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An extract from...

Jamie's 15-Minute Meals

Written by Jamie Oliver

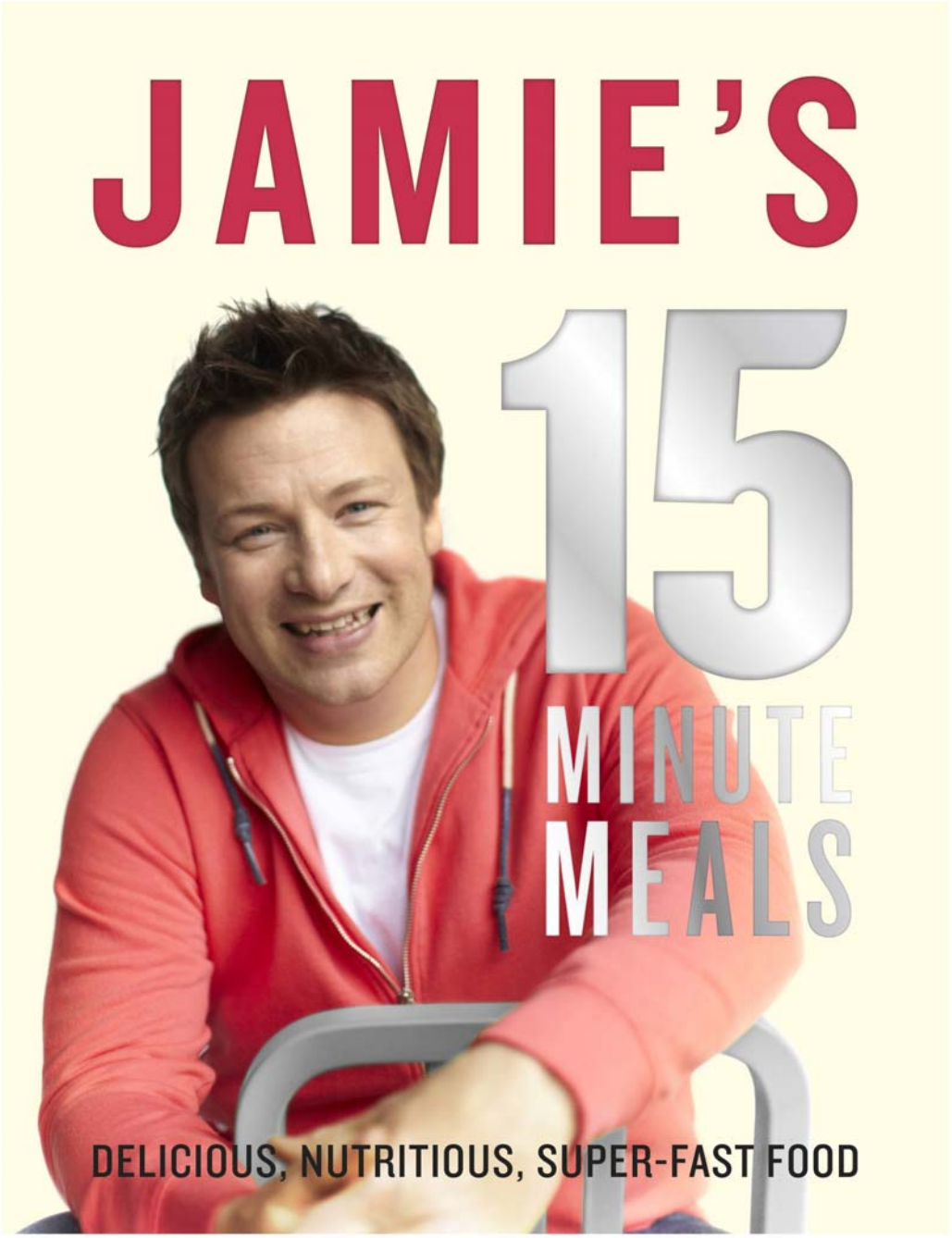
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FLASHY FISH STEW

SAFFRON SAUCE & GARLIC BREAD

Garlic bread
1 ciabatta loaf
3–4 cloves of garlic
a few sprigs of fresh lemon thyme
1 tbsp extra virgin olive oil

Fish stew
1 bulb of fennel
4 anchovy fillets
4 spring onions
½–1 fresh red chilli
olive oil
2 cloves of garlic
125ml white wine
700g passata
1 small bunch of fresh basil
400g mixture of fish fillets,
scaled and pin-boned. I like
monkfish, red mullet, John Dory,
sea bass and whiting
400g mussels and clams, scrubbed
clean and debearded
4 large raw shell-on king prawns

Sauce
1 clove of garlic
1 pinch of saffron
3 heaped tbsp fat-free natural
yoghurt
½ a lemon

SERVES 4 | 516 CALORIES

Ingredients out • Kettle boiled • Oven at 220°C/425°F/gas 7 • Food processor (bowl blade) • Large lidded casserole pan, medium heat

Cut deep crisscrosses into the ciabatta • Squash the unpeeled garlic through a garlic crusher over the bread, add the thyme sprigs and a pinch of salt and pepper, then drizzle over the extra virgin olive oil • Rub into the cracks of the bread, then put into the oven until golden

Halve the fennel (reserving any leafy tops) and put into the processor with the anchovies, the trimmed spring onions and chilli, then blitz until finely chopped • Put into the casserole pan with 2 tablespoons of olive oil and turn the heat up to high, stirring regularly • Squash in the unpeeled garlic through a garlic crusher, then pour the wine into the pan and let it cook away • Pour in the passata and half a jar of boiling water (350ml), tear in most of the basil leaves and season with salt and pepper

Cut the fish up so you've got four even-sized chunks of each type, then add all the seafood to the pan (throw away any open mussels and clams that don't close when tapped), cover with the lid and boil • Peel the garlic and bash with a pinch of salt and the saffron in a pestle and mortar, then muddle in the yoghurt and a squeeze of lemon juice • When the mussels and clams have opened (throw away any that remain closed), the fish will be cooked through (roughly 4 minutes) • Season to taste, then serve scattered with the remaining basil leaves and fennel tops, the saffron sauce and garlic bread



GOLDEN CHICKEN

BRAISED GREENS & POTATO GRATIN

Gratin
800g potatoes
3 onions
olive oil
1 chicken stock cube
½ a bunch of fresh sage
100ml single cream
30g Parmesan cheese

Chicken
4 x 120g skinless chicken breasts
a few sprigs of fresh rosemary
2 rashers of smoked streaky bacon

Greens
200g baby leeks
200g baby spinach
200g frozen peas

SERVES 4 | 666 CALORIES

Ingredients out • Kettle boiled • Oven grill on high • Food processor (fine slicer) • Medium lidded pan, high heat • Large high-sided roasting tray, high heat • Large frying pan, medium-high heat

Finely slice the potatoes in the processor, then tip into the medium pan and cover with boiling water and the lid • Peel the onions, finely slice in the processor, then tip into the roasting tray with 2 tablespoons of oil, crumble in the stock cube and season with salt and pepper • Tear in the sage leaves and stir regularly, adding a splash of water if they start to catch

On a large sheet of greaseproof paper, toss the chicken with salt, pepper and the rosemary leaves, then fold the paper over and bash and flatten the chicken to 1.5cm thick with a rolling pin • Put into the frying pan with 1 tablespoon of oil, turning after 3 or 4 minutes, until golden and cooked through • Drain the potatoes well in a colander, then tip into the onion pan, stir together and arrange in a flat layer • Pour over the cream, then finely grate over the Parmesan and pop under the grill on the top shelf

Halve the leeks lengthways, rinse under the tap, then finely slice • Put into the empty lidded pan on a high heat with 1 tablespoon of oil, stirring often • Finely slice the bacon and add to the chicken pan, tossing regularly • Stir the spinach and peas into the leeks and once the spinach has wilted and the peas are tender, pile on a board or platter with the chicken and bacon on top • Serve with the gratin



VEGGIECHILLI

CRUNCHY TORTILLA & AVOCADO SALAD

Chilli & rice
1 dried smoked chipotle
or ancho chilli
½ a fresh red chilli
1 red onion
1 tsp sweet smoked paprika
½ tsp cumin seeds
1–2 garlic cloves
1 big bunch of fresh coriander
olive oil
2 mixed-colour peppers
1 x 400g tin of chickpeas
1 x 400g tin of black beans
700g passata
1x 250g pack of cooked
mixed long grain and wild rice

Salad
4 small corn tortilla wraps
2 ripe avocados
3 heaped tbsp fat-free natural
yoghurt, plus extra to serve
2 limes
1 romaine lettuce
½ a cucumber
1 fresh red chilli
1 handful of ripe cherry tomatoes

SERVES 4 | 749 CALORIES

Ingredients out • Oven at 200°C/400°F/gas 6 • Food processor (bowl blade) • Lidded casserole pan, high heat • Stick blender

Put the chillies, peeled and halved red onion, paprika and cumin seeds into the processor, squash in the unpeeled garlic through a garlic crusher, then add the coriander stalks (reserving the leaves) and 2 tablespoons of oil, and whiz until fine • Tip into the pan, then add the deseeded and roughly chopped peppers, drained chickpeas and black beans, a pinch of salt and pepper and the passata, stir well and put the lid on • Fold the tortillas in half, slice into 0.5cm strips, sprinkle on to a baking tray and pop in the oven until golden and crisp

Put most of the coriander leaves, a pinch of salt and pepper, half a peeled avocado, the yoghurt and the juice from 2 limes into a jug and whiz with a stick blender until silky • Check and adjust the seasoning of the chilli, leave the lid off • Remove the tortillas from the oven into a bowl, cut the lettuce into chunky wedges and add to the bowl • Scoop and dot over curls of avocado • Peel the cucumber into ribbons and finely slice half a chilli, then scatter both over the top

Make a well in the middle of the chilli and tip in the rice, then pop the lid on for the last few minutes to warm the rice through • Pour the dressing over the salad, pick over the remaining coriander leaves, finely slice the remaining chilli and sprinkle over the top along with the halved cherry tomatoes, then toss everything together • Serve with dollops of yoghurt

