

American Recipes: Sloppy Joes



Ingredients

- 1000g of Minced Beef
- 1 Small Onion
- 3 Fresh Tomatoes
- 1 Green Pepper
- 6 Garlic Cloves
- 2 tbsp Worcestershire Sauce
- 4 tsp of Yellow Mustard
- 500ml of Water
- 2 tbsp of Brown Sugar
- 1 tin of Chopped Tomatoes
- 2 tbsp Olive Oil
- 1 tsp of Salt
- ½ tsp Black Pepper
- 15 Hamburger Buns (toasted)



Instructions

1. Finely chop the onion
2. Dice the green pepper
3. Combine the Worcestershire sauce, mustard, water, brown sugar
4. Place a large frying pan over a high heat
5. Add olive oil, beef and 250ml of water
6. Cook down until water has evaporated
7. Sauté the beef for about 5 minutes until browned
8. Season with salt and pepper and add in the diced peppers, garlic and onion
9. Cook another 5 minutes until the veggies are tender
10. Add in the sauce mixture, remaining water and all the tomatoes
11. Bring to a boil and reduce heat to low
12. Simmer uncovered for about 10 minutes
13. Serve on toasted buns

Greek Recipes: Chicken Souvlaki Kebabs



Ingredients

- 500g of Chicken Thigh
- 1 tsp of Dried Oregano
- 50ml of Extra Virgin Olive Oil
- 1 clove of Garlic
- ½ a tsp of Smoked Paprika
- ¼ a tsp of Black Pepper
- ½ a tsp of Salt
- Juice of 1 Lemon



Tzatziki

- 250g of Greek Yoghurt
- ¼ of a Cucumber
- 30ml of Extra Virgin Olive Oil
- Freshly Chopped Mint
- Pinch of Salt
- 2 tsp of Sugar

Salad

- Red Onion
- Tomato
- Cucumber
- Red Pepper

Instructions

1. Put all your kebab ingredients into a bowl and mix
2. Marinade for 30 minutes
3. Meanwhile, roughly chop the peppers and other veggies
4. Grate the cucumber into a bowl
5. Squeeze out as much water as you can
6. Mix yogurt, mint, sugar, salt and drained cucumber together and set aside
7. Preheat a griddle pan or grill on a high heat
8. Thread the skewers through the marinated chicken pieces
9. Cook for about 8 to 10 minutes, turning occasionally until done on all sides
10. Put a dollop of tzatziki and the meat from one skewer on each warmed flatbread
11. Top with pepper mixture, extra virgin olive oil and squeeze of lemon juice

Brazilian Recipes: Feijoda



Ingredients

- 150g of Sweet Chorizo
- 150g of Pork Tenderloin
- 6 Slices of Smoked Bacon
- 1 tins of Cannellini Beans
- Olive Oil
- 3 Cloves of Garlic
- 2 White Onions
- 2 Sticks of Celery
- 2 Bay Leaves
- 2 Fresh Tomatoes
- 150ml of Water
- Rice



Instructions

1. Roughly chop the onions and celery
2. Finely chop the garlic
3. Dice the pork, chorizo and the bacon
4. Add the bacon and chorizo into the pan with a little oil until crispy
5. Add in the oil, salt, garlic, onions, celery, tomatoes and the bay leaves
6. Cook for about 5 minutes over a high heat
7. Add the beans (with juice) and stir well
8. Continue to cook for 5 minutes
9. Add in the pork and cook until tender and the liquid has thickened (around 20 minutes)
10. Serve with plain rice

Indian Recipes: Lobley Hill's Veggie Curry



Ingredients

- 2 Chicken Thighs
- 100ml of Cream
- 50ml of Vegetable Oil
- 3 Cauliflower Florets
- 1/8 of a Butternut Squash
- ½ a Red Pepper
- 1 large Onion
- 1 Medium Sweet Potato
- Fresh Coriander
- Basmati Rice
- 2 tbsp of Honey
- 1 Chicken Stock Cube
- 6 cloves of Garlic
- ½ can of Carrot and Coriander Soup



Spices

- 2 tbsp of Curry Powder
- 1 tsp of Cumin Powder
- 1 tsp of Coriander Powder
- 1 tsp of Turmeric
- 1/2 tsp of Chilli Powder
- 1 tsp Fenugreek Leaves
- Salt and Pepper (to taste)

Instructions

1. Finley chop all of the vegetables
2. Grate the garlic
3. Add oil into a pan
4. Add in the onion and cook until soft
5. Cook the spices in the oil for 1 minute
6. Add in the garlic
7. Add in the crumbled sock cube
8. Add in the chicken and cook for 5 minutes
9. Add in the onion and cook for 5 minutes
10. Add in the potato, butternut squash and cauliflower
11. Add in the soup and a splash of water
12. Cook down for a few minutes
13. Add in the other vegetables
14. Add in the cream
15. Cook until thickened
16. Serve with rice

