



Healthy & Tasty

MEALS MADE EASY

JULES CLANCY

For my tiny family.
With Love xx

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1st Edition.

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THANK YOU!



THANK YOU for supporting Stonesoup and picking up a copy of 'Healthy AND Tasty Meals Made Easy'.

Before we delve into the recipes, I thought I'd share a little of my motivation for writing this cookbook...

WHY HEALTHY AND TASTY?



I blame the whole 'low fat' movement of the 1980s. Or I could point my finger at the food industry with its packaged shelf stable 'food-like products' and their health claims.

Regardless of the cause, you have to agree that somewhere over the last 40 years the image of 'healthy' food has been seriously warped. Rice cakes, anyone?

But as I've discovered, real food which is nourishing and inherently healthy does not have to taste like bland cardboard.

Real, fresh food actually tastes amazing. Delicious. Tasty. Yum.

Not only is it a pleasure to eat this way, it makes you feel great as well. And look your best too!

When I was a young food scientist developing museli bars for Kellogg, we used to be always lamenting our (misguided) assumption that food can't taste good unless it's laden with sugar, salt and fat.

Maybe it does if you're trying to create a food 'product' which can sit on a supermarket shelf for up to 12 months.

But when you're cooking with fresh ingredients for a meal you'll be eating that day, the 'holy grail' of healthy AND tasty isn't just possible. It's pretty hard to avoid.

While you won't find any recipes in this book that contain processed sugar, there are plenty that have a healthy dose of fat. And I pretty much use salt in some form to season everything.

My philosophy is that whether something is 'healthy' or not has nothing to do with 'health' claims on a label. I find that the less packaging involved, the more likely your food is to be healthy.

For me healthy eating comes down to the quality of your ingredients.

Fat from pastured free range egg yolks is not the same as from battery farm eggs. For starters the level of essential omega-3 fatty acids is much higher in the pastured eggs. It's just an example but you get the idea.

As Michael Pollan put it in his brilliant book 'In Defense of Food'

"EAT [REAL] FOOD
NOT TOO MUCH
MOSTLY PLANTS"

MICHAEL POLLAN



That pretty much sums up my approach to healthy eating that naturally tastes amazing. It's not as hard as we've been led to believe.

I hope you enjoy reading, cooking and eating from this eCookbook as much as I enjoyed writing it! Happy cooking!

With love,
Jules x
www.thestonesoup.com



USING THIS EBOOKBOOK



If you're anything like me, you probably have a lot of cookbooks in your 'collection'.

And probably a lot of cookbooks that you've never actually cooked anything from.

Sound familiar?

I used to be the same.

But then I came up with an idea to make sure I do use my cookbooks.

Basically I have a rule that when a new coobook comes into my life I have to cook something from it within 2 weeks. And if I don't, I have to donate the book to charity.

I find that personal challenge is enough to make me take action.

It's so much nicer to look at my cookbook collection knowing that I've actually used each one.

So I challenge you to choose at least one recipe from 'Healthy AND Tasty', make a note of the ingredients, buy what you need and cook that meal.

Preferably in the next week, but if not in the next fortnight.

I promise, cooking something from this book will make it much more enjoyable. And useful!

MAKING THE MOST OF THIS EBOOKBOOK



1. SAVE IT IN MULTIPLE LOCATIONS.
Work computer, home computer, smart phone and ipad. You will always have these recipes at your fingertips.

Perfect for last minute planning or for when you find yourself in the supermarket stuck for what to cook for dinner.

2. FIND EXACTLY WHAT YOU WANT WITH THE SEARCH FUNCTION.

Got mushrooms in the fridge? A quick search and you'll have all the mushroom recipes ready to choose from.

3. JUMP STRAIGHT TO YOUR CHOSEN PAGE WITH THE HYPERLINKS.

My favourite feature. Just click on the links and be taken instantly to your chosen page. The bookmarks help navigation as well.

4. MAKE THE MOST OF THE VARIATIONS.

Each recipe has at least 4 suggestions for alternatives to suit different dietary requirements.

If you think a recipe might not be exactly right for you, make sure you check out the variation suggestions.

The variations are also there to keep things interesting. If you enjoy a particular recipe, challenge yourself next time to try one of the different options.



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HUMMUS
LOVELY LENTILS
COOKED QUINOA
A BIG POT OF BEANS
WHOLE ROAST VEG
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CAULI & PARSNIP 'MASH'
CAULI 'COUSCOUS'
PESTO
SICILIAN NUT PESTO
SIMPLE SAUERKRAUT
PRESERVED LEMONS
HARISSA
THAI RED CURRY PASTE
SMOKY ROAST PEPPERS





Asian Greens.



Asian Greens.

STORAGE BEST PRACTICES

IN THE FRIDGE WRAPPED IN
A PLASTIC BAG.

ASIAN GREENS RECIPES

GRILLED BOK CHOY WITH CHICKEN
SESAME STIR FRY
CRUNCHY BOK CHOY & AVOCADO SALAD





GRILLED *Bok Choy* WITH CHICKEN

Grilled Bok Choy with Chicken

ENOUGH
FOR 2

1 bunch bok choy,
trimmed and broken into
individual leaves

4 chicken thigh
fillets, sliced

1 tablespoon chopped
ginger

3-4 tablespoons
oyster sauce

1 bunch coriander
(cilantro),
leaves picked

This dish was inspired by my favourite way to cook asparagus... under the grill (broiler). Turns out it's also a brilliant way to cook bok choy. The intense heat from the grill concentrates the flavours and adds some lovely charry bits. It's also a great way to cook a stir fry if you don't have access to a wok.

1. Heat your overhead grill (broiler) on its highest setting.

2. Place bok choy, chicken and ginger on a tray and cook, stirring every few minutes until the chicken is cooked through and the bok choy has wilted. Will take 5-10 minutes to cook.

3. Remove from the heat and stir in oyster sauce. Serve with coriander leaves on top.

VARIATIONS

no grill (broiler) - just stir fry the bok choy, chicken and ginger in a little oil in a frying pan or wok. Remove from the heat and stir in oyster sauce and serve with coriander (cilantro) on top.

ginger alternative – replace with 1-2 finely chopped garlic cloves or 1-4 chopped red chillies.

vegetarian / vegan – use a vegetarian 'oyster sauce' and replace chicken with tofu or fresh Asian mushrooms such as shiitake or enoki. Add a handful of cashews for extra protein and crunch.

no oyster sauce – in Australia you can get oyster sauce in the Asian section of most supermarkets. If you can't find it just use soy sauce or hoisin.

different veg – lovely with broccoli, broccolini, Asian broccoli, kale, finely sliced cabbage or any other Asian greens.



Grilled Bok Choy with Chicken...

VARIATIONS

more substantial – serve with steamed rice or rice noodles cooked according to the packet. Add a handful of cashews for extra protein and crunch.

more veg – serve with grated raw cauliflower (cauliflower 'rice').

no coriander – a lot of people don't like it so feel free to use mint or basil leaves instead.

different meat – feel free to use chicken breasts (I prefer the texture and price of thighs), pork fillet or beef steaks.

pescetarian – salmon or prawns (shrimp) can be served with the oyster sauce. If using more delicate fish serve with simple soy sauce instead.

WASTE AVOIDANCE STRATEGY

bok choy – best to use for another meal. Can be frozen but will wilt when defrosted.

chicken thigh fillets – freeze them.

fresh ginger – will keep in the fridge for months.

oyster sauce - opened bottles best kept in the fridge.

coriander (cilantro) – freeze it in a plastic bag.





SESAME *Stir* FRY

Sesame Stir Fry

ENOUGH
FOR 2

3 tablespoons tahini

2 tablespoons
soy sauce

1 bunch bok choy,
bases trimmed

450g (1lb) minced
(ground) pork

2-4 red
chillies

To give credit where it is due, my Irishman came up with the idea for using tahini in a stir fry from something he read. It works so well I had to steal the idea!

1. Stir tahini and soy sauce together in a small bowl.
2. Heat a wok on a super high heat. Add a little oil and stir fry the bok choy for a few minutes or until it's just wilted.
3. Remove bok choy and divide between two bowls.
4. Add a little more oil to the wok. Add pork and stir fry for about 5 minutes or until the pork is cooked.
5. Add the tahini mixture and chilli and cook for another minute or so. Taste and season with more soy if needed.
6. Serve pork on top of the bok choy.

VARIATIONS

vegetarian / vegan – replace pork with drained cooked or canned chickpeas. Or cooked lentils – red lentils would be best, just undercook them slightly so they don't turn to mush in the wok. Stir fried quinoa or tofu would also be lovely.

different meat – feel free to use beef, lamb or chicken instead.

pescetarian – replace minced (ground) pork with shelled green prawns (shrimp) stir fry until just cooked.

different veg – any stir fry veg are good – snow peas, carrot, red capsicum (bell peppers), other Asian greens, broccoli.

more flavour – a little grated ginger and /or chopped garlic are lovely added with the pork.

carb lovers / more substantial – serve with steamed rice.



Sesame Stir Fry...

WASTE AVOIDANCE STRATEGY

soy sauce – pantry.

tahini - I keep mine in the pantry but will keep longer in the fridge if open.

bok choy – best to use for another meal. Can be frozen.

pork – freeze.

chillies – will keep for weeks in the fridge. Can be frozen.





CRUNCHY *Bok Choy* & AVOCADO SALAD

Crunchy Bok Choy & Avocado Salad

ENOUGH
FOR 2

1 tablespoon
Dijon mustard

1 tablespoon
lemon juice

1 bunch bok
choy, washed

1 avocado

2 handfuls
toasted almonds

Bok choy used to be one of those veg I'd buy because it looked so fresh and lovely and then I would struggle to figure out what to do with it apart from adding to a stir fry. Then I had the brainwave to chop it up and use it as a salad green. I haven't looked back! Most weeks we have a raw bok choy salad for lunch.

1. Combine mustard, lemon juice, 2 tablespoons olive oil and some salt and pepper in a medium sized bowl.

2. Slice bok choy into bite sized pieces and toss in the dressing.

3. Cut avocado in half lengthwise. Then use a spoon to scoop out the flesh into chunks. Add to the salad.

4. Divide between 2 bowls and top with almonds.

VARIATIONS

carnivore – fry some chopped bacon until crispy and toss in at the end. Shredded cooked chicken is also good here.

nut-free – replace the almonds with a few tablespoons of finely diced raw red onion or red capsicum (bell pepper).

different veg – play around with other Asian greens. Kale is also good here but be sure to slice it super finely. Raw broccoli or asparagus are also favourites.

more substantial – toss in some cooked rice or rice noodles cooked according to the packet. Or serve with crusty bread and butter.

pescetarian – replace almonds with finely sliced smoked salmon or trout.



Crunchy BokChoy & Avocado Salad...

WASTE AVOIDANCE STRATEGY

Dijon mustard / almonds – keep in the pantry.

lemon – will keep for months in a plastic bag in the fridge.

bok choy – best to use for another meal. Can be frozen.

avocado - use for another meal. Doesn't freeze well.





Avocado.



Avocado.

STORAGE BEST PRACTICES

STORE AT ROOM TEMPERATURE TO AVOID BROWNING. ONCE CUT, COVER THE SURFACE WITH CLING WRAP AND STORE IN THE FRIDGE. KEEPING THE STONE IN THE CUT AVOCADO HELPS PREVENT BROWNING.

AVOCADO RECIPES

'BLAT' SALAD
AVOCADO & BUTTERMILK CHICKEN
'BROCCAMOLE'
CRUNCHY BOK CHOY & AVOCADO SALAD
QUINOA, FETA & AVOCADO SALAD





THE 'BLAT' SALAD

The 'BLAT' Salad

ENOUGH FOR 2

4-6 slices bacon,
chopped

1 tablespoon
sherry or wine
vinegar

3-4 handfuls
lettuce leaves

1 avocado

large handful
semi dried
tomatoes

There's a cafe my Irishman and I go to that has a 'BLAT' sandwich on the breakfast menu. While it doesn't sound as appealing as a BLT, the addition of avocado far outweighs the dodgy sounding name. The other day I was inspired to turn said sandwich into a lunch time salad. To be honest I prefer this lighter 'paleo' salad to the sandwich version. I love when that happens.

1. Heat a little oil in a frying pan and cook bacon on a medium high heat until crispy.

2. Combine vinegar with 3 tablespoons extra virgin olive oil in a large bowl. Season.

3. Toss leaves in the dressing. Sprinkle over chunks of avocado, tomatoes and the hot crunchy bacon before serving.

VARIATIONS

vegan – replace bacon with sliced grilled or roast mushrooms or eggplant.

vegetarian – skip the bacon and serve with a poached egg on top.

more substantial – toss in a drained can of white beans such as cannellini or butter beans to warm up in the bacon fat and add to the salad.

don't have semi dried tomatoes? - replace with halved fresh cherry tomatoes instead. Or home roasted tomatoes.

carb lovers – serve the salad on a sandwich. Or toss chunks of sourdough bread through the salad.

pescetarian – replace bacon with smoked salmon.



The 'BLAT' Salad...

WASTE AVOIDANCE STRATEGY

bacon – I buy mine in a cryovac pack which has a shelf life of a few weeks. Can be frozen.

sherry or red wine vinegar – keep in the pantry.

lettuce leaves – will keep in the fridge for a few weeks in a plastic bag. Otherwise use for another meal as it's not great once frozen.

avocado – use for another meal. Doesn't freeze well.

semi dried tomatoes – in an unopened jar will last in the pantry for months, once open keep in the fridge.





AVOCADO & *Buttermilk* CHICKEN

Avocado & Buttermilk Chicken

ENOUGH
FOR 2

4 + 6
tablespoons
buttermilk

4 chicken thigh
fillets

2 tablespoons
lemon juice

1 avocado

1 bag salad
leaves

I can't remember where I got the idea for this avocado and buttermilk dressing which isn't the greatest because I do like to acknowledge my sources when an idea isn't my own. Anyway whoever it was, thank you! It's a simple combo but I just love how the tangy buttermilk enhances the creamy avocado. It's a great alternative to guacamole.

1. Place 4 tablespoons of the buttermilk in a bowl. Season and add the chicken. Marinate in the fridge for anywhere from 5 minutes to 24 hours.

2. When you're ready to cook, heat a medium frying pan on a medium high heat. Wipe the marinade from the chicken and rub with a little oil. Cook for 4-5 minutes on each side or until well browned and no longer pink in the middle.

3. Meanwhile mash the avocado with the remaining 6 tablespoons buttermilk, or whizz in the food processor. Season well.

4. Mix lemon juice with 2 tablespoons extra virgin olive oil. Season and toss in the salad.

5. To serve, smear avocado dressing on two plates. Top with chicken and then the salad.

VARIATIONS

dairy-free – replace buttermilk with lemon or lime juice. You won't need as much, I'd start with half.

vegetarian – serve the dressing drizzled over cooked or canned black beans that have been warmed in a little olive oil.

vegan – combine the dairy-free and veggie options.

no buttermilk – the best alternative is to replace with 2/3 natural yoghurt and 1/3 cold water.

more substantial / carb lovers – serve with corn chips, warm tortillas or flat bread.

more veg – serve with steamed snowpeas, steamed broccoli or warm some frozen peas in the pan after cooking the chicken.



Avocado & Buttermilk Chicken...

WASTE AVOIDANCE STRATEGY

buttermilk – best to use for another meal but can be frozen.

chicken thigh fillets – freeze them.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

avocado - best to use for another meal.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





'BROCCAMOLE'

'Broccamole'

ENOUGH
FOR 2

1 avocado

3-4 tablespoons
lime or lemon juice

1-2 red chillies,
chopped (optional)

1/2 clove garlic,
finely chopped

1 head broccoli, very
finely chopped

This is a slightly different take on guacamole. You can either eat it as a light meal on its own or serve as a side anywhere you'd normally serve guac. Great with pan fried fish or chicken or with roasted nuts for a veggie meal.

1. Mash avocado in a medium bowl. Stir in lemon or lime juice, garlic and chilli (if using). Taste and season generously with salt and extra lemon / lime.

2. Stir in broccoli and serve with lashings of black pepper on top.

VARIATIONS

short on time – grate the broccoli in a food processor instead of cutting by hand.

different veg – asparagus, broccolini, cauliflower, zucchini are all good.

carnivore - serve as a side to pan fried or grilled chicken, fish, pork sausages. Or crumble over crispy bacon.

more substantial – serve with your favourite corn chips, tortillas or flat bread. Or serve some beans such as black beans or cannellini. Refried beans are also great.

herby - lovely with some fresh coriander (cilantro), basil or mint.

more spice – increase the chilli or serve with your favourite hot sauce.



'Broccamole'...

WASTE AVOIDANCE STRATEGY

avocado – use for another meal.

lime or lemon – will keep for months in a plastic bag in the fridge.

red chillies – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

garlic – keep in the pantry in the dark or a brown paper bag to prevent sprouting.

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).





Broccoli.



Broccoli.

STORAGE BEST PRACTICES

IN THE FRIDGE WRAPPED IN
A PLASTIC BAG OR IN AN
AIRTIGHT CONTAINER.

BROCCOLI RECIPES

CHEESEY BROCCOLI
BROCCOLINI BEEF & BASIL
CHORIZO & BROCCOLI
ASIAN PORK & BROCCOLI
QUINOA WITH BROCCOLI PESTO
BROCCAMOLE
SALT & VINEGAR STEAKS
GREEN CURRY STIR FRY
CORIANDER LAMB



CHEESEY *Broccoli*



Cheesey Broccoli

ENOUGH
FOR 2

4-5 tablespoons
coconut oil, olive oil
or butter

2 heads broccoli

2-6 small red chills
chopped, optional

4 large handfuls
grated cheese

I made this the other night for a 'bachelorette' dinner because my Irishman was out. I was craving something healthy but also cheesey and comforting. Talk about hitting the spot! If you have coconut oil, I really recommend using it because it adds a lovely subtle coconutty sweetness which sounds weird but actually works really well. Of course if you don't have any coconut oil, butter or olive oil are just as good.

1. Heat oil in a frying pan or skillet over a medium heat.
2. Rinse broccoli and don't dry as the water will help the broccoli to steam. Slice broccoli stems finely then chop the top into bite sized chunks. I just hack through it with a knife but you're welcome to chop into individual 'trees' if you like.
3. Add broccoli and chilli to the oil. Cook, covered for about 5 minutes or until the broccoli is tender. You'll need to stir a few times. If it starts to burn add a little water.
4. Add cheese and stir until well combined and just melted. Serve hot.

VARIATIONS

different veg – also great with cauliflower or broccolini.

carb lovers / more substantial – toss in cooked pasta and some toasted pine nuts, or a little cooked quinoa or a poached egg or toss in a drained can of chickpeas and add a little more cheese.

carnivore – serve as a side to a well grilled juicy steak or chicken breast.

different cheese – I used a combo of parmesan and emmental but any melting cheese is good here. Try raclette, gruyere, cheddar or even some blue. It's a good way to use up little scraps of cheese floating around the fridge.

dairy-free – skip the cheese and serve the broccoli on a bed of hummus instead.



Cheesy Broccoli...

WASTE AVOIDANCE STRATEGY

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

red chillis – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

cheese – most hard cheese will keep for weeks or even months if wrapped in baking paper and stored in an airtight container or plastic bag in the fridge. For longer storage pop in the freezer.



BROCCOLINI *Beef* & BASIL



Broccolini Beef & Basil

ENOUGH
FOR 2

2 bunches broccolini,
or 2 heads broccoli
chopped

450g (1lb) minced
(ground) beef

1-2 small red chillis
– fresh or dried,
chopped, optional

1-2 lemons

1 bunch basil, leaves
picked

I love using ground (minced) meat because it's more forgiving to cook and tends to be more affordable. This is one of my favourite weeknight meals.

1. Heat a little oil in a large frying pan or wok. Cook broccolini, stirring until no longer super crunchy.

2. Remove veg from the pan. Add a little more oil and cook the meat and chilli (if using) on a high heat until well browned.

3. Return the broccolini to the pan. Taste and season with salt, pepper and a squeeze of lemon.

4. Serve with basil leaves on top and lemon halves on the side.

VARIATIONS

vegan / vegetarian – replace meat with [cooked lentils](#) – I especially like French-style or 'puy' lentils here. And serve with a good drizzle of extra virgin olive oil to stop it being too dry. A splash of soy sauce will also help give more complexity.

different veg – replace broccolini with broccoli, zucchini, asparagus, green beans, frozen peas or even cauliflower.

different meat – most ground (minced) meat is good here. Even chicken or pork. And sliced tender cuts such as beef fillet, lamb backstraps or chicken breast can also be used – just be careful with the cooking time.

budget – serve on a bed of cooked lentils to make your meat go further.

different herbs – replace basil with flat leaf parsley, mint or coriander (cilantro).

carb lovers / more substantial – serve with steamed rice or rice noodles.



Broccolini Beef & Basil...

WASTE AVOIDANCE STRATEGY

broccolini or broccoli, beef, chilli – freezer.

lemons – keep in a plastic bag in the fridge for months.

basil – use for another meal or make pesto or basil oil (just pack leaves into a jar and cover with extra virgin olive oil).





CHORIZO & BROCCOLI

Chorizo & Broccoli

ENOUGH
FOR 2

2 chorizo (200g / 7oz),
sliced into rounds

2 bunches broccolini
or broccoli, chopped
into bite sized
chunks

squeeze lemon

handful pinenuts,
optional

Dishes like this are some of my favourite weeknight dinners. They're quick, there's a substantial hit of green veg and enough protein and chilli to keep my Irishman happy. There's also only one pot so the cleaning up is quick too. Yay!

1. Heat a little oil in a large frying pan. Cook chorizo on a medium high heat until well browned on both sides. About 10 minutes.

2. Remove chorizo from the pan and place in a clean bowl, leaving behind as much lovely chorizo oil as possible.

3. Add the broccolini / broccoli to the pan with a splash of water. Cover with a tray or lid or foil and cook stirring every 5 minutes or so until the veg is bright green and tender with a little bit of crunch left. If it starts to burn add a little more water.

4. Return the chorizo to the pan and allow to warm. Squeeze over some lemon. Taste and season with salt and pepper and more lemon if needed.

5. Serve in bowls topped with pine nuts (if using).

VARIATIONS

vegetarian – cook broccoli first in oil with a teaspoon of smoked paprika. Pan fry sliced halloumi and serve with broccoli, lemon juice and pine nuts.

vegan – cook broccoli first in oil with a teaspoon of smoked paprika. Add in a drained can of beans (white, red or black) and serve with lots of lemon, pine nuts and a good drizzle of peppery extra virgin olive oil.

different veg – any greens are good here. Try kale, cavolo nero, collard greens, spinach, chard or rainbow chard. You could also use zucchini, asparagus, frozen peas or snow peas.

more decadent – I love this served with a big dollop of home made aioli (garlicky mayo).

hotter - add in a little chopped fresh or dried chilli with the chorizo.



Chorizo & Broccoli...

VARIATIONS...

different meat – replace chorizo with other spicy sausages or chunks of bacon.

carb lovers / more substantial – serve with mashed potatoes or steamed potatoes tossed into the lovely chorizo oil.

WASTE AVOIDANCE STRATEGY

chorizo – fresh chorizo will need to be frozen. Dried chorizo will last in the fridge for a few weeks. Cryovacced chorizo will also last for a few weeks but any longer both will need to be frozen.

broccolini / broccoli - will keep for 2 weeks or longer in the fridge. Can be frozen. Best to chop before freezing for quicker defrosting.

lemon – will keep for months in a plastic bag in the fridge.

pinenuts – keep them in the pantry.





ASIAN *Pork &* BROCCOLI

Asian Pork & Broccoli

ENOUGH FOR 2

2 smallish heads
broccoli, chopped

450g (1lb) pork and
fennel sausages,
skins removed, meat
crumbled

1-4 small red
chillies, chopped

4 tablespoons oyster
sauce

handful cashews
(optional)

I discovered this recipe by accident one night. I was cooking some pork and fennel sausages and had originally been planning an Italian-style dish but the smell of the fennel had such an 'Asian' vibe that I just had to change direction. I love when inspiration strikes mid meal!

1. Preheat a wok or frying pan on a medium high heat. Add broccoli and stir fry until the broccoli is bright green and no longer crunchy. About 5 minutes.

2. Place cooked broccoli in a clean bowl then add a little more oil. Stir fry the sausages until browned and cooked through.

3. Add chilli and return broccoli to the pan. Add oyster sauce and stir fry another minute or until everything is hot.

4. Taste and season with salt and/or more oyster sauce. Serve in bowls with cashews on top (if using).

VARIATIONS

no pork and fennel? – just use plain pork sausages and add 2 teaspoons fennel seeds to the pan. Or a tiny piece of star anise.

vegetarian – replace sausages with crumbled tofu or diced eggplant (aubergine). You'll need to cook the aubergine with a lid on and for much longer – until it is soft about 15-20 minutes. And use vegetarian oyster sauce or soy sauce.

no oyster sauce – just use soy sauce or hoisin.

more flavour – add a little crushed garlic and/or ginger to the sausages at the end of cooking.

different meat – use any stir fry meat such as chopped chicken breast or thigh fillets, sliced steak, pork fillet or peeled green prawns (shrimp).



Asian Pork & Broccoli...

VARIATIONS

more veg – add in any veg that you like to stir fry such as red capsicum (bell pepper), carrots, zucchini, snow peas, sugar snap peas, frozen peas, even baby corn (if that's your thing). Or serve with baby spinach, cauliflower 'rice', coriander leaves (cilantro) or fresh mint.

more substantial – serve with steamed rice or rice noodles cooked according to the packet.

WASTE AVOIDANCE STRATEGY

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

pork and fennel sausages – freeze them.

red chillies – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

oyster sauce / handful cashews – keep them in the pantry.



A top-down view of a red enameled cast-iron pot. The pot is filled with a dark liquid, likely water, and contains a large quantity of dried white beans. Two fresh green bay leaves are floating on the surface of the liquid. The pot has two red handles and is sitting on a wooden surface. A semi-transparent text box is overlaid on the bottom half of the image.

Beans (Dried).



Beans (Dried).

STORAGE BEST PRACTICES

STORE UNCOOKED BEANS IN
THE PANTRY.

BEANS (DRIED) RECIPES

CHILLI CON TUNA
BEAN BOWL WITH A POACHED EGG
CHORIZO WITH BEANS
ROSEMARY LAMB SHANKS WITH WHITE BEANS
A BIG POT OF BEANS
SAUSAGES WITH MUSHIES





CHILLI *Con* 'TUNA'

Chilli Con 'Tuna'

ENOUGH
FOR 2

1 large onions, peeled
& chopped

200g (7oz) can tuna in
spring water, not drained

1 can tomatoes
(400g / 14oz)

1 can beans (400g /
14oz), drained

1-2 teaspoons dried
chilli flakes

sour cream, to serve

1 bunch flat leaf parsley or
coriander (cilantro), to serve

The idea for this recipe came from one of my cookery school students. I would never have thought to replace the beef in chilli con carne with fish. But canned tuna works really well here. This is a great 'pantry' recipe to have in your repertoire. Although it does benefit greatly from some fresh herbs and a little sour cream, from both a taste and appearance perspective, it's also delicious without them.

1. Heat a good glug of olive oil in a large pan. Add onion and cook over a medium heat until soft. About 10 minutes.

2. Add tuna and canning liquid, tomatoes, drained beans and chilli.

3. Cover and simmer for about 20 minutes or until everything is hot.

4. Taste and season with salt and pepper and more chilli, if needed.

5. Serve with a generous dollop of sour cream and a few handfuls fresh coriander (cilantro) or flat leaf parsley leaves.

VARIATIONS

dairy-free – serve with chunks of avocado instead of the sour cream.

paleo – replace beans with a head of cauliflower, finely chopped into little trees. Make sure you simmer until the cauli is tender.

carnivore – replace tuna with 450g (1lb) ground or minced beef. Brown beef in the pan with the onion before adding the remaining ingredients and continuing from step 3.

vegetarian / vegan – replace tuna with 2 cans drained lentils or 450g (1lb) cooked lentils (boil like pasta until tender).

budget – use an extra can of beans and half as much tuna.

different beans – red kidney beans are traditional in chilli but feel free to use chickpeas or white beans such as cannellini or butter beans instead. Black beans will also work.

different chilli – if you can't find chilli flakes, feel free to use any other fresh or dried chillies.



Chilli Con 'Tuna'...

WASTE AVOIDANCE STRATEGY

tuna, onion, beans & tomato – will all keep in the pantry.

sour cream - will keep in the fridge unopened for a few weeks. Doesn't freeze well so use for another meal.

herbs – parsley will last for more than a week in a plastic bag in the fridge but coriander (cilantro) won't. Either freeze them, use to make pesto or pop the leaves in a jar and cover with oil to make a herbed oil.



BEAN BOWL *with a* POACHED EGG



Bean Bowl with a Poached Egg

ENOUGH
FOR 2

1 onion, peeled &
diced

250g (9oz) [home
cooked beans](#) or 1
can, drained

1/2 cup chicken or
vegetable stock or
bean cooking liquid

1 small bunch cavalo nero,
kale or other greens, sliced
crosswise

2-4 eggs

2 tablespoons vinegar

Don't you love the idea of a 'bean bowl'? I think it just sounds so comforting and warming. I wish I could say I thought up the idea on my own but it was inspired by a photo on [Instagram](#) by the lovely Sarah from [My New Roots](#). This is one of those recipes you could take in any direction depending on your mood and what you happen to have in the house. So please just use this as a springboard for ideas.

1. Heat a little oil in a saucepan. Add onions and cook over a medium heat until soft.

2. Add beans and liquid or stock and cavalo nero or greens.

3. Simmer uncovered for 15 minutes or until the greens are cooked and everything is hot.

4. For the poached eggs, bring a small pot of water to the boil. Add vinegar and break the eggs into the pot. Simmer gently for 3 minutes or until cooked to your liking. Drain and pat dry on paper towel.

5. Taste the beans. Season and serve with a poached egg on top.

VARIATIONS

paleo – replace cooked beans with a head of cauliflower or 2 heads broccoli cut into florettes and change the name to 'veg bowl'. Serve with extra poached eggs to make it more substantial.

vegan – replace poached eggs with a few good handfuls of cashew or other nuts. Or a generous dollop of hummus.

carnivore – after the onion has cooked, fry some pancetta or bacon or crumble some sausages in and cook until browned then continue as per the recipe, OR serve with finely sliced prosciutto draped over.

egg-free – if poached eggs aren't your thing replace them with some cheese. Shaved parmesan is lovely or you could use any soft cheese like buffalo mozzarella, goats cheese, ricotta or even a creamy blue.



Bean Bowl with a Poached Egg...

VARIATIONS

other greens – collards, spinach, silver beet, chard, kale, baby spinach.

different legumes – feel free to use any cooked bean or lentil here. You could also use ‘non-legumes’ like brown rice or quinoa or millet.

carb lovers / more substantial – serve on hot buttered toast.

short on time – use canned beans.

WASTE AVOIDANCE STRATEGY

onion - keep in the pantry.

beans – pantry if canned. If home cooked will keep for weeks in the fridge or can be frozen.

stock – freeze.

greens – will keep in a plastic bag in the fridge for a few weeks. Can be frozen.

eggs – will keep in the fridge for weeks.



A top-down photograph of a dish of chorizo with beans and spinach. The food is served on a light-colored, round wooden plate. The plate is placed on a blue and white striped cloth, which is itself on a rustic wooden table. The dish consists of a generous portion of beans, likely cannellini, which are coated in a rich, reddish-orange sauce. Interspersed among the beans are several slices of chorizo sausage, showing a dark, charred exterior. A small pile of fresh, bright green spinach leaves is tucked into the upper left corner of the plate. A silver metal fork is positioned horizontally across the bottom right of the plate, with its tines resting on the beans. The lighting is soft and natural, highlighting the textures of the food and the wood.

CHORIZO *with* BEANS

Chorizo with Beans

ENOUGH
FOR 2

1 onion, peeled &
chopped

2 chorizo (200g /
7oz)

1 can beans
(400g 14oz),
drained

4 tablespoons
ketchup

1 bag baby
spinach

This is a classic Spanish combo that I'm equally happy eating for breakfast with a poached egg as I am having it for dinner on its own. You might be surprised to see ketchup as an ingredient but it really adds a lovely hit of tomatoey sweetness that is hard to beat. Although if you prefer a sugar-free option, see the variations below.

1. Heat a little oil in a frying pan. Add onion and cook over a medium heat for about 5 minutes or until starting to soften.

2. Add chorizo and cook for another 5 minutes or until the chorizo is well browned.

3. Add beans and ketchup and cook, stirring until everything is hot.

4. Taste. Season with salt. Serve with baby spinach on the side.

VARIATIONS

vegan – replace the chorizo with 1-2 teaspoons smoked paprika and increase the amount of beans and ketchup.

vegetarian – replace chorizo with 1-2 teaspoons smoked paprika and serve beans with 1-2 poached eggs per person.

sugar-free – replace ketchup with 2-3 tablespoons tomato paste and 2 tablespoons butter.

different meat – feel free to replace chorizo with any spicy (or mild) sausage or chunks of bacon.

different legumes – I love butter beans or cannellini but you could use chickpeas, black beans, red kidney beans, or any lentil. Home cooked beans are even better, you'll need about 250G (9oz) drained cooked legumes.

more substantial / carb lovers – double the beans and ketchup or serve with crusty bread and olive oil or butter. Or serve beans on hot buttered toast.



Chorizo with Beans...

WASTE AVOIDANCE STRATEGY

chorizo – fresh chorizo will need to be frozen. Dried chorizo will last in the fridge for a few weeks. Cryovaccated chorizo will also last for a few weeks but any longer both will need to be frozen.

onion / can of beans / ketchup – keep in the pantry.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.





Beef.



Beef.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE IN THE PACKAGING IT WAS PURCHASED IN.

I GET MY BUTCHER TO CRYOVAC MY BEEF SO IT LASTS FOR A FEW WEEKS IN THE FRIDGE.

BEEF RECIPES

BEEF WITH KALE

10-MINUTE MASSAMAN CURRY

HARISSA STEAKS WITH YOGHURT SAUCE

CHIPOTLE BEEF

SALT & VINEGAR STEAKS

BEEF & GUINNESS

BROCCOLINI BEEF & BASIL

SPICED BEEF WITH CABBAGE

ASIAN BEEF & CABBAGE

BABAGANOUSH & SPICED BEEF

BROAD BEANS & BEEF

SESAME BEEF & SPINACH

AUSSIE BURGERS

KALE CHIPS WITH BURGERS

POLPETTONE

OREGANO & FETA STEAKS





BEEF *with* KALE

Beef with Kale

ENOUGH
FOR 2

450g (1lb)
ground (minced)
beef

1-3 small red
chillies,
finely sliced

1 large bunch
kale, finely
sliced crosswise

1 lemon

This is one of those meals that you won't find featured in any fancy restaurant but it's super quick, delicious and filling. Just the type of thing I like for weeknight meals.

1. Heat a little olive or coconut oil in a large frying pan on a high heat.

2. Add beef and chilli. Stir fry for a few minutes until well browned.

3. Add the kale and continue to cook, stirring now and then until the kale is wilted and tender – another few minutes.

4. Taste and season with salt, pepper & lemon juice before serving.

VARIATIONS

vegan – replace the ground beef with cooked lentils (simmer lentils in boiling water until tender). Instead of browning the lentils in the pan first, wilt the kale and then add in the cooked lentils at the end and cook until heated through. You might like to season with a little soy sauce as well for extra flavour.

vegetarian – replace the ground beef with 6 eggs. Cook the kale first then scramble the eggs and cook until no longer 'snotty'.

different veg - Most green veg will work. Try collard greens, spinach, silverbeet, chard, baby spinach, broccoli or zucchini.

asian vibe – add a few tablespoons of oyster sauce in at the end and serve scattered with fresh coriander leaves (cilantro).

different spicing – replace the chilli or keep it and add one of the following – curry powder, garam masala, ground cumin, ground coriander, smoked paprika.



Beef with Kale...

VARIATIONS

more substantial – serve with steamed rice or noodles cooked according to the packet.

different meat – use any ground (minced) meat such as pork, chicken, lamb or buffalo. Crumbled sausages are also great.

WASTE AVOIDANCE STRATEGY

ground (minced) beef – freeze it.

red chillies – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

kale – will keep in the fridge in a plastic bag for at least 2 weeks. Once cooked it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

lemon – will keep in a plastic bag in the fridge for months.





10-MINUTE *Massaman* CURRY

10-Minute Massaman Curry

ENOUGH
FOR 2

2 steaks, finely
sliced

1 jar (200g / 7oz)
massaman curry
paste

1 can coconut milk
(400mL / 14oz)

2-3 tablespoons
crunchy peanut
butter

1/2 cauliflower

Traditional massaman curry is a slow cooked, rich dish with coconut and peanuts. A real treat. In this version we're quickly cooking some steak so we get tender beef without having to wait for hours. If you wanted extra smoky flavours you could cook your steaks on the BBQ and then slice before tossing into the sauce like my Irishman does, but it's going to take longer than 10 minutes.

1. Heat a little oil in a large frying pan on a very high heat. Stir fry steak until browned on the outside and still pink in the middle.

2. Pop the cooked steak in a clean bowl. Quickly add the curry paste and cook for a few seconds. Add coconut milk and peanut butter.

3. Simmer the sauce for about 5 minutes.

4. While the sauce is simmering grate your cauliflower using your food processor to give you cauliflower 'rice'.

5. Return steak to the sauce and bring back to a simmer. Taste and season. Serve curry on a bed of the raw cauli 'rice'.

VARIATIONS

vegan – replace steaks with about 500g (1lb) roasted sweet potato or butternut pumpkin chunks. No need to brown, just stir into the sauce. Cooked strips of red capsicum (bell pepper) are also lovely.

vegetarian – replace the steaks with about 4 hard boiled eggs that have been boiled, peeled & halved. You might like to add some roasted sweet potato as well.

nut-free – skip the peanut butter and season with a touch of brown sugar for sweetness. You could serve with a handful of coconut flakes if you like.

no cauliflower? – serve with steamed rice instead but it won't be as healthy and will take much longer than 10 minutes!



10-Minute Massaman Curry...

VARIATIONS

slow cooked version – replace steaks with 2 large osso buco, beef short ribs or lamb shanks. Pop everything except the cauli and peanut butter in a cast iron, cover and bake at 150C (300F) for 4-5 hours or until your meat is super tender. If it starts to dry out, top up with a little water. When cooked stir in the peanut butter before serving.

greener – serve with a handful of coriander (cilantro) leaves on top. Or stir through some baby spinach to wilt just before serving.

can't find massaman curry paste? – use a [Thai red curry paste](#) instead and double the peanut butter. Or use your favourite curry powder 1-2 tablespoons should do it.

hotter – massaman curries tend to be mild, so feel free to spike with a few fresh red chillies if you like it hot.

WASTE AVOIDANCE STRATEGY

steaks – freeze them.

curry paste, coconut milk, peanut butter – keep in the pantry.

cauliflower - freeze it (chop or grate first for easier defrosting).





HARISSA *Steak with* YOGHURT SAUCE

Harissa Steaks with Yoghurt Sauce

ENOUGH
FOR 2

2 steaks,
trimmed

2-4 tablespoons
[harissa](#) (see note
above)

6-8 tablespoons
natural yoghurt

1 bag baby
spinach

If you have time, by all means marinate the steaks for longer, but you'll get 90% of the results from just applying the harissa to the meat before it goes into the pan. Harissa is a super hot spice paste from Morocco and Tunisia. You can buy it in tubes from a good deli. Or have a crack at making your own using the [recipe here](#). Both options work well in this dish. I normally cook my steaks on a super high heat, but I find it's better to use a more gentle heat here to avoid the harissa burning.

1. Heat a frying pan or BBQ on a medium high heat.
2. Combine harissa with 1 tablespoon extra virgin olive oil. Taste and if it's not hot enough add more harissa. Toss steaks in the harissa mixture.
3. Sear steaks for 2-3 minutes each side or until well browned and cooked to your liking.
4. Season yoghurt with salt and pepper and divide between 2 serving plates. Top with steaks and baby spinach leaves.

VARIATIONS

pescetarian – replace steaks with fish fillets. Tuna or salmon steaks are brilliant, but any fish will work.

different meat – try it with chicken breasts or thighs.

vegetarian – serve 2 fried eggs per person topped with some harissa, yoghurt and baby spinach.

vegan – slice firm tofu or seitan into 'steaks' and cook as above. Replace yoghurt with hummus or a mixture of half tahini half lemon juice.

less hot – either use less harissa or make your own using the [recipe over here](#) without the chillies.

more substantial – serve with [cooked quinoa](#) or couscous cooked according to the packet. Also lovely with warm flat bread



Harissa Steaks with Yoghurt Sauce...

VARIATIONS

more veg – serve with wilted kale, wilted spinach, halved cherry tomatoes, grated zucchini or grilled red peppers.

dairy-free – Replace yoghurt with hummus or a mixture of half tahini half lemon juice. Or use mashed avocado with a little lemon or lime juice.

WASTE AVOIDANCE STRATEGY

steaks – get your butcher to pack in cryovac and they'll keep for weeks in the fridge. Or freeze.

natural yoghurt – keeps for weeks in the fridge. Doesn't freeze well.

baby spinach – either freeze or wilt down in a pan with a little oil and then keep in the fridge for weeks.





CHIPOTLE *Beef*

Chipotle Beef

ENOUGH
FOR 4-6

Chipotle chillies are dried, smoked jalapenos that have the most lovely smoky flavour and subtle heat. They can be tricky to find so your best bet is to order online. Or see the variations below for other ideas.

1.5kg (3lb) beef
short ribs

2 cans tomato
(400g / 14oz
each)

2 onions, chopped

2-4 chipotle
chillies

1. Preheat your oven to 150C (300F). Place beef, tomatoes, onions and chilli in an oven proof pot.
2. Cover and bake for 2 hours.
3. Then stir and bake for another 2 hours uncovered or until beef is super tender and the sauce has reduced.
4. Taste, season and serve hot or cool and store.

VARIATIONS

no chipotle – replace with 1-2 tablespoons hot smoked paprika and a little fresh chilli if you prefer more heat. Or try other dried chillies.

different meat – try pork ribs, lamb ribs, brisket, osso buco, lamb shanks, chicken drumsticks or pork shoulder.

vegetarian / vegan – make chipotle lentils. Cook the onion, tomatoes and chilli until reduced about 1/2 hour then stir in 450g (1lb) cooked [lovely lentils](#).

more veg – serve with baby spinach, green salad or wilted greens such as kale or spinach. Carrots, celery, potatoes, parsnip, sweet potato, mushrooms and red bell peppers (capsicum) can all be added to the pot before cooking.

more substantial – serve with warm tortillas or other flat bread. Or toss in some cooked chickpeas. Also great on a bed of mashed potatoes or [cauli mash](#).



Chipotle Beef...

WASTE AVOIDANCE STRATEGY

beef short ribs – freeze them.

tomato, onions, chillies – keep them in the pantry.



SALT & *Vinegar* STEAKS



Salt & Vinegar Steaks

ENOUGH FOR 2

1 bunch
broccolini or
broccoli, chopped

2 steaks

4 tablespoons
balsamic vinegar

sea salt flakes

When I was growing up 'salt and vinegar' was my favourite flavour of potato chips (crisps). But it wasn't until my brother cooked me his version of these salt and vinegar steaks that I had the inspiration to use that classic flavour combo in my cooking. So glad I did!

1. Remove steaks from the fridge preferably an hour before you want to cook them, or as long as you've got.

2. For the dressing, combine vinegar with 2 tablespoons extra virgin olive oil.

3. Heat a frying pan on a medium high heat. Add a little olive oil and the broccoli / broccolini and a splash of water. Cover and cook stirring every few minutes until the veg are no longer crunchy, about 5-10 minutes. Place veg in a clean bowl.

4. Increase heat to medium high. Rub steaks with a little oil and sprinkle with salt.

5. Cook steaks for 3-5 minutes each side, or until cooked to your liking.

5. Place steak on 2 plates. Drizzle over dressing and allow to rest for 5-10 minutes before serving with the broccolini / broccoli on top and extra sea salt flakes.

VARIATIONS

different salt – my brother loves commercial garlic salt or onion salt with his steak.

vegetarian – replace steaks with sliced halloumi cheese. Pan fry halloumi on a medium heat until golden brown on both sides. No need to rest the halloumi before tucking in.

vegan – try salt and vinegar beans. Replace steaks with a drained can of your favourite beans. Warm in the pan and serve with the veg and dressing. Consider adding a handful of roasted almonds or pine nuts for some extra protein and crunch.

different veg – replace broccoli or broccolini with sliced zucchini, snow peas, frozen peas, sugar snap peas or red bell peppers (capsicum). Or just serve steaks with salad leaves or baby spinach on the side.



Salt & Vinegar Steaks...

VARIATIONS

more substantial – lovely with mashed potatoes, [cauliflower mash](#) or a packet of your favourite potato crisps (chips). Or just serve some crusty bread and butter.

different meat – also great with pork chops, lamb chops or lamb cutlets. I also love salt and vinegar sausages (simmer sausages in water for 10-15 minutes before draining and browning in a little oil in the pan).

pescetarian – replace steaks with fish and replace balsamic with lemon juice or lime.

different vinegar / sugar-free – I love the sweetness of balsamic here but you could use any wine or rice vinegar. Sherry vinegar is also a hit.

WASTE AVOIDANCE STRATEGY

broccolini or broccoli – will keep for 2 weeks or longer in the fridge. Can be frozen. Best to chop before freezing for quicker defrosting.

steaks – get your butcher to pack in cryovac and they'll keep for weeks in the fridge. Or freeze.

balsamic vinegar / sea salt - keep in the pantry.



BEEF & GUINNESS



Beef & Guinness

ENOUGH
FOR 3-4

1.5kg (3lb) beef
short ribs

750mL (3 cups)
Guinness or other
stout beer

1 can tomatoes
(400g / 14oz)

2 onions chopped
3 anchovies (optional)

1 bunch flat leaf
parsley, to serve

roast sweet potato
(optional), to serve

Beef and rich dark beer is a classic combination. In the past I've had problems with bitterness when cooking with beer but I've discovered the solution! If your dish tastes too bitter or a bit 'off' just keep seasoning with salt (which masks bitterness) until your beef tastes good. It can make a huge difference!

1. Preheat your oven to 150C (300F).
2. Place the beef, beer, tomatoes, onions and anchovies (if using) in an ovenproof dish.
3. Bake uncovered for 4-5 hours or until beef is super tender. If it starts to dry out, add some water.
4. Taste and season generously with salt (see note above).
5. Serve beef on a bed of sweet potato (if using) with parsley leaves on top.

VARIATIONS

roast sweet potato – I just pop sweet potato whole into the oven and roast at 180C until tender, 45 mins to 1 hour. Then scrape out the sweet potato flesh for an instant mash to serve with the beef.

alcohol-free – even with the long cooking time, there will be small amounts of alcohol remaining. Replace beer with chicken or beef stock.

gluten-free – use a GF beer or see the alcohol free option.

different meat – red meat is really best here. Brisket, osso buco, lamb shanks, lamb shoulder, beef chuck can all be used. If you're using boneless meat it may not need as long to cook.

vegetarian / vegan – halve the beer and cook chunky whole mushrooms instead. Should take about 1-2 hours.



Beef & Guinness...

VARIATIONS

slow cooker – halve the beer and cook on low for 8 hours.

more veg – add some chopped carrot, red capsicum (bell pepper), celery, swede (rutabaga), turnip or parsnip.

different accompaniments / more substantial – lovely with regular creamy mash, [cauliflower mash](#) or hot buttered cooked pasta.

sweeter – lovely with a few handfuls of pitted prunes added at the beginning.

hot! – add a few fresh or dried red chillies.

WASTE AVOIDANCE STRATEGY

beef short ribs – freeze them.

Guinness or other stout beer – will keep in the fridge for months (unless you have an Irishman in the house).

tomatoes / onions / anchovies / sweet potato - keep in the pantry.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.





Beets.



Beets.

STORAGE BEST PRACTICES

WILL KEEP FOR WEEKS
WRAPPED IN A PLASTIC BAG
IN THE FRIDGE. EVEN AFTER
THE LEAVES HAVE WILTED
THE BEETS WILL STILL BE FINE
TO EAT.

BEETS RECIPES

ROAST BABY VEG WITH CHUNKY CASHEW PESTO
AUSSIE BURGERS
CRUNCHY BEET SALAD
SUCCULENT SLOW ROAST LAMB WITH SPICY BEET SAUCE





ROAST BABY VEG *with Chunky* CASHEW PESTO

Roast Baby Veg with Chunky Cashew Pesto

ENOUGH FOR
2 AS A MAIN OR
4 AS A SIDE

4 handfuls baby
veg for roasting (see
variations for ideas)

2 bunches green
herbs (see variations
for ideas)

1 clove garlic

1 handful grated
parmesan

3 handfuls cashews

This is just the thing when you feel like something virtuous after a weekend of over-indulging. And the good news is you can make both the pesto and the veg ahead of time if you like.

1. Preheat oven to 200C (400F). Wash and trim veg, cutting them into roughly the same size.
2. Place veg in a roasting tray. Drizzle with a little oil and salt and pepper. Bake for 30-45 minutes or until veg are browned & tender.
3. Meanwhile whizz all the pesto ingredients except the cashews in a food processor until finely chopped. Add enough oil to make a chunky paste, about 1/3 cup. Stir in cashews.
4. Serve warm veg with pesto on the side.

VARIATIONS

types of veg – I used 3 small red onions, 6 small parsnips, 1 small bunch baby carrots, and 1 small bunch baby beets. Other veg possibilities include potatoes, sweet potato, pumpkin, winter squash, butternut squash, spring onions, asparagus, zucchini, red capsicum (bell peppers).

herbs – I used a bunch of basil and the leafy tops from my baby carrots. Parsley or coriander (cilantro) would also be great.

grown-up veg – baby veg are lovely here but feel free to use their grown up cousins if you prefer.

vegan – replace the parmesan with some different nuts such as almonds or brazil nuts. Or just increase the cashews.

nut-free – replace the cashews with extra parmesan. You might like to serve with a poached or fried egg or some goats cheese to make it more substantial without the cashews.



Roast Baby Veg with Chunky Cashew Pesto...

VARIATIONS

more substantial – toss in a drained can of chickpeas for the last 10 minutes. Or serve with crusty bread and butter.

carnivore – brown some sliced chorizo in the pan before heating the veg. Or serve as a side to BBQ or roast chicken.

WASTE AVOIDANCE STRATEGY

baby root veg – will keep in the fridge in plastic bags for at least 2 weeks. To keep for longer, roast then store the roast veg in a covered container in the fridge.

green herbs – best to turn them into pesto. It will keep in the fridge for a few weeks but fresh herbs will only last a week if you're lucky.





AUSSIE *Burgers*

Aussie Burgers

ENOUGH
FOR 2

1 beetroot

450g (1lb)
minced (ground)
beef

mayo, to serve

1 bag salad

When I was growing up in Australia, all burgers came with tomato, lettuce and sliced beetroot out of a can. It was just a given. And I have to say I do love the earthy sweet complexity that a little beetroot adds to a burger. These days, I prefer to roast my own beets and combine them with the beef to give a lovely colour and to keep the burger nice and moist.

1. Wrap beet in foil and roast at 180C (350F) for about an hour or until the beet is tender.

2. Peel the beet and puree in a food processor or finely chop with a knife. Mix pureed or chopped beet with the beef and season well.

3. Form the mixture into 2 large patties.

4. Heat a frying pan on a medium heat. Rub burgers with a little oil and cook for 5-6 minutes on each side or until burgers are cooked to your liking.

5. Serve burgers with aioli or mayo on top and salad leaves on the side.

VARIATIONS

carb lovers / more substantial – serve burgers on burger buns or other bread rolls.

ketchup – serve burgers with ketchup as well as or instead of the mayo.

short on time – use pre-cooked vac packed or canned beets and consider cooking the burgers on a medium high heat – just be careful they don't burn.

beet-free – just skip the beetroot.

cheesey – after you turn the burgers, sprinkle with your favourite melting cheese. I love gruyere but cheddar, emmental or even parmesan will be lovely.



Aussie Burgers...

VARIATIONS

vegetarian / vegan – make ‘Aussie’ lentil burgers instead. Whizz beets with a drained can of lentils or 250g [cooked lentils](#) and 1 cup almond meal. Form into 2 patties and pan fry in a little oil until well browned on both sides. You’ll need to be super careful when turning as they do like to fall apart. Vegans serve with vegan mayo or use hummus instead.

egg-free – use vegan mayo or serve with hummus.

WASTE AVOIDANCE STRATEGY

beetroot (beets) – canned beets will keep in the pantry indefinitely. Commercially vac packed cooked beets usually keep in the fridge for months. Uncooked beets will keep in the fridge in a plastic bag for weeks. Can be frozen if needed.

minced (ground) beef - freeze it.

mayo – unopened in pantry or in fridge once opened.

salad – best to use for another meal.





CRUNCHY *Beet* SALAD

Crunchy Beet Salad

ENOUGH
FOR 2

4 tablespoons quinoa
(optional)

1 large beet (beetroot)

2 carrots

2 tablespoons
lemon juice

1 bunch mint or
parsley, leaves
picked

6 tablespoons ricotta

Grated or shredded raw veg salads are a great way to add a variety of vegetables to your repertoire. I tend to use my food processor attachment because it makes grating so easy, but if you don't have one or can't be bothered getting it dirty, a regular box grater is your best bet. As a bonus you'll get a little arm workout! I love the toasted quinoa in this salad because it adds a beautiful extra crunch and makes the salad more filling. If you don't have quinoa see the variations for alternatives.

1. Place quinoa (if using) in a dry frying pan on a medium high heat and toast until the quinoa starts to pop or smells toasty. Allow to cool.

2. Scrub beets and carrots then grate (shred) them using your food processor or a box grater.

3. Combine lemon juice with 4 tablespoons extra virgin olive oil. Season. Toss in beets, carrot and mint or parsley.

4. Divide between two plates then top with the ricotta and toasted quinoa (if using). Serve at room temp.

VARIATIONS

spicy – add a teaspoon each ground cumin and coriander and/or a finely chopped small red chilli.

different herbs – mint is my favourite, followed by parsley but you could also use basil, coriander (cilantro), chervil or just a few handfuls of baby spinach or other salad leaves.

dairy-free – serve with a poached egg per person instead of the ricotta. Or see the vegan options.

vegan – replace ricotta with a mashed avocado or a drained can of white beans or a dollop of hummus.

no quinoa – you could just skip it, the beets and carrots will be pretty crunchy on their own. Or replace with toasted breadcrumbs, toasted pine nuts, almonds or cashews.



Crunchy Beet Salad...

VARIATIONS

different veg – you could replace the beet with an extra carrot for an all carrot salad or vice versa. Other possible additions include zucchini (courgette), or finely sliced snow peas.

carnivore – toss in some cooked shredded chicken or sliced cooked sausages.

carb lovers / more substantial – serve with flat bread.

WASTE AVOIDANCE STRATEGY

beetroot (beets) – canned beets will keep in the pantry indefinitely. Commercially vac packed cooked beets usually keep in the fridge for months. Uncooked beets will keep in the fridge in a plastic bag for weeks. Can be frozen if needed.

carrots – keep wrapped in a plastic bag in the fridge. Will last for weeks.

lemon – will keep for months in a plastic bag in the fridge.

mint – best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.

parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

ricotta – unopened ricotta in a tub usually has a shelf life of a few weeks. Can be frozen.

quinoa – keep in the pantry.





Carrots.



Carrots.

STORAGE BEST PRACTICES

STORE IN A PLASTIC BAG
IN THE FRIDGE FOR WEEKS.
CAN BE FROZEN IF YOU'RE
LEAVING TOWN!

CARROT RECIPES

ROAST CHICKEN WITH CARROT TOP PESTO
SPICY CARROT SALAD
CARROT TABBOULEH
ROAST BABY VEG WITH CHUNKY CASHEW PESTO
CRUNCHY BEET SALAD
LESH'S NOURISING DAHL
EASY FERMENTED VEGETABLES
LOVELY LENTILS





ROAST CHICKEN *with Carrot Top* PESTO

Roast Chicken with Carrot Top Pesto

ENOUGH
FOR 2

4 chicken thigh
fillets

1 bunch baby
carrots + tops

1 head garlic

1 bunch parsley

1 clove garlic

2 handfuls pine nuts

1/2 cup extra
virgin olive oil

1 large handful
grated parmesan

Inspired by the very good looking boys from Three Blue Ducks in Bronte. A great little cafe if you're ever visiting Sydney. Love their new cookbook which my Irishman gave me for my birthday. Since the arrival of Fergal, I'm a big fan of meals you can just pop in the oven to cook while you do the laundry or catch up on emails.

1. Preheat oven to 200C (400F).

2. Place chicken, carrots and garlic in a roasting pan. Drizzle with some oil and sea salt.

3. Roast for 25-30 minutes or until the chicken is no longer pink.

4. While the chicken is cooking, make the pesto. Whizz carrot tops, parsley, garlic and nuts in a food processor until finely chopped.

5. With the motor running pour in the oil. Stir in parmesan. Taste and season if needed.

6. Serve hot chicken and carrots with pesto on top.

VARIATIONS

short on time – use a commercial pesto instead.

can't find baby carrots? – use regular carrots and chop them in half lengthwise so they cook in the same amount of time. Replace carrot tops with an extra bunch of parsley or basil.

different meat – you can use chicken breasts, drumsticks or thighs on the bone. Duck would be lovely as would lamb chops or sausages. You'll just need to adjust the cooking time.

vegan – roast large field mushrooms instead of the chicken and use the dairy-free pesto version on the next page.

vegetarian - roast the carrots and garlic and serve with the pesto and a fried or poached egg.



Roast Chicken with Carrot Top Pesto...

VARIATIONS

different herbs – use any combination of basil, mint, parsley, carrot tops, baby spinach or coriander (cilantro).

nut-free – replace pinenuts with extra parmesan or a handful of sourdough bread crumbs.

more substantial - Double the carrots or simmer chopped potatoes until tender. Drain then add to the pan with the chicken and carrots. Or serve chicken and carrots with crusty bread.

WASTE AVOIDANCE STRATEGY

chicken – freeze it.

carrots – keep in a plastic bag in the fridge for weeks, if not months. Can be frozen if needed.

garlic – keep in a brown paper bag in the pantry to avoid sprouting.

pesto – keep in the fridge in a sealed jar for weeks. Can be frozen.





SPICY *Carrot* SALAD

Spicy Carrot Salad

ENOUGH
FOR 2

2 onions finely
sliced into 1/2
moons

1 bunch baby
carrots, tops reserved

4 chicken thigh
fillets, halved
lengthwise

1 tablespoon [harissa](#)

1 tablespoon sherry
or wine vinegar

Harissa is a very hot paste made with lots of chillies. It's commonly found in Tunisia and Morocco and is one of my favourite ingredients. You can buy it online or from good delis. It comes in a tube and is brilliant to keep in the fridge for an instant chilli hit. If you can't find commercial harissa I've included a recipe in the [larder section over here](#) so you can make your own.

1. Preheat your oven to 200C (400F). Place onion, carrots and chicken in a roasting tray. Drizzle with a little olive oil.

2. Roast for 30-40 minutes, stirring about half way through.

3. Meanwhile, combine harissa, vinegar and 2 tablespoons extra virgin olive oil. Season.

4. When the carrots, onion and chicken are cooked remove from the oven and drizzle over the dressing. If the chicken is done before the veg remove it and keep covered on a warm plate.

5. Serve with carrot tops on the side.

VARIATIONS

side salad – skip the chicken if you prefer.

no carrot tops – if your carrot tops aren't nice (or are non-existent) replace with a bag of salad leaves or bunch of flat leaf parsley or coriander leaves.

grown-up carrots – replace baby carrots with 4 regular carrots halved lengthwise.

vegetarian / vegan – replace chicken with a drained can of chickpeas or white beans.

no harissa – it's easy to [make your own](#) or replace with any chilli paste such as sambal olek. You could also substitute 2-4 large fresh red chillies that have been finely chopped.



Spicy Carrot Salad...

VARIATIONS

different veg – also lovely with sweet potato, parsnip, regular potatoes, swede or beets. Some veg may need cooking for longer.

more substantial – serve with flat bread or couscous that has been cooked according to the packet with some extra butter added or serve with [cooked quinoa](#).

WASTE AVOIDANCE STRATEGY

onions / harissa / sherry or wine vinegar - keep in the pantry.

baby carrots - keep wrapped in a plastic bag in the fridge. Will last for weeks.

chicken thigh – freeze them.





CARROT *Tabbouleh*

Carrot Tabbouleh

ENOUGH
FOR 2 AS A SIDE

2 carrots, grated

1 bunch flat leaf
parsley, chopped

1 tablespoon lemon
juice

Using carrots instead of bulghur wheat makes for a much fresher and crunchier version of tabbouleh. The carrot also give a sweetness that I love. I've kept it super simple here to use as a side but you could dress it up to work as a meal in its own right... See below for ideas. As with regular tabbouleh, this salad will keep in the fridge without wilting too much. So you can make it ahead of time if needed.

1. Combine lemon juice with 2 tablespoons extra virgin olive oil. Season.

2. Toss in carrots and parsley and serve.

VARIATIONS

herby – replace some or all of the parsley with other leafy herbs such as mint, coriander (cilantro) or basil.

crunchy – toss in a handful of almonds or pine nuts.

more substantial – serve with a big chunk of feta.

tomatoey – a handful of cherry tomatoes will also work well here either as well as or instead of the carrot.

as a main – serve as a side to this [Pirri Pirri Chicken](#).



Carrot Tabbouleh...

WASTE AVOIDANCE STRATEGY

carrots – keep in a plastic bag in the fridge for weeks. Can be frozen if you're leaving town!

flat leaf parsley – will keep for about 2 weeks wrapped in a plastic bag in the fridge. For longer can be frozen, will wilt when you defrost it but still edible.

whole lemons - will keep for weeks at room temperature or for longer in the fridge.





Cabbage.



Cabbage.

STORAGE BEST PRACTICES

WILL KEEP WRAPPED IN A
PLASTIC BAG IN THE FRIDGE
FOR WEEKS IF NOT MONTHS.

CABBAGE RECIPES

SUPER YUM BACON & CABBAGE
SPICED BEEF WITH CABBAGE
SHAVED CABBAGE & POACHED EGG SALAD
ASIAN BEEF & CABBAGE
SIMPLE SAUERKRAUT



SUPER YUM *Bacon &* CABBAGE



Super Yum Bacon & Cabbage

ENOUGH
FOR 2

3-4 slices bacon,
chopped

1 bunch leeks,
washed & white
parts sliced OR 1
onion

1/2 small
cabbage or 1/4
large, sliced

1 tablespoon rice
or other wine
vinegar

My Irishman tells me that bacon and cabbage is a traditional dish from Limerick. He's a big fan of his Mum, Geraldine's version. I knew it was a bit risky to mess around with a family favourite but I couldn't help myself. Instead of boiling the cabbage, I just soften it in a little oil which saves time and reduces the risk of any 'smelly' cabbagey flavours. Luckily my Irishman liked my version too!

1. Heat a medium saucepan on a medium heat. Add a little olive oil and brown bacon.

2. Then add the leeks and cook for about 5 minutes, stirring when you think of it.

3. When the leeks have started to soften, add the cabbage and a splash of water. Cover and cook, stirring every few minutes until the cabbage is 'al dente' or just soft. Somewhere from 5-10 minutes.

4. Season with salt and pepper and vinegar. Serve hot.

VARIATIONS

different cabbage thicknesses – I like to slice my cabbage finely using my knife, so not as fine as a mandoline. This way the cabbage cooks quickly. If you're after a more chunky look, cutting the cabbage into 1 inch ribbons will also work, just expect a longer cooking time.

more veg – serve with flat leaf parsley leaves, baby spinach or a few spoonfuls of [home made sauerkraut](#).

different cabbage – I've used white cabbage in the picture but we love this with red cabbage (and balsamic vinegar) or savoy as well. You could also use brussels sprouts, just remember to slice them finely so they cook quickly. Kale can also be used.

vegetarian – just skip the bacon and serve with a salty cheese crumbled over like feta.

herby – a little thyme or sage added with the onions is also lovely.



Super Yum Bacon & Cabbage...

VARIATIONS

carb lovers / more substantial – serve with steamed or mashed potatoes.

vegan – replace bacon with smoked tofu or skip the bacon and serve topped with roasted or smoked nuts such as almonds.

WASTE AVOIDANCE STRATEGY

bacon – freeze it.

leeks – will keep for weeks in a plastic bag in the fridge.

cabbage – will keep wrapped in a plastic bag in the fridge for weeks if not months.

rice or other wine vinegar / onion – keep it in the pantry.





SPICED *Beef* with CABBAGE

Spiced Beef with Cabbage

ENOUGH
FOR 2

450g (1lb) minced
(ground) beef

2 teaspoons baharat,
ras El hanout or
ground cumin

1/4 large cabbage,
sliced

1 lemon

4 tablespoons
hummus

Cabbage is one of the most underrated vegetables. I find it's delicious as long as you don't boil it! It's super nutritious and as a bonus will keep in the fridge for weeks if not months.

1. Preheat a large frying pan on a medium high heat. Add a little oil and cook beef, stirring every now and then until beef is well browned.

2. Add spice, salt and pepper and cook for another minute or so. Remove beef from the pan and place in a clean bowl.

3. Add a little more oil to the pan and reduce the heat to medium. Add cabbage and cook covered stirring periodically until the cabbage is no longer crunchy. Will take 5-10 minutes.

4. Return beef to the pan and warm through. Add a squeeze of lemon, taste and add more if needed.

5. Serve beef and cabbage with hummus on top.

VARIATIONS

vegetarian / vegan – replace beef with cooked lovely lentils or crumbled firm tofu. You might want to soften a chopped onion and add it as well for extra depth of flavour. And serve with some toasted nuts for extra protein.

different meat – lamb is my favourite alternative but you could use minced (ground) meat. Just make sure it has a good amount of fat so the dish isn't too dry.

different veg – try brussels sprouts (sliced), kale, broccoli, broccolini, cauliflower, bok choy, asparagus or zucchini.

different spice? - for a completely different vibe use a little curry powder or garam masala instead. Chinese 5 spice and bok choy is another great combo. Plain fresh or dried chilli is great for those who like it hot!

more substantial – serve with cooked noodles tossed through, or with flat bread such as pita or tortillas on the side.



Spiced Beef with Cabbage...

VARIATIONS

herby – serve with some flat leaf parsley, mint or coriander (cilantro) leaves.

more veg – soften an onion before cooking the beef. Feel free to add any of the ‘different’ veg listed above. Also a little chopped carrot or halved cherry tomatoes can be lovely. For more greens serve on a bed of baby spinach or with salad leaves on the side.

WASTE AVOIDANCE STRATEGY

minced (ground) beef - freeze it.

baharat, ras El hanout or ground cumin – keep them in the pantry.

cabbage – will keep wrapped in a plastic bag in the fridge for weeks if not months.

lemon – will keep for months in a plastic bag in the fridge.

hummus – will keep in the fridge for a few weeks. Can be frozen.





SHAVED CABBAGE & *Poached Egg* SALAD

Shaved Cabbage & Poached Egg Salad

ENOUGH
FOR 2

1/4 savoy (Napa)
cabbage

2 tablespoons lemon
juice

aged balsamic
vinegar to drizzle
(optional)

2 handfuls grated
parmesan + extra to
serve

2-4 eggs

vinegar for poaching

This was inspired by one of my favourite cafes / markets in Sydney. If you ever get a chance try and visit one of the Fratelli Fresh outlets, take it! They're the masters of fresh seasonal Italian inspired food at reasonable prices.

1. Bring a pot of water to boil for your poached eggs. Add a few good tablespoons of any vinegar.

2. Meanwhile combine lemon juice with 4 tablespoons extra virgin olive oil. Season.

3. Finely shave or slice the cabbage using a mandolin or a sharp knife and a steady hand. Toss the shaved cabbage in the dressing and allow to stand.

4. Simmer eggs in your poaching water for 2-3 minutes or until the white is cooked but the yolks are still runny. Drain on paper towel.

5. Toss parmesan in with the cabbage. Divide salad between 2 plates and drizzle over balsamic (if using).

6. Top the salad with poached eggs and finish with a little more grated or shaved parmesan.

VARIATIONS

different cabbage - any cabbage is great here. I tend to go for white cabbages. Savoy (napa) is my favourite. Red cabbage or chinese cabbage will also work. Or try brussels sprouts.

different veg - shaved veg salads are a brilliant way to get more crunch! Try zucchini, fennel, asparagus or carrot.

vegan - serve with roasted nuts instead of the poached egg. And replace the parmesan with an extra drizzle of extra virgin olive oil for richness.

dairy-free - replace parmesan with grated roasted brazil nuts. Or just add an extra drizzle of extra virgin olive oil for richness.

more substantial / carb lovers - serve with crusty bread or hot buttered toast.

carnivore - toss in some browned chopped bacon or serve the egg draped with finely sliced prosciutto.



Shaved Cabbage & Poached Egg Salad...

WASTE AVOIDANCE STRATEGY

cabbage – keep wrapped in a plastic bag in the fridge.
Will last for weeks.

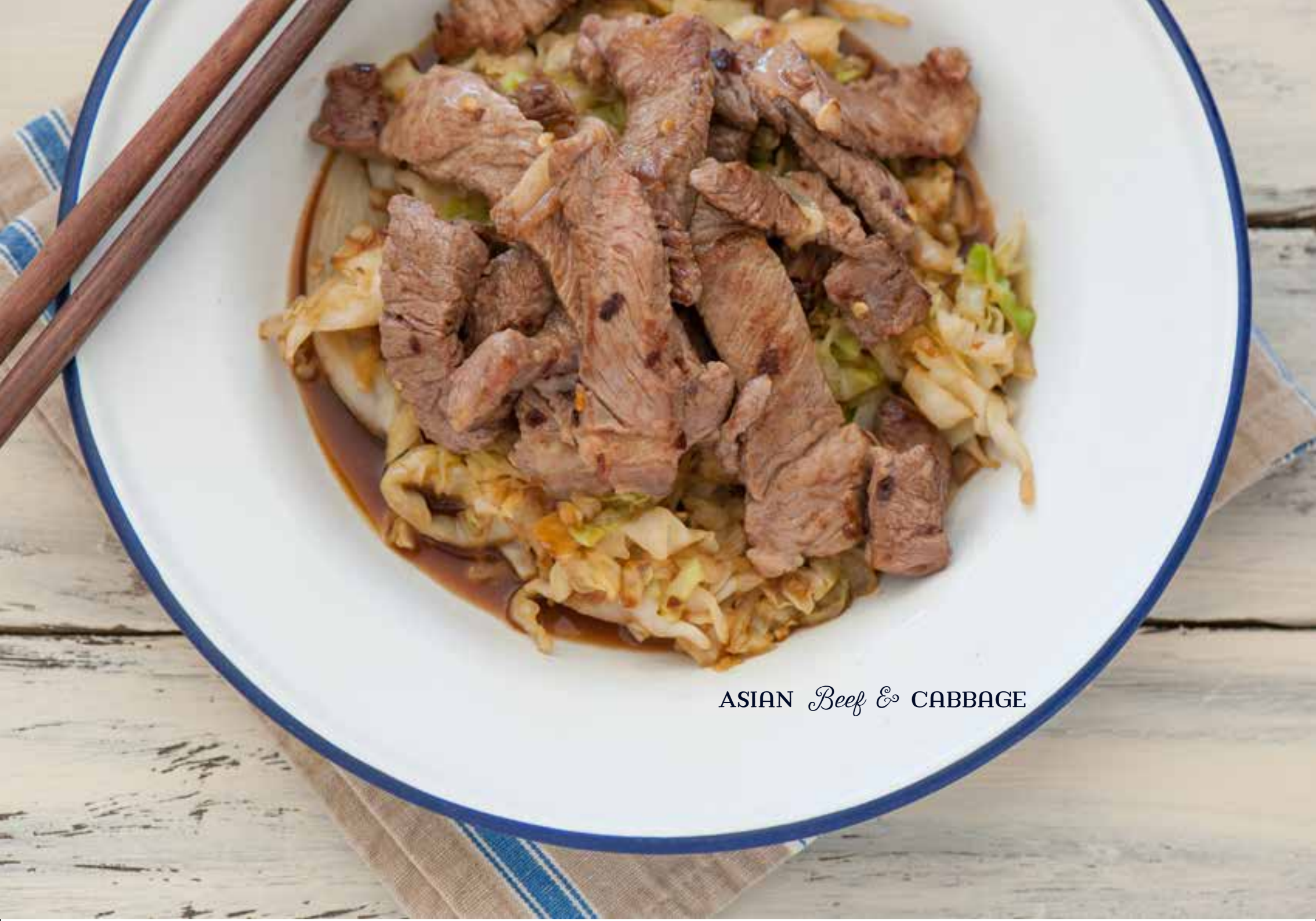
lemon – will keep for months in a plastic bag in the fridge.

balsamic vinegar / vinegar – keep in the pantry.

parmesan – keeps for months in an airtight container in the fridge.

eggs – will keep in the fridge for a month or so. Or use for another meal.





ASIAN *Beef* & CABBAGE

Asian Beef & Cabbage

ENOUGH
FOR 2

2 steaks, sliced
into bite sized
strips

1/4 cabbage,
finely sliced

1 clove garlic,
crushed

1-4 red chillies,
finely chopped

4 tablespoons
oyster sauce

I just love cabbage cooked in this way because it ends up a little bit soft and a little bit crunchy. It's also delicious because it has all the comforting vibes of soft rice noodles without those pesky extra carbs. I've used Savoy (Napa) cabbage here but any white cabbage, including Chinese cabbage will be great.

1. Heat a wok or large frying pan on a medium high heat. Add a little oil and the steak and stir fry until the steak is browned on the outside but still pink inside.

2. Remove steak and place in a clean bowl.

3. Return the pan to the heat and reduce it to medium. Add a little more oil and the cabbage. Cook covered, stirring every few minutes until the cabbage is mostly soft but still a bit crunchy in parts.

4. Add the chilli and garlic and cook for 30 seconds.

5. Return the beef to the pan with the sauce. Cook until hot. Taste and season with extra oyster sauce or salt, if needed. Serve hot in bowls.

VARIATIONS

vegetarian / vegan – replace steak with firm tofu and use vegetarian oyster sauce (it does exist!).

different meat – lovely with chicken breast or thigh fillets or pork fillet. Also surprisingly great with peeled prawns (shrimp) – if using cooked prawns make sure you only cook enough to warm them up and not overcook.

no oyster sauce – replace with soy sauce or hoisin.

more substantial – serve with steamed rice or toss in cooked rice or hokkien noodles.

ginger – lovely with shredded ginger added with the garlic.

herby - serve with chopped green onions (scallions) or coriander (cilantro) leaves.



Asian Beef & Cabbage...

VARIATIONS

more veg – serve with [cauliflower rice](#). Or feel free to add your favourite stir fry veg with the cabbage. Carrots, red capsicum (bell peppers), baby corn, snow peas or bok choy are all good.

different veg – replace cabbage with broccoli, broccolini, asparagus, chinese broccoli, boy choy or brussels sprouts.

WASTE AVOIDANCE STRATEGY

steaks - freeze them.

cabbage – keep wrapped in a plastic bag in the fridge. Will last for weeks.

garlic – keeps in the pantry in a brown paper bag.

red chills – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

oyster sauce – unopened bottles keep in the pantry. Once opened will keep in the fridge for months.





Cauliflower.



Cauliflower.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG.
WILL KEEP FOR WEEKS IF
NOT MONTHS. IF YOU DO
GET SOME BROWNING, JUST
SLICE IT OFF AND USE THE
WHITE PART.

CAULIFLOWER RECIPES

WHOLE ROAST CAULI (WITH ALMOND TABBOULEH)
ADDICTIVE CAULIFLOWER WITH CHICKPEAS
WARM SALAD OF ROAST CAULIFLOWER AND QUINOA
CAULI 'RICE'
CAULI & PARSNIP MASH
CAULI 'COUSCOUS'
10-MINUTE MASSAMAN CURRY
FIREY HARISSA CHICKEN
QUICK FISH PIE
PESTO SALMON



WHOLE *Roast Cauli* (WITH ALMOND TABBOULEH)



Whole Roast Cauli (with almond tabbouleh)

ENOUGH
FOR 2

1 cauliflower

2 tablespoons lemon
juice

1 bunch flat leaf
parsley, finely
chopped

1/2 cup (60g / 2oz)
almond meal

hummus, to serve

I think cauliflower is one of the most underrated vegetables. I love that it packs the same nutritional punch as its cousins broccoli and cabbage, yet its white colour gives it more flexibility than green veg. I should mention, if you've been looking for a gluten-free tabbouleh recipe that's also 'paleo' then this almond tabbouleh is for you. We're just using almond meal instead of the cracked wheat. I love the softer texture and creamy slightly nutty flavour you get from the almond meal.

1. Preheat your oven to 180C (350F). Trim outer leaves from cauli and place the head in an oven proof pot that holds the cauli snugly.

2. Drizzle generously with olive oil and season well with salt and pepper. Bake uncovered for 1 hour and 15 minutes or until cauliflower is well browned and tender enough to cut with a butter knife.

3. Meanwhile, for the salad, combine lemon juice with 2 tablespoons extra virgin olive oil in a bowl. Season. Toss in the parsley and almond meal.

4. Slice the cauli into wedges and serve with hummus, tabbouleh and more extra virgin olive oil drizzled over. Plus lots of salt and pepper!

VARIATIONS

do-ahead – roast cauli then cool and refrigerate. To reheat just pop back in the oven for 15 minutes or until warm. The tabbouleh is one of those rare salads that can be made ahead and will keep in the fridge for a few days, just give it a good toss before serving.

carnivore – serve as a side to roast chicken or brown some minced (ground) beef and scatter it over the hummus before serving.

nut-free – replace almond meal with cooked quinoa, cooked couscous or bulghur wheat that has been soaked in water until soft and then drained.

spiced cauliflower – combine a tablespoon each of cumin seeds, coriander seeds and dried chilli flakes with a few tablespoons extra virgin olive oil. Drizzle over the cauli before roasting. If you have some baharat (Lebanese 7 spice blend) it works really well too. Or try some finely chopped red chilli.



Whole Roast Cauli (with almond tabbouleh)...

VARIATIONS

make your own hummus – whizz 2 cans chickpeas with 6 tablespoons each of the canning liquid, lemon juice, tahini and 2 cloves garlic. When you have a creamy paste season and add in a little extra virgin olive oil.

different herbs – feel free to mix up the herbs in your tabbouleh. Mint, coriander (cilantro) and basil are all worthy additions.

more substantial / carb lovers – serve with warm pita bread or tortillas.

WASTE AVOIDANCE STRATEGY

cauliflower – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

lemon – will keep for months in a plastic bag in the fridge.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

almond meal – keep in the pantry.

hummus – will keep in the fridge for a few weeks. Can be frozen.



ADDICTIVE *Cauliflower* with CHICKPEAS



Addictive Cauliflower with Chickpeas

ENOUGH
FOR 2

oil for deep frying
(eg. rice bran oil)

1/2 cauliflower,
chopped into bite
sized pieces

1 can chickpeas (400g /
14oz), drained

1 teaspoon cumin
seeds

1 bag baby spinach

2 tablespoons lemon
juice

Inspired by the clever boys at [Porteno](#) where my Irishman and I had our [wedding feast](#)! If I can't convince you to try deep frying your cauliflower, there's no need to miss out on this dish! You can easily roast the cauli instead (about 1/2 hour at 180C / 350F). Just remember to be generous with the oil!

1. Heat the oil in a large frying pan on a high heat.

2. While the oil is heating, warm a little more oil in a frying pan and add chickpeas and cumin. You just want to warm them through.

3. When the deep frying oil reaches 180C (350F), fry cauli in batches for 3-4 minutes or until deeply golden. Drain on paper towel.

4. Add spinach to the chickpeas and allow to wilt slightly.

5. Serve spinach and chickpeas with fried cauli on top, lemon juice drizzled over and lots of salt and pepper.

VARIATIONS

carnivore – serve with super finely sliced prosciutto on top or sprinkle over crispy bacon or browned sliced chorizo.

paleo / chickpea-free – just skip the chickpeas or replace them with roasted almonds or cashews. I'm also thinking it would be delicious with meatballs instead of the chickpeas.

more substantial – serve with crusty bread and butter or pita bread and extra virgin olive oil. Or serve as a side dish to roast chicken or pan fried chicken breasts. Also a great side with lamb cutlets.

extra protein – serve with a poached or fried egg.

different spices – cumin is really lovely but you could use coriander seed, smoked paprika or a spice blend like garam masala or baharat (Lebanese 7 spice).



Addictive Cauliflower with Chickpeas...

VARIATIONS

different veg – brussels sprouts are amazing fried or you could try broccoli, pumpkin or sweet potato.

more decadent – serve with a big dollop of your favourite mayo or [aioli](#) (home made of course).

WASTE AVOIDANCE STRATEGY

oil / cumin seeds / chickpeas – keep in the pantry.

cauliflower – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

baby spinach – best to use for another meal. Can be frozen but will wilt when defrosted.

lemon – will keep for months in a plastic bag in the fridge.





WARM SALAD *of Roast Cauliflower & QUINOA*

Warm Salad of Roast Cauliflower & Quinoa

ENOUGH
FOR 2

Inspired by Melbourne chef Cath Claringbold. This was one of the first recipes I ever cooked using quinoa. It's definitely stood the test of time.

1/2 large
cauliflower

1/2 cup quinoa

1 tablespoon
tomato paste

1/2 bunch chives,
finely chopped

large handful
bocconcini, torn
into bite size pieces

1. Preheat oven to 200C (400F).

2. Cut cauliflower into bite size little trees. Place in a roasting dish, drizzle with some olive oil, season and roast, stirring occasionally until the cauliflower is golden on the edges and cooked through.

3. Rinse quinoa well and place in a medium saucepan with 1 cup water and the tomato paste. Simmer for 10 – 15 minutes or until quinoa is tender and the water has been absorbed. Season.

4. Divide cauliflower between two warm plates, scatter over quinoa, cheese and chives.

VARIATIONS

different cheese - ricotta or goats curd would be lovely

dairy-free - try roasted almonds, pine nuts, toasted bread crumbs, poached eggs, fried eggs or chunks of avocado.

more protein / carnivore - skip the cheese and serve as a side dish to pan fried fish, a roast chook (chicken) or grilled sausages.

tomato free - replace the tomato paste and water with vegetable or chicken stock.

no quinoa? - substitute in your favourite cooked grain such as couscous, barley or brown rice. You'll need to adjust the amount of water and cooking times though.

different herbs - replace chives with flat leaf parsley, basil, mint or coriander (cilantro).



Warm Salad of Roast Cauliflower & Quinoa...

WASTE AVOIDANCE STRATEGY

whole cauli – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

quinoa / tomato paste - keep in the pantry.

chives – best to use for another meal.

bocconcini - freeze them.





Chard/Silverbeet.



Chard/Silverbeet.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG.
TO KEEP FOR LONGER, WILT
CHOPPED CHARD IN A POT
WITH A SPLASH OF WATER
AND OLIVE OIL. COOL AND
STORE IN AN AIRTIGHT
CONTAINER IN THE FRIDGE
FOR UP TO A MONTH.

CHARD / SILVERBEET RECIPES

EGGY CHARD GRATIN
CHARD WITH TAHINI YOGHURT
GREEN PANCAKES





EGGY *Chard* GRATIN

Eggy Chard Gratin

ENOUGH
FOR 2 TO 3

1 bunch chard
(silverbeet),
stems finely
chopped, leaves
sliced

300ml (1
1/4 cups) double
cream

3 eggs

2 large
handfuls grated
gruyere or other
melting cheese

I love a good gratin for helping to make even the most virtuous vegetables taste a little 'naughty'. But the best news is when you're eating from the paradigm that fat isn't the enemy, there's nothing unhealthy about a good gratin. This version with the egg makes the gratin even more substantial - a main course in one dish!

1. Preheat your oven to 160C and bring a pot of water to the boil. (No need to fill the pot, about 2cm deep is fine).

2. Plunge stems and leaves of chard into the pot. Cover and cook for 2 minutes. Drain well and squeeze out any excess moisture.

3. Return drained chard to the pot or place in an ovenproof dish. Mix together cream and eggs. Season and pour over the chard.

4. Scatter over the cheese and bake for 20-25 minutes or until the cheese is bubbling and golden. Serve warm.

VARIATIONS

can't find double cream – use regular whipping cream instead.

different greens – any leafy greens can be used in place of the chard. Kale, collard greens, beet tops or even humble old spinach are all lovely.

egg-free – just skip the egg and serve with a handful of toasted almonds or pinenuts for some extra protein.

more substantial / carb lovers – serve with crusty bread and butter or toss in some cooked short pasta with the cream and eggs. Or sprinkle with breadcrumbs before you put on the cheese for a really crunchy top.

dairy-free - replace the cream with 2 extra eggs and skip the cheese. Be careful when baking to make sure it doesn't overcook.



Eggy Chard Gratin...

VARIATIONS

different cheese – any melting cheese or a combination will work. Gruyere is my favourite in spite of its stinkiness. I also use emmental, cheddar, swiss cheese, mozzarella and sometimes a little parmesan.

carnivore – add some cooked chopped bacon or chorizo with the cream, OR serve gratin with pan fried chicken breasts or BBQ chicken.

WASTE AVOIDANCE STRATEGY

chard (silverbeet) - will keep in the fridge in a plastic bag for at least 2 weeks. Can be frozen both cooked or raw.

double cream – freeze it or use for another meal.

eggs – will keep in the fridge for a month or so. Or use for another meal.

grated gruyere or other melting cheese – most hard and melting cheeses will keep for weeks wrapped in waxed paper or baking paper and stored in an airtight container (or sealed ziplock bag) in the fridge. If you need to store for longer cheese can be frozen.





CHARD *with Tahini* YOHGURT

Chard with Tahini Yoghurt

ENOUGH
FOR 2

1 bunch chard

3-4 tablespoons
butter

3 tablespoons
tahini

3 tablespoons
yoghurt

3 tablespoons
lemon juice

handful pine
nuts, toasted
(optional)

Chard, Swiss Chard, Rainbow Chard or Silverbeet, this leafy green veg goes by many names. It's not something I used to cook that often until I started buying vibrant rainbow chard from the farmers market. I've also discovered it's really easy to grow your own, so am loving it even more! It can be used pretty much anywhere you'd use spinach or kale.

1. Rinse chard and slice stems about 1cm (1/2in) thick and leaves about 2cm (1in) thick.

2. Melt butter in a large pot. Add chard and a splash of water. Cover and cook, stirring every few minutes until the chard is wilted and tender.

3. Meanwhile combine tahini, lemon juice and yoghurt in a bowl. Season.

4. Spread tahini sauce on 2 plates. Top with chard and sprinkle over pine nuts (if using).

VARIATIONS

garlicky – add a crushed clove of garlic in with the greens.

vegan / dairy-free – replace the yoghurt with half lemon juice and half water.

more substantial – serve with pita bread, other flat bread, tortillas or cooked quinoa.

nut-free – just skip the pine nuts or replace with crumbled feta or toasted breadcrumbs.

different veg – any leafy green is good like kale, spinach, baby spinach, beet tops or collard greens.

carnivore – serve as a side to a steak, chicken thigh fillets, roast chicken, lamb chops or sausages.



Chard with Tahini Yoghurt...

WASTE AVOIDANCE STRATEGY

chard – will keep in the fridge in a plastic bag for at least 2 weeks. Can be frozen both cooked or raw.

butter – keeps in the fridge for months.

tahini / pine nuts – keep in the pantry.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.

lemon – will keep for months in a plastic bag in the fridge.





GREEN *Pancakes*

Green Pancakes

ENOUGH
FOR 2

1 bunch chard

butter

2 eggs

8 tablespoons
almond meal

aioli or yoghurt,
to serve

In the last few months I've become a little obsessed with making pancakes. It all began when I discovered the trick of using almond meal instead of flour to make a lovely gluten-free pancake. One of my favourite indulgent combinations is to serve them with bacon and maple syrup. But for this book I wanted something with a bit more colour and less sugar. And so we have these 'green' pancakes. I know they look quite healthy but believe me, they're super delicious as well.

1. Heat a large pot on a medium high heat. Slice chard stems 1cm (1/2in) thick and slice the leaves into ribbons 2cm (1in) thick.

2. Add a little butter to the pot along with the chard stems and leaves. Add a splash of water and cover and cook, stirring every few minutes until the chard is wilted and soft. About 10 minutes.

3. Combine eggs and almond meal in a bowl. Season. When the chard is cooked add about half the chard to the egg mixture.

4. Heat a small frying pan on a medium heat. Add a little butter and allow it to melt. Pour over half the egg mixture and allow to cook until you can see the edges starting to look 'set'. About 3-4 minutes.

5. Carefully turn the pancake and cook for another minute or so on the second side.

6. Place cooked pancake on a warm plate and repeat with the second half of the mixture.

7. Serve pancakes with the remaining chard on top and aioli or yoghurt drizzled over.

VARIATIONS

different greens – any leafy greens can be used here. Try kale, spinach, collard greens or beet tops.

nut-free – replace almond meal with 4 tablespoons flour.

vegan / egg-free - skip the pancakes and serve the chard with a good handful of toasted nuts and a drizzle of tahini.

carnivore – serve with crispy bacon or browned sliced chorizo.

more substantial – just increase the amount of eggs and almond meal and make more pancakes.



Green Pancakes...

VARIATIONS

no green! – keep the chard separate and cook the pancakes with just the egg and almond meal. Serve chard on the side.

cheesey – lovely with shaved or grated parmesan sprinkled over when serving.

WASTE AVOIDANCE STRATEGY

chard – will keep in the fridge in a plastic bag for at least 2 weeks. Can be frozen both cooked or raw.

butter – keeps in the fridge for months.

eggs – will keep in the fridge for a month or so. Or use for another meal.

almond meal – keep in the pantry.

aioli – unopened in pantry or in fridge once opened.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.





Chicken.



Chicken.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE IN
THE PACKAGING IT WAS
PURCHASED.

CHICKEN RECIPES

GREEN CURRY STIR FRY
CHICKEN WITH PINE NUT SAUCE
BALSAMIC CHICKEN
THAI CHICKEN BALLS
FIREY HARISSA CHICKEN
HERBY GREEN CHICKEN
CORIANDER SPLIT PEAS
EASY MUSHROOM CHICKEN
CHICKEN WITH PEAS & BACON
PIRRI PIRRI CHICKEN
CHORIZO CHICKEN WITH BLACK BEANS
QUICK WARM CHICKEN & PARMSEAN SALAD
CRUNCHY SNOW PEA STIR FRY
ROAST SWEET POTATO & CHICKEN SALAD
CHICKEN BURGERS WITH ZUCCCHINI
THAI CHICKEN WITH ZUCCHIN 'RICE'
ZUCCHINI 'SPAGHETTI' SALAD
GRILLED BOK CHOY WITH CHICKEN
AVOCADO & BUTTERMILK CHICKEN
ROAST CHICKEN WITH CARROT TOP PESTO
ROAST FENNEL & CHICKEN
SPICY CARROT SALAD





GREEN *Curry* STIR FRY



Green Curry Stir Fry

ENOUGH
FOR 2 TO 3

2 heads broccoli,
chopped into little
trees

450g (1lb) minced
(ground) chicken

3-4 tablespoons
green curry paste

2-3 tablespoons fish
sauce

1 bunch basil, leaves
picked & torn if large

The idea for using Thai green curry paste as a sauce to season a stir fry came from my favourite food writer, Nigel Slater. To be honest I wasn't sure it would be very good but as usual when I trust St. Nigel everything turns out much more delicious than expected.

1. Heat a little oil in a wok or large frying pan on a super high heat. Stir fry the broccoli until it is bright green and starting to soften but still a little crunchy. About 4-5 minutes.

2. Remove broccoli from the pan. Add a little more oil then stir fry the chicken until no longer pink.

3. Add back the broccoli, curry paste and fish sauce. Stir until everything is hot.

4. Remove from the heat. Taste and season with more fish sauce and curry paste if needed.

5. Serve with basil leaves scattered over.

VARIATIONS

different veg – any stir fry veg will work here. Try bok choy, chinese broccoli, any chinese greens really, broccolini, cauliflower, red capsicum (bell peppers), zucchini (courgettes), carrots, snow peas (mange tout), green beans or a combo of any of the above.

vegetarian / vegan – replace the chicken with 2-3 large handfuls of cashew nuts. And season with soy sauce or salt instead of the fish sauce. And make sure your green curry paste is vegetarian. Most brands are but good to check.

can't find green curry paste? – most other curry pastes will be good but you'll need to adjust the quantity depending on the variety. OR just go for a simpler stir fry and use soy, oyster or hoisin sauce instead of the curry paste.

no fish sauce? – season with salt OR use soy sauce instead.



Green Curry Stir Fry...

VARIATIONS

different meat – replace chicken with minced (ground) beef, pork or turkey. You could also use sliced meat instead of the mince if you prefer.

more substantial – serve with roast cashew nuts and steamed rice on the side.

WASTE AVOIDANCE STRATEGY

broccoli – will keep for a few weeks in a plastic bag in the fridge. Can be frozen.

chicken – freeze.

curry paste, fish sauce – keep them in the pantry.

basil – make basil oil by packing washed and dried leaves in a clean jar and covering with extra virgin olive oil.





CHICKEN *with Pine Nut* SAUCE

Chicken with Pine Nut Sauce

ENOUGH
FOR 2

4 chicken thigh
fillets

100g (3.5oz)
pine nuts

1/2 clove
garlic

2 tablespoons
lemon juice

4 large handfuls
baby kale or other
salad leaves to
serve

Nut based sauces like this pine nut sauce are popular in Turkish cooking. They're usually called a 'tarator' and generally contain bread crumbs to keep the cost down. I prefer to use just nuts to avoid the gluten. Lovely with chicken but also brilliant with fish or use anywhere you'd normally serve hummus.

1. Preheat a large frying pan or skillet on a high heat.
2. Trim fat from chicken and bash with the palm of your hand so that the thigh fillets are an even thickness across. Rub with a little oil. Season.
3. Pop chicken into the pan and cook for 3-4 minutes on the first side.
4. Meanwhile, whizz pine nuts, garlic, lemon juice, 2 tablespoons water and 2 tablespoons extra virgin olive oil until you have a smoothish sauce. Taste and season.
5. Turn chicken when well browned and cook on the second side for another 3-4 minutes or until cooked through and no longer pink.
6. Divide sauce between 2 plates. Top with chicken and serve leaves on the side.

VARIATIONS

different meat – chicken breasts, 1 per person will work (bash them until flattened and about 1/2in thick before cooking). Also good with fish fillets (adjust cooking time and no need to bash) or pork chops. Lamb fillet or back straps will also be great.

vegetarian – replace chicken with sliced halloumi – just cook until golden on both sides. OR try serving the sauce and salad with a couple of fried eggs each.

vegan – replace chicken with eggplant 'steaks'. Slice 1 large eggplant crosswise and cook in oil until well browned on both sides and super tender. Will take about 5 minutes a side. You might like to increase the sauce recipe to make it more substantial too.

budget – replace pine nuts with cheaper nuts like cashews or almonds. Also consider using 1/2 nuts and 1/2 soft breadcrumbs.



Chicken with Pine Nut Sauce...

VARIATIONS

nut-free – serve chicken and salad with a yoghurt sauce (natural yoghurt seasoned with salt & pepper) or just use a good quality mayonnaise or aioli.

more substantial – serve with steamed rice, [cauliflower couscous](#) or warm flat bread.

WASTE AVOIDANCE STRATEGY

chicken thigh fillets - freeze them.

pine nuts – keep in the pantry.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.

lemon – will keep for months in a plastic bag in the fridge.

baby kale or other salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





BALSAMIC *Chicken*

Balsamic Chicken

ENOUGH
FOR 2

1 chicken or 8
drumsticks

2 onions, peeled
& chopped

1/2 cup balsamic
vinegar

4 tablespoons
butter

1 bag salad
leaves

I love vinegar and often treat myself to a little spoonful straight from the bottle. Balsamic is the one I go for when I feel the need for a little sweetness. I just love this simple chicken dish. The balsamic, onion and chicken juices cook down to form the most delicious sweet and sour sauce. So good!

1. Preheat your oven to 200C (400F).
2. If using the whole chicken chop it into 4 pieces by chopping down the backbone, down the front and then between the breast and thigh. Otherwise get your butcher to do this for you.
3. Place onion in an oven proof casserole dish. Top with chicken pieces, balsamic and butter. Bake, covered, for 30 minutes.
4. Remove the cover and bake for another 25-30 minutes or until the chicken is well browned and no longer pink in the middle.
5. Serve chicken and juices with salad leaves on the side.

VARIATIONS

different chicken – I prefer chicken on the bone for this. Marylands are great or thighs or drumsticks. Also lovely with duck marylands. If using boneless chicken be careful it doesn't overcook and dry out.

carnivore – replace chicken with 4 large pieces of osso buco or 4 beef short ribs. Increase cooking time to 3-4 hours at 180C. Uncover for the last 1/2 hour.

vegetarian / vegan – replace chicken with 4 large field or portabello mushrooms. And vegans will want to use extra virgin olive oil instead of the butter.

more substantial / carb lovers – serve with crusty bread and butter, steamed potatoes or toss in cooked pasta.

different vinegar / no sugar – replace the 1/2 cup balsamic with 1/4 cup other wine vinegar such as sherry or red wine vinegar. Or use apple cider vinegar.

more veg - add baby carrots, baby potatoes, parsnip, celery or button mushrooms.



Balsamic Chicken...

WASTE AVOIDANCE STRATEGY

chicken – freeze it.

onions / balsamic vinegar – keep them in the pantry.

butter – keeps in the fridge for months.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





THAI *Chicken* BALLS

Thai Chicken Balls

ENOUGH FOR 2

450g (1lb) minced
(ground) chicken

2-3 tablespoons Thai
red curry paste

2 kaffir lime leaves
or zest of 1 lime

1-2 limes, to serve

1 bunch each mint
and coriander
(cilantro), to serve

While lots of purists would scoff at the idea of using Thai curry pastes from the supermarket, I think they're one of the most brilliant ingredients. They add a huge flavour punch from a little jar that sits in the pantry waiting patiently for you to use it. Just keep an eye out for curry pastes that aren't loaded with sugar. There's a big difference between the different brands in my supermarket so it's worth while checking the labels.

1. Combine chicken mince, curry paste and lime leaves or zest in a medium bowl. Roll the mixture into golf ball sized balls.

2. Heat a little oil in a large frying pan. Cook chicken balls on a medium heat for 3-5 minutes each side, or until well browned and just cooked through.

3. Serve hot chicken balls with herbs and fresh lime on the side.

VARIATIONS

vegetarian / vegan – whizz drained firm tofu in the food processor until smooth. Add curry paste and lime leaves or zest and continue as per the recipe.

more substantial – serve with steamed rice or cooked rice noodles.

more veg – serve on a bed of raw grated cauliflower (cauliflower rice). You might like to add chopped raw green beans, red capsicum (bell peppers) or shelled peas to your chicken mince.

no thai curry paste – You should be able to order it from Asian grocery stores online. Or try to [make your own](#).

different curry paste – thai green or yellow curry pastes would be lovely. Also consider any Indian curry pastes (and change the name accordingly).

pescetarian – use chopped salmon or white fish fillets for amazing Thai fish cakes.



Thai Chicken Balls...

WASTE AVOIDANCE STRATEGY

minced (ground) chicken – freeze it.

Thai red curry paste – keep it in the pantry.

kaffir lime leaves – I keep mine in a ziplock bag in the freezer.

lime – will keep in a plastic bag in the fridge for months.

mint and coriander (cilantro) - best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal.





FIREY *Harissa* CHICKEN

Firey Harissa Chicken

ENOUGH
FOR 2

8 tablespoons
natural yoghurt

1-2 tablespoons
harissa

450g (1lb) chicken
thigh fillets

1/2 small
cauliflower, chopped

2-4 tablespoons
butter

1 bunch mint,
leaves picked

When I was first learning to cook I once made a 'firey' harissa chicken from a recipe in a magazine. There was a huge ingredients list and it took forever but the thing I remember most was using 50 red chillies in the marinade. My fingers burned for days after preparing so many chillies with no gloves. This version is a much more simple (and just as tasty) homage to that dish. See the variations if you're not sure about harissa.

1. Preheat oven to 180C (350F). Combine yoghurt and harissa. Taste and season.

2. Chop each thigh fillet into 2 pieces. Toss chicken in half the yoghurt mixture. If you have time you could let it marinate for up to 24 hours in the fridge. Or just keep going!

2. Place chicken on a baking tray. Bake for 25-30 minutes or until the chicken is just cooked through.

3. Meanwhile, whizz the cauliflower in the food processor until you have really fine 'grains' that look like couscous.

4. Melt butter in a large frying pan. Add cauli and cook until the cauli is hot. Season.

5. Serve chicken on a bed of the cauli 'couscous' with mint leaves on top and remaining spicy yoghurt spooned over.

VARIATIONS

no harissa? – harissa is a Tunisian spice paste. You can get it online or from good delis. It usually comes in a tube or a jar. You could substitute a chilli paste like sambal olek or even your favourite hot sauce. Another option is to finely chop a heap of fresh red chillies. Or try [making your own](#).

dairy-free – make a marinade using 1-2 tablespoons harissa and 4 tablespoons extra virgin olive oil. Serve drizzled with a little tahini or mashed avocado instead of the yoghurt sauce.

vegan / vegetarian – replace chicken with firm tofu. The yoghurt and harissa really add loads of flavour to tofu. Or replace chicken with sliced eggplant. You may need to cook a little longer. Another option is to replace chicken with a trimmed bunch of baby carrots for fiery harissa carrots. Vegans will need to see the 'dairy-free' suggestions.



Firey Harissa Chicken...

VARIATIONS

more substantial – serve with cooked quinoa, cooked lentils or couscous cooked according to the packet. You may also like to serve flat bread.

pescetarian - lovely with any fish fillets. Reduce the cooking time to about 20 minutes or less, depending on the size of your fish.

different meat – also great with lamb chops or steak.

different herbs - coriander (cilantro), flat leaf parsley, chives or basil.

WASTE AVOIDANCE STRATEGY

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.

harissa – pantry.

chicken thigh fillets – freeze it.

cauliflower – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

butter – keeps in the fridge for months.

mint – best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.





Chickpeas.



Chickpeas.

STORAGE BEST PRACTICES

STORE IN THE PANTRY.

CHICKPEAS RECIPES

BUTTER CHICKPEAS

SLOW COOKED CHICKPEAS

FALAFELS WITH HUMMUS

SPICED CHICKPEA SALAD

CHEESE & ONION CHICKPEAS

MOROCCAN SWEET POTATO TAJINE

ROAST TOMATOES WITH CHICKPEAS

HUMMUS

ADDICTIVE CAULIFLOWER WITH CHICKPEAS

EGGPLANT CHICKPEA CURRY

EGG 'FLOWER' SOUP

FISH CAKES WITH SPINACH





BUTTER *Chickpeas*

Butter Chickpeas

ENOUGH
FOR 2

2 tablespoons garam
masala

1 – 2 teaspoons dried
chilli flakes

1 can chickpeas
(400g / 14oz),
drained

1 can tomatoes
(400g / 14oz)

2 – 3 tablespoons
cream

If chickpeas aren't your thing feel free to use chicken, pork or even tofu. I like this hot so I tend to go for the 2 teaspoon quota of chilli flakes, but it's probably safer to start out with 1 teaspoon or even less if you are feeding people with heat-sensitive taste buds.

1. Heat a few tablespoons olive oil in a saucepan. Cook garam masala and chilli over a medium high heat for about 30 seconds.

2. Add drained chickpeas and cook for another minute or so.

3. Add tomatoes and their juices and bring to a fast simmer.

4. Cook for about 5 minutes, stirring every now and then and breaking up the tomato with a fork.

5. When the sauce has reduced a little, stir in the cream. Taste, season and serve.

VARIATIONS

dairy-free / vegan – replace cream with coconut milk.

carnivore – simmer chopped chicken thighs in the sauce until just cooked.

more substantial / carb lovers – serve with steamed rice / naan bread or other flat bread. Tortillas will also work.

no garam masala? – replace with 1 tablespoon of your favourite curry powder.

paleo – use coconut cream and chicken thighs instead of the chickpeas.

more veg – simmer veg in the sauce until tender. I love cauliflower, broccoli, red capsicum (bell peppers), carrots or snow peas. Baby spinach or other greens can be wilted into the sauce. Serve with coriander (cilantro) leaves or mint leaves.



Butter Chickpeas...

WASTE AVOIDANCE STRATEGY

garam masala, chilli flakes, chickpeas, tomatoes – keep in the pantry.

cream – freeze it or use for another meal.





SLOW *Cooked* CHICKPEAS

Slow Cooked Chickpeas

ENOUGH
FOR 4

chickpeas 500g
(1lb), soaked
overnight

2 onions, chopped

1 tablespoon ground
coriander

3 tablespoons
tomato paste

za'atar to serve
(optional)

salad leaves to serve

I used to struggle with cooking chickpeas until I discovered this method of cooking them slowly in the oven. It might take longer than boiling them on the stove but I love that I can just pop them in the oven and literally forget about them until they're done, rather than steaming up my kitchen and having to check them constantly. I love this version with flavourings but also cook them in plain water. If you have a block about soaking legumes, it's really not that hard and literally only takes a few seconds to set up. Just pop them in a bowl and cover with cold water. They can stand for a few hours up to a few days. And if your plans change and you don't have time to cook them when planned just drain the chickpeas and freeze until you have the time. Too easy.

1. Preheat your oven to 150C (300F).

2. Drain the soaked chickpeas and place in an oven-proof dish. Add onions, coriander and 6 cups water. Cover and cook for 3.5 hours.

3. Stir in tomato paste and remove the lid. Continue to cook for another 1/2 hour or until chickpeas are tender and the liquid has reduced. If they dry out at any stage just add more water.

4. Taste and season generously with salt. Serve sprinkled with za'atar (if using) with salad leaves on the side.

VARIATIONS

more substantial – serve with flat bread and extra virgin olive oil. Or try with a poached egg on top.

creamy – serve with a dollop of natural yoghurt or hummus.

carnivore – serve with browned sliced chorizo or other sausages. Or as a side to roast or BBQ chicken.

pescetarian – serve with drained canned tuna or sardines tossed through.

plain chickpeas – just cook in water and use anywhere you'd normally use canned chickpeas. Cooked chickpeas can be frozen.



Slow Cooked Chickpeas...

VARIATIONS

different legumes – replace chickpeas with any dried bean.

no za'atar – Za'atar is a Middle Eastern spice blend using dried thyme, sumac and sesame seeds. You could make your own using equal parts of each. Or just use some sesame seeds. Or forget about it all together.

paleo – use fresh beans instead of the chickpeas. No need to soak and reduce the water by half.

WASTE AVOIDANCE STRATEGY

chickpeas / onions / ground coriander / tomato paste / za'atar – keep them in the pantry.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.



FALAFELS *with* HUMMUS



Falafels with Hummus

ENOUGH
FOR 2

1 can chickpeas
(400g / 14oz),
drained

1 bunch flat leaf
parsley

1 egg

hummus, to serve

baby spinach, to
serve

The best falafels I ever had were in a tiny hole-in-the-wall workers restaurant in Amman, the capital of Jordan. I still remember the place was so busy and when we got a table there was no discussion over what we wanted. The server just came with flat bread, hummus and crisp light falafels freshly fried in a giant pot out the front. So good. For home cooked falafels I prefer to cook them under the grill rather than mess around with deep frying. It's quicker and for me far less intimidating. Yet still super tasty.

1. Preheat your overhead grill (broiler) on high.
2. Whizz chickpeas and parsley in the food processor until finely chopped. Stir in the egg. Season.
3. Roll the mixture into small balls about the size of a quail egg. Place the falafels on an oiled tray and drizzle with more oil.
4. Grill for 5-7 minutes or until firm when touched. Serve hot falafels on a bed of hummus with baby spinach on the side.

VARIATIONS

more traditional – serve with [tabbouleh salad](#) instead of the baby spinach.

no food processor - finely chop the parsley and mash together with the chickpeas using a fork.

more substantial – serve with warm pita bread or other flat bread on the side.

carnivore – brown some minced (ground) beef or lamb in a pan with a little oil. Sprinkle over the falafels before serving.

vegan / egg-free – try it without the egg. Traditional falafels don't use egg so it should be Ok. I just prefer to use egg for the extra protein and the insurance that my falafels won't fall apart.



Falafels with Hummus...

VARIATIONS

different legumes – some places use butter beans or lima beans instead of chickpeas. And others use a combo of chickpeas and beans. Fresh shelled broad beans are another great option.

home cooked chickpeas – are great. You'll need 250g (9oz) cooked chickpeas.

WASTE AVOIDANCE STRATEGY

chickpeas - keep them in the pantry.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

eggs – will keep in the fridge for a month or so. Or use for another meal.

hummus – will keep in the fridge for a few weeks. Can be frozen.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.





SPICED *Chickpea* SALAD

Spiced Chickpea Salad

ENOUGH
FOR 2

2 teaspoons baharat
or 1 teaspoon each
cumin and coriander

1 can chickpeas (400g
14oz), drained

2 tablespoons lemon
juice

2 handfuls cherry
tomatoes, halved

1 bunch flat leaf
parsley, leaves
picked

Chickpeas are one of my favourite ingredients because they're super tasty as well as providing lots of protein and fiber. They're also super convenient if you buy them in a jar or can and keep them in the pantry. I love a good chickpea salad. This one is a bit more exotic but if you're looking for a really simple option, see the variations below.

1. Heat a medium frying pan on a medium heat. Add a little olive oil, the spices and your chickpeas. Cook, stirring for a few minutes until everything is warm.

2. Mix lemon juice and 2 tablespoons extra virgin olive oil in a salad bowl. Season.

3. Toss in the warm spiced chickpeas, tomatoes and parsley. Serve warm.

VARIATIONS

super simple chickpea salad – toss chickpeas in a lemon juice dressing and sprinkle over grated parmesan. Add in salad leaves if you have them.

more wintery – when it's not tomato season I like to replace the cherry tomatoes with sun dried tomatoes or grilled eggplant from the deli.

home cooked chickpeas – are great. You'll need 250g (9oz) cooked chickpeas.

carnivore – brown some chopped chicken breast or thighs or some crumbled sausages in a little oil then add the spice and chickpeas.

more veg – sliced cucumber, snow peas or red onion adds a lovely fresh crunch. Grilled veg such as eggplant or zucchini or red peppers are also great.



Spiced Chickpea Salad...

VARIATIONS

more protein – lovely with a poached or boiled egg or two.

more substantial – see the carnivore option or toss in some torn pita bread or sourdough bread. Or serve salad in a wrap.

different spice – you could use ras el hanout (moroccan spiced blend) instead of the baharat. Or try smoked paprika.

WASTE AVOIDANCE STRATEGY

baharat, cumin and coriander / chickpeas - keep in the pantry.

lemon – will keep for months in a plastic bag in the fridge.

cherry tomatoes – either halve and cook in the oven for about 30 minutes (180C / 350F) OR just cook in a pan with a little olive oil. In either case store in an airtight container in the fridge for a few weeks. Or freeze the cooked tomato for longer periods.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.





Eggs.



Eggs.

STORAGE BEST PRACTICES

I KEEP MINE IN THE PANTRY
BECAUSE WE EAT A LOT OF
EGGS. THEY WILL LAST MUCH
LONGER IN THE FRIDGE.

EGG RECIPES

'PALEO' PANCAKES
EGG 'FLOWER' SOUP
OMELETTE WITH BASIL & GOATS CHEESE
SHASHUSKA
AIOLI
BEAN BOWL WITH A POACHED EGG
SHAVED CABBAGE & POACHED EGG SALAD
EGGY CHARD GRATIN
GREEN PANCAKES
FALAFELS WITH HUMMUS
FISH CAKES WITH SPINACH
SWEET POTATO BURGERS





'PALEO' *Pancakes*

'Paleo' Pancakes

PER PERSON

2 eggs

2 tablespoons
almond meal

aioli, natural
yoghurt or mayo
to serve, optional

salad leaves to
serve

These pancakes are gluten free because they use egg and almond meal, rather than flour like regular pancakes. They're also really sensitive to being overcooked so you need to watch them very carefully.

1. Heat a small frying pan on a medium high heat.
2. Whisk together eggs and almond meal in a small bowl.
3. Add a little oil to the pan. Add egg mixture and cook for about 2 minutes first side or until the egg looks set around the edges.
4. Carefully turn the pancake then cook for another 1-2 minutes or until just cooked through.
5. Serve asap with aioli or mayo on top and salad greens on the side.

VARIATIONS

sweet pancakes – cook in unsalted butter instead of the oil and serve with your favourite sweet pancake toppings instead of the aioli and salad. I love them with a big dollop of double cream and a drizzle of honey or maple syrup.

no almond meal? – Oat bran or chia seed bran works really well as a substitute (but isn't paleo!). Other bran like wheat bran would probably be fine. Don't try this with psyllium though.

carnivore – serve with crispy bacon.

pescetarian – serve with sliced smoked salmon, canned sardines or smoked trout. Or turn them into fish cakes by mashing in a drained can of tuna.

more veg – serve with cherry tomatoes or mushrooms that have been browned in a little butter.



'Paleo' Pancakes...

WASTE AVOIDANCE STRATEGY

eggs - will keep in the fridge for a month or so. Or use for another meal.

almond meal - keep in the pantry.

aioli, natural yoghurt or mayo to serve - most will keep in the fridge for weeks, if not months.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





EGG '*Flower*' SOUP

Egg 'Flower' Soup

ENOUGH
FOR 2

4 cups chicken or
vegetable stock

1 can chickpeas
(400g/14oz)

1-2 tablespoons soy
sauce

3-4 eggs, whisked

4 green onions,
optional

One of the first things we made in my home science class at school was the Chinese restaurant classic egg drop soup – crab and sweet corn. I remember at the time being super impressed with how adding the thin stream of beaten egg at the end gave the soup such an exotic texture. I then pretty much forgot about trying to make it myself until a few months ago, which is a long time between soups. I can't remember what inspired me to make a soup with egg in it, but I'm so glad I did! If you're wondering, the 'flower' in the title just refers to the beautiful and unique appearance the egg gives our soup.

1. Bring chickpeas and stock to the boil in a medium saucepan. Simmer for a few minutes. Season with soy sauce.

2. Turn the heat as low as possible. Slowly pour eggs into the soup in a fine stream, while stirring the soup constantly so you get lovely fine ribbons of egg.

3. Remove from the heat. Add chopped green onions (if using) and serve.

VARIATIONS

leftover-free – omit the green onions or replace with a bunch of chives chopped.

vegan / egg-free – replace eggs with an extra can of chickpeas. To thicken the soup puree with a stick blender so that some of the chickpeas are smooth and others still whole.

chickpea-free – replace chickpeas with a drained can of sweet corn. Or remove the kernels from 2 cobs of corn and simmer until cooked before adding the egg.

carnivore – for a chicken soup replace chickpeas with two finely sliced chicken breasts. Simmer until just cooked before adding the egg OR make an 'egg and bacon' soup by browning some chopped bacon and adding to the soup.



Egg 'Flower' Soup...

VARIATIONS

fancy – toss in a few handfuls of cooked crab meat.

no leftover green onions – If you used a whole bunch they would completely overpower everything. To avoid leftovers, either just omit them or replace with a bunch of chives chopped.

carb lovers / more substantial – serve soup with crusty bread or rice noodles cooked according to the packet.

WASTE AVOIDANCE STRATEGY

chicken or vegetable stock – pantry for cubes or tetra packs or cans. Home made stock can be frozen.

chickpeas, soy sauce – pantry.

eggs – will keep in the fridge for weeks or use for another meal.

green onions – skip them or keep in the fridge in a plastic bag for weeks.





OMELETTE *with Basil &* GOATS CHEESE

Omelette with Basil & Goats Cheese

PER PERSON

3 eggs

50g (2oz) goats
cheese

5-6 basil leaves

large handful
salad leaves to
serve, optional

It's hard to go past an omelette when you feel like a super quick, healthy meal. The possibilities are endless when it comes to additions and flavours but this goats cheese and basil combo is one of my all time favourites.

1. Preheat a small frying pan or omelette pan on a medium high heat.

2. Lightly whisk eggs in a bowl. Season.

3. Add a few glugs of oil or butter to the pan. Add eggs and cook for about 30 seconds. If they're sizzling too rapidly, turn the heat down.

4. After 30 seconds gently bring the cooked edges of the egg into the centre and let the raw egg flow out to the edges.

5. Top with goats cheese. When the egg is mostly cooked and set (about 1 minute or a little longer), slide the omelette onto your plate. Sprinkle over basil.

6. Serve with accompaniments on the side.

VARIATIONS

different cheese – finely grated parmesan, cheddar, ricotta, cottage cheese, crumbled feta, blue cheese.

vegetables / dairy-free – replace goats cheese with halved cherry tomatoes, sun dried tomatoes, cooked mushrooms, artichoke hearts in oil, finely shaved asparagus, shaved fennel, cooked zucchini or leftover roast potatoes.

carnivore – replace cheese with prosciutto, finely sliced salami, diced cooked bacon, or shredded cooked chicken.

fishy – replace cheese with smoked salmon, smoked trout, salmon roe, caviar, canned sardines, smoked oysters, cooked crab meat, lobster, canned tuna, canned salmon.

different herbs – lemony sorrel, thyme, basil, parsley, mint.



Omelette with Basil & Goats Cheese...

VARIATIONS

different accompaniments – baby spinach, salad leaves, shaved fennel, shaved zucchini, shredded kale, wilted kale, wilted spinach, a glass of wine!

vegan – try scrambled tofu instead.

richer – use butter instead of the oil and add a few tablespoons of cream or sour cream as you whisk the eggs.

WASTE AVOIDANCE STRATEGY

eggs - will keep in the fridge for a month or so. Or use for another meal.

goats cheese – keeps for months unopened in its packet. Or can be frozen.

basil – make basil oil by packing washed and dried leaves in a clean jar and covering with extra virgin olive oil.

olive oil – keep in the pantry.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.



Three roasted eggplants are shown on a dark, textured surface, likely a baking tray. The eggplants are dark brown, almost black, with a wrinkled, glossy skin. They are arranged in a triangular pattern. The eggplant in the foreground is slightly more in focus than the two behind it. The background is a dark, speckled surface.

Eggplant/Aubergine.



Eggplant/Aubergine.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

EGGPLANT/AUBERGINE RECIPES

SPICED EGGPLANT WITH YOGHURT
BABAGANOUSH & SPICED BEEF
EGGPLANT CHICKPEA CURRY





SPICED EGGPLANT *with Yoghurt*

Spiced Eggplant with Yoghurt

ENOUGH
FOR 2

2 eggplant
(aubergine)

2 teaspoons ground
coriander

150g (5oz) quinoa

1 bunch flat leaf
parsley or mint,
leaves picked

6-8 tablespoons
natural yoghurt

large handful pine
nuts, toasted

This dish was inspired by Yotam Ottolenghi in his fabulous book, Jerusalem. Well worth a read if you're like me and a big fan of Middle Eastern flavours.

It's up to you whether you eat the eggplant skins or just scoop out the tasty flesh. I like to eat the skins but my Irishman prefers to leave his behind.

1. Preheat oven to 200C (400F). Halve eggplant lengthwise then score the cut side by cutting in a chunky criss cross pattern. Place cut side up on a baking tray. Drizzle generously with olive oil and scatter over the ground coriander and a little salt and pepper.

2. Bake eggplant for 40 minutes or until very tender.

3. While the eggplant is cooking, bring a pot of water to the boil. Rinse quinoa and add to the boiling water. Simmer for 10 minutes until quinoa is just tender. Drain and toss with the parsley leaves.

4. When the eggplant is cooked, scatter over the quinoa parsley mixture. Drizzle with yoghurt and finish off with the pine nuts.

VARIATIONS

different spices – ground cumin, baharat, smoked paprika or a combo all work well with eggplant.

vegan / dairy-free - make a tahini sauce to replace the yoghurt by combining equal quantities of tahini, lemon juice and water.

carnivore – brown some ground (minced) lamb or beef in a pan and scatter over the quinoa.

nut-free – just skip the pine nuts or replace with some finely chopped red onion or red capsicum (bell pepper) for colour and crunch.

carb lovers / more substantial – serve with pita bread or double the quinoa.

short on time - use 6-8 slices of grilled eggplant from the deli.



Spiced Eggplant with Yoghurt...

WASTE AVOIDANCE STRATEGY

eggplant (aubergine) – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen if needed. Or cooked eggplant should last a month or so.

coriander, quinoa, pine nuts – pantry.

parsley – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen or make a parsley oil by packing the leaves into a clean jar and covering with extra virgin olive oil.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.





BABAGANOUSH & *Spiced* BEEF

Babaganoush & Spiced Beef

ENOUGH
FOR 2

2 medium eggplant

2 teaspoons baharat (or
1 teaspoon each ground
coriander and cumin)

2 steaks, sliced into
strips

2 tablespoons
tahini

2 tablespoons
lemon juice

baby spinach or
salad to serve

Babaganoush is a really lovely Lebanese dish of smokey eggplant. Traditionally the eggplant is charred on the outside using a fire or gas flame. I've used the overhead grill (broiler) in the recipe to make it easier for home cooks. But if you have access to a naked flame, by all means go for the more traditional method. You'll be rewarded by the extra smokey flavour.

1. Halve each eggplant lengthwise and place cut side down on a baking tray. Cook under an overhead grill (broiler) for 20 minutes or until charred on the outside and soft inside. Place in a bowl and cover with cling wrap.

2. Meanwhile combine spices with 2 tablespoons olive oil. Season and cover steaks with the spiced oil.

3. When the eggplant is cool enough to touch, remove and discard the skin. Place the flesh in a sieve and allow to drain. Coarsely chop the flesh and return to a bowl. Stir in tahini and lemon juice. Season taste and adjust as required.

4. Heat a BBQ or frying pan on a medium high heat. Cook steak strips for about 5 minutes, stirring as needed until browned on the outside but still pink in the middle.

5. Serve hot steak on a bed of the babaganoush with salad on the side.

VARIATIONS

whole steaks - keep steaks whole and cook for 3-5 minutes in a hot pan or until you're happy.

different meat – also lovely with lamb fillet, pork fillet, chicken breast or chicken thigh fillets.

vegetarian – replace steak with sliced halloumi.

vegan – replace steak with a drained can of chickpeas, white beans or lentils. Toss the legumes in the spiced oil and cook until hot.

no tahini – tahini is a nutty paste made from sesame seeds. The best substitute is sun butter (butter made from sunflower seeds) or use other nut butters such as cashew or peanut butter – the flavour will be different but still lovely. You could also substitute natural yoghurt.



Babaganoush & Spiced Beef ...

VARIATIONS

short on time – skip the eggplant and serve the spiced meat on a bed of commercial hummus.

more substantial – serve with pita bread or cooked couscous or quinoa or steamed rice on the side.

WASTE AVOIDANCE STRATEGY

eggplant (aubergine) – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen if needed. Or cooked eggplant should last a month or so.

baharat - keep in the pantry.

tahini – I keep mine in the pantry but will keep longer in the fridge if open.

steaks – freeze them.

lemon – will keep for months in a plastic bag in the fridge.

baby spinach /salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimy.





EGGPLANT *chickpea* CURRY

Eggplant Chickpea Curry

ENOUGH
FOR 2

2 medium eggplant

3-4 tablespoons
tomato paste

1 can coconut milk
(400mL / 14oz)

1 tablespoon curry
powder

1 can chickpeas (400g /
14oz), drained

1 bunch coriander
(cilantro) or mint,
leaves picked

I used to think that you needed more than curry powder to make a great curry, but after challenging myself to try it, I'm happy to say I was wrong. Of course, poor quality or old curry powder isn't going to give you as much flavour as a good quality curry. So I think it's worth tracking down a good spice merchant. There are plenty online but if you're in Australia I recommend [Herbie's](#) run by my mate Ian 'Herbie' Hemphill.

1. Preheat oven to 200C. Halve eggplant lengthwise then score the flesh by cutting a criss-cross pattern on the cut surface. I usually do about 3 slashes each way on the diagonal.

2. Place eggplant on a baking tray cut side up. Drizzle with a little oil and bake for about 40 minutes or until eggplant is very soft.

3. While the eggplant is roasting make the sauce. Place some cream from the top of the coconut milk in a frying pan and add curry powder. Cook on a medium high heat for about a minute or until the curry powder smells really lovely.

4. Add tomato paste and the rest of the coconut milk and bring to a simmer for about 15 minutes.

5. When the eggplant is cooked, chop into chunks and stir into the sauce with the chickpeas. Bring back to a simmer. Taste and season with salt and a little more curry powder if needed.

6. Serve with coriander or mint leaves on top.

VARIATIONS

carnivore – simmer some chopped chicken or beef in with the sauce until just cooked through. Either skip the chickpeas or add the meat in addition.

more substantial – serve with steamed rice or cauliflower 'rice' (raw cauliflower grated in the food processor or using a box grater).

different spices – try using a jar of Indian curry paste or 1-2 tablespoons garam masala.

no coconut milk – replace with cream and be careful to simmer gently so the cream doesn't split.

different veg - roast eggplant is really lovely in curries but you could substitute any roast veg such as sweet potato, red capsicum (bell peppers), cauliflower, parsnip, carrot, zucchini, potato. Other veg can be simmered in the sauce like broccoli, snow peas, frozen peas.



Eggplant Chickpea Curry...

VARIATIONS

different herbs - coriander (cilantro) is a favourite but mint, parsley and basil are all great.

different legumes – feel free to use any cooked legume such as beans, lentils or split peas. You want about 250g (9oz) drained cooked legumes. You could also skip the legumes and just double the vegetables.

WASTE AVOIDANCE STRATEGY

eggplant – will keep for a few weeks in a plastic bag in the fridge. For longer, slice and rub with oil and grill until soft and browned.

tomato paste / coconut milk / curry powder / chickpeas – keep them in the pantry.

coriander (cilantro) – freeze it in a plastic bag.

mint – use for another meal.





Fish.



Fish.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE IN THE PACKAGING THEY WERE PURCHASED IN. I GET THE FISHMONGER TO WRAP UP A BAG OF ICE TO KEEP MY FISH AS COLD AS POSSIBLE. IT MAKES A HUGE DIFFERENCE.

FISH RECIPES

FISH CAKES WITH SPINACH
QUICK FISH WITH 'BRAVA' SAUCE
FISH WITH ASPARAGUS
QUICK FISH PIE
BAKED FISH TAJINE
PESTO SALMON
FISH WITH FENNEL
PESTO TUNA PASTA
BAKED SALMON WITH HERBY YOGHURT
FISH WITH PEA PUREE
LEMON SNOWPEAS WITH FISH
ZUCCHINI 'SPAGHETTI' SALAD
CHILLI CON TUNA
TOMATOEY BEANS





FISH CAKES *with* SPINACH

Fish Cakes with Spinach

ENOUGH
FOR 2

1 large tin tuna in
oil (425g / 15oz),
drained

1 can chickpeas
(400g / 14oz),
drained

1 egg

1 bag baby spinach

mayonnaise,
natural yoghurt or
lemon juice, to serve

These fish cakes are essentially a great little pantry recipe because they're using canned tuna, chickpeas and an egg. If serving to young children feel free to change the name to 'pirate food with seaweed'.

1. Preheat an overhead grill or broiler.
2. Mash tuna and chickpeas together in a bowl using a fork or your hands. It's OK to leave a few chickpeas whole. Or just whizz it all together in your food processor.
3. Stir in egg and form mixture into fish cakes about the size of a golf ball.
4. Place fish cakes on a heat proof tray and drizzle with a little oil.
5. Cook under the grill (broiler) for about 5 minutes or until browned. Turn carefully, they can be partial to falling apart, and cook for another 3-5 minutes.
6. Meanwhile heat a little oil in a large pot and cook spinach, stirring, until just starting to wilt.
7. Serve fish cakes topped with mayo / yoghurt / lemon and serve spinach 'sea weed' on the side.

VARIATIONS

spicy – serve with your favourite hot sauce like sriracha or Tabasco.

vegetarian – replace tuna with an extra can of chickpeas or a can of cooked lentils and call them chickpea cakes.

more summery – don't wilt the spinach!

different fish – replace tuna with other canned fish such as salmon or use fresh fish that has been steamed or pan fried until just cooked and flaked into pieces.

carb lovers / more substantial – serve with home made fries.



Fish Cakes with Spinach...

WASTE AVOIDANCE STRATEGY

tuna, chickpeas – pantry.

egg – will keep in the fridge for weeks. Or use for another meal.

baby spinach – use for another meal or freeze. Can be frozen but will wilt when defrosted.

mayonnaise, natural yoghurt – will keep in the fridge for weeks. Or use for another meal as neither freezes well.





QUICK FISH *with 'brava' SAUCE*

Quick Fish with 'Brava' Sauce

ENOUGH FOR 2

2 fish fillets or
steaks

4 tablespoons
mayonnaise

1 tablespoon
tomato ketchup

1/2 teaspoon
tabasco sauce (or
more!)

2 large handfuls
washed salad
leaves, to serve

Inspired by Melbourne chef Frank Cammorra's latest book, *Movida*. Actually if you're ever in Melbourne make sure you go to one of Frank's restaurants. They're brilliant. I've used swordfish here but most fish will be lovely. If fish isn't your thing see below for other ideas.

1. Heat a frying pan on a medium high heat. Rub fish with a little oil and sprinkle with sea salt.

2. Cook fish for 3-4 minutes on each side or until you're happy.

3. While the fish is cooking stir together the mayo, ketchup & Tabasco. Taste and add more Tabasco if needed. Or if too hot add more mayo.

4. Serve fish with sauce spooned over and leaves on the side.

VARIATIONS

sugar-free – replace ketchup (tomato sauce) with tomato paste – add to taste but I'd start with 1-2 teaspoons. And make sure you're using a sugar-free mayo.

vegetarian – serve with pan fried halloumi or a couple of fried eggs.

vegan – use vegan mayo and serve with roast potatoes or sweet potato, or try it with pan fried eggplant 'steaks'.

egg-free – use a vegan mayo.

carnivore – replace fish with chicken thigh fillet or breast, pork fillet, pork chops, pork sausages or even a thick juicy steak. Also lovely with a simple roast chicken.

different fish – most fish fillets or steaks are good here or you could serve with smoked or canned fish such as tuna or sardines.

no tabasco? – replace with a splash of sherry vinegar and some dried chilli powder or chilli flakes. Fresh chilli finely chopped will also work.



Quick Fish with 'Brava' Sauce...

WASTE AVOIDANCE STRATEGY

fish – I try and use fish on the same day or next day that I buy it. Can be frozen in plastic bags. Or you can poach the fish by gently simmering in water or stock until almost cooked through. Poached fish will keep well in the poaching liquid in the fridge and then just gently reheat in the poaching liquid to serve.

mayonnaise & ketchup – keeps unopened in the pantry and opened in the fridge.

tabasco sauce – a pantry item!

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens.





FISH *with* ASPARAGUS

Fish with Asparagus

ENOUGH
FOR 2

2 fish fillets or
steaks

1 bunch asparagus,
stalks trimmed and
broken in half

1 tablespoon lemon
juice

1 bunch mint,
leaves picked and
torn if large

large handful goats
cheese

I love this with fish but the mint and asparagus also work really well with lamb cutlets or chops.

1. Heat a frying pan on a medium high heat. Add a little oil and cook the asparagus, stirring every few minutes until it is just tender. About 5 minutes.

2. Meanwhile, combine lemon juice with 2 tablespoons extra virgin olive oil in a bowl. Season.

3. Toss the cooked asparagus in the dressing and leave it to stand.

4. Add a little more oil to the pan and cook fish until golden on both sides, 2-3 minutes each side.

5. To serve, divide fish between two plates. Toss mint and asparagus in the dressing and scatter over the fish. Crumble over goats cheese and serve warm.

VARIATIONS

vegetarian – skip the fish and double the asparagus and goats cheese. Or serve minty asparagus with goats cheese and a poached egg.

vegan – skip the fish and cheese and serve the asparagus with chunks of avocado and roasted nuts such as brazil nuts or pine nuts.

dairy-free / paleo – replace goats cheese with roasted nuts such as brazil nuts or pine nuts or drizzle over a sauce made with 2 tablespoons each lemon juice, tahini, water and olive oil.

carnivore – replace fish with chicken thigh fillets, lamb cutlets or other lamb chops, or minute steaks.

not asparagus season? – no probs. Use green beans or frozen peas instead.

carb lovers / more substantial – serve with crusty bread & butter or home cooked fries.



Fish with Asparagus...

WASTE AVOIDANCE STRATEGY

fish – freeze them.

asparagus - can be frozen but best to use for another meal.

lemon – will keep for months in a plastic bag in the fridge.

mint – best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.

goats cheese – will keep in the fridge for weeks.



QUICK *fish* PIE



Quick Fish Pie

ENOUGH
FOR 4

1 large can tuna
in oil (425g /
14oz)

1/4 cauliflower,
grated

500g (1lb) full
fat ricotta

2 tablespoons
lemon juice

I've been on a mission to include more fish in my diet recently. I have to say while I do love cooking fresh fish, there's something so lovely about canned tuna. It's one of my favourite pantry ingredients.

1. Preheat your oven to 180C (350F). In a large bowl combine tuna, ricotta, cauliflower and lemon juice. Season.

2. Divide mixture between 4 x 1cup ramekins.

3. Cover and bake for 20 minutes then remove the cover and bake for 10-20 minutes or until pies are bubbling and hot.

4. Serve in the ramekins with a green salad or cool and store.

VARIATIONS

different fish - canned salmon also works well. You could also use chopped fresh fish fillets, just be careful you don't overcook them (test after 20 minutes).

ricotta alternatives – cottage cheese or home made bechamel sauce (or store bought sauce).

vegetarian – replace tuna with drained canned chickpeas.

carb lovers / budget – toss in some cooked pasta with the mixture before popping in the ramekins.

cheesey – sprinkle over grated cheese when you remove the cover and bake until golden and melted.

crunchy top – sprinkle over bread crumbs or almond meal either before popping in the oven or after you remove the cover.



Quick Fish Pie...

WASTE AVOIDANCE STRATEGY

tuna – pantry.

cauliflower – ungrated cauli will keep for weeks in a plastic bag in the fridge. Can be frozen but the texture isn't as good when defrosted.

ricotta – unopened tubs of ricotta usually have a shelf life of a few weeks. Otherwise use for another meal. Great on toast with honey for a decadent breakfast or use instead of cream with desserts.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.



BAKED *Fish* TAJINE



Baked Fish Tajine

ENOUGH
FOR 2

2 fish fillets

2 handfuls cherry
tomatoes, halved or
quartered

1 tablespoon [harissa](#)

150g (5oz) quinoa

1 bunch coriander
(cilantro), leaves
picked

This is one of my favourite methods of cooking fish because you can just pop it in the oven and do other things while dinner cooks itself. I also love that it doesn't make your entire house smell like fish, unlike other fish cooking methods. A tajine is just a Moroccan version of a stew. I've used a commercial harissa which is available from good delis or online. It's also really easy to [make your own](#).

1. Preheat your oven to 200C (400F). Bring a medium pot of water to the boil.

2. Oil 2 squares of foil. Place a fish fillet on top of each. Top with the tomatoes. Mix Harissa with 2 tablespoons extra virgin olive oil and drizzle over the fish. Season with salt.

3. Fold the foil to seal your two parcels. Place on a baking tray and bake for 12-15 minutes or until fish flakes when you touch it.

4. Meanwhile simmer quinoa for 10 minutes. Drain and leave to steam and cool in the colander.

5. To serve season quinoa and toss in a few tablespoons of extra virgin olive oil and half the coriander. Divide between 2 plates. Top each with the contents from the fish parcels and finish with the rest of the coriander.

VARIATIONS

carnivore – replace fish with chicken breasts or thighs. Increase cooking time to about 30 minutes or slightly less.

vegetarian / vegan – replace fish with field mushrooms or sliced eggplant. Increase cooking time to about 30-40 minutes.

different grain / no quinoa - serve with couscous, brown rice, farro or white rice (cooked according to the packet).

no harissa – [make your own](#) or replace with 1 tablespoon tomato paste, 1 tablespoon olive oil and 2 teaspoons chopped red chilli with the seeds removed.

more substantial – serve with pita bread or other flat bread. You could also serve with roast sweet potato or steamed spuds.



Baked Fish Tajine...

VARIATIONS

more veg - add other veg to the packages such as chopped red bell peppers (capsicum), small mushrooms, sliced zucchini, snow peas or green beans.

different herbs - basil, mint, flat leaf parsley, oregano or baby spinach.

WASTE AVOIDANCE STRATEGY

fish – I try and use fish on the same day or next day that I buy it. Can be frozen in plastic bags. Or you can poach the fish by gently simmering in water or stock until almost cooked through. Poached fish will keep well in the poaching liquid in the fridge and then just gently reheat in the poaching liquid to serve.

cherry tomatoes – either halve and cook in the oven for about 30 minutes (180C / 350F) OR just cook in a pan with a little olive oil. In either case store in an airtight container in the fridge for a few weeks. Or freeze the cooked tomato for longer periods.

harissa / quinoa – keep in the pantry.

coriander (cilantro) – freeze it in a plastic bag.



PESTO *Salmon*



Pesto Salmon

ENOUGH
FOR 2

2 salmon or other
fish fillets

1/2 small
cauliflower

6-8 tablespoons
pesto

1 lemon

As much as I love salmon, the healthiest (and tastiest) version is wild caught salmon, not the farmed stuff which tends to be fed grains. Of course then there's the problem of the sustainability of wild fish. Eek! The good news is that this dish tastes brilliant with any fish so feel free to use whatever best suits your situation.

1. Heat a frying pan on a medium high heat. Sprinkle fish with salt and rub with a little oil and pan fry (non skin side down first) for 3-4 mins each side.

2. Grate cauliflower using your food processor or a grater.

3. Divide raw cauli between two plates. Top with salmon, pesto and lemon halves.

VARIATIONS

no food processor – just chop the cauli as finely as you can with your knife.

carnivore – replace salmon with lamb cutlets or other lamb chops, pork cutlets or steak.

vegetarian - replace salmon with pan fried mushrooms or sliced eggplant. You'll need to cook each until tender and it will take longer than the salmon but not too much longer.

dairy-free – use a pesto that doesn't contain cheese.

home made pesto – just whizz together a bunch of basil leaves, 1 clove garlic, handful pinenuts and handful grated parmesan. Add enough extra virgin olive oil to make a chunky paste and season well with salt and pepper. Sometimes I add a splash of lemon juice if my basil wasn't super fragrant.



Pesto Salmon...

VARIATIONS

vegan – combine vegetarian and dairy-free options.

no cauliflower – serve with salad leaves or baby spinach instead. Raw cauli is much tastier than you'd think. I really encourage you to try it some time although a better place to start would be with a hot strongly flavoured curry.

more substantial – serve with steamed rice or potatoes in any form.

WASTE AVOIDANCE STRATEGY

salmon or other fish fillets – I try and use fish on the same day or next day that I buy it. Can be frozen in plastic bags. Or you can poach the fish by gently simmering in water or stock until almost cooked through. Poached fish will keep well in the poaching liquid in the fridge and then just gently reheat in the poaching liquid to serve.

cauliflower – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

pesto – keeps unopened in the pantry and opened in the fridge.

lemons – will keep for a few weeks at room temp or for much longer in the fridge.





Fennel.



Fennel.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

FENNEL RECIPES

FISH WITH FENNEL
ROAST FENNEL & CHICKEN
PORK & FENNEL BURGERS





FISH *with* FENNEL

Fish with Fennel

ENOUGH FOR 2

2 tablespoons
lemon juice

1 bulb fennel or
2-3 bulbs baby
fennel

2 teaspoons
sumac or zest of
1 lemon

3 tablespoons
flour

2 fish fillets

handful pine
nuts, optional

This year we've been trying to have fish at least once a week. I'm loving the chance to explore the world of fish cookery. Fish and fennel is a classic combo and I think my favourite version is this shaved fennel salad which adds lovely crunch and freshness.

1. For the salad, combine lemon juice and 2 tablespoons extra virgin olive oil in a bowl. Trim and discard fennel stalks but save some of the leafy fronds. Shave the fennel into super fine slices using a mandolin or sharp knife and a steady hand.

2. Toss fennel in the dressing then finely chop the fronds and add them as well.

3. Heat a frying pan on a medium high heat. Mix flour and sumac or lemon zest in a plastic bag. Add a big pinch of salt. Toss fish in the seasoned flour then shake to remove any excess flour.

4. Add a little oil to the pan and cook fish for 2-3 minutes on each side or until golden brown and just cooked through. Best to cook the non-skin side first to avoid curling.

5. Divide salad between 2 plates. Top with hot fish and scatter over pine nuts (if using).

VARIATIONS

carnivore – this salad works well with pork chops or chicken thigh fillets. It's optional whether you dust the chicken or pork in flour but it does add a lovely crust.

gluten-free – use GF flour. I like chickpea flour because it's high in protein and iron but any flour will work. You could also skip the flour but it does add a lovely golden crust to the fish.

vegetarian - serve the shaved fennel salad with these [chickpea burgers](#) or with pan fried halloumi (no need to dust the cheese with flour).

vegan – serve the salad with cooked lentils or chickpeas and a drizzle of tahini mixed with equal parts of lemon juice and water.

different spice – sumac is a red middle eastern spice that has a lovely fresh lemon flavour. It's available from spice merchants online. The best substitute is lemon zest but you could use ground coriander or the Moroccan spice blend 'ras el hanout' instead.



Fish with Fennel...

VARIATIONS

different veg – other shaved salads that would work well with fish include zucchini or carrot. Finely chopped snow peas are another option.

nut-free – just skip the pine nuts or replace with a dollop of garlicky mayo or some toasted bread crumbs.

more substantial / carb-lovers – serve with crusty bread and butter or easy home made fries or potato crisps out of a packet. Mashed potato is also surprisingly great with fish.

WASTE AVOIDANCE STRATEGY

lemon – will keep for months in a plastic bag in the fridge.

fennel – will keep for a few weeks in a plastic bag in the fridge.

sumac / flour / pine nuts – keep in the pantry.

fish fillets – freeze them.





ROAST *Fennel* & CHICKEN

Roast Fennel & Chicken

ENOUGH
FOR 2

450g (1lb) chicken
thigh fillets

1 jar tomato pasta
sauce

(1.5 cups)
2 tablespoons butter

2 bulbs fennel,
sliced

2 handfuls black
olives (optional)

1 bag baby spinach

I love meals like this that you just pop in the oven and set the timer than get on with other things while dinner makes itself. They're also great because they can be cooked or partially cooked ahead of time and then reheated in the oven. Super versatile and super tasty! Vegetarians note that roast fennel like this is a brilliant veggie main course.

1. Preheat your oven to 180C (350F).
2. Place chicken, sauce, butter and fennel in an oven proof dish. Season. Bake for 45 minutes to 1 hour or until chicken is cooked through and the fennel is soft.
3. Add the olives in the last 5 minutes (if using).
4. Serve chicken, veg and sauce with baby spinach on top.

VARIATIONS

vegetarian / vegan – replace chicken with double the amount of fennel, 2 small halved eggplant, 4 field mushrooms or tofu. And olive oil for butter, if needed.

dairy-free – replace butter with extra virgin olive oil.

more substantial – serve with steamed rice, cooked quinoa or hot buttered pasta.

more / different veg – add sweet potatoes, zucchini, eggplant, red bell peppers (capsicum), onion, parsnip, carrots.

pescetarian – use fish fillets and add them half way through cooking.

carnivore – replace chicken with pork sausages or add in some chopped bacon or pancetta.



Roast Fennel & Chicken ...

WASTE AVOIDANCE STRATEGY

chicken thigh fillets – freeze them.

pasta sauce – keep in the pantry.

butter – keeps in the fridge for months.

fennel – will keep for a few weeks in a plastic bag in the fridge.

olives – will keep for months in the fridge.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.





PORK & *Fennel* BURGERS

Pork & Fennel Burgers

ENOUGH
FOR 2

450g (1lb) minced
(ground) pork

2 teaspoons fennel
seeds

2 tablespoons
lemon juice

1 large bulb fennel

1 bag rocket
(arugula) leaves

mayonnaise, to
serve

Pork and fennel is one of my favourite sausage flavour combos. So no surprises that it also translates to a tasty burger! The other thing I love about this dish is the layering of fennel seeds with the fresh fennel in the salad.

1. In a bowl combine pork and fennel seeds. Season and form into 2 patties.

2. Heat a frying pan on a medium high heat. Rub burgers with a little oil and cook for 4-5 minutes or until no longer pink in the middle.

3. Meanwhile combine lemon with 2 tablespoons extra virgin olive oil. Season. Shave fennel using a mandolin or sharp knife.

4. Toss shaved fennel in the dressing with the rocket.

5. Place cooked burgers on 2 plates. Top with salad and drizzle over the mayo.

VARIATIONS

vegetarian – add fennel seeds to these [chickpea burgers](#).

vegan – used [these lentil burgers](#) and vegan mayo.

egg-free – use natural yoghurt instead of the mayo or use a commercial vegan mayo.

no fennel – replace with 2 small zucchini or just use more salad leaves.

different meat – chicken, turkey or even beef are all good.

more substantial – serve on burger buns.

no fennel – just skip it. Or replace with some fresh red chilli.

pescetarian – use finely chopped fish or cook fish fillets with the fennel seeds and serve with the salad and mayo.



Pork & Fennel Burgers...

WASTE AVOIDANCE STRATEGY

minced (ground) pork – freeze it.

fennel seeds - keep in the pantry.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

bulb fennel – keeps in the fridge in plastic bag for a few weeks. Best to use for another meal.

rocket – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.

mayonnaise – unopened in pantry or in fridge once opened.



A white ceramic baking dish with a blue rim is filled with several slices of roasted pears. The pears are cut into wedges and show a golden-brown, caramelized exterior and a soft, pale interior. The dish is placed on a light-colored wooden surface with visible grain. The word "Fruit." is overlaid in a dark blue, serif font, centered over the lower half of the dish. Below the text is a decorative horizontal line with a small floral or leaf-like motif in the center.

Fruit.

Fruit.

FRUIT RECIPES

VANILLA ROAST PEARS WITH ICE CREAM

COCONUT BERRY SWIRL

BUTTERED PEACHES

FERGAL'S PRUNES





VANILLA ROAST *Pears with* ICE CREAM

Vanilla Roast Pears with Ice Cream

ENOUGH
FOR 4 TO 6

4-6 pears

2-3 hunks of
butter

1 vanilla
bean, finely
sliced or 1
teaspoon vanilla
extract

vanilla ice cream,
to serve

Roasting fruit like this is brilliant for enhancing the natural sweetness without having to rely on adding processed sugar. Fergal just loves these pears and will happily gobble up 4 or 5 quarters in one sitting. They make a super lovely dessert for adults too. The quantities are totally a guideline, you can double or halve the recipe depending on how much fruit you need to have on hand.

1. Preheat your oven to 180C (350F). Quarter your pears and remove core.
2. Layer pears in a baking dish. Top with butter and vanilla. Cover with foil and baked for 30 minutes.
3. Remove foil and stir. Return to the oven uncovered this time and bake for another 20-30 minutes or until the pears are soft and slightly browned.
4. Serve warm with big scoops of ice cream.

VARIATIONS

no vanilla? - just skip it or replace with a cinnamon stick.

dairy-free – replace butter with coconut oil or just skip it.

vanilla 'essence' – this is basically fake vanilla flavour. I prefer to use real vanilla beans or real vanilla extract. But if 'essence' is all you can get a little will be OK.

different flavourings – replace the vanilla with lemon zest, a cinnamon stick, a very small piece of star anise.

more 'saucy' – add 1/2 cup dessert wine to the pears before covering with foil.

short on time – serve fresh berries with ice cream.



Vanilla Roast Pears with Ice Cream...

WASTE AVOIDANCE STRATEGY

pears, apples, peaches, nectarines, apricots or plums – will keep for a few weeks (depending on how ripe they are) in a plastic bag in the fridge. For longer storage just pop them in the freezer to defrost and cook later.

butter – keeps in the fridge for months.

vanilla bean – pantry.





COCONUT *Berry* SWIRL

Coconut Berry Swirl

ENOUGH
FOR 2

2 handfuls
berries

1-2 teaspoons
sugar (optional)

2 large scoops
coconut yoghurt

Berries have to be the best when it comes to quick, healthy desserts that taste amazing. I love to mash them and swirl through cream or coconut yoghurt as I've used here. Both fresh and frozen berries work well.

1. Mash berries in a small bowl with a fork. If they need some sweetness add a little sugar if you like.

2. Scoop yoghurt into two bowls then swirl your berry mash through the coconut.

VARIATIONS

different berries – I used mulberries in the photo but any berry can be used. Raspberries are my favourite here. For firmer berries like strawberries you might like to puree in the food processor.

no swirl – if you can't be bothered with the mashing and swirling, just serve berries on top of the yoghurt.

no coconut yoghurt – health food stores should be able to source commercial coconut yoghurt for you. Or try [making your own](#).

dairy-lovers – replace coconut yoghurt with natural yoghurt, double cream, whipped cream or mascarpone.

more decadent – replace coconut yoghurt with vanilla ice cream.

crunchy – top with some roast sliced almonds.

more substantial - lovely with hot buttered toasted brioche or other sweet bread.



Coconut Berry Swirl...

WASTE AVOIDANCE STRATEGY

berries - use for another meal or freeze them.

sugar – keep in the pantry.

coconut yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.





BUTTERED *Peaches*

Buttered Peaches

ENOUGH
FOR 2

2-3 ripe peaches,
sliced into
wedges

2-3 tablespoons
unsalted butter

1/2 vanilla bean
(optional)

mascarpone or
cream, to serve

I used to think that fruit for dessert was a bit boring. But having a baby in the house who loves fruit, I've changed my mind. Fruit can be a really delicious dessert as long as you use great quality produce and treat it with a little love and some (unsalted) butter!

1. Heat a small frying pan on a medium heat. Add butter and when it melts add peach wedges.

2. If using vanilla, scrape the seeds and add to the pan. Save the stalk for another use.

2. Cook peaches, stirring every few minutes until the peaches are warm and just a little bit browned in places. About 5 minutes.

3. Serve warm peaches and the pan juices topped with mascarpone or cream.

VARIATIONS

pantry – use a drained can of peaches instead. I prefer peaches packed in juice, not the extra sweet sugar syrup.

different fruit – lovely with any stone fruit such as nectarines, plums or apricots. Also lovely with pears or apples (add a pinch of cinnamon).

dairy-free – serve with [coconut yoghurt](#) or coconut cream instead.

more substantial – serve with roasted almonds or crumbled sweet biscuits (cookies) such as shortbread.

different accompaniments – creamy ricotta, sour cream, double cream, vanilla ice cream are all good.



Buttered Peaches...

WASTE AVOIDANCE STRATEGY

peaches – will keep for a few weeks (depending on how ripe they are) in a plastic bag in the fridge. For longer storage just pop them in the freezer to defrost and cook later.

butter – keeps in the fridge for months.

vanilla bean – keep in the pantry.

mascarpone or cream – freeze it or use for another meal.





FERGAL'S *Prunes*

Fergal's Prunes

ENOUGH
FOR 2

8-12 pitted
prunes

mascarpone or
thick cream, to
serve

I didn't used to appreciate prunes. I just associated them with keeping 'regular' and not much more. But when Fergal needed some help in that department I started buying prunes. He loved them so much I used to worry he would turn into a tiny prune. A brilliant side effect of all of this is that I now love prunes as much as Fergal. They're delicious and have a fraction of the sugar of dates or figs. And who doesn't love getting a bit of extra fiber with dessert?

1. Place prunes in a heatproof bowl. Cover with boiling water and stand for about 5 minutes. (But if you have a hungry baby nearby, just stand for 30 seconds).

2. Drain prunes. Divide between 2 little bowls and serve topped with the cream or mascarpone.

VARIATIONS

chocolate – prunes love chocolate. Either just shave over your favourite dark chocolate or melt some and drizzle it over the cream.

different accompaniments – also lovely with vanilla ice cream, double cream or whipped cream.

vegan / dairy-free – serve with coconut cream or [coconut yoghurt](#).

different fruit – any dried fruit can be used here. Apricots are lovely as are dates or figs.

crunchy – top with some roast sliced almonds.

boozy – Add a little brandy, baileys, frangelico or tia maria to the prunes after they've been soaked and drained.



Fergal's Prunes...

WASTE AVOIDANCE STRATEGY

prunes – keep in the pantry.

cream – freeze it or use for another meal.

mascarpone – use for another meal.





Green Beans.



Green Beans.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

GREEN BEAN RECIPES

TOMATOEY BEANS
BEANS & CHEDDAR
BROAD BEANS & BEEF





TOMATOEY *Beans*

Tomatoey Beans

ENOUGH
FOR 2

4 tablespoons
butter

1 clove garlic,
finely chopped

1 can tomatoes
(400g / 14oz)
chopped

450g (1lb) green
beans, stalk ends
trimmed.

1 can tuna (or
sardines!)

I used to have a weird feeling that beans shouldn't be cooked with tomatoes. And same for tuna and tomatoes. And then I went to Italy and had two dishes in the one meal that blew away both of those preconceptions. To take it a step further I wanted to celebrate my liberation from tomato prejudice and serve not only tomatoes and beans but tomatoes and tuna in the one dish!

1. Melt butter in a medium pot and cook garlic 15-30 seconds.

2. Add the tomatoes and beans. Cook covered on a med high heat, stirring every few minutes. Allow 10-15 minutes or until the beans are just past being crunchy.

3. Taste and season with salt and pepper. Serve hot beans with tuna (or sardines) on top.

VARIATIONS

vegan – serve with black olives instead of the tuna. And replace butter with extra virgin olive oil.

vegetarian – serve beans with a poached egg or 2. Or replace tuna with crumbled feta or a dollop of ricotta.

dairy-free – replace butter with olive oil.

carnivore – brown some minced (ground) beef, sliced chicken breast or thighs, or crumbled sausages in the butter before adding the tomatoes.

more substantial – add a drained can of beans or chickpeas with the tomatoes or toss in some drained cooked pasta after the beans are cooked.

different veg / legumes – asparagus, sliced zucchini, cooked dried beans such as cannellini, shelled broad beans, shelled borlotti beans. Also great with cooked lentils.



Tomatoey Beans...

WASTE AVOIDANCE STRATEGY

butter – keeps in the fridge for months.

garlic – keeps in the pantry in a brown paper bag.

tomatoes / tuna – keep in the pantry.

green beans – can be frozen but best to use for another meal.





BEANS & CHEDDAR

Beans & Cheddar

ENOUGH
FOR 2

450g (1lb) green
beans

4 handfuls
grated cheddar
cheese

salad or baby
spinach leaves to
serve

Green beans aren't something I cook that often. I'm not really sure why because every time I do use them I'm always so happy that I did. For me the secret to cooking green beans is to keep cooking them until they're no longer crunchy but not yet too soft. It can be a delicate balance but makes all the difference.

1. Trim the stalk ends from the beans but leaves the pretty tails.

2. Heat a little oil in a medium pan and add the beans and a splash of water. Cover and cook, stirring every now and then for 10-15 minutes or until the beans are cooked to your liking.

3. Add the cheese and let it melt a little from the heat of the beans. Or if you prefer, pop everything under the grill to brown the cheese (I don't bother).

4. Taste and season with salt and pepper. Serve beans with salad leaves on top.

VARIATIONS

different veg – I also love cheesy broccoli, cauliflower, green peas, snow peas or zucchini. You'll need to adjust the cooking time accordingly.

different cheese – I love the sharp 'cheesiness' of cheddar with the fresh beans but any melting cheese will be fine. Try emmental, swiss, gruyere, parmesan or you could go for a creamy cheese like ricotta or goats cheese.

vegan/ dairy-free – served cooked beans topped with chunks of avocado and a squeeze of lemon or lime. Or make a sauce of equal parts tahini, lemon juice and water and serve the sauce drizzled over the beans. Or serve with dairy-free pesto or even hummus.

more substantial – toss in some drained cooked pasta or cooked grains such as quinoa or brown rice before adding the cheese.



Beans & Cheddar...

VARIATIONS

carnivore – serve as a side to pan fried or grilled chicken, fish, steak or lamb chops.

fresher – depending on your cheese, you might like to add a squeeze of lemon.

herby – beans are lovely with a little chopped parsley, dill or tarragon sprinkled over.

WASTE AVOIDANCE STRATEGY

green beans – can be frozen but best to use for another meal.

cheddar cheese – most hard and melting cheeses will keep for weeks wrapped in waxed paper or baking paper and stored in an airtight container (or sealed ziplock bag) in the fridge. If you need to store for longer cheese can be frozen.

salad or baby spinach leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.



BROAD *Beans* & BEEF



Broad Beans & Beef

ENOUGH
FOR 2

450g (1lb)
shelled broad
beans

1 onion, peeled &
chopped

450g (1lb)
minced
(ground) beef

1 bunch mint or
parsley, leaves
picked

1 lemon

Broad beans are one of my favourite vegetables but they are a lot of work. And I mean A LOT! They're probably the most labour intensive vegetable because they need to be peeled from the pod and then blanched and peeled to remove the papery skins. I do think they're worth the effort but you're welcome to use frozen peas instead if you're in a hurry. If you ever see a recipe that doesn't get you to peel the papery skins, don't trust them. Broad beans are nowhere near as nice with the skins on.

1. Bring a pot of water to the boil. Add broad beans and simmer for 2 minutes. Drain and place in a bowl of cold water. When cool enough to touch, remove and discard the papery skins.

2. Add a little oil to a large frying pan and cook onion on a medium heat until soft.

3. Increase the heat to medium high and cook beef, stirring every few minutes until the beef is well browned. About 10 minutes.

3. Add peeled broad beans to the beef and allow to warm through.

4. Remove from the heat and add a splash of lemon and the mint. Taste and season with salt, pepper and extra lemon if needed and serve in bowls.

VARIATIONS

broad beans in the pod – you'll need about 1kg (2lb) to generate the 450g (1lb) shelled broad beans needed here.

short on time – frozen broad beans are a great time saver and are another option if it isn't broad bean season. Although you will still need to peel the papery skins.

different veg – frozen or fresh podded peas are great. No need to boil them, just cook in the pan with the beef. Green beans, broccoli or broccolini could all be used. Just chop the veg and simmer until still a little bit crunchy.

different herbs – parsley, mint, basil or salad leaves or baby spinach.



Broad Beans & Beef...

VARIATIONS

carb lovers / more substantial – serve on a bed of cooked spaghetti or mashed potato.

spicy – add a little chopped red chilli and / or 2 teaspoons baharat (Lebanese spice blend) or 2 teaspoons ground cumin.

vegetarian / vegan – replace beef with cooked lentils (400g / 14oz).

WASTE AVOIDANCE STRATEGY

broad beans – can be frozen but best to use for another meal.

onion – pantry.

minced (ground) beef - freeze it.

mint – best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.

parsley – will keep for about 2 weeks wrapped in a plastic bag in the fridge. For longer can be frozen, will wilt when you defrost it but still edible.

lemon - will keep for months in a plastic bag in the fridge.





Herbs.



Herbs.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

HERB RECIPES

HERBY GREEN CHICKEN
PESTO TUNA PASTA
CORIANDER LAMB
OREGANO & FETA STEAKS
BAKED SALMON WITH HERBY YOGHURT
SICILIAN NUT PESTO
CORIANDER SPLIT PEAS
BROCCOLINI BEEF & BASIL
OMELETTE WITH BASIL & GOATS CHEESE
QUINOA WITH BASIL & PEAS
LAMB CUTLETS WITH MINT & ALMOND PESTO





HERBY *Green* CHICKEN

Herby Green Chicken

ENOUGH FOR 2

1 bunch coriander
(cilantro)

1 bunch flat leaf
parsley

2-4 small red chillies

2 tablespoons soy sauce

6-8 tablespoons
neutral flavoured oil

4 chicken thigh fillets

2 limes, to serve

4 handfuls baby
spinach, to serve

This is one of those brilliant dinners that you can just pop in the oven and let dinner practically cook itself. The chicken can be marinated in the sauce for up to about 36 hours if you like. But it's still delish if you don't have time. I love how the herby marinade keeps everything moist and fresh at the same time.

1. Preheat your oven to 200C (400F).
2. Whizz coriander leaves and stems, parsley leaves and stems, chilli, soy sauce and oil until you have a chunky paste.
3. Toss chicken in the herb mixture. Marinate for up to 36 hours in the fridge or cook straight away.
4. Lay chicken fillets out flat in an oven proof dish and pour over the herb mixture.
5. Bake for 20-25 minutes or until chicken is no longer pink in the middle.
6. Serve on a bed of baby spinach with limes on the side.

VARIATIONS

vegan – marinate and roast some tofu or mushrooms instead. Root veg like sweet potato, carrots or parsnip could be cooked like this. As could asparagus or sliced zucchini (courgettes) OR replace chicken with 2 drained cans chickpeas – will just need to roast for 15-20 minutes.

vegetarian – try roast halloumi. Will take about 15 minutes or less OR replace chicken with 2 drained cans chickpeas – will just need to roast for 15-20 minutes.

different herbs – you could just use either coriander or parsley. Basil or oregano are also good.

more substantial – serve with [cauliflower couscous](#), regular couscous or [cooked quinoa](#).

more veg – toss in baby carrots, chopped red or green peppers (capsicum), mushrooms or zucchini in with the chicken and marinade.



Herby Green Chicken...

VARIATIONS

different meat / fish – try chicken breasts (will take a little longer to cook), chicken on the bone such as wings or drumsticks (will take 45mins or so), whole chicken cut into pieces (about 1 hour), whole chicken butterflied (cut down the back bone and flattened out like a book), pork chops, fish fillets (will take about 15 mins or less depending on how thick), whole fish (about 1/2 hour depending on size), pork sausages will also work (about 1/2 hour), lamb cutlets (about 15 – 20 mins).

budget – serve with steamed rice or cauliflower rice and just serve 1 thigh fillet per person.

WASTE AVOIDANCE STRATEGY

coriander (cilantro) & parsley – make a herby pesto or freeze (will wilt when defrosted).

red chills – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

soy sauce / oil – keep them in the pantry.

chicken – freeze it.

limes – will keep in a plastic bag in the fridge for months.

baby spinach – either cook and wilt it down and keep in the fridge for a few weeks. Or freeze for longer storage (will wilt when defrosted).





PESTO *Tuna* PASTA

Pesto Tuna Pasta

ENOUGH
FOR 2

150g (5oz)
short pasta (I
used gluten-free
pasta)

5-6 tablespoons
pesto

2 x 185g cans (2
x 6oz) tuna in
oil, drained

1 bag baby
spinach

This recipe was something I discovered when I was home alone a few weeks ago. I felt like something super comforting yet light at the same time. Not always an easy brief to fill. I've made pesto based pastas and tuna based separately for years but the whole idea to combine the two was a new one for me. And I'm glad I got there. Better late than never. The pesto brings lovely freshness and zesty flavour and the tuna provides subtle protein, which makes this dish great for anyone who is a bit hesitant about eating fish. I've been experimenting with gluten-free pastas lately and have been pleasantly surprised with the results. Feel free to use your own favourite pasta or see below for other options.

1. Cook pasta in salted boiling water until al dente (see the packet for times).
2. Drain pasta and return to the pot.
3. Stir in the pesto, tuna and baby spinach. Season and serve hot.

VARIATIONS

budget – increase the pasta to 250g (9oz) and reduce the tuna to one can.

fresh – serve with a squeeze of lemon.

vegan – replace the tuna with 2 handfuls cashews or other nuts and use a dairy-free pesto (just make regular pesto and skip the cheese).

vegetarian – replace tuna with fresh cheese such as ricotta or goats cheese. OR increase the pasta to 250g (9oz) and replace tuna with 2 large handfuls roasted cashews.



Pesto Tuna Pasta...

VARIATIONS

grain-free / slow carb – replace pasta with cooked or canned butter beans or chickpeas or cooked quinoa – you'll need about 300g (11oz) cooked legumes. Heat your beans / chickpeas in a little oil then stir in remaining ingredients.

paleo - pan fry sliced zucchini (about 3 medium) in a little oil until soft. Skip the pasta and stir the remaining ingredients into the hot zucchini.

gluten-free - use GF pasta or replace with canned or cooked white beans.

carb lovers / more substantial – double the pasta.

WASTE AVOIDANCE STRATEGY

pasta , tuna - pantry.

pesto – in a jar will keep in the pantry for months. Fresh pesto will keep in the fridge for weeks. Can be frozen.

baby spinach – best to use for another meal. Can be frozen but will wilt when defrosted.





CORIANDER *Lamb*

Coriander Lamb

ENOUGH
FOR 2

1 tablespoon ground
coriander

450g (1lb) lamb
fillet, sliced

1 can coconut milk
(400mL / 14oz)

1 head broccoli,
chopped

1 bunch coriander,
leaves picked

1 lemon or lime

Coriander and lamb isn't a combo you see together very often. I first came across it in a Nigel Slater recipe. I love the contrast between the rich meaty lamb and the fragrant herb. Of course if lamb isn't your thing, see the variations for ideas.

1. Combine ground coriander with 2 tablespoons extra virgin olive oil. Season and toss in the lamb.

2. Heat a medium pot on a medium high heat. Add lamb and cook, stirring every few minutes until the lamb is browned but still pink inside. About 3-5 minutes total.

3. Place lamb in a clean bowl.

4. Return the pot to the heat. Add the coconut milk and broccoli. Simmer for 5 minutes or until the broccoli is no longer crunchy.

5. Return the lamb and any juices to the pot. Allow to warm through for a minute.

6. Divide lamb mixture between 2 shallow bowls. Serve topped with the coriander leaves and a squeeze of lemon or lime.

VARIATIONS

more substantial – serve with steamed rice or cook rice noodles according to the packet and toss in with the lamb before serving.

vegetarian/ vegan – replace lamb with firm tofu or a drained can of chickpeas or white beans.

different meat – steak is great or pork fillets or chicken thigh or breast fillet. Venison or kangaroo will also work.

more thai – replace ground coriander with 4 tablespoons thai green curry paste. Skip the marinating step and add the curry paste just before the coconut milk.

different herbs – basil or mint. Or thai basil or Vietnamese mint. Baby spinach could also work.

different veg – cauliflower, broccolini, asparagus, snow peas, frozen peas, zucchini, red capsicum (bell peppers).



Coriander Lamb...

WASTE AVOIDANCE STRATEGY

ground coriander / coconut milk – keep in the pantry.

lamb fillet – freeze them.

broccoli – will keep for 2 weeks or longer in the fridge.
Can be frozen. Best to chop before freezing for quicker defrosting.

coriander (cilantro) – freeze it in a plastic bag.

lemon or lime – will keep in a plastic bag in the fridge for months.





OREGANO & *Feta* STEAKS

Oregano & Feta Steaks

ENOUGH
FOR 2

2 steaks

2 tablespoons
sherry or wine
vinegar

handful oregano
leaves, chopped

handful feta,
crumbled

baby spinach or
salad leaves to
serve

Oregano is one of those herbs I often forget to use. Now that I have masses of it growing in my garden I'm finding myself reaching for it more and more. Oregano and steak is a classic combination in the Argentinean sauce 'chimmichurri'. I've simplified it here using some feta for a salty creamy contrast.

1. Remove steaks from the fridge preferably an hour before you want to cook them, or as long as you've got.
2. For the dressing, combine vinegar with 2 tablespoons extra virgin olive oil and oregano. Season with salt and pepper and leave to marinate while you cook the steaks.
3. Heat a char grill pan, BBQ or frying pan on a high heat. Rub steaks with a little oil and sprinkle with salt.
4. Cook steaks for 3-5 minutes each side, or until cooked to your liking.
5. Place steak on plates and crumble over feta. Drizzle over dressing and allow to rest for 5-10 minutes before serving with the salad leaves on the side.

VARIATIONS

vegetarian – this feta dressing is super lovely on pan fried mushrooms. Field or portabello are my favs. Expect them to take 8-10 minutes in a hot pan. Another option is to serve the cheesy dressing on a big bowl of [lovely lentils](#).

dairy-free – go for a more traditional chimmichurri and replace feta with a small bunch finely chopped flat leaf parsley or replace feta with black olives such as little ligurian ones.

vegan – combine the dairy-free and vegetarian options.

different herbs – if you don't have oregano, marjoram is the next best thing. After that my preference would be flat leaf parsley, basil or mint.

different cheese – marinated Persian feta is particularly lovely but any soft, creamy cheese will work such as goats cheese or ricotta.



Oregano & Feta Steaks...

VARIATIONS

more substantial / carb lovers – steak and potato are always a winner in my house. Pretty much any spuds are good but [roast potatoes](#) are a classic and a [creamy mash](#) also works well. Sometimes I serve our steaks with a packet of commercial potato chips or crisps for a quick crunchy fix.

different protein – chicken breasts or thigh fillets are great. A pork chop or lamb chop is another good alternative. The more robust fish like swordfish or tuna steaks are also options.

WASTE AVOIDANCE STRATEGY

steaks – freeze it.

sherry or wine vinegar – keep in the pantry.

oregano leaves – best to use for another meal. Can be frozen but will wilt when defrosted.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.

baby spinach or salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





BAKED *Salmon with* HERBY YOGHURT

Baked Salmon with Herby Yoghurt

ENOUGH
FOR 2

2 salmon or other
fish fillets

1 lemon, sliced

8 tablespoons
natural yoghurt

1 small bunch
flat leaf parsley,
finely chopped

1 bag salad leaves,
to serve

If you're not very confident with cooking fish (or even if you are) baking fish in a bag is a brilliant technique to have in your arsenal. I love it for two reasons. First there's no fishy smell taking over the whole house that can happen when pan frying fish. Second you almost don't have to think. Just pop it in the oven, set the timer and you're free to do something else while dinner cooks itself. Too easy.

1. Preheat your oven to 200C (400F).
2. Tear off two large squares of al foil. Divide the lemon slices between the two parcels. Top each with a fish fillet. Season generously with salt and pepper.
3. Wrap up the foil into 2 parcels and seal tightly.
4. Bake for 10 minutes or until salmon is just cooked through.
5. Meanwhile, combine yoghurt and parsley. Season.
6. Serve salmon on a bed of the yoghurt sauce with lemon slices on top and salad leaves on the side.

VARIATIONS

different fish – salmon is great but pretty much any fish fillets can be cooked this way. For thinner fillets best to check after 7-8 minutes to make sure they don't overcook. Whole fish can also be baked in parcels like this, with a longer cooking time.

vegetarian – veggie parcels can be a lovely surprise. My favourite are chunky mushrooms. Add a little olive oil or butter for extra richness. Will take about 30 minutes.

dairy-free – replace the yoghurt with equal parts of tahini, lemon juice and water.

vegan – combine the vegetarian and dairy-free alternatives.

carnivore – the best meat for baking like this is chicken breasts or thigh fillets. Expect them to take 15-20 minutes.



Baked Salmon with Herby Yoghurt...

VARIATIONS

more substantial – serve with cooked quinoa, lentils, steamed rice, cooked couscous or just crusty bread and butter. If you have time, roast potatoes are always lovely with fish.

extra flavourings – lemon is lovely in your parcels but you might also like to try any of the following: thyme, chilli (fresh or dried), lime, sumac, coriander seeds, or a pinch of saffron.

WASTE AVOIDANCE STRATEGY

salmon – freeze it.

lemon – will keep for months in a plastic bag in the fridge.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





Kale.



Kale.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

KALE RECIPES

KILLER KALE GRATIN
CRISP KALE WITH QUINOA AND RICOTTA
ADDICTIVE LEMONY KALE
KALE 'CABONARA'
KALE CHIPS WITH BURGERS
BEEF WITH KALE



KILLER *Kale* GRATIN



Killer Kale Gratin

ENOUGH
FOR 2 TO 3

1 onion, chopped

6 rashers bacon,
chopped

1 bunch kale,
sliced

300ml (1 1/4
cups) double
cream

2 large handfuls
grated cheese

I used purple kale in the picture but any kale or leafy green will work. This is my idea of a perfect one pot meal, although if you're cooking for a particularly hungry carnivore you may need to serve it as a side to a roast chicken or juicy steak.

1. Preheat your oven to 180C (350F).
2. Heat a little oil in an oven proof pot and add bacon and onion. Cook over a medium heat until the onion is soft, about 10 minutes.
3. Add kale and cook for a few minutes, stirring so it starts to wilt down. Add cream and stir well.
4. Cover the pot and transfer to the oven. Cook for 15 minutes with the lid on.
5. Sprinkle over the cheese and cook for another 10-15 minutes or until the kale is tender and the cheese golden.

VARIATIONS

vegetarian – replace bacon with sliced smoked tofu or skip the bacon and serve gratin sprinkled to smoked or roasted nuts. Pine nuts or almonds are especially good.

different greens – most greens will work here. Cavolo nero is great or curly kale, English spinach, silverbeet (chard) or even chinese broccoli or broccoli rabe.

dairy-free / vegan – replace cream with coconut milk and sprinkle with pinenuts or almonds instead of the cheese.

different cheese – I used a comb of emmental, gruyere and parmesan but any melting cheese will work including cheddar.

carb lovers / more substantial – toss in some cooked short pasta before adding the cheese.

can't find double cream? – just use whipping cream or heavy cream instead.



Killer Kale Gratin...

WASTE AVOIDANCE STRATEGY

onion – keep in the pantry.

bacon - freeze it.

kale – will keep in the fridge in a plastic bag uncooked for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

cream - OK to freeze or use for another meal.

cheese - hard cheeses will keep in the fridge in a container or plastic bag for weeks if not months. Can be frozen.





CRISP KALE *with Quinoa* & RICOTTA

Crisp Kale with Quinoa & Ricotta

ENOUGH
FOR 2

1/2 cup oil for
shallow frying
(eg. rice bran oil)

1 bunch kale,
finely sliced
crosswise

1 cup cooked
quinoa (150g /
5oz)

1 lemon

8 tablespoons
creamy ricotta

Inspired by Rodney Dunn's super lovely book 'The Agrarian Kitchen'. It was Rodney who gave me the idea to shallow fry the kale, and I just love the result. So different from the texture of kale when it's wilted. Actually, I'm just thinking you could probably get a similar effect by baking the kale with a good drizzle of oil, in a similar manner to kale chips... will have to add that to my list of ideas to try out!

1. Heat oil in a large saucepan and fry half the kale until crisp.
2. Drain the kale on paper towel while you fry the remaining half.
3. Transfer kale to a serving platter. Scatter over the quinoa.
4. Squeeze over a good drizzle of lemon juice and season well.
5. Top with dollops of ricotta before serving.

VARIATIONS

paleo – replace quinoa with almond meal or finely chopped nuts and use coconut oil to fry the kale. And see dairy free and vegan options below for ideas to replace the ricotta.

less oil – saute the kale in a few tablespoons oil instead and remove the word 'crisp' from the title.

dairy-free - replace ricotta with poached eggs or scrambled eggs.

vegan – replace ricotta with hummus, cashew butter, tahini or chunks of avocado.

different cheese – replace ricotta with goats cheese, creamy blue cheese, shaved parmesan or sliced camembert or brie. A stinky washed rind would also be lovely.



Crisp Kale with Quinoa & Ricotta...

VARIATIONS

no quinoa – replace quinoa with whatever cooked grains or legumes you have. Green lentils, barley or brown rice would be my first choice of substitutes. But chickpeas or white beans would also work.

carnivore – serve as a side to roast chicken or a juicy lamb chop.

different greens – replace kale with spinach, chard, silverbeet, collard greens or any other greens you have handy.

WASTE AVOIDANCE STRATEGY

oil / quinoa – keep in the pantry.

kale – will keep in the fridge in a plastic bag uncooked for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

ricotta – unopened tubs of ricotta usually have a shelf life of a few weeks. Otherwise use for another meal. Great on toast with honey for a decadent breakfast or use instead of cream with desserts.





ADDICTIVE *Lemony* KALE

Addictive Lemony Kale

ENOUGH
FOR 2

2 large hunks of
butter

1 large bunch kale

1 clove garlic,
finely chopped or
crushed, optional

3-4 tablespoons
lemon juice

2-3 handfuls
ricotta, optional

Inspired by my latest favourite YouTube cooking show, [Bondi Harvest](#). This is the type of thing I love to make when it's just me for dinner. If I'm not super hungry I'll just have a heaping bowl of the kale on it's own because (IMHO) you can never have too much kale. But if I'm ravenous I'll add some protein in the form of a poached egg, roasted nuts or some cheese.

1. Heat butter on a medium heat in a largish saucepan.

2. Wash kale. Don't dry as the water will help it steam. Cut into ribbons about 2cm (1in) or finer across the stem.

3. Add kale and garlic to the pot. Cover and cook stirring every few minutes until the kale has wilted down. Will take about 5 minutes.

4. Remove from the heat and stir in lemon juice. Season and serve with ricotta on top (if using) before serving.

VARIATIONS

dairy-free / paleo – use olive or coconut oil instead of the butter and serve the kale on its own or replace the cheese with a poached egg or some cooked chicken breast or thigh.

vegan – use olive or coconut oil instead of the butter and serve the kale on its own or replace the cheese with a huge handful of roasted nuts or chunks of avocado.

no kale? / different veg – will work with pretty much any greens such as spinach, baby spinach, chard (silverbeet), collard greens, beet tops.

different cheese – I've used ricotta here but most cheese will work well. Try goats cheese, parmesan, blue cheese, cottage cheese, cheddar, or some pan fried halloumi.

carnivore – serve kale as a side to a steak.



Addictive Lemony Kale...

WASTE AVOIDANCE STRATEGY

butter – will keep in the fridge for weeks.

kale – will keep in the fridge in a plastic bag for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.

lemon – will keep in a plastic bag in the fridge for months.

ricotta – in a sealed tub it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.





KALE '*Carbonara*'

Kale 'Cabonara'

ENOUGH
FOR 2

4-6 slices bacon,
chopped

1 bunch kale, ribs
discarded (if tough)
& leaves sliced into
ribbons

1-2 cloves garlic

4 tablespoons cream

2 large handfuls
grated parmesan +
extra to serve

If you're a purist when it comes to the naming of dishes, you'd better block your ears. I know that cabonara traditionally includes egg yolk and no cream, but I really liked the sound of kale 'cabonara' and I felt more in the mood for cream than egg yolk... so that's what we have.

1. Heat a little olive oil in a frying pan and cook bacon on a medium high heat until well browned.

2. Remove bacon from the pan and add the kale and garlic. Cover and cook, stirring every few minutes until the kale is wilted and deep green in colour. It will take about 5-10 minutes. If it starts to burn, add a splash of water to help generate some steam.

3. Return bacon to the pan and add cream. Stir over the heat to warm through then remove from the heat and add the cheese.

4. Divide between two plates and serve with extra cheese if you like.

VARIATIONS

more substantial / carb lovers – toss in some cooked pasta at the end. A drained can of chickpeas or white beans will do the same job without causing blood sugar problems.

paleo / more classic cabonara – replace cream with 2 egg yolks. Add the yolks with the bacon off the heat. And see the dairy-free option.

dairy-free – replace cream with 2 egg yolks and replace parmesan with grated brazil nuts and if you like, a teaspoon of nutritional yeast.

vegetarian – replace bacon with chopped smoked tofu – a really lovely ingredient. OR serve with a big handful of smoked almonds or other nuts.

different greens – as much as I love kale, any leafy greens such as spinach, baby spinach, chard or silverbeet can be used.



Kale 'Cabonara'...

VARIATIONS

vegan - cook sliced kale with garlic in olive oil and serve with more olive oil and a good few handfuls of roasted nuts or cooked legumes.

WASTE AVOIDANCE STRATEGY

bacon – freeze it.

kale – will keep in the fridge in a plastic bag uncooked for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.

cream – freeze it or use for another meal.

parmesan – wrap in waxed paper or baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.





KALE CHIPS *with* BURGERS

Kale Chips with Burgers

ENOUGH
FOR 2

450g (1lb)
minced
(ground) beef

1 bunch kale

aïoli or ketchup
or both, to serve

I love a good burger. We often have them for a casual dinner on a Friday night. Sometimes I make a batch of [potato chips](#) (fries) to go with them. But if I'm feeling like I need some greens, kale chips make the perfect accompaniment. They have that satisfying crunch combined with a big nutritional punch. Definitely a winning combination!

1. Preheat oven to 180C. And get a frying pan on a very high heat.

2. Form beef into 2 patties. Sprinkle a very fine layer of fine salt (less than a teaspoon) onto the pan and slide the burgers on top. Cook for 4 minutes then turn, adding a little more salt.

3. Wash and dry kale and tear leaves into bite sized pieces. Place on a baking tray. Drizzle with oil. Toss. Then pop in the oven and set the timer for 5 minutes.

4. When your timer goes, turn the kale leaves and put in for another 5 minutes. Turn again and if needed cook kale for another 2-5 minutes or until kale is crisp.

5. Once the burgers are turned, cook for another 4-5 minutes or until burgers are how you like them. Allow to rest on 2 warm plates.

6. When the kale chips are cooked, serve burgers topped with your sauce and kale chips on the side.

VARIATIONS

quick snack – make the kale chips to serve on their own.

cheesey – sprinkle some grated parmesan over the kale chips at the half way mark during cooking. Or for cheesey burgers top the burger with some thinly sliced melting cheese after you turn them.

more substantial - serve with burger buns and if you like, some [easy home fries](#).

vegetarian – serve these [chickpea burgers](#) with the kale chips.

vegan – serve [lentil burgers](#) with the kale chips.

more veg - lovely with any of the usual burger accompaniments such as sliced roast beets, sliced tomato, crisp green lettuce, pickles. Also great with sauerkraut on the side.

less salt – instead of cooking on the salt crust, rub burgers with oil and cook in a frying pan or on the BBQ.



Kale Chips with Burgers...

WASTE AVOIDANCE STRATEGY

minced (ground) beef – freeze it.

kale – will keep in the fridge in a plastic bag uncooked for at least 2 weeks. Once cooked like this it will keep for a month or so in the fridge. Can be frozen both cooked or raw.

aioli – unopened in pantry or in fridge once opened.

ketchup – keep in the pantry.





Lamb.



Lamb.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
IN THE PACKAGING IT
WAS PURCHASED IN.
CRYOVACCED LAMB WILL
KEEP FOR WEEKS IN THE
FRIDGE IF YOU CAN GET
YOUR BUTCHER TO DO IT.

LAMB RECIPES

LAMB CUTLETS WITH MINT & ALMOND PESTO
SUCCULENT SLOW ROAST LAMB WITH SPICY BEET SAUCE
LAMB SHANKS WITH PRUNES
ROSEMARY LAMB SHANKS WITH WHITE BEANS
INDIAN SPICED LAMB
CORIANDER LAMB





LAMB CUTLETS *with Mint &* ALMOND PESTO

Lamb Cutlets with Mint & Almond Pesto

ENOUGH
FOR 2

4-6 lamb cutlets

1 bunch mint,
leaves picked

1 clove garlic

3 handfuls
almonds

1/2 cup extra
virgin olive oil

2 tablespoons
lemon juice

1 bag salad
leaves, to serve

Serve this pesto pretty much anywhere you'd serve regular pesto. Dollop on soups or salads. Use as a sauce for pan fried fish, chicken breasts or even steak. My personal favourite is to team it with lamb... either lamb cutlets cooked until still rosy pink or [slow roast lamb shoulder](#) literally melting off the bone. It's also great to liven up some steamed green beans or peas.

1. Heat a medium frying pan or BBQ on a medium high heat.

2. Rub lamb with a little oil. Season with salt.

3. Cook lamb for 4-5 minutes. Turn, then cook for another 4-5 minutes or until well browned and cooked to your liking in the middle.

4. Meanwhile, whizz mint, garlic, almonds in a food processor until finely chopped. Stir in the olive oil and lemon juice. Taste and season with salt and more lemon if needed.

5. Serve lamb with pesto on top and salad on the side.

VARIATIONS

summery – replace mint with basil. You can replace the almonds with pine nuts but I'm also a fan of cashews because they're delicious and much more affordable.

nut-free – replace almonds with half soft breadcrumbs and half finely grated parmesan.

other herbs - flat leaf parsley, carrot tops, coriander (cilantro) are all possibilities. I'm also a fan of a little bit of sage or oregano combined with parsley.

garlic-free – sometimes I can't be bothered with garlic and it's still lovely, but I do find it needs more salt and lemon to make up for that garlicky sharpness.

no food processor – just finely chop everything and stir together for a more rustic chunky pesto.

vegetarian – serve pesto and salad with grilled sliced eggplant or pan fried field mushrooms.



Lamb Cutlets with Mint & Almond Pesto ...

WASTE AVOIDANCE STRATEGY

lamb – freeze.

mint - use for another meal. Or make the pesto and keep it in the fridge for weeks.

garlic, almonds, oil - pantry.

salad - use for another meal.



SUCCULENT SLOW *Roast Lamb with* SPICY BEET SAUCE



Succulent Slow Roast Lamb with Spicy Beet Sauce

ENOUGH
FOR 3-4

1 lamb shoulder
(also called
forequarter) bone in

A few dried chilli
flakes, optional

4 large beets,
scrubbed

4-6 tablespoons
Greek style yoghurt

2 tablespoons
za'atar (optional)
1 clove garlic

3 tablespoons extra
virgin olive oil

Lamb shoulder is my favourite cut for this because it's less expensive and tends to be fattier so it stays super moist. Don't be put off by the long cooking time, as you really don't need to actually do anything 95% of the time. Roast beets are one of my all time favourite veg and so I just adore this sauce. If beets aren't your thing serve the lamb with hummus instead.

1. Turn your oven to 180C (350F).
2. Sprinkle lamb with chilli, if using, and a good few pinches of sea salt flakes. Wrap lamb in two layers foil, sealing well. Place on a roasting tray.
3. Pop lamb in the oven and set your timer for 1 hour. Wrap beets in foil individually and add to the oven for about 1 hour. Or until tender. Remove beets when done.
4. After the first hour, reduce the heat to 150C (300F). Continue to cook for another 4 hours or longer until the lamb is so tender you can cut it with a spoon (literally).
5. Cool beets and purée in your food processor with the yoghurt, za'atar, garlic and oil. Taste and season with salt and pepper.
6. Remove foil from the lamb and cook at 180C (350F) to brown. Carve and serve warm with the sauce.

VARIATIONS

short on time – fast roast at 180C for about 2 hours total.

vegetarian / vegan – slow roast some field mushrooms instead. About 1 hour at 150C / 350F.

extra flavours – 2 tablespoons ground coriander seed, or finely slice 2 lemons and pop in the foil or a big bunch of thyme or rosemary.

vegan / dairy-free - replace yoghurt with 3 tablespoons each tahini and extra virgin olive oil.

can't find za'atar – use 1 tablespoon each ground cumin and sesame seeds.

different veg – lovely with roast carrots or sweet potato instead.

more veg - serve with this [morrish spinach salad](#).



Succulent Slow Roast Lamb with Spicy Beet Sauce...

WASTE AVOIDANCE STRATEGY

lamb– freeze.

beets - keep in the fridge for weeks or cook and keep for even longer.

chilli, oil, za'atar - pantry.

yoghurt - keeps in the fridge for weeks. Or use for another meal. Don't freeze.





LAMB SHANKS *with* PRUNES

Lamb Shanks with Prunes

ENOUGH
FOR 4

4 lamb shanks

4 red onions,
quartered
lengthwise

200g (7oz) pitted
prunes

1 can tomatoes
(400g / 14oz)

1 stick cinnamon,
optional

1 bag baby spinach
leaves, to serve

Lamb shanks are one of my all time favourite cuts of meat. One of the things I really miss since my Dad sold the farm is having access to home grown grass-fed lamb and home grown lamb shanks in particular. We used to joke that it was a shame sheep only had 4 legs! If lamb isn't your thing, see below for alternatives. I like to keep things simple and just serve this on a bed of baby spinach leaves. But you could serve with mash, steamed rice or buttered pasta or add in a can of chickpeas if you prefer.

1. Preheat your oven to 150C (300F).
2. Place lamb, onions, prunes, tomatoes and cinnamon (if using) in a large casserole or cast iron pot. Cover with a can full of water (or 1 1/2 cups).
3. Cover with the lid or some foil and bake for 4-5 hours or until lamb is super tender.
4. Taste and season. Serve on a bed of baby spinach.

VARIATIONS

slow cooker – reduce water to 1/2 cup. Cook on auto for 10-11 hours or until lamb is tender.

vegetarian / vegan - I love large mushrooms slow cooked like this. Replace lamb with 4-8 large field or portabello mushrooms. Halve the water and cooking time.

different meat – anything that works well slow cooked such as osso buco, chicken drumsticks or marylands, beef short ribs, pork neck, lamb neck chops, pork spare ribs, duck legs. You'll need to adjust the cooking times.

different fruit – I love prunes here. They're not exactly the most glamorous fruit but they cook down into the sauce to give a hint of sweet richness without overpowering. And then there's all that fiber. But you could use dried apricots or dried apples instead if you prefer.



Lamb Shanks with Prunes...

VARIATIONS

fruit-free – replace prunes with baby carrots or parsnips.

carb lovers / more substantial - serve with crusty bread and butter.

WASTE AVOIDANCE STRATEGY

lamb shanks - freeze them.

onions, prunes, tomatoes, cinnamon – keep in the pantry.

baby spinach leaves – use for another meal. Can be frozen but will wilt when defrosted. If you choose this option, I think it's nicer to warm the wilted spinach before serving.





ROSEMARY *Lamb Shanks with* WHITE BEANS

Rosemary Lamb Shanks with White Beans

ENOUGH
FOR 2

500g (1lb) white
beans, soaked in
water overnight

4 lamb shanks

4 onions, quartered

2 cans tomatoes
(400g / 14oz each)

2 cups water

4 sprigs rosemary

Lamb shanks are one of my all time favourite cuts of meat. And the best part is they're generally really inexpensive. If lamb isn't readily available in your area, you could easily substitute beef shin on the bone also called 'osso buco'. Goat shanks are another great option or for a completely different vibe a couple of ham hocks would be delish!

1. Drain the bean and place in a large oven proof pot. Add shanks, onions, tomato, water, rosemary and some salt and pepper.

2. Cover and pop in the oven at 160C (325F) for 4-5 hours.

3. When the shanks are super tender and the beans are cooked, taste and season.

4. Serve hot or cool and store in the fridge or freezer.

VARIATIONS

short on time? – you can skip the soaking step and allow an extra hour of cooking time. But don't be surprised if your beans cause 'gassiness'.

different beans – I like white navy beans but most dried beans will work well here.

different meat – beef shin on the bone, also called 'osso buco'. Goat shanks are another great option or for a completely different vibe a couple of ham hocks would be delish!

vegetarian – skip the shanks and replace the water with vegetable stock. Serve the beans with a poached egg or some crumbled feta.



Rosemary Lamb Shanks with White Beans...

WASTE AVOIDANCE STRATEGY

unsoaked beans, onion, tomato – keep in the pantry.

soaked beans – will keep in the fridge for 2 weeks and can be frozen.

lamb shanks – freeze.

rosemary – will keep in a plastic bag in the fridge for weeks. Also freezes well.





INDIAN *Spiced* LAMB

Indian Spiced Lamb

ENOUGH
FOR 2

When I was photographing this recipe, my Irishman wanted to know what it was. I distractedly told him it was 'an Indian thing'. And his response was 'what a great name'. I'm not sure I agree, for me Indian Spiced Lamb sounds much tastier, but feel free to call it whatever you think sounds best.

1 tablespoon garam
masala

4-6 lamb chops

2 handfuls cherry
tomatoes, halved

1 bunch coriander
(cilantro), leaves
picked

8 tablespoons
natural yoghurt, to
serve

1. Heat a medium frying pan on a medium high heat.

2. Combine garam masala with 2 tablespoons olive oil. Season and toss in the lamb to coat in the spiced oil.

3. Cook lamb for 4-5 minutes. Turn then add the tomatoes.

4. Cook for another 4-5 minutes on the second side or until well browned and cooked to your liking in the middle.

5. To serve, divide lamb and tomatoes between 2 plates. Top with coriander (cilantro) and serve yoghurt on the side.

VARIATIONS

vegetarian – replace lamb with sliced tofu.

vegan – replace lamb with sliced tofu and replace yoghurt with equal parts tahini and lemon juice.

dairy-free – replace yoghurt with equal parts tahini and lemon juice.

more substantial - serve with steamed rice, naan bread or other flat bread.

more veg – serve with steamed greens on the side. You could also add chopped red capsicum (bell pepper) and zucchini to the pan with the tomatoes. Or serve lamb on a bed of baby spinach.

no lamb – replace lamb with chicken breast or thigh fillets or beef steak.

pescetarian - replace lamb with fish fillets and reduce the cooking time as needed.



Indian Spiced Lamb...

WASTE AVOIDANCE STRATEGY

garam masala - keep in the pantry.

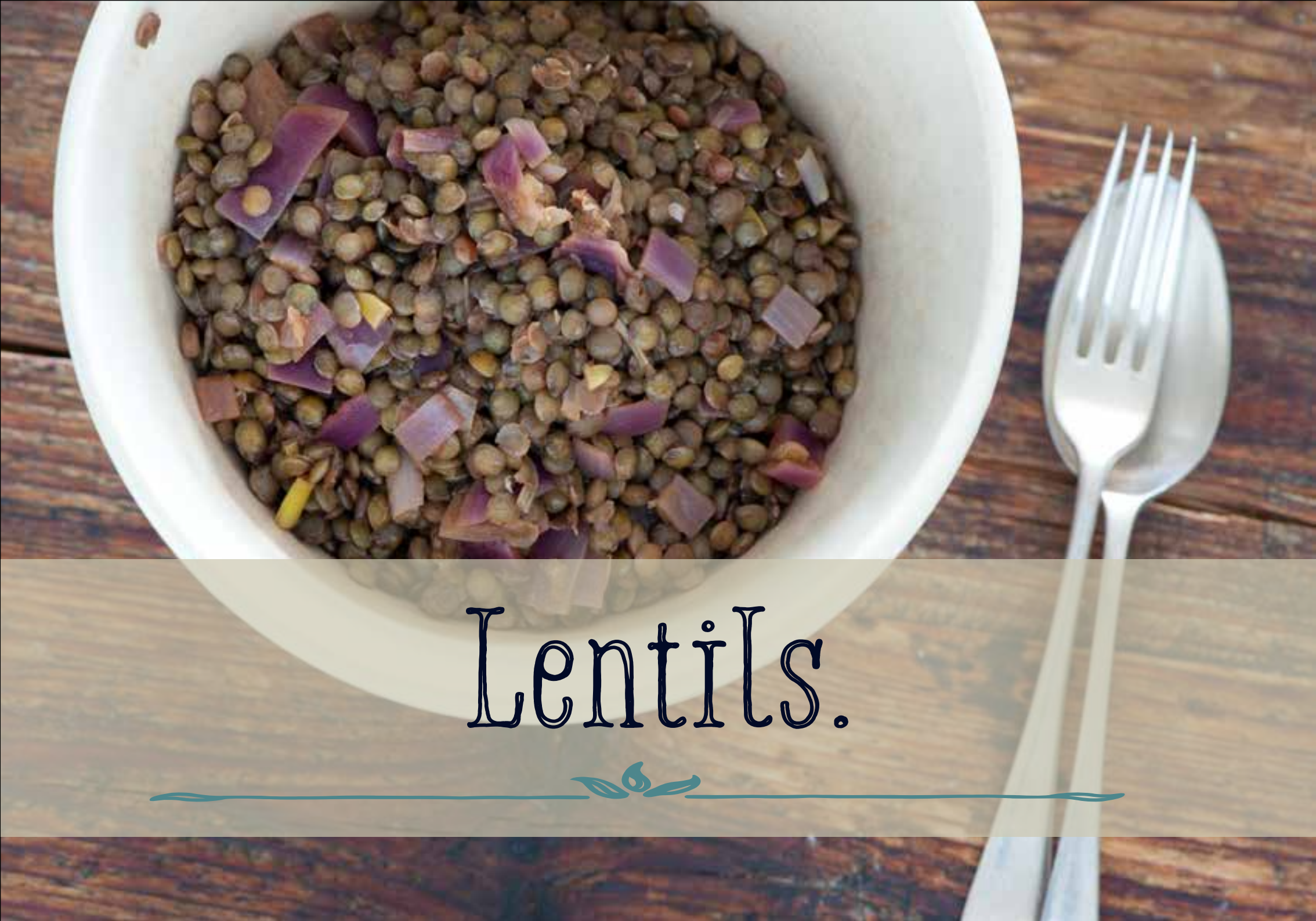
lamb chops - freeze them.

cherry tomatoes – either halve and cook in the oven for about 30 minutes (180C / 350F) OR just cook in a pan with a little olive oil. In either case store in an airtight container in the fridge for a few weeks. Or freeze the cooked tomato for longer periods.

coriander (cilantro) – freeze it in a plastic bag.

yoghurt – usually has a shelf life of a month or so. Otherwise, have it for another meal like breakfast! Don't freeze.



A top-down view of a white ceramic bowl filled with cooked green lentils. The lentils are mixed with small, diced pieces of red onion. The bowl sits on a dark, textured wooden surface. To the right of the bowl, a silver fork and a silver spoon are placed parallel to each other. A semi-transparent horizontal band across the lower half of the image contains the word "Lentils." in a dark blue, serif font, with a decorative flourish below it.

Lentils.

Lentils.

STORAGE BEST PRACTICES

DRIED LENTILS KEEP IN THE PANTRY FOR MONTHS IF NOT YEARS.

LENTILS RECIPES

LESH'S NOURISING DAHL
OOZY RED LENTIL RISOTTO WITH SAUSAGES
QUICK SAUSAGES & LENTILS
CORIANDER SPLIT PEAS
SPICED LENTILS WITH HUMMUS
LENTIL & GOATS CHEESE SALAD
MUSHROOMS WITH LENTILS
ONION & LENTILS
TOMATOEY LENTILS WITH FETA
LOVELY LENTILS
PEA & LENTIL 'RISOTTO'





LESH'S *Nourishing* DAHL

Lesh's Nourishing Dahl

ENOUGH FOR 4

300g (1 1/2 cups) red lentils

1 bunch baby carrots, chopped

1 teaspoon each turmeric, ground cumin, salt

4 cloves garlic

4 cups water or stock

4 handfuls baby spinach

2-4 tablespoons lemon juice

1-2 tablespoons soy sauce

natural yoghurt, to serve

I've been looking for a good authentic dahl recipe for a long time. I'm happy to say this one ticks all the boxes. It was inspired by one of my blogging friends, Lesh Karan. It does have a few more ingredients than my usual Stonesoup recipes but I think in this case its worth it. Although, I've also included a super simple option in the variations below.

1. Wash lentils thoroughly under the cold tap and drain.

2. Place lentils in a medium saucepan with the water or stock. Bring to a simmer, skimming the foam that arises.

3. Add carrots, turmeric, cumin, salt and garlic.

4. Simmer for another 15-20 minutes until the lentils and carrots are totally cooked. Make sure you stir along the way so the dahl doesn't stick.

5. Stir in the spinach leaves and allow them to wilt.

6. Taste and season with lemon juice and soy. Serve with yoghurt.

VARIATIONS

dairy-free / vegan – use coconut yoghurt or mashed avocado instead.

carnivore – serve as a side to a meat based curry or add in a few handfuls of cooked chicken.

different veg – feel free to play around. I love the carrots though.

budget – use water instead of the stock (i did).

5 ingredients – just use the lentils, turmeric, garlic, soy sauce and lemon juice.

different spices – use a mild curry powder instead of the spices listed.



Lesh's Nourishing Dahl...

WASTE AVOIDANCE STRATEGY

lentils, spices, salt, garlic, soy sauce – keep in the pantry.

carrots – will keep for weeks in the fridge wrapped in a plastic bag. Can be frozen.

carrot tops – can be used as a salad green pretty much anywhere you'd normally use flat leaf parsley. Makes a great [carrot top pesto](#).

baby spinach – freeze it. Will wilt but that was going to happen once it was cooked into the dahl anyway.

lemon – keeps in the fridge for ages.

yoghurt – keeps in the fridge for weeks. Best to use for another meal as it doesn't freeze well.





OOZY RED LENTIL '*Risotto*' with SAUSAGES

Oozy Red Lentil 'Risotto' with Sausages

ENOUGH
FOR 2

1 onion, peeled & diced

2-3 thick pork sausages,
skins removed and meat
crumbled into chunks

1 cup red wine

2 cups chicken or
vegetable stock

200g (7oz) red lentils

2 handfuls grated
parmesan + extra to
serve

I love a good red lentil 'risotto'. All the oozy goodness with lots more protein and fibre than your boring old rice risotto. And not only that, no need to stir constantly!

1. Heat a little oil in a medium saucepan and add onion. Cover and cook on a medium low heat, stirring occasionally for 5-10 minutes or until onion is soft.

2. When the onion is soft, increase the heat to medium high, add the sausages and cook for a few minutes until browned.

3. Add the lentils. Stir for a minute.

4. Add red wine and the stock. Stir well then simmer for 15-20 or until the stock is absorbed and the lentils are tender and oozy. If it gets too dry before the lentils are cooked, add a little water.

5. Add cheese and stir until combined. Taste and season. Serve with extra parmesan shaved over.

VARIATIONS

dairy-free / vegan – to be honest I can't imagine risotto without the butter and cheese. But if you're willing to give it a go use olive oil to fry the onion and finish with a tablespoon of tomato paste and more olive oil.

vegetarian – mushrooms are lovely instead of the sausages and replace the chicken stock with veggie stock.

use your imagination – pretty much any rice risotto can be adapted to the lentils. Just remember the lentils don't need quite as much liquid as arborio rice.

different lentils – red lentils are best here because they break down to give that lovely oozy texture. Good old brown lentils will be fine but save your expensive Puy or French-style green lentils for other dishes.

onion-free – just skip it.

short on time – skip the onion and bring the red wine and stock to the boil in a separate saucepan while the sausages are browning.



Oozy Red Lentil 'Risotto' with Sausages...

WASTE AVOIDANCE STRATEGY

onion - will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

sausages – will keep for a few days. If packaged in cryovac will keep for 5-6 days. Best to freeze if you need to store for longer OR poach the sausages (simmer gently in water for 15 minutes or until cooked through) then drain and keep in a container in the fridge. Cooked sausages will keep for a week in the fridge.

red wine – keep in the pantry. Lasts much longer if hidden from the view of a certain Irishman ;)

stock, lentils – keep in the pantry.

parmesan – keeps for longer in a chunk so only grate when you're cooking. I wrap in waxed paper or baking paper and then keep in an airtight container or a sealed ziplock bag. I prefer this over just wrapping in cling wrap because the air in the container allows the cheese to breathe and not sweat but the container / plastic bag prevents from drying out in the dry fridge air. Either way will keep for months.





QUICK *Sausages &* LENTILS

Quick Sausages & Lentils

ENOUGH
FOR 2

3-4 good quality
pork sausages

250g (9oz) **home**
cooked lentils or 1
can, drained

1 tablespoon sherry
or wine vinegar

1 tablespoon soy
sauce

1 bunch flat leaf
parsley, chopped

In our house we LOVE a good sausage. And over the years I've learned that there is a massive difference in quality between a sausage made with excellent ingredients and love and your super cheap supermarket sausage. So if you think you aren't a sausage fan, I challenge you to take the time to find a butcher who makes their own and takes pride in their bangers. Trust me, it will be like discovering a whole new ingredient. And the best thing, even super fancy bangers are reasonably priced compared to most meats.

1. Heat a little oil in your frying pan. Remove sausage from their casings and crumble the meat into the pan.

2. Cook on a highish heat, stirring every now and then for a few minutes or until sausages are well browned.

3. Add lentils, vinegar and soy. Stir and keep cooking until everything is hot and the sausages are cooked through.

4. Remove from heat. Taste and season with extra soy or vinegar if needed. Sprinkle over parsley before serving.

VARIATIONS

not a sausage fan? – replace sausages with ground (minced) meat. Pork, veal, beef or lamb would all be fine.

different lentils – I've used home cooked French-style or Puy lentils, but you could use canned lentils. Red or brown lentils will also work, just be careful you don't overcook them as they like to turn into a mush. The best way to cook lentils is to add to a big pot of cold water then simmer until they're tender, about 15 minutes for red or green lentils, longer for brown).

soy-free – skip the soy sauce and season with salt instead.

vegetarian / vegan – skip the sausages and double everything else. Warm the lentils and season with the soy and vinegar. Serve with a generous handful of roasted nuts for extra protein and crunch.



Quick Sausages & Lentils...

VARIATIONS

carb lovers / more substantial – increase the lentils.

short on time – use canned lentils.

WASTE AVOIDANCE STRATEGY

sausages – freeze them.

lentils – dried or canned will keep in the pantry. Cooked lentils can be frozen.

vinegar, soy sauce – keep in the pantry.

parsley - make parsley oil by covering with olive oil or freeze (will wilt when defrosted).





CORIANDER *Split Peas*

Coriander Split Peas

ENOUGH
FOR 2

250g (9oz) dried
split peas

450g (1lb)
chicken thigh
fillets, sliced

1 teaspoon
turmeric
(optional)

1 can tomatoes
(400g / 14oz)

2 bunches
coriander
(cilantro)

As much as I love legumes and cook with them on a regular basis, split peas are something I don't think to cook with very often. So I challenged myself to use them in at least one recipe for this book. I'm so glad I did. They're just as easy to cook as lentils but have a lovely mild flavour. Plus they're super inexpensive and packed with fiber. The turmeric is optional but it adds a lovely subtle curry flavour and it has been linked to reducing cancer so I'm always on the lookout for ways to eat more turmeric.

1. Bring a medium pot of water to the boil. Add split peas and simmer for 30 minutes or until tender. Drain.

2. Meanwhile heat another medium pan on a medium high heat. Add a little oil and cook chicken, stirring every few minutes until the chicken is browned.

3. Add the turmeric (if using) and tomatoes and bring to a simmer.

4. Add the drained split peas to the tomato mixture and bring back to a simmer. Taste and season with salt and pepper.

5. Whizz one bunch of coriander with 4 tablespoons extra virgin olive oil to make a coriander oil.

6. Serve split peas with the remaining whole coriander leaves and the coriander oil drizzled over.

VARIATIONS

hot! – add a little fresh or dried chilli with the turmeric and tomatoes.

vegetarian / vegan – replace the chicken with extra split peas.

different legumes – use any legume you like. Dried beans or chickpeas will need soaking and will take much longer to cook. Lentils are a great substitute and will take a similar amount of time to cook and don't require soaking.

turmeric alternatives – ground cumin or mild curry powder or garam masala.

different herbs - mint or basil are good.

different meat – replace chicken with sliced chorizo, or crumbled pork sausage.



Coriander Split Peas...

VARIATIONS

more substantial – this is pretty filling as it is. But you could serve it with crusty bread or your favourite flat bread.

WASTE AVOIDANCE STRATEGY

split peas / turmeric / tomatoes - keep in the pantry.

chicken thigh fillets – freeze them.

coriander (cilantro) – freeze it in a plastic bag.



A top-down view of a white ceramic bowl filled with a meal. The base is a thick, light-colored hummus. On top of the hummus is a generous portion of cooked green lentils, which are dark green and appear to be in a sauce. Mixed with the lentils are pieces of sautéed onions and possibly some dried herbs. A large, fresh arugula leaf is placed on top of the lentils. The bowl is set on a light-colored wooden surface. A silver fork is visible on the right side of the bowl. The text "SPICED *Lentils with* HUMMUS" is overlaid in the bottom left corner.

SPICED *Lentils with* HUMMUS

Spiced Lentils with Hummus

ENOUGH
FOR 2

1 onion, chopped

400g (14oz)
cooked lentils

2 teaspoons
baharat

8 tablespoons
hummus

1 bag baby
spinach, to serve

This dish was inspired by one of my all time favourite quick dinners, spiced beef with hummus. To be honest I'm just as happy with this lentil version as I am with the carnivore original. If you don't have any baharat, a Lebanese spice blend, see the variations for alternatives.

1. Heat a little oil on a medium heat in a frying pan. Cook onion for 5-10 minutes or until soft.

2. Add lentils and spice and cook for another few minutes until everything is warm. Taste. Season.

3. Serve spiced lentils on a bed of hummus with baby spinach on top.

VARIATIONS

dried lentils - you'll need about 200g (7oz) dried lentils. Just boil in water like pasta until the lentils are tender around 15-20 minutes. Drain then use in the recipe.

short on time – skip the onion and use canned drained lentils.

no baharat – use 2 teaspoons ras el hanout or just substitute in 1 teaspoon each ground cumin and ground coriander.

hot! – a little fresh or dried chilli added with the onion will sort you out.

home made hummus – whizz a drained can of chickpeas with a clove of garlic and 3 tablespoons each tahini, lemon juice and water. Season well with salt.



Spiced Lentils with Hummus...

VARIATIONS

different greens - any salad leaves can be used or flat leaf parsley, mint or basil. You could also serve with cooked greens such as kale or spinach.

carnivore – replace lentils with the same amount of ground (minced) beef or lamb. Brown meat in the oil after the onions are soft. Then add spices.

more veg – add some cooked mushrooms or halved cherry tomatoes.

more substantial – serve with pita bread or other flat bread (tortillas are great too).

WASTE AVOIDANCE STRATEGY

onion / baharat – keep in the pantry.

lentils – dried or canned will keep in the pantry. Cooked lentils can be frozen.

hummus – will keep in the fridge for a few weeks. Can be frozen.

baby spinach – either freeze or wilt down in a pan with a little oil and then keep in the fridge for weeks.





LENTIL & Goats Cheese SALAD

Lentil & Goats Cheese Salad

ENOUGH
FOR 2

2 tablespoons
balsamic vinegar

450g (1lb)
cooked lentils

1 bunch mint,
leaves picked

2 handfuls goats
cheese

If you've been reading my blog for any length of time, you'll know that lentils are one of my all time favourite ingredients. I could (and do) happily eat them for breakfast, lunch and dinner. Most weeks I have a batch of cooked lentils or cooked quinoa in the fridge ready for quick healthy meals. I serve this salad warm in Winter or with lentils straight from the fridge in the warmer months. Keep an eye out for 'Puy' or French-Style Green Lentils which are my favourite type.

1. Combine balsamic with 2 tablespoons extra virgin olive oil in a medium bowl. Season well.
2. Toss in the lentils and mint. Taste and adjust seasoning if needed.
3. Divide between 2 bowls and serve with goats cheese on top.

VARIATIONS

to cook lentils - you'll need about 250g (9oz) dried lentils. Simmer in boiling water for 15-20 minutes or until al dente like pasta. Drain. Or for an even tastier version try these [lovely lentils](#).

sugar-free / different vinegar – replace balsamic with any wine vinegar or rice vinegar.

paleo / lentil-free – try this dressing, cheese and mint combo with char grilled veg. You'll need about the same amount by weight of cooked veg. I'm thinking zucchini, eggplant and / or red peppers (bell peppers). Either use grilled veg from the deli or cook them yourself.

vegan – replace cheese with toasted nuts such as almonds, cashews or pine nuts. Or drizzle over some tahini or your favourite nut butter.



Lentil & Goats Cheese Salad...

VARIATIONS

dairy-free – replace cheese with 1-2 poached eggs per person.

different herbs - replace mint with basil, or flat leaf parsley. Or toss in salad leaves or baby spinach instead.

carnivore – toss in some pan fried or BBQ chicken or sliced cooked sausages, or crispy bacon. Also lovely served as a side to grilled salmon.

more substantial – see the carnivore option or serve with crusty bread and butter. Cooked rice can also be added to round things out.

WASTE AVOIDANCE STRATEGY

balsamic vinegar – keep in the pantry.

lentils – dried or canned will keep in the pantry. Cooked lentils can be frozen.

mint – best to use for another meal. leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.

goats cheese – if unopened it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.





Mushrooms.



Mushrooms.

STORAGE BEST PRACTICES

STORE IN A BROWN PAPER
BAG IN THE FRIDGE TO
AVOID SWEATING.

MUSHROOMS RECIPES

MUSHROOMS WITH LENTILS
SAUSAGES WITH MUSHIES
EASY MUSHROOM CHICKEN





MUSHROOMS *with* LENTILS

Mushrooms with Lentils

ENOUGH
FOR 2

Two of my all time favourite ingredients together in a one pot meal. Yay!
The butter here adds flavour to our mushrooms but it is also important for softening and balancing the acidity from the tomato paste.

3-4 tablespoons
butter

4 large field
or portabello
mushrooms, sliced

250g (9oz) cooked
lentils

1-2 tablespoons
tomato paste

1 bunch flat leaf
parsley, leaves
picked

1. Heat butter over a medium heat in a large frying pan.
Add mushies and cook, stirring every few minutes or
until mushrooms are browned and tender. About 10
minutes.

2. Add lentils and tomato paste and cook until warm.

3. Taste. Season and serve with parsley on top.

VARIATIONS

short on time? – use a drained can of lentils instead of cooking your own.

vegan / dairy-free – replace butter with coconut oil or olive oil.

need help cooking your lentils? – just simmer like pasta until tender. Depending on the type of lentil it will take from 15-30 minutes.

paleo / lentil-free – replace lentils with minced (ground) beef – make sure it's well browned and cooked through before serving.

different veg / mushroom-free – replace mushies with eggplant (aubergine), kale, broccoli brussels sprouts – whatever you feel like really.



Mushrooms with Lentils...

WASTE AVOIDANCE STRATEGY

butter – keeps in the fridge for months.

mushrooms – keep in the fridge in a brown paper bag. Once cooked will keep for weeks. And can be frozen raw or cooked.

tomato paste – keep in the pantry.

lentils – dried or canned will keep in the pantry. Cooked lentils can be frozen.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.





SAUSAGES *with* MUSHIES

Sausages with Mushies

ENOUGH
FOR 2

4 tablespoons butter

4 sausages

4 large field
mushrooms, sliced

4 sprigs thyme

2 large handfuls
baby spinach OR
1 can butter beans
(drained)

To demonstrate how you can 'tweak' a basic meal to keep everyone happy, I've included 2 different 'ways' or options for serving. To the vegetarians I'd serve more of the mushrooms and pop everything on a bed of baby spinach or other leaves. To keep a carnivore friend happy I'd give them the larger share of the sausages and less mushrooms and toss in a can of butter beans or chickpeas to serve. If I were cooking for a vegetarian and a carnivore I'd cook the mushrooms and sausages separately and then serve the beans and mushrooms and spinach for the vego option. And serve the sausages with the beans and mushies for the carnivore.

1. Heat half the butter on a medium high heat in a large frying pan. Remove sausage casings and crumble the sausage meat into the pan.

2. Cook, stirring and breaking up any large chunks of sausage meat for a few minutes or until sausage meat is starting to brown.

3. Add the remaining butter, mushrooms and thyme. Continue to cook, stirring every now and then until the mushrooms are tender and brown and the sausage meat is all cooked through.

4. Taste and season. Serve on a bed of the baby spinach, if using OR add the butter beans, if using, to the pan and cook for another few minutes or until heated through.

VARIATIONS

gluten-free – make sure your sausages are gluten-free or replace with ground (minced) beef or pork (about 450g / 1lb).

breakfast / higher protein – serve with a poached egg on top.

vegan – replace butter with olive oil and replace sausages with cooked lentils (about 450g / 1lb). Make sure you're generous with the oil and you may like to splash in some sherry or other vinegar to add freshness to the lentils. The cooked lentils can be added after the mushrooms are cooked and just heated through.

vegetarian – replace sausages with lentils as per the vegan recipe. Use the butter.



Sausages with Mushies...

VARIATIONS

paleo – serve with the spinach not the butter beans.

different greens – any washed salad leaves will work here. Or you could try wilted greens such as kale, collards, spinach or chard. Also lovely on top of a bed of steamed broccoli or broccolini.

different carbs – I've used canned beans because they're super quick and relatively healthy. But you could serve on hot buttered toast, a bed of mashed potatoes, with cooked pasta or couscous or even steamed rice.

too dry – add in another good hunk of butter... don't be shy :)

WASTE AVOIDANCE STRATEGY

butter – keeps in the pantry for months.

sausages - freeze.

mushrooms – keep in the fridge in a brown paper bag. Once cooked will keep for weeks. And can be frozen raw or cooked.

thyme – will keep in the fridge for weeks or can be frozen really easily.

baby spinach – can be frozen but better to use for another meal.

butter beans – pantry.





EASY *Mushroom* CHICKEN

Easy Mushroom Chicken

ENOUGH
FOR 2

4 chicken
marylands or 8
drumsticks

500g (1lb)
mushrooms

2 onions, chopped

2T butter

small bunch
thyme, optional

Please don't be put off by the long cooking time associated with this recipe. Like most slow cooked dishes it does take time but the actual active time is minimal. Slow cooking chicken on the bone like this gives a really moist, lovely texture but if you're short on time see the variations below for a quicker option.

1. Preheat your oven to 150C (300F).
2. Place chicken, mushrooms, onions, butter, thyme, 1 cup water and some salt and pepper in a large oven proof pot. Cover and cook for 1 1/2 hours.
3. Remove lid and push the veg down into the cooking liquid. Return to the oven and cook uncovered for 30 minutes or until the chicken is browned and well cooked.
4. Either serve hot or cool and refrigerate or freeze.

VARIATIONS

different cuts of chicken – you could use a whole chicken jointed into 8 pieces (get your butcher to do this) or drumsticks or thighs on the bone or wings. You could also use chicken breast fillets or thigh fillets but they may dry out when cooking and won't take as long.

short on time? – increase the oven temp to 200C (400F). Cook for 40 minutes with the lid on and 20 minutes with the lid off.

different veg – carrots, celery, potatoes, sweet potato, parsnips, red capsicum (bell peppers) are all great additions.

dairy-free – replace butter with extra virgin olive oil.

vegan / vegetarian – try these [roast mushrooms](#) instead.



Easy Mushroom Chicken...

WASTE AVOIDANCE STRATEGY

chicken, mushrooms – freeze.

onions – keep in the pantry.

butter - keeps in the fridge for months.

thyme – keeps for weeks in a plastic bag in the fridge. Can be frozen without problem.





Onions.



Onions.

STORAGE BEST PRACTICES

STORE IN THE PANTRY IN A
HESSIAN SACK OR BROWN
PAPER BAG TO PROTECT
FROM LIGHT WHICH CAUSES
SPROUTING.

ONION RECIPES

ONION & LENTILS
ROAST ONION & FARRO SALAD
CHEESE & ONION CHICKPEAS





ONIONS & *Lentils*

Onion & Lentils

ENOUGH
FOR 2

3 onions, peeled
& sliced

200g dried
French-style
lentils

1 bunch flat leaf
parsley, leaves
picked

4 tablespoons
tahini

4 tablespoons
lemon juice

In Egypt one of the tastiest dishes I ate was this interesting combo of lentils, rice, onions and pasta. There was something so comforting in that strange complicated mix. This is my much simpler, and more waistline friendly version.

1. Heat a medium pot on a medium heat. Cook onions in a little oil until they are soft and golden brown, about 10 minutes.

2. Add the lentils and 2 cups water. Bring to the boil. Cook uncovered for 20-25 minutes or until the lentils are no longer crunchy and the water has reduced. If the lentils start to dry out before they're cooked, add more water.

3. Meanwhile combine tahini, lemon juice and 3-4 tablespoons water in a small bowl.

4. When the lentils are cooked season generously with salt and pepper. Toss in the parsley and serve with the tahini sauce drizzled over.

VARIATIONS

carnivore - brown some crumbled sausages, bacon or chorizo in with the onions.

different lentils – I prefer French-style or 'puy' lentils for this but any lentil can be used. Larger lentils may take up to 30 minutes to simmer and will need a bit more water.

different seasoning – you might like to try using soy sauce and a splash of sherry or wine vinegar to season the lentils instead of the oil.

no tahini – serve with a creamy cheese instead of the sauce like ricotta, goats cheese, persian feta or regular feta.

more substantial / carb lovers – toss in cooked pasta or steamed rice (or both).

pescetarian - I love this served with canned fish such as sardines, tuna or salmon. Also great with smoked fish.



Onion & Lentils...

VARIATIONS

more breakfasty – serve with a poached or fried egg.

different herbs – use mint, basil or coriander. Or salad leaves or baby spinach.

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

lentils / tahini – keep in the pantry.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.



ROAST ONION & *Farro* SALAD



Roast Onion & Farro Salad

ENOUGH
FOR 2

4 onions peeled
& quartered
lengthwise

150g (5oz) farro

2 tablespoons
sherry vinegar

handful feta,
crumbled

1 bunch flat leaf
parsley, leaves
picked

One of my favourite smells in the world is onions roasting or frying. They're soo sweet and complex and just yummy. I'm sure the most compliments I've ever received for cooking has been when I've been cooking onions. This salad is a celebration of the humble onion. And if you're not familiar with farro see the variations.

1. Preheat oven 180C (350F). Place onions on a baking tray and roast for 45-50 minutes or until tender and golden.

2. Meanwhile, bring a pot of water to the boil. Simmer farro until tender about 15 minutes for cracked farro but more like 30 minutes for whole grains. Drain and allow to steam and cool.

3. Combine vinegar with 4 tablespoons extra virgin olive oil. Season.

4. When the onion and farro are cooked toss both in the dressing with the parsley. Serve with feta crumbled over.

VARIATIONS

no farro – farro is an older variety of wheat that has a lovely chewy texture. If you can't find it any grain will do here. Brown rice is great or quinoa or freekah. You'll need to adjust the cooking time.

gluten-free – use brown rice or quinoa instead of the farro.

vegan / dairy-free – replace feta with roasted nuts like pine nuts or almonds.

carnivore – toss some chicken thigh fillets or whole pork sausages in with the onions. Check the chicken after 30 minutes, if done remove and rest while the onions cook.

more substantial – serve with crusty bread and butter.

different greens – replace parsley with basil, coriander, mint, baby spinach or salad leaves.



Roast Onion & Farro Salad...

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

farro / sherry vinegar – keep in the pantry.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.





CHEESE & *Onion* CHICKPEAS

Cheese & Onion Chickpeas

ENOUGH
FOR 2 TO 3

2 onions, peeled
& sliced

4 tablespoons
cream

2 handfuls
grated melting
cheese

2 cans chickpeas
(14oz/400g
each), drained

1 bag salad
leaves

Back when I used to eat potato chips on a regular basis, 'cheese and onion' was one of my favourite flavour combos. This recipe is a little healthier celebration of that classic junk food 'marriage'.

1. Preheat oven to 180C (350F).
2. Heat a little olive oil in a medium saucepan and cook onion on a medium heat until the onion is soft. About 10 minutes.
3. Remove from heat, stir in the cream, half the cheese and the chickpeas. Divide between two 2 cup oven proof dishes (or 4x1cup).
4. Sprinkle over remaining cheese and bake for 15-20 minutes or until golden brown.
5. Serve hot chickpeas with salad on the side.

VARIATIONS

dairy-free / vegan – make a tomatoey version by adding a can of tomatoes with the chickpeas and a good glug of olive oil. Skip the cream and baking step and serve with basil leaves tossed through.

home cooked chickpeas – you'll need about 400g cooked drained chickpeas.

carb lovers – replace chickpeas with 300g cooked pasta.

more veg – replace some of the chickpeas with cooked veg such a cauliflower, red peppers, eggplant, zucchini, broccoli, asparagus.

more substantial – serve with garlic bread.

different legumes – use any canned or cooked lentil or bean.



Cheese & Onion Chickpeas...

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

cream – freeze it or use for another meal.

cheese – most hard and melting cheeses will keep for weeks wrapped in waxed paper or baking paper and stored in an airtight container (or sealed ziplock bag) in the fridge. If you need to store for longer cheese can be frozen.

chickpeas - keep in the pantry.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





Peas.



Peas.

STORAGE BEST PRACTICES

STORE IN THE FREEZER IN THE PACKAGE THEY WERE PURCHASED IN. FRESH PEAS ARE BEST EATEN ASAP BUT KEEP IN THE FRIDGE IN A PLASTIC BAG IF YOU MUST STORE THEM.

PEA RECIPES

CHICKEN WITH PEAS & BACON
PEA & LENTIL 'RISOTTO'
FISH WITH PEA PUREE
QUINOA WITH BASIL & PEAS





CHICKEN *with Peas &* BACON

Chicken with Peas & Bacon

ENOUGH
FOR 2

450g (1lb)
chicken thigh
fillets

2-4 slices bacon,
chopped

250g (9oz)
frozen peas

1 bunch mint,
leaves picked

squeeze lemon

Frozen peas are one of the most useful items to have in the freezer which I consider to be an extension of my pantry.

1. Heat a medium frying pan on a medium high heat. Rub chicken with a little oil and bash with your hand to flatten slightly. Season with salt.
2. Cook chicken in the pan for 3-5 minutes on each side or until cooked through. Remove and rest on a clean warm plate.
3. Return the pan to the heat and cook bacon, stirring until well browned and crispy. About 5 minutes.
4. Add peas straight from the freezer and cook until warm. Remove from the heat. Toss in the mint and add a splash of lemon.
5. Divide bacony peas between two plates and top with chicken thighs.

VARIATIONS

pork-free - either skip the bacon or replace with a chopped red onion. Or serve the peas with lashings of grated parmesan.

vegan – replace chicken and bacon with a drained can of chickpeas or black beans.

vegetarian – replace chicken with sliced halloumi and replace bacon with a chopped red onion.

more substantial – toss cooked short pasta in with the peas. Or serve on a bed of mashed potato.

different meat – the peas and mint are lovely with pork sausages or pan fried lamb chops.

pescetarian – replace the chicken with your favourite fish. The bacon goes surprisingly well with fish but you're welcome to try the pork-free options if you don't dig on swine.



Chicken with Peas & Bacon...

VARIATIONS

different veg – feel free to use fresh shelled peas, trimmed snow peas, sugar snap peas or trimmed green beans. Or even asparagus.

WASTE AVOIDANCE STRATEGY

chicken thigh fillets / bacon – freeze them.

peas - keep in the freezer.

mint – best to use for another meal. Leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.





PEA & Lentil 'RISOTTO'

Pea & Lentil 'Risotto'

ENOUGH
FOR 2

1 onion, peeled
and chopped

200g (7oz) red
lentils

3 cups chicken or
veg stock

250g (9oz)
frozen peas

large handful
grated parmesan

Lentil 'risottos' are one of my favourite pantry meals. They have all the oozy, comforting goodness of a regular risotto without the need to stir constantly. Plus they're way higher in protein and fiber. So good! Red lentils are best for this dish because they cook quickly.

1. Heat a medium pot on a medium heat. Add a little oil and cook onion, covered until the onion is soft but not browned. 5-10 minutes.

2. Add the lentils and stir to toast slightly. Then add the stock and bring to a simmer.

4. Cook for 15-20 minutes, stirring every now and then or until the lentils have lost their shape and everything looks oozy.

5. Stir in peas and cook until defrosted.

6. Add the parmesan. Taste. Season with salt. Serve with extra parmesan on top.

VARIATIONS

different veg – feel free to use fresh shelled peas, trimmed snow peas, sugar snap peas or trimmed green beans. Or even asparagus.

carnivore – brown some chopped boneless chicken after the onion and allow it to simmer with the lentils.

vegan/ dairy-free - just serve with a generous seasoning of salt and a good drizzle of extra virgin olive oil instead of the parmesan.

more veg - stir in a bag baby spinach or serve with the leaves of a bunch of mint, parsley or basil.

more substantial - serve with a side of garlic bread.

rice – replace lentils with arborio rice. Be prepared to stir more often and increase the amount of stock to 5-6 cups.



Pea & Lentil 'Risotto' ...

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

red lentils / chicken or veg stock – keep in the pantry.

frozen peas – keep in the freezer.

parmesan – wrap in waxed paper or baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.





FISH *with Pea* PUREE

Fish with Pea Puree

ENOUGH
FOR 2

2 fish fillets

450g (1lb)
frozen peas

4 tablespoons
butter

2 tablespoons
lemon juice

1 bunch mint,
leaves picked

Frozen peas are such a brilliant vegetable to keep on hand. I love how they will sit patiently in the freezer until you need some fresh greenness. While this is super tasty with fish it also goes well with chicken or even lamb cutlets.

1. Heat a frying pan on a medium high heat. Rub fish with oil and season. Cook non-skin side down for 3 minutes or until golden brown.

2. Turn the fish and cook for another 2-3 minutes or until cooked to your liking.

3. Either using the frying pan (or a separate saucepan if you want to save time and cook the peas at the same time as the fish) add the peas and butter and cook on a medium high heat, stirring until the peas are hot and the butter melted.

4. Add half the mint and puree the pea mixture until you're happy with the texture. I like it a little chunky. Using a stick blender or your food processor.

5. Taste and season peas with salt and a little lemon juice.

6. Serve fish on a bed of the pea puree topped with the extra mint leaves.

VARIATIONS

carnivore – as I mentioned above the pea puree is great with chicken or lamb chops. I can also imagine it working really well with steak.

dairy-free – replace butter with a peppery extra virgin olive oil.

vegetarian – replace fish with sliced halloumi. Cook peas first and then pan fry halloumi until golden brown on both sides and serve halloumi really hot.

vegan - serve the hot peas topped with chunks of cold avocado and extra lemon juice.

cheesey – I also love parmesan peas. Just stir in a handful of grated parmesan.

no blender / food processor – you could try mashing the peas with a fork but I'd just serve them whole.



Fish with Pea Puree...

VARIATIONS

non frozen peas – as much as I love the convenience of frozen peas, I prefer the flavour and texture of fresh shelled peas. Just cook until tender.

more substantial – serve with crusty bread and butter or roast potatoes (or a bag of your favourite potato crisps).

WASTE AVOIDANCE STRATEGY

fish fillets – freeze them.

frozen peas – keep in the freezer.

butter – keeps in the fridge for months.

lemon – will keep for months in a plastic bag in the fridge.

mint – best to use for another meal. leaves can be frozen but will wilt when defrosted so not ideal. Alternatively make a mint oil by packing washed and dried leaves in a clean dry glass jar and covering with extra virgin olive oil. Use mint oil to serve with lamb, chicken or fish.





Peppers.



Peppers.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

PEPPERS RECIPES

SHASHUSKA
ROAST PEPPERS WITH MOZZARELLA
PIRRI PIRRI CHICKEN





SHASHUSKA

Shashuska

ENOUGH
FOR 2

2 red bell peppers
(capsicum), chopped

1 jar tomato pasta
sauce (1.5 cups)

1 tablespoon [Harissa](#)
(optional)

4 eggs

handful labneh
or other soft cheese
(optional)

1 bag baby spinach

Shashuska is a Tunisian dish of baked eggs. I love it because it's super versatile and can be eaten for breakfast, lunch and dinner. If you don't have access to harissa (a super hot and delicious Tunisian chilli paste) there's a [recipe to make your own](#) or see the variations for alternatives.

1. Heat a little olive oil on a medium heat in a large fry pan. Add peppers and cooks, stirring every now and then until they are soft. Between 5-10 minutes.

2. Add tomato sauce and harissa (if using). Bring to a simmer. Taste and season with salt and more harissa if you prefer it hotter.

4. Break the eggs into the sauce. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set and the yolks still runny.

5. Serve eggs and sauce on a bed of baby spinach with cheese scattered over (if using) and lashings of black pepper.

VARIATIONS

no harissa? – any hot sauce, chilli paste, or finely chopped fresh red chilli can be used, just be careful not to add too much. Harissa is well worth making from time to time. [See the recipe here.](#)

not hot – reduce or skip the harissa. Still a really lovely dish.

vegan / egg-free – replace the eggs with a drained can of beans. And replace the cheese with a handful of roasted almonds or pine nuts.

dairy-free – replace the cheese with a handful of roasted almonds or pine nuts.

short on time – skip the peppers or use pre-roasted peppers.

more substantial - serve with hot buttered sourdough toast or flat bread.



Shashuska...

VARIATIONS

more veg – soften an onion with the peppers. Other possible additions include mushrooms, sliced zucchini or eggplant.

different cheese – ricotta, goats cheese, goats curd, shaved parmesan.

home made labneh – labneh is a ‘cheese’ made by straining yoghurt to remove some of the moisture. To make your own take natural plain yoghurt and place in a sieve lined with cheesecloth, tea towel or other cloth that you’re happy to touch your food. Place the sieve over a bowl to catch the liquid ‘whey’. Refrigerate until the yoghurt is as thick as you like. I usually leave it 6-8 hours. The whey can be used for smoothies, fed to your pets (except if you have pet fish!) or I just drink it straight. The labneh will keep in an airtight container in the fridge for weeks.

WASTE AVOIDANCE STRATEGY

bell peppers (capsicum) – keep in the fridge for a few weeks. For longer grill and store in an airtight jar under oil. Or freeze them.

tomato pasta / harissa – keep in the pantry.

eggs – will keep in the fridge for a month or so. Or use for another meal.

labneh - will keep in an airtight container in the fridge for weeks.

baby spinach – either freeze or wilt down in a pan with a little oil and then keep in the fridge for weeks.



ROAST PEPPERS *with* MOZZARELLA



Roast Peppers with Mozzarella

ENOUGH
FOR 2

3 red capsicum
(bell peppers)

1 clove garlic,
crushed

2 handfuls
mozzarella

1 tablespoon
sherry or wine
vinegar

1 bag baby
spinach

This is the type of thing I imagine cooking all the time when we have our outdoor wood fired pizza oven. A girl can dream. In the meantime, using a really hot normal indoor oven works pretty well! I'm happy to eat this alone for a lightish dinner or lunch. But see the 'more substantial' options below if you are feeding hungry people!

1. Preheat your oven to 250C (480F). Slice peppers into thick strips, discarding the seeds and white membraney bits.

2. Divide peppers between two oven proof dishes and drizzle with some olive oil. Bake for 15 minutes.

3. Sprinkle over cheese, garlic and vinegar. Bake for another 5-10 minutes or until the cheese is melted and bubbling.

4. Serve hot from the oven with baby spinach sprinkled over.

VARIATIONS

vegan / dairy-free – skip the cheese and serve with hummus or mashed avocado instead.

more substantial – serve with crusty bread and butter for soaking up the sweet juices or toss into cooked pasta or warmed cooked legumes like cannellini beans or chickpeas.

carnivore – add chopped prosciutto or salami with the cheese or serve as a side to grilled or BBQ chicken.

different veg – Sliced eggplant, zucchini or asparagus can be cooked like this. Just allow much more time for the eggplant (30 – 40 mins) before adding the cheese. If using zucchini slicing it into ribbons, it should cook about the same time as the peppers.

different cheese – I like cherry bocconcini or mozzarella best for this but any good melting cheese like cheddar, gruyere or emmental can be used.



Roast Peppers with Mozzarella...

VARIATIONS

different accompaniments – baby spinach is great but you could use any salad leaves, baby kale, flat leaf parsley or even basil.

WASTE AVOIDANCE STRATEGY

red capsicum – keep in the fridge for a few weeks. For longer grill and store in an airtight jar under oil. Or freeze them.

garlic – keeps in the pantry in a brown paper bag.

mozzarella – you can freeze them.

sherry or wine vinegar - keep in the pantry.

baby spinach – best to use for another meal. Can be frozen but will wilt when defrosted.





PIRRI *Pirri* CHICKEN

Pirri Pirri Chicken

ENOUGH
FOR 2

1 red capsicum
(bell pepper)

1 teaspoon chilli
powder

1 teaspoon
smoked paprika

2 tablespoons
lemon juice

4 chicken thigh
fillets

It's hard not to love the fresh heat of a Portuguese Pirri Pirri sauce. While it's traditionally paired with chicken, like I've done here, it's equally delicious with pork or fish. I'd even be happy serving it with beef and lamb. Just remember to stick to the 'tender' cuts.

1. For the sauce, whizz the capsicum (pepper) with the chilli, smoked paprika, lemon juice and 4 tablespoons extra virgin olive oil in a food processor or blender. When smooth, taste and season.

2. Trim the chicken thighs and bash out using the palm of your hand until the thighs are roughly even in thickness.

3. Place thighs in a bowl and cover with half the sauce. Marinate for a few minutes or up to 48 hours (if marinating for more than an hour keep refrigerated).

4. Heat a little oil in a pan and cook the thighs for 3-4 minutes on each side or until no longer pink in the middle. Serve thighs with the other half of the sauce.

VARIATIONS

carnivore – any tender cuts of meat or fish will work well here.

more veg – serve with [carrot tabbouleh](#) or green salad.

can't find smoked paprika? – just skip it or use regular paprika.

vegetarian – replace chicken thighs with thick slices of halloumi. Skip the marinating and pan fry halloumi until golden on both sides and serve with the sauce.

vegan – replace the chicken thighs with thick slices of firm tofu or seitan. Sliced eggplant would also be lovely – just cook until tender.

grilled peppers – make the pirri even more intense and smoky by using 2 grilled and peeled red peppers instead of the fresh capsicum.



Pirri Pirri Chicken...

WASTE AVOIDANCE STRATEGY

red capsicum (bell pepper) – will keep in a plastic bag in the fridge for over a week. For longer can be frozen (chop first for easier defrosting)

dried chilli / paprika – will keep in the pantry.

lemons - will keep for weeks at room temperature or for longer in the fridge.

chicken thigh fillets – see packet for use by date. Usually keep for a few days in the fridge. Freeze for longer storage. Best to wrap in a ziplock bag or other freezer proof bag before freezing.





Pork.



Pork.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE IN
THE PACKAGING IT WAS
PURCHASED

PORK RECIPES

HOT CHORIZO & CREAMY RICOTTA SALAD
BACON SANG CHOI BAU
SLOW BAKED BANGERS
CHORIZO CHICKEN WITH BLACK BEANS
SUPER YUM BACON & CABBAGE
CHICKEN WITH PEAS & BACON
CHORIZO & BROCCOLI
CHORIZO WITH BEANS
HOT CHORIZO & CREAMY RICOTTA SALAD
POTATO & CHORIZO SALAD
OOZY RED LENTIL RISOTTO WITH SAUSAGES
QUICK SAUSAGES WITH LENTILS
SAUSAGES WITH MUSHIES
PORK & FENNEL BURGERS





HOT CHORIZO & *Creamy Ricotta* SALAD

Hot Chorizo & Creamy Ricotta Salad

ENOUGH
FOR 2

2-3 chorizo,
sliced

250g (1/2lb)
cherry tomatoes

1 red capsicum
(bell pepper),
sliced

2 generous
handfuls creamy
ricotta

4 handfuls baby
spinach leaves,
washed

There's something about the contrast between hot spicy pork products and cool creamy ricotta that gets me super excited! I prefer to use dried chorizo rather than their fresh sausage counterparts, but either will work here really.

1. Heat a little oil in a frying pan. Add chorizo, tomatoes and capsicum.

2. Cook, stirring every now and then on a medium high heat until chorizo are browned and cooked through.

3. Taste. Season.

4. Serve chorizo mixture with ricotta on the top and the baby spinach on the side.

VARIATIONS

dairy-free – replace ricotta with a nice hummus or some mashed avocado.

vegetarian – replace the chorizo with a drained can of chickpeas and 2 teaspoons smoked paprika. Add in a little chilli if you like it hot.

vegan – combine the dairy-free and vegetarian options.

budget / more substantial – add in a can of chickpeas, beans or some cooked pasta to make the dish serve more people.

no chorizo – use any spicy sausage you can get your hands on. Or even a plain sausage and add your own extra fresh or dried chilli.

winter – use a can of tomatoes and simmer for an extra 10 minutes instead of the cherry toms.



Hot Chorizo & Creamy Ricotta Salad...

WASTE AVOIDANCE STRATEGY

chorizo – I buy mine packed in cryovac and it keeps for a few weeks in the fridge. Otherwise freeze.

cherry tomatoes / capsicum (bell pepper) – roast in the oven then store in a glass container covered with olive oil.

creamy ricotta – unopened tubs usually have a shelf life of a few weeks. Otherwise use for another meal – lovely slathered on toast or raisin toast.

baby spinach – highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.



BACON *Sang* CHOI BAU



Bacon Sang Choi Bau

ENOUGH
FOR 2

3-4 slices bacon

450g (1lb) pork
minced (ground
pork)

1-4 red chillies

4-6 tablespoons
oyster sauce

iceburg lettuce,
washed

We love a bit of sang choy bau action for a quick weeknight dinner in our house. There's something so delicious about spicy meat wrapped in cooling lettuce leaves. We love it so much we often serve other stir fries like this instead of with cauliflower 'rice' (finely grated raw cauli) or steamed rice. I can't remember exactly why I decided to put bacon in the sang choy bau. Probably because we were going away and I didn't want to waste it. I suppose I shouldn't be surprised that bacon made this classic dish taste even more amazing. But I was. And it's good enough to warrant a stand alone recipe, rather than just tacking on bacon to one of my 'variations' ;)

1. Heat a little oil in a wok or large frying pan on a very high heat.
2. Cook bacon for a few minutes or until starting to brown.
3. Add pork and chilli. Continue to stir fry until the meat is well browned.
4. Remove from the heat and add enough oyster sauce to season it well.
5. Wrap a little of the hot meat in lettuce leaves and eat with your fingers.

VARIATIONS

vegetarian / vegan – skip the bacon and try seasoning some cooked green lentils with (vegetarian) oyster sauce and chilli. Serve with lettuce. Also works with browning crumbled tofu. Expect to use more oyster sauce.

sugar-free - replace oyster sauce with soy sauce (start with much less so it's not too salty) and a drizzle of sesame oil.

different meat – also great with minced (ground) beef or chicken. Actually most ground meat will work well.

fish – you could use finely chopped fish fillets. Expect them to cook quite quickly.



Bacon Sang Choi Bau...

VARIATIONS

more veg – toss in some sliced water chestnuts, chopped red capsicum (bell pepper), mushrooms and/or sliced green onions.

herby – serve with torn mint, basil and/or coriander (cilantro) leaves.

carb lovers / more substantial – serve with steamed rice.

WASTE AVOIDANCE STRATEGY

bacon – I buy mine in a cryovac pack which has a shelf life of a few weeks.

pork – freeze.

chillies – will keep for weeks in a plastic bag in the fridge. Or can be frozen.

oyster sauce – unopened bottles keep in the pantry. Once opened will keep in the fridge for months.

iceburg lettuce – will keep in the fridge for a few weeks in a plastic bag. Otherwise use for another meal as it's not great once frozen.





SLOW *Baked* BANGERS

Slow Baked Bangers

ENOUGH
FOR 2

4 onions, peeled
& quartered
lengthwise

4 thick sausages

1 cup red wine

1 cup stock or water

a few sprigs of
thyme, optional

3-4 handfuls baby
spinach to serve

I'm still finding the oven to be my favourite cooking method because I can set and (almost) forget. These sausages are a big favourite. But if bangers aren't your thing see the variations below. Or think about trying a new butcher who takes pride in making their own sausages. Quality is key here!

1. Turn your oven on to 150C (350F).
2. Pop onions, sausages, wine, stock or water and thyme (if using) in an oven proof pot.
3. Bake for about 2 hours turning the sausages about half way if you get the chance to.
4. Serve on a bed of baby spinach.

VARIATIONS

short on time? – crank your oven to 220C (450F). Should be done in 45 mins.

REALLY short on time? – Make a quick sausage ragu. Remove sausage meat from the casings and brown in a pan. Add in a tin of tomatoes and a good hunk of butter and simmer for a few minutes. Serve on baby spinach.

vegan / vegetarian – replace sausages with vegetables such as a sweet potato, parsnip, carrot, beets, potato, eggplant or mushrooms. You may need to adjust the cooking time. Serve with shaved parmesan and some nuts for extra protein and crunch.

different meat – chicken thighs or drumsticks work well and will cook in about the same amount of time. Osso buco or lamb shanks would be my red meat choices. They'll need a lot longer, 4-5 hours. And you might need to add more liquid if it's drying out.



Slow Baked Bangers...

VARIATIONS

alcohol-free – just replace the wine with extra stock, water, tomato purée or a can of tomatoes.

onion-free – replace onions with a mixture of other aromatic veg such as celery and carrots.

different herbs – thyme is my fav here but rosemary or sage or a few bay leaves will be lovely too.

more summery – make the ‘REALLY short on time’ version.

carb lovers / more substantial – serve with mashed potatoes.

WASTE AVOIDANCE STRATEGY

onions – will keep in the pantry for months.

sausages – freeze them.

red wine – pantry. Although it tends not to last very long around here :)

stock – packaged stock in the pantry or home made stock in the freezer. If you have defrosted stock, just bring it to a rapid boil and let it cool before refreezing.

thyme – will keep in a plastic bag in the fridge for weeks. Freezes well.

baby spinach – use for another meal or freeze.





CHORIZO *Chicken with* BLACK BEANS

Chorizo Chicken with Black Beans

ENOUGH FOR 2

450g (1lb)
chicken thigh
fillets, sliced

200g (7oz)
chorizo, sliced

1 can black
beans (400g /
14oz), drained

sour cream, to
serve

1 bunch
coriander
(cilantro), leaves
picked

Over the last few years we've had an annual date with some friends for a weekend of chorizo and salami making. Our most recent adventure was only a few months ago so my freezer is still bursting with home made chorizo. Definitely not a problem I mind having!

1. Heat a large frying pan on a medium high heat. Add a little oil with the chicken and chorizo. Cook, stirring every few minutes until the chicken is cooked through and the chorizo is browned. 5-10 minutes.

2. Add the beans and stir. Keep cooking until beans are hot. Taste and season with salt.

3. Serve the bean mixture with sour cream on the side and coriander (cilantro) on top.

VARIATIONS

different herbs - if you're not a coriander (cilantro) fan use mint, flat leaf parsley or basil instead. Or replace with washed salad or baby spinach leaves.

vegan / vegetarian – soften a chopped onion in a little oil. Add a few teaspoons smoked paprika and increase the beans to 2 cans. Replace the sour cream with avocado that has been mashed with a little lime juice.

dairy-free – replace the sour cream with avocado that has been mashed with a little lime juice.

more veg – lovely with some chopped avocado on top. Or add chopped cucumber or fresh tomato.

limey – also lovely with a squeeze of lime.

no chorizo? – replace with any sliced sausages and a little smoked paprika and chilli.



Chorizo Chicken with Black Beans...

VARIATIONS

more substantial – serve on a bed of corn chips or toasted tortilla chips or with warm tortillas on the side.

different meat – replace chicken with ground beef (minced), white fish fillets or pork fillets. You could also use chicken breast fillets.

WASTE AVOIDANCE STRATEGY

chicken thigh fillets / chorizo – freeze them.

black beans – keep in the pantry.

sour cream – will keep for weeks in the fridge.

coriander (cilantro) – freeze it in a plastic bag.



A close-up photograph of a metal mesh basket filled with several golden-brown, roasted potatoes. The potatoes have a slightly wrinkled, crispy texture. The basket is placed on a rustic wooden surface. In the background, a white object, possibly a handle, is visible. The overall lighting is warm and natural.

Potatoes.



Potatoes.

STORAGE BEST PRACTICES

STORE IN THE PANTRY IN
A DARK CORNER OR A
HESSIAN SACK TO PREVENT
SPROUTING. IN VERY WARM
WEATHER I POP THEM IN
THE FRIDGE.

POTATO RECIPES

CHEESEY POTATOES
POTATO ROSTI
POTATO & CHORIZO SALAD





CHEESEY *Potatoes*

Cheesey Potatoes

ENOUGH
FOR 2 AS A MAIN
OR 4 AS A SIDE

4 tablespoons butter

1 onion, chopped

450g (1lb) Dutch
cream potatoes or
other waxy potatoes,
scrubbed

1/2 cup white wine

2 large handfuls
grated melting
cheese

1 bag salad leaves

If the idea of eating these cheesey potatoes with a salad as a main course sounds a bit weird to you, think of it as mac & cheese with potatoes instead of the macaroni. It's equally delicious and indulgent with the added bonus of being gluten-free. Plus as my Irishman is always telling me, potatoes are a great source of Vitamin C so it's actually healthier than mac & cheese on two fronts!

1. Preheat your oven to 180C (350F). Melt butter in a medium saucepan and add onion. Cook, covered on a medium heat until the onion is soft. About 10 minutes.

2. Meanwhile, grate the potatoes using your food processor or box grater. Place on a tea towel or paper towel and squeeze dry as much as possible.

3. When the onion is soft, add the wine and cook uncovered for about 5 minutes or until reduced a little.

4. Remove onion from the heat. Stir in the dried potatoes and half the cheese. Season generously with salt and pepper and divide mixture between 2 x 2 cup oven proof dishes or 4 x 1 cup dishes or ramekins.

5. Cover with foil and bake for 20 minutes.

6. Remove foil, top with extra cheese and cook for another 15-25 minutes or until the cheese is melted and bubbling. Serve hot with salad on the side.

VARIATIONS

different cheese – use any cheese which will melt well such as gruyere, emmental, swiss, mozzarella, cheddar or a combination. I like to include a little parmesan for its lovely flavour but parmesan alone won't melt nicely.

carnivore – brown some bacon and add after the wine is reduced. Or serve as a side to a grilled steak or roast chicken.

alcohol-free – replace wine with 1/4 cup cream. No need to simmer the cream, proceed straight to step 4. Or use 1/2 cup chicken or veg stock and simmer as you would with the wine.

lower GI / different veg - replace potatoes with sweet potato or use a combo of both. Or add in other root veg such as jerusalem artichoke, parsnip, swede (rutabaga) and / or turnip. I have made an all turnip version and it was pretty intensely turnipy so I'd probably be inclined to use a combo next time.



Cheesy Potatoes...

VARIATIONS

dressed salad - with something this rich I often serve my salad leaves 'nude' so I save time, plus you're not really going to notice the salad dressing. But if you would prefer your salad dressed make a quick dressing by combining 1 tablespoon wine vinegar (my favourite is sherry vinegar or rice vinegar) with 2-3 tablespoons extra virgin olive oil. Season well and toss the salad in the dressing just before serving.

vegan / dairy-free – replace butter with extra virgin olive oil. And instead of the cheese, just drizzle over (lots) more olive oil before baking.

WASTE AVOIDANCE STRATEGY

butter – keeps in the fridge for months.

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

potatoes – keep in the pantry.

white wine – pantry. Although it tends not to last very long around here :)

cheese – most hard and melting cheeses will keep for weeks wrapped in waxed paper or baking paper and stored in an airtight container (or sealed ziplock bag) in the fridge. If you need to store for longer cheese can be frozen.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





POTATO *Rosti*

Potato Rosti

ENOUGH FOR
ABOUT 8 ROSTI
(OR 1 IRISHMAN)

500g (1lb)
potatoes

2 egg whites

2 tablespoons
flour

small handful
chopped chives,
optional

oil for shallow
frying

These are another dish which is probably stretching the friendship in the 'healthy' department. But I decided to include them because they're totally a winner on the 'tasty' front. And I like to think that it's much healthier to cook your own fried food because then you control the quality of your oil and the quantity you make and serve.

1. Scrub your spuds then grate – I use my food processor. Rinse grated potato in cold water. Drain then transfer to a clean tea towel and squeeze the spuds as dry as possible.

2. Heat about 1cm (1/1in) oil in a large frying pan over a medium heat.

3. Combine dry spuds, egg whites, flour and chives, if using, in a mixing bowl. Mix well. Then form the mixture into about 8 flat patties, placing each on a clean plate as you go.

4. Gently slide half of the rosti into the hot oil. Shallow fry for 3-4 minutes on each side or until deeply golden brown.

5. Drain on paper towel and keep warm in a low oven while you cook the second batch of rosti.

6. Serve hot with a generous dusting of sea salt flakes.

VARIATIONS

healthier – serve with chunks of avocado and a green salad on the side.

more substantial - serve with a poached or fried egg. And maybe some crispy bacon.

potato & parsnip – try a mixture of spuds and parsnips.

vegan – try replacing with 1 tablespoon ground golden flax seeds (linseeds) combined with 3 tablespoons water. I haven't tried this so let me know how you get on if you do. Or use your favourite egg replacer.

gluten-free – just use your favourite GF flour. I've used quinoa flour in the video but GF flour will work.

other root veg – it's hard to go past the humble spud but I'd consider trying swede (rutabaga) or sweet potato.



Potato Rosti...

WASTE AVOIDANCE STRATEGY

potatoes / flour / oil – store in the pantry.

eggs – will keep in the fridge for a month or so. Or use for another meal.

chopped chives – best to use for another meal.



POTATO & Chorizo SALAD



Potato & Chorizo Salad

ENOUGH
FOR 3 TO 4

1kg (2lb) waxy
potatoes such as
kipfler
200g (7oz)
chorizo, sliced
2 tablespoons
sherry or wine
vinegar
1 bunch flat leaf
parsley
garlicky mayo,
to serve (optional)

Normally potato salad is something I serve as a side but this year for Father's Day we had a picnic lunch with this potato & chorizo salad as the main event. It was the perfect picnic food, hearty and filling and robust enough to stand up to transport. You could say a potato salad is 'stretching the friendship' in a book about healthy meals. But if you look at it from the perspective of all real food being good for you it's not as bad as you might think. Plus the fat from the chorizo and aioli should cancel any blood sugar spikes.

1. Scrub potatoes and place in a pot. Cover with water and add a little salt.
2. Bring to the boil and simmer partially covered until the potatoes are tender, about 1/2 hour. Drain.
3. Return the pot to the heat and add a little oil. Cook chorizo on a medium high heat until browned on both sides and cooked through. About 5 minutes or a little longer.
4. In a medium bowl combine vinegar with 6 tablespoons extra virgin olive oil. Season. Slice potatoes into rounds about 1cm (1/2in) thick and toss in the dressing.
5. Toss in the chorizo and parsley. Serve warm or at room temp with garlicky mayo (if using) on the side.

VARIATIONS

lower GI – use [roast sweet potatoes](#) instead of the regular spuds. Or replace spuds with 2 drained cans of chickpeas.

vegetarian / vegan – skip the chorizo and add a pinch of smoked paprika to the dressing. Add in a few handfuls of sun dried tomatoes (or semi dried tomatoes) instead of the chorizo.

vegetarian – replace chorizo with crumbled feta or other salty cheese.

less – you can easily halve this but the leftovers are so lovely I usually make this quantity and keep the rest in the fridge.

higher protein – toss in a few halved [hard boiled eggs](#). Or serve as a side to a roast or BBQ chicken.



Potato & Chorizo Salad...

VARIATIONS

more veg – lovely with roast red peppers, grilled eggplant or grilled zucchini.

short on time – slice the potatoes before boiling. Will reduce the cooking time significantly but the spuds tend to take up more water. You could also cook the chorizo in a different pan at the same time as the potatoes but it will mean more washing up at the end!

WASTE AVOIDANCE STRATEGY

potatoes / vinegar – keep in the pantry.

chorizo – freeze it.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

mayo – unopened in pantry or in fridge once opened.





Pumpkin/Winter Squash.



Pumpkin/Winter Squash.

STORAGE BEST PRACTICES

STORE CUT PIECES IN THE FRIDGE WRAPPED IN A PLASTIC BAG. WHOLE PUMPKIN OR SQUASH CAN BE STORED IN THE FRIDGE UNCOVERED. OR IN WINTER KEEP IN A COOL PLACE OUT OF THE FRIDGE.

PUMPKIN / WINTER SQUASH RECIPES

NO CHOP BUTTERNUT SOUP
ROAST BUTTERNUT CURRY





NO-CHOP *Butternut* SOUP

No-Chop Butternut Soup

ENOUGH
FOR 3

1 butternut
pumpkin
(squash)

3 cups stock or
water

1-2 tablespoons
soy sauce

sour cream to
serve

I just love the idea of putting the whole butternut in the oven to roast and soften into something manageable, rather than having to use all your muscle power to chop up the butternut for soup. I like to leave the skin on but get rid of the seeds before pureeing because I like the flavour of the skins but prefer to avoid the nutty texture of the seeds. If you prefer to use the whole butternut though, you can.

1. Preheat oven to 180C. Pop in the whole butternut and roast for about an hour or until it feels squishy when you touch it.

2. Halve the cooked butternut and scrape out the seeds and save them for snacks. Put the butternut flesh and skin, if you like, in a saucepan.

3. Add stock and some soy sauce and bring to the boil. Simmer for a few minutes.

4. Purée using a stick blender until as smooth as you fancy.

5. Taste and season with a little more soy if needed. Serve with sour cream or yoghurt.

VARIATIONS

vegan / dairy-free - serve with cashew sour cream. Soak raw cashews in water for about 8 hours. Drain, then process in a food processor with enough fresh water to make a purée. Season with a little salt and enough lemon juice to make it as tart as you feel like. OR use tahini instead.

other veg – feel free to use sweet potato, any pumpkin or winter squash. Other root veg roasted whole like this also work well in soups. Try parsnip, carrots, beets, onions, turnip, swede (rutabaga) or a combo.

spice – a little ground cumin or coriander can be nice. Or a pinch of cinnamon. Chilli also works well with the sweetness of the butternut.

herbs – try a little fresh thyme or some sage added with the stock.



No-Chop Butternut Soup...

VARIATIONS

Thai – add in a few tablespoons of red curry paste and replace some of the stock with a can of coconut cream.

carb lovers / more substantial – serve with hot buttered toast or crusty bread.

WASTE AVOIDANCE STRATEGY

butternut pumpkin (squash) – keeps in the fridge for months.

stock – freeze it.

soy sauce – keep in the pantry.

sour cream – keeps in the fridge for weeks.





ROAST *Butternut* CURRY

Roast Butternut Curry

ENOUGH
FOR 2

1/2 butternut
squash, chopped
into wedges

1 heaped tablespoon
garam masala

1/2 – 1 teaspoon
chilli flakes or
powder

1 can tomatoes
(400g / 14oz)

4-6 tablespoons
coconut milk

The sweetness of butternut works really well with the deeply savoury spiciness of an Indian curry. To make it more substantial, feel free to toss in some cooked or canned lentils or cooked meat such as chicken.

1. Preheat your oven to 200C (400F). Place butternut on a baking tray and drizzle with a little oil. Season.

2. Bake for 30 to 45 mins or until wedges are deeply browned on the edges and tender in the middle.

3. Meanwhile, heat a little oil in a medium frying pan. Add spices and cook for about 20 seconds.

4. Add tomatoes and simmer for 5 minutes or until the sauce has reduced a little.

5. Stir in coconut milk. Taste and season.

6. Chop the cooked butternut into chunks and add to the curry. Bring back to a simmer and serve hot.

VARIATIONS

no garam marsala? – use a good quality curry powder instead. Reduce the quantity to about 2 teaspoons and taste before adding more. You may want to skip the extra chilli. Or replace with equal parts ground coriander and ground cumin.

higher protein / more substantial – add in some cooked chicken, beef, chickpeas or lentils.

dairy-lovers – replace coconut milk with whipping cream.

herby - serve with fresh coriander (cilantro) leaves OR add in a few handfuls of fresh curry leaves to simmer with the tomatoes.

carb lovers - serve with flatbread, steamed rice or cauliflower 'rice'.



Roast Butternut curry...

WASTE AVOIDANCE STRATEGY

garam masala / chilli flakes or powder / tomatoes / coconut milk - keep in the pantry.

butternut squash - will keep in the fridge in a plastic bag for weeks.





Quinoa.



Quinoa.

STORAGE BEST PRACTICES

STORE IN THE PANTRY IN THE PACKAGING IT WAS PURCHASED.

QUINOA RECIPES

QUINOA WITH BROCCOLI PESTO
QUINOA FETA & AVOCADO SALAD
QUINOA WITH BASIL & PEAS
WARM SALAD OF ROAST CAULIFLOWER & QUINOA
CRISP KALE WITH QUINOA & RICOTTA





QUINOA *with Broccoli* PESTO

Quinoa with Broccoli Pesto

ENOUGH
FOR 2

1 head broccoli

400g (14oz)
cooked quinoa

6 tablespoons
pesto

squeeze lemon
juice

8 tablespoons
ricotta

Most weeks I either cook up a big pot of lovely lentils or quinoa to use during the week for breakfasts, lunches or dinners. I've also more recently been getting into grating raw veg like broccoli or cauliflower in the food processor and keeping it in the fridge for a quick veg hit to serve with my poached eggs in the morning or in a salad like this. If you're not a fan of raw broccoli, see the 'more wintery' variations below.

1. Chop broccoli into small bite sized pieces or grate it using a box grater or your food processor.
2. Toss prepared broccoli in a bowl with the quinoa and pesto. Add lemon juice. Season with salt and pepper.
3. Taste and add more salt / pepper / lemon, if needed.
4. Serve with ricotta on top.

VARIATIONS

not-so-organised – cook 200g (7oz) quinoa from scratch, just boil in a big pot of water like pasta for 10 minutes. Then drain and you're good to go.

warm salad / more wintery – follow the 'not-so-organised' instructions above and add broccoli to the cooking water after 5 minutes. Drain and toss in the pesto and lemon and serve warm with cold ricotta on top.

make your own pesto – whizz one bunch basil leaves with 1 clove garlic, a handful pinenuts and large handful grated parmesan. Add enough extra virgin olive oil to make a chunky paste and season well with s&p.

no quinoa? – replace with any cooked grain or legume. Barley or brown rice would be my first choices.

dairy-free / vegan – replace ricotta with hummus or a drizzle of tahini and use a dairy-free pesto like this [Sicilian Nut Pesto](#).



Quinoa with Broccoli Pesto...

WASTE AVOIDANCE STRATEGY

broccoli – will keep wrapped in a plastic bag in the fridge for about 2 weeks or sometimes a little longer. Can be frozen (if you have time chop before freezing so it will defrost quickly in the pan).

quinoa – dried keep in the pantry. Cooked quinoa can be frozen.

pesto – commercial jars of pesto will keep for months in the pantry. Fresh pesto will keep in the fridge for a few weeks. Cover with olive oil to prevent exposure to air and browning reactions.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

ricotta – in a sealed tub it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.





QUINOA, FETA & *Avocado* SALAD

Quinoa, Feta & Avocado Salad

ENOUGH
FOR 2

100g (3.5oz)
quinoa

1 tablespoon rice
wine vinegar

200g (7oz)
packet feta, I like
Greek style best

1 bunch flat leaf
parsley, chopped

1 avocado

I've really been getting into feta lately. It's become my go to cheese when I would have normally reached for a soft cheese like ricotta or goats cheese.

If you're making this in advance, leave out the avocado and toss it in just before you're ready to eat. Otherwise you'll have icky brown chunks of avocado in your salad. And just refrigerate as soon as the salad is made so no bugs get a chance to grow.

I normally cook up a big batch of quinoa and then use it for different things throughout the week.

1. Bring a medium pot of water to the boil. Rinse quinoa and add to the pot, simmer for 12-15 minutes or until quinoa is tender. Drain well.

2. Whisk vinegar with 3 tablespoons extra virgin olive oil. Toss in quinoa and parsley.

3. Crumble over feta and scoop chunks of avocado on top. Season mostly with pepper and leave the feta to provide the salt.

VARIATIONS

dairy-free / vegan – replace the feta with roasted almonds.

paleo – replace the feta with 3-4 hard boiled eggs. And replace the quinoa with a big bunch of kale – no need to cook the kale, just wash well and chop into super fine ribbons before tossing in the dressing.

cooked quinoa – if you've cooked up a big batch of quinoa in advance you'll need about 300g (10oz) cooked quinoa for the recipe.

no quinoa? – replace with 300g (10oz) cooked lentils or brown rice or see the 'paleo' variation above.

no rice wine vinegar – use lemon juice, sherry vinegar or white wine vinegar instead.

different cheese – if you're not pregnant, go nuts with your favourite goats cheese or even a creamy blue.



Quinoa, Feta & Avocado Salad...

WASTE AVOIDANCE STRATEGY

quinoa / vinegar – keep in the pantry.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.

avocado – use for another meal.





QUINOA *with Basil &* PEAS

Quinoa with Basil & Peas

ENOUGH
FOR 2

150g (5oz)
quinoa

2 handfuls
frozen or fresh
shelled peas

3 tablespoons
lemon juice

1 bunch basil,
leaves picked

handful roasted
almonds

I don't eat a lot of grains but I do love quinoa. Mostly because it's delicious and I adore the slightly chewy texture. But also because it's gluten free and pretty high in protein. It's also easy to cook, just boil in water and drain like pasta. Just keep the cooking time short so you don't get gluggy quinoa.

1. Bring a medium pot of water to the boil.
2. Add quinoa and set your timer for 8 minutes. Add peas and simmer for 2 more minutes. Drain.
3. Combine lemon with 3 tablespoons extra virgin olive oil. Season. Toss drained quinoa and peas in the dressing.
4. Finely chop basil and stir through the quinoa. Serve with almonds on top.

VARIATIONS

basil oil – whizz basil with enough olive oil to make a paste. Drizzle the basil oil over instead of tossing through the chopped leaves.

different herbs – basil can be expensive so use mint, flat leaf parsley and/or coriander (cilantro).

carnivore – pan fry some chicken breast, bacon, chorizo or chicken thigh fillets and toss in the salad. Or serve as a side to BBQ chicken or steak.

higher protein – serve with a poached or fried egg on top.

no quinoa? – couscous works well instead. Just pour a cup of boiling water over the couscous and peas. Stir in a few tablespoons olive oil. Cover and stand for 5-10 minutes before fluffing with a fork and adding the lemon juice and basil. Or use other whole grains such as farro or brown rice, adjust the cooking time according to the packet and remember to add the peas in the last 2 minutes.



Quinoa with Basil & Peas...

VARIATIONS

nut-free – just skip the almonds or replace with a handful of toasted breadcrumbs.

more substantial – see the carnivore or higher protein options or serve with ricotta, feta, marinated feta or shaved Parmesan on top. Some flat bread on the side might be lovely.

different veg – if frozen peas aren't your thing try snow peas, asparagus, sugar snap peas. Grilled veg such as eggplant, zucchini, mushrooms or red peppers (capsicum) are also great with quinoa.

grain-free – replace quinoa with 1/2 head of cauliflower that has been whizzed in the food processor to make cauli 'couscous'. Boil peas for 2 minutes and toss through the cauli with the dressing and basil. Or use lentils instead of the quinoa and increase the simmering time.

different nuts – cashews, pine nuts, walnuts or pecans.

WASTE AVOIDANCE STRATEGY

quinoa / almonds – keep in the pantry.

frozen or fresh shelled peas - frozen peas keep in the freezer, fresh peas will keep in the fridge for a few weeks or you can freeze them.

lemons – will keep for a few weeks at room temp or for much longer in the fridge.

basil – make basil oil by packing washed and dried leaves in a clean jar and covering with extra virgin olive oil.



A close-up photograph of a white bowl filled with a variety of fresh green salad leaves. The leaves include spinach, arugula, and other leafy greens, some with reddish veins. The bowl is set against a light background.

Salad Leaves.



Salad Leaves.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE IN THE PACKAGING THEY WERE PURCHASED IN.

IF YOU HAVE LOOSE LEAVES WASH AND SPIN DRY THEN WRAP IN PAPER TOWEL AND STORE IN A PLASTIC BAG IN THE FRIDGE.

SALAD LEAVES RECIPES

QUICK WARM CHICKEN & PARMESAN SALAD
MUNG BEAN PASTA WITH ROCKET & CHILLI
QUICK HALLOUMI & ROCKET SALAD
THE 'BLAT' SALAD
SPICED CHICKPEA SALAD
MOORISH BABY SPINACH & PINENUT SALAD
ROAST SWEET POTATO SALAD WITH CHICKEN
CLASSIC GREEN SALAD



QUICK WARM *Chicken &* PARMESAN SALAD



Quick Warm Chicken & Parmesan Salad

ENOUGH
FOR 2

450g (1lb)
chicken thigh
fillets

2 tablespoons
lemon juice

4 handfuls
rocket (arugula)
or salad leaves,
washed & dried

2 handfuls
parmesan
shavings

I love a warm salad for a quick, healthy mid week dinner. There's something about having something proteiny and warm that makes it feel substantial enough for a dinner. Yet all those leaves keep it light. And best of all they tend to work all year round, so well worth adding to your repertoire!

1. Heat your frying pan on a very high heat. Trim any fat from the chicken and slice into super fine strips. Drizzle with a little oil and season.

2. Cook chicken in the hot pan for about 1 minute. Then stir and keep cooking till browned on all sides.

3. Meanwhile, combine lemon juice and 4 tablespoons extra virgin olive oil in a bowl. Season.

4. When the chicken is cooked transfer to the lemon dressing.

5. Toss in rocket leaves. Serve with parmesan shaved over.

VARIATIONS

vegetarian – replace chicken with field mushrooms or eggplant slices. Cook in a little oil until soft.

vegan – skip the chicken and cheese. Warm some cooked lentils or quinoa in a pan and toss in the dressing with the leaves. Add some roasted almonds for a little extra protein and crunch.

dairy-free – replace the parmesan with roasted sliced almonds. Or cook some bacon in the pan before cooking the chicken. And serve the crunchy bacon on top of the salad.

different protein – lovely with steak or lamb fillets instead of the chicken. Also good with chorizo.

different leaves – any salad leaf will work well here. In the winter I'd go for red radicchio leaves or witlof (belgian endive).

carb lovers / more substantial – serve with crusty bread.



Quick Warm Chicken & Parmesan Salad...

WASTE AVOIDANCE STRATEGY

chicken – freeze or cook (either pan fry or gently simmer for 15-20 minutes). Frozen chicken will last for months. Cooked chicken will last for up to a week.

lemon – will keep in the fridge for weeks.

rocket (arugula) or salad leaves – the best option is to use in another recipe. Rocket can be used to make pesto which will keep for a few weeks (just use it instead of basil). The alternative is to wilt down the leaves in a pan with a little oil. Keep wilted leaves in a covered container in the fridge for a few weeks. Warm and serve the wilted leaves as a side.

parmesan shavings – keep wrapped in baking or parchment or waxed paper inside a plastic bag or sealed container. Will keep for months.





MUNG BEAN *Pasta with Rocket & CHILLI*

Mung Bean Pasta with Rocket & Chilli

ENOUGH
FOR 2

150g (5oz) mung
bean fettuccini or
other pasta

1 small red chilli,
finely chopped

1-2 tablespoons
lemon juice

2 large handfuls
rocket (arugula)
leaves

2 large handfuls
grated ricotta salata
or parmesan

Mung bean pasta is something I discovered in a health food shop. While it sounds a bit to 'healthy' tasting, it's actually surprisingly delicious and hits the spot when you're in need of some pasta 'comfort'. It's gluten free but the best part is that it's very high in protein and fiber and much lower in carbs than regular pasta. Win win! I don't normally like to recommend brands because the Stonesoup readership is global, but the one I've been using is called 'Explore Asian'.

1. Cook pasta in a pot of salted boiling water as per the packet directions.
2. Drain pasta and return to the pot.
3. Toss in 3-4 tablespoons extra virgin olive oil, chilli, lemon juice, rocket (arugula) and about half the cheese.
4. Taste and season. Serve in bowls with remaining cheese sprinkled over.

VARIATIONS

different pasta – Just use your favourite gluten-free pasta. Of course it will also work with regular pasta as well. I prefer long pasta like fettuccini, linguine or spaghetti for this for some reason. But short pasta will be fine too.

gluten-free – use GF pasta, rice noodles or cooked or canned chickpeas instead of the pasta.

paleo / pasta-free – replace cheese with finely sliced prosciutto or ham and replace pasta with zucchini 'noodles'. For zucchini noodles, shave 2-3 zucchini (courgettes) into ribbons using a vegetable peeler. Layer onto a baking tray and drizzle with olive oil and bake (200C / 400F) until tender, about 10 minutes.

no pasta – replace pasta with a drained can of chickpeas or white beans. Heat the beans in a little oil in a frying pan then remove from the heat and continue from step 3.



Mung Bean Pasta with Rocket & Chilli...

VARIATIONS

vegan / dairy-free – replace cheese with chopped or finely grated brazil nuts (use a microplane).

carnivore – toss in some torn, finely sliced ham or prosciutto as well as or instead of the cheese.

different leaves – replace the rocket (arugula) with basil, flat leaf parsley, baby spinach or finely shredded raw cabbage.

less heat – just skip the chilli.

carb lovers / more substantial – add extra pasta.

WASTE AVOIDANCE STRATEGY

mung bean fettuccini or other pasta - pantry.

chilli, lemon – will keep for months in a plastic bag in the fridge.

rocket (arugula) leaves – best to use for another meal. Can be frozen but will wilt when defrosted.

ricotta salata or parmesan – keeps in a plastic bag or container in the fridge for months.





QUICK HALLOUMI & *Rocket* SALAD

Quick Halloumi & Rocket Salad

ENOUGH
FOR 2

2 tablespoons lemon
juice

2 tablespoons extra
virgin olive oil

1-3 fresh chillies,
finely sliced,
optional

1 packet halloumi
(300g / 10oz)

4 large handfuls
rocket (arugula)
leaves

Whenever I post a recipe on my blog with 'rocket' in it, I always get funny comments and questions. So in case you're wondering, 'rocket' from the French 'rocquette' is the same as 'arugula' which is the Italian name. Nothing to do with space craft I'm afraid. While I love the sharp pepperiness of wild rocket with the cheesy halloumi, any salad greens will work here.

1. Combine lemon, 2 tablespoons extra virgin olive oil and chilli, if using, in a large bowl.

2. Heat a little more olive oil in a frying pan on a medium high heat.

3. Slice halloumi into slices about 5mm (1/4in) thick and pan fry on both sides until deeply golden, about 2 minutes each side.

4. Toss leaves in the dressing and divide between two plates. Top with the hot halloumi and serve ASAP.

VARIATIONS

carnivore / dairy-free – replace halloumi with chicken breasts or steak and adjust the cooking time accordingly.

pescetarian – replace halloumi with a salmon fillet.

different cheese – halloumi is a wonderful cheese that grills superbly, going lovely and golden without melting all over the place. If you can't get your hands on halloumi, feta can be used but be careful of the saltiness!

no 'rocket'? – use whatever salad greens you prefer.

vegan – replace halloumi with 4 field or portabello mushrooms. Slice and pan fry in oil until lovely and golden. Serve scattered with roasted pine nuts or drizzled with tahini to make it a bit more substantial.

carb lovers / more substantial – serve with crusty bread and butter.



Quick Halloumi & Rocket Salad...

WASTE AVOIDANCE STRATEGY

lemon – keeps in a plastic bag in the fridge for months.

chillies – freeze.

halloumi – keeps in the fridge in its packaging for months.
Can be frozen.

rocket leaves – best to use for another meal.





Snow Peas.

Snow Peas.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

SNOW PEA RECIPES

CRUNCHY SNOW PEA AND GARLIC STIR FRY
SHAVED SNOW PEA & HAM SALAD
LEMONY SNOW PEAS WITH FISH





CRUNCHY *Snow Pea & Garlic* STIR FRY

Crunchy Snow Pea & Garlic Stir Fry

ENOUGH
FOR 2

4 chicken thigh
fillets or other protein
(see below), sliced

2 really large
handfuls snow peas
(mange tout), topped

2-4 cloves garlic

3-4 tablespoons
oyster sauce

large handful
cashew nuts, to serve

This stir fry came about because I had a bag of snow peas lurking in the fridge and had been struggling for inspiration. I was blown away with how delicious the sweet crunchy veg were. The next week I gave it a whirl as a main course. Here it is!

1. Heat a little oil in a wok or large frying pan. Cook the chicken, stirring often for about 5 minutes or until the chicken is no longer pink when you cut into a piece.
2. Place chicken in a clean bowl.
3. Quickly add a little more oil to the pan. Add snow peas and cook, stirring often for about 2 minutes.
4. Crush garlic into the wok and keep cooking and stirring until the snow peas are a little charred but still crunchy.
5. Return chicken to the pan. Add oyster sauce. Taste and season with more sauce if needed.
6. Serve ASAP with cashews.

VARIATIONS

vegetarian – use vegetarian oyster sauce (it does exist) or replace with soy sauce. Skip the chicken and serve the stir fry with 2 fried eggs per person. OR replace the chicken with firm tofu or a drained can of cannellini beans.

vegan – as above for the oyster sauce. And replace the chicken with firm tofu or a drained can of cannellini beans.

side dish – skip the chicken.

nut-free – replace cashews with finely chopped red capsicum (bell pepper) for colour and crunch.

garlic-free – just skip it or replace with finely chopped red chilli and/or ginger.



Crunchy Snow Pea and Garlic Stir Fry...

VARIATIONS

herby – serve with a few handfuls of coriander leaves (cilantro) or mint or basil.

hot! – add in a few chopped red chillies.

different protein – chicken breast, white fish fillets, salmon, fresh tuna, pork fillet, lamb back straps or lamb fillet, steak, beef fillet, any minced (ground) meat or poultry.

carb lovers / more substantial – serve with steamed rice.

WASTE AVOIDANCE STRATEGY

chicken, snow peas – freeze them.

garlic, oyster sauce, cashew nuts – keep in the pantry.



SHAVED *Snow Pea* & HAM SALAD



Shaved Snow Pea & Ham Salad

PER PERSON

1 tablespoon
dijon mustard

1 tablespoon rice
vinegar or lemon
juice

250g (1/2
lb) snowpeas
(mange tout)

2 handfuls
shredded ham

Please don't feel like you need to have amazing knife skills to make this salad. While it is lovely if your snow peas are super finely shredded, it's also great with more of a chunky snowpea vibe. This is one of those salads you can make ahead and it will stay crunchy even with the dressing tossed in.

1. Mix mustard, vinegar or lemon juice and 3 tablespoons extra virgin olive oil in a mixing bowl. Season but remember the ham will be quite salty.

2. Trim the tops from the snowpeas and remove the strings. Slice as finely as you can using a sharp knife and a steady hand but don't stress too much.

3. Toss the shaved snowpeas in the dressing and serve salad topped with the ham.

VARIATIONS

different veg – shaved cabbage is great although it needs to be super fine. Try green beans or asparagus or zucchini.

vegetarian – replace ham with halved hard boiled eggs.

vegan – skip the ham and serve with a drained can of chickpeas or chunks of avocado instead.

leafier – toss in a handful of mint or parsley leaves or some snow pea sprouts.

more substantial – toss in some torn sourdough bread, a drained can of chickpeas or chunks of avocado. Or serve with crusty bread and butter on the side.



Shaved Snow Pea & Ham Salad...

WASTE AVOIDANCE STRATEGY

dijon mustard / vinegar – keep in the pantry.

lemon – keeps in a plastic bag in the fridge for months.

snowpeas (mange tout) – can be frozen but best to use for another meal.

ham – freeze it.





LEMONY *Snow Peas* WITH FISH

Lemony Snow Peas with Fish

ENOUGH
FOR 2

2 handfuls snow
peas, trimmed

1/4 preserved
lemon, finely
chopped

2 fish fillets

1 lemon, halved

This year I've been trying to eat more fish because we finally have access to super fresh (and inexpensive!) fish at our local farmers market. I love this light, fresh combo on a Monday night after a weekend of a little too much indulgence. Preserved lemon is easy to make. [See the recipe here](#).

1. Bring a small pot of water to the boil. Add snow peas and simmer for 2 minutes or until bright green and still a little crunchy.

2. Drain and toss with the preserved lemon and 3 tablespoons extra virgin olive oil.

3. Rub fish with oil and season. Cook in a frying pan on a medium high heat for 3-4 minutes on each side or until the fish flakes when you touch it.

4. Serve fish topped with the lemony snow peas and lemon halves on the side.

VARIATIONS

vegetarian – replace fish with sliced halloumi cheese. Pan fry until golden on both sides.

vegan – serve lemony snow peas with chunks of avocado and roasted nuts. Or toss snow peas in with cooked grains such as brown rice, quinoa or farro.

carnivore – chicken breast or thigh fillets. Also good with a pork chop or pork sausage.

no preserved lemon – use the zest of one lemon. You can buy them from delis or fancy food store or order online. Or it's really easy and much much cheaper to [make your own](#).

more saucy – serve with garlicky mayo.

different veg – broccoli, asparagus, sugar snap peas, green beans, frozen peas. Adjust cooking time as needed.

more substantial – serve with spuds. Roast, steamed or mash.



Lemony Snow Peas with Fish...

WASTE AVOIDANCE STRATEGY

snow peas - use for another meal or you can freeze them.

preserved lemon – unopened keep in the pantry, once opened you'll need to keep them in the fridge.

fish fillets - freeze them.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.





Spinach.



Spinach.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

SPINACH RECIPES

SESAME BEEF WITH SPINACH
RICE & GREENS
MOORISH BABY SPINACH AND PINE NUT SALAD
FISH CAKES WITH SPINACH



SESAME *Beef with* SPINACH



Sesame Beef with Spinach

ENOUGH
FOR 2

450g (1lb)
ground beef

2-6 small red
chilli

4 tablespoons
oyster sauce

1 bag baby
spinach

3 tablespoons
sesame seeds

1 tablespoon
sesame oil

I can't remember what inspired me to make a sesame focused stir fry recently, but I'm so glad I did. There's something about the subtle toastiness of sesame oil that works so well with beef. I've kept it simple here with just two sources of sesame flavour but you could easily up the ante... See the 'triple sesame' idea below.

1. Heat a wok or large frying pan on a very high heat.
2. Add a little oil and then the beef and chilli. Cook, stirring frequently until the beef is well browned.
3. Add oyster sauce and spinach and cook for another minute or until the spinach is just starting to wilt.
4. Remove from the heat. Taste, season and serve with sesame seeds and oil scattered and drizzled over.

VARIATIONS

vegan / vegetarian – replace beef with cooked lentils. And use a vegetarian 'oyster' sauce. They do exist.

triple sesame – serve with a drizzle of tahini.

sesame-free – skip the oil and seeds and serve the beef with a generous handful of fresh coriander (cilantro) leaves.

no sesame oil or seeds? – You could just use one or the other or serve with a drizzle of tahini instead.

different veg – you can add pretty much any stir fry veg such as carrots, zucchini, snow peas, asparagus, broccolini, broccoli.

different meat – lamb is great or use any ground (minced) meat or poultry. If you're not a fan of minced (ground) meat, use tender meat cut into slices for stir frying.

carb lovers / more substantial – serve with steamed rice.



Sesame Beef with Spinach...

WASTE AVOIDANCE STRATEGY

beef - freeze it.

red chilli – will keep in the fridge for weeks or can be frozen.

oyster sauce – pantry or fridge once opened. Keeps for ages.

baby spinach – use for another meal or freeze.

sesame seeds, sesame oil – keep in the pantry.



RICE & GREENS



Rice & Greens

ENOUGH FOR 2

2 cloves garlic,
finely sliced

1 can coconut milk
(400mL / 1.5
cups)

1 packet frozen
spinach (250g
/ 9oz), defrosted

1 packet par-cooked
brown rice (250g
/ 9oz)

There's a classic Cuban dish of rice and beans which was everywhere when I visited. This is a 'fresher' healthier take. If you can get spinach frozen into little 'bricks' rather than one big block, it's much better because it defrosts much more quickly. If you're stuck with a big frozen chunk of spinach, it may need a little spin in the microwave to speed up the defrosting process.

1. Heat a little oil in a medium saucepan. Cook garlic on a medium heat for about 30 seconds or until starting to brown.

2. Add coconut milk, spinach and rice. Bring to a simmer and cook for about 2 minutes or until everything is hot.

3. Taste. Season.

VARIATIONS

sautéed greens – just replace frozen spinach with your own sautéed greens ([recipe here](#))

no coconut milk? – replace with almond or soy milk – they'll be a little more watery so be prepared to simmer longer to thicken up.

can't find par-cooked brown rice? – most supermarkets now have 'pouches' of cooked rice but feel free to cook your own brown rice, just boil in water until just tender. Drain and use as per the recipe.

rice alternatives – risoni (rice shaped pasta), cooked short pasta, canned beans, canned chickpeas + see below.

lower GI / slow carb – replace rice with cooked lentils, canned chickpeas, cooked split peas or quinoa.



Rice & Greens...

VARIATIONS

higher protein – add in a drained can of black beans.

carnivore - stir fry some sliced chicken breast or thigh fillets in the pan before adding the other ingredients and proceeding from step 1.

fresh greens – replace frozen spinach with sliced kale, cavolo nero spinach, chard or silverbeet. Add with the garlic and cook until wilted before adding the other ingredients.

WASTE AVOIDANCE STRATEGY

all pantry ingredients!





MOORISH *Baby Spinach &* PINE NUT SALAD

Moorish Baby Spinach & Pine Nut Salad

ENOUGH
FOR 2

2 tablespoons sherry
or rice wine vinegar

2 tablespoons soy
sauce

small currants or
raisins, optional

2 packets washed
baby spinach leaves
(about 200g / 7oz)

2 handfuls pine
nuts

I love to serve a salad as a side because I can get it all ready in advance and just toss at the last minute. If you'd like to stretch a [roast lamb](#) further and keep costs down, serving with something carby like warm flat bread or roast potatoes is a good idea. I don't normally use a lot of dried fruit, but love the little bursts of sweetness from the currants here.

1. Combine vinegar, soy sauce, currants, (if using) and 4 tablespoons extra virgin olive oil in a large salad bowl. Season.

2. Toss in leaves.

3. Serve with pine nuts sprinkled over.

VARIATIONS

different leaves – feel free to use any salad leaf here. Finely sliced kale is also good.

nut-free – skip the pine nuts or replace with toasted bread crumbs.

warm salad – warm the olive oil in a small saucepan before tossing in the dressing.

can't find sherry vinegar? – use white wine vinegar or lemon juice instead.

more substantial – toss in a drained can of chickpeas or torn chunks of crusty bread.

whole meal – serve with a poached or fried egg or toss in some BBQ or roast chicken or a can of tuna.



Moorish Baby Spinach & Pine Nut Salad...

WASTE AVOIDANCE STRATEGY

sherry or rice wine vinegar / soy sauce / currants or raisins / pine nuts – keep in the pantry.

baby spinach – either pop them in the freezer or wilt down in a covered pot with a little olive oil. This way they'll keep in the fridge for a few weeks.



A white ceramic plate is filled with five sweet potatoes, which have a reddish-pink skin and some small brown spots. The plate is set on a rustic wooden table with visible grain. The text "Sweet Potato." is overlaid on the bottom half of the image in a dark blue, stylized font. Below the text is a decorative horizontal line with a small leaf-like flourish in the center.

Sweet Potato.

Sweet Potato.

STORAGE BEST PRACTICES

STORE IN THE PANTRY IN A
DARK SPOT.

SWEET POTATO RECIPES

MOROCCAN SWEET POTATO TAJINE
ROAST SWEET POTATO SALAD WITH CHICKEN
SWEET POTATO BURGERS
BEEF & GUINNESS





MOROCCAN *Sweet Potato* TAJINE

Moroccan Sweet Potato Tajine

ENOUGH
FOR 2

1 can chickpeas
(400g / 14oz),
drained

1 tablespoon ras
el hanout (or see
variations below)

1 can tomatoes
(400g / 14oz)

2 small sweet potato,
roasted (450g)

1 bunch coriander
(cilantro)

A tajine is just the Moroccan version of a stew. They come in all sorts of varieties but I particularly love this combo of chickpeas and sweet potato. The spices really bring this dish to life. If you can get your hands on the Moroccan spice blend 'ras el hanout' that's great but if not see the variations for alternatives.

1. Heat a medium pot on a medium heat. Add a little oil and cook chickpeas for a few minutes.

2. Add spice and cook another minute.

3. Add tomatoes, simmer uncovered for 10-15 minutes or until the sauce is reduced and thickened slightly.

4. Chop the sweet potato into chunks and add to the pot. Allow to warm through. Taste. Season.

5. Cool and store or serve with coriander on top.

VARIATIONS

no roasted sweet potato? – replace with raw sweet potato cut into chunks. Simmer in the sauce with the lid on for 30 minutes or until sweet potato is cooked.

no ras el hanout? – replace with 1 tablespoon baharat (lebanese spice blend) or 1 teaspoon each of ground turmeric, coriander and ginger.

home cooked chickpeas – soak and cook chickpeas using the method for [a big pot of beans](#). You'll need 240g (9oz) cooked chickpeas.

different legumes – replace chickpeas with 240g (9oz) cooked or canned lentils or beans.

different herbs – mint or basil are also lovely here. Or use baby spinach or some salad for the greenery.



Moroccan Sweet Potato Tajine...

VARIATIONS

more veg – feel free to add in whatever veg you feel like. If they need cooking, allow extra time to simmer in the sauce with the lid on.

more protein - serve with toasted pine nuts or almonds. Some cooked chicken or sausages can also be a nice addition.

more authentic – add in 1/4 [preserved lemon](#) finely sliced.

WASTE AVOIDANCE STRATEGY

chickpeas, ras el hanout, tomatoes – keep in the pantry.

sweet potato – will keep in the fridge for a few weeks. OK to freeze.

coriander (cilantro) – best to use for another meal. Can be frozen but will wilt when defrosted.





ROAST *Sweet Potato Salad* WITH CHICKEN

Roast Sweet Potato Salad with Chicken

ENOUGH
FOR 2

2 medium sweet
potatoes

450g (1lb)
chicken thigh
fillets

2 tablespoons rice
vinegar

1 bag salad
leaves

handful feta,
crumbled

My son Fergal is a huge fan of sweet potato. So most weeks I roast up a big batch for him. I've discovered the easiest way is to just pop whole sweet potatoes in the oven and roast until they're soft. I then scoop out the flesh and discard the skins when serving. So easy!

1. Preheat oven to 180C (350F). Place sweet potato on a baking tray and bake for 20 minutes.

2. Add chicken and bake for another 30 to 40 minutes or until chicken is cooked through and sweet potato is soft.

3. Meanwhile, combine vinegar with 4 tablespoons extra virgin olive oil. Season.

4. Scoop the flesh from the sweet potato into chunks and toss in the dressing with the chicken and parsley.

5. Serve with feta crumbled on top.

VARIATIONS

vegetarian - replace the chicken with extra sweet potato and extra feta.

vegan – replace feta with chunks of avocado and chicken with extra sweet potato or a drained can of chickpeas or beans.

different meat – lovely with pork sausages, add them at the beginning as they will take longer to cook.

more veg – feel free to add in other veg such as carrots, onions, potatoes, parsnip, beets, swede (rutabaga) or red peppers.

more substantial - toss in cooked grains or legumes before serving such as brown rice, quinoa, farro, lentils, chickpeas or beans. Or chunks of crusty sourdough.

dairy-free - replace feta with roasted pine nuts or almonds or chunks of avocado.



Roast Sweet Potato Salad with Chicken...

WASTE AVOIDANCE STRATEGY

sweet potatoes - will keep in the fridge for a few weeks. OK to freeze.

chicken thigh fillets – freeze them.

rice vinegar - keep in the pantry.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimy.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.





SWEET *Potato* BURGERS

Sweet Potato Burgers

ENOUGH
FOR 2

400g (14oz)
roast sweet potato
100g (3.5oz)
almond meal

1 egg

6 tablespoons
sour cream

chilli or other hot
sauce (optional)

salad leaves, to
serve

Fergal said to tell you this is his favourite recipe in the whole book (apart from the prunes!). Actually he isn't really talking yet, but if he was I'm sure that's exactly what he would say. You should have seen the look of joy on his face last night when he was polishing off the sweet potato burger pictured above (minus the chilli sauce).

1. Combine sweet potato, almonds and egg in a large bowl. Season and using your hands form into 2 patties and place on a large plate.

2. Heat a pan on a medium heat. Add a little oil and carefully slide the burgers into the pan.

3. Cook for 3-5 minutes on each side, being super careful when you turn because the burgers do have a tendency to fall apart. Burgers are done when they're a deep golden brown colour on both sides.

4. Serve burgers topped with sour cream, hot sauce (if using) and salad leaves on the side.

VARIATIONS

to roast the sweet potato – just pop them whole in the oven at 180C (350F) until they're tender. Will take about 45 minutes. Really easy.

carnivore – replace the sweet potato, almond meal and egg with 450g (1lb) minced (ground) beef, chicken or lamb.

nut-free – use fresh bread crumbs instead of the almond meal.

different hot sauce – I love the Thai chilli and garlic sauce called Sriracha but any hot sauce is good. Or for something a bit more indulgent try them with Thai sweet chilli sauce.

more substantial – serve on burger buns.

different veg – replace sweet potato with grated zucchini.

dairy-free / vegan - replace sour cream with equal parts tahini and lemon juice.



Sweet Potato Burgers...

WASTE AVOIDANCE STRATEGY

roast sweet potato – will keep in the fridge for a few weeks. OK to freeze.

almond meal / chilli or other hot sauce - keep in the pantry.

eggs – will keep in the fridge for a month or so. Or use for another meal.

sour cream – keeps in the fridge for weeks.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.



A top-down view of a white ceramic bowl with a red rim, filled with numerous bright red cherry tomatoes. Some tomatoes still have their green stems. The bowl is placed on a light-colored wooden surface with visible grain. A semi-transparent horizontal band across the middle of the image contains the word "Tomato." in a dark blue, elegant serif font. Below the text is a decorative horizontal line with a small leaf-like flourish in the center.

Tomato.

Tomato.

STORAGE BEST PRACTICES

I KEEP TOMATOES IN A BOWL
IN THE KITCHEN AT ROOM
TEMPERATURE BECAUSE
CHILLING CHANGES THE
TEXTURE AND DULLS THE
FLAVOUR. IF YOU NEED THEM
TO 'LAST' LONGER YOU CAN
POP THEM IN THE FRIDGE BUT
THEY WON'T TASTE AS GOOD!

TOMATO RECIPES

POLPETTONE

TOMATOEY LENTILS WITH FETA

ROAST TOMATOES WITH CHICKPEAS

TOMATOEY BEANS

THE 'BLAT' SALAD

CHILLI CON 'TUNA'

CHIPOTLE BEEF

BEEF & GUINNESS

BUTTER CHICKPEAS

SPICED CHICKPEA SALAD

BAKED FISH TAJINE

ROAST FENNEL & CHICKEN

LAMB SHANKS WITH PRUNES

ROSEMARY LAMB SHANKS WITH WHITE BEANS

INDIAN SPICED LAMB

CORIANDER SPLIT PEAS

SHASHUSKA

HOT CHORIZO & CREAMY RICOTTA SALAD

ROAST BUTTERNUT CURRY

MOROCCAN SWEET POTATO TAJINE





POLPETTONE

Polpettone

ENOUGH
FOR 4 TO 6

1kg (2lb) minced
(ground) beef

150g (5oz) almond
meal

1 teaspoon onion
powder, optional

1 jar tomato passata
(puree), about 3 cups

3-4 knobs (hunks)
butter

150g (5oz) grated
cheese

When I was at boarding school one of my least favourite things to eat was meatloaf. But as I've learned over the years just because I didn't like something when I was younger doesn't mean there isn't a better version that I can love... And here it is! I still can't bring myself to call it meatloaf though. Besides it's much more fun to say 'polpettone' – the Italian for large meatball.

1. Preheat your oven to 200C (400F). Combine beef, almond meal, onion powder (if using) and a few pinches of salt in a bowl. Mix well and form into a loaf.

2. Place tomato and butter in a baking dish and top with your loaf.

3. Bake uncovered for 30 minutes.

4. Spoon sauce over the top of the load and scatter over the cheese. Bake for another 20 minutes or until cheese is melted and the polpettone is cooked through. I like it a little pink.

5. Eat now or allow to cool before storing in the fridge or freezer.

VARIATIONS

no onion powder? – just skip it or soften a chopped onion in a little butter and add to the raw beef.

vegetarian – try these [lentil balls](#) instead.

nut-free – replace almond meal with soft breadcrumbs.

different cheese – any good melting cheese works well. I used a mixture of gruyere, parmesan and emmental.

more substantial / carb lovers – serve with hot buttered pasta or garlic bread.

more veg – add chopped zucchini, eggplant, mushrooms or peppers to the sauce before roasting. Or serve with [cauliflower 'couscous'](#).



Polpettone...

WASTE AVOIDANCE STRATEGY

beef – freeze it.

almond meal, onion powder, passata (puree) – keep it in the pantry.

butter – keeps in the fridge for months.

cheese – most hard cheese will keep for weeks or even months if wrapped in baking paper and stored in an airtight container or plastic bag in the fridge. For longer storage, pop in the freezer.





TOMATOEY *Lentils with* FETA

Tomatoey Lentils with Feta

ENOUGH
FOR 2

1 onion, peeled &
chopped

4 tablespoons
tomato paste

3 cups water

200g (7oz) red
lentils

2 handfuls
marinated feta

1 bunch flat leaf
parsley, leaves
picked

This is essentially a 'risotto' made a bit healthier by using red lentils which have much more protein and fiber. And the best news is you get that lovely oozy risotto texture with hardly any stirring effort at all so it's actually easier than a risotto as well.

1. Heat a little oil in a medium saucepan and cook onion over a medium heat until soft but not brown. About 5-10 minutes.

2. Add lentils, tomato paste and 3 cups water.

3. Bring to a simmer and cook uncovered, stirring every now and then for about 15 minutes or until the lentils are tender and everything is oozy.

4. Taste and season with salt. Divide between two plates and serve hot topped with feta and parsley.

VARIATIONS

creamier – stir in a few tablespoons of butter at the end for an even richer dish.

vegan / dairy-free – replace the feta with grilled eggplant slices or semi dried tomatoes for some flavour and textural excitement.

different cheese – regular feta can be nice or try sliced brie or shaved parmesan.

different lentils - red lentils are the best because they cook so quickly. Other lentils can be used but be prepared for them to take longer to cook, up to 40 minutes for some.

risotto – replace lentils with arborio rice. You may need to add more water and expect more stirring and a longer cooking time, around 25 minutes.

short on time? – skip the onion and bring the water to the boil in the kettle before adding to the pot.



Tomatoey Lentils with Feta...

WASTE AVOIDANCE STRATEGY

onion – will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

tomato paste/ red lentils – keep in the pantry.

feta – keeps for months unopened in its packet. Or can be frozen. Or you could make a marinated feta by putting it in a super clean jar from the dishwasher and covering with oil and then keeping it in the fridge. Sometimes I like to add flavourings like bay leaves, lemon zest and pepper corns or chilli.

flat leaf parsley – tends to be the most long lasting of the leafy herbs. Should keep for a few weeks in the fridge if wrapped in a plastic bag. For longer periods pop it in the freezer – it will wilt but will still be useable in this dish.



ROAST *Tomatoes with* CHICKPEAS



Roast Tomatoes with Chickpeas

ENOUGH
FOR 2

250g (1/2lb) cherry
tomatoes, halved if
large

1 can chickpeas
(400g / 14oz),
drained

1 bunch basil, leaves
picked

3-4 tablespoons
ricotta

handful grated or
shaved parmesan

I'm normally super strict on only eating tomatoes during their season in late Summer. I make an exception for these roast cherry tomatoes because even average out of season tomatoes taste pretty good when given a spin in the oven. This creamy roast tomato sauce was inspired by a Maltese friend of mine. She serves hers with pasta, of course but I prefer this healthier (and in my opinion, tastier) chickpea version.

1. Preheat your oven to 200C (400F). Place cherry tomatoes in a baking dish, drizzle with a little olive oil.

2. Roast for 15 minutes. Add chickpeas and continue to cook for another 5 minutes or until the chickpeas are hot and the tomatoes are well cooked.

3. Stir in the ricotta and basil. Taste. Season with salt and pepper.

4. Serve creamy chickpeas with parmesan on top.

VARIATIONS

dairy-free / vegan – skip the cheeses and serve with a very generous glug of extra virgin olive oil. If you like you can grate over some brazil nuts to replace the parmesan. Or use this brazil nut 'parmesan'.

pasta / carb-lovers – roast tomatoes for 20 minutes. Toss in drained cooked pasta, ricotta and basil and continue as per the recipe.

more substantial – serve with garlic bread or extra chickpeas. Or see pasta option.

carnivore – slice some chicken thigh fillets and roast with the tomatoes. You may need to cook for a little longer for the chicken to cook through.

pescetarian – toss in a drained can of salmon or tuna.

paleo / legume-free – use the chicken option and instead of adding the chickpeas serve on a bed of cauliflower rice (grated raw cauliflower) instead. For a true paleo dish follow the dairy-free option.



Roast Tomatoes with Chickpeas...

VARIATIONS

different herbs – when basil is expensive replace with flat leaf parsley. Or skip the herbs and serve with a green salad instead.

more veg – roast other veg in with the tomato such as mushrooms, zucchini, red bell peppers (capsicum). Just chop the veg small enough so they'll cook in the same time as the tomatoes.

WASTE AVOIDANCE STRATEGY

cherry tomatoes – either halve and cook in the oven for about 30 minutes (180C / 350F) OR just cook in a pan with a little olive oil. In either case store in an airtight container in the fridge for a few weeks. Or freeze the cooked tomato for longer periods.

chickpeas – keep in the pantry.

basil – cover with oil and store in the fridge. Or you can freeze the leaves, they'll wilt but will still be delicious.

ricotta – in a sealed tub it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.

parmesan – wrap in waxed paper or baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.



A top-down view of a white ceramic plate with a distressed, brownish-red rim. The plate is filled with several fresh, dark green zucchinis. One zucchini is prominently placed in the foreground, showing its stem and a small, light-colored flower at the top. The background is a wooden surface with a warm, brown tone.

Zucchini.



Zucchini.

STORAGE BEST PRACTICES

STORE IN THE FRIDGE
WRAPPED IN A PLASTIC BAG

ZUCCHINI RECIPES

CHUNKY ZUCCHINI & PESTO SOUP
CHICKEN BURGERS WITH ZUCCHINI
ZUCCHINI 'SPAGHETTI' SALAD
THAI CHICKEN WITH ZUCCHINI RICE





CHUNKY *Zucchini &* PESTO SOUP

Chunky Zucchini & Pesto Soup

ENOUGH FOR 2

1 onion, chopped

1 1/2 cups vegetable or
chicken stock or water

200g (7oz) zucchini,
chopped

small handful pesto
or other 'highlight
ingredient' (see
below for ideas)

There's something about zucchini and basil that just tastes so great. I can still remember my first zucchini and pesto soup, I couldn't believe the flavour!

1. Heat a little oil in a medium saucepan. Add the onion and cook, covered for 5-10 minutes until soft and golden.

2. Add the stock or water and zucchini. Simmer for 15-20 minutes or until the zucchini or other veggies are cooked.

3. Taste. Season and serve with the pesto or 'highlight ingredient' on top.

VARIATIONS

different aromatic veg – onions are my favourite but celery or carrots would be good instead.

different vegetables – I used zucchini in the photo. Try parsnips, sweet potato, pumpkin, brussels sprouts, fennel, peas, sugar snap peas, snow peas, cabbage, beets, asparagus, jerusalem artichokes, broccoli, cauliflower, red capsicum (bell peppers), bok choy, asian greens, spinach, silver beet or any combination of these. Legumes are also great here.

highlight ingredient – I used pesto. Hummus is good too or other sauces. Yoghurt, sour cream, guacamole. Goats cheese, parmesan, ricotta. Croutons or small slices of bread with melted cheese.

carnivore - serve with crispy bacon pieces, finely sliced salami or prosciutto.

short on time - skip the onion and grate the zucchini so it cooks more quickly.



Chunky Zucchini & Pesto Soup...

WASTE AVOIDANCE STRATEGY

onion - will keep in the pantry for months. Best if in a dark corner in a brown paper bag.

vegetable or chicken stock - freeze it.

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft, then store in an airtight container in the fridge.

pesto – commercial jars of pesto will keep for months in the pantry. Fresh pesto will keep in the fridge for a few weeks. Cover with olive oil to prevent exposure to air and browning reactions.





CHICKEN *Burgers with* ZUCCHINI

Chicken Burgers with Zucchini

ENOUGH
FOR 2

450g (1lb)
minced (ground)
chicken

2 small
zucchini, very
finely sliced

2 tablespoons
lemon juice

6 tablespoons
sour cream

2 teaspoons
sumac or lemon
zest

As much as I love a chicken burger, one of the biggest problems is that chicken mince tends to be pretty lean which means dry burgers. I've found two great ways to combat this, just add in some olive oil when you're forming your burger patties. And then serve with something nice and creamy like this sour cream. Problem solved!

1. Season chicken and add a few tablespoons extra virgin olive oil. Form into 2 patties.

2. Heat a medium frying pan on a medium heat. Rub burgers with a little more oil and cook for 4-5 minutes on each side or until chicken is well browned and cooked through.

3. Meanwhile, mix lemon juice with 2 tablespoons extra virgin olive oil. Toss in zucchini and season generously.

4. Serve burgers with dressed zucchini on the side and sour cream on top. Sprinkle over sumac or lemon zest.

VARIATIONS

vegetarian – serve these accompaniments with [sweet potato burgers](#).

vegan – serve with [lentil burgers](#).

pescetarian – replace chicken with fish fillets. Finely chop by hand before salting and forming into burgers.

different meat – chicken thighs or breasts are lovely with these accompaniments if burgers aren't your thing.

more substantial – serve on burger buns.

no zucchini – if it's not zucchini season just serve with baby spinach or your favourite salad leaves.



Chicken Burgers with Zucchini...

WASTE AVOIDANCE STRATEGY

minced (ground) chicken – freeze it.

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft, then store in an airtight container in the fridge.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

sour cream - will keep in the fridge for a few weeks.

sumac - keep in the pantry.



ZUCCHINI '*Spaghetti*' SALAD



Zucchini 'Spaghetti' Salad

ENOUGH
FOR 2

4 small zucchinis

2 tablespoons
lemon juice

1 bunch mint or
parsley, leaves
picked

6 tablespoons
ricotta

2 salmon fillets
or 4 chicken
thigh fillets

I pinched the idea for salting zucchini 'spaghetti' and using in a salad from Melbourne chef Matt Wilkinson of Pope Joan fame. His book 'Mr Wilkinson's Favourite Vegetables' is an absolute delight, filled with new ideas for veg.

1. Finely slice zucchini into ribbons using a mandoline. Then slice the ribbons into spaghetti strands. Place in a sieve and sprinkle over 2 generous pinches of fine salt. Stand.

2. Meanwhile combine lemon juice and 4 tablespoons extra virgin olive oil. Don't season as the zucchini should be salty enough.

3. Heat a medium frying pan on a medium high heat. Rub fish or chicken with oil and sprinkle with salt. Cook until well browned on both sides and cooked through. About 3-4 minutes a side for the salmon and 4-5 minutes for the chicken.

4. Rinse zucchini and pat dry with paper towel. Toss zucchini in the dressing with the herbs. Taste and add extra salt if needed.

5. Spread ricotta on 2 plates. Top with fish or chicken and zucchini.

VARIATIONS

no mandoline – just use a sharp knife and a steady hand or make the ribbons using a vegetable peeler.

vegetarian – replace the salmon with a drained can of white beans. Mash them with the ricotta and serve with the salad.

vegan – replace salmon and ricotta with hummus or chunks of avocado.

dairy-free – replace ricotta with hummus.

different protein / carnivore – any fish fillets can be used here. Also great with tuna, canned salmon, sardines. I like to serve the salad without the ricotta as a side to BBQ lamb chops with a good squeeze of lemon and a little chilli oil drizzled over.

zucchini 'spaghetti' ragu – serve the salad with your favourite bolognese sauce instead of the salmon and ricotta.



Zucchini 'Spaghetti' Salad...

WASTE AVOIDANCE STRATEGY

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft then store in an airtight container in the fridge.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.

mint – best to use for another meal.

parsley – will keep in the fridge wrapped in a plastic bag for a few weeks. Can be frozen or make a parsley oil by packing the leaves into a clean jar and covering with extra virgin olive oil.

ricotta – in a sealed tub it usually has a shelf life of a few weeks in the fridge. If in an opened container, will only keep for a few days so use for another meal or freeze.

salmon fillets / chicken thigh fillets - freeze them.





THAI CHICKEN & *Zucchini* 'RICE'

Thai Chicken & Zucchini 'Rice'

ENOUGH
FOR 2

450g (1lb)
minced (ground)
chicken

3-4 tablespoons
Thai green curry
paste

2 small zucchini,
grated

1 bunch basil,
leaves picked

1 lemon or lime

I love grating vegetables to use as a low carb alternative to steamed rice. This zucchini rice is especially great with the green colour and fresh flavour really complimenting the Thai green curry paste.

1. Heat a little oil in a large frying pan or wok. Stir fry chicken until no longer pink.
2. Add curry paste and stir fry for a few more minutes or until fragrant.
3. Stir in the zucchini. Allow to warm a little then remove from the heat.
4. Taste. Season with salt or more curry paste.
5. Serve with basil leaves on top and lemon or lime on the side.

VARIATIONS

no green curry paste? – you could just skip it and go for a fresh basily flavoured dish. Or use a [home made Thai red curry paste](#) instead.

italian-style – skip the curry paste and serve with grated parmesan on top.

different veg – cauliflower works well but you could also use carrots.

vegetarian / vegan – replace chicken with crumbled firm tofu. Make sure your curry paste doesn't contain fish sauce or paste.

pescetarian – replace chicken with finely chopped salmon or white fish fillets.

more substantial – serve with steamed rice or rice noodles cooked according to the packet.



Thai Chicken & Zucchini 'Rice'...

WASTE AVOIDANCE STRATEGY

minced (ground) chicken – freeze it.

Thai green curry paste – keep in the pantry.

zucchini – will keep for 2 weeks or longer in a plastic bag in the fridge. To keep it even longer, cook sliced zucchini in a little butter until just soft then store in an airtight container in the fridge.

basil – cover with oil and store in the fridge. Or you can freeze the leaves, they'll wilt but will still be delicious.

lemon or lime – will keep wrapped in a plastic bag in the fridge for months.





SURPRISE BONUS

Staples & Larder.



Surprise Bonus Staples & Larder

STAPLES & LARDER RECIPES

AIOLI

BRAZIL NUT 'PARMESAN'

CLASSIC GREEN SALAD

EASY FERMENTED VEGETABLES

HUMMUS

LOVELY LENTILS

COOKED QUINOA

A BIG POT OF BEANS

WHOLE ROAST VEG

CAULI 'RICE'

CAULI & PARSNIP 'MASH'

CAULI 'COUSCOUS'

PESTO

SICILIAN NUT PESTO

SIMPLE SAUERKRAUT

PRESERVED LEMONS

HARISSA

THAI RED CURRY PASTE

SMOKY ROAST PEPPERS





AIOLI

Aioli

MAKES 3-4 CUPS

2 egg yolks

2 tablespoons rice or
white wine vinegar

1 tablespoon dijon
mustard, optional

1-3 cloves garlic,
crushed

3-4 cups neutral
flavoured oil, such as
rice bran

1 teaspoon onion
powder, optional

Aioli is traditionally a garlic based sauce, similar to mayonnaise, that's made without egg yolks. I prefer to make life easier and use egg yolks. This version is my current favourite which I make every few weeks and keep in the fridge to have on my eggs in the morning or with anything that needs a little more richness. Don't be tempted to halve the recipe because there won't be enough mixture in the food processor and speaking from experience, this will cause the mixture to split.

1. Whizz yolks, vinegar, mustard (if using), garlic and 2 tablespoons water in your food processor.

3. Add oil in a super slow trickle with the motor still running. Gradually increase the flow until the mixture is thick enough.

4. Add the onion powder (if using). Taste, season. Add more oil if too thin and more water if too thick.

VARIATIONS

vegan – I'm afraid I haven't figured out how to make mayo with egg yolks like the commercial 'vegan' mayos. Sorry!

mayonnaise – skip the garlic and onion powder.

no onion powder – it adds a lovely complex flavour but you can just skip it. I order mine from my favourite spice supplier. Onion salt can be substituted but be careful it doesn't end up being too salty.



Aioli...

WASTE AVOIDANCE STRATEGY

eggs – will keep in the fridge for a month or so. Or use for another meal.

rice or white wine vinegar / dijon mustard / oil / onion powder - keep in the pantry.





BRAZIL *Nut* 'PARMESAN'

Brazil Nut 'Parmesan'

ENOUGH FOR
ABOUT A CUP

1 cup brazil nuts

2 teaspoons
onion powder

1 tablespoon
nutritional yeast

1 teaspoon sea
salt flakes

I was going to call this 'I can't believe it's not Parmesan' but of course you won't mistake this topping for freshly grated parmesan. The good news is, even though it tastes different, it's actually really delicious and even though I'm back to eating dairy, I often reach for this topping to give crunch and extra depth of flavour to salads and other dishes. Nutritional yeast and onion powder are two new ingredients for me. They're actually wonderful ways to add savoury or 'umami' flavours to foods without adding animal based ingredients. And I'll let you in on a secret: they're often used in commercial salty snacks for that very reason. Nutritional yeast is also a great source of B group vitamins.

1. Whizz everything together in the food processor.
Store in an airtight jar in the fridge.

VARIATIONS

short on time / yeast & onion-free – just grate whole brazil nuts with a microplane.

nut-free – use real parmesan :)



Brazil Nut 'Parmesan'...

WASTE AVOIDANCE STRATEGY

brazil nuts / onion powder / nutritional yeast / sea salt flakes - you can keep them all in the pantry.



CLASSIC *Green* SALAD



Classic Green salad

ENOUGH
FOR 2 AS A
SIDE

1 tablespoon
sherry or wine
vinegar

1/2 teaspoon soy
sauce

1 bag salad
leaves, washed
and dried

The most frequent thing I cook is a simple green salad. It goes with pretty much anything and is a quick solution if you're like me and feel that a meal isn't complete without greens in some form. I've even convinced my Irishman that it's essential to have a green salad with our eggs for Sunday brunch. My salad dressing preferences go through phases. There's a complete list of my past [favourite dressings](#) on Stonesoup. I thought I'd share my current favourite here. It's not my most minimalist dressing, but it does fall under 5 ingredients.

1. Combine vinegar, soy and 3 tablespoons extra virgin olive oil in a medium bowl.
2. Toss leaves gently in the dressing using clean hands.
3. Taste and season.

VARIATIONS

soy-free – skip the soy sauce and season with salt instead.

can't find sherry vinegar – my next favourite is rice wine vinegar (aka rice vinegar) but any wine vinegar will be fine. For a sweeter dressing try balsamic.

fresher – replace vinegar with lemon juice.

asian – use fish sauce instead of the vinegar and soy and drizzle over a little sesame oil.



Classic Green salad...

WASTE AVOIDANCE STRATEGY

vinegar & soy – will keep in the pantry.

salad leaves – are highly perishable. My first path would be to use them for another meal (salad for breakfast!) but if that isn't possible you can pop them in the freezer. They will wilt down but can then be used anywhere you'd use wilted greens. At least this way they won't go slimey.





EASY *Fermented* VEGETABLES

Easy Fermented Vegetables

If you're nervous about the whole fermentation thing, the good news is apparently no one has ever died from eating fermented veg. So it's safe! This method is a great place to start because it's suitable for pretty much all vegetables. My favourites so far are carrots, zucchini (which turn out like pickles), red chillies and celery. I'm also keen to try onions. Will keep in the fridge for months.

1 clean glass jar

enough
vegetables to fill
jar

50g (1 3/4 oz)
salt

1L (4 cups) water

1. Scrub veg. Trim or chop into bite sized pieces. Peel if you prefer (I don't bother).

2. Pack the veg into your jar.

3. Combine salt and water and stir until dissolved. Shouldn't take too long.

4. Pour salted water over the veg to cover them. You probably won't need all the liquid. If the veg aren't covered, make up more brine so they are covered.

5. Close jar and leave somewhere you will see it but not in direct sunlight.

6. Every day open jar to release any built up gas (CO2). Start tasting after about 3 days. When you're happy with the flavour (ie it tastes acidic or tangy enough for you) pop the jar in the fridge and start eating. Or if the veg start to soften, it's time to refrigerate. Generally 4-5 days is a good amount of time for fermentation but if you're living somewhere really warm it may not take that long. And really cold climates may take longer.

VARIATIONS

veg – use your imagination. Cauliflower, carrots, zucchini, chillies, beets, celery, cucumber, watermelon rind, baby eggplant, capsicum (bell peppers), green tomatoes, chard stems. Sandor Katz did say that the only thing he doesn't like to ferment are veg with lots of chlorophyll. So anything too green like kale isn't great. And from my notes watermelon rind tastes like cucumber pickles.

flavourings – feel free to add in flavourings such as cumin seeds, fennel seeds, coriander seeds, bay leaves, preserved lemon, lemon zest, thyme, rosemary, sage.

salt – I use a finely ground sea salt but Sandor said it doesn't matter so much.



Easy Fermented Vegetables...

VARIATIONS

lower salt – it is possible to ferment without the salt or use lower quantities, the problem is that salt helps to keep the veg texture nice and crisp so unsalted or low salt veg can end up mushy. Which might be OK for you. Salt also helps flavour.

water – use filtered water if you can. But if using tap water, boil it and allow it to cool to get rid of any chlorine which may hinder the fermentation.

brine – after you've eaten the veg the brine can be discarded or used to season soups and stews. Or you can drink it.





HUMMUS

Hummus

ENOUGH FOR 2 AS AN ACCOMPANIMENT

1 can chickpeas
(400g / 14oz) +
liquid

1-2 cloves garlic,
peeled

3 tablespoons lemon
juice

3 tablespoons tahini

While it is easier to buy commercial hummus, I pretty much always make my own because it tastes so much fresher. And it's really not much bother. If you don't have a food processor you could mash everything together with a fork for a more chunky rustic version.

1. Whizz all ingredients in a food processor with 3 tablespoons of the canning liquid. Use a high speed and keep whizzing until the hummus is creamy and smooth.

2. Taste and season, adding a little more lemon juice or tahini if needed.

VARIATIONS

different legumes – chickpeas are traditional but white beans are equally as good. Lentil hummus takes on a more earthy, interesting flavour. I haven't tried red or black beans but they should work just as well.

vegetable hummus – replace some or all of the legumes with cooked vegetables. You need about 250g (1/2 lb) cooked veg. Roast carrots or beets are really lovely. Sweet potato, pumpkin, butternut squash, cauliflower or parsnip are also great.

can't find tahini? – tahini is a paste made from ground sesame seeds. Replace with ground nut butters such as almond, cashew or brazil nut. Peanut butter could also be used but the flavour will be completely different.

home cooked chickpeas – feel free to use your own chickpeas. If you forget to save the cooking liquid like I often do then just use water.



Hummus...

WASTE AVOIDANCE STRATEGY

chickpeas, garlic, tahini – keep them in the pantry.

lemon – will keep in a plastic bag in the fridge for months.





lovely lentils

Lovely Lentils

MAKE ABOUT 4 CUPS

500g (1lb) green or
brown lentils, rinsed

2 brown onions,
peeled & chopped

2 carrots, chopped,
optional

2 sticks celery,
chopped, optional

3 - 4 tablespoons soy
sauce

3 - 4 tablespoons
sherry or rice wine
vinegar

French style 'Puy' lentils are my favourite but this recipe works equally well with all types of lentils so feel free to explore. Lentils are a brilliant source of protein and fiber so a much healthier choice than pasta or rice. If you've ever found lentils 'bland' or 'boring' you'll be amazed what a difference seasoning them with soy and vinegar makes.

1. Place lentils in a large saucepan with enough cold water to cover generously.

2. Add onion, carrots & celery (if using), and bring to the boil.

3. Turn the heat down to medium high and simmer rapidly for 15-20 minutes or until the lentils are cooked. I like them al dente like pasta but it's up to you. If the lentils look dry add more water.

4. Drain the lentils well and place in a mixing bowl or back into the saucepan.

5. Stir in 3 tablespoons extra virgin olive oil. Season with soy sauce, vinegar, and a little salt and pepper if you like.

VARIATIONS

gluten-free – make sure you use a gluten-free soy sauce such as tamari.

carnivore – lentils love pork products so feel free to serve with prosciutto, jamon or even some cooked bacon.

less veg – the veg add flavour to the lentils but aren't critical. Feel free to boil lentils on their own if you're out of veg or short on time.

herby – I often add a couple of bay leaves from the garden to my lentils. A sprig of rosemary or thyme can also add lovely fragrance.



Lovely Lentils...

WASTE AVOIDANCE STRATEGY

lentils, soy, vinegar, onions – keep them in the pantry.

carrots, celery – keep for months in a plastic bag in the fridge.





COOKED *Quinoa*

Cooked Quinoa

MAKES ABOUT
DOUBLE THE
DRIED WEIGHT

*approx 250g /
7oz quinoa*

Quinoa is actually a seed from South America. It's super high in protein and has a lovely 'chewy' texture. It only takes about 15 minutes to cook but I like to make a batch on the weekends to use for breakfasts and lunches during the week. It's great both with sweet and savoury seasonings.

1. Bring a medium pot of water to the boil.
2. Meanwhile, place quinoa in a fine sieve and rinse well under running water. Drain.
3. When the water is boiling, add the quinoa and simmer for 10-12 minutes or until quinoa is tender.
4. Drain and allow to steam and cool.
5. Transfer to an airtight container and keep in the fridge until ready to use.

VARIATIONS

different colours – quinoa comes in red, black and white. I've used a combo of all three in the picture. To be honest I can't taste much of a difference between the different varieties.

savoury – season the hot, drained quinoa with a few tablespoons each of extra virgin olive oil, sherry vinegar and soy sauce.

sweet – season the hot drained quinoa with a few pinches of brown sugar and a teaspoon or two of vanilla extract or vanilla bean paste. You could also simmer a cinnamon stick in with the quinoa.

milky - simmer in milk or half milk half water instead of just using straight water. A cinnamon stick or vanilla bean wouldn't go astray.



Cooked Quinoa...

VARIATIONS

can't find quinoa? – you could do the same thing with brown rice or barley or even spelt. The cooking times will vary for larger grains, probably more like 30-45 minutes or even longer.

WASTE AVOIDANCE STRATEGY

quinoa - keep it in the pantry until cooked, then keep it in an airtight container in the fridge until ready to use.



a big pot of beans



A BIG Pot of Beans

MAKE HEAPS

500g (1lb) dried
beans

2 bay leaves,
optional

It's not often that I bother to cook up a big pot of beans. But every time I do, I'm glad I went to the extra effort. Home cooked beans always have a much nicer flavour and texture than canned beans. The soaking does require a little pre-planning but I highly recommend taking the time because it reduces the presence of chemicals called 'phytates' which can cause problems with our digestion. It's also supposed to reduce any bean-related digestive issues or 'gassiness'.

1. Cover beans with plenty of cold water and soak for at least 6 hours and up to 48 hours.
2. Drain beans and place in a large pot. Cover generously with clean cold water and add the bay leaf, if using.
3. Simmer, uncovered until beans are tender – anywhere from 45 minutes to 1 1/2 hours. Drain.

VARIATIONS

other herbs – skip the bay leaf or replace with other flavourings such as thyme, rosemary or sage.

chickpeas – use dried chickpeas instead of the beans.



A BIG Pot of Beans...

WASTE AVOIDANCE STRATEGY

dried beans / bay leaves - keep them in the pantry.



WHOLE *Roast* VEG



Whole Roast Veg

MAKES AS
MUCH AS YOU
COOK!

*whole root
vegetables*

I used to struggle with 'good intentions' when it came to roasting veg. Often the poor things would sit there for weeks waiting for me to chop and peel and pop them in the oven. Then one day I had the bright idea to just pop the veg in the oven and deal with them later. And I haven't looked back. This is a great thing to add to the oven when you already have it on the go. Just remember to set a timer so you don't forget about them like I have on the odd occasion!

1. Place veg in a baking dish or oven proof tray. Pop in the oven and heat it to 180C (350F).
2. Bake until the veg are very soft. Usually somewhere from 45 minutes to an hour.
3. Eat warm or cool and see the 'storage best practices'.

VARIATIONS

short on time – you could chop the veg into chunks (and peel too if you're into that) you'll save on cooking time but will spend extra in prep!

different veg – sweet potatoes are my favourite but you can also use whole butternut or other pumpkin, parsnip, swede (rutabaga), turnip, beets, carrots, regular potatoes or fennel (not technically a root veg but still delicious), onions and garlic are also great.

flavourings – I usually don't bother but feel free to play around with chilli, garlic, lemon zest, thyme, rosemary, sage, coriander seeds, cumin seeds or fennel seeds.



Whole Roast Veg...

WASTE AVOIDANCE STRATEGY

root veg – will keep in a plastic bag in the fridge for months.
For potatoes and onions I just keep them in the pantry.



A white ceramic bowl filled with finely shredded, cooked cauliflower rice. The bowl is placed on a rustic wooden table with a vibrant red and orange distressed paint finish. A small, dark, rectangular object, possibly a piece of wood or a metal fastener, is visible on the table to the left of the bowl. The text "CAULIFLOWER 'Rice'" is overlaid in the upper right quadrant of the image.

CAULIFLOWER 'Rice'

Cauliflower 'Rice'

PER PERSON AS A SIDE

150-200g (5-
7oz) cauliflower

Rice can be a hassle to cook without it going 'gluggy'. Finely grated raw veg only take a fraction of the time and end up lovely and fluffy every time. Plus it's a really easy way to get more veg into your diet.

1. Grate cauli finely using your food processor. Or a coarse microplane grater.
2. Serve raw.

VARIATIONS

different veg – cauliflower is best here because of the more neutral flavour and rice-like colour. Broccoli, carrot or zucchini can also be used.

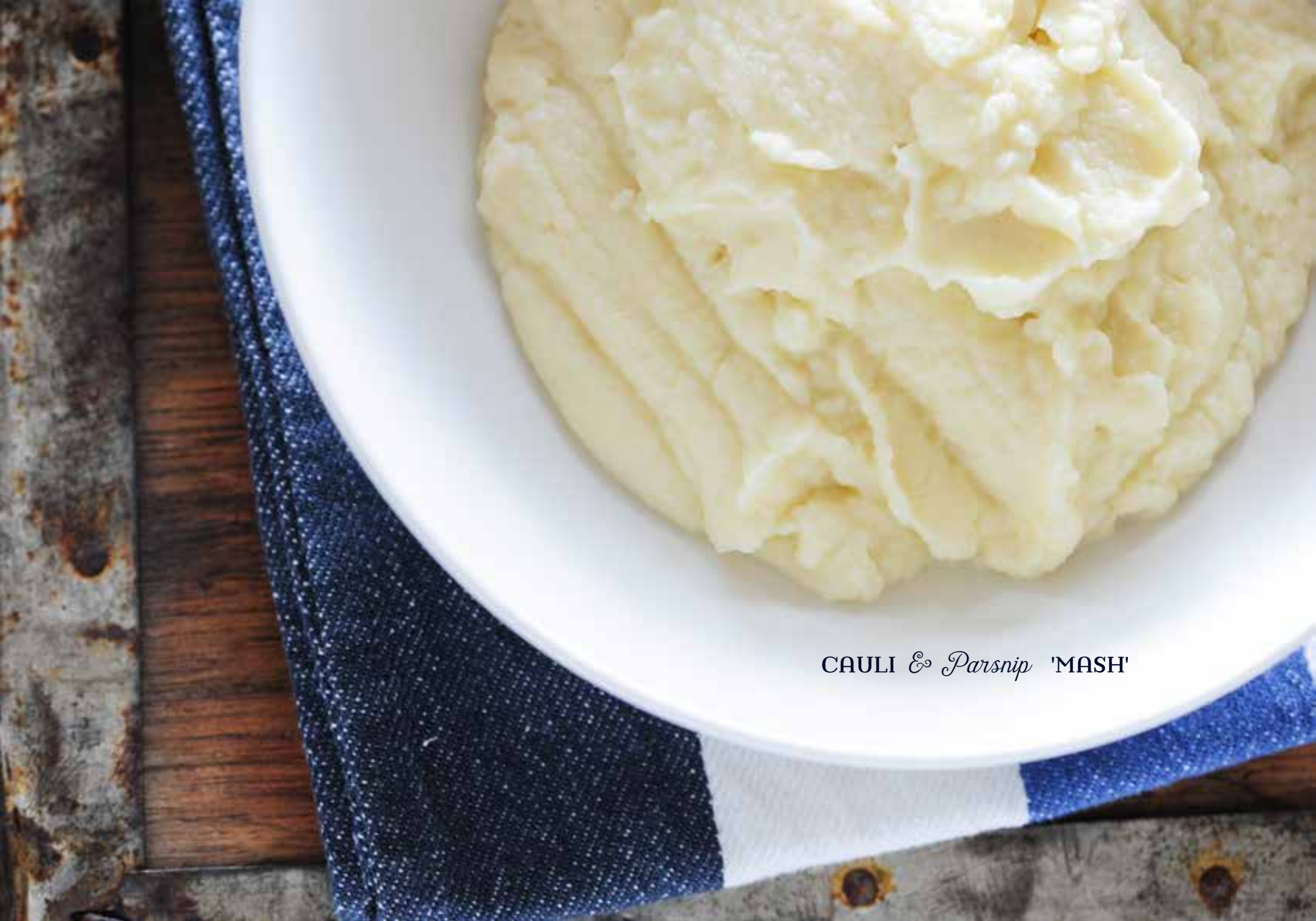


Cauliflower 'Rice'...

WASTE AVOIDANCE STRATEGY

whole cauli – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.





CAULI & *Parsnip* 'MASH'

Cauli & Parsnip 'Mash'

ENOUGH
FOR 3 TO 4

1/2 head
cauliflower, chopped

4 medium parsnips
(approx 500g
or 1lb), peeled &
chopped

2 cups chicken or
vegetable stock

2 cloves garlic
peeled (optional)

4 tablespoons sour
cream or creme
fraîche

This mash makes a lovely change from potatoes. The cauliflower makes it a bit lighter than regular mash and the parsnip adds a lovely sweet flavour. Even the Irish contingent gave it the thumbs up and that's really saying something. Use it wherever you'd normally serve mashed potatoes. So versatile.

1. Place all ingredients except the sour cream in a medium saucepan and bring to a simmer.

2. Cook uncovered for 20-30 mins or until the cauliflower and parsnip are very soft.

3. Drain and reserve both veg and the stock.

4. Transfer drained veg to a food processor and whizz until smooth. Add reserved stock a little at a time until you have the consistency you're after.

5. Add sour cream and whizz until combined. Season well and serve hot.

VARIATIONS

potato – replace cauli and parsnips with potatoes. Just simmer in water until tender then mash using a potato ricer. Stir in sour cream and maybe a little butter.

all cauli – replace the parsnips with an extra 1/2 head of cauliflower.

all parsnip – skip the cauli and double the parsnip.

martian mash – replace cauli with broccoli.

dairy-free – replace sour cream with extra virgin olive oil and a squeeze of lemon.

budget – replace stock with water and remember to be generous with the salt.



Cauli & Parsnip 'Mash'...

WASTE AVOIDANCE STRATEGY

whole cauli – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

parsnips - will keep in the fridge in a plastic bag for weeks.

chicken or vegetable stock - freeze it.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.

sour cream or creme fraiche - will keep for weeks in the fridge.





CAULIFLOWER '*Couscous*'

Cauliflower 'Couscous'

ENOUGH
FOR 2

1/2 small
cauliflower

2 tablespoons
butter

For a long time grated raw cauliflower, or cauli 'rice' was my favourite healthy accompaniment. And then I came up with the idea of whizzing the cauli until it turned into little grains... just like couscous!

1. Trim cauli and whizz in a food processor until it looks like grains of couscous.

2. Melt butter in a medium pan. Add cauliflower and cook until just warm. Season. Serve as a side.

VARIATIONS

broccoli couscous – replace cauli with broccoli.

spiced – add in a teaspoon of ras el hanout or ground coriander. Chopped red chilli can be nice too.

extra crunch – add in some roasted pine nuts or almonds.

zesty - add in a little lime or lemon zest and a squeeze of lemon or lime juice.

raw / dairy-free – skip the butter and the warming step.

herby - toss in chopped fresh herbs such as parsley, coriander (cilantro), basil, chives, oregano or mint or a combo.

more substantial – serve with a poached or fried egg and some herbs.



Cauliflower 'Couscous'...

WASTE AVOIDANCE STRATEGY

whole cauli – will keep in a plastic bag in the fridge for weeks. To keep for longer, chop into florettes and pop in the freezer. If you have time, grating the cauli before freezing will make life easier so you can just defrost and serve.

butter – keeps in the fridge for months.





PESTO

Pesto

MAKE ABOUT
1 CUP

1 big bunch basil

1-2 cloves garlic,
optional

1 large handful
pine nuts

1/4 – 1/2 cup extra
virgin olive oil

1 large handful
grated parmesan or
extra nuts

We all know and love pesto, that classic combo of fresh basil, garlic, pine nuts and parmesan. But it's just the beginning. The possibilities are endless!

1. Whizz herbs, garlic and nuts in a food processor until finely chopped.

2. Add enough oil to make a loose paste.

3. Stir in cheese. Taste & season.

VARIATIONS

herbs – other leafy herbs work well. Parsley, mint and coriander leaf (cilantro) are all great. Stronger herbs like sage or oregano can be used sparingly – best if combined with parsley so the flavour isn't too crazy.

wintery – make a winter pesto with flat leaf parsley instead of basil.

nuts – pine nuts are number 1 choice. Almonds, cashews, brazil nuts, walnuts, pecans, peanuts. I prefer unroasted so the nut flavour doesn't dominate, but feel free to experiment with roasted nuts too.

dairy-free - replace the parmesan with extra nuts.

nut-free – replace the nuts with extra parmesan or fresh breadcrumbs.



Pesto...

VARIATIONS

budget - replace the nuts with breadcrumbs and reduce the cheese. A combination of basil, which tends to be expensive, as well as other cheaper herbs like parsley or mint can help.

don't have a food processor? – just chop everything by hand and stir together. Aim for a more rustic, chunky pesto.

WASTE AVOIDANCE STRATEGY

basil – cover with oil and store in the fridge. Or you can freeze the leaves, they'll wilt but will still be delicious.

parmesan – wrap in waxed paper or baking paper and store in the fridge in a sealed paper bag or airtight container. Will keep for months. Can be frozen if you're going away.

pinenuts – will keep in the fridge for months and longer in the fridge but I don't bother refrigerating them.

garlic – will keep for months in the pantry. I wrap in a brown paper bag to protect from light and prevent shooting.

olive oil - lasts for years in the pantry. But nicer when fresher so don't go too crazy buying in bulk.





SICILIAN *Nut* PESTO

Sicilian Nut Pesto

MAKE ABOUT
1 1/4 CUPS

1 bunch basil,
leaves picked

1 – 2 cloves
garlic, peeled &
chopped

1 cup cashews

1/2 cup extra
virgin olive oil

squeeze lemon

You can use this pretty much anywhere you'd normally use pesto. Stirred through pasta, on top of soup, as a sandwich spread, eating it straight from the jar – so many options. Feel free to use different nuts, or even a combination. Almonds and hazelnuts are good as are a few pinenuts. Will keep in the fridge for a few weeks or so.

1. Whizz basil, garlic and cashews in a food processor until finely chopped.

2. Add oil and stir until combined.

3. Taste and season with salt, pepper and a squeeze of lemon for freshness.

VARIATIONS

different herbs – parsley, mint, coriander, carrot tops.

nut-free – replace cashews with grated parmesan (and change the name!)

different nuts - pine nuts, almonds or macadamias.

budget - replace some or most of the nuts with fresh bread crumbs or grated cauliflower.



Sicilian Nut Pesto...

WASTE AVOIDANCE STRATEGY

basil – cover with oil and store in the fridge. Or you can freeze the leaves, they'll wilt but will still be delicious.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.

cashews / olive oil - keep in the pantry.

lemon – whole lemon will keep wrapped in a plastic bag in the fridge for months.





SIMPLE *Sauerkraut*

Simple Sauerkraut

MAKES
1 MEDIUM JAR

1/2 head cabbage

salt

I was never a huge fan of sauerkraut until I started making my own. Being able to control how fermented or 'funky' your kraut gets makes a huge difference. If you're new to fermenting vegetables though I'd really recommend starting with fermented carrots which are much much easier! This method is called dry brining and when you read through the method it's hard to imagine it working. I know I always thought that when looking at kraut recipes. It wasn't until I actually saw Sandor Katz make kraut that I 'got it'.

1. Day 1. Cut cabbage in half lengthwise and trim the surfaces that were already cut. Remove outer leaves and discard. Finely slice the cabbage as well as you can. I use a knife because I like it rustic. But you could use a mandoline if you want really fine kraut.

2. Place sliced cabbage in a large bowl. Sprinkle with a few generous pinches of fine salt as you go. You want at least 0.5% salt. I just add and mix and taste as I go. When the cabbage tastes slightly salty but still really fresh I leave it at that. (See notes below for more detailed quantities).

3. Massage cabbage with your clean hands. Sandor recommends 10 minutes but I usually do it for a few minutes and then leave it to stand so the salt can work its magic. You want the moisture from the cabbage to come out.

4. Pack the cabbage into a clean glass or ceramic jar. Press down firmly as you go to really release the moisture and pack it as tightly as possible. I like to use the back of a spoon. You want enough liquid to just cover the cabbage. If it looks too dry add a little filtered or boiled and cooled water. But be sparing as water will dilute the final flavour.

5. Seal with the lid and leave on the kitchen bench.

6. Day 2. Open the jar to release any gas buildup. Push the cabbage down to re-submerge. Taste.

7. Day 3+. Repeat as per day 2 and taste again. If the cabbage tastes tangy enough for you, pop it in the fridge and start eating. If not leave it out of the fridge and continue to taste every day until you're happy. Depending on the temperature and how funky you like your kraut it can take from 3 days to months.



Simple Sauerkraut...

VARIATIONS

different Veg – I like savoy cabbage but recently made a mix of savoy and red cabbage that was really pretty. Turnips, carrots, apple and cooked spuds can all be added.

flavourings - I haven't tried any but celery seeds, curry spices, caraway seeds, or chilli can all be used.

quantity rule of thumb – 1kg veg will fill a 1L vessel and will need about 0.5% – 1% salt so about 5-10 grams.

if in doubt when tasting – pop it in the fridge because this will slow the fermentation down and you can always pull it back out if you decide later that it's not strong enough for you.

different containers – don't ferment in metal due to corrosion. Plastics can be OK but I prefer glass or ceramics so you can be certain there are no plastics leaching into the ferment.

VARIATIONS

floating veg – you can put a weight to hold down the veg as they tend to float. I usually don't bother.

fill levels – don't fill to the top due to expansion.

white mold – just skim and discard, they're not toxic.

bright coloured molds – are toxic – discard the project. But don't stress about this too much. No one has died from eating fermented vegetables.

WASTE AVOIDANCE STRATEGY

cabbage - will keep for weeks in the fridge in a plastic bag.





PRESERVED *Lemons*

Preserved Lemons

MAKE 1 JAR

3 – 4 thick
skinned lemons

extra lemon juice

6 – 8 tablespoons
fine sea salt

1-2 bay leaves,
optional

If you haven't ever used preserved lemons as an ingredient be prepared to be amazed! This is not the time to be squandering your precious Maldon or other fancy sea salt flakes. Any fine sea salt or kosher salt will do or even cheap table salt.

1. Sterilise a medium jar (with a good lid or seal) by popping in the dishwasher on the hottest cycle, or using your favourite sterilisation method.

2. Place the thick skinned lemons in a strainer and pour boiling water over the lemons to get rid of any dirt or bugs. Drain.

3. Chop a lemon into quarters, lengthwise.

4. Place a tablespoon salt in the bottom of the jar and pack in the lemon quarters, squashing them in to release as much juice as possible. Scatter with another tablespoon salt.

5. Repeat with the other 2 – 3 lemons, until the jar is full. If using the bay leaves, poke them in along the sides of the jar while layering.

6. Finish with a final tablespoon or two of salt. Cover with lemon juice. Seal jar and store at room temperature for 4 weeks before using.

VARIATIONS

limes – replace lemons and lemon juice with limes and lime juice.

spiced – add a few teaspoons of cumin seeds and peppercorns.



Preserved Lemons...

WASTE AVOIDANCE STRATEGY

lemons – will keep in a plastic bag in the fridge for months.

salt – keep it in the pantry.

bay leaves – if dried, in the pantry but if fresh either dry them yourself or pop in the freezer.





HARISSA

Harissa

MAKES ABOUT
1 CUP

2 red capsicum
(bell peppers)

12 long red
chillies

2 teaspoons
caraway seeds

2 teaspoons
smoked paprika

1 tablespoon
sherry vinegar

Harissa is a Moroccan chilli based sauce that is usually served as a condiment for everyone to add as little or as much as they like. It can be made completely with chillies and brutally hot or made with a mixture of chillies and red capsicum (bell peppers) which ends up more mellow.

1. Preheat your oven or overhead grill on its highest setting.
2. Place capsicum (peppers) and chilli in a baking tray and grill or roast, turning every now and then until blackened and charred all over.
3. Cover with foil and allow to cool.
4. Remove the skins and seeds from the capsicum (peppers) and do the same with the chilli. Leave some or all chilli seeds in if you like it hot!
5. Whizz capsicum & chilli flesh with the caraway seeds, paprika and vinegar.
6. Stir in 3-4 tablespoons olive oil. Taste. Season and add more oil if it's too hot.

VARIATIONS

super hot – replace the bell peppers with about 24 long red chillies.

fresh sauce – skip the roasting and just puree the flesh of the bell peppers and chillies.

mexican vibe – skip the paprika and caraway seeds and stir in some fresh chopped tomato at the end.



Harissa...

WASTE AVOIDANCE STRATEGY

red capsicum – keep in the fridge for a few weeks. For longer grill and store in an airtight jar under oil. Or freeze them.

red chills – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

caraway seeds / smoked paprika / vinegar - keep them in the pantry.





THAI *Red Curry* PASTE

Thai Red Curry Paste

MAKES 4 TO 5
TABLESPOONS

6 large red
chillies, deseeded

3 stalks
lemongrass,
sliced

thumb-sized
piece ginger,
chopped

4-6 cloves garlic,
peeled

For some reason, I tend to turn to a red curry when I want a beef Thai curry and go for green when I'm in the mood for chicken. No reason really, so feel free to use this paste however you prefer.

1. Whizz the chillies, lemongrass, ginger and garlic with 2 tablespoons oil in a food processor until you have a chunky puree.

2. Use as per your recipe or refrigerate for up to 2 weeks. Can be frozen in a ziplock bag.

VARIATIONS

green paste – use large green chillies.

no lemongrass – use the zest of 2 lemons or 3 very finely shredded kaffir lime leaves.

hot! – use more chillies and leave the seeds in.



Thai Red Curry Paste...

WASTE AVOIDANCE STRATEGY

red chills – will keep for months in the fridge. Can be frozen or left unwrapped in the fridge, they will slowly turn into dried chillies and still be edible.

lemon grass - will keep in the fridge in a plastic bag for a few weeks, can be frozen.

ginger - will keep in the fridge in a plastic bag for weeks, can be frozen.

garlic – pantry in the dark or a brown paper bag to prevent sprouting.





SMOKY *Red* PEPPERS

Smoky Red Peppers

MAKES AS
MANY AS YOU
COOK!

*2 or more red
capsicum (bell
peppers)*

*extra virgin olive
oil, optional*

I often buy these in a jar from the supermarket or deli. But I'm always glad I took the extra time when I make my own. The flavour tends to be much fresher and more deeply smoky.

1. Preheat an overhead grill (broiler) on its highest setting.
2. Place whole capsicum (peppers) on a tray and cook until the skin is really black, about 5 minutes or so.
3. Rotate so the next side gets exposed to the heat. Repeat until all sides are well blackened.
4. Place hot peppers in a heatproof bowl and cover with the tray or cling wrap. Allow to cool so you can touch them.
5. Peel peppers, discarding the blackened skins and any seeds. Pack into super clean glass jars while still hot and cover with a little olive oil if you prefer to keep them for longer.

VARIATIONS

short on time? - chop peppers into flat pieces and grill skin side up all at once.

chilli peppers – larger chillies can be lovely instead or or as well as capsicum (bell peppers).

yellow or green peppers – can be cooked in the same manner but I find the flavour of red peppers to be the best.



Smoky Red Peppers...

WASTE AVOIDANCE STRATEGY

peppers (capsicum) – will keep for 2 weeks or so in a plastic bag in the fridge. For longer storage best to cook and store under oil as per the recipe.



ABOUT the author



The author of this eCookbook is Jules Clancy.

I'm first and foremost a food lover who adores her veggies. The type of girl who plans her holidays around restaurant reservations.

I'm equally happy spending 6 hours dining at the best restaurant in the world as I am sitting on stools in a Brooklyn alleyway wolfing down Texas-style BBQ brisket.

I also love cooking and simplicity. So I am constantly on the lookout for ways to make my cooking less complicated and time-consuming without sacrificing flavour or wholesomeness.

I have degrees in both food and wine science but I'm not a nerd, really. In January 2010, I packed in my day job as a chocolate biscuit designer to become a full time blogger over at Stonesoup.

When I'm not cooking, writing about food or taking photographs [of food], I can be found hanging out with my husband, 'the Irishman' and our son Fergal. Or indulging my passions for growing my own veggies, cookbooks, long walks in the country, red wine, red shoes and blue cheese.

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