



**JOSHUA
HARRIS**

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COOKERY BOOK

THE 'J' TEAM

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GREETINGS

This is a compilation of recipes regularly and skilfully prepared for Josh by his wonderful team of PAs. As well as being experts on the way autism impacts on Joshua's life, they are expert chefs as the following pages testify.



"I followed my heart and it lead me to the fridge"



ABOUT US

joshua Harris is a remarkable 34 year old man who is challenged but not defined by his autism. He lives in his own bespoke bungalow supported by a team of friends who enable him to live the best life possible.

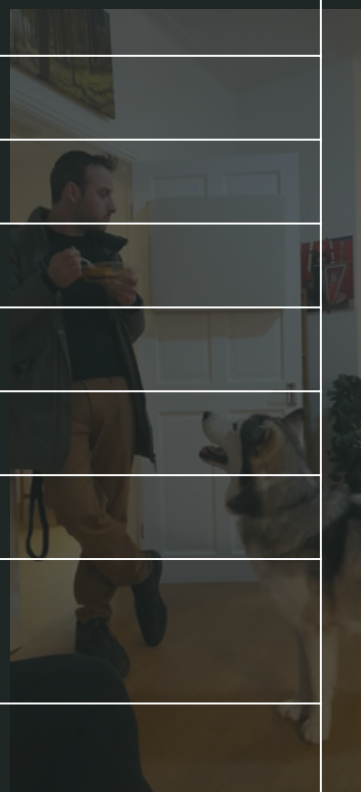
For further information about Josh and for a wealth of valuable facts about autism related issues see www.joshuasplanet.com





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"Everybody wants some!"



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JOSH'S MINCE & VEG

by Ari Solomon

SERVINGS: 3/4 PORTIONS

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

Mince steak (2 pounds)

1 Onion

2 peppers

1 Courgette

1 cup Olives

Spices:

Onion powder

Paprika

Black Pepper

Zaatar

Oregano

Dill

DIRECTIONS

1. Chop all the ingredients up to Israeli salad style
2. Fry up your mince in a wok until browned.
3. Remove from wok and let it rest
4. Then throw in your Onion and allow to brown.
5. Then throw in your vegetables etc and Spices
6. Mix well for 5 - 8 mins on high heat
7. Add your mince back in and toss for another few mins until all mixed well and allow to cool.
8. Enjoy!

NOTES

Fry up this delicious blend of the best mince steak and vegetables for a sumptuous protein meal, this tastes fabulous on its own, in a pita bread or with some rice on the side.



MEAT SOUP

by Roy

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 2.5 HOURS

INGREDIENTS

A tablespoon of olive oil
2 coarsely chopped white onions
2 garlic cloves
2.5 litres of water
3/4 litre of beef stock
1/2 kilo beef shoulder cut into cubes
fresh bunch of parsley
fresh bunch of Coriander
3 grated tomatoes
(1.5 tablespoons of Hawaij spice)
1/2 tablespoon of turmeric
1/2 tablespoon cumin
A tablespoon of ground dry coriander
3 diced potatoes

DIRECTIONS

1. Heat olive oil in a pot and lightly fry the garlic and onion cloves. Add 2 litres of water and the beef stock and bring to a boil.
2. After boiling, add the meat, the bunch of coriander, the bunch of parsley and the tomatoes and bring to a boil again. After the soup boils again, lower the heat and add the spices: turmeric, (chawaij), cumin and dry coriander and cook for two hours.
3. After two hours, add the potatoes & another 1/2 litre of water and cook for about twenty minutes.
4. Chicken goujons or big pieces of chicken, grease tray & spread them out, cover with spices as desired. Preheat the oven to 160C, place in the oven & take out after 15 minutes.
5. Enjoy!

NOTES

This traditional recipe was passed on to Roy by his father who is by himself an excellent chef!



TUNA & PASTA SALAD

by Yaneck

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

Pasta 300g
Canned corn 160g (small can)
canned tuna chunks 300g (3
small cans)
1 large carrot
2 red peppers
olives 300g
Italian herb mix 2 tsp
Garlic olive oil
Black pepper 1 tsp

DIRECTIONS

1. Boil pasta in salted water for 20 minutes.
2. Drain and stir in some olive oil to prevent clumping.
3. Wait until it cools down.
4. Grate carrot, cut peppers into small stripes.
5. Mix all the ingredients together.
6. Enjoy!

NOTES

This traditional recipe was passed on to Roy by his father who is by himself an excellent chef!



BOLOGNESE SAUCE

by Yaneck

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

Olive oil
Onions 750g
Carrots 375g
Celery 375g
Tomato paste 130g (whole tub)
Tomato passata 700ml
crushed tomato 800g
mince meat 2.5kg
red wine 400ml
almond/oat milk 200ml
Optional:
Honey 3 tbs
garlic powder 1/2 tbs
onion powder 1/2 tbs

DIRECTIONS

1. Dice the onions, carrots and celery small (comparable to the size of a small piece of cooked mince meat)
2. Heat the olive oil on very low light in a large, deep pot,
3. Add the onions to the oil and stir until all the onion is covered in fat,
4. Cover and cook on very low for half an hour,
5. Add carrots and celery, mix, add 1/2 tsp of salt and increase fire to medium high,
6. Liquid will form in the pot. Stir until it evaporates and the vegetables start frying again,
7. Add tomato paste and all optional ingredients and fry for another 5 minutes.
8. Add half of the wine. Increase fire to very high and cook until the wine evaporates and the vegetables start frying again.
9. Add meat. Vigorously stir until meat starts browning.
10. Add the rest of the red wine and cook on very high until it evaporates.
11. Add all other ingredients, wait until it boils again and turn the fire to very low.
12. Cook for a minimum of 3 hours being careful to ensure that meat is always covered with liquid by adding boiling water if necessary.
13. Add salt to taste.



SAUSAGES

by Hudi

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

Mince Meat (1.5 pounds)

Garlic Powder

Black Pepper

Mixed spices

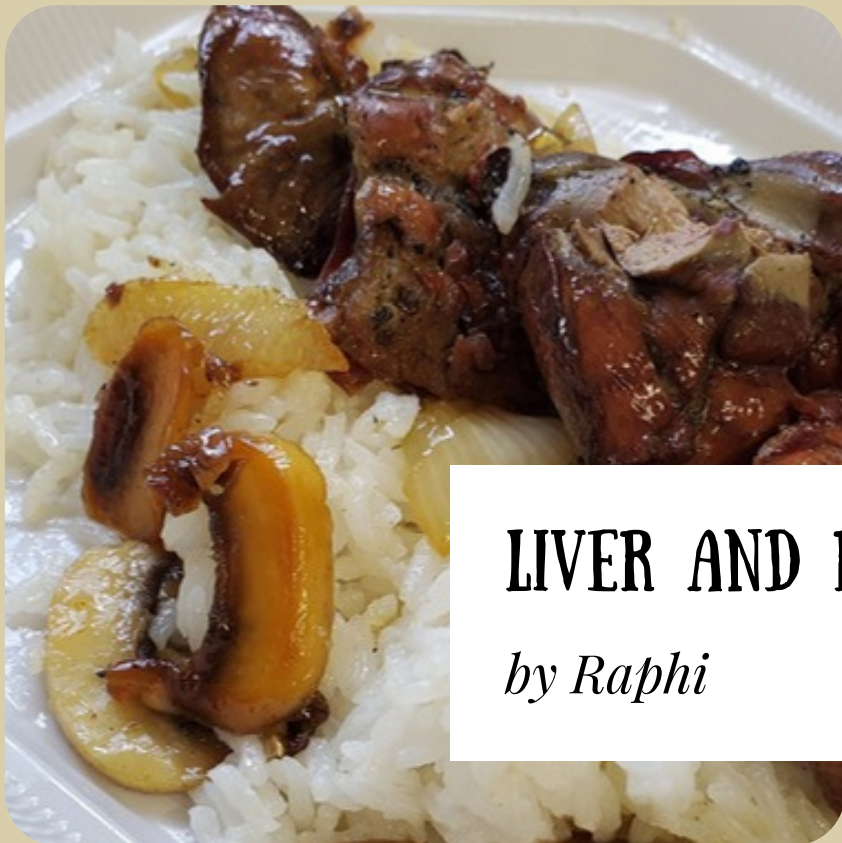
Ground Almonds

DIRECTIONS

1. Put the minced meat into a bowl
2. Add 1 egg and mix well
3. Add ground almonds with spices of your choice to the required consistency
4. Mix well with your hands
5. Roll into sausages, place on greased surface
6. Cook for 20-25 minutes at 175 F

NOTES

The Almonds can be omitted.



LIVER AND RICE

by Raphi

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1 onion
500gm liver
2 and ½ soup spoon date
syrup (silan)
1 and ½ soup spoon honey
Salt and black pepper to taste
2 tablespoons of sunflower
oil
1 onion
5 mushrooms
3 cups of long grain rice
1 tablespoon sunflower oil

DIRECTIONS

For the liver:

1. Cut onion into half moon slices
2. Heat sunflower oil. Do not preheat but heat together with the onions on normal heat, medium flame.
3. After 4 -5 mins add date syrup and honey and mix.
4. Leave for another 4-5 minutes.
5. When the onion is soft but not burned, add the liver and leave for 4 mins.
6. Turn the liver to brown the other side and leave for another 4 minutes.

For Rice

1. Dice the onions.
2. Slice the mushrooms
3. Heat sunflower oil. Do not preheat but heat together with the onions on normal heat, medium flame.
4. After 3 minutes, add the mushrooms and cook for 5-6 minutes (checking that the onions do not burn).
5. Add the rice and 6 cups of warm water.
6. Add 2 and half teaspoons of salt
7. Mix and close the lid.
8. Cook on a medium heat and check after 15-22 minutes.



BBQ WINGS

by Moishe Chaim

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

20 Chicken wings

Salt

Black pepper

1 bottle Smoky BBQ sauce

1 cup Apple juice

1 table spoon lemon juice

Rosemary or another herb to
taste.

DIRECTIONS

1. Rub wings dry and sprinkle some salt and pepper on them.
2. Leave for half an hour and then put them on BBQ.
3. Make the sauce by mixing the second lot of ingredients together.
4. Turn wings over when one side is cooked and then cook on other side.
5. When ready, dip into sauce and BBQ on both sides until sticky.

NOTES

Wings on the BBQ are cheap and tasty but often done wrong. This easy way to get finger licking good wings that are fully cooked might be of help to you!



OVEN BAKED SCHNITZEL

by Roy

SERVINGS: 4 SERVINGS

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

Chicken Breasts cut into
goujons or as desired

Herbs of your choice

eg: Basil, Oregano

Spices of your choice Eg:

Paprika, Tumeric

Garlic Flavoured Olive oil

DIRECTIONS

1. Preheat oven to 160 F
2. Line an oven tray with grease-proof paper.
3. Trickle oil onto the paper
4. Dip each piece of chicken into the oil so each surface is covered and lay on the paper
5. Sprinkle the top surface of the chicken with herbs and spices
6. Bake for 15 mins
7. Check the chicken is properly cooked by cutting a small piece and looking for white cooked surfaces



TRADITIONAL CHICKEN SOUP

by Mom

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

4-5 chicken carcass
2 packs of chicken (8 necks)
2 large onions
6 Carrots
1 small swede
1 parsnip
2 sticks of celery
1 leek
Salt to taste

DIRECTIONS

1. Fill a large pan with water and water and bring to the boil
2. While the water is boiling, wash the vegetables.
3. Cut the celery and leek into small chunks.
4. Add all vegetables to the boiling water and reduce heat to medium light
5. Clean the chicken carcass and necks.
6. Remove excess fat
7. Add the chicken to the pan and return to the boil
8. Allow to boil for 10 minutes before reducing the heat.
9. Skim debris from the surface of the soup and discard.
10. Put the lid on the pan and simmer for at least two hours but ideally longer if possible. The longer the better!
11. Add salt if required
12. Allow to cool and remove chicken before pouring the liquid and the vegetables into a storage container



CELERIAC

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

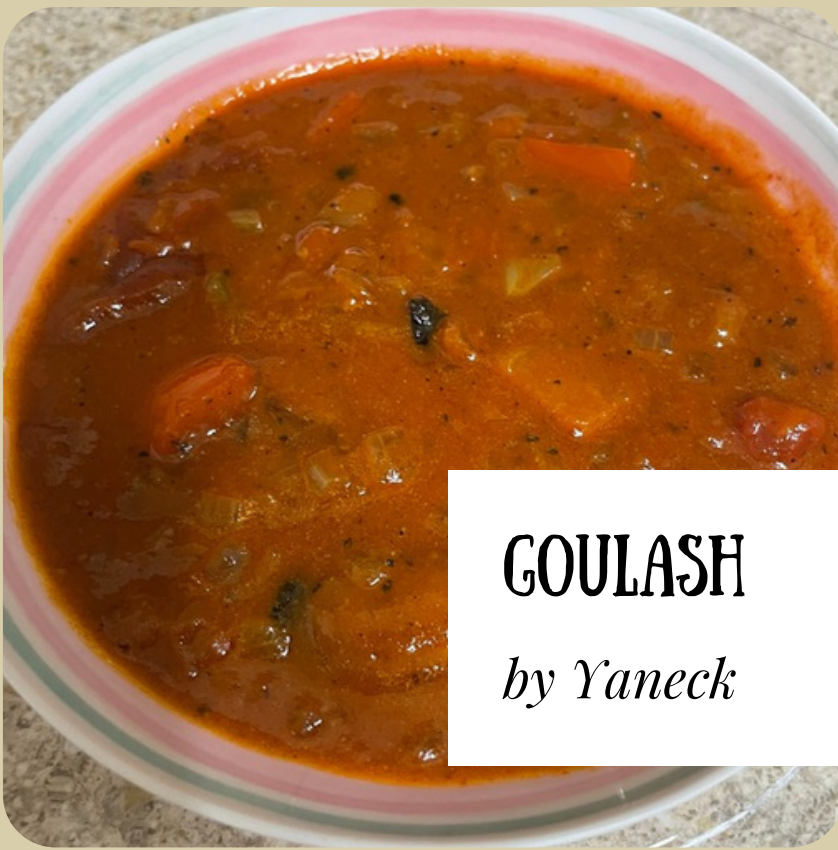
COOKING TIME: HOURS

INGREDIENTS

large celeriac
shawarma/grill spice mix
salt, peper
corn crumbs, eggs, gluten-
free flour

DIRECTIONS

1. peel celeriac and cut out all brown bitter parts
2. cut celeriac into at least 1cm thick slices
3. throw into salted, boiling water and boil for 10 min or until soft
4. cool and dry each slice
5. apply spice mix and peper to tasteon boyh sides of each slice
6. cover each slice in flour and wait 20 min
7. cover in eggwash and in corn crumbs
8. deep fry for 3-4 minutes or until golden brown



GOULASH

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

pepper
garlic powder
meat
flour
heat brown
crispy
paprika
tomato
canned
diced peppers

DIRECTIONS

- cut meat into bite-size pieces add salt, pepper, garlic powder
- cover meat in flour and leave for [20 minutes]
- fry on high heat brown and crispy (does not have to be cooked thoroughly)
- cut onions finely and sauté in oil on large pot on very low heat for 30 minutes
- add fried meat, paprika, tomato paste, canned tomatoes and diced peppers
- add spices to taste



CHOLENT

by Raphi

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

2 onions
8-9 Potatoes
Barley
Mixed Beans
Meat: Top rib
Honey
Oils

DIRECTIONS

1. Chop the onions and fry it in oil till the onions are brown (not burnt)
2. Then put meat into this and fry both the sides for 2-3 mins
3. Add other recipes



PICKED CUCUMBER (FOR RELISH)

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Cucumbers
Garlic
Mustard Seeds
All Colour Peppercorns
Bay Leaves
All spice
Oil
Whole chilli pepper

DIRECTIONS

1. Wash jars with boiling water and just before putting cucumbers and vegies in to avoid contamination (best to use washing machine)
2. Put cucumbers, other veg and spices into jars
3. Cover with boiling hot brine and close jars immediately



VEGETABLE KEBABS

by Moishe Chaim

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

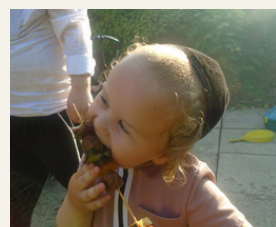
Courgette
Red yellow and green Pepper
Closed cup mushroom
Red onion
Cherry tomatoes
Olive oil

DIRECTIONS

1. Sprinkle with salt, pepper, oil and parsley.
2. Put on a stick.
3. Put on BBQ and turn regularly until done.

NOTE:

Served to a hungry child





PARGIOT WITH MASHED POTATO & CARROT

by Raphi

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Pargiot
Potato
Onion
Salt
Chicken grill
Black pepper
Olive oil

DIRECTIONS

1. Peel the potato and boil them till they are very soft, drain out excess water and let one cup of water remain.
2. Chop and fry the onion till it is brown.
3. Add onion, one spoon of olive oil, salt, black pepper, dry dill to the potato mix everything into a paste.
4. Marinate the pargiot in olive oil and chicken grill for at least 1 hour.
5. Put olive oil on the pan and grill the pargiot to 3-5 mins each sides.



GRILLED SALMON

by Mum

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Steaks of Salmon, boned and skinned

Paprika

Tumeric

Whole black peppercorns,
coarsely ground

DIRECTIONS

1. Line a baking tray with aluminium foil and place a sheet of grease proof paper on top.
2. Pour a thin layer of olive oil in the centre of the paper.
3. Wash and dry salmon steaks.
4. Take each steak and dip it into the oil so that both sides are lightly greased.
5. Line the greased steaks up in a row.
6. Sprinkle with the spices to taste and grind the pepper sparingly over the fish.
7. Set the grill to medium heat and cook the salmon until it flakes on touching with a fork (approx. 20 min).



ROASTED CHICKEN

by Mum

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Steaks of Salmon, boned and skinned

Paprika

Tumeric

Whole black peppercorns,
coarsely ground

DIRECTIONS

1. Line a baking tray with aluminium foil and place a sheet of grease proof paper on top.
2. Pour a thin layer of olive oil in the centre of the paper.
3. Wash and dry salmon steaks.
4. Take each steak and dip it into the oil so that both sides are lightly greased.
5. Line the greased steaks up in a row.
6. Sprinkle with the spices to taste and grind the pepper sparingly over the fish.
7. Set the grill to medium heat and cook the salmon until it flakes on touching with a fork (approx. 20 min).



SHEPHERDS PIE

by Aaron

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Steaks of Salmon, boned and
skinned

Paprika

Tumeric

Whole black peppercorns,
coarsely ground

DIRECTIONS

1. Line a baking tray with aluminium foil and place a sheet of grease proof paper on top.
2. Pour a thin layer of olive oil in the centre of the paper.
3. Wash and dry salmon steaks.
4. Take each steak and dip it into the oil so that both sides are lightly greased.
5. Line the greased steaks up in a row.
6. Sprinkle with the spices to taste and grind the pepper sparingly over the fish.
7. Set the grill to medium heat and cook the salmon until it flakes on touching with a fork (approx. 20 min).

NOTE:

Finally completed perfectly! deeeeeeeelicious!





SOROH'S STEAK

by Soroh (special niece)

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Steaks of Salmon, boned and skinned

Paprika

Tumeric

Whole black peppercorns,
coarsely ground

DIRECTIONS

1. Line a baking tray with aluminium foil and place a sheet of grease proof paper on top.
2. Pour a thin layer of olive oil in the centre of the paper.
3. Wash and dry salmon steaks.
4. Take each steak and dip it into the oil so that both sides are lightly greased.
5. Line the greased steaks up in a row.
6. Sprinkle with the spices to taste and grind the pepper sparingly over the fish.
7. Set the grill to medium heat and cook the salmon until it flakes on touching with a fork (approx. 20 min).



GLUTEN FREE DOUGHNUTS

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

INGREDIENTS

- 3 litres vegetable oil for frying

FOR YOUR DRY MIXTURE

- 540 g gluten free plain flour
- 140 g caster sugar
- 5 tsp gluten free baking powder

FOR YOUR WET MIXTURE

- 4 eggs
- 240 ml milk (dairy free - or lactose free if low FODMAP)
- 4 tbsp dairy free spread (melted to be totally liquid - it took 15 seconds in my microwave)

DIRECTIONS

1. Start by heating up 1.5l of vegetable oil in a saucepan to 170-180c. It should be around 1.5 inches deep - the smaller the saucepan, the less oil you'll need. Make sure the oil isn't too close to the top of the saucepan!
2. While that's heating up, create your batter. In a large mixing bowl, add your gluten free flour, baking powder and sugar.
3. In a smaller mixing bowl. Crack in your eggs, add your milk and your melted dairy free spread. Whisk by hand until consistent.
4. Add your wet mixture to your dry mixture and whisk by hand until smooth. The consistency should be nice and thick. The runnier it is, the worse it will be to work with. If it just constantly streams off your whisk when you lift it, it's too runny. Check the photo below for a visual aid - if the photo is too small to see, check below this recipe for a bigger version of the same photo.
5. Hopefully your oil has now reached 170-180c. I test the temperature using a digital cooking thermometer. If you don't have one, simply drop in a little batter. If it sizzles, it's probably about right to start cooking. There should be no oil spitting at any point!
6. Scoop a nice level ice-cream scoop of your batter and drop it into your oil from an inch or so above the oil. The key to getting a nice round shape is to not let it drip out of the scoop for too long after it's plopped into the oil. This can take some practise to get the right shape.
7. Cook each doughnut for around 1-2 minutes, making sure you turn them over if they keep floating on one side. Occasionally check that your oil is still within the 170-180c temp range if you can. When they're nice and tanned/golden, remove them from the oil and allow them to drain on some kitchen roll.
8. Finally, roll your doughnuts around in a bowl of sugar once cooled and enjoy! Serve up with a little jam to dip them in - it's divine.
9. Enjoy! These doughnuts are best enjoyed hot, fresh and eaten ASAP, but you can always warm them up again in the microwave to restore them to their full glory too. Enjoy!



POTATO LATKES

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

1 kg potatoes
Corn starch
2 large onions
Carrot, quarter of celeriac
3 eggs
Salt, peper,
Oil

DIRECTIONS

1. Peel vegetables and grate finely,
2. Add salt and wait for about 5 minutes, than squeeze out as much water as posible
3. Add eggs, peper than mix
4. Add about 1Tbs of starch (may need more depending of the type of potato)
5. Wait for about 15 min before frying on both sidef until golden brown





DIPS

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Chive dip

200 g of chives
50 g of mustard
300g Mayo
Juice of a 59g Lemon

Chillie dip

20 g of Harrisa
Juice of a 40 g of lemon
450g mayo
1 tea spoon chillies

DIRECTIONS

1. Mix all the ingredients
2. Pour into an appropriate container
3. Garnish with a sprinkle of dried herbs of your choice



BEAN SALAD

by Moshe Chaim

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

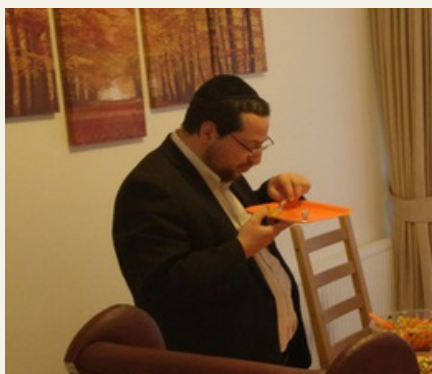
COOKING TIME: HOURS

INGREDIENTS

1.5 kg onions fry
1 kg frozen green beans add
to fry
1.5 kg frozen pepper add to
fry
0.75 kg frozen mushroom
add to fry
Teaspoon salt, pepper
Tablespoon basil

DIRECTIONS

1. Fry the onions
2. Add Beans
3. Fry
4. Add Mushrooms
5. Fry again
6. Add salt and pepper
7. Eat!





COURGETTE SOUP

by Raphi

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

1 onion

1 big spoon olive oil

3 courgette

4 large potato

1 pack of cellary

Salt

Black pepper

DIRECTIONS

1. Chop and fry the onions for 5 minutes
2. Cut all the vegetables into medium sized pieces and add it to the pot and leave it for 5 mins to fry
3. Add enough water to cover the vegetables
4. Add Salt and black pepper to taste
5. Let this cook for 1 cook.
6. Mix with hand blender till it liquid.



BREADED FISH GOUJONS

by Yaneck

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

**Fish Goujons using any
white non fatty fish
Cod or Haddock are ideal
Salt & Pepper
Plain flour
Corn crumbs
Dill weed
Eggs**

DIRECTIONS

1. Sprinkle the fish with salt & pepper
2. Add flour and mix with your hands until all the fish is covered
3. Wait 20 min
4. Beat the eggs and mix with a splash of water
5. Put the fish in the egg mix and stir with your hands until all the fish is covered
6. Mix the corn crumbs and dill weed together.
7. add to the fish-egg mix and use your hands to mix the fish in the covering.
8. Leave to stand for 10 mins
9. Heat oils to a 180° and fry the fish until golden brown.

NOTE:

The above recepe can be used to coat other foods such as mushrooms(see below) & onion rings.



MEAT BALLS

by Raphi

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

600 g Minced meat
1-2 carrots diced small
1 red pepper
1 medium sized onion
1-2 cartons of passata

DIRECTIONS

1. Dice the onion and fry until brown
2. Add carrots and pepper and stir. Allow to cook on a low light for 5 mins
3. Add passata and allow 2 bubble
4. Add BBQ Chicken seasoning and shawarma seasoning
5. Add salt to taste and cook on low light for 25 mins
6. Roll the meat into balls and add to the sauce
7. Cook on a low light for 15 mins



MIXED VEGES WITH BEEF

by Roger

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

2 pounds of minced meat

6 diced potatoes

2 courgettes

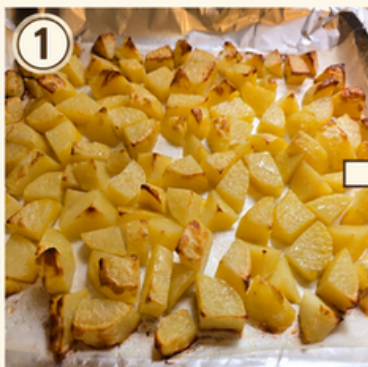
1 red pepper

2 carrots

1 carton of tomato puree

DIRECTIONS

1. Brown the mince meat quickly but thoroughly with a small amount of olive oil, stirring frequently
2. Add a carton of tomato puree to the meat and simmer for 20 mins, adding small amounts of hot water if the mixture gets too dry.
3. In a separate pan sauté vegetables of your choice in olive oil until soft.
4. Roast diced potatoes until brown
5. Combine all the above together





PASTA MIX

by Roger

SERVINGS: 10 SERVINGS

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

1. 1 pkt of pasta
2. Drained corn
3. Drained olives to taste
4. Dil, Salt & pepper and any other herbs of your choice.

DIRECTIONS

1. Cook gluten free pasta according to the direction on the packet having added a small amount of olive oil to the boiling water.
2. Drain once soft and rinse with cold water
3. Drain a can of tinned tuna/salmon and mash.
4. Add the fish to pasta together with drained olives and corn.
5. Season with a sprinkle of dil.



COD FISH AND MIXED VEG & RICE

by Roger

PREPPING TIME: 20 MIN

COOKING TIME: HOURS

INGREDIENTS

Ground Almonds - 2 cups approx
2 Beaten eggs
Cod Goujons
1-2 Cups of Basmati Rice
1 Carton on tomato puree

DIRECTIONS

1. Place ground almonds, dil, and paprica in a ziplock bag.
2. Dip cod pieces into beaten egg and shake in almond mix until coated.
3. Lay on a grease-proof paper tray as seen in figure 1.
4. Bake in a preheated oven until golden brown, approx 10 to 15 minutes at 200°C.
5. Saute a selection of vegetables, (eg: pepper, courgettes, carrots, sweet potatoes) in olive oil until soft and add tomato puree (fig 2).
6. Prepare basmati rice according the instruction on the packet.
7. Mix vegetables and rice together (fig 3) and add the cooked fish

