

Roasted Veggie Pasta -

Ingredients

- 2 cups of your favorite vegetables (e.g., peppers, tomatoes, broccoli, carrots, and red onion), chopped into bite-sized pieces
- 2 tablespoons olive oil
- Salt and black pepper to taste
- 2 cups of your choice of pasta (penne, spaghetti, or any other type)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Grated Parmesan cheese (optional)
- 1 teaspoon dried Italian seasoning (optional)

Utensils

- Mixing bowl
- Baking paper
- Oven tray
- Saucepan
- Knife and chopping board

Method

1. Preheat your oven to 220°C.
2. In a large mixing bowl, combine the chopped vegetables, olive oil, salt, black pepper, and Italian herbs (if using). Toss everything together until the vegetables are evenly coated with the oil and seasonings.
3. Spread the seasoned vegetables in a single layer on a oven tray lined with baking paper. Roast in the preheated oven for about 20-25 minutes or until the vegetables are tender, stirring once halfway through to ensure even cooking.
4. While the vegetables are roasting, cook the pasta according to the package instructions until it is al dente. Drain and set aside.
5. Once the roasted vegetables are done, remove them from the oven and add them to a saucepan with the pasta. Gently toss everything together.
6. Serve the roasted veggie pasta hot, garnished with grated Parmesan cheese (if desired). Enjoy your delicious homemade roasted veggie pasta! You can customize this recipe with your favorite vegetables and additions like roasted nuts.

Chickpea Curry -

Ingredients

- 2 cans of chickpeas, drained and rinsed
- 1 tablespoon olive oil or vegetable oil
- 1 large onion, finely chopped
- 1 can chopped tomatoes
- 1 can coconut milk
- 2 teaspoons curry powder
- 1/2 teaspoon paprika
- 1 cup long-grain white or brown rice
- 2 cups water
- 1/2 teaspoon salt

Utensils

- Saucepan
- Fork
- Knife and chopping board
- Wooden spoon

Method

1. Rinse the rice under cold water until the water runs clear. In a medium saucepan, combine the rinsed rice, water, and salt. Bring to a boil. Reduce the heat to low, cover, and simmer for the recommended time on the rice package instructions (usually 15-20 minutes for white rice, or 40-45 minutes for brown rice). Once done, fluff the rice with a fork and set it aside.
2. In a saucepan, heat the olive oil over medium heat. Add the chopped onion and cook for 2-3 minutes until it becomes translucent. Add the curry powder and paprika. Cook for 1-2 minutes until the spices become fragrant.
3. Add the diced tomatoes (with their juices) to the pan and stir to combine with the spice mixture. Pour in the coconut milk and stir until everything is well combined. Add the drained chickpeas to the skillet. Bring the mixture to a simmer, then reduce the heat to low and let it simmer for 15-20 minutes, stirring occasionally, until the curry thickens and the flavors meld together.
4. Serve the chickpea curry over the cooked rice and garnish as desired.

Chicken Stir Fry -

Ingredients

- 3 tablespoons low-sodium soy sauce
- 2 tablespoons honey or brown sugar
- 1 teaspoon cornstarch
- 1/4 cup water
- 1 pound boneless, skinless chicken breasts or thighs, cut into thin strips
- 2 tablespoons vegetable oil
- Chopped vegetables of your choosing (peppers, carrots, broccoli)

Utensils

- Mixing bowl
- Wooden spoon
- Pan or Wok
- Knife and chopping board

Method

1. In a small bowl, whisk together the soy sauce, honey (or brown sugar), cornstarch, and water until well combined. Set the sauce aside.
2. Heat 1 tablespoon of vegetable oil in a large pan or wok over medium-high heat. Add the chicken strips to the pan and stir-fry for 3-4 minutes or until they are no longer pink in the center. Remove the cooked chicken from the skillet and set it aside.
3. In the same pan, add the remaining 1 tablespoon of vegetable oil. Add your sliced vegetables and stir-fry for 3-4 minutes or until they are tender-crisp.
4. Return the cooked chicken to the pan with the stir-fried vegetables. Pour the prepared stir-fry sauce over the chicken and vegetables.
5. Stir everything together and cook for an additional 2-3 minutes, or until the sauce thickens and coats the chicken and vegetables. Taste and adjust the seasoning if needed. Serve the chicken stir-fry over cooked rice or noodles.

Stuffed Bell Peppers -

Ingredients (serves 4)

- 4 large bell peppers, any color
- 1 cup cooked rice
- 1 pound lean ground turkey or beef
- 1 small onion, finely chopped
- 1 can drained chopped tomatoes
- Salt and black pepper, to taste
- 1 cup shredded cheese (optional, for topping)

Utensils

- Knife and chopping board
- Saucepan
- Spatula
- Spoon
- Oven tray and foil

Method

1. Preheat your oven to 190°C.
2. Cut the tops off the bell peppers and remove the seeds and membranes. Place the cleaned bell peppers in a baking dish and set them aside.
3. In a large pan, heat a bit of oil over medium heat. Add the chopped onion and cook for 2-3 minutes until it becomes translucent.
4. Add the ground turkey or chicken to the skillet and cook until it's no longer pink, breaking it up with a spatula as it cooks. Stir in the salt and black pepper. Add the drained diced tomatoes to the skillet. Cook for another 2-3 minutes, allowing the flavors to meld together.
5. Finally, stir in the cooked rice and mix everything well.
6. Carefully stuff each bell pepper with the filling mixture, packing it down slightly. You can press it down with the back of a spoon to ensure it's tightly packed.
7. Cover the baking dish with foil and bake the stuffed bell peppers in the preheated oven for about 25-30 minutes or until the peppers are tender.
8. If you'd like to add cheese, remove the foil during the last 5 minutes of baking and sprinkle the shredded cheese on top of each stuffed bell pepper. Return them to the oven until the cheese is melted and bubbly.
9. Remove the stuffed bell peppers from the oven, garnish and serve.