Mediterranean Chicken

<https://www.thecookierookie.com/balsamic-glazed-mediterranean-chicken-bake/>

Chickpea Chorizo couscous

<http://www.seriouseats.com/recipes/2010/08/chickpeas-and-chorizo-recipe.html>

Man the fuck up

<https://shop.hopburnsblack.co.uk/products/manthefuckupsauce>

Quick cheese sauce

<https://www.fifteenspatulas.com/homemade-nacho-cheese-sauce/>

Tomato sauce

<http://uprootkitchen.com/2015/01/26/homemade-tomato-sauce/>

Pepper sauce

<https://www.budgetbytes.com/2017/02/creamy-roasted-red-pepper-sauce/>

Vegetable cooking times

<http://www.cookinglight.com/recipes/sheet-pan-roasted-vegetables>

Rice

<http://www.vegrecipesofindia.com/how-to-cook-rice-in-a-pot-pan-stove/>

Pasta

<http://food.ndtv.com/food-drinks/know-the-different-types-of-pasta-a-pronounciation-guide-1278640>

Cauliflower broccoli cheese

<http://www.dinner4tonight.com/cauliflower-and-broccoli-cheese-bake.html>

Lime tuna couscous

<http://www.winwithprinces.co.uk/tuna/winning-recipes.winner5.php>

Smoked mackerel pasta

<http://notjustanyoldbaking.blogspot.co.uk/2012/11/smoked-mackerel-tomato-and-linguine.html>

Salmon pasta

<http://www.taste.com.au/recipes/salmon-dill-caper-pasta/ebd66993-35e4-4898-a765-fb42ef3d71bd>

Tuna mushroom spaghetti

<http://www.goodfoodforkids.org/tuna-mushroom-and-pea-pasta/>

Chicken pesto pasta

http://www.taste.com.au/recipes/chicken-broccoli-pesto-pasta/b912042c-dfb1-4ca1-9261-1e2442ae203e

Mackerel on toast

<http://lilinhaangel.com/2014/11/5-minute-fish-lunch-recipes/>