



# 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 caramelise.
- 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.



# 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

## Chicken Piccata with garlicky spinach & new potatoes



For # people

2 servings



Cooking time

30 minutes

### Ingredients:

- 1lb new potatoes, halved or quartered
- 1 cup green beans, trimmed
- 2 cups spinach thinly cut
- 2 skinless chicken breasts
- 3 tsp olive oil.
- ½ cup chicken stock or water
- 1 tbsp drained capers
- 1 lemon, zested and juiced
- 2 small garlic cloves, sliced
- 2 tbsp grated parmesan.

### Directions:

- Cook the new potatoes in a large pan of boiling salted water for 8-10 mins until tender.
- Cook the green beans and spinach for the 3 mins. Drain, keep them separate from the potatoes.
- While the potatoes are cooking, cut the chicken breasts through the centre lengthways, leaving one side attached so it opens out like a book. Brush each one with 1 tsp of the olive oil, then season.
- Heat a large frying pan over a medium-high heat and cook the chicken for 4 mins on each side until golden. Pour over the stock, capers, lemon juice and zest, then simmer gently for a few minutes to reduce. Add the cooked potatoes and simmer for another minute. Heat the remaining 1 tsp oil in another frying pan and fry the garlic for 1 min until lightly golden and fragrant. Add in the drained greens, and toss in the garlicky oil. Season, then scatter over the parmesan and serve with the chicken and potatoes.



# Cooking with OFS

Recipe

## Chicken and Bulgur Salad With Peaches



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1 pound chicken breast cutlets
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper.
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar.

### Directions:

- Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes.
- Drain and rinse under cold water. Drain well; let dry on paper towels. Meanwhile, heat a pan coated with cooking spray over high heat. Sprinkle chicken with 1/2 teaspoon salt and pepper. Cook chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice into strips. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.



# Cooking with OFS

Recipe

## Black Bean Tostadas with Cabbage Slaw



For # people

6 servings



Cooking time

25 minutes

### Ingredients:

- 1 can lower-sodium refried black beans
- 1/2 cup pico de gallo, drained
- 4 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1/2 teaspoon salt.
- 1 pkg. shredded cabbage
- 1 cup thinly sliced radishes
- 1 cup grape tomatoes, halved
- 1/2 cup thinly sliced red onion
- 6 (5-inch) corn tostada shells
- Feta cheese , crumbled (about 1 1/2 cups)
- Torn fresh cilantro.

### Directions:

- Combine beans and pico de gallo in a small saucepan. Cook over medium, stirring often, until hot, about 5 minutes. Remove from heat, and cover to keep warm.
- Whisk together oil, vinegar, oregano, and salt in a large bowl. Add cabbage, radishes, tomatoes, and onion; toss to combine. Let stand 5 minutes.
- Spread each tostada shell with 1/3 cup bean mixture; top each with 1 cup cabbage mixture and 1/4 cup queso fresco. Garnish with torn cilantro, if desired. Serve immediately.



# Cooking with OFS

## Recipe

## BBQ Chicken Bowl



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 4 cups shredded broccoli slaw
- 1/2 cup ranch dressing
- 1 tablespoon olive oil
- 1 1/2 cups fresh or frozen corn kernels
- 2 cups shredded BBQ chicken, warmed
- Garlic bread.
- 1 medium red bell pepper, trimmed and small dice
- 2 cups finely shredded kale leaves salt and freshly ground black pepper
- 1/2 cup roughly chopped or sliced almonds.

### Directions:

- Place the broccoli slaw and ranch dressing in a large bowl and toss to combine; set aside.
- Heat the oil in a large frying pan over high heat until shimmering. Add the corn kernels and red pepper and sauté until browned, 2 to 3 minutes. Add the kale and cook just until wilted.
- Transfer the mixture to the bowl with the broccoli slaw. Season with salt and pepper, add the almonds, and toss to combine.
- To assemble the bowls, fill large bowls with the broccoli slaw mixture. Top with a pieces of BBQ chicken and serve with a slice of garlic bread.
- The leftover mixture can be stored in an airtight container in the refrigerator for up to 3 days.



# 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  $\frac{1}{4}$  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.