

REAL TOMATO SOUP

PREP: 5 MINS
EASY

COOK: 25 MINS
SERVES 2

Ingredients

- 1 tbsp olive oil
Half Onion
- 1 garlic clove, finely chopped
- 1 tbsp tomato purée
- 200g can chopped tomato
- handful basil leaf (not included)

Method

Heat the olive oil in a large pan, then tip in the onion and garlic. Cook over a moderate heat until the onion has softened, about 5 mins. Stir in the tomato purée, then pour in the chopped tomatoes and basil leaves, and bring up to the boil. Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour. If you like a smooth soup, whizz the mixture at this point to form a smooth sauce. Can now be cooled and frozen for up to 1 month.

To finish the soup, tip the tomato mixture into a pan, pour over 1 tbsp or so of the milk. Mix together until there are no lumps, then tip into the tomato mix and pour over the milk. Bring up to a boil (the mixture will froth, but don't worry – it will go away). Gently simmer for about 5 mins until ready to serve.

STORE CUPBOARD CORN PANCAKES

COOKS 30-40 minutes
EASY SERVES

Ingredients

half can of sweetcorn drained
1 medium eggs
2 tbsp milk
12g butter melted
42g self-raising flour
1 spring onions finely chopped
2 tbsp sunflower oil for shallow frying

Method

First turn the grill on high. Drain tin and leave while you whisk the eggs, milk and butter together. Whisk in the flour and a large pinch of salt until smooth, then mix in the corn and the spring onions. Put the tomatoes cut-side up on a large baking tray, season with salt and pepper. Grill for 8–10 minutes until the tomatoes have softened., heat the sunflower oil in a large frying pan. Add 4 large spoonfuls of the batter and fry for 1-2 minutes on each side until the pancakes are puffed up and golden. Lift out on to a plate lined with kitchen paper and cook the remaining 4 pancakes

FRITTATA

PREP: 5 MINS
EASY

COOK: 30 MINS - 40 MINS
SERVES 2

Ingredients

80g ham, chopped into pieces
3 eggs
75ml milk
25g strong cheddar grated (not included)
1 spring onions
Method

Heat oven to 180C/160C fan/gas 4.

Line a roasting tin, no bigger than 20 x 28cm, with baking parchment – just scrunch it roughly at the corners. Whisk together the eggs and milk in a large jug or bowl, then stir in the ham and onions, the cheddar and some seasoning. Pour into the tin, scatter with a bit of extra grated cheese, if you like, and bake for 30-35 mins until golden and set. Carry to your picnic in its tin and eat hot, warm or cold, with bread, cherry tomatoes and a few salad leaves.

SUPER FAST PAD THAI

PREP: 5 MINS
EASY

COOK: 10 MINS
SERVES 2

Ingredients

100g noodles
70g broccoli
100g Sliced carrot
1 tbsp sunflower oil
50g beansprouts
small bunch spring onions sliced
1 beaten egg
1 tbsp soy sauce
1 tbsp sweet chilli sauce (not included)

Method

Bring a pan of water to the boil, add the noodles and cook for 3 mins, adding the broccoli and green beans for the final min. Drain, and set aside while you heat the oil in a large frying pan. Fry the noodles, broccoli, green beans, beansprouts and spring onions, tossing to coat in the oil for a few mins. Push everything to one side of the pan and pour in the egg. Stir until cooked, then mix everything well. Toss through the soy and sweet chilli sauce so everything is combined.

EGG FRIED RICE

PREP: 10 MINS
EASY

COOK: 15 MINS
SERVES 2

Ingredients

75g mushrooms
75g onions
100g rice
2 medium free-range eggs, beaten
1 tbsp soy sauce, plus extra to serve
oil for frying

Method

Boil rice according to the packaging, once cooked wash in cold water and leave to dry
Heat a large frying pan or wok with a glug of oil. Add the mixed vegetables and cook for 1 minute, then add the cooked rice. Stir-fry for 2-3 minutes more, then move the rice and vegetables to one side of the pan.

Pour in the eggs and leave to set, then very softly scramble. Once the eggs are partly cooked but still runny, use a spatula to combine with the vegetables and rice, along with the soy sauce.
Serve straightaway with an extra dash of soy sauce.

SMOKEY BEAN AND JACKET POTATOES

PREP: 5 MINS
EASY

COOK: 2 HOURS
SERVES 2

Ingredients

1 tbsp oil
Half onion, finely chopped
1 garlic cloves, crushed
1 x 400g tins beans
1 tsp smoked sweet paprika (not included)
1 tsp mustard powder (not included)
1 tbsp dark brown sugar (not included)

Method

Heat the oven to 220°C/ 200°C fan/gas 7. Wash the potatoes, prick all over with a fork, sprinkle with salt, then place in microwave for 10 mins, once warmed through put in oven and bake for 1-1½ hours until golden with a crisp skin.

Meanwhile, in a medium lidded pan, heat the oil and gently fry the onion and garlic until soft. Stir in the rest of the ingredients. Put the lid on and WARM for 10 minutes, stirring occasionally.

Remove the potatoes from the oven, split open, then top with the smoky baked beans and a scattering of grated cheddar to serve

TUNA FISHCAKES

PREP: 10 MINS
EASY

COOK: 45 MINS
SERVES 2

Ingredients

225g cooked mashed potato – leftover or ready-made

1 Tin Tuna, flaked

Small bunch of fresh dill sprigs, finely chopped (not included)

Grated zest of 1 lemon (not included)

50g dried breadcrumbs

Oil for frying

Method

Mix the mash with the fish, dill and lemon zest. Season.

Shape into 4 fishcakes, then put each one in turn in a shallow bowl filled with the breadcrumbs.

Gently press the breadcrumbs into the fishcakes until evenly coated in a thin layer, then chill in a single layer for 30 minutes.

Heat a 1cm layer of oil in a large frying pan and, when shimmering, add the fishcakes, in batches if necessary, and fry for about 5 minutes on each side until golden and crisp on the outside, and piping hot in the centre. Drain on kitchen paper, then serve with a green salad and lemon wedges

TUNA PASTA

PREP: 10 MINS
EASY

COOK: 25 MINS
SERVES 2

Ingredients

Bunch of spring onions

200g pasta shapes

185g can tuna, drained

1 can sweetcorn, drained

2 tbsp mayonnaise (not included)

Method

Trim away the root ends and the dark green leaves from the spring onions, then finely slice and set aside.

Fill a large saucepan to three-quarters full with water and bring to the boil. Add the pasta and cook according to packet instructions until al dente (tender to the bite), then carefully drain using a colander.

Put the pasta back into the saucepan and add the spring onions, tuna, sweetcorn, and mayonnaise, and mix everything together.

PANHACKELTY

PREP: 20 MINS
EASY

COOK: 45 MINS
SERVES 2

Ingredients

Half Tin Corned Beef - Thinly Sliced
Half Onion - Thinly Sliced
1 Carrots - Thinly Sliced
2 Large Potatoes - Peeled & Thinly Sliced
Half pint Beef Stock

Method

In a large over-proof casserole dish heat a little oil and gently fry the bacon & onion for 3-4 minutes, then remove and set aside.

2 Now using the same pan, arrange a layer of the sliced potatoes in the bottom of the pan. Cover the potatoes with a layer of sliced onions, corned beef, then a layer of sliced carrots. Layer over some of the crisp bacon, then season with salt and freshly ground black pepper.

3 Repeat the layering process finishing with a layer of potatoes on top, pour in the stock and cover with foil and place into a pre-heated oven at 190°C for 45 minutes.

4 After 45 minutes remove the lid and place back in over for 10 minutes to brown the potatoes or until golden and bubbling.

VEGETABLE RICE

PREP: 10 MINS
EASY

COOK: 35 MINS
SERVES 2

Ingredients

150g carrots sliced at an angle
150g Broccoli small florettes
1 tbsp oil
½ tsp coriander (Not included)
40g butter
1 onion finely chopped
150g white rice rinsed and drained
pinch of saffron (not included)
500ml chicken stock
parsley, chopped

Method

Heat oven to 200C/180 fan/gas 6. Put the carrots and parsnips in a roasting tin and drizzle with the olive oil. Sprinkle over the coriander seeds, season well and bake in the oven for 25-30 mins until cooked through and starting to turn golden brown at the edges. Remove from the oven and set aside somewhere warm.

Meanwhile, melt the butter in a large saucepan and add the onions. Fry for 2-3 mins until starting to soften, then add the vermicelli and cook until golden. Add the rice, saffron, stock and 500ml water. Cover with a lid. Bring to the boil, then reduce the heat and cook until the liquid has been absorbed, about 20 mins. Add the roasted carrots and parsnips, scatter the parsley over and serve

WINTER VEGETABLE PIE

PREP: 15 MINS
EASY

COOK: 45 MINS
SERVES 2

Ingredients

1 tbsp olive oil
1 onions sliced
1 tbsp flour
150g carrot cut into small batons
½ broccoli broken into small florets
2 garlic cloves, finely sliced
200g can chopped tomato
100g tin pea
400g potato cut into chunks
up to 100ml milk

Method

Heat 1 tbsp of the oil in a flameproof dish over a medium heat. Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins. Add the carrots, broccoli, garlic, and cook for 5 mins, stirring regularly, until they begin to soften.

Tip the tomatoes into the vegetables along with a can full of water. Cover with a lid and simmer for 10 mins, then remove the lid and cook for 10-15 mins more, until the sauce has thickened and the vegetables are cooked. Season, stir in the peas and cook for 1 min more.

Meanwhile, boil the potatoes for 10-15 mins until tender. Drain, then place back in the saucepan and mash. Stir through enough milk to reach a fairly soft consistency, then add the remaining olive oil and season.

Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface. Place under the grill for a few mins until the top is crisp golden brown