

# Bean Soup

Prep Time: **15 mins**

Cooking Time: **110 mins**

Serves: **8**



## INGREDIENTS

- 450g legumes (soup mix), soaked for at least 8 hrs overnight / for at least 8 hours and drained
- 2 tbsp. olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped / minced
- 4 carrots, finely chopped
- 1.5lt water / vegetable stock
- Pinch of salt
- 1 can tomatoes
- 1 tsp. cumin
- 1 tsp. oregano
- ½ tbsp. paprika
- ¼ tsp. cayenne pepper
- A handful of fresh parsley
- Pinch of salt

## VERSATILITY

- Feel free to make use of any other type of pulses (e.g. beans or lentils) and spices depending on what you have available and what you like.

## METHOD

1. Add the oil, onion and garlic to a large soup pot. Cook over medium heat for about 3–5 minutes, or until the onions are soft and transparent.
2. Once the onions have softened, add the carrot to the pot and cook for about 5 minutes more, or just until the carrots start to soften.
3. Add the beans to the pot along with the water or stock and stir to combine. Place a lid on the pot, turn the heat up to medium-high, and bring it up to a boil. Once it reaches a rolling boil, turn the heat down to low or medium-low, and let the beans simmer for 90 minutes, stirring occasionally.
4. After 90 minutes, the beans should be quite soft and have broken down a bit, causing the water to look slightly thick and cloudy. Add the diced tomatoes (with juices), cumin, oregano, paprika, cayenne pepper and parsley to the pot. Stir to combine, then let the soup simmer for another 20 minutes.
5. Taste the soup and season with salt and any other spice, if necessary.

## STORING & MAKE-AHEAD TIPS

Homemade soup is the perfect make-ahead meal since it keeps well in the refrigerator for up to 3–4 days or can be frozen in portions for up to several months in airtight containers. Since liquids expand while freezing, be sure to leave some headspace to allow for this expansion. Refrigerating or freezing may diminish the flavour. Be sure to taste before serving and add more seasoning if necessary.

# Pasta Bolognese

Prep Time: **10 mins**

Cooking Time: **50 mins**

Serves: **4**

## INGREDIENTS

- 2 tbsp. oil
- 1 small onion
- 2 medium carrots, sliced
- 1 tsp. salt and pepper
- 60ml wine / balsamic vinegar [optional]
- 125ml milk
- 3 cloves garlic, minced
- 1 can tomatoes
- 4 tbsp. tomato paste
- 500ml water / vegetable or beef stock
- 250g corned beef / lentils or any other type of pulses / a combination
- 1 tsp. dried basil / rosemary / oregano / mixed herbs
- 400g long pasta, preferably wholegrain
- A handful of fresh parsley, chopped, for garnish

## METHOD

1. Heat the oil in a pot over medium heat. Add the onion and cook until soft and transparent; about 2 minutes.
2. Stir in the carrots, garlic, salt and pepper. Cook until the carrots have softened and are turning golden; about 5 minutes.
3. Add the wine or vinegar, if using, and simmer until most of the liquid is absorbed; about 2–3 minutes.
4. Then add the milk, diced tomatoes, tomato paste, stock, corned beef and/or lentils or other pulses and dried herbs. Stir to combine.
5. Bring to a boil, then cover, reduce the heat to low, and simmer for 40 minutes, until the sauce is thickened. Meanwhile, in a medium pot, cook the pasta according to the package instructions. Drain and set aside.
6. Serve the Bolognese sauce over the pasta. Garnish with parsley.



## VERSATILITY

- Corned beef is more economical than beef, but has a higher fat and salt content and preservatives.
- A healthier yet still economical alternative is half corned beef and half lentils, chickpeas or mixed pulses. Or else one can use pulses for the whole amount required.

## STORING & MAKE-AHEAD TIPS

You can store leftover Bolognese sauce for up to 4 days in a container, in the fridge, or for up to 3 months in the freezer. You can also use leftover sauce in a different recipe, such as pasta or rice bake, lasagne, meat pies, or stuffed vegetables (e.g. courgettes or aubergines). You can make a double batch of the sauce and freeze for later use.

# Cottage Pie

Prep Time: **20 mins**    Cooking Time: **40 mins**  
Serves: **6-8** from an approx. **22x30cm ovenproof dish**



## INGREDIENTS

### For the potato mash:

- 1kg potato
- 120ml milk
- 4 tbsp. oil
- Pinch of salt and pepper

### For the filling:

- 2 tbsp. oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 2 carrots, finely chopped

### For the filling cont.:

- 600g corned beef / lentils or any other type of pulses / a combination
- 250ml vegetable or beef stock
- 2 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce [optional]
- 2 tsp. fresh rosemary, finely chopped
- 1 tsp. fresh thyme, finely chopped
- Pinch of salt and pepper
- 150g peas

## METHOD

1. Place the potatoes in a pot and cover with cold water. Turn the heat to high and bring to a boil. Cook for 13-15 minutes, or until the potatoes are soft when pierced with a fork.
2. Drain the potatoes in a colander, then return to the pot. Add the milk, oil, salt and pepper, and mash until creamy.
3. Preheat the oven to 200°C / Gas Mark 6.
4. In a large pan, heat the oil on medium heat. Add the onion and garlic and cook for a minute.
5. Add the carrots and corned beef or lentils or pulses. Cook for 7-10 minutes. Stir frequently.
6. Add the stock, tomato paste, Worcestershire sauce (if used), rosemary, thyme, salt and pepper. Simmer for about 5 minutes, until the sauce is slightly thickened.
7. Add the peas and stir to combine well. Turn off the heat and transfer the mixture to an ovenproof dish.
8. Place the mashed potatoes on top of the filling and use a spoon or spatula to spread them flat to the edges.
9. Bake the cottage pie until slightly golden; about 25-30 minutes.

## VERSATILITY

- For the mashed potato topping you can use leftover boiled or mashed potatoes. Instead of mashed potatoes you can also try to mash cauliflower or sweet potato.
- Corned beef is more economical than minced beef, but has a higher fat and salt content and preservatives.
- A healthier yet still economical alternative is half corned beef and half lentils, chickpeas or mixed pulses. Or else one can use pulses for the whole amount required.

## STORING & MAKE-AHEAD TIPS

Cottage pie can be made up to 3 days in advance. Store leftover cottage pie covered in the refrigerator for 3-5 days. To freeze cottage pie, bake it in individual serving dishes, allow to cool completely, then cover with foil and store it in the freezer for up to 2 months. To reheat, use the microwave oven or dry fry gently. Make sure the pie is piping hot before serving.

# Pasta with Sardines & Capers

Prep Time: **5 minutes**

Cooking Time: **20 minutes**

Servings: **4**



## INGREDIENTS

- 60ml oil
- 45g breadcrumbs
- 1 onion, chopped
- Pinch of salt and pepper
- 400g long pasta, preferably wholegrain
- 1 tsp. lemon zest
- ½ tsp. dried chilli flakes [optional]
- 2 tbsp. capers
- 2 cans sardines
- 2 handfuls of fresh parsley / basil / mint, chopped, plus some more for garnish

## METHOD

1. Bring a large pot of water to a boil. Put 2 tablespoons / half of the onion in a medium pan over medium heat.
2. When it's hot, add the breadcrumbs and cook, stirring frequently, for about 5 minutes, until golden and fragrant. Then remove from heat.
3. Add the remaining oil and the onion to the pan. Sprinkle with salt and pepper, and cook, stirring occasionally, until softened; about 5 minutes.
4. Meanwhile, add the pasta to the boiling water and cook until just al dente. Drain, reserving some of the cooking liquid. Turn the heat under the onion to medium-high and add the lemon zest, chilli flakes, capers and sardines. Cook, stirring occasionally, until just heated through; about 2 minutes.
5. Add the pasta to the sardine mixture and toss well to combine. Add the fresh herbs, most of the breadcrumbs and some reserved water, if necessary, to moisten. Taste and adjust seasoning, garnishing with more fresh herbs and breadcrumbs.

## VERSATILITY

- You can make your own breadcrumbs by toasting some stale bread and processing it till it looks like crumbs. Transfer to a bag or container and store in the freezer. Then take out only the amount you need.
- This recipe can be prepared with other canned fish, such as tuna, mackerel or salmon.
- You can make use of any leftover cooking pasta.

# Rice, Tuna & Bean Salad

Prep Time: **10 mins**    Cooking Time: **10 mins**    Serves: **4**

## INGREDIENTS

### For the salad:

- 200g uncooked rice (or about 400g cooked rice), preferably wholegrain
- 1 can tuna, drained
- 1 can beans or chickpeas, drained
- 1 can sweetcorn, drained
- 3 tbsp. pitted olives, chopped
- 3 tomatoes, finely chopped
- 1 onion, finely chopped
- A handful of fresh herbs, finely chopped

## METHOD

1. If using uncooked rice, cook the rice according to package instructions. Once cooked, drain, cool the rice under cold running water, drain again and transfer to a large bowl. If using cooked rice, break and fluff it up in a large mixing bowl.
2. Prepare the dressing by whisking all the ingredients together in a small bowl.
3. Add all the salad ingredients and the dressing to the rice. Mix to combine well.

### For the dressing:

- 4 tbsp. salad cream
- 1 tbsp. olive oil
- Juice of 1 lemon
- 1 garlic clove, minced
- ½ tsp. mixed herbs / paprika
- Pinch of salt and pepper

## VERSATILITY

- For this recipe you can make use of any leftover cooked rice and any vegetables which you have available.

## STORING & MAKE-AHEAD TIPS

If preparing ahead of time, cover the bowl of salad or transfer the rice salad to a container with lid and place in the refrigerator within an hour maximum of cooking the rice. Keep any leftover rice salad covered in the refrigerator and consume within 2 days.



# Hummus & Pitta Salad

Prep Time: **15 mins**    Cooking Time: **15 mins**    Serves: **4**

## INGREDIENTS

### For the hummus:

- 1 can chickpeas, drained and rinsed
- Juice of 1 lemon
- 1 large garlic clove, roughly chopped
- ½ tsp. salt
- 4 tbsp. tahini / peanut butter
- ½ tsp. cumin
- 1-2 tbsp. oil
- 2-4 tbsp. cold water
- Drizzle of oil, sprinkle of paprika, chopped fresh parsley

### For the salad:

- 1 onion, sliced
  - 2 carrots, sliced
  - 2 pitta bread, whole or cut up in wedges for pitta chips
  - Drizzle of olive oil and sesame seeds
- [Optional toppings]

## METHOD

1. Prepare the hummus:
  - a. Combine all the ingredients, except the oil and water, in a food processor or blender and process until the mixture is smooth and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor as necessary.
  - b. While running the food processor / blender, drizzle in the oil and water.
  - c. Transfer to a bowl or onto a plate and finish off the hummus with a drizzle of olive oil, some paprika and fresh parsley.
2. Warm the pitta bread:
  - a. Preheat the oven to 180°C / Gas Mark 4.
  - b. Remove the pitta bread from the packaging and sprinkle with some water.
  - c. If used, brush the pitta with some olive oil and sesame seeds.
  - d. Place the pitta in the oven and heat for about 10 minutes.
3. Assemble the salad by arranging the vegetables, hummus and warm pitta bread on the serving plates.



## VERSATILITY

- You can vary the vegetables for the salad depending on what is in season and what you have available at home, such as tomatoes, cucumber or spinach.
- You can create different variations of the hummus by using beans instead of chickpeas, or even by blending in cooked leftover vegetables, such as pumpkin, carrot, sweet potato, peppers or beetroot.
- Tahini is a paste made from sesame seeds. If you don't have any tahini available or feel like experimenting with different flavours, you can substitute with peanut butter or plain yoghurt.
- You can enjoy hummus dip as a snack served with pitta chips, crackers or vegetable (e.g. cucumber or carrot) sticks.

## STORING & MAKE-AHEAD TIPS

Leftover hummus keeps well in the refrigerator, covered, for up to 1 week. You can also freeze individual servings in airtight containers for up to 3 months. It will take a few hours to defrost. Pitta can be frozen for a 8 months. Allow 30 minutes or so for defrosting.

# Blancmange with Fruit

Prep Time: **15 mins**

Chill Time: **3 hours**

Serves: **4**

## INGREDIENTS

- 1 sachet blancmange (*e.g. vanilla flavour*)
- 568ml (1 pint) milk
- 2-3 tbsp. honey / sugar
- Some fruit (*to serve*)

## METHOD

1. Empty the contents of one sachet into a medium bowl. Add the honey / sugar plus 3 tablespoons of the milk. Mix to a smooth paste.
2. Take the remaining milk and heat in a saucepan until warm.
3. Add a little of the warm milk to the paste, mix, then add the rest and stir well. Return it to the saucepan.
4. Bring to a boil then, stirring continuously, simmer gently for at least a minute.
5. Rinse your mould or pudding bowls with cold water and pour in the blancmange.
6. Allow to cool to room temperature and place in the fridge for at least 3 hours until set.
7. When ready to serve, bring a kettle of water to the boil and pour into a large heatproof bowl. Dip the mould in the water, holding it there for 1 minute. Turn the blancmange out onto a serving plate and serve with your preferred fruit.

## VERSATILITY

- This dessert is very versatile as it can take on any flavour and can be served with any seasonal fresh, frozen or canned fruit of your liking. Drain syrup well from any canned fruit.
- You can add orange or lemon rind (at step 3) for additional flavour.



## STORING & MAKE-AHEAD TIPS

Begin preparation a minimum of 3 hours in advance to allow it to set. It will keep refrigerated for up to 2 days.

# Lemon Pudding

Prep Time: **20 mins**

Cooking Time: **45 mins**

Makes: **6-8 portions**

## INGREDIENTS

- 4 large eggs, separated
- Zest of 1 lemon
- Juice of 3 lemons
- 150g sugar
- 65g plain flour
- Pinch of salt
- 375ml milk
- Some fruit, for serving

## VERSATILITY

- You can try a different flavour variation by substituting lemon with orange or a combination of citrus fruit.
- For serving, you can use any seasonal, frozen or canned fruit of your liking. Drain canned fruit well from any syrup.



## STORING & MAKE-AHEAD TIPS

If you have any leftovers, wrap tightly and store in the refrigerator. The pudding will keep for 2-3 days.

## METHOD

1. Preheat the oven to 180°C / Gas Mark 4. Grease a 20cm baking dish or 6-8 ramekins.
2. In a large bowl, whisk together the egg yolks, lemon zest and lemon juice. In another bowl, stir together the sugar, flour and salt. Whisk half the flour mixture into the egg yolks, then half the milk. Whisk in remaining flour mixture, then remaining milk.
3. Whip the egg whites until soft peaks form, then gently fold them into the batter.
4. Pour batter into the greased dish or ramekins. Place the dish or ramekins in a larger pan and pour in enough cool or lukewarm water to reach halfway up the sides of the dish or ramekins. Cover the dish with foil then place in oven and bake until the pudding is set; about 30-35 minutes.
5. Allow to cool for a few minutes. If desired, carefully invert onto a plate. Serve with fruit.



# Apple Crumble

Prep Time: **15 mins**    Cooking Time: **50 mins**    Serves: **8**

## INGREDIENTS

### For the filling:

- 6 medium apples (approx. 1 kilo), peeled, cored and sliced
- 50g raisins
- 1 tsp. ground cinnamon
- 75g honey
- 1 tbsp. fresh lemon juice

### For the topping:

- 90g rolled oats
- 50g wholemeal flour
- 50g walnuts (or some other type of nut/seed), chopped
- 3 tbsp. light brown sugar
- 1 tsp. cinnamon / mixed sugar
- 4 tbsp. peanut butter / melted margarine

## METHOD

1. Preheat the oven to 180°C / Gas Mark 4.
2. Combine apples, raisins, cinnamon, honey and lemon juice in a large bowl. Toss until fruit is coated.
3. Place fruit in an ungreased baking dish. Cover with foil and bake for 20 minutes. Remove from the oven.
4. Meanwhile, mix the remaining topping ingredients. Sprinkle over fruit.
5. Return to the oven and bake for about 30 minutes or until topping is golden brown and fruit is tender.

### STORING & MAKE-AHEAD TIPS

You can store apple crumble at room temperature for 1 to 2 days, refrigerated for up to 1 week, or frozen for 3 months. When refrigerated, you can eat it cold or reheat it quickly in a pan or the microwave to get the chill out.

## VERSATILITY

- This crumble recipe is perfect for autumn or winter, but can be easily adapted to include any kind of fruit which is in season or on hand, such as strawberries or peaches.
- Can be served for breakfast, as a snack or dessert. Can be served on its own, with yoghurt, custard or a small scoop of vanilla ice-cream.
- To make it gluten-free, use more oats.
- If you're not a fan of raisins, you can omit them.
- If you don't have walnuts available, you can use peanuts or seeds such as pumpkin seeds.

