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# GoodFood

## Meals for one



THE UK'S MOST POPULAR  
Triple-tested by  
**GoodFood**  
magazine  
COOKERY MAGAZINE

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## About the Book

Easy, delicious recipes - designed especially for one!

Fuss-free dishes - tasty recipes for all occasions

Cook with confidence - colour photographs with every recipe

Eat well - full nutritional breakdown of each dish

Foolproof recipes - everything triple-tested by the team at Britain's best-selling cookery magazine

## About the Author

After graduating from Leith' School of Food and Wine, Cassie joined the Good Food cookery team. In her role as Assistant Food Editor, Cassie divides her time between the desk and the kitchen, writing and developing recipes for the magazine. She loves all types of cookery, and specialises in baking.

everyday

# GoodFood

## Meals for one

Editor Cassie Best



# Introduction

Whether you want a night in with some tasty food, speedy snacks to take in to work or an easy and delicious recipe to save in batches and eat for the week, this book is crammed full of exciting recipes perfect for single servings.

Often when cooking for one you find yourself with leftover food, which just gets wasted, but you can avoid this simply by adjusting your shopping habits. When buying fruit or vegetables, it is tempting to buy multi-packs which seem to be great value, but picking loose, individual items means you buy only what you need. You'll see that many of the recipes in this book specify using '1 small carrot' or '1 small pepper' to avoid waste. Many of the recipes also use shallots in place of onions, as one shallot is often the perfect amount for a single serving. It is also well worth making friends with your local butcher and fishmonger (or visiting the counters in your supermarket) where you can buy individual items.

Inevitably you will find that you need to buy bigger packets for certain recipes, but if so, remember the freezer is your friend! Lots of the recipes in this book can be easily doubled, or even quadrupled, and portions can be frozen for another day. Just remember to defrost thoroughly in the fridge overnight before reheating.

Cooking for one shouldn't be seen as a chore, instead we should embrace it as an opportunity to spoil ourselves and indulge in the things we love. Your husband doesn't like

fish? Well, put mackerel on the menu tonight! We all deserve to treat ourselves, so flick through to the 'Special suppers' chapter; all the recipes are simple, but special enough to make eating alone feel like a luxury, instead of a necessity.

*Cassie*

Cassie Best  
*Good Food* magazine

# Notes and conversion tables

## NOTES ON THE RECIPES

- Eggs are large in the UK and Australia and extra large in America unless stated otherwise.
- Wash fresh produce before preparation.
- Recipes contain nutritional analyses for 'sugar', which means the total sugar content including all natural sugars in the ingredients, unless otherwise stated.

## OVEN TEMPERATURES

Gas	°C	°C Fan	°F	Oven temp.
¼	110	90	225	Very cool
½	120	100	250	Very cool
1	140	120	275	Cool or slow
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

## APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been rounded up or down. Follow one set of measurements only; do not mix the two.
- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from ingredient to ingredient. Kitchen scales should be used to measure dry/solid ingredients.

*Good Food* are concerned about sustainable sourcing and animal welfare so where possible we use organic

ingredients, humanely reared meats, sustainably caught fish, free-range chickens and eggs and unrefined sugar.

## SPOON MEASURES

Spoon measurements are level unless otherwise specified.

- 1 teaspoon (tsp) = 5ml
- 1 tablespoon (tbsp) = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

## APPROXIMATE LIQUID CONVERSIONS

metric	imperial	AUS	US
50ml	2fl oz	¼ cup	¼ cup
125ml	4fl oz	½ cup	½ cup
175ml	6fl oz	¾ cup	¾ cup
225ml	8fl oz	1 cup	1 cup
300ml	10fl oz/½ pint	½ pint	1¼ cups
450ml	16fl oz	2 cups	2 cups/1 pint
600ml	20fl oz/1 pint	1 pint	2½ cups
1 litre	35fl oz/1¾ pints	1¾ pints	1 quart

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# Super green mackerel salad

*Packed with omega-3, vitamin C, iron, calcium, fibre and two of your 5-a-day, this superfood salad is not only incredibly good for you but tastes delicious too.*

## **TAKES 18 MINUTES • SERVES 1**

85g/3oz green beans, trimmed

85g/3oz thin-stemmed broccoli

large handful baby leaf spinach

2 hot-smoked mackerel fillets, skinned and flaked

2 tsp sunflower seeds, toasted

### **FOR THE DRESSING**

75g/2½ oz low-fat natural yogurt

1 tsp lemon juice

1 tsp wholegrain mustard

2 tsp dill leaves, chopped, plus extra to garnish

**1** Boil a pan of water. Add the green beans and cook for 2 minutes, then add the broccoli and cook for 2 minutes more. Drain, run under cold water until cool, then drain again well.

**2** To make the dressing, combine all the ingredients in a small jam jar with a twist of black pepper, put the lid on and give it a good shake.

**3** To serve, mix together the cooked veg with the spinach and mackerel, and pack into a lunchbox. Just before eating, pour over the dressing, scatter over the sunflower seeds and add a grind of black pepper and the extra dill.

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PER SERVING 425 kcals, protein 27g, carbs 12g, fat 30g, sat fat 6g, fibre 6g, sugar 10g, salt 2g



Super green mackerel salad

# Salt-beef club with Cajun fries

*An indulgent solo supper of a layered sandwich with sliced beef, creamy dressing and homemade chips.*

## **TAKES 35 MINUTES • SERVES 1**

1 big potato, cut into thin chips  
2 tsp olive oil  
½ tsp Cajun seasoning  
1 heaped tbsp mayonnaise  
1 tsp snipped chives  
1 tsp Dijon mustard  
3 slices white or brown bread, lightly toasted  
2 radishes, thinly sliced  
1 baby or ½ avocado, sliced  
2 slices salt beef  
couple Little Gem lettuce leaves

**1** Heat oven to 200C/180C fan/gas 6. Put the chips on a non-stick baking sheet, toss with the oil and Cajun seasoning, then spread out in a single layer. Pop in the oven and bake, turning once, for 20–25 minutes or until golden and crisp then season.

**2** Meanwhile, mix the mayonnaise, chives and mustard in a small bowl, and season. Spread the mix on to 2 of the toasted bread slices. Layer 1 of the spread slices with radishes and avocado. Put the other slice, spread-side up, on top and add the salt beef and lettuce. Top with the final slice.

**3** Cut up and secure with cocktail sticks, if you like, then serve alongside the fries.

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PER SERVING 825 kcals, protein 21g, carbs 63g, fat 54g, sat fat 10g, fibre 8g, sugar 6g, salt 2.6g



Salt-beef club with Cajun fries

# Sweet jacket potato with piri-piri prawns

*Swap your baked spud for the sweeter version which are packed with nutrients and taste delicious with these spicy pepper prawns.*

## **TAKES 55 MINUTES • SERVES 1**

1 large sweet potato  
2½ tsp olive oil  
1 garlic clove, crushed  
1 small red pointed pepper, deseeded and sliced into rings  
pinch chilli flakes  
½ tsp sweet paprika  
1 tbsp red wine vinegar  
1 tbsp tomato ketchup  
100g/4oz raw peeled king prawns  
few sprigs parsley, chopped  
2 tbsp light mayonnaise

**1** Heat oven to 200C/180C fan/gas 6. Put the sweet potato on a baking sheet, rub all over with a little of the oil and season with some salt. Bake for 45 minutes until really soft.

**2** Meanwhile, heat the remaining oil in a frying pan. Add the garlic and pepper, and cook for 2 minutes, making sure the garlic doesn't burn. Add the chilli flakes, half the paprika, the vinegar, ketchup, 1 tablespoon water and the prawns to the pan, then bubble for 2 minutes until the prawns are cooked through. Stir through most of the parsley, saving a little to sprinkle over at the end.

**3** Mix the remaining paprika into the mayonnaise. Once the potato is cooked, split it down the centre, pile in the prawn mixture and dollop the paprika mayo on top. Scatter over the remaining parsley and serve.

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PER SERVING 425 kcals, protein 22g, carbs 46g, fat 17g,  
sat fat 3g, fibre 9g, sugar 22g, salt 1.9g



Sweet jacket potato with piri-piri prawns

# Moroccan turkey salad

*Use up leftover roast meat in this healthy Moroccan-inspired salad.*

## **TAKES 35 MINUTES • SERVES 1**

2 tsp olive oil

1 small pitta bread

½ small aubergine, diced

1½ tsp harissa paste

75g/2½oz cherry tomatoes, halved

140g/5oz cooked chicken or turkey breast, shredded

handful rocket leaves

2 tbsp pomegranate seeds

a few mint leaves, to garnish

**1** Heat the olive oil in a pan, tear the pitta into pieces and fry in the oil until crisp. Tip into a bowl.

**2** Fry the aubergine in the same pan for 10-15 minutes until soft. Add to the pitta with the harissa, tomatoes, chicken or turkey and rocket. Toss well. Scatter over the pomegranate seeds and mint leaves, and serve.

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PER SERVING 360 kcals, protein 47g, carbs 22g, fat 9g, sat fat 2g, fibre 4g, sugar 6g, salt 0.6g



Moroccan turkey salad