



19 OF OUR
BEST RECIPES



Rachel's Recipe Pantry

I'M RACHEL

I'm a Yorkshire mum of 2 boys, a wife to a South African man, and live in Shropshire, UK. With a household of boys, I know they like to eat good food and a lot of it!

My mission is to make super tasty food that is simple and easy to make. Whatever type of diet you're on, you're sure to find something that'll float your boat. All recipes are made with the family in mind.

Why choose Rachel's Recipe Pantry?

- **FAMILY FRIENDLY** - All recipes are easy to follow and family-friendly.
- **SUPER TASTY** - And sometimes healthy!
- **I LOVE TO COOK** - I'm always on the lookout for something new to make.
- **I AM BASED IN THE UK** - but try to provide Imperial US measurements where I can.
- **I LOVE ALL YOUR COMMENTS** - Thank you for your comments. I read all of them!

*Thanks for
subscribing*

Rachel



BREAKFAST

STAY YOUR DAY OFF RIGHT WITH DELICIOUS HEALTHY BREAKFAST RECIPES

LIGHT MEALS & SNACKS

LIGHT AND TASTY RECIPES

DINNER

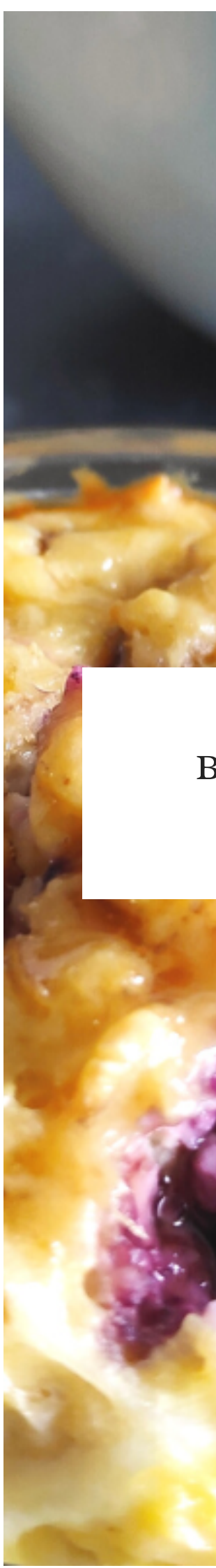
MOST POPULAR DINNER RECIPES

DESSERTS

EASY DELICIOUS CAKES AND PUDDING RECIPES

PLAN

GET ORGANISED, PLAN YOUR MEALS AND SAVE MONEY



BREAKFAST
RECIPES



[SEE FULL RECIPE & REVIEWS](#)

BREAKFAST

Dairy-Free Coconut Flour Pancakes

INGREDIENTS

- 30 g Coconut Flour
- 3 large Eggs
- 2 tbsp Olive Oil (or rapeseed oil)
- 1 tsp Vanilla Essence
- 2 tbsp Maple Syrup (Reduced sugar or sugar-free)
- Pinch of Salt
- 1 tsp Baking Powder - optional,, but it makes them fluffier
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DIRECTIONS

- In a large jug or bowl, combine the coconut flour, oil, eggs, vanilla essence, maple syrup and salt. Mix with a hand whisk until everything is blended and smooth.
- Preheat the frying pan or skillet on low to medium heat. Induction hob no.5. When heated, pour 3 small amounts onto the pan (about 5 to 6 cm in size).
- Let it cook for about 4 minutes on one side and turn when bubbles start forming. Don't be tempted to increase the heat to cook quicker, be patient! Let it cook for a further 2 -3 minutes until golden. Repeat with the rest of the mixture.
- Serve warm with your favourite toppings.



[SEE FULL RECIPE & REVIEWS](#)

BREAKFAST

Blueberry Baked Oats

INGREDIENTS

- 400 g Plain Yoghurt (Greek)
- 160 g Rolled Oats
- 4 Eggs
- 1 tsp [Vanilla Extract](#)
- 250 g Blueberries (Fresh or frozen)

DIRECTIONS

- Preheat the oven to 180°C fan/ 200°C.
- Mix the oats, yoghurt, eggs, and vanilla extract in a large bowl. Then fold in the blueberries.
- Divide the mixture into the ramekin bowls and place them all on a baking tray. Bake in the oven for 30 minutes. Serve on its own or with yoghurt and syrup. Enjoy!

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[SEE FULL RECIPE & REVIEWS](#)

BREAKFAST

Fig Oat Squares

INGREDIENTS

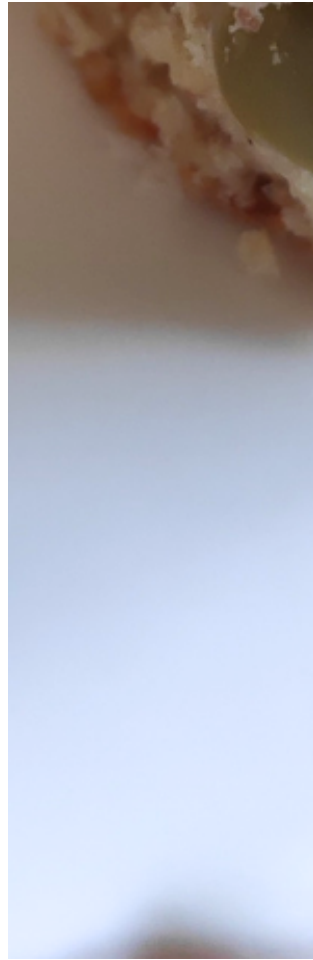
- 150 g Butter
- 75g g Golden Syrup
- 75 g Light Brown Sugar
- 175 g Porridge Oats
- 50 g Soft Dried Figs
- 15 g Pumpkin Seeds

DIRECTIONS

- Preheat the oven to 180°C/160°C fan/Gas 4.. Grease and line your tin with baking paper and make sure it overhangs so you can pull it out easily.
- Add the butter, golden syrup and sugar to a large saucepan and heat through on gentle heat until the butter has melted and the sugar has dissolved. Remove from heat and stir in the oats, figs and pumpkin seeds.
- Transfer to the tin, level the surface and bake for 20-25 minutes, until golden and just firm to touch.
- Leave to cool for 10 minutes, then score with a knife into 16 squares. Leave to cool completely then lift out of the tin and slice into squares.



LIGHT MEALS &
SNACKS
RECIPES





[SEE FULL RECIPE & REVIEWS](#)

LIGHT MEALS & SNACKS

Crustless Keto Broccoli Quiche

INGREDIENTS

- 11 Eggs
- 5 tbsp Plain Yoghurt Greek
- 5 tbsp Creme Fraiche
- 1 tsp Bouillon or powdered/crumblly veggie stock
- ½ tsp Ground Black Pepper
- ½ Broccoli Flower heads
- ½ tsp Paprika
- Cayenne Pepper - Pinch
- 250 g Grated Cheese - Strong Cheddar

DIRECTIONS

- In a large bowl add the eggs, creme fraiche and yoghurt and gently whisk with a handheld whisk until everything is combined.
- Add the bouillon and black pepper and mix again. Pour the mixture into the quiche dish.
- Sprinkle the grated cheese on top along with the paprika and cayenne pepper.
- Cook in the oven for 35-40 minutes depending on the size of your quiche dish. It should be golden and shouldn't wobble in the middle when cooked. Enjoy!



[SEE FULL RECIPE & REVIEWS](#)

LIGHT MEALS & SNACKS

Nando's Rainbow Slaw

INGREDIENTS

- 4 tbsp Mayonnaise
- 4-5 tbsp Cider Vinegar
- 150 g Carrots
- 290 g White Cabbage
- 290 g Red Cabbage
- 5-6 Radishes
- ½ tsp Mustard Seeds (toasted (optional))
- Salt and Pepper
- 2 tbsp Mixed Seeds (for salads)

DIRECTIONS

- In a small bowl, mix the mayonnaise and cider vinegar together. Taste to see if it is to your liking. Add more mayonnaise if you like it creamier or more cider vinegar for a tangy flavour. Season with salt and pepper.
- Heat a small frying pan and add the mustard seeds (if using) and cook for 2 minutes. Keep aside.
- In a large bowl or serving bowl, mix together the chopped vegetables and mustard seeds and pour the dressing over. Mix together until everything is coated. Sprinkle with mixed seeds and serve.



[SEE FULL RECIPE & REVIEWS](#)

LIGHT MEALS & SNACKS

Light & Healthy Houmous

INGREDIENTS

- 400 g Tinned Chick Peas (Drained)
- 2 Lemons (Juice of)
- 1 tsp Salt
- 2 tbsp Olive Oil
- Little Water
- 1 lrg Clove of Garlic

DIRECTIONS

- Put the Chick Peas and Clove of Garlic into a food processor or mini chopper and give it a quick whiz. Add the juice of 2 Lemons and 2 tbsp Olive Oil and blend until smooth. Add a Little water if it's too thick, and add the 1 tsp Salt. Blend again until you have the right consistency.



[SEE FULL RECIPE & REVIEWS](#)

LIGHT MEALS & SNACKS

Savoury Cheese and Olive Scone Tray Bake

INGREDIENTS

- 350 g White Self-Raising Flour
- 100 g Wholemeal Flour
- 2 tsp Baking Powder
- 1 tsp Salt
- 100 g Butter
- 200 g Grated Mature Cheddar
- 100 g Pitted Green Olives
- 30 g Grated Parmesan Cheese
- 2 Eggs
- Milk

DIRECTIONS

- Pre-heat your oven at 200°C Fan and grease a 30 x 23cm roasting tin or tray bake tin.
- Place the flour, baking powder and salt in a bowl. Add the butter and rub in until like fine breadcrumbs.
- Stir in the cheese and chopped olives.
- Break eggs into a measuring jug and make up to 300ml of milk. Add to the flour mixture and mix to form a dough.
- Either roll out onto the floured surface to an oblong shape or place it straight into your tin and push down to until it's all even in the tray. Mark out your squares. Brush with milk and place in the oven for 15 minutes.
- Sprinkle the Parmesan cheese on top and place back in the oven for an extra 5 minutes.



[SEE FULL RECIPE & REVIEWS](#)

LIGHT MEALS & SNACKS

Asparagus, Feta, Pea and Olive Salad

INGREDIENTS

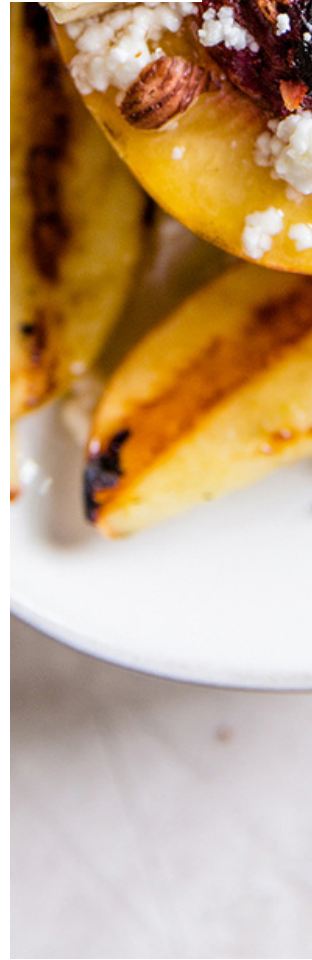
- 150 g Frozen Peas
- 12 Asparagus Spears (Ends removed)
- 90 g Rocket Leaves
- 100 g Olives
- 200 g Feta Cheese (Crumbled into large chunks)
- **Optional Extras**
- Radishes
- Sundried Tomatoes
- Cucumber
- Celery
- **Dressing**
- 2 tsp English Mustard
- 2 tsp White Wine Vinegar
- 6 tbsp Olive Oil
- ½ Red Chilli (Deseeded and finely chopped) or a pinch of Cayenne Pepper
- 1 tsp Caster Sugar

DIRECTIONS

- Boil some salted water in a saucepan and add the peas and cook for 3 minutes. Drain and rinse under cold water.
- In the same saucepan, add the asparagus. Boil for 2-3 minutes until al dente, then drain and refresh in cold water.
- Scatter the rocket on a serving dish. Sprinkle the peas over the top and arrange the asparagus. Scatter the feta and olives, then season with salt and pepper.
- In a small bowl, mix the ingredients for the dressing together and pour over the salad.



DINNER
RECIPES





[SEE FULL RECIPE & REVIEWS](#)

DINNER

Air Fryer Roast Pork With Perfect Crackling

INGREDIENTS

- 1 Pork Joint
- 2 tbsp Olive Oil
- Salt and Pepper

DIRECTIONS

- Score the skin (the fatty part of the pork) with a sharp knife. Only cut through the fat and not the meat.
- Pat dry the pork with paper towels to absorb excess liquid.
- Smear the pork all over with olive oil, then sprinkle with salt and pepper with extra salt on the fat.
- Place in the air fryer at 180°C and cook for 1 hour and 15 mins. Depending on the size of the pork. To check to see if it is cooked through, use a meat thermometer. The temperature should be at least 63°C. in the middle.



[SEE FULL RECIPE & REVIEWS](#)

DINNER

Steak and Kidney Pie

INGREDIENTS

- 2 tbsp Sunflower Oil
- 1 Onion
- 750 g Stewing Steak cut into small cubes
- 250 g Kidneys cut into small pieces
- 30 g Plain Flour
- 300 ml [Beef Stock](#)
- 2 tbsp [Worcestershire Sauce](#)
- 250 g Button Mushrooms
- Salt and Pepper to taste
- Beaten egg for glazing
- **Shortcrust Pastry**
- 250 g Plain Flour
- 125 g Butter
- 3 tbsp Cold Water

DIRECTIONS

- Heat oil in a large saucepan, add the onion and cook until soft.
- Add the beef and kidney until browned. Add the flour and cook, stirring for 1 minute. Add the stock and sauce, salt and pepper and bring to a boil. Partially cover and simmer for 2 hours.
- Add the mushrooms and cook for 30 minutes or until the meat is tender.
- Make the pastry. Sift the flour and add the butter and rub in until it resembles breadcrumbs. Add the water and mix until the dough comes together to form a ball.
- Roll out onto a floured surface, about 1 inch thick, and that is larger than the pie dish.
- Spoon the meat mixture into your pie dish and cover with the pastry. Make a hole in the middle so the steam can escape. Crimp the edges with a fork and decorate with any leftover pastry trimmings. Brush the top with the beaten egg.
- Bake in a preheated oven 180°C fan/200°C/Gas 6 for 30 minutes until the pastry is crisp and golden.



[SEE FULL RECIPE & REVIEWS](#)

DINNER

Jersey Royals And Bean Traybake With Creamy Houmous

INGREDIENTS

- 4 tbsp Olive Oil
- 400 g Cannellini Beans
- 400 g Cauliflower Florets
- ½ tsp Cumin
- 1 tsp Paprika
- 1 kg Baby Potatoes (Jersey Royals cut into quarters)
- 3 tbsp Cornflour
- 2 tsp Garlic Powder (or granules)
- 1 tsp Sea Salt
- ½ tsp Ground Black Pepper
- 2 tsp Dried Oregano
- 2 tbsp Sesame Seeds

HOUMOUS WITHOUT TAHINI

- 400 g Chick Peas (Canned)
- 1 lrg Clove of Garlic (or 2 small)
- 2 tbsp Olive Oil
- 1 tsp Salt
- 2 Lemons (Juice)
- Little water

DIRECTIONS

- Preheat the oven to 200 °C FAN/220 °C /Gas 7. Brush a large roasting tray with 4 tbsp Olive Oil and put in the oven for 10 minutes.
- Drain the can of 400 g Cannellini Beans, wash the 1 kg Baby Potatoes and 400 g Cauliflower Florets, and pat dry with paper towels. Add to a large bowl and sprinkle with the 3 tbsp Cornflour. Mix well with your hands.
- Add the ½ tsp Cumin, 1 tsp Paprika, 2 tsp Garlic Powder, 1 tsp Sea Salt, ½ tsp Ground Black Pepper, 2 tsp Dried Oregano and 2 tbsp Sesame Seeds to the bowl and mix thoroughly.
- Transfer to the roasting tin and spread out evenly. Bake for 40 minutes, turning halfway through.
- Meanwhile, make the houmous. Put the 400 g Chick Peas and 1 lrg Clove of Garlic into a food processor or mini chopper and give it a quick whiz. Add the juice of 2 Lemons and 2 tbsp Olive Oil and blend until smooth. Add a Little water if it's too thick, and add the 1 tsp Salt. Blend again until you have the right consistency.
- To serve, add a couple of tablespoons to a plate or bowl and spread out, then add the jersey royal mixture on top. Enjoy!



[SEE FULL RECIPE & REVIEWS](#)

DINNER

Sweet And Sour Chicken Cantonese Style

INGREDIENTS

- 800 g Chicken Breast diced
- 2 tbsp Vegetable Oil
- 160 g Cornflour
- 1 tsp Salt
- 2 tsp White Pepper
- 2 Egg beaten
- 1 Onion
- 1 Red Pepper
- 1 Green Pepper
- 4 Pineapple rings diced, and the juice
- 300 ml Water
- 6 tbsp Sugar
- 6 tbsp Ketchup
- 6tbsp Vinegar
- 4 tbsp Cornflour mixed with 4 tbsp water

DIRECTIONS

- In a bowl, add the chicken, salt, pepper and the beaten egg. Mix through.
- Coat a plate with cornflour and coat each piece of chicken.
- Heat the oil in a pan to medium to high heat. When the oil is hot, fry the chicken for about 3 minutes until golden. Set aside.
- In a bowl, add the water, sugar, ketchup, vinegar and pineapple juice and mix together. Transfer to a pan and heat for 2 minutes. Add the cornflour mixture and cook until it starts to thicken.
- In a clean frying pan, fry the onions, peppers and pineapple chunks until heated through (about 2 minutes). Add the chicken and sauce and mix through before serving. Enjoy with rice or noodles.



[SEE FULL RECIPE & REVIEWS](#)

DINNER

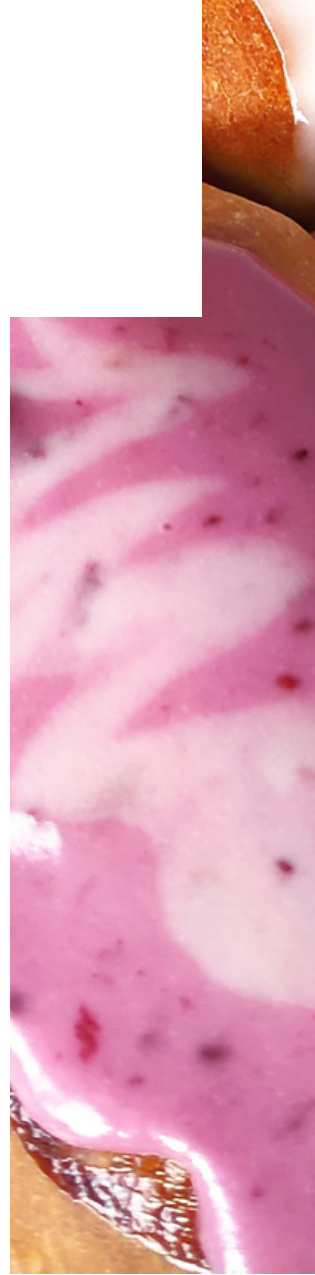
Swedish Meatballs (Ikea Style)

INGREDIENTS

- 500 g Minced Pork (Low fat (optional))
- 1 sml Onion (Finally chopped)
- 30 g Plain Flour (plus extra for coating)
- 1 tsp Thyme (Fresh and chopped)
- ¼ tsp Paprika
- 1 Egg (beaten)
- Salt and Pepper
- 30 g Butter
- 1 tbsp Sunflower Oil
- - **Tomato Sauce**
- 30 g Butter
- 30 g Plain Flour
- 450 ml Vegetable Stock (or chicken stock)
- 400 g Chopped Tomatoes
- 1 tbsp Tomato Puree
- 1 Clove of Garlic (Crushed)
- 1 Bay Leaf

DIRECTIONS

- Mix the pork, onion, flour, thyme, paprika and egg. Season with salt and pepper.
- Shape the mixture into 20 ovals or balls with 2 dessertspoons or your hands. Lightly roll in flour, then chill in the refrigerator.
- For the sauce, melt the butter in a saucepan, sprinkle with flour and cook and stir for 1 minute. Use a metal whisk. Blend in the stock, then add the tomatoes, puree, garlic and bay leaf and season with salt and pepper. Bring to the boil until thickened. Cover and simmer for 20 minutes.
- Meanwhile, melt the butter and add the oil in a deep-sided frying pan. Cook the meatballs in batches for 5 minutes or until browned all over. Lift out and drain on paper towels and pour out the fat from the pan.
- Return the meatballs to the pan and add the sauce. Bring to the boil and simmer for 25 minutes



DESSERT
RECIPES



[SEE FULL RECIPE & REVIEWS](#)

DESSERT

Malt Loaf Like Soreen

INGREDIENTS

- 9 tbsp Barley Malt Extract
- 2 tbsp Black treacle
- 50 g Dark Brown Sugar
- 150 ml Strong Cold Black Tea
- 200 g Raisins (or sultanas)
- 125 g White Strong Bread Flour
- 125 g Wholemeal Strong Bread Flour
- 7 g Fast Action Dried Yeast
- ½ tsp Salt

DIRECTIONS

- Add the tea to a measuring jug of 150mls. Ensure the teabag has been left in a while to produce a strong tea. Remove the tea bag and make sure the tea is still at 150 ml, is not top it up with hot water.
- Add the malt extract, treacle, sugar and raisins to the jug. Stir until everything is mixed together and leave to stand for at least 15 minutes for the fruit to soak. (You can also do this the night before for a more plumper fruit)
- Mix the flour, yeast and salt, then add the malt mixture to make a batter. Cover and leave to rest for 1 hour. It will not rise when you leave it to rest, only when in the oven.
- Preheat the oven to 160 °C/140 °C fan/320 °F/Gas 3. Grease and fully line a small loaf tin 10 x 20cm (1lb).
- Pour the mixture into the tin and spread it out evenly. Bake in the oven for 1 hour. Check with a skewer or sharp knife in the middle of the loaf, and if it comes out clean it's done!
- Brush the top with barley extract and leave in the tin to cool. Wrap in baking paper and tin foil, and ideally, eat after a couple of days if you can wait that long!



[SEE FULL RECIPE & REVIEWS](#)

DESSERT

Wimbledon Fresh Strawberry Cake

INGREDIENTS

- Butter (for greasing)
- 3 Eggs
- 90 g Caster Sugar
- 90 g Self-Raising Flour
- 300 ml Whipping Cream
- 125 g Strawberries (sliced)
- 1 Passion Fruit (Halved) optional
- Strawberries (halved to decorate)

DIRECTIONS

- Lightly butter the cake tins. Line the bottoms with baking paper, then butter the baking paper.
- Put the eggs and sugar into a large bowl. Whisk with an electric mixer at high speed until the mixture is pale and thick enough to leave a trail when the whisk is lifted out.
- Sift in half the flour and fold in gently. Repeat with the remaining flour. Divide the mixture between the tins. Tilt to spread the mixture evenly.
- Bake in the oven for 20-25 minutes until well risen, golden and shrinking away from the sides. Turn out onto a wire rack, peel off the lining paper, and leave to cool.
- Spread half the whipped cream over 1 of the sponges. Top with the sliced strawberries and passion fruit pulp. Put the other sponge on top and press down gently.
- Spread the remaining cream on top of the cake, smoothing it neatly with a palette knife. Decorate with strawberry halves.



[SEE FULL RECIPE & REVIEWS](#)

DESSERTS

Date And Chocolate Rice Krispie Bars

INGREDIENTS

- 100 g Caster Sugar
- 100 g Margarine
- 175g g Dates (Chopped)
- 25 g Glace Cherries (Quartered)
- 200 g Chocolate (Milk, dark or white)
- 100g Rice Krispies

DIRECTIONS

- Lightly grease and line a brownie tin or small roasting tin.
- Add the sugar and margarine to a heavy-based pan and heat gently until melted.
- Increase the heat and bring the mixture up to the boil. Add the dates and continue to cook for 2 minutes. Take off the heat and stir in the cherries and Rice Krispies and stir until evenly mixed.
- Spoon into the prepared tin and level the surface with the back of a spoon. Melt the chocolate in the microwave (25 seconds at a time).
- Spread the chocolate over the krispie mixture and leave to set. When set cut into bars.



[SEE FULL RECIPE & REVIEWS](#)

DESSERTS

Eve's Pudding

INGREDIENTS

- 500 g Cooking Apples – peeled and sliced or cubed
- 90 g Dark Brown Sugar
- 1 Lemon (Zest and juice)
- 125 g Baking Spread
- 125 g Caster Sugar
- 2 Eggs
- 125 g Self-Raising Flour
- 1 tsp Baking Powder

DIRECTIONS

- Grease the oven-proof dish and arrange the apples on the bottom. Sprinkle over the brown sugar and the lemon zest and juice.
- Put the baking spread, sugar, eggs, flour, and baking powder in a large bowl and beat until smooth. Spoon on top of the apples, and level out with the back of a tablespoon.
- Bake in a preheated oven at 160°C fan/180°C/Gas 4 for 45 minutes until it is golden and springy to the touch. Serve hot with custard or cream!



[SEE FULL RECIPE & REVIEWS](#)

DESSERTS

Dark And Indulgent Brownies

INGREDIENTS

- 185 g Dark Chocolate (70%)
- 185 g Unsalted Butter
- 275 g Caster Sugar
- 85 g Plain Flour or Gluten Free Flour
- 40 g Cocoa Powder
- 3 lrg Eggs

DIRECTIONS

- Melt butter and dark chocolate in a pan on low heat or in the microwave in bursts of 25 seconds at a time.
- Heat oven at 160°C Fan oven. Line two brownie tins with baking paper with some overhang for easy lifting when cooked.
- Sieve flour and cocoa powder in a bowl
- Whisks eggs and sugar until pale, thick and creamy.
- Pour cooled chocolate mixture over egg mousse. Fold in using figure 8 method until thoroughly mixed in.
- Add the sieved powder and mix in slowly until thoroughly blended. Don't over-mix.
- Add to lined tins spreading evenly, and bake for 26 minutes
- Allow to cool in the tin for 15 minutes, then grab the greaseproof paper from either side of the tin and pull out carefully. Transfer to a wire rack and cool completely. Cut into squares and keep in an air-tight container to keep fresh.



[SEE FULL RECIPE & REVIEWS](#)

DESSERTS

Rhubarb and Ginger Loaf Cake

INGREDIENTS

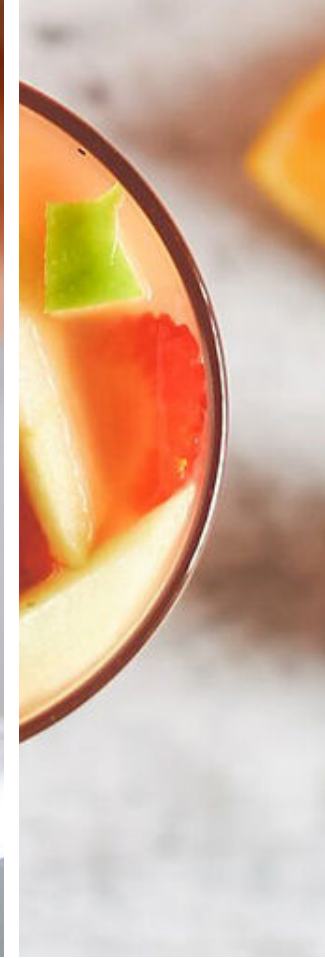
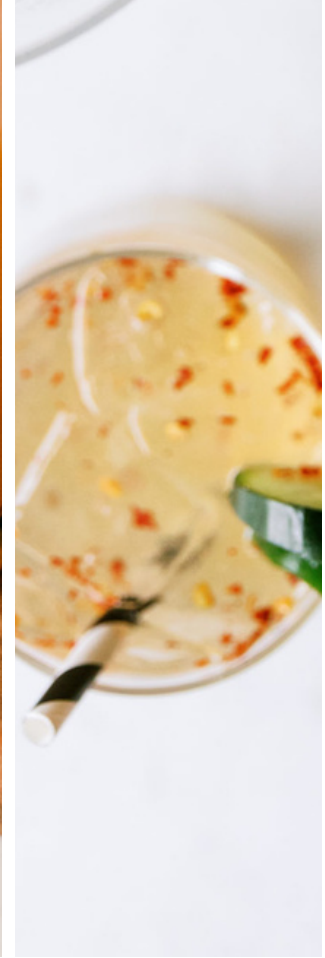
- 200 g Rhubarb (Washed, trimmed and chopped.)
- 3 tbsp Ground Ginger
- 175 g Margarine (or butter)
- 175 g Caster Sugar (or granulated)
- 3 Eggs
- 200 g Self Raising Flour
- 2 tbsp Milk
- Brown Sugar (to sprinkle on top)
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DIRECTIONS

- Preheat the oven to 170 °C fan/190 °C /375 °F /Gas 5. Grease and line the base of a 900g or 2lb loaf tin.
- Cut a few short lengths of rhubarb and the rest diced.
- Beat the butter and sugar together in a mixer until pale and fluffy.
- Add the eggs, one at a time beating well after each one. Add a tbsp of the flour with each egg to prevent curdling.
- Add the ginger, flour and milk, and gently mix together. Fold in the diced rhubarb and pour into the prepared tin. Level the top and place the short lengths of rhubarb on top. Sprinkle with brown sugar and bake in the oven for 1 hour until golden and cooked through.
- Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.



PRINTABLE
RECIPE & MEAL
PLANNER



DATE: _____

WEEKLY MEAL PLAN

BEST WAY TO STICK TO A DIET IS TO PLAN AHEAD!

WEEK AT A GLANCE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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WHAT'S FOR DINNER?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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MOST IMPORTANT THINGS THIS WEEK

1

2

3

SHOPPING LIST

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RECIPE

CREATE YOUR DISH - YOU CAN DO THIS!

TITLE _____

Serving Size

Cook Time

Prep Time

Oven Temp

Tools

OCCASION

DATE

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INGREDIENTS

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NOTES

AIR FRYER COOKING CHART C ° & F °

MEAT	TIME	CELSIUS	FAHRENHEIT	QTY GUIDE
Beef Steak - Ribeye	16 mins	200	400	2 x 450g
Beef Steak -Sirloin	12 mins	200	400	2
Beef Joint	35 mibs	200	400	900g
Beef Meatballs	12 mins	200	400	20
Beef Burgers	8 - 12 mins	180	350	2
Chicken - Whole	60 mins	180	350	1.7 kg
Chicken Breasts - Boneless	18 mins	180	350	4
Chicken Thighs - Boneless	14-16 mins	200	400	4
Chicken Thighs -With Bone	20 mins	195	380	3
Chicken Wings	16-18 mins	200	400	1kg
Chicken Nuggets - Frozen	12 mins	200	400	20
Chicken Drumsticks	25-30 mins	200	400	4-6
Pork Bacon	6-8 mins	180	350	3
Pork Sausages	15 mins	180	350	8-12
Pork Chops	12 mins	200	400	1
Pork Tenderloin	22 mins	200	400	800g
Pork Loin Steaks	8-12 mins	200	400	2
Pork Ribs	25 mins	200	400	80g
Hot Dogs	5 mins	200	400	4
Turkey Breasts - Boneless	60 mins	180	350	2kg
Turkey Crown	50 mins	180	350	1.5kg
FISH	TIME	CELSIUS	FAHRENHEIT	QTY GUIDE
Salmon	8-10 mins	200	400	2
Fish Fillet	12-15 mins	200	400	8
Shrimp	8 mins	200	400	450g
Scallops	8 mins	200	400	225g
Tuna Steak	8-10 mins	195	380	2
Fish Fingers/Sticks - Frozen	10 mins	200	400	10
VEGETABLES	TIME	CELSIUS	FAHRENHEIT	QTY GUIDE
Broccoli Florets	6 -8 mins	195	380	1
Brussel Sprouts - halved	8 -10 mins	200	400	500g
Butternut Squash - cubed	15- 18 mins	180	350	1
Carrots - 2 inch chunks	10-12 mins	200	400	450 g
Cauliflower Florets	6 - 8 mins	200	400	1
Corn On The Cob	10 -12 mins	200	400	4
Potato - Whole	40 -55 mins	200	400	2
Potato Wedges	15-20 mins	200	400	400g
Potato Fries	15 mins	200	400	400g
Sweet Potato - Whole	40-45 mins	200	400	1
Parsnips - Quartered	12-15 mins	200	400	400g
Green Beans	6-8 mins	200	400	400g
Sweet Potato Fries	20 mins	200	400	2

Unleash Your Culinary Creativity

Congratulations! You've reached the end of this delectable journey through our recipe e-book. We hope that each recipe has tantalized your taste buds, sparked your imagination, and inspired you to embark on countless culinary adventures. From mouthwatering appetizers to luscious desserts, we've strived to present a diverse range of flavours that cater to every palate.

As you savour the delicious results of your kitchen endeavours, you may find yourself wanting to share your culinary triumphs with the world. Starting a blog is an excellent way to document your culinary journey or explore any other hobby you're passionate about. It offers a platform to connect with like-minded individuals, share your experiences, and inspire others to embark on their own creative quests. Here are some simple steps to help you get started on your own blog:

Choose your niche: Decide on the main theme of your [blog](#). Is it centred around food and recipes, or is it focused on another hobby? Consider what excites you the most and what you'd love to share with others.

Select a blogging platform: There are numerous user-friendly platforms available, such as WordPress, Blogger, or Squarespace. Explore these options and choose the one that best suits your needs, whether it's ease of use, customization options, or specific features. I recommend WordPress through BigScoots as your host.

Register a domain name: A domain name is your blog's unique web address (e.g., [www.yourblogname.com](#)). Select a domain name that reflects your blog's identity and is easy to remember. Get your domain name from NameCheap.

Set up your blog: Follow the platform's instructions to create and customize your blog. Choose an appealing layout, upload high-quality images, and ensure your blog reflects your personal style.

Create engaging content: Start writing and sharing your posts! Share your recipes, cooking tips, personal anecdotes, or anything else that aligns with your chosen theme. Regularly update your blog to keep your readers coming back for more.

Engage with your audience: Encourage your readers to leave comments, ask questions, and share their experiences. Respond to their feedback and create a welcoming community around your blog.

MY TOP RESOURCES

1. [SEO course](#) - My top recommendation when starting a new blog or online business.
2. [BigScoots](#) - A managed hosting platform for my WordPress website. Excellent customer service!
3. [Restored 316](#) - This is the look and layout of the website. I love all of their themes.
4. [Convertkit](#) - My subscriber box.
5. [CoSchedule](#) - To publish to all my social media accounts at once. This tool saves me a lot of time!
6. [Niche Site Academy](#) - How to build a money-making niche site.
7. [Bootstrapped Ventures](#) - This provides the recipe card you see at the bottom of every post.
8. [Social Warfare](#) - This is on every post so people can share it on their social media accounts.
9. [Ezoic](#) - How I earn a monthly income
10. [Photography](#) - Really helpful tips in this handy [e-book](#).



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BEST RECIPES

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