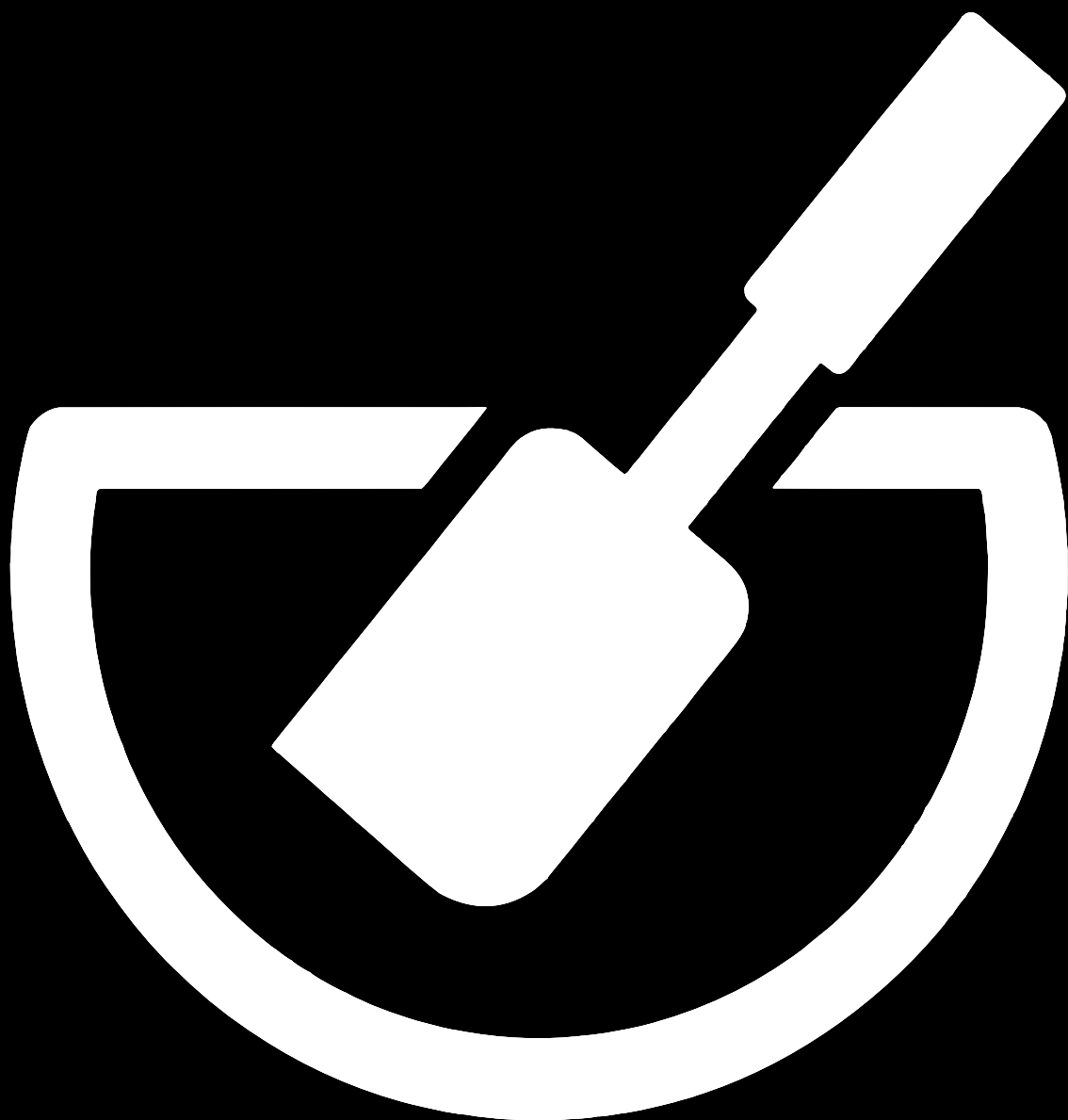




MOOD: COMFORT & SECURITY

These dishes are designed to support you in finding that sense of calm, nourishment and ease.

Cottage Pie – Classic British comfort food featuring savoury minced beef, sweet carrots, and crisp golden mashed potato creates a feeling of home and security.

Onion Gravy with Sausages & Mash – Sweet, caramelised onions, rich wine gravy, and fluffy mash; mirror classic pub food meant to unwind a stressed mind.

Chicken Rogan Josh – A deeply aromatic spice blend (cumin, coriander, turmeric, red chilli) creates a soothing, simmering heat that grounds you on a cold day.

Spaghetti Bolognese – A slow-simmered, rich meat and veggie sauce over warm pasta offers timeless, dependable comfort.

Lentil & Sweet Potato Shepherd's Pie – A rich, plant-based twist on a classic comfort dish.

Cottage Pie

British / Irish Comfort Food

SERVES: 5 **COOK TIME:** 90 Minutes **DIFFICULTY:** Easy

INGREDIENTS

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

METHOD

- 01.** Preheat your oven to 200°C / 180°C fan (5-10 mins).
- 02.** 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).
- 03.** Steam the diced carrots until tender (6 mins).
- 04.** Dissolve the contents of the Colman's sachet in the 300 ml cold water and stir into the mince (5 mins).
- 05.** Add the diced carrots to the mince. Stir well and simmer uncovered for 5–7 minutes, until the mixture has thickened slightly.
- 06.** Boil the potatoes until they are soft and easily mashable (10-15 mins). Drain, then mash with butter and milk until smooth.
- 07.** Transfer the cooked beef, softened onions, and carrot mixture to an ovenproof dish, spreading it out evenly (2-3 mins).
- 08.** 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).
- 09.** Bake the cottage pie in the preheated oven for about 30-50 minutes, or until the top turns golden and slightly crispy.
- 10.** Cook the frozen peas according to the package instructions (5-7 mins).
- 11.** Serve the cottage pie hot alongside the peas and enjoy.

Onion Gravy with Sausages & Mash

British (Classic Pub / Comfort Food)

SERVES: 4 COOK TIME: 60 Minutes DIFFICULTY: Moderate

INGREDIENTS

- Butter - 15 g
- Chicken or Vegetable Stock - 1 stock cube, dissolved in 350 ml water
- Cornflour - 2 level tsp
- Fresh Thyme - 2 sprigs
- Green Beans - 300 g, to serve
- Mashed Potato - 800 g, to serve
- Red Onions - 4, halved and finely sliced
- Sausages - 8 (approx. 400-500 g)
- Sunflower Oil - 1 tbsp
- White Wine - 200 ml

METHOD

- 01.** In a pan, melt the butter and oil over medium heat (1-2 mins).
- 02.** Add the thinly sliced onions and stir to coat them with the butter and oil (1-2 mins).
- 03.** Add the sprigs of fresh thyme. Cover with a lid and cook over very low heat, stirring occasionally, until deep golden and caramelised (30-40 mins).
- 04.** While the onions caramelise, cook the sausages in a separate skillet using your preferred method (air-fry, pan-fry, grill, or bake) until fully cooked and browned (20 mins).
- 05.** Once caramelised, add the white wine. Increase heat slightly and let it simmer until reduced by at least half (5-7 mins).
- 06.** Pour in the stock. Let the mixture simmer for about 5 minutes to allow the flavours to blend (5-10 mins).
- 07.** Remove the thyme sprigs (1 min).
- 08.** In a small bowl, mix the cornflour with 2 tbsp cold water to make a slurry. Stir into the onion mixture and simmer for 2-4 minutes until slightly thickened.
- 09.** Serve the onion gravy hot with mashed potatoes, sausages, and green beans.

Chicken Rogan Josh

Indian-Inspired (Kashmiri-Style)

SERVES: 4 **COOK TIME:** 40 Minutes **DIFFICULTY:** Easy

INGREDIENTS

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

METHOD

- 01.** Heat a non-stick pan and spray with Fry Light (1-2 mins).
- 02.** Add the chopped onions and sauté until translucent (5-7 mins).
- 03.** Add the chicken pieces and cook until no longer pink (5-7 mins).
- 04.** Add the cumin, coriander, turmeric, and red chilli powder. Mix well to coat the chicken evenly (1-2 mins).
- 05.** Pour in the Rogan Josh cooking sauce and mix well (1-2 mins).
- 06.** Cover and let the chicken cook in the sauce for 15-20 minutes, until fully cooked and tender.
- 07.** Check for doneness (1-2 mins).
- 08.** Serve hot with rice or naan bread.

Spaghetti Bolognese

Italian (Italian-American in common form)

SERVES: 4 COOK TIME: 50-60 Minutes DIFFICULTY: Moderate

INGREDIENTS

- Carrot - 1 medium, finely chopped
- Courgette - 1 medium, chopped
- Dried Mixed Herbs - 0.5 tsp
- Dried Spaghetti - 300 g
- Garlic Cloves - 2, crushed
- Ground Black Pepper - to taste
- Minced Beef - 300 g
- Mushrooms - 200 g, sliced
- Onion - 1 large, chopped
- Red Pepper - 1, deseeded and chopped
- Reduced-Salt Stock - 150 ml (beef or vegetable)
- Tinned Chopped Tomatoes - 400 g
- Tomato Purée - 2 tbsp

METHOD

- 01.** Heat a large saucepan over medium-high heat. Add minced beef a handful at a time, browning and breaking apart. Add chopped onion and cook 2-3 mins until softened (11-13 mins).
- 02.** Add the carrot, courgette, mushrooms, pepper, garlic, herbs, chopped tomatoes, tomato purée, and stock. Stir well and bring to a gentle simmer (5 mins).
- 03.** Reduce to low and simmer gently for 30-40 minutes, allowing flavours to meld and sauce to thicken.
- 04.** While sauce simmers, bring a large pan of salted water to boil. Cook spaghetti 8-10 mins until al dente. Drain.
- 05.** Season sauce with pepper to taste.
- 06.** Serve spaghetti topped with Bolognese sauce.

Lentil & Sweet Potato Shepherd's Pie

British-Inspired Vegetarian / Fusion

SERVES: 4 **COOK TIME:** 70 Minutes **DIFFICULTY:** Moderate

INGREDIENTS

- Broccoli - 1/2 head, cut into florets
- Carrot - 1, chopped
- Garlic Cloves - 2, crushed
- Green Lentils (Tinned) - 2 x 390 g, drained but reserve liquid
- Olive Oil - 2 tbsp
- Onion - 1, chopped
- Black Pepper - to taste
- Plum Tomatoes (Tinned) - 400 g
- Rosemary, Dried & Crushed - 1 tsp
- Sweet Potatoes - 500 g, peeled & chopped
- Water - 250 ml

METHOD

- 01.** Heat oil in a pan and fry onion and carrot for 6-8 mins. Add rosemary and garlic, cook 1 min.
- 02.** Stir in drained lentils, tomatoes, and 250 ml water. Cook 15-20 mins until thick.
- 03.** Boil sweet potatoes 15-20 mins until soft. Mash and season with pepper.
- 04.** Preheat grill. Pour lentil mix into baking dish, top with mashed sweet potatoes, grill 10-15 mins until golden.
- 05.** Steam broccoli 6-8 mins. Serve with the pie.

MOOD: REFRESHED & ENERGISED

These dishes are designed to help you feel refreshed, energised and ready to take on the day.

Green Thai Curry – Zesty, fragrant herbs, punchy curry sauce, and crunchy stir-fried veggies give a lively boost to your senses.

Mediterranean Veggie Pasta Bake – Roasted aubergine, courgette, and peppers topped with melted cheddar deliver bright, warm, Mediterranean flavours.

Paprika Chicken – Smoked paprika paired with egg noodles and tender chicken brings a smoky, Central European soulfulness to the table.

Green Thai Curry

Thai-Inspired

SERVES: 4 **COOK TIME:** 50 Minutes **DIFFICULTY:** Moderate

INGREDIENTS

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

METHOD

- 01.** Cook rice according to package instructions. Keep warm (20 mins).
- 02.** Heat olive oil over medium heat in a wok or deep-frying pan (2 mins).
- 03.** Add chopped onion and stir-fry until golden and translucent. Remove and set aside (8 mins).
- 04.** Add the chicken thigh fillets and cook for 4–5 minutes on each side, until browned and cooked through.
- 05.** Return onion to pan.
- 06.** Add broccoli and sliced carrot. Stir-fry 2 mins until tender-crisp.
- 07.** Pour Thai green curry sauce over chicken and veg. Stir and heat through (3 mins).
- 08.** Serve over cooked rice.

Mediterranean Veggie Pasta Bake

Mediterranean / Italian-Inspired

SERVES: 4 **COOK TIME:** 70 Minutes **DIFFICULTY:** Moderate

INGREDIENTS

- Garlic Cloves - 2, crushed
- Olive Oil - 1 tsp + 1 tbsp, divided
- Onion - 1, chopped
- Oregano - 2 tsp
- Tinned Tomatoes - 400 g
- Tomato Purée - 1 tbsp
- Vegetable Stock - 150 ml
- Aubergine - 2 medium, chopped
- Courgette - 1 medium, chopped
- Yellow Pepper - 1, deseeded and chopped
- Red Pepper - 1, deseeded and chopped
- Pasta (penne or fusilli) - 500 g
- Mature Cheddar, Grated - 120 g

METHOD

- 01.** Preheat oven to 200°C / 180°C fan (5 mins).
- 02.** For sauce, soften onion and garlic in 1 tsp olive oil. Add tomato purée, tinned tomatoes, oregano, and stock. Simmer 10 mins.
- 03.** Chop aubergine, courgette, and peppers. Toss with 1 tbsp olive oil and roast 20-25 mins.
- 04.** Cook pasta for 3 mins less than package instructions. Drain and place in casserole dish (7-10 mins).
- 05.** Lower oven to 190°C / 170°C fan. Add roasted veg and sauce to pasta, stir, top with grated cheese (5 mins).
- 06.** Bake 20-25 mins until golden.
- 07.** Serve hot.

Paprika Chicken

Central European (Hungarian-inspired)

SERVES: 4 COOK TIME: 50 Minutes DIFFICULTY: Easy

INGREDIENTS

- Boneless Chicken Thigh Fillets - 515 g
- Chopped Tomatoes - 2 x 400 g cans
- Egg Noodles - 495 g
- Mixed Peppers - 3 (1 red, 1 yellow, 1 green), sliced
- Red Onion - 1, chopped
- Flat-leaf Parsley - 1 tbsp, chopped
- Smoked Paprika - 1 level tsp
- Sunflower Oil - 1 tbsp
- Salt & Pepper - to taste

METHOD

- 01.** Cut each chicken thigh into 3-4 pieces. Heat oil in large saucepan over medium-high heat. Brown chicken on all sides, then transfer to plate, leaving fat in pan (8-10 mins).
- 02.** Add chopped onion, cook 3-4 mins until soft. Add sliced peppers, cook another 5 mins (10 mins).
- 03.** Stir in paprika to coat veg. Return chicken, pour in canned tomatoes with juice. Simmer covered 20-25 mins (25 mins).
- 04.** While simmering, cook egg noodles per package instructions. Drain and mix with chopped parsley (8-12 mins).
- 05.** Season with salt and pepper to taste (1 min).
- 06.** Divide parsley-tossed noodles among plates and spoon paprika chicken and rich tomato sauce over the top.

MOOD: LIGHT, BALANCED & CLEAR

These dishes are designed to help you feel light, balanced and clear, while still enjoying satisfying, nourishing food.

Quinoa & Veggie Stir-Fry – Crisp baby corn, mange tout, toasted sesame oil, and light quinoa leave you feeling energised without any post-meal slump.

Chickpea & Spinach Curry – Plant-based protein suspended in rich coconut milk and mild spices leaves you feeling well-fed, light, and comfortably full.

Stuffed Bell Peppers – Edible, colourful pepper bowls filled with herb-seasoned couscous and melted cheese make the meal feel deliberate and cheerful.

Butternut Squash & Spinach Gnocchi – Pillow-soft gnocchi paired with a vibrant, velvety squash sauce and crunchy roasted hazelnuts balances luxurious comfort with light, fresh energy.

Quinoa & Veggie Stir-Fry

Asian-Inspired Fusion

SERVES: 4 **COOK TIME:** 30 Minutes **DIFFICULTY:** Easy

INGREDIENTS

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

METHOD

- 01.** Rinse quinoa thoroughly under cold water (1-2 mins).
- 02.** Bring quinoa and stock to boil, then reduce heat, cover, and simmer 15 mins until stock absorbed.
- 03.** In large wok, heat olive oil over medium-high heat. Add broccoli and stir-fry 5 mins.
- 04.** Add baby sweetcorn, mange tout, garlic, and ginger. Stir-fry another 5 mins until tender-crisp.
- 05.** Add cooked quinoa, soy sauce, and sesame oil. Toss until well-coated and heated through (3-5 mins).
- 06.** Serve hot.

Chickpea & Spinach Curry

Indian (North Indian-inspired, Vegetarian)

SERVES: 4 **COOK TIME:** 50 Minutes **DIFFICULTY:** Easy

INGREDIENTS

- Chickpeas - 400 g (1 can), drained
- Chopped Tomatoes - 400 g (1 can)
- Coconut Milk - 240 ml (1 cup)
- Curry Powder - 5 g (1 tsp)
- Frozen Spinach - 150 g
- Garlic Cloves - 2, minced
- Onion - 150 g (1 onion), chopped
- Salt - to taste
- Vegetable Oil - 15 ml (1 tbsp)

METHOD

- 01.** Heat oil over medium heat. Add onion, cook until soft. Add garlic, cook 1 min (5 mins).
- 02.** Stir in chopped tomatoes and curry powder (2 mins).
- 03.** Add chickpeas, coconut milk, and frozen spinach. Stir and bring to simmer (3-5 mins).
- 04.** Cook 10-15 mins until spinach is cooked and sauce thickens.
- 05.** Serve hot with rice or naan.

Stuffed Bell Peppers

Mediterranean / Global

SERVES: 4 **COOK TIME:** 45 Minutes **DIFFICULTY:** Easy

INGREDIENTS

- Bell Peppers - 4 large
- Broccoli Florets - 150 g, chopped small
- Couscous - 100 g
- Dried Oregano - 1 tsp
- Garlic Cloves - 2, crushed
- Grated Cheese - 80 g, for topping
- Olive Oil - 1 tsp
- Red Onion - 1, finely chopped
- Reduced-Salt Vegetable Stock - 100 ml
- Tinned Chopped Tomatoes - 400 g

METHOD

- 01.** Preheat oven to 200°C / 180°C fan (5 mins).
- 02.** Heat olive oil, gently fry onion 3-5 mins until soft. Add garlic and broccoli, cook another 5 mins (10 mins).
- 03.** Stir in tinned tomatoes, oregano, and 100 ml stock. Bring to simmer (5 mins).
- 04.** Stir in couscous, remove from heat, cover and stand 10 mins until liquid absorbed.
- 05.** Place the halved and deseeded peppers on a baking tray and roast for 10 minutes to begin softening. Remove from the oven and spoon the couscous mixture into each pepper half. Sprinkle with grated cheese.
- 06.** Return to the oven and bake for 15–20 minutes, until the peppers are tender and the cheese is golden and bubbling.
- 07.** Serve hot.

Butternut Squash & Spinach Gnocchi

Italian-Inspired Modern Vegetarian

SERVES: 4 COOK TIME: 35 Minutes DIFFICULTY: Easy

INGREDIENTS

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

METHOD

- 01.** In a pan, combine squash, garlic, stock, and sage. Season with pepper (5 mins).
- 02.** Bring to simmer and cook 10-12 mins until squash soft and tender.
- 03.** Blend with hand blender until smooth and creamy (3 mins).
- 04.** Toast the chopped hazelnuts in a dry frying pan over medium heat for 2–3 minutes until lightly golden and fragrant. Remove and set aside.
- 05.** Heat rapeseed oil in large non-stick frying pan over medium heat (2 mins).
- 06.** Add gnocchi and fry 6-8 mins until golden and crisp, stirring occasionally.
- 07.** Pour smooth squash sauce over gnocchi (1 min).
- 08.** Add spinach and gently stir until wilted (2-3 mins).
- 09.** Divide among four bowls and sprinkle with chopped hazelnuts.

MOOD: COMFORT, PLEASURE & JOY

The dishes below are designed to bring comfort, pleasure and a little moment of joy to your day.

Mac & Cheese – Creamy, bubbly melted cheese, coarse-grain mustard, and crispy breadcrumbs deliver total nostalgic indulgence.

Spaghetti & Meatballs – Savoury beef meatballs coated in classic tomato sauce and parmesan bring uncomplicated, family-style happiness.

Tomato Risotto – The slow, meditative stirring of creamy Arborio rice infused with parmesan and sun-dried tomatoes feels soothing to both cook and eat.

Mac & Cheese

American Comfort Food

SERVES: 2 **COOK TIME:** 45 Minutes **DIFFICULTY:** Moderate

INGREDIENTS

- Breadcrumbs - 15 g
- Mature Cheddar Cheese - 100 g, grated and divided (50 g + 50 g)
- Broccoli Florets - 100 g
- Butter - 15 g
- Coarse-Grain Mustard - 1 tsp
- Dried Macaroni - 200 g
- Garlic Clove - 1, crushed
- Plain Flour - 15 g
- Semi-Skimmed Milk - 400 ml
- Thyme - 1 tbsp, chopped
- Black Pepper - to taste

METHOD

- 01.** Preheat oven to 200°C / 180°C fan. Bring large pan of salted water to boil.
- 02.** In a saucepan, melt butter over medium heat. Add minced garlic and cook 2 mins, stirring constantly.
- 03.** Stir in flour and cook 1 min, stirring constantly, until lightly browned.
- 04.** Add coarse-grain mustard, then slowly whisk in milk. Heat until thickened to smooth, creamy consistency. Season with black pepper (8 mins).
- 05.** While sauce thickens, drop macaroni into boiling water. Cook until almost tender, adding broccoli for final 2 mins. Drain well (10 mins).
- 06.** Turn off heat under sauce and stir in 50 g grated cheddar, drained macaroni, and broccoli until well combined. Divide between two small ovenproof dishes (5 mins).
- 07.** Mix breadcrumbs and remaining 50 g cheddar. Sprinkle evenly over dishes (3 mins).
- 08.** Bake 15-20 mins until golden and bubbling.
- 09.** Garnish with black pepper and chopped thyme and serve hot.

Spaghetti & Meatballs

Italian (Italian-American)

SERVES: 4 **COOK TIME:** 45-50 Minutes **DIFFICULTY:** Easy

INGREDIENTS

- Dolmio Pasta Sauce (or similar) - 1 jar (500 g)
- Flavoured Beef Meatballs - 672 g (approx. 16-20)
- Fry Light Cooking Spray - 3-4 sprays
- Grated Parmesan Cheese - 50 g
- Spaghetti - 300 g
- Salt - for pasta water

METHOD

- 01.** Fill a large pot with salted water and bring to the boil.
- 02.** Place non-stick frying pan over medium-high heat. Spray with Fry Light (1-2 mins).
- 03.** Add meatballs and sear 10 mins, turning occasionally.
- 04.** Pour Dolmio sauce into saucepan. Heat 5-7 mins. Add seared meatballs and stir to coat.
- 05.** Preheat the oven to 180°C / 160°C fan.
- 06.** Transfer meatballs and sauce to oven-safe dish. Bake 20-25 mins.
- 07.** While meatballs bake, cook spaghetti 8-10 mins until al dente. Drain well.
- 08.** Divide spaghetti among bowls, top with baked meatballs and warm sauce, finish with Parmesan.

Tomato Risotto

Italian

SERVES: 4 **COOK TIME:** 45 Minutes **DIFFICULTY:** Moderate

INGREDIENTS

- Arborio Risotto Rice - 300 g
- Black Pepper - to taste
- Butter - 15 g
- Dried Oregano - 2 tsp
- Frozen Peas - 150 g
- Garlic Cloves - 2, crushed
- Olive Oil - 1 tbsp
- Onion - 1 large, finely chopped
- Parmesan Cheese - 100 g, grated
- Sun-dried Tomatoes - 8 pieces (approx. 50 g), roughly chopped
- Vegetable Stock - 900 ml, kept hot

METHOD

- 01.** Keep vegetable stock hot in a pan over low heat (ongoing).
- 02.** In large pan, melt butter and olive oil over medium heat. Add onion, cook 5 mins until translucent. Add sun-dried tomatoes and garlic, cook additional 2 mins (7 mins).
- 03.** Stir in Arborio rice and oregano, ensuring rice is well-coated (2 mins).
- 04.** Gradually add hot stock, one ladleful at a time, stirring constantly and allowing absorption before adding more. Continue until rice is creamy. You may not need all stock (25-30 mins).
- 05.** Add frozen peas and cook 2 mins until heated through.
- 06.** Stir in Parmesan and season with black pepper to taste (2 mins).
- 07.** Spoon into warm bowls, ensuring each portion includes rice, peas, and tomatoes.