



# Cooking with OFS

## Recipe

## Smoky beans on toast



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 tbsp olive oil, plus extra for drizzlin
- 1 Medium onion, sliced
- 2 small red pepper, thinly sliced into strips
- 1 garlic clove, halved
- 1 can(540ml) chunky stewed tomatoes, Italian seasonings.
- 1 tsp smoked paprika
- 2 tsp red wine vinegar
- 1 can(540ml) butter beans or chickpeas, drained
- 1 tsp sugar
- 4 slices seeded bread
- ¼ cup parsley, finely shopped.

### Directions:

- Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins. Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning.
- Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened. Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.



# Cooking with OFS

## Recipe

## Sesame Tofu Salad



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- ¼ cup low-sodium soy sauce
- ¼ cup rice wine vinegar, plus more if needed
- 2 Tbsp fresh ginger, minced
- 2 Tbsp brown sugar, plus more if needed
- ¾ tsp toasted sesame oil
- 1 pinch red pepper flakes
- 2 cloves garlic, minced.
- ⅔ cup + 2 Tbsp olive oil
- 2 ½ cups extra-firm tofu, cut into cubes
- 2 Tbsp sesame seeds
- 3 cups mixed greens
- 1 cup grape tomatoes, halved
- 1 small red onion, very thinly sliced
- 1 can mandarin oranges, drained.

### Directions:

- To make the dressing: Put the soy sauce, vinegar, ginger, brown sugar, sesame oil, red pepper flakes, garlic and ⅔ cup of the olive oil into a blender. Blend until completely emulsified. Taste the dressing and adjust to your taste, adding more vinegar or sugar as needed.
- Put the tofu cubes into a bowl and pour over ½ cup of dressing. Cover and refrigerate for at least an hour. Remove the tofu from the dressing and pat dry. Heat the remaining 2 tablespoons olive oil in a nonstick skillet over medium-high heat. Cook the tofu on all sides until nicely browned and crisp, about 10 minutes. Toss in the sesame seeds and cook for another minute. Remove to a paper towel-lined plate. To assemble the salad, put the mixed greens, halved tomatoes and sliced onion in a large bowl. Pour on half the remaining dressing, reserving the rest for later use. Toss to coat. Arrange the tofu and mandarin oranges all over the greens. Serve immediately.



# Cooking with OFS

## Recipe

## Halloumi & watermelon bulgur salad



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 cup bulgur wheat
- 1/3 cup pumpkin seed
- 3 tbsp olive or rapeseed oil
- 250g pack halloumi cheese, cut into 10-12 slices
- 1 cucumber, halved lengthways, seeds scooped out and cut into chunks.
- large bunch either parsley, mint, coriander or basil, or a mixture, chopped, reserving a few leaves to serve
- zest and juice of 2 lemons
- 4 cups watermelon, cut into chunks,
- 1 can(540ml) kidney beans, drained and rinsed.

### Directions:

- Boil water. Put the bulgur wheat in a bowl with some seasoning, pour over enough hot boiling water to just cover, then cover with and set aside to absorb the liquid while you prepare the remaining ingredients.
- Heat a large frying pan and add the pumpkin seeds, toast for a few mins until the seeds start to crackle and pop, when done put seeds in a dish and set aside.
- Heat a drizzle of oil in the pan. Add the halloumi slices and fry for 2-3 mins on each side or until golden.
- Unwrap the bulgur wheat and check that it is tender. All the water should have been absorbed, but if not, drain the excess. Add the remaining oil, the cucumber, herbs, lemon zest, drained beans and juice, and pumpkin seeds to the bulgur wheat and toss well. Transfer to a platter, top with the watermelon and halloumi, and garnish with the reserved herbs.



# Cooking with OFS

## Recipe

## Green bean mac 'n' cheese



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 2 tbsp olive oil
- 1 tbsp flour
- 2 cups milk
- 1/4 tsp ground nutmeg
- 350g macaroni (or other small pasta)
- 1 cup runner beans, cut small.
- 1 cup green beans
- 1 cup old cheddar cheese, half chopped, half grated
- 1/4 cup pumpkin seeds
- Mix green salad or lettuce, to serve (optional)

### Directions:

- Put the oil in a medium saucepan over a medium heat, add the flour and stir well. Still stirring, slowly pour in a little of the milk and mix well until smooth. Add a little more milk, repeating until all the milk has been added and you have a smooth sauce.
- Stir in the nutmeg, season, then take off the heat while you cook the pasta.
- Heat oven to 400F.
- Bring a large pan of water to the boil, add the macaroni and boil for 8 mins. Add the runner beans and green beans, and boil for a further 3 mins. Drain the pasta and the beans, and put into a large baking dish. Pour over the prepared sauce and put the chopped cheese in among the pasta, then top with the grated cheese and pumpkin seeds. Bake for 10-15 mins or until the top is bubbling and golden. Serve with a salad, if you like.



# Cooking with OFS

Recipe

## Chipotle chicken & slaw



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 tbsp oil
- 2 tbsp chipotle paste
- 1½ tbsp honey
- 8 chicken drumsticks
- 1 lime, zested and juiced
- 1 small avocado
- 2 tbsp fat-free Greek yogurt
- 1 ½ cup each red and white cabbage, both shredded
- 1 large carrot cut into matchsticks
- 3 green onions, sliced very thin
- 4 corn on the cobs, steamed, to serve (optional)

### Directions:

- Heat the oven to 375F.
- Whisk the oil, chipotle paste and honey together in a large bowl. Add the chicken and toss to coat, then spread out on a non-stick baking tray. Roast for 30 mins, turning halfway through.
- Put the lime zest and juice, avocado flesh, yogurt and a good pinch of salt into a blender and blitz until completely smooth. Put the sauce in a large bowl with the cabbage, carrot and spring onion and toss to combine.
- Serve the drumsticks with the slaw and steamed corn, if you like.



# Cooking with OFS

## Recipe

## Salmon pesto with baby roast potatoes



For # people

4 servings



Cooking time

50 minutes

### Ingredients:

- 500g baby new potatoes, cut in half
- 1 tsp olive oil
- 2 large zucchini, cut into small chunks
- 1 red pepper, cut into small chunks.
- 1 green onion, finely sliced
- ¼ cup pine nuts
- 4 salmon fillets
- juice 1 lemon
- 1 ½ - 2 tbsp pesto.

### Directions:

- Boil the potatoes for 10 mins until tender, then drain.
- Heat oven to 400F.
- Toss the potatoes in the oil, then transfer to a baking tray. Roast for 20 mins. Push the potatoes to one side and put the zucchini, red pepper, green onion and pine nuts
- Put the salmon fillets on the other side. Squeeze lemon juice over the fillets and the vegetables (not including the potatoes). Season everything with pepper. Spread each of the salmon fillets with pesto and return the tray to the oven for 12-15 mins until everything is cooked through.



# Cooking with OFS

Recipe

## Quick beef & broccoli noodles



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 375 g egg noodles
- 1 head broccoli, cut into small florets
- 1 tbsp sesame oil
- 1 lb lean beef, cut in stir fry strips
- sliced green onion.

### For the sauce

- 3 tbsp low-salt soy sauce
- 2 tbsp oyster sauce (not oyster stir-fry sauce)
- 1 tbsp tomato ketchup
- 2 garlic cloves, crushed
- 1 thumb-sized ginger, peeled and finely grated
- 1 tbsp white wine vinegar.

### Directions:

- Start by making up the sauce. Mix the ingredients together in a small bowl.
- Boil the noodles according to instructions. A minute before they are ready, add in broccoli.
- Meanwhile, heat the oil in a wok until very hot, then stir-fry the beef for 2-3 mins until well browned. add in the sauce, stir, let it simmer for a moment, then turn off the heat.
- Drain the noodles, stir into the beef and serve straight away, scattered with spring onions.