

**MATT GARDNER NUTRITION**

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# **Evening Meal Recipes Guide**

**From The Big  
Feed Up HQ  
Kitchen**

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# OUTLINE

The following recipes make dishes I consume in the evenings after work every week.

I am sharing them in the hope that they inspire you to cook from scratch sometimes and realise that tasty and nutritious dishes do not have to take all night and contain ingredients that are hard to source.

The photos are taken by my fiance or myself before we devoured each dish at home.

Follow along @mattgardnernutrition on Instagram.



# **SIMPLE SALMON SUPPER**

## **SERVES 2**

### Ingredients:

2 Salmon fillets, 150g brown rice, 1-2 handfuls of tender stem broccoli, 1-2 handfuls of asparagus.

### Dressing:

1 tbsp Soy sauce, 2 tbsp sweet chilli sauce, 1/2-1 lime zested and juice.

### Method:

Pre heat an oven to 200C.

Place the salmon fillets on a baking tray lined with parchment and set aside.

Cook the rice following the instructions on the packet.

While the rice is cooking prepare the dressing by combining the soy sauce, sweet chilli sauce, lime zest and lime juice in a small bowl. mix well.

Taste the dressing and see what it needs to fit your preference i.e. more soy, more lime etc.

Spread the asparagus spears out on the baking tray with the salmon (or use a separate tray) and cook both for 7-8 minutes in the oven.

Place a deep saucepan on a high heat and add water. Once the water is boiling place the broccoli in and boil for 2 minutes. Drain all the water out of the pan and leave the broccoli in the pan to keep warm.

Bring the entire dish together by plating up the rice first, add the greens next, then the salmon. Finally pour the sauce over the top.



# CHICKEN CAESAR

## SERVES 4

### Ingredients:

2-3 Gem lettuce, 4 chicken breast cooked\* (or 4 chicken thighs cooked), 1-2 slices of left over bread

\*Serving the dish with warm chicken just cooked also tastes great. whatever works well for you.

### Dressing:

Olive oil, 1 tub of creme fraiche (250ml), 1 garlic clove (chopped), 1/2 lemon squeezed, 4-6 anchovies (From a jar), parmasan.

### Method:

Slice the chicken into edible sized pieces.

Pull the gem lettuce leaves apart, wash well, pat dry and leave to one side.

Chop the bread into 'crouton' sized chunks and light fry in a pan on a medium heat with a tsp or so of olive oil and salt and pepper. Once coloured taste and add seasoning to your preference. Then set aside on some kitchen paper.

Make the dressing but mixing the creme fraiche with the lemon juice, a little olive oil and the garlic. Chop 4 anchovies and add to the mixture. Grate 1 handful of parmasan and add to the mixture and mix well. At this point taste the mixture and see what it needs i.e. more cheese, more anchovies, more lemon. Make it to your preference.

Assemble the dish but laying the gem lettuce leaves down first. Add the chicken, croutons and then the dressing. The dish on the next page has grated parmasan on top, that it totally optional.



# BAKED EGGS

## SERVES 2

### Ingredients:

4 eggs, 1 red pepper (chopped medium sized), 1 handful of cherry tomatoes or 1-2 medium sized tomatoes (chopped), 2 garlic cloves (chopped), 1 tins of tomatoes, 1 onion (chopped), 1/2 a bag of spinach

Seasonings (optional) - Italian herbs and seasoning or chilli powder/flakes or smoked paprika or cayenne pepper.

### Method:

Add a little olive oil to a non stick pan that can be transferred to an oven or under a grill (pre heat oven to 200C

Add the onion, garlic, tomatoes and any additional seasoning and stir well.

Cook for a good 3-5 minutes and then add the red pepper, tinned tomatoes.

simmer for a further 3-5 minutes.

Add the spinach and wilt down, then at this point taste and see what it needs.

Make 4 spaces for the eggs and crack each one in.

Then transfer to the oven or grill until the eggs are cooked.





# FRITTATA

## SERVES 4

### Ingredients:

8 eggs, 1 onion (chopped), 1-2 garlic cloves (chopped), 1-2 celery stalks (chopped), 1-2 handfuls of mushrooms (chopped), 1/2 broccoli head (chopped), 1/4 bag of spinach.

### Additions:

40g of cheese grated, left over cold meat (chopped), left over roasted veg - carrots, sweet potato, white potato (chopped.)

### Method:

Place a large non stick frying pan (one that can be transferred under a grill or in an oven) on a medium heat, add a tsp or so of olive oil and fry the onion, garlic, celery for 3-5 minutes.

Season at this point with your favourite flavours. For example italian herbs and seasoning or chilli flakes or smoked paprika. You may need to add a splash of water as well. Stir it all through and also add salt and pepper.

Then add the rest of the vegetables and continue to stir well and cook down for another 3-5 minutes. At this point taste and season accordingly.

If you have any additional ingredients i.e. cheese or meat then add now and stir through well. You could save a little cheese to put on top before transferring the pan to a grill or oven.

Crack and beat the eggs into a bowl or jug and whisk well.

Pour the eggs over the veg, lift the frying pan and Swill around so the egg makes all the corners etc.

Cook for 1-2 minutes and then transfer under a grill or into an oven (200C.)

Once the eggs are cooked through remove and place on a large board in order to cool and then slice into portions.

You may need to run a palet knife around the frittata before turning it out on a board.

Serve alongside a salad.



# QASADILLAS

## SERVES 5-6

### Ingredients:

1 pack of tortillas (8 wholemeal or seeded), 2 garlic cloves (chopped), 3 spring onions (chopped), 2 peppers (chopped), 2 carrots (grated), 1 tin of mixed beans (drained and rinsed), 1/2 bag of spinach, 50g of cheese grated.

### Additional flavours (optional):

2 rashers of bacon chopped, Lea and Perrins, Fresh chilli (chopped), dried chilli flakes, dried italian herbs and seasoning, salt and pepper.

### Method:

Place a large non stick frying pan on a medium heat and add a tsp or 2 of olive oil.

Fry all the vegetables, starting with the onion and garlic. Stir both for 3-4 minutes (add the bacon at this point if you decide to use it)

Then add the carrot and pepper and continue to stir through for 1-2 minutes. Then add the beans and continue to stir well. At this point add any seasoning.

Next add the spinach and continue to stir until it is cooked down. Taste again and season accordingly.

Now either tip the mixture out of the pan and set it aside and clean the pan in order to replace it back on the heat. Alternatively take another large non stick pan and place it on the heat.

Place a tortilla in the pan, then 2-3 tbsp of the veg mixture, spreading out evenly. On top add a handful of grated cheese and top with another tortilla.

Cook on one side for 2-3 minutes and then flip and do the same.

Remove from the pan and leave to cool.

Repeat the process. Once cooled I suggest slice each quasadilla into four.

Seve alongside greek yoghurt and mashed avocado.



# QUICK & EASY PASTA

## SERVES 2

### Ingredients:

160g of dried pasta, 1-2 garlic cloves, 1 leek (washed, peeled, chopped), 1/2 a broccoli stalk (chopped), 1/2 head of broccoli (florets chopped), 1/2 jar of sun dried tomatoes (chopped, use scissors.)

### Sauce:

200ml Greek Yoghurt, 1 egg, salt and pepper.

Addition: (optional) left over cooked chicken chopped.

### Method:

Place a large non stick frying pan on a medium heat and add a tsp of olive oil.

Fry off the garlic, leek and broccoli stalk until the leeks are soft. Keep an eye on the temperature of the pan and season with salt and pepper.

Add the broccoli stalks and the sun dried tomatoes and continue to cook for 2-3 minutes.

If you decide to use chicken add it now and stir through t heat it up.

Cook the pasta by following the instructions on the packet.

Bring the sauce together by mixing the egg and salt and pepper into the yoghurt.

When the pasta is read scoop out of the pan and straight into the vegetables pan. Turn the heat off and then add the sauce and stir well, mixing everything.



# STIR FRY

## SERVES 2

### Ingredients:

2 Salmon fillets, 150g egg noodles, vegetables (not fixed used what you have) - 1 onion (chopped), a thumb sized peice of ginger (chopped), 1-2 garlic cloves (chopped), 2 celery stalks (chopped), 1 pepper any colour (deseeded and chopped), 2 carrots (chopped), 1 small broccoli (florets and stalk chopped.)

### Additions:

Handful of cashews, 1 small handful of sesame seeds, 1 medium sized tin of sweetcorn.

### Flavours:

Sesame oil, Fish sauce, soy sauce, tamarind, lime juice.

### Method:

If you are using salmon then pre heat an oven to 200C, place the salmon fillets on a lined baking tray and set aside.

If you are using egg noodles or rice then read cook as instructed on the packet. Place a large pan or wok on on a medium heat and add a tbsp of sesame oil. If you are using chopped chicken then add it now and fry off until cooked through, then set aside.

If you are not using chicken then once the oil is hot add the garlic, onion, ginger and celery. Move fast and keep everything turning and frying. Do not let it burn and if it gets very hot take away from the heat.

Once you have some colour add the carrots, broccoli stalks and stir fry until they soften.

Add a little soy sauce and fish sauce at this point.

If you are using salmon then place in the oven for 6-8 minutes.

Then add the rest of the vegetables to the pan and continue to stir fry. Then add a tsp of tamarind and stir through.

At this point taste and see what it needs i.e. lime, soy etc.

At this point if want to add any additional ingredients place the cashews and sweetcorn in the pan and heat through.

Taste everything again before plating up and decide if the veg has reached desired texture and tastes to your preference.

Plate up, starting with the noodles or rice first, then the veg and then the salmon.

I like to finish the dish with a small handful of sesame seeds and a little more soy sauce.





# CHICKEN SOUP

## SERVES 4

### Ingredients:

2 garlic cloves (chopped), 1 leek (washed and chopped), 4 carrots (chopped), 1 sweet potato (chopped)  
3 celery sticks (chopped), 4-5 chicken thighs (on the bone with skin on), 1 tbsp turmeric,  
1-2 chicken stock cups (broken up), 1/2 cup of brown rice

### Additions:

1/2 broccoli head chopped, 1 cup of peas, 1 fried egg on top of your portion as per the photo on next page.

### Method:

add a tbsp of olive oil to a deep saucepan that you can place a lid on on a medium heat.

Add the garlic, leeks, carrots, celery and sweat down for 5 minutes. Season with salt and pepper.

If you are using broccoli stalks add now.

Then add the sweet potato and turmeric and stock cubes and continue to stir for 2-3 minutes.

Cover the vegetables with water and then add the chicken thighs and rice.

Stir well and make sure everything is covered in water. If needed add a little more.

Bring the pan to a simmer and leave for 30 minutes (you could pop a lid on if you like.)

Remove the chicken thighs and strip the skin and meat off the bone. You can discard the skin or use some of it. Place the meat (and any skin) back into the pan and stir through.

If you are using chopped broccoli florets and peas add now.

Taste and see if any seasoning is needed.

Continue to simmer the soup for another 2-3 minutes.

cook the fried eggs in a frying pan.

Taste again, then serve up.