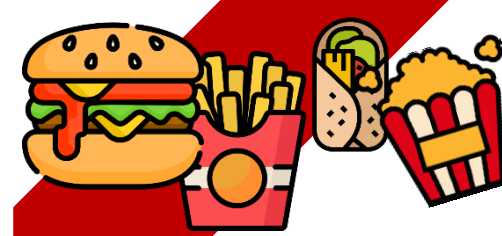




# FRIDAY FAKEAWAY



## Egg Fried Rice



### INGREDIENTS

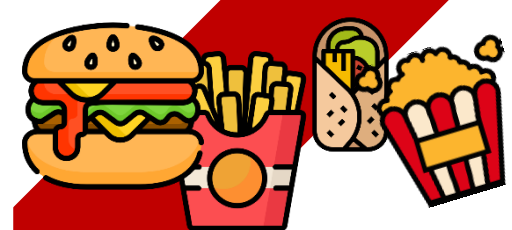
75g rice  
1 beaten egg  
Large handful of peas  
2 tbsp soy sauce  
½ tsp crushed garlic  
2 spring onions or ¼ chopped onion  
Optional: mixed stir-fry vegetables  
1 tbsp sesame oil  
Black pepper to season

### METHOD

1. Cook the rice according to packet instructions, then drain completely
2. Heat a large frying pan and add in the sesame oil
3. Cook the peas, onion and any mixed veg for 3 mins on a high heat
4. Stir in the rice and soy sauce, then move all ingredients to one side of the pan and pour in the egg
5. Cook the egg for 30s before stirring, then mix the egg and all other ingredients together. Season with the pepper, and cook for a final minute before serving



# FRIDAY TAKEAWAY



## Fried Chicken



### INGREDIENTS

2 Chicken Breasts  
(or 4 lean chicken drumsticks)  
~80g cornflakes  
Salt  
Pepper  
Smoked Paprika  
Garlic granules  
Chilli or cayenne powder (optional)  
2 Eggs  
~100g Plain flour

*This dish is best served with homemade chips or wedges so consider prepping these in advance as they will take ~40min to cook*

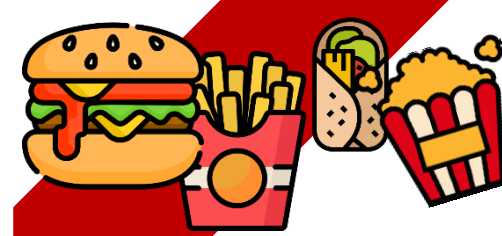
### METHOD

1. Slice the chicken breast into thin strips
2. Blend a handful of cornflakes in a food processor or Nutribullet
3. In a big bowl, mix the blended cornflakes through the rest of the cornflakes and season with salt, pepper, paprika, garlic and chilli/cayenne (optional)
4. Slightly crush the whole cornflakes with your hands and ensure the spices are well mixed through
5. In a 2<sup>nd</sup> bowl; whisk the two eggs
6. In a 3<sup>rd</sup> bowl; put the flour on its own
7. One piece at a time, dip the chicken in the flour then the egg and then again in the flour and egg
8. Roll the chicken around the cornflake mixture until evenly covered (this will be messy) and place on a tin-foil lined baking tray
9. Repeat for all the chicken pieces
10. Bake in the oven for 15-20min at 180°C
11. Serve with wedges, salsa, sour cream & celery.....





# FRIDAY FAKEAWAY



## Homemade Burgers



### INGREDIENTS

SERVES 2

200g lean turkey mince  
1 beaten egg  
2 tbsp breadcrumbs  
1 tsp mixed dried herbs  
 $\frac{1}{2}$  tsp crushed garlic  
Pinch of salt and pepper

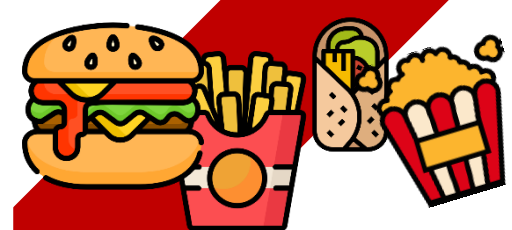
To serve: wholemeal buns, cheese slices,  
salad and condiments

### METHOD

1. Add all of the burger ingredients together in a large bowl, then mix well for a couple of minutes until the mixture is well-combined
2. Divide the mixture into 2 balls, then lay each on a baking tray and press down to a thickness of around 2cm
3. Grill or bake the burgers (at 200°C) for 10 minutes on each side. If you'd like to add cheese, top your burgers with cheese and cook for a final minute so that the cheese melts
4. Serve the burgers up on the buns with salad



# FRIDAY FAKEAWAY



## Pad Thai



### INGREDIENTS

3 Chicken thighs

100g Uncooked  
prawns

200g Firm tofu

1 egg

Flat rice noodles

Tamarind paste

Fish sauce

Sriracha sauce

Brown sugar (white  
is ok)

Handful salted  
peanuts

½ red onion

3 spring onions

Garlic (1 clove or  
paste)

~100g Beansprouts

Chilli flakes

Lime

### METHOD

#### Preparation:

1. Noodles – Soak in warm water for 10min (if using straight to wok noodles only soak for 2-3min) – Don't drain them
2. Sauce – 2tsp tamarind paste, 2tbsp fish sauce, 1tbsp Sriracha, 2tsp brown sugar
3. Peanuts – Crush them in a bag or using the bottom of a heavy pan
4. Veggies – Chop ½ red onion and 3 spring onions, finely chop 1 garlic clove (or use garlic paste)
5. Meat & Tofu – Deskin the chicken thighs, chop into strips and chop tofu into cubes
6. Prawns – Remove heads, tails and intestinal tract (if necessary)
7. Wok – Get it hot and add some vegetable oil (rapeseed / peanut oil)

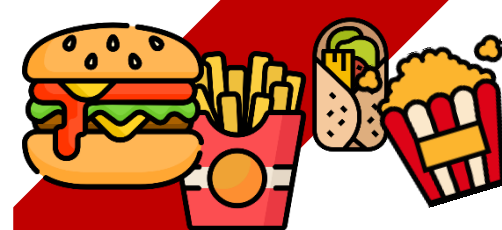
#### Method:

1. Add chicken, tofu, garlic and red onion to the wok and cook for ~7min until the onion is soft and the chicken is nearly cooked through
2. Add the sauce and cook for ~2min
3. Move the ingredients to the side of the wok and add the egg, let it cook for a short while before scrambling and mixing in with the other ingredients
4. Add the prawns then noodles (it's good for the noodles to be a bit wet)
5. Stir-fry for a few minutes until the prawns are cooked then add the beansprouts, spring onion and ½ the peanuts. Cook for another 1-2min.
6. Plate up and serve with lime, peanuts and chilli on the side





# FRIDAY FAKEAWAY



## Homemade Pizza



### INGREDIENTS

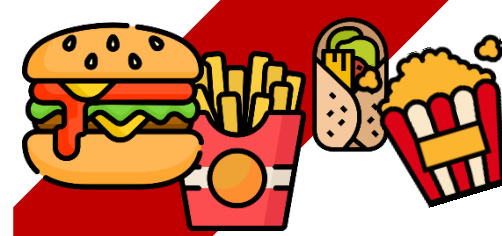
- BASE**      ½ cup flour  
                2tbsp natural yoghurt  
                Pinch of salt
- SAUCE**    2-3tbsp passata or tomato puree  
                Pinch of dried herbs  
                ½ tsp garlic puree/granules
- TOPPINGS:** Couple of slices of ham or  
                  chicken  
                  Tomatoes, spinach, pineapple etc.  
                  4 thin slices of mozzarella

### METHOD

1. Mix the sauce ingredients together – season to taste with salt and pepper
2. Mix the flour, yoghurt and salt together to make a dough. Add a splash of water if needed
3. Knead the dough for 60s, then roll out to desired shape and size (do this on a lightly floured surface to prevent it sticking)
4. Spread the sauce over the base, leaving a 2 cm gap at the edges for the crust
5. Add your favourite toppings
6. Bake on a hot tray at full temperature for 12-15 mins until golden and crisp



# FRIDAY FAKEAWAY



## Posh fish and chips



### INGREDIENTS

1 cod or haddock fillet  
3 tbsp breadcrumbs  
1 beaten egg  
1 medium sweet potato  
1 tbsp olive oil  
Pinch of salt and pepper  
½ lemon  
1 tsp dried parsley  
1 cup of frozen peas  
1 tsp mint sauce

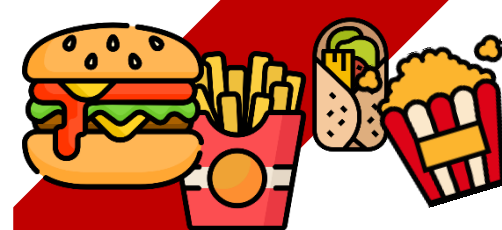
### METHOD

1. Chop the sweet potato into wedges, (peel first if you like) and boil for 5 mins, Drain, then toss in the olive oil with a pinch of salt and pepper
2. Dip the fish in the beaten egg, then sprinkle over the breadcrumbs and parsley. Lay the fish on a baking tray, then squeeze over the juice of ¼ lemon
3. Bake the fish and the wedges for 25 mins at 200°C
4. Boil or microwave the peas for 3 mins, then mix in the mint sauce and mash with a fork
5. Serve it all up with the remaining lemon





# FRIDAY TAKEAWAY



## Special Fried Rice



### INGREDIENTS

1 Clove garlic or garlic puree  
Thumb-sized piece of ginger or ginger puree  
1 Red onion or 2-3 Spring onions  
Meat: Diced chicken thigh or sirloin strips  
work perfectly but fish can be used as well  
100g uncooked prawns (defrosted)  
2 eggs  
250g pre-cooked rice  
Chilli jam or sweet chilli sauce (optional)  
Soy sauce  
Peanuts or cashews to serve

### METHOD

1. Get a big pan or wok on a high heat
2. Stir fry the garlic, ginger and onion in oil for a few minutes until the onion softens
3. Add the chicken or beef and cook for 5-6 min until the meat is nearly cooked through
4. Add the prawns and cook for 2-3 min
5. Add a bag of pre-cooked rice
6. Mix in the chilli jam or sweet chilli sauce
7. Season with salt, pepper and soy sauce
8. Move the mixture to one side of the pan and crack in the eggs, let them fry for a short while then break the yolk and mix through
9. Serve with chopped nuts