Spicy Sardine Arrabbiata

Ingredients:

- 1 tbsp olive oil
- 1/2 tsp crushed chillies
- 2 garlic cloves, finely sliced
- jar of ready-made pasta sauce
- 300g pasta
- 2x 120g tins of sardines
- 80g pitted black olives, halved
- 10g fresh basil leaves (optional)



How to make:

- Heat the olive oil over a medium heat in a frying pan
- Add the chillies and heat for 15 seconds until sizzling, then stir in the garlic and fry for 1 minute until golden
- Add the jar of sauce, then cook for 15 minutes until thickened
- Meanwhile, boil the pasta separately until cooked
- Drain pasta and reserve a few tablespoons of pasta water, and add to sauce
- Add the sardines and olives to the sauce, and add salt to taste
- Toss the pasta in the sauce until coated and serve

Chickpea and Courgette Pilaf

Ingredients:

- 4 tbsp vegetable oil
- 1 onion, finely chopped
- 4 garlic cloves, chopped
- ½ tsp ground cinnamon (optional)
- 2 tsp ground cumin
- 300g long-grain rice
- 1 lemon, zested and juiced
- 2 medium courgettes, cut into 1cm slices
- 2 x 400g cans chickpeas, drained
- pinch of chilli flakes, or to taste (optional)
- small bunch of dill, mint or parsley, roughly chopped

How to make:

- Heat 2 tbsp of the oil in a pan over a medium heat and cook the onion for 8 mins until soft. Add the garlic and spices, and cook for 2 mins. Tip in the rice and 450ml boiling water along with the lemon zest and ½ tsp salt. Cover, reduce the heat to medium-low and cook for 20 mins.
- Heat the rest of the oil in a second pan over a medium-high heat and fry the courgette slices for 4 mins until soft. Stir in the chickpeas and cook for 2 mins more. Add salt
- When the rice is cooked, add half the lemon juice and fluff up the rice with a fork. Add the chilli flakes, and chopped dill to the courgette and chickpea mixture. Stir in the remaining lemon juice and a drizzle of oil.

Red Lentil & Squash Dhal

Ingredients:

- 1 tbsp sunflower oil
- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- ½ tsp cayenne pepper
- 400g butternut squash, peeled and cut into 2cm cubes
- 400g can chopped tomatoes
- 400g can coconut milk
- 1.2l chicken stock
- 300g red lentil
- Handful of corriander



How to make:

- Put the oil and the onion in a saucepan, and cook for 5 mins. Stir in the garlic and cook for a further 1 min, then stir in the spices and butternut squash. Combine everything together.
- Tip in the chopped tomatoes, coconut milk, stock, and season well. Bring to the boil, then gently simmer for about 10 mins. Add the lentils and simmer for another 20 mins until the lentils and squash are tender. Stir in the coriander and serve with warmed naan bread and rice.

Five-bean Chilli

Ingredients:

- 1½ tbsp rapeseed oil
- 1 onion, sliced
- 2 peppers, sliced
- 2 garlic cloves, crushed
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 2 tsp hot smoked paprika
- 400g can chopped tomatoes
- 400g can mixed beans, drained
- 400g can black beans, drained
- pinch of sugar
- 250g brown rice
- ½ small bunch coriander, chopped

How to make:

- Heat the oil in a casserole dish and fry the onion and peppers for 10 mins over a medium heat until the onion is golden brown. Add the garlic and spices, and fry for 1 min. Pour in the tomatoes, both cans of beans, 50ml water, then add the sugar and season. Simmer, stirring regularly, for 15-20 mins until thickened.
- Meanwhile, cook the rice following pack instructions. Serve the chilli on the rice and scatter over the coriander. Top with a spoonful of soured cream, or guacamole, if you like.

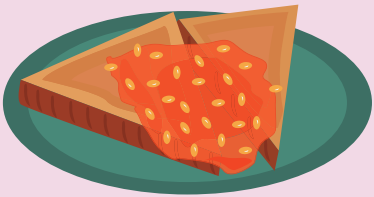
Smoky Chickpeas and Eggs on Toast

Ingredients:

- 1 tsp olive oil or vegetable oil, plus a drizzle
- 1 small onion, chopped
- 2 tsp chipotle paste
- 250ml passata
- 400g can chickpeas, drained
- 2 tsp honey
- 2 tsp red wine vinegar
- 2 slices crusty bread
- 2 eggs

How to make:

- Heat ½ tsp of the oil in a pan. Tip in the onion and cook until soft, about 5-8 mins, then add the chipotle paste, passata, chickpeas, honey and vinegar. Season and bubble for 5 mins.
- Toast the bread. Heat the remaining oil in a frying pan and fry the eggs. Drizzle the toast with a little oil, then top with the chickpeas and fried eggs.



Chipotle Sweet Potato & Bean Stew with Cheddar Dumplings

Ingredients:

- Vegetable oil
- 1 large red onion, finely sliced
- 250g bag diced butternut squash and sweet potato
- 400g can chopped tomatoes
- 2 x 400g cans chilli black beans or chilli kidney beans
- 3 tbsp chipotle chilli paste
- 125g self-raising flour
- 60g unsalted butter, cubed
- 70g mature cheddar, grated

How to make:

- Heat some vegetable oil in a large casserole dish over a medium heat. Cook the onion until soft. Add the squash and sweet potato and fry for a few minutes before adding the tomatoes, beans and 250ml water. Stir through the chipotle paste and season to taste. Simmer over a low to medium heat for 30 mins.
- Heat the oven to 200C. Mix the flour with ½ tsp salt. Add the butter and rub together with your fingers until the mixture resembles breadcrumbs. Stir in the grated cheddar then mix in 4 tbsp cold water. Roll the mixture into eight balls. Put the dumplings on top of the stew and place in the oven for 15-20 mins until light golden brown.

Tomato & Pasta Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto
- crusty bread, to serve



How to make:

- Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
- Reduce the heat and leave to simmer for 6-8 mins, or until the pasta is tender. Season to taste, then ladle into bowls.
- Stir the remaining oil with the pesto, then drizzle over the soup. Serve with chunks of crusty bread.

Stir-fried Chicken with Broccoli & Brown Rice

Ingredients:

- 200g trimmed broccoli florets (about 6), halved
- 1 chicken breast (approx 180g), diced
- 15g ginger, cut into shreds
- 2 garlic cloves, cut into shreds
- 1 red onion, sliced
- 1 roasted red pepper, from a jar, cut into cubes
- 2 tsp olive oil
- 1 tsp mild chilli powder
- 1 tbsp reduced-salt soy sauce
- 1 tbsp honey
- 250g pack cooked brown rice

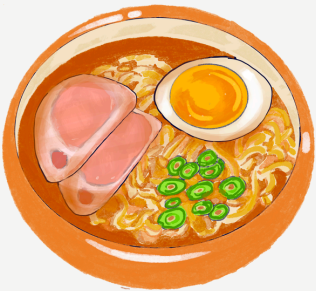
How to make:

- Tip the broccoli into a medium pan and boil for 4 mins.
- Heat the olive oil in a non-stick wok and stir-fry the ginger, garlic and onion for 2 mins, add the mild chilli powder and stir briefly. Add the chicken and stir-fry for 2 mins more.
- Drain the broccoli and reserve the water. Tip the broccoli into the wok with the soy, honey, red pepper and 4 tbsp broccoli water then cook until heated through. Meanwhile, heat the rice following the pack instructions and serve with the stir-fry.

Vegetarian Ramen

Ingredients:

- 80g pack instant noodles
- 2 spring onions, finely chopped
- ½ head pak choi
- 1 egg
- 1 tsp sesame seeds
- chilli sauce, to serve



How to make:

- Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final min.
- Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.
- Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sauce or sesame oil provided with the noodles, and chilli sauce, if using.

Budget Kedgeree

Ingredients:

- 2 eggs
- 3 x 120g cans sardines in sunflower oil, 2 tbsp oil reserved
- 2 onions, finely chopped
- 1 tbsp finely chopped ginger
- 1 fresh chilli, deseeded and chopped
- 300g easy-cook brown rice
- 2 tbsp medium curry powder
- 1 tsp cumin seeds
- 650ml vegetable stock made with 1 tsp bouillon powder
- 400g frozen leaf spinach
- Fresh coriander, chopped

How to make:

- Boil the eggs for 8 mins, then lpeel them. Heat the reserved oil from the canned sardines in a pan and fry the onions, ginger and chilli for 10 mins.
- Tip in the rice, curry powder and cumin seeds, then pour in the stock. Stir well, then drop in the frozen spinach blocks.. Don't stir at this stage, just cover and leave to cook over a low heat for 15 mins. Add the sardines, then cover and cook for 5 mins more until the rice is tender.
- Gently toss everything together with the coriander. Cut the eggs into wedges, then serve on top along with the lemon wedges for squeezing over.