

**JAMIE OLIVER**



**SIMPLY  
JAMIE**

**FAST & SIMPLE FOOD**

JAMIE OLIVER

**SIMPLY**

**JAMIE**

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DEDICATED TO

**BILL**  
**GRANGER**

1969 — 2023

An effortless shining light in the culinary world, Bill's cooking epitomized charming Aussie calm, with nostalgia and a fresh lightness of touch. He was a warm, kind, wonderful man, and his influence on the food scene will be felt for years to come. Sending much love to his wife, Natalie, and his three girls. Rest in peace, dear Bill.

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# **I'M HERE TO REMIND YOU THAT YOU CAN MAKE COOKING WORK FOR YOU**

By being interested in and partaking in the act of cooking, you're expressing choice and the freedom to nourish yourself and your loved ones. And it's that choice, that decision to keep cooking alive, that will forge where we go with food and farming in the next fifty years, how it evolves and develops for the future.

Whether you're a seasoned pro or just starting out in the kitchen, I want to arm you with the recipes – and the confidence – to fit more cooking into your life, with total ease.

## **ULTIMATELY, I WANT THIS BOOK TO INSPIRE YOU TO COOK**

Right now, it seems that time is our most valuable currency. Whatever your skill level, if you're restricted on time then you need to be smart with how you approach mealtimes. Eating out, getting a takeaway or reheating something you've bought can all be convenient, but I also want to inspire you to get into the kitchen more often – and to enjoy it!

The digital revolution has turned how we access information on its head. We have instant access to numerous recipes and ideas, and endless inspiration at our fingertips, and yet we're cooking less than ever before. There's a lot of noise out there; it can be overwhelming, and volume doesn't always go hand-in-hand with trust or quality control.

That's exactly why I wrote this book – it exists to help you celebrate the simple joy of cooking. It's about reliable, achievable, fun, delicious recipes that you can work into your busy life; recipes that will give you options, and therefore control. In turn, you'll be able to thrive as a cook, and hopefully you'll be happier, healthier and save a bit of money, too.

## **I STILL BELIEVE THAT ANYONE CAN LEARN TO COOK**

By finding recipes that are relevant to you and fit into the rhythms of your week, you'll find a way to start or keep your food adventure going. That's why there are just five chapters here, five modern-day gears of cooking, that will work really hard for you, and ensure you're covered, seven days a week:

**MIDWEEK MEALS**

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**WEEKEND WINS**

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**TRUSTY TRAYBAKES**

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**CUPBOARD LOVE**

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**PERFECT PUDS**

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These are recipes that can be easily adapted to suit a whole range of needs. And I've done all the hard work when it comes to ensuring that they're both nutritious and delicious, so you can feed yourself and your loved ones without worry. If you can embrace some of the principles, you'll find that these are the stepping stones to great meals and great times.

# **COOKING CAN REPRESENT SOME OF THE HAPPIEST MOMENTS IN YOUR LIFE**

If this book inspires you to start or to keep on cooking, then I've done my job. I hope you find some ideas in here that will become a new part of your kitchen rhythms.

## **SIMPLY JAMIE PANTRY**

As with all my recent books, I always presume you've got these five everyday staple ingredients. They pop up regularly throughout this book and aren't included in each individual ingredients list. The five heroes are olive oil for cooking; extra virgin olive oil for dressing and finishing dishes; red wine vinegar as a good all-rounder when it comes to acidity and balancing marinades, sauces and dressings; and, of course, sea salt and black pepper for seasoning to perfection.



## **LET'S CHAT EQUIPMENT**

I tend to use a small range of equipment on repeat, so don't feel you need to spend a fortune to get kitted out in the kitchen. A set of frying pans, a couple of casserole pans – one shallow and one deep – and a nest of roasting trays are your key cooking vessels. Of course, a chopping board and decent knife is a given for nearly every recipe, too. When it comes to making your life easier, a speed-peeler, box grater and pestle and mortar are all fantastic for creating great texture and boosting flavour, and a blender and food processor will always be a bonus, especially if you're short on time.

# **MIDWEEK MEALS**

**Think easy dinners, quick fixes, shortcut ingredients, flavour bombs & working-from-home lunches. A bumper selection of recipes that will serve you well on a Tuesday night when you're tired, in a hurry, and just want something tasty to tuck into.**

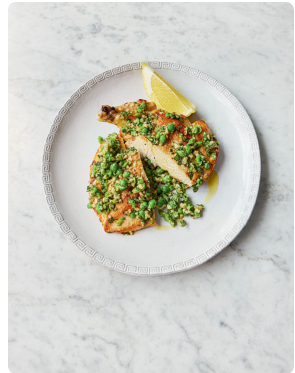


# MIDWEEK MEALS

PLEASE SELECT A RECIPE

TAP FOR TEXT VERSION









# MIDWEEK MEALS

- ▶ JARRED PEPPER PASTA
- ▶ BLACK OLIVE PASTA
- ▶ BEETROOT & RICOTTA PASTA
- ▶ HERB PEA PASTA
- ▶ SPEEDY SALSA SPAGHETTI
- ▶ SUN-KISSED TOMATO PASTA
- ▶ LEMON, ROCKET & BROAD BEAN PASTA
- ▶ 8 COOL WAYS WITH SALMON
- ▶ CRISPY NOODLE FISHCAKES
- ▶ TIN-RAID FISHCAKES
- ▶ MANGO CHUTNEY FISH BALLS
- ▶ SPEEDY MACKEREL SALAD
- ▶ VIBRANT SALMON STEAMED & FLAKED
- ▶ 8 DELICIOUS DRESSINGS
  - BALSAMIC DRESSING*
  - TAHINI DRESSING*
  - CORONATION DRESSING*
  - GREEN GODDESS DRESSING*
  - TOMATO & PEPPER DRESSING*
  - CREAMY FETA DRESSING*
  - BEETROOT DRESSING*
  - FRENCH DRESSING*
- ▶ LOVELY LENTIL FALAFEL
- ▶ CORONATION CHICKEN SALAD
- ▶ GREEN GODDESS SALAD
- ▶ QUICK GREEKISH SALAD
- ▶ DELICIOUS SEASONAL GREENS
- ▶ SIMPLE ROUND LETTUCE
- ▶ EASY PASTA SALAD

- ▶ FUNKY POTATO SALAD
- ▶ CRISPY BROCCOLI PANZANELLA
- ▶ UPSIDE-DOWN NOODLE RICE BOWL
- ▶ STICKY MISO AUBERGINE
- ▶ SIMPLY PERFECT CHICKEN
- ▶ SWEET CHILLI CHICKEN
- ▶ SWEET PEA CHICKEN
- ▶ SPICED CASHEW CHICKEN
- ▶ OLIVE GREMOLATA CHICKEN
- ▶ SPEEDY MICROWAVE GNOCCHI
- ▶ GNOCCHI CARBONARA
- ▶ SPICY SALAMI & TOMATO GNOCCHI
- ▶ COURGETTE, PEA & MINT GNOCCHI
- ▶ CREAMY GARLIC MUSHROOM GNOCCHI
- ▶ STEAK & NOODLES
- ▶ GOLDEN PORK & CREAMY PEPPER SAUCE
- ▶ STEAK & MUSHROOM SAUCE
- ▶ SMASH BURGER

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# **7 NO-COOK PASTA SAUCES**

**The infinite possibilities that pasta presents have always inspired me. Being able to get a delicious meal on the table in under 15 minutes when you're busy and juggling is undeniably helpful, and that's what makes these seven no-cook pasta sauce recipes so relevant. While your pasta cooks, simply zip up one of these scrumptious sauces, team them together and your mealtime is sorted. Once you embrace the no-cook sauce vibe, I'm positive it will become part of your pasta repertoire.**



# JARRED PEPPER PASTA

WHO KNEW SUCH BIG SUNSHINE FLAVOURS COULD BE MADE SO FAST? YOU NEED THIS SUNNY ONE IN YOUR LIFE

SERVES 4 | 12 MINUTES

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
591kcal	30.6g	4.7g	18.4g	64.1g	7.2g	0.2g	1.1g

- 300g dried penne
- 1 bunch of flat-leaf parsley (30g)
- 1 clove of garlic
- 1 × 460g jar of roasted red peppers
- 100g blanched almonds
- ½–1 teaspoon dried red chilli flakes
- 150g cottage cheese
- 1 Cook the pasta according to the packet instructions.
  - 2 Blitz the parsley (stalks and all) in a blender with enough extra virgin olive oil to make a vibrant green oil, then pour into a clean jam jar.
  - 3 Peel the garlic and place in the blender (there's no need to clean it) with the jarred peppers (juice and all), the almonds, chilli flakes, 2 tablespoons of olive oil, 1 tablespoon of red wine vinegar and half the cottage cheese. Blitz until super-smooth.
  - 4 Drain the pasta, reserving a mugful of starchy cooking water, then return it to the pan. Pour over the pepper sauce and toss together over the heat, loosening with a splash of cooking water, if needed, then season to perfection with sea salt and black pepper.
  - 5 Divide between serving plates, dot over the remaining cottage cheese, then drizzle with parsley oil, to taste, keeping the rest in the fridge for up to 3 days, or freezing in an ice cube tray for future meals.



JARRED PEPPER PASTA

# BLACK OLIVE PASTA

FOR ALL THE OLIVE LOVERS OUT THERE, THIS FAST, DELECTABLE, DELICATE PASTA IS THE ONE FOR YOU – ENJOY

SERVES 4 | 11 MINUTES

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
541kcal	30.3g	5.7g	11.5g	59g	5.5g	1.7g	2.3g

- 300g dried linguine
- 1 clove of garlic
- 200g black olives, pitted, plus extra to serve
- 4 sprigs of thyme, ideally lemon
- 2 tablespoons balsamic vinegar
- 50g feta cheese
- 1 Cook the pasta according to the packet instructions.
  - 2 Peel the garlic and place in a blender with the olives, half the thyme leaves, 1 teaspoon of black pepper, 6 tablespoons of olive oil and the balsamic. Blitz until super-smooth.
  - 3 Drain the pasta, reserving a mugful of starchy cooking water, then return it to the pan. Pour over half the olive sauce (save the rest in the fridge for up to 3 days, or freeze in an ice cube tray for future meals) and toss together, loosening with a splash of cooking water, if needed.
  - 4 Divide between serving plates, drizzle with 1 tablespoon of extra virgin olive oil, crumble over the feta and pick over the remaining thyme, then thinly slice and scatter over a few extra olives, to finish.





BLACK OLIVE PASTA