



## Butternut Squash & Spinach Gnocchi

### Details

Servings	4
Cook Time	36 Minutes
Difficulty	Easy
Cuisine	Italian-Inspired Modern Vegetarian

### Ingredients

Baby Spinach	60g
Black Pepper	to taste
Butternut Squash Chunks	400g
Chopped Garlic	1 clove
Chopped Hazelnuts	2tbsp
Dried Sage	½ teaspoon
Gnocchi	500g
Rapeseed Oil	2tsp
Reduced-Salt Veg Stock	150ml

### Steps

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

## Chicken Rogan Josh

### Details

Servings	4
Cook Time	30-45 Minutes
Difficulty	Easy
Cuisine	Indian (Kashmiri)

### Ingredients

Boneless Chicken	500g, cut into bite-size pieces
Coriander Powder	1 tsp
Cumin Powder	1 tsp
Fry Light Cooking Spray	a few sprays in the pan
Onion	1, finely chopped
Red Chilli Powder	0.5 tsp
Rogan Josh Cooking Sauce	500g
Turmeric Powder	1.5 tsp

### Steps

- Heat a non-stick pan and spray it with Fry Light (1-2 mins)
- Add the chopped onions and sauté until they turn translucent (5-7 mins)
- Add the boneless chicken pieces to the pan and cook until they are no longer pink (5-7 mins)
- Add the cumin powder, coriander powder, turmeric powder, and red chilli powder. Mix well to coat the chicken evenly with the spices (1-2 mins)
- Pour in the Rogan Josh cooking sauce and mix well with the chicken and spices (1-2 mins)
- 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 (15-20 mins)
- Check the chicken for doneness, making sure it is cooked through (1-2 mins)
- Serve the Chicken Rogan Josh hot with rice or naan bread (1-2 mins)

## Chickpea & Spinach Curry

### Details

Servings	4
Cook Time	50-60 Minutes
Difficulty	Easy
Cuisine	Indian (North Indian–inspired, Vegetarian)

### Ingredients

Chickpeas, Drained	400g (1 can)
Chopped Tomatoes	400g (1 can)
Coconut Milk	240ml (1 cup)
Curry Powder	5g (1 teaspoon)
Frozen Spinach	150g
Garlic Cloves	minced (2 cloves)
Onion, Chopped	150g (1 onion)
Salt	to taste
Vegetable Oil	15ml (1 tablespoon)

### Steps

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

## Cottage Pie

### Details

Servings	5
Cook Time	60 Minutes
Difficulty	Easy
Cuisine	British / Irish Comfort Food

### Ingredients

Butter	50g (or to taste)
Milk	2 tbsp (or to taste)
Carrots	5 medium, chopped
Cold Water	300ml
Colman's Cottage Pie Mix	45g
Frozen Peas	to serve
Minced Beef	500g
Onion	1 large, finely chopped
Potatoes	4 large, chopped

### Steps

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

## Green Thai Curry

### Details

Servings	4
Cook Time	50 Minutes
Difficulty	Moderate
Cuisine	Thai

### Ingredients

Boneless Chicken Thigh Fillets	325g
Broccoli Florets	300g
Carrot	1 peeled and sliced
Easy Cook Rice	300g
Olive Oil	1 tbsp
Onion	1 large, finely chopped
Thai Green Curry Sauce	500g

### Steps

- Begin by cooking the easy cook rice according to the package instructions. Once cooked, set it aside and keep warm (20 mins)
- In a deep-frying pan or wok, heat the olive oil over medium heat (2 mins)
- 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 (8 mins)
- 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 (8-10 mins)
- Return the previously cooked golden onion to the pan
- 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 (2 mins)
- 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 (3 mins)
- Serve the flavourful chicken and vegetable stir-fry over the cooked easy cook rice (2 mins)

## Lentil & Sweet Potato Shepherd's Pie

### Details

Servings	4
Cook Time	71 Minutes
Difficulty	Moderate
Cuisine	British-Inspired Vegetarian / Fusion

### Ingredients

Broccoli	½ head, cut into florets
Carrot	1, chopped
Garlic Cloves, Crushed	2
Green Lentils (Tins)	2 x 390g
Olive Oil	2 tbsp
Onion	1, chopped
Pepper	to taste
Plum Tomatoes (Tin)	400g
Rosemary, Crushed	1 tsp
Sweet Potatoes, Peeled & Chopped	500g
Water	250ml

### Steps

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

## Mac & Cheese

### Details

Servings	2
Cook Time	65 Minutes
Difficulty	Moderate
Cuisine	American Comfort Food

### Ingredients

Breadcrumbs	15g
British Cheese	100g
Broccoli Florets	100g
Butter	15g
Coarse-Grain Mustard	1tsp
Dried Macaroni	200g
Garlic Clove	1, crushed
Plain Flour	15g
Semi-Skimmed Milk	200ml
Thyme	1tbsp, chopped

### Steps

- Preheat the oven to 200°C (180°C for fan-assisted ovens) or Gas Mark 6 (5 mins)
- 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 (10 mins)
- In a saucepan, melt the butter over medium heat. Add the minced garlic and cook for 2 minutes, stirring constantly (5 mins)
- Stir in the flour and cook for 1 minute, continuing to stir constantly until the mixture is lightly browned (2 mins)
- 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 (8 mins)
- 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 dishes (5 mins)
- 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 dishes (3 mins)
- Place the dishes in the preheated oven and bake for 15-20 minutes, or until the top is golden brown and the mixture is bubbling (15-20 mins)
- Remove the dishes from the oven and sprinkle some freshly ground black pepper and fresh thyme leaves over the top for added flavour (2 mins)
- Serve the creamy macaroni and broccoli bake while it is still hot (5 mins)

## Mediterranean Veggie Pasta Bake

### Details

Servings	4
Cook Time	71 Minutes
Difficulty	Moderate
Cuisine	Mediterranean / Italian-Inspired

### Ingredients

#### For the sauce

Garlic Cloves, Crushed	2
Olive Oil	1 tsp
Onion	1
Oregano	2 tsp
Tinned Tomatoes	400g
Tomato Purée	1 tbsp
Vegetable Stock	150ml

#### For the vegetables

Aubergine	2
Courgette	1
Yellow Pepper	1
Red Pepper	1
Pasta	500g
Mature Cheddar, Grated	120g
Olive Oil	1 tbsp

### Steps

- Preheat the oven to 200°C (180°C fan) (5 mins)
- 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, and allow to simmer (10 mins)
- Chop aubergine, courgette, and peppers. Toss with olive oil and roast in the oven for 20-25 minutes (25 mins)
- Cook the pasta for 3 minutes less than the package instructions. Drain and place in a casserole dish (7-10 mins)
- Lower the oven to 190°C (170°C fan). Add roasted veg and sauce to the pasta, stir, and top with grated cheese (5 mins)
- Bake for 20-25 minutes until the top is golden (20-25 mins)
- Serve the Mediterranean Veggie Pasta Bake hot and enjoy (2 mins)

## Onion Gravy with Sausages & Mash

### Details

Servings	6
Cook Time	60 Minutes
Difficulty	Moderate
Cuisine	British (Classic Pub / Comfort Food)

### Ingredients

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

### Steps

- In a pan, melt the butter and oil over medium heat (1–2 mins)
- Add the sprigs of fresh thyme to the pan so they can infuse as the onions cook
- 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, stirring occasionally to prevent sticking. Cook until the onions turn a deep golden colour (caramelised) (30–40 mins)
- While the onions are caramelising, cook the sausages in a separate skillet or pan using your preferred method (air-fry, pan-fry, grill, or bake) until fully cooked and browned (20 mins)
- Once the onions are caramelised, add the white wine to the pan. Increase the heat slightly and let the wine simmer until it reduces by at least half. This concentrates the flavour and cooks off the alcohol (5–7 mins)
- After the wine has reduced, pour in the chicken stock (or vegetable stock). Let the mixture simmer for about 5 minutes to allow the flavours to blend (5–10 mins)
- Remove the sprigs of thyme from the pan (1 min)
- In a small bowl, mix the cornflour with 2 tablespoons of cold water to make a slurry. Stir this slurry into the onion mixture and simmer for a further 2–4 minutes until slightly thickened (2–4 mins)
- Your delicious onion gravy is now ready. Serve with mashed potatoes, sausages, and green beans. For a vegetarian option, simply use vegetable stock instead of chicken stock (1 min)

# Paprika Chicken

## Details

Servings	4
Cook Time	36 Minutes
Difficulty	Easy
Cuisine	Central European (Hungarian-inspired)

## Ingredients

Boneless Chicken Thigh Fillets	515g
Chopped Tomatoes	2 x 400g cans
Egg Noodles	495g
Mixed Peppers	1 pack of 3 (sliced)
Red Onion	1, chopped
Parsley (flat leaf)	1 tbsp chopped
Smoked Paprika	1 level tsp
Sunflower Oil	1 tbsp

## Steps

- 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 (8-10 mins)
- 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 (10 mins)
- 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 (25 mins)
- 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 (8-12 mins)
- After simmering, check the seasoning and add salt and pepper to taste if needed (1 min)
- 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 (1-2 mins)

## Quinoa & Veggie Stir-Fry

### Details

Servings	4
Cook Time	30-35 Minutes
Difficulty	Easy
Cuisine	Asian-Inspired Fusion

### Ingredients

Baby Sweetcorn	150g
Broccoli Florets	150g
Garlic Cloves, Crushed	2
Ginger, Grated	1 tsp
Mange Tout	100g
Olive Oil	1 tsp
Quinoa	300g
Reduced-Salt Soy Sauce	2 tbsp
Toasted Sesame Oil	1 tbsp
Vegetable Stock	450ml

### Steps

- Rinse the quinoa thoroughly under cold running water (1-2 mins)
- In a pan, add the rinsed quinoa and pour in the vegetable stock. Bring the mixture to a boil, then reduce the heat to low, cover the pan with a lid, and simmer for 15 minutes, or until all the stock is absorbed (15 mins)
- In a large wok or frying pan, heat the olive oil over medium-high heat. Add the broccoli florets and stir-fry for 5 minutes (5 mins)
- Add the baby sweetcorn, mange tout (snow peas), crushed garlic, and grated ginger to the pan. Stir-fry for another 5 minutes until the vegetables are tender-crisp (5 mins)
- Add the cooked quinoa to the wok. Pour in the soy sauce and toasted sesame oil. Toss everything together until the quinoa and vegetables are well-coated and heated through (3-5 mins)
- Serve the Quinoa & Veggie Stir-Fry hot (1 min)

## Spaghetti & Meatballs

### Details

Servings	4
Cook Time	50-60 Minutes
Difficulty	Easy
Cuisine	Italian (Italian-American in common form)

### Ingredients

Dolmio Pasta Sauce	1 jar
Flavoured Beef Meatballs	672g
Fry Light Cooking Spray	3-4 sprays in the pan
Grated Parmesan Cheese	50g
Spaghetti	300g

### Steps

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

# Spaghetti Bolognese

## Details

Servings	4
Cook Time	78 Minutes
Difficulty	Moderate
Cuisine	Italian (Italian-American in common form)

## Ingredients

Carrot	1 medium, finely chopped
Courgette	1 medium, chopped
Dried Mixed Herbs	0.5 tsp
Dried Spaghetti	300g
Garlic Cloves	2, crushed
Ground Black Pepper	to serve
Minced Beef	300g
Mushrooms	200g, sliced
Onion	1 large, chopped
Red Pepper	1, de-seeded and chopped
Reduced Salt Stock	150ml
Tin Chopped Tomatoes	400g
Tomato Purée	2 tbsp

## Steps

- 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. Cook the minced beef until it is browned, breaking it apart with a spoon. Once browned, add the chopped onion and continue cooking for another 2-3 minutes until the onion softens (11-13 mins)
- 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 (5 mins)
- Simmer the Bolognese sauce. Once 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 (30-50 mins)
- Cook the spaghetti. While the sauce is simmering, bring a separate large saucepan of water to a boil. Add the spaghetti 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) (8-10 mins)
- Season. Once the Bolognese sauce has been simmering and the spaghetti is cooked, season the sauce with pepper to taste. Drain the cooked spaghetti.
- Serve the spaghetti on individual plates or in a large serving dish, and top it with the prepared Bolognese sauce (2 mins)

## Stuffed Bell Peppers

### Details

Servings	4
Cook Time	40-45 Minutes
Difficulty	Easy
Cuisine	Mediterranean / Global (varies)

### Ingredients

Bell Peppers	4
Broccoli Florets	150g
Couscous	100g
Dried Oregano	1 tsp
Garlic Cloves, Crushed	2
Grated Cheese	for topping
Olive Oil	1 tsp
Red Onion, Finely Chopped	1
Reduced-Salt Vegetable Stock	100ml
Tinned Chopped Tomatoes	400g

### Steps

- Preheat the oven to 200°C (180°C fan) (5 mins)
- Chop the broccoli into small pieces. In a pan, heat the olive oil and gently fry the chopped onion for 3-5 minutes until soft. Add the crushed garlic and chopped broccoli and cook for another 5 minutes (10 mins)
- Stir in the tinned tomatoes, oregano, and 100ml of vegetable stock. Bring the mixture to a simmer (5 mins)
- Stir in the couscous and then remove the pan from the heat. Cover the pan with a lid and allow to stand for 10 minutes until the couscous has absorbed all the liquid (10 mins)
- Place the halved and de-seeded bell peppers on a baking tray. Spoon the couscous mixture evenly into the pepper halves. Sprinkle the tops with grated cheese (5 mins)
- Bake the stuffed peppers in the preheated oven for 10-15 minutes, or until the peppers are tender and the cheese is golden and bubbling (10-15 mins)
- Serve the Stuffed Bell Peppers hot (2 mins)

## Tomato Risotto

### Details

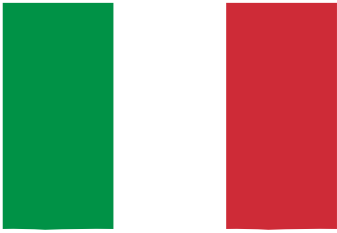
Servings	4
Cook Time	40 Minutes
Difficulty	Moderate
Cuisine	Italian

### Ingredients

Arborio Risotto Rice	300g
Black Pepper	to taste
Butter	15g
Dried Oregano	2 tsp
Frozen Peas	150g
Garlic Cloves	2, crushed
Olive Oil	1 tbsp
Onion	1 large, finely chopped
Parmesan Cheese	100g, grated
Tomatoes (Sun-dried)	8, roughly chopped
Vegetable Stock	300ml

### Steps

- Prepare the Stock. Keep the vegetable stock hot in a pan over low heat as you make the risotto (Ongoing)
- 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 (7 mins)
- Add Rice and Oregano. Stir in the Arborio risotto rice and dried oregano, making sure the rice is well-coated with the mixture (2 mins)
- 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 the stock (25-30 mins)
- 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 (2 mins)
- 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 (2 mins)
- Serve by spooning the risotto into warm bowls or onto plates, ensuring each portion includes a good mix of rice, peas, and sun-dried tomatoes (2 mins)



**Italian**



**Indian**



**British**



**Irish**



**Hungarian**



**Thai**



**American**

