

WRITTEN BY  
RYAN WAKEMAN

# THE LOW ENERGY COOKBOOK

60 Delicious, Energy Efficient Recipes

ISBN: 9798357722607  
Copyright Ryan Wakeman 2022

# Contents

## Intro

Page 8

About the Book	09
Reducing Waste in the Kitchen	11
Energy Usage	14
Measurements	18
About Me	19

## Soups

Page 22

Leek and Potato	24
Broccoli and Stilton	26
Swede and Parsnip	28
Easy Vegetable Soup	30
Cream of Chicken Soup	32

## Ramen/ Noodle

Page 34

Tuna and Sun-dried	36
Protein Rich	38
Super Green	40
Spicy Chicken	42
Herby Sausage	44

# Contents

## 1 Pan Pasta

Page 46

Chicken Bacon and Tomato	48
Sausage Pasta	50
Bolognaise	52
Meatballs (Homemade)	54
Classic Carbonara	56

## Rice Dishes

Page 58

Rogan Josh	60
My Homemade Chilli	62
A Wakeman Paella	64
Chicken Teriyaki	66
Chicken Rice Casserole	68

## Cold Pasta

Page 70

Capri Pasta	72
Smoked Anti-Pasti	74
Greek Salad Pasta	76
BBQ Chicken	78
Lemon and Basil	80

# Contents

## Bistro

Page 82

Salmon and Potatoes	84
Steak and Eggs	86
Hunters Chicken	88
Shakshuka	90
Pancetta & Sweet Potato Hash	92

## Slow Cooker Heroes

Page 94

Super Food Stew	96
Hotpot	98
Sausage Casserole	100
Chicken Stew	102
Smoked Bean Chilli	104

## Meal Prep

Page 106

Classic Lasagna	108
Chicken Pesto Lasagna	110
Cottage Pie	112
Tuna Pasta Bake	114
Greek Goulash	116

# Contents

## Salads

Page 118

Strawberry Balsamic	120
Greek Salad	122
Ploughman's Salad	124
Mango and Chilli	126
Chicken Salad	128

## Sandwiches

Page 130

The Ultimate Deli	132
Steak and Blue	134
The Chicken Sandwich	136
BLT	138
Tuna Melt	140

## Air Fryer Masterpieces

Page 142

Speedy Roast Potatoes	144
Apple and Cinnamon Baked Oats	146
Gammon Joint	148
Roast Chicken Thighs	150
Mini Pizzas	152

# Contents

## Puddings

Page 154

French Crumpets	156
Mug Cake	158
Slow Cooker Cuppa Tea Cake	160
No Bake Cheesecake	162
Air Fryer Bread and Butter Pudding	164

The background of the page features three bamboo kitchen spatulas of varying sizes and shapes, arranged diagonally. A piece of fabric with a black and white geometric pattern is partially visible behind the spatulas. The overall aesthetic is clean and natural.

# Intro

About the Book	09
Reducing Kitchen Waste	11
Energy Usage	14
Measurements	18
About Me	19



# About the book

Becoming mindful of energy used whilst cooking.

The cost of living is continually creeping up and doesn't show any signs of rapid decline anytime soon. As of writing this segment, it's September 2022 and last night myself and a friend went for dinner and showed our age by comparing energy tariffs from the same supplier. I uncovered what my variable rate is set to jump to from the 1st of October and frankly it's scary. In essence, my consumption costs are doubling.

Based on our current usage, which I feel is very controlled, it's hard to see how long this can be sustainable for most people. Maybe it's time we assess our habits and become more aware of our usage and the little changes we can make, as it's not just energy, but all household expenses going up.

We all look at finding ways to reduce our food shopping bills, through special offers and discounted supermarkets. However, it's very rare we consider the cost of cooking and preparing our food, it's a cost very much taken for granted and overlooked.


This recipe book has been put together to shine a light on the costs of food preparation and introduce healthy habits to help us control our energy usage, as well as offer some cooking inspiration and easy tasty meal ideas.

As an example, from the 1st of October if I was to use my oven at home daily it would cost me £10.23 a month just waiting for it to 'Pre-Heat'. This is when it's not even cooking anything.

Just think...How much you do spend cooking?

It can sometimes be a surprising figure and make you wonder whether that 29p Frozen Garlic Bread is really worth the 74p in electricity to cook it.

You'll see through some of our recipes that we aim to steer away from casually using the oven, reduce the number of pans used and have introduced a slow cooker, soup maker and the trendy air fryer, as these are surprisingly efficient in comparison.



However, life's about balance. Sometimes you'll want something quick to make, sometimes you may have time to prep or other times you may want a lazy dinner with minimal effort. I would like to think I cater for all these scenarios within this book and help you mix up your kitchen routines to hopefully keep a tab on those rising energy bills.

When choosing the recipes for this book, I kept things fresh and simple, trying to position dishes as ones which you may consider cooking in some shape or form on a regular basis.

I've kept this book reflective of things we will generally cook at home and all preparation of dishes is from our home kitchen, just with our living room transforming into a photography studio for the dish photos. Although, as supportive as Hannah has been throughout making this book, photography lights becoming a feature of the living room is not something (understandably) she has fully got on board with.

# Reducing waste in the kitchen

All about keeping a tab on simple habits.

This doesn't just mean energy, although that is the focus of this book. It's about being smart with your shopping, savvy with your cooking habits and keeping tabs of what food you have and creatively using it to avoid showing it the bin.

So here are my top tips for controlling wastage in your kitchen:

## Lid it

If you hold your hand above an open pan, you'll feel the waft of heat being expelled from the top, simply being wasted. An example of this is when cooking pasta. I've seen so many people turn the gas up and have no lids covering their pans. This is when cooking Fusilli, it's not as if they're trying to balance a lid with raw spaghetti poking out the top of the pan.

Placing a lid on the top covering the pan helps keep that valuable heat in, enabling you to be able to turn down the gas or temperature of the hob, thus saving energy. You could save upwards of 30% by doing this and my only exception to not lidding is when trying to reduce a sauce. I'll have an oversized lid that I'll use to cover parts of the frying pan even when cooking a fry up



## Avoid using the oven

The number of times I have altered what I'm cooking or tried developing a new cooking method to avoid using the oven is now countless. Ovens are great if you have a lot of elements in there at once for a complicated dinner like a roast (I'm scared to try and cost up cooking a roast dinner) or for batch cooking, as we delve into later in the book (see 'Meal Prep'). However, it's hard to justify with small things, especially once you become aware of the costs of doing so.

Previously I would have fired up the oven casually just to cook Yorkshire Puddings as a snack, and sadly we all know being impatient and putting them in before it's pre-heated doesn't spawn the best results. So the 5 min cooking time, plus 15 mins pre-heating, is now going to be costing: 37p. Now for what's likely to be 16p worth of Yorkshires, that's hard to stomach.



## Count your meals when food shopping

This isn't a problem for some of us, as I'm aware some individuals out there will be uber efficient and plan their meals with a detailed shopping list. Now, this is a tip for around 50% of the population, mainly men who will go shopping unprepared and load a trolley up without direction. I always find it best to count when I walk up the meat section. I love the smaller stores like Aldi and Lidl, as their full meat selection is clearly in view. So, I take an average of 7 days that I'm shopping for and will pick up meat

items to cover 4/5 of them, plus bacon (bacon swings across all meal times and smoked lasts for what feels like forever, it's magic). Out of the meat selection, there's likely to be fish or sausages that can easily fit in the freezer, a larger pack of chicken which will span a couple of days and then I always make sure to grab some tinned Tuna as a fallback.

I find this method offers solid coverage of meals across the week, with the flexibility of impromptu evenings out or working away. These allow us to delay a full shopping trip by a few days as it's easy to not be bothered when it comes to food shopping.

However, I feel it should go without saying that you should keep tabs on the expiry dates of items you're picking up, as 5 items all with a 3 day lifespan doesn't always balance.



## Washing up

If you're like us and have a combi boiler feeding your hot water, be mindful that using the hot tap to just rinse a cup can be wasteful. Think... For that hot water, the boiler fires up, warms the water and all the water in the pipes between the tap and the boiler. I now often fill cups with cold water and wash them all together later in the day. It seems petty but I have seen a difference in the Gas bill.

# Energy usage

How I've done the math...

For my energy calculations, some assumptions have been made. For each type of cooking equipment, I have taken an average energy consumption value. This is because these figures will fluctuate based on make and model and are calculated at a consistent usage.

For example, an oven may draw more energy when heating up and hold temperature for a period, reducing energy consumption. So an average expected usage figure is used within this book.

In regards to gas and electric hobs, these figures are based on a single rings peak usage, these will reduce when set to lower temperatures for simmering. However, these will be highlighted throughout the recipes and taken into account where possible.

This will be marked as Low, Med, High and assumed that:

Low = 20% Power

Med = 60% Power

High = 100% Power

To avoid complications, we are not including factors like gas possibly being more effective (hotter) when cooking etc. I appreciate there may be some variance in actual consumption, however, the purpose is to offer a ball park figure and increase energy consumption awareness. So feel free to conduct your own calculations for your appliances and treat these as a guide.

In regards to energy tariffs, I have simply taken our peak time energy usage figures. I live in a regular 2 bed property with non-fixed energy rates from a mainstream UK energy supplier.

(Figures taken from October 2022 Tariff).

## Electricity tariff

Tariff name	<b>Deemed Economy 7</b>
End date	<b>No end date</b>
<b>Unit rate</b>	
Day	— 50.75p per kWh
Night	— 8.22p per kWh
<b>Standing charge</b>	
	51.86p per day

Use our comparison tool to view your full tariff details.

[Compare now](#)

## Gas tariff

Tariff name	<b>Deemed</b>
End date	<b>No end date</b>
<b>Unit rate</b>	
	11.018p per kWh
<b>Standing charge</b>	
	33.53p per day

Use our comparison tool to view your full tariff details.

[Compare now](#)

I've taken the above as many will be in a similar position with non-fixed rates and these are more reflective of the current climate than those locked in 2 years ago.

As we can see there is a huge disproportion in price / kWh between gas and electricity. For reference, I will be cooking on gas, although I have an electric oven.

However, to list costs per recipe I will use a worst case scenario with a breakdown per appliance, which will enable you to attain an example figure for your type of appliance.

Example:

### Energy Usage



2.2kW/h  
up to:  
**£1.22**

# Energy consumption/ appliance

Below are average energy consumptions figures and costs for running for an hour based on my October 2022 tariff listed above. These should provide an example and will form the basis of the costing per recipe throughout this book.

## Hob:

Fuel	KWh	Cost / Hour
Gas	1.95	£0.21
Electricity	2	£1.02

## Oven

Fuel	KWh	Cost / Hour
Gas	1.6	£0.18
Electricity	2.2	£1.12

## Microwave:

Fuel	KWh	Cost / Hour
Electricity	0.9	£0.46



## Kettle

Fuel	KWh	Cost / Hour
Electricity	3	£1.52

## Slow Cooker

Temperature	KWh	Cost / Hour
Low	0.150	£0.08
High	0.225	£0.11

## Soup Kettle

Fuel	KWh	Cost / Hour
Electricity	1	£0.51

## Air Fryer

Fuel	KWh	Cost / Hour
Electricity	1.5	£0.76

# Measurements

Like a mini glossary

Tbl	A tablespoon
Tea	A teaspoon
Pinch	Literally a pinch of something
Cracks	1 turn or motion of a pepper grinder
Handful	A comfortable average handful of an item
Cups	Based on a standard 250ml cup

# About me

and my food habits....



I'll open by saying I'm not a chef by trade, however, I have owned and operated a variety of different restaurants and food businesses over the years and have had the pleasure of working with and alongside many great chefs along the way.

I've always had a fascination with food, business and the hospitality industry, originally starting out in night-clubs and events before exploring my culinary passion. Due to how I positioned myself within the businesses, I was often steering the ship, but I was never shy to roll up my sleeves and jump in the engine room, being the kitchen. This is where I learnt a lot about cooking, food preparation and different ways of preparing dishes.

This experience also means I know first hand the challenges the hospitality industry is facing in regard to energy costs. Commercial kitchens are expensive things to operate and this naturally scales down to people's kitchens at home. This thought is what prompted me to explore these costs on a domestic level and write this book.

Some of the habits featured are ones I've adopted for many years, as I've been cooking fresh for a while now and tend to steer away from ready meals. Although I can be a sucker for attempting to eat a family sized ready made lasagna in one sitting.

At home, we tend to split the cooking between me and my partner Hannah, with her pet hate being that I won't eat Mushrooms, so she waits until I'm away to indulge in those. That's why you won't find

Mayo or Mushrooms in these recipes, they're a big no-no in my eyes.

One good habit I have maintained is remaining a casual juicer for the past 5 years after seeing a Jason Vale presentation at a business seminar. So this tends to be how I use up excess fruit and veg and save them from going to waste (Broccoli stems in the right mix are really effective and tasty).

In terms of food, my favourite meal would be a roast beef dinner. I'm also a sucker for pizza, but not greasy deep-pan pizza, it's all about the proper stone-baked pizza. Having owned over 10 Pizzerias you get picky and at one point I worked out that within the space of a year I consumed more than 700 pizzas. I pretty much lived on pizza and juice at the time, with the occasional Guinness.

I also don't tend to snack much, I'm very much one for meal times and would take a starter over a pudding 9 times out of 10.



A top-down view of a white ceramic bowl filled with a vibrant orange soup. The soup is garnished with a cluster of fresh green basil leaves in the center. The bowl is set on a dark, textured wooden surface. In the bottom right corner, there are additional fresh basil leaves. A small portion of a golden-brown crust is visible in the top right corner.

## Soups

Leek and Potato	24
Broccoli and Stilton	26
Swede and Parsnip	28
Easy Vegetable Soup	30
Cream of Chicken Soup	32

# Perfect for when it's chilly

Healthy too

For these recipes, we will be utilising a soup maker. These make producing a fresh creamy soup effortless and something you can do comfortably within half an hour.

These are just a few ideas to whet your appetite and work well as a starter or a lighter meal.

The thing I love about soups is that they're a great dish to be adventurous with and really trail some creativity, mixing different vegetables and spices to create some delicious flavours.

Soups are also a great way to utilise excess vegetables before they begin to spoil, often allowing you to stretch their lifespan by a couple of days once prepared.

Check out some recipe ideas: 

# Leek and Potato

Perfect winter warmer



Serves: 2/3

## Ingredients

- 3x Potatoes (Medium)
- 2x Leeks
- 1 Tbl Smoked Paprika
- 2 Cracks Cracked Black Pepper
- 400ml Water

## Cooking Time

**31MINS**



## Energy Usage

0.42 kW/h  
up to:

**£0.21**



## Steps

1. Wash potatoes.
2. Chop potatoes into smaller cubes (just makes them manageable for the soup maker, they don't need to look pretty).
3. Slice your Leek into 5mm slices.
4. Add ingredients to your soup maker.
5. Add 400ml of cold water.
6. Add 1 tablespoon of smoked paprika powder.
7. Power the soup maker and set it to make a blended soup (will differ between devices, see instructions).
8. Once complete, pour into bowls.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.



# Broccoli and Stilton

Refreshingly cheesy



Serves: 2/3

## Ingredients

- 1x Broccoli
- 120g Blue Stilton Cheese
- 1x Potato (medium)
- 1 Tea Cracked Black Pepper
- 500ml Water

## Cooking Time

**31MINS**



## Energy Usage

0.42 kW/h  
up to:

**£0.21**



## Steps

1. Slice the broccoli into smaller pieces, no bigger than 4cm, including the stem.
2. Slice the stilton into smaller pieces, no bigger than 2cm (It may appear to just crumble).
3. Add ingredients to your soup maker.
4. Add 500ml of cold water.
5. Add 1 teaspoon of cracked black pepper.
6. Power the soup maker and set it to make a blended soup (will differ between devices, see instructions).
7. Once complete, pour into bowls and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.

# Swede and Parsnip

Delightfully moorish



Serves: 2/3

## Ingredients

Half	Swede
2x	Parsnips (or 1 large)
1 Tea	Cracked Black Pepper
500ml	Water

## Cooking Time

**31MINS**



## Energy Usage

0.42 kW/h  
up to:

**£0.21**



## Steps

1. Cut the swede into smaller pieces, no bigger than 4cm.
2. Slice the parsnips in half (down the length) and cut them into smaller slices, no bigger than 1cm.
3. Add ingredients to your soup maker.
4. Add 500ml of cold water.
5. Add 1 teaspoon of cracked black pepper.
6. Power the soup maker and set it to make a blended soup (will differ between devices, see instructions).
7. Once complete, pour into bowls and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.

# Easy Vegetable Soup

A simple take on a classic



Serves: 2/3

## Ingredients

- 2x Carrots
- 1x Parsnips
- Half Broccoli
- 1 handful Spinach
- 600ml Water
- 30ml Worcester Sauce

## Cooking Time

**31MINS**



## Energy Usage

0.42 kW/h  
up to:

**£0.21**



## Steps

1. Slice the carrots into smaller slices, no bigger than 1cm.
2. Slice the parsnips in half (down the length) and cut them into smaller slices, no bigger than 1cm.
3. Slice the broccoli into smaller pieces, no bigger than 4cm, including the stem.
4. Add ingredients to your soup maker.
5. Add 600ml of cold water.
6. Add 1 teaspoon of cracked black pepper.
7. Power the soup maker and set it to make a blended soup (will differ between devices, see instructions).
8. Once complete, pour into bowls and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.

# Cream of Chicken Soup

Hard to resist



Serves: 3

## Ingredients

- 1x Cooked Chicken Breast
- 1x Leek
- Half Onion
- 250ml Milk
- 250ml Double Cream
- 1 Cube Chicken Stock

## Cooking Time

**31MINS**



## Energy Usage

0.42 kW/h  
up to:  
**£0.21**



## Steps

1. Break/cut the cooked chicken into smaller pieces, no bigger than 3cm.
2. Slice the Leek into smaller slices, no bigger than 1cm.
3. Slice the onion in half then into smaller slices, no bigger than 1cm.
4. Add ingredients to your soup maker.
5. Add 250ml of milk and 250ml of double cream.
6. Break 1 stock cube up and add to the mix.
7. Power the soup maker and set it to make a blended soup (will differ between devices, see instructions).
8. Once complete, pour into bowls and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.



A close-up photograph of a white bowl filled with ramen. The noodles are thick and curly, coated in a light-colored broth. Several pieces of green scallions are scattered throughout the dish. A pair of black chopsticks is positioned horizontally across the middle of the bowl, resting on the noodles. The background is a light, textured surface.

## Ramen

Tuna and Sun-dried	36
Protein Rich	38
Super Green	40
Spicy Chicken	42
Herby Sausage	44

# Perfect for quick dinners

## Simple and effective

Popular in post war Japan as an easy and affordable way to feed the masses, this simple dish can lay the perfect foundation for creativity, much like the blank canvas of a pizza base.

For all of these dishes we shall be starting with dry individually portioned noodles - you know the ones which come with a flavour sachet - and we shall simply pimp them. To be fair, the possibilities are endless and a follow up book of 'Pimp my Ramen' could become an option. However, I have started with 5 simple recipes in this book to hopefully spark some inspiration.

These are generally what I cook as a hot lunch when working from home and find a trusty wok to be the pan of choice, with a lid of course.

Note: For these we used chicken flavoured dried noodles, and included the seasoning, this can of course vary on preference.

Check out some recipe ideas: 

# Tuna and Sun-dried

Full of flavour



Serves: 1

## Ingredients

- 1x Packet of Dried Noodles
- 1x Tin of Tuna
- 6x Sun Dried Tomatoes (in Oil)
- 1 Tea Cumin
- 1 Crack Cracked Black Pepper
- 10g Hard Dry Cheese (Grand Padano or Pecorino)
- 300ml Water

## Cooking Time

12MINS



## Energy Usage

0.23kW/h  
up to:  
**£0.12**



## Steps

1. Boil 500ml of water in the kettle.
2. To your wok add the tinned tuna, 1 teaspoon of cumin and 1 crack of black pepper. Get some heat into the tuna and mix the seasoning.
3. Add your dried noodles, plus the 300ml of water as it comes to the boil (with flavour packet).
4. Stir and add a large lid to keep in the heat, maintaining a low heat.
5. As the noodles soften, stir and break them up.
6. Finely grate the hard dry cheese into the pan.
7. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.

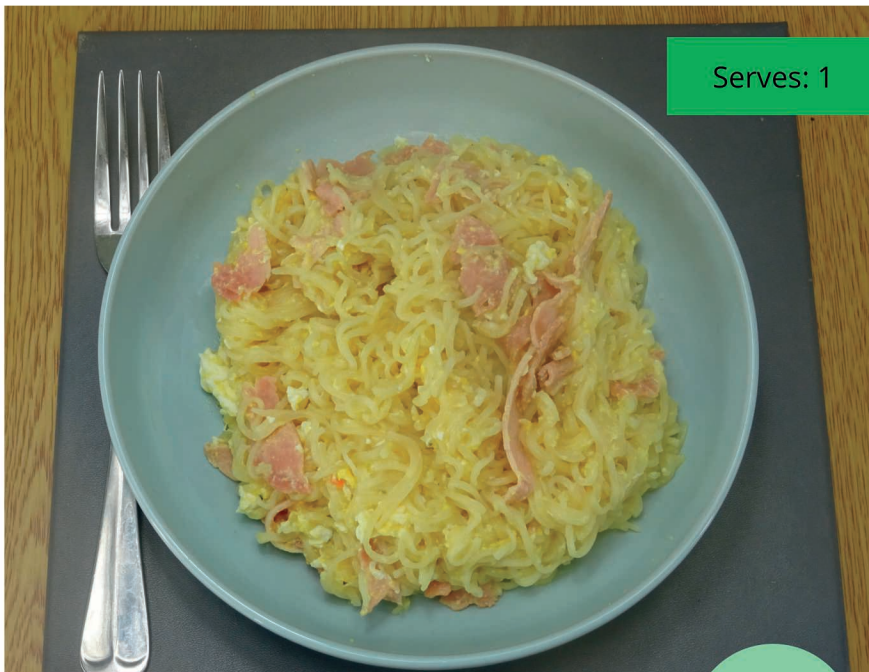


## Tips

A good non-stick wok is recommended as it shouldn't ever stick and makes this a speedy 1 pan dish.

# Protein Rich

Egg fried ramen



Serves: 1

## Ingredients

- 1x Packet of Dried Noodles
- 1x Ham Slice
- 1x Large Egg
- Half Tea Garlic Powder
- 1 Crack Cracked Black Pepper
- 10g Hard Dry Cheese (Grand Padano or Pecorino)
- 300ml Water

## Cooking Time

**11MINS**



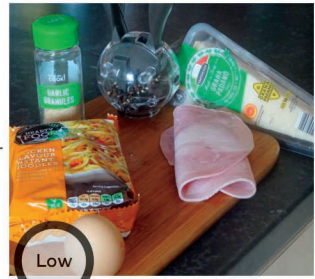
## Energy Usage

0.2kW/h  
up to:  
**£0.11**



## Steps

1. Boil 300ml of water in the kettle.
2. Add your dried noodles, plus the 300ml of water as it comes to the boil.
3. To your wok, add the ham (tearing into little pieces as you add), half a teaspoon of garlic powder and 1 crack of black pepper.
4. Stir and add a large lid to keep in the heat, maintaining a low heat.
5. As the noodles soften, stir and break them up.
6. Crack your egg into the pan and stir, mixing the egg into the noodles.
7. Finely grate the hard dry cheese into the pan.
8. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.

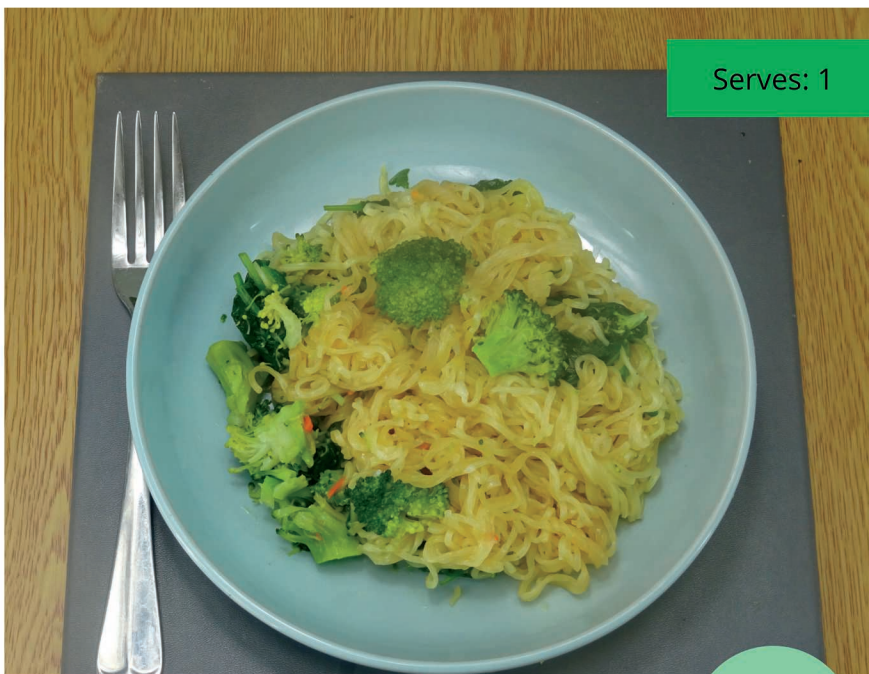


## Tips

A good non-stick wok is recommended as it shouldn't ever stick and makes this a speedy 1 pan dish.

# Super Green

Moorishly healthy



Serves: 1

## Ingredients

- 1x Packet of Dried Noodles
- Handful Spinach
- 3x Broccoli Florets
- 1 Tea Cumin
- 1 Crack Cracked Black Pepper
- 10g Hard Dry Cheese (Grand Padano or Pecorino)
- 300ml Water

## Cooking Time

**12MINS**



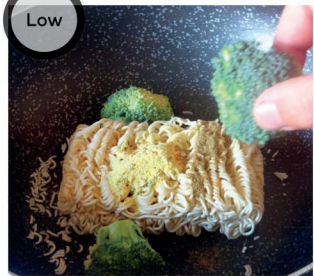
## Energy Usage

0.2kW/h  
up to:  
**£0.11**



## Steps

1. Boil 300ml of water in the kettle.
2. Trim a few florets (3) from your broccoli and break them into small thumb-sized pieces so they evenly distribute.
3. Add your dried noodles, plus the 300ml of water as it comes to the boil.
4. To your wok, add the broccoli, a teaspoon of cumin and 1 crack of black pepper.
5. Stir and add a large lid to keep in the heat, maintaining a low heat.
6. As the noodles soften, stir and break them up.
7. Finely grate the hard dry cheese into the pan and throw in the handful of spinach (Rinse it first).
8. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.



## Tips

A good non-stick wok is recommended as it shouldn't ever stick and makes this a speedy 1 pan dish.



# Spicy Chicken

They'll have a kick



Serves: 1

## Ingredients

- 1x Packet of Dried Noodles
- 80g Cooked Chicken (or small breast)
- 1x Red Chilli
- 1 Tea Cumin
- 1 Crack Cracked Black Pepper
- 10g Hard Dry Cheese (Grand Padano or Pecorino)
- 300ml Water

## Cooking Time

12MINS



## Energy Usage

0.2kW/h  
up to:  
**£0.11**



## Steps

1. Boil 300ml of water in the kettle.
2. Break up your cooked chicken into small pieces, almost shredded.
3. Slice your red chilli into thin slices (approx. 5mm).
4. Add your dried noodles, plus the 300ml of water as it comes to the boil.
5. To your wok, add the chicken, a teaspoon of cumin, 1 crack of black pepper and the sliced red chilli.
6. Stir and add a large lid to keep in the heat, maintaining a low heat.
7. As the noodles soften, stir and break them up.
8. Finely grate the hard dry cheese into the pan.
9. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.



## Tips

A good non-stick wok is recommended as it shouldn't ever stick and makes this a speedy 1 pan dish.

# Herby Sausage

Simple, yet flavourful



Serves: 1

## Ingredients

1x	Packet of Dried Noodles
2x	Chipolata Sausages
1 Tea	Dried Sage
1 Tea	Dried Oregano
1 Crack	Cracked Black Pepper
Handful	Spinach
10g	Hard Dry Cheese (Grand Padano or Pecorino)
300ml	Water

## Cooking Time

**14MINS**



## Energy Usage

0.21 kW/h  
up to:  
**£0.11**

Hob	0.06kw/h   £0.01
Kettle	0.15kw/h   £0.08

## Steps

1. Boil 300ml of water in the kettle.
2. Slice/break your chipolata sausages up into small pieces and brown them off in the wok.
3. Add your dried noodles, plus the 300ml of water as it comes to the boil.
4. To your wok, add a teaspoon of dried sage, a teaspoon of dried oregano and 1 crack of black pepper.
5. Stir and add a large lid to keep in the heat, maintaining a low heat.
6. As the noodles soften, stir and break them up.
7. Throw in the handful of spinach (Rinse it first).
8. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.



## Tips

A good non-stick wok is recommended as it shouldn't ever stick and makes this a speedy 1 pan dish.



# 1 Pan Pasta

Chicken Bacon & Tomato	48
Sausage Pasta	50
Bolognese	52
Meatballs (Homemade)	54
Classic Carbonara	56

# Why make more washing up?

You mix them when you eat, why not when you cook?

This demonstrates a slightly unorthodox method towards cooking pasta, however, one I find works well when you're creating a sauce which needs to develop its flavour.

In short, the pasta is added to the sauce with a measure of water to cook. One perk I have found is I'm yet to have a pan bubble over when I leave it with a lid on through this method.

I'm not one for store-bought pasta sauces, they have their place, generally quick throw-together dinners. However, the majority of the time you can create your own for half the cost and fairly quickly.

Creating your own sauce gives you more control over the flavour and you know exactly what it's made from. This is where a slightly well-stocked spice rack can become handy. However, I've found through experimentation and getting a grasp of the sauce building blocks you can create fantastic tasting sauce dishes really easily.

Check out some recipe ideas: 

## 1 Pan Pasta

# Chicken Bacon & Tomato

A solid all-rounder



Serves: 2

## Ingredients

200g	Chicken Breast
2x	Bacon Rashers
10x	Cherry Tomatoes
Half	Red Onion
1 Tbl	Dried Oregano
1 Tbl	Dried Basil
1 Tbl	Cracked Black Pepper
1 Crack	Cracked Salt
1x	Passata
250ml	Water
2 Cups	Pasta (Penne)

## Cooking Time

26MINS



## Energy Usage



## Steps

1. Cut chicken and bacon into 1.5cm squares/cubes.
2. Slice onions into small pieces (I've done 5mm quarter slices).
3. Add chicken, bacon and onions to the pan on medium heat to brown.
4. Quarter the cherry tomatoes.
5. Once the chicken has browned, add the passata, cherry tomatoes and seasoning (oregano, basil, salt and pepper), and lower the heat.
6. Add the 2 cups of pasta, and 250ml of cold water and cover.
7. Keep covered/occasionally stir until the water is gone and serve.



## Tips

It's easier to sometimes use slightly less water and add more than trying to reduce afterwards.



## 1 Pan Pasta

# Sausage Pasta

A flavourful and simple dish



Serves: 2

## Ingredients

3x	Sausages (Lincolnshire)
1x	Red Onion
1 Tbl	Dried Oregano
1 Tbl	Dried Sage
1 Tbl	Cracked Black Pepper
1 Crack	Cracked Salt
1x Tin	Chopped Tomatoes
250ml	Water
20ml	Worcester sauce

## Cooking Time

26MINS



## Energy Usage

0.13kW/h  
up to:  
**£0.07**



## Steps

1. Cut sausages into 1.5cm/small pieces and begin to brown off on low heat (use a lid to cover).
2. Slice onions into small pieces (I've done 5mm quarter slices) and add to the pan.
3. Once browned, add the chopped tomatoes, seasoning (oregano and mixed herbs) and 20ml of Worcester Sauce to the pan.
4. Pour in the pasta, and 250ml of water, stir and cover.
5. Keep covered/occasionally stir until the water is gone and serve before it sticks to the pan.



## Tips

Stir to ensure the pasta is mostly covered in liquid before covering and leaving to cook.

## 1 Pan Pasta

# Bolognese

A true classic



Serves: 2

### Ingredients

400g	Lean Mince
1x	Red Onion
1 Tbl	Dried Oregano
1 Tbl	Dried Basil
1 Tea	Dried Garlic
1 Crack	Cracked Black Pepper
1x	Cracked Salt
1x	Passata
250ml	Water
Handful	Spaghetti

### Cooking Time

24MINS



### Energy Usage



## Steps

1. Slice onions into small pieces (I've done 5mm quarter slices).
2. Place mince into the pan with seasoning (oregano, black pepper and salt), and cook on medium heat.
3. Add the onions to the pan while the mince begins to brown, stir as you go, applying the lid in between.
4. Add the passata and the remaining seasoning (garlic and basil).
5. Add the spaghetti and spread it to become a thin layer across the pan, add 250ml of water, place the lid and lower the heat.
6. As the spaghetti begins to soften, stir in and mix with the sauce.
7. Once the spaghetti is fully cooked the dish is ready to serve.



## Tips

If your pan is struggling size wise, one option is to half your spaghetti.

## 1 Pan Pasta

# Meatballs (Homemade)

To add to your pasta dish (great in a bolognese)

Serves: 2



### Ingredients

400g Lean Mince  
1 Tbl Cracked Black Pepper  
1 Tbl Cracked Salt  
1x Egg

### Cooking Time

13MINS



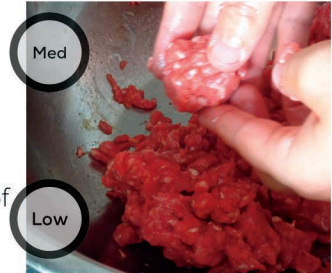
### Energy Usage

0.11kW/h  
up to:  
**£0.06**



## Steps

1. To a mixing bowl, place your mince, and seasoning (Salt and pepper) and crack in the egg.
2. By hand, gently mix the ingredients together, being mindful not to compress too hard, otherwise, you may have very dense meatballs.
3. Once the ingredients are thoroughly mixed, begin taking small handfuls, and gently rolling them into balls. You'll get a feel for size as you go, however, the smaller the meatballs the easier they cook. I always aim for the size of a cheap mini supermarket Scotch egg, the sort you get on a bad buffet.
4. To cook, take a frying pan and warm it to a medium heat.
5. Place the meatballs in the pan, and slowly turn them as they begin to brown.
6. Lower the heat and apply the lid for a couple of minutes for them to cook through or add further ingredients for the sauce and they'll continue cooking with the rest of the dish



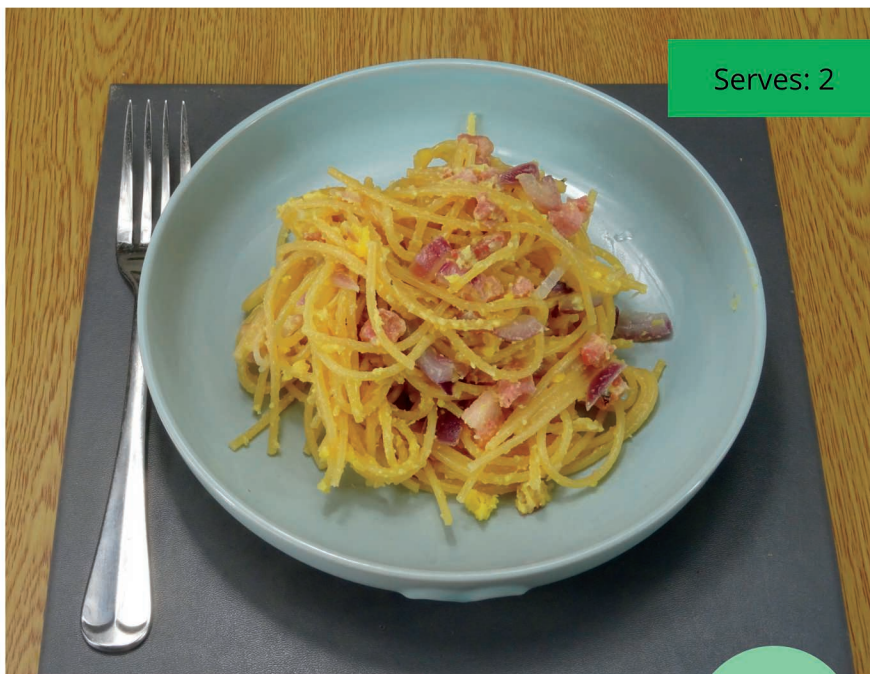
## Tips

If using a dish, brown them first and then start creating your sauce etc...

## 1 Pan Pasta

# Classic Carbonara

The authentic way



Serves: 2

### Ingredients

150g	Pacetta
20g	Hard Cheese
Half	Red Onion
2 Cracks	Cracked Black Pepper
1 Crack	Cracked Salt
3x	Egg (Yolks)
Handful	Spaghetti
Dash	Olive Oil
250ml	Water

### Cooking Time

24MINS



### Energy Usage

0.13KW/h  
up to:  
**£0.07**



## Steps

1. Slice onions into small pieces (I've done 5mm quarter slices).
2. Place onions and pancetta into the pan and apply low heat (use lid to cover).
3. In a mixing jug, crack your eggs, carefully just pouring in the egg yolks.
4. To this mix, add Seasoning (Salt and pepper), a dash of olive oil and finely grate in your hard cheese.
5. Keep an eye on the onions and pancetta, giving them a stir.
6. Add the spaghetti and 250ml of water to the pan and cover.
7. As the spaghetti begins to soften, give this a stir and recover.
8. Meanwhile, with a fork, whisk the egg yolk mixture until it is well mixed and looks smooth.
9. Once the water is gone and the spaghetti is cooked, add the egg yolk mixture to the pan and quickly begin to stir in. You'll find it cooks quickly and within 15/20 seconds you'll be in a position to serve.



## Tips

Dont be afraid to add more water if the pasta hasn't cooked by the time the water has gone.





## Rice Dishes

Rogan Josh	60
My Homemade Chilli	62
A Wakeman Paella	64
Chicken Teriyaki	66
Chicken Rice Casserole	68

# Easier than you think

Some of these dishes from scratch are amazingly simple

Sometimes rich flavourful dishes often paired with rice can carry this illusion of being complicated and challenging to make. In fact, half the time it's the exact opposite.

I take a handful of simple rice dishes and show how simple it is to make something like this from scratch.

In terms of rice, I have been lazy and opted for the microwavable type when it is classified as a side dish. Purely because cheap microwavable rice is more effective for smaller portions. For families, it makes more sense to boil your own rice on the hob, with low heat and a lid.

Check out some recipe ideas: 

# Rogan Josh

The perfect balance of flavour and spice



Serves: 2

## Ingredients

- 2x Lamb Steak
- 12x Cherry Tomato
- 2x Garlic Cloves
- 4cm Ginger
- 1x Red Onion
- 2 Tbl Tomato Paste
- 15 Leaves Fresh Coriander
- 1 Tbl Cumin
- 1 Tbl Paprika
- 1 Tbl Turmeric

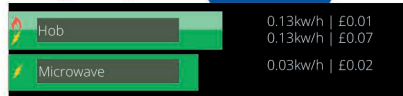
## Cooking Time

24MINS



## Energy Usage

0.16KW/h  
up to:  
**£0.09**



## Steps

1. Start by cubing the lamb steaks and adding them to a large frying pan on a low heat.
2. Add 1 tablespoon of cumin, paprika and turmeric.
3. Using a garlic press, mince the peeled garlic cloves and mince the fresh ginger (cut into smaller pieces first).
4. Stir well and cover with a lid and allow to brown.
5. While simmering, quarter the cherry tomatoes and slice the red onion.
6. Add the cherry tomatoes, onion and leaves of coriander to the pan and re-cover.
7. The juices from the ingredients will begin to flow. Add 2 tablespoons worth of tomato paste, stir in and allow to simmer again for a few minutes and it will be ready to serve.

Pair with rice, either cooked in a pan or microwave.



## Tips

While stirring gently, squeeze the cherry tomatoes to release juices.

# My Homemade Chilli

Sausage chilli (a personal preference)



Serves: 2

## Ingredients

- 6x Chipolata Sausages
- 1x Red Onion
- 2x Chillies
- 1x Chopped Tomatoes
- 1x Red Kidney Beans
- 1 Tea Garlic Powder
- 2 Tbl Tomato Puree
- 50ml Worcester Sauce
- 15 Leaves Fresh Coriander

## Cooking Time

26MINS



## Energy Usage

0.16KW/h  
up to:  
**£0.09**



## Steps

1. Slice the sausages into small pieces and add to a pan with a teaspoon of garlic powder to start cooking on a low heat.
2. Quarter and slice the red onion and slice the chillies into thin slices, add these to the pan.
3. Allow to simmer for 3/4 minutes before adding the chopped tomatoes, red kidney beans, coriander and 2 tablespoons of tomato puree.
4. Stir well and pour in 50ml of Worcester sauce and leave covered for 15mins, stirring occasionally.
5. If at a good consistency you're ready to serve, if not allow to simmer without the lid for another couple of minutes to reduce.

Pair with rice, either cooked in a pan or microwave.



## Tips

For the last 5 mins of cooking, I tend to leave the lid partially off, allowing it to vent.

# A Wakeman Paella

Based on my Dad's original recipe



Serves: 2

## Ingredients

- Third Chorizo
- 1x Chicken Breast
- 8x Jumbo King Prawns
- 80g Ariberio Rice
- 1x Chicken Stock
- 300ml Water

## Cooking Time

31MINS



## Energy Usage

0.36KW/h  
up to:  
**£0.19**



## Steps

1. Dice the chorizo into small cubes. I quartered and sliced along the length for ease.
2. Add this to a wok on a low heat and cover, allowing the oil to release and grease the pan.
3. Dice the chicken breast into small pieces, add to the wok, allow to brown off and swish around the pan to absorb the chorizo flavour.
4. As the chicken browns, add the rice and again swish around the pan to absorb the flavour.
5. Boil the kettle and make 300ml of stock using the chicken stock cube, then add to the pan.
6. Add the prawns (can be frozen) and cover, allowing to simmer on a low heat.
7. After around 15/20 minutes the water should have nearly been absorbed. Remove the lid and stir, reducing down if necessary. (Check the Rice is cooked, if not re-cover/add water if required).
8. Once it has a good thick consistency, it's ready to serve.



## Tips

The smaller the chorizo, the more flavour can be extracted.



# Chicken Teriyaki

Simple and tasty



Serves: 2

## Ingredients

- 2x Chicken Breast
- 10x Pineapple Chunks
- 85ml Soy Sauce
- 2 Tbl Brown Sugar
- 1 Tbl Corn Flour
- 3cm Ginger
- 2x Garlic Clove

## Cooking Time

21MINS



## Energy Usage

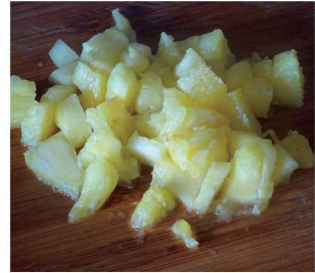
0.14KW/h  
up to:  
**£0.08**



## Steps

1. Slice the pineapple chunks into smaller pieces.
2. Slice the chicken into small pieces and add to a wok on low heat with the brown sugar.
3. Using a garlic press, mince the peeled garlic cloves and the fresh ginger (cut into smaller pieces first).
4. Once the chicken browns, add the 85ml of soy sauce and the corn flour.
5. Add the small pineapple pieces, ensuring it is covered and leave to cook through for 10-12mins, stirring occasionally.
6. Ensure the chicken is cooked and you're ready to serve.

Pair with rice, either cooked in a pan or microwave.



## Tips

I find microwavable rice a bit stodgier and feel it goes better with this dish.

# Chicken Rice Casserole

Like a heavy-duty long grain risotto, super warming



Serves: 4

## Ingredients

- 2x Chicken Breast
- 1x Cream of Chicken Soup
- 1x Red Onion
- 1x Leek
- 80g Long Grain Rice
- 1 Crack Salt
- 1 Crack Black Pepper
- 200ml Water

## Cooking Time

34MINS



## Energy Usage

0.2kW/h  
up to:  
**£0.10**



## Steps

1. Slice the chicken breasts into small pieces and add to a wok on a low heat and cover.
2. Thinly slice the onion and leek.
3. Once the chicken has begun to brown, add the onion, leek and rice.
4. Season with a crack of salt and black pepper.
5. Pour in the cream of chicken soup and 200ml of water.
6. Stir well, cover and allow to simmer for 25mins, stirring occasionally.
7. Check the rice is cooked and you're ready to serve.



## Tips

If storing leftovers, don't panic if the red onion goes blue, it is perfectly fine.



## Cold Pasta

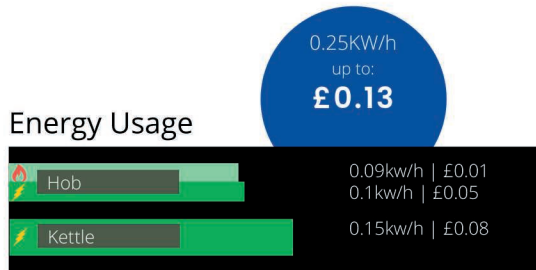
Capri Pasta	72
Smoked Anti-Pasti	74
Greek Salad Pasta	76
BBQ Chicken	78
Lemon and Basil	80

# Well yeah, colder is cheaper

Surprisingly refreshing

One trick is to batch-cook your pasta and pre-make a couple of meals. Using cold pasta to create dishes can be a really quick way to prepare balanced, tasty meals. Perfect for when you're trying to head straight back out in the evening, or for preparing a hearty lunch.

For Cooking Pasta:



I've found it's best to cook pasta using the kettle to boil water and cook on a low heat with a lid.

Note:

There's lots of information online about storing cooked pasta. However, if stored in the Fridge in an air-tight container, you're safe for 3/4 days normally.

Check out some recipe ideas: 

Cold Pasta

# Capri Pasta

Perfect summer dish



Serves: 1

## Ingredients

- 3x Tbl Pesto
- 5x Cherry Tomatoes
- Handful Spinach
- 30g Mozzarella
- 1 Cup Pasta (Pre-Cooked)
- 10g Balsamic Glaze

**6MINS**

## Cooking Time



0.0kW/h  
up to:  
**£0.00**

## Energy Usage

N/A

## Steps

1. Quarter the cherry tomatoes.
2. Pour the cooked pasta into a mixing bowl and add 3 tablespoons of pesto.
3. Mix the pasta with the pesto and add in the spinach and cherry tomatoes.
4. Tear the mozzarella into small pieces and add to the bowl.
5. Serve in a bowl and garnish with a large drizzle of balsamic glaze.



## Tips

If in doubt, add more pesto, it goes a long way when mixed properly, however, an extra spoon won't hurt.



# Smoked Anti-Pasti

Looks bare, is moorish



Serves: 1

## Ingredients

- 2x Serrano Ham
- 2x Chorizo Slices
- 25ml Olive Oil
- Half Tea Smoked Paprika
- 1 Crack Cracked Black Pepper
- 10g Hard Dry Cheese (Pomodoro or Pecorino)
- 4x Sun-Dried Tomatoes
- 1x Spring Onion
- 1 Cup Pasta (Cooked)

## Cooking Time



6MINS

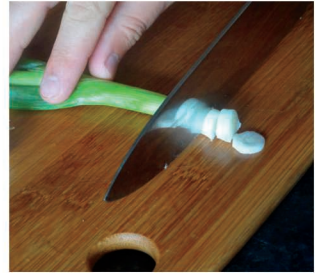
## Energy Usage

N/A

0.0kW/h  
up to:  
£0.00

## Steps

1. Slice the spring onion into small pieces.
2. Mix the 25ml of olive oil in a cup with half a teaspoon of smoked paprika.
3. Add the cooked pasta to a mixing bowl.
4. Add the serrano ham and chorizo, tearing them into smaller pieces as you add.
5. Add the sliced spring onion.
6. Pour in the olive oil mix and stir all the ingredients together, to allow an even coating of olive oil.
7. Decant into a bowl and serve.



## Tips

Be careful you don't overdo the olive oil. If you slip and it becomes a large plug, it can taste a little overpowering.

# Greek Salad Pasta

Refreshingly healthy



Serves: 1

## Ingredients

- 6x Olives
- Half Peppers
- 4cm Cucumber
- Quarter Red Onion
- 1 Cup Pasta (Pre-Cooked)
- 20ml Olive Oil
- 40g Feta Cheese

## Cooking Time



6MINS

## Energy Usage

N/A

0.0kW/h  
up to:  
£0.00

## Steps

1. Begin by slicing the pepper, onion and cucumber into small cubes.
2. Slice the olives in half so they can be distributed evenly throughout the dish.
3. Cube the feta cheese into 1 cm pieces.
4. To a mixing bowl, first add the cooked pasta followed by the chopped ingredients.
5. Drizzle the olive oil into the mixing bowl and stir thoroughly, ensuring an even coating.
6. Decant into a mixing bowl and serve.



## Tips

If you're like me, I can vouch that it works well without olives. I've got to be in the mood for them.

# BBQ Chicken

Comfort food



Serves: 1

## Ingredients

- 1x Cooked Chicken Breast
- 40ml BBQ Sauce
- Half Tin of Sweetcorn
- 1x Spring Onion
- 10g Hard Cheese
- 1 Cup Pasta (Pre-Cooked)

## Cooking Time



6MINS

## Energy Usage

N/A

0.0kW/h  
up to:  
**£0.00**

## Steps

1. Begin cutting the chicken into rough chunks.
2. Slice the spring onion into thin slices.
3. To a mixing bowl, add the cooked pasta, half a tin of sweetcorn, the spring onions and chicken chunks.
4. Squeeze in around 40ml of BBQ sauce.
5. Grate in 10g of hard cheese
6. Mix all the ingredients thoroughly and decant into a bowl to serve.



## Tips

Great way to use left over chicken or pre-cooked chicken pieces, either works great.

## Cold Pasta

# Lemon and Basil

Light and refreshing



Serves: 1

### Ingredients

Dash	Olive Oil
1 Cup	Pasta
10g	Hard Cheese
Half	Fresh Basil
11 Clove	Lemon
Handful	Fresh Garlic
	Fresh Basil

### Cooking Time

6MINS

PREP

SERVING

5mins

1min

### Energy Usage

0.0kW/h

up to:

£0.00

N/A

## Steps

1. Add the cooked pasta to a mixing bowl.
2. Using a garlic press, squeeze in 1 clove of fresh garlic.
3. Add the basil leaves (can go in whole).
4. Add a dash of olive oil and squeeze in the juice of half a lemon.
5. Grate in 10g of hard cheese and thoroughly mix together the ingredients.
6. Decant into a bowl and serve.



## Tips

Also works great using spaghetti for a more delicate feel.





## Bistro

Salmon and Potatoes	84
Steak and Eggs	86
Hunters Chicken	88
Shakshuka	90
Pancetta & Sweet Potato Hash	92

# Wholesale eating

## Simple and rustic favourites

For when you want something simple, yet a bit different for dinner.

With a couple of these dishes, we have opted for non-traditional cooking methods in order to eliminate reliance on the energy-hungry oven.

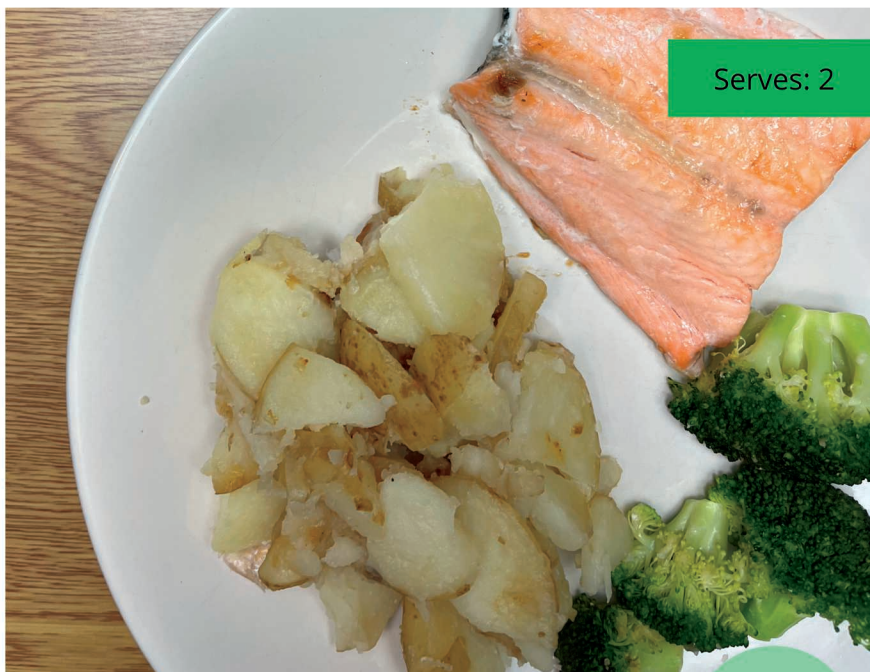
Through the use of a pan with a lid on a controlled heat, you can in a sense make a mini oven, allowing you to efficiently cook a variety of dishes in a different way.

Personally, I'm torn between a favourite from this section, it's between the 'Steak and Eggs' and the 'Hunter Chicken'.

Check out some recipe ideas: 

# Salmon and Potatoes

The potatoes I can't get enough of



Serves: 2

## Ingredients

- 2x Salmon Fillets
- 2x Large Potatoes
- Half Broccoli
- 1 Tbl Garlic Powder
- 2 Cracks Cracked Black Pepper
- 1 Crack Cracked Salt
- 100ml Water

## Cooking Time

34MINS



## Energy Usage

0.2kW/h  
up to:  
**£0.10**



## Steps

1. Start by slicing the potatoes in half along the length and into slices.
2. Place potato slices into a large frying pan and add 100ml water and season with garlic powder, salt and black pepper, apply a low heat and place the lid (keep checking).
3. Trim some florets from your broccoli and an extra splash (if required) of water and add to the pan to steam.
4. The potatoes will begin to stick as the pan dries, simply using a plastic spoon or spatula, loosen them and turn over (they'll start to break up a little bit).
5. Once the potatoes are nearly done, slide to one side of the pan, along with the broccoli and place the salmon fillets into the pan.
6. Allow them to cook through, flipping part way and tending to the potatoes as necessary (keep covered when possible).
7. Once the salmon is cooked through, you are ready to serve.



## Tips

This method steams and dry fries the potatoes, creating a partial textured mash.

Bistro

# Steak and Eggs

Protein heavy



Serves: 1

## Ingredients

- 1x Rump Steak
- 2x Eggs
- 5x Cherry Tomatoes
- Handful Kale
- 4 Cracks Salt
- 4 Cracks Black Pepper

## Cooking Time

18MINS



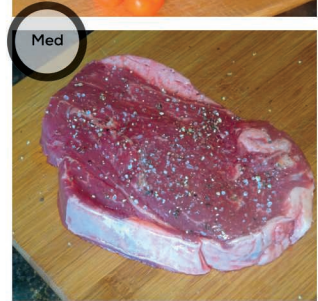
## Energy Usage

0.24KW/h  
up to:  
**£0.12**



## Steps

1. Season your steak with the salt and black pepper, a couple of cracks on each side and gently rub in and allow to sit for a couple of mins.
2. Quarter the cherry tomatoes.
3. Warm a frying pan on a medium heat and lay the steak in the centre and cover.
4. Leave for 2 mins to get some colour. Turn the steak and as the eggs begin to firm, add the tomatoes and kale and cover. (We want to, in essence, steam the kale with the juices from the steak and tomatoes).
5. Once cooked to your personal preference, you're ready to serve.



## Tips

A crack of black pepper on the eggs as they're cooking really adds flavour.

# Hunters Chicken

Hearty comfort eating at its best



Serves: 2

## Ingredients

- 2x Chicken Breasts
- 2x Bacon
- 2x Potatoes
- 1x Red Onion
- 30g Cheese (Cheddar)
- 50ml BBQ Sauce
- 1 Crack Salt

## Cooking Time

29MINS



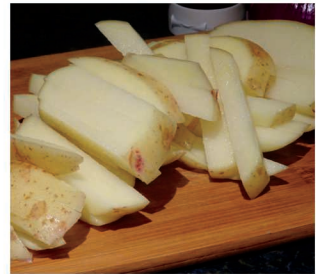
## Energy Usage

0.79kW/h  
up to:  
**£0.41**



## Steps

1. Wrap your chicken breasts with a slice of bacon each and place into a frying pan on a low heat and cover.
2. Slice the potatoes into batons (chips), season with a crack of salt and add to an air fryer at 180C for 25mins.
3. Slice the onion into thin slices and add to the pan.
4. As the onions soften, add the BBQ sauce and mix well.
5. Leave covered and allow to cook for 15mins.
6. Spoon sauce over the chicken and top with cheese, cover for another couple of minutes.
7. As the chips in the air fryer become ready, check they're cooked (time varies between appliances). At this point, the chicken should be cooked through and ready to serve.



## Tips

If the chips need a little longer, simply ensure the chicken hasn't stuck to the pan and leave covered with the gas off and it will stay warm.



# Shakshuka

Seriously full of flavour



Serves: 2/3

## Ingredients

2x	Peppers
1x	Onion
6x	Cherry Tomato
10 Leaves	Coriander
1x	Chopped Tomatoes
2x	Garlic Cloves
3x	Eggs
1 Tbl	Cumin
2 Cracks	Black Pepper
1 Tbl	Smoked Paprika
1 Tbl	Chilli Powder
Dash	Olive Oil

## Cooking Time

**26MINS**



## Energy Usage

0.16kW/h  
up to:  
**£0.12**



## Steps

1. Start by roughly dicing the peppers, and onion and quartering the cherry tomatoes.
2. In a frying pan on low heat, mince 2 cloves of garlic into the pan and add a dash of olive oil.
3. Using the back of a plastic or wooden spoon, wipe the garlic around the pan to season it.
4. Add the chopped peppers, onion and tomatoes and a tablespoon each of cumin, smoked paprika and chilli powder.
5. Stir well and place the lid allowing these to cook through until juices run (about 5-7 mins).
6. Add the tin of chopped tomatoes and with the back of a large spoon, press down and create small wells for the eggs to be cracked into.
7. Crack the eggs into the wells and cover.
8. Once the eggs are cooked, you're ready to serve.



## Tips

It's best not to stir once you have placed the eggs until ready to serve, it gets messy, quickly.

# Pancetta & Sweet Potato Hash

Light yet filling



Serves: 2

## Ingredients

- 80g Pancetta
- 2x Sweet Potato (small)
- 1x Apple
- 1x Red Onion
- 1 Tbl Thyme
- 1 Tbl Ground Cinnamon
- Dash Olive Oil

## Cooking Time

23MINS



## Energy Usage

0.16KW/h  
up to:  
**£0.12**



## Steps

1. Add the diced pancetta to a wok on low heat and cover for a couple of minutes whilst you prep.
2. Dice the sweet potatoes (peel first), onion and apple (naturally ignore the core).
3. Add these diced items to the pan with a tablespoon of thyme and ground cinnamon.
4. Add a dash of olive oil, stir through and leave covered to simmer for 15- 20mins.
5. Once the sweet potato has gone soft you are ready to serve.



## Tips

If you can break your sweet potato with a blunt plastic spoon, they're done.



## Slow Cooker Heroes

Super Food Stew	96
Hotpot	98
Sausage Casserole	100
Chicken Stew	102
Smoked Bean Chilli	104

# The dark horse of the kitchen

Even I was surprised at the efficiency

I feel slow cookers have gone through trends over the years and they are somewhat seasonal.

Perfect for an active lifestyle where you can prep and load on a morning during breakfast. Leave on low and have a healthy winter warming meal ready for when the family come home with minimum effort and the ability to avoid eating too late.

However, one question people ask is, "What if I'm going out early and don't want to leave it on for 12 hours?" Well, an easy hack is to introduce a timer plug into the mix. This allows you to turn the dial to low on the slow cooker and not allow the plug to become active until 11am and then set it to turn off at 7pm.

And it's not just savoury items which can be cooked, if you check out the 'Desserts' section you'll see a recipe for a 'Cuppa Tea Cake'.

Check out some recipe ideas: 

# Super Food Stew

Traditionally my hangover cure, but so refreshing



Serves: 4

## Ingredients

- 1kg (ish) Pork Shoulder Joint
- 2x Sweet Red Peppers
- 1/2x Potato
- 5cm Ginger
- Plenty Kale (Nearly a bags worth)
- 2x Red Chillies
- 1x Beef Stock
- 400ml Water

7 HOURS

## Cooking Time



1.05kW/h  
up to:  
**£0.53**

## Energy Usage



## Steps

1. Start by carving the fat from the joint (this can be discarded).
2. Dice the pork joint and add to the slow cooker.
3. Thinly slice the sweet red peppers and chillies, and add to the pot.
4. Dice the potatoes, (with a bigger pan on the hob, I add more potatoes often).
5. Peel and grate the fresh ginger into the pot.
6. Crumble in the beef stock.
7. Top with kale until full (this will wilt down a bit).
8. Add 400ml of water and leave on low for 7 hours.



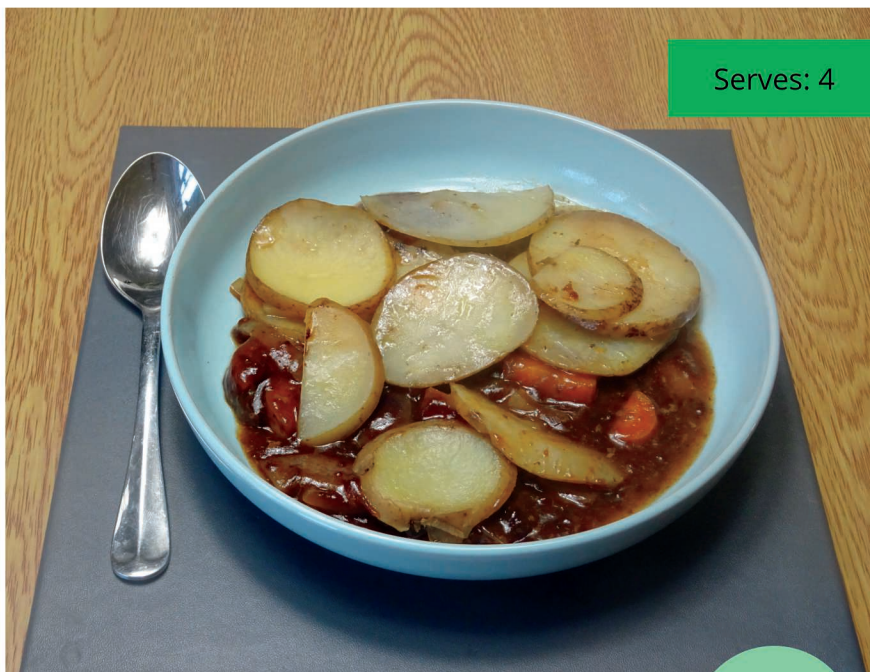
## Tips

Pork loin or leg works well too. I just go for the cheapest cut with this dish and get great results.



# Lamb Hotpot

Incredible



Serves: 4

## Ingredients

- 600g Lamb Leg Steaks
- 2x Red Onions
- 4x Carrots
- 2x Potatoes
- 1x Leek
- 4 Tbl Lamb Gravy
- 1x Vegetable Stock
- 400ml Water
- 20ml Worcester Sauce

## Cooking Time

7 HOURS



## Energy Usage

1.05kW/h  
up to:  
**£0.53**



## Steps

1. Cut the lamb steaks into cubes and begin adding them to the slow cooker.
2. Slice the carrots into small chunks and the onions and leeks into thin slices, then add to the slow cooker.
3. Crumble the vegetable stock cube into the slow cooker and add 4 tablespoons of lamb gravy (I used lamb and mint and it works a treat).
4. Drizzle in 20ml of Worcester sauce and pour 400ml of water.
5. Thinly slice the potatoes and place as a cover across the top, be sure to spread evenly.
6. Set the slow cooker on low and cook for 7 hours.



## Tips

Lamb shoulder can also be used, however, it's often hard to get a decent small joint, hence why lamb steaks have been used.

# Sausage Casserole

A rustic winner, great after a winter walk



Serves: 4

## Ingredients

- 10x Chipolata Sausages
- 2x Red Onion
- 1x Pepper
- 1 Tin Chopped Tomatoes
- 1 Tin Cannellini Beans
- 1x Cracked Salt
- 2 Tbl Tomato Puree
- 1 Tbl Smoked Paprika
- 1 Tbl Mixed Herbs
- 2x Vegetable Stock

## Cooking Time



## Energy Usage



## Steps

1. Slice sausage into small pieces.
2. Slice your onions and pepper into small cubes.
3. Add your sausage pieces to the slow cooker, followed by the prepared onion and pepper.
4. Add cannelloni beans and chopped tomatoes.
5. Squeeze 2 tablespoons worth of tomato puree into the mix, followed by a tablespoon each of smoked paprika and mixed herbs.
6. Crumble in 2 vegetable stock cubes (cheap ones work best).
7. Add 400 ml of cold water and set to a low heat and leave to cook for 7 hours.



## Tips

If using a full-sized sausage, half it down its length before slicing. The idea is to have smaller pieces of sausage meat.

# Chicken Stew

A great use for cheaper cuts of chicken



Serves: 4

## Ingredients

- 5x Chicken Legs
- 1x Red Onion
- 1x Parsnip
- 2x Carrots
- 1x Leek
- Quarter Swede
- 400ml Water
- 4 Tbl Gravy

## Cooking Time



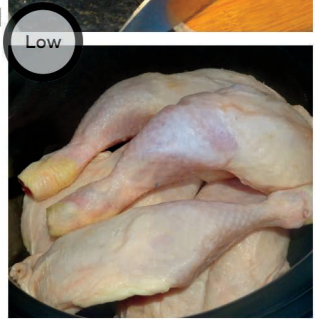
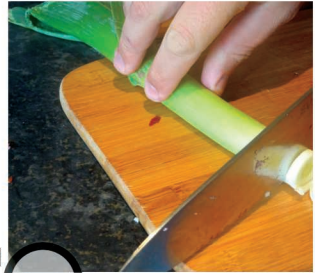
8  
HOURS

## Energy Usage



## Steps

1. Start by prepping the veg to add to the slow cooker. For this, we'll slice the onion and leek into thin slices.
2. Cut the potato and swede into small cubes (approx. 1cm).
3. Cut the carrot and parsnip into small pieces (I halved/quartered them and then sliced).
4. Add the chicken legs to the slow cooker.
5. Pour in the prepared vegetables.
6. Break up a chicken stock cube and add 4 tablespoons of gravy granules.
7. Add 400ml of water and place on a low heat and leave to cook for 8 hours.



## Tips

The chicken should slide off the bone when serving, even if you do remove the bones, please be mindful of small bones in the dish.

# Smoked Bean Chilli

It's a dish I don't even mind being veggie



Serves: 4

## Ingredients

- 5x Chicken Legs
- 1x Red Onion
- 1x Parsnip
- 2x Carrots
- 1x Leek
- Quarter Swede
- 400ml Water
- 4 Tbl Gravy

7 HOURS

### Cooking Time



1.05kW/h  
up to:  
**£0.53**

### Energy Usage



## Steps

1. Start by quartering the cherry tomatoes and thinly slice the sweet red pepper and chillies, add to the slow cooker.
2. Pour in the chopped tomatoes.
3. Drain and pour in the tins of beans.
4. Add 4 tablespoons of smoked paprika and the leaves of fresh coriander.
5. Stir well and leave on a low heat for 7 hours.



## Tips

Mince can be added, however, this dish works well veggie, and I'm not traditionally one for veggie dishes.



A photograph of several glass meal prep containers in a warm oven. The containers are filled with various dishes, including a lasagna topped with melted cheese and a dish with sliced melon. The lighting is warm and golden, highlighting the textures of the food.

## Meal Prep

Classic Lasagna	108
Chicken Pesto Lasagna	110
Cottage Pie	112
Tuna Pasta Bake	114
Greek Gloulash	116

# Because we don't have the time

May as well make use of the space in the oven

You'll note this is the only section of this cookbook where I use the oven. The only reason for this is that it's expensive to run compared to other cooking methods. However, by batch cooking, I've spread the costs across multiple dishes.

I've done this a few times when I know we're going to be working long hours and this provides simple easy to reheat meals for lunch and dinner during the week.

A therapeutic Sunday afternoon in the kitchen, maybe a glass of wine and a sense of satisfaction for being prepared for the week ahead.

These can either be scaled up to larger oven dishes or prepared individually as I've done. The small dishes worked out at £5 for two and are oven safe and perfect for leftovers. They also avoid my pet hate of filling cupboards with horrible plastic Tupperware.

The energy costs for each of these are shown individually. However, based on the 5 dishes cooked at once the consumption can be spread to around 20p per dish. Naturally, if you're cooking more, this reduces.

Check out some recipe ideas: 

# Classic Lasagna

A simple take on a classic

Serves: 1



## Ingredients

120g	Minced Beef
Quarter	Red Onion
3x	Lasagna Sheets
Half	Passata
6 Tbl	Creamy Bechamel Sauce
1 Crack	Cracked Black Pepper
1 Crack	Cracked Salt
Tea	Mixed Herbs
5g	Hard Dry Cheese (Grand Padano or Pecorino)

## Cooking Time

54MINS



## Energy Usage

2.06KW/h  
up to:  
**£1.04**



## Steps

1. On the hob, brown the mince, and season with salt, black pepper and mixed herbs.
2. Dice the onion and add to the mince.
3. Pour in the Passata and stir through.
4. Take your oven dish and begin to layer your lasagna.
5. Start with the mince, lasagna sheet, bechamel, lasagna sheet and repeat until the dish is full.
6. Grate a little hard dry cheese on top.
7. Either store in the fridge or cook in the oven at 180C for 40mins.



## Tips

You could make your own bechamel, however, for this purpose, store-bought is far simpler.

# Chicken Pesto Lasagna

A welcomed twist, lasagna won't be the same again



Serves: 1

## Ingredients

- 1x Chicken Breast
- 4x Cherry Tomatoes
- 3x Lasagna Sheets
- 1 Tbl Pesto
- 4 Tbl Creamy Bechamel Sauce
- 5g Hard Dry Cheese (Grand Padano or Pecorino)

## Cooking Time

54MINS



## Energy Usage

2.06KW/h  
up to:  
**£1.04**



## Steps

1. On the hob, brown the chicken.
2. Whilst brown, quarter your cherry tomatoes.
3. Add the tomatoes to the chicken and a heaped tablespoon of pesto, mix well.
4. Take your oven dish and begin to layer your lasagna.
5. Start with the chicken, lasagna sheet, bechamel, lasagna sheet and repeat until the dish is full.
6. Grate a little hard dry cheese on top.
7. Either store in the fridge or cook in the oven at 180C for 40mins.



## Tips

You could make your own bechamel, however, for this purpose, store-bought is far simpler.

# Cottage Pie

A simple, no-nonsense approach



Serves: 1

## Ingredients

- 120g Lean Mince
- Quarter Red Onion
- 1x Carrot (Small)
- 1x Potato
- 1x Beef Stock Cube
- 1 Crack Cracked Black Pepper
- 1 Crack Cracked Salt
- 1 Teal Mixed Herbs
- 40ml Water

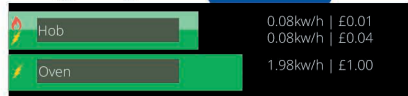
## Cooking Time

**54MINS**



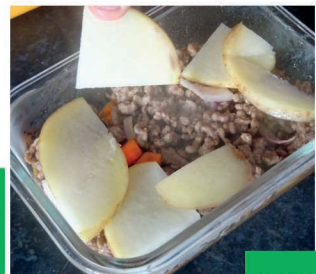
## Energy Usage

2.06KW/h  
up to:  
**£1.04**



## Steps

1. On the hob, brown the mince, season with salt, black pepper and mixed herbs.
2. Slice the carrot and onion into small pieces.
3. As the mince starts to brown, add the carrots and onions to the pan.
4. Make a rich beef stock, using the cube and a small amount of water (approx. 40ml).
5. While that simmers on a low heat, quarter the potato and thinly slice.
6. Take your oven dish and add in your mince mixture and level out with a spoon.
7. Place the potato slices evenly on top and place into a pre-heated oven for 40mins.



## Tips

Use a lid to cover when browning the mince, it keeps the moisture in.



# Tuna Pasta Bake

Rich in flavour



Serves: 1

## Ingredients

- 1x Tuna Tin
- 3x Cherry Tomato
- 8x Spinach (leaves)
- Quarter Red Onion
- 1 Cup Pasta
- 1 Tea Oregano
- 1 Tea Basil
- 1x Passata

## Cooking Time

**44MINS**



## Energy Usage

1.98kW/h  
up to:  
**£1.00**



## Steps

1. Drain and add your tuna straight to your oven dish.
2. Quarter your cherry tomatoes and dice the onion.
3. Add the tomatoes, onion and spinach to the oven dish.
4. Pour in the pasta.
5. Add seasoning and pour in the passata.
6. Fill the oven dish to the top (The passata will be used to cook the pasta).
7. Either store in the fridge or cook in the oven at 180C for 40mins.



## Tips

Don't be scared if looks like a lot of sauce, the pasta will take what it needs and the sauce will thicken.

# Greek Gloulash

So moorish



Serves: 1

## Ingredients

- 120g Minced Beef
- 1 Tea Garlic Powder
- Quarter Red Onion
- 2x Cherry Tomatoes
- 30g Feta
- 1 Tbl Tomato Puree
- Half Cup Orzo

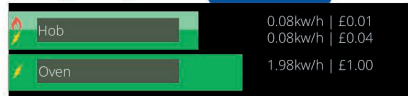
**54MINS**

## Cooking Time



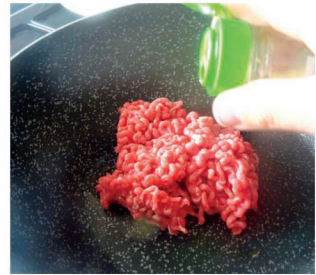
2.06KW/h  
up to:  
**£1.04**

## Energy Usage



## Steps

1. On the hob, brown the mince and season with garlic powder.
2. Quarter the cherry tomatoes and dice the red onion.
3. As the mince begins to brown, add the tomato and onion to the pan.
4. Add a heaped tablespoon of tomato puree.
5. Crumble in the feta cheese.
6. Pour in the orzo and stir together, it will look dry, don't worry.
7. Take your oven dish and add the mixture from the pan to the dish.
8. Add water to cover, this will be mostly absorbed by the orzo.
9. Either store in the fridge or cook in the oven at 180C for 40mins.



## Tips

Can be made with rice instead but orzo works best.



## Salads

Strawberry Balsamic	120
Greek Salad	122
Ploughman's Salad	124
Mango and Chilli	126
Chicken Salad	128

# Feeling something fresh?

Salads can be more than, well, a salad

Growing up, I always classified salads as being ornamental, there to make the dish look pretty. In short, I was never a fan.

However, I feel when getting into juicing I drank stuff I would never consider eating, which is a strange approach. I'm hoping a few of these recipes will allow you to rethink the concept of salads. It did for me.

There's a mix of classic salads and some slightly more adventurous ones. Being bold pays off here, they taste great.

Check out some recipe ideas: 

# Strawberry Balsamic

Takes a bite to climatisse, you won't want the bowl to empty



Serves: 1

## Ingredients

- 10x Strawberries
- 3cm Cucumber
- 8x Walnut (Halves)
- Handful Mixed Leaves
- Half Avocado
- 20g Feta
- Drizzle Balsamic Glaze

## Cooking Time

**6MINS**



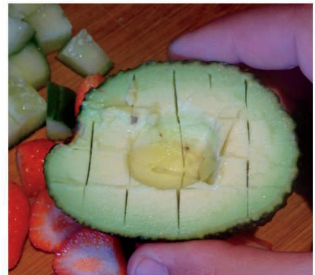
## Energy Usage

0.0kW/h  
up to:  
**£0.00**

N/A

## Steps

1. Line your serving bowl with your handful of mixed leaves.
2. Slice the strawberries and cucumber into small cubes.
3. Halve and score the avocado and scoop out contents with a spoon, add the now cubed avocado to the salad.
4. Add and sprinkle the cucumber and strawberry pieces evenly.
5. Crumble over the feta and sprinkle the halved walnuts.
6. Finish with a drizzle of balsamic glaze and serve.



## Tips

If you're a fan of balsamic, you'll appreciate an extra drizzle.



# Greek Salad

A wholesome classic



Serves: 1

## Ingredients

- 12x Cherry Tomatoes
- 10cm Cucumber
- Quarter Red Onion (Small)
- Quarter Lemon
- 14x Olives
- 1 Tea Olive Oil
- 70g Feta
- Pinch Oregano

## Cooking Time

**6MINS**



## Energy Usage

0.0kW/h  
up to:  
**£0.00**

N/A

## Steps

1. Line your serving bowl with your handful of mixed leaves.
2. Slice the strawberries and cucumber into small cubes.
3. Halve and score the avocado and scoop out contents with a spoon, add the now cubed avocado to the salad.
4. Add and sprinkle the cucumber and strawberry pieces evenly.
5. Crumble over the feta and sprinkle the halved walnuts.
6. Finish with a drizzle of balsamic glaze and serve.



## Tips

Be mindful of pips falling from the lemon.

# Ploughman's Salad

A hearty salad



Serves: 1

## Ingredients

- 1x Apple
- Handful Mixed Leaves
- 5x Cherry Tomatoes
- 3cm Cucumber
- Quarter Red Onion
- 40g Cheddar Cheese
- 1 Tbl Sweet Pickle

## Cooking Time

6MINS



## Energy Usage

0.0kW/h  
up to:  
**£0.00**

N/A

## Steps

1. Start by preparing all the ingredients, quarter the cherry tomatoes, slice the onion and cube the cheese, cucumber and apple.
2. Place the hand full of mixed leaves into your serving bowl ready.
3. Place all prepared ingredients into a mixing bowl.
4. Add a heaped tablespoon of sweet pickle and mix well with all the ingredients.
5. Add the mix to the leaves in your serving bowl and it's ready to serve.



## Tips

You can use a household brand like Braniff, however, the budget supermarket house brand works wonders in this recipe.

# Mango and Chilli

Daring but worth it



Serves: 1

## Ingredients

- Half Mango
- Half Chilli
- Half Red pepper
- Quarter Red Onion
- Half Lime Juice
- Handful Mixed Leaves

## Cooking Time

**6MINS**



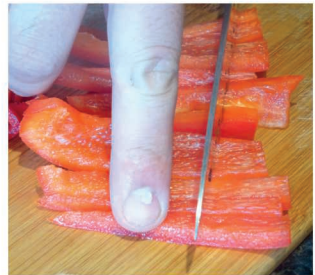
## Energy Usage

0.0kW/h  
up to:  
**£0.00**

N/A

## Steps

1. Start by finely slicing the red chilli.
2. Dice the red pepper and red onion.
3. Cut your mango into cubes/pieces (careful, they can be tough).
4. Place the hand full of mixed leaves into your serving bowl ready.
5. Place all prepared ingredients into a mixing bowl.
6. Squeeze over the juice of half a lime and mix well.
7. Add the contents of the mixing bowl to your mixed leaves and you're ready to serve.



## Tips

If using a full-sized sausage, half it down its length before slicing. The idea is to have smaller pieces of sausage meat.

# Chicken Salad

A great introduction salad if you like something meaty



Serves: 1

## Ingredients

Handful	Mixed Leaves
1x	Cooked Chicken Thigh
8x	Cherry Tomatoes
Quarter	Red Onion
Half	Pepper
Dash	Olive Oil
Half	Lemon

## Cooking Time

6MINS

PREP

SERVING

5mins

1min

## Energy Usage

0.0kW/h

up to:

£0.00

N/A

## Steps

1. Start by preparing the fresh ingredients, slice the onion, quarter the cherry tomatoes and cube the pepper.
2. Slice the chicken thigh into thin strips.
3. Begin layering the items into the serving bowl. Starting with a handful of mixed leaves, diced pepper, red onion and then the cherry tomatoes.
4. Evenly add the chicken strips across the bowl.
5. Add a fine drizzle of olive oil followed by a squeeze of lemon juice and it's ready to serve.



## Tips

For the chicken thigh, I used one from the air fry masterpieces section.





## Sandwiches

The Ultimate Deli	132
Steak and Blue	134
The Chicken Sandwich	136
BLT	138
Tuna Melt	140

# Fed with bread

Let's get creative between the loaf

I've gone through phases where I rarely eat sandwiches and half of this problem is that I would normally buy them in a meal deal whilst getting fuel and the options are limited if you're not a fan of mayo.

However, lately, I've been flipping the scenario on its head and proactively prepping lunch to open a world of possibilities and some real head-turners.

Sandwiches can be exciting. The bread simply enables a portable meal and not a lot of cooking is involved so they tie in nicely to the narrative of this cookbook.

Check out some recipe ideas: 

# The Ultimate Deli

Italy in bread



Serves: 1

## Ingredients

- 4x Chorizo Slices
- 1x Ham
- 2 Tbl Pesto
- 1 Tbl Butter
- 4x Sundried Tomatoes
- 40g Fresh Mozzarella
- Handful Spinach
- 1 Crack Cracked Black Pepper
- 2x Bread (Rustic Slice)

## Cooking Time



## Energy Usage



## Steps

1. In a bowl, mix 1 tablespoon of butter with 2 tablespoons of pesto.
2. Apply the pesto and butter to the slices of bread.
3. Begin loading the spinach, ham, chorizo, mozzarella and sun-dried tomatoes.
4. Place the top and slice it in half for ease of eating.



## Tips

Use decent ham. The ham featured here is Terrano.

# The Steak and Blue

The ultimate dinner sandwich



Serves: 1

## Ingredients

- 1x Rump Steak 8oz
- 60g Blue Stilton Cheese
- Handful Spinach
- 1Tbl Mustard
- 4 Cracks Cracked Black Pepper
- 4 Cracks Salt
- 2x Bread (Rustic Slice)

20MINS

## Cooking Time



0.18kW/h  
up to:  
**£0.09**

## Energy Usage



## Steps

1. Lay your steak out on a board to season. Add 2 large cracks of salt and pepper on each side and leave for 5/10 minutes to marinate.
2. Preheat a pan to a medium heat and place your steak, cover with a lid to lock in moisture and heat.
3. Begin slicing your stilton into thin cuts, apply mustard to the bottom slice of bread and place the handful of spinach.
4. Turn over the steak to allow the other side to cook. The goal is medium rare (however, cook to taste).
5. Once ready, place the steak on the bed of spinach, top with the stilton and cover with the remaining slice of bread.
6. Optional - Slice in half to eat (In all honesty, I eat it as one).



## Tips

The salt and pepper break down the aft within the steak and make it possible to eat whole within a sandwich. Try to pick a cut without clumps of gristle.

# The Chicken Sandwich

Simply understated



Serves: 1

## Ingredients

- 1x Chicken Breast (Large)
- 3 leaves Lettuce
- 1x Soft White Roll
- Plenty Butter

## Cooking Time

**2MINS /  
17MINS**

PREP	COOKING	SERVING
1mins	15mins Only if Cooking Raw Chicken	1min

## Energy Usage

0.1kW/h  
up to:  
**£0.04**

 Hob	0.1kW/h   £0.01 0.1kW/h   £0.04
---	------------------------------------

## Steps

1. Butter roll.
2. Lay lettuce.
3. Place chicken breast (depending on the size you may want to break it into pieces).
4. Close roll and serve.

To cook chicken breast (if raw):

Place in a non-stick pan with 20ml water, on a low heat and cover with a lid. It takes around 15mins depending on size, check and turn occasionally.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.



# BLT

A classic, yet often forgotten



Serves: 2

## Ingredients

- 2x Bacon
- 2x Lettuce (Leaves)
- 3x Cherry Tomatoes
- Plenty Butter
- 1x Soft Seeded Bun

**6MINS**

## Cooking Time



0.18kW/h  
up to:  
**£0.09**

## Energy Usage



## Steps

1. Place 2 rashers of bacon into a non-stick pan on a medium heat, and keep an eye on them.
2. While they cook, butter the seeded bun and quarter the cherry tomatoes.
3. Season the tomatoes with a crack of salt and pepper.
4. Place the pieces of tomato in the roll.
5. Apply the bacon once cooked to taste (some prefer well done).
6. Droop over the lettuce leaves, close the bun and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.

# Tuna Melt

Because why not toasted



Serves: 2

## Ingredients

- 1x Tin of Tuna
- Quarter Red Onion
- 2x Cheddar Slices
- 1x Pickles
- A bit Mustard
- Plenty Butter
- 2x Bread (Rustic Slice)

**7MINS**

## Cooking Time



0.01 KW/h  
up to:  
**£0.01**

## Energy Usage



## Steps

1. Taking the 2 slices of bread, spread mustard on the bottom slice and butter on the top slice.
2. Slice the onion and gherkin into small slices/pieces and place on the mustard-covered slice.
3. Drain the tin of tuna and place the tuna in the sandwich.
4. Add the 2 slices of cheese and close with the buttered slice and serve.



## Tips

Goes great with a crusty roll for dunking or bread that's just starting to go stale.



## Air Fryer Masterpieces

Speedy Roast Potatoes	144
Apple and Cinnamon Baked Oats	146
Gammon Joint	148
Roast Chicken Thighs	150
Mini Pizzas	152

# Your oven can't compete

Worth the investment

These have been a bit of a craze and when you think about a flexible approach to cooking, faster cooking times and less energy used than your oven, they start to become a no-brainer.

Just last night I cooked frozen focaccia in mine within 10mins and I know if I were to use my oven and left it off for 10mins it would still look frozen. What's better, it tasted amazing!

These recipes aren't to reinvent the wheel, they're more to show some different uses and highlight the energy used.

Check out some recipe ideas: 

# Speedy Roast Potatoes

Ideal for when making a 'Mini Roast' or as a side.



Serves: 2

## Ingredients

- 2x Baking Potatoes
- 6 Sprays Fry Light
- 3 Cracks Salt

## Cooking Time

**23MINS**



## Energy Usage

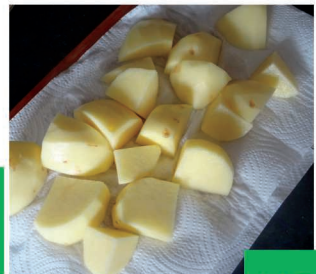
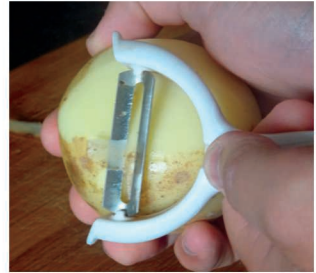
0.49KW/h  
up to:  
**£0.25**



Note: Cooking conventionally, boiling and oven roasting would cost in excess of £2.00.

## Steps

1. Start by peeling your potatoes and slicing them into roast potato-shaped pieces.
2. Allow them to soak in a bowl of cold water for 10 minutes (this washes off excess starch).
3. Dry the potatoes, a piece of kitchen roll will suffice. Once dried, crack some salt over the top.
4. Load them into the draw of your air fryer and spray them with Fry Light.
5. Set the fryer to approx. 180C and for 20mins (this may differ by machine).
6. Give them a shake part way through.
7. Serve with your meal.



## Tips

To cut, I normally halve them off the centre and cut 2 from one half and 3 from the other when using large potatoes.



# Seasoned Chicken Thighs

Perfect for dinner, snacks or salads.



Serves: 2

## Ingredients

- 4x Chicken Thigh Fillets
- 1 Tbl Paprika
- 1 Tbl Smoked Paprika
- Half Tea Mixed Herbs

## Cooking Time

26MINS



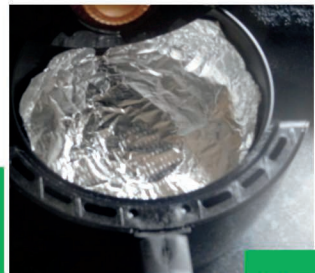
## Energy Usage

0.49KW/h  
up to:  
**£0.25**



## Steps

1. Place your chicken thighs into a bowl for marinating.
2. Add 1 tablespoon of paprika, one tablespoon of smoked paprika and half a teaspoon of mixed herbs
3. Massage the seasoning into the chicken pieces.
4. Place the chicken thighs into the air fryer draw and set it to approx. 180C and 20mins.
5. Check with a knife to ensure juices are running clear and they are cooked through and serve.

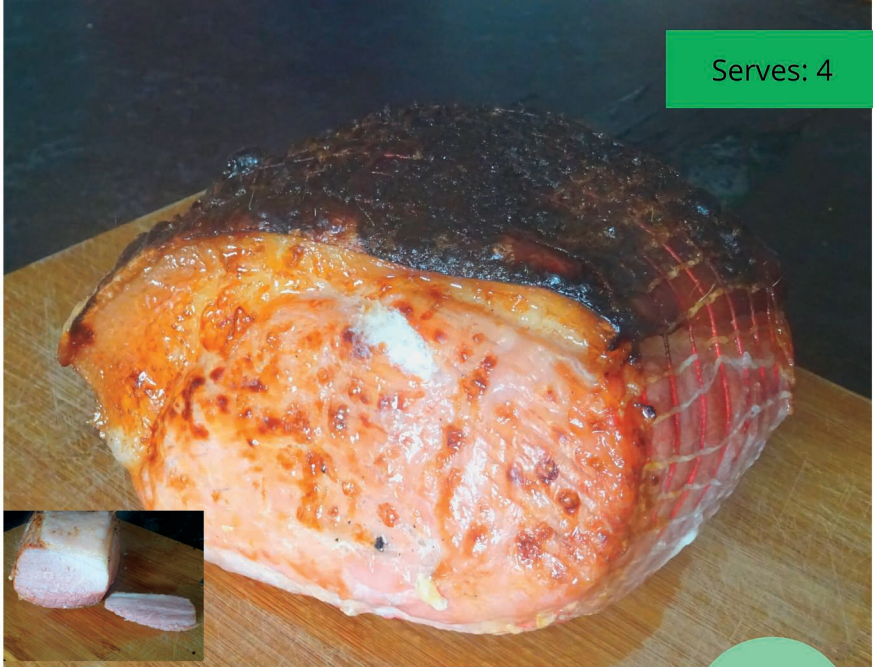


## Tips

Place a sheet of foil as a liner within the air fryer draw. This will catch juices as they cook and make cleaning easier.

# Gammon Joint

The express way



Serves: 4

## Ingredients

- 1x Gammon Joint
- 1 Tbl Honey
- Crack Salt

## Cooking Time

**38MINS**



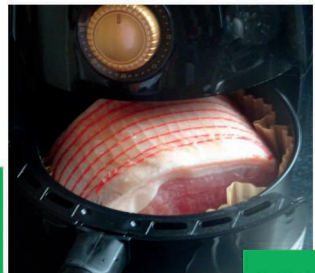
## Energy Usage

0.87KW/h  
up to:  
**£0.44**



## Steps

1. To make cleaning easier, I recommend using an air fryer liner (or foil).
2. Place the gammon joint in the draw.
3. Add a spoonful of honey to the top and spread with the back of the spoon.
4. Add a crack of salt.
5. Close the draw and cook for 35mins at 150C (Note: I've used a small joint, this will vary depending on the joint size, use a knife to check).



## Tips

Cheaper than buying sandwich ham, this kept me going all week.

# Apple & Cinnamon Baked Oats

Perfect hearty breakfast



Serves: 1

## Ingredients

- 1x Apple
- 1/2 Tea Cinnamon
- 1 Egg
- Splash Milk
- 1 Tea Baking Powder
- 1 Tea Maple Syrup
- 10g Sultanas
- 40g Oats

I've used an oven-safe glass food storage container to bake in.

## Cooking Time

**26MINS**



## Energy Usage

0.49KW/h  
up to:  
**£0.25**



## Steps

1. Start by dicing your apple into small cubes.
2. Pour the 40g of oats into your oven dish.
3. Add the teaspoon of baking powder, maple syrup and the half of cinnamon.
4. Pour in the apple pieces and the sultanas.
5. Crack an egg into the dish and mix well.
6. Place the dish into the air fryer draw and set it to approx. 180C and 20mins.
7. Allow to cool and then serve (it will be very hot).



## Tips

An oven dish which fits into the air fryer draw is a winner.

# Mini Pizzas

A great snack



Serves: 2

## Ingredients

- 1x Bread Roll
- 4x Mozzarella Slice
- 4x Pepperoni
- 2 Tbl Tomato Puree

**9MINS**

## Cooking Time



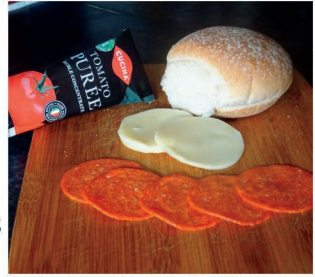
0.12KW/h  
up to:  
**£0.06**

## Energy Usage



## Steps

1. Halve your bread roll.
2. Squirt tomato puree onto each half and spread with the back of a spoon.
3. Place on your mozzarella and pepperoni slices (2 on each).
4. Place in the air fryer for 5mins.
5. Serve.



## Tips

A mini antipasti pack with meat and cheese works perfectly for these.





## Puddings

French Crumpets	156
Mug Cake	158
Slow Cooker Cuppa Tea Cake	160
No Bake Cheesecake	162
Air Fryer Bread and Butter Pudding	164

# For your sweet tooth

A sweet selection

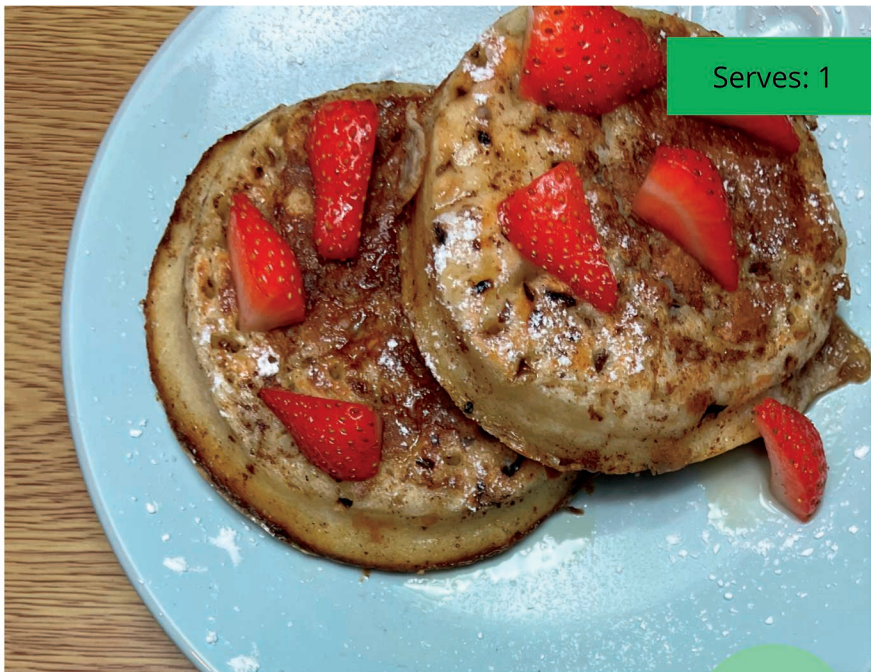
Puddings can range in style, and I've tried to adopt a variety to showcase within this book. Some taking a slightly different cooking approach, some simpler and more effective than you'd expect.

I've also taken to a range of appliances, microwave, air fryer, hob, slow cooker and nothing at all. Simply to demonstrate a range of energy consumption and spark some inspiration.

Check out some recipe ideas: 

# French Crumpets

Heavenly



Serves: 1

## Ingredients

- 2x Crumpets
- 1x Egg
- Splash Milk
- 1 Tea Cinnamon
- Drizzle Maple Syrup
- 2x Strawberries
- Dusting Icing Sugar

## Cooking Time

11MINS



## Energy Usage

0.03kW/h

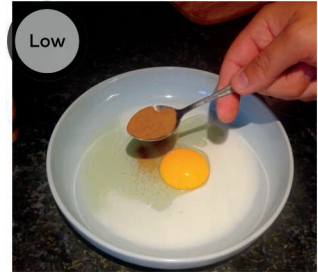
up to:

£0.02



## Steps

1. Start by cracking an egg into a bowl and adding a teaspoon of cinnamon and a splash of milk.
2. Mix together and dunk the crumpets in, turn so they are fully covered and have allowed them to absorb as much as possible.
3. Pre-heat a frying pan (non-stick), place the crumpets in and cover. Use a low heat for 5 mins, flipping midway.
4. Serve on a plate and top with maple syrup, a dusting of icing sugar and garnish with sliced strawberries.

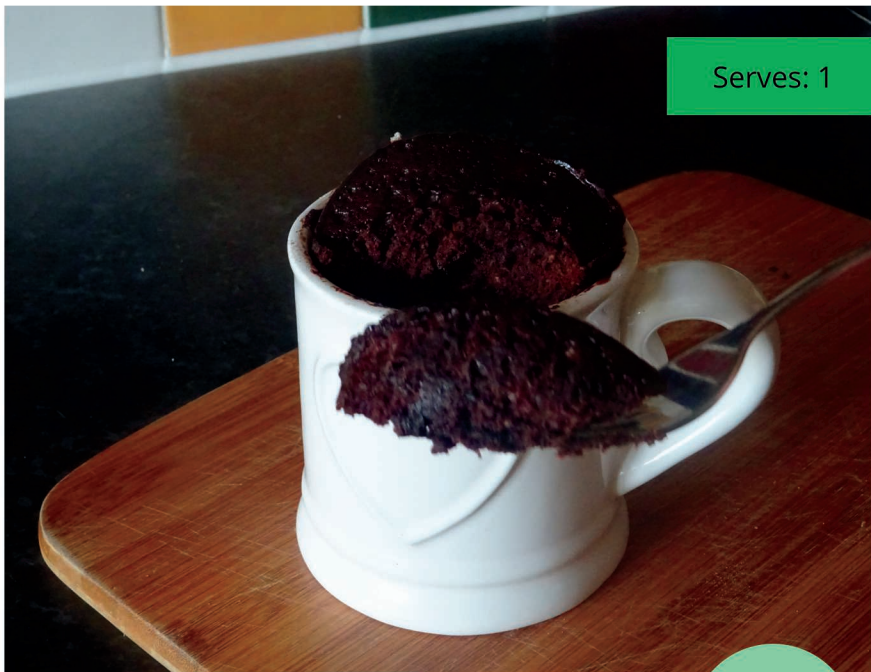


## Tips

The first time I made these was to use up leftover crumpets, I ate a whole pack, not a wise move.

# Mug Cake

Quick way to satisfy a craving



Serves: 1

## Ingredients

- 4 Tbl Self-Raising Flour
- 2 Tbl Cocoa Powder
- 2 Tbl Caster Sugar
- 1x Egg
- 50ml Milk
- 2 Cubes Chocolate
- 3 Squirts Fry Light

## Cooking Time

7MINS



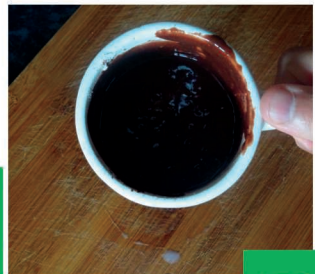
## Energy Usage

0.03kW/h  
up to:  
**£0.02**



## Steps

1. Line the cup with 3 squirts of Fry Light.
2. Pour in the self-raising flour, caster sugar and cocoa powder.
3. Crack in 1 egg and pour in 50ml of milk.
4. Drop in the 2 cubes of chocolate.
5. Stir well with a fork, until it becomes dark and fairly firm.
6. Place in the microwave for 2mins.
7. Allow to cool for a second and serve.



## Tips

I used Cadburys Dairy Milk and a large mug, as these can rise a lot while cooking.

# Slow Cooker Cuppa Tea Cake

This is sensationally moorish



Serves: Many

## Ingredients

- 140g Sultanas
- 60g Glacier Cherries
- 100g Light Brown Sugar
- 50g Butter
- 1x Egg
- 3 Tea Cinnamon
- 200g Self-Raising Flour
- 2x Tea Bags
- 250ml Water (Boiling)

## Cooking Time

6 HOURS



## Energy Usage

0.9kW/h  
up to:  
**£0.46**



## Steps

1. In a mixing jug, make a brew using the 2 bags and boiling water and add in the sultanas to soak. Leave for 1 hour.
2. In a mixing bowl, add 40g of butter and light brown sugar and knead together into a well-mixed paste.
3. Crack in an egg and pour in the self-raising flour.
4. Once the tea mixture has brewed, remove the tea bags and pour into the mixing bowl.
5. Mix well to form a batter.
6. With the remaining 10g of butter, baste the outside of the slow cooker to avoid sticking.
7. Pour the mixture into the slow cooker and set on low for 6 hours.
8. Once done, run a knife around the edge to loosen and pour out onto a board, allow to cool and serve.



## Tips

Cut an oval of baking paper for the bottom of the slow cooker, your cake will simply flop out.



# No bake Cheesecake

A feast of a pudding for 1, romantic to share



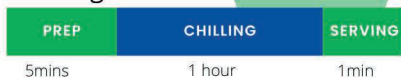
Serves: 1/2

## Ingredients

- 50g Butter
- 5x Rich Tea Biscuits
- 150g Soft Cheese
- Dusting Icing Sugar
- 3 Tbl Passion Fruit Curd
- 150ml Double Cream

## Cooking Time

1 HOUR



## Energy Usage



## Steps

1. Start by crushing your Rich Tea biscuits into crumbs, pour into your serving bowl(s) and add melted butter (20s microwave).
2. Stir and then compress with the back of the spoon.
3. In a mixing jug, add 150g of soft cheese, 1 tablespoon of passion fruit curd and 150ml of double cream.
4. Vigorously whisk until it clots into a thick moose.
5. Spread onto the base evenly.
6. Place in the fridge for 45-60min to chill and set.
7. Gently spread 2 tablespoons of passionfruit on the top to finish and chill until you are ready to serve.
8. Add a dusting of icing sugar when serving (optional).

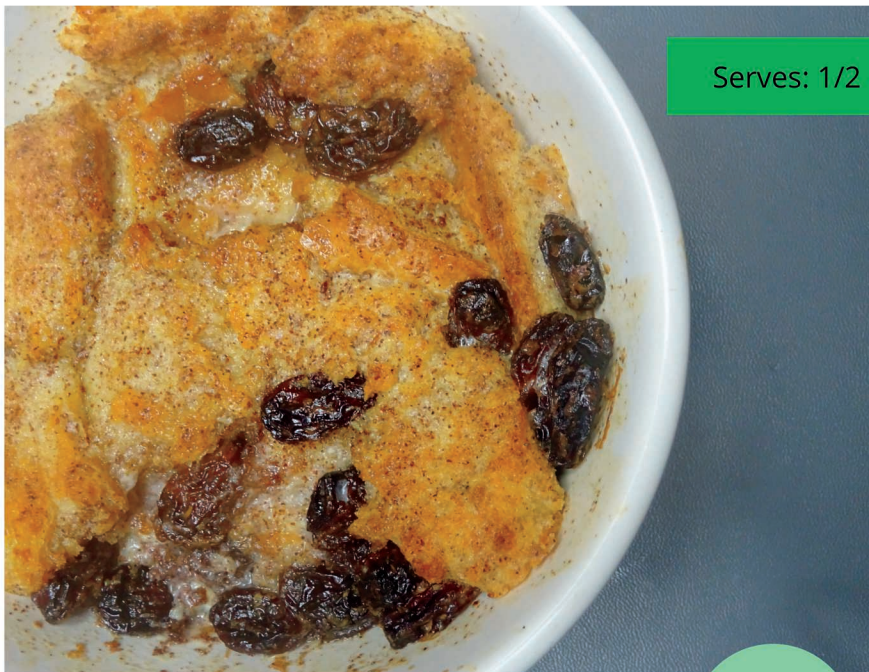


## Tips

We have a 1 handed press-down whisk. A Good Food Show purchase which is awesome, there are loads online.

# Air Fryer Bread n Butter Pudding

A hearty pudding or great to share



Serves: 1/2

## Ingredients

- 1x Bread (Slice)
- 12g Butter
- 25ml Milk
- 50ml Double Cream
- 1 Tea Cinnamon
- 20g Sultanas
- Half Egg

## Cooking Time

18MINS



## Energy Usage

0.38kW/h  
up to:  
**£0.19**



## Steps

1. Tear the slices of bread into small pieces and place them in an oven-safe bowl.
2. In a measuring jug, add 20g of sultanas, 50ml double cream, 25ml milk, 12g butter and 1 teaspoon of ground cinnamon.
3. Add half an egg.
4. Vigorously mix together with a fork.
5. Pour over the bread pieces and place the bowl in the air fryer for 15mins at 160C (may vary between appliances).
6. Once done allow to cool for a minute and serve.



## Tips

For half an egg: I cracked it into a bowl, whisked it with a fork and then poured half in. You can scale up the recipe if desired.

# To Conclude

## Be smart with heat

If you're reading this and have perused a range of the recipes, you'll see this isn't groundbreaking or pushing the culinary boundaries, because who does that on a Tuesday night after work when tired?

The focus has been to highlight the energy we use cooking day to day and to help us become more mindful of our food preparation costs.

Life's not going to become miraculously cheaper, however, this could highlight cause for change in our habits and avoid thinking, "Well roast potatoes have always been done in the oven so that's what I'm going to do."

Throughout all of the innovations over the years, our basic cooking habits haven't evolved much with the expectation of convenient pre-packaged ready meals.

Everything in this book has been prepared in our small kitchen at home, with no special effects, nothing fancy, it's a very raw cookbook. Even in creating this book I've used free online software, self-published, and done the photography myself with a handheld camera, some eBay lights and a mobile phone. Something anyone could attempt.

I'm hoping this has helped you become more mindful of energy use in the kitchen and sparked a level of inspiration to mix up your evening meals at home.



# Facts

From making the book:

Cooking this whole book has cost in energy: **£13.45**

Food shopping is estimated at: **£250**

Late nights: **So many**

# Acknowledgements

My partner Hannah, mainly for tolerating me during this project and for nearly accepting the addition of studio lights to the living room. I'm kidding, they're going straight back into the garage. In all seriousness, she's aided a lot of the inspiration for these dishes and has been very supportive throughout the whole process.

My Dad, Kevin. Always been beyond supportive and doesn't yet know I've mostly pillaged his Paella recipe for this book... thanks!

Finally, my proofreader/editor, Sibel (sibel85). I found on Fiverr and she has worked wonders. Those who know me will know that I can't proofread anything I've written myself.



