



SupperClub

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Recipe Book

iQ Student Accommodation launched the iQ SupperClub to bring their residents together from across the UK in an online community packed with exclusive content and recipes. Partnering with Sassy Foodie to bring students these delicious and budget-friendly recipes is taking the SupperClub to the next level.



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Hi, I'm Saskia! I recently graduated from the University of Exeter and run the student food account  @sassy__foodie. Growing up in five different countries meant I've experienced lots of different cultures and cuisines. This has been a big influence on my dishes which are packed with bold spices, flavours and colours. My love for cooking developed through my university years and led me to take part in Channel 4's "Cooking Up A Fortune", which I won! I keep my foodie passion alive on my Instagram account and have loved working with iQ throughout the year. I'm so happy we've created this E-book together and I hope you enjoy it.

Happy cooking!

Saskia x



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Recipes

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Nutella cookies



The perfect brunch



Lemon drizzle cake



Mini-egg cookies

Tupperware Lunches



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Saskia's Crunchy Asian Satay Salad

2 people



Ingredients

Chicken Marinade

4 boneless chicken thighs
1 clove of garlic, minced
2 cm chunk of ginger, finely grated
2 tbsp soy sauce
1 tbsp sesame oil
Juice of ½ a lime

Crunchy Salad

½ a red cabbage, thinly sliced
2 large carrots, julienne peeled or sliced as thinly as you can if you don't have one!
½ red onion, thinly sliced into strips
Juice of 1 lime
1 tsp Chinese five spice
2 tsp sesame oil

Quick Satay Sauce

1 tbsp smooth peanut butter
2 tsp soy sauce
2 cm chunk of ginger, finely grated
1 tbsp honey
1 tsp sriracha (optional depending on whether you like spice)
3 tbsp water – or until desired consistency

Garnishes – pick and choose

Coriander
Crushed peanuts
Sesame seeds
Crispy fried onions
Chilli
Lime



Method

1. Place chicken thighs in a bowl, cover evenly with marinade and leave for at least 15 minutes.
2. Mix sliced carrot, red cabbage and red onion.
3. Dress the salad with lime, Chinese five spice and sesame oil. Coat evenly.
4. Prep the satay sauce by mixing all ingredients together in a small bowl. For a runnier consistency, add more water.
5. Warm up a pan on medium heat and add chicken thighs and all marinade. Cook for 10-15 minutes, flipping once at 7 minutes. You want the chicken to blacken slightly and absorb all the marinade juices.
6. Assemble the salad, lay chicken on top and dress with satay sauce. Then garnish and enjoy!

Ingredients

½ cup of rice
2 chicken breasts, sliced into strips
1 avocado, sliced
1 yellow pepper, chopped
1 red pepper, chopped
½ red onion, sliced
½ tin of sweetcorn
1 garlic clove

1 tsp paprika
1 tsp Cajun mix
¼ tsp chilli powder
½ tsp cumin
½ tsp ground coriander
½ tsp chilli flakes
1 handful of coriander



Saskia's Burrito Bowl

2 people



Method

1. In a bowl, toss chicken, peppers and onion in spices (garlic, paprika, Cajun mix, chilli, cumin and coriander).
2. Cook rice according to packet instructions.
3. Heat a glug of olive oil in a saucepan on medium heat and fry off the chicken first until partially cooked.
4. Next add onions and peppers and fry off until cooked.
5. Add rice, chicken and veggies to Tupperware.
6. Add sweetcorn and avocado and garnish with coriander and chilli flakes.

Saskia's Easy Niçoise Salad

2 people



Ingredients

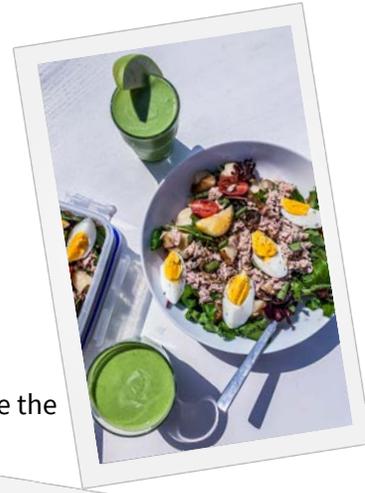
Salad base

- 2 handfuls of mixed salad
- 2 boiled eggs
- 2 cans of tuna in spring water, drained
- 1 tbsp plain yoghurt (optional)
- 3 medium sized potatoes
- ½ red onion, diced
- 1 handful of baby plum tomatoes, halved
- 2 handfuls of green beans, trimmed (leave the pointy end), cut into 1cm lengths
- ½ cup black pitted olives, chopped

Salad dressing

- 1 part balsamic vinegar*
- 1 part olive oil*
- ½ lemon, juiced
- 1 tsp mixed herbs
- ½ tsp mustard

*I used a shot glass to measure the quantities of olive oil and balsamic!



Method

1. Boil potatoes for about 12 minutes (cooked but still firm) and eggs for 8 minutes in salted water.
2. Chop all salad ingredients and mix in a large bowl.
3. Mix tuna with plain yoghurt and a good amount of cracked black pepper. Add to salad bowl.
4. Combine dressing ingredients.
5. Once cooked, cut the potato into smaller 2 cm chunks. Allow to cool down before adding to the salad.
6. De-shell boiled eggs, slice into quarters.
7. Assemble salad, drizzle dressing and season with cracked black pepper.

Ingredients

200 g diced lamb shoulder
½ red onion, sliced into strips
10 cherry tomatoes, quartered
1 head of little gem lettuce, torn into smaller pieces
½ cucumber, quartered
4 radishes, sliced thinly
½ cup couscous

1 handful of mint, roughly chopped
¼ stock cube
4 tbsp yoghurt
1 tsp mint sauce
1 tsp dried rosemary
Salt and pepper



Method

1. Add tomatoes, onion, cucumber, lettuce, radishes and fresh mint to a large bowl and mix together.
2. Fry off lamb in a glug of olive oil, salt, pepper and dried rosemary over a low medium heat until cooked through and golden brown on the outside.
3. Cook the couscous as per the packet instructions, adding the stock cube into the hot water.
4. In a small bowl, mix together yoghurt, mint sauce, salt and pepper until combined.
5. Leave couscous to cool before adding to salad.
6. Mix salad, couscous and lamb together, dress with minty yoghurt sauce and garnish with fresh mint leaves and a few radish slices.

Saskia's Green Mint and Lamb Salad

2 people



Saskia's Easy Roasted Vegetable Salad with Crumbled Feta

2 people



Ingredients

- 2 peeled beetroots, chopped into 1 cm cubes
- 2 sweet potatoes, chopped into cubes
- ½ red onion, sliced
- 1 courgette, sliced
- 1 tbsp thyme or a few sprigs of fresh thyme
- Salt and pepper
- ½ cup quinoa
- ½ vegetable stock cube
- A handful of salad leaves
- ¼ block of feta, crumbled



Method

1. Heat oven to 200°C.
2. Add beetroot and sweet potato to a baking tray and coat with olive oil, thyme, salt and pepper. Roast for 40 minutes until cooked.
3. Add red onion to baking tray and coat with olive oil, thyme, salt and pepper. Roast for 25 minutes until cooked.
4. Add quinoa to a pot with 1 ½ cups of water and stock on a low-medium heat. Cook for 10-15 minutes, stirring occasionally and adding more water if necessary. The quinoa should absorb the water and be fluffy.
5. Wait for quinoa and vegetables to cool down before mixing with salad leaves.
6. Top with crumbled feta cheese and serve with balsamic vinegar or other dressing of choice.

Soups



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Ingredients

3 courgettes, chopped
1½ cup frozen peas (defrost in warm water)
½ white onion, diced
2 cloves of garlic, crushed
3 potatoes, peeled and chopped into cubes
700 ml vegetable stock
1 tbsp olive oil
1 tbsp pesto
1 tbsp mixed herbs
Cracked black pepper

Optional garnish:

3 strips of bacon, chopped roughly (optional)
Fresh cream



Saskia's Courgette, Pea and Pesto Soup

4 people

Method

1. On a medium heat, sweat the onion and garlic in heated olive oil until translucent.
2. Next add courgettes, potatoes, stock, mixed herbs and cracked black pepper for 8 minutes until the potato has cooked.
3. Add pesto and peas, stir and reduce heat for another 5 minutes.
4. Wait until it has cooled before transferring to the blender!
5. Fry off bacon on a high heat until crispy.
6. Blitz and warm up if needed. Then top with a swirl of fresh cream, crispy bacon bits and then some more cracked black pepper.

Saskia's Smoked Paprika, Sweet Potato and Pepper Soup

4 people



Ingredients

Soup base ingredients

2 medium sized sweet potatoes, chopped into chunks
1 red pepper, chopped
1 yellow pepper, chopped
1 carrot, chopped
1 white onion, chopped roughly
100 ml coconut milk (save the rest for a curry!)
350 ml vegetable stock
2 tsp sriracha (optional)

Sweet potato & carrot seasoning

1 garlic clove, minced
½ tbsp honey
1 tbsp sesame oil
2 tsp smoked paprika
Salt and pepper to taste

Pepper & onion seasoning

1 tbsp sesame oil
1 tsp smoked paprika
1 tsp paprika
½ tsp chilli powder
Salt and pepper to taste

Optional garnish:

Crushed peanuts
Spring onions
Fresh cream



Method

1. Heat oven to 180°C.
2. Line one tray with baking paper or tin foil and coat sweet potato and carrot evenly with seasoning. Leave to roast for 40 minutes until cooked, tossing around halfway.
3. Line another tray with baking paper or tin foil and coat pepper and onion evenly with seasoning. Leave to roast for 25 minutes until cooked, tossing around halfway.
4. Once vegetables are cooked, leave to cool.
5. Blitz all the vegetables in a blender and add coconut milk, vegetable stock and sriracha. You might have to do this in batches depending on the size of your blender. (NOTE: Never put anything hot into the blender and do not overfill it, this could be dangerous.)
6. Pour into a saucepan once blended into a smooth soup. Heat up, garnish with a swirl of coconut milk and some spring onions, toasted peanuts or coriander!

Ingredients

2 garlic cloves, crushed
1 white onion, diced
1 large parsnip, chopped into cubes
2 carrots, chopped
1 cup red split lentils
2 tsp cumin
2 tsp garam masala
1 tsp turmeric
1 tsp chilli
½ tsp coriander
½ tsp cinnamon
Cracked black pepper
700 ml vegetable stock

Optional garnish:

Plain yoghurt
Sriracha
Coriander



Method

1. Heat a glug of olive oil in a pot on a medium heat and add onions and garlic until onion is translucent.
2. Add chopped carrots and parsnips along with all spices.
3. Pour red split lentils into the pot and stir for 2 minutes.
4. Add vegetable stock, stir well, place a lid over the pot and leave for 10 minutes.
5. Once the lentils have absorbed the stock and the vegetables have cooked, turn off the heat and allow the soup to cool before blitzing.
6. Blitz in a blender and serve with plain yoghurt, sriracha and coriander.

Saskia's Spiced Carrot and Parsnip Soup

4 people



Saskia's Sundried Tomato and Basil Soup with Rustic Rosemary Croutons

4 people



Ingredients

Soup

12 large salad/vine on tomatoes, sliced
¼ cup of sundried tomatoes, roughly chopped
1 white onion, diced
3 cloves of garlic, crushed
700 ml vegetable stock
6 leaves of basil plus more to garnish
2 tsp mixed herbs
Cracked black pepper

Croutons

A handful of old bread that is going slightly stale, torn up into bite size pieces
Olive oil
2-3 rosemary sprigs or 1 tbsp dried rosemary
Salt



Method

1. Heat oven to 180°C, place tomato slices on a tray, drizzle with olive oil and season with salt and mixed herbs. Roast for 20 minutes until softened.
2. Drizzle olive oil and a little of the sundried tomato oil into a pot and sweat the onion and garlic on medium heat until translucent.
3. Add stock, basil, sun dried tomatoes, mixed herbs and tomatoes to the pot and simmer on a low heat for 5 minutes.
4. Wait until the pot contents have cooled before blitzing!
5. Add torn up bread pieces to a tray, drizzle with olive oil and season with rosemary and salt.
6. Heat oven to grill and bake for 5 minutes until crispy. Be sure to check on the croutons to ensure they aren't burning and toss halfway.
7. Blitz until smooth and serve with fresh cream, torn up basil and cracked black pepper.

Ingredients

Thai paste

- 2 garlic cloves, crushed
- 4 cm ginger, roughly sliced
- ½ red chilli
- 1 large handful of coriander
- 1 stalk of lemon grass, sliced in half (or 1.5 tbsp of lemongrass paste)
- 1 lime, juiced

Soup

- 2 chicken breasts
- 2 nests of flat rice noodles (although any noodle would work!)
- 3 bulbs of pak choy
- 150 g button mushroom, quartered
- 1 tbsp sesame oil

- 1 chicken stock cube
- ½ lime juice
- 1 tbsp soy sauce
- 1 tsp sriracha
- 1 tsp fish sauce

Optional garnish:

- Crispy dried fried onions
- Sriracha
- Sesame seeds
- Coriander
- Spring onions
- Fresh chilli

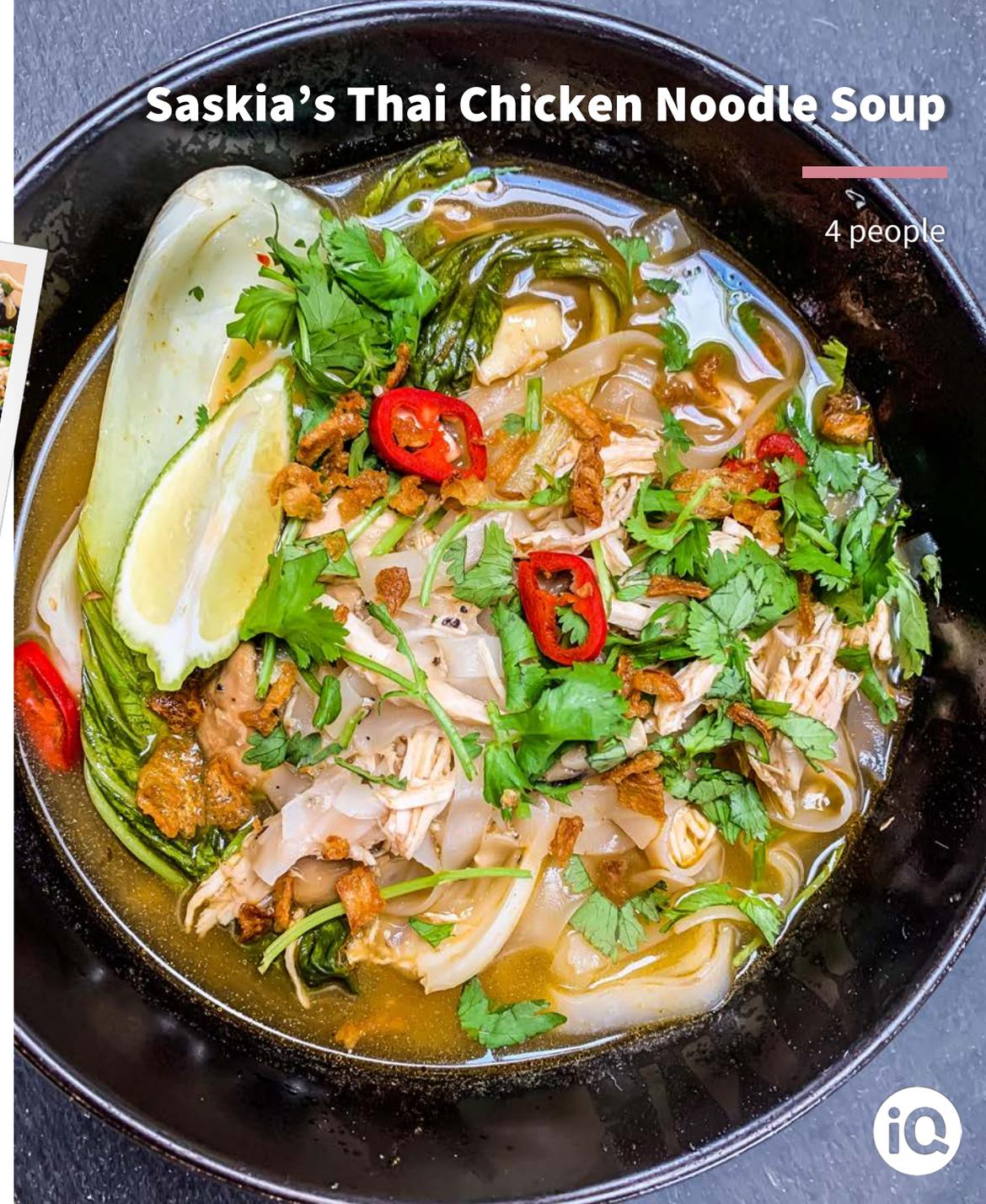


Method

1. Heat your oven to 180°C.
2. Blitz up garlic, ginger, chilli, coriander, lemon grass and lime juice in a blender.
3. Put a pot on medium heat, add a glug of sesame oil and your paste to release the aromas and flavours.
4. Season the chicken breast with a good amount of salt and pepper, cover with foil and roast in oven for 25 minutes, until cooked.
5. Add 900 ml of stock to your pot along with soy sauce, sriracha, soy sauce and ½ lime juice. Leave to simmer on a low heat for 25 minutes.
6. Strain out the paste remnants using a sieve over a large bowl and return the strained soup base to pot on a medium heat. Discard paste remnants.
7. Once the chicken is cooked, shred it with two forks and add to soup.
8. Add mushrooms, pak choy and noodles and simmer for about 4 mins.
9. Garnish with chilli, coriander, lime juice and crispy fried onions!

Saskia's Thai Chicken Noodle Soup

4 people



Smoothies



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Saskia's Flu Buster Smoothie

2 people



Ingredients

- ½ carrot, grated finely
- ½ cup frozen pineapple (* if you don't have frozen, simply use regular and add ice)
- ½ lemon, squeezed
- 2 cm ginger
- ½ tsp turmeric
- Splash of water to desired consistency

Method

1. Add all ingredients to the blender and blitz.
2. Add more water to reach desired consistency.
3. Serve over ice.

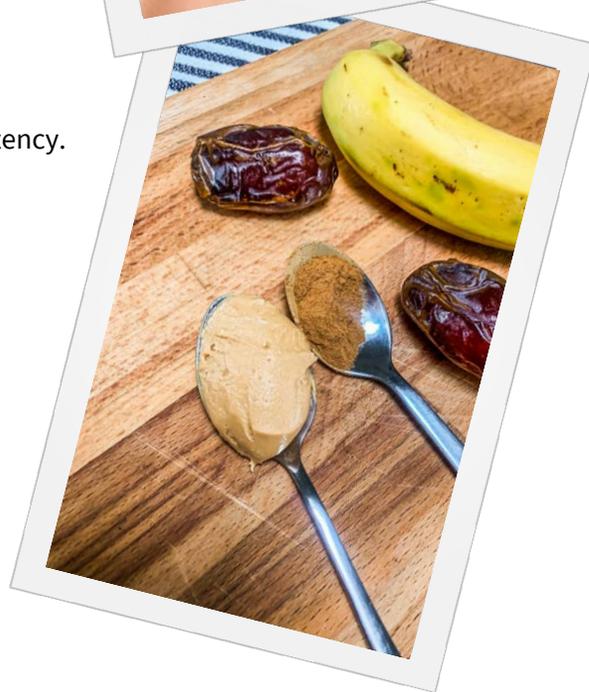


Ingredients

- 1 banana
- 1 heaped tsp of smooth peanut butter
- ½ tsp cinnamon
- 2 big pitted Medjool dates (or 3 smaller ones)
- A splash of unsweetened almond milk
- Ice

Method

1. Blend all ingredients together.
2. Add almond milk to reach desired consistency.



Saskia's Peanut Butter and Date Smoothie

2 people



Saskia's Green Machine Smoothie

2 people



Ingredients

½ frozen banana
½ cup frozen pineapple
1 stick of celery, snapped up into smaller bits
½ green apple
½ lemon, juiced
Splash of coconut water



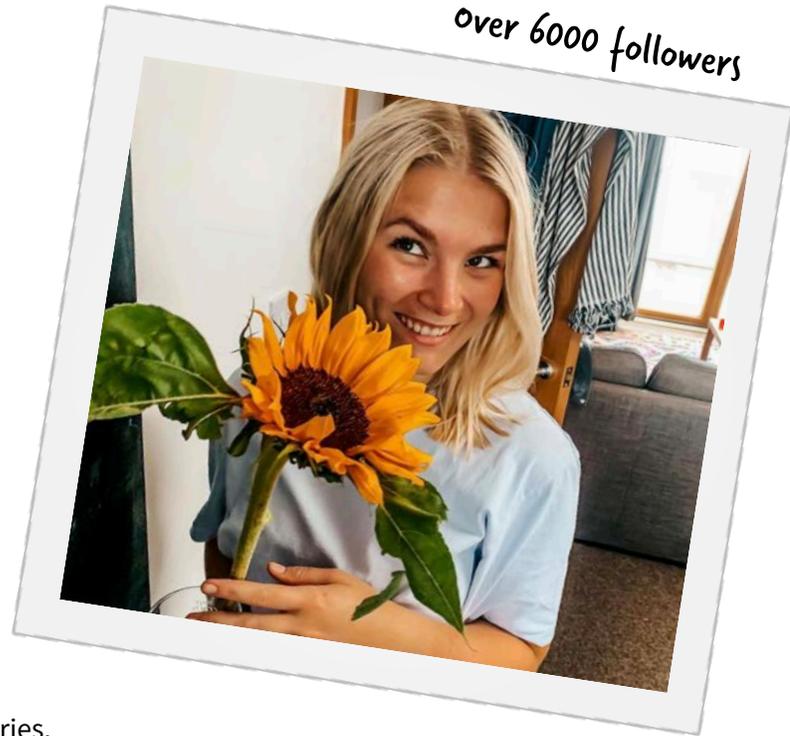
Method

1. Peel the apple and slice into smaller chunks.
2. Add all ingredients to the blender.
3. Top up with coconut water if you prefer a thinner consistency.
4. Serve over ice and garnish with apple slices.



Ingredients

- 1 banana
- 8 strawberries or 1 handful of frozen strawberries
- 3 tbsp of vanilla yoghurt
- Splash of milk to desired consistency
- Squeeze of honey (optional)
- Ice if not using frozen strawberries



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Method

1. Chop tops off the strawberries.
2. Add all ingredients to the blender and blitz.
3. Garnish with strawberry.

Saskia's Vanilla Berry Smoothie

2 people



Saskia's Watermelon Cooler

2 people



Ingredients

- 4 or 5 large slices of watermelon, chopped
- Juice of 1 lime
- A handful of mint leaves
- ½ cup of coconut water
- A few ice-cubes

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Method

1. If your watermelon has lots of pips, try to take out as many as you can.
2. Add all ingredients to a blender and blitz until smooth.
3. Strain your watermelon juice into a jug with a sieve to remove any excess pips/pulp.
4. Serve over more ice and garnish with a lime if desired.

One pot: Pan



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Ingredients

2 salmon fillets
1 tbsp teriyaki
1 tsp soy sauce
2 tbsp sesame oil
3 garlic cloves, crushed
1 tbsp honey
3 cm thumb of ginger, thinly sliced
1 head of broccoli, broken into florets
Zest and juice of one lemon

1 large sweet potato, cubed
1 tsp chilli powder
1 tsp Chinese Five Spice
1 tsp cumin
1 tsp coriander
Salt and pepper
Sesame oil
2 lime wedges



Method

1. Preheat the oven to 200°C.
2. In a small bowl, mix together teriyaki, soy sauce, 1 tbsp sesame oil, 1 garlic clove, honey and ginger. Pour over salmon fillets and allow to sit for at least 15 minutes. Lay salmon on a tray ready to go into the oven later.
3. In a bowl, mix together sweet potato cubes, chilli, Chinese Five Spice, cumin, coriander, salt and pepper. Lay on a baking tray and roast for 45 minutes.
4. In another bowl, massage 1 tbsp sesame oil, 2 garlic cloves and lemon zest and juice into the broccoli florets. Season with salt and pepper. Lay on a baking tray and roast for 25 minutes until crispy.
5. Bake salmon fillets in the oven for 20-25 minutes until cooked through and glazed/browned slightly on top.
6. Plate up and garnish with sesame seeds and a lime wedge.

Saskia's Teriyaki Salmon, Sweet Potato and Lemon Roasted Broccoli

2 people



Saskia's Crispy Chilli Beef

4 people



Ingredients

350 g beef strips, sliced thinly
1 red onion, sliced into strips
2 cloves of garlic, crushed
3 cm piece of ginger, sliced into thin matchsticks
1 yellow pepper
1 red pepper
5 tbsp cornflour
2 tsp chilli powder
Olive oil
1 tbsp dark soy sauce
1 tbsp honey
1 tbsp tomato ketchup
1 tsp sriracha
1 tbsp white wine vinegar
1 tsp of Chinese Five Spice

Optional garnish:

1 spring onion, sliced diagonally
Sesame seeds



Method

1. In a bowl, mix beef strips, Chinese Five Spice, chilli powder and cornflour until all strips are evenly coated.
2. On a high heat, add a large glug of olive oil to the pan (roughly 80 ml)
3. When the pan is searing hot, add the beef strips and fry off until crispy and golden.
4. Set aside the beef on a paper towel to remove excess oil.
5. Reduce pan to a medium heat and add in garlic, onion, ginger and pepper.
6. Stir fry alongside soy sauce and white wine vinegar.
7. Add beef strips back to the pan as well as honey, sriracha and ketchup.
8. Mix well and serve with spring onion and sesame seed garnish!
9. You can serve this with noodles or rice if you wish.

Ingredients

1 white onion, diced
3 garlic cloves, minced
1 courgette, chopped into small quarters
125 g asparagus, snapped into 2 cm lengths
2 cups frozen peas
1 lemon, juiced
1 tbsp lemon zest
3 handfuls of fresh parsley, chopped
½ cup parmesan plus more for garnish
1½ cup orzo pasta
700 ml vegetable stock
Cracked black pepper

Optional:
Crispy bacon bits

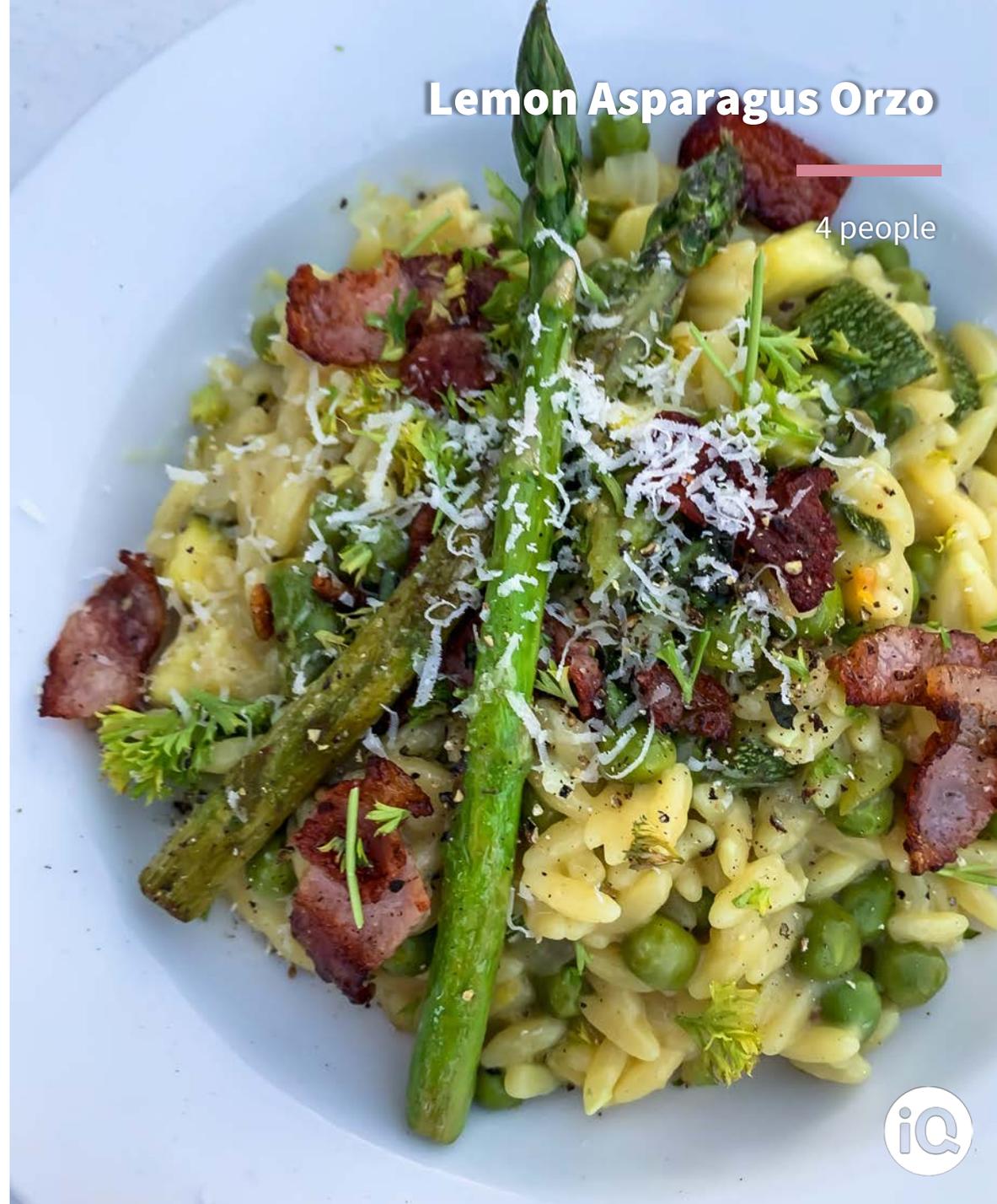


Method

1. Add a glug of olive oil to a big pot and then sauté onions and garlic until onion is translucent.
2. Add asparagus and courgette to the pot to fry off for 2 minutes.
3. Pour stock into pot and leave to simmer for a further 3 minutes.
4. Bring stock to a boil and add orzo. Be sure to stir frequently to avoid it sticking to the bottom of the pan.
5. Cook for 10 minutes until orzo absorbs stock and becomes tender.
6. Add peas, lemon juice and lemon zest. Mix together.
7. Sprinkle parmesan, cracked black pepper and 2 handfuls of fresh parsley and mix together.
8. Garnish with more parsley and parmesan (and crispy bacon bits if you fancy).

Lemon Asparagus Orzo

4 people



Miso Aubergine, 'Bang Bang' Cauliflower and Sesame Roasted Tenderstem Broccoli

2 people

Ingredients

- 1 aubergine, sliced in half and scored in a crisscross
- 2 tbsp miso paste
- 1 cauliflower head, broken into smaller florets
- 2 tbsp sriracha
- 2 tbsp sesame oil
- 3 garlic cloves, crushed
- 3 cm of ginger, finely sliced
- 8 tenderstem broccoli stems
- Salt and pepper
- 2 handfuls of coriander, roughly chopped
- 2 spring onions, diagonally sliced

Optional:

Serve with your choice of rice or noodles.



Method

1. Heat oven to 200°C.
2. Spread 1 tbsp of miso paste on each of the scored miso halves. Ensure it gets into the grooves of the scoring. Cover each half in a tin foil parcel.
3. In a bowl, add cauliflower florets, sriracha, 2 tbsp sesame oil, 2 garlic cloves and ginger. Mix with freshly washed hands to ensure everything is coated evenly. Then place on a lined baking tray.
4. Put aubergine and cauliflower in the oven for 45 minutes.
5. In a separate bowl, mix tenderstem broccoli, 1 garlic clove, 1 tbsp sesame oil and salt and pepper. With freshly washed hands, massage this seasoning into the tenderstem to make sure it is coated evenly.
6. Place on a tray and roast for 25 minutes.
7. Open the miso aubergine tin foil parcel for the last 10 minutes and place on the top shelf of the oven.
8. Garnish cauliflower with spring onions and coriander. Garnish tenderstem with sesame seeds and the aubergine with spring onions, coriander and sesame seeds.



Ingredients

Olive oil
1 white onion, diced
3 garlic cloves, minced
250 g closed cup mushrooms, sliced into rough small pieces
300 g risotto rice
1 litre of vegetable stock

1 cup of parmesan cheese, grated finely
4 sprigs of rosemary
2 tbsp mixed herbs
1 lemon, juiced
Salt and pepper

Method

1. Add a glug of olive oil to a big pot and sauté onions and garlic until onion is translucent.
2. Add mushrooms and 1 tbsp mixed herbs and sauté for another 3 minutes.
3. Add risotto rice and stir for 3 minutes.
4. Add rosemary sprigs and 300 ml of vegetable stock and allow the rice to absorb it before adding another 300 ml. Keep pouring stock incrementally into the pot until the risotto rice has become tender. This will take roughly 30 minutes.
5. Add a good amount of cracked black pepper and mix.
6. Meanwhile, get a large pan on high heat and sprinkle a handful of parmesan into a mound to make your parmesan crisp. Let it bubble and then brown slightly on the bottom before flipping over with a spatula. Repeat this to make four crisps. They will be fairly soft in the pan but will harden once left on a piece of kitchen roll.
7. When the risotto rice is tender, add the remaining amount of parmesan and mix until combined.
8. Just before serving, add the lemon juice and remove rosemary sprigs.
9. Garnish with fresh rosemary sprigs and parmesan crisp.

Saskia's Mushroom Risotto with Parmesan Crisp

4 people



Impressive



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Saskia's Honey Glazed Asian Steak Salad

2 people



Ingredients

- 2 rump steaks – go for thickness over surface area size when choosing!
- 1 pack of egg noodles
- 3 tbsp honey
- 2 ½ tbsp sesame oil
- 2 tbsp dark soy sauce
- 1 tsp light soy sauce
- Salt and pepper
- 2 peppers, sliced
- ¾ red onion, sliced
- 1 garlic clove, minced
- 160 g sugar snaps
- 1 carrot, peeled
- 1 red chilli, sliced
- 2 handfuls of coriander, chopped roughly
- 1 lime
- Sesame seeds

Method

1. Pat the steaks dry with a paper towel.
2. Marinate in 2 tbsp honey, 1 tbsp sesame oil and salt and pepper for at least 30 minutes.
3. Add a glug of sesame oil to a pan along with the peppers, onion and garlic. Stir fry for 3 minutes until starting to soften.
4. Add carrot, one handful of coriander and sliced chilli to the pan – reserving some slice chilli for garnish too.
5. Add the juice of one lime to the pan.
6. Cook the egg noodles as per packet instructions, drain and transfer to pan.
7. Add sugar snaps and stir fry for a further 3 minutes. You still want these to have a crunch! Turn off heat after this.
8. Get another pan on high heat, sear the steaks one minute and a half on each side for a medium-rare or to own preference. Let the steaks rest for 2 minutes and then slice them all into strips.
9. Mix together 1 tbsp honey, 1 tsp light soy sauce and 1 tbsp sesame oil. This is a dressing for the steak.
10. Plate up and garnish with sesame seeds, coriander and chilli.



Ingredients

1½ red onions, sliced
Olive oil
1 tbsp balsamic vinegar
2 tbsp sugar
Salt and pepper
150 g feta cheese, crumbled
1 tbsp thyme (fresh or dried)
2 tbsp butter, melted
½ pack of shop-bought filo pastry - 6 filo sheets
3 x 2 deep cupcake tray

Optional:

3 cherry tomatoes, quartered
7 olives, halved



Method

1. Preheat the oven to 180°C.
2. On a low-medium heat, add a glug of olive oil, red onion, balsamic vinegar, sugar and a pinch of salt. Leave for 20 minutes, stirring occasionally until the onion has softened and begins to caramelize.
3. In a bowl mix feta, 1 tbsp olive oil, thyme and black pepper.
4. Take 6 sheets of filo pastry from the pack. Take one sheet of filo and brush melted butter over it. Layer another sheet of filo on top and brush the butter again. Do this until you have 6 sheets of filo with butter in-between.
5. Slice equally into 6 squares. Take each filo square (which now consists of 6 layers) and separate the sheets a bit by twisting them around so that the corners are pointing to different directions.
6. Press the filo pastry squares into the cupcake tray. Fill with 1 tbsp feta and top with caramelised onion, cherry tomato and olives. Season with cracked black pepper.
7. Cook in the oven for 25-30 minutes until the filo browns slightly and becomes crispy. Enjoy and serve alongside a salad.

Saskia's Caramelised Onion and Feta Filo Tartlets

6 Tartlets



Saskia's Pan Fried Sea Bass with Butter Beans and Chorizo

2 people



Ingredients

Olive oil
2 sea bass fillets
400 g tin butter beans, drained
220 g piccolo tomatoes on vine
200 g chorizo, chopped into 1 cm and then quartered
1 white onion, diced
2 garlic cloves, minced
200 ml chicken stock
1 lemon, juiced
1 tsp paprika
¼ cup white wine vinegar or apple Cider vinegar
3 handfuls chopped parsley

Method

1. Heat a glug of olive oil in a saucepan on a low-medium heat and sweat onion, garlic and tomatoes.
2. Get a second pan on high heat and add chorizo pieces until they begin to brown. Remove and set aside when browned. Turn off the hob but keep the pan ready for the sea bass.
3. Add 100 ml stock, the white wine vinegar and half a juiced lemon along with a good amount of cracked pepper to the tomatoes, onion and garlic. The tomatoes will absorb this.
4. After around 15 minutes when the liquid has reduced in the saucepan, add another 100 ml of chicken stock, paprika, butter beans and the rest of the lemon juice. Leave this for another 10-15 minutes until the tomatoes have softened.
5. Add 2 handfuls of chopped parsley.
6. On a high heat, add a glug of olive oil into the already used chorizo pan.
7. Once searing hot, place the sea bass fillet skin side down and then fry for 2 ½ minutes before flipping.
8. Plate up and garnish with more parsley and a lemon wedge.



Dinerama Shoreditch



Ingredients

2 chicken breasts, sliced in half so there is a little pocket
6 tsp of pesto
6 prosciutto slices
6 small potatoes or 2 larger potatoes (skin on)
3 rosemary sprigs (or 2 tsp dried rosemary)
1 cup of green beans

2 tbsp butter
3 garlic cloves
3 tbsp plain yoghurt
Salt and pepper
Olive oil



Saskia on Channel 4

Method

1. Preheat the oven to 180°C.
2. Slice the potatoes $\frac{3}{4}$ of the way down to create the hedgehog/ hasselback effect.
3. Season the potatoes with a glug of olive oil, one minced garlic clove and rosemary. Ensure the seasoning gets into the slits. Put on a tray and cook in the oven for an hour.
4. Slice the chicken breast $\frac{3}{4}$ of the way through to create a little pocket.
5. Place chicken breast on 2 slices of prosciutto.
6. Stuff chicken breast pocket with pesto and wrap the prosciutto around it. Use another slice of prosciutto if needed.
7. Wrap in tin foil and cook for 40 minutes. In the last 5 minutes, open up the tinfoil to expose the prosciutto and move to the top shelf of the oven to crisp up the prosciutto.
8. Boil green beans for 3-5 minutes. Then heat butter and garlic in a pan and toss green beans.
9. Mix yoghurt with 2 tsp pesto to create the accompanying sauce.
10. Plate up and garnish with a rosemary sprig.

Saskia's Pesto Stuffed Chicken Breast with Hasselback Potatoes and Garlic Butter Greens

2 people



Saskia's Prawn Tagliatelle

4 people

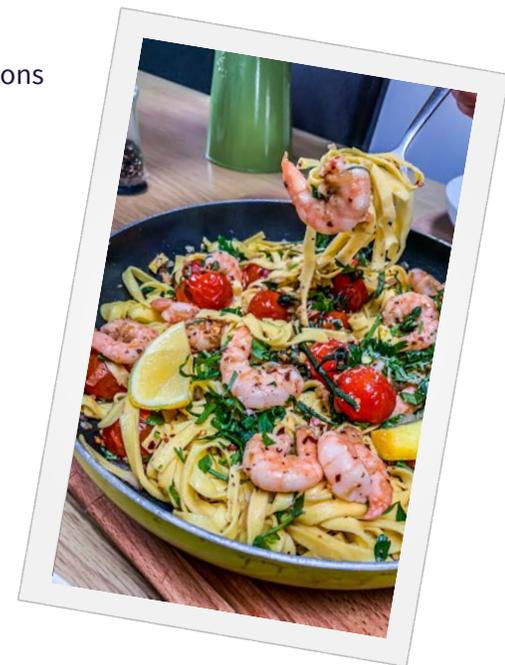


Ingredients

165 g king prawns
2 cloves of garlic, crushed
2 tsp chilli flakes
12 on the vine tomatoes
1 tbsp lemon zest
½ lemon, juiced
1 tbsp apple cider vinegar (or white wine vinegar)
Roughly 300 g of linguine – 75 g per person but feel free to switch this up!
3 handfuls of fresh parsley, chopped
⅔ cup parmesan, finely grated

Optional garnish:

Crispy dried fried onions
Sriracha
Sesame seeds
Coriander
Spring onions
Fresh chilli



Method

1. Add a glug of olive oil to a big pan on a medium heat and then sauté onions and garlic until onion is translucent.
2. Sprinkle chilli flakes into the pan and fry prawns for 4 minutes, flipping halfway. Remove from the pan when cooked and set aside in a bowl covered with tin foil.
3. Add apple cider vinegar to the pan and place tomatoes in. These will take around 15 minutes to fully soften.
4. Cook pasta as per packet instructions.
5. Once pasta is cooked, transfer it to the pan leaving the starchy pasta water in the pot. Turn the heat to low-medium.
6. Add 1 cup of pasta water and parmesan to the spaghetti pan and mix using tongs to emulsify into a sauce.
7. Add 2 handfuls of freshly chopped parsley, the juice of half a lemon and the prawns. Mix well and garnish with more parsley, a lemon wedge and extra parmesan if desired.





SupperClub

x



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