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Week 1 – Noodles

(Snack Popcorn)

Stir fry rainbow vegetable noodles

Feeds 4

Ingredients

- 300g Egg Noodles/Rice Noodles(GF)
- 1 onion
- 125g x 5 or more of the following - broccoli, purple sprouting broccoli, carrots, asparagus, green beans, mangetout, courgettes, leeks, celery, aubergine, mushrooms, red peppers, bean sprouts - what is in season and eat the rainbow
- 2 cloves fresh garlic
- 1cm fresh ginger
- 1 fresh red chilli - optional
- 30g fresh coriander
- 50 ml Soy / Tarmari (GF)
- 30ml vegetable oil
- 1 tsp honey / maple (vegan)
- 1 lime
- Salt and pepper

Method

1. Prep all vegetables, peel, slice into the same size long thin pieces roughly 3cm long 1cm wide.
2. Dice or mince garlic and ginger. Chop chilli finely. Chop coriander. Half lime.
3. Have everything ready.

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4. Put a pan of water on to boil to cook noodles.
5. To start stir frying the vegetables on a high heat, remember different vegetables take different amounts of time to cook but some are good crunchy.
6. So, heat the oil in a medium pan, cook onion first for a couple of minutes,
7. Then add harder vegetables eg carrots, broccoli, beans, aubergine,
8. Whilst you are cooking, pop the noodles on and boil until ready and (follow packet instructions on when to drain).
9. After adding the noodles to the water add softer vegetables like mushrooms, asparagus, courgettes, to the stir fry, add garlic, ginger and chilli towards the end.
10. Add the drained noodles to the stir fry, mix and stir in soy/tamari, honey/maple to taste with some black pepper.
11. Serve with a squeeze of lime and some fresh coriander.
12. You can add leftover cooked chicken or pork here, prawns or tofu, meat is tasty mixed in (marinated) with some 20 ml soy sauce/tamari and 1 clove minced garlic. Or cook some fresh to go with the noodles.

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Week 2 – Spaghetti bolognese, Garlic Flatbread

Snack: Crispy kale

Bolognaise

Ingredients

- 1 onion,
- 1 stick celery,
- 1 carrot peeled and diced,
- ⅓ butternut squash peeled and diced (can use other seasonal veg here, courgette, squash etc)
- 3 garlic cloves sliced
- 2 tsp dried oregano, 1 bay leaf
- 50g tomato paste
- 450ml vegetable bouillon
- 1.5 tin chopped tomatoes
- 250g beef/lamb mince
- 100g red lentils soaked in water for 10 minutes, drain (200g if vegetarian)
- Olive oil
- 150g cheese /also parmesan 50g
- 250g Pasta

Method

1. Soak lentils.
2. Wash, peel and chop all vegetables, trying to keep them all the same size.
3. Peel and slice garlic cloves.
4. Add 2 tsp vegetable oil to a saucepan and cook onion for 5 minutes.
5. Add carrot, celery, oregano and bay leaf. Cook for 5 minutes.
6. Add mince and brown/caramelize.
7. Add garlic and cook for 2 minutes.

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8. Add lentils, bouillon, tin tomatoes, tomato puree and cook for half an hour minimum.
9. Cook pasta.
10. Grate cheese.

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Flatbread Dough for 12

(This gives you enough dough to comfortably stretch to 6 inches each.)

Ingredients

- 625g plain flour
- 1 teaspoons salt
- 1 tablespoon sugar
- 7g active dry yeast
- 375ml warm water
- 2 tablespoons olive oil
- 6 garlic cloves
- Olive oil or or melted butter for garlic butter

Method

1. Mix warm water, sugar, and yeast. Let sit for 5–10 minutes until foamy.
2. Add flour, salt, and olive oil. Mix until a soft dough forms.
3. Knead 8–10 minutes until smooth and elastic.
4. Place in an oiled bowl, cover, and let rise 1 hour until doubled.
5. Divide into 12 equal pieces (about 90–95g each).
6. Roll or stretch each dough.
7. Get a pan hot and cook for 1 – 2 minutes until bubble form and brown spots.
8. Flip and cook for another 1 minute.
9. Chop garlic and mix with melted butter/oil, season and drizzle on breads.

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Crispy Kale

Ingredients

- 200g Kale
- Salt
- Veg/Rape Seed Oil

Method

1. Preheat oven 180
2. Break kale off stems and chop
3. Mix kale with a little salt and oil - lay out on tray
4. Cook for 5-10 minutes until crispy and eat!

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Week 3 – Chicken and chickpea Korma with rice & Flatbread

Snack: Crispy chickpeas, Crispy chicken skin

Chicken & chickpea Korma. Feeds 4

Ingredients

- 2 free range or organic chicken thigh (skin off bone out) or breast
- ¼ tin of chickpeas
- **Or** 1 whole tin chickpeas for vegetarians.
- 1 small, sweet potato
- Veg or rapeseed oil
- ¼ Cauliflower / ¼ head of broccoli or purple sprouting broccoli / half a courgette / half an aubergine / 1 leek / 100g frozen peas / 80g fresh spinach or chard – choose at least 2 - what is in season
- ½ an onion
- 1 clove fresh garlic
- 1cm fresh ginger
- ½ tsp – 1 tsp medium curry powder
- 1/4 tsp ground cardamon
- 1/4 tsp ground turmeric
- 1 tin chopped tomatoes
- Water if needed
- 1/2 tsp vegetable or chicken bouillon
- 1 tin coconut milk
- Pinch salt and pepper

Method

For the chicken if using:

1. Preheat oven to 180ºC / 375ºF / Gas mark 4.

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2. Marinade chicken in a little of the garlic with some oil and salt
3. Slowly roast on a baking tray for 20-25 minutes until tender
4. Remove from the oven, once the chicken has cooled, remove and shred meat.

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For everything else (can be started while chicken is cooking)

1. Preheat oven to 180ºC / 375ºF / Gas mark 4.
2. Peel and wash the sweet potato and peel the onions.
3. Dice the sweet potato and onions 1cm.
4. Mince the garlic & ginger.
5. Chop all the other vegetables into similar bite sized pieces
6. Pop the sweet potato onto a tray with some oil and roast until tender, around 15-20 minutes.
7. Fry the onions in 1 tsp oil in a saucepan until soft,
8. Add the garlic for the last 5 minutes.
9. Add the chickpeas, all the vegetables, tomatoes, garlic, spices, coconut milk and bouillon; add a little water if needed - cover with a lid.
10. Bring to the simmer, stirring occasionally around 5 minutes.
11. Add the shredded chicken.
12. Season with the salt and pepper.
13. Cook some rice to serve.

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Rice. Feeds 4

Ingredients

- 250g Rice
- 500ml
- Pinch of salt.

Method

1. Rinse rice to clean in a sieve
2. In pot, bring water to boil with salt
3. Add rice.
4. Reduce heat to low
5. Cover with lid
6. Simmer for 12-15 minutes.
7. Turn heat off, let sit for 5-10 minutes. This helps finish cooking and makes fluffy rice

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Flat bread

Makes 4 Large Or 6 Small Or 8 Very Small

Ingredients

- 300g self raising flour
- 1⁄2 tsp baking powder
- 150g natural yogurt
- 1tsp salt
- Cumin seeds or nigella seed if making for a curry

Method

1. Combine the flour, baking powder, yogurt and salt with 2 tbsp water.
2. Tip onto a very lightly floured surface and knead for a few minutes until slightly smooth. Then divide into equal sized pieces (depending on the size you would like to make – see above)
3. Heat a heavy-based frying pan over a high heat.
4. To make basic flatbreads roll the dough pieces out on a lightly floured surface into rough ovals, scattering with seeds if using and roll the seeds into the dough.
5. Place onto the pan and cook for 1-2 minutes and wait for it to become coloured and a little charred in places.
6. Flip over and cook for another 1-2 minutes.
7. When done, remove from the pan, brush with oil or butter or ghee and keep

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covered until ready to serve.

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Crispy Chickpeas

Ingredients

- 410 g chickpeas, drained and rinsed
- 15 ml olive oil
- PAWB seasoning 1-2 tsp

Method

1. **OVEN:** Preheat your oven to 190c.

   AIR-FRYER: Preheat your air-fryer to 350F (180C).
2. **OVEN:** Spread the chickpeas in a single layer on a baking sheet. It's ok if they are still a bit wet, they will dry out in the oven.
3. Bake 30 minutes, stopping to shake the pan every now and then. *Make sure you do shake the pan once or twice when the chickpeas are baking, this helps them dry out properly and get crispy.
2. **AIR-FRYER:** Add the chickpeas to the air-fryer. It's ok if they are still a bit wet, they will dry out in the oven.
3. Bake 20 minutes, stopping to shake the pan every now and then. *Make sure you do shake the pan once or twice when the chickpeas are baking; this helps them dry out properly and get crispy.
4. **BOTH:** Remove the chickpeas and carefully add the hot chickpeas to a bowl along with the olive oil and PAWB seasoning.
5. **OVEN:** Spread the seasoned chickpeas back onto the baking sheet and return to the oven for another 10 to 15 minutes until they are golden and crispy.
5. **AIR-FRYER:** return the chickpeas to the air-fryer and cook for another 8 - 12 minutes until they are golden and crispy.

   You can snack on them while still warm, or completely cooled.

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Week 4 – Mediterranean Tagliatelle with seasonal salad

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Assigned to helo@ceginybobl.co.uk

Mediterranean Tagliatelle

Ingredients

- 40 ml - Olive oil
- 1 small Onion - finely chopped
- 1 clove Garlic - minced
- 200g - Carrots, grated (or other in season veg)
- 100g Squash
- 1.5 x 400 g cans - Canned chopped tomatoes
- 1/2 tablespoon – tomato paste
- 1 tablespoons - Dried oregano
- 1 tablespoons - Dried basil
- 1/2 tablespoon - Sweet paprika
- 1/4 tablespoon - Salt
- 1/2 teaspoon - Black pepper
- 40 g - Fresh parsley, chopped - or herbs from gardens
- 1/2 tablespoon - Sugar or honey/maple
- 400g tagliatelle / GF pasta
- 150g Caws Teifi Natural gouda / vegan cheese

Commented [2]: UPDATE VEG HERE

Method

1. In a large stockpot (or two medium ones), heat olive oil over medium heat.
2. Add onions, cook 5–6 min until soft.
3. Add garlic, carrots, and squash, cook for another 5 min until slightly tender.
4. Stir in canned tomatoes, tomato paste, oregano, basil, paprika, salt, and pepper.
5. If using, add sugar/honey.
6. Bring to a gentle boil, then reduce to low.

Commented [3]: Update Veg Here

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7. Simmer uncovered for 30–40 min, stirring occasionally.
8. If the sauce is too thick, add a little water or vegetable stock.
9. Stir in fresh parsley at the end for a fresh taste.
10. Taste and adjust seasoning.

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Rainbow Crunch Salad

Ingredients

Salad

- 1 small beetroot, peeled and grated
- 1/2 medium carrot, peeled and grated
- 1/4 cucumber, sliced into thin half-moons
- 1/2 small handful of lettuce leaves, torn
- ⅙ cabbage, thinly sliced

Optional extras for texture & flavour:

- 10g chopped fresh herbs (parsley or dill)
- 10g toasted seeds
- 30g feta or goat's cheese, crumbled

Dressing

- 40ml olive oil
- 15ml lemon juice (or white wine vinegar)
- 1 tsp Dijon mustard
- ½ tsp honey/maple(vegan) (optional)
- Salt & pepper to taste

Commented [4]: Update Veg Here

Method

1. Prepare all vegetables and place in a mixing bowl
2. In a jar or jug, whisk or shake together all dressing ingredients until well emulsified.
3. Pour dressing over salad just before serving.

Toss gently to combine, sprinkle with herbs, seeds, and cheese if using.

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Week 5 – Smoked Mackerel Fishcakes or Butterbean, Cheese, dill cakes with Garlic/Sweet chilli mayo and slaw

(Snack - Crisps made of peelings, mackerel pate or smoked tofu pate)

Smoked Mackerel Fishcakes (feeds 4)

Ingredients

- 200g smoked mackerel
- 200g potato
- 1 tsp horseradish sauce
- 1 tbsp chives
- 1 tbsp parsley
- 1 pinch salt and black pepper as desired
- 100g plain white flour
- 1 tsp paprika
- 2 medium free range eggs
- 100g panko breadcrumbs
- Olive oil to grease the tray
- Lemon

Method

1. Preheat the oven to 180c.
2. Peel potatoes and bring to the boil till ready to mash.
3. Mash the potatoes (don't add any milk or butter)
4. Put the mackerel (skin removed and flesh checked for bones) in a bowl and mash with a fork.
5. Add the horseradish, chives, parsley, salt and pepper.
6. Mix again with the fork until evenly combined.

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7. Add the cold mashed potato and mix through. (add lemon juice if needed)
8. Using your hands, roll the mix into 8 little fish cakes. If you want to be precise, each fish cake should weigh about 50g.
9. Flatten each fishcake a little with your hand.
10. Put your flour in a small bowl and add the paprika. Mix through.
11. Grab two more small bowls and put the beaten eggs in one and the breadcrumbs in the other.
12. Dip a fishcake into the flour bowl, coating on all sides. Shake off any excess.
13. Now dip your fish cakes in the beaten egg, again coating on all sides. Shake off any excess.
14. Finally, dip your fish cake in the breadcrumbs, flipping to coat on all sides.
15. Grease your baking tray with olive oil and place the fish cakes onto the tray as you go, repeating until they are all coated.
16. Drizzle or spray your fishcakes with olive oil
17. Bake for 25 minutes until golden and slightly risen.
18. Serve hot or cold.

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Butter Bean, Halloumi & Dill Cakes (feeds 1)

Ingredients

- 100g can butter beans, rinsed and drained
- 25g halloumi, grated
- 25g mature cheddar
- 10g cornichons
- Handful of dill sprigs
- Handful of parley
- 1 teaspoon Dijon mustard
- Sea salt & cracked black pepper
- 20g panko breadcrumbs
- 60ml extra virgin olive oil
- A little flour if too moist.

Method

1. Grate halloumi & cheddar.
2. Mash butter beans with a fork
3. Add chopped cornichons, dill, parsley, Dijon, salt & pepper.

   (Halloumi adds saltiness and firmness — taste before adding extra salt.)
4. Form into 4 patties
5. Chill in fridge for 10 – 15 mins to firm up
6. Press into breadcrumbs on both sides
7. Heat olive oil in a pan over medium heat.
8. Cook 3–4 minutes per side until golden and crisp.
9. Finish off in the oven for 5-8 minutes.

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Dressings / dips

Garlic mayo

Ingredients

- 100 ml mayonnaise
- 1 clove crushed garlic
- Salt and pepper

Method

1. Mix together and season

Rose Marie Sauce

Ingredients

- 100ml mayonnaise
- 1 tbsp tomato ketchup
- Salt and pepper

Method

1. Mix together and season

Asian dipping sauce

Ingredients

- 50ml soy
- 25ml rice wine vinegar
- Lime to taste
- 1 tsp maple syrup
- 1 tsp fresh chilli chopped finely
- 1 tsp fresh grated ginger

Method

1. Mix together and taste

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Seedy Slaw

Ingredients

- ¼ white or red cabbage
- 1 carrot
- 1 apple
- 20g parsley
- 50g pumpkin seeds (~2tbs)
- For the dressing, choose either;
    - 20ml mayonnaise, 20 ml natural yoghurt and salt & black pepper OR
    - 20ml olive oil, 5 ml red wine vinegar and salt & black pepper

Method

1. Wash and slice cabbage thinly
2. Wash, peel and grate carrot and grate apple, chop herbs
3. Toast the seeds in a dry frying pan on medium heat for 2-3 minutes – you will start to see them pop.
4. Add ingredients to a bowl
5. Mix ingredients for dressing together and combine with or ‘dress’ the seedy slaw

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Snack

Smoked Mackerel pate (for the whole as a group)

Ingredients

- 300g smoked mackerel fillets
- 165g soft cheese
- 1 lemon zest and juice
- 2tbs horseradish
- 15g parsley
- Pinch of cayenne or paprika
- Crackers

Method

1. Skin the mackerel and break the fillets up into small pieces. Add the soft cheese, lemon zest and horseradish sauce and mix well together with a fork.
2. Season with salt and freshly ground black pepper, to taste, and add lemon juice, to taste. Stir in most of the herbs then cover and chill until ready to serve.
3. Sprinkle with a little cayenne, if using, and remaining herbs and serve with crackers.

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ceginybobl.co.uk
helo@ceginybobl.co.uk
@cegin_y_bobl

Week 6 Chorizo/bean quesadilla, Spicy potato wedges and apple cake.

Quesadillas filling

Ingredients

- 2 x any veg in season eg courgette, aubergine, pepper, 100g green beans, 100g chard or spinach, purple sprouting broccoli
- 2 tbsp veg oil
- 1 onion
- 1 clove garlic
- ½ - 1 chorizo depending on size or one tin any and **1 tin mixed beans**
- ½ tsp oregano
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ teaspoon smoked paprika
- ¼ tsp chilli powder
- ½ tsp sugar
- ¼ tsp salt
- ½ tin chopped tomatoes or 200g fresh chopped tomatoes
- ½ lime.

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Method

Chorizo filling;

1. Dice chorizo, slice and dice veg & onions, mince garlic.
2. Fry vegetables on medium heat till light brown then remove pan.
3. Slowly cook the chorizo in some oil till it crisps and lets out oil. Then add onions and sweat for a few mins.
4. Add in garlic, spices, salt and sugar. Stir and cook for another couple of minutes.
5. Add ½ tin of tomato, beans and cook for another 10 mins on a low heat stirring occasionally.
6. Taste and add lime juice and adjust seasoning.

Veggie/Vegan Filling

1. Slice veg & onions, mince garlic.
2. Fry veg, onion & garlic on medium heat till light brown then remove pan.
3. Add spices, salt and sugar. Stir and cook for another couple of minutes.
4. Add ½ tin of tomato & tin beans and cook for another 10 mins on a low heat stirring occasionally.
5. Taste and add lime juice and adjust seasoning.

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For the Quesadillas

Ingredients

- Tortillas
- Sour cream
- Grated mozzarella
- Grated cheddar
- Quesadilla filling

Making the Quesadillas;

1. Get the pan nice and hot
2. Toast one side of the tortilla (just toast slightly) – you can turn the heat down to have better control.
3. Turn the tortilla over and add cheese to one half, then put filling on top of the cheese.
4. Then sprinkle some cheese on top of the filling and close the tortilla
5. Make sure both sides are toasted and the cheese is melted.

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Potato Wedges

Ingredients

- 1 large potato each - washed
- 1 tsp vegetable oil
- Seasonings – PAWB

Method

1. Preheat the oven 200 degrees.
2. Leave peel on,
3. Cut potato into long wedges,
4. Place on a baking tray and rub oil and mix of your choice of seasonings.
5. Bake for 30 mins.

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Apple upside down cake

Ingredients

- 3 small apples - peeled and cored and sliced (or any fruit in season/tinned fruit)
- 90g butter
- 170g light brown sugar
- 255g butter
- 255g caster sugar
- 5 small eggs
- 255g Self Raising flour

Method

1. Melt together the butter and brown sugar until sugar dissolves
2. Pour into lined loose bottomed tin.
3. Slice apple to fill base.
4. Blend caster sugar and butter, fold in eggs and flour,
5. Pour over apple and sugar mix and bake at 180 for 30 minutes until firm.
6. Leave to stand for 20 mins then turn onto a flat plate upside down.

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