

**YOU**  
**FOOD**

**DELICIOUS, EFFORTLESS,  
SHOWSTOPPING RECIPES**

**PULL OUT  
AND KEEP**



OH SO EASY...  
AND STUNNING:  
PRAWN LAKSA  
WITH RICE  
NOODLES.  
SEE PAGE 35



# **SUPER WEEKDAY SUPPERS**

Clodagh McKenna's simple  
yet spectacular dishes make  
every day special

## YOU FOOD

### HUEVOS RANCHEROS

This Mexican recipe is known as a brunch dish, but I also love it as a midweek supper. The tomatoes are stewed with the red peppers, garlic, chilli and gooey eggs and topped with peppery flat-leaf parsley and creamy feta cheese. You can also add spinach, chard, kale, grated courgettes and olives. Serve with sourdough toasts.

#### SERVES 2

2 tbsp olive oil  
1 onion, halved and thinly sliced  
1 red pepper, cored, deseeded and thinly sliced  
4 garlic cloves, crushed  
2 tsp chilli flakes  
2 x 400g cans cherry tomatoes  
1 tbsp tomato purée  
4 medium free-range eggs  
80g feta cheese  
1 tbsp freshly chopped flat-leaf parsley  
sea salt and freshly ground black pepper  
4 slices of toasted sourdough bread, to serve

★ Place a large frying pan over a medium heat and add the oil. Then stir in the onion, red pepper, garlic and chilli flakes. Reduce the heat to low and cook for 5 minutes, stirring every minute or so.

★ Next, stir in the canned cherry tomatoes and tomato purée. Season with salt and pepper, stir well and cook for a further 5 minutes.

★ Use a spoon to make four small wells in the tomato sauce, then crack an egg into each well so they poach in the sauce.

★ Sprinkle over the feta and place a lid on top. Cook for 4-5 minutes, or for a longer or shorter time depending on how you like your eggs to be cooked.

★ Sprinkle the flat-leaf parsley on top, season with some more black pepper, if you wish.

★ Serve with sourdough toasts for dipping and scooping.





## LAMB CHOPS WITH CRUSHED PEAS, MINT JUS & PAN-FRIED POTATOES

I just love a juicy lamb chop! My recipe is a classic, as that's how I like them best. I always have frozen peas in the freezer and a few potatoes lying around, so it makes this whole dish very easy. If you want to jazz it up a bit, you can add crushed fennel to the lamb chops, or cream up your frozen peas by whizzing them with crème fraîche, lime and coriander.

### SERVES 2

**2 lamb loin chops, weighing about 125g each**  
**1 sprig of rosemary, plus extra to garnish (optional)**  
**1 tbsp olive oil**  
**1 tbsp finely chopped fresh mint**  
**sea salt and freshly ground black pepper**

### FOR THE PAN-FRIED POTATOES

**250g baby potatoes, scrubbed and cut into 1cm pieces**  
**1 tbsp salted butter**  
**1 tbsp olive oil**  
**1 garlic clove, crushed**  
**1 tbsp rosemary, finely chopped**

### FOR THE CRUSHED PEAS

**250g frozen peas**  
**1 tbsp extra virgin olive oil**  
**1 tbsp finely chopped fresh mint**

- ★ Remove the lamb chops from the fridge at least 30 minutes before you want to cook them.
- ★ Boil the potatoes for 5 minutes, drain and set aside.
- ★ Rub the lamb chops with a

sprig of rosemary to add a hint of it to the flavour of the meat. Then brush the chops with the olive oil and season with salt and pepper.

★ Place a griddle or frying pan over a medium-high heat and cook the lamb chops for 4 minutes on each side. Keep warm in a low oven.

★ Meanwhile, for the potatoes, place a frying pan over a medium heat, add the butter and olive oil and swirl around the pan until melted. Add the part-cooked potatoes, season with salt and pepper, toss well and cook for 10 minutes, stirring occasionally.

★ Add the garlic and chopped rosemary and continue to cook for a further 5 minutes or until the potatoes are golden around the edges.

★ To make the crushed peas, fill a pan one-third full with water and bring to the boil. Add the peas and cook for 3 minutes.

★ Drain the peas, then return to the pan and crush lightly with the extra virgin olive oil and mint. Season with salt and pepper.

★ Divide the crushed peas and pan-fried potatoes between two warmed plates. Place the lamb chops on top of the potatoes, then stir the fresh mint into the leftover jus in the cooking pan and spoon the mint jus over the lamb. Garnish the potatoes with a little extra rosemary, if you wish.

**TIP** Removing the chops from the fridge 30 minutes before cooking helps to keep them juicy. And be careful not to overcook them. They should still be pink on the inside.

## YOU FOOD

### CHICKEN, MUSHROOM & KALE PIE

This recipe requires four individual pie dishes. You can make the filling a day ahead then assemble the pie a couple of hours before serving.

#### SERVES 4

30g salted butter  
4 skinless chicken breasts, diced  
1 leek, finely sliced  
280g button mushrooms, quartered  
200g kale, sliced  
1 tbsp plain flour, plus extra for dusting  
250ml whole milk  
100ml single cream  
500g ready-made puff pastry (use butter puff or brush ordinary puff with a little melted butter)  
1 medium free-range egg, beaten  
fresh thyme leaves  
sea salt and freshly ground black pepper

- ★ Preheat the oven to 200C/180C fan/gas 6.
- ★ Set a large saucepan over a medium heat and melt the butter. Add the chicken, season with salt and pepper and cook for 5 minutes. Stir in the leek and

cook for a further minute. Add the mushrooms and kale and cook for 3 minutes.

★ Sprinkle over the flour, stir and cook for a minute, then pour in the milk and cream and cook for 10 minutes, stirring, until the sauce has thickened. Remove from the heat and set aside.

★ Roll out the pastry on a lightly floured work surface and cut it into four pieces big enough to cover the four individual pie dishes. Spoon the chicken mixture into the four pie dishes and brush the rims with beaten egg. Lift the pastry on to the pies, trimming off any excess. Press down and crimp the edges with a fork. Cut a couple of slits in the pastry lids to let the steam escape and brush all over with the remaining beaten egg and sprinkle the thyme leaves on top. Bake for 15-20 minutes or until the pastry is crisp and golden brown. Alternatively, you can make this in one large baking dish and bake for 30 minutes.

★ Serve with steamed broccoli, asparagus, green beans or a green leaf salad alongside.





## PRAWN LAKSA WITH RICE NOODLES

Sometimes there is nothing better than a warming bowl of simple noodle soup. It's ready in just 15 minutes, and so easy to make. The creamy coconut base balances the heat from the chilli and red curry paste. I like to add a couple of pak choi to the dish – pop them in after you have added the stock and coconut milk. You could also add chard, kale or spinach.

### SERVES 2

1 tbsp olive oil  
1 red chilli, deseeded and finely sliced  
2½ tbsp Thai red curry paste  
600ml hot vegetable stock  
400g can coconut milk  
2 tsp fish sauce  
100g rice noodles  
juice of 1 lime, plus wedges to serve  
150g raw king prawns, peeled  
1 tbsp roughly chopped coriander, plus leaves to garnish  
sea salt and freshly ground black pepper

- ★ Place a saucepan over a medium heat and add the olive oil. Stir in the chilli and cook for a minute, then add the Thai red curry paste and cook for a further minute.
- ★ Whisk in the hot vegetable stock and coconut milk and bring to the boil. Stir in the fish sauce, toss in the noodles and cook for 2 minutes.
- ★ Squeeze in the lime juice, add the raw prawns and cook for about 4 minutes. Stir in the chopped coriander and season with salt and pepper.
- ★ Serve in bowls with the coriander leaves and the lime wedges on top for squeezing over.



## STEAK WITH CREAMY MUSHROOM LINGUINE

You can make the creamy mushroom sauce ahead or swap the rosemary for tarragon.

### SERVES 4

2 sirloin steaks, 300g each  
400g linguine  
1 tbsp olive oil

### FOR THE CREAMY MUSHROOM SAUCE

1 tbsp olive oil  
1 onion, diced  
2 garlic cloves, crushed  
200g chestnut mushrooms, sliced  
1 tbsp freshly chopped rosemary, plus extra to garnish  
juice of ½ lemon  
200ml double cream  
sea salt and freshly ground black pepper

- ★ Remove the steaks from the fridge 30 minutes before cooking.
- ★ To make the sauce, place a frying pan over a medium heat and add the oil. Stir in the onion and garlic and cook for 2 minutes.
- ★ Add the mushrooms, season with salt and pepper and continue to cook for 10 minutes, tossing every minute or so. Add the fresh rosemary and lemon juice and cook for a further minute. Pour in the cream, stir, reduce the heat to low and cook for 5 minutes. Keep warm over a low heat.
- ★ Meanwhile, put a large saucepan of salted boiling water over a high heat, stir in the pasta and cook for 10 minutes or until al dente. Drain, reserving 2 tablespoons of the water.
- ★ To cook the steaks, heat a griddle or frying pan over a high heat until smoking hot. Lightly brush the steaks with the olive oil and season. Place the prepared steaks in the hot pan and cook to the following times: Blue: 1 min each side; Rare: 1½ min each side; Medium rare: 2 min each side; Medium: 2¼ min each side; Medium-well done: 2½-3 min each side. Rest for about 2 minutes before serving.
- ★ Return the cooked pasta back to the large saucepan over a low heat with the reserved water and the mushroom sauce. Toss together and serve in warmed dishes. Thinly slice the steaks and serve on top of the creamy mushroom linguine, scattered with some chopped rosemary and a twist of black pepper.



## BAKED EGGS WITH HAM, CREAM, NUTMEG & THYME

I serve this with warmed crunchy bread on the side to scoop into the creamy baked eggs. You can also use pancetta instead of ham, but fry it off beforehand. One of my other variations is a tomato-based sauce spiced with harissa, with a crumble of feta and some chopped olives. Smoked salmon with spinach, cream and a sprinkle of lemon zest is also delicious.

### SERVES 2

**15g salted butter**  
**4 medium free-range eggs**  
**75g cooked ham, shredded**  
**50g Gouda cheese, grated**  
**1 tsp Dijon mustard**  
**¼ tsp freshly grated nutmeg**  
**½ tsp fresh thyme leaves, plus extra to garnish**

**2 tbsp single or double cream**  
**sea salt and freshly ground black pepper**

- ★ Preheat the oven to 180C/160C fan/gas 4.
- ★ Grease two small ovenproof dishes with the butter and crack two eggs into each one. Divide the shredded ham between the two dishes.
- ★ Place the cheese in a bowl and whisk together with the mustard, nutmeg, thyme and cream. Season with salt and pepper. Scoop the cheese mixture on top of the eggs. Place the dishes on a baking tray and bake for 10 minutes.
- ★ Garnish with a few thyme leaves and a twist of black pepper and serve with toasted bread cut into thin slices for dipping.

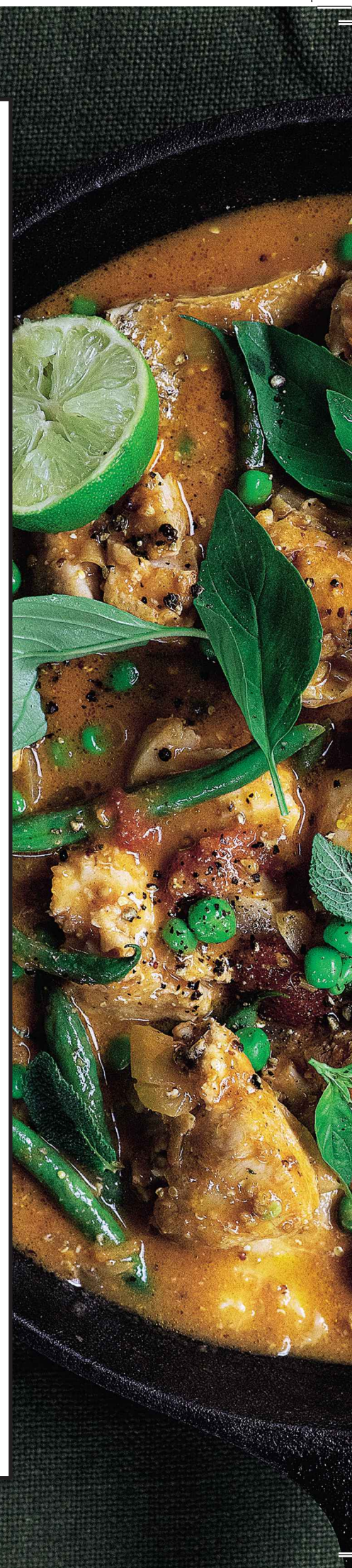
## INDIAN COCONUT & TOMATO FISH CURRY

You can also use chicken, beef, prawns or hearty vegetables such as aubergines, courgettes or tofu. It freezes well, so I double the recipe and freeze half for when I want a day off cooking.

### SERVES 4

**1 tbsp coconut oil**  
**1 onion, finely diced**  
**2 garlic cloves, crushed**  
**1 stalk lemongrass, peeled and finely sliced**  
**2.5cm piece of fresh ginger, peeled and finely grated**  
**1 tsp coriander seeds, freshly ground**  
**1 tsp mustard seeds, freshly ground**  
**1 tsp cumin seeds, freshly ground**  
**400g can cherry tomatoes**  
**200ml coconut milk**  
**1 tsp chilli flakes**  
**600g skinless white fish fillets, such as hake, cod or haddock, cut into 5cm pieces**  
**200g frozen peas**  
**24 green beans, trimmed**  
**a few fresh Thai basil leaves, thinly sliced**  
**sea salt and freshly ground black pepper**  
**jasmine or basmati rice and 2 limes, halved, to serve**

- ★ Place a large saucepan or an ovenproof casserole dish over a medium heat and add the coconut oil.
- ★ Stir in the onion, garlic, lemongrass, ginger, coriander, mustard and cumin seeds and cook for 5 minutes. Add the canned tomatoes, coconut milk and chilli flakes, stir, season with salt and pepper and simmer for 3 minutes.
- ★ Stir the fresh fish into the curry, followed by the green vegetables, and cook for 5 minutes.
- ★ Scatter the fresh Thai basil leaves on top and serve with rice and lime halves.



## MARSALA & STAR ANISE POACHED PEARS

I created this recipe after the first harvest of honey from our beehives, when the pears were ripe and ready to be picked from the orchard, and it's become an autumn favourite. At other times of year, I swap out the pears for whatever fruits are in season, such as peaches or plums. Marsala wine is a must for your pantry as it's so good for poaching fruit, adding a delicious rich sweetness.

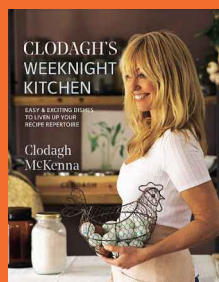
### SERVES 4

250ml dry marsala wine  
100g light soft brown sugar  
2 tbsp runny local honey  
1 tbsp freshly squeezed lemon juice  
3 star anise  
1 cinnamon stick, broken in half

4 pears, peeled with the stem still attached  
200g mascarpone cheese, to serve

★ Start by making the spiced marsala syrup. Place the marsala wine, sugar, honey, lemon juice, star anise and cinnamon in a saucepan. Bring to the boil, then reduce the heat to low and place the pears in the pan so that they stand upright. Cover the pan and cook for 15 minutes, basting the pears with the liquid a couple of times during cooking, until the pears can easily be pierced with a fork.

★ Scoop the pears on to serving dishes, pour the syrup on top and serve each portion with a dollop of mascarpone cheese.



### NOW BUY THE BOOK WITH £7 OFF

Clodagh's Weeknight Kitchen by Clodagh McKenna will be published by Kyle Books on 29 October, price £20. To order a copy for £13 until 1 November go to [whsmith.co.uk](http://whsmith.co.uk) and enter the code YOUCLODAGH at the checkout. Book number: 9780857838872.\*