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GoodFood

Easy weeknight suppers



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About the Book

Easy, nutritious meals that fit into a busy schedule!

- **Bursting with tempting options** - from old favourites to new ideas
- **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

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GoodFood

Easy weeknight
suppers

Editor Barney Desmazery



Introduction

Coming up with something new and inspiring to eat on a weeknight can be a challenge for even the most experienced of cooks, but now there's no need to worry because this little book has 101 answers for that dilemma.

At *Good Food* we are experts at devising meal solutions, and for this weeknight collection we've combined our favourite recipes that are quick to prepare, easy to follow and, like all our recipes, have been tested in our kitchens so we know they work first time.

The variety of ingredients now available to us in supermarkets has really grown in the last few years, so we've used that to our advantage and in this book you'll find a good balance of modern recipes alongside the firm family favourites that we all turn to for a bit of familiar comfort.

Eating healthily on weeknights is something that we all know we should be doing, so we've included recipes that have something to add to a healthy diet, be it recipes that contain lots of vegetables or ones that are low in fat, sugar or salt, or are simply good for you.

So now there is no excuse to be stuck in a weeknight meal rut, with this book by your side you will always have an answer to that daily question: what's for supper?

A handwritten signature in black ink that reads "Barney". The signature is written in a cursive style with a long horizontal stroke at the end.

Barney



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 is concerned about sustainable sourcing and animal welfare. Where possible humanely reared meats, sustainably caught fish (see fishonline.org for further information from the Marine Conservation Society) and free-range chickens and eggs are used when recipes are originally tested.

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 |

Big soups & salads

creamy lentil & spinach soup with bacon
courgette, feta & mint salad
hot & sour seafood fish soup
robb salad with buttermilk ranch dressing
caramelised onion & barley soup with cheese croutons
bean, ham & egg salad
spiced turkey with bulghar & pomegranate salad
crunchy cauliflower, apple & blue cheese salad
raw salad with orange, red onion & avocado
criddled chicken & corn on the cob salad
smoked haddock & white bean soup
spinach, bacon & white bean salad
broccoli & Stilton soup
Mexican salad with tortilla croutons
curried squash, lentil & coconut soup
spiced cauliflower with chickpeas, herbs & pine nuts

Creamy lentil & spinach soup with bacon

This filling main-meal soup can easily be made vegetarian by omitting the bacon at the end.

TAKE 1 HOUR • SERVES 4

2 tbsp olive oil, plus extra for frying
1 onion, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
40g/5oz green lentils
1.5 litres/2¾ pints weak vegetable stock
100g bag baby leaf spinach
2 tbsp double cream, plus a drizzle to garnish
rashers smoked streaky bacon

1 Put the oil, onions, carrots and celery in a large pan, and cook for about 10 minutes to soften.

2 Stir in the lentils and pour in the stock. Bring to the boil, then turn down and simmer for 30–35 minutes or until the lentils are soft, topping up with water if the mixture begins to dry out. Pop in the spinach and cook for a few minutes more, until wilted. With a hand blender or in a food processor blitz the soup until smooth, then stir through the cream and season.

3 Heat a little oil in a non-stick pan over a medium heat. Add the bacon and fry until crisp and golden. Reheat the soup and ladle into bowls, drizzle with a little extra cream and crumble over the crispy bacon.

PER SERVING 479 kcals, protein 18g, carbs 29g, fat 32g, sat fat 14g, fibre 8g, sugar 12g, salt 2.2g



Creamy lentil & spinach soup with bacon

Courgette, feta & mint salad

This quick no-cook salad delivers maximum flavour with minimal effort.

TAKE 10 MINUTES • SERVES 4

courgettes
100g bag rocket leaves
100g pack feta, crumbled
1 bunch mint, leaves picked
your favourite dressing, to drizzle

1 Slice the courgettes into long ribbons with a potato peeler.

2 Scatter the rocket over a large platter then scatter over the courgettes. Crumble over the feta and mint leaves, and drizzle on your favourite dressing.

PER SERVING 152 kcals, protein 10g, carbs 3.5g, fat 11g, sat fat 7g, fibre 1g, sugar 2.5g, salt 1.9g



Courgette, feta & mint salad

Hot & sour seafood fish soup

Even though this sounds exotic there is nothing in this recipe that you won't be able to find in most large supermarkets.

TAKE 45 MINUTES • SERVES 4

1 tsp coriander seeds
1 small piece ginger, sliced
500ml/1½ pints fish or chicken stock
75g/6oz thin rice noodles
2 tbsp fish sauce
2 red chillies, deseeded and thinly sliced
2 garlic cloves, thinly sliced
200g/10oz raw tiger prawns
200g/7oz skinless salmon fillet, cut into small cubes
2 spring onions, chopped
A handful coriander leaves and a handful mint leaves, torn
Use 2 limes

1 Put the coriander seeds and ginger in a pan. Pour in the stock, bring to the boil, then simmer gently for 5 minutes. Leave to stand for 10 minutes.

2 Meanwhile, cook the noodles according to the pack instructions and drain.

3 Return the stock to the boil. Add the fish sauce, chillies and garlic, reduce the heat and simmer for 2 minutes. Add the prawns and salmon, return to a simmer and cook gently for about 5 minutes until both are firm and cooked. Add the spring onions, herbs and lime juice, to taste.

4 Divide the noodles among four soup bowls. Using a slotted spoon, lift out the prawns and fish, and put them on

top of the noodles. Season the hot stock, then pour into the bowls and serve.

PER SERVING 322 kcals, protein 29g, carbs 39g, fat 7g, sat fat 1g, fibre 1g, sugar 1g, salt 3.46g



Hot & sour seafood fish soup

Cobb salad with buttermilk ranch dressing

If you can't find buttermilk for the dressing then soured cream or natural yogurt would be fine too.

TAKE 15 MINUTES • SERVES 2

Baby Gem lettuces, leaves separated
avocado, stoned and sliced
plum tomatoes, chopped
rashers cooked crispy bacon
40g/5oz cooked turkey breast or chicken, cut into bite-sized pieces
hard-boiled eggs, chopped into chunks

OR THE DRESSING

5ml/2½fl oz buttermilk
tbsp light mayonnaise
tbsp white wine vinegar
tbsp chopped dill
½ garlic clove, crushed

1 In a small bowl, whisk the dressing ingredients together with some salt until completely combined and set aside.

2 Neatly arrange the salad ingredients separately on two plates or one large platter to share, and serve with the dressing on the side.

PER SERVING 472 kcals, protein 43g, carbs 8g, fat 30g, sat fat 8g, fibre 4g, sugar 7g, salt 2.5g



Cobb salad with buttermilk ranch dressing

Caramelised onion & barley soup with cheese croutons

This classic onion soup is made all the more wholesome with the clever addition of nutritiously filling barley.

TAKE 45 MINUTES • SERVES 2

2 tbsp olive oil
2 medium onions, thinly sliced
2 garlic cloves, thinly sliced
2 thyme sprigs, chopped
1 good pinch sugar
1000ml/18fl oz vegetable stock
100g/2½oz barley
100g/2½oz kale, thick stalks discarded and leaves sliced
slices baguette, toasted
2 tbsp grated cheese, like Gruyère or Cheddar

1 Heat the oil in a pan, then add the onions, garlic, thyme, sugar and a good pinch of salt. Cook on a medium - low heat for 15-20 minutes or until golden. Add the stock and simmer for a further 10 minutes.

2 In a separate large pan of salted boiling water, cook the barley for 15 minutes, adding the kale for the final 3 minutes of cooking. Drain and rinse under cold water, then add to the soup and warm through.

3 Heat the grill. Top the toasted bread with cheese and put under the grill until it's bubbly and melted. Serve the soup in two large bowls with the cheesy croutons on top.

PER SERVING 434 kcals, protein 15g, carbs 59g, fat 15g, sat fat 5g, fibre 6g, sugar 13g, salt 1.4g