

7 Tasty, Quick and Easy Recipes with Your Winter Vegetables

Stir-fried curly kale with chilli & garlic

(A great addition to any meat or fish dish)

Ingredients

1 tbsp olive oil

200g bag curly kale

2 garlic cloves, finely sliced

1 red chilli, deseeded and sliced

Method

Heat the oil in a large wok, then add the kale and a couple tbsp water. Season, then stir-fry for 5-8 mins, adding the garlic and chilli for the final 2 mins. When the kale is tender and a vibrant green, remove from the heat and serve.

**Recipe from Good Food magazine*

Spiced carrot & lentil soup

(A delicious, spicy blend, packed full of iron and also low fat)

Ingredients

2 tsp cumin seeds

pinch chilli flakes

2 tbsp olive oil

600g carrots, washed and coarsely grated (no need to peel)

140g split red lentils

1l hot vegetable stock (from a cube is fine)

125ml milk

plain yogurt and naan bread, to serve

Method

1. Heat a large saucepan and dry-fry the cumin seeds and chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Scoop out about half of the seeds with a spoon and set aside. Add the oil, carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 mins until the lentils have swollen and softened.

2. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer). Season to taste and finish with a dollop of yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

**Recipe from Good Food magazine*

Thai green chicken curry with green beans

(A beautifully fragrant and creamy dish)

Ingredients

225g new potatoes, cut into chunks

100g green beans, trimmed and halved

1 tbsp vegetable or sunflower oil

1 garlic clove, chopped

1 rounded tbsp or 4 tsp Thai green curry paste (you can't fit the tablespoon into some of the jars)

400ml can coconut milk

2 tsp Thai fish sauce

1 tsp caster sugar

450g boneless skinless chicken (breasts or thighs), cut into bite-size pieces

2 fresh kaffir lime leaves finely shredded, or 3 wide strips lime zest, plus extra to garnish

good handful of basil leaves

boiled rice, to serve

Method

1. Put the potatoes in a pan of boiling water and cook for 5 minutes. Throw in the beans and cook for a further 3 minutes, by which time both should be just tender but not too soft. Drain and put to one side.
2. In a wok or large frying pan, heat the oil until very hot, then drop in the garlic and cook until golden, this should take only a few seconds. Don't let it go very dark or it will spoil the taste. Spoon in the curry paste and stir it around for a few seconds to begin to cook the spices and release all the flavours. Next, pour in the coconut milk and let it come to a bubble.

3. *Stir in the fish sauce and sugar, then the pieces of chicken. Turn the heat down to a simmer and cook, covered, for about 8 minutes until the chicken is cooked.*
4. *Tip in the potatoes and beans and let them warm through in the hot coconut milk, then add a lovely citrusy flavour by stirring in the shredded lime leaves (or lime zest). The basil leaves go in next, but only leave them briefly on the heat or they will quickly lose their brightness. Scatter with the lime garnish and serve immediately with boiled rice.*

**Recipe from Good Food magazine*

Tuna steaks with cucumber relish

(A great source of heart-healthy omega-3 fatty acids)

Ingredients

3 tbsp olive oil

4 tuna steaks, about 140g/5oz each

For the relish

½ cucumber

2 spring onions, finely chopped

1 medium tomato, finely chopped

½ large red chilli, seeded and finely chopped

1 tbsp olive oil

2 tbsp chopped parsley

1 tbsp lime or lemon juice

Method

1. *Put the oil into a food bag and add the tuna steaks. Rub well together and leave for 30 mins while you make the relish. Peel the cucumber, halve lengthways and scoop out the seeds. Chop the flesh into a small dice. Mix with the rest of the ingredients, seasoning to taste. Set aside.*
2. *To griddle: heat the pan to hot, then cook the steaks, turning after 2 mins, and cooking for another 2 mins each side depending on the thickness of the steaks. Meaty fish is best served slightly 'pink'. Remove the steaks from the heat allow to stand for 3-5 mins, then spoon over the relish and serve.*

**Recipe from Good Food magazine*

Tasty risotto with bacon & peas

(This simple recipe has just 5 ingredients and tastes amazing!)

Ingredients

1 onion

6 rashers streaky bacon, chopped

300g risotto rice

1l hot vegetable stock

100g peas

Method

1. *Finely chop the onion. Heat 2 tablespoons of olive oil and a knob of butter in a pan, add the onions and fry until lightly browned (about 7 minutes). Add the bacon and fry for a further 5 minutes, until it starts to crisp.*
2. *Add the rice and stock, and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.*
3. *Stir in the peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.*

**Recipe from Good Food magazine*

Lamb, chickpea & spinach curry with masala mash

(Full of flavour, this dish is one you will make again and again)

Ingredients

1 tbsp oil

500g lean lamb stewing cubes

1 red onion, sliced into half moons

1 cm piece ginger, peeled and finely chopped

2 garlic cloves, crushed

1 tbsp ground cumin

1 tbsp ground coriander

400g can tomatoes

200g can chickpeas, washed and drained

1 tsp garam masala

100g spinach, roughly chopped

700g potatoes, peeled and quartered

1 tbsp korma curry paste (we used Patak's)

100ml thick yogurt

Method

1. Heat the oil in a large frying pan, cook the lamb until browned all over for about 10 mins, then remove from the pan. Cook the onion in the same pan until golden brown, about 5 mins. Stir through the ginger, garlic, cumin and coriander, then cook for 2 mins more until you smell the spices. Return the lamb to the pan, pour over the tomatoes, bring to the boil, then leave to simmer over a gentle heat for 1½ hrs until the meat is really tender. Top up with a little boiling water if the sauce becomes too dry. Add in the chickpeas and garam masala, then simmer for 5 mins more. Stir through spinach and cook until wilted slightly then season to taste.
2. Meanwhile, bring a large pan of lightly salted water to the boil and cook the potatoes until softened, about 15 mins. Drain and mash. Stir through the curry paste and yogurt, and serve alongside the curry.

**Recipe from Good Food magazine*

Spicy mince & lettuce cups

(A great pre-dinner nibble, quick, simple, cheap and low fat)

Ingredients

1 tbsp sunflower oil

large piece fresh root ginger, peeled and grated

2 garlic cloves, crushed

2 red chillies, deseeded and finely sliced

500g minced chicken, turkey or pork

85g light brown sugar

2 tbsp fish sauce

juice 1 lime

2 lime leaves, finely shredded

To serve

mix of iceberg lettuce, Little Gem and cos leaves

large handful mint and coriander leaves, very roughly chopped

handful toasted peanuts, roughly chopped

2 shallots, finely sliced into rings

1 lime, cut into wedges

Method

- 1. Heat the oil in a large frying pan. Fry the ginger, garlic and chillies for 1 min. Add the mince, then cook on a high heat until golden brown, breaking it up with a wooden spoon as you go. Sprinkle over the brown sugar, fish sauce, lime juice and shredded lime leaves, then cook everything down until sticky.*
- 2. Tip the mince into a serving bowl, then serve with a bowl of lettuce leaves for wrapping the mince in; the herbs, shallots and peanuts for scattering over; and the lime wedges for squeezing.*

**Recipe from Good Food magazine*