If you are looking for some ideas for dinner, why not try out some of the following tried and tested recipes!

**Tomato sauce: (serves 4)**

Just add cooked mince and pasta for Bolognese or why not turn it into a lasagne

This sauce is great as a pizza base

Or why not try adding some chorizo, crack a few eggs into the sauce and bake in the oven until the eggs are cooked for a hearty comforting meal.

Ingredients:

2 tbsp oil

1 Large onion finely chopped

1 large carrot finely chopped

3 cloves of garlic chopped

1 tbsp dried oregano (fresh basil also works here)

1 tbsp tomato puree

2 x 400g tins of chopped tomatoes

200 ml passata

1 Whole beef stock cube

1. Heat the oil in a large pan over a medium-low heat. Cook the onion, carrot and celery for 12-15 minutes until softened.
2. Add the garlic, oregano, basil and bay leaf and cook for five minutes longer.
3. Stir in the tomato purée, chopped tomatoes, passata and beef stock cube. Season generously and cover with a lid. Simmer for one hour, stirring occasionally, until thick.

**Chicken & vegetable coconut curry**

Try playing around with this recipe by adding in different ingredients instead of chicken for example chickpea & butternut squash, or why not try using beef

Ingredients: (Serves 2 so adjust accordingly)

160 g Coconut Milk Tin 0.5 tsp Curry Paste or powder (2.5g)

0.25 tsp Ground Turmeric

0.25 tsp Cayenne pepper (1.25g - optional)

2 whole Chicken Fillets skinless and boneless

1 bunch Scallion

4 whole Carrots

200 g Green beans

80 g Wholegrain Rice

Salt & Pepper

1. Preheat the oven to 170°C / 325°F / gas mark 3. Pour the coconut milk into a casserole dish (or use a small roasting tin with a lid made of tin foil) and whisk in the curry paste or powder, turmeric and the cayenne pepper, if using. Using a sharp knife, cut the chicken into bite-sized pieces and stir into the coconut mixture until evenly combined.
2. Trim down the scallions and finely chop. Peel the carrots and cut into slices and trim from the green beans and cut each one in half. Stir into the chicken mixture (reserving a little scallion as a garnish) and season with plenty of freshly ground black pepper, then cover with a lid. Place in the oven and cook for 1 hour or until the chicken and vegetables are tender
3. Once the chicken has been cooking for half an hour, rinse the rice well in a sieve and then put into a small saucepan with 250ml of water and a pinch of salt, if using. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes without lifting off the lid, then turn off the heat and leave to sit for another 10 minutes for perfectly cooked rice (or simply cook according to packet instructions). This rice can sit happily for up to 30 minutes with the lid on.
4. Fluff up the rice with a fork and divide among bowls or plates. Spoon over the chicken & vegetable coconut curry and scatter over the reserved scallions to serve.

**Butternut Squash Soup**

1 whole Butternut Squash

peeled, seeded and cubed

1 small Onion chopped

1 stalk Celery chopped

1 medium Carrot

300 ml Chicken Stock or vegetable stock

100 ml Double Cream

25 g Butter

1 pinch Salt & Pepper

1. Melt the butter in a large pot, and cook the onion, celery, carrot and squash for 5 minutes, or until lightly browned.
2. Pour enough stock to cover the vegetables. Bring to the boil. Reduce the heat to low, cover pot and simmer for 40 minutes, or until the vegetables are tender.
3. Blend the mix until smooth. Add in cream to attain the desired consistency.

**Easy Shephard’s Pie**

2 whole Onion

2 whole Carrots

2 whole Celery sticks

4 cloves Garlic

20 g Butter

400 g Lean Steak Mince

1 packet Shepherd’s Pie Mix

400 ml Water

Potatoes

25 ml Low Fat Milk

200 g Green beans

1. Using a small sharp knife, cut the onion in half and peel off the skin, then put each half on a chopping board and cut into slices, keeping the root intact. Then make 2 horizontal cuts one above the other and finally, chop down across the width of the onion. Peel the carrots and cut into dice with the celery. Peel the garlic and use a garlic crusher or grate on the fine side of a box grater.
2. Heat a frying pan over a medium heat. Add half of the butter and once it is melted. Tip in the onion, carrots, celery and garlic, stirring to combine. Cook for about 5 minutes until softened, stirring occasionally with a wooden spoon.
3. Add the steak mince to the pan and cook for another 3-4 minutes or until browned, stirring occasionally and breaking up any lumps with a wooden spoon. Stir in the packet mix and then add the water. Bring to a simmer and then cook for 5 minutes until thickened, stirring occasionally. Place in a small ovenproof dish and set aside to allow a skin to form. This will make it easier to spread over the potatoes.
4. Preheat the oven to 180C / 350F / gas mark 4. Peel the potatoes and cut into dice. Place in a saucepan fitted with a petal steamer and cook over a medium heat for 10-12 minutes or until tender. Tip into a bowl and mash with a potato masher until smooth. Season lightly with salt, if using and add plenty of freshly ground black pepper, then beat in the rest of the butter with the milk. Spoon the mash on top of the mince, starting with dollops around the edges and finishing with the middle. Spread around with a table knife until you have a nice even layer and then bake for 30-40 minutes until bubbling and golden brown.
5. Meanwhile, trim the ends off the green beans and put in a saucepan fitted with a petal steamer over a medium heat. Cook for 3-4 minutes until tender, then drain and arrange on plates with the Shepherd’s pie to serve.

**Prepare Ahead**

This recipe can be made up to 3 days in advance and kept covered with clingfilm in the fridge. It can also be frozen for up to 1 month. The recipe can also be scaled up so you could make a double batch and then freeze individual portions in suitable containers. Defrost on the bottom shelf of the fridge before reheating in the oven or microwave once until piping hot.



**Fruity Granola Bars**

* 50 g Coconut Oil
* 50 g Honey
* 125 g Oats
* 2 Bananas
* 1 whole Red Apple peeled and grated
1. Preheat a (fan) oven to 170°C.
2. Put the oil and honey in a large saucepan & heat until the ingredients are melted together. Stir in the dried mixed fruit, grated apple, and oats and stir well.
3. Skin and mash the 2 bananas, then add to the oat mixture. Stir again so that it’s well combined. Press the mixture into a 15cm square brownie tin. I use a non-stick baking tin and there is no need to grease, dust or line it when you’re making flapjacks.
4. Put the tins in the oven for 25-35 minutes. Once they start to turn golden brown on top, remove and allow to cool for 30 minutes before using a knife to impress the flapjack shapes on top of the mixture. Wait until fully cool before breaking into the pieces.

**Wholemeal Honey Buns**

* 140 g Self-Raising Flour
* 80 g Wholemeal Flour
* 40 g Oats
* 150 ml Milk
* 100 ml Honey
* 75 ml Sunflower Oil
* 3 medium Eggs
* 2 medium Bananas

1. Preheat a fan oven to 170 degrees Celsius and line a muffin tin with bun cases.

2. In a large bowl combine the self-raising and wholemeal flour, along with the oats then stir. Take a second bowl and combine the milk, honey, sunflower oil, and eggs. Stir with a fork so that they are combined before pouring into the first bowl with the dry ingredients.

3. Whisk so that the wet ingredients are mixed with the dry ingredients. Once you have a batter, break in the 2 ripe bananas and stir. Spoon the mixture into the bun cases.

4. Bake in the oven for 20 minutes and allow to cool before serving.

(makes about 18 buns or 12 muffins)

**Chocolate Chip Cookies**

* 100 g Unsalted Butter at room temperature
* 100 g Light Brown Sugar
* 100 g Caster Sugar
* 1 whole Free Range Egg
* 1 tsp Vanilla Extract
* 275 g Plain Flour
* 0.5 tsp Baking Powder
* 0.5 tsp Sea Salt
* 100 g Milk Chocolate roughly chopped
* 50 g White chocolate roughly chopped

**Notes:** once you roll the dough into parchment feel free to freeze this and then you can use whenever you need it, or make an extra batch for the freezer. Do not over mix the mix as this will warm the ingredients and lead to flat cookies.

* 1. Preheat the oven to 200ºC (180ºC fan oven)
	2. Beat the butter and both sugars together in a stand alone mixer until incorporated but don’t mix too much, add the egg and vanilla and beat again.
	3. Combine the flour, baking powder and salt in a small bowl and add to the mixer, beat together and then stir through the chocolate.
	4. Place the mix in the refrigerator for at least 30 minutes. Remove and scoop out 20 even sized pieces onto two large baking trays lined with parchment paper as you go, spacing adequately apart as they do spread a little.
	5. Bake in a preheated oven for 12-14 minutes. Allow to cool for 5 minutes on the trays before transferring to cooling racks to cool completely.