

Plantui eBook Recipes



plantui
SMART GARDEN™

Recipes created by Kate AILEY





LINGUINE PRAWNS & PARSLEY

Serves 2

INGREDIENTS

150-200g of linguine (75-100g per person)

150g king prawns

200ml passata

1 lemon

1 garlic clove, finely chopped

100ml white wine

1tbsp Parsley from your Plantui Smart Garden, finely chopped

Olive oil

METHOD

1. Boil the water for the pasta, add salt once boiling.
2. Heat 2-3 tbsps of olive oil on a low heat and add the garlic, cook gently for 1 minute.
3. Add the passata to the pan and stir.
4. Add the pasta to the boiling water and cook until al dente.
5. Add the prawns, lemon, wine and parsley to the pan.
6. Once the pasta is cooked, add the pasta to the sauce and stir for 2 minutes to combine together. The sauce will thicken with the pasta.
7. Serve and garnish with more chopped parsley, drizzle with a little extra virgin olive oil to taste.

CHEF'S RECOMMENDATION

This dish is simplicity at its best! It takes no longer than 15 minutes to make, and with just a few ingredients. I find this is a great weeknight meal for one (and one of my favourites) but can just as easily be made for more.

LINGUINE PRAWNS & PARSLEY





MEDITERRANEAN COUSCOUS BASIL

Serves 4

INGREDIENTS

300g giant couscous

150g cherry tomatoes, quartered

50g Radishes, finely sliced

50g cucumber, sliced and quartered

1 yellow pepper, cut into segments or smaller bite sized chunks

½ lemon, juiced

3 tbsp extra virgin olive oil

1 tbsp red wine vinegar

Salt & pepper

Green and Purple Basil from your Plantui Smart Garden

METHOD

1. Bring a pan of water to the boil and cook the couscous, follow packet instructions. I simmered mine for 8 minutes until cooked.
2. Whilst the couscous is cooking, prepare the salad ingredients as indicated in the ingredients list above. Feel free to add other fruit and vegetables you may like, such as celery, spring onion, or more pepper.
3. Once the couscous is cooked, drain if necessary and leave to cool a little.
4. Whilst the couscous is cooling, prepare the dressing. Mix the olive oil, lemon juice, and red wine vinegar together in a small bowl, season, and whisk gently to combine to make a dressing.
5. In a large bowl, add the couscous and fruit and vegetables, stir to combine. Then pour over the dressing and tear in some green and purple basil leaves from your Plantui Smart Garden. Stir again to ensure all the couscous is coated in the lovely citrus dressing.
6. Tear some more basil leaves on top and serve. This salad is also great to make ahead of time and tastes great when the flavours soak in, so you can always cover and leave in your fridge to serve later the same day, or the next day.

CHEF'S RECOMMENDATION

This dish is perfect as a side salad for grilled meat, such as marinated chicken or fish, or for a lunchtime salad with falafel and humous. I love serving it up when we have friends and family over for BBQs. I love all the colours of this dish, they add bright, fresh flavours to the couscous, and the dressing gives it a refreshing, citrus taste.

MEDITERRANEAN COUSCOUS BASIL





HOMEMADE LASAGNE

Serves 6 INGREDIENTS

Ragù

Olive oil
1 onion
1 carrot, grated
1 celery stick, finely grated
500g beef mince (you could use 250g beef,
250g pork if you wish, or veal alternatively)
2 500g tins of chopped tomatoes
250ml red wine
1 tbsp tomato puree
Basil leaves from your Plantui Smart Garden

Béchamel Sauce

50g salted butter
50g plain flour
25g grated parmesan cheese
1 litre of full fat milk
Nutmeg, grated to taste

Lasagne Sheets

9 Lasagne sheets, dried or fresh

METHOD

1. To prepare the ragù, add 2-3 tbsps of olive oil to a large pot on a low heat. Add the onion and celery and cook for 5 minutes. Season with a little salt and pepper.
2. Add the carrot and cook for a further 5 minutes.
3. Increase to a medium heat and add the mince, when it starts to brown a little add 1 tbsp of tomato puree and stir. Then add the red wine and allow to simmer.
4. Add the chopped tomatoes, rinse the cans with a little water and add to the pot.
5. Now tear in at least ten leaves of basil, season again with salt and pepper, stir.
6. Cover with a lid, reduce to a low heat, and cook for at least an hour. Stirring occasionally.
7. Check the sauce for seasoning and continue to cook for another half an hour until you have a rich, red ragù with a good consistency. You don't want it to be too watery, you want a nice thick ragù. If the sauce is looking a little dry add some more water and continue to cook for half an hour.
8. Now prepare the béchamel sauce. Melt the butter in a pan on a low heat.
9. Once melted, add the flour and quickly stir or whisk with the butter to create a smooth paste.
10. Add a third of the milk and whisk. Gradually add the remaining milk and continue to lightly whisk as the sauce thickens.
11. When the sauce is a double cream like consistency, add the parmesan and combine.
12. Grate some nutmeg in to taste, I recommend 1/2 a whole nutmeg.
13. Take off the heat, and leave to rest for 5 minutes.
14. Pre heat the oven to 180°C.
15. Now to layer your lasagne. Spoon a layer of béchamel sauce onto the base of the oven dish. Cover with three sheets of pasta (if using dried pasta it's ok to use these dry).
16. Add a layer of ragù (half the sauce), then dot with béchamel sauce, and add some more whole leaves of basil across the sauce. Add another layer of lasagne sheets.
17. Repeat the process. Add a final layer of lasagne sheets.
18. Top with the remaining bechamel sauce, ensure this covers the whole of the top of the lasagne.
19. Finish with grated parmesan and black pepper.
20. Bake in the oven for 25 – 30 minutes until a golden top forms on the lasagne. You may need to rotate half way through cooking.
21. Allow to rest for at least ten minutes, but longer if you can – it will make serving easier. Lasagne always tastes better the next day, so if you can make a day ahead and refrigerate.

CHEF'S RECOMMENDATION

It doesn't matter what you do, lasagne always tastes better the next day! My recommendation with this dish is to prepare and cook the day before. It's also perfect for batch cooking so you can freeze. Lasagne is a classic dish, this slow cooked ragù with basil, then layered up with more basil is a great base recipe for any lasagne.

HOMEMADE LASAGNA





MEXICAN INSPIRED BRUSCHETTA

Serves 2

INGREDIENTS

1 avocado

1 tomato

1 lime

Coriander from your Plantui Smart Garden

Bread, such as ciabatta or sourdough, thinly sliced

Olive oil

METHOD

1. Halve the avocado, remove the stone and scoop out each half with a spoon.
2. Chop the avocado into small diced pieces to start, slice horizontally and then vertically, keeping each half together as you chop.
3. Then do the same with the tomato, halve and dice.
4. Slowly combine the two with a knife as you continue chopping to create finer pieces that will slowly become a chunky, guacamole texture.
5. Finely chop the coriander and combine in the mixture.
6. Squeeze the juice of the lime onto the mixture and a drizzle of olive oil.
7. Use a spoon or knife to combine and then transfer to a bowl.
8. Drizzle your sliced bread with olive oil and toast under the grill or in the oven for 5-10 minutes until lightly toasted.
9. Using a spoon decorate each piece of bread with the avocado mixture and finely chopped coriander.
10. If you want to add another topping, dice some tomatoes, add some olive oil, salt and fresh basil to make a tomato bruschetta topping.

CHEF'S RECOMMENDATION

I love avocado, and although it has been introduced in many countries as part of Italian style sandwiches and salads, I've never actually had avocado in Italy! I love bruschetta though and I thought what about a little twist on nachos and adding it to bruschetta with a tomato style salsa, you could always add chilli flakes to the recipes below if you want a little added kick too.

MEXICAN INSPIRED BRUSCHETTA





SPINACH SAGE RICOTTA STUFFED CHICKEN

Serves 2

INGREDIENTS

2 chicken breast
4-6 slices of pancetta, alternatively you can use 2 rashers of bacon or 2 slices of prosciutto crudo
4 tbsps of ricotta
Salt and pepper
50g spinach, chopped
Sage leaves, finely chopped
100g new potatoes
1 courgette, sliced (optional)

METHOD

1. Pre-heat the oven to 180°C
2. Slice the new potatoes and add to an ovenproof dish, drizzle with olive oil and season. You could also add other herbs such as thyme or rosemary.
3. If using courgette, add this too, spread the potatoes and courgette out across the dish.
4. Cut into the top of the chicken breast to create a pouch to stuff, do not cut all the way through, you need to be able to lift the top breast of the chicken.
5. Split between the two chicken breasts, add the spinach along the inside edge you have cut, so the spinach lines the inside of the fillet.
6. Using a spoon, divide the ricotta between the two chicken breasts and add on top of the spinach and sage. Spread it evenly across the stuffing area.
7. Tear sage on to the top of the ricotta.
8. Fold the fillet on top of the filling, and then wrap in the pancetta or bacon, wrap it fairly tightly to hold the chicken breast together with the filling. Use a cocktail stick to hold it in place. Season the tray with salt and pepper.
9. Place the chicken breasts on top of the potatoes and any other vegetables.
10. Cook in the oven for 35 minutes (approximate timings depending on size of chicken breast). Before serving ensure juices run clear in the chicken breast, if it needs longer, continue to cook.
11. Serve with roasted potatoes and vegetables, or with a side of green beans.

CHEF'S RECOMMENDATION

This dish is quick to prepare, tastes delicious, and can all be prepared in one dish if serving with roasted veg! I added green beans to mine as they were in season, and they added a nice pop of colour, but roasted courgette and peppers would work just as well. This is another good dish to prep ahead of time if you have guests coming or want to prepare earlier in the day to cook later.

SPINACH SAGE RICOTTA STUFFED CHICKEN





Learn more about Plantui
www.plantui.com

@PlantuiOfficial
www.facebook.com/PlantuiOfficial
www.instagram.com/PlantuiOfficial
www.pinterest.com/PlantuiOfficial
www.twitter.com/PlantuiOfficial



Learn more about Cooking and Carafes
www.cookingandcarafes.co.uk

@CookingCarafes
www.facebook.com/CookingCarafes
www.instagram.com/CookingCarafes
www.twitter.com/CookingCarafes

