

# 15 Minute Meals

30+ fresh new ideas that prove you can make awesome food from scratch with everyday ingredients even if you're short on time.



RecipeTin *Eats*

[www.recipetineats.com](http://www.recipetineats.com)



Hi, I'm Nagi!

I believe you can make great, fresh food even if you are short on time and on a budget.

I'm the author and photographer of RecipeTin Eats, a food blog with exciting new ideas for fast meals made with everyday ingredients.

This is a collection of recipes that reflects my philosophy on food and cooking. They are **COST CONSCIOUS** and use **CLEVER SHORTCUTS** so you can get **FRESH HEALTHY** meals on the table in 15 minutes. My recipes are always made **FROM SCRATCH** - I don't believe in cooking with canned soup or store bought packet mixes.

Most of these recipes can be found on my blog, but some are exclusive to this e-cookbook. For more great recipe ideas, please visit my blog [www.recipetineats.com](http://www.recipetineats.com).

Nagi xx

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Some recipes are slightly abbreviated for the purpose of this e-cookbook. For the full recipes, please visit [www.recipetineats.com](http://www.recipetineats.com).

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# No Washing Up Ham, Egg and Cheese Bread Bowls

Prep 5 min | Cook 10 min | Servings 4

4 bread rolls (soft or crusty (lunch size, not small dinner rolls)  
4 small slices of ham, or 2 big ones cut in half  
4 eggs  
½ cup shredded mozzarella cheese  
1 tbsp fresh parsley, finely chopped (optional)

1. Preheat oven to 180C/350F.
2. Cut the tops off the bread rolls. Scoop out the centre and reserve for other use.
3. Line the bread bowl with a layer of ham. Try to use one whole piece if you can because then there is less chance of egg seeping through and being soaked up by the bread.
4. Crack in an egg. Top each with 2 tbsp of mozzarella cheese and a sprinkle of parsley (optional).
5. Put the top back on each roll. Wrap with foil and place in oven to bake for 10 to 15 minutes, to your liking (check at 10 minutes).
6. Remove from oven, unwrap and serve immediately.

## Notes

1. Ham cannot be substituted with bacon as it isn't pliable enough.
2. These can be assembled in advance then baked when required.

***Perfect for feeding an army. You can make ahead, eat it with your hands, and there's no washing up at all!***



<http://www.recipetineats.com/no-washing-up-ham-egg-cheese-bread-bowl/>

# Giant Pancakes With Strawberries

Prep 5 min | Cook 10 min | Servings 4

2½ cups plain flour \*  
5 tsp baking powder \*  
3 tbsp sugar  
½ tsp salt  
1 tsp vanilla essence  
1 egg  
2 cups + 2 tbsp milk  
1 tsp butter

**To Serve**  
Sliced strawberries  
Maple syrup  
Icing sugar

\* You can substitute with 2 ½ cups + 1 tbsp self raising flour

1. Combine flour, baking powder, sugar and salt in a bowl and mix briefly with a whisk to combine. Add vanilla essence, egg and milk. Whisk until lump free.
2. Heat butter in non stick pan (25cm/10" diameter) over medium high heat. Use a paper towel to wipe the butter of the pan thoroughly.
3. Pour half the batter in the pan and swirl around to evenly cover the base of the pan.
4. Cook until lots of bubbles appear on the surface. Lift up the edge and peer underneath - if it is golden, it is ready to flip. About 2 minutes.
5. Flip the pancake and cook the other side for 1½ to 2 minutes. The other side will not take as long to cook.
6. Remove from pan and repeat with remaining batter. You will not need to put butter in the pan again.
7. To serve (optional) - top with slices of strawberries and a sprinkling of icing sugar with maple syrup on the side.

***This is how you make pancakes for 4 people in 15 minutes.***



<http://www.recipetineats.com/giant-pancakes-strawberries/>

# Mushroom Bruschetta With Balsamic & Thyme

Prep 5 min | Cook 5 min | Servings 2

400g mushrooms\*

3 tbsp olive oil

2 tbsp balsamic vinegar

1 tsp sugar

1 tbsp thyme leaves

Salt and pepper

Half clove of garlic, unpeeled

4 slices bread

Extra olive oil, for drizzling

\* I used button, but you can use any mushrooms you want

1. Heat oil in large fry pan/skillet over high heat.
2. Slice the mushrooms into ¼"/0.5cm slices.
3. Toss into pan and sauté quickly, about a minute or two.
4. Add the balsamic and sprinkle sugar over, then stir for another 30 seconds or so to let the balsamic and sugar caramelize.
5. Add thyme and season with salt and pepper.
6. Toast the bread and rub each piece lightly with garlic.
7. Pile on the mushroom and serve immediately, drizzled with extra olive oil (if you want).

***This is one of those quick fix bites that is great for breakfast, lunch or dinner.***



<http://www.recipetineats.com/mushroom-bruschetta-balsamic-thyme/>

## Baked Eggs With Spinach

Prep 5 min | Cook 10 min | Servings 1

2 handfuls spinach leaves  
2 eggs  
3 tbsp grated melting cheese  
2 tbsp cream  
Salt and pepper

1. Preheat the oven to 350F/180C.
2. In a non stick pan over high heat, quickly fry the spinach leaves until they are wilted - this literally takes 30 seconds.
3. Place the spinach in a ramekin, sprinkle with 1tbsp cheese, salt and pepper.
4. Crack in the eggs and make sure they cover all the spinach (so the cream sits on the eggs and don't leak into the spinach).
5. Pour over the cream, season with salt and pepper, then sprinkle with the remaining 2 tbsp of cheese.
6. Baking time - 5 to 8 minutes, depending on your oven. You want the whites just set so the yolks are still runny. And remember, it will continue to cook after taking it out of the oven, so you really do want to take it out of the oven when the whites are just set - they will cook through slightly more when resting.

***The secret to great baked eggs is to cover the eggs with a drizzle of cream....and cheese always helps!***



<http://www.recipetineats.com/baked-eggs-spinach/>

## Parmesan French Toast

**Prep** 2 min | **Cook** 4 min | **Servings** 2

4 slices slightly stale sandwich bread or 8 slices French stick	1 tbsp fresh chopped parsley (optional)
3 large eggs (or 4 small eggs)	Pinch of salt
½ cup milk (or cream)	Pepper
¼ cup grated parmesan cheese	1 tbsp butter

1. Place butter in large pan over high heat.
2. Lightly whisk eggs, milk, parmesan, parsley, salt and pepper.
3. Dredge bread into egg mixture, shake off excess, then place into pan. If your pan is large enough, cook all 4 pieces at the same time.
4. Scrape any remaining cheese at the bottom to the egg mixture bowl onto the bread in the pan.
5. Cook each side until golden - 1 to 2 minutes.
6. Eat immediately, while warm!

***This savoury take on the classic french toast has an awesome golden, crunchy, cheesy crust.***



<http://www.recipetineats.com/parmesan-french-toast/>

# Cinnamon French Toast Sticks

Prep 5 min | Cook 10 min | Servings 2 - 3

4 thick slices stale white bread\*  
1½ tbsp butter  
2 eggs  
¼ cup milk  
Salt

¼ cup sugar  
½ tsp cinnamon powder  
Maple syrup to serve (optional)

\* It is best to use a loaf so you can cut thick slices as the thicker the sticks are (and the staler the bread is), the stiffer they are (ie. they won't flop when picked up using fingers).

1. Cut each slice into 4 sticks. (Remove the crust if you want - this is optional)
2. Combine the eggs, milk and a pinch of salt in a bowl large enough to roll the bread sticks in.
3. Combine the cinnamon and sugar on a plate.
4. Heat half the butter in a large pan over medium high heat.
5. Roll the sticks in the egg mixture quickly (do not soak them), shake off excess and place in pan. In my pan I can fit 8 sticks so I cook them in 2 batches.
6. Turn to cook each side until golden.
7. Immediately transfer to the plate with the cinnamon sugar and roll to coat. It's important to do this quickly while they are hot straight out of the pan so it sticks.
8. Serve immediately with maple syrup to dunk the sticks in.

***French Toast you can eat with your fingers and tastes like cinnamon doughnuts!***



<http://www.recipetineats.com/cinnamon-french-toast-sticks/>



# Apple French Toast

Prep 5 min | Cook 10 min | Servings 2

## Cinnamon Apples

2 small red apples, or 1 large red apple

¼ cup white sugar

¼ tsp cinnamon

1½ tbsp butter

2 tbsp water

## French Toast

4 slices white bread, preferably slightly stale

2 eggs

¼ cup milk

2 tbsp butter

1 pinch salt

1. Put the sugar, butter and cinnamon in a small saucepan over medium high heat.
2. Meanwhile, cut the apple into ¼" / 7mm thick wedges, leaving the skin on.
3. Add the apple and water to the saucepan - it doesn't matter if the butter/sugar hasn't completely melted yet.
4. Stir gently every now and let it simmer away until the apples have slightly softened and the syrup turns into a maple syrup consistency. Remove from heat and set aside.
5. While the sauce is simmering away, whisk together the egg, milk, butter and salt into a bowl.
6. Melt half the butter in a large pan over medium high heat (or all if you are cooking them in a large pan that will fit all 4 pieces of bread).
7. Submerge each bread into the mixture, then remove, allowing the excess egg to drip off. Don't soak the bread in the egg mixture, you don't want it to be completely soaked through, just coated.
8. Place in pan and cook until golden brown on each side - about 1½ minutes.
9. To serve, place french toast on a plate and top with the apple mixture, spooning over the syrup.



<http://www.recipetineats.com/fast-french-toast-cinnamon-apples/>

# Sticky Pantry Chicken

Prep 5 min | Cook 10 min | Servings 4 - 6

## Chicken and Glaze

6 chicken thigh fillets (1.5-2lb / 750g-1kg)

½ cup ketchup or tomato sauce

2 tbsp soy sauce

2 tbsp dijon or American mustard

2 tbsp hot sauce (any, optional)

2 tbsp vinegar (any)

½ tbsp brown sugar

2 garlic cloves, crushed

½ cup water

1 tbsp oil (for frying)

## Rice and Broccolini

2 cups rice

3 cups water

2 bunches broccolini

1 tbsp flaked almonds (optional)

1. Combine the rice and water in a pot, bring to boil then turn down to simmer until the water is absorbed (6 - 8 minutes).
2. Remove rice from heat, place broccolini in the pot on top of the rice, put lid back on and leave for the rice to rest for 5 minutes and the residual heat to steam the broccolini.
3. While the rice is cooking, combine the chicken marinade ingredients.
4. Heat the oil in a large pan over medium high heat, quickly dip each piece of chicken into the marinade, shaking off the excess, then place in the pan.
5. Cook the first side for 2 to 3 minutes, until it caramelises and is dark golden, then turn and cook the other side for 2 to 3 minutes.
6. Remove the chicken from the pan, add the remaining marinade with an extra ½ cup of water.
7. Bring to rapid simmer, stirring occasionally, scraping the bottom of the pan to get all the brown bits stuck to the bottom of the pan.
8. When the sauce has thickened (around 1 to 2 minutes), remove from heat, return the chicken to the pan to coat in the sauce.
9. To serve, place rice on a plate, top with chicken and broccolini on the side. Garnish broccolini with flaked almonds if you wish.



<http://www.recipetineats.com/sticky-pantry-chicken-rice-broccolini/>

# Mexican Fried Rice

Prep 10 min | Cook 5 min | Servings 2-3

1 tbsp olive oil  
1 large garlic clove, minced  
1 onion, diced (white or brown)  
½ red bell pepper / capsicum,  
diced (about 1 cup)  
1 cup tinned black beans  
1 cup tinned corn kernels \*  
4 cups cooked rice  
Optional: 1½ cups protein  
(chicken, pork, beef), shredded

## Sauce

6 tbsp enchilada sauce  
2 tbsp water  
½ tsp cumin  
¼ tsp chilli powder (or to taste)  
½ tsp paprika  
1 tsp salt  
Black pepper

\* You could also use frozen corn

1. Combine the Sauce ingredients in a small bowl and mix.
2. Heat the oil in a pan over high heat. Add garlic and cook for 10 seconds until fragrant.
3. Add the onion and bell pepper and cook until the onion becomes translucent - about 2 minutes.
4. If you are using uncooked protein, add it and sauté until just cooked through.
5. Add the black beans and corn. If you are using cooked proteins (like shredded cooked chicken) add it at the same time. Cook for 1 minute just to heat through.
6. Add the rice and Sauce and stir quickly to coat the rice evenly.
7. Check seasoning and add more salt if you require it. Amount of salt required depends on the saltiness of the enchilada sauce you are using.
8. Season with black pepper and serve immediately.

***Enchilada sauce is the secret to this super fast tasty meal!***



<http://www.recipetineats.com/mexican-fried-rice/>

# Miso Glazed Japanese Eggplant

Prep 5 min | Cook 10 min | Servings 4 - 6

6 Japanese eggplants, halved **Miso Glaze**

lengthwise ¼ cup white miso\* ("Shiro Miso")  
3 tbsp canola oil (or vegetable oil) 2 tbsp Mirin  
1 tbsp Sake (Japanese cooking wine)  
**Garnish** 1 tbsp sugar

1 shallot/scallion finely sliced

1 tsp sesame seeds  
(preferably toasted)

\* You can substitute with ordinary miso if you can't find white miso

1. Preheat grill to medium (grill side, not hot plate) or a heavy based pan over medium heat. It's important only to use medium heat because otherwise the eggplant will burn before it cooks through.
2. Combine the Miso Glaze ingredients and whisk to combine and remove lumps.
3. Brush the cut side of each eggplant with the oil. Do it 2 to 3 times to use up all the oil.
4. Place the cut side down on the grill and cook for 4 minutes until it turns a light golden brown.
5. Turn over, and cook for 3 to 4 minutes. While it is cooking, use a spoon to spread a generous amount of Miso Glaze on the cut side of each eggplant.
6. Squeeze the side of the eggplant with your tongs (or fingers if you can handle the heat!) to check for doneness - should be squishy and soft.
7. Turn over and grill just for 30 seconds to 1 minute, just to caramelize the glaze.
8. Remove from grill, garnish with shallots and sesame seeds and serve immediately.



<http://www.recipetineats.com/grilled-miso-glazed-japanese-eggplant/>

***Eggplant and miso is a stunning flavor combination.***

# Chicken with Marsala Sauce & White Bean Puree

Prep 10 min | Cook 5 min | Servings 4

400g/13oz chicken breast minute steaks (4 pieces x 100g/3oz each)

1 tbsp olive oil

1 bunch asparagus

¼ tsp salt & pepper

## Creamy Marsala Sauce

½ cup water

¼ cup marsala (see notes)

1½ tsp dijon mustard

¼ cup cream (full fat or light)

1 tbsp lemon juice

## White Bean Puree

1 can cannellini beans (15oz /

420g can), drained

⅓ cup vegetable or chicken stock

½ tbsp extra virgin olive oil

1 garlic clove, minced

## Optional Garnishes

Lemon wedges or cheeks

Finely chopped parsley

1. Place White Bean Puree ingredients in a saucepan over high heat. Simmer for 2 minutes, then puree with stick blender or mash with fork.
2. Season chicken with salt and pepper. Heat olive oil in pan over high heat and cook chicken for 2 minutes on each side until golden. Remove chicken onto plate, cover and set aside.
3. Return pan to stove, add water, marsala and mustard and simmer for 1 – 2 min until it reduces by half, stirring constantly.
4. Add cream and simmer for 30 seconds, then add lemon juice and simmer until thickened, about 1 minute. Season to taste.
5. Rinse asparagus in water, shake off excess water, wrap in cling wrap and microwave for 1 minute. Unwrap immediately – be careful, it will be hot.
6. Place White Bean Puree on plate, top with chicken and sauce, place asparagus on side. Scatter with parsley and place lemon wedges on the side.

***An entire meal on the table in 15 minutes.***



<http://www.recipetineats.com/chicken-creamy-marsala-sauce-white-bean-puree-asparagus/>

# Healthy Parmesan Garlic Crumbed Fish

Prep 5 min | Cook 7 min | Servings 2

2 firm white fish fillets (about 5 oz / 150g each), skin off, at room temperature	<b>Crumb</b>
2 tsp dijon mustard	½ cup panko breadcrumbs
Olive oil spray	1 tbsp parsley, finely chopped
Salt and pepper	2 tbsp parmesan (grated)
	1 garlic clove, minced
	1 tbsp olive oil
	Pinch of salt

1. Preheat grill / broiler on high (400F/200C).
2. Combine the Crumb ingredients and mix well to combine.
3. Season each fillet with salt and pepper, then spread the mustard on the top of each fillet.
4. Press the crumb mixture onto the mustard on each fillet. Press down firmly to make it stick.
5. Spray an oven proof fry pan (preferably non stick) with olive oil and place on stove over high heat.
6. Place the fillets in the pan and cook for 1½ minutes, then place under the grill / broiler (about 5"/15cm from the heat source) for 5 minutes.
7. The fish is ready when the crumbs are golden brown. Serve immediately.

***The perfect golden crumb, without the guilt of deep frying.***



<http://www.recipetineats.com/healthy-parmesan-garlic-crumbed-fish/>

# 12 Essential Marinades

**Prep** 5 min | **Cook** - | **Servings** Makes enough for 1-1.5kg/2-3lb meat

## Sticky & Hot

*Chicken and pork. Use for glaze too.*

- 1/4 c Dijon mustard
- 1/4 c hot sauce
- 1 c ketchup
- 1/4 c soy sauce
- 1 tbsp brown sugar
- 2 tbsp lemon or vinegar (any)
- 2 garlic, minced

## Thai

*Great for chicken, beef, seafood*

- 1/3 c chopped cilantro
- 2 garlic cloves, minced
- 1 tbsp chilli paste
- 1/4 c soy sauce
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1/4 c canola or veg oil
- 3 tbsp brown sugar

## Middle Eastern

*Great for chicken, lamb, beef.*

- 1 tbsp cardamon
- 1 tbsp cumin
- 1 1/2 tbsp all spice
- 3 crushed garlic
- 1 tsp salt
- 1/3 c extra virgin olive oil
- 1/2 lemon, juice only

## Balsamic

*Chicken, beef, lamb, pork.*

- 2 garlic cloves
- 1/2 c olive oil
- 1/2 c balsamic vinegar
- 2 tbsp brown sugar
- 1 tsp Rosemary, dried
- 1 1/2 tsp salt
- Black pepper

## Classic Japanese

*Chicken, beef, seafood.*

- 1/4 cup soy sauce
- 3/4 cup mirin

## Basic Greek

*Great for chicken, lamb, seafood.*

- 1/2 c extra virgin olive oil
- 1/4 c fresh lemon juice
- Zest of a lemon
- 2 garlic cloves
- 1 tbsp oregano leaves
- 2 tsp thyme leaves

## Marinade Times

	Min	Max
Chicken	20 min	12 hrs
Beef, Pork, Lamb	3 hrs	24 hrs
Seafood	10 min	20 min

## Classic Steak

*Beef, pork and chicken*

- 1/2 c soy sauce
- 1/3 c olive oil
- 1/4 c worcestershire sauce
- 2 tbsp brown sugar
- 4 garlic cloves, minced
- 2 tsp balsamic vinegar
- Black pepper

## Teriyaki

*Great for chicken, beef, seafood.*

- 1/3 c soy sauce
- 1/3 c mirin
- 1/3 c sake
- 2 tbsp sugar

*Bring to boil & cool before using.*

## Mexican

*Great for chicken and beef.*

- 1/2 c olive oil
- 1/2 c lime juice
- 2 tsp sugar
- 1 1/2 tsp salt
- 1 tsp cumin
- 4 cloves garlic, minced
- 1/3 c vinegar (not balsamic)
- 2 tsp oregano
- 1 tsp black pepper
- 1 tsp paprika
- 1 tbsp onion powder
- Chilli powder to taste

## Italian

*Chicken, pork, seafood.*

- 2 tbsp mustard
- 3 garlic, minced
- 1 tsp dried herbs - basil, oregano or mixed herbs
- 1 tsp sugar
- 1/3 c white wine vinegar
- 1 c canola or veg oil
- Salt and pepper

## Simple Seafood

*Fish, shrimp.*

- 1/4 c olive oil
  - Rind of 1 lemon
  - 2 tbsp lemon juice
  - 2 garlic cloves
  - 1/4 tsp black pepper
  - 2 tbsp chopped parsley
- Add salt just prior to cooking*

## Korean

*Chicken, beef, seafood.*

- 1 grated apple or
- 1 1/2 c apple juice
- 8 garlic cloves, crushed
- 1 tbsp sesame oil
- 3 tbsp soy sauce
- 2 tbsp brown sugar
- 1 big brown onion, finely sliced



<http://www.recipetineats.com/easy-essential-marinades/>

# Chinese Chicken and Corn Soup

Prep 5 min | Cook 5 min | Servings 2 or 4 as starter

1½ cups water	1 garlic clove, minced
½ cup chicken or vegetable broth/stock	1 tsp corn flour (corn starch), mixed with a splash of cold water
1 can (16oz/420g) creamed corn	1 cup shredded cooked chicken
1 tsp soy sauce	1 egg, whisked
1 tsp ginger, minced or finely chopped	Salt and white pepper, to taste
	3 tbsp sliced scallions / shallots (optional)

1. Place water, broth, creamed corn, soy sauce, ginger, garlic and corn flour over high heat.
2. Bring to boil, then turn down the heat to medium and stir occasionally until soup thickens.
3. Adjust seasoning with salt, turn off heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup.
4. Add the chicken, season with white pepper, and serve, garnished with scallions.

***Hands down, this is my favourite quick fix soup. I could have it every night of the week.***



<http://www.recipetineats.com/chinese-chicken-corn-soup/>



# Homemade Condensed Cream of Chicken Soup

Prep 2 min | Cook 8 min | Servings 2

3 tbsp / 50g / 1.5 oz butter	¼ tsp garlic powder
½ cup flour	¼ tsp onion powder
1½ cups chicken broth	¼ tsp freshly-ground black pepper
¾ cup milk	⅛ tsp. dried thyme (or sub with oregano or parsley)
½ tsp salt	
¼ tsp paprika	

1. Melt butter in medium saucepan over medium heat. Add flour and stir until well combined – it will become a sand like consistency.
2. Turn heat down to medium low and cook for 3 minutes. As you cook, you will notice it will start becoming “wet”. You will be able to “hear” the wetness as your stir it.
3. Remove from heat and pour in about ½ cup of chicken broth, then whisk briskly. Pour in another ½ cup of chicken broth, whisk, then return to the stove.
4. Turn the stove up to medium high and add the remaining chicken broth, milk and spices, continuing to whisk so the bottom doesn't get thick and stick to the base of the pan.
5. Once bubbles start to appear, cook for 2 minutes until it becomes quite thick, about the thickness of tomato sauce. Remove from heat immediately. As it cools it will thicken even more and become the consistency of condensed soup.

## To Use

6. Combine 2 cups of Condensed Cream of Chicken Soup with 2 cups of milk and heat on stove. Add vegetables and chicken if you wish, and top with croutons.

***This is homemade Heinz Cream of Chicken Soup!***



<http://www.recipetineats.com/homemade-condensed-cream-chicken-soup/>

# Creamy Healthy Broccoli Soup

Prep 5 min | Cook 10 min | Servings 2 - 3

1 large head of broccoli  
1 potato, peeled and roughly  
chopped into cubes about  
1.5cm / ½" cubes  
1 white or brown onion,  
roughly diced  
2 cloves garlic

2 cups vegetable stock / broth  
1 cup milk (low fat, cow or soy)  
½ cup water  
Salt and pepper

1. Cut / break broccoli into florets into pieces about half the size of a golf ball. Roughly cut most of the stem, other than the main stem, into thumb size pieces. Discard the main stem, or keep for another use.
2. Place all ingredients except milk, salt and pepper in pot, put on lid, bring to boil then turn down heat to medium and let it rapidly simmer for 8 to 10 minutes.
3. Remove lid, add milk, bring back to boil, then remove from heat and whizz with hand held blender.
4. You can thicken the soup by cooking it for longer on the stove on a medium low heat.
5. Season to taste with salt and pepper, serve with croutons if desired.

***No one will ever guess that there's no cream in this.***



<http://www.recipetineats.com/creamy-healthy-broccoli-soup/>

# Classic Pumpkin Soup

Prep 5 min | Cook 10 min | Servings 6

2lb/1 kg pumpkin (any), chopped into large chunks  
2 medium onions, sliced  
2 cloves of garlic  
3 cups / 750ml chicken or vegetable stock  
1 cup / 250ml milk  
Salt and pepper

1. Combine all ingredients (except salt and pepper) in a saucepan and bring to boil, then reduce heat and let simmer until pumpkin is tender.
2. Remove from heat and use a stick blender to blend until smooth. If you don't have a stick blender, use a blender - see notes.
3. Season to taste with salt and pepper, then serve with crusty bread.
4. Variations: For a richer finish, substitute the milk with cream, but add after blending and do not bring to boil.
5. Garnishes: Dollop of yoghurt, sour cream or creme fraiche goes wonderfully.

***Everyone needs a classic pumpkin soup recipe.***



<http://www.recipetineats.com/classic-pumpkin-soup/>

# Express Taco Soup

**Prep 5 min** | **Cook 10 min** | **Servings 4**

- |   |   |
|---|---|
| 1 tbsp olive oil                            | 2 cups diced or shredded cooked chicken, pork or beef       |
| 1 brown or white onion, diced               | 24oz / 680g tomato passata or crushed tomatoes              |
| 1 red bell pepper (capsicum), diced         | 4 cups (1 litre/2 pints) chicken or vegetable broth / stock |
| 1 can (15oz / 400g) black beans (see notes) | Salt and pepper   |
| 1 can (15oz / 400g) can sweet corn          | <b>Toppings (optional)</b>                                  |
| 2 garlic cloves, minced                     | Corn chips  |
| 2 tsp oregano (dried)                       | Sour cream  |
| 2 tsp cumin                                 | Grated cheese   |
| 1 tsp paprika                               | Cilantro / coriander leaves                                 |
| ¼ tsp chilli (optional)                     | Avocado, diced  |

1. Heat the oil in a large saucepan over high heat.
2. Add garlic and onion, sauté until onion becomes translucent (2 minutes), then add the capsicum (bell pepper) and cook for 1 minute until softened.
3. Add the cooked meat and all other ingredients except salt and pepper.
4. Bring to boil then turn down heat slightly and allow to simmer rapidly for 3 minutes so the flavours can come together. If you are using crushed tinned tomatoes instead of passata, let it simmer for a further 5 minutes to let the tomatoes breakdown a bit. If the soup gets too thick to your liking, just add a bit more water.
5. Do a taste test, then season with salt and pepper. It is important to season last because different stock brands have different levels of saltiness.
6. Serve with toppings of choice. The more toppings = more delicious!



<http://www.recipetineats.com/taco-soup-pork-carnitas/>

***Super hearty with loads of flavour***

# Thai Chilli Basil Chicken Stir Fry

Prep 5 min | Cook 5 min | Servings 2

200g/10oz chicken thigh fillet, cut into bite size pieces (2 small or 1½ normal size)

1 cup basil leaves (loosely packed), preferably Thai holy basil but normal basil is fine too

2 large cloves of garlic, minced

1 birds eye chilli, deseeded (or to taste), very finely chopped

1½ tbsp oil (peanut, vegetable or canola - for frying)

## Sauce

2 tsp oyster sauce

1 tsp light soy sauce

1 tsp soy sauce (normal dark)

1 tsp sugar

2 tbsp water

1. Put Sauce ingredients in a small bowl and mix to combine.
2. Heat oil in wok or pan over high heat.
3. Add garlic and chilli and cook for 10 seconds. Don't inhale - the chilli will make you cough!
4. Add chicken and fry until cooked, around 2 minutes.
5. Add sauce and cook for 1 minute until the water evaporates to make a thick glossy sauce.
6. Remove from heat and immediately add basil leaves, stir until just wilted, then serve immediately with rice.

***A popular Thai takeout meal that's so easy and much healthier made at home.***



<http://www.recipetineats.com/thai-basil-chicken-stir-fry/>

# Stir Fried Chicken & Eggplant

Prep 5 min | Cook 10 min | Servings 2

2 Japanese eggplants	3 tbsp vegetable oil (or any other neutral flavoured oil)
200g chicken thigh	¼ cup water
1 tbsp finely diced fresh ginger	1 tsp cornflour*
1 tbsp soy sauce*	1 tbsp finely sliced shallots
1 tbsp mirin*	Pinch of salt and pepper
1 tsp sugar*	

1. Slice eggplants vertically, then slice on a diagonal into 5mm thickness (about 2 cups in total).
2. Cut chicken into bite size pieces.
3. Combine ingredients marked with an asterix (\*).
4. Heat oil in wok (or fry pan) over high heat, add eggplant and stir fry until cooked through and slightly charred. Remove eggplant from wok and set aside.
5. Add ginger and chicken to the wok with a pinch of salt and pepper and stir fry until chicken is lightly coloured.
6. Add water, put lid on and let cook until water is almost evaporated (about 2 minutes).
7. Add eggplant back into the wok, add the sauce then mix quickly.
8. Serve with rice.

***This is a classic Japanese home-cooking meal that is an undiscovered gem in the Western world. It's so simple, but so tasty.***



Exclusive to this e-Cookbook

# Japanese Fish in Vinaigrette

Prep 5 min | Cook 10 min | Servings 2

## Fish

300g swordfish or other firm white meat fish  
½ tsp soy sauce  
½ tsp sake (Japanese cooking rice wine)  
Pinch of salt  
1 tbsp flour  
2 tbsp cooking oil

## Sauce

½ garlic clove, grated (about ½ tsp)\*  
½ tsp grated fresh ginger\*  
2 tbsp soy sauce\*  
3 tbsp rice vinegar\*  
1 tsp sugar\*  
1/3 cup shallots, finely sliced

1. Combine fish with soy sauce, sake and a pinch of salt and leave to marinade for few minutes.
2. Combine ingredients marked with an asterisk (\*) and mix well to dissolve the sugar.
3. Remove from marinade and pat dry. Then cut it into bite size pieces and coat pieces lightly with flour.
4. Heat oil in pan over medium high heat, place the fish into the pan and cook until golden brown. Then turn and cook other side until golden brown.
5. Remove fish from pan and place straight into the sauce. Add shallots and gently coat fish with the sauce.
6. You can serve immediately or leave to marinade for 15 to 30 minutes.
7. Delicious served warm or at room temperature.

***Rarely found outside of Japan, it's hard to believe you can make this delicious dish in just 15 minutes.***



Exclusive to this e-Cookbook

# Stir Fried Green Beans with Pork

Prep 10 min | Cook 5 min | Servings 2

10z / 300g green beans cut

into 2" / 4-5 cm pieces

7 oz / 200g pork mince (or  
beef)

2 scallion/shallot stems, finely  
sliced

1 tsp ginger, minced

2 tbsp vegetable or peanut oil

## Sauce

1 tbsp soy sauce

1 tbsp sake (or Chinese cooking wine  
or dry sherry)

1 tsp sugar

1 tsp chilli bean sauce

1. Combine the Sauce ingredients in a small bowl.
2. Rinse green beans, shake off water but do not completely dry. Wrap in cling wrap and place in microwave for 1 minute, then remove from microwave and unwrap so they do not overcook. The beans should be just cooked, still crisp. If it needs to be cooked more, put it back in the microwave for 30 seconds at a time. (Or you could just par boil the beans in boiling water).
3. Add oil in a wok or pan, stir fry shallots and ginger for 20 seconds or until fragrant, but before ginger starts to burn.
4. Add mince and stir fry, breaking mince apart.
5. When mince is almost cooked through, add the beans and the Sauce ingredients. Stir fry until the mince is cooked through and the sauce is evenly distributed through the beans and mince.
6. Serve with rice.

***There is a fiery Chinese Szchuen version of this dish. This Japanese version is not as spicy and a lot less oily, plus faster to make.***



Exclusive to this e-Cookbook



# Spicy Thai Noodles (Pad Kee Mao)

Prep 10 min | Cook 5 min | Servings 2 - 3

7oz/200g pad thai noodles, dried

## Stir Fry

200g/10oz chicken thigh fillet, cut into bite size pieces (2 small or 1½ normal size fillets)

3 large cloves of garlic, minced  
1½ birds eye chilli, deseeded, very finely chopped

## Sauce

2 tbsp oil (peanut, vegetable or canola)  
3 tbsp oyster sauce  
1½ tbsp light soy sauce (see notes)  
1½ tbsp (normal dark soy sauce)  
2 tsp sugar  
2 tbsp water

1. Pour boiling water over noodles in a large bowl (or pot) and set aside for 5 minutes (or as per packet instructions), and drain when ready.
2. Put Sauce ingredients in a small bowl and mix to combine.
3. Heat oil in wok or pan over high heat. Add garlic and chilli and cook for 10 seconds.
4. Add chicken and fry until cooked, around 2 minutes. Add the shallots/scallions and about 1 tbsp of the sauce and stir fry for 30 seconds, just to coat the chicken.
5. Add the noodles and sauce and cook for 1 minute until the water evaporates and the sauce has coated the noodles.
6. If your noodles absorbs all the sauce liquid very quickly, just add a splash of water (preferably hot) and this not only helps finish cooking the noodles but also revitalises the sauce.
7. Remove from heat and immediately add basil leaves, stir until just wilted, then serve immediately.

***Pad Kee Mao means “Drunken Noodles” because it’s best eaten with ice cold beer and a great hangover cure!***



<http://www.recipetineats.com/pad-kee-mao-thai-drunken-noodles/>

# Thai Stir Fried Noodles (Pad See Ew)

Prep 10 min | Cook 5 min | Servings 2 - 3

8oz/200g rice stick noodles

## Sauce

2 tablespoons sweet dark soy sauce or kecap manis

2 tablespoons oyster sauce

2 teaspoons soy sauce

2 teaspoons white vinegar

2 teaspoons sugar

2 tbsp water

## Stir Fry

2 tbsp peanut or vegetable oil

2 cloves garlic cloves

1 cup chicken, sliced into ¼" / 0.5cm slices

1 large egg

4 cups (packed) Chinese broccoli, leaves separated from stems (cut stems vertically into thin sticks)

1. Pour boiling water over noodles in a large bowl (or pot) and set aside for 5 minutes (or as per packet instructions), and drain when ready.
2. Meanwhile, combine sauce ingredients.
3. Mince the garlic straight into the wok with the oil. Place wok high heat. As the oil is heating, the garlic will gradually heat too and infuse the oil with flavour.
4. When the oil is hot and the garlic is starting to turn golden, add the chicken and Chinese broccoli stems and stir fry for 1 minute.
5. Move the chicken and Chinese broccoli to one side and crack in the egg, and scramble it. Don't worry if some of it sticks to the wok, it will char as you continue cooking - you want that chargrilled flavour!
6. Add the noodles, Chinese broccoli leaves and the sauce. Fold gently to combine, for the sauce to coat the noodles evenly and to caramelize, and the leaves to just wilt. They only need to be just wilted because they will continue to cook while you are plating up.
7. Serve immediately.

***Faster than ordering takeout!***



<http://www.recipetineats.com/thai-stir-fried-noodles-pad-see-ew/>

## Packet Ramen Makeover

Prep 5 min | Cook 10 min | Servings 1

1 packet instant ramen

### Stir Fry Sauce

½ tsp corn flour / cornstarch

1½ tsp soy sauce

1½ tsp Chinese cooking wine

½ tsp sugar

Dash of sesame oil (optional)

3 tbsp water

### Stir Fry (~2½ cups vegetables)

1 cup Chinese cabbage (loosely packed), chopped into 2.5cm/1" pieces

½ carrot, sliced on the diagonal

3 mushrooms, sliced (I used shiitake)

¼ cup bean sprouts

½ shallot/scallion, finely sliced (for garnish)

1 garlic clove, minced

½ tbsp peanut oil

1. Combine the sauce ingredients in a small bowl and mix well until there are no cornflour lumps.
2. Bring water to boil and cook ramen per packet instructions, using the soup stock packet that comes with the ramen.
3. Heat oil in wok (or fry pan) over high heat. Add garlic and stir fry for 20 seconds until fragrant. Add carrots and mushrooms and stir fry for 30 seconds, then Chinese cabbage and stir fry for another 30 seconds.
4. Add sauce and cook for 30 seconds until it becomes thick and glossy.
5. Remove from heat, immediately add the bean sprouts and give a quick stir to coat the bean sprouts in the sauce.
6. Place noodles and soup in bowl, top with vegetables and garnish with shallots. Serve immediately.

***Ramen broth is very hard to make at home. So this is how to make packet ramen a complete meal.***



<http://www.recipetineats.com/packet-ramen-makeover/>

# Soba With Green Beans and Beef

Prep 5 min | Cook 10 min | Servings 2

7oz/200g good quality beef

steak or fillet

1 tsp oil

6oz/180g soba (dried)

6oz/200g green beans,  
trimmed

1 scallion/shallot, finely sliced

1 tbsp crispy Asian Shallots\*

## Dressing

2 tsp ginger minced

1 garlic clove, minced

4 tbsp light soy sauce

3 tbsp peanut oil

2 tbsp rice vinegar

1 tbsp mirin

1/2 teaspoon brown sugar

\* You can get this in the Asian section of most major supermarkets.

1. Cook the steak to your liking. I like mine medium rare - perfect for absorbing the flavours of the delicious dressing. Set aside in a warm place to rest, then slice against the grain into thin slices.
2. Meanwhile, bring a pot of water to boil. Cook the soba according to packet instructions (usually 3 to 4 minutes). For the last 1 minute of cooking, add the green beans.
3. Drain the noodles and beans and rinse under cold water to stop them from cooking further and to cool the noodles.
4. Combine dressing ingredients.
5. To serve, divide the noodles between 2 bowls, top with the beans then the steak slices. Drizzle with the dressing (over the steak and noodles), then garnish with shallot slices and Crispy Asian Shallots.

***A small amount of good quality beef goes a long way in this dish.***



<http://www.recipetineats.com/beef-bean-soba/>

## Aglio e Olio (Pasta with Olive Oil and Garlic)

**Prep** 5 min | **Cook** 10 min | **Servings** 4 - 6

500g/1lb dried spaghetti

1/2 cup olive oil

10 garlic cloves, sliced

1 tbsp red chilli flakes

1/4 cup finely chopped  
parsley

Salt and pepper

### To Serve

Freshly grated parmesan

1. Bring a large pot of salted water to boil and add the spaghetti. Cook until just before al dente (ie. slightly undercooked).
2. While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat. Stir until the garlic is golden, but be careful not to burn it.
3. Transfer the pasta straight from the boiling water into the pan. Don't worry that the pasta isn't drained, you want the dripping water in the sauce to emulsify.
4. Add about 1/3 cup of the pasta water into the pan with the pasta and sauce, and toss the pasta gently. This will finish cooking the pasta and the water and oil will emulsify, thickening and coating the pasta, making it look gloriously glossy.
5. Toss through parsley and chili flakes, season to taste with salt and pepper. Serve with freshly grated parmesan.

***The king of all Italian pastas. Simplicity at its best.***



<http://www.recipetineats.com/8-simple-classic-italian-pastas/>

## Fiery Pasta (Arrabiata)

Prep 5 min | Cook 10 min | Servings 4 - 6

500g/1lb dried spaghetti  
1/4 cup olive oil  
2 garlic cloves, crushed  
21oz / 600g crushed tinned tomatoes  
2 tbsp chilli flakes  
1/4 cup chopped parsley

### To Serve

Freshly grated parmesan

1. Bring a large pot of salted water to boil and add the spaghetti. Cook until just before al dente (ie. slightly undercooked).
2. While the pasta is cooking, place the olive oil and garlic in a pan over medium high heat.
3. Stir until the garlic is fragrant, then add the tinned tomatoes and chilli flakes.
4. Transfer the pasta straight from the boiling water into the pan. Don't worry that the pasta isn't drained, you want the dripping water in the sauce to emulsify.
5. Add about 1/3 cup of the pasta water into the pan with the pasta and sauce, and toss the pasta gently. This will finish cooking the pasta and the water and oil in the sauce will emulsify, thickening and coating the pasta.
6. Toss through parsley and chili flakes, season to taste with salt and pepper. Serve with freshly grated parmesan.

***A classic pantry pasta!***



<http://www.recipetineats.com/8-simple-classic-italian-pastas/>

# Cherry Tomato and Basil Pasta

Prep 5 min | Cook 10 min | Servings 2 - 3

2 tbsp olive oil

3 garlic cloves, thinly sliced

1lb/500g cherry tomatoes (or normal tomatoes cut into bite size pieces with most of the seeds removed)

250g spaghetti

1 cup (packed) basil leaves

Chilli flakes (optional)

Salt and pepper

## To Serve

Freshly grated parmesan

1. Cook pasta in a large pot of generously salted water.
2. Meanwhile, heat olive oil in large pan over medium heat. Add garlic cloves and sauté so the garlic flavour infuses into the oil.
3. Add the cherry tomatoes and cook for 30 seconds, shaking the pan occasionally to roll them around. Increase heat to high, add ½ cup of water from the pasta pot into the pan with the tomatoes. Cook tomatoes for 3 minutes, stirring occasionally.
4. When the pasta is just before al dente, add straight into the pan.
5. If most of the water you added to the pan previously has cooked out, then add ½ cup of the pasta water to the pan.
6. Season to taste with salt and pepper. Gently toss the pasta for 1 minute to allow the sauce to emulsify and finish cooking the pasta.
7. Remove from heat, stir through basil leaves and serve immediately with freshly grated parmesan.

***The bright, fresh colours are irresistible!***



Exclusive to this e-Cookbook

# One Pot Creamy Chicken Risoni (Orzo)

Prep 5 min | Cook 10 min | Servings 4 - 6

2 garlic cloves, minced	¼ cup frozen peas
1 tbsp olive oil	1 cup orzo / risoni
½ cup onion, diced	1 tbsp flour
¾ cup carrot, diced	1½ cups milk
¾ cup red bell pepper (capsicum), diced	2 cups chicken or vegetable broth (stock)
2 cups roughly chopped spinach (lightly packed)	¾ cup parmesan (grated)
7oz / 200g chicken thigh or breast, cut into bite size pieces	Salt and pepper to taste
	Boiled water

1. Place the oil and mince the garlic straight into a deep non stick pan that has a lid (or use a large pot).
2. Place pan on high heat and stir the garlic. When the oil is heated, add the onion and carrot and cook for 1 minute. Add the bell pepper (capsicum) and chicken and cook until the chicken is white all over (it should still be pink inside) - about 1 to 2 minutes.
3. Add the milk, stock, orzo (risoni) and flour. Put lid on, bring to boil, then turn down to medium.
4. Cook at rapid simmer, stirring once or twice, for 5 minutes. Keep the boiled water nearby to add in case the liquid evaporates too quickly - this will depend on the size of pan you used, strength of heat you are using etc. If you are not using a non stick pan then you will need to stir more than one or twice, just to ensure it doesn't stick to the bottom.
5. After 5 minutes there should still be a bit of liquid and the risoni should be soft on the outside but still firm on the inside. If there is not much liquid, add a bit more water (don't worry if you add a little too much, it will reduce quickly at the end).



<http://www.recipetineats.com/one-pot-chicken-vegetable-parmesan-orzo-risoni/>

5. Add the peas, spinach and parmesan, stir to mix through then put lid back on for another minute.
6. Remove lid, adjust seasoning to taste and check to ensure the orzo is cooked. It should be a risotto consistency, not too saucy, but not dry like a pilaf.
7. If you added too much water, leave it on the stove for another 30 seconds to a minute and keep stirring - it will cook out pretty quickly. Serve immediately.

***A fantastic one pot meal the kids love.***



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