



# Family Dinner Recipes

Simple dinners and quick and easy fillers for every day

# A Delicious 3 Bean Chilli

## Beans

Use any tinned beans you like - mixed beans, kidney, butter, black eyed etc.. I like to always include a kidney bean as I like the flavor.

## Storing / Reheating

This will reheat beautifully so cover and put it into the fridge. This will also freeze in portions if you don't need it all.

## Ancho Chilli

This adds a mild heat with a smoky sweet flavor. Substitute with 1 tsp of smoked & sweet paprika  
Stockist [here](#)

## Ingredients

- 1 white onion diced
- 2 medium carrots diced
- 1 red pepper deseeded and diced
- 1 ear of celery washed and diced
- 1 dried ancho chilli rehydrated (see note below)
- 2tbsp oil
- 1tbsp tomato paste (from tube)
- 1 tin chopped tomatoes
- 2 or 3 tins of beans (serves 4 with 2 tins)
- 1 tsp each of cumin, coriander, salt
- 1 heaped tsp brown sugar
- 1-2 tbsp red wine vinegar to finish

## To Serve

- Rice
- 3 tbsp Chopped spring onion
- 3tbsp Chopped fresh coriander
- 3-4 Crushed nachos per serving (optional)

## Method

Rehydrate the ancho chili by covering with some boiling water. When it is soft, remove the stalk and seeds and chop it.

Meanwhile, heat the oil in a big pot and add the onion carrots celery and red pepper. Stir it and cook it over a medium heat with the lid on for about 7 mins. You want a bit of brown on the onion. Stir it from time to time and add a splash of water if it gets dry.

Add the chopped ancho chilli, the tomato paste and the cumin coriander and salt. If you are not using the ancho, add the paprika also. Give it a good stir and add in the tins of beans and chopped tomatoes.. Stir well and simmer on a low heat with the lid on for about 15 minutes. This allows the flavors to really develop.

At this point you can let it cool if you are having it later, freeze some of it in portions.

If you are serving it then add the brown sugar and 1tbsp of the red wine vinegar and stir well. Taste and adjust with a touch more vinegar or sugar as needed.

NOTE – This isn't a spicy chilli but if you like heat you can add ½ tsp of cayenne or chilli flakes in with the spices.

Serve with rice, top the chilli with some chopped fresh coriander, a sprinkle of chopped spring onion plus 2 or 3 crushed nachos per serving.

Variation ; You can fill tortilla wraps with the beans, put them into an oven proof casserole dish, top with a little tomato passata and grated cheese and bake until hot.



# Chicken Curry with Coconut and Mango

A variation of a Diana Henry Recipe

30 minutes • Makes 4-6 servings

*Storing / Reheating*  
This will reheat really well so cover and put it into the fridge. This will also freeze in portions if you don't need it all.

*Curry Paste*  
I used Patak's mild curry paste. They do a good selection so you can vary if you prefer more heat.



## Ingredients

- 4 – 6 chicken breasts cut into bite size pieces
- 1 large white onion sliced
- 3 garlic cloves peeled chopped and mashed
- 1tbsp oil
- 6 tomatoes chopped or ½ a tin of tomatoes
- 1tsp ground ginger
- 150ml coconut milk
- 1 heaped tbsp of Patak's mild curry paste (See above)
- 400ml chicken or vegetable stock
- 1tsp brown sugar
- 1tbsp mango chutney
- Juice of a lime and 3 tbsp fresh coriander chopped to finish

## Method

In a wide frying pan or pot, heat the oil over a medium heat. Season the chicken and brown it in the oil for a few minutes each side. You are NOT cooking simply browning, Set aside while you make the sauce.

Add the onions and garlic to the pot you cooked the chicken in (add another splash of oil if you need it) and cook the onions for about 10 minutes until softening. Stir in the ground ginger & the tomatoes and cook for about 5 minutes. Stir in the curry paste and keep cooking it for about 5 minutes – the aromas will release, and the spice paste will start to cook out and it will already smell nice.

Tip in the stock, mix well and bubble at a high heat for about 5 minutes while stirring to thicken the sauce a little. Stir in the brown sugar, the coconut milk and add back the chicken and cook over a low heat for about 10 minutes until the chicken is cooked.

Stir in the mango chutney, the lime juice and taste for seasoning. Add a little more lime juice if you think it needs it. It should taste fresh and quite lively depending on the curry paste you used. Just before serving sprinkle over the coriander. Serve with rice and flat breads.

# Chicken & Mushroom Casserole

30 minutes • Makes 4-6 servings

*Storing / Reheating*  
This will reheat really well so cover and put it into the fridge.  
This will also freeze in portions if you don't need it all.



## Ingredients

### Chicken and Mushroom Casserole

Serves 4

500g chicken of chicken breast /thighs or combination in bite sized pieces

250g chestnut mushrooms

1oz plain flour and 1tbsp dried herbs

1 medium onion sliced

2 cloves garlic chopped

2tbsp madeira

1tsp Dijon mustard

200ml stock

50ml cream

250gr broccoli spears blanched

## Method

Toss the chicken in the flour herb mixture to coat and season well.

Heat 1tbsp oil and brown the chicken in a pan and remove with a slotted spoon to a bowl.

Add the onion and garlic to the oil and cook over a low heat until softening.

Add in the chestnut mushrooms and over a medium heat fry until starting to brown.

Add in the madeira to the pan, stir well to combine and bubble for a minute or two.

Add the stock, cream and chicken back to the pan, stir in the mustard and cook over a medium heat for about 10 minutes to cook the chicken through.

Toss in the broccoli and cook for 5 minutes more to finish cooking.

Taste and adjust the seasoning if necessary.

# Jacket Potato, Beans & Guacamole

Serves 2

Great post exercise meal with carbs protein and good fats.



## Ingredients

2 sweet potatoes scrubbed  
2 tins of chili beans of choice or a portion of the left over beans from the bean recipe  
2 tbsp of ready to eat guacamole of choice

## Method

Prick the sweet potatoes and microwave on high for 8 – 10 minutes. Check it is done by inserting a skewer to check.

Meanwhile heat the beans, season if needed with a little more spice of choice  
Spit the sweet potatoes in half, pour over the beans and top each with 1tbsp of guacamole.

## Variations

Top with a poached or fried egg for extra protein if you need it.

*Great post workout snack with good ratio of carbs and protein plus all important good fats & plenty of fibre for good digestion and gut health*

*This would be good 2+ hours before exercise or afterwards as a quick meal to replenish the energy stores.*

# Jacket Potato Pizza Style

Serves 1-2

Great post exercise  
quick meal & good  
Nutritional profile



## Ingredients

2 large potatoes scrubbed  
4 tbsp tomato passata  
4oz ham of choice chopped  
4tbsp grated cheese  
1tbsp Olive oil  
Salt and pepper

## Method

Prick the potatoes and microwave on high for 8 – 10 minutes. Check it is done by inserting a skewer to check. Split the potatoes in half along long side, drizzle over some olive oil and season with salt and pepper. Cover each ½ with a spoon of tomato passata, divide your ham across the 4 halves, cover with grated cheese and grill until the ham and cheese are bubbling.

Serve with a big salad and slaw if you like.

*This would be good 2+ hours  
before exercise or afterwards  
as a quick meal to replenish  
the energy stores.*