

Pasta Putanesca



Serves 4 - 30 mins

- 400g spaghetti

Sauce

- 4 tablespoons extra virgin olive oil
- 4 cloves garlic chopped
- 1 fresh red chilli, de-seeded and chopped
- 2 dessertspoon chopped fresh basil
- 2 heaped tablespoons of capers
- 2 cans of chopped tinned tomatoes
- 2 rounded tablespoons of tomato purée

- 100g of anchovies,
- 175g pitted black olives (optional) chopped
- Garnish fresh basil chopped lots of freshly grated Parmesan cheese

Heat the oil in a medium saucepan, then add the garlic, chilli and basil and cook these briefly till the garlic is pale gold. Then add all the other sauce ingredients, stir and season with pepper. Turn the heat to low and let the sauce simmer very gently without a lid for 40 minutes, by which time it will have reduced.

When there is 15 mins left for the sauce, put the spaghetti on. When ready, serve with Basil garnish if you want to be fancy, and grated Parmesan to sprinkle over.

Spaghetti Bolognese



Serves 3 - 1 hr

- 1 1/2 tbsp olive oil

- 2 garlic cloves , minced
- 1 onion , finely chopped (brown, yellow or white)
- 500g beef mince (ground beef) OR half pork, half beef (Note 1)
- 2 beef stock cubes
- 2 cans tinned tomatoes
- 2 tbsp tomato paste
- 2 tsp white sugar , if needed (Note 3)
- 2 tsp Worcestershire sauce
- 2 dried bay leaves
- 2 sprigs fresh thyme (or 1/2 tsp dried thyme or oregano)
- Salt and pepper

TO SERVE

- 400 g / 13 oz spaghetti , dried
- Parmesan cheese and finely chopped parsley (optional)

Directions

- Heat oil in a large pot or deep skillet over medium high heat. Add onion and garlic, cook for 3 minutes or until light golden and softened.
- Turn heat up to high and add beef. Cook, breaking it up as you go, until browned.
- Add remaining ingredients except salt and pepper. Stir, bring to a simmer then turn down to medium so it bubbles gently. Cook for 20 – 30 minutes (no lid), adding water if the sauce gets too thick for your taste. Stir occasionally.
- Adjust salt and pepper to taste right at the end. Serve over spaghetti – though if you have the time, I recommend tossing the sauce and pasta per steps below.

Chinese Satay Chicken



Serves 4 - 30 mins

- ~500g chicken, sliced into small strip pieces
- Rice to serve

Satay Seasoning

- 1 tsp coriander powder
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 1/2 tsp chilli powder
- 1 tbsp curry Powder
- 1/2 tsp salt
- 1/4 tsp white pepper

Satay Sauce

- 3 tbsp smooth peanut butter

- 1.3 tbsp brown sugar
- 1.3 tbsp light soy sauce
- 1.3 tbsp rice (wine) vinegar
- 1 scant tbsp Sriracha (or other hot sauce)
- 1 tsp lemongrass paste, or dash of demon juice
- 1 can cup coconut milk (full fat)

Stir Fry

- 2 tbsp plain oil (vegetable, sunflower)
- 1 onion, finely chopped
- 4 garlic cloves, minced
- Spring onions (garnish, optional)

Directions

1. Put the rice on
2. Mix together seasoning and sprinkle 1 tsp of it over chicken. Mix to coat and put aside.
3. Place all the sauce ingredients in a bowl **separate to the chicken**, add the remaining Seasoning and mix
4. Heat oil in a skillet over high heat. Add the chicken and fry for 1 minute on each side.
5. Reduce to medium and add the onion, frying for 2-3mins until translucent and soft (keep the lid on the pan as it helps to soften it). Add the garlic half way through.
6. Lower the heat, then add the sauce. Stir until it reduce down and becomes thicker - 1 to 1 1/2 minutes. Add water if too thick.
7. Serve immediately with rice and garnish with sliced spring onions.

Quick and Easy Stir-Fry



Serves 4 - 20 mins

- Rice or noodles to serve

Sauce

- 2+ tbsp cornflour
- 3 tbsp soy sauce (regular)
- 250 ml water
- 1 1/2 tbsp Shaoxing wine (Chinese cooking wine) / Mirin
- 3 tbsp oyster sauce (the Tesco brand stuff is great)
- 2 tsp sesame oil
- 2 tsp honey
- 1/4 tsp white pepper (sub black)

Stir-fry

- 2 tbsp oil, peanut, vegetable or canola

- 1 onion, halved, cut down the middle, and then sliced
- 3 garlic cloves, finely chopped (not minced)
- 400g chicken thighs or breast, thinly sliced / prawns (cut into pieces) / 50/50 mix of chicken and prawns / beef
- 400g broccoli florets, cut into small bite size pieces (2 medium heads)

Directions

1. Put the rice on if doing rice
2. Boil the broccoli for 3 mins
3. While the broccoli boils, mix cornflour and some of the water to make a slurry, then mix in remaining sauce ingredients.
4. Put the water on for the noodles if doing them
5. Heat oil in a large skillet on medium high heat (7). Add garlic and onion, stir until it starts to soften (1 minute or so), then push it to the side of the pan. Add chicken and cook for 2-3 minutes until just cooked through. Add the prawns for the last minute if doing 50/50
6. Turn heat to medium, add broccoli, Sauce, and water, stir well and cook for 1 to 2 minutes until the Sauce thickens and becomes glossy, and coats the ingredients. Add more cornflower if it needs it by mixing first with a little water then adding it.

Lemon Chicken



Serves 4 - 30 mins Chicken

- 2 tbsp (50ml) - Vegetable Oil
- ~650g (2.2lbs) - Chicken Thigh, Boneless & Skinless, diced into bite sized chunks

Sauce

- 1/2 Cup (125m) - Chicken Stock
- 1 1/2 tbsp (12g) - Cornflour
- 1 Lemon, Juiced (last time was 2 and was a bit sour)
- 1 tsp (2.5g) - Onion Powder
- 3 - Garlic Cloves, Minced
- 3 tbsp - Soy Sauce
- 2 tsp - Sesame Oil
- 2 tbsp shaoxing rice wine
- 3 tbsp - Honey (last time was 4)
- 1/2 tsp white pepper

- Optional: 1 tsp each of black and white sesame seeds

To Serve

- 2 tbsp olive oil
- 2 - Large Heads Broccoli, Florets & Stems Trimmed
- 250g (8.82oz) - Green Beans, Top & Tailed
- Rice

Directions

1. Put on the rice
2. Chop the chicken and veg
3. Mix the sauce minus sesame seeds together
4. Heat 2 tbsp of olive oil in a pan on medium high heat, add the broccoli florets and a good pinch of salt, and saute for 3-4 mins. After this, add in the green beans with 80ml of water and a good few grinds of pepper, cook for 2 minutes with the lid on then put the veg aside in a plate.
5. In the same pan, heat 2 tbsp of vegetable oil on high heat, add the chicken, season with salt, cook for 2-3 mins, mix, then cook for another 2-3 mins. Reduce to medium heat, add in the sauce and sesame seeds, then cook for 2-3 mins until it thickens. Check for seasoning and serve

Japanese Salmon



Serves 2-4 - 10 mins

- 2 - 4 salmon fillets (marinade amount doesn't change)
- 1 tbsp soy sauce
- 2 tbsp mirin
- 1 tbsp cooking sake
- 0.5 tbsp vegetable oil

Directions

- Add everything to a sealable bag / container, mix well, and marinade for a minimum of 3 hours, preferably overnight.
- Heat a non stick pan on medium heat (no higher as the sugar in the mirin will burn) and cook the salmon skin side down first until colour appears (2-3 mins), then drizzle over the marinade and cook each of the remaining 3 sides in turn until coral.

Leek and Potato



Serves 4 - 30 mins

- 2 tbsp (30g) butter
- 2 garlic cloves, large, finely minced
- 3 leeks, sliced into 2cm thick half moons
- 1 kg potatoes (Sebago/Russet/Maris Piper), peeled and diced into 2.5cm cubes
- 1 litre (4 cups) chicken stock (2 cubes)
- 125 ml (1/2 cup) double cream
- 0.5-1 tsp salt
- 1/2 tsp black pepper
- Optional: grated parmesan
- Optional garnish: chives, finely chopped; extra cream; croutons / crusty bread

Directions

1. Chop the leeks.
2. Melt butter in a large pot over medium heat. Add garlic and leek and sauté with the lid on, stirring occasionally for 7 minutes until soft. Meanwhile put the stock water on to boil, and peel the potatoes.

3. Add potatoes and stock. Turn heat up and bring to simmer, then place lid on and lower heat so it's simmering gently. Simmer for 25 minutes or until potato is very soft and almost falling apart.
4. Turn the stove off and half puree with a stick blender to desired chunkiness.
5. Add the salt, pepper, maybe some aji no moto, optional parmesan, and then stir through cream.
6. Serve, drizzled with cream and sprinkled with chives, extra pepper ,and croutons.