



Recipe
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5~Nights 4 two Box

Five nights of delicious nutritious and easy evening meals for 2 to make your life easier.

- **Chilli sausages with sweet potato mash and cavolo nero**
- **Orzo with chorizo, red pepper and cherry tomatoes**
- **Gammon steaks, jacket potato and cauliflower cheese**
- **Chicken in mushroom sauce with parmentier potatoes and green beans**
- **Leek, bacon and fennel spaghetti**

*denotes store cupboard ingredient not supplied – we do sell a selection of olive oil which you can add to your order if you wish

DAY ONE

CHICKEN IN MUSHROOM SAUCE WITH PARMENTIER POTATOES AND GREEN BEANS

- 500g potatoes
- Olive oil*
- 2 chicken fillets
- 50g butter
- 2 shallots
- 250g chestnut mushrooms
- 1 lemon
- 2 tablespoons crème fraiche
- Green beans

Peel 500g potatoes and cut into dice. Pre-heat the oven to 200c and put in a metal baking tray with olive oil. Par-boil the dice for 5 mins in a pan of boiling water, drain, dry thoroughly and add to the dish of pre-heated oil. Put in oven for 30 minutes, turning occasionally. Brown the chicken fillets in 25g of butter in a frying pan, then put in a baking dish and cook in the oven for 15-20 minutes until cooked through. Melt 50g butter and soften 2 diced shallots. Add one clove of garlic, the sliced field mushrooms and chestnut mushrooms. Add half a squeezed lemon when they have begun to cook down, and salt and pepper to taste. Stir through 2 tablespoons of crème fraiche. Boil the green beans for 5 minutes or until soft to the knife. Spoon the sauce over the sliced chicken fillets and serve with the potatoes and green beans.

DAY TWO

CHORIZO, ORZO, RED PEPPER AND CHERRY TOMATOES

- 150g orzo
- 1 chorizo, sliced
- 1 onion, diced
- 1 red pepper, diced
- 1 clove garlic, chopped
- 250g cherry tomatoes, halved
- 2-3 tablespoons crème fraiche
- Flat leaf parsley, finely chopped

Cook 150g orzo according to the packet – about 8 minutes. Slice the chorizo finely, and add to a pre-heated frying pan, frying until it begins to release its oil then remove from the pan. Add one tablespoon of olive oil to the pan and add the onion, frying until soft. Add the pepper and garlic, frying until they are soft. Add the cherry tomatoes, stirring until they start to blister. Return the chorizo, then add two or three tablespoons of crème fraiche. Stir through the orzo, warming it all through. Scatter with finely chopped parsley.

DAY THREE

GAMMON STEAKS WITH JACKET POTATO AND CAULIFLOWER CHEESE

- 2 jacket potatoes
- 2 gammon steaks
- 1 cauliflower
- 50g butter
- 50g plain flour
- 500 ml full milk
- 150g cheddar cheese

Rub potatoes with olive oil and sea salt and put in the oven at 200c for one hour to one hour and twenty minutes. Cut cauliflower into florets, bring a pan of water to the boil and cook cauliflower for 5 minutes, then drain well and put in ovenproof dish. Add 500ml milk, 50g butter and 50g flour to a pan, heat gently, whisking thoroughly, until the sauce is lump free and starts to thicken. Cook through for two minutes before adding 100g grated cheese. Pour the sauce over the cauliflower, grate over another 50g of cheese and return to the oven for 20 minutes. Pan fry the gammon steaks for three minutes each side making sure they are nicely golden and thoroughly cooked.

DAY FOUR

CHILLI SAUSAGES WITH SWEET POTATO MASH AND CAVOLO NERO

- Chilli sausages
- 2 large sweet potatoes
- 25g butter
- Cavolo nero
- Olive oil*

Cook sausages in a pre-heated oven at 200c for 25-30 minutes until nicely browned and cooked through, turning occasionally. Peel the sweet potato and cut into chunks. Bring a pan of water to the boil, add sweet potato and boil for 10 or so minutes until soft. Drain and mash with a knob of butter and add salt and pepper to taste. Stir fry the cavolo nero for 3-4 minutes in a tablespoon of olive oil*.

DAY FIVE

BACON, LEEK AND FENNEL SPAGHETTI

- 4 rashers bacon
- 2 leeks, finely sliced
- 1 fennel bulb, finely sliced
- 1 lemon
- 150g spaghetti

Slice the bacon finely and add to a pre-heated frying pan. Fry until crispy then remove. Melt 25g butter and add the sliced leeks, cooking until they are softened, about ten minutes. Add the fennel and cook for about 5 minutes. Return the bacon to the pan and add the grated zest of a lemon and a squeeze of juice. Cook 100-150g spaghetti according to packet instructions until al dente. Remove a ladle of pasta water and drain the spaghetti. Mix the spaghetti with the leek mixture and the ladle of water. Serve with black pepper an extra squeeze of lemon and some chopped parsley.



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