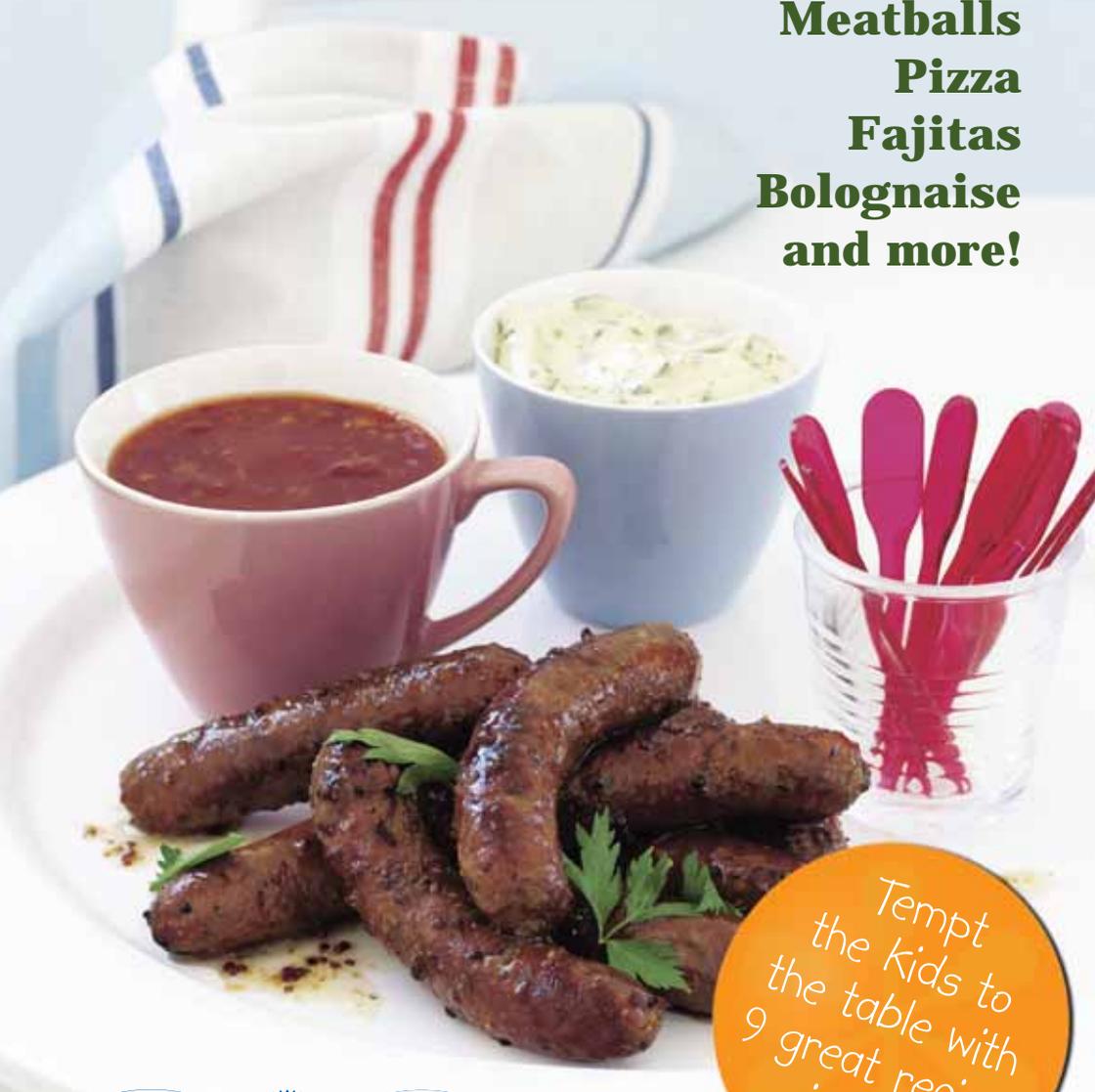


Quick & Easy

Simple, delicious and nutritious recipes for busy families.

Meatballs
Pizza
Fajitas
Bolognaise
and more!



Tempt
the kids to
the table with
9 great recipe
ideas.





making your busy life as quick & easy as possible

If you have a busy household it can be a nightmare getting meals on the table some evenings. With so many activities, appointments and commitments busy mums are not only stretched for time, they can be stretched for ideas too.

Take the pressure off with these tempting and tasty make-ahead dishes so when you rush in the door all you'll need to do is heat, serve and enjoy!

They're easy to make and easy to enjoy. Meatballs, bolognaise, lasagne, cottage pie – all of these delicious meals can be made ahead and frozen until you need them, perfect for when you don't have time to cook. Remember many of the dishes can be made using Scotch Beef, Scotch Lamb or Specially Selected Pork. Try something different for a change!



pasta with bolognaise

serves 4

Bolognaise is such a versatile sauce and can be made with beef, pork or lamb. You may need to cook the mince in two batches to ensure it is well browned, in this instance we've used beef.

method

In a non-stick pan dry fry the mince for 4 - 5 minutes, drain any excess fat and then add the onion and garlic. Add the tomato sauce and simmer uncovered for up to 25-30 mins. Reducing the sauce intensifies the flavour – don't let it dry out, although if you do you can always add some extra water to revive it. A bolognaise sauce should be thick enough to coat the pasta without the liquid separating – but not too thick either.

added extras

A great way to include extra vegetables in your kids' meals: grate a small courgette and carrot, and finely chop a handful of fresh mushrooms. After you've browned the mince for your bolognaise sauce add the vegetables, cook stirring for about 3 minutes or until they are quite soft. Then add the tomato pasta sauce, simmer as usual.

ingredients

- 500g lean Scotch Beef mince
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 2 x 400ml cans of chopped tomatoes or bottle of passata

nutrition

- 264kcal
- 33.3g Protein
- 11.1g Fat
- 7.0g Sugar
- 0.4g Salt

Per serving, listed ingredients only.



scotch beef cottage pie

serves 4 – 6

method

Cook the mince exactly as for the bolognaise until it is just a little drier than you would normally serve over pasta then add the frozen mixed vegetables.

Lightly grease an ovenproof/freezer safe shallow baking dish or six individual freezer to oven containers then spoon the mince mixture over the base of the dish or dishes.

Prepare some mashed potato or use a mix of potato and turnip for the topping. Add a little butter or grated cheese. Spread the mash over the mince.

cooking & freezing

To eat immediately: Heat in a moderate oven at 180°C for 30-40 mins (large pie) or 20 mins (individual small pies) or until thoroughly hot.

To freeze: Cover tightly with plastic wrap and freeze.

To use from frozen: Defrost in the refrigerator overnight. Reheat by removing the plastic wrap, rough the mash up a little with a fork, and sprinkle with extra grated cheese. Cook uncovered as instructed above.



ingredients

500g lean Scotch Beef mince
1 medium onion, chopped
1 clove garlic, crushed
2 x 400ml cans of chopped tomatoes or bottle of passata
1kg potatoes
350g frozen mixed vegetables (carrots, peas, green beans)

nutrition

395kcal
27.3g Protein
16.7g Fat
9.2g Sugar
0.6g Salt

Per serving, listed ingredients only.

Simply use the bolognaise mix



lasagne an easy version

serves 4 – 6

method

Lightly grease an ovenproof/freezer safe shallow baking dish. Place a couple of spoons of bolognaise over the base of the dish and spread it around (this stops the pasta sticking to the dish).

Layer the pasta sheets with the bolognaise sauce, finish with a layer of the bolognaise sauce.

For a tasty way to include more vegetables add some steamed spinach to the crème fraiche and cheese sauce, then finish with a sprinkling of cheese on the top.

cooking & freezing

To eat immediately: Combine the crème fraiche with the parmesan and pour over the lasagne. Cook covered in a moderate oven at 180°C for about 30 mins. Uncover the dish, sprinkle with a little more cheese and cook for a further 10 mins or until thoroughly hot.

To freeze: Do not add the crème fraiche and cheese, cover tightly with plastic wrap and freeze.

To use from frozen: Defrost in the refrigerator overnight. Remove plastic wrap and continue with remaining ingredients as before.

ingredients

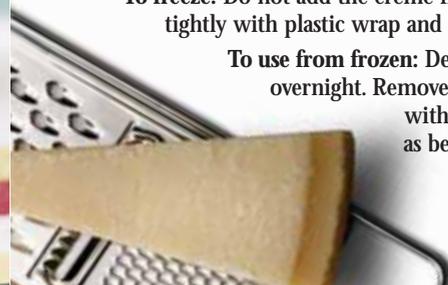
500g lean Scotch Beef mince
1 medium onion, chopped
1 clove garlic, crushed
2 x 400ml cans of chopped tomatoes or bottle of passata
375g pack of lasagne pasta sheets
Parmesan cheese grated
1 x 300ml carton of half fat crème fraiche

nutrition

738.8kcal
50g Protein
26.8g Fat
11.2g Sugar
0.6g Salt

Per serving, listed ingredients only.

Add some spinach for a healthier option



One quantity of bolognaise makes 8 pizzas



easy style turkish pizza bread

serves 8

method

Preheat the oven to 200°C then split 4 large bread rolls in half, spread each with a little tomato puree. Place on an oven tray, spoon about 4 tablespoons of bolognaise sauce over each. Sprinkle each with some chopped pimento stuffed olives and crumbled feta. Cook for 10 minutes or until hot. Sprinkle a little parsley or salad leaves over the pizza to serve.

freezing

Make a batch of bolognaise sauce ahead of time and freeze it. It's a good idea to cook it until it's a little drier than you would normally serve as you're teaming the meat sauce with bread you don't want it too wet.

ingredients

- 500g lean Scotch Beef mince
- 1 medium onion, chopped
- 1 clove garlic, crushed
- 2 x 400ml cans of chopped tomatoes or bottle of passata
- tomato puree
- feta cheese
- 1 small jar pimento olives
- parsley and/or salad leaves
- 4 large bread rolls

nutrition

- 450kcal
- 40g Protein
- 18g Fat
- 10.6g Sugar
- 1.8g Salt

Per serving, listed ingredients only.



honey & mustard glazed sausages

serves 8

Everyone loves sausages

method

Preheat oven to 180°C. Combine the honey and mustard in a large bowl, add mixture to the sausages and mix well to coat with glaze. Place sausages on a baking paper lined oven tray (tip in any glaze), cook for 15 minutes until sausages are golden and cooked through.

Tips for cooking sausages: Don't pierce sausages before or during cooking. If you prick good quality sausages you let all the moisture and the flavour out.

Cook sausages slowly over a moderate heat, if you cook them too fast over a higher heat the skins may burst. Cooking them slowly and turning them regularly helps them brown well all over.

dunking sauces

Three quick & easy sauces, simply whisk the ingredients together:

1. 4tblsp honey, 1tblsp coarse grain mustard, 2tblsp soy sauce.
2. 8tblsp sour cream or mayonnaise, 1 squeeze lemon juice, 1tblsp chopped herbs.
3. 5tblsp tomato sauce, 4tblsp sweet chilli sauce, 2tblsp orange juice.

ingredients

- 24 thin Specially Selected Pork sausages
- 4tblsp or 60mls honey
- 4tblsp or 60mls mild seeded mustard

nutrition

- 173kcal
 - 10.6g Protein
 - 12.3g Fat
 - 6.0g Sugar
 - 2.1g Salt
- Per 3 thin sausages.



meatballs in tomato sauce

serves 8

method for meatballs

Tear bread (crusts removed) into small pieces, place in a bowl and pour over the milk and olive oil. Set aside until bread absorbs most of the liquid then mix with a fork.

Place mince, garlic, parmesan and a little chopped basil in a large bowl. Add the bread mixture, season with salt and pepper. Using your hand bring the mixture together and mix until combined.

Shape small spoonfuls of mixture into small meatballs.

method for pasta

Place tomatoes or passata, 250mls beef stock and a few basil leaves in a wide heavy based pan, bring to the boil, and then reduce heat to a simmer. Have the tomato sauce at simmering point, not any higher or meatballs may break apart.

Carefully spoon the meatballs into the sauce and cook uncovered for about 10–12 minutes or until meatballs are cooked (depending on size of pan the meatballs may need to be gently turned while cooking).

While meatballs are cooking, cook pasta.

Serve pasta with a spoonful of the tomato sauce and spoon over a few meatballs.

ingredients

400g lean Specially Selected Pork mince
80mls milk
1 x clove garlic (crushed)
2 x slices white Italian-style bread
70g grated parmesan
Fresh basil (chopped)
500g pasta
2 x 400ml cans of chopped tomatoes or bottle of passata
1tbsp olive oil
1x beef stock cube

nutrition

182kcal
17.5g Protein
9.7g Fat
3.5g Sugar
0.8g Salt

Per 3 meatballs, listed ingredients only.



Serve with sesame buns and salad



make mini burgers with meatball mix

serves 8

method

Replace the garlic in the meatball mixture with the onion and replace the basil with lots of parsley, add a splash of tomato sauce.

Make the burgers a little larger than you would meatballs, shape them to be more elongated than round.

Roll the burgers lightly in flour and shallow-fry in batches over a medium high heat, until golden and cooked through.

Flavoursome burgers

Season the mince mixture with fresh or dried herbs, sea salt flakes and pepper, tomato sauce and a good splash of soy sauce or even grated lemon rind. Chopped capers or gherkins, chopped pimento stuffed olives – anything that's in the fridge or store cupboard could be a flavour contender.

Burgers with a surprise filling

Make the burgers a little larger and when you shape them, add a little cube of mozzarella cheese inside. Roll the burgers in flour and carefully brown in olive oil until golden brown and cooked through. Serve with creamy mashed potato and veg on the side. Take care that the kids know the cheese filling may be hot.

ingredients

400g lean Specially Selected Pork mince
80mls milk
1 x small onion, chopped
2 x slices white Italian style bread
70g grated parmesan
Fresh parsley, chopped
1tbsp olive oil
Tomato sauce
Sesame buns

nutrition

As meatballs

Makes about 26 meatballs



easy beef stroganoff

serves 4 - 6

method

Coat beef strips with oil. Preheat a large, heavy based frying pan until moderately hot; cook beef in two batches until just done.

Remove beef and set aside. Add a little olive oil to the pan and a small finely chopped onion, cook until soft, then add the mushrooms, cook until tender.

Add the beef stock and tomato puree, stir to combine and bring to the boil. Reduce heat and simmer for 5 minutes.

Stir in the sour cream combined with the corn flour. Stir until well combined, simmer for 1 minute.

Season and return beef to pan and simmer for 2 minutes.

ingredients

600g lean Scotch Beef, cut into strips
1 small onion, chopped
250g mushrooms, thinly sliced
160mls beef stock
2tbsp tomato puree
250ml light sour cream
1tsp corn flour
2tbsp olive oil
Salt and pepper

nutrition

346kcal
35.1g Protein
21.2g Fat
4.0g Sugar
1g Salt
Per serving, listed ingredients only.

Serve with egg noodles



Finger food for all the family

beef fajitas

serves 4 - 6

method

Coat the beef with oil then sprinkle with the cumin and paprika, season well with salt and pepper.

Preheat a large, heavy based frying pan until moderately hot; cook the beef in two batches. Remove beef from pan and set aside. Add red onion and red and green peppers to the pan, cook for 1 minute.

Return beef to pan, stir to warm and squeeze the juice from a fresh lime over the beef. Remove beef from pan immediately.

To serve, spread warmed tortillas with sour cream or tomato salsa, shredded lettuce and cheese, top with warm beef strips. Roll up and enjoy. Serve with lime wedges.

It's a wrap...your choices for roll-ups

Soft flour tortillas are available from the supermarket in long-life sealed packs so are great to have on standby in the cupboard. You can warm the tortillas by microwaving them for a few seconds or by placing on a char-grill plate or barbecue flat plate for about 10 seconds.

Another option is pita pockets, these are probably best served on the day you buy them, but you can freshen them up by placing in foil and warming in a moderate oven for a few minutes.

ingredients

600g lean Scotch Beef, cut into strips
1 x small red onion, shredded
2 x peppers, red and green, shredded
1 x lime
1tsp ground cumin
1tsp paprika
2tbsp olive oil
Salt and pepper

nutrition

272kcal
33.2g Protein
14g Fat
3.3g Sugar
0.7g Salt
Per serving, listed ingredients only.





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