

# Contents



## INTRODUCTION

- 3 Welcome
- 4 Contents



## WHEN IN ROME

- 10 Roast red pepper and parsley pesto
- 12 Prawn and asparagus basil ravioli
- 15 Chicken pesto tagliatelle
- 18 Smoked salmon and courgette pasta
- 20 Crab and prawn linguine
- 22 Butternut squash macaroni cheese
- 24 Creamy pea pasta
- 26 Aubergine and tomato pasta
- 28 Beef and olive meatballs with spaghetti
- 30 Saffron chicken penne



## THAI KITCHEN

- 34 Vegetable spring rolls
- 36 Hot and sour prawn soup
- 38 Thai fishcakes
- 40 Spicy minced chicken salad
- 42 Quick beef massaman curry
- 44 Chicken pad thai
- 46 Grilled pork skewers with turmeric
- 48 Thai burgers
- 50 Thai steamed salmon parcels



## MIDWEEK MEALS

- 54 Petits pois and pancetta risotto
- 56 Sweet potato and courgette frittata
- 58 Aubergine, spinach and lentil curry
- 60 Thai curry noodles
- 62 Mushroom stroganoff
- 64 Greek-style pork stew
- 66 Lamb meatballs with couscous and mint yoghurt
- 68 Salmon with sticky tomato glaze
- 70 Poached cod with leek sauce, steamed carrots and basmati rice



## RISOTTOS

- 74 Chicken, butternut squash and toasted pine nut risotto
- 76 Beetroot, thyme and goat's cheese risotto
- 78 Asparagus risotto
- 80 Seafood risotto
- 82 Pea and mint risotto
- 84 Curry and coconut risotto
- 86 Springtime risotto
- 88 Pear and Gorgonzola risotto
- 90 Fennel risotto



## INDIAN FEAST

- 94 Cucumber and mint raita
- 96 Cauliflower stuffed parathas
- 98 Chicken in yoghurt
- 100 Quick lamb dhansak
- 102 Palak paneer
- 104 Seafood korma
- 106 Coconut dhal
- 108 Kashmiri rice
- 110 Coconut and pistachio delight
- 112 Chai masala



## ALL-IN-ONE MEALS

- 116 Chicken with carrot & red pepper rice and creamy mustard sauce
- 118 Asian-style chicken, rice and vegetables
- 120 Steamed poussins and fruity quinoa
- 122 Sausage meatballs with butternut squash and potatoes
- 124 Moroccan lamb with couscous
- 126 Sea bass with lemon and herb couscous
- 128 Pollock with potatoes, savoy cabbage and citrus sauce
- 130 Salmon with broccoli, rice and dill sauce
- 132 Stuffed tomatoes with rice and cashew & basil sauce
- 134 Steamed raspberry jam puddings
- 136 Chocolate chestnut cheesecake



## CHOCOLATE

- 140 Chocolate fudge cake
- 142 Soft and chewy white chocolate chip cookies
- 144 Chocolate and cream cheese tart
- 146 White chocolate and raspberry cheesecake
- 148 Chocolate hazelnut torte with fresh berries
- 150 Chocolate fondants
- 152 Chocolate orange mousse
- 154 Chocolate ice cream
- 156 Chocolate sauce
- 158 Chocolate salami
  
- 160 Index
- 164 Thermomix 1 x 1
- 166 Notes
- 168 Imprint

