



Meat & Fish Recipes

	Dish	Book Title	Pg No.
	Fish and Seafood		
1	Satisfying prawn penne with broccoli	The Happy Kitchen	40
2	Edamame, pink ginger and smoked salmon salad	Joe's 30 Minute Meals	102
3	Tuna and egg bruschetta	Joe's 30 Minute Meals	104
4	Sambal seabass with baked coconut rice	Joe's 30 Minute Meals	108
5	Tandoori cod burgers with sweet potato fries	Joe's 30 Minute Meals	110
6	Roast salmon with chorizo and almonds	Joe's 30 Minute Meals	118
7	Smoked haddock baked orzo	Joe's 30 Minute Meals	121
8	Tuna steak with friend mushroom hash	Joe's 30 Minute Meals	146
9	Prawn and chicken chow mein	Joe's 30 Minute Meals	154
10	Spice-roasted salmon with paneer and cauliflower	Joe's 30 Minute Meals	160
11	Crab linguine	Mary Berry-Simple Comforts	82
12	Salmon and fennel one-pot wonder	Mary Berry-Simple Comforts	94
13	Salmon fillets with cauliflower cheese topping	Mary Berry-Simple Comforts	102
14	Sticky soy and honey roasted salmon with asparagus and sugar snap peas	The Quick Roasting Tin	22
15	Kerala prawn curry	The Quick Roasting Tin	32
16	Sesame crusted tuna with soy and ginger courgettes and pak choi	The Quick Roasting Tin	38
17	Crispy baked cod with herby broccoli, peas and beans	The Quick Roasting Tin	54
18	Tandoori-style salmon with spiced, roasted sweet potatoes, tomatoes and red onion	The Quick Roasting Tin	146
19	Steam-roasted salmon and broccoli with lime, ginger, garlic and chilli	The Roasting Tin	30
	Chicken and Turkey		
20	Creamy chicken and brown rice soup	The Happy Kitchen	53
21	Roasted lemon rosemary chicken and potatoes	US Book – Healthy Family	24
22	Spaghetti with turkey bolognese	US Book – Healthy Family	47
23	Shredded summer squash and chicken fajitas	US Book – Healthy Family	57
24	Chicken and mixed veg curry	US Book – Healthy Family	77
25	Creamy chicken pesto pasta with tender veg	US Book – Healthy Family	127
26	Chicken fried rice with mango and basil	Joe's 30 Minute Meals	44
27	Paprika and lentil stew with honey-glazed chicken	Joe's 30 Minute Meals	52
28	Chicken and saffron Rogu	Joe's 30 Minute Meals	61
29	Chicken and miso noodle soup	Joe's 30 Minute Meals	64
30	Chicken and orzo rat a tat bake	Joe's 30 Minute Meals	68
31	West Coast quinoa chicken bowl	Joe's 30 Minute Meals	70
32	Stir-fried chicken and veg rice	Mary Berry-Simple Comforts	68
33	Chicken and broccoli tikka masala	The Batch Lady	56
34	Simple roast chicken and red pepper traybake	The Roasting Tin	46



	Beef, Lamb and Pork		
35	(Cacao) Chilli con carne	The Happy Kitchen	170
36	Summer salad with courgette and ham	Joe's 30 Minute Meals	168
37	Pork and kidney bean burritos	Joe's 30 Minute Meals	171
38	Chickpea and veg stew with pork tenderloin	Joe's 30 Minute Meals	172
39	Avocado and goats' cheese with grilled lamb chops	Joe's 30 Minute Meals	188
40	Quick spiced beef	Joe's 30 Minute Meals	190
41	Grilled sirloin wraps with wasabi dressing	Joe's 30 Minute Meals	193
42	Roast pepper gnocchi with sirloin steak	Joe's 30 Minute Meals	196
43	Beef and lemongrass noodle soup	Joe's 30 Minute Meals	205
44	Beef-stuffed aubergine with halloumi and green olives	Joe's 30 Minute Meals	206
45	Sausage and red pepper hot pot	Mary Berry-Simple Comforts	117
46	Posh bacon, asparagus and mushroom spaghetti	Mary Berry-Simple Comforts	121
47	Bolognese bake	Mary Berry-Simple Comforts	128
48	Mexican chilli con carne	Mary Berry-Simple Comforts	135
49	Cottage pie with a bit of a kick	Mary Berry-Simple Comforts	136
50	Chilli peanut beef with red peppers, sweetcorn and spring onions	The Quick Roasting Tin	36
51	Baked gnocchi with crispy ham hock and peas	The Quick Roasting Tin	50
52	Summer sausage traybake with long-stem broccoli and cherry tomatoes	The Quick Roasting Tin	56
53	Rosemary and garlic roasted lamb with artichokes and olives.	The Quick Roasting Tin	134
54	Lazy lasagna	The Batch Lady	102
55	(Mozzarella stuffed) Meatballs	The Batch Lady	103
56	Shepherd's Pie with sweet potato mash	The Batch Lady	109
57	Five-spice port chops with roasted sweet potatoes, ginger and garlic	The Roasting Tin	92
59	Smokey sausage, sweet potato and red onion traybake	The Roasting Tin	94