

Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF

| Chickpea & Spinach Curry | | Yield: 4 | Cook time: 28 mins |
|-------------------------------------|----------------------------|-----------------|---------------------------|
| Vegetable oil | 15ml (1 tablespoon) | | |
| Onion, chopped | 150g (1 onion) | | |
| Garlic cloves | minced (2 cloves) | | |
| Chopped tomatoes | 400g (1 can) | | |
| Curry powder | 5g (1 teaspoon) | | |
| Chickpeas, drained | 400g (1 can) | | |
| Coconut milk | 240ml (1 cup) | | |
| Frozen spinach | 150g | | |
| Salt | to taste | | |

| Nom. | Step | Difficulty | ETA (MINS) |
|-------------|---|-------------------|-------------------|
| 1 | Heat oil in a pot over medium heat. Add onion and cook until soft. Add minced garlic and cook for 1 minute | EASY | 5 |
| 2 | Stir in chopped tomatoes and curry powder | EASY | 2 |
| 3 | Add chickpeas, coconut milk, and frozen spinach. Stir and bring to a simmer | EASY | 3-5 |
| 4 | Cook for 10-15 minutes until spinach is fully cooked and sauce thickens | EASY | 15 |
| 5 | Serve hot with rice or naan bread | EASY | 1 |

| Lentil & Sweet Potato Shepherd's Pie | | Yield: 4 | Cook time: 71 mins |
|---|--|-----------------|---------------------------|
| Olive oil | | 2 tbsp | |
| Onion, chopped | | 1 | |
| Carrot, chopped | | 1 | |
| Rosemary, chopped | | 10g | |
| Garlic cloves, crushed | | 2 | |
| Green lentils (tins) | | 2 x 390g | |
| Plum tomatoes (tin) | | 400g | |
| Sweet potatoes, peeled & chopped | | 500g | |
| Broccoli, cut into florets | | ½ head | |

| Nom. | Step | Difficulty | ETA (MINS) |
|-------------|---|-------------------|-------------------|
| 1 | Heat oil in a pan and fry the onion and carrot for 6-8 minutes. Add rosemary and garlic, cook for another minute | EASY | 6-8 |
| 2 | Stir in lentils (with their water), tomatoes, and 250ml water. Cook for 15-20 minutes until thick | EASY | 15-20 |
| 3 | Boil sweet potatoes for 15-20 minutes until soft. Mash and season with pepper | EASY | 15-20 |
| 4 | Preheat the grill. Pour the lentil mix into a baking dish, top with mashed sweet potatoes, and grill for 10-15 minutes until golden | MODERATE | 10-15 |
| 5 | Steam broccoli for 6-8 minutes. Serve with the pie | EASY | 6-8 |

Mediterranean Veggie Pasta Bake

Yield: 4 Cook time: 80 mins

For the sauce:

| | |
|------------------------|--------|
| Tinned tomatoes | 400g |
| Vegetable stock | 150ml |
| Onion | 1 |
| Garlic cloves, crushed | 2 |
| Oregano | 2 tsp |
| Tomato purée | 1 tbsp |
| Olive oil | 1 tsp |

For the pasta bake:

| | |
|------------------------|--------|
| Aubergine | 1 |
| Courgette | 1 |
| Yellow pepper | 1 |
| Red pepper | 1 |
| Pasta | 500g |
| Mature cheddar, grated | 120g |
| Olive oil | 1 tbsp |

| Nom. | Step | Difficulty | ETA (MINS) |
|------|---|------------|------------|
| 1 | Preheat the oven to 200°C (180°C fan) | EASY | 5 |
| 2 | For the sauce, chop the onion and soften in a pan with garlic and olive oil. Add tomato purée, tinned tomatoes, oregano, and vegetable stock, allow to simmer | MODERATE | 10 |
| 3 | Chop aubergine, courgette, and peppers. Toss with olive oil and roast in the oven for 20-25 minutes | EASY | 25 |
| 4 | Cook the pasta for 3 minutes less than the package instructions. Drain and place in a casserole dish | EASY | 7-10 |
| 5 | Lower the oven to 190°C (170°C fan). Add roasted veg and sauce to the pasta, stir, and top with grated cheese | EASY | 5 |
| 6 | Bake for 20-25 minutes until the top is golden | EASY | 20-25 |

| Quinoa & Veggie Stir-Fry | | Yield: 2-3 | Cook time: 16 mins |
|-------------------------------------|-------------|-------------------|---------------------------|
| Sesame oil | 1 tbsp | | |
| Garlic clove, minced | 1 | | |
| Ginger, minced | 10g | | |
| Bell pepper, sliced | 1 small | | |
| Carrots, julienned/sliced | 2-3 carrots | | |
| Broccoli florets | 150g | | |
| Peas | 115g | | |
| Red onion, sliced | 1 small | | |
| Cooked quinoa | 185g | | |
| Eggs | 2 | | |
| Soy sauce | 1 tbsp | | |
| Red pepper flakes | pinch | | |
| Sesame seeds (optional) | to garnish | | |

| Nom. | Step | Difficulty | ETA (MINS) |
|-------------|--|-------------------|-------------------|
| 1 | Heat oil in a skillet. Add garlic, ginger, and all vegetables. Cook for about 10 minutes, stirring frequently, until tender. If they start sticking, add ¼ cup water | MODERATE | 10 |
| 2 | Add quinoa and mix well. Push vegetables aside, scramble the eggs in the centre, and mix everything together | EASY | 5 |
| 3 | Season with soy sauce and red pepper flakes. Serve with sesame seeds on top if desired | EASY | 1 |

Stuffed Bell Peppers**Yield: 2****Cook time: 61 mins**

| | |
|---------------------------|-----------------|
| Wholegrain rice | 50g |
| Red pepper | 1 |
| Yellow pepper | 1 |
| Small onion | 1 |
| Courgette | 1 |
| Cherry tomatoes | 75g |
| Garlic gloves | 2 |
| Mild goat's cheese | 100g |
| Salt and pepper | to taste |

| Nom. | Step | Difficulty | ETA (MINS) |
|-------------|---|-------------------|-------------------|
| 1 | Boil rice for 25 minutes, then drain | EASY | 25 |
| 2 | Halve peppers, place on a tray, and bake at 200°C | EASY | 15 |
| 3 | Fry onion and courgette for 4-5 minutes, then add tomatoes and garlic. Cook for 1 minute | MODERATE | 8 |
| 4 | Combine rice and vegetable mixture. Season with salt and pepper | EASY | 3 |
| 5 | Stuff peppers with the mixture, top with goat's cheese, and bake for 10 more minutes | MODERATE | 10 |