



Cooking with OFS

Recipe

Tarragon roast chicken with summer greens



For # people

4 servings



Cooking time

1 hours and 40 minutes

Ingredients:

- 1 lemon
- 1 sprig of tarragon
- 1 lb new potatoes, halved
- 2 tsp cold pressed rapeseed oil
- 4 chicken leg
- 2 leeks, cut into rings, white part only
- 1lb asparagus trimmed, each cut into 4
- 1 cup fresh or frozen green peas
- 4 cups of baby spinach
- 2 tbsp Greek yogurt
- 1 tbsp fresh tarragon chopped.

For the summer greens

- 1 cup vegetable bouillon.

Directions:

- Heat the oven to 375 F.
- Finely grate the zest and squeeze the juice from the lemon, then set aside, rub the lemon zest and juice on the chicken legs.
- Add the potatoes into a large roasting pan and toss with the oil and black pepper. Add the chicken in the middle, but not on top of the potatoes and roast for 30 to 40 minutes or until the chicken is cooked but still moist, and the potatoes are tender and golden. Remove the pan from the oven, pour off any juices into a jug and set aside. Toss the lemon zest through the potatoes and leave the chicken to rest, covered, while you cook the greens.
- Add the bouillon. Drop in the leeks, cover and cook for 2 mins, then add the asparagus and peas. Cover again and cook for 2 mins more. Finally, stir through the spinach to wilt it. Pour the roasting juices into the vegetables with 2 tbsp lemon juice and the yogurt, and stir well.
- Serve hot.



Cooking with OFS

Recipe

Summer pork, fennel & beans



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2 tbsp extra virgin olive oil
- 4 large on-the-bone pork chops.
- 2 shallots, 1 sliced, 1 finely chopped
- 2 large fennel bulbs, each cut into 8 wedges
- ½ cup water or vegetable stock.
- 1 lemon, ½ cut into wedges, ½ juiced
- 1 cup cherry tomatoes
- 2 cans(540ml) cannellini beans, rinsed and drained
- 1 tsp fennel seeds, lightly crushed
- ½ cup basil leaves chopped.

Directions:

- Heat oven to 400 F.
- Heat 1 tbsp oil in a large ovenproof frying pan or wide flameproof casserole dish. Season the chops generously and fry over a medium-high heat for 3 mins each side until lightly golden. Remove to a plate. Add the sliced shallot and fennel to the pan and cook for 2 mins, stirring now and then. Add in the water or stock and simmer for a few secs to reduce a little. Add the lemon wedges, drizzle with the remaining oil and put in the oven to roast for 10 mins. Toss the veg gently, add the pork chops on top and roast for another 20 mins.
- Add the tomatoes to the pan and cook for 5 mins more or until the chops are cooked through, the fennel is tender and turning golden, and the tomatoes are soft.
- Meanwhile, mix the chopped shallot, the lemon juice, beans and fennel seeds. Remove the meat to a plate to rest for a few minutes, while you fold the dressed beans and basil leaves into the pan. Add the resting juices, season to taste, then serve with the pork.



Cooking with OFS

Recipe

Summer fish stew



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 4 slices stale bread, diced
- 2 tbsp olive oil
- 1 onion finely chopped
- 2 garlic cloves, crushed
- 1 tsp dried chilli flakes
- 1 can(540ml) chunky stewed tomatoes Italian seasonings.
- 4 frozen white fish fillets, such as cod or pollock
- 1 can(540ml) butter beans, drained
- ½ cup parsley, roughly chopped
- 1 lemon, cut into wedges

Directions:

- Heat oven to 375F. Put the bread on a large baking sheet, drizzle over 1 tbsp oil and bake for 10 mins until golden. Set aside.
- Meanwhile, heat the rest of the oil in a large flameproof casserole dish over a medium heat. Add the onion and cook until softened for about 10 mins, then add the garlic and chilli flakes and stir for 1 min. Add the tomatoes and fish fillets. Cover and simmer for 10 mins until the fish is nearly cooked, then uncover. Add the butter beans, season well, then cook until everything is hot. Serve garnish with the croutons, parsley and lemon.