



Cooking with OFS

Recipe

Easy chickpea & cauliflower curry



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 2 tbsp oil
- 1 small, chopped red onion
- ½ large cauliflower
- 1 tbsp cumin seeds,
- 1 tsp coriander powder
- 1 tsp turmeric.
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- 1 tsp mango chutney
- 1 tsp vinegar
- 1 can drained chickpeas
- 1 can chopped tomatoes.
- 100ml water
- ½ cup chopped coriander
- 1 tsp garam masala.
- Serve with rice or naan

Directions:

- Heat 2 tbsp oil in a large pan. Add 1 small, chopped red onion and finely grate in a thumb-sized piece of ginger and 2 garlic cloves.
- Add ½ large cauliflower, chopped.
- Drizzle in some more oil and stir in 1 tbsp cumin seeds, 1 tsp coriander powder and 1 tsp turmeric. Leave for 2 mins until the vegetables are absorbing the spices and starting to caramelize.
- Stir in 1 tsp mango chutney, then pour in 1 tsp vinegar and turn up the heat for about 30 secs.
- Return the heat to medium and add 1 can(796ml) drained chickpeas and 1 can chopped tomatoes. Fill the tomato can with 100ml water then pour into the curry and stir. Season with salt and pepper.
- Bring to a simmer and leave it uncovered for about 15 mins, stirring occasionally. Whilst cooking, crush some of the chickpeas against the side of the pan to thicken the sauce.
- When the sauce has thickened, finish the curry with a handful of chopped coriander and 1 tsp garam masala. Serve with rice or naan bread



Cooking with OFS

Recipe

Classic Stuffed Peppers



For # people

6 servings



Cooking time

1 hours and 30 minutes

Ingredients:

- 1/2 cup uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 1 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 can (540ml) chunky stewed tomatoes Italian seasonings
- 1 tsp. dried oregano
- Salt to taste
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed
- 1 cup shredded cheddar cheese
- Freshly chopped parsley, for garnish

Directions:

- Preheat oven to 400°.
- In a small saucepan, prepare rice according to package instructions.
- In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes.
- Then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
- Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with grated cheddar cheese, then cover baking dish with foil.
- Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more.
- Garnish with parsley before serving.



Cooking with OFS

Recipe

Corn and black beans Salad



For # people

6 servings



Cooking time

30 minutes

Ingredients:

- 4 cup fresh or frozen corn, defrosted
- 1 cup cherry tomatoes, halved
- 1/3 cup crumbled feta
- 1 small red onion, finely chopped
- 1 can (540ml) black beans drained and rinsed.
- 1/4 cup fresh basil, thinly sliced
- 3 tbsp. extra-virgin olive oil
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper.

Directions:

- Boil corn and let it get cold.
- Toss all ingredients together in a large bowl, then season with oil, lime juice, fresh basil, salt and pepper.



Cooking with OFS

Recipe

Crustless Quiche with Summer Vegetables



For # people

4 to 6 servings



Cooking time

1 hours and 30 minutes

Ingredients:

- 1 tablespoon butter
- 1 large yellow or white onion, sliced into half-moons
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste
- 3 to 4 cups chopped vegetables (see Recipe Note)
- 8 large eggs
- 1 cup milk
- 1 cup grated cheddar or other cheese

NOTE

If you will use broccoli, cauliflower, or winter squash — I suggest steaming or cooking them before adding them to the quiche to ensure they'll be fully cooked. For tomatoes, zucchini, spinach, or any other quick-cooking vegetable, just use them fresh no need to cook before adding them to recipe.

Directions:

- Preheat the oven to 400°F.
- Melt the butter in a cast iron or ovenproof skillet over medium heat. (If your skillet isn't ovenproof, transfer everything to a deep dish pie plate to bake it.) Add the onion slices and sprinkle a bit of salt and pepper over them. Cook the onions until they are golden-brown and starting to caramelize, about 10 minutes.
- Remove the pan from the heat and spread the onions evenly across the bottom. Spread the vegetables evenly over the onions. The dish or pan should look fairly full.
- In a bowl, use a fork to beat the eggs lightly with the milk, cheese, 1 teaspoon of salt, and 1/2 teaspoon of pepper, just enough to break up the yolks and whites. This is a savory custard mixture. Pour the custard over the vegetables and onions and enjoy watching it fill in all the open spaces.
- Transfer the quiche to the oven and bake for 45 minutes to 1 hour. Once the surface is lightly brown all the way across, it's fully cooked. Let the quiche cool for about 20 minutes, then slice into wedges. Serve it with a green salad or sliced tomatoes.



Cooking with OFS

Recipe

Classic meatloaf with tomato sauce



For # people

4 to 6 servings



Cooking time

1 hour

Ingredients:

For the meatloaf

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 tbsp tomato purée
- 1lb extra lean ground beef
- 1 egg
- ¼ cup fresh breadcrumbs.

For the tomato sauce

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 1 garlic clove, finely chopped
- 500ml passata with basil

Directions:

- Heat the oil in a frying pan and add the onion, cook for 4-5 mins over a low heat, then stir in the garlic. Leave to cool completely.
- To make the tomato sauce, heat the oil in a saucepan and fry the onion, carrot and celery for 3-4 mins, then add the garlic and cook for a minute. Add the passata and bring to a simmer, then season and cook for 5 mins.
- Heat oven to 375 F.
- Mix the cooled onion with the tomato purée, mince, egg and breadcrumbs, and season. Line a loaf pan with parchment paper and pack in the meatloaf mixture. Cook for 20-25 minutes. Leave to rest for 10 mins before lifting out of the pan.
- Serve slices of the meatloaf with some tomato sauce spooned over. Wrap any remaining meatloaf and use it as a sandwich filling for a lunchbox. Can be frozen for up to a month. Serve with a green salad, rice, quinoa or sliced tomatoes.



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

Balsamic Basil Chicken



For # people

4 servings



Cooking time

1 hours and 15 mins

Ingredients:

- 1/4 cup plus 2 tbsp. extra-virgin olive oil, divided
- 3 tbsp. balsamic vinegar
- 1 tbsp. dijon mustard
- 2 lb. bone-in, skin-on chicken thighs
- Salt to taste.
- Freshly ground black pepper
- 1 large zucchini, cut into half moons
- 2 cups cherry tomatoes, halved
- Freshly grated Parmesan, for serving (optional)
- Basil, thinly sliced.

Directions:

- In a large bowl, whisk together 1/4 cup olive oil, vinegar, and mustard. Add chicken thighs and toss to coat. Cover and refrigerate for 30 minutes or up to 4 hours.
- Preheat oven 425°. In a large skillet over medium-high heat, heat remaining 2 tablespoons oil. Shake off excess marinade from chicken and season all over with salt and pepper. Add, skin side-down, and cook until seared and golden, about 6 minutes. Flip chicken and cook until seared on other side, about 6 minutes.
- Scatter tomatoes and zucchini around chicken. Season vegetables with salt and pepper, then transfer skillet to oven and bake until chicken is cooked through, about 15 minutes more.
- Garnish with Parmesan and basil before serving.