

Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF

Green Thai Curry
Yield 4
Cook time: 50 mins

Easy cook rice	300g
Olive oil	1 tbsp
Onion	1 large, finely chopped
Boneless chicken thigh fillets	325g
Broccoli florets	300g
Carrot	1 peeled and sliced
Thai green curry sauce	500g

Nom.	Step	Difficulty	ETA (MINS)
1	Begin by cooking the easy cook rice according to the package instructions. Once cooked, set it aside and keep warm	EASY	20
2	In a deep frying pan or wok, heat the olive oil over medium heat	EASY	2
3	Add the chopped onion to the heated pan and stir-fry until the onion turns golden and becomes translucent. Once done, remove the golden onion from the pan and set it aside	MODERATE	8
4	In the same pan, add the boneless chicken thigh fillets. Cook them until they begin to take on some colour and are cooked through. This should take about 4-5 minutes on each side	MODERATE	12
5	Once the chicken is cooked, return the previously cooked golden onion to the pan	EASY	2
6	Add the broccoli florets and the sliced carrot to the pan. Stir-fry the mixture for a couple of minutes until the vegetables start to become tender but still retain their crunch	EASY	3
7	Pour the Thai green curry sauce over the chicken and vegetable mixture. Stir to combine and let the flavours meld for a few minutes until the sauce is heated through	EASY	3
8	Serve the flavourful chicken and vegetable stir-fry over the cooked easy cook rice	EASY	2

Butternut Squash & Spinach Gnocchi

Yield 4

Cook time: 36 mins

Baby spinach	60g
Butternut squash chunks (frozen)	400g
Chopped garlic	1 clove
Chopped hazelnuts	2tbsp
Dried sage	1/2 tsp
Gnocchi	500g
Rapeseed oil	2tsp
Reduced-salt veg stock	1 cube, 300ml

Nom.	Step	Difficulty	ETA (MINS)
1	In a pan, combine the diced squash, minced garlic, vegetable stock, and fresh sage leaves. Season the mixture with black pepper to your liking	EASY	5
2	Bring the pan to a simmer and let it cook for 10-12 minutes or until the squash becomes soft and tender	EASY	10-12
3	Once the squash is cooked, use a handheld blender (immersion blender) to blend the mixture until it becomes smooth and creamy	EASY	3
4	Meanwhile, heat the cooking oil in a large non-stick frying pan over medium heat	EASY	2
5	Add the gnocchi to the heated pan and fry them for 6-8 minutes or until they turn golden and become crisp. Stir occasionally to ensure even frying	EASY	6-8
6	Once the gnocchi are golden and crisp, pour the smooth squash sauce over them in the frying pan	EASY	1
7	Add the fresh spinach leaves to the pan as well, and gently stir everything together until the spinach wilts and becomes tender	EASY	2-3
8	Divide the gnocchi and squash mixture evenly among four serving bowls	EASY	1
9	Finally, sprinkle the chopped hazelnuts over each bowl before serving	EASY	1

Paprika Chicken
Yield 4
Cook time: 65 mins

Boneless chicken thigh fillets	515g
Chopped tomatoes	2 x 400g cans
Egg noodles	495g
Mixed peppers	1 pack of 3
Red onion	1, chopped
Parsley	flat-leaf, 1 tbsp chopped
Smoked paprika	1 level tsp
Sunflower oil	1 tbsp

Nom.	Step	Difficulty	ETA (MINS)
1	Cut each chicken thigh into 3-4 pieces. Heat the oil in a large saucepan over medium-high heat. Add the chicken pieces and cook until they are browned on all sides. Once done, transfer the cooked chicken pieces onto a plate using a draining spoon, but leave the fat in the pan	EASY	15
2	In the same saucepan, add the chopped onion and cook over medium heat for about 3-4 minutes until the onion becomes soft, stirring occasionally. Then, add the sliced bell peppers and continue to cook for another 5 minutes, stirring occasionally	EASY	10
3	Stir in the paprika, making sure to coat the vegetables evenly. Return the cooked chicken to the pan and pour in the canned diced tomatoes with their juice. Bring the mixture to a simmer, cover the pan, and let it gently simmer for 20-25 minutes, allowing the flavours to meld together	EASY	25
4	While the chicken is simmering, prepare the egg noodles according to the package instructions. Once cooked, drain the noodles and mix them with chopped parsley	EASY	8-12
5	After simmering, check the seasoning and add salt and pepper to taste if needed	EASY	1
6	To serve, place a portion of the chicken paprika on a plate and accompany it with a side of the egg noodles and parsley mixture	EASY	1-2

Onion Gravy with Sausages & Mash

Yield 6

Cook time: 60 mins

Butter	15g
Chicken stock	1 cube (350ml)
Cornflour	2 level tsp
Fresh thyme	2 sprigs
Green beans	to serve
Mashed potato	to serve
Red onions	4 (halved and finely sliced)
Sausages	to serve
Sunflower oil	1 tbsp
White wine	200ml

Nom.	Step	Difficulty	ETA (MINS)
1	In a pan, melt the butter and oil over medium heat	EASY	1-2
2	Add the thinly sliced onions to the pan and stir to coat them with the butter and oil. Cover the pan with a lid and cook the onions over very low heat. Stir the onions occasionally to prevent them from sticking to the pan. Cook the onions until they turn into a deep golden colour. This caramelisation process will take approximately 30-40 minutes. Be patient and avoid the temptation to speed up the process as slow cooking allows the onions to develop a rich flavour	MODERATE	30-40
3	While the onions are caramelising, cook the sausages in a separate skillet or pan according to your preferred method. You can pan-fry, grill, or bake the sausages until they are fully cooked and browned	EASY	20
4	After the wine has been reduced, pour in the chicken stock (or vegetable stock) and let the mixture simmer for about 5 minutes. This will allow the flavours to meld together	EASY	5-10
5	Remove the sprigs of thyme from the pan	EASY	1
6	In a separate small bowl, mix the cornflour with 2 tablespoons of cold water to create a slurry. Stir this slurry into the onion mixture in the pan. Allow the mixture to simmer for an additional 2-4 minutes until it thickens slightly	EASY	2-4
7	Now, the delicious onion gravy is ready to be served. It goes perfectly with mashed potatoes, and beans. If you prefer a vegetarian option, use vegetable stock instead of chicken stock	EASY	1

Spaghetti and Meatballs

Yield 4-6

Cook time: 50-60 mins

Flavoured beef meatballs
Dolmio pasta sauce
Fry Light cooking spray
Grated parmesan cheese
Spaghetti

672g
1 jar
a few sprays in the pan
optional
300g

Nom.	Step	Difficulty	ETA (MINS)
1	Preheat your oven to 180°C	EASY	15-20
2	Place a non-stick frying pan over medium-high heat. Give it a few sprays with Fry Light cooking spray	EASY	1-2
3	Add the flavoured beef meatballs to the pan and sear them for about 10 minutes, turning occasionally	MODERATE	10
4	Pour the jar of Dolmio pasta sauce into a separate saucepan. Heat the sauce over medium heat for about 5-7 minutes, or until it's warmed through	EASY	5-7
5	Transfer the meatballs and sauce mixture to an oven-safe dish. Place the dish in the preheated oven and bake for about 20-25 minutes	EASY	20-25
6	Once the meatballs are heated through, remove the dish from the oven and serve with spaghetti and grated parmesan cheese	EASY	2