



Food to Share

We all know that sharing food brings people together. So in a time when we hear more and more about young people experiencing loneliness, cooking and eating together is a great way to remind us we're not alone.

Families are always being reminded to eat together. But what about flatmates? A flatshare is like a family in lots of ways. But sometimes you end up living with people you don't know that well, or you just have different schedules and eating together doesn't always happen. Yet we know, from asking flatmates all over the UK, that a massive 87% of people say eating together improves their mood.


So, what better excuse to make time – even just once a week – to sit down with the people you live with and share a meal, a chat, and maybe a bit more of each other's lives in the process.

That's why we're delighted that Andrew Clarke, award-winning Chef Director of London restaurant St Leonards, agreed to create a set of recipes for us – specifically designed to be eaten together. They're simple to make, full of healthy ingredients and (most importantly) totally delicious.

We hope you enjoy them!

The SpareRoom team





“Time spent together over a good meal will unite strangers, deepen friendships and leave you feeling more positive about the world outside. It's precious time, very well spent.”

- Andrew Clarke, Chef Director of London restaurant St Leonards

Recipes

Vegan pea, broad bean & lemon linguini

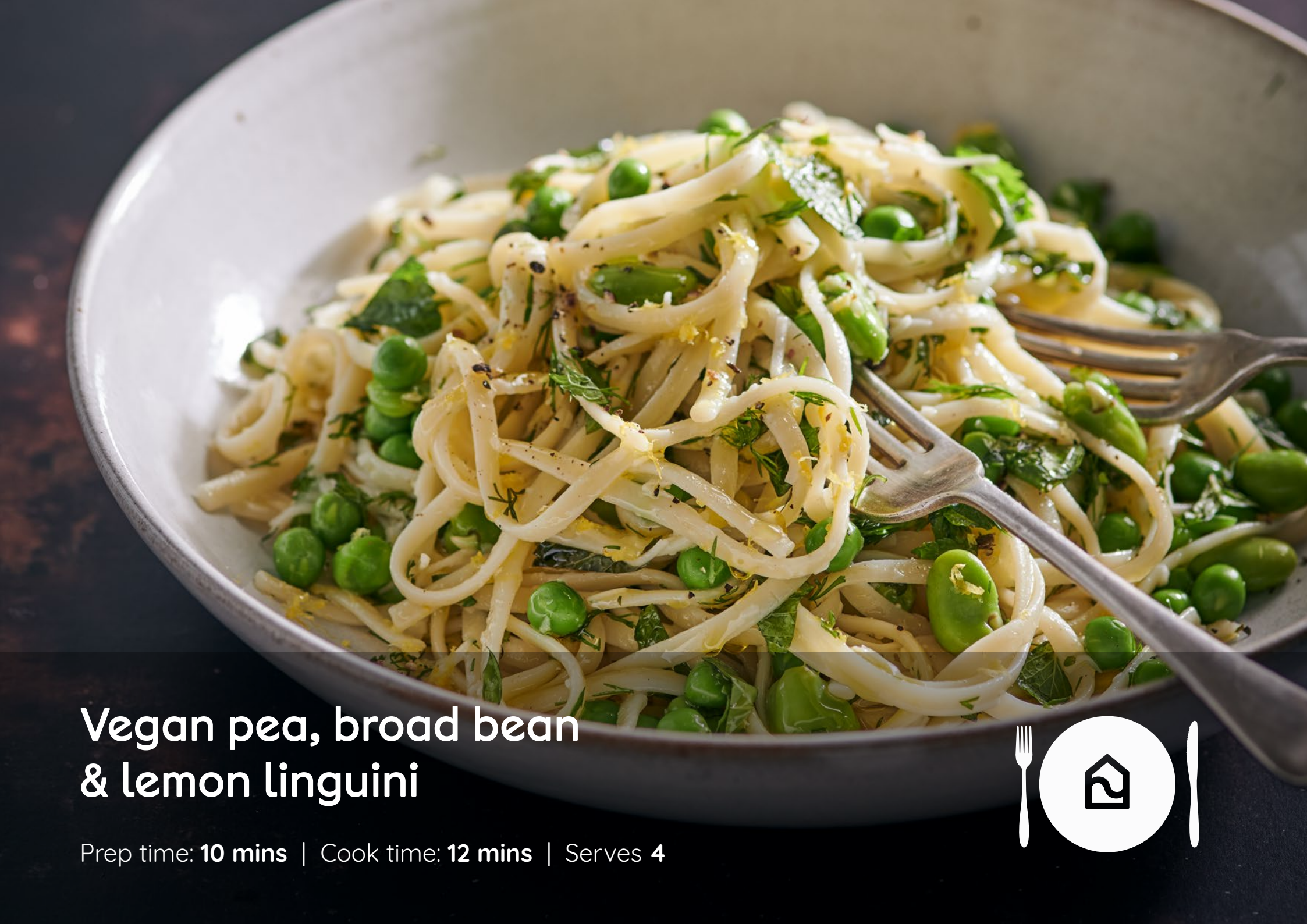
Quick shrimp & sausage gumbo with brown rice

“One Pan” roast chicken, orange & olives

Grilled turkey tacos, feta, black bean
& sweetcorn salsa

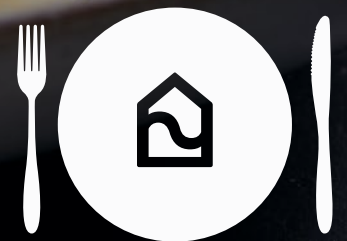
“One Tray” roast lamb chops,
peppers, butterbeans & pesto

Sticky soy baked sesame salmon on jasmine rice
with smacked cucumber & lettuce cups



Vegan pea, broad bean & lemon linguini

Prep time: **10 mins** | Cook time: **12 mins** | Serves **4**



Ingredients

400g vegan linguini or spaghetti
80ml extra virgin olive oil
150g peas
150g broad beans, skins removed
70g vegan parmesan, grated
1 lemon, zested
½ lemon, juiced
2tbsp chopped dill
2tbsp chopped mint
Salt & pepper






Method

- 1 Cook the pasta according to the packet's instructions, reserving some of the pasta water (about 200ml).
- 2 Heat the olive oil in a large saucepan on a medium heat, then add the peas and broad beans.
- 3 Add the pasta with the reserved pasta water and turn the heat to medium-high.
- 4 Add the cheese. Keep stirring as the cheese combines with the pasta water, until it becomes a creamy sauce.
- 5 Remove the pan from the heat and stir in the lemon zest and juice, then add the chopped herbs.
- 6 Season to taste - I like lots of black pepper!





Quick shrimp & sausage gumbo with brown rice

Prep time: **20 mins** | Cook time: **20 mins** | Serves **4**



Ingredients

100ml mild olive oil

60g plain flour

1.5-2 litres chicken stock, hot

300g king prawns – peeled and de-veined

200g smoked sausage – Mathesons or Polish Kielbasa work well

2 stalks of celery, diced

1 green pepper, diced

1 onion, diced

1tbsp tomato purée

3tbsp dark soy sauce

Tabasco or other favourite hot sauce – as much as you enjoy!

2 bay leaves

2 sprigs thyme

1tbsp Cajun spice

2 spring onions, chopped

Salt & pepper

80g cooked brown rice (or any other favourite rice)



Method

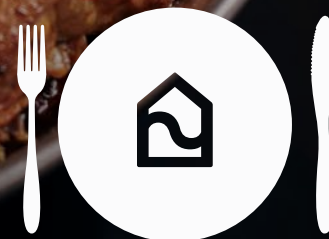
- 1 Heat the oil in a large saucepan over a medium heat, then add the flour and work this into a smooth paste for two minutes. If it toasts a little bit, that's ok – just make sure it doesn't burn.
- 2 Add the sausage, chopped vegetables, herbs and Cajun spice, and continue to cook until the vegetables are soft. Stir regularly to prevent anything sticking on the bottom of the pan.
- 3 Add the stock ladle by ladle – making sure you smooth out any lumps with the back of a spoon, before adding more liquid.
- 4 Add the tomato purée, soy sauce and tabasco. Bring the heat up a little and stir well. By this point your gumbo should be soup-like in consistency.
- 5 Add the prawns and cook for 3-4 minutes, until just cooked. Season to taste.
- 6 Serve in a big bowl or directly from the pan, with the brown rice stirred in last minute (or served on the side) and chopped spring onions on top.



LONELINESS
CHEF

“One Pan” roast chicken, orange & olives

Prep time: 15 mins | Cook time: 25 mins | Serves 4



Ingredients

1.2kg skin-on chicken – thighs, drumstick or halved breasts (or a mix of everything)

50ml extra virgin olive oil
(plus 20ml to marinate)

1tbsp smoked paprika

1 bunch of baby carrots, washed but not peeled

1 orange, cut into eight pieces

125g Kalamata olives (drained weight)

4 garlic cloves, crushed

3 sprigs thyme

300ml chicken stock

½ bunch basil leaves

Salt & pepper

Chilli mayo (see method)





Method

- 1 Rub the chicken with 20ml of olive oil, smoked paprika and a generous seasoning of salt and pepper.
- 2 Put the carrots, beans, garlic and rosemary in an oven-proof dish or pan, then pour over the chicken stock and the rest of the olive oil. Season with salt and pepper.
- 3 Place the chicken pieces on top, skin side up and tuck the orange pieces and olives in evenly.
- 4 Bake at 180°C/gas mark 4 for 35-40mins until chicken is cooked through – you can check this by cutting into a piece or two, particularly near the bone and ensuring any sign of pink is gone.
- 5 Make the chilli mayo by mixing four parts mayonnaise to one part chilli sauce (like Sriracha), and one part lime juice.
- 6 Remove from oven and dress with the basil and chilli mayo. Serve straight from the baking dish.



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Grilled turkey tacos, feta, black bean & sweetcorn salsa

Prep time: **15-20 mins** | Cook time: **15 mins** | Serves **4**



Ingredients

600g turkey breast steaks

1tsp ground cumin

1tsp smoked paprika

1tsp dried oregano

50ml extra virgin olive oil

12 soft tortillas (corn or flour)

145g feta cheese

2tbsp Greek yoghurt

100g black or kidney beans (drained weight)

½ red onion, finely diced

140g sweetcorn

5 chopped sundried tomatoes, plus some of their oil

2tbsp fresh coriander, chopped

2 little gem lettuce, shredded

1-2 limes, chopped into small wedges

Salt & pepper





Method

- 1 Get three mixing bowls, and add the turkey steaks to the first bowl, before rubbing with olive oil, cumin, smoked paprika and oregano.
- 2 In the second bowl, mix the beans, sweetcorn, red onion, tomatoes and coriander, season with salt and pepper and put aside for later. In the third bowl, crumble the feta cheese and fold in the yoghurt, then put to one side.
- 3 Shred the little gem lettuce and place in a serving bowl. Put aside.
- 4 Grill or pan fry the turkey steaks for 4-5 mins on each side, depending on the thickness. Rest for three mins.
- 5 While the turkey is resting, toast the tortillas for 30 secs on each side in a dry pan, then keep them warm in a clean tea towel or napkin.
- 6 Shred the turkey into strips before serving everything – serve all bowls separately so everyone can build their own tacos as they wish, with lime wedges to garnish.





“One Tray” roast lamb chops, peppers, butterbeans & pesto

Prep time: 10 mins | Cook time: 20 mins | Serves 4



Ingredients

8 lamb chops

100g pesto, plus extra for serving

250g mixed baby peppers, halved

1 red onion, cut into wedges

1 tin butterbeans, not drained

1 chicken stock cube dissolved in 100ml hot water

2-3 sprigs rosemary

4tbsp extra virgin olive oil

Salt & pepper





Method

- 1 Rub the lamb chops with the pesto, and season with salt and pepper.
- 2 Put the butterbeans plus $\frac{1}{2}$ their juice, peppers, red onion and rosemary into a large oven dish.
- 3 Pour over the chicken stock, then season lightly with pepper.
- 4 Place the chops on top, keeping them evenly spaced out. Drizzle with the olive oil.
- 5 Bake at 180°C/gas mark 4 for 15-20 minutes, checking halfway through to ensure nothing's burning – just give it a stir.
- 6 Check the seasoning and serve straight from the oven to the table, with any extra pesto if you have it.



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Sticky soy baked sesame salmon on jasmine rice, with smacked cucumber & lettuce cups

Prep time: **12 mins** | Cook time: **20 mins** | Serves **4**



Ingredients

800g salmon fillet

4tbsp soy sauce, plus 1tbsp for cucumber

100ml sweet chilli sauce

2tbsp sesame seeds, black & white

4 little gem lettuce, washed and drained

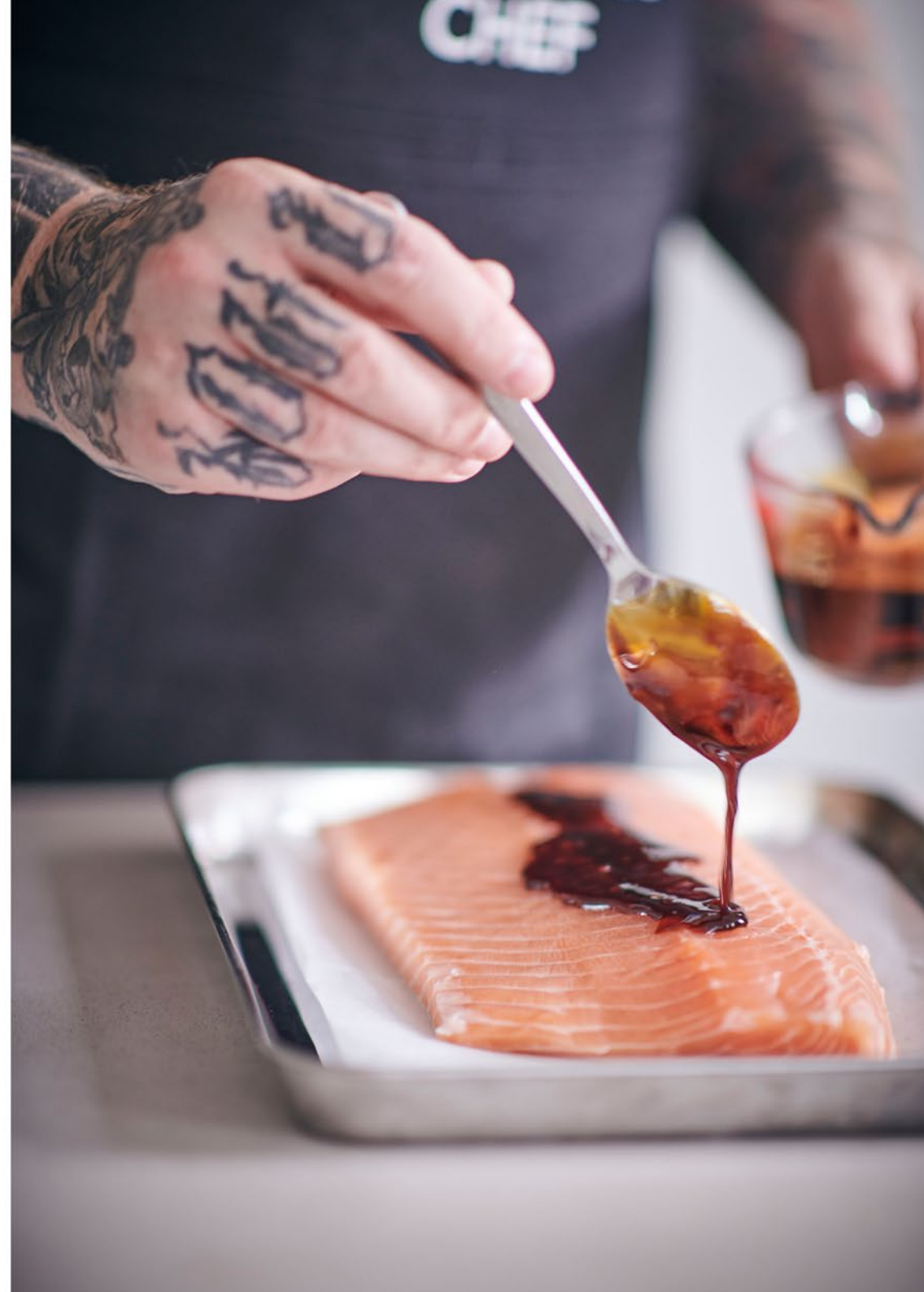
2 spring onions, finely sliced

1 cucumber, cut into 1 inch chunks

1 lemon

1tbsp chilli oil

250g Jasmine rice, cooked to packet instructions





Method

- 1 Mix 4tbsp soy sauce with 100ml of sweet chilli sauce, then lay the salmon fillet (skin side down) onto greaseproof paper and pour half of the sweet chilli/soy sauce marinade over the top, using a spoon to make sure it's evenly covered. Sprinkle 1tbsp of the mixed sesame seeds over the salmon, then bake for 15-20 mins at 200°C/gas mark 6.
- 2 Put the cucumber chunks into a mixing bowl and smash lightly with the heel of a knife or a rolling pin. Then add the remaining soy, juice of ½ the lemon and chilli oil. Stir well.
- 3 Spread the cooked rice out on a large serving plate.
- 4 Place the salmon fillet on top, leaving the skin behind on the tray – I actually like to crisp this up and eat separately!
- 5 Finally, put the smacked cucumbers on top of the salmon and finish with the chopped spring onions.
- 6 Put the dish in the centre of the table and encourage housemates to dig in with spoons, stuffing a mix of everything into lettuce cups!



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So there you have it: six simple, delicious recipes to get you eating – and maybe even cooking – together.

You don't have to live in each other's pockets when you share a home, but sitting down to a meal with your flatmates, even just once a week, will help you connect and communicate – and could make all the difference in creating a happy flatshare.

Of course, if you're really strapped for time (or cash), there's one final recipe you can try. Just get a loaf of bread, some baked beans and a block of cheddar. Toast the bread, cook the beans and grate the cheddar on top.

Now sit down and eat together, because it's the together bit that really matters. Just don't fall out over whose turn it is to wash up....

The SpareRoom team



ANDREW
CLARKE



