



**London Procurement
Partnership**

NHS LPP Cooking Champ Recipes

August 2023



Adam H's Miso and Shitake Broth Ramen with Five Spice Chicken Breast

Ingredients (serves 4)

- Miso paste (Water, Soybeans (34%), Rice, Salt (2-3 tablespoons but to your taste))
- Dried Shitake Mushrooms (30g or a good handful)
- Ginger (thumb size piece or 1 block of frozen)
- Garlic (2-4 cloves or 1 block of frozen)
- Savoy Cabbage (1/2 a whole and then sliced)
- Chestnut Mushrooms (1/2 pack approx. 125g)
- Carrots (light pickle – rice vinegar, sugar, salt, water) (3-4 carrots depending on size)
- Coriander Leaf (small bunch for garnish)
- Baby Sweetcorn (small pack approx. 175g)
- Spring Onion (2 for garnish)
- Red Chilli (1 sliced for garnish)
- Lime (2 sliced into quarters)
- Chicken Breast (pack of 2 approx 300g)
- (coating – corn flour, cornmeal, Chinese five spice (Sugar, Salt, Onion Granules, Dried Garlic Granules, Ground Star Anise, Ground Ginger, Ground Fennel Seed, Ground Cinnamon, Black Pepper, Ground Cloves))
- Wholewheat noodles (200g (4 x nests)) although you can probably get away with less

There's nothing more comforting and filling than a ramen in my opinion, warm delicious broth, soft noodles, plenty of veg; what's not to like. While I've cooked with specific ingredients here, nearly any veg and protein combination would work here in this broth. Why not try broccoli and cooked sweet potato, green beans and sugar snaps, pork or tempeh/tofu instead of chicken. Whatever you like or whatever is in the fridge, ramen is a great go-to meal that's going to make you feel a bit better afterwards

Method

1. Pre-heat your oven to 180 (fan)
2. Dissolve 3-4 tablespoons of miso paste in 1 litre of boiling water (or to taste).
3. Add 1 block and frozen ginger and garlic and bring to a simmer
4. Add the dried shitake mushrooms and simmer for 15-20 mins
5. Meanwhile, pour boiling water over the noodles in a bowl and leave to soak for 10 mins or until al dente
6. Slice the spring onion, sweetcorn and chilli and set aside for later
7. Peel your carrots and then use the same peeler to create long ribbons. You can just leave it here or you can place them in a light pickle of rice vinegar, salt, sugar and water. Leave until ready to use.
8. Slice your chestnut mushrooms
9. Pick the leaves from your savoy cabbage and remove the core (can be used in other recipes)
10. Mix together the cornflour, cornmeal and Chinese five spice in a container and coat the chicken breast in it.
11. Heat up an oven proof frying pan and add a little oil (I use rapeseed but any cooking oil will do).
12. When the pan is hot, add the chicken and cook until browned on one side. Then turn over and place in the oven (if you don't have an oven proof frying pan, you can just place directly onto a pre-heated baking sheet).
13. Roast in the oven for approximately 10 mins (depending on thickness of chicken). You can check it's cooked by ensuring the juices run clear and when placing a skewer in the thickest part, it's very hot to the touch.

(NB for steps 14-16, you can just cook the cabbage and mushrooms, or any other veg you are using, directly in the broth)

14. Dunk the leaves in the miso broth for around 3-4 mins (depending on how tough they are). Then remove and once cool enough to touch, slice into thin ribbons.
15. While your chicken is cooking, heat up another pan for your mushrooms and cabbage (or use the pan you were cooking the chicken in if you have used a baking sheet) and add a little oil to prevent sticking.
16. Cook the mushrooms and cabbage for 5-6 mins or until done and showing a little colour.
17. Once everything is cooked, it's assembly time. First, add some noodles to each of the serving bowls, then add the miso broth along with one or two of the shitake mushrooms.
18. Place some of the cabbage and mushrooms on top followed by the carrots and slices of the cooked chicken.
19. Finally, top with some coriander leaf, spring onion, chilli and a spritz of lime, all to your taste.

Enjoy!

For other ideas on what to put in a Ramen, there are loads of other great recipes. Here is a link for some that you might be interested in:

[Ramen recipes | BBC Good Food](#)



Andrew's Miso and Red Pepper Aubergines with Baked Cauliflower

Ingredients (serves two, £3.80 per serving):	Unit price	Cost per serving
• 1 small cauliflower	£2.10	£1.05
• 1 tsp ground turmeric	45g, £1	10p
• Olive oil	500ml, £4.25	£1.70
• 1 aubergine	85p each	43p
• 1 tsp brown rice miso paste (v)	300g jar, £4.89	30p
• 1 tsp rose harissa paste (v)	130g jar, £3.85	60p
• 1 tsp honey	340g bottle, £1.49	10p
• 1 lemon	15p each	7p
• 1 red pepper, deseeded and sliced thinly	80p each	40p
• 1 red onion, sliced thinly	26p each	13p
• 2 garlic cloves, finely chopped	55p per bulb	10p
• ½ red chilli, deseeded and finely chopped	60g (4 peppers), 57p	12p
• 400g can of red kidney beans drained & rinsed	65p	33p
• 200ml passata	500g, 60p	24p
• 2 tsp Cajun seasoning	45g, £1.00	10p
• 2 tsp paprika	52g, £1.00	8p
• 1 avocado, diced	89p each	25p
• Small bunch of coriander	30g, 52p	15p
• 1 lime	20p	10p
• 1 small packet of rocket	60g, £1.10	40p
• Raita, to serve (vegan raita option available)	500ml, £1.50	5p

Preheat the oven to Gas Mark 6, 200°C, 400°F

Cut the cauliflower into florets into a bowl, season with salt and pepper, then toss with the turmeric powder and a tbsp of olive oil. Place on a baking tray in the oven for 25 minutes.

Half the aubergine lengthways and score the flesh quite deeply in a criss-cross pattern – don't pierce the skin. Mix the miso paste with the harissa paste, add a squeeze of lemon and the honey, then spread the mixture over and into the cut surface of the aubergines. Place them, skin side down, onto a baking tray in the oven for 20 minutes (add them to the tray with the cauliflower if there's room).

Heat 20ml of olive oil in a medium frying pan over a medium heat, and cook the pepper for 5 minutes. Add the onion, garlic, and chilli and continue cooking for 5 more minutes, or until softened. Add the kidney beans and fry until they begin to soften – another 5 minutes or so. Add the passata, a splash of water, and stir in the Cajun spices, and the paprika. Season with salt and pepper, and continue to cook until the sauce has a thick consistency.

Take the bean mixture off the heat, and stir in the avocado, along with some torn coriander.

Onto each plate, put some rocket, half the roasted cauliflower, and a half aubergine, skin side down. Drizzle with raita, then heap the bean mixture onto the aubergine. Scatter with torn coriander, and add a lime wedge.

No allergens; vegan if vegan raita used

One portion contains 5 of your 5 a day: ½ cauliflower (1), ½ can of red kidney beans (1), ½ red pepper (0.5), 100ml passata (0.5), ½ avocado (1), ½ aubergine (0.5), ½ red onion (0.5)



Annissa's Courgette and Pea Risotto

Adapted from BBC Good Food: <https://www.bbcgoodfood.com/recipes/creamy-courgette-risotto>

Ingredients (2 servings):

- 25g butter*
- 1 small onion, finely chopped
- 1 big courgette (about 250g), $\frac{2}{3}$ coarsely grated and the rest diced
- 160g peas
- 175g risotto rice
- 1 lemon – juiced and zest
- 1.2l vegetable stock, kept hot on a low heat
- 25g parmesan, grated*
- A splash of olive oil

*This dish is suitable for vegetarians. It can be adapted for vegans by switching out butter and parmesan for vegan alternatives.

3 of the 5 A Day: courgette, onion, peas, lemon juice

Allergy warnings: contains dairy.

While the dish is gluten-free, it was prepared in a gluten-containing kitchen and hence may have a risk of cross contamination.

Steps:

1. In a high wall sauté pan or a Dutch oven, add a splash (or about a tablespoon) of olive oil then add the onion and gently fry until softened and translucent. Stir in the grated courgettes and rice, increase the heat and sizzle while stirring for 1-2 minutes.
2. Add the lemon juice and a ladle of hot stock, and bubble over a medium-high heat while stirring constantly. When the liquid has just about been absorbed, add another ladleful of stock. Keep cooking like this for 20-25 mins until the rice is just tender and is creamy. Add peas halfway through cooking the rice. When rice is tender, stir in the grated Parmesan and some seasoning.
3. While the risotto is cooking, melt the butter in a separate pan. Add the diced courgette and gently fry until golden and soften. Set aside for topping.
4. Divide the risotto between shallow bowls or plates, then scatter with the diced courgettes, grated parmesan, and a few pinches of lemon zest.



Graeme's Honey Garlic Salmon

For four people

Ingredients

4 salmon fillets

Sauce:

- 3 tbs honey
- 3 tbs soy sauce
- 1 tbs white wine vinegar
- 2 cloves garlic crushed

Parsnip carrot puree

- 4 large carrots
- 4 large parsnips
- 1 orange

- New potatoes
- Tender stem broccoli or other green veg of your choice
- Sesame seeds

Graeme's salmon was inspired by this recipe:

<https://www.recipetineats.com/honey-garlic-salmon-5-ingredients-15-minutes/>

And his parsnip/carrot puree by this one:

<https://www.allrecipes.com/recipe/13532/carrot-and-parsnip-mash/>

Method

Peel and chop carrots and parsnips into small chunks and simmer for 30 mins or until soft
Drain and add zest and juice of one orange
Puree with blender (or mash)

Boil new potatoes until cooked - about 10 mins
Drain and add knob of butter

Steam or boil green veggies

Mix together sauce ingredients in a small bowl
Pan fry salmon until cooked through - about 4-5 min each side
Add sauce to the pan and simmer for 2-3 mins until sauce thickens a bit

Add everything to your plates. Pour sauce over salmon. Sprinkle sesame seeds liberally over everything.





Harry's Spanish Chicken and Chorizo with Saffron-Infused Rice

Ingredients (serves 4)

- 1 tablespoon olive oil (15ml)
- 225 g chorizo, sliced
- 1 large white, yellow or brown onion, diced
- 2 red bell peppers, deseeded and sliced
- 1 tablespoon tomato paste
- 3 garlic cloves minced (about 1 tablespoon)
- 1 teaspoon paprika
- 200g green olives
- 8 bone-in and skin-on chicken thighs
- 1 1/4 cup rioja or another Spanish red wine of your choosing (300ml)
- 1 1/4 cup chicken stock (300 ml)
- 1 bay leaf
- 3 thyme sprigs or 1 teaspoon dried
- Optional: Fresh parsley and/or red pepper flakes

Instructions

1. Preheat your oven to 400°F/200°C.
2. Add the oil to a large, oven-safe skillet/pan and warm over a medium heat. Add the sliced chorizo and cook 2 minutes, then transfer to another dish using a slotted spoon.
3. Add the onions and red peppers to the skillet/pan and cook for about 8 minutes stirring every so often. Stir in the tomato paste, garlic and paprika to the onion mixture and cook another 2 minutes, then transfer the onion mixture to the dish with the chorizo.
4. Season the chicken pieces with salt and pepper then add the chicken thighs to the skillet/pan, skin side down and cook 7-10 minutes to sear the skin. Once the skin has turned golden brown, flip over and cook another 7 minutes on the other side. Remove the chicken from the skillet/pan and set aside.

5. Pour the oil remaining in the pan out then return it to the heat. Add the red wine, chicken broth and bay leaf. Stir and scrape the bottom of the pan to remove any sticky bits.
6. Add the chorizo and onion mixture back to the pan along with the thyme, turn the heat up high and bring the mixture to a light boil then reduce the temperature to maintain a simmer. Let simmer 10 minutes to reduce the liquids.
7. Add the chicken back to the pan, skin-side up and also add in the olives. Transfer to the oven and let cook uncovered for 25-30 minutes until the chicken has fully cooked through (internal temperature should be at least 165°F/74°C).
8. Remove from the oven, season with additional salt, black pepper and more thyme if needed and enjoy.

This recipe was sourced from:

<https://www.asaucykitchen.com/spanish-chicken-and-chorizo/>

For the Saffron Rice

Ingredients

- 1/4 teaspoon good quality saffron threads
- 1/4 cup hot water
- 2 tablespoons extra virgin olive oil
- 3/4 cup minced yellow onion
- 2 cups white basmati rice
- 3 cups [chicken stock or vegetable stock](#)
- Pinch of salt

Instructions

1. In a large heavy pot, heat extra virgin olive oil over medium. Add the minced onion to the pot and sauté for about 10 minutes, stirring very frequently, until the onion is very soft and begins to caramelize.
2. Add rice to the pot and sauté for one minute longer, mixing the rice together with the cooked onion.
3. Add the saffron and chicken/vegetable stock and salt to the pot. Bring to a boil, stir. Bring back to a boil for 30 seconds.
4. Cover the pot and reduce heat to low. Let the rice cook for 20 minutes. Turn off the heat, but keep pot covered, and continue to let the rice sit and steam in the covered pot for 10 minutes longer.
5. Fluff the rice with a fork before serving, stirring well to break up the rice and incorporate the cooked onion.



Sarah's Summer Spelt Risotto with Broad Beans, Peas & Courgette

Ingredients (1 serving)

- 1 courgette, cut into matchsticks
- 2 tbsp cornflour
- Handful breadcrumbs e.g panko
- Half pinch each dried mint & cayenne
- Spray vegetable oil
- 10g dairy free butter*
- 1 small leek, finely sliced
- 75g pearled spelt, rinsed
- 300ml hot vegetable stock
- 80g peas (podded weight)
- 80g broad beans (podded weight)
- ½ lemon, zest and juice
- 50g superstraccia*
- ½ red chilli, finely chopped
- *Mint and basil oil (if making)*
- 2 cups lightly packed fresh mint and basil leaves and stems
- ¾ cup olive oil

*can be swapped for dairy versions (butter and parmesan)

Allergy Warnings: Gluten, soya (dairy free cheese)

Method

Sprinkle ½ tsp fine salt onto the courgette batons and mix well. Allow to sit; the salt will draw water from the courgette.

In a mixing bowl, mix the cornflour, breadcrumbs, mint and chilli powder.

Add the courgette to the flour mix and toss until coated. Lay in a single layer in an air fryer.

Air fry at 200°C for 5 minutes before shaking, spraying with a little vegetable oil and continuing to air fry for a further 5 minutes until crisp. Set aside.

If making the mint and basil oil:

Prepare a bowl of iced water and boil the kettle.

Fill a second bowl with boiling water and immediately add the herbs. After 15 seconds, remove the herbs with a slotted spoon and transfer them to the bowl of iced water.

After 5 minutes, remove the herbs and dry as much as possible using a salad spinner or teatowel.

Transfer to a blender, add the oil and puree until as smooth as possible. Add a little more oil if it seems too thick.

Put a coffee filter paper in a funnel over a jug and pour the mixture into the coffee filter. Allow to strain for a few hours, stirring occasionally.

Once filtered, transfer to a bottle and store in the fridge for up to a week.

For the risotto

Melt the dairy free butter in a pan and add the leek. Fry gently for 10 minutes until soft.

Add the spelt and stir for one minute.

Add the lemon zest and stock, season with salt and pepper and simmer for 25-30 minutes until the spelt is tender and almost all the liquid has been absorbed. Stir occasionally.

Meanwhile, prepare a bowl of iced water and boil the kettle. Fill a saucepan with boiling water and blanch the broad beans and peas for 2 minutes before transferring the beans to the iced water.

When cool, drain the beans and peas and remove the skins from the broad beans.

When the spelt is almost ready, turn off the heat and stir through the superstraccia and ¾ of the pea and bean mix, add lemon juice, salt and pepper to taste.

To serve, spoon risotto onto a plate and sprinkle with the remaining peas and beans and a pinch of fresh chilli. Top with the courgette batons. Dress with a little of the mint and basil oil.

3 of 5 a day

This dish contains more than 3 portions (80g portions) of a person's 5-a-day, with a portion each of broad beans, peas, leek and courgette.

Nutrition

Spelt is an ancient grain, high in protein and rich in dietary fibre, thiamine, copper, manganese, niacin and phosphorus, vitamins B2 and B3. It is better tolerated by those with sensitivities to wheat (but is not gluten free).

Broad beans are rich in plant protein, folate and lots of other vitamins and minerals, as well as being high in soluble fibre which can aid digestion and lower cholesterol. They are high in compounds that enrich antioxidant activity, and rich in nutrients that may prevent bone loss. Blanching the beans retains much of their vitamins and minerals.

Peas are high in complex carbohydrates, with a huge range of vitamins and minerals, and a high protein content (4 times that of carrots). They are rich in polyphenol antioxidants. Blanching the beans retains much of their vitamins and minerals.

Courgette contains many vitamins and minerals, particularly vitamin A. It also contains carotenoids, which benefit eyes, skin and heart as well as offering some protection against certain cancers. Dehydrating vegetables retains nearly all of their vitamins and minerals.

This dish has been made with a dairy alternative cheese called superstraccia, which is lower calorie and lower salt than parmesan or butter, making it better for coronary health.

Cost

£19.21 for (non-pantry) ingredients, equating to approximately £3.50 per serving.

Notes

Environmental considerations

This dish uses British produce in season, making it low carbon. It is dairy free by preference (swaps are indicated) which also reduces its environmental impact.

Ideally, produce should wherever possible be bought in season to maximise nutritional benefit and reduce environmental impact. Alternatively, broad beans and peas can both be bought frozen, to help with portion control. To reduce food waste, if you wish, the pea pods and broad bean pods can be retained to make a snack by coating in a mix of flour and spices and frying until crisp. Alternatively, simmer in water with a chopped onion, a chopped carrot and a chopped stick of celery to make a stock for the next risotto!



Simon R's Vegetarian Ragu

Ingredients (Serves 6)

- 3 Carrots (300g)
- 2 Onions
- 300g Mushrooms
- 60g dried porcini mushroom
- 4 garlic cloves
- 4 plum tomatoes
- 120ml olive oil
- 70g miso paste
- 40g harissa paste
- 4 tbsp Tomato puree
- 90ml Soy Sauce
- 2 tsp Cumin Seeds
- 180g dried brown lentils
- 100g Pearl Barley
- 1l Vegetable stock
- 160g Coconut cream
- 100ml Red wine
- Salt and pepper

Allergens

- Soy
- Celery
- Barley
- Wheat
- Wine

Method

1. Preheat oven to 190 degrees C fan
2. Working in batches, put the first 6 ingredients in a food processor and pulse until everything is very finely chopped
3. Put the chopped vegetables into a large, 36cm x 28cm non-stick high sided baking tray with the oil, miso, harissa, tomato paste, soy sauce and cumin seeds and mix very well. Bake for 40 minutes, stirring halfway through, until browned around the edges and bubbling
4. Reduce the heat to 180 degrees C fan
5. Add all the remaining ingredients to the tray along with 150ml of water, 1/3 teaspoon of salt and a generous grind of black pepper. Stir very well, scraping the crispy sides and bottom with a spatula. Cover tightly with foil and bake for another 40 minutes. Remove the foil and bake for the final 5 mins. Leave to rest for 15 mins.

For Simon's recipe, he used the Ultimate Tray Bake Ragu taken from Yotam Ottolenghi's book "Flavour".