

## Freezer Essential Recipe Booklet

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### Indian Sausage Parcel



Serves 6

1 tbsp sunflower oil  
½ tsp cumin seeds  
1 onion, finely chopped  
Piece of ginger, peeled and grated  
1 green chilli, deseeded and chopped  
225g leftover cooked potato  
180g frozen peas  
1 tsp ground coriander  
½ tsp garam masala  
¼ tsp chilli powder  
50g pinenuts  
A handful of coriander leaves  
250g ready rolled puff or shortcrust pastry  
Beaten egg or milk for brushing  
Salt and pepper to taste  
Minty yoghurt dip to accompany

Samosa is one of the most popular Indian savoury snacks. Although easy, they are rather fiddly to make individually so in this recipe you still get the flavour but it is made a whole lot easier by cooking it in one long sausage roll. Pile in any leftover cooked vegetables that you have in the fridge. This is lovely served with minty yoghurt dip.

Cook time 25-30 min  
Prep time 50 min, plus chilling



1. Heat oil in a frying pan and add the cumin, wait until they splutter. Add onion, ginger and green chillies and fry until the onions are golden brown.
2. Add the cooked potatoes, peas and remaining spices, pinenuts and stir well over a medium heat until they are quite mashy and the mixture begins to stick together. Taste and adjust spices if necessary. Turn heat off and allow to cool completely. Add the coriander leaves.
3. Preheat the oven to 200°C (400°F) mark 6. Lay the ready rolled pastry on a lightly floured work surface. Roll out the pastry so it is a little thinner and cut the oblong in two lengthways.
4. Put the samosa filling in the centre of each piece of pastry, along its entire length. Brush the edges of the pastry with a little milk or beaten egg and fold one edge

- over the samosa filling followed by the other side to create two long sausage rolls. Turn over so the seal is at the bottom and then lift onto a baking sheet.
5. With a sharp knife make indentations along the top and lightly brush with egg. Chill for 30 minutes, then preheat a second baking sheet in the oven for 5 minutes. Cook the parcels on top of the hot baking sheet and cook for 23-30 minutes until golden brown. Allow to cool for 5 minutes before slicing and serving.

To freeze: Complete the recipe up to the end of step 4. Wrap, label and freeze for up to 3 months.

To use: Defrost overnight and then complete the recipe.

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## Loaded Potato Wedges



All the hard work is done for you here, just scatter the wedges with leftover cheese and strips of bacon, salami or ham. Try a drizzle of pesto or chilli sauce and serve them with a platter of cold meats, salad and any pickles from the cupboard.

Prep time 10 min  
Cook time 20 -25min

Serves 4-6

750g packet frozen potato wedges  
150g grated hard cheese  
6-8 slices unsmoked bacon, chopped into small pieces  
4 medium spring onions, finely chopped  
Jalapeno peppers, finely sliced

1. Preheat the oven to 200C (400°F) mark.
2. Lay the potato wedges onto a baking tray. Sprinkle over the grated cheese and bacon and bake in the oven until cheese is melted and bacon cooked.
3. Sprinkle with green onions and jalapeños serve hot on their own or with cold meats and green salad.

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## Garlic Veggies on Toast



Instead of being seduced by a new recipe and then rushing out to get the ingredients, look at what you have at hand and use your imagination. Most veggies can be given a second life as in this recipe which is a great for a light lunch or supper.

Prep time 20 min  
Cook time 30 min

Serves 4

8 individual garlic bread slices

About 900g total weight of pepper, courgette, aubergine, cut into slices and seeds discarded

175g cheese like cubed mozzarella or grated hard cheese is fine

Torn basil leaves

2-3 tablespoons red wine vinegar

125g cherry tomatoes or tomatoes cut into small rough pieces

1. Preheat the grill. Divide all the vegetables except the tomatoes on two roasting tins, season with salt pepper and place under a hot grill, turning once until just tender and golden brown.
2. Toss grilled vegetables with tomatoes, cheese, basil and vinegar in a bowl.
3. Grill the frozen garlic bread slices on both sides until golden brown, mound the vegetable onto each garlic bread slice and flash under the grill for a few minutes to reheat, serve immediately

## Spicy Pepper and Sausage Pasta Sauce



This is a useful basic recipe that the kids will love and takes no time to cook. You could bulk it out with more veggies such as carrots, baked beans, broccoli florets, chopped green beans or peas, depending on what you have in the house. To make a more adult version use some good Italian sausages that have been taken out of the casing.

Prep time 15 min  
Cook time 30 min

Serves 6

500g sausage meat  
2 tbsp olive oil  
1 onion, peeled and chopped  
1 red pepper, seed removed and finely chopped  
1 yellow pepper, seeds remove and finely chopped  
3 garlic cloves, peeled and crushed  
1 tsp chilli powder  
1 tbsp tomato paste  
2 x 400ml tin chopped tomatoes  
Handful of basil leaves roughly chopped  
Salt and ground black pepper  
50g grated hard cheese  
600g dried pasta  
Chopped parsley to serve  
Green salad and garlic bread to accompany

1. In a frying pan, add the sausage and stir fry over a medium heat until golden in colour. Break up with a wooden spoon into small pieces whilst it is cooking. Tip the sausage onto a plate covered in kitchen roll to drain off excess fat.
2. In the same pan, add the olive oil and cook the onion and pepper until the onions are translucent and the peppers tender and slightly brown. Lastly add the garlic, tomato paste and chilli and stir fry for 1 minute.
3. Add the chopped tomatoes and return the browned sausage to the pan, bring to the boil, reduce the heat and cover and cook for 10 minutes. The sauce should be quite soupy, if it seems a bit thick add a little water or red wine (adults only). Cook the pasta according to packet instructions whilst the sauce is cooking. Just before serving, add the basil and grated cheese to the sauce and taste and season if necessary.
4. Mix together with the drained pasta, serve in bowls with chopped parsley and accompany with a green salad and garlic bread slices.



## Easy Spanish Paella



Paella is a great vehicle for using up any leftover cooked meat or sausage that you've got in your fridge. The saffron spice gives this dish a wonderful authentic flavour and 'mellow yellow' colour.

Prep time 20 min  
Cook time 20 min

Serves 4

1 tbsp oil  
1 onion, finely chopped  
Pinch of saffron threads (optional)  
1 clove garlic, peeled and crushed  
1 red pepper, deseeded and chopped  
1 yellow pepper, deseeded and chopped  
200g long grain or risotto rice  
250ml white wine  
500ml chicken stock

350g pack mixed seafood, frozen  
Leftover cooked meat such as chicken or pork  
About 2 spicy cooked sausages such as merguez or chorizo, sliced  
125g frozen peas  
Salt  
Ground black pepper

1. Heat the olive oil in a large frying pan, add the onion and cook gently for 5 minutes. Meanwhile soak the saffron in 2 tbsp hot water, if using.
2. Add the peppers, garlic and cook for 3-4 minutes.
3. Stir in the rice, wine, hot stock, saffron mixture and seasoning. Bring to the boil and simmer, stirring occasionally until almost all the liquid has disappeared, add the seafood, leftover meat and spicy sausage, cover, turn the heat down and simmer for 5 min, taking the lid off every few minutes to give it a stir.
4. Add the peas and cook for a further few minutes until the liquid has evaporated. Season and serve immediately.

### Cook's Note

- As rice is relatively cheap, it is easy to get in the habit of throwing too much into the pot. Your standard tea mug is a handy tool for measuring uncooked rice. A full cup of rice will feed 4 adults and 1/4 mug feeds 1 adult.

## Quick Chilli Con Carne



When cooking a mince dish like this one it makes sense to double up and freeze a second meal for another day. If you buy mince that is specifically sold as a frozen product, you can cook it straight from frozen, otherwise defrost overnight in the fridge or if you are after a speedy supper, defrost in the microwave. Serve this chilli with all the accompaniments; guacamole, sour cream, grated cheese, jalapeño chillies and tortilla chips.



Prep time 15 min  
Cook time 50 min

Serves 4-6

2 tablespoons olive oil, for frying  
1 onion, finely chopped  
2 garlic cloves, crushed  
1 ½ tbsp tomato puree  
1 tbsp dried chilli flakes  
500g frozen beef mince  
1 tsp each ground coriander and ground cumin  
1 x 400g can chopped tomatoes  
1 x 400g tins red kidney beans, drained and rinsed  
400ml meat stock, beef, lamb or chicken are best  
1 cinnamon stick

1. Heat the oil in a large saucepan and cook the onions with the garlic, chilli, spices and tomato puree for 5- 10 minutes.
2. Add the mince and cook over a high heat, stirring until all the meat changes colour and there are no lumps, bubble until the meat begins to catch.
3. Add the tinned tomatoes bring to the boil and leave to cook down for about 5 minutes.
4. Pour in the meat stock and kidney beans, drop in the cinnamon stick and bring to the boil. Stir and turn heat down, cover and simmer for 30 minutes, stirring occasionally. Remove the cinnamon stick, taste, season and serve.

To freeze: Complete the recipe up to the end of step 4. Cool, put into an airtight container, label and freeze for up to 3 months.

To use: Defrost overnight in the fridge. Simmer the chilli in a pan on the hob until piping hot.

## Crispy Chicken Skewers



This kid's favourite uses a crispy coating made from leftover cheese and breadcrumbs made from slightly old bread. Serve with potato wedges or baked potatoes, carrots and cucumber sticks.

Prep time 25 min  
Cook time 15 min

Serves 4

75g slightly stale bread  
40g leftover cheese, crumbled or grated  
Salt and ground black pepper  
12 chicken fillets or 4 skinless chicken breasts, cut into long strips, defrosted

### For the mayonnaise dip;

6 tbsp mayonnaise  
2 garlic cloves, peeled and crushed  
3 tbsp fresh chopped herbs, such as basil, tarragon, parsley  
1 tbsp oil  
1 lemon, cut into wedges

1. Soak bamboo skewers in a shallow tray for about 15 minutes.
2. Put the bread in a food processor and process to crumbs. Transfer to a bowl, stir in the cheese and season.
3. Mix the mayonnaise, garlic, herbs and seasoning in a bowl. Put the chicken into a bowl and use 4 tbsp of mayonnaise mixture to coat the chicken pieces. Save the remainder of the sauce for dipping.
4. Weave the chicken onto bamboo sticks and toss into the bread crumb and cheese mixture. Place onto a non-stick baking sheet and drizzle with oil.
5. Cook under a preheated hot grill for 4-5 minutes on each side. Serve with the remaining mayonnaise and lemon wedges.

### Cooks Note

- These could be made without the bamboo skewer, but threading the chicken onto skewers makes them easier to handle when cooking. It's a good idea to soak the bamboo skewers for 15 minutes in water before grilling, to prevent burning.
- Keep breadcrumbs in the freezer in bags, they can be used straight from the freezer for toppings, coating fish cakes and adding to stuffing.