

Air Fryer Turkey Meatballs

Ingredients

- 400g turkey mince
- 25g fresh white breadcrumbs
- 2 garlic cloves crushed
- 2 tsp olive oil
- 1 onion chopped
- 1 carrot, diced
- mixed herbs
- salt and pepper
- tin of tomatoes
- garlic
- tomato purée
- sugar
- parmesan cheese (optional)
- spaghetti



Method

Put the mince in a mixing bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Using your hands, shape the mixture into 12 balls, then chill for 10 mins.

Meanwhile, heat 1 tbsp oil in a pan. Add the onion, carrot and remaining garlic. Cook for 5-6 mins until softened. Tip in the tomatoes with half a can of water, then stir in the tomato purée. Season and simmer for 15 mins until thickened. Using an electric hand blender, whizz until roughly smooth. Add sugar to taste.

Preheat the air fryer to 200c. Spray the air fryer with oil. Place the meatballs in the air fryer for 8-10 mins until cooked through. Transfer to the sauce and simmer until piping hot. Serve with spaghetti. Sprinkle with parmesan cheese (optional).

Cheese, Onion & Potato Bake

Ingredients

- 650g potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 40g butter (plus a little extra for greasing)
- 1 rounded tablespoon plain flour
- 400ml milk
- 75g strong cheddar cheese, grated
- salt & pepper

You will also need a baking dish

Method

Turn on the oven to Gas 5 / 190°C / Fan 170°C

First, the potatoes and onions both need to be thinly sliced.

In a saucepan gently melt the butter (do not allow it to brown) then add the plain flour, stirring to make a smooth paste (called a roux).

Allow the roux to cook very gently for about 1 minute then start to add the milk slowly, stirring well between each addition. Keep adding small amounts of milk and stirring well until all of the milk has been incorporated and you have a smooth sauce.

Next stir the grated cheese into the sauce, stirring well until it has all melted. The consistency we are looking for is slightly thicker than milk but not as thick as double cream so if the sauce is still a little thick, add some more milk.

Taste the sauce and add salt and pepper to taste.

Take the dish you wish to use and grease it quite generously with butter.

Put 1/3rd of the potatoes in a layer into the bottom of the dish and add 1/2 of the onions.

Sprinkle over a little salt to season the potatoes then spoon over slightly less than 1/4 of the cheese sauce.





Cheese Onion Potato Bake (continued)

On top of this add another layer of potatoes, using half of the remaining potatoes, followed by the rest of the onions and a little more of the cheese sauce. Season with a little salt.

Finally add the rest of the potatoes (and a little salt) then pour over the remaining cheese sauce, making sure that all of the potato is coated.

Bake in the middle of the oven for around 1 – 1½ hours or until cooked through. Test with a fork to make sure that the potatoes are cooked all the way through and that they are nice and soft.

If the top is browning too quickly, cover loosely with foil.

Homemade Sausage Rolls

Ingredients

- 375g all-butter puff pastry
- 400g sausagemeat or sausages, skins removed
- choice of chutneys, pickles or apple sauce
- 1 egg beaten



Method

Roll out the pastry to a 35 x 30cm rectangle on a surface lightly dusted with flour. Trim the edges neatly, then cut in half lengthways to form two long strips. Spread with a thin layer of the apple sauce, pickle or chutney, leaving a border along the edges.

Tip the sausagemeat into a large bowl, add 3 tbsp cold water and squash together. Divide the mixture in two and mould each half into a cylindrical shape.

Put each portion of meat into the middle of a pastry strip, leaving a border at either side.

Brush the pastry border and the top of the sausage mix with the beaten egg.

Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together.

Cut the sausage rolls into 5cm lengths and arrange on a lined baking tray. Chill for 20 mins. Heat oven to 200C/180C fan/gas 6. Brush the sausage rolls with the rest of the beaten egg.

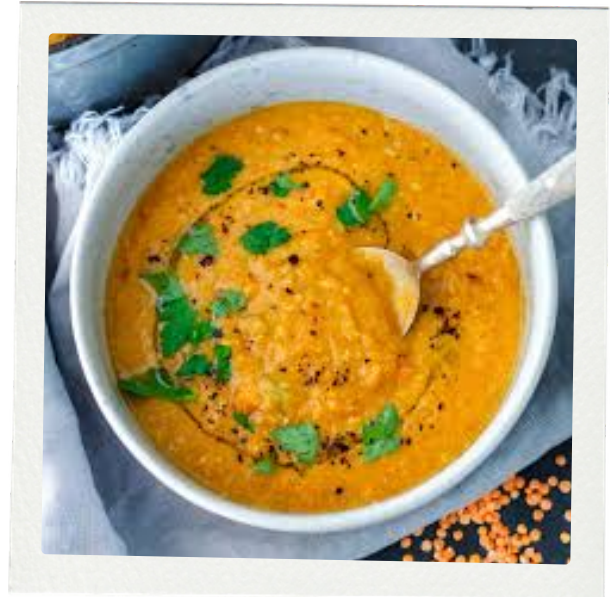
Bake for 30-35 mins until the pastry is deep golden. Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.

Can be made a day ahead or frozen for up to one month. To bake from frozen, add an extra 10 mins to the cooking time.

Lentil Soup

Ingredients

- 2 carrots
- ½ neep
- 1 leek
- 1 onion
- 2 cups red lentils
- vegetable stock
- fresh parsley
- salt and pepper to taste



Method

Chop the veg. Sauté the onions in a pan. Add the chopped veg.

Cover with stock and simmer for 20 minutes.

Add the lentils and simmer for 30 minutes

Season with salt and pepper and add chopped parsley

You can serve the soup chunky or use a hand blender to make a smooth soup.

Roasted Root Vegetables with Chicken Thighs

Ingredients

- 4 chicken thighs
- ½ neep, peeled
- 2 large carrots, peeled
- 2 parsnips, peeled
- new potatoes
- 1 red onion
- 2 leeks
- 1 raw beetroot, peeled
- garlic
- 2 tbsp olive oil
- mixed herbs
- few sprigs fresh thyme
- salt and pepper



Method

Heat the oven to 220C/425F/Gas 7 or use an air fryer (see table below).

Cut the vegetables into chunks approximately the same size.

Toss all the vegetables with the olive oil and put into a large roasting tin. Top with the thyme sprigs.

Coat the chicken thighs in oil, mixed herbs, salt and pepper and place on top of the vegetables.

Bake in the oven until tender, about 40-50 minutes (or cook in an Air Fryer, see below).

Air Fryer Oven

Temperature : 200c 220C

Time: 35mins* 40-50mins*

***check the juices are running clear and the meat is cooked (no pink remaining)**

Tattie and Leek Soup

Ingredients

- 50g butter
- 4-5 potatoes, cut into chunks
- 1 small onion, cut the same size as the potatoes
- 3 leeks sliced (washed and chopped)
- 850ml-1.2litres/1.5-2pts light chicken or vegetable stock
- 25ml full-fat milk
- double cream
- salt and pepper to taste



Method

Melt butter in a saucepan. When it foams, the chopped onions and leeks.

Add the stock and potatoes. Simmer for 15-20 minutes until the potatoes are soft.

Purée in using a hand blender or blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return the soup to a clean pan and stir in three quarters of a 142ml carton of cream and 125ml full-fat milk.

Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking), then pour into warmed bowls.

Vegetable Curry and Rice

Ingredients

- 2 medium potatoes cut into chunks
- 1 sweet potato cut into chunks
- ¼ neep cut into chunks
- 1 large carrot, peeled and sliced diagonally
- ½ cauliflower cut into small florets and halved
- 3 tbsp vegetable oil
- 1 large onion, coarsely grated or very finely chopped
- 2 garlic cloves
- chilli (optional)
- 1 tbsp medium curry powder
- 1 x 227g tin chopped tomatoes
- 1 tin of chickpeas
- 300ml/10fl oz vegetable or chicken stock
- rice



Method

Half-fill a saucepan with cold water and add the potatoes, sweet potatoes, neep and carrots. Bring to the boil and cook for 8 minutes.

Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.

Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and garlic and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly.

Sprinkle over the curry powder and cook for 30 seconds more, stirring (add chilli at this stage if you wish).

Add the tomatoes and drained chickpeas to the onions and garlic and cook for 2–3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.

Serve with boiled rice.

Winter Vegetable Soup

Ingredients

- 2-4 carrots
- 2 leeks
- 2-4 parsnips
- 1-2 onions
- 1 neeps (swede)
- 2 vegetable or chicken stock cubes
- 1 pint of milk
- salt and pepper
- any herbs you wish to taste



Method

Chop the veg. Sauté the onions in a pan. Add the chopped veg.

Cover with stock and simmer for 20 minutes.

Add the milk.

Season with salt and pepper and add chopped parsley or other herbs.

You can serve the soup chunky or use a hand blender to make a smooth soup.