

Chris Baber

# Easy



Simply  
delicious  
home  
cooking

# Introduction

I've had a passion for cooking ever since I can remember. Growing up in a small town in Northumberland, I'd come in from school and make dinner for my family most nights. I love proper home cooking – no trends or fads, just fuss-free meals that anyone can make.

My true passion is inspiring people to cook at home. There's nothing quite like hearing you've made a recipe of mine and it was a hit with your friends and family – and it's extra special if it's the first meal your kids had ever cooked from scratch.

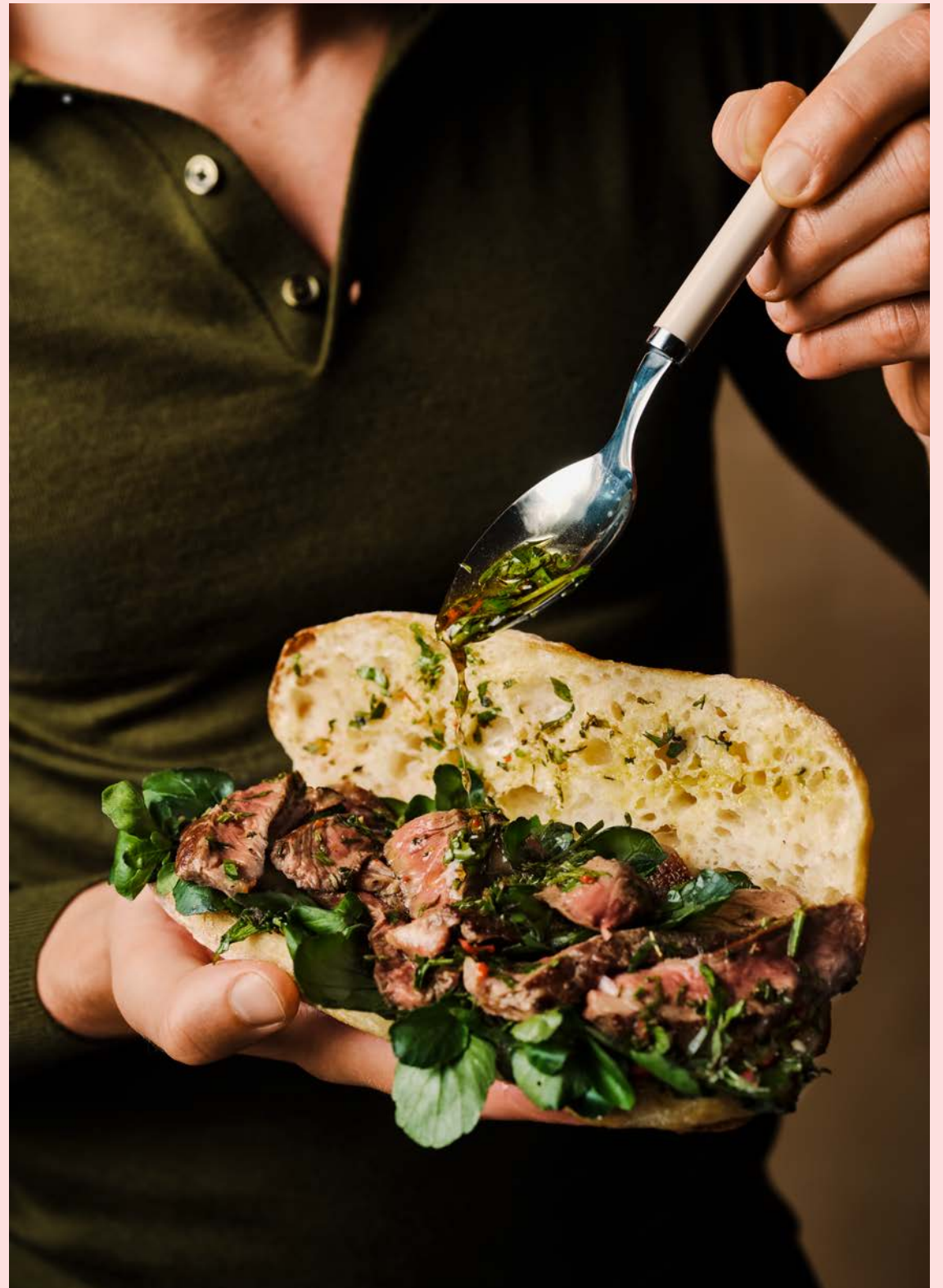
That's why I'm so excited to be sharing these Easy meals with you. There are six free

delicious recipes in here for you to enjoy. Cooking is best when done together, so tag me @chrisbaber and join the #BaberFlavour family when you share your pictures on Instagram.

If you're keen to cook more with me, check out my debut cookbook *Easy*, which is going to be published on 7 April 2022. I hope the book will give you a few new go-to dinners as well as the confidence to open the fridge and rustle something up without a recipe.

Right, stick the radio on, get prepped and let's get cooking!

Chris x





# Sausage & Egg Breakfast Tacos

Serves 2 / 15 minutes

1 avocado  
1 tbsp olive oil  
4 sausages, roughly chopped  
1 small onion, finely chopped  
1 red or green chilli, chopped, and deseeded if you prefer a milder taste  
2 tsp fajita mix or Cajun spice mix  
1 lime  
1 small bunch of coriander, chopped  
1 tbsp butter  
2 eggs, lightly beaten with a fork  
4 small soft tortillas  
Salt and pepper  
Hot or sweet chilli sauce, to serve

**This nice and spicy spin on sausage and eggs is perfect for a lazy weekend breakfast or brunch. If you're anything like me and love a bit of spice in the morning, leave the seeds in the chilli for more of a kick.**

1. Remove the flesh from the avocado. Add it to a bowl with a pinch of salt and pepper, crush with a fork and set aside.
2. Heat the olive oil in a large, non-stick frying pan over a medium-high heat.
3. Add the sausage meat, onion and half the chilli and fry for 5-7 minutes or until golden and caramelised.
4. Stir in the fajita mix with a splash of water, reduce the heat and cook for 2 minutes until most of the water has evaporated. Add a squeeze of lime juice, stir in most of the coriander and remove from the heat.
5. While the sausage is cooking, add the butter to a small saucepan over a medium heat. Add the eggs, season and cook for about 2 minutes, stirring gently, until scrambled and just cooked.
6. Heat the tacos in the microwave for 10 seconds.
7. Assemble the tacos. Put 2 tacos on to each serving dish. Spread with avocado, top with the sausage mixture, then add the egg. Scatter with over the remaining chopped chilli and coriander. Drizzle with chilli sauce and serve.





# Baked Meatballs with Oozy Melting Mozzarella

Serves 4-6 / 45 minutes - 1 hour

5 tbsp fresh breadcrumbs  
4 tbsp milk  
800g beef mince  
1 small bunch of flat-leaf parsley, finely chopped  
25g Parmesan cheese, grated  
1 egg  
2 tbsp extra virgin olive oil, plus extra for oiling  
Pinch of salt and pepper  
2 mozzarella balls, torn into pieces

## For the sauce

2 tbsp extra virgin olive oil  
1 red onion, finely chopped  
3 garlic cloves, sliced  
1 tbsp dried oregano  
3 x 400g cans chopped tomatoes  
2 tsp sugar  
1 small bunch of basil, leaves picked

## To serve

400g spaghetti or crusty bread  
Salad or seasonal greens

**Juicy meatballs in a rich tomato sauce with oozy cheese – this one’s a real crowd-pleaser. It’s great served with spaghetti or a good loaf of bread to mop up the sauce. I like a big, fresh salad or seasonal greens on the side. Between you and me, it also makes most amazing meatball sub sandwich.**

1. Preheat the oven to 200°C/180°C fan.
2. Put the breadcrumbs into a small bowl, pour over the milk and leave for a couple of minutes to allow the bread to soak up the liquid.
3. Mix the beef mince, parsley, Parmesan, egg, oil and salt and pepper together with the soaked breadcrumbs in a separate bowl using your hands. When you have a well-combined mixture, use wet hands to roll it into 12 large balls.
4. Lay the balls on a lightly oiled baking tray and bake for 15 minutes.
5. Meanwhile, heat 2 tbsp extra virgin olive oil in a large ovenproof pan over a medium heat. Fry the onion, garlic and oregano with salt and pepper for 5 minutes until softened. (If you don’t have an ovenproof pan, you can transfer everything to an ovenproof dish after step 6.)
6. Add the tomatoes and sugar with three quarters of the basil leaves, stir together and simmer for 15–20 minutes until the sauce begins to thicken.
7. Add the baked meatballs to the sauce and simmer for a further 5 minutes. If your pan isn’t ovenproof, transfer everything to an ovenproof dish.
8. Top the meatballs with the torn mozzarella. Transfer to the oven and bake for 10 minutes or until the cheese is golden and bubbly. Scatter over the remaining basil leaves to serve.





# Satay-Style Chicken Curry

Serves 4 / 15–20 minutes

2 tbsp vegetable oil  
4 skinless chicken breasts, cut into 2cm pieces  
2 garlic cloves, finely chopped  
3cm piece of fresh ginger, peeled and finely chopped  
1 red chilli, finely chopped  
2 onions, roughly chopped  
1 red and 1 green pepper, roughly chopped  
225g can water chestnuts, drained (*optional*)  
1 small bunch of coriander, chopped  
Juice of 1 lime  
Jasmine rice, to serve

## For the sauce

2 x 400ml cans coconut milk  
4 tbsp smooth peanut butter  
4 tbsp honey  
2 tbsp medium curry powder  
2 tsp ground turmeric  
3 tbsp dark soy sauce

**This is my take on a chicken curry inspired by the flavours of chicken satay that we all know and love with a rich, creamy coconut and peanut curry sauce. If you can get a hold of water chestnuts, they add a nice crunch.**

1. Mix all the sauce ingredients together in a bowl and set aside.
2. Heat the oil in a wok or large non-stick frying pan until smoking hot.
3. Stir-fry the chicken, garlic, ginger and chilli for 2 minutes.
4. Add the onions, fry for 1 minute, then add the peppers and water chestnuts. Stir-fry for a further 3 minutes until the veg and chicken begin to take on some colour.
5. Add the sauce, bring to the boil, then reduce the heat and simmer for 8–10 minutes until the chicken is cooked and the sauce has thickened slightly.
6. Stir in the coriander and half the lime juice. Taste – you may want more honey for sweetness or curry powder for heat.
7. Serve with rice and a squeeze more lime juice.







# Easy Prawn Paella with Garlic Mayo

Serves 4 / 30 minutes

1 tbsp extra virgin olive oil  
75g chorizo, diced  
2 onions, diced  
1 large red pepper, diced  
2 garlic cloves, chopped  
350g paella rice  
1 tbsp smoked paprika  
950ml fish or chicken stock  
400g raw king prawns  
350g frozen peas, defrosted  
1 small bunch of flat-leaf  
parsley, chopped  
1 lemon, juice of ½, ½ cut into  
4 wedges  
Salt and pepper

### For the garlic mayo

2 tbsp mayonnaise  
1 garlic clove, crushed or  
grated  
Squeeze of lemon juice

**My easy prawn paella is a fuss-free one-pan wonder – so much flavour with very little effort. That’s what one-pan cooking is all about. The little garlic mayo is dead simple and really sets it off!**

1. Mix together the mayo, grated garlic and a squeeze of lemon juice and set aside.
2. Heat the oil in a large non-stick frying pan over a medium heat.
3. Fry the chorizo, onion, pepper and garlic with a pinch of salt and pepper for 5 minutes until the onion has softened and the oils have been released from the chorizo.
4. Stir in the rice and paprika and cook for a couple of minutes, coating each grain of rice in the oil.
5. Add the stock, increase the heat and bring to the boil. Reduce the heat to medium-low, cover loosely and simmer for about 15 minutes, stirring now and again. If it becomes very dry, add a splash of water.
6. Stir in the prawns and peas and cook for 5 minutes or until the prawns are pink. Stir in the parsley and lemon juice.
7. Serve with a wedge of lemon and dollop of garlic mayo.



# Creamy Garlic Mushroom Tagliatelle

Serves 6 / 15 minutes

6 tbsp pine nuts  
1 tbsp olive oil  
2 tbsp butter  
800g chestnut mushrooms,  
sliced  
6 garlic cloves, finely chopped  
6 sprigs of thyme  
250ml vegetable or chicken  
stock  
600g fresh tagliatelle  
6 tbsp crème fraîche  
75g Parmesan cheese, grated  
Salt and pepper

**Transforming the humble garlic mushroom into a delicious creamy bowl of pasta, this veggie recipe takes just 15 minutes to cook and always hits the spot.**

1. Heat a large non-stick frying pan over a medium heat. Add the pine nuts and toast for about 1 minute, stirring constantly, until lightly golden. Remove and set aside.
2. Put the pan back over the heat and turn it up to high. Add the olive oil and butter. Add the mushrooms, season and fry for 5–8 minutes until softened and most of the moisture has evaporated.
3. Fill a large saucepan with boiling water from the kettle to cook the pasta later.
4. When the mushrooms are soft, add the garlic and thyme. Fry for a further 3 minutes, then add the stock and simmer for 1 minute. Turn the heat down to low and stir in the crème fraîche.
5. Cook the pasta in the boiling water for 3 minutes. Drain, saving half a mug of the pasta cooking water.
6. Add the pasta to the sauce along with half the Parmesan. Add a little of the pasta cooking water to loosen the sauce if needed. Toss together to coat the pasta in the sauce.
7. Divide between serving dishes. Scatter with the toasted pine nuts and remaining Parmesan. Serve with ground black pepper.





# Ultimate Chocolate Chip Cookies

Makes 10–12 / 25 minutes, plus 30 minutes chilling time

100g unsalted butter  
150g caster sugar  
75g light muscovado sugar  
1 egg  
2 tsp vanilla extract  
175g plain flour  
Pinch of salt  
100g 70% dark chocolate,  
broken into small chunks

For me, the perfect cookie has to have a crisp, crunchy edge with a soft, chewy, melting chocolate middle and that is what we have right here. The smell you get when they are baking is insane, but don't be tempted to pull them out of the oven before they're done! Luckily you won't have to wait long as these are best served slightly warm. They will keep for a few days too, and you don't need a fancy mixer to make them either!

1. Preheat the oven to 200°C/180°C fan.
2. Line 2 baking trays with baking paper.
3. Melt the butter in a saucepan or in a heatproof bowl in the microwave.
4. Put both sugars into a mixing bowl, pour in the melted butter and beat with a wooden spoon for 5–8 minutes until lighter in colour with a slightly fluffy texture.
5. Add the egg and vanilla and mix until combined.
6. Add the flour and salt and mix until a dough just forms, then stir in the chocolate. Transfer to the fridge to chill for 30 minutes.
7. Divide the dough into 10–12 balls, depending on how big you want your cookies, and place them on the prepared baking trays, leaving a few inches of space between each one as they will spread during cooking.
8. Press each ball down with your fingers to flatten slightly.
9. Bake for 10–11 minutes until slightly golden – they will still be soft when they come out of the oven. Leave to cool on the trays for 30 minutes before serving.





# Simple. Speedy. Delicious.

Stuffed with quick, simple and mouth-watering recipes, *Easy* is the only cookbook you'll need to make every meal count without stressing in the kitchen. Whether it's having a crowd of mates over for a weeknight dinner, recreating your favourite takeaway or rustling up a delicious brunch to start the weekend right, Chris has a dish for every occasion. Packed with straightforward recipes – from Spicy Prawn Tostadas and Honey and Harissa Spatchcock Chicken to Veggie Pilaf with Fried Halloumi and Summer Strawberry and Raspberry Crumble – and handy tips, *Easy* is the perfect guide to creating delicious food that hits the spot every time.



*Easy* will be available in all good bookshops from 7 April 2022. Preorder the book now at [smarturl.it/EasyChrisBaber](https://smarturl.it/EasyChrisBaber)

Chris Baber's *Easy* will be published by Ebury Press at Penguin Random House, whose bestselling cookery authors include Mary Berry, Rick Stein, Yotam Ottolenghi, Ainsley Harriott, Rochelle Humes and Jane's Patisserie. Chris is managed by YMU, the UK's largest talent management company. Chris's publicity team are Carver PR, who are behind seven Number 1 books from Joe Wicks, five bestselling books from the UK's biggest vegan authors, BOSH!, and the bestselling skincare book of all time by skincare expert Caroline Hirons.