

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.

Super speedy bolognaise – approx. 30 minutes – serves 2

1. Roughly dice an onion and lightly fry it on a medium heat, in olive oil.
2. Whilst the onion is gently softening, roughly chop 2-3 cloves of garlic and add to the pan.
3. Fry for 2-3 minutes.
4. Turn up the heat so it's on full and add in 300g of your choice of mince, breaking it up into smaller chunks as you do so. Turkey, pork, beef or any veggie/vegan alternative all work well – so you decide!
5. Brown off the mince at a high temperature, adding in a big pinch of good quality sea salt and lots of fresh cracked black pepper.
6. Once the mince is browned pour in about 150ml of water a splash of red wine vinegar, balsamic or Worcestershire sauce if you have these. If you have an open bottle of fruity wine that needs using up you can use this instead.
7. Leave that to bubble at a high heat for a minute or two then add in a stock cube of your choice to match your mince, or your own homemade stock if you have it.
8. Add 1 tin of chopped tomatoes or passata and continue to cook at a high heat.
9. Whilst that's bubbling away grate a carrot, chop up a leak or any other old veggies that you've got hanging around in the fridge and want to use up, and throw into the pan.
10. Add a good squeeze of tomato purée and a generous sprinkle of oregano and basil, or similar mixed Italian herbs.
11. Top up with a little more water if needed, to make sure that the mixture is just covered (pour a little water into the tomato tin, swish round and add to pan to make sure none is wasted).
12. Turn the heat down so the contents of the pan are gently bubbling.
13. Cook up your pasta. This should take about 10 minutes or less depending on the type and brand you use. You know it's done just as it starts to turn from yellow to white and is a bit floppy when picked out on a fork. Try a bit to see if it's to your liking. It should ideally be soft but with a slight firmness.
14. For an extra nutrient boost steam some broccoli over the pasta as you boil it; or serve with a large handful of mixed salad leaves.

If you've got other things to do, I would strongly recommend turning the heat off and covering with a lid. Then, go off to get changed, have a quick shower, put the washing on or make your packed lunch; then come back to cook your pasta and veggies and gently warm the bolognaise through before serving. This will help create a richer flavour and allow you to better enjoy your dinner knowing you can collapse once you've eaten.

Taste Tip: Try a little before serving to be sure it's to your liking. Add a little more salt or pepper, stock or tomato puree according to your preferences. Feel free to grate a little mature cheddar or parmesan and add lashings more black pepper for the restaurant experience.

Food prep tip: Make at least double and have leftovers for lunch/dinner tomorrow. This will keep in the fridge for at least 2-3 days and for up to a month in the freezer.