

Recipe_id	1
Recipe_name	Jollof Rice
description	<p>Jollof rice is a spicy African rice dish that cooks in one pan, uses lots of vegs.</p> <ol style="list-style-type: none"> <li>1. Put the passata, tomato purée, chillies, onions, peppers, garlic, and paprika in a blender or food processor and blend until smooth.</li> <li>2. Heat the olive oil in a large saucepan over medium heat. Add the cherry tomatoes and the blended tomato sauce. Bring to the boil, then reduce the heat slightly and simmer for 5 minutes.</li> <li>3. Add the stock, rice, 1 teaspoon salt and a large pinch of black pepper. Stir to combine and bring to the boil. Reduce the heat and simmer for 10-12 minutes.</li> <li>4. Meanwhile, heat the sunflower oil in a frying pan over medium heat. Fry the plantain for a few minutes on each side until golden and tender.</li> <li>5. Spoon the jollof rice onto warmed plates and add the plantain on the side. Garnish with the chopped coriander and serve with a green salad alongside.</li> </ol>
Prep time	30 mins
Cook time	45 mins
difficulty	medium
Serving size	6-8
categories	African, rice
Ingredients (amount)	<ul style="list-style-type: none"> <li>• 400ml/14fl oz passata</li> <li>• 3 tbsp tomato purée</li> <li>• 2 Scotch bonnet chillies</li> <li>• 2 onions</li> <li>• 2 red peppers</li> <li>• 8 garlic cloves</li> </ul>

	<ul style="list-style-type: none"> <li>• 1 tsp smoked paprika</li> <li>• 50ml/2fl oz olive oil</li> <li>• 150g/5 oz cherry tomatoes</li> <li>• 800ml/1 pints chicken stock</li> <li>• 2 bay leaves</li> <li>• 500g/1lb 2oz rice</li> <li>• 2 tbsp sunflower oil</li> <li>• 2 plantains</li> </ul>
review	<p>4 stars</p> <p>This recipe was very good. I made this for 8, and we all thoroughly enjoyed it.</p>

Recipe_id	2
Recipe_name	Firecracker prawns with stir-fried greens
description	<p>Packed with protein, flavour, colour and punch, this low-calorie, quick dinner will become a weekly favourite.</p> <ol style="list-style-type: none"> <li>1. Toast the fennel and cumin seeds in a small frying pan for 1-2 minutes, or until fragrant. Crush with a pestle and mortar and tip into a mixing bowl. Add the spring onions, chillies, coriander, lime juice, oyster sauce, star anise, vinegar and soy sauce. Stir in the prawns and marinate for 10 minutes.</li> <li>2. Preheat the grill to its highest setting.</li> <li>3. Spread the prawns on a grill rack and grill for 3-4 minutes, or until pink and cooked through. Keep warm.</li> <li>4. To make the stir-fried greens, heat the oil in a wide, non-stick frying pan over high heat. Add the pak choi, ginger and soy sauce and cook for 4-5 minutes, or until just wilted. Stir in the sesame oil.</li> <li>5. Serve the greens with the prawns immediately.</li> </ol>

Prep time	30 mins
Cook time	30 mins
difficulty	easy
Serving size	2
categories	Chinese, rice, seafood, side
Ingredients (amount)	<p>Ingredients</p> <ul style="list-style-type: none"> <li>• 1 tsp fennel seeds</li> <li>• 2 tsp cumin seeds</li> <li>• 4 spring onions</li> <li>• 2 red chillies</li> <li>• 3 tbsp finely chopped fresh coriander leaves and stalks</li> <li>• 2 limes, juice only</li> <li>• 2 tbsp oyster sauce</li> <li>• 1 tsp ground star anise</li> <li>• 1 tbsp cider vinegar</li> <li>• 1 tbsp dark soy sauce</li> <li>• 600g/1lb 5oz raw tiger prawns</li> </ul> <p>For the stir-fried greens</p> <ul style="list-style-type: none"> <li>• 1 tsp light olive oil</li> <li>• 3 pak choi, roughly chopped</li> <li>• 1 tsp grated fresh root ginger</li> <li>• 1 tbsp light soy sauce</li> <li>• 1 tsp toasted sesame oil</li> </ul>
review	<p>5 stars</p> <p>Quick and easy to cook. A well deserved 5-star side dish.</p>

Recipe_id	3
Recipe_name	Fish and Chips
description	You can't beat homemade fish & chips, get perfect results with Jo Pratt's easy fish supper - a classic British favourite

## Method

1. Preheat the oven to 150C/300F/Gas 2 and preheat the dripping or oil to 120C/250F.
2. For the chips, peel the potatoes and cut into whatever size you prefer. Wash well in cold water, drain and pat dry with a clean tea towel. Put the potatoes into the fryer and allow them to fry gently for about 8-10 minutes until they are soft but still pale. Check they're cooked by piercing with a small, sharp knife. Lift out of the pan and leave to cool slightly on greaseproof paper.
3. Increase the heat of the fryer to 180C/350F.
4. Season the fish and dust lightly with flour; this enables the batter to stick to the fish.
5. To make the batter, sift the flour and a pinch of salt into a large bowl and whisk in the lager to give a thick batter, adding a little extra beer if it seems over-thick. It should be the consistency of very thick double cream and should coat the back of a wooden spoon. Season with salt and thickly coat 2 of the fillets with the batter. Carefully place in the hot fat and cook for 8-10 minutes until golden and crispy. Remove from the pan, drain and sit on a baking sheet lined with greaseproof paper, then keep warm in the oven while you cook the remaining 2 fillets in the same way.
6. Once the fish is cooked, return the chips to the fryer and cook for 2-3 minutes or until golden and crispy. Shake off any excess fat and season with salt before serving with the crispy fish. If liked, you can serve with tinned mushy peas and bread and butter, for the authentic experience!

Prep time	25 mins
Cook time	30 mins
difficulty	hard
Serving size	4
categories	british, seafood
Ingredients (amount)	<p>Ingredients</p> <ul style="list-style-type: none"> <li>• Sunflower oil</li> </ul> <p>For the fish</p> <ul style="list-style-type: none"> <li>• 4x175g/6oz thick cod fillets</li> <li>• 225g/8oz self-raising flour</li> <li>• salt and freshly ground black pepper</li> <li>• 300ml/10fl oz fridge-cold lager</li> </ul> <p>For the chips</p> <ul style="list-style-type: none"> <li>• 6-8 large floury potatoes</li> </ul>
review	<p>4 stars</p> <p>I made this last night. Everything turned out delicious! Fries were yummy and the fish was tender and it was a great dinner.</p>

Recipe_id	4
Recipe_name	Battenberg cake
description	Battenberg cake is a true classic for afternoon tea. The Hairy Bikers' recipe makes it foolproof.
Prep time	45 Minutes
Cook time	20 Minutes
difficulty	Hard
Serving size	1
categories	Dessert, British, Vegetarian

Ingredients (amount)	Butter (175g/6oz) Sugar (175g/6oz) Eggs (3) Flour (175g/6oz) Vanilla extract (1 tbsp) Icing Sugar (3 tbsp)
review	<p>5 Stars</p> <p>GREAT recipe - easy to make. very authentic - however, you must spread the apricot jam on the marzipan with a pastry brush before you wrap the cake in it - this helps it to stick to the cake and it also tastes delicious! Try it with raspberry jam too for an alternative. Also, the cake mix looks too stiff even with a little milk - but you need the cake to be firm and hold it's shape - so don't be fooled!!! The recipe is spot on. Excellent *****</p>

Recipe_id	5
Recipe_name	Jam roly-poly
description	<p>Try a recipe based on the Hairy Bikers' recipe for jam roly-poly. It's an easy homemade version of a childhood classic. Serve with plenty of custard.</p> <p>Method</p> <p>Preheat the oven to 200C/180C Fan/Gas 6. Butter a large sheet of baking paper and set aside.</p> <p>Stir the flour, suet, sugar and salt in a large bowl until fully combined. Slowly stir in the milk to form a soft, spongy dough.</p> <p>Tip the dough out onto a floured surface and knead for a few minutes. Roll the dough out to a 22cm x 32cm/8½in x 13in rectangle.</p> <p>Spread the jam onto the dough, leaving a 1.5cm/½in border. Gently roll the dough up from the short end and transfer to the greaseproof paper, seam-side down. Wrap the roly poly in the baking paper, making a long pleat in the paper to allow the pudding to expand as it cooks. Twist the ends of the</p>

	<p>paper like a Christmas cracker and tie tightly with kitchen string, to seal the pudding inside. Repeat the process with a large piece of kitchen foil.</p> <p>Place the pudding onto a roasting rack set on a deep-sided roasting tin. Pour boiling water halfway up the roasting tin and cook in the oven for 30-35 minutes.</p> <p>Remove the pudding from the oven, unwrap the kitchen foil, then snip the string and unwrap the paper.</p> <p>The pudding should be well risen and lightly browned in places. Don't worry if the jam has made its way through to the outside of the pudding a little - it will taste all the more delicious.</p> <p>Put on a board or serving plate and cut into thick slices. Serve with lots of hot custard or cream.</p>
Prep time	30
Cook time	45
difficulty	Medium
Serving size	6
categories	Dessert, British, Vegetarian
Ingredients (amount)	Flour (200g/7oz) Sugar (1tbsp) Milk (150ml/5oz) Strawberry Jam (6 tbsp)
review	<p>1 Star</p> <p>Followed this recipe rather than mary berrys which said to use self raising flour. Wished I'd have stuck with Mary berry, this was so terrible I put it out for the birds.</p>

Recipe_id	6
Recipe_name	Chicken burritos
description	These authentic chicken burritos are the

	<p>real deal. Topped with pico de gallo, chipotle crema, guacamole, soured cream and cheese, guests won't be disappointed.</p> <p><b>Method</b></p> <p>To make the chicken, mix the lime juice, garlic, oil, oregano, chilli, sugar and salt and pepper together in a large bowl. Add the chicken, cover and place in the fridge for at least 2 hours.</p> <p>Meanwhile, to make the chipotle crema, mix the chipotles en adobo, soured cream and mayonnaise with a squeeze of lemon juice and a pinch of salt and set aside.</p> <p>To make the pico de gallo, mix all the ingredients together with ½ teaspoon of salt in a bowl and set aside.</p> <p>To make the guacamole, pound the chilli in a pestle and mortar with the onion and ¼ teaspoon of salt, into a lumpy paste. Add the avocado and break up the flesh roughly with a fork. The result should be lumpy not smooth. Stir in the lime juice, to taste, and the chopped coriander.</p> <p>Place a frying pan over a high heat and cook the chicken thighs, without the marinade, until browned and sealed. Add the marinade to the pan, cover with a lid and cook for 10–15 minutes, or until the chicken is cooked through as the juices run clear. Slice the chicken into strips.</p> <p>Meanwhile, cook the rice according to packet instructions.</p> <p>Divide the tortillas between four plates and top with the rice, chicken, sauces, mozzarella and lettuce. Fold up the bottom of each tortilla, then fold the sides in and roll to contain the filling. Cut in half to serve.</p>
Prep time	90 Minutes



Cook time	20 Minutes
difficulty	Medium
Serving size	4 People
categories	Chicken, Mexican
Ingredients (amount)	Chicken Thighs (800g) Mayonnaise (2 tbsp) Sour cream (2 tbsp) Lime (1) Tomato (2) Rice (150g) Tortilla (4) Mozzarella (4 tbsp)
review	<p>5 Start</p> <p>Fun recipe who doesn't love a good chicken burrito? And better when is homemade and made with lots of love</p>