**BUSY BAKERS**

**TUESDAY JULY 12th 2022**

**EASY TUNA PASTA BAKE**

Serves 4

400g fusilli pasta

100g frozen peas

50g/2oz butter

50g/2oz plain flour

600ml milk

1tsp Dijon mustard

390g tin of tuna

4 spring onions

198g tin sweet corn

100g/4oz grated cheddar cheese

Salt & pepper

Method

1. Trim and slice spring onions
2. Drain tuna
3. Drain sweetcorn
4. Bring water to boil and cook pasta according to instructions on packet
5. Add peas for last 3 mins of cooking time
6. Drain pasta and peas
7. Place butter, flour and milk in pan and whisk until smooth
8. Season and stir in Dijon mustard
9. Stir tuna into pasta and peas, add sweetcorn.
10. Mix all into sauce adding spring onions and half of cheese
11. Pour into casserole dish and top with cheese
12. Cover with foil
13. To serve:- reheat Electric 180C/Fan 160C, Gas 4 for 20 mins, check hot throughout, remove foil and cook for 5 mins

**SMOKED HADDOCK & SPINACH FISH PIE**

Serves 6

3 eggs small pan for eggs

2tbsp oil large pan with lid for potatoes

2 medium leeks pan for leeks & sauce

50g/2oz butter whisk

50g/2oz plain flour chopping board & sharp knife

1pt milk peeler

1tbsp whole grain mustard colander

750g/1¾lb smoked haddock potato masher

250g/9oz baby spinach grater

Topping

500g/1lb2oz sweet potatoes

500g/1lb/2oz potatoes

Butter

75g/3oz mature cheese

1.8 -2.3litre/3¼-4pt shallow ovenproof dish

Preheat oven Electric 180C/Fan 160C, Gas 4

Method

1. Peel all potatoes and boil in salted water until tender.
2. Drain, mash and season
3. Hard boil eggs
4. Peel eggs and cut into quarters
5. Skin and cube fish
6. Wash and slice leeks
7. Heat oil, add leeks and cook until tender – put on plate and use pan for sauce
8. Place milk, butter and flour in a saucepan and heat, whisking all the time until it boils
9. Cook until it is thick and smooth
10. Stir in leeks, season well and add mustard
11. Add fish, mix very well and cook for 2-4 mins
12. Pour into ovenproof dish
13. Place spinach in a colander, pour over boiling water. Allow to cool, then squeeze out liquid
14. Divide into 6 mounds and place on fish sauce, scatter with hard boiled eggs
15. Spread over the potatoes, decorate with fork
16. Grate cheese
17. Scatter with cheese and place on a baking tray
18. Bake for 35-40 mins, until fish is fully cooked and the sauce is bubbling

If you are planning to freeze this dish, do not add the hard boiled eggs

**MANGO CHICKEN**

Serves 4

1tbsp olive oil chopping board & sharp knife

1 small onion garlic crusher

1 clove garlic frying pan

1 red chilli

6 tbsp mango chutney

1 tbsp Worcestershire sauce

6 tbsp mayonnaise

4 chicken breasts

Pre heat oven Electric 200C/Fan 180C, Gas 6

Method

1. Peel and finely chop onion
2. Peel and crush garlic
3. Deseed and finely chop chilli
4. Heat oil and cook onion and chilli for approx3 mins
5. Add garlic, cook for 2 mins
6. Stir in chutney, Worcestershire sauce and mayonnaise
7. Season
8. Line baking tin/dish with foil and arrange chicken on top
9. Spoon over chutney mixture and cook for 30-40 minutes.
10. Check chicken is fully cooked, serve with salad

**PEANUT LENTIL CURRY**

Serves 4

**For the curry paste**

1 small onion chopping board & sharp knife

2tbsp tomato puree mini food processor

1 thumb size piece of fresh ginger pan with lid

2 cloves garlic measuring jug

2tsp cumin colander

2tsp coriander

1tsp chilli powder

Pinch of salt

2tbsp water

For the curry

**Cooking oil spray**

1 onion

1 red pepper

1 green pepper

1x400g tin green lentils

240ml vegetable stock

3tbsp crunchy peanut butter

120ml light coconut milk

Method

1. **To make curry paste :**- roughly chop onion, peel garlic and ginger. Place all the remaining ingredients for the paste in a mini food processor and whiz to a rough paste.
2. **For the curry**:- peel and slice the onion
3. Deseed and slice peppers
4. Rinse lentils
5. Spray pan with cooking oil, add onions and peppers and cook to soften. Remove from pan
6. Spray pan and add the paste. Cook for a few mins stirring all the time (you may need to add a little water)
7. Add lentils, stock and peanut butter, bring to the boil, reduce the heat and simmer for 10mins, until thickened
8. Stir in the coconut milk until creamy. Return the onions and peppers to the pan and heat through.
9. Serve with rice and popadoms
10. **FROZEN BERRY MERINGUE**

Serves 4

6 meringue nests plastic bag

2x175g blueberry yogurts mixing bowl

100g/4oz raspberries colander

100g/4oz blueberries

4 x ¼pt ramekin dishes lined with cling film

Method

1. Place meringues in a plastic bag and crush lightly
2. Tip into mixing bowl and stir in yogurt
3. Mix well
4. Using half the mixture only, line the base of the ramekins
5. Arrange the fruit over the top of the yogurt mix
6. Top with remaining yogurt and level the tops
7. Freeze for at least 2 hours
8. Lift out of dishes and serve with more fresh fruit

**GINGER, CHOCOLATE AND SHORTBREAD FRIDGE CAKE**

Makes about 16 pieces

150g/5oz ginger-flavoured plain chocolate pan

1tbsp ginger syrup from jar plastic bag & rolling pin

100g/3½oz butter chopping board & sharp knife

200g/7oz shortbread fingers

100g/3½oz stem ginger

100g/3½oz raisins

50g/1½oz hazelnuts

100g/3½dried apricots

7inch square tin, greased and lined

Method

1. Crush biscuits in plastic bag with rolling pin
2. Slice stem ginger
3. Cut apricots into small pieces
4. Gently heat chocolate, syrup and butter. Stir all the time, don’t leave unattended
5. Remove from heat
6. Stir in shortbread, ginger, raisins, hazelnuts and apricots
7. Mix well
8. Pack into tin and chill for at least 4 hours before cutting into pieces