



5-Ingredient Dinners

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For my mates xx

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2nd Edition.
This is a FREE e-Cookbook.

Please spread the love and share it with anyone you think may benefit from a collection of 5-ingredient dinners. It can be downloaded from www.thestonesoup.com.

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--Welcome!--

My name is Jules. I'm a former Food Scientist turned Author and Simplicity Lover.

I'm on a mission to help you simplify your cooking so you enjoy more tasty home cooked dinners.

Why?

Because I know that by keeping things simple, weeknight dinners need not take loads of energy or time.

Because I believe cooking and eating are two of life's great pleasures.

Because I believe cooking for yourself is one of the best things you can do for your own health and well being.

Plus home cooking is so much fun!

--The Story of-- Stonesoup

In 2005, I was working as a food scientist developing new products for a global cereal

company when I discovered the world of food blogs.

I'd always longed to write recipes for a living, however, it seemed like an impossible career to crack into.

But anyone could start a blog... and so began *Stonesoup*.

After a few months writing, I knew this was what I was meant to do.

I invested in a digital camera and by trial and a lot of error began to take photos of my food.

In January 2010, I took the next step on my blogging path and quit my day job to become a full-time blogger.

--What makes-- Stonesoup different?

One word...

Simple.

I only write recipes with 6-ingredients or less.

One of my 'super powers' is being able to simplify recipes without sacrificing flavour or resorting to processed crap.

My recipes all include 'Variations & Substitutions' to suit your dietary requirements. So you can easily adapt to make them vegetarian, gluten-free, low carb or whatever.

The substitutions are also helpful if you happen to be missing (or don't like) a specific ingredient.

If you find this eCookbook useful, I'd really appreciate it if you **shared the love** and forwarded it to your family and friends or shared it on social media.

With love,
Jules x
thestonesoup.com

--how to use-- this ebook

THANK YOU for downloading your copy of this FREE eCookbook.

I'm really glad you found Stonesoup!

One weird thing you should know about me is that I have a personal rule that I must cook at least one recipe from each new cookbook within the first 2 weeks of owning it.

I find this helps me take the first step to actually using my cookbooks.

And I invite you to follow my rule with this free ebook.

Challenge yourself to choose at least one recipe, buy the ingredients and cook it within the next two weeks.

Who knows, you just might discover how delicious simple meals can be.

--making the-- most of this eCookbook

1. Use Adobe Reader

If you haven't got it already, you can download Adobe Reader for FREE. It makes it much easier to read PDFs like this.

[Adobe Reader for your computer.](#)

[Adobe Reader for your mobile device.](#)

2. Save it everywhere.

Work computer, home computer, smart phone and ipad. You will always have these recipes at your fingertips.

Perfect for last minute planning or for when you find yourself in the supermarket stuck for what to cook for dinner.

3. Find exactly what you want with the search.

Got mushrooms in the fridge? A quick search and you'll have all the mushroom recipes ready to choose from.

4. Jump straight to your chosen page with the hyperlinks or bookmarks.

My favourite feature. Just click on the links and be taken instantly to your chosen page. The bookmark make navigation super easy as well.

5. Make the most of the variations.

Each recipe has at least 4 suggestions for alternatives to suit different dietary requirements.

So if you think a recipe might not be exactly right for you, make sure you check out the variation suggestions.

The variations are also there to keep things interesting. If you enjoy a particular recipe, challenge yourself next time to try one of the different options.

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A top-down view of two bowls filled with a vibrant orange soup, likely a chickpea or lentil soup. The bowls are placed on a rustic, dark-stained wooden table. The bowl on the left is light-colored with a handle, and the bowl on the right is dark blue with a white interior. Both bowls are topped with a generous amount of cooked chickpeas. The word "SOUPS" is written in a large, white, serif font across the center of the image, overlaid on a semi-transparent white banner.

SOUPS



turkish cauliflower & yoghurt soup

Turkish Cauliflower & Yoghurt Soup

Turkish food has that wonderful fresh ingredient simplicity you find around the Mediterranean but there are little twists on every day ingredients that make it feel a little bit exotic and new. Without requiring a massive expedition to stock your pantry. A brilliant example is their use of yoghurt in a soup like this to add creamy tartness to a good old cauliflower soup. And I love how they drizzle on melted butter to add richness and substance. So so good!

enough for: 2

takes: 30 minutes

1 onion

1/2 cauliflower (about 500g / 1lb)

250g (1 cup) Greek yoghurt

4-6 tablespoons butter

pinch dried chilli flakes or smoked paprika

1. Heat a little oil in a medium saucepan on a medium heat. Dice onion and add to the pan. Cook onion with the lid on, stirring every now and then until the onion is soft but not browned. About 10 minutes.
2. Chop cauliflower into bite sized chunks and add to the softened onion with 1.5 cups water. Cover and simmer for about 15 minutes or until cauliflower is tender. Puree soup using a stick blender or regular blender.
3. Stir in yoghurt and warm gently on the stove. Don't let it simmer as the yoghurt will curdle. Taste and season with salt.
4. Melt butter in a small saucepan. Divide soup between two bowls. Drizzle over the melted butter and sprinkle with chilli / paprika (if using).

VARIATIONS

dairy-free – use coconut cream instead of the yoghurt and coconut oil instead of the butter.

short on time – skip the onion.

more substantial / carb-lovers – serve with warm Turkish flat bread or pita.

different veg – I love love love this creamy cauliflower but you could substitute broccoli, butternut squash or root veg like sweet potato, carrot, celeriac (celery root) or parsnip. I'm also thinking a mushroom soup would be wonderful with these accompaniments. You could also add diced carrot and celery with the onion.





addictive green curry of broccoli soup

Addictive Green Curry of Broccoli Soup

While I tend to prefer fresh broccoli, this soup is also great made with frozen broccoli florettes. Just pop the frozen broccoli straight in the pan - it shouldn't take much longer to cook and will save you the chopping step. To make this soup in under 10 minutes, boil water in the kettle to speed things along. When chopping the broccoli, I like to finely slice most of the stems and add them to the pot so I minimise the wastage.

enough for: 2

takes: 20 minutes

3 - 4 tablespoons green curry paste

1 cup coconut milk

2 heads broccoli, chopped into bight sized trees

2 - 3 tablespoons peanut butter

1. Heat a large saucepan on a high heat. Add a few tablespoons of cream from the top of the coconut milk or some oil. Stir fry the curry paste for 15-30 seconds or until you notice the aroma. Be careful not to burn.
2. Quickly add 2 cups water and the coconut milk. Bring to a simmer.
3. Add broccoli. Bring back to a simmer and cook uncovered for 8-9 minutes or until the broccoli is tender.
4. Remove from the heat. Stir in the peanut butter. Taste and season with a little salt or sugar.

VARIATIONS

smooth - purée the soup with a stick blender until you have the texture you're after.

fragrant - serve with a handful of Thai or regular basil leaves scattered over the top.

nut-free - replace the peanut butter with a little sugar and some fish sauce to season.

almond butter - the first times made this soup I used some home made almond butter which was just delicious.

carnivore - simmer some finely sliced chicken breast or thigh fillets along with the broccoli.

other curry paste - while I think green curry works best with broccoli, feel free to use yellow, red or massaman curry pastes.





yummy spiced tomato soup

Yummy Spiced Tomato Soup

This is one of my favourite soups at the moment. I just love the creamy richness from the coconut cream and the spice from the harissa. The best part is that this simple soup is made with ingredients that keep in your pantry for months (if not years) so it's a great little recipe to have in your 'emergency meal' arsenal.

enough for: 2

takes: 20 minutes

2 onions

1 jar tomato passata / puree (700mL / 3 cups)

1 can coconut cream

2 tablespoons harissa (optional)

2 handfuls hazelnuts, roasted

1. Heat a little oil in a medium saucepan. Dice onion and add to the pot. Cover and cook on a medium heat, stirring every few minutes until the onion is soft but not browned. About 10 minutes.
2. When the onion is soft, add the passata / puree (not concentrated tomato paste) and coconut cream. Bring to the boil and simmer for 5 minutes to allow the flavours to mingle.
3. Remove from the heat and puree using a stick blender or regular blender. Add harissa. Taste and season with salt, pepper and more harissa if needed.
4. To serve, divide between two bowls and top with roasted hazelnuts.

VARIATIONS

no harissa – Harissa is a Moroccan spice paste that's pretty much chilli and caraway seeds. I usually buy mine from my supermaket but most good delis will stock it too. Or use fresh chopped chilli or hot sauce instead.

curry spice – add 2-3 teaspoons curry powder or garam masala when the onion is soft and skip the harissa.

no coconut cream – replace with unsweetened coconut milk and add some more hazelnuts to make it more substantial. Or use whipping cream instead.

more veg – add diced carrot and celery with the onion.

more substantial / carb lovers – add in cooked chickpeas, white beans or black beans. Or serve with warm flat bread or tortillas. Cooked noodles would also work.

nut-free – replace hazelnuts with warm cooked chickpeas or croutons. .





SALADS



quick steak & rocket (arugula) salad

Quick Steak & Rocket Salad

Inspired by a lunch I had at Matricinella on a recent trip to Rome. I love a warm salad for a quick dinner. There's something about having part of the meal served warm that makes it feel more substantial and 'dinner-like'. There are 2 benefits to chopping the steak into slivers. First it cooks in a flash and second it tenderises the meat. Win win! You can easily increase this recipe. If cooking for more than 2 people I'd cook the beef in batches to make sure it browns properly and doesn't get crowded in the pan.

enough for: 1

takes: 15 minutes

1 steak about 200g (7oz)

1 tablespoon lemon juice

*2 handfuls rocket (arugula), washed & dried
parmesan shavings, to serve*

1. Heat your frying pan on a very high heat. Trim any fat from the steak and slice into super fine strips. Drizzle with a little olive oil and season.
2. Cook beef in the hot pan for about 1 minute. Then stir and keep cooking till browned on all sides.
3. Meanwhile, combine lemon juice and 2 tablespoons extra virgin olive oil in a bowl.
4. When the steak is cooked transfer to the lemon dressing. Toss in rocket leaves. Serve with parmesan shaved over.

VARIATIONS

vegetarian – skip the parmesan and replace the steak with halloumi sliced into batons.

vegan – replace the steak with sliced field or portabello mushrooms. You'll need 1-2 per person and they'll take more like 7-8 minutes to cook. Replace the parmesan with either chunks of avocado or some slivered almonds.

chicken – replace steak with a chicken breast or thigh fillets. Make sure the chicken is cooked through before tossing in the dressing.

different leaves – I love the bitterness of rocket but you could use any salad leaves. A little radicchio is lovely here in the Autumn or Winter.

dairy-free – replace the parmesan with a handful or toasted breadcrumbs, some halved cherry tomatoes or just skip it.





kale caesar salad

Kale Caesar Salad

Inspired by the talented guys at Mocan & Green Grout – one of my fave cafes in Canberra. If you aren't a kale fan, see the variations below for alternatives. There are endless possibilities.

enough for: 2

takes: 15 minutes

4-6 slices bacon, chopped

1 large bunch kale, finely sliced

6-8 tablespoons mayonnaise

2 handfuls grated parmesan + shaved to serve

2-4 poached eggs (optional)

1. Heat a large frying pan on a medium high heat. Cook bacon until crispy.
2. Toss sliced kale with mayo and parmesan in a large bowl. Taste and season as needed, depending on your mayo and cheese you might not need salt.
3. Divide salad between two bowls. Top with crispy bacon, shaved parmesan and poached eggs (if using).

VARIATIONS

dairy-free – replace the parmesan with toasted sliced almonds or chopped brazil nuts.

carb lovers – toss in some torn sourdough croutons or serve with hot buttered toast on the side.

different greens – feel free to use cos (romaine) lettuce, baby spinach, or any other salad. I'm keen to try it with bitter wintery radicchio leaves or witlof (belgan endive). Also great with finely shaved cabbage or brussels sprouts.

vegetarian – replace bacon with smoked tofu or smoked almonds or roast peppers or sun dried tomatoes.

no mayo – make a creamy dressing using 2 tablespoons lemon juice and 4 tablespoons natural yoghurt.



spiced cauliflower salad with labneh



Spiced Cauliflower Salad

Inspired by the brilliant Sydney chef Mike McEarnehy. And I should mention I've made this 3 times in the last two weeks. Something unheard of around these parts. Definitely one for you to try! This 5-ingredient version doesn't include the onions pictured in the photo. If you're happy to live dangerously and use 6-ingredients, just toss a finely sliced onion with the cauli and oil.

enough for: 2 as a side

takes: 20 minutes

1/2 cauliflower, chopped into bite sized pieces

2 tablespoons curry powder

2 tablespoons rice or wine vinegar

1 bag baby spinach

2 handfuls labneh or thick yoghurt

1. Preheat your oven to 250C (480F). Toss cauli, curry powder and about 4 tablespoons extra virgin olive oil in a roasting pan.
2. Roast spiced cauli for 15-20 minutes or until well browned and tender.
3. Allow cauli to cool a little while you make the dressing. Mix vinegar with another 4 tablespoons extra virgin olive oil. Season well.
4. Toss dressing and baby spinach in the pan with the cauli. Serve with dollops of labneh on top.

VARIATIONS

main meal / more substantial – toss in a drained can of chickpeas or lentils (or use home cooked) when the cauli comes out of the oven. Or serve as a side to BBQ lamb cutlets or roast chicken.

different greens – replace baby spinach with cooked kale, flat leaf parsley, mint, coriander (cilantro), salad leaves or a combo of any of the above.

dairy-free / vegan / paleo – replace Labneh with roasted hazelnuts, almonds or chunks of avocado.

carnivore – serve as a side to BBQ lamb cutlets or roast chicken. Or toss some raw chopped chicken thighs to roast with the cauli (make sure it's cooked through – might take a little longer).

more substantial / carb lovers – toss in cooked brown rice, quinoa, farro or pasta. Might need a little more olive oil.

more – toss in a finely sliced onion with the cauliflower. Other roasting veg like broccoli, sweet potato, eggplant or capsicum (bell peppers) will also work.



A top-down view of a white ceramic bowl filled with fried rice. The rice is mixed with bright green peas, sliced green onions, and small pieces of scrambled egg. The bowl sits on a light-colored wooden surface with a brown and blue striped napkin underneath. A pair of dark wooden chopsticks is placed on the right side of the bowl. A semi-transparent white banner with the text 'VEGGIE DINNERS' is overlaid across the middle of the image.

VEGGIE DINNERS



cheesy broccoli

Cheesey Broccoli

I made this the other night for a 'batchelorette' dinner because my Irishman was out. I was craving something healthy but also cheesey and comforting. Talk about hitting the spot! If you have coconut oil, I really recommend using it because it adds a lovely subtle coconutty sweetness which sounds weird but actually works really well. Of course if you don't have any, butter or olive oil are just as good.

enough for: 2

takes: 15 minutes

4-5 tablespoons coconut oil, olive oil or butter

2 heads broccoli

2-6 small red chillis chopped, optional

4 large handfuls grated cheese

1. Heat oil in a frying pan or skillet over a medium heat.
2. Rinse broccoli and don't dry as the water will help the broccoli to steam. Slice broccoli stems finely then chop the top into bite sized chunks. I just hack through it with a knife but you're welcome to chop into individual 'trees' if you like.
3. Add broccoli and chilli to the oil. Cook, covered for about 5 minutes or until the broccoli is tender. You'll need to stir a few times. If it starts to burn add a little water.
4. Add cheese and stir until well combined and just melted.

VARIATIONS

different veg – also great with cauliflower or broccolini. And in springtime I'm planning on trying some cheesey asparagus. I'm also thinking it would work well with snow peas, green beans or kale sliced into thin ribbons.

more substantial – serve with a handful of nuts, or a little cooked quinoa or a poached egg or toss in a drained can of chickpeas and add a little more cheese.

carnivore – serve as a side to a well grilled juicy steak or chicken breast.

different cheese – I used a combo of parmesan and emmental but any melting cheese is good here. Try raclette, gruyere, cheddar or even some blue. It's a good way to use up little scraps of cheese floating around the fridge.

tiny person-friendly – skip the chilli or serve it separately so everyone can add their own.





fergals egg & pea fried rice

Fergals Egg & Pea Fried Rice

Like a lot of toddlers, Fergal has a healthy distrust of anything green. Fortunately he's a fan of peas so I've been keeping a stash in the freezer. I also keep some cooked rice so I can whip up this dish when I need a quick dinner for him. I should mention it's one of my Irishman's faves as well so a good one for keeping the whole family happy!

enough for: 2-3

takes: 15 minutes

3 eggs

3 cups (360g / 12oz) cooked rice

2 handfuls peas

1-2 tablespoons soy sauce

2 green onions (scallions), chopped (optional)

1. Heat a large frying pan on a medium high heat. Whisk eggs in a bowl.
2. Add a splash of oil to the pan and then the eggs. Cook for about 30 seconds and then stir. Cook for another 30 seconds and stir again. Keep cooking and stirring until the eggs are almost set. Put egg on a clean plate.
3. Return the pan to the heat and add more oil. Stir fry the rice and peas until everything is hot and the rice is just starting to brown.
4. Remove from the heat and add the soy sauce. Taste and add more soy if needed. Stir in the egg and green onion (if using) and serve hot.

VARIATIONS

low GI – use basmati rice or cooked quinoa or see the paleo option.

to cook the rice – bring a large pot of water to the boil. Add rice and simmer for 10 minutes. Drain well then cool. Refrigerate or freeze until you're ready to use.

hot – add some chopped red or green chilli with the peas or serve with chilli oil or your favourite hot sauce at the table.

more veg – feel free to add chopped red peppers (capsicum), snow peas, sugar snap peas, carrots, corn kernels, green beans, or asparagus. Anything that works in a stir fry is good.

vegan – replace egg with a few generous handful of roasted peanuts or cooked lentils or beans.

carnivore – brown some chopped bacon before adding the peas and rice. Or toss in a few handfuls of cooked chicken.

paleo – replace rice with grated raw cauliflower (about 1/2 cauli).

herby – serve with coriander (cilantro), mint or basil leaves on top.





chickpea & rosemary frittata

Chickpea & Rosemary Frittata

A frittata is just an Italian version of an omelette. Having a good frittata recipe in your repertoire is an incredibly useful idea. When you need a quick vegetarian protein hit, there are few things more satisfying. The recipe in 5 ingredients | 10 minutes is slightly different in that its cooked in a frying pan. This baked version takes slightly longer but is much easier to cook.

enough for: 2

takes: 20 minutes

4 eggs

large handful freshly grated parmesan cheese

1 can chickpeas (400g / 14oz), drained

2 sprigs rosemary, leaves picked

1. Preheat oven to 200C (400F) and place a baking tray on the middle shelf.
2. Line a 20cm (8in) spring form pan with baking paper & grease generously with olive oil.
3. Whisk together lightly eggs and parmesan. Season.
4. Place chickpeas in the prepared tin. Pour over the egg mixture & scatter over the rosemary. Season.
5. Place on the preheated tray and bake until golden and puffy and the center feels firm and springy, about 15 minutes.

VARIATIONS

vegan – Tough one. Best to try scrambled tofu instead – equally as versatile. Although I should try a baked tofu dish one day.

carnivore – Replace chickpeas with 2 sliced chorizo or crumble some pork sausages in a pan and cook until just browned & scatter over the egg mixture before baking. OR top with small rashers of bacon and let them cook in the oven.

asparagus frittata – Grill a large bunch of asparagus (or steam) until tender. Skip the chickpeas, pour egg mixture into the pan and top with the asparagus spears.

change the cheese type - Cheddar would be lovely, or crumbled feta, I've made it with parmesan and ricotta with excellent results. Pretty much most cheese would be lovely either grated or crumbled.

change where the cheese is added – Sprinkle parmesan or other cheese on top for a wonderful golden crust.

change the chickpeas – Replace with canned white beans, butter beans, or even canned lentils.

add onions – An onion and potato version would be similar to the wonderful Spanish classic – tortilla espana



cumulus spiced eggs



Cumulus Spiced Eggs

These eggs are a simplified version of a dish served at one of my favourite Melbourne restaurants, Cumulus Inc. They bake the eggs in individual cast iron pots but I've found cooking on the stove top with a lid on so the top of the eggs steam gives just as good results. I like to use an 'arriabata' tomato sauce which has in-built chilli spice. But you could just add your own fresh chilli.

enough for: 2

takes: 15 minutes

1 jar tomato pasta sauce (about 1 1/2 cups)

1-2 teaspoons ground coriander

4 handfuls baby spinach leaves

4 eggs

small handful soft goats cheese

1. Heat a little oil in a large frying pan. Add sauce and spice and bring to a simmer.
2. Add baby spinach and stir for about a minute, until the sauce has come back up to a simmer.
3. Make 4 indents in the sauce. Crack an egg into each indent. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set and the yolks still runny.
4. Season. Crumble over the goats cheese.

VARIATIONS

dairy-free – serve sprinkled with roast sliced almonds Or be like Cumulus Inc and serve with dukkah.

different spices – try ground cumin, smoked paprika, dried chilli or a mixture. Curry powder would work for a more Indian vibe.

egg-free – you could cook chicken thigh fillets like this. Will take about 10 minutes, depending on the size.

vegan – Wilt the spinach into the sauce with the spices. Divide sauce between two plates. Top with chunks of cold avocado and sprinkle over dukkah or roast sliced almonds.





melt-in-the-mouth savoury cheesecake

Savoury Cheesecake

I love this cheesecake so so much. I've served it multiple times for brunch but it's also fab as a simple vegetarian weeknight meal. I like it best when still warm from the oven but am totally happy having cold leftovers for lunch the next day. If it's not zucchini season where you are, see the 'variations' for alternative topping ideas.

enough for: 2-4

takes: 30 minutes

3 small zucchinis (500g / 1lb)

small bunch mint, leaves picked

250g (9oz) cream cheese (Philadelphia), softened

200g (7oz) feta

3 eggs

1. Preheat your oven to 200C (400F). Slice zucchini into rounds and pop in a roasting tray. Drizzle with a little oil but don't add salt because you'll be getting lots from the feta.
2. Roast for 20 minutes or until zucchini has softened and started to brown. Remove from the oven and toss in the mint.
3. Meanwhile, place cream cheese, feta and eggs in a food processor and whizz until well combined. There will still be a few tiny lumps from the feta. Grease a 20cm (8in) oven proof frying pan or spring form pan. Spoon the cheesy mixture into the pan and smooth out the top. Press the cooked zucchini into the top.
4. Bake cheesecake for 15 minutes. Turn and cook for another 5-10 minutes or until browned around the edges and puffed up a little. Serve warm.

VARIATIONS

short on time – bake zucchini at the same time as the cheesecake and serve on top. Or skip the zucchini and just serve with a side salad for greenery. Or try a big dollop of pesto just before serving.

different veg – roast eggplant is really good, grilled red peppers, roast mushrooms, roast diced root veg like sweet potato, wilted greens.

carnivore – top with salami or prosciutto as well as or instead of the zucchini.

no food processor – just mash the cheeses and eggs together with a fork and go for a more chunky, rustic style.

different cheese – replace feta with goats cheese or ricotta.

more substantial – serve with a side of bacon and/or hot buttered toast. For a more middle eastern vibe serve with warm pita bread.



hot cheesy chickpeas



Hot Cheesy Chickpeas

Canned chickpeas are one of my pantry staples that I always have on hand for quick, healthy meals. This dish actually began life as a salad but in Winter this is by far my preferred version. I just love how the cheese forms a natural warm sauce for the chickpeas.

enough for: 1

takes: 10 minutes

1/2 - 1 can chickpeas, drained

*handful freshly grated cheese such as guryere,
parmesan or cheddar*

small handful flat leaf parsley leaves, to serve

1. Place chickpeas in a microwave proof bowl. Toss in the cheese.
2. Cook for 1-2 minutes on high until the cheese has melted and everything is hot. Serve with parsley on top.

VARIATIONS

different legumes – feel free to use other canned or cooked beans instead of the chickpeas.

different cheeses – a good melting cheese is best. Or try a combination of parmesan, mozzarella, cheddar.

carnivore – add in a handful of chopped bacon or salami.

vegan / dairy-free – heat the chickpeas on their own and serve drizzled with tahini.

more summery – Toss the chickpeas, cheese and parsley together and drizzle with a little lemon juice to moisten and forget about the microwave.

no microwave? – I don't have one either. Just cook under a hot grill (broiler) until the cheese has melted.





CARNIVORE DINNERS

simple fish stew



Simple Fish Stew

I like to serve this stew in deep bowls with a fresh green salad on the side. But feel free to serve with crusty bread if you prefer. It's also good with a big dollop of garlicky mayonnaise or aioli if you're in the mood for something more substantial.

enough for: 2-3

takes: 40 minutes

2 onions, peeled & chopped

1 large bulb fennel, finely sliced crosswise

1 jar tomato pasta sauce or tomato puree (1.5 cups)

large pinch saffron threads

450g (1lb) white fish fillets, chopped

1. Heat a generous glug of oil in a large pot. Add onions and cook over a medium low heat, covered for about 5 minutes.
2. Add the fennel and continue to cook, covered and stirring occasionally for 10-15 minutes or until the onion and fennel are soft but not browned.
3. Add the tomato puree, 1 1/2 cups water and saffron. Bring to a simmer.
4. Add fish and simmer for a few minutes or until just cooked through. Taste & season. Top with reserved fennel fronds if you have them.

VARIATIONS

short on time? – skip the veg and just simmer the fish in the tomato / water / saffron mixture.

vegetarian / vegan – replace the fish with firm tofu. It will just need to simmer until hot.

keeping the Irish happy – add steamed, sliced potatoes in with the fish.

mixed seafood – feel free to add in some prawns (shrimp), clams or mussels. Adjust the cooking time accordingly.

more substantial – serve with aioli or mayo.

carb lovers – toss in cooked pasta or couscous or serve with crusty bread and butter.



indian spiced salmon with minty yoghurt



Indian Spiced Salmon

It's asparagus season here! And while my baby asparagus patch has some shoots showing, I'm waiting until next year to start harvesting. Of course, you don't need to wait until spring to enjoy this crispy spiced salmon with its cooling herby yoghurt. Just substitute in green beans, snow peas or skip the green veg and serve it all with some cauliflower 'rice'.

enough for: 2

takes: 20 minutes

2 bunches asparagus or 2 handfuls green beans

1 tablespoon garam masala

2 salmon fillets

8 tablespoons Greek yoghurt

1 bunch mint, leaves picked

1. Bring some water (about 2cm / 1in) deep to the boil in a frying pan. Trim asparagus / beans and simmer for 2 minutes or until tender. Drain and discard cooking water.
2. Combine 2 tablespoons oil with the garam masala and a good pinch of salt to make a spicy oil. Pat salmon dry with paper towel and toss in the oil to coat.
3. Return the frying pan to a medium high heat. Cook salmon for 3-4 minutes on each side or until cooked to your liking.
4. While the salmon is cooking finely chop most of the mint, saving some whole leaves to garnish. Stir the chopped mint into the yoghurt.
5. To serve, spread minty yoghurt on two dinner plates. Top with salmon, asparagus / beans and reserved mint leaves.

VARIATIONS

different veg – snow peas, sugar snap peas or even regular frozen peas would all be lovely. Or just use a few handfuls baby spinach instead. In the cooler months some wilted kale, spinach or other greens are a great choice.

different spice – try curry powder or just use 1 teaspoon each ground cumin, coriander and smoked paprika.

vegetarian – serve cooked lentils, spiced with some garam masala with the asparagus and minty yoghurt.

different fish – feel free to use any fish fillets.

carb-lovers – steamed rice, chappatis or bread.

more substantial – serve with a generous handful roast cashews or almonds. Or use larger pieces salmon.

dairy-free – use coconut yoghurt, hummus or extra virgin olive oil.





butter chicken curry

Butter Chicken Curry

My first casual job at university was waitressing at a local Indian restaurant. It taught me two very important life lessons. First, I am hopeless when it comes to waiting tables. And second, that Indian food is delicious. 'Butter chicken' or 'Chicken Tikka Marsala' was my first Indian food love, before I boarded the train to spicy central and learned to appreciate the hot curries like Vindaloo. In restaurants, butter chicken can be super greasy. So it's much better to enjoy it at home when you can control the amount of cream you add. I also like having the freedom to turn up the chilli heat.

enough for: 2

takes: 15 minutes

450g (1lb) chicken thigh fillets

2 tablespoons garam marsala

1 - 2 teaspoons chilli flakes

1 can tomatoes (400g / 14oz), chopped

2 - 3 tablespoons whipping cream (35% milk fat)

1. Bash out thighs a little with a saucepan to tenderise. Chop into chunks.
2. Heat a few tablespoons olive oil in a large frying pan (skillet) over a medium high heat. Brown chicken for few minutes each side.
3. Add garam marsala and chilli. Stir for a few seconds. Add tomatoes and their juices. Simmer for about 5 minutes.
4. Stir in cream and bring back to a simmer. Taste and season with salt, pepper and a little sugar if you like it sweet.

VARIATIONS

dairy-free – replace cream with coconut milk.

vegan – replace chicken with tofu, or a drained can of chickpeas or 1/2 head of cauliflower and replace cream with coconut milk.

vegetarian – replace chicken with tofu, or a drained can of chickpeas, lentils, 1/2 head of cauliflower, or even some button mushrooms.

more substantial – serve with steamed rice or cauliflower 'rice'.





chorizo with chickpeas

Chorizo with Chickpeas

It's hard to go past a well spiced chorizo when it comes to satisfying sausages. I just LOVE a good chorizo. They can be sold either fresh, like regular sausages or more dried like a salami. For this dish, I prefer to use the dried chorizo for their flavour. Their firmer texture means they are better suited to being sliced and pan fried.

enough for: 2

takes: 15 minutes

200g (7oz) chorizo, sliced into coins

1 can chickpeas (400g/4oz), drained

2 teaspoons smoked paprika

1 punnet cherry tomatoes, halved (250g/8oz)

1/2 bunch flat leaf parsley, leaves picked

1. Heat a few tablespoons olive oil in a medium fry pan (skillet).
2. Cook chorizo stirring frequently for a few minutes or until chorizo is golden brown.
3. Toss in drained chickpeas, paprika and tomato. Continue to cook for another few minutes or until the tomato is softening and everything is hot.
4. Remove from the heat. Taste season and toss in the parsley leaves.

VARIATIONS

vegetarian - skip the chorizo and stir fry the tomato, paprika and chickpeas in a little olive oil. Served with a poached or hard boiled egg on top.

vegan - again, skip the chorizo and serve with a generous handful of roasted almonds, preferably Spanish marcona almonds.

white bean - replace the chickpeas with a can or jar of your favourite white beans.

chilli - spice things up with a little fresh or dried chilli.

more wintery - replace cherry tomatoes with canned tomatoes.





the magic sausage supper

The Magic Sausage Supper

So you're probably wondering where the 'magic' comes from. It's all about how this dish turns some pretty common ingredients into something truly delicious. All it takes is a little time in the oven. This is one of those dishes that's best served at the table in the roasting pan so everyone can help themselves and pick at the crispy bits on the bottom of the pan.

enough for: 2 to 3

takes: 70 minutes

1/2 butternut pumpkin (squash)

2 medium onions, quartered lengthwise

1/2 teaspoon dried chilli flakes

4 thick sausages

1 small bunch flat leaf parsley, leaves picked

1. Preheat your oven to 180C (350F).
2. Halve pumpkin crosswise then chop into wedges. Place pumpkin, onion, chilli and sausages in a roasting dish. Drizzle generously with olive oil.
3. Roast for about an hour, stirring at the half way mark. It's ready when everything is golden and tender.
4. Serve with parsley leaves sprinkled over the top.

VARIATIONS

different veg – feel free to play around. Parsnips and sweet potato are lovely. Unpeeled cloves of garlic are also great.

no sausages? – use chicken drumsticks or thighs instead.

spanish – use fresh chorizo as your sausage and toss in a can of drained chickpeas instead of the pumpkin.

vegan – replace sausages with field mushrooms.

vegetarian - skip the sausages and serve the roast veg with a poached or fried egg on top.



chicken & peppers



Chicken & Peppers

I know this dish sounds way too simple to be any good. But trust me, you're in for a real treat! The red capsicum cooks down and releases its sweet juices to form the most heavenly sauce. I like to serve this simply with a fresh green salad to mop up the juices. Steamed rice or crusty bread could also be used.

enough for: 2

takes: 60 minutes

4-6 chicken drumsticks

*2-3 large red capsicum (bell peppers), chopped
salad leaves, to serve*

1. Preheat your oven to 200C (400F).
2. Place chicken in an oven proof dish. Top with sliced capsicum (peppers). Drizzle generously with olive oil. Season.
3. Bake covered for about 30 minutes.
4. Remove the lid and bake until the peppers are reduced and tender and the chicken is golden and cooked, about another 20-30 minutes. Serve with salad leaves.

VARIATIONS

vegan – replace the drumsticks with field or portabello mushrooms. You probably won't need to cook as long.

vegetarian – cook the peppers as described above without the chicken. Use the cooked peppers as a sauce to serve with pan fried halloumi.

hot! – pop in a few or more red chillies with the capsicum.

smoky – sprinkle 1-2 teaspoons smoked paprika over the chicken to intensify the sweet capsicum (pepper) flavour.

different veg – feel free to add in some chopped red onion or whole cloves of garlic. Yellow capsicum (peppers) can also be used but don't bother trying green ones.

budget – reduce the amount of chicken per person and add in a drained can of chickpeas.



chorizo with hummus + hazelnuts



Chorizo with Hummus

Things' on a bed of creamy hummus are some of my favourite quick, healthy mid-week meals. Love the contrast of the hot spicy sausage with the cool creamy hummus, the crunchy hazelnuts and the fresh greenness of the salad. So good!

enough for: 2

takes: 15 minutes

2 chorizo, sliced or crumbled

1 cup hummus

2 handfuls roast hazelnuts

1 bag baby spinach leaves

1. Heat a little oil in a medium frying pan and cook chorizo until well browned on both sides and cooked through.
2. Divide hummus between two plates. Top with cooked chorizo, hazelnuts and salad leaves.

VARIATIONS

no chorizo – use other spicy sausage, salami or ground meat. Add a little chilli if you want more heat.

no hummus – to make your own, whizz 1 drained can chickpeas in the food processor with 1 clove garlic,

vegetarian – replace chorizo with roast veg and serve with a drizzle of chilli oil or your favourite hot sauce.

low carb / paleo – use the [Roast Cauliflower Hummus](#) from my new website, Deliciously Diabetic.

nut-free – replace hazelnuts with extra chorizo or crumble over some feta or goats cheese.

more substantial / carb lovers – serve with warm tortillas or flat bread.





beef & broccoli stir fry

Beef & Broccoli Stir Fry

Another dish inspired by Saint Nigel (aka Nigel Slater, my favourite food writer). There's something so comforting about minced beef. Add in the fresh healthiness of broccoli and we're talking the perfect midweek dinner. Lovely on it's own but also great with some steamed rice. If you don't have time to cook your rice from scratch, I've been playing around with the parcooked rice sachets that just need a whirl in the microwave. Expensive for rice but excellent for the time poor.

enough for: 4

takes: 20 minutes

600g (1 1/3lb) minced (ground) beef

2 heads broccoli, cut into bite sized little trees

2 cloves garlic, peeled & finely sliced

4 tablespoons oyster sauce

bunch coriander (cilantro), roughly chopped

1. Bring a medium saucepan of salted water to the boil. Cook broccoli for 2 minutes and drain.
2. Meanwhile, heat 2 tablespoons oil in a large frying pan and cook beef over a high heat until very brown. Add garlic and cook for another minute.
3. Add broccoli and sauce and stir through until well heated. Taste and season.
4. Serve sprinkled with coriander.

VARIATIONS

vegetarian – replace beef with crumbled firm tofu or cooked lentils or even cooked chickpeas.

different meat – feel free to use any minced (ground) meat. I often use lamb but you could use turkey, pork, chicken, buffalo or even kangaroo.

low-FODMAP – make a quick garlic oil by soaking garlic in 2 tablespoons oil for 5 minutes (or longer if you have time). Or replace garlic with 1-2 tablespoons grated ginger or 1-2 teaspoons ground cumin.

more veg / different veg – use any of your favourite stir fry veg as well as or instead of the broccoli.

more substantial (carb-lovers) - serve with steamed rice or roast cashews or peanuts.



simple baked meatballs



Simple Baked Meatballs

The thing I love about these meatballs, apart from the fact that they taste delicious, is that you just pop them in the oven and leave them to cook away. No messing around trying to brown them in a pan and risking ending up with meatball mush.

enough for: 3 to 4

1 onion, finely diced

1 jar tomato passata, tomato puree, or canned tomatoes (700g / 24oz)

500g (1lb) minced (ground) pork & veal

75g (3oz) almond meal

2 tablespoons butter

1. Preheat oven to 200C (400F) and a small frying pan on a medium heat.
2. Add a glug of olive oil and the chopped onion to the frying pan and cook, stirring from time to time, until just soft and golden. About 5 minutes.
3. Place tomato in the base of an oven proof dish. And combine meat and almond in a bowl. Season.
4. Add the softened onions to the meat and mix to combine. Using your hands and a tablespoon, form the mixture into little meat balls no larger than a golf ball. Placing them on top of the tomato as you go.
5. Scatter pieces of butter over the meatballs and bake for 30 – 45 minutes or until browned on top and cooked through.

VARIATIONS

vegetarian – try these [Lentil Balls](#).

different meat – feel free to use any minced (ground) meat. I often use beef or lamb but you could use turkey, pork, chicken, buffalo or even kangaroo.

nut-free – replace almond meal with fresh breadcrumbs.

dairy-free – replace butter with extra virgin olive oil.





carotti bolognese

Carotti Bolognese

This is my minimalist version of a beef ragu or bolognese sauce. The secret is in the butter. Feel free to substitute in your own favourite sauce. My Irishman likes to make chef Heston Blumenthal's bolognese which takes 2 days and has an ingredient list as long as your arm. He couldn't believe how well my little 5 ingredient, 20 minute bolognese compared.

enough for: 2 to 3

takes: 20 minutes

450g (1lb) minced (ground) beef

3 cloves garlic, chopped

2 cans tomatoes (400g / 14oz)

large knob butter

2 medium carrots

1. Heat a little olive oil in a large frying pan and cook beef and garlic, stirring every now and then for about 5 minutes or until well browned.
2. Add tomato and simmer for about 15 minutes or until reduced and good saucy.
3. Meanwhile bring a medium saucepan of salted water to the boil. Shave the carrots into ribbons using a vegetable peeler.
4. Cook carrots for 3 – 5 minutes or until al dente like cooked pasta. Drain.
5. Toss butter into the beef sauce and season.
6. Return the carrot to the saucepan and stir in some beef sauce. Then divide between plates and top with more sauce.

VARIATIONS

vegetarian / vegan – replace the beef with the same weight of crumbled tofu.

dairy free – replace the butter with a generous drizzle of olive oil. The secret to good bolognese is richness so be generous.

fun – some fresh herbs, especially basil can be lovely sprinkled over the top.

carnivore fun – replace the beef with lamb or pork or veal or a mixture of any of the above.



spiced beef with hummus



Spiced Beef with Hummus

This is one of my all time favourite ways to use minced (ground) beef without any tomato products. It's based on a Lebanese dish and is great with lamb as well. Baharat is a wonderful Lebanese spice blend containing 7 different spices. It adds a gorgeous fragrance but if you can't find it, see below for an easy alternative home made spice blend.

enough for: 2 to 3

takes: 20 minutes

2 onions, peeled & diced

500g (1lb) minced (ground) beef

2 teaspoons baharat

handful pine nuts

8-10 large tablespoons hummus

1. Heat a generous glug of oil in a large frying pan. Cook onion over a medium heat for about 5 minutes, until starting to soften but not brown.
2. Add beef and increase the heat to high. Cook, stirring often until the beef is well browned all over.
3. Add the baharat and stir fry for another minute or so. Taste season.
4. Serve spiced beef on a bed of hummus with pine nuts sprinkled over. Good with a green salad.

VARIATIONS

can't find baharat? – no problem. Just use 1/2 teaspoon each of ground coriander, cumin, paprika and cinnamon.

even more minimalist baharat substitute – just use ground cumin.

vegetarian / vegan – replace the beef with lentils that have been simmered in water until tender (anywhere from 15-30 minutes) and drained. Drizzle in a little extra virgin olive oil to make up for the lentils being low in fat.

budget – skip the pine nuts or use toasted bread crumbs instead. You might like to add in some lentils as well to make the beef go further.

home made hummus – just whizz together a can of chickpeas with 1-2 cloves garlic and 3 tablespoons each lemon juice, tahini and the canning liquid.



salt *crusted* burgers



Salt Crusted Burgers

I know what constitutes the perfect burger is really a personal thing. So please feel free to take this recipe and customise it. I've played around with using tomato sauce (ketchup) as well as mayo and even mixing the two together to make a crazy pink hybrid sauce. But the mayo on its own was a hands down winner. I normally consider onions a burger essential, but to keep this under 10 minutes, I've added chopped chives to the burger meat to give a little oniony flavour burst without the time required to cook down onions.

enough for 2

takes: 20 minutes

250g (1/2lb) minced (ground) beef

1/2 bunch chives, finely chopped

mayonnaise, preferably homemade

mixed salad leaves

2 english muffins or hamburger buns

1. Place 1 scant teaspoon fine sea salt in a skillet or heavy based frying pan and shake to cover the base. Heat over a medium high heat for 3 minutes or until very hot.
2. Meanwhile, combine beef and chives and season well with black pepper only. Form into 2 burger patties.
3. Cook burgers for approx 3 minutes. Lift the burgers out of the pan, shake the pan to redistribute the salt to where the burgers were. Return burgers uncooked side down and sear for another 3 minutes or until cooked to your liking.
4. Spread mayo on the insides of your muffins or bun. Place beef on the bottom half. Top with leaves and finally the top of the muffin / bun.



chorizo with kale



Chorizo with Kale

Adapted from my favourite food writer, Nigel Slater in his latest book the Kitchen Diaries II. When I say I 'adapted' this recipe, the only thing I really changed was adding in a splash of lemon juice for freshness. It's not very often I find myself adding an ingredient to other people's recipes! This is now a firm favourite in our house and there has been much discussion on possible variations. See below for ideas...

enough for: 2

takes: 15 minutes

2 chorizo, sliced

1-2 cloves garlic, peeled & sliced

1 large bunch kale, finely sliced crosswise

1/2 lemon

handful roasted almonds

1. Heat a frying pan on a medium high heat. Add a little oil and the chorizo. Cook for 2-3 minutes or until well browned on the first side.
2. Turn and cook for a few seconds on the other side. Remove from the pan to a clean plate.
3. Add garlic and kale to the chorizo oil in the pan and stir fry for 2-3 minutes or until kale is wilted and tender.
4. Return chorizo to the pan to warm up. Taste and season with salt, pepper and a small squeeze of lemon.
5. Serve with almonds sprinkled over.

VARIATIONS

vegetarian – replace chorizo with sliced halloumi and add in a teaspoon smoked paprika with the kale.

vegan – replace the chorizo with 2 large red onions or bell peppers (capsicum) chopped. Cook on a medium heat until soft. Add kale and 1 teaspoon smoked paprika and continue to cook as per the recipe. Double the almonds to serve.

no chorizo? – use spec, chopped bacon, pancetta, salami or even ham.

different greens – most greens will work well here. Try cavolo nero, collard greens, spinach, silverbeet (chard), rainbow chard even baby spinach or defrosted frozen spinach. Cabbage, brussels sprouts, broccoli, asparagus, broccoli rabe can also be used but will need a little longer to cook.

nut-free – skip the almonds or replace with toasted bread crumbs.

budget / more substantial – make the chorizo go further – toss in a drained can of chickpeas or white beans with the kale.

sunday breakfast – serve topped with a poached or fried egg.





SWEET TREATS



self-saucing ginger puddings

Self-Saucing Ginger Puddings

I've included two levels of ginger in the recipe - both are delicious. If you like your ginger subtle then just use the 1 tablespoon. But if you feel like getting a real, burning ginger hit, double up with the 2 tablespoons. These puddings are brilliant for entertaining. Mix up the cake part and have it ready in your ramekins - a few hours in advance is fine. Then when you're ready to cook, just add the boiling water + sugar mixture and bake. If you don't have self raising flour, just use plain flour with 1 1/2 teaspoons baking powder mixed through.

Big NOTE - you need 200g (7oz) brown sugar total, but it's used in 2 different stages.

enough for: 4

takes: 40 minutes

100g (3 1/2oz) unsalted butter

1 - 2 tablespoons finely grated fresh ginger

200g (7oz) brown sugar

2 eggs

100g (3 1/2 oz) self raising flour

1. Preheat your oven to 180C (350F).
2. Melt butter in a medium saucepan. Remove from the heat and add ginger and HALF the brown sugar (100g / 3 1/2oz). Stir and then add eggs, stirring well after each. Lightly mix in the flour until just combined. Don't worry if there are a few lumps. Divide cake mixture between 4 x 1 cup capacity ramekins, tea cups or dishes.
3. Combine the remaining HALF of the brown sugar with 1 cup boiling water. Pour over the cake mixture. Cover loosely with a large piece of foil and bake for 25 minutes. Remove foil and bake for another 5 minutes until puddings are puffy and golden.
4. Serve hot with vanilla icecream.





best ever cocoa brownies

Best Ever Cocoa Brownies

These brownies are very forgiving in terms of the cooking time. I like my brownies super moist and squidgy so tend to err on the under baked side but these babies are still delicious when cooked through. You could cut and eat them warm from the oven but I like to let them cool and chill overnight which makes for easier cutting.

makes: 12 small chunks

takes: 40 minutes

125g (4.5oz) unsalted butter

125g (4.5oz) sugar

75g (2.5 oz) cocoa powder

2 eggs

125g (4.5oz) almond meal

1. Preheat oven to 180C (350F). Line a loaf tin 24cm x 12cm (approx 9 1/2in x 5in) with baking paper or foil so that it overlaps the sides.
2. Melt butter in a medium saucepan. When just melted, remove from the heat and stir through sugar. Add cocoa powder and stir.
3. Add eggs and almond meal. Mix well.
4. Bake for 20-30 minutes. Or until the top feels just set and a skewer inserted into the middle emerges slightly moist.
5. Cool in the tin then either cut or refrigerate overnight and cut the next day.

VARIATIONS

nut-free / budget – replace almond meal with 75g (2.5oz) plain all purpose flour and increase butter to 150g (5oz).

chunky - stir in 1 cup of chopped nuts at the end. Pecans or walnuts are traditional but almonds or macadamias are also lovely.

'blondies' – If you happen to have a chocolate hater in the house, skip the cocoa powder and use brown sugar.

sugar-free - replace sugar with a granular stevia such as natvia.

vanilla - add 2 teaspoons vanilla extract along with the eggs.



croissant surprise birthday cake



Croissant Surprise Birthday Cake

This cake is every bit as delicious as it looks - maybe more so. When I was editing the photos just now, I had a strong urge to bake it again even though I should be packing and writing to you. It's that good (if I do say so myself). If you're wondering about the 'surprise' it's all about a hidden layer of rich dark chocolate.

ENOUGH FOR 6 to 8

600mL (2.5 cups) whipping cream (35% milk fat)

3 eggs

100g (3.5oz) sugar

3 large croissants

small handful dark chocolate, broken into chunks

1. Preheat oven to 180C (350F). Line the base and sides of a loaf pan with baking paper.
2. Combine cream eggs and sugar in a large bowl.
3. Slice croissants into rounds about 1cm (1/2in) thick. Add to the cream mixture and stand for a few minutes allowing the croissants to soak up the custard.
4. Layer half the soaked croissants in the prepared loaf pan. Scatter over the chocolate.
5. Layer remaining croissants over the top and pour any leftover custard on top.
6. Bake for 40-50 minutes or until the cake is well browned and you can't see any liquid custard when you press on the top. Cool in the tin.

VARIATIONS

diary-free – replace the croissants with about 8 thick slices of bread and replace the cream with coconut cream.

milk chocolate – I love the dark chocolate version but I'm happy to report that it's also lovely, if a little sweeter using milk chocolate.

vegan/ egg-free - sorry! The eggs are really needed for texture and flavour here.

vanilla / chocolate-free - skip the chocolate and add the seeds of 1 vanilla bean to the cream mixture.

boozy – replace some of the cream with Baileys.

individual – divide mixture between 4-5 large ramekins. Should only take 15-20 minutes to bake.



ABOUT THE AUTHOR



The author of this e-cookbook is Jules Clancy.

I'm a former Food Scientist turned Author and Simplicity Lover.

I only write recipes with 6-ingredients or less.

I live in Australia and created "5-ingredients 10-minutes" among other books.

I've been blogging at Stonesoup since 2005 because I believe that the ability to cook simple meals is a basic skill, like reading, that everyone should and can have.

When I'm not cooking, writing about food or taking photographs [of food], I can be found indulging my passions for reading cookbooks, growing my own veggies, cheese, red shoes and Irishmen, [OK one Irishman in particular].

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