



Cooking with Claire @TVInfants

Tasty Dips, Snacks and Wraps





Cooking with @ClaireTVI

Mexican Corn Salad

Ingredients

6 ears corn, kernels stripped

1/2 cup or "some" mayonnaise

1/4 cup or "some" feta, plus more for garnish

Juice of 2 limes (use fresh for a better flavour but bottled is fine too)

2 tbsp. chopped fresh coriander, plus more for garnish

*1 tbsp. chili powder, plus more for garnish – start with a little,, taste then **add a little more...***

kosher salt or just sea salt, or just salt or not if you are avoiding it.



Method

In a serving bowl, toss corn with mayo, feta, lime juice, coriander and chili powder.

Season generously with salt.

Top with more feta, coriander, and a sprinkle of chili powder.

Top Tips!

So, personally finding corn on the cob isn't the easiest out of season as it's a little hard and tasteless. So I would use the tinned or better still frozen (more for your money) I would also roast it beforehand. Defrost and or drain, pat it dry, then put it in a dry fring pan or in the over for a **bit, till it goes a little brown in places. You'll smell** a richer flavour. It does work best with fresh that you cut from the cob yourself, but these recipes are about practical recipes as well as taste and cost. So tinned/frozen is fine.

Remember, salt, chilli, feta etc are to taste, you don't have to stick to the amounts above, add a bit, taste it, add more, taste it, you can add, you **can't take away. If you want add other raw vegetables like peppers,** green (spring) onions, replace the mayo with some yogurt or half mayo/half yogurt for something less rich. Use paprika or chipotle sauce for a smokey warmth. **Feta is also known as "Greek" or "salad cheese"** and the price is significantly cheaper. Basically use this as a base and get creative. Perfect for making with children and adapting to suit your family.

Recipe is from:

Delish use this [link](#) Top Tips are my own!



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Best-ever chunky guacamole

Ingredients (make plenty)

1 large ripe tomato
3 avocados, very ripe but not bruised
juice 1 large lime
handful coriander, leaves and stalks chopped,
plus a few leaves, roughly chopped, to serve
1 small red onion, finely chopped
1 chilli, red or green, deseeded and finely
chopped
tortilla chips, to serve



Method

Use a large knife to pulverise the tomato to a pulp on a board, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.

Tip all the other ingredients into the bowl, then season with salt and pepper. Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed. Scatter with the coriander, if using, then serve with tortilla chips or spicy wedges and sour cream.

Top Tips!

This stuff is really expensive in the shops and can taste quite plastic. Although avocados are not the cheapest and people **think they are "fattening", they are full** of healthy oils and are quite filling. Look for very ripe avocados, **check the "yellow sticker" areas, it's a great recipe to use up** avocados heading for the bin as they are too soft.

Make it smooth or chunky (chunky for me), add more/less garlic, chilli, etc – then add other things to make it go further, stick to **"Mexican" classic, sweet corn (roast it first, mmmm) peppers (a little crunch), mixed seeds (again roast them to bring out the flavours).**

Don't just use it as a dip, spread on bread, top chilli with it, use home made flat breads instead of shop bought (use the naan bread recipe from Curry week, simple and just the same).

Recipe is from:

BBC Good Food use this [link](#)

Top Tips are my own!



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Grilled Lemon Chicken Flatbread Wraps with Spicy Garlic Sauce

Ingredients

1 pound skinless, boneless chicken breasts (about 2 large breasts), cubed into bite-size pieces, save money go meatless add rice, quorn pieces, more vegetables.

Olive oil

2 cloves garlic, pressed through garlic press

Zest of 1 lemon (about 1 tablespoon)

1 tablespoon lemon juice

1 teaspoon salt

Pinch or two black pepper

$\frac{1}{2}$ teaspoon dried oregano and ground cumin

$\frac{1}{4}$ teaspoon coriander and paprika

4 flatbreads although wraps are easier and cheaper

Arugula greens basically some sort of green leaf!

Sliced tomatoes

Spicy Garlic Sauce (recipe later in the book)



Method

Place the cubed chicken into a medium-size bowl, and drizzle in about 2 tablespoons of olive oil; add in the garlic, plus the remainder of the ingredients up to and including the paprika, and using your hands, toss all of the seasonings and spices very well to coat the chicken.

Using 4 bamboo skewers, skewer the chicken so that there is equal portions of meat on each skewer, and allow the chicken to marinate for about 20 minutes, or even overnight, if making ahead.

When ready to grill, place a grill pan over medium-high heat, and drizzle in a little oil; once the oil gets hot, place the chicken skewers into the pan, and cook them for about 6-8 minutes, turning them occasionally so that they get a bit charred on all sides, or until cooked through; allow them to rest, lightly covered with foil, for about 5-10 minutes; then, remove the chicken cubes from the skewers and set aside.

To assemble, add a little drizzle of the Spicy Garlic Sauce onto the flatbread, followed by the greens; then, add a couple of slices of tomato, and about one skewer-worth of the lemon chicken; drizzle over a generous amount of the Spicy Garlic Sauce, and fold the sides towards the middle to **form a "wrap"**.

Top Tips:

Make flat breads with the family or pittas, entirely up to you. Cut the chicken finer it will go further, use turkey instead of chicken (sometimes cheaper) or chicken /turkey mince and make into little meatball shapes. Remember, add herbs/spices to taste, bit by bit, especially where chilli/paprika is concerned.

Recipe is from: The cosy Apron follow this [link](#) **Top tips are my own!**



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Spicy Garlic Sauce (make lots)!

Ingredients:

½ cup mayonnaise

½ cup sour cream or full-fat, plain Greek yogurt

3 cloves garlic, pressed through garlic press

1 tablespoon tahini

2-3 teaspoons sriracha (I used a lot more since I like mine spicy, so use your own judgement!)

1 teaspoon salt

Pinch black pepper

Pinch cayenne pepper (again, you can use more, if you like it spicier)

½ teaspoon lemon juice

Method

Add all ingredients to a medium-size bowl, and whisk together until completely smooth and creamy; use immediately, or keep in the fridge, covered. (I like to put mine in a plastic squeeze bottle, and keep any leftovers in the fridge to use for other sandwiches, or as a tasty condiment.)

TEN MINUTE OVEN BAKED TOSTADAS

INGREDIENTS:

Corn or wheat tortillas (the little mini ones)

Vegetable oil for brushing and salt (sea salt is best but any will do)

Your favourite toppings (beans, chicken, beef, lettuce, cheese, etc.) – you could use the Lemon chicken above, the stuffing for the peppers, the chilli or just left over bits from the fridge, the guacamole, hummus, soft cheese, Mexican cheese!

Method:

Preheat the oven to 400F/200C/190C fan oven/Gas Mark 6

Line a baking sheet with foil. Arrange as many tortillas as will fit on the baking sheet without overlapping. (I can get 6 on mine - if you need more than that, bake in batches or bake two sheets at a time, rotating halfway through).

Brush both sides of the tortillas lightly with oil and sprinkle with salt.

Bake for about 8 minutes, turning over after 4 minutes.

Remove from the oven and transfer to a paper towel lined tray to cool. *It's ok if they're slightly soft as long as they're browned. They will crisp up even more as they cool.

Serve immediately with your favourite toppings, enjoy - – basically a little tasty pizza treat. **Great for making with the children, use little bowls of "toppings" and get them to make their own.**

Recipe adapted from: Yellow Bliss Road follow the [link](#)





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Southwestern Humus

Ingredients for the Humus (no Tahini Woo Hoo)!

- 1 (16 oz) can Chick peas, rinsed and drained
- 1 clove garlic, minced (or a little more if you are warding off vampires or just like it)
- juice from $\frac{1}{2}$ of lemon
- 1 Tablespoon olive oil (add a little at a time until you get it how you like it, might be slightly more than a tablespoon)
- $\frac{1}{2}$ teaspoon salt (to taste is best)
- $\frac{1}{4}$ teaspoon cayenne pepper or paprika if you want it smoky and slightly milder
- 1 Tablespoon roasted red pepper



Method and Top Tips combined:

Hang on this one is a bit complicated...

Blend all ingredients in a food processor until you get the correct consistency.

NB: the correct consistency depends on you, chunky or smooth, if you want it really smooth you might find you need a little more oil.

Phew... how did that go? All good? Now, once made, eat and make some more pretty much straight away as it's that "moreish". If you are a regular #cookingwithclaire then you'll just make double straight away. Manners prevents me from making triple, it would be rude...wouldn't it? Maybe you have a really big family? So, make triple! It'll keep – it won't need to – but it will in a pot in the fridge.

Eat it as a dip with tortillas, flat breads, carrots, cucumber, peppers, celery, breadsticks, fingers or a spoon if you prefer. Spread on wrap or sandwich and fill with other lovely stuff like the corn salad and some ham or chicken, the grilled lemon chicken from earlier in this book. Once you make this you will be putting it on everything.

If you want to spice this up, **Nando's style, you know that spicy little oil they have in a bottle. It's easy to make.** Buy some Harissa paste, own brand is fine, the other stuff is really expensive, take a teaspoon of the paste, mix with a little oil (**any sort let's not get carried away here**) and pour, **Nigella Lawson style, all over the sumptuous hummus you have lovingly smeared in a shallow bowl (that's me channelling Nigella if you were wondering).** Other toppings would be some whole chickpeas, roasted pine nuts, pesto, harissa mixed with some yoghurt, chilli oil, be creative, let us know what you top it with (ohhh roasted onions, all caramelised and sweet)!

Recipe is from: The Chef in Training her is the [link](#). Top tips are my own!



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Enchilada Sauce

Ingredients

1/4 cup oil
2 tablespoons flour
3 tablespoons chili powder
1 can tomato sauce
1 cup chicken broth (water can work too)
2 teaspoons ground cumin
1 tablespoon garlic , minced
1/2 teaspoon onion powder
1/4 teaspoon salt



Method:

Heat the canola oil in a saucepan on medium heat.

Add the flour and chili powder and stir.

Cook until the bright red color turns a bit brown while stirring.

In a small bowl mix the tomato sauce with the rest of the ingredients until it is fully blended.

Add to your saucepan and whisk until fully mixed.

Cook for 8-10 minutes on medium heat until thickened.

Recipe is from: Dinner then Dessert link [here](#)

Baked Chicken Chimichangas

Ingredients

2 cups cooked chicken , chopped or shredded
1 cup of salsa (recipe below)
1 teaspoon ground cumin and 1/2 teaspoon dried oregano,
2 cups grated cheddar cheese
3 spring onions , chopped (about 1/4 cup)
6 (8 inch) flour tortillas
2 tablespoons butter , melted
chopped tomato, sour cream, guacamole, salsa, and grated cheddar cheese for topping



Method:

Preheat oven to 400°F/200C/190C Fan Oven/Gas Mark 6

Mix chicken, salsa, cumin, oregano, cheese and onions. Place about 1/3 cup of the chicken mixture in the center of each tortilla.

Fold opposite sides over filling. Roll up from bottom and place seam-side down on a baking sheet. Brush with melted butter. Bake at 400°F for 25 minutes or until golden brown and crispy. Garnish with desired toppings and serve with salsa on the side. Recipe is from: The Girl who Ate Everything link [here](#)



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#cookingwithclaire Stuffed Peppers with Spicy Cheese

Ingredients

1 tbsp. oil and garlic/chilli oil to brush the inside of the peppers if you have it.

1 lb. minced turkey/chicken (we are not using this today, extra vegetables and rice)

2 large onion, diced finely

2 tin of sweetcorn (or about a cup if you are using frozen, **make sure it's defrosted**)

drain and pat dry with kitchen paper before using

3 cloves garlic, chopped/minced (more if you want)

Salt to taste

Cooked rice (cook it yourself, or if you really must by the pre-cooked one but own brand please not Uncle you **know who's**)

1 tin or boxed packet of chopped tomatoes

1 handful of coriander chopped finely

1 tsp paprika (but add it a little at a time to taste)

200g Mexicana (Mexican/spicy cheese grated)

5 or so peppers, tops removed / a bag of value ones is perfect! Chop the extras into the mix

Method – you can make the filling ahead and store in the fridge overnight or longer in the freezer. Just make sure it is fully defrosted before using

Preheat oven to 375 °F/190 °C/180 for a fan oven or Gas Mark 5.

Cook your rice using the instructions on the packet, if it is dried this is best done first, if you are using frozen/ambient pre-**cooked rice it'll only take a few** minutes so can be done later in the process.

In a large pan, over medium-high heat, heat oil.

Cook the turkey until starting to brown, 4/5 minutes. Add onion, paprika and garlic and cook until turkey is golden and cooked through, 4/5 minutes more. Season with salt. Take off the heat.

Carefully slice the top of the peppers off, leaving as much of the pepper intact as possible, chop the tops and add to the turkey mix (waste not want not).

Place the peppers in a high sided baking tray or use a roasting tin.

In the pan mix the cooked turkey, cooked rice, tomatoes, half the grated cheese, the coriander the finely chopped tops of the peppers and the sweetcorn.

Brush the inside of the peppers with a little chilli or garlic oil if you have it, spoon the turkey/rice mixture into and fill to just over the top and sprinkle with the rest of the cheese.

Bake until peppers are tender and mixture is hot in the middle, check after 20 mins every 5 mins after that till they look cooked.

Recipe is from "my brain", top tips also from "my brain". My first published recipe! Autographs on request!!!! There's no picture, so take one when you make it and I'll add it.



Cooking with @ClaireTVI

Cheesy Baked Chicken/Quorn Enchiladas

Ingredients

1 lb. shredded roast chicken
shredded **or** Quorn pieces,

1 tsp. cumin

1 tsp. chilli powder

2 cloves of garlic

2 Jalepeno Chilli's

1 can black beans, rinsed

1 jar enchilada sauce, you can buy it, or use the recipe later in the book.

10 large flour tortillas

3 cups grated Monterey Jack (or **cheddar it doesn't matter too much**)

2 handfuls of freshly chopped coriander

2 limes, cut into wedges and salt to taste



Method

Preheat oven to 350°F/180C/160C Fan Oven/Gas Mark 4.

In a medium bowl, mix chicken, salt, cumin, chili powder, garlic, green chillies, black beans, and 1/2 cup of the enchilada sauce.

In a large deep sided baking tray or casserole dish, pour 1/2 cup enchilada sauce over bottom.

On a chopping board, lay a tortilla, in the centre of each tortilla, spoon a small scoop of chicken mixture and sprinkle with Monterey Jack. Roll up tortilla and place seam side down onto enchilada sauce; repeat with remaining tortillas.

Pour over remaining enchilada sauce and sprinkle with remaining Monterey Jack. Bake until cheese is bubbling and melted, 15 minutes. Serve with coriander and lime wedges

Top Tips

Enchillada sauce is fairly easy to make, see the recipe later on, you can use this sauce for lots of things not just this recipe, you can cook the **chicken in a little oil if you don't want to roast one, but the flavour will be better. You could also use slow cooked beef/pork, beef mince it's up to you.**

Recipe is adapted from Delish, the is link [here](#)



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Enchilada Chicken Quesadillas

Ingredients

2 tablespoons vegetable oil, divided
1 onion, sliced into rings
1 tablespoon honey
2 skinless, boneless chicken breast fillets - cut into strips
120ml enchilada sauce
100g grated mature Cheddar cheese
8 flour tortillas



Method

Preheat oven to 180 C / Gas mark 4.

In a large, deep frying pan, heat 1 tablespoon oil over medium high heat. Slowly cook and stir onion until translucent. Mix in honey. Stir until onion is golden brown, about 5 minutes. Remove from pan and set aside.

Place remaining oil and chicken in the pan over medium high heat. Cook until chicken is no longer pink. Stir in enchilada sauce and evenly coat chicken.

Layer 4 tortillas individually with chicken, onions and Cheddar. Top with remaining tortillas.

One or two at a time, place layered tortillas on a large baking tray. Bake uncovered in the preheated oven 20 minutes, or until cheese is melted. Do not let tortillas become too crisp. Remove from heat. Cut into quarters to serve.

Top Tips

You can use any sauce, any meat and vegetables, add peppers to the onions and use a **fajita mix of spices, use extra chilli, BBQ sauce, don't use meat**, use up things you have in the fridge, it the process of sandwiching the ingredients between the tortillas, covering in cheese **and baking till brown. Think "pizza sandwich" and you're pretty** much sorted. Again, a great one for children to make with their favourite ingredients or use up the left overs.

Recipe is adapted from All Recipes, the is link [here](#)



Cooking with @ClaireTVI

Classic Fresh Salsa (make plenty)!

Ingredients

3 tablespoons chopped onion (finely chopped)
2 small cloves garlic (minced)
3 large ripe tomatoes (peeled, seeds removed, chopped)
2 chilli peppers (hot or mild)
2-3 tablespoons chopped cilantro
1 1/2-2 tablespoons lime juice
salt and pepper, to taste



Method

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain thoroughly. Discard water. Cool.

Combine onions and garlic with chopped tomatoes, peppers, cilantro, and lime juice. Add salt and freshly ground black pepper, to taste.

Refrigerate for at least 2 hours to blend the flavours.

Serve as a dip or a condiment with Mexican style dishes. Can be refrigerated for up to 5 to 7 days.

*Use hot or mild chilli peppers in the salsa. Jalapeno peppers, serrano, New Mexican, and Anaheim are good choices.

Tips and Variations

Plum tomatoes are an excellent choice for salsa. They are firmer and have fewer seeds, and they're easier to dice.

If you're not a fan of cilantro, omit it or add fresh parsley.

For extra texture and color, add about a few tablespoons of drained and rinsed black beans and a few tablespoons of cooked corn kernels.

For something a little different, try this [peach salsa](#) or this tasty corn and [pepper salsa](#).

Recipe is adapted from The Spruce, the is link [here](#)



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What would you add?

How would you change it?

Dips, Snacks and Wraps Week Recipe Notes:

*More chilli or less, extra garlic, more **sweetcorn**, going "meat free Monday"! You decide what suits you best, note it here along with recipes and ideas that you share with the #cookingwithclaire group.*



Cooking with Claire @TVInfants

Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: @asda this week...

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food aisle for cheaper versions of the same branded items, Paprika, **something most people don't use everyday**, is 35p a packet in the European section of the world food aisle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of **Sainsbury's**. Which would you rather pay? It's all Paprika, made of the same pepper!

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

Costs are approximate and based on prices at the time of shopping and represent the cost of the recipe, not the cost of buying all the ingredients which is generally less than £5 per recipe.

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Enchilada Quesadillas</i>	<i>£5.33</i>
<i>Salsa</i>	<i>97p</i>
<i>Humus</i>	<i>78p</i>
<i>Stuffed Peppers</i>	<i>£5.68 (make it cheaper use more rice and less or no chicken £2.38)</i>
<i>Cheesy Baked Enchiladas</i>	<i>)£6.20</i>
<i>Enchilada Sauce</i>	<i>89p</i>
<i>Chimichangas</i>	<i>£6.53 (cost of chicken and making the salsa below)</i>
<i>Tostadas</i>	<i>58p for mini wraps, use "left overs" from other recipes to top</i>
<i>Lemon Chicken Wraps (+Garlic Sauce)</i>	<i>£4.23 (£1.00)</i>
<i>Mexican Corn Salad</i>	<i>£2.00</i>
<i>Guacamole</i>	<i>£3.68 (avocados!)</i>

Please note that most recipes serve 4 people depending on your portion size.