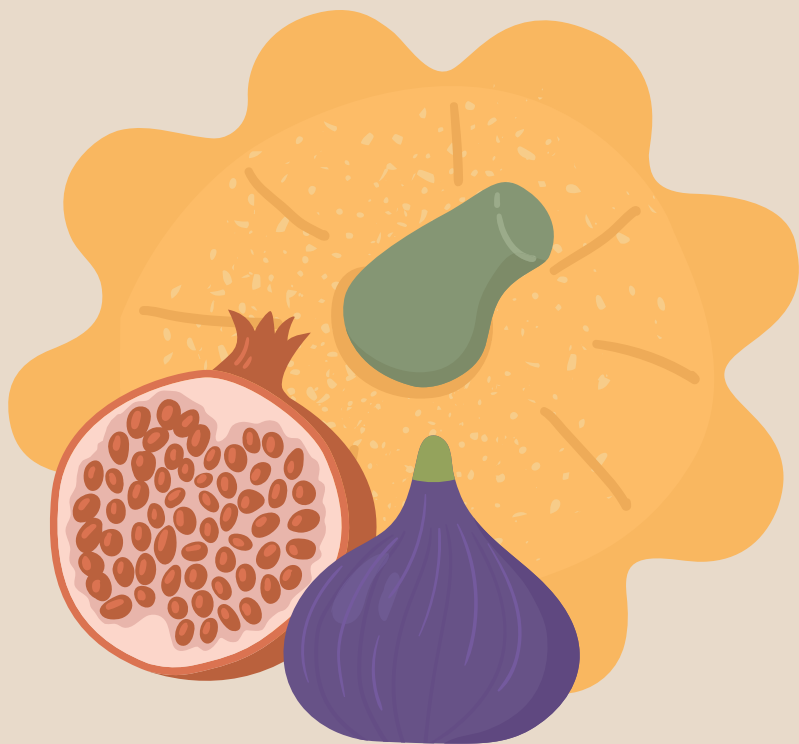


AFFORDABLE

HOME COOKING

FOR ALL THE FAMILY



KITCHENLINKS

For further copies, a digital version
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This collection of recipes was created through the KitchenLinks cookery project, funded by Global Make Some Noise. Between 2023 and 2025, SocietyLinks Tower Hamlets delivered weekly live online cookery sessions, bringing more than 80 local families together to cook from the comfort of their own homes. Each participating family received a recipe box containing all the ingredients needed to prepare that week's dish.

These recipes were developed by the community, for the community – designed to be affordable, simple, and suitable for everyone.

Each one includes an estimated cooking time, along with helpful suggestions for vegetarian options and easy adaptations so you can tailor the dishes to suit your own tastes.

Many of the measurements in this book are approximate. Feel free to adjust to your palate.

tsp = teaspoon (5ml)

tbsp = tablespoon (15ml)

Oven temperatures are for fan-assisted ovens. Increase by 10° if using a non-fan oven. Unless specified otherwise, dishes can be stored in the fridge for up to three days.



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Coleslaw

Coleslaw

DIFFICULTY: **EASY**
TIME: **15 MINUTES**
SERVES: **4-5**

**½ red or white cabbage,
shredded**

½ red onion, finely sliced

1 carrot, grated

3 tbsp mayonnaise

1 tbsp lemon juice

1 tsp white wine vinegar

1 tbsp wholegrain mustard

**salt and freshly ground
black pepper**

Put the chopped cabbage, carrot and onion into a big bowl.

In a smaller bowl, mix together the mayonnaise, lemon juice, vinegar and wholegrain mustard. Season with salt and freshly ground black pepper and stir to combine thoroughly.

Pour the dressing over the vegetables and toss so that the dressing is evenly distributed.

ALTERNATIVES

Add fennel, celery or apples to vary taste and texture.

TIPS

Cover and leave in the fridge for up to two days.



Flatbreads

Flatbreads

DIFFICULTY: **EASY**
TIME: **20 MINUTES**
SERVES: **3-4**

200g self-raising flour

200g Greek yoghurt

salt

oil

50g butter (optional)

1 garlic clove, crushed
(optional)

small bunch of fresh
coriander, roughly
chopped (optional)

Pour the flour into a large bowl. Season the flour with ½ tsp salt. Add other herbs or spices, if desired. Make a hollow in the centre.

Pour in the yoghurt and then bring the flour in from the sides using your hands or a wooden spoon.

Once combined, knead the dough with your hands for five minutes until smooth.

Divide into six balls and roll out into circles about ½ cm thick.

Brush a non-stick frying pan with oil and place over a high heat. Once hot, cook the breads for two minutes each side or until golden.

If using, melt the butter in a small pan and add the garlic and coriander. Brush over the hot flatbreads. Do not add the butter and garlic until you are about to serve the breads.

ALTERNATIVES

Try adding garlic, chilli flakes, spices or dried herbs to the dough to flavour your flatbreads.

TIPS

Make in advance and keep in the fridge for up to two days, or freeze.

Garlic bread

DIFFICULTY: **EASY**
TIME: **20-25 MINUTES**
SERVES: **5-6**

2 short or one long baguette
(par-cooked or fresh)

110g unsalted butter,
softened

handful of fresh parsley,
chopped
(or you can use dried)

2 garlic cloves, crushed
salt

Combine the butter, parsley, garlic and salt in a bowl. If using par-baked baguettes, bake according to the packet instructions. If using fresh baguettes then skip this part.

Cut the baguettes into 2cm slices leaving the slices joined at the base. If using a long baguette, cut in half widthways before slicing (so it will fit in the oven!).

Spread some of the garlic butter between each slice of the baguettes. Wrap the loaves in aluminium foil.

When you are nearly ready to serve, heat the oven to 180°C and cook the baguettes for 5-6 minutes. Serve immediately.

ALTERNATIVES

The garlic butter works with any type of bread, such as sourdough, wholemeal, flatbreads or naan.

Experiment by adding other flavours to the butter, e.g sage, mixed herbs or spices.

TIPS

Make the garlic butter in advance and freeze so you can use when needed.



Hummus

DIFFICULTY: **EASY**
TIME: **15 MINUTES**
SERVES: **5-6**

1 tin of chickpeas, drained
and rinsed in cold water

60ml cold water

3 tbsp tahini

2 garlic cloves, crushed

½ lemon, juice

olive oil

salt

Place the chickpeas and 60ml of cold water into a food processor and blitz until nearly smooth.

Add the crushed garlic, lemon juice and tahini, and blitz again.

If the hummus is too thick, gradually pour in up to 1-2 tbsp more cold water.

Add ½ tsp salt and blitz for about five minutes until the hummus is smooth and silky.

Serve with olive oil drizzled on top.

ALTERNATIVES

Instead of chickpeas use cannelloni or butter beans.

TIPS

If storing in the fridge, cover to avoid the hummus drying out. Try boiling the cooked chickpeas for a further 20-30 minutes to soften before blitzing for extra smooth hummus.

Recipe by @ritaskitchen_



Potato pinwheels

DIFFICULTY: **MEDIUM**
 TIME: **30-35 MINUTES**
 SERVES: **6-7**

1 sheet of puff pastry,
pre-rolled

2-3 medium potatoes

1 onion (finely sliced)

2-3 garlic cloves, crushed

1 tsp smoked paprika

½ tsp turmeric

½ tsp chilli powder or
chilli flakes

handful of fresh coriander,
chopped

handful of grated cheese
oil

1-2 tbsp milk or egg,
beaten, to brush
over the pastry

Boil the potatoes until just done. Take care not to overcook them or they will become mushy. Drain and leave to cool.

In a frying pan, heat 1 tbsp oil and cook the sliced onion for five minutes. Add the garlic and ½ tsp salt. Cook until the onions are soft and translucent. Add the spices and cook for a further two minutes. You may need to add a splash of water if the mixture gets too dry and starts to stick. Put aside to cool.

In a bowl mash the potatoes by hand. Add the cooled onion mixture and fresh coriander.

Lay out the puffed pastry (roll it out into a rectangle if not pre-rolled). Spread the potato mixture on top. Sprinkle some grated cheese all over and roll the pastry working from the long edge. You should end up with a long sausage.

Cut the puff pastry sausage into rounds, 1-2cm wide, taking care not to squash it. You may find a serrated knife works well.

Place the 'wheels' on a lined baking sheet, brush with some milk or egg. Bake in a preheated oven at 180°C for 15-20 minutes, until golden and puffed.

ALTERNATIVES

Add any other cooked vegetable of your choice. If something watery like spinach, take care to squeeze the moisture out first. This is a very versatile recipe so be creative!

TIPS

Assemble in advance and freeze raw to use when needed. When ready to eat, brush with egg wash or milk and bake in oven for 20-25 minutes.



Potato pinwheels

Samosa Sasi's shingaras

DIFFICULTY: **MEDIUM**
TIME: **35-40 MINUTES**
SERVES: **6-7**

650g frozen mixed vegetables, defrosted

1 red pepper, diced

1 potato, diced

2 medium onions, thinly sliced

2 green chillies, finely chopped (optional)

5-6 garlic cloves, crushed

2cm piece of ginger, grated
handful of fresh coriander, finely chopped

1 tsp turmeric powder

½ tsp ground cumin

½ tsp garam masala

1 tsp hot curry powder
(use medium if you prefer less hot)

salt

Pastry

500g plain flour
(plus some for dusting)

1 tbsp oil

hot water

Rinse the defrosted mixed vegetables in a colander and drain thoroughly. Squeeze the vegetables gently to release any liquid. Use a paper towel or muslin cloth to dry, if needed. Be gentle. Put to one side.

In a medium-sized pan, heat 1-2 tbsp vegetable oil. Add the onions, garlic, ginger and 1 tsp salt. Cook until the onions are tender and translucent. Add all the spices with a splash of water and cook for 5-6 minutes. If the mixture is too dry add some water.

Add the potatoes and cook for 10 minutes or until the potatoes are tender. Add the peppers and mixed vegetables and cook for a further 10 minutes.

Add the chillies (optional). Taste and season, and allow the mixture to cool completely while you make the pastry.

In a large bowl mix the plain flour, a pinch of salt, and around 1 tbsp oil until the consistency is like breadcrumbs. Now add the hot water. Start with 125ml and mix. If it is too dry, add more water in small amounts until the flour forms a dough.

Knead the dough until it is smooth and malleable. The dough should be smooth but firm. It should not be too soft. Cover the dough with a cloth in the bowl and allow to rest for 30 minutes. This allows the gluten to relax.

Lightly knead the dough again and shape into a log. Cut the dough log in seven equal pieces. Cover the pieces with a damp cloth.

Take one piece and roll in a ball, then flatten. With a rolling pin roll into a semi-circle about 15cm diameter.



Holding the semi-circle in your hand, join the two halves of the flat side, pressing lightly together, to form a cone. Spoon 1-2 tbsp of the cooled vegetable filling into the cone. Avoid overfilling.

With your fingertip, dab water along the open edges of the cone and seal together so the shingara looks like a pointed cone.

Place the shingaras on a tray or plate dusted with flour. Continue the process until you've used up all the dough pieces.

To cook the shingaras, you can deep fry them until golden, or use an air fryer.

Serve warm or at room temperature with a chutney or any sauce of your choice.

ALTERNATIVES

Shingaras (samosas) are traditionally made with vegetables, but you can use any filling such as lamb and potato, or fish. You can use other spices in the mixture such as Bangladeshi *paanch puron*.

TIPS

Freeze the cooked shingaras and reheat when needed. If you use cold water to knead the dough you will get a crispier shingara.

Tuna and potato cakes

DIFFICULTY: **EASY**
 TIME: **30-35 MINUTES**
 SERVES: **5-6**

2-3 potatoes, peeled,
 cut into chunks
 1 tin of tuna chunks, drained
 2 tbsp fresh coriander,
 chopped
 1 tsp chilli flakes
 ½ tsp dried oregano
 ½ tsp black pepper
 ½ tsp salt
 1 tbsp cornflour
 2 tbsp grated cheese

Batter

1-2 tbsp plain flour
 1 tbsp cornflour
 ½ tsp salt
 ½ tsp black pepper
 Crushed tortilla chips
 (e.g. Doritos)
 1-2 tbsp oil, plus more
 if deep frying

Boil the potatoes until tender, taking care not to overcook. Drain the potatoes thoroughly, transfer to a bowl and mash by hand.

Add the drained tuna, coriander, chilli flakes, oregano, cheese, cornflour, salt and pepper. Mix to combine all the ingredients.

In two separate bowls, prepare the batter and coating Ingredients. In one bowl combine 1-2 tbsp plain flour, 1 tbsp cornflour, salt and pepper, and 1-2 tbsp water. The batter should be slightly thicker than pancake batter. Place the crushed tortilla chips in another bowl.

Shape the potato mixture into flattened balls, ensuring they are the same size. Dip each cake into the batter and then into the crushed tortilla chips, ensuring each cake is evenly coated in both. Place onto a plate or tray lined with baking paper and repeat the process until all the mixture is used up.

To cook the cakes, you can deep fry in oil until golden or, for a healthier option, air fry the cakes for 15 minutes or oven bake for 15-20 minutes at 180°C until golden.

ALTERNATIVES

Use sweet potato for a healthier, colourful option. You can also add other vegetables to the mixture.



Chicken and mushroom pie

DIFFICULTY: **MEDIUM**

TIME: **45 MINUTES**

SERVES: **4-5**

1 sheet of puffed pastry (pre-rolled), at room temperature
2 chicken breasts, cut into bitesize pieces
250g mushrooms, sliced
1-2 tbsp butter or vegetable oil
1 onion, diced
2 garlic cloves, crushed
1 vegetable stock cube, dissolved in 125ml boiling water
250ml single cream
1 tsp cornflour or plain flour
salt and pepper to taste
egg or milk, to brush the pastry

ALTERNATIVES

The filling can also be used as a pasta sauce. Cook your chosen pasta according to the packet instructions, add the chicken and mushroom mixture to the drained pasta and fold in gently. Serve with parmesan on top.

TIPS

To make individual pies instead of one big one, make the filling a bit thicker. The filling can be made in advance and frozen to use when needed.

In a large pan, heat $\frac{1}{2}$ tbsp vegetable oil and pan-fry the chicken for five minutes until just cooked through. Transfer to a bowl.

Heat a further $\frac{1}{2}$ tbsp oil in the same pan and add the mushrooms. Pour off any liquid released. Add the mushrooms to the chicken.

Now, still in the same pan, add $\frac{1}{2}$ tbsp oil or butter, add the onions and sauté until softened, about five minutes. Add the garlic and cook for two minutes. Return the chicken and the mushrooms to the pan, along with the stock and cream.

Add 1 tsp cornflour to a little water and stir until dissolved. Add this to the chicken mixture, stir and cook gently for a few minutes to thicken.

Preheat the oven or air fryer to 180°C. Transfer the chicken mixture to an ovenproof dish and cut the puff pastry to the right size for the circumference of the dish. Ensure you have a 1cm overhang. Brush the edge of the dish with milk and place the puff pastry sheet on top, pressing the edges down to seal. You can use any offcuts to decorate. Brush the pastry with beaten egg or milk and bake for 25-30 minutes or until golden.



Chicken and rice traybake

DIFFICULTY: **MEDIUM**
 TIME: **20-25 MINUTES**
 SERVES: **5-6**

5 chicken thighs/drumsticks,
 skin on and bone in

1 tsp salt

1 tsp black pepper

1 tsp paprika

1 tsp chilli flakes

1 tsp dried parsley

2 tbsp tomato purée

1 tbsp olive oil

1 tbsp crushed garlic

75g red onion, diced or sliced

200g long grain rice, rinsed
 and drained

375ml vegetable or
 chicken stock

In a large bowl, season the chicken with salt, pepper, paprika and parsley, and toss to distribute evenly.

Heat the olive oil over a medium heat in an ovenproof high-sided baking tray or casserole pan. Place the chicken in the hot oil, skin-side down. Cook for 5-6 minutes or until the skin has become brown and crispy. Flip the chicken over and cook for an additional 5-6 minutes to brown the other side. Remove from the pot.

Add the garlic and onions to the pot, and cook until the onions are transparent.

Pour the rice and stock into the pot and season with salt and pepper. Stir well and bring to a boil.

Preheat the oven to 200°C. Return the chicken thighs to the pot, skin-side up, so that they sit on top of the rice. Bring to a simmer and cover with a lid.

Bake for 35-40 minutes or until the rice is cooked.

ALTERNATIVES

Replace the chicken with root vegetables, tofu or tempeh to make this dish meat free. It would also work well with fish.



Chicken fajitas

DIFFICULTY: **MEDIUM**
 TIME: **25-30 MINUTES**
 SERVES: **5-6**

2 chicken breasts, sliced into strips

6-7 tortilla wraps

2 peppers, ideally different colours, cut into strips

1 onion, sliced

1 tbsp tomato purée
oil

1 tsp ground coriander

1 tsp ground cumin

2 tsp smoked paprika

1 tsp garlic powder

1 tsp chilli powder (optional)

½ tsp black pepper

½ tsp salt

sour cream (optional)

guacamole (optional)

grated cheese (optional)

Salsa

2 tomatoes, diced

1 red onion, diced

½ lime, juiced

handful of fresh coriander

sliced jalapeños (optional)

ALTERNATIVES

Try other forms of protein such as beef, prawns or fish. For a vegan/vegetarian version, use tinned jackfruit (shredded), kidney beans or other vegetables.

TIPS

Suitable for freezing up to three months, but do not freeze the salsa.

Heat 1½ tbsp oil in a large, shallow pan. Add the chicken strips and fry over a medium heat for 2-3 minutes. Add the onions, peppers and all the spices, and sauté for a further 5-6 minutes on medium heat.

Add the tomato purée and cook for a further minute. If the mixture is too dry add a splash of water.

Mix all the salsa Ingredients together in a bowl and put aside.

Warm the tortillas. Assemble by laying the tortillas out flat and adding some of the chicken and pepper mixture. Top with a spoonful of salsa and fold the tortilla (sides first, then roll away from you). Serve immediately with sour cream, guacamole and grated cheese, if desired.



Chicken noodle soup

DIFFICULTY: **EASY**
 TIME: **30 MINUTES**
 SERVING: **2-3**

500ml chicken stock
 1 garlic clove, sliced
 2.5cm fresh ginger, peeled and sliced
 1 cooked chicken breast
 100g dried egg noodles
 4 pieces of tenderstem broccoli or 100g frozen peas
 2-3 tsp reduced-salt soy sauce
 3 spring onions, trimmed and sliced finely
 handful of beansprouts, rinsed
 chilli or sesame oil (optional)

Pour the chicken stock into a pan and add 200ml water.

Add the garlic and ginger to the stock and set the pan over a very low heat for five minutes to gently simmer and to allow the garlic and ginger to infuse. Remove the garlic and ginger from the pan.

Shred the chicken breast into small pieces and add to the stock, along with the egg noodles.

Simmer for 2-3 minutes or until the noodles are tender and the chicken is hot. Cut the broccoli into small pieces and thinly slice the spring onions. Add to the pan (or add peas if using instead of broccoli), along with the beansprouts and soy sauce. Simmer for 2-3 minutes to cook the vegetables.

Divide among two deep bowls and serve with a drizzle of chilli or sesame oil.

ALTERNATIVES

This can be easily adapted for a vegan or vegetarian diet. Use vegetable stock, pak choi and peppers.



Chicken skewers

DIFFICULTY: **EASY**
 TIME: **30-35 MINUTES**
 SERVES: **4-5**

**2 chicken breasts,
 cut into cubes**
1 red onion, quartered
1 red pepper, diced

Marinade

2 tsp smoked paprika
1 tsp chilli flakes
1 tsp mixed herbs
¼ tsp ground cumin
1 tsp salt
**3 garlic cloves, finely
 chopped**
½ lemon, juiced
100ml olive oil

If using wooden skewers, soak them for at least an hour.

Put all the marinade Ingredients into a large bowl and mix well. Add chicken, peppers and onions. Cover and refrigerate for at least half an hour.

Arrange the chicken and vegetables onto skewers in an alternating pattern until all ingredients are used.

Cook the skewers under a medium grill for about 15 minutes, turning often, until the chicken is cooked through. Serve the chicken skewers with cous cous, rice or salad.

ALTERNATIVES

For a meat-free version, use soya chunks, tofu or all vegetables, e.g. adding cauliflower and courgette. Try adding yoghurt to the marinade for a creamier flavour.

TIPS

Ensure that the skewers are soaked beforehand so they don't burn in the oven. The longer you marinate the chicken the better the flavour. You can freeze the uncooked marinated chicken for up to three months.



Chow mein

DIFFICULTY: **EASY**
 TIME: **20-25 MINUTES**
 SERVES: **4**

1 boneless chicken thigh, sliced thinly
1 packet of egg noodles
oil
1 pepper, roughly chopped
1 bunch of spring onions, finely sliced, white and green parts separated
3 garlic cloves, finely chopped
1 carrot, finely sliced

Sauce

1½ tbsp light soy sauce
1½ tbsp hoisin sauce
2 tsp cornflour
1 tsp sugar
½ tsp sesame oil (optional)

Mix together the cornflour and light soy sauce until smooth, then add the remaining sauce ingredients and mix well to combine.

Pour 1 tbsp of the sauce over the chicken, toss to coat and set aside to marinate for 10 minutes.

Prepare the noodles according to the packet instructions and drain.

Heat 1 tbsp of vegetable oil in a wok or large frying pan over a high heat. Add the garlic and stir-fry for 10 seconds or until it starts to turn golden. Add the chicken and stir-fry until it starts to brown, about one minute. Add the remaining vegetables (only the white part of the spring onions) and stir-fry for 1-2 minutes.

Add the noodles and sauce and 1 tbsp of water to loosen. Stir-fry for one minute, tossing constantly. Add the remaining green slices of spring onion. Toss over the heat for 30 seconds. Remove from heat and serve immediately.

ALTERNATIVES

Try this recipe with different noodles such as rice or udon noodles. You can exclude the chicken and increase the quantity of vegetables to make this dish meat free.

TIPS

This recipe requires high heat cooking so it is best to have everything sliced before you start and of a similar size to ensure even cooking.



Chow mein

Creamy Cajun chicken pasta

DIFFICULTY: **MEDIUM**

TIME: **30 MINUTES**

SERVES: **5-6**

1½ tbsp olive oil
 2 chicken breasts, cut into chunks
 3-4 garlic cloves, finely chopped or crushed
 1 onion, finely chopped
 2-3 tbsp Cajun seasoning powder
 2-3 handfuls of baby spinach leaves
 chilli flakes (optional)
 salt and pepper to taste
 400g passata
 400g pasta
 150ml cream (double or single)
 grated cheese (optional)

In a large saucepan heat 1½ tbsp olive oil over a medium heat. Add the chicken and season with 1 tbsp of Cajun spice, or to taste.

Fry for 6-8 minutes, stirring occasionally, until just golden all over and remove from pan. Alternatively, you can air fry the chicken.

In the same pan, adding oil if needed, cook the finely diced onion and garlic until softened. For a vegetarian version, add sliced vegetables now and cook for a further 2-3 minutes until softened. Add 1 tbsp Cajun spice, or to taste.

Return the chicken pieces to the pan and add the chilli flakes if using. Cook for five minutes, adding a tbsp of water if the mixture gets dry.

Meanwhile, boil a pan of salted water and cook the pasta for a minute less than it says on the packet. Drain, reserving 125ml of the starchy pasta water. Toss the pasta in a little olive oil to prevent it sticking while you finish the sauce.

Add the passata to the chicken, along with the reserved pasta water. Season, stir, then bring to a simmer and cook for five minutes.

Stir the cream into the chicken and continue to simmer gently. Add the cooked pasta and fold into the chicken (or vegetable) mixture.

Add the spinach leaves and cook the pasta and sauce over a low heat for two minutes until wilted. Serve with grated cheese, if desired.

ALTERNATIVES

For a vegetarian version, omit the chicken, and the cream for vegans. Add additional vegetables instead of the chicken. Try steamed broccoli or roasted butternut squash instead of spinach.



Creamy Cajan chicken pasta



Fish pie

Fish pie

DIFFICULTY: **MEDIUM**

TIME: **45 MINUTES**

SERVES: **3-4**

3-4 medium potatoes, peeled and cut into chunks

3-4 cod fillets or another firm white fish

3-4 whole black peppercorns

5 cloves

400ml milk, plus 1 tbsp for the mashed potato

1 medium onion, halved

2 bay leaves

3 tbsp vegetable oil or butter, plus a knob of butter for the potatoes

4 tbsp plain flour

1 tsp Dijon mustard

¼ tsp grated nutmeg

1 tbsp fresh parsley, chopped salt and pepper

grated cheese (optional)

ALTERNATIVES

Use plant-based milks in the sauce for a dairy-free pie.

Add sweet potato, butternut squash or butter beans instead of fish for a vegetarian pie.

TIPS

Assemble and freeze for up to three months. Defrost fully before cooking as above.

In a large pan add enough cold water to cover the peeled potatoes. Bring to a boil, reduce the heat and simmer for 10 minutes. Remove from the heat and after another 10 minutes, drain thoroughly and mash the potatoes with a knob of butter, 1 tbsp milk and 1 tsp salt.

In the wide pan, add 400ml milk, the fish fillets, onion, bay leaves, peppercorns and cloves. Bring to the boil and then reduce to the lowest heat for five minutes.

Drain, reserving the liquid and removing the whole spices.

Place the poached fish fillets into a large oven dish and set aside.

Make a white sauce in a medium saucepan: add 3 tbsp of butter or vegetable oil and 4 tbsp of plain flour and mix thoroughly. Cook for three minutes on a medium heat stirring continuously. Slowly add the reserved milk from cooking the fish and stir continuously so it is smooth. Bring to a simmer and cook until you have a creamy white sauce.

Add 1 tsp Dijon mustard, ¼ tsp ground nutmeg, 1 tsp salt, ½ tsp freshly ground black pepper and the chopped parsley.

Preheat the oven to 180°C. Pour the sauce over the fish and mix gently to avoid breaking the fish pieces. Top evenly with the mashed potato. Grate some cheese over the top, if desired. Bake for 25 minutes until golden and crispy on top and the sauce is bubbling at the sides.

Macaroni cheese

DIFFICULTY: **EASY**
 TIME: **30 MINUTES**
 SERVES: **4-5**

300g macaroni pasta
 30g butter
 25g plain flour
 500ml milk
 1 tsp Dijon mustard
 200g mature cheddar, grated
 20g breadcrumbs, mixed
 with a pinch of paprika
 salt and pepper

Cook the macaroni in boiling water for two minutes less than the instructions. This is because it will cook further in the oven.

While the macaroni is cooking, make the cheese sauce. Melt the butter in a medium pan over a low heat. When the butter starts foaming, add the flour and stir until fully combined and smooth. Keep stirring and cook for two minutes.

Gradually add the milk, a little at a time, stirring constantly. Ensure all the milk is incorporated and the sauce smooth each time before adding the next bit. Once all the milk is incorporated, bring the sauce to a simmer and cook for two minutes, stirring continuously to avoid lumps.

Stir in the mustard, salt and pepper. (If you used salted butter, then you won't need to add salt.) Add half the cheese, stir and take the pan off the heat.

When the pasta is cooked, drain it, reserving a little bit of the starchy pasta cooking water. Tip the pasta and starchy pasta water into the cheese sauce and stir.

Preheat the oven to 200°C. Pour the macaroni cheese into a shallow ovenproof dish and scatter over the remaining cheese along with the paprika infused breadcrumbs.

Bake in the oven for 15-20 minutes, until golden brown and crispy on top. Serve with a salad or steamed vegetables.

ALTERNATIVES

Experiment with different types of cheese: any cheese or combination of cheeses will work and add a different flavour. You can also add a crushed garlic clove when making the cheese sauce, or onion and garlic granules, or caramelised onions, to deepen the flavour.

TIPS

Suitable for freezing before or after cooking. Defrost fully before reheating or cooking as above.



Macaroni cheese

Nando's style rice and BBQ wings

DIFFICULTY: **MEDIUM**

TIME: **35 MINUTES**

SERVES: **5-6**

Chicken wings

1kg flat chicken wings,
washed, feathers removed
and pat dry

1 tsp garlic powder

1 tsp onion powder

1 tsp baking powder

½ tsp salt

1 tsp black pepper

1 tsp smoked paprika

½ tsp chilli flakes

1 tbsp oil

250ml barbecue sauce

1-2 tbsp honey

1 tbsp dark soy sauce

spring onions, chopped,
to garnish

Preheat the oven to 200°C. Start with the wings. Place the chicken in a large bowl and add the garlic and onion powders, baking powder, smoked paprika, chilli flakes, salt, pepper and 1 tbsp oil. Mix to ensure the marinade is distributed evenly.

Place the wings on a wire rack and bake for 20-25 minutes, turning halfway through. Alternatively, air fry the wings at 190°C for 20 minutes shaking the basket halfway.

While the wings are cooking, make the rice. Put the oil, onion and red pepper in a medium saucepan. Cover with a lid and cook over a gentle heat for three minutes until softened. Add the chilli flakes, turmeric and smoked paprika. Cook for a further two minutes. Add a splash of water if it starts to get a little dry.

Rice

1 tbsp olive oil

1 small onion, diced

1 small red pepper, diced

½ tsp chilli flakes

1 tsp turmeric

1 tsp smoked paprika

300g long grain rice, rinsed
and drained

600ml hot chicken or
vegetable stock (or dissolve a
stock cube)

salt and pepper

Add the rice, stock, salt and pepper. Turn the heat up and bring to the boil. Then cover with a lid and turn the heat down. Cook for 10 minutes until the rice is fully cooked. (Cooking times may vary depending on brand of rice, please check the packet.) Leave to steam for five minutes, then fluff with a fork.

When the wings are cooked, in a large wok or pan add the barbecue sauce, soy sauce and honey and cook until it starts to form bubbles. Add the wings and stir gently to ensure they are coated in the sticky sauce. Garnish with spring onions (optional) and serve immediately with the rice on the side.



ALTERNATIVES

Try adding different vegetables to the rice. You can adjust the spice level to your taste. If using wings with the side bone attached, increase the amount of sauce. For a vegetarian version, use the sauce to make sticky BBQ cassava or tofu.

TIPS

Both parts of this recipe work well on their own and are suitable for freezing. The marinated uncooked wings can be placed in a freezer bag and frozen.

One pot lasagne

DIFFICULTY: **MEDIUM**
 TIME: **30-40 MINUTES**
 SERVES: **4-5**

500g beef mince
 10 lasagne sheets
 1 onion, diced
 5 garlic cloves, grated
 1 celery stick, finely diced
 1 carrot, finely diced
 500g jar of passata
 2 bay leaves
 1 tsp ground cumin
 1 tsp smoked paprika
 1 tsp oregano
 1 tsp ground coriander
 ½-1 tsp chilli flakes
 (optional)
 4 potatoes, cut into large
 chunks
 2 tbsp butter
 50ml milk
 30g grated cheese
 salt and pepper

ALTERNATIVES

For vegetarian version, use Quorn mince or lentils and beans such as black-eyed peas or kidney beans.

TIPS

Freeze the cooked mince mixture for up to three months. It can also be served as a topping for baked potatoes, loaded nachos or with spaghetti.

In a saucepan or large frying pan, heat 1 tbsp oil. Add the mince and stir to break it up. Cook for 4-5 minutes until browned all over.

Add the bay leaves, garlic, onion, carrot and celery. Season with ½ tsp salt. Stir, cover and let the vegetables soften, stirring intermittently.

In another saucepan, cook the potatoes in boiling water until tender, about 15 minutes. Drain in a colander.

Once the onions have softened, add the spices and cook for 3-4 minutes. Add the passata and cook for a further 5 minutes.

Add 125ml of boiling water to the mince. Break up the lasagne sheets roughly and add to the mince mixture. Cover and cook until the lasagne have cooked through.

Heat the milk and butter in a pan and add the boiled potatoes. Mash and season with salt and pepper.

Preheat the oven to 200°C. When the lasagne pieces have cooked, transfer the mixture to an oven dish. Top the mince with the mashed potato. Spread evenly and grate some cheese on top.

Cook in the oven until the cheese is melted and the potato is starting to turn golden, about 15 minutes.



One pot lasagne

Prawn fried rice

DIFFICULTY: **MEDIUM**

TIME: **30 MINUTES**

SERVES: **5-6**

1 tbsp vegetable or
sesame oil

2-3 garlic cloves, chopped
finely

1 onion, sliced

½ red pepper, sliced

½ green pepper, sliced

1-2 Thai chillies, sliced finely
(deseed if you prefer a
milder taste)

150-200g prawns (defrosted)

3 cups rice, cooked
and cooled

1 egg, beaten

1 tbsp dark soy sauce

salt and pepper

chilli oil (optional)

Heat 1 tbsp oil in a wok or wide frying pan.

Add the onions and peppers and stir-fry for five minutes until softened. Add the garlic and chilli peppers and cook for a further two minutes.

Add the prawns and cook for 2-3 minutes.

Add the cooked rice and stir-fry for around 3-4 minutes until slightly crispy.

Push the rice and prawns to one side of the wok. Pour the beaten egg into the empty side and leave for 10-15 seconds to start solidifying. Then stir in the rice and 1 tbsp of soy sauce, breaking the egg up. Season and serve with chilli oil if desired.

ALTERNATIVES

Try replacing the prawns with sliced chicken or beef.

For a vegetarian version, omit the prawns and add cabbage, broccoli or pak choi.

TIPS

This recipe is a quick and easy way to use up leftover cooked rice and any vegetables in the fridge.



Prawn fried rice



Shepherd's pie

Shepherd's pie

DIFFICULTY: **MEDIUM**

TIME: **75 MINUTES**

SERVES: **5-6**

1 tbsp sunflower or olive oil
1 large onion, chopped
½ tsp ground cumin
½ tsp ground coriander
½ tsp salt
1 tsp black pepper
1 tsp paprika
2-3 medium carrots, chopped
500g lamb mince
2 tbsp tomato purée
large splash Worcestershire sauce (optional)
500ml stock (either vegetable or beef)
1 kg potatoes (King Edward or Maris Piper), cut into chunks
90g butter
3-4 tbsp milk
50g grated Cheddar cheese (optional)

ALTERNATIVES

Use Quorn mince for a vegan or vegetarian dish. Try sweet potato as an alternative topping. You can use Asian spices in the mince for an alternative flavour.

TIPS

Assemble the pie in advance and keep in the fridge or freeze until you are ready to cook it. Defrost fully before baking.

Heat the oil in a medium pan. Add the chopped onion and cook until softened. Add the spices and seasoning, and cook for a further 2-3 minutes. Add the chopped carrots and cook until slightly softened.

Increase the heat and add the lamb mince. Break up the mince and cook until brown all over. Using a metal spoon, remove the oily fat from the surface. Add the tomato purée and Worcestershire sauce (optional), and fry for a few minutes.

Pour over the stock, bring to a simmer, then cover and cook over a medium heat for 35-40 minutes. Remove lid after 20 minutes and check seasoning. Leave uncovered while you continue cooking.

Meanwhile, start on the mash. Boil the potatoes in salted water for 10-15 minutes until tender. Drain thoroughly and mash with 90g butter and 3-4 tbsp milk. Season.

Preheat the oven to 180°C. Transfer the cooked mince into an ovenproof dish and spoon the mashed potato on top. Spread so all the mince is covered and texturize with a fork. Sprinkle with grated cheese if using.

Bake for 20-25 minutes until golden and bubbling. Serve with a leafy salad or coleslaw.



Spaghetti and meatballs

Spaghetti and meatballs

DIFFICULTY: **MEDIUM**
 TIME: **25-30 MINUTES**
 SERVES: **4-5**

500g mince (any meat mince will work)
 1-2 slices white bread, torn into pieces
 1 tsp mixed dried herbs
 1 tsp black pepper, ground
 1 tsp salt
 1 tsp smoked paprika
 1 tsp chilli flakes
 3-4 tbsp sunflower or olive oil
 300-400g dried spaghetti

Sauce

1 onion, chopped
 2-3 garlic cloves, sliced
 1 tsp smoked paprika
 1 tsp ground cumin
 1 tsp ground coriander
 400ml passata
 handful of fresh coriander, chopped

ALTERNATIVES

You can use quorn for a meat-free version.

TIPS

Make the meatballs and sauce in advance and freeze for up to three months.

In a food processor, mix the minced meat, bread, herbs and spices. With slightly wet hands, take 1-2 tbsp of the meat mixture and form into round balls. Put to one side while you finish making the balls.

Heat 2 tbsp of oil in a large frying pan and pan-fry the meatballs for 10 minutes, turning so that they brown all over. You can also cook the meatballs in an air fryer.

While the meatballs are cooking, make the sauce. In a separate pan, heat 1-2 tbsp oil and add the garlic, onion and 1 tsp salt. Cook until the onion is soft and translucent. Take care not to burn the garlic. Add the spices and cook for a further 1-2 minutes until fragrant, adding a splash of water if the mixture starts to catch.

Boil 300-400g spaghetti according to the packet instructions. When draining, reserve ½ cup of the starchy pasta water.

Add the passata and starchy pasta water to the cooked onion and simmer for 5-6 minutes. Check the seasoning.

Add the cooked meatballs to the sauce and stir gently so that they are all covered in the tomato sauce. Cook for a further minute.

Serve the spaghetti with the sauce and meatballs spooned on top. Garnish with fresh coriander.

Spiced vegetable couscous

DIFFICULTY: **EASY**
 TIME: **20-25 MINUTES**
 SERVES: **3-4**

1½ cups couscous
 (approximately 350g)
 1 vegetable stock cube
 1½ tbsp olive oil
 1 medium onion, chopped
 3-4 garlic cloves, crushed
 200g broccoli, separated
 into florets
 1 tin of lentils, drained
 1 red pepper, diced
 ½ tin of chopped tomatoes
 1 tsp smoked paprika
 1 tsp chilli flakes/Aleppo
 pepper flakes
 ½ tsp ground turmeric
 salt and pepper
 handful of fresh coriander,
 to garnish
 2 tbsp fresh pomegranate
 seeds, to garnish (optional)

Dissolve the stock cube in 1½ cups of boiling water in a large bowl. Add the couscous, stir and cover for five minutes. Once all the water has been absorbed, use a fork to fluff the couscous.

In a large pan heat 1 tbsp olive oil. Add the onion and cook for 4-5 minutes until the onions are soft and translucent. Add the garlic, spices and ½ tsp salt. Stir and cook for a further 5-6 minutes. Add a splash of water if the spices are catching.

Add the chopped tomatoes and lentils, and leave to simmer for 5-6 minutes. Add the broccoli florets and cook for a further two minutes. Taste and season if necessary.

Pour the couscous over the lentil mixture and toss gently to ensure it is well combined. Cook for a further 1-2 minutes. You can serve this as a delicious main meal on its own or as a side for your choice of protein.



ALTERNATIVES

Try wholewheat couscous and experiment with different vegetables.

Teriyaki chicken with jasmine rice

DIFFICULTY: **EASY**
 TIME: **35 MINUTES**
 SERVES: **5-6**

2 tbsp vegetable oil
 4 chicken thighs, boned and skinless, sliced
 4 large garlic cloves, sliced
 1 thumb-sized piece of ginger, grated
 50g runny honey
 40ml light soy sauce
 2 tsp chilli flakes, optional
 1 red chilli (optional)
 1 tbsp sesame seeds (optional)
 3 spring onions, shredded
 200-300g Jasmine rice

Heat the oil in a non-stick pan over a medium heat. Add the chicken and fry for seven mins, until golden. Add the garlic and ginger and fry for two minutes.

Stir in the honey, soy sauce and 100ml water. Add the chilli flakes or chopped chilli, if using. Bring to the boil and cook for 4-5 minutes over a medium heat until the chicken is sticky and coated in a thick sauce.

Wash and rinse the rice. Drain and cook according to the packet instructions.

Serve the chicken alongside the rice with spring onions and sesame seeds sprinkled on top.

ALTERNATIVES

Substitute the chicken with tofu or vegetables for a vegan dish. You can add vegetables to this dish, such as mangetout, shredded cabbage or sliced peppers.



Thai green curry

DIFFICULTY: **MEDIUM**
 TIME: **25-30 MINUTES**
 SERVES: **5-6**

1 tbsp vegetable oil
 50g Thai green curry paste
 (recommend brand:
 Mae Ploy)
 1½ tins of coconut milk
 1 large chicken breast, sliced
 into strips (or 150g prawns or
 a fillet of cod or salmon)
 150g mini corn
 150g mangetout
 1 Thai chilli pepper
 120ml water
 1½ tsp sugar
 freshly cooked rice or
 noodles to serve

In a deep frying pan or wok, heat the vegetable oil and add the green curry paste. To avoid making the curry spicier than you want, add the paste a little at a time. If you prefer a spicier curry then add extra paste. Fry for 2-3 minutes until fragrant.

Shake the tin of coconut milk and add to the pan along with 120ml of water. Add the sugar.

Bring to the boil and add the chicken breast (or prawns or fish). Cook for three minutes, then add the vegetables, and chillies if using. Simmer until the sauce has reached a consistency that you like. The longer you leave it simmering, the thicker it will get. Taste and season. Serve with freshly cooked rice or noodles.

ALTERNATIVES

For a vegan dish, use tofu or soya chunks, or simply add more vegetables. This dish is extremely versatile: experiment with different vegetables and protein.

TIPS

The paste keeps in the fridge for six months.



Tuna baguettes

DIFFICULTY: **EASY**
TIME: **10-15 MINUTES**
SERVES: **4**

4 small baguettes (you can use par-baked or fresh baguettes)
2 tins of tuna chunks, drained
½ red onion, diced
½ pepper (any colour), diced
½ tin of sweetcorn
2-3 tbsp mayonnaise or salad cream
1 pickle/gherkin, diced
½ cucumber, sliced
2 tomatoes, sliced
Handful of lettuce or leaves of your choice
salt and black pepper, to taste

If using par-baked baguettes, bake according to the packet instructions. Otherwise, skip this part.

In a bowl mix the tuna, red onion, pepper, sweetcorn and pickle with just enough mayonnaise to bind the mixture. Season to taste.

Cut the baguettes in half lengthways, leaving the two halves joined. Spread a layer of the tuna mixture and top with slices of cucumber, lettuce and tomato.

ALTERNATIVES
Add any other salad vegetable of choice.

TIPS
The tuna filling also works really well on baked potatoes or as a salad.



Tuna pasta bake

DIFFICULTY: **EASY**
 TIME: **40-50 MINUTES**
 SERVES: **6-7**

1-2 tbsp oil
 1 onion, diced
 2-3 garlic cloves, crushed
 2 tins of tuna
 1 tin of sweetcorn
 1 jar of creamy herby pasta sauce
 400g penne
 2 handfuls of baby spinach
 50g cheese, grated cheese
 salt and pepper

Optional seasoning

1 tsp smoked paprika
 1 tsp chilli flakes
 1 tsp Italian mixed herbs

In a large pan heat 1 tbsp oil and add the diced onion. Cook for five minutes, then add the garlic and ½ tsp salt. Cook for a further 2-3 minutes until the onions and garlic are soft and translucent.

Meanwhile, cook the pasta according to the packet instructions. Reserve ½ cup of the starchy pasta water.

Add the herbs and spices, if using, to the onions and cook for 1-2 minutes. Add the drained tuna and sweetcorn. Stir and cook for 3-4 minutes. Pour in the creamy herb pasta sauce, the cooked pasta and the pasta water, stirring gently to combine.

Preheat the oven to 180°C. Transfer the pasta to a baking dish. Sprinkle with cheese. You can sprinkle some paprika on top too, if desired. Bake in the oven for 15-20 minutes until the cheese is melted and golden. Serve with a salad of your choice and garlic bread, if desired.

ALTERNATIVES

This recipe is extremely versatile. Experiment with different vegetables. You can also add cooked chickpeas or butterbeans. For a vegetarian option, omit the tuna. For a vegan version, use passata or tomato pasta sauce instead of the creamy pasta sauce.

TIPS

Make the sauce in advance and freeze until needed.

Recipe by @ritaskitchen_



Turkish lentil soup

DIFFICULTY: **EASY**
 TIME: **25-30 MINUTES**
 SERVES: **5-6**

1 carrot, thinly sliced
 200g red lentils
 1 onion, chopped
 2 tbsp olive oil
 1 heaped tbsp of tomato purée
 1 tsp paprika
 ½ tsp chilli flakes
 ½ tsp oregano
 ½ tsp dried mint
 2 tsp ground cumin
 ½ tsp ground black pepper
 ¼ tsp salt
 1 litre vegetable stock

In a large saucepan, heat the oil and sauté the onion for three minutes. Add the carrot and cook for another three minutes.

Add the tomato purée, stir and cook for a further minute. Add all the spices apart from salt and cook for a minute.

Add the lentils, salt and stock and bring to a boil. Reduce the heat to medium, cover the pan halfway and simmer for 15-20 minutes until the lentils are soft.

Meanwhile, make the paprika oil by heating 1 tbsp of oil in a small pan and stirring in the paprika. Once it starts bubbling, remove from the heat.

Once the lentils are cooked, blend the soup to your desired consistency using a stick blender or in a food processor. Serve in bowls with a wedge of lemon and a swirl of paprika oil, and flatbreads on the side (see page 5).

TIPS

Bulk up the soup with other vegetables such as potatoes or marrow. You can also add a handful of orzo pasta.



Veggie bean enchiladas

DIFFICULTY: **EASY**
 TIME: **45 MINUTES**
 SERVES: **5-6**

1 tbsp olive oil
 1 onion, sliced
 4 garlic cloves, crushed
 1 tsp ground cumin
 1 tsp smoked paprika
 ½ tsp chilli powder
 1 red or green pepper, sliced
 1 tin chopped tomatoes
 1 tin red kidney beans,
 drained and rinsed
 5-6 tortillas
 handful of grated mature
 cheddar
 ½ lime, juiced
 salt and pepper
 salad leaves, to serve
 guacamole, to serve
 (optional)
 sour cream, to serve
 (optional)

Heat the oil in a large frying pan and cook the onions for 5-8 minutes until soft. Add the garlic and cook for two minutes until it starts to turn golden. Add a splash of water if it starts to stick. Add in the spices and cook for a further minute.

Add the sliced pepper and cook for one minute. Pour in the chopped tomatoes and drained beans and bring to the boil. Add 125ml of boiling water. Simmer gently for 10 minutes, stirring occasionally, until thickened. Remove from the heat and season well. Squeeze a bit of lime juice over the bean mixture.

Spread a spoonful of the bean chilli over the base of a metal roasting pan. Reserve a little to spread on top at the end. Lay each tortilla onto a board and fill with a 2-3 tbsp of the bean mixture. Fold in the ends and roll up to seal. Place them into the roasting pan side by side. Spoon the remaining bean chilli on top and sprinkle grated cheese all over.

Grill the enchiladas under a medium grill for a few minutes until the top is golden and bubbling. Alternatively, you can cook in an oven at 180°C for 15-20 minutes. Squeeze some more lime juice over the enchiladas. Serve with a green salad, guacamole and sour cream.

ALTERNATIVES

You can add cooked strips of chicken or other meat to the enchiladas.

TIPS

Make the bean chilli filling in advance and freeze until needed.



Veggie bean enchiladas



Vegetable one pot pie

Vegetable one pot pie

DIFFICULTY: **MEDIUM**
 TIME: **35-40 MINUTES**
 SERVES: **6**

1-2 tbsp olive oil
 1 tsp mixed herbs
 1 tsp chilli flakes
 1 tsp smoked paprika
 ½ head broccoli florets
 1 onion, chopped finely
 2 carrots, diced
 1 vegetable stock cube,
 dissolved in 500ml of
 boiling water
 1 tsp yeast extract/Marmite
 3 tbsp tomato purée
 1 tin of green lentils
 900g potatoes, peeled and
 sliced into thin circles
 handful of grated cheese

Heat 1 tbsp of olive oil in a large metal casserole pan over a medium-high heat. Add the mixed herbs, chilli flakes and smoked paprika. Cook for one minute and add the onion and carrots, a pinch of salt and a big pinch of black pepper. Fry for 10 minutes, or until golden.

Crumble the stock cube into a jug, pour in 500ml of hot water, mixing until dissolved, then stir in the yeast extract and tomato purée. Pour the stock over the vegetables, then simmer for five minutes.

Pour in the lentils (juice and all), along with ½ a tin's worth of water, stir and leave to simmer for 8-10 minutes, until the vegetables are tender. Add the broccoli florets at this point if you prefer it well done or wait for five minutes.

Arrange the potato slices over the stew in one even layer, so they're slightly overlapping. Use a spatula to lightly push down on the potatoes, so the gravy coats them, then cover the pan and cook for 15 minutes over a low heat, or until the potatoes are tender.

Preheat the grill to high. Uncover the pan. Sprinkle some grated cheese over the potatoes and place the pie under the grill for 5-10 minutes or until golden and crisp. Serve with fresh leafy greens, fine beans or tenderstem broccoli.

TIPS:

You can freeze the pie filling, but without the sliced potatoes. Add those after defrosting. You can prepare and assemble this dish in advance and finish the cooking process just before serving.

Recipe inspired by Jamie Oliver's Frumpy Veg Pie.

Apple and strawberry crumble

DIFFICULTY: **EASY**
TIME: **60 MINUTES**
SERVES: **4-5**

300g plain flour, plus 1 tbsp for the apples

225g brown sugar

200g unsalted butter, cubed, plus a little for greasing

450g fruit: apples (peeled, cored and sliced) and strawberries (cored and sliced)

½-1 tsp ground cinnamon

Place the flour, a pinch of salt and 175g brown sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs and all the butter is incorporated.

Preheat the oven to 160°C. In a lightly greased ovenproof dish, mix the apple and strawberry pieces with 50g sugar, 1 tbsp of flour and ½-1 tsp of ground cinnamon. Mix well so everything is evenly distributed, taking care not to break up the fruit. Sprinkle the crumble on top.

Bake for 40-45 minutes until the crumble is golden and the fruit is bubbling.

Serve with thick cream, vanilla ice cream or custard.

ALTERNATIVES

You can make crumble with any seasonal fruit. Try peaches, plums or pears, or a combination of different fruits.

You can use wholemeal flour or ground almonds in the crumble.



Apple and strawberry crumble



Chocolate delight

Chocolate delight

DIFFICULTY: **EASY**
TIME: **5-10 MINUTES**
SERVES: **3-4**

1 pack Angel Delight
300ml (approximately ½ pint)
semi-skimmed or whole milk
3-4 mini chocolate muffins
fresh cream (optional)
fresh berries (optional)

Crumble the chocolate muffins into the bottom of four small bowls, glasses or ramekins.

Pour 300ml of chilled milk into a large bowl. Add the Angel Delight powder and whisk until light and creamy.

Divide the Angel Delight between the four bowls on top of the muffin crumble. Leave to set for five minutes or chill in the fridge. Serve on its own or topped with fresh cream or berries.

ALTERNATIVES

Any flavour of Angel Delight works in this recipe. You can also add granola to top the dessert.

TIPS

This can be made up to a day in advance.

Cinnamon bread rolls

DIFFICULTY: **EASY**
TIME: **10-15 MINUTES**
SERVES: **4-5**

10 slices sandwich bread
3 tbsp butter, melted, plus
some for frying
3 tbsp brown sugar
2 tbsp ground cinnamon, plus
½ tsp for the egg mixture
3 eggs
1 tbsp milk
½ tsp ground cinnamon
½ tsp vanilla extract

Roll each slice of bread flat with a rolling pin and cut off the crusts.

In a bowl, mix the melted butter, brown sugar and 2 tbsp cinnamon. Spread onto each slice of bread and roll the slice up tightly.

In a separate bowl, combine the eggs, milk, ½ tsp cinnamon and vanilla. Dip each rolled-up slice in the egg mixture.

Melt a small amount of butter in a large frying pan and pan fry the rolls for a few minutes, turning, until all sides are golden brown.

ALTERNATIVES

You can use wholemeal bread, but the recipe works best with white bread. Try adding a pinch of nutmeg to the butter mixture. You can also fill the rolls with other ingredients such as peanut butter, jam or chocolate spread.

TIPS

Make the rolls and freeze for a later date.



Cream puffs

DIFFICULTY: **EASY**
TIME: **25-30 MINUTES**
SERVES: **4-5**

1 sheet of puff pastry, block or pre-rolled

300ml double cream

30g icing sugar, plus extra for decorating

1 tsp vanilla extract

handful of fresh strawberries, washed and sliced

Preheat oven to 200°C. Roll out the pastry if not pre-rolled. Cut into 16 even pieces and place them onto a baking tray lined with greaseproof paper. Prick each piece with a fork.

Bake the pastry pieces for about 10 minutes until golden brown and puffed up. Remove from oven and leave to cool.

Make the Chantilly cream. Spoon the cream into a large bowl and add the icing sugar and vanilla. Beat until it forms soft peaks. Take care not to overdo it or the cream will curdle.

Pipe or carefully spoon cream onto eight of the puff pastry pieces. Lay slices of strawberry on top. Top with another layer of puff pastry. Sprinkle with icing sugar and serve immediately.

ALTERNATIVES

Try spreading a layer of jam on the puff pastry before piping the fresh cream on top. You can add different flavours to the cream with essence or the zest of half a lemon or orange.

TIPS

Prepare the cream and strawberries in advance and assemble just before serving. You can also freeze the fresh cream and let it thaw it slowly to room temperature before using.



Eton mess

DIFFICULTY: **EASY**
TIME: **15-20 MINUTES**
SERVES: **5-6**

1 pack meringue nests
300ml double cream
400g strawberries, chopped
1-2 tbsp icing sugar
fresh mint sprigs, to decorate
(optional)

Mash 200g strawberries with a little icing sugar. Divide half the strawberry purée into individual dessert bowls or a large serving dish.

In a large bowl, beat the remaining icing sugar and double cream until it forms soft peaks.

Break the meringue nests into the cream, reserving one, and fold gently until just combined. Fold the remaining chopped strawberries into the cream. Distribute the meringue and cream mixture between the individual bowls or serving bowl.

Break the reserved meringue nest and scatter onto the cream mixture. Drizzle the remaining strawberry purée on top and garnish with mint sprigs. Serve immediately.



ALTERNATIVES

You can use other fruit instead of strawberries. Other berries such as raspberries work particularly well. You can also use sponge fingers instead of meringue.

Flapjacks

DIFFICULTY: **EASY**
TIME: **30 MINUTES**
MAKES: **16 PIECES**

225g butter
150g golden syrup
150g soft light brown sugar
450g porridge oats
1 tsp salt
100g milk chocolate,
melted (optional)

Line a 20×20cm baking tray with baking parchment. Melt the butter, sugar and golden syrup in a large saucepan over a low heat. Once the sugar has dissolved, remove from the heat and stir in the oats and salt. Give the mixture a really good stir so that the oats are evenly coated.

Preheat oven to 170°C. Pour the mixture into the lined baking tin and press flat with the back of a spoon or spatula. Bake in the oven for 20 minutes. The edges should be starting to brown.

Leave to cool fully before removing from the tin. Slice the flapjacks into 16 squares with a sharp knife. If using, drizzle over the melted chocolate and allow to set.

ALTERNATIVES

Try adding dried fruit, nuts and seeds to the mixture.

TIPS

Suitable for freezing





Fluffy pancakes

Fluffy pancakes

DIFFICULTY: **EASY**
 TIME: **25 MINUTES**
 SERVES: **3-4**

135g plain flour
1 tsp baking powder
½ tsp salt
2 tbsp caster sugar
130ml milk
1 large egg, lightly beaten
2 tbsp butter, melted

Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.

Pour the milk and egg into the flour mixture and beat until you have a smooth batter without lumps. Let the batter stand for a few minutes. The batter will be thicker than normal pancakes.

Heat a non-stick frying pan over a medium heat and add a knob of butter. When the butter has melted, add a ladleful of batter. If your frying pan is big enough you may be able to cook more than one at a time. You can also make mini pancakes, use 1 tbsp of batter for each.

Let the pancakes cook for about three minutes until bubbles start to appear and the edges begin to set. Flip the pancakes over and cook for another two minutes until both sides are golden brown and the pancake has risen slightly. Put the cooked pancakes on a plate and cover with a tea towel to keep warm while you make the rest. Repeat until all the batter is used up.

Serve with lashings of maple syrup, melted butter or with clotted cream and jam.

ALTERNATIVES

You can use self-raising flour but reduce the amount of baking powder so the mixture doesn't take bitter. Flavour the batter with cinnamon or vanilla. Add the ground cinnamon to the dry ingredients and the vanilla to the wet ingredients before combining. For extra decadent pancakes, sprinkle chocolate chips onto the pancakes while cooking.

TIPS

Suitable for freezing.

Lemon drizzle cake

DIFFICULTY: **EASY**
TIME: **45 MINUTES**
SERVES: **10-12**

170g white caster sugar
170g salted butter, at room temperature
2 medium eggs, at room temperature
170g self-raising flour, sifted
3 unwaxed lemons
4 tbsp icing sugar

Grease and line a non-stick cake or loaf tin. If you don't have any greaseproof paper, greasing and then dusting with flour can help prevent sticking.

Whisk the sugar and butter together in a large bowl until fluffy. Add the eggs and whisk again. Sift in the flour and fold until smooth.

Add the zest of two lemons and the juice of one to the mixture and fold in gently.

Preheat the oven to 160°C. Spoon the batter into the prepared cake tin and bake for 25-30 minutes. (The wider the cake tin, the quicker it will cook). The cake should be golden on the outside and a skewer should come out clean.

While the cake is in the oven, in a small pan, mix the juice of two lemons with the icing sugar. Place over a low heat and stir until the sugar has dissolved, then bring to a boil for 1-2 minutes until you have a light syrupy texture.

Poke holes all over the warm sponge with a skewer, almost down to the bottom.

Take the syrup off the heat and pour all over the cake. Allow to cool before serving.

TIPS

You can make this recipe into individual cupcakes. Reduce the cooking time to 10-15 minutes. Store in an airtight container once cooled.



Lemon drizzle cake

Strawberry mousse

DIFFICULTY: **EASY**
TIME: **15-20 MINUTES**
(**PLUS ONE HOUR TO CHILL**)
SERVES: **4**

250g fresh strawberries
60g caster sugar
250ml double cream

Prepare the strawberries by washing and removing the leaves and stem. Reserve four for decoration and roughly chop the rest.

Place the chopped strawberries into a blender or food processor with the sugar and blitz until smooth. Put roughly 4 tbsp of the strawberry purée to one side in a small bowl.

Whisk the cream into stiff peaks. Fold the strawberry purée into the whipped cream until it is combined and pink.

Divide the reserved purée between four small bowls or dessert glasses. Spoon the mousse mixture over the top and chill for at least an hour. Just before serving, halve the reserved strawberries and use these to decorate the mousse.

ALTERNATIVES

This recipe also works with other berries such as raspberries or blueberries.

TIPS

The mousse can be made the day before serving and stored in the fridge.



Affordable, simple family recipes created through the KitchenLinks cookery project, funded by Global Make Some Noise.