

QUICK ORGANIC DINNER IDEAS



We all lead really busy lives and it can be tempting to buy a takeaway or pop a processed meal in the microwave. But if you want to stay healthy and fighting fit it is best to cook food from fresh. And even better to use organic foods. Organic foods are not treated with any chemicals so are completely as God intended. They have more flavour and much more nutrients.

And when we lead busy lives we want to stay as healthy as possible. So eating organic, fresh food makes sense on every level. The question now is what can you prepare that is organic, healthy and is ready to eat quickly?

Cook in Batches

One way to make sure you have something ready is to batch cook. Why not spend a few hours making all your favourite meals, separate them out into portions and freeze them.

A great go-to in the freezer is an organic Basic Ragu sauce. Follow this basic recipe and multiply the quantities as you wish.

2 x 400g tins chopped tomatoes (organic)

2 sticks celery (chopped)

2 carrots (peeled and diced)

2 onions (peeled and finely chopped)

100g organic brown mushrooms (finely sliced)

1 clove finely grated garlic

1 bay leaf

A handful of basil leaves (preferable but not essential) – or you can add dried basil.

1 glass of water

2 tablespoons of organic tomato purée

30ml extra virgin olive oil

Himalayan salt and black pepper – few grinds of each as seasoning
(250g organic, grass-fed minced beef or lamb, turkey or Quorn)

1. Fry celery, mushrooms, carrots, garlic and onions in olive oil. (If using beef, lamb or turkey include the meat at this stage.

2. When the vegetables are soft and the meat browned add the tinned tomatoes, herbs, tomato puree, water and seasoning. If using Quorn mince it can be added at this stage.

3. Stir ingredients together and then leave to cook gently – this takes about half an hour. Remember to stir now and then to avoid it sticking.

4. Remove bay leaf before freezing.

This base can be used for the following dishes:

Cook organic, wholemeal pasta or spaghetti for bolognaise.

Top with cooked and mashed organic potatoes for Cottage Pie (Beef) or Shepherd's Pie (Lamb).

Add home-grown mint instead of basil which really makes this classic lamb dish sing.

Or why not mix it up and use mashed, organic potatoes, sweet potatoes and/or swede.

Add a tin of organic kidney beans and chilli powder and serve it with boiled, organic brown rice for a delicious chilli con carne.

Free-range, organic eggs are the ultimate fast food.

And who doesn't love a Frittata? You can use up foods languishing at the back of the fridge and crush dinner tonight.

10 eggs

Onion (chopped)

2 crushed cloves of garlic

25g grass fed butter

200g of cooked, organic vegetables. I suggest broccoli, wilted spinach or kale, peppers, mushroom or asparagus (or anything else you fancy).

50g any grated cheese – cheddar, feta or goat's cheese work best.

Himalayan salt and black pepper

Extras to give your frittata and bit more zing - chopped herbs such as basil, thyme or chives or how about a sprinkle of chilli powder or cayenne pepper

1. If not already cooked, steam or lightly fry (in extra virgin olive oil) vegetable/s.

2. Drain thoroughly – especially spinach/kale.

3. Fry the onion and garlic in the butter until soft.

4. In a bowl, whisk the eggs. Add seasoning, cheese and any additional herbs or spices.

5. Add the cooked vegetables to the onions.

6. Pour the egg mixture into the pan and stir to make sure everything is mixed through. Cook for about 5 minutes so that the base and sides cook.

7. Then put under a pre-heated grill for another 5 minutes to cook the top.

8. Remove and slice into portions. Serve hot or cold with salad or on its own.

So there you have it. A couple of organic, quick dinner ideas that can be adapted in several ways.

Enjoy