

Recipe of the week!

Issue 1

Hello and welcome to the first recipe of the week!

Each week I will be sharing an easy, quick, delicious meal that you can impress not only yourself with, but family and friends as well. All the recipes will be versatile, meaning if you don't like a certain herb or spice you can just leave it out or switch for another.

I'll be doing a mixture of meat, fish, vegetarian and the odd sweet treat as well - trying out new foods is great and keeps it interesting.

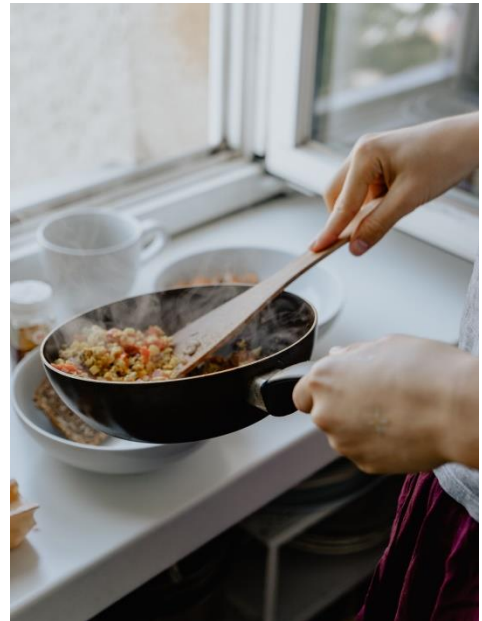
I'm also the kind of cook that likes minimal mess, so will try to keep the washing-up to a minimum as well.

If you have any special recipes yourself that you think others would enjoy please share them by emailing me on courtney.coleman@bridgesupport.org and I'll feature them in the next issue!

Cooking is a great skill that can be shared with thousands of different people and the list of recipes is never ending. You can create a new dish everyday of the week if you wanted to!

A little bit about me, before becoming a Tutor at the Recovery College, I went to college and studied professional cookery. I learned amazing skills and techniques, and the secrets to creating amazing meals just using simple ingredients and equipment.

And now, I want to share that experience you. Don't worry, if you have had no previous cooking experience, you don't need it! Just work



through the recipe at your own pace, double checking you have everything ready and the rest will follow.

If you do make these dishes it would be great to see how they turn out.

You can share these on the Recovery College Facebook page or by emailing them to me.

Happy Cooking!

1 tray medley!

For the first recipe I have chosen a 1 pot medley - meaning it has everything in it, your protein, carbohydrates and plenty of veg.

No matter what time of the year it important to try and get your 5 a day and in dishes like this that's no problem. Once, all the flavours are combined you can hardly tell there even in there.

So, what do you need, like I said a lot of this recipe will be versatile, so use whatever you have in your fridge or freezer.

I'm going to be using sausages; I do 2 per person, so however many you need to feed just times it by 2.

They can be meat ones or vegetarian ones, whatever you prefer. If you're using chicken, I'd suggest 1 breast per person, and if you're using a type of fish 1 piece per person.

If you're defrosting any of these main ingredients, please follow the instructions carefully on how to do so beforehand - a lot suggest a least 24 hours defrosting time in a fridge covered up.

The next ingredients are the carbohydrates and veg. I simply use potatoes – they're cheap and filling, and cook nicely if you have new potatoes or even tinned just drain them and there is no difference, if you're using fresh potatoes there is no need



peel them the skins have the fibre that we need.

Veg - When choosing veg there really isn't a rule. The best types for roasting are courgettes, onions, peppers, carrots, squash, broccoli, cauliflower or brussel-sprouts as these take the same amount of time as the potatoes, if you have frozen they will work as well just be sure to read the cooking time as they may not need as long.



The last ingredients you need are the dry ones so things like herbs and spices and oils.

For this you need salt & pepper, mixed herbs if you don't have mixed than any dry herbs you have will work as well, e.g. rosemary, thyme, oregano there all great flavours. Paprika this is optional but does give it a small kick if you like some heat, alternatively you can use some dried chilli flakes but not much you don't want your

mouth to be on fire, and finally some oil either vegetable, sunflower, rapeseed or olive oil, spray oils will work as well.

To prepare the dish first pre-heat the oven to 180c / gas mark 5 / 350 fan assisted. Pre heating the oven helps with cooking time.

Get your equipment ready you need a

- Peeler
- Knife
- Flat tray
- Chopping board



- Tablespoon
- Tea towel

Next prepare your veg, do this by washing and discarding any outer skins and top & bottoms of them. Chop your potatoes and whatever veg your using into medium size chunks not too small not too big.



Place them on a flat tray and add your salt & pepper (1 pinch) and dry ingredients roughly about a tablespoon of each. Make sure you really rub everything well so all the veg is covered this will help it not stick due to the oil.

Once that is done make sure they are spread across the tray evenly and then place your meat on top if your using fish or vegetable sausages check the cooking time as they may not need as long. If you using chicken add some herbs directly to the chicken to make it extra tasty, place on the middle shelf and leave for 20 minutes. After 20 minutes give everything a good mix ensuring nothing is sticking to the bottom, if your using frozen vegetables, fish or vegetarian sausages now is the time to add these in. Leave for another 20 minutes until the veg has a nice golden colour and your meat is cooked through and



is piping hot.

That's it, serve with some gravy, a sauce or whatever you think will work and enjoy. A simple 1 pot dish minimal washing-up and cooked in under an hour.

What's more, you know its nutritious and good for you, and you can be proud you have cooked it from scratch.

Next week where be looking at pasta.

All the best, Courtney.

