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Sausage bake with gnocchi

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Preparation time
less than 30 mins

Cooking time
10 to 30 mins

Serves
Serves 2

This easy sausage bake is made with gnocchi rather than pasta. Roasted gnocchi is magical – while the inside stays light and fluffy, the outside goes crisp and golden, like mini roast potatoes.

By Rachel Phipps

Ingredients

- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 1 orange pepper, deseeded and cut into chunks
- 250g/9oz gnocchi
- 1 tbsp olive oil
- 4 pork sausages
- salt and freshly ground black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Toss together the peppers, gnocchi, olive oil and a generous amount of salt and pepper on a large baking tray.
3. Place the sausages on the tray. Roast for 25 minutes, or until the sausages and gnocchi are golden-brown and the peppers are soft and have started to brown around the edges. Serve.

Recipe Tips

Use any vegetables you like. Tomatoes would be a good addition too.

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Harissa lamb with chickpeas

★ ★ ★ ★ ☆ 3 ratings

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Preparation time
less than 30 mins

Cooking time
1 to 2 hours

Serves
Serves 3

This Moroccan-inspired, slow-cooked lamb dish is low in calories and only uses six ingredients. If you want to make it five, leave out the apricots – you'll save on sugar too. If you're on a low-calorie diet, pair it with a low-calorie breakfast and/or lunch as it's a little over 500 calories.

Each serving provides 522 kcal, 50g protein, 32g carbohydrates (of which 20g sugars), 19g fat (of which 7g saturates), 9g fibre and 0.5g salt. With a GI of 45 this meal is **high protein, low GI**.

By Sunil Vijayakar

Ingredients

600g/1lb 5oz lean lamb leg steaks, cut into bite-size cubes
1–2 level tbsp harissa paste
400g tin chopped tomatoes with herbs
2 x 410g tins chickpeas, drained

12 dried apricots (optional)
small bunch (about 30g/1oz) fresh coriander, roughly chopped

Method

1. Preheat the oven to 170C/150C Fan/Gas 3½
2. Put the lamb in a medium, ovenproof casserole dish and coat evenly with the harissa paste.
3. Pour in the tomatoes and 300ml/10fl oz of water. Bring to the boil over a medium heat and stir well.
4. Cover tightly with kitchen foil and bake for 1 hour.
5. Stir in the chickpeas and apricots, if using, and bake for 30–45 minutes, or until the lamb is tender.
6. Stir in the coriander and serve.

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Chicken and vegetable balti

★ ★ ★ ★ ☆ 2 ratings

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Preparation time
less than 30 mins

Cooking time
30 mins to 1 hour

Serves
Serves 2

Try this chicken and vegetable balti for a healthy curry that is quick and easy to prepare.

As part of an [Intermittent diet](#) plan, 1 serving provides: 1 of your 3 daily low-fat dairy portions 2 of your 6 daily vegetable portions This meal provides 341 kcal, 40g protein, 30.5g carbohydrate (of which 20.5g sugars), 6g fat (of which 1.5g saturates), 9g fibre and 0.6g salt per portion.

By Justine Pattison

Ingredients

calorie controlled cooking oil spray
1 medium onion, thinly sliced
4 chicken thighs, boned and skinned
1 red pepper, deseeded and cut into 3cm/1in chunks
1 yellow pepper, deseeded and cut into 3cm/1in chunks

1 tbsp cornflour
150g/5½oz fat-free natural yogurt
1 tbsp medium or mild curry powder
2 garlic cloves, thinly sliced
227g/8oz tin chopped tomatoes
3 heaped tbsp finely chopped fresh coriander, plus extra to garnish
freshly ground black pepper

Method

1. Spray a large, deep, non-stick frying pan or wok with oil and place over a medium heat. Add the onion and cook for five minutes, stirring regularly until well softened and lightly browned.
2. Meanwhile, trim all the visible fat off the chicken thighs, cut each one into four pieces and season with black pepper.
3. Add the chicken and peppers into the pan with the onion and cook for three minutes, turning occasionally.
4. Meanwhile, in a small bowl, mix the cornflour with 2 tablespoons cold water and stir in the yoghurt until thoroughly mixed.
5. Sprinkle the curry powder over the chicken and vegetables, add the garlic and cook for 30 seconds.
6. Tip the tomatoes into the pan, add the yoghurt mixture, 150ml/3½fl oz of water and coriander.
7. Bring to a gentle simmer and cook for 20-25 minutes, stirring occasionally until the chicken is tender and the sauce is thick. Season with freshly ground black pepper to taste and garnish with coriander.

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Shakshuka traybake

★ ★ ★ ☆ ☆ 3 ratings

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Preparation time
less than 30 mins

Cooking time
30 mins to 1 hour

Serves
Serves 4

Dietary

Perfect for a lazy weekend, this shakshuka traybake recipe allows you to slowly roast vegetables in the oven while you have a snooze.

Each serving provides 237 kcal, 11g protein, 16.5g carbohydrates (of which 16g sugars), 12g fat (of which 2.5g saturates), 8.5g fibre and 0.3g salt.

By Rukmini Iyer

Ingredients

2 red peppers, thinly sliced
2 yellow peppers, thinly sliced
1 red onion, thickly sliced
1 aubergine, sliced into 15mm/ $\frac{5}{8}$ in strips
800g/1lb12oz vine tomatoes, quartered
1 red chilli, roughly chopped

1 tsp ground cumin
1 tsp smoked paprika
2 tbsp olive oil
4 free-range eggs
sea salt and freshly ground black pepper
handful fresh coriander, roughly chopped, to serve
flatbreads or pitta breads, warmed, to serve

Method

1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Place the peppers, onion, aubergine, tomatoes, chilli, spices and oil into a large roasting tin. Season with salt and pepper and stir until the vegetables are thoroughly coated in the oil and spices. Roast for 25 minutes.
3. Reduce the oven temperature to 180C/160C Fan/Gas 4.
4. Using a spatula or slotted spoon, place the roasted tomatoes into a bowl and squash until the consistency of a thick sauce, using a wooden spoon or potato masher. Stir back into the vegetable tin. Taste and adjust the seasoning.
5. Make four indentations in the vegetable mixture. using the back of a spoon. Crack an egg into each hole and scatter each with a little salt and pepper. Bake for 10 minutes, or until the eggs are just set or cooked to your liking.
6. Scatter with the coriander and serve immediately with the warmed flatbreads.

Recipe Tips

For a non-vegetarian version, add some chorizo or 'nduja along with the vegetables.

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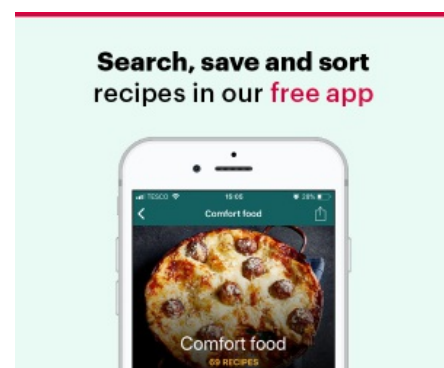
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Raspberry honey flapjacks



Method

1. Heat oven to 200C/180C fan/gas 6 and line a 20 x 20cm baking tin with parchment. Melt the butter, sugar, honey and a pinch of salt in a pan. Once the mixture is bubbling and combined, stir in the oats.
2. Tip the oat mixture into the lined baking tin and press down with your fingers or the back of a spoon. Scatter over the raspberries, then lightly press them into the oat mixture. Bake for 25-30 mins until golden brown. Leave to cool, then cut into 9 or 12 flapjacks.



Ingredients

- 150g butter
- 150g light brown soft sugar
- 4 tbsp honey (we used heather honey)
- 300g porridge oats
- 100g frozen raspberries



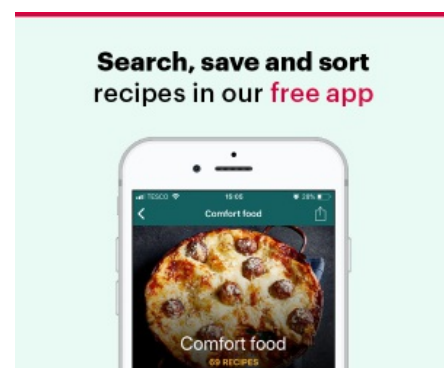
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Prawn & salmon burgers with spicy mayo



Method

1. Briefly blitz half the prawns, half the salmon, the spring onions, lemon zest and half the coriander in a food processor until it forms a coarse paste. Tip into a bowl, stir in the rest of the prawns and salmon, season well and shape into four burgers. Chill for 10 mins.
2. Mix the mayo and chilli sauce together in a small bowl, season and add some lemon juice to taste. Mix the lettuce with the cucumber, dress with a little of the remaining lemon juice and 1 tsp olive oil, then set aside.
3. Heat the remaining oil in a large frying pan and fry the burgers for 3-4 mins each side or until they have a nice crust and the fish is cooked through. Serve with the salad on the side or in toasted burger buns, if you like, with a good dollop of the spicy mayo.



Ingredients

- 180g pack peeled raw prawns, roughly chopped
- 4 skinless salmon fillets, chopped into small chunks
- 3 spring onions, roughly chopped
- 1 lemon, zested and juiced
- small pack coriander
- 60g mayonnaise or Greek yogurt
- 4 tsp chilli sauce (we used sriracha)
- 2 Little Gem lettuces, shredded
- 1 cucumber, peeled into ribbons
- 1 tbsp olive oil
- 4 seeded burger buns, toasted, to serve



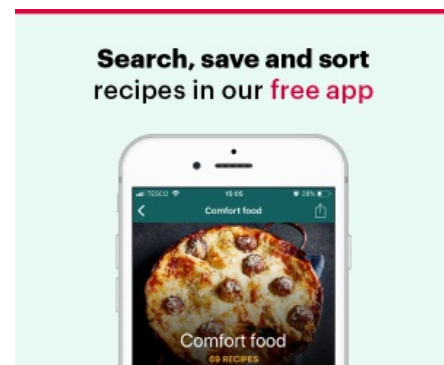
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Balsamic steaks with peppercorn wedges



Method

1. Mix together the vinegar, stock, garlic, mustard, honey and olive oil in a large shallow bowl, then grind in some black pepper, but no salt. Add the steaks and turn to coat. Leave to marinate in the fridge for 1 hr, or preferably overnight.
2. Heat oven to 200C/180C fan/gas 6. Toss the potatoes in a large bowl with the oil, thyme and peppercorns. Spread out on 2 greased baking sheets and bake for 10-15 mins until the potatoes are nearly cooked. Remove and leave to go cold.
3. Open-freeze the wedges until solid, then pack into a large rigid container in layers, interleaving with foil. Individually pack the steaks into freezer bags – make sure they lay completely flat when you put them in the freezer. Use within 1 month.
4. To serve, heat oven to 220C/200C fan/ gas 7, with a baking tray inside to warm up for the steaks. Put the wedges on another large baking tray, spread them apart and season. Bake for 20 mins until



Ingredients

For the steaks

- 2 tbsp balsamic vinegar
- 2 tsp concentrated liquid beef stock
- 3 garlic cloves, finely grated
- 1 tbsp wholegrain mustard
- 1 tbsp clear honey
- 2 tbsp olive oil, plus extra for brushing
- 6 sirloin steaks, about 5cm thick
- salad or peas, to serve (optional)

For the wedges

- 1½ kg medium potato, such as King Edward, cut into wedges
- 3 tbsp sunflower oil, plus extra for greasing
- 1 tbsp thyme leaf
- 2 tsp green peppercorn, crushed



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golden and crisp. Unwrap the steaks and brush both sides with oil. Press onto the hot tray and bake for 15-25 mins, turning after 10 mins and testing until hot, to give you medium-rare steak. Serve with the wedges and salad or peas, if you like.



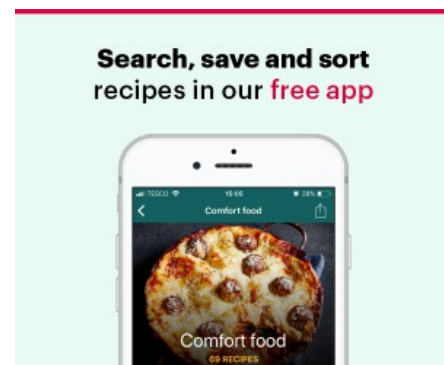
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Baked piri-piri tilapia with crushed potatoes



Method

1. Heat oven to 220C/200C fan/gas 7. Boil the potatoes until knife-tender, then drain. Spread out on a large baking tray and gently crush with the back of a spatula. Add the peppers, drizzle with the vinegar and oil, season well and roast for 25 mins.
2. Put the piri-piri ingredients in a food processor with some salt. Purée until fine, then pour into a bowl. Put the fish on a baking tray and spoon over some of the piri-piri sauce. Season and bake for the final 10 mins of the potatoes' cooking time. Serve everything with the extra sauce and a green salad on the side.



Ingredients

- 600g small new potatoes
- 2 red peppers, cut into chunky pieces
- 1 tbsp red wine vinegar
- drizzle of extra virgin olive oil
- 4 large pieces tilapia or cod
- green salad, to serve

For the piri-piri sauce

- 6 hot pickled peppers (I used Peppadew)
- 1 tsp chilli flakes
- 2 garlic cloves
- juice and zest 1 lemon
- 1 tbsp red wine vinegar
- 2 tbsp extra virgin olive oil
- 1 tbsp smoked paprika



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