

**QUICK  
FAMILY DINNERS**

*alycealexandra*

## AFTER A 'QUICK FIX'?

Recipes with the **QUICK FIX** label indicate that the entire recipe can be completed and on the table in less than 30 minutes. This symbol can be found at the bottom of the ingredients.

## SYMBOLS

For recipes catering for specific dietary requirements look for the symbols:

- D** Dairy Free
- G** Gluten Free
- V** Vegetarian
- V+** Vegan

There are countless reasons why I love my Thermomix, but undoubtedly at the top of the list is the time it saves me in the kitchen. And while on the weekends I love to spend extra time with elaborate cooking adventures, baking fresh bread, experimenting with sophisticated desserts and entertaining with creative cocktails, during the week is when time becomes really valuable. And while the temptation for take-out or last-minute thrown together meals can be strong, there's simply no need for it with a Thermomix at your fingertips.

The recipes in this digital cookbook will show you that weeknight dinners can and should be delicious, nutritious, and easy, cooked quick-fix in 30 minutes or less. Skipping processed and pre-packaged foods by making your meals at home is better for your health, the environment, and your pocket — and the proof is in the eating.

We hope that these delectable dishes will give you more time on those busy evenings, so that you can focus on the important things — replacing cooking and cleaning with relaxing, spending quality time with family, and rejuvenating yourself for the busy day ahead.

These recipes were made with love from us to you, and now you can share the love every night of the week.

**Happy cooking.**

xo alyce alexandra

MONDAY

# HARISSA CHICKEN WITH COUSCOUS

SERVES 4

1 garlic clove, peeled  
340g chicken stock  
260g couscous  
2 chicken breasts, skinless  
1 tbsp harissa paste  
Macadamia oil, for frying  
Small handful fresh parsley  
60g baby spinach leaves  
60g olive oil  
½ lemon, juice only  
Salt, to taste  
250g cherry tomatoes, quartered  
Yoghurt, to serve  
Pomegranate arils, to serve (optional)

## QUICK FIX

- 1 Place garlic clove in TM bowl, chop for 4 seconds, speed 5.
- 2 Add chicken stock, heat for 6 minutes, 100°C, speed 3, or until 100°C is reached. Place couscous in a bowl and pour hot stock on top. Cover and allow to sit for 10 minutes.
- 3 Meanwhile, place chicken breasts between baking mats or baking paper and bash with a rolling pin until they are of equal thickness across the whole breast. Brush each side with harissa paste.
- 4 Heat macadamia oil in a fry pan over medium-high heat. Cook breasts for 4 minutes each side, or until cooked through.
- 5 Place parsley and spinach in dry TM bowl, chop for 2 seconds, speed 5.
- 6 Add olive oil, lemon juice and salt, mix for 3 seconds, reverse speed 3. Add mixture to couscous and fluff using a fork, then toss together with tomatoes.

Divide couscous between serving bowls and top with thinly sliced chicken and a dollop of yoghurt. Garnish with pomegranate arils.

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TUESDAY

# KALE PESTO PASTA

SERVES 4

400g spaghetti  
1 bunch kale, leaves only  
80g Parmesan cheese, roughly chopped  
1 garlic clove, peeled  
½ lemon, rind and juice  
40g pine nuts  
Large handful fresh basil, leaves only  
100g olive oil  
Salt, to taste



## QUICK FIX

- 1 Cook spaghetti according to packet instructions.
- 2 Meanwhile, place half the kale in TM bowl, chop for 3 seconds, speed 6, assisting with spatula if necessary. Set aside.
- 3 Add remaining kale to TM bowl, chop for 3 seconds, speed 6, assisting with spatula if necessary. Set aside with previously chopped kale.
- 4 Place Parmesan, garlic and lemon rind in TM bowl, grate for 5 seconds, speed 8.
- 5 Add pine nuts and basil, mill for 2 seconds, speed 6. Set aside.
- 6 Place lemon juice, oil, salt and chopped kale in TM bowl, heat for 2 minutes, 80°C, reverse speed 2.

Toss cooked pasta with kale mixture, pine nuts and basil and serve.

**Variation:** Kale can be replaced with other leafy greens such as spinach, rocket or watercress.

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# WEDNESDAY

## BEEF NOODLES

SERVES 3

3cm knob ginger, peeled  
2 garlic cloves, peeled  
1 long red chilli (optional)  
80g hoisin sauce  
400g rump steak, thinly sliced  
500g fresh udon noodles  
1 bunch Chinese broccoli,  
leaves quartered  
3 spring onions, thinly sliced  
Sesame seeds, to serve

**D**

### QUICK FIX

- 1 Place ginger, garlic and chilli in TM bowl, chop for 5 seconds, speed 5. Scrape down sides.
- 2 Add 30g hoisin sauce and beef, mix for 6 seconds, reverse speed 3. Transfer beef to lower Varoma steaming tray.
- 3 Fill TM bowl with 400ml water (no need to clean first). Place noodles on top of beef. Steam for 10 minutes, Varoma temperature, speed 3.
- 4 Mix beef and noodles using tongs to ensure even cooking. Place broccoli on top of beef and noodles, steam for a further 5 minutes, Varoma temperature, speed 3.

In a large bowl, toss together noodles, broccoli, beef, remaining 50g hoisin sauce and spring onions. Garnish with sesame seeds and serve.

**Chefs' Tip:** The Chinese broccoli will continue to wilt once it is removed from the Varoma, but if it still looks raw after step 4, mix beef, noodles and broccoli using tongs and steam for a further 2 minutes, Varoma temperature, speed 3.

THURSDAY

# SMOKEY BEAN NACHOS

SERVES 4

150g mozzarella cheese,  
roughly chopped  
300g plain corn chips  
20g olive oil  
2 tsp smoked paprika  
50g tomato paste  
400g can four bean mix, drained  
Guacamole, to serve (page 90,  
*miniseries low carb*)  
Greek yoghurt or sour cream, to serve  
Small handful fresh coriander, leaves only,  
to serve (optional)



QUICK FIX

- 1 Preheat oven to 160°C.
- 2 Place cheese in TM bowl, grate for 3 seconds, speed 8.
- 3 Place corn chips in a baking dish and sprinkle with cheese. Bake for 6 minutes, or until cheese is melted and bubbling.
- 4 Meanwhile, place oil, paprika and tomato paste in TM bowl. Cook for 3 minutes, 100°C, speed 3.
- 5 Add beans, cook for 3 minutes, 100°C, reverse speed soft.

Top corn chips with beans, guacamole, and yoghurt or sour cream. Garnish with coriander and serve.

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FRIDAY

# THAI COCONUT MUSSELS

SERVES 4

2 shallots, peeled  
3 garlic cloves, peeled  
3cm knob ginger, peeled  
1 stalk lemongrass, white part only, cut into 1cm pieces  
2 large green chillies, deseeded and halved  
3 coriander roots  
20g coconut sugar  
1 tbsp stock concentrate  
50g water  
20g coconut oil  
400g coconut milk  
1kg mussels, scrubbed and debeared  
1 lime, juice only  
Steamed rice, to serve  
Handful coriander, leaves only, to serve



QUICK FIX

- 1 Place shallots, garlic, ginger, lemongrass, chilli, coriander roots, coconut sugar, stock concentrate, water and coconut oil in TM bowl, purée for 20 seconds, speed 9.
- 2 Sauté for 5 minutes, 100°C, speed 1.
- 3 Add coconut milk, cook for 8 minutes, Varoma temperature, reverse speed 2, MC removed and Varoma in place to prevent splashes.
- 4 Place mussels in lower Varoma steaming tray, steam for 6 minutes, Varoma temperature, speed 3. Remove mussels that have opened and set aside.
- 5 Steam for a further 2 minutes, Varoma temperature, speed 3. Remove mussels that have opened and discard those that are unopened.

Pour liquid into individual serving bowls and arrange mussels on top. Serve with steamed rice and coriander leaves.



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