

Chorizo and Tomato Salad

Prep Time: 10 minutes

Cook: 10 minutes

Serves: 4

Ingredients

3 ripe beef tomatoes cut into wedges

$\frac{1}{2}$ red onion thinly sliced

few thyme sprigs, leaves picked

1 tbsp sherry vinegar

2 tbsp extra-virgin olive oil

100g chorizo, sliced on the diagonal

Method

Put the tomatoes in a bowl with the onion and thyme.

Season, then drizzle with the vinegar and oil.

Let the flavours mingle while you cook the chorizo.

In a hot, dry pan, fry the chorizo slices until browned on both sides.

Serve the tomatoes with the fried chorizo, drizzled with a little oil from the pan.

Tomato & Basil Sauce

Prep Time: 5 minutes

Cook: 10 minutes

Serves: makes 350ml

Ingredients

1 tbsp olive oil

1 garlic clove, crushed

400g can chopped tomatoes

1 tsp vegetable stock powder or $\frac{1}{2}$ crumbled stock cube

1 tbsp tomato purée

1 tsp sugar

few basil leaves

Method

Heat 1 tbsp olive oil in a pan, add 1 crushed garlic clove, then gently fry for 1 min.

Tip in 400g chopped tomatoes, 1 tbsp vegetable stock powder or $\frac{1}{2}$ crumbled stock cube, 1 tbsp tomato purée and 1 tsp sugar, then bring to the boil.

Reduce the heat, then simmer uncovered for 5 mins, stirring occasionally.

To finish, tear a few basil leaves, then stir into the sauce.

Baked Bean Cottage Pie

Prep Time: 15 minutes

Cook: 55 minutes

Serves: 4

Ingredients

For the meat layer:

1 onion, sliced

2 tbsp olive oil

500g lean minced beef

2 beef stock cubes

3 tbsp HP sauce

415g can reduced sugar and salt baked beans

For the topping:

900g large potato

3 medium carrots

25g butter

good splash skimmed milk

40g mature cheddar

4 small tomatoes

Prep Time: 15 minutes

Cook: 55 minutes

Serves: 4

Method

Heat oven to 200C/fan 180C/gas 6.

Heat oil in a large frying pan, add the onions and fry them until golden, stirring occasionally.

Add the mince and brown.

Pour in a mug of water, crumble in the stock cubes, then measure in the HP sauce.

Cover the pan and simmer on a low heat for 20 mins, stirring every now and then.

Put a large pan of salted water on the hob to boil and cover with the lid.

When the water is boiling, add the potatoes and carrots.

Cover and simmer for 20 mins until the potatoes are soft when you stick a knife in.

Drain, return to the pan with the butter and milk, then mash until smooth.

Stir the beans into the meat mixture, simmer for a few mins, then spoon the mixture into 4 mini pie dishes.

Spoon the mash on top and spread over the filling, right to the edges of the dish so none of the layer below shows.

Put pie dishes on a baking tray.

Grate cheese, sprinkle on top, then cut tomatoes into wedges and arrange on top.

Bake for 35 mins or until tops are golden.

Banana Bread

Prep Time: 10 minutes

Cook: 55 minutes

Serves: Makes 1 x loaf

Ingredients

2 to 3 very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups
mashed)

1/3 cup melted butter, unsalted or salted

1 teaspoon baking soda

Pinch of salt

3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup
if more sweet)

1 large egg, beaten

1 teaspoon vanilla extract

1 1/2 cups of all-purpose flour

Prep Time: 10 minutes
Cook: 55 minutes
Serves: Makes 1 x loaf

Method

Preheat the oven to 350°F (175°C), and butter a 4x8-inch loaf pan.

In a mixing bowl, mash the ripe bananas with a fork until completely smooth.

Stir the melted butter into the mashed bananas.

Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.

Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a tester inserted into the center comes out clean.

Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving.

Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

Cheese Steak Sandwich

Prep Time: 5 minutes

Cook: 15 minutes

Serves: 4

Ingredients

1 large rib-eye steak Steak (approx 300g)

3 tbsp olive oil

2 garlic cloves, crushed but whole

2 green peppers, sliced

4 buns

60g smoked cheddar, sliced,

2 tbsp crispy onions

Jalapeno and barbeque sauce to serve

Method

Season the steak well, then fry it with the garlic in hot oil for 4-5 mins on each side for medium rare.

Put the steak on a board to rest and discard the garlic.

Add the peppers and a pinch of salt to the pan with extra oil if needed and cook for 3-4 mins.

Heat grill to high. Thinly slice the steak.

Fill each bun with a quarter of the steak, peppers and cheese slices.

Grill for 2-3 mins, top with onions, jalapenos and barbeque sauce.

Meatloaf

Prep Time: 10 minutes

Cook: 45 minutes

Serves: 4

Ingredients

200g dried breadcrumbs soaked in 220ml of milk

700g ground beef / mince

2 eggs, slightly beaten

1 onion, chopped

1/2 teaspoon, dried sage

Salt and black pepper to taste

The Glaze:

2 tablespoons brown sugar

60ml tomato ketchup

Method

Combine all the meatloaf ingredients and place into a loaf pan (Deep Pie Dish)

Mix the glaze ingredients together and top the meatloaf with the mixture

Bake in the oven for 45 minutes, or until the meatloaf is no longer pink in the centre

Braised Cabbage and Carrots

Prep Time: 10 minutes

Cook: 30 minutes

Serves: 4

Ingredients

Small knob butter

2 carrots, cut into batons

1 Savoy cabbage, cut into 8 wedges attached at the core

100ml chicken stock

Method

Heat the butter in a pan, then add the carrots and sizzle for 1 min until glossy and coated.

Nestle the cabbage wedges snugly in the pan and pour over the stock. Cover with a lid and simmer for 30 mins until the cabbage has wilted and the carrots are tender.

Apple Cider Gravy

Prep Time: 10 minutes

Cook: 5 minutes

Serves: 4

Ingredients

3 tablespoons butter

3 tablespoons flour

450ml chicken stock

125ml cup apple cider

Salt and freshly ground black pepper

Prep Time: 10 minutes

Cook: 5 minutes

Serves: 4

Method

Heat a saucepan over medium-high heat. Melt the butter then stir in the flour and cook until light brown, about 1 minute.

Whisk in the chicken stock and apple cider, and season with salt and freshly ground pepper. Continue whisking and cook until thickened, about 3 minutes.

Curried Chicken and Mango Salad

Prep Time: 20 minutes

Cook: 20 minutes

Serves: 2

Ingredients

6 chicken mini fillets

1 tsp olive oil

2 tsp curry powder

4 tbsp Greek yogurt

2 tbsp mango chutney

zest $\frac{1}{2}$ lime and 2 tsp juice

1 Little Gem lettuce, leaves separated

1 ripe mango, peeled and sliced

$\frac{1}{2}$ red onion, finely sliced

2 tsp toasted sesame seed

Prep Time: 20 minutes

Cook: 20 minutes

Serves: 2

Method

Heat oven to 200C/180C fan/gas 6. Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat. Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice.

Meanwhile, make the dressing. In a bowl, combine the remaining curry powder with the yogurt, chutney and lime zest and juice (add 1 tbsp water if the dressing is a little thick).

To serve, arrange the lettuce leaves on 2 plates. Top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.