

A HOME FREEZER COOKBOOK

BatchJoy

100 slow-cooked recipes, frozen in little 70g blocks

100
RECIPES



CHICKEN · BEEF, PORK & LAMB · PLANT-BASED · NOODLES · HOT & SPICY

cook once, eat all month

Contents

How freezer blocks work	4
Batch-cook day	6
The pantry	8
Tips & tricks	10
Chicken & turkey	12
Chicken Tinga	13
Thai Green	14
Mild Chicken Tikka	15
Chicken Tagine	16
Cape Malay Chicken	17
Chicken & Chorizo	18
Chicken Panang	19
Marry Me Chicken	20
Butter Chicken	21
Jerk Chicken Stew	22
Chicken Cacciatore	23
Turkey Chilli Verde	24
Chicken Korma	25
<i>Cooking with chicken</i>	26
Chicken Shawarma	28
Chicken Fajita Mix	29
Chicken Jalfrezi	30
Chicken Katsu Curry	31
Creamy Chicken & Mushroom	32
Piri Piri Chicken	33
Sweet & Sour Chicken	34
Cajun Chicken & Peppers	35
Lemon, Garlic & Herb Chicken	36
Chicken Tikka Masala	37
Chicken Enchilada Filling	38
Pork, beef & lamb	39
Beef Chilli	40
Classic Bolognese	41
Sausage Arrabbiata	42
Hot Honey Ragu	43
Smoky Pork	44
Kimchi Pork	45
Jungle Pork	46
Lamb Rogan Josh	47
Beef Rendang	48
Beef and Ale Stew	49
Pulled BBQ Pork	50
Pork and Fennel Ragu	51
<i>Cooking with a beef joint</i>	52
Gochujang Beef	53
Hungarian Beef Goulash	54
Shredded Beef Ragu	55
Beef Bourguignon	56
Greek Beef Stifado	57
Chinese Red-Braised Beef	58
Ropa Vieja	59
Beef Massaman	60
Slow-Cooked Beef Stroganoff	61
<i>Cooking with mince</i>	62
Beef Keema with Peas	63
Cottage Pie Mince	64
Beef Kofta Mince	65
Beef Taco Mince	66
Korean Bulgogi Beef Mince	67
Chinese Black Bean Beef	68
Beef Picadillo	69
Sloppy Joe Mince	70
Thai Basil Beef	71
Spicy Sausage & Bean Casserole	72
Cheeseburger Mince	73
Plant-based	74
Curried Chickpeas	75
Miso Beans	76
Golden Turmeric Dal	77
Black Dal	78
Chana Dal	79
Butternut Dal	80
Lentil Bolognese	81
Tempeh & Bean Ragu	82
Smoky Tempeh & Butter Beans	83
Saag Tempeh	84
Veggie Massaman	85
Tempeh Satay	86
Harissa Beans	88
Brazilian Beans	89
Three-Bean Veggie Chilli	90
Butter Bean Puttanesca	91
Harissa Jackfruit	92
Chipotle Mushrooms	93
Creamy Mushrooms	94
Rajma	95
Peanut & Sweet Potato Stew	96
Mushroom Stroganoff	97
Cauliflower Korma	98
Shepherd's Lentil Mix	99

Creamy Coconut Curry	87	Aubergine & Chickpea Curry	100
Just add noodles	101		
Chicken Pad Thai Base	102	Singapore Curry Noodle Base	108
Gochujang Pork Noodle Sauce	103	Dan Dan Pork Noodle Sauce	109
Gochujang Chicken Sesame Noodles Base	104	Sticky Teriyaki Tofu Noodle Base	110
Chicken Chow Mein Base	105	Crispy Chilli Beef Noodle Base	111
Beef & Broccoli Noodle Base	106	Honey Garlic Chicken Noodle Base	112
Chicken Satay Noodle Base	107		
Hot & spicy	113		
<i>Heat up any block</i>	<i>115</i>	'Nduja & Butter Bean Stew	119
Pork Vindaloo	116	Habanero Black Bean Chilli	120
Mapo Tofu with Pork	117	Lamb Phaal	121
Chicken Madras	118	Spicy Korean Chicken (Dakgalbi)	122
Build a dinner	123		
Beef joint day	124		
Hot & spicy day	126		
Quick finder	128		
Recipe index	130		

How freezer blocks work

Slow-cooked dishes, each made in one big batch and frozen in little 70g blocks. Take three from the freezer and dinner is ten minutes away.

You cook one big pan, portion it into 70g blocks and freeze them; on the night you reheat as many as you need. Every recipe makes 13 to 28 blocks. Two blocks make a light lunch; three make a proper dinner with rice, pasta, a wrap or a jacket potato. Most batches cost under £11 to make, so a three-block meal usually comes in at under £1.50, and the plant-based ones under a pound.

The recipes are grouped into chicken and turkey; pork, beef and lamb; and plant-based. Each tells you how long it takes, how many blocks it makes, what a block costs, and roughly what is in it nutritionally.

Making your blocks

- 1** Get a tray. A silicone "soup cube" or large ice-cube tray with cells of about 70ml. Three 8-cell trays cover most batches.
- 2** Cool fast. Spread the cooked dish out in a wide, shallow dish so it cools within 1–2 hours.
- 3** Portion. Spoon about 70g into each cell. Weigh the first few until you know what 70g looks like.
- 4** Freeze. Freeze flat overnight, pop the blocks out and bag them, labelled with the dish and date. They keep for 3 months.
- 5** Reheat from frozen. Microwave about 1 minute per block plus 1 minute, covered, stirring halfway. Or put them in a pan with 1 tbsp water, lid on, about 1 minute per block plus 5 minutes. Heat until piping hot and never refreeze once thawed.

Spice ratings

Every recipe with chilli in it has a rating from 1 to 5, shown in the strip under its title; recipes with no chilli at all show fibre there instead. For ways to spice up any block, see Turn up the heat; the Hot & spicy collection has seven properly hot recipes.

RATING HEAT	
1	No heat
2	Gentle warmth
3	Medium
4	Hot
5	Very hot

Cooking notes

Soften means a medium heat, brown or sear means medium-high, and simmer means small, steady bubbles. A large, heavy pan or casserole suits every recipe.

Where a recipe says season, start with ½ tsp salt for the whole batch, taste, and add more a pinch at a time.

Freezing dulls salt and spice a little, so season slightly more boldly than you would for eating straight away.

cook once, eat all month

Batch-cook day

One 2½-hour session, four pans, 72 blocks: about 24 dinners for roughly £15.50.

Four everyday dishes cooked side by side: one beef, one chicken and two plant-based. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	COOK TIME
Beef Chilli	20	£5.57	1 hr 30
Chicken Tinga	16	£5.70	1 hr
Curried Chickpeas	17	£2.42	45 min
Lentil Bolognese	19	£1.79	50 min
Total	72	£15.48	

The four share onions, garlic, carrots and tinned tomatoes, so one prep run covers all of them. You need four pans (or two, cooking in two rounds) and three or four 16-cell trays.

Shopping list

AMOUNT	ITEM
6 tins	Chopped tomatoes
1kg	Onions
1 bulb	Garlic
3–4	Carrots
1	Red pepper
500g	Beef mince (20%)
450g	Chicken (thighs and breast)
1 tin	Black beans
1 tin	Kidney beans
1½ tins	Chickpeas
130g	Red lentils
320g	Frozen spinach
85g	Frozen broccoli
120ml	Coconut milk
1	Lime
A small piece	Ginger
To taste	Chipotle paste, mango chutney, tomato purée

Timeline

TIME	STEP
0:00	Prep everything. Dice all the onions (about 690g), grate the carrots, crush the garlic, slice the pepper. Split them into four labelled bowls. (20 min)
0:20	Start the Beef Chilli. It needs the longest simmer. Brown the mince, add its veg and spices, then the tomatoes. Leave it simmering, lid half on. (80 min to finish)
0:35	Start the Chicken Tinga. Soften its veg, add chipotle, tomatoes and stock, then the whole chicken pieces. Simmer, covered, 30 min.
0:45	Start the Lentil Bolognese. Soften veg, add lentils, tomatoes and water. Simmer 25 min, stirring now and then.
1:10	Finish the Bolognese. Stir in the spinach, cook 5 min, blitz if you want the veg hidden. Take off the heat and spread out to cool.
1:10	Shred the Tinga. Lift out the chicken, shred it, return it with the black beans. Simmer uncovered 15 min, then add lime.
1:15	Make the Curried Chickpeas in the freed pan. About 32 min start to finish.
1:25	Beans into the chilli. Add the kidney beans and simmer uncovered 15 min until thick.
1:45–2:30	Cool, portion, freeze. Fill trays as each dish cools: Bolognese first, then Tinga, chilli and chickpeas. Wash up while the last one cools.

Swaps

Swap any dish for another of similar timing: Sausage Arrabbiata or Hot Honey Ragu for the chilli; Golden Turmeric Dal or Chana Dal for the chickpeas.

Cooking for IBS? IBS-friendly batch-cook day follows the same plan with four gentler dishes, and Turkey mince day and Plant-based day are two more.

The pantry

The cupboard staples behind the freezer recipes, with a separate list for the IBS-friendly ones. Buy them once and each batch needs only fresh veg, the protein and a tin or two.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

Stocking up from an empty cupboard costs roughly £15–20. After that, most shops are just the fresh veg, the protein and a tin or two, and the jars last for many batches.

What to stock

The counts are out of the 100 recipes outside the IBS-friendly collection. Buy the top of the list first; the bottom rows are for one or two styles of cooking only.

ITEM	USED IN (OF 100)	WHAT TO BUY
Rapeseed or olive oil	98	1L bottle, ~£2
Chopped tomatoes	54	Stock 6–8 tins; own-brand ~43–47p each
Smoked paprika	36	Largest jar you can find; it goes fastest
Turmeric	28	Own-brand jar, ~£1.10
Coconut milk (full-fat)	20	4 tins, ~75p each; light works with a thinner sauce
Ground cumin	34	Own-brand jar
Tomato purée	41	200g tube or tin, ~59p
Soy sauce or tamari	34	Tamari if you need gluten-free
Frozen leaf spinach	14	900g bag, ~£1.65; cheaper than fresh and goes straight in
Chilli flakes	20	Own-brand jar
Ground coriander	23	Own-brand jar
Stock cubes	42	Chicken and veg, 10-packs
Garam masala	17	Own-brand jar
Cinnamon, bay, thyme, oregano, black pepper	6–14 each	Own-brand jars
White miso	6	100g tub, ~£1.80; keeps for months in the fridge
Dried lime leaves	5	Small jar, ~£1.50–2; or use lime zest
Lemongrass and galangal paste	5–6 each	Fresh lemongrass stems freeze well; galangal paste ~£1.80
Red split lentils and tinned pulses	Many	1kg lentils ~£2.60; chickpeas, black, kidney, butter and cannellini beans ~40–50p a tin

For the IBS-friendly recipes

The IBS-friendly recipes skip chilli and tomato and go easy on onion, so they lean on a slightly different cupboard. These counts are out of those 50 recipes.

ITEM	USED IN (OF 50)	WHAT TO BUY
Garlic	49	A bulb or two. Swap in garlic-infused oil if garlic bothers you
Stock cubes	40	Chicken and veg. Low-FODMAP ones if onion bothers you
Ground cumin, turmeric, garam masala	30	Own-brand jars; check blends have no chilli or garlic
Spring onions	25	A bunch, ~70p. They freeze well, chopped
Fresh ginger	24	Freeze a knob and grate it from frozen
Leeks	22	Gentler than onion
Tamari or soy sauce	22	Tamari if you need gluten-free
Cornflour	20	For thickening without wheat
Dried thyme, sage, rosemary	17	Own-brand jars
Tinned beans	15	Butter, cannellini, kidney and black, ~45p a tin. Rinse well
Light coconut milk	13	400ml tins, ~85p each
Maple syrup	13	Use instead of honey, which is high in FODMAPs
Sweet smoked paprika	12	Make sure it says sweet (dulce), not hot
Tinned green lentils	11	~45p a tin. Rinse well
Porridge oats	9	1kg bag, ~£1.20
Tinned chickpeas	6	~45p a tin. Rinse well
Smooth peanut butter	5	100% peanuts, no palm oil
Quinoa	4	500g bag, ~£2.25
Ground linseed (optional)	3	250g bag, ~£2.50. A spoonful adds fibre to any block

Buying spices for less

World-food aisles and Asian grocers sell spices in 100g bags at about half supermarket-jar prices, which cuts the spice cost of every batch. If you cook for IBS, check the ingredients of any blend for chilli, garlic and onion.

Making sauce cubes too? The sauce pantry lists the staples behind the 50 sauces.

Tips & tricks

Small habits that make the blocks taste better, freeze better and go further, plus a few extra ones for cooking the IBS-friendly recipes.

This is general guidance, not medical advice. IBS triggers vary from person to person, so talk to your GP or a registered dietitian before changing your diet.

None of these takes more than a minute, and they work for every recipe on the site. If you cook from the IBS-friendly collection, the last section has a few extra habits for gentler blocks.

Brown it properly

Give mince and chicken time in a hot pan without stirring. The deep colour is where most of the flavour comes from, and it survives freezing.

Season at the end

Taste once the dish has cooled slightly, then adjust. Salt, acid, herbs and heat all dull a little in the freezer, so be bold.

Add brightness last

A squeeze of lime or lemon, a splash of vinegar or a spoon of yoghurt stirred in after reheating wakes a block right up. If acid bothers you, a handful of fresh coriander, parsley or chives does the same job.

Freeze flat, then bag

Fill the tray level, freeze solid, then pop the blocks into a freezer bag. Press the air out so they stay separate and avoid freezer burn.

Label everything

Write the dish and the date on the bag. Blocks look surprisingly alike once frozen, and they are best eaten within three months.

Use whole tins

Plan batches around whole tins and jars so nothing is left half-used. Leftover coconut milk or tomatoes can go into the next block day.

Mix two blocks

A block of curry and a block of dal make a richer sauce. Chicken Tagine plus a block of tomato beans is a quick stew. Try pairs and note your favourites; Build a dinner and Build an IBS-friendly dinner have some to start with.

Swap freely

Thighs and breast are interchangeable, as are beef and lamb mince, or one tinned bean for another. Keep the weights and the timings stay right.

Stretch the meal

Three blocks go further with rice, pasta, couscous, a jacket potato or a wrap. A handful of frozen peas or spinach added while reheating bulks it up. For more fibre, choose brown rice, quinoa, a jacket potato with its skin or a wholegrain wrap.

Reheat gently

From frozen, cover and microwave about 1 minute per block plus 1 minute, stirring halfway. Always heat until piping hot, and never refreeze once thawed.

Cooking for IBS

These are general guidance only. Gentle on your gut explains the rules every IBS-friendly recipe already follows.

A little garlic

Two cloves flavour a whole batch. If garlic bothers you, use garlic-infused oil instead: the flavour carries into the oil but the fructans don't.

Go slow with fibre

If you're not used to it, start with two blocks a meal and build up over a week or two, with plenty of water.

Eat smaller

Two blocks with a jacket potato can be plenty. If reflux is a problem, a smaller dinner eaten well before bed helps many people; Feeling better with IBS has more everyday habits.

Check the extras

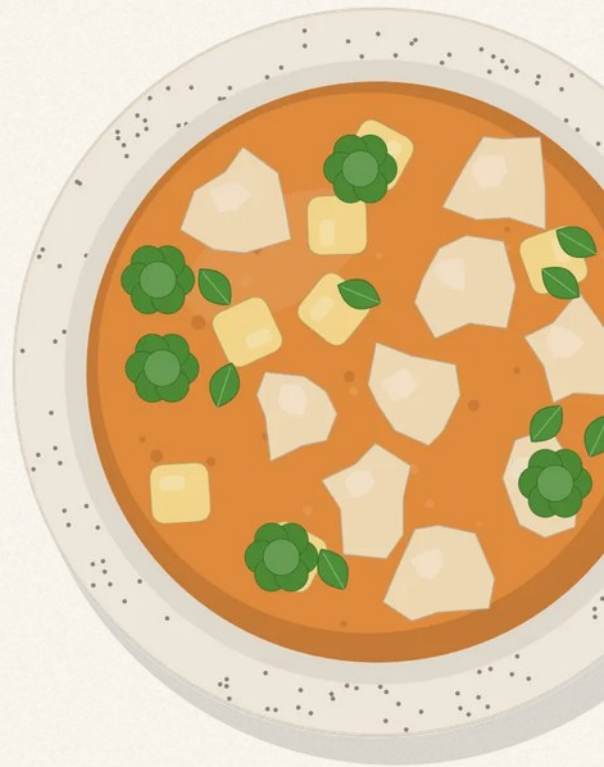
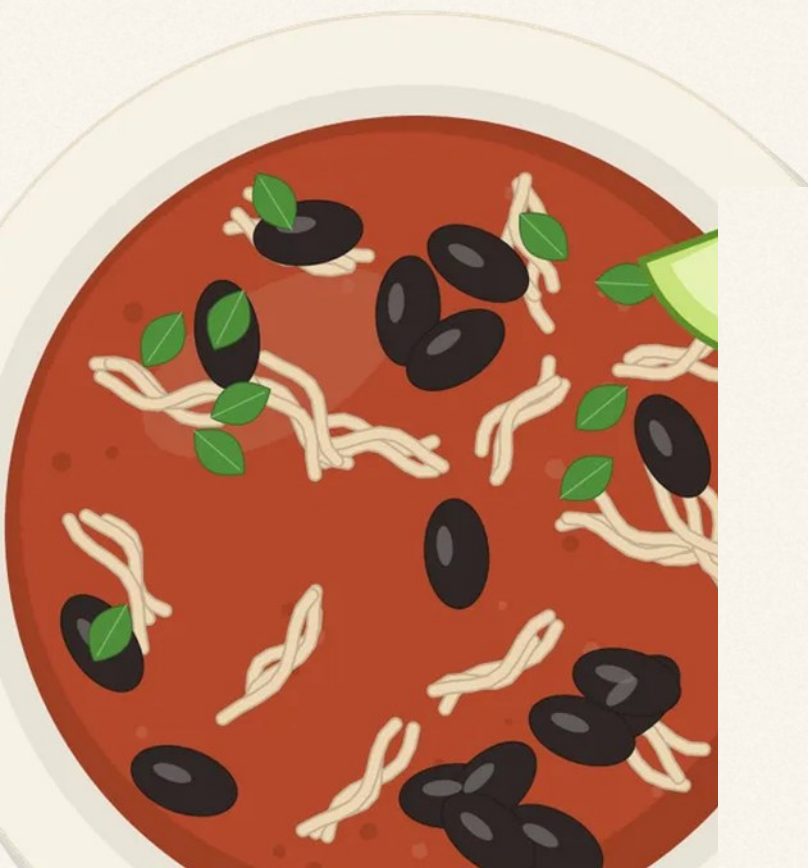
Stock cubes and spice blends can bring in onion, garlic or chilli the recipe doesn't list. Low-FODMAP stock cubes keep it in check.

when in doubt, add fresh herbs

TWENTY-FOUR RECIPES

Chicken & turkey

*pulled, shredded, slow-cooked
– thighs are your friend*



NO. 01 · CHICKEN & TURKEY GF DF

Chicken Tinga

Slow-cooked chicken in a tangy chipotle sauce with black beans, cumin and lime.

*makes 16 blocks,
about 36p each*



TIME
about 1 hr

MAKES
16 blocks

COST PER BLOCK
36p

CALORIES PER BLOCK
75 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

250g	chicken thigh fillets
200g	chicken breast fillets
1 × 400g tin	chopped tomatoes
240g (1 tin)	black beans, drained
200g (2 medium)	onion
120g	carrot, finely grated
15g (4 cloves)	garlic
40g (2½ tbsp)	chipotle paste
30ml (1 lime)	lime juice
4g	ground cumin
4g	smoked paprika
1g	oregano
10ml	rapeseed oil
1 cube	chicken stock cube
150ml	water, for the stock

Method

- 1 Heat the oil in a casserole or deep pan. Soften the onion and carrot over a medium heat for 8 minutes. Add the garlic, cumin and paprika for 1 minute.
- 2 Stir in the chipotle paste, tomatoes, stock and oregano. Add the whole chicken pieces and push them under the liquid.
- 3 Cover and simmer gently for 30 minutes until very tender, or cook in the oven at 160°C fan for 45 minutes.
- 4 Lift out the chicken and shred it with two forks. Return it with the black beans and simmer uncovered for 10–15 minutes until thick and jammy.
- 5 Off the heat, stir in the lime juice and season.
- 6 Cool, portion into 16 cells of about 70g, and freeze.

Hotter: add 1 chopped chipotle in adobo or ½ tsp cayenne with the chipotle paste.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	75	7.5g	5.3g	2.4g	1.9g	0.46g
Per 3-block meal	225	22.5g	15.9g	7.2g	5.7g	1.38g

Serve it

Warm tortillas with lettuce, pickled red onion and Greek yoghurt

A burrito bowl with rice, sweetcorn and avocado

A baked potato with grated cheddar

Cook's notes

- Thighs alone make it juicier but add about 0.5g fat per block.
- No chipotle paste? Use 1 tbsp smoked paprika, 1 tsp hot chilli powder, 1 tsp tomato purée and ½ tsp sugar. Or blitz 2 chipotles in adobo (Gran Luchito or Cool Chile Co, ~£2.50–3.50 a tin).
- Freeze leftover chipotle paste in 1-tbsp blobs.



NO. 02 · CHICKEN & TURKEY **GF** **DF**

Thai Green

Creamy, fragrant Thai green curry of chicken, spinach, edamame and green beans.

*makes 16 blocks,
about 45p each*

TIME
about 40 min

MAKES
16 blocks

COST PER BLOCK
45p

CALORIES PER BLOCK
99 kcal

SPICE

You'll need

1 × 400ml tin	coconut milk (full-fat)
380g	chicken thigh fillets, 2cm pieces
150g	onion
100g	spinach
100g	edamame (frozen)
100g	green beans, 2cm lengths
20g	fresh coriander (stalks and leaves)
20ml	lime juice
15ml	tamari (or soy sauce)
4 leaves	dried lime leaves
10ml	rapeseed oil

FOR THE PASTE

30g (2 stems)	lemongrass
15g (2)	green chillies
12g (3 cloves)	garlic
15g	ginger
10g (2 tsp)	galangal paste
1 tsp	coriander seed
pinch	black pepper

or 50g ready-made Thai green curry paste (Thai Taste, Mae Ploy or own-brand)

Method

- 1 Make the green paste: blitz the sliced lemongrass (tough outer layer removed), chillies, garlic, ginger, galangal paste, coriander stalks, toasted coriander seed, half the onion and the pepper with 2–3 tbsp coconut milk until smooth.
- 2 Soften the rest of the onion in the oil for 5 minutes. Add the paste and fry for 3–4 minutes until fragrant, without browning.
- 3 Add the chicken and stir to coat. Pour in the rest of the coconut milk, the tamari and the lime leaves. Simmer gently for 15 minutes.
- 4 Add the green beans and edamame for 4 minutes, then wilt in the spinach for 1 minute.
- 5 Off the heat, add the lime juice and chopped coriander leaves. Remove the lime leaves.
- 6 Cool quickly and freeze in blocks of about 70g. Keep the veg just tender; it softens more on reheating.

Hotter: add 2 bird's eye chillies to the paste.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	99	5.9g	3.0g	6.9g	3.1g	0.20g
Per 3-block meal	297	17.7g	9.0g	20.7g	9.3g	0.60g

estimated

Serve it

Jasmine or microwave basmati rice
Rice noodles with beansprouts
Cauliflower rice and Thai basil

Cook's notes

- Shortcut: 50g jarred green paste (Thai Taste, Mae Ploy or Tesco) instead of making it saves time and about 70p. Jarred pastes are saltier, so taste before seasoning.
- Light coconut milk saves about 25 kcal and 2.7g fat per block, with a thinner sauce.
- Ginger can replace the galangal; lime zest can replace the lime leaves.

Mild Chicken Tikka

Mild, creamy, kid-friendly tikka with hidden veg, potato and broccoli, no added sugar.

*makes 16 blocks,
about 27p each*



TIME
about 45 min

MAKES
16 blocks

COST PER BLOCK
27p

CALORIES PER BLOCK
73 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

350g	chicken breast fillets, 2cm pieces
230g (just over ½ tin)	chopped tomatoes
200ml (½ tin)	coconut milk
150g	onion
190g	potato, 1cm dice
190g	broccoli, small florets
100g	carrot, finely grated
10g	fresh coriander
10ml	rapeseed oil

FOR THE PASTE

12g	garlic
12g	ginger
6g	garam masala
3g	turmeric
3g	smoked paprika

or 2–3 tbsp (about 45g) mild tikka curry paste

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion and carrot for 8 minutes. Add the garlic, ginger and spices and stir for 1 minute.
- 2 Add the tomatoes, coconut milk and 100ml water. Simmer for 5 minutes, then blend smooth with a stick blender; this is what hides the veg.
- 3 Add the chicken and potato. Cover and simmer for 15 minutes until the potato is just tender and the chicken is cooked through.
- 4 Add the broccoli for 5 minutes, then stir in the chopped coriander. Taste and season.
- 5 Cool and freeze in 70g blocks. Keep the pieces small so they portion evenly.

Hotter: fry 1–2 chopped green chillies with the garlic, or add ½ tsp hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	73	6.4g	4.6g	3.2g	1.4g	0.04g
Per 3-block meal	219	19.2g	13.8g	9.6g	4.2g	0.12g

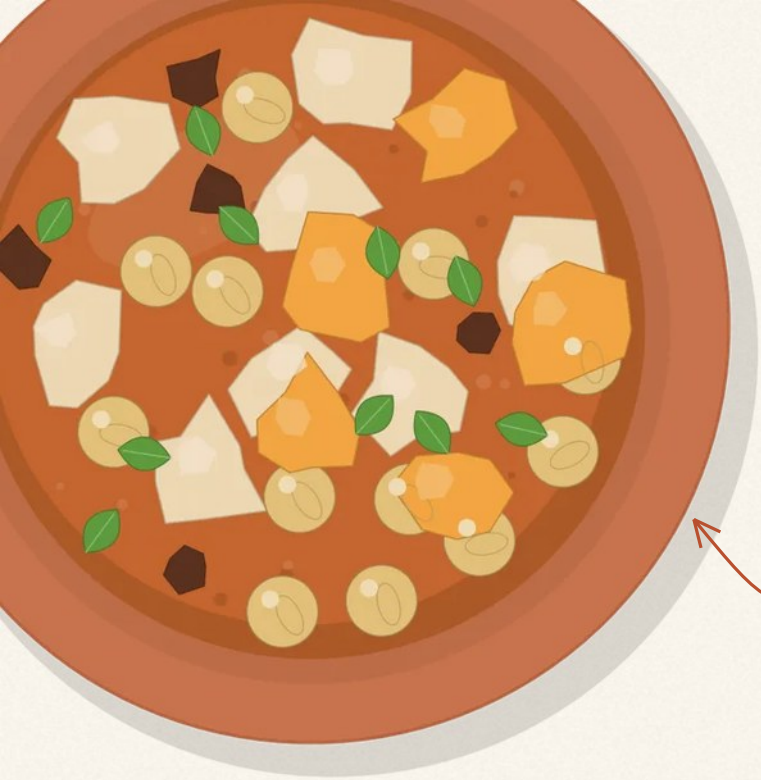
estimated

Serve it

Basmati rice and a warm naan
Wrapped in a chapati with raita
With peas over couscous

Cook's notes

- Thighs give a richer flavour for about 4p more a block.
- For more protein, swap the coconut milk for 150g Greek yoghurt, stirred in off the heat so it does not split.
- Leave it unsalted for young children and season adult portions at the table.



NO. 04 · CHICKEN & TURKEY GF DF

Chicken Tagine

Moroccan-style chicken, chickpea and dried-fruit stew with warm ras el hanout.

*makes 18 blocks,
about 32p each*

TIME
about 1 hr 10 min

MAKES
18 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
83 kcal

SPICE
    

You'll need

450g	chicken thigh fillets
1 tin (400g)	chopped tomatoes
2 (300g)	onions
2 (180g)	carrots
1 tin (240g drained)	chickpeas
30g	soft pitted dates, chopped
30g	soft dried apricots, chopped
4 cloves (20g)	garlic
15ml	rapeseed oil
8g (about 3 tsp)	ras el hanout
3g	smoked paprika
2g	turmeric
1g	cinnamon
1g	lemon pepper
15ml	lemon juice
3g	salt
150ml	water

Method

- 1 Dice the chicken into 2cm pieces, the onion finely and the carrot into small cubes. Crush the garlic. (10 min)
- 2 Soften the onion and carrot in the oil over a medium heat. (8 min)
- 3 Add the garlic, ras el hanout, paprika, turmeric and cinnamon and fry until fragrant. (1 min)
- 4 Add the chicken and turn it in the spices until sealed. (3 min)
- 5 Add the tomatoes, water, chickpeas, dates and apricots. Cover and simmer gently. (25 min)
- 6 Uncover and simmer until thick enough to hold on a spoon. (10 min)
- 7 Add the lemon juice, lemon pepper and salt; lightly crush a few chickpeas to thicken. Cool and freeze in 69g blocks.

Hotter: stir 1–2 tbsp harissa in with the tomatoes.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	83	6.5g	7.1g	2.9g	2.2g	0.26g
Per 3-block meal	249	19.5g	21.3g	8.7g	6.6g	0.78g

estimated

Serve it

*Lemony couscous with parsley
Flatbread and Greek yoghurt
A jacket sweet potato*

Cook's notes

- Turkey thigh works just as well as chicken here.
- No ras el hanout? Mix 1 tsp cumin, 1 tsp ground coriander, ½ tsp ginger, ½ tsp cinnamon and a pinch of allspice.
- Grated preserved lemon instead of lemon pepper gives a more authentic finish.

Cape Malay Chicken

Sweet-and-spicy South African chicken curry with potato, apricot jam and coriander.

*makes 20 blocks,
about 32p each*



TIME
about 1 hr 5 min

MAKES
20 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
74 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

550g	chicken thigh fillets
2 tins (800g)	chopped tomatoes
250g	potatoes, 1.5cm dice
1½ (220g)	onions
30g (2 tbsp)	apricot jam
20g	garlic
20g	fresh ginger
15ml	rapeseed oil
1 (10g)	red chilli
15g	fresh coriander
15ml	lemon juice
6g	garam masala
3g	paprika
2g	turmeric
1g	cardamom
1g	black pepper
4g	salt

Method

- 1 Dice the chicken and onion. Grate the garlic and ginger. Finely chop the chilli and coriander stalks. (10 min)
- 2 Fry the onion in the oil until golden. (8 min)
- 3 Add the garlic, ginger, chilli, coriander stalks and all the spices for 1 minute.
- 4 Add the chicken and stir until coated and opaque. (3 min)
- 5 Add the tomatoes, potatoes and jam. Cover and simmer until the potato is tender. (20 min)
- 6 Uncover and reduce to a thick sauce. (10 min)
- 7 Stir in the lemon juice, salt and chopped coriander leaves. Cool and freeze in 69g blocks.

Hotter: use 2 red chillies with their seeds and add ½ tsp cayenne.

NUTRITION

					estimated	
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	74	6.3g	6.1g	2.6g	1.3g	0.26g
Per 3-block meal	222	18.9g	18.3g	7.8g	3.9g	0.78g

Serve it

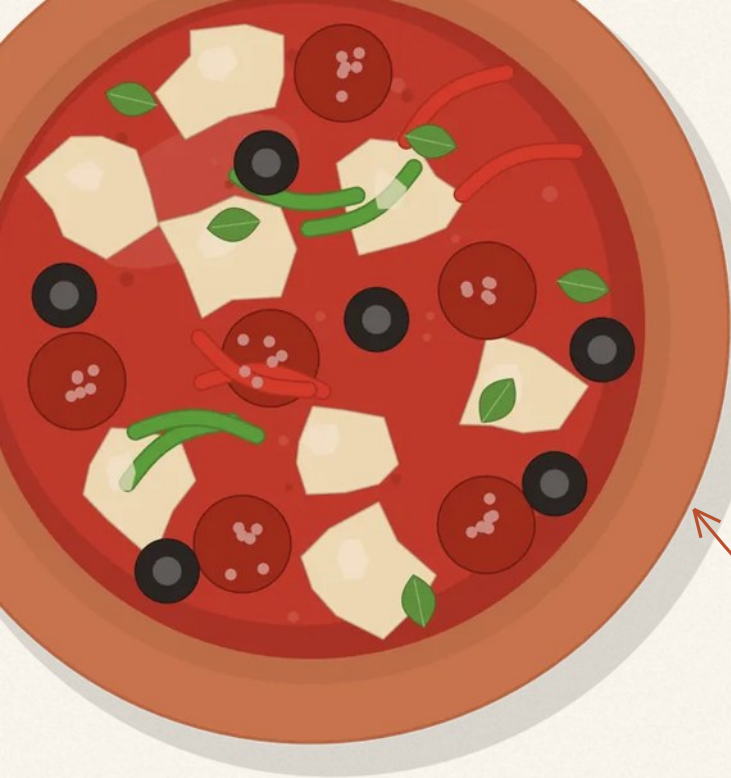
Basmati or turmeric rice

Roti with a chopped tomato and onion sambal

Steamed green beans for a low-carb plate

Cook's notes

- Mango chutney works in place of the apricot jam.
- Chicken breast (£6.69/kg) is cheaper and leaner but dries out faster; take it off the heat as soon as the potato is done.



NO. 06 · CHICKEN & TURKEY GF DF

Chicken & Chorizo

Spanish-style braise of chicken, chorizo, peppers, white wine and black olives.

*makes 20 blocks,
about 46p each*

TIME
about 1 hr

MAKES
20 blocks

COST PER BLOCK
46p

CALORIES PER BLOCK
83 kcal

SPICE

You'll need

500g	chicken thigh fillets
2 tins (800g)	chopped tomatoes
100g	chorizo ring, diced
1 (180g)	red pepper
1 (180g)	green pepper
150ml	dry white wine
80g drained	pitted black olives, halved
1 (150g)	onion
3 cloves	garlic
5ml	rapeseed oil
30g	tomato purée
4g	paprika
1g	chilli flakes
1g	thyme
2	bay leaves
2g	salt

Method

- 1 Fry the chorizo, diced 1cm, in a dry pan with 5ml oil until it releases its red fat. (4 min)
- 2 Add the diced chicken and brown it in the chorizo oil. (5 min)
- 3 Add the sliced onion and the peppers in 2cm strips and soften. (6 min)
- 4 Stir in the garlic, purée, paprika and chilli for 1 minute, then pour in the wine and bubble until reduced by half. (3 min)
- 5 Add the tomatoes, thyme and bay. Cover and simmer. (20 min)
- 6 Add the olives and simmer uncovered until thick. (10 min) Remove the bay, season, cool and freeze.

Hotter: use hot chorizo and double the chilli flakes.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	83	6.8g	3.7g	4.3g	1.1g	0.50g
Per 3-block meal	249	20.4g	11.1g	12.9g	3.3g	1.50g

Serve it

Rice or orzo

A jacket potato

Crusty bread and a green salad

Cook's notes

- Swap the wine for 150ml chicken stock plus 1 tsp white wine vinegar to save about 90p.
- Sliced chorizo (Tesco 150g) or Asda's 110g spicy chorizo (£1.25) are cheaper ways to buy the 100g.
- For an Italian take, see the Chicken Cacciatore on page 19.

Chicken Panang

Rich Thai panang curry with coconut, peanut butter, lime leaf and green beans.

*makes 22 blocks,
about 44p each*



TIME
about 45 min

MAKES
22 blocks

COST PER BLOCK
44p

CALORIES PER BLOCK
125 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

2 tins (800ml)	full-fat coconut milk
600g	chicken thigh fillets
1 (180g)	onion
220g	green beans, 3cm lengths
40g	smooth peanut butter
1	lime
20ml	tamari
5	dried lime leaves
20g	basil + coriander
10ml	rapeseed oil

FOR THE PASTE

40g	red Thai curry paste
2 stems	lemongrass
10g	galangal paste
1	red chilli
2g	cumin seed
2g	ground coriander
2g	smoked paprika
1g	turmeric
1g	nutmeg + pepper

or 30g ready-made panang curry paste (Mae Ploy, from Asian grocers)

Method

- 1 Toast the cumin seeds in a dry pan for 30 seconds. Add the oil and sliced onion and soften. (6 min)
- 2 Add the curry paste, galangal, finely chopped lemongrass, chilli and ground spices; fry until toasty. (2 min)
- 3 Spoon in the thick cream from the top of one tin and fry until it splits and the oil shows. (3 min)
- 4 Add the diced chicken and coat it. (3 min) Pour in the rest of the coconut milk, add the lime leaves and peanut butter, and simmer gently. (15 min)
- 5 Add the green beans and simmer until just tender. (5 min)
- 6 Season with tamari and lime juice, then stir through the torn basil and coriander. Cool and freeze.

Hotter: add 2 bird's eye chillies and an extra tbsp of curry paste.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	125	6.7g	3.0g	9.5g	2.8g	0.32g
Per 3-block meal	375	20.1g	9.0g	28.5g	8.4g	0.96g

Serve it

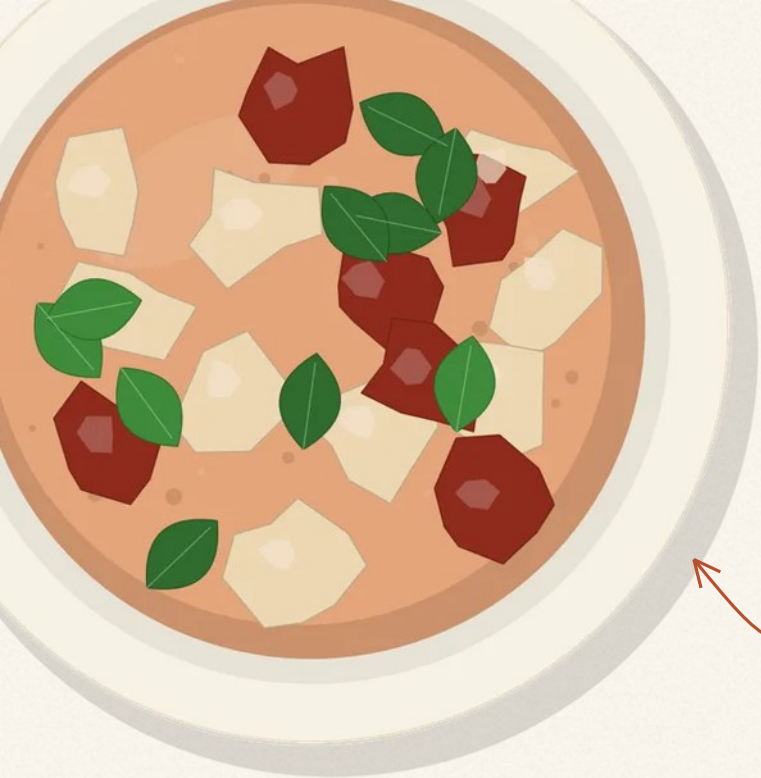
Jasmine rice

Steamed pak choi with crushed peanuts

Flat rice noodles

Cook's notes

- One tin full-fat and one tin light coconut milk cuts about 25 kcal and 3g fat per block.
- Proper panang paste (Mae Ploy, about £2.50 at Asian grocers) is more authentic; use about 30g as it is stronger.



NO. 08 · CHICKEN & TURKEY GF DF

Marry Me Chicken

Dairy-free take on the viral creamy sun-dried-tomato chicken, made with coconut milk and miso.

*makes 16 blocks,
about 49p each*

TIME
about 40 min

MAKES
16 blocks

COST PER BLOCK
49p

CALORIES PER BLOCK
103 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️ 🌶️

You'll need

450g	chicken breast
1 tin (400ml)	full-fat coconut milk
250g	baby spinach
1 (150g)	onion
70g drained	sun-dried tomatoes in oil, chopped (plus 10ml of their oil)
4 cloves	garlic
25g	white miso
20g	tomato purée
15ml	lemon juice
20g	fresh basil
10g	cornflour
2g	smoked paprika
1g	chilli flakes
1g	thyme
1g	pepper
100ml	water

Method

- 1 Brown the bite-size chicken pieces in the sun-dried tomato oil, then lift out; they need not be cooked through. (5 min)
- 2 Soften the chopped onion in the same pan. (5 min) Add the garlic, purée, paprika, chilli and thyme for 1 minute.
- 3 Add the sun-dried tomatoes, coconut milk, water and the miso whisked smooth in a ladle of sauce. Simmer. (5 min)
- 4 Return the chicken and simmer gently until cooked through. (8 min)
- 5 Thicken with the cornflour mixed into 2 tbsp water (1 min), then wilt in the spinach in batches. (3 min)
- 6 Off the heat, add the lemon juice, pepper and torn basil. Cool and freeze.

Hotter: add ½ tsp chilli flakes with the paprika, or stir in 30g 'nduja.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	103	8.2g	3.7g	6.0g	1.0g	0.32g
Per 3-block meal	309	24.6g	11.1g	18.0g	3.0g	0.96g

estimated

Serve it

Penne or orzo

Mash or a jacket potato

Roasted Mediterranean veg

Cook's notes

- Classic dairy version: swap the coconut milk for 300ml half-fat crème fraîche plus 100ml stock, add 20g parmesan, and leave out the miso.
- About 200g frozen leaf spinach, defrosted and squeezed, saves about 95p.
- Thigh instead of breast stays juicier after freezing.

Butter Chicken

Silky tomato and butter sauce with garam masala and fenugreek, loaded with shredded chicken.

*makes 21 blocks,
about 36p each*



TIME
about 1 hr 30 min

MAKES
21 blocks

COST PER BLOCK
36p

CALORIES PER BLOCK
93 kcal

SPICE

You'll need

800g	chicken thigh fillets, trimmed
2 tins (800g)	chopped tomatoes
2 (250g)	onions
40g	butter
30g	ground almonds
40g	tomato purée
10g	caster sugar
6g	salt
150ml	water

FOR THE PASTE

4 cloves	garlic
25g	fresh ginger
10g (3 tsp)	garam masala
8g	paprika
3g	chilli powder
3g	turmeric
4g	ground cumin
4g	ground coriander
3g	dried fenugreek leaves (kasuri methi)

*or about 5 tbsp (80g) butter chicken curry paste:
coat the chicken in half and fry the rest in step 3*

Method

- 1 Mix the chicken with the garlic, ginger, half the garam masala, the chilli powder and salt. Leave while you prep. (10 min)
- 2 Melt the butter in a wide casserole and soften the finely diced onion until golden. (12 min)
- 3 Add the purée, remaining spices and fenugreek and fry for 2 minutes until fragrant.
- 4 Add the tomatoes, ground almonds, sugar, water and the chicken. Cover and simmer gently until the chicken is tender. (35 min)
- 5 Shred the chicken with two forks in the pan, then blitz briefly with a stick blender for a smooth, rich sauce. Simmer uncovered until thick enough to coat a spoon. (20 min)
- 6 Taste and season boldly, cool, and freeze in 70g blocks.

Hotter: *double the chilli powder and add 2 green chillies with the onion.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	93	8.5g	4.6g	4.5g	1.1g	0.39g
Per 3-block meal	279	25.5g	13.8g	13.5g	3.3g	1.17g

estimated

Serve it

Basmati rice and naan

A jacket potato with a spoon of yoghurt

A wrap with red onion and cucumber

Cook's notes

- Reheating: stir 1 tbsp double cream or Greek yoghurt through each 3-block portion at the end, plus a squeeze of lemon and fresh coriander. Do not freeze the dairy.
- Thighs stay juicy; breast works but add a splash more water and cook for less time.
- Add extra chilli powder for a hotter sauce.



NO. 10 · CHICKEN & TURKEY GF DF

Jerk Chicken Stew

Fiery scotch bonnet, allspice and thyme chicken stew with kidney beans and mashed sweet potato.

*makes 20 blocks,
about 34p each*

TIME
about 1 hr 30 min

MAKES
20 blocks

COST PER BLOCK
34p

CALORIES PER BLOCK
94 kcal

SPICE

You'll need

700g	chicken thigh fillets, trimmed
400g	sweet potatoes, peeled and diced
1 tin (240g drained)	red kidney beans
1 tin (400g)	chopped tomatoes
2 (250g)	onions
20ml	dark soy sauce
10g	dark brown sugar
1	chicken stock cube
400ml	water, for the stock
10ml	rapeseed oil
3g	salt

FOR THE PASTE

1 (10g)	scotch bonnet
4 cloves	garlic
20g	fresh ginger
8g (3 tsp)	ground allspice
3g	dried thyme
2g	black pepper
3g	paprika

or 3 tbsp (about 45g) jerk paste, blitzed with the onion and soy in step 1

Method

- 1 Blitz the scotch bonnet (deseed for less heat), half the onion, garlic, ginger, allspice, thyme, pepper, paprika and soy into a rough paste. Toss with the chicken. (10 min)
- 2 Sear the chicken in the oil in a casserole until browned. Lift out. (8 min)
- 3 Soften the remaining diced onion in the pan (6 min), then add the sweet potato, tomatoes, sugar and stock.
- 4 Return the chicken, cover and simmer until the sweet potato collapses. (35 min)
- 5 Shred the chicken in the pot, mash the sweet potato into the sauce with a masher, add the beans and simmer uncovered until thick. (20 min)
- 6 Taste, season boldly, cool and freeze in 70g blocks.

Milder: *deseed the scotch bonnet, or use half of one.*

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	94	8.5g	9.2g	2.5g	2.1g	0.62g
Per 3-block meal	282	25.5g	27.6g	7.5g	6.3g	1.86g

Serve it

Rice and peas

A jacket potato with a spoon of yoghurt

A wrap with slaw

Cook's notes

- Reheating: finish with a squeeze of lime and sliced spring onion or fresh thyme.
- Deseed the scotch bonnet for milder heat, and wear gloves when handling it.
- Black-eyed peas or pigeon peas work instead of kidney beans.

Chicken Cacciatore

Shredded chicken in a rustic tomato sauce with sweet peppers, olives, capers and rosemary.

*makes 21 blocks,
about 41p each*



TIME
about 1 hr 25 min

MAKES
21 blocks

COST PER BLOCK
41p

CALORIES PER BLOCK
79 kcal

SPICE
🌶️ 🌿 🌿 🌿 🌿

You'll need

800g	chicken thigh fillets, trimmed
2 tins (800g)	chopped tomatoes
2 (300g)	red and yellow peppers, diced small
2 (250g)	onions
80g	pitted black olives, chopped
30g	capers
40g	tomato purée
4 cloves	garlic
15ml	olive oil
30ml	red wine vinegar
3g	dried oregano
2g	rosemary
1g	chilli flakes
5g	salt
2g	black pepper
150ml	water

Method

- 1 Season the chicken with salt, pepper and oregano. Sear in the oil in a casserole until golden, then lift out. (8 min)
- 2 Soften the onion and peppers in the pan (10 min), then add garlic, purée, rosemary and chilli for 2 minutes.
- 3 Return the chicken with the tomatoes, vinegar and water. Cover and simmer until tender. (35 min)
- 4 Shred the chicken in the pot, add the olives and capers and simmer uncovered until thick and glossy. (20 min)
- 5 Taste, season boldly, cool and freeze in 70g blocks.

Hotter: add ½ tsp chilli flakes and a pinch of cayenne with the garlic.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	79	8.2g	4.1g	3.2g	1.2g	0.55g
Per 3-block meal	237	24.6g	12.3g	9.6g	3.6g	1.65g

estimated

Serve it

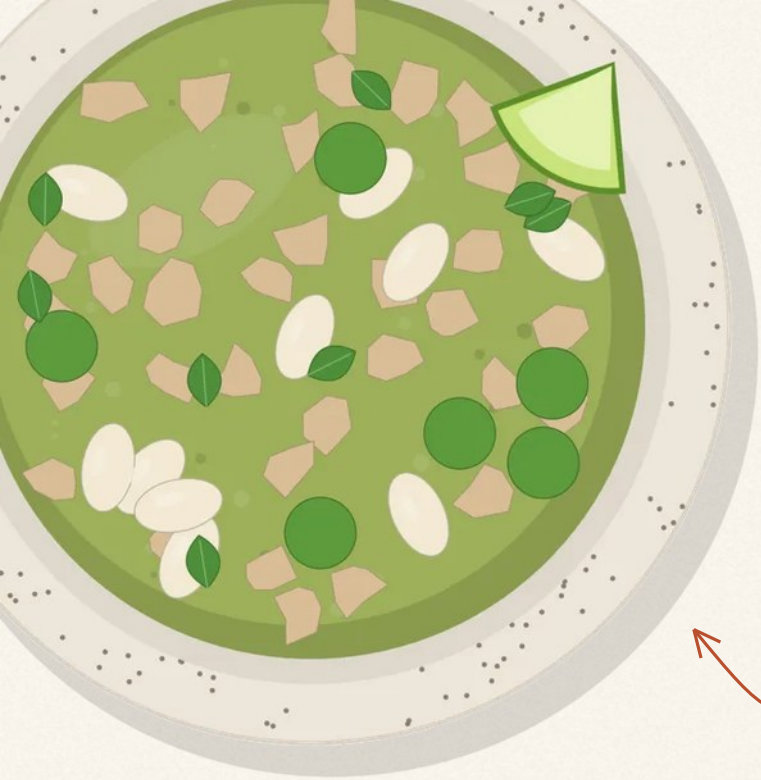
Buttered pasta with parmesan

Creamy polenta

A toasted ciabatta topped with mozzarella

Cook's notes

- Reheating: stir through torn basil or parsley and a drizzle of olive oil at serving.
- Capers and olives are salty, so taste before adding extra salt.
- Chicken breast works but shred it earlier and add a splash more water.



NO. 12 · CHICKEN & TURKEY GF DF

Turkey Chilli Verde

Lean turkey and white bean chilli in a zesty green pepper, lime and coriander base.

*makes 20 blocks,
about 52p each*

TIME
about 1 hr 5 min

MAKES
20 blocks

COST PER BLOCK
52p

CALORIES PER BLOCK
65 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

500g	turkey mince (2% fat)
2 tins (480g drained)	cannellini beans
3 (400g)	green peppers
3 (30g)	green chillies
2 (250g)	onions
30g	coriander stems
2	limes (zest + juice)
4 cloves	garlic
1	chicken stock cube
300ml	water, for the stock
6g	ground cumin
3g	dried oregano
10ml	rapeseed oil
4g	salt
2g	black pepper

Method

- 1 Blitz the green peppers, chillies, onion, garlic, coriander stems, lime zest and juice into a coarse green salsa. (5 min)
- 2 Brown the turkey mince in the oil in a wide pan, breaking it up fine, until no pink remains. (10 min)
- 3 Add the green base, cumin, oregano, stock and half the beans. Simmer until the peppers are soft and the base thickens. (25 min)
- 4 Mash the remaining beans and stir in, then simmer uncovered until thick enough to coat a spoon. (15 min)
- 5 Taste, season boldly with salt and pepper, cool and freeze in 70g blocks.

Hotter: leave the seeds in the green chillies and add a jalapeño.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	65	7.8g	5.6g	1.2g	2.4g	0.53g
Per 3-block meal	195	23.4g	16.8g	3.6g	7.2g	1.59g

Serve it

In tortillas with avocado

Over rice with lime

A jacket potato with grated cheese

Cook's notes

- Reheating: top with fresh coriander leaves, a squeeze of lime and soured cream or yoghurt. Do not freeze these.
- Turkey thigh mince is richer; chicken mince also works.
- Add a deseeded jalapeño for more heat.

Chicken Korma

Mild, creamy chicken korma in an onion, ground almond and coconut sauce.

*makes 20 blocks,
about 34p each*



TIME
about 1 hr 15 min

MAKES
20 blocks

COST PER BLOCK
34p

CALORIES PER BLOCK
109 kcal

SPICE

You'll need

700g	chicken breast, trimmed
3 (400g)	onions
1 tin (400ml)	coconut milk
40g	ground almonds
10ml	rapeseed oil
10g	butter
30g	tomato purée
10g	caster sugar
1	chicken stock cube
250ml	water, for the stock
4g	salt

FOR THE PASTE

4 cloves	garlic
25g	fresh ginger
6g	ground coriander
4g	cumin
6g	garam masala
3g	turmeric
1g	cardamom

or about 4 tbsp (60g) korma curry paste

Method

- 1 Cook the finely sliced onions in the oil and butter over a low heat until soft and pale gold. (20 min)
- 2 Add the garlic, ginger, tomato purée and all the spices and fry for 2 minutes.
- 3 Stir in the ground almonds, coconut milk, stock, sugar and the whole chicken breasts. Cover and simmer gently until cooked through. (25 min)
- 4 Shred the chicken in the pan, then blitz briefly with a stick blender for a smooth sauce. Simmer uncovered until thick. (15 min)
- 5 Taste, season boldly, cool and freeze in 70g blocks.

Hotter: add a green chilli with the onions and ½ tsp hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	109	9.3g	4.0g	6.2g	1.0g	0.49g
Per 3-block meal	327	27.9g	12.0g	18.6g	3.0g	1.47g

estimated

Serve it

Basmati rice and a flatbread
A jacket potato with mango chutney
A wrap with cucumber and yoghurt

Cook's notes

- Reheating: stir 1 tbsp natural yoghurt through each portion at serving, with a pinch of garam masala and fresh coriander. Do not freeze the yoghurt.
- Thigh fillets give a richer result.
- Keep it mild for children or add a green chilli with the onions.

Cooking with chicken

Chicken is the backbone of the freezer recipes. A few simple habits keep it juicy after freezing and safe every time.

There are more chicken recipes on the site than any other single meat, so the choices below come up again and again: which cut to buy, how to cook it safely, and how to cut it so it portions evenly.

Thighs or breast?

- 1 Thighs are cheaper, have more flavour and stay juicy after freezing and reheating. Most recipes here use them.
- 2 Breast is leaner and works in quick stir-fry bases, but cook it for less time or it turns dry and stringy in the freezer.
- 3 Swap freely: every recipe works with either. Turkey thigh or breast is a good alternative too.

Cooking it safely

- 1 Cook until there's no pink in the middle and the juices run clear, or 75°C on a meat thermometer.
- 2 Wash your hands and board after handling raw chicken, and keep it away from veg you won't cook.
- 3 Cool it fast: spread the cooked dish in a wide, shallow dish and freeze it within two hours.
- 4 Reheat blocks until piping hot all the way through, and never refreeze once thawed.

Shred, slice or dice?

- 1 Shred slow-cooked thighs with two forks for curries and stews; it portions most evenly into blocks.
- 2 Thin strips suit the stir-fry and noodle bases. 2cm pieces suit curries that simmer for 15 to 30 minutes.

Recipes to try

Times are prep plus cooking. The full range is in chicken and turkey.

Shredded thighs

- Butter Chicken (p. 21): shredded, then blitzed into a silky sauce. 1 hr 30 min, 21 blocks.
- Chicken Cacciatore (p. 23): tomato, peppers, olives and rosemary. 1 hr 25 min, 21 blocks.
- Chicken Shawarma (p. 28): warm spices, made for wraps. 1 hr, 22 blocks.
- Chicken Tinga (p. 13): thighs and breast together, shredded into a chipotle sauce with black beans. 1 hr, 16 blocks.

Thighs in strips or pieces

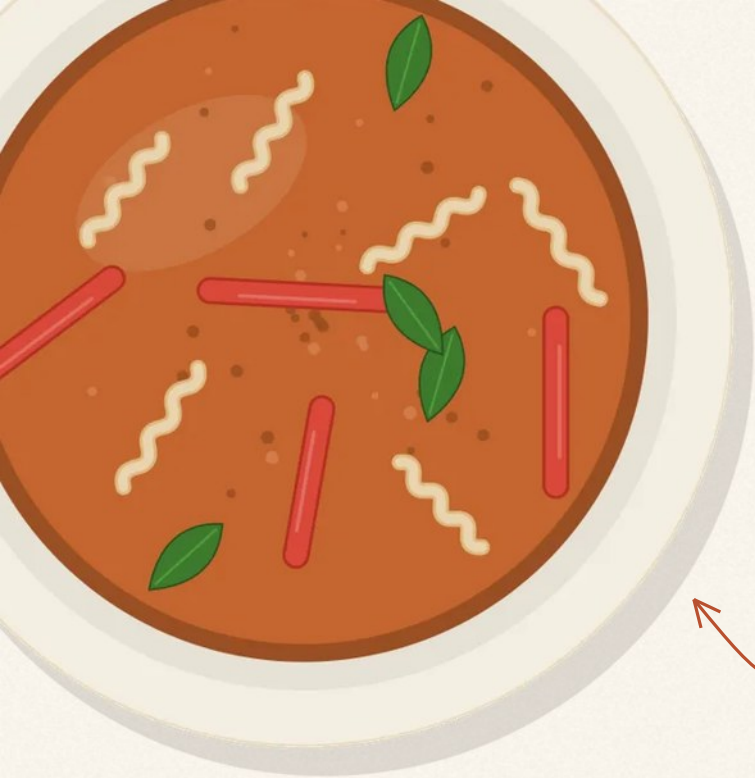
- Chicken Chow Mein Base (p. 105): thin strips for egg noodles. 30 min, 19 blocks.

- Lemon, Garlic & Herb Chicken (p. 36): 2cm pieces braised with butter beans and courgette. 50 min, 21 blocks.

Breast

- Sweet & Sour Chicken (p. 34): 2cm pieces, cooked quickly so they stay tender. 35 min, 23 blocks.
- Chicken Fajita Mix (p. 29): thin strips with peppers and smoked paprika. 40 min, 21 blocks.
- Chicken, Leek & Butter Bean Pie Filling: a creamy filling from the IBS-friendly recipes. 50 min, 25 blocks.

thighs are your friend



NO. 14 · CHICKEN & TURKEY GF DF

Chicken Shawarma

Shredded chicken thighs with cumin, coriander, paprika and cinnamon, cooked down with peppers and onion. Made for wraps.

*makes 22 blocks,
about 40p each*

TIME
about 1 hr

MAKES
22 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
65 kcal

SPICE

You'll need

700g	chicken thigh fillets
2 (300g)	onions, sliced
2 (320g)	red peppers, sliced short
1 × 400g tin	chopped tomatoes
30g	tomato purée
4 cloves (20g)	garlic
30ml (1 lemon)	lemon juice
12g	cumin, coriander, paprika, turmeric, cinnamon
1g	chilli flakes
15g	fresh parsley
15ml	rapeseed oil
1 cube	chicken stock cube
200ml	water, to make up the stock

Method

- 1 Toss the chicken with half the spices and half the lemon juice and leave for 10 minutes while you slice the veg.
- 2 Heat the oil in a large casserole over a medium-high heat and brown the chicken on both sides; lift out. (8 min)
- 3 Lower the heat to medium and soften the onions and peppers for 8 minutes. Add the garlic, purée, chilli and remaining spices for 1 minute.
- 4 Add the tomatoes and stock, return the chicken, cover and simmer gently until tender. (30 min)
- 5 Shred the chicken in the pan and simmer uncovered until thick. (10 min) Stir in the rest of the lemon juice and the parsley, season, cool and freeze.

Hotter: add 1 tsp chilli flakes or serve with Lebanese chilli sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	65	6.9g	3.8g	2.5g	0.9g	0.26g
Per 3-block meal	195	20.7g	11.4g	7.5g	2.7g	0.78g

estimated

Serve it

Warm flatbreads with garlic yoghurt and salad
Over rice with pickled red cabbage
Loaded fries with chilli sauce

Cook's notes

- Stir a spoon of garlic yoghurt through at serving; don't freeze it in.
- Thighs stay juicy; breast works but cook it for 20 minutes.
- Pickled chillies make a great topping.

NO. 15 · CHICKEN & TURKEY GF DF

Chicken Fajita Mix

Strips of chicken with peppers, onions, smoked paprika, cumin and lime in a light, smoky sauce. Just add tortillas.

*makes 21 blocks,
about 40p each*



TIME
about 40 min

MAKES
21 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
64 kcal

SPICE

You'll need

700g	chicken breast, thin strips
3 (480g)	mixed peppers, sliced short
2 (300g)	onions, sliced
200g	passata
3 cloves (15g)	garlic
30ml (1 lime)	lime juice
14g	smoked paprika, cumin, oregano, garlic powder
2g	chilli powder
10g	fresh coriander
20ml	rapeseed oil
1 cube	chicken stock cube
100ml	water, to make up the stock

Method

- 1 Toss the chicken with half the spices. Heat half the oil in a large frying pan over a high heat and sear the chicken in two batches until golden; lift out. (8 min)
- 2 Add the rest of the oil and fry the peppers and onions over a medium-high heat until soft and catching at the edges. (10 min)
- 3 Add the garlic and the rest of the spices for 1 minute, then the passata and stock.
- 4 Return the chicken and simmer for 5 minutes until cooked through and the sauce clings.
- 5 Off the heat, add the lime juice and coriander and season. Cool quickly and freeze in 70g blocks.

Hotter: add a chopped jalapeño with the peppers and ½ tsp cayenne.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	64	8.7g	3.8g	1.6g	1.0g	0.27g
Per 3-block meal	192	26.1g	11.4g	4.8g	3.0g	0.81g

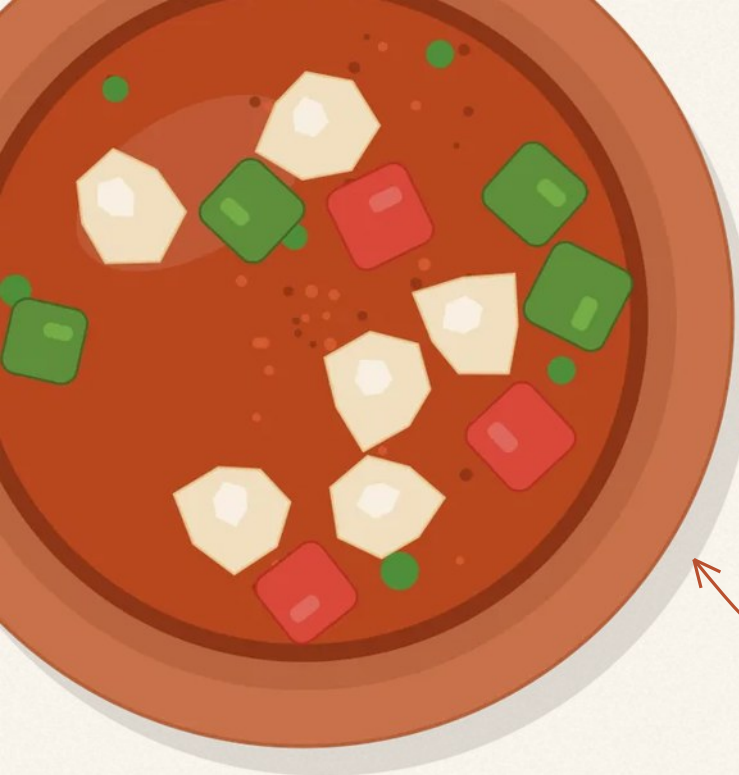
estimated

Serve it

*Warm tortillas with soured cream and guacamole
A rice bowl with sweetcorn and black beans
Quesadillas with grated cheese*

Cook's notes

- Cut the peppers into short strips so they portion evenly into blocks.
- Get the pan really hot so the chicken and peppers char rather than stew.
- Smoked paprika does most of the work, so use a fresh jar.



NO. 16 · CHICKEN & TURKEY **GF** **DF**

Chicken Jalfrezi

A punchy curry of chicken, peppers and onion with green chillies, cumin and tomato. Drier and fresher than most curries.

*makes 22 blocks,
about 39p each*

TIME
about 50 min

MAKES
22 blocks

COST PER BLOCK
39p

CALORIES PER BLOCK
67 kcal

SPICE

You'll need

700g	chicken thigh fillets, 2cm pieces
2 (300g)	onions, chunky dice
2 (320g)	green and red peppers, diced
1 × 400g tin	chopped tomatoes
30g	tomato purée
15g	fresh coriander
20ml	rapeseed oil
150ml	water

FOR THE PASTE

4 cloves (20g)	garlic
20g	fresh ginger
3 (20g)	green chillies
14g	cumin, coriander, turmeric, garam masala, chilli powder

or 4 tbsp (about 60g) jalfrezi curry paste

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the chicken; lift out. (6 min)
- 2 Add the onions and peppers and fry until softening but still with some bite. (6 min) Lift out half to stir back in at the end.
- 3 Add the garlic, ginger and chillies for 1 minute, then the spices and purée for 1 minute more.
- 4 Add the tomatoes, water and chicken. Simmer, uncovered, until thick and the chicken is tender. (20 min)
- 5 Stir back in the reserved peppers and onion for 3 minutes, then the coriander. Season, cool and freeze.

Hotter: *keep the chilli seeds in and add 1 tsp hot chilli powder.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	67	6.9g	3.8g	2.7g	1.0g	0.06g
Per 3-block meal	201	20.7g	11.4g	8.1g	3.0g	0.18g

estimated

Serve it

Basmati rice

Warm naan

A jacket potato with raita

Cook's notes

- Adding half the peppers back at the end keeps some crunch, which is what makes a jalfrezi.
- Keep the chilli seeds in for a hotter curry.
- Thighs stay juicy; breast works but cook it for less time.

Chicken Katsu Curry

A mild, slightly sweet Japanese-style curry sauce with chicken, carrot and apple. A favourite with children.

*makes 20 blocks,
about 33p each*



TIME
about 45 min

MAKES
20 blocks

COST PER BLOCK
33p

CALORIES PER BLOCK
72 kcal

SPICE
    

You'll need

650g	chicken breast, 2cm pieces
2 (300g)	onions, chopped
300g	carrots, diced
1 (150g)	apple, grated
3 cloves (15g)	garlic
15g	fresh ginger
20g (2 tbsp)	mild curry powder
2g	turmeric
30g	plain flour
15g (1 tbsp)	honey
20ml	soy sauce
15ml	rapeseed oil
1 cube	chicken stock cube
600ml	water, to make up the stock

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onions and carrots for 10 minutes.
- 2 Add the garlic, ginger, curry powder and turmeric for 1 minute, then stir in the flour for 1 minute.
- 3 Gradually stir in the stock, then add the apple, honey and soy. Simmer for 15 minutes, then blend smooth with a stick blender.
- 4 Add the chicken and simmer gently until cooked through and the sauce coats the back of a spoon. (12 min)
- 5 Season, cool and freeze in 70g blocks.

Hotter: use a hot curry powder, or add shichimi pepper at serving.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	72	8.6g	6.5g	1.4g	1.2g	0.42g
Per 3-block meal	216	25.8g	19.5g	4.2g	3.6g	1.26g

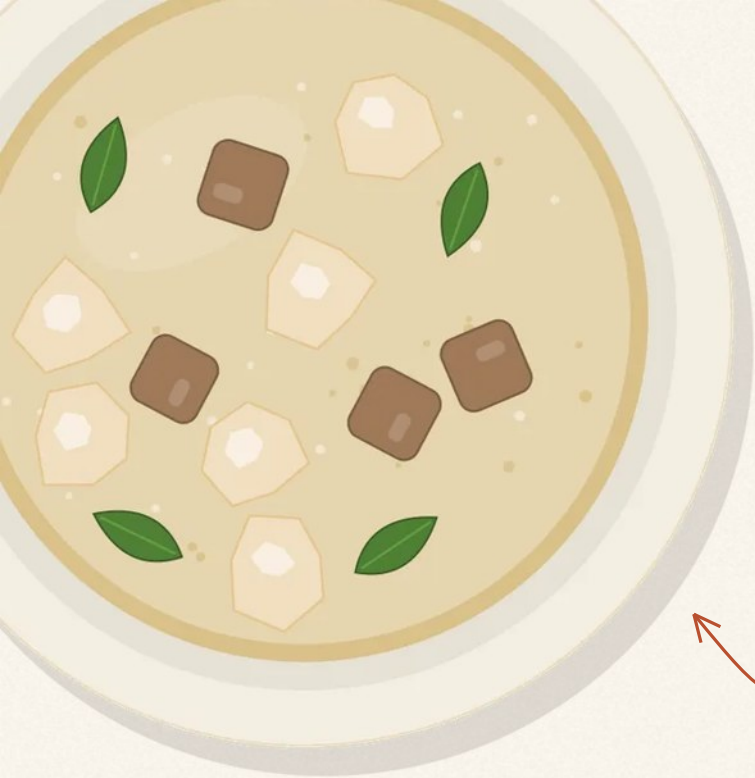
estimated

Serve it

Sticky rice with a breaded chicken or tofu cutlet
Over noodles with spring onion
Chips and a spoon of sauce

Cook's notes

- For proper katsu, serve the sauce over a breaded cutlet; the blocks cover the sauce and a little extra chicken.
- Blend it fully for fussy eaters.
- Add a pinch of chilli flakes for a little heat.



NO. 18 · CHICKEN & TURKEY GF

Creamy Chicken & Mushroom

Chicken, mushrooms and leek in a light, creamy thyme sauce. Doubles as a pie filling.

*makes 21 blocks,
about 40p each*

TIME
about 45 min

MAKES
21 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
70 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

650g	chicken thigh fillets, 2cm pieces
350g	chestnut mushrooms, quartered
1 (200g)	leek, sliced
1 (150g)	onion, chopped
3 cloves (15g)	garlic
300ml	semi-skimmed milk
30g	cornflour
10g (2 tsp)	Dijon mustard
2g	dried thyme
15g	fresh parsley
15ml	rapeseed oil
1 cube	chicken stock cube
250ml	water, to make up the stock

Method

- 1 Heat the oil in a large, wide pan over a high heat and brown the mushrooms; lift out. (8 min)
- 2 Lower the heat to medium-high and brown the chicken in the same pan. (6 min)
- 3 Add the leek, onion, garlic and thyme and cook for 6 minutes until soft.
- 4 Add the stock and mushrooms and simmer for 15 minutes. Mix the milk with the cornflour, stir it in with the mustard and simmer for 3 minutes until thick.
- 5 Stir in the parsley, season, cool and freeze in 70g blocks.

Hotter: add a pinch of cayenne and a spoon of wholegrain mustard.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	70	7.4g	3.8g	2.8g	0.6g	0.28g
Per 3-block meal	210	22.2g	11.4g	8.4g	1.8g	0.84g

Serve it

*Under a puff pastry lid as a pie
Mash and green beans
Tagliatelle*

Cook's notes

- Milk thickened with cornflour freezes without splitting; add a spoon of crème fraîche at serving for extra richness.
- For a pie, defrost 8 blocks in a dish, top with puff pastry and bake at 200°C for 30 minutes.
- Brown the mushrooms well so they don't go watery.

Piri Piri Chicken

Shredded chicken in a fiery Portuguese-style sauce of roasted red pepper, bird's eye chilli, garlic, lemon and smoked paprika.

*makes 23 blocks,
about 38p each*



TIME
about 55 min

MAKES
23 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
65 kcal

SPICE

You'll need

750g	chicken thigh fillets
2 (300g)	onions, sliced
1 (160g)	red pepper, sliced
1 × 400g tin	chopped tomatoes
10g	light brown sugar
15ml	rapeseed oil
150ml	water

FOR THE PASTE

200g	roasted red peppers (jar)
4 (8g)	bird's eye chillies
5 cloves (25g)	garlic
30ml (1 lemon)	lemon juice
8g	smoked paprika, oregano
15ml	red wine vinegar

or 6 tbsp (about 100g) piri piri sauce or paste

Method

- 1 Blitz the roasted peppers, chillies, garlic, lemon juice, smoked paprika, oregano and vinegar to a smooth sauce.
- 2 Heat the oil in a large casserole over a medium-high heat and brown the chicken; lift out. (8 min)
- 3 Lower the heat to medium and soften the onions and pepper for 8 minutes.
- 4 Add the piri piri sauce, tomatoes, sugar and water. Return the chicken, cover and simmer gently until tender. (30 min)
- 5 Shred the chicken and simmer uncovered until thick. (8 min) Season, cool and freeze.

Milder: use two chillies, deseeded, and add another roasted pepper.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	65	7.0g	3.8g	2.5g	0.8g	0.06g
Per 3-block meal	195	21.0g	11.4g	7.5g	2.4g	0.18g

estimated

Serve it

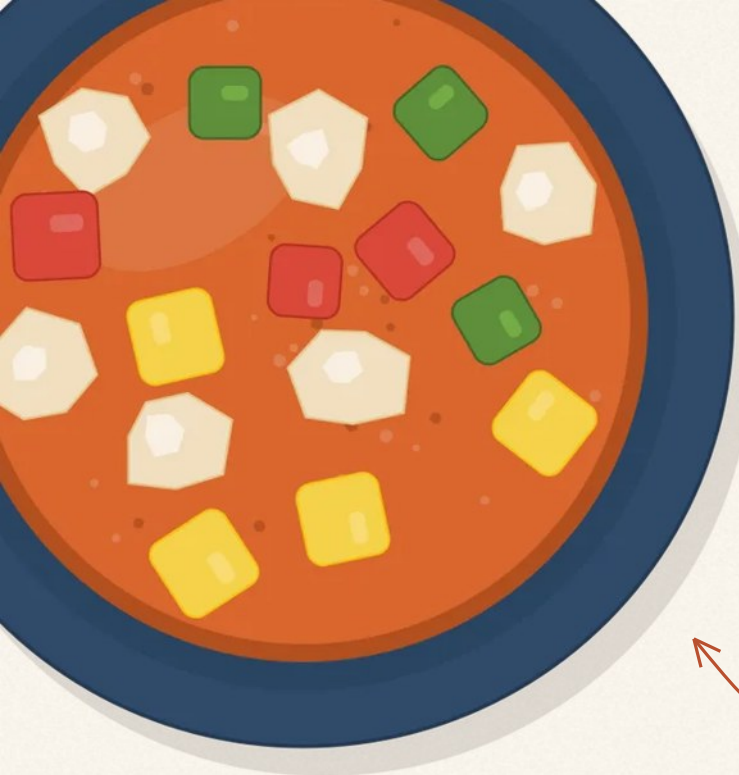
Rice and a green salad

Wraps with shredded lettuce

Chips or wedges with coleslaw

Cook's notes

- Wear gloves for the chillies; for a 3, use two and remove the seeds.
- Roasted peppers from a jar save time and give the sauce body.
- A squeeze of lemon at serving brightens it.



NO. 20 · CHICKEN & TURKEY GF DF

Sweet & Sour Chicken

Chicken with pineapple, peppers and carrot in a glossy, tangy sweet and sour sauce. A takeaway favourite.

*makes 23 blocks,
about 35p each*

TIME
about 35 min

MAKES
23 blocks

COST PER BLOCK
35p

CALORIES PER BLOCK
71 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

650g	chicken breast, 2cm pieces
1 × 435g tin (260g drained)	pineapple chunks, juice kept
2 (320g)	red and green peppers, diced
200g	carrots, sliced
1 (150g)	onion, diced
3 cloves (15g)	garlic
15g	fresh ginger
40g	tomato ketchup
40ml	rice or cider vinegar
30g	light brown sugar
30ml	soy sauce
25g	cornflour
20ml	rapeseed oil
150ml	pineapple juice from the tin

Method

- 1 Toss the chicken in half the cornflour. Heat the oil in a wok or large pan over a high heat and fry the chicken until golden; lift out. (6 min)
- 2 Stir-fry the onion, peppers and carrot for 4 minutes, then the garlic and ginger for 1 minute.
- 3 Mix the pineapple juice, ketchup, vinegar, sugar, soy and the rest of the cornflour and pour in. Bubble until glossy and thick. (2 min)
- 4 Return the chicken with the pineapple and simmer for 4 minutes until cooked through.
- 5 Taste for sweet and sour balance, then cool quickly and freeze in 70g blocks.

Hotter: add a sliced red chilli with the peppers, or sriracha to serve.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	71	7.3g	7.6g	1.3g	0.9g	0.24g
Per 3-block meal	213	21.9g	22.8g	3.9g	2.7g	0.72g

estimated

Serve it

Egg-fried or plain rice

Noodles

Prawn crackers on the side

Cook's notes

- Keep the veg crisp; they soften more on reheating.
- Add a splash of water when reheating, as the sauce thickens in the freezer.
- Pork loin strips work too.

Cajun Chicken & Peppers

A smoky, gumbo-style stew of chicken, peppers, celery and onion with Cajun spice and a dark, nutty roux.

*makes 25 blocks,
about 35p each*



TIME
about 1 hr

MAKES
25 blocks

COST PER BLOCK
35p

CALORIES PER BLOCK
73 kcal

SPICE

You'll need

700g	chicken thigh fillets, 2cm pieces
2 (320g)	green and red peppers, diced
1 (150g)	onion, diced
100g (2 sticks)	celery, diced
1 × 400g tin	chopped tomatoes
1 tin (240g drained)	red kidney beans
4 cloves (20g)	garlic
30g	plain flour
12g	Cajun seasoning
2g	dried thyme
2 leaves	bay
10ml	Worcestershire sauce
30ml	rapeseed oil
1 cube	chicken stock cube
500ml	water, to make up the stock

Method

- 1 Heat the oil in a large casserole over a medium heat, stir in the flour and cook, stirring constantly, until the roux is the colour of peanut butter. (8 min)
- 2 Add the onion, peppers and celery and cook for 8 minutes until soft. Add the garlic, Cajun seasoning and thyme for 1 minute.
- 3 Gradually stir in the stock, then add the tomatoes, Worcestershire and bay.
- 4 Add the chicken and simmer, partly covered, until tender and thick. (30 min) Add the kidney beans for the last 10 minutes.
- 5 Remove the bay leaves, season, cool and freeze in 70g blocks.

Hotter: add ½ tsp cayenne and a dash of Louisiana hot sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	73	6.8g	4.9g	2.8g	1.4g	0.27g
Per 3-block meal	219	20.4g	14.7g	8.4g	4.2g	0.81g

estimated

Serve it

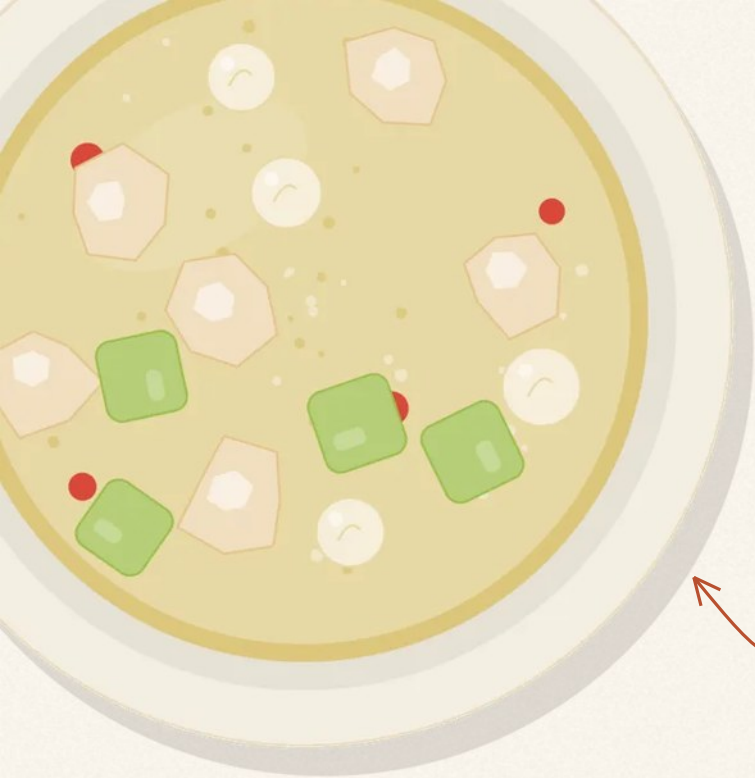
Rice with sliced spring onion

Cornbread

A jacket potato

Cook's notes

- Don't rush the roux and keep stirring; if it burns, start again.
- Add 100g sliced smoked sausage with the chicken for a more traditional gumbo.
- Cajun seasoning varies in salt, so taste before seasoning.



NO. 22 · CHICKEN & TURKEY GF DF

Lemon, Garlic & Herb Chicken

Greek-style chicken thighs braised with butter beans, courgette, lemon, oregano and lots of garlic.

*makes 21 blocks,
about 40p each*

TIME
about 50 min

MAKES
21 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
74 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

700g	chicken thigh fillets, 2cm pieces
1 tin (240g drained)	butter beans
300g	courgette, 1cm dice
1 (150g)	onion, finely chopped
150g	cherry tomatoes, halved
6 cloves (30g)	garlic
60ml (2 lemons)	lemon juice, plus the zest
4g	dried oregano and thyme
15g	fresh parsley
10g	cornflour
20ml	olive oil
1 cube	chicken stock cube
350ml	water, to make up the stock

Method

- 1 Toss the chicken with the oregano, thyme and lemon zest. Heat the oil in a large casserole over a medium-high heat and brown the chicken; lift out. (8 min)
- 2 Lower the heat to medium and soften the onion for 6 minutes, then add the garlic for 1 minute.
- 3 Return the chicken with the stock, cover and simmer gently for 15 minutes.
- 4 Add the courgette, tomatoes and butter beans and simmer uncovered for 8 minutes. Thicken with the cornflour mixed with 2 tbsp cold water.
- 5 Off the heat, stir in the lemon juice and parsley, season, cool and freeze in 70g blocks.

Hotter: add ½ tsp chilli flakes with the garlic, or Aleppo pepper to serve.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	74	7.8g	4.2g	2.8g	1.0g	0.30g
Per 3-block meal	222	23.4g	12.6g	8.4g	3.0g	0.90g

Serve it

Orzo or rice with crumbled feta
Warm pitta and tzatziki
Roast potatoes and a Greek salad

Cook's notes

- Add the lemon juice off the heat so it stays fresh and bright.
- A spoon of tzatziki at serving makes it.
- Breast works but cook it for less time.

Chicken Tikka Masala

Britain's favourite curry: charred, spiced chicken thighs in a smooth, creamy tomato and onion masala.

*makes 21 blocks,
about 41p each*



TIME
about 1 hr

MAKES
21 blocks

COST PER BLOCK
41p

CALORIES PER BLOCK
95 kcal

SPICE

You'll need

800g	chicken thigh fillets, 3cm pieces
2 (300g)	onions, chopped
1 × 400g tin	chopped tomatoes
40g	tomato purée
100ml	double cream
15ml	lemon juice
10g	sugar
15g	fresh coriander
20ml	rapeseed oil
150ml	water

FOR THE PASTE

5 cloves (25g)	garlic
25g	fresh ginger
16g	garam masala, cumin, coriander, paprika, turmeric, chilli powder

or 4 tbsp (about 60g) tikka masala curry paste

Method

- 1 Toss the chicken with the lemon juice and a third of the spices. Heat half the oil in a large pan over a high heat and sear the chicken until charred in places; lift out. (8 min)
- 2 Lower the heat to medium, add the rest of the oil and fry the onions for 10 minutes until golden. Add the garlic, ginger, the rest of the spices and the purée for 2 minutes.
- 3 Add the tomatoes, sugar and water and simmer for 10 minutes, then blend smooth with a stick blender.
- 4 Return the chicken and simmer, uncovered, for 15 minutes until tender and thick. Stir in the cream and simmer for 2 minutes.
- 5 Stir in the coriander, season, cool and freeze in 70g blocks.

Hotter: add 2 green chillies with the garlic and ½ tsp hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	95	8.2g	3.9g	5.3g	0.8g	0.07g
Per 3-block meal	285	24.6g	11.7g	15.9g	2.4g	0.21g

estimated

Serve it

Pilau rice and naan

Wrapped in a chapati with salad

Chips, the takeaway way

Cook's notes

- Charring the chicken first gives the smoky 'tikka' flavour.
- Double cream freezes well in a sauce; a spoon of yoghurt at serving works too.
- For a hotter version, add 2 green chillies with the garlic.



NO. 24 · CHICKEN & TURKEY GF DF

Chicken Enchilada Filling

Shredded chicken with black beans, sweetcorn and peppers in a smoky chipotle tomato sauce. Roll, top with cheese and bake.

*makes 22 blocks,
about 40p each*

TIME
about 50 min

MAKES
22 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
76 kcal

SPICE

You'll need

700g	chicken thigh fillets
1 tin (240g drained)	black beans
150g	tinned sweetcorn, drained
1 (160g)	red pepper, diced
1 (150g)	onion, diced
300g	passata
20g (1 tbsp)	chipotle paste
3 cloves (15g)	garlic
10g	cumin, oregano, smoked paprika
30ml (1 lime)	lime juice
10g	fresh coriander
15ml	rapeseed oil
1 cube	chicken stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large casserole over a medium heat and soften the onion and pepper for 8 minutes. Add the garlic and spices for 1 minute.
- 2 Stir in the chipotle paste, passata and stock, add the whole chicken thighs, cover and simmer until tender. (25 min)
- 3 Lift out the chicken, shred it with two forks and return it with the black beans and sweetcorn.
- 4 Simmer, uncovered, for 10 minutes until thick enough to roll in a tortilla.
- 5 Off the heat, add the lime juice and coriander, season, cool and freeze in 70g blocks.

Hotter: add another tbsp of chipotle paste and a chopped jalapeño.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	76	7.7g	5.0g	2.6g	1.5g	0.33g
Per 3-block meal	228	23.1g	15.0g	7.8g	4.5g	0.99g

Serve it

Rolled in tortillas, topped with salsa and cheese, baked 20 minutes at 200°C
Burrito bowls with rice
Nachos

Cook's notes

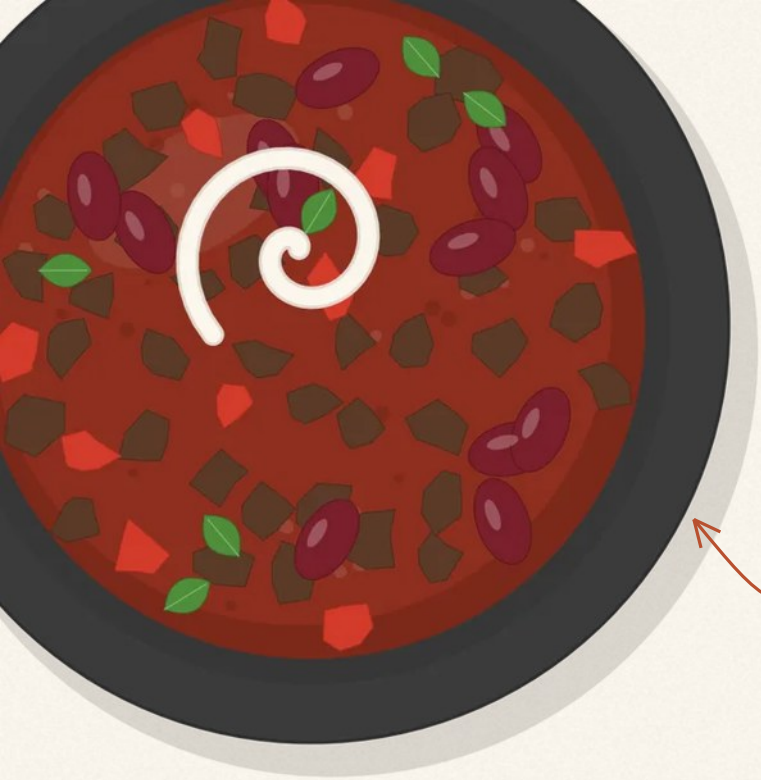
- For enchiladas for two, roll 6 defrosted blocks in 4 tortillas, cover with 200g passata and grated cheese, and bake.
- Keep it thick so the tortillas don't go soggy.
- Turkey thigh works just as well.

THIRTY-TWO RECIPES

Pork, beef & lamb

*low and slow,
then into the freezer*





NO. 25 · PORK, BEEF & LAMB **DF**

Beef Chilli

Classic beef chilli with kidney beans, smoky paprika and a hint of cinnamon.

*makes 20 blocks,
about 28p each*

TIME
about 1 hr 30 min

MAKES
20 blocks

COST PER BLOCK
28p

CALORIES PER BLOCK
87 kcal

SPICE

You'll need

500g	beef mince 20% fat
2 × 400g tins	chopped tomatoes
180g (2 small)	onion
160g (1 large)	red pepper
120g (½ tin)	kidney beans, drained
80g	carrot, grated
12g (3 cloves)	garlic
4g	smoked paprika
4g	cumin
3g	chilli powder
1g	cinnamon
15ml	soy sauce
15ml	worcestershire sauce
5ml	rapeseed oil

Method

- 1 Brown the mince in the oil over a high heat for 8 minutes, breaking it up, until properly brown rather than grey. Spoon off pooled fat for a leaner result.
- 2 Add the onion, pepper and carrot for 6–8 minutes, then the garlic and all the spices for 1 minute.
- 3 Add the tomatoes, soy and Worcestershire, plus about 50ml water rinsed round each tin. Bring to a simmer.
- 4 Simmer with the lid half on for 45 minutes, stirring now and then.
- 5 Add the kidney beans and simmer uncovered for 15 minutes, until a spoon dragged across the base leaves a clear line.
- 6 Season, cool and freeze in blocks of about 67–70g.

Hotter: add 1 tsp hot chilli powder or a chopped chipotle in adobo.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	87	5.5g	4.2g	5.3g	1.2g	0.20g
Per 3-block meal	261	16.5g	12.6g	15.9g	3.6g	0.60g

Serve it

Rice with soured cream and spring onions
A jacket or sweet potato
Tortilla chips and cheese for quick nachos

Cook's notes

- Add 1 tsp cocoa powder or a square of dark chocolate with the tomatoes for depth.
- Aldi's Ashfields 20% mince (~£2.49 for 500g) brings the batch to about £4.80.
- Slow cooker: brown the mince and onions, then 6 hours on Low; beans in for the last 30 minutes.

Classic Bolognese

Beef and pork mince simmered in a red wine and sun-dried tomato sauce with rosemary and bay.

*makes 18 blocks,
about 30p each*



TIME
about 2 hr 5 min

MAKES
18 blocks

COST PER BLOCK
30p

CALORIES PER BLOCK
78 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

250g	beef mince 20% fat
250g	lean pork mince 5% fat
2 × 400g tins	chopped tomatoes
130g	onion
100g	carrot
80g (2 sticks)	celery
12g	garlic
100ml	red wine
30g	tomato purée
30g	sun-dried tomatoes, drained and chopped
10ml	tamari or soy sauce
1 tsp	sugar
1 sprig (or 1 tsp dried)	rosemary
2 leaves	bay
to taste	black pepper
8ml	rapeseed oil

Method

- 1 Brown both minces in the oil over a high heat for 8–10 minutes. Spoon off excess fat if you like.
- 2 Lower the heat. Add the finely diced onion, carrot and celery and cook for 10 minutes until soft. Add the garlic and purée for 2 minutes.
- 3 Pour in the wine and bubble for 2–3 minutes until mostly evaporated.
- 4 Add the tomatoes, sun-dried tomatoes, tamari, sugar, rosemary and bay.
- 5 Simmer very gently, partly covered, for 1–1½ hours, stirring occasionally and adding a splash of water if it catches. Reduce to about 1.25kg.
- 6 Remove the bay and rosemary stalk. Season, cool and freeze in blocks of about 67–70g.

Hotter: fry ½ tsp chilli flakes with the garlic, or stir in 30g 'nduja.

NUTRITION

estimated

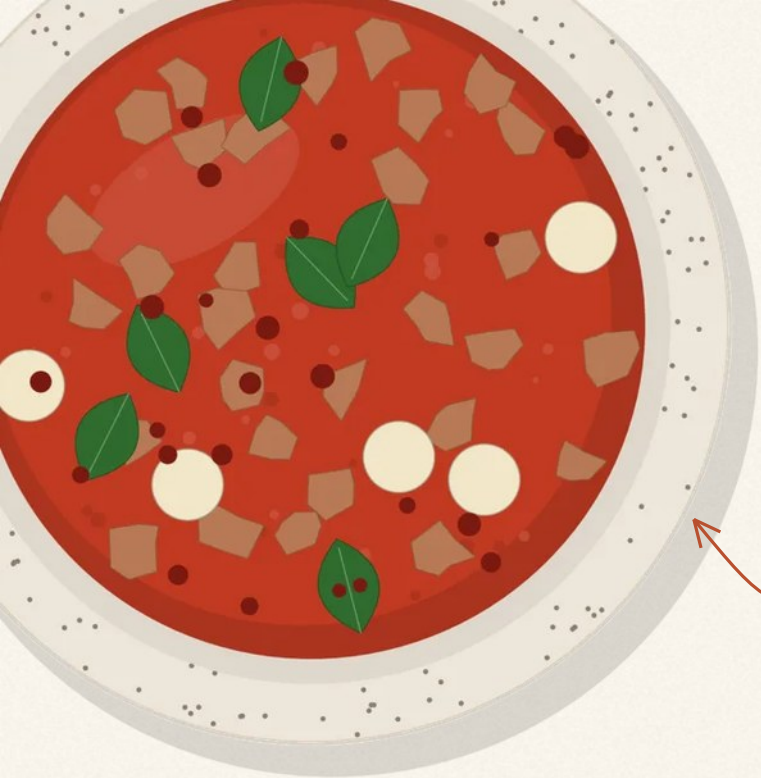
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	78	6.1g	3.7g	4.0g	0.9g	0.17g
Per 3-block meal	234	18.3g	11.1g	12.0g	2.7g	0.51g

Serve it

Spaghetti or tagliatelle with parmesan
Layered into lasagne or topped with mash as a quick cottage pie
Courgetti or a jacket potato

Cook's notes

- No wine? Use 100ml beef stock plus 1 tsp red wine vinegar.
- Don't rush the long, gentle simmer; that is where the depth comes from. Or oven at 150°C, lid on, for 2 hours.
- All-beef (500g of 20% mince) costs about the same and comes out at about 85 kcal a block.



NO. 27 · PORK, BEEF & LAMB DF

Sausage Arrabbiata

Punchy tomato and chilli sauce with crumbled pork sausage and spinach.

*makes 16 blocks,
about 28p each*

TIME
about 1 hr

MAKES
16 blocks

COST PER BLOCK
28p

CALORIES PER BLOCK
81 kcal

SPICE 

You'll need

400g	pork sausage meat
2 × 400g tins	chopped tomatoes
120g	onion
100g	spinach
25g (6 cloves)	garlic
15ml	balsamic vinegar
2g	paprika
2g	chilli flakes
1g	dried thyme
pinch	salt
5ml	rapeseed oil

Method

- 1 Fry the sausage meat in the oil over a medium-high heat for 8–10 minutes, breaking it into small crumbs, until golden and crisp at the edges. Tip off most of the fat.
- 2 Add the onion for 5 minutes, then the garlic, paprika, chilli and thyme for 1 minute.
- 3 Add the balsamic and let it bubble off, then the tomatoes.
- 4 Simmer uncovered for 30 minutes until rich and reduced by about a quarter.
- 5 Stir in the spinach for 1 minute. Season, cool and freeze in blocks of about 68–70g.

Hotter: double the chilli flakes and add a chopped fresh red chilli.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	81	4.1g	5.1g	5.0g	0.6g	0.49g
Per 3-block meal	243	12.3g	15.3g	15.0g	1.8g	1.47g

Serve it

Penne or rigatoni with parmesan
Gnocchi under grilled mozzarella
Toasted sourdough with a fried egg

Cook's notes

- No sausage meat? Squeeze the filling from 6 pork sausages; 90%+ meat sausages taste best.
- Spicy Italian-style sausages or a pinch of fennel seed make it taste more Italian.
- Arrabbiata means "angry": go generous with the chilli flakes if you like heat.

Hot Honey Ragu

Medium-spicy pork-mince ragu with Calabrian chilli sauce, honey and spinach.

*makes 20 blocks,
about 29p each*



TIME
about 1 hr 5 min

MAKES
20 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
92 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

500g	pork mince (20% fat)
2 tins (800g)	chopped tomatoes
150g	Calabrian chilli pasta sauce
1½ (220g)	onions
2 (160g)	carrots
125g	baby spinach
30g	tomato purée
3 cloves	garlic
5ml	rapeseed oil
20g (1 tbsp)	runny honey
3g	smoked paprika
1g	rosemary
1g	chilli flakes
2	bay leaves
2g	salt

Method

- 1 Brown the mince well in the oil, breaking it up, until crispy at the edges. (8 min)
- 2 Add the finely chopped onion and grated carrot and soften. (6 min)
- 3 Add the garlic, purée, paprika, rosemary and chilli flakes for 1 minute.
- 4 Add the tomatoes, Calabrian sauce and bay. Simmer partly covered, stirring now and then. (35 min)
- 5 Stir in the spinach a handful at a time until wilted. (2 min)
- 6 Off the heat, stir through the honey and season. Remove the bay, cool and freeze in 67g blocks.

Hotter: add 1 tsp chilli flakes, and warm extra chilli into the honey.

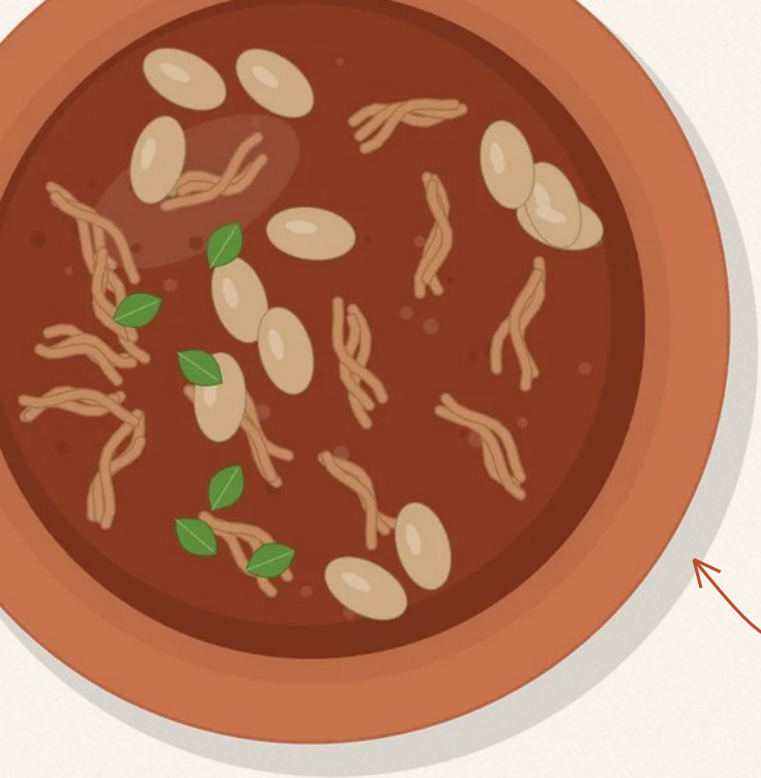
NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	92	5.3g	5.0g	5.5g	1.2g	0.16g
Per 3-block meal	276	15.9g	15.0g	16.5g	3.6g	0.48g

Serve it

Rigatoni with parmesan
A jacket potato
Over soft polenta

Cook's notes

- No Calabrian sauce? Use 1 tbsp chilli paste plus ½ tsp fennel seed, or 30g 'nduja for a meatier heat.
- For real hot honey, warm the honey with a pinch of chilli flakes and drizzle it over after reheating.



NO. 29 · PORK, BEEF & LAMB GF DF

Smoky Pork

Slow-braised pork shoulder in a sweet, tangy smoky tomato sauce with borlotti beans, close to cowboy beans.

*makes 20 blocks,
about 43p each*

TIME
about 2 hr 45 min

MAKES
20 blocks

COST PER BLOCK
43p

CALORIES PER BLOCK
96 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

700g	pork shoulder steaks, fat trimmed
2 tins (800g)	chopped tomatoes
1 tin (240g drained)	borlotti beans
1½ (220g)	onions
2 (160g)	carrots
80g	tomato purée
3 cloves	garlic
10ml	rapeseed oil
12g (4 tsp)	smoked paprika
3g	cumin
4g	onion and garlic powder
1g	thyme
1g	black pepper
2	bay leaves
8g	light brown sugar
15ml	red wine vinegar
3g	salt
250ml	water

Method

- 1 Rub the pork with half the paprika, the cumin, onion and garlic powders and salt. Sear in the oil in a casserole until browned, then lift out. (8 min)
- 2 Soften the diced onion and carrot in the same pan (6 min), then add the garlic, purée and remaining paprika for 2 minutes.
- 3 Return the pork with the tomatoes, water, thyme and bay. Cover and braise until it falls apart, at 140°C fan or on a low hob. (2 hours)
- 4 Shred the pork in the pot. Add the beans, sugar and vinegar and simmer uncovered until thick. (15 min)
- 5 Taste for sweet-sour balance, cool and freeze in 70g blocks.

Hotter: add 1 tsp chipotle paste or ½ tsp cayenne to the rub.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	96	8.5g	6.0g	3.9g	1.9g	0.26g
Per 3-block meal	288	25.5g	18.0g	11.7g	5.7g	0.78g

Serve it

A jacket potato with cheddar

Tortillas with slaw

Burrito bowls with rice, sweetcorn and avocado

Cook's notes

- Diced pork (£4.00/500g) is slightly cheaper and leaner but shreds less well.
- Slow cooker: 6 hours on Low, then step 4.
- Cannellini or pinto beans work instead of borlotti.

Kimchi Pork

Shredded pork shoulder slow-cooked in a spicy, tangy kimchi, ginger, tomato and soy sauce with green beans.

*makes 20 blocks,
about 40p each*



TIME
about 1 hr 50 min

MAKES
20 blocks

COST PER BLOCK
40p

CALORIES PER BLOCK
46 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

300g	pork shoulder steaks, fat trimmed
2 × 400g tins	chopped tomatoes
200g (1 jar)	kimchi, chopped
130g	onion
120g	green beans, 2cm lengths
80g	carrot, grated
30g	tomato purée
12g	garlic
12g	ginger
15ml	soy sauce
1–2 tsp	chilli flakes
pinch	black pepper
5ml	rapeseed oil
100ml	water

Method

- 1 Brown the whole pork steaks in the oil for 3 minutes a side, then set aside.
- 2 Soften the onion and carrot in the same pan for 6 minutes. Add the garlic, ginger, purée and chilli for 2 minutes.
- 3 Add the tomatoes, water, soy and half the kimchi with its juice. Return the pork.
- 4 Cover and simmer gently for 1–1¼ hours until the pork falls apart, or slow-cook 6 hours on Low.
- 5 Shred the pork in the pan. Add the green beans and simmer uncovered for 8–10 minutes until thick.
- 6 Off the heat, stir in the rest of the kimchi to keep some tang and crunch. Cool and freeze in blocks of about 70g.

Hotter: add 1 tbsp gochujang or 1 tsp gochugaru with the purée.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	46	4.0g	3.2g	1.8g	1.1g	0.36g
Per 3-block meal	138	12.0g	9.6g	5.4g	3.3g	1.08g

estimated

Serve it

Sticky rice with a fried egg and sesame seeds
Udon or ramen with spring onion
Lettuce cups or a kimchi cheese toastie

Cook's notes

- Kimchi is 44% of the batch cost. Asda's Yutaka saves about 55p; a big tub from an Asian grocer or homemade kimchi saves more.
- Clubcard-price shoulder steaks or diced pork (£4.00/500g) bring the batch to about £7.
- A teaspoon of gochujang with the purée gives a sweeter, more Korean heat (~£2.50–3.00 a tub).



NO. 31 · PORK, BEEF & LAMB GF DF

Jungle Pork

Punchy, broth-style Thai jungle curry (no coconut) of shredded pork, roasted aubergine and broccoli.

*makes 16 blocks,
about 59p each*

TIME
about 1 hr 55 min

MAKES
16 blocks

COST PER BLOCK
59p

CALORIES PER BLOCK
83 kcal

SPICE

You'll need

600g	diced pork
2 (300g)	onions
1 (~280g)	aubergine
½ head (175g)	broccoli, small florets
30ml	tamari or soy sauce
5	dried lime leaves
1	lime
20g	basil + coriander
20ml	rapeseed oil
10g	light brown sugar
10g	cornflour
2g	salt
250ml	water

FOR THE PASTE

5 cloves	garlic
25g	fresh ginger
2 stems	lemongrass
15g	galangal paste
3 (30g)	green + red chillies
1g	chilli powder
2g	ground coriander
1g	turmeric
1g	pepper

or 3 tbsp (about 50g) Thai red curry paste

Method

- 1 Heat the oven to 200°C fan. Toss the aubergine, cut into 2cm cubes, in 10ml oil and roast until golden. (25 min)
- 2 Meanwhile blitz the paste: lemongrass (outer layers removed), garlic, ginger, galangal, chillies, coriander stalks and the ground spices. (5 min)
- 3 Fry the sliced onion in 10ml oil until soft (5 min), then the paste until fragrant. (2 min)
- 4 Add the pork, tamari, sugar, lime leaves and water. Cover and simmer gently until the pork shreds. (60 min)
- 5 Shred the pork with two forks. Stir in the roasted aubergine and the broccoli and simmer. (5 min)
- 6 Thicken with the cornflour mixed into 2 tbsp cold water. (1 min) Off the heat, add the lime juice and torn herbs. Cool and freeze.

Milder: use 1 green chilli, deseeded, and leave out the chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	83	9.2g	4.9g	2.9g	3.9g	0.46g
Per 3-block meal	249	27.6g	14.7g	8.7g	11.7g	1.38g

estimated

Serve it

Jasmine rice

Rice noodles in extra broth

Cauliflower rice

Cook's notes

- 500g pork and a second aubergine gives 16 lighter blocks at about 52p each.
- Pork shoulder steaks shred more softly than diced leg but cost more.
- 3 tbsp Thai red curry paste replaces the fresh paste for a quicker version.

Lamb Rogan Josh

Tender shredded lamb in a deep brick-red sauce of Kashmiri chilli, fennel, ginger and tomato.

*makes 18 blocks,
about 58p each*



TIME
about 2 hr 55 min

MAKES
18 blocks

COST PER BLOCK
58p

CALORIES PER BLOCK
93 kcal

SPICE

You'll need

600g trimmed (buy ~750g)	lamb shoulder, boneless, fat trimmed hard
3 (300g)	onions
1 tin (400g)	chopped tomatoes
40g	tomato purée
25ml	rapeseed oil
2	bay leaves
5g	salt
400ml	water

FOR THE PASTE

30g	fresh ginger
4 cloves	garlic
10g (2 tbsp)	kashmiri chilli powder
6g	ground fennel seed
6g	ground coriander
3g	cumin
2g	turmeric
4g	garam masala
1g	cinnamon
3	cloves

or about 4 tbsp (70g) rogan josh curry paste: rub half over the lamb in step 1

Method

- 1 Mix the lamb with half the chilli, the fennel, coriander, cumin, turmeric and salt. Brown in the oil in a casserole in two batches, then lift out. (12 min)
- 2 Cook the finely chopped onions in the same pan until soft and golden. (10 min)
- 3 Add the grated ginger, garlic, purée and remaining spices and fry for 2 minutes.
- 4 Return the lamb with the tomatoes, water, bay and cinnamon. Cover and braise until the lamb shreds with a fork, at 150°C fan or on a low hob. (2 hours)
- 5 Shred the lamb in the pot, discarding any remaining fat and the bay. Add the garam masala and simmer uncovered, stirring, until the sauce is thick and oily-red. (20 min)
- 6 Taste and season boldly, cool and freeze in 70g blocks.

Hotter: swap half the Kashmiri chilli for hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	93	6.7g	4.0g	5.7g	1.2g	0.34g
Per 3-block meal	279	20.1g	12.0g	17.1g	3.6g	1.02g

estimated

Serve it

*Basmati rice with fresh coriander
Warmed naan folded around it
A jacket sweet potato with yoghurt*

Cook's notes

- Trim every scrap of white fat from the shoulder, as it sets greasy in a cube.
- When reheating: stir through a spoon of plain yoghurt per meal and finish with fresh coriander and a squeeze of lemon. Do not freeze with yoghurt.
- Slow cooker: brown first, then 7 hours on Low, then reduce uncovered in the pan.
- Mild Kashmiri chilli gives colour with gentle heat; use 15g if you want it hot.



NO. 33 · PORK, BEEF & LAMB GF DF

Beef Rendang

Dry-cooked shredded beef in coconut, lemongrass, galangal and chilli until dark, rich and clinging.

*makes 14 blocks,
about 77p each*

TIME
about 4 hr

MAKES
14 blocks

COST PER BLOCK
77p

CALORIES PER BLOCK
129 kcal

SPICE 

You'll need

700g	beef braising or chuck steak, fat trimmed
1 tin (400ml)	light coconut milk
15g	light brown sugar
20ml	light soy sauce
15g	desiccated coconut (toasted)
1	star anise
3	cloves
2	lime leaves (optional)
10ml	rapeseed oil
5g	salt
350ml	water

FOR THE PASTE

150g	shallots or onions
3 stalks (45g)	lemongrass
25g (2 tbsp paste)	galangal paste or fresh ginger
4 cloves	garlic
3 (40g)	red chillies
15g (1 tbsp)	tamarind paste
6g	ground coriander
4g	cumin
3g	turmeric
2g	cinnamon

or about 75g ready-made rendang paste (from Asian grocers)

Method

- 1 Blitz the shallots, lemongrass (outer layers removed), galangal, garlic, chillies, tamarind, turmeric and ground spices with a splash of water into a paste. (5 min)
- 2 Cut the beef into 3cm pieces and brown in the oil in a heavy casserole in two batches. (12 min)
- 3 Fry the paste for 3 minutes, then return the beef with the coconut milk, soy, sugar, salt, water, star anise, cloves and lime leaves. Bring to a simmer.
- 4 Cover and cook gently until the beef is tender (about 1 hour), then uncover and keep simmering, stirring more often as it thickens, until the sauce is dark, oily and almost dry. (2 hours 15 min)
- 5 Toast the desiccated coconut in a dry pan until deep gold (3 min). Shred the beef in the pot, remove the whole spices and lime leaves, and stir in the coconut. (10 min)
- 6 Cool and freeze in 70g blocks.

Hotter: *add 2 bird's eye chillies to the paste.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	129	11.0g	5.4g	7.3g	1.9g	0.80g
Per 3-block meal	387	33.0g	16.2g	21.9g	5.7g	2.40g

estimated

Serve it

*Coconut rice with cucumber
A wrap with pickled shallots and lime
Steamed jasmine rice with greens*

Cook's notes

- Go slowly at the end and stir often, as the thick sauce catches easily.
- When reheating: add a squeeze of lime and plenty of chopped coriander, with a spoon of coconut milk if you want it saucier.
- Full-fat coconut milk makes it richer but adds about 40 kcal per block; leave out the toasted coconut for a leaner version.
- Slow cooker: 6 hours on Low, then reduce uncovered on the hob.

Beef and Ale Stew

Chuck steak braised in malty ale with carrots and onions cooked down into a thick, savoury gravy.

*makes 20 blocks,
about 53p each*



TIME
about 3 hr 15 min

MAKES
20 blocks

COST PER BLOCK
53p

CALORIES PER BLOCK
91 kcal

SPICE
🌶️🌱🌱🌱🌱

You'll need

750g	beef braising or chuck steak, fat trimmed
3 (330g)	onions
4 (300g)	carrots
2 sticks (80g)	celery
1 bottle (330ml)	brown ale or stout
30g	tomato purée
25g	plain flour
2	beef stock cubes
15g	black treacle
15ml	worcestershire sauce
10g	wholegrain mustard
20g	butter or rapeseed oil
3 cloves	garlic
2g	thyme
2	bay leaves
1g	black pepper
350ml	water

Method

- 1 Cut the beef into 3cm pieces, toss in the flour and brown in the butter in a casserole in two batches. Lift out. (12 min)
- 2 Cook the finely diced onion, carrot and celery in the same pan, scraping up the bits, until soft and starting to colour. (12 min)
- 3 Add the garlic and purée for 2 minutes, then pour in the ale and bubble for 3 minutes.
- 4 Return the beef with the stock cubes, water, treacle, Worcestershire, mustard, thyme and bay. Cover and braise at 150°C fan or on a low hob until falling apart. (2 hours)
- 5 Shred the beef in the pot, discard the bay and simmer uncovered until the gravy is thick and glossy, mashing the vegetables down as you stir. (35 min)
- 6 Season well, cool and freeze in 70g blocks.

Hotter: stir English mustard or hot horseradish through at reheating.

NUTRITION

estimated

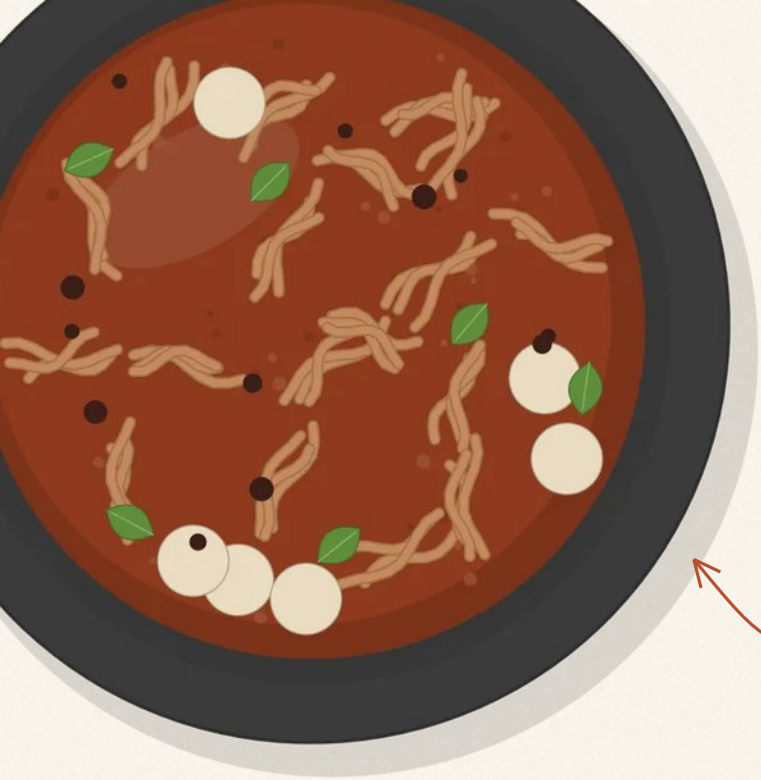
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	91	8.3g	5.4g	3.8g	1.0g	0.55g
Per 3-block meal	273	24.9g	16.2g	11.4g	3.0g	1.65g

Serve it

*Buttery mash (made fresh) with greens
A pie filling under a puff pastry lid
Buttered egg noodles*

Cook's notes

- Dice the veg small; they melt into the gravy and give each block body.
- When reheating: add a splash of water and a little redcurrant jelly or a drop of vinegar, then chopped parsley.
- Slow cooker: 7 hours on Low, then reduce uncovered.
- Stout gives a darker, more bitter gravy; brown ale is sweeter.



NO. 35 · PORK, BEEF & LAMB DF

Pulled BBQ Pork

Shredded pork shoulder in a sticky smoked paprika, treacle and cider vinegar barbecue sauce.

*makes 22 blocks,
about 44p each*

TIME
about 3 hr 15 min

MAKES
22 blocks

COST PER BLOCK
44p

CALORIES PER BLOCK
94 kcal

SPICE

You'll need

1kg trimmed (buy ~1.25kg)	pork shoulder, boneless, fat trimmed hard
1 jar (500g)	passata
2 (250g)	onions
50g	tomato purée
4 cloves	garlic
60ml	cider vinegar
30g	black treacle
30g	dark brown sugar
20ml	worcestershire sauce
15g	smoked paprika
4g	garlic powder
3g	mustard powder
1g	cayenne
1g	black pepper
6g	salt
10ml	rapeseed oil
300ml	water

Method

- 1 Cut the pork into 5cm chunks and rub with the paprika, garlic powder, mustard powder, pepper and salt. Brown in the oil in two batches. (12 min)
- 2 Soften the finely diced onion in the same pan, then add the garlic and purée for 2 minutes. (8 min)
- 3 Add the passata, water, vinegar, treacle, sugar and Worcestershire. Return the pork, cover and braise at 150°C fan or on a low hob until it falls apart. (2 hours 30 min)
- 4 Shred the pork finely with two forks, then simmer uncovered until the sauce is thick, sticky and clings to the meat. (25 min)
- 5 Taste for sweet, sharp and smoky balance, cool and freeze in 70g blocks.

Hotter: add 1 tbsp chipotle paste and ½ tsp cayenne to the sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	94	9.5g	5.6g	3.7g	0.8g	0.11g
Per 3-block meal	282	28.5g	16.8g	11.1g	2.4g	0.33g

estimated

Serve it

Buns with crunchy slaw

Loaded jacket potatoes

Nachos with sweetcorn and cheddar

Cook's notes

- Buy a little extra and trim hard, as pulled pork needs very little fat to stay moist in a thick sauce.
- When reheating: add a splash of cider vinegar and a drop of water to loosen, then top with fresh slaw.
- Slow cooker: 8 hours on Low, then reduce uncovered.
- Add a chipotle paste spoon for more smoke and heat.

NO. 36 · PORK, BEEF & LAMB GF DF

Pork and Fennel Ragu

Savoury pork mince simmered with fennel seed, white wine and tomato into a thick, rich ragu.

*makes 22 blocks,
about 35p each*



TIME
about 2 hr 15 min

MAKES
22 blocks

COST PER BLOCK
35p

CALORIES PER BLOCK
89 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

750g	pork mince (12% fat)
2 (250g)	onions
2 (150g)	carrots
1 (250g)	fennel bulb
2 tins (800g)	chopped tomatoes
40g	tomato purée
150ml	dry white wine
4 cloves	garlic
15ml	olive oil
8g (2 tsp)	fennel seeds (crushed)
2g	dried oregano
2g	chilli flakes
1g	black pepper
1	chicken stock cube
5g	salt
150ml	water

Method

- 1 Fry the mince in the oil over a high heat, breaking it up finely, until browned and any liquid has cooked off. (12 min)
- 2 Add the finely diced onion, carrot and fennel and cook until very soft. (12 min)
- 3 Stir in the garlic, purée, fennel seeds, oregano and chilli for 2 minutes, then pour in the wine and bubble until nearly gone. (5 min)
- 4 Add the tomatoes, crumbled stock cube and water. Simmer uncovered, stirring occasionally, until thick and the oil begins to separate. (1 hour 30 min)
- 5 Mash any larger pieces with a spoon, season boldly, cool and freeze in 70g blocks.

Hotter: double the chilli flakes or add 30g 'nduja.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	89	7.2g	4.5g	4.6g	1.3g	0.50g
Per 3-block meal	267	21.6g	13.5g	13.8g	3.9g	1.50g

estimated

Serve it

Rigatoni with parmesan and basil
A jacket potato with greens
Spooned over creamy polenta

Cook's notes

- Use sausage meat (skins removed) instead of mince for more seasoning; reduce the salt slightly.
- When reheating: toss through hot pasta with a little pasta water and finish with parmesan or fresh basil if dairy is fine for you.
- There is no milk in the ragu, unlike many classic versions.
- Swap the wine for stock plus a splash of vinegar.

Cooking with a beef joint

Nine recipes that turn a roasting joint from the freezer into a month of blocks.

A roasting joint from the freezer goes a long way here. Every recipe below uses 700g of beef, so a 1.4kg joint covers two batches. Slow, covered braising turns even a lean roasting joint into tender, shreddable beef that portions neatly into 70g blocks.

Which joint?

- 1 Topside and silverside are lean and cheap. Keep the lid on, the heat low and the liquid topped up, or they dry out.
- 2 Brisket has more fat running through it, so it stays the juiciest and shreds the most easily. Trim off any thick fat layer.
- 3 Chuck or braising joints are the most forgiving of all. Rolled joints just need the string removed.

From freezer to pot

- 1 Defrost in the fridge, never on the worktop. Allow about 24 hours for every 2 to 2.5kg, and cook within a day of it thawing.
- 2 Cut it up. Four big pieces brown better and cook faster than one whole joint; 3cm chunks suit the stews.
- 3 Brown well, braise low. Most recipes need 2½ to 3 hours at 150°C fan, or 8 hours on Low in a slow cooker. It's ready when it falls apart with two forks.
- 4 Freezing again is fine. Once a defrosted joint has been cooked, the blocks can go straight back in the freezer.

The nine recipes

Each uses 700g of topside, silverside or brisket. Times are prep plus cooking, and most of it is hands-off.

- Shredded Beef Ragu (p. 55): red wine, tomato and rosemary for pasta night. 3 hr 40 min, 22 blocks.
- Hungarian Beef Goulash (p. 54): sweet and smoked paprika, red peppers and caraway. 3 hr, 22 blocks.
- Ropa Vieja (p. 59): Cuban shredded beef with peppers, olives and capers. 3 hr, 21 blocks.
- Beef Bourguignon (p. 56): red wine, bacon and mushrooms for a Sunday-style stew. 3 hr 15 min, 19 blocks.
- Greek Beef Stifado (p. 57): whole shallots, cinnamon and allspice. 3 hr, 19 blocks.
- Beef Massaman (p. 60): a mild Thai curry with squash and peanuts, and the quickest of the nine. 2 hr 45 min, 19 blocks.
- Gochujang Beef (p. 53): Korean-style, braised in gochujang, soy and grated pear. 3 hr 15 min, 18 blocks.
- Chinese Red-Braised Beef (p. 58): soy, star anise and ginger, with carrot and pak choi. 3 hr, 17 blocks.
- Slow-Cooked Beef Stroganoff (p. 61): mushrooms, paprika and Dijon; stir in soured cream at serving. 3 hr, 16 blocks.

To cook four of them in one session from two joints, see Beef joint day.

Gochujang Beef

Korean-style shredded beef braised in gochujang, soy, ginger and grated pear, finished with carrot and sesame.

*makes 18 blocks,
about 61p each*



TIME
about 3 hr 15 min

MAKES
18 blocks

COST PER BLOCK
61p

CALORIES PER BLOCK
105 kcal

SPICE


You'll need

700g	beef joint (topside, silverside or brisket)
2 (250g)	onions, sliced
300g	carrots, matchsticks
1 (150g)	ripe pear, grated
60g (3 tbsp)	gochujang
40ml	soy sauce
15g	light brown sugar
25g	fresh ginger, grated
5 cloves (25g)	garlic
10g	cornflour
15ml	sesame oil
15ml	rice vinegar
4 (60g)	spring onions, sliced
10ml	rapeseed oil
400ml	water

Method

- 1 Cut the joint into 4 large pieces and brown all over in the oil in a casserole. Lift out. (10 min)
- 2 Soften the onions for 8 minutes, then add the garlic and ginger for 1 minute.
- 3 Stir in the gochujang, soy, sugar, pear and water. Return the beef, cover and braise at 150°C fan, or on a low hob, until it shreds. (2 hr 30)
- 4 Lift out and shred the beef. Add the carrots to the sauce for 8 minutes, then the cornflour mixed with 2 tbsp cold water.
- 5 Return the beef and simmer uncovered until sticky. (10 min) Off the heat, stir in the sesame oil, rice vinegar and spring onions. Cool and freeze.

Hotter: add an extra tbsp of gochujang and 1 tsp gochugaru.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	105	9.0g	7.8g	4.2g	1.2g	0.62g
Per 3-block meal	315	27.0g	23.4g	12.6g	3.6g	1.86g

estimated

Serve it

*Sticky rice with a fried egg
Lettuce wraps with cucumber
Udon or ramen noodles*

Cook's notes

- Gochujang heat varies by brand; start with 2 tbsp and add more at the end.
- Topside is lean, so keep the lid on and the heat low.
- Slow cooker: 8 hours on Low after browning, then step 4.



NO. 38 · PORK, BEEF & LAMB DF

Hungarian Beef Goulash

Tender beef with sweet and smoked paprika, red peppers, caraway and tomato, cooked down until thick and rich.

*makes 22 blocks,
about 49p each*

TIME
about 3 hr

MAKES
22 blocks

COST PER BLOCK
49p

CALORIES PER BLOCK
80 kcal

SPICE

You'll need

700g	beef joint (topside, silverside or brisket)
2 (300g)	onions, chopped
2 (300g)	red peppers, diced
250g	carrots, diced
1 × 400g tin	chopped tomatoes
30g	tomato purée
3 cloves (15g)	garlic
15g	plain flour
12g	sweet paprika
4g	smoked paprika
3g	caraway seeds
2g	dried marjoram
15ml	rapeseed oil
1 cube	beef stock cube
500ml	water

Method

- 1 Cut the beef into 3cm chunks, toss in the flour and brown in the oil in two batches. Lift out. (12 min)
- 2 Soften the onions for 10 minutes, then add the peppers, carrots and garlic for 5 minutes.
- 3 Take the pan off the heat and stir in the paprikas, caraway and marjoram so the paprika doesn't burn.
- 4 Add the tomatoes, purée and stock, return the beef, cover and braise at 150°C fan until tender. (2 hr 30)
- 5 Break the beef up a little with a spoon and simmer uncovered until thick. (15 min) Cool and freeze.

Hotter: swap half the sweet paprika for hot paprika.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	80	7.6g	5.2g	3.1g	1.3g	0.26g
Per 3-block meal	240	22.8g	15.6g	9.3g	3.9g	0.78g

estimated

Serve it

Buttered noodles or rice

Mash with a spoon of soured cream

Crusty bread

Cook's notes

- Stir a spoon of soured cream through each portion at reheating; don't freeze it in.
- Burnt paprika turns bitter, which is why it goes in off the heat.
- A pinch of hot paprika adds a little kick.

NO. 39 · PORK, BEEF & LAMB GF DF

Shredded Beef Ragu

A joint slow-cooked in red wine, tomato and rosemary until it falls apart into a rich, chunky ragu.

*makes 22 blocks,
about 50p each*



TIME
about 3 hr 40 min

MAKES
22 blocks

COST PER BLOCK
50p

CALORIES PER BLOCK
78 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️ 🌶️

You'll need

700g	beef joint (topside, silverside or brisket)
2 × 400g tins	chopped tomatoes
150ml	red wine
150g	onion, finely diced
150g	carrot, finely diced
100g (2 sticks)	celery, finely diced
4 cloves (20g)	garlic
30g	tomato purée
5g	sugar
2 sprigs	rosemary
2 leaves	bay
15ml	olive oil
1 cube	beef stock cube
200ml	water

Method

- 1 Cut the joint into 4 pieces, season and brown all over in the oil. Lift out. (10 min)
- 2 Soften the onion, carrot and celery for 10 minutes, then the garlic and purée for 2 minutes.
- 3 Pour in the wine and bubble for 3 minutes, then add the tomatoes, stock, sugar, rosemary and bay.
- 4 Return the beef, cover and simmer very gently, or cook at 150°C fan, until it falls apart. (3 hr)
- 5 Shred the beef into the sauce, remove the stalks and bay, and simmer uncovered until thick. (20 min) Cool and freeze.

Hotter: add 1 tsp chilli flakes with the garlic, or 'nduja at the end.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	78	7.4g	3.8g	3.0g	0.8g	0.26g
Per 3-block meal	234	22.2g	11.4g	9.0g	2.4g	0.78g

Serve it

Pappardelle with parmesan
Soft polenta
Gnocchi baked under mozzarella

Cook's notes

- Chunkier and richer than the Classic Bolognese; brisket makes it silkier.
- Drop a parmesan rind into the simmer for extra depth.
- Slow cooker: 8 hours on Low after browning.



NO. 40 · PORK, BEEF & LAMB DF

Beef Bourguignon

Beef braised in red wine with smoky bacon, mushrooms, carrots and baby onions, in a rich, glossy gravy.

*makes 19 blocks,
about 69p each*

TIME
about 3 hr 15 min

MAKES
19 blocks

COST PER BLOCK
69p

CALORIES PER BLOCK
107 kcal

SPICE

You'll need

700g	beef joint (topside, silverside or brisket)
250ml	red wine
250g	chestnut mushrooms, quartered
200g	shallots or baby onions, halved
200g	carrots, sliced
120g	smoked bacon lardons
3 cloves (15g)	garlic
30g	tomato purée
20g	plain flour
2g	dried thyme
2 leaves	bay
10ml	rapeseed oil
1 cube	beef stock cube
300ml	water

Method

- 1 Fry the lardons in the oil until crisp; lift out. Cut the beef into 3cm chunks, toss in the flour and brown in the bacon fat. Lift out. (15 min)
- 2 Brown the shallots and carrots for 6 minutes, then the garlic and purée for 1 minute.
- 3 Pour in the wine and bubble for 3 minutes. Add the stock, thyme, bay, beef and lardons.
- 4 Cover and braise at 150°C fan until the beef is tender. (2 hr 30)
- 5 Brown the mushrooms in a dry pan and stir them in. Simmer uncovered until glossy. (20 min) Remove the bay, cool and freeze.

Hotter: serve with a spoon of horseradish or English mustard.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	107	9.6g	3.8g	4.7g	0.8g	0.51g
Per 3-block meal	321	28.8g	11.4g	14.1g	2.4g	1.53g

Serve it

*Creamy mash
Crusty bread
Buttered tagliatelle*

Cook's notes

- Quarter the mushrooms and halve the shallots so they portion evenly into blocks.
- No wine? Use extra stock plus 1 tbsp red wine vinegar.
- Brisket or chuck gives the silkiest result.

NO. 41 · PORK, BEEF & LAMB GF DF

Greek Beef Stifado

A fragrant Greek stew of beef and sweet whole shallots with tomato, red wine, cinnamon and allspice.

*makes 19 blocks,
about 56p each*



TIME
about 3 hr

MAKES
19 blocks

COST PER BLOCK
56p

CALORIES PER BLOCK
88 kcal

SPICE
🌶️ 🌿 🌿 🌿 🌿

You'll need

700g	beef joint (topside, silverside or brisket)
400g	shallots, peeled and halved
1 × 400g tin	chopped tomatoes
150ml	red wine
30ml	red wine vinegar
30g	tomato purée
3 cloves (15g)	garlic
10g	light brown sugar
1 stick	cinnamon
4g	ground allspice and cloves
2	bay leaves
15ml	olive oil
1 cube	beef stock cube
250ml	water

Method

- 1 Cut the beef into 3cm chunks and brown in the oil in two batches. Lift out. (12 min)
- 2 Brown the shallots for 8 minutes, then add the garlic, purée and spices for 1 minute.
- 3 Add the wine and vinegar and bubble for 3 minutes, then the tomatoes, stock, sugar and bay.
- 4 Return the beef, cover and braise at 150°C fan until tender. (2 hr 30)
- 5 Remove the cinnamon and bay, break the beef up a little and simmer uncovered until thick. (10 min) Cool and freeze.

Hotter: add a fresh red chilli or a pinch of chilli flakes with the garlic.

NUTRITION

					<i>estimated</i>	
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	88	8.4g	4.1g	3.5g	0.7g	0.30g
Per 3-block meal	264	25.2g	12.3g	10.5g	2.1g	0.90g

Serve it

Orzo with crumbled feta
Crusty bread
Rice

Cook's notes

- Drop the shallots into boiling water for a minute and they peel easily.
- Halved shallots portion better into blocks than whole ones.
- Crumble feta over at serving.



NO. 42 · PORK, BEEF & LAMB DF

Chinese Red-Braised Beef

Beef slow-braised in soy, star anise, ginger and a little sugar until dark and glossy, with carrot and pak choy.

*makes 17 blocks,
about 66p each*

TIME
about 3 hr

MAKES
17 blocks

COST PER BLOCK
66p

CALORIES PER BLOCK
92 kcal

SPICE
    

You'll need

700g	beef joint (topside, silverside or brisket)
250g	pak choy, sliced
200g	carrots, sliced
1 (150g)	onion, sliced
30g	fresh ginger, sliced
4 cloves (20g)	garlic
60ml	light and dark soy sauce
30ml	Shaoxing wine or dry sherry
20g	light brown sugar
2	star anise
1 stick	cinnamon
pinch	five-spice
10g	cornflour
4 (60g)	spring onions, sliced
10ml	rapeseed oil
500ml	water

Method

- 1 Cut the beef into 4 pieces and brown in the oil. Lift out. (10 min)
- 2 Fry the onion, ginger and garlic for 3 minutes, then add the sugar and let it caramelise for 1 minute.
- 3 Add the soy, Shaoxing, water and spices. Return the beef, cover and simmer gently until it shreds. (2 hr 30)
- 4 Shred the beef, remove the whole spices and add the carrots for 8 minutes.
- 5 Stir in the pak choy and the cornflour mixed with 2 tbsp cold water; simmer 3 minutes. Add the spring onions, cool and freeze.

Hotter: add 2 dried red chillies to the braise, or chilli oil at the table.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	92	9.6g	5.2g	3.5g	0.8g	0.59g
Per 3-block meal	276	28.8g	15.6g	10.5g	2.4g	1.77g

Serve it

Jasmine rice

Noodles in a little extra broth

Steamed greens

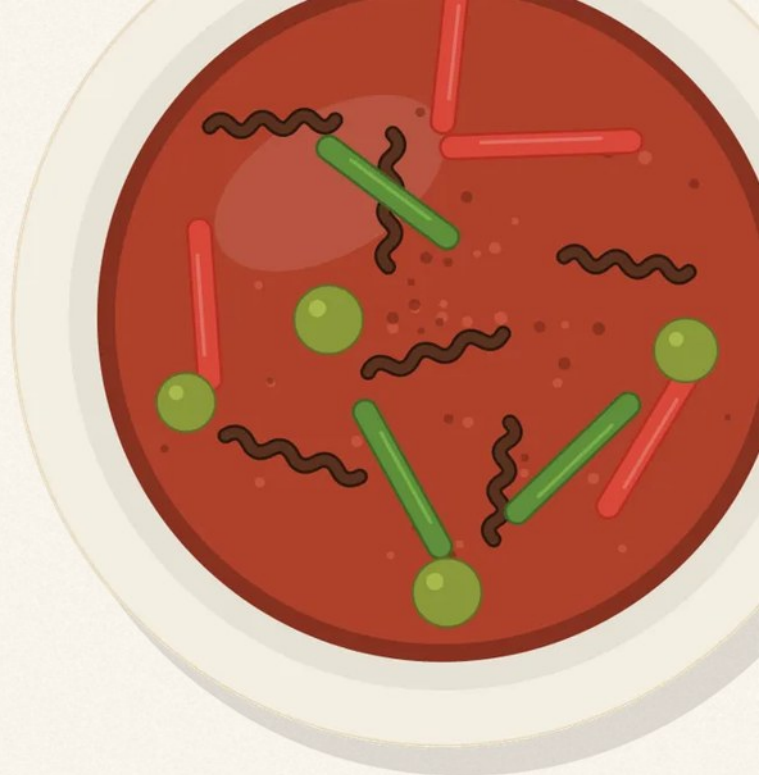
Cook's notes

- No chilli here; add chilli oil at the table if you like heat.
- Dark soy gives the deep red-brown colour; light soy alone works but looks paler.
- Slow cooker: 8 hours on Low.

Ropa Vieja

Cuban shredded beef with peppers, tomato, cumin, green olives and capers: bright, tangy and savoury.

*makes 21 blocks,
about 55p each*



TIME
about 3 hr

MAKES
21 blocks

COST PER BLOCK
55p

CALORIES PER BLOCK
80 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

700g	beef joint (topside, silverside or brisket)
2 (300g)	onions, sliced
2 (350g)	red and green peppers, sliced short
1 × 400g tin	chopped tomatoes
30g	tomato purée
4 cloves (20g)	garlic
60g	pitted green olives, sliced
20g	capers
8g	cumin, dried oregano, smoked paprika
2	bay leaves
15ml	white wine vinegar
15ml	rapeseed oil
1 cube	beef stock cube
700ml	water

Method

- 1 Put the whole joint in a pan with the stock, water, bay and half the cumin. Cover and simmer gently until it shreds. (2 hr 30) Keep 300ml of the liquid.
- 2 Meanwhile soften the onions and peppers in the oil for 12 minutes, then add the garlic and the rest of the spices for 1 minute.
- 3 Add the tomatoes, purée and the reserved liquid and simmer for 10 minutes.
- 4 Shred the beef into the sauce with the olives, capers and vinegar. Simmer uncovered until thick. (15 min)
- 5 Cool and freeze in 70g blocks.

Hotter: add a chopped jalapeño with the peppers and a dash of hot sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	80	7.8g	3.9g	3.6g	1.1g	0.44g
Per 3-block meal	240	23.4g	11.7g	10.8g	3.3g	1.32g

estimated

Serve it

Rice and black beans

Soft tacos

Fried plantain and rice

Cook's notes

- Cut the peppers into short strips so they portion neatly into blocks.
- Olives and capers are salty, so taste before adding salt.
- A squeeze of lime at serving brightens it.



NO. 44 · PORK, BEEF & LAMB GF DF NUTS

Beef Massaman

A mild, fragrant Thai curry of beef, squash and peanuts in coconut with cinnamon, cardamom and tamarind.

*makes 19 blocks,
about 58p each*

TIME
about 2 hr 45 min

MAKES
19 blocks

COST PER BLOCK
58p

CALORIES PER BLOCK
142 kcal

SPICE

You'll need

700g	beef joint (topside, silverside or brisket)
1 × 400ml tin	coconut milk
300g	butternut squash, 2cm dice
150g	onion, sliced
40g	smooth peanut butter
30g	roasted peanuts, chopped
20ml	fish sauce
15g (1 tbsp)	tamarind paste
15g	light brown sugar
10ml	rapeseed oil
200ml	water

FOR THE PASTE

2 stems	lemongrass
4 cloves (20g)	garlic
20g	fresh ginger
1 (10g)	red chilli
6g	cinnamon, cardamom, cumin, coriander, nutmeg, clove

or 3 tbsp (about 50g) massaman curry paste

Method

- 1 Blitz the lemongrass, garlic, ginger, chilli and spices with a splash of water to a paste.
- 2 Soften the onion in the oil for 5 minutes, then fry the paste for 2 minutes.
- 3 Cut the beef into 3cm chunks and brown it in the paste. Add the coconut milk, water, fish sauce, tamarind, sugar and peanut butter.
- 4 Cover and simmer gently until the beef is tender. (2 hr) Add the squash and simmer uncovered for 20 minutes.
- 5 Break the beef up a little and stir in the peanuts. Cool and freeze in 70g blocks.

Hotter: keep the chilli seeds in and add a second chilli.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	142	9.5g	6.0g	8.9g	0.9g	0.42g
Per 3-block meal	426	28.5g	18.0g	26.7g	2.7g	1.26g

estimated

Serve it

Jasmine rice
Roti
Rice noodles

Cook's notes

- Mild enough for most people; deseed the chilli or leave it out.
- Potatoes are traditional, but squash freezes better in blocks.
- Scatter extra chopped peanuts and coriander at serving.

NO. 45 · PORK, BEEF & LAMB

Slow-Cooked Beef Stroganoff

Shredded beef with mushrooms, onion, paprika and a touch of Dijon, made creamy with soured cream at serving.

*makes 16 blocks,
about 66p each*



TIME
about 3 hr

MAKES
16 blocks

COST PER BLOCK
66p

CALORIES PER BLOCK
101 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

700g	beef joint (topside, silverside or brisket)
300g	chestnut mushrooms, quartered
2 (300g)	onions, sliced
3 cloves (15g)	garlic
10g	sweet paprika
15g (1 tbsp)	Dijon mustard
15ml	Worcestershire sauce
20g	plain flour
10g	butter
15ml	rapeseed oil
15g	fresh parsley
1 cube	beef stock cube
400ml	water

Method

- 1 Cut the beef into 3cm chunks, toss in the flour and brown in the oil. Lift out. (12 min)
- 2 Soften the onions in the butter for 8 minutes, then add the garlic and paprika for 1 minute.
- 3 Stir in the stock, Worcestershire and mustard, return the beef, cover and braise at 150°C fan until tender. (2 hr 30)
- 4 Brown the mushrooms in a dry pan, stir them in and shred the beef a little. Simmer uncovered until thick. (15 min)
- 5 Stir in the parsley, cool and freeze in 70g blocks.

Hotter: use hot smoked paprika and a pinch of cayenne.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	101	10.3g	3.6g	4.8g	0.8g	0.38g
Per 3-block meal	303	30.9g	10.8g	14.4g	2.4g	1.14g

estimated

Serve it

Buttered rice

Tagliatelle

Mash and green beans

Cook's notes

- Stir 1 tbsp soured cream through each portion at reheating; don't freeze it in.
- Quarter the mushrooms so they portion evenly.
- Sliced gherkins on the side are traditional.

Cooking with mince

Nine quick, family-friendly recipes from a 500g pack of mince, each making a month of blocks.

Mince is the fastest way to fill the freezer: the nine recipes below each take 45 minutes or less, and the method is almost always the same. Get the browning right and every one tastes better.

Which mince?

- 1** 5% fat is the leanest. It has less fat to skim off but can turn a little dry, so don't overcook it.
- 2** 10 to 12% fat is the best all-rounder for these blocks: enough flavour, not much fat to drain. The recipes assume this.
- 3** 20% fat has the most flavour and is cheapest. Spoon off the fat that pools after browning.

Brown it, don't steam it

- 1** Use your largest pan and get it hot before the mince goes in. If the pan is crowded, brown it in two batches.
- 2** Leave it alone for 2 to 3 minutes before stirring, so it gets a proper brown crust, then break it up finely so it portions evenly into blocks.
- 3** Stretch it. Grated carrot, beans and lentils make 500g of mince go further and add fibre without anyone noticing.
- 4** Swap freely. Turkey, pork or lamb mince work in almost every recipe here; cook times stay the same.

Nine quick recipes

Each uses a 500g pack of 10% fat beef mince. Times are prep plus cooking.

- Beef & Broccoli Noodle Base (p. 106): sweet soy and garlic with plenty of broccoli; just add noodles. 25 min, 15 blocks.
- Chinese Black Bean Beef (p. 68): peppers and onion in a savoury black bean sauce. 30 min, 16 blocks.
- Korean Bulgogi Beef Mince (p. 67): soy, ginger and grated pear for rice bowls. 30 min, 17 blocks.
- Crispy Chilli Beef Noodle Base (p. 111): a sticky sweet chilli glaze, and the only one here with medium heat. 30 min, 15 blocks.
- Cheeseburger Mince (p. 73): ketchup, mustard and gherkins for tacos, wraps or fries. 35 min, 13 blocks.
- Sloppy Joe Mince (p. 70): tangy and smoky, for soft buns or jacket potatoes. 35 min, 16 blocks.
- Beef Taco Mince (p. 66): peppers, black beans and smoked paprika for taco night. 40 min, 18 blocks.
- Beef Kofta Mince (p. 65): cumin, cinnamon and chickpeas, with none of the shaping. 45 min, 19 blocks.
- Beef Picadillo (p. 69): Cuban-style, with olives, raisins and a little potato. 45 min, 20 blocks.

For mild turkey mince dishes from the IBS-friendly recipes, see Turkey mince day.

Beef Keema with Peas

A North Indian-style dry curry of beef mince with ginger, garam masala, green chilli and tomato, finished with peas and spinach.

*makes 23 blocks,
about 36p each* →



TIME
about 50 min

MAKES
23 blocks

COST PER BLOCK
36p

CALORIES PER BLOCK
59 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

500g	beef mince (10% fat)
2 (300g)	onions, finely chopped
150g	carrot, finely diced
1 × 400g tin	chopped tomatoes
30g	tomato purée
200g	frozen peas
150g	frozen leaf spinach
15g	fresh coriander
15ml	rapeseed oil
1 cube	beef stock cube
200ml	water, to make up the stock

FOR THE PASTE

4 cloves (20g)	garlic
25g	fresh ginger
2 (15g)	green chillies
21g	garam masala, cumin, coriander, turmeric, chilli powder

or 4 tbsp (about 60g) medium curry or keema paste

Method

- 1 Heat the oil in a large, deep pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up, until no pink remains. Spoon off any excess fat.
- 2 Lower the heat to medium, add the onions and carrot and cook for 8 minutes until soft.
- 3 Add the garlic, ginger and chillies for 1 minute, then the spices and purée for 1 minute more.
- 4 Add the tomatoes and stock. Simmer, uncovered, for 20 minutes, stirring now and then, until thick.
- 5 Add the peas and spinach from frozen for 5 minutes. Season with about ½ tsp salt, stir in the coriander, then cool and freeze in 70g blocks.

Hotter: add 2 more green chillies and ½ tsp hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	59	5.9g	4.5g	2.0g	1.5g	0.24g
Per 3-block meal	177	17.7g	13.5g	6.0g	4.5g	0.72g

estimated

Serve it

Basmati rice and raita

Wrapped in a warm chapati

Over a jacket potato

Cook's notes

- A squeeze of lemon and a spoon of yoghurt at serving lift it.
- Lamb mince makes a richer, more traditional keema.
- Use it to fill wraps, or puff pastry for quick samosas.



NO. 47 · PORK, BEEF & LAMB DF

Cottage Pie Mince

Beef mince in a rich, savoury gravy with carrot, celery, thyme and a few lentils. Top it with mash for a quick cottage pie.

*makes 20 blocks,
about 37p each*

TIME
about 1 hr

MAKES
20 blocks

COST PER BLOCK
37p

CALORIES PER BLOCK
70 kcal

SPICE
🌶️🌱🌱🌱🌱

You'll need

500g	beef mince (10% fat)
2 (250g)	onions, finely chopped
200g	carrots, small dice
100g (2 sticks)	celery, finely diced
1 tin (240g drained)	green lentils, rinsed
100g	frozen peas
30g	tomato purée
3 cloves (15g)	garlic
15ml	Worcestershire sauce
15g	plain flour
2g	dried thyme
2 leaves	bay
10ml	rapeseed oil
2 cubes	beef stock cube
500ml	water, to make up the stock

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up, until well browned.
- 2 Lower the heat to medium, add the onions, carrots and celery and cook for 10 minutes until soft. Add the garlic and purée for 1 minute, then the flour for 1 minute.
- 3 Gradually stir in the stock, then add the Worcestershire, thyme and bay. Simmer, partly covered, for 30 minutes, stirring now and then.
- 4 Add the lentils and peas and simmer, uncovered, for 10 minutes until the gravy is thick and glossy. Remove the bay leaves and season to taste.
- 5 Cool and freeze in 70g blocks.

Hotter: add ½ tsp cayenne or a spoon of English mustard to the gravy.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	70	7.1g	6.5g	1.9g	1.9g	0.51g
Per 3-block meal	210	21.3g	19.5g	5.7g	5.7g	1.53g

Serve it

*Under mash as a cottage pie
Over a jacket potato with cheese
With buttered greens*

Cook's notes

- For a pie, defrost 6 to 8 blocks in a dish, top with mash and bake at 200°C for 25 to 30 minutes until piping hot and golden.
- The lentils make the mince go further; use more mince instead if you prefer.
- A splash of red wine with the stock deepens the gravy.

NO. 48 · PORK, BEEF & LAMB GF DF

Beef Kofta Mince

Beef mince with cumin, cinnamon, allspice, tomato and chickpeas: all the flavour of kofta with none of the shaping.

*makes 19 blocks,
about 39p each*



TIME
about 45 min

MAKES
19 blocks

COST PER BLOCK
39p

CALORIES PER BLOCK
71 kcal

SPICE

You'll need

500g	beef mince (10% fat)
2 (300g)	onions, finely chopped
1 tin (240g drained)	chickpeas
1 × 400g tin	chopped tomatoes
30g	tomato purée
4 cloves (20g)	garlic
12g	cumin, coriander, cinnamon, allspice, paprika
1g	chilli flakes
15g	fresh parsley and mint
10ml	rapeseed oil
1 cube	beef stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up. Spoon off any excess fat.
- 2 Lower the heat to medium and soften the onions for 8 minutes. Add the garlic, spices and purée for 1 minute.
- 3 Add the tomatoes and stock and simmer, uncovered, for 15 minutes.
- 4 Add the chickpeas, lightly crushing a few, and simmer for 10 minutes until thick.
- 5 Stir in the herbs, season, cool and freeze in 70g blocks.

Hotter: add 1 tsp Aleppo pepper or a spoon of harissa.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	71	7.1g	5.2g	2.3g	1.5g	0.33g
Per 3-block meal	213	21.3g	15.6g	6.9g	4.5g	0.99g

estimated

Serve it

Warm flatbreads with yoghurt and cucumber
Couscous with pomegranate
Stuffed into pittas with salad

Cook's notes

- Lamb mince makes it more traditional.
- Add the herbs fresh at serving for the brightest flavour.
- A spoon of tahini yoghurt on top is lovely.



NO. 49 · PORK, BEEF & LAMB GF DF

Beef Taco Mince

Classic taco-night beef mince with peppers, black beans, cumin and smoked paprika.

*makes 18 blocks,
about 42p each*

TIME
about 40 min

MAKES
18 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
72 kcal

SPICE

You'll need

500g	beef mince (10% fat)
1 tin (240g drained)	black beans
1 (160g)	red pepper, diced
1 (150g)	onion, finely chopped
150g	carrot, grated
200g	passata
30g	tomato purée
3 cloves (15g)	garlic
14g	cumin, smoked paprika, oregano, garlic powder, chilli powder
10ml	rapeseed oil
1 cube	beef stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up finely. Spoon off any excess fat.
- 2 Add the onion, pepper and carrot and cook for 6 minutes. Add the garlic, spices and purée for 1 minute.
- 3 Add the passata and stock and simmer, uncovered, for 10 minutes.
- 4 Add the black beans and simmer for 5 minutes until thick enough to sit in a taco shell.
- 5 Season, cool and freeze in 70g blocks.

Hotter: *add a chopped chipotle in adobo or pickled jalapeños.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	72	7.5g	5.4g	2.2g	1.9g	0.34g
Per 3-block meal	216	22.5g	16.2g	6.6g	5.7g	1.02g

estimated

Serve it

Taco shells with lettuce, cheese and salsa

Nachos

A burrito bowl with rice

Cook's notes

- The carrot disappears into the sauce and stretches the mince.
- For crispy tacos, keep the mince on the dry side.
- Turkey mince works too.

Korean Bulgogi Beef Mince

Sweet-savoury beef mince with soy, garlic, ginger, grated pear and sesame, with carrot and spring onions.

*makes 17 blocks,
about 46p each*



TIME
about 30 min

MAKES
17 blocks

COST PER BLOCK
46p

CALORIES PER BLOCK
78 kcal

SPICE

You'll need

500g	beef mince (10% fat)
250g	carrots, matchsticks
1 (150g)	onion, sliced
1 (150g)	ripe pear, grated
200g	green beans, 2cm lengths
4 cloves (20g)	garlic
20g	fresh ginger
45ml	soy sauce
15g	light brown sugar
15g (1 tbsp)	gochujang
15ml	sesame oil
4 (60g)	spring onions, sliced
10ml	rapeseed oil
100ml	water

Method

- 1 Heat the oil in a large pan or wok over a high heat and fry the mince for 8 minutes until browned and crisp in places.
- 2 Add the onion, carrots and green beans and stir-fry for 4 minutes. Add the garlic and ginger for 1 minute.
- 3 Mix the soy, sugar, gochujang, pear and water and pour in. Simmer for 5 minutes until glossy and most of the liquid has gone.
- 4 Off the heat, stir in the sesame oil and spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: double the gochujang and add 1 tsp gochugaru.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	78	7.1g	6.6g	3.0g	1.4g	0.54g
Per 3-block meal	234	21.3g	19.8g	9.0g	4.2g	1.62g

estimated

Serve it

Rice with a fried egg and kimchi

Lettuce wraps

Noodles with cucumber

Cook's notes

- The pear tenderises the meat and adds sweetness; a grated apple works too.
- Sprinkle sesame seeds over at serving.
- Leave out the gochujang for a spice-1 version for children.



NO. 51 · PORK, BEEF & LAMB GF DF

Chinese Black Bean Beef

Beef mince with peppers and onion in a savoury black bean, ginger and garlic sauce.

*makes 16 blocks,
about 52p each*

TIME
about 30 min

MAKES
16 blocks

COST PER BLOCK
52p

CALORIES PER BLOCK
70 kcal

SPICE

You'll need

500g	beef mince (10% fat)
2 (320g)	green and red peppers, diced
1 (150g)	onion, diced
200g	broccoli, small florets
80g	black bean sauce
4 cloves (20g)	garlic
20g	fresh ginger
15ml	soy sauce
15ml	oyster sauce
10g	cornflour
1 (10g)	red chilli
10ml	rapeseed oil
150ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and fry the mince for 8 minutes until well browned.
- 2 Add the onion, peppers and broccoli and stir-fry for 4 minutes. Add the garlic, ginger and chilli for 1 minute.
- 3 Mix the black bean sauce, soy, oyster sauce, cornflour and water and pour in.
- 4 Simmer for 3 minutes until thick and glossy.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add 2 dried red chillies or a spoon of chilli crisp.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	70	7.6g	5.2g	2.4g	1.1g	0.19g
Per 3-block meal	210	22.8g	15.6g	7.2g	3.3g	0.57g

estimated

Serve it

Egg-fried rice

Noodles

Steamed rice and pak choi

Cook's notes

- Keep the veg crisp; they soften on reheating.
- Jars of black bean sauce vary in saltiness, so taste before adding more soy.
- Pork mince works well too.

Beef Picadillo

A Cuban-style mince with tomato, green olives, raisins, cumin and a little potato: sweet, salty and savoury.

*makes 20 blocks,
about 41p each*



TIME
about 45 min

MAKES
20 blocks

COST PER BLOCK
41p

CALORIES PER BLOCK
68 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️ 🌶️

You'll need

500g	beef mince (10% fat)
250g	potato, 1cm dice
1 (150g)	onion, finely chopped
1 (160g)	green pepper, diced
1 × 400g tin	chopped tomatoes
50g	pitted green olives, sliced
40g	raisins
20g	capers
3 cloves (15g)	garlic
6g	cumin, oregano, cinnamon
15ml	red wine vinegar
10ml	rapeseed oil
1 cube	beef stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up.
- 2 Lower the heat to medium, add the onion and pepper and cook for 6 minutes. Add the garlic and spices for 1 minute.
- 3 Add the tomatoes, stock, vinegar and potato. Cover and simmer for 15 minutes until the potato is tender.
- 4 Add the olives, raisins and capers and simmer uncovered for 5 minutes until thick.
- 5 Taste, season carefully (the olives are salty), cool and freeze.

Hotter: add a chopped jalapeño with the pepper.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	68	6.1g	6.2g	2.3g	1.0g	0.43g
Per 3-block meal	204	18.3g	18.6g	6.9g	3.0g	1.29g

estimated

Serve it

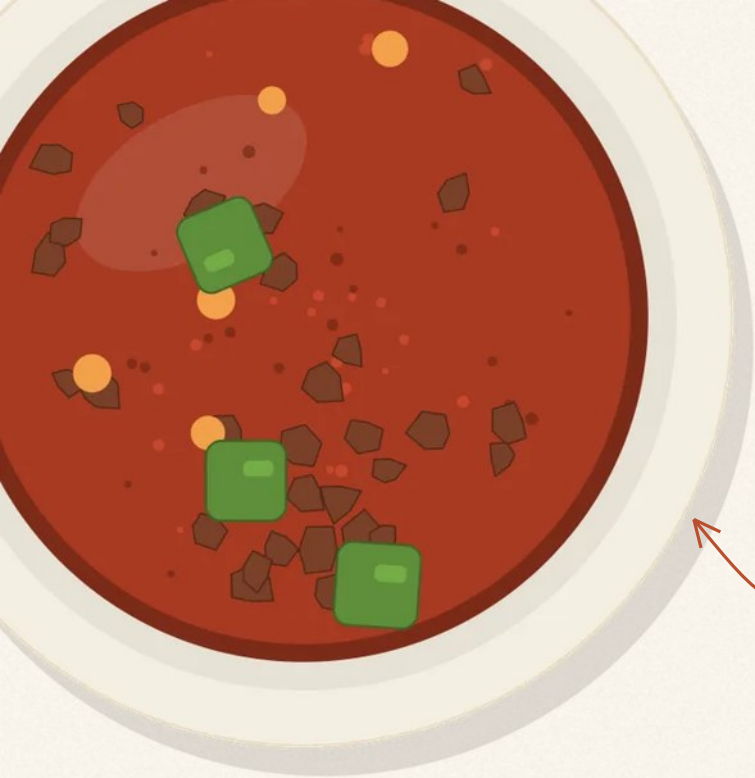
Rice and black beans

Stuffed into peppers or empanadas

With fried plantain

Cook's notes

- Keep the potato small so it portions evenly into blocks.
- Leave out the raisins if you prefer it savoury.
- Turkey mince works too.



NO. 53 · PORK, BEEF & LAMB DF

Sloppy Joe Mince

Tangy, smoky beef mince in a sweet tomato sauce for soft buns or jacket potatoes.

*makes 16 blocks,
about 42p each*

TIME
about 35 min

MAKES
16 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
68 kcal

SPICE
    

You'll need

500g	beef mince (10% fat)
1 (150g)	onion, finely chopped
1 (160g)	green pepper, finely diced
150g	carrot, grated
200g	passata
60g	tomato ketchup
30g	tomato purée
15ml	Worcestershire sauce
10g (2 tsp)	American mustard
10g	light brown sugar
3g	smoked paprika
2 cloves (10g)	garlic
10ml	rapeseed oil
100ml	water

Method

- 1 Heat the oil in a large pan over a medium-high heat and brown the mince for 8–10 minutes, breaking it up finely.
- 2 Add the onion, pepper and carrot and cook for 6 minutes. Add the garlic and smoked paprika for 1 minute.
- 3 Add the passata, ketchup, purée, Worcestershire, mustard, sugar and water.
- 4 Simmer, uncovered, for 15 minutes until thick enough to pile on a bun.
- 5 Taste for sweet and tangy balance, season, cool and freeze.

Hotter: add a few dashes of hot sauce and ½ tsp cayenne.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	68	7.2g	5.1g	2.3g	0.9g	0.08g
Per 3-block meal	204	21.6g	15.3g	6.9g	2.7g	0.24g

estimated

Serve it

Soft buns with cheese and pickles

Over a jacket potato

With chips and coleslaw

Cook's notes

- The carrot sweetens it and stretches the mince.
- A dash of hot sauce turns it into a grown-up version.
- Turkey mince works too.

Thai Basil Beef

Pad krapow: fiery beef mince with garlic, bird's eye chillies, soy, oyster sauce and lots of basil.

*makes 17 blocks,
about 51p each*



TIME
about 25 min

MAKES
17 blocks

COST PER BLOCK
51p

CALORIES PER BLOCK
67 kcal

SPICE
🌶️🌶️🌶️🌶️

You'll need

500g	beef mince (10% fat)
250g	green beans, 2cm lengths
2 (320g)	red peppers, diced
1 (150g)	onion, sliced
6 cloves (30g)	garlic
6 (12g)	bird's eye chillies
30ml	soy sauce
30ml	oyster sauce
15ml	fish sauce
10g	sugar
30g	Thai or regular basil
15ml	rapeseed oil
100ml	water

Method

- 1 Pound or finely chop the garlic and chillies together.
- 2 Heat the oil in a wok or large pan over a high heat and fry the garlic and chillies for 30 seconds.
- 3 Add the mince and fry hard for 8 minutes, breaking it up, until browned and crisp in places.
- 4 Add the onion, peppers and green beans for 4 minutes, then the soy, oyster sauce, fish sauce, sugar and water. Bubble for 2 minutes.
- 5 Off the heat, stir in the basil until wilted. Cool quickly and freeze in 70g blocks.

Milder: use two chillies, deseeded.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	67	7.1g	4.9g	2.4g	1.1g	0.56g
Per 3-block meal	201	21.3g	14.7g	7.2g	3.3g	1.68g

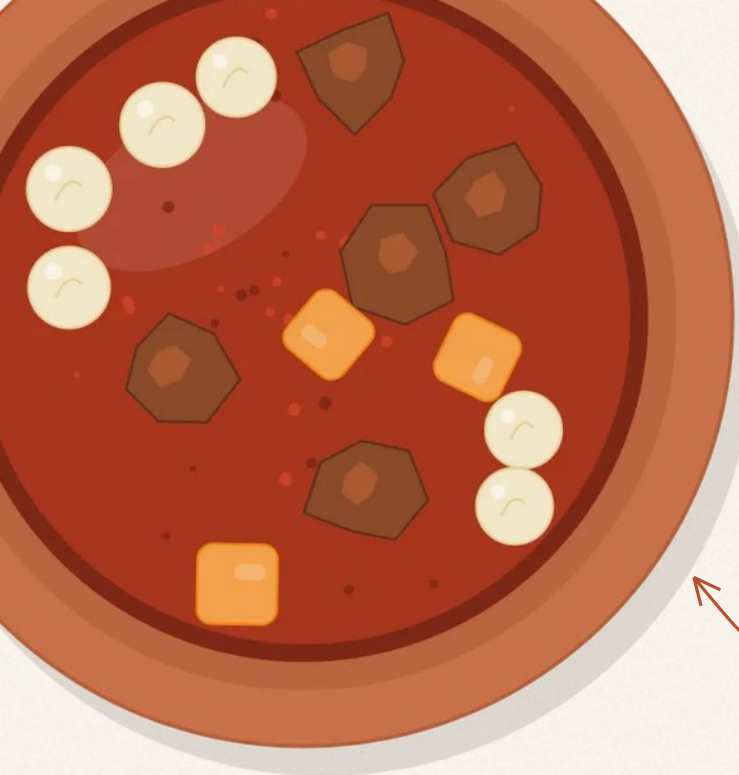
estimated

Serve it

*Jasmine rice with a crispy fried egg
Noodles
Lettuce cups*

Cook's notes

- For a 3, use two chillies and remove the seeds.
- Thai holy basil is traditional; ordinary basil still works.
- Pork or chicken mince are common swaps.



NO. 55 · PORK, BEEF & LAMB DF

Spicy Sausage & Bean Casserole

Pork sausages, smoked paprika, peppers and two kinds of beans in a rich tomato sauce. A family midweek classic.

*makes 27 blocks,
about 27p each*

TIME
about 50 min

MAKES
27 blocks

COST PER BLOCK
27p

CALORIES PER BLOCK
79 kcal

SPICE

You'll need

8 (450g)	pork sausages, each cut into 4
1 tin (240g drained)	cannellini beans
1 tin (240g drained)	butter beans
2 × 400g tins	chopped tomatoes
1 (150g)	onion, chopped
1 (160g)	red pepper, diced
150g	carrot, diced
3 cloves (15g)	garlic
8g	smoked paprika
2g	chilli flakes
2g	dried thyme
15ml	Worcestershire sauce
10ml	rapeseed oil
1 cube	chicken stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large casserole over a medium-high heat and brown the sausage pieces all over. (8 min)
- 2 Lower the heat to medium, add the onion, pepper and carrot and cook for 8 minutes. Add the garlic, paprika, chilli and thyme for 1 minute.
- 3 Add the tomatoes, stock and Worcestershire. Simmer, uncovered, for 20 minutes, stirring now and then.
- 4 Add both beans and simmer for 10 minutes until thick.
- 5 Season, cool and freeze in 70g blocks.

Hotter: use hot smoked paprika and double the chilli flakes.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	79	4.1g	6.9g	3.6g	1.9g	0.54g
Per 3-block meal	237	12.3g	20.7g	10.8g	5.7g	1.62g

estimated

Serve it

Mash or a jacket potato

Crusty bread

Rice

Cook's notes

- Cut the sausages small so each block gets a fair share.
- Chorizo instead of half the sausages makes it smokier.
- Vegetarian sausages work; add them in step 4 so they don't break up.

Cheeseburger Mince

All the flavours of a cheeseburger, ketchup, mustard, gherkins and onion, in a savoury beef mince. For tacos, wraps and fries.

*makes 13 blocks,
about 51p each*



TIME
about 35 min

MAKES
13 blocks

COST PER BLOCK
51p

CALORIES PER BLOCK
79 kcal

SPICE

You'll need

500g	beef mince (10% fat)
2 (250g)	onions, finely chopped
150g	carrot, grated
60g	gherkins, finely chopped
60g	tomato ketchup
30g	tomato purée
15g (1 tbsp)	American mustard
10ml	Worcestershire sauce
4g	smoked paprika, garlic powder
10ml	rapeseed oil
1 cube	beef stock cube
200ml	water, to make up the stock

Method

- 1 Heat the oil in a large pan over a high heat and brown the mince for 8–10 minutes, breaking it up, until crisp in places. Spoon off any excess fat.
- 2 Lower the heat to medium, add the onions and carrot and cook for 8 minutes until soft and sweet. Add the paprika and garlic powder for 1 minute.
- 3 Add the purée, ketchup, mustard, Worcestershire and stock and simmer, uncovered, for 10 minutes until thick.
- 4 Stir in the gherkins and season.
- 5 Cool and freeze in 70g blocks.

Hotter: add pickled jalapeños and a dash of hot sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	79	8.7g	4.9g	2.9g	0.9g	0.43g
Per 3-block meal	237	26.1g	14.7g	8.7g	2.7g	1.29g

estimated

Serve it

Smash-burger tacos with lettuce, cheese and burger sauce

Loaded fries with melted cheese

In a toasted bun or wrap

Cook's notes

- Melt a slice of cheese over each portion at serving for the full cheeseburger.
- The carrot sweetens it and stretches the mince.
- Kids love it; leave the gherkins on the side if they're not fans.

TWENTY-SIX RECIPES

Plant-based

*the cheapest blocks
in the book*



NO. 57 · PLANT-BASED VG GF DF

Curried Chickpeas

Tomato-and-spinach chickpea curry with a touch of coconut and broccoli.

*makes 17 blocks,
about 14p each* →



TIME
about 45 min

MAKES
17 blocks

COST PER BLOCK
14p

CALORIES PER BLOCK
60 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

400g (1 tin)	chopped tomatoes
360g (1½ tins)	chickpeas, drained
170g (2 small)	onion, diced
170g	frozen leaf spinach
120ml	coconut milk
85g	frozen broccoli florets, chopped small
12g (3 cloves)	garlic, crushed
10g	ginger, grated
20g (1 tbsp)	mango chutney
8g	garam masala 2 tsp, cumin 1 tsp, ground coriander ½ tsp, chilli powder ½ tsp
2g	turmeric
2g	smoked paprika
8ml	soy sauce
10ml	rapeseed oil
60ml	water

Method

- 1 Heat the oil in a large saucepan over a medium heat. Add the onion with a pinch of salt and soften for 8 minutes, stirring now and then.
- 2 Add the garlic and ginger for 1 minute, then all the dried spices for 30 seconds, stirring so they don't catch.
- 3 Add the tomatoes, coconut milk, water, soy and chutney. Bring to a simmer and cook, uncovered, for 10 minutes.
- 4 Add the chickpeas and broccoli and simmer for 8 minutes, lightly crushing a few chickpeas against the side of the pan to thicken.
- 5 Stir in the spinach from frozen and cook for 4 minutes until the sauce is thick enough to hold a trail from a spoon. Taste and season.
- 6 Cool, portion into 70g blocks and freeze.

Hotter: add 2 green chillies with the garlic and double the chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	60	2.6g	6.0g	2.5g	2.3g	0.17g
Per 3-block meal	180	7.8g	18.0g	7.5g	6.9g	0.51g

estimated

Serve it

Basmati rice and yoghurt

In a warm naan or wrap with pickled onions

Over a jacket potato

Cook's notes

- The Creamy Coconut Curry also uses 1½ tins of chickpeas, so making both uses exactly 3 tins.
- Fresh baby spinach works; use about 200g, added at the very end.



NO. 58 · PLANT-BASED

VG

GF

DF

Miso Beans

Coconut butter bean and cannellini stew with spinach, lime and a little white miso.

*makes 17 blocks,
about 21p each*

TIME
about 35 min

MAKES
17 blocks

COST PER BLOCK
21p

CALORIES PER BLOCK
79 kcal

SPICE
🌶️🌶️🌶️🌶️

You'll need

400ml (1 tin)	coconut milk
1 tin (240g drained)	butter beans, drained
1 tin (240g drained)	cannellini beans, drained
180g (1 large)	onion, finely chopped
160g	frozen leaf spinach
15g	garlic
12g	ginger
30ml (1 lime)	lime juice
26g (1½ tbsp)	white miso
15g	fresh coriander, chopped
4	lime leaves
2g	turmeric
10ml	rapeseed oil

Method

- 1 Heat the oil in a large saucepan over a medium-low heat. Add the onion with a pinch of salt and cook gently for 8–10 minutes until soft and sweet but not browned.
- 2 Add the garlic, ginger and turmeric and stir for 1 minute.
- 3 Pour in the coconut milk, add the lime leaves and both tins of drained beans, and simmer gently, uncovered, for 10 minutes.
- 4 Stir in the spinach and cook for 4 minutes until wilted.
- 5 Off the heat, whisk the miso into a ladle of the sauce and stir it back in; boiling dulls its flavour. Add the lime juice and coriander and remove the lime leaves.
- 6 Cool, portion into 70g blocks and freeze.

Hotter: add a sliced red chilli with the ginger, or chilli crisp to serve.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	79	2.7g	5.5g	4.7g	4.0g	0.27g
Per 3-block meal	237	8.1g	16.5g	14.1g	12.0g	0.81g

Serve it

Jasmine or brown rice with chilli oil

On a baked sweet potato

Thinned with stock as a quick bean soup

Cook's notes

- Light coconut milk (same price at Tesco) cuts about 25 kcal a block.
- No lime leaves? Use the lime's zest.

NO. 59 · PLANT-BASED **VG GF DF**

Golden Turmeric Dal

Coconut dal of red lentils and split peas with sweet potato and carrot.

*makes 17 blocks,
about 11p each*



TIME
about 1 hr 10 min

MAKES
17 blocks

COST PER BLOCK
11p

CALORIES PER BLOCK
72 kcal

SPICE

You'll need

65g	yellow split peas (dry), rinsed
65g	red split lentils (dry), rinsed
250ml	coconut milk
160g (1 medium)	sweet potato, 1cm dice
140g	onion
90g	carrot
30g	tomato purée
12g	garlic
12g	ginger
6g (2 tsp)	veg bouillon powder
6g	turmeric
3g	garam masala
1g	cinnamon + chilli flakes
2	bay leaves
12ml	rapeseed oil
600ml	water

Method

- 1 Put the rinsed split peas, the water and the bay leaves in a large pan. Bring to the boil, skim off any foam, then simmer, partly covered, for 25 minutes.
- 2 Meanwhile heat the oil in a frying pan over a medium heat and soften the onion and carrot for 8 minutes. Add the garlic, ginger, spices and purée and stir for 2 minutes.
- 3 Tip the onion mixture into the split peas with the red lentils, sweet potato and bouillon. Simmer for 20 minutes, stirring often so it doesn't stick, until everything is soft.
- 4 Stir in the coconut milk and simmer for 5 minutes, mashing a little for creaminess. Add a splash of water if it's thicker than porridge. Taste and season.
- 5 Remove the bay leaves, cool, portion into 70g blocks and freeze.

Hotter: finish with chilli flakes sizzled in a little hot oil.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	72	2.3g	7.5g	3.3g	2.0g	0.18g
Per 3-block meal	216	6.9g	22.5g	9.9g	6.0g	0.54g

estimated

Serve it

Rice and a squeeze of lemon
Flatbread and cucumber salad
Topped with a crispy fried egg

Cook's notes

- Soaking the split peas for 2 hours cuts their cooking time to about 15 min.
- Butternut squash can replace the sweet potato.



NO. 60 · PLANT-BASED VG GF DF

Black Dal

Rich coconut dal of beluga lentils and butternut squash.

*makes 17 blocks,
about 12p each*

TIME
about 1 hr 5 min

MAKES
17 blocks

COST PER BLOCK
12p

CALORIES PER BLOCK
71 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

100g	black beluga lentils (dry), rinsed
300ml	coconut milk
175g (~¼ squash)	butternut squash, 1cm dice
150g	onion, chopped
40g	tomato purée
15g	garlic
12g	ginger
6g	veg bouillon powder
6g (2 tsp)	garam masala
20ml	rapeseed oil
400ml	water

Method

- 1 Boil the rinsed lentils in a large pan of unsalted water for 20 minutes until just tender, then drain.
- 2 Meanwhile heat the oil in a large saucepan over a medium heat and fry the onion for 10 minutes until golden. Add the garlic, ginger, garam masala and purée and stir for 2 minutes.
- 3 Add the squash, bouillon and 400ml water. Simmer, uncovered, for 12 minutes until the squash is soft.
- 4 Add the lentils and coconut milk and simmer for 10 minutes, mashing some of the squash into the sauce. Taste and season.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: fry 2 green chillies with the onion.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	71	2.1g	5.6g	4.3g	1.5g	0.18g
Per 3-block meal	213	6.3g	16.8g	12.9g	4.5g	0.54g

Serve it

Basmati rice and pickle
Warm chapati and sliced red onion
Under roasted cauliflower

Cook's notes

- Whole urad (black gram) from world-food aisles is cheaper and more authentic; soak overnight and cook about 1 hour.
- A knob of butter at the end gives a dal makhani feel.

NO. 61 • PLANT-BASED VG GF DF

Chana Dal

Low-fat yellow split pea dal with lots of garlic and ginger.

*makes 17 blocks,
about 11p each*



TIME
about 1 hr 15 min

MAKES
17 blocks

COST PER BLOCK
11p

CALORIES PER BLOCK
69 kcal

SPICE

You'll need

300g	yellow split peas (dry), rinsed
150g	onion, chopped
30g	tomato purée
35g (8–9 cloves)	garlic, crushed
25g	ginger, grated
8g (1 tbsp)	veg bouillon powder
4g	ground cumin
3g	turmeric
1g	chilli flakes + pinch asafoetida
10g	fresh coriander
8ml	rapeseed oil
1.1L	water

Method

- 1 Put the rinsed split peas in a large pan with the water, turmeric and bouillon. Bring to the boil, skim off the foam, then simmer, partly covered, for 40–45 minutes, stirring now and then, until soft and breaking down.
- 2 Meanwhile heat the oil in a frying pan over a medium heat and fry the onion for 8 minutes until golden. Add the cumin, asafoetida, garlic, ginger, chilli and purée and stir for 2 minutes.
- 3 Stir the onion mixture into the dal and simmer for 10 minutes. Whisk to a thick, porridge-like texture, adding a splash of water if needed.
- 4 Stir through the coriander and season with salt.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: double the chilli flakes and add a green chilli.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	69	4.1g	10.1g	0.8g	3.2g	0.24g
Per 3-block meal	207	12.3g	30.3g	2.4g	9.6g	0.72g

estimated

Serve it

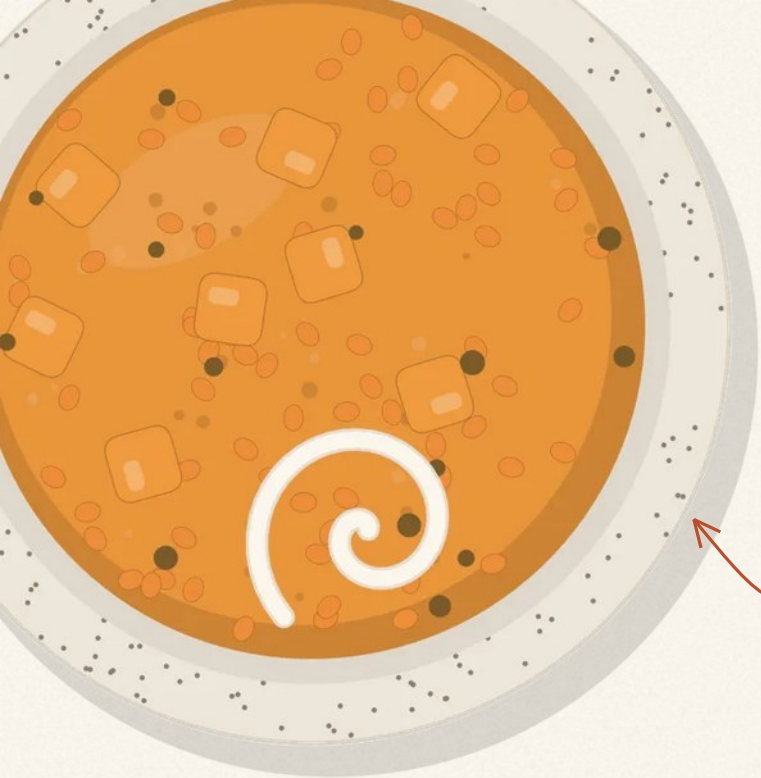
Rice and lime pickle

Thinned as a soup with crusty bread

Roti and a tomato-onion salad

Cook's notes

- True chana dal (split Bengal gram) from the world-food aisle is a like-for-like swap; soak 1 hour first.
- Check the bouillon label if you need it gluten-free; not all are.



NO. 62 · PLANT-BASED VG GF DF

Butternut Dal

Mild, kid-friendly red lentil and butternut dal with tomato, low in salt.

*makes 17 blocks,
about 10p each*

TIME
about 45 min

MAKES
17 blocks

COST PER BLOCK
10p

CALORIES PER BLOCK
51 kcal

SPICE

You'll need

160g	red split lentils (dry), rinsed
1 tin (400g)	chopped tomatoes
175g	butternut squash, small dice
120g	onion, finely diced
12g	garlic
10g	ginger
3g	ground cumin
3g	ground coriander
2g	turmeric
2g	smoked paprika
10ml	rapeseed oil
pinch	loSalt
450ml	water

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion for 8 minutes. Add the garlic, ginger and spices and stir for 1 minute.
- 2 Add the squash, rinsed lentils, tomatoes and water and bring to the boil.
- 3 Reduce to a simmer and cook, uncovered, for 20–25 minutes, stirring often, until the lentils have collapsed and the squash is tender.
- 4 Mash or partly blitz with a stick blender for a smoother texture for small children. Season lightly with the loSalt.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add a green chilli or ½ tsp chilli powder with the spices.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	51	2.8g	7.1g	0.8g	1.9g	0.02g
Per 3-block meal	153	8.4g	21.3g	2.4g	5.7g	0.06g

estimated

Serve it

Rice or mini naan for kids

Stirred into pasta shells with cheese

Topped with yoghurt and toasted seeds for adults

Cook's notes

- Frozen butternut chunks (Tesco 500g £1.55) save the peeling.
- Blitz it fully as a pasta sauce for fussy eaters.

NO. 63 · PLANT-BASED VG GF DF

Lentil Bolognese

Kid-friendly tomato and red lentil bolognese with hidden spinach and carrot.

*makes 19 blocks,
about 9p each*



TIME
about 50 min

MAKES
19 blocks

COST PER BLOCK
9p

CALORIES PER BLOCK
44 kcal

SPICE

You'll need

600g (1½ tins)	chopped tomatoes
130g	red split lentils (dry), rinsed
140g	onion, finely diced
150g	frozen leaf spinach, chopped
100g	carrot, finely grated
40g	tomato purée
12g (3 cloves)	garlic
3g	smoked paprika
2g	dried basil (plus fresh to finish)
10ml	rapeseed oil
pinch	salt
350ml	water

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion and carrot for 8 minutes.
- 2 Add the garlic, paprika and purée and stir for 2 minutes.
- 3 Add the rinsed lentils, tomatoes, water and dried basil. Simmer, partly covered, for 25 minutes, stirring often, until the lentils are soft and saucy.
- 4 Stir in the spinach and cook for 5 minutes. Blitz briefly with a stick blender if you want the veg hidden. Season with the salt and taste.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add ½ tsp chilli flakes with the garlic.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	44	2.5g	5.9g	0.8g	1.8g	0.04g
Per 3-block meal	132	7.5g	17.7g	2.4g	5.4g	0.12g

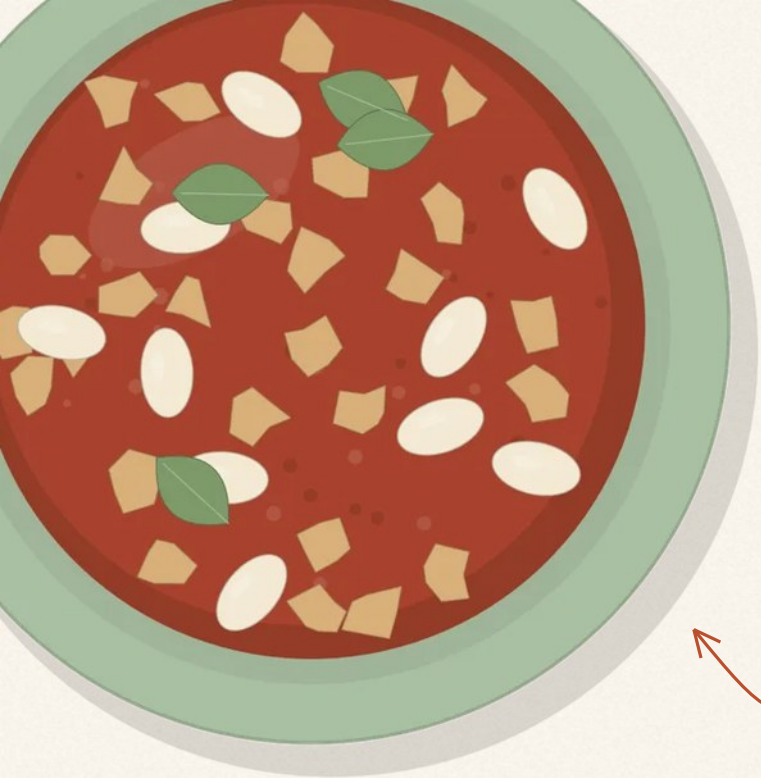
estimated

Serve it

Spaghetti with cheese or nutritional yeast
A quick lasagne
A jacket potato

Cook's notes

- The Tempeh & Bean Ragu also uses 1½ tins of tomatoes, so the two together use exactly 3 tins.
- Tinned green or brown lentils (Tesco 390g £0.45) work too; cut the water to 100ml.



NO. 64 · PLANT-BASED **VG GF DF**

Tempeh & Bean Ragu

Italian-style tempeh and cannellini ragu with fennel, sage and balsamic.

*makes 19 blocks,
about 20p each*

TIME
about 1 hr

MAKES
19 blocks

COST PER BLOCK
20p

CALORIES PER BLOCK
50 kcal

SPICE
🌶️🌱🌱🌱🌱

You'll need

600g (1½ tins)	chopped tomatoes
200g (1 pack)	tempeh, crumbled
160g	onion, finely diced
180g (¾ tin)	cannellini, drained
120g	carrot
100g	celery, finely diced
15g (4 cloves)	garlic
4g	paprika
3g	fennel seeds
1g	dried sage
15ml	balsamic vinegar
1 tsp	sugar
5g	veg bouillon powder
10ml	rapeseed oil
50ml	water

Method

- 1 Crumble the tempeh into 5mm pieces. Heat the oil in a large, wide pan over a medium-high heat and fry the tempeh for 6–8 minutes until golden; lift out.
- 2 Lower the heat to medium and soften the onion, carrot and celery in the same pan for 10 minutes.
- 3 Add the garlic, fennel seeds, paprika and sage for 1 minute, then add the balsamic and scrape up the bits on the bottom of the pan.
- 4 Add the tomatoes, water, bouillon, sugar, tempeh and cannellini. Simmer, uncovered, for 25–30 minutes until thick. Taste and season.
- 5 Cool, portion into 67g blocks and freeze.

Hotter: add ½ tsp chilli flakes or a spoon of Calabrian chilli paste.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	50	3.5g	4.7g	1.7g	2.0g	0.18g
Per 3-block meal	150	10.5g	14.1g	5.1g	6.0g	0.54g

Serve it

Rigatoni or pappardelle

Soft polenta

Toasted sourdough with rocket

Cook's notes

- Steam the tempeh for 10 min before frying to soften any bitterness.
- Biona tempeh 400g (£2.80 at Asda) halves the tempeh cost.

NO. 65 · PLANT-BASED

VG GF DF

Smoky Tempeh & Butter Beans

Smoky, chorizo-style tempeh and butter bean stew with spinach and olives.

*makes 16 blocks,
about 25p each*



TIME
about 45 min

MAKES
16 blocks

COST PER BLOCK
25p

CALORIES PER BLOCK
52 kcal

SPICE

You'll need

600g (1½ tins)	chopped tomatoes
165g (¾ pack)	smoky tempeh, crumbled
160g	onion, diced
150g (½ tin)	butter beans, drained
115g	frozen leaf spinach
40g	Kalamata olives, chopped
15g (4 cloves)	garlic
15ml	red wine vinegar
10ml	soy sauce
15ml	lemon juice
8g (1 tbsp)	smoked paprika
2g	chilli flakes + dried oregano
1 tsp	sugar
5ml	rapeseed oil

Method

- 1 Heat the oil in a large frying pan over a medium-high heat and fry the crumbled tempeh for 6 minutes until crisp at the edges. Add the smoked paprika and chilli for 30 seconds, then tip it out.
- 2 Lower the heat to medium and soften the onion in the same pan for 8 minutes. Add the garlic and oregano for 1 minute, then splash in the vinegar.
- 3 Add the tomatoes, soy, sugar and butter beans and simmer, uncovered, for 15 minutes.
- 4 Return the tempeh and add the spinach and olives; cook for 5 minutes. Finish with the lemon juice, then taste and season.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: double the chilli flakes or use hot smoked paprika.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	52	3.3g	4.6g	2.0g	1.9g	0.23g
Per 3-block meal	156	9.9g	13.8g	6.0g	5.7g	0.69g

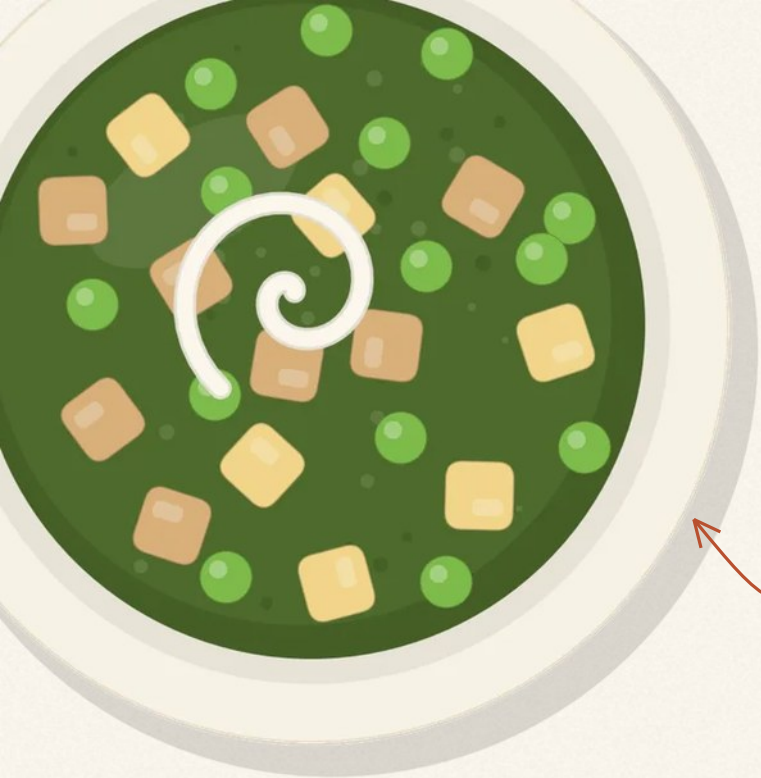
estimated

Serve it

*Crusty bread and a fried egg
Stirred through orzo or rice
Tacos with avocado*

Cook's notes

- The smoked tempeh stands in for liquid smoke; with plain tempeh add ½ tsp extra smoked paprika.
- Freeze leftover tempeh and beans for the next batch.



NO. 66 · PLANT-BASED

VG

GF

DF

Saag Tempeh

Creamy coconut spinach curry with tempeh, peas and potato.

*makes 17 blocks,
about 21p each*

TIME
about 45 min

MAKES
17 blocks

COST PER BLOCK
21p

CALORIES PER BLOCK
72 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

300ml	coconut milk
300g	frozen leaf spinach
135g (½ pack)	tempeh, 1cm cubes
150g	onion, diced
150g (½ tin)	chopped tomatoes
120g	frozen peas
120g	potato, 1cm dice
12g	garlic
12g	ginger
10g	fresh coriander
6g	garam masala
2g	paprika
2g	turmeric
½ tsp	sugar
10ml	rapeseed oil

Method

- 1 Boil the potato in salted water for 6 minutes until just tender, then drain. Heat half the oil in a large pan over a medium-high heat and fry the tempeh for 6 minutes until golden; lift out.
- 2 Lower the heat to medium, add the rest of the oil and soften the onion for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 3 Add the tomatoes for 3 minutes, then the spinach and coconut milk. Simmer for 8 minutes, then blitz roughly with a stick blender for a saag texture.
- 4 Fold in the potato, peas, tempeh and sugar and simmer for 5 minutes. Stir in the coriander, then taste and season.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add 2 green chillies with the garlic.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	72	3.2g	4.4g	4.4g	1.8g	0.00g
Per 3-block meal	216	9.6g	13.2g	13.2g	5.4g	0.00g

Serve it

Rice and naan

With roast potatoes as a saag aloo-style side

Wrapped in a chapati

Cook's notes

- Firm tofu (Tesco 280g ~£1.50) is a cheaper swap for tempeh.
- Freeze the leftover tempeh for the Satay or the Massaman.

Veggie Massaman

Mild Thai massaman of tempeh, squash and green beans in coconut with warm spices.

*makes 16 blocks,
about 29p each*



TIME
about 45 min

MAKES
16 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
87 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

400ml (1 tin)	coconut milk
200g (1 pack)	tempeh, 1.5cm cubes
200g	onion, sliced
100g	butternut squash, 1.5cm dice
100g	frozen fine green beans, 3cm lengths
20ml	lime juice
15ml	soy or tamari
10g	fresh coriander
3	lime leaves
15ml	rapeseed oil
100ml	water

FOR THE PASTE

15g (1 tbsp)	lemongrass paste
15g	garlic
12g	ginger (for galangal)
1	red chilli
8g	spice mix: smoked paprika, cumin, ground coriander 1 tsp each; turmeric ½ tsp; pinch each of cinnamon, pepper, cloves, cardamom, nutmeg, chilli flakes

or 3 tbsp (about 50g) massaman curry paste; check the label for shrimp if you need it vegan

Method

- 1 Heat 1 tbsp of the oil in a large pan over a medium-high heat and fry the tempeh for 6 minutes until golden; lift out.
- 2 Lower the heat to medium, add the rest of the oil and soften the onion for 8 minutes. Add the garlic, ginger, chilli, lemongrass paste and spice mix and fry for 2 minutes until it smells toasty.
- 3 Add the coconut milk, water, lime leaves and squash. Simmer, uncovered, for 12 minutes until the squash is just tender.
- 4 Add the green beans and tempeh and simmer for 5 minutes. Season with the soy and lime juice and stir in the coriander.
- 5 Remove the lime leaves, cool, portion into 70g blocks and freeze.

Hotter: keep the chilli seeds in and add a second chilli.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	87	3.4g	3.6g	6.3g	3.1g	0.16g
Per 3-block meal	261	10.2g	10.8g	18.9g	9.3g	0.48g

estimated

Serve it

Jasmine rice and crushed peanuts

Rice noodles

Roasted sweet potato wedges

Cook's notes

- Shortcut: 3 tbsp Tesco Massaman paste (180g £2.25) replaces the lemongrass and spices; check the label for shrimp if you need it vegan.
- A spoon of peanut butter and some cubed potato make it more traditional.



NO. 68 · PLANT-BASED VG GF DF NUTS

Tempeh Satay

Peanut-coconut curry with tempeh, potato and peas, sweetened with mango chutney.

*makes 16 blocks,
about 20p each*

TIME
about 45 min

MAKES
16 blocks

COST PER BLOCK
20p

CALORIES PER BLOCK
97 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

300ml	coconut milk
140g	tempeh, 1cm cubes
170g	onion, diced
160g	potato, 1cm dice
150g	frozen peas
50g (2½ tbsp)	smooth peanut butter
12g	garlic
12g	ginger
12ml	soy or tamari
15ml	lime juice
15g (1 tbsp)	mango chutney
8g (1 tbsp)	mild curry powder
4g	veg bouillon powder
10ml	rapeseed oil
110ml	water

Method

- 1 Heat half the oil in a large pan over a medium-high heat and fry the tempeh for 6 minutes until golden; lift out.
- 2 Lower the heat to medium, add the rest of the oil and soften the onion for 8 minutes. Add the garlic, ginger and curry powder for 1 minute.
- 3 Add the potato, water and bouillon. Cover and simmer for 10 minutes until the potato is just tender.
- 4 Whisk in the coconut milk, peanut butter, soy and chutney and simmer, uncovered, for 5 minutes until glossy.
- 5 Add the peas and tempeh for 3 minutes, then finish with the lime juice. Cool, portion into 70g blocks and freeze.

Hotter: use a hot curry powder, or sambal oelek to serve.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	97	3.9g	5.9g	6.3g	1.8g	0.28g
Per 3-block meal	291	11.7g	17.7g	18.9g	5.4g	0.84g

Serve it

Rice and cucumber ribbons

Egg or rice noodles

Roasted veg or a wrap with slaw

Cook's notes

- Contains peanuts, soya and (in most curry powders) mustard; label the blocks.
- Extra chickpeas instead of tempeh make a cheaper version.

NO. 69 · PLANT-BASED **VG GF DF**

Creamy Coconut Curry

Mild, kid-friendly chickpea, tomato and coconut curry with carrot and peas, low in salt.

*makes 17 blocks,
about 13p each*



TIME
about 45 min

MAKES
17 blocks

COST PER BLOCK
13p

CALORIES PER BLOCK
72 kcal

SPICE

You'll need

360g (1½ tins)	chickpeas, drained
1 tin (400g)	chopped tomatoes
300ml	coconut milk
120g	onion
90g	carrot
70g	frozen peas
12g	garlic
10g	ginger
10g	mild spice mix: smoked paprika, garam masala, cumin, ground coriander 1 tsp each; turmeric and cinnamon ½ tsp
10ml	rapeseed oil
pinch	loSalt

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion and carrot for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Add the tomatoes and coconut milk and simmer, uncovered, for 10 minutes.
- 3 Add the chickpeas and simmer for 10 minutes, lightly mashing a few against the side of the pan to thicken.
- 4 Stir in the peas for the last 3 minutes. Season lightly with the loSalt.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add a green chilli and ½ tsp chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	72	2.4g	5.8g	4.1g	2.1g	0.09g
Per 3-block meal	216	7.2g	17.4g	12.3g	6.3g	0.27g

estimated

Serve it

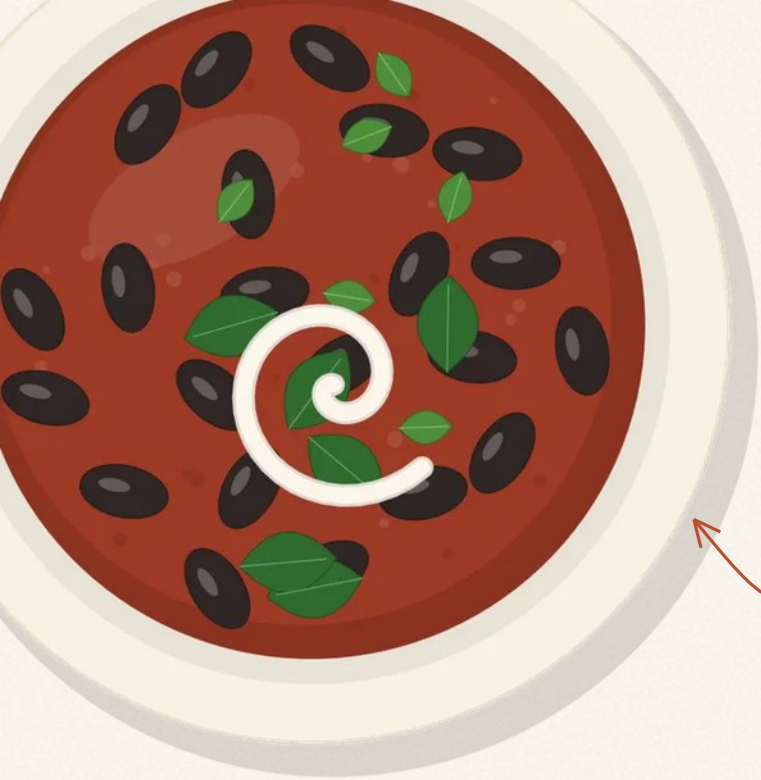
Rice and yoghurt for kids

Mini naans

Couscous

Cook's notes

- Make it alongside the Curried Chickpeas to use exactly 3 tins of chickpeas.
- Blend half for very fussy eaters.



NO. 70 · PLANT-BASED

VG

GF

DF

Harissa Beans

Black bean, tomato and spinach stew with harissa and a splash of coconut.

*makes 18 blocks,
about 21p each*

TIME
about 40 min

MAKES
18 blocks

COST PER BLOCK
21p

CALORIES PER BLOCK
61 kcal

SPICE


You'll need

2 tins (480g drained)	black beans, drained
1 tin (400g)	chopped tomatoes
150g	onion, diced
145g	frozen leaf spinach
95ml (¼ tin)	coconut milk
55g (~½ jar)	harissa paste
12g	garlic
10g	ginger
10g	fresh coriander
15ml	lemon juice
6g	paprika 1 tsp, ground coriander 1 tsp, pinch of black pepper and chilli powder
12ml	rapeseed oil

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion for 8 minutes. Add the garlic, ginger and spices for 1 minute.
- 2 Stir in the harissa for 1 minute, then add the tomatoes and black beans. Simmer, uncovered, for 15 minutes.
- 3 Add the coconut milk and spinach and simmer for 5 minutes until thick.
- 4 Finish with the lemon juice and coriander, then taste and season.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add extra harissa or a chopped red chilli.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	61	2.7g	6.0g	2.2g	2.5g	0.18g
Per 3-block meal	183	8.1g	18.0g	6.6g	7.5g	0.54g

Serve it

Couscous and yoghurt

Flatbread and hummus

Topped with a poached egg, shakshuka-style

Cook's notes

- Harissa strength varies a lot between brands: add half, taste, then add more.
- Rose harissa (Tesco Finest) gives a sweeter, more floral result.

NO. 71 · PLANT-BASED VG GF DF

Brazilian Beans

Smoky black and kidney bean stew with butternut squash, pepper and carrot.

*makes 16 blocks,
about 14p each*



TIME
about 50 min

MAKES
16 blocks

COST PER BLOCK
14p

CALORIES PER BLOCK
43 kcal

SPICE

You'll need

230g (~½ squash)	butternut squash, 1.5cm dice
150g	black beans, drained
150g	kidney beans, drained
130g	onion
110g	red pepper
100g	carrot, diced
45g (3 tbsp)	tomato purée
12g (3 cloves)	garlic
5g	smoked paprika
2g	garlic powder and dried oregano
2	bay leaves
8g	fresh coriander
12ml	rapeseed oil
350ml	water

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion, pepper and carrot for 8 minutes. Add the garlic, smoked paprika, garlic powder, oregano and purée and stir for 2 minutes.
- 2 Add the squash, water and bay leaves and simmer, partly covered, for 15 minutes.
- 3 Add both beans and simmer, uncovered, for 10–15 minutes until the squash starts to collapse and thicken the sauce.
- 4 Season, stir in the coriander and remove the bay leaves.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add a chopped jalapeño or a dash of hot sauce.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	43	1.9g	6.0g	1.0g	2.2g	0.06g
Per 3-block meal	129	5.7g	18.0g	3.0g	6.6g	0.18g

estimated

Serve it

Rice and sautéed kale or cabbage
Rice, sliced orange and hot sauce
Burritos

Cook's notes

- Cook it with the Three-Bean Veggie Chilli to use exactly 1 tin each of black and kidney beans.
- A splash of orange juice at the end gives a feijoada-style lift.



NO. 72 · PLANT-BASED VG GF DF

Three-Bean Veggie Chilli

Kid-friendly, low-salt three-bean chilli loaded with tomato, peppers and carrot.

*makes 16 blocks,
about 17p each*

TIME
about 1 hr

MAKES
16 blocks

COST PER BLOCK
17p

CALORIES PER BLOCK
45 kcal

SPICE

You'll need

2 tins (800g)	chopped tomatoes
170g	onion, diced
1 (160g)	red pepper, diced
120g	carrot, grated
90g	black beans, drained
90g	kidney beans, drained
90g	haricot beans, drained
12g (3 cloves)	garlic
15g	spices: smoked paprika 2 tsp, cumin 1½ tsp, ground coriander, onion powder, garlic powder and oregano 1 tsp each
10ml	rapeseed oil
pinch	loSalt

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onion, pepper and carrot for 10 minutes. Add the garlic and spices for 1 minute.
- 2 Add the tomatoes and simmer, uncovered, for 20 minutes to reduce, stirring now and then.
- 3 Add all the beans and simmer for 15 minutes more until thick and reduced by about a quarter.
- 4 Season lightly with the loSalt.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add 1 tsp hot chilli powder or a chipotle in adobo.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	45	2.1g	6.4g	1.0g	2.2g	0.09g
Per 3-block meal	135	6.3g	19.2g	3.0g	6.6g	0.27g

estimated

Serve it

Rice with grated cheese and soured cream

Nachos or quesadillas

A jacket potato

Cook's notes

- Leftover haricot beans can go in the Tempeh & Bean Ragu.
- Add 1 tsp cocoa or a square of dark chocolate for depth.

NO. 73 · PLANT-BASED VG GF DF

Butter Bean Puttanesca

Light tomato and aubergine puttanesca with butter beans, capers, olives and a hint of miso.

*makes 18 blocks,
about 23p each*



TIME
about 45 min

MAKES
18 blocks

COST PER BLOCK
23p

CALORIES PER BLOCK
34 kcal

SPICE

You'll need

600g (1½ tins)	chopped tomatoes
250g (1 large)	aubergine, 1.5cm dice
150g	onion, diced
155g (¾ tin)	butter beans, drained
130g	red pepper, diced
25g (2 tbsp)	capers, drained
25g (~8)	Kalamata olives, chopped
8g (½ tbsp)	white miso
10g	fresh parsley
12g	garlic
3g	smoked paprika
1g	chilli flakes
12ml	rapeseed oil

Method

- 1 Toss the aubergine in the oil and roast at 200°C fan for 25 minutes until golden, or fry in a large pan over a medium-high heat for 10 minutes.
- 2 Meanwhile soften the onion and pepper in a large saucepan over a medium heat with a splash of water or oil for 8 minutes. Add the garlic, paprika and chilli for 1 minute.
- 3 Add the tomatoes, capers and olives and simmer, uncovered, for 15 minutes.
- 4 Stir in the aubergine and butter beans and simmer for 5 minutes. Off the heat, stir in the miso and parsley.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: double the chilli flakes.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	34	1.4g	4.1g	1.2g	1.8g	0.24g
Per 3-block meal	102	4.2g	12.3g	3.6g	5.4g	0.72g

estimated

Serve it

Spaghetti or linguine
Toasted ciabatta, bruschetta-style
A baked sweet potato

Cook's notes

- Miso stands in for the anchovy of a classic puttanesca; 1 tsp soy works too.
- Green olives are a cheaper swap for Kalamata.



NO. 74 · PLANT-BASED VG GF DF

Harissa Jackfruit

North African-spiced shredded jackfruit with tomato, aubergine and roasted pepper (a harissa-style spice mix, no paste).

*makes 18 blocks,
about 32p each*

TIME
about 55 min

MAKES
18 blocks

COST PER BLOCK
32p

CALORIES PER BLOCK
29 kcal

SPICE

You'll need

600g (1½ tins)	chopped tomatoes
1 tin (~230g drained)	young green jackfruit in brine, drained and shredded
220g	aubergine, 1.5cm dice
90g	roasted red peppers (jar), sliced
130g	onion, sliced
40g (10 cloves)	garlic
12g	ginger
10ml	soy sauce
15ml	lemon juice
1½ tsp	sugar
11g	smoked paprika 2½ tsp, cumin 1 tsp, cinnamon ½ tsp, chilli powder ½ tsp
10ml	rapeseed oil

Method

- 1 Rinse the jackfruit, cut out the hard core and shred the rest with two forks.
- 2 Heat the oil in a large pan over a medium-high heat and fry the aubergine for 8 minutes until browned. Lower the heat to medium and add the onion for 6 minutes.
- 3 Add the garlic, ginger and spices for 1 minute, then the jackfruit, peppers, tomatoes, soy and sugar.
- 4 Simmer gently, uncovered, for 30 minutes, stirring now and then, so the jackfruit soaks up the sauce. Finish with the lemon juice, then taste and season.
- 5 Cool, portion into 69g blocks and freeze.

Hotter: stir in 1–2 tbsp harissa paste.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	29	1.0g	4.3g	0.8g	1.4g	0.16g
Per 3-block meal	87	3.0g	12.9g	2.4g	4.2g	0.48g

estimated

Serve it

Couscous with mint and pomegranate
Flatbreads with garlic yoghurt
Rice and a green salad

Cook's notes

- Jackfruit is half the cost. Biona tins go on offer, and Asian grocers sell 565g tins of young jackfruit for about £1.50.
- For a real harissa hit, stir in 1 tbsp harissa paste.

NO. 75 · PLANT-BASED VG GF DF

Chipotle Mushrooms

Smoky chipotle tomato stew of shiitake, borlotti and red pepper with lime.

*makes 18 blocks,
about 33p each*



TIME
about 50 min

MAKES
18 blocks

COST PER BLOCK
33p

CALORIES PER BLOCK
42 kcal

SPICE


You'll need

1 tin (400g)	chopped tomatoes
245g (2)	onion, diced
1 tin (240g drained)	borlotti beans, drained
125g (1 pack)	shiitake, sliced
125g	closed cup mushrooms, sliced
1 (155g)	red pepper, diced
50g (~½ jar)	chipotle paste
12g	garlic
25ml	lime juice
4g	smoked paprika 1 tsp, cumin seed ½ tsp, garlic powder ½ tsp
10g	fresh coriander
15ml	rapeseed oil

Method

- 1 Heat the oil in a large pan over a high heat and fry all the mushrooms for 8–10 minutes until browned and their water has gone; lift out.
- 2 Lower the heat to medium and soften the onion and pepper for 8 minutes. Add the garlic, cumin, paprika and garlic powder for 1 minute.
- 3 Stir in the chipotle paste, then the tomatoes and borlotti. Simmer, uncovered, for 15 minutes.
- 4 Return the mushrooms and simmer for 5 minutes. Finish with the lime juice and coriander, then taste and season.
- 5 Cool, portion into 70g blocks and freeze.

Hotter: add another tbsp of chipotle paste or a chipotle in adobo.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	42	1.9g	5.3g	1.3g	1.9g	0.13g
Per 3-block meal	126	5.7g	15.9g	3.9g	5.7g	0.39g

Serve it

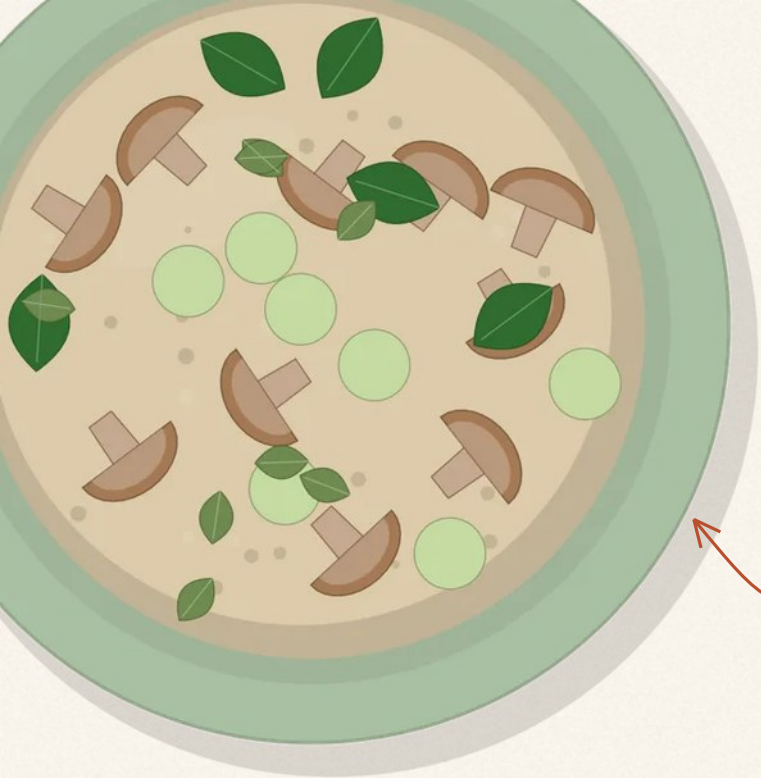
Tacos with pink pickled onions

Rice and avocado

On toast with a fried egg

Cook's notes

- All closed cup or chestnut mushrooms instead of shiitake saves about £1.60 a batch.
- Chipotles in adobo (world-food aisle) give a deeper smoke: use 2 chillies plus 1 tbsp sauce.



NO. 76 · PLANT-BASED **VG** **GF** **DF**

Creamy Mushrooms

Creamy coconut, leek and mushroom ragout with spinach, miso, Dijon and porcini.

*makes 17 blocks,
about 22p each*

TIME
about 40 min

MAKES
17 blocks

COST PER BLOCK
22p

CALORIES PER BLOCK
43 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

480g	closed cup or chestnut mushrooms, sliced
145g (1)	leek, sliced
120g	onion
70g	celery, diced
145g	frozen leaf spinach
190ml (½ tin)	coconut milk
5g	dried porcini, blitzed to powder
15g (1 tbsp)	white miso
12g	garlic
1½ tsp	Dijon mustard
1 tbsp	cornflour
5g	veg bouillon powder
3g	smoked paprika ½ tsp, black pepper, dried thyme 1 tsp
12ml	rapeseed oil
200ml	water

Method

- 1 Heat the oil in a large, wide pan over a high heat and brown the mushrooms in two batches, 8 minutes each; lift out.
- 2 Lower the heat to medium and soften the leek, onion and celery for 8 minutes. Add the garlic, thyme, paprika and porcini powder for 1 minute.
- 3 Add the water, bouillon and coconut milk, return the mushrooms and simmer, uncovered, for 10 minutes.
- 4 Stir in the spinach, then the cornflour mixed with 2 tbsp water, and simmer for 2 minutes to thicken.
- 5 Off the heat, stir in the miso and Dijon and season with pepper. Cool, portion into 69g blocks and freeze.

Hotter: use hot smoked paprika and a pinch of cayenne.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	43	1.5g	2.5g	2.9g	1.3g	0.25g
Per 3-block meal	129	4.5g	7.5g	8.7g	3.9g	0.75g

estimated

Serve it

Pasta or gnocchi

On toast or a jacket potato

Mash and green beans

Cook's notes

- Contains celery, soya, mustard and sulphites (Dijon); label the blocks.
- Oat cream (~£1.00 for 250ml) instead of coconut milk gives a less coconutty flavour.

NO. 77 · PLANT-BASED VG GF DF

Rajma

North Indian kidney beans in a thick onion-tomato masala with ginger, cumin and garam masala.

*makes 20 blocks,
about 19p each*



TIME
about 1 hr 10 min

MAKES
20 blocks

COST PER BLOCK
19p

CALORIES PER BLOCK
75 kcal

SPICE

You'll need

3 tins (720g drained)	kidney beans in water
400g	onions, finely diced
1 tin (400g)	chopped tomatoes
50g	tomato purée
5 cloves (25g)	garlic
25g	fresh ginger, grated
35ml	rapeseed oil
2 (8g)	green chillies, minced
6g	ground cumin
8g	coriander
6g	garam masala
3g	turmeric
4g	chilli powder
5g	salt
5g	sugar
200ml	water

Method

- 1 Fry the onions in the oil over a medium heat until deep golden, stirring often. (15 min)
- 2 Add the garlic, ginger and chillies for 1 minute, then the spices and purée, stirring for 2 minutes until the oil separates. (3 min)
- 3 Tip in the tomatoes and cook down into a thick, jammy masala. (10 min)
- 4 Add the beans, water, salt and sugar. Simmer, then mash about a third of the beans against the side of the pan to thicken. (25 min)
- 5 Keep simmering uncovered until it coats a spoon. Taste and season boldly, as freezing dulls spice.
- 6 Cool completely and freeze in 70g blocks.

Hotter: add 1 tsp hot chilli powder or an extra green chilli.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	75	3.3g	10.2g	2.2g	3.5g	0.37g
Per 3-block meal	225	9.9g	30.6g	6.6g	10.5g	1.11g

Serve it

Basmati rice with a spoon of plant-based yoghurt
Stuffed into a warm paratha or wrap
A jacket sweet potato with red onion

Cook's notes

- Mash more of the beans for a creamier texture, or less to keep it chunky; either way keep the beans whole enough to feel hearty.
- Finish when reheating: add a squeeze of lemon, a pinch of garam masala and chopped fresh coriander. Heat from frozen with a splash of water.
- Black-eyed peas or pinto beans work instead of kidney beans.



NO. 78 · PLANT-BASED VG GF DF NUTS

Peanut & Sweet Potato Stew

West African-style stew of sweet potato, peanut butter, tomato, ginger and chilli, with finely chopped greens.

*makes 21 blocks,
about 15p each*

TIME
about 55 min

MAKES
21 blocks

COST PER BLOCK
15p

CALORIES PER BLOCK
81 kcal

SPICE

You'll need

500g	sweet potatoes, peeled, 1cm dice
250g	onions, finely diced
1 tin (400g)	chopped tomatoes
30g	tomato purée
120g	peanut butter, 100% peanuts, smooth
25g	fresh ginger, grated
3 cloves (15g)	garlic
2 (10g)	red chillies, minced
120g	kale, stalks removed, very finely chopped
1	vegetable stock cube
400ml	water, for the stock
20ml	rapeseed oil
2g	cayenne
4g	ground coriander
3g	smoked paprika
4g	salt
100ml	water

Method

- 1 Soften the onions in the oil with the ginger, garlic and chillies. (8 min)
- 2 Stir in the spices and purée for 2 minutes, then add the sweet potato, tomatoes, stock and water.
- 3 Simmer with the lid on until the sweet potato is completely soft. (20 min)
- 4 Stir in the peanut butter and kale. Mash the sweet potato into the sauce with a masher until thick, then simmer uncovered, stirring so it does not catch. (15 min)
- 5 Season boldly with salt and a little more chilli if you like. It should be a thick, spoonable stew.
- 6 Cool completely and freeze in 70g blocks.

Hotter: *add a deseeded scotch bonnet with the onions.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	81	2.7g	8.3g	4.1g	2.1g	0.45g
Per 3-block meal	243	8.1g	24.9g	12.3g	6.3g	1.35g

estimated

Serve it

Steamed rice or couscous with lime

A jacket potato topped with chopped peanuts

Stuffed into flatbreads with shredded cabbage

Cook's notes

- Spinach works instead of kale; chop it finely and add it for the last 3 minutes.
- Finish when reheating: loosen with a splash of water, then add lime juice and a handful of chopped fresh coriander. Crushed roasted peanuts on top add crunch.
- Butternut squash can replace the sweet potato; cook it down until it fully breaks up.

NO. 79 · PLANT-BASED VG DF

Mushroom Stroganoff

Finely chopped mushrooms in a savoury smoked paprika, Dijon and miso sauce.

*makes 17 blocks,
about 29p each* →



TIME
about 55 min

MAKES
17 blocks

COST PER BLOCK
29p

CALORIES PER BLOCK
62 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

800g	chestnut mushrooms, finely chopped
250g	onions, finely diced
3 cloves (15g)	garlic
30ml	rapeseed oil
25g	plain flour
40g	tomato purée
8g	smoked paprika
20g	Dijon mustard
30g	white miso paste
1 cube	vegetable stock cube
300ml	water
150ml	coconut milk
15ml	soy sauce

Method

- 1 Chop the mushrooms very finely (a food processor on pulse works) so each block carries plenty of them.
- 2 Dry-fry the mushrooms in a wide pan until all their water has cooked off and they begin to brown. (15 min)
- 3 Add the oil, onions and garlic and cook until soft and golden. (8 min)
- 4 Stir in the flour, purée and paprika for 2 minutes, then add the stock, miso, Dijon and soy. (3 min)
- 5 Add the coconut milk and simmer uncovered until thick and glossy. (15 min)
- 6 Season boldly. Cool completely and freeze in 70g blocks. Do not add any cream to the batch.

Hotter: use hot paprika and a pinch of cayenne.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	62	2.3g	4.6g	3.7g	1.9g	0.61g
Per 3-block meal	186	6.9g	13.8g	11.1g	5.7g	1.83g

Serve it

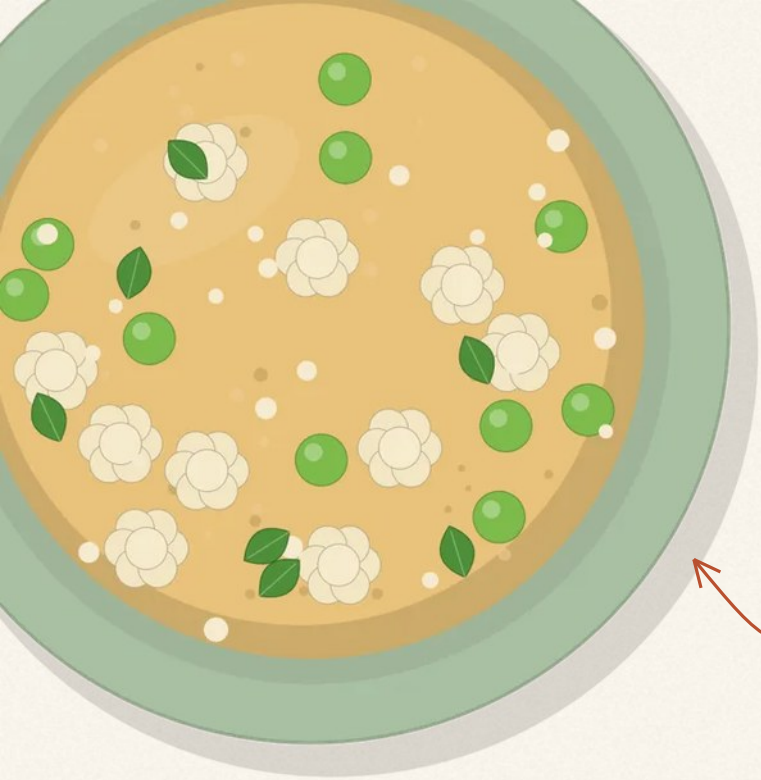
Buttered-style rice or tagliatelle

A jacket potato with parsley

Stirred through orzo with spinach

Cook's notes

- Finish when reheating: warm gently from frozen, then stir in a spoonful of plant-based soured cream, soya yoghurt or oat cream per portion, plus lemon juice and chopped parsley. Add the cream at serving only, never before freezing.
- The coconut milk freezes well; leave it out for a lighter, more intense sauce.
- A splash of brandy or white wine added with the stock deepens the flavour.



NO. 80 · PLANT-BASED VG GF DF NUTS

Cauliflower Korma

Roasted cauliflower, part-blitzed into a mild, creamy korma of almonds, coconut milk and gentle spices.

*makes 19 blocks,
about 22p each*

TIME
about 1 hr 10 min

MAKES
19 blocks

COST PER BLOCK
22p

CALORIES PER BLOCK
98 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️

You'll need

650g (1 large head)	cauliflower, trimmed to small florets
250g	onions, finely diced
70g	ground almonds
1 tin (400ml)	coconut milk
20g	tomato purée
40ml	rapeseed oil
8g	sugar
½ cube	vegetable stock cube
200ml	water
5g	salt

FOR THE PASTE

4 cloves (20g)	garlic
25g	fresh ginger, grated
6g	ground coriander
4g	cumin
3g	turmeric
6g	garam masala
4g	mild paprika
1g	cinnamon

or about 4 tbsp (60g) korma curry paste

Method

- 1 Toss the cauliflower with half the oil and a pinch of salt. Roast at 220°C fan until browned at the edges. (25 min)
- 2 Meanwhile soften the onions in the remaining oil with the garlic and ginger. (10 min)
- 3 Add the spices, purée and sugar for 2 minutes, then the almonds, coconut milk, stock and half the roasted cauliflower.
- 4 Simmer, then blitz with a stick blender until smooth. (10 min)
- 5 Roughly chop the remaining cauliflower into pieces no bigger than 1cm and stir in. Simmer uncovered until thick. (10 min)
- 6 Season boldly with salt. Cool completely and freeze in 70g blocks.

Hotter: add 2 green chillies with the onions.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	98	2.1g	4.7g	7.8g	2.2g	0.38g
Per 3-block meal	294	6.3g	14.1g	23.4g	6.6g	1.14g

estimated

Serve it

Basmati rice with a plant-based yoghurt swirl

Warm naan

Baked sweet potato topped with coriander

Cook's notes

- Cashew nuts, blitzed to a paste, work in place of the ground almonds.
- Roasting first gives sweetness and stops the cauliflower turning watery in the freezer.
- Finish when reheating: warm from frozen, then add lemon juice, a pinch of salt and chopped fresh coriander; stir in some toasted flaked almonds for crunch.

NO. 81 · PLANT-BASED VG DF

Shepherd's Lentil Mix

Thick, savoury green lentil and mushroom filling with carrot, celery, thyme and a rich yeast and soy base.

*makes 20 blocks,
about 18p each*



TIME
about 1 hr 20 min

MAKES
20 blocks

COST PER BLOCK
18p

CALORIES PER BLOCK
64 kcal

SPICE
🌶️ 🌿 🌿 🌿 🌿

You'll need

180g	dried green or brown lentils
400g	chestnut mushrooms, finely chopped
250g	carrots, 5mm dice
150g	celery, finely diced
250g	onions, finely diced
3 cloves (15g)	garlic
50g	tomato purée
2 cubes	vegetable stock cubes
600ml	water
15g	yeast extract
20ml	soy sauce
3g	dried thyme
2	bay leaves
30ml	rapeseed oil
1g	black pepper
3g	salt

Method

- 1 Soften the onion, carrot and celery in the oil. (10 min)
- 2 Add the mushrooms and cook until their water has evaporated and they brown. (12 min)
- 3 Add the garlic and purée for 2 minutes, then the rinsed lentils, stock, yeast extract, soy, thyme and bay. (2 min)
- 4 Simmer with the lid ajar until the lentils are soft. (30 min)
- 5 Uncover and cook down, stirring, until very thick and holding its shape on a spoon. Remove the bay leaves and season boldly. (10 min)
- 6 Cool completely and freeze in 70g blocks. No topping goes in the batch.

Hotter: add a few dashes of hot sauce or ½ tsp cayenne.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	64	3.6g	7.8g	1.8g	2.5g	0.83g
Per 3-block meal	192	10.8g	23.4g	5.4g	7.5g	2.49g

Serve it

Under mashed potato as a quick shepherd's pie
Over a baked potato with steamed greens
Stuffed into a roasted pepper or jacket sweet potato

Cook's notes

- Mash a few spoonfuls of the lentils into the sauce to help it set firmly.
- Topping at serving: defrost, put in a dish and top with mashed potato or sweet potato mash, then bake until golden. Or serve it as a thick ragù.
- Add a splash of red wine or a few frozen peas when reheating if you like.



NO. 82 · PLANT-BASED **VG** **GF** **DF**

Aubergine & Chickpea Curry

Roasted aubergine and chickpeas in a rich, tangy tomato and ginger curry with spinach. Baingan chana, block-style.

*makes 21 blocks,
about 22p each*

TIME
about 55 min

MAKES
21 blocks

COST PER BLOCK
22p

CALORIES PER BLOCK
51 kcal

SPICE

You'll need

2 (550g)	aubergines, 2cm cubes
1 tin (240g drained)	chickpeas
1 × 400g tin	chopped tomatoes
2 (300g)	onions, finely chopped
150g	frozen leaf spinach
30g	tomato purée
4 cloves (20g)	garlic
20g	fresh ginger
1 (10g)	green chilli
14g	cumin, coriander, turmeric, garam masala, chilli powder
15ml	lemon juice
15g	fresh coriander
30ml	rapeseed oil
1 cube	vegetable stock cube
250ml	water, to make up the stock

Method

- 1 Toss the aubergine in two-thirds of the oil and roast at 200°C fan for 25 minutes until golden and soft.
- 2 Meanwhile heat the rest of the oil in a large pan over a medium heat and fry the onions for 10 minutes until golden. Add the garlic, ginger and chilli for 1 minute, then the spices and purée for 1 minute.
- 3 Add the tomatoes and stock and simmer, uncovered, for 10 minutes.
- 4 Add the roasted aubergine, chickpeas and spinach and simmer for 8 minutes, crushing a little aubergine into the sauce.
- 5 Stir in the lemon juice and coriander, season, cool and freeze in 70g blocks.

Hotter: add a second green chilli and ½ tsp hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	51	1.9g	6.7g	1.8g	2.3g	0.26g
Per 3-block meal	153	5.7g	20.1g	5.4g	6.9g	0.78g

estimated

Serve it

*Basmati rice and yoghurt
Warm naan or chapati
Over a jacket potato*

Cook's notes

- Roasting the aubergine first stops it going watery and spongy in the freezer.
- Add a spoon of yoghurt at serving for a creamy finish.
- Paneer cubes stirred in at reheating make it richer.

Just add noodles

Eleven noodle dinners: three blocks of sauce, meat and veg, a nest of noodles and five minutes. The fastest freezer meals on the site.

These recipes are made like a stir-fry, then frozen, and each batch takes 25 to 35 minutes to cook. Each block is a concentrated mix of sauce, meat and vegetables, so all you add on the night is the noodles and anything fresh.

Noodle night, for one

- 1** Cook the noodles. Soak 75g dried rice noodles for pad thai, or cook a nest of udon, ramen or egg noodles as the packet says. Keep a mug of the cooking water.
- 2** Reheat 3 blocks in a wok or frying pan over a medium heat with 2 tbsp water, stirring, until piping hot (4 to 5 minutes).
- 3** Toss the noodles through for 1 to 2 minutes, loosening with a splash of the noodle water until glossy.
- 4** Finish fresh: beansprouts, a scrambled or fried egg, lime, crushed peanuts, sesame seeds, cucumber or spring onions.

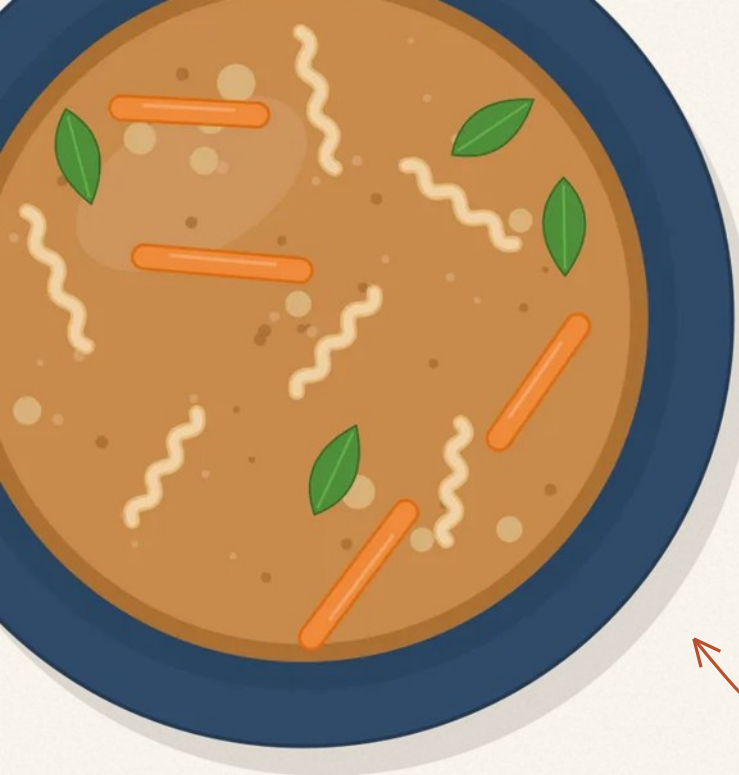
Which noodle?

NOODLE	USE WITH
Rice noodles: flat for pad thai and satay, thin vermicelli for Singapore. Soak, don't boil, or they turn mushy.	Chicken Pad Thai Base, Chicken Satay Noodle Base, Singapore Curry Noodle Base
Egg noodles	Chicken Chow Mein Base, Beef & Broccoli Noodle Base, Gochujang Chicken Sesame Noodles Base, Crispy Chilli Beef Noodle Base, Honey Garlic Chicken Noodle Base
Thick udon, ramen, soba or wheat noodles; they hold a sticky sauce best	Gochujang Pork Noodle Sauce, Dan Dan Pork Noodle Sauce, Sticky Teriyaki Tofu Noodle Base

Where to start

- Mild, for everyone: Honey Garlic Chicken Noodle Base (p. 112) or Chicken Chow Mein Base (p. 105), both rated 1 for heat.
- Fast and mild: Beef & Broccoli Noodle Base (p. 106), 25 minutes for 15 blocks, with plenty of broccoli.
- Vegetarian: Sticky Teriyaki Tofu Noodle Base (p. 110), with crispy tofu and edamame.
- Peanut lovers: Chicken Satay Noodle Base (p. 107) or Chicken Pad Thai Base (p. 102), both gentle warmth.
- Want heat: Dan Dan Pork Noodle Sauce (p. 109) is the hottest of the eleven, rated 4, with Sichuan pepper's tingle.

All eleven are in the Just add noodles collection. To push any of them hotter, see Turn up the heat.



NO. 83 · NOODLES GF DF NUTS

Chicken Pad Thai Base

Chicken, carrot and pepper in a sweet, sour and salty tamarind sauce with peanuts. Reheat, toss through rice noodles, done.

*makes 18 blocks,
about 42p each*

TIME
about 30 min

MAKES
18 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
106 kcal

SPICE

You'll need

600g	chicken thigh fillets, thin strips
200g	carrots, matchsticks
1 (160g)	red pepper, thin strips
150g	shallots or onion, sliced
4 cloves (20g)	garlic
60g (4 tbsp)	tamarind paste
60ml	fish sauce
50g	light brown sugar
3g	chilli flakes
60g	roasted peanuts, chopped
4 (60g)	spring onions, sliced
10g	cornflour
20ml	rapeseed oil
200ml	water

Method

- 1 Mix the tamarind, fish sauce, sugar, chilli flakes, cornflour and water in a jug until the sugar dissolves. This is the pad thai sauce.
- 2 Heat the oil in a wok or large frying pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 3 Add the shallots, carrots and pepper and stir-fry for 3 minutes, then the garlic for 1 minute.
- 4 Pour in the sauce and bubble for 2 minutes until glossy and thick enough to coat the chicken.
- 5 Off the heat, stir in the peanuts and spring onions. Cool quickly and freeze in 70g blocks.

Hotter: add 2 sliced bird's eye chillies with the shallots, or chilli flakes at the table.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	106	8.1g	8.8g	4.5g	1.2g	1.28g
Per 3-block meal	318	24.3g	26.4g	13.5g	3.6g	3.84g

estimated

Serve it

Toss with rice noodles, beansprouts, lime and extra peanuts

Fold a scrambled egg through as you toss

Over jasmine rice if you're out of noodles

Cook's notes

- To serve 1: soak 75g dried flat rice noodles, reheat 3 blocks in a wok with 2 tbsp water, then toss the noodles through for 1 to 2 minutes.
- Add the beansprouts and egg fresh; neither freezes well.
- Taste the sauce before freezing: it should be equally sweet, sour and salty.

Gochujang Pork Noodle Sauce

Spicy, sticky pork mince with gochujang, ginger, garlic, mushrooms and pak choi. Reheat and toss through udon or ramen.

*makes 17 blocks,
about 47p each*



TIME
about 30 min

MAKES
17 blocks

COST PER BLOCK
47p

CALORIES PER BLOCK
77 kcal

SPICE

You'll need

500g	pork mince
200g	chestnut mushrooms, finely chopped
200g	carrots, matchsticks
200g	pak choi, sliced
60g (3 tbsps)	gochujang
40ml	soy sauce
15g	light brown sugar
5 cloves (25g)	garlic
20g	fresh ginger
15ml	rice vinegar
15ml	sesame oil
10g	cornflour
4 (60g)	spring onions, sliced
10ml	rapeseed oil
250ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and fry the pork for 8 minutes, breaking it up, until browned and crisp in places.
- 2 Add the mushrooms and carrots and stir-fry for 4 minutes until the mushrooms have given up their water. Add the garlic and ginger for 1 minute.
- 3 Mix the gochujang, soy, sugar, vinegar, cornflour and water and pour in. Simmer for 3 minutes until glossy.
- 4 Stir in the pak choi until just wilted. (1 min)
- 5 Off the heat, add the sesame oil and spring onions. Cool quickly and freeze in 70g blocks.

Hotter: add 1 tsp gochugaru, or chilli crisp to serve.

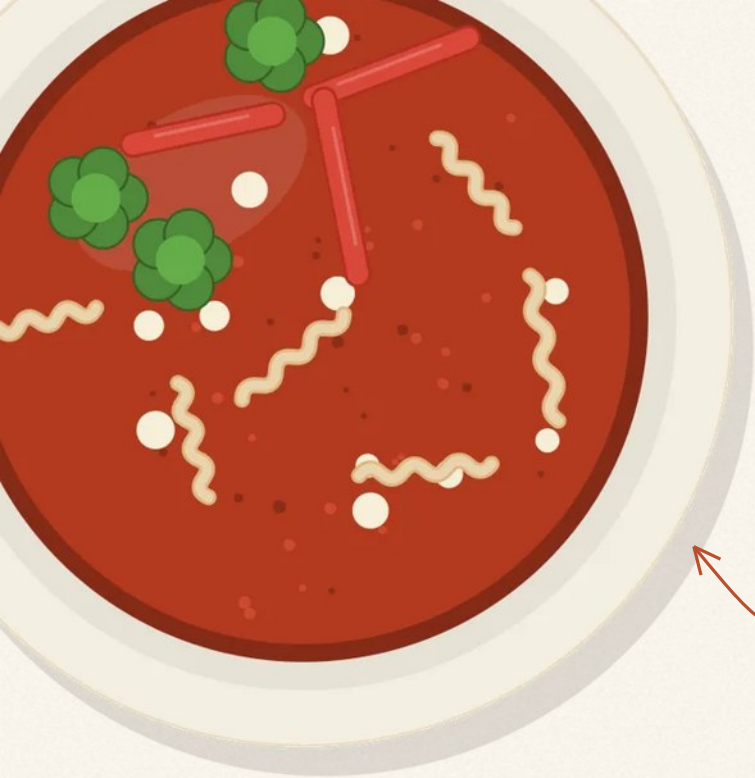
NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	77	7.3g	5.3g	2.9g	0.8g	0.64g
Per 3-block meal	231	21.9g	15.9g	8.7g	2.4g	1.92g

Serve it

Tossed through udon with a soft-boiled egg
Over ramen with cucumber and sesame seeds
With rice and kimchi

Cook's notes

- To serve 1: cook 1 nest of udon or ramen, reheat 3 blocks in a pan with a splash of the noodle water, then toss together.
- The sauce is meant to be thick; it loosens with the noodle water.
- Chicken or turkey mince work too.



NO. 85 · NOODLES DF

Gochujang Chicken Sesame Noodles Base

Sticky gochujang and honey chicken with broccoli, pepper and carrot in a sesame sauce, made to toss through noodles.

*makes 17 blocks,
about 46p each*

TIME
about 30 min

MAKES
17 blocks

COST PER BLOCK
46p

CALORIES PER BLOCK
87 kcal

SPICE

You'll need

600g	chicken thigh fillets, thin strips
200g	broccoli, small florets
1 (160g)	red pepper, thin strips
150g	carrot, matchsticks
50g (2½ tbsp)	gochujang
20g (1 tbsp)	honey
30ml	soy sauce
4 cloves (20g)	garlic
15g	fresh ginger
15ml	sesame oil
10g	sesame seeds
10g	cornflour
4 (60g)	spring onions, sliced
10ml	rapeseed oil
200ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 2 Add the broccoli, pepper and carrot and stir-fry for 3 minutes. Add the garlic and ginger for 1 minute.
- 3 Mix the gochujang, honey, soy, cornflour and water and pour in. Bubble for 2 minutes until sticky.
- 4 Off the heat, stir in the sesame oil, sesame seeds and spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add another tbsp of gochujang and a sliced red chilli.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	87	7.9g	5.9g	3.7g	1.0g	0.52g
Per 3-block meal	261	23.7g	17.7g	11.1g	3.0g	1.56g

estimated

Serve it

*Tossed through egg noodles with cucumber
Over udon with a fried egg
With sticky rice*

Cook's notes

- To serve 1: cook 1 nest of egg noodles, reheat 3 blocks with 2 tbsp water, then toss together for a minute.
- Keep the veg just crisp; they soften more on reheating.
- Firm tofu works instead of chicken for a vegetarian version.

NO. 86 · NOODLES GF DF

Chicken Chow Mein Base

Chicken, cabbage, carrot and pepper in a glossy soy and oyster sauce. Toss through egg noodles for a takeaway-style chow mein.

*makes 19 blocks,
about 38p each*



TIME
about 30 min

MAKES
19 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
74 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️ 🌶️

You'll need

600g	chicken thigh fillets, thin strips
200g	white cabbage, finely shredded
200g	carrots, matchsticks
1 (160g)	red pepper, thin strips
1 (150g)	onion, sliced
4 cloves (20g)	garlic
15g	fresh ginger
40ml	soy sauce
40ml	oyster sauce
10g	sugar
10g	cornflour
10ml	sesame oil
4 (60g)	spring onions, sliced
15ml	rapeseed oil
200ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 2 Add the onion, carrots and pepper for 3 minutes, then the cabbage, garlic and ginger for 2 minutes more.
- 3 Mix the soy, oyster sauce, sugar, cornflour and water and pour in. Bubble for 2 minutes until glossy.
- 4 Off the heat, stir in the sesame oil and spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add a sliced red chilli with the garlic, or chilli oil at the table.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	74	6.9g	5.2g	3.0g	1.0g	0.36g
Per 3-block meal	222	20.7g	15.6g	9.0g	3.0g	1.08g

estimated

Serve it

*Tossed through medium egg noodles
With beansprouts and a splash of chilli oil
Over rice if you're out of noodles*

Cook's notes

- To serve 1: cook 1 nest of egg noodles, reheat 3 blocks with 2 tbsp water in a hot wok, then toss together for a minute.
- Keep the cabbage crisp; it softens more on reheating.
- Pork or beef strips work instead of chicken.



NO. 87 · NOODLES

GF DF

Beef & Broccoli Noodle Base

Savoury beef mince with plenty of broccoli in a sweet soy, garlic and oyster sauce, made for noodles.

*makes 15 blocks,
about 49p each*

TIME
about 25 min

MAKES
15 blocks

COST PER BLOCK
49p

CALORIES PER BLOCK
80 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

500g	beef mince (10% fat)
300g	broccoli, small florets
150g	carrot, matchsticks
4 cloves (20g)	garlic
20g	fresh ginger
40ml	oyster sauce
30ml	soy sauce
15g	light brown sugar
15g	cornflour
10ml	sesame oil
4 (60g)	spring onions, sliced
10ml	rapeseed oil
250ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and fry the mince for 8 minutes until well browned and crisp in places.
- 2 Add the broccoli and carrot with 3 tbsp of the water, cover and steam-fry for 3 minutes. Add the garlic and ginger for 1 minute.
- 3 Mix the oyster sauce, soy, sugar, cornflour and the rest of the water and pour in. Simmer for 2 minutes until thick and glossy.
- 4 Off the heat, stir in the sesame oil and spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add 1 tsp chilli flakes with the garlic.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	80	8.1g	5.9g	3.1g	1.0g	0.35g
Per 3-block meal	240	24.3g	17.7g	9.3g	3.0g	1.05g

Serve it

*Tossed through lo mein or egg noodles
Over rice with a fried egg
With rice noodles and chilli oil*

Cook's notes

- To serve 1: cook 1 nest of noodles, reheat 3 blocks with 2 tbsp water, then toss together.
- Keep the broccoli just tender; it softens on reheating.
- Chicken mince works too.

NO. 88 · NOODLES GF DF NUTS

Chicken Satay Noodle Base

Chicken, pepper and green beans in a rich peanut, coconut and lime satay sauce. Toss through rice noodles.

*makes 18 blocks,
about 42p each* →



TIME
about 30 min

MAKES
18 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
110 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

600g	chicken thigh fillets, thin strips
1 (160g)	red pepper, thin strips
150g	carrot, matchsticks
150g	green beans, 3cm lengths
80g	smooth peanut butter
200ml (½ tin)	coconut milk
30ml	soy sauce
30ml (1 lime)	lime juice
15g (1 tbsp)	honey
4 cloves (20g)	garlic
15g	fresh ginger
6g	mild curry powder, chilli flakes
10ml	rapeseed oil
150ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 2 Add the pepper, carrot and green beans for 3 minutes, then the garlic, ginger and spices for 1 minute.
- 3 Whisk the peanut butter, coconut milk, soy, honey and water together and pour in. Simmer for 3 minutes until thick.
- 4 Off the heat, stir in the lime juice and taste for salt and sweetness.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add 1 tbsp sambal oelek to the sauce.

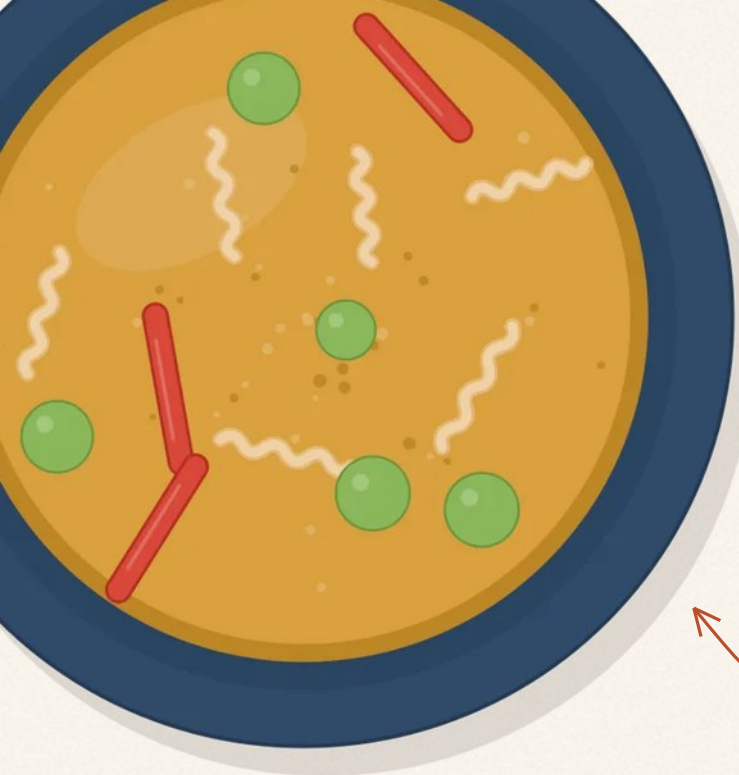
NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	110	8.4g	4.3g	6.6g	1.1g	0.35g
Per 3-block meal	330	25.2g	12.9g	19.8g	3.3g	1.05g

Serve it

Tossed through rice noodles with crushed peanuts
With cucumber and fresh coriander
Over jasmine rice

Cook's notes

- To serve 1: soak 75g rice noodles, reheat 3 blocks with 3 tbsp water (satay thickens a lot), then toss together.
- Contains peanuts; label the blocks.
- Tofu works instead of chicken.



NO. 89 · NOODLES GF DF

Singapore Curry Noodle Base

Chicken with peppers, peas and carrot in a fragrant Madras curry and soy sauce. Toss through thin rice vermicelli.

*makes 17 blocks,
about 42p each*

TIME
about 30 min

MAKES
17 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
77 kcal

SPICE

You'll need

600g	chicken thigh fillets, thin strips
1 (160g)	red pepper, thin strips
1 (150g)	onion, sliced
150g	carrot, matchsticks
100g	frozen peas
4 cloves (20g)	garlic
15g	fresh ginger
1 (10g)	red chilli, sliced
15g (2 tbsp)	Madras curry powder
3g	turmeric
30ml	soy sauce
15ml	oyster sauce
5g	sugar
5g	cornflour
4 (60g)	spring onions, sliced
15ml	rapeseed oil
150ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 2 Add the onion, pepper and carrot for 3 minutes, then the garlic, ginger, chilli, curry powder and turmeric for 1 minute.
- 3 Mix the soy, oyster sauce, sugar, cornflour and water and pour in with the peas. Bubble for 2 minutes.
- 4 Off the heat, stir in the spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: use a hot curry powder and keep the chilli seeds in.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	77	7.9g	4.9g	2.9g	1.3g	0.32g
Per 3-block meal	231	23.7g	14.7g	8.7g	3.9g	0.96g

estimated

Serve it

Tossed through thin rice vermicelli with a scrambled egg
With beansprouts and lime
Over egg-fried rice

Cook's notes

- To serve 1: soak 60g rice vermicelli, reheat 3 blocks with 2 tbsp water, then toss with the noodles and a beaten egg until it sets.
- Add 100g cooked prawns at reheating for the classic version.
- Madras curry powder brings the heat; a mild one makes it a 1.

NO. 90 · NOODLES GF DF NUTS

Dan Dan Pork Noodle Sauce

Sichuan-style crispy pork mince with chilli oil, sesame, Sichuan pepper and pak choi, for spooning over wheat noodles.

*makes 15 blocks,
about 54p each* →



TIME
about 25 min

MAKES
15 blocks

COST PER BLOCK
54p

CALORIES PER BLOCK
108 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

500g	pork mince
250g	pak choi, sliced
150g	carrot, finely diced
45ml (3 tbsp)	Sichuan chilli oil
50g	tahini or smooth peanut butter
40ml	soy sauce
15ml	rice vinegar
4g (2 tsp)	Sichuan peppercorns, toasted and ground
4 cloves (20g)	garlic
15g	fresh ginger
10g	sugar
4 (60g)	spring onions, sliced
10ml	rapeseed oil
1 cube	chicken stock cube
300ml	water, to make up the stock

Method

- 1 Heat the oil in a wok or large pan over a high heat and fry the mince for 10 minutes until crisp and dark brown. Add the carrot, garlic and ginger for 2 minutes.
- 2 Whisk the chilli oil, tahini, soy, vinegar, sugar and half the Sichuan pepper into the stock.
- 3 Pour the sauce over the pork and simmer for 3 minutes until slightly thickened.
- 4 Stir in the pak choi until just wilted, then the spring onions.
- 5 Cool quickly and freeze in 70g blocks. Keep the rest of the Sichuan pepper for serving.

Milder: halve the chilli oil and the Sichuan pepper.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	108	8.4g	3.8g	6.6g	1.0g	0.77g
Per 3-block meal	324	25.2g	11.4g	19.8g	3.0g	2.31g

Serve it

Spooned over wheat noodles with a soft egg
With cucumber ribbons
Over rice with extra chilli oil

Cook's notes

- To serve 1: cook 1 nest of wheat noodles, reheat 3 blocks with a splash of the noodle water, then toss together.
- For a 3, halve the chilli oil.
- Sprinkle the rest of the Sichuan pepper over at serving for the tingle.



NO. 91 • NOODLES V GF DF

Sticky Teriyaki Tofu Noodle Base

Crispy tofu, broccoli, carrot and edamame in a sticky soy, ginger and honey teriyaki sauce. Toss through udon or soba.

*makes 16 blocks,
about 38p each*

TIME
about 35 min

MAKES
16 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
82 kcal

SPICE
🌶️ 🌶️ 🌶️ 🌶️ 🌶️

You'll need

400g	firm tofu, pressed, 2cm cubes
200g	broccoli, small florets
150g	carrot, matchsticks
150g	frozen edamame
1 (160g)	red pepper, thin strips
60ml	soy sauce
30g (1½ tbsp)	honey or maple syrup
15ml	rice vinegar
4 cloves (20g)	garlic
20g	fresh ginger
15g	cornflour
10g	sesame seeds
4 (60g)	spring onions, sliced
20ml	rapeseed oil
150ml	water

Method

- 1 Toss the tofu in half the cornflour. Heat the oil in a wok or large frying pan over a medium-high heat and fry the tofu until golden on most sides; lift out. (8 min)
- 2 Turn the heat to high and stir-fry the broccoli, carrot and pepper for 3 minutes, then the garlic and ginger for 1 minute.
- 3 Mix the soy, honey, vinegar, water and the rest of the cornflour and pour in with the edamame. Bubble for 2 minutes until sticky.
- 4 Return the tofu and toss to coat.
- 5 Off the heat, add the sesame seeds and spring onions. Cool quickly and freeze in 70g blocks.

Hotter: add a sliced red chilli or a spoon of chilli crisp.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	82	5.5g	7.2g	3.8g	1.8g	0.56g
Per 3-block meal	246	16.5g	21.6g	11.4g	5.4g	1.68g

Serve it

*Tossed through udon or soba noodles
Over sticky rice
With pickled ginger and cucumber*

Cook's notes

- To serve 1: cook 1 nest of udon or soba, reheat 3 blocks with 2 tbsp water, then toss together.
- Use maple syrup instead of honey to keep it vegan.
- Chicken thigh strips work instead of tofu.

NO. 92 · NOODLES GF DF

Crispy Chilli Beef Noodle Base

The takeaway favourite made with mince: crispy beef with peppers, carrot and fresh chilli in a sticky sweet chilli and soy glaze.

*makes 15 blocks,
about 51p each* →



TIME
about 30 min

MAKES
15 blocks

COST PER BLOCK
51p

CALORIES PER BLOCK
79 kcal

SPICE
🌶️🌶️🌶️🌶️🌶️

You'll need

500g	beef mince (10% fat)
1 (160g)	red pepper, thin strips
1 (150g)	onion, sliced
150g	carrot, matchsticks
2 (20g)	red chillies, sliced
4 cloves (20g)	garlic
15g	fresh ginger
60g	sweet chilli sauce
30ml	soy sauce
20g	tomato ketchup
15ml	rice vinegar
10g	cornflour
4 (60g)	spring onions, sliced
15ml	rapeseed oil
100ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and fry the mince for 10 minutes without stirring too much, until dark and crisp.
- 2 Add the onion, pepper and carrot and stir-fry for 3 minutes, then the garlic, ginger and chillies for 1 minute.
- 3 Mix the sweet chilli sauce, soy, ketchup, vinegar, cornflour and water and pour in. Bubble for 2 minutes until sticky.
- 4 Off the heat, stir in the spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: keep the chilli seeds in and add chilli flakes.

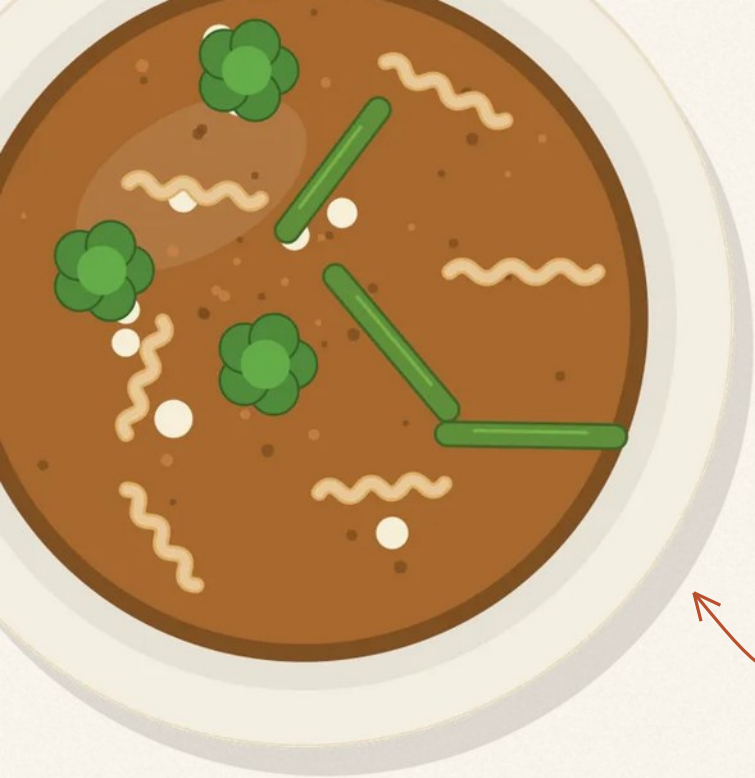
NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	79	7.7g	6.5g	2.7g	0.9g	0.35g
Per 3-block meal	237	23.1g	19.5g	8.1g	2.7g	1.05g

Serve it

Tossed through egg noodles
With egg-fried rice
In lettuce cups

Cook's notes

- To serve 1: cook 1 nest of egg noodles, reheat 3 blocks in a hot wok with 2 tbsp water, then toss together.
- Let the mince really crisp before adding the veg; that's the 'crispy'.
- Keep the chilli seeds in for a 4.



NO. 93 · NOODLES GF DF

Honey Garlic Chicken Noodle Base

Sticky honey, soy and garlic chicken with broccoli, carrot and green beans. Mild, sweet and a guaranteed hit with everyone.

*makes 17 blocks,
about 42p each*

TIME
about 30 min

MAKES
17 blocks

COST PER BLOCK
42p

CALORIES PER BLOCK
82 kcal

SPICE
🌶️ 🌱 🌱 🌱 🌱

You'll need

600g	chicken thigh fillets, thin strips
200g	broccoli, small florets
150g	carrot, matchsticks
150g	green beans, 3cm lengths
40g (2 tbsp)	honey
50ml	soy sauce
6 cloves (30g)	garlic
10g	fresh ginger
10ml	rice vinegar
15g	cornflour
10g	sesame seeds
4 (60g)	spring onions, sliced
15ml	rapeseed oil
200ml	water

Method

- 1 Heat the oil in a wok or large pan over a high heat and stir-fry the chicken until golden and cooked through. (6 min)
- 2 Add the broccoli, carrot and green beans with 3 tbsp of the water, cover and steam-fry for 3 minutes. Add the garlic and ginger for 1 minute.
- 3 Mix the honey, soy, vinegar, cornflour and the rest of the water and pour in. Bubble for 2 minutes until sticky and glossy.
- 4 Off the heat, stir in the sesame seeds and spring onions.
- 5 Cool quickly and freeze in 70g blocks.

Hotter: add a sliced red chilli or sriracha to serve.

NUTRITION						estimated
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	82	8.0g	6.2g	3.1g	1.1g	0.52g
Per 3-block meal	246	24.0g	18.6g	9.3g	3.3g	1.56g

Serve it

*Tossed through egg noodles
Over sticky rice
With stir-fried greens*

Cook's notes

- To serve 1: cook 1 nest of egg noodles, reheat 3 blocks with 2 tbsp water, then toss together.
- Use plenty of garlic: it mellows as it cooks.
- Salmon chunks work instead of chicken; add them in step 3 so they stay whole.

Turn up the heat

Every recipe with chilli in it has a rating from 1 to 5. Here's how to read it, and how to push any block hotter.

The rating sits in the strip under each recipe's title; recipes with no chilli at all show fibre there instead. Most rated recipes sit at 1 to 3, and any of them can be pushed hotter as it reheats.

The chilli ratings

RATING	HEAT	WHAT IT MEANS
1	No heat	Warm spices at most.
2	Gentle warmth	A little chilli in the background.
3	Medium	You'll notice it, but it won't hurt.
4	Hot	Proper chilli heat.
5	Very hot	For serious chilli lovers.

Ways to add heat

Fresh chillies

Jalapeño is mild to medium, bird's eye is hot, scotch bonnet and habanero are very hot. Most of the heat is in the seeds and white membrane.

Dried chilli

Fry flakes or powder in the oil for 30 seconds to bring out the flavour. Kashmiri gives colour; cayenne and hot chilli powder give heat.

Chilli pastes

Harissa, gochujang, chipotle, sambal oelek, 'nduja and Thai curry pastes add heat and flavour together. Stir them in with the tomatoes or stock.

At the table

Chilli oil, chilli crisp and hot sauces such as sriracha or a scotch bonnet sauce let everyone choose their own heat.

Pickled chillies

Sliced jalapeños, guindillas or Indian chilli pickle bring heat and a sharp tang to rich stews and curries.

Other kinds of heat

Black pepper, Sichuan pepper's tingle, fresh ginger, mustard seeds, English mustard and horseradish all add warmth without chilli.

Add it at reheating

Blocks can be cooked mild for the whole family. Stir chilli into your own portion as it reheats, so everyone gets the heat they want.

Too hot?

Cool it down with yoghurt, soured cream, coconut milk, a squeeze of lime or more rice. Milk helps more than water.

To match the heat to the dish, see Heat up any block.

start low, you can always add more

Heat up any block

Matching the heat to the dish keeps the flavour right. Add these as the blocks reheat.

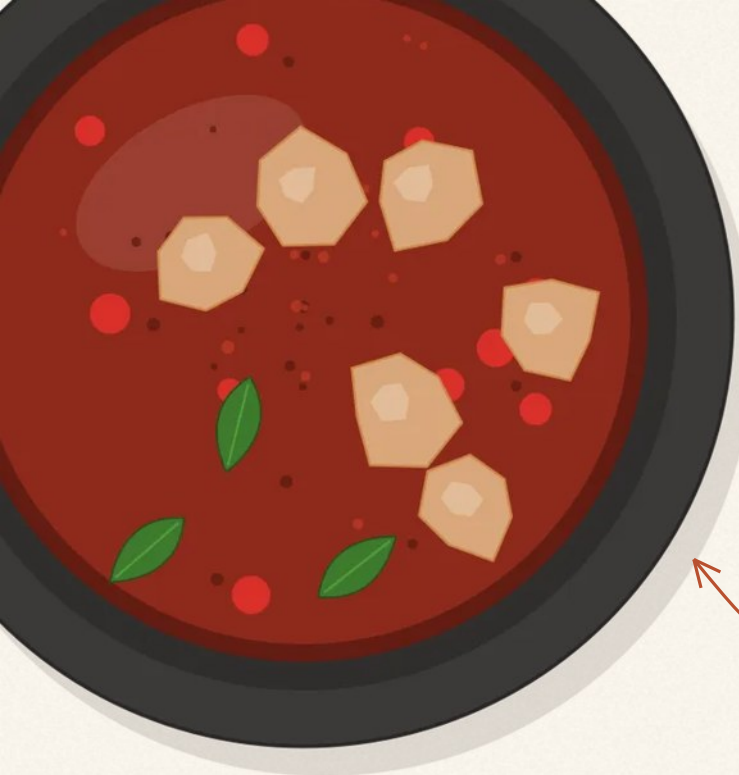
Find the style of your block below and stir one of these in as it reheats, a little at a time, tasting as you go. For what the 1 to 5 ratings mean, see Turn up the heat.

STYLE	RECIPES	ADD THIS
Mexican, Cajun & smoky	Chicken Tinga, Chicken Fajita Mix, Beef Chilli, Beef Taco Mince, Sloppy Joe Mince, Cajun Chicken & Peppers, Ropa Vieja, Smoky Pork	Chipotle in adobo, pickled jalapeños, a pinch of cayenne, hot sauce
Indian curries & dals	Mild Chicken Tikka, Chicken Tikka Masala, Chicken Korma, Cauliflower Korma, Chicken Jalfrezi, Beef Keema with Peas, Lamb Rogan Josh, Butter Chicken, the dals, Rajma	Green chillies, hot chilli powder, a spoon of lime pickle, a chilli tarka
Thai & Malaysian	Thai Green, Chicken Panang, Chicken Pad Thai Base, Thai Basil Beef, Jungle Pork, Beef Massaman, Veggie Massaman, Beef Rendang, Tempeh Satay	Bird's eye chillies, sambal oelek, chilli oil, extra curry paste
Italian	Classic Bolognese, Lentil Bolognese, the ragus, Chicken Cacciatore, Butter Bean Puttanesca, Sausage Arrabbiata	Chilli flakes fried in oil, 'nduja, Calabrian chilli paste
East Asian	Kimchi Pork, Korean Bulgogi Beef Mince, the noodle bases, Gochujang Beef, Chinese Black Bean Beef, Sweet & Sour Chicken, Chicken Katsu Curry, Chinese Red-Braised Beef	Gochugaru, gochujang, chilli crisp, Sichuan pepper
Middle Eastern & Greek	Chicken Shawarma, Beef Kofta Mince, Chicken Tagine, the harissa dishes, Greek Beef Stifado	Harissa, Aleppo pepper, hot paprika
Caribbean & African	Jerk Chicken Stew, Piri Piri Chicken, Cape Malay Chicken, Peanut & Sweet Potato Stew, Beef Picadillo	Scotch bonnet sauce, cayenne, piri piri
European stews	Beef and Ale Stew, Beef Bourguignon, Hungarian Beef Goulash, Slow-Cooked Beef Stroganoff, Mushroom Stroganoff, Cottage Pie Mince, Creamy Chicken & Mushroom	Hot paprika, horseradish, English mustard, black pepper

Want the real thing?

The seven recipes in the Hot & spicy collection are hot from the start, rated 4 and 5. Each one says how to bring it down to a 3 if you need to.

bring the heat



NO. 94 · HOT & SPICY GF DF

Pork Vindaloo

A fiery, tangy Goan-style curry of slow-cooked pork with vinegar, garlic and plenty of dried red chillies.

*makes 19 blocks,
about 38p each*

TIME
about 2 hr 30 min

MAKES
19 blocks

COST PER BLOCK
38p

CALORIES PER BLOCK
100 kcal

SPICE
🌶️🌶️🌶️🌶️

You'll need

700g	pork shoulder, fat trimmed, 3cm chunks
2 (300g)	onions, sliced
1 × 400g tin	chopped tomatoes
30g	tomato purée
15g	light brown sugar
20ml	rapeseed oil
300ml	water

FOR THE PASTE

8 (6g)	dried red chillies
10g	Kashmiri chilli powder
6g	hot chilli powder
7 cloves (30g)	garlic
30g	fresh ginger
60ml	cider vinegar
13g	cumin, mustard seed, cinnamon, cloves, black pepper

or about 5 tbsp (80g) vindaloo curry paste plus 2 tbsp vinegar

Method

- 1 Soak the dried chillies in the vinegar for 15 minutes, then blitz with the garlic, ginger, chilli powders and spices to a paste.
- 2 Rub half the paste over the pork and leave for 30 minutes, or overnight in the fridge.
- 3 Heat the oil in a large casserole over a medium heat and fry the onions, stirring often, until deep golden, about 15 minutes. Add the rest of the paste and the purée and fry for 3 minutes.
- 4 Turn the heat up to medium-high, add the pork and brown it for 5 minutes, then add the tomatoes, sugar and water. Bring to a simmer, cover and cook gently until the pork is tender. (1 hr 45)
- 5 Uncover and simmer until thick, about 15 minutes. Season with about 1 tsp salt and a splash more vinegar if you like. Cool and freeze in 70g blocks.

Milder: halve the dried chillies and leave out the hot chilli powder.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	100	7.8g	4.8g	5.3g	1.0g	0.07g
Per 3-block meal	300	23.4g	14.4g	15.9g	3.0g	0.21g

estimated

Serve it

Basmati rice and cooling raita

Warm naan

A jacket potato with yoghurt

Cook's notes

- For a 3, halve the dried chillies and leave out the hot chilli powder.
- Trim the thick fat from the shoulder so it doesn't set greasy in the blocks.
- Even better marinated overnight.

NO. 95 · HOT & SPICY DF

Mapo Tofu with Pork

Silky tofu and crispy pork mince in a numbing, fiery Sichuan sauce of chilli bean paste and Sichuan pepper.

*makes 16 blocks,
about 57p each*



TIME
about 40 min

MAKES
16 blocks

COST PER BLOCK
57p

CALORIES PER BLOCK
101 kcal

SPICE

You'll need

600g	firm tofu, 2cm cubes
300g	pork mince
200g	pak choi, sliced
60g (3 tbsp)	doubanjiang (chilli bean paste)
8g (1 tbsp)	Sichuan peppercorns, toasted and ground
5g	chilli flakes
4 cloves (20g)	garlic
20g	fresh ginger
30ml	soy sauce
10g	sugar
20g	cornflour
4 (60g)	spring onions, sliced
20ml	rapeseed oil
1 cube	chicken stock cube
400ml	water

Method

- 1 Toast the Sichuan peppercorns in a dry pan for 1 minute, then grind them.
- 2 Heat the oil in a wok or large frying pan over a medium-high heat and fry the pork, breaking it up, for 8 minutes until crisp and brown.
- 3 Add the doubanjiang, chilli flakes, garlic and ginger and fry for 2 minutes until the oil turns red.
- 4 Add the stock, soy and sugar, slide in the tofu and simmer gently for 6 minutes, nudging rather than stirring so the tofu stays whole. Add the pak choi for 2 minutes.
- 5 Thicken with the cornflour mixed with 3 tbsp cold water, then stir in half the Sichuan pepper and the spring onions. Cool and freeze.

Milder: halve the doubanjiang and the chilli flakes.

NUTRITION

estimated

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	101	9.7g	4.5g	5.1g	1.0g	1.04g
Per 3-block meal	303	29.1g	13.5g	15.3g	3.0g	3.12g

Serve it

Jasmine rice
Noodles
Steamed greens

Cook's notes

- Tofu turns chewier and meatier after freezing, which suits this dish.
- Doubanjiang (Pixian is best) is about £2.50 a jar at Asian grocers.
- Sprinkle the rest of the Sichuan pepper over at serving for the full numbing tingle.



NO. 96 · HOT & SPICY GF DF

Chicken Madras

A hot, tangy South Indian-style curry of chicken thighs with tomato, tamarind, curry leaves and green chillies.

*makes 18 blocks,
about 44p each*

TIME
about 1 hr 10 min

MAKES
18 blocks

COST PER BLOCK
44p

CALORIES PER BLOCK
81 kcal

SPICE

You'll need

700g	chicken thigh fillets, 2cm pieces
2 (300g)	onions, finely chopped
1 × 400g tin	chopped tomatoes
30g	tomato purée
15g (1 tbsp)	tamarind paste
10	curry leaves
4g	black mustard seeds
15g	fresh coriander
20ml	rapeseed oil
200ml	water

FOR THE PASTE

5 cloves (25g)	garlic
25g	fresh ginger
3 (20g)	green chillies
10g	hot chilli powder
15g	Madras curry powder

or 4 tbsp (about 70g) Madras curry paste

Method

- 1 Heat the oil in a large pan over a medium heat and fry the mustard seeds and curry leaves for 30 seconds until they pop.
- 2 Add the onions and cook until golden, 12 minutes. Add the garlic, ginger and chillies for 2 minutes.
- 3 Stir in the chilli powder, curry powder and purée for 1 minute.
- 4 Add the tomatoes, tamarind, water and chicken. Simmer uncovered until thick and the chicken is tender. (35 min)
- 5 Season with salt, then stir in the chopped coriander. Cool and freeze in 70g blocks.

Milder: *use mild curry powder and deseed the chillies.*

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	81	8.5g	4.6g	3.3g	1.1g	0.19g
Per 3-block meal	243	25.5g	13.8g	9.9g	3.3g	0.57g

estimated

Serve it

Basmati rice

Naan or chapati

With cucumber raita

Cook's notes

- For a 3, use mild curry powder and deseed the chillies.
- Curry leaves freeze well; keep a bag in the freezer.
- Thighs stay juicy; breast works but cook it for less time.

NO. 97 · HOT & SPICY GF DF

'Nduja & Butter Bean Stew

Butter beans in a rich tomato sauce spiked with fiery Calabrian 'nduja, red pepper and fennel seed.

*makes 22 blocks,
about 30p each*



TIME
about 50 min

MAKES
22 blocks

COST PER BLOCK
30p

CALORIES PER BLOCK
64 kcal

SPICE
🌶️🌶️🌶️🌶️

You'll need

2 tins (480g drained)	butter beans
2 × 400g tins	chopped tomatoes
100g	'nduja
1 (150g)	onion, diced
1 (160g)	red pepper, diced
150g	frozen leaf spinach
4 cloves (20g)	garlic
1 (10g)	red chilli, chopped
3g	fennel seeds
3g	chilli flakes
10g	fresh basil
10ml	olive oil
1 cube	chicken stock cube
150ml	water

Method

- 1 Melt the 'nduja in the oil in a large saucepan over a medium heat for 3 minutes, breaking it up, until the oil runs red.
- 2 Add the onion and pepper and soften for 8 minutes. Add the garlic, chilli, fennel and chilli flakes for 1 minute.
- 3 Add the tomatoes and stock and simmer, uncovered, for 20 minutes.
- 4 Add the butter beans for 10 minutes, then the spinach until wilted.
- 5 Stir in the torn basil, then taste and season. Cool and freeze in 70g blocks.

Milder: use 75g chorizo instead of the 'nduja.

NUTRITION	estimated					
	calories	protein	carbs	fat	fibre	salt
Per block (70g)	64	3.1g	5.9g	2.6g	1.9g	0.46g
Per 3-block meal	192	9.3g	17.7g	7.8g	5.7g	1.38g

Serve it

*Crusty bread
Over pasta with parmesan
On toast with a fried egg*

Cook's notes

- 'Nduja varies a lot in heat; start with 75g and add more to taste.
- Chorizo makes a milder version, about a 3.
- Look for 'nduja in the deli aisle or with the cured meats.



NO. 98 · HOT & SPICY VG GF DF

Habanero Black Bean Chilli

A smoky, seriously hot black bean and sweet potato chilli with habanero, chipotle and a hint of cocoa.

*makes 27 blocks,
about 22p each*

TIME
about 1 hr

MAKES
27 blocks

COST PER BLOCK
22p

CALORIES PER BLOCK
61 kcal

SPICE

You'll need

2 tins (480g drained)	black beans
1 tin (240g drained)	kidney beans
2 × 400g tins	chopped tomatoes
300g	sweet potato, 1cm dice
2 (300g)	onions, diced
1 (160g)	red pepper, diced
2 (15g)	habanero chillies, finely chopped
30g (2 tbsp)	chipotle paste
4 cloves (20g)	garlic
10g	cumin, smoked paprika, oregano
5g (1 tsp)	cocoa powder
30ml (1 lime)	lime juice
15ml	rapeseed oil
1 cube	vegetable stock cube
200ml	water

Method

- 1 Heat the oil in a large saucepan over a medium heat and soften the onions and pepper for 10 minutes.
- 2 Add the garlic, habaneros and spices for 1 minute.
- 3 Stir in the chipotle paste, tomatoes, stock, cocoa and sweet potato. Simmer, partly covered, for 25 minutes until the sweet potato is tender.
- 4 Add the beans and simmer uncovered until thick, 15 minutes.
- 5 Off the heat, stir in the lime juice and season with salt. Cool and freeze in 70g blocks.

Milder: use one habanero, deseeded.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	61	2.8g	9.3g	0.9g	3.0g	0.29g
Per 3-block meal	183	8.4g	27.9g	2.7g	9.0g	0.87g

estimated

Serve it

Rice with soured cream and avocado
Tortilla chips and cheese
A jacket potato

Cook's notes

- Wear gloves for the habaneros. For a 3, use one and remove the seeds.
- The heat builds as it sits, so taste it the next day before adding more.
- Soured cream, avocado and lime all cool it down at the table.

NO. 99 · HOT & SPICY GF DF

Lamb Phaal

The hottest curry on the menu: slow-cooked lamb in a fiery sauce of scotch bonnet, bird's eye chillies, ginger and tomato.

*makes 18 blocks,
about 69p each*



TIME
about 2 hr 15 min

MAKES
18 blocks

COST PER BLOCK
69p

CALORIES PER BLOCK
88 kcal

SPICE
🌶️🌶️🌶️🌶️

You'll need

700g	lamb shoulder or leg, fat trimmed, 3cm chunks
2 (300g)	onions, finely chopped
1 × 400g tin	chopped tomatoes
30g	tomato purée
15ml	lemon juice
15g	fresh coriander
20ml	rapeseed oil
300ml	water

FOR THE PASTE

1 (10g)	scotch bonnet
6 (12g)	bird's eye chillies
8g	hot chilli powder
5 cloves (25g)	garlic
25g	fresh ginger
14g	cumin, coriander, turmeric, garam masala, fenugreek

or about 5 tbsp (80g) hot curry paste plus 2 bird's eye chillies

Method

- 1 Blitz the scotch bonnet, bird's eye chillies, garlic and ginger with a splash of water to a paste. Wear gloves.
- 2 Heat the oil in a large casserole over a medium heat and fry the onions until deep golden, about 15 minutes. Add the paste, chilli powder and spices and fry for 3 minutes.
- 3 Turn up the heat, add the lamb and brown it for 5 minutes, then add the tomatoes, purée and water.
- 4 Cover and simmer gently until the lamb is tender. (1 hr 30)
- 5 Uncover and reduce until thick. Stir in the lemon juice and coriander, season, cool and freeze in 70g blocks.

Milder: leave out the scotch bonnet and use 3 bird's eye chillies.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	88	9.0g	4.0g	3.9g	1.0g	0.07g
Per 3-block meal	264	27.0g	12.0g	11.7g	3.0g	0.21g

estimated

Serve it

Basmati rice and lots of raita

Warm naan

A cooling cucumber and mint salad

Cook's notes

- For a 4, leave out the scotch bonnet; for a 3, use only 3 bird's eye chillies as well.
- Open a window while frying the chilli paste; the fumes are strong.
- Trim the lamb well so the blocks don't set greasy.



NO. 100 · HOT & SPICY DF

Spicy Korean Chicken (Dakgalbi)

Chicken thighs, sweet potato and cabbage stir-fried in a fiery gochujang and gochugaru sauce. Even better with melted cheese on top.

*makes 19 blocks,
about 44p each*

TIME
about 40 min

MAKES
19 blocks

COST PER BLOCK
44p

CALORIES PER BLOCK
91 kcal

SPICE

You'll need

700g	chicken thigh fillets, 3cm pieces
300g	sweet potato, 1cm batons
250g	white cabbage, shredded
1 (150g)	onion, sliced
70g (3½ tbsp)	gochujang
6g (2 tsp)	gochugaru or chilli flakes
30ml	soy sauce
15g	sugar
5 cloves (25g)	garlic
15g	fresh ginger
10ml	sesame oil
4 (60g)	spring onions, sliced
10ml	rapeseed oil
150ml	water

Method

- 1 Mix the gochujang, gochugaru, soy, sugar, garlic, ginger and sesame oil. Toss the chicken in half of it and leave for 15 minutes.
- 2 Heat the oil in a large, wide pan over a medium-high heat and fry the sweet potato for 5 minutes.
- 3 Add the chicken and onion and fry for 6 minutes until the chicken is browned.
- 4 Add the cabbage, the rest of the sauce and the water. Cover and cook for 8 minutes until the chicken is cooked through and the sweet potato is tender.
- 5 Uncover, bubble for 2 minutes until sticky, stir in the spring onions, cool and freeze in 70g blocks.

Milder: halve the gochugaru and use 2 tbsp gochujang.

NUTRITION

	calories	protein	carbs	fat	fibre	salt
Per block (70g)	91	8.2g	7.9g	3.1g	1.2g	0.55g
Per 3-block meal	273	24.6g	23.7g	9.3g	3.6g	1.65g

estimated

Serve it

Rice with kimchi

Topped with melted mozzarella, cheese-dakgalbi style

Wrapped in lettuce leaves

Cook's notes

- For a 3, halve the gochugaru and use 2 tbsp gochujang.
- Melt mozzarella over the reheated blocks for cheese dakgalbi.
- Keep the sweet potato in thin batons so it cooks through in time.

Build a dinner

Three blocks plus something simple makes a proper meal. Here's how to put one together, and which blocks work best side by side.

No recipe needed on the night: take three blocks from the freezer, add a carb and something fresh, and finish with one small extra. Cooking for IBS? Build an IBS-friendly dinner has pairings from the IBS-friendly recipes.

The plate

- 1** Pick three blocks: one dish, or two that go together from the list below.
- 2** Add a carb: about 75g dry rice or pasta per person, a jacket potato, two wraps or flatbreads, or 150g cooked grains.
- 3** Add something fresh: salad, steamed greens, a quick slaw, or a handful of frozen veg stirred in while the blocks reheat.
- 4** Finish it: a spoon of yoghurt or soured cream, grated cheese, fresh herbs, a squeeze of lime, or some heat from Turn up the heat.

Blocks that go together

COMBINE	TO MAKE
Curried Chickpeas + Golden Turmeric Dal	A two-curry dinner
Chicken Tinga + Brazilian Beans	Burrito bowls
Beef Chilli + Three-Bean Veggie Chilli	A half-meat chilli that goes further
Classic Bolognese + Lentil Bolognese	A lighter, cheaper bolognese
Chicken Tagine + Harissa Beans	A Moroccan-style stew
Kimchi Pork + Gochujang Beef	A Korean rice bowl
Butter Chicken + Saag Tempeh	A curry-house spread
Shredded Beef Ragu + Tempeh & Bean Ragu	A big pasta bake

Ten-minute sides

- Microwave rice pouch or quick-cook couscous: ready in 2 to 5 minutes.
- Jacket potato: microwave 8 to 10 minutes, then crisp in a hot oven for 10.
- Flatbreads or tortillas: warm in a dry pan for 30 seconds a side.
- Quick pickled onions: slice a red onion into lime juice with a pinch of salt and sugar.

PLANNING

Beef joint day

One session, four pans, 81 blocks: about 27 dinners for roughly £43.92.

Four slow-cooked beef dishes from two roasting joints, from Korean to Hungarian to Thai. It's the longest plan here, but most of it is the oven and hob doing the work. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	COOK TIME
Gochujang Beef	18	£10.94	3 hr 15
Hungarian Beef Goulash	22	£10.87	3 hr
Shredded Beef Ragu	22	£11.02	3 hr 40
Beef Massaman	19	£11.10	2 hr 45
Total	81	£43.92	

Two 1.4kg joints cover all four recipes. Defrost them in the fridge the day before. Two dishes go in the oven at 150°C fan and two simmer gently on the hob, so most of the day is hands-off. For more on choosing and cooking a joint, see [Cooking with a beef joint](#).

Shopping list

AMOUNT	ITEM
2.8kg	Beef joint
850g	Onions
700g	Carrots
150g	Pear
60g	Gochujang
45g	Fresh ginger
80g	Garlic
60g	Spring onions
300g	Peppers
3 tins	Chopped tomatoes
150ml	Red wine
100g	Celery
1 tin	Coconut milk
300g	Butternut squash
40g	Peanut butter
30g	Peanuts
30g	Lemongrass
10g	Fresh chillies
From the cupboard	Oil, stock cubes, tomato purée, soy, spices and herbs

Timeline

TIME	STEP
0:00	Prep. Cut each joint in half: two 700g halves into 4 large pieces (ragu and gochujang), two into 3cm chunks (goulash and massaman). Slice the onions, carrots and peppers and blitz the massaman paste. (30 min)
0:30	Brown all the beef in batches in your biggest pan over a medium-high heat, tipping each batch into its labelled bowl. (30 min)
1:00	Ragu: soffritto, wine, tomatoes, beef. Cover and into the oven at 150°C fan.
1:15	Goulash: onions, peppers, paprika off the heat, tomatoes, beef. Cover and into the oven.
1:30	Gochujang beef: onions, sauce, beef. Cover and simmer gently on the hob.
1:40	Massaman: paste, coconut, beef. Cover and simmer gently on the hob.
3:30–4:00	Check each pot. When the beef shreds, finish it as its recipe says (shred, reduce, add carrots or squash).
4:00–4:45	Cool, portion and freeze. Fill the trays as each dish cools.

PLANNING

Hot & spicy day

One session, four pans, 86 blocks: about 28 dinners for roughly £27.54.

All four come from the Hot & spicy collection, rated 4 or 5 for heat: a pork vindaloo, a chicken Madras, an 'nduja and butter bean stew and a vegan chilli. Batch costs are estimates.

DISH	BLOCKS	BATCH COST	COOK TIME
Pork Vindaloo	19	£7.27	2 hr 30
Chicken Madras	18	£7.93	1 hr 10
'Nduja & Butter Bean Stew	22	£6.53	50 min
Habanero Black Bean Chilli	27	£5.81	1 hr
Total	86	£27.54	

Wear gloves for the habaneros and keep the kitchen well ventilated while the chillies fry. Marinate the vindaloo pork the night before if you can.

Shopping list

AMOUNT	ITEM
700g	Pork shoulder
1.1kg	Onions
6 tins	Chopped tomatoes
95g	Garlic
55g	Fresh ginger
700g	Chicken thighs
45g	Fresh chillies
2 tins	Butter beans
100g	'Nduja
320g	Peppers
150g	Frozen spinach
2 tins	Black beans
1 tin	Kidney beans
300g	Sweet potato
From the cupboard	Oil, stock cubes, tomato purée, spices and herbs

Timeline

TIME	STEP
0:00	Prep. Soak the dried chillies in the vinegar, blitz the vindaloo and Madras pastes, chop all the onions and peppers, and rub half the vindaloo paste over the pork. (30 min)
0:30	Vindaloo: fry the onions until deep golden, add the paste and pork, then the tomatoes. Cover and simmer for 1 hr 45.

TIME	STEP
0:50	Madras: pop the mustard seeds and curry leaves, then add the onions, paste, spices, tomatoes and chicken. Simmer uncovered for 35 min.
1:00	Habanero chilli: soften the veg, add the habaneros and spices, then the sauce and sweet potato. Simmer 25 min, then add the beans for 15.
1:40	Madras is done: season and spread it out to cool. Start the 'nduja stew in the freed pan (about 35 min).
2:15	Uncover the vindaloo and reduce until thick, about 15 min.
2:30–3:15	Cool, portion and freeze. Label clearly: these blocks all look alike once frozen.

Quick finder

Short lists to help you choose, with the page number beside each recipe.

Under 30p a block (30)

Mild Chicken Tikka	15	Butternut Dal	80	Three-Bean Veggie Chilli	90
Beef Chilli	40	Lentil Bolognese	81	Butter Bean Puttanesca	91
Sausage Arrabbiata	42	Tempeh & Bean Ragu	82	Creamy Mushrooms	94
Hot Honey Ragu	43	Smoky Tempeh & Butter Beans	83	Rajma	95
Spicy Sausage & Bean Casserole	72	Saag Tempeh	84	Peanut & Sweet Potato Stew	96
Curried Chickpeas	75	Veggie Massaman	85	Mushroom Stroganoff	97
Miso Beans	76	Tempeh Satay	86	Cauliflower Korma	98
Golden Turmeric Dal	77	Creamy Coconut Curry	87	Shepherd's Lentil Mix	99
Black Dal	78	Harissa Beans	88	Aubergine & Chickpea Curry	100
Chana Dal	79	Brazilian Beans	89	Habanero Black Bean Chilli	120

Ready in 45 minutes or less (40)

Thai Green	14	Thai Basil Beef	71	Gochujang Pork Noodle Sauce	103
Mild Chicken Tikka	15	Cheeseburger Mince	73	Gochujang Chicken Sesame Noodles...	104
Chicken Panang	19	Curried Chickpeas	75	Chicken Chow Mein Base	105
Marry Me Chicken	20	Miso Beans	76	Beef & Broccoli Noodle Base	106
Chicken Fajita Mix	29	Butternut Dal	80	Chicken Satay Noodle Base	107
Chicken Katsu Curry	31	Smoky Tempeh & Butter Beans	83	Singapore Curry Noodle Base	108
Creamy Chicken & Mushroom	32	Saag Tempeh	84	Dan Dan Pork Noodle Sauce	109
Sweet & Sour Chicken	34	Veggie Massaman	85	Sticky Teriyaki Tofu Noodle Base	110
Beef Kofta Mince	65	Tempeh Satay	86	Crispy Chilli Beef Noodle Base	111
Beef Taco Mince	66	Creamy Coconut Curry	87	Honey Garlic Chicken Noodle Base	112
Korean Bulgogi Beef Mince	67	Harissa Beans	88	Mapo Tofu with Pork	117
Chinese Black Bean Beef	68	Butter Bean Puttanesca	91	Spicy Korean Chicken (Dakgalbi)	122
Beef Picadillo	69	Creamy Mushrooms	94		
Sloppy Joe Mince	70	Chicken Pad Thai Base	102		

High protein (59)

Chicken Tinga	13	Smoky Pork	44	Chinese Black Bean Beef	68
Chicken & Chorizo	18	Jungle Pork	46	Sloppy Joe Mince	70
Chicken Panang	19	Lamb Rogan Josh	47	Thai Basil Beef	71
Marry Me Chicken	20	Beef Rendang	48	Cheeseburger Mince	73
Butter Chicken	21	Beef and Ale Stew	49	Chicken Pad Thai Base	102
Jerk Chicken Stew	22	Pulled BBQ Pork	50	Gochujang Pork Noodle Sauce	103
Chicken Cacciatore	23	Pork and Fennel Ragu	51	Gochujang Chicken Sesame Noodles...	104
Turkey Chilli Verde	24	Gochujang Beef	53	Chicken Chow Mein Base	105
Chicken Korma	25	Hungarian Beef Goulash	54	Beef & Broccoli Noodle Base	106
Chicken Shawarma	28	Shredded Beef Ragu	55	Chicken Satay Noodle Base	107
Chicken Fajita Mix	29	Beef Bourguignon	56	Singapore Curry Noodle Base	108
Chicken Jalfrezi	30	Greek Beef Stifado	57	Dan Dan Pork Noodle Sauce	109
Chicken Katsu Curry	31	Chinese Red-Braised Beef	58	Crispy Chilli Beef Noodle Base	111
Creamy Chicken & Mushroom	32	Ropa Vieja	59	Honey Garlic Chicken Noodle Base	112
Piri Piri Chicken	33	Beef Massaman	60	Pork Vindaloo	116
Sweet & Sour Chicken	34	Slow-Cooked Beef Stroganoff	61	Mapo Tofu with Pork	117
Cajun Chicken & Peppers	35	Cottage Pie Mince	64	Chicken Madras	118
Lemon, Garlic & Herb Chicken	36	Beef Kofta Mince	65	Lamb Phaal	121
Chicken Tikka Masala	37	Beef Taco Mince	66	Spicy Korean Chicken (Dakgalbi)	122
Chicken Enchilada Filling	38	Korean Bulgogi Beef Mince	67		

Vegan (27)

Curried Chickpeas	75	Saag Tempeh	84	Chipotle Mushrooms	93
Miso Beans	76	Veggie Massaman	85	Creamy Mushrooms	94
Golden Turmeric Dal	77	Tempeh Satay	86	Rajma	95
Black Dal	78	Creamy Coconut Curry	87	Peanut & Sweet Potato Stew	96
Chana Dal	79	Harissa Beans	88	Mushroom Stroganoff	97
Butternut Dal	80	Brazilian Beans	89	Cauliflower Korma	98
Lentil Bolognese	81	Three-Bean Veggie Chilli	90	Shepherd's Lentil Mix	99
Tempeh & Bean Ragu	82	Butter Bean Puttanesca	91	Aubergine & Chickpea Curry	100
Smoky Tempeh & Butter Beans	83	Harissa Jackfruit	92	Habanero Black Bean Chilli	120

Hot: spice 4 and 5 (12)

Jerk Chicken Stew	22	Dan Dan Pork Noodle Sauce	109	'Nduja & Butter Bean Stew	119
Piri Piri Chicken	33	Pork Vindaloo	116	Habanero Black Bean Chilli	120
Jungle Pork	46	Mapo Tofu with Pork	117	Lamb Phaal	121
Thai Basil Beef	71	Chicken Madras	118	Spicy Korean Chicken (Dakgalbi)	122

Tags on each recipe: VG vegan, V vegetarian, GF gluten-free, DF dairy-free, NUTS contains nuts or peanuts. Gluten-free labels assume tamari in place of soy sauce, gluten-free oats and gluten-free stock cubes. Always check labels if you have an allergy.

Recipe index

RECIPE	PAGE	BLOCKS	TIME	COST	KCAL	FIBRE	PROTEIN
Chicken Tinga	13	16	1 hr	36p	75	1.9g	7.5g
Thai Green	14	16	40 min	45p	99	3.1g	5.9g
Mild Chicken Tikka	15	16	45 min	27p	73	1.4g	6.4g
Chicken Tagine	16	18	1 hr 10 min	32p	83	2.2g	6.5g
Cape Malay Chicken	17	20	1 hr 5 min	32p	74	1.3g	6.3g
Chicken & Chorizo	18	20	1 hr	46p	83	1.1g	6.8g
Chicken Panang	19	22	45 min	44p	125	2.8g	6.7g
Marry Me Chicken	20	16	40 min	49p	103	1.0g	8.2g
Butter Chicken	21	21	1 hr 30 min	36p	93	1.1g	8.5g
Jerk Chicken Stew	22	20	1 hr 30 min	34p	94	2.1g	8.5g
Chicken Cacciatore	23	21	1 hr 25 min	41p	79	1.2g	8.2g
Turkey Chilli Verde	24	20	1 hr 5 min	52p	65	2.4g	7.8g
Chicken Korma	25	20	1 hr 15 min	34p	109	1.0g	9.3g
Chicken Shawarma	28	22	1 hr	40p	65	0.9g	6.9g
Chicken Fajita Mix	29	21	40 min	40p	64	1.0g	8.7g
Chicken Jalfrezi	30	22	50 min	39p	67	1.0g	6.9g
Chicken Katsu Curry	31	20	45 min	33p	72	1.2g	8.6g
Creamy Chicken & Mushroom	32	21	45 min	40p	70	0.6g	7.4g
Piri Piri Chicken	33	23	55 min	38p	65	0.8g	7.0g
Sweet & Sour Chicken	34	23	35 min	35p	71	0.9g	7.3g
Cajun Chicken & Peppers	35	25	1 hr	35p	73	1.4g	6.8g
Lemon, Garlic & Herb Chicken	36	21	50 min	40p	74	1.0g	7.8g
Chicken Tikka Masala	37	21	1 hr	41p	95	0.8g	8.2g
Chicken Enchilada Filling	38	22	50 min	40p	76	1.5g	7.7g
Beef Chilli	40	20	1 hr 30 min	28p	87	1.2g	5.5g
Classic Bolognese	41	18	2 hr 5 min	30p	78	0.9g	6.1g
Sausage Arrabbiata	42	16	1 hr	28p	81	0.6g	4.1g
Hot Honey Ragu	43	20	1 hr 5 min	29p	92	1.2g	5.3g
Smoky Pork	44	20	2 hr 45 min	43p	96	1.9g	8.5g
Kimchi Pork	45	20	1 hr 50 min	40p	46	1.1g	4.0g
Jungle Pork	46	16	1 hr 55 min	59p	83	3.9g	9.2g
Lamb Rogan Josh	47	18	2 hr 55 min	58p	93	1.2g	6.7g
Beef Rendang	48	14	4 hr	77p	129	1.9g	11.0g
Beef and Ale Stew	49	20	3 hr 15 min	53p	91	1.0g	8.3g
Pulled BBQ Pork	50	22	3 hr 15 min	44p	94	0.8g	9.5g
Pork and Fennel Ragu	51	22	2 hr 15 min	35p	89	1.3g	7.2g
Gochujang Beef	53	18	3 hr 15 min	61p	105	1.2g	9.0g
Hungarian Beef Goulash	54	22	3 hr	49p	80	1.3g	7.6g
Shredded Beef Ragu	55	22	3 hr 40 min	50p	78	0.8g	7.4g
Beef Bourguignon	56	19	3 hr 15 min	69p	107	0.8g	9.6g
Greek Beef Stifado	57	19	3 hr	56p	88	0.7g	8.4g

RECIPE	PAGE	BLOCKS	TIME	COST	KCAL	FIBRE	PROTEIN
Chinese Red-Braised Beef	58	17	3 hr	66p	92	0.8g	9.6g
Ropa Vieja	59	21	3 hr	55p	80	1.1g	7.8g
Beef Massaman	60	19	2 hr 45 min	58p	142	0.9g	9.5g
Slow-Cooked Beef Stroganoff	61	16	3 hr	66p	101	0.8g	10.3g
Beef Keema with Peas	63	23	50 min	36p	59	1.5g	5.9g
Cottage Pie Mince	64	20	1 hr	37p	70	1.9g	7.1g
Beef Kofta Mince	65	19	45 min	39p	71	1.5g	7.1g
Beef Taco Mince	66	18	40 min	42p	72	1.9g	7.5g
Korean Bulgogi Beef Mince	67	17	30 min	46p	78	1.4g	7.1g
Chinese Black Bean Beef	68	16	30 min	52p	70	1.1g	7.6g
Beef Picadillo	69	20	45 min	41p	68	1.0g	6.1g
Sloppy Joe Mince	70	16	35 min	42p	68	0.9g	7.2g
Thai Basil Beef	71	17	25 min	51p	67	1.1g	7.1g
Spicy Sausage & Bean Casserole	72	27	50 min	27p	79	1.9g	4.1g
Cheeseburger Mince	73	13	35 min	51p	79	0.9g	8.7g
Curried Chickpeas	75	17	45 min	14p	60	2.3g	2.6g
Miso Beans	76	17	35 min	21p	79	4.0g	2.7g
Golden Turmeric Dal	77	17	1 hr 10 min	11p	72	2.0g	2.3g
Black Dal	78	17	1 hr 5 min	12p	71	1.5g	2.1g
Chana Dal	79	17	1 hr 15 min	11p	69	3.2g	4.1g
Butternut Dal	80	17	45 min	10p	51	1.9g	2.8g
Lentil Bolognese	81	19	50 min	9p	44	1.8g	2.5g
Tempeh & Bean Ragu	82	19	1 hr	20p	50	2.0g	3.5g
Smoky Tempeh & Butter Beans	83	16	45 min	25p	52	1.9g	3.3g
Saag Tempeh	84	17	45 min	21p	72	1.8g	3.2g
Veggie Massaman	85	16	45 min	29p	87	3.1g	3.4g
Tempeh Satay	86	16	45 min	20p	97	1.8g	3.9g
Creamy Coconut Curry	87	17	45 min	13p	72	2.1g	2.4g
Harissa Beans	88	18	40 min	21p	61	2.5g	2.7g
Brazilian Beans	89	16	50 min	14p	43	2.2g	1.9g
Three-Bean Veggie Chilli	90	16	1 hr	17p	45	2.2g	2.1g
Butter Bean Puttanesca	91	18	45 min	23p	34	1.8g	1.4g
Harissa Jackfruit	92	18	55 min	32p	29	1.4g	1.0g
Chipotle Mushrooms	93	18	50 min	33p	42	1.9g	1.9g
Creamy Mushrooms	94	17	40 min	22p	43	1.3g	1.5g
Rajma	95	20	1 hr 10 min	19p	75	3.5g	3.3g
Peanut & Sweet Potato Stew	96	21	55 min	15p	81	2.1g	2.7g
Mushroom Stroganoff	97	17	55 min	29p	62	1.9g	2.3g
Cauliflower Korma	98	19	1 hr 10 min	22p	98	2.2g	2.1g
Shepherd's Lentil Mix	99	20	1 hr 20 min	18p	64	2.5g	3.6g
Aubergine & Chickpea Curry	100	21	55 min	22p	51	2.3g	1.9g
Chicken Pad Thai Base	102	18	30 min	42p	106	1.2g	8.1g
Gochujang Pork Noodle Sauce	103	17	30 min	47p	77	0.8g	7.3g
Gochujang Chicken Sesame Noodles Base	104	17	30 min	46p	87	1.0g	7.9g
Chicken Chow Mein Base	105	19	30 min	38p	74	1.0g	6.9g

RECIPE	PAGE	BLOCKS	TIME	COST	KCAL	FIBRE	PROTEIN
Beef & Broccoli Noodle Base	106	15	25 min	49p	80	1.0g	8.1g
Chicken Satay Noodle Base	107	18	30 min	42p	110	1.1g	8.4g
Singapore Curry Noodle Base	108	17	30 min	42p	77	1.3g	7.9g
Dan Dan Pork Noodle Sauce	109	15	25 min	54p	108	1.0g	8.4g
Sticky Teriyaki Tofu Noodle Base	110	16	35 min	38p	82	1.8g	5.5g
Crispy Chilli Beef Noodle Base	111	15	30 min	51p	79	0.9g	7.7g
Honey Garlic Chicken Noodle Base	112	17	30 min	42p	82	1.1g	8.0g
Pork Vindaloo	116	19	2 hr 30 min	38p	100	1.0g	7.8g
Mapo Tofu with Pork	117	16	40 min	57p	101	1.0g	9.7g
Chicken Madras	118	18	1 hr 10 min	44p	81	1.1g	8.5g
'Nduja & Butter Bean Stew	119	22	50 min	30p	64	1.9g	3.1g
Habanero Black Bean Chilli	120	27	1 hr	22p	61	3.0g	2.8g
Lamb Phaal	121	18	2 hr 15 min	69p	88	1.0g	9.0g
Spicy Korean Chicken (Dakgalbi)	122	19	40 min	44p	91	1.2g	8.2g

Cost, calories, fibre and protein are per 70g block. Nutrition, costs and yields are estimates.