**Shopping List**

1 ltr vegetable oil

Frylight oil spray

1 tablespoons oil

6 x 400g tins of tomatoes

1 can of low fat coconut milk

1 tubes tomato puree

*2* red chilli or chilli flakes

Tin of anchovies

Lasagne sheets

300g any dried pasta (75g portion per person)

Veg stock cubes

Dried oregano

[Curry powder](https://www.bbc.co.uk/food/curry_powder) (any kind)

Fresh parsley (optional)

20g (1 inch) fresh root [ginger](https://www.bbc.co.uk/food/ginger)

170g Cheese (grated)

250g unsalted butter

3ltrs skimmed milk

750g mince

12 good quality (over 70% pork, see label)

2 x 600g pack of skinless chicken thighs (or remove skin) chopped

8 onions peeled and chopped

15 cloves of garlic (2 bulbs)

500g sweet potato

1 large red pepper

1 packet sugar snap peas or French beans or mange tout

1 head of cauliflower (or any veg)

1 broccoli

3 Leek

8 eggs

Left over veg, fresh, tinned or frozen tins sweetcorn / peas

Vegetables or meat of your choice

2 apples

Mushrooms

4 large potatoes

**Equipment**

Chopping board

Sharp knife

Tablespoon

Teaspoon

Frying pan

Pan for pasta

Oven proof dish

Grater

Peeler (or can use the sharp knife)

Garlic crusher (or can use a sharp knife)

Wooden spoon

Colander for draining

Large spoon for serving

Measuring jug

Tin opener

Whisk

# Tomato Sauce

## Ingredients

1 tablespoon oil

2 onions peeled and chopped

4 cloves of garlic peeled and chopped

2 x 400g tins of tomatoes

4 tablespoons of tomato puree

### Method

1. Heat oil in a saucepan and add onions and garlic, cook on a medium heat until onions have softened but not browned.
2. Add the tinned tomatoes and tomato puree cook gently for 20 mins, stirring occasionally

Options

*Spicy sauce* add 1 chopped red chilli or ½ teaspoon of chili flakes

*Arrabiatta* sauce, add 4 anchovies along with the tomatoes

*Herby* sauce add 1tablespoon of oregano

**White Sauce (Béchamel Sauce)**

## Ingredients

60g unsalted butter

60g plain flour

600ml/1pint skimmed milk

# Method (hob)

1. Melt butter in saucepan over moderate heat
2. Add flour and beat till smooth, remove from heat
3. Add the milk a little at a time and beat well
4. Bring to boil and gently cook for 2-3 minutes

Method (microwave)

1. Place all the ingredients in microwave bowl
2. Heat in 30 second intervals, stirring in between
3. Remove once thickened

#### Optional

*Cheese* 80g grated cheese once sauce has thicken.

*Herby sauce* add a handful of chopped parsley once sauce has thickened

**Basic Curry Sauce**

Ingredients

2 tbsp oil

3 [garlic](https://www.bbc.co.uk/food/garlic) cloves, peeled and finely grated

20g (1 inch) fresh root [ginger](https://www.bbc.co.uk/food/ginger), peeled (rub the back of the spoon on the skin and it will flake off easily) and finely grated

2 tsp [curry powder](https://www.bbc.co.uk/food/curry_powder) (any kind)

¼–½ tsp [dried chilli](https://www.bbc.co.uk/food/dried_chilli) flakes or 1 finely sliced fresh chilli

1½ tbsp [tomato purée](https://www.bbc.co.uk/food/tomato_puree)

1 can chopped tomatoes

Method

1. Heat the oil in a non-stick frying pan and very gently fry the garlic and ginger for about a minute, stirring constantly. Don’t allow them to brown.
2. Stir in the curry powder, chilli and tomato purée and cook for 1 minute, stirring constantly until the tomato purée looks glossy.
3. Stir in 150ml water, bring to a simmer and cook for 2–3 minutes, stirring constantly. Set aside.

Options

*Creamy* add 100ml double cream

*Spicy* add more fresh chilli

### **Lasagne**

### Ingredients

1 portion of tomato sauce

1 portion of white sauce

750g mince

100g lasagne sheets

30g cheese

### Method

1. Preheat the oven to 180°C/Fan 160°C / gas 4
2. Brown mince in a pan
3. Add tomato sauce
4. Put a layer of the mixture in the bottom of an oven proof dish
5. Add a layer of lasagne sheets top with white sauce
6. Top with more mixture, then lasagne sheets, white sauce
7. Keep alternating until mixture is all used
8. After the last lasagne sheet, top with white sauce and grated cheese
9. Bake in the oven for 20 mins

**Pork Meatballs**

Ingredients

12 good quality (over 70% pork, see label)

Portion of tomato sauce

2 tablespoons oil

Method

1. Carefully squeeze the meat out of the sausage skins, make into bitesize meatballs.
2. Heat the oil in a pan, and fry the meatballs until golden all over and thoroughly cooked
3. Add the tomato sauce and bring to a simmer for 5 mins
4. Serve with salad or veg and potatoes

**Sweet Potato Thai Curry**

Ingredients

1Kg sweet potato

1 can of low fat coconut milk

1 large red pepper

1 packet sugar snap peas or French beans or mange tout

1 portion of curry sauce

Method

1. Put the sweet potatoes whole, with skins on, into the microwave for 3 mins to soften. Remove from microwave and dice into 1cm cubes (skin still on)
2. Heat up the tomato sauce and add the coconut milk, simmer for 10 mins.
3. Add the sweet potato and vegetables and simmer for a further 5 mins.
4. Serve with rice

**Cauliflower cheese (can use broccoli, peas, sweetcorn)**

Ingredients

1 head of cauliflower and 1 broccoli (or any veg)

2 portion of white sauce with added cheese

100g grated cheese

1. Break up 1 head of cauliflower into small pieces, boil for 2-3 mins
2. Transfer to an ovenproof dish,
3. Sprinkle with extra grated cheese and bake at 190C/170C Fan/Gas 5 for 20mins until cheese has browned and sauce is bubbling

**Leek and Egg Bake**

Ingredients

3 Leeks

8 eggs

Portion of white sauce

100g grated cheese

Method

1. Hard boil 8 eggs (approx. 5 mins in boiling water)
2. Slice a leek thinly
3. Heat tsp oil in a pan, add the leek and stir for a couple of minutes until softened but not brown
4. Peel the eggs and cut into quarters
5. Add the eggs and leek to an ovenproof dish, cover with white sauce and top with handful of grated cheese
6. Bake at 190C/170C Fan/Gas 5 for 20mins until cheese has browned and sauce is bubbling

**Chicken Pasta in White Sauce**

Ingredients

600g pack of skinless, boneless chicken thighs (or remove skin) chopped

Left over veg, fresh, tinned or frozen

300g any dried pasta (75g portion per person)

Portion of white sauce

Method

1. Chop the chicken into bite size pieces, and either cook in the oven (190C/170C Fan/Gas 5 for 20mins) or pan fry in 1 tablespoon oil until cooked thoroughly.
2. Boil the pasta as per packet instructions
3. Drain the pasta, retaining 1/2 cup of the water
4. Add the chicken, veg and white sauce, stir through and serve

**Vegetable or Meat Curry**

Ingredients

Vegetables or meat of your choice

600 g chicken thighs (skin off, boneless)

200g Mushrooms

Portion of curry sauce

Method

1. Stir-fry your choice of other ingredients (such as strips of chicken or meat, prawns, vegetables) in a large frying pan or wok until cooked through.
2. Pour the curry sauce over the cooked meat or veg and return to a simmer. Cook for 1–2 minutes more, or until hot throughout. Add an extra splash of water if needed.
3. Serve with rice (75g dried rice per person)

**Chip Shop Curry Sauce and Chips**

Ingredients

1 tbsp oil

1 onion, finely diced

2 apple, remove core, peeled and finely diced

2 clove garlic, minced

1 tsp curry powder

2 tbsp plain flour

300ml vegetable stock (2 x veg stock cube)

*Chips*

4 Large potatoes

2 tablespoons of oil or frylight (spray)

Instructions

1. Heat oven to its highest setting, ideally 250C/fan 230C/gas 9. Cut each potato into 1cm-wide slices, then into 1cm-thick sticks.
2. Boil in a large pan of boiling water for 3 mins, then drain well (called blanching).
3. Shake the potatoes out onto a roasting tray, drizzle with oil, ensuring each chip is evenly coated and bake for about 15-20 mins, turning the potatoes at least twice, until golden brown and crisp.
4. Meanwhile, heat the oil in a deep frying pan, and add the onion, apple and garlic. Cook over a low heat for 5-10 minutes, until everything is very soft. Add the curry powder and flour, and mix well.
5. Then pour over the stock.
6. Bring to a gentle simmer, and cook for around 10 minutes, stirring every couple of minutes, until the mixture is thick and the vegetables have cooked right down.
7. Your sauce will probably be quite chunky, so if you’d prefer a smoother sauce, mash with a fork or if you have a blender, give the sauce a quick blitz.
8. Serve with chips

**Additional Recipes**

**Chicken fajitas**

Ingredients

For the tomato salsa

1 small [red onion](https://www.bbc.com/food/red_onion), finely chopped

6 small tomatoes, chopped

2 garlic cloves, crushed

large handful of [fresh coriander](https://www.bbc.com/food/coriander_fresh) leaves, chopped

For the chicken fajitas

1 tbsp [olive oil](https://www.bbc.com/food/olive_oil)

1 [red onion](https://www.bbc.com/food/red_onion), thinly sliced

1 [pepper](https://www.bbc.com/food/pepper), cored, deseeded and thinly sliced

300g chicken breast skinned and cut into thin strips

pinch [paprika](https://www.bbc.com/food/paprika)

pinch mild [chilli powder](https://www.bbc.com/food/chilli_powder)

pinch [cumin](https://www.bbc.com/food/cumin)

pinch dried oregano

4 soft wholemeal tortillas

Method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. For the salsa, combine the onion, tomatoes, garlic and coriander in a bowl.
3. Cover and chill for 30 minutes.
4. For the fajitas, heat the oil in a wok or large frying pan, add the onion and peppers and stir-fry for 3-4 minutes. Add the chicken, paprika, chilli powder, cumin and oregano and cook for 5 minutes, or until the chicken is cooked through.
5. Meanwhile, wrap the tortillas in foil and warm them in the oven for 5 minutes.
6. Spoon one-quarter of the chicken mixture into the centre of each tortilla, add a couple of tablespoons of salsa Roll up and serve warm.

**Diet Coke Chicken**

Ingredients

2 tablespoons of oil

400g chicken

2 onions chopped

1 x chicken stock cube

1 x 330ml can diet coke

6 tablespoons of passata

½ teaspoon of mustard

Method

1. Chop the chicken into bite size pieces
2. In a large pan heat the oil, add the chicken thighs.
3. Sprinkle over the stock cube and brown for 5 minutes turning, add the onions and cook for a further 5 mins
4. Mix the passata, mustard with the diet coke and pour over the chicken, simmer for 10 mins until sauce thickens and chicken is cooked through

**Spicy Sausage Pasta**

Ingredients

8 pork sausages

1 onion, diced

1 red pepper, diced

1 tsp chilli flakes (optional)

300g pasta (cook as per instructions)

1 packet of sausage casserole mix

300ml cold water

Method

1. Cook the pasta as per instructions
2. Cut the sausages into bite size pieces and fry
3. Add the onions and pepper and continue to fry until softened. Add chilli flakes (optional)
4. Transfer to a deeper pan.
5. Make up casserole mix with the water, pour over sausages and simmer on the hob for 15 mins. Until sauce thickens and sausages are cooked through.
6. Add pasta, stir through and serve.

**Chicken Sweet and Sour**

Ingredients

400g chicken

2 carrots finely slices

1 red pepper diced

1 yellow pepper diced

1 teaspoon ground ginger

½ tsp chilli flakes

2 cloves garlic crushed

4 spring onions

1 tablespoon cornflour

3 tablespoons of white vinegar

1 tin of pineapple chunks (keep the juice)

3 tablespoons of tomato ketchup

2 tsp soya sauce

Method

1. Heat the oil in a wok or large pan over medium-high heat; cook the chicken and carrots in the hot oil until the chicken is no longer pink in the centre and the carrots are tender, about 5 minutes.
2. Stir in the garlic and ginger; cook another 1 minute. Add the spring onions and peppers; cook another 1 minute.
3. Whisk together pineapple juice, soy sauce, cornflour and vinegar, add the tomato sauce and pineapple chunks into the chicken and vegetable mixture and bring to a boil, stirring until the sauce thickens. Add water if necessary

# Nandos Spicy Rice

Ingredients

1 tablespoon olive oil

1 small onion finely chopped

1 red pepper finely chopped

½ tsp chilli flakes

1 teaspoon tumeric

1 packet of rice

1 x chicken stock cube

300ml boiling water

100g frozen peas (optional)

Method

1. Cook the rice as per instructions
2. Heat the oil and add the onion and pepper, cook gently until softened
3. Add the spices and stir
4. Add the cooked rice and chicken stock and simmer for 2/3 mins

**GNOCCHI**

Ingredients

250g potatoes peeled and cubed

Salt and pepper (optional)

65g plain flour

1egg

1 tsp oil

Method

1. Peel and cube the potatoes and boil until soft, drain
2. Mash the potatoes and add salt and pepper (optional)
3. Add plain flour and the egg and mix with a spoon
4. Using your hands, make the mixture into a dough
5. Roll out into a thin sausage shape and cut into 2cm rectangles
6. Bring a pan of water to boil and add a teaspoon of oil
7. Add the gnocchi pieces a few at a time
8. When they float and are double the size, remove from the pan
9. Heat a teaspoon of oil in a pan and add the gnocchi and fry until golden brown on both sides.

Sauce

1 tbsp [oil](https://www.bbcgoodfood.com/glossary/olive-oil-glossary) (any type)

1 [onion,](https://www.bbcgoodfood.com/glossary/onion-glossary) chopped

1 [red pepper,](https://www.bbcgoodfood.com/glossary/pepper-glossary) deseeded and finely chopped

1 [garlic clove,](https://www.bbcgoodfood.com/glossary/garlic-glossary) crushed

400g can [chopped tomatoes](https://www.bbcgoodfood.com/glossary/tomato-glossary)

Half a ball mozzarella, torn into chunks

Method

1. Make the gnocchi (see above) and set to one side
2. Heat 1 tbsp oil in a large frying pan, then soften 1 chopped onion and 1 finely chopped red pepper for 5 mins.
3. Stir in 1 crushed garlic clove, fry for 1 min, tip in 400g chopped tomatoes, then bring to a simmer.
4. Bubble for 10-15 mins, stirring occasionally.
5. Add the cooked gnocchi, stir through a handful of torn basil leaves, then transfer to a large ovenproof dish.
6. Scatter with torn chunks of mozzarella ball, then grill for 5-6 mins until the cheese is bubbling and golden.

## **Chocolate Chilli**

##### Ingredients

1 x 400g tin red kidney beans

1 x 400g baked beans

1 onion

½ teaspoon chilli

½ teaspoon paprika

½ teaspoon ground cumin

1 x 400g tin chopped tomatoes

1 veg stock cube

4 squares of chocolate

200g rice

# Method

1. Tip both tins of beans into a colander and rinse. Put the beans into a pan cover with water and bring to the boil for 10 minutes, then reduce to a simmer.
2. In a separate pan, peel and chop the onion and the chilli, paprika and cumin.
3. Pour in the chopped tomatoes and crumble in the stock cube.
4. Add the beans to the sauce and add the chocolate. Stir through until the beans and mixed through.
5. Cook the rice as per instructions.

**Cheese Straws**

Ingredients

250g Self Raising Flour

1 tsp mustard powder

Pinch of cayenne pepper

½ tsp salt

50g margarine

125g red mature cheese grated

1 egg beaten

4 tablespoons of milk plus extra to glaze

Method

1. Preheat oven to 200° C gas 6
2. Sift all the dry ingredients into a bowl
3. Rub in the fat
4. Stir in the cheese
5. Mix to a soft dough, knead lightly
6. Roll out into an oblong 1 inch thick and cut into straw strips
7. Glaze the top with milk and sprinkle with some cheese
8. Bake for 15 mins

**Chicken Leek and Bacon Casserole**

Ingredients

2tbsp oil

800g chicken pieces (drumsticks, thighs)

100g lean bacon, chopped

2 medium leeks, washed and sliced

400g mushrooms, halved

1 tbsp flour

1 Chicken Stock Cube

500ml water

3 tbsp fresh thyme, chopped

100ml single cream

Method

1. Preheat the oven to 200°C, 180°C fan, Gas mark 6.
2. In a large pan heat the oil and brown chicken pieces over medium high heat in batches. Transfer the chicken to a plate.
3. Add bacon, leek and mushrooms to the pan and cook stirring for about 5 minutes or until golden. Dust with flour and cook stirring for 1 minute more.
4. Add stock cube, 500ml of water and herbs. Bring to a boil. Return the chicken to the pan. Add cream and bring to a boil. Cook for 5 more minutes until the sauce thickens.
5. Place the contents of the pan in an ovenproof baking dish and cover and cook for 20 mins

**Chicken and Spinach Tear & Share Bread**

Ingredients

45 g cooked chicken

60g cream cheese, softened

5 g spinach, cooked and drained

40 g shredded mozzarella cheese

1/4 teaspoon garlic powder

1/4 teaspoon pepper

1/4 teaspoon salt

Pastry

125 g SR flour

1 tablespoons sugar

35g unsalted butter, cold, cut into chunks or grated

95 ml whole milk

Method

1. Preheat oven to 400°F (200°C).
2. Put the flour and sugar into a mixing bowl. Use a fork to incorporate the butter into the flour mixture until it forms a crumbly texture. Add milk and stir the dough until it is thick and pulls away from the sides of the bowl.
3. Transfer dough ball to a lightly floured, flat surface, cover with a towel and let rest for 30 minutes.
4. While dough rests, combine chicken, cream cheese, spinach, mozzarella cheese, garlic powder, pepper, and salt in a large mixing bowl.
5. Lightly flour a rolling pin and roll out dough out to about ½-centimeter (¼ inch) thickness. Use the lip of a cup to cut out circles.
6. Remove chicken spinach dip from the refrigerator and fill each dough circle with 1 tablespoon of dip. Fold each circle in half and press down the edges to seal the dip inside the dough. Fold the left side and right side of each half circle towards each other like a fortune cookie.
7. Place the stuffed dough in an 11-inch (28 cm) non-stick or greased tart pan. Make an outer circle and work your way in, creating 4 circles total. Brush with egg wash.
8. Bake for 25 minutes, or until golden brown.