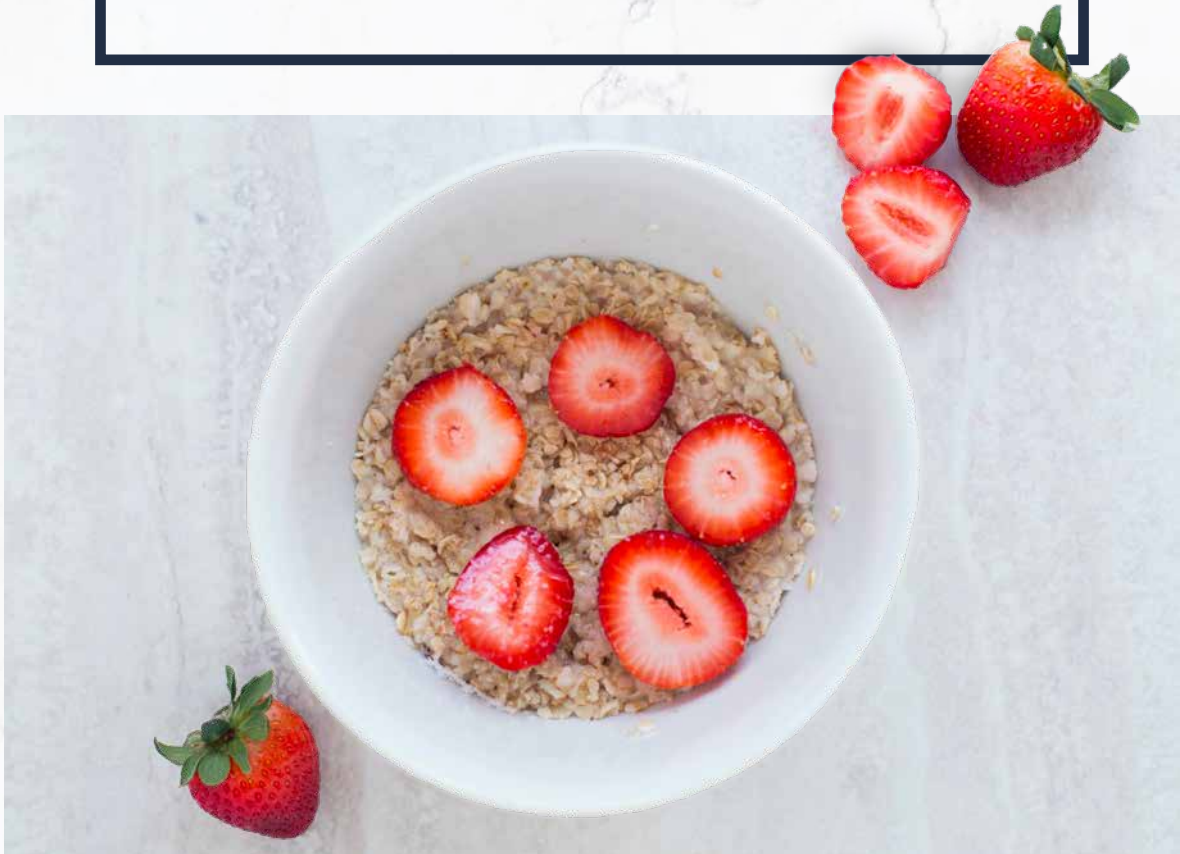


Oats with Raisins and Strawberries



INGREDIENTS

Uncooked Oatmeal

Raisins

Strawberries

Oat Milk

INSTRUCTIONS

- 1 Heat up the strawberries in a small pan.
- 2 Mash with a spatula until soft.
- 3 Heat until boiling.
- 4 Remove from the heat and combine all the ingredients in a bowl.
- 5 Mix together and serve!

Jollof Rice



INGREDIENTS

Vegetable Oil
Fresh Tomatoes
Red Peppers
Onions (Medium)
Scotch Bonnet
Tomato Paste
Jamaican/Caribbean Curry Powder
Dried Thyme
Bay Leaves
Chicken Stock
Unsalted Butter
Basmati Rice
Salt & Pepper
Chicken (optional)

INSTRUCTIONS

- 1 Combine tomatoes, red poblano or bell peppers, chopped onions and Scotch bonnets in a blender with 2 cups of stock, blend till smooth (1-2 mins).
- 2 You should have roughly 6 cups of blended mix. Pour these into a large pot/pan and bring it to the boil then turn it down and let it simmer, covered for 10-12 mins.
- 3 Heat oil and sliced onions in a large pan. Season with a pinch of salt, stir fry for 2-3 mins.
- 4 Add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3-4 mins on medium heat.
- 5 Add the tomato paste and stir for another 2 mins.
- 6 Add the reduced mixture, stir and set on medium heat for 10-12 mins till it has reduced by half with the lid on. This is the stew that will define the pot.
- 7 Add 4 cups of stock to the cooked tomato sauce and bring it to boil for 1-2 mins.
- 8 Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan. This will seal in the steam and lock in the flavour.
- 9 Turn down the heat and cook on low for 30 minutes.
- 10 Stir rice - taste and adjust as required. If you like, add sliced onions, fresh tomatoes and the second teaspoon of butter and stir through.

LUNCH / DINNER

Jamaican Prawn Curry



INGREDIENTS

Onions

Jamaican Curry Paste

Scotch Bonnet

Sweet Potatoes

Ground Allspice

Vegetable Stock

Thyme

Raw Peeled Onion

Coriander

Roti

INSTRUCTIONS

- 1 Fry the onion in a spray of oil for 5 mins, then add the curry paste, chilli, sweet potato and allspice and fry for another 5 mins.
- 2 Add the coconut milk, stock and thyme, and cook for 20 mins until the potato is cooked through.
- 3 When the potato is soft, mash some pieces with the back of a fork to make a thicker sauce.
- 4 Stir in the prawns, simmer until pink, scatter with coriander and serve with roti.

LUNCH / DINNER

Spicy Ethiopian Stew



INGREDIENTS

Olive Oil

Garlic

Ginger (root)

Berberere Spice Blend

Cayenne Pepper

Vegetable Broth

Split Red Lentils

Diced Tomatoes

Spinach Leaves

Salt & Pepper

INSTRUCTIONS

- 1 Coat the bottom of a large pot with oil and place over a medium heat. Add onion and sauté until soft (about 5 mins).
- 2 Add garlic, ginger, berbere spice and cayenne and sauté for 1 more minute.
- 3 Add broth, lentils, tomatoes and potatoes. Stir a few times, raise the heat and bring to a simmer.
- 4 Lower the heat and allow to cook until the lentils are very soft and the potatoes are tender (about 30 mins).
- 5 Stir in the spinach and continue to cook until it is just wilted - about 2 mins.
- 6 Remove from the heat and season with salt and pepper to taste. You can also add more berbere and cayenne if desired. Then serve!

Toasted Avocado Pitta with Baked Beans



INGREDIENTS

1 Wholegrain Pitta

½ Avocado

½ Can Baked Beans

Salt

Pepper

INSTRUCTIONS

- 1 Cut the pitta in half and put in the toaster.
- 2 Heat up half the baked beans in the microwave or in a pan.
- 3 In a bowl, mash half an avocado with a fork until it's as smooth as you like it.
- 4 Mix in a pinch of salt and pepper.
- 5 Spread avocado on top of the toasted pitta and add the baked beans.

LUNCH / DINNER

Falafel Pittas



INGREDIENTS

2 Wholemeal Pitta

4 Falafels

½ Cucumber

6 Cherry Tomatoes

Parsley

½ Onion

2 Tbsp Houmous

Salt

Pepper

1 Tbsp Oil

INSTRUCTIONS

- 1 Heat a pan to medium-high heat. Coat with olive oil and heat the falafels for a few minutes until cooked, and put aside.
- 2 Whilst the falafels are cooking, cut the cucumber in half, and slice this half into small pieces.
- 3 Finely chop parsley and add to the mixture.
- 4 Season with salt and pepper. Save half of this mixture, and 2 of the falafels for the following day.
- 5 Then heat up one pitta round on the pan for 2 minutes on each side until it begins to brown a little. Instead, you may put it in the microwave for 45 seconds.
- 6 Cut the pitta in half to reveal the pockets. Now stuff each pocket with a falafel, tablespoon of houmous, and a spoonful of the mixture.

LUNCH / DINNER

Chickpea Curry



INGREDIENTS

1 Can Drained Chickpeas

1 Tbsp Cumin

1 Can Tinned Tomatoes

½ Onion

2 Cloves Garlic

Salt

Pepper

1 Tbsp Oil

250g Basmati Micro Rice

INSTRUCTIONS

- 1 Cut the onion and garlic into pieces.
- 2 Heat olive oil in a pan over medium-high heat.
- 3 Add onion and cook until onion begins to brown, 3–5 minutes. Add garlic and cook for 3–4 minutes.
- 4 Add cumin, salt and pepper then continue to cook for 1–2 minutes.
- 5 Add tinned tomatoes, chickpeas and water. Stir, making sure to use the spoon to scrape off any brown bits that have appeared on the bottom or sides of the pot.
- 6 Let mixture thicken before bringing everything to a simmer and then cover with a lid.
- 7 Once covered, cook for 15 minutes while stirring occasionally.
- 8 Microwave half the rice for around 2 minutes.
- 9 Remove lid, reduce heat to low and mix in the chopped parsley. Cook over low heat for 1–2 minutes.
- 10 Serve the curry over the rice.
- 11 Save half of the curry and rice for the following day.

Peanut Butter Noodles



INGREDIENTS

- 250g Uncooked Spaghetti
- 1 Tbsp Peanut Butter
- 1 Cup Unsweetened Soy Milk
- 500g Frozen Vegetables
- ½ Green Pepper
- ½ Yellow Pepper
- 1 Onion
- 2 Garlic Gloves
- Salt
- Pepper
- 1 Tbsp Oil

INSTRUCTIONS

- 1 Bring about half a pan of water to the boil and add the spaghetti.
- 2 Whilst the pasta is cooking, put the frozen vegetables in the microwave for 5 minutes.
- 3 Cut the onion, garlic and peppers into slices.
- 4 Drizzle a pan with some oil and add the onion and garlic.
- 5 Cook for 2 minutes, and add the rest of the vegetables.
- 6 After 5 minutes, add the salt, pepper and peanut butter and soy milk.
- 7 Drain the spaghetti and add to the pan with the rest of the ingredients.
- 8 Mix until everything is well-combined.
- 9 Save half for the next meal.

LUNCH / DINNER

Bean-Stuffed Sweet Potato



INGREDIENTS

4 Sweet Potatoes

1 Can Taco Mixed Beans
in Spicy Sauce

½ Onion

1 Avocado

Salt

Pepper

1 Tbsp Oil

INSTRUCTIONS

- 1 Wash the sweet potatoes thoroughly, pat dry and pierce 3-4 times with a fork.
- 2 Place potato on a microwave-safe plate and microwave for 7 minutes, turning halfway.
- 3 Microwave half the bean mixture and place on top of the sliced cooked potatoes.
- 4 Mash the avocado in a bowl and sprinkle salt on.
- 5 Place on top of the mixed beans. Save half the mixture for the next meal.

LUNCH / DINNER

Pasta Peperonata



INGREDIENTS

250g Uncooked Spaghetti

1 Can Drained Kidney Beans

1 Red Pepper

10 Cherry Tomatoes

Salt

Pepper

Parsley

1 Tbsp Oil

INSTRUCTIONS

- 1 Deseed the peppers and slice these and the tomatoes.
- 2 Add to a large frying pan over medium heat with a little olive oil and a pinch of salt and black pepper. Place a lid on and cook slowly for 15 minutes until softened.
- 3 Add the onion to the pan and cook for a further 20 minutes.
- 4 Add the kidney beans, garlic and parsley. Cook for about 3 minutes at most. Season a bit more.
- 5 Meanwhile, boil a large pot of salted water. Add the pasta to the boiling water and cook according to the packet instructions. When cooked, drain in a colander, saving some cooking water.
- 6 Add the mixture and parsley to a large bowl. Give them a good toss together, then add a little of the cooking water and a few good glugs of extra virgin olive oil to coat the pasta nicely.
- 7 Save half for the next meal.

LUNCH / DINNER

Shepherd's Pie



INGREDIENTS

4 Potatoes

½ Cup Soya Milk

Salt

Pepper

1 Onion

2 Garlic Cloves

1 Can Drained Lentils

500g Frozen Vegetables

1 Tsp Cumin

1 Tbsp Oil

INSTRUCTIONS

- 1 Peel the potatoes and cut them in half. Add them to a pot of boiling water for around 30 minutes until they are thoroughly cooked.
- 2 Preheat the oven to 200°C and grease a baking dish. In a large saucepan over medium heat, saute onions and garlic in olive oil until lightly browned and caramelised for about 5 minutes.
- 3 Add the drained lentils, parsley and frozen vegetables. Season with salt, pepper and cumin. Add mixture to the baking dish.
- 4 When the potatoes are ready, drain, add back to the pot to evaporate any remaining water, then transfer it to a mixing bowl. Use a fork to mash until smooth. Add soya milk and season with pepper.
- 5 Carefully top the lentil mixture with mash potatoes and smooth down with a spoon. Season with another crack of pepper and a little salt.
- 6 Place on a baking sheet to catch overflow and bake for 10-15 minutes or until the mashers are lightly browned on top.
- 7 Serve half of the pie and keep the other half for your next meal.

LUNCH / DINNER

Sweet Pepper Falafel Pittas



INGREDIENTS

2 Wholemeal Pittas

2 Falafels

½ Green Pepper

½ Yellow Pepper

½ Cucumber

Tomatoes

Onion

INSTRUCTIONS

- 1 Cut the onions, peppers, cucumber tomatoes and avocado into slices.
- 2 Drizzle some oil into a pan and heat the pitta.
- 3 Remove the pitta from the pan and add onions, peppers and tomatoes.
- 4 Season with salt, pepper, parsley and cumin if desired.
- 5 Saute until tender and serve on a plate.
- 6 Heat one of the falafels in the pan. Slice the pitta in half pockets and add half of the ingredients. Save the other half of the mixture for the next meal.

LUNCH / DINNER

Scrambled Eggs on Toast



INGREDIENTS

2 Eggs
Butter
Bread
Salt
Pepper

INSTRUCTIONS

- 1 Add a small amount of butter to a saucepan and whisk eggs using a fork.
- 2 Place the saucepan on a hob and put on a low heat and stir continually to prevent sticking to the pan.
- 3 Whilst the egg is on the hob, place one or two slices of bread in a toaster.
- 4 Once the mixture has thickened but is still light and fluffy it is ready. Serve the scrambled egg on top of buttered toast.
- 5 Season with salt and pepper.

LUNCH / DINNER

Egg Sandwich



INGREDIENTS

Egg

Bread

Butter

INSTRUCTIONS

- 1 Fill a saucepan with water and bring to the boil.
- 2 When water boils add the egg and leave in for 5 minutes 30 seconds on a heat a little below boiling.
- 3 Run the saucepan under cold water and remove the shell from the egg when cooled.
- 4 Mash the de-shelled egg using a knife in a bowl or measuring jug. Butter the 2 slices of bread, lay flat and spread the mixture onto one slice.
- 5 Then place the other slice of bread on top and cut the sandwich how you wish.

LUNCH / DINNER

Sweet Potato Slices



INGREDIENTS

Sweet Potato Slices
Cheese

INSTRUCTIONS

- 1 Slice sweet potato lengthways and place in a preheated (200°C) oven.
- 2 When near cooked sprinkle cheese on top and leave under grill or oven until cheese is melted.
- 3 Remove and serve.

LUNCH / DINNER

Cheese Sandwich/ Toastie



INGREDIENTS

Cheese

Bread

Butter

INSTRUCTIONS

- 1 Butter two slices of bread and top one slice with cheese. Add the other slice on top.
- 2 If you want to make it even nicer place under grill until golden to make a toastie. If making a toastie then remove the grill when the bread is golden brown.
- 3 Slice down the middle and serve.

LUNCH / DINNER

Butternut Squash and Chickpea Curry



INGREDIENTS

1 Tbsp Olive Oil
Handful of Sliced Onion
1 Sliced Pepper
Curry Paste Pot
Tin of Chickpeas
Butternut Squash
Vegetable Stock Cube
300ml Boiling Water
Naan Bread

INSTRUCTIONS

- 1 Add olive oil to a frying pan/wok and add onion and pepper and fry for 8 minutes.
- 2 Stir through the curry paste and cook for 1 minute and add the tin of chickpeas and the butternut squash.
- 3 Add the stock cube to the 300ml of boiling water and mix.
- 4 Add this stock to the pan and leave to simmer for 15 minutes or so.
- 5 Meanwhile cook the naan bread using the packet instructions. Once the butternut squash is soft to cut and water has reduced, it is ready.
- 6 Serve half of the curry and leave half for tomorrow's dinner. Serve with a naan bread.

LUNCH / DINNER

Vegetable Stir Fry



INGREDIENTS

- 1 Sliced Pepper
- 4 Diced Mushrooms
- Small Handful of Onion
- Handful of Sliced Kale
- 1 Tsp Olive Oil
- Noodles

INSTRUCTIONS

- 1 Add oil and the onion to a wok/frying pan and heat for 8 minutes.
- 2 Add peppers, mushrooms and kale and fry and stir until softened.
- 3 Add noodles and soy sauce.
- 4 After noodles have heated through (1-2 minutes) remove from the heat and serve.

LUNCH / DINNER

Sweet Potato Chilli



INGREDIENTS

Sweet Potato
Handful of Diced Onion
Garlic Bulb
Diced Pepper
Tbsp Olive Oil
Chopped Tomatoes
Kidney Beans
Chilli Powder
Cayenne Chilli Powder
Paprika

INSTRUCTIONS

- 1 Preheat oven to 190°C. Place sweet potato chunks on a baking tray and drizzle with oil and place in the oven for 30 minutes.
- 2 When sweet potato is in the oven, heat one tablespoon of olive oil in a pan and add onion.
- 3 Once onion has softened (after about 8 minutes) add garlic and stir for two minutes.
- 4 Add chopped tomatoes and spices. Allow to simmer for 10 minutes.
- 5 Once sweet potato has been roasted add to the mixture and add kidney beans and stir.
- 6 Once heated for a couple of minutes, serve.

LUNCH / DINNER

Vegetable Pasta



INGREDIENTS

Pasta

Handful Diced Onion

Diced Pepper

4 Diced Mushrooms

Handful Diced Kale

1 Tbsp Olive Oil

Garlic Bulb

Cheese

INSTRUCTIONS

- 1 Put water on to boil and add 2 cups of pasta.
- 2 Add olive oil to a pan and fry the onion until softened, then add the garlic.
- 3 Add pepper, mushroom and kale. Add 2 tbsp of tomato puree and chopped tomatoes and leave to simmer for 10 minutes.
- 4 Once cooked, transfer pasta to ovenproof dish and lay the sauce on veg before mixing.
- 5 Top with cheese and bake in the oven for 20 minutes. Serve half and save the rest for tomorrow.

LUNCH / DINNER

Lentil Cottage Pie



INGREDIENTS

Sweet Potato
Handful Sliced Onions
Diced Carrot
1 Tbsp Oil
1 Can Drained Lentils
Vegetable Stock Cube
Grated Cheese
Kale
Butter

INSTRUCTIONS

- 1 Boil water in a saucepan, add potatoes and leave to simmer.
- 2 Meanwhile, add oil to a pan, then add onion and carrot.
- 3 After 8 minutes add 200g of canned lentils and leave to simmer whilst potatoes cook.
- 4 If it gets dry, add some vegetable stock to boiling water and mix, gradually add to mixture.
- 5 Once potatoes are soft to cut, drain and mash using a potato masher. Add the lentil mixture to an ovenproof dish and top with the mash and grated cheese.
- 6 Place under a grill until cheese is golden. While the pie is under the grill, add a small amount of butter to a pan on a low heat.
- 7 Add the remainder of kale and stir. Heat for about 5 minutes until the pie is done and serve both the kale and pie.

LUNCH / DINNER

Scrambled Egg & Avocado Pitta



INGREDIENTS

2 Eggs

Olive Oil

½ Avocado

1 Wholemeal Pitta

Salt & Pepper
(optional)

INSTRUCTIONS

- 1 Add a small amount of oil to a saucepan.
- 2 Place the saucepan on a hob and put on a low heat, add the 2 eggs and whisk with a fork. Stir continually to prevent sticking to the pan.
- 3 While the egg is on the hob, slice a pitta in half to create 'pockets' and lightly toast for 1-2 minutes.
- 4 Cut an avocado in half, scoop out half with a spoon and stuff it into the pitta pockets. Once the mixture is thickened but still light and fluffy, it is ready.
- 5 Spoon the scramble equally between the two pockets. Season with salt and pepper as desired and serve.

LUNCH / DINNER

Chilli Con Carne



INGREDIENTS

- 300g Chicken Mince
- 40g Chopped Onion
- 2 Diced Garlic Cloves
- 1 Tin Chopped Tomatoes
- ¼ Avocado
- 100gs Sliced Peppers
- Chilli Con Carne Mix
- 280g Rice
- Oil

INSTRUCTIONS

- 1 Heat some oil in a pan and add the onions and garlic. Saute until clear.
- 2 Add the chicken mine and cook until brown. Drain the water from the tin of kidney beans and add to the pan, along with the chopped tomatoes, sliced peppers and chilli con carne packet.
- 3 Cook on a low heat. Salt and pepper to taste.
- 4 Meanwhile, measure out the rice into a pan with 500ml water per 70g rice and stir once.
- 5 Bring to the boil, cover and simmer for 28-30 minutes. Drain in a sieve, rinse with boiling water and serve. Fork through to fluff up.
- 6 To serve, dish ¼ of the rice onto a plate and spoon over ¼ of the chilli. Top with ¼ avocado.

LUNCH / DINNER

Pasta Bake



INGREDIENTS

**225g Wholewheat
Fusilli Pasta**

Oil

40g Onions

4 Diced Garlic Cloves

100g Sliced Peppers

1 Tin Chopped Tomatoes

1 Mozzarella

Salt & Pepper

INSTRUCTIONS

- 1** Add pasta to a large saucepan of boiling water and bring to the boil. Simmer uncovered for 10-12 minutes, stirring occasionally.
- 2** Once cooked, drain the pasta and add to an ovenproof dish. In a pan, add a drizzle of oil and saute the onions and garlic until clear.
- 3** Add in the 100g sliced peppers, chopped tomatoes and spinach. Salt and pepper to taste. Spoon the tomato sauce over the pasta and stir.
- 4** Tear the mozzarella and place over the top then bake for 15 minutes until mozzarella is melted. Portion into thirds and store in the fridge for up to five days.

LUNCH / DINNER

Chickpea and Sweet Potato Tikka Masala



INGREDIENTS

210g Rice

Oil

40g Onion

4 Garlic Cloves

2 Patak's Tikka Paste Pot

1 Tin Drained Chickpeas

100g Sliced Pepper

2 Sweet Potatoes

Salt & Pepper

INSTRUCTIONS

- 1 Heat oil in a pan and saute the onions and garlic until clear.
- 2 Add all the other ingredients apart from the rice and simmer until the sweet potato is fully cooked. Use 1 Patak pot for milder taste.
- 3 In a separate pan, add the rice with 500ml water per 70g rice and stir once. Bring to the boil, cover and simmer for 28-30 minutes.
- 4 Drain the rice in a sieve, rinse with boiling water and serve. Fork through to fluff up.
- 5 To serve, add a third of the cooked rice and a third of the curry to a plate/bowl. Once cooled, the remaining food may be stored in the fridge for up to five days.

LUNCH / DINNER

Egg Fried Rice



INGREDIENTS

1 Egg

70g Rice

10g Diced Onion

1 Diced Garlic Glove

Handful Sliced Pepper

100g Chicken Mince

Salt & Pepper

INSTRUCTIONS

- 1 Add the rice to a pan with 500ml water per 70g rice and stir once. Bring to the boil, cover and simmer for 28-30 minutes.
- 2 Drain the rice in a sieve, rinse with boiling water and serve. Fork through to fluff up.
- 3 In a pan, drizzle some oil and cook the onion and garlic until clear. Add the chicken mince and cook until brown. Push mixture and add the cooked rice. Mix thoroughly. If you have any to hand, feel free to add a dash of soy sauce, oyster sauce or fish sauce to taste.