

MOB MONTHLY

UNI **BACK TO** UNI

15 RECIPES AND TIPS TO GET YOU THROUGH UNI

ISSUE 004

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WELCOME

Say hello to our uni e-book, jam-packed full of 16 exclusive new recipes to get you cooking.

For the first time ever not all of our recipes serve four (it says if they don't serve four). Knowing that at uni you're likely to often cook for one, we've included an epic meal plan which transforms soy and honey chicken thighs into three separate meals.

We also show you how to get the most bang for your buck using one jar of Thai red curry paste to make fish curry, crispy sausage larb and peanut butter ramen.

We've got our carb section, filled with cheesy goodness and a chicken nugget katsu wrap. For when you want to be healthy we've also got you covered: how does a curried cauliflower & halloumi rice bowl sound?

Then there are the recipes for when you want a proper feed, be it our cumin-spiced lamb burgers with chopped chimichurri or our feta and spinach filo spiral pie.

Of course, it wouldn't be uni without a section for the morning after: crispy potatoes smothered in rich tomato sauce, chorizo and fried egg and a cheeky jalapeño eggy bread number.

At the back, you'll find a recipe that's going to change your life. For whenever you need a sweet pick me up, meet our freezer cookies. Customise them how you please.

All of these recipes require no special equipment, not even a mini chopper, and we have created an essential list of the spices and dry ingredients that you'll need before you start. We want to make your life as easy and tasty as possible so that you keep returning to these recipes time and time again.

Each recipe has optional and substitute ingredients to suit you.

As always, make sure to tag us ([@mobkitchen](https://www.instagram.com/mobkitchen)) in all of your recreations - we can't wait to see them.



GLUTEN FREE



VEGAN



20 MINS OR LESS



VEGGIE



40 MINS +



DAIRY FREE

UP STOCK

ESSENTIALS:

- Chilli powder
- Ground cumin
- Medium curry powder
- Dried oregano
- Soy sauce (or tamari if GF)
- Hot sauce
- Olive oil
- Salt
- Pepper

USEFUL:

- Peanut butter
- Coconut milk
- Mayo
- Pickled jalapeños
- Red wine vinegar
- Crispy onions



UP

CARB

CHICKEN NUGGET KATSU WRAP

Ingredients

- 24 Chicken Nuggets or Tenders
- 6 Tbsp Mayonnaise
- 1 Tbsp Medium Curry Powder
- 1 Tbsp + 1 Tsp Soy Sauce
- 1 Lime
- 4 Medium Carrots
- Bunch of Coriander
- 1 Cucumber
- 8 Wraps
- Crispy Onions, To Serve (optional)
- Salt
- Pepper

Can go meat free!



We've taken the elements of a chicken katsu: crispy breaded chicken, curried sauce and tangy fresh vegetables then stuffed them inside a wrap in what couldn't be an easier recipe. Boom.

DF



Method

- 01.** Cook the chicken nuggets according to packet instructions.
- 02.** Meanwhile, make the katsu mayo. Mix the mayonnaise, curry powder, soy sauce and juice of 1/2 lime together in a bowl.
- 03.** Grate the carrots and roughly chop the coriander (stalks and all), scrape into a bowl. Using a peeler, peel the cucumber lengthways into long ribbons into the same bowl. Squeeze in the remaining lime juice and season with salt and black pepper to taste.
- 04.** Assembly time. Heat the wraps then spread each with a spoonful of the katsu mayo, pile in the slaw then top with the chicken nuggets, some remaining mayo and crispy onions, if using. Boom.

SWEET & SPICY CHEESE ON TOAST

A naughty little twist on a classic cheese on toast. A true belter.



Ingredients

- Half A Bunch of Spring Onions
- 250g Cheddar
- 2 Tsp Ground Cumin
- 1 Tsp Chilli Powder
- 8 Slices of Crusty Bread
- 4 Tbsp Mango Chutney, Plus Extra To Serve

extra mature!

Method

01. Preheat your grill to maximum.
02. Finely slice the spring onions (green and white parts), scrape 3/4 into a bowl. Grate in the cheddar, add the ground cumin and chilli powder along with a good crack of black pepper. Mix everything together.
03. Lay the bread on a baking tray, lightly toast under the grill on both sides then spread over the mango chutney. Pile on the spicy cheese mix then return to the grill until bubbling, melted and browned.
04. Scatter over the remaining spring onions and serve with more mango chutney, if you like.



CHEESY LEEK GNOCCHI

Who doesn't love cheesy leeks? We've upped the comfort factor by adding gnocchi. This makes a big portion, perfect for leftovers or to freeze for another day.



Ingredients

- 4 Medium Leeks
- 400ml Milk
- 180g Pack Cream Cheese
- 2 Tbsp Dijon Mustard
- 100g Cheddar
- 1kg Gnocchi
- Salt
- Pepper
- Olive Oil

we like extra mature

Method

- 01.** Preheat your grill to maximum. Get a large saucepan of water on to boil.
- 02.** Cut the leeks in half lengthways, rinse under cold water, then slice into half-moons.
- 03.** Get your largest ovenproof frying pan over a medium heat. Pour in a good glug of olive oil. Chuck in the leeks along with a pinch of salt. Cook, stirring occasionally, for 10 minutes until they are soft and beginning to caramelize.
- 04.** Add the milk into a jug. Add in the cream cheese and mustard. Whisk together, season with salt and loads of black pepper.
- 05.** Grate all of the cheddar.
- 06.** Salt the water in the saucepan then drop in the gnocchi. Cook for 1-2 minutes until the gnocchi floats to the surface. Drain and tip into the pan with the leeks.
- 07.** Pour in the cheese sauce and add half the cheddar. Stir so that the gnocchi and leeks are coated, cook until the cheddar has melted then take the pan off the heat.
- 08.** Scatter over the remaining cheddar and whack under the grill for around 5 minutes until bubbling, golden and browned.





HEALTHY ISH

FISH FINGER TACOS

Once you've made the hot sauce yoghurt, you will be drizzling it on everything.

GF



Ingredients

- 12 Fish Fingers
- 1/2 Small Red Cabbage
- Half A Bunch of Spring Onions
- Bunch of Mint or Parsley
- 2 Limes
- 150g Pot Greek Yoghurt
- 2-3 Tbsp Hot Sauce
- 12 Taco Shells
- Salt
- Pepper

we like sriracha



ONE FOR THE
PESCATARIAN
MOB

Method

- 01.** Cook the fish fingers according to packet instructions.
- 02.** Meanwhile finely slice the red cabbage and spring onions (green and white parts). Scrape into a bowl. Tear the mint or chop the parsley leaves, add most of them to the cabbage then zest and juice in 1 of the limes. Mix the slaw together, season with salt and pepper to taste.
- 03.** Stir the hot sauce into the Greek yoghurt and season to taste. Heat the tacos and cut the remaining lime into wedges.
- 04.** Assembly time. Pile the slaw into the base of each taco, top each with a fish finger then drizzle over the hot sauce yoghurt. Scatter over the remaining herbs and serve with the lime wedges.



CURRIED CAULIFLOWER & HALLOUMI RICE BOWL

Ingredients

- 1 Large Cauliflower
- 3 Red Onions
- 2 Tbsp Medium Curry Powder *swap for tofu to make vegan*
- 4 Garlic Cloves
- 2 Packs of Halloumi
- 300g Rice
- 1 Tsp Ground Cumin
- 1 Tsp Chilli Powder
- 1 Lemon
- 100g Spinach
- Salt
- Pepper
- Olive Oil



This rice bowl is packed full of veggies and contains our favourite squeaky cheese. Here we've tossed it in curry powder and roasted it for maximum flavour.



Method

01. Preheat your oven to 220°C/200°C Fan.
02. Cut the cauliflower into medium sized florets, roughly chop the stalk and slice the leaves. Cut each red onion into 8 wedges.
03. Pile everything aside from the cauliflower leaves onto your largest roasting tray. Pour over a glug of olive oil then toss with 1 1/2 tbsp curry powder and a generous amount of salt and pepper. Spread out into a single layer so that the veg roasts evenly, nestle in the garlic cloves and cook for 15 minutes.
04. Meanwhile cut the halloumi into roughly 2cm cubes. Tip into a bowl, add the remaining curry powder along with a splash of olive oil. Mix together so that the cheese gets nicely coated in the spices.
05. Cook the rice according to packet instructions.
06. Come back to the cauliflower and onions, tip the spiced halloumi into the tray along with the cauliflower leaves, or if your roasting tray is too small, use a second one. Return to the oven for 10-15 minutes until the cauliflower is cooked through and slightly charred.
07. Dressing time. Mix together the ground cumin, chilli powder and lemon juice with 3 tbsp olive oil. Once the cauliflower is cooked, smooch the garlic cloves into the dressing and season to taste.
08. Divide the rice and spinach between four bowls. Top with the roasted halloumi and veg then pour over the dressing.

CRUSHED PEA & MINT SPAGHETTI

A fresh minty pea sauce tossed with hot spaghetti couldn't be a more delicious combination. .



Ingredients

- 500g Spaghetti
- 500g Frozen Peas
- 1 Lemon
- Bunch of Mint Leaves
- 1 Tsp Chilli Flakes, Plus Extra To Serve
- 300ml Crème Fraîche
- Salt
- Pepper
- Olive Oil

Method

- 01.** Get a large saucepan of salted water on to boil. Drop in the spaghetti, cook for 1 minute less than packet instructions.
- 02.** Meanwhile, tip the peas into a large bowl. Defrost by pouring over boiling water or cooking in the microwave for 2-3 minutes - until vivid green and just soft enough to gently crush. Drain if needed, then return to the bowl. Zest and juice in the lemon, season the peas with a generous amount of salt and black pepper then roughly crush with a potato masher.
- 03.** Chop the mint leaves, add 3/4 to the peas, along with the chilli flakes and crème fraîche. Mix the sauce together.
- 04.** Drain the pasta then tip back into the saucepan. Pour in the crushed pea sauce and toss together. Season to taste.
- 05.** Divide the pasta between bowls. Drizzle over a little olive oil and scatter over the remaining mint leaves, some chilli flakes and a good crack of black pepper to serve.



3 ONE MEAL WAYS

Three recipes are exclusively for one person. That's right: one base = three meals.



SOY & HONEY CHICKEN THIGHS

Ingredients

- Large Knob of Ginger
- 2 Fat Garlic Cloves
- 3 Tbsp Soy Sauce (plus a splash for garnish)
- 3 Tbsp Honey
- 6 Skin-On Chicken Thighs
- 75g Basmati, Jasmine or Long Grain Rice
- 1 Pak Choi
- 100g Tenderstem Broccoli
- 2 Tsp Sesame Seeds (optional)
- Olive Oil

use tamari if GF



FINAL PRODUCT

Soy, honey, ginger and garlic are a winning flavour combination that seriously pimps up a pack of chicken thighs. For extra flavour marinate the chicken thighs for an hour or so before you cook them. a

DF



Method

- 01.** Preheat your oven to 200°C/180°C Fan.
- 02.** Finely grate most of the ginger and all of the garlic into a bowl. Stir in the soy sauce, honey and 2 tbsp olive oil.
- 03.** Pour the marinade over the chicken thighs in a roasting tin and rub into the meat. Lay the thighs skin side up, roast in the oven for 40-45 minutes until cooked through, sticky and caramelised.
- 04.** Once the chicken has been in the oven for 25 minutes, give it a baste (open the oven door and re spoon some of the sauce over the chicken) then cook the rice and veg whilst it finishes roasting.
- 05.** Cook the rice according to packet instructions.
- 06.** Slice the pak choi into quarters lengthways. Cut the broccoli into three long pieces. Finely slice the remaining ginger into matchsticks.
- 07.** Get a non-stick frying pan over a high heat. Drizzle in a little olive oil, tip in the broccoli along with a splash of water. Cook for 5 minutes then chuck in the pak choi. Fry for a further 2 minutes until the pak choi is wilted then stir through the ginger, adding soy sauce to taste. If you like, mix through some sesame seeds.
- 08.** Get the chicken out the oven. Put four pieces aside, serve the remaining chicken thighs with the stir fried greens and rice, spooning over some of those tasty chicken juices.

...WITH RICE NOODLES AND PB SLAW

Shred two of the remaining chicken thighs into this fresh and punchy rice noodle salad.



Ingredients

- 1 Nest Dried Rice Noodles
- Handful of Sugar Snaps
- 1/4 Small White Cabbage
- Handful of Radishes
- 1 Lime *use tamari if GF*
- 1 Tsp Soy Sauce
Plus Extra To Taste (optional)
- 1 Tbsp Peanut Butter
- 2 Tsp Hot Sauce
- 2 Cooked Soy Chicken Thighs

We like Sriracha

Method

- 01.** Pour boiling water over the rice noodles in a bowl and leave to soften, 10-15 minutes depending on their thickness.
- 02.** Meanwhile halve the sugar snap peas, finely slice the cabbage and radishes. Tip into a bowl.
- 03.** Dressing time. Stir the zest and juice of the lime, soy sauce, peanut butter and hot sauce together in a small bowl. Pour the dressing into the slaw and toss to combine.
- 04.** Drain the noodles and rinse under cold water until cool. Shake off any excess water then tip back into their bowl. Using your fingers shred the two cooked chicken thighs into the noodles, then add in 2/3 of the slaw, saving two small handfuls for tomorrow.
- 05.** Give everything a good mix, seasoning with more soy to taste, if you like then pile into a bowl.



...WITH PITTAS

Sandwich time. The easiest of meals, just make sure you save some of the slaw from the night before!

Ingredients

- 2 Pieces of Pitta Bread
- 2 Cooked Soy Chicken Thighs
- 2 Small Handfuls Peanut Butter Slaw

Method

- 01.** Heat the pitta in the toaster then slice in half.
- 02.** Using your fingers shred the cooked chicken thighs. Stuff into pittas with the remaining peanut butter slaw.





THAI CURRY PASTE 3 WAYS

Each of these recipes serves two,
equally perfect if you are cooking for
yourself and want enough for lunch the
next day.

PEANUT BUTTER RAMEN

A comforting, warming ramen that can also be vegan, just check the noodles beforehand. Choose whatever peanut butter you like, are you a smooth or chunky kind of person?



Ingredients

- 2-3 Tbsp Thai Red Curry Paste
- 400ml Tin Coconut Milk
- 2 Pak Choi
- Handful of Coriander
- 3 Tbsp Peanut Butter
- 2 Nests Udon, Egg or Rice Noodles
- 1 Mixed Pack Baby Corn and Mangetout
- 1 Lime
- 1 Tbsp Soy Sauce
- 2 Tbsp Crispy Onions (optional)
- Salt
- Pepper

Method

- 01.** Get a saucepan over a medium to high heat. Drizzle in some oil, add the curry paste. Cook, stirring, for 1-2 minutes until smelling amazing then pour in the coconut milk. Refill the can one and half times with water and pour that into the pan.
- 02.** Bring the ramen broth to a boil. Meanwhile, slice the pak choi in half lengthways and roughly chop the coriander.
- 03.** Once boiling stir the peanut butter into the broth then drop in the noodles. Cook for 2 minutes then add the pak choi, baby corn and mangetout. Cook for a further 2-3 minutes until the noodles and veg are tender.
- 04.** Squeeze the lime juice into the ramen and season with soy sauce. Divide between bowls, top with coriander and the crispy onions, if you like.

use tamari if GF and substitute crispy onions for 1 thinly sliced spring onion



SAUSAGE LARB

Larb is a meat salad originating from Lao and often eaten in the Issan region of Thailand. Here we've used sausage meat and served the salad with rice for ultimate hunger satisfaction.

GF

DF



Ingredients

- 150g Basmati, Jasmine or Long Grain Rice
- 6 Fat Pork Sausages
- 50g Roasted Salted Peanuts
- Handful of Coriander
- Handful of Mint
- 2 Baby Gem Lettuces
- 2 Tbsp Thai Red Curry Paste
- 1 Lime
- Olive Oil



LUKATARRRRRR

Method

- 01.** Cook your rice according to packet instructions.
- 02.** Meanwhile, get a large non-stick frying pan or wok over a high heat. Drizzle in some oil. Squeeze the sausage meat directly from their skins into the pan. Use the back of your spoon to break the meat into small pieces, fry for 6-8 minutes, stirring regularly until the sausage is crisp and browned.
- 03.** Whilst the sausage is frying roughly chop the peanuts and herbs. Separate the baby gem lettuce leaves.
- 04.** Come back to the sausage meat. Add the curry paste to the pan. Cook, stirring for 1-2 minutes until smelling amazing then take off the heat and squeeze in half the lime juice.
- 05.** Spoon the crispy, spicy sausage meat into the lettuce cups, top with the peanuts and herbs. Cut the other lime into wedges for squeezing over and serve with the rice.

FISH CURRY

Here's a new way to use a classic fish pie mix with a whole lot more flavour. We love a fish curry, if you haven't tried one give this super simple recipe a go.

GF

DF



Ingredients

- 150g Basmati, Jasmine or Long Grain Rice
- Half A Bunch of Spring Onions
- 2 Fat Garlic Cloves
- Large Knob of Ginger
- 2-3 Tbsp Thai Red Curry Paste (depending on how spicy you like it)
- 400ml Tin Coconut Milk
- 200g Cherry Tomatoes
- 300g Fish Pie Mix
- 1 Pack Sugar Snaps
- 1 Lime
- Handful of Coriander, To Serve
- Salt
- Pepper
- Olive Oil

Method

- 01.** Cook your rice according to packet instructions.
- 02.** Meanwhile finely slice the spring onions (green and white parts). Finely grate the ginger and garlic.
- 03.** Get a large saucepan over a medium heat. Drizzle in some oil then scrape in 3/4 spring onions, all the garlic and ginger. Cook for 1 minute until the spring onions have softened then spoon in the curry paste. Cook, stirring for 1-2 minutes until smelling amazing then pour in the coconut milk. Chuck in the cherry tomatoes.
- 04.** Simmer the curry away for 5 minutes. Season the fish pie mix and add to the pan along with the sugar snap peas. Cook for 3-4 minutes until the fish is just cooked through; you want it to stay in nice large flakes.
- 05.** Season the curry to taste with salt and black pepper then squeeze in the lime juice. Divide the rice between bowls, spoon over the curry then scatter over the remaining spring onions and coriander.



F A PROPER FEED



FILO SPIRAL PIE

Ingredients

- 800g Frozen Whole Spinach
- 200g Feta
- 2 Eggs
- 1 Pot Fresh Basil Pesto
- 1 Pack Filo Pastry
- 1 Tbsp Sesame or Poppy Seeds
- 300g Tomatoes
- 1 Cucumber
- 3 Mixed Peppers
- Bunch of Parsley
- 2-3 Tbsp Red Wine Vinegar
- Salt
- Pepper
- Olive Oil



Brush the pastry with a good amount of oil before you shape into a spiral as this will help prevent breakages.



Method

- 01.** Preheat your oven to 200°C/180°C Fan. Line a large tray with baking paper.
- 02.** Tip the spinach into a large bowl. Defrost by pouring over boiling water. Drain, then use your fingers to squeeze out the water.
- 03.** Chop the spinach and tip back into the bowl. Crumble in the feta, crack in the eggs, and tip in 1/2 the basil pesto. Season with a little salt and a generous crack of pepper. Mix.
- 04.** Lay one sheet of filo on your surface with a short side facing you (portrait). Brush the sheet with a little olive oil then place a second sheet to the right of the first, so it overlaps by a 1/3. Continue to do this with the next two sheets of filo until you have a long rectangle of pastry then put 4 more sheets of pastry directly on top to create a double layer.
- 05.** Shape the filling into a sausage along the nearest length to you. Roll it away from you to make a giant roll. Brush the outside with oil then cut in half.
- 06.** Take one half of pastry and wrap it around itself to create the middle of your spiral then wrap the other pastry half around it. Don't worry if there are tears, use the remaining filo to patch it up. Carefully transfer the spiral to your lined baking tray. Sprinkle over the sesame or poppy seeds. Bake in the oven for 30-35 minutes until golden.
- 07.** Meanwhile roughly chop the tomatoes, cucumber, peppers and parsley (stalks and all). Mix together in a large bowl along with the remaining pesto and 2 tbsp red wine vinegar. Season the salad to taste, adding the extra vinegar if you like.
- 08.** Serve the filo spiral with the chopped salad for everyone to help themselves.

LAMB BURGERS WITH CHIMICHURRI

If you've never made chimichurri before you're in for a treat. This Argentinian condiment is a game-changer, here it cuts through our cumin-spiced lamb burgers, adding herby acidity and heat.

DF

Amount is up to you

Ingredients

- Oven Chips
- 500g Lamb Mince
- 1 Tbsp Dried Oregano
- 2 Tsp Ground Cumin
- 2 Garlic Cloves
- 1 Large Red Onion
- 1 Green or Red Chilli
- Bunch of Coriander
- 2 Tbsp Red Wine Vinegar
- 2 Large Tomatoes
- 4 Burger Buns
- Bag of Rocket
- Condiments of Your Choice, To Serve
- Salt
- Pepper
- Olive Oil



Method

01. Cook the oven chips according to packet instructions.
02. Meanwhile, dump the lamb mince into a large bowl. Add 1 tsp dried oregano and all the ground cumin, season generously with salt and black pepper.
03. Finely chop or crush the garlic cloves, add to the mince. Finely chop the red onion. Scrape half into the burger mix and the other half into a small bowl for the chimichurri.
04. Using your hands mix the seasonings into the lamb mince then shape into 4 burger patties. Set aside while you make the sauce.
05. Chimichurri time. Finely chop the chilli and coriander (stalks and all), scrape into the onion bowl,
06. add the red wine vinegar, remaining 2 tsp dried oregano and 3 tbsp olive oil. Stir, season to taste.
07. Get a large non-stick frying pan over a medium to high heat. Drizzle in a little olive oil, lay in the burgers. Fry for 5 minutes on each side until cooked through. Don't be tempted to whack up the heat too much otherwise, they will burn before they cook in the middle. Transfer the burgers to a plate.
08. Slice the tomatoes into rounds. Cut the buns in half. Toast, cut side down over a high heat in the same frying pan you used for the burgers.
09. Pile a handful of rocket into the bottom of each bun, top with a lamb burger and some tomato then spoon over loads of chimichurri. Serve with chips and all the condiments. Get in.

A MORNING AFTER



JALEPEÑO EGGY BREAD

We're bringing back eggy bread, spicing things up with the addition of some pickled jalapeños. Make it veggie with feta, or go the whole hog with streaky bacon as well. The choice is yours.

Ingredients

- 6-8 Pickled Jalapeños, (depending on how spicy you like it, plus more to serve)
- 6 Eggs
- 100ml Milk
- 1 Pack Streaky Bacon and/or Feta
- 340g Tin of Sweetcorn
- 2 Avocados
- 1 Lime
- 8 Thick Slices Soft Bread
- Salt
- Pepper
- Olive Oil

we like a white bloomer loaf

Method

- 01.** Finely chop the pickled jalapeños, scrape into a wide bowl. Crack in the eggs and pour in the milk. Whisk well to combine, season generously. Set aside.
- 02.** If using streaky bacon, cook to your liking.
- 03.** Salsa time. Drain the tin of sweetcorn then tip into a bowl. Scoop out the avocados and cut into rough cubes, add to the bowl with the sweetcorn. Add 3 tbsp of the pickled jalapeño liquid from the jar, squeeze in the lime juice. Mix, season the salsa to taste.
- 04.** Get a large non-stick frying pan over a medium to high heat. Drizzle in a good splash olive oil. Dunk the slices of bread into the egg mixture for around 20 seconds so that they get fully soaked then lay them into the frying pan. Fry for 2 minutes on each side until deep golden brown. Drizzle a little more oil into the pan and repeat with the remaining slices.
- 05.** Crumble the feta into a bowl if using. Lay the jalapeño eggy bread onto a plate. Serve with all the toppings for people to help themselves.



CHORIZO POTATOES

A riff on the Spanish classic patatas bravas - crispy potatoes tossed in a spicy tomato sauce. We've added chorizo and a fried egg because when do these two things not improve something?



Ingredients

- 1kg New Potatoes
- 2 Tsp Dried Oregano Plus
A Little Extra To Serve
- 1 Chorizo Ring
- 1 Onion
- 3 Fat Garlic Cloves
- 1-2 Tsp Chilli Flakes,
Depending On How
Spicy You Like It
- 2 X 400ml Tins Chopped
Tomatoes
- 1 Tbsp Red Wine Vinegar
- 4 Eggs
- Salt
- Pepper
- Olive Oil



Method

- 01.** Preheat your oven to 220°C/200°C Fan.
- 02.** Leaving their skins on, cut the new potatoes into half or quarters if they are large. Tip onto your largest roasting tray, pour over a good glug of olive oil, add the dried oregano along with a generous amount of salt and pepper. Toss everything together then spread the potatoes into a single layer so that they cook evenly. Roast in the oven for 35-40 minutes until crispy on the outside and soft in the middle.
- 03.** Meanwhile, peel the chorizo and cut into rough cubes. Finely chop the onion and garlic cloves.
- 04.** Get a large saucepan over a high heat. Pour in a splash of olive oil, tip in the chorizo. Fry for 5-6 minutes until the chorizo is crisp. Remove from the pan into a bowl using a slotted spoon, leaving all those tasty oils behind.
- 05.** Turn down the heat on the pan to medium. Scrape in the onion along with a pinch of salt. Cook for 5-6 minutes until softened then add the garlic and chilli flakes. Cook, stirring for a minute, tip in the chopped tomatoes and red wine vinegar. Leave the sauce to bubble away until the potatoes are cooked.
- 06.** Once the potatoes are cooked turn off the oven and leave them inside to keep warm. Season the tomato sauce to taste.
- 07.** Get a large non-stick frying pan over a high heat. Drizzle in a little oil, crack in the eggs. Fry to your liking.
- 08.** Assembly time. Pile the potatoes onto plates, spoon over the tomato sauce and top each with a fried egg, crispy chorizo and a sprinkle of oregano.

T SWEET TREAT



FREEZER COOKIES

The most delicious cookies done ridiculously quickly.
Get involved MOB.



*Brown sugar adds
flavour*

Ingredients

- 120g Softened Butter
- 75g Soft Light Brown Sugar
- 75g Caster Sugar
- 1 Egg
- 180g Self Raising Flour

*White sugar helps
with texture and
lightness*

Method

- 01.** Measure the butter into a bowl. Beat with a wooden spoon to make sure that it is really soft before you add the sugars.
- 02.** Beat in the sugars then crack in the egg. Give everything a good mix, scraping down the side of the bowl with your spoon then add the flour and a big pinch of salt, stir to form a soft dough. Tip in whatever add-ins you like, mix together to combine.
- 03.** Scrape the dough out of the bowl onto a large piece of baking paper. Using the paper to help you, roll the cookie dough into a log, roughly around 5cm wide. Wrap tightly then whack in the freezer for up to 3 months.
- 04.** When you want to bake off a cookie simply preheat your oven to 180°C/160°C Fan and line a baking tray with baking paper.
- 05.** Using a bread knife, slice off as many frozen cookies as you like, 1-2 cm thick. Place on the baking tray, leaving enough room for the cookies to spread, bake for 10 minutes. You want the cookies to look slightly wobbly when they come out. Trust us, as they cool they will harden around the edge and stay perfectly gooey in the middle.



MOB

Check out all of our recipes at mobkitchen.co.uk

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A massive thank you to Sophie Godwin for coming up with these amazing recipes and Elena Silcock for shooting and styling them so beautifully.