



GOOD MOOD RECIPE GUIDE



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HELLO FROM:

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You know when you have one of those days when nothing is going quite right? Need something to make you feel better?

Get your friends round and try whipping up one of my favourite mood-boosting recipes.

A novice? No problem. There's Pasta with Spicy Tomato and Mozzarella Sauce, or Thai Green Chicken Curry to try. Budding chefs amongst you may want to give Yasai Yaki Soba a go or enjoy your very own posh Fish & Chips!

You can perk yourself up by making some Spicy Nachos or Avocado Houmous to munch on while having a good old chinwag.

And for those times when nothing hits the spot, console yourself with delicious Banoffee Pie or wickedly indulgent Berry Cheesecake. They're called comfort foods for a reason!

This is just a selection to get you started. For more recipes, visit bbc.co.uk/grubclub.

**GOOD LUCK, GET COOKING
AND ENJOY GRUB CLUB!**

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MAINCOURSE

THAI GREEN CHICKEN CURRY



EFFORT: **3**/₅

SERVES UP TO **4** PEOPLE

PREP TIME **10** MINUTES

COOKING TIME **20** MINUTES

STUFF YOU'LL NEED

Vegetable Oil 1 tbsp

Green Curry Paste

1–2 tbsp

Chicken 6 thighs, skinned, boned and thinly sliced

Coconut Milk 400ml

Thai Fish Sauce 2 tbsp

Golden Caster Sugar

1 tbsp

Trimmed Green Beans, Asparagus and Coriander Leaves
A handful of each

Salt and Freshly Ground Black Pepper

Thai This

Swap the chicken for king prawns or cubes of tofu, if you prefer.

Try serving with Thai fragrant rice.

If you're cooking for 10 friends, then simply multiply all the food quantities by 3!

...AND HOW TO MAKE IT



1

Heat a wok or large saucepan over a medium heat and add the oil.



2

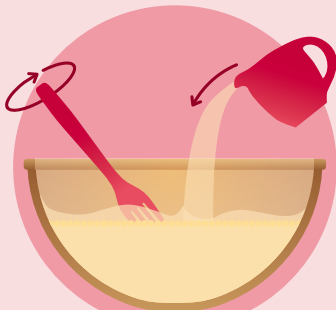
Warm the oil and add the **curry paste** (1-2 tbsp green curry paste, depending on how hot you like it) and cook, stirring for 1 minute until fragrant.

3

Add the chicken to the pan then coat in the paste, stir-frying for 1-2 minutes until slightly coloured on all sides.

4

Pour in the coconut milk, fish sauce and sugar then stir and reduce the heat to a gentle simmer. Cook for 10 minutes at this heat.



5

Add the beans and asparagus and cook for 3 minutes stirring from time to time until the vegetables are just tender.

6

Remove from heat, add the coriander leaves and season with **salt and pepper**.



SERVE AND RELAX!



MAINCOURSE

LEMON SOLE GOUJONS

WITH MUSHY PEAS AND
SWEET POTATO CHIPS



EFFORT: **5**/₅

SERVES
UP TO

4

PEOPLE

PREP
TIME

10

MINUTES

COOKING
TIME

30

MINUTES

STUFF YOU'LL NEED

Skinless Sole

4 fillets, cut into
1cm-wide strips

Fresh Breadcrumbs 100g

Plain Flour 50g

Cayenne Pepper ½ tsp

Lemon ½, zest only

Eggs 2

**Salt and Freshly Ground
Black Pepper**

Olive Oil 4 tbsp, for frying

For the Sweet
Potato Chips:

Sweet Potatoes

2, skins on

Olive Oil 2 tbsp

The Mushy Peas:

Frozen Peas 200g

Crème Fraîche 1 tbsp

And the Sauce:

Mayonnaise 3 tbsp

Lemon squeeze to taste

Sole food...

Try bunging in
half a teaspoon of
mint sauce (or even
a few leaves of
chopped fresh mint)
to give the peas an
extra fresh flavour.

Gizzi recommends
free range eggs...
A little bit more cash,
but worth it for good
karma points (and
they taste better too).

...AND HOW TO MAKE IT



1

Preheat the oven to 200C / 400F or gas mark 6.

2

Cut the sweet potatoes into wedges and place in a large roasting tin.

3

Drizzle over oil and mix the wedges to coat. Roast for 30 minutes, turning halfway through until cooked through and crisp.

4

Place the flour into a shallow bowl, and beat the eggs together in a second bowl.

5

Place the breadcrumbs in a shallow bowl and mix with the **cayenne pepper** and **lemon zest**.

6

Season the fish with **salt and pepper**.

7

Dip each fish goujon **first** into the **flour**, then the beaten **egg** and finally the **breadcrumbs**.

8

Heat the oil in a frying pan and carefully lay the goujons into the pan. Fry for 2–3 minutes each side until crisp, golden and cooked through. Do this in batches so as not to overcrowd the pan.

9

Remove from the pan with a slotted spoon and drain for 1 minute on **kitchen paper**.

10

While the **fish** cooks, place the **peas** in a saucepan of boiling water for 3–4 minutes. Drain and mash with either a fork or potato masher.

11

Stir the **crème fraîche** and **mint sauce** or **fresh mint** into the **peas** and season, to taste, with **salt and pepper**.

12

For the sauce, mix the **lemon juice** into the **mayonnaise**.

SERVE AND RELAX!



MAINCOURSE

YASAI YAKISOBA

JAPANESE VEGETABLE
STIR-FRIED NOODLES



EFFORT: **4**/₅

SERVES
UP TO

2

PEOPLE

PREP
TIME

10

MINUTES

COOKING
TIME

15

MINUTES

STUFF YOU'LL NEED

Onion 1, peeled and thinly sliced

Spring Onions

8, trimmed and sliced

Mushrooms 10, sliced

Garlic 2 cloves, peeled and finely chopped

Bean Sprouts a handful

Vegetable Oil 3 tbsp

Teriyaki Sauce 4 tbsp

Soba Noodles 200g

Eggs 2

Green & Red Peppers $\frac{1}{2}$ of each, cut into strips

For the Dressing:

Teriyaki Sauce 100ml

Crushed Yellow Bean Sauce $4\frac{1}{2}$ tbsp

Lemongrass 1 stalk, outer leaves removed, crushed & finely sliced

Ginger Root peeled and grated, 1 tbsp

Get authentic

If your budget will stretch, try hunting down some shiitake or baby mushrooms.

Before serving, try sprinkling some sesame seeds over each plate to garnish (but check no one has a sesame allergy first!).

If you're cooking for 10 friends, then simply multiply all the food quantities by 4!

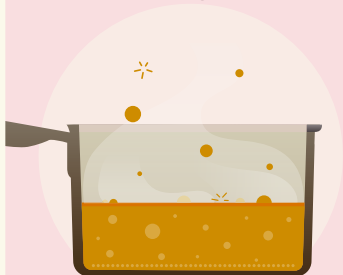
...AND HOW TO MAKE IT

1

To make the dressing, put the **teriyaki sauce, yellow bean sauce, lemongrass and ginger** in a small pan and bring to a boil.

2

Lower the heat right down and simmer for 10 minutes. Set aside until ready to use.



3

Cook the noodles in a large pot of boiling water for 2–3 minutes or until just tender. Drain, then rinse under cold running water until the noodles are cold (this will stop them sticking).



4

Beat the eggs in a bowl and add in the **peppers, onion, spring onions, mushrooms, garlic and bean sprouts**. Add the **teriyaki sauce**.

5

Heat a wok over a medium heat for 1–2 minutes, then add the **vegetable oil**.

6

Add the egg mixture and the cooked **noodles**, and stir-fry for 3 minutes.

7

Divide between two bowls and top with the **dressing** and, if you like, some **sesame seeds**.

SERVE AND RELAX!



MAINCOURSE

PENNE PASTA

WITH SPICY TOMATO & MOZZARELLA SAUCE



EFFORT: **3**/₅

SERVES UP TO **4** PEOPLE

PREP TIME **10** MINUTES

COOKING TIME **30** MINUTES

STUFF YOU'LL NEED

Dried Penne Pasta 400g

Mozzarella 1 ball

Tin of Chopped Tomatoes 400g

Tomato Purée 1 tbsp

Onion 1, peeled and finely chopped

Garlic 3 cloves, peeled and finely chopped

Red Chilli 1, deseeded and finely sliced

Tabasco Sauce a few splashes if you like it really spicy!

Sugar 1 tsp

Basil a small bunch, torn

Salt and Freshly Ground Black Pepper

Parmesan to serve

Perfect pasta

A splash of red wine vinegar will complete this classic dish.

There's more than one type of mozzarella, if you can afford it go for buffalo.

...AND HOW TO MAKE IT

1

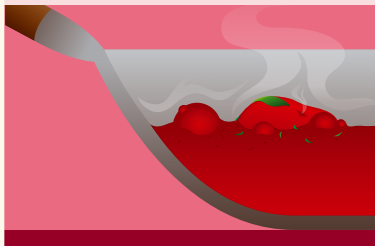
Heat the oil in a saucepan on a medium heat.

2

Add the onion and fry slowly for 5 minutes or until it has gone soft and begun to get a little bit of golden colour.

3

Add the garlic and chilli and fry for 1 minute.



4

Tip in the chopped tomatoes, vinegar, tomato purée, Tabasco, sugar, half of the basil and salt and pepper and simmer gently for 20 minutes. The sauce will have thickened up nicely by this stage.

5

Crumble in the mozzarella and stir gently.

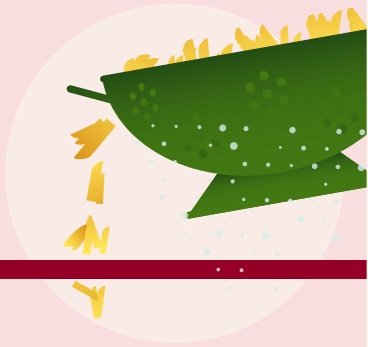


6

Bring a large pan of salted water to the boil and add the pasta. Cook as per the instructions on the packet. Remember pasta should be quite 'bitey' and not too soft.

7

Drain the pasta, then stir through the sauce and serve with the remaining torn basil and a grating of parmesan.



SERVE AND RELAX!



LIGHTBITE

AVOCADO HOUMOUS



EFFORT: 1/5

**SERVES
UP TO**

6

PEOPLE

**PREP
TIME**

5

MINUTES

**COOKING
TIME**

0

MINUTES

STUFF YOU'LL NEED

Ripe Avocado

1, slightly soft to the touch

Chickpeas

400g can, drained

Garlic 1 clove, finely chopped

Lemons 1-2, juice only (depending on taste)

Tabasco Sauce ½ tsp

Ground Cumin ½ tsp

Salt to taste, sea-salt is best

Pitta Breads to serve

'Ave it.

Serve the pitta bread hot to maximise this snack's mood-boosting qualities.

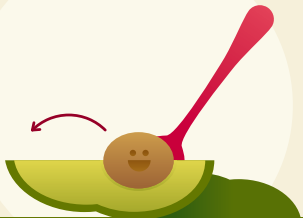
Adjust the hot sauce and cumin to suit your own taste.

...AND HOW TO MAKE IT



1

Halve the avocado and remove the stone. Use a spoon to scoop out the flesh into a bowl.



2

Place all the ingredients in a blender or food processor (if you have one), and blend until smooth. Otherwise, place in a bowl and mash together with the back of a fork.



3

Cover the houmous with film and place in the fridge for 1 hour.

4

Serve with pitta bread.



SERVE AND RELAX!



LIGHTBITE

SPICY NACHOS



EFFORT: **3/5**

**SERVES
UP TO**

4

PEOPLE

**PREP
TIME**

15

MINUTES

**COOKING
TIME**

10

MINUTES

STUFF YOU'LL NEED

Plain Tortilla Chips

2 x 200g bags

Jalapeños

200g jar, drained
and sliced

Cheddar 200g, mature

Sour Cream 150ml pot

For the Salsa:

Tomatoes

3 or 4, no seeds

Red Chilli

1, finely chopped

Tabasco Sauce a splash

Lime 1 large, juice only

Garlic 1 clove

Olive Oil virgin, ½ tbs

For the Guacamole:

Avocado 2, very ripe

Lime 1 large, juice only

Chilli 1, red or green

(deseeded and finely
chopped)

Tomato 1, large and ripe

(deseeded and finely
chopped)

Spring Onions

2, finely sliced

Garlic ½ a clove, grated

The spice of life...

If you have some handy, throw a pinch of cumin into the guacamole for a fragrant twist.

To top it off, chop up a handful of coriander and throw it over the finished nachos.

Don't forget salt and freshly ground black pepper.

...AND HOW TO MAKE IT



1

Preheat the oven to 220C / 430F or gas mark 7.

2

To make the guacamole, halve and remove the stones from the **avocados** and use a spoon to scoop out the flesh into a bowl.

3

Tip the lime juice, chilli, garlic, cumin, tomatoes and spring onions into a bowl, then season with salt and pepper. Use a fork to mash everything together roughly.



4

Cover with film and set aside until needed. It may develop a brown layer on top but simply mix it again and it will disappear.

5

To make the salsa, **chop the tomatoes** really finely, then mix with **chilli, Tabasco sauce, garlic, lime juice and olive oil**. Leave for 10 minutes.



6

Take a large ovenproof dish or plate and pile on the **tortilla chips**.

7

Sprinkle with the **sliced jalapeños** and **cheddar cheese**.



8

Place in oven for 8 minutes or until cheese has melted.

9

Serve with guacamole, salsa and soured cream, then scatter **coriander** on top.

SERVE AND RELAX!



DESSERT

THROW TOGETHER BANOFFEE PIE



EFFORT: **3**/₅



SERVES
UP TO

6

PEOPLE

PREP
TIME

15

MINUTES

SETTING
TIME

1

HOUR

STUFF YOU'LL NEED

Oat or Ginger
Biscuits 300g

Bananas 3, large

Jar of Dulce de Leche
(or sweet toffee
sauce will do), 450g

Dark Chocolate
100g, grated

Double Cream 350ml

Butter 60g

Icing Sugar 1 tbsp

Go bananas

Out of cream?
Substitute it with
some 0% fat total
Greek-style yoghurt.

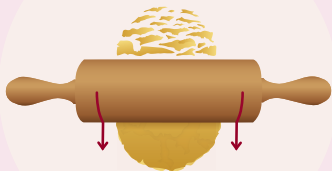
Grated milk
chocolate goes
just as well if
you have a
sweet tooth.

...AND HOW TO MAKE IT



1

Place the biscuits in a sandwich bag and crush them using a saucepan or rolling pin.



2

Melt the butter in a small saucepan.

3

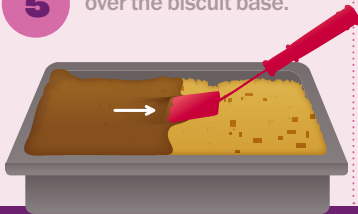
Place the crushed biscuits into a mixing bowl and add in the **melted butter**. Stir thoroughly.

4

Spoon the mixture into a tart tin or a baking tray. Press into an even layer.

5

Spread the **dulce de leche** over the biscuit base.



6

Slice the bananas thinly and arrange them over the **dulce de leche**. Chill in the fridge for 1 hour.

7

Whip the cream or **yoghurt** with the **sugar** to form soft peaks and spread over the bananas.



8

Sprinkle with lashings of **grated chocolate** and serve.

SERVE AND RELAX!



DESSERT

BERRY CHEESECAKE IN A GLASS



EFFORT: 2/5

**SERVES
UP TO**

2

PEOPLE

**PREP
TIME**

10

MINUTES

**SETTING
TIME**

5

MINUTES

STUFF YOU'LL NEED

Berries 150g,
(Blackberries,
Blueberries and
Raspberries)

Ginger Biscuits 4

Golden Caster Sugar
1 tbsp

Lemon
1, finely grated
zest and juice

Mascarpone 125g

Icing Sugar 2 tbsp

Knob of Butter

Sweeteners

If you can't get hold of any berries, just chuck in whatever fruit is in season.

Try switching the mascarpone for a dollop of low-fat cream cheese.

...AND HOW TO MAKE IT

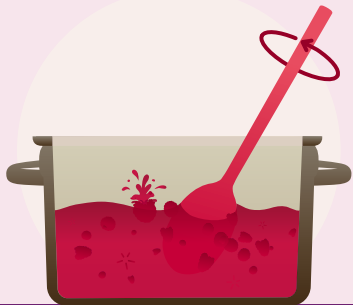


1

Mix the berries, caster sugar and 1 tbsp of the lemon juice in a small pan.

2

Heat gently for 3–4 minutes or until the berries start to burst. Leave to cool.



3

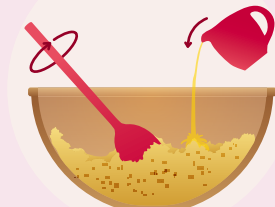
Place the biscuits in a sandwich bag and crush them using a saucepan or rolling pin.

4

Melt the butter in a small saucepan.

5

Place the crushed biscuits into a mixing bowl and add in the melted butter. Stir thoroughly and then spoon into 2 glasses.



6

Spoon the mascarpone or cream cheese into a bowl and gently fold in the rest of the lemon juice, the lemon zest and icing sugar.

7

Divide the lemony cheese between the glasses, then spoon over the berries and their syrupy juices.



SERVE AND RELAX!