

## LOCKDOWN SURVIVAL RECIPES

These recipes are designed so that if you don't have all the ingredients it won't matter leaving things out; eg. herbs and spices can be swapped or omitted; vegetables can be interchanged (fresh/tinned). Be flexible and add ingredients of your choice if you wish. You will need a bottle of cooking oil (any type is fine: vegetable, rapeseed, olive, etc) and salt and pepper.

### Vegetable Soup



#### Ingredients

1 chopped onion  
Chopped veg of your choice  
Salt & Pepper  
Herbs of your choice

#### Method

Fry one chopped onion in oil in a high-sided saucepan until tender (about 5-10 minutes).  
Add chopped vegetable of your choice. Fry with the onion for 2 minutes.  
Season with salt and pepper. If you wish add a herb or spice of your choice (good combinations are rosemary with courgette, cumin with cauliflower, nutmeg with butternut squash/pumpkin, coriander with carrot). Just experiment!  
Cover with boiling water and simmer until tender.  
Liquidise or mash (if you don't have a liquidiser).  
Add more water if the soup is too thick.

## Spicy Avocado/Guacamole on Toast



### Ingredients

- 1 avocado
- 1 clove of garlic, crushed
- 1 tbs finely chopped red chilli (or dried chilli flakes)
- 1 tbs finely chopped fresh coriander
- Lime juice
- Bread or roll of your choice

### Method

Mix the first four ingredients together. Season with salt and pepper. Add a little lime juice to loosen the mixture. Serve on toast, or with tortilla chips. Goes very well with a poached/boiled egg.

## Sweet Potato Wedges



### Ingredients

Sweet potatoes

Chilli flakes

Runny honey

### Method

Heat oven to 200C. Wash sweet potatoes.

Cut into wedges, keeping the skin on. Boil in a saucepan of hot water for 5 minutes.

Drain. When they have cooled a little, put them in a bowl and toss with chilli flakes and honey.

Heat some oil in a baking tray in oven. Place the wedges, skin side down and bake for 30 minutes, giving them a shake after 15 minutes to prevent them from sticking to the tray.

Season with a little salt and pepper if you wish.

## Baked Mushrooms



### Ingredients

2 large portobello mushrooms  
4 cherry tomatoes  
2 cloves of garlic  
20g cheddar cheese, grated

### Method

Remove mushroom stalks, and finely dice. Quarter the tomatoes. Finely slice the garlic. Place the two large mushrooms on an oiled baking tray. Top with the diced mushrooms stalks, tomato and garlic. Season with salt and pepper. Drizzle with oil. Bake in 180C oven for 10 minutes. Remove tray from oven. Cover mushrooms with grated cheese. Return to oven for five minutes until cheese is melted.

## Beef/Veggie Burgers (makes 4)



### Ingredients

400g beef mince or substitute with vegetables as below\*  
1 onion, finely diced  
1 egg  
4 Burger rolls

### Method

Mix the beef mince and onion together. Season with salt and pepper. Beat the egg and add enough to bind the mixture together. Divide into four portions. Mould each into a burger about 1-2cm high. Chill for 30 minutes. Fry in oil for about 5 minutes on each side, and serve in a roll.

The recipe will work with any form of mince (lamb, pork, chicken, turkey)

\*If you want to make veggie burgers, substitute the mince with cooked lentils, or finely grated vegetables (beetroot and carrot work well), or a mixture.

## Nice and easy One Tray Chicken Dinner



### Ingredients

Quarter joint of chicken

Potatoes

Root Vegetables of your choice (Carrot, Parsnip, Swede, Celeriac, Turnip)

4 cloves of garlic, peeled

### Method

Heat oven to 200C.

Cut potatoes and vegetables to roasting size.

Heat some oil in a roasting tin in oven. When hot add the chicken, potatoes and vegetables, and coat with the oil. Season with salt and pepper.

Roast for 20 minutes, then turn everything in the oil so that they remain moist. Add the garlic and roast for another 20 minutes.

## Stir-fry Chicken/Tofu and Cashew Nuts



### Ingredients

1 skinless chicken breast/chunks of tofu\*  
2 tbs soy sauce  
2 tbs runny honey  
1 clove of garlic, crushed  
1 tsp ground ginger  
50g cashew nuts  
Rice/Noodles

### Method

Cut the chicken into 2cm cubes. Marinade the chicken/tofu in the soy sauce, honey, garlic and ginger for 30 minutes. Remove the chicken pieces, retaining the sauce. Heat a little oil in a frying pan. Fry the chicken/tofu on a high heat for 2-3 minutes. Add the nuts, then pour over the sauce. Allow to bubble until thick, then serve with cooked rice or noodles.

\*If you want to make this a veggie dish, substitute the chicken for tofu.

## Chicken and Cheese Bake (serves 2)



### Ingredients

200g chopped tomatoes (half a tin)  
1 tbs dried rosemary  
125g rice  
100g blue cheese, crumbled  
2 skinless chicken breasts, cut into strips/chunks  
300ml vegetable stock

### Method

Mix the rice, rosemary and tomatoes in an oven proof dish. Sprinkle over the cheese, then the chicken. Pour over the hot stock and season with salt and pepper. Cover and bake at 180C for 30 minutes. Remove the cover and cook for another 10 minutes until all the stock has been absorbed.



## **Creamy Mustard Chicken**



### **Ingredients**

1 skinless chicken breast, sliced into strips  
Half onion, sliced  
100g mushrooms, sliced  
10 black olives, stoned  
1 tsp wholegrain mustard  
40ml double cream  
Rice

### **Method**

Fry the onions in a little oil for five minutes. Then add the mushrooms, and fry for another five minutes. Add the chicken strips and fry until cooked through (should only take 3-4 minutes). Add the olives, mustard and cream to warm through. Serve with cooked rice.

## Chilli Con Carne/Veggie Chilli (serves 4)



### Ingredients

600g beef mince/cooked lentils  
1 onion, finely chopped  
2 cloves of garlic, crushed  
1 red pepper, diced  
1 can red kidney beans  
1 can chopped tomatoes  
2 tsp chilli powder  
Rice

### Method

In a frying pan, cook the beef mince in a little oil for a few minutes. Add a dash of water, then set aside on a plate. Next add the onion to the pan and fry for 5 minutes in some oil. Then add the garlic and red pepper and cook for another 5 minutes. Return the mince to the pan and add the chilli powder. Cook for a further 2 minutes, then add the tomatoes, the kidney beans and a teaspoon of sugar. If you have any tomato paste add 1 tablespoon. Simmer for 20 minutes. You may need to add a little hot water depending on the texture. Season with salt and pepper, and serve with cooked rice.

If you want to make this a veggie dish, instead of frying beef mince, just add cooked lentils after frying the onions, garlic and red pepper.

## Slow-cooked Beef Casserole (serves 4)



### Ingredients

400g braising steak, cut into 2cm chunks  
1 can chopped tomatoes  
1 onion, cut into chunks  
4 cloves of garlic, peeled  
300ml stock/red wine/beer  
12 green/black olives, stoned  
1 green courgette, cut into large chunks  
1 red pepper, cut into large chunks  
200g mushrooms, sliced

### Method

Put all the ingredients into an ovenproof dish. Add a teaspoon of sugar, season with salt and pepper. If you have some herbs, add 2 tablespoons of either sage, thyme or rosemary. Cover and cook in 140C oven for 3 hours.

Every hour stir the casserole to ensure everything is evenly covered in liquid. After 3 hours, if the sauce is too thin, thicken with a bit of cornflour mixed with water. Finally add a little squeeze of lemon juice or vinegar.

## Shepherds/"Shepherd-less" Pie (serves 4)



### Ingredients

400g lamb mince/cooked lentils\*  
1 onion, finely chopped  
2 cloves of garlic, crushed  
1 carrot, finely diced  
100g peas  
1 can chopped tomatoes  
200g potatoes

### Method

Boil the potatoes. Meanwhile in a frying pan, cook the lamb mince in a little oil for a few minutes. Add a dash of water, then set aside on a plate. Next add the onion to the pan and fry for 5 minutes in some oil. Then add the garlic and carrots and cook for another 5 minutes. Return the mince to the pan and add the tomatoes and peas. If you have any tomato paste add 1 tablespoon. Season well with salt and pepper, and pile into an ovenproof dish. When tender, drain the potatoes and mash with a little butter, milk and salt and pepper (grated nutmeg also adds a lovely flavour) until it's a smooth texture. Spread on top of the mince mixture. Cook for 30 minutes in 180C oven.

\*If you want to make this a veggie dish, instead of frying lamb mince, just add cooked lentils after frying the onions, garlic and carrots.

## **Lamb Tray Bake (serves 4)**



### **Ingredients**

600g lamb neck fillet  
500g baby new potatoes  
4 cloves of garlic, peeled  
1 can chopped tomatoes  
1 jar of mixed olives, stoned

### **Method**

Cut the lamb into 3-4cm chunks. Place in an ovenproof dish with the potatoes and garlic with a little oil. Season with salt and pepper. Cook in 180C oven for 30 minutes. Remove from oven and add the tomatoes and olives. Season with more salt and pepper. Cook for a further 30 minutes. If you have any fresh basil add some leaves on the top 5 minutes before the end.

## Speedy Fish Pasta



### Ingredients

Pasta of your choice

Tin of fish in oil (Salmon/Tuna)

Small tin of sweetcorn

Optional: pumpkin/sunflower seeds

### Method

Cook pasta in a pan of boiling water. Open tin of fish and break up fish into small chunks. Drain pasta and return to pan. Add chunks of fish and oil from tin, with the sweetcorn. Mix through and gently warm. Season with salt and pepper. If available, sprinkle with pumpkin/sunflower seeds to give it a bit of texture.

## Oven-baked Salmon



### Ingredients

1 sweet potato, cut into 1cm chunks  
4 cherry tomatoes, halved  
1 clove of garlic, sliced  
1 lemon, cut into quarters  
1 salmon fillet  
Potatoes/Rice/Pasta

### Method

Heat some oil in a baking tray in 180C oven. Coat the sweet potatoes in the oil and cook with the lemon for 10 minutes. Remove from oven and add the tomatoes, garlic and salmon. Season with salt and pepper and cook for another 10 minutes until the salmon is cooked through. Serve with boiled potatoes, cooked rice or pasta.

## Prawn Ratatouille (serves 2)



### Ingredients

1 onion, chopped  
1 clove of garlic, sliced  
1 red pepper, chopped into chunks  
1 courgette, chopped into chunks  
1 aubergine, chopped into chunks  
1 can chopped tomatoes  
200g prawns  
Rice/Pasta  
Optional: Basil/Oregano

### Method

In a saucepan fry the onion in oil for 5 minutes, then add the garlic and red pepper. Fry for another 5 minutes. Then add the courgette and aubergine and fry for another 5 minutes. Next add the tomatoes. Add a teaspoon of sugar, season with salt and pepper, and add some basil/oregano if you have any. Simmer for 25-30 minutes. 5 minutes before the end add the prawns to warm through. Serve with cooked rice or pasta.



## Mushroom Carbonara



### Ingredients

75g spaghetti  
100g mushrooms, sliced  
1 egg, lightly beaten  
25g cheddar/parmesan cheese, grated

### Method

Cook the spaghetti in boiling water. Meanwhile fry the mushrooms in a little oil. When cooked, drain the spaghetti, mix in the cooked mushrooms and beaten egg (the heat of the spaghetti will lightly cook the egg), season with salt and pepper, and sprinkle on the grated cheese. If you have any cream, add a little in at the end to make it more luxurious!

## Soda Bread (no need for yeast)



### Ingredients

250g plain wholemeal flour  
250g plain white flour, plus extra for dusting  
1 tsp bicarbonate of soda  
1 tsp salt

### Method

420ml buttermilk (made by mixing full cream milk and the juice of one lemon)

Put both flours into a large bowl. Add the bicarbonate of soda and salt, and mix together. Add the buttermilk and mix with one hand or a wooden spoon to form a sticky dough.

Tip the dough on to a worksurface. Gently roll and fold it for 1 minute to bring it together, but don't knead it. Shape it into a ball, then flatten it gently with your hand.

Place the loaf on a baking tray and dust with a little white flour. With a knife, divide it into quarters. Open them out slightly to allow the heat to get into the centre of the bread (they will join up again as the bread expands in the oven).

Leave to rest for 30 minutes. Heat the oven to 200C. Bake for 30 minutes (when cooked the loaf should feel hollow when tapped on the bottom). Leave to rest on a wire rack to cool.

## Banana Bread



### Ingredients

100g butter, softened  
150g caster sugar  
2 or 3 very ripe banana, mashed  
3 eggs  
200g self-raising flour  
1 tsp baking powder  
30ml milk

### Method

Heat oven to 180C. Grease and line a 2lb loaf tin. Put all the ingredients into a bowl and mix thoroughly. Pour into loaf tin and cook for about 45 minutes. Test the cake with a skewer. It should come out clean when the cake is cooked. Remove from the oven, cool in tin for about 10 minutes, then turn out onto a wire rack to cool completely.

## Chocolate Brownies



### Ingredients

100g butter  
100g dark chocolate  
3 eggs  
200g dark muscovado sugar (or use half dark and half light)  
50g self-raising/plain flour

### Method

Heat oven to 170C. Grease and line a 20cm square baking tray. Melt the butter and chocolate together in a heatproof bowl set over a pan of simmering water. Remove from the heat and stir in the sugar, then the eggs, then the flour. Pour the mixture into the baking tray. Bake in the oven for 20 minutes until the surface is set. It is ready when a skewer placed in the middle comes out with a little of the mixture sticking to it. Remove from the oven and cool in the tray (it will carry on cooking as it cools so it is important to take it out of the oven when it is still a bit "wobbly"). Then place the baking tray on a wire rack and leave to cool completely. Cut into squares and keep in a tin.

## Flapjacks



### Ingredients

150g butter  
75g golden syrup/honey  
150g brown sugar  
350g porridge oats

### Method

Heat oven to 170C. Grease and line a 20cm square baking tray. Put the butter, golden syrup/honey and sugar in a saucepan and stir over a moderate heat for about 5 minutes, or until the sugar has dissolved and the butter has melted. Remove the pan from the heat and mix in the porridge oats (at this stage you can add in some other ingredients, such as pre-soaked raisins, sultanas, other fruit, chunks of chocolate, etc). Tip the mixture into your prepared baking tray and use the back of a spoon to evenly press it down to compact it. Bake for 20-25 minutes. Leave to cool for a few minutes before using a knife to score the flapjack into squares. On a wire rack leave the flapjacks to cool completely in the tray before turning out. Use a sharp knife to cut along the scored lines and keep in a tin.

## Very Easy Banana Ice-Cream



### Ingredients

Peel some very ripe bananas. Liquidise or mash to a smooth paste. Then freeze. Simple!

### Method

The sweetness of the ripe bananas provides enough natural sugar.

If you like it to taste a little creamier, mix in some whipped double cream before freezing.

## Muscovado Fruit Cream



### Ingredients

Fruit of your choice (banana, grape, peach, plum, kiwi, blueberry)  
150ml Greek yogurt  
150ml double cream  
100g dark muscovado sugar

### Method

Cut fruit into bite-sized pieces. Put in the bottom of a wide-based pudding bowl. Mix the Greek yogurt and the double cream and spread over the fruit. Cover the surface with the sugar. Put in the fridge for 3 hours to cool and the sugar will seep through the pudding.

## Chocolate Fondue



### Ingredients

200g milk chocolate  
100ml full cream milk

### Method

Fruit of your choice (banana, apple, peach, pineapple, strawberry, kiwi, etc)  
Break up the chocolate and melt in a saucepan with the milk. Cut the fruit into bite-sized pieces. Dip the fruit into the chocolate when it is fully melted.