

RECIPES

Chicken

SHAWARMA

This used to be my go-to in the takeaway, loaded with a rake of sauce after a few drinks, but now I can make a healthier version in my gaff and have it anytime I want! It's super straightforward and with all the herbs and spices available now in your local supermarket it's never been easier to recreate mega dishes like this. If you can't find shawarma spice made up it's a doddle to create at home. Just remember you need to marinate the chicken overnight so you'll need to do this the night before you want to eat it.

SERVES 6

8 chicken thigh fillets, all visible fat removed

For the shawarma spice marinade:

1 tbsp ground cumin
1 tsp turmeric
2 tsp smoked paprika
¼ tsp ground cardamom
1 tsp ground coriander
¼ tsp ground ginger
200ml water

To serve:

8 wholemeal pittas, warmed
Iceberg lettuce, shredded
1 red onion, sliced
A drizzle of garlic sauce

1 Preheat your oven to 220°C.

2 Start by marinating the chicken. Mix the spices with the water in a large bowl. Add in the chicken thighs and massage in the spices, making sure they are completely covered. Cover with clingfilm and pop into the fridge overnight.

3 To cook, you will need to stick the chicken on skewers, which is easy to do! We have a kebab spike, but you can make a DIY version at home. Get a baking tray, cut a large onion or potato in half, stick two bamboo skewers beside each other into one half of the potato or onion and then layer up the chicken piece by piece. Once it's been layered up, pop into the oven for 40 minutes until golden and brown.

4 Remove and allow to stand for 10 minutes and then slice those babies up. Serve in warm pittas with lettuce and red onion and drizzle on some garlic sauce.

Taco FRIES

You'll never have to feel like you are missing out ever again with this takeaway essential you can make right in the comfort of your own gaff! Oozy, cheesy goodness with crumbly bacon bits.

SERVES 4

1kg potatoes
Low-calorie spray oil
1 onion, finely diced
500g lean mince
2 tbsp soy sauce
1 tsp easy/lazy garlic
¼ tsp easy/lazy chilli
400ml passata
1 tbsp tomato purée
3-4 drops Worcestershire sauce

For the taco sauce:

6 tbsp lighter than light mayo
¼ tsp chipotle chilli powder
1 tsp lime juice
¼ tsp smoked paprika
¼ tsp chilli powder
Water to loosen, if needed

To serve:

Cheddar cheese, grated
A few scallions, thinly sliced

- 1** If you are not using an airfryer, preheat the oven to 220°C. Wash and peel your spuds and cut into chips, tip into a microwave-safe bowl and rinse and drain thoroughly. Pop into the microwave for 6-7 minutes until slightly soft. Spray the chips with oil, pop on a tray and put in the preheated oven for 15-20 minutes, shaking and turning after 10 minutes, or pop in the airfryer at 200°C for 15 minutes, shaking and respraying halfway through until golden and crisp.
- 2** While the chips are cooking, heat a little oil in a wok, fry off the onion then add the mince and soy sauce and cook, stirring, until the meat turns brown. Then stir in the garlic and chilli and cook for another 1-2 minutes.
- 3** Add in the passata, tomato purée and Worcestershire sauce and simmer on a medium heat for 10 minutes until the mixture is starting to reduce.
- 4** Time to get saucy: mix all the ingredients for the taco sauce together in a bowl.
- 5** To assemble your taco fries, pop your chips in a bowl and spoon on a layer of the taco mince, drizzle with the taco sauce then sprinkle over some grated Cheddar and scallions ... then mill them!

KORMA

This easy chicken korma is perfect for the whole family – mild, creamy and dreamy and perfect for a Friday night fake make. Add some naan bread or poppadoms on the side to dunk and some pilau rice to complete the feast.

SERVES 4

Low-calorie spray oil

1 onion, finely diced

2 garlic cloves, minced

3-4 chicken fillets, diced

2 tbsp korma spice

200ml chicken stock

200ml coconut milk

200ml almond milk

1 tbsp tomato purée

1 tsp sweetener

2 tsp cornflour (optional)

1 Heat a wok or high-sided pan with a little oil, add the onion and garlic and fry off for 2-3 minutes until softened.

2 Add in the diced chicken and brown, stirring to cook every piece evenly. When the chicken is cooked, sprinkle on the korma spice and heat through.

3 Add the chicken stock, coconut milk, almond milk, tomato purée and sweetener. Give it a good stir and bring the sauce to a boil, then reduce the heat and let simmer for 10 minutes. At this stage the sauce should start to reduce and thicken, but if it doesn't thicken as much as you would like, mix the cornflour with some water to a paste and add it into the sauce.

4 We like to serve ours with basmati rice, warmed naan bread and poppadoms to dunk – nothing like it!