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# 5

# INGREDIENTS

**Quick & Easy Food** focuses unapologetically on genius combinations of just five ingredients that work together to deliver an utterly delicious result, giving maximum flavour, with minimum fuss. These are dishes you can get on the table in 30 minutes or less; or that are ridiculously quick to put together with just 10 minutes hands-on time, while the oven or hob then does the rest of the work.

I want everyone to enjoy cooking from scratch and, armed with this book, there are no excuses. I've made it as simple as possible to cook amazing food, celebrating the joy of five ingredients, any day of the week, whatever the occasion – everything from a quick weeknight supper to a weekend feast with friends.



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The concept is straightforward, but behind the scenes it's the structure, clever planning and spirit of the book – as well as relentless recipe testing – that's been the key to success. The creation of the recipes has ignited a real sense of excitement in me to wow people with brilliant combinations that are just crying out to be enjoyed. This is about empowerment and getting back to basics. The recipes are short, and I've included a visual ingredients key on every page to take you from business on one side to gastronomic delight on the other, where you see those tempting, finished dishes.

Looking at the contents, you'll see that I've tried to cover all the bases: fabulous ways with proteins; bigging up brilliant veg; making salads exciting; creating stress-free, tasty fish dishes; celebrating humble pasta; and helping you kick your rice and noodle game into action. Plus, a bonus bumper chapter of delightful sweet treats, easy puds and simple biscuits you can enjoy with a good cup of tea. I'm presuming you have a pantry store you can call on, but these lists are often too long, so I've kept the pantry for this book super-simple at – you guessed it – just five key ingredients (see page 10 for details).

# INSTANT INSPIRATION & BAGS OF IDEAS

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# BRILLIANT COMBINATIONS

With the exception of the sweet treats chapter, 70% of the recipes are healthy and I've included nutrition info on every page, should you wish to use it. Not every recipe gives you a balanced meal – some are simply brilliant ways of cooking a piece of meat or fish that will blow your mind, combos that elevate veg to a whole new level, beautiful, bright salads that help you to up your veg and fruit intake, as well as elements you can mix, match and bolster however you like. The important thing to remember is to get your balance right across the week – refresh your memory on pages 304 and 305.

Food content is shared in such a variety of ways now, from Pinterest, BuzzFeed and YouTube to word of mouth and everything in between, all of it giving you great tricks, hacks and nuggets of info that are easy to digest, as well as enticing visual references. My intention with this book was to bottle all of that and make sense of it in one place, sharing solid, exciting recipes that by their very nature are based on clever tips, tricks and techniques. I've got straight to the point and kept things super-simple, so that you can flick through these pages and get instant inspiration and bags of ideas. I hope you enjoy it, and that you feel it's a book you want to share with friends, family, kids off to uni, you name it.

**SO GUYS, HAPPY COOKING, AND PLEASE SHARE YOUR  
FINISHED DISHES ON INSTAGRAM #QUICKANDEASYFOOD**

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# THE 5-INGREDIENT PANTRY

I've kept this to just five ingredients that I consider to be everyday staples. Cooking is simply impossible without these items at your fingertips, and I believe every household should have them in stock. Even though my own pantry is packed full of all sorts of things, it's these five that you'll see popping up regularly throughout the book and that you need in order to cook any of the recipes. They aren't included in each individual ingredients list as I'm presuming that you'll stock up before you start cooking. The five heroes are **olive oil** for cooking, **extra virgin olive oil** for dressing and finishing dishes, **red wine vinegar** as a good all-rounder when it comes to acidity and balancing marinades, sauces and dressings, and, of course, **sea salt** and **black pepper** for seasoning. Get these and you're away!

## QUALITY NOT QUANTITY

As is always the case in cooking, but especially in this book, the success of the recipes comes down to you buying the best-quality ingredients you can get your hands on. As you haven't got loads of stuff to buy for each recipe, I'm hoping it will give you even more of an excuse to trade up where you can, buying the best meats, fish or veggies you can find. To this end, remember that shopping in season always allows your food to be more nutritious, more delicious and more affordable.

Ingredients that noticeably make a difference on the flavour front when you choose best quality are: chorizo, sausages, black pudding, smoked salmon, jarred tuna, jarred beans and chickpeas, tinned plum tomatoes, ice cream and dark chocolate.

## THE FREEZER IS YOUR FRIEND

I've designed a lot of the recipes to serve two, so that it's easy to scale up or down as you need to. Some recipes are more naturally suited to being made in bigger quantities, particularly when it comes to slow cooking, but you can always freeze extra portions for another day. Just remember to let food cool before freezing, breaking it down into portions so it cools quicker and you can get it into the freezer within 2 hours of cooking. Make sure everything is well wrapped, meat and fish especially, and labelled up for future reference. Thaw in the fridge before use. Generally, if you've frozen cooked food, don't freeze it again after you've reheated it.

## CELEBRATING CONDIMENTS

I use a lot of condiments in this book, like mango chutney, curry pastes, black bean and teriyaki sauces, miso and pesto. These are items you can find in all supermarkets, of an extraordinary quality, these days. They guarantee flavour and save hours of time in preparation, as well as saving on cupboard space and food waste. For quick and easy meals, these products are brilliant – when shopping, just remember, generally you get what you pay for.

## BIGGING UP FRESH HERBS

Herbs are a gift to any cook, and I use them loads in this book. Instead of buying them, why not grow them yourself in the garden or in a pot on your windowsill? Herbs are the foundation of all cooking, allowing you to add single-minded flavour to a dish, without the need to over-season, which is good for everyone. They're also packed with all sorts of incredible qualities on the nutritional front – we like that.

## MIGHTY MEAT & EGGS

I've said it before and I stand by it – there's no point in eating meat unless the animal was raised well, free to roam, lived in an unstressful environment and it was at optimal health. It makes total sense to me that what we put into our bodies should have lived a good life, to in turn give us goodness. Generally speaking, we should all be striving to eat more plant-based meals that hero veg, beans and pulses, and enjoying better-quality meat, less often. With this in mind, please choose organic, free-range or higher-welfare meat whenever you can, making sure beef or lamb is grass fed. The same goes for eggs and anything containing egg, such as noodles and pasta – always choose free-range or organic. Please choose organic stock, too.

## FOCUSING ON FISH

It's really important to buy fish at its freshest. It's obvious, but the minute you buy fish and take it out of the environment it's stored in, the quality starts to decrease. Buy fish at its best and use it on the same day. If you can't use it that day, freeze it until you need it, or even buy quality frozen, tinned or jarred fish, which can also be fantastic. Make sure you choose responsibly sourced wherever possible – look for the MSC logo, or talk to your fishmonger or the guys at the fish counter in your local supermarket and take their advice. Try to mix up your choices, choosing seasonal, sustainable options as they're available.

## DIALLING UP YOUR DAIRY

With staple dairy products, like milk, yoghurt and butter, I couldn't endorse more the trade-up to organic. It is slightly more expensive, but we're talking about pennies not pounds, so this is a much easier trade-up than meat. Plus, every time you buy organic, you vote for a better food system.

## LET'S CHAT EQUIPMENT

I've kept the equipment I've used in this book pretty simple – a set of saucepans and non-stick ovenproof frying pans, a griddle and a shallow casserole pan, chopping boards, some sturdy roasting trays and a decent set of knives (and a couple of baking tins if you're eyeing up the sweet chapter) will see you through. If you want to save time, there are a few kitchen gadgets that will make your life a lot easier – things like a speed-peeler, a box grater and a pestle and mortar are all fantastic for creating great texture and boosting flavour, and a food processor is always a bonus, especially if you're short on time! Keep your kit in good nick, and your kitchen organized, and you'll be ready to go.



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# SALADS

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# HOISIN CHICKEN LETTUCE CUPS

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SERVES 2 | TOTAL 17 MINUTES

- 1 ripe mango
  - 2 tablespoons hoisin sauce
  - 2 x 120g skinless chicken breasts
  - 1 romaine lettuce (300g)
  - 1 punnet of cress
- 

Put a griddle pan on a high heat. Cut the two cheeks off the mango, slice each into three lengthways, then slice off the skin and discard. Dice all the flesh into 1 cm cubes. Scrunch the stone over a bowl, to extract any pulp and juice, mix with the hoisin to make a dressing, and divide between two little pots.

Flatten the chicken breasts by pounding them with your fists until the fat end is the same thickness as the skinny end. Rub with 1 tablespoon of olive oil and a pinch of sea salt and black pepper, then griddle for 2 to 3 minutes on each side, or until bar-marked and cooked through. Meanwhile, trim the lettuce, click the leaves apart and divide between two plates, snipping the cress alongside.

Divide up the mango and the hoisin pots. Slice the chicken and arrange on the plates, then tuck in, using the lettuce cups as a receptacle to hold everything.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
289kcal	9.6g	1.8g	31.3g	20.3g	19.2g	1.3g	2.5g



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# CARROT & GRAIN SALAD

SERVES 2 | TOTAL 18 MINUTES

350g mixed-colour baby heritage carrots

1 pomegranate

1 big bunch of fresh mint (60g)

1 x 250g packet of mixed cooked grains

40g feta cheese

Wash the carrots, halve any larger ones, then place in a large cold non-stick frying pan with 1 tablespoon of olive oil and a pinch of sea salt and black pepper. Put on a medium-high heat for 15 minutes, or until golden and tender, tossing regularly. Meanwhile, halve the pomegranate, squeeze the juice from one half through a sieve into a large bowl, add 1 tablespoon of red wine vinegar and 2 teaspoons of extra virgin olive oil. Finely chop the top leafy half of the mint (reserving a few nice leaves), stir into the bowl, then taste and season to perfection.

Transfer the carrots to the dressing bowl, while you toss the grains in the pan for 1 minute with a splash of water to warm through. Tip into the bowl and mix with the dressed carrots, then divide between your plates.

Holding the remaining pomegranate half cut side down in your fingers, bash the back of it with a spoon so all the seeds tumble over the salads. Crumble or grate over the feta, sprinkle over the reserved mint leaves, and tuck in.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
477kcal	23.7g	5.7g	15.5g	49.1g	1.7g	1.2g	11.3g



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# SORTA SALMON NIÇOISE

SERVES 2 | TOTAL 18 MINUTES

2 x 120g salmon fillets, skin on, scaled, pin-boned

300g green beans

2 large eggs

8 black olives (stone in)

2 heaped tablespoons Greek yoghurt

Place the salmon skin side down in a colander over a pan of boiling salted water, covered, to steam for 8 minutes. Line up the beans, trim off just the stalk end, then boil in the water under the salmon for 6 minutes, or until just cooked but not squeaky. Gently lower in the eggs to cook for exactly 5½ minutes, alongside. Meanwhile, squash the olives and remove the stones, then finely chop the flesh. Mix half of the olives through the yoghurt with a splash of red wine vinegar, taste and season to perfection with sea salt and black pepper.

Remove the salmon to a board, then drain the eggs and beans in the colander. Toss the beans in the dressing and divide between your plates. Refresh the eggs under cold water until cool enough to handle, then peel and cut into quarters. Flake over the salmon, discarding the skin, arrange the eggs on top and dot over the remaining chopped olives. Finish with 1 teaspoon of extra virgin olive oil and a good pinch of pepper, from a height.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
398kcal	24.7g	6g	38.3g	6.5g	5.2g	0.7g	3.3g



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# HARISSA SQUASH SALAD

SERVES 4 | FAST PREP 10 MINUTES | COOK 50 MINUTES

- 1 butternut squash (1.2kg)
- 1 heaped tablespoon rose harissa
- 2 ripe avocados
- 100g mixed salad leaves
- 1 x 125g ball of mozzarella cheese

Preheat the oven to 180°C/350°F/gas 4. Carefully cut the squash into rough 5cm chunks (seeds and all), then, in a roasting tray, rub all over with the harissa, 1 tablespoon of olive oil and a pinch of sea salt and black pepper. Roast for 50 minutes, or until soft, golden and gnarly.

With a few minutes to go, place 1 tablespoon each of extra virgin olive oil and red wine vinegar, and a little salt and pepper, in a large bowl. Halve, peel, destone, slice and toss in the avocados, then gently mix in the salad leaves. Use forks to divide and tear the hot squash (skin, seeds and all) between your plates. Divide up the salad on top and tear over the mozzarella, then serve.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
361kcal	24.2g	7.4g	11.1g	26.3g	14.2g	1.3g	5.6g



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# BROAD BEAN SALAD

SERVES 2 | TOTAL JUST 15 MINUTES

200g fresh podded or frozen broad beans

30g whole almonds

1 x 480g jar of roasted red peppers in brine

½ a bunch of fresh flat-leaf parsley (15g)

30g Manchego cheese

Boil the beans in a pan of boiling salted water for 3 minutes, then drain and pinch the skins off any larger beans. Toast the almonds in a dry griddle pan on a medium heat until lightly golden, tossing regularly, then remove and finely slice.

Drain the peppers and open out flat, then char on the hot griddle until bar-marked on one side only. Remove and slice 1cm thick. Finely slice the parsley stalks, pick the leaves, then toss with the broad beans, peppers, ½ tablespoons of extra virgin olive oil and 1 tablespoon each of red wine vinegar and brine from the pepper jar. Taste, season to perfection with sea salt and black pepper, and divide between your plates.

Finely shave over the cheese with a speed-peeler, drizzle with 1 teaspoon of extra virgin olive oil, scatter over the almonds, and serve.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
360kcal	26.7g	5.8g	14.3g	15.2g	8g	0.4g	8.2g



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# SMOKED SALMON PLATES

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SERVES 2 | TOTAL JUST 15 MINUTES

1 small cucumber

6 sprigs of fresh dill

100g smoked salmon

1 ripe avocado

2 tablespoons cottage cheese

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Use a speed-peeler to strip the cucumber lengthways into fine ribbons. In a bowl, toss it with a small pinch of sea salt and 2 tablespoons of red wine vinegar, and scrunch to quickly pickle it. Pick and mix in most of the dill.

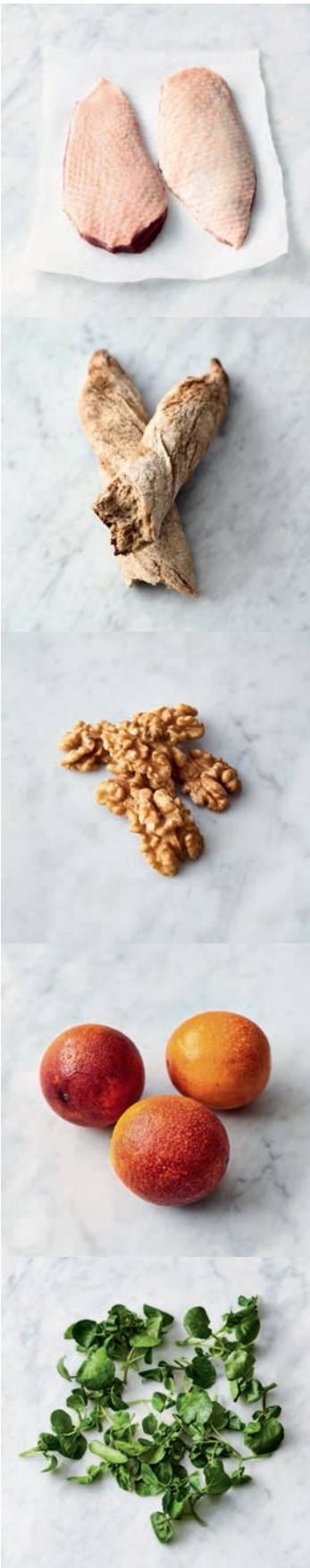
Drape and divide the smoked salmon between two plates. Halve, destone, peel and add the avocado. Pile the cucumber ribbons delicately to one side, filling the avocado halves with the cucumber liquor. Spoon over the cottage cheese, then drizzle with 1 teaspoon of extra virgin olive oil, add a pinch of black pepper from a height, pick over the remaining dill, and tuck on in.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
246kcal	17.7g	3.9g	17.1g	4.4g	3.2g	1.5g	1.2g



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# DUCK & ORANGE SALAD

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SERVES 2 | TOTAL 24 MINUTES

2 x 150g duck breast fillets, skin on

1 baguette

15g shelled unsalted walnut halves

3 regular or blood oranges

30g watercress

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Score the duck skin, rub all over with sea salt and black pepper, then place skin side down in a large non-stick frying pan on a medium-high heat. Sear for 6 minutes, or until the skin is dark golden, then turn and cook for 5 minutes, or to your liking. Remove to a board to rest, leaving the pan on the heat.

Slice 10 thin slices of baguette (keeping the rest for another day). Place in the hot pan with the walnuts to toast and get golden in the duck fat, then remove and arrange the toasts on your plates. Meanwhile, top and tail the oranges, cut away the peel, then finely slice into rounds (removing any pips).

Finely slice the duck, place on the toasts, dotting any extra slices in between, then add the oranges in and around. Dress the watercress with any resting juices on the board, then sprinkle over. Finely grate or crumble over the walnuts, sprinkle from a height with a little extra seasoning, and serve.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
600kcal	20.5g	4.5g	49g	54.8g	26.9g	1.5g	6.1g



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# TUNA BUTTER BEAN SALAD

SERVES 2 | TOTAL JUST 15 MINUTES

½ a red onion

1 celery heart

½ a bunch of fresh flat-leaf parsley (15g)

½ x 660g jar of butter beans

1 x 220g jar of tuna in olive oil

Peel the red onion and slice it as finely as you can. In a large bowl, scrunch it with ½ a tablespoon of red wine vinegar and a little pinch of sea salt. Trim and finely slice the celery and pile on top of the onion. Finely slice the parsley stalks, add to the bowl, then pick over the leaves.

Drain the beans and place in a single layer in a hot non-stick frying pan on a medium-high heat with 1 teaspoon of olive oil. Have faith, let them crisp up and get golden on the bottom, then turn so they crisp up on the other side.

Drizzle 1 tablespoon each of extra virgin olive oil and red wine vinegar over the onion salad, drain and flake in the tuna, then gently toss it all together. Divide the popped beans between your plates, pile the salad on top and sprinkle from a height with a good pinch of black pepper, then tuck in.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
362kcal	15.7g	2.2g	36.3g	19.3g	4.3g	1.5g	6.1g



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# BEEF, BEETS & HORSERADISH

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SERVES 2 | TOTAL JUST 14 MINUTES

160g raw mixed-colour baby beets

3 heaped teaspoons creamed horseradish

3 heaped teaspoons half-fat crème fraîche

50g watercress

40g finely sliced bresaola

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Scrub the beets clean, reserving any nice leaves, then finely slice into matchsticks with good knife skills or using the julienne cutter on a mandolin (use the guard!). Dress with  $\frac{1}{2}$  a tablespoon each of extra virgin olive oil and red wine vinegar, the horseradish and crème fraîche, then season to perfection with sea salt and black pepper. Delicately toss with the watercress and any reserved beet leaves.

Divide up the bresaola between your plates, followed by the beet salad, then drizzle with 1 teaspoon of extra virgin olive oil, and serve.

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CALORIES	FAT	SAT FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
154kcal	8.6g	2.9g	11.1g	8.5g	7.3g	0.8g	2.4g



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