

Cooking on a budget

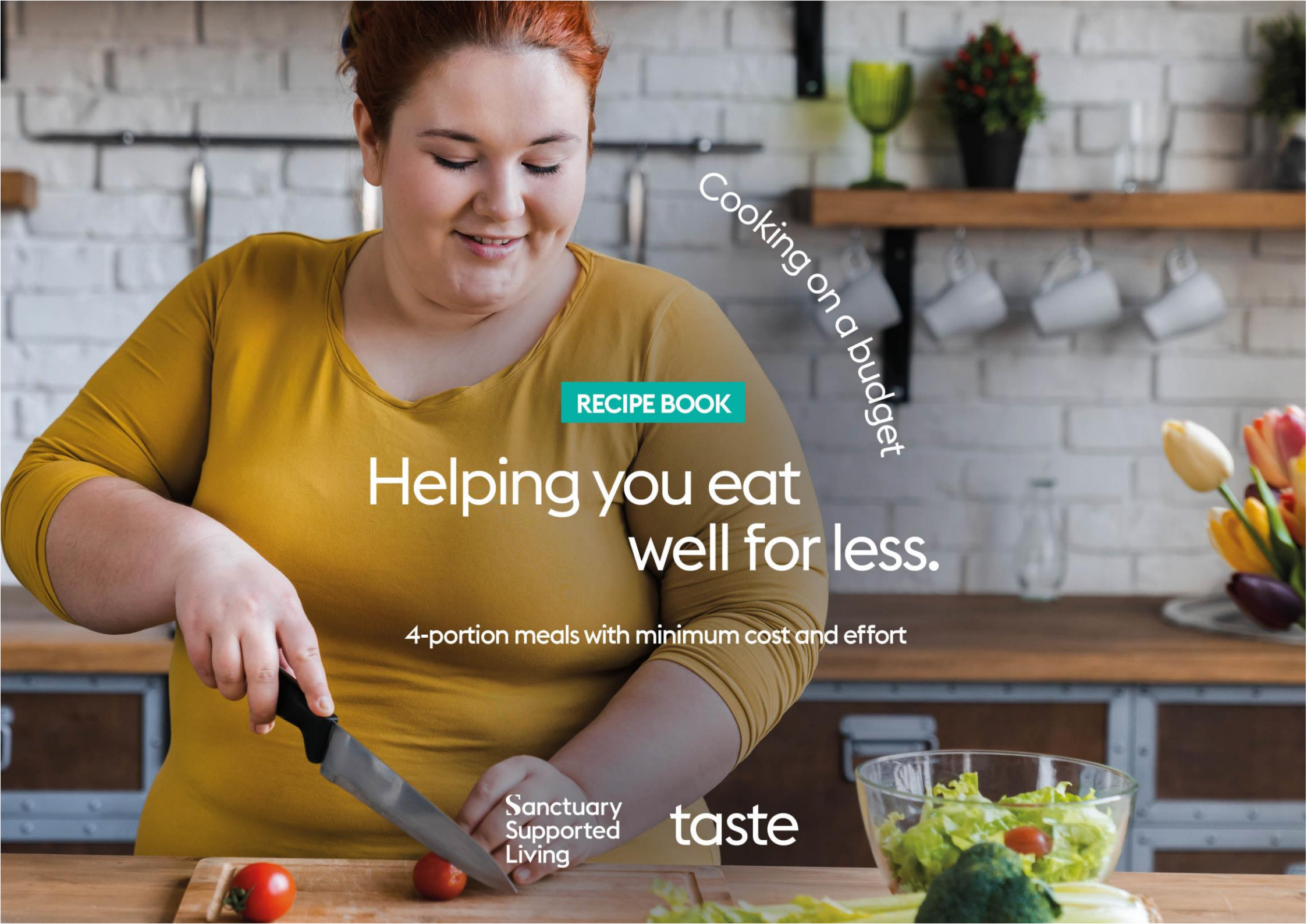
RECIPE BOOK

Helping you eat well for less.

4-portion meals with minimum cost and effort

Sanctuary
Supported
Living

taste



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All of the recipes in this book make 4 portions.

You can enjoy tasty meals every day of the week without breaking the bank. In fact, you can enjoy flavoursome and filling meals without it costing you much at all!

Cooking methods such as marinating and slow cooking can turn cheaper cuts of meat into tender stews, and using leftover vegetables or meat as the basis of tomorrow's soups and stir-fries saves on food and energy bills. For freezing, use zip-top bags, and label and date the contents on a piece of tape.

For example:

- › Roast meat cooked with a jar of curry sauce makes for a quick curry.
- › Chilli con carne and additional sausages can be used to make chili dogs.
- › Chilli can also be served with nachos, jacket potatoes, or with salad and tortillas to create burritos.
- › Meat can be used with vegetables and noodles for a cheap, easy stir-fry.
- › Roast vegetables can be roughly mashed together and fried to create bubble and squeak.
- › Fish can be added to mashed potato and covered with breadcrumbs for simple fish cakes.

Oil

It can be hard to decide which oil is best for cooking. Olive oil can be used in your frying pan, as well as the air fryer, or you can try vegetable oil, sunflower oil or coconut oil as an alternative. Some recipes include butter, but you can swap this out for margarine if you'd prefer.

Oven temperatures

Recipes in this book give the temperature in °C for a standard electric oven. If you have a gas oven or fan oven use these conversions.

°C	Gas mark	Fan oven (°C)
140	1	120
150	2	130
160	3	140
180	4	160
190	5	170
200	6	180
220	7	200
230	8	210

Abbreviations

- | | |
|-------------------|-----------------|
| tsp – teaspoon | ml – millilitre |
| tbsp – tablespoon | L – litre |
| g – gram | kg – kilograms |

Chicken Recipes

The nation's favourite poultry is used in so many of our meals and buying cheaper cuts – such as chicken thighs or drumsticks – instead of chicken breasts can still be healthy and tasty. Mince is also a popular, versatile and inexpensive ingredient.

A whole chicken can be good value, especially if you use it for more than one meal.

You can shorten the cooking time of a roast chicken by spatchcocking the bird. Spatchcocking means to remove the spine and lay the chicken flat. This is typically used for grilling but works well for cooking in the oven too.



How to spatchcock a chicken

1.

Remove the chicken from the packaging and place on a large cutting board. Pat the chicken dry with paper towels and lay the chicken breast-side down with the neck facing you.

2.

Using sharp kitchen scissors, hold the neck in one hand, and cut along one side of the chicken spine to separate from the ribs. Try to cut as close as you can to the spine to avoid removing any excess meat.

3.

Repeat the process on the other side of the spine (holding the spine will help stop the bird from moving) to remove it completely.

4.

If you have trouble with one side or the other, you can turn the chicken so that the tail faces you and cut from the opposite end.

Once this is done, oil and season the chicken and roast as normal for one hour.

You can replace the chicken with turkey in all these recipes to make your meals even cheaper.

Chicken Risotto

Ingredients

- › 1 tbsp oil
- › 400g chicken, diced
- › 1 onion, chopped
- › 1 chicken or vegetable stock cube, dissolved in 500ml of water
- › 250g risotto rice
- › 100g vegetables – sliced mushrooms, green beans or peas, or sweetcorn
- › 1 tsp spice (eg turmeric)

Method

1. Heat the oil in a large saucepan, add the chicken and onion, and fry until browned.
2. Add the stock to the pan.
3. Add the rice and stir until translucent.
4. Add the vegetables and spice.
5. Simmer very gently for about 20 minutes until the rice is tender and all the liquid is absorbed.

Super Easy Chicken Katsu Curry

Ingredients

- › 300g rice
- › 4 southern fried chicken steaks
- › 1 jar Chinese-style curry sauce
- › 2 spring onions

Method

1. Cook the rice following the Easy Rice recipe on page 62.
2. Preheat oven to 200°C.
3. Place the chicken steaks on a baking tray in the centre of the oven for roughly 30 minutes.
4. Pour the curry sauce into a jug, cover with cling film and microwave for 2–3 minutes.
5. Wash, slice and finely chop the spring onions.
6. Place the rice in the centre of the plates.
7. Slice the chicken steak and place on top of the rice, and top with the curry sauce and spring onion.

Easy Chicken Casserole

Ingredients

- › 2 chicken breast fillets, diced
- › 1 pinch of salt and pepper
- › 120g plain flour
- › 1 tbsp oil
- › 600g mixed vegetables, peeled and diced
- › 400g tin of cream of chicken soup

Method

1. Roll the chicken in seasoned flour and brown in a small amount of oil.
2. Place in a casserole dish and add the vegetables. Pour the cream of chicken soup over the vegetables.
3. Cover and bake in an oven at 160°C.
4. Stir after 30 minutes and cook for a further 20–30 minutes.

Cheats Chicken and Bacon Carbonara

Ingredients

- › 300g pasta (spaghetti or linguine work best)
- › 1 tbsp oil
- › 200g chicken
- › 4 slices of bacon
- › ½ onion, diced
- › 4 mushrooms
- › 1 garlic clove, diced
- › 100ml milk
- › 225g cream cheese
- › 30g cheese, grated

Method

1. Cook the pasta and set aside.
2. In a frying pan, add the oil and chicken, and fry until cooked.
3. Add the bacon, onion, mushrooms and garlic, and cook for a further 3 minutes.
4. Reduce the heat to low and stir in the milk and cream cheese until blended.
5. Add the sauce and grated cheese to the pasta and stir to coat.

Satay Chicken

Ingredients

- › 2 tbsp oil
- › 1 onion, cut into wedges
- › 1 tsp fresh garlic, crushed
- › 2 tsp curry powder
- › 400g chicken fillets, cut into strips
- › 2 tbsp honey
- › 35g crunchy peanut butter
- › 120ml chicken stock
- › 270ml coconut milk
- › Chopped chilli (optional)

Method

1. Heat the oil in a pan and add the onion, chilli, garlic and curry powder. Cook for 1–2 minutes, or until the onion is lightly browned.
2. Add the chicken strips and cook for 4–5 minutes, or until the chicken is cooked through.
3. Add the honey, peanut butter, coconut milk and chicken stock
4. Simmer for 10–15 minutes or until the sauce is thickened.
5. Serve with rice.

Tomato-Baked Chicken

Ingredients

- › 8 skin-on chicken thighs
- › 1 tbsp oil
- › 340g tomato passata
- › 1 tsp mixed herbs
- › 1 garlic clove finely chopped
- › 350ml chicken stock
- › 500g baby potatoes
- › 150g cheese, grated

Method

1. Preheat the oven to 180°C.
2. Colour the chicken in a frying pan of hot oil.
3. Place the chicken into a baking dish along with the passata, mixed herbs, garlic and chicken stock.
4. Place the dish in the oven and cook for 25 minutes.
5. While the chicken is cooking, boil the baby potatoes.
6. Add the cheese on top of the chicken and return to the oven for 5 minutes or until cheese is melted.
7. Drain the potatoes and serve topped with the chicken.

Chicken and Mushroom Casserole

Ingredients

- › 1 tbsp oil
- › 400g chicken, diced
- › 1 onion, diced
- › 150g carrots
- › 2 sticks of celery
- › 150g mushrooms
- › 1 chicken stock cube, dissolved in 500ml of water
- › 1 tin of tomatoes, chopped
- › 1g dried thyme
- › 10g cornflour
- › A pinch of salt and pepper

Method

1. Heat the oil in large pan over a medium-high heat and brown the chicken in two batches, then transfer to a plate and set aside.
2. Add the onion, carrots and celery to the pan and cook, stirring often, over medium heat for 4–5 minutes until the onion softens.
3. Add the mushrooms and stir occasionally for 2–3 minutes until slightly softened.
4. Stir in the stock and chopped tomatoes and return the chicken to pan with the thyme.
5. Bring to the boil then reduce the heat, cover and simmer, stirring occasionally, for 15 minutes.
6. Uncover and cook for a further 15 minutes or until chicken is just cooked through.
7. Mix the cornflour with 2 tsp water in a cup until smooth, then stir the cornflour mixture into the pan and cook for 1 minute or until thickened.
8. Season to taste.

Chicken Stir-Fry

Ingredients

- › 400g chicken thighs, sliced
- › 1 tsp paprika
- › 300g dry egg noodles
- › 2 tbsp vegetable oil
- › 500g leftover vegetables of your choice (or fresh/frozen stir-fry vegetables)
- › 1 red pepper sliced
- › 1 onion sliced
- › 150g beansprouts
- › 1 tbsp soy sauce
- › 1 tbsp Worcestershire sauce

Method

1. Add chicken to a bowl, add paprika and mix until coated.
2. Cook the noodles according to pack instructions.
3. Heat the oil in a wok or large frying pan.
4. Add the chicken and cook until it starts to brown.
5. Add the meat and the vegetables, cooking together for 2–3 minutes.
6. Add the soy and Worcestershire sauces.
7. Add the cooked noodles to the pan and heat through.

Tip! Sprinkling a crushed stock cube suited to the meat, poultry or vegetables into the stir-fry as you're cooking will help deepen the flavour.

Chicken and Vegetable Tray Bake

Ingredients

- › 8 skin-on chicken thighs
- › 2 tbsp olive oil
- › 500g carrots, peeled and chopped
- › 2 leeks, thickly sliced
- › 1 tbsp mixed herbs
- › A pinch of salt and pepper
- › 150ml double cream
- › 4 tsp mustard

Method

1. Preheat the oven to 160°C.
2. Heat a large frying pan with half the oil then add the chicken thighs, four at a time, skin-side down.
3. Cook until the skin browns well, then turn them over and cook for another 5 minutes. Once cooked, set aside and drain excess oil from the pan.
4. Add the remaining oil and heat through, adding the carrots and leeks and cooking for about 5 minutes.
5. Spread the vegetables out in a large roasting dish or tin then add the mixed herbs and season.
6. Place the chicken thighs on top of the vegetables and pour in 600ml boiling water – enough to almost cover the meat.
7. Cover with a lid or foil and cook for 30 minutes, then take off the cover and cook for a further 20 minutes.
8. Remove the roasting dish when the chicken is cooked through and pour off the stock into a jug.
9. Remove the chicken and vegetables and set aside covered with foil to keep warm.
10. Pour the stock into a saucepan, bring to the boil and let it thicken
11. Turn down the heat to low, stir in the cream, and whisk for 3–5 minutes. Add the mustard and season to taste.
12. Pour the sauce over the chicken to serve.

Chicken Pesto Pasta

Pasta is a quick and easy meal. You can use any pasta shape with this recipe – from long strands of spaghetti to short fusilli swirls.

Ingredients

- › 400g pasta
- › 250g green beans, trimmed
- › 1 tbsp oil
- › 2 chicken breasts, diced
- › 5 tbsp pesto
- › Handful of hard cheese, grated, to serve

Method

1. Cook the pasta according to pack instructions, adding the green beans for the final 6 minutes of cooking time. Drain and reserve a few tablespoons of the cooking water.
2. Meanwhile, dice the chicken breast into 2cm cubes and add to a pot of simmering water for 7–9 minutes until cooked through.
3. Heat the oil in a pan and add the chicken until it starts to brown.
4. Add the pesto, cooked pasta, and beans in with the chicken and stir to coat.
5. Add a little of the reserved pasta water.
6. Season and sprinkle with hard cheese.

Tip! This recipe can be adapted with other vegetables like peppers or broccoli. If you want to add peppers, dice them up and sauté them with the chicken. If you want to add broccoli, cut it into very small pieces and add it with the chicken whilst simmering so that the broccoli can soften.



Pork recipes

While chicken is the nation's favourite, pork is the most consumed meat worldwide.

Pork is a rich source of the vitamins and minerals your body needs to function, like iron and zinc. It's also an excellent source of high-quality protein.

Pigs can be bred fast and have a simple diet of almost anything, which makes them a cheaper choice of meat.

It's easy to forget how versatile pork is. From breakfast to dinner, bacon and sausage sandwiches, to ribs and chops, and a roast on Sunday!

So with pork being so adaptable and cheap, it's no wonder it's eaten so much worldwide.

Pork and Potato Bake

Ingredients

- › 400g pork (loin recommended)
- › 1 onion
- › 100g courgettes
- › 1 red pepper
- › 1 green pepper
- › 100g cherry tomatoes
- › 400g baby potatoes
- › 1 tbsp oil
- › A pinch of salt and pepper
- › 1 tsp paprika
- › 1 garlic clove, finely sliced
- › 1 tsp chilli (powder, flakes or fresh)

Method

1. Preheat the oven to 180°C.
2. Slice the pork into large chunks and place into a large baking dish.
3. Chop the onion, courgettes and peppers into large chunks and add to the dish, then add the whole cherry tomatoes and potatoes.
4. Drizzle over with oil and sprinkle over the salt, pepper, paprika, chilli and garlic. Mix well.
5. Cook in the oven for 50 minutes.
6. Once the potatoes are golden and the meat is cooked through, remove from the oven and serve immediately.

Somerset Pork

Ingredients

- › 400g diced pork
- › 1 white onion, diced
- › 1 tbsp oil
- › 2 tbsp tomato purée
- › 500ml vegetable stock
- › 4 fresh apples, or 1 tin of apples
- › 30ml double cream

Method

1. Add the diced pork and onions to a hot pan and fry slowly with the oil and tomato purée for 5–10 minutes or until soft.
2. Add the stock and gently boil to thicken the sauce.
3. Take off the heat and leave to stand.
4. Add in the diced apples and cook for a further 20 minutes, stir in the cream and serve.

Bacon Roly Poly

A British classic, this bacon roly-poly recipe is also known as a clanger or bacon pudding. It features a soft suet pudding crust and like all the best suet puddings, it's somewhat stodgy but very comforting.

Ingredients

- › 8 pieces of bacon (smoked or unsmoked)
- › 1 large white onion, roughly chopped
- › 120g suet cut into small cubes
- › 240g flour (self-raising or plain work just as well)
- › A pinch of pepper

Optional

- › Small handful of cheese cubes
- › Mushrooms, chopped
- › 1 tbsp mustard

Method

1. Mix the suet and flour together in a bowl by rubbing the suet into the flour, then gradually add a small amount of cold water to form a dough. Don't worry if you add too much, just add a little more flour until you can roll the dough out with a rolling pin.
2. Flour a surface and roll the dough out to a square approximately 30cm by 30 cm, trying to avoid ripping the sheet of dough.
3. If using mustard, spread it over the dough then place the bacon across it lengthways and sprinkle the onion, mushrooms and cheese (if using) over the top.
4. Sprinkle over pepper (salt won't be needed as the bacon is salty).
5. Start rolling the dough up away from yourself like a Swiss roll.
6. Once rolled tight, fold in the ends and place on a lined baking tray.
7. Place in the oven at 180°C for 30–45 minutes.
8. Cut into slices and serve with green vegetables and gravy.

Simple Sweet and Sour

Ingredients

- › 1 tbsp oil
- › 600g pork sausages, chopped
- › 1 red onion, cut into thin wedges
- › 1 red pepper, roughly chopped
- › 1 green pepper, roughly chopped
- › 440g tin of pineapple pieces, drained

Optional

- › 3 garlic cloves, crushed
- › 2cm piece fresh ginger, peeled and finely grated
- › Sliced spring onions
- › Toasted sesame seeds

Sweet and sour sauce

- › 80g of tomato sauce
- › 3 tsp caster sugar
- › 3 tbsp white wine or rice vinegar (or 2 tbsp of malt vinegar)
- › 1 tsp light soy sauce
- › ½ tsp dark soy sauce
- › 1 tsp cornflour

Method

1. To make the sweet and sour sauce, place all of the ingredients in a bowl together with 120ml of warm water and stir together until well mixed and the sugar has dissolved.
2. Heat half of the oil in a wok or frying pan over a high heat.
3. Add the chopped pork sausage and stir-fry for 4 minutes or until browned.
4. Transfer the pork to a plate.
5. Add the remaining oil to the wok, swirl to coat, then add garlic and ginger (if using), and the red onion and stir-fry for 2–3 minutes or until onion starts to soften.
6. Add the peppers and pineapple and stir-fry for a further minute or until heated through.
7. Return the pork to the wok.
8. Add the sauce and bring to the boil.
9. Cook for 3–5 minutes until the pork is cooked through and sauce has thickened.
10. Serve with Easy Rice (see recipe on page 62) and top with sliced spring onions and toasted sesame seeds (if using).

Glorified Hot Dogs

Ingredients

- › 4 pork sausages
- › 4 hot dog rolls or 2 part-baked baguettes
- › 2 tbsp tomato sauce
- › 1 tsp mustard
- › 2 tsp honey
- › 2 tsp dried oregano

Method

1. Preheat the oven to 150°C.
2. Mix together the tomato sauce, mustard, honey and oregano.
3. Place the sausages in a baking dish and pour the sauce over them.
4. Bake for 20 minutes.
5. If using part-baked baguettes, rinse quickly under the tap and pop them in the oven for 15 minutes until golden. If using hot dog rolls, once 20 minutes is up, turn the oven up to 180°C and heat through for 5 minutes.
6. Slice the rolls or baguettes, and fill with sausages. Serve with a squirt of extra tomato sauce over the top.

Tip! Make this meal a little more special by topping the hot dogs with cheese or fried onions and serving with home-cooked chips.

Pork and Apple Burgers

A tasty and healthy “fake-away”, this family favourite is a dinner the kids can help with.

Ingredients

- › 400g of 5% fat pork mince
- › 60g of apple, grated
- › 1 tbsp mixed herbs
- › 1 tsp salt
- › 1 tbsp oil
- › Burger buns
- › Lettuce
- › Tomato
- › Cucumber

Optional

- › 1 tsp dried onion granules

Method

1. Grate the apple and then put in a clean tea towel and squeeze out any excess liquid, or press in a sieve and leave to drain.
2. Place the pork mince, apple, mixed herbs, onion granules (if using) and salt into a bowl, and get stuck in with your hands to give it a thorough mix.
3. Shape into 4 patties and leave to rest in the fridge for 15 minutes.
4. Heat the oil and on a medium heat, and cook the burgers for around 5 minutes on each side until cooked through.
5. Lightly toast the burger buns.
6. Wash and slice the lettuce, tomatoes, and cucumber.
7. Build your burger and serve with chips or homemade wedges (see the Sides section for recipes and more ideas).

Meatballs with Spaghetti

Ingredients

- › 2 tbsp oil
- › 2 onions, peeled and finely chopped
- › 3–4 garlic cloves, finely diced
- › 400g tin of chopped tomatoes
- › 1 tbsp tomato purée
- › 500g pork mince
- › 75g fresh or dried white breadcrumbs
- › 1 egg
- › 1 tbsp mixed herbs
- › A pinch of salt and pepper
- › 400g spaghetti

Method

1. Starting with the sauce, heat 1 tbsp of the oil in a pan, add the onion and cook over a medium heat for 5 minutes, until softened but not brown.
2. Add the garlic to the pan and cook for 1–2 minutes.
3. Remove half the onions from the pan to use in the meatballs.
4. Add the tin of tomatoes and 150ml boiling water to the pan and bring to the boil, then reduce the heat, cover and leave to simmer for 15–20 minutes.
5. To make the meatballs, add the cooked onion and garlic to the pork mince, along with the breadcrumbs, egg and

mixed herbs. Season and mix all of the ingredients together.

6. Split the mixture and shape it into 16 balls.
7. Place them on a tray covered with cling film and chill until firm.
8. Heat the remaining oil in a pan and add half the meatballs then cook, turning them occasionally until browned on all sides.
9. Repeat with the second half of the mixture.
10. Add the meatballs to the tomato sauce and simmer gently for 15–20 minutes, until they are cooked through. Moving them occasionally in the sauce will stop the meatballs from drying out on one side and prevent the sauce from burning.
11. While the meatballs are cooking, cook the spaghetti according to the pack instructions.
12. Drain the spaghetti, mix into the meatball sauce and serve.

Sausage and Mash Pie

Enjoy a simple adaptation on the family favourite – sausage and mash. This hearty pie can easily be frozen and enjoyed at a later date.

Ingredients

- › 1 tbsp oil
- › 8 sausages
- › 25g butter
- › 1 onion, finely sliced
- › 450ml of gravy (use instant gravy granules)

For the mash

- › 750g potatoes, cut into large chunks
- › 150ml milk
- › 25g butter
- › A pinch of salt and pepper

Optional

- › 25g cheese, coarsely grated

Method

1. To make the mash, tip the potatoes into a pan of cold, salted water and bring to the boil, then turn down and simmer for 10–12 minutes or until they're just cooked (the tip of a knife should slide in easily).
2. Drain and leave to cool for a minute before pouring the milk into the pan and bringing to a simmer. Tip in the drained potatoes and butter, and mash thoroughly. Season to taste.
3. Preheat the oven to 200°C.
4. Heat the oil in a frying pan and gently cook the sausages over a medium-high heat for 5–10 minutes, turning them until browned on all sides. Transfer the sausages to a plate.
5. Add the butter to the pan and heat until sizzling. Tip in the onion and fry in the butter for 5–8 minutes, until golden.
6. Pour the gravy into the pan and bring to the boil for a minute, then turn down to a simmer.
7. Pour away any juices from the sausages, cut them into thick slices and add to the pan. Simmer together for 5 minutes until you have a glossy onion gravy. Then pour the mixture into a baking dish.
8. Top the sausage and gravy mix with mash, starting from the edges of the dish and working your way into the middle. Scatter over the cheese (if using).
9. Pop the pie on a tray in the centre of the oven for 35–40 minutes, until the top has browned.
10. Leave to cool for 5 minutes before scooping straight from the baking dish at the table. Serve with peas or other vegetables of your choosing.

Sausage Pasta

Sausage pasta is a quick and easy meal. It works great with any short pasta shape, like penne, fusilli, or farfalle. Everything cooks in one pan, making cleaning up just as quick.

Ingredients

- › 200g tin of hot dog sausages, chopped into pieces
- › 1 tbsp oil
- › 1 small, white onion, diced
- › 1 tin of chopped tomatoes
- › 225g dried pasta
- › 500ml of vegetable or chicken stock
- › 400g spinach
- › 100g cheese, grated

Method

1. Add the cooking oil and sausages to a large pan and cook over a medium heat until they're browned. If there is excess fat in the pan, drain it off before moving on to the next step.
2. Add the onions to the pan with the sausage and continue to fry until the onions have softened. Allow the moisture from the onions to dissolve any browned bits off the bottom of the pan.
3. Add the chopped tomatoes, uncooked pasta and stock to the pan. Stir until everything is evenly combined – it's okay if the stock does not fully cover the pasta.
4. Place a lid on the pan and allow the stock to come to a boil. Then turn the heat down to medium-low and let the pasta simmer for about 10 minutes, or until tender. Stir the pasta occasionally, replacing the lid each time.
5. Once the pasta is cooked and only a small amount of liquid remains, it's time to add the vegetables to the pan. Gently stir the fresh spinach into the pasta, until it has wilted.
6. Top the pasta with cheese, place the lid back on the pan, and let the pasta simmer over a low heat until the cheese is melted and creamy.

Tip! This recipe can be adapted for other vegetables such as peppers or broccoli. If you want to add peppers, dice them up and sauté them with the onions in the beginning. If you want to add broccoli, cut it into very small pieces and add it with the pasta so that the broccoli can soften.

You can change the sausages to pepperoni or other flavoured sausages if you wish.

Sausage and Butter Bean Casserole

A quick and easy family dinner recipe that cooks on the hob in less than 30 minutes.

Ingredients

- › 1 tbsp oil
- › 8 sausages
- › 1 medium white onion, diced
- › 2 garlic cloves, crushed
- › 2 medium carrots, diced
- › 400g tin of chopped tomatoes
- › 1 tbsp tomato purée
- › 200ml chicken or vegetable stock
- › ½ tsp paprika
- › ½ tsp dried mixed herbs
- › 400g tin of butter beans, drained

Method

1. Heat the oil in a large saucepan or frying pan. Add the sausages and fry gently for 5–6 minutes until they start to brown. Remove the sausages from the pan and set aside.
2. In the same pan, add the onion and fry for 2–3 minutes until it starts to soften. Add the garlic and carrots, and cook for another couple of minutes.
3. Add the tinned tomatoes, tomato purée, stock, paprika and mixed herbs. Stir well before adding the sausages back into the pan.
4. Cook on a low-medium heat for 15 minutes.
5. Add the butter beans and cook for a further 5 minutes until the beans have warmed through.
6. Serve immediately with crusty bread or rice.

Sausage and Potato Casserole

Ingredients

- › 1 tbsp oil
- › 500g new potatoes, halved
- › 8 sausages
- › 1 onion, sliced
- › 1 green pepper, diced
- › 340g tomato passata
- › 1 tsp mixed herbs
- › 1 garlic clove

Method

1. Preheat the oven to 200°C.
2. Heat the oil in a large frying pan and fry the potatoes and sausages together for 5 minutes.
3. Add the onion and pepper, and cook for a further 5 minutes, turning the sausages occasionally until browned.
4. Add the sausages and potatoes to a casserole dish.
5. Mix together the passata sauce, herbs, and chopped garlic, and add this to the sausage and potato mix.
6. Cover, place in the oven and cook for 15–20 minutes.

This dish can also be cooked covered on a hob for 15 minutes.

Beef recipes

While beef is generally an expensive meat, it can be made more affordable in a variety of ways, including by selecting cheaper cuts that require lower and slower cooking – like in the slow cooker.

Tinned corned beef and mince are other cheaper alternatives, and when used smartly, can be used to create filling and tasty meals that are sure to be weeknight winners!



Cottage Pie

There is nothing more comforting than a warm cottage pie in your tummy when the weather turns. It's filling, tasty, easy to make, and it doesn't cost the Earth.

Ingredients

Filling

- › 1 tbsp oil
- › 500g beef mince
- › 2 carrots, chopped
- › 1 onion, chopped
- › 1 tin of chopped tomatoes
- › 1 tsp mixed herbs
- › 1 beef stock cube, dissolved in 190ml of boiling water
- › A pinch of salt and pepper

Topping

- › 750g potatoes
- › 25g butter
- › 10ml milk

Method

1. Preheat the grill to 180°C.
2. Heat the oil in a pan, add the beef mince and fry until browned.
3. Drain off the fat before adding in and frying the carrot and onions.

4. Add all the other ingredients to the pan, give it a stir and leave it to simmer for 35 minutes, stirring occasionally.
5. In the meantime, boil the potatoes until tender, then mash them with the butter and milk.
6. After 35 minutes is up, add the mince filling to an ovenproof dish, and top with the mashed potato.
7. Place under a preheated grill, until it starts to brown.

Mini Meatloaves

Ingredients

- › 1 x 170g package of stuffing mix
- › 2 tbsp of barbecue sauce
- › 400g beef mince
- › 128g cheese, grated

Method

1. Preheat the oven to 180°C.
2. In a large bowl, combine the stuffing mix with 2 tbsp of barbecue sauce and one cup of water.
3. Add the beef mince and mix lightly, but not too much!
4. Press the mixture into 12 ungreased muffin cups.
5. Bake for 18–20 minutes until cooked through.
6. Sprinkle cheese over the top, and return to the oven until the cheese melts (approximately 3–5 minutes).
7. Serve with mashed potatoes and vegetables of your choice.

This can be made with any mince – turkey is a great affordable option.

Easy and Tasty Beef Stroganoff

Ingredients

- › 2 cheap frying steaks, sliced, or some frying steak strips (beef mince can also be used)
- › 1 medium onion, sliced
- › 130g mushrooms, sliced
- › 1 chicken stock cube, dissolved in 450ml of boiling water
- › 2 tbsp tomato purée
- › 2 garlic cloves, crushed
- › 4 tbsp sour cream
- › 2 tsp mustard Dijon or French

Method

1. Fry the steaks, onion and mushrooms until browned.
2. Add the chicken stock, tomato purée, mustard and garlic, and simmer for about 15 minutes.
3. Stir through the sour cream, reduce the heat, and stir until the sauce has thickened slightly (keep temperature low as boiling can cause sour cream to split).
4. Serve with rice, pasta or mashed potato.

Chilli Con Carne

Ingredients

- › 1 tbsp oil
- › 500g beef mince
- › 1 onion, chopped
- › 1 stock cube
- › 1 pepper, diced
- › 1 tin of chopped tomatoes
- › 1 tin of baked beans
- › 1 small tin of chilli kidney beans
- › 1 tsp chilli powder
- › 300g white rice

Method

1. Heat the oil in a pan and add the mince. Cook until brown, and drain away the excess fat.
2. Add the onion to the drained mince and fry until it has softened. Then sprinkle over and stir in the stock cube.
3. Add the peppers and cook until slightly soft.
4. Stir in the tomatoes, baked beans and kidney beans, reduce the heat and cook for 20 minutes.
5. Add the chilli powder and cook for 10 more minutes.
6. Start to cook the rice (follow Easy Rice recipe on page 62).
7. Remove the chilli from the heat, cover and leave to absorb the flavours until the rice is ready.

Tip! Leftovers can be served over a jacket potato for a quick, easy meal.

Corned Beef Stew

You can use any vegetables you like in this corned beef or 'campfire stew', but we recommend carrots, swedes, potatoes and parsnips – all mixed together in a spicy beef broth.

Ingredients

- › 300g carrots, chopped
- › 500g potatoes, diced
- › 300g parsnips, chopped
- › A pinch of salt
- › 5 beef stock cubes
- › A pinch of pepper
- › 2 tbsp cornflour
- › 1 can of corned beef, cut into chunks

Method

1. Bring 1.5 litres of water to the boil in a cast iron casserole dish. Season the water with a pinch of salt.
2. Add the chopped vegetables to the pot. Reduce the heat to a slow, rolling boil, then cook for 20 minutes or until the vegetables are just starting to soften.
3. While the vegetables are cooking, in a separate bowl, mix together the beef stock cubes and a pinch of pepper.
4. In another bowl, make a cornflour slurry using 2 tbsp of cornflour and 45ml of cold water.
5. When the vegetables are cooked mix in the beef stock and pepper with a whisk, and continue to boil for a further 10 minutes.
6. Add the chopped up corned beef to the pot.
7. Finally, thicken the stock with the cornflour slurry, and leave to simmer for 15 minutes before serving.

Baked Bean and Corned Beef Hash

Ingredients

- › 600g potatoes, peeled and roughly chopped
- › 1 leek, roughly chopped
- › 1 can of corned beef, cut into chunks
- › 10g butter
- › 2 tbsp milk
- › A pinch of salt and pepper
- › 400g tin of baked beans
- › 100g cheese, grated

Optional

- › 2 tbsp tomato purée
- › 2 tsp Worcestershire sauce

Method

1. Preheat the oven to 180°C and cook the potatoes in lightly salted boiling water for 15–20 minutes or until tender. Simmer the leek in boiling water for 10 minutes.
2. Meanwhile, put the chunks of corned beef into a bowl with the tomato purée and the Worcestershire sauce (if using) and stir together gently.
3. Drain the cooked potatoes and mash them with butter and milk. Season to taste, then stir in the drained leek.
4. Pour the baked beans into an ovenproof dish and spread the corned beef mixture over the top.
5. Spoon on the mashed potato mixture, spreading it out evenly, then sprinkle the cheese over the surface and bake for 30 minutes.

Spaghetti Bolognese

Ingredients

- › 1 tbsp olive oil
- › 500g beef mince
- › 1 medium onion, peeled and chopped
- › 1 garlic clove, crushed
- › 90g mushrooms, sliced
- › 1 carrot, grated or finely diced
- › 1 courgette, grated or finely diced
- › 1 tsp mixed herbs
- › 1 stock cube
- › 400g tin of chopped tomatoes
- › A pinch of salt and pepper
- › 350g spaghetti

Method

1. Heat the oil in a large pan and fry the mince for 3–4 minutes until brown. Drain the excess oil.
2. Returning the pan to the heat, add the onion and fry over a fairly high heat for 3–4 minutes.
3. Add the garlic, and once the onion and garlic are brown, add mushrooms, carrots, courgettes and herbs, and cook for another couple of minutes.
4. Sprinkle over the stock cube and stir in the tomatoes and seasoning.
5. Bring to the boil before reducing the heat, then cover and simmer, stirring occasionally, for 30 minutes.
6. Meanwhile, cook the spaghetti in a large pan of boiling, salted water, according to pack instructions.
7. Drain the spaghetti well and stir in the meat sauce before serving.

Meat and Potato Pie

Ingredients

- › 1 onion, diced
- › 1 garlic clove, finely diced
- › 1 tbsp oil
- › 500g beef mince
- › 2 tbsp flour
- › 1 beef stock cube, dissolved in 300ml boiling water
- › 2–3 tbsp tomato purée
- › 2 medium potatoes, peeled and diced
- › 2 tbsp Worcestershire sauce
- › A pinch of salt and pepper
- › 1 block of ready-made shortcrust pastry
- › 1 egg, beaten, to glaze

Method

1. In a large pan, fry the onion and garlic in oil until tender, then add the mince and brown all over.
2. Stir in the flour and cook for 2–3 minutes.
3. Gradually stir in the stock, tomato purée, potatoes and Worcestershire sauce.
4. Bring to the boil then simmer for approximately 15 minutes until the potatoes are cooked, stirring frequently.
5. Season to taste and allow to cool.
6. Preheat the oven to 200°C.
7. Roll out just over half of the pastry and use this to line a pie dish, allowing any excess to hang over the edges. Place the cooled meat mixture into the dish and spread evenly over the pastry.
8. Roll out the remaining pastry so that it forms a sheet large enough to cover the pie, and brush the borders with the beaten egg.
9. Add the pie lid to the base, pressing the edges firmly together all the way round, then trim off the excess with a sharp knife.
10. Make a small hole in the top of the pie to allow steam to escape.
11. Brush the top of the pie with beaten egg and bake for 30 minutes or until pastry is golden brown.

Tip! Serve with roasted root vegetables – a perfect meat pie accompaniment to warm your cockles on a winter's day.

Salisbury Steak with Mushroom Sauce

Ingredients

Salisbury steak

- › 110g breadcrumbs
- › ½ onion, finely chopped
- › 500g beef mince
- › 1 garlic clove, minced
- › 1 egg
- › 2 tbsp ketchup
- › 1 beef stock cube, crumbled
- › ½ tsp Worcestershire sauce
- › 3 tsp mustard
- › 250 ml water

Mushroom sauce

- › 1 tbsp oil
- › 2 garlic cloves, minced
- › ½ onion, finely chopped
- › 150g mushrooms, sliced
- › 2 tbsp unsalted butter
- › 3 tbsp plain flour
- › 2 beef stock cubes, dissolved in 1L of water
- › 1 tsp mustard
- › 1 tsp Worcestershire sauce
- › A pinch of salt and pepper

Method

Salisbury steak

1. Place the breadcrumbs in a bowl and add the onion and water, then mix together and leave to soak for a few minutes.
2. Add the remaining steak ingredients into the bowl, and using your hands, mix until everything is combined evenly.
3. Divide the mixture into four 125g balls and shape into oval patties around ¾ inch thick.
4. Heat oil in a pan over a high heat. Add the steak patties and cook the first side for 1–2 minutes before flipping over to brown on the other side. Set aside on a plate and return your pan to the heat for the mushroom gravy.

Mushroom sauce

1. If the pan is looking dry, add a touch more oil. Add the chopped onion and garlic, and cook for a few minutes until the onions are soft and translucent.
2. Add the mushrooms to the pan and cook for 3 minutes.
3. Turn down the heat, add butter and flour and cook for 1 minute, stirring constantly to prevent burning.
4. Slowly add the beef stock whilst stirring and when the sauce is free from lumps, add in the remaining ingredients.
5. Return the seared steaks to the gravy and cook for 7 minutes, stirring occasionally.
6. If the gravy thickens too much, add up to 250ml more water.
7. Remove steaks onto a plate.
8. Adjust the gravy seasoning to taste.
9. Serve with mashed potatoes and vegetables.

Mac and Cheeseburger Casserole

Ingredients

- › 1 tbsp oil
- › ½ onion, chopped
- › 1 garlic clove, minced
- › 500g beef mince
- › 340g dried macaroni
- › 1 cube of chicken stock, dissolved in 500ml hot water
- › 1 tsp chilli powder
- › 1 tsp mixed herbs
- › 800g chopped tomatoes
- › 1 tbsp tomato purée
- › A pinch of salt and pepper
- › 100g cheddar cheese (or another tasty cheese type)
- › 100g mozzarella cheese roughly torn

Optional

- › 1 small carrot, chopped
- › 1 celery stalk, chopped
- › 65g frozen corn
- › 1 tbsp hot sauce
- › 1 tsp garlic powder

Method

1. Heat the oil in a large, deep pan over a medium-high heat.
2. Add onion and garlic, and cook for about a minute.
3. If using, add the celery and carrot at this point and cook for another 3 minutes until softened.
4. Increase the heat and add the beef mince to the pan.
5. Fry the mince, being sure to break it up as you cook.
6. Add in all the remaining ingredients, apart from the cheese and dried macaroni.
7. Stir to combine before adding the macaroni, and turn down to medium-low so the mixture is simmering gently.
8. Cover and cook for approximately 8 minutes, until the macaroni is just about cooked, but still nice and saucy.
9. Add the cheddar cheese and stir.
10. Top with the mozzarella cheese torn into chunks.
11. Cover pan with a lid, and cook for a further 2 minutes.
12. Remove from the hob. The macaroni should now be cooked – tender but firm.



Fish recipes

You should eat at least one portion of oily fish a week and there are many recipes that can make a simple tin of fish into a meal. For example, our Tinned Fish Fishcakes are an easy, quick, and affordable way to get your recommended intake of oily fish. If you make more than you need, you can also freeze them for use at a later date.

Tinned salmon, tuna, sardines, kippered herring, and other types of fish are just as nutritious as fresh fish.

Typically, white fish is more affordable and easier to make into a delicious meal. In frozen fish, vitamins and minerals are 'locked in' through freezing, which makes it another great alternative to fresh fish.

Tinned Fish Fishcakes

Ingredients

- › 2 medium floury potatoes, peeled and quartered
- › Large knob of unsalted butter
- › 1½ tbsp mayonnaise
- › The zest of 1 lemon
- › 2 spring onions, thinly sliced
- › A pinch of salt a large pinch of pepper
- › 150g tin of tuna, drained, or fish of your choice
- › 3 slices old bread
- › 1 egg, lightly beaten
- › 100g plain flour

Method

1. Preheat the oven to 200°C.
2. Put the potatoes in a saucepan, cover with cold water and bring to the boil before reducing the heat to a simmer and cooking for 15–20 minutes or until tender.
3. Drain the potatoes and return them to the pan with the butter, mayonnaise, lemon zest, spring onions, salt and a generous amount of pepper, then mash together until smooth.
4. Stir in the tuna and set aside.
5. Put the bread in a food processor and pulse until it forms crumbs.
6. Put the egg, flour and breadcrumbs into three separate, shallow bowls.
7. Shape the tuna mixture into six fishcakes then coat each one, first in flour, then in egg, then in breadcrumbs.
8. Place on a baking tray and bake for 15 minutes, or until the breadcrumbs are just golden.
9. Serve with salad, rice or vegetables.

Tip! You could try making this recipe with other types of fish, such as tinned salmon or mackerel.

Easy Fish Pie

Ingredients

- › 500g large potatoes
- › 100g butter
- › 1 onion, chopped
- › 3–4 frozen white fish fillets, defrosted
- › 4 tsp flour
- › 400ml milk
- › 1 tsp of mixed dried herbs
- › 200g of frozen peas
- › A pinch of salt and pepper

Method

1. Peel the potatoes, cut into 2cm chunks and boil in a pan of seasoned water until tender (approximately 10 minutes, depending on how small the chunks are).
2. While the potatoes are cooking, add half the butter to a saucepan and fry the onion on a low heat for 5 minutes.
3. Cut the defrosted fish into 2cm cubes, add to the saucepan and fry for a further 5 minutes.
4. Add flour to the mix and stir for one minute.
5. Slowly add 300ml of milk whilst stirring.
6. Add the salt, pepper, herbs and peas to the pan and gently bring to a simmer.
7. Drain the potatoes and mash them with the rest of the milk and butter.
8. Put the fish mixture into an ovenproof dish and spoon on the mash topping.
9. Brown the pie under the grill for 5–10 minutes, until golden and bubbling at the edges.
10. Serve with vegetables or salad.

8-Minute Fish

Ingredients

- › 4 frozen white fish fillets
- › The juice of 1 lemon
- › 1 tbsp mixed herbs
- › A pinch of salt and pepper

Method

1. Put the frozen fish on a microwaveable plate (one with a raised rim is better to avoid spilling any excess liquid).
2. Squeeze the lemon juice over the fish fillets and dust with the herbs, salt and pepper.
3. Microwave on high for roughly 8 minutes (it may take longer with loin or thicker fillets – you can tell that the fish is cooked when it flakes in the centre).
4. Carefully remove the plate, being cautious of any hot liquid.
5. Serve with salad or vegetables.

Tuna Burger

Ingredients

- › 4 tins of tuna (145g each), drained
- › 50g breadcrumbs
- › 1 tbsp oil, plus more for cooking
- › 1 tbsp mixed herbs
- › 1 tbsp garlic, minced
- › A pinch of salt and pepper
- › 1 large egg, beaten
- › 4 burger buns
- › Salad (tomato, lettuce, gherkins)

Optional

- › 1 tsp paprika

Method

1. Combine the tuna, breadcrumbs, oil, mixed herbs, garlic, salt, pepper, paprika (if using) and egg in a large bowl.
2. When evenly mixed, divide into 4 portions and form burger patties with your hands.
3. Heat a drizzle of oil in a large pan over medium-high heat.
4. Place the burgers in the pan and cook for 3–5 minutes on each side, until golden brown.
5. Serve in a bun with salad and oven-baked wedges.

Herb-Crusted Fish

Ingredients

- › 4 frozen white fish fillets, defrosted
- › 2 tbsp mustard
- › ½ tbsp oil
- › A pinch of salt and pepper

Crumb mix

- › 65g breadcrumbs
- › 1 tbsp mixed herbs
- › 1 tsp garlic granules, or 1 garlic clove finely diced
- › 1 tbsp olive oil
- › A pinch of salt and pepper

Optional

- › 30g cheese

Method

1. Preheat the grill or oven to 220°C.
2. In a bowl, combine the crumb ingredients and the cheese (if using) and mix well.
3. Lightly spread the mustard on top of each fillet, and firmly press this mustard-smear side into the crumb mixture to make it stick.
4. Add the oil to a pan and preheat on the hob over a high heat.
5. Once the pan is hot, carefully add the fillets and cook for one minute to seal them.
6. Place the pan under the grill on the lowest shelf from the heat to avoid burning.
7. Cook under the grill for 5–6 minutes, or until the crumb is golden and the fish is cooked clear. You'll know when the fish is cooked because it will flake in the centre.

This dish can also be cooked in the oven for 10–12 minutes, then finished under a grill to make the crumb golden.

Tuna Pasta Bake

Ingredients

- › 350g dried pasta – fusilli, penne or rigatoni
- › 3 tbsp butter
- › 1 onion, chopped finely
- › 40g plain flour
- › 600ml milk
- › 250g cheese, grated
- › A pinch of salt and pepper
- › 2 x 145g tins of tuna, drained
- › 330g tinned sweetcorn, drained
- › 150g frozen peas

Method

1. Preheat the oven to 180°C.
2. Cook chosen pasta according to pack instructions.
3. While the pasta is cooking, melt the butter in a saucepan.
4. Add the onion to the hot butter and cook on low for 6–8 minutes, until soft.
5. Turn up the heat to medium and stir in the flour, then cook for 1–2 minutes.
6. Gradually add the milk, using a whisk to stir it in.
7. Once all the milk is incorporated, continue to heat whilst stirring until the white sauce thickens, and then mix in $\frac{2}{3}$ of the cheese until melted.
8. Season with salt and pepper.
9. Drain the pasta and transfer it to a baking dish.
10. Pour over the white sauce before adding the tuna, sweetcorn and peas.
11. Mix together, and sprinkle over the remaining cheese.
12. Bake in the oven for 15–20 minutes until the cheese is golden brown.

Pan Fried Fish with a Cheesy or Lemon and Parsley Sauce

Ingredients

- › 1 tsp oil
- › 4 frozen white fish fillets, defrosted

For the sauce

- › 40g butter
- › 40g plain flour
- › 500ml milk
- › 80g cheese, grated **or**
4 tbsps of parsley, finely chopped and juice of ½ lemon

Method

1. Heat a non-stick frying pan over a medium-high heat.
2. Add the oil and fry the fish fillets until golden brown on each side and cooked through (fillets 2.5cm thick need about 5 minutes on each side).
3. While the fish is cooking, make a start on the sauce. Melt the butter in a saucepan over a medium heat.
4. Stir in the flour and cook for 1–2 minutes.
5. Take the pan off the heat and gradually stir in ¼ of the milk.
6. Return to the heat and simmer.
7. Slowly add the remaining milk. Continue stirring until all the milk is absorbed.
8. Stir in the grated cheese or parsley and lemon juice.
9. Remove the fish from the pan, top with sauce and serve with new potatoes and green vegetables.

Fish Tacos

Ingredients

- › 4 frozen white fish fillets, defrosted
- › 2 tbsp oil
- › ½ tsp paprika
- › 1 tsp salt
- › 1 garlic clove, finely grated or minced
- › 8 taco shells
- › Tomato
- › Cucumber
- › Lettuce
- › Red onion

Optional

- › 1 tsp ground cumin

Method

1. Cut the fish fillets in half, lengthways.
2. Lay the fish out in a lightly oiled roasting tin (reserving some oil).
3. Mix together the cumin (if using), paprika and salt, and sprinkle over the fish fillets.
4. Mix the garlic and the remaining oil in a small bowl and pour over the fish.
5. Bake in the oven for 8–10 minutes.
6. While the fish is cooking, wash and chop the salad.

7. Check to see if the fish is cooked through before taking out of the oven. (it may take longer with loin or thicker fillets – you can tell that the fish is cooked when it flakes in the centre).
8. Turn off the oven and warm the tortillas in the remaining heat.
9. Serve the tacos filled with fish and salad.

Tip! Serve any remaining taco shells with guacamole and salsa for dipping.

Lemon and Herb Fish

Risotto

Ingredients

- › 60g butter
- › 400g frozen white fish fillets, defrosted and cut into 3cm cubes
- › 1L of fish stock
- › 1 onion, finely chopped
- › 1 garlic clove, crushed
- › 330g arborio rice
- › 2 tbsp of lemon juice
- › 1 tbsp of mixed herbs

Optional

- › 1 tsp ground turmeric

Method

1. Melt half the butter in a pan.
2. Fry the fish in batches over a medium-high heat for 3 minutes or until the fish is just cooked through, then remove from the pan and set aside.
3. Pour the fish stock into another pan, bring to the boil, cover and keep at simmering point.
4. To the first pan, add the remaining butter, onion and garlic, and cook over a medium-heat for 3 minutes until the onion is tender.
5. If using, add the turmeric and stir for a minute.
6. Add the rice and stir to coat until the rice starts to turn golden.
7. Add 150ml of the fish stock, stirring constantly over a low heat.
8. Continue adding 150ml of stock at a time until all the stock has been added and absorbed, and the rice is translucent and tender.
9. Stir in the lemon juice and mixed herbs before adding the cooked fish, and stir through gently.

Sardines and Spaghetti

Ingredients

- › 400g spaghetti
- › 1 tbsp oil
- › 2 garlic cloves, crushed
- › 200g tin of chopped tomatoes
- › 2 tins of skinless and boneless sardines in tomato sauce
- › 1 tsp Mixed herbs

Optional

- › A pinch of chilli flakes
- › 100g pitted black olives, roughly chopped

Method

1. Cook the spaghetti in a large pan of boiling, salted water according to pack instructions.
2. Meanwhile, make the sauce by heating the oil in a medium-sized pan and cooking the garlic for 1 min.
3. If using, add the chilli flakes.
4. Add the tinned tomatoes and sardines, breaking up the sardines with a fork.
5. Heat for 2–3 minutes, then stir in the olives (if using) and mixed herbs. Mix well to combine.
6. When the spaghetti is cooked, add to the sauce, stir through and serve.

Vegetarian recipes

Swapping out meat – even once or twice a week – can help stretch the weekly budget and save costs around mealtimes.

Swapping meat doesn't mean swapping out flavour! Vegetarian dishes have come a long way and can be made with just as much flavour and nutritious goodness as a meal with meat.



Cheese and Potato Pie

Ingredients

- › 3 potatoes, peeled and sliced
- › 65g of cheese, grated
- › 200ml milk
- › 1 tbsp mixed herbs
- › 2 eggs

Method

1. Preheat the oven to about 180–200°C.
2. Lay some of the sliced potatoes in a dish and sprinkle with cheese, then repeat these layers until all the potatoes are used.
3. Whisk together the milk, mixed herbs and eggs, and pour over the potatoes.
4. Bake for 30–45 minutes.

Creamy Mushroom Stroganoff

Ingredients

- › 1 tbsp oil
- › 1 onion, sliced
- › 300g mushrooms, sliced
- › 1 vegetable or mushroom stock cube, dissolved in 450ml of boiling water
- › 2 tbsp tomato purée
- › 2 garlic cloves, crushed
- › 4 tbsp sour cream
- › 2 tsp mustard, Dijon or French

Method

1. Heat the oil over a high heat, and fry the onion and mushrooms until browned and tender.
2. Add the stock, tomato purée, mustard and garlic, and simmer for about 15 minutes.
3. Stir through the sour cream and turn the heat right down until the sauce has thickened slightly (keep on low as boiling sour cream can cause it to split).
4. Serve with rice, pasta or mashed potato.

Vegetable Stew with Veggie Sausages

Ingredients

- › 5 large carrots
- › 2 stalks of celery
- › 1 leek
- › 2 parsnips
- › 4 potatoes
- › 4 vegetable stock cubes, dissolved in 2L of boiling water
- › 1 tbsp mixed herbs
- › 200g peas
- › 1 pack of vegetarian sausages
- › 55g butter
- › 60g plain flour

Method

1. Wash the carrots, celery, leek and parsnips and cut them into 3cm pieces. Peel and dice the potatoes.
2. Put the prepared vegetables in a large pot.
3. On a gentle heat, add the stock and cook with the mixed herbs for 20–25 minutes.
4. During the last 5 minutes of cooking, add the peas.
5. Cook the sausages in a pan, and cut them into pieces.
6. Once cut, add the sausages to the vegetables.
7. In a separate saucepan, heat the butter on a medium heat and whisk in the flour. Stir for 1 minute.
8. Whilst continuing to whisk, add the vegetable stock.
9. Leave it to cook, stirring occasionally for 2 minutes, until the mixture thickens to your desired consistency, and pour over the sausages and vegetables.

Baked Mediterranean Vegetable Gnocchi

Ingredients

- › 1kg gnocchi (2 packs)
- › 1 red onion, cut into thick wedges
- › 2 courgettes, sliced into chunks
- › 1 tbsp mixed herbs
- › 2 tbsp oil
- › A pinch of salt and pepper
- › 4 garlic cloves, minced
- › 250g cherry tomatoes, halved
- › 100g cheese, grated

Method

1. Preheat the oven to 175°C before adding the gnocchi to a bowl, covering with boiling water and leaving to soak for 5 minutes.
2. Prepare the onion and courgettes and add them to a baking dish along with the soaked gnocchi, mixed herbs and the oil.
3. Season with salt and pepper and stir to combine, then bake for 15–20 minutes.
4. Remove from the oven and add 3 cloves of the minced garlic and the chopped tomatoes, and stir.
5. Pop back in the oven for another 15–20 minutes.
6. Serve the roasted gnocchi and vegetables with a sprinkle of cheese.

Mac and Cheese

Ingredients

- › 400g macaroni
- › 6 tbsp butter
- › 6 tbsp plain flour
- › A pinch of salt and pepper
- › 475ml milk
- › 120g cheese, grated

Method

1. Cook the macaroni according to pack instructions.
2. Meanwhile, in another large saucepan, melt the butter over a medium-low heat.
3. Add the flour, salt and pepper, and stir until smooth.
4. Gradually add the milk and bring to a boil.
5. Cook and stir for 2 minutes or until thickened.
6. Remove from the heat and stir in the cheese until melted.
7. Drain the macaroni, add to the cheese mixture and toss to coat.

Lentil and Vegetable Pie

Ingredients

- › 2 tbsp oil
- › 1 onion, chopped
- › 1 tsp mixed herbs
- › 200g carrots, diced
- › 200g swede, diced
- › 1 tbsp tomato purée
- › 400g tin of chopped tomatoes
- › 100g lentils
- › 1 vegetable stock cube, dissolved in 600ml of boiling water
- › A pinch of salt and pepper
- › 800g potatoes, peeled and diced
- › 80g cheese, grated

Method

1. Preheat the oven to 180°C.
2. Heat the oil in a large pan on a medium heat.
3. Add the chopped onion and the mixed herbs to the pan and cook for 5 minutes, or until the onion is translucent.
4. Add the carrot and swede to the pan, stirring to combine and gently fry for a further 5 minutes.
5. Stir in the tomato purée and fry for 1 minute.
6. Add the chopped tomatoes, lentils, and vegetable stock, and season with salt and pepper.
7. Reduce to a simmer and cook for 20 minutes until thickened.
8. Meanwhile, add the potatoes to a pan of boiling water, reduce to a simmer and cook for 15 minutes until tender.
9. Drain the potatoes, and mash. Stir in the grated cheese.
10. Pour the vegetable and lentil mixture into a baking dish at least 28cm x 20cm and top with the cheesy mashed potato.
11. Cook in the oven for 20–25 minutes until the mash is golden.

Mixed Vegetable Curry

Ingredients

- › 200g potatoes, peeled
- › 200g sweet potatoes, peeled
- › 200g cauliflower
- › 200g carrots, peeled
- › 1 onion, finely chopped
- › 1 tbsp oil
- › 1 garlic clove, crushed
- › 1 tsp curry powder
- › 1 vegetable stock cube dissolved in 300ml of boiling water
- › 100g frozen spinach
- › 200g frozen or tinned peas

Optional

- › 1 tsp ground ginger
- › 200ml cream

Method

1. Dice the potatoes and cauliflower into roughly 2cm cubes.
2. Boil some water, add the potatoes and cook for 10 minutes.
3. After 10 minutes, add the cauliflower and sweet potatoes and cook for a further 10 minutes before draining.
4. Chop the carrots and onion, and fry in a wok or frying pan until they brown.
5. Add crushed garlic, ginger (if using) and curry powder, and gently fry for a further minute.
6. Add the cooked potato and cauliflower to the fried onions.
7. Add the vegetable stock, frozen spinach and peas. Cook on a medium low heat for 5–10 minutes, stirring and adding small amounts of water if necessary.
8. Remove from heat and stir in the cream (if using).
9. Serve with rice.

Vegetable Spaghetti Bolognese

Ingredients

- › 1 tbsp olive oil
- › 1 onion, peeled and chopped
- › 1 garlic clove, crushed
- › 90g mushrooms, sliced
- › 3 carrots, peeled and grated or finely diced
- › 3 courgettes, grated or finely diced
- › 1 tsp mixed herbs
- › 1 vegetable stock cube, crushed
- › 400g tin of chopped tomatoes
- › A pinch of salt and pepper
- › 350g spaghetti

Method

1. Heat the oil over medium-high heat, add the onion and fry for 3–4 minutes.
2. Add the garlic and continue to fry until they are both brown.
3. Add the mushrooms, carrots, courgettes and herbs, and cook for another couple of minutes.
4. Sprinkle over the stock cube and stir in.
5. Stir in the tomatoes and seasoning, and bring to the boil.
6. Reduce the heat, cover and simmer for 30 minutes, stirring occasionally.
7. Meanwhile, cook the spaghetti in a large pan of boiling, salted water, according to pack instructions.
8. When the spaghetti is cooked, add to the sauce, stir through and serve.

Cauliflower and Broccoli Gratin

Ingredients

- › 400g cauliflower, cut into small florets
- › 400g broccoli, cut into small florets
- › 400g potatoes, peeled, thinly sliced
- › 1 small brown onion, thinly sliced
- › 65g cheese, grated

White sauce

- › 60ml milk
- › 60ml cream
- › 2 garlic cloves, crushed
- › A pinch of salt and pepper

Method

1. Preheat the oven to 180°C.
2. Bring a saucepan of water to the boil over a high heat, then cook the cauliflower and broccoli for 8 minutes or until tender.
3. Drain, transfer to a bowl and roughly mash with a fork.
4. Layer a quarter of the potatoes over the base of an oven dish then top with a third cauliflower mixture and raw onion.
5. Repeat these layers, finishing with a layer of potato.
6. Make the white sauce by combining the milk, cream and garlic in a jug, and seasoning with salt and pepper.
7. Pour the white sauce over the gratin layers and sprinkle with cheese before baking for 45–50 minutes – or until the potato is tender and the cheese is golden.

Vegetable Fritters

Ingredients

- › 400g potatoes, peeled
- › 150g carrot, peeled
- › 360g courgettes grated
- › 125g tin of corn
- › 1 onion, diced
- › 75g self-raising flour
- › 1 tbsp mixed herbs
- › A pinch of salt
- › 3 eggs (separated)
- › 2 tbsp oil

Method

1. Grate the potatoes, carrot and courgette into a bowl.
2. Add the corn, onion, flour, mixed herbs, salt and egg yolks into a bowl, and stir to combine.
3. In a large bowl, beat the eggs whites until they form stiff peaks, then fold in the vegetable mixture.
4. Heat a large pan over a medium heat.
5. Add a little oil and roughly 40g of the mixture, flattened into a fritter and cook for 5 minutes.
6. You should be able to cook 4–5 fritters at a time.
7. Turn and cook for a further 5–8 minutes.

Serve with salad

Slow cooker recipes

According to price comparison site Uswitch, slow cookers are among the kitchen's most energy-efficient appliances – and they're quite cheap! Whilst they take longer to cook a meal, they use less than a tenth of energy of some electric ovens.

According to research by energy supplier Utilita, slow cookers cost roughly 16p to use a day.



Slow Cooker Roast Chicken

Ingredients

- › 1.3–2kg whole chicken, fresh
- › 3 garlic cloves
- › 5 sprigs fresh thyme
- › A pinch of salt and pepper
- › 1 tsp paprika

Optional

- › ½ a lemon

Method

1. Wash the chicken then pat dry with a paper towel.
2. Place the lemon (if using), garlic and thyme into the cavity of the chicken.
3. Season the chicken with some salt, pepper and paprika.
4. Place in an oiled slow cooker, and cook on high for 6 hours.

Slow Cooker Curried Sausages

Ingredients

- › 500g thick sausages
- › 5 potatoes, cubed
- › 4 carrots, peeled and sliced into chunks
- › 1 large onion, peeled and sliced into chunks
- › 1 cup frozen peas
- › 2 beef stock cubes, dissolved in 700ml of boiling water
- › 1 tbsp curry powder
- › 2 tbsp cornflour

Method

1. Pierce the sausages and place them in a saucepan with enough cold water to cover them, bring to the boil and simmer gently for 10 minutes.
2. Drain, allow to cool, and cut them into bite-sized chunks.
3. Add the sausage chunks, potatoes, carrots, onion and peas to the slow cooker.
4. Add the stock and curry powder, cover and cook on low for 6 hours.
5. Add the cornflour and allow 30 minutes for the sauce to thicken.
6. Serve with rice.

Slow Cooker BBQ Chicken

Ingredients

- › 4 chicken legs
- › 425g tin of chopped tomatoes
- › 2 onions, chopped
- › 1 garlic clove, chopped
- › 50ml white wine vinegar or 25ml malt vinegar
- › 3 tbsp brown sugar
- › 1 tbsp Worcestershire sauce
- › A pinch of salt

Method

1. Place the chicken legs in the slow cooker.
2. Mix all the other ingredients together and pour over the chicken.
3. Cover and cook on a low setting for 6–8 hours.
4. Serve with mashed potatoes and vegetables.

Slow Cooker Bolognaise

Ingredients

- › 500g beef mince
- › 1 onion, diced
- › 1 carrot, diced
- › 250g mushrooms, sliced
- › 1 tsp garlic, crushed
- › 1 tsp mixed herbs
- › 1 tin of chopped tomatoes
- › A pinch of salt and pepper

Optional

- › 125ml red wine

Method

1. Fry the beef mince in a pan over a high heat.
2. Once browned, drain and transfer the mince to the slow cooker.
3. In the slow cooker, add all the other ingredients, including the red wine (if using) and mix thoroughly.
4. Cook on low for 6–8 hours.
5. Season with salt and pepper.

Pot Roast

In this recipe, we have used topside beef, but any cheaper, tougher cut of meat would work. Try it with pork shoulder or whatever cut of meat you prefer (cooking times may vary).

Ingredients

- › 2 carrots, roughly chopped
- › 1 onion, sliced
- › 6 tbsp cornflour
- › 1 tbsp olive oil
- › 800g topside beef
- › 1 x beef stock cube dissolved in 500ml boiling water
- › 3 tbsp tomato purée
- › 2 tsp sugar
- › A pinch of salt and pepper

Optional

- › 185ml red wine or cooking wine

Method

1. Coat the carrots and onion with 3 tbsp of cornflour, and add to the slow cooker.
2. Rub a little oil on the beef, and sear all over in a hot pan.
3. Transfer the beef to the slow cooker and add the stock, red wine (if using), tomato purée and sugar, ensuring that the beef is covered in liquid.
4. Cook on low for 5 hours, or high for 3 hours.

5. Once cooked, remove the beef from the slow cooker, cover with foil and rest for up to 30 minutes.
6. Leave the remaining liquid and vegetables in the slow cooker, adding 3 tbsp of cornflour to thicken.

Serve with potatoes and vegetables.

Slow Cooker Meatloaf

Ingredients

- › 500g beef mince
- › 2 tsp garlic crushed
- › 2 eggs
- › 1 onion, minced
- › 1 tbsp mixed herbs
- › 120ml milk
- › A pinch of salt and pepper
- › 180g breadcrumbs

For the sauce

- › 64g tomato ketchup
- › 2 tbsp brown sugar
- › 1 tbsp mustard
- › 1 tsp Worcestershire sauce

Method

1. Mix together the beef mince, garlic, eggs, onion, mixed herbs, milk, salt, pepper and breadcrumbs.
2. Line the slow cooker with parchment paper.
3. Shape the mixture into a round loaf and place it in the slow cooker.
4. In a jug, mix the ketchup, brown sugar, mustard and Worcestershire sauce.
5. Pour the sauce over the meatloaf in the slow cooker.

6. Cook on low for 6–8 hours.

Serve with potatoes and vegetables.

Slow Cooker Lasagne

Ingredients

- › 2 tbsp oil
- › 1 onion, diced
- › 1 tsp garlic, crushed
- › 500g beef mince
- › 1 tin of chopped tomatoes
- › 1 tbsp mixed herbs
- › 2 tbsp butter
- › 2 tbsp plain flour
- › 450ml milk
- › 120g cheese, grated
- › 500g lasagne sheets (oven-ready)

Method

First, make the bolognese sauce.

1. Heat the oil in a frying pan on a medium heat, add the onion and garlic and cook until the onion is translucent.
2. Add the mince and cook until brown.
3. Add the tomatoes and mixed herbs.
4. Place to the side.

Then make the cheese sauce.

5. Melt the butter in a pan.
6. Add the flour and whisk together, then cook for a further minute.

7. Slowly whisk in the milk and continue whisking to remove any lumps.
8. Cook whilst stirring until the milk has thickened.
9. Whisk in the cheese and place to the side.

Finally, build it together

10. Build the lasagne in the slow cooker pot, starting with the bolognese sauce.
11. Add one layer of lasagne sheets, then top this with the bolognese sauce and then the cheese sauce.
12. Repeat until you run out of sauce or lasagne sheets, but make sure you finish off with a cheese sauce layer on top.
13. Cook on low for 6 hours.

Chicken Curry

Ingredients

- › 1 onion, roughly chopped
- › 3 tbsp mild curry powder or paste
- › 400g tin of chopped tomatoes
- › 1 pepper, chopped
- › 2 vegetable stock cubes
- › 1 tsp dried coriander
- › 2 skinless chicken legs or thighs

Method

1. Add the onion, curry powder, chopped tomatoes, pepper, vegetable stock and coriander into the slow cooker, with 200ml of water and stir.
2. Add chicken portions and push beneath the surface of the liquid so that they are completely submerged.
3. Cook on low for 6 hours until the chicken is really tender.

Beef Stew

Ingredients

- › 500g diced beef
- › 1 tbsp flour
- › 2 parsnips
- › 2 carrots
- › 1 small swede
- › ½ onion
- › 200g potatoes
- › 1 tbsp oil
- › 2 beef stock cubes, dissolved in 1L water
- › 1 tbsp mixed herbs
- › 1 garlic clove
- › 1 tbsp cornflour
- › A pinch of salt and pepper

Optional

- › 185ml red wine or cooking wine

Method

1. Cover the beef in flour.
2. Wash, peel and dice the vegetables.
3. In a frying pan, heat the oil and brown the beef.
4. Add cooked beef, vegetables, stock, mixed herbs and garlic to the slow cooker, and cook on high for 6 hours.
5. Mix the cornflour into a paste with a little water, add to the stew with a pinch of salt and pepper, and stir to thicken.

Slow Cooker Beef Stroganoff

Ingredients

- › 2 tbsp oil
- › 1.75kg diced beef or stewing beef
- › 1 onion, sliced
- › 4 garlic cloves, diced
- › 60g plain flour
- › 4 tbsp Dijon or French mustard
- › 2 beef stock cubes, dissolved in 1L of boiling water
- › 700g mushrooms, sliced
- › 2 garlic cloves, diced
- › 45g butter, unsalted
- › 300g sour cream

Method

1. In a frying pan, heat the oil and brown the beef (the more you brown the beef, the better the flavour of the sauce).
2. Fry the onion and garlic, and mix in the flour.
3. Add the beef, onions, garlic, mustard and beef stock into the slow cooker and cook for 8 hours on low or 5 hours on high.
4. After the beef mix is cooked, fry the mushrooms with garlic and butter.
5. Gently stir half of the sour cream into the liquid in the slow cooker.
6. Add the mushrooms and the other half of the sour cream into the sauce.
7. Serve with rice.

Simple side recipes



Easy Rice

Ingredients

- › 210g of long grain rice
- › 400ml of water

Method

Cooking rice on the hob

1. Put the rice (no rinsing!) and the water into a saucepan, and bring to a boil over a medium high heat – no lid.
2. Turn the heat down to low, cover with lid and leave for 10 minutes.
3. With the lid still on, remove the saucepan from the hob and stand for 15 - 20 minutes.
4. Fluff with a rice paddle, rubber spatula or fork.

Cooking rice in the oven – a useful method for batch cooking

1. Place the rice and some freshly boiled water from the kettle in a small casserole dish.
2. Cover with a lid and bake at 200°C for 35 minutes.
3. Remove from the oven and stand for 10 minutes.
4. Fluff and enjoy!

Tip! Choose round containers if possible, because they will cook the rice more evenly than square or rectangular containers.

Cooking rice in the microwave – a useful emergency method!

1. Boil water, and place with the rice in a round, microwave-proof container that's 3 to 4 times taller than the water level (the water bubbles up quite a lot).
2. Microwave, uncovered, for 12 minutes on high.
3. Remove from microwave, cover, then rest for 10 minutes.
4. Fluff and enjoy!

Use this rice recipe for:

- › Long grain white rice
- › Medium grain white rice
- › Short grain white rice, except sushi rice

Do not use this recipe for:

- › Sushi rice
- › Wild rice
- › Risotto rice
- › Paella rice
- › Other rice-like grains, such as quinoa

Easy, Cheesy Mash

Ingredients

- › 750g potatoes, peeled and cut into large chunks
- › 150ml milk
- › 25g butter
- › A pinch of salt and pepper

Optional

- › 25g cheese, coarsely grated

Method

1. To make mashed potatoes, tip the potatoes into a pan of cold, salted water and bring to the boil.
2. Turn down and simmer for 10–12 minutes, or until just cooked (the tip of a knife should slide in easily).
3. Drain and leave for a minute.
4. Pour the milk into a saucepan and bring to a simmer before tipping in the drained potatoes and butter.
5. Mash thoroughly.
6. Add the cheese and season to taste.

Homemade Oven Chips

Ingredients

- › 6 large potatoes, such as Maris Piper, King Edward, or Desirée (about 1kg)
- › 2 tbsp oil
- › 1 tsp salt

Method

1. Preheat the oven to 200°C, then peel the potatoes and cut them into long chip shapes – the thickness is entirely up to you, but the width of a finger is ideal.
2. Rinse the chipped potatoes under the cold tap and pat dry with kitchen paper or a tea towel.
3. Toss them with oil and salt in a bowl, and spread on a large, non-stick baking tray.
4. Lie them flat in a single layer – be sure to use two trays rather than trying to overcrowd one.
5. Roast for 45–50 minutes, turning occasionally. When cooked, they should be crisp and golden brown, with a light, fluffy centre.

Homemade Wedges

You should cook your rustic potato wedges for about 30 minutes, or until they're brown and crispy.

Ingredients

- › 3 large potatoes, washed and with skin on (about 370g)
- › 1 tsp salt
- › 1 tbsp mixed herbs
- › 1 tbsp oil

Method

Using the hob

1. Cut each potato into 4–6 wedges depending on size – the wedges should be quite chunky.
2. Add the wedges to a pan of salted water and bring to the boil.
3. Cook for 10 minutes, then drain the water before returning them to the pan and shaking, to rough them up.
4. Toss with oil and a sprinkle of mixed herbs, and spread the wedges evenly on a baking tray.
5. Cook at 200°C for 30 minutes, or until the wedges are brown and crispy.

Using the microwave

1. Cut each potato into 4–6 wedges depending on size – the wedges should be quite chunky.

2. Place the potato wedges in a microwavable bowl, cover with cling film, and microwave on full power for 5 or 6 minutes until they start to soften.
3. Toss with oil and a sprinkle of mixed herbs, and spread the wedges evenly on a baking tray.
4. Cook at 200°C for 30 minutes, or until the wedges are brown and crispy.



Air fryer recipes

Air fryers are a great, energy efficient way of cooking because they're assisted by a strong fan, which dramatically reduces cooking time and cost. They're also a much healthier way of cooking!

Meatballs

Ingredients

- › 225g beef mince
- › 50g breadcrumbs
- › 1 tsp milk
- › 1 egg
- › 1 tsp garlic powder
- › 1 tsp onion powder
- › 2 tsp dried oregano
- › 1 tbsp dried parsley
- › A pinch of salt and pepper
- › 3 tbsp grated cheese, plus more for serving

Method

1. Preheat the air fryer to 220°C.
2. Combine all of the ingredients and mix well.
3. Roll the meat mixture into medium-sized balls, then set aside in the fridge for 10 minutes.
4. Remove the meatballs from the fridge and add them to the air fryer basket.
5. Cook for 12 minutes.
6. Serve with marinara sauce and more grated cheese.

Tip! You can make this meal with any minced meat.

Roasted Garlic and Herb Chicken

Ingredients

- › 3 chicken thighs, bone-in, skin-on
- › 3 chicken legs, skin-on
- › 2 tbsp garlic powder
- › ½ tsp mixed herbs
- › 2 tbsp oil
- › A pinch of salt and pepper

Method

1. Preheat the air fryer to 210°C.
2. Mix the garlic powder and mixed herbs into the oil, season and use to coat the chicken peices. Allow to marinate for 30 minutes.
3. Place the chicken into the air fryer drawer, and cook for 25 minutes.

Sausage-Stuffed Mushrooms

Ingredients

- › 6 large, flat mushrooms
- › 3 tbsp oil
- › ¼ large onion, diced
- › 1 garlic clove, minced
- › 225g sausage meat
- › 50g breadcrumbs
- › 25g mozzarella cheese, shredded
- › 25g hard cheese, grated
- › ½ tsp mixed herbs

Method

1. Preheat the air fryer to 220°C.
2. Remove the mushroom stems from the caps, finely dice the stems and set aside.
3. Heat 1 tbsp of oil in a pan on medium-high heat, then add the mushroom stems and diced onion, and cook for 5 minutes.
4. Add the garlic and cook for a further 1 minute.
5. Add in the sausage meat and cook until brown.
6. Mix the cooked sausage meat with the breadcrumbs, mozzarella (leaving a little for the next step), hard cheese and mixed herbs.
7. Stuff the mushrooms until full and top with the rest of the mozzarella cheese.
8. Place the stuffed mushrooms into the air fryer and cook for 12 minutes until cheese is golden brown and bubbly.

Crispy “Fried” Fish Nuggets

Ingredients

- › 450g white fish cut into nugget-sized pieces
- › A pinch of salt and pepper
- › 35g flour
- › 2 eggs, beaten
- › 35g breadcrumbs
- › 1 tbsp oil

Method

1. Preheat the air fryer to 220°C.
2. Mix the salt and pepper into the flour.
3. Coat each piece of fish with seasoned flour, then dip into the beaten egg and roll in breadcrumbs.
4. Brush the fish with oil, and place into the preheated air fryer.
5. Cook for 15 minutes, turning halfway through.

Fiesta Mini Pizzas

Ingredients

- › 1 pre-made pizza base (7 inches)
- › 4 tbsp salsa
- › 100g cheese, grated
- › 2 tbsp frozen corn, thawed
- › 2 tbsp cooked black beans
- › 1 tbsp frozen peas, thawed

Method

1. Preheated the air fryer to 200°C.
2. Brush the top of the pizza base with oil.
3. Place the pizza base in the air fryer, and cook for 5 minutes.
4. After 5 minutes, add the salsa, cheese, corn, black beans and peas, and cook for a further 5 minutes .

Tip! Serve with tartar sauce for delicious dipping.

Lamb Shawarma Skewers

Ingredients

- › 220g lamb mince
- › 1 tsp cumin
- › 1 tsp paprika
- › 1 tsp garlic powder
- › 1 tsp onion powder
- › ½ tsp cinnamon
- › ½ tsp turmeric
- › ½ tsp fennel seeds
- › ½ tsp ground coriander
- › 4 bamboo skewers (9 inches)
- › A pinch of salt and pepper

Method

1. Preheat the air fryer to 220°C.
2. Combine all of the ingredients in a bowl and mix well.
3. Using your hands, press the meat mixture evenly onto each skewer, then place in the fridge for 10 minutes.
4. Once out of the fridge, pop them into the preheated air fryer and cook for 12 minutes.

Tip! You can make this meal with any minced meat.

Sweet Potato Fries

Ingredients

- › 2 sweet potatoes
- › 1 tsp olive oil
- › 1 tsp paprika
- › 1 tsp mixed herbs
- › A pinch of salt and pepper

Method

1. Preheat the air fryer to 200°C.
2. Peel the sweet potatoes and slice into ½ cm sticks.
3. Put them in a bowl, drizzle over the oil and toss to coat .
4. Sprinkle over the paprika, mixed herbs, and a good pinch of salt and pepper, and give it a good mix with your hands to make sure the sweet potatoes are evenly coated.
5. Cook in a single layer – you’ll have to do batches – in your air fryer basket for around 10–15 minutes, until lightly golden, giving a little shake after 5 minutes.
6. Once all the batches have cooked, return all the fries to the air fryer, give it a good shake, and cook for a further 1–2 minutes to heat through.

Baked Potatoes

Ingredients

- › 4 baking potatoes
- › ½ tbsp oil
- › A pinch of salt and pepper
- › Toppings of your choice, such as butter, cheese, baked beans or tuna mayonnaise

Method

1. Preheat the air fryer to 200°C.
2. Scrub the potatoes, then pat dry with kitchen paper and transfer to a plate.
3. Drizzle over the oil, and rub it into the potato skins using your hands so that they are well-coated.
4. Season with salt and pepper – the salt will help the skins crisp up.
5. Arrange the potatoes in a single layer in the air fryer basket and cook for 40–50 minutes, or until a sharp knife goes through them easily.
6. Check the potatoes after 20 minutes – if they seem to be browning too quickly on one side, turn them over using tongs, then check again after another 20 minutes.
7. When they’re ready, the potato skin should be crisp and the inside should be tender and fluffy.
8. Split the potatoes and serve immediately with the toppings of your choice.

Roasted Canned Potatoes

Ingredients

- › 560g tin of peeled potatoes in water
- › 2 tbsp oil
- › A pinch of salt and pepper

Method

1. Drain the potatoes in a colander and rinse through with cold water, leaving them to drain again.
2. Meanwhile, preheat the air fryer to 190°C.
3. Put the potatoes in a bowl and drizzle over the oil, then season well with salt and pepper, plus any other seasonings you like.
4. Mix thoroughly so that the potatoes are evenly coated.
5. Transfer to the air fryer basket and cook for 20–25 minutes until golden and crisp.

Air Fryer Chips

Ingredients

- › 4–5 large potatoes, about 1kg
- › 1 tbsp oil
- › Salt and pepper

Method

1. Preheat the air fryer to 200°C.
2. To make straight, neat chips, peel the potatoes and trim away all the rounded edges. Cut the blocks into batons – they should be somewhere between fries and thick chips – if they're too thin, they might break, too thick and they won't cook through. (You can save the offcuts to make mash or add to soups).

Or

To make rustic skin-on chips, cut the unpeeled potatoes into chips without trimming.

3. Rinse the chips and pat dry with a clean tea towel.
4. Tip them into the bottom of an air fryer, and toss with oil so they're evenly coated.
5. Cook for 30 minutes, check that the chips are tender and cooked through, and cook for a further 5 minutes if needed.
6. Season well.

Honey Roasted Carrots

Ingredients

- › 4 carrots
- › 1 tbsp olive oil
- › 2 tbsp honey
- › 2 sprigs fresh or dried thyme
- › A pinch of salt and pepper

Method

1. Preheat the air fryer to 185°C.
2. Peel and wash the carrots. Pat dry with a paper towel, then slice lengthways into two.
3. Toss the carrots in a bowl with olive oil, honey, thyme, salt and pepper.
4. Add the carrots to the air fryer and cook for 20 minutes, remembering to shake the baskets halfway through cooking.

Roasted Corn

Ingredients

- › 2 corn on the cobs
- › 1 tbsp softened butter
- › A pinch of salt and pepper

Method

1. Preheat the air fryer to 220°C.
2. Brush the softened butter over the corn.
3. Place the corn in the air fryer and cook for 10 minutes until tender.