

# Simply Samuel

## Everyday Easy

**100 Recipes for Delicious, Stress-Free Cooking**

*Cook with confidence. Eat with joy.*

---

**By Samuel Mabe**

*Your go-to guide for simple, tasty meals every day*

---

***Featuring:***

**Quick & easy recipes**

**Fresh ingredients**

**Step-by-step methods**

**Perfect for beginners and busy cooks alike**

---

**Download your copy now and start cooking!**



## **Welcome to Simply Samuel: Everyday Easy**

Hi, I'm Samuel!

I'm thrilled to share with you 100 simple, delicious recipes that anyone can cook at home — no fuss, no stress, just good food made easy. Whether you're a beginner in the kitchen, cooking for your family, or want quick meals without compromising on flavour, this book is for you.

Brought to you by a qualified professional chef with years of experience working in some of the finest kitchens across the South of England, this cookbook is designed to make cooking approachable and enjoyable for everyone.

Inside, you'll find everything from hearty breakfasts to comforting dinners, easy snacks, and even some sweet treats — all crafted to fit your busy lifestyle.

So grab your apron, fire up your stove, and let's get cooking!

**Happy eating,  
Samuel**

## Contents

### Simply Samuel Everyday Easy (100 Recipes)

- |                                       |   |                                       |
|---------------------------------------|---|---------------------------------------|
| 1. One-pan lemon herb chicken         | 23. Thai green curry with chicken           | 46. Tuna niçoise salad                |
| 2. Spaghetti aglio e olio             | 24. Greek salad with feta                   | 47. Quick chicken curry               |
| 3. Chickpea curry                     | 25. Easy beef tacos                         | 48. Black bean burritos               |
| 4. Quick beef stir-fry                | 26. Mushroom and spinach omelette           | 49. Garlic butter mushrooms on toast  |
| 5. Tomato & basil pasta               | 27. Lemon garlic salmon                     | 50. Smashed avocado and poached eggs  |
| 6. Tuna pasta bake                    | 28. Chicken and vegetable stir-fry          | 51. Roasted chicken thighs with herbs |
| 7. Chicken fajitas                    | 29. Sweet potato and black bean quesadillas | 52. Italian sausage and peppers       |
| 8. Vegetable fried rice               | 30. Caponata on toasted bread               | 53. BBQ pulled pork sandwiches        |
| 9. Creamy mushroom pasta              | 31. Baked ziti with mozzarella              | 54. Mushroom stroganoff               |
| 10. Pesto chicken traybake            | 32. Chicken tikka wraps                     | 55. Turkey meatball subs              |
| 11. Garlic butter shrimp              | 33. Butternut squash soup                   | 56. Tofu stir-fry with vegetables     |
| 12. Beef and broccoli stir-fry        | 34. Asian chicken lettuce wraps             | 57. Buffalo chicken wraps             |
| 13. Sausage and pepper skillet        | 35. Marinated grilled vegetables            | 58. Loaded baked potatoes             |
| 14. Quick chilli con carne            | 36. Shrimp scampi                           | 59. Chickpea and spinach stew         |
| 15. Caprese salad with balsamic glaze | 37. Turkey burgers                          | 60. Simple veggie stir-fry noodles    |
| 16. Chicken Caesar wraps              | 38. Creamy tomato pasta                     | 61. Lemon garlic pasta with spinach   |
| 17. Roasted vegetable quinoa bowl     | 39. Falafel wraps with tahini sauce         | 62. Quick seafood paella              |
| 18. Simple margherita pizza           | 40. Baked falafel with salad                | 63. Grilled chicken with chimichurri  |
| 19. Grilled cheese and tomato soup    | 41. Mediterranean chickpea salad            | 64. Pork chops with apple sauce       |
| 20. Spicy peanut noodles              | 42. Spinach and feta frittata               | 65. Easy vegetable lasagne            |
| 21. BBQ chicken drumsticks            | 43. Sweet chilli chicken bowls              | 66. Thai beef salad                   |
| 22. Veggie-packed shakshuka           | 44. Lentil soup with lemon                  |                                       |
|                                       | 45. Quick ratatouille                       |                                       |

- |   |  |  |
|---|--|--|
| 67. Baked sweet potatoes with chickpeas | 78. Beef and vegetable stir-fry              | 89. Pesto-roasted vegetables             |
| 68. Garlic lemon green beans            | 79. Sweet potato curry                       | 90. Simple garlic prawns                 |
| 69. Spicy sausage pasta                 | 80. Turkey and cranberry wraps               | 91. BBQ tofu skewers                     |
| 70. Chicken and avocado salad           | 81. Tomato and mozzarella panini             | 92. Thai basil chicken stir-fry          |
| 71. Honey mustard-glazed salmon         | 82. Lemon roasted chicken and potatoes       | 93. Chicken and broccoli alfredo         |
| 72. Sausage and lentil stew             | 83. Spinach and ricotta stuffed pasta shells | 94. Mediterranean pasta salad            |
| 73. Tuna and sweetcorn pasta salad      | 84. Chickpea and roasted pepper salad        | 95. Spicy lentil dhal                    |
| 74. Chicken and chorizo paella          | 85. Quick chicken parmesan                   | 96. Prawn and avocado salad              |
| 75. Simple caponata pasta               | 86. Vegan burrito bowls                      | 97. Italian meatball spaghetti           |
| 76. Creamy mushroom and thyme pasta     | 87. Sausage and spinach frittata             | 98. Roasted vegetable and hummus wraps   |
| 77. Spiced vegetable couscous           | 88. Cajun chicken wraps                      | 99. Baked salmon with dill yoghurt sauce |
|   |  | 100. Quick veggie chilli                 |

### **A Note from Simply Samuel**

You might notice that this book contains no pictures. While they say we eat with our eyes first, I chose to create this cookbook solely through words. I wanted to invite you to imagine each dish in your way — to pick what appeals to you not just by how it looks, but by how it sounds, smells, and tastes in your mind.

Cooking is a personal journey, and I hope these recipes inspire your creativity and bring warmth to your kitchen — however you envision them.

Enjoy the experience, and happy cooking!

— Samuel

## 1. One-Pan Lemon Herb Chicken

*Serves 4 | Prep: 10 mins | Cook: 35 mins*

### Ingredients:

- 4 boneless, skin-on chicken thighs (or breasts if you prefer)
  - 2 tbsp olive oil
  - 1 lemon (zested and juiced)
  - 3 garlic cloves, minced
  - 1 tsp dried oregano
  - 1 tsp dried thyme (or fresh if you have it)
  - Salt & pepper, to taste
  - 200g baby potatoes, halved
  - 150g green beans (trimmed) or asparagus
  - Fresh parsley, chopped (for garnish)
- 

### Method:

1. Preheat oven to 200°C/400°F.
  2. Mix olive oil, lemon zest & juice, garlic, herbs, salt, and pepper. Rub over chicken.
  3. Place chicken and potatoes in a baking tray, drizzle with remaining marinade.
  4. Roast 20 mins, add green beans, roast 10–15 mins more until cooked through.
  5. Sprinkle parsley and serve.
- 

## 2. Spaghetti Aglio e Olio

*Serves 2 | Prep: 5 mins | Cook: 10 mins*

### Ingredients:

- 200g dried spaghetti
- 4 tbsp extra virgin olive oil
- 4 garlic cloves, thinly sliced
- 1 tsp dried chilli flakes (adjust to taste)

- Salt, for pasta water
  - Fresh parsley, finely chopped (about 2 tbsp)
  - Freshly grated Parmesan or Pecorino (optional, traditional recipe is cheese-free)
- 

#### **Method:**

1. Cook spaghetti in salted water until al dente, reserving 1 cup of pasta water.
  2. Gently fry garlic in olive oil until golden, and add chilli flakes.
  3. Toss pasta with oil, adding pasta water as needed.
  4. Stir in parsley, season, and serve (add cheese if desired).
- 

### **3. Chickpea Curry**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

#### **Ingredients:**

- 2 tbsp vegetable or coconut oil
  - 1 large onion, finely chopped
  - 3 garlic cloves, minced
  - 1 thumb-sized piece of fresh ginger, grated
  - 2 tsp ground cumin
  - 2 tsp ground coriander
  - 1 tsp turmeric powder
  - 1–2 tsp mild or medium curry powder (to taste)
  - 1 tsp chilli powder or flakes (optional)
  - 2 x 400g tins chickpeas, drained and rinsed
  - 1 x 400g tin chopped tomatoes
  - 1 x 400ml tin coconut milk
  - Salt & pepper, to taste
  - Fresh coriander, chopped (for garnish)
  - Cooked rice or naan bread, to serve
-

**Method:**

1. Sauté onion in oil until golden, add garlic and ginger.
  2. Stir in spices, cook 30 secs.
  3. Add chickpeas, tomatoes, and coconut milk; simmer 15 mins.
  4. Season, garnish with coriander, and serve with rice or naan.
- 

**4. Quick Beef Stir-Fry**

*Serves 2–3 | Prep: 10 mins | Cook: 7 mins*

**Ingredients:**

- 300g beef steak (sirloin, rump, or flank), thinly sliced against the grain
  - 2 tbsp soy sauce
  - 1 tbsp oyster sauce
  - 1 tbsp sesame oil
  - 1 tsp cornflour
  - 1 tbsp vegetable oil (for frying)
  - 2 garlic cloves, sliced
  - 1 red chilli, sliced (optional)
  - 1 red bell pepper, sliced
  - 1 carrot, julienned
  - 100g tenderstem broccoli, cut into bite-size pieces
  - 2 spring onions, chopped
  - Cooked rice or noodles, to serve
- 

**Method:**

1. Marinate beef with soy, oyster sauce, sesame oil, and cornflour.
  2. Sear beef in hot oil, set aside.
  3. Stir-fry garlic, chilli, and vegetables until just tender.
  4. Return beef, add spring onions, toss 1 min.
  5. Serve with rice or noodles.
-

## 5. Tomato & Basil Pasta

*Serves 4 | Prep: 5 mins | Cook: 15 mins*

### Ingredients:

- 350g spaghetti or penne
  - 2 tbsp olive oil
  - 3 garlic cloves, finely sliced
  - 1 x 400g tin chopped tomatoes (or 500g fresh ripe tomatoes, chopped)
  - 1 tbsp tomato purée
  - Pinch of sugar (optional, to balance acidity)
  - Salt & freshly ground black pepper, to taste
  - Large handful of fresh basil leaves, torn
  - Freshly grated Parmesan or Pecorino, to serve
- 

### Method:

1. Cook pasta in salted water until al dente, reserving ½ cup water.
  2. Fry garlic in olive oil, add tomatoes and purée, simmer 8–10 mins.
  3. Toss pasta with sauce, pasta water, and basil.
  4. Season, top with Parmesan, and serve.
- 

## 6. Tuna Pasta Bake

*Serves 4–6 | Prep: 10 mins | Cook: 25 mins*

### Ingredients:

- 350g pasta (penne or fusilli work best)
- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 x 400g tin chopped tomatoes
- 1 x 160g tin tuna in spring water or olive oil, drained
- 150g sweetcorn (tinned or frozen)



- 200ml double cream or crème fraîche
  - 150g grated cheddar cheese (plus extra for topping)
  - 1 tsp dried oregano
  - Salt & freshly ground black pepper, to taste
- 

### **Method:**

1. Cook pasta 2 mins less than packet, drain.
  2. Sauté onion and garlic, add tomatoes, oregano, tuna, and sweetcorn; simmer 5 mins.
  3. Stir in cream and cheese, season.
  4. Combine with pasta, transfer to a dish, top with cheese, and bake at 200°C for 15–20 mins.
  5. Serve hot with a salad.
- 

## **7. Chicken Fajitas**

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

### **Ingredients:**

- 2 large chicken breasts, sliced into thin strips
  - 1 red pepper, sliced
  - 1 yellow pepper, sliced
  - 1 onion, sliced
  - 2 tbsp olive oil
  - 2 tsp smoked paprika
  - 1 tsp ground cumin
  - 1 tsp chilli powder (optional for heat)
  - Juice of 1 lime
  - Salt & freshly ground black pepper
  - 8 small flour tortillas
  - To serve: sour cream, guacamole, salsa, grated cheese, fresh coriander
-

**Method:**

1. Marinate chicken with oil, spices, lime juice, salt, and pepper for 10+ mins.
  2. Cook chicken in a hot pan until golden and done, set aside.
  3. Stir-fry onion and peppers until slightly crisp.
  4. Return chicken to pan, toss and heat through.
  5. Serve in warmed tortillas with your favourite toppings.
- 

**8. Vegetable Fried Rice**

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

**Ingredients:**

- 250g cooked rice (preferably day-old for best texture)
  - 2 tbsp vegetable oil (or sesame oil for more flavour)
  - 1 onion, finely chopped
  - 2 garlic cloves, minced
  - 1 medium carrot, diced
  - 100g frozen peas
  - 1 red pepper, diced
  - 2 eggs, lightly beaten
  - 3 tbsp light soy sauce
  - 1 tbsp oyster sauce (optional)
  - 1 tsp sesame seeds (optional, for garnish)
  - Spring onions, sliced, for garnish
  - Salt & freshly ground black pepper
- 

**Method:**

1. Cool cooked rice on a tray.
2. Stir-fry onion, garlic, carrot, peas, and pepper until crisp-tender.
3. Scramble eggs in the pan, then mix with veg.
4. Add rice, stir-fry 2–3 mins, breaking up clumps.
5. Season with soy and oyster sauce, salt, and pepper.
6. Garnish with spring onions and sesame seeds; serve hot with chilli oil if liked.

---

## 9. Creamy Mushroom Pasta

*Serves 4 | Prep: 5 mins | Cook: 15 mins*

### Ingredients:

- 350g pasta (fettuccine or penne)
- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 300g mixed mushrooms, sliced
- 150ml double cream or crème fraîche
- 50g grated Parmesan cheese
- Fresh parsley, chopped
- Salt & freshly ground black pepper

### Method:

1. Cook pasta until al dente, reserving ½ cup pasta water.
  2. Sauté onion, garlic, and mushrooms until soft and browned.
  3. Stir in cream, Parmesan, and pasta water; season.
  4. Toss pasta in sauce.
  5. Garnish with parsley and extra Parmesan, then serve.
- 

## 10. Pesto Chicken Traybake

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

### Ingredients:

- 4 chicken breasts or thighs
- 200g cherry tomatoes
- 1 courgette, sliced
- 1 red onion, sliced
- 3 tbsp pesto (store-bought or homemade)
- 2 tbsp olive oil

- Salt & pepper
- Fresh basil leaves to serve

**Method:**

1. Preheat oven to 200°C (180°C fan).
  2. Arrange chicken, tomatoes, courgette, and onion on a tray.
  3. Drizzle with olive oil and spoon pesto over chicken; toss veggies to coat.
  4. Roast 25–30 mins until cooked and tender.
  5. Garnish with basil and serve with bread or rice.
- 

**11. Garlic Butter Shrimp**

*Serves 2 | Prep: 5 mins | Cook: 5 mins*

**Ingredients:**

- 300g large shrimp/prawns, peeled and deveined
- 3 tbsp butter
- 4 garlic cloves, minced
- 1 tbsp lemon juice
- 1 tsp smoked paprika (optional)
- Fresh parsley, chopped
- Salt & pepper

**Method:**

1. In a large frying pan, melt butter over medium heat.
  2. Add garlic and cook for 1 minute until fragrant (don't brown).
  3. Add shrimp and paprika. Cook for 2-3 minutes per side until pink and cooked through.
  4. Stir in lemon juice and season with salt and pepper.
  5. Sprinkle parsley on top and serve immediately with crusty bread or over rice.
-

## 12. Beef and Broccoli Stir-Fry

*Serves 3 | Prep: 10 mins | Cook: 8 mins*

### Ingredients:

- 300g beef (sirloin or flank), thinly sliced
- 200g broccoli florets
- 2 garlic cloves, minced
- 1 tbsp vegetable oil
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp cornflour mixed with 2 tbsp water
- 1 tsp sesame oil
- 1 tsp grated ginger (optional)

### Method:

1. Mix soy, oyster sauce, and cornflour slurry in a small bowl.
2. Heat oil in a wok or frying pan over high heat. Add beef and stir-fry for 2-3 minutes until browned. Remove and set aside.
3. Add broccoli, garlic, and ginger to the pan. Stir-fry for 3 minutes until bright green and tender-crisp.
4. Return beef to the pan, pour over sauce, and toss well. Cook for 1-2 minutes until sauce thickens.
5. Drizzle sesame oil and serve hot with steamed rice.

---

## 13. Sausage and Pepper Skillet

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

### Ingredients:

- 6 good-quality sausages (pork or your choice)
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 onion, sliced

- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- Salt & pepper
- Fresh parsley, chopped (to garnish)

**Method:**

1. Heat 1 tbsp olive oil in a large skillet over medium heat. Cook sausages, turning occasionally, until browned and cooked through (~12 minutes). Remove and slice into thick chunks.
  2. In the same skillet, add remaining olive oil, then onion, peppers, and garlic. Cook for 6-8 minutes until soft.
  3. Stir in smoked paprika, salt, and pepper.
  4. Return sliced sausages to the pan, toss everything together, and cook for another 2 minutes.
  5. Garnish with parsley and serve with crusty bread or mash.
- 

## **14. Quick Chili Con Carne**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g minced beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 can (400g) chopped tomatoes
- 1 can (400g) kidney beans, drained and rinsed
- 2 tbsp tomato purée
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chilli powder (adjust to taste)

- 1 tbsp olive oil
- Salt & pepper
- Fresh coriander, to serve

**Method:**

1. Heat olive oil in a large pan over medium heat. Add onion and garlic, cook until soft.
  2. Add minced beef and brown, breaking it up as it cooks.
  3. Stir in red pepper, cumin, paprika, chilli powder, and tomato purée. Cook for 2 minutes.
  4. Add chopped tomatoes and kidney beans, season with salt and pepper.
  5. Simmer uncovered for 15-20 minutes until thickened.
  6. Serve topped with fresh coriander, with rice or crusty bread.
- 

**15. Caprese Salad with Balsamic Glaze**

*Serves 2 | Prep: 10 mins | No cooking*

**Ingredients:**

- 2 large ripe tomatoes, sliced
- 200g fresh mozzarella, sliced
- Fresh basil leaves
- 2 tbsp extra virgin olive oil
- Salt & pepper
- Balsamic glaze (store-bought or homemade)

**Method:**

1. Arrange tomato and mozzarella slices on a plate, alternating them.
  2. Scatter basil leaves over the top.
  3. Drizzle with olive oil and balsamic glaze.
  4. Season with salt and pepper.
  5. Serve immediately as a light starter or side.
-

## 16. Chicken Caesar Wraps

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

### Ingredients:

- 2 cooked chicken breasts, sliced
- 4 large flour tortillas
- 100g romaine lettuce, chopped
- 50g Parmesan, shaved
- Caesar dressing (store-bought or homemade)
- Salt & pepper

### Method:

1. Toss chicken with lettuce, Parmesan, and Caesar dressing in a bowl.
  2. Warm tortillas briefly in a pan or microwave.
  3. Divide mixture among tortillas and wrap tightly.
  4. Serve with a side salad or crisps.
- 

## 17. Roasted Vegetable Quinoa Bowl

*Serves 4 | Prep: 15 mins | Cook: 30 mins*

### Ingredients:

- 200g quinoa, rinsed
- 1 red pepper, chopped
- 1 courgette, chopped
- 1 red onion, chopped
- 1 handful cherry tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt & pepper
- Juice of 1 lemon
- Fresh parsley, chopped



**Method:**

1. Preheat oven to 200°C (180°C fan). Toss vegetables with olive oil, oregano, salt, and pepper. Roast for 25-30 minutes until tender.
  2. Meanwhile, cook quinoa in boiling salted water for 12 minutes, drain.
  3. Fluff quinoa, toss with lemon juice and parsley.
  4. Serve quinoa topped with roasted vegetables.
- 

**18. Simple Margherita Pizza**

*Serves 2 | Prep: 10 mins | Cook: 12-15 mins*

**Ingredients:**

- 1 ready-made pizza base
- 150g tomato passata
- 125g fresh mozzarella, sliced
- Fresh basil leaves
- 1 tbsp olive oil
- Salt & pepper

**Method:**

1. Preheat oven to 220°C (200°C fan).
  2. Spread tomato passata over the pizza base, season with salt and pepper.
  3. Scatter mozzarella slices on top.
  4. Bake for 12-15 minutes until crust is golden and cheese bubbling.
  5. Top with fresh basil leaves and drizzle olive oil before serving.
- 

**19. Grilled Cheese and Tomato Soup**

*Serves 2 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:****Soup:**

- 1 tbsp olive oil

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (400g) chopped tomatoes
- 300ml vegetable stock
- 1 tsp sugar
- Salt & pepper

#### **Sandwich:**

- 4 slices white bread
- 100g mature cheddar, sliced
- Butter

#### **Method:**

1. For soup, heat oil, cook onion and garlic until soft. Add tomatoes, stock, sugar, salt, and pepper. Simmer for 15 minutes. Blend until smooth.
2. Butter bread slices, add cheese, and grill sandwiches until golden and melted.
3. Serve soup with grilled cheese sandwiches.

---

## **20. Spicy Peanut Noodles**

*Serves 3 | Prep: 10 mins | Cook: 10 mins*

#### **Ingredients:**

- 250g noodles (egg or rice noodles)
- 3 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp lime juice
- 1 tsp chilli flakes or Sriracha
- 2 garlic cloves, minced
- 1 tbsp sesame oil
- 1 carrot, julienned
- 1 spring onion, sliced

- Fresh coriander, chopped

**Method:**

1. Cook noodles according to package, drain.
  2. In a bowl, whisk peanut butter, soy sauce, lime juice, chilli, garlic, and sesame oil.
  3. Toss noodles with sauce, carrot, and spring onion.
  4. Garnish with coriander and serve warm or cold.
- 

## **21. BBQ Chicken Drumsticks**

*Serves 4 | Prep: 10 mins | Cook: 35 mins*

**Ingredients:**

- 8 chicken drumsticks
- 150ml BBQ sauce (store-bought or homemade)
- 1 tbsp olive oil
- Salt & pepper

**Method:**

1. Preheat oven to 200°C (180°C fan).
  2. Toss drumsticks with olive oil, salt, and pepper. Place on a baking tray.
  3. Bake for 25 minutes, then brush generously with BBQ sauce.
  4. Return to oven for 10 more minutes until sticky and cooked through.
  5. Serve with coleslaw or salad.
- 

## **22. Veggie-Packed Shakshuka**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 1 tbsp olive oil
- 1 onion, chopped
- 1 red pepper, diced

- 3 garlic cloves, minced
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 can (400g) chopped tomatoes
- 4 eggs
- Fresh parsley or coriander
- Salt & pepper
- Crusty bread to serve

**Method:**

1. Heat oil in a large frying pan. Cook onion, pepper, and garlic until softened.
  2. Stir in paprika and cumin, cook 1 minute.
  3. Add tomatoes, simmer 10 minutes until sauce thickens.
  4. Make 4 wells, crack eggs into them, cover, and cook until eggs set (~6 minutes).
  5. Season and garnish with herbs. Serve with bread.
- 

### **23. Thai Green Curry with Chicken**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g chicken breast, sliced
- 1 tbsp green curry paste
- 400ml coconut milk
- 1 red pepper, sliced
- 100g green beans, trimmed
- 1 tbsp fish sauce
- 1 tsp brown sugar
- Fresh basil or coriander
- Steamed jasmine rice to serve

**Method:**

1. Heat a little oil in a pan, fry green curry paste for 1 minute.
  2. Add chicken and cook until sealed.
  3. Pour in coconut milk, bring to simmer.
  4. Add pepper and green beans, cook for 8-10 minutes until chicken cooked and veg tender.
  5. Stir in fish sauce and sugar.
  6. Serve topped with fresh herbs and rice.
- 

## **24. Greek Salad with Feta**

*Serves 4 | Prep: 15 mins | No cooking*

### **Ingredients:**

- 2 large tomatoes, chopped
- 1 cucumber, diced
- 1 red onion, thinly sliced
- 1 green pepper, chopped
- 150g feta cheese, crumbled
- 100g black olives
- 2 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano
- Salt & pepper

### **Method:**

1. Combine tomatoes, cucumber, onion, and green pepper in a large bowl.
  2. Add feta and olives on top.
  3. Whisk together olive oil, vinegar, oregano, salt, and pepper.
  4. Drizzle dressing over salad and toss gently. Serve immediately.
-

## **25. Easy Beef Tacos**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### **Ingredients:**

- 400g minced beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chilli powder
- Salt & pepper
- 8 taco shells
- 100g grated cheddar
- 1 tomato, diced
- Lettuce, shredded
- Sour cream and salsa, to serve

### **Method:**

1. Cook onion and garlic in a pan until soft.
2. Add minced beef and brown, breaking up lumps.
3. Stir in spices, season, and cook for 5 minutes.
4. Warm taco shells, fill with beef, cheese, tomato, lettuce.
5. Serve with sour cream and salsa.

---

## **26. Mushroom and Spinach Omelette**

*Serves 1 | Prep: 5 mins | Cook: 10 mins*

### **Ingredients:**

- 3 eggs
- 100g mushrooms, sliced
- 1 handful spinach

- 1 tbsp butter
- Salt & pepper

**Method:**

1. Heat butter in a pan, sauté mushrooms until soft.
  2. Add spinach, cook until wilted.
  3. Beat eggs, season, pour over mushrooms and spinach.
  4. Cook gently, folding omelette when almost set. Serve hot.
- 

**27. Lemon Garlic Salmon**

*Serves 2 | Prep: 5 mins | Cook: 15 mins*

**Ingredients:**

- 2 salmon fillets
- 2 garlic cloves, minced
- Juice and zest of 1 lemon
- 2 tbsp olive oil
- Salt & pepper
- Fresh parsley, chopped

**Method:**

1. Preheat oven to 200°C (180°C fan).
  2. Mix garlic, lemon juice, zest, olive oil, salt, and pepper.
  3. Place salmon on baking tray, pour marinade over.
  4. Bake for 12-15 minutes until cooked through.
  5. Garnish with parsley and serve.
- 

**28. Chicken and Vegetable Stir-Fry**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 400g chicken breast, thinly sliced

- 1 red pepper, sliced
- 1 carrot, julienned
- 100g snap peas
- 2 garlic cloves, minced
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp vegetable oil

**Method:**

1. Heat oil in a wok or large pan. Cook chicken until browned.
  2. Add garlic and vegetables, stir-fry for 5-7 minutes.
  3. Stir in soy and oyster sauce, cook another 2 minutes.
  4. Serve with steamed rice or noodles.
- 

## **29. Sweet Potato and Black Bean Quesadillas**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 2 large sweet potatoes, peeled and cubed
- 1 can (400g) black beans, drained
- 1 tsp cumin
- 1 tsp smoked paprika
- 8 large flour tortillas
- 150g grated cheddar
- Olive oil

**Method:**

1. Boil sweet potato cubes until tender, mash roughly.
2. Mix mashed sweet potato with black beans, cumin, paprika, and seasoning.
3. Heat a little oil in a pan, place tortilla, sprinkle cheese, add sweet potato mix, top with cheese and another tortilla.



4. Cook until golden and cheese melted, flip carefully. Serve warm.
- 

### **30. Caponata on Toasted Bread**

*Serves 4 | Prep: 15 mins | Cook: 25 mins*

#### **Ingredients:**

- 1 aubergine, diced
- 1 red pepper, diced
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 tbsp olive oil
- 1 can (400g) chopped tomatoes
- 2 tbsp red wine vinegar
- 1 tbsp sugar
- 1 tbsp capers
- 8 slices rustic bread, toasted
- Fresh basil

#### **Method:**

1. Heat oil, cook aubergine, pepper, onion, and celery until soft.
  2. Add garlic, cook 1 minute. Stir in tomatoes, vinegar, sugar, and capers.
  3. Simmer for 15 minutes until thickened.
  4. Spoon over toasted bread, garnish with basil.
- 

### **31. Baked Ziti with Mozzarella**

*Serves 4 | Prep: 15 mins | Cook: 30 mins*

#### **Ingredients:**

- 300g ziti or penne pasta
- 400g marinara sauce

- 200g ricotta cheese
- 150g mozzarella, shredded
- 50g Parmesan, grated
- Fresh basil

**Method:**

1. Cook pasta until just al dente, then drain.
  2. Mix pasta with marinara and ricotta.
  3. Transfer to a baking dish, top with mozzarella and Parmesan.
  4. Bake at 190°C (170°C fan) for 20 minutes until bubbly and golden.
  5. Garnish with basil.
- 

### **32. Chicken Tikka Wraps**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 400g chicken breast, sliced
- 3 tbsp tikka masala paste
- 4 large wraps
- 100g yoghurt
- 1 cucumber, diced
- 1 handful coriander, chopped

**Method:**

1. Marinate chicken in tikka paste for 10 minutes.
  2. Cook chicken in a hot pan until done.
  3. Mix yogurt with cucumber and coriander for raita.
  4. Fill wraps with chicken and raita, roll up and serve.
-

### **33. Butternut Squash Soup**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

#### **Ingredients:**

- 1 butternut squash, peeled and cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1L vegetable stock
- Salt & pepper
- Cream or coconut milk, optional

#### **Method:**

1. Heat oil, cook onion and garlic until soft.
  2. Add squash and stock, simmer until squash is tender (20 minutes).
  3. Blend until smooth, season.
  4. Stir in cream or coconut milk if desired, serve warm.
- 

### **34. Asian Chicken Lettuce Wraps**

*Serves 4 | Prep: 15 mins | Cook: 15 mins*

#### **Ingredients:**

- 400g minced chicken
- 2 garlic cloves, minced
- 1 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 carrot, grated
- 1 spring onion, sliced
- 1 head iceberg lettuce, leaves separated

#### **Method:**

1. Cook chicken and garlic until browned.

2. Stir in soy, hoisin, carrot, and spring onion, cook 2 more minutes.
3. Spoon mixture into lettuce leaves, serve as wraps.

---

### **35. Marinated Grilled Vegetables**

*Serves 4 | Prep: 15 mins | Cook: 10 mins*

#### **Ingredients:**

- 1 courgette, sliced
- 1 aubergine, sliced
- 1 red pepper, quartered
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 garlic cloves, minced
- Salt & pepper
- Fresh thyme or rosemary

#### **Method:**

1. Mix oil, vinegar, garlic, herbs, salt, and pepper.
2. Toss vegetables in marinade for 10 minutes.
3. Grill or barbecue vegetables until tender and charred. Serve warm or cold.

---

### **36. Shrimp Scampi**

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

#### **Ingredients:**

- 400g large shrimp, peeled and deveined
- 3 garlic cloves, minced
- 50g butter
- Juice of 1 lemon
- 1 tbsp olive oil
- Fresh parsley, chopped

- Cooked pasta or crusty bread to serve

**Method:**

1. Heat oil and butter in a pan. Add garlic, cook 1 minute.
  2. Add shrimp, cook until pink (~3 minutes each side).
  3. Stir in lemon juice and parsley.
  4. Serve over pasta or with bread.
- 

### **37. Turkey Burgers**

*Serves 4 | Prep: 15 mins | Cook: 10 mins*

**Ingredients:**

- 500g minced turkey
- 1 small onion, grated
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- Salt & pepper
- 4 burger buns
- Lettuce, tomato, and sauce for serving

**Method:**

1. Mix turkey, onion, garlic, paprika, salt, and pepper.
  2. Form into 4 patties.
  3. Grill or fry for 5 minutes each side until cooked.
  4. Serve in buns with salad and sauce.
- 

### **38. Creamy Tomato Pasta**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 300g pasta
- 1 tbsp olive oil

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can (400g) chopped tomatoes
- 100ml double cream
- Salt & pepper
- Fresh basil

**Method:**

1. Cook pasta according to package.
  2. Heat oil, cook onion and garlic until soft.
  3. Add tomatoes, simmer 10 minutes.
  4. Stir in cream, season.
  5. Toss pasta with sauce and basil.
- 

### **39. Falafel Wraps with Tahini Sauce**

*Serves 4 | Prep: 20 mins | Cook: 15 mins*

**Ingredients:**

- 8 falafel balls (store-bought or homemade)
- 4 large wraps
- 100g lettuce, shredded
- 1 tomato, sliced
- 100ml tahini sauce

**Method:**

1. Cook falafel according to package or recipe.
  2. Warm wraps, spread tahini sauce.
  3. Add falafel, lettuce, tomato. Wrap up and serve.
-

#### **40. Baked Falafel with Salad**

*Serves 4 | Prep: 15 mins | Cook: 25 mins*

##### **Ingredients:**

- 12 falafel balls
- Mixed salad leaves
- 1 cucumber, diced
- 1 tomato, diced
- 1 red onion, thinly sliced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt & pepper

##### **Method:**

1. Bake falafel at 200°C (180°C fan) for 20-25 minutes until crispy.
  2. Toss salad ingredients with olive oil, lemon juice, salt, and pepper.
  3. Serve falafel on top of salad.
- 

#### **41. Mediterranean Chickpea Salad**

*Serves 4 | Prep: 10 mins | No cooking*

##### **Ingredients:**

- 1 can (400g) chickpeas, drained and rinsed
- 1 cucumber, diced
- 2 tomatoes, chopped
- 1 red onion, finely chopped
- 100g feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt & pepper

**Method:**

1. Combine chickpeas, cucumber, tomatoes, and onion in a bowl.
  2. Add feta cheese.
  3. Whisk olive oil, lemon juice, oregano, salt, and pepper, then pour over salad.
  4. Toss gently and serve chilled.
- 

**42. Spinach and Feta Frittata**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 6 eggs
- 100g fresh spinach, chopped
- 100g feta cheese, crumbled
- 1 small onion, chopped
- 2 tbsp olive oil
- Salt & pepper

**Method:**

1. Preheat oven to 180°C (160°C fan).
  2. Sauté onion and spinach in olive oil until soft.
  3. Beat eggs, season, stir in feta and cooked veggies.
  4. Pour into ovenproof pan, bake for 15 minutes or until set.
  5. Slice and serve warm.
- 

**43. Sweet Chili Chicken Bowls**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g chicken breast, sliced
- 2 tbsp sweet chili sauce
- 1 red pepper, sliced



- 1 carrot, shredded
- 200g cooked rice
- 1 tbsp vegetable oil
- Fresh coriander

**Method:**

1. Heat oil, cook chicken until browned.
2. Add pepper and carrot, cook 5 minutes.
3. Stir in sweet chili sauce and heat through.
4. Serve over rice, garnish with coriander.

---

#### **44. Lentil Soup with Lemon**

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

**Ingredients:**

- 200g red lentils
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 tbsp olive oil
- 1L vegetable stock
- Juice of 1 lemon
- Salt & pepper

**Method:**

1. Heat oil, cook onion, garlic, carrot, and celery until softened.
2. Add lentils and stock, simmer for 25 minutes until lentils are soft.
3. Blend soup slightly for texture, stir in lemon juice, season to taste. Serve warm.

---

#### **45. Quick Ratatouille**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

**Ingredients:**

- 1 aubergine, diced
- 1 courgette, diced
- 1 red pepper, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 400g chopped tomatoes
- 2 tbsp olive oil
- Fresh thyme or basil
- Salt & pepper

**Method:**

1. Heat oil, cook onion and garlic until soft.
2. Add aubergine, courgette, and pepper, cook 10 minutes.
3. Stir in tomatoes, herbs, salt, and pepper. Simmer 10-15 minutes.
4. Serve warm or at room temperature.

---

## **46. Tuna Niçoise Salad**

*Serves 4 | Prep: 15 mins | No cooking (except eggs)*

**Ingredients:**

- 2 cans tuna in olive oil, drained
- 4 boiled eggs, halved
- 200g green beans, blanched
- 200g new potatoes, boiled and halved
- 1 handful black olives
- 1 handful cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tbsp red wine vinegar

- Salt & pepper

**Method:**

1. Arrange potatoes, green beans, tomatoes, olives, tuna, and eggs on a platter.
  2. Whisk olive oil, vinegar, salt, and pepper, drizzle over salad. Serve immediately.
- 

**47. Quick Chicken Curry**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g chicken breast, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 400ml coconut milk
- 1 tbsp vegetable oil
- Salt & pepper
- Fresh coriander

**Method:**

1. Heat oil, sauté onion and garlic until soft.
  2. Add chicken and curry powder, cook until chicken is sealed.
  3. Pour in coconut milk, simmer 15 minutes until chicken is cooked through.
  4. Season, garnish with coriander, serve with rice.
- 

**48. Black Bean Burritos**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 1 can (400g) black beans, drained
- 1 onion, chopped
- 1 red pepper, chopped

- 1 tsp cumin
- 1 tsp smoked paprika
- 4 large flour tortillas
- 100g grated cheese
- Salsa and sour cream to serve

**Method:**

1. Cook onion and pepper until soft.
2. Add beans and spices, cook 5 minutes.
3. Warm tortillas, fill with bean mix and cheese, roll up.
4. Serve with salsa and sour cream.

---

**49. Garlic Butter Mushrooms on Toast**

*Serves 2 | Prep: 5 mins | Cook: 10 mins*

**Ingredients:**

- 250g mushrooms, sliced
- 2 tbsp butter
- 2 garlic cloves, minced
- 4 slices rustic bread, toasted
- Fresh parsley, chopped
- Salt & pepper

**Method:**

1. Melt butter, sauté garlic and mushrooms until golden.
2. Season mushrooms, spoon over toast.
3. Sprinkle parsley and serve immediately.

---

**50. Smashed Avocado and Poached Eggs**

*Serves 2 | Prep: 10 mins | Cook: 5 mins*

**Ingredients:**

- 2 ripe avocados
- Juice of 1 lemon
- Salt & pepper
- 4 eggs
- 4 slices bread, toasted
- Chili flakes (optional)

**Method:**

1. Mash avocado with lemon juice, salt, and pepper.
  2. Poach eggs in simmering water for 3-4 minutes.
  3. Spread avocado on toast, top with eggs.
  4. Sprinkle chili flakes if using, serve immediately.
- 

**51. Roasted Chicken Thighs with Herbs**

*Serves 4 | Prep: 10 mins | Cook: 40 mins*

**Ingredients:**

- 8 chicken thighs, skin-on
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp mixed dried herbs (thyme, rosemary, oregano)
- Salt & pepper

**Method:**

1. Preheat oven to 200°C (180°C fan).
  2. Rub chicken with oil, garlic, herbs, salt, and pepper.
  3. Roast for 35-40 minutes until golden and cooked through.
  4. Serve with vegetables or salad.
- 

**52. Italian Sausage and Peppers**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

**Ingredients:**

- 6 Italian sausages
- 2 bell peppers (any color), sliced
- 1 onion, sliced
- 2 garlic cloves, minced
- 2 tbsp olive oil
- Salt & pepper

**Method:**

1. Heat oil, cook sausages until browned. Remove and set aside.
  2. In same pan, cook peppers, onion, and garlic until soft.
  3. Return sausages to pan, cook another 5-10 minutes until cooked through.
  4. Serve with crusty bread or pasta.
- 

**53. BBQ Pulled Pork Sandwiches**

*Serves 6 | Prep: 15 mins | Cook: 6 hrs slow cook*

**Ingredients:**

- 1.5kg pork shoulder
- 200ml BBQ sauce
- 6 burger buns
- Coleslaw, to serve

**Method:**

1. Place pork in slow cooker with half the BBQ sauce. Cook on low 6 hours.
  2. Shred pork with forks, mix with remaining BBQ sauce.
  3. Serve on buns topped with coleslaw.
- 

**54. Mushroom Stroganoff**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g mixed mushrooms, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 200ml sour cream or creme fraiche
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- Salt & pepper
- Fresh parsley, chopped
- Cooked rice or pasta to serve

**Method:**

1. Heat oil, cook onion, garlic, and mushrooms until soft.
  2. Stir in mustard and sour cream, heat gently.
  3. Season, garnish with parsley. Serve with rice or pasta.
- 

**55. Turkey Meatball Subs**

*Serves 4 | Prep: 20 mins | Cook: 20 mins*

**Ingredients:**

- 400g ground turkey
- 1 garlic clove, minced
- 1 small onion, grated
- 1 egg
- 50g breadcrumbs
- 200ml marinara sauce
- 4 sub rolls
- 100g mozzarella, sliced
- Salt & pepper

**Method:**

1. Mix turkey, garlic, onion, egg, breadcrumbs, salt, and pepper. Form into meatballs.
  2. Bake at 190°C for 15 minutes.
  3. Warm sauce, add meatballs and coat.
  4. Place meatballs in rolls, top with mozzarella, bake 5 mins until cheese melts.
- 

## **56. Tofu Stir-Fry with Vegetables**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### **Ingredients:**

- 400g firm tofu, cubed
- 1 red pepper, sliced
- 1 broccoli head, cut into florets
- 2 carrots, sliced
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger

### **Method:**

1. Heat sesame oil, fry tofu until golden. Remove and set aside.
  2. Stir-fry garlic, ginger, and vegetables until crisp-tender.
  3. Return tofu, add soy sauce, toss well and serve with rice or noodles.
- 

## **57. Buffalo Chicken Wraps**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### **Ingredients:**

- 400g cooked chicken breast, shredded
- 3 tbsp buffalo sauce
- 4 large tortillas



- Lettuce leaves
- 50g blue cheese or ranch dressing

**Method:**

1. Toss chicken with buffalo sauce.
  2. Lay tortillas flat, add lettuce, chicken, and dressing.
  3. Wrap tightly and slice in half.
- 

## **58. Loaded Baked Potatoes**

*Serves 4 | Prep: 10 mins | Cook: 1 hr*

**Ingredients:**

- 4 large baking potatoes
- 150g grated cheddar
- 100g cooked bacon bits
- 100g sour cream
- 2 spring onions, sliced
- Salt & pepper

**Method:**

1. Bake potatoes at 200°C for 1 hour or until soft.
  2. Cut open, mash inside lightly, season.
  3. Top with cheese, bacon, sour cream, and spring onions.
- 

## **59. Chickpea and Spinach Stew**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

**Ingredients:**

- 1 can chickpeas, drained
- 200g spinach
- 1 onion, chopped
- 2 garlic cloves, minced

- 1 tsp ground cumin
- 400g chopped tomatoes
- 1 tbsp olive oil
- Salt & pepper

**Method:**

1. Heat oil, sauté onion, garlic, and cumin until fragrant.
  2. Add tomatoes and chickpeas, simmer 15 minutes.
  3. Stir in spinach until wilted. Season and serve with crusty bread.
- 

## **60. Simple Veggie Stir-Fry Noodles**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 200g egg noodles
- 1 red pepper, sliced
- 1 carrot, julienned
- 100g snap peas
- 2 tbsp soy sauce
- 1 tbsp vegetable oil
- 1 garlic clove, minced

**Method:**

1. Cook noodles as per packet, drain.
  2. Heat oil, stir-fry garlic and vegetables until crisp-tender.
  3. Toss in noodles and soy sauce, heat through and serve.
- 

## **61. Lemon Garlic Pasta with Spinach**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 350g spaghetti

- 3 garlic cloves, minced
- Juice and zest of 1 lemon
- 100g fresh spinach
- 2 tbsp olive oil
- Grated parmesan to serve
- Salt & pepper

**Method:**

1. Cook pasta, reserve 100ml cooking water.
  2. Heat oil, sauté garlic briefly, add spinach until wilted.
  3. Toss pasta, lemon zest and juice, spinach, and reserved water.
  4. Season, serve with parmesan.
- 

## **62. Quick Seafood Paella**

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

**Ingredients:**

- 200g paella rice or short grain rice
- 400ml chicken or fish stock
- 200g mixed seafood (shrimp, mussels, squid)
- 1 red pepper, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp smoked paprika
- 2 tbsp olive oil
- Salt & pepper

**Method:**

1. Heat oil, sauté onion, garlic, and pepper.
2. Stir in rice and paprika, cook 2 minutes.
3. Add stock, simmer uncovered 15 minutes.

4. Add seafood, cook until seafood is done and rice tender. Season and serve.
- 

### **63. Grilled Chicken with Chimichurri**

*Serves 4 | Prep: 15 mins | Cook: 15 mins*

#### **Ingredients:**

- 4 chicken breasts
- Salt & pepper
- 1 bunch parsley
- 2 garlic cloves
- 1 tbsp red wine vinegar
- 4 tbsp olive oil
- 1 tsp chili flakes (optional)

#### **Method:**

1. Blend parsley, garlic, vinegar, olive oil, chili flakes to make chimichurri sauce.
  2. Season chicken, grill 6-7 minutes per side.
  3. Serve topped with chimichurri.
- 

### **64. Pork Chops with Apple Sauce**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

#### **Ingredients:**

- 4 pork chops
- Salt & pepper
- 2 tbsp olive oil
- 2 apples, peeled and sliced
- 1 tbsp butter
- 1 tsp cinnamon

#### **Method:**

1. Heat oil, cook pork chops 5-6 minutes each side until cooked.

2. In another pan, melt butter, add apples and cinnamon, cook until soft.
  3. Serve pork with apple sauce.
- 

## **65. Easy Vegetable Lasagne**

*Serves 6 | Prep: 20 mins | Cook: 40 mins*

### **Ingredients:**

- 9 lasagne sheets
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 courgettes, diced
- 1 aubergine, diced
- 400g chopped tomatoes
- 500ml béchamel sauce
- 150g grated mozzarella
- 2 tbsp olive oil
- Salt & pepper

### **Method:**

1. Sauté onion, garlic, courgette, and aubergine in oil until soft.
  2. Add tomatoes, simmer 10 mins, season.
  3. Layer lasagne sheets, vegetable sauce, béchamel, and cheese in a baking dish.
  4. Bake at 180°C for 30 mins until bubbly and golden.
- 

## **66. Thai Beef Salad**

*Serves 4 | Prep: 15 mins | Cook: 10 mins*

### **Ingredients:**

- 400g beef sirloin, thinly sliced
- 1 cucumber, sliced
- 1 red chili, sliced

- 1 handful fresh mint and coriander
- 2 tbsp fish sauce
- Juice of 1 lime
- 1 tbsp brown sugar
- 1 tbsp vegetable oil

**Method:**

1. Heat oil, quickly sear beef strips, set aside.
  2. Mix fish sauce, lime juice, sugar, chili for dressing.
  3. Toss beef, cucumber, herbs, and dressing. Serve immediately.
- 

**67. Baked Sweet Potatoes with Chickpeas**

*Serves 4 | Prep: 10 mins | Cook: 50 mins*

**Ingredients:**

- 4 large sweet potatoes
- 1 can chickpeas, drained
- 1 tsp smoked paprika
- 2 tbsp olive oil
- 100g yogurt
- Fresh coriander
- Salt & pepper

**Method:**

1. Prick sweet potatoes, bake at 200°C for 40-50 minutes until soft.
  2. Toss chickpeas with paprika, oil, salt; roast 15 mins.
  3. Split sweet potatoes, top with chickpeas, yogurt, and coriander.
- 

**68. Garlic Lemon Green Beans**

*Serves 4 | Prep: 5 mins | Cook: 10 mins*

**Ingredients:**

- 400g green beans, trimmed
- 2 garlic cloves, minced
- Juice of 1 lemon
- 1 tbsp olive oil
- Salt & pepper

**Method:**

1. Blanch green beans in boiling water 5 minutes, drain.
  2. Heat oil, sauté garlic, add beans, toss for 2-3 minutes.
  3. Stir in lemon juice, season, serve.
- 

**69. Spicy Sausage Pasta**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 400g spicy Italian sausages, casings removed
- 350g penne pasta
- 1 onion, chopped
- 2 garlic cloves, minced
- 400g chopped tomatoes
- 1 tsp chili flakes
- 2 tbsp olive oil
- Salt & pepper
- Fresh basil

**Method:**

1. Cook pasta as per instructions.
  2. Heat oil, cook onion, garlic, and sausage meat until browned.
  3. Add tomatoes and chili flakes, simmer 10 mins.
  4. Toss in pasta, season, garnish with basil.
-

## 70. Chicken and Avocado Salad

*Serves 4 | Prep: 15 mins*

### Ingredients:

- 2 cooked chicken breasts, shredded
- 2 ripe avocados, diced
- Mixed salad leaves
- Cherry tomatoes, halved
- 1 cucumber, sliced
- Olive oil, lemon juice, salt, pepper

### Method:

1. Combine chicken, avocado, tomatoes, cucumber, and leaves.
  2. Drizzle with olive oil and lemon juice, season and toss gently.
- 

## 71. Honey Mustard Glazed Salmon

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### Ingredients:

- 4 salmon fillets
- 2 tbsp honey
- 2 tbsp Dijon mustard
- 1 tbsp olive oil
- Salt & pepper

### Method:

1. Mix honey, mustard, and olive oil.
  2. Brush over salmon, bake at 200°C for 12-15 mins until cooked through.
- 

## 72. Sausage and Lentil Stew

*Serves 4 | Prep: 10 mins | Cook: 40 mins*

### Ingredients:



- 4 sausages, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 200g lentils
- 400g chopped tomatoes
- 700ml stock
- 1 tsp smoked paprika
- Olive oil, salt, pepper

**Method:**

1. Brown sausages in oil, set aside.
  2. Sauté onion and garlic, add paprika.
  3. Add lentils, tomatoes, stock, and sausages.
  4. Simmer 30-40 mins until lentils soft.
- 

### **73. Tuna and Sweetcorn Pasta Salad**

*Serves 4 | Prep: 10 mins*

**Ingredients:**

- 350g cooked pasta
- 1 can tuna, drained
- 1 can sweetcorn, drained
- Mayonnaise or yogurt
- Spring onions, chopped
- Salt & pepper

**Method:**

1. Mix pasta, tuna, sweetcorn, and spring onions.
  2. Stir in mayo or yogurt, season and chill before serving.
- 

### **74. Chicken and Chorizo Paella**

*Serves 4 | Prep: 15 mins | Cook: 35 mins*

**Ingredients:**

- 2 chicken breasts, diced
- 100g chorizo, sliced
- 1 onion, chopped
- 1 red pepper, chopped
- 200g paella rice
- 700ml chicken stock
- 1 tsp smoked paprika
- Olive oil, salt

**Method:**

1. Brown chicken and chorizo, set aside.
  2. Sauté onion and pepper, add rice and paprika.
  3. Add stock, chicken, and chorizo.
  4. Simmer uncovered until rice is cooked.
- 

**75. Simple Caponata Pasta**

*Serves 4 | Prep: 10 mins | Cook: 25 mins*

**Ingredients:**

- 350g pasta
- 1 aubergine, diced
- 1 red pepper, diced
- 1 onion, chopped
- 200g chopped tomatoes
- 2 tbsp capers
- 2 tbsp olives, sliced
- Olive oil, salt, pepper

**Method:**

1. Sauté aubergine, pepper, and onion until soft.
  2. Add tomatoes, capers, olives, simmer 15 mins.
  3. Toss with cooked pasta.
- 

## **76. Creamy Mushroom and Thyme Pasta**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### **Ingredients:**

- 350g pasta
- 300g mushrooms, sliced
- 200ml cream
- 1 garlic clove, minced
- Fresh thyme
- Olive oil, salt, pepper

### **Method:**

1. Sauté garlic and mushrooms, add thyme.
  2. Stir in cream, heat through.
  3. Toss with cooked pasta.
- 

## **77. Spiced Vegetable Couscous**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

### **Ingredients:**

- 250g couscous
- 1 courgette, diced
- 1 carrot, diced
- 1 red pepper, diced
- 1 tsp cumin
- 1 tsp paprika
- Olive oil, salt, pepper

**Method:**

1. Sauté vegetables with spices until soft.
  2. Prepare couscous per packet, mix with veggies.
- 

**78. Beef and Vegetable Stir-Fry**

*Serves 4 | Prep: 15 mins | Cook: 10 mins*

**Ingredients:**

- 400g beef strips
- 1 broccoli head, cut into florets
- 1 red pepper, sliced
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1 tsp grated ginger

**Method:**

1. Stir-fry beef in oil until brown, remove.
  2. Stir-fry veggies, garlic, and ginger.
  3. Return beef, add soy sauce, toss.
- 

**79. Sweet Potato Curry**

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

**Ingredients:**

- 2 large sweet potatoes, peeled and cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 400g chopped tomatoes
- 200ml coconut milk

- Olive oil, salt, pepper

**Method:**

1. Sauté onion and garlic, add curry powder.
  2. Add sweet potatoes, tomatoes, and coconut milk.
  3. Simmer 25 mins until potatoes are tender.
- 

## **80. Turkey and Cranberry Wraps**

*Serves 4 | Prep: 10 mins*

**Ingredients:**

- 300g cooked turkey, sliced
- 4 large wraps
- 4 tbsp cranberry sauce
- Lettuce leaves

**Method:**

1. Spread cranberry sauce on wraps.
  2. Add turkey and lettuce, roll up and slice.
- 

## **81. Tomato and Mozzarella Panini**

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

**Ingredients:**

- 8 slices ciabatta or bread
- 2 large tomatoes, sliced
- 200g mozzarella, sliced
- Fresh basil leaves
- Olive oil

**Method:**

1. Layer tomato, mozzarella, and basil on bread slices.
2. Drizzle with olive oil, press in a panini maker or grill.

---

## 82. Lemon Roasted Chicken and Potatoes

*Serves 4 | Prep: 10 mins | Cook: 50 mins*

### Ingredients:

- 4 chicken thighs
- 800g potatoes, diced
- Juice and zest of 1 lemon
- 3 garlic cloves, crushed
- Olive oil, salt, pepper

### Method:

1. Toss potatoes with lemon juice, zest, garlic, oil, salt.
  2. Place chicken on top, roast at 200°C for 45-50 mins.
- 

## 83. Spinach and Ricotta Stuffed Pasta Shells

*Serves 4 | Prep: 20 mins | Cook: 30 mins*

### Ingredients:

- 20 large pasta shells
- 250g ricotta
- 200g spinach, wilted and chopped
- 1 egg
- 400g marinara sauce
- 100g mozzarella, grated
- Salt & pepper

### Method:

1. Mix ricotta, spinach, egg, salt, and pepper.
  2. Stuff shells, place in baking dish with sauce, top with mozzarella.
  3. Bake at 180°C for 25-30 mins.
-

## 84. Chickpea and Roasted Pepper Salad

*Serves 4 | Prep: 15 mins*

### Ingredients:

- 1 can chickpeas, drained
- 2 roasted red peppers, sliced
- 1 red onion, thinly sliced
- Handful parsley
- Olive oil, lemon juice, salt, pepper

### Method:

1. Combine all ingredients, toss with oil and lemon juice.
  2. Season and serve chilled.
- 

## 85. Quick Chicken Parmesan

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

### Ingredients:

- 4 chicken breasts
- 100g breadcrumbs
- 50g parmesan, grated
- 400g marinara sauce
- 150g mozzarella
- Olive oil, salt, pepper

### Method:

1. Mix breadcrumbs and parmesan.
  2. Coat chicken, fry in oil until golden.
  3. Place in baking dish, cover with sauce and mozzarella.
  4. Bake at 190°C for 15 mins.
- 

## 86. Vegan Burrito Bowls

*Serves 4 | Prep: 15 mins | Cook: 20 mins*

**Ingredients:**

- 200g brown rice, cooked
- 1 can black beans, drained
- 1 avocado, diced
- 1 red pepper, diced
- 1 cup corn kernels
- Salsa, lime juice, coriander

**Method:**

1. Arrange rice, beans, veggies, and avocado in bowls.
  2. Top with salsa, lime, and coriander.
- 

**87. Sausage and Spinach Frittata**

*Serves 4 | Prep: 10 mins | Cook: 20 mins*

**Ingredients:**

- 6 eggs
- 3 sausages, cooked and sliced
- 100g spinach
- 1 onion, chopped
- Salt & pepper
- Olive oil

**Method:**

1. Sauté onion, add sausage and spinach.
  2. Beat eggs, pour over sausage mix.
  3. Cook on stove 5 mins, finish under grill 10 mins.
- 

**88. Cajun Chicken Wraps**

*Serves 4 | Prep: 15 mins | Cook: 15 mins*



**Ingredients:**

- 2 chicken breasts, sliced
- 2 tsp Cajun seasoning
- 4 wraps
- Lettuce, tomato, mayo

**Method:**

1. Toss chicken in seasoning, pan-fry until cooked.
  2. Assemble wraps with chicken, lettuce, tomato, and mayo.
- 

**89. Pesto Roasted Vegetables**

*Serves 4 | Prep: 15 mins | Cook: 25 mins*

**Ingredients:**

- 1 courgette, sliced
- 1 red pepper, sliced
- 1 aubergine, sliced
- 3 tbsp pesto
- Olive oil

**Method:**

1. Toss vegetables with pesto and olive oil.
  2. Roast at 200°C for 20-25 mins.
- 

**90. Simple Garlic Prawns**

*Serves 4 | Prep: 10 mins | Cook: 10 mins*

**Ingredients:**

- 400g raw prawns, peeled
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1 tbsp lemon juice

- Parsley, salt, pepper

**Method:**

1. Heat oil, cook garlic briefly.
  2. Add prawns, cook 3-4 mins until pink.
  3. Stir in lemon juice and parsley.
- 

**91. BBQ Tofu Skewers**

*Serves 4 | Prep: 15 mins | Cook: 15 mins*

**Ingredients:**

- 400g firm tofu, cubed
- 4 tbsp BBQ sauce
- 1 red pepper, cubed
- 1 onion, cubed
- Skewers

**Method:**

1. Thread tofu and veggies onto skewers.
  2. Brush with BBQ sauce, grill or bake 15 mins.
- 

**92. Thai Basil Chicken Stir-Fry**

*Serves 4 | Prep: 15 mins | Cook: 10 mins*

**Ingredients:**

- 400g chicken breast, sliced
- 2 garlic cloves, minced
- 1 red chili, sliced
- 1 cup Thai basil leaves
- 2 tbsp soy sauce
- 1 tbsp fish sauce
- Oil

**Method:**

1. Stir-fry garlic and chili.
  2. Add chicken, cook through.
  3. Stir in sauces and basil, cook 1 min.
- 

**93. Chicken and Broccoli Alfredo**

*Serves 4 | Prep: 15 mins | Cook: 15 mins*

**Ingredients:**

- 350g fettuccine
- 2 chicken breasts, sliced
- 1 head broccoli, cut into florets
- 300ml cream
- 50g parmesan, grated
- 2 garlic cloves, minced
- Olive oil, salt, pepper

**Method:**

1. Cook pasta and broccoli together.
  2. Sauté garlic and chicken until cooked.
  3. Add cream and parmesan, heat gently.
  4. Toss with pasta and broccoli.
- 

**94. Mediterranean Pasta Salad**

*Serves 4 | Prep: 15 mins*

**Ingredients:**

- 350g cooked pasta
- 1 cucumber, diced
- 200g cherry tomatoes, halved
- 100g feta, crumbled

- 1 red onion, finely chopped
- Olives, olive oil, lemon juice, oregano

**Method:**

1. Combine all ingredients.
  2. Toss with olive oil, lemon juice, and oregano.
- 

**95. Spicy Lentil Dhal**

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

**Ingredients:**

- 200g red lentils
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp turmeric
- 1 tsp chili powder
- 400ml coconut milk
- 400ml stock
- Oil, salt

**Method:**

1. Sauté onion and garlic with spices.
  2. Add lentils, stock, and coconut milk.
  3. Simmer 25 mins until lentils soft.
- 

**96. Prawn and Avocado Salad**

*Serves 4 | Prep: 10 mins*

**Ingredients:**

- 400g cooked prawns
- 2 avocados, diced
- Mixed salad leaves

- Lemon juice, olive oil, salt, pepper

**Method:**

1. Toss prawns and avocado with leaves.
  2. Dress with lemon juice and oil.
- 

**97. Italian Meatball Spaghetti**

*Serves 4 | Prep: 20 mins | Cook: 25 mins*

**Ingredients:**

- 400g minced beef
- 1 egg
- 50g breadcrumbs
- 2 garlic cloves, minced
- 400g spaghetti
- 400g marinara sauce
- Parmesan, salt, pepper

**Method:**

1. Mix beef, egg, breadcrumbs, garlic.
  2. Form meatballs, brown in pan.
  3. Add sauce, simmer 20 mins.
  4. Serve over spaghetti, sprinkle parmesan.
- 

**98. Roasted Vegetable and Hummus Wraps**

*Serves 4 | Prep: 15 mins | Cook: 20 mins*

**Ingredients:**

- 1 aubergine, sliced
- 1 red pepper, sliced
- 1 courgette, sliced
- 4 wraps

- 150g hummus
- Olive oil, salt, pepper

**Method:**

1. Roast vegetables with oil, salt, and pepper.
  2. Spread hummus on wraps, add vegetables, roll.
- 

**99. Baked Salmon with Dill Yogurt Sauce**

*Serves 4 | Prep: 10 mins | Cook: 15 mins*

**Ingredients:**

- 4 salmon fillets
- 150g Greek yogurt
- 1 tbsp fresh dill, chopped
- Juice of 1 lemon
- Salt & pepper

**Method:**

1. Bake salmon at 200°C for 12-15 mins.
  2. Mix yogurt, dill, lemon juice.
  3. Serve salmon with sauce.
- 

**100. Quick Veggie Chili**

*Serves 4 | Prep: 10 mins | Cook: 30 mins*

**Ingredients:**

- 1 onion, chopped
- 2 garlic cloves, minced
- 1 red pepper, chopped
- 1 courgette, chopped
- 1 can kidney beans, drained
- 1 can chopped tomatoes

- 1 tbsp chili powder
- Olive oil, salt, pepper

**Method:**

1. Sauté onion and garlic.
2. Add veggies and chili powder, cook 5 mins.
3. Add beans and tomatoes, simmer 20 mins.