



**London Procurement
Partnership**

NHS LPP Cooking Champ Recipes

November 2023

Buthna's Freekeh Mejadra



Recipe taken from *Falastin: A Cookbook* by Sami Tamimi & Tara Wigley

For many Palestinians and Arabs around the world, the answer to the question 'What is your ultimate comfort food?' is mejadra. It's the food a lot of kids grow up on, and like so many comfort foods, it's a humble dish: lentils, spices, and then a grain in the form of rice, most typically, or bulgur or freekeh as suggested in the recipe below. Vegan-friendly 🌱

Ingredients (serves 3-4)

150g	green lentils
1½ tsp	cumin seeds (<i>ground cumin used in Buthna's recipe</i>)
1½ tbsp	coriander seeds (<i>ground coriander used in Buthna's recipe</i>)
150g	freekeh (coarse bulgur or basmati rice can be used as alternatives)
3 tbsp	olive oil
½ tsp	ground turmeric
1 tsp	"Seven Spices" – can be found in any Mediterranean market (allspice can be used as alternative)
½ tsp	ground cinnamon
750ml	just-boiled water
1-2 (or to taste)	brown onions, chopped

Method

1. Place the lentils in a medium saucepan, cover with plenty of water and set aside to soak for 30 minutes.
2. Place the saucepan with the lentils and their soaking liquid on a high heat and bring to the boil. Reduce the heat to medium and cook for 10–12 minutes, or until the lentils have softened but still retain a bite. Drain in a colander and set aside.
3. Wipe clean the pan and add the olive oil. Place on medium heat and when warm, add the chopped onions. When the onions have softened slightly (1-2 minutes), add the cumin and coriander until fragrant.
4. Add the bulgur, turmeric, seven spices, cinnamon, a teaspoon of salt and plenty of black pepper. Stir so that everything is coated, then add the cooked lentils and the hot water. Bring to the boil, then reduce the heat to very low. Cover with a lid and simmer on a low heat for 15 minutes.

5. Remove from the heat, lift off the lid and quickly cover the pan with a clean tea towel. Seal tightly with the lid and set aside for 10 minutes, to steam.
6. When ready to serve, stir gently with a fork. Pile up in a shallow serving bowl, or individual serving plates, top with salad, yoghurt, or both.

CHOPPED SALAD, OR SALATA ARABIEH

Recipe taken from *Falastin: A Cookbook* by Sami Tamimi & Tara Wigley

This salad goes by many names – *salata mafrumeh*, *salata baladiye* – but whatever it's called, it's the same fresh chopped Palestinian salad. It's as ubiquitous as it is compulsory alongside every meal. It's there at breakfast, to have with hummus and falafel. It's there at lunch, inside a warm pita stuffed with kofta. It's there at supper, alongside the spread of pickles and olives and a rich meat stew.

And there are many versions to the salad: the dressing can be made without yoghurt, or substituted with tahini instead of yoghurt. Cubes of tangy feta, black olives, or creamy avocado are nice additions, as is a sprinkle of za'atar.

Ingredients (*serves 4 as a side*)

- 4 small Persian cucumbers, or 1 large English cucumber quartered lengthwise, seeds removed, and cut into ¼ inch / 6mm dice
yields approx. 2 cups / 300g
- 2 large heirlooms, or 6 plum tomatoes cut into ¼ inch / 6 mm dice, yields approx. 14¾ oz / 420g
- 7 green onions, finely sliced, yields scant 1 cup / 70g

Other ingredients that can be included

1. red bell pepper, cut into ¼ inch / 6mm dice, yields approx. 1 cup / 140g
2. green chilis, seeded and finely chopped

Dressing

- 2 lemons, juice to get 3 tbsp (amount to taste, can use more)
- 3 tbsp olive oil (amount to taste, can use more)
- 250g Greek yoghurt
- 1 tbsp dried mint
- 1 tbsp dried parsley
- ½ tbsp garlic powder OR 1 large garlic clove, crushed
- Salt and black pepper

Method

1. Place the cucumbers, tomatoes, green onions, (bell pepper & chiles, if using), and ½ tsp salt in a colander and set it over a bowl for 20 minutes, for the water to drain.
2. Put the yoghurt into a separate bowl along with the dried mint, dried parsley, garlic, olive oil and lemon juice. Mix together and add salt and pepper to taste.
3. Add the drained salad to the yoghurt dressing and mix well to combine.

Katie's Meatball & Veggie Orzo Bake



This is a flexible recipe which goes down particularly well in colder weather and can be adapted to be veggie,¹ gluten-free,² or dairy-free.³ So, you could also create a vegan version! If you wanted to be even more health-conscious you could try it with wholegrain orzo, or rice instead of orzo, though I haven't tried that myself yet...

- Contains 3 of your 5-a-day – tomatoes, bell peppers, and green beans
- Simple one-pot meal – essentially chuck it all in and bake
- I have liberally adapted this and made it my own from a Waitrose recipe which you can find online here: <https://www.waitrose.com/ecom/recipe/meatball-pepper-orzo-bake>
- Compared with the original recipe, I have added: some spices for extra flavour and heat (paprika and chilli powder – this is optional); extra meatballs & garlic; chopped tomatoes to make it a bit saucier; used bog-standard bell peppers instead of jarred piquillo peppers to make it more affordable and a bit fresher/ healthier; and put the green beans in the bake. Ordinarily I would serve the green beans on the side with oil, salt, and pepper, but they don't reheat well in the microwave! The original recipe also calls for a lidded oven-proof frying pan. I just use a normal frying pan and then an oven dish covered with foil
- **Costs on average just £3.88 per portion**, when buying ingredients to serve 4 people (with some ingredients left over to use next time).

Average prep time: 10 mins

Average cooking time: 20-30 mins

¹ Either skip the meatballs and add more veggies, or use a meat-free substitute

² Use gluten-free orzo – harder to find but does exist

³ I have made it for a lactose intolerant friend before by using vegan cheese instead of mozzarella as a topping. Alternatively, you can skip the mozzarella entirely, and use a spot of parsley or something as a garnish instead.

Ingredients (to serve 4):

- 1 tbsp cooking oil – add a splash more when cooking if necessary
- 24 meatballs (allows 6 per person)
- 250g orzo
- 4-5 cloves garlic, roughly chopped or crushed depending on preference
- 200g tin of chopped tomatoes
- 1 tsp paprika
- 1 tsp hot chilli powder (can add more or less to suit your spice tolerance)
- 3 bell peppers, roughly chopped (choose your fave colours!)
- 200g fine green beans, chopped
- 1 heaped tbsp tomato & garlic purée
- 225g ball of mozzarella (150g drained)
- Approx. 250ml chicken stock (you'll have to use your judgement a bit)
- Parsley for garnish (optional)

Method:

1. Preheat the oven to 180 degrees and turn on the gas. Heat the oil and fry the meatballs in a pan until brown (usually about 5 mins), then set to one side
2. Chuck in the garlic, purée, peppers, green beans, and spices (in that order) and fry for a minute or two
3. Return the meatballs to the frying pan, add in the chopped tomatoes as well, and mix
4. Pour it all into your oven dish and then pour the orzo and stock in. Ensure the meatballs and veggies are evenly distributed amongst the orzo and stock
5. Tear up the mozzarella and add it as a topping
6. Cover the dish over with foil and bake for 10-15 min
7. Check how it's cooking and remove the foil. Return to the oven for another 10-15 mins to allow the mozzarella to brown a little
8. Check it is heated through by stabbing a meatball or sampling a little orzo on a fork (it should have the consistency of cooked pasta)
9. Plate up and enjoy!

Kay's Cheeseburger Pasta



Serves 4

Prep time: 10 Minutes

Cooking time: 25 Minutes

Total time@ 35 Minutes

1 Serving: Calories 496

Ingredients

- ❖ 455g (1lb) of extra lean ground beef
- ❖ 1 onion, finely chopped
- ❖ 2 medium fresh tomatoes, peeled and chopped
- ❖ 1 Red Pepper
- ❖ 2 tbs of tomato paste
- ❖ 1 tsp of paprika
- ❖ ½ tsp of onion powder
- ❖ ½ tsp of garlic powder
- ❖ ½ tsp of mustard powder
- ❖ pinch of salt and black pepper
- ❖ ½ tbs of Worcestershire sauce
- ❖ 300g (10.5oz) of uncooked penne pasta (or other pasta of choice)
- ❖ 3 cups (720ml) of chicken stock + 1 additional cup (240ml)
- ❖ 2-3 tbs of chopped pickles.
- ❖ 120g (4oz) of cheddar - reserve a little for sprinkling on top once cooked
- ❖ fresh chopped Italian parsley
- ❖ Spray oil

Instructions

1. Add to a small bowl the paprika, garlic powder, onion powder, mustard powder, salt and black pepper and mix to combine.
2. Spray a frying pan over a medium-high heat with spray oil, add the ground beef and onion and cook until brown.
3. Add the spices, tomatoes, tomato paste, Worcestershire sauce and sukrin and mix to coat.
4. Stir in the penne pasta.
5. Add the stock, bring to a boil, reduce heat slightly and allow to bubble for approx 12-14 minutes until pasta is cooked (add in more stock from the additional cup of stock if needed).
6. Add chopped pickles and cheddar and stir until sauce is velvety and coats everything in the pan.
7. Sprinkle with fresh chopped Italian parsley and the reserved cheddar.
8. Serve with mixed salad.



Ginger Chicken Curry ala LJ with freshly baked roti



Ingredients – Quantity to serve 3 adults

Red onion – 1 medium sized

Mushrooms – 100 grams

Garlic – 1 clove grated

Chopped tomatoes – 1 tin. You can use fresh toms if you don't mind the skins

Chicken thigh – 400 grams.

Ginger – ½ piece grated

Black pepper – teaspoon

Diced capsicum – teaspoon

Red pepper – 1

Coriander powder – teaspoon

Cumin – teaspoon

Turmeric – ½ piece grated

Curry powder – tablespoon

EV olive oil - tablespoon

5 a day content

Onion, mushrooms, tomatoes, red pepper. Also, lots of the spices plus the ginger, garlic and turmeric have other health benefits. Almost all of the ingredients are good for you. You could eat a load of this and not gain weight. The chicken and wholemeal flour are arguably the worst part

Curry instructions

Peel and grate the garlic, turmeric and ginger

Chop the onion, mushrooms, chilli's, red pepper and chicken

Put the olive oil in a cast pan, get the pan hot on the stove

Put the chicken in, fry until all surfaces are cooked. It's tastes better if you cook chicken on the bone first, de-bone it and start with that, but I didn't do that here as that takes too long

Put the tinned tomatoes in

Throw everything else in

Stir/mix for a few minutes

Leave to cook on medium stove for a min of 30 minutes It tastes better if you slow cooker it overnight but I didn't do that here due to this being a quick meal

Roti ingredients

140g wholemeal flour

1 tsp salt
2 tbsp olive oil, plus extra for greasing
180ml hot water or as needed

Roti instructions

Mix the flour, salt and water
Knead into a ball
Allow to sit for 30 mins to allow gluten to release
Roll
Fry in olive oil for c.2 minutes

Total time including prep = c.50 mins

Cost = Around £10 (or £3.33 per person) once you have a spice rack. c.50% of the cost went on the chicken thighs, you could do it without chicken for around £1.50 a head

Lorna's Escovitch Fish



Sliced King Fish: You can use any other firm white fish like snapper.

Flour: To coat the fish to fry.

Dry Seasonings: To season the fish and flour. ([Black pepper](#), [complete seasoning](#), [garlic powder](#), [red pepper flakes](#), salt, [paprika](#).)

Garlic: To flavour the oil when frying

Onions & bell peppers: You'll need both sweet bell peppers and onions for this recipe. Use a combination of all the coloured peppers.

Carrots: Escovitch wouldn't be the same without carrots because they bring a natural sweetness to the dish.

Scotch bonnet peppers: These peppers are essential for Jamaican escovitch to give it its characteristic heat. If you can't find them, you can use habanero peppers or jalapeño peppers. If you aren't a fan of spice you can exclude the peppers or remove the seeds.

Vinegar: White vinegar is widely used but you can use any light-coloured vinegar, apple cider vinegar, cane vinegar, or white wine vinegar.

Orange Juice: Gives the pickle a nice tart citric flavour

Pimiento Berries: Also known as whole allspice berries are a key ingredient in escovitch sauce and flavour oil.

Thyme: This fragrant herb is essential in Jamaican cuisine. You can use fresh or dried thyme for this recipe.



My five a day on this menu would be:- Broccoli, carrots, sweet corn, lemon, cauliflower

Rasta pasta ingredients: -

- 3 bell peppers (red, yellow, and green)
- 1 large onion
- 3 cloves garlic, minced
- 1 Tablespoon oil
- 2.5 Tablespoons jerk seasoning
- **Heavy cream and parmesan cheese (add more cheeses if you like)**