic mayonnaise",
"Prawn & pink grapefruit noodle salad",
"Spicy mushroom & broccoli noodles",
"Stir fry sauce",
"Curried kale & chickpea soup",
"Herby broccoli & pea soup",
"Quick plum crumble",
"Mustardy salmon with beetroot & lentils",
"Miso steak with noodle salad",
"Smashed cannellini bean tartine",
"Venison sausages with piquant beans",
"Toad-in-the-hole",
"Pasta salad with tuna, capers & balsamic dressing",
"Chorizo & chilli pepper pasta",
"Lemon & poppyseed cupcakes",
"Easy Thai prawn curry",
"Black-eyed bean mole with salsa",
"Baked camembert",
"Roast sea bass & vegetable traybake",
"Savoy cabbage with almonds",
"Spicy mushroom & broccoli noodles",
"Cauliflower & chickpea pilaf",
"Bean & pesto mash",
"Crispy chilli turkey noodles",
"Herby broccoli & pea soup",
"Avocado & chilli salad",
"Roasted tomato, basil & parmesan quiche",
"Mixed bean chilli with wedges",
"App onlyCauliflower burrito bowls. This is a premium piece of content
available to registered users.",
"Warm potato & tuna salad with pesto dressing",

"Grilled Thai salmon",
"Quick quarter-pounders",
"Breakfast burrito",
"Italian bean & olive salad",
"Halloumi fajitas",
"Pasta with prawns, mascarpone & lemon",
"Honey & mustard chicken thighs with spring veg",
"Spaghetti with crab, cherry tomatoes & basil",
"Storecupboard tuna bean salad",
"Black bean tostadas with avocado salsa",
"Barbecued squid salad",
"Lamb kebabs & Greek salad",
"Quinoa chilli with avocado & coriander",
"Spicy chicken, mango & jalapeño salad",
"Scotch broth",
"Creamy pumpkin & lentil soup",
"Lighter creamed spinach",
"Creamy pasta with asparagus & peas",
"Lemon & parsley butter beans",
"Moroccan harira",
"Venetian duck ragu",
"Orange & cranberry spritz",
"Mustard salmon with pea & celeriac mash",
"Butternut squash soup",
"Two-minute breakfast smoothie",
"Crispy sesame lemon chicken",
"Courgette, pea & pesto soup",
"Vegan kale pesto pasta",
"Crab & asparagus pappardelle",
"Pesto & olive-crusted fish",
"Triangular bread thins",
"Spaghetti with walnuts, raisins & parsley",
"Spicy fish stew",
"Sausage traybake",
"Italian borlotti bean, pumpkin & farro soup",
"Homemade pineapple slices in syrup",
"Tuna steaks with cucumber relish",
"Hake & seafood cataplana",
"Cheese & chive coleslaw",
"Almond butter",
"Vitamin booster smoothie",
"Curried chicken pie",
"Feelgood flapjacks",
"Potato & radish salad",
"Bacon & mushroom pasta",
"Vitamin booster smoothie",
"Curried chicken pie",
"Bacon & mushroom pasta",
"Pork with sweet & sour onion sauce",
"Microwave biryani",
"Tangy carrot, cabbage & onion salad",
"Mushroom soup",
"Classic cheese scones",
"Baked salmon",
"Moroccan lamb with apricots, almonds & mint",
"Spicy chicken salad with broccoli",
"Blue cheese gnocchi",
"Easy chicken tagine",
"Carrot & ginger soup",
"Classic pesto",

"Cheesy baked bean and sweetcorn fritters",
"Lemon syllabub",
"Lemon cheesecake (no-bake)",
"Quick chocolate & nut cake",
"Pumpkin cake",
"Lentil & tuna salad",
"Prawn laksa curry bowl",
"Corn & split pea chowder",
"Frozen fruit sticks with passion fruit & lime drizzle",
"Oven-baked chicken pilau",
"App onlyCreamy tomato & mascarpone gnocchi. This is a premium piece o
f content available to registered users.",
"Bengali mustard fish",
"Thai broccoli rice",
"Coconut cashew & butternut squash curry",
"Spaghetti & meatballs",
"Easy chicken tagine",
"Thai fried prawn & pineapple rice",
"Chocolate fudge crinkle biscuits",
"Lemon cheesecake (no-bake)",
"Lighter chicken tacos",
"Courgette, leek & goat's cheese soup",
"Black bean & barley cakes with poached eggs",
"Avocado & black bean eggs",
"Easy one-pot chicken casserole",
"Horseradish baked salmon",
"Vegetarian lasagne",
"Satay sauce",
"Fish parcels with romesco sauce & veg",
"Cinnamon chocolate hazelnut cake",
"Spicy Moroccan eggs",
"No-cook chicken couscous",
"Turmeric latte",
"Pulled ham & maple mustard slaw",
"Amatriciana chicken traybake",
"Broccoli & peas with sesame seeds, soy & honey",
"Stuffed mushrooms",
"App onlyBaked feta pasta. This is a premium piece of content availabl
e to registered users.",
"New!Sticky glazed orange, paprika & chilli cod. This is a premium pie
ce of content available to registered users.",
"Herby quinoa, feta & pomegranate salad",
"Carrot pilaf with coriander chutney",
"Help-yourself grain fridge salad",
"Vintage chocolate chip cookies",
"Vegan flapjacks",
"App onlyRoasting tin chicken tikka masala. This is a premium piece of
content available to registered users.",
"Paillard of chicken with lemon & herbs",
"Paillard of chicken with lemon & herbs",
"Creamy spinach & mushroom penne",
"Tomato, pepper & bean one pot",
"Easy soda bread",
"Lemon-rubbed salmon",
"Chicken tacos",
"Sweet shortcrust pastry",
"Bombay potato frittata",
"Halloumi burgers",
"Fish with spiced lentils",
"Double chocolate loaf cake",

"Vegan pad Thai",
"Lemony prawn pasta",
"Spiced mackerel on toast with beetroot salsa",
"Sweetcorn fritters with eggs & black bean salsa",
"Scotch pancakes",
"Spiced chickpea & potato fry-up",
"Cucumber & fennel salad",
"Meal prep: pasta",
"Strawberry green goddess smoothie",
"Salmon with greens & crème fraîche",
"Smoked haddock & leek risotto",
"Tuna & butterbean salad",
"Creamy ham, leek & mushroom spaghetti",
"Asian prawn & pineapple salad",
"App onlyAir fryer smash burgers with cheese & bacon. This is a premium piece of content available to registered users.",
"Cheat's katsu curry",
"Classic Swedish meatballs",
"Black beans & avocado on toast",
"Mediterranean turkey-stuffed peppers",
"Smoked trout salad with fennel, apple & beetroot",
"Creamy leek, pesto & squash pie",
"Chia & almond overnight oats",
"The ultimate makeover: Chicken pie",
"Apple crisps",
"Vegan pad Thai",
"Creamy garlic, lemon & spinach salmon",
"Easy sausage & courgette pilaf",
"Pineapple fried rice",
"Pot-roast chicken with stock",
"Ham & horseradish salad",
"Apple & blackberry crumble",
"Tuna Niçoise salad",
"Tuna, avocado & quinoa salad",
"Seeded wholemeal soda bread",
"Smoked mackerel with herb & beet couscous",
"Steamed trout with mint & dill dressing",
"Bean & pepper chilli",
"Easy onion gravy",
"Slow cooker spiced root & lentil casserole",
"Asian prawn & pineapple salad",
"Spicy cauliflower & halloumi rice",
"Classic coleslaw",
"Hearty winter veg soup",
"Crunchy radish & tomato salad",
"New! Sticky air fryer salmon rice bowl. This is a premium piece of content available to registered users.",
"Moroccan chicken",
"Jamaican beer grilled fish",
"Sausage ragu",
"Superhealthy slaw",
"One-pan eggs & peppers",
"Roasted coriander cauliflower",
"Chicken, carrot & avocado rolls",
"Turkey burger with sweet potato wedges",
"Crunchy radish & tomato salad",
"New potato & green bean salad",
"Chicken stuffed with herby mascarpone",
"Beetroot & halloumi salad with pomegranate and dill",
"Zingy courgette & spinach salad",

"Apple & blackberry crumble",
"Sticky pork & radish noodles",
"Gingery broccoli-fry with cashews",
"Sausage ragu",
"Slow cooker pork fillet with apples",
"Spice & honey salmon with couscous",
"Classic coleslaw",
"Mushroom risotto",
"Chicken & sweetcorn soup",
"Egg drop chicken noodle soup",
"Sweet potato cakes with poached eggs",
"Omelette pancakes with tomato & pepper sauce",
"Rosemary balsamic lamb with vegetable mash",
"Steaks with goulash sauce & sweet potato fries",
"Mexican fiesta rice",
"How to make guacamole",
"Prawn & aubergine curry",
"Sweet & sour tofu",
"Vietnamese chicken salad",
"Pork & mushroom kebabs with quick fried rice",
"Turkey, pea guacamole & radish wrap",
"App onlyCreamy ravioli, tomato & mascarpone bake. This is a premium piece of content available to registered users.",
"Cheesy seafood bake",
"Slow cooker lasagne",
"Ham hock & cabbage hash",
"Marinated smoked salmon with poppy seeds",
"Patatas bravas meatballs",
"Herb omelette with fried tomatoes",
"Spicy bean & avocado quesadillas",
"Chicken tikka masala pizzas",
"Curried pasta salad",
"Summer pea pasta",
"Buttermilk scones",
"One-pan egg & veg brunch",
"American pancakes",
"Slow-cooker chicken curry",
"Spanish chicken stew",
"Veggie noodles with sesame dressing",
"Mustardy greens",
"Peach & orange yogurt pots with ginger oats",
"Chicken gyros. This is a premium piece of content available to registered users.",
"Pea & mint soup with crispy prosciutto strips",
"Moroccan-style chickpea soup",
"Beef bourguignon",
"Cod with lemon & parsley crust & summer greens",
"Thai chicken bites",
"Moroccan roasted vegetable soup",
"Paneer jalfrezi with cumin rice",
"Grilled mackerel with soy, lime & ginger",
"Mexican chicken & wild rice soup",
"Chicken bhuna",
"Curried turkey lettuce wraps",
"Grilled mackerel with soy, lime & ginger",
"Mexican chicken & wild rice soup",
"Chicken bhuna",
"Spiced fried rice with sausage",
"Duck ragu with pappardelle & swede",
"Spicy red lentil chilli with guacamole & rice",

"Herby rice with roasted veg, chickpeas & halloumi",
"App onlyRed pepper & hazelnut pesto pasta. This is a premium piece of content available to registered users.",
"Honey-mustard steamed green medley",
"Asparagus & new potato frittata",
"Spring cabbage with mustard seeds",
"Tea-poached pears",
"Herby fish fingers with Chinese-style rice",
"Charred spring onions",
"App onlyCarrot & tahini soup. This is a premium piece of content available to registered users.",
"Gluten-free lemon drizzle cake",
"Moroccan freekeh traybake",
"Green salad with olive dressing",
"Salmon & chive bagel topper",
"Indian beef keema with carrots & potatoes",
"Burnt aubergine veggie chilli",
"Rosemary chicken with oven-roasted ratatouille",
"App onlySmoky chickpea & pearl barley risotto. This is a premium piece of content available to registered users.",
"Really easy roasted red pepper sauce",
"Crispy gnocchi traybake with leeks & broccoli",
"Grapefruit, agave & pistachio salad",
"Slow-cooker chickpea stew",
"Tuna, asparagus & white bean salad",
"Tom yum (hot & sour) soup with prawns",
"Grapefruit, agave & pistachio salad",
"Crispy gnocchi traybake with leeks & broccoli",
"Slow-cooker chickpea stew",
"Chicken stock",
"Tuna, asparagus & white bean salad",
"Tom yum (hot & sour) soup with prawns",
"Fennel, lemon & mint salad",
"Mexican-style bean soup with shredded chicken & lime",
"Creamy tomato soup",
"Turkey & spring onion wraps",
"One-pan chicken couscous",
"Crispy paprika chicken with tomatoes & lentils",
"Spinach kedgeree with spiced salmon",
"Sriracha & lime potato salad",
"Spanish pork shoulder steaks with beans",
"Mackerel with warm cauliflower & caper salad",
"Miso-marinated salmon",
"Spinach soup",
"Tuna pasta salad",
"Halloumi pasta",
"Air-fryer chips",
"Easy soup maker lentil soup",
"Egg-fried noodles with beansprouts",
"Crisp sage & Parmesan pork with red apple coleslaw",
"Roasted summer vegetables",
"Creamy salmon, leek & potato traybake",
"Turkey meatballs in tomato & fennel sauce",
"Giant couscous salad with charred veg & tangy pesto",
"Slow cooker vegetable lasagne",
"Tandoori tilapia with spicy sweet potato mash & tomato salad",
"Cranberry chicken salad",
"Sprouts with sesame & spring onions",
"Carrot & lentil soup with feta",
"App onlyTzatziki sauce. This is a premium piece of content available

to registered users.",
"Spaghetti with prawns, chilli & rocket",
"Spiced chicken, spinach & sweet potato stew",
"Dhal poached eggs with herby raita",
"Smoky spiced veggie rice",
"Creamy salmon, leek & potato traybake",
"Bread pudding",
"Giant couscous salad with charred veg & tangy pesto",
"Cola ham with maple & mustard glaze",
"Sausage, mustard & apple hash",
"Slow cooker vegetable lasagne",
"Chicken & leek pies",
"Warm runner bean salad",
"Pea & mint soup",
"Ultimate chocolate cake",
"Spicy harissa chicken with lentils",
"Gnocchi with pancetta, spinach & Parmesan cream",
"Baked tomato, mozzarella & basil risotto",
"Green beans with mustard, lemon & mint",
"Herby new potatoes",
"Green beans with shallots, garlic & toasted almonds",
"Mushroom & spinach risotto",
"Low-fat turkey bolognese",
"Devilled mushrooms",
"Greek salad",
"Dark chocolate orange creams",
"Glazed sprouts with caramelised red onions",
"Spicy harissa chicken with lentils",
"Lentil & tomato salad",
"Bread pudding",
"New! Super green pancakes. This is a premium piece of content available to registered users.",
"Sesame tuna steaks with slaw",
"Rosemary, garlic & chilli popcorn",
"Gnocchi with pancetta, spinach & Parmesan cream",
"Sweet potato and coconut soup",
"Marrow soup",
"Corn, coconut & lentil chowder",
"Slow cooker meatballs",
"Hot-smoked trout & mustard salad",
"Lime & ginger salmon",
"Grilled mackerel with orange, chilli & watercress salad",
"Fresh salmon carpaccio",
"Tom yum soup with prawns",
"App only Creamy greens pot pie. This is a premium piece of content available to registered users.",
"Fruit scones",
"Green beans with mustard, lemon & mint",
"Low-fat turkey bolognese",
"Glazed sprouts with caramelised red onions",
"Devilled mushrooms",
"Pandan steamed rice",
"Budget porridge",
"Caponata bake",
"Leek & butter bean soup with crispy kale & bacon",
"Spaghetti with lemon, Parmesan & peas",
"Caramelised red onion & anchovy pasta with gremolata",
"Indian summer salad",
"Runner beans with rocket & Parmesan",
"Winter crunch salad",

"Indian summer salad",
"Spaghetti with spinach & walnut pesto",
"Runner beans with rocket & Parmesan",
"Green pesto minestrone",
"Chipotle chicken & slaw",
"Cumin roast veg with tahini dressing",
"App onlySpicy tomato spaghetti. This is a premium piece of content available to registered users.",
"Peas & beans with pancetta & mint",
"App onlyGreen soup with crispy chorizo. This is a premium piece of content available to registered users.",
"Orzotto with pancetta & peas",
"Hasselback potatoes",
"Slow cooker meatballs",
"Slow cooker vegetable curry",
"Red lentil soup",
"Edamame & chilli dip with crudités",
"Lemony chicken stew with giant couscous",
"Rice noodles with sundried tomatoes, Parmesan & basil",
"Smoked salmon scramble croissants",
"Hot-smoked trout & mustard salad",
"Chicken pasta salad",
"App onlySesame steak & buckwheat noodle bowls. This is a premium piece of content available to registered users.",
"Lemony prawn bruschettas",
"Oat biscuits",
"Crushed broad bean pesto",
"Winter breakfast hash",
"Smoked mackerel & leek hash with horseradish",
"Fennel-roasted cauliflower with quinoa",
"Chickpea soup with chunky gremolata",
"Indian sweet potato & dhal pies",
"Crushed broad bean pesto",
"Winter breakfast hash",
"Smoked mackerel & leek hash with horseradish",
"Fennel-roasted cauliflower with quinoa",
"Chickpea soup with chunky gremolata",
"Vegan winter one-pan",
"Beetroot, cumin & coriander soup with yogurt and hazelnut dukkah",
"Rosemary & garlicky lentils",
"Lettuce, chicory & apple salad with poppy seed dressing",
"20-minute rice supper",
"Mini spinach & cottage cheese frittatas",
"Easy chocolate molten cakes",
"Ultimate crème brûlée",
"Scrambled egg muffin",
"Indian cucumber salad",
"Blueberry baked oats",
"Spicy mini meatloaves",
"Beetroot tabbouleh",
"Tomato & black bean taco salad",
"Teriyaki mackerel with tangy cucumber salad",
"Beetroot brownies",
"Roast aubergine with goulash sauce & sweet potato fries",
"Keto bread",
"Lemon & greens pesto pasta",
"Lentil Bolognese soup",
"Black bean chilli",
"Moroccan fish stew",
"Grilled aubergine & tomato salad",

"Tofu scramble",
"Veggie olive wraps with mustard vinaigrette",
"Soup maker tomato soup",
"Butternut biryani with cucumber raita",
"New!Garlic mushroom & tahini pasta. This is a premium piece of content available to registered users.",
"Lentil & cauliflower curry",
"Beetroot, orange & hazelnut salad",
"Spiced lamb wraps",
"Thai beef stir-fry",
"Soup maker vegetable soup",
"Broad bean, pea & orzo salad",
"Ultimate spaghetti carbonara recipe",
"Mini spinach & cottage cheese frittatas",
"Hot-smoked salmon, lentil & pomegranate salad",
"Chicken & chorizo ragu",
"Jewelled couscous",
"Herb & ricotta chicken with mushroom rice",
"Teriyaki mackerel with tangy cucumber salad",
"Beetroot brownies",
"Smoked salmon, dill & lemon paté",
"Black bean chilli",
"Grilled aubergine & tomato salad",
"Spinach falafel & hummus bowl",
"Carrots with pine nuts, raisins & parsley",
"Cupcake recipe",
"Lentil ragu with courgetti",
"Sweet & spicy popcorn",
"Smoky corn & avocado salsa",
"Jackfruit bolognese with vegan parmesan",
"Roasted new potato, kale & feta salad with avocado",
"Crunchy cabbage & prawn salad",
"Red spiced fish with green salad",
"Soup maker vegetable soup",
"Lentil & cauliflower curry",
"Winter leaf salad",
"Red spiced fish with green salad",
"Fruity fondue",
"Chunky butternut mulligatawny",
"Courgette & anchovy salad",
"Carrot & sugar snap salad",
"App onlyAromatic mince & apricots with minty bulgur. This is a premium piece of content available to registered users.",
"Chicken & chorizo ragu",
"Hot salami & courgette flatbread",
"Aubergine & chickpea stew",
"Sweet potato, spinach & feta tortilla",
"Sticky Chinese five-spice chicken traybake",
"Mustard griddled chicken, beetroot & orange salad",
"Prawn layered salad",
"Carrots with pine nuts, raisins & parsley",
"Summer chicken stew",
"One-pot vegan rice and beans",
"Plums & blackberries in rosemary syrup",
"App onlyRed pepper & anchovy spaghetti. This is a premium piece of content available to registered users.",
"Instant frozen berry yogurt",
"Pickled red onions",
"Instant berry banana slush",
"Miso salmon with ginger noodles",

"Potato hash with greens",
"Carrot & raisin sandwiches",
"Layered aubergine & lentil bake",
"Mustard glazed pork with apple caesar salad",
"Shredded greens salad",
"Potato hash with greens",
"Carrot & raisin sandwiches",
"Layered aubergine & lentil bake",
"Mustard glazed pork with apple caesar salad",
"Shredded greens salad",
"Lemon dressed salmon with leek & broad bean purée",
"Tarragon roast chicken with summer greens",
"Vegan shepherd's pie",
"Pork cassoulet",
"Chunky chicken & ham chowder",
"Microwave scrambled eggs",
"Pumpkin, spinach & black bean dopiazza",
"Acai bowl",
"Peppered mackerel fishcakes",
"Cacio e pepe",
"Spicy meatball tagine with bulgur & chickpeas",
"Lamb & apricot meatballs",
"Beetroot & mango salad with soft goat's cheese",
"Prawn, chickpea & parsley salad",
"Basque-style salmon stew",
"Eggless chocolate & beetroot blitz & bake cake",
"One-pot chicken chasseur",
"Easy chicken fajitas",
"Thai turkey stir-fry",
"The best apple crumble",
"Coronation quiche",
"Soy tuna with wasabi mash",
"Puttanesca meatball bake",
"Tex-Mex beans",
"Chicken tikka masala",
"Chicken & new potato traybake",
"Beef goulash",
"Chunky Minestrone soup",
"Red cabbage with carrot & edamame beans",
"Stir-fried sprouts with green beans, lemon & pine nuts",
"App onlyChunky butterbean & squash soup. This is a premium piece of content available to registered users.",
"Mackerel & potato salad with lemon caraway dressing",
"The best apple crumble",
"Silvana's Mediterranean & basil pasta",
"Peppered mackerel fishcakes",
"Red cabbage with apples",
"Lamb & apricot meatballs",
"Noodle salad with sesame dressing",
"Pea & broad bean shakshuka",
"Carrot cake",
"Ratatouille pasta salad with rocket",
"Preserved lemon & tomato salad with feta",
"Harissa chicken & squash traybake",
"Easy chocolate cake",
"One-pot chicken chasseur",
"Winter fruit salad",
"How to poach an egg",
"Bulgur & quinoa lunch bowls",
"Summer vegetable curry",

"Asparagus & lemon spaghetti with peas",
"Squash, chicken & couscous one-pot",
"Courgette & cauliflower yellow curry",
"Ginger biscuits",
"The ultimate makeover: shepherd's pie",
"Wholemeal flatbreads",
"Wholemeal flatbreads",
"Lemon curd",
"Crab linguine with chilli & parsley",
"Allotment salad",
"Black bean burritos",
"Soy & chilli chicken with peppers & peanuts",
"Black bean soba noodles with mushrooms & cabbage",
"One-pot five-spice rice",
"Chipotle chicken wraps",
"Porridge plus",
"Sardine pasta with crunchy parsley crumbs",
"Pork Milanese with spaghetti",
"Zesty rice noodle salad",
"Lentil rice salad with beetroot & feta dressing",
"Nachos",
"Celeriac & carrot remoulade",
"Moroccan chicken with fennel & olives",
"Apricot & hazelnut muesli",
"Succulent honey & lemon chicken",
"Leek & broccoli soup with cheesy scones",
"Peanut butter chicken rice bowl",
"Millet porridge with almond milk & berry compote",
"Butternut & bacon fusilli",
"Courgette & tomato soup",
"Pan-fried scallops",
"Puy lentils with seared salmon",
"Aubergine, chilli & bacon pasta",
"Aubergine dhal with tomato & onion raita",
"Hot cumin lamb wrap with crunchy slaw & spicy mayo",
"Quinoa-stuffed peppers with roast tomatoes & feta",
"Pork souvlaki with Greek salad & rice",
"Raspberry honey flapjacks",
"Mushroom & potato soup",
"Honey, mustard & crème fraîche baked chicken",
"Kung pao cauliflower & prawn stir-fry",
"Breakfast muffins",
"Chicken, sweet potato & pea curry",
"Easy fish stew",
"Chicken & bacon pasta",
"Turkey & pepper pittas",
"Vegetable biryani",
"Thai chicken cakes with sweet chilli sauce",
"Easy chicken & chickpea tagine",
"Easy coronation chicken",
"Vegan ragu",
"Thai spinach bites",
"Prawn, dill & cucumber pasta",
"Ham & ricotta pizzas",
"Next level chicken pie",
"Pea & ham pasta",
"Watercress mashed potato",
"How to make oat milk",
"Spiced shepherd's pie",
"Spinach & tomato tortillas",

"Green minestrone with tortellini",
"Thai pumpkin soup",
"Ratatouille & ricotta macaroni",
"Smashed roasted new potatoes",
"Cheesy broccoli pasta bake",
"Easy vegan tacos",
"Chocolate cheesecake",
"Vegan burrito bowl",
"Courgetti bolognese",
"Vegan three-bean chilli with potato jackets",
"Raspberry honey flapjacks",
"Chilli-charred brussels sprouts",
"Salmon with beetroot, feta & lime salsa",
"Pepper & mushroom socca pizza",
"Honey, mustard & crème fraîche baked chicken",
"Pea & ham pasta",
"Banana pudding",
"Beef stew & dumplings",
"Chicken & bacon pasta",
"Carrot loaf cake",
"Salmon, avocado & cucumber salad",
"Easy chicken & chickpea tagine",
"Sausages with oregano, mushrooms & olives",
"Coffee semifreddo",
"One-pot chicken & rice",
"Crispy Cajun onion rings",
"Glazed sesame salmon",
"Turkey stew",
"Chorizo & red cabbage tacos",
"Tomato & crispy crumb chicken",
"Eggy bread",
"Orzo & chickpea soup",
"Rosemary roast lamb chops",
"Lemony three bean & feta salad",
"Skewered sardines with tartare dressing",
"Sesame & ginger sushi bowls",
"Crispy chicken & asparagus pie",
"Slow cooker chilli",
"Orzo & chickpea soup",
"No-churn ice cream",
"Bacon, spinach & gorgonzola pasta",
"Minty griddled chicken & peach salad",
"Air-fryer brussels sprouts",
"Coriander salmon with curried quinoa & pomegranate",
"Chicken fattoush",
"Feta & clementine lunch bowl",
"Beef curry",
"App onlyVegetable & bean chimichanga. This is a premium piece of content available to registered users.",
"Hearty pasta soup",
"Pork & noodle stir-fry",
"Minted salmon & pea fish cakes",
"Sausages with oregano, mushrooms & olives",
"New season carrots with tarragon",
"Crusty pasta & broccoli bake",
"Summer pistou",
"Spaghetti with tomatoes & walnuts",
"Omelette roll-up",
"One-pot chicken & rice",
"Slow cooker ratatouille",

"Leek & bacon risotto",
"Tomato & mascarpone risotto",
"Seeded soda bread with hummus & tomatoes",
"Big ham salad",
"Tomato & melon salad",
"Spicy beef taco bowl",
"Rigatoni with spiced prawns, tomatoes & chorizo",
"Quick & easy soba ramen",
"Air fryer roast potatoes",
"Jerk-seasoned chicken pilaf",
"Spiced salmon with traybaked sag aloo",
"Pea, mint & chilli dip",
"Crispy chicken & asparagus pie",
"One-pot garlic chicken",
"Jerk-style cauliflower with coconut rice",
"Baked piri-piri tilapia with crushed potatoes",
"Mushroom & potato curry",
"Vegan carbonara",
"Bombay potato fishcakes",
"Creamy beetroot hummus",
"Minted salmon & pea fish cakes",
"Spicy prawn soup",
"Beetroot, carrot & chickpea pittas with spicy yogurt",
"Pork & noodle stir-fry",
"Burnt basque cheesecake",
"Peruvian toasted sweetcorn, avocado & quinoa salad",
"Eggnog",
"Chicken and sweet potato traybake",
"Tomato & mascarpone risotto",
"Spinach with chilli & lemon crumbs",
"Seeded soda bread with hummus & tomatoes",
"Cinnamon-stewed apple",
"Tomato bruschetta",
"Summer egg salad with basil & peas",
"Saag paneer kedgeree",
"Leek, kale & potato soup topped with shoestring fries",
"Winter slaw with warm celery seed dressing",
"Winter slaw with warm celery seed dressing",
"Easy chicken curry",
"Aperol spritz",
"Basic omelette recipe",
"Smoky chicken with warm corn & potato salad",
"Leek, kale & potato soup topped with shoestring fries",
"Tomato & chorizo rice",
"Green beans & spring onions with tarragon",
"Lentil & sweet potato curry",
"Smoked trout & pea pasta",
"Moroccan-style lamb burgers",
"Green salad with avocado",
"Curried lentil, parsnip & apple soup",
"Three-minute blender banana pancakes",
"Cheese sauce",
"Chicken dhansak",
"Quick steak and blue cheese wrap",
"Butternut squash and sage soup",
"Lemony pesto potatoes",
"Chicken & crispy capers with new potatoes",
"Beef with mangetout & cashews",
"Unbelievably easy mince pies",
"Roasted cod with zingy beetroot salad",

"Spelt & wild mushroom risotto",
"Broccoli & stilton soup",
"Baked eggs brunch",
"Sticky chicken wings",
"Turkey enchiladas",
"Gluten-free brownies",
"Creamy one-pan chicken & broccoli pasta",
"Roasted cod with zingy beetroot salad",
"Stir-fried rice with cabbage & bacon",
"Singapore noodles with shrimps & Chinese cabbage",
"Baked eggs brunch",
"Charred sweetcorn, red pepper & bulgur wheat pilaf",
"Fennel & lemon risotto",
"Creamy courgette risotto",
"App onlyRosemary pork steaks with marinated courgettes. This is a premium piece of content available to registered users.",
"Lentil & sweet potato curry",
"Green beans & spring onions with tarragon",
"Lemon & mint aubergine tagine with almond couscous",
"Storecupboard spaghetti puttanesca",
"Pea & leek open lasagne",
"Chicken & couscous one-pot",
"Winter mulligatawny",
"Miso roast salmon, lentil & pomegranate salad",
"Garlicky green beans",
"Spiced prawns with coriander mayo",
"Tofu stir-fry",
"Seeded soda bread",
"Gnocchi fish pie",
"Cream cheese frosting",
"Vegan strawberry pancakes",
"Date & walnut cinnamon bites",
"Raspberry bakewell cake",
"Caponata with cheesy polenta",
"Creamy butter beans with crispy crumbs",
"Sticky noodles with homemade hoisin",
"Meatballs with fennel & balsamic beans & courgette noodles",
"Herby apricot quinoa",
"Cream cheese frosting",
"Butter bean curry wraps",
"5-a-day tagine",
"Vegan strawberry pancakes",
"Date & walnut cinnamon bites",
"Caponata with cheesy polenta",
"Sticky noodles with homemade hoisin",
"Herby apricot quinoa",
"Creamy butter beans with crispy crumbs",
"Avocado toast",
"Meatballs with fennel & balsamic beans & courgette noodles",
"Potato rösti",
"Prawn & noodle salad with crispy shallots",
"Cod puttanesca with spinach & spaghetti",
"Mushroom & sausage pasta",
"Pan-cooked feta with beetroot salsa & bean mash",
"Red pepper soup",
"Spaghetti with cherry tomato & black olive sauce",
"Salmon & ginger fish cakes",
"Black bean burger",
"Buttered sprouts with pancetta",
"Smoky mushroom & potato hash with oaty thins",

"Lamb & chickpea soup",
"Baby Gem lettuce with Marie Rose dressing",
"Mint & basil griddled peach salad",
"Brioche French toast",
"Bean & feta spread with Greek salad salsa & oatcakes",
"Sesame parsnip & wild rice tabbouleh",
"Butternut squash & sage risotto",
"Easy chilli con carne",
"Roasted asparagus, pancetta & cherry tomato pasta",
"Spicy tuna pasta",
"Cod puttanesca with spinach & spaghetti",
"Potato rösti",
"Smoky beans on toast",
"Lemon cod with basil bean mash",
"Spaghetti puttanesca",
"Spring tabbouleh",
"How to make cauliflower rice",
"Broad bean & feta cheese toasts",
"Scandi cheese & crackers",
"App onlyPaneer & chickpea pulao. This is a premium piece of content available to registered users.",
"Leek, walnut & goat's cheese pasta",
"Classic minestrone soup",
"Yaki udon (stir-fried udon noodles)",
"Feta cakes with Greek salad",
"Creamy chicken, squash & pecan pasta",
"Punchy spaghetti",
"Honey & lemon trout with wilted spinach",
"Easy beef in black bean sauce",
"Easy chocolate biscuits",
"Hot smoked salmon with fennel salad & lemon mayo",
"Chana masala with pomegranate raita",
"Curried mango & chickpea pot",
"Dishy fish chowder",
"Mojo pork skewers with Cuban coolers",
"Sausage & root veg stovie",
"Orange & coconut salad",
"Butternut squash & sage risotto",
"Cumin-spiced halloumi with corn & tomato slaw",
"Orange & coconut salad",
"Broccoli pasta salad with salmon & sunflower seeds",
"Summer-in-winter chicken",
"Spaghetti puttanesca",
"Creamy linguine with prawns",
"Broccoli and kale green soup",
"Cinnamon cashew spread with apple slices",
"Lemony prawn & chorizo rice pot",
"Spicy tuna pasta",
"New! Spicy prawn curry. This is a premium piece of content available to registered users.",
"App onlySpiced chicken hotpot. This is a premium piece of content available to registered users.",
"Egg foo yung",
"Thai red chicken curry",
"Chocolate cupcakes",
"Bacon nachos with cheese sauce",
"Cod & chorizo stew",
"Spinach & green bean salad",
"Beef massaman curry",
"Five-bean chilli",

"Cardamom chicken with lime leaves",
"Easy biscuits",
"Yaki udon (stir-fried udon noodles)",
"Halloumi & quinoa fattoush",
"Easy beef in black bean sauce",
"Summer veg tostadas",
"Thai satay stir-fry",
"Strawberry cheesecakes",
"Peanut butter cookies",
"Butter bean & chilli tomato salad",
"Wholemeal wraps with minty pea hummus & beetroot",
"Wholemeal wraps with minty pea hummus & beetroot",
"Roast potatoes with paprika",
"Spinach, ricotta & chicken traybake",
"App onlyOne-pan pesto, chicken & spinach lasagne. This is a premium piece of content available to registered users.",
"Pork & squash goulash cobbler",
"Mango chicken with spiced pilau",
"Rocky road",
"Jerk-seasoned pork & pineapple skewers with black beans & rice",
"Honey mustard grilled salmon with puy lentils",
"Fennel, watercress & pine nut salad",
"Air fryer tuna pasta bake",
"10-minute tuna & bean salad",
"Creamy linguine with prawns",
"Leek, goat's cheese, walnut & lemon tart",
"Lentil, ras-el hanout & date 'meatballs' with olive salsa",
"Meatball minestrone with pesto",
"Basic lentils",
"Chicken bake with garlic croutons",
"Roasted carrots. This is a premium piece of content available to registered users.",
"Epic summer salad",
"Rough-puff pastry",
"Spinach & green bean salad",
"Baked new potatoes with wilted wild garlic",
"Halloumi & quinoa fattoush",
"Chocolate chip muffins",
"Pizza dough",
"Air fryer chicken breasts",
"Feta & semi-dried tomato omelette",
"Easy biscuits",
"Satay pork with crunchy apple salad",
"Sticky mango-roasted salmon",
"Satay pork with crunchy apple salad",
"New!Carrot, red lentil, cumin & pul biber soup. This is a premium piece of content available to registered users.",
"10-minute tuna & bean salad",
"10-minute stir-fry",
"Middle Eastern-style cabbage rolls",
"Gluten-free Yorkshire puddings",
"Balsamic roasted sausages with red veg",
"Miso & ginger prawn noodle salad",
"Vegan lemon cake",
"Chipotle gazpacho",
"Epic summer salad",
"Grilled chilli & coriander salmon with ginger rice",
"Pizza dough",
"Chocolate chip muffins",
"Avocado panzanella",

"Chickpea, coconut & broccoli stew",
"Cannellini bean, cherry tomato & red onion salad",
"Harissa fish with bulgur salad",
"Roasted vegetables",
"Chilli chicken & peanut pies",
"Herbed pork fillet with roast vegetables",
"Tomato & mint salad",
"Fennel spaghetti",
"Summer bean & bulgur soup",
"Chickpea & red pepper dip",
"Chicken stir-fry in 4 easy steps",
"Beef stew",
"Mexican red rice",
"Meatball minestrone with pesto",
"Courgette & couscous salad with tahini dressing",
"Chicken & cashew noodles",
"Quinoa salad with avocado mayo",
"Jerk prawn & coconut rice bowls",
"Ginger shots",
"Fresh salmon niçoise",
"Chicken with rice & peas",
"Masala frittata with avocado salsa",
"Beetroot latkes",
"Cod with butter bean colcannon",
"Chocolate trifle",
"Creamy sprout, hazelnut & leek pasta",
"Mushroom & thyme risotto",
"Scrambled egg & feta hash",
"Microwave chilli",
"Warm cauliflower salad",
"Beef & beetroot curry",
"Healthy BBQ chicken",
"Slow cooker chicken tikka masala",
"Steak, beetroot, horseradish & warm lentil salad",
"Gluten-free Yorkshire puddings",
"Toddler recipe: Mild split pea & spinach dhal",
"Leftover turkey curry",
"Vegan lemon cake",
"Hummus",
"Lighter aubergine Parmigiana",
"Spicy vegetable chapati wraps",
"Vegetarian stir-fry with broccoli & brown rice",
"Chickpea, coconut & broccoli stew",
"Choc-orange energy balls",
"Lighter aubergine Parmigiana",
"Spicy vegetable chapati wraps",
"Chickpea, coconut & broccoli stew",
"Choc-orange energy balls",
"Apple & penne slaw with walnuts",
"Prawn, pomegranate & grapefruit salad",
"Lamb dopiaza with broccoli rice",
"Summer bean & bulgur soup",
"Lemon & spinach rice with feta",
"Winter salad",
"Coq au vin",
"Sausage, sage & onion stuffing",
"Homemade muesli with oats, dates & berries",
"Soy salmon & broccoli traybake",
"Stripy hummus salad jars",
"Cannellini bean & egg salad with crispy crumbs",

"Black forest breakfast bowl",
"Spicy chicken with coconut rice & beans",
"Salsa verde salmon with smashed chickpea salad",
"Avocado on toast with chorizo & fried eggs",
"Chickpea & roasted pepper salad",
"Banana & tahini porridge",
"Veggie spaghetti puttanesca",
"Weaning recipe: Easy baby pasta sauce",
"Perfect pancakes recipe",
"Quinoa salad with eggs & dill",
"Egg wraps with black beans & rocket",
"Spiced mince with couscous",
"Date & peanut butter dip",
"Champagne & raspberry possets",
"Spaghetti with fennel, anchovies, currants, pine nuts & capers",
"Easy chocolate chip cookies",
"Chicken saltimbocca bake",
"App onlyChorizo veg fritters. This is a premium piece of content available to registered users.",
"Butter bean & chorizo stew",
"Classic roast chicken & gravy",
"BLT pasta salad",
"Spicy chickpea stew",
"Veggie okonomiyaki",
"Smoked trout, beetroot & horseradish flatbread",
"Bokkeumbap",
"Red pesto minestrone soup",
"Tea loaf",
"Lighter lemon drizzle cake",
"Red pepper linguine",
"Beetroot slaw",
"Creamy chicken stew",
"Broccoli with fried onion & garlic",
"Spicy rice burritos",
"Olive, cauliflower & harissa pasta",
"Porridge with blueberry compote",
"Miso beansprout rolls",
"Pulled firecracker brisket",
"Marinara sauce",
"Fig, nut & seed bread with ricotta & fruit",
"Gingerbread cookies",
"Chicken & chickpea rice",
"Pumpkin purée",
"Vegan chocolate chip cookies",
"French-style chicken with peas & bacon",
"Spicy chicken with coconut rice & beans",
"Pumpkin purée",
"Vegan chocolate chip cookies",
"Perfect pancakes recipe",
"Chicken & chickpea rice",
"Porridge with blueberry compote",
"Sweet potato jackets with guacamole & kidney beans",
"Smashed roasties",
"Very simple Margherita pizza",
"Black bean soup with chunky raita",
"Quick & spicy chicken noodles",
"Deconstructed guacamole",
"Egg wraps with black beans & rocket",
"Spring greens, fennel & apples",
"Smoked haddock & sweetcorn chowder",

"Thin-stemmed broccoli with hoisin sauce & fried shallots",
"Spaghetti with fennel, anchovies, currants, pine nuts & capers",
"Spiced chilli popcorn",
"Hummus snack packs",
"Steak & aubergine salad",
"Hot & sour broth with prawns",
"Hazelnut & oregano pasta",
"Butternut squash salad",
"BLT pasta salad",
"Vegan lentil stew",
"Coronation chicken salad",
"Roast summer vegetables & chickpeas",
"Crispy Japanese-style chicken burgers",
"Pesto-crusted cod with puy lentils",
"Creamy spinach chicken",
"Easy chopped salad",
"Radish confetti with salsa verde",
"Crispy za'atar chicken pilaf with pomegranate",
"Chicken with harissa & tomatoes",
"Spicy Thai prawn noodles",
"Mexican chicken stew",
"Chipotle chickpeas with aubergine & pitta",
"Chilli sauce",
"App onlyGreen goddess salad. This is a premium piece of content available to registered users.",
"Pan-fried rib-eye steak",
"Pea, ham hock & watercress salad",
"Chimichurri sauce",
"Welsh cakes",
"App onlyCod & cherry tomato bake. This is a premium piece of content available to registered users.",
"Sichuan pork, broccoli & cashew stir-fry",
"Vegan squash stew",
"Tomato sauce for pasta",
"Three-hour pork belly",
"Spicy sausage noodles",
"Griddled vegetables with melting aubergines",
"Beef goulash soup",
"App onlyRoasted veg, chickpea & hasselback halloumi traybake. This is a premium piece of content available to registered users.",
"Prawn, fennel & rocket risotto",
"Vegan soda bread",
"Next level beef stroganoff",
"Peppery fennel & carrot salad",
"Mushroom tacos",
"Basic muffin recipe",
"Halloumi aubergine burgers with harissa relish",
"Tartines with roasted tomatoes & mint pesto",
"Hot mustard tuna with herby couscous",
"Mushroom jacket potatoes",
"Apple & sultana muffins",
"Tomato soup with pasta",
"Creamy carrot soup",
"Red lentil & chorizo soup",
"Vegan burger",
"Cheese & bacon turnovers",
"Lemon-spiced chicken with chickpeas",
"Spinach & blue cheese pizza",
"Dhal makhani",
"Slow-cooker chicken korma",

"Homemade chipotle molasses BBQ sauce",
"Rice pudding",
"Salted caramel brownies",
"Tomato & courgette stew",
"App onlySausages with quick romesco & lentils. This is a premium piece of content available to registered users.",
"Homemade croutons",
"School-days sprinkle sponge",
"Halloumi, carrot & orange salad",
"Tahini, feta & honey toastie",
"Jollof rice",
"Roasted chickpea wraps",
"Slow-roast pork shoulder",
"Chicken & pomegranate bulgur pilaf",
"Microwave kale & chilli eggs",
"Lentil lasagne",
"Leek, tomato & barley risotto with pan-cooked cod",
"Spiced bulgur pilaf with fish",
"Fastest ever lemon pudding",
"Simple seafood chowder",
"Spinach & ricotta pancake bake",
"App onlyOlive chimichurri steak with padron peppers. This is a premium piece of content available to registered users.",
"Roast chicken & roots",
"Lunchbox snacks",
"Marmalade pork",
"Sweet mustard salmon with garlicky veg",
"Easy huevos rancheros",
"Tarka dhal",
"New York cheesecake",
"Cauliflower soup with chorizo and garlic croutons",
"Mushroom & basil omelette with smashed tomato",
"App onlyHazelnut-crusted salmon with crushed potatoes. This is a premium piece of content available to registered users.",
"Cavolo nero orecchiette",
"Lemony radish & fennel salad",
"Turkey, strawberry & avocado salad",
"Pork stew",
"Warm Mexican bean dip with tortilla chips",
"Chickpea tagine & couscous",
"Slow cooker Thai chicken curry",
"Warm chorizo & chickpea salad",
"Potato & chorizo pizza breads with peppery tomato salad",
"Spring celebration salad",
"Crunchy courgette pickle",
"Coconut chicken curry",
"Kisir (Turkish salad)",
"Festive red salad",
"Chickpea fritters",
"BBQ chicken drummers with green goddess salad",
"All-in-one chicken with wilted spinach",
"One-pot beef stifado",
"Coconut chicken curry",
"Kisir (Turkish salad)",
"Chickpea fritters",
"Festive red salad",
"BBQ chicken drummers with green goddess salad",
"Coconut loaf cake",
"Vegan mac and cheese",
"All-in-one chicken with wilted spinach",

"Easy green vegetable soup",
"Air fryer bacon",
"Cauliflower & potato curry",
"Clementine & honey couscous",
"Carrot cake overnight oats",
"Cajun chicken pasta",
"One-pan cod & red shrimp",
"Squash & spinach fusilli with pecans",
"Poached eggs with broccoli, tomatoes & wholemeal flatbread",
"Turkish egg flatbreads",
"Chapatis",
"Hearty lamb stew",
"Green fritters",
"Chunky sausage & tomato pasta",
"Zingy teriyaki beef skewers",
"Lemony chicken lentils",
"Jammy dodger biscuits",
"Slow-cooked pork, cider & sage hotpot",
"Classic waffles",
"Baked cod with goat's cheese & thyme",
"Raspberry chia jam",
"Summer meatballs & spaghetti",
"Hot-smoked salmon & egg salad",
"Chicken skewers with broad bean hummus",
"Spice-crusted chicken with crunchy slaw",
"Savoury pancakes",
"One-pot beef stifado",
"Vegan breakfast muffins",
"Salmon & purple sprouting broccoli grain bowl",
"Cheat's chicken ramen",
"White chocolate cheesecake",
"Chocolate fudge cake",
"Chapatis",
"Chipotle chicken",
"Lentil & cardamom soup",
"App onlySpicy tomato spaghetti. This is a premium piece of content available to registered users.",
"Oat & chia porridge",
"Bang bang chicken cups",
"Curried pork bulgur salad",
"No-bake chocolate hazelnut cheesecake",
"Chicken nachos",
"Spicy roots",
"French dressing",
"Classic waffles",
"Frozen tropical fruit yogurt",
"Butter bean, mushroom & bacon pot pies",
"Asparagus & broad bean lasagne",
"Chicken shish kebabs",
"Pork medallions",
"Pancakes for one",
"Spicy avocado wraps",
"Homemade pasta",
"Pear & peanut crunch",
"Vietnamese-style caramel pork",
"Spicy avocado wraps",
"Chicken stroganoff",
"Simple stir-fry",
"Cherry, choc & coconut tray bake",
"Chipotle sweet potato & black bean stew with cheddar dumplings",

"Sticky miso aubergine traybake",
"Tortilla pizza",
"Chicken kievs",
"Spinach & barley risotto",
"Poached chicken breast",
"Fajita-style pasta",
"Cheat's chicken ramen",
"Savoury pancakes",
"Spinach dhal with harissa yogurt",
"Chicken wraps",
"Vegan birthday cake",
"Root vegetable mash",
"Sausages with sticky onion gravy",
"Chickpea & coriander burgers",
"Rarebit pork chops",
"Mint chutney",
"Easy bread rolls",
"Spice-crusted chicken with crunchy slaw",
"Microwave macaroni cheese",
"Bolognese pasta bake",
"Vanilla-almond chia breakfast bowl",
"Roasted roots & sage soup",
"Curried pork bulgur salad",
"Chicken nachos",
"Ratatouille & parmesan bake",
"Easy BBQ beans",
"Easy creamy coleslaw",
"Coriander juice",
"Simple simnel cake",
"Chilli chicken with peanut noodles",
"Beetroot carpaccio",
"Three bean spring minestrone",
"Vanilla cake",
"Boxing Day soup",
"Cod & olive tagine with brown rice",
"Gooey chocolate cherry cookies",
"Chunky vegetable soup",
"Pork medallions",
"Green beans with lemon & parmesan",
"Shakshuka",
"Quiche Lorraine frittata",
"Venison stew",
"Asparagus, chilli & feta farfalle",
"Pan-fried smoked salmon with green beans & chives",
"Courgettes & chicory with black olive dressing",
"Melon & crunchy bran pots",
"Herby warm cucumbers with lemon",
"Chana masala (chickpea curry) with spinach",
"Nduja & spring greens pasta",
"App onlyHoney & soy chicken. This is a premium piece of content available to registered users.",
"Pumpkin muffins",
"Sweet potato, coconut & lemongrass soup with coriander sambal",
"Fudgy coconut brownies",
"Next level spaghetti carbonara",
"Bacon & avocado warm pasta salad",
"App onlySweet potato cottage pie. This is a premium piece of content available to registered users.",
"Basic cookies",
"Chickpea & coriander burgers",

"Turkey escalopes & giant couscous",
"Greek lamb with potatoes & olives",
"Microwave macaroni cheese",
"Root vegetable mash",
"Clementine & vanilla porridge with citrus salsa",
"Fish pie with pea & dill mash",
"Crunchy peanut butter & banana pots",
"Prawn & mushroom five-spice stir-fry",
"Tomato & mozzarella spaghetti bake",
"Chunky vegetable soup",
"App onlyItalian garlic chicken with white bean & rosemary mash. This
is a premium piece of content available to registered users.",
"French onion soup",
"Penne with cabbage & walnuts",
"Spicy peanut pies",
"Mediterranean salmon fillet",
"Roast aubergines with yogurt & harissa",
"Coriander juice",
"Ricotta, fig & prosciutto crostini",
"Prawn tikka masala",
"Avocado & strawberry ices",
"Thai squash & pineapple curry",
"Bouillabaisse",
"App onlyCrispy potato, pepper & chorizo skewers. This is a premium pi
ece of content available to registered users.",
"White sourdough",
"Penne with cabbage & walnuts",
"Spicy peanut pies",
"Mediterranean salmon fillet",
"Seared steak with celery & pepper caponata",
"Roast aubergines with yogurt & harissa",
"Sweet potato, chickpea & chorizo hash",
"Vegetable biryani with green raita",
"Fruity teacake",
"App onlyPrawn, chorizo & courgette baked rice. This is a premium piec
e of content available to registered users.",
"Thai squash & pineapple curry",
"Keto mug cake",
"Bouillabaisse",
"Slow-cooker sausage casserole",
"Baked eggs with potatoes, mushrooms & cheese",
"App onlyCrispy potato, pepper & chorizo skewers. This is a premium pi
ece of content available to registered users.",
"Basil & olive eggs",
"Lightly spiced carrot soup",
"Chicken supreme",
"Easy caramel cake",
"One-pan smoked haddock & spinach filo pie",
"One-pot prawn & lentil curry",
"One-pan prawn pilau",
"Sweet pea salad",
"Trout & fennel parcels",
"Spicy vegetable stew with coconut",
"Harissa turkey burgers",
"Lamb keema curry",
"Stir-fry chilli beef wraps",
"Harissa-spiced chicken with bulgur wheat",
"Lemon & yogurt chicken flatbreads",
"Garlicky mushroom penne",
"Creamy veggie korma",

"Spinach with raisins, pine nuts & breadcrumbs",
"Grilled steak salad with horseradish dressing",
"Chicken shawarma salad",
"Chicken, leek & blue cheese pilaf",
"Healthy pumpkin muffins",
"Harissa turkey burgers",
"Chicken & chickpea salad with curry yogurt dressing",
"Veg-packed egg muffins with bean salad",
"Chicken taco salad",
"Tricolore couscous salad",
"Vegetable casserole",
"Orange & dark chocolate yogurt bowls",
"Raspberry kefir overnight oats",
"Kale & smoky bacon pasta",
"Harissa roasted tomatoes with couscous",
"App onlyMushroom pâté toasts with eggs & thyme salt. This is a premium piece of content available to registered users.",
"Tuna pasta & aubergine bake",
"Herb & garlic pork with summer ratatouille",
"Beef & Guinness stew with carrots",
"Sweet potato, chickpea & chorizo hash",
"Vegan leek & potato soup",
"Seared steak with celery & pepper caponata",
"Budget kedgeree",
"Easy broccoli pasta",
"Slow-cooker sausage casserole",
"How to make cold brew coffee",
"Thai curry noodle soup",
"Red lentil & sweet potato pâté",
"Red lentil & sweet potato pâté",
"Balsamic beef with beetroot & rocket",
"Malt chocolate cheesecake",
"Turmeric chicken with butter bean hummus & roasted peppers",
"One-pot prawn & lentil curry",
"Chickpea & nut burgers with sweet potato chips",
"Chocolate marble cake",
"Fish soup",
"Ultimate chorizo ciabatta",
"How to make bone broth",
"Chicken tikka skewers",
"New! Roasted carrot & harissa pasta with zingy pistachio pesto. This is a premium piece of content available to registered users.",
"Slow cooker honey mustard chicken thighs",
"Minced beef cobbler",
"Sweet potato dhal with curried vegetables",
"Self-saucing Jaffa pudding",
"Vegetable tagine with almond & chickpea couscous",
"Apple crumble sundae",
"Tropical fruits in lemongrass syrup",
"Roasted aubergine salad",
"Gluten-free sundried tomato bread",
"Sticky salmon with Chinese greens",
"Pilau with peas",
"Scrambled eggs with basil, spinach & tomatoes",
"Parma pork with potato salad",
"App onlyCharred chilli salmon with cabbage salad. This is a premium piece of content available to registered users.",
"Pea & pesto soup with fish finger croûtons",
"Thai rice noodle salad",
"Spinach crespolini",

"Fish pie mac 'n' cheese",
"Orange & dark chocolate yogurt bowls",
"Turmeric, ginger & coconut fish curry",
"Pistachio & cranberry cookies",
"Masala chicken pie",
"Thai mango, chilli & lime cups",
"Raid-the-storecupboard side",
"Herb & garlic pork with summer ratatouille",
"Roasted courgette",
"Smoky tomato, chipotle & charred corn soup",
"Aubergine, lentil & walnut ragu",
"Three bean salad with mozzarella",
"Air fryer salmon",
"Classic homemade coleslaw",
"Halloumi with tomatoes & pomegranate molasses",
"Vegan spinach omelette",
"The ultimate makeover: Fish pie",
"Greek chicken kebab",
"Chai tea",
"Poppy seed buckwheat porridge",
"How to make cold brew coffee",
"Chilli cornbread pie",
"Sweet potato toasts with curried chickpeas",
"Minty beetroot, feta & bulgur salad",
"Tuna & sweetcorn fish cakes",
"Baked carrot & nigella seed bhajis with raita",
"Chocolate & ginger refrigerator squares",
"Pomegranate salad",
"Salsa spaghetti with sardines",
"Hoisin wraps",
"Warm lemon & thyme chicken salad",
"Salsa spaghetti with sardines",
"Hoisin wraps",
"Spicy cauliflower pilau",
"App onlySpaghetti with kale, chilli & crispy garlic oil. This is a premium piece of content available to registered users.",
"Chickpea panisse",
"Spiced kale crisps",
"Moroccan vegetable stew",
"Jamaican bully beef",
"Baked fish with tomatoes, basil & crispy crumbs",
"Pomegranate salad",
"Cranachan",
"Caramel apple loaf cake",
"Roasted balsamic asparagus & cherry tomatoes",
"Creamy leek & bean soup",
"Chocolate tiffin",
"Roasted peppers with tomatoes & anchovies",
"Rainbow tomato salad",
"Sponge cake",
"Spinach with raisins & pine nuts",
"Easy vegan pancakes",
"Spiced vegetable traybake",
"Cod & smashed celeriac",
"Classic crêpes",
"Spiced pineapple pork",
"Smashed bean dip",
"Cranberry & chestnut falafel",
"Slow-cooker lamb shanks",
"Butternut squash, sausage, spinach & mushroom pasta bake",

"Aubergine, potato & goat's cheese gratin",
"Salmon & spinach pasta",
"Spiced pineapple pork",
"Smashed bean dip",
"Slow-cooker lamb shanks",
"Mediterranean fish & couscous",
"Butternut squash, sausage, spinach & mushroom pasta bake",
"Aubergine, potato & goat's cheese gratin",
"Cheat's ramen noodle soup",
"Salmon & spinach pasta",
"Spring vegetable orzo with broad beans, peas, artichokes & ricotta",
"Spiced chicken egg wraps",
"Beetroot orzotto",
"Prawn & coconut soup",
"Easy fluffy scones",
"Dressed crab cups",
"Halloumi & pea salad",
"Fresh tomato soup with cheesy cornbread",
"Strawberry cheesecake in 4 easy steps",
"Toddler recipe: Microwave courgette and pea risotto with prawns",
"Smoked trout tartlets",
"Black bean & meat stew - feijoada",
"West Indian spiced aubergine curry",
"Roasted harissa vegetables with kale & ginger pilaf",
"One-pot garlicky chicken thighs & giant cous cous",
"One-pan coriander-crusted duck, roasted plums & greens",
"One-pot chicken with quinoa",
"Pasta alla vodka",
"Spicy prawn & fennel chickpeas",
"Orange & blueberry Bircher",
"Chia & oat breakfast scones with yogurt and berries",
"Masala omelette muffins",
"Air fryer pasta chips",
"Strawberry cheesecake in 4 easy steps",
"Cardamom & peach quinoa porridge",
"Sweet potato hash, eggs & smashed avo",
"Cod with an orange & dill crumb and hasselback potato",
"Pasta alla vodka",
"Garlic & parmesan breaded chicken with quick giardiniera",
"Cheat's ramen noodle soup",
"Baked falafel & cauliflower tabbouleh with avocado, pea & feta smas
h",
"Easy chicken stew",
"Mediterranean fish & couscous",
"Sweet potato salad",
"Crunchy salsa cod",
"App onlyWaldorf salad chicory bites. This is a premium piece of conte
nt available to registered users.",
"Halloumi with broccoli tabbouleh & honey-harissa dressing",
"Steak burrito bowl",
"Walnut & almond muesli with grated apple",
"Halloumi & pea salad",
"Grilled fish with chunky avocado salsa",
"Potato, leek & chorizo soup",
"Beetroot orzotto",
"Dressed crab cups",
"App onlySuper-easy salmon fishcakes. This is a premium piece of conte
nt available to registered users.",
"Beetroot hummus",
"Posh egg, chips & beans",

"BBQ rainbow beef salad",
"Charred brussels sprouts with Marmite butter",
"Creamy fish curry",
"Spicy prawn & fennel chickpeas",
"Root veg lentil bowl with herb pistou",
"BBQ rainbow beef salad",
"Charred brussels sprouts with Marmite butter",
"Creamy fish curry",
"Spicy prawn & fennel chickpeas",
"Root veg lentil bowl with herb pistou",
"Chicken with wine & mushrooms",
"Lemony prawn & pea pasta",
"Pork & aubergine noodle stir-fry",
"Harissa vegetables with quinoa",
"Butternut squash casserole",
"Hot pasta salad",
"Chicken biryani",
"One-pan Spanish fish stew",
"Super-quick beef noodles",
"Vegan roast spiced squash salad with tahini dressing",
"Mushroom & kale spaghetti",
"Miso burgers with mint & pomegranate slaw",
"Ultimate easy gingerbread",
"Mint, lime & cucumber salad",
"Chocolate mousse",
"Stir-fry green curry beef with asparagus & sugar snaps",
"Loaded black bean dip with quick tortilla chips",
"Roasted squash, pancetta & chestnut risotto",
"Veggie breakfast bakes",
"Moroccan roast lamb with roasted roots & coriander",
"Pepper lime salmon with black-eyed beans",
"All-in-one chicken, squash & new potato casserole",
"Lentil kedgeree",
"Tomato soup",
"Oven-baked fish & chips",
"Moroccan roast lamb with roasted roots & coriander",
"Tomato soup",
"Chocolate mousse",
"Prawn & tomato stew with gremolata topping",
"Speedy Moroccan meatballs",
"Quinoa stew with squash, prunes & pomegranate",
"Moroccan tomato & chickpea soup with couscous",
"Smoked salmon pasta",
"Stir-fry green curry beef with asparagus & sugar snaps",
"Sizzled onions & peppers",
"Rhubarb & custard cake",
"Chicken souvlaki",
"Spinach & pepper frittata",
"Cheesy ham & broccoli pasta",
"Chocolate brownie cake",
"Easy chocolate cupcakes",
"Chilli beef with broccoli & oyster sauce",
"Carrot cake cupcakes",
"Air-fryer gammon",
"Spiced chicken & pineapple salad",
"Sesame chicken salad",
"Oven-baked fish & chips",
"One pot chicken and mushroom risotto",
"Chicken & mushroom puff pie",
"Lemon quark cheesecake",

"Sweetcorn chowder",
"Leftover lamb curry",
"App onlySausage & lentil cassoulet. This is a premium piece of content available to registered users.",
"Spanish bean stew",
"Pulled pork",
"Cocoa & cherry oat bake",
"Pulled pork",
"Easy chicken korma",
"Meatball & garlic bread traybake",
"Mild chilli & bean pasta bake",
"Lamb & squash biryani with cucumber raita",
"Roasted radishes",
"Harissa vegetables with quinoa",
"Sesame chicken noodles",
"Thai pork & peanut curry",
"Stir-fried broccoli with coconut",
"Bean & barley soup",
"Slow cooker turkey curry",
"Easy roast pork shoulder",
"Pork, green bean & oyster stir-fry",
"Mushroom & kale spaghetti",
"Butternut chilli",
"Hot pasta salad",
"Wild salmon with corn & pepper salsa salad",
"Braised beef with cranberries & spices",
"Seared tuna & anchovy runner beans",
"Veggie breakfast bakes",
"Goat's cheese & caramelised onion frittata with a lemony green salad",
"Tomato soup",
"Lemon & coriander hummus",
"Peanut butter & prawn noodle salad",
"Tapenade skordalia",
"Lentil kedgeree",
"Ginger & lime chicken with sweet potato mash",
"Chicken & sweet potato curry",
"Tapenade skordalia",
"Chicken & sweet potato curry",
"Ginger & lime chicken with sweet potato mash",
"Panuozzo sandwich",
"Crispy bacon & sausage carbonara",
"Sausage & fennel orecchiette",
"Italian sausage & chestnut pasta",
"Ravioli lasagne",
"Sunshine Cobb salad",
"Carrot fries",
"Baked cod with a chorizo crumb & lemon aioli",
"Carrot & parsnip soup",
"Seared tuna & anchovy runner beans",
"Chunky peanut soup",
"Nutty crusted fish",
"Polenta & mushroom tart",
"Chicken with mustard lentils",
"Kale soup",
"One-pot sausage casserole with garlic breadcrumbs",
"Spicy salmon & lentils",
"Baked beans on toast with pancetta & poached eggs",
"Vegetable samosas",
"Spicy veggie pies with peanut butter mash",

"Griddled vegetable & feta tart",
"Vegan baked oats",
"Vegan beetroot bourguignon",
"Cheesy aubergine & tomato spaghetti",
"Braised lettuce with peas",
"Herby chicken & butter bean soup",
"Puy lentil salad with beetroot & walnuts",
"Pumpkin stew",
"Crunchy granola with berries & cherries",
"The ultimate makeover: Full English breakfast",
"Flatbreads with garlic butter",
"Vegan French toast",
"Pitta bread",
"Easy protein pancakes",
"Sweet potato & pineapple korma",
"Cinnamon rolls",
"Lemon & coriander hummus",
"Lentil & red pepper salad with a soft egg",
"Ultimate vanilla ice cream",
"Quinoa with roast asparagus, eggs & capers",
"Steak, ale & mushroom pie",
"Tortillas",
"Jerk sea bass & pineapple salsa",
"Hummus rainbow wraps",
"Tarragon, mushroom & sausage frittata",
"Ginger & lime chicken with sweet potato mash",
"Poached hake in tomato, chilli & ginger broth",
"Halloumi with chickpea salsa & couscous",
"Avocado & bean triangles",
"Spicy 'vedgeree'",
"Mediterranean chicken with roasted vegetables",
"Chipotle black bean soup with lime-pickled onions",
"Vegetable samosas",
"Kale soup",
"Crunchy bulgur salad",
"Butternut, chickpea, feta & pickled radish salad",
"Chicken, spinach & bacon alfredo pasta bake",
"Sugar-free victoria sponge",
"Smoky vegan 'chicken' & chickpea wraps",
"Prawn & avocado escabèche",
"Easy white bread",
"Loaded potato skins with speedy baked beans",
"Roasted veg & couscous salad",
"Zesty pomegranate rice",
"Chicken with Spanish-style butter beans",
"Vegan beetroot bourguignon",
"Tricolore pizza with basil oil",
"Bean & pasta stew with meatballs",
"Steak salad with blue cheese vinaigrette",
"Roasted red pepper, sweet potato & smoked paprika soup",
"Smoked mackerel loaded leaves",
"Easy salmon sushi rice bowl",
"Smoky aubergine & coriander dip",
"Lemon & elderflower celebration cake",
"Lamb steaks with rosemary sweet potatoes",
"Pesto spinach penne",
"Lamb koftas",
"Fennel, roast lemon & tomato salad",
"App onlyAir fryer pork & potato kofte. This is a premium piece of content available to registered users." ,

"Prawn pad Thai",
"Cauliflower & broccoli soup with seedy crumble",
"Mushroom fajitas with avocado hummus",
"Fish o'leekie",
"The ultimate makeover: Chocolate chip cookies",
"Baked oatmeal with raspberry & coconut",
"Bean, chickpea & feta salad",
"Chocolate & raspberry birthday layer cake",
"Prawn & coconut laksa",
"Steak salad with blue cheese vinaigrette",
"Baked oatmeal with raspberry & coconut",
"Curried chickpea cake with tomato sambal",
"Chorizo & rosemary pearl barley risotto",
"Creamy gnocchi with smoked trout & dill",
"Noodles with turkey, green beans & hoisin",
"Cinnamon rolls",
"Garden salmon salad",
"Curried carrot & lentil soup",
"Vegetarian club",
"Green chowder with prawns",
"Beef & swede casserole",
"Banana & cinnamon pancakes with blueberry compote",
"Pea & mint fishcakes",
"App onlyAir fryer pork & potato kofte. This is a premium piece of content available to registered users.",
"Low-sugar granola",
"Summery orzo soup",
"Roasted red pepper, sweet potato & smoked paprika soup",
"Spicy margarita",
"Carbonara with chicken",
"Chicken, spinach & bacon alfredo pasta bake",
"The ultimate makeover: Chocolate chip cookies",
"Madeleines",
"Gnocchi with herb sauce",
"No-cook prawn coleslaw",
"Sticky lemon chicken",
"Mediterranean fish stew with garlic toasts",
"Italian chicken with cream cheese & spinach",
"Miso broccoli, egg & quinoa salad",
"Garden tomato salad",
"Flourless chocolate & almond cake",
"Pesto spinach penne",
"Cheese & bacon lasagne",
"Zesty pomegranate rice",
"Chicken & pesto pasta",
"Chocolate chip banana bread",
"Hidden veg ragu",
"Butternut, sage & hazelnut quiche",
"Vegan paella",
"Rocket pesto",
"Dotty banana fairy cakes",
"Smoked mackerel loaded leaves",
"Baked green eggs",
"Meatball black bean chilli",
"Squash quesadillas",
"Norwegian butter cookies",
"Nut roast",
"Fish o'leekie",
"Green club sandwich",
"Slow cooker pulled chicken",

"Red Thai salmon curry",
"Kitchari",
"App onlySpicy tuna, courgette & chickpea salad. This is a premium piece of content available to registered users.",
"Broccoli & pea soup with minty ricotta",
"Chocolate muffins",
"Leek & potato soup",
"How to cook trout",
"App onlySummer rolls with peanut dipping sauce. This is a premium piece of content available to registered users.",
"Squid, prawn & chickpea nduja stew",
"Gnocchi with herb sauce",
"Pakora",
"Soup maker broccoli and stilton soup",
"Air fryer chicken",
"Barbecued chilli duck & pineapple salad",
"Lemon drizzle sponge pudding",
"App onlyCalming green soup. This is a premium piece of content available to registered users.",
"Full English frittata with smoky beans",
"Kale & goat's cheese frittata",
"Grilled fish with new potato, red pepper & olive salad",
"Blackberry jam",
"Madeleines",
"Courgette & lemon pizzettes",
"No-cook prawn coleslaw",
"Spanakopita",
"Savoy cabbage with shallots & fennel seeds",
"Saag aloo",
"Dorset apple traybake",
"Seared duck with ginger mash",
"Spaghetti with fresh tomato sauce",
"Air fryer sausages",
"How to cook trout",
"Italian chicken with cream cheese & spinach",
"Courgetti fritters with tomato salsa",
"Sourdough pizza",
"Tuna pasta bake",
"Easy tomato pizzas",
"Rhubarb jam",
"Irish whiskey old fashioned",
"Home-style pork curry with cauliflower rice",
"Home-style pork curry with cauliflower rice",
"Sourdough pizza",
"Tuna pasta bake",
"Easy tomato pizzas",
"Mumbai potato wraps with minted yogurt relish",
"Rhubarb jam",
"Seafood tagine",
"Baked sea bass with fennel",
"Fish, mash & peas",
"Caramelised onions",
"Irish whiskey old fashioned",
"Vegan salad bowl",
"App onlyLemon & herb chicken club burger. This is a premium piece of content available to registered users.",
"Lemon, herb & Parmesan crusted fish",
"Leek, cheese & bacon tart",
"Beer-battered fish burgers",
"Ceviche",

"Slow cooker gammon in cola",
"Smoky beans & baked eggs",
"Egg and lettuce salad",
"Spicy roast veg & lentils",
"Cheese & onion quiche",
"Garlic prawns with puy lentils",
"New potatoes with beans & cress",
"Key lime pie",
"Chicken waldorf",
"Blackberry & lemon fool",
"Prawn & cod cakes",
"Christmas slaw",
"Honey, sesame & orange king prawns",
"Buttercream icing",
"Steak, roasted pepper & pearl barley salad",
"Carrot soup with chilli coriander pesto",
"Cock-a-leekie soup",
"Roast cauliflower & hazelnut pilaf",
"Easy lemon layer cake",
"Egg fried rice with prawns",
"Green spirulina smoothie",
"Broccoli baked potatoes",
"Creamy chicken & mango curry",
"Steak & Vietnamese noodle salad",
"Peppery kohlrabi slaw",
"Lemony tuna pitta pockets",
"Gluten-free scones",
"Spiced lamb meatball stew",
"Pumpkin bread",
"Artichoke, red onion & rosemary risotto",
"Fresh mint tea",
"Pulled chicken",
"Slow cooker turkey casserole",
"Vegan banana pancakes",
"Roasted cauliflower tabbouleh",
"Mushroom baked eggs with squished tomatoes",
"Peanut butter chicken",
"Prawn & pak choi stir-fry",
"Chicken, butter bean & pepper stew",
"Sesame prawn & smacked cucumber rice noodles",
"Lemony polenta with roasted cauliflower, pine nuts, raisins & caper
s",
"Mumbai potato wraps with minted yogurt relish",
"Lemon, herb & Parmesan crusted fish",
"Chickpea Bombay-style mix",
"Slow cooker turkey casserole",
"Chicken, butter bean & pepper stew",
"Spicy mince & lettuce cups",
"Pork & parsnip traybake",
"Vegan banana pancakes",
"Moroccan aubergine & chickpea salad",
"Sesame prawn & smacked cucumber rice noodles",
"Peanut butter chicken",
"Lemony polenta with roasted cauliflower, pine nuts, raisins & caper
s",
"Mumbai potato wraps with minted yogurt relish",
"Lemon, herb & Parmesan crusted fish",
"Amalfi salads",
"Barney's Monday night rice",
"Pomegranate salad with feta and beetroot",

"App onlyLemon orzo chicken. This is a premium piece of content available to registered users.",
"Slow-baked clotted cream rice pudding",
"Courgette & lemon risotto",
"One-pot chicken & rice",
"Leek, cheese & bacon tart",
"Ultimate oven chips",
"Korean chilli, sesame & honey chicken",
"Super-veg pasta",
"Blackberry & lemon fool",
"Spicy harissa bean stew",
"Slow cooker gammon in cola",
"Chicken waldorf",
"Christmas slaw",
"Microwave shakshuka",
"Breakfast peppers & chickpeas with tofu",
"Chocolate & berry mousse pots",
"'Marry me' chicken",
"Moroccan aubergine & chickpea salad",
"Baked tomato & mozzarella orzo",
"Wild salmon & avocado triangles",
"Italian-style bass",
"App onlyToasted orzo with cherry tomatoes. This is a premium piece of content available to registered users.",
"Gooseberry crumble",
"Roasted pepper shakshuka",
"Leek risotto",
"Piri-piri chicken pittas",
"Roasted herby mushrooms",
"Hoisin duck stir-fry",
"App onlyTomato & sardine spaghetti with crispy breadcrumbs. This is a premium piece of content available to registered users.",
"Tomato & mozzarella toastie",
"Chicken with roots & chickpeas",
"Pasta e fagioli",
"Fresh orange lollies",
"Chilli beef with black beans and avocado salad",
"Banana mug cake",
"Cabbage koshimbir",
"Chorizo & chickpea stew",
"Braised pork with plums",
"Courgette & lemon risotto",
"Vegan beetroot & quinoa burgers",
"No yeast pizza dough",
"Spiced glazed pineapple with cinnamon fromage frais",
"Parsnip gnocchi",
"Cajun turkey steaks with pineapple salsa",
"Blueberry & lemon pancakes",
"Leek & mackerel penne bake",
"Coconut-crumbled fish with sweet chilli slaw",
"Brazilian-style beef with sweet potato salad",
"Banana bread & butter pudding",
"App onlySimple chicken & spinach curry with easy flatbreads. This is a premium piece of content available to registered users.",
"Refried bean quesadillas",
"Old Delhi-style butter chicken",
"Chicken and mushroom hot-pot",
"Sausage & mash pie",
"Tandoori spiced sea bream",
"Blueberry & lemon pancakes",

"Superhealthy salmon salad",
"Vegan beetroot & quinoa burgers",
"Apricot & raspberry tart",
"Creamy edamame pesto pasta with rocket salad",
"5-minute mocha pots",
"Slow-cooked porridge",
"Mini Egg cheesecake",
"Lighter vegetable lasagne",
"Apple & linseed porridge",
"Runner bean & fennel slaw",
"Oven-baked leek & bacon risotto",
"Vegan aubergine no-parmigiana",
"Harissa beef & tomato bulgur",
"Quinoa, squash & broccoli salad",
"Creamy pea & watercress pasta",
"Squidgy chocolate pear pudding",
"Soupy chicken & mushroom noodles",
"Chunky vegetable & brown rice soup",
"Microwave coffee & walnut cake",
"Apricot & raspberry tart",
"Spiced chickpea soup",
"Crisp chicken bites",
"Italian-style bass",
"Vegan aubergine no-parmigiana",
"Sardine tomato pasta with gremolata",
"Coronation chicken pilaf",
"Ultimate lemon meringue pie",
"Herby mushroom pasta",
"Sausage & mash pie",
"Rhubarb & ginger syllabub",
"BBQ pork steaks with smoky corn",
"Sweet potato jackets with pomegranate & celeriac slaw",
"Cabbage with bacon & onions",
"Oven-baked leek & bacon risotto",
"Soupy chicken & mushroom noodles",
"Peanut butter chicken curry",
"Pink barley porridge with vanilla yogurt",
"Old Delhi-style butter chicken",
"Homemade raspberry jam",
"Lemon & buttermilk pound cake",
"Coconut-crumbled fish with sweet chilli slaw",
"Green breakfast smoothie",
"Fragrant lamb kofta curry",
"Squash, mushroom & gorgonzola pilaf",
"Butternut & rosemary pizza",
"Leek & mackerel penne bake",
"Microwave sweet & sour chicken",
"App onlyGreek chicken, rice & lemon soup. This is a premium piece of content available to registered users.",
"Lemony tuna, tomato & caper one-pot pasta",
"Iced fairy cakes",
"Thai coconut & veg broth",
"Grilled vegetables with cannellini beans & vegan pesto",
"Muffin tin chilli pots",
"Cinnamon twists",
"Speedy Mediterranean gnocchi",
"Slow-cooked porridge",
"Oven-baked ratatouille & sausages",
"Salmon & soya bean salad",
"Healthier Victoria sandwich",

"Broccoli pasta salad with eggs & sunflower seeds",
"Crushed olive oil potatoes",
"Crustless quiche",
"Strawberry ice lollies",
"Quinoa with stir-fried winter veg",
"Harissa beef & tomato bulgur",
"Seeded bagel tuna melt",
"App onlyRoast garlic & butternut squash risotto. This is a premium piece of content available to registered users.",
"Cajun prawn & charred corn salad",
"Steamed fish with ginger & spring onion",
"Roasted tomato & mascarpone soup",
"Next level chocolate chip cookies",
"Baked eggs with beans, mushrooms, tarragon & crème fraîche",
"Spiced parsnip & cauliflower soup",
"Coronation chicken pilaf",
"Chicken & vegetable curry",
"Barbecue burger relish",
"Lemon curd & yogurt fool",
"Fresh & light chowder",
"All-in-one roast chicken & veg",
"Spiced parsnip & cauliflower soup",
"Coronation chicken pilaf",
"Omelette in a bun",
"Chicken & vegetable curry",
"No-meat mixed grill",
"Barbecue burger relish",
"Lemon curd & yogurt fool",
"Fresh & light chowder",
"All-in-one roast chicken & veg",
"Cabbage with bacon & onions",
"Aubergine & chickpea bites",
"Crusty bread",
"Spiced root vegetable soup",
"Courgette & quinoa-stuffed peppers",
"Coleslaw with tahini yogurt dressing",
"Niçoise pasta",
"Penne with broccoli, lemon & anchovies",
"Nuts & seeds granola",
"Mexican eggy bread",
"Lebanese-style meatballs with mujadara",
"Spaghetti with leeks, peas & pesto",
"Courgette & orange cake with cream cheese frosting",
"Fragrant lamb kofta curry",
"Chickpea, chorizo & spinach stew",
"Lemon & buttermilk pound cake",
"Squash, mushroom & gorgonzola pilaf",
"Microwave sweet & sour chicken",
"Easy steak pie",
"Pumpkin hummus",
"Lemony tuna, tomato & caper one-pot pasta",
"Katsu curry",
"Roast chicken with lemon & rosemary roots",
"Cauliflower cheese",
"Sweet potato wedges with mole sauce",
"Classic carrot cake",
"Coconut & lime fish",
"Pear & blueberry breakfast bowl",
"Crunchy prawn noodle salad",
"Baileys banana trifles",

"App onlyNext-level roasties. This is a premium piece of content available to registered users.",
"Pineapple upside-down cake",
"Tuna sweetcorn burgers",
"Roasted red pepper soup with crispy croutons",
"Herbed lamb cutlets with roasted vegetables",
"Creamy pesto chicken",
"Falafel lunchbox",
"Ricotta, broccoli & lemon penne",
"Date & walnut loaf",
"Mushroom & chickpea burgers",
"Tuna arrabbiata pasta gratin",
"Panko pesto fish",
"Beef & bean chilli bowl with chipotle yogurt",
"Thai red curry",
"Za'atar",
"Sweet chilli jam",
"Chilli & orange salmon with watercress new potatoes & wasabi mayo",
"Tuna, avocado & pea salad in Baby Gem lettuce wraps",
"Grilled sea trout, prosciutto, samphire & lentils",
"Courgette, chilli & mint with pearl couscous",
"Sesame spinach",
"Lime prawn cocktail pitta salad",
"Easy prawn & quinoa salad",
"Pot-roast Bombay chicken",
"Smoked paprika prawn skewers",
"Green shakshuka",
"Chicken tikka wraps",
"Raspberry tiramisu",
"Lamb bhuna",
"How to cook fillet steak",
"Crusty bread",
"Chicken Milanese",
"Sticky pork with cranberries",
"Homity pie",
"Moroccan-style pomegranate & roast veg salad",
"Indian spiced salmon",
"Herby pork with apple & chicory salad",
"Moroccan tagine",
"Baked cod with creamy mushroom & leek orzo",
"Cowboy pie",
"Secret green sauce spaghetti",
"Festive spice",
"Vegan brownies",
"Easy veggie biryani",
"High-fibre muesli",
"Spicy Spanish rice",
"Spicy bean burgers with lime yogurt & salsa",
"Warm halloumi, chickpea & lime salad",
"Mango & passionfruit ice",
"Crunchy prawn noodle salad",
"Roasted spaghetti squash",
"Prawn, butternut & mango curry",
"Homity pie",
"Green shakshuka",
"Herby pork with apple & chicory salad",
"Baked cod with creamy mushroom & leek orzo",
"Lentil & bacon soup",
"Cowboy pie",
"Secret green sauce spaghetti",

"Vegan brownies",
"Smoked paprika prawn skewers",
"Festive spice",
"Warm halloumi, chickpea & lime salad",
"Herbed chicken, peach & feta salad",
"Spicy bean burgers with lime yogurt & salsa",
"Stuffed pasta bake bolognese",
"Roasted spaghetti squash",
"Pan-fried sea bass with citrus-dressed broccoli",
"Air fryer chicken nuggets",
"Fish mappas",
"Sea bass & artichoke salad",
"Mango & passionfruit ice",
"Brown rice tabbouleh with eggs & parsley",
"Fresh salmon with Thai noodle salad",
"Fruity coconut creams",
"Moroccan tagine",
"Quiche Lorraine",
"Lazy summer pasta",
"Superhealthy pizza",
"Asparagus cream pasta",
"Creamy mango & coconut smoothie",
"Creamy tomato courgetti",
"Easy vegetable curry",
"Baked courgettes stuffed with spiced lamb & tomato sauce",
"Brunch rosti",
"Banana-tahini Eton mess",
"Homemade toffee apples",
"Oven pork chops with roasted potato wedges",
"Chocolate & banana cake",
"Christmas cookies",
"Belgian buns",
"Apple pie samosas",
"The ultimate makeover: Moussaka",
"Spanish seafood rice",
"Scandi-style flatbread",
"Tabbouleh",
"Pot-roast Bombay chicken",
"Rhubarb gin",
"One-pan piri piri chicken dinner",
"Easter simnel cake",
"Spice & lime chicken",
"Mustard & rosemary pork chops",
"Smoky sausage & squash traybake",
"Parmesan broccoli",
"App onlyRich pork goulash. This is a premium piece of content available to registered users.",
"Gigantes plaki",
"Homity pie",
"Ham & piccalilli salad",
"Courgette curry",
"Secret green sauce spaghetti",
"Bacon & broccoli pasta",
"App onlyPrawn & lime guacamole burgers. This is a premium piece of content available to registered users.",
"Easy ratatouille",
"Jam roly-poly",
"Pizza sauce",
"Leftover turkey fricassee",
"Roasted spaghetti squash",

"Slow cooker shepherd's pie",
"Dumplings",
"Vegan stuffed peppers",
"Next level fried chicken",
"Real tomato soup",
"Warm trout & melon salad with lime & chilli dressing",
"Creamy mango & coconut smoothie",
"Lemon drizzle traybake",
"App onlyCheat's spiced spinach, turmeric & potato pilaf. This is a premium piece of content available to registered users.",
"Gnocchi with courgette, mascarpone & spring onions",
"How to roast garlic",
"Vegan ramen",
"Spinach & chickpea dhal",
"App onlyCheat's frying pan margherita pizzas. This is a premium piece of content available to registered users.",
"Tex-Mex burrito",
"Easy scallop pasta",
"Smoked salmon & avocado terrines",
"Chorizo, prawn & polenta",
"Prawn, pea & tomato curry",
"Mushrooms on toast",
"Spicy chicken & bean stew",
"Garlic & nduja rice-stuffed chicken",
"Dosa",
"Tandoori lamb skewers with crunchy slaw & raita",
"Tex-Mex burrito",
"Easy scallop pasta",
"Smoked salmon & avocado terrines",
"Mushrooms on toast",
"Prawn, pea & tomato curry",
"Dosa",
"Tandoori lamb skewers with crunchy slaw & raita",
"Self-saucing sticky toffee chocolate pudding",
"Next level steak & ale pie",
"Thai chicken & mushroom broth",
"Simmer-&-stir Christmas cake",
"Chicken & mushroom pancake topping",
"Summer carrot, tarragon & white bean soup",
"App onlyAglio e olio with sundried tomato breadcrumbs. This is a premium piece of content available to registered users.",
"Minced beef & sweet potato stew",
"Creamy ham & mushroom pasta bake",
"Wild garlic & nettle soup",
"Hot butter bean salad with lemon",
"Coriander roast chicken thighs with puy lentil salad",
"Slow-cooked soy-glazed chicken. This is a premium piece of content available to registered users.",
"Coffee cream & walnut cupcakes",
"Cobb salad",
"Yellow lentil & coconut curry with cauliflower",
"Witches' brew (Pea & bacon chowder)",
"Smoky carrot & chickpea traybake",
"Baked peanut chicken with carrot & cucumber salad",
"Roasted new carrots, cauliflower, grains & carrot-top dressing",
"Chicken quesadillas",
"Asparagus salad with a runny poached egg",
"Roasted squash with pesto & mozzarella",
"Creamy tarragon chicken with asparagus",
"Turkey & clementine lunch bowl",

"New!One-tray baked gnocchi. This is a premium piece of content available to registered users.",
"Slow-roasted mutton shoulder with garlic bean mash & gremolata",
"Minced beef & sweet potato stew",
"App onlyAglio e olio with sundried tomato breadcrumbs. This is a premium piece of content available to registered users.",
"Creamy ham & mushroom pasta bake",
"Simmer-&-stir Christmas cake",
"Sausage & butternut squash shells",
"Summer carrot, tarragon & white bean soup",
"Summer vegetable minestrone",
"Tandoori lamb skewers with crunchy slaw & raita",
"Roasted summer vegetable casserole",
"Miso brown rice & broccoli salad with fiery prawns",
"Butternut & cinnamon oats",
"Fruitburst muffins",
"Harissa chicken traybake with peppers & feta",
"Orange & raspberry granola",
"Chicken enchiladas",
"All-in-one-baked mushrooms",
"Indian rice salad with chicken",
"Double choc peanut butter cookies",
"Cobb salad",
"Spiced roast lamb",
"Mediterranean-style bean salad",
"Easy blondies",
"App onlyBaked cod with tomatoes, capers & basil. This is a premium piece of content available to registered users.",
"Mug brownie",
"Cauliflower, olive & lentil tagine",
"Slow-cooked soy-glazed chicken. This is a premium piece of content available to registered users.",
"Fruitburst muffins",
"Harissa chicken traybake with peppers & feta",
"Nutty orange platter",
"All-in-one-baked mushrooms",
"Chicken enchiladas",
"Indian rice salad with chicken",
"Double choc peanut butter cookies",
"Prawn & mango noodles",
"Mediterranean-style bean salad",
"Easy blondies",
"Mug brownie",
"Cauliflower, olive & lentil tagine",
"App onlyBaked cod with tomatoes, capers & basil. This is a premium piece of content available to registered users.",
"Spanish sardines on toast",
"App onlyTrout, sweet potato & vegetable traybake. This is a premium piece of content available to registered users.",
"Lighter spaghetti & meatballs",
"Smoky carrot & chickpea traybake",
"Easter chocolate mug cakes",
"Vegan spinach & cherry tomato quiche",
"Crunchy baked tomato & onion gratin",
"Tomato & chickpea curry",
"Cauliflower cheese soup",
"Slow cooker mushroom risotto",
"Easy cheese & onion slice",
"Easy quinoa salad",
"Crab & saffron risotto",

"Cajun grilled halloumi with lime black-eyed bean salad & guacamole",
"Easy cheese & onion pie",
"Sweet potato pancakes with orange & grapefruit",
"Pasta with kale, chilli & mascarpone",
"Crab & saffron risotto",
"Gnocchi pomodoro",
"Easy cheese & onion pie",
"Apricot, honey & pistachio flapjacks",
"Sweet potato pancakes with orange & grapefruit",
"Pasta with kale, chilli & mascarpone",
"App onlySpring onion, pea & pancetta tart. This is a premium piece of content available to registered users.",
"Bombay potatoes",
"Garlic bread",
"Crispy onions",
"Sausage & broccoli pasta",
"Crunchy new potatoes",
"Cheesy tuna pesto pasta",
"Leek, potato & bacon bake",
"Madeira loaf cake",
"Roast mushroom gnocchi",
"Sardines & peperonata on wholemeal toast",
"Sweet potato & chestnut roast with tangy tomato sauce",
"The ultimate makeover: French onion soup",
"Black bean & tortilla soup",
"Simple sirloin steak",
"Five-spice pork fillet with fried rice",
"Brioche",
"Vegetarian chilli-stuffed peppers with feta topping",
"Potato pancakes with chard & eggs",
"Pea & leek super-green tart",
"Baked ham hock pots",
"Tomato & courgette risotto",
"Fennel & lemon boulangère potatoes",
"Black Forest Christmas fool",
"Chicken & broccoli potato-topped pie",
"Battered sweet & sour chicken",
"Stuffed marrow bake",
"Pea & radish salad",
"Cauliflower cheese soup",
"Sweet & sour chicken",
"Baked ham hock pots",
"Curried egg mayo sandwich topper",
"Lamb, aubergine & halloumi hotpot",
"Easy roast potatoes",
"Tomato & courgette risotto",
"Butter bean & tomato stew",
"Chicken & chorizo one-pan",
"Autumn coleslaw",
"Bobotie",
"Fruit cake",
"Fish pie fillets",
"Cheddar & sweetcorn scones",
"Madeira loaf cake",
"Leek, potato & bacon bake",
"Spicy tofu tahini noodle salad",
"Sweet potato & chestnut roast with tangy tomato sauce",
"Creamy carbonara",
"Beef & ginger stir-fry",
"Aubergine & goat's cheese salad with mint-chilli dressing",

"Oven-baked red pepper risotto",
"Roasted broccoli",
"Dalgona coffee (whipped coffee)",
"Creamy broccoli gnocchi",
"The ultimate makeover: French onion soup",
"Fish pie fillets",
"Cheddar & sweetcorn scones",
"Fruit cake",
"Spicy tofu tahini noodle salad",
"Prawn & chorizo frittata",
"Beef & ginger stir-fry",
"Creamy carbonara",
"Better-than-baked beans with spicy wedges",
"Oven-baked red pepper risotto",
"Aubergine & goat's cheese salad with mint-chilli dressing",
"Chocolate fudge Easter cakes",
"Creamy broccoli gnocchi",
"Roasted broccoli",
"Creamy salmon pasta",
"Butter bean & tomato stew",
"Swedish-style sausage meatballs",
"Tempeh traybake",
"Black pepper hasselback potatoes",
"Pork chops & mustardy butter beans",
"Smoky aubergine tagine with lemon & apricots",
"Thai mackerel & sweet potato traybake",
"Spicy teriyaki prawns & sesame fried rice",
"Baked feta with chilli & oregano",
"Sardine storecupboard spaghetti",
"Courgettes with mint & ricotta",
"Favourite pasta salad",
"App onlyLeek & comte quiche. This is a premium piece of content available to registered users.",
"Ravioli with artichokes, leek & lemon",
"Springtime minestrone",
"Mary Berry's Christmas chutney",
"Potato & Savoy cabbage soup with bacon",
"Gooseberry fool",
"App onlyHalloumi fajitas with soured cream & guacamole. This is a premium piece of content available to registered users.",
"Gnocchi with two cheeses & bacon",
"Sourdough focaccia",
"Next level spaghetti & meatballs",
"Flattened chicken with tomatoes, olives & capers",
"Smoky bacon pot noodle for one",
"Chicken, ginger & green bean hotpot",
"Chickpea tagine soup",
"Easy fish tacos",
"Next level chicken katsu curry",
"Air fryer halloumi",
"Pizza pasta salad",
"App onlySweet chilli salmon lettuce wraps. This is a premium piece of content available to registered users.",
"Sweetcorn & courgette fritters",
"How to make spaghetti and meatballs",
"Smoked salmon & avocado sushi",
"Mini dark chocolate, blackberry & bay pavlovas",
"Vegan moussaka",
"Smoky chorizo & manchego quiche",
"Sausage & kale minestrone",

"Long-stem broccoli bread bake",
"Pesto salmon pasta bake",
"Little beef & mushroom pies",
"Lancashire hotpot",
"Teriyaki steak with pak choi & noodles",
"Cheese, leek & potato tortilla",
"Smoked salmon with prawns, horseradish cream & lime vinaigrette",
"Mushroom wellingtons",
"Creamed spinach",
"Air fryer halloumi",
"Toffee tangerines",
"Speedy meatball stew",
"Watercress & chicken stir-fry",
"Vegetarian bolognese",
"Sausage & kale minestrone",
"Sausage & sweet potato traybake",
"One-pot lentil chicken",
"Panang chicken curry (kaeng panang gai)",
"Pan-fried chicken in mushroom sauce",
"Smoky aubergine tagine with lemon & apricots",
"Smoky chorizo & manchego quiche",
"Black pepper hasselback potatoes",
"Easy vegan coleslaw",
"Whole baked ricotta with lentils & roasted cherry tomatoes",
"Sweet potato shepherd's pie",
"Beetroot & mint dip",
"Tuna sweet potato jackets",
"App onlyLemon & blueberry cheesecake tart. This is a premium piece of content available to registered users.",
"Moroccan-style chicken with lentils",
"How to cook quinoa",
"Garden veg pasta",
"Crunchy Coronation chicken salad",
"Italian veggie cottage pie",
"One-pan Thai green salmon",
"Chicken, ginger & green bean hotpot",
"Flattened chicken with tomatoes, olives & capers",
"Veggie pasta one-pot",
"Blueberry cheesecake",
"One-tray spiced mushroom pilaf",
"Slow-cooker beef goulash",
"Honey nut crunch pears",
"Portobello jackfruit burgers",
"Chocolate fondant",
"Garlic & herb mash",
"Spiced mushroom & lentil hotpot",
"Winter vegetable pie",
"Smoked salmon & easy blinis",
"Slow cooker leg of lamb",
"Chicken & bean enchiladas",
"Butter bean & squash crumble",
"Black beans & rice with fried egg, avocado & pickled onions",
"Nutty chicken curry",
"Roast carrot & bean salad with feta",
"Smoky chickpea salad",
"Chorizo, new potato & haddock one-pot",
"Korean rice pot",
"Ramen noodle salad",
"Vegan Victoria sponge cake",
"Mini sausage rolls",

"Slow-cooker Spanish chicken",
"Sticky onion & cheddar quiche",
"Mushroom wellingtons",
"Warm salmon salad",
"Almond, raisin & popcorn trail mix",
"Microwave garam masala vegetable curry",
"Bangers and mash with onion gravy",
"Coconut & kale fish curry",
"Vegan Christmas cake",
"Korean rice pot",
"Perfect scrambled eggs recipe",
"Mini sausage rolls",
"Mushroom wellingtons",
"Ramen noodle salad",
"Sticky onion & cheddar quiche",
"Warm salmon salad",
"Vegetarian bean pot with herby breadcrumbs",
"Bangers and mash with onion gravy",
"Coconut & kale fish curry",
"Microwave garam masala vegetable curry",
"Peanut butter brownies",
"Air fryer muffins",
"Easy Thai Green chicken & mushroom curry",
"Caramel cheesecake",
"Red berry granola yogurt pots",
"Anzac biscuits",
"Chicken biryani pilau",
"Herby chickpea balls with tomato sauce",
"Caramel apple cinnamon buns",
"Corn cups with prawns, mango & chillies",
"Roast carrot & bean salad with feta",
"Crab risotto",
"Air fryer crispy chilli beef",
"Cinnamon rice with pomegranate",
"Best ever tiramisu",
"Fast truffle fudge",
"Thai chicken curry",
"Chocolate chip shortbread",
"Best ever roast duck. This is a premium piece of content available to registered users.",
"Chocolate sponge cake",
"Easy mango chutney naan breads",
"Egg & avocado open sandwich",
"Ham, cheese & potato pie",
"Beetroot risotto with feta",
"Air-fryer roast chicken",
"Tasty chicken noodles",
"Haddock with cannellini beans & artichokes",
"Air fryer muffins",
"Anjou pear cake",
"App onlyButternut squash & white bean tagliatelle. This is a premium piece of content available to registered users.",
"Lime possets with raspberries",
"Classic butter chicken",
"Creamy mushrooms",
"Gnocchi with creamy tomato & spinach sauce",
"Cheese & bacon quiche",
"Rice noodle salad with peanut butter tempeh",
"Piri-piri chicken with spicy rice",
"Air fryer crispy chilli beef",

"Fruity skewers with yogurt dip",
"Thai chicken curry",
"Cajun chicken burgers",
"Griddled chicken fajitas with squashed avocado",
"Swiss chard & kohlrabi with lemon sauce",
"Cauliflower & macaroni cheese",
"Middle Eastern carrot salad",
"Marshmallows dipped in chocolate",
"One-pot chicken & bacon stew",
"Tomato baked eggs",
"Korean fried chicken",
"Gnocchi with creamy tomato & spinach sauce",
"Piri-piri chicken with spicy rice",
"Herby spring chicken pot pie",
"Fruity skewers with yogurt dip",
"Chargrilled chicken & kale caesar salad",
"Cajun chicken burgers",
"Griddled chicken fajitas with squashed avocado",
"Salad shirazi (tomato, cucumber & red onion salad)",
"Egg & avocado open sandwich",
"Middle Eastern carrot salad",
"Glazed salmon with green bean & bulgur salad",
"Tomato baked eggs",
"Korean fried chicken",
"App onlyCurried beef pasties. This is a premium piece of content available to registered users.",
"Smoked trout & cucumber open sandwiches",
"Rice noodle salad with peanut butter tempeh",
"Cherry bakewell cake",
"Roast chicken risotto with chicken crackling",
"Sweetcorn fritters with chipotle cod",
"Vegetarian bean pot with herby breadcrumbs",
"Strawberry smoothie",
"Crunchy cabbage salad",
"Cinnamon rice with pomegranate",
"Egg custard",
"Cheese & onion pork chops",
"Peanut butter brownies",
"Cod & tarragon fishcakes with minty peas",
"Sole meunière",
"Chicken biryani pilau",
"Baked falafel",
"Strawberry smoothie",
"Crunchy cabbage salad",
"Scandi beetroot & salmon pasta",
"Artichoke & pecorino bruschetta",
"Sole meunière",
"Egg custard",
"Cod & tarragon fishcakes with minty peas",
"Leek, butter bean & crispy chorizo soup",
"Scampi po' boys",
"Cod & prawn pie with saffron potatoes",
"Wild mushroom & ricotta rice with rosemary & thyme",
"Easy crêpes",
"Quinoa tabbouleh",
"Pork & pepper meatballs on parsnip mash",
"Lamb & potato bake",
"Refried beans",
"Vegan banana muffins",
"Soba noodle & edamame salad with grilled tofu",

"Air fryer chicken wings",
"Courgetti with chilli, lemon, ricotta & mint",
"App onlyAir fryer chicken fajitas. This is a premium piece of content available to registered users.",
"Harissa aubergine kebabs with minty carrot salad",
"Viennese whirls",
"Chicken nacho grills",
"Mackerel & new potato salad",
"Dark chocolate walnut butter cups",
"Ultimate meringue",
"Chilli chicken curry",
"Spicy chicken with mango salad",
"Mini prosciutto & asparagus frittatas",
"Tomato & thyme cod",
"Classic rice pudding",
"Crispy roast potatoes",
"One-pan roast dinner",
"Potato wedges",
"Spinach & tuna pancakes",
"Slow cooker Turkish breakfast eggs",
"Mince pies",
"Mexican spiced tomato rice",
"App onlyEasy venison keema. This is a premium piece of content available to registered users.",
"Next level potato salad. This is a premium piece of content available to registered users.",
"Smoky paprika seafood rice",
"Oat & chia porridge with prunes",
"App onlyGrilled steak with peperonata. This is a premium piece of content available to registered users.",
"Crispy garlic & rosemary slices",
"Springtime pasta",
"Spinach & feta stuffed chicken",
"Lemon roast vegetables with yogurt tahini & pomegranate",
"Homemade hot chocolate",
"Miso mackerel rice bowl",
"Lighter Lancashire hotpot",
"Slow cooker vegetable stew with cheddar dumplings",
"Oat & cranberry bars",
"Lamb saag",
"Chocolate orange marble cake",
"Miso lentil & cabbage soup",
"Granny Martin's Christmas puddings",
"Warming chocolate & banana porridge",
"Persian spinach & onion fried eggs (narges-i-e esfenaj)",
"James Martin's Yorkshire puds",
"Roasted cauliflower & hazelnut carbonara",
"Beef & orange stir-fry",
"Courgette pancake fritters",
"Spaghetti omelette",
"Ghanaian gravy",
"Turkey stock",
"Ginger cake",
"Crunchy garlic chicken",
"Herby lamb fillet with caponata",
"Vegetarian quesadillas",
"Curried cauliflower & lentil soup",
"App onlyBest ever asparagus & pea risotto. This is a premium piece of content available to registered users.",
"Dippy eggs with Marmite soldiers",

"Chickpea, spinach & almond butter bowl",
"Smoky Spanish tomato and garlic dip",
"Butterfly cakes",
"Moroccan-style vegetable platter",
"Meatball stroganoff",
"Brazilian carrot cake",
"App onlyApple cinnamon cake. This is a premium piece of content available to registered users.",
"Roasted squash, shallot, spinach & ricotta pasta",
"Tuna melt pizza baguettes",
"Toasted soda bread with blue cheese & pear",
"Cheat's beetroot biriyani",
"Easy jam sponge",
"Salmon & broccoli pasta",
"Dolcelatte-stuffed figs",
"Rhubarb & ginger jam",
"Three-cheese meatball lasagne",
"Easy lemonade",
"New!Aegean chicken & rice bake. This is a premium piece of content available to registered users.",
"App onlySea bass with cauliflower mash & parsley sauce. This is a premium piece of content available to registered users.",
"Sweet potato Tex-Mex salad",
"App onlyDhal with cumin-roasted cauliflower. This is a premium piece of content available to registered users.",
"Summer porridge",
"The ultimate makeover: Salmon en croûte",
"Asparagus & lentil salad with cranberries & crumbled feta",
"Mexican spiced tomato rice",
"Pastry-less pork pie",
"Thai green prawn curry",
"Slow-roasted salmon with potato salad & dill & mustard mayonnaise",
"Whip-round-the-fridge rice",
"Strawberry, tomato & watercress salad with honey & pink pepper dressing",
"One-pan roast dinner",
"Scottish oatcakes",
"App onlyHerb-roasted beef rump cap & mushroom ketchup. This is a premium piece of content available to registered users.",
"Slow-cooker beef pot roast",
"Cucumber, apple & spinach juice",
"Sticky soy sea bass & greens traybake",
"Lemon roast vegetables with yogurt tahini & pomegranate",
"Springtime pasta",
"Crispy tofu",
"Lemony tuna & asparagus salad box",
"Staffordshire oatcakes with mushrooms",
"One-pot chicken & curry rice",
"Jerk sweet potato & black bean curry",
"Scottish tablet",
"Salmon risotto",
"Miso lentil & cabbage soup",
"Hot harissa lamb with couscous",
"Lemony tuna & asparagus salad box",
"Spicy seed mix",
"Staffordshire oatcakes with mushrooms",
"One-pot chicken & curry rice",
"Jerk sweet potato & black bean curry",
"Scottish tablet",
"Salmon risotto",

"Asparagus & lentil salad with cranberries & crumbled feta",
"Hot harissa lamb with couscous",
"Jerk cod & creamed corn",
"Celery salad",
"Mushroom & kimchi fried rice",
"Roast potato, turkey, sausage & stuffing pie",
"App onlyAir fryer sticky chicken with crispy potatoes. This is a premium piece of content available to registered users.",
"Baked haddock & cabbage risotto",
"Ham & leek cobbler",
"Vegan banana & walnut bread",
"Salmon with salsa verde",
"Braised beef",
"Baked salmon with potatoes & fennel",
"Healthier spaghetti carbonara",
"Crab & beetroot pâté",
"Lighter chicken katsu",
"Shanghainese quickbraise Hong Sao-style Lion's Head meatballs",
"Strawberry labneh",
"Blueberry cake with cream cheese frosting",
"Nutty chicken & lemon spaghetti",
"Next level turkey & ham pie",
"Chickpea stew with tomatoes & spinach",
"Gnocchi & tomato bake",
"Strawberry, tomato & watercress salad with honey & pink pepper dressing",
"Easy egg muffins",
"Italian stuffed courgettes",
"Brown butter linguine",
"Vegetarian scotch eggs",
"Staffordshire oatcakes with mushrooms",
"Cucumber, apple & spinach juice",
"Grilled chicken with chilli & sesame seeds",
"Spinach & feta quiche",
"App onlyGooey s'mores cookies. This is a premium piece of content available to registered users.",
"Runner bean tortilla with tomato salad",
"Asparagus risotto",
"Spiced lamb with bulgur & tahini dressing",
"Potato & paprika tortilla",
"Smoked trout salad",
"Beef ragout",
"Jerk sweet potato & black bean curry",
"Sweet & sour pork stir-fry",
"Mushroom & kimchi fried rice",
"App onlyGinger & sesame beetroot salad with quinoa. This is a premium piece of content available to registered users.",
"Sausage pasta",
"Baked oats",
"Baked haddock & cabbage risotto",
"Healthier spaghetti carbonara",
"Weaning recipe: Salmon, pea & potato purée",
"Banoffee traybake",
"Microwave chocolate cake",
"Vanilla mug cake",
"Jerk cod & creamed corn",
"App onlySmoky prawn, fish & chickpea one-pot. This is a premium piece of content available to registered users.",
"Korean-style prawn & spring onion pancake",
"Salmon with salsa verde",

"Nutty chicken & lemon spaghetti",
"Pan-fried sea trout, peas & chorizo fricassée",
"Easy honey flapjacks",
"Harissa sweet potato wedges",
"Vegan banana & walnut bread",
"Sweet & sour sauce",
"Mushroom sauce",
"Carrot, courgette & orange cakes",
"Nutty chocolate crunch",
"Caramelised onion & thyme sausage rolls",
"Turkey bolognese pasta bake",
"Strawberry labneh",
"Lighter chicken katsu",
"Beef & Sichuan pepper stir-fry",
"Gnocchi & tomato bake",
"Chickpea stew with tomatoes & spinach",
"Easy Christmas cake",
"Sautéed scallops with mushrooms & spinach sauce",
"Baked chicken meatballs",
"Easy pound cake",
"Easy beef burritos",
"Kale & salmon kedgeree",
"Curried hummus",
"Coconut-crusted lime chicken",
"Chipotle chicken tinga",
"Mexican pulled chicken & beans",
"Easy onion bhajis",
"Fragrant chicken curry with chick peas",
"Malted walnut seed loaf",
"Smoky ginger & honey tea",
"Grilled nectarine & burrata salad",
"Ice cream scones",
"Coffee & walnut cake",
"Mozzarella, pepper & aubergine calzone",
"Easy chicken stir-fry",
"One-pan pumpkin, sage & meatball pasta",
"Apple jam",
"Puy lentils with smoked tofu",
"Vegan chocolate banana ice cream",
"Egg fried rice with prawns & peas",
"Chocolate sheet cake",
"App onlyHerby salad with yogurt & rose dressing. This is a premium piece of content available to registered users.",
"Aubergine melts",
"Creamy pumpkin pasta",
"Next level scotch eggs",
"Crispy roasted chickpeas",
"Sausage & broccoli carbonara",
"Coconut fish curry & rice",
"Challah",
"Creamy garlic pasta",
"Eggs benedict with smoked salmon & chives",
"Roast tomatoes with pesto",
"Spinach & watercress salad",
"Buffalo cauliflower wings",
"Macarons",
"New!One-pan pork stroganoff. This is a premium piece of content available to registered users.",
"Tofu, butternut & mango curry",
"Beef & lentil cottage pie with cauliflower & potato topping",

"Indian winter soup",
"Challah",
"Vitality veggie pasta",
"Creamy garlic pasta",
"Buffalo cauliflower wings",
"Honey-mustard chicken pasta",
"Mushroom carbonara",
"New! One-pan pork stroganoff. This is a premium piece of content available to registered users.",
"Raspberry & dark chocolate cheat's ice cream terrine",
"Granny's Victoria sponge",
"Pork rib bortsch",
"Chilli tempeh stir-fry",
"Creamy chicken, bean & leek traybake",
"Lemon mousse",
"White fish with spicy beans and chorizo",
"Microwave jacket potatoes with Swedish prawn salad",
"Chip shop curry sauce",
"Asparagus risotto",
"Stir-fried pork with greens",
"Juicy Lucy pudding",
"Vegetarian scotch eggs",
"Easy melon ice cream",
"Turkey burgers with beetroot relish",
"Sourdough starter",
"App onlyGinger & sesame beetroot salad with quinoa. This is a premium piece of content available to registered users.",
"Slow cooker Moroccan lamb stew",
"Air-fryer mince pies",
"Easy cheesecake",
"Cheesy mustard mash",
"Sumac turkey-stuffed pittas",
"Cheese omelette",
"Vegan courgette risotto",
"Trifle cheesecake",
"Baked stuffed Romano peppers",
"Summer couscous salad",
"Sprout, black pudding & apple röstis",
"Pork rib bortsch",
"Butternut squash mac & cheese",
"Weaning recipe: Chicken meatballs",
"Honey & sriracha hot wings",
"Air fryer veggie curry",
"Roast chicken pie",
"Baked skinny fries",
"Juicy Lucy pudding",
"Rigatoni sausage bake",
"Hearty mushroom soup",
"Chorizo & chickpea soup",
"Turkey meatloaf",
"Raspberry & dark chocolate cheat's ice cream terrine",
"Spinach & ricotta pasta",
"Baked potatoes with spicy dhal",
"Pan-fried camembert sandwich",
"Lemon mousse",
"Basil & lemon chickpeas with mackerel",
"White velvet soup with smoky almonds",
"Whole baked cauliflower cheese",
"Gluten-free apple crumble",
"Chip shop curry sauce",

"Cheeseboard & onion tart",
"Veggie meatballs with tomato courgetti",
"Curried goat",
"Vegan courgette risotto",
"Honey & sriracha hot wings",
"Creamy pesto & chicken pasta salad",
"App only Spring chicken stew. This is a premium piece of content available to registered users.",
"Baked skinny fries",
"Hearty mushroom soup",
"Chorizo & chickpea soup",
"Baked potatoes with spicy dhal",
"Spicy tuna quinoa salad",
"Basil & lemon chickpeas with mackerel",
"White velvet soup with smoky almonds",
"Whole baked cauliflower cheese",
"Gluten-free apple crumble",
"Ponzu tofu poke bowl",
"Pea fusilli with ham & mustard sauce",
"Vegan mincemeat",
"Veggie meatballs with tomato courgetti",
"Braised cavolo nero",
"Beef burger with sweet potato chilli chips",
"Butter cookies",
"Sweetcorn fritters",
"Mexican street corn soup",
"Chicken alfredo",
"Cheesy autumn mushrooms",
"Spiced almonds",
"Sugar-free carrot cake",
"Lamb keema shepherd's pie",
"Leek, mushroom & goat's cheese strudels",
"Creamy tagliatelle with sausage, ricotta & basil",
"Creamy yogurt porridge with pear, walnut & cinnamon topping",
"Pork meatballs in tomato sauce",
"Jaffa drizzle loaf",
"Easy cheesy mustard toad-in-the-hole with broccoli",
"Charred squash & spiced lamb",
"Ginger fairings",
"Potato salad with anchovy & quail's eggs",
"Chicken, leek & mushroom pie. This is a premium piece of content available to registered users.",
"Buffalo sauce",
"Warm honey cup puddings",
"Tomato & avocado salsa",
"Bacon, tomato & broccoli pasta",
"Rarebit toasts",
"Crab apple jelly",
"App only Roast chicken with parmesan & thyme dauphinoise potatoes. This is a premium piece of content available to registered users.",
"Harissa lamb & hummus flatbreads",
"Supergreen soup with yogurt & pine nuts",
"Beef tacos",
"Greek feta traybake",
"Spanish chicken traybake with chorizo & peppers",
"Three-grain porridge",
"Steak & sticky red wine shallots",
"Tandoori paneer skewers with mango salsa",
"Barbecued bream with spring onions, lemon & chilli",
"Rhubarb & strawberry meringue pots",

"Peanut chickpea rice bowl",
"Chickpea & roasted parsnip curry",
"Thai red duck with sticky pineapple rice",
"Beautiful beetroot & feta patties",
"Porchetta ragu",
"Peanut hummus with fruit & veg sticks",
"Soup maker leek and potato soup",
"Citrus, almond & yogurt cake",
"Ultimate fish cakes",
"Baked skinny fries",
"Three-grain porridge",
"Thyme & chestnut roast potatoes. This is a premium piece of content available to registered users.",
"Smoked salmon with beetroot & vodka crème fraîche",
"Baked potatoes with spicy dhal",
"Chorizo & chickpea soup",
"Smoky beans with basil & bacon",
"Crab apple jelly",
"One-pot chicken & mushroom risotto",
"App onlyRoast chicken with parmesan & thyme dauphinoise potatoes. This is a premium piece of content available to registered users.",
"Courgette & lime cake",
"Rhubarb & strawberry meringue pots",
"Minty griddled courgettes",
"Feta frittatas with carrot & celery salad",
"Spinach omelette",
"Rhubarb & custard blondies",
"Broccoli, chicken & cashew nut stir fry",
"Cheeseburgers",
"Next level tikka masala",
"Hot cross buns",
"One-pot Chinese chicken noodle soup",
"Gluten-free apple crumble",
"Purple sprouting broccoli with Parmesan & herbed crumbs",
"Squash & pesto pasta",
"Harissa trout, beetroot & grapefruit salad with whipped feta",
"Slow cooker turkey",
"Chicken, leek & mushroom pie. This is a premium piece of content available to registered users.",
"Christmas dinner sausage roll",
"Rhubarb & apple crumble",
"Strawberry crème fraîche ice cream",
"App onlyCroissant smoked salmon bake. This is a premium piece of content available to registered users.",
"Zabaglione trifle slice",
"New! Fresh cucumber & apple salad. This is a premium piece of content available to registered users.",
"Sweet & sour aubergines",
"Chicken wrap with sticky sweet potato, salad leaves & tomatoes",
"Pork meatballs in tomato sauce",
"Green spinach & lemon risotto with crispy prosciutto",
"Boozy coffee & walnut cake",
"Poached beef & noodles (Gyudon)",
"Hot & sour aubergines",
"One-pot cheeseburger pasta",
"Iced latte",
"Classic potato latkes",
"Protein balls",
"Herby bean sausage stew",
"Sausage & squash risotto",

"Creamy yogurt porridge",
"Banana, coconut & cardamom bread",
"Tiramisu meringue roulade",
"Sweet potato & black bean chilli with zesty quinoa",
"Halloumi traybake",
"Peanut butter rainbow rice",
"Roast chicken thighs with brown rice & salsa verde",
"Herb roast pork with vegetable roasties & apple gravy",
"Mexican-style chilli ribs",
"Orange & pomegranate cheesecake",
"Spinach omelette",
"Butterscotch cookies",
"Stuffed cocktail eggs",
"Chia & yogurt puddings with berries",
"Curried chicken & cashew rice",
"Puff pastry cinnamon rolls",
"Feta frittatas with carrot & celery salad",
"Buttery chilli prawns",
"Mushroom, lentil & beef ragu",
"Baba ganoush & crudités",
"Next level tikka masala",
"Sesame paneer wraps",
"Cheeseburgers",
"Vegan lentil & sweet potato cottage pie",
"French crêpes",
"Cheeseburger & chips",
"Schooldays treacle sponge",
"Creamy Tuscan chicken",
"Apple, cheese & potato pie",
"App onlyCavolo nero pasta. This is a premium piece of content available to registered users.",
"Green bean casserole",
"Butternut squash & spinach lasagne",
"Christmas dinner sausage roll",
"Blackened salmon fajitas",
"Baked potato & tuna crunch spread",
"App onlySimple stuffed peppers. This is a premium piece of content available to registered users.",
"Lemon drizzle scones",
"Amaretti biscuits",
"Strawberry milkshake",
"Sweet & sour aubergines",
"Chia & yogurt puddings with berries",
"Easy pesto lasagne",
"Buttery chilli prawns",
"Green bean casserole",
"Mango sorbet",
"Sesame paneer wraps",
"French crêpes",
"Vegan lentil & sweet potato cottage pie",
"Cheeseburger & chips",
"Roasted brussels sprouts with bacon & chestnuts",
"Schooldays treacle sponge",
"Chocolate orange brownies",
"Apple, cheese & potato pie",
"Gnocchi alla norma",
"Butternut squash & spinach lasagne",
"Blackened salmon fajitas",
"Pizza with homemade sauce",
"App onlySimple stuffed peppers. This is a premium piece of content av

ailable to registered users.",
"Strawberry milkshake",
"Braised red cabbage with cider & apples",
"Lemon drizzle scones",
"Baked potato & tuna crunch spread",
"Greek beans with seared lamb",
"App onlyCreamy coconut & spinach dhal. This is a premium piece of content available to registered users.",
"Easy microwave brownies",
"Mackerel with orange & harissa glaze",
"Lentil, walnut & apple salad with blue cheese",
"Easy fudge",
"Sticky maple pork with apples",
"Loaded baked potatoes with slaw",
"App onlySimple stuffed peppers. This is a premium piece of content available to registered users.",
"Strawberry milkshake",
"Braised red cabbage with cider & apples",
"Egg & tomato baps",
"Lemon drizzle scones",
"Baked potato & tuna crunch spread",
"Greek beans with seared lamb",
"App onlyCreamy coconut & spinach dhal. This is a premium piece of content available to registered users.",
"Summer traybake chicken",
"Easy microwave brownies",
"Lentil, walnut & apple salad with blue cheese",
"Easy fudge",
"Sticky maple pork with apples",
"Loaded baked potatoes with slaw",
"Smoky beef stew",
"Caesar salad dressing",
"Chicory & orange salad with ginger dressing",
"Harissa fish pie",
"Sugar-cured strawberries & white chocolate crumble",
"Squash, feta & bulgur salad",
"Creamy yogurt porridge with banana, blueberry & almond topping",
"Sweet potato & coconut curry",
"Pork belly slices",
"Coconut lamb & pistachio rice salad",
"The ultimate beef burger",
"Pork schnitzel",
"Bhaji frittata",
"Sage & onion stuffing",
"Honey & soy duck salad",
"Chicken paprikash",
"Pork schnitzel",
"Apple crumble energy balls",
"Gnocchi alla norma",
"Fruity sponge cake",
"Chickpea patties with carrot & raisin salad",
"Sweet potato & coconut curry",
"Miso prawn skewers with veggie rice salad",
"Garlic mushrooms on toast",
"Harissa fish pie",
"Ajiaco",
"Toddler recipe: Batch-cook mini pork & veg balls",
"Braised bacon with colcannon cakes",
"Griddled chicken & corn on the cob salad",
"Egg & tomato baps",

"Courgette, broccoli & gremolata pasta",
"Greek beans with seared lamb",
"Best ever Christmas leftovers sandwich",
"Roasted cauliflower with tomato & cashew sauce",
"Homemade pappardelle with crab & broad beans",
"Pearl barley, parsnip & sage risotto",
"Sea bass with fennel, lemon & spices",
"French toast",
"Roast salmon with pesto sauce & beetroot slaw",
"Smoked mackerel & potato bake",
"Smoothie cubes",
"Spiced cod with quinoa salad & mint chutney",
"Next-level cauliflower cheese",
"Coconut lamb & pistachio rice salad",
"Spiced rice & lentils with cauliflower",
"Luscious lemon baked cheesecake",
"Roast salmon with pesto sauce & beetroot slaw",
"Italian cottage pie",
"Greek beans with seared lamb",
"Roasted cauliflower with tomato & cashew sauce",
"Best ever Christmas leftovers sandwich",
"Next level paella",
"Scrambled egg stir-fry",
"Homemade pappardelle with crab & broad beans",
"French toast",
"Smoothie cubes",
"Sea bass with fennel, lemon & spices",
"Feta & peach couscous",
"Coconut lamb & pistachio rice salad",
"Next-level cauliflower cheese",
"Golden syrup broccoli noodles",
"Spiced cod with quinoa salad & mint chutney",
"Spiced rice & lentils with cauliflower",
"Tagliatelle with mussels & crème fraîche",
"Cheese & garlic-filled mushrooms",
"Chicory & orange salad with ginger dressing",
"Griddled chicken & corn on the cob salad",
"Sugar-cured strawberries & white chocolate crumble",
"Fry bodi (Caribbean green beans)",
"Red pepper, walnut & goat's cheese palmiers",
"Easy green gazpacho",
"Asparagus & Parmesan pastries",
"App onlyTurmeric spiced chicken, pickled cucumber & crispy rice bowls
with chilli peanut sauce. This is a premium piece of content available to
registered users.",
"Sausage hotpot",
"BBQ salad pizza",
"Easy salad dressing",
"Charred sweetcorn salsa",
"Healthier potato salad",
"Turkey chilli & rice tacos",
"Greek lamb with orzo",
"Barley couscous & prawn tabbouleh",
"Parmesan pork with tomato & olive spaghetti",
"Golden syrup broccoli noodles",
"Feta & peach couscous",
"Chicken gumbo",
"Cherry scones",
"Sweet potato & rosemary soup with garlic toasts",
"Tofu with chilli & greens",

"Sourdough hot cross buns",
"Two bean & herb salad",
"App onlyChicken pesto orzo salad. This is a premium piece of content available to registered users.",
"Spring chicken paella",
"Black pepper chicken & lemon yogurt",
"Spice-rubbed haddock fillets on orange & parsley couscous",
"Vegan ginger loaf cake",
"Christmas biscuits",
"Gnocchi cacio e pepe",
"Spicy tuna & chickpea patties",
"Air-fryer pork belly",
"Easy salad dressing",
"Turkey chilli jacket potatoes",
"Vegan squash, onion and pistachio salad",
"Microwave jambalaya",
"Scrambled egg stir-fry",
"Bay-crumbled salmon with creamed spinach & wild mushrooms. This is a premium piece of content available to registered users.",
"Weaning recipe: Spinach, sweet potato & yellow split pea purée",
"Coconut & turmeric baked chicken thighs",
"Foolproof slow roast chicken",
"Chicken chilli con carne",
"Charred sweetcorn salsa",
"Tofu with chilli & greens",
"Healthier potato salad",
"Barley couscous & prawn tabbouleh",
"Parmesan pork with tomato & olive spaghetti",
"Really simple cranberry sauce",
"Gremolata prawn pasta",
"Roasted pepper linguine with crisp crumbs",
"Easy banoffee pie",
"Turkey chilli & rice tacos",
"Cherry scones",
"Sourdough hot cross buns",
"Cranberry sauce with port & star anise",
"Spice-crusted aubergines & peppers with pilaf",
"Sweet potato & rosemary soup with garlic toasts",
"Slow-roast Persian lamb with pomegranate salad",
"Black pepper chicken & lemon yogurt",
"Christmas biscuits",
"Spring chicken paella",
"Christmas pudding cheesecake. This is a premium piece of content available to registered users.",
"Basic fondant potatoes",
"Gnocchi cacio e pepe",
"Smoky chicken skewers",
"Air-fryer fish & chips",
"Air-fryer pork belly",
"Bay-crumbled salmon with creamed spinach & wild mushrooms. This is a premium piece of content available to registered users.",
"Salmon egg-fried rice",
"Pepper & walnut hummus with veggie dippers",
"Soft-boiled eggs with chorizo soldiers",
"Easy banoffee pie",
"Gluten-free banana bread",
"Spiced aubergine bake",
"Blackberry pie",
"Kale tabbouleh",
"Oven baked chicken breast",

"Vanilla, apple & ginger biscuit fool",
"Creamy halloumi & tomato curry",
"Greek lamb & macaroni bake",
"One-pot chicken & chickpea pilau",
"Lemon sponge cake",
"Air fryer sweet potato fries",
"Beetroot & lentil tabbouleh",
"Chicken, leek & ham pie",
"Cheese & chilli melts",
"Pad Thai",
"Puffed salmon & spinach fish pie",
"Dhal with garam masala carrots",
"Coconut & turmeric baked chicken thighs",
"Cheese & bacon scone pizza",
"Baked Salmon & Leek parcel",
"Gremolata prawn pasta",
"Indian koftas with mint yogurt & flatbreads",
"Really fruity strawberry jam",
"Cranberry sauce with port & star anise",
"Squash & ricotta wraps with coriander salsa",
"Spinach-stuffed pizza pies",
"Avocado, roasted broccoli & sesame rice salad",
"Summer beans on toast with prosciutto",
"Basic fondant potatoes",
"Christmas pudding cheesecake. This is a premium piece of content available to registered users.",
"Slow-roast Persian lamb with pomegranate salad",
"Curried brisket ramen",
"Chicory, sausage & black olive polenta tart",
"Spiced aubergine bake",
"Fudgy dark chocolate cake",
"Fluffy American pancakes",
"Salmon egg-fried rice",
"Chicken & chorizo rice pot",
"Tender duck & pineapple red curry",
"Vegetarian lentil stew",
"Poached salmon with tarragon",
"Air-fryer fish & chips",
"Tortellini with ricotta, spinach & bacon",
"Italian kale",
"Courgette & ricotta pasta",
"Easy jam tarts",
"Hearty lamb & barley soup",
"Seafood fideuà",
"Raspberry & white chocolate muffins",
"Vegetable pasta bake",
"Easy ratatouille with poached eggs",
"Triple chocolate cookies",
"Curried parsnip soup shots",
"Beetroot & red onion tarte tatin",
"Cured salmon build-your-own bagel board",
"Beer-battered fish tacos",
"Smoky aubergine & red pepper salad",
"Southern fried chicken",
"Salmon egg-fried rice",
"Mince & pea pies",
"Air-fryer fish & chips",
"Tender duck & pineapple red curry",
"Tortellini with ricotta, spinach & bacon",
"Beef bourguignon with celeriac mash",

"Cured salmon build-your-own bagel board",
"Smoked mackerel on toasted crumpets",
"Ginger chicken udon noodles",
"Triple chocolate cookies",
"Easy ratatouille with poached eggs",
"Curried parsnip soup shots",
"Spring one-pot roast chicken",
"Pesto pasta",
"Cherry chocolate meringue pots",
"Egyptian egg salad",
"Prawn & lime noodles",
"Steamed bass with garlic & chilli",
"Smoky aubergine & red pepper salad",
"Feta tabbouleh with aubergines",
"Honey & mustard steak with mushrooms",
"Lemon drizzle cakes",
"Deli-style stuffed falafel wrap",
"Sugar-free lemon drizzle cake",
"Leek & bacon soup",
"Weaning recipe: Chicken & mixed veg purée",
"Braised chicken & beans",
"Creamy Aji green sauce",
"Mushroom, spinach & potato pie",
"Prawn & lime noodles",
"Fajita seasoning",
"Braised chicken & beans",
"Honey & mustard steak with mushrooms",
"Deli-style stuffed falafel wrap",
"Creamy Aji green sauce",
"Mushroom, spinach & potato pie",
"Perfect pak choi",
"Mini quiches",
"Grilled halloumi with spiced couscous",
"Ham, cheese & homemade pickle bloomer",
"Lemon sponge cake",
"Baked sea bream with tomatoes & coriander",
"Banana traybake with cream cheese frosting",
"Cajun chicken & chunky bean salsa",
"Faggots with onion gravy",
"Pasta with creamy greens & lemon",
"Bubble & squeak",
"Vegetarian gravy",
"Aubergine, tomato & halloumi pie",
"Glamorgan sausages",
"Cheesy garlic baguette",
"Rhubarb cordial",
"One-pan herby roast lamb with lemon, potatoes & feta",
"Lamb & apricot stew",
"Cheesy turkey nuggets with smoking chips",
"Sausage casserole with garlic toasts",
"Cajun turkey wraps with sweetcorn salsa",
"Lemon & raspberry baskets",
"Lamb shank madras",
"Aubergine, tomato & halloumi pie",
"Glamorgan sausages",
"One-pan herby roast lamb with lemon, potatoes & feta",
"Rhubarb cordial",
"Cheesy turkey nuggets with smoking chips",
"Lamb & apricot stew",
"Cajun turkey wraps with sweetcorn salsa",

"Sausage casserole with garlic toasts",
"Lamb shank madras",
"Gnocchi traybake with lemony ricotta",
"Bread and butter pudding",
"Beetroot, feta & grain salad",
"Sausage pasta bake",
"Chicken & ham casserole with mustardy dumplings",
"Stir-fried curly kale with chilli & garlic",
"Tomato & halloumi slice",
"Cheesy celeriac, leek & rosemary gratin",
"Easy patatas bravas",
"App onlyFettuccine with walnut & sage pesto. This is a premium piece
of content available to registered users.",
"Air fryer pork joint",
"Hazelnut & mustard carrots",
"Doner kebab",
"Danish-style yellow split pea soup",
"Baba ganoush",
"Hot herb butter prawns",
"Vegetable stew with herby dumplings",
"Soft polenta with roast squash, kale & hazelnuts",
"Next level sweet and sour chicken",
"Spiced pepper pilafs",
"Goat's cheese, pear & walnut tartines",
"Mini chicken fajitas",
"Caraway seed cake",
"Rhubarb cordial",
"Air fryer brownies",
"Lamb & apricot stew",
"Slow cooker breakfast beans",
"Cauliflower tempura",
"Easy naan bread",
"Salmon coulibiac",
"Crumpets",
"Smoked haddock & creamed corn curry",
"Miso brown rice & chicken salad",
"Slow cooker rice pudding",
"Fajita seasoning",
"Spanish rice with squid, prawn & fennel",
"Lamb shank madras",
"Air fryer loaded frittata with bacon & cheddar",
"Pepper-crusted salmon with garlic chickpeas",
"Mojito recipe",
"Teriyaki tofu",
"Baked sea bream with tomatoes & coriander",
"Classic white loaf",
"Silly twits ice cream",
"App onlyPulled chicken bowl. This is a premium piece of content avail
able to registered users.",
"Elderflower crunch cake",
"Chicken, squash & pesto lasagne",
"Spiced braised venison with chilli & chocolate",
"Pasta with creamy greens & lemon",
"Easy lemon chicken",
"Homemade rosemary crackers",
"Goat's cheese, pear & walnut tartines",
"Berry crumble pots",
"Pesto salmon & bean gratins",
"Pear crumble",
"Banana blueberry muffins",

"Balsamic feta & mint puy lentils",
"Roasted carrot & whipped feta tart",
"Chicken pot pie",
"Banana traybake with cream cheese frosting",
"Faggots with onion gravy",
"Aubergine, tomato & halloumi pie",
"Vitality chicken salad with avocado dressing",
"Slow cooker lamb tagine",
"Apple prosecco punch",
"Cauliflower curry",
"Cinnamon & apricot trail mix",
"Glamorgan sausages",
"Mediterranean stuffed peppers",
"Lemon chicken",
"Spinach & sweet potato tortilla",
"Barcelona baguette",
"Easy Spanish chicken",
"App onlyBanoffee pie pancakes. This is a premium piece of content available to registered users.",
"Lime & coconut dhal",
"Danish-style yellow split pea soup",
"Eggs benedict",
"App onlyHoneyed ham chop, egg & gherkin butter. This is a premium piece of content available to registered users.",
"Salmon & cucumber sushi rolls",
"Lincolnshire sausage & lentil simmer",
"Sticky chicken & chorizo skewers",
"Easy chocolate brownie cake",
"Sticky chicken & chorizo skewers",
"Perfect porridge",
"Bread in four easy steps",
"Borlotti bean & white fish stew",
"Cranberry & Champagne sauce",
"Whole baked fish with watercress & chilli salsa",
"Vegan mushroom & potato hash",
"Buttered peas & leeks",
"Paprika potato wedges",
"Miso mushroom & halloumi burgers",
"3-veg mac 'n' cheese",
"Crumpets",
"Jammy blackberry & almond crumble cake",
"Crushed roots with walnut & mace butter",
"Ricciarelli biscuits",
"Herby orzo & lemon salad",
"Smoky spiced Jollof rice & coconut-fried plantain",
"Mexican rice",
"Veggie burritos",
"Individual butternut squash wellingtons",
"Rosti fish cakes",
"Roasted stuffed cauliflower",
"Soup maker carrot and coriander soup",
"Apple flapjacks",
"Cranberry & raspberry smoothie",
"Carla's Leek & cheese muffins",
"Protein flapjacks",
"Grilled lobster tails with lemon & herb butter",
"Spicy roasted parsnip soup",
"Greek lamb tray bake",
"Summer salad bowl",
"Cranberry & Champagne sauce",

"Paprika potato wedges",
"Miso mushroom & halloumi burgers",
"Jammy blackberry & almond crumble cake",
"Salmon & cucumber sushi rolls",
"Seven-cup muesli",
"Buttered peas & leeks",
"Creamy chicken pasta",
"Fennel gratin",
"Stuffed pumpkin",
"Ricciarelli biscuits",
"Veggie burritos",
"Herby orzo & lemon salad",
"Smoky spiced Jollof rice & coconut-fried plantain",
"Individual butternut squash wellingtons",
"Mexican rice",
"Soup maker carrot and coriander soup",
"Blackberry & coconut squares",
"App onlyWatch John's slow-cooked Greek lamb. This is a premium piece
of content available to registered users.",
"Apple flapjacks",
"Sausage, fennel & rocket fusilli",
"Squash, winter herb & crispy butter bean pie",
"One-pot cabbage & beans with white fish",
"Carla's Leek & cheese muffins",
"Grilled lobster tails with lemon & herb butter",
"Protein flapjacks",
"Sweet potato & orange mash with sage butter drizzle",
"Edible cookie dough",
"Banana blueberry muffins",
"Lincolnshire sausage & lentil simmer",
"Pea-camole",
"Easy lemon chicken",
"White fish with sesame noodles",
"Caramelised banana & chocolate galette",
"The ultimate makeover: Chocolate mousse",
"Microwave brownies",
"Oven-roasted sweet potatoes",
"Broccoli & goat's cheese pizzettes",
"Chicken pot pie",
"Roasted carrot & whipped feta tart",
"Pear crumble",
"Tuna & sundried tomato pasta bake",
"Easy vanilla cupcakes",
"Baked courgette & tomato gratin",
"Pizza",
"Thai-style fish broth with greens",
"Elderflower crunch cake",
"Green bean & penne salad with tomato and olive dressing",
"App onlyRoast beef with spicy greens & avocado sauce. This is a premi
um piece of content available to registered users.",
"Potato, pepper & chorizo stew with fried eggs",
"Poached eggs with smoked salmon and bubble & squeak",
"Linguine with garlic butter prawns",
"Poached egg with spicy rice",
"Slow-cooked harissa lamb",
"Sticky hoisin sausages",
"Easy Spanish chicken",
"Griddled courgette & seafood lasagne",
"Ham, mushroom & spinach frittata",
"Green bean & penne salad with tomato and olive dressing",

"Sticky baked meatloaf with avocado & black bean salsa",
"Thai chicken and sweet potato soup",
"Cheesy leeks",
"Cornbread muffins",
"Sticky slow-roast belly of pork",
"Gnocchi with blue cheese and long-stem broccoli",
"Goat's cheese, tomato & olive triangles",
"Cauli-kale sausage bake",
"Diet cola chicken",
"Lahori chanay ki daal",
"Chicken & broccoli pasta bake",
"Hummus & avocado sandwich topper",
"Ring doughnuts",
"Lime & pepper chicken wraps",
"Easy prawn green curry rice bowl",
"Omelette wedges",
"Blackberry & coconut squares",
"Mediterranean fish gratins",
"Flummery",
"Minty roast veg & hummus salad",
"Baked fish with mint & mango relish",
"Lime cheesecake",
"Golden syrup dumplings",
"Easy caponata",
"Pizza",
"Easy pesto, cheese & pea tart",
"Vegan waffles",
"Courgette, feta & mint salad",
"App onlyWatch John's slow-cooked Greek lamb. This is a premium piece of content available to registered users.",
"Italian tomato & artichoke platter",
"App onlyAir fryer sweet potato hash. This is a premium piece of content available to registered users.",
"Matar paneer",
"Gingerbread loaf cake",
"Family meals: Easy fish cakes",
"Air fryer arancini",
"One-pot chicken, pumpkin & pepper rice",
"Orange & white chocolate sponge",
"Pan-fried venison with blackberry sauce",
"Poke bowl",
"Spiced chicken kebabs with chopped salad & flatbreads",
"Caramelised banana & chocolate galette",
"Griddled glazed vegetable kebabs",
"Blackberry muffins",
"Beef & Guinness stew with bacon dumplings. This is a premium piece of content available to registered users.",
"Prawn, pumpkin & coconut stew",
"One-pan sirloin steak & creamy mushroom sauce",
"Creamy sausage cannelloni",
"Chicken & basil meatballs",
"Chicken in white wine sauce",
"Spiced roasted apples & blackberries",
"Crunchy detox salad",
"Blueberry cheesecake brûlée pots",
"Steak lettuce cups",
"Raspberry & blueberry lime drizzle cake",
"White fish with sesame noodles",
"Salted caramel chocolate torte",
"Pancetta, cheddar & cranberry croquettes",

"Soy & ginger salmon with soba noodles",
"Curried butter-baked cod with cauliflower & chickpeas",
"Spiced roasted apples & blackberries",
"Grilled courgette & halloumi salad with caper & lemon dressing",
"Crunchy detox salad",
"Blueberry cheesecake brûlée pots",
"Chicken, goat's cheese & cherry tomato bake",
"Steak lettuce cups",
"Italian-style roast cabbage wedges with tomato lentils",
"Salted caramel chocolate torte",
"Pancetta, cheddar & cranberry croquettes",
"Soy & ginger salmon with soba noodles",
"Curried butter-baked cod with cauliflower & chickpeas",
"Green burgers",
"Mushroom omelette",
"Cumin-roasted broccoli with preserved lemon yogurt",
"Cheese & leek toasties with quick pickle",
"Sausage roll wreath",
"Chocolate ganache with sea salt, olive oil & toasts",
"Venison steak with Port sauce",
"Paella mixta",
"Mexican steak with beans",
"Spiced plum & coconut cake",
"Fiorentina baked pasta",
"Runner bean & prosciutto pasta",
"Curried sweetcorn soup with chicken",
"Pilchard puttanesca",
"Summer fish stew with rouille",
"Spicy pork & aubergine",
"Easy strawberry mousse",
"Kaju katli (Kaju barfi)",
"Teriyaki sauce",
"Turkey & parsnip curry",
"Spiced plum & coconut cake",
"Fiorentina baked pasta",
"Runner bean & prosciutto pasta",
"Curried sweetcorn soup with chicken",
"Pilchard puttanesca",
"Spicy pork & aubergine",
"Easy strawberry mousse",
"Summer fish stew with rouille",
"Kaju katli (Kaju barfi)",
"Urad dhal",
"Teriyaki sauce",
"Toasted quinoa, lentil & poached salmon salad",
"Garlic chilli prawns with sesame noodles",
"Vegetarian spring rolls",
"Plum crumble",
"Sticky pork with gingered noodles & kale",
"Shredded charred corn salad",
"Ale-glazed beef fillet with a crispy onion crust",
"Spanish chicken",
"Goat's cheese & thyme stuffed chicken",
"One-pot paneer curry pie",
"Chicken & chickpea curry",
"Slow cooker beef brisket",
"Peach cobbler",
"Seeded oatcakes",
"Hot chocolate bombs",
"App onlySpiced yogurt barbecue chicken. This is a premium piece of co

ntent available to registered users.",
"Marinated lamb steaks with barley salad",
"Snickerdoodles",
"Venison cottage pie",
"Chana daal chaat with tamarind & herbs",
"Charred onion & whipped feta flatbreads",
"Congee with soy eggs",
"Stir-fried greens with fish sauce",
"Slow cooker bread",
"Salmon spaghetti soup with broccoli pesto",
"Spiced apple crisps",
"Air fryer steak",
"Black beans & rice",
"App onlyOne-pan hot honey & mustard parsnips & chicken thigh traybake",
e. This is a premium piece of content available to registered users.",
"Pesto & tomato pasta with crispy crumbs",
"App onlyRoasted harissa red cabbage with coriander & almond bulgur. This is a premium piece of content available to registered users.",
"Sprouts with pork & peanuts",
"Air fryer lemon drizzle cake",
"Summer fruit drizzle cake",
"Lighter massaman chicken curry",
"Chilli & tangerine braised lentils",
"Courgette loaf cake",
"Jam doughnut pancakes",
"Slow-roast pork with apples & peppers",
"Cherry smoothie",
"Instant meatballs with penne pasta",
"Oatmeal raisin cookies",
"App onlySticky orange tofu with veg-fried noodles. This is a premium piece of content available to registered users.",
"Sweet balsamic pork with caraway slaw",
"Cloud eggs",
"Sugared scones",
"Chocolate fairy cakes",
"Mango & cardamom syllabub",
"Pigs-in-blankets Christmas stuffing balls",
"Spaghetti with caramelised onion, kale & gorgonzola",
"Feta, avocado & red pepper salad with honey-lime dressing",
"Fruity biscotti",
"Vegetarian cottage pie",
"App onlySpiced yogurt barbecue chicken. This is a premium piece of content available to registered users.",
"Scalloped potatoes",
"Tilapia in Thai sauce",
"Caponata",
"Korean fishcakes with fried eggs & spicy salsa",
"Tomato, ricotta & oregano toast",
"Spicy Indian rice",
"Lamb kleftiko",
"Warm mackerel & beetroot salad",
"Chocolate & ginger honeycomb cheesecakes",
"Leek, mushroom & gruyère quiche",
"Pickled cucumbers with dill & spice",
"Jerk chicken with rice & peas",
"Quinoa, peach & ginger bircher",
"Simple port & cranberry sauce",
"One-pot paneer curry pie",
"Barley, chicken & mushroom risotto",
"Make-ahead hearty hotpot",

"Yum yums",
"Swiss roll",
"Macaroni cheese with bacon",
"Almond milk",
"Honey & soy chicken with sesame broccoli",
"Pistachio cupcakes",
"Caramelised carrots & onions",
"Peach cobbler",
"Baked potatoes",
"Vegetarian carbonara",
"Spanish chicken",
"Chocolate orange baked cheesecake",
"Purple sprouting broccoli orecchiette with an almond crumb",
"Green tea with grapefruit",
"Butternut squash pilaf",
"Empanada-style Sri Lankan fish patties with curry aioli",
"Vegetarian Thai green curry",
"Spiced apple crisps",
"Homemade soft pretzels",
"Onion & goat's cheese tarts",
"Salmon spaghetti soup with broccoli pesto",
"French apple tart",
"Chocolate traybake",
"Amalfi lemon, chilli & anchovy spaghetti",
"Chilli & ginger squash with kale & quinoa",
"Slow cooker mac 'n' cheese",
"Mackerel paté",
"Rich ragu",
"New! Baharat chicken with mandarin & chickpeas. This is a premium piece of content available to registered users.",
"Beer mac 'n' cheese",
"Sticky spiced lamb shanks",
"Make-ahead Prosecco & wild mushroom gravy",
"Pickled cucumbers with dill & spice",
"Sticky thyme & mustard bacon chops",
"Simple port & cranberry sauce",
"Ultimate Seville orange marmalade",
"Layered tofu pasta bake",
"New! Baharat chicken with mandarin & chickpeas. This is a premium piece of content available to registered users.",
"Sticky spiced lamb shanks",
"Layered tofu pasta bake",
"Sticky thyme & mustard bacon chops",
"Ultimate Seville orange marmalade",
"Make-ahead Prosecco & wild mushroom gravy",
"Basic tomato sauce",
"Trout with crisp bacon crust",
"Satay chicken & mango wraps",
"Pork & noodle pan-fry with sweet & spicy sauce",
"Slow-roast pork with apples & peppers",
"Vegan pulled BBQ jackfruit",
"Chicken tagine with spiced brussels sprouts & feta",
"Vegan gravy",
"Yorkshire puddings for two",
"Turmeric smoothie bowl",
"Curried butter beans with onions, three ways",
"Doughnut dough",
"Cheesy tuna melts",
"Warm salad of asparagus, bacon, duck egg & hazelnuts",
"Vietnamese-style veggie hotpot",

"Classic burger sauce",
"Basic shortcrust pastry",
"Potato skin tacos",
"Seeded wholemeal loaf",
"One-pan roast duck legs with white beans & carrots",
"Spicy Indian rice",
"Slow roast leg of lamb",
"Sticky toffee banana bread",
"Curried tofu wraps",
"Curried butter beans with onions, three ways",
"Turmeric smoothie bowl",
"Lychee & ginger sorbet",
"Doughnut dough",
"Tomatoes stuffed with pesto rice",
"Warm salad of asparagus, bacon, duck egg & hazelnuts",
"Vietnamese-style veggie hotpot",
"Classic burger sauce",
"Melting cheese courgettes",
"Basic shortcrust pastry",
"Slow cooker pork shoulder",
"Blue cheese sauce",
"Seeded wholemeal loaf",
"One-pan roast duck legs with white beans & carrots",
"Sticky toffee banana bread",
"Potato skin tacos",
"Curried tofu wraps",
"New potato & tamarind salad",
"Cookies & cream party cake",
"Blinis with crème fraîche, roast beef & cornichons",
"Aubergine with prawns in oyster sauce",
"Ginger chicken",
"Ham & tarragon pot pie",
"Mulled wine brownies",
"Feta-crusted lamb with rich tomato sauce",
"Cannellini bean & fennel ragu",
"Turkey tabbouleh",
"Curried spring veggie pilaf",
"Butternut squash & cherry tomato crumble",
"Spicy sausage & bean one-pot",
"Griddle scones with honey",
"Spring greens carbonara",
"Tex-Mex beef tacos",
"Mexican soup with chicken",
"Homemade sourdough bread",
"Fish tacos",
"Mulled apple juice",
"Orzo & mozzarella salad",
"Warm sausage & broccoli pasta salad",
"Peppermint hot chocolate",
"Plum upside-down cake",
"Sourdough cinnamon buns",
"Creamy smoked salmon, leek & potato soup",
"Schnitzel sandwich",
"Raspberry cake",
"Coconut carrot slices",
"Red lentil & coconut soup",
"Roast chicken with sweet potato gremolata salad",
"Veggie peanut noodles with coriander omelette ribbons",
"Spiced beetroot chutney",
"Garlicky lamb with peppers & couscous",

"Radish, lentil & mint salad",
"Linguine with tuna sauce",
"Paella in the oven",
"Crispy fried chicken",
"Tomato galette",
"Cranberry & lentil bake",
"Homemade kefir",
"Keto doughnuts",
"Weaning recipe: Carrot & swede purée",
"Red cabbage with mulled Port & pears",
"Mince & tatties",
"Smoked trout & horseradish pâté",
"Cod & tomato traybake",
"Yorkshire puddings for two",
"Crispy baked potatoes with spring onions",
"Cranberry, pumpkin seed & caramel flapjacks",
"Basic shortcrust pastry",
"Drop scones (scotch pancakes)",
"Creamy chicken & sweetcorn soup",
"Queen of pudding cakes",
"Jerk chicken & mango bowl",
"Simple heart of palm & tomato salad",
"Chocolate chip traybake",
"Classic burger sauce",
"Buckwheat with charred baby aubergines",
"New potato & tamarind salad",
"Sauerkraut pierogi",
"Lentil kofta with orzo & feta",
"Rooibos & pear tea",
"Mini schnitzels with garlic sauce",
"Cannellini bean & fennel ragu",
"Nduja lasagne",
"Baked conchiglioni with sausage, sage & butternut squash",
"Purée de châtaignes (chestnut purée)",
"Noodles with crispy chilli oil eggs",
"Chunky sweetcorn, haddock & potato soup",
"Curried spring veggie pilaf",
"Salmon & asparagus quiche",
"Peanut butter & jam flapjacks",
"Roasted cauliflower cheese filo pie",
"Coconut carrot slices",
"Stir-fried ginger miso steak with broccoli",
"Radish, lentil & mint salad",
"Crunchy chopped salad",
"Paella in the oven",
"Salmon & prawns with dill & lime aioli",
"Mince & tatties",
"Spanish ham with crusty bread & chopped tomato",
"Creamy smoked salmon, leek & potato soup",
"Spiced beetroot chutney",
"Lentil kofta with orzo & feta",
"Rooibos & pear tea",
"Chorizo & soft-boiled egg salad",
"Simple salmon with spring pasta",
"Steak & blue cheese pie",
"Zesty beetroot with watercress",
"Quick prawn cocktail salad",
"Weaning recipe: Carrot & swede purée",
"Cauliflower salad",
"Simple chocolate sauce",

"Cranberry & lentil bake",
"Chocolate chip traybake",
"Smoky chicken, bean & kale stew",
"Beef stir-fry",
"Manchego & chorizo melting biscuits",
"Oven-baked pork chops",
"Chunky sweetcorn, haddock & potato soup",
"Warm spring vegetables",
"Baked conchiglioni with sausage, sage & butternut squash",
"Fresh fig chutney",
"Quick prawn cocktail salad",
"Roasted garlic & parmesan sprouts",
"Cinnamon tea",
"Simple chocolate sauce",
"Chimichurri-style steak sarnies & cheat's spicy fries",
"Seafood, pineapple & coconut kebabs",
"Chocolate chip traybake",
"Beef stir-fry",
"Manchego & chorizo melting biscuits",
"Oven-baked pork chops",
"Chunky sweetcorn, haddock & potato soup",
"Warm spring vegetables",
"Baked conchiglioni with sausage, sage & butternut squash",
"Spicy clam & kale linguine",
"Marinated bavette steak",
"Pork & apple burgers",
"Gingered chicken patties",
"Squished tomato pasta sauce",
"Mini toad-in-the-holes",
"App onlyChicken & courgette fried rice. This is a premium piece of content available to registered users.",
"White chocolate berry cheesecake",
"Crisp chicken burgers with lemon mayo",
"New England clam chowder",
"Potato & salmon grill",
"Dough balls with garlic butter",
"Cajun chicken gumbo",
"Mango chutney baked feta with lentils",
"Vanilla milkshake recipe",
"Pea, feta & summer herb frittata",
"Lamb meatballs & green tahini tabbouleh",
"Mini bakewell tarts",
"App onlyScandi-style meatballs with gravy. This is a premium piece of content available to registered users.",
"Alfredo sauce",
"Chargrilled turkey with quinoa tabbouleh & tahini dressing",
"Halloumi, watermelon & mint salad",
"Sichuan-style pork & green bean stir-fry",
"Nduja pasta",
"Cream cheese & cucumber sandwiches",
"Lemonade scones",
"Spiced vegetable pilaf",
"Spicy courgette pitta pockets",
"Aubergine, tomato & Parmesan bake (Melanzane alla Parmigiana)",
"Mint chocolate truffles",
"Creamy pesto with prosciutto dippers",
"Wedding cake - rich dark chocolate cake",
"Kale with chana & coconut",
"Almond, cashew & honey butter",
"Blueberry cake",

"Stir-fried beef with ginger",
"One-pan smoky beans & sausage meatballs",
"Crisp Italian chicken & polenta",
"Ginger beer & tangerine glazed ham",
"Puff pastry pizzas",
"Niçoise chicken salad",
"Apricot & pistachio frangipane blondies",
"Vegan mushroom stroganoff",
"Thai turkey burgers",
"Tonkatsu pork",
"Cheddar & sage scones",
"Vegan mushroom stroganoff",
"Thai turkey burgers",
"Tonkatsu pork",
"Cheddar & sage scones",
"New! Takeaway-style mushrooms & 'egg'. This is a premium piece of content available to registered users.",
"Salmon with salsa verde new potatoes",
"Salmon & asparagus one-pot gratin",
"Cake pops",
"Tangy roast pepper & walnut dip",
"Akoori (Indian scrambled eggs)",
"Air fryer pork chops",
"Cherry crumble cake",
"Beef & salsa burgers",
"Cinnamon balls",
"Summer fruit quinoa salad",
"French country fish & mussel stew",
"Aubergine parmigiana lasagne",
"For-the-freezer ratatouille",
"Whole roasted salmon",
"Piri-piri fish & chips with spicy peas",
"Peach Melba squares",
"Date & tahini porridge",
"Home-style lamb curry",
"Cheeseboard macaroni cheese",
"Speedy chorizo ragu lasagne",
"Indian minced lamb skewers",
"Miso-roasted aubergine steaks with sweet potato",
"Spicy black bean tacos",
"Rainbow winter dips & crudités",
"Pearl barley salad with squash",
"Herby aubergine & tomato salad",
"Tangy chicory salad",
"Scrambled omelette toast topper",
"Herb-roasted rack of lamb with butter bean dauphinoise",
"Bang bang cauliflower",
"Whole roasted salmon",
"Cajun chicken gumbo",
"Poached eggs on avocado & feta toast",
"Chicken tinga tacos",
"New England clam chowder",
"Celeriac soup",
"Akoori (Indian scrambled eggs)",
"Roasted rhubarb",
"White chocolate & raspberry cake",
"Pearl barley salad with squash",
"Chorizo chicken with chilli wedges",
"Indian minced lamb skewers",
"Spanish lamb with sherry, honey & peppers",

"Tomato kachumber",
"Vanilla milkshake recipe",
"Caramel ripple cheesecake cups",
"Orecchiette with anchovies & purple sprouting broccoli",
"Sausage & butter bean stew",
"Swedish meatball burgers",
"Warm roasted squash and puy lentil salad",
"Buttered toast bread sauce",
"Lamb with buckwheat noodles & tomato dressing",
"Spicy black bean tacos",
"Easy lemon posset",
"Lemon pollock with sweet potato chips & broccoli mash",
"Fattoush salad",
"Buttered toast bread sauce",
"Tomato kachumber",
"Stewed rhubarb",
"Wedding cake - rich dark chocolate cake",
"Railway lamb curry",
"Lamb with buckwheat noodles & tomato dressing",
"Kale with chana & coconut",
"Sichuan-style pork & green bean stir-fry",
"Spicy courgette pitta pockets",
"Squash & halloumi flatbreads with sweet chilli beetroot jam",
"Spiced vegetable pilaf",
"One-pot beef brisket & braised celery",
"Chipotle chicken tacos with pineapple salsa",
"Tangy turkey sloppy joes with celeriac slaw",
"Boozy baked caramelised bananas",
"Molten cheese-stuffed burgers",
"Blueberry cake",
"Maple plum crumble",
"Roast pepper pesto with pasta",
"Huevos rancheros",
"Lemon pollock with sweet potato chips & broccoli mash",
"Soda farls",
"Sweet potato & spinach bake",
"Sesame, edamame & chicken noodle salad",
"Vegan Christmas pudding",
"Ginger & sesame sprouts",
"Slow cooker lamb stew",
"Spicy chicken & veg stir-fry",
"Prawn fajitas with avocado cream",
"Flaked salmon salad with honey dressing",
"Sesame & lime salad dressing",
"Flourless brownies",
"Pisto con huevos",
"Halloumi fries",
"Air fryer courgette & feta fritters",
"Courgette fritters",
"Shallot & red wine sauce",
"Rhubarb crumble cake",
"App onlySweet potato tacos. This is a premium piece of content available to registered users.",
"Spaghetti with lemon & olives",
"Gingerbread men",
"Chocolate concrete cake",
"Charred veg & tuna niçoise with creamy kefir dressing",
"The ultimate makeover: chocolate brownies",
"One-pan seafood roast with smoky garlic butter",
"Roasted root & chickpea salad",

"Sticky green stir-fry with beef",
"Baked chicken masala with almond pilaf",
"Whiskey sour mocktail",
"Smoky chickpea soup with herbs and yogurt",
"Honeyed carrot soup",
"Thai chicken salad",
"Crunchy raspberry ripple terrine",
"Rhubarb, marzipan & citrus cake",
"Mexican rice with chipotle pork & avocado salsa",
"Hot gumbo dip",
"Steak & stilton bruschetta",
"Mustard potato salad",
"Sweet potato fries",
"Easter traybake",
"Italian meatloaf",
"Bucatini with mushrooms & sausage",
"Fragrant courgette & prawn curry",
"Nankhatai (cardamom biscuits)",
"Herby aubergine & tomato salad",
"Potatoes dauphinoise",
"Sichuan smacked cucumber noodles",
"Spiced honey drizzle cake",
"Basic curried roast chickpeas",
"Date & apple squares",
"Tangy chicory salad",
"Sex on the beach cocktail",
"All-in-one chunky winter broth",
"Bonfire toffee",
"Potato and pea samosas",
"App onlySquash with orzo & roasted garlic & feta sauce. This is a premium piece of content available to registered users.",
"Gammon & cauliflower cheese grills",
"Chicken tinga tacos",
"Pigs-in-blankets toad in the hole",
"Crispy hash browns",
"Crab, lime & chilli toasts",
"Spicy prawn noodle salad",
"Chunky Mediterranean tomato soup",
"Minced beef wellington",
"Black Forest trifle",
"One-pot coconut fish curry",
"Gammon with watercress & mustard lentils",
"Rock cakes",
"Easy Italian bean salad",
"Gazpacho with runner bean tempura & pickled coriander seeds",
"Lighter Sweet & sour pork",
"Empire biscuits",
"Ginger chicken curry bowl",
"Speedy lamb & spinach curry",
"Cheesy ham hock, spinach & ricotta lasagne",
"Pork stroganoff",
"Sweet potato fries",
"Cappuccino cake",
"Bucatini with mushrooms & sausage",
"Raspberry coulis",
"Potatoes dauphinoise",
"Domino potatoes",
"Roast pepper pesto with pasta",
"Slow-cooked lamb with onions & thyme",
"Courgette & broad bean risotto with basil pesto",

"Springtime peas & greens",
"Easy fudge",
"Bacon & avocado frittata",
"Pisto con huevos",
"Next level sticky toffee pudding",
"Flaked salmon salad with honey dressing",
"Vegetarian wraps",
"Shallot & red wine sauce",
"Easy creamy chicken and leek pie",
"Walnut & red pepper pesto pasta",
"Kids' club sandwiches",
"Creamy pork & pear cassoulet",
"Flourless brownies",
"Sweet & sticky chicken noodles",
"Pumpkin & bacon soup",
"Easy venison pie",
"Big chicken & crouton salad",
"Pigs-in-blankets toad in the hole",
"Ham, cheese & mushroom turnovers",
"Avocado, labneh, roasted carrots & leaves",
"Honeyed carrot soup",
"Sticky glazed gammon",
"Rigatoni with rich mushroom sauce",
"App onlyTurkey & pesto croissants. This is a premium piece of content available to registered users.",
"Chocolate concrete cake",
"Keto brownies",
"Lighter fennel & potato gratin",
"Cheese & jalapeno bites with salsa & mojitos",
"Chorizo & fried egg wraps",
"Roasted carrot, spelt, fennel & blood orange salad",
"Warm avocado salad with spicy chorizo",
"Prawn & beansprout omelette baguette",
"Rotis (chapatis)",
"Miso steak",
"New!Chicken, turmeric & coconut stew with sweet potato. This is a premium piece of content available to registered users.",
"App onlyCaramelised onion, squash & gruyère tart. This is a premium piece of content available to registered users.",
"Chicken parmo",
"Bacon, courgette & caper one-pot pasta",
"Fat rascals",
"Chipotle hasselback sweet potatoes",
"Next level chicken burgers",
"Beetroot & chilli salsa",
"Greek roast lamb",
"Chicken mole with coriander rice",
"Carrot lemonade",
"Creamy mustard pork",
"Air fryer garlic bread",
"Fromage frais mousse with strawberry sauce",
"Mojito cake",
"Feelgood fish cakes",
"Chicken kebabs. This is a premium piece of content available to registered users.",
"Basic mayonnaise",
"Prosciutto & pepper pizzas",
"Honey-glazed carrots",
"Lamb & mango curry",
"Chunky Mediterranean tomato soup",

"The ultimate makeover: potato dauphinoise",
"Creamy yogurt porridge with apricot, ginger & grapefruit topping",
"Lamb & spinach spanakopita",
"Tofu & cucumber noodles",
"Baked salmon fillet with pickled cranberries, parsley & pistachios",
"Chocolate crunch bars",
"Saag paneer",
"Easy apple fruit cake",
"Frango churrasco (Grilled lemon & garlic chicken)",
"Hot-smoked salmon salad with a chilli lemon dressing",
"Honeyed winter salad",
"Black Forest trifle",
"Moroccan spiced pie",
"Next level roast turkey",
"Creamy cheese & tomato macaroni",
"Sausage & leek hash",
"Minced beef wellington",
"Easy blueberry muffins",
"Next level chicken burgers",
"Sticky glazed gammon",
"Greek roast lamb",
"Maple-mustard pulled pork",
"Chicken mole with coriander rice",
"Carrot lemonade",
"Creamy mustard pork",
"Roasted carrot, spelt, fennel & blood orange salad",
"Mojito cake",
"Easy spaghetti Bolognese",
"Cheese & pesto whirls",
"Vegan jerky",
"Feelgood fish cakes",
"Fromage frais mousse with strawberry sauce",
"Strawberry cupcakes",
"Basic mayonnaise",
"Microwave penne pappa al pomodoro",
"Hurricane cocktail",
"Beetroot & chilli salsa",
"Whole roasted cauliflower",
"Teriyaki beef & lettuce cups",
"App only Watermelon punch. This is a premium piece of content available to registered users.",
"Sweet potato falafels with coleslaw",
"Fifteens",
"Lamb & mango curry",
"Lemon biscuits",
"Chicken with chorizo, peppers & saffron mash",
"Chorizo & root veg bulgur wheat",
"Pea, pesto & sausage lasagne",
"Slow cooker bone broth",
"Artichoke & olive dip",
"Lemony roast chicken couscous",
"Vegan jerky",
"Italian-style salad with crisp pancetta",
"Air-fryer clementine & chilli halloumi skewers",
"Caramelised mushroom tartlets",
"Honeyed beetroot & carrot salad with feta & hazelnuts",
"Grape jelly",
"BBQ pulled pork burgers",
"Maple-mustard pulled pork",
"Lemony prawn & pea risotto",

"Lighter South Indian fish curry",
"Gooseberry coconut cake",
"Sweet potato falafels with coleslaw",
"Teriyaki beef & lettuce cups",
"Spicy tuna & cottage cheese jacket",
"Tamarind chickpeas",
"Easy spaghetti Bolognese",
"Cucumber & blue cheese canapés",
"One-pan coconut dhal",
"Breakfast naans",
"Chicken, lemon & ricotta meatballs with linguine",
"Cheese & caramelised onion tart",
"Braised beef with ginger",
"Raspberry coconut porridge",
"Classic sponge sandwich",
"Easy caponata stew",
"Prawn sweet chilli noodle salad",
"Spiced chicken & cauliflower pilaf",
"Chocolate fudge sprinkle-crinkle biscuits",
"Spinach smoothie",
"Goan prawn & coconut curry with cumin rice",
"Italian-style salad with crisp pancetta",
"Artichoke & olive dip",
"Caramelised mushroom tartlets",
"Flamiche",
"Grape jelly",
"Korean bibimbap",
"Lemony prawn & pea risotto",
"Chilli cheese omelette",
"Lighter South Indian fish curry",
"Gooseberry coconut cake",
"15-minute summer soup",
"Spicy tuna & cottage cheese jacket",
"Breakfast naans",
"Braised beef with ginger",
"Sherried squash soup",
"Tamarind chickpeas",
"Easy caponata stew",
"Chicken, lemon & ricotta meatballs with linguine",
"Classic sponge sandwich",
"Prawn sweet chilli noodle salad",
"Slow-cooker puttanesca squid",
"Spiced chicken & cauliflower pilaf",
"Chocolate fudge sprinkle-crinkle biscuits",
"Courgette fries",
"Prawn cocktail sandwich topper",
"Chicken casserole with herby dumplings",
"Wild garlic & mushroom lasagne",
"Smoked haddock rarebit",
"Spiced lamb with lemon & herb quinoa",
"Easiest ever bread pudding",
"App onlyGolden spiced pilaf with crispy shallots. This is a premium piece of content available to registered users.",
"Creamy spring greens rigatoni with lemon, bacon & chilli",
"Crispy pan-fried gnocchi",
"Spiced baked figs with ginger mascarpone",
"Cornbread tamale pie",
"Jacket potato with whipped feta & sumac",
"Broad bean & courgette salad",
"App onlyCelery parmigiana. This is a premium piece of content availab

le to registered users.",
 "Turkey steaks with citrus & ginger sauce",
 "Chocolate macarons",
 "Homemade bagels",
 "Frozen banana ghosts",
 "Apple & blueberry Bircher",
 "Smoky pumpkin chilli",
 "Buffalo chicken & blue cheese slaw",
 "Pumpkin spice latte",
 "Lemon biscuits",
 "Meatballs in tomato, cardamom & lime sauce",
 "Easy brownies",
 "Brandy butter",
 "Christmas sticky toffee pudding",
 "App onlyCrispy gnocchi with cavolo nero pesto, asparagus & peas. This
is a premium piece of content available to registered users.",
 "Tomato, runner bean & coconut curry",
 "Irish soda bread",
 "Carrot & swede mash with brown butter & thyme",
 "Pear, pecan & caramel crumble",
 "Hurricane cocktail",
 "Chicken & vegetable stew with wholemeal couscous",
 "Orange polenta cake",
 "Vegan curried coconut stew",
 "Rocky road cheesecake pudding",
 "Marvellous mangoes",
 "Flash-fried prawns with chilli, lemon & parsley",
 "Chorizo & bacon bean stew. This is a premium piece of content availab
le to registered users.",
 "Minted potato salad",
 "Tuna & caper orzo with parsley",
 "Chocolate chip mug cake",
 "App onlySpring green salad with parsley & blue cheese. This is a prem
ium piece of content available to registered users.",
 "Grape jelly",
 "No-bake chocolate tart",
 "Gluten-free banana pancakes",
 "Weaning recipe: Roasted butternut squash & garlic purée",
 "Chicken fajitas",
 "Italian-style salad with crisp pancetta",
 "Triple chocolate cupcake kit",
 "New!Spiced roasted butternut chaat. This is a premium piece of conten
t available to registered users.",
 "Chicken laksa",
 "Sticky carrots with thyme & honey",
 "Chicken Provençal",
 "Lemon curd, mascarpone & passion fruit tart",
 "Roast whole fish with salsa romesco",
 "Herby courgette & white bean salad",
 "Giant peach, nectarine & apricot meringue tart",
 "Dulce de leche",
 "Caramelised mushroom tartlets",
 "Veggie stir-fried noodles",
 "Braised beef with ginger",
 "Tomato, runner bean & coconut curry",
 "Basil & lemon chicken meatballs",
 "App onlyCelery parmigiana. This is a premium piece of content availab
le to registered users.",
 "Courgette chips",
 "Lighter South Indian fish curry",

"Chicken Marengo",
"Rye sourdough bread",
"Harissa chicken traybake",
"Classic sponge sandwich",
"Butterscotch pudding",
"Breakfast naans",
"Harissa roasted squash & feta pie",
"Braised red cabbage",
"Easy brownies",
"White chocolate & raspberry flapjacks",
"Spiced chicken & cauliflower pilaf",
"Smoked haddock rarebit",
"Buttery baked corn on the cob",
"Prawn sweet chilli noodle salad",
"Lemon & herb chicken traybake with butter beans & potato wedges",
"Bavette with chimichurri sauce",
"Smoky rashers & tomatoes on toast",
"Gochujang-glazed celeriac with black beans & green salsa",
"Boerie roll",
"Lemon, Parmesan & pine nut crumbed pork escalopes",
"Mini lentil shepherd's pies",
"Air fryer apple pancakes",
"Mini pumpkin & feta pies",
"Butternut, chestnut & lentil cake",
"Turkey meatball & pineapple curry",
"Smoky sausage & black bean chilli",
"Turkey, bacon & chorizo bombe",
"Minted potato salad",
"Prawn & chorizo skewers with gremolata",
"Feta and aubergine flatbreads",
"App onlyClementine, fennel & cranberry roast salmon. This is a premium piece of content available to registered users.",
"Courgette fries",
"Cheeseboard mac 'n' cheese with cracker breadcrumbs",
"Lamb, squash & apricot tagine",
"Air fryer apple pancakes",
"Raspberry & apple crumble squares",
"Summer chicken & basil stew",
"Spiced carrot & apple muffins",
"Butternut, chestnut & lentil cake",
"Prawn salad with spinach & avocado",
"Leek, bacon & mustard quesadilla",
"Mincemeat custard pies",
"Greek chickpea salad with melting feta",
"Honey & orange roast sea bass with lentils",
"Seeded cheese & chive flapjacks",
"Vanilla custard slices",
"Paneer makhani",
"Black Forest gateau",
"Spicy sardine dip",
"Open prawn cocktail sandwich",
"Beetroot falafel",
"Blackberry coulis",
"Baked raspberry & lemon cheesecake",
"Weaning recipe: Pea pesto with pasta shapes",
"Sweet sourdough",
"Easy veggie red curry noodles",
"Simple roast radishes",
"Mustardy sausage & sprout gnocchi",
"Next level cheese, potato and onion pie",

"Carrot & swede mash with brown butter & thyme",
"Real Spanish omelette",
"Spiced chicken with rice & crisp red onions",
"As-you-like-it tortilla",
"Cookies & cream fridge cake",
"Jacket potatoes with home-baked beans",
"Spicy jerk prawn & mango tacos with coconut dressing",
"Chicken & vegetable stew with wholemeal couscous",
"Steak with chimichurri sauce",
"Strawberry, almond & polenta skillet cake",
"Chocolate honeycomb",
"Seared scallops with sweet chilli sauce",
"Roast vegetable tray",
"Chicken liver & pineau pâté",
"Slow cooker pork belly",
"Roasted squash with crushed pistachios",
"Easy lamb stew",
"Mini pizza quiches",
"Shake-it-up chopped salad",
"Chocolate rice crispy cakes",
"Lychee & rosewater ice cream",
"Easy beef and broccoli",
"Vegan terrine",
"Creamy mushroom soup",
"The ultimate makeover: Steak & kidney pie",
"Easy mincemeat",
"Steak Diane",
"Basil & lemon chicken meatballs",
"Gochujang-glazed celeriac with black beans & green salsa",
"Air fryer ice cream cookie sandwich",
"Prawn & grain poke bowls",
"Cookies & cream fridge cake",
"Barbecued chicken fajita skewers",
"Mini lentil shepherd's pies",
"Next-level egg custard tart",
"Turkey, bacon & chorizo bombe",
"App onlyClementine, fennel & cranberry roast salmon. This is a premium piece of content available to registered users.",
"Slow cooker pork belly",
"Spicy cauliflower rice with minty cucumber raita",
"Easy lamb stew",
"Salt beef on rye bread with mustard sauce",
"Cheeseboard mac 'n' cheese with cracker breadcrumbs",
"Indian crumbed fish with spicy chips",
"The ultimate makeover: Macaroni cheese",
"Guacamole salsa",
"Celeriac, potato & rosemary gratin",
"Braised baby leeks",
"Next level mac 'n' cheese",
"Spiced carrot & apple muffins",
"Griddled salmon with spring onion dressing",
"Rich paprika seafood bowl",
"Honey & orange roast sea bass with lentils",
"Caramelised onion & goat's cheese pizza",
"Easy mincemeat",
"Steak Diane",
"Seeded cheese & chive flapjacks",
"Slow-cooker butter chicken",
"Parmesan spring chicken",
"Millionaire's chocolate brownie tart. This is a premium piece of content"

ent available to registered users.",
"Quinoa, pea & avocado salad",
"Easy chocolate tart",
"Honey-roasted swede with chilli & cumin",
"Vegan cupcakes with banana & peanut butter",
"Apple & cranberry chutney",
"Chana masala",
"Fish and prawn gratins",
"Italian aubergine traybake",
"Maple-glazed hot wings",
"Black treacle & oat soda bread with pickled cucumbers, smoked salmon & homemade butter",
"Salmon & Leek pastry",
"Turbo beans & cheese on toast",
"Fish finger wraps with pea purée",
"California quinoa & avocado salad",
"Gluten-free pizza",
"Chicken & chorizo traybake",
"Prawn & grain poke bowls",
"Salt beef on rye bread with mustard sauce",
"Air fryer ice cream cookie sandwich",
"Warming chicken noodle soup. This is a premium piece of content available to registered users.",
"Next-level egg custard tart",
"Low-fat chicken biryani",
"Peppermint creams",
"All-in-one cabbage with beans & carrots",
"Carrot cake porridge",
"Spicy cauliflower rice with minty cucumber raita",
"The ultimate makeover: Macaroni cheese",
"Guacamole salsa",
"Courgette & cheddar soda bread",
"Buckwheat & spring lamb stew",
"All-in-one cabbage with beans & carrots",
"Next level cheese, potato and onion pie",
"Creamy mushroom soup",
"Lunchbox mains",
"Fusilli with glorious green spinach sauce",
"Warming chicken noodle soup. This is a premium piece of content available to registered users.",
"Cheat's real chips",
"Zingy rice salad",
"Toffee popcorn bark",
"App onlyChopped salad. This is a premium piece of content available to registered users.",
"Double choc shortbreads",
"Ultimate scones",
"Potato frittata with pepper salsa",
"Pea falafels with minty couscous salad",
"Apricot, almond & polenta cake",
"Fruity Caribbean curry",
"Spiced turkey burgers",
"App onlyHot smoked salmon grain bowl with dill yogurt. This is a premium piece of content available to registered users.",
"Smoked salmon & spinach gratin",
"Cream of chicken soup",
"Easy lentil pastries",
"Strawberry panna cotta",
"Veggie vermicelli",
"Ciabatta",

"Millionaire's chocolate brownie tart. This is a premium piece of content available to registered users.",
"Chana masala",
"Open rye sandwich with chicken & avocado",
"Spicy tortilla soup",
"Double choc shortbreads",
"Toffee popcorn bark",
"Pea falafels with minty couscous salad",
"Potato frittata with pepper salsa",
"Spiced lamb & coconut pilaf",
"Honeyed harissa cod with crispy chickpeas",
"Fruity Caribbean curry",
"App onlyHot smoked salmon grain bowl with dill yogurt. This is a premium piece of content available to registered users.",
"Chicken & bacon cacciatore",
"Spiced turkey burgers",
"Smoked salmon & spinach gratin",
"Cream of chicken soup",
"Easy lentil pastries",
"Strawberry panna cotta",
"Veggie vermicelli",
"Chana masala",
"Spicy tortilla soup",
"Open rye sandwich with chicken & avocado",
"Black treacle & oat soda bread with pickled cucumbers, smoked salmon & homemade butter",
"Ricotta, blackberry & pine nut tartine",
"Cheesy chard gratin",
"Easy chocolate tart",
"Vegetarian moussaka",
"Green bean salad",
"Pistachio, courgette & lemon cake",
"Spinach & matcha pancakes",
"5-a-day chicken with kale & pistachio pesto",
"Cottage chilli hotpot",
"Chicken & chorizo traybake",
"Chocolate-dipped strawberries",
"Fig & honey Christmas cake",
"Turbo beans & cheese on toast",
"Tomato & harissa stew with cheddar dumplings",
"Italian meatballs with orzo",
"App onlyFridge-raid one-pan pesto pasta. This is a premium piece of content available to registered users.",
"Air-fryer mushrooms on toast",
"Butternut squash & goat's cheese spaghetti",
"Italian aubergine traybake",
"Chocolate hazelnut ice cream cheesecake",
"Homemade tomato chutney",
"Next level chilli con carne",
"Smoky chorizo sausage rolls",
"Celeriac remoulade",
"Coconut curry noodle bowl",
"Classic sherry trifle",
"Air-fryer ham, cheese & egg bagel",
"Fragrant duck breasts with wild rice pilaf",
"Rosti-topped fish pie",
"Cauliflower & bacon pasta",
"Clementine & Port spiced cranberry sauce",
"30-minute braised chicken",
"Chicken chow mein",

"Peppermint creams",
"Sweet popcorn",
"App onlyBaked cod with orzo & spicy sausage. This is a premium piece of content available to registered users.",
"Mango & passion fruit meringue roulade",
"Lemon curd & orange cake",
"Victoria sponge loaf cake",
"Spaghetti Genovese",
"Tuna with peppery tomatoes & potatoes",
"Easy soft flatbreads",
"Squash & blue cheese wellington",
"Sweet & sour lentil dhal with grilled aubergine",
"Millionaire's chocolate tart",
"Baked falafel & cauliflower tabbouleh, green tahini sauce & charred spring onions",
"Squid with brandy & cream",
"Classic French omelette",
"Chorizo & kale hash with a fried egg",
"Microwave mac 'n' cheese",
"Poinsettia",
"Turkey meatballs in olive & courgette sauce",
"Cinnamon cookies",
"App onlyStrawberry & elderflower rosé punch. This is a premium piece of content available to registered users.",
"Kimchi jjigae",
"Chinese-style kale",
"Blackcurrant jam",
"Chilli Marrakech",
"Fettuccine alfredo",
"Beetroot & squash wellingtons with kale pesto",
"Smoky aubergine & pepper tagine",
"Blue cheese & grape salad with caramelised pecans",
"Spiced lamb & coconut pilaf",
"Spanish beans with chicken & chorizo",
"Air-fryer pigs in blankets",
"App onlyGluten-free salted caramel millionaire's shortbread. This is a premium piece of content available to registered users.",
"Rosé sangria",
"Sausage & mushroom lasagne",
"Cheesecake-filled Easter eggs",
"Carrot patch cake",
"Flourless chocolate & pear cake",
"Spiced lamb & coconut pilaf",
"Blue cheese & grape salad with caramelised pecans",
"Beetroot & squash wellingtons with kale pesto",
"Spanish beans with chicken & chorizo",
"Air-fryer pigs in blankets",
"Green goddess avocado salad",
"Rosé sangria",
"Carrot patch cake",
"Cheesecake-filled Easter eggs",
"Quickie sausage goulash",
"Sausage & mushroom lasagne",
"Plum gin",
"Sesame prawn toast",
"Garlic & herb bulgur wheat",
"Roast duck legs with red wine sauce",
"Spinach filo spiral pie",
"Banana, walnut & chocolate chip loaf",
"St David's leek & chicken hotpot",

"Cappuccino traybake",
"Easy kedgeree",
"Wasabi chicken rice salad",
"Cherry crumble",
"Coffee & walnut cheesecake",
"Cajun prawn pizza",
"Easy turkey gravy",
"Buttermilk fried chicken",
"Sea bass with braised courgettes & harissa mayo",
"Lemon thumbprint cookies",
"Honeyed harissa cod with crispy chickpeas",
"Chicken & bacon cacciatore",
"Lemon thumbprint cookies",
"Salmon nuggets with sweet potato chips",
"Fruit salad",
"Double cheese & spring vegetable tart",
"Eggy cheese crumpets",
"Balsamic blueberries with vanilla ice cream",
"Classic eggnog",
"Vegan katsu curry",
"Blackberry zabaglione",
"Sausage cassoulet",
"Cheesy garlic bread",
"Cherry tomato & ham bread & butter bake",
"Classic champagne cocktail",
"Nettle & blue cheese rarebit",
"Courgette muffins",
"Poached fish with ginger & sesame broth",
"Chicken, squash & chickpea stew",
"Roasted squash risotto with wensleydale",
"Weaning recipe: Sweet potato purée",
"Chicken livers on toast",
"Cheesy black bean quesadillas",
"Porcini, pancetta & spelt soup",
"Easy-to-scale cheesy fish pie with kale",
"Microwave caraway & pomegranate red cabbage",
"One-pan summer eggs",
"Vegan meatloaf",
"Vegan hot cross buns",
"Mustard pork fillet with apple lentils & herb aioli",
"Chicken & red wine casserole with herby dumplings",
"Creamy chicken & leeks",
"Lighter Christmas pudding",
"Creamy masala chicken",
"Almond flour pancakes",
"Iceberg wedge salad with blue cheese dressing",
"App onlyCeleriac & blue cheese gratin. This is a premium piece of content available to registered users.",
"Salmon, squash & prawn laksa",
"New! Spicy red pepper dip & crispy harissa mince. This is a premium piece of content available to registered users.",
"Pesto, cannellini bean & tuna jackets",
"Coconut ice squares",
"Caramel sauce",
"Rustic bread",
"Perfect pad Thai",
"Coconut chai traybake",
"Courgette & halloumi skewers",
"Prawn tacos",
"Bakewell pudding",

"Beany beef chilli stew with crunchy tortilla croutons",
"Weaning recipe: Baby porridge",
"App onlyEasy seafood chowder. This is a premium piece of content available to registered users.",
"Beef bulgogi stir-fry",
"Turmeric granola. This is a premium piece of content available to registered users.",
"Blue cheese, butternut & barley salad with maple walnuts",
"Lamb steaks with crispy potatoes & minted beans",
"Bulgur wheat, date & clementine salad",
"Sweet & sour lentil dhal with grilled aubergine",
"Cherry & raspberry gratin",
"No-bake PB&J cheesecake squares",
"Roast aubergine & coconut curry",
"Microwave mac 'n' cheese",
"Toffee apple & pecan cake",
"Rosé sangria",
"Easy turkey gravy",
"Banana, walnut & chocolate chip loaf",
"Rosemary chicken with tomato sauce",
"Chicken pakoras",
"Pan-fried mackerel with beetroot salsa & bean mash",
"Mexican bean soup with crispy feta tortillas",
"Shallot tarte tatin with goat's cheese",
"Sea bass with braised courgettes & harissa mayo",
"App onlyBlackberry, lemon & mascarpone croissant pudding. This is a premium piece of content available to registered users.",
"Dairy-free pancakes",
"Meatball pasta bake (pasta al forno)",
"Creamy beetroot risotto",
"Milk buns",
"Pistachio nut & spiced apple Bircher muesli",
"Garlic & herb bulgur wheat",
"Chicken roasted with winter root vegetables",
"Coconut layer cake",
"Chicken & olive casserole",
"Crunchy potatoes with dill & onions",
"Spiced apple cider cake",
"Gugelhupf",
"Slow cooker chicken chasseur",
"Fruit salad",
"Turkey meatball korma",
"Cheesy garlic bread",
"Hot chickpeas with spinach & bacon",
"Crispy duck with clementines",
"Greengage jam",
"Pull-apart pork with honey chipotle",
"Easy turkey gravy",
"Rosemary chicken with tomato sauce",
"Banana, walnut & chocolate chip loaf",
"Aubergine & pork hotpot",
"Eggy spelt bread with orange cheese & raspberries",
"Chicken pakoras",
"Easy plum jam",
"Mexican bean soup with crispy feta tortillas",
"Garlic, basil & olive oil mash",
"Sea bass with braised courgettes & harissa mayo",
"Shallot tarte tatin with goat's cheese",
"Lemon bars",
"Dairy-free pancakes",

"Shredded carbonara sprouts",
"Summer ham & pea broth",
"Garlic & herb bulgur wheat",
"Big egg, bacon & bean salad",
"Coconut layer cake",
"Baked carrot & sweet potato mash",
"Spiced apple cider cake",
"Chicken & olive casserole",
"Cooking with kids: Chunky fish fingers",
"Slow cooker chicken chasseur",
"Hot chickpeas with spinach & bacon",
"Pani puris",
"Creamy mustard & tarragon chicken",
"Asparagus, feta & dill quiche",
"Gingerbread cake",
"Blackcurrant no-churn ice cream",
"Salmon en croûte",
"Creamy mustard & tarragon chicken",
"Asparagus, feta & dill quiche",
"Salmon en croûte",
"Classic guacamole",
"Greengage jam",
"Chicken sandos",
"Broccoli, walnut and blue cheese pasta",
"Vegan meatloaf",
"One-pan summer eggs",
"Broccoli with garlic & lemon",
"Raspberry and apple smoothie",
"Bakewell trifles",
"Squash & barley salad with balsamic vinaigrette",
"Slow cooker sticky toffee pudding",
"Chocolate soufflé",
"Olive, cherry tomato & feta focaccia",
"Rainbow pizzas",
"Chicken lasagne",
"Pesto chicken stew with cheesy dumplings",
"Turkey breast fingers with avocado dip",
"Lighter Christmas pudding",
"Mapo tofu",
"Curried turkey noodle soup",
"Peppery prawn noodles",
"Coconut chai traybake",
"Triple chocolate & peanut butter layer cake",
"Vegan mushroom risotto",
"Portobello & blue cheese melts",
"Leek, fennel & potato soup with cashel blue cheese",
"Lemon & thyme baby carrots",
"Port & chicken liver pâté",
"Bakewell trifles",
"Coconut, rum & raisin rice pudding",
"Pork & bulgur-stuffed peppers",
"Simple iced biscuits",
"Tomatillo salsa",
"Peppery prawn noodles",
"Blackcurrant cheesecake",
"Prawn & avocado wrap",
"Beans & feta on sourdough toast",
"Rhubarb fool",
"Toddler recipe: Salmon fish fingers with chunky chips",
"John's chicken nacho one-pot. This is a premium piece of content avai

lable to registered users.",
 "Roast pork with lemon gremolata",
 "Custard tart with nutmeg pastry",
 "Salmon en croûte",
 "Honey-roast beetroot",
 "Classic guacamole",
 "Pavlova",
 "Mulled red cabbage with clementines",
 "Blue cheese & pancetta pizza with grilled peaches",
 "Chicken satay",
 "Courgette chutney with tomato",
 "Pear & mincemeat crumble cake",
 "Frying-pan sausage hotpot",
 "Coronation prawns on toasted naan",
 "App onlySpicy tofu stir-fry. This is a premium piece of content available to registered users.",
 "Aubergine & pork hotpot",
 "Christmas pudding with citrus & spice",
 "Olive, cherry tomato & feta focaccia",
 "Bakewell trifles",
 "Pork & bulgur-stuffed peppers",
 "Simple iced biscuits",
 "Tomatillo salsa",
 "Peppery prawn noodles",
 "Blackcurrant cheesecake",
 "Prawn & avocado wrap",
 "Beans & feta on sourdough toast",
 "Rhubarb fool",
 "Toddler recipe: Salmon fish fingers with chunky chips",
 "John's chicken nacho one-pot. This is a premium piece of content available to registered users.",
 "Roast pork with lemon gremolata",
 "Salmon en croûte",
 "Classic guacamole",
 "Mulled red cabbage with clementines",
 "Courgette chutney with tomato",
 "Baked chicken breast with spice mix seasoning",
 "Snowy coconut loaf cake",
 "Frying-pan sausage hotpot",
 "Fish fingers & mushy peas",
 "Herby garlic rolled pork with apple salad",
 "Grilled aubergine with creamy dressing",
 "App onlySpicy tofu stir-fry. This is a premium piece of content available to registered users.",
 "Aubergine & pork hotpot",
 "Olive, cherry tomato & feta focaccia",
 "Bacon bowls",
 "Sugar-free biscuits",
 "White chocolate, mascarpone & pistachio cheesecake. This is a premium piece of content available to registered users.",
 "Easy plum jam",
 "Summer ham & pea broth",
 "Spicy bean & avocado tostados",
 "Cajun rice with chorizo meatballs & fried eggs",
 "Pineapple & pink grapefruit with mint sugar",
 "Cheat's sausage larb",
 "Pumpkin curry with chickpeas",
 "Vegan mushroom risotto",
 "Thai salad",
 "Goulash in a dash",

"Triple chocolate & peanut butter layer cake",
"Lamb chops with smoky aubergine salad",
"Shredded carbonara sprouts",
"Malt loaf",
"Teriyaki steak with fennel slaw",
"Spiced French toast",
"Baked carrot & sweet potato mash",
"Butternut soup with crispy sage & apple croutons",
"Roasted sesame sweet potatoes & asparagus",
"One-pot tomato orzo",
"Tahini banana cake",
"Easy vegan burgers",
"Pampushky",
"Whisky cream sauce",
"Rhubarb & date chutney",
"Coconut & mango sponge",
"Coconut & raspberry cupcakes",
"Gingerbread cake",
"Toddler recipe: Cauliflower cheese cakes",
"Spaghetti with garlic mushrooms & prosciutto",
"Next level tartiflette",
"Mary Berry's orange cake",
"Venison madras",
"Rosie's roast chicken",
"Eggy fried rice",
"Blackcurrant no-churn ice cream",
"Coriander potato cakes with mango chutney",
"App onlyChipotle red pepper soup. This is a premium piece of content available to registered users.",
"Sizzling salmon with bean mash",
"Green masala butternut squash curry",
"Winter Pimm's punch",
"Teriyaki salmon & green beans",
"Tuna pasta",
"Roasted red pepper shots",
"Egg & soldiers",
"Sunshine tiramisu",
"Sweetcorn & smoked haddock chowder",
"Ultimate toad-in-the-hole with caramelised onion gravy",
"The ultimate makeover: Fish & chips",
"Pickled eggs",
"Zesty carrot & ginger loaf",
"Spinach omelette chapati wraps",
"Christmas jam",
"Blitz-and-bake banana sticky toffee pudding",
"Simple coconut & bean soup",
"Yellow pepper rice",
"Rainbow zebra cake",
"Apple & feta salad",
"Ginger lemon fizz",
"Kotlet (lamb & potato patties)",
"Garlic & mushroom burgers",
"Aubergine & pomegranate flatbreads",
"Coriander potato cakes with mango chutney",
"Roast spiced duck with plums",
"Green masala butternut squash curry",
"Sizzling salmon with bean mash",
"Winter Pimm's punch",
"Roasted red pepper shots",
"Egg & soldiers",

"Mince pie cookies",
"Sweetcorn & smoked haddock chowder",
"The ultimate makeover: Fish & chips",
"Zesty carrot & ginger loaf",
"Pickled eggs",
"Christmas jam",
"Classic apple chutney",
"Simple coconut & bean soup",
"Rainbow zebra cake",
"Coconut French toast with spiced roasted pineapple",
"Lemon & raspberry mousse with pistachio & ginger shortbread",
"Ginger lemon fizz",
"Kotlet (lamb & potato patties)",
"Garlic & mushroom burgers",
"Chicken korma melts",
"Broccoli quiche",
"Amaranth porridge with green tea & ginger compote",
"Warm chicken salad",
"Tuscan-style ribollita",
"App onlyAubergine ragu. This is a premium piece of content available to registered users.",
"Smoothie bowl",
"Reuben sandwich",
"Roasted beetroot & feta salad",
"Southern-style mac 'n' cheese",
"Easy stewed apple",
"Sausage & cannellini bean ragu",
"Mustard & parmesan- crumbed chicken",
"Pesto chicken kebabs with roasted veg pasta",
"Easy moussaka",
"Tres leches cake (milk cake)",
"Taco salad",
"Jumbo sausage roll with salsa beans",
"Creamy yogurt porridge with apple & raisin compote",
"Pitta pizzas",
"Roast puttanesca aubergines with tomato rice & feta",
"Quiche Lorraine in 4 easy steps",
"Chocolate-filled pancakes with caramelised banana",
"Blackberry & apple loaf",
"Chocolate & salted caramel waffle bread & butter pudding",
"Cucumber raita salad",
"Summer roast chicken traybake",
"Tahini miso noodles with crispy broccoli & sausages",
"How to cook brussels sprouts",
"Orecchiette with purple sprouting broccoli & Calabrian pesto",
"Seasoned beansprouts",
"Tomato & chickpea bake",
"Chilli pepper pumpkin with veg",
"App onlyLentil & mushroom shepherd's pie with parsnip mash. This is a premium piece of content available to registered users.",
"Roast asparagus bowls with tahini lemon dressing",
"Prawn & chorizo quesadilla",
"New!Nutty paneer koftas. This is a premium piece of content available to registered users.",
"Chilli-ginger garnish",
"Passion fruit trifle",
"Romantic rose cupcakes",
"Eton mess",
"Cheese-stuffed garlic dough balls with a tomato sauce dip",
"Easy piccalilli",

"Mulligatawny soup",
"Lemony chicken skewers, herbed new potatoes & apple coleslaw",
"Next level beef bourguignon",
"Sautéed chorizo with red wine",
"Anytime eggs",
"Turkish kebabs with tomato chilli sauce",
"App onlyRoyal summer trifle. This is a premium piece of content available to registered users.",
"Philly cheesesteak",
"Pesto cheese straw Christmas tree",
"Clementine & prosecco jellies",
"Spiced scrambled eggs",
"Fluffy pittas",
"Smoked salmon coddled eggs. This is a premium piece of content available to registered users.",
"Chocolate egg baked tart",
"App onlySalmon flash-fried rice. This is a premium piece of content available to registered users.",
"Roast spiced duck with plums",
"Florentines",
"Spicy harissa, aubergine & chickpea soup",
"Chocolate orange cake",
"ExclusiveKeto chocolate cake",
"Spicy chicken nuggets",
"Spicy lamb & feta skewers with Greek brown rice salad",
"Mango chutney campfire cheese toasties",
"Lokshen pudding",
"Roast Savoy cabbage with lemon",
"Chillied cheese on toast",
"Mango chutney campfire cheese toasties",
"Lokshen pudding",
"Sweetcorn & smoked haddock chowder",
"Rainbow zebra cake",
"Picnic pie",
"Zesty carrot & ginger loaf",
"Tuscan-style ribollita",
"Peach Melba pots",
"Baked polenta with spinach & goat's cheese",
"Mexican sweet potato soup",
"Lemony smoked salmon & spinach tagliatelle",
"Chillied cheese on toast",
"Homemade glazed doughnuts",
"Mini turkey & cranberry pies",
"Phat Thai",
"Prawn & rice noodle stir-fry",
"Next level mushroom risotto",
"Shaved fennel, courgette & orange salad",
"Roasted beetroot & feta salad",
"Toasted sesame sprouts",
"Strawberry lemonade",
"Hot honey-glazed gammon",
"Vegetable gyoza",
"Pizza fondue dip",
"Garlic mayonnaise",
"Marshmallows",
"Sweet potato, pepper & feta frittata",
"Kotlet (lamb & potato patties)",
"Smashed sprouts mash with chestnuts",
"Berry shortbread cheesecake slice",
"Smoked haddock & hollandaise bake with dill & caper fried potatoes",

"Homemade glazed doughnuts",
"Homemade breadcrumbs",
"Anytime eggs",
"Onion bhaji Yorkshire puddings",
"Herby chicken gyros",
"Halloumi & bacon rolls",
"Lighter spanakopita",
"Turkish kebabs with tomato chilli sauce",
"Strawberry lemonade",
"Hot honey-glazed gammon",
"Pizza fondue dip",
"Sweet & spicy nuts",
"Sticky citrus chicken with carrots & cashews",
"Blackberry compote",
"Apricot crumble cake",
"Philly cheesesteak",
"Pistachio cheesecake",
"Stuffed peppers",
"Plain flour bread (bread without yeast)",
"Gluten-free sausage roll wreath",
"Crunchy feta & tomato salad",
"Mince pie baklava",
"Lamb cutlets with lentil & feta salad",
"Chocolate orange cake",
"Mac 'n' hock-a-roni cheese",
"Creamy prawn & spring vegetable pot",
"Chicken fajitas with avocado & Caesar dressing",
"Vegan sausage casserole",
"Easy soup maker roast chicken soup",
"Bubble & squeak cakes",
"Peach Melba pots",
"Sticky chocolate cake",
"App only Salmon flash-fried rice. This is a premium piece of content available to registered users.",
"Whisky sauce",
"Bakewell cheesecake",
"Antipasti salmon",
"Vietnamese caramel trout",
"App only Pomegranate amaretto sour. This is a premium piece of content available to registered users.",
"Crispy filo tart with seasonal veg",
"App only Smoky paprika & herb roast potatoes. This is a premium piece of content available to registered users.",
"Hummingbird cake",
"Cinnamon swirl mince pies",
"Goat's cheese, pea & bean frittata",
"Red onion, gruyère & rosemary fougasse",
"Cornish pasty",
"New! Spiced sweetcorn chowder fish pie. This is a premium piece of content available to registered users.",
"Roast Savoy cabbage with lemon",
"Lemony smoked salmon & spinach tagliatelle",
"Basic curry sauce",
"Spicy lamb & feta skewers with Greek brown rice salad",
"Baked polenta with spinach & goat's cheese",
"Simmered squid",
"Affogato",
"Seedy scones with smoked salmon",
"Lemon roasted spring chicken with asparagus",
"Next level mushroom risotto",

"Bread maker white loaf",
"App onlyBavette tacos with charred tomato salsa. This is a premium piece of content available to registered users.",
"Eggs benedict pancakes",
"Bakewell cheesecake",
"Parkin",
"Vietnamese caramel trout",
"App onlyPomegranate amaretto sour. This is a premium piece of content available to registered users.",
"App onlySmoky paprika & herb roast potatoes. This is a premium piece of content available to registered users.",
"Vegan sausage rolls",
"Kale & quinoa patties",
"Cinnamon swirl mince pies",
"Goat's cheese, pea & bean frittata",
"Hummingbird cake",
"Cornish pasty",
"Red onion, gruyère & rosemary fougasse",
"Roast Savoy cabbage with lemon",
"Basic curry sauce",
"Spicy lamb & feta skewers with Greek brown rice salad",
"Eyeball pasta",
"Simmered squid",
"Seedy scones with smoked salmon",
"Lemon roasted spring chicken with asparagus",
"Bread maker white loaf",
"Marble bundt cake",
"Chilli-lime chicken salad",
"Raspberry gin",
"Oven-baked Thai-spiced chicken rice",
"Festive frozen chocolate parfait. This is a premium piece of content available to registered users.",
"Funfetti cake",
"Feel-good muffins",
"Pigeon & hedgerow salad",
"App onlyCumin-roasted carrot & cauliflower with green tahini dressing. This is a premium piece of content available to registered users.",
"Smacked cucumbers",
"Green tomato chutney",
"Summer pudding",
"Ultimate traditional Victoria sponge",
"Tomato tarts with roasted garlic & goat's cheese",
"Sweet chilli dogs",
"Apple, cardamom & stem ginger granola",
"Lamb & aubergine stew with crispy chickpea topping",
"Gingerbread mince pies",
"Texas BBQ Sauce",
"Puff pizza tart",
"Pesce spada steccato e grigliato (Griddled garlic & mint studded swordfish)",
"Beef noodle salad with stem ginger dressing",
"App onlyTomato & lime salad with crispy ginger, chilli & garlic. This is a premium piece of content available to registered users.",
"Retro trifle",
"White chocolate cake",
"Ginger miso aubergine noodles",
"Roll-your-own fajitas",
"Universal biscuit dough",
"Sticky upside-down banana cake",
"App onlyCreamy vegan wild mushroom risotto. This is a premium piece o

f content available to registered users.",
 "Mexican turkey salad bowl",
 "Beef & beer pie",
 "Easter nest cake",
 "The breakfast club",
 "Christmas leftovers pizza",
 "Rump steak",
 "Lighter Cassoulet",
 "Duchess potatoes",
 "Turkey, thyme & leek meatloaf",
 "Super-salad wraps",
 "Salmon noodles",
 "Appletini",
 "Black forest traybake",
 "Beef pho",
 "Spicy quinoa",
 "Gooseberry & elderflower mess",
 "Slow-cooker ham with sticky ginger glaze",
 "Sausage & apple Toad-in-the-hole",
 "Texas BBQ Sauce",
 "Strawberry jam",
 "Parkin",
 "Chorizo pilaf",
 "Mini hasselbacks with dill",
 "Vegan sausage rolls",
 "Aromatic prawn & cashew curry",
 "Seared garlic seafood with spicy harissa bisque",
 "Christmas pigs in blankets casserole",
 "Retro trifle",
 "Slow cooker beef topside with red wine gravy",
 "Courgette ribbon salad",
 "Horchata",
 "Maple-roasted marrow on cavolo nero salad",
 "Waffles",
 "Cheat's chilli prawn noodles",
 "Lovely lemon drizzle loaf",
 "Rosemary & lemon roast chicken",
 "Family meals: Easy beef stew with sweet potato topping",
 "Carrot & star anise purée",
 "Easter nest cake",
 "Duchess potatoes",
 "Strawberry jam",
 "Mini hasselbacks with dill",
 "French onion tart with cheesy thyme pastry",
 "Aromatic prawn & cashew curry",
 "Spiced cranberry & pear relish",
 "Seared garlic seafood with spicy harissa bisque",
 "Christmas pigs in blankets casserole",
 "Retro trifle",
 "Slow cooker beef topside with red wine gravy",
 "Chorizo pilaf",
 "Horchata",
 "Pepper steak with noodles",
 "Courgette ribbon salad",
 "Almond & lemon curd buttons",
 "Feta & beetroot salad",
 "Waffles",
 "Maple-roasted marrow on cavolo nero salad",
 "Cheat's chilli prawn noodles",
 "Lovely lemon drizzle loaf",

"Breakfast casserole",
"Rosemary & lemon roast chicken",
"Teriyaki tofu with charred spring onions",
"Tomato & mozzarella salad",
"Easter nest cake",
"Duchess potatoes",
"Carrot & star anise purée",
"Family meals: Easy beef stew with sweet potato topping",
"Chai teabags",
"No-bake salted caramel cheesecake",
"Prawn & leek frittata",
"Roast pumpkin with cream, thyme & Parmesan",
"Blueberry & lemon croissant bake",
"Wild mushroom sauce",
"Gooseberry jam",
"Hot dressed carrots with coriander",
"Beef strips with crunchy Thai salad",
"Next level kedgeree",
"Fruity flapjack cookies",
"Fried bread",
"New!Spiced lamb, spinach & potato stew. This is a premium piece of content available to registered users.",
"Meatloaf with feta",
"Ravioli with walnuts, goat's cheese & cavolo nero sauce",
"Slow cooker pea & ham soup",
"Pot-roast pork goulash with potatoes & greens",
"Buckwheat galettes",
"Easy vegan gravy",
"Air-fryer soy & cranberry chicken wings",
"Slow cooker beef stew with dumplings",
"Duck in plum sauce (Chinese-style)",
"Keto vanilla ice cream",
"Panettone pudding",
"Roast chicken with dill & potatoes",
"Haggis, neeps & tatties",
"Chocolate & almond marbled bundt cake",
"Creamy goat's cheese with chive & pomegranate",
"Neeps & tatties",
"Squash & cabbage sabzi",
"Peach panzanella",
"White chocolate, orange & cranberry Christmas cake",
"Mustard, sausage & apple tart",
"Charred courgettes, runner beans & ricotta",
"Kimchi pancake (kimchi jeon)",
"Cappuccino tiramisu",
"One-pan pea & ham pesto pasta",
"The breakfast club",
"Rump steak",
"Ratatouille hotpot",
"Chantilly cream",
"Warm chickpea, chorizo & pepper salad",
"Chilli paneer",
"Cajun seasoning",
"Eggs royale",
"Black & white rice salad with cumin-roasted butternut squash",
"Roasted tomato & cheddar rice with garden salad",
"Honey and lemon tea",
"French onion tart with cheesy thyme pastry",
"Easter cupcakes",
"Chestnut & pecan loaf with harissa sauce",

"Cured salmon with prawns, pickled salad & dill lime crème fraîche",
"Flatbread",
"Blue cheese pasta",
"Next level spaghetti Bolognese",
"Dundee cake",
"Crisp spiced fish fingers",
"Chorizo, caper & rocket pizza",
"Duck with passion fruit & orange sauce",
"Easy summer pasta",
"Salted caramels",
"Honeyed sesame chicken with peach & cucumber salad",
"Triple ginger & spice cake",
"Spaghetti with smoked anchovies, chilli breadcrumbs & fried egg",
"Leek & tomato eggy bread bake",
"Creamy vegan dauphinoise",
"Baked apples",
"Next level bakewell tart",
"Thai roast chicken with mango & apple salad",
"Air fryer chicken tikka kebabs",
"Upside-down peach sponge",
"Plum crumble cake",
"Juicy prawn & lemongrass burgers",
"Pecan pie",
"White bean vegetarian meatballs",
"Pork & crab 'ants climbing trees'",
"Spiced cranberry & pear relish",
"Fennel & rocket salad",
"Lamb cutlets with pistachio & herb dressing",
"Pepper steak with noodles",
"Courgette & goat's cheese ciabatta",
"Almond & lemon curd buttons",
"Polenta with chorizo & poached eggs",
"Honeycomb",
"Sweet snowballs",
"Potatoes cooked in bay-infused milk",
"Feta & beetroot salad",
"App onlyPloughman's sausage rolls. This is a premium piece of content available to registered users.",
"Chicken fried rice",
"Peanut butter-stuffed French toast",
"Spiced chicken & apricot pastilla",
"Multi-seed cheese straws",
"Butternut korma with mini naans",
"Big-batch pressure cooker bolognese",
"Tiramisu trifle",
"Chicken casserole",
"Maple & mustard glazed ham",
"Calzone",
"Slow-cooked beetroot & beef curry (Chukandar Gosht)",
"Vegan pastry",
"Sticky plum flapjack bars",
"Arancini balls",
"Creamy spinach soup",
"Chocolate orange cupcakes",
"Beef & bean hotpot",
"Red sweet & sour prawns",
"Curried swede soup",
"Homemade buttermilk",
"Turkey minestrone",
"Speedy green chicken curry",

"Breakfast casserole",
"Cajun-style prawn cocktail",
"Good-for-you bolognese",
"Teriyaki tofu with charred spring onions",
"Curried sweetcorn soup",
"Chargrilled veg hummus with dippers",
"Chocolate courgette cake",
"Tomato & mozzarella salad",
"Sugar syrup",
"Gunpowder chicken with dried red chillies & peanuts",
"Basic hollandaise",
"Pasta with lemon butter prawns",
"Aubergine katsu curry",
"Basic hollandaise",
"Good-for-you bolognese",
"Pasta with lemon butter prawns",
"Sugar syrup",
"Slow cooker paella",
"Vegan chocolate party traybake",
"Deluxe mushroom stroganoff",
"Cheese, ham & pea risotto",
"One-tray roast chicken dinner",
"Stir-fried beef with cashews and broccoli",
"Frozen banana & peanut butter cheesecake",
"Sausage & butter bean casserole",
"Chargrilled veg hummus with dippers",
"Mousse au chocolat",
"Butter beans with kale, lemon, chilli & garlic",
"Poached chicken & pancetta pie with spring onion colcannon",
"Pea & feta pearl barley stew",
"Spinach pancakes",
"Slow-braised pork shoulder with cider & parsnips",
"Meatball marinara fries",
"Millionaire's flapjacks",
"Fluffy pink raspberry pancakes",
"Vegan sticky toffee pear pudding",
"Gin & tonic cheesecake",
"Ricotta and rocket lasagne rolls",
"Nacho cheeseburger",
"App onlyTerrified Halloween cookies. This is a premium piece of content available to registered users.",
"Picnic tortilla",
"All-in-one chicken traybake",
"Chocolate milkshake",
"Pear & chocolate flapjack crumble",
"5-a-day couscous with chicken thighs",
"Burnt butterscotch rice pudding",
"Jerk chicken",
"Beef & bean hotpot",
"Gratin of fresh & smoked salmon, beetroot, potatoes & dill",
"Keto vanilla cake",
"Creamy artichoke soup with Parmesan skins",
"Frozen banana & peanut butter cheesecake",
"Easter cupcakes",
"Calzone",
"Flatbread",
"Chantilly cream",
"Easy red cabbage",
"Piri-piri pork ribs. This is a premium piece of content available to registered users.",

"Slow cooker cinnamon & orange beef",
"Peanut butter cookie cups",
"Truffled macaroni & smoked haddock bake. This is a premium piece of content available to registered users.",
"BBQ beans with mashed potato tops",
"Monkey bread",
"Next level BBQ chicken",
"App only Ribboned courgette salad. This is a premium piece of content available to registered users.",
"Christmas stollen with almonds & marzipan",
"Cajun-style prawn cocktail",
"Sweet potato & caramelised onion rolls",
"Warm new potatoes with cured ham & chives",
"All-in-one chicken traybake",
"Mint tea couscous",
"Fennel & celery salad",
"Lionhead meatball soup",
"Pressure-cooked citrus Christmas pudding",
"Gratin of fresh & smoked salmon, beetroot, potatoes & dill",
"Keto vanilla cake",
"Creamy artichoke soup with Parmesan skins",
"Frozen banana & peanut butter cheesecake",
"Cheeky pie",
"Easy red cabbage",
"Piri-piri pork ribs. This is a premium piece of content available to registered users.",
"Minted lamb burgers with beetroot mayo",
"Slow cooker cinnamon & orange beef",
"Peanut butter cookie cups",
"Truffled macaroni & smoked haddock bake. This is a premium piece of content available to registered users.",
"Monkey bread",
"Next level BBQ chicken",
"App only Ribboned courgette salad. This is a premium piece of content available to registered users.",
"Christmas stollen with almonds & marzipan",
"Sweet potato & caramelised onion rolls",
"Warm new potatoes with cured ham & chives",
"All-in-one chicken traybake",
"Florentine biscuits",
"Mint tea couscous",
"Mini Egg brownies",
"Fennel & celery salad",
"Lionhead meatball soup",
"Goat's cheese & olive tapenade spirals",
"Roast side of salmon with chermoula",
"Baked pork, apple & cheddar meatballs",
"Mulled pears with Roquefort dressing",
"Courgette salad",
"Slow cooker spiced apples with barley",
"Picnic tortilla",
"Mini Egg cookies",
"Slow cooker ribs",
"Baked vegan korma",
"Air fryer chicken tikka kebabs",
"Peach pie",
"App only Watermelon, sumac & feta salad. This is a premium piece of content available to registered users.",
"Full English shakshuka",
"Creamy spinach soup",

"Slow cooker spiced parsnip soup",
"Butternut korma with mini naans",
"Halloumi wraps with crunchy za'atar chips",
"Pork & caramelised pineapple adobo",
"Speedy green chicken curry",
"Chocolate orange cupcakes",
"Arancini balls",
"Samphire & crab salad",
"Mustard-crusted new potatoes",
"Red onion & chilli bhajis with mint & garlic raita",
"Chorizo & cabbage stew",
"Pork & crab 'ants climbing trees'",
"Griddled pears with goat's cheese & hazelnut dressing",
"Croque monsieur",
"Swede mash",
"Slow-cooked beetroot & beef curry (Chukandar Gosht)",
"Open sandwiches – Smoked salmon & avocado on rye",
"Raspberry, chocolate & hazelnut breakfast bread",
"Bows with tuna, olives & capers",
"Chicken, leek & cider pie",
"Frying pan pizza",
"Balsamic glaze",
"Mulled pears with Roquefort dressing",
"App onlyStrawberry lemonade cake. This is a premium piece of content available to registered users.",
"Slow cooker spiced apples with barley",
"Slow cooker ribs",
"Mini Egg cookies",
"Baked vegan korma",
"Sticky treacle-glazed ham",
"Speedy banana splits",
"Peach pie",
"App onlyWatermelon, sumac & feta salad. This is a premium piece of content available to registered users.",
"Creamy cauliflower soup",
"Slow cooker spiced parsnip soup",
"Portuguese braised steak & onions",
"Samphire & crab salad",
"BBQ beans with mashed potato tops",
"Carbonara cabbage",
"Pork & caramelised pineapple adobo",
"Red onion & chilli bhajis with mint & garlic raita",
"Mustard-crusted new potatoes",
"Jubilee cake",
"Chorizo & cabbage stew",
"Ciabatta pizzas with sticky onions",
"Mojito mocktail",
"Griddled pears with goat's cheese & hazelnut dressing",
"Swede mash",
"One-pan carrot & cumin soup",
"Gingerbread man",
"Raspberry, chocolate & hazelnut breakfast bread",
"Frying pan pizza",
"Cookies & cream ice cream cake",
"Chicken, leek & cider pie",
"Pesto egg muffin bites",
"Turkey ramen",
"Leek, butter bean & chorizo gratin",
"Broad bean pasta",
"Butter bean, chorizo & spinach baked eggs",

"Blackberry liqueur (Crème de mûre)",
"Traditional mincemeat",
"Vegan apple crumble",
"Bows with tuna, olives & capers",
"Lemony potato, broccoli & goat's cheese salad",
"Quinoa rice pilau with dill & roasted tomatoes",
"Pork wellington. This is a premium piece of content available to registered users.",
"Rhubarb & lemon curd cake",
"Aubergine curry with lamb cutlets",
"Chestnut mushroom, fennel & bacon fusilli",
"Gluten-free Christmas cake",
"Air-fryer turkey crown",
"Italian stuffed sweet peppers",
"Ultimate onion tart",
"Roast pumpkin & spinach lasagne",
"Garlic prawn rice",
"Grilled goat's cheese with cranberry dressing",
"Blood orange & olive oil bundt cake",
"Watermelon smoothie",
"Thai satay prawns",
"Smoked trout fish pies",
"Slow roast duck",
"Ghee",
"Roast side of salmon with chermoula",
"Butternut & harissa hummus",
"Pork wellington. This is a premium piece of content available to registered users.",
"Rhubarb & lemon curd cake",
"Rum & raisin millionaire's chocolate pots. This is a premium piece of content available to registered users.",
"Stir-fried festive cabbage",
"Mini Egg cookies",
"Fish & chip traybake",
"Balsamic glaze",
"Peach tarte tatin",
"Mushroom, ricotta & rocket tart",
"Peach pie",
"App only Watermelon, sumac & feta salad. This is a premium piece of content available to registered users.",
"Seared swordfish with mango salsa",
"Celery sticks with blue cheese dip",
"Buckwheat pancakes",
"Mojito mocktail",
"Creamy cauliflower soup",
"Next level dauphinoise potatoes",
"Toddler recipe: Salmon & sweet potato muffins",
"Mustard-crusted new potatoes",
"Blackberry tiramisu with chocolate sauce",
"Mini chorizo, pea & potato frittatas",
"Black bean, tofu & avocado rice bowl",
"Pasta shells with broccoli & anchovies",
"Souffléed crab & asparagus tart",
"Chicken, leek & cider pie",
"Peas and shallots",
"Griddled pears with goat's cheese & hazelnut dressing",
"Swede mash",
"Spicy vegetable pilau with cucumber raita",
"Cheeky pie",
"Speedy banana splits",

"Pork tenderloin with chipotle sauce & pickled red onions",
"Apricot & ginger frangipane tart",
"Beef with red wine & carrots",
"Florentine biscuits",
"Mustard-crusted salmon with celeriac mash",
"Refreshing lychee & lime sorbet",
"Baked pork, apple & cheddar meatballs",
"Spicy turkey noodles",
"Roast side of salmon with chermoula",
"Chocolate barfi",
"Miso chilli steak with crispy sweet potatoes",
"Coconut & jam macaroon traybake",
"Rum & raisin millionaire's chocolate pots. This is a premium piece of content available to registered users.",
"Stir-fried festive cabbage",
"Cumberland pie",
"Smoked trout, watercress & beetroot salad",
"Strawberry jam ripple ice cream",
"Peach tarte tatin",
"Slow-cooked BBQ-spiced pulled pork",
"Mushroom, ricotta & rocket tart",
"Celery sticks with blue cheese dip",
"App onlyCitrus chicken & grains traybake. This is a premium piece of content available to registered users.",
"Mojito mocktail",
"Creamy cauliflower soup",
"Bacon jam",
"Fruity flag traybake",
"Decadent chocolate truffle torte",
"Soft-boiled eggs",
"Cranberry meringue roulade",
"Vegan meatballs",
"Roast pumpkin & spinach lasagne",
"Butter bean, chorizo & spinach baked eggs",
"Coffee & pecan squares",
"Spanish eggs with chorizo & peppers",
"Mustard-crusted salmon with celeriac mash",
"Ackee & saltfish",
"Spanish meatballs with clams, chorizo & squid",
"Spiced koftas with honey & chickpeas",
"Pesto egg muffin bites",
"Quinoa rice pilau with dill & roasted tomatoes",
"Blackberry liqueur (Crème de mûre)",
"Vodka martini",
"Cookies & cream ice cream cake",
"Gravity-defying sweetie cake",
"Peanut butter cake",
"App onlySteak sarnies with fiery beetroot remoulade. This is a premium piece of content available to registered users.",
"Pork tenderloin with chipotle sauce & pickled red onions",
"App onlyRoast potato fish pie. This is a premium piece of content available to registered users.",
"Air-fryer turkey crown",
"Minty pineapple smoothie",
"Hoisin sauce",
"How to make bubble tea",
"Oven-baked sweet potato fajitas",
"Luxury hummus",
"Roast parsnip & chestnut salad",
"Smoked trout fish pies",

"Frangipane mince pies",
"Hoisin sauce",
"Pork tenderloin with chipotle sauce & pickled red onions",
"Oven-baked sweet potato fajitas",
"Luxury hummus",
"App onlyRoast potato fish pie. This is a premium piece of content available to registered users.",
"Stir-fried greens with oyster sauce",
"Peas and shallots",
"Roast parsnip & chestnut salad",
"Homemade honeycomb",
"Ghee",
"Jewelled squash, chestnut & mushroom wreath",
"Black bean chimichurri salad",
"App onlyPumpkin cinnamon rolls. This is a premium piece of content available to registered users.",
"Snack stadium",
"The ultimate makeover: Thai green chicken curry",
"Lemon cupcakes",
"Squidgy chocolate & pomegranate torte",
"Lemon & parsley spaghetti",
"Strawberry jam ripple ice cream",
"App onlyNext level buffalo wings. This is a premium piece of content available to registered users.",
"Cheat's banana & peanut brittle ice cream",
"Wild mushroom tartlets",
"Mango chutney",
"App onlyCitrus chicken & grains traybake. This is a premium piece of content available to registered users.",
"App onlyHot honey carrots. This is a premium piece of content available to registered users.",
"After-dinner mint cream",
"Roasted broccoli, puy lentils & tahini yogurt",
"Bacon jam",
"Cheat's cauli-macaroni cheese",
"Easy turkey crown",
"Spicy tamarind prawns",
"Baked mücver (courgette & feta bake)",
"Apple crisp",
"Beef rissoles",
"Spiced lemon & ginger biscuits",
"Child-friendly Thai chicken noodles",
"Honey crunch granola with almonds & apricots",
"Vegan carrot cake",
"Spiced chickpeas with halloumi",
"Rhubarb & custard scones",
"Watermelon & feta salad",
"Mozzarella, mango & Serrano ham salad",
"Easter hot chocolate",
"Mushroom & pepper melts",
"Rainbow cupcakes",
"Salmon with miso vegetables",
"Prawn orzo saganaki-style",
"Passion fruit curd",
"Slow-roasted courgettes with fennel & orzo",
"Chicken & ham lasagne",
"Fig & walnut slice",
"Christmas raspberry dodgers",
"Courgette & caramelised red onion puff pastry tart",
"Chicken pasanda",

"Sausage & herb stuffed courgettes",
"Fig jam",
"Creamy polenta with spinach",
"Peach & rose fizz",
"Yorkshire pudding wrap",
"Crispy squid with caponata",
"App onlySmashed rosemary potatoes. This is a premium piece of content available to registered users.",
"Chicken & ham lasagne",
"Courgette & caramelised red onion puff pastry tart",
"Spicy vegetable pilau with cucumber raita",
"Roast chicken with squashed new potatoes & cheesy creamed spinach",
"Chicken pasanda",
"Marrow cake",
"Cumberland pie",
"Yorkshire pudding wrap",
"Miso chilli steak with crispy sweet potatoes",
"Chocolate barfi",
"Next level yule log",
"Buttery trout with capers",
"Stuffed sweet peppers",
"Crispy squid with caponata",
"Ultimate macaroni cheese",
"Ramune iced coffee",
"Mango & lime chicken wings",
"Tteokbokki (spicy rice cakes)",
"Chicken & pasta bake",
"Coronation hummus",
"Cheese & onion pasties",
"Slow-cooked BBQ-spiced pulled pork",
"Passion fruit posset with pistachio-custard biscuits & fresh pineappl e",
"Fruity flag traybake",
"Scottish stovies",
"Pear, chocolate & oat pudding",
"Kale, leek, cheddar & goat's cheese gratin",
"Courgette fritters with tarragon aioli",
"Braised lamb shanks",
"Italian-style chicken burger & chips",
"Mushroom & pepper melts",
"Prawn orzo saganaki-style",
"Slow-roasted courgettes with fennel & orzo",
"Passion fruit curd",
"Ham, turkey & sprout pie",
"App onlySmashed rosemary potatoes. This is a premium piece of content available to registered users.",
"App onlyStrawberry & elderflower semifreddo. This is a premium piece of content available to registered users.",
"Saucy chicken & vegetables",
"Courgette & caramelised red onion puff pastry tart",
"Fig & walnut slice",
"Salmon with miso vegetables",
"Sausage & herb stuffed courgettes",
"Next level yule log",
"Crispy squid with caponata",
"Pork chops with aubergine",
"Ultimate macaroni cheese",
"Ramune iced coffee",
"App onlyOne-pot spiced roast chicken. This is a premium piece of content available to registered users.",

"Chicken & pasta bake",
"Chickpea mash",
"Cranberry & ginger sausages",
"Cinder toffee",
"Saucy roast sausages with lentils",
"Cheese & onion pasties",
"Unicorn cake",
"Passion fruit posset with pistachio-custard biscuits & fresh pineappl
e",
"Coronation hummus",
"App onlyBroad beans & peas on toast. This is a premium piece of conte
nt available to registered users.",
"Braised lamb shanks",
"Minty pineapple smoothie",
"Cauliflower cheese & bacon quiche",
"Peanut butter cake",
"Marmalade carrots",
"Ham, turkey & sprout pie",
"App onlyStrawberry & elderflower semifreddo. This is a premium piece
of content available to registered users.",
"Chocolate truffle egg box",
"Saucy chicken & vegetables",
"New!Curried chicken parcels. This is a premium piece of content avail
able to registered users.",
"Frangipane mince pies",
"Pimm's",
"Saucy roast sausages with lentils",
"Creamy garlic chicken",
"Celeriac, pancetta & thyme soup",
"Digger cake",
"Lime pickle",
"Pumpkin seed cookies",
"Haddock & Jarlsberg gratin",
"Ultimate falafel wrap",
"Lemon polenta cake",
"App onlyOne-pot spiced roast chicken. This is a premium piece of cont
ent available to registered users.",
"Very berry trifle",
"Raita",
"Chocolate birthday cake",
"Roast turkey leg with garlic & rosemary",
"One-cup pancakes",
"Unicorn cake",
"Lemon drizzle pancakes",
"App onlyBroad beans & peas on toast. This is a premium piece of conte
nt available to registered users.",
"Ginger & lime pickle dhal",
"Pumpkin seed cookies",
"Lemon polenta cake",
"Shaved kohlrabi salad with pickled jalapeño dressing",
"Very berry trifle",
"Baklava",
"Raita",
"Chocolate birthday cake",
"Roast turkey leg with garlic & rosemary",
"Lemon drizzle pancakes",
"Ginger & lime pickle dhal",
"Leek, ricotta & gruyère tart",
"One-cup pancakes",
"Smart crab linguine",

"Vegan pizza Margherita",
"Slow-cooked marrow with fennel & tomato",
"10-minute pad Thai",
"Marinated beetroot with grilled goat's cheese",
"Caesar salad with crispy chicken",
"Courgette & feta muffins",
"Salmon & spaghetti supper in a parcel",
"Cacio e pepe with runner beans",
"One-pan tikka salmon with jewelled rice",
"Fig & walnut slice",
"Lemony broad beans with goat's cheese, peas & mint",
"Easy garam masala",
"Watermelon salsa",
"Cheshire cheese, spinach & watercress salad",
"Spring green fried rice & eggs",
"Couscous & fish in a bag",
"Traditional bread sauce",
"Sticky teriyaki salmon rice",
"Red velvet cake",
"Leek, ricotta & gruyère tart",
"Steamed bao buns",
"Veg-packed noodle & egg bowl",
"Chocolate marquise",
"Goat's cheese & chorizo omelette",
"More veg, less meat summer Bolognese",
"Cinder toffee",
"App onlyAir-fryer sesame prawn toast. This is a premium piece of content available to registered users.",
"Cauliflower cheese & bacon quiche",
"Easy leftover chicken curry",
"Easy chicken burritos",
"Minted pea soup",
"Fruity summer Charlotte",
"Creamy Marmite chicken",
"Sticky treacle, ginger & lime cake",
"Shaved kohlrabi salad with pickled jalapeño dressing",
"Frosted white chocolate Easter cake",
"Baklava",
"Baked salmon & eggs",
"Cheese, rosemary & potato loaf",
"Garlic & black olive sharing bread",
"Maple pear, pecan & mascarpone roulade",
"Tomato & chilli harissa",
"Honey & mustard sauce",
"Purple sprouting broccoli & sausage pasta",
"Slow-cooked marrow with fennel & tomato",
"Limoncello mojito",
"Jerk pork with rice & beans",
"App onlyAir-fryer sesame prawn toast. This is a premium piece of content available to registered users.",
"Easy leftover chicken curry",
"Easy chicken burritos",
"Fruity summer Charlotte",
"Creamy Marmite chicken",
"Sticky treacle, ginger & lime cake",
"Shaved kohlrabi salad with pickled jalapeño dressing",
"Frosted white chocolate Easter cake",
"Baklava",
"Baked salmon & eggs",
"Jerk pork with rice & beans",

"Cheese, rosemary & potato loaf",
"Garlic & black olive sharing bread",
"Maple pear, pecan & mascarpone roulade",
"Tomato & chilli harissa",
"Purple sprouting broccoli & sausage pasta",
"Slow-cooked marrow with fennel & tomato",
"Chocolate orange flapjacks",
"Roast turkey with citrus butter",
"Limoncello mojito",
"One-pan tikka salmon with jewelled rice",
"Lemon marmalade",
"Next level Margherita pizza",
"Artichoke & watercress linguine",
"Pan-fried sprouts & crunchy chorizo crumbs",
"Sweet potato masala dosa with coconut raita",
"Banana & choc bundt cake with peanut caramel drizzle",
"Shredded beef chilli taco bowls",
"One-pan baked chicken with squash, sage & walnuts",
"Easter brownie bites",
"App onlyRoasted kohlrabi traybake. This is a premium piece of content available to registered users.",
"Cookie dough truffles",
"Next level Spanish tortilla",
"Candied orange peel",
"Lamb, spinach & ricotta burgers",
"Melting meatball macaroni",
"Sausage & tomato pizza",
"Easy vegan wellington",
"Prawn stir-fry",
"Hummus with pistachio lamb meatballs",
"Vegan cookies & cream cake",
"Caramel pear blondies",
"Air-fryer spring rolls",
"Pear & manchego salad",
"Asian greens",
"Courgette & ricotta fritters with poached eggs & harissa yogurt",
"Rice & quinoa prawn sushi bowl",
"Cherry, custard & almond sponge cake",
"Homemade salted caramel sauce",
"Toffee apple turnover puff pie. This is a premium piece of content available to registered users.",
"Sweet & sour mackerel",
"Easy kale soup",
"Banana cake with pecan crumble crunch",
"Vanilla milkshake bar",
"Lemony prawn & pea pressure cooker risotto",
"Coconut & lime rice",
"Charred onion & tomato salad",
"Lighter apple & pear pie",
"Toddler recipe: homemade pizza with veggie faces",
"Bakewell tart scones",
"Cucumber & mint relish",
"Green bean mac 'n' cheese",
"Lemony broad beans with goat's cheese, peas & mint",
"Gingerbread house",
"Punjabi-style chickpea salad",
"Griddled asparagus",
"Pastrami hash",
"Austrian hash",
"Jam turnovers",

"Spanish tomato salad",
"Creamy egg curry",
"Sticky cod with celeriac & parsley mash",
"Easy sourdough bread",
"Salmon & watercress quiche",
"Shortbread recipe",
"Gluten-free cupcakes",
"Crunchy custard-baked apples",
"Blood orange upside-down cake",
"Tapenade chicken pasta with runner beans",
"Spiced okra curry",
"Cookie dough pizza",
"Chocolate, hazelnut & salted caramel tart",
"Minty pea & potato soup",
"Mincemeat & shortbread squares",
"Corndogs",
"Rustic oat & treacle soda bread",
"Veggie protein chilli",
"Sizzled sprouts with pistachios & pomegranate",
"South Indian fish curry with chickpeas",
"Beetroot, bacon, cranberry & grain salad",
"Stir-fried beef with oyster sauce",
"Orange, carrot & mint soup",
"Fennel, blueberry & apple juice",
"Slow-roast squash & garlic lentils with harissa yogurt",
"Sardines on toast",
"Double chocolate chip cookies",
"Green bean mac 'n' cheese",
"Crusty garlic bread",
"Punjabi-style chickpea salad",
"Cheesy stuffed baked potatoes",
"Baked nectarines with mascarpone, pistachio & honey",
"Griddled asparagus",
"Gingerbread house",
"Pastrami hash",
"Cucumber & mint relish",
"Austrian hash",
"Thyme roasted vegetables",
"Spanish tomato salad",
"Sticky cod with celeriac & parsley mash",
"Salmon & watercress quiche",
"Mascarpone & marmalade ice cream",
"Mojito pitcher",
"Crunchy custard-baked apples",
"Blood orange upside-down cake",
"Easy tzatziki",
"Vegan chocolate orange cake",
"Simple Greek salad",
"Minty pea & potato soup",
"Ricotta and basil pizza",
"Chocolate, hazelnut & salted caramel tart",
"Lemongrass beef stew with noodles",
"Chocolate ganache",
"Trout traybake with minty hollandaise",
"Chicken skewers with satay dip",
"Mushroom & chestnut rotolo",
"Noodle stir-fry with crunchy peanuts",
"App onlyFilo custard pie. This is a premium piece of content available to registered users.",
"Buttery sage & onion sprouts",

"Beef & chorizo empanadas",
"Stollen babka wreath",
"Ricotta & spring onion dip",
"Watercress risotto with goat's cheese",
"Patatas bravas with chorizo",
"Moscow mule",
"The ultimate makeover: New York cheesecake",
"Lasagne soup",
"Welsh rarebit",
"Focaccia",
"Fragrant coconut, salmon & prawn traybake",
"Coconut fish curry traybake",
"Orange & passion fruit traybake",
"Easy falafel burgers",
"Green mango salad with prawns",
"Spiced root soup with crisp spiced onions",
"Strawberry & almond cheesecake sponge",
"Fennel, blueberry & apple juice",
"Classic bread & butter pudding",
"Air fryer sweetcorn fritters",
"Haggis potato cakes",
"Boom Bang-a-Bang chicken cups",
"Rosemary & olive drop scones with goat's cheese",
"Satay chicken noodle soup with squash",
"Pandan cake",
"Brussels sprouts grain bowl",
"Brussels sprouts with pancetta",
"App onlySteak sarnies with sticky onions & blue cheese. This is a premium piece of content available to registered users.",
"Sausages with creamy lentils",
"Herby mustard Yorkies",
"5-a-day Bolognese",
"Rhubarb vodka",
"Slow-roast squash & garlic lentils with harissa yogurt",
"Leek & kale hash with sage fried eggs",
"Crisp bacon & avocado toasts",
"Baked nectarines with mascarpone, pistachio & honey",
"No-cook veggie fajitas",
"App onlySpiced spinach & potato pasty pies. This is a premium piece of content available to registered users.",
"Ricotta and basil pizza",
"Lemon & marjoram sardines with walnut & pepper dressing",
"Rose cream & raspberry jellies",
"Kale & chorizo broth",
"Homemade vegan bagels",
"Indian spice box chicken",
"Nut roast rolls",
"Braised beef in honey & soy",
"Hot little Christmas cakes",
"Orange pastry mince pies",
"Griddled asparagus with flaked almonds & butter",
"Easy tzatziki",
"Chocolate salted caramel cookie cake",
"Beef mince & tomato ragu",
"Mini salmon & dill puffs",
"Pear & manchego salad",
"Smoked salmon & celeriac dauphinoise",
"Banoffee pie",
"Proper turkey gravy",
"Paneer-stuffed pancakes",

"Coconut flour cookies",
"Brie & cranberry wreath",
"Goat's cheese & beetroot salad",
"French toast bacon butties",
"Coconut & lime rice",
"Eve's pudding (apple sponge pudding)",
"Chestnut & cranberry roll",
"Baked sweet potatoes with whipped feta, spiced chickpeas & green tahini",
"Roast fish with chickpeas & ginger",
"Shredded chicken salad",
"Simple Greek salad",
"Slow cooker mulled wine",
"Easy pea & mint soup",
"Pressure cooker lamb & coconut curry",
"Halloumi & beetroot open sandwich",
"Caramelised apple cake with streusel topping",
"No-oven pizza",
"Beef enchiladas",
"Brussels sprout slaw",
"Easy potato scones",
"Spinach & three cheese cannelloni",
"Mojito pitcher",
"Masala chai",
"Summer tomato & cheese toastie",
"Homemade vegan bagels",
"Indian spice box chicken",
"Nut roast rolls",
"No-oven pizza",
"Wedding cake - zingy lemon",
"Hot little Christmas cakes",
"Orange pastry mince pies",
"Griddled asparagus with flaked almonds & butter",
"Beef mince & tomato ragu",
"Cherry bakewell sponge pudding",
"Homemade peanut butter",
"Pierogi",
"Porridge bread",
"Nearly spring peas",
"Lime, sesame & coconut courgette carpaccio",
"Crab-stuffed avocados",
"App only Chargrilled chicken curry. This is a premium piece of content available to registered users.",
"Creamy polenta & mushroom ragout",
"The ultimate makeover: Coffee walnut cake",
"Chorizo & purple sprouting broccoli carbonara",
"Stem ginger & treacle tart",
"Rum-glazed grilled pineapple with lime crème fraîche",
"Homemade bread",
"Beetroot & chocolate cake",
"Cheat's duck, hoisin and cucumber lettuce cups",
"Sesame flatbreads",
"Red onion with peanut butter & chilli",
"Potato scones with smoked salmon & soured cream",
"Roast sirloin of beef & Port gravy",
"Cardamom buns",
"Easy pea & mint soup",
"Caramelised apple cake with streusel topping",
"Egg & cress club sandwich",
"Halloumi & beetroot open sandwich",

"Hot sugared doughnuts",
"Brussels sprout slaw",
"Easy potato scones",
"Beef enchiladas",
"Smash burgers",
"Blackberry jelly (bramble jelly)",
"Lentil & lemon fettuccine",
"Sherry-braised pork cheeks",
"App onlyCreamy mushroom lasagne. This is a premium piece of content available to registered users.",
"Celeriac hash with ham hock & duck eggs",
"Pork carnitas",
"Masala chai",
"Cowboy chicken & bean stew",
"Apple 'doughnuts'",
"Harissa veg, goat's cheese & couscous salad",
"Bok choi with oyster sauce & chilli",
"App onlyChicken, spring onion & mustard pie. This is a premium piece of content available to registered users.",
"Harissa turkey kofta & carrot pittas",
"Sausage & pumpkin roast",
"Prosciutto skewered chicken with fried sage leaves",
"Snowball cookies",
"15-minute chicken & halloumi burgers",
"Barbecue beef burger",
"Classic Italian lasagne",
"Cranberry ripple cheese-cupcakes",
"Summer sautéed potatoes",
"Peach Melba knickerbocker glory",
"Vegan pesto",
"Greek-style salad dressing",
"Air fryer sweetcorn fritters",
"Lamb, lemon & dill souvlaki",
"Flatbreads with brunch-style eggs",
"Lemony potato salad",
"Pea & watercress soup",
"Sticky Korean chicken drumsticks",
"Harissa couscous",
"Spiced lamb pilaf",
"Cucumber prawn cocktail cups",
"Roast chicken with peppers & feta",
"Celeriac hash with ham hock & duck eggs",
"Potage Dubarry with crisp chorizo (Creamy cauliflower soup)",
"Herb & lemon pork chops",
"App onlySteak sarnies with sticky onions & blue cheese. This is a premium piece of content available to registered users.",
"Red pepper & potato omelette",
"Breakfast bar",
"Exotic avocado salad",
"Broccoli & cauliflower cheese",
"Grilled fish with new potato & spring onion crush",
"Indian spice box chicken",
"Cheat's aubergine Parmigiana",
"Easy baked tomato risotto",
"Griddled asparagus with flaked almonds & butter",
"Stuffed chicken breast",
"Anytime pesto & prawn pasta salad",
"Stilton & chutney rarebit bites",
"Lime, sesame & coconut courgette carpaccio",
"App onlySteak sarnies with sticky onions & blue cheese. This is a pre

mium piece of content available to registered users.",
"Red pepper & potato omelette",
"Figs with goat's cheese, pistachios & honey",
"Exotic avocado salad",
"Broccoli & cauliflower cheese",
"Grilled fish with new potato & spring onion crush",
"Indian spice box chicken",
"Easy baked tomato risotto",
"Chicken & bacon pie",
"Vegan Thai curry",
"Griddled asparagus with flaked almonds & butter",
"Stuffed chicken breast",
"Trout & spelt salad with watercress",
"Thai squash soup",
"Anytime pesto & prawn pasta salad",
"Stilton & chutney rarebit bites",
"Lime, sesame & coconut courgette carpaccio",
"Snowman biscuits",
"Caprese salad (tomato and mozzarella salad)",
"Courgette brownies",
"Homemade eclairs",
"Chicken & mushroom wellington",
"Spanish potatoes",
"Chewy almond macaroon biscuits",
"Pear & ginger loaf cake",
"Homemade beef burgers",
"Blackberry & apple cake",
"Baked vegan cheesecake with raspberries & clementine",
"Buffalo chicken burgers & ranch slaw",
"Potato frittata with pesto & goat's cheese",
"Dark & stormy fruit cake",
"Figs with goat's cheese, pistachios & honey",
"Smoked salmon soufflés",
"Harissa veg, goat's cheese & couscous salad",
"Indian chicken salad",
"Classic chicken ramen",
"Pimm's cake",
"Luxe fish pie",
"Warm mushroom, lentil & goat's cheese salad",
"Prawn chow mein",
"Roasted grape, carrot & wild rice salad with balsamic maple dressing",
"Chicken & bacon pie",
"Vegan Thai curry",
"Cheese & ham soufflé omelette",
"Almost-instant sweet wine ice-cream",
"Easy meatloaf with spaghetti & tomato sauce",
"Massaman curry roast chicken",
"Béarnaise sauce",
"Smoked mackerel & beetroot toast topper",
"Blackberry jelly (bramble jelly)",
"Pea & bacon pasties",
"Boozy cranberry sauce",
"Blackcurrant gin",
"Yogurt parfaits with crushed strawberries & amaretti",
"Sharing potted shrimp",
"Halloumi, pomegranate & walnut salad",
"Cowboy chicken & bean stew",
"Winter panzanella",
"Cheesy spinach & artichoke dip",

"Spanish potatoes",
"Peppered potato soup",
"Home-from-work spaghetti",
"Steamed bass with pak choi",
"Buffalo chicken burgers & ranch slaw",
"Fairy wand biscuits",
"Fried chicken with pineapple hot sauce",
"App onlyCrispy tofu summer rolls with cashew dipping sauce. This is a premium piece of content available to registered users.",
"Italian sausage stew with rosemary garlic mash",
"Brown butter new potatoes",
"App onlyAny-veg hummus. This is a premium piece of content available to registered users.",
"Unicorn cupcakes",
"Crisp spinach tart with squash wedges",
"Vegan pumpkin pie",
"Gooseberry & almond streusel squares",
"Keto pizza",
"Double-dipped shortbread cookies",
"Goat's cheese & watercress quiche",
"White hot chocolate",
"Maast-o-khiar (yogurt with cucumber)",
"Vegan pesto",
"Hot cross bun French toast dippers",
"Spicy jerk potato & pineapple hash",
"Slow-roasted shoulder of lamb",
"Salmon & lemon rice pastry parcel",
"Salted caramel fudge",
"Spiced lamb pilaf",
"Roast chicken with peppers & feta",
"Roasted carrot, rocket & lentil salad",
"Moong dhal makhani",
"Sticky bourbon BBQ wings with blue cheese dip",
"Slow cooker pork loin",
"New!Beetroot bucatini. This is a premium piece of content available to registered users.",
"Exotic avocado salad",
"Stilton & chutney rarebit bites",
"Cucumber prawn cocktail cups",
"Easy sultana scones",
"Ploughman's sandwich",
"Red pepper & potato omelette",
"Pear, hazelnut & chocolate cake",
"Caramel chicken wings",
"Tuna & caper panzanella",
"Citrus soba noodles",
"Pecan toffee cake",
"Bloody mary pepper prawns",
"Spiced Singapore noodles with cauliflower, chicken & prawns",
"Stuffed chicken breast",
"Snowman biscuits",
"App onlyOpen Greek-style salad sandwiches. This is a premium piece of content available to registered users.",
"Strawberry, feta & thyme tart",
"Summer lamb with carrot & fennel salad",
"Easy baked tomato risotto",
"Rabbit stew",
"Salt-baked lamb shanks",
"Charred steak with chimichurri sauce",
"Pear & ginger loaf cake",

"App onlyPecan-crusted chicken mini schnitzels. This is a premium piece of content available to registered users.",
"Spicy plum & apple chutney",
"Crab & tangled asparagus salad on toast",
"All in one apple pudding",
"Steaks in red wine sauce",
"Crispy pancakes with creamy chicken & bacon",
"Sticky bourbon BBQ wings with blue cheese dip",
"Feta & roasted tomato shakshuka",
"Slow cooker pork loin",
"Pear, hazelnut & chocolate cake",
"Ploughman's sandwich",
"Easy sultana scones",
"Mozzarella & pesto chickpeas on toast",
"Tuna & caper panzanella",
"Roasted root veg traybake",
"Caramel chicken wings",
"Citrus soba noodles",
"Easy Halloween cookies",
"Chocolate owl cake",
"App onlyOpen Greek-style salad sandwiches. This is a premium piece of content available to registered users.",
"Bloody mary pepper prawns",
"Pecan toffee cake",
"Strawberry, feta & thyme tart",
"Rabbit stew",
"Summer lamb with carrot & fennel salad",
"Tomato & mozzarella tart with roast pepper pesto",
"App onlyPecan-crusted chicken mini schnitzels. This is a premium piece of content available to registered users.",
"Moroccan harira & chicken soup",
"Crispy Jerusalem artichokes with roasted garlic & rosemary",
"Watermelon daiquiri",
"Curry in a hurry",
"Spicy plum & apple chutney",
"Crab & tangled asparagus salad on toast",
"Eggless cookies",
"Chocolate shards",
"Banana, clementine & mango smoothie",
"Sticky bourbon BBQ wings with blue cheese dip",
"Crispy pancakes with creamy chicken & bacon",
"Vegan 'smoked salmon' toasts",
"Tomato salad with sizzled chorizo vinaigrette",
"Slow cooker pork loin",
"Pear, walnut & blue cheese tart",
"Feta & roasted tomato shakshuka",
"Easy sultana scones",
"Ploughman's sandwich",
"Tuna & caper panzanella",
"Mozzarella & pesto chickpeas on toast",
"Citrus soba noodles",
"Roasted root veg traybake",
"Caramel chicken wings",
"Macaroni cheese with veg",
"Pecan toffee cake",
"Easy Halloween cookies",
"App onlyRadishes with herby whipped feta. This is a premium piece of content available to registered users.",
"Bloody mary pepper prawns",
"Chocolate owl cake",

"Broccoli with a crunch",
"Summer lamb with carrot & fennel salad",
"Tomato & mozzarella tart with roast pepper pesto",
"Moroccan harira & chicken soup",
"Crispy Jerusalem artichokes with roasted garlic & rosemary",
"Watermelon daiquiri",
"Crab & tangled asparagus salad on toast",
"All in one apple pudding",
"One-pan roast butter chicken",
"Salad Aveyronnais",
"Mushroom, squash & caramelised garlic lasagne with crispy sage",
"Sloppy joes",
"Dark chocolate torte",
"App onlyPea, asparagus & burrata salad with mint salsa verde. This is a premium piece of content available to registered users.",
"Banana cake",
"Toffee apple crumble",
"Spaghetti with tomatoes & basil",
"Oaty plum gingerbread slice",
"New! Roasted cauliflower rice. This is a premium piece of content available to registered users.",
"Italian chicken bake",
"Next level chicken kiev",
"Mermaid cake",
"Tandoori cauli wedges",
"Sweet potato stackers",
"Charred corn, chicken & tortilla salad with chipotle yogurt dressing",
"Passion fruit & lemon self-saucing pudding",
"Smoked salmon, leek & dill tart",
"Lebanese poussin with spiced aubergine pilaf",
"Next level roast beef",
"Sprout remoulade",
"Fennel dauphinoise",
"Spiced chicken balti",
"Spicy chicken nasi goreng",
"Simnel muffins",
"Blueberry Bircher pots",
"Avocado, prawn & fennel cocktails",
"Simple sesame flatbreads",
"Slow cooker coconut chicken curry",
"Roast beef Yorkies",
"Watermelon & spinach super salad",
"App onlyMince pie rum. This is a premium piece of content available to registered users.",
"One-pan nachos with black beans",
"Chilled pea & watercress soup",
"Unicorn biscuits",
"Sticky ginger lemon drizzle cake",
"Veggie toad-in-the-hole",
"Slow-cooker hot chocolate",
"Veggie sausage swirl",
"Carrot, apple & celeriac mash",
"Giant pig-in-a-blanket pinwheel",
"American-style pineapple & banana pancakes",
"Spiced crab cakes with lemon & lime aioli",
"Pastrami-style steak & mustard mayo",
"Roasted balsamic cauliflower",
"Semi-dried tomatoes",
"Creamy fish & mussel soup",

"Peking duck",
"Christmas spiced friands",
"Whole stuffed roast fish with fennel",
"Strawberry & rhubarb crumble",
"Minty beetroot dip with chilli pitta crisps",
"Gratin of white cabbage & lentils in a Provençal sauce",
"App onlyGiant apricot & fennel seed sausage roll. This is a premium piece of content available to registered users.",
"Christmas pudding ice cream",
"Halloumi panzanella salad",
"Sausage & bean one-pot",
"White chocolate chip fudge",
"Spiced parsnip & maple muffins",
"Cheesy chicken bake with new potatoes",
"Bacon, brie and red onion baguettes",
"Chocolate & chestnut truffle torte",
"Sticky pork belly with Vietnamese-style salad & smashed peanuts",
"Garlicky prawns with sherry",
"Blueberry Bircher pots",
"Stir-fry stuffed omelette",
"Chilled pea & watercress soup",
"Spring green fattoush",
"Sticky jerk salmon with mango slaw",
"Strawberry compote with sugared drop scones",
"Freezer biscuits",
"Chocolate owl cake",
"Roast beef Yorkies",
"Roasted root veg traybake",
"Crunchy parsnips",
"Frozen blackberry fool",
"Simple chocolate button egg",
"Lime & chilli pitta crisps",
"Red onion & rosemary focaccia",
"Salted toffee sauce",
"Easy chocolate mousse",
"Piri-piri chicken",
"Easy Halloween cookies",
"30 minute chicken & tarragon pasta",
"Sprout remoulade",
"Puris with potato masala (alu puri)",
"Coquito",
"Mozzarella & pesto chickpeas on toast",
"Thumbprint cookies",
"Basil pesto",
"Linguine with watercress & almond pesto",
"Simnel muffins",
"Lamb scouse",
"Sesame & ginger green beans",
"App onlyEasy air fryer cheese & ham hock gnocchi. This is a premium piece of content available to registered users.",
"Christmas spiced friands",
"One-pan nachos with black beans",
"Chicken tikka pasties",
"Whole stuffed roast fish with fennel",
"Orzo salad",
"Next level key lime pie",
"Crispy Jerusalem artichokes with roasted garlic & rosemary",
"Leek, manchego & chorizo tart",
"App onlyDouble sausage & bean casserole with cheese-on-toast crumbs.
This is a premium piece of content available to registered users.",

"Creamy baked haddock & tatties",
"Butter bean, cucumber & radish salad",
"Eggless cookies",
"Slow-cooker hot chocolate",
"Spiced crab cakes with lemon & lime aioli",
"Chilli corn & spring onion quesadilla",
"Pastrami-style steak & mustard mayo",
"Baked sea bass with romesco sauce",
"Beef fillet, Marmite mash & roasted cabbage",
"Mozzarella with tomato & chilli salsa",
"Grilled salmon teriyaki with cucumber salad",
"Creamy spinach, basil & chicken pasta",
"Kombucha",
"Shallot tatin",
"Christmas pudding ice cream",
"Gluten-free mixed berry crumble",
"White chocolate chip fudge",
"Lemon meringue fridge cake",
"Air fryer sausage rolls",
"Broken biscotti ice cream with hot mocha",
"Belgian waffles",
"App onlyNext level aubergine parmigiana. This is a premium piece of content available to registered users.",
"Raspberry ripple blondies",
"Cheesy omelette burgers",
"Chicken chimichangas",
"Next level Thai green curry",
"Roast sweet potato & onion tart with goat's cheese",
"Egg & puy lentil salad with tamari & watercress",
"Apple & date turnover",
"Easy vegetarian puff pastry tart",
"New potatoes with lemon & chive butter",
"Bang bang turkey noodle salad",
"Chicken, lentil & sweetcorn chowder",
"Persian basmati rice chelo (tahdig)",
"Cucumber raita",
"Beef bourguignon cottage pie",
"New! Roasted cauliflower rice. This is a premium piece of content available to registered users.",
"Chorizo jam",
"Tuna melt potato wedges",
"Sticky gammon steaks",
"Azerbaijani-style lamb with apricots & chestnuts",
"Toffee apple crumble",
"Sticky ginger lemon drizzle cake",
"Patatas bravas",
"Italian chicken bake",
"Sunshine smoothie",
"Spaghetti alle vongole",
"Smoked haddock, spring onion & saffron tart",
"Classic vinaigrette",
"Pecan-stuffed dates",
"Lerato's Tanzanian banana curry",
"Banana & custard pots",
"Tuna, olive & spinach spaghetti",
"Blueberry & macadamia flapjacks",
"Crêpes Suzette",
"Honey mustard lamb with crushed potatoes",
"Weaning recipe: Cauliflower cheese purée",
"Poached & smoked salmon pâté with bagel toasts",

"Carrot & halloumi fritters with coriander dip",
"Unicorn biscuits",
"Barbecued fajita steak",
"Sloppy joes",
"Roti",
"Leftover porridge pancakes",
"Veggie sausage swirl",
"John's great guacamole",
"Couscous with chorizo & chickpeas",
"Poached pears in red wine",
"Giant pig-in-a-blanket pinwheel",
"Chocolate hot cross bun bread & butter pudding",
"Pork chops with broad bean & minted Jersey smash",
"Roast squash with goat's cheese & puy lentils",
"Palomezcal",
"Elderflower sorbet",
"Quinoa porridge",
"App onlyGiant apricot & fennel seed sausage roll. This is a premium piece of content available to registered users.",
"Smoked haddock, spring onion & saffron tart",
"Grain-stuffed peppers",
"Pecan-stuffed dates",
"Hasselback roast potatoes",
"Honey mustard lamb with crushed potatoes",
"Tuna, olive & spinach spaghetti",
"Barbecued fajita steak",
"Classic vinaigrette",
"Banana & custard pots",
"Leftover porridge pancakes",
"John's great guacamole",
"Sage, bacon & parsnip linguine",
"Roti",
"Poached pears in red wine",
"Lobster mac & cheese",
"Brazilian cheese bread (pão de queijo)",
"Ricotta pancakes with winter fruit compote & vanilla yogurt",
"Club sandwich",
"Sali murghi",
"Jerk turkey",
"Mushroom, walnut & tomato baked peppers",
"Palomezcal",
"Raspberry & lemon polenta cake",
"Spicy oven-baked chicken & chips",
"Cheesy green veg gratin",
"Quick cheese & onion rarebit",
"Carrot cake fridge flapjacks",
"Beetroot hummus toasts with olives & mint",
"Spiced hot choc",
"Gingerbread bites",
"Banana & custard pots",
"Leftover porridge pancakes",
"John's great guacamole",
"Sage, bacon & parsnip linguine",
"Poached pears in red wine",
"Lobster mac & cheese",
"Brazilian cheese bread (pão de queijo)",
"Palomezcal",
"Sali murghi",
"Jerk turkey",
"Mushroom, walnut & tomato baked peppers",

"Elderflower sorbet",
"Raspberry & lemon polenta cake",
"Easy scotch eggs",
"App onlyFirework apples. This is a premium piece of content available to registered users.",
"Spicy oven-baked chicken & chips",
"Cheesy green veg gratin",
"Quick cheese & onion rarebit",
"Chinese chicken with pancakes",
"Beetroot hummus toasts with olives & mint",
"Pistachio pesto salmon & vegetable traybake",
"Spiced hot choc",
"Gingerbread bites",
"Fish stew with roast garlic & saffron",
"Chai-spiced apple & sultana porridge topper",
"Mincemeat cookies",
"Chilli slaw",
"Peach & blue cheese salad",
"Mushroom & rice one-pot",
"Nasi goreng (Indonesian stir-fried rice)",
"Hasselback roast potatoes",
"Jumbo pigs in blankets",
"Thumbprint cookies",
"Raspberry oat traybake",
"Roasted salt & paprika almonds",
"Baked sea bass with romesco sauce",
"Mushroom & rice one-pot",
"New!Berry crumble with chocolate sauce & custard. This is a premium piece of content available to registered users.",
"Tuna, spring onion & sweetcorn fritters",
"Winter root mash with buttery crumbs",
"15-minute prawn curry",
"Rhubarb & custard pie with butter crumble",
"Sage & onion devils on horseback. This is a premium piece of content available to registered users.",
"Fish stew with roast garlic & saffron",
"Chicken katsu curry burger",
"Crab & asparagus omelette",
"Dukkah-crusted aubergine steaks",
"Sali murghi",
"Spiralized broccoli salad",
"Pork & ham pie",
"Grilled salmon teriyaki with cucumber salad",
"Orange & feta giant couscous salad",
"Chocolate-orange French toast",
"Lemon drizzle mille crêpe cake",
"Peach & blue cheese salad",
"Spicy oven-baked chicken & chips",
"Red velvet cookies",
"Edible fake blood",
"Moroccan spiced fish with ginger mash",
"Apple & almond crumble pie",
"Sticky lime roast chicken",
"Blackberry cheesecake",
"Jumbo pigs in blankets",
"Kung pao-style cauliflower & kidney beans",
"Jessica rabbit cocktail",
"Stuffed rainbow baguette",
"Raspberry oat traybake",
"Roasted salt & paprika almonds",

"Viennese fingers",
"Roast aubergine parmigiana",
"New! Berry crumble with chocolate sauce & custard. This is a premium piece of content available to registered users.",
"Tuna, spring onion & sweetcorn fritters",
"Winter root mash with buttery crumbs",
"Rhubarb & custard pie with butter crumble",
"15-minute prawn curry",
"Lemon drizzle mille crêpe cake",
"Pork & ham pie",
"Sage & onion devils on horseback. This is a premium piece of content available to registered users.",
"Chicken katsu curry burger",
"Pickled beetroot",
"Double ginger cookies",
"Crab & asparagus omelette",
"Dukkah-crusted aubergine steaks",
"Blackberry gin",
"Orange & feta giant couscous salad",
"Charred nectarine & prosciutto panzanella",
"Chocolate-orange French toast",
"Banana bubelach with fruit compote",
"Caramelised onion, squash & spinach pithivier",
"White chicken chilli",
"Chai-spiced apple & sultana porridge topper",
"Caramelised onion, squash & spinach pithivier",
"White chicken chilli",
"Salmon en croûte with ginger & raisins",
"Pea, prawn & lemon linguine",
"Blackberry vodka",
"Easy chicken pie",
"Speedy Tex-Mex rice",
"Christmas muffins",
"App only Roasted garlic & herb turkey crown. This is a premium piece of content available to registered users.",
"Five-veg lasagne",
"Chicken liver pâté",
"App only Chickpea, charred aubergine & feta salad. This is a premium piece of content available to registered users.",
"Apple, date & tamarind chutney",
"Smoked salmon salad with crab dressing",
"Prawn & broccoli omelette",
"10-minute tortellini",
"Raspberry frangipane croissant bake",
"Coffee & Irish cream semifreddo wreath",
"Blueberry & banana power smoothie",
"Handesh",
"Avocado & smoked salmon spelt spaghetti",
"Rye sourdough starter",
"Sausage casserole in a Yorkie",
"Macho peas",
"Spanish stuffed marrow",
"BLT tart",
"Fried stuffed cucumbers",
"Sausage rolls",
"App only Smashed jerusalem artichoke with smoky feta & red pepper dip. This is a premium piece of content available to registered users.",
"Thai beef curry",
"One-pot spicy rice",
"Bramley & walnut chutney",

"Microwave orange & soy salmon parcels",
"Beetroot hummus toasts with olives & mint",
"Veggie gravy",
"Vietnamese lamb shanks with sweet potatoes",
"Alfajores",
"Manchurian chicken",
"Spiced lentil & spinach pies",
"Hot sauce",
"Gingerbread bites",
"Maple pears with pecans & cranberries",
"Wings-for-dinner gravy",
"Runner bean chutney",
"Salmon en croûte with ginger & raisins",
"Easy chicken pie",
"Summer runner bean stew",
"Speedy Tex-Mex rice",
"Grilled mackerel fillets",
"Christmas muffins",
"Spanish-style slow-cooked lamb shoulder & beans",
"Five-veg lasagne",
"Crispy-skinned chicken with roasted Jersey Royals & watercress stuffing",
"Breadcrumbs pork with grilled aubergine & spicy tomato sauce",
"Creamy Savoy cabbage with carrots",
"Apple, date & tamarind chutney",
"App onlyRoasted garlic & herb turkey crown. This is a premium piece of content available to registered users.",
"Matcha & white chocolate blondies",
"Miso & butternut squash ramen",
"10-minute tortellini",
"Raspberry frangipane croissant bake",
"Spanish chicken pie",
"Spanish stuffed marrow",
"Sausage casserole in a Yorkie",
"App onlyPea & mint soup with wand dippers. This is a premium piece of content available to registered users.",
"Macho peas",
"Blueberry & banana power smoothie",
"Handesh",
"Beefy melanzane parmigiana",
"Sticky chilli roast chicken with rice salad",
"BLT tart",
"Prawn & broccoli omelette",
"Goat's cheese, potato & onion tart",
"Clementine custard tarts",
"Make-ahead madeira gravy",
"App onlyKickin' buffalo chicken nachos. This is a premium piece of content available to registered users.",
"Sausage rolls",
"Chuka-fu shredded cabbage",
"Triple cheese & tarragon-stuffed mushrooms",
"Pistou soup",
"Storecupboard saucy pasta & chickpeas",
"Kung pao-style cauliflower & kidney beans",
"Slow-roast lamb with prunes & roasted garlic",
"Coconut & banana pancakes",
"Chinese-spiced seed mix",
"Green cucumber & mint gazpacho",
"Lamb chops with hummus & roasted tomatoes",
"Easy Beetroot soup",

"Baked chicken drumsticks",
"Stroganoff meatballs & mash",
"Chestnut, bacon & cranberry stuffing",
"Lamb stew with fluffy rosemary & cheddar dumplings",
"Rice cooker coconut rice",
"Charred nectarine & prosciutto panzanella",
"New!Meatballs & garlic bread & butter pudding. This is a premium piece of content available to registered users.",
"Rabbit cacciatore",
"Bengali scotch eggs",
"Meat & potato pie",
"Chocolate & caramel flapjacks",
"Bramley & walnut chutney",
"Pressure cooker chicken stew",
"Dill sauce",
"Blackberry gin",
"Sticky hoisin pork steaks",
"Japanese-style beef bowl",
"Free-from butterscotch pie",
"Eton mess cheesecake",
"Wings-for-dinner gravy",
"Roasted pumpkin seeds",
"Chinese-spiced seed mix",
"Coronation chicken pasties",
"Dizzy mezcal",
"Summer runner bean stew",
"Classic jacket potatoes",
"Almond-crusted fish with saffron sauce",
"Grilled mackerel fillets",
"Potted ham",
"Crispy-skinned chicken with roasted Jersey Royals & watercress stuffing",
"Prawn & coconut curry",
"Easy Beetroot soup",
"Baked chicken drumsticks",
"Spicy squid ragu with pasta & clams",
"Jambalaya. This is a premium piece of content available to registered users.",
"App onlyLemon butter baked white fish with shredded hispi cabbage. This is a premium piece of content available to registered users.",
"Lemon drizzle flapjacks",
"Pastrami sandwich",
"App onlyCaprese chicken sandwiches. This is a premium piece of content available to registered users.",
"Steak & onion fajitas with sweetcorn salsa",
"Easy vanilla ice cream",
"Salt & pepper squid with roast chilli dressing",
"Sticky spiced red cabbage",
"Chestnut, bacon & cranberry stuffing",
"Spiced lamb pie",
"Stroganoff meatballs & mash",
"Marinated figs with prosciutto, mozzarella & basil",
"New!Meatballs & garlic bread & butter pudding. This is a premium piece of content available to registered users.",
"Rice cooker coconut rice",
"Garlic mashed potatoes",
"Spatchcock gochujang chicken",
"Sweet spiced lamb shanks with quince",
"Bengali scotch eggs",
"Rabbit cacciatore",

"Meat & potato pie",
"Chocolate & caramel flapjacks",
"Blueberry jam",
"Dill sauce",
"Fluffy Japanese pancakes",
"Pressure cooker chicken stew",
"Eton mess cheesecake",
"Sausages with lemon & rosemary roast potatoes",
"App onlyGingerbread brownies. This is a premium piece of content available to registered users.",
"Trifle bowl coronation salad",
"Chickpea fritters with courgette salad",
"Baked cherry cheesecake",
"Plum betty",
"Mozzarella stuffed crust pizza",
"Potato & avocado salad",
"Spiced squash, feta & beetroot wellington",
"Butter-fried sprouts with crispy shallots & almonds. This is a premium piece of content available to registered users.",
"Czech chocolate cake",
"Sausage ragu & spinach pasta bake",
"Orange crunch creams with warm cherries",
"Gin & tonic sorbet",
"Pomegranate oysters",
"Harissa prawn skewers with carroty couscous",
"Pearl barley, parsnip & preserved lemon tagine",
"Beef & bacon meatloaf",
"Barley & broad bean risotto",
"Cumin pork chops with honey carrots",
"Gluten-free tuna pasta bake",
"Easy kids' omelette",
"Really easy cinnamon rolls",
"Orange-glazed duck with duck-fat fondant potatoes",
"Cookies & cream no-churn ice cream",
"Snowy chocolate crackle biscuits",
"Crispy cubed roasties with garlic & thyme",
"Elote-inspired pasta salad",
"Chinese leaf pork wraps",
"Spring veg & prawn stir-fry",
"Chorizo croquetas with aioli",
"Mushroom, sherry & grain mustard sauce",
"Battenberg cake",
"Smashed minted peas",
"Goat's cheese, potato & onion tart",
"Sweet jacket potato with piri-piri prawns",
"Prawn & black pepper stir-fry",
"Blueberry lemon cake with coconut crumble topping",
"App onlyPea & mint soup with wand dippers. This is a premium piece of content available to registered users.",
"Marshmallow & strawberry kebabs",
"Make-ahead madeira gravy",
"Christmas cake cupcakes",
"Potato & avocado salad",
"Spanish chicken pie",
"Slurp it up miso ramen",
"Smoked haddock, leek & barley 'risotto'",
"Easy chicken kiev",
"App onlyKickin' buffalo chicken nachos. This is a premium piece of content available to registered users.",
"Blueberry bakewell muffins",

"Christmas rocky road",
"Clementine custard tarts",
"Triple cheese & tarragon-stuffed mushrooms",
"Plum betty",
"Chipotle bean chilli with baked eggs",
"Baked potato slices",
"Chuka-fu shredded cabbage",
"Lamb chops with thyme, chilli & Greek htipiti",
"Meat & potato pie",
"Smoked mackerel kedgeree with soft-boiled eggs",
"Spelt pancakes with rhubarb",
"Pressure cooker chicken stew",
"Truffle chicken & potato gratin",
"Summer sausage rolls",
"Garlic mashed potatoes",
"Catherine wheel toad-in-the-hole with honey & mustard onions",
"Rabbit cacciatore",
"Blueberry jam",
"App onlyParsnip, brown butter & hazelnut loaf cake. This is a premium piece of content available to registered users.",
"Sticky hoisin pork steaks",
"Chocolate & caramel flapjacks",
"Slow-cooker lamb shoulder",
"App onlyJerusalem artichoke salad. This is a premium piece of content available to registered users.",
"Smash burger pancakes",
"Caramelised pear, rum & coconut crumble",
"Cep, rocket & Parmesan salad",
"Farro salad with roasted carrots & feta",
"Spaghetti with 5-minute tomato sauce",
"Free-from butterscotch pie",
"Coronation chicken pasties",
"Corn relish",
"Baked aubergines with cannellini beans",
"Chicken saltimbocca with basil mash",
"Sweet spiced lamb shanks with quince",
"Flat white",
"Vegan bacon",
"Thai minced chicken salad",
"App onlySimmel cinnamon rolls. This is a premium piece of content available to registered users.",
"Dizzy mezcal",
"Ham & pineapple melt",
"Warm raspberry cupcakes with orange sugar drizzle",
"Spiced parsnip & ham soup",
"Marrons glacés",
"Cheesy sprout pasta bake",
"Ginger & pear bread & butter pudding",
"Cauliflower, egg & potato curry",
"Cauliflower crust pizza",
"Black bean turkey tinga with avocado crema",
"Spiced lamb meatballs, roast apricots & fregula",
"App onlyCaramel cornflake brownies. This is a premium piece of content available to registered users.",
"Apricot, cinnamon & olive oil cake",
"Chicken liver & chorizo salad",
"Marie rose sauce",
"Onion bhaji fish & chips",
"Christmas pie",
"Spatchcock gochujang chicken",

"Summer sausage rolls",
"Melting nachos with shredded gammon",
"Garlic mashed potatoes",
"App onlyParsnip, brown butter & hazelnut loaf cake. This is a premium piece of content available to registered users.",
"Bacon sandwich on crusty bread",
"Blueberry jam",
"Mustard seed new potatoes",
"Membrillo-glazed halloumi skewers",
"Truffle chicken & potato gratin",
"Catherine wheel toad-in-the-hole with honey & mustard onions",
"Pecan pie with maple cream. This is a premium piece of content available to registered users.",
"Celery juice",
"Slow-cooker lamb shoulder",
"Smash burger pancakes",
"Cep, rocket & Parmesan salad",
"Warm raspberry cupcakes with orange sugar drizzle",
"Raspberry & white chocolate financier traybake",
"How to make marmalade",
"App onlyPizza beans on toast. This is a premium piece of content available to registered users.",
"Chocolate eclairs",
"Strawberry parfait with Vin Santo, mascarpone & biscotti",
"Prawn, pea & spinach coconut curry with microwave quinoa rice",
"Cheesy leeks & ham",
"Grilled aubergine tabbouleh",
"Sloe gin cranberry sauce",
"App onlyCambridge burnt creams. This is a premium piece of content available to registered users.",
"Honey soy sprouts",
"Fillet of beef with mixed peppercorn sauce",
"Blueberry scones",
"Crunchy prawn & noodle salad",
"Spiced hot cross buns",
"Roasted fish Italian style",
"Red wine sauce",
"Crispy paneer, spinach & coconut curry",
"Omelette vegetable rolls",
"Baked ginger & spinach sweet potato",
"Mexican-style stuffed peppers",
"App onlyOne-pan watercress-stuffed salmon with parmesan new potatoes. This is a premium piece of content available to registered users.",
"Ham & cheese pancakes",
"Blackcurrant cordial",
"Crunchy beetroot slaw with grilled chicken",
"Hwachae (Korean watermelon punch)",
"Braised shiitake mushrooms & pak choi",
"Miso caramel chicken wings",
"Crispy Mongolian lamb",
"Spiced Christmas gammon with membrillo glaze",
"Crunchy prawn & noodle salad",
"Gluten-free pizza dough",
"Mozzarella stuffed crust pizza",
"Crunchy nut cake decoration",
"Sausages with braised cabbage & caraway",
"Omelette vegetable rolls",
"Cajun chicken & pineapple burger",
"Beef & bacon meatloaf",
"Mexican-style stuffed peppers",

"Harissa prawn skewers with carroty couscous",
"Braised shiitake mushrooms & pak choi",
"Noodle salad with lemongrass pork patties recipeNoodle salad with lemongrass pork patties",
"Celeriac ribbons tossed with chard, garlic & pumpkin seeds",
"Smoked haddock, leek & barley 'risotto'",
"Caramelised onion chutney",
"Beignets",
"Digestive biscuits",
"Barley & broad bean risotto",
"Hot cross bun & butter pudding",
"Chicken & sweetcorn ramen",
"Veggie 'forcemeat' balls",
"Vanilla panna cotta with caramelised orange",
"Crispy cubed roasties with garlic & thyme",
"Crab & corn cakes with chilli dipping sauce",
"Blueberry bostock",
"Mushroom, sherry & grain mustard sauce",
"Spring vegetable & cauliflower tabbouleh",
"Feta, herb & spring onion borek",
"Sticky Thai pork",
"Red velvet brownies",
"Feta-stuffed cannellini nut roast",
"Pumpkin cheesecake",
"Snowman cake",
"Keto chocolate cake",
"Cheesy sprout pasta bake",
"Air fryer salt & pepper chicken",
"Bacon sandwich on crusty bread",
"Mustard seed new potatoes",
"Sizzling spare ribs with BBQ sauce",
"App onlyCourgette & sausage timballo. This is a premium piece of content available to registered users.",
"App onlySourdough, sausage & sage stuffing. This is a premium piece of content available to registered users.",
"Spiced lamb meatballs, roast apricots & fregula",
"Noodle salad with lemongrass pork patties recipeNoodle salad with lemongrass pork patties",
"Marie rose sauce",
"Roast salmon with peas, potatoes & bacon",
"App onlyCaramel cornflake brownies. This is a premium piece of content available to registered users.",
"Mango, lime & coconut sundaes",
"Cheese, apple & potato pasties",
"Veggie 'forcemeat' balls",
"Pecan pie with maple cream. This is a premium piece of content available to registered users.",
"Pasta with creamy walnut pesto",
"Spicy Moroccan chops",
"Crispy sweet potatoes with chickpeas & tahini yogurt",
"Membrillo-glazed halloumi skewers",
"Courgette lasagne",
"Panfried fish with fresh beetroot salsa",
"Salted caramel popcorn pots",
"Celery juice",
"Christmas nachos",
"Golden amaretti Christmas cake",
"Chilli & avocado salsa sweet potatoes",
"Crispy cod fingers with wedges & dill slaw",
"Ham & asparagus toad-in-the-hole",

"Apple hand pies",
"Miso soup",
"Banana pancakes with crispy bacon & syrup",
"No-peel braised carrots",
"App onlyCaramelised onion & sausage soup. This is a premium piece of content available to registered users.",
"App onlyWinter panzanella. This is a premium piece of content available to registered users.",
"Feta-stuffed cannellini nut roast",
"Spaghetti with tomato, chilli & tuna salsa",
"Pumpkin cheesecake",
"Fisherman's curry",
"Harissa broccoli & flatbreads",
"Snowman cake",
"Keto chocolate cake",
"Green curry paste",
"Air fryer salt & pepper chicken",
"Sizzling spare ribs with BBQ sauce",
"Super-green mac 'n' cheese",
"App onlyCourgette & sausage timballo. This is a premium piece of content available to registered users.",
"Cranberry & pomegranate sauce",
"App onlySourdough, sausage & sage stuffing. This is a premium piece of content available to registered users.",
"App onlyFish & chorizo stew with confit garlic aioli. This is a premium piece of content available to registered users.",
"Spring onion quesadillas with guacamole salad",
"Walnut scones",
"Custard tarts",
"Mary's paprika pork in a pot",
"White chocolate cookies",
"Roast tomatoes, chicken schnitzel & cheesy creamed corn",
"Mango, lime & coconut sundaes",
"Breakfast hash",
"Pasta with ham & minty pea pesto",
"Peppered yellow rice",
"Cheese, apple & potato pasties",
"Roast salmon with peas, potatoes & bacon",
"Chilli cranberry sauce",
"Blueberry cheesecake pancakes",
"Cinnamon apple pecan pudding",
"Crispy sweet potatoes with chickpeas & tahini yogurt",
"Pasta with creamy walnut pesto",
"Spicy Moroccan chops",
"Courgette lasagne",
"Baked olives with feta",
"Iced berries with hot chocolate sauce",
"Vegan bean chilli fries",
"Panfried fish with fresh beetroot salsa",
"Rainbow fried rice with prawns & fried eggs",
"App onlyGolden spinach, feta & pumpkin filo pie. This is a premium piece of content available to registered users.",
"Meatloaf burger with harissa mayo",
"Vegan mushroom pâté",
"Cumin & onion marinated beef",
"Sweet & sour chicken skewers with fruity noodles",
"Five-spice powder",
"Gnocchi with roasted squash & goat's cheese",
"Cheesy leeks & ham",
"Spinach & ricotta gnocchi",

"Gin & tonic cake",
"Smashed peas on toast",
"Kedgeree",
"Red wine sauce",
"Raspberry, pistachio & lemon curd trifles",
"Crispy cod fingers with wedges & dill slaw",
"How to make homemade butter",
"Hedgehog rolls",
"How to make marmalade",
"Herby sausages with butter bean mash",
"App onlyWhole-roasted curried cauliflower & chickpeas. This is a premium piece of content available to registered users.",
"Fish stock",
"Ham & cheese pancakes",
"App onlyCaramelised onion & sausage soup. This is a premium piece of content available to registered users.",
"Blackcurrant cordial",
"Lime, chilli & feta butter",
"Pan-fried scallops with butternut squash two ways",
"Matcha madeleines",
"Lime tres leches cake",
"Paris-Brest",
"Bucatini all'Amatriciana",
"Pasta with ham & minty pea pesto",
"Hwachae (Korean watermelon punch)",
"Corn with coriander butter",
"App onlyWild mushroom risotto. This is a premium piece of content available to registered users.",
"Super-green mac 'n' cheese",
"Summer fruits jam",
"Puff pastry",
"Baked olives with feta",
"Spicy sweet potato hummus",
"Jam & coconut sponge puddings",
"Custard tarts",
"Roasted spiced cauliflower",
"No-knead grape & rosemary focaccia",
"Little carrot cakes with orange & honey syrup",
"Batter",
"Irish apple tart",
"Vegan bean chilli fries",
"Cumin & onion marinated beef",
"App onlyCauliflower & curried mayo burgers. This is a premium piece of content available to registered users.",
"Ginger & soy salmon en papillote",
"Steamed pak choi",
"Next level picnic pie",
"Golden amaretti Christmas cake",
"Vibrant spinach, coconut & paneer curry",
"Easy Thai green chicken curry",
"Cajun pulled chicken tacos with black bean salad",
"Smoky butter beans & greens",
"Swede & parsnip bake",
"Ham croquetas",
"Chilli & avocado salsa sweet potatoes",
"Lemon drizzle simnel slices",
"Vegan fajitas",
"Green curry paste",
"Microwave sweet potato & black bean chilli",
"Pear & yogurt spelt cake",

"Raised pork pie",
"Gingerbread hot chocolate",
"Deck-of-card dodgers",
"Roasted red cabbage with pomegranate molasses",
"Little buttermilk cheesecakes with honey-roast summer fruits",
"Swiss chard gözleme",
"Carrot cake monkey bread",
"Blood orange & cardamom pancakes (aebleskiver)",
"Summer fruits jam",
"Bucatini all'Amatriciana",
"Chipolatas in apple gravy with parsnip colcannon",
"Spicy sweet potato hummus",
"Millionaire's ice cream bombe",
"Jam & coconut sponge puddings",
"Spiced cauliflower roast",
"Tandoori roast guinea fowl",
"Gluten-free Christmas pudding",
"Afghan-style chicken korma with dried sour plums",
"Beef pasties",
"Kimchi, cheese & spring onion pinwheels",
"Green tomato & apple chutney",
"Easy cherry jam",
"Bloody mary mussels",
"Plum, hazelnut & chocolate cake",
"App onlyOrange & brandy mincemeat. This is a premium piece of content available to registered users.",
"Spiced 'chorizo' pastry slices",
"Spiced tortilla",
"Chocolate egg slices",
"Hoisin hot dogs",
"Sautéed salted red cabbage with cranberries",
"App onlySour cherry & pistachio simnel cake. This is a premium piece of content available to registered users.",
"Rocky road clusters",
"Roast pork & apples",
"Little carrot cakes with orange & honey syrup",
"Batter",
"Baked artichoke dip",
"App onlyMolten cheeseboard boxing day fondue. This is a premium piece of content available to registered users.",
"Masala spatchcock chicken",
"Vegan kimchi",
"App onlyBean & feta dip. This is a premium piece of content available to registered users.",
"Hot cross bun cupcakes",
"20-minute beef in red wine",
"Parsnip & parmesan oven-fried latkes",
"Chard, lemon & cheese pie",
"Reshteh polo (toasted vermicelli rice)",
"Cheese & mustard straws",
"Smoked haddock with lemon & dill lentils",
"Blood orange & cardamom pancakes (aebleskiver)",
"Carrot cake monkey bread",
"Chipolatas in apple gravy with parsnip colcannon",
"Pork & fennel burgers with fennel slaw",
"Easy chocolate bark",
"Spinach & nutmeg cannelloni",
"Cumin-scented chicken curry",
"Cinnamon cashew flapjacks",
"Millionaire's ice cream bombe",

"Fudgy brownies",
"Crispy shredded chicken",
"Tear-and-share cheese & garlic rolls",
"Nunor bora",
"Gluten-free Christmas pudding",
"Mint chocolate chip cookies",
"Beef pasties",
"Microwave cauliflower cheese",
"Harissa roast salmon with lemon chickpea couscous",
"Air fryer tofu (popcorn nuggets)",
"Frosted pinecone cake",
"Hot Elvis toastie",
"Gnocchi with roasted squash & goat's cheese",
"Easy cherry jam",
"Brummie bacon cakes",
"Smoked mackerel salad with beetroot & horseradish dressing",
"Bloody mary mussels",
"Plum, hazelnut & chocolate cake",
"Sautéed salted red cabbage with cranberries",
"Honey, sesame & halloumi skewers",
"Satay grilled aubergine",
"Brie, courgette & red pepper muffins",
"App onlyMarble traybake. This is a premium piece of content available to registered users.",
 "Roasted cauliflower & chickpea coconut curry",
 "App onlyRum, raisin & custard mince pies. This is a premium piece of content available to registered users.",
 "Merengue kisses & icicles",
 "Minted potato & green bean salad",
 "Lemon & rosemary roast chicken with crispy potatoes",
 "Christmas pudding vodka",
 "Slow-roast chicken with homemade gravy",
 "Sausage & stuffing toad-in-the-hole with onion gravy",
 "Cranberry sauce with gin & rosemary",
 "Pasta alla norma",
 "Wild salmon burgers",
 "Lemon drop martini mocktail",
 "Slow cooker self saucing pud",
 "Kimchi scrambled eggs",
 "Cloud bread",
 "Goat's cheese salad with roasted beetroot",
 "Turmeric scrambled eggs",
 "App onlyRum, raisin & custard mince pies. This is a premium piece of content available to registered users.",
 "Merengue kisses & icicles",
 "Slow-roast chicken with homemade gravy",
 "Salt & vinegar roast pork with potatoes",
 "Guava & passion fruit lollies",
 "Wild salmon burgers",
 "Courgette, jalapeño & feta nachos",
 "Pasta alla norma",
 "Lemon drop martini mocktail",
 "Tomato soup with gremolata",
 "Cranberry sauce with gin & rosemary",
 "Kimchi scrambled eggs",
 "Slow cooker self saucing pud",
 "Turkey brine",
 "Cloud bread",

"Spicy Sichuan-style prawns",
"Raspberry, pistachio & lemon curd trifles",
"Individual rhubarb ripple pavlovas",
"How to make homemade butter",
"App onlyWhole-roasted curried cauliflower & chickpeas. This is a premium piece of content available to registered users.",
"Hedgehog rolls",
"Mango smoothie",
"Poached salmon with pink grapefruit & basil sauce",
"Ham with boozy cranberry & mushroom sauce",
"Chicken & elote-style corn wrap",
"Sweet chilli bangers",
"Strawberries & cream cheesecake jars",
"Lime, chilli & feta butter",
"Green tomato & apple chutney",
"Treacle tart",
"Garlicky fondant potatoes",
"Spiced 'chorizo' pastry slices",
"Melting middle truffles",
"App onlyOrange & brandy mincemeat. This is a premium piece of content available to registered users.",
"Frangipane, fig & orange tart",
"Frosé",
"Gooseberry & orange drizzle cake",
"Rhubarb & ginger crumble",
"BBQ pulled pork sandwich",
"Microwave cheat's paella",
"Brussels sprout, bacon & stilton pizzettas",
"Baked artichoke dip",
"Black bean pork with noodles",
"Brown butter carrots & sprout petals",
"Salmorejo – Rustic tomato soup with olive oil & bread",
"Clams with sherry & Serrano ham",
"White forest meringue roulade",
"Tomato soup with gremolata",
"Sausage & fennel risotto",
"Mulled cranberry & apple sauce",
"Spicy beans on toast",
"Roasted ratatouille & goat's cheese tart",
"Baked blue cheese with figs & walnuts",
"Proper chicken curry",
"Glamorous fairy cakes",
"Broad beans with tomatoes & anchovies",
"Domino potato, cod, prawn & chorizo pie",
"Pumpkin pickle",
"Smoked haddock with lemon & dill lentils",
"Fruit squares",
"Kefir breakfast smoothie",
"Oregano chicken & squash traybake",
"App onlyCreamy butter bean, kale & lasagne soup. This is a premium piece of content available to registered users.",
"Parsnip & parmesan oven-fried latkes",
"Vegan Yorkshire puddings",
"Beer-braised beef short ribs",
"Pickled red cabbage with walnuts & apple",
"Roasted asparagus & smashed new potato salad",
"Spinach & nutmeg cannelloni",
"Teriyaki prawns & broccoli noodles",
"Vegan pie",
"Cinnamon cashew flapjacks",

"Rosemary roast chicken thighs, new potatoes, asparagus & garlic",
"Turkish eggs",
"Easy rum truffles",
"Red velvet pancakes",
"Saucy prawns",
"Beef shin pie",
"Hot Elvis toastie",
"Warm lentil salad with Serrano, chicken & rocket",
"Frosted pinecone cake",
"Tornado omelette",
"Apple flapjack trifle",
"Neapolitan traybake",
"Keralan scallop molee",
"Courgette carpaccio",
"Mini pork pies with piccalilli",
"Gochujang & ginger beer glazed holiday ham",
"Frangipane, fig & orange tart",
"Sweet shop chocolate slab",
"Frosé",
"Rhubarb & ginger crumble",
"BBQ pulled pork sandwich",
"Chocolate ganache drip cake",
"Microwave cheat's paella",
"Sticky chocolate drop cakes",
"Honey & mustard sausage casserole",
"Cauliflower purée",
"Carrot pakoras",
"Rhubarb buckle",
"Sweet & sour chicken adobo",
"Black bean pork with noodles",
"White forest meringue roulade",
"Sausage & fennel risotto",
"Sweetcorn & pancetta orzotto",
"Spicy beans on toast",
"Watermelon lemonade",
"Chicken salad with crisp bacon",
"Salmorejo – Rustic tomato soup with olive oil & bread",
"Glamorous fairy cakes",
"Roasted ratatouille & goat's cheese tart",
"App only Honey harissa lamb chops. This is a premium piece of content available to registered users.",
"Baked blue cheese with figs & walnuts",
"Sticky Port gravy",
"Pumpkin pickle",
"Speedy noodle soup",
"Cauliflower cheese steak & cannellini bean gratin with sage crumbs",
"Blueberry & mint iced tea",
"Hasselback new potatoes with oregano",
"Spaghetti with chilli prawns, salami & gremolata breadcrumbs",
"Versatile dip",
"Bubble & squeak Boxing Day brunch",
"Punchy spring greens",
"Planet cookies",
"Mincemeat & cheese toasties",
"Last-minute Christmas loaf cake. This is a premium piece of content available to registered users.",
"Chilli chicken with honey & soy",
"Black Forest Bircher",
"App only Golden new potato & pea curry. This is a premium piece of content available to registered users.",

"Mixed fruit & nut granola",
"Universal salad dressing",
"Cheat's Manchester tart",
"Christmas muffin mix",
"Tiramisu truffles",
"Chicken pie with a carrot thatch",
"Kefir breakfast smoothie",
"Beer-braised beef short ribs",
"Butterscotch sauce",
"Slow cooker mulled cider",
"Classic meatloaf with tomato sauce",
"Melting-middle aubergine parcels. This is a premium piece of content available to registered users.",
"Herby lamb with roast aubergine & puy lentils",
"Pistachio lamb koftas with apricot relish",
"Broad beans with parsley, feta & almonds",
"Sausage & mushroom pot pies",
"Pink melon lollies",
"Roasted asparagus & smashed new potato salad",
"Steak supper for two or more",
"Celeriac, apple & horseradish mash",
"Cajun meatballs",
"Orange, chickpea & prosciutto salad",
"Smoked mackerel chowder with hedgehog garlic bread",
"Lebkuchen",
"Saucy prawns",
"Easy rum truffles",
"Peach iced tea",
"Upside-down apple pancakes",
"Stilton & cranberry toastie",
"Angel cake",
"Pork & chestnut wellington. This is a premium piece of content available to registered users.",
"Apple flapjack trifle",
"Neapolitan traybake",
"Classic spaghetti Bolognese",
"Spatchcock piri-piri chicken",
"Easiest ever battenberg",
"Barbecued Greek lamb with tzatziki",
"Crab croquettes with sriracha mayo dip",
"Roast sausage & squash with mustard & sage",
"Mezcal margarita",
"Marrow & ginger jam",
"App onlyBraised spring onions. This is a premium piece of content available to registered users.",
"Pink lemonade",
"Roasted teriyaki veg bowl",
"Next level quiche Lorraine",
"Pomegranate brisket",
"Raspberry & pistachio tea cake",
"Frosted white chocolate yule log with vanilla Chantilly & clementine curd",
"Pheasant breast à l'orange with dried apricots & prosciutto",
"Elderflower wine",
"Vincisgrassi (Wild mushroom & prosciutto lasagne)",
"Cheeseburger hot dogs with sticky sweet & sour onions",
"Roast ham & crackling",
"Sesame salmon subs with cucumber pickle",
"Air-fryer cauliflower popcorn with soured cream & herb dressing",
"Apricot & pistachio frangipane tart",

"Chilli vodka",
"Cheat's scampi with chunky chips",
"Seed & grain cottage loaf",
"Clementine curd",
"Healthier treacle sponge",
"App onlyCrystallised ginger & chocolate shortbread. This is a premium piece of content available to registered users.",
"One-pan fragrant duck & vegetable curry",
"Aubergine & chilli tagliolini",
"Ultimate Christmas burger",
"Salted chocolate & hazelnut brownies",
"Next level fish pie",
"Chocolate ganache drip cake",
"Sweet shop chocolate slab",
"Layered hummus, tabbouleh & feta picnic bowl",
"Fish with peas & lettuce",
"Grilled mackerel with escalivada & toasts",
"Mincemeat & cheese toasties",
"Creamy black dhal with crispy onions",
"Sweet & sour chicken adobo",
"Winter compote tumblers",
"Cauliflower purée",
"BBQ halloumi skewers",
"Barbecued banoffee splits",
"Grilled mackerel with escalivada & toasts",
"Creamy black dhal with crispy onions",
"Mezcal margarita",
"Spatchcock piri-piri chicken",
"Barbecued banoffee splits",
"App onlyBraised spring onions. This is a premium piece of content available to registered users.",
"Maple pecan plait",
"Mango & passion fruit fool",
"Fruity mincemeat with almonds",
"Sidecar",
"Ginger cookie sandwiches with lemon mascarpone",
"Whiskey sour",
"Frosted white chocolate yule log with vanilla Chantilly & clementine curd",
"Sweet potato jacket with blue cheese, bacon, pecans & cranberries",
"Bubble & squeak Boxing Day brunch",
"Coq au vin with garlic croissant puffs",
"Next level quiche Lorraine",
"Sausage & egg baps with spicy tomato sauce",
"App onlyMussel & nduja linguine. This is a premium piece of content available to registered users.",
"Mint choc chip ice cream",
"Cinnamon custard pie",
"Spiced pork & potato pie",
"Easy strawberry ice cream",
"Salmon with new potato & watercress salad",
"Black Forest Bircher",
"Potato, shredded sprout & chestnut gratin",
"Melting-middle aubergine parcels. This is a premium piece of content available to registered users.",
"Fragrant crab cakes",
"Prawn cocktail subs",
"Toasted coconut rice",
"Layered hummus, tabbouleh & feta picnic bowl",
"Angel cake",

"Barbecued Greek lamb with tzatziki",
"Easiest ever battenberg",
"Slow-roast tomato, ricotta & prosciutto bruschetta",
"Sausage sandwich with pesto",
"App onlyCrystallised ginger & chocolate shortbread. This is a premium piece of content available to registered users.",
"Herbed potato salad",
"Easter tiffin wreath",
"Halloumi stuffed peppers",
"Ultimate Christmas burger",
"Creamy salmon & sugar snap pasta",
"Penang prawn & pineapple curry. This is a premium piece of content available to registered users.",
"Choc-cherry muffins",
"Strawberry, almond & yogurt muffins",
"Summer crunch salad",
"Beef, cheese & broad bean quesadillas",
"Pink lemonade",
"Sticky soy & honey pork with noodles",
"Free-form Florentine pie",
"Winter compote tumblers",
"Paneer with broccoli & sesame",
"'Cheesy' vegan scones",
"Fragrant vegetable & cashew biryani",
"Tikka-style fish",
"Minted melon, tomato & prosciutto salad",
"Chorizo & tomato salad",
"Roast whole pineapple with black pepper & rum",
"Brown butter-poached halibut with celeriac purée & caper crumbs",
"Beef & mozzarella meatballs",
"Easter millionaire's squares",
"Lemon shortbread",
"Japanese rice/gohan",
"Nut & raisin protein balls",
"Patty melt toasties",
"Brined roast turkey crown & confit legs",
"Mushroom stifado",
"Whole crispy roast chicken & asparagus caesar",
"Rhubarb & almond crumble tart",
"App onlyLemon clotted cream cake. This is a premium piece of content available to registered users.",
"Brown butter basted radishes",
"Flowerpot bread",
"Filo-topped fish pie",
"Stuffed vine leaves",
"Beef cannelloni",
"Baked cheese with roasted garlic Jersey Royals",
"Coffee cupcakes",
"Guinness chocolate puddings",
"Weaning recipe: Baby Bircher",
"Orange cranachan",
"Hoisin chicken in crisp lettuce",
"Sticky chicken drumsticks & sesame rice salad",
"Puy lentils, squash & kale",
"Spicy peanut chicken stew",
"Carrot & tomato soup",
"Chopped tarragon, bacon & chicken salad",
"Middle Eastern eggs with merguez & pistachios",
"Aviation",
"Perfect sautéed potatoes",

"Brownie in a mug with ice cream",
"Chocolate stout cake",
"Picnic quiches",
"Weaning recipe: Perfect banana & avocado purée",
"Stuffed vine leaves",
"Fettuccine with beans & pancetta",
"Brown butter sole with peas & mussels",
"Golden noodle soup with soft-boiled eggs",
"Fig & ricotta tart with hot honey drizzle",
"Spider biscuits",
"Spiced broccoli with paneer",
"Stuffed tomatoes",
"Churros",
"Vincisgrassi (Wild mushroom & prosciutto lasagne)",
"Mummy hot dogs",
"One-pan roast salmon with leeks, onions & parsley dressing",
"Beetroot burger",
"Date, banana & rum loaf cake",
"Seared tuna & cucumber salad",
"Orange cranachan",
"Rahel's gulai ayam (Indonesian chicken curry)",
"Pan-fried pork with crème fraîche & prunes",
"Crushed potatoes with sizzled chicken",
"Strawberries & cream slice",
"Nut & raisin protein balls",
"Beetroot hummus party platter",
"Cajun chicken",
"Cauli cheese macaroni",
"Beetroot rosti with green yogurt & smoked salmon",
"Vegan meatball focaccia subs",
"Yule log",
"One-pan roast salmon with leeks, onions & parsley dressing",
"Spiced broccoli with paneer",
"Leftover turkey casserole",
"Date, banana & rum loaf cake",
"Perfect pavlova",
"Mummy hot dogs",
"Crushed potatoes with sizzled chicken",
"Pan-fried pork with crème fraîche & prunes",
"Lángos (Hungarian fried bread)",
"Beetroot hummus party platter",
"Shakshuka flatbread bake",
"Veg-packed cheeseburgers",
"Cauli cheese macaroni",
"Beetroot rosti with green yogurt & smoked salmon",
"Cauliflower & apple soup",
"Figgy Christmas pudding",
"Clementine pork steaks",
"Roasted ratatouille chicken",
"Yule log",
"Thai fishcakes with sweet chilli sauce",
"Almond & lemon meringue roulade",
"Egg fried noodles",
"Mincemeat Chelsea buns",
"Warm Thai chicken & noodle salad",
"Marmalade & earl grey frangipane tart",
"App onlyTamarind-glazed sweet potatoes. This is a premium piece of content available to registered users.",
"Bean & dill pilaf with garlicky yogurt",
"Festive rum & ginger punch",

"Baked feta with sumac & grapes",
"Sausage, gherkin & pickled onion toad-in-the-hole",
"Whole crispy roast chicken & asparagus caesar",
"Filo-topped fish pie",
"Thai prawn fried rice",
"Carrot & tomato soup",
"Chocca mocca caramel cake",
"Perfect sautéed potatoes",
"Sticky chicken drumsticks & sesame rice salad",
"Penne with griddled steak, stilton & shallots",
"Classic winter fruitcake",
"Clementine pork steaks",
"Leftover turkey casserole",
"App onlyLemon clotted cream cake. This is a premium piece of content available to registered users.",
"Perfect pavlova",
"Patty melt toasties",
"Lentils with charred broccoli & ginger",
"Warm Thai chicken & noodle salad",
"Weaning recipe: Baby Bircher",
"Swede purée",
"Middle Eastern eggs with merguez & pistachios",
"Gluten-free sticky toffee pudding",
"Rhubarb & custard crêpes",
"Shakshuka flatbread bake",
"Cauliflower & apple soup",
"Thai fishcakes with sweet chilli sauce",
"Figgy Christmas pudding",
"Christmas dinner for one",
"Tuna empanada pie",
"Summer cup mocktail",
"Roasted ratatouille chicken",
"Homemade noodle pot",
"Spiced beef with stout & prunes",
"Banana & pecan loaf",
"Mozzarella salad",
"Mushroom & goat's cheese calzone",
"Loaded potato skins",
"Stollen wreath",
"Wild rice with orange & fennel",
"Summer chicken one-pot",
"Easy lamb hotpot",
"Red, white & blue jellies",
"Pulled lamb shoulder with sticky pomegranate glaze",
"Sticky chicken",
"3-in-1 brown-buttered winter vegetables",
"Ham hock burgers",
"Snowflake biscuits",
"Peanut butter berry crisp",
"Jamaican ginger sponge pudding",
"Butter chicken",
"Carrot & pecan muffins",
"Spotted dick",
"App onlySeafood fideuà. This is a premium piece of content available to registered users.",
"Fruity ice-lolly pens",
"Venison meatball & wild mushroom stroganoff",
"Korean BBQ sauce",
"White chocolate and basil cream with balsamic strawberries",
"Potted cheddar with ale & mustard",

"Tandoori paneer wraps & green chutney",
"Luscious lemon & raspberry sandwich",
"Cooking with kids: Spaghetti & meatballs with hidden veg sauce",
"Lemon & thyme turkey burgers",
"Roasted beetroot with za'atar, chickpeas & harissa yogurt",
"Apricot & seed protein bar",
"Courgette & basil pasta with pesto crumbs",
"Chocolate fondants",
"Burnt butter cabbage",
"BBQ rum & caramel bananas",
"Orange sorbet",
"Tasty cottage pie with parsnip mash",
"Beer-braised beef cheek, pearl barley risotto, malted onions & ale sa
uce",
"Sausage & fennel meatballs with lentils",
"Wild garlic, chicken & leek pie",
"Chocca moccia caramel cake",
"Peanut butter jelly cookies",
"Thai prawn fried rice",
"Classic winter fruitcake",
"Chicken & leek pasta bake with a crunchy top",
"Corn cakes with avocado salsa",
"Courgette, lemon & thyme cake",
"Lentils with charred broccoli & ginger",
"Chilli con carne jackets",
"Roast turkey with lemon & garlic",
"Caramel macchiato",
"Chicken & leek pie",
"Gluten-free sticky toffee pudding",
"Beany burgers with basil tzatziki",
"Swede purée",
"Rhubarb & custard crêpes",
"Cucumber & coriander G&T",
"Campfire smoky bean brekkie",
"Braised pork cottage pie with celeriac topping",
"Lemon-scented fish & chips",
"Artichokes & herby olive sauce",
"Saffron rice with chicken & peppers",
"Honey & vanilla madeleines",
"Lime pickle rarebit",
"Chocolate fondants",
"Coffee & walnut flapjacks",
"Classic mulled wine",
"Lighter sticky toffee puddings",
"Mary Cadogan's salmon with a cheesy crunch crust",
"Mushroom, shallot & squash pie",
"Gazpacho",
"Katsu aubergine noodles",
"Wild garlic, chicken & leek pie",
"Red pepper & tomato salsa",
"Bean & dill pilaf with garlicky yogurt",
"Lángos (Hungarian fried bread)",
"Raspberry & lemon brandy baskets",
"Roasted red pepper & pesto dressing",
"Cherry shortbread hearts",
"Carrot hummus with pitta dippers",
"Buttered sweetcorn & squash",
"Raspberry & coconut scones",
"Cheesy chips 'n' dips",
"Sticky cherry bakewell buns",

"Summer chicken one-pot",
"Chilli con carne jackets",
"The ultimate makeover: Risotto with squash & sage",
"Breton braised lamb & haricot beans",
"Sichuan chicken wings",
"Red pepper & tomato salsa",
"Lángos (Hungarian fried bread)",
"Cherry shortbread hearts",
"Carrot hummus with pitta dippers",
"Roasted red pepper & pesto dressing",
"Raspberry & coconut scones",
"Cheesy chips 'n' dips",
"Pan-fried mackerel with orange salsa",
"Melt-in-the-middle espresso martini brownies",
"Sticky cherry bakewell buns",
"Summer chicken one-pot",
"App onlyBeef, red wine & potato pie. This is a premium piece of content available to registered users.",
"Sichuan chicken wings",
"The ultimate makeover: Risotto with squash & sage",
"Breton braised lamb & haricot beans",
"Buttered sweetcorn & squash",
"Baked lemon & vanilla rice pudding",
"Rye bread with almond butter & pink grapefruit segments",
"Spider's web taco dip",
"Moroccan turkey salad",
"Roasted aubergine with bulgur & zesty dressing",
"Chicken, morel mushroom & asparagus one-pan pie",
"Classic Christmas pudding",
"Sausage, gherkin & pickled onion toad-in-the-hole",
"Warm rice & prawn salad",
"Saffron rice with chicken & peppers",
"Spiced beef with stout & prunes",
"Homemade Turkish lahmacun",
"Spinach, bacon & Roquefort tart",
"Lamb with olive & herb stuffing",
"Braised pork cottage pie with celeriac topping",
"Saffron chicken korma",
"Roast turkey with lemon & garlic",
"Miso aubergine",
"Orange sorbet",
"Homemade Irish cream",
"Buttered rum Christmas cake",
"Turkey & potato taquitos",
"Poor knights of Windsor with blackberry compote",
"Wild rice & feta salad",
"Rainbow cake",
"Negroni mocktail",
"Caramel macchiato",
"Cauliflower rarebits",
"Dairy ice cream",
"Turkey tonnato salad",
"Melt-in-the-middle espresso martini brownies",
"Leek and potato pie",
"App onlyBeef, red wine & potato pie. This is a premium piece of content available to registered users.",
"Spring onion & ginger crispy chicken rice pot",
"Chorizo pizza with peppers & manchego",
"App onlyCarrot & harissa soup with feta toasties. This is a premium piece of content available to registered users.",

"Beer can chicken",
"Hot avo & bacon caesar",
"Raspberry mousse",
"Mocha & hazelnut cake",
"Spider's web taco dip",
"Lemon meringue parfait",
"Potato & pesto pizza",
"Spiced feta, pistachio & clementine salad",
"Roasted aubergine with bulgur & zesty dressing",
"Chicken, morel mushroom & asparagus one-pan pie",
"Spinach, bacon & Roquefort tart",
"Lamb with olive & herb stuffing",
"Saffron rice with chicken & peppers",
"Homemade Turkish lahmacun",
"Clementine custard",
"White chocolate & pretzel cookies",
"Warm salad of red cabbage, black pudding & apple",
"App onlySlow roast ras el hanout lamb & couscous. This is a premium piece of content available to registered users.",
"Build-your-own salmon sushi burrito",
"Ultimate Crêpes Suzette",
"Bloody mary bolognese",
"Spicy chicken cacciatore",
"Blueberry & coconut pudding",
"Peach & raspberry fruit salad with mascarpone",
"Italian cookies & ice cream",
"Roast aubergines with almond tarator, feta, dill & green chilli",
"Lentil & lamb moussaka",
"Goji berry & raspberry cooler",
"Potato & pesto pizza",
"Blackberry victoria sponge",
"Banana date cake with walnut & honey glaze",
"Sausage & leek pie",
"Mini choc-orange cheesecake tarts",
"Garden eggs stew with boiled green plantain",
"Homemade hummus",
"Beetroot & rye tartines",
"S'mores dip",
"Banana cookies",
"New potatoes with spinach & capers",
"Hasselback parsnips with orange & maple syrup",
"Slow cooker chicken soup",
"Crab & avocado tostadas",
"Leftover roast pork belly bánh mì",
"Halloween biscuits",
"Fruity pork meatballs",
"Frozen watermelon margarita",
"No-bake flapjacks",
"Next level porchetta",
"Tagliatelle with vegetable ragu",
"Pork meatballs",
"Vanilla & white wine poached pears",
"Hazelnut fruitcake",
"Roasted vegetable quinoa salad with griddled halloumi",
"Creamy crab & pea pasta",
"Twisted spiced bread with honey & tahini butter",
"Wholewheat flatbreads with beans & poached egg",
"Venison steaks with stroganoff sauce & shoestring fries",
"Tuna salad sandwich",
"Griddled chicken with lemon & thyme",

"Open mackerel sandwich with fennel slaw",
"Miso aubergine",
"Lamb, feta & mint salad",
"Buttered rum Christmas cake",
"Refried roasties",
"Poor knights of Windsor with blackberry compote",
"Wild rice & feta salad",
"Rainbow cake",
"Negroni mocktail",
"Tropical cheesecake bars",
"Cauliflower rarebits",
"Indian lamb cutlets",
"Spiced pea & courgette fritters with minty yogurt dip",
"Dairy ice cream",
"Sugar-dusted vanilla shortbread",
"Leek and potato pie",
"Chorizo pizza with peppers & manchego",
"App onlyCarrot & harissa soup with feta toasties. This is a premium piece of content available to registered users.",
"Duck egg sponge cake",
"Turkey tonnato salad",
"Blitz 'n' blend mincemeat",
"Chestnut hummus",
"Sweet & hot prawn & pineapple curry",
"Tahini Mississippi mud pie",
"Venetian-style scallops",
"Speedy spicy turkey rice",
"Vegan custard",
"Walnut, date & honey cake",
"Panettone French toast",
"Hot avo & bacon caesar",
"Cherry & pistachio no-churn ice cream",
"App onlyMake-ahead your way gravy. This is a premium piece of content available to registered users.",
"Bourbon & honey-glazed brisket with soured cream & chive mash",
"Papaya, beansprout & mangetout salad",
"John Whaite's Chocolate chiffon cake with salted caramel butter cream",
"App onlyMushroom, leek & miso spelt galette. This is a premium piece of content available to registered users.",
"Curried chicken & mango salad",
"Tuna & tomato pasta bake",
"Courgette rice with feta & olives",
"Build-your-own salmon sushi burrito",
"Panettone French toast",
"Peach & raspberry fruit salad with mascarpone",
"Roast turkey breast wrapped in bacon",
"Flavoured butters",
"Warm salad of red cabbage, black pudding & apple",
"Dark chocolate & passion fruit tart",
"Celeriac coleslaw",
"Celeriac champ",
"Bloody mary bolognese",
"Homemade hummus",
"Creamy crab & pea pasta",
"New potatoes with spinach & capers",
"Boozy dark delight",
"Gooseberry cream & elderflower jelly pots",
"Frozen watermelon margarita",
"Leftover roast pork belly bánh mì",

"Banana cookies",
"Venison steaks with stroganoff sauce & shoestring fries",
"One-pan duck with Savoy cabbage",
"Roasted vegetable quinoa salad with griddled halloumi",
"Lemon & violet drizzle cake",
"Spicy chorizo with lentils & beetroot",
"Smoked salmon scotch eggs",
"Smoky ham & lentil stew",
"Tuna salad sandwich",
"Indian lamb cutlets",
"Thanksgiving stuffing",
"Chocolate & cherry Christmas pudding",
"App onlyLeftovers prawn fried rice. This is a premium piece of content available to registered users.",
"Flavoured butters",
"Warm salad of red cabbage, black pudding & apple",
"Dark chocolate & passion fruit tart",
"Celeriac coleslaw",
"Celeriac champ",
"Bloody mary bolognese",
"Creamy crab & pea pasta",
"French walnut cake",
"Arroz al horno (baked rice)",
"Boozy dark delight",
"Zingy grapefruit, prawn, avocado & tamarind salad",
"Gooseberry cream & elderflower jelly pots",
"Frozen watermelon margarita",
"Venison steaks with stroganoff sauce & shoestring fries",
"One-pan duck with Savoy cabbage",
"Pan-fried sea bass with ratatouille & basil",
"Roasted vegetable quinoa salad with griddled halloumi",
"App onlyDeath in the afternoon. This is a premium piece of content available to registered users.",
"Lemon & violet drizzle cake",
"John's chilli con carne",
"Spicy chorizo with lentils & beetroot",
"Garlic butter roast chicken with tomatoes & giant couscous",
"Smoked salmon scotch eggs",
"Smoky ham & lentil stew",
"Tuna caesar with anchovies & cavolo nero",
"Thanksgiving stuffing",
"Chocolate & cherry Christmas pudding",
"Soy sauce caramel milkshake",
"App onlyLeftovers prawn fried rice. This is a premium piece of content available to registered users.",
"Refried roasties",
"Figs with prosciutto",
"Mango lassi",
"Crispy sesame chicken",
"Curried prawn & green bean pie",
"Cracked black pepper & figgy bread",
"Sweet potato & chorizo quesadillas",
"Classic California roll",
"Chocolate biscuit truffles",
"Very-berry oat crumble",
"Kimchi sesame udon noodles",
"Frozen blackberry yogurt",
"Boulangère potatoes",
"Roast turkey breast wrapped in bacon",
"Flavoured butters",

"Dark chocolate & passion fruit tart",
"Imam bayildi with BBQ lamb & tzatziki",
"Celeriac coleslaw",
"Black Forest fridge cake",
"Roast chicken drumsticks with parsley & garlic",
"Spaghetti Bolognese with salami & basil",
"Celeriac champ",
"Cheese, cumin & onion seed cornbread muffins",
"Toddler recipe: Salmon curry",
"Duck & spring onion noodles",
"Roasted garlic, rosemary & cranberry tear & share bread",
"French walnut cake",
"Arroz al horno (baked rice)",
"Zingy grapefruit, prawn, avocado & tamarind salad",
"Gooseberry cream & elderflower jelly pots",
"Summer fruit & mascarpone tart",
"Honeyed hasselback carrots",
"Buttermilk corn pancakes with bacon & maple syrup",
"Golden beer-battered fish with chips",
"Tuna & sweetcorn slice",
"Puy lentils with spinach & sour cherries",
"Swedish meatball pie",
"Apricot pancakes with honey butter",
"Lulu's simple white loaf",
"Sweet potato & ginger parcels",
"App onlyPepper-crusted roast beef with béarnaise butter. This is a premium piece of content available to registered users.",
"Cardamom custard",
"Papaya, beansprout & mangetout salad",
"Easy apricot tart",
"Coq au vin pie & creamy chive mash",
"Gingery compote crunch",
"Lamingtons",
"Hot 'n' spicy roasted red pepper & tomato soup",
"Garlic & herb roast lamb on boulangère potatoes",
"Curried parsnip mash",
"Cheese & onion rolls",
"Preserved lemons",
"Cherry & pistachio no-churn ice cream",
"Chestnut hummus",
"Vegan Christmas pinwheel biscuits",
"Cauliflower croquettes",
"App onlyRoast guinea fowl with white wine, tomatoes & olives. This is a premium piece of content available to registered users.",
"Veggie wholewheat pot noodle",
"Shaved fennel & rocket salad",
"Slow cooker red cabbage",
"Lamb & aubergine pastitsio",
"Honeyed hasselback carrots",
"Buttermilk corn pancakes with bacon & maple syrup",
"Golden beer-battered fish with chips",
"Lulu's simple white loaf",
"Tuna & sweetcorn slice",
"App onlyPepper-crusted roast beef with béarnaise butter. This is a premium piece of content available to registered users.",
"Puy lentils with spinach & sour cherries",
"Sweet potato & ginger parcels",
"Swedish meatball pie",
"Cardamom custard",
"Apricot pancakes with honey butter",

"Grilled mushrooms with goat's cheese",
"Saffron risotto",
"Easy apricot tart",
"Coq au vin pie & creamy chive mash",
"Gingery compote crunch",
"Lamingtons",
"Korean corndogs",
"Hot 'n' spicy roasted red pepper & tomato soup",
"Garlic & herb roast lamb on boulangère potatoes",
"Vegan Christmas pinwheel biscuits",
"Curried parsnip mash",
"Shaved fennel & rocket salad",
"Cheese & onion rolls",
"Preserved lemons",
"Pizza pie",
"Veggie wholewheat pot noodle",
"Cauliflower croquettes",
"App onlyRoast guinea fowl with white wine, tomatoes & olives. This is a premium piece of content available to registered users.",
"Crumbled top mince pies",
"Honeyed hasselback carrots",
"Pineapple salsa",
"Buttermilk corn pancakes with bacon & maple syrup",
"Pea & spring onion tart",
"Root vegetable tatin with candied nuts & blue cheese",
"White chocolate traybake",
"Lobster thermidor",
"Preserved lemons",
"Cholent",
"Bacon, sausage & prune rolls",
"Golden beer-battered fish with chips",
"Curried prawn & green bean pie",
"Chocolate drip cake",
"Swedish meatball pie",
"Rainbow layer cake",
"Spiced sweet potato wedges",
"Cheese, tomato & pesto tart",
"Chorizo bean burgers",
"Classic California roll",
"Thai curry fish cakes with sweet chilli dressing",
"App onlyMonkfish scampi & lime tartare. This is a premium piece of content available to registered users.",
"Herb-crusted leg of lamb with red wine gravy",
"Jersey Royal salad with horseradish cream",
"Mini avocado toasts",
"Easy speculoos cake",
"Sesame beef wraps",
"Imam bayildi with BBQ lamb & tzatziki",
"Hot 'n' spicy roasted red pepper & tomato soup",
"Roasted garlic, rosemary & cranberry tear & share bread",
"Cheese, cumin & onion seed cornbread muffins",
"Classic California roll",
"Apple pretzels",
"Herb-crusted leg of lamb with red wine gravy",
"Chorizo bean burgers",
"App onlyMonkfish scampi & lime tartare. This is a premium piece of content available to registered users.",
"Jersey Royal salad with horseradish cream",
"Za'atar & herb potato latkes",
"Sesame beef wraps",

"Potato cakes",
"Imam bayildi with BBQ lamb & tzatziki",
"Roasted garlic, rosemary & cranberry tear & share bread",
"Easy speculoos cake",
"Cheese, cumin & onion seed cornbread muffins",
"Cheesy sausage rolls",
"Summer fruit & mascarpone tart",
"Toddler recipe: Salmon curry",
"Summer fruits & elderflower fool",
"Tomato, burrata & broad bean salad",
"Weaning recipe: Apple & beetroot purée",
"Simit bread",
"Toffee popcorn",
"Ox cheek cottage pie with buttery mash topping",
"Brooklyn blackout cake",
"Blueberry & orange traybake pancake",
"Charred cabbage skewers with harissa butter",
"Speedy pork with spring greens",
"Sausage plait",
"Barbecued bavette steak & tomato salad",
"Kebab shop yogurt garlic sauce",
"Super speedy chilli",
"Asparagus, sundried tomato & olive loaf",
"Ham & olive lasagne",
"Garlic butter roast chicken with tomatoes & giant couscous",
"Pear & hazelnut dartois",
"Peanut & coconut curry",
"Godfather",
"Slow-roasted pork belly & chicory",
"App onlyDeath in the afternoon. This is a premium piece of content available to registered users.",
"Sausage, sweet potato & sweetcorn bake",
"Moroccan lamb stew",
"Oyakodon",
"Birthday bug cake",
"Herby lemon chicken with Tuscan beans",
"Extra-fruity Christmas cake",
"Lockets savoury",
"Microwave boozy fudge",
"Grilled mushrooms with goat's cheese",
"Raspberry brûlée",
"Parsley sauce",
"Creamy asparagus puffs",
"Mini avocado toasts",
"Baked glazed ham",
"Coronation turkey with homemade chapatis",
"Strawberries & cream blondies",
"From-the-fridge omelette",
"Elderflower spritz",
"French fries",
"Portuguese duck rice",
"Slow-cooker potato gratin",
"Smoked salmon & poppy seed palmiers",
"Slow-cooker potato gratin",
"Lamb, harissa & cauliflower shepherd's pie recipeLamb, harissa & cauliflower shepherd's pie",
"All-in-one posh lamb balti",
"Tropical tiramisu",
"Lemon bakewell tarts",
"Easy apricot tart",

"Lamb & fennel spaghetti Bolognese",
"Garlic & herb roast lamb on boulangère potatoes",
"Chestnut profiteroles",
"Raspberry & ginger fridge cake",
"Spicy chicken fried rice",
"Cheese & onion rolls",
"Picante",
"Chilli beef noodles",
"Olive bread swirls",
"Nutty caramel & choc sundaes",
"Cucumber & elderflower spritzer",
"Sardine & asparagus traybake",
"Coco fizz",
"Niçoise-style pizza",
"Toasted banana bread with vanilla ricotta & raspberries",
"Honeyed almond figs",
"Chocolate, orange & hazelnut cake",
"Waffles with banana & salted caramel sauce",
"Baked squid rice",
"Crispy smashed new potatoes with asparagus, jammy eggs & pickled radish",
"Black olive tapenade",
"Slow-cooked duck legs in Port with celeriac gratin",
"Pineapple & rum cake",
"Scandi trout with fennel potato salad",
"Scottish shortbread",
"Ox cheek cottage pie with buttery mash topping",
"Bread sauce",
"Coriander & mint raita",
"Sticky cinnamon figs",
"20-minute pork pan-fry",
"Buttered wild mushrooms on toast",
"Slow cooker fudge",
"App onlyOne-pan fish with nduja & butter beans. This is a premium piece of content available to registered users.",
"Sweet potato nachos",
"Chilli nuts",
"App onlyHarissa egg bread. This is a premium piece of content available to registered users.",
"Chicken burrito bowl",
"Pistachio & orange madeleines",
"Blueberry & almond tart",
"Green goddess chicken salad",
"Honey muesli with raspberries & hazelnuts",
"Chorizo-stuffed pork loin with braised beans",
"Brandy sour",
"Grilled mackerel with harissa & coriander couscous",
"Birthday bug cake",
"Butter bean saag",
"Mix & match pancake muffins",
"Stroganoff steaks",
"Vietnamese veg parcels",
"Harissa lamb cutlets with pomegranate couscous",
"Parsley sauce",
"Raspberry brûlée",
"Strawberry cake",
"Crispy banana fritters (pisang goreng wijen)",
"Crispy banana fritters (pisang goreng wijen)",
"Lemon & elderflower traybake",
"Sesame beef wraps",

"Elderflower spritz",
"Portuguese duck rice",
"Strawberries & cream blondies",
"Vegan florentines",
"Bacon, sausage & prune rolls",
"Slow-cooker potato gratin",
"Pineapple salsa",
"Butternut squash burgers",
"Honeyed almond figs",
"All-in-one posh lamb balti",
"Pan-fried trout with bacon, almonds & beetroot",
"Tropical tiramisu",
"Sticky chicken with mango couscous",
"Baked ratatouille with lemon breadcrumbs",
"Rainbow layer cake",
"Cucumber & elderflower spritzer",
"Chestnut profiteroles",
"Picante",
"Brooklyn blackout cake",
"Lamb with warm potato & olive salad",
"Sea-salted chocolate & pecan tart",
"Caramel & whisky sauce",
"Tomato, burrata & broad bean salad",
"Kale, tomato & poached egg on toast",
"Irish coffee cake",
"Easiest ever pancakes",
"Dressed Little Gems",
"Satay cauliflower & chickpea curry with storecupboard flatbreads",
"Turkey meatball caesar salad",
"Smoked fish cakes with poached eggs",
"Caramelised nuts",
"Chocolate, orange & hazelnut cake",
"Marmalade cake",
"Sweet & sour chicken balls",
"Summer fruits & elderflower fool",
"Frosted courgette & lemon cake",
"Thai prawn & peanut noodle soup",
"Braised pork belly with borlotti beans",
"Slow cooker Christmas pudding",
"App onlyTofu omelettes with soy dressing. This is a premium piece of content available to registered users.",
"Vegan cream cheese",
"Gyoza",
"Turmeric pancakes",
"Hummus without tahini",
"Marinated lamb steaks in flat bread",
"Smoked salmon carpaccio",
"App onlyHarissa baked aubergines with mixed grains. This is a premium piece of content available to registered users.",
"Meatballs with creamy mushrooms & mash",
"Stir-fried Korean beef",
"Sweet roasted onions",
"App onlyCheese & piccalilli tart. This is a premium piece of content available to registered users.",
"Vegan butter",
"Pancetta-wrapped fish with lemony potatoes",
"Cashew chicken",
"Lemony potato gratin",
"Mediterranean prawn salad",
"As-you-like-it steamed pudding",

"Lamb with warm potato & olive salad",
"Sea-salted chocolate & pecan tart",
"Winter tabbouleh",
"App onlyChard spanakopita. This is a premium piece of content available to registered users.",
 "Baked ratatouille with lemon breadcrumbs",
 "Hot buttered rum",
 "Irish coffee cake",
 "Kale, tomato & poached egg on toast",
 "Cauliflower & cashew pilaf with chickpea curry",
 "Satay cauliflower & chickpea curry with storecupboard flatbreads",
 "Chiang Mai curried noodles (Khao soi gai)",
 "Plum, orange & almond cobbler",
 "Easiest ever pancakes",
 "Dressed Little Gems",
 "Marmalade cake",
 "Turkey meatball caesar salad",
 "Microwave Christmas mug cake",
 "Slow cooker Christmas pudding",
 "Frosted courgette & lemon cake",
 "Thai prawn & peanut noodle soup",
 "Vietnamese veg parcels",
 "Gyoza",
 "Vegan cream cheese",
 "Marinated lamb steaks in flat bread",
 "Turmeric pancakes",
 "BBQ chicken platter",
 "Smoked salmon carpaccio",
 "Slow cooker broccoli & cheese soup",
 "Chinese pork one-pot",
 "Meatballs with creamy mushrooms & mash",
 "Roast fennel & bread gratin",
 "Tangy tomato chutney",
 "Cauliflower & cashew pilaf with chickpea curry",
 "Crispy bacon",
 "Orange and raspberry Hey Duggee cake",
 "Easy mushy peas",
 "Venison & wild mushroom wellington",
 "Freeze-ahead roasties",
 "Italian-style stuffed aubergines",
 "Red cabbage, beetroot & apple salad",
 "Easy creamed spinach",
 "Sea trout with samphire, potted shrimp & lemon",
 "App onlyRed cabbage & beef rolls. This is a premium piece of content available to registered users.",
 "Jam doughnuts",
 "Hot buttered rum",
 "App onlyChard spanakopita. This is a premium piece of content available to registered users.",
 "Slow cooker broccoli & cheese soup",
 "Winter tabbouleh",
 "Creamy herb & Parmesan mash",
 "Cumin-spiced chicken with squash",
 "Christmas veg gratin",
 "Easy sangria",
 "Watermelon pops",
 "Salted caramel & hazelnut banoffee pie",
 "Triple cheese & bacon dauphinoise",
 "Spanish sausage rolls",
 "Freaky fruit platter",

"Plum, orange & almond cobbler",
"Bake-from-the-freezer pizzas",
"Mozzarella beef wraps",
"Chilli-butter smashed radishes",
"Chicken with roasted cauliflower",
"Creamy miso beans on toast",
"Cranberry & cream cheese muffins",
"Purple sprouting broccoli, jersey royal, burrata & anchovy salad",
"Roast fennel & bread gratin",
"Stewed plums",
"Frozen pineapple margarita",
"App onlyFig leaf crème caramel with roasted figs. This is a premium piece of content available to registered users.",
"Crispy bacon",
"Easy mushy peas",
"Freeze-ahead roasties",
"Italian-style stuffed aubergines",
"Red cabbage, beetroot & apple salad",
"Easy creamed spinach",
"Fancy iced biscuits",
"Venison & wild mushroom wellington",
"Chocolate peppermint mini rolls",
"Creamy herb & Parmesan mash",
"Cranberry & marmalade sauce",
"Lamb with thyme-roasted potatoes",
"Bake-from-the-freezer pizzas",
"Tangy tomato chutney",
"Fruity traybake",
"Triple cheese & bacon dauphinoise",
"Easy sangria",
"Watermelon pops",
"Salted caramel & hazelnut banoffee pie",
"Cumin-spiced chicken with squash",
"Freaky fruit platter",
"Winter pilaf",
"Apple crumble & custard cupcakes",
"Thai prawn & peanut noodle soup",
"Paper bag prawns with sherry, chilli & garlic",
"Ultimate gratin dauphinois",
"Chocolate peppermint mini rolls",
"Lamb with thyme-roasted potatoes",
"Frosted courgette & lemon cake",
"Warm smoked haddock, rocket & basmati rice salad",
"Chicken marinade",
"Fruity traybake",
"Smoked salmon carpaccio",
"Classic potted shrimps",
"Vegan cream cheese",
"Thai prawn noodles",
"Grilled salmon salad with watercress yogurt dressing",
"Sausage & courgette rigatoni",
"Cashew chicken",
"Chicken skewers with cucumber & shallot dip",
"Salmon & puy lentil salad with olive dressing",
"Pea & feta toasts",
"Basa gede (Balinese spice paste)",
"Curried potato pasties",
"Air fryer sponge cake",
"Mulled wine kit",
"Potato salad with sweet onion dressing",

"Vegan Thai green curry",
"Pesto focaccia sandwich",
"Chilled green soup with feta",
"Turmeric & lemon cauliflower bowl",
"Apple crumble & custard cupcakes",
"Curried fishcakes",
"Thai prawn & peanut noodle soup",
"Paper bag prawns with sherry, chilli & garlic",
"Ultimate gratin dauphinois",
"Chocolate peppermint mini rolls",
"Lamb with thyme-roasted potatoes",
"Feta toast with minty beans",
"Frosted courgette & lemon cake",
"App only Jewelled pistachio slaw. This is a premium piece of content available to registered users.",
"Warm smoked haddock, rocket & basmati rice salad",
"Chicken marinade",
"Choc chip pecan pie",
"Fruity traybake",
"Smoked salmon carpaccio",
"Classic potted shrimps",
"Beef, mushroom & marsala stroganoff with herby mash",
"Vegan cream cheese",
"Speedy chorizo with chickpeas",
"Thai prawn noodles",
"Grilled salmon salad with watercress yogurt dressing",
"Sausage & courgette rigatoni",
"Cashew chicken",
"Chicken skewers with cucumber & shallot dip",
"Salmon & puy lentil salad with olive dressing",
"Pea & feta toasts",
"Basa gede (Balinese spice paste)",
"Açaí smoothie",
"Christmas pudding strudel",
"Curried potato pasties",
"Vegan vanilla ice cream",
"Hot & sour fish soup",
"Angela Nilsen's Christmas cake",
"Jerk chicken salad with papaya",
"Simnel cake",
"Margherita risotto balls",
"Sweet potato mash",
"Vegan chocolate cake",
"Family meals: Chicken & veg casserole",
"Sticky chocolate pudding with marshmallows",
"Spiced toffee apple cake",
"Soy sauce chicken",
"Coffee walnut millionaire's shortbread",
"Turkey crown with roast garlic & pancetta",
"Cucumber pappardelle",
"Roasted baby potatoes",
"Italian-style stuffed aubergines",
"Freeze-ahead roasties",
"Kale salad",
"Chilli-butter smashed radishes",
"Marmalade vodka",
"Pea, mint & goat's cheese quiche",
"Minted lamb & pea stew",
"Curried lamb & peas with tomato & onion salad",
"Crunchy baked mussels",

"Roast leg of lamb with basil & mint pesto",
"Mozzarella beef wraps",
"Courgette & tomato tians",
"Muhammara (red pepper & walnut dip)",
"Warm peaches with basil & honey",
"App onlyFig leaf crème caramel with roasted figs. This is a premium piece of content available to registered users.",
"Whole roasted cauliflower with anchovy sauce",
"Marmalade vodka",
"Pea, mint & goat's cheese quiche",
"Cranberry & red wine sauce",
"Roast leg of lamb with basil & mint pesto",
"Minted lamb & pea stew",
"Green chutney",
"Crunchy baked mussels",
"Courgette & tomato tians",
"Fancy iced biscuits",
"Teriyaki tuna skewers",
"Warm peaches with basil & honey",
"Fruit & nut granola",
"Broccoli & cauliflower cheese galette with hazelnut spelt pastry",
"French bread sauce",
"Sesame & honey tofu with rice noodles",
"Brussels sprouts with bacon & chestnuts",
"App onlyOrange & brandy mince pies. This is a premium piece of content available to registered users.",
"Festive seafood sharing platter",
"Sticky ginger-glazed ham hocks",
"Coronation chicken naans with Indian slaw",
"Crackin' cress heads",
"Prawn cocktail squares",
"Cherry bakewell crêpe cake",
"Easy biscotti",
"Sausage & kale hash",
"Easy pickled onion rings",
"Cheese and potato pie",
"Potato gnocchi",
"App onlyDeep-fried globe artichoke. This is a premium piece of content available to registered users.",
"Banana, pecan & bourbon self-saucing pud",
"Bang bang prawn salad",
"Scandi smoked salmon",
"Cider, mustard & herb chicken",
"Ham hock, cheese & potato pithivier",
"Gooseberry & elderflower fool",
"Vegan cookies & cream brownies",
"Paella arancini bites",
"Super steak with cheat's béarnaise",
"Sloe gin fizz",
"Polenta & goat's cheese stacks",
"Bombay potato & spinach pies",
"Self-saucing butterscotch pudding",
"Honey & almond crunch loaf cake",
"Gordon's Christmas roast goose",
"Fresh cherry cake with a hint of cinnamon",
"Chorizo & chickpea summer stew",
"Sweet chilli prawn stir-fry",
"Creamed leeks with bacon & thyme. This is a premium piece of content available to registered users.",
"Gingerbread trees",

"Stuffed paratha",
"Mushroom stroganoff on toast",
"Ham shank broth",
"Roast romanesco with anchovies, capers & currants",
"Pineapple & banana custard meringues",
"Curried rice & egg salad",
"Pink gin spritz",
"Squidgy pear & hazelnut chocolate spread cake",
"App onlyHoney, fennel & chilli roast ham. This is a premium piece of content available to registered users.",
"Brussels sprouts with bacon & chestnuts",
"Fruit & nut granola",
"The ultimate makeover: Chicken korma",
"Hot cross bread & lemon pudding",
"Luscious lemon pudding with summer berries",
"Choc chunk & high-fruit granola",
"Coronation chicken naans with Indian slaw",
"Pumpkin pasta alla vodka",
"Sesame & honey tofu with rice noodles",
"Clootie dumpling",
"App onlySpatchcocked chicken piccata with runner bean hazelnut salad.
This is a premium piece of content available to registered users.",
"Cherry bakewell crêpe cake",
"Prawn cocktail squares",
"Smoked brisket",
"Sausage & kale hash",
"Frying pan filo tart",
"Easy biscotti",
"Little monster pancakes",
"Banana, pecan & bourbon self-saucing pud",
"Bang bang prawn salad",
"Scandi smoked salmon",
"Mozzarella sticks with chilli tomato sauce",
"Chicken broth",
"Indian lamb chops",
"Cider, mustard & herb chicken",
"Ham hock, cheese & potato pithivier",
"Summer squash risotto",
"Super steak with cheat's béarnaise",
"Bombay potato & spinach pies",
"Charred courgette, lemon & goat's cheese galette",
"Little monster pancakes",
"Next level tiramisu",
"Chocolate, pistachio & nougat semifreddo",
"Nettle spanakopita",
"Curried lamb & peas with tomato & onion salad",
"Angela Nilsen's Christmas cake",
"Pea and ham hock soup",
"Green goddess smoothie bowl",
"Tricolore tagliatelle",
"Purple sprouting broccoli & kale gratin",
"Chicken broth",
"Winter minestrone with pesto croûtes",
"Hot passion pina coladas",
"Roast pork with fennel & rosemary",
"Marinated grilled lamb cutlets with creamed corn",
"Vegan vanilla ice cream",
"Leeky salmon in a parcel",
"Satay tofu skewers with garlic & ginger pak choi",
"Cheesy bean burgers",

"Charred courgette, lemon & goat's cheese galette",
"Turkey crown with roast garlic & pancetta",
"Warming veggie curry",
"Spiced cranberry sauce",
"Cranberry & red wine sauce",
"Mushroom melts with spinach salad",
"Chocolate coconut flapjacks",
"Bang bang chicken & vegetable noodles",
"BBQ minty garlic lamb",
"Sticky pork",
"Coffee walnut millionaire's shortbread",
"Candy apples",
"Chorizo & apple sausage rolls",
"Sharing bavette with blue cheese, beef dripping wedges & ranch sala
d",
"Easy slow cooker lamb curry",
"Smoked salmon soufflé tart",
"App onlyCheesy egg & noodle muffins. This is a premium piece of conte
nt available to registered users.",
"Celeriac & hazelnut muffins",
"Rhubarb and ricotta bread & butter pudding",
"Next level tiramisu",
"Creamy beetroot curry",
"Chocolate, pistachio & nougat semifreddo",
"Pea and ham hock soup",
"Curried lamb & peas with tomato & onion salad",
"Angela Nilsen's Christmas cake",
"Simple sweet & sour slow-cooker red cabbage",
"Choc & ginger dippers",
"Nettle spanakopita",
"Purple sprouting broccoli & kale gratin",
"App onlySicilian-style fennel salad. This is a premium piece of conte
nt available to registered users.",
"Fresh tomato chutney",
"Green goddess smoothie bowl",
"Roast pork with fennel & rosemary",
"Brioche & brown butter pudding",
"Vegan vanilla ice cream",
"Homemade protein shake",
"Hot passion pina coladas",
"Cheesy bean burgers",
"Prawn avocado cucumber salad",
"Eggnog latte",
"Leeky salmon in a parcel",
"Squash, mushroom & sage pasta",
"Kale salad",
"Frozen blackberry smoothie",
"Make-ahead parmesan Yorkshire puddings",
"Vegan chocolate ice cream",
"Muhammara (red pepper & walnut dip)",
"Sweetcorn pancakes",
"Crispy chocolate fridge cake",
"Ham & cheese croquetas",
"Mango margarita",
"Kleftiko-style lamb shanks",
"Sticky banana & maple cake",
"Crying tiger Thai salad",
"Venison, stilton & rosemary pasties",
"Mini monster burgers",
"Tamborine chicken",

"Hot cross bread & lemon pudding",
"Broad bean, pea & ricotta frittata",
"Herby feta & nectarine salad with lemon poppy seed dressing",
"Mozzarella, ham & pesto pizzas",
"Khichdi",
"Cheesy leeks with ham",
"Cinnamon pineapple upside-down cake",
"App onlyMincemeat flapjacks. This is a premium piece of content available to registered users.",
"No-weigh cinnamon & yogurt pancakes",
"Griddled lamb with spiced new potatoes",
"Malfatti",
"Choc chunk & high-fruit granola",
"Berry brownie pavlova cake",
"Eccles cakes",
"Coronation chicken naans with Indian slaw",
"Vegan chocolate ice cream",
"Mango margarita",
"Thyme & garlic turkey crown",
"Crispy chocolate fridge cake",
"Marble loaf cake",
"Thai mussels & prawns",
"Trout risotto",
"Mini monster burgers",
"Coconut-chilli marinade",
"Mozzarella, ham & pesto pizzas",
"App onlyElote muffins. This is a premium piece of content available to registered users.",
"Turkish lamb flatbread",
"Cheesy leeks with ham",
"Orange & poppy seed cake with chocolate sauce",
"App onlyMincemeat flapjacks. This is a premium piece of content available to registered users.",
"No-weigh cinnamon & yogurt pancakes",
"Beef wellington with red wine gravy",
"Sausage & kale hash",
"Eccles cakes",
"Mississippi mud pie",
"Passion fruit & white chocolate semifreddo",
"Moroccan stuffed chicken",
"Black Forest tart",
"Salade aux lardons",
"App onlyChipotle celeriac tacos. This is a premium piece of content available to registered users.",
"Sardines with crisp paprika crumbs",
"Spicy tiffin eggs",
"Mozzarella sticks with chilli tomato sauce",
"Coconut & pineapple cooler",
"West Indian-style chicken legs with sauce chien",
"Wontons in broth",
"Smoked salmon layer",
"Chai latte",
"Salted caramel Christmas cake",
"Watercress & celeriac soup with goat's cheese croutons",
"Marble loaf cake",
"Garden vegetable & goat's cheese quiche",
"Spiced lamb kebabs with pea & herb couscous",
"Coconut-chilli marinade",
"Sesame sweet potato & salmon bake",
"Chocolate & walnut pavlova with madeira & tangerines",

"Roast cauliflower with prosciutto & taleggio",
"Spanish fig & almond balls",
"Spinach dhal with paneer",
"Ultimate veggie burger with pickled carrot slaw",
"Jewelled rice",
"Cheesy sweetcorn cornbread",
"Chorizo & apple sausage rolls",
"Char siu style sausage puffs",
"Salted egg yolks",
"Lemon meringue cupcakes",
"Slow-roasted rib of beef. This is a premium piece of content available to registered users.",
"Sweet potato, peanut butter & chilli quesadillas",
"Passion fruit & white chocolate semifreddo",
"Crumpet pizzas",
"Crispy salmon with turnip, mandarin & noodle salad",
"Ginger cake with caramel frosting",
"App onlyChipotle celeriac tacos. This is a premium piece of content available to registered users.",
"App onlySicilian-style fennel salad. This is a premium piece of content available to registered users.",
"Broad bean, yogurt & mint soup",
"Negroni sbagliato",
"Strawberry & cinnamon torte",
"Slow cooker hot chocolate fondant cake",
"Pineapple inside-out cake",
"App onlyChocolate & salted hazelnut praline slice. This is a premium piece of content available to registered users.",
"App onlyPeanut butter & jelly doughnut ice cream sandwiches. This is a premium piece of content available to registered users.",
"One-pot roast guinea fowl",
"Mocha milkshake",
"Lusikkaleivät (Finnish spoon biscuits)",
"Smoked salmon layer",
"Spicy Bloody Mary eggs with crunchy croutons",
"Kalakand",
"Wontons in broth",
"App onlyVeggie pigs in blankets. This is a premium piece of content available to registered users.",
"Christmas brownies",
"Chai latte",
"Salted caramel Christmas cake",
"Watercress & celeriac soup with goat's cheese croutons",
"Pork & chorizo enchiladas",
"Spiced lamb kebabs with pea & herb couscous",
"Garden vegetable & goat's cheese quiche",
"Roast cauliflower with prosciutto & taleggio",
"App onlySlow-roasted lemon & tomato butter Savoy with garlic & dill yogourt. This is a premium piece of content available to registered users.",
"One-pan pigeon breast with spinach & bacon",
"Spanish fig & almond balls",
"Ultimate veggie burger with pickled carrot slaw",
"Roast garlic & tahini spinach",
"Dukkah",
"Chicken & mushroom spud pies",
"Salt and pepper prawns",
"App onlyMicrowave chicken & tomato risotto. This is a premium piece of content available to registered users.",
"Smoky white bean & ricotta traybake",
"Homemade protein shake",

"Clementine margarita",
"Easy vegan nut roast",
"Prawn avocado cucumber salad",
"Domino dauphinoise",
"Squash, sage & sourdough bake",
"Plum & ginger tart",
"Jamaican curry chicken",
"Vegan hot chocolate",
"Coffee cocktails & star biscuits",
"Fruity mocktail",
"Mexican chicken tortillas",
"Sweetcorn pancakes",
"Ricotta & spinach gnudi",
"Avocado & cannellini bean dip",
"Christmas buns",
"Chermoula-marinated mackerel",
"Herby feta & nectarine salad with lemon poppy seed dressing",
"Smoked fish & cherry tomato rarebit",
"Kiwiriqui",
"Kleftiko-style lamb shanks",
"Country loaf",
"Crying tiger Thai salad",
"Garlic bread nachos",
"Smoked salmon blinis",
"Parsnip, feta & butter bean pie",
"Battenberg blondies",
"Sweetcorn pancakes",
"Coffee cocktails & star biscuits",
"Avocado & cannellini bean dip",
"Carrot & pineapple cake",
"Ricotta & spinach gnudi",
"Christmas buns",
"Courgette, lemon & chilli tagliatelle",
"Herby feta & nectarine salad with lemon poppy seed dressing",
"Vegan pecan pie",
"Kiwiriqui",
"Apple crumble trifle",
"Kleftiko-style lamb shanks",
"Country loaf",
"Crying tiger Thai salad",
"Garlic bread nachos",
"Spicy prawn poppadoms",
"Parsnip, feta & butter bean pie",
"Smoked salmon blinis",
"Saffron butter chicken with date & couscous stuffing",
"Battenberg blondies",
"Mum's leek & potato soup with mustard toasts",
"Roast pork with crushed grapes, marsala & juniper",
"White rabbit cocktail",
"Pizza omelette",
"Chicken rarebits",
"Slow cooker gammon",
"App onlySpiced trout skewers with coconut green bean & cashew curry.
This is a premium piece of content available to registered users.",
"Cinnamon pineapple upside-down cake",
"Khichdi",
"Easter lamb soup with dolma",
"Coronation pies",
"Spicy tiffin eggs",
"Mississippi mud pie",

"Vanilla & poppy seed swirl cake",
"Rainbow rippled meringues",
"Sorbet fizz",
"App onlySlow-roasted lemon & tomato butter Savoy with garlic & dill y
ogurt. This is a premium piece of content available to registered users.",
"Nectarine salad with goat's cheese toasts",
"Dukkah",
"Roast cod with curried cauliflower purée & onion bhaji",
"Okonomiyaki",
"Spiced whole cauliflower & warm chickpea salad",
"App onlyEasy yogurt flatbreads. This is a premium piece of content av
ailable to registered users.",
"Chorizo & halloumi breakfast baguette",
"Amaretti & sultana cheesecake",
"Italian tuna balls",
"Minty carrot, pistachio & feta salad",
"Banbury cakes",
"Puff pastry mince pies",
"Microwave brussels sprouts",
"Chilli bean bake with soured cream mash",
"App onlyBeer-can brined chicken. This is a premium piece of content a
vailable to registered users.",
"Speedy prawn fried rice",
"Gingerbread gin",
"Turkey bubble & squeak",
"Egg-in-the-hole bacon sandwich",
"Minced soy pork with rice noodles",
"Savoury vegan pancakes",
"Maple, pecan & raisin oaty cookies",
"Crostini with pea purée, rocket & broad beans",
"Spicy prawn poppadoms",
"Baked potato with mince",
"Turkish delight",
"Barbacoa beef tacos with pickled watermelon & avocado sauce",
"Carrot & pineapple cake",
"Pork & chorizo enchiladas",
"Courgette, lemon & chilli tagliatelle",
"Smoky BBQ pork buns with crushed avocado",
"Polenta tart with sausage & broccoli",
"Chicken rice bowl",
"Salt & pepper squid",
"Espresso, hazelnut & chocolate shortbread",
"Vegan pecan pie",
"Smoked aubergine purée",
"Lusikkaleivät (Finnish spoon biscuits)",
"Peach Melba cheesecake",
"Apple crumble trifle",
"Colcannon",
"Chicken & mushroom spud pies",
"Paneer & cheddar sandwich",
"Saffron butter chicken with date & couscous stuffing",
"Halloumi with bulgur, chickpea & rocket salad",
"Spicy chicken with rice & beans",
"Steak & chips for one",
"App onlyVeggie pigs in blankets. This is a premium piece of content a
vailable to registered users.",
"Easy noodles",
"Herb & chilli salad",
"New potato, spring onion & Montgomery cheddar quiche",
"Easter lamb soup with dolma",

"Spicy prawn pizzas",
"Spicy smoked fish cakes with herb salad & eggs",
"Chorizo & broad bean risotto",
"Christmas buns",
"Birria tacos",
"Alpine fries",
"Steak with mushroom puff tartlets",
"Perfect caesar salad",
"Sweet potato jacket with Coronation chickpeas",
"Passionfruit & elderflower spritz",
"Chiu Chow smacked cucumber",
"Pigeon pies with bramble gravy",
"Fruit & seed yogurt",
"Gnocchi with parsley, butter & samphire",
"Honey & almond layer cake",
"Avocado & cannellini bean dip",
"Caribbean beef patties",
"Sticky jerk lamb kebabs",
"Beetroot & blackberry cured salmon",
"Spanish stuffed peppers",
"Easy cheesy frittata",
"Spicy squash & apple chutney",
"Easy chocolate truffles",
"Chocolate & date tart",
"Sweet potato & pea puffs",
"Katsu curry sauce",
"Brie-stuffed pancakes with crispy bacon",
"Kiwiriqui",
"Marinated courgette salad",
"App onlyCôte de boeuf with chimichurri butter. This is a premium piece of content available to registered users.",
"Banana peel breakfast cake",
"Chicken rice bowl",
"Golden roast potatoes",
"Cherry bakewell cocktail",
"Polenta tart with sausage & broccoli",
"Salt & pepper squid",
"Espresso, hazelnut & chocolate shortbread",
"Peach Melba cheesecake",
"App onlyBBQ pork & nectarine burger. This is a premium piece of content available to registered users.",
"Spicy Moroccan rice",
"South Indian coconut & prawn curry",
"Colcannon",
"Roast squash with chilli & peanut noodles",
"Paneer & cheddar sandwich",
"Cheesy leek & spinach pasta",
"Vegan cupcakes",
"Turkey bubble & squeak",
"Brazil nut burritos",
"Halloumi with bulgur, chickpea & rocket salad",
"Hotdogs with sticky roasted onions",
"Steak & chips for one",
"Spicy chicken with rice & beans",
"Tortilla with rocket & parmesan",
"App onlyHoney & ginger spiced mulled cider. This is a premium piece of content available to registered users.",
"Vegan gingerbread cookies",
"Easy noodles",
"Herb & chilli salad",

"Sticky lemon & sesame chicken",
"Smoky pork & Boston beans one-pot",
"App onlyAsparagus, rocket, caper & hollandaise tart. This is a premium piece of content available to registered users.",
"Sticky citrus sponge cake",
"Fruity cookies",
"Gin and tonic pancakes",
"Salt and pepper tofu",
"Grilled pork with apple & sage",
"Artichoke & roasted red pepper soufflé omelette",
"Brazil nut burritos",
"Berry cheesecake in a glass",
"Pick & dip filo straws with feta, dates & sesame seeds",
"Tofu & vegetable patties",
"Flaounes",
"Sticky lemon & sesame chicken",
"Hedgehog cake",
"Sticky citrus sponge cake",
"Crostini with pea purée, rocket & broad beans",
"Cosmonaut",
"Best of British burgers with triple-cooked chips",
"Beef in barolo",
"Charred brussels, beetroot & bulgur salad",
"Avocado pizza crisps",
"Easy gravy",
"Three-hour shoulder of lamb",
"Authentic pad Thai",
"Kung po prawns",
"Charred spicy salsa",
"Cranberry, sprout & pecan pilaf",
"Tarator-style salmon",
"Salt & pepper squid",
"Roasted stuffed squash with herby pistachio salsa",
"Spicy asparagus & chorizo baked egg",
"Leek, cheese & potato pasties",
"Artichoke & roasted red pepper soufflé omelette",
"Salt and pepper tofu",
"Tofu & vegetable patties",
"Flaounes",
"Sticky lemon & sesame chicken",
"Sticky citrus sponge cake",
"Lightest ever meringues",
"Crostini with pea purée, rocket & broad beans",
"Hedgehog cake",
"Cosmonaut",
"Best of British burgers with triple-cooked chips",
"Charred brussels, beetroot & bulgur salad",
"Three-hour shoulder of lamb",
"Avocado pizza crisps",
"Authentic pad Thai",
"Buck's fizz",
"Cranberry, sprout & pecan pilaf",
"Kung po prawns",
"No-cook spiced apple chutney",
"Charred spicy salsa",
"Roasted stuffed squash with herby pistachio salsa",
"Chicken onigiri",
"Spicy asparagus & chorizo baked egg",
"Tarator-style salmon",
"Lemon, garlic & bay roast potatoes",

"Chilli bean bake with soured cream mash",
"Gingerbread gin",
"Lemon & coriander couscous",
"Homemade ravioli",
"Iced blueberry & lime cheesecake",
"Avocado pizza crisps",
"Easy spiced salmon kedgeree",
"Next-level beef cobbler",
"Kung po prawns",
"Roasted stuffed squash with herby pistachio salsa",
"Salt & pepper squid",
"Charred spicy salsa",
"Tarator-style salmon",
"Spicy asparagus & chorizo baked egg",
"Egg mayo sandwich",
"Iced blueberry & lime cheesecake",
"Leek, cheese & potato pasties",
"Lamb steaks with tomato & courgette crush",
"Halloween toffee apples",
"Creamy tofu curry with homemade roti",
"Wedge salad with soy seeds & pickled dill cucumbers",
"Brazil nut & chocolate flapjacks",
"Homemade tortilla chips with guacamole & charred tomato salsa",
"Barbacoa beef tacos with pickled watermelon & avocado sauce",
"Gluten-free chicken pie",
"Rainbow cheesecake",
"Fresh pesto",
"Roasted plum & pistachio custard pastries",
"Baked potato with mince",
"Salmon sushi salad",
"Nectarine & pistachio crunch layers",
"BBQ chicken & blue cheese wedges",
"Ham, artichoke & lemon pilaf",
"Moroccan-style chicken",
"Peach panna cotta trifle",
"Smoky pork & Boston beans one-pot",
"Pistachio & sour cherry baked alaska",
"Baci di dama",
"Sichuan-style yuxiang aubergine",
"Pineapple sorbet",
"Keralan hake curry",
"No-bake orange cheesecake",
"App only Honey & ginger spiced mulled cider. This is a premium piece of content available to registered users.",
"Easter crinkle cookies",
"Sandham family mincemeat",
"Baked camembert with bacon-wrapped breadsticks",
"Roasted chilli prawns",
"Baked sweet potato",
"Mexican bake",
"Woo woo",
"Sweet potato & shallot quesadillas",
"Gin & tonic ice lollies",
"Creamy cheese & potato bake",
"Dark chocolate & cherry bar",
"Egg mayo sandwich",
"Chestnut fool",
"Mauritian chicken curry",
"Spicy beef stew with beans & peppers",
"Lamb & rosemary envelopes",

"Mushroom bhaji",
"Sweet chilli burgers",
"Iraqi lamb kofta kebabs",
"Roast pork with sage & double onion stuffing, baked apples & roasties",
"Roast venison loin with pumpkin & Sichuan salt",
"Fish tacos with green jalapeño salsa & chilli cream",
"Creamy cheese & potato bake",
"Woo woo",
"Baked mushrooms with ricotta & pesto",
"Red cabbage with port, prunes & orange",
"Perfect sushi rice",
"Gin & tonic ice lollies",
"Spiced duck breasts with sticky clementine sauce",
"Rum & raisin fudge",
"Spicy beef stew with beans & peppers",
"Cepelinai (meat & potato dumplings)",
"Chestnut fool",
"Sweet chilli burgers",
"Roast pork with sage & double onion stuffing, baked apples & roasties",
"Fish tacos with green jalapeño salsa & chilli cream",
"Non-alcoholic punch",
"Pork belly with bay, cider & pears",
"Summer courgetti & meatballs",
"Smoked tofu vegan burger",
"Spinach, cheese & onion rice torte",
"Beef, leek & swede Cumberland pie",
"App onlyTom collins mocktail. This is a premium piece of content available to registered users.",
"App onlyBaked camembert with brioche bun wreath. This is a premium piece of content available to registered users.",
"Niçoise stuffed baguette",
"Bombay omelette",
"Penne with a punchy tuna sauce",
"Easy Russian salad",
"Forgotten cookies",
"Vanilla poached pears with almond butter porridge topping",
"App onlyArnold palmer. This is a premium piece of content available to registered users.",
"Winter wonderland cake",
"The ultimate makeover: Onion tart",
"Cheese & watercress scramble",
"Irish coffee",
"Swede & pancetta spaghetti",
"App onlyUpside-down toffee apple tarts. This is a premium piece of content available to registered users.",
"Next-level beef cobbler",
"Plum chutney",
"Squash, pea & feta frittatinis",
"Mozzarella meatball subs",
"Perfect sushi rice",
"Easy spiced salmon kedgeree",
"Veg-packed meatball lasagne",
"Fruit & spice soda bread",
"Buck's fizz",
"Baked mushrooms with ricotta & pesto",
"Spiced duck breasts with sticky clementine sauce",
"Chicken onigiri",
"Fish finger hot dogs",

"Rum & raisin fudge",
"Venison pie",
"Spinach savoury muffins",
"Stollen mince pies",
"Air fryer fried egg",
"Cepelinai (meat & potato dumplings)",
"Rum old-fashioned",
"Griddled aubergines with sesame dressing",
"Red cabbage & fennel coleslaw",
"Elderflower gin",
"Easy marzipan",
"Chocolate cherry bakewell cake",
"Spinach, bacon & white bean salad",
"Zimtsterne (Cinnamon star cookies)",
"Spice-rubbed chicken with pomegranate salad",
"Lightest ever meringues",
"Sherried sprout & Savoy gratin",
"Thai chicken skewers",
"Curly twirlies",
"Brown butter boxty blinis",
"Low-fat roasties",
"App onlyChocolate peppermint crinkle cookie. This is a premium piece of content available to registered users.",
"The ultimate makeover: Onion tart",
"5-a-day burger",
"Moroccan kofte with spicy tomato sauce",
"Swede & pancetta spaghetti",
"App onlyUpside-down toffee apple tarts. This is a premium piece of content available to registered users.",
"Chicken, bacon & potato stew",
"Plum chutney",
"Mozzarella meatball subs",
"Green olive & herb dressing",
"Buck's fizz",
"Chocolate & spice hot cross buns",
"Fruit & spice soda bread",
"Chicken onigiri",
"Venison pie",
"Spinach savoury muffins",
"Stollen mince pies",
"Fish finger hot dogs",
"Rum old-fashioned",
"Lemon meringue ice cream cake",
"Griddled aubergines with sesame dressing",
"Spicy blackberry chutney",
"App onlyBaked camembert with brioche bun wreath. This is a premium piece of content available to registered users.",
"Veggie loaf",
"Iced berries with white chocolate sauce",
"Peach panna cotta trifle",
"Vanilla poached pears with almond butter porridge topping",
"App onlyArnold palmer. This is a premium piece of content available to registered users.",
"Crisp cider-braised pork belly",
"Fluffy almond pancakes with blueberry ripple yogurt",
"Loin of lamb, wilted spinach, carrots & rosemary potatoes",
"Salmon rillettes",
"Sunken drunken chocolate cake",
"Clementine, cranberry & pistachio meringue wreath",
"Aperitivo spritz",

"Roast chicken with butternut squash, chorizo & chilli",
"Tomato & onion salad",
"Hot wings",
"Brown butter & sea salt madeleines",
"Roast fillet of sea bass with parsnip purée & caramelised garlic",
"Minced beef pie",
"Spring vegetable soup with basil pesto",
"Mussels with red onion, cider & crème fraîche",
"Creamy leek, potato & ham pie",
"Strawberry shortcake slice",
"Jerk chicken kebabs with mango salsa",
"Halloween treats & drinks",
"Mocha madeleines",
"Orange & coriander drizzle cake",
"Spiced quinoa with almonds & feta",
"Curried pulled lamb",
"Roast chicken with butternut squash, chorizo & chilli",
"Tomato & onion salad",
"Aperitivo spritz",
"Pistachio scones with a lemon glaze",
"Hot wings",
"Brown butter & sea salt madeleines",
"Roast fillet of sea bass with parsnip purée & caramelised garlic",
"Minced beef pie",
"Mussels with red onion, cider & crème fraîche",
"Strawberry shortcake slice",
"Jerk chicken kebabs with mango salsa",
"Curried pulled lamb",
"Mocha madeleines",
"Orange & coriander drizzle cake",
"Spiced quinoa with almonds & feta",
"Mini egg cake",
"Fragrant chicken, coriander & coconut curry",
"General Tso's chicken",
"Brie, apple & onion tart",
"Parsi pancakes",
"Aubergine pickle",
"Courgette & goat's cheese tart",
"Creamy chard, squash & parmesan tart",
"Squash & lentil salad",
"Chorizo, potato & cheese omelette",
"Pear & blackberry crumbles",
"Ratatouille tart with flaky cheddar & thyme pastry",
"App onlyPomander spritz. This is a premium piece of content available
to registered users.",
"Hot smoked salmon & beetroot platter",
"Papillote of seafood",
"Savoury Christmas shortbread",
"Creamy parsnip & squash bake",
"Easy Russian salad",
"Homemade chocolate drops",
"Pork belly with bay, cider & pears",
"Crispy duck pancakes",
"Chicken, bacon & potato stew",
"Raspberry & almond traybake",
"Chocolate & spice hot cross buns",
"Forgotten cookies",
"Baja avocado tacos with chipotle crema & pickled slaw",
"Easy iced tea",
"Salmon & rocket pasta",

"Ham and egg salad",
"Spinach, cheese & onion rice torte",
"Roast rack of pork with wild garlic stuffing",
"Spinach & sweet potato samosas",
"Easy chicken gumbo",
"Coffee, caramel & tahini cupcakes",
"Chicken & cider fricassée with parsley croûtes",
"Artichoke, aubergine & lamb moussaka",
"Turnip & butternut smash",
"Easy roast chicken",
"Easy bibimbap",
"Chocolate bat biscuits",
"Spiced stollen plait",
"Lemon & black pepper crusted salmon",
"Honey & spice cookies",
"Chicken terrine with leeks & apricots",
"Easy vegan gingerbread",
"Tia Maria cheesecake",
"Mexican hot chocolate",
"Pistachio scones with a lemon glaze",
"Stuffed courgette rolls",
"App onlyGrilled prawn cocktail salad & bloody mary dressing. This is a premium piece of content available to registered users.",
"Chunky chips with caramelised onion & garlic",
"Gooseberry buckle cake",
"Chorizo & pepper lasagne",
"Dense & dark chocolate loaf",
"Pizza toast",
"Lithuanian cepelinai: Potato dumplings with mushroom sauce & bacon",
"Blackberry & hazelnut crumble flapjack",
"Café au lait",
"Fennel, cherry & goat's cheese salad with lentils",
"Spiced rice with prawns",
"Spiced roast cauliflower with herby rice",
"Mustard & sage chicken with celeriac mash",
"Japanese tofu noodle bowl",
"Moroccan kofte with spicy tomato sauce",
"Tomato salad 'Maman Blanc'",
"Mini egg cake",
"5-a-day burger",
"Blueberry & lemon friands",
"Creamy cucumber with gravadlax",
"Sesame noodles with leeks & sprouts",
"Parsi pancakes",
"Low-fat roasties",
"Veggie rice pot",
"Creamy chard, squash & parmesan tart",
"App onlyChocolate peppermint crinkle cookie. This is a premium piece of content available to registered users.",
"Spicy chicken & bacon pasties",
"Mimosa",
"Mocha madeleines",
"Air-fryer yorkshire puddings",
"Number birthday cake",
"Cardamom-spiced vermicelli (semiya payasam)",
"Popcorn chicken",
"Pea & pasta frittata",
"App onlyPlum, lemon & ricotta cake. This is a premium piece of content available to registered users.",
"St Lucia saffron buns",

"Minced beef pie",
"Sole meunière with blood orange & crispy capers",
"Salmon with tahini sauce",
"Brown sugar pavlova with fruit",
"Cheese & fruit sticks",
"Black pudding mash",
"Vegan meringues",
"Roast chicken with butternut squash, chorizo & chilli",
"Hot wings",
"Ploughman's pork & cheese picnic pie",
"Gremolata-crusted salmon with lentils & spinach",
"Dark chocolate & pistachio porridge",
"Brown butter & sea salt madeleines",
"Simple snow sparkle cake",
"Rack of lamb with new potato, onion & thyme gratin",
"Pear & dried apricot chutney",
"Buffalo chicken",
"Jerk chicken kebabs with mango salsa",
"Dukkah-crusted squash wedges",
"Cucumber & pea salad",
"Café au lait",
"Spiced roast cauliflower with herby rice",
"Lithuanian cepelinai: Potato dumplings with mushroom sauce & bacon",
"Taleggio potato parcels",
"Sticky rib hot pot",
"Lamb-stuffed aubergines",
"Gong bao chicken",
"Fennel, cherry & goat's cheese salad with lentils",
"Cucumber & pea salad",
"Japanese tofu noodle bowl",
"Honey roast beetroot & Wensleydale tart tartine",
"Mustard & sage chicken with celeriac mash",
"Serrano-wrapped pear with goat's cheese",
"Tomato salad 'Maman Blanc'",
"App onlyChristmas tree goat's cheese tart. This is a premium piece of content available to registered users.",
"Heritage carrots with hazelnut granola",
"Creamy cucumber with gravadlax",
"Oysters with chilli & ginger dressing",
"Blueberry & lemon friands",
"Roast new potato salad with caper & tarragon dressing",
"Prawn & avocado platter with lime & chilli dressing",
"Iced berry mousse cake",
"Apple & ginger mojito",
"Veggie rice pot",
"Seeded flatbreads",
"Spiced sweet & sour pickled beetroot",
"Apple & mustard pork burgers",
"Little Eccles mince pies",
"Tender summer squid with chorizo & aioli",
"Iced mocha",
"Spicy salmon tabbouleh",
"Stuffing sprouts",
"Root vegetable & mustard mash",
"Stollen spirals",
"Green beans with tomato & feta",
"Brie, apple & onion tart",
"Upside-down banana cake with maple-caramel sauce",
"Cinnamon pecan sticky buns",
"Sesame, sunflower & poppy seed bloomer",

"Oysters with chilli & ginger dressing",
"Taleggio potato parcels",
"Artichoke, garlic & potato mash",
"Fragrant chicken, coriander & coconut curry",
"Beef stew with cheese scone dumplings",
"Fridge-raid soup",
"Halloween spider pizzas",
"Squash & lentil salad",
"Bloody mary recipe",
"Prawn & avocado platter with lime & chilli dressing",
"Gong bao chicken",
"Summery stuffed squash",
"Honey roast beetroot & Wensleydale tart tartine",
"Beet & caramelised onion tart",
"Serrano-wrapped pear with goat's cheese",
"Roasted beets with watercress & horseradish apple sauce",
"App onlyChristmas tree goat's cheese tart. This is a premium piece of content available to registered users.",
"Roast new potato salad with caper & tarragon dressing",
"Vegan biscuits",
"Runner bean samosas",
"Mini milkshakes",
"Strawberry jelly summer pudding",
"Maple & chilli-glazed leg of lamb",
"App onlyPork & halloumi burgers. This is a premium piece of content available to registered users.",
"Tomato sauce",
"Number birthday cake",
"Ham, cheese & pear salad",
"Popcorn chicken",
"App onlyPlum, lemon & ricotta cake. This is a premium piece of content available to registered users.",
"Katsu sandos",
"Chocolate pizza",
"Sabzi polo (aromatic herb rice)",
"Vegan granola",
"Brown sugar pavlova with fruit",
"Black pudding mash",
"Beef biltong chilli & smoked cheddar",
"Gremolata-crusted salmon with lentils & spinach",
"Ploughman's pork & cheese picnic pie",
"Ginger & soy sea bass parcels",
"Simple snow sparkle cake",
"Greek pork patties with radish tzatziki",
"Steak panzanella salad with roasted lemons",
"Green beans with griddled tomatoes",
"Root vegetable & mustard mash",
"Stuffing sprouts",
"Wreath meringue lollies",
"Stollen spirals",
"Upside-down banana cake with maple-caramel sauce",
"Dukkah-crusted squash wedges",
"Cinnamon pecan sticky buns",
"Sesame, sunflower & poppy seed bloomer",
"Smoked haddock salad with poached eggs & croûtons",
"Greek salad muffins",
"Artichoke, garlic & potato mash",
"Easy crispy tofu",
"Beef stew with cheese scone dumplings",
"Sumac-spiced lamb pides",

"Fridge-raid soup",
"Halloween spider pizzas",
"Saffron aioli",
"Summery stuffed squash",
"Roasted beets with watercress & horseradish apple sauce",
"Simit poğaça",
"Potato & leek gratin",
"Runner bean samosas",
"Vegan biscuits",
"Posh spice cake",
"Sugar-dusted mince pie parcels",
"Rainbow pancakes",
"Mini hot toddy pavlovas",
"Snow globe cookies",
"Rum punch",
"'Butter pie' with apples & cheese",
"Pizza pinwheels",
"Potato cakes with smoked salmon & cream cheese",
"Summer soufflé omelette",
"Lamb kuttu roti",
"Pull-apart garlic rolls with baked camembert",
"Fried chicken waffle sandwich",
"White chocolate & apricot cheesecake",
"El padron",
"Vegan granola",
"Chocolate pizza",
"Sabzi polo (aromatic herb rice)",
"Smoked haddock salad with poached eggs & croûtons",
"Mary's maple & orange glazed chicken",
"Spanish roast fish with broad beans & chorizo",
"Breakfast banana split",
"Easy pulled beef ragu",
"Dense & dark chocolate loaf",
"Salmon, samphire & charred cucumber salad",
"Really useful roast chicken",
"Pork & chilli lettuce cups",
"Blueberry & lemon friands",
"Pumpkin pancakes with salted pecan butterscotch",
"App onlyPumpkin velouté. This is a premium piece of content available to registered users.",
"Smoky cheese & onion tart",
"Tuna avocado with caesar dressing",
"Slow cooker Goan pulled pork",
"Blackberry & banana breakfast muffins",
"Ginger beer chicken & ribs",
"Fennel & potato gratin",
"White chocolate crème brûlée",
"Greek salad muffins",
"Veggie rice pot",
"Tomato salad 'Maman Blanc'",
"Slime bug cups",
"Simple roast chicken",
"Panettone cake with orange frosting",
"Smoked salmon taramasalata",
"Leek & mustard vinaigrette with Carmarthen ham",
"Tomato & cucumber raita",
"Spiced cucumber & coriander salad",
"Smoked salmon taramasalata",
"Jersey Royal, wild garlic & watercress tart with pink pickled onion s",

"Risotto with peas & broad beans",
"Butter-poached asparagus, leeks & peas",
"Salmon, broccoli & potato bake",
"Iced mocha",
"Fruity turkey tagine",
"Cold chicken noodle salad",
"Mini hot toddy pavlovas",
"Devonshire splits",
"Rum punch",
"Pull-apart garlic rolls with baked camembert",
"El padron",
"Syrupy plums with pistachio meringues",
"Laxpudding",
"Ruby cranberry sauce",
"Gluten-free biscuits",
"Smoked haddock & chorizo salad",
"Pear & chocolate pudding",
"Cheesy chops & chips",
"Greek pork patties with radish tzatziki",
"Macadamia & cranberry American cookies",
"Moroccan-style chicken with sour cherries & olives",
"Date & buckwheat granola with pecans & seeds",
"Caramel button cupcakes",
"Squash steaks with chestnut & cavolo nero pilaf",
"Pumpkin spice syrup",
"Roasted squash with sour cherries, spiced seeds & feta",
"Ginger beer chicken & ribs",
"Fennel & potato gratin",
"Ultimate chilli con carne",
"White chocolate crème brûlée",
"Chocolate & hazelnut biscotti",
"Slime bug cups",
"Dark chocolate, orange & ginger bara brith",
"Panettone cake with orange frosting",
"Easy garlic sauce",
"Smoked salmon taramasalata",
"Spiced egg & coriander mayonnaise vol-au-vent filling",
"Spiced cucumber & coriander salad",
"Jersey Royal, wild garlic & watercress tart with pink pickled onion
s",
"Leek & mustard vinaigrette with Carmarthen ham",
"Versatile beef stew",
"Risotto with peas & broad beans",
"Green salad with buttermilk dressing",
"Seared sirloin with Japanese dips",
"Salmon, broccoli & potato bake",
"Fruity turkey tagine",
"Devonshire splits",
"10-minute mincemeat",
"Turkey pasta bake",
"Celeriac & parsnip bake",
"Squash, goat's cheese & rosemary pancakes",
"Mai tai",
"Syrupy plums with pistachio meringues",
"Gado Gado salad",
"Homemade oven chips",
"Brown sugar & spice-glazed turkey with candied carrots",
"Lunchbox pasta salad",
"Harira",
"Salted almond brittle",

"Brown sugar & spice-glazed turkey with candied carrots",
"Gado Gado salad",
"Cheesy Swiss bake",
"Mushroom bourguignon pithivier",
"Fire engine cake",
"Melting tomato & basil omelette",
"Apple & walnut cake with treacle icing",
"Cheese & chorizo or prosciutto skewers",
"Vegan mac & cheese",
"Turkish lamb pilau",
"Roast sirloin of beef",
"Shirley temple",
"Sesame-crusted tofu with gingery noodles",
"Spanish roast fish with broad beans & chorizo",
"Crab & lemon spaghetti",
"Mini cherry clafoutis",
"Gobi manchurian",
"Babka wreath grazing board with cheese & spiced cranberry jam",
"Bacon & tomato ciabatta",
"Butterscotch banana pie",
"Smoky cheese & onion tart",
"The ultimate makeover: Chocolate log",
"Clementine & vodka-baked salmon with beetroot crème fraîche sauce",
"Ultimate chilli con carne",
"Mussels steamed with cider & bacon",
"Classic everyday fruitcake",
"Hot toddy fruitcake",
"Boozy mincemeat",
"Harira",
"Lunchbox pasta salad",
"Zombie cocktail",
"Brown sugar & spice-glazed turkey with candied carrots",
"Salted almond brittle",
"Herby toad in the hole",
"Gado Gado salad",
"Cheesy Swiss bake",
"Fire engine cake",
"Melting tomato & basil omelette",
"Mushroom bourguignon pithivier",
"Roast sirloin of beef",
"You're a star sarnies",
"Shirley temple",
"Spanish roast fish with broad beans & chorizo",
"Gobi manchurian",
"Mini cherry clafoutis",
"Crab & lemon spaghetti",
"Turkish lamb pilau",
"Bacon & tomato ciabatta",
"Frozen strawberry margarita",
"Bulgur & veg soup with sizzled mint oil & potato flatbreads",
"Chetna's end-of-summer veg curry",
"Butterscotch banana pie",
"Smoky cheese & onion tart",
"App only Niçoise focaccia sandwiches. This is a premium piece of content available to registered users.",
"The ultimate makeover: Chocolate log",
"Clementine & vodka-baked salmon with beetroot crème fraîche sauce",
"Mushroom rarebit with mash & thyme gravy"

]

Function to slugify or change the titles to match the specific URL's

- Remove Stop words
 - Make Lowercase
 - Remove Special Characters
 - Replace spaces with hyphens

```
In [ ]: def slugify(title, stop_words=None):
    """
        Convert a title into a URL-friendly slug, removing stop words.
    """
    if stop_words is None:
        # Default list of common stop words
        stop_words = {'on', 'and', 'the', 'a', 'an', 'of', 'to', 'in', 'w
title = title.lower() # Convert to lowercase
# Remove stop words
title = ' '.join(word for word in title.split() if word not in stop_w
# Remove special characters
title = re.sub(r'[^a-z0-9\s-]', '', title)
# Replace spaces with hyphens
title = re.sub(r'\s+', '-', title.strip())
return title
```

2.2 Scrape Variables

Function to scrape specific information from recipes.

Scraping:

1. Prep Time
 2. Cook Time
 3. Servings
 4. Ingredients
 5. Calories
 6. Fat
 7. Carbs
 8. Protein
 9. Instructions/Method

```
In [ ]: def scrape_bbc_good_food(base_url, recipe_titles):
    """
    Scrape BBC Good Food recipes using constructed URLs.
    """
    recipes = []

    for title in recipe_titles:
        try:
            # Construct the full recipe URL
            slug = slugify(title)
            recipe_url = f"{base_url}{slug}"

            # Fetch the recipe page
            response = requests.get(recipe_url)
            if response.status_code == 200:
                soup = BeautifulSoup(response.content, 'html.parser')
                # Extract recipe details from the page
                # ...
            else:
                print(f"Failed to fetch {title} recipe page")
        except Exception as e:
            print(f"An error occurred while processing {title}: {e}")

    return recipes
```

```

response = requests.get(recipe_url)
if response.status_code != 200:
    print(f"Failed to fetch: {recipe_url}")
    continue

# Parse the page content
soup = BeautifulSoup(response.text, 'html.parser')

# Initialize variables with default values
prep_time, cook_time, servings = None, None, None
calories, fat, carbs, protein = None, None, None, None

try:
    prep_time = [item.text.strip() for item in soup.find_all('p')]
except Exception:
    print(f"Prep time not found for: {title}")

try:
    cook_time = [item.text.strip() for item in soup.find_all('p')]
except Exception:
    print(f"Cook time not found for: {title}")

try:
    servings = [item.text.strip() for item in soup.find_all('p')]
except Exception:
    print(f"Servings not found for: {title}")

try:
    ingredients = [item.text.strip() for item in soup.find_all('p')]
except Exception:
    print(f"Ingredients not found for: {title}")
    ingredients = []

try:
    calories_text = soup.select_one('ul.nutrition-list > li')
    calories = ''.join(filter(str.isdigit, calories_text))
except Exception:
    print(f"Calories not found for: {title}")

try:
    fat_text = soup.select_one('ul.nutrition-list > li')
    fat = ''.join(filter(str.isdigit, fat_text))
except Exception:
    print(f"Fat not found for: {title}")

try:
    carbs_text = soup.select_one('ul.nutrition-list > li')
    carbs = ''.join(filter(str.isdigit, carbs_text))
except Exception:
    print(f"Carbs not found for: {title}")

try:
    protein_text = soup.select_one('ul.nutrition-list > li')
    protein = ''.join(filter(str.isdigit, protein_text))
except Exception:
    print(f"Protein not found for: {title}")

try:
    method_steps = [step.find('p').text.strip() for step in soup.find_all('p')]
    method = " ".join(method_steps)

```

```

except Exception:
    print(f"Method not found for: {title}")
    method = ""

    # Append to the recipe list
    recipes.append({
        'Title': title,
        'Prep Time (mins)': prep_time,
        'Cook Time (mins)': cook_time,
        'Servings': servings,
        'Ingredients': ", ".join(ingredients),
        'Method': method,
        'Calories (g)': calories,
        'Fat (g)': fat,
        'Carbs (g)': carbs,
        'Protein (g)': protein
    })

except Exception as e:
    print(f"Error processing recipe '{title}': {e}")
    continue

return recipes

```

Scraped detailed information from 10,000 recipes, taking around 2 hours and 15 minutes to complete. Error handling was included so that if a recipe was missing certain information, the scraper would simply skip it and move on. Additionally, sometimes minor differences in the URL caused mismatches; in these cases, the scraper clearly displayed 'Failed to Fetch:' along with the problematic URL

```

In [ ]: base_url = "https://www.bbcgoodfood.com/recipes/"

# Scrape the data
recipe_data = scrape_bbc_good_food(base_url, recipe_titles)

if recipe_data:
    df = pd.DataFrame(recipe_data)
    df.to_csv("bbc_good_food_recipes.csv", index=False)

    print("Scraping completed. Data saved to 'bbc_good_food_recipes.csv'.

```

Failed to fetch: <https://www.bbcgoodfood.com/recipes/quick-seafood-linguine>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/quick-easy-fish-stew>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/quick-easy-flatbreads>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-chicken-katsu-curry>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-pepper-tomato-omelette>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/quick-chicken-curry>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-turkey-meatballs>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-beef-stew>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/quick-prawn-curry>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-biscuits>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/easy-lentil-curry>
Calories not found for: Healthy chilli con carne
Fat not found for: Healthy chilli con carne
Carbs not found for: Healthy chilli con carne
Protein not found for: Healthy chilli con carne
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/healthy-fish-pie>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/nutty-chicken-satay-strips>
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Fat not found for: Wine Club
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Fat not found for: Healthy granola
Carbs not found for: Healthy granola
Protein not found for: Healthy granola
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etable-mash
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/newsticky-glazed-orange-paprika-chilli-cod-this-is-premium-piece-content-available-registered-u>

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Failed to fetch: <https://www.bbcgoodfood.com/recipes/lemon-cheesecake-no-bake>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/carrot-pilaf-coriander-chutney>
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Fat not found for: Wine Club
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Protein not found for: Wine Club
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iche-this-is-premium-piece-content-available-registered-users
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Carbs not found for: Plum cake
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Carbs not found for: Salted egg yolks
Protein not found for: Salted egg yolks
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlypeanut-butter-jelly-doughnut-ice-cream-sandwiches-this-is-premium-piece-content-available-registered-users>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyslow-roasted-lemon-tomato-butter-savoy-garlic-dill-yogurt-this-is-premium-piece-content-available-registered-users>
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Calories not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/spicy-bloody-mary-egg-crunchy-cROUTONS>
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Carbs not found for: Wine Club
Protein not found for: Wine Club
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Carbs not found for: Apple crumble trifle
Protein not found for: Apple crumble trifle
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Calories not found for: Wine Club
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Carbs not found for: Apple crumble trifle
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Fat not found for: Membrillo
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Fat not found for: Wine Club
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Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/truffled-mushroom-pt>
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Fat not found for: Ginger & pomegranate pavlova
Carbs not found for: Ginger & pomegranate pavlova
Protein not found for: Ginger & pomegranate pavlova
Failed to fetch: <https://www.bbcgoodfood.com/recipes/brie-stuffed-pancakes-crispy-bacon>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/portuguese-custard-tarts-pastis-de-nata>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/sweet-potato-jacket-coronation-chickpeas>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyasparagus-roasted-caper-hollandaise-tart-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/smoky-mushroom-chicken-fajitas-charred-spring-onion-salsa>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/artichoke-roasted-red-pepper-souffl-omelette>
Calories not found for: Non-alcoholic punch

Fat not found for: Non-alcoholic punch
Carbs not found for: Non-alcoholic punch
Protein not found for: Non-alcoholic punch
Failed to fetch: <https://www.bbcgoodfood.com/recipes/smoky-mushroom-chickpea-fajitas-charred-spring-onion-salsa>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlycte-de-boeuf-chimichurri-butter-this-is-premium-piece-content-available-registered-users>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/gin-tonic-pancakes>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/harissa-aubergine-wedges-tahini-mint-yogurt>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/halloumi-bulgur-chickpea-rocket-salad>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/authentic-pad-thai>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/roast-cod-curried-cauliflower-pure-onion-bhaji>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/pick-dip-filo-straws-feta-dates-sesame-seeds>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlybbq-pork-neck-burger-this-is-premium-piece-content-available-registered-users>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/roasted-stuffed-squash-herby-pistachio-salsa>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/wedge-salad-soy-seeds-pickled-dill-cucumbers>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/gluten-free-chicken-pie>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/wedge-salad-soy-seeds-pickled-dill-cucumbers>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/make-ahead-mushroom-souffls>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/roasted-stuffed-squash-herby-pistachio-salsa>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/steak-chips-for-one>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/sweet-chilli-burgers>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/baked-potato-mince>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyfruity-fennel-seed-soda-bread-whipped-honey-butter-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/creamy-tofu-curry-homemade-roti>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/egg-mayo-sandwich>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/make-ahead-mushroom-souffls>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/spiced-duck-breasts-sticky-clementine-sauce>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyupside-down-coffee-apple-tarts-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/spiced-duck-breasts-sticky-clementine-sauce>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/butternut-squash-sweet-potato-soup>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/fluffy-almond-pancake-blueberry-ripple-yogurt>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlybaked-camembert-brioche-bun-wreath-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/spinach-savoury-muffins>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyblack-forest-brownies-this-is-premium-piece-content-available-registered-users>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/caf-au-lait>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlycaramel-drizzled-banoffee-bake-this-is-premium-piece-content-available-registered-users>
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Fat not found for: Cauliflower & potato bake
Carbs not found for: Cauliflower & potato bake
Protein not found for: Cauliflower & potato bake
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/easy-marzipan>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/pork-belly-bay-cider-pears>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlybanana-split-lollies-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/easy-vegan-gingerbread>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlypomander-spritz-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/polish-doughnuts-pczk>

i
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/noise-stuffed-baguette>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/weaning-recipe-haddock-cauliflower-potato-pure>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlygrilled-prawn-cocktail-salad-bloody-mary-dressing-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/chicken-cider-fricasse-parsley-croûtes>
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Calories not found for: Cauliflower & potato bake
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Carbs not found for: Cauliflower & potato bake
Protein not found for: Cauliflower & potato bake
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlychocolate-peppermint-crinkle-cookie-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/dark-chocolate-pistachio-porridge>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/easy-chicken-gumbo>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/5-a-day-burger>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/baked-tomato-gruyre-potato-gratin>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/baja-avocado-tacos-chipotle-crema-pickled-slaw>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/easy-bibimbap>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/sole-meunière-blood-orange-crispy-capers>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlychristmas-tree-goats-cheese-tart-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/brown-sugar-pavlova-fruit>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/princess-cake-prinsesstrata>

Failed to fetch: <https://www.bbcgoodfood.com/recipes/vegan-granola>
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Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: <https://www.bbcgoodfood.com/recipes/vegan-granola>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyhummus-veggie-patch-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/oysters-chilli-ginger-dressing>
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Fat not found for: Wine Club
Carbs not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/mandarin-in-the-middle-christmas-pud>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlypumpkin-velout-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlyplum-lemon-ricotta-cake-this-is-premium-piece-content-available-registered-users>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/wholemeal-cheese-marmite-scones>
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/brussels-sprouts-pad-thai>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/heritage-carrots-hazelnut-granola>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlypork-halloumi-burgers-this-is-premium-piece-content-available-registered-users>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
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Failed to fetch: <https://www.bbcgoodfood.com/recipes/app-onlypork-halloumi-burgers-this-is-premium-piece-content-available-registered-users>
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Carbs not found for: Wine Club
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Fat not found for: Bloody mary recipe
Carbs not found for: Bloody mary recipe
Protein not found for: Bloody mary recipe
Failed to fetch: <https://www.bbcgoodfood.com/recipes/pull-apart-garlic-rolls-baked-camembert>
Failed to fetch: <https://www.bbcgoodfood.com/recipes/smoked-haddock-salad-poached-eggs-crotons>
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club

```

Failed to fetch: https://www.bbcgoodfood.com/recipes/maple-chilli-glazed-l
eg-lamb
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: https://www.bbcgoodfood.com/recipes/panettone-cake-orange
-frosting
Failed to fetch: https://www.bbcgoodfood.com/recipes/spatchcock-chicken
Failed to fetch: https://www.bbcgoodfood.com/recipes/saffron-aoli
Failed to fetch: https://www.bbcgoodfood.com/recipes/ham-egg-salad
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Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
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Failed to fetch: https://www.bbcgoodfood.com/recipes/pizza-toast
Failed to fetch: https://www.bbcgoodfood.com/recipes/elderflower-posset-go
oseberries
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d-salmon-beetroot-crme-frache-sauce
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ns-spiced-brown-butter-icing
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: https://www.bbcgoodfood.com/recipes/simit-poaa
Failed to fetch: https://www.bbcgoodfood.com/recipes/chipotle-bavette-stea
k-lime-corn-chunky-salsa
Failed to fetch: https://www.bbcgoodfood.com/recipes/chicken-leek-mini-pie
s
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Failed to fetch: https://www.bbcgoodfood.com/recipes/dark-chocolate-pots-c
herry-compote
Failed to fetch: https://www.bbcgoodfood.com/recipes/vegan-fry-up
Failed to fetch: https://www.bbcgoodfood.com/recipes/babka-wreath-grazing-
board-cheese-spiced-cranberry-jam
Failed to fetch: https://www.bbcgoodfood.com/recipes/app-onlyeasy-spook-ca
ke-this-is-premium-piece-content-available-registered-users
Failed to fetch: https://www.bbcgoodfood.com/recipes/homemade-oven-chips
Calories not found for: Wine Club
Fat not found for: Wine Club
Carbs not found for: Wine Club
Protein not found for: Wine Club
Scraping completed. Data saved to 'bbc_good_food_recipes.csv'.

```

3. Preprocessing - After Scraping

Load in dataset

```
In [4]: recipe_path = "/Users/eoinhoustoun/Desktop/Goldsmiths/Semester 2/Natural
recipe_df = pd.read_csv(recipe_path)
```

3.1 Dealing with Missingness

In [5]: `recipe_df.head()`

Out[5]:

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)	Fat (g)
0	Chicken & chorizo jambalaya	['Prep:10 mins', 'Cook:45 mins']	['Prep:10 mins', 'Cook:45 mins']	['Serves 4']	1 tbsp olive oil, 2 chicken breasts chopped, 1...	Heat 1 tbsp olive oil in a large frying pan wi...	445.0	10.0
1	Healthy pancakes	['Prep:15 mins', 'Cook:30 mins']	['Prep:15 mins', 'Cook:30 mins']	['Makes 10-12']	50g self-raising flour, 50g wholemeal or whole...	Sift the flours into a bowl or wide jug and ti...	53.0	1.0
2	Overnight oats	['Prep:10 mins']	['Prep:10 mins']	['Serves 1']	¼ tsp ground cinnamon, 50g rolled porridge oa...	The night before serving, stir the cinnamon an...	348.0	11.0
3	Healthy tikka masala	['Prep:10 mins', 'Cook:55 mins']	['Prep:10 mins', 'Cook:55 mins']	['Serves 4']	1 large onion chopped, 4 large garlic cloves, ...	Put the onion, garlic and ginger in a food pro...	365.0	17.0
4	Quick chicken hummus bowl	['Prep:10 mins']	['Prep:10 mins']	['Serves 2']	200g hummus, 1 small lemon zested and juiced,...	Mix 2 tbsp of the hummus with half the lemon j...	779.0	47.0

In [6]: `recipe_df.describe()`

Out[6]:

	Calories (g)	Fat (g)	Carbs (g)	Protein (g)
count	8071.000000	8071.000000	8067.000000	8067.000000
mean	386.787635	22.524718	44.018470	21.084294
std	375.006878	67.839236	222.266376	68.409796
min	0.000000	0.000000	0.000000	0.000000
25%	225.000000	8.000000	14.000000	5.000000
50%	373.000000	16.000000	31.000000	15.000000
75%	520.000000	27.000000	50.000000	29.000000
max	28201.000000	3003.000000	12107.000000	4637.000000

In [7]:

```
missing_summary = recipe_df.isnull().sum()
print(missing_summary)
```

Title	0
Prep Time (mins)	0
Cook Time (mins)	0
Servings	0
Ingredients	370
Method	376
Calories (g)	409
Fat (g)	409
Carbs (g)	413
Protein (g)	413
dtype: int64	

In [8]:

```
recipe_df = recipe_df.dropna()
```

```
print(recipe_df.isnull().sum()) # Should print all zeros if no missing v
print(f"Remaining rows: {len(recipe_df)}") # Check how many rows are lef
```

Title	0
Prep Time (mins)	0
Cook Time (mins)	0
Servings	0
Ingredients	0
Method	0
Calories (g)	0
Fat (g)	0
Carbs (g)	0
Protein (g)	0
dtype: int64	

Remaining rows: 8064

In [9]:

```
def extract_total_time(prep_time_str):
    """
    Extracts the total time (minutes) from a string that contains 'Total
    """
    match = re.search(r'Total time(\d+)', prep_time_str) # Find 'Total t
    return int(match.group(1)) if match else None # Convert to integer i

    # Apply function to extract 'Total time' values into a new column
    recipe_df["Total Time (mins)"] = recipe_df["Prep Time (mins)"].astype(str)
```

```
# Display the updated DataFrame
print(recipe_df[["Prep Time (mins)", "Total Time (mins)"]].head())
```

	Prep Time (mins)	Total Time (mins)
0	['Prep:10 mins', 'Cook:45 mins']	NaN
1	['Prep:15 mins', 'Cook:30 mins']	NaN
2	['Prep:10 mins']	NaN
3	['Prep:10 mins', 'Cook:55 mins']	NaN
4	['Prep:10 mins']	NaN

In [10]: recipe_df

Out[10]:

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
0	Chicken & chorizo jambalaya	['Prep:10 mins', 'Cook:45 mins']	['Prep:10 mins', 'Cook:45 mins']	['Serves 4']	1 tbsp olive oil, 2 chicken breasts chopped, 1...	Heat 1 tbsp olive oil in a large frying pan wi...	445.0
1	Healthy pancakes	['Prep:15 mins', 'Cook:30 mins']	['Prep:15 mins', 'Cook:30 mins']	['Makes 10-12']	50g self-raising flour, 50g wholemeal or whole...	Sift the flours into a bowl or wide jug and ti...	53.0
2	Overnight oats	['Prep:10 mins']	['Prep:10 mins']	['Serves 1']	¼ tsp ground cinnamon, 50g rolled porridge oa...	The night before serving, stir the cinnamon an...	348.0
3	Healthy tikka masala	['Prep:10 mins', 'Cook:55 mins']	['Prep:10 mins', 'Cook:55 mins']	['Serves 4']	1 large onion chopped, 4 large garlic cloves, ...	Put the onion, garlic and ginger in a food pro...	365.0
4	Quick chicken hummus bowl	['Prep:10 mins']	['Prep:10 mins']	['Serves 2']	200g hummus, 1 small lemon zested and juiced,...	Mix 2 tbsp of the hummus with half the lemon j...	779.0
...
8474	Thai salmon kebabs with sweet chilli & lime dip	['Total time30 mins']	['Total time30 mins']	['Serves 4']	4 tbsp sweet chilli sauce, juice 1 lime, 4 x...	Combine the sweet chilli sauce and lime juice ...	291.0
8475	Oxtail stew	['Prep:20 mins', 'Cook:3 hrs and 30 mins']	['Prep:20 mins', 'Cook:3 hrs and 30 mins']	['Serves 6']	2 tbsp plain flour, 2 (about 3kg) oxtail joint...	Heat oven to 180C/fan 160C/gas 4. Season the f...	812.0
8476	Smoked haddock tartlets with poached eggs	['Prep:40 mins', 'Cook:1 hr']	['Prep:40 mins', 'Cook:1 hr']	['Serves 4']	500g block all-butter shortcrust pastry, 400g...	Heat oven to 200C/180C fan/ gas 6. Divide the ...	1048.0
8477	Bread & butter pudding toast	['Prep:25 mins', 'Cook:20 mins']	['Prep:25 mins', 'Cook:20 mins']	['Serves 4']	400g brioche loaf, 3 eggs, 120g	Use a bread knife to remove the crusts and squ...	943.0

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
					whole milk, 75...		
8478	Mussels steamed with cider & bacon	['Prep:40 mins', 'Cook:20 mins']	['Prep:40 mins', 'Cook:20 mins']	['Easy']	small knob butter, 6 rashers bacon chopped, o...	PREPARATION: Raw mussels MUST be alive when yo...	367.0

8064 rows × 11 columns

```
In [12]: # Function to extract the prep time
def extract_prep_time(prep_time_str):
    match = re.search(r'Prep:(\d+)', prep_time_str)
    return int(match.group(1)) if match else None # Convert to integer if found

# Apply function to the column
recipe_df[["Prep Time (mins)"]] = recipe_df[["Prep Time (mins)"]].apply(lambda x: extract_prep_time(x))

# Display the updated DataFrame
print(recipe_df[["Prep Time (mins)"]].head())

def extract_cook_time(cook_time_str):
    match = re.search(r'Cook:(\d+)', cook_time_str)
    return int(match.group(1)) if match else None # Convert to integer if found

# Apply function to the column
recipe_df[["Cook Time (mins)"]] = recipe_df[["Cook Time (mins)"]].apply(lambda x: extract_cook_time(x))

# Display the updated DataFrame
print(recipe_df[["Cook Time (mins)"]].head())
```

	Prep Time (mins)
0	10.0
1	15.0
2	10.0
3	10.0
4	10.0

	Cook Time (mins)
0	45.0
1	30.0
2	NaN
3	55.0
4	NaN

Separated preparation time and cooking time into distinct variables for clearer analysis and easier manipulation.

```
In [13]: recipe_df.head()
```

Out[13]:

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)	Fat (g)	Carbs (g)
0	Chicken & chorizo jambalaya	10.0	45.0	['Serves 4']	1 tbsp olive oil, 2 chicken breasts chopped, 1...	Heat 1 tbsp olive oil in a large frying pan wi...	445.0	10.0	64
1	Healthy pancakes	15.0	30.0	['Makes 10-12']	50g self-raising flour, 50g wholemeal or whole...	Sift the flours into a bowl or wide jug and ti...	53.0	1.0	8
2	Overnight oats	10.0	Nan	['Serves 1']	¼ tsp ground cinnamon, 50g rolled porridge oa...	The night before serving, stir the cinnamon an...	348.0	11.0	4607
3	Healthy tikka masala	10.0	55.0	['Serves 4']	1 large onion chopped, 4 large garlic cloves, ...	Put the onion, garlic and ginger in a food pro...	365.0	17.0	13
4	Quick chicken hummus bowl	10.0	Nan	['Serves 2']	200g hummus, 1 small lemon zested and juiced,...	Mix 2 tbsp of the hummus with half the lemon j...	779.0	47.0	49

In [14]:

```
print(recipe_df.isnull().sum())
print(f"Remaining rows: {len(recipe_df)}")
```

Title	0
Prep Time (mins)	343
Cook Time (mins)	1133
Servings	0
Ingredients	0
Method	0
Calories (g)	0
Fat (g)	0
Carbs (g)	0
Protein (g)	0
Total Time (mins)	7818
dtype: int64	

Remaining rows: 8064

Preparation times were set to 0 minutes when no preparation was required. Similarly, certain recipes didn't require cooking; in these cases, cooking times were also

correctly recorded as 0 minutes. These zeros indicate genuine 'no-prep' or 'no-cook' scenarios rather than missing data.

```
In [15]: recipe_df.fillna(0, inplace=True)
print(recipe_df.isnull().sum())
```

Title	0
Prep Time (mins)	0
Cook Time (mins)	0
Servings	0
Ingredients	0
Method	0
Calories (g)	0
Fat (g)	0
Carbs (g)	0
Protein (g)	0
Total Time (mins)	0
dtype: int64	

```
In [16]: # If 'Total Time (mins)' is 0, replace it with Prep + Cook times
recipe_df["Total Time (mins)"] = recipe_df.apply(
    lambda row: row["Prep Time (mins)"] + row["Cook Time (mins)"] if row[
        "Total Time (mins)"] == 0 else row["Total Time (mins)"],
    axis=1
)
print(recipe_df[["Prep Time (mins)", "Cook Time (mins)", "Total Time (mins)"]])
```

	Prep Time (mins)	Cook Time (mins)	Total Time (mins)
0	10.0	45.0	55.0
1	15.0	30.0	45.0
2	10.0	0.0	10.0
3	10.0	55.0	65.0
4	10.0	0.0	10.0

```
In [17]: # recipe_df.to_csv("bbc_good_food_recipes_preprocessed.csv", index=False)
```

Saved the dataset after preprocessing

```
In [18]: recipe_path = "/Users/eoinhoustoun/Desktop/Goldsmiths/Semester 2/Natural
recipe_df = pd.read_csv(recipe_path)
```

```
In [19]: recipe_df
```

Out[19]:

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
0	Chicken & chorizo jambalaya	10.0	45.0	['Serves 4']	1 tbsp olive oil, 2 chicken breasts chopped, 1...	Heat 1 tbsp olive oil in a large frying pan wi...	445.0
1	Healthy pancakes	15.0	30.0	['Makes 10-12']	50g self-raising flour, 50g wholemeal or whole...	Sift the flours into a bowl or wide jug and ti...	53.0
2	Overnight oats	10.0	0.0	['Serves 1']	¼ tsp ground cinnamon, 50g rolled porridge oa...	The night before serving, stir the cinnamon an...	348.0
3	Healthy tikka masala	10.0	55.0	['Serves 4']	1 large onion chopped, 4 large garlic cloves, ...	Put the onion, garlic and ginger in a food pro...	365.0
4	Quick chicken hummus bowl	10.0	0.0	['Serves 2']	200g hummus, 1 small lemon zested and juiced,...	Mix 2 tbsp of the hummus with half the lemon j...	779.0
...
8059	Thai salmon kebabs with sweet chilli & lime dip	0.0	0.0	['Serves 4']	4 tbsp sweet chilli sauce, juice 1 lime, 4 x...	Combine the sweet chilli sauce and lime juice ...	291.0
8060	Oxtail stew	20.0	3.0	['Serves 6']	2 tbsp plain flour, 2 (about 3kg) oxtail joint...	Heat oven to 180C/fan 160C/gas 4. Season the f...	812.0
8061	Smoked haddock tartlets with poached eggs	40.0	1.0	['Serves 4']	500g block all-butter shortcrust pastry, 400g...	Heat oven to 200C/180C fan/ gas 6. Divide the ...	1048.0
8062	Bread & butter pudding toast	25.0	20.0	['Serves 4']	400g brioche loaf, 3 eggs, 120g whole milk, 75...	Use a bread knife to remove the crusts and squ...	943.0

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
8063	Mussels steamed with cider & bacon	40.0	20.0	['Easy']	small knob butter, 6 rashers bacon chopped, o...	PREPARATION: Raw mussels MUST be alive when yo...	367.0 18

8064 rows × 11 columns

3.2 Combine text

```
In [22]: # Combine Title, Ingredients, and Method into one searchable text field
recipe_df["Searchable_Text"] = (
    recipe_df["Title"] + " " +
    recipe_df["Ingredients"].apply(lambda x: " ".join(x) if isinstance(x,
    recipe_df["Method"])
```

```
In [21]: recipe_df
```

Out[21]:

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
0	Chicken & chorizo jambalaya	10.0	45.0	['Serves 4']	1 tbsp olive oil, 2 chicken breasts chopped, 1...	Heat 1 tbsp olive oil in a large frying pan wi...	445.0
1	Healthy pancakes	15.0	30.0	['Makes 10-12']	50g self-raising flour, 50g wholemeal or whole...	Sift the flours into a bowl or wide jug and ti...	53.0
2	Overnight oats	10.0	0.0	['Serves 1']	¼ tsp ground cinnamon, 50g rolled porridge oa...	The night before serving, stir the cinnamon an...	348.0
3	Healthy tikka masala	10.0	55.0	['Serves 4']	1 large onion chopped, 4 large garlic cloves, ...	Put the onion, garlic and ginger in a food pro...	365.0
4	Quick chicken hummus bowl	10.0	0.0	['Serves 2']	200g hummus, 1 small lemon zested and juiced,...	Mix 2 tbsp of the hummus with half the lemon j...	779.0
...
8059	Thai salmon kebabs with sweet chilli & lime dip	0.0	0.0	['Serves 4']	4 tbsp sweet chilli sauce, juice 1 lime, 4 x...	Combine the sweet chilli sauce and lime juice ...	291.0
8060	Oxtail stew	20.0	3.0	['Serves 6']	2 tbsp plain flour, 2 (about 3kg) oxtail joint...	Heat oven to 180C/fan 160C/gas 4. Season the f...	812.0
8061	Smoked haddock tartlets with poached eggs	40.0	1.0	['Serves 4']	500g block all-butter shortcrust pastry, 400g...	Heat oven to 200C/180C fan/ gas 6. Divide the ...	1048.0
8062	Bread & butter pudding toast	25.0	20.0	['Serves 4']	400g brioche loaf, 3 eggs, 120g whole milk, 75...	Use a bread knife to remove the crusts and squ...	943.0

	Title	Prep Time (mins)	Cook Time (mins)	Servings	Ingredients	Method	Calories (g)
8063	Mussels steamed with cider & bacon	40.0	20.0	['Easy']	small knob butter, 6 rashers bacon chopped, o...	PREPARATION: Raw mussels MUST be alive when yo...	367.0 18

8064 rows × 12 columns

3.2 Data Cleaning

```
In [25]: data = recipe_df

# Normalize text (lowercase, remove URLs, special characters, and numbers
# Note: Regular expressions (regex) are a powerful tool for pattern match
# - \S matches any non-whitespace character.
# - \d matches digits, and \W matches non-word characters.
# - | is used as OR to combine multiple patterns.

def clean_text(text):
    text = text.lower()
    text = re.sub(r"http\S+|www\S+|https\S+", '', text)
    text = re.sub(r"\W+\d+", ' ', text)
    return text

data['cleaned_text'] = data["Searchable_Text"].apply(clean_text)
print(data['cleaned_text'].head())
```

0 chicken chorizo jambalaya tbsps olive oil c...
1 healthy pancakes g self raising flour g whol...
2 overnight oats $\frac{1}{4}$ tsp ground cinnamon g rolled...
3 healthy tikka masala large onion chopped l...
4 quick chicken hummus bowl g hummus small le...
Name: cleaned_text, dtype: object

3.3 Tokenization

```
In [26]: # Word Tokenization
data['tokens'] = data['cleaned_text'].apply(word_tokenize)
print(data['tokens'].head())
# Sentence Tokenization (Optional)
data['sentences'] = data['cleaned_text'].apply(sent_tokenize)
print(data['sentences'].head())
```

```

0 [chicken, chorizo, jambalaya, tbsp, olive, oil...
1 [healthy, pancakes, g, self, raising, flour, g...
2 [overnight, oats, ¼, tsp, ground, cinnamon, g,....
3 [healthy, tikka, masala, large, onion, chopped...
4 [quick, chicken, hummus, bowl, g, hummus, smal...
Name: tokens, dtype: object
0 [chicken chorizo jambalaya  tbsp olive oil  ...
1 [healthy pancakes  g self raising flour  g who...
2 [overnight oats ¼ tsp ground cinnamon  g rolle...
3 [healthy tikka masala  large onion chopped  ...
4 [quick chicken hummus bowl  g hummus  small l...
Name: sentences, dtype: object

```

3.4 Stopword Removal

```
In [27]: stop_words = set(stopwords.words('english'))
data['filtered_tokens'] = data['tokens'].apply(lambda x: [word for word in x if word not in stop_words])
print(data['filtered_tokens'].head())

```

```

0 [chicken, chorizo, jambalaya, tbsp, olive, oil...
1 [healthy, pancakes, g, self, raising, flour, g...
2 [overnight, oats, ¼, tsp, ground, cinnamon, g,....
3 [healthy, tikka, masala, large, onion, chopped...
4 [quick, chicken, hummus, bowl, g, hummus, smal...
Name: filtered_tokens, dtype: object

```

3.5 Stemming and Lemmatization

```
In [28]: # Stemming
stemmer = PorterStemmer()
data['stemmed'] = data['filtered_tokens'].apply(lambda x: [stemmer.stem(word) for word in x])
print(data['stemmed'].head())

# Lemmatization
lemmatizer = WordNetLemmatizer()
data['lemmatized'] = data['filtered_tokens'].apply(lambda x: [lemmatizer.lemmatize(word) for word in x])
print(data['lemmatized'].head())

```

```

0 [chicken, chorizo, jambalaya, tbsp, oliv, oil,....
1 [healthi, pancak, g, self, rais, flour, g, who...
2 [overnight, oat, ¼, tsp, ground, cinnamon, g, ...
3 [healthi, tikka, masala, larg, onion, chop, la...
4 [quick, chicken, hummu, bowl, g, hummu, small,....
Name: stemmed, dtype: object
0 [chicken, chorizo, jambalaya, tbsp, olive, oil...
1 [healthy, pancake, g, self, raising, flour, g,....
2 [overnight, oat, ¼, tsp, ground, cinnamon, g, ...
3 [healthy, tikka, masala, large, onion, chopped...
4 [quick, chicken, hummus, bowl, g, hummus, smal...
Name: lemmatized, dtype: object

```

4. Exploratory Data Analysis (EDA)

```
In [29]: # Word Frequency Analysis
all_words = [word for tokens in data['lemmatized'] for word in tokens]
word_freq = Counter(all_words)

```

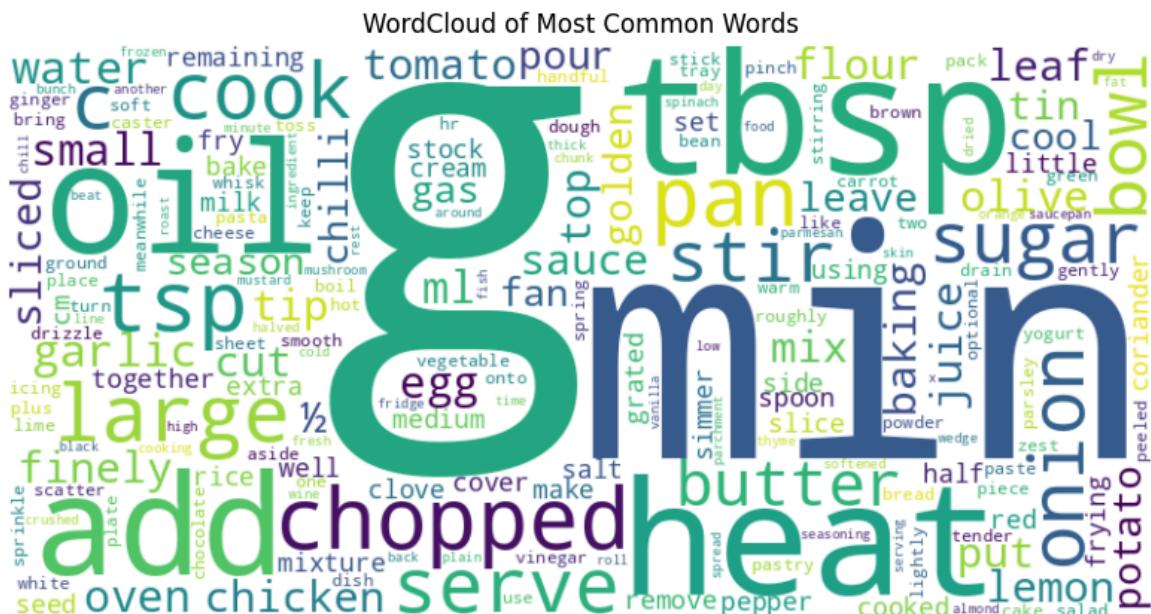
```
# Display most common words
print("Most Common Words:", word_freq.most_common(10))

# WordCloud Visualization
wordcloud = WordCloud(width=800, height=400,
background_color='white').generate_from_frequencies(word_freq)
plt.figure(figsize=(10, 5))
plt.imshow(wordcloud, interpolation='bilinear')
plt.axis('off')
plt.title("WordCloud of Most Common Words")
plt.show()

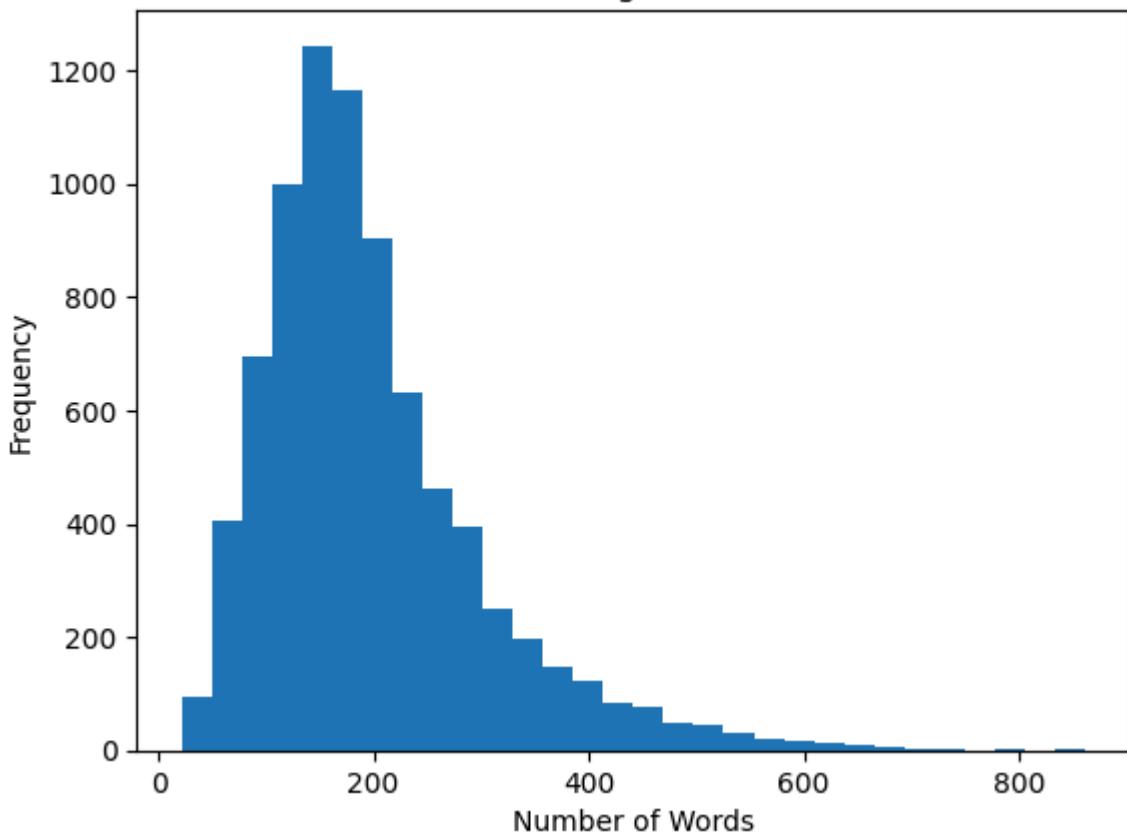
# Sentence Length Distribution
data['sentence_length'] = data['cleaned_text'].apply(lambda x: len(x.split()))
data['sentence_length'].plot(kind='hist', bins=30, title="Sentence Length Distribution")
plt.xlabel("Number of Words")
plt.show()

# Token Count Distribution
data['token_count'] = data['tokens'].apply(len)
data['token_count'].plot(kind='hist', bins=30, title="Token Count Distribution")
plt.xlabel("Number of Tokens")
plt.show()
```

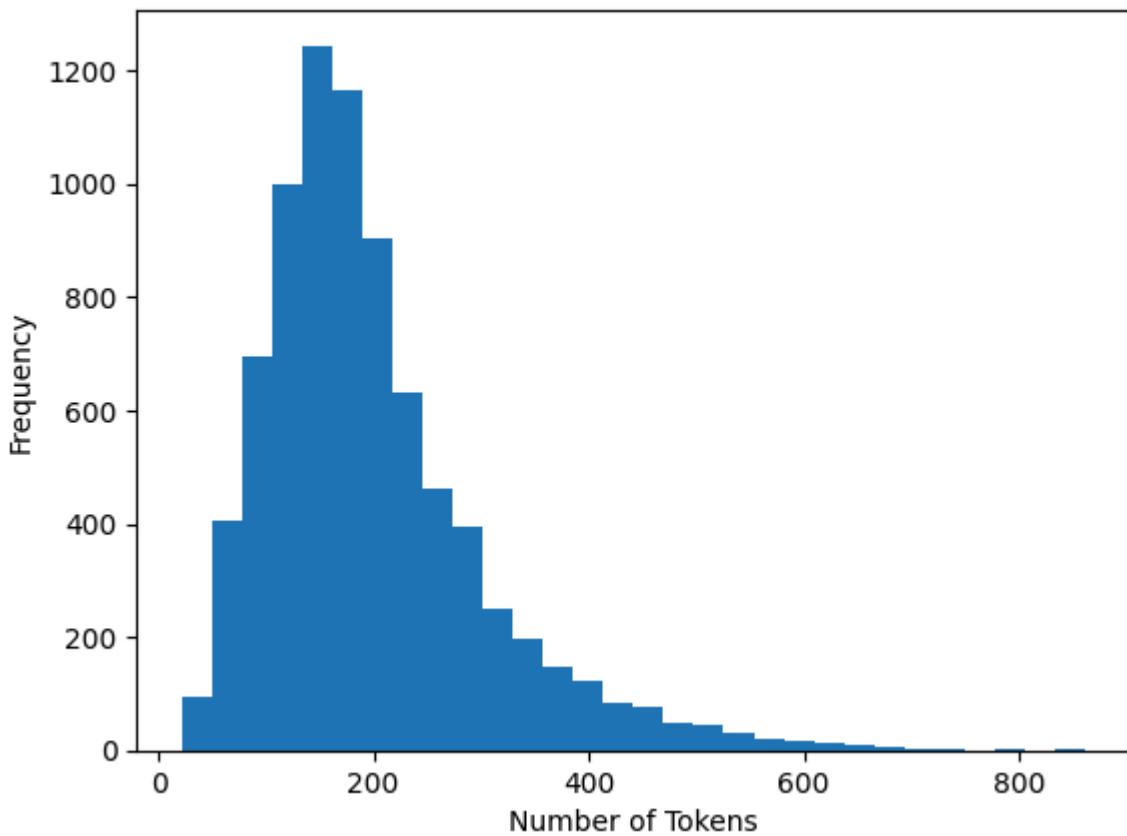
Most Common Words: [('g', 23744), ('min', 18734), ('tbsp', 15139), ('heat', 13238), ('oil', 12773), ('add', 10188), ('chopped', 9601), ('tsp', 9349), ('pan', 8942), ('large', 8405)]



Sentence Length Distribution



Token Count Distribution



Examining the word cloud and word count, the most frequent token identified is "g", representing grams—a standard unit in cooking measurements. Other frequently occurring tokens include cooking-related terms such as "min," "tbspn," "heat," "oil,"

"add," "chopped," "pan," and "large." The high frequency of these terms is consistent with common culinary language.

Regarding the sentence length distribution histogram, the data shows a skewed distribution. Specifically, it is positively skewed—with a tall peak on the left side and a gradual tapering off to the right—indicating that most recipe instructions consist of shorter sentences (fewer tokens), with fewer recipes containing significantly longer instructions.

In the second histogram displaying the token count distribution, there is a notable frequency peak exceeding 1200 occurrences at approximately 180 tokens. This suggests that a considerable number of recipes have similar lengths around this token count, reflecting a common recipe complexity or standard length of instructions within the dataset. Overall, these findings highlight the typical structure and vocabulary consistency found within cooking instructions.

```
In [ ]: # # Save the processed data
# data.to_csv("processed_data_with_eda.csv", index=False)
# print("Processed data with EDA saved as 'processed_data_with_eda.csv'.")

Processed data with EDA saved as 'processed_data_with_eda.csv'.
```

5. CHATBOT

Read in preprocessed dataset

```
In [65]: recipe_path = "/Users/eoinhoustoun/Desktop/Goldsmiths/Semester 2/Natural
recipe_df = pd.read_csv(recipe_path)
```

Preprocess user input

```
In [67]: stemmer = PorterStemmer()
stop_words = set(stopwords.words('english'))

# Initialize TF-IDF Vectorizer
vectorizer = TfidfVectorizer()

# Convert text data to numerical features
tfidf_matrix = vectorizer.fit_transform(recipe_df["cleaned_text"]) # You

# Store feature names (words)
feature_names = vectorizer.get_feature_names_out()

def extract_serving_number(x):
    if pd.isna(x):
        return ""
    try:
        # Convert from string to list
        x = ast.literal_eval(x)
        text = x[0] if isinstance(x, list) and len(x) > 0 else ""
        # Extract first number group from the text
        match = re.search(r'\d+(-\d+)?', text)
        return match.group(0) if match else ""
    except:
        return ""
```

```

    except:
        return ""

recipe_df['Servings'] = recipe_df['Servings'].apply(extract_serving_number)

def preprocess_text(text):
    if isinstance(text, list): # Handle Input
        text = " ".join(text)

    text = text.lower() # Convert to lowercase
    text = re.sub(r'\d+', '', text) # Remove numbers
    text = text.translate(str.maketrans("", "", string.punctuation)) # Remove punctuation
    text = " ".join([stemmer.stem(word) for word in text.split() if word])
    return text

```

5.1 Chatbot 1 - COSINE SIMILARITY - TF-IDF (NO UI)

Recognise if a user wants a low calorie meal or quick meal

```
In [84]: def extract_numeric_constraints(user_query):
    """
    Extracts calorie and time constraints from the user query.
    Returns a dictionary with `max_calories` and `max_time`.
    """
    constraints = {}

    # Extract calorie constraints
    calorie_match = re.search(r'less than (\d+) calories', user_query, re.IGNORECASE)
    if calorie_match:
        constraints['max_calories'] = int(calorie_match.group(1))

    # Extract time constraints
    time_match = re.search(r'less than (\d+) minutes?', user_query, re.IGNORECASE)
    if time_match:
        constraints['max_time'] = int(time_match.group(1))

    return constraints
```

```
In [86]: def get_filtered_recommendations(user_query, top_n=8):
    """
    Finds the top N most similar recipes while applying calorie and time filters.
    """
    constraints = extract_numeric_constraints(user_query)
    processed_input = preprocess_text(user_query)

    # Convert user input into TF-IDF representation
    input_vector = vectorizer.transform([processed_input])

    # Compute similarity scores
    similarity_scores = cosine_similarity(input_vector, tfidf_matrix).flatten()
    recipe_df["Similarity Score"] = similarity_scores

    # Apply calorie and time filters
    filtered_df = recipe_df.copy()
    if 'max_calories' in constraints:
        filtered_df = filtered_df[filtered_df['Calories (g)'] <= constraints['max_calories']]
```

```

if 'max_time' in constraints:
    filtered_df = filtered_df[filtered_df["Total Time (mins)"] <= con

# Get top N filtered results
recommended_recipes = filtered_df.nlargest(top_n, "Similarity Score")

return recommended_recipes

```

The chatbot uses TF-IDF (Term Frequency–Inverse Document Frequency) to transform the user's input query into a numerical vector. TF-IDF gives more weight to unique, meaningful words while downplaying commonly used ones, helping to highlight the most relevant terms in the query. Once the input is vectorized, cosine similarity is used to compare it with the precomputed TF-IDF vectors of all recipes. Cosine similarity measures the angle between two vectors in high-dimensional space, indicating how similar the query is to each recipe based on word usage. This allows the system to rank recipes by relevance, even if the exact words don't fully match, offering a more intelligent and flexible search than simple keyword matching.

Computed recipe recommendations based on cosine similarity, a measure of similarity between two vectors calculated by the cosine of the angle between them. It ranges from 0 (completely dissimilar) to 1 (identical). Cosine similarity is advantageous because it is computationally efficient and typically provides accurate, relevant results quickly.

However, cosine similarity relies heavily on direct textual similarity between user input and recipe descriptions. A limitation arises if a user searches specifically for a "pasta" dish—a recipe like "spaghetti bolognese" might not be ranked highly unless the word "pasta" explicitly appears in its description, despite spaghetti being a type of pasta. This demonstrates how cosine similarity may miss semantically related terms if they're not directly matched within the text.

```

In [89]: def chatbot():
    """
    Interactive chatbot for recipe recommendations.
    """

    print("\n👋 Welcome to the Recipe Bot! Type 'exit' to stop.\n")

    while True:
        # Get user query
        user_query = input("👤 You: ")
        if user_query.lower() == "exit":
            print("👋 Goodbye!")
            break

        recommendations = get_filtered_recommendations(user_query)

        if recommendations.empty:
            print("❌ Sorry, no recipes match your criteria. Try a different search")
            continue

        # Display three recommended recipes
        print("\n✅ Here are some recipes for you:")
        for i, row in recommendations.iterrows():
            print(f"{i+1}. {row['Title']} 🍽 {row['Total Time (mins)']} mins")

```

```

# Ask if they like any of these options
user_choice = input("\n🤖 Do any of these sound good to you? (yes/no)")

if user_choice == "yes":
    chosen_recipe = input("🤖 Which one? (Type the number or name of the recipe)")

# Find the selected recipe
if chosen_recipe.isdigit():
    chosen_index = int(chosen_recipe) - 1
    if chosen_index in recommendations.index:
        selected_recipe = recommendations.iloc[chosen_index]
    else:
        print("❌ Invalid selection.")
        continue
else:
    matched_recipe = recommendations[recommendations["Title"] == chosen_recipe]
    if matched_recipe.empty:
        print("❌ Could not find that recipe.")
        continue
    selected_recipe = matched_recipe.iloc[0]

# Display recipe details
print(f"\n📌 {selected_recipe['Title']}")  

print(f"🕒 Time: {selected_recipe['Total Time (mins)']} mins")  

print(f"\n🥕 **Ingredients:**\n{selected_recipe['Ingredients']}")  

print(f"\n👩‍🍳 **Method:**\n{selected_recipe['Method']}\n")
break

elif user_choice == "no":
    print("\n⌚ Finding more recipes...\n")
    continue
else:
    print("❌ Please answer 'yes' or 'no'.")
    continue

```

Chatbot 1 - Experiment 1

In [19]: # Run the chatbot
chatbot()

👋 Welcome to the Recipe Bot! Type 'exit' to stop.

✓ Here are some recipes for you:

1700.	Air fryer pasta chips	🕒 30.0 mins		🔥 144.0 cal
370.	15-minute chicken pasta	🕒 15.0 mins		🔥 531.0 cal
3793.	Walnut & red pepper pesto pasta	🕒 30.0 mins		🔥 589.0 cal
5384.	Anytime pesto & prawn pasta salad	🕒 25.0 mins		🔥 567.0 cal
2278.	Bacon & broccoli pasta	🕒 20.0 mins		🔥 655.0 cal
2285.	Bacon & broccoli pasta	🕒 20.0 mins		🔥 655.0 cal
2248.	Pasta with kale, chilli & mascarpone	🕒 25.0 mins		🔥 513.0 cal
34.	Healthy chicken pasta bake	🕒 60.0 mins		🔥 480.0 cal

📌 Pasta with kale, chilli & mascarpone

🕒 Time: 25.0 mins | 🔥 513.0 cal

🥕 **Ingredients:**

300g pasta such as orecchiette or conchiglie, 4 tbsp mild olive oil, 4 anchovies in oil, drained, 1 red chilli thinly sliced (deseeded if you don't like it too hot), zest and juice 1 lemon, $\frac{1}{2}$ tsp freshly grated nutmeg, 0.5 a 250g tub mascarpone, 250g kale large stalks removed, leaves shredded, 25g Grana Padano finely grated

👩‍🍳 **Method:**

Using the largest saucepan you have, boil the pasta in salted water following pack instructions and setting a timer. Meanwhile, heat the oil in a large frying pan, add the anchovies and chilli and fry gently for a couple of mins, stirring now and again, until the anchovies dissolve completely in the oil. Stir in the lemon zest and nutmeg and sizzle for a few secs. Stir in the mascarpone and half the lemon juice, then remove from the heat. When the pasta has 4 mins left, push the kale into the pasta pan, a handful at a time. It will seem like a lot, but it'll wilt down quickly. Boil just until the kale is bright and tender and the pasta al dente. Reserve 200ml of the pasta cooking water, then drain. Tip the pasta and kale into the mascarpone pan, add the grated cheese and 100ml pasta water, then toss everything together to coat. Add a splash more water if the pasta seems dry. Season to taste. Scoop into bowls and eat straight away.

Chatbot 1 - Experiment 2

In [92]: `chatbot()`

👩‍🍳 Welcome to the Recipe Bot! Type 'exit' to stop.

✓ Here are some recipes for you:

531. Grilled Thai salmon 🕒 15.0 mins | 🔥 281.0 cal

4920. Soft-boiled eggs 🕒 4.0 mins | 🔥 191.0 cal

1193. Curried mango & chickpea pot 🕒 15.0 mins | 🔥 327.0 cal

1469. Chapatis 🕒 25.0 mins | 🔥 121.0 cal

6534. Thai green curry paste 🕒 10.0 mins | 🔥 25.0 cal

1593. Pomegranate salad 🕒 20.0 mins | 🔥 243.0 cal

3160. Cranberry sauce with port & star anise 🕒 25.0 mins | 🔥 51.0 cal

4206. Crushed raspberry creams 🕒 10.0 mins | 🔥 214.0 cal

📌 Grilled Thai salmon

🕒 Time: 15.0 mins | 🔥 281.0 cal

🥕 **Ingredients:**

4 x 140g/5oz salmon fillets, 2 tsp sunflower oil, small knob of root ginger peeled and grated, 1 mild red chilli finely sliced (deseed if you want less heat), bunch spring onions finely sliced, 1 $\frac{1}{2}$ tbsp sweet soy sauce, $\frac{1}{4}$ tsp sugar, 1 x 20g pack coriander leaves only chopped

👩‍🍳 **Method:**

Heat grill to high. Place the fish in a shallow baking dish, then grill for 4–5 mins until cooked through, but still a little pink in the centre. Cover and set aside. Heat a wok, add the oil, then stir-fry the ginger, chilli and spring onions for 2–3 mins. Stir in the soy, sugar and a splash of water, then take off the heat. Throw in the coriander and serve immediately with the salmon. Delicious with rice or noodles.

Chatbot 1 - Experiment 3

In [96]: `chatbot()`

👋 Welcome to the Recipe Bot! Type 'exit' to stop.

✅ Here are some recipes for you:

- 1700. Air fryer pasta chips ⏳ 30.0 mins | 🔥 144.0 cal
- 34. Healthy chicken pasta bake ⏳ 60.0 mins | 🔥 480.0 cal
- 907. Beany pasta pot ⏳ 20.0 mins | 🔥 233.0 cal
- 2367. Favourite pasta salad ⏳ 22.0 mins | 🔥 292.0 cal
- 5309. Roasted ratatouille pasta ⏳ 45.0 mins | 🔥 450.0 cal
- 1499. Pasta with tomato & hidden veg sauce ⏳ 65.0 mins | 🔥 411.0 cal
- 7434. Tomato & aubergine pasta ⏳ 30.0 mins | 🔥 488.0 cal
- 7444. Tomato & aubergine pasta ⏳ 30.0 mins | 🔥 488.0 cal

✖ Tomato & aubergine pasta

🕒 Time: 30.0 mins | 🔥 488.0 cal

🥕 **Ingredients:**

400g pasta shapes, 2 tbsp olive oil, 1 large aubergine cut into cubes, 2 garlic cloves sliced, pinch sugar, 8 large ripe tomatoes roughly chopped, 2 tbsp capers rinsed, handful flat-leaf parsley roughly chopped

👋 **Method:**

Boil the pasta according to pack instructions. Meanwhile, heat the oil in a frying pan and fry the aubergine for 5 mins. Season to taste. Add garlic and sugar, and fry for another 2 mins until the garlic is softened. Tip the tomatoes, capers and parsley into the pan, warm through briefly then fold through the cooked, drained pasta.

Chatbot 1 - Experiment Discussion

The chatbot successfully generated meals matching user inputs during the initial experiments:

- Experiment 1: When prompted with a request for a pasta dish, the chatbot returned a suitable and appealing suggestion, specifically a chicken pasta bake.
- Experiment 2: Upon requesting meals with specific nutritional constraints, less than 600 calories and preparation under 30 minutes, the chatbot successfully provided a list of meals matching these criteria, demonstrating effective filtering.
- Experiment 3: A combined query requesting a pasta dish with fewer than 500 calories resulted in relevant, healthy pasta options, confirming the chatbot's practical usefulness in meal selection.

However, several notable limitations currently exist with this initial version:

It cannot handle general conversational queries or specific dietary substitutions (e.g., replacing milk with a dairy-free alternative). Recipe instructions and ingredient lists are presented as plain blocks of text, lacking visual appeal or readability enhancements. The chatbot operates solely within a Jupyter Notebook environment, lacking a user-friendly graphical interface

Chatbot 1 - Experiment 3 - Live for video

In []: `chatbot()`

5.2 Chatbot 2 - Word Matching (No UI)

The keyword-matching approach implemented in this chatbot searches directly for the presence of specific words entered by the user in the recipe dataset. When a user inputs a query (e.g., "pasta"), the chatbot scans the recipe titles, ingredients, and searchable descriptions, returning recipes containing those exact words. This method is straightforward, fast, and easy to interpret, but it relies entirely on exact keyword matches, limiting its ability to recognize recipes described by related or synonymous terms.

```
In [75]: # ✅ Function to search for matching recipes
def search_recipes(user_query, top_n=8):
    constraints = extract_numeric_constraints(user_query)

    # 🏆 **Search recipes by title, ingredients, and searchable text**
    filtered_df = recipe_df[
        recipe_df["Searchable_Text"].str.contains(user_query, case=False,
        recipe_df["Title"].str.contains(user_query, case=False, na=False),
        recipe_df["Ingredients"].str.contains(user_query, case=False, na=False)
    ].copy()

    # 🏆 **Apply calorie and time filters**
    if 'max_calories' in constraints:
        filtered_df = filtered_df[filtered_df["Calories (g)"] <= constraints['max_calories']]
```

```

if 'max_time' in constraints:
    filtered_df = filtered_df[filtered_df["Total Time (mins)"] <= constraints['max_time']]

return filtered_df.head(top_n) # Return top matching recipes

# ✅ Chatbot UI Elements
chat_output = widgets.Output()
user_input = widgets.Text(placeholder="Tell me what you're craving! (e.g. pizza)")
send_button = widgets.Button(description="Send", button_style='primary')

recipe_dropdown = widgets.Dropdown(options=[], description="Pick one:", disabled=False)
select_button = widgets.Button(description="Show Details", button_style='primary')
none_button = widgets.Button(description="None, Show More", button_style='primary')

# Store the current recommendations
current_recommendations = pd.DataFrame()

# ✅ Function to display chatbot messages
def display_message(message, sender="Chatbot"):
    with chat_output:
        if sender == "Chatbot":
            print(f"🤖 {message}")
        else:
            print(f"👤 You: {message}")

# ✅ Function to handle user input
def handle_user_input(_):
    global current_recommendations

    user_query = user_input.value.strip()
    if not user_query:
        return # Ignore empty input

    # Display user message
    display_message(user_query, sender="User")

    # Get matching recipes
    current_recommendations = search_recipes(user_query)

    # Clear previous dropdown options
    recipe_dropdown.options = []
    recipe_dropdown.disabled = False

    if current_recommendations.empty:
        display_message("Oh no! 😭 I couldn't find anything that matches")
        recipe_dropdown.disabled = True
        select_button.disabled = True
        none_button.disabled = True
    else:
        display_message("Great choice! I found some tasty options for you")
        recipe_dropdown.options = list(current_recommendations["Title"])
        select_button.disabled = False
        none_button.disabled = False

    # Clear input box
    user_input.value = ""

# ✅ Function to show selected recipe details
def show_recipe_details(_):
    selected_recipe_title = recipe_dropdown.value

```

```

recipe = current_recommendations[current_recommendations["Title"] ==

    if not recipe.empty:
        recipe = recipe.iloc[0]
        display_message(f"🍽️ **{recipe['Title']}**")
        display_message(f"⏳ **Time:** {recipe['Total Time (mins)']} mins")
        display_message(f"🥕 **Ingredients:** {recipe['Ingredients']}")
        display_message(f"👩‍🍳 **Instructions:** {recipe['Method']}\n")
        display_message("Let me know if you need another recipe! 😊")

# ✅ Function to show more recommendations
def show_more_recommendations(_):
    global current_recommendations
    display_message("🕒 No problem! Let me find something else for you...")
    current_recommendations = current_recommendations.iloc[1:] # Remove

    if current_recommendations.empty:
        display_message("Uh-oh! Looks like we're out of options. Try a new search!")
        recipe_dropdown.disabled = True
        select_button.disabled = True
        none_button.disabled = True
    else:
        recipe_dropdown.options = list(current_recommendations["Title"])
        display_message("Here are some new options! Hope you find something you like.")

# ✅ Bind functions to buttons
send_button.on_click(handle_user_input)
select_button.on_click(show_recipe_details)
none_button.on_click(show_more_recommendations)

```

Chatbot 2 - Experiment 1

In [77]:

```

# ✅ Display UI
display(chat_output)
display(widgets.HBox([user_input, send_button]))
display(widgets.HBox([recipe_dropdown, select_button, none_button]))

```

Output()

HBox(children=(Text(value='', placeholder="Tell me what you're craving!
(e.g., 'I want a quick pasta under 400...'))

HBox(children=(Dropdown(description='Pick one:', disabled=True, options=(), value=None), Button(button_style='...')))

Chatbot 2 - Experiment Discussion

The keyword-matching method had significant limitations compared to the TF-IDF and cosine similarity approach. Keyword matching only worked effectively when the user input exactly matched words present in the dataset, and it struggled to interpret or recognize more descriptive sentences. Although the user interface was improved with interactive buttons, the underlying retrieval algorithm remained inadequate. Due to this, further experimentation with this keyword-based model was not continued.

5.3 Chatbot 3 - COSINE SIMILARITY - TF-IDF (No UI) with Buttons

```
In [91]: # ✅ Precompute TF-IDF Matrix
vectorizer = TfidfVectorizer(stop_words='english')
tfidf_matrix = vectorizer.fit_transform(recipe_df["Searchable_Text"].fillna(''))

# ✅ Function to find similar recipes using Cosine Similarity
def search_recipes(user_query, top_n=12):
    constraints = extract_numeric_constraints(user_query)

    # Transform user input into TF-IDF vector
    user_query_tfidf = vectorizer.transform([user_query])

    # Compute cosine similarity
    cosine_similarities = cosine_similarity(user_query_tfidf, tfidf_matrix)

    # Get top matching recipes
    recipe_df["Similarity"] = cosine_similarities
    filtered_df = recipe_df.sort_values(by="Similarity", ascending=False)

    # Apply calorie and time filters
    if 'max_calories' in constraints:
        filtered_df = filtered_df[filtered_df["Calories (g)"] <= constraints['max_calories']]
    if 'max_time' in constraints:
        filtered_df = filtered_df[filtered_df["Total Time (mins)"] <= constraints['max_time']]

    return filtered_df
```

Returning to the cosine similarity method for meal search

```
In [94]: # # ✗ Clear previous widgets to prevent duplication
# for widget in [w for w in globals().values() if isinstance(w, widgets.Widget)]:
#     widget.close()

# ✅ Chatbot UI Elements
chat_output = widgets.Output()
user_input = widgets.Text(placeholder="Meal? (e.g., 'I want pasta less than 300 calories')",
                           description="Enter meal query")
send_button = widgets.Button(description="Send", button_style='primary')

recipe_dropdown = widgets.Dropdown(options=[], description="Pick one:")
select_button = widgets.Button(description="Show Details", button_style='primary')
none_button = widgets.Button(description="None, Show More", button_style='primary')

# Store the current recommendations
current_recommendations = pd.DataFrame()

# ✅ Function to display chatbot messages with Markdown formatting
def display_message(message, sender="Chatbot"):
    with chat_output:
        if sender == "Chatbot":
            display(Markdown(f"**🤖 AI CHEF...** {message}"))
        else:
            display(Markdown(f"**🗣 YOU:** {message}"))

# ✅ Function to format ingredients as a bulleted list (Fixes Formatting)
def format_ingredients(ingredients):
    # Ensure proper separation by splitting at **, ** or **\n**
    ingredient_list = re.split(r',|\s*\|\n', ingredients.strip())
    return "\n".join([f"- {item.strip()}" for item in ingredient_list if item])

# ✅ Function to format method steps as a numbered list (Fixes Formatting)
```

```

def format_method(method):
    # Ensure correct sentence splitting (handles cases where the first steps
    steps = re.split(r'\.\s+(?= [A-Z])', method.strip()) # Split where a
    return "\n".join([f"{i+1}. {step.strip()}" for i, step in enumerate(

# ✅ Function to handle user input
def handle_user_input(_):
    global current_recommendations

    user_query = user_input.value.strip()
    if not user_query:
        return # Ignore empty input

    # Display user message
    display_message(user_query, sender="User")

    # Get matching recipes using Cosine Similarity
    current_recommendations = search_recipes(user_query)

    # Clear previous dropdown options
    recipe_dropdown.options = []
    recipe_dropdown.disabled = False

    if current_recommendations.empty:
        display_message("Oh no! 😭 I couldn't find anything that matches")
        recipe_dropdown.disabled = True
        select_button.disabled = True
        none_button.disabled = True
    else:
        display_message("Generating tasty options... **Pick one to see de")
        recipe_dropdown.options = list(current_recommendations["Title"])
        select_button.disabled = False
        none_button.disabled = False

    # Clear input box
    user_input.value = ""

# ✅ Function to show selected recipe details with Markdown formatting
def show_recipe_details(_):
    selected_recipe_title = recipe_dropdown.value
    recipe = current_recommendations[current_recommendations["Title"] ==

    if not recipe.empty:
        recipe = recipe.iloc[0]

        formatted_ingredients = format_ingredients(recipe['Ingredients'])
        formatted_method = format_method(recipe['Method'])

        display_message(f"Great choice! I think you will really enjoy thi")
        display_message(f"🍽️ **Meal:** {recipe['Title']}\n")
        display_message(f"🕒 **Time:** {recipe['Total Time (mins)']} mins")
        display_message(f"👥 **Servings:** {recipe['Servings']}"))
        display_message(f"🔥 **Calories:** {recipe['Calories (g)']} cal \")
        display_message(f"📝 **Ingredients:** \n {formatted_ingredients}\n")
        display_message(f"📝 **Instructions:** \n {formatted_method}\n")

# ✅ Function to show more recommendations
def show_more_recommendations(_):
    global current_recommendations
    display_message("🕒 Looking for more options...")

```

```

if len(current_recommendations) > 1:
    current_recommendations.drop(current_recommendations.index[0], in_
        recipe_dropdown.options = list(current_recommendations["Title"]))
    display_message("Here are some new options! Hope you find somethi
else:
    display_message("Uh-oh! Looks like we're out of options. Try a ne
    recipe_dropdown.disabled = True
    select_button.disabled = True
    none_button.disabled = True

# ✅ Bind functions to buttons
send_button.on_click(handle_user_input)
select_button.on_click(show_recipe_details)
none_button.on_click(show_more_recommendations)

```

Chatbot 3 - Experiment 1

In [97]:

```

# ✅ Display UI
display(chat_output)
display(widgets.HBox([user_input, send_button]))
display(widgets.HBox([recipe_dropdown, select_button, none_button]))

Output()
HBox(children=(Text(value='', placeholder="Meal? (e.g., 'I want pasta less
than 600 calories')"), Button(button...
HBox(children=(Dropdown(description='Pick one:', disabled=True, options=(),
value=None), Button(button_style='...

```

Chatbot 3 - Experiment 2 - Live for video

In []:

```

# ✅ Display UI
display(chat_output)
display(widgets.HBox([user_input, send_button]))
display(widgets.HBox([recipe_dropdown, select_button, none_button]))

```

Chatbot 3 - Experiment Discussion

This version of the chatbot has been the most effective so far. Using cosine similarity on TF-IDF vectors resulted in accurate recipe recommendations, and the addition of interactive buttons significantly improved the user experience. On top of that, the formatting of the ingredients and instructions is now much clearer and easier to read, and the inclusion of serving size adds even more useful context for the user.

5.4 Chatbot 4 - COSINE SIMILARITY - TF-IDF (WITH UI)

In [44]:

```

import tkinter as tk
from tkinter import ttk
from PIL import Image, ImageTk

%gui tk

```

Chatbot 4 - Experiment 1 - Live for Video (BEST CHATBOT)

In [46]:

```
# ✓ Start Tkinter GUI
root = tk.Tk()
root.title("AI Chef Chatbot")
root.geometry("1400x1000") # Increased window size
root.configure(bg="lightblue")

# ✓ Function to transition from Welcome Screen → Chatbot
def show_chatbot():
    welcome_frame.pack_forget() # Hide the welcome screen
    chatbot_frame.pack(pady=20) # Show chatbot screen

# ✓ Welcome Screen UI
welcome_frame = tk.Frame(root, bg="lightblue")
welcome_frame.pack(fill="both", expand=True)

# Load and display the chef image
image_path = "chef_image.png"

chef_img = Image.open(image_path)
chef_img = chef_img.resize((450, 450)) # ♦ Increased size
chef_photo = ImageTk.PhotoImage(chef_img)

# ✓ Store a reference to avoid garbage collection
chef_label = tk.Label(welcome_frame, image=chef_photo, bg="lightblue")
chef_label.image = chef_photo # ✓ Keep reference!
chef_label.pack(pady=20)

# Welcome message
welcome_label = tk.Label(
    welcome_frame,
    text="👋 Welcome to AI Chef!\nAre you ready to cook some tasty meals?",
    font=("Arial", 24, "bold"), # ♦ Increased font size
    bg="white"
)
welcome_label.pack(pady=20)

# Start Button
start_button = tk.Button(
    welcome_frame,
    text="Yes, Let's Cook!",
    font=("Arial", 24, "bold"), # ♦ Bigger button text
    bg="green",
    padx=20,
    pady=10,
    command=show_chatbot
)
start_button.pack(pady=30)

# ✓ Chatbot Frame (Hidden at first)
chatbot_frame = tk.Frame(root, bg="black")

# User Input Box
user_input_label = tk.Label(
    chatbot_frame,
    text="What do you feel like eating?",
    font=("Arial", 18, "bold"), # ♦ Bigger font
    fg="red"
)
```

```

        bg="white"
    )
user_input_label.pack()

user_input = tk.Entry(
    chatbot_frame,
    width=50,
    font=("Arial", 16) # ♦ Bigger text input box
)
user_input.pack(pady=10)

# Function to handle chatbot interaction with loading animation
def handle_user_input():
    query = user_input.get().strip()
    if not query:
        return

    # Clear previous results
    recipe_dropdown["menu"].delete(0, "end")
    response_label.config(text="How do these sounds") # Initial text

    # Start the loading animation
    animate_loading(0)

    # Delay the recipe search to simulate real-world loading
    root.after(1200, complete_search, query) # Simulates a 1.2s "search"

# Function to animate loading dots (".", "...", "....")
def animate_loading(count):
    dots = [".", "..", "...", "...."] # Animation sequence
    response_label.config(text=f"Hmmm, generating ideas{dots[count % len(dots)]}")
    if count < 6: # Number of cycles (Adjustable)
        root.after(300, lambda: animate_loading(count + 1)) # Update every 300ms

# Function to complete the search after animation
def complete_search(query):
    global current_recommendations
    current_recommendations = search_recipes(query)

    if current_recommendations.empty:
        response_label.config(text="✗ Sorry, no recipes match your request")
        return

    # Update dropdown menu with recipe titles
    response_label.config(text="✓ Here are some delicious options! Select one")
    for title in current_recommendations["Title"]:
        recipe_dropdown["menu"].add_command(label=title, command=lambda t=title: recipe_var.set(t))
    recipe_var.set(current_recommendations["Title"].iloc[0]) # Default selection

# Search Button
search_button = tk.Button(
    chatbot_frame,
    text="Find Recipes",
    bg="green",
    font=("Arial", 28, "bold"), # ♦ Bigger button text
    padx=20,
    pady=10,
    command=handle_user_input
)

```

```

search_button.pack(pady=10)

# Dropdown for Recipe Selection
recipe_var = tk.StringVar()
recipe_dropdown = tk.OptionMenu(chatbot_frame, recipe_var, [])
recipe_dropdown.config(font=("Arial", 26)) # ♦ Bigger dropdown menu
recipe_dropdown.pack(pady=15)

# Response Label
response_label = tk.Label(
    chatbot_frame,
    text="",
    font=("Arial", 24, "bold"), # ♦ Bigger response font
    bg="green"
)
response_label.pack()

# Recipe Details Label
recipe_details_label = tk.Label(
    chatbot_frame,
    text="",
    font=("Arial", 26), # ♦ Bigger recipe details font
    bg="black",
    justify="left"
)
recipe_details_label.pack()

# Function to display recipe details with a scrollable text box
def show_recipe_details(selected_title):
    recipe = current_recommendations[current_recommendations["Title"] == selected_title]
    ingredients = format_ingredients(recipe["Ingredients"])
    method = format_method(recipe["Method"])

    # Clear previous text
    recipe_details_text.config(state="normal") # Allow editing temporarily
    recipe_details_text.delete("1.0", tk.END) # Clear text area

    # Insert new recipe details
    recipe_details_text.insert(
        tk.END,
        f"⌚ {recipe['Title']}\n"
        f"🕒 Time: {recipe['Total Time (mins)']} mins\n"
        f"🔥 Calories: {recipe['Calories (g)']} cal\n"
        f"👥 Servings: {recipe['Servings']}\n\n"
        f"🥕 Ingredients:\n{ingredients}\n\n"
        f"📝 Instructions:\n{method}"
    )

    # Disable editing
    recipe_details_text.config(state="disabled")

# Create a Frame for scrollable text
details_frame = tk.Frame(chatbot_frame, bg="blue")
details_frame.pack(fill="both", expand=True, padx=20, pady=10)

# Create Scrollbar
details_scrollbar = tk.Scrollbar(details_frame)
details_scrollbar.pack(side="right", fill="y")

```

```

# Create Text Widget for Recipe Details
recipe_details_text = tk.Text(
    details_frame,
    wrap="word", # Ensures words don't cut off
    font=("Arial", 22),
    bg="lightyellow",
    height=18, # Adjust height as needed
    width=120 # Adjust width as needed
)
recipe_details_text.pack(fill="both", expand=False)

# Link Scrollbar to Text Widget
recipe_details_text.config(yscrollcommand=details_scrollbar.set)
details_scrollbar.config(command=recipe_details_text.yview)

# Make text read-only by default
recipe_details_text.config(state="disabled")

# ✅ Initially hide chatbot UI
chatbot_frame.pack_forget()

# Run Tkinter event loop
root.mainloop()

```

Chatbot 4 - Discussion

This chatbot recommends cooking recipes based on user input using a combination of NLP techniques and a graphical user interface (GUI) built with Tkinter.

Text Representation using TF-IDF

The central NLP technique used in this chatbot is the Term Frequency-Inverse Document Frequency (TF-IDF) vectorization. This method transforms textual data into numeric vectors by considering how frequently a term appears within a single document compared to its frequency across all documents.

```

vectorizer = TfidfVectorizer(stop_words='english')
tfidf_matrix =
vectorizer.fit_transform(recipe_df["Searchable_Text"].fillna(""))

```

- **Stop words** such as "the", "is", and "in" are removed to enhance the effectiveness of the vectorization process.
- Each recipe is represented as a high-dimensional sparse vector, emphasizing unique terms that distinguish one recipe from another.

Cosine Similarity for Recipe Retrieval

After vectorization, cosine similarity is used to measure the similarity between user queries and available recipes.

```

user_query_tfidf = vectorizer.transform([user_query])
cosine_similarities = cosine_similarity(user_query_tfidf,
                                         tfidf_matrix).flatten()

```

- Cosine values closer to 1 indicate higher semantic similarity.
- This allows the chatbot to efficiently identify and recommend the most relevant recipes based on textual content.

Constraint Extraction via Regular Expressions

An additional layer of user query parsing is done through regular expressions to identify numeric constraints related to calories and preparation time explicitly mentioned by users.

```
def extract_numeric_constraints(user_query):
    constraints = {}
    calorie_match = re.search(r'less than (\d+) calories',
    user_query, re.IGNORECASE)
    if calorie_match:
        constraints['max_calories'] = int(calorie_match.group(1))
    time_match = re.search(r'less than (\d+) minutes?',
    user_query, re.IGNORECASE)
    if time_match:
        constraints['max_time'] = int(time_match.group(1))
    return constraints
```

- Enables users to filter recommendations by practical constraints, enhancing the chatbot's usability and responsiveness.

Recipe Search and Filtering

Upon user input, the chatbot performs a structured sequence:

1. **Input Parsing:** User query is obtained from the GUI.
2. **Constraint Extraction:** Numeric constraints are parsed and applied to the filtering process.
3. **Semantic Matching:** TF-IDF vectorization and cosine similarity are applied to rank recipes.
4. **Filtering:** Results are filtered based on user-specified constraints, e.g., calories or preparation time.

Recipe Formatting

The chatbot formats retrieved recipes in an organized and user-friendly manner:

- **Ingredients:** Parsed and formatted into bullet points for clarity.
- **Instructions:** Separated into numbered steps, making recipes easy to follow.

```
def format_ingredients(ingredients):
    ingredient_list = re.split(r',\s*|\n', ingredients.strip())
    return "\n".join([f"\n{item.strip()}" for item in
ingredient_list if item.strip()])

def format_method(method):
    steps = re.split(r'\.\s+(?=([A-Z]))', method.strip())
    return "\n".join([f"\n{i+1}. {step.strip()}" for i, step in
enumerate(steps)])
```

User Interface Design with Tkinter

The GUI used Python's Tkinter library for interaction:

- **Welcome Screen:** Engaging introduction with interactive elements such as buttons and images.
- **Chat Interface:** Allows users to enter natural-language queries, view loading animations, and browse recipe recommendations.
- **Dynamic Loading Animation:** For user experience by simulating thoughtful AI processing.

```
def animate_loading(count):
    dots = [ "", ".", "..", "..."]
    response_label.config(text=f"Hmm, generating
ideas{dots[count % len(dots)]}")
    if count < 6:
        root.after(300, lambda: animate_loading(count + 1))
```

This recipe recommendation chatbot combines NLP techniques with interactive GUI design to create an intuitive and effective culinary assistant. By integrating semantic matching and numeric constraint extraction, the chatbot delivers precise and personalized recipe recommendations, enhancing both accuracy and user satisfaction. The structured, user-friendly presentation of recipe information ensures that users can easily follow suggested cooking steps, making the chatbot an advanced yet accessible cooking guide.

5.5 Chatbot 5 - COSINE SIMILARITY - DISTILBERT

```
In [487]: tokenizer = DistilBertTokenizer.from_pretrained('distilbert-base-uncased')
model = DistilBertModel.from_pretrained('distilbert-base-uncased')
```

```
In [18]: def generate_embedding(text):
    inputs = tokenizer(text, return_tensors='pt', truncation=True, padding
with torch.no_grad()):
        outputs = model(**inputs)
    return outputs.last_hidden_state.mean(dim=1).squeeze().numpy()

# Generate embeddings for all recipes (run once)
# recipe_df["Embeddings"] = recipe_df["Searchable_Text"].apply(generate_e
# recipe_df.to_csv('recipe_dataset_with_embeddings.csv', index=False)
```

After generating and storing embeddings, the dataset was saved to avoid the need to recompute embeddings in the future.

```
In [48]: recipe_path = "/Users/eoinhoustoun/Desktop/Goldsmitshs/Semester 2/Natural
recipe_df = pd.read_csv(recipe_path)
```

```
In [49]: recipe_df["Embeddings"]
```

```
Out[49]: 0      [-3.27622890e-01  5.55241555e-02  1.13760792e-...
 1      [-1.92369565e-01  1.42500952e-01  1.67612046e-...
 2      [-2.60142446e-01  1.66524544e-01  2.81558812e-...
 3      [-1.44976541e-01  6.36705905e-02  7.62897208e-...
 4      [-2.91995317e-01  1.61921661e-02  1.07578538e-...
 ...
 8059     [-1.74251214e-01  3.38386409e-02  2.01003879e-...
 8060     [-1.53555155e-01  7.50542656e-02  1.86633080e-...
 8061     [-1.36152491e-01  8.81824791e-02  1.98441073e-...
 8062     [-2.25102767e-01  1.49389476e-01  1.80696324e-...
 8063     [-1.43563762e-01  1.34963542e-01  1.36117324e-...
Name: Embeddings, Length: 8064, dtype: object
```

Chatbot 5 - Experiment 1 - Live for Video

```
In [50]: # Load precomputed embeddings
df = recipe_df.copy()
df["Embeddings"] = df["Embeddings"].apply(lambda x: np.fromstring(x.strip

# Initialize DistilBERT
model_name = 'distilbert-base-uncased'
tokenizer = DistilBertTokenizer.from_pretrained(model_name)
model = DistilBertModel.from_pretrained(model_name)

# Generate query embeddings
def generate_embedding(text):
    inputs = tokenizer(text, return_tensors='pt', truncation=True, padding
    with torch.no_grad():
        outputs = model(**inputs)
    return outputs.last_hidden_state.mean(dim=1).squeeze().numpy()

### Step 2: Search and Filtering Functions

def search_recipes_distilbert(user_query, top_n=12):
    query_embedding = generate_embedding(user_query).reshape(1, -1)
    recipe_embeddings = np.vstack(df["Embeddings"].values)
    cosine_similarities = cosine_similarity(query_embedding, recipe_embed
    df["Similarity"] = cosine_similarities
    #filtered_df = df.sort_values(by="Similarity", ascending=False).head(
    filtered_df = df.nlargest(top_n, "Similarity")

    constraints = extract_numeric_constraints(user_query)
    if 'max_calories' in constraints:
        filtered_df = filtered_df[filtered_df["Calories (g)"] <= constrai
    if 'max_time' in constraints:
        filtered_df = filtered_df[filtered_df["Total Time (mins)"] <= con

    return filtered_df

### Step 3: Text Formatting Functions

def format_ingredients(ingredients):
    ingredient_list = re.split(r',\s*|\n', ingredients.strip())
    return "\n".join([f'{item.strip()}' for item in ingredient_list if

def format_method(method):
    steps = re.split(r'\.\s+(?=[A-Z])', method.strip())
    return "\n".join([f'{i+1}. {step.strip()}' for i, step in enumerate(
```

```

### Step 4: Tkinter GUI
root = tk.Tk()
root.title("AI Chef Chatbot")
root.geometry("1400x1000")
root.configure(bg="lightblue")

welcome_frame = tk.Frame(root, bg="brown")
welcome_frame.pack(fill="both", expand=True)

chef_img = Image.open("chef_image.png").resize((450, 450))
chef_photo = ImageTk.PhotoImage(chef_img)
chef_label = tk.Label(welcome_frame, image=chef_photo, bg="brown")
chef_label.image = chef_photo
chef_label.pack(pady=20)

welcome_label = tk.Label(welcome_frame, text="👋 Welcome to AI Chef!\nReady to cook?")
welcome_label.pack(pady=20)

start_button = tk.Button(welcome_frame, text="Yes, Let's Cook!", font=("Arial", 16))
start_button.pack(pady=30)

chatbot_frame = tk.Frame(root, bg="black")

user_input_label = tk.Label(chatbot_frame, text="What do you feel like eating today?")
user_input_label.pack()
user_input = tk.Entry(chatbot_frame, width=50, font=("Arial", 16))
user_input.pack(pady=10)

response_label = tk.Label(chatbot_frame, text="", font=("Arial", 28, "bold"))
response_label.pack()

recipe_var = tk.StringVar()
recipe_dropdown = tk.OptionMenu(chatbot_frame, recipe_var, [])
recipe_dropdown.config(font=("Arial", 26))
recipe_dropdown.pack(pady=15)

def handle_user_input():
    query = user_input.get().strip()
    if not query: return
    recipe_dropdown["menu"].delete(0, "end")
    response_label.config(text="Searching...")
    root.after(1200, lambda: complete_search(query))

def complete_search(query):
    global current_recommendations
    current_recommendations = search_recipes_distilbert(query)
    if current_recommendations.empty:
        response_label.config(text="✗ No matches found. Try again!")
        return
    response_label.config(text="✓ Select a recipe below:")
    for title in current_recommendations["Title"]:
        recipe_dropdown["menu"].add_command(label=title, command=lambda t=title: recipe_var.set(t))
    recipe_var.set(current_recommendations["Title"].iloc[0])

search_button = tk.Button(chatbot_frame, text="Find Recipes", bg="black", fg="white")
search_button.pack(pady=10)

recipe_details_text = tk.Text(chatbot_frame, wrap="word", font=("Arial", 14))

```

```
recipe_details_text.pack(pady=20)

def show_recipe_details(selected_title):
    recipe = current_recommendations[current_recommendations["Title"] == selected_title]
    details = f"\n{selected_title}\n{recipe['Total Time (mins)']} minutes\n"
    recipe_details_text.config(state="normal")
    recipe_details_text.delete("1.0", tk.END)
    recipe_details_text.insert(tk.END, details)
    recipe_details_text.config(state="disabled")

chatbot_frame.pack_forget()
root.mainloop()
```

5.6 Chatbot 6 - COSINE SIMILARITY - Recipe Bert

In [418...]:

```
model_name = "alexdseo/RecipeBERT"
tokenizer = AutoTokenizer.from_pretrained(model_name)
model = AutoModel.from_pretrained(model_name)

tokenizer_config.json: 0%|          | 0.00/1.19k [00:00<?, ?B/s]
vocab.txt: 0%|          | 0.00/232k [00:00<?, ?B/s]
tokenizer.json: 0%|          | 0.00/711k [00:00<?, ?B/s]
special_tokens_map.json: 0%|          | 0.00/125 [00:00<?, ?B/s]
config.json: 0%|          | 0.00/664 [00:00<?, ?B/s]
model.safetensors: 0%|          | 0.00/438M [00:00<?, ?B/s]

Some weights of BertModel were not initialized from the model checkpoint at alexdseo/RecipeBERT and are newly initialized: ['bert.pooler.dense.bias', 'bert.pooler.dense.weight']
You should probably TRAIN this model on a down-stream task to be able to use it for predictions and inference.
```

In [421...]:

```
def generate_embedding(text):
    inputs = tokenizer(text, return_tensors='pt', truncation=True, padding=True)
    with torch.no_grad():
        outputs = model(**inputs)
    return outputs.last_hidden_state.mean(dim=1).squeeze().numpy()
```

In []:

```
# Generate embeddings for all recipes (run once)
# recipe_df["Recipe_EMBEDDINGS"] = recipe_df["Searchable_Text"].apply(generate_embedding)
# recipe_df.to_csv('recipe_dataset_with_recipe_embeddings.csv', index=False)
```

Chatbot 6 - Experiment 1 - Live for Video

In [477...]:

```
### Step 1: Load precomputed embeddings
df = pd.read_csv('recipe_dataset_with_recipe_embeddings.csv')
df["Recipe_EMBEDDINGS"] = df["Recipe_EMBEDDINGS"].apply(lambda x: np.fromstring(x))

model_name = "alexdseo/RecipeBERT"
tokenizer = AutoTokenizer.from_pretrained(model_name)
model = AutoModel.from_pretrained(model_name)

### Step 2: Search and Filtering Functions

def search_recipes_recipebert(user_query, top_n=12):
    query_embedding = generate_embedding(user_query).reshape(1, -1)
    recipe_embeddings = np.vstack(df["Recipe_EMBEDDINGS"].values)
    cosine_similarities = cosine_similarity(query_embedding, recipe_embeddings)
```

```

df["Similarity_r"] = cosine_similarities
#filtered_df = df.sort_values(by="Similarity", ascending=False).head()
filtered_df = df.nlargest(top_n, "Similarity_r")

constraints = extract_numeric_constraints(user_query)
if 'max_calories' in constraints:
    filtered_df = filtered_df[filtered_df["Calories (g)"] <= constraints['max_calories']]
if 'max_time' in constraints:
    filtered_df = filtered_df[filtered_df["Total Time (mins)"] <= constraints['max_time']]

return filtered_df

```

Step 3: Text Formatting Functions

```

def format_ingredients(ingredients):
    ingredient_list = re.split(r',\s*|\n', ingredients.strip())
    return "\n".join(["{}{}".format(item.strip(), "\n") for item in ingredient_list if item])

def format_method(method):
    steps = re.split(r'\.\s+(?=[A-Z])', method.strip())
    return "\n".join(["{}{}.".format(i+1, step.strip()) for i, step in enumerate(steps)])

```

Step 4: Tkinter GUI

```

root = tk.Tk()
root.title("AI Chef Chatbot")
root.geometry("1400x1000")
root.configure(bg="lightblue")

welcome_frame = tk.Frame(root, bg="brown")
welcome_frame.pack(fill="both", expand=True)

chef_img = Image.open("chef_image.png").resize((450, 450))
chef_photo = ImageTk.PhotoImage(chef_img)
chef_label = tk.Label(welcome_frame, image=chef_photo, bg="brown")
chef_label.image = chef_photo
chef_label.pack(pady=20)

welcome_label = tk.Label(welcome_frame, text="👋 Welcome to AI Chef!\nReady to cook?")
welcome_label.pack(pady=20)

start_button = tk.Button(welcome_frame, text="Yes, Let's Cook!", font=("Arial", 16))
start_button.pack(pady=30)

chatbot_frame = tk.Frame(root, bg="black")

user_input_label = tk.Label(chatbot_frame, text="What do you feel like eating today?")
user_input_label.pack()
user_input = tk.Entry(chatbot_frame, width=50, font=("Arial", 16))
user_input.pack(pady=10)

response_label = tk.Label(chatbot_frame, text="", font=("Arial", 28, "bold"))
response_label.pack()

recipe_var = tk.StringVar()
recipe_dropdown = tk.OptionMenu(chatbot_frame, recipe_var, [])
recipe_dropdown.config(font=("Arial", 26))
recipe_dropdown.pack(pady=15)

```

```

def handle_user_input():
    query = user_input.get().strip()
    if not query: return
    recipe_dropdown["menu"].delete(0, "end")
    response_label.config(text="Searching...")
    root.after(1200, lambda:complete_search(query))

def complete_search(query):
    global current_recommendations
    current_recommendations = search_recipes_recipebert(query)
    if current_recommendations.empty:
        response_label.config(text="✗ No matches found. Try again!")
        return
    response_label.config(text="✓ Select a recipe below:")
    for title in current_recommendations["Title"]:
        recipe_dropdown["menu"].add_command(label=title, command=lambda t=title: recipe_var.set(current_recommendations["Title"].iloc[0]))

search_button = tk.Button(chatbot_frame, text="Find Recipes", bg="black", fg="white")
search_button.pack(pady=10)

recipe_details_text = tk.Text(chatbot_frame, wrap="word", font=("Arial", 12))
recipe_details_text.pack(pady=20)

def show_recipe_details(selected_title):
    recipe = current_recommendations[current_recommendations["Title"] == selected_title]
    details = f"🕒 {recipe['Title']} \n⏳ {recipe['Total Time (mins)']}"
    recipe_details_text.config(state="normal")
    recipe_details_text.delete("1.0", tk.END)
    recipe_details_text.insert(tk.END, details)
    recipe_details_text.config(state="disabled")

chatbot_frame.pack_forget()
root.mainloop()

```

Some weights of BertModel were not initialized from the model checkpoint at alexdseo/RecipeBERT and are newly initialized: ['bert.pooler.dense.bias', 'bert.pooler.dense.weight']
You should probably TRAIN this model on a down-stream task to be able to use it for predictions and inference.

6. OVERALL DISCUSSION

6.1 COSINE TF-IDF

```
In [54]: recipe_df = pd.read_csv('recipe_dataset_with_recipe_embeddings.csv')
# ✓ Precompute TF-IDF Matrix
vectorizer = TfidfVectorizer(stop_words='english')
tfidf_matrix = vectorizer.fit_transform(recipe_df["Searchable_Text"].fillna(""))

results = search_recipes("quick pasta dish")
print(results[["Title", "Similarity"]].head(12))
```

		Title	Similarity
2109		Lazy summer pasta	0.389286
1699		Air fryer pasta chips	0.368208
369		15-minute chicken pasta	0.361904
3792		Walnut & red pepper pesto pasta	0.340787
33		Healthy chicken pasta bake	0.321455
4396		Baked feta & tomato pasta	0.314715
2284		Bacon & broccoli pasta	0.304230
2277		Bacon & broccoli pasta	0.304230
2247		Pasta with kale, chilli & mascarpone	0.302332
5383		Anytime pesto & prawn pasta salad	0.297342
3552		Simple salmon with spring pasta	0.294419
269	Creamy tomato, courgette & prawn pasta		0.294084

6.2 COSINE Distilbert

```
In [524...]: tokenizer = DistilBertTokenizer.from_pretrained('distilbert-base-uncased')
model = DistilBertModel.from_pretrained('distilbert-base-uncased')

results = search_recipes_distilbert("quick pasta dish")
print(results[["Title", "Similarity"]].head(12))
```

		Title	Similarity
3523		Classic burger sauce	0.727370
3531		Classic burger sauce	0.727370
6800		Italian cookies & ice cream	0.696435
8040		Bacon & tomato ciabatta	0.690091
4625		One-pan pea & ham pesto pasta	0.689135
3706		Creamy cheese & tomato macaroni	0.688348
3685		Tomato kachumber	0.685665
854		Scrambled egg muffin	0.684650
890		Soup maker vegetable soup	0.684045
2648	Creamy pesto & chicken pasta salad		0.683723
3886		Speedy tuna pasta salad	0.682943
6829	Kebab shop yogurt garlic sauce		0.682872

6.3 COSINE Recipebert

```
In [528...]: df = pd.read_csv('recipe_dataset_with_recipe_embeddings.csv')
df["Recipe_EMBEDDINGS"] = df["Recipe_EMBEDDINGS"].apply(lambda x: np.fromstring(x))

model_name = "alexdseo/RecipeBERT"
tokenizer = AutoTokenizer.from_pretrained(model_name)
model = AutoModel.from_pretrained(model_name)

results = search_recipes_recipebert("quick pasta dish")
print(results[["Title", "Similarity_r"]].head(12))
```

Some weights of BertModel were not initialized from the model checkpoint at alexdseo/RecipeBERT and are newly initialized: ['bert.pooler.dense.bias', 'bert.pooler.dense.weight']
 You should probably TRAIN this model on a down-stream task to be able to use it for predictions and inference.

	Title	Similarity_r
6800	Italian cookies & ice cream	0.635092
4625	One-pan pea & ham pesto pasta	0.625919
3886	Speedy tuna pasta salad	0.618168
895	Broad bean, pea & orzo salad	0.612815
899	Broad bean, pea & orzo salad	0.612815
6128	Spring spaghetti	0.612034
955	Prawn, chickpea & parsley salad	0.608929
3194	Beetroot, feta & grain salad	0.608874
3523	Classic burger sauce	0.608732
3531	Classic burger sauce	0.608732
7955	Lunchbox pasta salad	0.607203
4496	Pear, blue cheese & walnut sandwich topper	0.604818

As observed from the responses to the prompt "**quick pasta dish**", the **Cosine TF-IDF** model clearly performs the best, returning the most relevant results. In contrast, **DistilBERT** ranks *Classic Burger Sauce* as the top result, while **RecipeBERT** suggests *Cookies and Cream*. However, RecipeBERT does redeem itself by offering several solid suggestions in positions 2 through 8. It appears that the presence of the word *Italian* may have influenced the model to associate *Cookies and Cream* with pasta, which is an incorrect match in this context.

A key limitation with these sentence-level models (SLMs) is the lack of transparency in how embeddings are matched. My theory is that the embeddings are overly influenced by instructions within the recipes (e.g., "add to pan"), treating such phrases as semantically similar across many dishes. This is problematic, as those shared instructions do not reflect the culinary relevance we're targeting. In reality, **ingredient-level similarity** would provide a more accurate basis for matching recipes. This insight opens up a valuable direction for future testing and model refinement.

6.4 COSINE TF-IDF - VISUALISATION

```
In [77]: query_vec = vectorizer.transform(["healthy pasta with cheese and chicken"])
feature_names = vectorizer.get_feature_names_out()

# Get top terms
dense = query_vec.todense().tolist()[0]
important_terms = [(feature_names[i], dense[i]) for i in range(len(dense))]
important_terms = sorted(important_terms, key=lambda x: -x[1])
print(important_terms[:10])

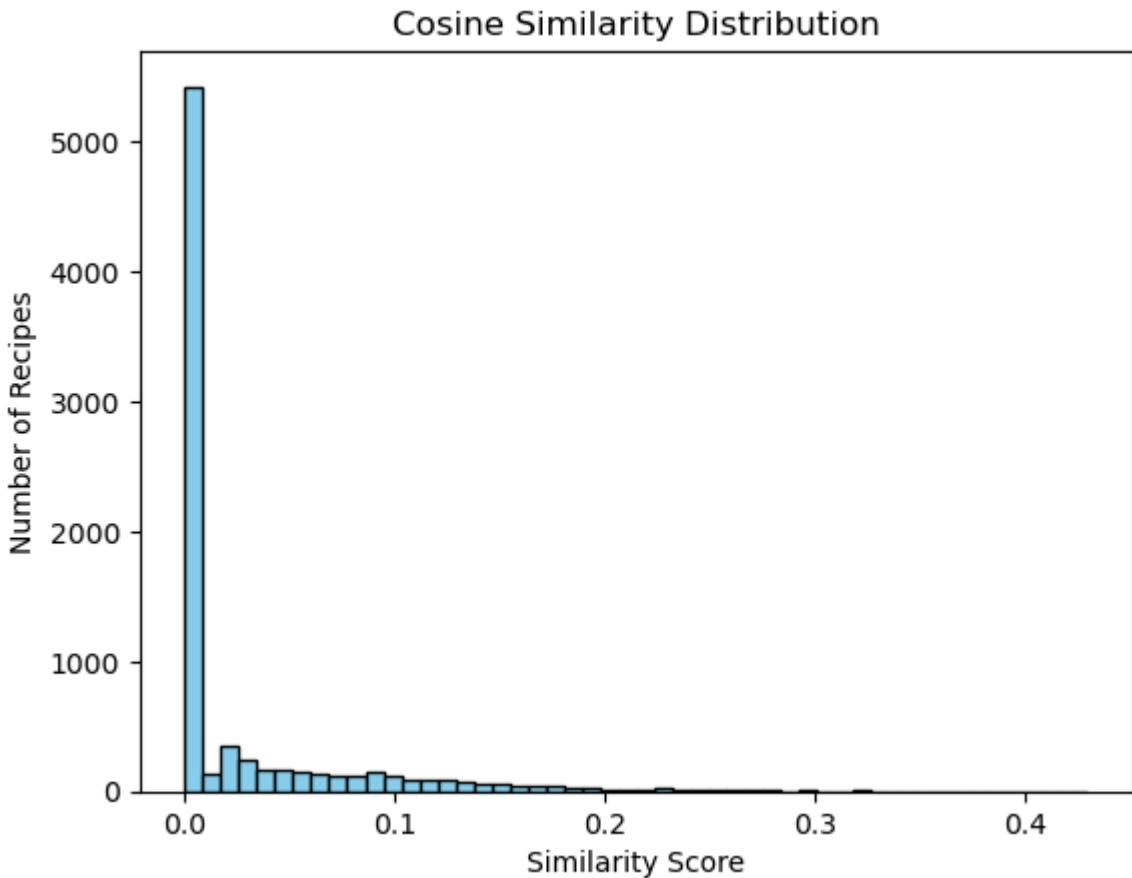
[('healthy', 0.6997694136398137), ('pasta', 0.48238469630208786), ('chees
e', 0.3763342346272173), ('chicken', 0.368782207210815)]
```

HISTOGRAM OF COUNT

```
In [82]: user_query = "healthy pasta with cheese and chicken"
user_query_tfidf = vectorizer.transform([user_query])
similarities = cosine_similarity(user_query_tfidf, tfidf_matrix).flatten()

plt.hist(similarities, bins=50, color='skyblue', edgecolor='black')
plt.title("Cosine Similarity Distribution")
plt.xlabel("Similarity Score")
```

```
plt.ylabel("Number of Recipes")
plt.show()
```



2D

```
In [84]: # Reduce TF-IDF to 2D
pca = PCA(n_components=2)
reduced = pca.fit_transform(tfidf_matrix.toarray())
```



```
In [112... plt.figure(figsize=(14, 10))
plt.scatter(reduced[:, 0], reduced[:, 1], alpha=0.6, c=reduced[:, 0], cmap='viridis')

# === Label interesting points ===

# 1. Furthest right (max X)
right_idx = np.argmax(reduced[:, 0])
plt.text(reduced[right_idx, 0], reduced[right_idx, 1], recipe_df["Title"]
         fontsize=11, color='black')

# 2. Furthest left (min X)
left_idx = np.argmin(reduced[:, 0])
plt.text(reduced[left_idx, 0], reduced[left_idx, 1], recipe_df["Title"].i
         fontsize=11, color='black')

# 3. Highest (max Y)
top_idx = np.argmax(reduced[:, 1])
plt.text(reduced[top_idx, 0], reduced[top_idx, 1], recipe_df["Title"].ilo
         fontsize=11, color='black')

# 4. Lowest (min Y)
bottom_idx = np.argmin(reduced[:, 1])
plt.text(reduced[bottom_idx, 0], reduced[bottom_idx, 1], recipe_df["Title"])
```

```

    fontsize=11, color='black')

# 5. Random extra labels
random_idxs = np.random.choice(len(recipe_df), size=30, replace=False)
for i in random_idxs:
    plt.text(reduced[i, 0], reduced[i, 1], recipe_df["Title"].iloc[i], fontweight="bold", color="black", size=11)

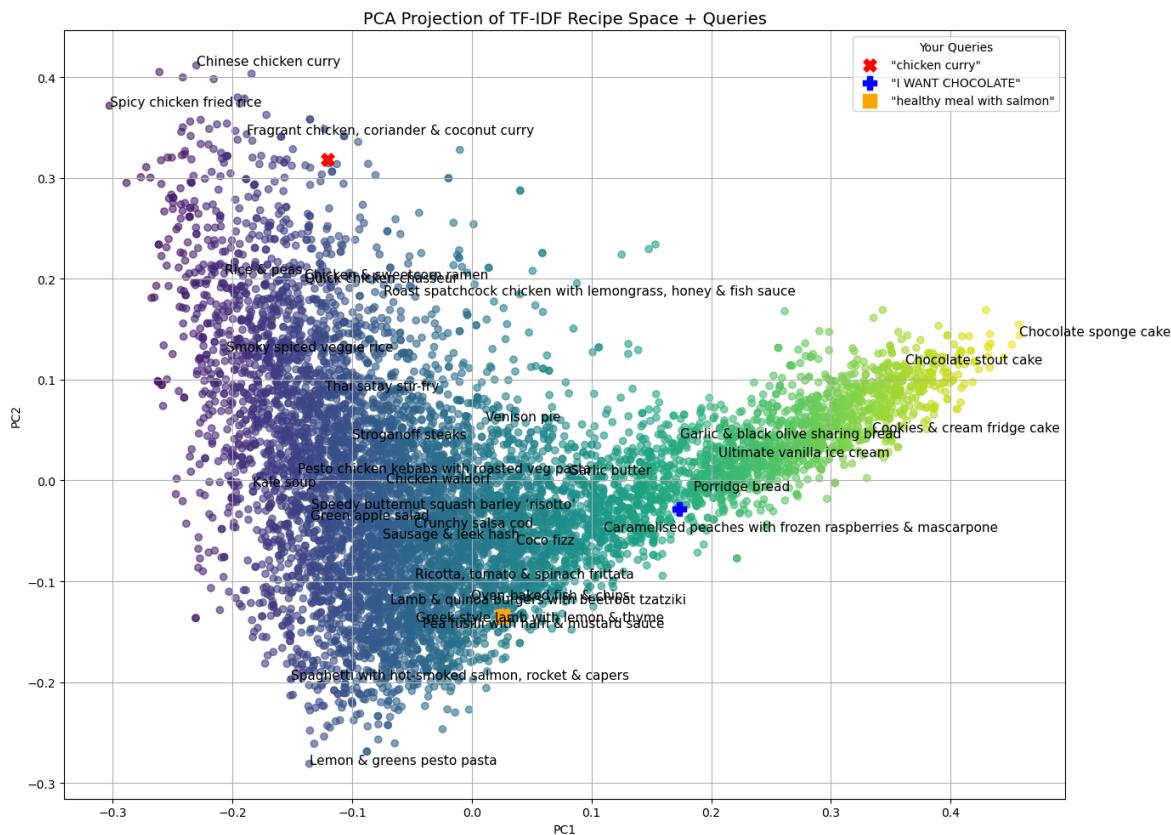
# === Plot multiple user queries ===
queries = ["chicken curry", "I WANT CHOCOLATE", "healthy meal with salmon"]
colors = ['red', 'blue', 'orange']
markers = ['X', 'P', 's']

for q, color, marker in zip(queries, colors, markers):
    q_vec = vectorizer.transform([q])
    q_proj = pca.transform(q_vec.toarray())

    plt.scatter(q_proj[0, 0], q_proj[0, 1], color=color, marker=marker, s=100)
    #plt.text(q_proj[0, 0]+0.1, q_proj[0, 1], q, fontsize=10, color=color)

# Final touches
plt.title("PCA Projection of TF-IDF Recipe Space + Queries", fontsize=14)
plt.xlabel("PC1")
plt.ylabel("PC2")
plt.legend(title="Your Queries", fontsize=10)
plt.grid(True)
plt.tight_layout()
plt.show()

```



3D PCA

```
In [56]: pca = PCA(n_components=3)
reduced_3d = pca.fit_transform(tfidf_matrix.toarray())
```

```
In [57]: # Setup plot
fig = plt.figure(figsize=(12, 8))
ax = fig.add_subplot(111, projection='3d')

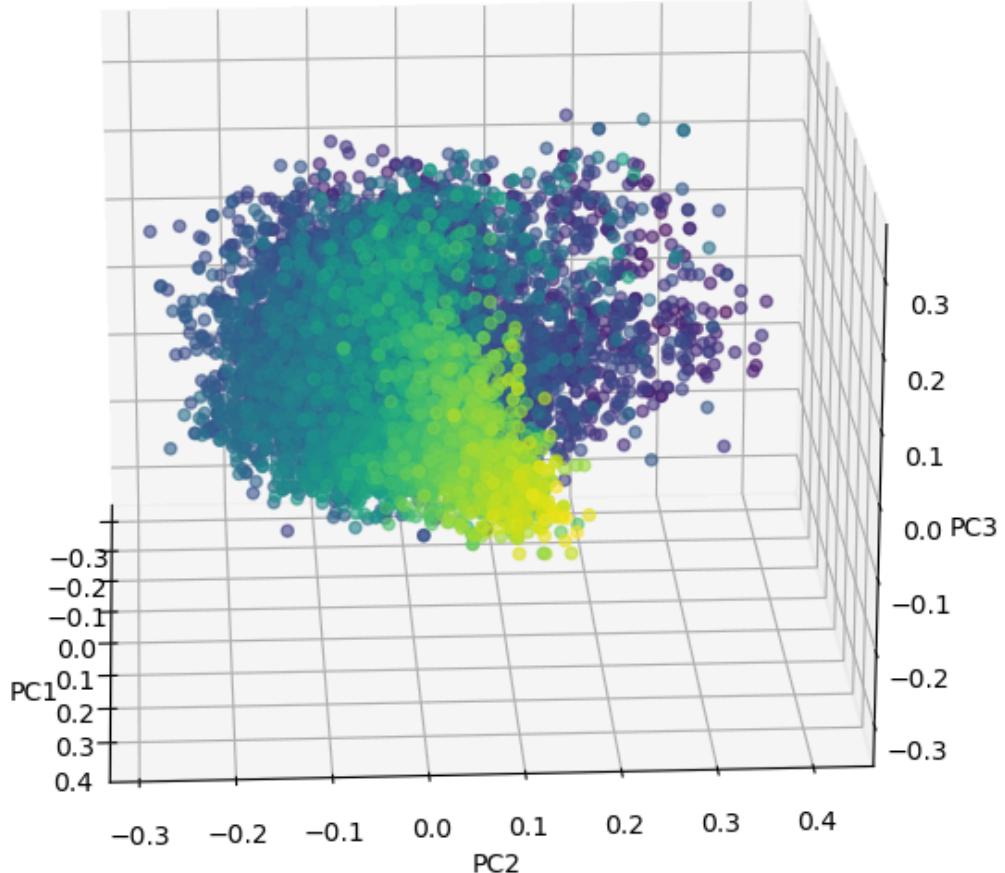
# Initial scatter
sc = ax.scatter(reduced_3d[:, 0], reduced_3d[:, 1], reduced_3d[:, 2],
                 c=reduced_3d[:, 0], cmap='viridis', alpha=0.6)

ax.set_title("Auto-Rotating 3D PCA of Recipes")
ax.set_xlabel("PC1")
ax.set_ylabel("PC2")
ax.set_zlabel("PC3")
ax.legend()

# Animate rotation
for angle in range(0, 360, 3):
    ax.view_init(elev=20, azim=angle)
    clear_output(wait=True)
    display(fig)
    plt.pause(0.01)

plt.close()
```

Auto-Rotating 3D PCA of Recipes



7. LIME TRIAL

In [587...]

```
import pandas as pd
import numpy as np
import ollama
from sklearn.feature_extraction.text import TfidfVectorizer
from sklearn.linear_model import LogisticRegression
from lime.lime_text import LimeTextExplainer
```

In [571...]

```
recipe_df.columns
```

Out[571...]

```
Index(['Title', 'Prep Time (mins)', 'Cook Time (mins)', 'Servings',
       'Ingredients', 'Method', 'Calories (g)', 'Fat (g)', 'Carbs (g)',
       'Protein (g)', 'Total Time (mins)', 'Searchable_Text', 'cleaned_t
ext',
       'tokens', 'sentences', 'filtered_tokens', 'stemmed', 'lemmatize
d',
       'sentence_length', 'token_count', 'Similarity', 'Embeddings',
       'Recipe_EMBEDDINGS'],
      dtype='object')
```

In [592...]

```
# !ollama pull mistral
```

```
python(5602) MallocStackLogging: can't turn off malloc stack logging because it was not enabled.
huggingface/tokenizers: The current process just got forked, after parallelism has already been used. Disabling parallelism to avoid deadlocks...
To disable this warning, you can either:
    - Avoid using `tokenizers` before the fork if possible
    - Explicitly set the environment variable TOKENIZERS_PARALLELISM=(true | false)
pulling manifest " pulling manifest " pulling manifest :: pulling manifest
: pulling manifest :: pulling manifest :: pulling manifest :: pulling manifest
:: pulling manifest : pulling manifest :: pulling manifest :: pulling manifest
pulling ff82381e2bea... 100% ██████████ 4.1 GB
pulling 43070e2d4e53... 100% ██████████ 11 KB
pulling 491dfa501e59... 100% ██████████ 801 B
pulling ed11eda7790d... 100% ██████████ 30 B
pulling 42347cd80dc8... 100% ██████████ 485 B
verifying sha256 digest
writing manifest
success
```

In [99]:

```
# import ollama

# # Custom dataset: a knowledge base for the chatbot
# faq_data = {
#     "What is Ollama?": "Ollama is an AI model for local inference.",
#     "How can I use Ollama for NLP?": "You can use it for classification",
#     "Is Ollama cloud-based?": "No, it runs locally on your machine."
# }

# # Chatbot loop with dataset retrieval
# print("Welcome to the AI Chatbot! Type 'exit' to end.")

# while True:
#     user_input = input("You: ")
```

```
#     if user_input.lower() == 'exit':
#         print("Chatbot: Goodbye!")
#         break

#     # Use predefined dataset if input matches exactly
#     if user_input in faq_data:
#         print("Chatbot:", faq_data[user_input])
#     else:
#         # Query Ollama if no exact match in FAQ
#         response = ollama.chat(model="mistral", messages=[{"role": "user",
#         "content": user_input}])
#         print("Chatbot:", response['message']['content'])
```

In [101...]

```
# # Function to get chatbot response using Ollama
# def chatbot_response(text):
#     response = ollama.chat(model="mistral", messages=[{"role": "user",
#     "content": text}])
#     return response['message']['content']

# # Explain chatbot response

# sample_input = "Tell me about AI ethics."
# exp = explainer.explain_instance(sample_input, chatbot_response,
# num_features=10)
# exp.show_in_notebook(text=True)
```

I attempted to implement LIME on the model using Minstrel, but was unsuccessful. With more time and as part of future work, this would be an interesting direction to explore further.

Future Work

- Investigate the use of the full BERT model.
- Exclude instructional content (e.g., step-by-step cooking instructions) from training data to reduce noise and improve model focus.
- Explore alternative embedding techniques such as Word2Vec to enhance semantic understanding of recipe-related inputs.
- Experiment with convolutional neural networks (CNNs) to capture local dependencies in user queries for improved intent classification.
- Revisit LIME or similar explainability tools to provide transparent insights into model decision-making processes.

In []: