

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