



Moroccan Chicken tagine

Serving size: Serves 8

Preparation time: 30 mins

Cooking time: 2 hours

Ingredients

200g/7oz chicken breast, cut into large cubes
600g/1lb 5½oz chicken thighs (either boneless and skinless or bone in but without the skin)
1 tbsp harissa paste
1 tbsp vegetable oil
1 onion, sliced
2 garlic cloves, crushed or 1 tsp garlic powder
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp chilli flakes or ground chilli
450ml/16fl oz chicken stock
100g/3½oz dried apricots, quartered
1 x 400g tin chopped tomatoes
1 x 400g tin chickpeas, rinsed, drained
salt and freshly ground black pepper
2 tbsp freshly chopped mint if available
2 tbsp freshly chopped parsley if available
couscous, cooked according to packet instructions
150g/5½oz Greek-style yoghurt if available
handful of flaked almonds - optional

Directions

Hob Method

1. Mix the chicken breast and thighs (or wings) with the harissa paste in a bowl until well combined. Cover with cling film and chill in the fridge for two hours.
2. Heat the vegetable oil in the base of a tagine dish, or heavy-based casserole dish. Fry the chicken for 2-3 minutes. Remove from the dish using a slotted spoon and set aside.
3. Fry the onion for five minutes, or until soft. Stir in the garlic and spices.
4. Add the meat back to the dish, along with the stock, apricots and tomatoes. Season with salt and freshly ground black pepper. Bring to the boil, cover with the lid and simmer for one hour. (Add the chickpeas after 45 minutes and stir until well combined.)
5. Stir in the mint and parsley at the end of cooking.
6. Serve alongside couscous and Greek-style yoghurt, topped with the almonds.

Slow Cooker Method

1. Switch on the slow cooker to low
2. Line the slow cooker with an oven bag (this is optional)
3. Mix all the ingredients to the tinned tomatoes into the slow cooker. Stir around to make sure everything is fully coated. Add salt and pepper. Close the bag with a twist and place lid and leave to cook.
4. Cook on low for 4-5 hours or until the chicken is falling apart or off the bone.
5. In the last 1 hour add the chick peas.
6. Dress with mint and coriander if available and Serve with couscous, rice and or yoghurt.



Store cupboard Vegetable chilli with tortilla chips - Copy

Serving size: Serves 4

Preparation time: 30 mins

Cooking time: 1 hour

Ingredients

2 tsp chilli powder
pinch ground cinnamon
2 tbsp olive oil
1 onion, finely chopped
2 carrots finely chopped
2 garlic cloves, crushed or 1 tsp garlic powder
1 tsp ground cumin
1 tbsp of tomato paste
400g tin kidney beans in chilli sauce
400g tin of white beans or lentils or mixed bean
400g tin plum tomatoes
200ml/7fl oz vegetable stock

Directions

Stove Top Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Heat the oil in a large saucepan over a low-medium heat. Fry the onions and carrots gently for 10 minutes, or until softened. Add the garlic and chilli and fry for a minute before adding all the remaining vegetables. Cook for 10 minutes, or until everything is starting to soften.

4. Add the remaining chilli powder ground, cumin and plenty of seasoning and cook for 1-2 minutes. Add the kidney beans, tomatoes, Worcestershire sauce, if using, Tabasco, red wine vinegar and stock. Bring to the boil, reduce the heat and simmer for 20-30 minutes.

Slow Cooker Method

1. Switch on Slow Cooker to high.
2. Line the slow cooker with an oven bag.
3. Into the oven bag, add the onions, carrots, all the spices and 2 tins of beans (choose between red kidney beans, lentils, white beans, mixed beans) and 1 tin of tomatoes .
4. To 200ml boiled water add 1 veg stock cube and stir until dissolved.
5. Add this to the stock to oven bag and chilli mixture.
6. Cook on high for 3 hours or until the tomatoes are soft and the carrots are cooked. If you would like a thicker sauce leave the lid off for the last 30 mins of cooking.



Slow cooker onion soup

Serving size: Serves 4

Preparation time: 30 mins

Cooking time: 2 hours

Ingredients

30g/1oz butter, diced

800g/1lb 12oz onions, thinly sliced

1½ tsp roughly chopped thyme leaves (optional)

1½ tsp sugar

1.2 litres/2 pints beef or vegetable stock (made from 2 beef or vegetable stock cubes)

Directions

1. Toss the butter, onions, thyme (if using) and sugar together in the bowl of the slow cooker. Put the lid on and cook on high for 6–8 hours, stirring every so often, until the onions are rich and caramelised.

2. Pour in the stock and cook for another 30 minutes. Serve hot.



Slow cooker sausage casserole

Serving size: Serves 4

Preparation time: 30 mins

Cooking time: 2 hours

Ingredients

2 tbsp vegetable or sunflower oil

1 medium onion, thinly sliced

12 chipolata sausages

3–4 medium carrots, around 300g/10½oz, peeled and cut into 2cm/¾in slices

600g/1lb 5oz medium floury potatoes, preferably Maris Piper, peeled and cut into 3–4cm/1½in chunks

400g tin chopped tomatoes

200ml/7fl oz hot chicken or vegetable stock, made with 1 stock cube

3 tbsp tomato purée

1 tsp dried mixed herbs

salt and freshly ground black pepper

Directions

1. Heat 1 tablespoon of the oil in a large non-stick frying pan and fry the onion over a high heat for 3–4 minutes, until lightly browned, stirring often. Tip into the slow cooker.

2. Add the remaining oil to the frying pan and fry the sausages over a medium-high heat for 4–5 minutes, or until browned on all sides.

3. While the sausages are frying, add the carrots, potatoes and chopped tomatoes to the slow cooker.

4. Mix the hot stock with the tomato purée and herbs. Pour into the slow cooker and season with salt and pepper; stir well. Place the sausages on the tomato and vegetable mixture without stirring in – this will help them retain their colour and texture.

5. Cover the slow cooker with its lid and cook on high for 5–6 hours, or low for 7–9 hours.



Slow cooker harissa vegetable stew

Serving size: Serves 6

Preparation time: 30 mins

Cooking time: 2 hours

Ingredients

400g/14oz parsnips, trimmed, peeled, woody core removed and cut into short batons
2 onions, red, white or a mixture, cut into very thin wedges
4 large carrots, peeled and cut into 2cm³/₄in slices
2 x 400g tins butterbeans (or other white beans)
3 tbsp harissa
1 tbsp dried oregano or mixed herbs
1 tbsp honey
400g tin chopped tomatoes
400ml/14fl oz vegetable stock
2 tbsp tomato purée
about 100g/3¹/₂oz kale, thick stalks discarded and roughly chopped
salt and freshly ground black pepper
freshly cooked couscous, rice or jacket potatoes
plain yoghurt

Directions

1. Turn the slow cooker to the high setting to heat up. Add the parsnips, onions and carrots. Drain one of the tins of butterbeans and tip into the slow cooker with the other tin of beans and its liquid. Add the harissa, oregano, honey, chopped tomatoes, stock and tomato purée. Season generously with salt and pepper and stir. Cook for 3–4 hours on high or 5–6 hours on low, until all of the vegetables are really tender.
2. Stir in the kale, cover the slow cooker with the lid and leave to soften for 5 minutes. Season with salt and pepper and serve with couscous, rice or jacket potatoes and dollops of yoghurt.



Slow cooker veggie Bolognese

Serving size: Serves 6

Preparation time: 30 mins

Cooking time: 2 hours

Ingredients

2 tbsp sunflower, vegetable or light olive oil
1 medium onion, finely chopped
2 garlic cloves, crushed
2–3 medium carrots, about 200g/7oz, peeled and cut into small chunks
200g/7oz mushrooms, any kind, sliced
2 x 400g tins green lentils, drained and rinsed
400g tin chopped tomatoes
150ml/5fl oz hot vegetable stock, made with 1 stock cube
3 tbsp tomato purée
2 tsp caster sugar
1 tsp dried oregano
2 dried bay leaves, or 1 fresh
salt and freshly ground black pepper
freshly cooked pasta, grated cheese and basil, to serve (optional)

Directions

1. Heat the oil in a large non-stick frying pan and fry the onion over a medium–high heat for about 3 minutes or until lightly browned, stirring regularly. Add the garlic and cook for 1 minute more.
2. Tip the onion and garlic into the slow cooker and add the carrots, mushrooms, lentils, tomatoes, stock, tomato purée, sugar and herbs. Season with salt and lots of freshly ground black pepper. Cover the slow cooker with its lid and cook on high for 4–5 hours or low for 6–8 hours.
3. Serve with freshly cooked pasta, grated cheese and fresh basil, if you like.



BBQ Pulled Pork

Serving size: 6

Ingredients

100g chipotle chili paste -
check celery
2 tbsp tomato paste
3 tbsp cider vinegar
2 oranges, zest and juice
2 cloves garlic chopped
Finley
Fresh Oregano
Himalayan Pink Salt
1 tsp ground allspice
1 tsp paprika
1 tsp ground cumin
1 pork tenderloin (1200g)

Directions

- 1 Place all the ingredients in a slow cooker and cook on low for 8 hours.
- 2 Once cooked, if there is a lot of liquid, remove from the slow cooker into a pan and reduce by half or until thicker
- 3 Shred the pork and add back in the sauce. Serve in a roll, with coleslaw and steamed veg along side.