

EVENING MEAL RECIPES





CHICKEN FAJITAS

Ingredients

- 2 Chicken breasts
- Bell peppers
- Onions
- Mexican seasoning
- Limes
- Tortillas



CHICKEN FAJITAS

INGREDIENTS: serves 2

2 Chicken breasts
2 tbsp Fajita seasoning mix
2 tbsp Olive oil
2 large Bell peppers (sliced into thin strips)
1 medium Onion (sliced radially into half moons)
1/2 tsp Sea salt
1/4 tsp Black pepper
Lime wedges
Tortillas (available from any supermarket)



INSTRUCTIONS

- Season chicken breasts on both sides with the fajita seasoning and use your hands to rub it in.
- Heat 2 tablespoons of oil over medium-high heat and add the chicken breasts. Sauté both sides until golden brown and thoroughly cooked through. Remove chicken to a plate and cover with foil to keep warm.
- Add the peppers and onions to the pan. Sauté until soft and browned. Season with salt and pepper. Add more oil if required and add some of the fajita seasoning spice mix, stir for 2 minutes until the spices are aromatic.
- Add the chicken to the pan. Season with salt and pepper and add extra crushed dried chilies, if desired. Add a splash of water to the pan and cook over a medium heat for 4–5 minutes, stirring, until piping hot. Add a dash of fresh lime juice.
- To serve, heat the tortillas in the microwave (according to packet instructions) or in a hot dry frying pan. Serve the chicken mixture in the wraps with the guacamole, soured cream and grated cheese. Serve the corn on the cobs and lime wedges alongside.



Salmon Teriyaki

Ingredients

- Cooked salmon fillets
- Long stem broccoli
- Spring onions
- Edamame beans
- Chopped red chillies
- Teriyaki dressing



SALMON TERIYAKI

Ingredients - Serves 1

- Handful long-stemmed broccoli
- Mixed green beans and edamame beans
- 150g pre-cooked salmon
- 2 Spring onions, thinly sliced
- 2 tsp sesame seeds
- 1 red chilli, finely chopped

SESAME-TERIYAKI DRESSING

- 1½ tbsp balsamic vinegar
- 1½ tbsp mirin
- 1½ tbsp soy sauce
- 2 tsp caster sugar
- 2 tsp sesame oil

Note: Blue Dragon Teriyaki Sauce from any supermarket is lovely if you don't want to make your own

INSTRUCTIONS

- **STEP 1:** Mix the dressing ingredients and leave to sit. Heat a large pan of boiling salted water. Drop in the broccoli and cook for 3 minutes, add the green beans and cook for another 4 minutes, then add the edamame and cook for a minute. Drain everything really well and cool a little. Toss with 1/2 the teriyaki dressing and divide between 2 plates.
- **STEP 2:** Top with the precooked salmon, broken into flakes, then scatter over the spring onions, sesame seeds and chilli, and serve with the remaining teriyaki dressing for drizzling.





Cherry Tomato Tart

Ingredients

- Cherry tomatoes
- Goats cheese
- Balsamic vinegar
- Olive oil
- Red onion
- Short crust pastry



INGREDIENTS: serves 2

Ingredients

345g plump cherries
2 tablespoon olive oil divided
1 tablespoon balsamic vinegar
½ tsp of both sea salt and cracked black pepper divided
1 320g roll of ready-made puff pastry
1 medium red onion (140g) peeled, cut lengthways then sliced thinly
125 g of goat's cheese (1 small log or 5oz)

INSTRUCTIONS

- Preheat the oven to 200 degrees C / 392 F.

Line a baking sheet with parchment paper.

- Add the cherry tomatoes to a medium oven-safe dish. Add the balsamic vinegar, 1 tablespoon of olive oil, salt and pepper. Give everything a shake then place the dish on the top shelf of the oven and roast for 15 minutes. Set aside until you are ready to use them.
- Roll out the pastry and place it on the lined baking sheet.

Using a sharp knife, score the pastry all along the edge, about 2.5cm in from the edge, and using a fork, prick the pastry a good few times.
- Spread the red pesto over the pastry avoiding the edges. Evenly place the red onion over the pastry. Scatter the pecorino cheese over the pesto, then using a slotted spoon add the roasted cherry tomatoes to the tart.
- Crumble the goat's cheese over the tart and drizzle the remaining olive oil over everything and add about a ¼ teaspoon each of sea salt and cracked black pepper.
- Using a pastry brush, brush the edges of the tart with the milk.
- Bake on the top shelf of the oven for 20 minutes or until the pastry has risen, the tart is golden brown around the edges and the pastry are cooked.





Lentil Bolognese

Ingredients

- Spaghetti
- Mexican style lentils
- Tomato puree
- Chopped tomatoes
- Italian herbs
- Soy sauce



LENTIL BOLOGNESE

INGREDIENTS - serves 3

- 1 tbsp olive oil
- 1 carrot, finely chopped
- 1 small white onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp dried oregano
- 1 tbsp tomato puree
- 400g tin chopped tomatoes
- 1 tbsp soy sauce
- 100ml water
- 150g spaghetti
- 1 x 250g pouch of Mexican Merchant Gourmet lentils
- 10g parsley, chopped
- Pinch of salt and pepper



INSTRUCTIONS

- Heat the olive oil in a large lidded casserole dish over a medium heat. Add the carrot and onion and fry for 3-4 minutes or until starting to soften. Reduce the heat to low, cover and sweat for 10 minutes, stirring occasionally to ensure the veg doesn't burn.
- Put a large pan of salted water on to boil then add the garlic and oregano to the pan with carrot and onion and cook for 2 minutes more, until fragrant.
- Add the tomato puree, chopped tomatoes, soy sauce and water with a big pinch of salt and pepper and bring to a simmer. Cook for 10 minutes to allow the sauce to thicken slightly.
- Meanwhile, cook the spaghetti as per the packet instructions. Drain, reserving a little of the pasta water and set aside.
- Stir the lentils into the tomato sauce, then reduce the heat to low and leave to simmer for 5-10 minutes until the lentils are heated through.
- Toss the pasta through the sauce, along with the parsley and a little of the pasta water if needed. Season to taste, then serve.



SALMON PARCEL

Ingredients

- Simon fillet
- Broccoli spears
- Courgette
- Lemon
- Capers
- Red/green chillies



SALMON PARCEL

INGREDIENTS: serves 1

Salmon Parcel (you can use any fish you enjoy)

- 250 g fillet Atlantic salmon skin off
- 2 broccolini florets
- 1/4 40g zucchini, sliced
- salt and pepper
- 3 slices lemon
- 1 tsp capers
- 25 g butter broken into small cubes
- 1 tbsp fresh parsley chopped
- 1/2 spring onion sliced
- 6-8 thin chilli slices

INSTRUCTIONS

Preheat oven to 180°C.

Prepare a 80cm piece of foil by folding in half

Place broccolini and zucchini in centre of foil and top with salmon

Season salmon liberally with salt and pepper

Top salmon with lemon, capers, cubes of butter, half of the parsley, spring onions and chilli

Enclose salmon in the foil

Bake for 20 minutes

Remove from oven top with extra fresh parsley

Serve.





GARLIC BUTTER CHICKEN

Ingredients

- Chicken thighs
- Asparagus spears
- Lemons
- Garlic cloves
- Honey
- Italian herbs



GARLIC BUTTER CHICKEN

INGREDIENTS: serves 2

- 6 to 8 bone-in, skin-on chicken thighs
- 1 to 2 bunches asparagus, trimmed
- 1/2 cup unsalted butter, melted
- 1 tablespoon lemon juice
- 5 cloves garlic, minced
- 1 tablespoon honey
- Italian herbs (dried oregano, thyme, rosemary, basil)
- Kosher salt and freshly ground black pepper, to taste
- Slices of lemon, for garnish
- Fresh parsley, chopped



INSTRUCTIONS

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, whisk together butter, lemon juice, garlic, honey, Italian herbs; season with salt and pepper, to taste and set aside.
3. In a skillet over medium fire, brown chicken thighs on both sides for 4 to 5 minutes per side.
4. Arrange browned chicken thighs and asparagus in a single layer onto the prepared baking sheet.
5. Drizzle and brush the butter mixture over the chicken and asparagus and arrange lemon slices on top of chicken.
6. Bake into the oven until chicken is cooked through, about 20 minutes. Serve immediately, garnished with parsley, if desired. Enjoy!



PEPPER BEEF STIR FRY

Ingredients

- Beef
- Red/green bell peppers
- Shaoxing Sauce
- Oyster sauce
- Soy sauce
- Garlic



PEPPER BEEF STIR FRY

INGREDIENTS: serves 2

- 350 grams beef steak (cut into 3/4-inch cubes)
- 2 tablespoons oyster sauce
- 1 tablespoon Shaoxing wine
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame oil
- 1 tablespoon vegetable oil
- 140 grams onion (~1 small onion, cut into 1/2-inch squares)
- 100 grams bell pepper (1/2 red, 1/2 green)
- 2 large cloves garlic, chopped

Instructions

- Put the black peppercorns in a mortar and use a pestle to crack the peppercorns coarsely. If you don't have a mortar and pestle, put the peppercorns in a freezer bag, and use a rolling pin to crush them.
- In a bowl, whisk the oyster sauce, Shaoxing, soy sauce, sesame oil, and most of the black pepper (saving a little to garnish). Add the potato starch and mix that in until there are no lumps left. Stir the beef in, to coat evenly and let it marinate while you prepare the vegetables.
- Once all the prep is done, heat a frying pan over medium-high heat until hot. Add the vegetable oil, and then use tongs to add the beef in a single layer. Try to leave as much of the marinade in the bowl as possible.
- Fry the beef on one side until golden brown, and then flip each piece and fry the second side until browned.
- Dump the onions, bell pepper, and garlic into the pan and turn the heat to high. Stir-fry, tossing the contents of the pan periodically to ensure everything cooks evenly.
- When the onions become translucent, add the remaining marinade and toss everything together until the black pepper beef is shiny and evenly coated with sauce.
- Serve with rice and garnish with the remaining black pepper (to taste).





Sticky Sausage Tray Bake

Ingredients

- Beef or pork sausages
- Diced potatoes
- Red onion
- Diced carrots
- Lemon juice
- Honey



Sticky Sausage Tray Bake

INGREDIENTS: serves 4

- 500g white potatoes, peeled and cut into large chunks
- 2 tbsp olive oil
- ½ lemon, cut into wedges
- 1 red onion, cut into wedges
- 6 garlic cloves, unpeeled, crushed slightly
- 4 thyme sprigs, leaves only
- 4 carrots, cut into 0.5cm thick diagonals
- 8 Pork sausages
- 2 tbsp clear honey
- 170g pack trimmed green beans

INSTRUCTIONS

1. Preheat the oven to 200°C/fan 180°C/Gas 6
2. Put the potatoes in a pan of boiling water and cook for 6 mins, before draining well
3. Tip into a large roasting tin, along with the oil, lemon, onion, garlic, thyme, fennel seeds and carrots, then mix well to combine
4. Nestle the sausages on top, season well, then roast for 30-40 mins, turning the sausages once halfway through; drizzle with honey for the last 10 mins
5. Meanwhile, steam the green beans, then serve alongside the traybake

