**Spiced Singapore noodles with cauliflower & prawns**

*Serves 2*

Ingredients

* juice ½ lemon
* 2 tbsp medium curry powder
* 300g cauliflower florets
* 100g spring onions, sliced
* 200g white cabbages, cut into chunks
* 25g fresh red chillies, finely chopped
* 100g cooked rice noodles
* 150g raw peeled prawns
* 1 tbsp soy sauce
* ½ tsp golden caster sugar
* 5g coriander leaves

Method

Heat the grill to low. Line a baking tray with baking parchment. Mix the lemon juice with ½ tbsp of the curry powder and toss with the cauliflower on the baking tray. Grill for 25-30 mins, stiring and turning regularly until tender and slightly golden.

Heat a non-stick wok or frying pan and add the spring onion, cabbage, red chilli, remaining curry powder and a splash of water. Fry, adding splashes of water if it starts sticking or looking dry, until the cabbage is softening. Add the noodles, prawns, soy sauce and sugar, and fry for another few mins until piping hot and the prawns are cooked. Scatter over the cauliflower and coriander leaves, and serve.

**Creamy squash & lentil soup**

*Serves 4*

Ingredients

* 1 tbsp olive oil, plus 1 tsp
* 2 onions, chopped
* 2 garlic cloves, chopped
* approx 800g peeled and chopped butternut squash
* 100g split red lentils
* ½ small pack thyme, leaves picked, plus extra to serve
* 1l hot vegetable stock
* pinch of salt and sugar
* 50g half-fat crème fraîche

Method

Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, butternut squash, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20-25 mins until the lentils and vegetables are tender.

Whizz the cooked squash mixture with a hand blender or in a food processor until smooth, then add the crème fraîche and whizz again. Taste for seasoning.

Serve with some bread.

**Griddled chicken with bulgur wheat pilaf**

*Serves 4*

Ingredients

* 2 chicken breasts
* 1 tbsp extra-virgin olive oil
* 1 onion, chopped
* 1 clove garlic, finely chopped
* 200ml bulgur, preferably medium or coarse
* ¼ tsp ground turmeric
* ¼ tsp ground cumin
* 200ml chicken stock
* 1 chopped carrot
* 2 tsp grated or finely chopped fresh ginger
* 1 tsp coarse salt
* 1 tbsp finely chopped fresh dill
* 1 tbsp finely chopped fresh mint
* 1 tbsp finely chopped flat-leaf parsley
* 1 tbsp lemon juice, or more to taste
* 2 tbsp chopped walnuts, toasted

Method

Heat oil in a large shallow saucepan with a tight-fitting lid over medium heat until hot enough to sizzle a piece of onion. Add onion, reduce heat to medium-low and cook, stirring often, until golden brown, 12 to 18 minutes. Stir in garlic and cook, stirring, for 1 minute. Add bulgur, turmeric and cumin and cook, stirring, until the bulgur is coated with oil, about 1 minute.

Add the stock, carrot, ginger and salt and bring to a boil, stirring. Cover and cook over medium-low heat until all liquid is absorbed and there are “eyes” or indentations in the surface of the bulgur, about 15 minutes. (Do not stir the pilaf.) Remove from the heat and let stand, covered, for 5 minutes.

Meanwhile griddle the chicken breasts on both sides until golden and cooked all the way through.

Stir dill, mint, parsley and lemon juice into the pilaf. Serve topped with walnuts.

**Spanish Tortilla**

*Serves 2*

Ingredients

* 1 ½ teaspoons extra-virgin olive oil, divided
* ½ small onion, thinly sliced
* 1 medium precooked diced potatoe
* ½ tbsp chopped fresh thyme
* ½ tsp smoked paprika
* 3 large eggs
* 2 large egg whites
* 60g cheddar cheese
* 3 handfuls baby spinach, roughly chopped
* ¼ tsp salt
* ¼ tsp freshly ground pepper

Heat 1 tsp oil in a medium non-stick pan over medium heat. Add onion and cook, stirring, until translucent, 3 to 4 minutes. Add potatoes, thyme and paprika and cook for 2 minutes more.

Lightly whisk eggs and egg whites in a large bowl. Gently stir the potato mixture into the eggs along with cheese, spinach, salt and pepper until combined. Wipe the pan clean; add the remaining oil and heat over medium heat. Pour in the egg mixture, cover and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center).

To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes. Serve warm or cold.

**Italian-style beef stew**

*Serves 4*

Ingredients

* 1 onion, sliced
* 1 garlic clove, sliced
* 2 tbsp olive oil
* 300g pack beef stir-fry strips, or use beef steak, thinly sliced
* 1 yellow pepper, deseeded and thinly sliced
* 400g can chopped tomatoes
* sprig rosemary, chopped
* handful pitted olives

Method

In a large saucepan, cook onion and garlic in olive oil for 5 mins until softened and turning golden. Tip in the beef strips, pepper, tomatoes and rosemary, then bring to the boil. Simmer for 15 mins until the meat is cooked through, adding some boiling water if needed. Stir through the olives and serve with mash or cous cous.

**Seared steaks with caramelized onions & gorgonzola**

*Serves 4*

Ingredients

* 2 tbsps oil, divided
* 2 large onions, sliced
* 1 tbsp brown sugar
* 120ml beef stock
* 1 tbsp balsamic vinegar
* 1/2  tsp salt, divided
* 1/4  tsp freshly ground pepper
* 400g beef tenderloin (filet mignon) or sirloin steak, 1-1 1/4 inches thick, trimmed and cut into 4 steaks
* 100g crumbled Gorgonzola or blue cheese

Method

Heat 1 tbsp oil in a large frying pan over medium heat. Add onions and brown sugar and cook, stirring often, until the onions are very tender and golden brown, about 15 minutes. Add broth, vinegar and 1/4 tea- spoon salt and cook, stirring, until the liquid has almost evaporated, 3 to 4 minutes more. Transfer the onions to a bowl; cover to keep warm. Clean and dry the pan.

Sprinkle the remaining 1/4 tsp salt and pepper on both sides of each steak. Heat the remaining 1 tbsp oil in the pan over medium-high heat. Add the steaks and cook until browned, 3 to 5 minutes. Turn them over and top with cheese. Reduce heat to medium-low, cover and cook until the cheese is melted and the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with the caramelized onions.

**Mozzarella-stuffed turkey burgers**

*Serves 4*

Sauce

* 2 tsps olive oil
* 1 small onion, finely chopped
* 4 cloves garlic, minced
* 1 tin chopped plum tomatoes, with juices
* 6 sun-dried tomatoes, finely chopped
* salt & pepper
* 2 tbsp chopped fresh basil

Method

Burgers:

* 450g lean minced turkey
* 1/4 cup finely chopped spring onions
* 2 tsps minced garlic
* 2 tsps Worcestershire sauce
* 1 tsp lemon zest
* 1/2  tsp dried oregano
* salt & pepper
* 125g grated mozzarella
* 2 tbsp finely chopped fresh basil
* 2 tsps olive oil
* 4 4buns (about 60g each), toasted

Heat 2 tsps oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in tomatoes and sun-dried tomatoes, 1/2 tsp salt and 1/2 tsp pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

Place turkey, spring onions, garlic, Worcestershire sauce, lemon zest, oregano, 1/2 tsp pepper and 1/4 tsp salt in a large bowl. Gently combine. Form into 8 thin patties. Combine 1/4 cup cheese and basil and place an equal amount in the centre of 4 patties. Cover with the remaining patties and crimp the edges closed.

Heat 2 tsps oil in a large non-stick frying pan over medium heat Add burgers and cook, turning once, for 8 to 10 minutes total.

Warm the sauce on the stove. To assemble the burgers, spread 3 tbsps on each toasted focaccia, top with a burger, about 3 more tbsps of sauce and 1 tbsp of the remaining cheese.

**Grilled pork tenderloin marinated in spicy soy sauce**

*Serves 4*

Ingredients

* 50ml soy sauce
* 1 tbsp sugar
* 1 large clove garlic, peeled and finely grated *or* minced
* 1 tbsp finely grated fresh ginger
* 1/2 fresh red chilli seeded and minced
* 1 tbsp toasted sesame oil
* 400g pork tenderloin, trimmed of fat and cut into 1-inch-thick medallions

Method

Whisk soy sauce and sugar in a medium bowl until the sugar is completely dissolved. Stir in garlic, ginger, chilli and oil.

Place pork in a resealable plastic bag. Add the marinade and seal the bag, squeezing air out. Turn the bag to coat the medallions. Refrigerate for 2 hours, turning the bag once to redistribute the marinade.

Preheat the grill to medium. Remove the pork from the marinade. (Discard marinade.) Grill the medallions until just cooked through, 3 to 5 minutes per side.

**Indian wok-seared chicken & vegetables (kadhai murghi)**

*Serves 4*

Ingredients

* 2 tsps coriander seeds
* 1 tsp cumin seeds
* 1 tsp fennel seeds
* 1tbsp cornflour
* 3/4  tsp salt
* 1/2  tsp ground turmeric
* 450g boneless, skinless chicken breasts, trimmed and cut into 1-inch cubes
* 3 tbsps oil, divided
* 2 large carrots, cut into 1/4-inch-thick slices
* 1 large green pepper, cut into 1-inch cubes
* 1 small red onion, cut into 1/2-inch cubes
* 4 large cloves garlic, thinly sliced
* 3 dried red chillis
* 1 tbsp lime juice
* 1/2 cup firmly packed fresh mint leaves, finely chopped

Grind coriander, cumin and fennel seeds in a spice grinder (such as a clean coffee grinder) or a mortar and pestle until the mixture resembles coarsely ground pepper. Transfer to a medium bowl and add cornflour, salt and turmeric; stir to combine. Add chicken and stir until coated with the spice mixture.

Preheat a wok or a well-seasoned cast- iron frying pan over high heat. Add 2 tbsp oil. When the oil is shimmering, add carrots, pepper, onion, garlic and chillis. Cook, stirring, until the vegetables begin to brown, 4 to 6 minutes. Transfer to a plate. Reduce heat to medium-high and add the remaining 1 tbsp oil to the pan.

Add the chicken and seasonings from the bowl and cook, stirring, until no longer pink in the middle, 5 to 7 minutes. Stir in the vegetables, lime juice and mint and cook until heated through, about 30 seconds.