

Name of dish: **Spicy Mixed Vegetable Pasta**

Ingredients

- ½ tbsp chilli flakes (£0.10)
- 400 gr can plum tomato, chopped (£0.65)
- 3 mushrooms, finely chopped (£0.15)
- ½ red onion, finely chopped (£0.10)
- 1 courgette, finely chopped (£0.35)
- 300 gr penne pasta (£0.50)
- 2 cloves of garlic, finely sliced (£0.04)
- 100ml veg stock (£0.35)
- 2 basil leaves (£0.05)
- 2 tbsp olive oil (£0.70)
- 80gr parmesan cheese (£1.25)*
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Additional notes

*alternatively, use cheddar

Serves 2-4

Approx cost of dish:

£2.73 with stock

£3.98 with parmesan cheese

Cheese Allergens: Gluten, Lactose,
Sulphates, Wheat

Method

Step 1

Prepare tomato sauce by adding plum tomato to a saucepan with oregano. Use a wooden stick or mixer to pulp chopped tomatoes until smooth. Use can as a guide to fill with half water and add to pan. Cook the tomato sauce on medium stirring for 10/15 mins.

Then cook sauce for a further 5/10 mins at a lower heat.

Step 2

To another pot, add tap water and pinch of salt and let reach boiling point. Add pasta and cook for 8/9 minutes before draining.

In another pan add olive oil and put on medium heat, add chilli flakes, garlic, red onions, mushrooms, courgettes.

Add two ladles of tomato sauce and cook for 5 mins, stirring occasionally then add vegetable stock to deglaze pan.

Step 3

When the pasta is cooked add to the pan with tomato sauce and chilli using a perforated serving spoon or strain the pasta using a strainer but keep some of the pasta water. Add pasta to tomato sauce and chilli and stir pasta, season to taste.

Cover and reduce for 10 minutes on low heat.

Finishing touches

Add 2 tablespoons of pasta water and a further 1/2 ladle of tomato and mix well until creamy texture is achieved.

Stack basil leaves, roll and slice finely. Turn the heat off, add the sliced basil, mix and serve.



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Name of dish: Sage Chicken with Vegetables in Creamy White Sauce

Ingredients

- 2 x 125 gr chicken fillet/breast (£1.20)
- 250 gr single cream or yogurt (£0.65)
- 3 mushrooms finely chopped (£0.15)
- ½ red onion finely chopped (£0.10)
- 1 tbsp oregano (£0.08)
- 300 gr penne pasta (£0.50)
- 2 cloves of garlic finely sliced (£0.04)
- 100 ml regular or low salt veg stock (£0.35)
- bunch parsley leaves (£0.07)
- 1 tbsp olive oil (£0.35)
- 80 gr parmesan cheese (£1.25)*

Additional notes

*alternatively, use cheddar

Serves 2

Approx cost of dish:
£3.07 with stock
£4.32 with parmesan cheese

Cheese Allergens: Gluten, Lactose,
Sulphates, Wheat

Method

Step 1

Dice the chicken breast into cubes. In a bowl place the chicken and season with sage, oregano, salt & pepper, mix the chicken well and leave to one side.

Add water into the pot, add a pinch of salt and let it reach boiling point. To the boiling water add the pasta and cook for 8/9 minutes (al dente) and drain the water.

Step 2

In another pan add olive oil with garlic and put it on medium heat. To the pan add seasoned sage chicken, red onions, and mushrooms and cook for 5 minutes stirring occasionally then add vegetable stock to deglaze the pan.

When the pasta is cooked strain pasta using a strainer but keep some of the pasta water.

Step 3

Add pasta to the pan that's cooking, take a couple of ladles of the pasta water and add to the pasta. Continue to stir the pasta and now add the cream, season to taste, cover and reduce for 5 minutes on low heat.

Finishing touches

Add a further couple of tablespoons of the pasta water and if a more creamy texture is desired add more cream, mix and continue to stir.

Stack parsley leaves, roll and slice finely. Turn the heat off, add the sliced parsley, mix and serve.



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Name of dish: **Cajun Salmon Linguine**

Ingredients

- 1 x 120 gr salmon fillet (£2.20)
- 400 gr can plum tomato chopped (£0.65)
- 3 mushrooms finely chopped (£0.15)
- 1 tbsp Oregano (£0.08)
- 300 gr linguine pasta (£0.50)
- 2 cloves of garlic finely sliced (£0.04)
- 100 ml regular or low salt veg stock (£0.35)
- bunch parsley leaves (£0.07)
- 2 tbsp olive oil (£0.35)
- 1 lemon (£0.10)
- cherry tomatoes (3 on stem) (£0.35)

Additional notes

Serves 2-4

Approx cost of dish:
£4.45 with salmon

Allergens: Fish, Gluten, Lactose Sulphates
Wheat

Method

Step 1

Prepare tomato sauce by adding the plum tomato to a saucepan with oregano. Use a wooden stick or mixer to pulp the chopped tomatoes until smooth. Use the can as a guide to fill with half water and add this to the pan. Cook the tomato sauce on medium stirring for 10/15 mins. Cook the sauce for a further 5/10 mins at a lower heat.

In a bowl place the salmon fillet and season with chopped garlic, Cajun seasoning, salt & pepper, half of the juiced lemon, mix the salmon well and let it rest for 5 minutes.

Step 2

Add tap water into another pot, add pinch of salt and let it reach boiling point. To boiling water add pasta and cook for 8/9 minutes and drain the water. To a medium hot pan add olive oil, once the oil is hot add the salmon fillet skin side down and pan fry for 5 minutes, turn and pan fry on the other side and revert to skin side and cook for further 5 minutes. Add to the pan the mushrooms, fry then add 2 ladles of tomato sauce and cook for 5 minutes, stirring occasionally.

Step 3

Add vegetable stock to deglaze pan. When the pasta is cooked add it to the pan with tomato sauce and salmon using a perforated serving spoon or alternatively strain the pasta using a strainer but keep some of the pasta water. Stir the pasta, cut half the lemon and squeeze over the pasta to season to taste, cover and reduce for 10 minutes on low heat. Key is to go for a dry pasta finish so the sauce should not be creamy.

Finishing touches

Stack parsley leaves, roll and slice finely.

Turn the heat off, add the sliced parsley, cut a lemon wedge, arrange the salmon fillet on the plate.

Garnish with parsley, lemon wedge and the stemmed cherry tomatoes.



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Name of dish: **Fresh Tomato, Garlic & Basil Pasta**

Ingredients

- 1 salad tomato finely chopped (£0.14)
- 300 gr penne pasta (£0.50)
- 2 cloves of garlic finely sliced (£0.04)
- 100 ml regular or low salt veg stock*
- 5 basil leaves (£0.09)
- 1 tbsp olive oil (£0.35)
- salt & pepper to taste
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Additional notes

*alternatively, use wine (£0.90)

Serves 2-4

Approx cost of dish:

£1.29 with stock

£1.69 with wine

Allergens: Gluten, Sulphates, Sulfites

Method

Step 1

Add tap water into pot, add a pinch of salt and let reach boiling point. In a pan add olive oil and put on medium heat. To the pan add tomatoes and garlic, cook for 5 minutes, stirring occasionally.

Add vegetable stock or wine to deglaze the pan, season to taste, cover and reduce for 10 minutes on low heat

Step 2

To the boiling water add the pasta and cook for 8/9 minutes (al dente).

When the pasta is cooked add it to the pan using a perforated serving spoon or alternatively strain the pasta using a strainer but keep some of the pasta water.

Step 3

Add a couple of tablespoons of the pasta water to pan and then mix it well until a creamy texture is achieved.

Finishing touches

Stack parsley leaves, roll and slice finely.

Turn the heat off, add the sliced basil, mix and serve.



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Name of dish: **Cajun Chicken Thigh, Spiced Cannellini Bean and Salad**

Ingredients

- 2 skin on chicken thighs (£0.75)
- 1 tbsp tomato puree (£0.04)
- 2 cloves garlic chopped (£0.04)
- 1 tbsp Cajun seasoning (£0.22)*
- 1 tbsp smoked Paprika (£0.22)
- 120 gr cannellini beans (£0.42)
- ¼ whole cucumber diced (£0.17)
- 4 mint leaves sliced (£0.08)
- 4 basil leaves sliced (£0.08)
- 1 lemon juiced (£0.30)
- 1 tbsp olive oil
- salt & pepper to taste

Additional notes

*Low spice level. Add additional tbsp to increase spice level

Serves 2-4

Approx cost of dish:
£2.67

Method

Step 1

In a bowl place chicken thighs and season with smoked paprika, chopped garlic, Cajun seasoning, salt & pepper, half of a juiced lemon, mix the chicken well and leave it to one side.

Dice the cucumber around 1cm cubes, add to a second bowl, season with salt and let it rest for 5 minutes. Drain the liquid from the salted cucumber cubes and add it back to the bowl.

Step 2

To the cucumber add the cannellini beans, smoked paprika and half juiced lemon.

Roll the herb leaves and slice finely then add to the beans and cucumber.

Season to taste with salt and pepper.

Step 3

To a medium hot pan add olive oil, once the oil is hot add the chicken thighs skin side down and cook for 8 minutes or until golden brown.

Turn the chicken and cover the pan and cook for another 8 minutes or until the core temperature reaches 75c.

Finishing touches

Once the chicken is cooked, plate the bean and cucumber salad then top it up with the chicken and serve.



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Name of dish: **Prawn, Lemon & Pea Risotto**

Ingredients

- 25 gr butter (£0.17)
- 100 gr prawns (£1.40)
- ¼ large onion finely diced (£0.09)
- 2 cloves garlic chopped (£0.04)
- 70 gr risotto rice (£0.20)
- 300ml fish stock (£0.35)
- 25 ml white wine (£0.33)
- juice of 1 lemon (£0.30)
- 20 gr parmesan cheese (£0.24)
- 10 gr parsley chopped (£0.29)
- 50 gr frozen peas (£0.09)
- 1 tbsp olive oil

Additional notes

Serves 2-4

Approx cost of dish:
£3.85

Allergens: Fish, Gluten, Sulphates,
Sulphites

Method

Step 1

Heat a large pan or pot and add the olive oil over medium heat. Add the prawns and cook for 2 minutes.

Add half of the garlic, lemon juice, and season with salt and pepper. Cook for 2-3 minutes more until the lemon juice evaporates. Take the prawns out of the pan and set aside

Step 2

In the same pan, melt the butter, and fry the onion for 4 minutes or until it softens. Add the rest of the garlic and the white wine. Cook for two more minutes, stirring, until the wine is mostly gone.

Add the rice and cook for 1 minute until it becomes translucent. Start adding the stock gradually, stirring continuously.

Step 3

When the liquid is mostly absorbed, add the rest of the stock and simmer for an extra 10 minutes until the rice is "al dente" and the risotto is still a bit soupy.

Stir in the parmesan, chopped parsley and add the prawns back to the pan and cook for 1-2 more minutes.

Finishing touches

Once the risotto reaches a creamy texture turn off the heat and serve.



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Name of dish: **Chaat Salad**

Ingredients

- 2 tinned, cooked chickpeas
- potatoes, peeled & cubed into 2cm squares
- 1 red onion, chopped
- 3 salad tomatoes, cubed into small pieces
- 2 tbsp of date and tamarind sauce*
- fresh coriander, roughly chopped
- 1 tbsp of chaat masala powder**
- small pot of natural or vegan yoghurt
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Additional notes

*alternatively, use brown sauce

**further optional ingredients include: pomegranate seeds, bombay mix, sliced spring onion, sweet potato, samosa, papri, chicken

Approx total cost of dish:
£5.00 (£1.25 per person)

Serves 2-4

Allergens: Milk

Method

Step 1

Bring a small pan of water to the boil, add the diced potatoes and cook until soft.

Drain using a sieve and leave to cool.

Step 2

In a large mixing bowl, add the chickpeas, red onion, chaat masala, and tomato, mix using a large spoon.

Step 3

Once cooled, add the potatoes and brown sauce and mix well.

Finishing touches

Serve onto 4 plates and top with yoghurt, coriander and the remaining brown sauce.



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Name of dish: **Vegan Balti**

Ingredients

- 4 potatoes (peel and cube into 4cm squares)
- 1 tin of chopped tomatoes
- 1 tbsp of vegetable oil
- 1 onion, chopped
- 1 tsp of cumin
- 1 tsp of ground coriander
- 1 tsp of turmeric
- fresh or frozen bag of mixed veg
- fresh coriander, roughly chopped
- basmati rice or naan to serve with
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Additional notes

Serves 2-4

Approx cost of dish:
£4.00 (£1.00 per person)

Method

Step 1

Heat oil in a non-stick pan and add the onions, cumin, turmeric and coriander.

Cook until the onions begin to caramelise.

Add a tin of tomatoes.

Step 2

Meanwhile, bring a medium pan of water to the boil.

Add the diced potatoes and cook until soft.

Step 3

Once cooked, add potatoes to the onion mix and stir well.

Add a splash of water.

Add the mixed veg and cook until piping hot.

Finishing touches

Serve with basmati rice or naan.



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