

THE TIMES  
**Eat!**

PULL OUT  
AND KEEP



**FAST ONE-POT MEALS  
ALL UNDER 50 MINUTES**



**RECIPES BY YASMIN FAHR**



PREP 5 MINS  
TOTAL 25 MINS



PREP 10 MINS  
TOTAL 30 MINS

## GARLICKY CHARRED GREENS WITH WHOLEWHEAT PENNE

Serves 4

- 2 tbsp olive oil
- 1 shallot, thinly sliced
- Salt and freshly ground black pepper
- 2 garlic cloves, thinly sliced or grated
- ½ tsp dried red chilli flakes
- 500g dried wholewheat penne
- 300g chard or cavolo nero, leaves removed from stems, cut into 2.5cm ribbons
- 45g grated pecorino, plus more to serve
- Zest of 1 lemon

1 Heat the oil in an ovenproof 30cm frying pan over a medium heat until shimmering. Add the shallot with a pinch of salt and cook for about 3 minutes until softened. Add the garlic and a pinch or more of chilli flakes, stirring constantly until fragrant but not browned, about 1 minute. Pour 1 litre water into the frying pan, bring it to a vigorous boil, then add the pasta and more salt. The water shouldn't taste like the sea, because you're not draining the liquid. Cook until the pasta is al dente, about 2 minutes less than the package instructions, stirring every few

minutes to ensure nothing is sticking on the bottom, about 10 minutes in total. Keep tasting it as it gets closer to being done.

2 Heat the grill to high. Place an oven rack 15cm from the heat source (if your grill is inside your oven).

3 Stir the chard or cavolo nero into the pasta and then top with the grated pecorino. Place under the grill until the cheese has melted and turned a light golden hue and the vegetables are starting to brown – about 2-3 minutes, depending on your grill.

4 Remove, top with lemon zest and more cheese, if desired. If there is any leftover pasta, reheat it, squeeze in some lemon juice for brightness, add a swirl of extra virgin olive oil and top with cheese.

## DILL RICE WITH BROAD BEANS AND SMOKED FISH

Serves 2-4 for sharing

- 200g basmati rice or other long-grain rice, rinsed
- 1 tbsp olive oil or ghee
- Salt
- 150g frozen or fresh shelled broad or edamame beans

- 1 large bunch of dill, leaves and stems roughly chopped
- 225g smoked fish, such as mackerel or salmon, flaked
- Greek yoghurt, for serving
- 1 lemon, cut into wedges, for serving

1 In a flameproof casserole dish or large frying pan with a tight-fitting lid, combine the rice, 500ml water and the oil or ghee, then season well with salt. (You're not draining the water so you don't want it to taste like the sea.) Cover and bring the water to an active boil, then reduce the heat to maintain an active simmer. Keep covered and cook until most of the liquid has been absorbed, about 15-20 minutes. Try not to peek under the lid too much until the end and keep the heat low so it doesn't burn.

2 Stir in the beans and dill until you see green-speckled rice rather than solo white grains. Cook until the beans are warmed through, about 5 minutes more. Remove from the heat, fluff the rice with a fork and then stir in the smoked fish. Cover while you set the table – leave it for about 5 minutes. Serve with lots of yoghurt and lemon wedges.

**LEMON-SAFFRON CHICKEN KEBABS**

*Serves 2-4 for sharing*

- ½ tsp saffron threads
- 2 tbsp low-fat Greek yoghurt
- Juice of 2 lemons
- Salt and freshly ground black pepper
- 675g skinless boneless chicken thighs, cut into 5cm chunks
- 2 medium-sized tomatoes, left whole or quartered
- 1 small red onion, halved and cut into 2.5cm slices
- 1 tbsp olive oil
- 1-2 large pieces lavash or pitta bread, lightly toasted, for serving
- Fresh herbs such as mint, basil and parsley, for serving
- 75g feta, crumbled, for serving

1 In a shallow bowl, add the saffron threads and crush them into a powder using the back or bottom of a wooden spoon. Mix with 1 tbsp warm water, stirring until mostly dissolved. Mix in the yoghurt and lemon juice and season with salt and pepper. Add the chicken and coat well with the marinade. Let it sit in the fridge for up to 24 hours or a minimum of 15 minutes.

2 Preheat the grill with the rack 15cm from the heat source (if the grill is in your oven). Place the tomatoes and onion on one side of a baking tray and toss with the olive oil, salt and pepper. Set the chicken pieces on the other side and place the tray under the grill. Cook until the top of the chicken starts to look slightly charred, about 6-7 minutes, depending on the strength of your grill.

3 Remove the baking tray and turn over the chicken pieces, tomatoes and onion, then return to the grill until the chicken is cooked through. There should be no pink visible or squishy, glassy-looking meat in the middle of the chicken. The tomato skins should be blistered and charred in spots and the onions will be a deeper purple and silky in texture.

4 Serve the chicken with the tomatoes and onions, toasted lavash or pitta bread, fresh herbs and feta. ➤

**PREP 10 MINS  
TOTAL 25 MINS**

PHOTOGRAPHS Patricia Niven



## GINGER-CURRIED LAMB CHOPS WITH BRAISED GREENS

*Serves 2-4 for sharing*

- 2 tsp curry powder
- 1 tsp ground ginger (optional)
- Salt and freshly ground black pepper
- 4 lamb chops
- 1 tbsp ghee or vegetable oil
- 1 medium red onion, thinly sliced
- 2 garlic cloves, grated or minced
- 120ml chicken stock
- 100g chard or other leafy greens, leaves removed from the stems, leaves and tender stems cut into 5cm pieces
- Juice of 1 lemon
- 15g fresh mint, parsley or coriander leaves and fine stems, roughly chopped, for sprinkling
- Extra virgin olive oil, for drizzling

1 In a mixing bowl, combine the curry powder, ginger, salt and pepper. Season the chops all over with the spice mix and set aside while you prepare the rest of the ingredients.

2 Heat the ghee in a 30cm frying pan over a medium-high heat until melted. Add the chops and cook without moving until the underside layer is bubbling and browning, about 3-4 minutes, then flip and continue to cook until the internal temperature reaches 55C on an instant-read thermometer, about 3-4 minutes longer for medium rare. Remove

from the frying pan and set aside on a cutting board to rest, covering loosely with foil.

3 Return the frying pan to a medium heat without wiping it out. (There should still be about 1 tbsp fat in the pan – add more if needed.) Add the onion and a pinch of salt and cook until just softened, about 2-3 minutes, then add the garlic, stirring constantly until fragrant, about 30 seconds. Pour in the stock, scraping up any brown bits with a wooden spoon. Immediately add the greens, stirring occasionally, until softened and most of the liquid is gone, about 3-4 minutes. Season to taste with salt and pepper. Take the pan off the heat and stir in the lemon juice.

4 Divide the greens and lamb chops between serving plates, sprinkle with fresh herbs, drizzle with olive oil and serve immediately.

## MOZZARELLA-TOPPED CHICKEN CUTLETS

*Serves 2-4 for sharing*

- 300g baby plum tomatoes, halved
- 1 x 400g tin cannellini beans, drained and rinsed
- 2 garlic cloves, grated or minced
- 1 medium red onion, sliced
- 1 tsp dried red chilli flakes
- 1 tsp dried oregano
- 2 skinless, boneless chicken breasts, sliced in half lengthwise to form 4 thin cutlets (about 450g)

- 3 tbsp olive oil
- Salt and freshly ground black pepper
- 225g mozzarella, sliced or torn into bite-sized chunks
- 15g basil leaves, thinly sliced or roughly torn (or left whole if small)
- Extra virgin olive oil, for drizzling

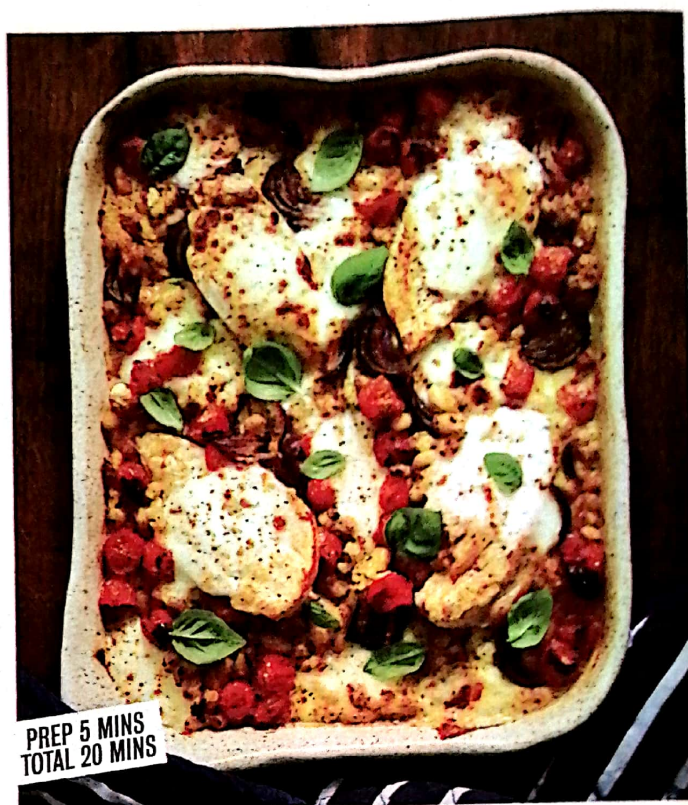
1 Preheat the oven to 200C/Gas 6. Set two racks in the oven, one in the middle and the other 15cm from the heat source (if your grill is inside your oven).

2 Toss the tomatoes, beans, garlic, onion, chilli flakes, oregano, chicken and olive oil on a baking tray with some salt and pepper, coating them well and spreading them evenly.

3 Roast on the middle oven rack until the chicken is cooked through and the tomatoes are starting to burst, about 10 minutes. The chicken should be opaque on the top – if you see any bits of raw chicken or pinkish hues, put it back in for 1-2 minutes more.

4 Remove from the oven and turn on the grill. Stir the ingredients a little and place a chunk of mozzarella on each piece of chicken, then scatter the rest of the cheese over the other ingredients. Place under the grill until the cheese is bubbly and just browned, up to 3 minutes, depending on the ferocity of your grill.

5 Top with basil, pepper and a drizzle of extra virgin olive oil if desired.



**MY MAMA'S CHICKEN**

Serves 4

- 4 skin-on, bone-in chicken thighs (about 675g)
- Salt and freshly ground black pepper
- 1 tsp ground cumin
- 3 tbsp olive oil, divided
- ¼ tsp saffron threads
- 500ml chicken stock or water
- 200g basmati rice, rinsed
- Juice of 1 lemon, plus another lemon cut into wedges, for serving
- 15g fresh parsley or coriander leaves and fine stems, roughly chopped, for sprinkling

**PREP 10 MINS  
TOTAL 35 MINS**

1 Season the chicken all over with salt, pepper and cumin. Heat 2 tbsp oil in a large frying pan with a tight-fitting lid over a medium-high heat until very hot – less of a gentle, wavy shimmer and more like aggressive lava when you move the pan. Add the chicken, skin-side down, and cook without moving until it easily releases from the pan and the skin is crispy and well browned, about 4-7 minutes. (Test the chicken at 4 minutes to check its resistance.) Use tongs to flip and brown the other side, about 3-6 minutes longer. Transfer the chicken to a plate and set aside.

2 Meanwhile, in the bottom of a small metal or sturdy bowl, grind the saffron and mix with 1 tbsp hot water until dissolved.

3 Reduce the heat to medium and add the chicken stock to the same pan, scraping up with a wooden spoon anything stuck to the bottom. Add the rice, lemon juice and saffron water, then season with salt and stir to combine. There will probably be a little fat in the pan, which is great. If it's charred or black, though, rinse it out quickly and add 1 tbsp oil to the rice/stock mixture.

4 Cover with the lid, bring the liquid to an active boil and then lower the heat to maintain an active simmer. Remove the lid and lay the chicken, skin-side up, carefully on top. Cover and cook until the rice is tender, most of the liquid is absorbed and the chicken has finished cooking, about 15-20 minutes. Use this time to clean up, set the table and make sure your pepper mill is stocked.

5 Remove the rice from the heat, fluff with a fork, cover and let it sit for a few minutes while you prepare the herbs. Divide between plates and finish with loads of pepper. Top with the herbs and serve with lemon wedges. ▶



## GO-TO ROAST CHICKEN

Serves 2-4 for sharing

- 1 x 1.5-1.8kg chicken, spatchcocked (see below)
- Salt and freshly ground black pepper
- Fresh thyme sprigs (optional)
- 3 tbsp olive oil
- 1 lemon, halved through the belly
- 450g baby potatoes, halved
- 30g flat-leaf parsley, leaves and fine stems, roughly chopped
- 30g mixed fresh herbs of your choice, such as coriander, thyme or basil, leaves and fine stems, roughly chopped
- 2 tbsp drained capers, roughly chopped
- 4 spring onions, white and light green parts only, thinly sliced
- ½ tsp dried red chilli flakes (optional)
- Juice of 1 lemon, or more to taste
- 120ml extra virgin olive oil

*How to spatchcock a chicken: use kitchen scissors to remove the backbone by cutting closely along it on both sides. At first, I was always afraid that I'd end up cutting up half the chicken. I did not, and neither will you. Lay it breast-side up, then, using your palms, press down to crack the breastbone so that it flattens.*

1 Preheat the oven to 230C/Gas 8 with a rack in the middle and one 15cm from the heat source. Place a roasting tin in the oven to

heat. Dry the chicken with kitchen roll and season with salt and pepper. Make sure to get it all over. If it doesn't make you too squeamish, lift up the skin of the breast and gently use your fingers to loosen it, creating a little pocket. Be careful not to tear a hole in the skin. Do the same with the thigh area. Add salt and pepper in the pockets and add fresh thyme sprigs, if using. If you can prepare the chicken the night before, you can do this then, which is even better.

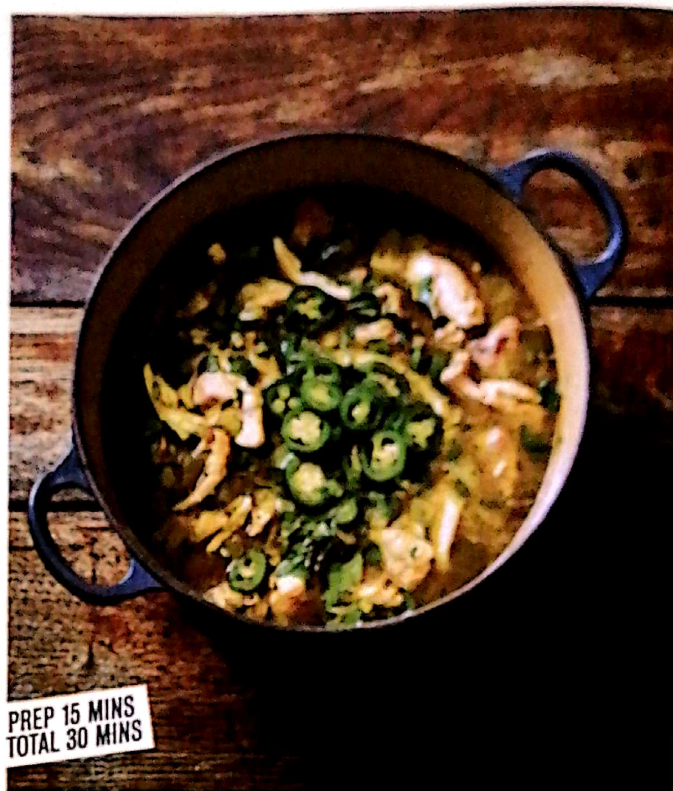
2 Place the chicken skin-side up in the centre of the tray. Lightly rub 1 tbsp olive oil all over, making sure not to burn your hands. Nestle the lemon halves in the tray, cut-side down. Roast until the skin just starts to brown, about 20 minutes.

3 Meanwhile, toss the potatoes with 2 tbsp olive oil and season with salt and pepper. 4 Remove the chicken and flip over using tongs and a wooden spoon without tearing the skin. Spread the potatoes around the chicken in an even layer. Cook for another 15 minutes, then remove, flip again and cook for a further 5-10 minutes, pushing the potatoes around. The chicken is done when the juices run clear when pierced with a fork or an instant-read thermometer reaches 75C in the thigh, away from the bone. Let the chicken rest for 5-10 minutes. If the skin is not as browned as you'd like, place the chicken under a hot grill for 2-4 minutes, depending on the ferocity of your grill, until the skin is crispy.

5 Meanwhile, prepare the salsa verde. In a

serving bowl, combine the parsley, other fresh herbs, capers, spring onions, chilli flakes, lemon juice and extra virgin olive oil. Season with salt and pepper.

6 When the chicken is done, squeeze the charred lemon halves over it, garnish with some salsa verde and serve the remainder on the table along with the potatoes.



## 30-MINUTE GREEN CHICKEN CHILLI

Serves 2-4 for sharing

- 2 tbsp olive oil, divided
- 1 medium onion, diced
- 2 jalapeño chillies, 1 seeded and diced, plus 1 extra, sliced, for sprinkling
- 2 poblano or green peppers, seeded and diced
- 6 fresh green or unripe tomatoes, roughly chopped
- Salt and freshly ground black pepper
- 2 garlic cloves, grated or minced
- 1 tbsp ground cumin
- 1 tbsp dried oregano
- 450g skinless, boneless chicken thighs
- 500ml low-salt chicken stock
- 125g tin mild or hot chopped green chillies
- Juice of 1 lime, plus 1 lime sliced into wedges, for serving
- 15g fresh coriander, roughly chopped
- 1 avocado, halved, destoned, peeled and sliced, for serving (optional)

1 Heat the oil in a large flameproof casserole dish over a medium heat until shimmering. Add the onion, jalapeño chillies, peppers, green tomatoes, salt and pepper, stirring frequently, until softened, about 5 minutes. Add the garlic and spices and cook, stirring constantly, until fragrant, about 1 minute.

2 Season the chicken with salt and pepper, then add to the pan. Pour in the stock and raise the heat to a gentle simmer. Cook until the chicken is done, about 10 minutes.

3 Remove the chicken and place on a plate or in a shallow bowl. Use a fork and knife to shred the meat, then return to the pan with any liquid and the green chillies. Warm it through for about 2 minutes. Squeeze in the lime and adjust seasoning. Ladle into bowls and top with coriander, avocado (if using) and sliced jalapeño. Serve with lime wedges.

### BAKED FETA WITH GREENS AND LEMON-TAHINI DRESSING

*Serves 2-4 for sharing*

- 400g tin chickpeas, drained and rinsed
- 300g curly kale or cavolo nero, leaves removed from stems, cut or torn into 5cm pieces
- 3 tbsp olive oil, plus more for drizzling
- Salt and freshly ground black pepper
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper
- 2 x 200g blocks feta, cut into 3cm pieces
- 30g pumpkin seeds
- 1 tbsp tahini
- 3 tbsp extra virgin olive oil
- Juice of 3 lemons

1 Preheat the oven to 200C/Gas 6 with a baking tray inside. When the tray is hot, take it out and carefully add the chickpeas and kale, then toss with the oil, salt, pepper and spices, using a wooden spoon or your hands, making sure not to burn yourself. Spread the ingredients evenly, then create little pockets for the feta, making sure they have direct contact with the baking tray. Drizzle with olive oil and sprinkle with pepper.

2 Return to the oven and bake until the feta has softened, the kale has browned in spots and the chickpeas become crisp – around 15-20 minutes. Mix the kale and chickpeas with a wooden spoon halfway through. Leave the feta as it is, but keep an eye on it so it doesn't burn. Add the pumpkin seeds for the last 5 minutes.

3 Meanwhile, in a small serving bowl, whisk together the tahini, extra virgin olive oil, juice of 2 lemons and salt and pepper.

4 Remove the tray and squeeze the rest of the lemon juice over the greens and chickpeas. Divide between plates and serve with the dressing on the side. ➤

PREP 5 MINS  
TOTAL 25 MINS



**BAKED EGGS AND BARLEY WITH PEPPERS, GREENS AND GOAT'S CHEESE**

*Serves 2-4 for sharing*

- 2 tbsp olive oil
- 1 medium red onion, diced
- 2 orange and red peppers, seeded and diced
- 300g baby plum tomatoes, halved
- Salt and freshly ground black pepper
- ½ tsp dried red chilli flakes
- 200g barley
- 900ml vegetable stock or water
- 150g leafy greens such as kale or chard, leaves removed from stems and cut into 2.5cm ribbons
- Juice and zest of 2 lemons
- 4 eggs
- 75g goat's cheese, crumbled
- 15g parsley leaves and fine stems, roughly chopped, for sprinkling

1 Heat the oil in an ovenproof 30cm frying pan with a tight-fitting lid over a medium heat until shimmering. Add the onion, peppers and tomatoes and season with salt and pepper. Cook, stirring frequently, until everything has softened and the tomatoes have started to blister, about 5 minutes. Add the chilli flakes, stirring constantly until fragrant, for about 30 seconds.

2 Add the barley and toast for about 1 minute (this makes it tastier), then add the stock or water and a pinch more salt. Cover, raise the heat to a vigorous boil, then remove the lid and adjust the heat to maintain an active simmer. Cook uncovered until most of the water has been absorbed and the barley is just tender, about 15 minutes, stirring every few minutes to make sure nothing is sticking to the bottom.

3 Turn on the grill with the rack 15cm from the heat source (if your grill is inside your oven).

4 Stir the greens into the barley until they start to wilt, then add the juice from 1 lemon. Using a wooden spoon, create four wells in the barley and crack the eggs inside them. Crumble the cheese all over and place under the grill



until the egg whites are set and the yolks are runny, about 5-6 minutes, depending on the ferocity of your grill. Once the time gets close, check on the eggs every 30 seconds by jiggling the pan to see if the whites are firm or still loose.

5 Top with lemon zest, pepper and parsley and squeeze the remaining lemon juice all over. ■

Extracted from *Keeping It Simple* by Yasmin Fahr (Hardie Grant, £16.99)

