



JODIE'S SIMPLE GNOCCHI BAKE!

ITALY

RECIPE NO.1

JODIE'S SIMPLE GNOCCHI BAKE!

INGREDIENTS

Lean mince meat

Gnocchi

Mushrooms

Red lentils

Red onion

Garlic

Passata

Red wine stock

Beef bovril

Mustard

Worcestershire sauce

Cheddar cheese

Mozzarella

1. Dry fry the mushrooms & onions. Then add the mince meat to brown off.
2. Add the garlic, passata, Passata, Red Wine Stock, Beef Bovril, Mustard, Worcester sauce then chuck in a handful of lentils.
3. Leave on a low heat for around 20 mins. I always cook this early in the day so the lentils will soften with the sauce.
4. I always use shop bought fresh gnocchi. Boil a pan of water with some salt and pepper, add the gnocchi and reduce to a simmer for 1-2 minutes (any longer and the gnocchi will go soft and sticky!
5. Drain and add a little olive oil, to stop it sticking together.
6. In an oven dish pop in the meat mixture, then add the gnocchi, cover in tin foil and pop it in the oven for 15/20 mins.
7. Remove from the oven and add the cheese & mozzarella. Pop back into the oven (uncovered) until the cheese has melted. I personally like to let the cheese go crispy... then serve!



ALEX'S 'HEARTY' VEG SOUP

BRITAIN



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RECIPE NO.2

ALEX'S 'HEARTY' VEG SOUP

INGREDIENTS

Veg scraps

Harissa paste

Salt and pepper

Stock (optional)

Bread and butter (optional)

One of the great ways of making the most of your scraps AND getting a free meal, is to make them into soup! I know, it sounds pretty gross, but the skins of vegetables are usually the tastiest and packed full of vitamins - you're pretty much eating a free bowl of pure goodness! Just chuck your veg scraps into a Tupperware tub and put it in the freezer until needed.

When you're ready, take them out to defrost and blend them well with a little water (you don't want any chunks in this sort of soup, so keep blending until silky smooth!)

1. Add the contents of the blender to a pan, along with salt, pepper and a teaspoon of harissa paste.
2. Add either hot water or hot stock until it's at the consistency you'd like.
3. Heat through, and serve with a slice or two of buttered bread!



HARRIET'S 'VERY STICKY' TOFFEE PUDDING

BRITAIN

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RECIPE NO.3

HARRIET'S 'VERY STICKY' TOFFEE PUDDING

INGREDIENTS

100g/3oz butter, softened,
plus extra for greasing
175g/6oz light
muscovado sugar
2 large free-range eggs
225g/8oz self-raising flour
1 tsp baking powder
1 tsp bicarbonate of soda
3 tbsp black treacle
275ml/9fl oz full-fat milk
Double cream or vanilla
ice cream, to serve

FOR THE SAUCE

100g/3oz butter
125g/4oz light
muscovado sugar
1 tbsp black treacle
300ml/10fl oz pouring
double cream
1 tsp vanilla extract

TOP TIP

Garnish with fresh mint and
crystallised caramel for a
posh presentation.

OMG. It's sweet, it's sticky and it's delish! Everything
you want from a dessert and more! Forget the
scales and just indulge.

1. Preheat the oven to 180°C/160°C Fan/Gas
Mark 4. Butter a wide shallow 1.7-litre/3-pint
ovenproof dish.
2. Put the butter, sugar, eggs, flour, baking
powder, bicarbonate of soda and treacle
into a mixing bowl.

Beat using an electric handheld whisk for
about 30 seconds or until combined. Pour
in the milk gradually and whisk again until
smooth. Pour into the prepared dish. Bake for
35-40 minutes or until well risen and springy
in the centre.

3. To make the sauce, put all the ingredients
into a saucepan and stir over a low heat until
the sugar has dissolved, and the butter has
melted. Bring to the boil, stirring for a minute.
4. To serve, pour half the sauce over the
pudding in the baking dish. Serve with the
cream or ice cream.



**SARAH'S
'COSY'
COTTAGE PIE
BRITAIN**

RECIPE NO.4

SARAH'S 'COSY' COTTAGE PIE

INGREDIENTS

2 carrots
4 garlic cloves
500g beef mince (I like one with 5% or less fat)
2 beef stock cube (I use kallo)
8 white potatoes
80g cheddar cheese (I substitute this with vegan violife cheese due to children being allergic to dairy and soya)
16g of marmite
2 red onions
2 tbsp of tomato puree
2 broccoli

TOP TIP

Try with Pickled Red Cabbage. It's a taste sensation! Switch Beef mince for Quorn (V).

Sometimes there's nothing cosier than Cottage Pie. It's like receiving a good old-fashioned hug, no wonder why it's so popular. And you don't have to live in a cottage to enjoy it!

1. Preheat oven to 200°C. Peel and chop potatoes. Add them to boiling water and cook for 10-12mins or until fork tender. Drain and return to the pot to steam dry.
2. Heat a large wide-based pan with a drizzle of oil over a medium heat, once hot add chopped onion, garlic and carrot and cook for 3-4mins. Dissolve the beef stock cube and tomato paste in 400ml of boiled water and stir in the Marmite.
3. Once the vegetables have softened add the beef mince and cook for 3-4mins.
4. Grate the cheddar cheese or substitute cheese.
5. Once the beef is browned add the tomato stock and bring to the boil, season with pepper and cook for 4-5mins or until slightly thickened.
6. While the beef mixture thickens return the drained potatoes to a low heat with a large knob of butter (I use vitalite substitute) a splash of milk (I use almond milk) and salt and pepper, mash until smooth.
7. Transfer the beef to an oven proof dish, top with mashed potato and sprinkle over the grated cheese, put the dish in the oven for 15-20mins or until golden brown.
8. Serve with broccoli to the side and enjoy.



CHARLOTTE'S CHINESE 'FAKEAWAY' CURRY

CHINA

RECIPE NO.5

CHARLOTTE'S CHINESE 'FAKEAWAY' CURRY

INGREDIENTS

500g of chicken
- we use thigh fillets

1 onion

3 peppers

1 box of mushrooms

Baby corn

100g frozen peas

3oz of mayflower powder

340ml cold water

Rice

TOP TIP

**Switch Chicken for Prawns
or Tofu (V).**

It's official, Fakeaways are the new takeaways. And the great thing is you can adjust the recipe to suit your own taste - because you're making it. Genius!

- 1.** Brown off your chicken. While you do that, chop up your onion, peppers, baby corn and mushrooms.
- 2.** Once the chicken is thoroughly cooked add in your veg and let it all soften up.
- 3.** At this point I would start boiling some water for the rice.
- 4.** In a separate pan add in your 340ml of cold water and 3oz of Mayflower curry powder, give it a stir and bring it to the boil. Once it's boiling turn the heat down and let it simmer a little longer, stirring occasionally.
- 5.** Add your rice to your boiling water.
- 6.** Once all your veg has softened up take your sauce off the heat and add to the pan with your chicken and vegetables, give it a good mix making sure everything is covered.
- 7.** Add in your frozen peas. Give it all another good mix up (I like them to still taste sweet and have found them being in just long enough to heat up is the perfect amount of time)
- 8.** Drain off your rice, turn off the curry and serve.
- 9.** Serve with Naan breads or poppadum. If we are feeling especially naughty we add some grated cheese to the top of our Naan bread and pop them in the oven until it is nice and melted. Either way it's all delish.



SAVVY WORKING MUM'S PRIMULA PASTA

ITALY

RECIPE NO.6

SAVVY WORKING MUM'S PRIMULA PASTA

INGREDIENTS

300g dried linguine
25ml of olive oil
300g king prawns, peeled
3 cloves of garlic, diced
150g primula cheese with prawns - use primula light cheese for the same delicious flavour with 40% less fat!
1/2 lemon, juiced
A handful of chopped parsley

TOP TIP

We quite often won't use prawns - sometimes chicken, add in some mushrooms, spinach, peas... what ever we find in the cupboard.

A simple, healthy Italian-inspired dish using shop bought basics that passes as restaurant quality. Who knew?

- 1.** Cook the linguine according to pack instructions.
- 2.** Heat the oil in a large frying pan over a medium-high heat.
- 3.** Cook the garlic in the oil and fry briefly until it starts to colour.
- 4.** Add the prawns and fry for a couple of minutes.
- 5.** Remove the pan from the heat.
- 6.** In a mixing bowl combine the Primula Cheese, lemon juice and parsley.
- 7.** Stir the mixture through, evenly coating the pasta.
- 8.** Garnish with parsley and lemon wedges.



SAVVY WORKING MUM'S '10 MINUTE' THAI GREEN CURRY

THAILAND



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RECIPE NO.7

SAVVY WORKING MUM'S '10 MINUTE' THAI GREEN CURRY

INGREDIENTS

2 tbsp coconut oil
2 star anise
1 aubergine, cut into small chunks
2 tbsp thai green curry paste
1 x 400ml tin full-fat coconut milk
Handful of baby corn
450g raw king prawns, peeled
1-2 tbsp fish sauce
Juice of 2 limes
½ bunch basil, roughly chopped
½ bunch coriander, roughly chopped
1 red chilli, roughly chopped
Microwave rice, to serve

1. Heat up the coconut oil in a large pan over a medium-high heat. Add the star anise and aubergine and fry for 1 minute.
2. Add the curry paste and half the coconut milk. Stir to melt the paste into the coconut milk, then increase the heat to high.
3. Pour in the rest of the coconut milk, toss in the baby corn and bring to the boil. Simmer for 3 minutes, then drop in the prawns and simmer for 2 minutes until they turn pink and are fully cooked. Take the pan off the heat and chuck in fish sauce to taste, along with the lime juice and herbs.
4. Top your curry with the red chilli. Ping your rice in the microwave for 2 minutes and serve.

TOP TIP

Serve with remaining lime wedges and top with fresh coriander.



SAVVY WORKING MUM'S 'MEXICAN' BOWL

MEXICO

RECIPE NO.7

SAVVY WORKING MUM'S 'MEXICAN' BOWL

INGREDIENTS

2 sweet potatoes, peeled and chopped into chunks

Coconut oil, for greasing and frying

1 garlic clove, crushed

1 red onion, finely diced

200g skinless chicken breast, cut into chunks

1 tsp paprika, plus extra for sprinkling

200g canned chopped tomatoes

1 ripe avocado, pit removed and flesh cut into chunks

2 tbsp sour cream

1 small handful of fresh cilantro

Sea salt and freshly ground black pepper

Simple, no nonsense food for the Amigo! Mexican soul in a bowl.

- 1.** Preheat the oven to 200°C/400°F/Gas Mark 6.
- 2.** Massage the sweet potato chunks with a little coconut oil, season well and then place onto a foil-lined tray. Bake in the oven for about 35 minutes.
- 3.** Meanwhile, heat a small amount of coconut oil in a frying pan, add the garlic and red onion and fry gently until slightly softened. Add the chicken breast chunks, lightly season with paprika and a pinch of salt and pepper and brown the chicken for a few minutes.
- 4.** Add the chopped tomatoes, then leave to simmer for 20 minutes until thickened.
- 5.** Once the sweet potato is cooked, add to the pan and stir through.
- 6.** Plate up, add the avocado, sour cream and sprinkle with fresh cilantro and paprika and serve.

TOP TIP

Try in Tacos with your choice of dressing.

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SEANA'S 'SIMPLE SARDINIAN' LASAGNE

ITALY

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RECIPE NO.8

SEANA'S 'SIMPLE SARDINIAN' LASAGNE

INGREDIENTS

500g mince beef
2 tins of chopped tomatoes
2 tbsp of tomato puree
Pack of lasagne sheets
(ready to use)
1 garlic clove
1 tsb of butter
1/2 tbsp of olive oil
1 glass of red wine
Sofrito mix - 1/2 carrots
(depending on size),
1 onion, 1/2 celery sticks
(all finely diced)
Salt & pepper
1/2 tsp of oregano
(optional sliced cooked
prosciutto ham)
Grated parmesan cheese
(about 25g)
White lasagne sauce
(I cheat and get dolmio
or other white lasagne
sauce will do) but add
a 1/2 tsp of nutmeg to it
and give it a really good
shake/stir

TOP TIP

Try batch cooking. Simply
double the recipe and
freeze for another day.

Always worth having a reliable lasagne recipe to hand. This one's tried and tested. Sampling a good Italian red whilst making is optional.

1. In a pan melt the butter and olive oil, put in the soffrito mix and cook on a low/medium heat for about 6 mins stirring constantly so it doesn't stick, add the meat to the pan, make sure, you bash down any clumps and cook until brown.
2. Add red wine, stir constantly until reduced, add salt & pepper, oregano, tomato puree and both tins of tomatoes, add one can of water to the contents bring to the boil and cover.
3. Turn down the heat and cook it on a really low heat for at least a couple of hours, stir occasionally. After a couple of hours check the water has been absorbed but not completely you don't want it to be completely dry.
4. Heat the oven to between 180°C & 200°C (depending on fan assisted).
5. Assemble the lasagne using a large dish and start to layer the meat first, a ladle or two at the bottom (this is when you can also add, but optional the ham just a couple of slithers, then place the lasagne sheets on top, then goes on the white sauce, keep layering until you reach the top, the last layer should be a layer of white sauce, sprinkle the grated parmesan on top, cook in the oven for roughly 35 mins or until golden on top. Enjoy!



KAREN'S 'EASY' CHILLI CON CARNE

MEXICO

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RECIPE NO.9

KAREN'S 'EASY' CHILLI CON CARNE

INGREDIENTS

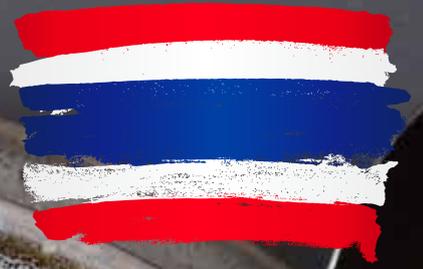
500g mince beef
2 large onions chopped
3 cloves of garlic chopped
3 tbsp tomato puree
Good splash of red wine
2 tsp ground cumin
400g tin of chopped tomatoes with chilli
400g tin of red kidney beans in chilli sauce
1 x chilli packet mix (mixed with water according to instructions on packet)

TOP TIP

Add some shop bought salsa, guacamole, and soured cream to add colour and texture! Switch Beef mince for Quorn (V).

A simple take on one of the Nation's favourites. Don't be afraid to use a packet mix to save on time (we're not judging) unless you want to be truly authentic, then just replace the packet ingredients with those in your cupboard.

- 1.** Fry the onion. Easy.
- 2.** Add the mince and cook until browned off.
- 3.** Add the garlic, cumin and packet mix and stir.
- 4.** Add the tomatoes, chilli beans, tomato puree & red wine to taste.
- 5.** Simmer (for 20 mins) until the meat is tender and the sauce is thick.
- 6.** Serve with rice and a sprinkle of grated cheese. Done.



LOZZA'S VEGAN 'SWEETEEET' POTATO CURRY

THAILAND

#COOKWITHASTER

ASTER
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RECIPE NO.10

LOZZA'S VEGAN 'SWEETEEET' POTATO CURRY

INGREDIENTS

2 sweet potatoes
1 tin chickpeas
2 gloves garlic
1 tbsp grated fresh ginger
3 tbsp of vegan red thai
curry paste
1 tin coconut milk
1/4 tsp black pepper
1 tsp salt
1 tbsp coconut oil
1/2 cup water
Handful of green beans
Fresh lime

TOP TIP

Add fresh chopped chilli
if you like it hot!!!

So sweet, so versatile, so Vegan, so make it!
Always have one handy in the freezer for a
wholesome instant meal or side.

1. Peel and chop sweet potato into approx. 2cm chunks. Trim green beans into 3cm lengths. Peel & grate ginger & garlic.
2. Heat coconut oil in pan on medium heat. Add garlic and ginger, sauté for 1 min.
3. Add Thai curry paste, sauté for another minute.
4. Add chickpeas, coconut milk, sweet potato, salt, pepper and water to pan, bring to boil.
5. Simmer until potato has softened and cooked through (approx 15 mins).
6. Add green beans with 5 mins remaining.
7. Serve with rice and drizzle of fresh lime juice. Leftovers can be stored in fridge for up to 5 days or popped in freezer.