



The Organised You
TAKE BACK YOUR LIFE

RECIPE COLLECTION

QUICK AND EASY MEALS
FOR YOUR FAMILY TO ENJOY



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Easy Pea & Bacon Quiche

Ingredients

4 eggs
4 bacon rashers/ 1/2 cup chopped cooked chicken
1/4 cup melted butter
1/2 cup grated tasty cheese
1/2 cup grated parmesan
2 cups milk
1/2 cup self-raising flour
1/2 cup frozen or fresh peas
Handful of parsley
Salt
Pepper
(you could also add chopped spinach, tomatoes, grated zucchini)

Method

1. Mix ingredients together lightly (do not over-mix)
2. Pour the mixture into a large, deep pie dish. There is no need to grease the dish.
3. Bake at 200 C (390 F) for 40 minutes
4. Serve with a simple salad



Nachos

Ingredients

Nacho mixture

- 1 tsp cumin seeds
- 2 tsp oregano
- 1/2 tsp paprika
- 1 onion, diced
- 1 x 400g tin cannellini beans
- 1 packet of corn chips

- 1 red capsicum, diced
- 2 handfuls cheddar cheese, grated
- Salt
- Olive oil
- Few spoonfuls yoghurt/sour cream

Guacamole:

- 1 tomato
- 2 avocados
- 3 spring onions
- Squeeze of lemon juice
- Salt

Method

1. Pre-heat oven to 180 C
2. Pound the cumin seeds in a mortar and pestle, add the other spices and mix
3. Heat a pan over medium heat, heat a a small amount of oil and add the onion and spices. Cook 2 minutes until the onion is soft
4. Rinse beans and add to the onion mixture. Cook, stirring occasionally, for 3-5 minutes. Add salt to taste
5. Remove from heat and add chopped pepper to the pan (this will cook in the oven)
6. Spread corn chips out on a baking tray and evenly cover with the bean mixture
7. Sprinkle grated cheese over the top
8. Place in the oven for approx. 7-8 minutes (until the cheese has melted)
9. While the nachos are in the oven, put the guacamole ingredients in the food processor and whiz to preferred consistency
10. Remove nachos from the oven and spoon guacamole and yoghurt/sour cream over the top. Divide onto plates or eat straight off the tray!



20-minute celery and potato soup

Ingredients

1 onion / 2 leeks

6 celery stalks

2 potatoes, diced

50g butter

1 litre vegetable stock

Salt and pepper

Cream (optional)

(serves 4 - double/triple the ingredients to make a batch for lunches during the week)

Method

1. Blitz celery and onion in a food processor until finely diced
2. Melt butter in a large saucepan and add celery and onion. Cook for 3 minutes until soft but not coloured
3. Add potato and cook for a further 2 minutes
4. Add the stock
5. Cook on a rapid simmer for 20 minutes
6. Blend the soup to smooth consistency
7. Season with salt and pepper, and add a dash of cream to each bowl if desired



Country-Style Roast Chicken

Ingredients

1.5kg whole chicken

1 Lemon

1 tbs olive oil

1 tsp dried thyme

4 large desiree potatoes, quartered

2 corn cobs

Salt & pepper

Honey gravy:

1/2 cup chicken stock

1 tsp flour

1 tbs honey

Method

1. Preheat the oven to 210 ° C for at least 20 minutes
2. Rub lemon juice, oil, salt and pepper into the whole chicken and sprinkle with thyme
3. Put the 2 halves of the squeezed lemon in the cavity of the chicken
4. Roast the chicken for 1 hour. After 15 minutes cooking time, add the potatoes to the tray. Turn the potatoes over after 20 minutes in the oven
5. Whisk stock and flour together in a saucepan on medium heat. Add honey and continue whisking until the mixture thickens (around 3 minutes)
6. Steam corn for 5- 10 minutes, then remove from the pan and carefully remove the kernels from the cob with a sharp knife
7. Remove roast from the oven and serve up chicken, corn and potatoes with honey gravy poured over the top



Spinach and carrot pie with quick crumb crust

Ingredients

Pie filling:

1 onion
2 carrots
3 bacon rashers, diced
4 handfuls baby spinach
6 eggs
1 cup grated cheddar cheese

Breadcrumb base:

2 cups bread crumbs
1/3 cup grated parmesan
Handful parsley, chopped
Salt & pepper

Method

1. Pre-heat oven to 180° C and lightly grease the base of a pie dish
2. Blitz onion and carrots in a food processor, and fry in medium-hot pan with the bacon for 3 minutes
3. Blitz the spinach and add to the hot pan until wilted
4. In a jug, whisk the eggs together, add cheese and season to taste
5. In a separate bowl, mix the crust ingredients together and press these into the base of a pie dish
6. Add spoonfuls of carrot mixture over the top of the breadcrumb base, then gently spread, taking care not to dislodge the breadcrumbs
7. Carefully pour the egg mixture over the top to cover
8. Bake in the oven for 20-25 minutes, then allow to cool slightly before serving



Lasagna

Ingredients

1 onion
1 carrot
2 sticks of celery
2 rashers of bacon
500g beef mince
1 tbs olive oil
1 tsp cinnamon
5 - 6 grates of whole nutmeg / 1/4 tsp ground nutmeg
720ml jar passata
2 tins tomatoes
Lasagna sheets
1 ball mozzarella / 1 bag shredded mozzarella
Salt and pepper to taste

Bechamel sauce:

1 cup milk
1/4 cup plain flour
50g butter

Method

1. Preheat oven to 190° C
2. Finely chop the vegetables and bacon
3. Heat olive oil in a pan and add these ingredients, allow to sweat for 5 minutes
4. Add the mince to the pan, breaking it up with a spoon to brown all over
5. Add passata and tins of tomato to the pan. Add spices and salt and pepper to taste. Allow sauce to simmer for 1 hour
6. For the béchamel sauce - in a small saucepan melt butter, then stir in flour to make a roux (smooth paste). Gradually add the milk - whisk or stir continuously to ensure there are no lumps in the sauce
7. To assemble the lasagna - begin by spreading a layer of sauce on the bottom of a large dish, sprinkle with mozzarella, then lay lasagna sheets on top. Repeat this 3 times, finishing with lasagna sheets
8. Pour the béchamel sauce evenly over the top and sprinkle with mozzarella
9. Bake in the oven for 45 minutes
10. Remove lasagna from oven, and serve with a fresh green salad



Slow-cooked beef casserole

Ingredients

1 onion	2 rashers of bacon, diced
2 carrots	1/4 cup plain flour
2 celery sticks	2 cups beef stock
2 potatoes	1/2 cup red wine
1 zucchini	2 bay leaves
2 tbsp olive oil	1 tsp cinnamon
600g chuck steak, diced	Salt & pepper

Method

1. Roughly chop all the veg (or put in a food processor for quicker prep)
2. Lightly flour and season the meat
3. Heat half the oil in a pan and add the meat (in batches if necessary) to seal, then put into the slow cooker pot
3. Once the meat is done, pour the rest of the oil into the pan and add onion, carrot, bacon and celery for 3-5 minutes until the vegetables are softened
4. Add these and all other ingredients to the slow cooker
5. Cook the stew for 6 hours on low or 4 hours on high
5. Season to taste and serve as is, or choose a side - rice, risoni, crusty bread or mashed potato (omit the potato from the main recipe if you choose this option)



Oven-baked vegetable risotto

Ingredients

1 tbs olive oil	1/2 cup fresh or frozen peas
2 leeks, finely chopped	1 cup Arborio rice
2 - 3 rashers bacon, diced	3 cups chicken stock
1 zucchini, diced	1/2 cup grated Parmesan, plus extra to serve
1 red capsicum, diced	Salt & pepper to taste
1/2 butternut pumpkin, diced	

(Serves 4)

Method

1. Preheat oven to 180° C
2. Heat oil in a medium-sized pan. Add onion and bacon, and cook for 2- 3 minutes
3. Add all the other vegetables and cook until the onion is translucent (approx. 3-5 minutes)
4. Add rice and stir to coat in the oil
5. Pour the chicken stock into the pan, and gently bring to the boil, stirring regularly
6. Cover the pan with a lid or foil and place in the oven for 15 minutes.
7. Remove the dish from the oven and add peas. Return to the oven for 3 minutes.
8. Remove from the oven, stir in parmesan, and season with salt and pepper. Allow to sit for 3-5 minutes then serve with extra parmesan sprinkled on top



Rosti with sausage and vegetables

Ingredients

3 large potatoes
1 onion
1 zucchini
5 sausages
4 eggs
1 cup milk
1 cup grated cheddar cheese
2 tbs olive oil
Salt & pepper

Method

1. Preheat the oven to 220° C
2. To make the potato base, grate 3 large potatoes and press the mixture into the bottom of a pie dish (this will need to be lined if it is not silicone)
3. Sprinkle the potatoes with salt and drizzle with 1 tbs of olive oil. Bake in the oven for 15 minutes
4. Grate the onion and zucchini (or blitz in a food processor)
5. Heat 1 tbsp olive oil in a pan and sauté zucchini and onion for approximately 3 minutes
6. Remove skin from sausages (do this quickly by scoring the length of the sausage and pushing the meat out) and add the meat to the pan. Break apart with a spoon and cook until brown
7. While the sausage is cooking, whisk eggs, milk and cheese in a separate bowl, and season to taste
8. Add cooked meat and vegetable mix over the potato base. Pour egg and cheese mixture evenly over the top
9. Bake in the oven for 25 minutes, then allow to cool slightly before serving with a simple salad



Grilled lemon fish with sweet soy and vegetables

Ingredients

White fish fillet (1 fillet per person) - you can use flathead, flake, rockling
1-2 lemons
Olive oil
Salt and pepper
2 bunches broccolini, julienned
2 carrots, julienned
4 tbs sweet soy sauce
2 tbs soy sauce
2 garlic clove, crushed
1 tsp chilli flakes

Method

1. Steam the vegetables over simmering water for 5 minutes
2. While the vegetables are steaming, combine the sauce ingredients in a small bowl
3. Get your pan nice and hot on the stovetop for cooking the fish
4. Squeeze the lemon over the fish, brush with olive oil and season
5. Place fish in the hot pan for 2 minutes on each side
6. To serve, pile the vegetables on a plate and pour the sauce over the top. Gently place the fish on top of the vegetables. (Serves 4)



Simple no-cook pasta sauce

Ingredients

3 anchovies
1 tin diced tomatoes
Handful fresh parsley
Handful fresh mint
1 tsp fresh oregano
1 clove garlic, crushed
1/2 cup parmesan, grated

Method

1. Put a pot of water on to boil
2. Add all sauce ingredients to food processor and blitz for 30 seconds
3. Add pasta of choice to boiling water and cook according to packet instructions
4. Drain pasta and pour fresh sauce on top of the cooked pasta
5. Sprinkle with fresh parmesan and season to taste



Veggie-packed meatloaf

Ingredients

1 tbs olive oil	1 egg, lightly beaten
1 kg beef mince	135g ricotta cheese
3 rashers bacon, finely chopped	1 zucchini, grated
2 garlic cloves, crushed	1 carrot, grated
1 onion, finely chopped	Handful fresh parsley, chopped
3/4 cup breadcrumbs	Salt and pepper

Method

1. Preheat the oven to 180° C
2. Grease a 9cm-deep, 9cm x 19cm (base) loaf pan (or use a silicone loaf pan and skip this step)
2. Heat the olive oil in a medium-sized pan, and gently cook the onions and bacon for 5 minutes, until the onion is softened
3. Add the garlic and stir for 1 minute. Remove from the heat and set aside for 5 minutes to cool
4. Place mince, breadcrumbs, egg, ricotta, parsley, zucchini and carrot in a bowl. Add the cooled onion mixture, and mix the ingredients together with your hands
5. Spoon the mixture into a pan and level the top with a spoon. Bake in the oven for 1 hour until the meatloaf is browned on top and coming away from the sides of the pan
6. Serve with mashed potatoes, and sliced avocado or green beans