



# Cooking with OFS

## Recipe

## Egg-fried cauliflower rice with cracker crumbs



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 ½ cup frozen green beans
- 1 ½ cup frozen peas
- 1 tbsp sunflower oil
- 4 strips bacon
- 1 medium onion, chopped
- 2 medium carrots, peeled and finely chopped.
- 4 large egg, beaten
- 4 cups small cauliflower florets
- 1 tbsp soy sauce
- 1 Tbsp sweet chilli sauce
- 20 plain crackers.

### Directions:

- Put the kettle on to boil. Put the beans and peas in a large sieve then pour over the boiled water to defrost them. Drain and set aside.
- Heat 1 tsp oil in a large, non-stick frying pan or wok. Add the bacon and fry for 2-3 mins. Add another 1 tsp oil and cook the onion and carrots for 1-2 mins until slightly softened, then push the veg and bacon to one side of the pan. Add the final 1 tsp oil, then pour in the egg, stirring constantly to scramble it.
- Pulse the cauliflower in a food processor until it resembles rice. Add the cauliflower and soy to the pan, and stir together.
- Add the green beans and peas, and cook, stirring, for 1-2 mins until hot through. Divide between 4 plates and serve with sweet chilli sauce for drizzling.
- Break the crackers into rough crumbs. The crackers absorb moisture quickly so, to keep them crunchy, it's best to serve them in a dish on the side to sprinkle over the cauliflower rice while eating.



# Cooking with OFS

## Recipe

## Tuna, haloumi & bean salad



For # people

4 servings



Cooking time

25 minutes

### Ingredients:

- 1 can butter beans, rinsed, drained
- 1 can tuna chunks in spring water, drained, coarsely broken
- 4 cups Garden Salad mix
- 1/2 cup pitted kalamata olives
- 2 medium tomatoes, cut into wedges
- 1/2 cucumber, trimmed, thinly sliced
- 1/2 red pepper, seeded, coarsely chopped
- 1/2 small red onion, thinly sliced
- 1/4 cup store bought French dressing
- Olive oil spray
- 120g haloumi, cut into small pieces

### Directions:

- Combine the beans, tuna, salad mix, olives, tomato, cucumber, red pepper and onion in a large bowl. Add the dressing and toss to coat.
- in a non-stick frying pan lightly with oil. Heat over medium heat. Cook the haloumi, turning, for 1-2 minutes or until golden.
- Divide the salad among serving plates and top with the halloumi cheese.
- FOR OTHER OPTIONS Italian tuna salad: Replace the haloumi cheese with cherry bocconcini.
- Omit step 1. Replace the French dressing with balsamic dressing.
- Take out the dressing and replaced with a little olive oil, also replaced greens with baby spinach only.



# Cooking with OFS

## Recipe

## Summer chicken stew



For # people

4 to 5 servings



Cooking time

1 hours

### Ingredients:

- 2 tbsp olive oil
- 2 leeks, finely sliced
- 2 garlic cloves, finely sliced
- 2 thyme sprigs, leaves picked or 1 tsp dried thyme.
- 6 chicken thighs, skinless and boneless.
- 500g new potatoes, larger ones quartered, smaller ones halved
- 2 cups chicken stock
- ½ pound green beans
- 1 1/3 cups frozen peas
- lemon wedges, to serve.

### Directions:

- Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally. Season the chicken and add into the dish with the potatoes.
- Turn up the heat, pour in the stock and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins. Add the green beans and peas for the final 10 mins of cooking.
- Season to taste, then ladle into bowls.
- Squeeze of lemon, salt and pepper to taste. Xxxxx

## Recipe

# Pumpkin curry with chickpeas



For # people

4 to 5 servings



Cooking time

40 minutes

## Ingredients:

- 1 tbsp sunflower oil
- 3 tbsp Thai yellow curry paste,
- 2 medium onions, finely chopped
- 3 large stalks lemongrass, chopped very small
- 4 green cardamom pods
- 1 tbsp black mustard seed
- 1 piece pumpkin or a small squash (about 1 kg)
- 1 cup vegetable stock
- 1 can reduced-fat coconut milk
- 1 can (796ml) chickpea, drained and rinsed
- 2 limes
- large handful mint leaves
- naan bread, to serve or cooked quinoa or cooked rice.

## Directions:

- Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender.
- Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside.
- Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads or quinoa, or rice.



# Cooking with OFS

## Recipe

## Creamy zucchini lasagna



For # people

4 servings



Cooking time

35 minutes

### Ingredients:

- 9 dried lasagna sheets
- 1 tbsp sunflower oil
- 1 medium onion, finely chopped
- 6 medium zucchini, coarsely grated
- Salt and pepper to taste
- 1 tsp oregano added to grated zucchini and grated tofu.
- 2 garlic cloves, crushed
- 250g tub ricotta
- 1lb extra firm tofu, grated
- 2 cups cheddar cheese, grated
- 1 jar tomato sauce for pasta.

### Directions:

- Heat oven to 400F. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.
- Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the zucchini and garlic and continue to fry until the zucchini has softened and turned bright green. Stir in  $\frac{1}{2}$  cup of the ricotta, grated tofu, oregano and 1 cup of cheddar cheese, then season with salt and pepper to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.
- In a large baking dish, layer up the lasagne, starting with half the zucchini/tofu mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.



# Cooking with OFS

## Recipe

## Spicy root & lentil casserole



For # people

4 to 6 servings



Cooking time

45 minutes

### Ingredients:

- 2 tbsp sunflower or vegetable oil
- 1 medium onion, chopped
- 2 garlic clove, crushed
- 6 medium potatoes( about 700gm),  
peeled and cut into chunks
- 4 small carrot, thickly sliced.
- 2 parsnip, thickly sliced.
- 2 tbsp curry powder
- 4 cups vegetable stock
- 2/3 cup red lentils
- a small bunch of fresh coriander, roughly chopped
- low-fat yogurt and naan bread, to serve.

### Directions:

- Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally.
- Add in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.
- Stir in the curry powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened. Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander. Serve with naan bread.
- Add salt and pepper to taste.



# Cooking with OFS

## Recipe

## Spiced carrot & lentil soup



For # people

4 servings



Cooking time

25 minutes

### Ingredients:

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 4 large carrots, washed and coarsely grated (no need to peel)
- 2/3 cup split red lentils, washed
- 4 cups hot vegetable stock
- ½ cup milk
- plain yogurt
- and naan bread, to serve

### Directions:

- Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
- Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, carrots, split red lentils, hot vegetable stock and milk to the pan and bring to the boil.
- Simmer for 15 mins until the lentils have swollen and softened.
- Blend the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
- Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted cumin.
- Serve with warmed naan breads.