

Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF

Cottage Pie
Yield 5
Cook time: 60 mins

Minced beef
 Onion
 Potatoes
 Carrots
 Colman's cottage pie mix
 Cold water
 Frozen peas

500g
 1 large, finely chopped
 4 medium, chopped
 5 large, diced
 around 40-50g
 300ml
 to serve

Nom.	Step	Difficulty	ETA (MINS)
1	Brown the minced beef and chopped onion in a skillet or frying pan until the meat is cooked through and the onions are softened	EASY	10-15
2	Steam the diced carrots until tender	EASY	6
3	Blend the contents of the Colman's sachet with the water and stir into the mince	EASY	5
4	Add the diced carrots. Spread the mixture out evenly with the beef and onions. Simmer for a few minutes	EASY	5-7
5	Boil the potatoes until they are soft and easily mashable	EASY	10-15
6	Preheat your oven to around 200°C (392°F)	EASY	5-10
7	Transfer the cooked beef, softened onions and carrot mixture to an ovenproof dish, spreading it out evenly	EASY	2-3
8	Spoon the mashed potatoes over the beef mix, covering it entirely. Use a fork to create patterns or ridges on the surface	EASY	5-7
9	Bake the cottage pie in the preheated oven for about 30-50 minutes, or until the top of the potatoes turns golden and slightly crispy	EASY	30-50
10	Cook the frozen peas according to the package instructions	EASY	5-7

Mac & Cheese
Yield 2
Cook time: 65 mins

Breadcrumbs	15g
British cheese	100g
Broccoli florets	100g (chopped small)
Coarse-grain mustard	1tsp
Dried macaroni	200g
Glove garlic	1, crushed
Plain flour	15g
Semi-skimmed milk	200ml
Thyme	1tbsp, chopped
Unsalted butter	15g

Nom.	Step	Difficulty	ETA (MINS)
1	Preheat the oven to 200°C (180°C for fan-assisted ovens) or Gas Mark 6	EASY	5
2	Cook the macaroni in boiling water until it is almost tender. Add the broccoli florets and cook for an additional 2 minutes. Drain the macaroni and broccoli well	EASY	10
3	In a saucepan, melt the butter over medium heat. Add the minced garlic and cook for 2 minutes, stirring constantly	EASY	5
4	Stir in the flour and cook for 1 minute, continuing to stir constantly until the mixture is lightly browned	MODERATE	2
5	Add the mustard to the mixture and then slowly whisk in the milk. Heat the mixture until it thickens and reaches a creamy consistency. Season the sauce with freshly ground black pepper to taste	MODERATE	8
6	Turn off the heat and stir in 50g of grated cheddar cheese, the cooked macaroni, and the broccoli. Mix everything until well combined. Then, divide the mixture between two small ovenproof pans or baking dishes	MODERATE	5
7	In a small bowl, mix the breadcrumbs and the remaining 50g of grated cheddar cheese together. Sprinkle this mixture evenly over the macaroni in the ovenproof pans	EASY	3
8	Place the pans in the preheated oven and bake for 15-20 minutes, or until the top is golden brown and the mixture is bubbling	EASY	20
9	Remove the pans from the oven and sprinkle some freshly ground black pepper and fresh thyme leaves over the top for added flavour	EASY	2
10	Serve the creamy macaroni and broccoli bake while it's still hot and enjoy!	EASY	5

Rogan Josh

Yield 4

Cook time: 30-45 mins

500g boneless chicken	cut into bite-size pieces
500g Rogan Josh cooking sauce	1 jar
Onion	1, finely chopped
Fry Light cooking spray	a few sprays in the pan
Cumin powder	1 teaspoon
Coriander powder	1 teaspoon
Turmeric powder	½ teaspoon
Red chilli powder	½ teaspoon

Nom.	Step	Difficulty	ETA (MINS)
1	Heat a non-stick pan and spray it with Fry Light cooking spray	EASY	1-2
2	Add the chopped onions and sauté until they turn translucent	EASY	5-7
3	Add the boneless chicken pieces to the pan and cook until they are no longer pink	MODERATE	7-10
4	Add the cumin powder, coriander powder, turmeric powder, and red chili powder. Mix well to coat the chicken evenly with the spices	EASY	1-2
5	Pour in the ASDA Rogan Josh cooking sauce and mix well with the chicken and spices	EASY	1-2
6	Cover the pan and let the chicken cook in the sauce for about 15-20 minutes, or until the chicken is fully cooked and tender	EASY	15-20
7	Check the chicken for doneness, making sure it is cooked through	EASY	1-2
8	Serve the Chicken Rogan Josh hot with rice or naan bread	EASY	1-2

Spaghetti Bolognese

Yield 4

Cook time: 80 mins

Carrot	1 medium, finely chopped
Courgette	1 medium, chopped
Dried mixed herbs	2 tsp
Dried spaghetti	300g
Garlic gloves	2, crushed
Ground black pepper	to serve
Minced beef	300g
Mushrooms	200g, sliced
Onion	1 large, finely chopped
Red pepper	1, de-seeded and chopped
Reduced salt stock	150ml
Tin chopped tomatoes	400g
Tomato purée	2 tbsp

Nom.	Step	Difficulty	ETA (MINS)
1	Prepare the minced beef: Heat a large saucepan over medium-high heat. Add the minced beef to the saucepan a handful at a time, allowing it to spread out in the pan. Cook the minced beef until it is browned, breaking it apart with a spoon as needed to ensure even cooking. Once the beef is browned, add the chopped onion to the pan and continue cooking for another 2-3 minutes until the onion softens	EASY	11-13
2	Create the Bolognese sauce: Add all the remaining ingredients to the saucepan, except for the spaghetti. Stir everything together until well combined. Bring the mixture to a boil	MODERATE	5
3	Simmer the Bolognese sauce: Once the sauce is boiling, reduce the heat to low to maintain a gentle simmer. Let the sauce simmer for 15-20 minutes, allowing the flavours to meld and the sauce to thicken slightly. Stir occasionally to prevent sticking or burning	MODERATE	30-50
4	Cook the spaghetti: While the sauce is simmering, start cooking the spaghetti. Bring a separate large saucepan of water to a boil. Add the spaghetti to the boiling water and stir well to prevent clumping. Cook the spaghetti for about 8-10 minutes or according to the package instructions, until it is tender but still slightly firm (al dente)	EASY	8-10
5	Season and serve: Once the Bolognese sauce has been simmering for 10 minutes and the spaghetti is cooked, season the sauce with pepper according to your taste preference. Drain the cooked spaghetti in a colander to remove excess water. Serve the spaghetti on individual plates or in a large serving dish, and top it with the prepared Bolognese sauce	EASY	1-2

Tomato Risotto
Yield 4
Cook time: 40 mins

Vegetable stock	1.2 litres
Onion	1 large, finely chopped
Butter	15g
Olive oil	1 tbsp
Tomatoes	8 sun-dried, roughly chopped
Garlic gloves	2, crushed
Arborio risotto rice	300g
Dried oregano	2 tsp
Frozen peas	150g
Parmesan cheese	100g, grated

Nom.	Step	Difficulty	ETA (MINS)
1	Prepare the Stock: Keep the vegetable stock hot in a pan over low heat as you make the risotto	EASY	Ongoing
2	In a large pan, melt the butter and heat the olive oil over medium heat. Add the finely chopped onion and cook for about 5 minutes until it becomes translucent. Then, add the roughly chopped sun-dried tomatoes and crushed garlic, cooking for an additional 2 minutes.	EASY	7
3	Add Rice and Oregano: Stir in the Arborio risotto rice and dried oregano, making sure the rice is well-coated with the mixture	EASY	2
4	Gradually Add Stock: Begin adding the hot vegetable stock to the rice mixture, one ladleful at a time. Stir the rice constantly and allow the stock to be absorbed before adding more. Continue this process until the rice becomes creamy in texture. You might not need to use all of the stock	MODERATE	25-30
5	Incorporate Peas: Once the rice is creamy and nearly cooked, add the frozen peas and cook for an additional 2 minutes until the peas are heated through	EASY	2
6	Add Parmesan Cheese and Season: Stir in the grated Parmesan cheese to add richness and flavour to the risotto. Season the risotto with freshly ground black pepper to taste	EASY	2
7	Serve	EASY	1

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