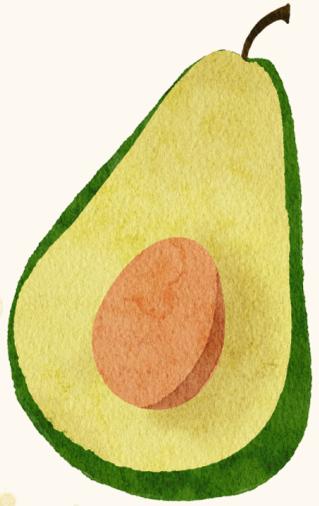


Recipes for a
happy, healthy,
budget kitchen!



Delicious Dinners

We hope you enjoy this collection of healthy, budget and time-friendly recipes.

This is the *Delicious Dinners* edition!

We'd love to see photos of your efforts of these recipes...

Send them to info@boltoncarers.co.uk

We'd also love to include your favourite tried and tested recipes. Send details of ingredients and step by step instructions to info@boltoncarers.co.uk





Delicious Dinners

Creamy Pesto & Kale Pasta

Butter Bean & Chorizo Stew

Sweet Potato & Chickpea Curry

Potato and Pea Curry

Chilli Tuna Pasta

Chilli Con Carne

One-Pan Spicy Chicken

Sausage and Gnocchi Bake

Corned Beef Hash

Halloumi Wrap



Creamy Pesto & Kale Pasta

Prep Time: 10 min

Cook Time: 25 min

Serves: 4



Ingredients

- 1 tbsp oil
- 2 red onions (thinly sliced)
- 300g kale
- 300g wholemeal pasta
- 4 tbsp reduced-fat soft cheese
- 4 tbsp fresh or jar pesto

Method

1. Heat the oil in a large pan over a medium heat.
2. Fry the onions for 10 mins until softened and beginning to caramelise.
3. Add the kale and 100ml water, then cover and cook for 5 mins more, or until the kale has wilted.
4. Cook the pasta following pack instructions. Drain, reserving a little of the cooking water.
5. Toss the pasta with the onion mixture, soft cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed.
6. Season how you like!

Butter Bean & Chorizo Stew

Prep Time: 5 min

Cook Time: 15 min

Serves: 4



Ingredients

- 200g chorizo sausage
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans drained butter beans
- 1 tub fresh pesto or 130g jar pesto (green/red)

Method

1. Slice the chorizo and tip into a large saucepan over a medium heat. Fry gently for 5 mins or until starting to turn dark brown.
2. Add the tomatoes and butter beans, bring to the boil, then simmer for 10 mins.
3. Swirl through the pesto, season lightly.

Sweet Potato & Chickpea Curry

Prep Time: 25 min Cook Time: 30 min - 1h Serves: 4



Ingredients

- 1 tbsp vegetable oil
- ½ tbsp ground cumin
- 1 onion, finely sliced
- 2 garlic cloves, crushed
- ½–1 tsp chilli flakes
- 50g fresh root ginger
- 1½ x 400g tins chickpeas, drained and rinsed
- 400g tin chopped tomatoes
- 750g sweet potato, peeled and cut into bite-sized cubes
- Salt & Pepper
- 200g rice

Method

1. Heat the oil in a large saucepan over a medium heat. Once hot, add the cumin seeds and fry for a minute, or until aromatic. Add the onion and a pinch of salt and cook for 5–6 minutes, or until the onion is soft and translucent. Add the garlic, chilli flakes and ginger and fry for a further 3 minutes.
2. Add the chickpeas, tomatoes and sweet potato to the pan. Add enough water (approximately 500ml/18fl oz) to cover the chickpeas and sweet potatoes and bring to a simmer, stirring to mix everything together.
3. Cover with a lid and simmer over a medium–low heat, stirring now and again, for 25–30 minutes, or until the potatoes are soft and beginning to break apart and the sauce has thickened. Top up with a little more water during cooking if needed.
4. Meanwhile, cook the rice according to the packet instructions. Season the curry with salt and pepper. Serve immediately with the rice.

Potato and Pea Curry

Prep Time: 30 min Cook Time: 30 min-1 hour Serves: 4



Ingredients

- 2 tbsp oil
- 1 tsp cumin seeds
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g tin chopped tomatoes
- ½ tsp salt
- 1 tsp dried chilli flakes
- 1 tsp ground cumin
- 3 medium-sized potatoes, peeled and cut into 2.5cm pieces
- 300g frozen peas

Method

1. Heat the oil in a large saucepan and add the cumin seeds. Once they start to sizzle, add the onion and cook for 5–6 minutes over a medium heat until golden-brown, stirring regularly.
2. Add the garlic and cook for another minute. Add the tomatoes with 200ml/7fl oz water and bring to the boil. Cover and cook over a low–medium heat for 15 minutes, or until the volume of liquid has reduced, stirring regularly.
3. Add the salt, spices, potatoes and 300ml/½ pint boiling water. Cover and cook over a low–medium heat for 15 minutes, or until the potatoes are softened but not breaking apart, stirring regularly.
4. Add the peas with an extra splash of water (if needed) cover and cook for 5 minutes. Serve hot with flat breads or rice. A dollop of natural yoghurt is also a nice addition.

Chilli Tuna Pasta

Prep Time: 25 min Cook Time: 10-30 min Serves: 2



Ingredients

- 150g dried spaghetti, or other pasta shapes
- 3 tbsp vegetable oil
- 2 garlic cloves, crushed
- 1/4–1/2 tsp dried chilli flakes, to taste
- 400g tin chopped tomatoes
- 1/4 tsp dried mixed herbs or oregano
- 145g tin tuna chunks, any kind, well drained
- Black pepper

Method

1. Half fill a large saucepan with water, cover with a lid and bring to the boil over a high heat. Stir in the pasta and cook uncovered for 10–12 minutes, or until the pasta is tender but retains just a little ‘bite’. Stir occasionally as the pasta cooks to separate the strands.
2. Put the oil in a large frying pan, add the garlic and chilli and cook over a low heat for 20–30 seconds, stirring regularly. (Be careful not to let the garlic burn or it will make the sauce taste bitter.) Stir the tomatoes into the pan, add the dried herbs and bring to a gentle simmer.
3. Cook the sauce for 8–10 minutes, stirring regularly until it is thickened and glossy. Add the tuna and cook together for 1 minute more. Season with a little salt and lots of ground black pepper.
4. Drain the pasta and add to the tomato and tuna sauce. Toss together until well combined then serve.

Chilli Con Carne

Prep Time: 25 min Cook Time: 30 min-1 hour Serves: 4



Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 250g beef mince
- ½ -1 tsp chilli flakes, to taste
- 400g tin chopped tomatoes
- 500ml stock, made from a stock cube (ideally beef, but chicken is fine)
- ½ tsp dried mixed herbs
- 2 x 400g tins red kidney beans, drained and rinsed
- 200g long grain rice
- 200g natural yoghurt
- salt and pepper

Method

1. Heat a large saucepan over a medium heat. Add the olive oil and, once hot, fry the onion with a pinch of salt for 5 minutes, or until soft and translucent. Once soft, add the garlic and cook for 2 minutes.
2. Add the mince, along with a good pinch of salt and pepper. Mix well and cook for 5-6 minutes, or until there are no raw bits of meat. Add the chilli flakes, tomatoes, stock and dried mixed herbs. Stir to mix well and bring to a simmer.
3. Pour in the drained kidney beans and simmer gently for 30 minutes, or until the chilli con carne is thickened and rich. Taste and adjust the seasoning as necessary.
4. Meanwhile, cook the rice according to the packet instructions.
5. Serve the chilli con carne on top of the rice with a spoonful or two of yoghurt on top of each portion.

One-pan Spicy Chicken

Prep Time: 20 min

Cook Time: 30 min

Serves: 6



Ingredients

- 1kg chicken thighs, skin on, bone in
- 2 onions
- 2 tablespoons tikka masala curry paste
- 1 x 400g tin of plum tomatoes
- 1 mug of basmati rice (300g)
- 500g frozen peas
- 1 x 400g tin of light coconut milk

Method

1. Place a large casserole pan on a medium-high heat. Season the chicken thighs with a pinch of sea salt and plenty of black pepper, then place in the pan skin-side down for 10 minutes, then use tongs to turn them over and remove the chicken skin. Place it in the pan alongside the thighs, removing to a board once crisp, then roughly chop.
2. Peel and finely chop the onions and add to the pan. Cook for 2 minutes, then stir in the curry paste and cook for 10 minutes.
3. Tip in the tomatoes, breaking them up with a spoon, then cook for 5 minutes, until thickened.
4. Stir in the rice until translucent, then pour in 2 mugs of water (600ml). Turn over the chicken and cover with a lid. Leave to simmer for 12 minutes, or until the rice is cooked, stirring in the peas and most of the coconut milk for the final 2 minutes. When it's blipping away in the middle starting to catch at the edges, remove from the heat. Pour the remaining coconut milk. Sprinkle over the crispy chicken skin and serve.

Sausage and Gnocchi Bake

Prep Time: 25 min Cook Time: 10-30 min Serves: 2



Ingredients

- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 1 orange pepper, deseeded and cut into chunks
- 250g gnocchi
- 1 tbsp olive oil
- 4 pork sausages
- Salt black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Toss together the peppers, gnocchi, olive oil and a generous amount of salt and pepper on a large baking tray.
3. Place the sausages on the tray. Roast for 25 minutes, or until the sausages and gnocchi are golden-brown and the peppers are soft and have started to brown around the edges. Serve.

Corned Beef Hash

Prep Time: 25 min Cook Time: 10-30 min Serves: 2



Ingredients

- 2 tbsp vegetable or sunflower oil
- 1 onion, finely chopped
- 567g can new potatoes, drained
- 130g can corned beef
- 2 free-range eggs
- splash Worcestershire sauce
- freshly ground black pepper

Method

1. Heat the oil in a medium frying pan or wide-based saucepan and gently fry the onion for 3–4 minutes, or until lightly browned.
2. Add the potatoes and use a potato masher to roughly crush them. Fry over a medium heat for 5 minutes, or until the onion is softened and the potatoes are hot and browned in places, stirring regularly.
3. Add the corned beef and break up roughly with a spoon. Cook for 3–4 minutes, or until hot, stirring occasionally.
4. Make two holes in the corned beef and potato mixture and break an egg into each one. Fry for 2–3 minutes, or until the whites are set but the yolks remain runny.
5. Serve heaps of the corned beef hash on warmed plates, topped with the fried eggs. Shake Worcestershire sauce over and season with pepper.

Halloumi Wrap

Prep Time: 25 min Cook Time: 8 minutes Serves: 1



Ingredients

- 100g halloumi
- 1 tbsp olive oil
- 1 large soft flour tortilla wrap
- 3 tbsp hummus
- 1 large carrot, peeled into ribbons
- Handful spinach leaves
- Black pepper
- *To serve (optional)*
- *Sweet chilli sauce, Tabasco or sriracha*
- *Sliced olives, diced sundried tomatoes, pickled chillies, sliced red onion*

Method

1. Slice the halloumi into 1cm/1/2in thick strips and season with pepper.
2. Heat the oil in a frying pan over a low-medium heat and fry the halloumi strips for a few minutes, turning until all sides are golden. If the pan is too hot, the outside of the halloumi might brown before the centre gets nice and soft, but you can lift the pan off the heat to reduce the temperature briefly.
3. Warm the tortilla following pack instructions, then spread the hummus down the middle. Layer the carrot, spinach and crispy halloumi strips, add any sauces or toppings you like, then roll up the tortilla and eat while the halloumi is still warm.