

## INGREDIENTS

# 10 minute meal

## Veggie Packed Chow Mein

- Egg Noodles
- Sesame Oil
- Vegetable Oil
- Garlic Clove
- Carrot(s)
- Mangetout
- Spring onions
- Bell Pepper
- Sugar Sachet
- Soy Sauce
- Rice Wine

### SPECIAL EQUIPMENT

WOK

### STEP 1

- Boil a kettle
  - Finely Chop (or grate) the **garlic**
  - Top, Tail and shred the **Carrot** (If you have a potato peeler this works great)
  - Trim & Shred the **mangetout**
  - Finely chop the **Spring Onions**
  - Slice your **Red Pepper** into Matchsticks
- These will be your **mixed veggies**

### STEP 2

- Transfer the **Hot water** into a large pan
- Add a generous pinch of **salt** and add the **egg noodles** allow to cook for 6-9 minutes or until soft.
- Once cooked, Drain and cool under a the cold tap.
- Transfer to a bowl and toss with **sesame oil** and set aside

### STEP 3

- Heat a wok under high eat with a splash of **vegetable oil** when the oil begins to smoke stir fry the **chopped garlic** for 10-15 seconds before adding the **mixed veggies**
- Cook the **Garlic** and **mixed veggies** for 1 to 2 minutes before adding the **egg noodles, Sugar, Soy Sauce** and **Rice wine** ensuring you keep stiring to avoid burning.



### STEP 4

- Remove the wok from the heat and add pinch of **salt** and **pepper, sesame oil and sesame seeds.**
- Toss to coat and Serve.

# Roasted Veg Quiche

## ingredients

- Mozzarella
- Tomato
- Red Onion
- Salad Dressing Mix
- Shortcrust Pastry
- White Onion
- Spring Onion(s)
- Bell Pepper(s)
- Courgette
- Eggs
- Cream

## Special Equipment

- Quiche Tin / Cake Tin / Yorkshire Pudding Tin
- Large mixing bowl
- Whisk

## directions

- 1

  - Preheat your oven at 180°C / Gas 4
  - Dice your **Bell Pepper**, **Red Onion** and **Courgette**, Scatter on a baking tray with a drizzle of olive oil and a generous pinch of **salt** and pepper and roast for around 8-10 minutes or until lightly browned - these will be your **roasted vegetables**.
- 2

  - Meanwhile grease your baking tin (*We recommend using a 10in/20cm cake tin or if you do not own a quiche tin - Although if preferred individual quiches can be achieved by using a muffin or Yorkshire pudding tin*)
  - Flour your work surface and roll out your **shortcrust pastry** until it's around 3/4mm thick and transfer to your chosen tin (you may need to split your pastry if using muffin or Yorkshire pudding tin) - this will be your **quiche lining**
  - Once placed in tray, Remove your **Roasted vegetables** and transfer into the **quiche lining** (this will prevent your pastry from rising) before returning to the oven for around 10 minutes.
- 3

  - Whilst your quiche lining & Roasted Vegetables continue to cook, In a large mixing bowl whisk together your **eggs** and **cream** and set aside.
  - Slice your **spring onions** into small chunks and add to your **egg** and **cream** mixture, season with **salt** and **pepper**
  - Remove your **Roasting vegetables and Quiche Lining** from the oven and add the **egg**, **cream** and **spring onion** mixture
  - Return to the oven for around 25 - 30 minutes. Once cooked this will be your **Roasted Veg Quiche**.
- 4

  - It's time to start preparing your side salad! Begin by slicing your **tomato** into quarters and slice your **white onion** thinly.
  - Tear your **Mozzarella** into small chunks and add the chunks to a mixing bowl alongside your sliced **Tomato** and **white onion** before adding a drizzle of **Salad dressing mix** - Give this a good stir - this will be your **side salad**.
  - Once cooked, Remove your quiche and portion as necessary - Accompany the portion with your **side salad** and serve.

## INGREDIENTS

- PORK RIBS
- RED ONION
- RELISH
- CARROT
- MUSTARD
- BBQ SPICE MIX
- KETCHUP
- CIDER VINEGAR
- HONEY
- POTATOES
- RED WINE VINEGAR
- ROSEMARY
- CABBAGE
- GARLIC
- WORCESTERSHIRE SAUCE

# BBQ Pork Ribs

## SPECIAL EQUIPMENT

- OVEN PROOF DISH
- TIN FOIL
- MIXING BOWL

1

- PREHEAT OVEN AT 180'C / GAS 4
- FINELY SLICE (OR GRATE) RED ONION, CABBAGE & CARROT.
- TRANSFER TO A MIXING BOWL & ADD IN CIDER VINEGAR & OIL BEFORE MIXING – THIS WILL BE YOUR NAKED SLAW
- SET ASIDE IN THE FRIDGE.

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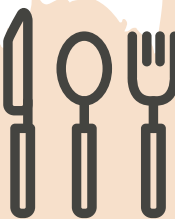
- IN A BOWL COMBINE YOUR MUSTARD, KETCHUP, WORCHESTER SAUCE, RELISH RED WINE VINEGAR & HONEY. MIX WELL & ADD TO THIS YOUR BBQ SPICE MIX.
- ON A BAKING TRAY COAT YOUR PORK RIBS WITH THIS MIX. COVER AND LEAVE TO MARINADE IN THE FRIDGE WHILST YOU PREPARE THE POTATOES.

3

- SLICE YOUR POTATOES (NO NEED TO PEEL) INTO LARGE CUBES
- ROUGHLY CHOP ROSEMARY & GARLIC. COMBINE WITH DICED POTATOES IN A LARGE BOWL AND MIX TOGETHER WITH YOU OIL & A GENEROUS PINCH OF SALT.
- PLACE ON A BAKING TRAY AND COVER WITH TIN FOIL.

4

- PLACE YOUR MARINADED RIBS ON THE MIDDLE SHELF OF YOUR OVEN
- POTATOES ON THE LOWER SHELF
- KEEP FOILED AND COOK AT 180C/GAS 4 FOR 1 HOUR.
- AFTER THE HOUR REMOVE ALL FOIL, STIR POTATOES ON THE TRAY AND RETURN TO THE OVEN WITH UNCOVERED RIBS FOR A FURTHER 10MINS.
- SERVE WITH YOUR PREPARED NAKED SLAW.



# SALMON TAGLIATELLE

## INGREDIENTS

- TAGLIATELLE
- SALMON
- TENDERSTEM BROCCOLI
- CREAM
- MIXED HERBS
- LEMON
- OIL
- SPRING ONION

## SPECIAL EQUIPMENT

- NON STICK FRYING PAN
- GRATER
- MEDIUM PAN (BOILING)

## DIRECTIONS

1

- HALF FILL A PAN WITH **COLD WATER** & **SALT** AND BRING TO THE BOIL.
- ADD **TAGLIATELLE** AND BROCCOLI TO THE PAN AND COOK FOR 4-6 MINUTES THREE MINUTES

MEANWHILE

- SLICE **SPRING ONIONS**
- HEAT **OIL** IN A MEDIUM NON-STICK FRYING PAN AND COOK THE **SPRING ONIONS** FOR 1-3 MINUTES OR UNTIL SOFTENED.
- ADD **SALMON** AND COOK FOR ABOUT A MINUTE, TURNING THE SALMON EVERY 15-20 SECONDS.
- ADD **CREAM** AND A LADLE FULL OF **PASTA WATER** TO THE PAN BEFORE SEASONING GENEROUSLY WITH **SALT** & **PEPPER**.
- BRING TO A GENTLE SIMMER AND COOK THE SALMON FOR 3-4 MINUTES, TURNING OCCASIONALLY (ADD AN EXTRA SPLASH OF WATER IF THE SAUCE THICKENS TOO MUCH) - THIS WILL BE YOUR **CREAMY SALMON SAUCE**
- DRAIN THE **TAGLIATELLE** AND **BROCCOLI** AND RETURN TO THE FRYING PAN BEFORE ADDING THE **CREAMY SALMON SAUCE, LEMON ZEST & MIXED HERBS**.
- TOSS TOGETHER & SERVE

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# VEGETABLE CHAHAN WITH SESAME CHICKEN

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## INGREDIENTS

- Egg
  - Cooked Rice
  - Garlic
  - Soy sauce
  - Spring Onions
  - Red onion
  - Bell pepper
  - Ginger
  - White wine vinegar
  - Chicken breast
  - Sesame oil
  - Sesame seeds
  - Vegetable Oil
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## INSTRUCTIONS

### STEP 1 - PREPARE THE VEGETABLES

- Chop (or grate) **Ginger** and **Garlic**
- Thinly Slice **pepper**, **spring onions** and **red onion** - these will be your prepared vegetables

### STEP 2 - PREP A SESAME CHICKEN

- Cut your **chicken breast** into thin strips
- In a frying pan heat your **sesame oil** on a med heat. Add your **chicken strips** and cook for 5-7 mins stirring continuously then reduce the temperature to the lowest setting whilst you make the Cahan.

### STEP 3 - THE CAHAN

- In a separate wok or frying pan, Heat **Vegetable oil** on a low heat, Stir in your **prepared vegetables**.
- Add to the same pan your **pre-prepared rice**, **Soy Sauce** and **White wine vinegar** and mix together with your **prepared vegetables**
- Add **egg** and stir quickly to coat the ingredients in the pan. Once the egg is fully cooked, the chahan is ready.

### STEP 4- SERVE & ENJOY

- Remove your **cooked chicken** and place on top of the **chahan** and garnish with **sesame seeds**
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# HONEY ROASTED GAMMON

## INGREDIENTS

- Gammon Joint
- New Potato
- Spring Greens
- Honey
- Dijon Mustard
- Peppercorns
- Butter
- Parsley

## SPECIAL EQUIPMENT

## ROASTING TIN & FRYING PAN

## DIRECTIONS

- Preheat oven to 180c gas mark 4
- Place your gammon on a large baking tray and cover with foil (See gammon packaging for cooking times)
- In a bowl mix honey, peppercorns and mustard with a generous pinch of salt - This will be your **glaze**.
- take a little break
- Around 10-12 minutes before your **Gammon** has finished cooking, Spoon the **Glaze** over the top before returning to oven for last ten mins.

- Bring a large saucepan of water to the boil then add **New Potatoes**
- Roughly chop your **parsley**.
- Once softened drain potatoes and return to same pan.
- Add 1/2 of **Butter** portion and **roughly chopped parsley** and allow to melt over your **new potatoes** before seasoning with **salt** and **pepper**.
- In a frying/sauté pan add your **oil** and remaining **1/2 of butter** on a medium heat
- Add **Spring greens** and stir for 3-4mins until cooked. Season with **salt** and **pepper** - This will be your **Buttered Spring Greens**
- Remove your **Honey Roasted Gammon** from the oven and serve along side **Parsley Coated New Potatoes** and **Buttered Spring Greens**