



QUICK EASY RECIPES

**Delicious
Meals Anyone
Can Cook**

VAL WALDECK

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DELICIOUS MEALS ANYONE CAN COOK

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If you are just starting to cook or looking for quick and easy delicious recipes, Quick and Easy Recipes is for you.

This useful mini recipe book shares 7 delicious meals anyone can cook. The recipes work perfectly every time. Your family and guests will think you are a gourmet chef.

Quick Easy Recipes is the perfect kitchen companion for any busy, on-the-go person. Cooking becomes a pleasure in a hurried world, even if you are culinary challenged. It's a lifesaver on your journey to becoming an excellent cook.

Tasty family dinners never looked so good – or so easy!

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Special thanks to my family and friends
who supplied me with quick and easy recipes
to help me along the way

INTRODUCTION

Cooking was never my strong point. Put a computer in my hands and I am as happy as can be.

My efforts with cookbooks didn't always produce the taste and result I wanted. That frustrated me and sent me on a mission to collect quick and easy recipes that taste great every time. My friends and family came to the rescue and started me off on my culinary journey. I'm still not a great cook and these recipes remain firm favourites.

I discovered there are few rules to cooking. Add anything you like to enhance the taste of your meals to your liking. *Mrs. Ball's Chutney* and *Sweet Chilli Sauce* turn any meal into a gourmet delight.

I trust they will be useful for folks just like me who prefer eating to cooking!

Enjoy!

Val Waldeck

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SPAGHETTI SPECIAL



Ingredients:

Spaghetti (uncooked)
Olive Oil
Small tin Tomato Paste
Worcester Sauce
Seasoning – Salt, Pepper, Herbs
Small tin Onion and Tomato mixture
1 1/2 teaspoons Sugar
Cooked Sausage
Cheese

Method:

- Boil two cups of water with a tablespoon of oil and add salt
- Prepare your sauce.

- Add Olive Oil to heated pan
 - Add can of Tomato Paste
 - Salt, pepper, and mixed herbs
 - 2 1/2 teaspoons of sugar
 - A few drops of Worcestor Sauce
 - Small tin onion and tomato mix (optional)
 - Cut a cooked sausage into small pieces and add to mixture
 - Add water and stir until sauce reaches nice consistency
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- Run the spaghetti under hot water to flush away stickiness
 - Place in serving dish, add the sauce
 - Top with grated cheese

Serve with fresh salad and rolls. Absolutely delicious.

MACARONI & CHEESE



Ingredients:

Macaroni
Grated Cheddar Cheese
Water
Salt and Pepper
Oil
1 Egg
1 level teaspoon Mustard
Small tin of Creamed Sweetcorn
½ Cup Milk
Tomatoes
Small pieces cooked bacon (optional)

Method:

- Boil two cups water. Add salt and a tablespoon of oil

- Add macaroni. (About 1 cup for two to three people)
- Boil until dry
- Run the macaroni under hot water to get rid of stickiness
- Prepare Sauce
 - Beat the following:
 - 1 Egg
 - 1 level teaspoon mustard
 - 1 small tin creamed sweetcorn (or 2 tablespoons cream cheese).
 - Pepper
 - 1/2 cup Milk
- Add nearly half of the cheese to serving dish
- Add nearly half the macaroni
- Top with sliced tomato pieces
- REPEAT
- Add the sauce
- Sprinkle small pieces of cooked bacon on top (optional)
- Add a few dabs of butter
- Cook in a 220 over for 35 minutes

Serve with a salad and rolls.

DELICIOUS CHICKEN DISH



Ingredients:

- 6 Chicken pieces
- 1 Packet Brown Onion Soup
- 1/2 Cup Mayonaise
- 1/2 Cup Chutney
- 1 Cup Water
- Heaped teaspoon Maizena

Method:

- Place chicken pieces upside down in pan
- Prepare Sauce
 - Mix the Brown Onion Soup, Mayonaise, Chutney, and Water
 - Thicken with a heaped teaspoon of Maizena and water

- Pour sauce over chicken
- Cook in pre-heated 180 oven for 1 ¼ hours
- Turn chicken pieces over after about 45 minutes
- Watch the chicken and make sure it does not burn

Serve with baked potatoes and steamed vegetables.
You can easily do these in a microwave oven or steamer.

TASTY FISH DISH



Ingredients:

4 Fillets Frozen Hake
1 Tablespoon Milk
Potatoes
Peas
2 Tablespoons Flour
Olive Oil
1 Cup Milk
Heaped Teaspoon Maizena
½ Teaspoon Dry Mustard
2/3 cup grated cheese
Breadcrumbs
¼ teaspoon Baking Powder

Method:

- Place fillets in dish side by side

- Add 1 tablespoon of milk
- Allow to thaw
- Dry fish with roller towel
- Clean dish and coat lightly with oil or spray with Spray & Cook
- Place fillets upside down, again side by side
- Dribble about 1/2 teaspoon oil on each fish
- Put in pre-heated 220 oven for 10 minutes
- Cook potatoes in boiling water.
- Prepare Cheese Sauce:
 - 1 heaped tablespoon Maizena
 - 1/2 teaspoon dry mustard
 - Add 2 tablespoons of hot milk to the dry paste
 - Mix well
 - Add 2/3 cup grated cheese
- When fish is cooked, pour the cheese sauce over the fillets
- Sprinkle breadcrumbs on top
- Place back in oven for another 10 minutes
- During this time mash the potatoes. Add salt, pepper, milk, and baking power and mix to right consistency.
- Prepare the peas. Steam in microwave or steamer.

Serve with rolls

YUMMY OMELETTES



Ingredients:

Olive Oil
2 tablespoon water
Salt and Pepper
 $\frac{1}{4}$ teaspoon Baking Powder
Tomato & Onion mixture (cut into small pieces)
Bacon (cooked and cut into small pieces)
Green Pepper
Mixed Herbs
2 eggs per person
Cheese

Method:

- Beat the eggs, water, salt, pepper, and Baking Powder together
- Put a little oil into a small frying pan
- Cook gently

- Add the tomato, onion, bacon pieces, Mixed Herbs, and sliced green pepper on top of the cooked egg
- Fold the egg around the contents and cook for a few more minutes
- Sprinkle with grated cheese

Repeat for each Omelette.

SUPER CASSEROLE



Ingredients:

Lamb Chops or Beef Curry Pieces

Onion

Potatoes

Carrots

Peas

Cauliflower

1 Desertspoon Vinegar

Mixed Spice

Rosemary Spice

Tin Tomato & Onion Mix

Method:

- Brown meat first in pan
- Cook meat and onion pieces in about two cups water

- Brown in juice
- Add more water
- Add vinegar, Mixed Spice, and Rosemary
- Cover and cook for about half-an-hour
- Add tin of tomato & onion mix
- Add potatoes, more onion, carrots, peas, cauliflower, vinegar, more salt and pepper
- Cook in pre-heated 180 oven for about two hours

Serve on rice

QUICK CURRY DISH



Ingredients:

Beef Curry Pieces
Potatoes
Salt and Pepper
1 heaped teaspoon curry powder
1 teaspoon flour
 $\frac{1}{4}$ cup vinegar
1 desertspoon Tomato Sauce

Method:

- Cook meat in water
- Add salt
- Brown before adding anything else
- Add potatoes with more salt and pepper
- Cook until soft
- Add curry mix

- Cook for about ten minutes while stirring

Curry Mix:

- 1 heaped teaspoon curry powder
- 1 teaspoon flour
- ¼ cup vinegar
- 1 desertspoon Tomato Sauce

Serve on rice with fresh salad as side-dish

BONUS RECIPE

PINEAPPLE TART



Ingredients:

- 1 Pineapple
- 1 Cup Water
- 3 Tablespoons Sugar
- 1 Desertspoon Custard Powder
- 2 Eggs
- 1 Flan (Check for recipe in Google or just buy one) or make pie base with tennis biscuits

Method:

- Grate the pineapple
- Add one cup water
- 1 Tablespoon Sugar
- Cook for a few minutes

- Thicken with custard paste (mix custard with water)
- Pour into flan
- Bake in pre-heated 180 oven for about 20 minutes
- Beat two egg whites with 2 tablespoons sugar to a firm creamy consistency.
- Spread on top of Pineapple Pie and place under grill for a few minutes until the egg mixture turns a light brown.

Serve with cream or custard.

ABOUT THE AUTHOR



Val Waldeck, a well-known South African author, international Bible teacher and conference speaker, has written several books and writes regular columns in two South African National Christian magazines. She has twice been awarded the prestigious South African Writer's Circle "Writer of the Year" award.

Val has been in fulltime Christian ministry since December 1973. She graduated from the Bible Institute of South Africa in 1972 and holds a Diploma in Theology with the University of London and a Doctorate in Theology with Teamwork International.

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