

ONE PAN DISH

One-pan dishes are a great time saver when you're travelling, giving you the freedom to enjoy the day and still enabling you to serve up a hearty meal for dinner. A butane stove which includes a cooking pan and lid is a valuable addition to your kitchen when travelling, and is useful for a number of recipes.



FRENCH CHICKEN TRAY BAKE

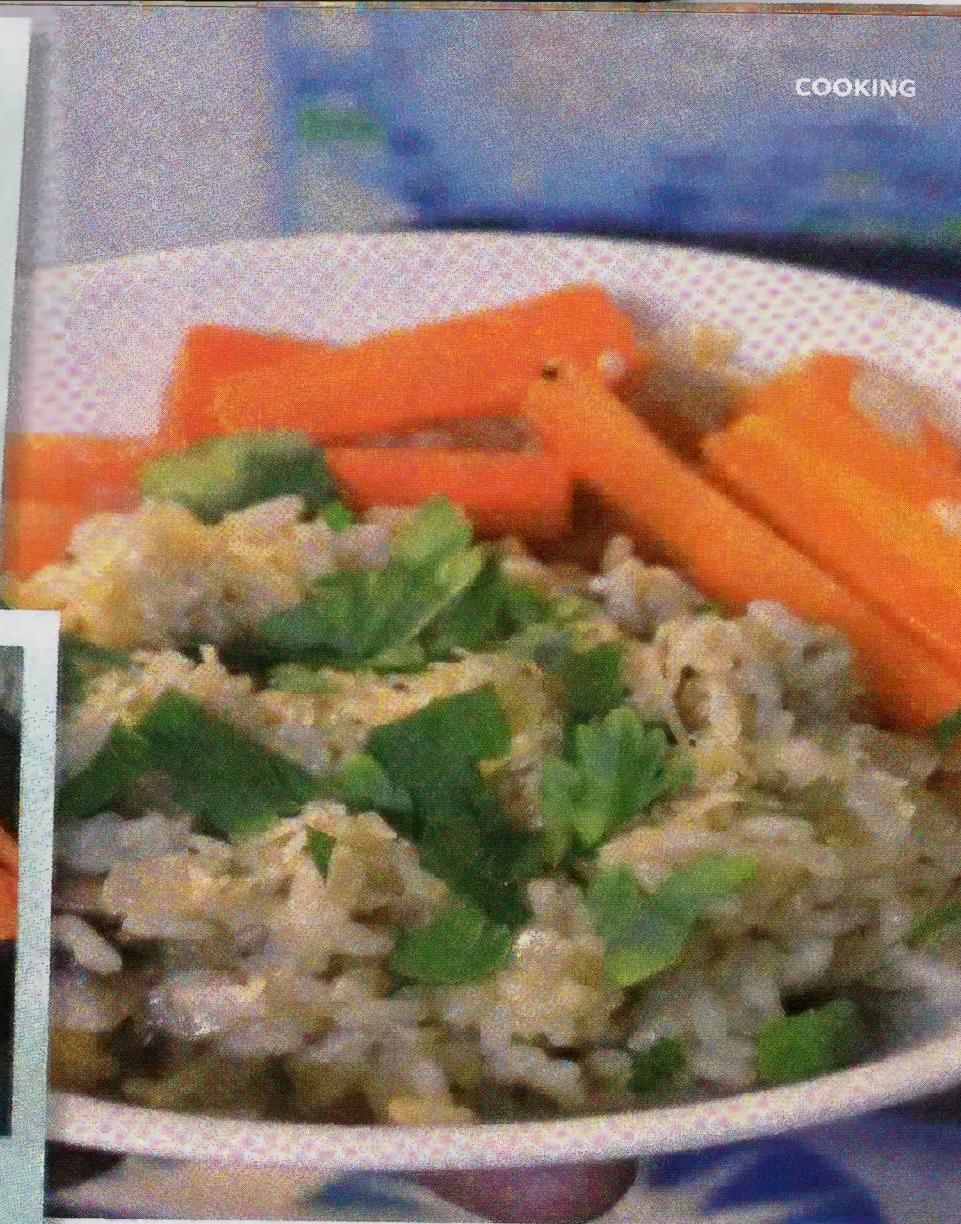
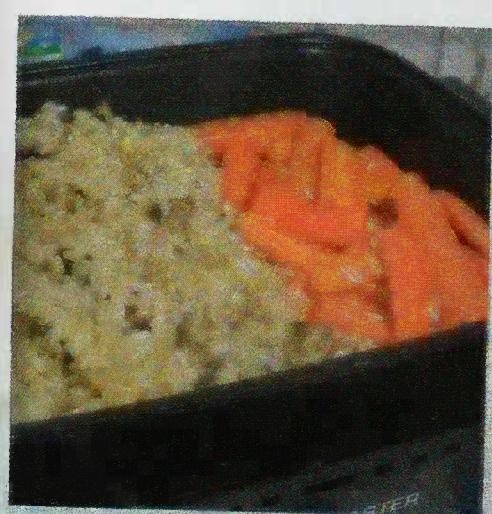
This rich creamy-tasting tray bake is an easy one to make using simple ingredients, and it's ready in under an hour

INGREDIENTS (SERVES 4)

- 1 tablespoon butter
- ½ tablespoon olive oil
- 6 chicken thighs (quartered)
- 8 baby potatoes (halved)
- ½ large onion cut into wedges
- 35 gram packet of salt-reduced French onion soup
- 100ml boiling water
- 250ml light cream
- 1 tablespoon Dijon mustard
- 2 teaspoons dried thyme

METHOD

1. Put olive oil and butter in a pan on medium heat and, when melted, add chicken thigh pieces. Turn chicken occasionally until starting to brown. Next add the potatoes and onion wedges, turning until they start to soften and change colour.
2. While the potato and onions are cooking, mix together in a jug the French onion soup packet dissolved in water followed by the cream and the Dijon mustard; and stir to combine.
3. Pour the mustard and cream mixture into the pan, sprinkle with thyme, turn the heat down to low, and cover the pan with a lid.
4. Simmer for 30 minutes, stirring occasionally until the potatoes are softened and the sauce is thick and creamy.
5. Serve with steamed green beans.



MUSHROOM RISOTTO

Risottos have a reputation of being fiddly to make, needing constant supervision while having to continually add stock and wait between additions. However, this mushroom risotto using the absorption method is a set-and-forget easy recipe to make when you're on the road. This recipe uses only a few ingredients and it takes around 20 minutes to make a soft and filling risotto full of flavour.

INGREDIENTS (SERVES 2)

2 tablespoons butter
 ½ large onion diced
 1 cup button mushrooms sliced
 1 cup Arborio rice
 2 cups of boiling chicken stock liquid
 ¼ cup grated parmesan cheese
 Splash of white wine
 1 cup flat leaf parsley (chopped)
 Salt and pepper

METHOD

1. Melt butter in a frying pan on medium heat and cook onion until softened. To this, add the mushrooms and cook until softened and browning slightly.
2. Add a splash of white wine to the pan and stir the mushroom and onions until the alcohol has cooked off.
3. Add the rice to the pan and cook for around five minutes, stirring continuously until the grains start to go clear. Next add the stock liquid, salt and pepper; and bring to a simmer while stirring.
4. Reduce the heat to low, cover the pan and leave to cook for 15 to 20 minutes, until the liquid is absorbed and the grains are tender.
5. To finish, add the parmesan cheese and parsley and stir through. Serve with steamed carrots.