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# FISH MAPPAS

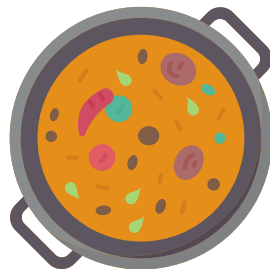
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## FRESH

- 2 haddock fillets
- 1 onion, diced
- 250g tomatoes, chopped

## CUPBOARD

- 150g basmati rice
- 1 tsp garlic granules
- 3 tbsp tikka curry paste
- 200g coconut milk



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## INSTRUCTIONS

- Put a large saucepan of water on to boil and cook the rice following pack instructions.
- Meanwhile, heat the oil in a large, wide saucepan over a medium heat and add the onions. Cook for 5–10 mins until softened and starting to colour.
- Add the garlic and tomatoes, and fry for 2 mins. Add the curry paste, fry for 2 mins more, then pour in the coconut milk and bring to the boil.
- Add the fish to the pan and simmer gently for 5–8 mins until just cooked through. Serve with the rice.

# SALMON FILLETS

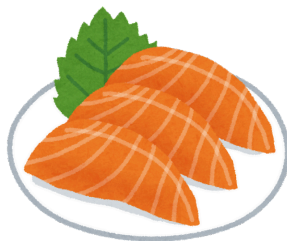
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## FRESH

- 240g salmon fillets
- 6x potato croquettes
- 125g asparagus tips

## CUPBOARD

- 1 teaspoon dill
- 1 teaspoon parsley



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## INSTRUCTIONS:

- Add the croquettes to a lined baking tray and oven cook for 25-30 mins.
- Put the asparagus on a roasting tray, drizzle with oil and season with salt and pepper. Roast for 12 mins until tender.
- Season the salmon fillets with the dill and parsley then pan-fry, skin-side-down, for 5 mins. Flip them over and cook for another 4 mins.

# PRAWN BROTH

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## FRESH

- 165g raw king prawns
- 200g pak choi & pepper mix
- 80g watercress

## CUPBOARD

- 300g udon noodles
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 tablespoon miso paste
- 2 vegetable stock cubes
- 800ml boiled water



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## INSTRUCTIONS:

- Add the stir fry vegetables to a pan and cook, stirring continuously, for 4–5 minutes. Add a splash of water to prevent sticking, if necessary.
- At the same time, add the stock cubes, boiled water, oyster sauce, soy sauce, miso paste and udon noodles to a pot and bring to a boil. Add the prawns and watercress, then cook for 2 minutes.
- Add the broth and noodles to the cooked stir fry mix in the pan and mix together before serving

# SCALLOP LINGUINE

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## FRESH

- 190g scallops
- 300g cherry tomatoes
- 80g spinach

## CUPBOARD

- 120g linguine
- 1 tsp tomato paste
- 1 tsp garlic granules



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## INSTRUCTIONS:

- Add the linguine to a pan of boiling water, cook for 6 mins then drain.
- Season scallops with salt & pepper, then add to a pan with a drizzle of olive oil, cooking for about 4 mins on each side. Transfer on a plate, cover to retain heat and set aside.
- Wipe pan clean and reheat, adding the tomato paste, cherry tomatoes and garlic granules. Cook for 4-5 mins until the tomatoes break down.
- Add the spinach and continue to cook until wilted.

# SEABASS SALAD

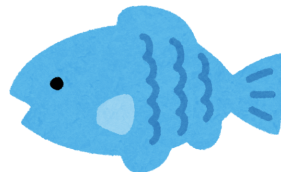
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## FRESH

- 2x seabass fillets
- 2x little gem lettuce
- 170g chargrilled artichokes

## CUPBOARD

- 120g cous-cous
- 1 teaspoon dill
- 1 teaspoon parsley
- 1 vegetable stock cube
- 200ml boiled water



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## INSTRUCTIONS:

- Pour the vegetable stock water over the cous cous in a heat proof bowl then set aside.
- Season the seabass fillets with the dill and parsley then pan-fry, skin-side-down, for 5 mins then another 4 mins on the other side.
- Mix the artichoke into the cous-cous, and then serve on top of the lettuce leaves. Place the fish on top.

# SEAFOOD FARFALLE

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## FRESH

- 350g fish pie mix
- 80g baby spinach
- 30g Italian hard cheese

## CUPBOARD

- 150g farfalle
- 200g chopped tomatoes
- 1 teaspoon tomato paste
- 1 teaspoon garlic granules
- 1 teaspoon chilli flakes
- 1 vegetable stock cube
- 350ml boiled water



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## INSTRUCTIONS:

- Mix the boiled water, vegetable stock, chopped tomatoes, tomato paste, garlic granules and chilli flakes together in pan. Stir through the farfalle, and bring to a boil.
- Transfer to casserole dish and put in the oven for 20 min. After 20 mins, remove from oven and add the fish pie mix. Return to the oven for a further 5 mins.
- To serve, stir through the cheese and spinach.

# MOROCCAN CHICKEN

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## FRESH

- 450g diced chicken
- 200g fine green beans
- 30g diced onion

## CUPBOARD

- 120g cous-cous
- 30g chopped apricots
- 1 teaspoon ras el hanout
- 1 teaspoon garlic granules
- 1 teaspoon flour
- 2 chicken stock cubes
- 300ml water for sauce
- 200ml water for cous-cous



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## INSTRUCTIONS:

- Pan-fry the onion, ras el hanout and garlic for 5–6 min. Add the flour and cook for 1 min, then pour in the chicken stock water (300ml) and cook for 2–3 min until the sauce thickens.
- add the diced chicken, halved green beans and diced apricots to the pan. Reduce heat and cook, covered, for 12–15 min.
- While the chicken is cooking, pour the chicken stock water (200ml) over the cous-cous in a bowl then set aside.



# CAULI NUGGETS

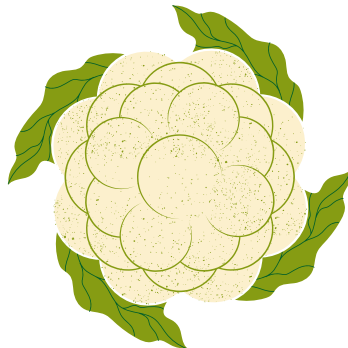
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## FRESH

- 440g cauliflower florets
- 1 courgette, diced

## CUPBOARD

- 20g mayonnaise
- 180g breadcrumbs
- 400g cannellini beans
- 400g chopped tomatoes
- 2 teaspoon fajita spice
- 1 teaspoon garlic granules
- 75ml boiled water



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## INSTRUCTIONS:

- Add the cauliflower to a bowl and coat with the mayo, breadcrumbs and 1tsp fajita spice. Roast for 20-25 mins.
- Pan-fry the diced courgette for 3 mins. Stir in the garlic and 1tsp fajita spice for 1 min, then add the chopped tomatoes and boiled water. Simmer for 5 mins.
- Drain and rinse the cannellini beans. Transfer a third to a bowl and crush with a fork. Add both the whole and crushed beans to the stew and cook for another 5 mins until thickened. Serve, topped with the cauliflower nuggets.

# GOAT CHEESE PASTA

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## FRESH

- 75g soft goats cheese
- 80g spinach

## CUPBOARD

- 200g finely chopped tomatoes
- 11g vegetable stock mix
- 120g linguine
- 1tsp garlic granules
- 1 tsp chilli flakes
- 1 tsp sugar
- 15ml red wine vinegar



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## INSTRUCTIONS:

- Add the linguine to a pan of boiling water, cook for 6 mins, add the spinach for the last 30 seconds, then drain.
- Add the chopped tomatoes, vegetable stock, garlic granules and chilli flakes to a pan and cook for 5 minutes. Once thickened, add the red wine vinegar, sugar and a pinch of salt. Stir in half the goats' cheese.
- Add the linguine & spinach to the tomato & goats' cheese sauce and mix until the linguine is coated. Serve topped with the remaining goats' cheese.