



The Big Yummy Recipe Adventure

50 recipes from
easy bites to pro-level challenges

The Big Yummy Recipe Adventure

Ready, set, cook!

Whether you are brand new to the kitchen or already flipping, folding, and flambéing with confidence, this is your tasty trail map. Start with an Easy recipe, build your skills through Medium and Hard, then tackle a Pro challenge when you feel ready.

You will find 50 colourful recipes across savoury favourites, sweet treats, and brilliant drinks. Grab your apron, choose a level, and let the delicious adventure begin!

Kitchen safety note

Cook kindly and carefully: Check allergies, wash hands, use care with heat and knives, and make sure meat, eggs, and seafood are fully cooked.

Savoury Adventures — Easy

1. Lemon Herb Chicken Traybake — Easy

- **Ingredients:** 2 chicken breasts, 400 g baby potatoes, 1 lemon, 2 tbsp olive oil, 1 tsp oregano, 1 cup cherry tomatoes.
- **Method:** 1) Toss everything with oil, oregano, salt, and pepper. 2) Roast at 200°C for 30–35 minutes, until the chicken reaches 74°C.

2. Chickpea Shakshuka — Easy, vegetarian

- **Ingredients:** 1 tbsp olive oil, 1 onion, 1 red pepper, 400 g chopped tomatoes, 1 can chickpeas, 4 eggs, 1 tsp cumin.
- **Method:** 1) Simmer onion, pepper, tomatoes, chickpeas, and cumin for 12 minutes. 2) Crack in eggs, cover, and cook until set.

3. **Cheesy Veggie Quesadillas** — Easy, vegetarian
 - **Ingredients:** 4 flour tortillas, 150 g grated cheddar, 1 bell pepper, 1 small courgette, 100 g sweetcorn, 2 tbsp salsa.
 - **Method:** 1) Fill tortillas with vegetables, cheese, and salsa. 2) Cook in a dry pan for 2–3 minutes per side, then slice.
4. **Teriyaki Salmon Rice Bowls** — Easy
 - **Ingredients:** 2 salmon fillets, 2 tbsp soy sauce, 1 tbsp honey, 250 g cooked rice, 1 cucumber, 1 carrot, 1 tsp sesame seeds.
 - **Method:** 1) Brush salmon with soy and honey. 2) Bake at 200°C for 12–15 minutes, then serve over rice with sliced vegetables.
5. **Creamy Tomato Gnocchi** — Easy, vegetarian
 - **Ingredients:** 500 g potato gnocchi, 400 g passata, 100 ml cream, 1 garlic clove, 60 g spinach, 30 g parmesan.
 - **Method:** 1) Simmer passata, garlic, and cream for 5 minutes. 2) Add gnocchi and spinach; cook until tender, then finish with parmesan.
6. **Greek Halloumi Wraps** — Easy, vegetarian
 - **Ingredients:** 225 g halloumi, 4 flatbreads, 1 tomato, ½ cucumber, handful of lettuce, 4 tbsp yoghurt, 1 tsp dried mint.
 - **Method:** 1) Pan-fry halloumi until golden. 2) Fill flatbreads with salad, yoghurt, mint, and halloumi; roll tightly.
7. **Turkey Pesto Pasta** — Easy
 - **Ingredients:** 250 g pasta, 250 g turkey mince, 2 tbsp pesto, 150 g cherry tomatoes, 1 tbsp olive oil, 30 g parmesan.
 - **Method:** 1) Cook pasta. 2) Brown turkey in oil, add tomatoes and pesto, then toss with pasta and parmesan.
8. **Black Bean Sweet Potato Tacos** — Easy, vegetarian
 - **Ingredients:** 2 sweet potatoes, 1 can black beans, 8 taco shells, 1 tsp smoked paprika, ½ avocado, 100 g salsa, lime wedges.
 - **Method:** 1) Roast cubed sweet potato with paprika at 210°C for 25 minutes. 2) Warm beans, then fill tacos with potato, avocado, salsa, and lime.

Savoury Adventures — Medium

1. **Thai Basil Chicken** — Medium
 - **Ingredients:** 300 g chicken mince, 2 garlic cloves, 1 red chilli, 1 tbsp fish sauce, 1 tsp soy sauce, 1 tsp sugar, handful of Thai basil, cooked rice.
 - **Method:** 1) Stir-fry chicken, garlic, and chilli until cooked. 2) Add sauces, sugar, and basil; toss for 1 minute and serve with rice.
2. **Mushroom Stroganoff** — Medium, vegetarian
 - **Ingredients:** 400 g mushrooms, 1 onion, 2 garlic cloves, 1 tsp paprika, 150 ml vegetable stock, 150 g sour cream, 300 g noodles.
 - **Method:** 1) Brown mushrooms with onion and garlic. 2) Stir in paprika and stock, simmer for 8 minutes, then fold through sour cream and noodles.
3. **Moroccan Chickpea Tagine** — Medium, vegetarian
 - **Ingredients:** 1 tbsp olive oil, 1 onion, 2 carrots, 1 courgette, 2 cans chickpeas, 400 g tomatoes, 500 ml stock, 2 tsp ras el hanout.

- **Method:** 1) Soften onion and spices in oil. 2) Add vegetables, chickpeas, tomatoes, and stock; cover and simmer for 30 minutes.
- 4. **Korean Beef Bulgogi Bowls** — Medium
 - **Ingredients:** 400 g thinly sliced beef, 3 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp brown sugar, 1 garlic clove, 250 g rice, spring onions.
 - **Method:** 1) Marinate beef with soy, sesame oil, sugar, and garlic for 20 minutes. 2) Sear quickly in a hot pan and serve with rice and spring onions.
- 5. **Spinach Ricotta Lasagne** — Medium, vegetarian
 - **Ingredients:** 9 lasagne sheets, 500 g ricotta, 300 g spinach, 700 ml tomato sauce, 100 g mozzarella, 30 g parmesan.
 - **Method:** 1) Mix ricotta with wilted spinach. 2) Layer sauce, pasta, and filling; top with cheese and bake at 190°C for 35 minutes.
- 6. **Coconut Fish Curry** — Medium
 - **Ingredients:** 500 g white fish, 1 tbsp curry paste, 400 ml coconut milk, 1 tomato, 1 lime, 150 g green beans, cooked rice.
 - **Method:** 1) Fry curry paste for 1 minute, then add coconut milk and beans. 2) Simmer fish gently for 8–10 minutes, until opaque; finish with tomato and lime.
- 7. **Falafel Pitas with Tahini** — Medium, vegetarian
 - **Ingredients:** 1 can chickpeas, 1 garlic clove, handful of parsley, 1 tsp cumin, 2 tbsp flour, 4 pitas, salad, 3 tbsp tahini.
 - **Method:** 1) Blitz chickpeas, garlic, parsley, cumin, and flour; shape into balls. 2) Fry or bake until crisp, then stuff into pitas with salad and tahini.
- 8. **Smoky Sausage Jambalaya** — Medium
 - **Ingredients:** 300 g smoked sausage, 1 onion, 1 pepper, 2 celery sticks, 250 g rice, 400 g tomatoes, 500 ml stock, 1 tsp paprika.
 - **Method:** 1) Brown sausage, then soften the vegetables with paprika. 2) Stir in rice, tomatoes, and stock; cover and simmer for 25 minutes.

Savoury Adventures — Hard

1. **Chicken Ramen from Scratch** — Hard
 - **Ingredients:** 1 litre chicken stock, 2 chicken thighs, 2 portions ramen noodles, 2 eggs, 2 tbsp soy sauce, mushrooms, spring onions, nori.
 - **Method:** 1) Simmer chicken in stock until cooked, then shred. 2) Cook noodles and eggs separately; assemble with hot broth and toppings.
2. **Eggplant Parmigiana** — Hard, vegetarian
 - **Ingredients:** 2 aubergines, 500 g passata, 150 g mozzarella, 50 g parmesan, 2 eggs, 100 g breadcrumbs, basil leaves.
 - **Method:** 1) Bread and bake aubergine slices until crisp. 2) Layer with passata and cheese; bake at 190°C for 30 minutes and rest before slicing.
3. **Handmade Gnocchi with Sage Butter** — Hard, vegetarian
 - **Ingredients:** 700 g floury potatoes, 150 g flour, 1 egg, 60 g butter, 10 sage leaves, 40 g parmesan.
 - **Method:** 1) Mash warm potatoes, mix with flour and egg, and roll into pillows. 2) Boil until they float; toss with sage browned in butter and parmesan.
4. **Paella Valenciana** — Hard

- **Ingredients:** 300 g paella rice, 300 g chicken thighs, 150 g green beans, 150 g prawns, 1 litre stock, 1 tsp saffron, 1 tomato, lemon.
 - **Method:** 1) Brown chicken, then cook tomato and rice with saffron stock. 2) Add beans and prawns; simmer without stirring until rice is tender and the base is crisp.
5. **Vietnamese Bún Chả** — Hard
- **Ingredients:** 400 g pork mince, 1 garlic clove, 1 tbsp fish sauce, 1 tsp sugar, rice noodles, lettuce, herbs, 2 tbsp lime juice.
 - **Method:** 1) Shape seasoned pork into small patties and grill until fully cooked. 2) Serve with noodles, herbs, lettuce, and a lime-fish sauce dressing.
6. **French Coq au Vin** — Hard
- **Ingredients:** 1 kg chicken pieces, 150 g bacon, 250 ml red wine, 250 ml stock, 200 g mushrooms, 2 carrots, 1 onion, thyme.
 - **Method:** 1) Brown chicken and bacon, then soften onion, carrots, and mushrooms. 2) Add wine, stock, and thyme; cover and braise for 50 minutes.
7. **Beef Wellington Bites** — Hard
- **Ingredients:** 400 g beef fillet, 250 g mushrooms, 1 sheet puff pastry, 1 egg, 1 tsp mustard, 1 shallot.
 - **Method:** 1) Sear beef and cool; cook finely chopped mushrooms and shallot until dry. 2) Wrap beef with mustard, mushroom mixture, and pastry; egg-wash and bake at 200°C.
8. **Paneer Tikka Masala** — Hard, vegetarian
- **Ingredients:** 400 g paneer, 150 g yoghurt, 2 tsp tikka spice, 1 onion, 400 g tomatoes, 100 ml cream, coriander.
 - **Method:** 1) Marinate paneer in yoghurt and spice, then grill until charred. 2) Simmer onion and tomatoes into a sauce; add cream and paneer before serving.

Savoury Adventures — Pro

1. **Classic Sushi Rolls** — Pro
- **Ingredients:** 300 g sushi rice, 4 nori sheets, 200 g sushi-grade salmon or cucumber, 1 avocado, 3 tbsp rice vinegar, soy sauce.
 - **Method:** 1) Cook and season rice with vinegar, then cool. 2) Spread on nori, add fillings, roll tightly with a mat, and slice with a wet knife.
2. **Beef Short Rib Ravioli** — Pro
- **Ingredients:** 700 g beef short ribs, 1 onion, 1 carrot, 500 ml stock, 200 g pasta flour, 2 eggs, 50 g butter, sage.
 - **Method:** 1) Braise ribs with vegetables and stock for 3 hours; shred the meat. 2) Roll pasta dough thin, fill and seal ravioli, then boil and dress with sage butter.
3. **Seafood Bouillabaisse** — Pro
- **Ingredients:** 500 g mixed firm fish, 300 g mussels, 200 g prawns, 1 fennel bulb, 400 g tomatoes, 1 litre fish stock, saffron, baguette.
 - **Method:** 1) Build a saffron tomato-fennel broth and simmer for 25 minutes. 2) Add seafood in stages until cooked; serve with toasted baguette.
4. **Vegetable Moussaka** — Pro, vegetarian
- **Ingredients:** 2 aubergines, 2 courgettes, 500 g lentils, 400 g tomatoes, 500 ml béchamel, 60 g parmesan, cinnamon.

- **Method:** 1) Roast sliced vegetables and simmer lentils with tomatoes and cinnamon. 2) Layer with béchamel and parmesan; bake at 190°C for 40 minutes.
 - 5. **Chicken Biryani** — Pro
 - **Ingredients:** 600 g chicken thighs, 300 g basmati rice, 2 onions, 150 g yoghurt, 2 tsp biryani spice, saffron, mint, 500 ml stock.
 - **Method:** 1) Marinate chicken with yoghurt and spices, then brown with onions. 2) Layer with par-cooked rice, saffron, mint, and stock; cover and steam until tender.
 - 6. **Neapolitan-Style Pizza** — Pro, vegetarian option
 - **Ingredients:** 500 g strong flour, 325 ml water, 10 g salt, 2 g yeast, 150 g passata, 200 g mozzarella, basil, olive oil.
 - **Method:** 1) Knead dough, rise slowly, and shape gently. 2) Top with passata, mozzarella, basil, and oil; bake on a fully heated stone at the hottest safe setting.
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Dessert Adventures — Easy

1. **Berry Yoghurt Parfaits** — Easy
 - **Ingredients:** 400 g Greek yoghurt, 250 g mixed berries, 80 g granola, 2 tbsp honey, mint leaves.
 - **Method:** 1) Layer yoghurt, berries, granola, and honey in glasses. 2) Chill for 15 minutes and finish with mint.
2. **No-Bake Chocolate Oat Bites** — Easy
 - **Ingredients:** 150 g oats, 100 g peanut butter, 60 g cocoa powder, 80 ml maple syrup, 50 g chocolate chips.
 - **Method:** 1) Stir everything into a sticky mixture. 2) Roll into balls and chill for 30 minutes.
3. **Cinnamon Apple Crumble Mugs** — Easy
 - **Ingredients:** 2 apples, 1 tbsp sugar, ½ tsp cinnamon, 50 g oats, 30 g flour, 30 g butter.
 - **Method:** 1) Toss apples with sugar and cinnamon in two mugs. 2) Rub crumble ingredients together, sprinkle on top, and microwave until bubbling.

Dessert Adventures — Medium

1. **Lemon Meringue Tartlets** — Medium
 - **Ingredients:** 6 pastry cases, 3 egg yolks, 100 g sugar, 2 lemons, 1 tbsp cornflour, 2 egg whites, 100 g icing sugar.
 - **Method:** 1) Cook lemon juice, yolks, sugar, and cornflour into a thick curd. 2) Fill cases, top with whipped meringue, and bake until lightly golden.
2. **Matcha Cheesecake Bars** — Medium
 - **Ingredients:** 200 g digestive biscuits, 80 g butter, 400 g cream cheese, 100 g sugar, 2 eggs, 2 tsp matcha, 100 ml cream.
 - **Method:** 1) Press biscuit crumbs and butter into a tin. 2) Beat filling ingredients together, pour over the base, and bake at 160°C for 35 minutes.
3. **Quick Baklava Rolls** — Medium
 - **Ingredients:** 6 filo sheets, 150 g chopped walnuts, 60 g melted butter, 1 tsp cinnamon, 100 g honey, 1 tbsp lemon juice.

- **Method:** 1) Fill and roll buttered filo with walnuts and cinnamon. 2) Bake at 180°C for 20 minutes, then pour over warm honey and lemon syrup.

Dessert Adventures — Hard

1. Dark Chocolate Soufflés — Hard

- **Ingredients:** 100 g dark chocolate, 30 g butter, 3 eggs, 40 g sugar, 1 tbsp flour, icing sugar.
- **Method:** 1) Melt chocolate with butter and whisk in yolks and flour. 2) Fold in whipped whites, spoon into buttered ramekins, and bake at 200°C for 12 minutes.

2. Choux Pastry Profiteroles — Hard

- **Ingredients:** 125 ml water, 50 g butter, 75 g flour, 2 eggs, 300 ml whipped cream, 100 g chocolate.
- **Method:** 1) Cook water, butter, and flour into a paste; beat in eggs. 2) Pipe and bake puffs, fill with cream, and drizzle with melted chocolate.

Dessert Adventures — Pro

1. Pistachio Raspberry Entremet — Pro

- **Ingredients:** 1 sponge cake, 200 g raspberries, 250 ml cream, 150 g white chocolate, 60 g pistachios, 2 gelatine leaves.
- **Method:** 1) Prepare sponge, raspberry insert, and pistachio mousse separately. 2) Layer in a mould, chill until set, and glaze before slicing.

2. Classic Croquembouche — Pro

- **Ingredients:** 24 choux buns, 500 ml pastry cream, 250 g sugar, 60 ml water, 50 g chopped hazelnuts.
- **Method:** 1) Fill buns and make a hot caramel. 2) Dip and stack the buns into a cone, then decorate with caramel threads and hazelnuts.

Drink Adventures — Easy

1. Strawberry Basil Lemonade — Easy

- **Ingredients:** 250 g strawberries, 4 lemons, 750 ml cold water, 3 tbsp sugar, 6 basil leaves, ice.
- **Method:** 1) Blend strawberries, lemon juice, sugar, and a splash of water. 2) Stir with remaining water, basil, and ice; strain if desired.

2. Mango Lassi — Easy

- **Ingredients:** 250 g mango, 250 g yoghurt, 150 ml milk, 1 tbsp honey, pinch of cardamom, ice.
- **Method:** 1) Blend all ingredients until smooth. 2) Pour into chilled glasses and dust with cardamom.

3. Ginger Lime Spritz — Easy

- **Ingredients:** 2 limes, 2 tbsp ginger syrup, 500 ml sparkling water, ice, lime slices, mint.
- **Method:** 1) Divide lime juice and ginger syrup between glasses. 2) Add ice and sparkling water; stir and garnish.

Drink Adventures — Medium

1. Thai Iced Tea — Medium

- **Ingredients:** 3 tbsp Thai tea leaves, 500 ml boiling water, 2 tbsp condensed milk, 100 ml evaporated milk, ice.
- **Method:** 1) Steep tea for 5 minutes and strain. 2) Sweeten with condensed milk, pour over ice, and float evaporated milk on top.

2. Frothy Iced Mocha — Medium

- **Ingredients:** 2 espresso shots, 2 tbsp cocoa powder, 200 ml milk, 1 tbsp sugar, ice, whipped cream.
- **Method:** 1) Stir hot espresso with cocoa and sugar. 2) Shake with milk and ice, pour into a glass, and top with cream.

3. Cucumber Mint Cooler — Medium

- **Ingredients:** ½ cucumber, 1 lime, 8 mint leaves, 1 tbsp honey, 500 ml sparkling water, ice.
- **Method:** 1) Muddle cucumber, lime, mint, and honey. 2) Add ice and sparkling water; stir and strain for a smoother drink.

Drink Adventures — Hard

1. Raspberry Shrub Spritz — Hard

- **Ingredients:** 200 g raspberries, 100 g sugar, 100 ml apple cider vinegar, 500 ml sparkling water, ice, rosemary.
- **Method:** 1) Mash berries with sugar and chill for 2 hours. 2) Stir in vinegar, strain, and mix 2 tbsp shrub with sparkling water over ice.

2. Espresso Martini — Hard

- **Ingredients:** 40 ml vodka, 25 ml coffee liqueur, 30 ml fresh espresso, 1 tsp sugar syrup, ice, 3 coffee beans.
- **Method:** 1) Chill a coupe glass. 2) Shake all liquid ingredients hard with ice, double-strain, and garnish with coffee beans.

Drink Adventures — Pro

1. Clarified Citrus Milk Punch — Pro

- **Ingredients:** 500 ml strong black tea, 150 ml lemon juice, 100 ml orange juice, 100 g sugar, 250 ml whole milk, 150 ml dark rum or extra tea.
- **Method:** 1) Warm tea, juices, and sugar, then pour into the milk. 2) Rest until curdled, filter slowly through coffee paper, and serve chilled over ice.

2. Homemade Fermented Ginger Beer — Pro

- **Ingredients:** 100 g grated ginger, 150 g sugar, 1 lemon, 1 litre water, ½ tsp yeast, clean swing-top bottles.
- **Method:** 1) Simmer ginger, sugar, and water for 10 minutes; cool fully and add lemon and yeast. 2) Bottle loosely, ferment 24–48 hours, refrigerate, and open carefully.

Choose Your Next Challenge

+Pick a recipe that makes you grin, gather your ingredients, and give it a go. Nail an Easy favourite, bravely meet a Hard dish, or invite a cooking buddy to take on a Pro masterpiece together.

There is no wrong route through this adventure—only tasty discoveries, cheerful kitchen chaos, and one more delicious challenge waiting around the corner. Happy cooking!