

Meals for Batch Cooking for all the family

Indian Dahl

Preparation time 10 mins, cooking time 40 mins, serves 4

Ingredients

225g red split lentils
1 tsp turmeric
1-2tsp fresh ginger grated
3 large vine tomatoes
2 large handfuls baby spinach
Any other vegetables, lightly steamed e.g. broccoli, cauliflower, peas, green beans
2 tbsps olive oil or coconut oil
1 small red chilli (optional – or sprinkle adult portions with flaked red chilli at end)
1 tsp cumin seeds or ½ tsp ground cumin
1 tsp garam masala
1 cinnamon stick
1 onion
1 garlic clove
Salt and pepper
Handful fresh coriander

Method

- Place lentils in a sieve or a pot and rinse several times over. Add to pot with 750ml water and bring to the boil. Skim off the scum that rises to the surface and discard.
- Stir in turmeric and ginger and simmer partially covered for 35mins.
- While lentils are cooking make the tarka or flavoured oil. Heat the oil and add the red chilli and remaining spices and fry for a couple of minutes.
- Add onion and cook until well browned.
- Add sliced garlic for a further two mins.
- Add chopped tomatoes until softened and spinach or other vegetables at the last minute.
- Stir this mixture into the cooked lentils which should have absorbed all the water. Leave to mix for a couple of minutes.

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Mild Korma Curry

Preparation time: 40 minutes, serves 4

Ingredients

1/2 tsp cumin seeds
1 tsp turmeric
½ tbsp fenugreek
Seeds from 8-10 cardamom pods
½ tsp cinnamon
Fresh ginger – thumb sized piece, finely grated
Fresh red chilli – depending on heat required, finely chopped
200ml boiling water with a pinch of vegetable bouillon powder
50g coconut cream
50g natural yoghurt or coconut milk
75g ground almonds
2 large sweet potatoes, cut into bite-size chunks
350g chick peas (e.g. tinned)
Handful of fresh spinach or several cubes of frozen spinach
½ tsp coconut oil
Fresh coriander

Directions

- Melt coconut oil on a low heat and add cumin seeds and cardamom seeds until they 'pop'
- Add remaining ground spices for 2 mins until fragrant
- Add ginger and chilli for a further 2 mins
- Add approximately 15mls of water and bring the spices together to form a paste and cook for a further 1 min [Batches of paste can be made and frozen in ice-cube trays]
- Add remaining water, pinch of stock, coconut cream and sweet potato and simmer for 20 mins or until sweet potato is softened.
- Add remaining ingredients and bring back up to temperature but do not boil.
- Serve with brown basmati rice and fresh coriander

Meals for Batch Cooking for all the family

Hidden vegetable curry sauce *from Jamie Oliver's 'Curry Base'*

Ingredients

100 g red lentils
2 medium onions, peeled and roughly chopped
3 medium carrots, roughly chopped
1 red pepper, deseeded and roughly chopped
Olive oil
4 cloves garlic, peeled and roughly chopped
50 g fresh ginger, peeled and roughly chopped
6 stalks coriander, chopped
¼ red chilli, deseeded and roughly chopped (optional)
1 tablespoon ground coriander
1 tablespoon ground cumin
½ teaspoon ground black pepper
1 tablespoon ground cinnamon
1 tablespoon paprika
1 tablespoon turmeric
1 tablespoon garam masala
2 x 400 g tinned plum tomatoes
200 ml water
400 ml tinned coconut milk

Directions

- Wash the lentils, then place them in a pan and cover with cold water. Bring to the boil and simmer gently for 15 to 20 minutes, or until soft.
- Meanwhile, blitz all the vegetables, garlic and ginger in a food processor until finely chopped.
- Sauté spices in a small amount of olive oil and fry gently for a couple of minutes
- Add the chopped vegetable/spice mix and fry gently for 5-10 minutes until the onions start to soften.
- Add the tomatoes, water and lentils and simmer for another 30 minutes before adding the coconut milk. Bring to the boil then remove from the heat and blend until smooth using a hand blender.
- Freeze sauce in batches. Bring to the boil and add vegetables, chickpeas or chopped chicken as desired.

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Roast Vegetables

Preparation time 10 minutes, cooking time 30 - 40 minutes

Ingredients

- 2 red onions
- 2 courgettes
- 2 red peppers
- 2 yellow peppers
- 1 punnet cherry tomatoes
- 2 sweet potatoes
- 1 bulb garlic

Directions

- Preheat oven to 180C
- Chop all vegetables into similar sized pieces
- Toss in olive oil, spread out well on baking trays and roast for 35 – 40 minutes until well cooked but not charred NB avoid overcrowding trays as vegetables will steam instead of roasting

Most vegetables can be roast. Include aubergines, broccoli, cauliflower, fennel, leeks.... For added flavour, toss vegetables with fresh or dried herbs e.g. oregano or spices such as cumin or smoked paprika before roasting.

Ideas for roast vegetables

1. Tomato, roast vegetable and lentil soup
2. Simple roast vegetable soup – heat roast veg in stock. Add fresh herbs and blend.
3. Roast veg quesadillas – place wholegrain wrap in frying pan, top with roast veg, 1 tbsp. pesto, a little feta/mozzarella and another wrap. Heat for 2-3 min on each side
4. Wholegrain pitta with hummus and roast vegetables
5. Warm quinoa salad with chickpeas, roast vegetables and red pesto
6. Green salad with roast vegetables and balsamic dressing
7. Moroccan roast vegetables - stirfry roast veg and tin chickpeas with cumin and ras al hanout. Serve with wholegrain couscous and yoghurt mixed with harissa
8. Smoky vegetable and bean bake
9. Roast vegetable ratatouille - add cod and butterbeans for main dish
10. Roast veg with chicken drumsticks / fish / halloumi / feta

Meals for Batch Cooking for all the family

Smoky vegetable and bean bake with garlic 'aioli'

Preparation time 10 minutes, cooking time 25 minutes

Ingredients

Vegetables for roasting – see below

½ tbsp. olive oil

2-3 tsp smoked paprika

1 tsp ground cumin

½ cinnamon

1 tsp dried oregano

½ red onion, finely chopped

400g Chopped tomatoes

1 tin kidney beans

1 tin butterbeans or chickpeas

3 tins roast vegetables (use bean tin to measure)

Handful fresh coriander, freshly chopped

½ bulb or roast garlic / 1 clove fresh garlic

1 tbsp. good quality mayonnaise (optional)

1 tsp freshly squeezed lemon juice

Directions

- Good vegetables to include in this dish are courgettes, peppers, red onions, cherry tomatoes and sweet potatoes or butternut squash. If you don't have pre roast vegetables, just toss uncooked chopped veg with olive oil, 2 tsp smoked paprika and cumin. Roast in oven for 30 minutes
- While the vegetables are cooking, make the tomato sauce. Saute red onion in a little olive oil for two minutes and add cinnamon, 1 tsp smoked paprika and oregano for a further 1 min. Add chopped tomatoes and simmer for 5-10 mins. Add in beans/chickpeas and warm through. [This could be made ahead of time and frozen]
- Pour tomato sauce on vegetables and continue cooking for a further 10 minutes
- Optional for serving: aioli – mix mayonnaise with lemon juice and add water to thin. Mix in finely chopped garlic. Drizzle aioli over bake and serve.

Meals for Batch Cooking for all the family

Moroccan-style tagine

Preparation time 15 minutes, cooking time 1.5 hours

Ingredients

5 carrots, peeled and cut into chunks
1 large courgette, cut into chunks
3 red onions, cut into wedges
2 red or yellow peppers, deseeded and cut into chunks
½ butternut squash, washed and cut into chunks (no need to peel)
2 tbsp. olive oil
1 tsp ground cumin
1 tsp paprika
1 tsp cinnamon (or large stick cinnamon)
½ tsp chilli powder (optional)
800g tomato passata (or 2 tins tomatoes) #
2 tins chickpeas
handful dried apricots, roughly chopped
1 tsp honey

Directions

- Simple put all ingredients together in a pot and cook in the oven or on the hob on a low heat for 1 ½ hours
- Add good quality lamb pieces as required

Meals for Batch Cooking for all the family

Fish Pie

Preparation time 10 minutes, cooking time 25 minutes

Ingredients

4-6 fillets of frozen wild Alaskan salmon
Juice of ½ lemon
Handful dill/ parsley/ coriander/ basil (optional)
2 large potatoes
1 large sweet potato
2 parsnip
4 carrots
1 cup frozen petit pois
1 handful spinach
500ml milk
50g butter
50g plain flour
30g cheddar cheese
½ tsp ground nutmeg
Black pepper

Directions

- Cook fish from frozen – place in an oven dish, add lemon juice and herbs and cover well. Bake at 190°C for 25 mins.
- Chop root vegetables into chunks and steam until cooked through. Mash together adding a little milk if required to gain smooth consistency.
- To make a simple béchamel sauce – warm milk on the hob and melt butter in milk. Sieve in flour slowly, mixing well. Can use a whisk if lumps form. Heat gently until thickening – add more flour if required, sauce should be quite thick at this stage. Add grated cheese and nutmeg and mix until smooth.
- Remove fish from oven. Pour juices from fish into white sauce and mix well – this will thin out the sauce.
- Add petit pois around fish, add layer of spinach, pour over white sauce and top with vegetable mash. Bake for a further 10 minutes or until sauce is bubbling.

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Hidden Veg Pasta Sauce

Preparation time 15 minutes, cooking time 30 minutes

Ingredients

1 onion, chopped
1 carrot, chopped
1 courgette, chopped
1 small aubergine, chopped
100g mushrooms, chopped
½ red pepper, chopped
2 large handfuls fresh spinach or 6-8 cubes of frozen spinach
800g passata
100g split red lentils
Handful fresh basil, more to serve
2 cloves garlic
Salt (optional)/pepper to taste
½ tub mascarpone cheese

Directions

- Wash lentils well, then place them in a pan and cover with cold water. Bring to the boil and simmer gently for 15 to 20 minutes, or until soft.
- Saute onion for 2-3 mins in a little olive oil. Add garlic and chopped vegetables and continue to cook for a further 3-5 mins.
- Add passata and basil and bring to the boil. Simmer until vegetables are soft.
- Stir in cooked lentils and spinach until warmed through.
- Blitz sauce until smooth with a hand blender (Optional – great for fussy eaters)
- Stir in mascarpone, season to taste and add further torn fresh basil
- Serve with wholegrain pasta

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Simple Casserole

Preparation time 15 minutes, cooking time 30 minutes

2 onions, cut into chunks
3 carrots, cut into chunks
3 celery sticks, cut into chunks
1 large or 2 medium sweet potato or swede, cut into chunks
1 litre hot vegetable stock, preferably home-made or good quality organic
2 garlic cloves, finely chopped
3 medium leeks, thickly sliced
150 g pearl barley
2 tsp dried sage
Salt (optional) and pepper
3 tbsp coarsely chopped fresh flat-leaf parsley to serve

Directions

- Place onions, carrots, celery and sweet potato or swede in a large flameproof casserole dish. Pour in the stock and bring to the boil.
- Add the garlic, leeks, pearl barley, sage and seasoning. Stir to mix the vegetables together. Cover and transfer to the oven to cook at 180°C for about 1 hour or until the vegetables are just soft, and the barley is tender.