



Kidney bean curry



Method

1. Heat the oil in a large frying pan over a low-medium heat. Add the onion and a pinch of salt and cook slowly, stirring occasionally, until softened and just starting to colour. Add the garlic, ginger and coriander stalks and cook for a further 2 mins, until fragrant.
2. Add the spices to the pan and cook for another 1 min, by which point everything should smell aromatic. Tip in the chopped tomatoes and kidney beans in their water, then bring to the boil.
3. Turn down the heat and simmer for 15 mins until the curry is nice and thick. Season to taste, then serve with the basmati rice and the coriander leaves.



Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- thumb-sized piece of ginger, peeled and finely chopped
- 1 small pack coriander, stalks finely chopped, leaves roughly shredded
- 1 tsp ground cumin
- 1 tsp ground paprika
- 2 tsp garam masala
- 400g can chopped tomatoes
- 400g can kidney beans, in water
- cooked basmati rice, to serve





Thai pork & peanut curry



Method

1. Heat the oil in a large saucepan or flameproof casserole. Add the spring onions and coriander stalks and cook for 1 min. Add the pork slices and cook for 5 mins until starting to brown.
2. Stir in the curry paste and peanut butter. After 30 secs, add the sugar, soy and coconut milk, plus $\frac{1}{2}$ can of water. Mix well, put a lid on and leave to simmer for 15 mins, stirring occasionally.
3. Remove the lid, add the baby corn and increase the heat. Bubble for 3 mins until the corn is cooked and the sauce has thickened a little. Stir in the lime juice and check the seasoning. Can now be frozen for up to 2 months. To cook from frozen: thoroughly defrost, then heat in a pan on the hob until curry is hot all the way through. Serve scattered with the coriander leaves and rice.



Ingredients

- 1 tbsp vegetable oil
- bunch spring onions, sliced
- small bunch coriander, stalks finely chopped, leaves picked
- 400g pork tenderloin, sliced
- 4 tbsp Thai red curry paste
- 4 tbsp peanut butter
- 1 tbsp soft brown sugar
- 1 tbsp soy sauce
- 400ml can light coconut milk
- 175g pack baby corn
- juice 1 lime
- steamed jasmine rice, to serve





Help-yourself tuna rice salad



Method

1. The cooked rice will have probably clumped together, so break it up in a large mixing bowl. Flake in the tuna, then mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if you're using them.
2. Stir through the mayonnaise, lemon juice and olive oil and season to taste. Cover the bowl with cling film or place in a large plastic container and let your household serve themselves whenever they are hungry.



Ingredients

- approx 900g/2lb cold cooked rice
(about 400g/14oz uncooked rice)
- 400g tuna in springwater
- 200g frozen petits pois, defrosted
- 2 red peppers, peeled with a potato peeler, deseeded and diced
- 3 tomatoes, chopped into small chunks
- 5 spring onions, finely sliced
- bunch flat-leaf parsley, chopped
- large handful stoned green olives, roughly chopped (optional)
- 4 tbsp mayonnaise
- juice 1 lemon
- 2 tbsp extra-virgin olive oil





Haddock with cannellini beans & artichokes



Method

1. Heat oven to 200C/180C fan/gas 6. In a bowl, mix the beans, zest and juice of half the lemon, the garlic and parsley. Stir through 1 tbsp olive oil and season to taste. Very lightly crush the beans with the back of a wooden spoon, keeping some of them whole.
2. Cut a large square of baking parchment, spoon the beans onto the centre and top with the fish. Scatter the artichokes around the fish, drizzle over the remaining olive oil, squeeze a little lemon juice over and season well. Bring both sides of the parchment upwards and fold together to create a tight seal, then twist the ends tightly (like a giant sweet).
3. Put the fish on a baking tray and bake in the oven for 13-15 mins or until the fish is just cooked.



Ingredients

- 400g can cannellini beans, drained and rinsed
- 1 small lemon, zested and juiced
- small garlic clove, grated
- 1 tbsp roughly chopped parsley
- 2 tbsp olive oil
- 1 skinless haddock fillet
- 2 artichokes from a can, drained and halved





Beef & vegetable casserole



Method

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened.
6. Garnish with the picked leaves of the remaining thyme sprig.



Ingredients

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef (featherblade or brisket works nicely), cut into nice large chunks





Smoky Mexican meatball stew



Method

1. Heat 1 tbsp of the oil in a large frying pan. Cook the onion for 8-10 mins until soft, then remove from the pan.
2. Meanwhile, place the mince, breadcrumbs, spices and chipotle paste in a bowl, season generously and mix thoroughly. Roll mixture into 20 walnut-sized meatballs. Add the remaining oil to the pan and fry the meatballs for about 8 mins until brown all over.
3. Meanwhile, cook the rice following pack instructions. Return the onion to the pan, adding the tomatoes, as well as a can full of water. Simmer for 5 mins, then add the kidney beans and cook for a further 10 mins, until the sauce has thickened and the meatballs are cooked through. Season the meatballs, scatter with coriander and serve with the rice.



Ingredients

- 1½ tbsp olive oil
- 1 large onion, finely chopped
- 400g beef mince
- 50g fresh white breadcrumb
- 1 tsp each ground cumin and coriander
- 1½ tbsp chipotle paste
- 200g basmati rice
- 400g can chopped tomato
- 400g can kidney bean, drained and rinsed
- small handful coriander, to serve

