

The 20-Minute *Table*

A hundred fast, whole-food recipes for the years when dinner has to happen anyway.

Twenty minutes, *from a cold start*.
One pan or one basket, *and that is the washing up*.
A toddler's portion *out of the same pan*.

100	49	20	1
RECIPES	CUISINES	MINUTES, MAX	PAN OR BASKET

A DOZEN OF THE HUNDRED

Pad Krapow — Thai Basil Chicken	18 min	Huevos Rancheros Rápidos	15 min
Prawn Saganaki with Feta	20 min	Gyeran Bap — Korean Egg Rice	10 min
Sichuan Cumin Beef with Peppers	16 min	Salmon Poke Bowl	16 min
Fifteen-Minute Chana Masala	15 min	Ful Medames	12 min
Gambas al Ajillo with Chickpeas	18 min	Spiced Apple & Oat Crumble Cups	18 min
West African Peanut Stew Express	20 min	Coconut Sambol	8 min

Twenty Minutes Is Plenty

This book was written for the stretch of life when dinner has to happen anyway. There is a small person who needs feeding at six, an adult who has not eaten properly since breakfast, and about twenty minutes between the two.

Most of what makes cooking slow has nothing to do with cooking. It is the deciding, the shopping, the hunting for a jar of something at the back of a cupboard, and the twenty minutes of washing up that follow a meal that took thirty to make. Those are the parts a new parent has least of, so those are the parts this book removes.

What it does not remove is the cooking. Nothing here is a shortcut version of a longer dish — no simmering-for-an-hour recipe with the hour taken out. These are dishes that were always fast, drawn from the kitchens where speed is not a compromise but the whole tradition: a wok of chicken and holy

basil, a basket of cauliflower under harissa, eggs cooked in tomatoes in a pan the size of a dinner plate. You are not being handed a lesser dinner because you have a baby.

Everything is built on whole ingredients, which is less an ideology than a practical matter: they cook faster than you think, and they let you season a dish rather than negotiate with something already seasoned for you. The timings are honest and assume a cold start — knife out, nothing chopped, the pan not yet on.

And every recipe ends by telling you how to lift a toddler's portion out of the same pan: before the salt, before the chilli, cut to a shape they can hold.

Cook them in any order. Break them freely. The swap notes exist because you will not have everything, and with a small child in the house you will very often not have everything.



EVERY RECIPE PAGE, WITHOUT EXCEPTION

HOW A PAGE WORKS

- 1 **The ring**
Total time against a twenty-minute dial, so you can see the cost of a recipe before you read it.
- 2 **The number**
Every recipe is numbered once. The contents, the cuisine index and the what-to-cook-when list all point back to it.
- 3 **The panel**
Everything you need, listed in the order you will reach for it, grouped when the dish has two parts.
- 4 **Why it works**
The one piece of technique that makes the dish fast, or good, or both. Read it once; you will not need it again.
- 5 **The strip**
Approximate nutrition for a quarter of the finished dish. Estimates, rounded, and worth exactly what estimates are worth.
- 6 **Washing up**
What you are actually committing to. This is the number that decides whether a recipe gets cooked twice.

The Fast Pantry

Twenty-minute cooking only works when the slow part — the shopping, the searching, the standing in front of an open cupboard — has already happened. Tick your way through this once and every one of the 100 recipes in this book becomes a decision rather than a project. Nothing here is exotic; most of it keeps for months.

OILS & ACIDS

- ☐ Extra virgin olive oil
- ☐ Neutral high-smoke oil (groundnut or rapeseed)
- ☐ Toasted sesame oil
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ Lemons
- ☐ Limes

THE SPICE TIN

- ☐ Cumin, ground
- ☐ Cumin seed
- ☐ Smoked paprika
- ☐ Ground coriander
- ☐ Turmeric
- ☐ Chilli flakes
- ☐ Cinnamon
- ☐ Dried oregano
- ☐ Za'atar
- ☐ Sumac
- ☐ Ras el hanout
- ☐ Garam masala
- ☐ Berbere
- ☐ Chinese five-spice
- ☐ Cajun blend
- ☐ Cardamom pods

PASTES & BOTTLES

- ☐ Rose harissa
- ☐ Gochujang
- ☐ White miso
- ☐ Thai green curry paste
- ☐ Sambal oelek
- ☐ Chipotle in adobo
- ☐ Tahini
- ☐ Fish sauce
- ☐ Light soy
- ☐ Dark soy
- ☐ Mirin
- ☐ Runny honey
- ☐ Maple syrup

TINS & JARS

- ☐ Chickpeas × 3
- ☐ Black beans
- ☐ Cannellini beans
- ☐ Brown lentils
- ☐ Dried split fava beans
- ☐ Chopped tomatoes
- ☐ Full-fat coconut milk
- ☐ Tuna in olive oil
- ☐ Anchovies
- ☐ Olives
- ☐ Capers
- ☐ Piquillo peppers

THE FRIDGE

- ☐ Eggs, by the dozen
- ☐ Thick Greek yoghurt
- ☐ Skyr
- ☐ Feta
- ☐ Halloumi
- ☐ Ricotta
- ☐ Cottage cheese
- ☐ Ginger
- ☐ Garlic
- ☐ Spring onions
- ☐ Fresh chillies
- ☐ Spinach
- ☐ Coriander
- ☐ Flat-leaf parsley

THE FREEZER

- ☐ Raw king prawns
- ☐ Salmon fillets
- ☐ White fish fillets
- ☐ Peas
- ☐ Edamame
- ☐ Ginger-garlic paste, in cubes
- ☐ Flatbreads
- ☐ Sliced sourdough

FAST CARBOHYDRATE

- ☐ Basmati or jasmine rice
- ☐ A cooked batch of rice
- ☐ Orzo
- ☐ Rice noodles
- ☐ Couscous
- ☐ Rolled oats
- ☐ Rye bread
- ☐ Buckwheat flour

FINISHERS

- ☐ Toasted almonds
- ☐ Walnuts
- ☐ Pistachios
- ☐ Sesame seeds
- ☐ Pumpkin seeds
- ☐ Nori
- ☐ Medjool dates
- ☐ Dark chocolate, 70% or above

BUY ONCE, KEEP FOR MONTHS

Everything in the first four columns. Spices lose their edge after about a year, so buy the small jars and use them hard rather than buying the large ones and forgetting them.

BUY WEEKLY, IN QUANTITY

Lemons, limes, ginger, garlic, spring onions, chillies, a bag of spinach and a bunch each of coriander and parsley. Herbs keep a week if you stand them stems-down in a glass of water in the fridge door.

Ten Rules for a Twenty-Minute Dinner

- 1 **Preheat before you chop.** The air fryer or the pan should be properly hot by the time the board is clear. This alone takes three or four minutes off almost every recipe here, and it is the difference between food that browns and food that steams.
- 2 **Cut for the clock.** Nothing cooking in under fifteen minutes should be thicker than your thumb. Small and even beats big and hopeful, and it is why the meat in this book is nearly always sliced or cut into strips rather than left whole.
- 3 **Season twice.** Once in the pan, once at the table. The second pass is nearly always acid — a squeeze of lemon, a splash of vinegar — and it is what makes fast food taste finished rather than merely cooked.
- 4 **Always add something raw.** Herbs, sliced chilli, spring onion, a spoonful of yoghurt. Fifteen seconds of work, and it is the difference between a meal and a plate of cooked ingredients.
- 5 **Wash up while it rests.** Two minutes with the pan still warm, instead of ten with it cold. Every recipe here is built around one pan or one basket for exactly this reason, and the line at the foot of each page tells you what you are committing to.
- 6 **Read it through once first.** Thirty seconds now saves three minutes of standing over a hot pan working out what comes next. Every recipe in this book is short enough to hold in your head, which is deliberate.
- 7 **Salt the water, not just the food.** Pasta, couscous, rice and greens season from the inside if the water they meet is salty. Nothing you add afterwards ever reaches the middle.
- 8 **Buy the thigh, not the breast.** It costs less, it cooks faster than you expect, and it forgives the minute you lose looking for the tongs. Fattier fish forgives in the same way that lean white fish does not.
- 9 **One pan means one pan.** If a recipe tempts you into a second, ask whether the thing you would cook in it could go in beside the first instead. It usually can, and the washing up halves.
- 10 **Cook the same one twice in a fortnight.** The second time takes two-thirds as long, because your hands already know it. That, rather than any shortcut, is where twenty minutes actually comes from.

THE KIT — AND NOTHING ELSE

- | | | |
|---|---|---|
| ☐ An air fryer, or a hot oven and a shallow tray | ☐ One sharp knife | ☐ Tongs |
| ☐ One wide, heavy frying pan | ☐ One large chopping board | ☐ A box grater |
| ☐ A wok, or a second frying pan | ☐ A microplane | ☐ Four bowls you are happy to eat from |

Cooking for a Toddler

Every recipe in this book ends with a line telling you how to get a toddler's portion out of the same pan you are already using. This page is the general version. Read it once and each recipe's note makes sense in a couple of seconds.

TAKE THEIRS OUT EARLY

This is the move that makes all of it work. Lift a small portion out before the salt, the soy, the fish sauce, the stock and the chilli go in, then season the adults' pan afterwards. Almost every note in this book is a variation on that one sentence.

HEAT

Chilli is not a danger, only unwelcome. The recipes built on it — the jerk, the Sichuan beef, the sambal — tell you the exact step at which to divert a plain portion, which is nearly always before the paste hits the pan.

SHAPES THAT CATCH

Round and firm is the combination to be careful with: whole grapes, cherry tomatoes, olives, coins of raw carrot. Quarter them lengthwise and the problem goes away. Whole and chopped nuts stay off the plate until about five — grind them to a powder or use a smooth nut butter instead.

RAW FISH, AND COFFEE

Two recipes use raw or acid-cured fish and one is built on espresso. Each says plainly that it is not for a toddler, and gives the alternative from the same ingredients — a piece of the fillet poached and flaked, or the plain sweetened ricotta without the coffee.

SALT

A small child needs very little of it, and salt arrives in more forms than the pot on the table: soy and tamari, fish sauce, stock, miso, olives, capers, anchovy, feta and halloumi are all salt by another name. Where a dish is salty by construction — a puttanesca, a saganaki — the recipe says so plainly instead of pretending it can be undone, and tells you what to give them from the same pan instead.

HONEY

Not for a baby under one year old. Twenty-seven recipes here use it and every one of them says so in its own note, with a substitute: mashed ripe banana, a little grated apple, or simply leaving it out, because ripe fruit is sweet enough on its own. After the first birthday it is no longer an issue.

TEXTURES THAT WORK

Soft strips about the length of a finger, so they can hold one end and eat the other. Meat shredded or chopped small rather than left in pieces. Pulses lightly crushed with the back of a fork. Long noodles cut up. Anything out of the air fryer given a few minutes, because the middle stays hot longer than the outside suggests.

HOW MUCH

Roughly a quarter of an adult serving is the useful starting figure, and then let them decide when they have finished. The point of cooking one dinner rather than two is that there is always more in the pan.

These notes are about cooking, not nutrition or medicine. Weaning guidance differs between countries and changes over time — follow your own health service's advice and your child's appetite. Where you are unsure about a particular food, leave it out.

Lunch & Dinner

Grouped by how much of your attention they need. The air fryer looks after itself while you set the table; the stove wants five unbroken minutes; the no-cook recipes want nothing but a sharp knife.

AIR FRYER

16 recipes

01	Harissa Chickpea & Cauliflower Crunch	19min
02	Miso-Glazed Salmon with Charred Tenderstem	18min
03	Peri-Peri Chicken Thighs with Blistered Peppers	20min
04	Tandoori Paneer Tikka Skewers	19min
05	Gochujang Tofu with Smashed Sesame Cucumber	19min
06	Za'atar Chicken with Lemon Courgette	19min
07	Chilli-Lime Prawns with Avocado & Coriander	14min
08	Sicilian Sea Bass with Fennel, Olive & Orange	18min
09	Jerk Chicken with Charred Pineapple	20min
10	Shawarma-Spiced Turkey with Sumac Onions	17min
11	Berberie Chicken & Sweet Potato Bowl	20min
12	Cajun Blackened Cod with Charred Corn Salsa	18min
13	Furikake Salmon Rice Bowl	18min
14	Chermoula Prawns with Courgette Ribbons	15min
15	Salt & Pepper Tofu with Pak Choi	19min
47	Chicken Fattoush with Crisped Chickpeas	20min

WOK

5 recipes

18	Ginger-Garlic Prawn & Broccoli Stir-Fry	15min
19	Sichuan Cumin Beef with Peppers	16min
36	Lomo Saltado	19min
39	Nasi Goreng Cauliflower Rice with Fried Egg	18min
40	Sambal Green Beans with Egg	17min

NO COOK

4 recipes

46	Deconstructed Vietnamese Summer Roll Bowl	18min
48	Salmon Poke Bowl	16min
49	Prawn Ceviche Tostada Salad	17min
50	Turkish Çoban Salad with Tuna & Sumac	14min

ONE PAN

25 recipes

16	Pad Krapow — Thai Basil Chicken	18min
17	Quick Thai Green Curry Prawns	18min
20	Korean Bulgogi Beef Bowl	19min
21	Vietnamese Lemongrass Chicken Bowl	18min
22	Shogayaki — Japanese Ginger Pork with Cabbage	18min
23	Kerala Coconut Prawn Fry	18min
24	Egg & Spinach Bhurji	15min
25	Fifteen-Minute Chana Masala	15min
26	Turkish Menemen	16min
27	Green Shakshuka	17min
28	Greek Lemon Chicken & Orzo	20min
29	Prawn Saganaki with Feta	20min
30	Broccoli Aglio e Olio with Anchovy	20min
31	Tuscan White Bean, Kale & Lemon Skillet	18min
32	Tuna Puttanesca Beans	18min
33	Gambas al Ajillo with Chickpeas	18min
34	Smoky Paprika Chicken with Piquillo Peppers	20min
35	Chipotle Chicken, Black Bean & Charred Corn Skillet	20min
37	Moqueca Express — Brazilian Coconut Fish Stew	20min
38	Filipino Adobo Flash Chicken	20min
41	Burmese Golden Turmeric Chicken	19min
42	Gomen Be Siga — Ethiopian Collards with Beef	20min
43	Ras el Hanout Turkey with Herbs & Almonds	18min
44	West African Peanut Stew Express	20min
45	Georgian Walnut-Garlic Chicken with Green Beans	20min

On the Side

Fifteen things to put next to a main course, all of them under fifteen minutes and most of them under ten. Every lunch and dinner in this book names three of them at the foot of its page, and every side names the mains it belongs to.

AIR FRYER

5 recipes

86	Charred Lemon Broccoli with Almonds	10min
88	Harissa Carrots with Yoghurt	14min
92	Crispy Rosemary Potatoes	18min
99	Blistered Padrón Peppers	8min
100	Charred Broccolini with Miso Butter	12min

NO COOK

6 recipes

87	Smashed Cucumber with Garlic & Sesame	8min
90	Shirazi Salad	8min
91	Coconut Sambol	8min
94	Tomato, Red Onion & Sumac Salad	6min
95	Quick Pickled Red Onions	8min
98	Cucumber, Mint & Yoghurt Raita	6min

ONE PAN

4 recipes

89	Garlicky Greens with Chilli & Lemon	8min
93	Sigeumchi Namul — Sesame Spinach	8min
96	Buttered Cabbage with Caraway	10min
97	Sesame Green Beans with Ginger	8min

HOW TO COOK TWO THINGS AT ONCE The whole point of a ten-minute side is that it costs you nothing

The basket is already hot

An air-fryer side goes in after the main comes out, and is done in the time the meat needs to rest. Two of these want nothing but a shake halfway.

Nothing to cook at all

Six of the fifteen never see heat. Smashed cucumber, a sumac salad, pickled onions — assembled on the same board you already have out.

One burner, one lid

Greens wilt in ninety seconds in a covered pan. Start them when you plate the main and they arrive at the table at the same moment.

Breakfast

Savoury more often than sweet, because savoury is faster and keeps you full until lunch. Six of these are on the table in ten minutes; three of them never see heat.

 AIR FRYER 5 recipes

- 51 Sweet Potato, Egg & Chilli Hash 18min
- 52 Halloumi, Tomato & Za'atar Plate 12min
- 53 Masala Omelette Muffins 15min
- 54 Banana, Oat & Almond Butter Bake 18min
- 55 Crispy Chickpea, Avocado & Lemon Toast 12min

 WOK 2 recipes

- 66 Egg & Tomato Stir-Fry 10min
- 67 Sinangag — Filipino Garlic Rice & Egg 12min

 NO COOK 3 recipes

- 68 Ten-Minute Bircher Muesli 10min
- 69 Danish Rye with Smoked Mackerel & Cucumber 10min
- 70 Orange, Date & Almond Yoghurt Bowl 8min

 ONE PAN 10 recipes

- 56 Tamagoyaki with Grilled Salmon & Rice 18min
- 57 Gyeran Bap — Korean Egg Rice 10min
- 58 Ten-Minute Chicken & Ginger Congee 18min
- 59 Rava Uttapam with Coconut Chutney 18min
- 60 Persian Herb & Feta Omelette 15min
- 61 Huevos Rancheros Rápidos 15min
- 62 Pan con Tomate with Soft Eggs 10min
- 63 Ful Medames 12min
- 64 Buckwheat Galette with Egg & Greens 18min
- 65 Khao Tom — Thai Rice Soup with Prawns 15min

TWENTY MINUTES ON SUNDAY Three small jobs that turn nine of these breakfasts into five-minute ones

Cook a large pot of rice

Cold cooked rice is the backbone of five recipes here — the congee, the two fried rices, the egg rice and the rice soup. It keeps three days and fries far better cold than warm.

Toast a tray of nuts and seeds

Almonds, walnuts, pumpkin and sesame seeds, eight minutes in the air fryer at 160°C. Into a jar, and every bowl and salad in the book gets its finish for free.

Blitz ginger and garlic

A whole head of garlic and a thumb of ginger to a paste, frozen in an ice-cube tray. One cube is roughly one recipe, and it removes the only fiddly job most of these have.

 AIR FRYER

Everything goes in one basket. Preheat, load, walk away, come back to something blistered at the edges.

 ONE PAN

A single wide pan on the hob, start to finish. Nothing is browned in batches and set aside.

 WOK

Very high heat and constant movement. Have every ingredient cut and within reach before it goes on.

 NO COOK

No heat at all beyond, occasionally, a kettle. A knife, a board, a bowl.

A **v** beside a line in the contents marks a vegetarian recipe — 54 of the 100 are. Every recipe serves four, lists metric quantities first with US cups and ounces alongside, and assumes a cold start. The ring beside each title shows the total time against a twenty-minute dial; the strip at the foot of the page gives approximate nutrition per serving, and the line beneath it tells you exactly what you will be washing.

Something Afterwards

Pudding after a proper dinner should be small, sharp and mostly fruit. Nothing here is a cake. Everything is between 8 and 18 minutes, and every one of them is under 320 calories a serving.

AIR FRYER

4 recipes

- 71 Cinnamon Peaches with Yoghurt & Pistachio 12min
- 72 Bananas with Dark Chocolate & Tahini 10min
- 73 Spiced Apple & Oat Crumble Cups 18min
- 74 Charred Pineapple with Chilli, Lime & Coconut 12min

NO COOK

6 recipes

- 80 Rosewater, Pistachio & Pomegranate Yoghurt 10min
- 81 Chocolate Avocado Mousse 10min
- 82 Espresso & Ricotta Cream with Cocoa 8min
- 83 Date, Almond & Cacao Truffles 15min
- 84 Mango & Coconut Cream Bowl 10min
- 85 Berry & Skyr Whip with Walnut Rubble 10min

ONE PAN

5 recipes

- 75 Pan-Roasted Figs with Honey & Walnuts 10min
- 76 Mango & Coconut Sticky Oats 15min
- 77 Fifteen-Minute Cardamom Kheer 18min
- 78 Apricots Poached in Cinnamon & Orange 15min
- 79 Ginger Milk Curd 10min

HOW THESE ARE SWEETENED

Fruit first, and never more than two tablespoons of anything else across four servings

Ripe fruit does the work

A peach at the point of collapse, a mango that gives under the thumb, figs that have gone jammy. Fruit that is properly ripe needs almost nothing added, which is the whole trick.

Dates instead of sugar

Medjool dates blitzed with nuts give sweetness, body and fibre in one move. They are the reason the truffles hold together without anything melted into them.

Something sour alongside

Thick yoghurt, skyr, ricotta, lime. The sour half is what stops a sweet plate cloying, and it is why nearly every recipe here has a spoonful of something white on it.

By Cuisine

Cook your way around the world on a Tuesday. The shortcuts here are in the technique and the cut, never in the seasoning. The number on the left is the recipe; the number on the right is the page.

American

51 Sweet Potato, Egg & Chilli Hash 146

American (Louisiana)

12 Cajun Blackened Cod with Charred Corn Salsa 36

Brazilian

37 Moqueca Express — Brazilian Coconut Fish Stew 86

British

54 Banana, Oat & Almond Butter Bake 152

73 Spiced Apple & Oat Crumble Cups 191

92 Crispy Rosemary Potatoes 127

Burmese

41 Burmese Golden Turmeric Chicken 94

Chinese

18 Ginger-Garlic Prawn & Broccoli Stir-Fry 48

58 Ten-Minute Chicken & Ginger Congee 160

66 Egg & Tomato Stir-Fry 176

87 Smashed Cucumber with Garlic & Sesame 117

Chinese (Cantonese)

15 Salt & Pepper Tofu with Pak Choi 42

79 Ginger Milk Curd 203

Chinese (Sichuan)

19 Sichuan Cumin Beef with Peppers 50

Cypriot

52 Halloumi, Tomato & Za'atar Plate 148

Danish

69 Danish Rye with Smoked Mackerel & Cucumber 182

Egyptian

63 Ful Medames 170

Ethiopian

11 Berbere Chicken & Sweet Potato Bowl 34

42 Gomen Be Siga — Ethiopian Collards with Beef 96

Filipino

38 Filipino Adobo Flash Chicken 88

67 Sinangag — Filipino Garlic Rice & Egg 178

84 Mango & Coconut Cream Bowl 213

French (Breton)

64 Buckwheat Galette with Egg & Greens 172

Georgian

45 Georgian Walnut-Garlic Chicken with Green Beans 102

Ghanaian / Senegalese

44 West African Peanut Stew Express 100

Greek

28 Greek Lemon Chicken & Orzo 68

29 Prawn Saganaki with Feta 70

75 Pan-Roasted Figs with Honey & Walnuts 195

89 Garlicky Greens with Chilli & Lemon 121

Hawaiian-Japanese

13 Furikake Salmon Rice Bowl 38

48 Salmon Poke Bowl 108

Icelandic

85 Berry & Skyr Whip with Walnut Rubble 215

Indian

04 Tandoori Paneer Tikka Skewers 20

24 Egg & Spinach Bhurji 60

25 Fifteen-Minute Chana Masala 62

53 Masala Omelette Muffins 150

77 Fifteen-Minute Cardamom Kheer 199

98 Cucumber, Mint & Yoghurt Raita 139

Indian (South)

23 Kerala Coconut Prawn Fry 58

59 Rava Uttapam with Coconut Chutney 162

Indonesian

39 Nasi Goreng Cauliflower Rice with Fried Egg 90

Iranian

60 Persian Herb & Feta Omelette 164

80 Rosewater, Pistachio & Pomegranate Yoghurt 205

90 Shirazi Salad 123

Israeli / Levantine

27 Green Shakshuka 66

Italian

30 Broccoli Aglio e Olio with Anchovy 72

32 Tuna Puttanesca Beans 76

82 Espresso & Ricotta Cream with Cocoa 209

86 Charred Lemon Broccoli with Almonds 115

Italian (Sicilian)

08 Sicilian Sea Bass with Fennel, Olive & Orange 28

By Cuisine II

100 recipes, 49 kitchens, and not one of them longer than twenty minutes.

Italian (Tuscan)

31 Tuscan White Bean, Kale & Lemon Skillet 74

Jamaican

09 Jerk Chicken with Charred Pineapple 30

Japanese

02 Miso-Glazed Salmon with Charred Tenderstem 16

22 Shogayaki — Japanese Ginger Pork with Cabbage 56

56 Tamagoyaki with Grilled Salmon & Rice 156

97 Sesame Green Beans with Ginger 137

100 Charred Broccolini with Miso Butter 143

Korean

05 Gochujang Tofu with Smashed Sesame Cucumber 22

20 Korean Bulgogi Beef Bowl 52

57 Gyeran Bap — Korean Egg Rice 158

93 Sigeumchi Namul — Sesame Spinach 129

Lebanese

47 Chicken Fattoush with Crisped Chickpeas 106

Levantine

06 Za'atar Chicken with Lemon Courgette 24

83 Date, Almond & Cacao Truffles 211

Malaysian

40 Sambal Green Beans with Egg 92

Mexican

07 Chilli-Lime Prawns with Avocado & Coriander 26

35 Chipotle Chicken, Black Bean & Charred Corn Skillet 82

61 Huevos Rancheros Rápidos 166

74 Charred Pineapple with Chilli, Lime & Coconut 193

81 Chocolate Avocado Mousse 207

95 Quick Pickled Red Onions 133

Middle Eastern

10 Shawarma-Spiced Turkey with Sumac Onions 32

Modern Levantine

55 Crispy Chickpea, Avocado & Lemon Toast 154

72 Bananas with Dark Chocolate & Tahini 189

Moroccan

14 Chermoula Prawns with Courgette Ribbons 40

43 Ras el Hanout Turkey with Herbs & Almonds 98

70 Orange, Date & Almond Yoghurt Bowl 184

Peruvian

36 Lomo Saltado 84

Peruvian-Mexican

49 Prawn Ceviche Tostada Salad 110

Polish

96 Buttered Cabbage with Caraway 135

Portuguese-Mozambican

03 Peri-Peri Chicken Thighs with Blistered Peppers 18

Spanish

33 Gambas al Ajillo with Chickpeas 78

34 Smoky Paprika Chicken with Piquillo Peppers 80

62 Pan con Tomate with Soft Eggs 168

99 Blistered Padrón Peppers 141

Sri Lankan

91 Coconut Sambol 125

Swiss

68 Ten-Minute Bircher Muesli 180

Thai

16 Pad Krapow — Thai Basil Chicken 44

17 Quick Thai Green Curry Prawns 46

65 Khao Tom — Thai Rice Soup with Prawns 174

76 Mango & Coconut Sticky Oats 197

Tunisian

88 Harissa Carrots with Yoghurt 119

Tunisian / North African

01 Harissa Chickpea & Cauliflower Crunch 14

Turkish

26 Turkish Menemen 64

50 Turkish Çoban Salad with Tuna & Sumac 112

71 Cinnamon Peaches with Yoghurt & Pistachio 187

78 Apricots Poached in Cinnamon & Orange 201

94 Tomato, Red Onion & Sumac Salad 131

Vietnamese

21 Vietnamese Lemongrass Chicken Bowl 54

46 Deconstructed Vietnamese Summer Roll Bowl 104

What to Cook When

Nobody stands in the kitchen at seven o'clock thinking in cuisines. This is the index for the way the question actually arrives.

There is nothing in the house but eggs

24 Egg & Spinach Bhurji **26** Turkish Menemen
27 Green Shakshuka **60** Persian Herb & Feta Omelette
66 Egg & Tomato Stir-Fry

Someone is arriving at eight and it is ten to

02 Miso-Glazed Salmon **07** Chilli-Lime Prawns
18 Ginger-Garlic Prawn Stir-Fry **32** Tuna Puttanesca Beans
62 Pan con Tomate & Soft Eggs

It is cold, and grey, and has been for weeks

25 Chana Masala **37** Moqueca Express
44 West African Peanut Stew **58** Ginger Congee
65 Khao Tom

Payday is Friday and it is Tuesday

24 Egg & Spinach Bhurji **25** Chana Masala
31 Tuscan White Bean & Kale **32** Tuna Puttanesca Beans
63 Ful Medames

You want something green on the plate

05 Gochujang Tofu **27** Green Shakshuka
30 Broccoli Aglio e Olio **42** Ethiopian Gomen
45 Georgian Green Beans

It is Sunday and you have twenty unhurried minutes

49 Prawn Ceviche Tostada **51** Sweet Potato, Egg & Chilli Hash
54 Banana & Oat Bake **59** Rava Uttapam
64 Buckwheat Galette

It is far too hot to turn anything on

46 Vietnamese Summer Roll Bowl **48** Salmon Poke Bowl
49 Prawn Ceviche Tostada **50** Turkish Coban Salad
69 Danish Rye & Cottage Cheese

Someone claims not to like vegetables

16 Pad Krapow **20** Korean Bulgogi Beef Bowl
35 Chipotle Chicken, Black Bean & Charred Corn Skillet
61 Huevos Rancheros Rápidos **67** Sinangag

They have gone down and you have fifteen minutes

18 Ginger-Garlic Prawn Stir-Fry **24** Egg & Spinach Bhurji
32 Tuna Puttanesca Beans **62** Pan con Tomate & Soft Eggs
66 Egg & Tomato Stir-Fry

One of you is doing bathtime

01 Harissa Chickpea & Cauliflower Crunch
12 Cajun Blackened Cod **25** Chana Masala
44 West African Peanut Stew
51 Sweet Potato, Egg & Chilli Hash

You have ten minutes, and that is the whole budget

07 Chilli-Lime Prawns **18** Ginger-Garlic Prawn Stir-Fry
57 Gyeran Bap **62** Pan con Tomate & Soft Eggs
66 Egg & Tomato Stir-Fry

You want it to taste like a holiday

09 Jerk Chicken **16** Pad Krapow **33** Gambas al Ajillo
36 Lomo Saltado **48** Salmon Poke Bowl

You want to feel virtuous without feeling deprived

11 Berbere Sweet Potato **31** Tuscan White Bean & Kale
46 Vietnamese Summer Roll Bowl
47 Fattoush & Crisped Chickpeas **68** Bircher Muesli

You cannot face the washing up at all

02 Miso-Glazed Salmon **12** Cajun Blackened Cod
50 Turkish Coban Salad **69** Danish Rye & Cottage Cheese
70 Orange, Date & Almond Yoghurt

You are cooking to impress someone

08 Sicilian Sea Bass **09** Jerk Chicken **29** Prawn Saganaki
36 Lomo Saltado **48** Salmon Poke Bowl

You need it to keep you full until two o'clock

51 Sweet Potato, Egg & Chilli Hash **53** Masala Omelette Muffins
55 Crispy Chickpea & Avocado Toast **63** Ful Medames
67 Sinangag

You want the whole flat to smell extraordinary

04 Tandoori Paneer Tikka Skewers **09** Jerk Chicken
23 Kerala Coconut Prawn Fry
41 Burmese Golden Turmeric Chicken **59** Rava Uttapam

There is half a cabbage and a lot of optimism

05 Gochujang Tofu **15** Salt & Pepper Tofu with Pak Choi
22 Shogayaki **48** Salmon Poke Bowl **68** Bircher Muesli

You are eating at nine o'clock again

02 Miso-Glazed Salmon **07** Chilli-Lime Prawns
26 Turkish Menemen **31** Tuscan White Bean & Kale
63 Ful Medames

You want them to eat what you are eating

16 Pad Krapow **20** Korean Bulgogi Beef Bowl
28 Greek Lemon Chicken & Orzo
35 Chipotle Chicken, Black Bean & Charred Corn Skillet
57 Gyeran Bap

Lunch & Dinner

Everything on the table inside twenty minutes from a cold start, across thirty-six kitchens, leaving one pan or one basket behind.

50 RECIPES	36 CUISINES	14 FASTEST, MIN	8 VEGETARIAN
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IF YOU ONLY COOK THREE

16

Pad Krapow — Thai Basil Chicken

Twelve minutes, one wok, and the dish that converts people to cooking fast.

01

Harissa Chickpea & Cauliflower Crunch

The whole dinner in one basket, and a sauce you stir in a mug while it cooks.

29

Prawn Saganaki with Feta

Prawns, tomatoes and feta in a pan, on the table before anyone has finished a drink.

HARISSA CHICKPEA & CAULIFLOWER CRUNCH · MISO-GLAZED SALMON WITH CHARRED TENDERSTEM · PERI-PERI CHICKEN THIGHS WITH BLISTERED PEPPERS · TANDOORI PANEER TIKKA SKEWERS · GOCHUJANG TOFU WITH SMASHED SESAME CUCUMBER · ZA'ATAR CHICKEN WITH LEMON COURGETTE · CHILLI-LIME PRAWNS WITH AVOCADO & CORIANDER · SICILIAN SEA BASS WITH FENNEL, OLIVE & ORANGE · JERK CHICKEN WITH CHARRED PINEAPPLE · SHAWARMA-SPICED TURKEY WITH SUMAC ONIONS · BERBERE CHICKEN & SWEET POTATO BOWL · CAJUN BLACKENED COD WITH CHARRED CORN SALSA · FURIKAKE SALMON RICE BOWL · CHERMOULA PRAWNS WITH COURGETTE RIBBONS · SALT & PEPPER TOFU WITH PAK CHOI · PAD KRAPOW — THAI BASIL CHICKEN · QUICK THAI GREEN CURRY PRAWNS · GINGER-GARLIC PRAWN & BROCCOLI STIR-FRY · SICHUAN CUMIN BEEF WITH PEPPERS · KOREAN BULGOGI BEEF BOWL · VIETNAMESE LEMONGRASS CHICKEN BOWL · SHOGAYAKI — JAPANESE GINGER PORK WITH CABBAGE · KERALA COCONUT PRAWN FRY · EGG & SPINACH BHURJI · FIFTEEN-MINUTE CHANA MASALA · TURKISH MENEMEN · GREEN SHAKSHUKA · GREEK LEMON CHICKEN & ORZO · PRAWN SAGANAKI WITH FETA · BROCCOLI AGLIO E OLIO WITH ANCHOVY · TUSCAN WHITE BEAN, KALE & LEMON SKILLET · TUNA PUTTANESCA BEANS · GAMBAS AL AJILLO WITH CHICKPEAS · SMOKY PAPRIKA CHICKEN WITH PIQUILLO PEPPERS · CHIPOTLE CHICKEN, BLACK BEAN & CHARRED CORN SKILLET · LOMO SALTADO · MOQUECA EXPRESS — BRAZILIAN COCONUT FISH STEW · FILIPINO ADOBO FLASH CHICKEN · NASI GORENG CAULIFLOWER RICE WITH FRIED EGG · SAMBAL GREEN BEANS WITH EGG · BURMESE GOLDEN TURMERIC CHICKEN · GOMEN BE SIGA — ETHIOPIAN COLLARDS WITH BEEF · RAS EL HANOUT TURKEY WITH HERBS & ALMONDS · WEST AFRICAN PEANUT STEW EXPRESS · GEORGIAN WALNUT-GARLIC CHICKEN WITH GREEN BEANS · DECONSTRUCTED VIETNAMESE SUMMER ROLL BOWL · CHICKEN FATTTOUSH WITH CRISPED CHICKPEAS · SALMON POKE BOWL · PRAWN CEVICHE TOSTADA SALAD · TURKISH ÇOBAN SALAD WITH TUNA & SUMAC

 16 AIR FRYER

 25 ONE PAN

 5 WOK

 4 NO COOK

01 Harissa Chickpea & Cauliflower Crunch

19
MIN

AIR FRYER

TUNISIAN / NORTH AFRICAN — 6 PREP / 13 COOK — SERVES 4

VEGETARIAN

Everything goes in one basket, comes out blistered and craggy, and gets cooled down by a lemony yoghurt you stir in a mug.

INGREDIENTS

FOR THE BASKET

- 3 × 400 g (14 oz) tins chickpeas, drained and patted dry
- 1 medium cauliflower (~600 g / 1 lb 5 oz), broken into small florets
- 1 red onion, cut into eight wedges
- 3 tbsp rose harissa paste
- 3 tbsp (45 ml) olive oil
- 1 tsp ground cumin
- ½ tsp fine sea salt

FOR THE COUSCOUS

- 200 g (1 cup) couscous

- 300 ml (1¼ cups) boiling vegetable stock or water
- ¼ tsp fine sea salt

TO FINISH

- 400 g (1½ cups) thick 0% Greek yoghurt
- 1 lemon — zest and juice of half, rest cut into wedges
- 1 small garlic clove, grated
- 20 g (½ cup, packed) flat-leaf parsley or mint, roughly torn
- 60 g (½ cup) toasted almonds or pumpkin seeds

WHY IT WORKS

Draining chickpeas well and tossing them straight with harissa means the paste dries onto the skins and turns into a crust rather than a sauce. Cauliflower cut small enough cooks in the same window, so one basket does the whole dinner. The couscous needs nothing but boiling stock and a plate on top, and it is done in five of the thirteen minutes the basket is running.

SWAP

Broccoli, romanesco or thick carrot batons all work on the same timer. Butter beans instead of chickpeas give you a creamier, less crunchy version.

ON THE SIDE

A sharp tomato and cucumber salad with dried mint, or olives and pickled chillies straight from the jar.

MAKE IT FASTER

Buy pre-cut cauliflower florets and you are down to 3 minutes of prep.

LEFTOVERS

Keeps 3 days chilled. Eat cold, the couscous and chickpeas turned together as a salad, rather than reheating — it loses its crunch.

710 kcal
CALORIES

36 g
PROTEIN

86 g
CARBS

25 g
FAT

18 g
FIBRE

WASHING UP Air fryer basket, one large bowl, one mug, one chopping board.

GOES WITH 88 Harissa Carrots with Yoghurt 98 Cucumber, Mint & Yoghurt Raita 94 Tomato, Red Onion & Sumac Salad

01 Harissa Chickpea & Cauliflower Crunch

 AIR FRYER

19 MIN — SERVES 4

VEGETARIAN

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F).
-  Tip the dry chickpeas, cauliflower and onion straight into the basket. Add the harissa, oil, cumin and salt and toss with your hands until everything is streaked red. The basket will be full — that is fine, as long as you shake it hard halfway.
-  Air fry for 13 minutes, shaking the basket hard at 7 minutes. It is ready when the cauliflower edges are charred and the chickpeas rattle.
-  While it cooks, put the couscous and salt in a large bowl, pour over the boiling stock, cover with a plate and leave 5 minutes. It drinks the lot; fork it loose.
-  Stir the yoghurt, garlic, lemon zest and juice together in a mug with a pinch of salt.
-  Spread the couscous over four wide plates, pile the basket contents on top, spoon over the yoghurt, and scatter with herbs and nuts. Serve with lemon wedges.

FOR THE TODDLER

Set aside a handful of cauliflower florets and a spoonful of chickpeas at step 2, before the harissa and salt go in, and toss theirs with plain oil alone. Steep a little couscous for them in plain boiling water rather than stock. Crush the chickpeas with a fork, cut the florets small, and keep the almonds off their plate or grind them to a fine powder. A quarter of an adult serving is plenty.

02 Miso-Glazed Salmon with Charred Tenderstem

18
MIN



AIR FRYER

JAPANESE — 5 PREP / 13 COOK — SERVES 4

Three-ingredient glaze, one basket, nine minutes. The most reliable weeknight fish there is.

INGREDIENTS

FOR THE RICE

- 250 g (1¼ cups) basmati rice, rinsed until the water runs clear
- 500 ml (2 cups) boiling water
- ½ tsp fine sea salt

FOR THE BASKET

- 4 salmon fillets (~150 g / 5 oz each), skin on
- 500 g (1 lb 2 oz) tenderstem broccoli or long-stem broccolini
- 200 g (7 oz) frozen podded edamame (soya beans)

- 2 tsp toasted sesame oil

FOR THE GLAZE

- 3 tbsp white miso paste
- 1 tbsp (15 ml) mirin (or 2 tsp honey + 1 tsp water)
- 1 tbsp (15 ml) rice vinegar
- 1 tsp finely grated fresh ginger

TO FINISH

- 1 tbsp sesame seeds
- 2 spring onions, finely sliced

WHY IT WORKS

Miso is already fermented and salty, so it seasons and browns at the same time — no marinating window needed. The broccoli goes in underneath the fillets and catches the glaze as it drips. The rice goes on the hob before the basket goes on, so it is steaming and resting by the time the salmon flakes.

SWAP

Cod, sea bass or thick-cut trout all work — drop to 7 minutes for thinner white fish. Firm tofu slabs need 12 minutes.

ON THE SIDE

A bowl of instant miso soup, or cucumber steeped in rice vinegar with a pinch of salt and chilli.

MAKE IT FASTER

Two 250 g pouches of microwave rice instead of the pan. Double the glaze while you are at it and keep it in a jar; it lives happily in the fridge for a month.

LEFTOVERS

Excellent cold, flaked into the leftover rice with cucumber.

680 kcal
CALORIES

43 g
PROTEIN

60 g
CARBS

27 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one small pan, one small bowl, one pastry brush.

GOES WITH 100 Charred Broccolini with Miso Butter 93 Sigeumchi Namul — Sesame Spinach

97 Sesame Green Beans with Ginger

02 Miso-Glazed Salmon with Charred Tenderstem



AIR FRYER

18 MIN



SERVES 4

METHOD

1



Boil the kettle and heat the air fryer to 200°C (400°F). Put the rinsed rice, salt and boiling water in a small pan, bring back to the boil, then clamp on a lid and cook on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.

2



Stir the miso, mirin, vinegar and ginger together in a small bowl.

3



Toss the broccoli with the sesame oil and lay it flat in the basket. Sit the salmon fillets on top, skin down, and brush the tops thickly with the miso glaze.

4



Air fry for 9 minutes, scattering the frozen edamame around the fillets at 5 minutes so they thaw and blister in the last four. The glaze should be dark and bubbling at the edges and the salmon should flake when pressed at its thickest point.

5



Fork the rice loose and spread it over four warm plates. Lift the salmon, broccoli and beans on top, scatter with sesame seeds and spring onion, and spoon any glaze left in the basket over the rice.

FOR THE TODDLER

Leave one fillet unglazed at step 3 and set a few broccoli stems beside it, since miso is salt itself and cannot be toned down once it is on. If you make the glaze with honey rather than mirin, keep it away from a baby under one and use the mirin for theirs. Cut the broccoli into soft finger-length strips, flake the plain salmon and check it for bones, and squash the edamame.



AIR FRYER · 18 MINUTES · SERVES 4

Air fryer basket, one small pan, one small bowl, one pastry brush.

03 Peri-Peri Chicken Thighs with Blistered Peppers

20
MIN



AIR FRYER

PORTUGUESE-MOZAMBICAN — 6 PREP / 14 COOK — SERVES 4

A peri-peri rub built from two chillies and a lemon, blistering onto chicken while the peppers soften in the drippings underneath.

INGREDIENTS

FOR THE BASKET

- 800 g (1¾ lb) boneless, skinless chicken thighs
- 800 g (1¾ lb) baby new potatoes, halved
- 4 romano peppers (~600 g / 1 lb 5 oz), deseeded and cut into thick strips
- 1 red onion, cut into eight wedges

FOR THE PERI-PERI RUB

- 2 red bird's eye chillies, finely chopped
- 3 garlic cloves, grated
- 2 tsp smoked paprika

- 1 tsp dried oregano
- 2 tbsp (30 ml) red wine vinegar
- 3 tbsp (45 ml) olive oil
- Zest and juice of 1 lemon
- 1 tsp fine sea salt

TO FINISH

- 200 g (¾ cup) thick Greek yoghurt
- 1 garlic clove, grated
- 15 g (½ cup, packed) flat-leaf parsley, chopped
- 1 lemon, cut into wedges

WHY IT WORKS

Boneless thighs opened out flat cook through in thirteen minutes and stay juicy where breast would tighten and dry. The vinegar and lemon keep the rub loose enough to coat every surface, so it browns into a lacquer rather than pooling in the drawer. Potatoes given seven minutes in the microwave first go into the basket already tender, so they only have to crisp.

SWAP

Drumsticks work on the same rub but need 20 minutes. Halloumi or thick portobello slices take 10.

ON THE SIDE

Tomatoes and red onion in vinegar, or something green and plain — buttered cabbage, or shredded lettuce with lemon.

MAKE IT FASTER

Double the rub and keep half in a jar; it holds two weeks chilled and cuts prep to two minutes.

LEFTOVERS

Shred the cold chicken through the peppers and crush the potatoes into it with more lemon. Keeps 3 days chilled.

660 kcal
CALORIES

48 g
PROTEIN

47 g
CARBS

28 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one heatproof bowl, one mug, one chopping board.

GOES WITH **92** Crispy Rosemary Potatoes **89** Garlicky Greens with Chilli & Lemon **95** Quick Pickled Red Onions

03 Peri-Peri Chicken Thighs with Blistered Peppers



AIR FRYER

20 MIN



SERVES 4

METHOD

-  Heat the air fryer to 200°C (400°F). Put the potatoes in a heatproof bowl with a splash of water, cover with a plate and microwave on high for 7 minutes — a knife should slide into them before they go anywhere near the basket.
-  Meanwhile, open the thighs out on the board and press the thick lobes flat so each is an even 2 cm (¾ in).
-  Stir the chilli, garlic, paprika, oregano, vinegar, oil, lemon zest and juice and salt in a bowl. Add the chicken and turn it until every piece is streaked red.
-  Drain the potatoes and tip them into the basket with the peppers and onion, turning them through a spoonful of the rub. Lay the chicken on top in a single layer and scrape the last of the rub over.
-  Air fry for 13 minutes, turning the chicken once at 8 minutes. It is ready when the edges have caught dark and the juices run clear at the thickest point — 74°C (165°F) on a probe.
-  Stir the yoghurt with the grated garlic and a pinch of salt in a mug while the basket runs.
-  Let it settle for the minute it takes to find plates, then serve the chicken over the potatoes and peppers with the pan juices, the garlic yoghurt, parsley and lemon wedges.

FOR THE TODDLER

Set aside one thigh, a few potato halves and some pepper strips at step 3, before anything meets the rub, and cook theirs in the basket with nothing but a little plain oil. Two bird's eye chillies cannot be toned down after the fact. Shred the cooked chicken finely, crush the potatoes and cut the peppers into soft finger-length strips. Spoon them plain yoghurt with no garlic or salt stirred in.



AIR FRYER · 20 MINUTES · SERVES 4

Air fryer basket, one mixing bowl, one heatproof bowl, one mug, one chopping board.

04 Tandoori Paneer Tikka Skewers

19
MIN



AIR FRYER

INDIAN — 5 PREP / 14 COOK — SERVES 4

VEGETARIAN

Paneer takes on its yoghurt marinade in the time it takes to cut the peppers, then chars at the corners in eight minutes.

INGREDIENTS

FOR THE BASKET

- 450 g (1 lb) paneer, cut into 3 cm (1¼ in) cubes
- 2 × 400 g (14 oz) tins chickpeas, drained and patted dry
- 1 red, 1 green and 1 yellow pepper (~500 g / 1 lb 2 oz), cut into 3 cm squares
- 1 red onion, quartered and separated into petals
- 2 tsp garam masala
- 2 tsp ground cumin
- 1 tsp Kashmiri chilli powder (or ½ tsp cayenne plus ½ tsp paprika)
- ½ tsp ground turmeric
- 2 tsp (10 ml) groundnut oil
- 1 tsp fine sea salt

FOR THE MARINADE

- 200 g (¾ cup) thick Greek yoghurt
- 3 garlic cloves, grated
- 1 tbsp finely grated fresh ginger

TO FINISH

- 4 chapatis or small naan
- 15 g (⅓ cup, packed) coriander, torn
- 1 lemon, cut into wedges
- 8 short metal skewers

WHY IT WORKS

Thick yoghurt clings to paneer rather than sliding off, and the milk solids in that coating brown hard under the fan — that is where the tandoor char comes from without a tandoor. Paneer is acid-set, so it never melts: the cubes hold their edges while the surface blackens. Chickpeas given a five-minute head start underneath catch every drip of marinade and turn nutty and split-skinned.

SWAP

Extra-firm tofu takes the same marinade and the same 8 minutes. Chicken thigh cut to 3 cm needs 12.

ON THE SIDE

Cucumber and mint raita, a bowl of sliced onion in lemon juice, and lime pickle for anyone who wants it.

MAKE IT FASTER

Skip the skewers and air fry everything loose over the chickpeas, shaking once — it is the same dish, two minutes quicker.

LEFTOVERS

Pull the cold pieces off the skewers into a wrap with the chickpeas. Keeps 2 days chilled.

745 kcal
CALORIES

38 g
PROTEIN

60 g
CARBS

37 g
FAT

12 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one chopping board, eight skewers.

GOES WITH 98 Cucumber, Mint & Yoghurt Raita 91 Coconut Sambol 94 Tomato, Red Onion & Sumac Salad

04 Tandoori Paneer Tikka Skewers

 AIR FRYER

19 MIN — SERVES 4

VEGETARIAN

METHOD

-  Heat the air fryer to 200°C (400°F). Whisk the yoghurt, garlic, ginger, garam masala, cumin, chilli, turmeric, oil and salt in a bowl until it is the colour of terracotta.
-  Spread the dry chickpeas across the basket, spoon 2 tbsp of the marinade over them and toss them where they lie. Start them cooking for 5 minutes while you thread the skewers.
-  Add the paneer, the red, green and yellow peppers and the onion petals to the rest of the marinade. Fold gently so the cubes keep their corners, then thread onto the skewers, alternating cheese and vegetable.
-  Shake the basket, lay the skewers over the chickpeas in one layer with a finger's gap between them, and spoon over any marinade left in the bowl.
-  Air fry for 8 minutes more, turning the skewers at 5 minutes. They are ready when the yoghurt coating has dried to a crust and there are proper black blisters on the pepper skins.
-  Lift everything out, then warm the chapatis in the hot empty basket for 1 minute. Scatter the skewers and chickpeas with coriander and squeeze over lemon while they still steam.

FOR THE TODDLER

Hold back a spoonful of dry chickpeas at step 2, and a few paneer cubes and pepper pieces at step 3, before either meets the marinade — the chilli and salt are stirred into it at step 1. Cook theirs loose in the basket with a little plain oil rather than on a skewer. Cut the paneer small, the peppers into soft finger-length strips, and crush the chickpeas with a fork.

05 Gochujang Tofu with Smashed Sesame Cucumber

19
MIN



AIR FRYER

KOREAN — 7 PREP / 12 COOK — SERVES 4

VEGETARIAN

Tofu goes in plain, comes out with a chewy skin, and meets a sticky gochujang glaze and a cold, garlicky cucumber bruised with the flat of a knife.

INGREDIENTS

FOR THE BASKET

- 700 g (1 lb 9 oz) extra-firm tofu, patted dry and cut into 3 cm (1¼ in) cubes
- 200 g (7 oz) frozen podded edamame (soya beans)
- 1 tbsp (15 ml) toasted sesame oil

FOR THE RICE

- 2 × 250 g (9 oz) pouches cooked brown or short-grain rice

FOR THE GLAZE

- 3 tbsp gochujang
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar

- 1 tbsp honey
- 2 garlic cloves, grated

FOR THE CUCUMBER

- 2 cucumbers (~600 g / 1 lb 5 oz)
- 2 carrots (~200 g / 7 oz), coarsely grated
- ½ tsp fine sea salt
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) toasted sesame oil
- 1 garlic clove, grated
- 1 tbsp sesame seeds
- 2 spring onions, finely sliced

WHY IT WORKS

Tofu is glazed after cooking, not before: the sugar in gochujang scorches long before the cubes crisp, so the fryer dries them first and the sauce goes on at the end. Smashing the cucumber rather than slicing it tears the flesh into rough facets that hold dressing, and the salt pulls out water so nothing dilutes it. Frozen edamame thrown into the basket halfway needs no separate pan and comes out blistered.

SWAP

Tempeh takes 10 minutes; chicken thigh cubes take 14 and want the same glaze.

ON THE SIDE

Shop-bought kimchi, and a bowl of hot stock with spring onion in it if the weather is against you.

MAKE IT FASTER

Glaze in the basket itself once cooking is done — one less thing to wash.

LEFTOVERS

The tofu softens overnight but reheats crisp in 4 minutes. Keeps 3 days chilled.

640 kcal
CALORIES

38 g
PROTEIN

56 g
CARBS

28 g
FAT

9 g
FIBRE

WASHING UP Air fryer basket, one bowl, one mug, one chopping board.

GOES WITH 100 Charred Broccolini with Miso Butter 87 Smashed Cucumber with Garlic & Sesame

93 Sigeumchi Namul — Sesame Spinach

05 Gochujang Tofu with Smashed Sesame Cucumber

 AIR FRYER

19 MIN — SERVES 4

VEGETARIAN

METHOD

-  Heat the air fryer to 200°C (400°F). Toss the tofu with the sesame oil and spread it in a single layer in the basket. Air fry for 12 minutes, shaking at 6 minutes and scattering the frozen edamame in as you do.
-  Lay the cucumbers on the board, press hard with the flat of a knife until they split, then chop into rough 3 cm chunks. Toss with the grated carrot and the salt in a bowl.
-  Stir the gochujang, soy, vinegar, honey and garlic together in a mug.
-  Tip the cucumber's salty water away and dress it with the vinegar, sesame oil, garlic, sesame seeds and spring onion.
-  Heat the rice pouches in the microwave for their 2 minutes and fork the rice into four warm bowls.
-  The tofu is done when the cubes sound hollow against the basket and the corners are deep gold. Tip the tofu and beans into the glaze and toss until every face is red and sticky, then spoon it over the rice. Serve the cucumber alongside, cold against hot.

FOR THE TODDLER

Lift out a few tofu cubes and some edamame at step 6, before the rest meets the gochujang glaze, and leave theirs plain with a drop of sesame oil. The glaze carries chilli and honey, and honey is not for a baby under one, so use maple syrup in its place if you want them to have a little. Take their cucumber before it is salted at step 2. Squash the edamame and cut the tofu small.

06 Za'atar Chicken with Lemon Courgette

19
MIN



AIR FRYER

LEVANTINE — 6 PREP / 13 COOK — SERVES 4

Za'atar toasts on the surface of the chicken while courgettes underneath collapse into something halfway between roasted and braised.

INGREDIENTS

FOR THE BASKET

- 4 chicken breasts (~175 g / 6 oz each), butterflied and opened flat
- 3 courgettes (~600 g / 1 lb 5 oz), cut into 2 cm (¾ in) half-moons
- 200 g (7 oz) cherry tomatoes
- 3 tbsp (45 ml) olive oil
- 3 tbsp za'atar
- 3 garlic cloves, grated
- Zest of 1 lemon, plus the juice of half
- ½ tsp fine sea salt
- ¼ tsp black pepper

FOR THE BULGUR

- 250 g (1¼ cups) fine bulgur wheat
- 500 ml (2 cups) boiling water
- 400 g (14 oz) tin chickpeas, drained
- ½ tsp fine sea salt

TO FINISH

- 200 g (¾ cup) thick Greek yoghurt
- 20 g (½ cup, packed) flat-leaf parsley, roughly chopped
- 1 lemon, cut into wedges

WHY IT WORKS

Za'atar is mostly sesame and dried thyme, and both scorch quickly, so the blend goes on under a film of olive oil that slows the heat and lets it toast rather than burn. Butterflying the breasts to an even thickness gets them cooked in thirteen minutes, exactly as long as thick courgette half-moons need to give up their water and brown. Fine bulgur steeps in boiling water in ten of those minutes and needs no draining.

SWAP

Thighs need 15 minutes; thick aubergine slices stand in for courgette on the same timer.

ON THE SIDE

Warm pitta, a dish of olives, and pickled turnips or cucumbers for the sharpness.

MAKE IT FASTER

Ask for the breasts butterflied at the counter and you are down to 4 minutes of prep.

LEFTOVERS

Cold, chopped through the bulgur with the yoghurt as a lunchbox salad. Keeps 3 days chilled.

700 kcal
CALORIES

58 g
PROTEIN

67 g
CARBS

20 g
FAT

13 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one large bowl, one chopping board.

GOES WITH **94** Tomato, Red Onion & Sumac Salad **90** Shirazi Salad **88** Harissa Carrots with Yoghurt

06 Za'atar Chicken with Lemon Courgette



AIR FRYER

19 MIN



SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Run a knife horizontally through each breast and open it like a book so it lies at an even 2 cm.
-  In a bowl, mix the oil, za'atar, garlic, lemon zest and juice, salt and pepper into a loose paste. Toss the courgettes and tomatoes through half of it and spread them across the basket.
-  Rub the rest over the chicken, both sides, and lay the pieces on top of the vegetables without overlapping.
-  Air fry for 13 minutes. The chicken is done when it springs back under a finger and shows no pink at the thickest part — 74°C (165°F) on a probe. The courgette edges should be brown and shrunken and the tomatoes split.
-  As the basket starts, put the bulgur, chickpeas and salt in a large bowl, pour over the boiling water, cover with a plate and leave 10 minutes, then fork it through.
-  Slice the chicken thickly across the grain, pile it and the vegetables onto the bulgur and finish with yoghurt, parsley and a squeeze of lemon.

FOR THE TODDLER

Set a piece of chicken and some courgette aside at step 2, before either meets the za'atar paste, and rub theirs with plain oil and a little lemon zest instead. Za'atar is mostly sesame, so crush any seeds fine or leave them off. Quarter the cherry tomatoes lengthways, cut the courgette into soft strips, slice the chicken finely, and crush the chickpeas through the bulgur.



AIR FRYER · 19 MINUTES · SERVES 4

Air fryer basket, one mixing bowl, one large bowl, one chopping board.

07 Chilli-Lime Prawns with Avocado & Coriander

14
MIN

 AIR FRYER

MEXICAN — 7 PREP / 7 COOK — SERVES 4

Six minutes from cold prawns to hot, smoky, lime-sharp ones, tipped over avocado that has been mashed roughly on the board.

INGREDIENTS

FOR THE BASKET

- 700 g (1 lb 9 oz) raw king prawns, peeled and deveined, patted dry
- 2 tbsp (30 ml) olive oil
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried chilli flakes, or 1 red chilli finely chopped
- 3 garlic cloves, grated
- ½ tsp fine sea salt

FOR THE BEANS

- 2 × 400 g (14 oz) tins black beans, drained
- 1 tsp dried oregano
- ¼ tsp fine sea salt

TO FINISH

- 12 small corn tortillas
- 2 large ripe avocados
- 250 g (9 oz) cherry tomatoes, halved
- 200 g (7 oz) white cabbage or 2 baby gem lettuces, finely shredded
- ½ small red onion, very finely sliced
- 100 g (scant ½ cup) soured cream
- Juice of 2 limes, plus 1 more cut into wedges
- 20 g (½ cup, packed) coriander, leaves and stalks, chopped

WHY IT WORKS

Prawns cook by residual heat as much as anything, so they go in dry and come out at the moment they curl into a loose C — a tight O means they have gone one minute too far. The lime juice is added off the heat: in the basket it would boil away, but poured over hot prawns it lifts steam and carries the chilli with it. Black beans crushed against the side of a pan give the plate its weight, and the tortillas go into the basket the second the prawns come out.

SWAP

Scallops need 5 minutes, firm white fish chunks 7. Frozen prawns work if defrosted and properly dried.

ON THE SIDE

Pickled jalapeños, quick-pickled red onion, or a bowl of charred corn cut from the cob.

MAKE IT FASTER

Mix the spices with the oil in the bowl the night before and the prawns need 30 seconds of tossing.

LEFTOVERS

Eat within a day, cold, rolled into a tortilla with the beans — reheating turns prawns rubbery.

665 kcal
CALORIES

42 g
PROTEIN

59 g
CARBS

27 g
FAT

15 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one small pan, one chopping board.

GOES WITH **95** Quick Pickled Red Onions **97** Sesame Green Beans with Ginger **94** Tomato, Red Onion & Sumac Salad

07 Chilli-Lime Prawns with Avocado & Coriander

 AIR FRYER

14 MIN — SERVES 4

METHOD

-  Heat the air fryer to 200°C (400°F). Toss the dry prawns in a bowl with the oil, paprika, cumin, chilli, garlic and salt until they are evenly rust-coloured, then spread them in a single layer in the basket — crowding them steams them grey rather than roasting them.
-  Air fry for 6 minutes, shaking once at 4 minutes. They are ready the moment they turn opaque pink and curl into a loose C shape.
-  While they cook, tip the beans into a small pan with the oregano, salt and a splash of water. Warm through over a low heat for 5 minutes, crushing a few against the side so the rest sit in something thick.
-  Halve and stone the avocados, scoop the flesh onto the board and crush it roughly with a fork, leaving lumps. Spread across a platter or four plates, season, and scatter the cabbage, tomatoes and red onion over.
-  Lift the prawns out and put the tortillas into the hot empty basket in a stack for 1 minute, turning them once.
-  Tip the prawns and everything clinging to the basket over the avocado, squeeze the lime juice on while they still hiss, then scatter with coriander. Serve with the beans, the soured cream, the warm tortillas and lime wedges.

FOR THE TODDLER

Take a few prawns out of the bowl at step 1, before the chilli flakes and salt go in, and toss theirs with plain oil and a pinch of cumin. Crush a spoonful of black beans for them at step 3, before the salt joins the pan, and mash a little avocado alongside. Chop the prawns small and quarter the cherry tomatoes lengthways rather than halving them.

08 Sicilian Sea Bass with Fennel, Olive & Orange

18
MIN

 AIR FRYER

ITALIAN (SICILIAN) — 5 PREP / 13 COOK — SERVES 4

Fennel gets a four-minute head start, then the fish goes on top and the whole thing finishes together under a slick of orange and olive.

INGREDIENTS

FOR THE POTATOES

- 900 g (2 lb) small new potatoes, halved, or quartered if large
- 1 tsp fine sea salt

FOR THE BASKET

- 2 fennel bulbs (~500 g / 1 lb 2 oz), trimmed and sliced 5 mm thick
- 8 small sea bass fillets (~90 g / 3 oz each), skin on
- 250 g (9 oz) cherry tomatoes

- 120 g (¾ cup) green olives, squashed and stoned
- 5 tbsp (75 ml) olive oil
- 2 garlic cloves, thinly sliced
- 1 tsp dried oregano
- ½ tsp dried chilli flakes
- Zest and juice of 1 orange
- ½ tsp fine sea salt

TO FINISH

- 15 g (⅓ cup, packed) flat-leaf parsley, chopped
- Any reserved fennel fronds

WHY IT WORKS

Fennel sliced thin enough to be translucent will soften in the same window as a fish fillet, but it still needs a head start to lose its raw crunch — four minutes alone does it. Sitting the bass skin-up on the fennel means the fillets steam gently from below while the skin dries and crisps above. The potatoes go into boiling water before the air fryer is even hot, so they are drained and ready to be crushed into the orange and olive juices at exactly the moment the fish is done.

SWAP

Bream, red mullet or thin cod fillets all take the same 6 minutes. Capers instead of olives, a tablespoon, rinsed.

ON THE SIDE

Bread for mopping the orange and olive juices, and a bitter leaf salad — chicory or radicchio, lemon, oil, nothing else.

MAKE IT FASTER

Slice the fennel on the coarse side of a box grater or a mandoline in under a minute. Halved baby potatoes from a tin need only warming through.

LEFTOVERS

The fennel, potatoes and olives are better the next day, cold, as a salad. Eat the fish the same evening.

610 kcal
CALORIES

39 g
PROTEIN

47 g
CARBS

27 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one saucepan, one colander, one chopping board.

GOES WITH 99 Blistered Padrón Peppers 86 Charred Lemon Broccoli with Almonds 92 Crispy Rosemary Potatoes

08 Sicilian Sea Bass with Fennel, Olive & Orange



AIR FRYER

18 MIN

— SERVES 4

METHOD

-  Boil the kettle. Tip the potatoes into a pan with the 1 tsp salt, cover with boiling water and cook at a steady boil for 12 minutes, until a knife slides into one without resistance.
-  Heat the air fryer to 190°C (375°F). Toss the fennel in the basket with 2 tbsp of the oil, the garlic, oregano, chilli, half the orange zest and the ½ tsp salt. Air fry for 4 minutes.
-  Meanwhile, pat the bass dry — skin will not crisp through moisture — and rub it with 1 tbsp of the oil and a pinch of salt.
-  Shake the fennel, scatter over the olives and tomatoes, then lay the fillets on top, skin up, without overlapping.
-  Air fry for 6 minutes more. The fish is done when the flesh turns from glassy to white and the thickest part flakes cleanly under a fork; the skin should be tight and blistered.
-  Drain the potatoes, return them to the hot pan and crush each one flat under a fork with the last 2 tbsp of oil. Spread them over a warm platter.
-  Lift the fennel, olives, tomatoes and fish onto the potatoes. Squeeze the orange juice over the fennel, not the skin, and finish with the rest of the zest, parsley and fronds.

FOR THE TODDLER

Lift a few slices of fennel out at step 2, before the chilli and salt go into the basket, and toss theirs with plain oil. Set a fillet aside unsalted at step 3 and cook it alongside. The olives are salty as well as round, so keep them off their plate, and do the same with capers if you use them. Flake the fish carefully for bones, quarter the tomatoes lengthways, and crush a potato.



AIR FRYER · 18 MINUTES · SERVES 4

Air fryer basket, one saucepan, one colander, one chopping board.

09 Jerk Chicken with Charred Pineapple

20
MIN



AIR FRYER

JAMAICAN — 7 PREP / 13 COOK — SERVES 4

A jerk rub stirred in a bowl rather than blitzed in a blender, with pineapple going dark and jammy in the gaps between the thighs.

INGREDIENTS

FOR THE RUB

- 2 tsp ground allspice
- 1 tsp dried thyme, or 1 tbsp fresh leaves
- ½ tsp ground cinnamon
- ¼ tsp freshly grated nutmeg
- 1 scotch bonnet, deseeded and very finely chopped
- 4 spring onions, finely chopped
- 3 garlic cloves, grated
- 1 tbsp finely grated fresh ginger
- 1 tbsp (15 ml) soy sauce
- 1 tbsp honey
- Juice of 1 lime
- 2 tbsp (30 ml) olive oil
- ¾ tsp fine sea salt

FOR THE RICE AND PEAS

- 250 g (1¼ cups) long-grain rice, rinsed until the water runs clear
- 1 × 400 g (14 oz) tin kidney beans, drained

- 100 ml (scant ½ cup) coconut milk
- 400 ml (1⅔ cups) boiling water
- 1 tsp dried thyme, or 2 thyme sprigs
- ½ tsp fine sea salt

FOR THE BASKET

- 700 g (1½ lb) boneless, skinless chicken thighs
- ½ pineapple (~400 g / 14 oz prepared), cut into 2 cm (¾ in) wedges

FOR THE SLAW

- 400 g (14 oz) white cabbage, shredded as thinly as you can
- 2 carrots (~200 g / 7 oz), coarsely grated
- 1 tbsp (15 ml) olive oil
- Juice of 1 lime
- ¼ tsp fine sea salt

TO FINISH

- 15 g (½ cup, packed) coriander
- 1 lime, cut into wedges

WHY IT WORKS

Allspice, thyme and scotch bonnet are the backbone of jerk, and a rub built on grated aromatics gets there without a blender to wash. Pineapple has enough sugar to caramelize in twelve minutes and enough acid to season the chicken as its juices run into the drawer. Rice and peas goes on the hob first and cooks itself while the basket runs, and the cabbage only needs scrunching with lime to turn into a slaw.

SWAP

Half a habanero or a hot red chilli if scotch bonnet is hard to find. Mango chars the same way.

ON THE SIDE

Fried plantain, hot pepper sauce, and a wedge of hard dough bread for the last of the juices.

MAKE IT FASTER

The rub keeps a week in a jar — make it ahead and this is a 17-minute dinner. Two 250 g pouches of microwave rice, stirred through the drained beans, instead of the pan.

LEFTOVERS

Chop the cold chicken and pineapple through the slaw. Keeps 3 days chilled.

760 kcal
CALORIES

42 g
PROTEIN

78 g
CARBS

27 g
FAT

10 g
FIBRE

WASHING UP Air fryer basket, one lidded pan, two mixing bowls, one chopping board.

GOES WITH **95** Quick Pickled Red Onions **97** Sesame Green Beans with Ginger **92** Crispy Rosemary Potatoes

09 Jerk Chicken with Charred Pineapple



AIR FRYER

20 MIN



SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Put the rinsed rice, kidney beans, coconut milk, thyme, salt and boiling water in a pan, bring back to the boil, then clamp on a lid and cook on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
-  Stir the allspice, thyme, cinnamon, nutmeg, scotch bonnet, spring onions, garlic, ginger, soy sauce, honey, lime juice, oil and salt together in a bowl into a thick, dark, spoonable paste.
-  Open the thighs out flat on the board so they are an even thickness, add them to the bowl and work the rub in by hand. Wash your hands afterwards; the scotch bonnet lingers. Lay the chicken in the basket in one layer and tuck the pineapple into the gaps.
-  Air fry for 12 minutes, turning chicken and pineapple at 7 minutes. The chicken is ready when the rub has dried to a near-black crust and the juices run clear — 74°C (165°F) on a probe. The pineapple should be blistered and slumping.
-  While the basket runs, toss the cabbage and carrot in a large bowl with the oil, lime juice and salt, scrunching with your hands until the cabbage slackens.
-  Fork the rice and beans loose and spoon onto four plates. Add the chicken and pineapple with everything left in the basket, pile the slaw alongside, tear the coriander over and add lime wedges.

FOR THE TODDLER

Scotch bonnet cannot be toned down, so theirs has to be cooked apart. At step 3, before the rub is worked in, set aside a thigh and two pineapple pieces, rub them with plain oil and cook them in a foil parcel alongside. The rub carries honey, which is not for a baby under one, and maple syrup stands in if you want a mild version. Shred the chicken, chop the pineapple small and crush the beans.



AIR FRYER · 20 MINUTES · SERVES 4

Air fryer basket, one lidded pan, two mixing bowls, one chopping board.

10 Shawarma-Spiced Turkey with Sumac Onions

17
MIN

 AIR FRYER

MIDDLE EASTERN — 7 PREP / 10 COOK — SERVES 4

Turkey cut into thin strips crisps at the edges under a shawarma spicing, served with red onions gone soft and pink in nothing but sumac and lemon.

INGREDIENTS

FOR THE BASKET

- 700 g (1½ lb) turkey breast steaks, cut into 1 cm (½ in) strips
- 2½ tbsp (38 ml) olive oil
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1½ tsp sweet paprika
- ½ tsp ground cinnamon
- ½ tsp ground turmeric
- 3 garlic cloves, grated
- Juice of ½ lemon
- 1 tsp fine sea salt

FOR THE BULGUR

- 300 g (1½ cups) coarse bulgur wheat
- 600 ml (2½ cups) boiling water

- ½ tsp fine sea salt
- 300 g (10½ oz) cherry tomatoes, quartered
- 1 cucumber (~250 g / 9 oz), diced
- 1 tbsp (15 ml) olive oil

FOR THE SUMAC ONIONS

- 2 red onions, halved and sliced as thinly as you can
- 2 tsp sumac
- Juice of ½ lemon
- ¼ tsp fine sea salt
- 20 g (½ cup, packed) flat-leaf parsley, chopped

TO FINISH

- 300 g (1 cup) thick Greek yoghurt
- 1 lemon, cut into wedges

WHY IT WORKS

Cutting turkey breast into 1 cm strips triples the surface area, so the spices toast and the edges frizzle in ten minutes — the char a vertical spit gives, without the spit. Salting the onions with sumac and lemon while the basket runs draws out their bite, so they arrive sharp rather than raw and harsh. Coarse bulgur needs no pan at all: boiling water and a plate on top for the same ten minutes, and it comes out tender enough to take the turkey juices.

SWAP

Chicken thigh strips take 12 minutes; sliced halloumi or cauliflower steaks take 12 as well. Couscous stands in for the bulgur and needs only 5 minutes under its plate.

ON THE SIDE

Warm flatbreads, 30 seconds each in the empty basket, with olives and pickled chillies.

MAKE IT FASTER

Buy turkey mini fillets and slice them lengthways — two cuts each and the prep is done.

LEFTOVERS

Excellent cold in a wrap with the onions and bulgur. Keeps 3 days chilled.

670 kcal
CALORIES

59 g
PROTEIN

60 g
CARBS

18 g
FAT

15 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one heatproof bowl, one chopping board.

GOES WITH **90** Shirazi Salad **94** Tomato, Red Onion & Sumac Salad **88** Harissa Carrots with Yoghurt

10 Shawarma-Spiced Turkey with Sumac Onions

 AIR FRYER

17 MIN — SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Put the bulgur and its ½ tsp salt in a heatproof bowl, pour over the boiling water, cover with a plate and leave it alone for 10 minutes.
-  Toss the turkey strips in a bowl with the 2½ tbsp oil, all the spices, garlic, lemon juice and salt until evenly ochre.
-  Scatter the strips loosely across the basket in a rough single layer — a heap will steam and stay pale. Air fry for 10 minutes, shaking hard at 5 minutes to separate any strips that have knitted together.
-  Meanwhile, put the onions on the board, sprinkle with sumac and salt, squeeze over the lemon and scrunch until they slacken and turn magenta. Fold through the parsley.
-  Fork the bulgur loose — tender with a little bite left — and stir through the tomatoes, cucumber and the last tablespoon of oil.
-  The turkey is done when the thinnest strips are browned and the thickest opaque all through. Spread the bulgur over four plates, pile the turkey on with everything from the basket, add the onions, spoon over yoghurt and add lemon wedges.

FOR THE TODDLER

The spicing is warm rather than hot, so salt is the only thing to hold back. Take a few turkey strips out at step 2, before the salt and lemon go into the bowl, and toss theirs in the spices and oil alone. Cut the cooked strips into short pieces across their length, since 1 cm strips are stringy for small mouths. Keep the sumac onions off their plate and give them plain bulgur with cucumber.

11 Berbere Chicken & Sweet Potato Bowl

20
MIN



AIR FRYER

ETHIOPIAN — 5 PREP / 15 COOK — SERVES 4

Chicken thighs go into the basket wearing a wet berbere rub, laid over sweet potato that has already had a head start.

INGREDIENTS

FOR THE BASKET

- 700 g (1 lb 9 oz) boneless, skinless chicken thighs, each halved
- 500 g (1 lb 2 oz) sweet potatoes, scrubbed and cut into 2 cm (¾ in) cubes
- 400 g (14 oz) tin green or brown lentils, drained and patted dry
- 4 garlic cloves, thinly sliced

FOR THE BERBERE RUB

- 2 tbsp berbere spice blend

- 2½ tbsp (38 ml) olive oil
- 1 lemon — half juiced, half cut into wedges
- 1 tsp fine sea salt

FOR THE BOWLS

- 2 × 250 g (9 oz) pouches microwave brown rice
- 200 g (7 oz) cherry tomatoes, halved
- 1 small red onion (~80 g / 3 oz), very thinly sliced
- 200 g (¾ cup) thick Greek yoghurt
- 20 g (½ cup, packed) coriander, roughly chopped

WHY IT WORKS

Berberé is built on fenugreek and warm spices as much as on chilli, and both want fat and dry heat rather than liquid. Slackened with oil and lemon into a paste, the blend clings to the thighs and sets into a dark crust instead of scattering loose across the drawer. Halved thighs are through in twelve minutes at 200°C and stay juicy where breast would tighten. The sweet potato goes in three minutes early so the two finish together, and a tin of lentils dropped in at the end toasts against the hot metal rather than collapsing.

SWAP

Drumsticks take the same rub but need 20 minutes in the basket. Butternut squash stands in for the sweet potato on the same timer.

ON THE SIDE

Warm flatbread for the yoghurt, and raw carrot and cucumber batons with lemon squeezed over them.

MAKE IT FASTER

Mix a double batch of the rub and keep half in a jar; it holds two weeks chilled and takes prep down to three minutes.

LEFTOVERS

Shred the cold chicken back through the lentils and sweet potato with more lemon. Keeps 3 days chilled.

690 kcal
CALORIES

47 g
PROTEIN

76 g
CARBS

21 g
FAT

11 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, one small bowl, one chopping board.

GOES WITH 96 Buttered Cabbage with Caraway 98 Cucumber, Mint & Yoghurt Raita 89 Garlicky Greens with Chilli & Lemon

11 Berbere Chicken & Sweet Potato Bowl

 AIR FRYER

20 MIN — SERVES 4

METHOD

- 

Heat the air fryer to 200°C (400°F). Toss the sweet potato with 1 tbsp of the oil and a pinch of the salt, spread it across the basket and air fry for 3 minutes.
- 

Meanwhile, stir the berbere, the rest of the oil, the lemon juice and the salt to a loose paste in a bowl, then turn the chicken through it until every piece is rust-red.
- 

Shake the basket, lay the chicken over the sweet potato in a single layer and scrape the last of the rub on top. Air fry for 7 minutes.
- 

Add the lentils and garlic, shake hard, and air fry 5 minutes more. It is done when the chicken reads 74°C (165°F) at the thickest point and the lentils look dry and toasted rather than glossy.
- 

While the basket runs, stir the yoghurt with a pinch of salt, toss the tomatoes and onion together on the board, and put the rice pouches in the microwave for their 2 minutes as the basket enters its last stretch, so the rice lands hot.
- 

Spread the rice across four bowls and tip the basket over it. Add the tomatoes and onion, spoon over the yoghurt and scatter with coriander, with lemon wedges to squeeze.

FOR THE TODDLER

Take a few cubes of sweet potato out at step 1, before the salt, and a piece of chicken at step 2, before it meets the berbere paste, then cook both with plain oil alongside. Berbere is built on chilli and cannot be softened once it is on. Crush the lentils, shred the chicken finely, quarter the cherry tomatoes lengthways and leave the raw onion out of theirs. Spoon over plain yoghurt with no salt.

12 Cajun Blackened Cod with Charred Corn Salsa

18
MIN

 AIR FRYER

AMERICAN (LOUISIANA) — 5 PREP / 13 COOK — SERVES 4

Cod under a thick coat of smoked paprika and cayenne, sweetcorn charring underneath, and a salsa stirred together in the residual heat.

INGREDIENTS

FOR THE RICE

- 250 g (1¼ cups) long-grain rice, rinsed until the water runs clear
- 500 ml (2 cups) boiling water
- ½ tsp fine sea salt

FOR THE BASKET

- 4 thick cod loin fillets (~175 g / 6 oz each), patted very dry
- 400 g (2⅔ cups) sweetcorn kernels, from 4 cobs or frozen and thawed
- 2 red peppers, cut into 2 cm (¾ in) squares
- 2 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp dried thyme

- 1 tsp garlic granules

- ½ tsp cayenne pepper
- ½ tsp coarsely ground black pepper

- ¾ tsp fine sea salt

- 3 tbsp (45 ml) olive oil

FOR THE SALSA

- 1 small red onion, finely diced
- 250 g (9 oz) cherry tomatoes, halved
- 1 red chilli, finely chopped
- 2 limes — 1 juiced, 1 cut into wedges
- 2 ripe avocados, diced
- 20 g (½ cup, packed) coriander, chopped

WHY IT WORKS

Blackening is a dry rub meeting dry fish at high heat, so patting the fillets is the whole trick — surface water makes the spices steam into a paste instead of scorching into a crust. The corn and peppers sit on the basket floor, taking the most direct heat and blistering in exactly the nine minutes the cod needs. The rice goes on before the basket does and steams itself while you build the rub.

SWAP

Haddock, pollock or salmon take the same rub. Chicken thigh fillets need 14 minutes.

ON THE SIDE

Warm corn tortillas, a bowl of soured cream and a bottle of hot sauce on the table.

MAKE IT FASTER

Mix a jar of the rub in advance; it keeps six months and is just as good on prawns. Two 250 g pouches of microwave rice instead of the pan.

LEFTOVERS

Flake the cold fish through the remaining salsa with more lime for a next-day lunch.

695 kcal
CALORIES

42 g
PROTEIN

74 g
CARBS

22 g
FAT

10 g
FIBRE

WASHING UP Air fryer basket, one small pan, one mixing bowl, one chopping board.

GOES WITH **92** Crispy Rosemary Potatoes **95** Quick Pickled Red Onions **96** Buttered Cabbage with Caraway

12 Cajun Blackened Cod with Charred Corn Salsa

 AIR FRYER

18 MIN — SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Put the rinsed rice, its ½ tsp salt and the boiling water in a pan, bring back to the boil, then clamp on a lid and cook on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
-  Mix the paprika, oregano, thyme, garlic granules, cayenne, black pepper and the ¾ tsp salt on your board.
-  Rub the cod with 1 tbsp of the oil, then press the spice mix onto every surface until the fillets look genuinely dark, not dusted.
-  Toss the corn and peppers with the remaining oil and spread them flat in the basket. Sit the cod on top and air fry 9 minutes, until the rub is near-black at the edges and the fish parts into thick opaque petals under a fork.
-  Lift out the cod. Tip the hot corn and peppers into a bowl and stir through the onion, tomatoes, chilli, lime juice, avocado and coriander — the heat takes the raw edge off the onion.
-  Fork the rice loose and spread it over four plates. Set the cod on top, pile the salsa alongside and add lime wedges.

FOR THE TODDLER

Set a piece of cod aside at step 3, before the rub goes on, and cook it with nothing but a little oil, since the cayenne and salt are mixed in at step 2. Lift out some corn and pepper before the salsa is built at step 5, where the chilli, onion and lime go in. Quarter the cherry tomatoes lengthways, cut the pepper into soft strips, flake the fish for bones and mash a little avocado.

13 Furikake Salmon Rice Bowl

18
MIN

 AIR FRYER

HAWAIIAN-JAPANESE — 5 PREP / 13 COOK — SERVES 4

Salmon lacquered with soy and honey, flaked hot over warm rice, then buried under toasted sesame and torn nori.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) short-grain sushi rice, rinsed until the water runs clear
- 450 ml (scant 2 cups) boiling water
- ½ tsp fine sea salt
- 1 tbsp (15 ml) rice vinegar

FOR THE BASKET

- 4 salmon fillets (~160 g / 5½ oz each), skin on
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 2 tsp finely grated fresh ginger
- 1 tsp toasted sesame oil

- 200 g (7 oz) frozen podded edamame (soya beans)

FOR THE BOWLS

- 2 tbsp toasted white and black sesame seeds
- 2 sheets nori, torn into small pieces
- ½ tsp flaky sea salt
- 1 cucumber (~250 g / 9 oz), halved and sliced on the diagonal
- 150 g (5 oz) radishes, thinly sliced
- 1 ripe avocado, sliced
- 3 spring onions, finely sliced

WHY IT WORKS

Honey and soy brown far faster together than either does alone, so ten minutes in a hot basket builds a sticky glaze without drying the fillet past medium. Flaking the fish while it is hot lets the glaze run down into the rice instead of sitting on top. The rice goes on the hob first and rests covered while the salmon cooks, which is what makes short-grain rice sit in soft clumps rather than separate grains.

SWAP

Trout or thick mackerel fillets both take the glaze well; mackerel needs only 7 minutes.

ON THE SIDE

A bowl of instant miso soup, and a small dish of pickled ginger or kimchi.

MAKE IT FASTER

Three 250 g pouches of microwave rice instead of the pan, forked through with the vinegar while they are still steaming.

LEFTOVERS

Keep salmon and rice separate and eat cold next day; reheating the rice under flaked fish makes it gluey.

745 kcal
CALORIES

44 g
PROTEIN

68 g
CARBS

30 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one small pan, one small bowl, one pastry brush, one chopping board.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **100** Charred Broccolini with Miso Butter

93 Sigeumchi Namul — Sesame Spinach

13 Furikake Salmon Rice Bowl

 AIR FRYER

18 MIN — SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Put the rinsed rice, fine salt and boiling water in a small pan, bring back to the boil, then clamp on a lid and cook on the lowest heat for 10 minutes. Leave it covered off the heat, and fork the rice vinegar through it just before serving.
-  Stir the soy, honey, vinegar, ginger and sesame oil together in a small bowl.
-  Sit the salmon skin-down in the basket and brush thickly with half the glaze. Air fry for 10 minutes, brushing on the rest and scattering the frozen edamame around the fillets at 6 minutes. It is done when the surface is dark and tacky and the thickest part flakes under light pressure; a little translucence at the centre is what you want.
-  Meanwhile, mix the sesame seeds, torn nori and flaky salt on your board. This is your furikake.
-  Divide the warm rice between four bowls. Flake the salmon off its skin over the top in large pieces, add the blistered edamame and spoon any glaze left in the basket over each.
-  Add the cucumber, radishes and avocado, then scatter generously with the furikake and spring onions.

FOR THE TODDLER

Brush one fillet with a little sesame oil instead of the glaze at step 3, since the glaze is soy and honey, and honey is not for a baby under one. Keep the furikake off their plate, as it is mostly flaky salt, and crush any sesame seeds fine. Flake the salmon off its skin and check for bones, cut the radishes and cucumber into soft strips rather than rounds, and squash the edamame.



AIR FRYER · 18 MINUTES · SERVES 4

Air fryer basket, one small pan, one small bowl, one pastry brush, one chopping board.

14 Chermoula Prawns with Courgette Ribbons

15
MIN

 AIR FRYER

MOROCCAN — 8 PREP / 7 COOK — SERVES 4

A green, garlicky chermoula does double duty here — half coats the prawns for the basket, half dresses raw courgette ribbons that never see a pan.

INGREDIENTS

FOR THE CHERMOULA

- 30 g (¾ cup, packed) coriander, leaves and fine stalks
- 20 g (½ cup, packed) flat-leaf parsley
- 4 garlic cloves
- 1½ tsp ground cumin
- 1 tsp sweet paprika
- ¼ tsp chilli flakes
- 1 lemon — zest and juice
- 5 tbsp (75 ml) olive oil
- ¾ tsp fine sea salt

FOR THE COUSCOUS

- 250 g (1½ cups) couscous

- 1 × 400 g (14 oz) tin chickpeas, drained
- 400 ml (1½ cups) boiling water
- ½ tsp fine sea salt
- 200 g (7 oz) cherry tomatoes, halved

FOR THE REST

- 700 g (1 lb 9 oz) raw king prawns, peeled and deveined, patted dry
- 3 medium courgettes (~600 g / 1 lb 5 oz)
- 30 g (¼ cup) toasted flaked almonds
- 1 lemon, cut into wedges

WHY IT WORKS

Chermoula is a raw herb sauce, so the cumin and paprika only bloom once they hit hot oil on the prawns — which is why no marinating window is needed. Prawns need five minutes at most, and courgettes peeled into ribbons are thin enough to soften in the dressing's acid while the basket runs. Couscous asks for nothing but boiling water and a plate on top for those same five minutes, and the chickpeas go in with it so they warm through as it swells.

SWAP

Chermoula suits any firm white fish; cod chunks need 8 minutes. Halved chestnut mushrooms make a good meat-free version at 10 minutes.

ON THE SIDE

Harissa loosened with olive oil for spooning over, and a small plate of olives and preserved lemon.

MAKE IT FASTER

Blitz the chermoula in a mini processor and prep drops to 5 minutes.

LEFTOVERS

Best eaten straight away — reheated prawns toughen. The couscous keeps 2 days and chermoula alone keeps a week under a film of oil.

670 kcal
CALORIES

48 g
PROTEIN

60 g
CARBS

23 g
FAT

10 g
FIBRE

WASHING UP Air fryer basket, one bowl, one heatproof bowl, one chopping board, one peeler.

GOES WITH **88** Harissa Carrots with Yoghurt **98** Cucumber, Mint & Yoghurt Raita **94** Tomato, Red Onion & Sumac Salad

14 Chermoula Prawns with Courgette Ribbons



AIR FRYER

15 MIN



SERVES 4

METHOD

-  Boil the kettle and heat the air fryer to 200°C (400°F). Put the couscous, chickpeas and their ½ tsp salt in a heatproof bowl, pour over the boiling water, cover with a plate and leave for 5 minutes.
-  Chop the herbs and garlic together on your board until fine, then scrape into a bowl and stir in the cumin, paprika, chilli flakes, lemon zest and juice, oil and the ¾ tsp salt.
-  Toss the prawns with half the chermoula directly in the basket, spreading them into a single layer. Air fry for 5 minutes, shaking at 3. They are ready the moment they curl into loose C-shapes and turn opaque — a tight O means a minute too far.
-  Run a peeler down the courgettes into long ribbons, stopping at the seedy core. Toss with half of what is left of the chermoula and a pinch of salt, and leave to slacken while the prawns cook.
-  Fork the couscous loose and fold through the tomatoes and the last of the chermoula.
-  Spread the couscous over a warm platter or four plates, pile the ribbons on top, spoon the prawns and their basket juices over, scatter with almonds and serve with lemon wedges.

FOR THE TODDLER

Take a few prawns out at step 3, before they are tossed with the chermoula, and cook theirs with a little plain oil, since the chilli flakes and salt go into the sauce at step 2. The courgette ribbons need no adaptation. Keep the flaked almonds off their plate or grind them to a powder, quarter the cherry tomatoes lengthways, crush the chickpeas and chop the prawns small.



AIR FRYER · 15 MINUTES · SERVES 4

Air fryer basket, one bowl, one heatproof bowl, one chopping board, one peeler.

15 Salt & Pepper Tofu with Pak Choi

19
MIN

 AIR FRYER

CHINESE (CANTONESE) — 7 PREP / 12 COOK — SERVES 4

VEGETARIAN

Cornflour-dusted tofu goes craggy in the basket, pak choi joins late, and the garlic and chilli go in at the very end so they toast rather than scorch.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) jasmine rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE BASKET

- 700 g (1 lb 9 oz) extra-firm tofu, patted dry and cut into 3 cm (1¼ in) cubes
- 3 tbsp cornflour (cornstarch)
- 3 tbsp (45 ml) groundnut or vegetable oil
- 250 g (9 oz) tenderstem broccoli, thick stems halved lengthways

- 500 g (1 lb 2 oz) pak choi, halved lengthways
- 5 garlic cloves, thinly sliced
- 2 red chillies, sliced
- 4 spring onions, cut into 3 cm lengths

FOR THE SALT AND PEPPER MIX

- 1 tsp Sichuan peppercorns, toasted and crushed
- 1 tsp black peppercorns, crushed
- ½ tsp ground white pepper
- 1 tsp flaky sea salt
- ½ tsp caster sugar

WHY IT WORKS

A thin coat of cornflour pulls surface moisture off the tofu and sets into a shell, giving the shattery edges a deep-fryer would — without the litre of oil. The aromatics go in for the last two minutes only, because sliced garlic and chilli turn bitter long before tofu is ready. The rice goes on the hob before the basket starts, so it is steaming and resting by the time the tofu rattles.

SWAP

King oyster mushrooms in thick coins take the same treatment and timings. Prawns need only 5 minutes.

ON THE SIDE

Chilli oil and black vinegar at the table, or cucumber smashed with the flat of a knife and steeped in rice vinegar with a pinch of sugar.

MAKE IT FASTER

Skip the pressing — extra-firm tofu blotted hard with a tea towel is dry enough. Three 250 g pouches of cooked rice save you the pan.

LEFTOVERS

The coating softens overnight. Bring it back with 4 minutes at 200°C rather than a microwave.

680 kcal
CALORIES

37 g
PROTEIN

76 g
CARBS

26 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one small pan, one small bowl, one chopping board.

GOES WITH 100 Charred Broccolini with Miso Butter 87 Smashed Cucumber with Garlic & Sesame

97 Sesame Green Beans with Ginger

15 Salt & Pepper Tofu with Pak Choi

 AIR FRYER

19 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Boil the kettle and heat the air fryer to 200°C (400°F). Tip the rinsed rice into a small pan with the salt and boiling water, return it to the boil, then cover and cook at the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
- 

Roll the tofu in the cornflour on your board until evenly dusty, then tip into the basket and toss with 2 tbsp of the oil. Air fry 8 minutes, shaking firmly at 4 minutes and scattering the broccoli in as you do.
- 

Meanwhile, crush the peppercorns and mix with the white pepper, salt and sugar.
- 

Toss the pak choi with the remaining oil, pile it into the basket and air fry 2 minutes. Add the garlic, chilli and spring onions and air fry 2 minutes more — the tofu deep gold, the pak choi stems still squeaky at the base. The basket will be full by now, so shake it hard rather than stirring.
- 

Fork the rice loose into four warm bowls. Tip the tofu and greens over, scatter the salt and pepper mix on while everything is still hot, and toss once so it clings. Serve immediately.

FOR THE TODDLER

Lift a few tofu cubes and some broccoli out of the basket at the start of step 4, before the chilli and garlic go in, and well before the salt and pepper mix is scattered at step 5 — that mix is flaky salt and pepper and cannot be shaken off once it is on. Cut the tofu into small cubes and the broccoli into soft finger-length strips. A quarter of an adult bowl is plenty.

16 Pad Krapow — Thai Basil Chicken

18
MIN

ONE PAN

THAI — 7 PREP / 11 COOK — SERVES 4

Chicken chopped by hand rather than minced, hit hard with garlic and bird's eye chilli, finished with two handfuls of basil off the heat.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) jasmine rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PAN

- 700 g (1 lb 9 oz) boneless chicken thighs, skin removed
- 6 garlic cloves
- 3–4 bird's eye chillies, more if you like heat
- 2 tbsp (30 ml) groundnut or vegetable oil
- 1 small onion, sliced

- 400 g (14 oz) green beans, cut into 2 cm lengths
- 250 g (9 oz) baby corn, halved lengthways
- 40 g (2 cups, loosely packed) holy basil or Thai basil leaves

FOR THE SAUCE

- 1½ tbsp (22 ml) fish sauce
- 1 tbsp (15 ml) light soy sauce
- 2 tsp dark soy sauce
- 2 tsp palm sugar or soft brown sugar
- 3 tbsp (45 ml) water

WHY IT WORKS

Chopping thigh meat by knife leaves ragged pieces that brown in patches and stay juicy, where mince packs together and steams. The basil goes in off the heat — holy basil loses its peppery, clove-like edge within about thirty seconds of direct cooking. The rice goes on before you pick up the cleaver, so it is resting under its lid by the time the pan is done.

SWAP

Pork shoulder, turkey thigh or crumbled firm tofu all work. Swap the dark soy for 1 tbsp oyster sauce for a rounder version.

ON THE SIDE

A fried egg per person with lacy edges, cooked in the same pan after, and a saucer of nam pla prik — fish sauce with sliced chilli and a squeeze of lime.

MAKE IT FASTER

Chop the garlic and chilli paste in bulk and freeze in teaspoon blobs.

LEFTOVERS

Keeps 3 days and reheats well, though the basil fades — add fresh leaves at the table.

665 kcal
CALORIES

43 g
PROTEIN

74 g
CARBS

21 g
FAT

6 g
FIBRE

WASHING UP One frying pan, one small pan, one small bowl, one chopping board.

GOES WITH [87](#) Smashed Cucumber with Garlic & Sesame [91](#) Coconut Sambol [100](#) Charred Broccolini with Miso Butter

16 Pad Krapow — Thai Basil Chicken

🍳 ONE PAN

18 MIN — SERVES 4

METHOD

-  Boil the kettle. Put the rinsed rice, salt and boiling water in a small pan, bring back to the boil, clamp on a lid and cook on the lowest heat for 10 minutes, then leave it covered off the heat until you serve.
-  Chop the chicken into rough 1 cm pieces — coarse and uneven is right. Flatten the garlic and chillies with the side of the knife and chop to a rough paste. Stir the fish sauce, both soys, sugar and water in a small bowl.
-  Get a large frying pan very hot, add the oil, then the garlic and chilli. Stir 15 seconds, until it smells sharp and the garlic is just turning pale gold.
-  Add the chicken and spread it out. Leave 90 seconds without stirring to take colour, then stir-fry 3 minutes until no pink remains.
-  Add the onion, beans, baby corn and sauce. Cook hard for 3 minutes, until the liquid reduces to a glossy coating and the beans are still bright.
-  Off the heat, throw in the basil and stir just until it wilts. Fork the rice loose into four warm bowls and spoon the chicken straight over it, with everything left in the pan.

FOR THE TODDLER

The chilli paste hits the pan at step 3, so there is no moment to lift a mild portion out and theirs is best cooked apart. At step 2, set aside a handful of the chopped chicken with a few beans and baby corn, fry them in plain oil in a small pan, and leave out the fish sauce and soy entirely. Chop the chicken fine and cut the beans and corn into short soft pieces.

17 Quick Thai Green Curry Prawns

18
MIN

🍲 ONE PAN THAI — 6 PREP / 12 COOK — SERVES 4

The paste fries in the thick cream from the top of the tin until the oil splits out green — the difference between a proper curry and hot coconut soup.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) jasmine rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE CURRY

- 1 × 400 ml (14 fl oz) tin full-fat coconut milk, unshaken
- 3 tbsp Thai green curry paste
- 700 g (1 lb 9 oz) raw king prawns, peeled and deveined
- 250 g (9 oz) green beans, halved

- 2 small courgettes (~300 g / 10 oz), in thick half-moons
- 150 g (5 oz) sugar snap peas
- 1½ tbsp (22 ml) fish sauce
- 2 tsp palm sugar or soft brown sugar
- 3 makrut lime leaves, torn (optional)

TO FINISH

- 1 lime, half juiced, half in wedges
- 20 g (1 cup, loosely packed) Thai basil leaves
- 1 red chilli, sliced

WHY IT WORKS

Cracking the coconut cream and frying the paste in it toasts the lemongrass and galangal, giving depth you would otherwise only get from long simmering. Prawns go in for the final three minutes so they poach gently rather than tighten in a boiling pan. The rice goes on before the tin is opened and rests under its lid while the curry comes together.

SWAP

Chicken thigh strips need 8 minutes in the sauce; firm tofu and aubergine need 10.

ON THE SIDE

Cucumber in rice vinegar with a pinch of sugar and salt, or a saucer of fish sauce with sliced bird's eye chilli for spooning over.

MAKE IT FASTER

Frozen raw prawns go straight in — add them a minute earlier. Rice noodles soaked in boiling water for 5 minutes stand in for the pan of rice.

LEFTOVERS

Keeps 2 days. Reheat gently to steaming only, or the prawns turn rubbery.

660 kcal
CALORIES

42 g
PROTEIN

74 g
CARBS

22 g
FAT

7 g
FIBRE

WASHING UP One wide pan, one small pan, one chopping board, one small jug.

GOES WITH [91](#) Coconut Sambol [98](#) Cucumber, Mint & Yoghurt Raita [87](#) Smashed Cucumber with Garlic & Sesame

17 Quick Thai Green Curry Prawns

ONE PAN

18 MIN — SERVES 4

METHOD

-  Boil the kettle. The rinsed rice goes into a small pan with the salt and boiling water, back to the boil, then 10 minutes under a lid on the lowest heat and a rest off the heat until you serve.
-  Open the tin without shaking and spoon the thick cream from the top into a cold, wide pan. Set the thin milk beneath aside.
-  Cook the cream over medium-high heat 2–3 minutes, stirring, until it thickens, sputters and green-tinged oil separates at the edges. Add the paste and fry 90 seconds, pressing it into the oil, until it smells fragrant and darkens.
-  Pour in the reserved milk with the fish sauce, sugar and lime leaves and bring to a gentle simmer.
-  Add the beans and courgette and simmer 4 minutes, then the sugar snaps and prawns for a final 3. The prawns are done as soon as they turn opaque and curl loosely; the beans should still snap.
-  Off the heat, stir in the lime juice and most of the basil, then taste and adjust with more fish sauce or lime. Fork the rice into four warm bowls, ladle the curry over and scatter with chilli and the rest of the basil.

FOR THE TODDLER

Green curry paste goes in at step 3 and colours everything after it, so theirs needs to be kept apart. When you split the tin at step 2, set aside a few spoons of the thin milk in a small pan, then poach two prawns with a little courgette and beans in it for three minutes while the curry finishes. No fish sauce in theirs. Chop the prawns and cut the courgette into soft strips.

18 Ginger-Garlic Prawn & Broccoli Stir-Fry

15
MIN

WOK

CHINESE — 7 PREP / 8 COOK — SERVES 4

A splash of water and a lid turn the wok into a steamer, so the broccoli is done before the prawns go in.

INGREDIENTS

FOR THE NOODLES

- 300 g (10 oz) dried medium egg noodles

FOR THE WOK

- 700 g (1 lb 9 oz) raw king prawns, peeled and patted dry
- 450 g (1 lb) broccoli, in small florets, stem peeled and sliced
- 200 g (7 oz) sugar snap peas or mangetout
- 1 red pepper (~150 g / 5 oz), sliced
- 30 g (1 oz) ginger, finely julienned
- 5 garlic cloves, thinly sliced
- 2 tbsp (30 ml) groundnut or vegetable oil

- 60 ml (¼ cup) water, for steaming

- 3 spring onions, in 3 cm lengths

- 60 g (½ cup) roasted cashews, roughly chopped

FOR THE SAUCE

- 2½ tbsp (37 ml) light soy sauce
- 1 tbsp (15 ml) Shaoxing wine or dry sherry
- 2 tsp rice vinegar
- 2 tsp honey
- 2 tsp cornflour (cornstarch)
- 1 tsp toasted sesame oil
- ½ tsp chilli flakes
- 3 tbsp (45 ml) water

WHY IT WORKS

Stir-frying alone scorches broccoli before the stems soften, so a covered steam does the interior and open heat does the browning. Mixing the cornflour into the sauce in advance means it thickens in seconds — long enough to glaze, too quick to overcook the prawns. The noodles soften in a bowl of boiling water while the wok runs and go in at the end, where they take on the sauce that would otherwise sit in the bottom of the pan.

SWAP

Sliced chicken breast needs 3 minutes instead of 2. Tenderstem or green beans swap straight in; mangetout skips the steam.

ON THE SIDE

A jar of chilli crisp on the table, and cucumber smacked with the flat of a knife and dressed with black vinegar and garlic.

MAKE IT FASTER

Buy the broccoli ready-cut and use straight-to-wok noodles — the wok work is still five minutes.

LEFTOVERS

Keeps 2 days. Eat cold or reheat fast in the wok; a microwave overcooks the prawns.

660 kcal
CALORIES

49 g
PROTEIN

75 g
CARBS

18 g
FAT

8 g
FIBRE

WASHING UP One wok and lid, one large bowl and colander for the noodles, one small bowl, one chopping board, one plate.

GOES WITH 100 Charred Broccolini with Miso Butter 87 Smashed Cucumber with Garlic & Sesame

93 Sigeumchi Namul — Sesame Spinach

18 Ginger-Garlic Prawn & Broccoli Stir-Fry



WOK

15 MIN

— SERVES 4

METHOD

-  Boil the kettle. Put the noodles in a large heatproof bowl, cover with boiling water and leave 5 minutes, until loose and just short of soft, then drain in a colander and shake dry.
-  Stir the soy, Shaoxing wine, vinegar, honey, cornflour, sesame oil, chilli flakes and 3 tbsp water in a small bowl until smooth.
-  Heat the wok until a drop of water skitters and vanishes. Add 1 tbsp oil, then the broccoli and pepper, and toss 1 minute for colour.
-  Pour in the 60 ml water, add the sugar snaps, cover and steam 90 seconds. Lift the lid — the water should be gone, the florets bright green with give in the stem. Tip onto a plate.
-  Back on high heat with the remaining oil. Add the ginger and garlic, stir 20 seconds, then the prawns in one layer. Leave 45 seconds, then toss 1 minute until opaque and just curling.
-  Return the vegetables with the drained noodles, stir the sauce and pour it in. Toss 1 minute until everything is glossy and clinging; if the wok is too crowded to move, tip it all back into the noodle bowl and toss there. Add the spring onions and cashews, toss once and serve.

FOR THE TODDLER

Lift out a few prawns, some broccoli and a nest of noodles at the start of step 6, before the sauce goes in — it carries soy, chilli flakes and honey, and honey is not for a baby under one, so use maple syrup instead if you want them to share it. Whole cashews are a choking risk under five, so grind them fine or leave them off. Cut the noodles up and chop the prawns small.



WOK · 15 MINUTES ·
SERVES 4

One wok and lid, one large bowl and colander for the noodles, one small bowl, one chopping board, one plate.

19 Sichuan Cumin Beef with Peppers

16
MIN

WOK

CHINESE (SICHUAN) — 8 PREP / 8 COOK — SERVES 4

Toasted cumin, numbing peppercorn, and beef that hits the wok in one layer and leaves it four minutes later.

INGREDIENTS

FOR THE NOODLES

- 300 g (10 oz) dried wheat or medium egg noodles

FOR THE BEEF

- 700 g (1 lb 9 oz) beef rump or sirloin, sliced 3 mm thin across the grain
- 1 tbsp cornflour
- 2 tbsp (30 ml) light soy sauce
- 1 tbsp (15 ml) Shaoxing wine or dry sherry

FOR THE WOK

- 2 tbsp (30 ml) groundnut or rapeseed oil
- 2 large red peppers (~350 g / 12 oz), cut into 2 cm squares

- 1 red onion (~180 g / 6 oz), cut into petals
- 200 g (7 oz) green beans, halved
- 1 tbsp cumin seeds
- 1–2 tsp dried chilli flakes
- 1 tsp Sichuan peppercorns, crushed
- 4 garlic cloves, sliced
- 20 g (¾ in) fresh ginger, matchsticked
- 4 spring onions, cut into 3 cm lengths
- 15 g (½ cup, packed) coriander, chopped

WHY IT WORKS

Sliced thin across the grain and tossed with cornflour, the beef takes a coat that seizes on hot metal, so it browns instead of stewing. The whole spices go in after the peppers, where twenty seconds in hot oil wakes the cumin without scorching it. The noodles soften in a bowl of boiling water off to one side, so nothing has to wait for the hob.

SWAP

Lamb leg steak is the original Xinjiang version and behaves identically. Torn king oyster mushrooms need 3 minutes.

ON THE SIDE

Smacked cucumber with black vinegar and garlic, and chilli oil for anyone who wants the heat pushed further.

MAKE IT FASTER

Freeze the beef for 15 minutes before slicing; it cuts thin in half the time.

LEFTOVERS

Keeps 2 days chilled. Reheat in the wok for 60 seconds, or eat it cold.

670 kcal
CALORIES

49 g
PROTEIN

72 g
CARBS

20 g
FAT

7 g
FIBRE

WASHING UP One wok, one bowl, one large bowl and colander for the noodles, one board, one plate.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **100** Charred Broccolini with Miso Butter

93 Sigeumchi Namul — Sesame Spinach

19 Sichuan Cumin Beef with Peppers



WOK

16 MIN



SERVES 4

METHOD

-  Boil the kettle and put the noodles in a large heatproof bowl, covered with boiling water, stirring once to separate them. Toss the beef with the cornflour, 1 tbsp of the soy and the Shaoxing in a bowl. Cut everything else before you light the hob.
-  Heat the wok until a bead of water skitters and vanishes. Add 1 tbsp oil, then half the beef in one layer. Leave it 45 seconds, until the underside is deeply browned, toss 30 seconds, and tip onto a plate. Repeat with the rest.
-  Add the remaining oil with the peppers, onion and beans. Stir-fry 3 minutes, to blistered black patches and flesh that is still squeaky.
-  Push the vegetables up the side. Drop the cumin, chilli flakes and Sichuan pepper into the oil at the base for 20 seconds, until fragrant, then the garlic and ginger for 20 more.
-  Return the beef and its juices with the last of the soy. Toss 30 seconds, until the wok is dry and glossy rather than wet. Off the heat, fold through the spring onions and coriander.
-  Drain the noodles and divide them between four warm bowls. Spoon the beef and peppers over with every scrap left in the wok, and toss at the table.

FOR THE TODDLER

Both the soy and the numbing pepper are in from the start, so theirs is cooked apart. At step 1, before you toss the beef with the soy and cornflour, set aside a few slices with a handful of pepper and beans and fry them in a little plain oil in a small pan for two minutes. No chilli, no Sichuan pepper and no soy on their plate. Chop the beef finely and cut the noodles up.

20 Korean Bulgogi Beef Bowl

19
MIN

🍳 ONE PAN

KOREAN — 8 PREP / 11 COOK — SERVES 4

Grated pear does in ten minutes what an overnight marinade does, and the beef caramelises in the liquid it came in.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) short-grain or sushi rice, rinsed until the water runs clear
- 500 ml (2 cups) boiling water
- ¼ tsp fine sea salt

FOR THE BEEF

- 700 g (1 lb 9 oz) beef sirloin or rump, sliced as thinly as you can
- ½ ripe pear, coarsely grated
- 3 tbsp (45 ml) light soy sauce
- 1 tbsp honey
- 1 tbsp toasted sesame oil
- 4 garlic cloves, crushed
- 15 g (½ in) fresh ginger, grated

- ½ tsp coarse black pepper
- 1 tbsp (15 ml) rapeseed oil
- 1 onion (~150 g / 5 oz), sliced
- 150 g (5 oz) chestnut mushrooms, thickly sliced

FOR THE BOWLS

- 1 cucumber (~250 g / 9 oz), halved, seeds scraped, sliced into half-moons
- 2 carrots (~180 g / 6 oz), coarsely grated
- 1 tsp rice vinegar and a pinch of salt
- 200 g (7 oz) kimchi
- 4 spring onions, finely sliced
- 2 tsp toasted sesame seeds
- 1 tsp gochugaru

WHY IT WORKS

Pear carries enzymes that start softening muscle fibre on contact, so thin sirloin turns tender in the time it takes to shred a cucumber. Cook it in two batches over high heat and the sugars catch rather than boiling into a grey pool. The rice goes on first, and the ten minutes it sits under its lid is exactly the contact time the marinade wants.

SWAP

Thin-sliced pork shoulder makes dwaeji bulgogi — add 1 tbsp gochujang to the marinade. Thick portobello slices take 4 minutes.

ON THE SIDE

Little gem leaves and a bowl of ssamjang for wrapping, or a fried egg slid onto each bowl.

MAKE IT FASTER

Ask the butcher to slice the sirloin, or use frozen shabu-shabu beef straight from the packet. Three 250 g pouches of rice save the pan.

LEFTOVERS

3 days chilled; better cold in a lettuce wrap than reheated.

685 kcal
CALORIES

46 g
PROTEIN

81 g
CARBS

19 g
FAT

7 g
FIBRE

WASHING UP One frying pan, one small pan, one mixing bowl, one board, one plate.

GOES WITH **93** Sigeumchi Namul — Sesame Spinach **100** Charred Broccolini with Miso Butter

87 Smashed Cucumber with Garlic & Sesame

20 Korean Bulgogi Beef Bowl

🍳 ONE PAN

19 MIN — SERVES 4

METHOD

-  Boil the kettle. Put the rinsed rice, salt and boiling water in a small pan, bring back to the boil, clamp on a lid and cook on the lowest heat for 10 minutes, then leave it covered off the heat.
-  Stir the pear, soy, honey, sesame oil, garlic, ginger and pepper together in a bowl. Add the beef, work it through with your fingers and leave it while you do everything else.
-  Toss the cucumber and carrot with the vinegar and salt straight in the serving bowls.
-  Heat the rapeseed oil in a large frying pan over a high heat. Lift half the beef out, letting the marinade drain back, and spread it in one layer. Leave it a minute, until the edges are lacquered dark, then toss a minute more, until no pink remains in the slices. Move to a plate and repeat with the rest.
-  Add the onion and mushrooms to the hot pan and stir-fry 2 minutes, until softened and browning at the edges. Pour in the leftover marinade and bubble 45 seconds, until syrupy, then return the beef and toss to coat.
-  Fork the rice into the bowls, pile the beef, onion and mushrooms on with their sauce, and finish with the kimchi, spring onion, sesame and gochugaru.

FOR THE TODDLER

Set aside a few slices of beef at step 2, before they meet the marinade, and cook them plain — the marinade is soy and honey, and honey is not for a baby under one, though maple syrup stands in. Take their cucumber and carrot out at step 3 before the salt. Keep the kimchi and gochugaru off their plate, chop the beef small and cut the cucumber into soft strips.

21 Vietnamese Lemongrass Chicken Bowl

18
MIN



ONE PAN

VIETNAMESE — 10 PREP / 8 COOK — SERVES 4

Chicken thighs cooked hard in lemongrass and fish sauce, tipped over cold noodles, cucumber and a heap of soft herbs.

INGREDIENTS

FOR THE CHICKEN

- 700 g (1 lb 9 oz) boneless chicken thighs, cut into 3 cm pieces
- 2 lemongrass stalks, outer layers stripped, cores very finely chopped
- 3 garlic cloves, crushed
- 2 tbsp (30 ml) fish sauce
- 1 tbsp honey
- ½ tsp coarse black pepper
- 1 tbsp (15 ml) rapeseed oil

FOR THE NOODLES

- 300 g (10 oz) dried rice vermicelli

FOR THE DRESSING

- 3 tbsp (45 ml) lime juice
- 1 tbsp fish sauce
- 1 tbsp honey
- 1 red chilli, finely sliced

FOR THE BOWLS

- 2 carrots (~250 g / 9 oz), coarsely grated
- 1 cucumber (~250 g / 9 oz), cut into batons
- 150 g (5 oz) beansprouts
- 2 baby gem lettuces (~150 g / 5 oz), shredded
- 30 g (1 cup, packed) mint and coriander leaves
- 60 g (½ cup) roasted peanuts, crushed

WHY IT WORKS

Fish sauce and honey reduce in the pan to a lacquer on the meat, so the bowl needs nothing beyond a sharp lime dressing. Thighs carry enough fat to take a fierce heat for seven minutes without drying, which is what gives you the dark caught edges. The vermicelli wants only four minutes in a bowl of boiling water, so it is soaked, rinsed cold and waiting long before the chicken is done.

SWAP

Pork shoulder steaks, sliced thin, cook in the same time. Firm tofu needs 6 minutes in a drier pan.

ON THE SIDE

Pickled carrot and mooli in rice vinegar, prawn crackers, or a saucer of nuoc cham with extra chilli in it.

MAKE IT FASTER

Blitz the lemongrass, garlic and chilli together while the kettle boils.

LEFTOVERS

Keep the dressing separate and it holds 2 days. Good cold, straight from the fridge.

740 kcal
CALORIES

44 g
PROTEIN

86 g
CARBS

25 g
FAT

6 g
FIBRE

WASHING UP One frying pan, two bowls, a colander and a board.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **95** Quick Pickled Red Onions **100** Charred Broccolini with Miso Butter

21 Vietnamese Lemongrass Chicken Bowl

🍳 ONE PAN

18 MIN — SERVES 4

METHOD

-  Boil the kettle. Toss the chicken with the lemongrass, garlic, fish sauce, honey and pepper in a bowl.
-  Put the vermicelli in a large heatproof bowl, cover with boiling water and leave 4 minutes, until pliable with a little bite. Drain, rinse cold and leave in the colander to shed its water.
-  Heat the oil in a large frying pan over medium-high. Spread the chicken out and leave it 3 minutes without stirring, until the undersides are dark. Turn and cook 4 minutes more, until firm and the juices run clear.
-  Whisk the lime juice, fish sauce, honey, chilli and 3 tbsp water in the emptied noodle bowl.
-  Divide the noodles between four bowls with the carrot, cucumber, beansprouts, lettuce and herbs. Add the chicken and everything left in the pan, spoon the dressing over and scatter with peanuts.

FOR THE TODDLER

Set aside a few pieces of chicken at step 1, before the fish sauce and honey go on, and fry them in plain oil — honey is not for a baby under one, and maple syrup stands in. Peanuts are a choking risk under five, so grind them fine or leave them off. Keep the dressing off their bowl, cut the noodles up and chop the chicken small.

22 Shogayaki — Japanese Ginger Pork with Cabbage

18
MIN

🍳 ONE PAN

JAPANESE — 6 PREP / 12 COOK — SERVES 4

Thin pork, a serious amount of grated ginger, and a cold mound of shredded cabbage to cut through it.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) short-grain or basmati rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PAN

- 700 g (1 lb 9 oz) pork loin steaks, sliced 5 mm thin
- 30 g (2 tbsp) fresh ginger, finely grated, juice and all
- 4 tbsp (60 ml) soy sauce
- 3 tbsp (45 ml) mirin
- 1 tbsp (15 ml) sake or dry sherry

- 1 tbsp honey

- 1½ tbsp (22 ml) rapeseed oil

FOR THE CABBAGE

- ½ small white cabbage (about 500 g / 1 lb 2 oz), shredded as finely as you can
- 2 carrots (about 200 g / 7 oz), coarsely grated
- 1 tsp rice vinegar
- 2 spring onions, sliced
- 2 tbsp toasted sesame seeds
- 1 lemon, cut into wedges

WHY IT WORKS

Ginger juice does the tenderising, so the pork needs no marinating window — it goes into the pan dry and meets the sauce only at the end. Pouring the sauce into a hot, already browned pan lets it reduce to a glaze in a minute instead of steaming the meat pale. The rice goes on before anything else and sits covered off the heat, so it is steaming and rested by the time the last slices come out of the pan.

SWAP

Chicken thigh, opened out flat, takes 3 minutes a side. Thick aubergine slices work with an extra spoon of oil.

ON THE SIDE

Miso soup made while the pan heats, and a saucer of pickled ginger or shop-bought cucumber tsukemono.

MAKE IT FASTER

Buy pork ready-sliced for shabu-shabu; it cooks in 40 seconds a side. Three 250 g pouches of microwave rice save the pan and five minutes.

LEFTOVERS

2 days chilled. Chop and fold through the leftover rice with an egg for a fast fried rice.

645 kcal
CALORIES

45 g
PROTEIN

76 g
CARBS

17 g
FAT

6 g
FIBRE

WASHING UP One frying pan, one small pan, one small bowl, one box grater, one board.

GOES WITH **93** Sigeumchi Namul — Sesame Spinach **100** Charred Broccolini with Miso Butter

87 Smashed Cucumber with Garlic & Sesame



METHOD

-  Boil the kettle. Start the rinsed rice in a small pan with the salt and boiling water, bring it back to the boil, lid it and cook 10 minutes on the lowest heat. Leave it covered off the heat until you serve.
-  Stir the ginger, soy, mirin, sake and honey together in a small bowl.
-  Shred the cabbage and grate the carrots. Pile them onto four plates, sprinkle with the vinegar and a pinch of salt, and put them somewhere cold.
-  Heat the oil in a large frying pan over a high heat. Lay in half the pork in one layer and cook 60–90 seconds a side, until the edges are browned and no pink remains. Move to a plate and repeat with the rest.
-  Return all the pork to the pan, pour in the sauce and let it bubble hard for a minute, turning the slices, until it thickens enough to cling.
-  Fork the rice loose and spoon a bowl of it beside each mound of cabbage. Slide the pork and its sauce over the cabbage, scatter with spring onion and sesame seeds, and serve with lemon wedges.

FOR THE TODDLER

Lift a few slices of pork onto a separate plate at the end of step 4, before the sauce goes into the pan at step 5 — it is soy, mirin and honey, and honey is not for a baby under one, with maple syrup as the stand-in. Take a little cabbage and carrot before the vinegar and salt at step 3. Chop the pork finely and crush the sesame seeds if any go on.



23 Kerala Coconut Prawn Fry

18
MIN



ONE PAN

INDIAN (SOUTH) — 6 PREP / 12 COOK — SERVES 4

Mustard seeds popping in coconut oil, curry leaves crackling, prawns in and out of the pan in three minutes.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) basmati rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PRAWNS

- 750 g (1 lb 10 oz) raw king prawns, peeled and patted dry
- ½ tsp ground turmeric
- 1 tsp Kashmiri chilli powder
- 1 tsp coarsely cracked black pepper
- ½ tsp fine sea salt

FOR THE PAN

- 3 tbsp (45 ml) coconut oil

- 1 tsp black mustard seeds
- 20 fresh curry leaves
- 4 shallots, finely sliced
- 300 g (10½ oz) green beans, cut into 3 cm (1¼ in) lengths
- 4 garlic cloves, finely chopped
- 20 g (¾ in) fresh ginger, finely chopped
- 2 green chillies, split lengthways
- 200 g (7 oz) spinach
- 100 g (1¼ cups) fresh or frozen grated coconut

TO FINISH

- 1 lime, halved
- 15 g (½ cup, packed) coriander, chopped

WHY IT WORKS

Prawns need barely three minutes, so the masala is built first and they go in last, onto a base that is already sweet and softened. The grated coconut goes in after that, where residual heat toasts it just enough to cling to the prawns. The rice is on the hob before the mustard seeds go in, so it steams and rests in the same window the pan is working.

SWAP

Firm white fish in 3 cm chunks needs 4 minutes and gentler turning. Squid rings take 90 seconds flat.

ON THE SIDE

Thick yoghurt with a pinch of salt, lime pickle, and poppadoms if you have them.

MAKE IT FASTER

Frozen raw prawns thaw in 5 minutes in cold water while you slice the shallots. Three 250 g pouches of microwave rice save the pan.

LEFTOVERS

2 days chilled. Warm gently — a hard reheat turns prawns rubbery.

640 kcal
CALORIES

41 g
PROTEIN

74 g
CARBS

20 g
FAT

8 g
FIBRE

WASHING UP One frying pan, one small pan, one bowl, one board.

GOES WITH [91](#) Coconut Sambol [98](#) Cucumber, Mint & Yoghurt Raita [94](#) Tomato, Red Onion & Sumac Salad

METHOD

- 1



Boil the kettle. Cover the rinsed rice with the salted boiling water in a small pan, boil it again, then cook under a lid on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
- 2



Toss the prawns with the turmeric, chilli powder, pepper and salt in a bowl.
- 3



Heat the coconut oil in a wide frying pan over a medium-high heat. Add the mustard seeds and wait for them to pop, about 30 seconds, then the curry leaves — they will spit and crackle.
- 4



Add the shallots and green beans and cook 4 minutes, stirring, until the shallots are soft and edged with brown and the beans have lost their squeak. Add the garlic, ginger and chillies and stir 1 minute, until the raw smell goes, then fold in the spinach and let it collapse, about a minute more.
- 5



Turn the heat high and spread the prawns out over the vegetables. Leave them 90 seconds, then toss and cook 60–90 seconds more, until they curl into loose C shapes and are opaque right through. A tight O means they have gone too far.
- 6



Scatter in the coconut and toss a minute, until it smells toasted and clings. Off the heat, squeeze over the lime and stir through the coriander. Fork the rice loose into four warm bowls and spoon the prawns and everything in the pan over the top.

FOR THE TODDLER

Set aside a few prawns at step 2, before the chilli powder and salt, and lift out some shallot and beans at the end of the first four minutes of step 4, before the green chillies go in. Cook their prawns for two minutes in a small pan with a little coconut oil and a spoon of the grated coconut. Cut the beans into short soft pieces and chop the prawns small.

24 Egg & Spinach Bhurji

15
MIN

🍳 ONE PAN

INDIAN

— 5 PREP / 10 COOK —

SERVES 4

VEGETARIAN

Indian scrambled eggs with tomato, green chilli and a whole bag of spinach folded in at the last second.

INGREDIENTS

- 12 large eggs
- ½ tsp fine sea salt
- 2 tbsp (30 g) ghee or butter
- 1 tsp cumin seeds
- 1 red onion, finely chopped
- 2 green chillies, finely chopped
- 15 g (½ in) fresh ginger, grated
- 2 ripe tomatoes, chopped
- ½ tsp ground turmeric
- 1 tsp garam masala
- 150 g (1 cup) frozen peas
- 300 g (10½ oz) spinach, roughly chopped
- 8 chapatis, or 4 large naan
- 20 g (¾ cup, packed) coriander, chopped
- 1 lime, cut into wedges

WHY IT WORKS

Cooking the onion and tomato hard until the fat separates and pools at the edges builds the base in four minutes, long before the eggs arrive. Take the pan off the heat while the curds still look glossy and slightly loose — they carry on setting on their own. A second dry pan runs alongside for the breads, which need the four minutes the masala is cooking and nothing more.

SWAP

Kale needs 4 minutes rather than 2. Crumbled paneer in place of two of the eggs makes it firmer.

ON THE SIDE

Thick yoghurt, a spoon of lime pickle, and red onion sliced thin with lemon and salt.

MAKE IT FASTER

Chop the onion, chilli and ginger together in one go on the board, and grate the tomatoes instead of chopping. Shop-bought chapatis warm through in 20 seconds a side.

LEFTOVERS

2 days chilled. Best cold in a wrap; reheating tightens the eggs.

610 kcal
CALORIES

31 g
PROTEIN

55 g
CARBS

28 g
FAT

9 g
FIBRE

WASHING UP Two frying pans, one jug, one board.

GOES WITH **98** Cucumber, Mint & Yoghurt Raita **91** Coconut Sambol **90** Shirazi Salad

24 Egg & Spinach Bhurji

🍳 ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Beat the eggs with the salt in a jug and set them beside the hob. Put a second dry frying pan on a low heat for the breads.
- 

Melt the ghee in a large frying pan over a medium-high heat. Add the cumin seeds, let them sizzle 20 seconds, then add the onion, chillies and ginger. Cook 2 minutes, until the onion is translucent and just catching.
- 

Add the tomatoes, turmeric and garam masala. Cook 2 minutes, mashing with the spoon, until the tomatoes collapse and the ghee separates out at the edges.
- 

Turn the second pan up to medium and warm the chapatis two at a time, 30 seconds a side, until they freckle and puff. Stack them in a clean tea towel as they come off so they steam and stay soft.
- 

Tip the peas into the masala, then pile in the spinach and stir 2 minutes, until it has wilted and the pan looks dry again — wet spinach makes watery eggs.
- 

Turn the heat low, pour in the eggs and stir slowly, scraping the base every few seconds. After 3 minutes you will have soft, glossy curds. Off the heat, fold through the coriander and serve with the warm breads and lime.

FOR THE TODDLER

Bhurji suits them well as it is. The one change worth making is the green chilli at step 2 — leave it out of the pan and let the adults add chopped chilli or lime pickle at the table. The half teaspoon of salt across twelve eggs is light enough to leave. Serve theirs with a strip of warm chapati, and chop the spinach small before it goes in.

25 Fifteen-Minute Chana Masala

15
MIN



ONE PAN

INDIAN

5 PREP / 10 COOK

SERVES 4

VEGETARIAN

Three tins of chickpeas and ten minutes at a proper heat, for a sauce that tastes cooked rather than merely warmed.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) basmati rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE CURRY

- 3 tbsp (45 ml) rapeseed oil or ghee
- 1 tsp cumin seeds
- 1 large onion, finely chopped
- 4 garlic cloves, crushed
- 20 g (¾ in) fresh ginger, grated
- 1 green chilli, finely chopped
- 2 tsp ground coriander
- 1 tsp ground cumin

- ½ tsp ground turmeric
- ½ tsp Kashmiri chilli powder
- 400 g (14 oz) tin chopped tomatoes
- 3 × 400 g (14 oz) tins chickpeas, drained
- 250 g (9 oz) spinach
- 1 tsp garam masala
- ½ tsp fine sea salt
- 1 lemon, halved
- 20 g (¾ cup, packed) coriander, chopped

FOR THE RAITA

- 400 g (1½ cups) thick 0% Greek yoghurt
- ½ cucumber, coarsely grated and squeezed dry
- ¼ tsp fine sea salt

WHY IT WORKS

Frying the ground spices in hot oil for thirty seconds before the tomatoes arrive dissolves them into the fat, which is what separates a cooked-tasting curry from a dusty one. Crushing a quarter of the chickpeas against the side of the pan releases their starch and thickens the sauce without any simmering time. The rice goes on with the first kettle of water and rests covered while the curry catches up.

SWAP

Black-eyed beans or butter beans work the same way; butter beans crush more readily and thicken faster.

ON THE SIDE

Poppadoms, lime pickle, and a plate of red onion and cucumber in lemon juice.

MAKE IT FASTER

Grate the onion instead of chopping and it softens in half the time. Three 250 g pouches of microwave rice save the rice pan.

LEFTOVERS

Better on day two. Keeps 4 days chilled and freezes for 3 months.

680 kcal
CALORIES

32 g
PROTEIN

104 g
CARBS

15 g
FAT

15 g
FIBRE

WASHING UP One deep frying pan, one small pan, one sieve, one bowl, one box grater, one board.

GOES WITH [98](#) Cucumber, Mint & Yoghurt Raita [91](#) Coconut Sambol [94](#) Tomato, Red Onion & Sumac Salad

25 Fifteen-Minute Chana Masala

🍲 ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Boil the kettle. Bring the rinsed rice, salt and boiling water to the boil in a small pan, cover it and cook 10 minutes at the lowest heat, then let it stand covered off the heat. Stir the yoghurt, cucumber and salt together in a bowl and put it somewhere cold.

2



Heat the oil in a deep frying pan over a high heat. Add the cumin seeds, wait 20 seconds until they darken and smell nutty, then add the onion. Cook 3 minutes, stirring often, until browning at the edges.

3



Add the garlic, ginger and chilli for 1 minute, then the ground coriander, cumin, turmeric and chilli powder. Fry 30 seconds — no longer, or they will catch.

4



Tip in the tomatoes and cook 3 minutes over a high heat, stirring, until the sauce darkens and thickens enough to leave a trail behind the spoon.

5



Add the chickpeas, 200 ml ($\frac{3}{4}$ cup) water and the salt. Simmer 3 minutes, crushing about a quarter of the chickpeas against the pan side as you stir and pushing the spinach in by the handful, until the greens have collapsed and the sauce coats rather than pools.

6



Off the heat, stir in the garam masala and a good squeeze of lemon. Taste for salt and sharpness, then scatter with coriander. Fork the rice loose and serve it with the curry and the cold raita.

FOR THE TODDLER

Leave the green chilli out at step 3 and put it on the table for the adults instead; the half teaspoon of Kashmiri chilli is mild enough to stay. At step 5, add the chickpeas and water, lift a small ladle out for them, then salt the rest of the pan. Crush their chickpeas with a fork, and give them plain yoghurt rather than the salted raita.



ONE PAN · 15 MINUTES · SERVES 4

One deep frying pan, one small pan, one sieve, one bowl, one box grater, one board.

26 Turkish Menemen

16
MIN



ONE PAN

TURKISH

5 PREP / 11 COOK

SERVES 4

VEGETARIAN

Soft green peppers cooked down in olive oil with grated tomato, then eggs stirred through until barely set.

INGREDIENTS

- 4 tbsp (60 ml) olive oil
- 4 long green peppers (or 3 green bell peppers), deseeded and sliced
- 1 onion, finely chopped
- 6 ripe tomatoes, coarsely grated and skins discarded (or 2 × 400 g / 14 oz tins of chopped tomatoes)
- 1 tsp pul biber (Aleppo pepper), plus more to finish
- ½ tsp fine sea salt
- 12 large eggs
- 100 g (3½ oz) beyaz peynir or feta, crumbled
- 20 g (¾ cup, packed) flat-leaf parsley, chopped
- 8 thick slices of good bread — sourdough, or a large Turkish loaf cut thick

WHY IT WORKS

The peppers go in first and get five full minutes alone in the oil with the onion, which is what turns them sweet instead of sharp and green. The eggs are broken in with a fork and moved slowly, so they set in soft ribbons through the sauce rather than scrambling into dry lumps. The bread goes on to toast while the tomatoes reduce, so it arrives hot enough to soften in the oil.

SWAP

Sliced sucuk browned in the oil before the peppers, or thick yoghurt in place of the crumbled cheese.

ON THE SIDE

Olives, cucumber and tomato in oil, and a bowl of thick yoghurt to spoon over the hot bread.

MAKE IT FASTER

Grate whole tomatoes on the coarse side of a box grater — it skips peeling and gets them into the pan in seconds. Grate the onion on the same holes.

LEFTOVERS

Eat it now. Menemen neither keeps nor reheats well.

710 kcal
CALORIES

34 g
PROTEIN

62 g
CARBS

36 g
FAT

8 g
FIBRE

WASHING UP One frying pan, one grater, one board.

GOES WITH [94](#) Tomato, Red Onion & Sumac Salad [90](#) Shirazi Salad [89](#) Garlicky Greens with Chilli & Lemon

METHOD

- 1



Heat the olive oil in a wide frying pan over a medium heat. Add the peppers and onion and cook 5 minutes, stirring now and then, until they are limp and blistered at the edges.
- 2



Add the tomatoes, pul biber and salt. Turn the heat up and cook 4 minutes, until the liquid has gone and the oil comes back to the surface in shiny pools. Put the bread on to toast while it reduces, and keep the slices in a folded tea towel.
- 3



Crack the eggs straight into the pan. Break the yolks with a fork and stir once or twice, leaving the whites streaky rather than beaten in.
- 4



Turn the heat low and move the eggs slowly with the fork for 2 minutes, pulling from the outside in. Stop while they still look glossy and a little underdone — the hot pan finishes them.
- 5



Scatter with the cheese, parsley and more pul biber, and take the pan straight to the table with the hot toast.

FOR THE TODDLER

Menemen suits them almost as it is. Spoon a little of the softened pepper and onion out at the end of step 1, before the pul biber and salt go in, and cook it down with a spoonful of the grated tomato and an egg in a small pan. Keep the feta off their plate, since it is salt through and through. Cut the toast into finger-length strips rather than squares.

27 Green Shakshuka

🍳 ONE PAN

ISRAELI / LEVANTINE

— 5 PREP / 12 COOK —

SERVES 4

VEGETARIAN

17
MIN

Eggs poached into a pan of collapsed greens, garlic and green chilli, feta melting into the hollows.

INGREDIENTS

- 3 tbsp (45 ml) olive oil
- 1 leek, halved lengthways and finely sliced
- 4 garlic cloves, thinly sliced
- 2 green chillies, sliced (deseed for less heat)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 large courgette (about 250 g / 9 oz), coarsely grated
- 400 g (14 oz) spinach or chard leaves, roughly chopped
- 200 g (1½ cups) frozen peas
- 20 g (½ cup, packed) coriander, stalks and leaves separated
- 12 eggs
- 150 g (5 oz) feta, crumbled
- 4 large flatbreads
- 1 lemon, half juiced and half in wedges
- Salt and black pepper

WHY IT WORKS

Spinach and chard carry enough water to steam themselves down in two minutes, giving you a wet, seasoned bed for the eggs without adding liquid you would then boil off. Pressing the wells down to the metal sets each white against the hot base while the yolk stays loose above it. The flatbreads warm through under the grill in the five minutes the pan is covered, so both land on the table hot.

SWAP

Kale needs 2 extra minutes before the eggs go in. Ricotta salata stands in for feta.

ON THE SIDE

Thick yoghurt sharpened with lemon, a dish of olives, and pickled chillies or a spoon of zhoug.

MAKE IT FASTER

Bagged washed spinach and no courgette takes prep down to 3 minutes.

LEFTOVERS

Eggs do not reheat well. Make the greens base ahead — 3 days chilled, 2 minutes to reheat.

750 kcal
CALORIES

40 g
PROTEIN

63 g
CARBS

37 g
FAT

9 g
FIBRE

WASHING UP One frying pan, one box grater, one chopping board.

GOES WITH **90** Shirazi Salad **94** Tomato, Red Onion & Sumac Salad **88** Harissa Carrots with Yoghurt

METHOD

- 1



Heat the oil in a 30 cm (12 in) frying pan over medium-high. Add the leek and a pinch of salt and cook 2 minutes, until it slumps and turns bright green.
- 2



Add the garlic, chilli, cumin, ground coriander and chopped coriander stalks. Stir 1 minute, until the spices smell toasted.
- 3



Add the courgette, the peas and the greens in two handfuls, turning with tongs. Cook 3 minutes, until everything has collapsed and no water pools when you push the greens aside. Stir in the lemon juice and season.
- 4



Make twelve wells with the back of a spoon, pressing down to the pan base. Crack an egg into each and scatter the feta into the gaps.
- 5



Cover with a lid or baking tray, drop the heat to low and cook 5–6 minutes, until the whites are opaque right up to the yolk but the yolks still shiver when you nudge the pan. Warm the flatbreads under a hot grill or in the toaster while the eggs set, and keep them in a folded tea towel.
- 6



Finish with pepper and coriander leaves. Bring the pan to the table with the lemon wedges and the warm flatbread, torn into pieces for scooping.

FOR THE TODDLER

Eggs and greens suit them well, so this needs little changing. Lift a spoonful of the greens out at step 3 before you season, then crack their egg into a well at the pan's edge and leave the feta out of that corner, since feta is salt through and through. Use one deseeded chilli rather than two, and give the adults zhoug at the table.

28 Greek Lemon Chicken & Orzo

20
MIN

🍳 ONE PAN

GREEK — 5 PREP / 15 COOK — SERVES 4

The orzo cooks in the pan with the chicken, drinking up the browned bits and the stock, and comes out creamy without a drop of cream.

INGREDIENTS

- 3 tbsp (45 ml) olive oil
- 650 g (1 lb 7 oz) boneless, skinless chicken thighs, cut into 2 cm strips
- 6 spring onions, sliced (or 1 onion, finely chopped)
- 4 garlic cloves, crushed
- 1 large courgette (about 250 g / 9 oz), cut into 1 cm dice
- 2 tsp dried oregano
- 320 g (1½ cups) orzo
- 800 ml (3¼ cups) good chicken stock, hot
- 2 lemons — zest of both, juice of one, the rest in wedges
- 150 g (1 cup) frozen peas
- 200 g (7 oz) spinach
- 120 g (4 oz) feta, crumbled
- 20 g (½ cup, packed) dill, chopped
- Salt and black pepper

WHY IT WORKS

Orzo cooks through in nine minutes in a shallow layer of stock, and the starch it sheds thickens that stock into a sauce — the risotto trick without the stirring. Searing the chicken first leaves a brown film on the pan base that the stock lifts into every grain. Eighty grams of dry orzo a head is a proper plateful, so the pan wants to be wide enough to hold it in a shallow layer rather than a heap.

SWAP

Prawns instead of chicken — stir 600 g in for the orzo's last 3 minutes.

ON THE SIDE

A sharp cucumber, tomato and red onion salad with oregano and red wine vinegar, and a dish of olives.

MAKE IT FASTER

Boil the stock in the kettle while you cut the chicken.

LEFTOVERS

Keeps 2 days chilled. Reheat with a splash of water — orzo drinks as it sits.

745 kcal
CALORIES

50 g
PROTEIN

67 g
CARBS

31 g
FAT

7 g
FIBRE

WASHING UP One deep sauté pan, one chopping board.

GOES WITH **89** Garlicky Greens with Chilli & Lemon **86** Charred Lemon Broccoli with Almonds

94 Tomato, Red Onion & Sumac Salad

METHOD

- 1



Heat the oil in a wide, deep sauté pan over high heat. Season the chicken and lay it in one layer. Sear 4 minutes without moving it, until the undersides are properly browned — it will not be cooked through yet.
- 2



Add the spring onions, garlic, courgette and oregano and stir 1 minute, until fragrant.
- 3



Tip in the orzo and stir 30 seconds to coat every grain in oil. Pour in the hot stock, bring to a boil and scrape the pan base clean with a wooden spoon.
- 4



Simmer briskly 9 minutes, stirring every minute and reaching into the corners so nothing catches, and scattering in the peas for the last 3. It is done when the orzo is tender with a slight bite at the centre and the liquid holds a line behind the spoon.
- 5



Off the heat, fold through the lemon zest and juice, then the spinach — it wilts in the residual heat in under a minute. Scatter with feta and dill, add pepper and serve with lemon wedges.

FOR THE TODDLER

The orzo drinks the stock, so the salt is built in and cannot be lifted out later. Either use a low-salt stock for the whole pan, or set aside a few strips of chicken and some courgette at step 2 and simmer them with a spoonful of orzo in plain water alongside. Keep the feta off their plate. Shred the chicken and cut the courgette small.

29 Prawn Saganaki with Feta

20
MIN

🍳 ONE PAN

GREEK — 5 PREP / 15 COOK — SERVES 4

Prawns cooked straight into a sharp tomato sauce, with chunks of feta dropped on at the end so they soften rather than melt away.

INGREDIENTS

- 4 tbsp (60 ml) olive oil
- 8 thick slices sourdough or country bread (~400 g / 14 oz)
- 5 garlic cloves — 4 thinly sliced, 1 halved for the toast
- 1 red onion, sliced
- 2 red peppers, sliced
- 1 tsp dried oregano
- ½ tsp chilli flakes
- 2 tbsp (30 ml) ouzo or dry white wine (optional)
- 2 × 400 g (14 oz) tins chopped tomatoes
- 1 × 400 g (14 oz) tin butter beans, drained
- 250 g (9 oz) baby spinach
- 700 g (1 lb 9 oz) raw king prawns, peeled
- 200 g (7 oz) feta, in rough 2 cm chunks
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- 1 lemon, in wedges
- Salt and black pepper

WHY IT WORKS

Prawns give off water as they cook, so the sauce has to be reduced properly before they go in — otherwise it thins out and slides off. Adding the feta off the heat and covering the pan warms it through while it still holds its shape and its salt. The bread is toasted in the same pan before anything else goes near it, so it takes on oil and garlic and comes to the table as the plate rather than an afterthought in a basket.

SWAP

Mussels or clams instead of prawns — cover and steam 4 minutes, discarding any that stay shut.

ON THE SIDE

Cucumber and red onion in vinegar with dried mint, or a plate of olives and pickled green chillies straight from the jar.

MAKE IT FASTER

Buy prawns already peeled and you lose 4 minutes of prep.

LEFTOVERS

Keeps 2 days chilled. Reheat gently and briefly, or the prawns turn rubbery, and toast fresh bread rather than yesterday's.

750 kcal
CALORIES

55 g
PROTEIN

74 g
CARBS

26 g
FAT

10 g
FIBRE

WASHING UP One frying pan, one chopping board.

GOES WITH 99 Blistered Padrón Peppers 89 Garlicky Greens with Chilli & Lemon 86 Charred Lemon Broccoli with Almonds

29 Prawn Saganaki with Feta



ONE PAN

20 MIN



SERVES 4

METHOD

- 

Heat 1 tbsp of the oil in a large frying pan over medium-high. Toast the bread in two batches, about 1 minute a side, until striped brown. Rub each slice with the cut face of the halved garlic clove and stack them on the board.
- 

Turn the heat to medium and add the rest of the oil with the sliced garlic, onion, peppers, oregano and chilli. Cook 3 minutes, until the peppers give and the garlic is pale gold. Take it no further than that or it turns bitter.
- 

Pour in the ouzo and let it bubble for 30 seconds, then add both tins of tomatoes and a good pinch of salt. Simmer hard for 4 minutes, until the sauce holds a clear channel when you drag a spoon across the pan base.
- 

Stir in the beans, then the prawns, pushing them under the sauce. Cook 3 minutes, turning once, until they are pink and curled into a loose C. A tight O means they have gone too far. Fold the spinach through in handfuls as they finish.
- 

Take the pan off the heat, scatter the feta over the top and cover for 1 minute so it warms and slumps at the edges.
- 

Finish with parsley, black pepper and lemon wedges. Lay two slices of toast on each plate and spoon the pan over them, sauce and all.

FOR THE TODDLER

The chilli goes in at step 2 and the salt at step 3, so theirs is easiest cooked alongside — a few slices of pepper and onion softened in a small pan with plain oil, a spoonful of tinned tomato, then three prawns for two minutes. Feta cannot be unsalted, so leave it off and crush them some butter beans instead. Chop the prawns small. A quarter of an adult plateful is plenty.



ONE PAN · 20 MINUTES · SERVES 4

One frying pan, one chopping board.

30 Broccoli Aglio e Olio with Anchovy

20
MIN

🍳 ONE PAN

ITALIAN — 5 PREP / 15 COOK — SERVES 4

Broccoli steamed and then browned in the same pan, dressed in anchovy-melted garlic oil and covered in toasted sourdough crumbs.

INGREDIENTS

- 400 g (14 oz) dried spaghetti
- 60 ml (4 tbsp) olive oil
- 60 g (2 oz) stale sourdough, torn into rough crumbs
- 40 g (½ cup) almonds, roughly chopped
- 10 anchovy fillets in olive oil, drained
- 6 garlic cloves, thinly sliced
- ¾ tsp chilli flakes
- 2 heads broccoli (~800 g / 1¾ lb), stalks peeled and sliced, tops in small florets
- 1 × 400 g (14 oz) tin cannellini beans, drained
- 60 g (2 oz) pecorino or Parmesan, finely grated
- 1 lemon — zest and juice
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- Salt and black pepper

WHY IT WORKS

Anchovies dissolve completely in warm oil, leaving savoury depth and no fishiness — they season the dish the way salt does, only rounder. Steaming the broccoli in a splash of pasta water and then letting the pan run dry means it cooks through and browns in one place, without a colander. The spaghetti goes into the boiling water first and finishes in that same garlic oil, where its starch and the cheese pull the whole thing into a sauce.

SWAP

Cauliflower or romanesco on the same timings. Capers instead of anchovies for a meat-free version.

ON THE SIDE

Bitter leaves — chicory or radicchio — in a sharp lemon dressing, and olives to pick at while the pasta boils.

MAKE IT FASTER

Skip the crumbs and use toasted almonds alone — that is 3 minutes saved.

LEFTOVERS

Good cold the next day. Keep the crumbs separate or they go soft.

750 kcal
CALORIES

33 g
PROTEIN

97 g
CARBS

26 g
FAT

12 g
FIBRE

WASHING UP One frying pan, one pasta pan, one small bowl, one chopping board.

GOES WITH **86** Charred Lemon Broccoli with Almonds **89** Garlicky Greens with Chilli & Lemon **92** Crispy Rosemary Potatoes

30 Broccoli Aglio e Olio with Anchovy



ONE PAN

20 MIN



SERVES 4

METHOD

-  Boil a full kettle, pour it into a large pan, salt it well and bring it back to the boil. Add the spaghetti and cook 9 minutes, or a minute under the packet time. Keep a mugful of the water back before you drain it.
-  Meanwhile, heat 2 tbsp of the oil in a large frying pan over medium. Add the crumbs and almonds and toast 2 minutes, stirring, until sandy gold and crisp. Tip into a small bowl.
-  Return the pan to low-medium heat with the remaining oil, the anchovies, garlic and chilli. Cook 2 minutes, mashing the anchovies against the base until they disappear into the oil and the garlic is pale straw.
-  Add the broccoli, a pinch of salt and 100 ml (scant ½ cup) of water ladled straight from the pasta pan. Cover and cook 4 minutes over high heat, until a knife tip slides into the stalks with slight resistance. Uncover, add the beans and keep the heat high for 2 minutes, pressing the florets against the pan base. It is ready when the water has gone, the pan is glossy rather than wet, and the cut faces have caught brown.
-  Drain the spaghetti and return it to its pan. Tip in the broccoli with every drop of the oil, add the cheese and a good splash of the reserved water, and toss hard for 1 minute, until the strands are coated and nothing is left loose in the bottom.
-  Off the heat, add the lemon zest and juice, parsley and plenty of pepper. Scatter the crumbs over just before serving so they stay crisp.

FOR THE TODDLER

The anchovies and pecorino salt the whole pan and there is no taking that back out. Before step 4, keep a handful of florets and a spoon of beans aside, steam them in a little water and dress them with plain oil and no chilli. Toss through some spaghetti, cut short, and crush the beans. Whole and chopped almonds are a choking risk under five, so grind them fine or leave them and the crumbs off.



ONE PAN · 20 MINUTES · SERVES 4

One frying pan, one pasta pan, one small bowl, one chopping board.

31 Tuscan White Bean, Kale & Lemon Skillet

18
MIN

🍲 ONE PAN

ITALIAN (TUSCAN) — 5 PREP / 13 COOK — SERVES 4

Cannellini beans crushed into their own broth with rosemary, garlic and cavolo nero, sharpened hard with lemon at the end.

INGREDIENTS

- 6 tbsp (90 ml) olive oil
- 8 thick slices sourdough or country bread (~400 g / 14 oz)
- 5 garlic cloves — 4 thinly sliced, 1 halved for the toast
- 1 tbsp rosemary leaves, finely chopped
- ½ tsp chilli flakes
- 4 anchovy fillets in olive oil (optional)
- 1 leek, halved and sliced
- 300 g (10½ oz) cavolo nero or kale, stalks stripped, leaves shredded
- 250 g (9 oz) cherry tomatoes, halved
- 3 × 400 g (14 oz) tins cannellini beans, drained
- 150 ml (⅔ cup) good vegetable stock
- 1 lemon — zest and juice
- 70 g (2½ oz) Parmesan or pecorino, finely grated
- Salt and black pepper

WHY IT WORKS

Crushing a quarter of the beans against the side of the pan releases their starch, which turns a thin stock into something that coats — no cream, no flour, no extra pan. Adding the lemon off the heat keeps its edge bright, where simmering would flatten it into something dull. The bread goes into the pan first and comes out oiled and rubbed with garlic, which is what turns a bowl of beans into dinner.

SWAP

Butter beans or borlotti both work. Spinach instead of kale needs only 30 seconds at step 3.

ON THE SIDE

Fennel and orange in oil and black pepper, or a plate of salami and olives while the pan gets going.

MAKE IT FASTER

Use bagged shredded kale and you are down to 2 minutes of prep.

LEFTOVERS

Better on day two, once the rosemary has settled in. Keeps 4 days chilled; loosen with water and toast fresh bread for it.

725 kcal
CALORIES

31 g
PROTEIN

87 g
CARBS

28 g
FAT

15 g
FIBRE

WASHING UP One frying pan, one chopping board, one grater.

GOES WITH **86** Charred Lemon Broccoli with Almonds **89** Garlicky Greens with Chilli & Lemon **92** Crispy Rosemary Potatoes

31 Tuscan White Bean, Kale & Lemon Skillet

🍳 ONE PAN

18 MIN — SERVES 4

METHOD

-  Heat 2 tbsp of the oil in a large frying pan over medium-high. Fry the bread in two batches, a minute a side, until dark stripes appear. Scrape the cut side of the halved garlic over each slice and stack them on the board.
-  Turn the heat down to medium and add the remaining oil, the sliced garlic, rosemary, chilli and anchovies if using. Cook 2 minutes, pressing the anchovies until they dissolve. The garlic should be pale gold, never brown.
-  Add the leek, kale and a pinch of salt and toss 3 minutes, until the leaves darken to deep green and slump into the oil.
-  Tip in the beans, tomatoes and stock. Simmer 4 minutes, crushing about a quarter of the beans against the side of the pan with a wooden spoon, until the liquid thickens and clings to the leaves rather than running off them.
-  Off the heat, stir in the lemon zest and juice and most of the cheese. Taste and season — tinned beans need more salt than you expect.
-  Lay two slices of toast on each plate and spoon the beans over them, finishing with the rest of the cheese and plenty of black pepper.

FOR THE TODDLER

Leave the anchovies out at step 2 and hold the chilli to a pinch. Lift a ladleful at step 4, before the cheese and the seasoning go in at step 5, and use water in place of the stock if you want theirs plainer. Crush their beans with a fork, quarter the cherry tomatoes lengthways, chop the kale finely and give them plain toast fingers rather than the garlic-rubbed slices. Quarter any olives lengthways.

32 Tuna Puttanesca Beans

18
MIN



ONE PAN

ITALIAN

4 PREP / 14 COOK

SERVES 4

Everything comes out of a tin or a jar, and eight minutes later it tastes like it took an hour.

INGREDIENTS

- 400 g (14 oz) penne or rigatoni
- 2 tbsp (30 ml) olive oil
- 4 garlic cloves, thinly sliced
- 6 anchovy fillets in olive oil
- ½ tsp chilli flakes
- 1 × 400 g (14 oz) tin cherry or chopped tomatoes
- 250 g (9 oz) cherry tomatoes, halved
- 2 tbsp capers, rinsed
- 60 g (½ cup) black olives, torn off their stones
- 1 tsp dried oregano
- 2 × 400 g (14 oz) tins butter beans, drained
- 200 g (7 oz) baby spinach
- 3 × 200 g (7 oz) tins tuna in olive oil, drained
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- 1 lemon
- Black pepper

WHY IT WORKS

Starting the garlic and anchovies in cold oil over gentle heat lets them infuse as the pan comes up, instead of scorching the moment they land. The tuna goes in off the heat and gets folded once — stir it twice and it shreds into the sauce and disappears. The penne cooks alongside in salted water and lands in the pan a minute early, so it finishes in the sauce and drinks some of it.

SWAP

Tinned sardines or mackerel in place of tuna. Cannellini or chickpeas for the butter beans.

ON THE SIDE

Chicory and radicchio in a mustard dressing, or bread rubbed with a cut tomato and salted.

MAKE IT FASTER

Buy pitted olives, though torn olives off the stone taste better.

LEFTOVERS

Excellent cold, straight from the fridge, with another squeeze of lemon. Keeps 3 days chilled.

770 kcal
CALORIES

51 g
PROTEIN

97 g
CARBS

20 g
FAT

12 g
FIBRE

WASHING UP One frying pan, one pasta pan, one colander, one chopping board.

GOES WITH **86** Charred Lemon Broccoli with Almonds **94** Tomato, Red Onion & Sumac Salad

89 Garlicky Greens with Chilli & Lemon

METHOD

- 1  Fill and boil the kettle, tip it into a large pan, salt heavily and return it to the boil. Add the penne and cook a minute under the packet time, about 10 minutes. Keep a mugful of the water back before you drain it.
- 2  Meanwhile, put the oil, garlic, anchovies and chilli into a cold frying pan and set it over medium heat. Cook 2 minutes as it warms, pressing the anchovies until they collapse and the garlic sizzles pale gold.
- 3  Add both lots of tomatoes, the capers, olives and oregano. Simmer hard 5 minutes, until the cherry tomatoes burst under the back of a spoon and the sauce pulls away from the side of the pan when you push it.
- 4  Stir in the beans with a splash of water ladled from the pasta pan and warm through for 2 minutes, so they take on the sauce without breaking up, then fold the spinach through in handfuls until it collapses.
- 5  Drain the penne and tip it into the sauce — or the sauce into the pasta pan, if your frying pan is already full. Toss 1 minute over low heat, loosening with pasta water until every tube is coated.
- 6  Take the pan off the heat. Flake the tuna over the top in large pieces and fold it through once, no more. Finish with parsley, a good squeeze of lemon and black pepper. It needs no salt — the anchovies, capers and olives have done that job.

FOR THE TODDLER

There is no unsalting this one — the anchovies, capers and olives are the seasoning. Before step 3, warm a spoonful of the tinned tomatoes in a small pan with a little oil, add a few butter beans crushed with a fork and some penne cut short, and flake in a little tuna. Keep the olives and capers off their plate, and if an olive strays, take out the stone and quarter it lengthways.

33 Gambas al Ajillo with Chickpeas

18
MIN

🍳 ONE PAN

SPANISH — 4 PREP / 14 COOK — SERVES 4

Sliced garlic brought up slowly in a lot of olive oil, then chickpeas blistered in it and prawns cooked for barely two minutes.

INGREDIENTS

- 75 ml (5 tbsp) olive oil
- 8 thick slices sourdough or country bread (~400 g / 14 oz)
- 9 garlic cloves — 8 thinly sliced, 1 halved for the toast
- 2 dried guindilla chillies, snapped in half (or 1 tsp chilli flakes)
- 3 × 400 g (14 oz) tins chickpeas, drained and patted dry
- 1 tsp sweet smoked paprika
- 350 g (12 oz) cherry tomatoes
- 700 g (1 lb 9 oz) raw king prawns, peeled
- 250 g (9 oz) baby spinach
- 2 tbsp (30 ml) dry sherry or dry white wine
- 1 lemon
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- Flaky sea salt

WHY IT WORKS

Garlic goes into cold oil and heats with the pan, so it perfumes the whole lot on the way up instead of burning in the first thirty seconds. Drying the chickpeas before they hit the oil is what lets them blister and take on colour rather than steam in their own moisture. The bread is toasted in the pan before any of that happens, because the garlic oil left at the end is the best part of the dish and something has to carry it.

SWAP

Squid rings instead of prawns — 90 seconds, no more.
Butter beans in place of chickpeas.

ON THE SIDE

Oranges with olives and a pinch of cumin, or padrón peppers blistered in the pan before the bread goes in.

MAKE IT FASTER

Peeled prawns and drained chickpeas straight from the fridge takes prep to 2 minutes.

LEFTOVERS

The chickpeas keep 3 days and are good cold. Eat the prawns the same day.

755 kcal
CALORIES

53 g
PROTEIN

84 g
CARBS

23 g
FAT

15 g
FIBRE

WASHING UP One frying pan, one sieve, one chopping board.

GOES WITH 99 Blistered Padrón Peppers 92 Crispy Rosemary Potatoes 89 Garlicky Greens with Chilli & Lemon

33 Gambas al Ajillo with Chickpeas

ONE PAN

18 MIN — SERVES 4

METHOD

- 

Heat 1 tbsp of the oil in a wide frying pan over medium-high and toast the bread in two batches, about 1 minute a side. Drag the halved clove cut side down over each hot slice and pile them on the board.
- 

Take the pan off the heat for a minute to lose its fierceness, then add the remaining oil, the sliced garlic and the chilli and set it back over medium. Let it come up slowly for 3 minutes, until the garlic is the colour of straw and the oil smells sweet. Coming up slowly is what stops it catching.
- 

Add the chickpeas, paprika and a pinch of salt. Fry 3 minutes, pressing some against the pan base with the back of a spoon, until their skins blister and split. Add the tomatoes and let them soften for 1 minute.
- 

Lay the prawns in one layer and salt them. Cook 1 minute, turn, then 1 minute more — they are done the moment they have turned pink and curled loosely, opaque right through at the thickest point. Any longer and they tighten.
- 

Pour in the sherry. Let it hiss and reduce for 30 seconds, scraping the base so nothing is left behind, then fold the spinach through in handfuls until it just wilts.
- 

Off the heat, add a good squeeze of lemon, the parsley and flaky salt. Bring the pan and the stack of toast to the table while the oil is still bubbling at the edges.

FOR THE TODDLER

The chilli goes into the oil at step 2, so theirs comes out before that — a spoon of chickpeas, a few tomatoes and three prawns cooked in a small pan with plain oil and a flattened garlic clove for two minutes. No paprika, no chilli and no flaky salt at the end. Crush the chickpeas, quarter the tomatoes lengthways, chop the prawns small, and keep the olives from the side plate off theirs.

34 Smoky Paprika Chicken with Piquillo Peppers

20
MIN

🍲 ONE PAN

SPANISH — 6 PREP / 14 COOK — SERVES 4

Chicken thighs rubbed with two kinds of pimentón, browned hard, then loosened with sherry vinegar and torn piquillo peppers.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) long-grain rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PAN

- 700 g (1 lb 9 oz) boneless, skinless chicken thighs, cut into 3 cm pieces
- 1 tsp sweet smoked paprika
- ½ tsp hot smoked paprika
- 3 tbsp (45 ml) olive oil
- 1 red onion, sliced
- 4 garlic cloves, thinly sliced

- 1 bay leaf
- 300 g (10½ oz) drained piquillo peppers, torn into strips
- 1 × 400 g (14 oz) tin butter beans, drained
- 2 tbsp (30 ml) sherry vinegar
- 100 ml (scant ½ cup) good chicken stock
- 200 g (7 oz) baby spinach

TO FINISH

- 40 g (⅓ cup) almonds, toasted and roughly chopped
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- Salt and black pepper

WHY IT WORKS

Thigh meat browns without drying out, so you can leave it alone on high heat for four minutes and build real colour on the pan base. Sherry vinegar then lifts all of that into the sauce in seconds, doing the work a long braise would otherwise be needed for. The rice wants ten of those minutes and no attention at all, so it goes on before the chicken and sits covered while the pan sauce comes together.

SWAP

Roasted red peppers from a jar if you cannot find piquillos. Three tins of drained chickpeas in place of the chicken make it meat-free.

ON THE SIDE

Oranges and olives dressed with oil and cumin, or bitter leaves in sherry vinegar to cut the paprika.

MAKE IT FASTER

Ask the butcher to dice the thighs, or buy them ready-cut. Two 250 g pouches of microwave rice instead of the pan.

LEFTOVERS

Keeps 3 days chilled and reheats well. The paprika deepens overnight.

710 kcal
CALORIES

46 g
PROTEIN

77 g
CARBS

24 g
FAT

8 g
FIBRE

WASHING UP One frying pan, one small pan, one chopping board.

GOES WITH 99 Blistered Padrón Peppers 92 Crispy Rosemary Potatoes 95 Quick Pickled Red Onions

34 Smoky Paprika Chicken with Piquillo Peppers



ONE PAN

20 MIN

— SERVES 4

METHOD

-  Boil the kettle. Put the rice, salt and boiling water in a small pan, bring back to the boil, then clamp on a lid and cook on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
-  Toss the chicken on the board with both paprikas, a good pinch of salt and plenty of pepper until every piece is coated rust red.
-  Heat the oil in a large frying pan over high. Add the chicken in one layer and leave it alone for 4 minutes — moving it early costs you the crust. Turn and cook 2 minutes more.
-  Drop the heat to medium and add the onion, garlic and bay. Cook 3 minutes, until the onion softens at the edges but keeps some bite.
-  Add the peppers, beans and vinegar, scraping the base clean as it bubbles. Pour in the stock and simmer 3 minutes, until it reduces to a glossy coating and the thickest piece of chicken shows no pink at the centre. Fold the spinach through in handfuls until it collapses.
-  Off the heat, scatter with almonds and parsley. Taste, and add another splash of vinegar if it needs sharpening. Fork the rice loose, spread it over four warm plates and spoon the chicken and all the pan juices over it.

FOR THE TODDLER

Set a few pieces of chicken aside at step 2, before they meet the two paprikas and the salt, and fry them in plain oil in a small pan with a strip of pepper and a spoon of beans. Hot pimentón cannot be taken back out once it is on. Chop the chicken finely, crush the beans, and grind the almonds fine or leave them off, since chopped nuts are a choking risk under five.



ONE PAN · 20 MINUTES · SERVES 4

One frying pan, one small pan, one chopping board.

35 Chipotle Chicken, Black Bean & Charred Corn Skillet

20
MIN

🍲 ONE PAN

MEXICAN — 6 PREP / 14 COOK — SERVES 4

Frozen corn blackens in a dry pan, the chicken browns in the fat that follows, and the beans arrive last to pull the whole thing together.

INGREDIENTS

FOR THE RICE

- 250 g (1¼ cups) long-grain rice, rinsed until the water runs clear
- 500 ml (2 cups) boiling water
- ½ tsp fine sea salt

FOR THE SKILLET

- 700 g (1 lb 9 oz) boneless, skinless chicken thighs, cut into 2 cm (¾ in) strips
- 2 tbsp (30 ml) olive oil
- 300 g (10½ oz) frozen sweetcorn
- 1 red onion (~150 g / 5 oz), finely diced
- 2 red peppers (~300 g / 10½ oz), diced

- 3 garlic cloves, sliced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 chipotle chillies in adobo, chopped, plus 1 tbsp of their sauce
- 2 × 400 g (14 oz) tins black beans, drained but not rinsed
- 400 g (14 oz) tin chopped tomatoes
- ¾ tsp fine sea salt

TO FINISH

- 1 lime, halved
- 20 g (½ cup, packed) coriander, roughly chopped

WHY IT WORKS

Corn browns before it properly thaws, so it takes its char in a bare pan first and waits in a bowl while everything else uses the heat. Thigh strips go in next and are left alone for three full minutes, which is what buys the crust — moving them early steams them instead. The beans are already cooked, so the pan only has to warm them while the chipotle and their starchy liquor thicken around the chicken. Rice goes on the hob before any of it starts and steams under its lid until the skillet catches up.

SWAP

Chicken breast works cut a little thicker and given 4 minutes rather than 5. Pinto or kidney beans behave the same as black.

ON THE SIDE

Warm corn tortillas for scooping, or soured cream and quick-pickled red onions to spoon over at the table.

MAKE IT FASTER

Char the corn while you cut the chicken — it does not need watching. Two 250 g pouches of microwave rice save you the second pan.

LEFTOVERS

Three days chilled, better on day two. Reheats with a splash of water, or goes cold into a wrap.

750 kcal
CALORIES

48 g
PROTEIN

100 g
CARBS

18 g
FAT

15 g
FIBRE

WASHING UP One frying pan, one small pan, one bowl, one chopping board.

GOES WITH [95 Quick Pickled Red Onions](#) [97 Sesame Green Beans with Ginger](#) [94 Tomato, Red Onion & Sumac Salad](#)

35 Chipotle Chicken, Black Bean & Charred Corn Skillet



ONE PAN

20 MIN



SERVES 4

METHOD

-  Boil the kettle. Get the rice on in a small pan with the salt and boiling water; once it is boiling again, lid it and drop to the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
-  Put a large frying pan over your highest heat with nothing in it. When it smokes faintly, tip in the frozen corn and spread it flat. Leave it 3 minutes, then stir once — you want blistered black patches, not even colour. Scrape into a bowl.
-  Add the oil and lay the chicken in the same pan in one layer with a pinch of the salt. Leave it 3 minutes without touching it, then stir and fry 2 minutes more, until the strips are browned and no longer pink at the cut edge.
-  Add the onion, peppers and garlic and fry 2 minutes, until the edges soften and colour, then stir in the cumin, oregano and chipotle for 30 seconds, until the spices smell toasted rather than raw.
-  Tip in the beans and tomatoes with the rest of the salt and simmer hard for 3 minutes, crushing a few spoonfuls against the side of the pan. It is ready when a spoon dragged through leaves a channel that holds for a second and the chicken is opaque right through.
-  Fold the corn back in, squeeze over half the lime and taste for salt. Fork the rice into four warm bowls, spoon the chicken and beans over, and scatter with coriander, with the rest of the lime cut into wedges.

FOR THE TODDLER

Lift a few chicken strips out at the end of step 3, before the chipotle goes in at step 4, along with a spoon of the charred corn. Warm them in a small pan with a little of the tinned tomatoes and some beans, and no salt. Chipotle is chilli and smoke together and cannot be dialled back afterwards. Chop the chicken small, crush the beans, and spoon it over plain rice.



ONE PAN · 20 MINUTES · SERVES 4

One frying pan, one small pan, one bowl, one chopping board.

36 Lomo Saltado

19
MIN

WOK

PERUVIAN — 7 PREP / 12 COOK — SERVES 4

Beef, onion and tomato seared hard in a wok, splashed with vinegar and soy, with the chips folded straight back in.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) long-grain or basmati rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE WOK

- 600 g (1 lb 5 oz) waxy potatoes, cut into 1 cm (½ in) chips
- 700 g (1 lb 9 oz) beef sirloin or rump, cut into finger-thick strips
- 3 tbsp (45 ml) groundnut or sunflower oil
- 1 large red onion (about 200 g / 7 oz), cut into thick wedges
- 1 red pepper, cut into thick strips
- 4 tomatoes (about 400 g / 14 oz), cut into wedges
- 1 red chilli, sliced, or 1 tbsp ají amarillo paste
- 3 garlic cloves, sliced
- 3 tbsp (45 ml) soy sauce
- 2 tbsp (30 ml) red wine vinegar
- ½ tsp coarsely ground black pepper
- 20 g (½ cup, packed) coriander, roughly chopped

WHY IT WORKS

The wok has to be properly hot and the beef dry and in one layer, or it steams grey instead of browning. Microwaving the potatoes while you slice everything means they need two minutes in hot oil to crisp rather than a full deep-fry. Peru serves this with chips and rice both, so the rice goes on the hob first and steams untouched while the wok does its work.

SWAP

Skirt or bavette, sliced across the grain. Thick portobello strips make a good meat-free version.

ON THE SIDE

Salsa criolla — red onion sliced paper-thin, left ten minutes in lime juice with salt and a pinch of chilli. It cuts straight through the fried potatoes.

MAKE IT FASTER

Freeze the beef 15 minutes first and it slices cleanly in half the time.

LEFTOVERS

Two days chilled. The chips soften, so reheat hard in the wok, never the microwave.

760 kcal
CALORIES

48 g
PROTEIN

94 g
CARBS

20 g
FAT

7 g
FIBRE

WASHING UP One wok, one small pan, one bowl, one chopping board.

GOES WITH 95 Quick Pickled Red Onions 92 Crispy Rosemary Potatoes 94 Tomato, Red Onion & Sumac Salad

METHOD

- 1

Boil the kettle. The rice goes on before the wok gets hot: salt, boiling water, a small pan, back to the boil, then a lid and 10 minutes at the lowest heat. Leave it covered off the heat until you serve.
- 2

Put the potatoes in a bowl with a splash of water, cover, and microwave on full for 6 minutes while you slice everything else. Drain and pat dry — dry chips crisp, wet ones spit.
- 3

Heat 2 tbsp of the oil in a wok until it shimmers. Fry the potatoes 3 minutes, turning twice, until golden and crisp on two sides. Tip them back into the bowl.
- 4

Add the last tablespoon of oil and the beef, spread flat, in two goes if the wok looks crowded. Leave 60 seconds undisturbed for a crust, then toss a minute more, until the strips are browned outside and firm to the touch, still blushing pink at the centre. Push it up the side of the wok.
- 5

Throw the onion, red pepper, chilli and garlic into the base. Two minutes on high — smoky at the edges, still snapping in the middle.
- 6

Add the tomatoes, soy, vinegar and pepper. Toss for 1 minute, until the tomatoes slump and the liquid turns glossy and clings to the beef rather than pooling.
- 7

Fold the potatoes back in with the coriander. Fork the rice loose, spoon it onto four warm plates and serve the saltado over it, straight from the wok.

FOR THE TODDLER

Take a few strips of beef out at the end of step 4 and a little potato at step 3, before the chilli joins the pan at step 5 and the soy at step 6. Warm them through with a skinned tomato wedge in a small pan. Chop the beef finely across the grain and cut the chips into short soft pieces rather than long batons. Rice underneath, about a quarter of an adult bowl.

37 Moqueca Express — Brazilian Coconut Fish Stew

20
MIN

🍲 ONE PAN

BRAZILIAN — 6 PREP / 14 COOK — SERVES 4

Chunks of white fish dropped into a coconut and pepper broth and left completely alone until they turn opaque.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) long-grain rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE BASE

- 2 tbsp (30 ml) olive oil or red palm oil
- 1 onion, finely sliced
- 1 red and 1 yellow pepper (about 300 g / 10½ oz), sliced
- 4 garlic cloves, sliced
- 1 tsp sweet paprika
- 250 g (9 oz) tomatoes, chopped

- 200 g (7 oz) spring greens or kale, stalks stripped, leaves finely shredded
- 400 ml (1⅔ cups) tin full-fat coconut milk

FOR THE FISH AND FINISHING

- 800 g (1 lb 12 oz) firm white fish (cod, hake or monkfish), cut into 4 cm (1½ in) chunks
- 1 lime — juice of half, the rest in wedges
- ¾ tsp fine sea salt
- 1 red chilli, sliced
- 20 g (½ cup, packed) coriander, stalks chopped, leaves left whole

WHY IT WORKS

The fish goes in last and is never stirred, so it poaches in the coconut milk and holds together in proper chunks. Salting it with lime while you build the base draws out surface water and firms the flesh, which is the difference between chunks and flakes. Rice is not a garnish here but the point of the dish — it goes on before the pan does and soaks up a broth far too good to leave in the bowl.

SWAP

Raw prawns need 3 minutes, not 4. Firm tofu works, as does butternut given 8 minutes before the coconut milk goes in.

ON THE SIDE

Farofa — toasted cassava flour — for scattering over each bowl, and a plate of sliced orange with salt and chilli to cut the coconut.

MAKE IT FASTER

Frozen sliced peppers go in straight from the bag.

LEFTOVERS

Two days chilled. Reheat gently — a hard boil breaks the fish up.

745_{kcal}
CALORIES

47_g
PROTEIN

75_g
CARBS

28_g
FAT

6_g
FIBRE

WASHING UP One deep frying pan with a lid, one small pan, one bowl, one chopping board.

GOES WITH 95 Quick Pickled Red Onions 91 Coconut Sambol 89 Garlicky Greens with Chilli & Lemon

37 Moqueca Express — Brazilian Coconut Fish Stew



ONE PAN

20 MIN



SERVES 4

METHOD

1



Boil the kettle. Put the rice, salt and boiling water in a small pan, bring back to the boil, clamp on a lid and cook on the lowest heat for 10 minutes, then leave it covered off the heat. Toss the fish with the lime juice and salt in a bowl and leave it while you cook the base.

2



Heat the oil in a wide, deep frying pan. Cook the onion and peppers over a medium-high heat for 5 minutes, until floppy and colouring at the edges.

3



Add the garlic, paprika and coriander stalks, stir 1 minute, then the tomatoes for 2 minutes more, pressing them down until they collapse.

4



Pour in the coconut milk, pile in the greens and bring to a bare simmer. Season and bubble gently 2 minutes, until the greens have wilted into the sauce and it thickens.

5



Slide the fish in in one layer, spoon sauce over the top, and cover. Cook 4 minutes without stirring. It is done when the chunks are opaque to the centre and part easily under a spoon.

6



Fork the rice loose into four warm bowls. Scatter the stew with chilli and coriander leaves and ladle it over the rice, with lime wedges to squeeze.

FOR THE TODDLER

This one needs little changing. Toss a chunk of fish with lime and no salt at step 1, cook it with the rest, and lift their portion at step 4 before you season the pan. The chilli only arrives as a garnish at step 6, so leave it off theirs. Flake the fish carefully for bones, cut the peppers into soft finger-length strips, and spoon it over plain rice.



ONE PAN · 20 MINUTES · SERVES 4

One deep frying pan with a lid, one small pan, one bowl, one chopping board.

38 Filipino Adobo Flash Chicken

20
MIN

🍳 ONE PAN

FILIPINO — 6 PREP / 14 COOK — SERVES 4

All the salt, sour and garlic of a long-braised adobo, done in the time it takes thin-sliced thigh to cook through.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) long-grain rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PAN

- 800 g (1 lb 12 oz) boneless, skinless chicken thighs, sliced 1 cm (½ in) thick
- 1 tbsp (15 ml) groundnut or sunflower oil
- 8 garlic cloves, crushed flat but left whole
- 100 ml (scant ½ cup) cane or white wine vinegar
- 75 ml (⅓ cup) soy sauce
- 100 ml (scant ½ cup) water
- 3 bay leaves
- 1 tsp black peppercorns, cracked under the base of a pan
- 1 tbsp (15 ml) honey
- 350 g (12 oz) green beans, topped
- 300 g (10½ oz) tenderstem broccoli, split lengthways if thick
- 2 spring onions, sliced

WHY IT WORKS

Adobo is normally a slow braise because the vinegar needs time to lose its raw edge. Slicing the thighs thin gives far more surface area, so the same soy-and-vinegar liquid reduces to a syrup in minutes and coats the meat rather than stewing it. The sauce is strong enough that it needs rice under it, so the rice goes on first and steams while the pan runs.

SWAP

Drumsticks need 25 minutes, so stay with thighs midweek. Whole chestnut mushrooms take the sauce well in 8 minutes.

ON THE SIDE

Ensaladang kamatis — tomato and red onion in a little vinegar — and a saucer of extra vinegar with chilli in it for anyone who wants the sourness sharper.

MAKE IT FASTER

Crush the garlic under the flat of a knife instead of chopping — the skins slip off and the cloves stay whole in the pan.

LEFTOVERS

Genuinely better after a night in the fridge. Keeps 3 days chilled.

650 kcal
CALORIES

47 g
PROTEIN

74 g
CARBS

17 g
FAT

6 g
FIBRE

WASHING UP One frying pan, one small pan, one chopping board.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **95** Quick Pickled Red Onions **100** Charred Broccolini with Miso Butter

METHOD

- 1 

Boil the kettle. Give the rice a small pan with the salt and boiling water, bring back to the boil, then cook it covered on the lowest heat for 10 minutes. Leave it covered off the heat until you serve.
- 2 

Heat the oil in a large frying pan over a high heat. Lay the chicken in one layer, leave it 3 minutes to brown, then turn and give it a minute more.
- 3 

Push the chicken aside, drop the garlic into the clear space and fry 45 seconds, until it smells sweet and looks pale gold. Do not let it darken, or the sauce turns bitter.
- 4 

Pour in the vinegar and boil hard for 1 minute with the extractor on — this cooks off the sharpest edge. Add the soy, water, bay and peppercorns and simmer briskly for 5 minutes, turning the chicken once or twice.
- 5 

Stir in the honey, add the beans and broccoli, and cook 3 minutes more. It is ready when the chicken is cooked through with no pink at the centre of a thick slice, the sauce is dark and just coats a spoon, and the beans still squeak against your teeth.
- 6 

Fork the rice into four warm bowls, pile the chicken and greens on top, scatter with spring onion and spoon the reduced sauce over everything.

FOR THE TODDLER

Lift a few pieces of chicken out at the end of step 3, before the soy goes in at step 4, and keep back a handful of beans and broccoli to steam in a little water alongside. The honey arrives at step 5, and honey is not for a baby under one — theirs stays out of the sauce, with maple syrup standing in if you want it sweet. Chop the chicken small and split the beans lengthways.

39 Nasi Goreng Cauliflower Rice with Fried Egg

18
MIN



INDONESIAN — 5 PREP / 13 COOK — SERVES 4

Cauliflower rice, sambal and prawns fried hot and fast, with a crisp-edged egg on every plate.

INGREDIENTS

- 3 tbsp (45 ml) groundnut or sunflower oil
- 4 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 2 tbsp sambal oelek
- 600 g (1 lb 5 oz) raw peeled prawns
- 2 × 250 g (9 oz) pouches cooked jasmine or long-grain rice
- 600 g (1 lb 5 oz) cauliflower rice
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) honey
- 4 eggs
- ½ cucumber, sliced
- 2 tomatoes, cut into wedges
- 60 g (½ cup) unsalted roasted peanuts, roughly crushed
- 2 spring onions, sliced
- 1 lime, cut into wedges

WHY IT WORKS

Cauliflower rice releases water the moment it meets heat, so the wok must be hot enough to drive it off as steam — crowd it or drop the heat and you get porridge. Frying the shallots, garlic and sambal in oil first, before anything wet arrives, is what gives the dish depth. Half the base is real cooked rice, which is what turns a light plate into dinner: the cauliflower keeps it from sitting heavy, the rice gives it something to hold on to.

SWAP

Diced chicken thigh instead of prawns needs 4 minutes. Leave both out for 300 g of firm tofu cubes.

ON THE SIDE

Prawn crackers, and acar — cucumber and carrot batons steeped in vinegar with a pinch of sugar and salt while the wok heats.

MAKE IT FASTER

Frozen cauliflower rice goes in from the freezer and wants one extra minute.

LEFTOVERS

Two days chilled, but fry the eggs fresh each time.

640 kcal
CALORIES

45 g
PROTEIN

55 g
CARBS

25 g
FAT

7 g
FIBRE

WASHING UP One wok, one bowl, one chopping board.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **100** Charred Broccolini with Miso Butter **91** Coconut Sambol

39 Nasi Goreng Cauliflower Rice with Fried Egg



WOK

18 MIN

— SERVES 4

METHOD

- 

Heat 2 tbsp of the oil in a wok over a high heat. Fry the shallots and garlic 2 minutes, until deep gold at the edges, then stir in the sambal for 1 minute more — it should darken and smell toasted rather than sharp.
- 

Add the prawns and toss 2 minutes, until just pink and curled into loose Cs. Tip the lot into a bowl. Put the rice pouches in the microwave for their 2 minutes and leave them sealed until you need them.
- 

Turn the heat as high as it goes and add the cauliflower rice in two batches, tossing constantly for 3 minutes in total. Listen to it: a steady sizzle means the water is going, silence means it is stewing.
- 

Squeeze the pouches to break up the grains, tip the rice in and toss 2 minutes, until it is hot through and beginning to catch on the wok. Return the prawn mixture with the soy and honey and toss 1 minute more, until every grain is coloured and the wok is dry again. Divide between plates.
- 

Wipe the wok, add the last tablespoon of oil and fry the eggs over a high heat for 2 minutes, until the whites are lacy and brown at the rim, the yolks still running.
- 

Sit an egg on each plate and add the sliced cucumber and the tomatoes alongside, then scatter with the peanuts and spring onion and add a lime wedge to each.

FOR THE TODDLER

The sambal goes in at step 1, so theirs is cooked apart — a small pan of the rice and cauliflower in plain oil with two prawns chopped small, and no soy. The honey at step 4 is not for a baby under one, so leave it out of theirs or use maple syrup. Peanuts are a choking risk under five, so keep them off, and quarter their tomato lengthways.

40 Sambal Green Beans with Egg

17
MIN

WOK

MALAYSIAN — 5 PREP / 12 COOK — SERVES 4

Beans blistered in a dry wok, then tossed through a sweet-sour sambal with soft-set egg clinging to them.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) jasmine or long-grain rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE WOK

- 500 g (1 lb 2 oz) green beans, topped and halved
- 1 red pepper, sliced
- 150 g (5 oz) cherry tomatoes, halved
- 3 tbsp (45 ml) groundnut or sunflower oil
- 4 shallots, finely sliced
- 4 garlic cloves, finely chopped
- 2 tbsp sambal oelek
- 2 tbsp (30 ml) tamarind paste, or the juice of 1 lime
- 1 tbsp (15 ml) honey
- 2 tbsp (30 ml) fish sauce
- 10 eggs, beaten with a pinch of salt
- 60 g (½ cup) unsalted roasted peanuts, roughly crushed
- 1 lime, cut into wedges

WHY IT WORKS

Dry-frying the beans before any oil goes in blisters the skins and collapses them just enough to take on sauce; a wet pan only steams them limp. The egg goes in at the end onto a hot, clear patch of wok, so it sets on contact and wraps the beans instead of scrambling into curds. Rice goes on before the wok is even lit — the sambal is salty and sour enough to want a plain, hot bowl of it underneath.

SWAP

Long beans, sugar snaps or tenderstem broccoli all dry-fry the same way. Cashews instead of peanuts.

ON THE SIDE

Cucumber and pineapple straight from the fridge, and a saucer of kecap manis for anyone who wants the beans sweeter.

MAKE IT FASTER

Beat the eggs in the bowl the beans are resting in and save a wash.

LEFTOVERS

Two days chilled. Eat it at room temperature — reheating toughens the egg.

750 kcal
CALORIES

31 g
PROTEIN

83 g
CARBS

32 g
FAT

9 g
FIBRE

WASHING UP One wok, one small pan, one bowl, one chopping board.

GOES WITH 87 Smashed Cucumber with Garlic & Sesame 91 Coconut Sambol 100 Charred Broccolini with Miso Butter

40 Sambal Green Beans with Egg



WOK

17 MIN

— SERVES 4

METHOD

-  Boil the kettle. Pour the boiling water over the rice and salt in a small pan, bring back to the boil, then lid it and cook 10 minutes at the lowest heat. Leave it covered off the heat until you serve.
-  Put the wok over your highest heat, dry. Add the beans and toss every 30 seconds for 3 minutes, until streaked brown and beginning to wrinkle. Tip them into a bowl.
-  Add 2 tbsp of the oil, then the shallots, garlic and red pepper, and fry 2 minutes until golden and fragrant.
-  Stir in the sambal and fry 1 minute — it should deepen in colour and the oil separate slightly at the edges. Add the tamarind, honey and fish sauce, then return the beans with the cherry tomatoes. Toss 1 minute, until every bean is coated and glossy.
-  Push everything aside, add the last tablespoon of oil to the clear space and pour in the eggs. Count to twenty while they set at the base, then fold the beans through in big slow strokes. Take the wok off the heat while the egg still looks wet — it carries on cooking.
-  Fork the rice into four warm bowls, pile the beans and egg on top, scatter with the crushed peanuts and serve with lime wedges.

FOR THE TODDLER

Lift a handful of beans out of the dry wok at the end of step 2, before the sambal, fish sauce and honey arrive. Honey is not for a baby under one, so keep theirs clear of that sauce, with maple syrup standing in. Cook a little unsalted beaten egg in a small pan and fold it through. Split the beans lengthways into soft strips and leave the peanuts off, as crushed nuts are a choking risk under five.

41 Burmese Golden Turmeric Chicken

19
MIN

ONE PAN

BURMESE — 5 PREP / 14 COOK — SERVES 4

Onions cooked down in turmeric oil until the fat itself turns orange, with thin-sliced chicken finished in the same slick.

INGREDIENTS

FOR THE RICE

- 300 g (1½ cups) long-grain or basmati rice, rinsed until the water runs clear
- 600 ml (2½ cups) boiling water
- ½ tsp fine sea salt

FOR THE PAN

- 3 tbsp (45 ml) groundnut oil
- 2 onions (about 250 g / 9 oz), finely sliced
- 6 garlic cloves, finely chopped
- 4 cm (1½ in) ginger, finely chopped
- 2 tsp ground turmeric
- 1 tsp paprika
- 800 g (1 lb 12 oz) boneless, skinless chicken thighs, sliced 1 cm (½ in) thick
- 350 g (12 oz) tomatoes, chopped
- 250 g (9 oz) green beans, topped and halved
- 2 tbsp gram (chickpea) flour
- 150 ml (⅔ cup) good chicken stock
- 2 tbsp (30 ml) fish sauce
- 1 red chilli, sliced
- 20 g (½ cup, packed) coriander, roughly chopped
- 1 lime, cut into wedges

WHY IT WORKS

Burmese cooking builds its base by frying onion, garlic and turmeric in more oil than feels sensible, until the oil takes on colour and separates — that stained oil is the sauce. Slicing the thighs thin means the chicken cooks through in the four minutes the onions need to soften. A spoonful of gram flour whisked into the stock thickens it the Burmese way, and the rice steams under a lid throughout, ready as the pan comes off.

SWAP

Chicken breast works, sliced thinner, with the simmer dropped to 2 minutes. White fish chunks need only 3 minutes in total.

ON THE SIDE

A plate of raw crunch to pick at between mouthfuls — cucumber batons, tomato wedges and shredded white cabbage with lime and salt — and a bowl of clear broth if you want the full Burmese table.

MAKE IT FASTER

Grate the garlic and ginger into the pan on a microplane instead of chopping.

LEFTOVERS

Three days chilled. The turmeric oil sets on top as a bright orange cap — stir it back through as it reheats.

725 kcal
CALORIES

47 g
PROTEIN

77 g
CARBS

24 g
FAT

6 g
FIBRE

WASHING UP One frying pan, one small pan, one chopping board, one mug.

GOES WITH **87** Smashed Cucumber with Garlic & Sesame **91** Coconut Sambol **98** Cucumber, Mint & Yoghurt Raita

41 Burmese Golden Turmeric Chicken

🍳 ONE PAN

19 MIN — SERVES 4

METHOD

-  Boil the kettle. Put the rice, salt and boiling water in a small pan, bring back to the boil, clamp on a lid and cook on the lowest heat for 10 minutes, then leave it covered off the heat until you serve. Whisk the gram flour into the stock in a mug until smooth.
-  Heat the oil in a large frying pan over a medium-high heat. Add the onions with a pinch of salt and fry 4 minutes, stirring, until soft and browning at the tips.
-  Add the garlic, ginger, turmeric and paprika and stir 1 minute. The oil should turn deep orange and the dusty, raw smell of the turmeric disappear.
-  Turn the heat up, add the chicken and toss until every piece is coated in the golden oil. Spread it flat and leave it 2 minutes.
-  Add the tomatoes, green beans, fish sauce and the gram flour stock. Simmer 5 minutes, pressing the tomatoes down as they soften, until the sauce is thick enough to sit on the chicken and the oil pools orange at the sides. Check the thickest slice — white through, no pink at the centre, and the beans still with some bite.
-  Fork the rice into four warm bowls and spoon the chicken and its orange oil over. Scatter with chilli and coriander and serve with lime wedges.

FOR THE TODDLER

Turmeric and paprika are mild, so most of this suits them as it is. Lift a few pieces of chicken and some beans at the start of step 5, before the fish sauce goes in, and simmer them in a little tomato and plain water in a small pan. The chilli is only scattered at the end, so leave it off theirs. Chop the chicken finely and split the beans lengthways.

42 Gomen Be Siga — Ethiopian Collards with Beef

20
MIN

🍳 ONE PAN

ETHIOPIAN — 5 PREP / 15 COOK — SERVES 4

Beef seared hard and lifted straight out, greens cooked down in the spiced butter it leaves behind, and the two put back together at the last moment.

INGREDIENTS

- 4 large flatbreads, or injera if you can get it
- 700 g (1 lb 9 oz) beef rump or sirloin, cut across the grain into thin strips
- 3 tbsp (45 ml) ghee, niter kibbeh or olive oil
- 1 onion (~150 g / 5 oz), finely sliced
- 4 garlic cloves, finely chopped
- 4 cm (1½ in) ginger, finely chopped
- 2 tsp berbere, plus a pinch to finish
- 500 g (1 lb 2 oz) collard greens or kale, stalks stripped, leaves finely shredded
- 150 g (5 oz) tomatoes, chopped
- 150 ml (⅔ cup) water
- ¾ tsp fine sea salt
- 1 lemon, cut into wedges

WHY IT WORKS

Gomen be siga is normally a long braise, but the two halves want opposite treatment and splitting them is what brings it inside twenty minutes. Beef cut thin across the grain needs ninety seconds and no more, so it comes out of the pan while the greens go in. Shredding collards finely across the leaf gives all those cut edges a way to take up water fast, and they turn silky in five minutes rather than an hour. Berbere goes into hot fat before any liquid arrives, or it stays gritty and tastes only of heat. The flatbread is warmed in the dry pan before the ghee, so it stands in for injera and costs nothing to wash.

SWAP

Lamb leg steak, cut the same way, takes the same 90 seconds a batch. Cavolo nero or spring greens stand in for the collards; chard needs only 3 minutes.

ON THE SIDE

A bowl of ayib, or cottage cheese loosened with lemon, to cool the berbere, and sliced tomato with green chilli.

MAKE IT FASTER

Buy the beef ready-cut as stir-fry strips and bagged shredded greens, and prep drops to two minutes.

LEFTOVERS

Three days chilled, and better on day two once the greens have taken up the beef juices. Reheat hard and fast in the pan.

640 kcal
CALORIES

49 g
PROTEIN

55 g
CARBS

24 g
FAT

9 g
FIBRE

WASHING UP One large frying pan with a lid, one plate, one chopping board.

GOES WITH **96** Buttered Cabbage with Caraway **89** Garlicky Greens with Chilli & Lemon **88** Harissa Carrots with Yoghurt



METHOD

1



Put your widest frying pan over a medium heat, dry, and warm the flatbreads one at a time, 30 seconds a side, until they puff and freckle. Stack them in a tea towel to stay soft.

2



Turn the heat to its highest and add 1 tbsp of the ghee. Sear the beef in two batches, 90 seconds a batch, until the outside is well browned and the centre is still pink but no longer translucent. Season and tip it onto a plate with any juices.

3



Drop the heat to medium-high, add the rest of the ghee and fry the onion for 3 minutes, until translucent and catching at the edges.

4



Add the garlic, ginger and berbere and stir for 45 seconds. The fat should turn brick red and the spice smell sweet and toasted rather than sharp.

5



Pile in the greens with the tomatoes, water and salt. It will look like far too much; press it under a lid for 30 seconds and it collapses to a third. Cook uncovered 5 minutes, stirring twice, until the greens are dark and glossy, tender enough to cut with the side of a spoon, and the water has gone.

6



Return the beef and its juices, toss for 1 minute so it warms without cooking further, and finish with a pinch more berbere. Serve from the pan with the warm flatbread torn up for scooping and lemon wedges to squeeze.

FOR THE TODDLER

Take a few strips of beef out at step 2 as they come off the heat, before you season them, and a handful of shredded greens before the berbere goes in at step 4. Cook those greens down in a small pan with a little ghee, water and chopped tomato for five minutes. Berbere is chilli through and through and cannot be softened once it is in. Chop the beef finely and tear the flatbread small.



43 Ras el Hanout Turkey with Herbs & Almonds

18
MIN

🍲 ONE PAN

MOROCCAN — 6 PREP / 12 COOK — SERVES 4

Turkey mince seared hard, spiced while it sizzles, then cooled with lemon, chickpeas and a fistful of herbs.

INGREDIENTS

FOR THE COUSCOUS

- 300 g (1½ cups) couscous
- 450 ml (scant 2 cups) boiling chicken or vegetable stock
- ½ tsp fine sea salt

FOR THE PAN

- 2 tbsp (30 ml) olive oil
- 650 g (1 lb 7 oz) turkey mince
- 1 red onion, finely sliced
- 2 garlic cloves, sliced
- 2 courgettes (about 300 g / 10½ oz), cut into 1 cm (½ in) dice
- 2 tsp ras el hanout
- ½ tsp fine sea salt
- 400 g (14 oz) tin chickpeas, drained
- 200 g (7 oz) spinach
- 50 g (⅓ cup) whole almonds, roughly chopped
- 1 lemon — zest and juice
- 30 g (⅓ cup, packed) flat-leaf parsley and coriander, roughly chopped
- 100 g (⅓ cup) thick Greek yoghurt, to serve

WHY IT WORKS

Turkey mince is lean enough to sear rather than stew, so pressing it flat and leaving it alone for two minutes builds a browned crust that stands in for a long-cooked base. The ras el hanout goes in after the browning, into hot fat, where thirty seconds is enough to bloom it without scorching the ground ginger and cinnamon in the blend. The couscous needs no pan at all — boiling stock, a plate on top, and it is done in five of the twelve minutes the frying pan runs.

SWAP

Chicken mince behaves identically. Lamb is richer — pour off some fat before the spices go in.

ON THE SIDE

Harissa loosened with olive oil and lemon for spooning over, and a grated carrot salad with orange juice and a pinch of cumin.

MAKE IT FASTER

Skip the onion and grate in a shallot; it softens in under a minute.

LEFTOVERS

Three days chilled. Good cold in pitta with more yoghurt and lemon.

760 kcal
CALORIES

56 g
PROTEIN

72 g
CARBS

26 g
FAT

12 g
FIBRE

WASHING UP One frying pan, one large bowl, one chopping board, one wooden spoon.

GOES WITH **88** Harissa Carrots with Yoghurt **98** Cucumber, Mint & Yoghurt Raita **90** Shirazi Salad

43 Ras el Hanout Turkey with Herbs & Almonds

🍲 ONE PAN

18 MIN — SERVES 4

METHOD

1



Boil the kettle. Put the couscous and salt in a large bowl, pour over the boiling stock, cover with a plate and leave it while you cook — it drinks the lot in 5 minutes.

2



Get a large frying pan properly hot over a high heat. Add half the oil, then the mince in one layer. Press it flat and leave it undisturbed for 2 minutes — you want a brown crust before you break it up.

3



Break the mince into rough clumps and turn it until no pink remains, then push it to one side and add the rest of the oil with the onion, garlic and courgette. Cook for 4 minutes, until the courgette is browning at the cut edges and the onion is slack and translucent.

4



Scatter over the ras el hanout and salt and stir everything together for 30 seconds, until the pan smells warm and resinous. Add the chickpeas and almonds and cook 3 minutes more, stirring twice, until the chickpeas take colour and the almonds smell toasted.

5



Add the spinach in handfuls and stir 1 minute, until just wilted. Off the heat, stir through the lemon zest and juice and most of the herbs. Taste for salt — turkey needs more than you expect.

6



Fork the couscous loose and spread it over four warm plates. Spoon the turkey over it with the yoghurt and the remaining herbs.

FOR THE TODDLER

Lift out a spoonful of mince, courgette and onion at the end of step 3, before the ras el hanout and salt go in. Steep a little couscous for them in plain boiling water rather than stock, and crush a few chickpeas from the tin with a fork. Whole and chopped almonds are a choking risk under five, so keep them off their plate or grind them fine. A quarter of an adult serving is plenty.

44 West African Peanut Stew Express

20
MIN



ONE PAN

GHANAIAN / SENEGALESE — 6 PREP / 14 COOK — SERVES 4

Coarsely grated sweet potato melts into peanut butter and tomato in a quarter of the usual time.

INGREDIENTS

- 1 tbsp (15 ml) groundnut or olive oil
- 650 g (1 lb 7 oz) boneless chicken thighs, cut into 2 cm (¾ in) pieces
- 1 onion, finely chopped
- 1 red pepper, sliced
- 3 garlic cloves, grated
- 20 g (1½ tbsp) fresh ginger, grated
- 1 scotch bonnet or red chilli, deseeded and chopped
- 1 tsp ground coriander
- 400 g (14 oz) tin chopped tomatoes
- 400 ml (1⅔ cups) chicken stock or water
- 450 g (1 lb) sweet potato, coarsely grated, skin on
- 2 × 250 g (9 oz) pouches cooked long-grain rice
- 100 g (scant ½ cup) smooth 100% peanut butter
- 200 g (7 oz) spinach
- 30 g (¼ cup) roasted peanuts, roughly chopped
- 1 lime, cut into wedges

WHY IT WORKS

Grating the sweet potato rather than cubing it takes the cooking time from forty minutes to eight — the shreds collapse and thicken the stew from the inside, doing the job a long simmer normally does. The peanut butter goes in late, loosened with a ladle of hot liquid first, because it splits and turns grainy if it catches on the base of the pan.

SWAP

Three tins of drained chickpeas instead of chicken; add them at step 3.

ON THE SIDE

Fried plantain, or a plate of cucumber and red onion in lime juice to cut the richness of the peanut.

MAKE IT FASTER

Grate the sweet potato in a food processor while the chicken browns.

LEFTOVERS

Four days chilled, better on day two. Loosen with water when reheating.

755 kcal
CALORIES

45 g
PROTEIN

72 g
CARBS

32 g
FAT

10 g
FIBRE

WASHING UP One deep pan, one chopping board, one box grater, one mug.

GOES WITH 96 Buttered Cabbage with Caraway 89 Garlicky Greens with Chilli & Lemon 91 Coconut Sambol

METHOD

- 1  Heat the oil in a wide, deep pan over a high heat. Brown the chicken in one layer for 3 minutes without stirring, then turn once.
- 2  Add the onion, red pepper, garlic, ginger, chilli and ground coriander. Cook 2 minutes, until the pan smells sharp and sweet at once.
- 3  Tip in the tomatoes, stock and sweet potato. Bring to the boil, then simmer briskly for 8 minutes. The shreds should vanish into the sauce, the liquid should coat a spoon and the chicken should be cooked through, with no pink left at the centre of a piece. Put the rice pouches in the microwave for their 2 minutes while it simmers, and leave them sealed so they stay hot.
- 4  Drop the heat to low. Stir the peanut butter into a ladleful of the hot liquid in a mug, then pour it back — it emulsifies smoothly instead of clumping.
- 5  Add the spinach in handfuls, stirring until just wilted, about 1 minute. Salt to taste.
- 6  Fork the rice into four warm bowls and ladle the stew over, with the peanuts scattered on top and lime wedges to squeeze.

FOR THE TODDLER

The scotch bonnet goes in at step 2 and cannot come back out, so lift a few pieces of browned chicken at the end of step 1. Simmer them in a small pan with a spoonful of the tinned tomatoes, some grated sweet potato and a teaspoon of the peanut butter, no salt, until soft. Keep that sauce smooth, leave the chopped peanuts off as they are a choking risk under five, and shred the chicken finely.

45 Georgian Walnut-Garlic Chicken with Green Beans

20
MIN

🍲 ONE PAN

GEORGIAN — 6 PREP / 14 COOK — SERVES 4

Chicken browned in the pan, then folded through a raw walnut and garlic paste loosened with the water the potatoes boiled in.

INGREDIENTS

FOR THE PAN

- 700 g (1 lb 9 oz) chicken breast mini fillets, or breasts cut into 2 cm (¾ in) strips
- 600 g (1 lb 5 oz) small new potatoes, halved
- 600 g (1 lb 5 oz) green beans, topped
- 1½ tbsp (22 ml) olive oil
- 1 tsp fine sea salt
- 1 tbsp (15 ml) red wine vinegar
- ½ tsp ground coriander
- ¼ tsp ground fenugreek, blue fenugreek if you have it
- ¼ tsp cayenne or hot paprika, plus a pinch to finish
- 15 g (½ cup, packed) coriander leaves, plus more to serve

FOR THE WALNUT SAUCE

- 140 g (1½ cups) walnut halves
- 2 garlic cloves
- ½ tsp fine sea salt

TO FINISH

- 200 g (7 oz) cherry tomatoes, halved

WHY IT WORKS

Walnuts blitzed with garlic, vinegar and a splash of starchy cooking water make an instant emulsion — the nut oil and the starch hold together the way a tahini sauce does, with no cooking at all, which is the satsivi principle stripped of its two hours. Browning the chicken first means the same pan boils the potatoes afterwards and the fond ends up in the water and then in the sauce. Everything goes together warm rather than hot, so the sauce stays loose and coats instead of splitting.

SWAP

Shop-bought roast chicken pulled into strips skips the first step entirely. Runner beans, broccoli or cooked beetroot take the same sauce — the pkhali principle.

ON THE SIDE

Warm shoti or any flatbread for the walnut sauce left in the bowl, and a saucer of pickled cabbage or radishes.

MAKE IT FASTER

Pound the sauce while the chicken browns; it is finished before the potatoes go in.

LEFTOVERS

Keeps 3 days chilled and eats well cold. Loosen with a spoonful of water and sharpen with more vinegar.

645 kcal
CALORIES

51 g
PROTEIN

43 g
CARBS

30 g
FAT

10 g
FIBRE

WASHING UP One pan, one colander, one plate, one blender jug, one serving bowl, one chopping board.

GOES WITH **94** Tomato, Red Onion & Sumac Salad **90** Shirazi Salad **96** Buttered Cabbage with Caraway

45 Georgian Walnut-Garlic Chicken with Green Beans



ONE PAN

20 MIN

— SERVES 4

METHOD

- 

Boil the kettle. Set a wide pan over a medium-high heat with the oil and lay in the chicken in one layer with a pinch of the salt. Fry 6 minutes, turning once, until golden and firm and reading 74°C (165°F) at the thickest point. Scrape onto a plate with any juices.
- 

Meanwhile, put the walnuts, garlic, vinegar, ground coriander, fenugreek, cayenne, coriander leaves and ½ tsp salt into a small blender or a mortar and work them to a coarse, sandy paste.
- 

Pour the boiling water into the same pan with the rest of the salt, add the potatoes and boil hard for 8 minutes, dropping in the green beans for the last 4. The potatoes should give to a knife and the beans bend without snapping.
- 

Scoop out 150 ml (⅔ cup) of the cooking water, then drain and tip the potatoes and beans into a serving bowl.
- 

Loosen the paste with the reserved water a splash at a time until it falls from the spoon like thick double cream, then fold it through the warm potatoes and beans along with the chicken and its juices.
- 

Scatter the tomatoes over, finish with more coriander and a pinch of cayenne, and serve while the vegetables are still warm.

FOR THE TODDLER

Fry a strip of chicken before the salt goes into the pan at step 1, and boil a few potatoes and beans in a separate pan of unsalted water. The walnut paste has cayenne and garlic blitzed through it from the start, so dress theirs with a little olive oil instead. Cut the potatoes and beans into soft finger-length strips, quarter the tomatoes lengthways, and chop the chicken small. Whole and chopped walnuts are a choking risk under five.



ONE PAN · 20 MINUTES ·
SERVES 4

One pan, one colander, one plate, one blender jug, one serving bowl, one chopping board.

46 Deconstructed Vietnamese Summer Roll Bowl

18
MIN

🌿 NO COOK

VIETNAMESE — 18 PREP / 0 COOK — SERVES 4

Everything that goes inside a summer roll, without the wrapper wrestling. The kettle is the only heat.

INGREDIENTS

FOR THE BOWLS

- 300 g (10½ oz) fine rice vermicelli
- 600 g (1 lb 5 oz) firm tofu, drained and cut into 1 cm (½ in) slabs
- 250 g (9 oz) frozen soya beans, podded
- 1 cucumber, halved and cut into matchsticks
- 2 carrots, coarsely grated
- 2 baby gem lettuces, shredded
- 20 g (½ cup, packed) mint leaves

- 20 g (½ cup, packed) coriander
- a handful of Thai basil, if you can find it
- 60 g (½ cup) roasted peanuts, roughly crushed

FOR THE NUOC CHAM

- 4 tbsp (60 ml) fish sauce
- 4 tbsp (60 ml) lime juice, about 3 limes
- 4 tbsp (60 ml) warm water
- 2 tbsp honey
- 2 garlic cloves, grated
- 1 red chilli, finely sliced

WHY IT WORKS

Fine rice vermicelli is thin enough to soften right through in off-the-boil kettle water in six minutes, so the hob stays cold. Nuoc cham is a ratio rather than a recipe — equal parts fish sauce, lime and water, half as much honey — so you can taste and correct it in the bowl you serve from.

SWAP

500 g cooked cold king prawns or shredded poached chicken in place of the tofu.

ON THE SIDE

Prawn crackers, and a saucer of carrot and daikon pickled in rice vinegar to pile on as you eat.

MAKE IT FASTER

Put carrot and cucumber through the same box grater and skip the knife.

LEFTOVERS

Keep the dressing separate and it holds 2 days. Dressed noodles go soft overnight.

690 kcal
CALORIES

38 g
PROTEIN

88 g
CARBS

21 g
FAT

9 g
FIBRE

WASHING UP One large bowl, one serving bowl, one sieve, one chopping board, one box grater.

GOES WITH 87 Smashed Cucumber with Garlic & Sesame 95 Quick Pickled Red Onions 97 Sesame Green Beans with Ginger

46 Deconstructed Vietnamese Summer Roll Bowl

🌿 NO COOK

18 MIN — SERVES 4

METHOD

-  Boil the kettle. Put the vermicelli in a large bowl, cover with hot water by 2 cm ($\frac{3}{4}$ in) and leave 6 minutes. Sit the soya beans in a sieve and pour the rest of the kettle over them, then leave them to drain and cool.
-  Meanwhile whisk the fish sauce, lime juice, warm water, honey, garlic and red chilli in the serving bowl until the honey dissolves. Taste: sharp first, salty second, barely sweet.
-  On one board, cut the cucumber into matchsticks, coarsely grate the carrots and shred the baby gem, then pick the mint, coriander and Thai basil, leaves whole so they stay springy.
-  Drain the noodles and rinse under the cold tap until cool and no longer tacky — this is what stops them setting into a brick.
-  Turn the tofu in 3 tbsp of the dressing and leave 2 minutes; it takes the liquid up like a sponge.
-  Divide the noodles between four bowls, pile on the cucumber, carrot, baby gem, soya beans, herbs and tofu, spoon over the rest of the dressing, finish with peanuts.

FOR THE TODDLER

Build their bowl before the nuoc cham comes near it, with noodles, vegetables, herbs and a few slabs of undressed tofu. The dressing is fish sauce, chilli and honey, and honey is not for a baby under one, so leave it off theirs and moisten the noodles with a little lime juice and oil instead. Cut the noodles short, squash the soya beans, and keep the crushed peanuts off, as nuts are a choking risk under five.

47 Chicken Fattoush with Crisped Chickpeas

20
MIN



AIR FRYER

LEBANESE — 8 PREP / 12 COOK — SERVES 4

One basket does the chicken, the chickpeas and the bread while the salad is built on the board beside it.

INGREDIENTS

FOR THE BASKET

- 700 g (1 lb 9 oz) boneless, skinless chicken thighs, cut into 2 cm (¾ in) strips
 - 2 × 400 g (14 oz) tins chickpeas, drained
 - 4 pitta breads (~60 g / 2 oz each), torn into rough pieces
 - 3 tbsp (45 ml) olive oil
 - 2 tsp sumac
 - 1 tsp dried mint, or za'atar
 - 2 garlic cloves, grated
 - 1 tsp fine sea salt
- 80 g (3 oz) radishes, quartered
 - 4 spring onions, sliced
 - 2 baby gem lettuces (~130 g / 4½ oz), torn
 - 30 g (¾ cup, packed) flat-leaf parsley, chopped
 - 15 g (⅓ cup, packed) mint leaves

FOR THE DRESSING AND THE PLATE

- Juice of 1½ lemons
 - 1 garlic clove, grated
 - 1 tbsp pomegranate molasses
 - 1 tsp sumac, plus a pinch to finish
 - ½ tsp fine sea salt
 - 200 g (¾ cup) thick Greek yoghurt
- ### FOR THE SALAD
- 350 g (12 oz) ripe tomatoes, cut into rough chunks
 - 200 g (7 oz) cucumber, halved and thickly sliced

WHY IT WORKS

Fattoush is a salad that hangs on contrast, so the basket is doing three jobs at once: sumac-rubbed thigh strips crisping at the edges, chickpeas drying out into something nubbly, and torn pitta going brittle. Chickpea skins trap water and turn slippery in dressing, so rubbing them off in a tea towel first is what lets them harden rather than steam. The bread goes in only for the last four minutes, long enough to snap and not long enough to burn. Salting the tomatoes meanwhile does the opposite job on purpose — the juice they give up becomes half the dressing.

SWAP

Chicken breast cut the same size needs 9 minutes rather than 12. Butter beans instead of chickpeas — no skinning, just thorough drying.

ON THE SIDE

Olives, and a dish of pickled turnips for their colour and their sharpness.

MAKE IT FASTER

Skip the skinning and pat the chickpeas bone dry. Less crunch, four minutes saved.

LEFTOVERS

Best within the hour. To keep it, hold back the lettuce, herbs and pitta and add them fresh.

700 kcal
CALORIES

52 g
PROTEIN

65 g
CARBS

24 g
FAT

11 g
FIBRE

WASHING UP Air fryer basket, one serving bowl, one mixing bowl, one chopping board, one tea towel.

GOES WITH **90** Shirazi Salad **94** Tomato, Red Onion & Sumac Salad **88** Harissa Carrots with Yoghurt

47 Chicken Fattoush with Crisped Chickpeas

 AIR FRYER

20 MIN — SERVES 4

METHOD

- 

1 Heat the air fryer to 200°C (400°F). Tip the chickpeas onto a clean tea towel, fold it over and rub firmly for 20 seconds, then open it out and pick away the loose skins — that is where the sogginess lives.
- 

2 Toss the chicken and the bare chickpeas with 2 tbsp of the oil, the sumac, dried mint, grated garlic and salt. Tip into the basket in as flat a layer as it will take and air fry 8 minutes, shaking hard at 4 minutes.
- 

3 Meanwhile, put the tomatoes in a serving bowl with a good pinch of salt; within two minutes they weep. Whisk the lemon juice, garlic, pomegranate molasses, sumac and salt straight into the tomatoes and their juice.
- 

4 Toss the torn pitta with the last tablespoon of oil, scatter it over the basket and air fry 4 minutes more, until the bread is brittle at the edges and the chicken reads 74°C (165°F) at the thickest strip.
- 

5 Add the cucumber, radishes, spring onions, lettuce and herbs to the tomatoes and turn it by hand twice, no more — fattoush bruises if you work it.
- 

6 Spread the yoghurt across four wide plates and pile the salad on. Fold the hot chicken, chickpeas and pitta through it just before it goes to the table, so the bread is still crisp, and finish with a pinch more sumac.

FOR THE TODDLER

Take a few chicken strips and a spoonful of chickpeas out at step 2, before the salt, sumac and garlic go on, and cook theirs in a little plain oil. Dress their salad with a squeeze of lemon alone and keep the olives off. Crisped pitta is hard going, so soften a piece in the yoghurt. Crush the chickpeas, chop the chicken small, and cut the cucumber and radish into soft strips rather than rounds.



AIR FRYER · 20 MINUTES · SERVES 4

Air fryer basket, one serving bowl, one mixing bowl, one chopping board, one tea towel.

48 Salmon Poke Bowl

16
MIN

🍴 NO COOK

HAWAIIAN-JAPANESE — 16 PREP / 0 COOK — SERVES 4

A four-ingredient marinade, ten minutes of chopping, and fish that never meets heat at any point.

INGREDIENTS

FOR THE FISH

- 600 g (1 lb 5 oz) sashimi-grade salmon, skinned, in 2 cm (¾ in) cubes
- 3 tbsp (45 ml) soy sauce or tamari
- 1 tbsp (15 ml) toasted sesame oil
- 1 tbsp (15 ml) rice vinegar
- 1 tsp honey
- 2 tsp finely grated fresh ginger
- 4 spring onions, finely sliced

FOR THE RICE

- 2 × 250 g (9 oz) pouches cooked sushi or jasmine rice

- 2 tbsp (30 ml) rice vinegar
- 1 tsp caster sugar
- ½ tsp fine sea salt

FOR THE BOWLS

- ½ small white cabbage, finely shredded
- 200 g (7 oz) frozen soya beans, podded
- 1 cucumber, in half-moons
- 2 ripe avocados, sliced
- 6 radishes, thinly sliced
- 1 sheet nori, snipped into strips
- 1 tbsp toasted sesame seeds
- 1 lime, cut into wedges

WHY IT WORKS

Because nothing is cooked, the salmon must be sashimi-grade — sold specifically for eating raw, and frozen beforehand to kill parasites. Cutting it into 2 cm cubes rather than thin slices gives the soy and sesame more surface to cling to while leaving a centre that stays silky instead of curing firm.

SWAP

No sashimi-grade fish, no problem. Use 500 g hot-smoked salmon or smoked trout, flaked into large pieces, or cold poached salmon. Halve the soy for either, as both are already salted.

ON THE SIDE

A bowl of miso soup, and pickled ginger with cucumber steeped in rice vinegar and salt.

MAKE IT FASTER

Ask the fishmonger to skin the fillet and you save three minutes and a sharp knife.

LEFTOVERS

Eat the same day. Raw marinated fish does not keep.

730 kcal
CALORIES

42 g
PROTEIN

51 g
CARBS

40 g
FAT

10 g
FIBRE

WASHING UP One mixing bowl, one chopping board, one wide plate, one sieve, four serving bowls.

GOES WITH **93** Sigeumchi Namul — Sesame Spinach **87** Smashed Cucumber with Garlic & Sesame

100 Charred Broccolini with Miso Butter

48 Salmon Poke Bowl

🌿 NO COOK

16 MIN — SERVES 4

METHOD

-  Heat the rice pouches in the microwave for their 2 minutes, tip onto a wide plate, fork through the rice vinegar, sugar and salt, and spread it thin so it cools while you do everything else.
-  Whisk the soy, sesame oil, vinegar, honey and ginger together in a mixing bowl.
-  Add the salmon and half the spring onions and turn them gently through the marinade. Leave 10 minutes while you build the bowls — past 20 the surface goes pale and firm.
-  Shred the cabbage and slice the cucumber, avocado and radishes on one board. Sit the soya beans in a sieve, pour boiling water over them, then run them cold.
-  Divide the cooled rice between four bowls, set the vegetables and soya beans around the edge, then spoon the salmon and all its marinade into the middle.
-  Finish with nori strips, sesame seeds, the rest of the spring onion and a lime wedge each.

FOR THE TODDLER

Raw fish is not for toddlers, so cut a piece off the fillet before it goes into the marinade at step 3 and poach or pan-cook it through, then flake it into their bowl and feel for bones. The marinade is soy and honey in any case, and honey is not for a baby under one. Cut the cucumber into soft strips, squash the soya beans, and mash a little avocado alongside plain rice.



NO COOK · 16 MINUTES · SERVES 4

One mixing bowl, one chopping board, one wide plate, one sieve, four serving bowls.

49 Prawn Ceviche Tostada Salad

17
MIN

🍴 NO COOK

PERUVIAN-MEXICAN — 17 PREP / 0 COOK — SERVES 4

Built on cooked cold king prawns, so there is no raw-fish window to manage — just lime, chilli and a board full of chopping.

INGREDIENTS

FOR THE CEVICHE

- 700 g (1 lb 9 oz) cooked cold king prawns, peeled
- juice of 4 limes, about 120 ml (½ cup)
- 1 red onion, very finely sliced
- 1 tbsp aji amarillo paste, or 1 red chilli, chopped
- 1 garlic clove, grated
- 1 tbsp (15 ml) extra virgin olive oil
- ½ tsp fine sea salt
- 25 g (⅔ cup, packed) coriander, chopped

TO BUILD

- 12 corn tostadas
- 2 × 400 g (14 oz) tins black beans, drained
- 2 ripe avocados, diced
- 250 g (9 oz) cherry tomatoes, quartered
- 1 cucumber, diced
- 200 g (1⅓ cups) sweetcorn kernels, drained
- 6 radishes, thinly sliced
- 1 lime, cut into wedges

WHY IT WORKS

Using cooked cold king prawns means the lime is doing the seasoning rather than the curing, so the salad can stand for ten minutes without the protein going chalky the way raw fish does. Rinsing the sliced red onion under the cold tap for thirty seconds strips out the harshness but leaves the crunch, which is what makes a ceviche taste bright rather than aggressive.

SWAP

Cooked white crab meat or cold poached white fish behave identically. For crunch without tostadas, use 60 g toasted pumpkin seeds.

ON THE SIDE

Pickled jalapeños, and a bowl of soured cream or crumbled queso fresco to spoon over as you go.

MAKE IT FASTER

Dice everything to the same size on one board and tip it into the bowl as you go.

LEFTOVERS

The ceviche keeps overnight without the avocado. Never dress the tostadas ahead.

690 kcal
CALORIES

52 g
PROTEIN

70 g
CARBS

22 g
FAT

14 g
FIBRE

WASHING UP One large bowl, one chopping board, one sieve, one tin opener.

GOES WITH 95 Quick Pickled Red Onions 94 Tomato, Red Onion & Sumac Salad 92 Crispy Rosemary Potatoes

49 Prawn Ceviche Tostada Salad

🌿 NO COOK

17 MIN — SERVES 4

METHOD

- 

1 Slice the onion as thinly as you can, put it in a sieve and run cold water over it for 30 seconds. Shake dry.
- 

2 In a large bowl, whisk the lime juice, aji amarillo, garlic, oil and salt until the mixture turns slightly cloudy — that cloudiness is the emulsion you want.
- 

3 Halve the prawns lengthways if they are large, then fold them in with the onion and leave 10 minutes.
- 

4 Add the tomatoes, cucumber, sweetcorn, radishes and most of the coriander, turning gently. Fold the avocado in last so it stays in cubes.
- 

5 Crush the black beans to a rough paste with a fork, season with salt and a squeeze of lime, and spread it thickly over the tostadas — it glues the salad down and keeps the corn from shattering under it.
- 

6 Pile the ceviche onto the tostadas at the table — they soften within a couple of minutes of meeting the juice. Serve with the rest of the coriander and lime wedges.

FOR THE TODDLER

The prawns are already cooked, but the lime, aji amarillo and raw onion they steep in are not for a toddler. Keep a few back at step 3, before the rest meet the lime, warm them through in a pan with a little oil and chop them small. Crush some black beans for them without the salt and lime. Tostada shards are too brittle, so give them a soft tortilla, and quarter the tomatoes lengthways.

50 Turkish Çoban Salad with Tuna & Sumac

14
MIN

🍴 NO COOK

TURKISH — 14 PREP / 0 COOK — SERVES 4

Shepherd's salad cut properly small, with the oil from the tuna tin doing half the dressing.

INGREDIENTS

- 4 × 160 g (5½ oz) tins tuna in olive oil
- 100 g (3½ oz) beyaz peynir or feta, crumbled
- 600 g (1 lb 5 oz) ripe tomatoes, in 1 cm (½ in) dice
- 30 g (¾ cup, packed) flat-leaf parsley, chopped
- 1 cucumber, in 1 cm (½ in) dice
- 2 tsp sumac, plus a pinch to finish
- 2 Turkish green peppers or 1 green bell pepper, diced
- juice of 1 lemon
- ½ red onion, finely diced
- 1 tbsp (15 ml) extra virgin olive oil
- 2 × 400 g (14 oz) tins white beans, drained
- 1 tbsp (15 ml) red wine vinegar
- 3 flatbreads or 1 large pide, torn into rough pieces
- ½ tsp dried mint
- fine sea salt and black pepper

WHY IT WORKS

Çoban salad lives or dies on the size of the dice — everything cut to roughly a centimetre so one forkful carries tomato, cucumber, pepper and onion at once, not one thing at a time. Tuna packed in olive oil brings its own seasoned fat, so tipping the tin in whole rather than draining it saves a step and adds savour.

SWAP

Tinned sardines or mackerel in olive oil, or leave the fish out and double the beans and cheese.

ON THE SIDE

Thick yoghurt beaten with garlic and salt, and a plate of olives with long green chillies.

MAKE IT FASTER

Leave out the beans and the whole thing lands at eleven minutes.

LEFTOVERS

Two days chilled. It weeps, which is fine — the juice at the bottom is the best part.

705 kcal
CALORIES

47 g
PROTEIN

65 g
CARBS

28 g
FAT

12 g
FIBRE

WASHING UP One serving bowl, one chopping board, one sieve, one tin opener.

GOES WITH 94 Tomato, Red Onion & Sumac Salad 90 Shirazi Salad 89 Garlicky Greens with Chilli & Lemon

50 Turkish Çoban Salad with Tuna & Sumac

🌿 NO COOK

14 MIN

— SERVES 4

METHOD

-  Put the onion in the serving bowl with the lemon juice, vinegar, sumac, dried mint and a good pinch of salt. Leave it while you chop — ten minutes takes the bite out and turns it pink.
-  Dice the tomatoes, cucumber and pepper on one board, small and even, and add them to the bowl with any juice left behind.
-  Tip in the tuna and its oil, breaking it into large flakes rather than shredding, then add the beans and the olive oil.
-  Fold it over twice with a big spoon. Taste: it should be noticeably sour and properly salted.
-  Fold two-thirds of the torn flatbread through and give it 3 minutes to drink the juice at the bottom of the bowl. Tuck the rest in around the edge dry, for the contrast.
-  Scatter over the parsley, crumbled cheese and a last pinch of sumac, and take the bowl to the table.

FOR THE TODDLER

Take their tomato, cucumber and a little pepper straight off the board at step 2, before any of it meets the dressing bowl. Keep the feta and the olives off, since both are salt through and through, and rinse a spoonful of tuna to lose some of the tin's salt. Crush a few beans with a fork, cut the pepper into soft strips rather than dice, and soften their bread in a little oil.

On the *Side*

Fifteen fast things to put next to a main course. Six never see heat at all, and every lunch and dinner in this book names three of them.

15

RECIPES

14

CUISINES

6

FASTEST, MIN

15

VEGETARIAN

IF YOU ONLY COOK THREE

87

Smashed Cucumber with Garlic & Sesame

Cucumber smashed with the flat of a knife, dressed in garlic and sesame. Eight minutes.

92

Crispy Rosemary Potatoes

Potatoes that go crisp in the basket the main has just left.

89

Garlicky Greens with Chilli & Lemon

Greens, garlic, chilli and lemon, wilted in ninety seconds under a lid.

CHARRED LEMON BROCCOLI WITH ALMONDS · SMASHED CUCUMBER WITH GARLIC & SESAME · HARISSA CARROTS WITH YOGHURT · GARLICKY GREENS WITH CHILLI & LEMON · SHIRAZI SALAD · COCONUT SAMBOL · CRISPY ROSEMARY POTATOES · SIGEUMCHI NAMUL — SESAME SPINACH · TOMATO, RED ONION & SUMAC SALAD · QUICK PICKLED RED ONIONS · BUTTERED CABBAGE WITH CARAWAY · SESAME GREEN BEANS WITH GINGER · CUCUMBER, MINT & YOGHURT RAITA · BLISTERED PADRON PEPPERS · CHARRED BROCCOLINI WITH MISO BUTTER

 5 AIR FRYER

 4 ONE PAN

 6 NO COOK

86 Charred Lemon Broccoli with Almonds

10
MIN



AIR FRYER

ITALIAN

— 4 PREP / 6 COOK —

SERVES 4

VEGETARIAN

Broccoli with blackened tips, soft garlic chips and lemon slices that turn bitter-sweet and almost jammy in the heat.

INGREDIENTS

- 500 g (1 lb 2 oz) broccoli, cut into small florets, stalk peeled and sliced
- 1 lemon — half cut into thin half-moons, half kept for squeezing
- 2 tbsp (30 ml) olive oil
- 2 garlic cloves, thinly sliced
- 40 g (⅓ cup) flaked almonds
- ½ tsp chilli flakes
- ½ tsp flaky sea salt

WHY IT WORKS

Broccoli held close to a fierce dry heat loses its surface water fast, so the florets brown instead of going grey and squeaky. Slicing half the lemon into thin half-moons and cooking them alongside softens the peel and caramelises it, and you eat those slices whole — they season the dish far more sharply than juice on its own.

SWAP

Tenderstem broccoli, romanesco or thick spears of cauliflower on the same timer. Hazelnuts instead of almonds, roughly bashed.

ON THE SIDE

Roast chicken thighs, a piece of grilled white fish, or sausages with white beans.

MAKE IT FASTER

Leave out the almonds and slice the lemon while the fryer heats — three minutes of prep, and nothing to add mid-cook.

LEFTOVERS

Keeps 2 days chilled. Chop it small and fold it cold through pasta with the almonds and a little more oil.

175 kcal
CALORIES

6 g
PROTEIN

10 g
CARBS

13 g
FAT

4 g
FIBRE

WASHING UP Air fryer basket, one bowl, one chopping board.

GOES NEXT TO **08** Sicilian Sea Bass with Fennel, Olive & Orange **28** Greek Lemon Chicken & Orzo **29** Prawn Saganaki with Feta **30** Broccoli Aglio e Olio with Anchovy

86 Charred Lemon Broccoli with Almonds



AIR FRYER

10 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Heat the air fryer to 200°C (400°F). Toss the broccoli, lemon slices, oil, chilli and salt in a bowl with your hands until every floret is glossy.
- 

Tip into the basket in as close to a single layer as you can manage and air fry for 6 minutes, shaking hard at 3 minutes. Slot this in while your main rests, or run it straight after the basket has finished something else.
- 

Add the garlic and almonds at the 4 minute mark, not before. Both go from pale to bitter in under a minute of extra heat.
- 

It is done when the floret tips are properly black in places, the stalk gives to a knife with slight resistance, and the almonds are gold. Tip onto a platter and squeeze over the reserved lemon half.

FOR THE TODDLER

Lift out a handful of florets and a few pieces of stalk before you toss the rest with salt and chilli at step 1, and coat theirs in plain oil. Keep the flaked almonds and the cooked lemon slices off their plate, or grind the almonds to a fine powder and dust it over. Cut the stalk into soft finger-length strips, and the florets small. A quarter of an adult serving is plenty.



AIR FRYER · 10 MINUTES · SERVES 4

Air fryer basket, one bowl, one chopping board.

87 Smashed Cucumber with Garlic & Sesame

8
MIN

🌿 NO COOK

CHINESE — 8 PREP / 0 COOK — SERVES 4

VEGETARIAN

Cucumbers cracked open with the flat of a knife so the dressing gets inside them rather than sliding off.

INGREDIENTS

- 2 large cucumbers (about 700 g / 1 lb 9 oz)
- ½ tsp fine sea salt
- 2 garlic cloves, grated
- 2 tbsp (30 ml) rice vinegar
- 1 tbsp (15 ml) light soy sauce
- 1 tbsp (15 ml) toasted sesame oil
- 1 tsp caster sugar
- 2 tbsp (18 g) sesame seeds, toasted
- ½ tsp chilli flakes

WHY IT WORKS

A smashed cucumber has torn, ragged faces instead of smooth cut ones, and that rough surface holds several times more dressing than a neat slice does. Salting the pieces for five minutes pulls out the water that would otherwise dilute the vinegar, which is why the bowl stays sharp rather than turning into a puddle.

SWAP

Small, very fresh courgettes work raw in exactly the same way. Chinese black vinegar in place of rice vinegar gives a deeper, maltier bowl.

ON THE SIDE

Anything rich and roasted — pork belly, five-spice chicken, or a bowl of dan dan noodles.

MAKE IT FASTER

Skip the salting and drain the cucumbers well instead. You lose a little punch and gain five minutes.

LEFTOVERS

Best the day it is made. By day two the cucumber has softened, though the liquid left behind is worth drinking.

95 kcal
CALORIES

2 g
PROTEIN

8 g
CARBS

6 g
FAT

2 g
FIBRE

WASHING UP One chopping board, one colander, one serving bowl.

GOES NEXT TO **05** Gochujang Tofu with Smashed Sesame Cucumber **13** Furikake Salmon Rice Bowl

15 Salt & Pepper Tofu with Pak Choi **16** Pad Krapow — Thai Basil Chicken

87 Smashed Cucumber with Garlic & Sesame

🌿 NO COOK

8 MIN — SERVES 4

VEGETARIAN

METHOD

1



Lay a cucumber on a board, put the flat of a large knife over it and press down with your palm until it splits along its length. Repeat with the second one, then tear or cut the pieces into rough 3 cm (1¼ in) chunks.

2



Toss the chunks with the salt in a colander set over a bowl and leave them 5 minutes — long enough to lay the table or check on whatever is in the oven. A good tablespoon of water will run out.

3



Meanwhile stir the garlic, vinegar, soy, sesame oil and sugar together in the serving bowl until the sugar has dissolved.

4



Shake the cucumbers dry, tip them into the dressing and turn them through. Scatter with the sesame seeds and chilli flakes and serve within the hour, while the torn edges are still crisp.

FOR THE TODDLER

Set aside a few pieces of cucumber before the salting at step 2. Dress theirs with a little rice vinegar and a drop of sesame oil, and leave out the soy, the raw garlic and the chilli flakes. Cut those pieces into finger-length strips rather than round chunks, and crush the sesame seeds between your fingers if you scatter any over. A quarter of an adult bowl.

88 Harissa Carrots with Yoghurt

14
MIN



AIR FRYER

TUNISIAN

— 4 PREP / 10 COOK —

SERVES 4

VEGETARIAN

Carrots blistered until their sugars catch, dropped straight onto cold garlic yoghurt so the two meet halfway.

INGREDIENTS

- 600 g (1 lb 5 oz) carrots, scrubbed and halved lengthways
- 1 tbsp rose harissa
- 1 tbsp (15 ml) olive oil
- 1 tsp caraway seeds
- ½ tsp fine sea salt
- 200 g (¾ cup) thick 0% Greek yoghurt
- 1 small garlic clove, grated
- ½ lemon
- Small handful of coriander or mint, torn

WHY IT WORKS

Halving carrots lengthways gives you a flat face that sits against the hot basket floor and browns properly, and that browning is where the sweetness comes from. The harissa goes on as a thin film rather than a spoonful of sauce, so it dries onto the surface and toasts with the caraway instead of steaming the carrots soft.

SWAP

Parsnips, sweet potato wedges or thick batons of squash take the same treatment; parsnips want two minutes less.

ON THE SIDE

Lamb chops, merguez sausages, or a lentil and tomato stew that wants something sweet next to it.

MAKE IT FASTER

Use whole small carrots and skip the halving. They need 12 minutes rather than 10, but you save all the knife work.

LEFTOVERS

Keeps 3 days chilled. Chop them cold into a grain salad, or blitz with stock into a quick soup.

140 kcal
CALORIES

7 g
PROTEIN

17 g
CARBS

5 g
FAT

4 g
FIBRE

WASHING UP Air fryer basket, one bowl, one chopping board.

GOES NEXT TO **01** Harissa Chickpea & Cauliflower Crunch **06** Za'atar Chicken with Lemon Courgette

10 Shawarma-Spiced Turkey with Sumac Onions **14** Chermoula Prawns with Courgette Ribbons

88 Harissa Carrots with Yoghurt



AIR FRYER

14 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Heat the air fryer to 200°C (400°F). Toss the carrots in a bowl with the harissa, oil, caraway and salt until they are evenly streaked red.

2



Lay them cut side down in the basket, splitting them into two batches if they overlap badly. Air fry for 10 minutes, turning them at 6.

3



While the basket runs, stir the yoghurt, garlic, a squeeze of lemon and a pinch of salt together in the same bowl the carrots came out of, and spread it over a platter.

4



The carrots are ready when the cut faces are dark brown in patches and a knife tip slides in with almost no push. Pile them onto the yoghurt, scatter over the herbs and squeeze on the rest of the lemon.

FOR THE TODDLER

Pull two carrot halves out of the bowl at step 1, before the harissa, salt and caraway go in, and toss them with a little oil alone. They cook on the same timer. Spoon them a little plain yoghurt with no garlic or salt stirred in, and a squeeze of lemon. Cut the carrots the long way into soft finger-length strips rather than coins.



AIR FRYER · 14 MINUTES · SERVES 4

Air fryer basket, one bowl, one chopping board.

89 Garlicky Greens with Chilli & Lemon



ONE PAN

GREEK

— 3 PREP / 5 COOK —

SERVES 4

VEGETARIAN

8
MIN

Horta, more or less: greens cooked hard and fast in good oil, then flooded with lemon the moment the pan comes off.

INGREDIENTS

- 500 g (1 lb 2 oz) cavolo nero, chard or spinach, thick stems sliced, leaves torn
- 3 tbsp (45 ml) olive oil
- 4 garlic cloves, thinly sliced
- ½ tsp dried chilli flakes
- 1 lemon, halved
- ½ tsp flaky sea salt

WHY IT WORKS

Sliced garlic started in cold oil warms through gently and turns sweet, where garlic dropped into an already hot pan scorches before the greens have even wilted. The lemon is held back until the heat is off, because acid added to a fierce pan cooks off and goes flat — thirty seconds of patience keeps it bright.

SWAP

Kale, spring greens, chicory or beetroot tops. Tougher leaves want an extra minute with a lid on the pan.

ON THE SIDE

Grilled fish with the skin crisped, roast lamb, or a plate of white beans and feta.

MAKE IT FASTER

Bagged spinach needs no stem work and only 90 seconds in the pan, which brings the whole thing down to 5 minutes.

LEFTOVERS

Keeps 3 days chilled. Eat it cold with more lemon and oil, the way a taverna would serve it, or stir it through eggs.

150 kcal
CALORIES

4 g
PROTEIN

9 g
CARBS

11 g
FAT

5 g
FIBRE

WASHING UP One frying pan, one chopping board, a pair of tongs.

GOES NEXT TO **03** Peri-Peri Chicken Thighs with Blistered Peppers **11** Berbere Chicken & Sweet Potato Bowl

26 Turkish Menemen **28** Greek Lemon Chicken & Orzo

89 Garlicky Greens with Chilli & Lemon



ONE PAN

8 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Put the oil and garlic into a large cold frying pan and set it over a medium heat. Let the garlic come up slowly for about 2 minutes, until it is barely gold at the edges and smells sweet rather than sharp.

2



Add the chilli flakes, then the sliced stems, and stir for 1 minute. Turn the heat to high.

3



Pile in the leaves with the rinsing water still clinging to them, add the salt, and turn them with tongs for 2 minutes until they have collapsed to a quarter of their volume and gone dark and glossy.

4



Take the pan off the heat, squeeze over both lemon halves and turn once more. This is the four minutes your chicken should be resting.

FOR THE TODDLER

At step 2, before the chilli goes in, lift a spoonful of the garlic and oil into a small pan and wilt a handful of leaves in it with no salt. That is their portion, and it takes the same two minutes. Chop the cooked leaves and stems short before they go on the plate, since long strands are awkward to manage. A little lemon over the top is welcome.



ONE PAN · 8 MINUTES · SERVES 4

One frying pan, one chopping board, a pair of tongs.

90 Shirazi Salad

8
MIN

🌿 NO COOK

IRANIAN

— 8 PREP / 0 COOK —

SERVES 4

VEGETARIAN

Everything cut to the size of a pea, dressed with lime and dried mint, and eaten with a spoon.

INGREDIENTS

- 400 g (14 oz) small cucumbers, cut into 5 mm (¼ in) dice
- 400 g (14 oz) ripe tomatoes, deseeded and cut into 5 mm (¼ in) dice
- 1 small red onion, cut into 5 mm (¼ in) dice
- 2 tbsp (30 ml) olive oil
- Juice of 1 lime, or ½ lemon
- 1 tbsp dried mint
- ½ tsp fine sea salt
- Small handful of flat-leaf parsley, finely chopped

WHY IT WORKS

The whole thing lives or dies on the dice: cut small and even, the cucumber, tomato and onion arrive together in a single spoonful instead of one at a time. Dried mint carries a dusty, concentrated note that fresh mint does not have, and it needs salt and acid to open up, so dress the bowl at the last minute and give it two minutes to come round.

SWAP

Diced radish for extra crunch, or a little green chilli.
Verjuice in place of lime is the more traditional sharpener.

ON THE SIDE

Grilled chicken or lamb kebabs, saffron rice, or a herby bean stew that needs cutting through.

MAKE IT FASTER

A coarser dice is honest work and takes half the time.
The salad sits looser on the plate but tastes the same.

LEFTOVERS

Keeps a day chilled, though it slackens. Drain it and spoon it over flatbread with thick yoghurt.

120 kcal
CALORIES

2 g
PROTEIN

10 g
CARBS

8 g
FAT

2 g
FIBRE

WASHING UP One chopping board, one bowl.

GOES NEXT TO **06** Za'atar Chicken with Lemon Courgette **10** Shawarma-Spiced Turkey with Sumac Onions

24 Egg & Spinach Bhurji **26** Turkish Menemen

METHOD

1



Dice the cucumber, then the tomatoes, then the onion, tipping each into the same bowl as you go. Scooping the tomato seeds out takes twenty seconds and keeps the bowl from flooding later.

2



Rub the dried mint between your palms over the bowl to break it up and release its oil, then add the salt, olive oil and lime juice.

3



Turn everything through with a spoon and leave it 2 minutes while you carry the rest of the dinner to the table. Stir in the parsley and taste — it almost always wants more lime and a little more salt.

FOR THE TODDLER

Spoon out a little diced cucumber and tomato at step 1, while you are still cutting, and leave the raw onion out of theirs. Dress it with a few drops of the olive oil and nothing else, since the salt and lime go into the main bowl at step 2. The 5 mm dice is already the right size for small hands. Give them about a quarter of an adult bowl.

91 Coconut Sambol



🌿 NO COOK

SRI LANKAN — 8 PREP / 0 COOK — SERVES 4

VEGETARIAN

Coconut, chilli and shallot worked together with your fingers until the whole bowl turns brick red.

INGREDIENTS

- 150 g (2 cups) freshly grated coconut, or desiccated coconut
- 4 tbsp (60 ml) warm water, only if using desiccated or frozen
- 2 tsp Kashmiri chilli flakes, or 3 dried red chillies, crumbled
- 2 small shallots, very finely chopped
- 1 lime
- ½ tsp flaky sea salt
- ¼ tsp freshly ground black pepper

WHY IT WORKS

Sambol is made by pressure rather than by chopping: squeezing the shallot and chilli into the coconut bruises them and releases enough juice to stain and moisten the lot, which no amount of stirring with a spoon will do. The lime goes in last, because the acid firms the coconut up and stops it giving out any more of its own oil.

SWAP

A torn curry leaf or two goes in with the shallot in most kitchens in Colombo. Red onion works in place of shallot, at half the quantity.

ON THE SIDE

Dhal and rice, a fish curry, or plain grilled mackerel that wants something fierce beside it.

MAKE IT FASTER

Frozen grated coconut needs no soaking and thaws in the bowl in the time it takes to chop the shallots.

LEFTOVERS

Keeps 3 days chilled and gets hotter as it sits. Toast a spoonful in a dry pan and fold it through rice.

150 kcal
CALORIES

2 g
PROTEIN

8 g
CARBS

12 g
FAT

4 g
FIBRE

WASHING UP One bowl, one chopping board.

GOES NEXT TO **04** Tandoori Paneer Tikka Skewers **16** Pad Krapow — Thai Basil Chicken **17** Quick Thai Green Curry Prawns
23 Kerala Coconut Prawn Fry

91 Coconut Sambol

🌿 NO COOK

8 MIN

— SERVES 4

VEGETARIAN

METHOD

1



If you are using desiccated coconut, put it in a bowl with the warm water and leave it 5 minutes to swell. Frozen grated coconut thaws in the same water in about the same time. Fresh needs nothing.

2



Add the chilli, shallots, salt and pepper. Work the mixture with your fingertips, squeezing and rubbing handfuls against the side of the bowl for a full minute, until the coconut has gone from white to an even brick red and feels damp rather than dry.

3



Squeeze in the juice of half the lime, work it through once more and taste. It should read hot, then salty, then sharp. Add lime and salt until it does.

4



Press it into a small cup and turn it out onto the plate as a dome. Cut the rest of the lime into wedges alongside.

FOR THE TODDLER

Take a spoonful of the soaked coconut out at the end of step 1, before the chilli, shallot and salt go in. Make sure it is properly damp rather than dry and powdery, and moisten it with a little more warm water if it is not. The finished sambol is far too hot for them, so keep it off their plate and let the plain coconut stand in for it.

92 Crispy Rosemary Potatoes

18
MIN



AIR FRYER

BRITISH — 4 PREP / 14 COOK — SERVES 4

VEGETARIAN

Small dice of potato, a spoonful of semolina for grip, and rosemary added late so it toasts instead of burning.

INGREDIENTS

- 800 g (1 lb 12 oz) floury potatoes, such as Maris Piper or russet, scrubbed and cut into 2 cm (¾ in) dice
- 2 tbsp (30 ml) olive oil
- 1 tbsp fine semolina or polenta
- ½ tsp fine sea salt, plus flaky salt to finish
- 2 sprigs rosemary, leaves stripped and chopped
- 2 garlic cloves, skin on, lightly crushed
- Coarsely ground black pepper

WHY IT WORKS

Cutting the potatoes into 2 cm dice rather than roast-dinner chunks is what brings them inside an eighteen-minute window: there is far less interior to cook through before the outside crisps. A spoonful of semolina tossed through the oiled dice gives the hot air something rough to grip, so you get the sandy, shattering edge you would normally need a parboil for.

SWAP

Celeriac or swede in the same dice, same temperature, 12 minutes. Sweet potato needs 10 and no semolina.

ON THE SIDE

A roast chicken thigh, grilled white fish, or a fried egg and brown sauce.

MAKE IT FASTER

Cut the dice while the air fryer heats. Skins on, always — peeling is the slow part.

LEFTOVERS

Keeps 2 days chilled. Reheat 4 minutes at 200°C (400°F); the microwave turns them to wool.

230 kcal
CALORIES

4 g
PROTEIN

37 g
CARBS

7 g
FAT

4 g
FIBRE

WASHING UP Air fryer basket, one bowl, one chopping board and knife.

GOES NEXT TO **03** Peri-Peri Chicken Thighs with Blistered Peppers **08** Sicilian Sea Bass with Fennel, Olive & Orange

09 Jerk Chicken with Charred Pineapple **12** Cajun Blackened Cod with Charred Corn Salsa

92 Crispy Rosemary Potatoes

 AIR FRYER

18 MIN — SERVES 4

VEGETARIAN

METHOD

1



Heat the air fryer to 200°C (400°F). Toss the diced potato in a bowl with the oil, semolina, fine salt and pepper until every face looks dull and coated rather than shiny.

2



Load the basket and air fry for 14 minutes, shaking hard at 5 and 10 minutes. Run it while the main is in the oven — the potatoes want no attention between shakes.

3



At 11 minutes, scatter in the rosemary and crushed garlic and shake again. Added this late, the rosemary crisps and turns nutty instead of black.

4



They are ready when the dice rattle loosely in the basket and a corner gives way under a fork with an audible crack. Tip onto a warm plate, squash the soft garlic out of its skins over the top, and finish with flaky salt.

FOR THE TODDLER

Toss a handful of the dice separately at step 1 with oil and semolina but no salt, and tuck them into one corner of the basket. Leave the rosemary and the flaky salt off theirs at the end, or chop the rosemary to dust first. Press each piece lightly with a fork so the crisp shell breaks and the inside is soft. Four or five dice is a portion.

93 Sigeumchi Namul — Sesame Spinach

8
MIN



ONE PAN

KOREAN

— 4 PREP / 4 COOK —

SERVES 4

VEGETARIAN

Half a kilo of spinach collapses to a handful in forty-five seconds, then gets wrung out and dressed while still warm.

INGREDIENTS

- 500 g (1 lb 2 oz) spinach, washed
- 1½ tbsp (22 ml) toasted sesame oil
- 1 tbsp toasted sesame seeds, half of them crushed
- 1 fat garlic clove, finely grated
- 2 tsp (10 ml) light soy sauce
- 1 spring onion, finely sliced
- ¼ tsp fine sea salt

WHY IT WORKS

The blanch is deliberately short: spinach is mostly water, and forty-five seconds in a rolling boil sets the colour before the leaves go grey. Squeezing the cooked spinach genuinely dry is the whole recipe — a wet ball dilutes the sesame oil into a puddle, while a dry one drinks it and holds the seasoning on the leaf.

SWAP

Chard, watercress or young kale, blanched the same way; kale wants 90 seconds rather than 45.

ON THE SIDE

Grilled mackerel and rice, or anything gochujang-heavy that needs a cool, plain green beside it.

MAKE IT FASTER

Bagged pre-washed spinach and a kettle already boiled puts this at five minutes flat.

LEFTOVERS

Keeps 3 days chilled and is meant to be eaten fridge-cold. Do not reheat; loosen it with a few drops of sesame oil.

95 kcal
CALORIES

4 g
PROTEIN

5 g
CARBS

7 g
FAT

3 g
FIBRE

WASHING UP One pan, one colander, one bowl.

GOES NEXT TO **02** Miso-Glazed Salmon with Charred Tenderstem **05** Gochujang Tofu with Smashed Sesame Cucumber
13 Furikake Salmon Rice Bowl **18** Ginger-Garlic Prawn & Broccoli Stir-Fry

93 Sigeumchi Namul — Sesame Spinach

🍳 ONE PAN

8 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Boil the kettle and pour the water into your widest pan over a high heat. Set a colander in the sink.
- 

Push the spinach under in two batches, 45 seconds each. Drain into the colander and run the cold tap over it for 20 seconds, no longer — cool enough to handle, not cold.
- 

Squeeze a handful at a time over the sink until no more water comes out. You want four tight green balls about the size of a plum. Pull them apart into a bowl.
- 

Add the sesame oil, garlic, soy, salt and spring onion and turn it through with your fingers so the strands separate and coat. Scatter the seeds over at the table. It all fits in the four minutes a piece of fish takes to rest.

FOR THE TODDLER

Pull one of the four squeezed balls aside at the end of step 3, before the soy, salt and raw garlic go in. Dress theirs with a couple of drops of sesame oil and nothing more. Chop it short with scissors so there are no long strands, and either crush the sesame seeds fine or leave them off. A heaped spoonful is a portion.

94 Tomato, Red Onion & Sumac Salad

6
MIN

🍴 NO COOK

TURKISH

— 6 PREP / 0 COOK —

SERVES 4

VEGETARIAN

Ripe tomatoes cut thick, onion rinsed of its bite, and enough sumac to turn the oil pink.

INGREDIENTS

- 600 g (1 lb 5 oz) ripe tomatoes, mixed sizes, cut into thick wedges
- 1 small red onion, halved and sliced as thinly as you can
- 1½ tsp sumac, plus a pinch to finish
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tsp (10 ml) red wine vinegar
- 1 tsp dried mint, crumbled between your palms
- 20 g (½ cup, packed) flat-leaf parsley, chopped
- Flaky sea salt and black pepper

WHY IT WORKS

Rinsing the sliced onion under cold water for ten seconds and wringing it dry strips out the raw sulphur burn but leaves the crunch, so you can use far more of it than usual. Salting the tomatoes first and dressing them last turns the juice they give up into part of the dressing, not a watery layer under the salad.

SWAP

Cucumber in thick half-moons for a third of the tomato, or black olives if the tomatoes are dull.

ON THE SIDE

Lamb kofte off the grill, fried halloumi, or a slow white bean stew that needs something sharp and cold beside it.

MAKE IT FASTER

Skip the rinse and use spring onions instead — no thin slicing, no squeezing, three minutes.

LEFTOVERS

Keeps a day chilled but softens. Tip the lot, juices included, over toasted flatbread tomorrow.

105 kcal
CALORIES

2 g
PROTEIN

8 g
CARBS

7 g
FAT

2 g
FIBRE

WASHING UP One wide bowl, one sieve, one chopping board and knife.

GOES NEXT TO 01 Harissa Chickpea & Cauliflower Crunch 04 Tandoori Paneer Tikka Skewers

06 Za'atar Chicken with Lemon Courgette 07 Chilli-Lime Prawns with Avocado & Coriander

94 Tomato, Red Onion & Sumac Salad

🌿 NO COOK

6 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Put the tomato wedges in a wide shallow bowl, salt them well and leave them while you do everything else. They start to weep within a minute.
- 

Tip the onion into a sieve, run cold water over it for 10 seconds, then wring it out in a clean tea towel. Scatter it over the tomatoes.
- 

Add the sumac, mint, vinegar, oil and most of the parsley, and turn it once with two spoons — twice at most, or the wedges break down.
- 

Taste for salt, which ripe tomatoes swallow more of than you expect. Finish with the rest of the parsley, a pinch more sumac and black pepper. Built in the six minutes a grill takes to heat, it only improves as it stands.

FOR THE TODDLER

Take a few tomato wedges out at step 1, before you salt the rest. Cut them into small pieces, and quarter any cherry tomatoes lengthways rather than leaving them whole. Leave the onion, the vinegar and the sumac out of theirs, all of which read as sharp at this age, and dress with a little olive oil instead. If you add olives for the adults, keep them off their plate.

95 Quick Pickled Red Onions

8
MIN

🌿 NO COOK

MEXICAN

— 8 PREP / 0 COOK —

SERVES 4

VEGETARIAN

Thin pink half-moons in lime and cider vinegar, edible in twenty minutes and considerably better tomorrow.

INGREDIENTS

- 3 medium red onions (about 600 g / 1 lb 5 oz), halved and sliced 2 mm thin
- 1½ tsp fine sea salt
- 120 ml (½ cup) cider vinegar
- 60 ml (¼ cup) lime juice, from about 2 limes
- 1½ tbsp (22 ml) runny honey
- 1 tsp dried oregano, Mexican if you have it
- ½ tsp cumin seeds, lightly crushed
- 1 bay leaf

WHY IT WORKS

Salt worked through thinly sliced onion collapses the cell walls in minutes, which is why this needs no heat — the acid then gets straight into softened flesh instead of sitting on the outside of a raw slice. Lime alongside the vinegar is what makes it read as Mexican rather than as a chip-shop pickle, and it is the lime that turns the onion that improbable pink.

SWAP

Shallots for a finer pickle, or half a jalapeño for heat that builds overnight.

ON THE SIDE

Black bean tacos, a spiced chicken thigh, or slow pork and rice that needs cutting through.

MAKE IT FASTER

Bottled lime juice, no cumin, no bay. Four minutes of work, and still pink in twenty.

LEFTOVERS

Keeps 2 weeks chilled and only improves. Spoon the brine over sliced avocado, or into a dressing in place of vinegar.

90 kcal
CALORIES

2 g
PROTEIN

22 g
CARBS

0 g
FAT

2 g
FIBRE

WASHING UP One bowl, one jar, one chopping board and knife.

GOES NEXT TO 03 Peri-Peri Chicken Thighs with Blistered Peppers 07 Chilli-Lime Prawns with Avocado & Coriander

09 Jerk Chicken with Charred Pineapple 12 Cajun Blackened Cod with Charred Corn Salsa

95 Quick Pickled Red Onions

🌿 NO COOK

8 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Slice the onions as thinly as you can — a mandoline earns its keep, and the thinner the slice the sooner they are ready. Pile them into a bowl.

2



Scatter over the salt and squeeze the slices in your fists for a minute, as though wringing out a cloth. They go floppy and glassy and give up a spoonful of liquid.

3



Whisk the vinegar, lime juice and honey together until the honey has gone, then stir in the oregano, cumin and bay.

4



Pack the onions into a 500 ml jar, pour the brine over and press them under with a spoon. They are pink and edible in 20 minutes, better the next day, and best of all on day three. Make them first and forget them while the main cooks.

FOR THE TODDLER

This one is not for them. The brine is sharp and salty, and the honey in it means it should not go anywhere near a baby under one year old. Give them something plain from the same plate instead — avocado, warm black beans lightly crushed with a fork, or a little of the rice or chicken it is sitting beside. If an older toddler reaches for a slice, rinse it under the tap first.

96 Buttered Cabbage with Caraway

10
MIN



ONE PAN

POLISH

4 PREP / 6 COOK

SERVES 4

VEGETARIAN

Shredded cabbage steamed in butter and a splash of water, the caraway toasted first so it tastes of rye bread rather than soap.

INGREDIENTS

- 1 pointed or white cabbage (about 700 g / 1 lb 9 oz), quartered, cored and shredded 5 mm thick
- 40 g (3 tbsp) unsalted butter
- 1 small onion, halved and finely sliced
- 1 tsp caraway seeds
- 3 tbsp (45 ml) water
- ½ tsp fine sea salt
- 2 tsp (10 ml) cider vinegar
- Black pepper and a few sprigs of dill, chopped

WHY IT WORKS

Caraway dropped into foaming butter before the cabbage arrives loses its sharp medicinal edge and turns warm and faintly aniseed, which is the difference between this and the version people remember from school. A splash of water under a lid turns the pan into a steamer, so the cabbage softens without browning; the last minute uncovered drives that water back off.

SWAP

Savoy for a looser, greener result, or half cabbage and half grated carrot. Fennel seeds if caraway is a step too far.

ON THE SIDE

Sausages and mustard, roast pork, or a lentil and mushroom stew.

MAKE IT FASTER

A food processor slicing disc shreds a whole cabbage in 20 seconds.

LEFTOVERS

Keeps 3 days chilled. Fry it hard next day with a cold boiled potato for a two-person bubble and squeak.

125 kcal
CALORIES

2 g
PROTEIN

12 g
CARBS

8 g
FAT

5 g
FIBRE

WASHING UP One wide pan with a lid, one chopping board and knife.

GOES NEXT TO **11** Berbere Chicken & Sweet Potato Bowl **12** Cajun Blackened Cod with Charred Corn Salsa

42 Gomen Be Siga — Ethiopian Collards with Beef **44** West African Peanut Stew Express

96 Buttered Cabbage with Caraway

🍳 ONE PAN

10 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Melt the butter in a wide pan over a medium heat until it foams. Add the caraway and onion and cook for 2 minutes, stirring, until the seeds smell toasty and the onion has gone slack.
- 

Add all the cabbage at once with the salt and water. It looks like too much for the pan; press it down, lid on, and leave it 3 minutes. Start this as the main goes under the grill.
- 

Lid off, heat up, and stir for a final minute until the pan is dry and the cabbage is silky at the edges but still has bite in the middle. Overshoot and you are into cabbage-water territory.
- 

Off the heat, stir through the vinegar, plenty of black pepper and the dill. Taste and add more salt; cabbage takes a surprising amount.

FOR THE TODDLER

Before the caraway goes into the butter at step 1, lift a spoonful of the buttery onion into a small pan with a handful of shredded cabbage and a splash of water. Lid on for the same three minutes, and no salt or vinegar at the end. Chop their cabbage short so there are no long strands, and give it an extra minute so it is tender all the way through rather than still crisp.

97 Sesame Green Beans with Ginger

8
MIN



ONE PAN

JAPANESE

— 3 PREP / 5 COOK —

SERVES 4

VEGETARIAN

Beans cooked dry in a hard, hot pan until they blister, then tumbled off the heat with ginger, soy and crushed sesame.

INGREDIENTS

- 500 g (1 lb 2 oz) green beans, topped but not tailed
- 1 tbsp (15 ml) toasted sesame oil
- 2 tbsp toasted sesame seeds, half crushed in a mortar
- 20 g (¾ in piece) fresh ginger, peeled and finely grated
- 1 tbsp (15 ml) light soy sauce
- 2 tsp (10 ml) mirin
- A pinch of chilli flakes

WHY IT WORKS

Green beans carry enough water to cook themselves, so a dry, properly hot pan blisters the skins while the insides steam — no boiling, no draining, no second pan. Crushing half the sesame seeds in a mortar releases the oil in them, and that oil makes the dressing cling to a slippery bean instead of sliding off.

SWAP

Tenderstem broccoli or asparagus, both a minute quicker. Sugar snaps need only 2 minutes.

ON THE SIDE

Grilled salmon and rice, a bowl of miso soup, or sticky teriyaki aubergine.

MAKE IT FASTER

Mix the ginger, soy, mirin and oil in a cup while the pan heats; the finish is then one pour and a toss.

LEFTOVERS

Keeps 2 days chilled and is good cold, chopped short and folded through rice with more sesame oil.

110 kcal
CALORIES

3 g
PROTEIN

11 g
CARBS

6 g
FAT

5 g
FIBRE

WASHING UP One wide pan, one mortar, one chopping board.

GOES NEXT TO **02** Miso-Glazed Salmon with Charred Tenderstem **07** Chilli-Lime Prawns with Avocado & Coriander

09 Jerk Chicken with Charred Pineapple **15** Salt & Pepper Tofu with Pak Choi

97 Sesame Green Beans with Ginger

🍳 ONE PAN

8 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Put a wide, heavy pan over a high heat with nothing in it. While it heats, top the beans, grate the ginger and crush half the seeds. The pan is ready when a flicked drop of water skitters across it.

2



Add the beans dry and leave them alone for 90 seconds, then toss and leave again. After about 4 minutes they should be blistered brown in patches and bending rather than snapping.

3



Pull the pan off the heat, add the sesame oil, ginger, soy, mirin and chilli, and toss for 30 seconds. The residual heat is plenty — left on the flame the ginger scorches and the soy turns bitter.

4



Tip onto a plate and scatter with the sesame seeds, crushed and whole. Time it to land in the four minutes the main is resting, and serve warm rather than hot.

FOR THE TODDLER

Give a few beans an extra minute in the pan at step 2 so they are tender all the way through, then lift them out before the soy, mirin and chilli go in. Split those beans lengthways and cut them into short pieces. A drop of sesame oil and a little grated ginger is dressing enough, and crush the sesame seeds fine or leave them off theirs.

98 Cucumber, Mint & Yoghurt Raita

6
MIN

🌿 NO COOK

INDIAN

— 6 PREP / 0 COOK —

SERVES 4

VEGETARIAN

The cooling bowl that belongs beside every spiced dish in this book — thick, green-flecked, and never watery.

INGREDIENTS

- 1 large cucumber, about 400 g (14 oz)
- ½ tsp fine sea salt, for drawing
- 400 g (1½ cups) thick natural yoghurt
- 15 g (a large handful) mint leaves, finely shredded
- 1 tsp cumin seeds
- 1 small green chilli, deseeded and very finely chopped
- Flaky sea salt and black pepper

WHY IT WORKS

Cucumber is mostly water, and grating it straight into yoghurt gives you a thin grey puddle within ten minutes; three minutes under salt in a sieve and then a hard squeeze in a tea towel takes that water out before it can do any harm. Crushing whole cumin seeds just before they go in releases oils that ready-ground cumin lost months ago, which is why a spoonful of this tastes of more than yoghurt and mint.

SWAP

Coriander for half the mint, or a little grated garlic if the main is plain rather than heavily spiced.

ON THE SIDE

Anything carrying chilli — a lamb curry, tandoori chicken thighs, dry-fried okra, or a plate of spiced rice and dal.

MAKE IT FASTER

Dice the cucumber small instead of grating it and skip the salting — three minutes, a shade looser, still cold.

LEFTOVERS

Keeps 2 days chilled and separates a little; pour off the whey and stir. Thin the rest with cold water into a drinking lassi.

75 kcal
CALORIES

4 g
PROTEIN

8 g
CARBS

3 g
FAT

1 g
FIBRE

WASHING UP One box grater, a sieve, a serving bowl and a tea towel.

GOES NEXT TO **01** Harissa Chickpea & Cauliflower Crunch **04** Tandoori Paneer Tikka Skewers

11 Berbere Chicken & Sweet Potato Bowl **14** Chermoula Prawns with Courgette Ribbons

98 Cucumber, Mint & Yoghurt Raita

🌿 NO COOK

6 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Coarsely grate the cucumber, skin and all, into a sieve set over a bowl. Toss it with the fine salt and leave it to drain for 3 minutes.

2



Meanwhile, crush the cumin seeds coarsely in a mortar or under the flat of a heavy knife, shred the mint, and beat the yoghurt smooth in a serving bowl.

3



Gather the cucumber into a clean tea towel and wring it hard over the sink. It should feel damp rather than wet — expect a good half cup of liquid out of it.

4



Fold the cucumber, mint, cumin and chilli through the yoghurt and season with flaky salt and pepper. Make it before anything else goes on, and let it sit chilled while the curry or the grilled meat finishes; it firms up and the mint comes forward.

FOR THE TODDLER

Spoon a little plain yoghurt and a pinch of the drained cucumber into their bowl at step 4, before the chilli, the pepper and the flaky salt go into the rest. A little mint, finely shredded, is fine. Grated cucumber needs no further cutting; if you diced yours instead, halve the pieces again. About a quarter of an adult serving, beside whatever they are having.

99 Blistered Padrón Peppers

8
MIN



AIR FRYER

SPANISH — 2 PREP / 6 COOK — SERVES 4

VEGETARIAN

Small green peppers blistered until the skins go slack and freckled, salted hot — and roughly one in ten will be fierce.

INGREDIENTS

- 400 g (14 oz) padrón peppers, whole, stalks left on
- 1½ tbsp (22 ml) olive oil
- Flaky sea salt, to finish

WHY IT WORKS

Padróns are picked young and mild, but the odd one hangs on the plant a week too long and comes in hot; that lottery, about one pepper in ten, is the charm of the plate. A hard dry heat blisters the thin skins before the flesh has time to collapse, so they stay taut and sweet inside rather than steaming to pulp, and salting them the second they come out means the flakes stick to the hot oil instead of sliding off.

SWAP

Turkish sivri or Japanese shishito peppers behave the same way on the same timer, with the same occasional heat.

ON THE SIDE

Grilled prawns, chorizo and potatoes, or a thick tortilla — one of several small plates rather than a lone vegetable.

MAKE IT FASTER

There is no prep beyond drying them. Cook them first, salt them as the main comes off the heat.

LEFTOVERS

Rare, but they keep a day chilled. Chop them through scrambled eggs, or fold them cold into a potato salad.

70 kcal

CALORIES

1 g

PROTEIN

5 g

CARBS

5 g

FAT

2 g

FIBRE

WASHING UP Air fryer basket, one bowl and a tea towel.

GOES NEXT TO **08** Sicilian Sea Bass with Fennel, Olive & Orange **29** Prawn Saganaki with Feta

33 Gambas al Ajillo with Chickpeas **34** Smoky Paprika Chicken with Piquillo Peppers

99 Blistered Padrón Peppers



AIR FRYER

8 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Heat the air fryer to 200°C (400°F). Dry the peppers well on a tea towel — wet skins steam rather than blister — and turn them in a bowl with the oil until they gleam.

2



Tip them into the basket in a loose single layer and air fry for 6 minutes, shaking hard at 3 minutes and again at 5. Run them while the main sits under foil; they want to reach the table straight from the basket.

3



They are ready when the skins are slack and blistered dark in patches, the flesh has slumped a little and one or two have split. Pale, tight peppers need another minute.

4



Tip onto a warm plate and scatter flaky salt over them from a height while they still steam. Nothing else goes on — no lemon, no vinegar. Eat them with your fingers, holding the stalk.

FOR THE TODDLER

There is no telling which pepper is the hot one, so do not gamble on their behalf. Put a few batons of sweet red pepper or courgette into the basket alongside on the same timer and give them those instead, quartered lengthways and cut to finger lengths. Lift their pieces out before the salt goes anywhere near the plate. A quarter of an adult serving.



AIR FRYER · 8 MINUTES · SERVES 4

Air fryer basket, one bowl and a tea towel.

100 Charred Broccolini with Miso Butter



AIR FRYER

JAPANESE

4 PREP / 8 COOK

SERVES 4

VEGETARIAN

12
MIN

Blackened stems turned through butter mashed with white miso, which melts down the stalks and sets to a glaze.

INGREDIENTS

- 400 g (14 oz) broccolini, woody ends trimmed, thick stems halved lengthways
- 1 tbsp (15 ml) neutral oil
- 40 g (3 tbsp) unsalted butter, softened
- 1 tbsp (15 g) white miso
- 1 tsp (5 ml) rice vinegar
- 1 garlic clove, finely grated
- 2 tsp sesame seeds
- 1 spring onion, thinly sliced

WHY IT WORKS

Miso is full of sugar and protein and turns bitter in a hot basket within a minute, so it goes on at the end, off the heat, where the warmth of the broccolini melts it into a sauce that clings. Mashing it into softened butter, rather than into melted butter, keeps the mixture emulsified, so it coats every stem instead of splitting into oil and paste.

SWAP

Purple sprouting broccoli or thick asparagus on the same timer. Red miso makes a deeper, saltier butter — use two teaspoons, not a tablespoon.

ON THE SIDE

Grilled salmon or mackerel, rice with a fried egg, or steak seasoned with nothing but salt.

MAKE IT FASTER

Mash the miso butter while the fryer heats, or make it days ahead and keep it wrapped in the fridge — worth doubling.

LEFTOVERS

Keeps 2 days chilled. Chop it and fold it through noodles or cold rice, where the set butter loosens as it warms.

160 kcal
CALORIES

4 g
PROTEIN

7 g
CARBS

13 g
FAT

3 g
FIBRE

WASHING UP Air fryer basket, two bowls, a fork and a chopping board.

GOES NEXT TO **02** Miso-Glazed Salmon with Charred Tenderstem **05** Gochujang Tofu with Smashed Sesame Cucumber
13 Furikake Salmon Rice Bowl **15** Salt & Pepper Tofu with Pak Choi



METHOD

1



Heat the air fryer to 200°C (400°F). Toss the broccolini with the oil until every stem is coated, then tip it into the basket in a loose layer.

2



Air fry for 8 minutes, shaking the basket hard at 4 minutes.

3



While the basket runs, mash the softened butter with the miso, vinegar and garlic in a wide serving bowl, working it with a fork until it is one smooth paste with no pale streaks left.

4



It is done when the floret tips are properly black in places, the stems deep green and slack, and a knife meets slight resistance in the thickest stalk. Tip it hot into the bowl and turn it until the butter has melted and pooled. The butter goes on now, never in the basket, where the miso would scorch.

5



Scatter with sesame seeds and spring onion, and carry it out in the four minutes a grilled fish or steak needs to rest.

FOR THE TODDLER

Lift a few stems out as the basket comes out, before anything meets the miso butter — the miso is where the salt sits. Turn theirs in a knob of plain butter instead. Split thick stalks lengthways so nothing is round, cut them to finger lengths, and chop the florets small. Keep the sesame seeds for the adults' bowl. A quarter of an adult serving.



Breakfast

Savoury more often than sweet, hot more often than cold, and quick enough that eating standing up stops being the only option.

20 RECIPES	19 CUISINES	8 FASTEST, MIN	16 VEGETARIAN
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IF YOU ONLY COOK THREE

57 Gyeran Bap — Korean Egg Rice Ten minutes, one pan, and the best argument there is for keeping cooked rice in the fridge.	61 Huevos Rancheros Rápidos Eggs, beans and a charred tomato salsa. Weekend food that happens to take fifteen minutes.	68 Ten-Minute Bircher Muesli Bircher without the overnight wait, because the apple is grated rather than chopped.
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SWEET POTATO, EGG & CHILLI HASH · HALLOUMI, TOMATO & ZA'ATAR PLATE · MASALA OMELETTE MUFFINS · BANANA, OAT & ALMOND BUTTER BAKE · CRISPY CHICKPEA, AVOCADO & LEMON TOAST · TAMAGOYAKI WITH GRILLED SALMON & RICE · GYERAN BAP — KOREAN EGG RICE · TEN-MINUTE CHICKEN & GINGER CONGEE · RAVA UTTAPAM WITH COCONUT CHUTNEY · PERSIAN HERB & FETA OMELETTE · HUEVOS RANCHEROS RÁPIDOS · PAN CON TOMATE WITH SOFT EGGS · FUL MEDAMES · BUCKWHEAT GALETTE WITH EGG & GREENS · KHAO TOM — THAI RICE SOUP WITH PRAWNS · EGG & TOMATO STIR-FRY · SINANGAG — FILIPINO GARLIC RICE & EGG · TEN-MINUTE BIRCHER MUESLI · DANISH RYE WITH SMOKED MACKEREL & CUCUMBER · ORANGE, DATE & ALMOND YOGHURT BOWL

-  5 AIR FRYER
-  10 ONE PAN
-  2 WOK
-  3 NO COOK

51 Sweet Potato, Egg & Chilli Hash

18
MIN



AIR FRYER

AMERICAN

— 5 PREP / 13 COOK —

SERVES 4

VEGETARIAN

Diced sweet potato goes craggy at the edges, then you push it into four mounds and crack the eggs straight into the basket.

INGREDIENTS

FOR THE BASKET

- 700 g (1½ lb) sweet potatoes, scrubbed and cut into 1.5 cm (½ in) dice
- 1 red onion, cut into thin wedges
- 1 red pepper, cut into 2 cm (¾ in) squares
- 2 tbsp (30 ml) olive oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½–1 tsp chilli flakes, to taste
- ¾ tsp fine sea salt

TO FINISH

- 8 eggs
- 3 spring onions, finely sliced
- 15 g (½ cup, packed) coriander, roughly chopped
- 1 lime, cut into wedges

WHY IT WORKS

Cutting the sweet potato into 1.5 cm dice gives enough surface area to crisp in thirteen minutes, roughly half what a wedge would need. The eggs go in for the last five minutes and set on top of hot vegetables rather than bare metal, so the whites cook through while the yolks stay loose.

SWAP

Butternut squash or waxy new potatoes work on the same timer. For more smoke, add another ½ tsp paprika and a pinch of caraway.

ON THE SIDE

A tin of drained black beans stirred in at the shaking stage, or warm corn tortillas alongside.

MAKE IT FASTER

Dice the vegetables the night before and keep them covered in the fridge — prep drops to a minute.

LEFTOVERS

The hash keeps 3 days chilled and re-crisps in 4 minutes at 200°C (400°F). Cook the eggs fresh.

420 kcal
CALORIES

17 g
PROTEIN

40 g
CARBS

21 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one chopping board.

51 Sweet Potato, Egg & Chilli Hash

 AIR FRYER

18 MIN — SERVES 4

VEGETARIAN

METHOD

-  Heat the air fryer to 200°C (400°F).
-  Tip the sweet potato, onion and pepper straight into the basket. Add the oil, paprika, cumin, chilli flakes and salt, and toss with your hands until every piece is rust-coloured.
-  Air fry for 8 minutes, shaking hard at 4 minutes. The dice should be tender when pressed and browning at the corners.
-  Shake once more, then use the back of a spoon to push the hash into four rough mounds with a dip in each. Crack two eggs into each dip.
-  Air fry for a final 5 minutes. The whites should be opaque right up to the yolk and the yolks should still wobble; give it one more minute if you want them firm.
-  Scatter with spring onion and coriander and serve straight from the basket with lime wedges.

FOR THE TODDLER

This one needs very little. At step 2, hold back a handful of sweet potato and pepper before the chilli flakes and salt go in, toss them with plain oil and cook them in one corner of the basket. Give theirs the extra minute at step 5 so the yolk sets firm rather than running. Squash the sweet potato with a fork and cut the pepper into soft strips.

52 Halloumi, Tomato & Za'atar Plate

12
MIN



AIR FRYER

CYPRIOI

4 PREP / 8 COOK

SERVES 4

VEGETARIAN

Thick halloumi slices sit on a bed of cherry tomatoes; the tomatoes collapse into their own dressing while the cheese takes on a blistered gold crust.

INGREDIENTS

FOR THE BASKET

- 400 g (14 oz) halloumi, cut into 1 cm (½ in) slices
- 400 g (14 oz) cherry tomatoes, left whole
- 1 tbsp (15 ml) olive oil

TO FINISH

- 2 tbsp za'atar
- 2 tbsp (30 ml) extra virgin olive oil
- 1 lemon — half juiced, half cut into wedges
- ½ cucumber, cut into rough chunks
- 15 g (½ cup, packed) mint leaves, torn
- warm flatbread, to serve (optional)

WHY IT WORKS

Halloumi holds its shape above 200°C because the curd is heated before it is brined, so it browns rather than melting into a puddle. The za'atar is stirred through oil and spooned over at the end — the sesame and dried thyme in it would scorch and turn bitter in the basket.

SWAP

Firm feta in a block behaves similarly but needs only 6 minutes. Cherry tomatoes on the vine look better and taste the same.

ON THE SIDE

A soft-boiled egg each, or a spoonful of cooked green lentils dressed with the same za'atar oil.

MAKE IT FASTER

Slice the halloumi and leave it uncovered on a plate in the fridge overnight; it dries out and browns faster.

LEFTOVERS

Halloumi turns squeaky and tough once cold. Chop it small and fry it back to life in a dry pan for a minute.

445 kcal
CALORIES

23 g
PROTEIN

8 g
CARBS

36 g
FAT

2 g
FIBRE

WASHING UP Air fryer basket, one small bowl, one chopping board.

52 Halloumi, Tomato & Za'atar Plate

 AIR FRYER

12 MIN — SERVES 4

VEGETARIAN

METHOD

-  Heat the air fryer to 200°C (400°F).
-  Pat the halloumi slices properly dry on a clean cloth — surface brine is what stops them colouring. Toss the tomatoes with the tablespoon of olive oil and spread them across the basket, then lay the halloumi on top in a single layer.
-  Air fry for 8 minutes. There is no need to turn the slices. They are ready when the tops are deep gold and firm and most of the tomato skins have split and slumped.
-  While the basket runs, stir the za'atar, extra virgin oil and lemon juice together in a small bowl with a pinch of salt.
-  Slide the halloumi onto a platter, tumble the tomatoes and their juices around it, and spoon the za'atar oil over everything. Add the cucumber and mint, and serve with lemon wedges and flatbread.

FOR THE TODDLER

Halloumi is brine through and through, so leave it off their plate and give them the roasted tomatoes, warm flatbread and a little of the za'atar oil instead, or a slice of the halloumi rinsed and soaked in cold water for a minute if they want what everyone else has. Quarter the tomatoes lengthways once they come out of the basket, and cut the cucumber into soft finger-length strips rather than chunks.

53 Masala Omelette Muffins

15
MIN



AIR FRYER

INDIAN

— 5 PREP / 10 COOK —

SERVES 4

VEGETARIAN

The masala omelette poured into silicone muffin cases, so eight of them cook at once and nobody has to stand over a pan.

INGREDIENTS

- 8 eggs
- 2 tbsp thick natural yoghurt
- 1 small red onion, very finely diced
- 1 tomato, deseeded and finely diced
- 1–2 green chillies, finely chopped
- 15 g (½ cup, packed) coriander, chopped, stalks and all
- ½ tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp garam masala
- ¾ tsp fine sea salt
- 1 tsp neutral oil, for greasing
- 1 lime, cut into wedges

WHY IT WORKS

A spoonful of yoghurt whisked into the eggs adds acidity and a little fat, which keeps the set custardy instead of rubbery at air fryer temperatures. Cooking at 170°C (340°F) rather than full heat means they rise gently and hold their shape rather than doming and splitting.

SWAP

A handful of chopped spinach or grated courgette folded in adds bulk without loosening the mix. Curry leaves, torn in, are worth it if you have them.

ON THE SIDE

Serve two each on buttered toast, or with a spoonful of yoghurt and mango chutney.

MAKE IT FASTER

Chop the onion, tomato and chilli the night before; the mixture itself takes 90 seconds to put together.

LEFTOVERS

Keep 3 days chilled. Eat cold from the fridge or warm for 3 minutes at 160°C (320°F).

200 kcal
CALORIES

14 g
PROTEIN

4 g
CARBS

14 g
FAT

1 g
FIBRE

WASHING UP Air fryer basket, eight silicone cases, one bowl and whisk, one chopping board.

METHOD

- 1 

Heat the air fryer to 170°C (340°F). Lightly oil the silicone muffin cases or ramekins and stand them on the worktop while you mix.
- 2 

Crack the eggs into a bowl, add the yoghurt and whisk for a good 20 seconds until no ribbons of white are left.
- 3 

Stir in the onion, tomato, green chilli, coriander, turmeric, cumin, garam masala and salt.
- 4 

Fill each case about three-quarters full, then lift them into the basket in a single layer.
- 5 

Air fry for 10 minutes. They are done when risen, set to the centre and a skewer comes out clean. They will sink a little as they cool, which is exactly what should happen.
- 6 

Run a knife around the rims, turn them out and serve warm with lime wedges.

FOR THE TODDLER

These suit them almost as they are. Pour a little of the egg and yoghurt into a cup at the end of step 2, before the chilli and salt go in, stir in a pinch of the turmeric and cumin and some tomato, and fill one case with it. Cook it in the basket with the rest. Turn it out and cut it into finger-length strips rather than handing over a whole muffin.

54 Banana, Oat & Almond Butter Bake

18
MIN



AIR FRYER

BRITISH — 4 PREP / 14 COOK — SERVES 4

VEGETARIAN

A shallow tin of baked oats that sets like a soft flapjack, spooned out hot under cold yoghurt.

INGREDIENTS

- 3 very ripe bananas (about 350 g / 12 oz peeled), the spottier the better
- 200 g (2 cups) rolled porridge oats
- 2 eggs
- 250 ml (1 cup) whole milk
- 3 tbsp almond butter (100% almonds)
- 1 tsp baking powder
- 1½ tsp ground cinnamon
- ¼ tsp fine sea salt
- 30 g (¼ cup) flaked almonds
- a little butter, for the tin
- thick natural yoghurt, to serve

WHY IT WORKS

Very ripe bananas carry enough sugar and moisture that the bake needs no added sweetener, and mashing rather than slicing them spreads that moisture evenly through the oats. A shallow 18 cm tin gives the mixture enough surface area to set through in fourteen minutes; a deep dish would still be raw in the middle.

SWAP

Peanut or cashew butter instead of almond. Blueberries or chopped pear pressed into the top need no extra time.

ON THE SIDE

A handful of chopped walnuts through the mix, or serve with sliced banana on the side.

MAKE IT FASTER

Mash the bananas and mix the wet ingredients the night before, then stir in the oats straight from the fridge.

LEFTOVERS

Keeps 4 days chilled and firms as it sits. Cut into squares and eat cold, or warm through for 3 minutes.

430 kcal
CALORIES

15 g
PROTEIN

57 g
CARBS

16 g
FAT

8 g
FIBRE

WASHING UP Air fryer basket, one cake tin, one mixing bowl, one fork.

METHOD

-  Heat the air fryer to 175°C (350°F). Butter an 18 cm (7 in) cake tin or ovenproof dish, leaving a finger's width of clearance in the basket.
-  Mash the bananas in a bowl with a fork until almost smooth. Beat in the eggs, milk and 2 tbsp of the almond butter until you have a loose batter.
-  Stir in the oats, baking powder, cinnamon and salt. Pour into the tin and level the top.
-  Dot the remaining almond butter over the surface, drag a knife through it once or twice to marble it, and scatter over the flaked almonds.
-  Air fry for 14 minutes. It is ready when the top springs back under a finger, the edges have pulled from the tin, and a skewer in the centre comes out with no wet batter.
-  Spoon straight from the tin into bowls and add a spoonful of cold yoghurt to each.

FOR THE TODDLER

Leave one corner of the tin bare when you scatter the flaked almonds at step 4 and cut their square from there, since flaked and chopped nuts are a choking risk under five while the smooth almond butter through the batter is not. Otherwise this needs nothing changed; there is only a quarter teaspoon of salt in the whole tin. Let their piece cool to warm and break it into finger-sized pieces.

55 Crispy Chickpea, Avocado & Lemon Toast

12
MIN



AIR FRYER

MODERN LEVANTINE

— 4 PREP / 8 COOK —

SERVES 4

VEGETARIAN

The chickpeas rattle around getting crisp while the bread toasts beside them in the same basket, picking up the cumin oil on the way.

INGREDIENTS

FOR THE BASKET

- 1 × 400 g (14 oz) tin chickpeas, drained and patted very dry
- 2 tbsp (30 ml) olive oil
- 1 tsp ground cumin
- ½ tsp sweet smoked paprika
- ½ tsp fine sea salt
- 4 thick slices sourdough or other good bread

TO FINISH

- 2 ripe avocados
- 1 lemon — half juiced, half cut into wedges
- 1 small garlic clove, grated
- 1 tsp sumac
- ½ tsp chilli flakes, Aleppo if you have them
- 15 g (½ cup, packed) flat-leaf parsley, torn

WHY IT WORKS

Chickpeas patted properly dry crisp in eight minutes at 200°C; any water left clinging to them steams the skins soft instead. The bread joins them for the final three minutes and comes out dry-edged and rigid, which is what lets it hold a thick layer of mashed avocado without collapsing.

SWAP

Butter beans crisp in the same window and go creamier inside. Tahini loosened with lemon and water instead of avocado.

ON THE SIDE

A soft-boiled egg halved over each slice, or a second tin of chickpeas in the basket.

MAKE IT FASTER

Drain and dry the chickpeas the night before and leave them uncovered in the fridge; they crisp a minute quicker.

LEFTOVERS

The chickpeas keep 3 days in an open jar at room temperature and stay crisp. Mashed avocado does not keep; make only what you need.

500 kcal
CALORIES

14 g
PROTEIN

52 g
CARBS

25 g
FAT

14 g
FIBRE

WASHING UP Air fryer basket, one bowl, one chopping board.



METHOD

- 1**


Heat the air fryer to 200°C (400°F). Tip the dry chickpeas into the basket, add the oil, cumin, paprika and salt, and toss until evenly coated.
- 2**


Air fry for 5 minutes, shaking hard at the halfway point.
- 3**


Shake again, push the chickpeas to one side and lay the bread slices flat on top of them. Air fry for a further 3 minutes: the chickpeas should crack rather than squash when pressed, and the bread should be toasted and dry at the edges.
- 4**


Meanwhile, halve the avocados, scoop the flesh into a bowl and mash roughly with the lemon juice, grated garlic and a good pinch of salt. Leave it lumpy.
- 5**


Spread the avocado thickly over the toast, spoon the hot chickpeas on top, and scatter with sumac, chilli flakes and parsley. Serve with lemon wedges.

FOR THE TODDLER

Hold back a spoonful of chickpeas at step 1, before the oil, cumin and salt, and crush them with a fork for theirs. Mash a little avocado with lemon before the garlic and salt go into the bowl at step 4, and keep the chilli flakes and sumac off. Dry, rigid toast is hard going, so give them a soft slice spread thickly rather than the crisped one, cut into fingers.



56 Tamagoyaki with Grilled Salmon & Rice

18
MIN



ONE PAN

JAPANESE — 6 PREP / 12 COOK — SERVES 4

The standard Japanese breakfast tray built in a single pan: a salted salmon fillet with blistered skin, a rolled omelette cut thick, rice and nori.

INGREDIENTS

- 4 skin-on salmon fillets, about 120 g (4 oz) each
- 1½ tsp fine sea salt, for the salmon
- 6 eggs
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) light soy sauce or tamari, plus more to serve
- ¼ tsp fine sea salt, for the eggs
- 1 tsp neutral oil
- 500 g (about 3½ cups) cooked short-grain rice, warm
- 2 sheets nori, snipped into strips
- 2 spring onions, finely sliced
- 1 tbsp toasted sesame seeds
- 1 lemon, cut into wedges

WHY IT WORKS

Salting the salmon and leaving it while the eggs are beaten pulls a film of moisture to the surface. Blot that away and the skin crisps in the pan instead of steaming. The fat the fillets render is then what the omelette is rolled in, so the salmon runs through the whole tray rather than sitting beside it.

SWAP

Salted mackerel or a thick cod fillet in place of the salmon; both want the same five minutes on the skin. Sea trout works and cooks a minute faster.

ON THE SIDE

Miso soup, a spoonful of grated daikon with soy, or quick-pickled cucumber.

MAKE IT FASTER

Salt the salmon the night before and leave it uncovered in the fridge. The skin dries out completely and needs only 4 minutes.

LEFTOVERS

Both keep 2 days. Flake the cold salmon through rice with sesame for onigiri, and cut the omelette into thicker slices so it stays juicy.

540 kcal
CALORIES

37 g
PROTEIN

38 g
CARBS

27 g
FAT

2 g
FIBRE

WASHING UP One frying pan, one bowl, one chopping board.

56 Tamagoyaki with Grilled Salmon & Rice

ONE PAN

18 MIN

— SERVES 4

METHOD

-  Salt the salmon on both sides and set it skin-up on a plate. Leave it there while you beat the eggs with the mirin, soy and the ¼ tsp salt for a full 30 seconds, until no ribbons of white remain.
-  Blot the salmon dry, the skin especially. Set a 24 cm (10 in) non-stick frying pan over medium-high heat, lay the fillets in skin-side down and press each one flat with a spatula for the first 10 seconds. Cook 5 minutes without moving them, until the skin releases from the pan on its own.
-  Turn them and give them 2 to 3 minutes more, until the flesh has turned opaque up the sides and a knife tip slides into the thickest part with no resistance, the very centre still coral. Lift them onto four warm plates.
-  Wipe the pan out, leaving a slick of the salmon fat behind, and add the oil. Over medium heat, pour in a third of the egg and tilt to cover the base. When the top is barely set but still glossy, 30 to 40 seconds, roll it towards you with a spatula.
-  Push the roll to the far edge, pour in another third and lift the roll so raw egg runs underneath. Let it set, roll it around the first, then repeat with the last third. Slide the log out and cut it into 2 cm (¾ in) slices.
-  Add the warm rice and the omelette slices to the plates. Scatter the nori, spring onion and sesame over the rice, and serve with lemon wedges and more soy.

FOR THE TODDLER

Salt goes on the salmon at step 1 and soy into the eggs, so take theirs before both: a corner of one fillet unsalted, and a spoonful of beaten egg poured off before the mirin and soy go in. Give their piece a minute longer so it is opaque through, flake it off the skin and feel for bones. Cook their egg flat and cut it into strips, and keep the nori and soy off their rice.

57 Gyeran Bap — Korean Egg Rice

10
MIN



ONE PAN

KOREAN

— 3 PREP / 7 COOK —

SERVES 4

VEGETARIAN

Rice loosened in a hot pan, eggs fried hard in sesame oil until the edges frill and brown, all mixed together at the table.

INGREDIENTS

- 600 g (about 4 cups) cooked short-grain rice, cold from the fridge
- 3 tbsp (45 ml) water
- 8 eggs
- 2 tbsp (30 ml) toasted sesame oil, plus a few drops to finish
- 20 g (1½ tbsp) butter
- 3 tbsp (45 ml) light soy sauce or tamari
- 4 sheets gim (roasted seaweed), crumbled, or 2 sheets nori, snipped
- 3 spring onions, finely sliced
- 1 tsp gochugaru (Korean chilli flakes)
- 1 tbsp toasted sesame seeds

WHY IT WORKS

A splash of water in the pan steams cold rice apart in two minutes, so yesterday's grains behave like freshly cooked. Frying the eggs in the same pan over high heat crisps the whites while the yolks stay liquid, and those yolks are the only sauce it needs.

SWAP

Brown rice works and takes a minute longer to loosen. Gochujang stirred through instead of the dried chilli flakes.

ON THE SIDE

A handful of spinach wilted into the rice, or kimchi and cucumber on the side.

MAKE IT FASTER

Cook double the rice whenever you make it and keep it chilled — this becomes a five-minute breakfast.

LEFTOVERS

None worth keeping; a fried egg on rice does not survive the fridge. Cook only what you will eat.

455 kcal
CALORIES

17 g
PROTEIN

45 g
CARBS

23 g
FAT

2 g
FIBRE

WASHING UP One frying pan, one chopping board; the bowls you eat from.

57 Gyeran Bap — Korean Egg Rice



ONE PAN

10 MIN

— SERVES 4

VEGETARIAN

METHOD

-  Put the rice and water into a large non-stick frying pan over medium heat. Break the clumps up with a spoon and stir for 2 minutes, until the grains are steaming and separate.
-  Divide between four bowls. Add a piece of butter and a splash of soy to each while the rice is hot, and stir until melted.
-  Return the pan to high heat and add 1 tbsp of the sesame oil. Crack in four eggs and fry for 2 minutes without moving them. The edges should blister, frill and brown while the white nearest the yolk turns opaque.
-  Slide two eggs onto each of two bowls, then repeat with the remaining oil and eggs.
-  Top each bowl with gim, spring onion, gochugaru and sesame seeds, add the last of the soy and a few drops of sesame oil, and take them to the table. Break the yolks and mix hard before the first mouthful.

FOR THE TODDLER

Fill their bowl at step 2 with a little butter stirred through the rice and no soy. Fry their egg with the others, chop it up and fold it in. Keep the gochugaru and the gim off, since the seaweed is salt through and through, and crush the sesame seeds fine. A quarter of an adult serving is plenty.



ONE PAN · 10 MINUTES · SERVES 4

One frying pan, one chopping board; the bowls you eat from.

58 Ten-Minute Chicken & Ginger Congee

18
MIN



ONE PAN

CHINESE — 6 PREP / 12 COOK — SERVES 4

Cold rice fractured in the blender and boiled hard until silky, with slips of chicken poached in it at the last minute.

INGREDIENTS

- 2 skinless chicken breasts, about 600 g (1 lb 5 oz) in total
- 2 tsp cornflour (cornstarch)
- 1 tsp toasted sesame oil, plus 2 tsp to finish
- 600 g (about 4 cups) cold cooked rice, short-grain or jasmine
- 1.2 litres (5 cups) unsalted chicken stock or water
- 30 g (1 oz) fresh ginger — half in coins, half finely shredded
- 1 tsp fine sea salt, plus more to taste
- 4 spring onions, sliced, whites and greens kept apart
- ½ tsp ground white pepper
- 60 g (⅓ cup) roasted peanuts, crushed
- 30 g (a generous ¼ cup) crispy fried shallots
- A small handful of coriander leaves

WHY IT WORKS

Congee normally takes an hour because whole grains have to burst open from the inside. Pulsing cold cooked rice breaks them before they reach the pan, and a hard rolling boil keeps the released starch moving so it thickens in ten minutes. The chicken goes in only once the heat has dropped, sliced thin and dusted with cornflour, so it sets in the standing heat of the pan and stays soft instead of seizing into threads.

SWAP

Boned-out chicken thigh, sliced just as thin, is more forgiving and wants a minute longer. Cooked pearl barley fractures in the blender the same way the rice does.

ON THE SIDE

Two handfuls of spinach wilted in at the end, or a soft-boiled egg halved into each bowl.

MAKE IT FASTER

Pulse the rice the night before and keep it in the fridge in its stock. Slice the chicken while it is still half frozen and it goes twice as fast.

LEFTOVERS

Sets solid when chilled. Loosen with boiling water a ladleful at a time and bring it back to a boil for 2 minutes.

510 kcal
CALORIES

38 g
PROTEIN

49 g
CARBS

18 g
FAT

3 g
FIBRE

WASHING UP One pan, one blender jug, one chopping board.

METHOD

- 1



Slice the chicken across the grain as thinly as you can manage, about 3 mm (1/8 in). Toss the slices with the cornflour, 1 tsp of the sesame oil and a good pinch of salt, and leave them on the board.
- 2



Put the cold rice in a blender jug with 300 ml (1 1/4 cups) of the stock. Pulse four or five times, one second each: you want fractured grains and cloudy liquid, not a purée.
- 3



Tip it into a wide pan with the rest of the 1.2 litres (5 cups) of stock, the ginger coins, the spring onion whites and the salt. Bring to a hard, rolling boil and cook 10 minutes, stirring every couple of minutes and scraping the base so nothing catches. It is ready when a spoon dragged across the bottom leaves a trail that closes slowly behind it.
- 4



Drop the heat until the surface barely moves. Scatter the chicken over in a single layer, leave it 30 seconds to take, then stir once to separate the slices. Give it 2 minutes more, until the pieces are white all the way through with no pink at the centre of the thickest slice, and still yielding.
- 5



Season with the white pepper and more salt than you expect. Ladle into bowls and top with the shredded ginger, spring onion greens, peanuts, fried shallots, coriander and the last 2 tsp of sesame oil.

FOR THE TODDLER

Use the unsalted stock and hold the salt back at step 3, then ladle a small bowlful out before you season the pan at step 5. Leave off the fried shallots, which are salty, and the white pepper. Peanuts are a choking risk under five, so grind them fine or keep them off their bowl. Chop the chicken small.

59 Rava Uttapam with Coconut Chutney

18
MIN



ONE PAN

INDIAN (SOUTH)

— 8 PREP / 10 COOK —

SERVES 4

VEGETARIAN

A thick, freckled semolina pancake with onion and tomato pressed into the top, and no fermenting involved.

INGREDIENTS

FOR THE CHUTNEY

- 80 g (1 cup) desiccated or fresh grated coconut
- 30 g (¼ cup) cashews or roasted chana dal
- 2 cm (¾ in) fresh ginger and 1 green chilli
- 120 ml (½ cup) cold water, ½ tsp salt, juice of ½ lemon
- 1 tsp coconut oil, 1 tsp black mustard seeds, 8 curry leaves
- 150 g (⅔ cup) plain yoghurt
- 200 ml (¾ cup) water and ½ tsp fine sea salt
- 1 red onion, finely chopped
- 1 tomato, deseeded, and 1 green chilli, both finely chopped
- 15 g (½ cup, loose) coriander, chopped
- ½ tsp bicarbonate of soda

FOR THE UTTAPAM

- 200 g (1¼ cups) fine semolina (rava)
- 2 tbsp (30 ml) coconut or sunflower oil

WHY IT WORKS

Fine semolina swells in yoghurt within minutes, so a short stand does what an overnight rice-and-dal ferment would, and the yoghurt supplies the sourness. The bicarbonate goes in last, meeting that acid in the hot pan rather than in the bowl.

SWAP

Grated carrot or courgette instead of tomato adds no water.

ON THE SIDE

Stir cooked chana dal through the batter, or add soft-boiled eggs.

MAKE IT FASTER

Make the chutney the night before; it keeps 3 days chilled.

LEFTOVERS

Reheat dry in the pan, a minute a side, never in the microwave.

455 kcal
CALORIES

11 g
PROTEIN

50 g
CARBS

24 g
FAT

7 g
FIBRE

WASHING UP One pan, one bowl, one blender jug, one chopping board.

59 Rava Uttapam with Coconut Chutney



ONE PAN

18 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Whisk the semolina, yoghurt, water and salt in a bowl until smooth, then leave it to swell while you do everything else.
- 

Blitz everything for the chutney except the oil, mustard seeds and curry leaves for 40 seconds, until thick and spoonable. Scrape into a dish.
- 

Heat the pan with the coconut oil, mustard seeds and curry leaves until the seeds pop, 30 seconds. Pour over the chutney and wipe the pan out.
- 

Stir in the bicarbonate; the batter should mound on a spoon, so loosen with water if it has stiffened. Oil the pan and ladle in two rounds, 1 cm thick.
- 

Scatter over onion, tomato, chilli and coriander, pressing them in with the ladle. Cook 3 minutes, until the base is freckled brown and the top dull, then flip for 2 minutes more.
- 

Repeat with the rest and serve hot, chutney alongside.

FOR THE TODDLER

Blitz a spoonful of the coconut and cashew with a little water before the salt, chilli and lemon go into the chutney at step 2, and take it right down to smooth, since chopped nuts are a choking risk under five. Press their uttapam with onion and coriander only, no chilli. Cut it into finger-length strips rather than wedges.



ONE PAN · 18 MINUTES · SERVES 4

One pan, one bowl, one blender jug, one chopping board.

60 Persian Herb & Feta Omelette

15
MIN

🍳 ONE PAN

IRANIAN

— 6 PREP / 9 COOK —

SERVES 4

VEGETARIAN

More herb than egg, in the manner of a kuku, cooked flat in one pan and cut into wedges at the table.

INGREDIENTS

- 8 eggs
- 40 g (1½ cups, packed) flat-leaf parsley, finely chopped
- 30 g (1 cup, packed) coriander, finely chopped
- 20 g (¾ cup, packed) dill, finely chopped
- 20 g (½ cup) chives or spring onion tops, finely sliced
- ½ tsp ground turmeric and ¼ tsp ground cinnamon
- ½ tsp fine sea salt and plenty of black pepper
- 50 g (½ cup) walnuts, roughly chopped
- 2 tbsp dried barberries, or chopped dried sour cherries
- 150 g (5 oz) feta, crumbled
- 2 tbsp (30 ml) olive oil
- 1 lemon, cut into wedges

WHY IT WORKS

A kuku is close to half herbs by volume, and chopping them properly fine is what lets them collapse into the eggs instead of sitting there as damp green ribbons. Cooking gently under a lid sets the top with trapped steam, so there is no grilling, no flipping and no browned underside.

SWAP

Fenugreek leaves in place of some of the parsley take it closer to a Nowruz kuku. Any soft white cheese stands in for feta.

ON THE SIDE

Warm flatbread in the pan afterwards and put thick yoghurt and sliced radish on the table.

MAKE IT FASTER

Chop the herbs the night before and box them with a sheet of kitchen paper.

LEFTOVERS

Better cold than hot. Keeps 3 days chilled and travels well in a lunchbox.

400 kcal
CALORIES

21 g
PROTEIN

5 g
CARBS

33 g
FAT

3 g
FIBRE

WASHING UP One pan with its lid, one bowl, one chopping board.

60 Persian Herb & Feta Omelette



ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Chop the herbs on a board, tender stalks and all, until they fall in a soft heap rather than in strands.

2



Beat the eggs in a bowl with the turmeric, cinnamon, salt and pepper, then fold in the herbs, walnuts, barberries and two thirds of the feta. It should look overwhelmingly green.

3



Warm the oil in a 24 cm (10 in) pan over medium-low heat, pour in the mixture and spread it level. Scatter the last of the feta over the top.

4



Cover and cook for 9 minutes without touching it. It is done when the centre no longer wobbles as you shake the pan and the edges have pulled inwards. The base should be set and pale gold, not dark.

5



Slide onto the board, rest a minute, cut into wedges and serve with lemon to squeeze over.

FOR THE TODDLER

Beat one egg with a spoonful of the chopped herbs in a separate bowl before you salt the rest at step 2, and cook it in a small pan under a lid. Feta is salt through and through, so keep it out of theirs. Chopped walnuts are a choking risk under five, so grind them fine or leave them off, and chop the barberries small. Cut the set omelette into soft fingers.



ONE PAN · 15 MINUTES · SERVES 4

One pan with its lid, one bowl, one chopping board.

61 Huevos Rancheros Rápidos

15
MIN



ONE PAN

MEXICAN

— 5 PREP / 10 COOK — SERVES 4

VEGETARIAN

Tinned tomatoes fried hard with dried chilli, black beans stirred through, and eight eggs sunk into the lot under a lid.

INGREDIENTS

- 8 small corn tortillas
- 2 tbsp (30 ml) olive or sunflower oil
- 1 onion, finely chopped
- 3 garlic cloves, sliced
- 1 dried chipotle or 2 dried anchos, stalks removed, torn up
- 2 tsp ground cumin
- 400 g (14 oz) tin chopped tomatoes
- 400 g (14 oz) tin black beans, drained and rinsed
- ½ tsp fine sea salt
- 8 eggs
- 1 ripe avocado, sliced
- 80 g (3 oz) feta, crumbled
- 1 lime in wedges, and a handful of coriander

WHY IT WORKS

Frying the tomatoes over high heat until they darken and stop smelling raw is what separates a ranchero sauce from warmed passata, and it takes four minutes. The eggs then poach in the sauce itself, so the yolks stay loose while the whites set against the hot base of the pan.

SWAP

Pinto or kidney beans behave the same. No dried chilli means 2 tsp smoked paprika and a pinch of cayenne.

ON THE SIDE

Wilt a bag of spinach into the sauce before the eggs, or add plain rice.

MAKE IT FASTER

Build the sauce to the end of step 3 the night before; it takes the eggs in 5 minutes from cold.

LEFTOVERS

The sauce keeps 3 days; the eggs do not, so poach only what you will eat.

495 kcal
CALORIES

23 g
PROTEIN

45 g
CARBS

25 g
FAT

12 g
FIBRE

WASHING UP One pan with its lid, one chopping board.

61 Huevos Rancheros Rápidos



ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Warm the dry pan over medium-high heat and toast the tortillas for 20 seconds a side, until they smell nutty and flex without cracking. Stack them on the board under a cloth.

2



Add the oil, onion, garlic, torn chipotle and cumin to the same pan and fry 3 minutes, until the onion turns translucent and the chilli smells sweet.

3



Tip in the tomatoes and raise the heat. Fry hard for 4 minutes, stirring, until the sauce darkens to brick red and a spoon dragged through leaves a clear channel. Stir in the beans and salt.

4



Make eight shallow wells with the back of the spoon and crack an egg into each. Cover and cook 4 minutes, until the whites are opaque and the yolks still shiver when you nudge the pan.

5



Scatter over avocado, feta and coriander, and take the pan to the table with the tortillas and lime.

FOR THE TODDLER

The chilli joins the onion at step 2, so theirs is easier made apart, a spoonful of the tinned tomatoes in a small pan with a few beans crushed under a fork and no salt, and an egg cooked in the middle of it. Keep the feta off their plate, since it is salt through and through. Tear the tortilla into strips and slice the avocado into soft fingers.



ONE PAN · 15 MINUTES · SERVES 4

One pan with its lid, one chopping board.

62 Pan con Tomate with Soft Eggs

10
MIN



ONE PAN

SPANISH

— 3 PREP / 7 COOK —

SERVES 4

VEGETARIAN

Bread fried in olive oil until it crackles, cold grated tomato spooned over, and an egg from the same pan with the yolk still loose.

INGREDIENTS

- 4 thick slices sourdough or country loaf, about 60 g (2 oz) each
- 4 tbsp (60 ml) extra virgin olive oil
- 4 very ripe tomatoes, halved across the middle
- 1 fat garlic clove, halved
- ½ tsp flaky sea salt
- 8 eggs
- Black pepper

WHY IT WORKS

Grating a halved tomato on the coarse holes of a box grater leaves the skin flat in your hand and gives you seasoned pulp with no chopping and nothing to drain. Frying the bread in oil rather than toasting it dry builds a crust that holds up under the wet tomato for as long as it takes to eat.

SWAP

Out of season, use 250 g (9 oz) tinned whole tomatoes crushed by hand and drained for a minute.

ON THE SIDE

Add a few slices of manchego under the tomato, or serve with a plate of sliced cucumber and olives.

MAKE IT FASTER

Grate the tomatoes while the pan heats and the whole thing lands in eight minutes.

LEFTOVERS

The tomato keeps overnight and is better for it; the bread must be fried to order.

425 kcal
CALORIES

18 g
PROTEIN

34 g
CARBS

24 g
FAT

4 g
FIBRE

WASHING UP One pan, one bowl, one grater, one chopping board.

62 Pan con Tomate with Soft Eggs

🍳 ONE PAN

10 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Grate the cut faces of the tomatoes into a bowl on the coarse holes of a box grater until only the flat skins are left in your hand. Stir in the salt and set aside.
- 

Heat 3 tbsp of the oil in a wide pan over medium-high heat and fry the bread for 2 minutes a side, pressing it into the oil, until it is deep gold and sounds hard when tapped. Rub each hot slice with the cut garlic and put it on the board.
- 

Add the last tablespoon of oil, drop the heat to medium and crack in the eggs. Fry for 3 minutes, tilting the pan and spooning hot oil over the tops, until the whites are set and lacy at the edges and the yolks still wobble.
- 

Spoon the tomato thickly over each slice and let it soak in for a moment. Slide two eggs onto each, then finish with black pepper and any oil left in the pan.

FOR THE TODDLER

Spoon a little of the grated tomato into a cup at step 1, before the salt goes in. Fry their slice a shade paler so it stays chewable, skip the garlic rub, and cut the crusts off before slicing it into soft fingers. Chop their egg up over the top. Beyond that this suits them as it is, and a quarter slice with an egg is plenty.

63 Ful Medames

12
MIN



ONE PAN

EGYPTIAN

— 4 PREP / 8 COOK —

SERVES 4

VEGETARIAN

Fava beans crushed against the side of the pan with cumin and lemon, eggs cracked into the middle, eaten with your hands.

INGREDIENTS

- 2 tsp cumin seeds
- 3 tbsp (45 ml) extra virgin olive oil, plus more to finish
- 3 garlic cloves, crushed
- 2 × 400 g (14 oz) tins ful medames or brown fava beans, drained
- 150 ml (⅔ cup) water
- ½ tsp fine sea salt and ¼ tsp chilli flakes
- Juice of 1 lemon
- 2 tbsp tahini
- 4 eggs
- 2 tomatoes, chopped small
- ½ small red onion, finely chopped
- 20 g (½ cup, packed) flat-leaf parsley, chopped

WHY IT WORKS

Crushing only half the beans gives you a thick base that holds the olive oil and whole beans that still have bite, which is the whole texture of ful. Cumin seeds toasted dry for thirty seconds before anything else goes in taste nothing like ground cumin stirred into hot liquid at the end.

SWAP

Tinned brown lentils or borlotti beans crush the same way if fava beans are hard to find.

ON THE SIDE

Warm flatbread for scooping, and add sliced cucumber and radish alongside.

MAKE IT FASTER

Use ready-ground cumin and toast it in the oil for 10 seconds instead of step 1.

LEFTOVERS

The beans keep 3 days and thicken; loosen with water and a squeeze of lemon over low heat.

370 kcal
CALORIES

18 g
PROTEIN

25 g
CARBS

22 g
FAT

11 g
FIBRE

WASHING UP One pan with its lid, one chopping board.

METHOD

- 

1 Toast the cumin seeds in the dry pan over medium heat for 30 seconds, until they smell warm and darken a shade. Tip onto the board and crush roughly under the flat of a knife.
- 

2 Return them to the pan with the oil and garlic and fry for 30 seconds only — the garlic should stay pale and smell sweet, not toasted.
- 

3 Add the beans, water, salt and chilli. Simmer for 4 minutes, crushing about half of them against the side of the pan with a wooden spoon, until it is stew-thick and the whole beans still hold their shape.
- 

4 Stir through the lemon juice and tahini. Make four wells, crack in the eggs, cover and cook 3 minutes, until the whites are set and the yolks runny.
- 

5 Scatter over the chopped tomatoes, onion and parsley, pour a thread of olive oil across the top and take the pan to the table.

FOR THE TODDLER

Lift a couple of spoonfuls of beans out at the start of step 3, before the salt and chilli go in, and crush them smooth with a little water and a thread of the oil. A spoonful of tahini and a squeeze of lemon can still go through theirs. Chop their tomato small, leave the raw onion off, and serve it with soft strips of flatbread rather than torn pieces.

64 Buckwheat Galette with Egg & Greens

18
MIN



ONE PAN

FRENCH (BRETON)

— 4 PREP / 14 COOK —

SERVES 4

VEGETARIAN

A lacy buckwheat pancake with the egg cracked straight onto it and the four sides folded in to frame the yolk.

INGREDIENTS

- 120 g (1 cup) buckwheat flour
- 300 ml (1¼ cups) cold water
- 5 eggs — one for the batter, four for the tops
- ½ tsp fine sea salt
- 30 g (2 tbsp) butter
- 150 g (5 oz) baby spinach or young chard, shredded
- 100 g (1 cup) Gruyère or mature Cheddar, coarsely grated
- Black pepper and a scrape of nutmeg

WHY IT WORKS

Buckwheat has no gluten to relax, so a batter thin enough to pour like single cream needs no resting at all — the flour hydrates in the two minutes the pan takes to heat. Cracking the egg onto the cooked side lets it set in the galette's own heat while the underside crisps, so nothing has to be turned twice.

SWAP

Half buckwheat and half plain flour makes a softer, less earthy galette that folds more easily.

ON THE SIDE

Add a slice of ham or a spoon of soft goat's cheese under the egg.

MAKE IT FASTER

Whisk the batter the night before; it keeps three days and only needs a stir.

LEFTOVERS

Cook plain galettes with what is left of the batter, stack between baking paper and reheat in the dry pan.

360 kcal
CALORIES

20 g
PROTEIN

23 g
CARBS

21 g
FAT

4 g
FIBRE

WASHING UP One pan with its lid, one bowl, one grater.

64 Buckwheat Galette with Egg & Greens



ONE PAN

18 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Whisk the flour, water, one egg and the salt in a bowl until smooth. It should coat the whisk and run straight off, as thin as single cream; add a splash more water if it clings. Thin batter needs no resting.

2



Melt a knob of the butter in a 24 cm (10 in) pan over medium-high heat. Pour in a quarter of the batter and swirl at once to the edges. Cook 90 seconds, until the surface dulls and the edge lifts cleanly.

3



Flip it, scatter over a quarter of the spinach and cheese, and crack an egg into the middle. Season with pepper and nutmeg.

4



Fold the four sides in to make a square frame around the yolk. Cover and cook 2 minutes, until the white is opaque, the yolk still moves and the base is crisp underneath.

5



Slide onto a plate and repeat with the rest, buttering the pan each time. Eat as they come, rather than holding them warm.

FOR THE TODDLER

This suits them nearly as it is. Cook one galette with only a scant scattering of the cheese, since Gruyère carries a fair amount of salt, and leave the pepper and nutmeg off. Give their egg an extra minute under the lid so it sets firm, then chop it through the spinach and cut the folded galette into finger-length strips. A quarter of one is about right.



ONE PAN · 18 MINUTES · SERVES 4

One pan with its lid, one bowl, one grater.

65 Khao Tom — Thai Rice Soup with Prawns

15
MIN



ONE PAN

THAI — 5 PREP / 10 COOK — SERVES 4

Last night's rice loosens into a gingery broth, and the prawns cook in the stored heat alone.

INGREDIENTS

- 600 g (4 cups) cold cooked jasmine rice, leftover from last night
- 1.2 litres (5 cups) light chicken or vegetable stock
- 400 g (14 oz) raw peeled prawns
- 30 g (1 oz) fresh ginger, cut into fine matchsticks
- 4 garlic cloves, thinly sliced
- 2 tsp (10 ml) groundnut or sunflower oil
- 2 tbsp (30 ml) fish sauce
- 1 tsp ground white pepper
- 1 head pak choi (~150 g / 5 oz), shredded
- 4 spring onions, finely sliced
- 20 g (½ cup, packed) coriander, leaves and stalks
- 2 limes, cut into wedges

WHY IT WORKS

Cooked rice has already gelatinised, so it only needs to swell and warm through: five minutes in stock gives a soup with real body where raw-rice congee wants an hour. The prawns go in off the heat, where the warmth held in the broth cooks them through without tightening them.

SWAP

Flaked salmon, shredded chicken or firm tofu all sit in this broth as happily as prawns. Cold brown rice wants 8 minutes rather than 5.

ON THE SIDE

Beat an egg and stir it through the boiling soup in step 3 for ribbons.

MAKE IT FASTER

Leave the ginger unpeeled and slice it thin — the skin softens away in the broth.

LEFTOVERS

The rice drinks the broth overnight, so loosen with water when you reheat.

310 kcal
CALORIES

25 g
PROTEIN

44 g
CARBS

4 g
FAT

2 g
FIBRE

WASHING UP One saucepan, one chopping board, one knife.

65 Khao Tom — Thai Rice Soup with Prawns

🍲 ONE PAN

15 MIN — SERVES 4

METHOD

-  Warm the oil in a large saucepan over a medium heat. Add the garlic and ginger and stir for 1 minute, until the garlic is pale gold and smells sweet — any darker and it turns bitter.
-  Pour in the 1.2 litres (5 cups) of stock, raise the heat and bring to a fast boil.
-  Break the cold rice apart with your fingers as you drop it in so no clumps survive. Simmer 5 minutes, until the grains plump and the broth coats the back of a spoon.
-  Stir in the pak choi, fish sauce and white pepper. Slide in the prawns, lift the pan off the heat and put the lid on. Leave 2 minutes — they are ready when opaque right through and curled into a loose C.
-  Ladle into deep bowls, scatter with spring onion and coriander, and squeeze lime over at the table.

FOR THE TODDLER

Ladle a small bowlful of the broth and rice out at the end of step 3, before the fish sauce and white pepper go in, and use water rather than stock for the pan if you can. Simmer one prawn and a little shredded pak choi in it for two minutes in a small pan, then chop the prawn small. Leave the lime and the coriander stalks off theirs.

66 Egg & Tomato Stir-Fry

10
MIN

WOK

CHINESE — 4 PREP / 6 COOK — SERVES 4

VEGETARIAN

Soft-scrambled eggs folded back into collapsed tomatoes, over cold rice fried underneath to catch the juices.

INGREDIENTS

- 8 large eggs
- 600 g (4 cups) cold cooked rice, leftover from last night
- 600 g (1 lb 5 oz) ripe tomatoes, cut into eighths
- 3 tbsp (45 ml) groundnut or sunflower oil
- 1 tbsp finely grated fresh ginger
- 3 garlic cloves, thinly sliced
- 1 tsp honey
- 1 tbsp (15 ml) light soy sauce
- 1 tsp toasted sesame oil
- ½ tsp fine sea salt
- ¼ tsp ground white pepper
- 4 spring onions, cut into 3 cm (1 in) lengths

WHY IT WORKS

Cooking the eggs first and lifting them out while glossy keeps them tender; they finish in the pan's warmth rather than seizing alongside the tomatoes. Tomatoes cooked hard and fast throw out enough juice to season the rice, and cold rice, dried out overnight, drinks it instead of turning to paste.

SWAP

Tinned plum tomatoes carry this out of season; drain them well or the rice goes soggy.

ON THE SIDE

A handful of frozen peas or shredded spinach goes in with the rice.

MAKE IT FASTER

Beat the eggs in the bowl you will serve from, and tip them onto the board in step 2.

LEFTOVERS

Good cold next day. Reheat in a hot dry pan, never the microwave, or the eggs weep.

430 kcal
CALORIES

18 g
PROTEIN

45 g
CARBS

19 g
FAT

3 g
FIBRE

WASHING UP One wok, one mixing bowl, one chopping board.

66 Egg & Tomato Stir-Fry



WOK

10 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Beat the eggs with the salt and white pepper until no streaks of white remain. Break the cold rice up with your fingers so the grains are separate.
- 

Heat 2 tbsp of the oil in a wok over a high heat until it shimmers. Pour in the eggs, count to ten, then push them from the edges to the centre. Tip them onto a plate while still wet and glossy, about 45 seconds.
- 

Add the last tablespoon of oil, then the ginger and garlic. Stir 20 seconds, add the tomatoes and cook hard for 3 minutes, pressing with the spoon until the skins slip and a loose red sauce gathers.
- 

Tip in the rice and toss for 2 minutes, until every grain is coated and the wok sounds dry again. Stir through the honey and soy.
- 

Return the eggs, breaking them into large curds, add the spring onions and sesame oil, and fold twice. Serve straight from the wok.

FOR THE TODDLER

Beat one of the eggs on its own without the salt and pepper, and cook it in a corner of the wok at step 2. Lift out a small plateful of the rice and tomato part-way through step 4, before the honey and soy go in. Honey is not for a baby under one, and a little grated apple sweetens theirs if you want it. Chop the egg and spring onion small.



WOK · 10 MINUTES · SERVES 4

One wok, one mixing bowl, one chopping board.

67 Sinangag — Filipino Garlic Rice & Egg



WOK

FILIPINO

— 4 PREP / 8 COOK —

SERVES 4

VEGETARIAN

12

MIN

A whole head of garlic in last night's rice, half fried to crisp gold and saved for the top.

INGREDIENTS

FOR THE RICE

- 700 g (4½ cups) cold cooked rice, leftover from last night
- 1 head garlic (~12 cloves), thinly sliced
- 4 tbsp (60 ml) sunflower or coconut oil
- ½ tsp fine sea salt
- ¼ tsp coarsely ground black pepper

TO SERVE

- 4 large eggs
- 2 large ripe tomatoes, cut into wedges
- ½ cucumber, sliced on the angle
- 4 spring onions, finely sliced
- 2 limes or calamansi, halved

WHY IT WORKS

Starting the garlic in cold oil draws out its sugars before the edges colour, so it turns nutty and crisp rather than scorched. Cold rice has lost enough surface moisture overnight to fry into separate toasted grains; warm rice from the pot steams and clumps.

SWAP

Day-old brown or red rice fries just as well; give it an extra minute to loosen.

ON THE SIDE

Flake in a tin of sardines or some smoked mackerel with the rice at step 3.

MAKE IT FASTER

Slice the garlic the night before and keep it submerged in oil in a jar.

LEFTOVERS

Cold garlic rice fries again happily. Store the crisp garlic in a dry jar or it goes soft.

430 kcal
CALORIES

11 g
PROTEIN

52 g
CARBS

20 g
FAT

3 g
FIBRE

WASHING UP One wok, one chopping board, one knife.

67 Sinangag — Filipino Garlic Rice & Egg



WOK

12 MIN — SERVES 4

VEGETARIAN

METHOD

1



Break the cold rice apart with your fingers until no lumps remain. Lay the tomatoes and cucumber out on the plates.

2



Put the garlic and 3 tbsp of the oil in a cold wok, then set it over a medium heat. Fry, stirring, 3 to 4 minutes until the slices are pale gold and the bubbling slows. Lift half onto kitchen paper at once, since they keep darkening off the heat.

3



Turn the heat to high. Add the rice, salt and pepper to the garlic and oil left in the wok, press flat and leave 45 seconds, then toss. Repeat for 3 minutes, until the grains separate, smell toasted and carry crisp brown patches.

4



Divide the rice between the plates and wipe out the wok. Add the last tablespoon of oil and crack in the eggs. Fry 2 minutes, spooning hot oil over the whites, until the edges are lacy and the yolks still run.

5



Sit an egg on each mound, scatter over the reserved crisp garlic and spring onions, and serve with lime to squeeze.

FOR THE TODDLER

This wants almost nothing done. Lift a small handful of the rice out at the start of step 3, before the salt and pepper go in, and fry it in a little of the garlic oil on its own. Chop their egg through it rather than leaving the yolk to run. Cut the tomato into lengthways quarters and the cucumber into soft finger-length strips, and keep the crisp garlic off their plate.

68 Ten-Minute Bircher Muesli

10
MIN

🔪 NO COOK

SWISS — 10 PREP / 0 COOK — SERVES 4

VEGETARIAN

The overnight soak is only a hydration problem, and warm milk with a grated apple solves it while you chop the nuts.

INGREDIENTS

FOR THE BASE

- 200 g (2 cups) rolled porridge oats, not jumbo
- 400 ml (1⅔ cups) whole milk
- 200 g (¾ cup) thick natural yoghurt
- 2 crisp eating apples, unpeeled
- 1 lemon, juice only
- 2 tbsp (30 ml) runny honey
- ½ tsp ground cinnamon
- Pinch of fine sea salt

TO FINISH

- 60 g (½ cup) hazelnuts or almonds, roughly chopped
- 200 g (1½ cups) raspberries or blueberries

WHY IT WORKS

Oats take up liquid far faster when it is warm, so milk at body temperature does in six minutes what a night in the fridge does slowly. Grating the apple on the coarse side of the box grater releases its juice straight into the bowl, which softens the flakes further and takes the raw edge off them.

SWAP

Warmed cloudy apple juice in place of milk makes a sharper dairy-free version; use coconut yoghurt with it.

ON THE SIDE

A grated pear, a spoonful of ground almonds or a handful of raisins, stirred in at step 4.

MAKE IT FASTER

Pulse jumbo oats three or four times in a blender. Smaller flakes hydrate in half the time.

LEFTOVERS

Keeps three days chilled and genuinely improves. Hold the nuts back until serving so they stay crisp.

430 kcal
CALORIES

17 g
PROTEIN

59 g
CARBS

14 g
FAT

8 g
FIBRE

WASHING UP One large bowl, one box grater, one jug.

68 Ten-Minute Bircher Muesli

 NO COOK

10 MIN — SERVES 4

VEGETARIAN

METHOD

1  Warm the milk until it feels blood-warm on the inside of your wrist: 60 seconds in a jug in the microwave, or a little just-boiled water topped up with cold milk. Never hot.

2  Tip the oats, cinnamon and salt into a large bowl, pour on the warm milk and stir once. Leave it to sit while you do the next step.

3  Grate both apples, skin and all, on the coarse side of a box grater straight into the bowl, turning the core as you go. Squeeze over the lemon and stir it through so the apple stays pale.

4  Stir in the yoghurt and honey. The mixture should slump off the spoon rather than hold its shape; loosen with a splash more milk if it does. The oats have had six minutes by now and should be soft with the barest bite at the centre.

5  Spoon into four bowls and scatter with the nuts and berries.

FOR THE TODDLER

Stir the yoghurt in first at step 4 and take their portion out before the honey follows, since honey is not for a baby under one. The grated apple sweetens it plenty, or mash in a little ripe banana. Pulse their oats fine and give them extra minutes in the milk to soften. Grind the nuts to a powder or leave them off, chop any raisins small, and squash the berries.

69 Danish Rye with Smoked Mackerel & Cucumber

10
MIN

🔪 NO COOK

DANISH — 10 PREP / 0 COOK — SERVES 4

Hot-smoked mackerel broken over dark rye, a sharp horseradish cream underneath it, cold cucumber and dill piled on top.

INGREDIENTS

FOR THE BASE

- 8 slices dense dark rye bread (rugbrød), about 90 g (3 oz) per person
- 4 hot-smoked mackerel fillets, about 110 g (4 oz) each
- 150 g (⅔ cup) crème fraîche or thick soured cream
- 2 tbsp (30 g) hot horseradish sauce, or 1 tbsp (15 g) Dijon mustard
- 1 lemon, zest and juice

FOR THE TOP

- 1 cucumber
- 8 radishes, sliced into thin coins
- 20 g (¾ cup, loosely packed) dill, fronds picked
- ½ tsp flaky sea salt
- Coarsely ground black pepper

WHY IT WORKS

Hot-smoked mackerel arrives cooked and already salted, so the only real work is lifting it off the skin in wide flakes rather than mashing it into paste. Beating horseradish into crème fraîche gives the bread a layer that is cold and sharp against oily fish, and it seals the rye so cucumber juice cannot soak in before the plate reaches the table.

SWAP

Hot-smoked trout, or a peppered mackerel fillet if you want the heat doubled. Cold-smoked salmon works, though it wants the mustard rather than the horseradish.

ON THE SIDE

A soft-boiled egg halved onto each plate, or pickled red onion for something sharper.

MAKE IT FASTER

Cut the cucumber into coins and skip the salting; the cream layer holds the water off the bread on its own.

LEFTOVERS

Assembled, it softens within the hour. The flaked mackerel and the cream keep 2 days covered in the fridge and make a good sandwich.

560 kcal
CALORIES

30 g
PROTEIN

41 g
CARBS

31 g
FAT

8 g
FIBRE

WASHING UP One chopping board, one peeler, one small bowl, four plates.

69 Danish Rye with Smoked Mackerel & Cucumber

🌿 NO COOK

10 MIN — SERVES 4

METHOD

-  Run a peeler down the length of the cucumber to make long ribbons, stopping when you reach the seedy core. Pile them on the board, toss with the flaky salt and leave for 5 minutes.
-  Stir the crème fraîche with the horseradish, the lemon zest and half the juice until it stiffens a little. Taste it: it wants to be sharp enough to make you blink, because the fish will blunt it.
-  Pull the skin off the mackerel and lift the flesh away in wide flakes, running a thumb along each one to find the line of fine pin bones. Leave the flakes whole.
-  Squeeze the cucumber ribbons gently over the sink — a surprising amount of water comes out and they should feel limp and glassy — then toss them with the rest of the lemon juice.
-  Spread the rye with the horseradish cream, two slices per plate. Lay the mackerel on in its flakes, drape the cucumber over, tuck the sliced radishes in among it, and finish with dill and a hard grind of black pepper.

FOR THE TODDLER

Smoked mackerel is salted through, so give them one small flake at most, buried in plenty of plain crème fraîche with none of the horseradish stirred in, or poach a piece of fresh white fish and use that instead. Take their cucumber ribbons before the salt at step 1. Cut the rye crusts off and slice it into soft fingers, cut the radish into strips rather than coins, and check every flake for pin bones.

70 Orange, Date & Almond Yoghurt Bowl

8
MIN

🍴 NO COOK

MOROCCAN

— 8 PREP / 0 COOK —

SERVES 4

VEGETARIAN

Oranges cut into rounds on the board so every drop of juice ends up on the yoghurt, with dates and almonds for chew.

INGREDIENTS

FOR THE BOWLS

- 600 g (2½ cups) thick Greek or strained natural yoghurt
- 4 large oranges
- 8 Medjool dates, stoned and torn into strips
- 60 g (½ cup) almonds, roughly chopped

TO FINISH

- 1 tbsp (15 ml) runny honey
- ½ tsp ground cinnamon
- ½ tsp orange blossom water
- 12 mint leaves, torn
- Pinch of flaky sea salt

WHY IT WORKS

Cutting the peel and pith away with a knife and slicing the oranges across into rounds holds far more juice in the fruit than segmenting does, and whatever escapes onto the board goes over the top as a dressing. Cinnamon and orange blossom water both read as sweetness on their own, so one spoon of honey is enough for four bowls.

SWAP

Blood oranges in late winter, or ripe peaches in high summer, cut the same way. Pistachios in place of almonds.

ON THE SIDE

Stir a spoonful of rolled oats through the yoghurt at step 1; they soften while you slice the oranges.

MAKE IT FASTER

Chop the dates and almonds first and leave them on the board, then use the same board for the oranges.

LEFTOVERS

Fruit and yoghurt keep three days apart. Assembled, the juice thins the yoghurt overnight.

465 kcal
CALORIES

19 g
PROTEIN

65 g
CARBS

15 g
FAT

9 g
FIBRE

WASHING UP One chopping board, one knife, four bowls.

70 Orange, Date & Almond Yoghurt Bowl

🌿 NO COOK

8 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Stir the orange blossom water and half the cinnamon through the yoghurt. Divide it between four shallow bowls and spread it to the edges with the back of a spoon.
- 

Sit an orange on the board and cut the top and bottom flat. Cut down the sides, following the curve of the fruit, until no white pith is left, then slice it across into rounds about 1 cm (½ in) thick. Repeat with the rest and keep the juice on the board.
- 

Lay the rounds over the yoghurt in overlapping circles, then tip the juice from the board over them.
- 

Scatter with the dates, almonds and mint. Trickle over the honey, dust with the rest of the cinnamon and add the smallest pinch of salt, which sharpens the fruit.
- 

Serve straight away, while the yoghurt is still cold against the room-temperature oranges.

FOR THE TODDLER

Spread their yoghurt at step 1 and set it aside before the honey, salt and last of the cinnamon go over at step 4. Honey is not for a baby under one, and the juice from the board sweetens it plenty, or stir through a little mashed ripe banana. Chopped almonds are a choking risk under five, so grind them fine or leave them off. Chop the dates small and cut the orange rounds into small pieces.

Something *Afterwards*

Small, sharp and mostly fruit. Nothing over twenty minutes, nothing over 320 calories, and not a cake among them.

15

RECIPES

13

CUISINES

8

FASTEST, MIN

15

VEGETARIAN

IF YOU ONLY COOK THREE

81

Chocolate Avocado Mousse

Four ingredients, ten minutes, and nobody guesses what makes it that texture.

75

Pan-Roasted Figs with Honey & Walnuts

Figs, honey and walnuts in a hot pan for four minutes. The oldest pudding in the book.

71

Cinnamon Peaches with Yoghurt & Pistachio

Peaches in the basket while you clear the plates, yoghurt and pistachio on top.

CINNAMON PEACHES WITH YOGHURT & PISTACHIO · BANANAS WITH DARK CHOCOLATE & TAHINI · SPICED APPLE & OAT CRUMBLE CUPS · CHARRED PINEAPPLE WITH CHILLI, LIME & COCONUT · PAN-ROASTED FIGS WITH HONEY & WALNUTS · MANGO & COCONUT STICKY OATS · FIFTEEN-MINUTE CARDAMOM KHEER · APRICOTS POACHED IN CINNAMON & ORANGE · GINGER MILK CURD · ROSEWATER, PISTACHIO & POMEGRANATE YOGHURT · CHOCOLATE AVOCADO MOUSSE · ESPRESSO & RICOTTA CREAM WITH COCOA · DATE, ALMOND & CACAO TRUFFLES · MANGO & COCONUT CREAM BOWL · BERRY & SKYR WHIP WITH WALNUT RUBBLE

 4 AIR FRYER

 5 ONE PAN

 6 NO COOK

71 Cinnamon Peaches with Yoghurt & Pistachio

12
MIN



AIR FRYER

TURKISH

— 4 PREP / 8 COOK —

SERVES 4

VEGETARIAN

Halved peaches go into the basket cut side up, come out collapsing at the edges but still holding in the middle, and land on cold yoghurt.

INGREDIENTS

- 6 ripe but firm peaches or nectarines, halved and stoned
- 1 tbsp (15 ml) runny honey
- 1 tsp ground cinnamon
- ½ tsp vanilla paste, or 1 tsp orange blossom water
- 1 tbsp (15 ml) lemon juice
- Pinch of fine sea salt
- 400 g (1½ cups) thick Turkish or Greek yoghurt, fridge cold
- 60 g (½ cup) shelled pistachios, roughly chopped
- Zest of ½ lemon, to finish

WHY IT WORKS

Peaches carry enough of their own sugar that the cut face caramelises on dry heat alone, so the honey here is seasoning rather than sweetening. Cooking them cut side up keeps the juice pooled in the stone hollow instead of running off into the basket, and that syrup is what you spoon over at the end.

SWAP

Apricots, plums or firm figs take the same treatment; drop apricots to 6 minutes, as they give way sooner.

ON THE SIDE

Strong black coffee, or something chilled and sweet poured very short.

MAKE IT FASTER

Skip the honey brush and dust the cut faces with cinnamon alone. You lose the glaze but save the bowl.

LEFTOVERS

Keeps 3 days chilled and is better cold than reheated. Fold the peaches through porridge at breakfast.

285 kcal
CALORIES

10 g
PROTEIN

33 g
CARBS

12 g
FAT

5 g
FIBRE

WASHING UP Air fryer basket, one small bowl, one pastry brush, one chopping board.

71 Cinnamon Peaches with Yoghurt & Pistachio

 AIR FRYER

12 MIN — SERVES 4

VEGETARIAN

METHOD

-  Heat the air fryer to 190°C (375°F). Stir the honey, cinnamon, vanilla, lemon juice and salt together in a small bowl.
-  Brush the cut faces of the peaches with the honey mixture — a thin film, not a puddle — and sit them cut side up in the basket in a single layer.
-  Air fry for 8 minutes. They are ready when the cut faces are burnished, the skins have wrinkled back from the edges, and a knife tip slides in with no resistance.
-  While they cook, chop the pistachios on a board and grate the lemon zest straight over them, so the oils catch in the nuts.
-  Spoon the cold yoghurt into four shallow bowls, sit three peach halves on each, and pour over every drop of syrup left in the basket. Scatter with the zested pistachios.

FOR THE TODDLER

Brush two halves with cinnamon alone at step 2 and leave the honey off, since honey is not for a baby under one year old and a ripe peach is sweet enough without it. Let theirs stand a few minutes out of the basket, as the middle stays hot longest. Slip off the skins and chop the fruit small. Chopped pistachios are a choking risk under five, so grind them to a powder or leave them off.

72 Bananas with Dark Chocolate & Tahini

10
MIN



AIR FRYER

MODERN LEVANTINE

— 4 PREP / 6 COOK —

SERVES 4

VEGETARIAN

Split bananas with chocolate pushed into the seam, six minutes in the basket, and loose tahini poured over the top.

INGREDIENTS

FOR THE BASKET

- 4 ripe but firm bananas, skin on
- 40 g (1½ oz) dark chocolate, 70% or above, in small shards
- ½ tsp ground cinnamon
- Pinch of flaky sea salt

FOR THE TAHINI SAUCE

- 2 tbsp (30 g) light tahini, well stirred
- 1 tbsp (15 ml) runny honey or date syrup
- 1 tbsp (15 ml) lemon juice
- 2–3 tbsp (30–45 ml) warm water

TO FINISH

- 1 tbsp sesame seeds
- Flaky sea salt

WHY IT WORKS

Slitting the banana lengthways and leaving the skin on turns the fruit into its own cooking vessel: the peel steams it soft while the exposed top dries and darkens. Tahini is bitter enough to cut across that sweetness, and loosening it with warm water rather than cream keeps it pourable on hot fruit.

SWAP

Plantain, cut into 2 cm (¾ in) rounds and turned in oil, takes 10 minutes and comes out firmer and less sweet.

ON THE SIDE

Mint tea, or a small cup of cardamom coffee.

MAKE IT FASTER

Drop the sauce and finish with thick yoghurt and a squeeze of lemon. Two minutes saved, one mug fewer.

LEFTOVERS

Best within the hour, while the chocolate is soft. Mash survivors cold into porridge the next morning.

255 kcal
CALORIES

5 g
PROTEIN

37 g
CARBS

9 g
FAT

5 g
FIBRE

WASHING UP Air fryer basket, one mug, one chopping board.

72 Bananas with Dark Chocolate & Tahini



AIR FRYER

10 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Heat the air fryer to 190°C (375°F). Cut a deep slit along each banana, stopping short of both ends and of the skin beneath, then press the sides apart.
- 

Push the chocolate into the channel, dust with cinnamon and a pinch of salt, and sit the bananas in the basket skin side down in one layer.
- 

Air fry for 6 minutes. They are ready when the skins have gone black and split, the chocolate has slumped into a glossy seam, and the flesh at the edge is bubbling.
- 

Meanwhile, whisk the tahini, honey and lemon juice in a mug, then beat in the warm water a spoonful at a time until it ribbons off the spoon. It seizes and goes pale first; keep going.
- 

Lift the bananas onto four plates, still in their skins, pour the tahini over the hot chocolate and scatter with sesame and salt. Eat with a teaspoon from the skin.

FOR THE TODDLER

Cook one banana with no chocolate in the slit, then let it stand a few minutes, as the fruit holds its heat. The tahini sauce carries honey, which is not for a baby under one year old; loosen a spoonful of plain tahini with yoghurt or milk instead, since thick tahini is hard work in a small mouth and a roasted banana is sweet enough. Scoop the flesh out and cut it into short pieces.



AIR FRYER · 10 MINUTES · SERVES 4

Air fryer basket, one mug, one chopping board.

73 Spiced Apple & Oat Crumble Cups

18
MIN



AIR FRYER

BRITISH

— 6 PREP / 12 COOK —

SERVES 4

VEGETARIAN

Everything you want from a crumble — hot fruit, rubble on top — in four ramekins and a fraction of the oven time.

INGREDIENTS

FOR THE FRUIT

- 4 eating apples (500 g / 1 lb 2 oz prepared), cored and cut into 1.5 cm (½ in) dice
- 4 soft dates, stoned and finely chopped
- 1 tsp ground mixed spice, or ¾ tsp cinnamon plus nutmeg
- Zest and juice of ½ lemon

FOR THE CRUMBLE

- 70 g (¾ cup) rolled porridge oats
- 30 g (¼ cup) flaked almonds
- 20 g (1½ tbsp) cold unsalted butter, in small dice
- 1 tbsp (15 ml) maple syrup
- Pinch of fine sea salt

TO SERVE

- 150 g (⅔ cup) thick Greek yoghurt or ricotta, cold

WHY IT WORKS

Dates chopped through the apple do the sweetening, and as they collapse they thicken the juice — the job flour usually does.

Rubbing cold butter into oats rather than flour gives a topping that crisps in twelve minutes instead of forty, with no raw starch to cook through.

SWAP

Pears, or half apple and half blackberries. Frozen berries go in unthawed; add 2 minutes.

ON THE SIDE

Strong tea, and a jug of cold milk to pour into the hot crumble.

MAKE IT FASTER

Use one shallow dish that fits the basket, not four ramekins.

LEFTOVERS

Keeps 3 days chilled. Reheat 4 minutes at 180°C (350°F); a microwave turns the topping soft.

310 kcal
CALORIES

7 g
PROTEIN

49 g
CARBS

11 g
FAT

7 g
FIBRE

WASHING UP Air fryer basket, one mixing bowl, four ramekins, one chopping board.

73 Spiced Apple & Oat Crumble Cups

 AIR FRYER

18 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Heat the air fryer to 180°C (350°F). Toss the apple, dates, spice, lemon zest and juice in a bowl, then divide between four ramekins and press level.
- 

Tip the oats, almonds and salt into the same bowl. Rub the butter through with your fingertips for a minute, until the oats clump into loose pebbles, then stir in the maple syrup.
- 

Spoon the crumble over the fruit, right to the edges. Leave it loose — the gaps are what let the steam out.
- 

Sit the ramekins in the basket and air fry for 12 minutes. They are done when the topping is deep gold, the fruit bubbles up the sides, and a knife slides through the apple.
- 

Serve from the ramekins with a spoonful of cold yoghurt collapsing into the top. They hold their heat, so wait a moment before the first mouthful.

FOR THE TODDLER

Spoon a little of the apple and date mixture into a fifth small ramekin at step 1 and top it with oats rubbed with butter but no flaked almonds, which are a choking risk under five. It cooks on the same timer. Ramekins hold their heat for a long while, so stand theirs on a cold plate for five minutes and stir it through before serving. A couple of spoonfuls is a portion.

74 Charred Pineapple with Chilli, Lime & Coconut

12
MIN

 AIR FRYER

MEXICAN — 5 PREP / 7 COOK — SERVES 4

VEGETARIAN

Pineapple spears blackened at the edges, dusted with chilli and salt, and squeezed over with lime the moment they land.

INGREDIENTS

- 1 large ripe pineapple (about 900 g / 2 lb prepared flesh), peeled, cored and cut into 16 spears
- 1 tbsp (15 ml) runny honey or maple syrup
- 1 tsp mild chilli powder, ancho for preference
- ¼ tsp chipotle or cayenne powder
- ½ tsp flaky sea salt
- 2 limes — zest of 1, both then cut into wedges
- 30 g (½ cup) unsweetened coconut flakes
- 200 g (¾ cup) thick Greek or coconut yoghurt
- Small handful of coriander or mint leaves

WHY IT WORKS

Pineapple is acidic and very wet, so it needs high heat and thick pieces: cut spears rather than rings and the outside chars before the inside turns to mush. Salt and chilli on hot fruit is the logic of a street-cart mango — the salt pulls the sweetness forward, and the chilli gives it somewhere to go.

SWAP

Mango cheeks, watermelon batons or thick wedges of firm peach. Watermelon needs 4 minutes and no honey at all.

ON THE SIDE

A jug of iced hibiscus tea, or coffee with a strip of orange peel dropped in.

MAKE IT FASTER

Buy a prepared pineapple and cut the rings into spears. Two minutes of prep instead of five.

LEFTOVERS

Keeps 2 days chilled. Chop it cold into a salsa with red onion, coriander and more lime, and eat it with grilled fish.

225 kcal
CALORIES

4 g
PROTEIN

37 g
CARBS

8 g
FAT

4 g
FIBRE

WASHING UP Air fryer basket, one bowl, one saucer, one chopping board.

74 Charred Pineapple with Chilli, Lime & Coconut

 AIR FRYER

12 MIN — SERVES 4

VEGETARIAN

METHOD

- 

Heat the air fryer to 200°C (400°F). Mix the chilli powder, chipotle, salt and lime zest on a saucer.
- 

Turn the spears with the honey in a bowl and lay them in the basket in one layer, splitting the batch if they overlap. Crowded spears steam and stay pale.
- 

Air fry for 7 minutes, turning them once at 4 minutes. They are ready when the edges are properly black in places and the surface has gone glassy and wet-looking.
- 

Add the coconut flakes to the basket for the last 90 seconds only, shaking once. They go white to gold to burnt in seconds, so stay near.
- 

Pile the pineapple onto a platter, dust heavily with the chilli salt and squeeze over a lime wedge. Serve with the yoghurt, coconut, coriander or mint leaves and remaining limes.

FOR THE TODDLER

Set two spears aside before the honey goes on at step 2, since honey is not for a baby under one year old and pineapple is sweet enough as it is. Cook them dry alongside and keep the chilli salt and the coconut flakes off their plate. Let the fruit cool for a few minutes, then cut it into short pieces across the grain and serve it with plain yoghurt.

75 Pan-Roasted Figs with Honey & Walnuts

10
MIN



ONE PAN

GREEK

— 4 PREP / 6 COOK —

SERVES 4

VEGETARIAN

Figs cut side down in a hot dry pan for two minutes, then honey stirred in with the heat off, so nothing has a chance to catch.

INGREDIENTS

- 12 ripe figs, halved through the stalk
- 2 tsp (10 ml) olive oil
- 40 g (⅓ cup) walnut halves
- 2 tbsp (30 ml) runny honey, thyme honey for preference
- 1 tsp thyme leaves, plus a few sprigs
- Zest of ½ orange
- Pinch of flaky sea salt and plenty of black pepper
- 200 g (scant 1 cup) ricotta or thick Greek yoghurt, at room temperature

WHY IT WORKS

A fig has little free water at the cut face, so it takes colour fast in a dry pan without weeping — but only if you leave it alone for the full two minutes. Adding the honey off the heat lets it melt into the pan juices rather than burn, and the residual warmth is enough to loosen it into a syrup.

SWAP

Halved plums or apricots instead of figs; give them 3 minutes cut side down, as they hold far more water.

ON THE SIDE

A wedge of hard sheep's cheese, and something cold and resinous in a glass.

MAKE IT FASTER

Use ready-toasted walnuts or pistachios and go straight in with the figs at step 2.

LEFTOVERS

Keeps 2 days chilled, though the figs soften. Spoon them and their syrup over yoghurt at breakfast.

305 kcal
CALORIES

8 g
PROTEIN

37 g
CARBS

15 g
FAT

5 g
FIBRE

WASHING UP One frying pan, one chopping board, four plates.

75 Pan-Roasted Figs with Honey & Walnuts



ONE PAN

10 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Toast the walnuts in a large dry frying pan over a medium heat for 2 minutes, shaking, until they smell nutty. Tip them onto a board and crush them under the flat of a knife.

2



Return the pan to a high heat, add the oil, and sit the figs in cut side down. Leave them alone for 2 minutes; do not shuffle the pan.

3



They are ready to move when the cut faces are deep amber and lift cleanly away from the metal. If they cling, give them another 30 seconds.

4



Take the pan off the heat and add the honey, thyme leaves, orange zest, salt and pepper. Tilt the pan so the melting honey runs under the figs, but leave them cut side down.

5



Spread the ricotta over four plates, lift the figs on cut side up, spoon the pan syrup over, and finish with the walnuts and thyme sprigs.

FOR THE TODDLER

Lift two fig halves out of the pan at the end of step 3, before the honey, salt and pepper go in at step 4. Honey is not for a baby under one year old, and a ripe fig needs nothing added. Crushed walnuts are a choking risk under five, so grind them to a powder over their ricotta or leave them off. Cut the figs lengthways into quarters and then into small pieces.



ONE PAN · 10 MINUTES · SERVES 4

One frying pan, one chopping board, four plates.

76 Mango & Coconut Sticky Oats

15
MIN



ONE PAN

THAI

— 5 PREP / 10 COOK —

SERVES 4

VEGETARIAN

Mango sticky rice, rebuilt with oats so it comes together in ten minutes rather than an hour of soaking and steaming.

INGREDIENTS

FOR THE OATS

- 120 g (1½ cups) rolled porridge oats
- 300 ml (1¼ cups) water
- 160 ml (⅔ cup) full-fat coconut milk, stirred smooth
- 1 tbsp (15 ml) maple syrup
- ¼ tsp fine sea salt

TO FINISH

- 2 large ripe mangoes (about 400 g / 14 oz flesh)
- 15 g (½ cup) unsweetened coconut flakes
- 1 tbsp sesame seeds
- Zest of 1 lime, plus wedges to serve

WHY IT WORKS

Coconut milk added at the start would split and go grainy over a long simmer, so the oats cook in salted water first and the coconut goes in off the heat, where it stays glossy. Holding back a third of it to pour over cold at the table gives you the two-temperature contrast that makes the original dish work.

SWAP

Ripe papaya, or roasted peach slices when mangoes are hard. Frozen mango works, thawed in lime juice.

ON THE SIDE

Jasmine tea, or cucumber slices with salt and lime.

MAKE IT FASTER

Quick-cook oats drop the simmer to 3 minutes. The texture is looser but the timing halves.

LEFTOVERS

Keeps 3 days chilled and sets firm. Eat it cold, or loosen with milk over a low heat.

310 kcal
CALORIES

7 g
PROTEIN

40 g
CARBS

14 g
FAT

5 g
FIBRE

WASHING UP One saucepan, one chopping board, one plate, four bowls.

76 Mango & Coconut Sticky Oats

🍲 ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

-  1 Toast the coconut flakes and sesame seeds in a dry saucepan over a medium heat for 2 minutes, shaking constantly, until the coconut is patchy gold. Tip them onto a plate; left in the hot pan they burn.
-  2 Put the oats, water and salt in the same pan, bring to a simmer and cook for 6 minutes, stirring often, until the oats have swollen and a spoon leaves a clear trail across the base.
-  3 Off the heat, stir in two thirds of the coconut milk and all the maple syrup and leave to stand for 2 minutes. It thickens as it sits, so loosen with water if it goes claggy.
-  4 Slice the cheeks off both mangoes, peel them and cut the flesh into thin fans.
-  5 Spoon the oats into four bowls, lay the mango across one half, pour the remaining cold coconut milk down the middle, and scatter with the toasted coconut, sesame and lime zest. Serve with lime wedges.

FOR THE TODDLER

This one needs very little. Take a spoonful of oats out at the end of step 2, before the maple syrup goes in at step 3, and loosen it with a little of the coconut milk, since the mango does the sweetening. Keep the toasted coconut flakes off their bowl, as dry flakes are awkward to chew, and cut the mango into short strips rather than fans.

77 Fifteen-Minute Cardamom Kheer

18
MIN



ONE PAN

INDIAN

— 3 PREP / 15 COOK —

SERVES 4

VEGETARIAN

A pouch of cooked rice, pulsed short and simmered in milk, gets you to kheer in fifteen minutes on the hob instead of an hour of stirring.

INGREDIENTS

- 250 g (9 oz) pouch cooked basmati rice, or the same weight of cold leftover rice
- 700 ml (3 cups) whole milk
- 4 soft dates, stoned and finely chopped
- Seeds of 8 green cardamom pods, crushed to a powder
- Good pinch of saffron threads
- ¼ tsp fine sea salt
- 20 g (2½ tbsp) pistachios, slivered
- 10 g (1½ tbsp) flaked almonds
- ½ tsp rose water (optional)

WHY IT WORKS

Kheer takes its time because raw grains must soften and then release starch into cold milk. Breaking up already-cooked rice makes that starch available from the first minute, and dates blended through the milk both sweeten it and thicken it, doing the work that long evaporation would otherwise do.

SWAP

Broken vermicelli in place of the rice makes seviyan, and needs only 8 minutes. Oat milk works, though the set is softer.

ON THE SIDE

Very little — a small cup of masala chai, or orange segments to cut across the richness.

MAKE IT FASTER

Skip the saffron and stir a pinch of turmeric in with the cardamom for colour alone.

LEFTOVERS

Keeps 3 days chilled and firms to a spoonable set. Loosen with cold milk before serving.

305 kcal
CALORIES

10 g
PROTEIN

45 g
CARBS

11 g
FAT

3 g
FIBRE

WASHING UP One wide saucepan, one chopping board, four small bowls, and the processor bowl if you use it.

77 Fifteen-Minute Cardamom Kheer



ONE PAN

18 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Pulse the rice four or five times in a food processor, or squeeze it hard in your fist, until the grains are broken but nowhere near a paste.
- 

Warm 3 tbsp of the milk in a wide saucepan, crumble in the saffron and take it off the heat for a minute to bloom to deep orange.
- 

Add the remaining milk, the rice, dates, cardamom and salt. Bring to a bare simmer and cook for 14 minutes, stirring every couple of minutes and scraping the base. It is ready when it drops thickly from the spoon and coats it — stop while it still looks loose, as it sets further off the heat.
- 

Stir in the rose water, if using, along with half the nuts.
- 

Divide between four small bowls and scatter with the rest of the nuts. Eat warm, or make it earlier and serve it cold and set.

FOR THE TODDLER

Kheer suits them well: it is milk, rice and dates, with no added sugar at all. Take a small bowlful out at the end of step 3, before the rose water and the nuts go in, and let it cool to barely warm. Slivered pistachios and flaked almonds are a choking risk under five, so grind a few to a powder and dust them over, or leave them off. Two spoonfuls is a portion.



ONE PAN · 18 MINUTES ·
SERVES 4

One wide saucepan, one chopping board, four small bowls, and the processor bowl if you use it.

78 Apricots Poached in Cinnamon & Orange

15
MIN



ONE PAN

TURKISH

— 5 PREP / 10 COOK —

SERVES 4

VEGETARIAN

Apricot halves sit in barely moving orange juice with a cinnamon stick until they slump, and the juice reduces into syrup.

INGREDIENTS

- 12 ripe apricots (about 700 g / 1 lb 9 oz), halved and stoned
- 300 ml (1¼ cups) fresh orange juice
- Pared zest of 1 orange, in wide strips
- 1 cinnamon stick
- 4 green cardamom pods, cracked
- 1 tbsp (15 ml) runny honey
- 1 tbsp (15 ml) lemon juice
- Pinch of fine sea salt
- 300 g (1¼ cups) thick Greek or strained yoghurt
- 40 g (⅓ cup) pistachios, roughly chopped

WHY IT WORKS

Apricots keep their shape only if the liquid never rises above a shiver; at a rolling boil you have purée in four minutes. Poaching them in orange juice rather than sugar syrup keeps the flesh bright, and reducing that juice concentrates the fruit's own sweetness, so one spoon of honey is all it needs.

SWAP

Out of season, use 240 g soft dried apricots, 100 ml more juice and no honey; they need 12 minutes.

ON THE SIDE

Turkish coffee, or walnuts and a wedge of white cheese.

MAKE IT FASTER

Use good bottled orange juice and skip the pared zest. You lose the oil in the peel but save the peeler.

LEFTOVERS

Keeps 4 days chilled and improves overnight as the syrup soaks in. Eat cold with yoghurt or over porridge.

265 kcal
CALORIES

9 g
PROTEIN

38 g
CARBS

9 g
FAT

5 g
FIBRE

WASHING UP One sauté pan, one bowl, one chopping board, four serving bowls.

78 Apricots Poached in Cinnamon & Orange



ONE PAN

15 MIN

— SERVES 4

VEGETARIAN

METHOD

- 

Put the orange juice, zest, cinnamon, cardamom, honey and salt in a wide sauté pan and bring to a simmer.
- 

Lower in the apricots cut side down in one layer and drop the heat until the surface barely trembles. Poach uncovered for 6 minutes.
- 

Turn each half with a spoon and give them 2 minutes more. They are ready when the skins have slipped loose at the edges and a knife tip meets no resistance, but the halves still sit up.
- 

Lift the fruit into a bowl with a slotted spoon. Raise the heat and boil the liquid hard for 2 minutes, until halved and coating the back of a spoon, then stir in the lemon juice and pour it over the fruit.
- 

Spoon the yoghurt into four bowls, add three apricot halves each with plenty of syrup, and scatter with pistachios. Serve warm or at room temperature.

FOR THE TODDLER

Honey is not for a baby under one year old, and here it goes into the pan at step 1, so leave it out altogether — the orange juice reduces to plenty of sweetness on its own. Lift two halves out before the syrup boils down, let them cool, slip the loosened skins off and cut each half lengthways into quarters. Chopped pistachios are a choking risk under five, so grind them fine or leave them off.

79 Ginger Milk Curd

10
MIN

🍲 ONE PAN

CHINESE (CANTONESE) — 4 PREP / 6 COOK — SERVES 4

VEGETARIAN

Hot milk poured onto raw ginger juice sets by itself into a soft custard, with no eggs and no gelatine.

INGREDIENTS

- 150 g (5½ oz) mature ginger, scrubbed but not peeled
- 800 ml (3⅓ cups) whole milk
- 2 tbsp (30 ml) runny honey
- pinch of fine sea salt
- 40 g (⅓ cup) toasted flaked almonds

WHY IT WORKS

Fresh ginger carries a protease called zingibain that behaves like rennet, clipping the milk proteins so they knit into a set. It works only in a narrow window: the milk must be 70-75°C (160-165°F), hot but never simmering. Below that it will not set; past 80°C the enzyme is dead. The juice must be freshly squeezed, stirred up from the bottom of the bowl, and the milk poured onto it in one go, then left absolutely still.

SWAP

Jersey milk sets firmer; semi-skimmed gives a looser curd. Old knobbly root holds far more enzyme than young pink ginger, so buy the ugliest piece you can find.

ON THE SIDE

A pot of jasmine tea and a plate of orange segments.

MAKE IT FASTER

A garlic press or small hand juicer gets the juice out in seconds.

LEFTOVERS

Eat within the hour. Chilled overnight the curd weeps, and reheating breaks it for good.

224 kcal
CALORIES

9 g
PROTEIN

19 g
CARBS

12 g
FAT

1 g
FIBRE

WASHING UP One small saucepan, one grater, one sieve, four small bowls.

79 Ginger Milk Curd



ONE PAN

10 MIN



SERVES 4

VEGETARIAN

METHOD

-  Grate the ginger on the fine side of a box grater, then squeeze it hard in your fist over a sieve to get 80 ml (⅓ cup) of cloudy juice. Divide it between four small bowls, 20 ml each.
-  Warm the milk, honey and salt in a small pan over a medium heat until the honey dissolves. Take it to 70-75°C, when the surface steams and trembles but no bubble has broken. Without a thermometer, pull it off as fine bubbles fringe the edge and count to ten.
-  Stir the juice in each bowl once to lift the settled starch off the bottom. The curd will not set without it.
-  Hold the pan 20 cm (8 in) above the first bowl and pour in one steady stream, filling it in a single go. Repeat for the rest, then do not stir, tap or move them.
-  Leave 2-3 minutes. It is set when the back of a spoon rests on the surface without sinking. Scatter with the almonds and eat warm.

FOR THE TODDLER

Honey is not for a baby under one year old, so leave it out of the pan at step 2 and sweeten the adult bowls at the table — warm milk is sweet enough on its own. Set theirs in a small bowl with the ginger juice scaled down to match, and let it stand until barely warm. Keep the flaked almonds off, as they are a choking risk under five.



ONE PAN · 10 MINUTES · SERVES 4

One small saucepan, one grater, one sieve, four small bowls.

80 Rosewater, Pistachio & Pomegranate Yoghurt

10
MIN

🌿 NO COOK

IRANIAN — 10 PREP / 0 COOK — SERVES 4

VEGETARIAN

Cold strained yoghurt under a drift of pomegranate seeds and green pistachios, scented with just enough rosewater to notice.

INGREDIENTS

FOR THE YOGHURT

- 500 g (2 cups) thick Greek or strained natural yoghurt
- ½-1 tsp rosewater
- ¼ tsp ground cardamom, or the seeds of 4 pods, crushed
- finely grated zest of 1 lime

TO FINISH

- 1 large pomegranate (about 150 g / 5 oz seeds)
- 60 g (½ cup) shelled unsalted pistachios, roughly chopped
- 1 tbsp (15 ml) runny honey
- 12 mint leaves, torn
- pinch of flaky sea salt

WHY IT WORKS

Rosewater goes one way only: it never cooks off and cannot be taken back out, so it goes into cold yoghurt half a teaspoon at a time with a taste between additions. Pomegranate brings sweetness and acidity in the same seed, which is why one tablespoon of honey covers four bowls, and cardamom carries a faint bitterness that stops the whole thing turning perfumed.

SWAP

Skyr or drained kefir for a sharper bowl. Walnuts instead of pistachios, orange blossom water instead of rose.

ON THE SIDE

Small glasses of hot mint tea, and a plate of dried apricots or fresh dates.

MAKE IT FASTER

A tub of ready-seeded pomegranate turns this into a four-minute pudding and saves the wooden spoon.

LEFTOVERS

The scented yoghurt keeps 3 days chilled. Store the seeds and nuts separately: once they sit on yoghurt they bleed pink within the hour.

255 kcal
CALORIES

15 g
PROTEIN

20 g
CARBS

13 g
FAT

3 g
FIBRE

WASHING UP Two bowls, one chopping board, four serving bowls.

80 Rosewater, Pistachio & Pomegranate Yoghurt



NO COOK

10 MIN

— SERVES 4

VEGETARIAN

METHOD

1



Roll the pomegranate firmly under your palm on the board to loosen the seeds, then cut it in half around its equator.

2



Hold each half cut-side down over a bowl, fingers spread, and hit the skin all over with a wooden spoon. The seeds drop through in seconds. Pick out any pale pith.

3



Beat the yoghurt smooth in a second bowl with the cardamom, lime zest and half a teaspoon of rosewater. Taste, and add the rest only if it is not clearly there. It should read as a suggestion rather than a scent.

4



Spread the yoghurt over four shallow bowls, dragging the back of the spoon to leave a shallow well in each.

5



Pile the pomegranate into the wells, scatter over the pistachios and mint, trickle the honey across in a thin thread and finish with the salt, which sharpens the fruit.

FOR THE TODDLER

Set a spoonful of plain yoghurt aside at the start of step 3, before the rosewater goes in, and keep the honey and salt off it at step 5. Honey is not for a baby under one year old; a little mashed ripe banana or grated apple sweetens theirs instead. Crush a few pomegranate seeds under a fork, and grind the pistachios to a powder or leave them off, as chopped nuts are a choking risk under five.



NO COOK · 10 MINUTES · SERVES 4

Two bowls, one chopping board, four serving bowls.

81 Chocolate Avocado Mousse

10
MIN

🌿 NO COOK

MEXICAN — 10 PREP / 0 COOK — SERVES 4

VEGETARIAN

Ripe avocado blitzed with cacao and soaked dates into something dark and cold that hides what it is made of.

INGREDIENTS

- 6 Medjool dates (about 120 g / 4 oz), stoned
- 100 ml (scant ½ cup) just-boiled water
- 2 large ripe avocados (about 300 g / 10½ oz flesh)
- 40 g (½ cup) cacao or unsweetened cocoa powder
- 80 ml (⅓ cup) cold whole milk
- 1 tbsp (15 ml) maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon and ¼ tsp chipotle powder
- ¼ tsp fine sea salt
- 20 g (¾ oz) dark chocolate, 70% or above
- finely grated zest of 1 orange

WHY IT WORKS

Avocado fat already sits in a fine emulsion inside the fruit, so a blender turns it into a mousse with no cream, eggs or setting time — but only if the fruit is properly ripe, since underripe flesh stays grainy and reads green through the cocoa. Soaking the dates in just-boiled water lets them purée smooth instead of leaving chewy flecks, and that water goes back in as the liquid.

SWAP

Oat or almond milk for dairy. A ripe banana in place of two dates makes it softer and sweeter.

ON THE SIDE

Small cups of strong coffee, or orange segments with a pinch of chilli salt.

MAKE IT FASTER

Soak the dates before you clear the main course and this is four minutes of work.

LEFTOVERS

Keeps 2 days with film pressed onto the surface; air browns the top without harming the taste. Do not freeze.

280 kcal
CALORIES

5 g
PROTEIN

30 g
CARBS

15 g
FAT

11 g
FIBRE

WASHING UP One blender jug, one mug, one chopping board, four glasses.

81 Chocolate Avocado Mousse

🌱 NO COOK

10 MIN — SERVES 4

VEGETARIAN

METHOD

1



Tear the dates open, drop them into a mug and pour the just-boiled water over. Leave 5 minutes while you do everything else.

2



Halve and stone the avocados and scoop the flesh into a blender. Press the stem end first: it should give under your thumb; firmer than that needs another day.

3



Add the dates with all their soaking water, then the cacao, milk, maple, vanilla, cinnamon, chipotle and salt.

4



Blend for a full minute, stopping twice to push the mixture down the sides. It is ready when it climbs the blades in one glossy piece with no speckle left.

5



Spoon into four small glasses. Grate the chocolate over, add the orange zest and serve cold; it firms further given ten minutes in the fridge.

FOR THE TODDLER

Blend everything but the chipotle at step 4, spoon a couple of tablespoons into a small dish for them, then blitz the chipotle into what is left. There is no honey here and the dates do all the sweetening, so nothing needs changing. Keep the grated chocolate off the top and loosen theirs with a splash of milk if it is very thick. A couple of spoonfuls is a portion; it is rich.

82 Espresso & Ricotta Cream with Cocoa

8
MIN

🍴 NO COOK

ITALIAN

— 8 PREP / 0 COOK —

SERVES 4

VEGETARIAN

The coffee-and-cream half of a tiramisù, beaten out of a tub of ricotta, with no eggs and no mascarpone.

INGREDIENTS

- 350 g (1½ cups) whole-milk ricotta, drained
- 60 ml (¼ cup) espresso or very strong coffee, cold
- 1 tbsp (15 ml) runny honey
- 1 tsp vanilla extract
- finely grated zest of ½ orange
- pinch of fine sea salt
- 30 g (1 oz) dark chocolate, 70% or above
- 30 g (¼ cup) toasted hazelnuts
- 2 tsp cocoa powder, to dust

WHY IT WORKS

Ricotta leaves the tub grainy, but two or three minutes of hard beating breaks the curds down and it turns to something close to whipped cream, without a drop of double cream. The coffee has to be cold and must go in a spoonful at a time: warm or rushed, it thins the ricotta past the point of return, and no amount of beating brings the body back.

SWAP

Well-drained cottage cheese, beaten the same way, is sharper and higher in protein. Decaf works; so does instant at double strength.

ON THE SIDE

A small glass of cold milk, or ripe pears cut into wedges.

MAKE IT FASTER

Brew the coffee before you sit down to the main course and it is cold when you want it.

LEFTOVERS

Keeps 2 days chilled and firms as it sits. Dust the cocoa fresh each time; it goes patchy overnight.

260 kcal
CALORIES

12 g
PROTEIN

10 g
CARBS

19 g
FAT

2 g
FIBRE

WASHING UP One mixing bowl, one whisk, one chopping board, four glasses.

82 Espresso & Ricotta Cream with Cocoa

🌿 NO COOK

8 MIN — SERVES 4

VEGETARIAN

METHOD

- 

1 Make the coffee first and pour it into a wide cup so it cools fast. A thin layer is cold in five minutes; a full cup is not.
- 

2 Tip the ricotta into a bowl with the honey, vanilla, orange zest and salt and beat hard with a balloon whisk for 2-3 minutes. It goes from crumbly, to loose, to thick and smooth. Stop when it holds a soft ridge.
- 

3 Add the cold coffee a tablespoon at a time, whisking between each. Stop when it is the colour of milky tea and still slumps slowly rather than pours.
- 

4 Crush the hazelnuts under the flat of a knife and grate the chocolate coarsely.
- 

5 Spoon the cream into four glasses in two layers, with chocolate and hazelnuts between and on top. Dust with cocoa through a small sieve at the table, so it stays matt.

FOR THE TODDLER

Coffee is not for toddlers, so set a spoonful of plain ricotta aside before you start step 2 and beat it smooth on its own. Leave the honey out of theirs too — honey is not for a baby under one year old — and stir in a little mashed ripe banana or grated pear instead. Keep the cocoa, the grated chocolate and the crushed hazelnuts off, as chopped nuts are a choking risk under five.

83 Date, Almond & Cacao Truffles

15
MIN

🍴 NO COOK

LEVANTINE

— 15 PREP / 0 COOK —

SERVES 4

VEGETARIAN

Sixteen dark, chewy, cardamom-scented balls out of one food processor bowl, rolled in green pistachio dust.

INGREDIENTS

- 70 g (½ cup) whole almonds, skin on
- 180 g (6½ oz) soft Medjool dates, stoned (about 8)
- 20 g (3 tbsp) cacao or unsweetened cocoa powder
- 1 tbsp tahini, well stirred
- finely grated zest of 1 orange
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp fine sea salt
- 20 g (2½ tbsp) shelled unsalted pistachios, to roll

WHY IT WORKS

The almonds go in alone and get blitzed to rubble before the dates arrive, because once the dates are in they coat every nut in sticky paste and nothing grinds any further. Tahini is the binder that turns crumbs into dough: one tablespoon carries enough fat to hold the mixture without making it greasy. The test is to squeeze a pinch in your fist, and if it holds its shape it is ready to roll.

SWAP

Walnuts or hazelnuts for the almonds; desiccated coconut for the pistachio coating. Dry deglet nour dates need 5 minutes in hot water and a hard squeeze first.

ON THE SIDE

Cardamom coffee or mint tea, and a bowl of clementines.

MAKE IT FASTER

Skip the rolling. Press the mixture into a small tin and cut it into 16 squares with a wet knife.

LEFTOVERS

Keeps 2 weeks in a tub in the fridge and freezes for 3 months. Eat at room temperature; straight from the fridge they are hard work.

276 kcal
CALORIES

7 g
PROTEIN

34 g
CARBS

13 g
FAT

8 g
FIBRE

WASHING UP One food processor bowl, one plate, one grater.

METHOD

- 

1 Blitz the pistachios alone to coarse green crumbs and tip them onto a plate. No need to wash the bowl.
- 

2 Put the almonds in the same bowl and blitz for 20-30 seconds to a rubble between gravel and sand, with a few bigger pieces left for texture.
- 

3 Add the dates, cacao, tahini, orange zest, cinnamon, cardamom and salt. Run the machine for a full minute. It goes from dusty, to crumbly, to a single ball riding round on the blade, and that ball is the sign. If it stays dry, add water a teaspoon at a time.
- 

4 Squeeze a pinch in your fist. Once it holds, roll the mixture into 16 walnut-sized balls, pressing firmly so they do not crack.
- 

5 Roll each through the pistachio crumbs. Serve straight away, or chill 10 minutes to firm.

FOR THE TODDLER

A firm ball this size is exactly the wrong shape for a small mouth, so do not roll theirs. Blitz the almonds a few seconds longer at step 2 so no gravelly pieces are left, then take a walnut-sized piece at step 4 and press it flat into a thin finger they can hold. Skip the pistachio crumbs, as chopped nuts are a choking risk under five.

84 Mango & Coconut Cream Bowl

10
MIN

🍴 NO COOK

FILIPINO — 10 PREP / 0 COOK — SERVES 4

VEGETARIAN

Ripe mango cubed over coconut cream beaten from the top of a chilled tin, with toasted coconut and cashews.

INGREDIENTS

- 1 × 400 ml (14 fl oz) tin full-fat coconut milk, chilled overnight, not shaken
- 1 tbsp (15 ml) runny honey
- finely grated zest of 1 lime
- pinch of fine sea salt
- 2 large ripe mangoes (about 600 g / 1 lb 5 oz flesh)
- juice of 1 lime, or 4 calamansi
- 20 g (¼ cup) toasted coconut flakes
- 30 g (¼ cup) roasted unsalted cashews, chopped
- a few mint leaves

WHY IT WORKS

A tin of full-fat coconut milk left overnight in the fridge separates into firm white cream on top and thin water beneath, and beating only that solid layer gives something that holds a spoon shape with no cream, sugar or setting agent. The water is not waste: it goes over the mango with the lime, so the fruit sits in coconut rather than its own juice.

SWAP

No chilled tin: grate a 160 g block of creamed coconut and beat it with 5 tbsp warm water. Papaya or pineapple for the mango.

ON THE SIDE

Strong black coffee, or a small glass of calamansi juice over ice.

MAKE IT FASTER

Frozen mango chunks, half-thawed, need no knife and stay cold in the bowl.

LEFTOVERS

The cream keeps 3 days chilled and stiffens; loosen it with the reserved water. Cut mango weeps, so store the two apart.

275 kcal
CALORIES

4 g
PROTEIN

25 g
CARBS

17 g
FAT

4 g
FIBRE

WASHING UP One mixing bowl, one whisk, one chopping board, four bowls.

84 Mango & Coconut Cream Bowl

🌿 NO COOK

10 MIN

— SERVES 4

VEGETARIAN

METHOD

-  Open the chilled tin without tipping it and spoon the thick cream off the top into a bowl, about 120 g (8 tbsp), stopping when you reach the clear water beneath.
-  Add the honey, lime zest and salt and beat for a minute, until glossy and lifting in soft folds.
-  Cut down either side of the flat stone to take off the two cheeks, score the flesh in a lattice down to the skin, then push the skin inside out and cut the cubes free. A ripe mango gives at the stem end.
-  Divide the mango between four bowls and spoon over 2 tbsp of the reserved coconut water and the lime juice.
-  Spoon the cream on top, scatter with coconut flakes, cashews and mint and serve, the cold cream against room-temperature fruit.

FOR THE TODDLER

This one is nearly there as it is. Spoon a little of the coconut cream out at the start of step 2, before the honey and salt go in, since honey is not for a baby under one year old and ripe mango is sweet enough for both of you. Cut their mango into short strips rather than cubes, and keep the chopped cashews and coconut flakes off the bowl.

85 Berry & Skyr Whip with Walnut Rubble

🍴 NO COOK

ICELANDIC — 10 PREP / 0 COOK — SERVES 4

VEGETARIAN

10
MIN

Frozen berries crushed half-thawed through thick skyr, under a salted rubble of walnuts.

INGREDIENTS

- 400 g (14 oz) frozen mixed berries: blueberries, raspberries, blackcurrants
- 1 tbsp (15 ml) runny honey
- finely grated zest and juice of 1 lemon
- 500 g (2 cups) plain skyr, fridge-cold
- 1 tsp vanilla extract
- 80 g (¾ cup) walnut halves
- ¼ tsp ground cinnamon
- good pinch of flaky sea salt

WHY IT WORKS

Skyr is strained so hard it behaves more like a young cheese than a yoghurt, and needs loosening: beaten with lemon juice and a spoon of berry syrup it turns spoonable and glossy while keeping its body. Berries crushed while still half-frozen give up juice but hold their shape; fully thawed they collapse to purée and the bowl loses its contrast.

SWAP

Thick Greek yoghurt or quark for the skyr. Frozen cherries or blackberries; hazelnuts or pecans in the rubble.

ON THE SIDE

Strong black coffee, and a slice of dark rye if this is standing in for breakfast.

MAKE IT FASTER

Take the berries out of the freezer as you serve the main course and they are ready when you are.

LEFTOVERS

Best within the hour, while the layers are distinct. Overnight it goes pink and thin, though good with oats next morning. Keep the walnuts in a jar.

270 kcal
CALORIES

18 g
PROTEIN

18 g
CARBS

14 g
FAT

4 g
FIBRE

WASHING UP Two mixing bowls, one chopping board, four glasses.

85 Berry & Skyr Whip with Walnut Rubble

🌿 NO COOK

10 MIN — SERVES 4

VEGETARIAN

METHOD

-  Tip the frozen berries into a bowl with the honey and lemon juice and leave 6-7 minutes. They want to be soft outside and still icy at the centre.
-  Meanwhile, pile the walnuts on the board, lay a wide knife flat over them and press with your palm until they break into uneven rubble. Toss with the cinnamon and salt.
-  Crush half the berries against the side of the bowl with a fork to make a loose, seedy syrup. Leave the rest whole.
-  Beat the skyr in a second bowl with the vanilla, lemon zest and 2 tbsp of the syrup for 30 seconds, until it slackens and turns pale pink. Stop while it still holds a ridge.
-  Spoon the skyr into four glasses, rippling the remaining syrup and whole berries through. Fold twice, no more, so the streaks stay separate.
-  Finish with the walnut rubble and eat while the berries are still cold.

FOR THE TODDLER

Leave the honey out at step 1, since honey is not for a baby under one year old and the berries sweeten themselves. Beat a spoonful of plain skyr with a little of the crushed berry syrup for them; skyr is sharp, so mash in some ripe banana if they pull a face. Crush any whole berries under a fork and keep the walnut rubble off, as chopped nuts are a choking risk under five.

A Few Things Worth Knowing

None of these are recipes. They are the ten things that make the other 100 work, and they will make everything else you cook better too.

SALT

Season the pan, not the plate. A dish salted at the end tastes of salt; a dish salted as it cooks tastes of itself. The exception is anything raw or dressed, which wants it at the last moment or it weeps.

HEAT

Almost every fast recipe that disappoints was cooked in a pan that was not hot enough. Food that steams instead of browning has lost the only advantage speed gives you.

RESTING

Even four minutes off the heat will do more for a chicken thigh than any amount of extra cooking. Use the time to wash the pan.

FAT

Do not be frightened of the tablespoon of oil. It carries flavour, it conducts heat, and a dish cooked in too little of it browns unevenly and tastes thin.

GARLIC

Grated garlic burns in ninety seconds. Sliced garlic takes three minutes. Choose the cut to suit the time the dish has, rather than the other way round.

ACID

If something tastes flat and you have already salted it, it wants acid, not more salt. Lemon, lime, vinegar, a spoonful of yoghurt. This is the single most useful thing in this book.

CROWDING

Two batches in a hot pan beat one batch in a full one, every time. In the air fryer, a single layer with gaps is not a suggestion.

STORING

Cooked grains, roasted vegetables and cooked pulses keep three days and turn nearly any recipe here into a five-minute one. Dressed leaves and raw marinated fish keep for none.

HERBS

Soft herbs — coriander, basil, mint, parsley — go in off the heat or they turn to hay. Hard herbs like thyme and oregano go in early or they taste raw.

TASTING

Taste at the second-to-last minute, not after plating. Once it is on the plate the only thing you can still add is lemon.

The best cooking you will do this year will almost certainly take under twenty minutes, be eaten standing at the counter, and never be photographed. That is rather the point.

THE BOOK

100 recipes across 49 cuisines: 50 for lunch and dinner, 15 sides, 20 for breakfast, 15 for afterwards. 54 of them are vegetarian.

THE TYPE

Set in Fraunces, drawn by Phaedra Charles and Flavia Zimbardi, and Inter, drawn by Rasmus Andersson. Both are open source.

THE NUMBERS

Nutrition figures are estimates for a quarter of the finished dish, rounded, and exclude anything listed under "bulk it out". Cook the food, not the numbers.