



Spicy potato soup

Starter

Ingredients

2 tbsp sunflower or groundnut oil
knob of butter
1 large onion
1 tbsp medium curry powder
2 large baking potatoes , cut into roughly 1cm cubes
500ml milk
1 vegetable stock cube
1 - 2 tsp mango chutney (optional)
1 tbsp coriander leaves (optional)

EASY

Serves 4 - 6

Vegetarian



Method

1. Warm the oil and butter together in a saucepan and add the chopped onion. Cover with a lid and cook over a medium heat for a few mins before adding the curry powder. Add the potato and continue to cook for a further 5-10 mins.
2. Pour the milk and 500ml water over the potatoes, then sprinkle in the vegetable stock cube. Bring to a simmer and cook for 15-20 mins until the potatoes are completely tender. Season with a pinch of salt and blitz in a blender until smooth. For a slightly sweet touch, add the mango chutney, a teaspoon at a time to suit your taste, liquidising until smooth. Divide the soup into bowls, finishing with the coriander leaves if you have them.



Real tomato soup

Starter

Ingredients

2 tbsp olive oil
1 onion, chopped
1 garlic clove, finely chopped
1 tbsp tomato purée
400g can chopped tomatoes
handful basil leaf
pinch baking soda
600ml milk

EASY



Serves 4

Low-fat

Counts as 1 of 5-a-day

Method

1. 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.
2. To finish the soup, tip the tomato mixture into a pan. Spoon the baking soda into a small bowl and 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.



Starter

Soft boiled egg & chorizo salad

Ingredients

- 4 eggs
- 3 tbsp olive oil
- 1 tbsp wholegrain mustard
- $\frac{1}{2}$ lemon, juiced
- 100g chorizo, cut into chunks or sliced
- $\frac{1}{2}$ a loaf of ciabatta, made into chunky croutons
- 100g rocket

EASY

Ready in 15 mins

Serves 4

Method

1. Put the eggs in a pan of boiling water and cook for 4 minutes, then cool under running water for a minute.
2. Whisk the olive oil, mustard and lemon juice together. Season. Arrange the chorizo, croutons and rocket leaves on 4 serving plates. Shell the eggs, then roughly break them in half and add to the chorizo and rocket. Drizzle the dressing over and serve.



Macaroni cheese in 4 easy steps

EASY

Serves 4

Plus infusing

Vegetarian



Main

Ingredients

700ml full-fat milk
1 onion, peeled and halved
1 garlic clove, peeled
1 bay leaf
350g macaroni
5g butter , plus a little extra for greasing
50g plain flour
175g mature cheddar cheese, grated
1 tsp English mustard
50g parmesan, grated
50g coarse white breadcrumbs

Method

1. Prepare the pasta: In a small pan, warm the milk, onion, garlic and bay leaf until almost boiling. Remove from the heat, leave covered to infuse for 10 mins, then strain. Cook the macaroni according to pack instructions until just soft, but still with a little bite (this is called al dente in Italian). This will take about 10 mins. Drain in a colander, then run under the tap and stir to stop the pasta sticking together.
2. Make a roux: (A roux is simply flour and fat, cooked together, then used to thicken sauces.) Heat oven to 190C/ fan 170C/gas 5 and butter a 25 x 18cm ovenproof dish. Melt the butter in the medium pan. When foaming, add the flour, then cook, stirring constantly, for 1 min on a low heat.
3. Finish the sauce: Slowly stir the warm infused milk into the roux until smooth. Simmer for 3-4 mins, stirring often, until the sauce has thickened and has a coating consistency (run your finger through the sauce on a spoon - it should leave a trail). Remove the pan from the heat, then add the cheddar and mustard powder. Season, then stir until the cheese has melted.
4. Assemble and bake: Mix the cheesesauce through the macaroni to coat it well, then tip into the prepared dish. Sprinkle the Parmesan and breadcrumbs over the top, then bake for 15-20 mins until golden brown and bubbling. Serve piping hot on its own or with a green salad.
5. EQUIPMENT: 1 small saucepan with lid, 1 large saucepan, 1 medium saucepan, colander, chopping board, sharp knife, grater, wooden spoon, ovenproof dish



Cheesy fish grills

Main

Ingredients

4 chunky skinless white fish fillets, such as hoki or cod, about 500g/1lb 2oz total weight

oil , for brushing

4 thin slices of ham

50g grated mature cheddar

2 **spring onions** , sliced at an angle

EASY

Super healthy

Serves 4

Method

1. Preheat the grill to high and lightly oil a large shallow heatproof dish. Arrange the fillets in the dish, slightly spaced apart, and brush them with a little oil. Grill for 2 minutes.
2. Remove the dish from the grill, turn the fish over and top each fillet with a scrunched slice of ham. Mix together the cheese and onions, scatter over the fish and season with salt and pepper. Return to the grill for 5 minutes until the fish flakes easily when prodded with a knife. Serve with green vegetables - broccoli or stir-fried cabbage would be good.



Spicy meatballs

EASY



Serves 6

Method

1. Heat oven to 180C/fan 160C/gas 4.
2. Put the mince into the mixing bowl. Add the onions, garlic, curry powder, cumin, garam masala, paprika or cayenne pepper and coriander, then mix well. By adding these spices, you'll get a delicious flavour without having to add any salt.
3. Add the beaten egg and breadcrumbs, then mix again.
4. Divide the meat mixture into 15-18 evensized pieces and shape into balls (they should be about the size of a walnut). Always wash your hands thoroughly after handling raw meat so you don't transfer any germs that may be on the meat to other food or equipment.
5. Heat the oil in the frying pan over a medium heat and add the meatballs using a spoon. Cook them for 5 mins, turning until golden brown. Remove from the pan and place them on to the tray. Bake in the oven for 15-20 mins.
6. Remove from the oven. Remember to use oven gloves! Allow to cool slightly and serve with a fresh, crisp green salad, some pitta bread and tomato salsa.

Main

Ingredients

500g minced chicken, turkey, lamb, beef or pork

1 medium onion

2 garlic cloves, crushed or chopped

2 tsp mild or medium curry powder

2 tsp ground cumin

1 tsp garam masala

paprika or cayenne pepper

2 tbsp fresh coriander, chopped

1 egg, beaten

50g fresh breadcrumbs

1 tbsp olive oil



Main

Sausage, mushroom & tomato pasta

EASY

Serves 4

Ingredients

400g penne

1 tbsp olive or sunflower oil

454g pack good-quality sausages , cut into chunky pieces

250g chunky chestnut mushrooms , halved

500g pack cherry tomatoes

2 sprigs rosemary , leaves roughly chopped

handful flat-leaf parsley , chopped

Method

1. Cook pasta according to pack instructions. Heat the oil in a deep frying pan, then fry the sausages and mushrooms for 5 mins until golden. Add the tomatoes and cook for about another 3 mins on a high heat until the tomatoes pop and start to form a sauce. Season to taste, then add the herbs and drained pasta and stir well.

Try

Creamy mustard pasta with sausage meatballs

Squeeze the sausagemeat out of the skins, then roll into small balls with your hands. Fry with the mushrooms as before until golden, add the tomatoes, then fry until they have just softened rather than popped completely. Add 3 tbsp crème fraîche (or more if you like) and 1 tbsp wholegrain mustard, then heat until the sauce is hot through. Season, stir in the flat-leaf parsley and serve with the drained pasta.



Main

Sticky chicken wings with sesame noodles

Ingredients

12 chicken wings
2 tbsp clear honey
vegetable oil
1 lemon, juiced
2 tbsp soy sauce
2 garlic cloves, crushed
50g sesame seeds, toasted,
plus extra to sprinkle over
600g ready-to-wok noodles
sesame oil

EASY

Serves 4

Plus an hour to
marinate

Method

1. Put the chicken wings in a bowl with the honey, 1 tbsp oil, lemon juice and soy sauce and mix well. Cover and leave to marinate in the fridge for at least an hour.
2. Heat the oven to 180C/fan 160C/gas 4. Put the chicken and marinade in a non-stick shallow roasting tin and cook for 30-40 minutes, basting with the marinade halfway through, until golden, sticky and cooked through.
3. Heat 1 tbsp oil in a wok, add the garlic and sesame seeds and cook for 1 minute then add the noodles and stir fry for 4 minutes. Stir through a few drops of sesame oil, then serve topped with the chicken wings, any juices and some sesame seeds.



Raspberry coconut ices

Ingredients

150g **raspberries**, puréed
450g Greek-style yogurt ,
coconut flavour
4 tbsp icing sugar

EASY

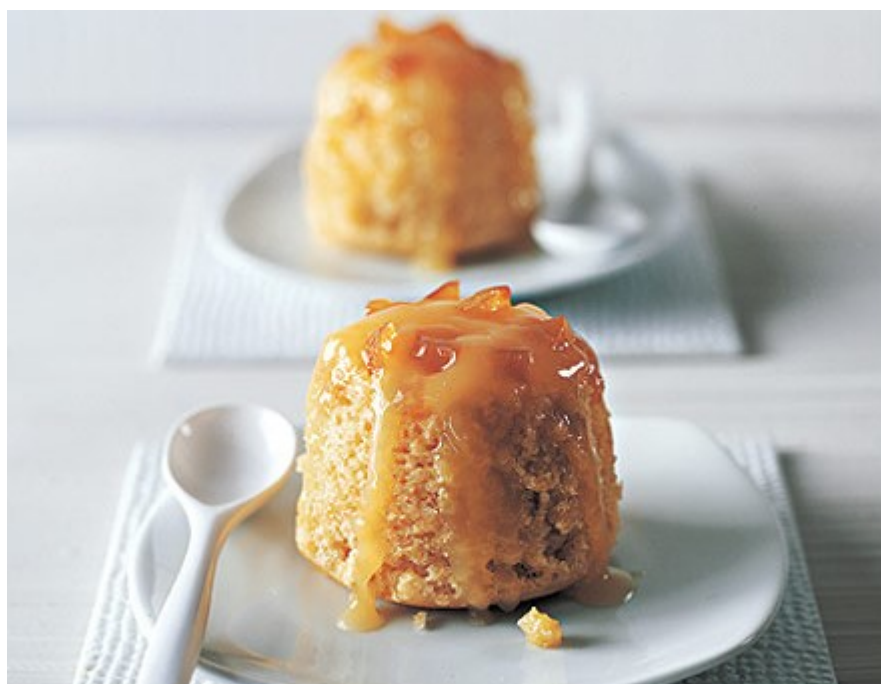
Plus freezing



Serves 8

Method

1. Purée 1 raspberries in a food processor along with icing sugar. Sieve to remove the seeds.
2. Spoon Greek-style coconut yogurt into a bowl and stir in 2 tbsp of purée so it is stained pink.
3. Spoon into lolly moulds, add the rest of the purée then the rest of the yogurt. Push in lolly sticks and freeze until solid.



Lemon curd & ginger sponge puds

Ingredients

- 4 tbsp lemon curd
- 1 **lemon**, zested and juiced
- 2 pieces of stem ginger, diced
- 50g reduced-fat spread (or you can use butter)
- 50g caster sugar
- 1 **egg** beaten
- 100g self-raising flour
- baking powder**

EASY

Ready in 45 mins

Serves 4

Method

1. Heat the oven to 180C/fan 160C/gas 4. Lightly grease 4 mini pudding basins. Thin the lemon curd with 1 tbsp lemon juice and divide between the basins, then scatter in half the stem ginger.
2. Put the basins in a roasting tin. Put the kettle on to boil.
3. Cream the reduced-fat spread and caster sugar together with the lemon zest until fluffy then gradually beat in the egg, followed by the flour and baking powder. Add the lemon juice, plus 2 tbsp warm water to give a pourable batter.
4. Divide between the basins, then pour boiling water into the roasting tin to come halfway up the basins. Cover the tin with a tent of foil and bake for 20-25 minutes until risen and cooked through. Leave to settle for 5 minutes, then turn out and serve.

Recipe from olive magazine, **February 2006**.



Strawberry & white chocolate cheesecake

Ingredients

175g shortbread biscuits, for extra flavour, try using lemon or ginger shortbread biscuits

50g unsalted butter , softened

200g melted white chocolate

300g full fat or medium fat soft cream cheese

200g fromage frais

225g strawberries , roughly chopped

EASY

Ready in 20 mins

Serves 6

Method

1. Put the shortbread biscuits in a plastic bag and bash with a rolling pin until they resemble breadcrumbs. Mix the biscuit crumbs together with the softened butter and press firmly onto the base and sides of a 20cm springform tin. Refrigerate until needed. Melt the white chocolate in a bowl in the microwave and set aside until needed.
2. Beat together the cream cheese and fromage frais until smooth and thick. Add the strawberries to the cheese mixture with the melted white chocolate and mix. Spoon the cheesecake filling into the biscuit case. Level the top and chill for about 4 hours until set.