

Quick and easy



Chilli paneer

Serves 1

2 tsp white wine vinegar

2 tsp tomato ketchup

2 tsp dark soy sauce

2 tsp chilli sauce

½ tsp cornflour

Black pepper

1 tsp coconut oil

½ onion, peeled and cut into large pieces

½ green pepper, deseeded and cut into large pieces

95g paneer, cut into bite-sized cubes and patted dry

1 clove garlic, peeled and crushed

1 green chilli, finely chopped

Method

Whisk the vinegar, ketchup, soy sauce, chilli sauce and cornflour together in a small bowl, season with plenty of black pepper and set aside. Heat a wok or large frying pan over a high heat, pour in the oil and heat until it begins to smoke. Add the onion, green pepper and paneer and stir-fry for 3–4 minutes. Add the garlic and chilli, fry for a further 2 minutes then pour in the sauce and let everything bubble away for a couple of minutes. Pour into a bowl and serve.

Tip

Most supermarkets sell paneer cheese, but if you can't find it then use the same amount of halloumi instead.

Quick and easy



Chicken and mushroom soup

Serves 1

1 tsp coconut oil

1 shallot, peeled and sliced

1 stick lemongrass, peeled and finely chopped

1 red chilli, sliced

145g button mushrooms, halved

½ chicken stock cube

90ml coconut milk, tinned

145g cooked skinless chicken breast, cut into bite-sized pieces

Juice of ½ lime

Small bunch of coriander, chopped

Method

Heat the oil in a saucepan, add the shallot, lemongrass and chilli and fry gently for a couple of minutes until soft. Add the mushrooms, fry for a further 2–3 minutes then crumble in the stock cube and coconut milk. Add a splash of hot water, bring to the boil then simmer for 3–4 minutes. Stir in the chicken, warm through gently then remove from the heat. Stir in the lime juice and coriander then serve.

Tip

This dish uses cooked chicken breast to make it really quick, but you can cook your own if you'd prefer. The best way is to poach a whole chicken breast. Drop it into a pan of boiling water, bring it back up to the boil then cover the pan with a lid and remove from the heat. Leave it to stand for 10 minutes then remove the chicken and leave to cool slightly. To check that it's cooked, slice into the thickest part and make sure there's no pink meat.

Quick and easy



Low-carb fish pie

Serves 1

195g cauliflower florets, sliced

185ml whole milk

Salt and pepper

1½ tsp butter

3 spring onions, finely sliced

1½ tsp plain flour

155g fish pie mix (or mixture of diced salmon, cod and smoked haddock)

60g frozen peas

10g mature cheddar, grated

Method

Preheat the oven to 200°C. Put the cauliflower into a small saucepan and pour over half of the milk. Bring to a simmer then cook gently for 10 minutes until the cauliflower is soft and most of the milk has been absorbed. Pour into a food processor, blend until smooth then season with salt and pepper.

Meanwhile, melt the butter in a saucepan then add the spring onions and fry until soft. Stir in the flour, cook for a couple of minutes then gradually stir in the remaining milk until you have a smooth white sauce. Remove the pan from the heat, stir in the fish and peas then pour into an ovenproof dish. Spoon the cauliflower mash over the fish mixture then scatter the cheese over the top. Bake in the oven for 15–20 minutes until the sauce is bubbling round the edges and the fish is cooked through. If you prefer a crunchy topping, finish off under a hot grill for a couple of minutes. Leave to cool slightly before serving.