



Beef, mushroom & greens stir-fry

★★★★☆ (35 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

PREP: 10 MINS
COOK: 10 MINS

EASY

SERVES 4

There's no need to resort to ready-chopped veg and bottled sauces - make your own in 20 mins



Nutrition: per serving

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
273	17g	5g	7g	5g	3g	25g	3.13g

Ingredients

4 tbsp oyster sauce

2 tbsp dark [soy sauce](#)

1-2 tbsp vegetable oil

400g [beef rump steak](#), thinly sliced across the grain into ½cm thick pieces

finger-tip length chunk fresh root ginger, chopped

300g [spring greens](#), sliced

150g pack chestnut mushroom, sliced

Method

1. Mix the sauces together and set aside. Heat a wok until smoking hot, add 1 tsp oil, then stir-fry the meat until browned all over. You may need to do this in 2 batches, adding a little more oil. Remove the meat, then wipe the wok clean.

2. Add a little more oil. Stir-fry the ginger until golden, then add the spring greens and mushrooms. Cook for 3 mins, stirring often, then add the steak and soy sauce mixture. Cook for 3-4 more mins until the sauce has thickened a little and everything is warmed through. Serve over rice or noodles.



Lemon chicken with spring veg noodles

★★★★★ (15 ratings)

By [Good Food](#)

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L PREP: 5 MINS
COOK: 15 MINS

E EASY

S SERVES 2

Forget that ready meal, this storecupboard meal makes a speedy after work supper



E Easily halved

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
553	12g	2g	69g	12g	6g	47g	1.1g

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Ingredients

- 1 tbsp [sunflower oil](#)
- 2 skinless chicken breasts, cut into strips
- zest and juice 1 [lemon](#)
- 1 tbsp caster sugar
- 2 tbsp grated fresh root [ginger](#)
- 2 tsp cornflour
- 125g pack or 2 sheets medium dried egg noodle
- 200g frozen pea and bean mix
- 4 [spring onions](#), sliced
- 1 tbsp roasted [cashews](#)


Method

1. Heat the oil in a non-stick pan, then fry the chicken for 5 mins until almost cooked. Tip onto a plate. Pour 250ml water into the pan with the lemon zest and juice, sugar and ginger. In a bowl, mix the cornflour with a little water until smooth, then whisk into the pan. Bring to the boil, stirring, then add the chicken to the sauce. Reduce the heat. Bubble for a few mins until chicken is cooked and the sauce thickened.
2. Meanwhile, cook the noodles and veg together in boiling water for 4 mins, then drain. Toss together the chicken, noodles, veg and spring onions; serve scattered with nuts.



Steak & caramelised onion sandwich

★★★★★ (2 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

 COOK: 10 MINS - 15 MINS

 EASY

 SERVES 2

The classic snack gets an update - perfect for a Saturday night on, or during barbecue season



Nutrition: per serving

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
525	21g	5g	33g	2g	2g	52g	1.85g

Ingredients

4 minute [steaks](#) (Sainsbury's Taste the Difference are good) or 2 x 1cm thick sirloin steaks

1 tbsp [olive oil](#), plus extra for drizzling

1 small ciabatta loaf

4 tbsp [caramelised onions](#)

half an 85g bag [watercress](#)

Method

1. Put the grill on. Heat a little oil in a frying pan. Season both sides of the steaks with salt, then fry for 1-2 minutes on each side. Meanwhile, slice the ciabatta in half lengthways and grill the cut sides until golden.

2. Drizzle the toasted ciabatta with olive oil, spread the bottom half with the onions and sit the steaks on top. Cover with the watercress and close the sandwich with the other half of the ciabatta. Cut into four sandwiches and serve two per person. Serve hot.



Bows with tuna, olives & capers

★★★★★ (7 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 10 MINS

EASY

SERVES 4

This delicious pasta recipe makes a quick and simple supper



Nutrition:

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
677	28g	4g	76g	2g	4g	35g	2.36g

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Ingredients

400g pasta bows

6 tbsp extra-virgin olive oil

2 garlic cloves, crushed

2 x 200g cans tuna, drained

85g pitted olives, halved

2 tbsp capers, rinsed

small bunch flatleaf parsley, roughly chopped

Method

1. Cook pasta following pack instructions. Drain, reserving a few tablespoons of water in the bottom of the pan.
2. Return the pasta to the pan over a low heat, stir in the olive oil and garlic and allow to infuse for 1 min. Toss through the remaining ingredients, season and serve.



Speedy Moroccan meatballs

★★★★★ (43 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

L PREP: 5 MINS
COOK: 15 MINS

E EASY

S SERVES 4

A great twist on meatballs for a quick and tasty supper



* Freezable

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
388	25g	9g	24g	17g	6g	18g	1.58g

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Ingredients

1 tbsp [olive oil](#)

350g pack ready-made [beef](#) or chicken meatballs (approx 16)

1 large [onion](#), sliced

100g dried apricot, halved

1 small [cinnamon](#) stick

400g tin chopped [tomato](#) with garlic

25g toasted flaked almond

handful coriander, roughly chopped

Method

1. Heat the oil in a large deep frying pan, then fry the meatballs for 10 mins, turning occasionally until cooked through. Scoop out of the pan and set aside, then cook the onion for 5 mins, until softened.

2. Add the dried apricots, cinnamon stick, tomatoes and half a can of water to the pan, then bring to the boil and simmer for 10 mins. Remove the cinnamon stick. Return the meatballs to the pan and coat well with the tomato sauce. Serve sprinkled with the almonds and coriander.