Weeknight Kitchen

A small collection of reliable recipes

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Chapter 1

Starters

Roasted Red Pepper Soup

Ingredients (serves 4): *4 red bell peppers, halved and deseeded; 1 onion, chopped; 2 cloves garlic; 700ml vegetable stock; 100ml double cream; 1 tbsp olive oil; salt and black pepper*

Heat the oven to 220℃. Toss the peppers and onion in the olive oil and roast for 25 minutes, until the pepper skins are blistered. Add the garlic for the final 5 minutes. Transfer everything to a blender with the stock and blend until smooth. Return to a pan, stir in the cream, and warm through over low heat for 5 minutes. Season to taste and serve with crusty bread.

Charred Corn and Avocado Salad

Ingredients (serves 4): *4 corn cobs; 2 avocados, diced; 1 red onion, finely sliced; 1 lime, juiced; 2 tbsp olive oil; a handful of coriander, chopped; salt*

Char the corn cobs directly over a gas flame or under a hot grill, turning occasionally, for about 10 minutes until blackened in patches. Cool slightly, then cut the kernels from the cob. Toss with the avocado, red onion, lime juice, olive oil and coriander. Season with salt and serve immediately.

Chapter 2

Mains

Pan-Seared Salmon with Lemon Butter

Ingredients (serves 4): *4 salmon fillets; 3 tbsp butter; 1 lemon, juiced and zested; 2 cloves garlic, minced; 1 tbsp olive oil; salt and black pepper; fresh dill to garnish*

Pat the salmon fillets dry and season both sides with salt and pepper. Heat the olive oil in a heavy pan over medium-high heat and sear the salmon skin-side down for 4 minutes, then flip and cook a further 3 minutes. Remove and set aside. Lower the heat, add the butter and garlic to the pan, and cook for 30 seconds until fragrant. Stir in the lemon juice and zest, then spoon the sauce over the salmon. Garnish with dill and serve.

Braised Chicken Thighs with Root Vegetables

Ingredients (serves 4): *8 bone-in chicken thighs; 3 carrots, chunked; 2 parsnips, chunked; 1 onion, sliced; 4 cloves garlic; 400ml chicken stock; 2 sprigs rosemary; 2 tbsp olive oil; salt and black pepper*

Heat the oven to 180℃. Season the chicken thighs and brown them skin-side down in an ovenproof pan with the olive oil, about 6 minutes. Turn and remove from the pan. Add the onion, carrots, parsnips and garlic to the same pan and cook for 5 minutes. Return the chicken to the pan, tuck in the rosemary, and pour over the stock. Cover and transfer to the oven for 40 minutes, until the chicken is tender and the vegetables are cooked through.