

CHICKEN KATSU CURRY

Ingredients

For the sauce

2 tbsp vegetable oil
1 onion, thinly sliced
5cm piece ginger, finely grated
2 garlic cloves, crushed
1 tbsp curry powder
2 tbsp plain flour
600ml warm chicken stock
60ml soy sauce
2 tsp honey
2 tsp rice vinegar
1 tsp garam masala

For the katsu chicken

4 skinless chicken breasts, sliced in half horizontally (to make to thin wide pieces)
100g seasoned plain flour
2 eggs, lightly beaten
150g panko breadcrumbs
50ml vegetable oil, for frying
steamed rice, to serve
150g pack cooked edamame beans^[1]_[SEP]
3 spring onions, thinly sliced, to serve

Method

Unlike other curry recipes, Japanese katsu uses fried breaded chicken, giving it a satisfyingly crunchy texture combined with a sweet punchy sauce. This Japanese recipe is easy to master and uses curry powder packed with turmeric, cardamom, cumin seeds, and much more, to give delicious spice.

For the katsu sauce, heat oil in a saucepan over a medium heat, add the onion, ginger and garlic and sauté for three to four minutes until tender. Add the curry powder and stir until fragrant. Then stir in flour and cook for 1-2 mins.

Gradually whisk in the stock, add the soy sauce and honey and simmer, whisking occasionally, for about 10 mins. Stir in the rice vinegar and garam masala. Keep warm.

Meanwhile, preheat oven to 220C.

Dip the halved chicken breasts in flour, then egg, then panko crumbs, making sure to shake off any excess in between. Heat the vegetable oil in a large frying pan and fry chicken, turning occasionally, until golden (3-4 mins). Transfer to a baking tray and cook in the oven until cooked through (3-4 mins).

Slice the chicken and serve with steamed rice, topped with katsu sauce and the edamame beans and spring onions.

VEGAN BROWNIES

Ingredients

50g walnut pieces, roughly chopped
150g self-rising flour
125g caster sugar
pinch of salt

100g dairy-free chocolate buttons
75g dairy-free sunflower margarine, plus extra for greasing
100ml soya milk
½ tsp lemon juice

Method

Preheat the oven to gas 4, 180°C, fan 160°C. Use a little dairy-free margarine to grease the sides and bottom of a 20cm x 20cm (8in x 8in) brownie tin.

In a bowl, mix the chopped nuts, flour, sugar and salt. Break the chocolate into pieces and place in a saucepan with the margarine. Melt over a low heat, stirring occasionally. Stir in the soya milk and lemon juice until everything is well combined.

Now tip the chocolate mix into the bowl with the dry ingredients. Mix for about 10 seconds, then pour the mixture into the brownie tin.

Use a spatula to spread the mixture evenly. Bake for 20-25 minutes. Leave to cool in the tin, then cut into 12 pieces.

CREAMY SMOKED SALMON PASTA

Ingredients

350g tagliatelle, or pasta of your choice
1 tbsp olive oil
3 garlic cloves, finely sliced
5 tbsp crème fraîche
1 lemon, zested (finely grated) and juiced
2 tbsp grated Parmesan
200g smoked salmon, torn into strips
30g fresh chives or dill, finely chopped
70g bag rocket, to serve

Method

Bring a pan of salted water to the boil and cook the pasta for 2 mins less than pack instructions.

Meanwhile, heat the oil in a large frying pan over a medium heat. Add the garlic and fry for 2-3 mins until softened but not coloured. Stir in the crème fraîche, lemon juice, Parmesan and 2 ladles of pasta cooking water. Allow to bubble gently for 1 min.

Drain the tagliatelle and mix into the sauce in the frying pan. Cook for a further 2 mins or until reduced to a creamy sauce that coats the pasta.

Stir through the smoked salmon and chives, season with black pepper, then divide between 4 bowls. Garnish with the lemon zest and top with a handful of rocket.

BLT POTATO SALAD

Ingredients

450g miniature potatoes, largest ones halved
1 tbsp olive oil
2 red onions, finely sliced
1 tsp balsamic vinegar
10 rashers streaky bacon
400g salad tomatoes, quartered
1½ heads romaine lettuce, roughly chopped
For the dressing
3 tbsp mayonnaise

1 tsp Dijon mustard
½ lemon, juiced
1 tbsp olive oil

Method

Put the potatoes in a pan of salted water, bring to the boil and cook for 15 mins until tender. Drain and set aside to cool.

While the potatoes are cooking, heat the oil in a non-stick frying pan over a medium heat. Add the onions and cook for 5 mins until starting to soften. Add the vinegar and continue to cook for a further 5 mins until caramelised. Remove from the pan and allow to cool.

Put the bacon in the pan and fry until crisp – you may need to do this in batches. Remove from the pan and leave to cool a little, then slice or tear into large pieces.

For the dressing, mix all the ingredients together and season to taste.

To assemble the salad, combine the potatoes, onions, bacon, tomatoes and lettuce on a large serving dish. Drizzle over the dressing to serve.

HEALTHY FRIED CHICKEN

Ingredients

600g pack skinless, boneless chicken thighs
750g pack chicken drumsticks
200ml buttermilk
1 tbsp hot chilli sauce or sriracha
1 tsp turmeric
1 tsp garlic powder
1 tsp onion salt
1 tsp smoked paprika
80g plain flour
30g panko breadcrumbs
sunflower oil spray
1 lime, cut into wedges, to serve

Method

Trim any visible fat from the chicken thighs and remove the skin from the drumsticks by pulling the skin down from the fat end of the drumstick until it reaches the bone end and then snipping it away with scissors.

Combine the buttermilk with the hot sauce, ½ tsp of each of the spices and some seasoning in a large bowl, add the chicken and toss to coat. Leave to marinate in the fridge for at least 4 hrs or overnight if possible.

Preheat the oven to gas 9, 240°C, fan 220°C. Mix the remaining spices with the flour and the breadcrumbs and tip half onto a large plate (using half the flour at a time stops too many clumps forming; add the rest when you run out). In turn, take each piece of chicken from the marinade and dip into the flour mix to coat on both sides. Transfer to a wire rack set over a baking tray and repeat until all the chicken is coated. Discard any leftover marinade.

Spray each chicken piece with 2-3 sprays of sunflower oil. Cook for 30-35 mins at the top of the oven, until the juices run clear when a skewer is inserted into the thickest part of the meat. Serve with the lime wedges for squeezing over.

COTTAGE PIE

Ingredients

1 tbsp olive oil
1 onion, finely diced
2 carrots, finely diced
1 celery stalk, finely diced
1 garlic clove, minced
500g beef mince
1 tbsp tomato puree
400g tin chopped tomatoes
1 beef stock cube
1 bay leaf
100g peas
1 kg (2lb) Maris piper potatoes
50g butter, cubed

Method

Bring a large pan of salted water to the boil and in a large frying pan, heat the olive oil. Sauté the onion, carrot, celery and garlic on a medium heat until softened, then add the beef mince. Turn up the heat for 4-5 minutes and fry until the mince is browned.

Meanwhile, peel, halve and boil the potatoes for 20 minutes or until soft. Drain and allow to steam for 10 minutes. Preheat the oven to gas 4, 180°C, 160°C. Add the tomato puree, tinned tomatoes, stock cube, bay leaf and salt and pepper to the mince mixture. Fill the tomato tin with water and add that as well. Bring to the boil and simmer for 15 minutes to reduce. Add the peas at the last minute and mix through. Remove the bay leaf.

Once the potatoes have steamed, mash them well with plenty of salt and the butter cubes until the butter is melted and mixed through. Pour the mince mixture into an ovenproof dish and top with the mash. Use a fork to rough up the top to help it colour. Bake in the oven for 20-25 minutes or until piping hot and golden.

THAI STEAK WITH SPICED ASIAN SLAW

Ingredients

395g pack thin cut beef steaks
4 tbsp Thai massaman curry paste
½ head of Chinese leaf, shredded
100g mangetout, finely shredded
125g radishes, thinly sliced
2 limes, juiced
30g pack coriander, chopped
1 red chilli, finely chopped
250g pack Thai inspired grains or wholegrain rice

Method

Put the beef in a shallow bowl and rub all over with the curry paste. Leave to marinate for 10 mins. Meanwhile, put the Chinese leaf, mangetout and radishes in a bowl, toss with the lime juice, coriander and chilli, then season and set aside. Cook the grains or rice following the pack instructions.

Heat a non-stick frying pan until hot and cook the steaks in 2 batches for 1 min on each side, or until cooked to your liking. Cover with foil and rest for a few minutes, then cut into thin strips.

Serve the grains alongside the slaw, with the steak on top.

