



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.