

MIGUEL BARCLAY'S

DELICIOUS
FOOD
FOR LESS



One
Pound
Meals



#fishandseafood #posh

WHITE BEAN FISH CASSOULET

Frozen fish is a great no-hassle ingredient for cooking elegant and sophisticated meals on a budget. So if you haven't already tried using it, just grab yourself a bag and give this recipe a go. You won't believe that with just two minutes prep and an awkwardly balanced frozen fillet, you'll be sitting down to eat this amazing White Bean Fish Cassoulet.

To make 1 portion

- ¼ leek, rinsed and cut into roughly 7mm-thick circles
- 200g cannellini beans (from a 400g tin)
- 1 garlic clove, crushed
- 20ml milk
- 1 frozen white fish fillet
- Olive oil
- Salt and pepper

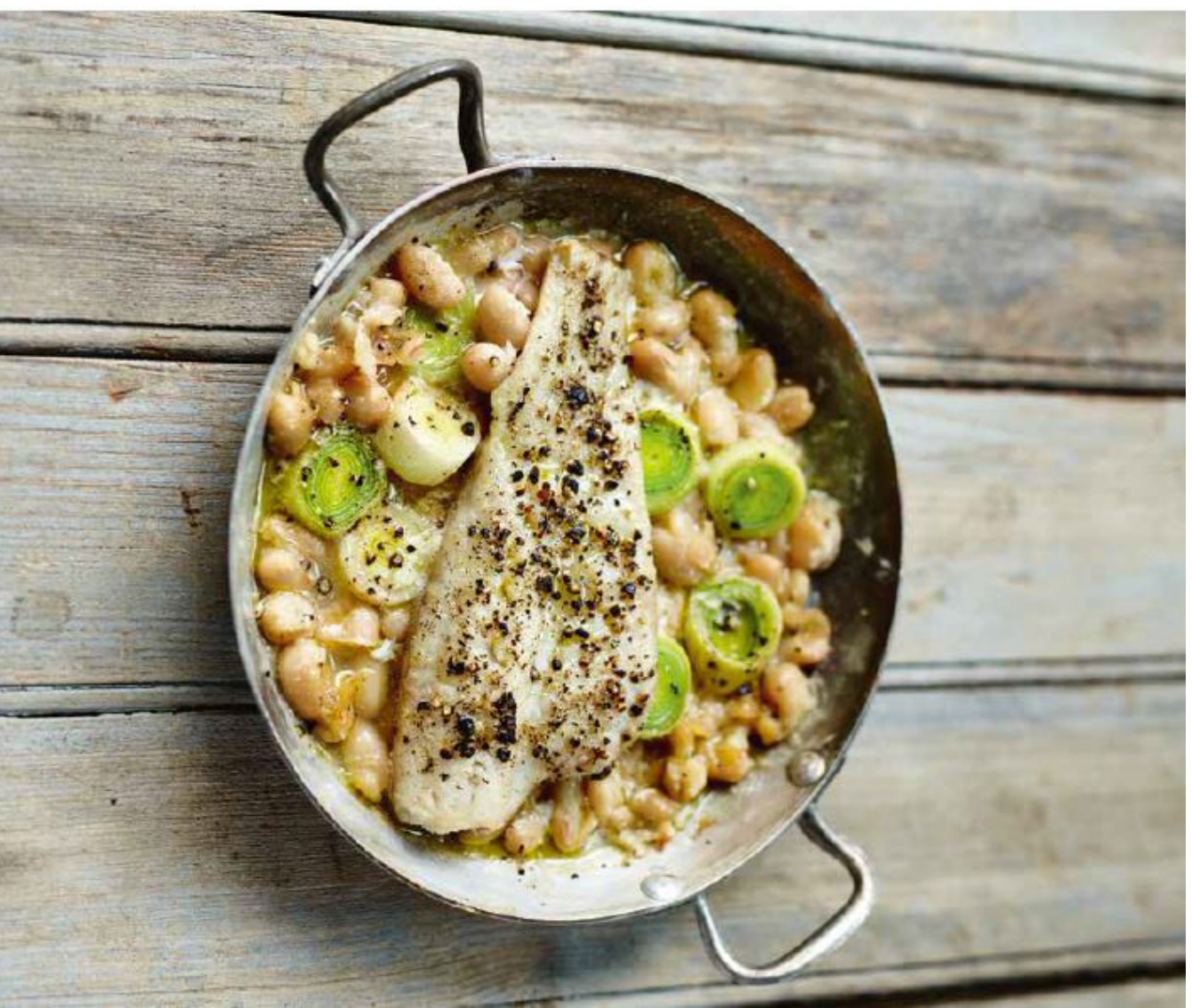
To cook

Preheat your oven to 190°C/gas mark 5.

Throw the leek circles into an ovenproof dish, along with the cannellini beans, garlic and milk.

Season well with salt and pepper, give it a quick stir and place the frozen fish fillet on top, straight from the freezer. Drizzle everything with a big glug of olive oil and don't forget to season the fish with salt and loads of cracked black pepper (the oil will help it stick to the fish).

Bake for about 25 minutes, until the fish is cooked through.



#meat #soup

CHILLI BEEF RAMEN

Making ramen is an excellent way of using up random leftover ingredients: almost anything can go in a ramen. Here, I have topped the whole thing off with lovely sticky chilli beef and a perfectly cooked egg with that all-important runny yolk.

To make 1 portion

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| 1 egg | 1 spring onion, roughly chopped |
| Small handful of minced beef | 150ml water |
| Sesame oil | ½ beef stock cube |
| 1 garlic clove, sliced | 1 sheet of dried rice noodles |
| Pinch of dried chilli flakes | ¼ carrot, cut into strips |
| 1 tbsp honey | 1 mushroom, sliced |
| Soy sauce | Salt and pepper |

To cook

Bring a pan of water to the boil and cook the egg for exactly 7½ minutes, then plunge it into cold water to stop the egg from cooking further.

Pan-fry the beef in a glug of sesame oil over a medium heat with a pinch of salt and pepper. After about 5 minutes, add the garlic and chilli flakes then continue to fry for a couple of minutes until the beef is golden brown. Add the honey and a splash of soy sauce then fry for a couple of minutes until the beef is lovely and sticky. Remove the beef from the pan and set it aside.

Throw the spring onion into the same pan you cooked the beef in, and after 1 minute, add the water and crumble in the stock cube. As soon as the water starts to bubble, add the rice noodles and simmer according to the packet instructions until cooked (add more water if you need to).

Peel the egg, then assemble the ramen. Lay the noodles at the bottom of the bowl, and place the spring onion, raw carrot, raw mushroom and chilli beef on top. Halve the egg and add it to the bowl, cut-side up. Ladle over the stock and finish with a drizzle of sesame oil, some cracked black pepper and a splash of soy sauce.



#vegetarian #posth

SPIRAL VEGETABLE TART

Looking at this dish, you might think you'd need fancy knife skills to pull it off, but the whole thing is a huge cheat! It's all done with a vegetable peeler. So, if you're looking for something impressive to post on Instagram or wow your friends and family with, then this is the dish for you. It involves very few ingredients, is easy to prep and has maximum visual impact.

To make 1 portion

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| ½ red onion | 1 tsp dried oregano |
| 1 courgette | 1 egg |
| 1 carrot | Olive oil |
| 1 potato | Salt and pepper |

To cook

Preheat your oven to 190°C/gas mark 5.

Cut the red onion into very thin slices and then, using a vegetable peeler, cut the courgette, carrot and potato into thin strips. Lightly drizzle all the slices with olive oil, and season with some of the oregano and some salt and pepper.

Grab a few slices of each vegetable (don't forget the onion) and roll them into a small spiral on the worktop. Keep placing more strips of vegetables and slices of onion around the outside and build the spiral until it is roughly the size of your dish.

Crack the egg into the dish and whisk it with a fork, season with a pinch of oregano, salt and pepper, then place the spiral into the dish. Push the spiral down so the egg fills the small gaps in the spiral, then bake in the oven for about 30 minutes until the vegetables are cooked.



#vegetarian #casual

FALAFEL BURGER

Here's a fun take on a veggie burger, using a homemade pita bun wrapped around my super-simple pan-fried falafel. I always try to do something extra special for my veggie followers on Instagram and I hope I've done them proud!

To make 1 portion

100g chickpeas (from a 400g tin), drained	28ml cold water
½ carrot	A few slices of tomato
1 spring onion	A few lettuce leaves
1 tsp ground cumin	A few slices of red onion
½ tsp dried (or chopped fresh) parsley	Olive oil
1 egg, beaten	Salt and pepper
70g plain flour, plus extra for dusting	

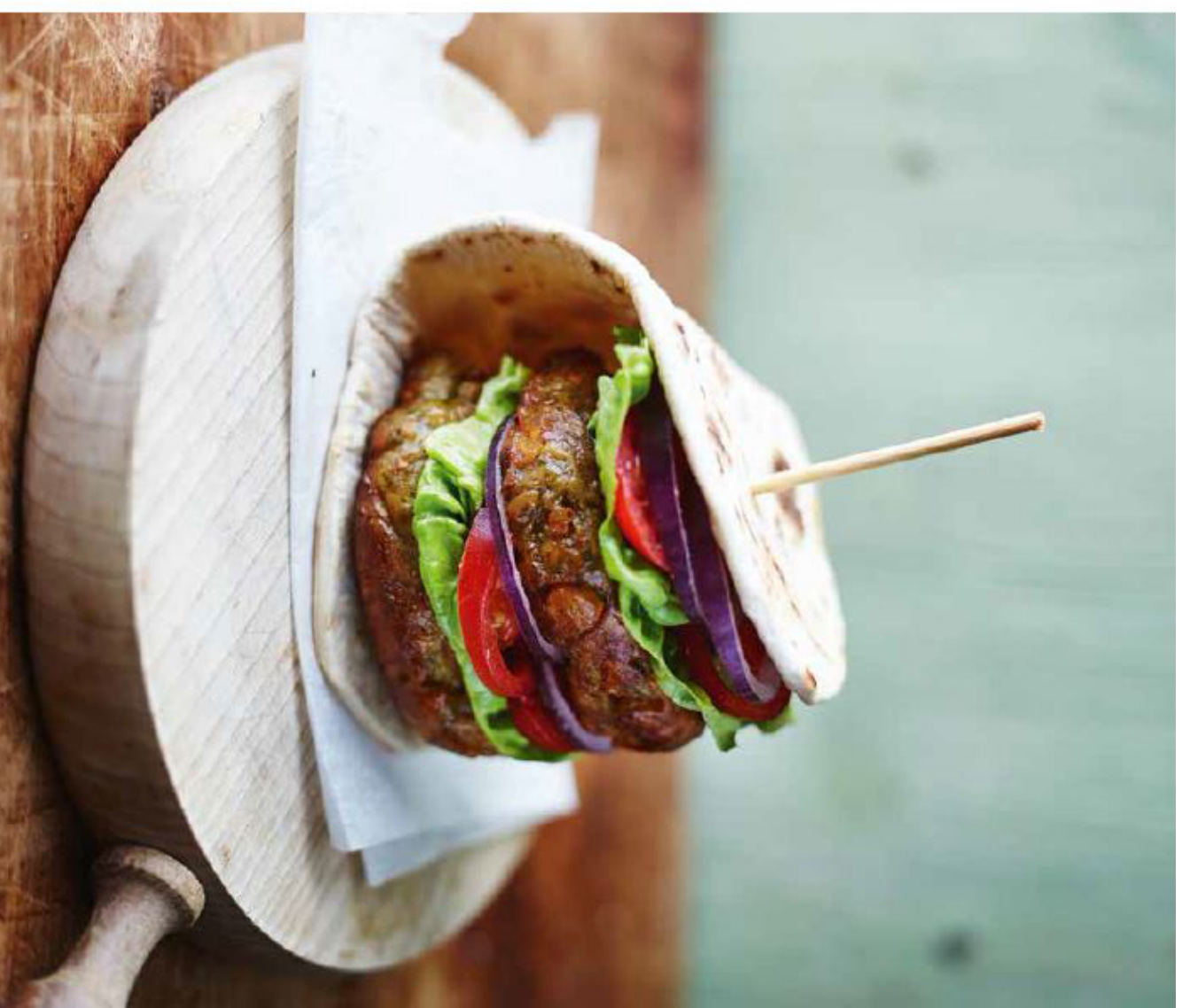
To cook

Put the chickpeas, carrot, spring onion, cumin and parsley in a food processor or blender and pulse just a few times to make a rough paste. Tip the mixture out into a bowl, season well with salt and pepper, then stir in half the beaten egg and 2 teaspoons (about 10g) of the flour to give the falafel mixture a firm mashed potato consistency (adding a little more flour if necessary).

Split the mixture into two and form into patties. Pan-fry the patties in a splash of olive oil over a medium heat for 10 minutes, turning after about 5 minutes, until golden brown on both sides.

While the falafel patties are cooking, make the pita bun. Mix the remaining 60g flour, cold water and a pinch of salt in a bowl to form a dough. Dust the worktop with a little flour, then knead the dough on the worktop for a few minutes until smooth. Roll it out into a 15 x 5cm oval shape. Heat a dry frying pan over a high heat, add the pita and cook for about 2 minutes on each side, until nicely toasted.

Assemble your burger by folding the pita around the two patties and placing tomato slices, lettuce leaves and red onion between each layer.



#meat #casual

HALLOUMI KEBAB

I love the way that the Parma ham crisps up around these halloumi cubes – together, they create one of the tastiest mouthfuls of kebab you'll ever eat. By cooking the couscous in the same pan as the kebab, it takes on the kebab's flavours and you get a mellow version of the same savoury notes.

To make 1 portion

1 slice of Parma ham, quartered	¼ mug of water
100g halloumi, cut into 4 cubes	Olive oil
1 spring onion, sliced	Salt and pepper
¼ mug of couscous	

To cook

Wrap each piece of Parma ham around a cube of halloumi, pushing the wrapped cubes onto a skewer if you wish (you don't have to use a skewer!).

Pan-fry the wrapped halloumi cubes (skewered or as they are) in a splash of olive oil over a medium heat for 8 minutes, turning them every couple of minutes until each side is golden brown. Remove from the pan and set them aside.

Fry the spring onion in the same pan with a splash more olive oil for a few minutes until soft, turn the heat off and add the couscous to the pan, followed by the water. Stir, season lightly with salt and pepper, and leave to stand for 5 minutes.

To serve, fluff up the couscous with a fork and serve it with the halloumi cubes laid on top.



#vegetarian #casual

GRIDDLED VEGETABLE RAGU

This meat-free dish resembles a classic pasta ragu, with griddled aubergine giving texture to the sauce and the griddled courgette acting as the 'pasta' base. Vegetables take on a lovely smoky flavour when you griddle them and give this ragu a whole new dimension.

To make 1 portion

- ¼ aubergine, cut into 1cm-thick slices
- 1 courgette, cut lengthways into 2mm-thick slices
- ¼ red onion, roughly diced
- 1 garlic clove, sliced
- 200g chopped tomatoes (from a 400g tin)
- Olive oil
- Salt and pepper

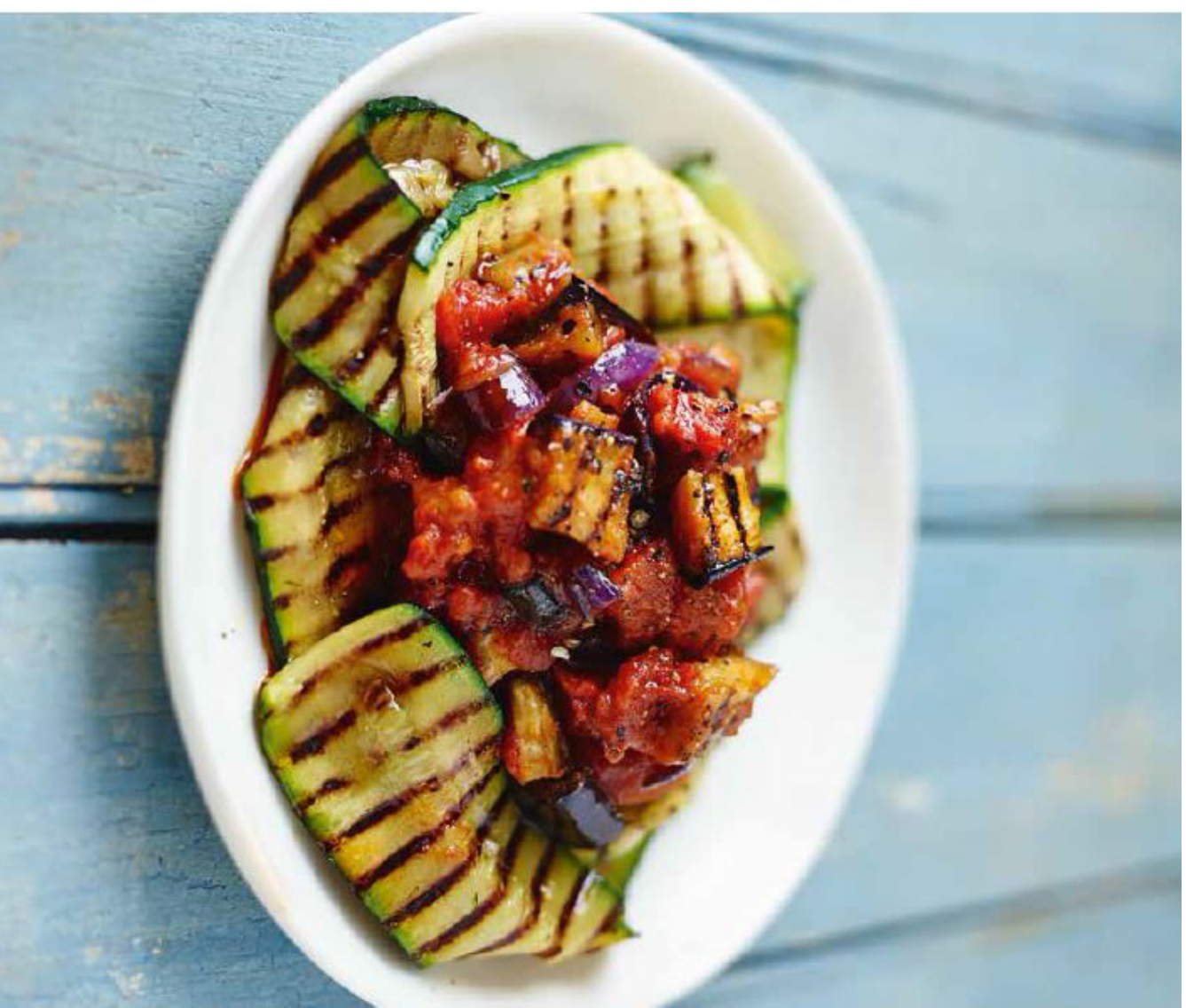
To cook

Toss the aubergine and courgette slices in a bowl with a splash of olive oil and a pinch of salt.

Preheat a dry griddle pan over a high heat, then add the aubergine and cook in the griddle pan until soft and charred on both sides.

Meanwhile, pan-fry the onion in a splash of olive oil over a medium heat until soft but not coloured. Roughly dice the griddled aubergine and add it to the pan, and as soon as the onion starts to colour, add the garlic. Cook for a further minute, then add the chopped tomatoes. Simmer for a few minutes to thicken the sauce and season well with salt and pepper.

While the sauce is simmering, griddle the courgette slices. Once the slices are charred on both sides, arrange them on a plate and top them with the aubergine ragu.



#fishandseafood #bites

SMOKY FISH TACOS

Using smoked mackerel gives these fish tacos an extra smoky flavour with zero extra effort! Just throw the ingredients in the pan (the mackerel is already cooked so making the filling takes just minutes), then simply knock up a few tortillas and it's summer time.

To make 1 portion

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| ¼ red onion, roughly diced | 25ml cold water |
| 200g chopped tomatoes (from a 400g tin) | 3 tsp crème fraîche |
| 1 smoked mackerel fillet, flaked | 1 spring onion, sliced |
| 1 tsp ground cumin | 1 lemon wedge, to serve (optional) |
| 1 tsp paprika | Olive oil |
| 40g plain flour, plus extra for dusting | Salt and pepper |

To cook

Pan-fry the onion in a splash of olive oil over a medium heat then, as soon as the onion starts to soften, throw in the chopped tomatoes, flaked mackerel, cumin and paprika. Season well with salt and pepper and simmer for about 10 minutes to reduce the sauce.

Meanwhile, combine the flour, water and a pinch of salt in a bowl to form a dough. Dust the worktop with a little flour, then knead the dough on the worktop for a few minutes until smooth. Divide the dough into three balls and roll each piece into a roughly 10cm circle. Heat a dry frying pan over a high heat, add the flatbreads and cook for about 2 minutes on each side until lightly toasted.

Now, assemble the tacos (while the flatbreads are still warm). Spoon a little of the mackerel and tomato mixture onto each taco, add a teaspoon of crème fraîche on top and garnish with the sliced spring onion to add a bit of extra crunch. Serve with a lemon wedge, if you like.



#fishandseafood #casual

NEPTUNE PIZZETTI

I really love the flavours of a traditional Neapolitan marinara pizza, especially as the garlic, drizzled with olive oil and sprinkled with a pinch of salt, sizzles away in the heat, infusing its flavours into the sauce. Here, I have created the ultimate crispy pizzetti base, then taken it one step further, adding smoked mackerel to create these delicious extra-crunchy Neptune Pizzetti.

To make 1 portion

- 40g plain flour, plus extra for dusting (if needed)
- 25ml cold water
- 3 tbsp passata
- 1 garlic clove, sliced
- A few black olives
- ½ smoked mackerel fillet, flaked
- Olive oil
- Salt and pepper

To cook

Preheat your oven to 190°C/gas mark 5 and line a baking tray with greaseproof paper.

Mix the flour and water with a pinch of salt in a bowl to form a dough. Tip the dough onto the worktop and knead it for a few minutes until smooth (dusting the worktop with flour if it is too sticky).

Roll the dough out into three evenly sized oval shapes about 2mm thick then place them on the lined baking tray.

Spread 1 tablespoon of passata onto each pizzetti, adding the sliced garlic, olives and flakes of smoked mackerel. Sprinkle with salt and pepper, finishing with a drizzle of olive oil.

Bake for about 20 minutes, until the bases are crisp and the garlic is sizzling (but not burnt!). For a nice rustic effect, serve the pizzetti on the greaseproof paper.

