

Chow Mein

750 g minced beef
1 package chicken noodle soup mix
2 each carrots
2 sticks celery
1/2 each cabbage, chopped
3 each onions, chopped
250 g beans
curry powder

Brown mince and add curry. Add all other ingredients, adding water if mix is too dry. Thicken when cooked.

Source: -- | (Servings: --)

Humble Pie

For the filling:

- 3** cups cooked brown lentils
- 1** medium onion, chopped
- 1** clove garlic, chopped
- 1** tablespoon oil
- 1** handful of plain flour
- ¾** cup lentil cooking water
- 1** teaspoon of beef or vegetable stock powder
- 1** teaspoon Marmite
- 1** tablespoon Worcestershire sauce
- 1** tablespoon soy sauce
- ⅓** cup tomato paste
- ⅓** cup tomato sauce
- Heaped teaspoon of mixed herbs
- 1** cup frozen mixed vegetables
- ½** teaspoon salt
- Pepper

For the topping:

- 700 g** potatoes, peeled and cut in chunks
- 1** tablespoon lite Olivani or a

Cook the lentils in plenty of water till tender - approximately 40 minutes. Reserve $\frac{3}{4}$ cup of the cooking liquid.

Place the potatoes in a saucepan of cold water and bring to the boil, simmer till tender, then drain and mash with the milk, butter, salt and pepper.

While the potatoes are cooking sauté the onion and garlic in the oil, stir in the flour and then, using a whisk add the cooking liquid a little at a time, mixing well after each addition. Stir in the sauces and seasoning, herbs and lentils and lastly add the mixed veg. Simmer for 10 minutes stirring frequently.

Pour the mixture into an ovenproof dish and top with the prepared mashed potato, swirling with a fork to make spiral patterns on top.

Bake in a preheated oven at 200°C for 20 minutes or until golden and crispy on top.

Cook's tips:

You could serve this in individual dishes or ramekins - freezing spares, the filling can be used in crepes or pastry.

Dairy free: substitute butter with Olivani and use soy milk to mash spuds.

Source: Saving Dinner | (Servings: 6)

knob of butter
1/3 cup trim milk
Salt and pepper
to taste

Red Pepper Pasta

12 ounces spaghetti noodles, cooked
1-2 tablespoons olive oil
2 medium red bell peppers (deseeded, deribbed and cut into strips)
1 large onion, chopped
4 cloves garlic, pressed
1 teaspoon dried basil
1/2 to **1** teaspoon cayenne pepper
3/4 cup chicken broth
3/4 cup Romano cheese, grated
1 cup low-fat cream cheese, at room temperature

In a skillet over medium-high heat, heat your olive oil. To the hot oil, add the peppers and onions. Cook till peppers are wilted and onions are translucent. Add the garlic and cook another minute or two; don't let the garlic turn brown. Add the basil, stir and remove from pan.

To the emptied skillet, add the chicken broth and bring to a simmer, scraping up any browned bit on the bottom of the pan. Add the Romano and cream cheeses, whisking in until well blended and simmering. Now add the pepper mixture back to the skillet and mix well. Add the cooked pasta and toss. Serve with additional Romano cheese garnishing the top if desired.

Source: Saving Dinner | (Servings: 4)

Sweet Beef Curry

2 tablespoons oil
800 g chuck steak, cut into 2cm cubes
1 onion, roughly chopped
2 cloves garlic, crushed
1 ½ tablespoons madras curry powder
1 tablespoon plain flour
¾ cups beef stock
400 g can diced tomatoes
½ cup fruit chutney
2 carrots, roughly chopped
2 sticks celery, thickly sliced
400 g chat potatoes, halved or quartered
100 g baby beans

Toss beef in flour and brown in oil over medium heat on stove. Add to crockpot with remaining ingredients. Cook on low for 6-8 hours.

Source: -- | (Servings: 4)