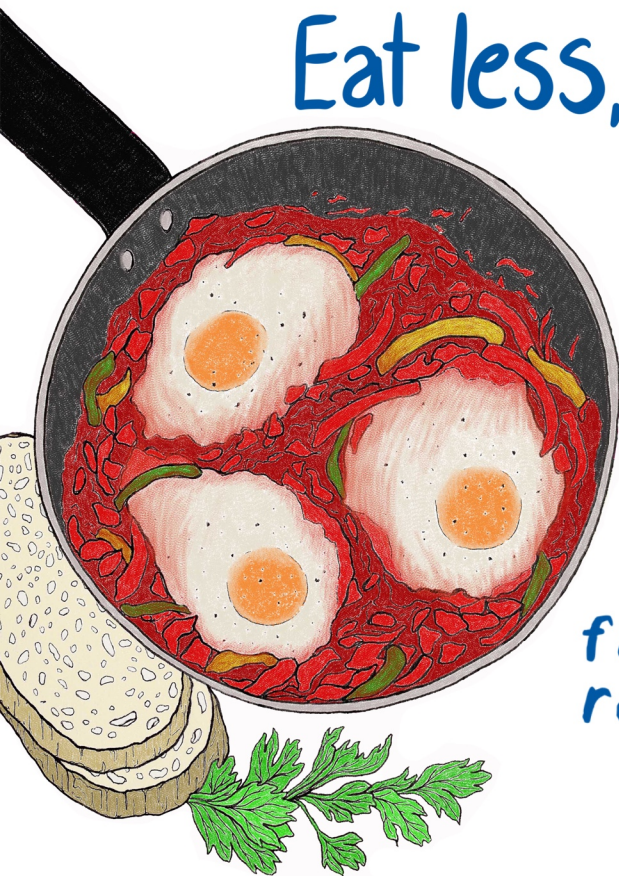


RSPCA Assured

Eat less, Eat better



Delicious
family-friendly
recipes

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Pasta with sausage and fennel ragu

Preparation time: 10 minutes

Cooking time: 25 minutes

Serves: 4



Ingredients

3 tbsp olive oil

1 onion, finely diced

1 fennel bulb, finely chopped

6 RSPCA Assured pork sausages

4 Garlic cloves, crushed

1 tsp fennel seeds

Salt and pepper to season

150ml red wine


400g tin of chopped tomatoes

1 tsp sugar

250ml chicken stock

400g dried pasta

Handful of parsley, chopped



Method

Heat the oil in a large frying pan, add the onion and fennel and cook for 5 minutes until they begin to soften.

Split open the sausages and remove the skin. Break the sausage meat into balls and add along with the garlic to the onion mix. Gently cook, until the sausage meat is golden and beginning to crisp. Add the fennel seeds and season.

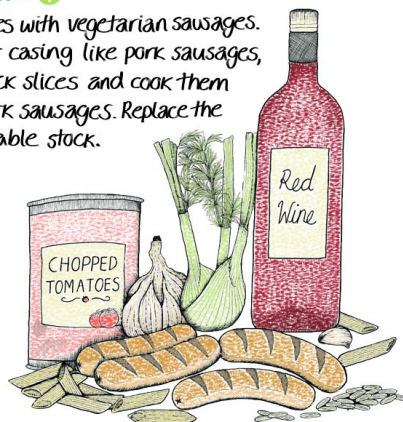
Add the wine, tomatoes, sugar and stock. Cover and cook on the lowest heat for 20 minutes and season to taste.

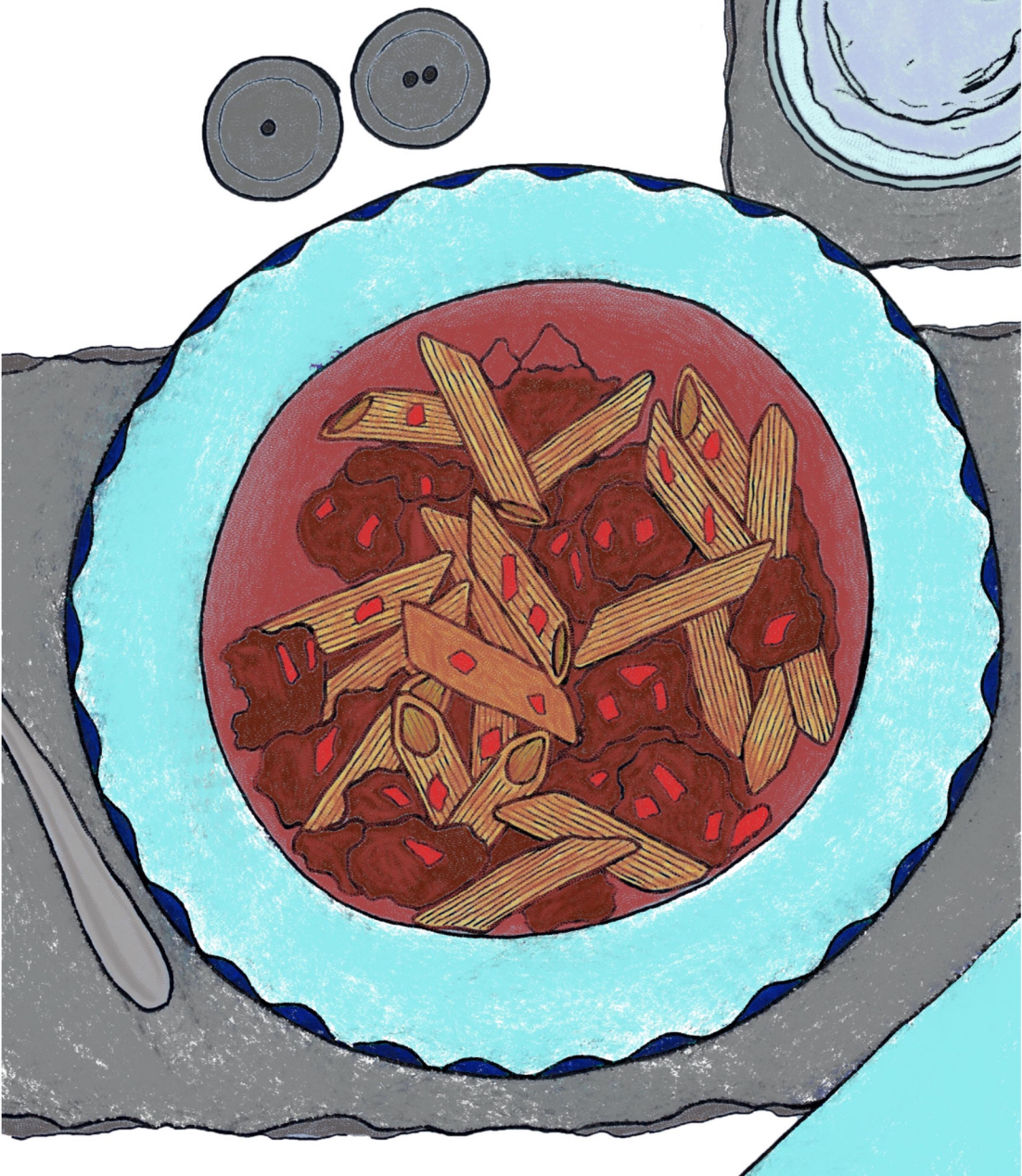
Bring a large pan of salted water to the boil and cook the pasta according to the packet instructions. Drain and return to the pan.

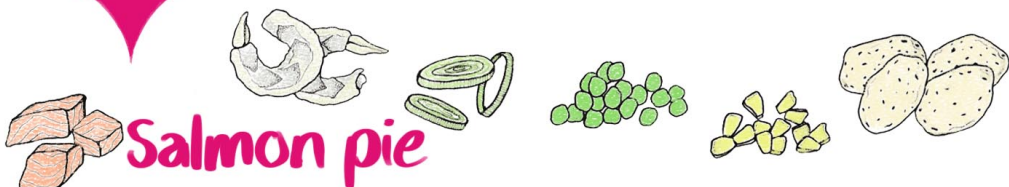
Add the sausage ragu and toss together. Sprinkle with parsley and serve.

For a vegetarian alternative

Replace the pork sausages with vegetarian sausages. They do not have an outer casing like pork sausages, so just cut them into thick slices and cook them the same way as the pork sausages. Replace the chicken stock with vegetable stock.







Salmon pie

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 6

Ingredients

For the potato topping

1kg Maris Piper potatoes, peeled and cubed

Splash of RSPCA Assured milk

Knob of butter

For the pie filling

25g butter

1 leek, finely chopped

25g Flour

400ml RSPCA Assured milk

1 tbsp dill, finely chopped

500g RSPCA Assured fresh salmon, skinned and cubed

100g MSC approved large raw prawns, peeled

1 tbsp wholegrain mustard

50g Frozen sweetcorn

50g Frozen peas

Method

Preheat the oven to 200°C/180°C fan/gas 6.

Put the potatoes in a saucepan and pour over enough water to cover. Bring to the boil and simmer until tender. When cooked, drain thoroughly and mash with a splash of milk and some butter.

Season with ground black pepper. Set aside to cool.

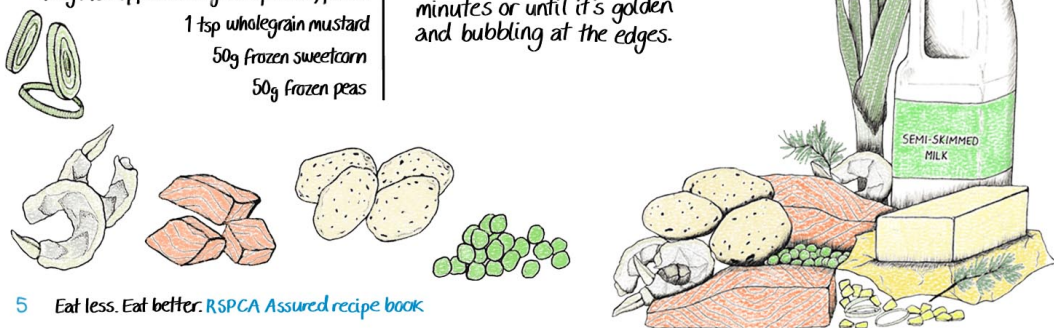
For the filling:

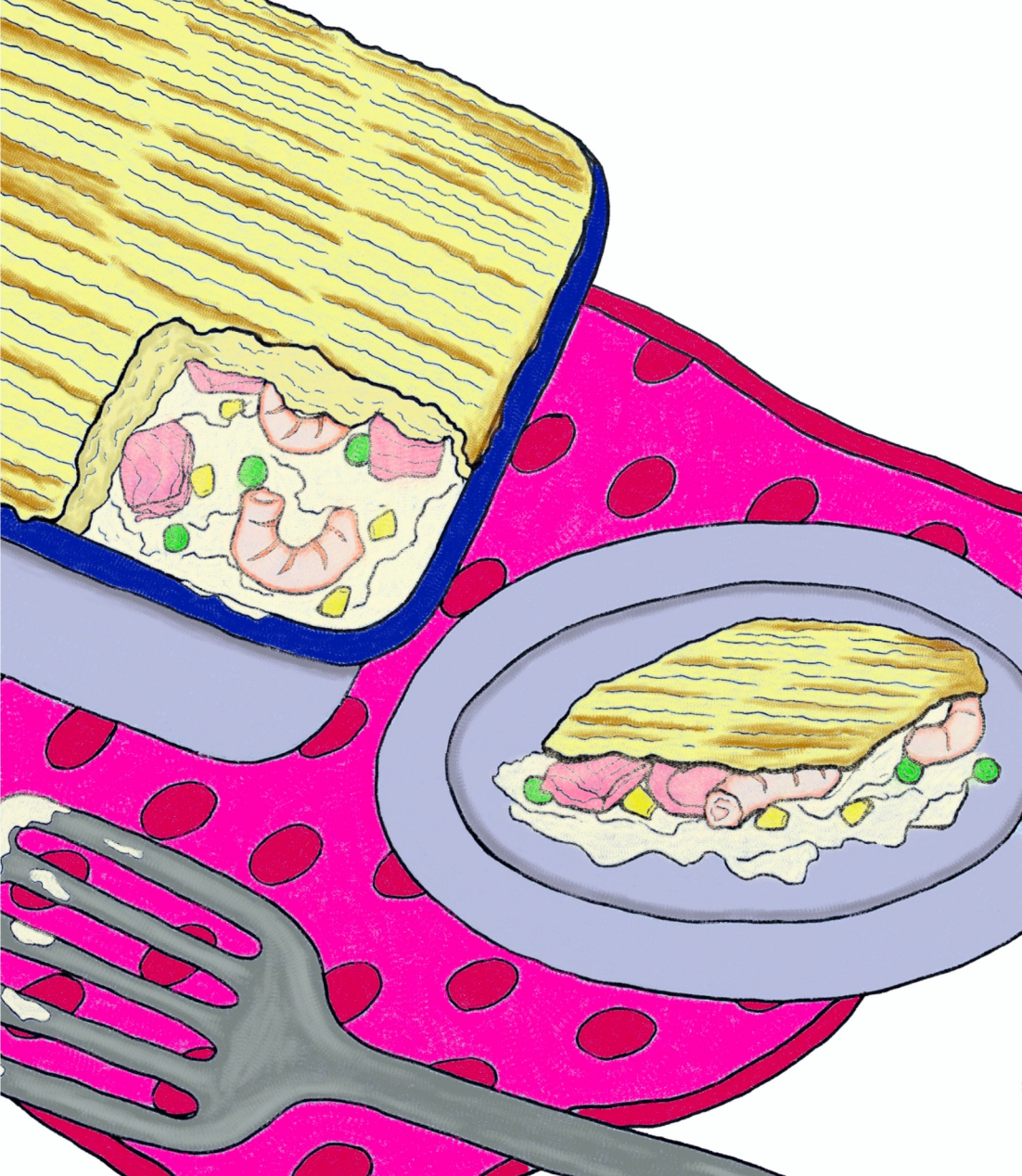
Melt the butter in a pan and add the leek. Cook until it begins to soften.

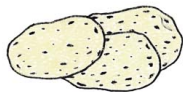
Add the flour and cook for 1 to 2 minutes, stirring regularly. Gradually whisk in the milk, beating the mixture until all of the flour is combined with the milk.

Bring to the boil, stirring constantly to avoid any lumps. Reduce heat and cook for 3 to 4 minutes until thickened. Take off the heat and stir in the dill, fish, prawns, mustard, sweetcorn and peas. Spoon into an ovenproof dish. Spoon or pipe the mashed potato on top.

Bake in the oven for 20 to 25 minutes or until it's golden and bubbling at the edges.







One-tray roast chicken and vegetables

Preparation time: 20 minutes

Cooking time: 60 minutes

Serves: 4

Ingredients

500g new potatoes, cut into wedges

300g baby carrots, scrubbed

2 large courgettes, diagonally sliced

2 red onions, cut into wedges

2 yellow peppers, seeded and cut into chunks

6 firm, plum tomatoes, halved

Salt and pepper to season

4 RSPCA Assured skinless, boneless chicken breast fillets

6 tbsp olive oil

2 tbsp green pesto

Method

Preheat the oven to 200°C/fan 160°C/gas 6.

Spread the potatoes, carrots, courgette, onion, pepper and tomatoes in a shallow roasting tin and season.

Slash the flesh of each chicken breast 3 to 4 times using a sharp knife, then lay the chicken on top of the vegetables.

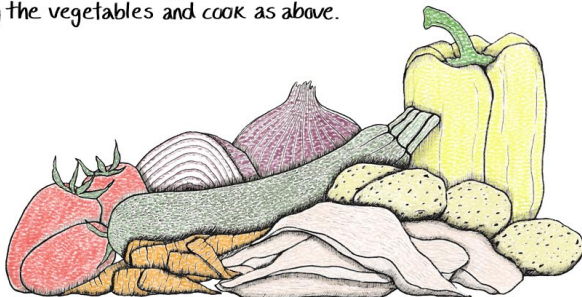
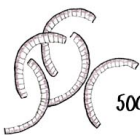
Mix the olive oil and pesto together until well-blended and spoon evenly over the chicken. Cover the tin with foil and cook for 50 minutes.

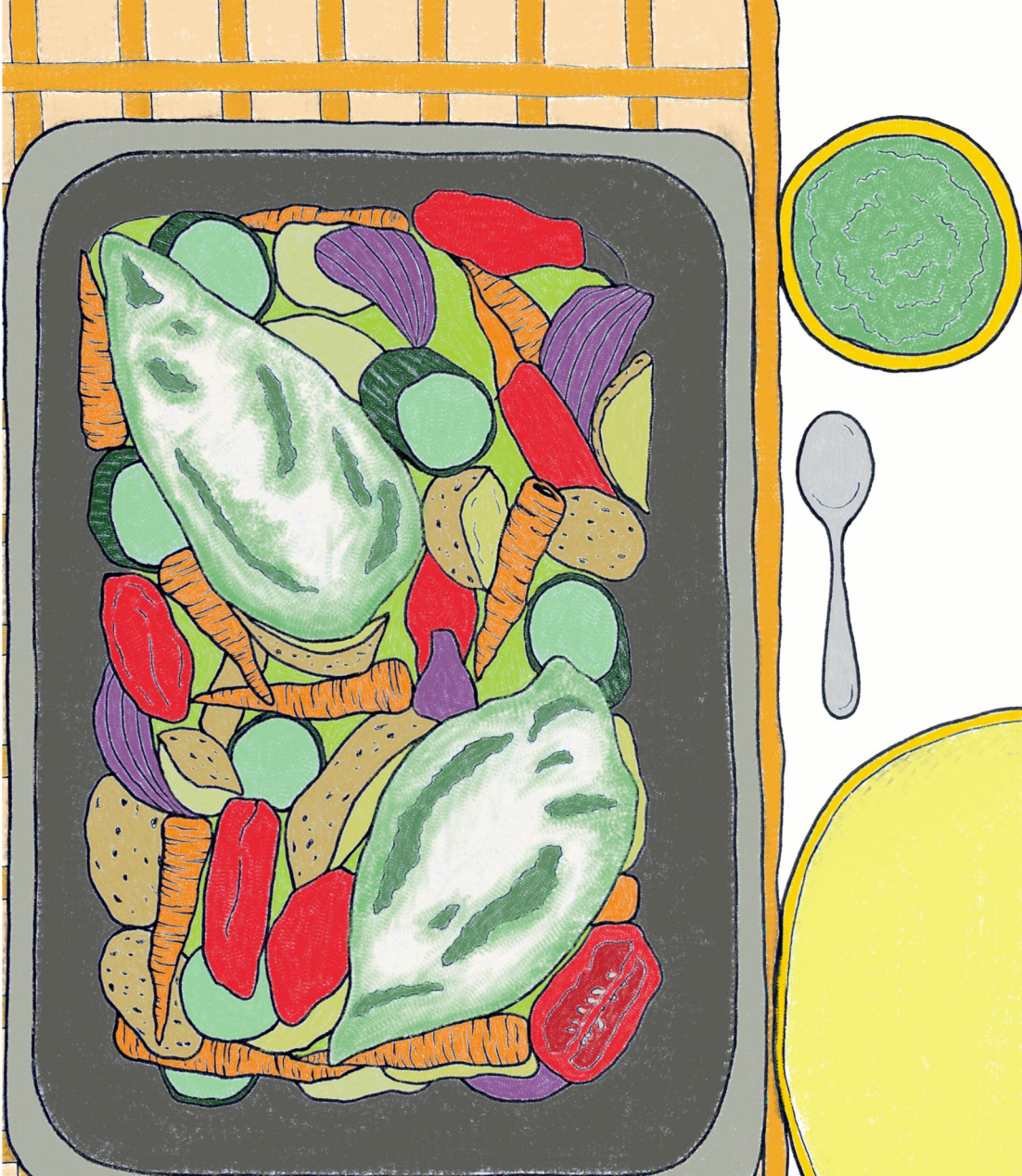
Remove the foil from the tin and cook for a further 10 minutes or until the vegetables are cooked and tender and the chicken is cooked through (the juices should run clear when pierced with a skewer).

Serve straight from the tin to save on washing up.

For a vegetarian alternative

Replace the chicken breast with a butternut squash, seeds removed and cut into wedges. Nestle the squash wedges in among the vegetables and cook as above.





Veggie chilli

Preparation time : 10 minutes

Cooking time : 30 minutes

Serves : 4

Ingredients

2 tbsp olive oil

2 onions, peeled and chopped

2 carrots, peeled and chopped

1 green pepper, deseeded and chopped

2 sticks celery, trimmed and chopped

2 courgettes, thickly sliced

1 large sweet potato, peeled and chopped

2 garlic cloves, peeled and crushed

1 tsp ground cumin

1 tsp ground cinnamon

1 tsp hot chilli powder

2 x 400g tins red kidney beans in chilli sauce

1 x 500g carton passata

To serve

Tacos

Soured cream

Mashed avocado

Handful chopped coriander

Method

Heat the oil and cook the onion for 5 minutes until softened.

Add the remaining vegetables and cook, stirring frequently for 8 to 10 minutes.

Add the garlic and cook for 1 minute. Stir in the spices, season, then cook for 30 seconds.

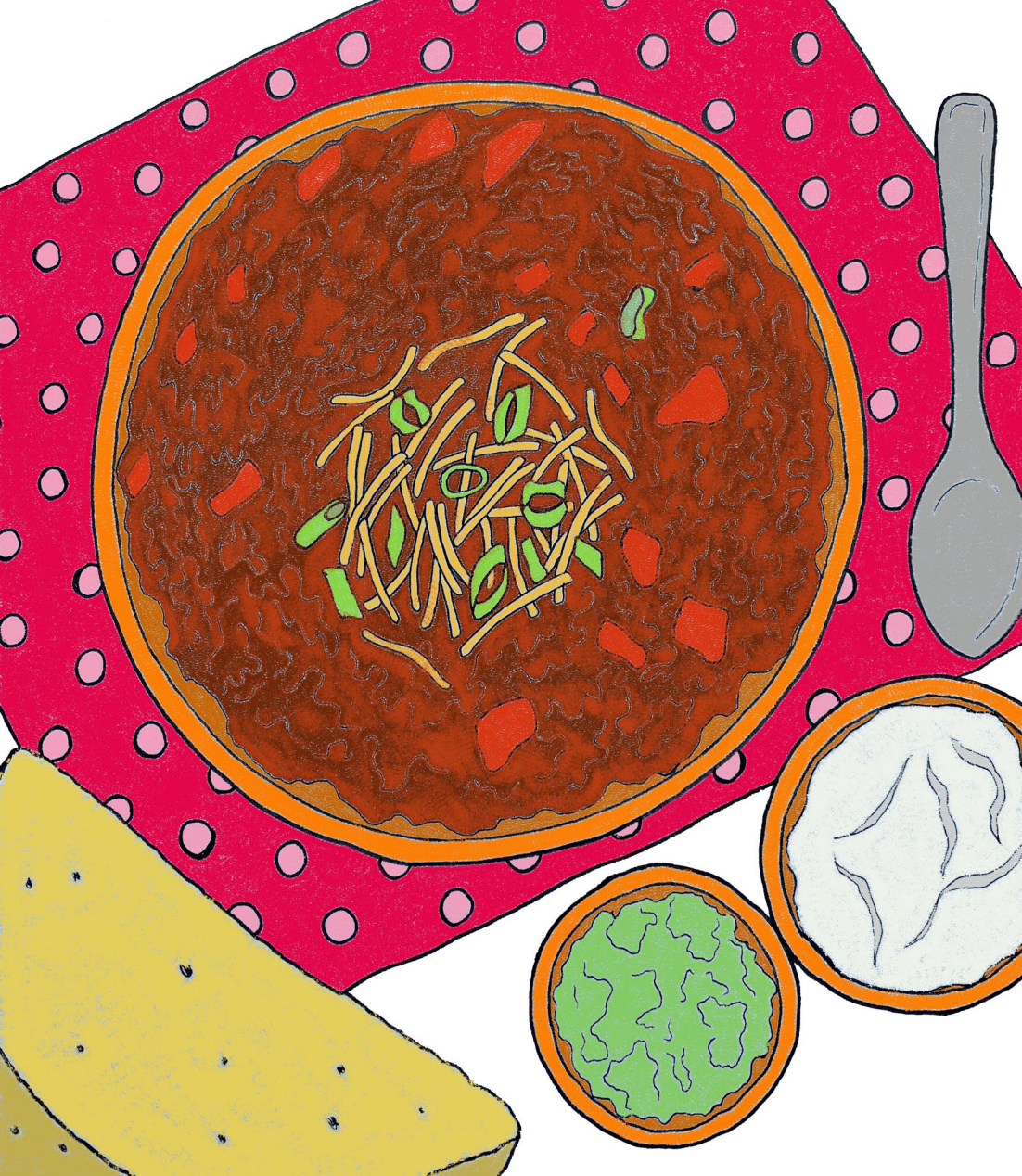
Add the kidney beans and passata.

Half-fill the kidney bean tin with water and tip into the pan. Bring to the boil and stir well.

Partially cover the pan and simmer, stirring occasionally, for 30 minutes until the vegetables are tender.

To serve, spoon into tacos or onto rice and top with sour cream, mashed avocados and coriander or spring onions. Add sliced jalapeños for a spicy kick.







Butter chicken curry

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4

Ingredients

500g RSPCA Assured skinless, boneless chicken thighs cut into four pieces

1 tsp ground turmeric

4cm fresh ginger, peeled and grated

2 garlic cloves, crushed

Juice of half a lemon

½ tsp salt

35g butter

1 tbsp oil

1 onion, thinly sliced

3 tbsp butter chicken paste, makhani or other medium curry paste

1 tbsp tomato purée

227g chopped tomatoes

3 tbsp ground almonds

150ml full-fat natural yoghurt

150ml chicken stock

100g green beans

Handful of coriander leaves

Basmati rice and naan bread, to serve

Method

Place the chicken in a plastic bag and add the turmeric, ginger, garlic, lemon juice and ½ tsp of salt. Shake the bag until the chicken is covered.

Heat the butter and oil in a large pan then cook the onion for 8 to 10 minutes until softened and starting to colour. Add the curry paste and tomato purée and cook for 3 minutes. Add the chopped tomatoes and chicken and cook for 7 minutes. Mix the almonds and 100ml of the yoghurt in a bowl then stir into the pan and cook for 2 to 3 minutes.

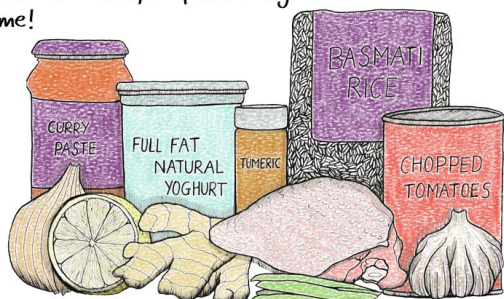
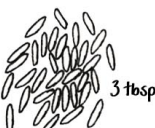
Add the stock and green beans, simmer gently for 10 minutes. Make sure the chicken is thoroughly cooked, remove from the heat and scatter over the coriander.

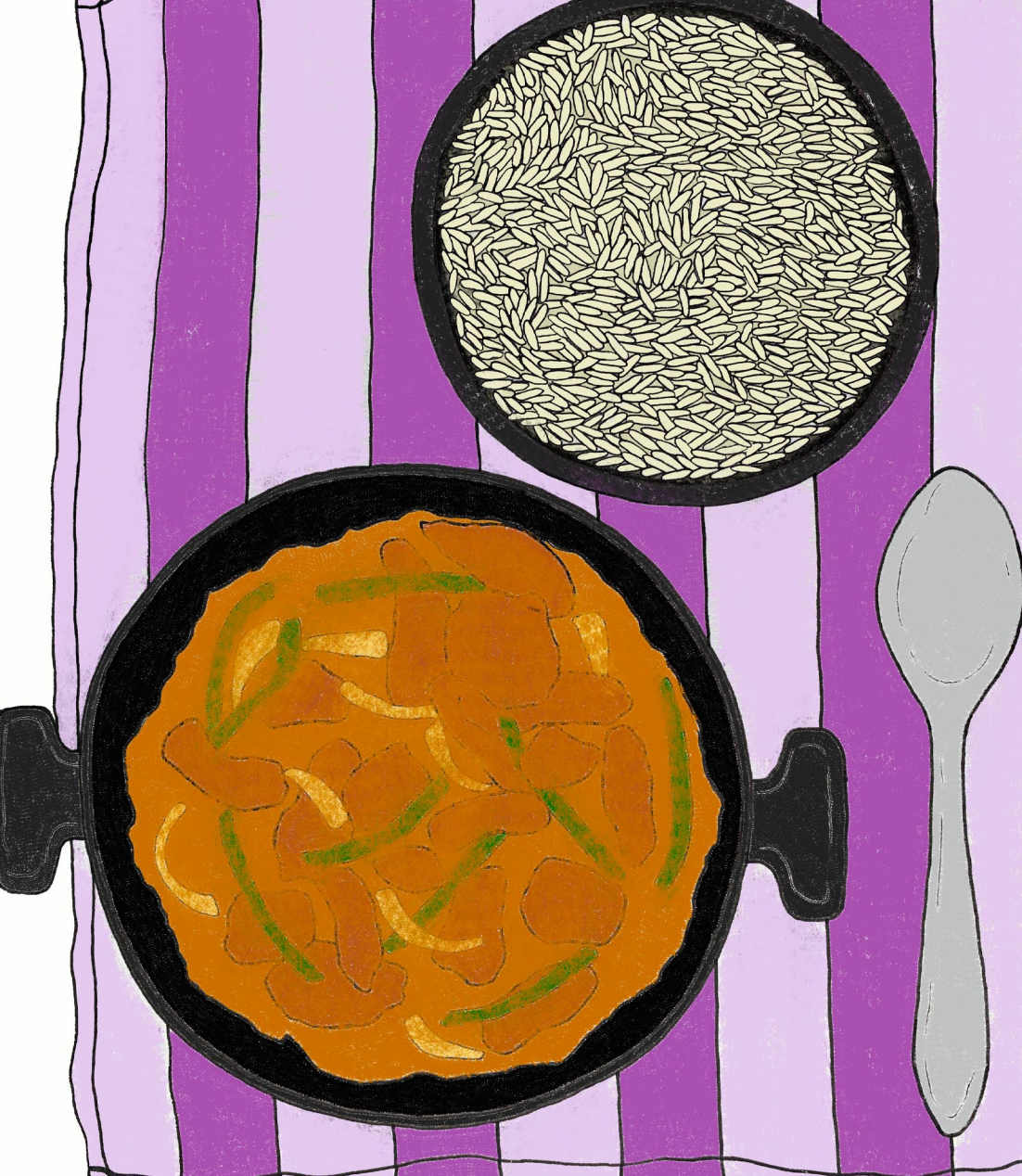
Serve with the remaining yoghurt, basmati rice and naan bread.

For a vegetarian alternative

Replace the chicken with 500g of Quorn or paneer (Indian cheese) and the chicken stock with vegetable stock.

NB: Patak's butter chicken spice paste is vegetarian – despite the name!







One-pot baked eggs in spicy tomato sauce

Preparation time: 10 minutes

Cooking time: 50 minutes

Serves: 4

Ingredients

2 tbsp olive oil

1 onion, sliced

1 red pepper, deseeded and sliced

1 yellow pepper, deseeded and sliced

1 green pepper, deseeded and sliced

2 garlic cloves, finely chopped

1 tsp paprika

$\frac{1}{2}$ tsp cumin seeds

2 tbsp harissa paste

2 x 400g can chopped tomatoes

1 tbsp tomato purée

1 tsp sugar

4 RSPCA Assured eggs

Salt and pepper to season

Parsley, roughly chopped

Sourdough or seeded bread, toasted, to serve

Method

Heat the oil in a large frying pan.

Add the onion and cook for 8-10 minutes or until the onions are starting to colour. Add the peppers and cook until onions and peppers are soft.

Stir in the garlic, paprika, cumin seeds and harissa paste and cook for a further 5 minutes. Add the tomatoes, purée and sugar and add salt and pepper to taste.

Bring to a boil, reduce the heat and simmer for 30 minutes. Make four pockets in the sauce and break in the eggs. Season them lightly, cover and cook for about 7 minutes or until the eggs are just set or cooked to your liking.

Sprinkle with parsley and serve with lots of toasted bread.



