

One of our lovingly created Kindred Recipes!

Chicken & Pineapple Korma with Naan Bread

Ingredients

(Based on Family of 4)

- ✓ 85g Onions
- ✓ 2 Garlic cloves
- ✓ 300g Chicken breast
- ✓ 40g Korma curry paste
- ✓ 200ml Reduced fat coconut milk
- ✓ 85g Bananas
- ✓ 230g Tinned pineapple
- ✓ Naan bread

Method

- ✓ Chop the onion, garlic and dice the chicken.
- ✓ Heat oil in a large pan, add onions and garlic and cook for a few minutes until softened.
- ✓ Add the korma paste and cook out for a few minutes, then add the chicken breast until browned.
- ✓ Add coconut milk, banana and tinned pineapple and bring to the boil. Simmer until the chicken is cooked through and the sauce thickened.
- ✓ Serve with naan bread and enjoy!

One of our lovingly created Kindred Recipes!

Lamb Keema

Ingredients

(Based on Family of 4)

- ✓ 1 Large chopped onion
- ✓ 3 Tbsp vegetable oil
- ✓ 6 Whole black peppercorns
- ✓ 1 Tin chopped tomatoes
- ✓ 3 Cloves of garlic
- ✓ 4 Tbsp mild curry powder
- ✓ 500g Very lean mince lamb
- ✓ 1 Cup frozen peas
- ✓ Serve with either rice or couscous

Method

- ✓ Fry the onions and garlic until soft.
- ✓ Add the mince and fry until brown.
- ✓ Add the chopped tomatoes and spices.
- ✓ Cook slowly for 30 minutes. (Add water if necessary)
- ✓ Add the frozen peas and cook for another 15 minutes.
- ✓ Prepare your side of rice or couscous.
- ✓ Enjoy!

One of our lovingly created Kindred Recipes!

Moroccan Lamb Tagine with Cous Cous

Ingredients

(Based on Family of 4)

- ✓ ½ Onion
- ✓ 150g Diced lamb
- ✓ 1 Teaspoon ground mixed spice
- ✓ 1 Teaspoon ground ginger
- ✓ 25g Dried red lentils
- ✓ 100g Chopped tomatoes
- ✓ 250ml Water
- ✓ 1 Tablespoon lemon juice
- ✓ 1 ½ Tablespoons dried apricot
- ✓ Cous Cous

Method

- ✓ Dice the onion and lamb.
- ✓ Heat a pan and add the lamb, cook until browned.
- ✓ Add the onion, mixed spice, ginger and lentils. Gradually add the tinned tomatoes, water and lemon juice.
- ✓ Simmer for 30-40 minutes. adding more water if required.
- ✓ Serve with cous cous and enjoy!

One of our lovingly created Kindred Recipes!

Salmon/Spinach and Pea Risotto

Ingredients

(Based on Family of 4)

- ✓ 1 Onion
- ✓ 2 Garlic cloves
- ✓ Fresh parsley
- ✓ 1 Vegetable stock cube
- ✓ 300ml Boiling water
- ✓ 200g Salmon fillets
- ✓ 1 Tablespoon of vegetable oil
- ✓ 200g Frozen peas
- ✓ 145g white rice

Method

- ✓ Dice the onion and garlic cloves and finely chop the parsley.
- ✓ Dissolve the stock cube in the boiling water.
- ✓ Steam the salmon until cooked through.
- ✓ Meanwhile heat the oil in a pan and cook the onion for 1-2 minutes.
- ✓ Add the peas and rice and stir. Add the stock until the rice and vegetables are covered and stir. Leave to simmer until the majority of the stock has been absorbed.
- ✓ Check to see if the rice is cooked, if not add more water and continue to simmer until cooked.
- ✓ Flake in the salmon and combine well.
- ✓ Sprinkle with parsley, serve and enjoy!

One of our lovingly created Kindred Recipes!

Sausage / Cheese Plait

Ingredients

(Based on Family of 4)

- ✓ 200g Sausage meat / cheese
- ✓ 2 Sheets puff pastry
- ✓ 1 Beaten egg or milk

Method

- ✓ Preheat the oven to 200 degrees.
- ✓ Lay the puff pastry sheet (portrait way round) and place the sausage meat or cheese down the centre third of each one.
- ✓ Make equal horizontal cuts at the side of your filling.
- ✓ Brush the pastry with beaten egg or milk and bring the strips into the centre from alternate sides (as if doing a plait) to cover your filling.
- ✓ Brush the top with beaten egg or milk and place on a baking tray lined with baking parchment.
- ✓ Bake in the oven for 30-40 minutes until golden brown and piping hot in the centre.
- ✓ Cut into equal slices, serve and enjoy!

One of our lovingly created Kindred Recipes!

Spanish Omelette

Ingredients

(Based on Family of 4)

- ✓ 4 Eggs
- ✓ 70g Grated cheese
- ✓ Sprinkle of black pepper
- ✓ ½ Onion, diced
- ✓ 170g Potatoes

Method

- ✓ Chop the potatoes into slices and part-boil for 10 minutes.
- ✓ Whisk the eggs, black pepper and diced onions until frothy and add the cheese.
- ✓ Layer a baking tray with the boiled potatoes and add the whisked egg mix.
- ✓ Bake in the oven until cooked.
- ✓ Serve and enjoy!

One of our lovingly created Kindred Recipes!

Sweet & Sour Chicken/Quorn with Rice Noodles

Ingredients

(Based on Family of 4)

- ✓ 1 Medium pepper
- ✓ 1 Garlic clove
- ✓ 1 Spring onion
- ✓ 1 Onion
- ✓ 65g Baby sweetcorn
- ✓ 190g Rice noodles
- ✓ 1 Tablespoon vegetable oil
- ✓ 200g Chicken breast
- ✓ 230g Tinned pineapple
- ✓ 15g Tomato puree
- ✓ 1 Tablespoon vinegar
- ✓ 1 Teaspoon caster sugar
- ✓ 1 Tablespoon cornflour
- ✓ 10ml Water

Method

- ✓ De-seed the pepper and slice the spring onion, onion and baby sweetcorn.
- ✓ Boil the noodles according to the instructions.
- ✓ Cook the onions and peppers in a pan for 2-3 minutes.
- ✓ Add the pineapple chunks (reserve the juice), baby sweetcorn, spring onion and cook for another 2-3 minutes.
- ✓ Add the tomato puree with half the reserved pineapple juice, vinegar and sugar.
- ✓ Mix the cornflour with cold water and add to the sauce to thicken. Simmer for a few minutes.
- ✓ Serve on a bed of noodles and enjoy!

One of our lovingly created Kindred Recipes!

Vegetable Lasagne

Ingredients

(Based on Family of 4)

- ✓ 250g Assorted vegetables e.g. carrots, onions, celery, mushrooms, peppers, peas, sweetcorn, spinach and leeks
- ✓ 1 Garlic
- ✓ Oregano
- ✓ Basil
- ✓ 75g Lentils
- ✓ 6 Lasagne sheets
- ✓ 250ml Vegetable stock
- ✓ 315g Chopped tomatoes
- ✓ 35g Plain flour
- ✓ 35g Stork
- ✓ ½ Pint of milk
- ✓ 65g Grated cheese

Method

- ✓ Fry off the vegetables, then add herbs and fry a little more.
- ✓ Add the tomatoes, lentils and stock. Simmer until all the veg is cooked and the lentils have soaked up all the stock.
- ✓ To make the white sauce melt the stork, add the flour and mix thoroughly. Gradually add the milk over a low heat stirring continuously to make a creamy white sauce.
- ✓ Layer the lentil mixture with the lasagne sheets, topping with a layer of white sauce and cheese.
- ✓ Bake at 200 degrees for around 45 minutes.
- ✓ Serve and enjoy!

One of our lovingly created Kindred Recipes!

Vegetable Soup

Ingredients

(Based on Family of 4)

- ✓ 750g Raw vegetables
- ✓ 250g Potatoes
- ✓ 1 Vegetable stock

Method

- ✓ Boil the chopped vegetables and potatoes in the vegetable stock.
- ✓ Once boiled and reduced, whizz to correct thickness.
- ✓ Serve and enjoy!

One of our lovingly created Kindred Recipes!

Wholemeal Flatbread Pizza

Ingredients

(Based on Family of 4)

- ✓ 4 Flatbreads
- ✓ 125ml Passata
- ✓ 1 Tablespoon of oregano
- ✓ 75g Grated cheese

Method

- ✓ Pre-heat oven to 180 degrees.
- ✓ Cut each flatbread in half and place on a baking tray.
- ✓ Add basil and oregano to the passata and mix well.
- ✓ Top each flatbread with passata and then grated cheese.
- ✓ Bake in the oven for around 20-25 minutes until cheese is golden and bubbling.
- ✓ Serve and enjoy!