

Turbo Beans and Cheese on Toast

Ingredients

1 tbsp vegetable oil
½ large onion, finely chopped
2 garlic cloves, finely chopped
½ tsp smoked paprika
½ tsp ground cumin
Chilli flakes to taste
100g chopped tomatoes
400g of either kidney or cannellini beans
4 slices of bread
75g grated cheddar



Method

Heat the oil in a frying pan over a medium heat and fry the onion for 8-10 mins until softened and slightly caramelised. Add the garlic and spices, the chilli flakes, if using, and some seasoning. Fry for a few minutes more until the mixture is fragrant.

Add the tomatoes, then swirl out the pan using 100ml water and add this too. Simmer for 10-15 mins until the mixture has thickened. Blitz the sauce using a hand blender, then taste for seasoning. Tip in the beans and mix well to coat. Warm through over a medium heat for 5 mins until the beans are piping hot.

Heat the grill and toast the bread slices for 3-5 mins. Top with the beans and grated cheese, and pop under the grill until the cheese is melted and bubbling. Sprinkle with a little paprika and serve.

Halloumi Fajitas

Ingredients

225g halloumi
1 tbsp olive oil
½ red onion
1 pepper, sliced
1 garlic clove
1 tsp smoked paprika
½ tsp ground coriander
½ lime, juiced
2 large tortilla wraps
½ avocado
Coriander for taste.
Chilli sauce to serve.



Method

Split the halloumi block through the middle lengthways. Cut each half into four strips. Heat half the oil in a frying pan over a medium heat, and fry the halloumi strips for a few minutes on each side until golden. Transfer to a plate and set aside.

Heat the remaining oil in the pan over a high heat, and fry the onion and peppers for 5 mins until soft and starting to char. Add the garlic, paprika and coriander with some seasoning and cook for 1 min more. Pour in the lime juice and fried halloumi, and stir very gently so the halloumi doesn't break up.

Warm the wraps in a low oven wrapped in foil. Pile the halloumi filling into the warm wraps, with a few slices of avocado each, some coriander leaves, and spoonfuls of chilli sauce.

Green Chilli Chicken Nachos

Ingredients

150g shredded roast chicken
1 large green chilli
1 tbsp soured cream
½ tsp ground cumin
½ tsp garlic granules
½ lime, juiced
100g tortilla chips
75g grated cheddar/mozzarella
100g black beans
½ red onion
Coriander to taste
Guacamole or salsa to serve



Method

Heat the oven to 200C/180C fan/gas 6. First make the green chilli chicken mix. In a bowl, combine the shredded chicken, green chillies, soured cream, cumin, garlic granules, lime juice and a good pinch of salt and pepper.

In a large ovenproof dish or baking tray, spread out half the tortilla chips. Scatter over half the chicken mixture, half the cheese, some black beans and red onion. Repeat with the remaining tortillas, chicken, cheese and toppings.

Bake for 20 mins, or until the cheese is melted and bubbling. Sprinkle with fresh coriander and sliced chilli, serve with extra soured cream, guacamole and salsa on the side for dipping.

Vegetarian Ramen

Ingredients

80g instant noodles
2 spring onions
½ head of pak choi
1 egg
1 tsp sesame seeds
Chilli sauce to serve

Method

Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final min.

Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.

Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sauce or sesame oil provided with the noodles, and chilli sauce, if using.



Tomato Soup and Sharer Bread

Ingredients

250g ciabatta bread mix
50g garlic butter at room temperature
1tsp dried oregano
90g grated cheddar/mozzarella
Oil for greasing
½ onion
½ carrot
400g plum tomatoes
1 vegetable stock cube
50g fat-fat crème fraîche
Pinch of sugar



Method

Heat oven to 200C/180C fan/gas 6. Make the bread mix, then roll out to a 30 x 40cm rectangle. Spread over 25g of the garlic butter and half the oregano, then sprinkle the cheese and roll up like a Swiss roll.

Cut into 4 even slices and transfer to a well-greased tin and arrange 7 round the outside, 1 in the middle. Brush with any leftover butter. Cover with oiled cling film and leave in a warm place to puff up while you make the soup. Once doubled in size, bake bread for 25-30 mins.

Heat the remaining garlic butter in a pan until foaming. Add the onion and carrot, cook until softened. Add the tomatoes, the stock cube, add the remaining oregano and simmer for 20 mins, then stir in the crème fraîche. Blend and season – it may need a pinch of sugar. Add enough boiling water for a good soup consistency and keep on a gentle heat until the bread is done.

Spaghetti Carbonara

Ingredients

50g pancetta
25g pecorino cheese
25g parmesan
2 medium eggs
175g spaghetti
1 garlic clove
25g unsalted butter



Method

Put a saucepan of water on to boil. Finely chop the pancetta, having first removed any rind. Finely grate the pecorino cheese and parmesan and mix them together. Add 1 tsp salt to the boiling water, add the spaghetti and when the water comes back to the boil, cook at a constant simmer, covered, for 10 minutes or until al dente (just cooked).

Beat the eggs in a medium bowl and season with a little freshly grated black pepper. Set everything aside Squash the garlic cloves with the blade of a knife, just to bruise it. Fry the pancetta with the garlic. Drop unsalted butter into a large frying pan and, as soon as the butter has melted, tip in the pancetta and garlic.

Leave to cook on a medium heat for about 5 minutes, stirring often, until the pancetta is golden and crisp. Remove the garlic and discard. Keep the heat under the pancetta on low. When the pasta is ready, lift it from the water with a pasta fork or tongs and put it in the frying pan with the pancetta. Don't throw the pasta water away yet. Mix most of the cheese in with the eggs, keeping a small handful back for sprinkling over later. Take off the heat and add the eggs and cheese, make sure everything is coated.

Victoria Sponge Cake

Ingredients

200g unsalted butter
200g caster sugar
1 tsp vanilla extract
4 medium eggs
200g self-raising flour
6 tbsp raspberry jam
250ml double cream
Icing sugar for dusting



Method

Heat oven to 190C/170C fan/gas 5. Grease and flour two 20cm sandwich tins.

Place softened unsalted butter, caster sugar and vanilla extract into a bowl and beat well to a creamy consistency.

Slowly beat in the eggs, one by one, then fold in self-raising flour and mix well.

Divide the mix between the cake tins, place into the oven and bake for about 20 mins until risen and golden brown. The cakes should spring back when gently pushed in the middle.

When ready, remove from the oven and allow to cool for 5 mins in the tin, before turning out onto a wire rack and cooling completely.

Spread raspberry jam onto one cake and top with whipped double cream. Sandwich the cakes together and dust with icing sugar.

Chocolate Chip Cookies

Ingredients

120g softened butter
75g light brown sugar
75g golden caster sugar
1 medium egg
1 tsp vanilla extract
180g plain flour
½ tsp bicarbonate of soda
150g dark chocolate, cut into chunks.



Method

Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment.

Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla

Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.

Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading.

Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.

Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.

Christmas Crinkle Cookies

Ingredients

30g cocoa powder, sieved

100g caster sugar

30ml vegetable oil

1 large egg

90g plain flour

½ tsp baking powder

1 orange zested

1 tsp mixed spice

½ tsp cinnamon

25g icing sugar



Method

Mix the cocoa, caster sugar and oil together. Add the eggs one at a time, whisking until fully combined.

Combine the flour, baking powder, orange zest, mixed spice, cinnamon and a pinch of salt in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels too soft, put in the fridge to chill.

Heat the oven to 190C/170C fan/gas 5 and tip the icing sugar into a shallow dish. Roll heaped teaspoons of the dough into balls (about 20g each), then roll in the icing sugar to coat. Put the balls on a baking tray lined with baking parchment, ensuring they're evenly spaced apart.

Bake on the middle rack of the oven for 10 mins, then transfer to a wire rack to cool – they will firm up as they cool, but still be fudgy in the centre.

Toad in the Hole

Ingredients

6 chipolatas
½ tbsp sunflower oil
70g plain flour
1 egg
90ml semi-skimmed milk

Method

Heat the oven to 220C/200C fan/gas 7. Put the chipolatas in a 20 x 30cm roasting tin with the oil and bake for 15 mins until browned.

Meanwhile, make the batter. Tip the flour into a bowl with ½ tsp salt, make a well in the middle and crack the eggs into it. Use an electric whisk to mix it together, then slowly add the milk, whisking all the time. Leave to stand until the sausages are nice and brown.

Remove the sausages from the oven – be careful because the fat will be sizzling hot – but if it isn't, put the tin on the hob for a few minutes until it is.

Pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30 mins, until risen and golden. Serve with gravy and your favourite veg.



Chicken and Broccoli Pasta Bake

Ingredients

175g pasta
100g broccoli, cut into small florets and stems thinly sliced
1 tbsp olive oil
175g chicken breast, thinly sliced
90g chestnut mushrooms
2 tbsp sundried tomato paste
40g soft cheese
142ml single cream
2 spring onions
40g grated cheese
1 garlic clove

Method

Heat the oven to 190C/ fan170C/ gas 5. Bring a large pan of salted water to the boil. Add in pasta, stir well and return to the boil. Cook for 6 minutes, then add broccoli, and cook for 5-6 minutes more until the pasta is just cooked. Drain well, then return to the pan.

Heat 2 tbsp olive oil in a frying pan, add chicken breasts and fry until lightly browned. Tip in mushrooms and stir fry for 1 minute, then stir in sundried tomato paste, soft cheese with garlic and herbs and single cream. Gently simmer, stirring, until the cheese has melted to thicken the sauce. Season with salt and pepper.

Pour the sauce over the pasta, stirring gently until coated, then tip into a shallow ovenproof dish and level the top. Mix spring onions, cheese and garlic clove for the topping and sprinkle over the pasta. Bake for 20 minutes until golden.



Five Bean Chilli

Ingredients

1 tbsp oil
½ onion, finely chopped
1 pepper, sliced
1 garlic clove, crushed
½ tbsp ground cumin
½ tbsp ground coriander
1 tsp smoked paprika
200g chopped tomatoes
200g mixed beans
200g black beans
Pinch sugar
125g brown rice
Coriander and soured cream to serve



Method

Heat the oil in a pan and fry the onion and peppers for 10 mins over a medium heat until the onion is golden brown. Add the garlic and spices, and fry for 1 min. Pour in the tomatoes, both types of beans, 50ml water, then add the sugar and season. Simmer, stirring regularly, for 15-20 mins until thickened.

Meanwhile, cook the rice following pack instructions. Serve the chilli on the rice and scatter over the coriander. Top with a spoonful of soured cream, or guacamole, if you like.

Pancakes



Ingredients

50g plain flour

1 large egg

150ml milk

½ tbsp oil

Lemon to serve

Caster sugar to serve

Method

Put plain flour, egg, milk, oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. This should be similar in consistency to single cream. Set aside for 30 mins to rest if you have time, or start cooking straight away.

Set a medium frying pan over a medium heat and carefully wipe it with some oiled kitchen paper. When hot, cook your pancakes for 1 min on each side until golden, using around half a ladleful of batter per pancake. Keep them warm in a low oven as you make the rest. Serve with lemon wedges and caster sugar, or your favourite filling.

Healthy Full English Breakfast

Ingredients

- 1 tbsp oil
- ½ small onion, finely chopped
- 1 garlic clove, crushed
- ½ tsp smoked paprika
- 200g cannellini beans
- 100g chopped tomatoes
- ½ tbsp brown sauce
- 150g chestnut mushrooms
- 1 thyme sprig
- 200g cherry tomatoes
- 4 chipolatas
- 2 eggs



Method

Heat oven to 200C/180C fan/gas 6 and heat half the oil in a small saucepan. Add the onion and fry over a medium heat for 8-10 mins, or until softened and starting to turn golden brown. Add half the crushed garlic and paprika and cook for 1 min more, then add the beans, chopped tomatoes and brown sauce and bring to the boil. Lower to a simmer and cook for 10-12 mins, stirring occasionally. Cover to keep warm and set aside.

Add the mushrooms, thyme and cherry tomatoes to roasting tin with the remaining garlic and oil. Roast for 12 mins until the mushrooms and tomatoes are soft, then remove from the oven and cover to keep warm. Turn the grill to its highest setting. Put the chipolatas on a foil-lined baking sheet and grill for 4-5 mins on each side, or until golden brown and cooked through.

Bring a pan of lightly salted water to the boil and swirl with a wooden spoon to create a whirlpool. Once the whirlpool has almost subsided, tip in one egg, then lower the heat and gently cook for 3 mins. Scoop out with a slotted spoon, transfer to a plate and repeat. Serve all parts and scatter with thyme leaves.

Shakshuka

Ingredients

- 1 tbsp oil
- 1 red onion, in wedges
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- 3 garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp coriander seeds, crushed
- 400g chopped tomatoes
- 155g spinach
- 4 eggs
- Coriander and dill to serve



Method

Heat the oil in a frying pan. Add the onion and peppers and fry over a medium heat for 8-10 mins until the veg is beginning to soften. Add the garlic, cumin, coriander and paprika and fry for 1 min more. Tip in the tomatoes, spinach and 100ml water and bubble until the spinach has wilted, then lower to a simmer and cook, uncovered, for 10 mins. Season to taste.

Make four indentations in the tomato mixture and gently crack an egg into each one. Cover with a lid or foil and cook over a gentle heat for 8-10 mins, or until the eggs are just set. Uncover, scatter with the fresh herbs and serve.

Breakfast Burrito

Ingredients

- 1 tsp chipotle paste
- 1 egg
- 1 tsp oil
- 50g kale
- 7 cherry tomatoes, halved
- ½ small avocado, sliced
- 1 wholemeal tortilla wrap, warmed



Method

Whisk the chipotle paste with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes.

Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately.

Easy Bread Rolls

Ingredients

500g strong white bread flour

7g sachet fast action yeast

1 tsp caster sugar

2 tsp fine salt

1 tsp sunflower oil

Method

Heat the oven to 230C/210C fan/gas 8. Tip the flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand), until it comes together as a shaggy dough. Make sure all the flour has been incorporated. Cover and leave for 10 mins.

Lightly oil your work surface and tip the dough onto it. Knead the dough for at least 10 mins until it becomes tighter and springy. Flour your surface and roll your dough into a long sausage shape.

Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a dusted baking tray, leaving some room between each ball.

Dust each ball with a bit more flour. Bake for 25-30mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.



Easter Brownie Bites

Ingredients

90g butter, chopped
75g dark chocolate
125g light brown soft sugar
45g self-raising flour
25g cocoa powder
2 medium eggs
25g milk chocolate chips
12 mini chocolate eggs

Method

Heat oven to 180C/160C fan/gas 4. Line a mini muffin tray with paper cases. Put the butter, dark chocolate and sugar in a pan and heat it very gently, stirring all the time until melted. Remove from the heat and leave to cool for a few mins.

Meanwhile, sift the flour, cocoa and a good pinch of salt into a large bowl. Stir in the warm, melted chocolate mixture and the beaten eggs, then add the chocolate chips and mix until combined.

Divide the mixture between the cases and place a mini egg into the middle of each muffin, pushing down gently. Bake for 12-15 mins until cooked but still gooey in the centre – they will continue cooking a little as they cool down. Leave to cool for 10 mins in the tin before transferring to a wire rack to cool completely.



Chocolate Fudge Cake

Ingredients

150ml sunflower oil
175g self-raising flour
2 tbsp cocoa powder
1 tsp bicarbonate of soda
150g caster sugar
2 tbsp golden syrup
2 eggs, lightly beaten
150ml semi-skimmed milk
100g unsalted butter
225g icing sugar
40g cocoa powder
2 ½ tbsp milk



Method

Heat the oven to 180C/160C fan/gas 4. Oil and line the base of two sandwich tins. Sieve the flour, cocoa powder and bicarbonate of soda into a bowl. Add the caster sugar and mix well. Make a well in the centre and add the golden syrup, eggs, sunflower oil and milk. Beat well with an electric whisk until smooth.

Pour the mixture into the tins and bake for 25-30 mins until risen and firm. Remove from oven, leave to cool for 10 mins before turning out onto a cooling rack.

Beat the unsalted butter in a bowl until soft. Gradually sieve and beat in the icing sugar and cocoa powder, then add enough of the milk to make the icing fluffy and spreadable. Sandwich the two cakes together with the butter icing and cover the sides and the top of the cake with more icing.

Greek Bouyiourdi

Ingredients

- 2 ripe tomatoes
- 1 garlic clove, crushed
- 100g feta cheese, block
- ½ green pepper, sliced
- ½ tsp dried oregano
- 2 tbsp olive oil
- Warmed pitta breads to serve

Method

Cut 1 tomato through the middle, then cut two slices from the centre and set aside. Scoop the seeds from the rest of the tomato, then grate the flesh, discarding the skin. Deseed and grate the rest of the tomatoes in the same way, then mix the grated flesh with the garlic. Season and spoon into a small baking dish.

Heat the oven to 200C/180C fan/gas 6. Nestle the feta block in the garlicky tomatoes, then top with the sliced tomatoes, the chilli, oregano, olive oil and a pinch of sea salt. Cover the dish and bake for 15 mins, then uncover and bake for a further 15 mins. Serve warm with the pitta or keto breads on the side for dunking.



Homemade Pizza

Ingredients

300g strong bread flour

1 tsp instant yeast

1 tsp salt

1tbsp olive oil

100ml passata

1 tsp dried basil

1 garlic clove

125 ball of mozzarella

Grated parmesan

Cherry tomatoes, halved



Method

Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside.

Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

Roll out the dough, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.

Heat the oven to 240C/220C fan/gas 8. Smooth sauce over bases with the back of a spoon. Scatter with cheese and tomatoes, drizzle with olive oil and season. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat step for remaining pizza.

Falafels and Pitta

Ingredients

1 tbsp sunflower or vegetable oil
½ small onion, finely chopped
1 garlic clove, crushed
200g chickpeas, washed and drained
½ tsp ground cumin
½ tsp ground coriander
Handful parsley
1 egg beaten
Pitta bread to serve



Method

Heat half the oil in a lpan, then fry the onion and garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley or dried herbs, with seasoning to taste. Add the egg, then squish the mixture together with your hands.

Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold with couscous, pitta bread or salad.

Smoky Bacon Pot Noodle

Ingredients

- 1 rasher smoked bacon, trimmed and chopped
- 2 spring onions, finely sliced and split into white and green
- 50g frozen peas
- ¼ tsp smoked paprika
- 2tsp cornflour
- 200ml vegetable stock
- 150g straight-to-wok wheat noodles
- Worcestershire sauce to taste

Method

In a small non-stick pan, fry the bacon for a few mins, add the white parts of the spring onions, peas and paprika, then cook for 1 min more.

Mix the cornflour with a little of the stock to get a paste, then stir this into the pan with the rest of the stock, noodles and a good splash of Worcestershire sauce. Simmer for a couple of mins until thick and saucy, then scatter with the green parts of spring onion.

