

No Nonsense Nosh – quick, easy and delicious recipes for time poor people

It's late, you're tired, you've been non-stop all day and you are just going to have a piece of toast and collapse in front of Netflix! We've all been there but, these quick and easy recipes will help restock the energy and nutrients you've depleted across the day, which in turn helps support better sleep quality, immune health, and a calm mind, making tomorrow that little bit easier. The sense of achievement from knowing you created a healthy meal from scratch, that tastes far better than any ready meal, will be worth it. No fancy ingredients, food processors or kit needed. If you have an oven, hob, (sharp) knife, a chopping board and some pots and pans, together with a few kitchen cupboard staples, you are flying.

Fast and fiery fajitas – 20-30 minutes – serves 2.

1. Heat olive or coconut oil in a large frying pan or wok on a medium-low heat.
2. Chop a large onion in half, then into strips.
3. Add onion to the pan and stir occasionally to avoid burning.
4. Chop 1-2 cloves of garlic and add to the pan.
5. Chop a pepper length way and add to the pan.
6. Take your choice of 200g chicken breast or boned thighs, tofu, or mushrooms and courgette and cut into strips or chunks (prawns also work well, save these for later – see below).
7. Add to the pan and turn up the heat slightly.
8. If using vegetables only add a tin of chickpeas or other pulses.
9. Add a pinch of salt, fresh black pepper and a small pinch of a stock cube.
10. Now sprinkle over equal parts (about 0.5-1 teaspoons) of cumin, ground coriander, hot chilli powder or a chopped chilli or two, cayenne pepper, smoked or sweet paprika, oregano. You can use a Cajun/BBQ/fajita spice mix also if easier.
11. Turn up the heat and fry until you can smell the delicious aromatic flavours of the spices start to release into the air.
12. If using prawns add them now.
13. Add a squeeze of tomato paste and a tiny little bit of water, stir and turn the heat down.
14. Leave to cook for another two to three minutes or until cooked through, stirring regularly.
15. Turn off the heat and leave to rest whilst you warm the wraps of your choice or, cook some rice.
16. Chop lettuce, avocado and fresh coriander and layer this into the wraps along with sour cream or natural yogurt, salsa or chilli sauce, and some grated cheese, as per your preferences.
17. Pile the fajita mix into the wraps and enjoy!

Food prep tip: make up enough for 2-3 wraps extra than you plan to eat for dinner, make one to have for lunch tomorrow and keep the rest to make up the next day!