

MUSHROOM AND NDUJA SCRAMBLED EGGS

A delicious, jazzed-up version of scrambled eggs. This is the perfect weekend brunch option and the Nduja sausage adds a lovely spicy flavour. Delicious on some toast, but our go-to is on a croissant. Absolutely incredible.

Serves 2

Low-calorie spray oil ½ clove garlic,

finely chopped 150g button mushrooms, washed and halved

A thumb-size piece of Nduja sausage

5 eggs

A glug of milk (you'll know yourself)

1 tsp butter Salt and pepper

1 We're gonna start off with the mushrooms and Nduja, as the eggs will cook quickly. Grab a pan, get it to a low/ medium heat and add a spray of oil. Drop on your garlic, allow it to infuse for a minute or two, then stir in the mushrooms.

2 Grab your Nduja sausage, break off little pieces and drop them in the pan. Allow to cook for 8–10 minutes. Once the mushroom and Nduja mix is cooked, pop the pan to one side while you get the eggs ready.

3 Crack your eggs into a saucepan and stir in the milk and butter. Pop the saucepan onto a medium heat, grab a spatula and stir. You want to keep the movement going here, so keep stirring slowly, dragging your spatula along the bottom of the pan. Every so often, lift the pan off the heat for a few seconds and then pop it back on.

4 Now, as your eggs start to scramble, lash in your mushrooms and Nduja and give it all a good mix. Add salt and pepper to taste.

5 Serve on toast (we like sourdough). Or if you're feeling fancy, serve on a toasted croissant.

SOUTHERN FRIED CAULIFLOWER WINGS

A very quick and easy recipe to make an epic vegan alternative to chicken wings. And if you're not vegetarian or vegan, don't let that stop you trying these. They are absolutely incredible! If you've friends over, whack a big bowl of these in the middle of the table and watch the grub disappear. We used a full head of cauliflower, which made a LOAD of wings (more than enough for five people).

Serves 4

For the batter:

½ cup flour

½ cup sparkling water

1 tsp chilli flakes

1 tsp ground pepper

½ tsp garlic salt

½ tsp smoked paprika

For the wings:

1 cauliflower, chopped into florets

Low-calorie spray oil 200ml

Frank's RedHot Wings Buffalo Sauce 1 tbsp barbecue sauce

1 Mix all the ingredients for the batter in a large bowl. Whisk until there are no lumps and bumps. Dip in your cauliflower florets and get them nice and covered.

2 Add some oil to a pan or wok on a medium heat, enough to partly cover the florets as we are shallow frying these. (We find the wok easier, as we can tilt it to cook the florets evenly.) Add in your florets. They cook in 6–8 minutes. Work in batches, keep an eye and take them out of the pan when they're golden brown.

3 Put a new pan on a low/medium heat. Pour in the Buffalo sauce and mix in the barbecue sauce (this gives a lovely sweetness). When the sauce is hot, toss in your

wings and coat them evenly with the sauce. Serve up the wings. We like a bit of blue cheese dip on the side.

SLOW COOKER SMOKY CHICKEN

It does exactly what it says on the tin! What more can we really say about this stunning recipe? Saucy, succulent, sweet and tangy. Load it with fries, wrap it up like a burrito or pile it high as a burger. But one thing is for sure and that is, it is feckin' deadly. This will keep well in the fridge for a few days, so it's great for an aul batch-cooking day.

1 Pop a pan over a medium heat with a little oil and sear the chicken fillets.

2 In the slow cooker, add in all the rest of the ingredients and mix to combine. Add in the chicken and cook on high for 4 hours or on low for 8 hours.

3 When the chicken is ready, use two forks to shred it up.

Serve in toasted buns with some coleslaw or load it up on some baked potatoes. Sprinkle on some basil.

SERVES 4

Low-calorie oil spray

4 chicken fillets

400 ml passata

2 tsp garlic powder

1 tsp onion powder

1 tsp sweet smoked paprika

1 tbsp honey

1 tsp Worcestershire sauce

1 tbsp apple cider vinegar

1 tsp Knorr Deep Smoke Liquid Seasoning

¼ tsp chilli powder (optional)

Fresh basil, finely chopped

MASSO-MAN CURRY

1 garlic clove, chopped

1–2 tbsp curry paste

100ml cream

Fresh coriander

1 Start by searing your beef in some oil in a pan on a medium heat. Add three-quarters of the massaman paste into the beef and stir through, allowing it to cook for a minute or two. Now turn off the pan and grab your slow cooker.

2 Mix your coconut milk and stock in the slow cooker. Add your potatoes, mushrooms, onion, garlic and curry paste. Then add the seared beef and the rest of the massaman

paste. Give it a stir and lash on low for 8 hours. Be prepared for some epic smells in the kitchen.

3 After the 8 hours, pour in your cream and mix through. If you find the curry isn't thick enough, mix a little cornflour with water and blend that in. Garnish with coriander and serve with rice.