



Cooking with OFS

Recipe

Pork & green bean stir-fry



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 1 cup basmati rice
- 200g green bean, cut
- 1½ tbsp sunflower oil
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- ½ lb ground pork
- 4 tsp dark soy sauce
- 2 tsp rice wine
- 1 tsp sugar
- 1 red chilli, halved and sliced
- 4 garlic cloves, finely chopped
- 1 inch of ginger, finely chopped
- 3 spring onions, 2 finely chopped, 1 sliced for garnish
- 2 tsp sesame oil

Directions:

- Cook the rice and keep aside. Boil the beans for 4 mins, then drain under cold water, pat dry and set aside.
- In a large non-stick wok or frying pan, heat 1 tbsp of the oil. Add the ground pork and fry for a few mins, breaking up into small pieces with the back of a spoon. Stir in half the soy, the rice wine and sugar and cook for 30 secs more. When the meat is cooked through, take out and keep onto a plate. Heat the remaining oil in the pan. Add the pepper, chilli, garlic, ginger and chopped onions, and stir-fry for 2 mins until ginger and garlic are softened. Add in the beans, heat through, then add the ground pork – stir-fry for 2 mins until hot. Stir in the rest of the soy and sesame oil. Scatter with spring onions and serve with rice.



Cooking with OFS

Recipe

Beef & lentil cottage pie with cauliflower & potato topping



For # people

4 to 5 servings



Cooking time

1 hour and 20 minutes

Ingredients:

- 1 tbsp olive oil
- 1 lb extra lean ground beef
- 1 large carrot, coarsely grated
- 1 tbsp tomato purée
- 1 cup red lentil
- 2 ½ cup beef stock.
- 2/3 cup frozen peas
- 1¼kg potato, cubed
- 1 large cauliflower(about 400g), cut into florets
- 2/3 cup milk
- 2 Tbsp butter
- ¾ cup old cheddar cheese, grated.

Directions:

- Heat oven to 375F. Heat the oil in a large pan and add the ground beef. Cook for 5 mins until browned all over, then add the carrot and cook for 2 mins more.
- Stir in the tomato purée and add seasoning. Cook for a few mins, then add the lentils and stock. Simmer for 20 mins, then stir in the peas.
- Meanwhile, bring a pan of water to the boil and add the potatoes. Simmer for 15 mins, then add the cauliflower and simmer for a further 10 mins until the veg is tender.
- Drain, then return the veg to the pan for a few mins to dry out. add the milk, butter and seasoning, put half the cheese and mash together.
- Spoon the ground beef mixture into a large roasting dish, about 30 x 20cm, and spoon the mash over the top. Sprinkle with cheese and bake until golden, about 30 minutes,



Cooking with OFS

Recipe

Lentil & sweet potato curry



For # people

4 servings



Cooking time

35 minutes

Ingredients:

- 2 tbsp vegetable or olive oil
- 1 large red onion, chopped
- 2 tsp cumin seeds
- 2 tsp mustard seeds (any colour)
- 2tbsp medium curry powder
- 1 cup red or green lentil, or a mixture of both
- 2 medium sweet potatoes, peeled and cut into chunks.
- 2 cups vegetable stock
- 1 can(796ml) chopped tomato
- 1 can(796ml) chickpea, drained
- ½ cup coriander, chopped (optional)
- natural yogurt and naan bread, to serve.

Directions:

- Heat 2 tbsp vegetable or olive oil in a large pan, add chopped red onion and cook for a few mins until softened.
- Add cumin seeds, mustard seeds and medium curry powder and cook for 1 min more, then stir in red or green lentils (or a mixture), medium sweet potatoes, cut into chunks, vegetable stock and chopped tomatoes.
- Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender.
- Add a drained can chickpeas, then heat through Season, sprinkle with coriander, if you like, and serve with yogurt and naan bread.



Cooking with OFS

Recipe

Creamy tarragon chicken bake



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 2 tbsp olive oil
- 1 tbsp flour
- 1 1/3 cup milk
- 4 chicken breasts, skin removed
- 2 red onions, cut into wedges
- 1 pint cherry tomato, halved
- 1 lb asparagus spear, blanched
- 2/3 cup vegetable stock
- 3 tbsp chopped fresh tarragon or 1 tsp dried
- 4 tbsp breadcrumb
- 1 tbsp grated cheese

Directions:

- Mix half the oil and flour in a saucepan (off the heat), then blend in the milk (it must be well blended before heating). Bring the sauce slowly to the boil, whisking constantly, then simmer for 1 min. Remove from the heat, cover and set aside.
- Heat oven to 375F.
- Heat remaining oil in a frying pan, add the chicken, then fry for 2-3 mins or until brown (it won't be cooked through).
- Transfer to an ovenproof gratin dish. Add the onions to the pan and fry for 2-3 mins. Spoon over the chicken, then top with the tomatoes and asparagus.
- Set aside while you prepare the sauce.
- Bring the stock to the boil and simmer for 1 min and whisk into the milky sauce until blended, then add the tarragon. Spoon sauce over the chicken and veg, sprinkle with crumbs and cheese, then bake for 20 mins or until cooked through.



Cooking with OFS

Recipe

Basa fish with cannellini beans & artichokes



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 2 cans cannellini beans, drained and rinsed
- 1 small lemon, zested and juiced
- 3 small garlic clove, grated
- 4 tbsp roughly chopped parsley.
- 2 tbsp olive oil
- 1 ½ lbs basa fish fillets
- 1 can artichokes, drained and halved
- Salt and pepper to taste.

Directions:

- Heat oven to 400F . In a bowl, mix the beans, zest and juice of half the lemon, the garlic and parsley. Stir through 1 tbsp olive oil and season to taste.
- Very lightly crush the beans with the back of a wooden spoon, keeping some of them whole. In a large baking pan, spoon the beans and top with the fish. Scatter the artichokes around the fish, drizzle over the remaining olive oil, squeeze a little lemon juice over and season well.
- Cover with foil and bake in the oven for 13-15 mins or until the fish is just cooked.



Cooking with OFS

Recipe

Spicy oven-baked chicken & chips



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2 tbsp Cajun seasoning or to taste
- 2 tbsp vegetable oil
- zest and juice of 1 lime
- 750g large potato, cut into chips
- 1kg chicken wing
- green salad or coleslaw and ketchup, to serve.

Directions:

- Heat oven to 375F. In a bowl, whisk together the Cajun seasoning, vegetable oil, lime zest and juice. Toss the chips, wings and Cajun mixture together in batches, so that everything is well coated.
- Cover a large baking sheet with foil, then arrange the chips around the outside and the wings in the middle. Season and bake for 20 mins, then turn the chips and return to the oven for a further 20-25 mins until the chips and wings are golden. Serve with green salad, or coleslaw and ketchup.

Recipe

One-pot chicken & mushroom risotto



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 2 Tbsp olive oil
- 1 large onion, finely chopped
- 2 thyme sprigs, leaves picked
- ½ lb pack mushrooms, sliced
- 1 ½ cup risotto rice.
- 4 ½ cups hot chicken stock
- 2 cups cooked chicken, chopped into chunks
- 3 Tbsp grated parmesan, plus extra to serve (optional)
- ½ cup parsley, finely chopped.

Directions:

- Heat the oil in a large pan over a gentle heat and add the onion. Cook for 10 mins until softened, then stir in the thyme leaves and mushrooms. Cook for 5 mins, sprinkle in the rice and stir to coat in the mixture.
- Ladle in a quarter of the stock and continue cooking, stirring occasionally and topping up with more stock as it absorbs (you may not need all the stock).
- When most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well and stir in the parmesan and parsley. Serve scattered with extra parmesan, if you like.