

One planet sauce - 10 recipes

1. Creamy tomato and vegetable soup (serves 1)

Ingredients

- 1 x 200g portion of sauce
- 1 x 10ml spoon of tomato puree
- 75ml fresh milk
- Salt and freshly ground black pepper

This soup is delicious served as it is but if you want to dress it up a bit like we have done in the picture add a drizzle of cream and pesto and some toasted bread croutons. Alternatively why not try grated cheese or a spoon of crème fraiche.



Method

1. Place the sauce in a large bowl or microwave container. Add the puree and milk and stir.
2. Place the covered bowl in the microwave and heat on high for 1 minute, remove and stir and then heat for another minute. Repeat until soup is hot stir well and eat.
3. Alternatively heat the soup in small with the puree and milk. Season to taste and serve.

2. Spiced chickpeas (serves 2)

Ingredients

- 1 x 10ml spoon vegetable oil or butter
- 1 thumb sized piece of fresh ginger, peeled and finely chopped or grated
- 1 clove garlic, peeled and crushed
- 1 x 10ml spoon curry powder
- 1 x 200g portion of sauce
- 1 x 400g can chickpeas, drained
- 25g creamed coconut, broken into little pieces
- Natural yogurt and coriander leaves to garnish (optional)
- Mango chutney (optional)

Fresh steamed rice or toasted naan bread to serve

Method

1. Heat the oil in a small saucepan and stir-fry the ginger and garlic for 1 minute.
2. Stir in the curry powder and then add the sauce.
3. Heat the sauce through and add the chickpeas and coconut.
4. Simmer for 5 minutes until the coconut has melted and serve.

3. Spaghetti with meatballs (serves 4)

Ingredients

- 1 x 10ml spoon vegetable oil
- 1 pack of 12 beef meatballs
- 1 x 400g portion of sauce
- 1 x 5ml spoon of fresh chopped or dried Italian mixed herbs
- Salt and freshly ground black pepper
- * 400g of spaghetti
- Parmesan cheese to serve (optional)

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Method

1. Heat the oil in a large sauté pan and add the meatballs. Seal the outside of the meatballs turning to brown all sides.
2. Add the sauce, herbs and seasoning. Place a lid on the pan and simmer for 20 minutes.
3. After 10 minutes place a pan of boiling water on the hob and cook the spaghetti. Drain in a colander and serve with the meatball sauce. Offer a sprinkle of parmesan cheese.

Love food hate waste recommends that 400g, is the right amount of spaghetti to cook for 4 people. If you have big eaters in your group particularly those who may take part in sports you may want to cook more.

4. Pasta with creamy wild mushroom sauce (serves 1)

Ingredients

- 2 x 15ml spoons dried wild mushrooms
- 1 x 200g portion of sauce
- 1 x 15ml spoon half fat crème fraiche
- 100g of penne or other pasta shapes
- 1 x 10ml spoon of freshly chopped basil or chives to garnish (optional)

Method

1. Put the mushrooms into a mug and pour over enough boiling water to cover. Leave for 20 minutes.
2. Bring a pan of water to the boil and cook the pasta.
3. Bring the sauce to the boil in a small saucepan and add the mushrooms and the water the mushrooms were soaking in. Bring the sauce to the boil and reduce while the pasta is cooking.
4. Drain the cooked pasta and return to the pan. Add the tomato and mushroom sauce to the pasta and stir in the crème fraiche.

Serve with fresh herbs and grated parmesan cheese

5. Spiced chicken couscous (serves 4)

Ingredients

- 1 x 15 ml spoon vegetable oil
- 2 cloves garlic, peeled and crushed
- 4 x chicken breasts, each into 4 chunks
- 1 x 10 ml spoon *Tikka seasoning
- 1 red onion, sliced
- 1 10ml spoon of swiss vegetable bouillion
- 400g whole-wheat couscous
- 400g portion of sauce
- 50g ready to eat dried apricots, cut into strips
- 20g pack fresh flat-leaf parsley or coriander leaves, roughly chopped

Method

Preheat the oven to 200°C, gas mark 6.

1. In a large roasting tin, mix the oil, chicken pieces, tikka seasoning and red onion,

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2. Roast for about 10 minutes.
3. Bring the sauce to the boil in small pan and add the apricots. Simmer for 7-8 minutes then remove from the heat.

4. Make up the stock with 500ml boiling water. Stir the couscous into the roasting tin with the chicken followed by the stock.
5. Spoon over the tomato and apricot sauce and return to the oven for 15-18 minutes until the stock has been absorbed and the chicken is thoroughly cooked.

Garnish with the herbs of your choice and serve

*Tikka seasoning can be found in the herbs and spice area of the supermarket in powder form. This is more economical than paste and does not need to be stored in a refrigerator.

6. Quorn Goulash (serves 4)

Ingredients

300g brown rice
1 x 15ml spoon vegetable oil
1 red medium red onion, finely chopped
1x 15ml spoon sweet paprika
600g portion sauce
1 x 300g pack Quorn Chicken Style Pieces, frozen or defrosted
1 x 150ml tub sour cream
Salt and freshly ground black pepper

Method

1. Cook the rice according to pack instructions.
2. Heat the oil in a medium saucepan and add the red onion. Stir fry over a medium heat for 5-8 minutes until softened.
3. Stir in the sweet paprika and continue stirring for 1 minute.
4. Add the sauce to the pan and bring to the boil.
5. Stir in the Quorn pieces and cook until heated through.
6. Simmer for 5 -10 minutes or until the rice is cooked.
7. Drain the rice and divide between four plates.
8. Stir the cream into the goulash and serve on the rice.

7. Linguine with mussels (serves 2)

Ingredients

200g linguine
1 x 10ml spoon vegetable oil
2 cloves garlic, peeled and crushed
400g sauce
1 x 15ml spoon tomato puree
2 x 15ml spoons of fresh chopped parsley
1 x 180g pack of fresh mussels or 2 cans smoked mussels

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Method

1. Cook the linguine according to on pack instructions.
2. Heat the oil in a medium saucepan and add the garlic. Add the sauce to the pan and bring to the boil and stir in the puree.
3. Once the pasta has cooked drain and keep warm.
4. Add the parsley and mussels to the sauce (If you are using tinned mussels drain the liquid first) and stir through gently taking care not to break the mussels.
5. Toss the sauce and pasta together and serve immediately.

8. Aubergine Parmigiana (serves 4)

Ingredients

3 x 15ml spoons vegetable oil
2 large firm aubergines, slice into 1cm slices
1 x 15ml spoon freshly chopped oregano
800g sauce
1 x 10ml spoon balsamic vinegar
1 ball light mozzarella cheese, cut into thin slices
2 slices of bread, finely diced
3 x 15ml spoons parmesan cheese

Method

Pre-heat the oven to 190 °C / fan 170 °C/ Gas 5

1. Brush the aubergine slices lightly with oil and place on a greased baking tray or foil and bake for 20 minutes until soft and slightly golden.
2. Heat the sauce and stir in the oregano and add the vinegar.
3. Place a layer of sauce on the bottom of an oval or rectangular oven proof dish and follow with a layer or aubergine.
4. Place the mozzarella slices on top and cover with another layer of sauce and aubergine. Repeat this until the ingredients are used finishing with a thin layer of sauce.
5. Sprinkle over the bread and parmesan cheese.
6. Bake in the oven for 30 minutes and serve.

9. Pasta puttanesca (serves 2)

Ingredients

200g whole-wheat spaghetti
1 x 10ml spoon vegetable oil
2 cloves garlic, peeled and crushed
1 x 50g tin anchovies, drained
400g sauce
1 x 15ml spoon small capers
1 large pinch of dried chili flakes

Method

1. Cook the pasta according to on pack instructions.
2. Heat the oil in a saucepan and add the garlic. Stir fry over a low heat for 1 minute and add the anchovies.

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3. Once the anchovies have broken up add the sauce, capers and chilli.
4. Cook over a low heat until the pasta is ready.
5. Drain the pasta and return to the pan. Pour the sauce over the pasta, mix well and serve immediately.

10. Tomato and thyme baked fish with feta (serves 2)

Ingredients

- 1 x 15ml spoon vegetable oil
- 1 x 5ml spoon sugar
- 1 x 10ml spoon soy sauce
- 1 x 10 ml spoon freshly chopped thyme leaves

200g portion of sauce

2 fish fillets of your choice, why not go for a sustainable species such as mackerel, coley or pollack
50g feta cheese, crumbled or cut into small cubes

Method

1. Heat the oil in a frying pan, add the onion, then fry for 5-8 minutes until lightly browned. Stir in the sauce, sugar, thyme and soy, then bring to the boil then reduce the heat and simmer for 5 mins.
2. Place the fish fillets on the sauce and sprinkle with feta cheese. Cover and gently cook for 8-10 mins. Thicker pieces of fish may take slightly longer.

Delicious served with boiled new potatoes and green salad.