



Cooking with OFS

Recipe

Vegetables one-pot meal



For # people

4 servings



Cooking time

1 hours

Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 fennel bulb, quartered, then sliced
- 2 garlic cloves, crushed
- ½ red chilli, finely chopped
- 2 tsp fennel seed
- 2 tbsp plain flour.
- 2 cups chicken stock
- 1 cup green bean, halved
- 1 ½ cups broad bean
- 1 ½ cups green pea
- 1 cup half and half crème
- zest 1 lemon and juice of ½ lemon
- ½ cup parsley, chopped
- ½ cup basil, chopped
- ½ red chilli, finely chopped, to serve(optional)
- crusty bread, to serve.

Directions:

- Heat the oil in a large pan, add the onion and fennel into the pan and cook for 10-15 mins until nice and soft, then add the garlic, half the chilli and the fennel seeds. Cook for a few minutes more, moving everything around the pan now and then, to prevent the garlic from burning.
- Stir the flour into the vegetables, and cook for 1 minute, let it bubble for 1 min, give everything a good stir, then add the stock.
- Cover, then gently simmer for 30 mins. Add the green beans, broad beans and peas, then cook, uncovered, for 2 mins more. Stir in the crème, lemon zest and juice, and herbs.
Add a little more salt and pepper if it needs it, sprinkle with the chilli, then serve with plenty of bread for soaking up the juices.



Cooking with OFS

Recipe

Peanut butter chicken



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 2 tbsp vegetable oil
- 8 skinless boneless chicken thighs, cut into chunks
- 1 garlic clove, crushed
- 2 red chillies, finely sliced (deseeded if you don't like it too hot) optional
- 2 tsp fresh ginger, grated
- 2 tsp garam masala
- ½ cup smooth peanut butter
- 2 cups coconut milk
- 2 cups chopped tomatoes
- 1 small bunch coriander, roughly chopped,
- roasted peanuts, to serve
- cooked basmati rice, to serve

Directions:

- Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden.
- Fry the garlic, chilli and ginger in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more. Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer.
- Return the chicken to the pan and add the chopped coriander. Cook for 30 mins until the sauce thickens and the chicken is cooked through.
- Serve with the remaining coriander, roasted peanuts and rice, if you like.



Cooking with OFS

Recipe

More veg, less meat summer Bolognese



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2 tbsp olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 4 celery sticks, finely chopped
- 2 zucchini, cut into small cubes
- 4 garlic cloves, finely chopped.
- ½ pound ground beef
- 1 tbsp tomato purée
- 2 cups chopped tomato
- 400g fettuccine pasta
- 1 cup green peas, frozen or fresh
- ½ cup parsley, finely chopped.

Directions:

- Heat the oil in large deep frying pan. Add the onions, carrots, celery, zucchini and garlic. Cook for about 10 mins or until soft, adding ¼ cup of water if the mixture begins to stick. Turn up the heat and add the ground beef. Fry for a few mins more, breaking up the beef with the back of a spoon. Stir in tomato purée, pour over the chopped tomatoes and add a cup of water.
- Simmer for 15 mins until the sauce is thick, then season. Meanwhile, cook the fettuccine following pack instructions.
- Add the peas into the sauce and simmer for 2 minutes more until tender. Stir through the drained pasta and parsley, then serve.