

Tomato and roast pepper soup

10g celery (small diced)
10g onion (small diced)
10g leeks (small diced)
10g carrots (small diced)
10g roasted red peppers (sliced)
10g butter
100ml vegetable bouillon
200g chopped tomatoes
10g flour
10ml cream



Method (serves one)

1. Melt the butter and cook diced carrots, leeks and onions in the butter without colouring
2. Add the flour and cook out for 5 minutes
3. Add stock slowly, add tomatoes and simmer for 1 hour
4. Add peppers, blend, season and simmer for 5 minutes
5. Add cream and add salt and pepper to taste
6. Serve with fresh bread and butter

Beef bolognaise

100g beef mince
30g diced onions
10g garlic paste
8g tomato puree
100g chopped tomatoes
1 tsp oil
20ml beef stock
60g spaghetti
oregano
parsley
salt and pepper



Method (serves one)

1. Heat oil and sauté the diced onions and garlic until soft but not coloured
2. Add mince and cook out thoroughly until mince is cooked through
3. Add the tomato paste and cook for a few minutes then add the chopped tomatoes and continue to cook
4. Add beef stock to the mixture and add oregano. Cook mixture for 30 minutes to reduce the liquid and cook out the mince
5. Meanwhile, place spaghetti into salted boiling water and cook for 12 minutes
6. Serve the bolognaise on top of the spaghetti and garnish with chopped parsley

Vegetarian cottage pie

100g vegetarian mince
30g diced red onions
2g garlic
100g potatoes
100g chopped tomatoes
16g tomato puree
1 tsp butter
thyme
salt and pepper
a pinch of nutmeg



Method (serves one)

1. Put the potatoes in a pan of boiling water, cook until soft. Drain and mash with the butter, nutmeg, salt and pepper
2. In a pan fry off the onion, garlic and vegetarian mince until the onions are soft but not coloured. Add the tomato puree and cook for a few minutes
3. Add the chopped tomatoes and thyme and simmer until cooked. Place into an oven proof dish and allow to cool
4. Spread the potato on top and put into the oven to cook until piping hot. Ensure a nice even brown colour on top
5. Garnish with chopped parsley and serve

Seared tofu and spicy vegetable couscous

50g couscous
150ml vegetable bouillon
100g tofu
25g diced onion
5g garlic paste
25g diced courgette
25g diced carrot
25g sliced mushrooms
1 tsp olive oil
3g chilli powder
chopped parsley
salt and pepper



Method (serves one)

1. Soak couscous in the vegetable bouillon with a pinch of salt and pepper
2. Sweat off the vegetables in olive oil until softened but not coloured. Add chilli powder
3. Cut tofu into slices and sear on a griddle pan
4. Mix the vegetables and couscous together and lay the tofu on top
5. Garnish with the parsley and serve hot

Chicken fajitas

160g chicken strips
half a tsp mixed herbs
1 tsp fajita paste
half a tsp garlic puree
2 sliced mixed peppers
half a sliced onion
2 tortilla wraps
1 tbsp salsa



Method (serves one)

1. Marinate chicken in garlic and fajita paste for 3 hours
2. Season with salt and pepper, cook until cooked through
3. Add vegetables and continue to cook for 5 minutes
4. Serve in wraps with salsa

Mediterranean chickpea and quinoa bowl

100g jar of roasted peppers
1 tbsp flaked almonds
1 tbsp extra virgin olive oil
2g garlic paste
pinch of paprika and ground cumin
50g cooked quinoa
6 olives, chopped
¼ finely chopped red onion
100g can chickpeas, rinsed
30g diced cucumber
20g crumbled feta cheese



Method (serves one)

1. Place peppers, almonds, half the oil, garlic, paprika and cumin in a mini food processor. Puree until fairly smooth
2. Combine quinoa, olives, red onion and the remaining oil in a medium bowl
3. To serve, place the quinoa mixture in a bowl and top with the chickpeas, cucumber and the red pepper sauce
4. Sprinkle with feta and some fresh parsley

Eton mess

90ml double cream

1 tsp icing sugar

60g fresh strawberries, chopped

1 meringue nest



Method (serves one)

1. Whip double cream to soft peaks
2. Add icing sugar and continue whipping until it forms peaks
3. Break meringue into bite sized pieces and fold into the cream with the chopped strawberries
4. Spoon the mixture into a dessert glass or bowl