



Quick Dinners for Swimmers

One pot /Slow cooker meals

- Free-standing slow cookers cost about £25. They often have multiple setting for length of cook times.
- Alternatively, these recipes can be cooked in a lidded casserole dish at 110C (225F), Gas mark $\frac{1}{4}$ in the oven (cook times may vary depending on the shape and size of the casserole and the type of oven).
- The ingredients can be prepared the night before and kept in the fridge over night, and then put onto to cook in the morning, if time is short.
- There is no need to pre-fry, any of the ingredients (including meat) when the cooking time is so long. Just put all the ingredients in together and cook it!
- Fish is not suitable for slow-cooking dishes as it disintegrates! To use fish, slow cook the recipes without the fish and add it half an hour before the end of cooking.

1. *Pork with cider (or apple juice) & parsnips (serve 5)*

1kg diced pork shoulder, or pork chops

2 onions, sliced

2 carrots, sliced

2 celery sticks, roughly chopped

3 parsnips, cut into chunks

2 bay leaves

330ml bottle cider/apple juice

850ml chicken stock

Salt and pepper to taste

handful parsley, chopped (added just before serving)

Serve with mashed /new potatoes and greens.

2. Tomato chicken with pasta (serves: 5)

- 5 skinless, boneless chicken breast fillets/legs
- 2 400ml tins chopped tomatoes
- 2 green peppers, seeded and cubed
- 250g (9 oz) fresh mushrooms, sliced
- 1 large onion, finely diced
- 1 to 2 cloves garlic, minced
- 1 tsp of mixed herbs

Serve with pasta and broccoli

3. Creole chicken (serves 5)

- 5 skinless, boneless chicken breast fillets
- salt and pepper to taste
- Cajun seasoning to taste (available at any supermarket)
- 2 (400g) tin chopped tomatoes
- 2 red, or yellow peppers, diced
- 1 can pinto (or similar) beans (in water)
- 3 cloves garlic, minced
- 1 large onion, diced
- 100g (4 oz) mushrooms, sliced
- 1 fresh green chilli, seeded and chopped (optional)

Serve with boiled rice and sweetcorn

4. Mediterranean beef (or chicken) casserole (serves 5)

- 1 large diced onion
- 1 tbsp olive oil
- 600g lean stewing beef, diced OR 600g diced chicken breast
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 2x400g tin chopped tomatoes
- 400ml red wine or grape juice
- 2 bay leaf
- 350g baby new potatoes
- 2 courgettes, chopped
- 1 aubergine thickly sliced
- 200g frozen broad beans, thawed
- 50g Kalamata olives, stoned and roughly chopped

Serve with a French bread and a mixed leaf salad

5. Chilli con Carne (serves 5)

- 500g (1 1/4 lb) minced beef
- 1 large onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 2 cloves garlic, minced
- 1 (600g) jar passata
- 2 (400g) tins kidney beans
- 1 (400g) tin cannellini beans
- $\frac{1}{2}$ -1 tablespoon chilli powder
- salt and pepper to taste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

Serve with rice, or crusty bread and frozen peas

6. Basic Bolognese (Mince) Sauce (serves 5)

This recipe is very versatile. Use minced lamb for a cottage pie, shepherds pie, or moussaka, minced chicken, or turkey. Add different herbs and spices as required.

- 500g minced beef/lamb
- 2x400g tin chopped tomatoes
- 1 large onion, diced
- 2 cloves garlic, minced
- salt and pepper to taste
- 1 tsp mixed herbs

7. Quorn® and vegetable curry (serves 5)

- 2 medium carrot, peeled and cut into small-ish cubes
- 1 butternut squash, peeled and cubed.
- 2 large potatoes. chopped
- 2 onions finely sliced
- 2 cloves garlic, finely chopped
- 150g mushrooms, sliced
- 1 large broccoli florets
- 1 large cauliflower florets
- 250g frozen peas
- 1 bag of Quorn® pieces (chilled or frozen)
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon curry powder
- OR 3-4tbs of Patak curry paste
- 3tablespoon tomato puree
- 2 teaspoons lemon juice
- 1 curry stock cube and 1 vegetable stock cube dissolved in 2 pints of water

Serve with rice noodles and pompadoms

Meals in 10 minutes

1. *Fajita/Burrito/Enchilada*

Use an Old El Paso kit (serves 3-4 people), which contains the tortillas and seasoning. You can add more vegetables (e.g. peppers and tomatoes to taste) and add rice and beans and serve with a mixed leaf salad

- 500g diced, minced chicken/turkey/beef/tofu/Quorn/ mushrooms and a tin of butter beans
- 150g grated cheese.

2. *Chicken Pasta (serves 5)*

Ingredients

- 500g cooked chicken
- 1 tbs extra virgin olive oil
- 1-2 red onions *chopped*
- 2 cloves garlic *chopped*
- 2 red bell peppers *chopped*
- 1 tsp. paprika
- 1/2 tsp. cayenne pepper (optional) and pepper)
- salt and pepper to taste
- 3/4 cup mature cheddar cheese *grated*
- ½ pint Greek fat-free yoghurt
- 4tbs of fresh coriander *chopped*
- 1 lime
- 500g cooked pasta

Method

- Put the pasta on to cook.
- Fry the garlic, peppers and onions, until soft.
- Stir in the paprika and cayenne pepper and add the diced, cooked chicken.
- Add the cheese and fold ingredients until melted.
- Stir in the yoghurt and take off the heat.
- Mix with the cooked pasta and add the fresh coriander and squeeze of lime

Serve with a salad, or steamed broccoli

3. Pan-fried fresh salmon and capers (serves 5)

Ingredients

- 5 salmon fillets
- knob of butter
- 1tsp extra virgin olive oil
- 2 tbs capers
- 300ml white grape juice
- salt and pepper to taste

Method

- Add the salmon to the heated oil and butter. Fry on both sides.
 - Add the capers, grape juice and salt and pepper and cover for 5 minutes
- Serve with steamed new potatoes, and mixed vegetables.*

4. Mediterranean tuna pasta (serves 5)

Ingredients

- 500g spinach tagliatelle
- 400 g tinned, or fresh tuna
- 2x400g tin chopped tomatoes
- 1 tbs pesto
- 50g pine nuts
- 1tbs extra virgin olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- salt and pepper to taste
- 2 can/jar black, pitted olives
- 2tbs tomato puree.

Method

- Put the tagliatelle on to cook
- Fry onions and garlic in the oil, till soft.
- Add the chopped tomatoes, pesto, pine nuts and tomato puree and simmer/boil for 5 minutes, covered (add the thinly sliced fresh tuna at this point)
- Add the tinned tuna and olives and season to taste.
- Mix into, or add to the top of the drained, cooked pasta.

Serve with steamed spring greens and corn on the cob.

5. Savoury rice (cheat risotto)

- 500g quick cook rice (quinoa, buckwheat, bulgar wheat and millet can also be used for this recipe)
- 1 litre vegetable, or chicken stock
- 500g cooked chicken, fresh salmon, tuna
- 1tbs extra virgin olive oil
- 1 large red onion, diced
- 2 cloves garlic, minced
- salt and pepper to taste
- 100g sliced mushrooms
- 3 sprigs of fresh rosemary
- 1 thinly sliced red pepper
- 250g frozen broad beans
- 500g spinach
- 100g parmesan cheese, grated

Method

- Cook the rice in the stock (add the frozen broad bean after 10 minutes.)
- Fry the onions and garlic in the oil
- Add the chicken, (or fish) mushrooms, peppers and fresh rosemary.
- Cook for 5 minutes.
- Add the cooked rice to the meat mixture and season. Add the fresh spinach, stir and cover. Cook for a further 1-2 minutes to heat the spinach.
- Add the grated parmesan.

Serve with a mixed leaf salad, for steamed French beans.