

Chilli Con Carne

Serves 4



Ingredients

- 1 Red Pepper or Mixed Peppers
- 2 Garlic Cloves
- 1 Tablespoon Oil
- 1 Tablespoon Chilli Powder
- 1 Tablespoon Paprika
- 1 Onion
- 1 Teaspoon Cumin
- 500g Minced Beef
- 1 Tablespoon Marjoram
- 400g Chopped Tomatoes
- 2 Tablespoon Tomato Puree
- 400g Red Kidney Beans
- Basmati Rice
- 20g Beef Gravy Granules

Method

Dice Onion and Red Peppers (without seeds)

Peel and chop Garlic

Put pan over the hob and add 1 Tablespoon oil, add the onion and cook for 5 minutes until the onion is soft.

Add the garlic, red pepper, tablespoon chilli powder, paprika and cumin. Stir all items and leave to cook for a few minutes.

Brown 500g of mince then add the mince to the pan and break it up using a whisk.

To make the sauce mix 20g of gravy granules with 200ml hot water. Put this into the pan with the mince mixture.

Add 400g of chopped tomatoes and 1 tablespoon marjoram with 2 tablespoon tomato puree and give it a good stir.

Bring the whole things to boil and stir again. Turn down the heat and simmer for about 30 minutes. Stir from time to time making sure that the sauce does not stick to the bottom of the pan.

Drain and add the kidney beans and stir into the sauce. Cook for a further 10 minutes and serve with rice.

Tomato and Basil Pasta



Ingredients

- 1 Garlic Clove
- 1 Tablespoon Olive Oil
- 400g Chopped Tomatoes
- 2 Tablespoon Tomato Puree
- Basil Leaves
- 1 Tablespoon dried, Thyme, Oregano and Rosemary

Method

Heat up the olive oil in a pan, add crushed garlic clove and fry for 2 minutes.

Add the chopped tomatoes and tomato puree and bring to the boil. Simmer for 20 minutes with thyme, oregano and rosemary.

Add basil leaves into the sauce and cook for a further 5 minutes.

When the sauce is ready use a blender to make a smooth mixture.

Serve with Penne pasta.

Chickpea and Sweet Potato Curry

Serves 4



Ingredients

- 1 x Tin Chickpeas
- ½ Tin Coconut Milk
- 1 Onion
- 1 Teaspoon Garlic Paste
- 1 Teaspoon Curry Powder (or to taste)
- 2 Large Sweet Potato, peeled and chopped.

Method

Chop onion up finely and fry in some oil until soft and translucent.

Add garlic and fry for 2 minutes.

Add curry power and sweet potato.

Add a little water and coconut milk.

Simmer until potatoes are cooked and serve with rice.

**Option Add white potatoes, peppers, and tomatoes.

Fish Pie

Serves 4



Ingredients

- 750g Mashed Potato
- 50g Butter
- 50g Plain Flour
- 100ml Milk
- 500g Fish Pie Mix (or any selection fish)
- 100g Cheese

Method

Cover fish with water and simmer until just cooked.

Melt butter add flour to make a roux, then loosen with milk.

Strain fish cooking liquid into sauce cook until thickened and add grated cheese.

Pour mix into oven dish and top with mash.

Cook at 170 for 45 minutes.