

Cookalicious

Eat | Laugh | Learn

- HEALTHY MIDWEEK MEALS -

**NUTRITIOUS, DELICIOUS FOOD
TO SUPPORT WELLBEING**



Helping You Transform Your Everyday Cooking

WHAT EVERY WELL STOCKED BASIC PANTRY NEEDS!

Oils

extra virgin; olive; sunflower

Vinegar

balsamic; apple cider

Tins

tomatoes; beans; chickpeas; lentils

Dried

pasta; lentils

Rice

basmati; arborio

Grains

couscous; quinoa

Spices

cumin, coriander; cinnamon; paprika;
curry powder; chilli flakes

Dried Herbs

oregano; sage; thyme

Mustards

wholegrain; Dijon; English

Nuts

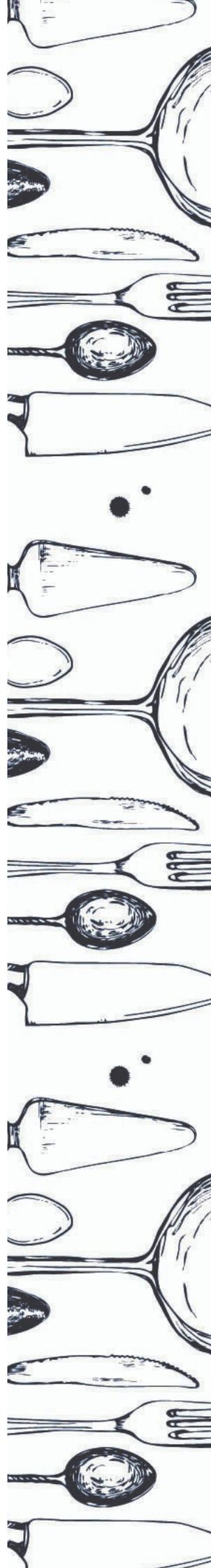
almonds; pine nuts

Sauces

soy; fish sauce; oyster

Extras

sun-dried tomatoes; dark chocolate; cocoa





Moroccan Chicken & Green Couscous

Full of nutrition & protein, its a savage flavourbomb too!

100g couscous - use a small cup to measure it

Sea salt & black pepper

2 chicken fillets

1 tsp each of ground cumin & paprika

Half a tsp of turmeric

2 tbsp olive oil

100g cherry tomatoes – finely chopped

2 big bunches of spinach - shredded

Big bunch of fresh herbs - mint / chives / parsley / coriander or a mix

Tin of chickpeas - drained

Juice of half a lemon & a drizzle of extra virgin olive oil

To Serve – 2 tbsp Greek yogurt loosened with a little lime juice & 1 tbsp of fresh herbs stirred through. Flaked almonds are fab scattered on top too!

Pop the couscous into a Pyrex bowl with plenty of seasoning & using the same cup, top with just under 2 cups of boiling water. Stir, cover with a plate & set aside for 10 mins.

Combine 1 tbsp oil with the spices & black pepper to make a paste. If the chicken is very thick, place it between 2 sheets of greaseproof paper & flatten it with a rolling pin until about 1cm thick, Marinate the chicken in the paste for however long you've got.

Season the chicken with sea salt & panfry in a hot pan for 3/4 minutes on each side until cooked through & nicely charred around the edges.

Fluff up the couscous with a fork & add the lemon juice & a light drizzle of extra virgin olive oil to loosen before adding in the chopped tomatoes, drained chickpeas, shredded greens & chopped herbs. Combine well.

Combine the Greek yogurt with a good squeeze of lime juice, a little water to loosen & extra chopped herbs to make a dressing.

Pop the couscous onto a serving plate & drizzle with Greek yogurt. Slice the chicken into strips & serve on top, Scatter with flaked almonds. Devour!

Moroccan Chicken & Green Couscous

Just so you know...

This is a fab dish for lunch / dinner & the leftovers make for a perfect work lunchbox too - have the couscous salad on its own or bulk it up with the addition of crumbled feta, goats cheese, roasted red peppers & green or black olives.

Variation: Feel free to roast up a load of red or yellow peppers, courgettes, red onions & aubergines & stir them through the green couscous too. With all this veg you can leave out the chicken & have it as a roasted Mediterranean veg couscous instead. Or try some grilled or pan-fried halloumi either - soooo good!

Change It Up: If you prefer to use quinoa or bulgur wheat or any other grain you love, do that too! All the supermarkets stock pre-cooked pouches of grains that are super handy to have in the cupboard & can be used in lieu of the couscous in this recipe!

FYI: Having a good base of staple spices, like cumin, paprika & turmeric in your store cupboard means you always have some on hand to jazz up your cooking. Spices are so easy to include in your cooking & they totally transform a dish from average to something special. They're also loaded with a host of key micronutrients so add heaps of nutrition to your cooking as well as stacks of flavour. Win win!

Something Extra: Baked or grilled white fish like hake or cod or oily fish like seabass works wonderfully with the couscous here too.

Top Tip: Nuts add extra nutrition as well as texture & crunch to your dishes so its worth having a couple of bags of almonds / hazelnuts / pine nuts etc in your pantry for topping dishes like this.



Lemon Salmon & Spinach Pasta

Velvety, Moorish & satisfying - a real favourite that's nutritious too!

2 fillets of hot-smoked salmon (in the same chilled section as where you get regular smoked salmon)

250g pack of fresh egg pasta

Bunch of asparagus / green beans

Large cup of frozen peas

2 tbsp basil pesto (or sundried tomato)

150g baby spinach – washed in a salad spinner

1 tbsp of lemon zest

Big pinch of chilli flakes

Sea salt & black pepper

To Serve - a handful fresh basil or parsley - snipped (if you have it)

Break off the woody ends from the asparagus & slice them into 1-inch lengths or if using green beans slice them in half.

Cook the fresh egg pasta in boiling salted water (5 mins for fusilli / penne OR 3 mins for spaghetti / tagliatelle), adding in the asparagus / green beans & frozen peas for the final 2 mins.

Take the skin off the fish fillets, remove the grey flesh if you want & flake the fish into bite-sized chunks.

When the pasta is cooked take a big mugful of the pasta cooking liquid out & keep it to one side.

Then drain the pasta & greens & tip them back into the pot.

Add the lemon zest, chilli flakes, pesto & a few splashes of the pasta water. Season with a big pinch of sea salt & black pepper & combine well.

Then add in the flaked salmon & spinach, combine everything gently & pop the lid back on for a couple of mins to heat the salmon through & wilt the spinach.

Add more of the pasta cooking water if you like it saucier!

Chop or tear the basil (if using) & stir it through keeping a little for garnish.

Serve it as is with an extra dollop of basil pesto on top, a drizzle of extra virgin olive oil & an extra twist of black pepper. So delicious!

Lemon Salmon & Spinach Pasta

Just so you know...

This is a fabulously speedy midweek supper using fantastic fridge staple hot-smoked salmon & fresh egg pasta. Velvety, creamy unctuous comfort food! Serves 2 but easily doubled / trebled up!

Variation: Tender stem broccoli, edamame beans, grated courgette all work here too so chop & change the veggies depending on what you have in your fridge or freezer. & yes frozen veggies like spinach etc are a lifesaver when you don't have fresh veg to hand!

Change It Up: If you prefer a much creamier version feel free to add some double cream to the mix. Decadent yes, but it would be lovely if your cooking it to entertain friends instead of the super handy midweek supper that it is... Just a thought...!

FYI: You'll get hot smoked salmon everywhere from specialist seafood stores like Galway Bay Seafoods to Aldi & Lidl – see where works for you. Other flavours available include sweet chilli salmon so play around with what you & your crew enjoy. Its inexpensive, loaded with omega goodness & a staple in my fridge!

Something Extra: You can of course use dried pasta but using fresh lends this dish to being a mega speedy midweek supper. There is a fab selection of great quality fresh egg pasta in all supermarkets these days & it's got a completely different bite to it than dried pasta. Again, a handy staple to have in the fridge to get you out of a pickle when you need a simple fast - fix dinner.

Top Tip: Having a pack or 2 of hot smoked cooked salmon in the fridge is a lifesaver for speedy midweek lunches or suppers. It's a lifesaver for a multitude of dishes. Great as sandwich fillers, for open sambos / wraps, its also super for fast fix dishes like omelettes, for fried rice dishes & super in a salad / buddha bowl.



Cheesy Black Bean Quesadillas

Super quick to make, trust me you need these in your repertoire!

1 tin of black beans – drain in a sieve & wash out the black liquid – sit in a bowl lined with kitchen paper

2 tbsp creme fraiche

Big pinch of dried chilli flakes (or add some freshly red chilli if you like)

Half a tsp of ground cumin (OPTIONAL)

Sea salt & black pepper

100g grated cheddar cheese

Small bunch scallions

1 large roasted red pepper (from a jar)

2 whole wheat or seeded flour tortillas wraps

For the chunky guacamole:

1 avocado

juice of half a lime

sea salt & black pepper

Drain & rinse the black beans & mash them roughly with a fork or potato masher. Stir through the chilli flakes, cumin & plenty of black pepper along with the creme fraiche & cheddar. Mix well.

Heat a dry frying pan over a medium heat.

Roughly chop the scallions & add to the black bean mixture.

Tear the roasted red pepper into thin strips.

Lay 1 tortilla wrap flat & spread one half of it with half of the cheesy black bean mixture. Lay on the red pepper strips, add a little extra grated cheese if you fancy then fold the tortilla wrap over.

Place on the hot pan & dry fry for 3 / 4 mins on each side until the tortillas are golden & the filling is oozy & melted! Repeat with the second wrap.

Make the guacamole by roughly chopping the avocado & combining with the lime juice and s&p. Add a hit of cumin too if you fancy!

Cut the quesadillas into wedges & serve with the guacamole spooned on top. Sour cream is great alongside too! Add additional red chilli or jalapenos if you want some heat!

Cheesy Black Bean Quesadillas

Just so you know...

A super speedy tasty Mexican toastie – ridiculously versatile the fillings are as many as your imagination allows. Loaded with black beans & cheese these are jam-packed with protein & goodness.

Variation: OMG where do I start....

*tuna, sweetcorn, scallions & cheddar

*chicken, avocado, jalapenos, coriander & mozzarella

*chicken, spinach, pine nut & feta

*steak, mushroom, onion, cheese & rocket

*ham, pineapple, spinach & mozzarella

*roasted veg, mozzarella & pine nut or any other combos you love!

Change It Up: Widely available in the supermarkets, tinned beans are already cooked for your convenience. Pick up a few tins & make them a regular feature in your cooking. They're also great in chilli con carne or bean chillis or added into soups & casseroles to bulk them up. Feel free to use kidney beans if you prefer too.

FYI: Black beans are rich in protein & fibre & I love including them in my cooking. Meaty in flavour they're wonderfully nutritious too. By the way you don't have to be a vegetarian to include more plant based / vegetarian food in your cooking! So now!

Something Extra: Make them extra crispy by adding a dot of olive oil to the pan. Dry frying is perfectly good for me though!

Top Tip: Serve with a side of tomato salsa to add even more goodness in – combine chopped baby tomatoes with some red onion, red chilli, fresh coriander & lime juice. I often pop a tin of sweetcorn in too. With avocado & sour cream served alongside this is a perfect speedy mid-week supper the whole family will love.



Lentil, Pecan & Feta Salad

A delicious substantial salad using pantry staple tinned lentils

A 250g packet OR a tin of cooked Puy or green lentils – drained

1 red onion

1 clove of garlic

100g of cherry tomatoes – halved

Sea salt & black pepper

2 tbsp extra virgin olive oil

2 tbsp balsamic vinegar (use the best quality you have)

1 tbsp maple syrup (use honey either)

Big bunch of rocket

Big handful of flat leaf parsley (or use chives or dill or whatever fresh herbs you have)

100g pecan nuts

Half a block of feta cheese

half an orange - cut into 4 wedges (optional)

Tip the lentils into a bowl (drain them in a colander 1st & dry with kitchen paper if your using tinned lentils).

Slice the red onion into thin strips. Peel & grate the garlic. Halve the tomatoes.

Tip them in on top of the lentils, season well with s&p & mix it all up.

Tip the olive oil, balsamic & maple syrup in on top & stir through to combine well.

Roughly chop the rocket & the fresh herbs you are using.

Roughly chop the nuts & add half of them in on top of the lentils long with the greenery. Toss gently to combine

Tip the salad onto a serving plate & crumble the feta on top. Scatter the remaining nuts all over, drizzle on some extra oil & tuck in a few wedges of orange if you fancy a citrus kick! Seriously savage!

Lentil, Pecan & Feta Salad

Just so you know...

This is one seriously nutritious & seriously savage salad that you need to have up your sleeve. Ridiculously tasty, you'll wonder how it can actually be soooo good for you too!

Variation: I'm using salty tangy feta cheese here which is also full of protein. Buffalo mozzarella, goats cheese & halloumi all work brilliantly here though too so choose which one you absolutely love.

Change It Up: Grilled / griddled or pan-fried chicken or fish also marries really well with this salad. Lamb or Beef koftes / skewers / kebabs work really well too. The variations are many so its a great one to accompanying all your summer bbq feasts ahead!

FYI: The maple syrup pairs brilliantly with the pecans in my recipe. Unless you are vegan you can swap out the maple syrup for honey though either.

Something Extra: toast the nuts in the oven for 5 mins if you want – gets them extra crunchy & extra gorgeous. Feel free to swap put the pecans for walnuts or almonds if that's what's in your cupboard!

Top Tip: I just add the extra virgin olive oil, balsamic & maple syrup straight into the lentil salad where they benefit from literally soaking it all up. You can also double or treble up the dressing measurements & leave it in a jam jar in the fridge for adding to all manner of salads as & when you need! Its a fabulous dressing to have on hand in your fridge - just shake it up before using.



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