



Cookfulness Recipe VRS March 2026 - Spiced Popcorn

Give Yourself Time – when you need to take extra time, take a step back, breathe and re-Cookfulness yourself

Key steps marked for when something really important is needed

Hints & Tips to help you throughout and after

Cookfulness Playlists get your best tracks going!

Difficult rating 1 2 3 4 5

Makes – for 4-6

Cooking time: 0 mins

Preparation time: 10 mins

Give Yourself Time: 30 mins

You Will Need

Large bowl

Tablespoon

Teaspoon

Mixing spoon

Ingredients

1 large bag salted popcorn

2 tsp turmeric

1 tsp ground cumin

1 tsp ground cinnamon

½ tsp ground coriander

½ tsp chilli flakes

2tbspns honey

Method

Add the popcorn to the bowl

Add all of the spices and herbs (not the honey) to the popcorn and gently mix so as evenly coated as possible

When ready to serve, drizzle over the honey and enjoy!

Hints & Tips

Make sure your bowl is a big one!

Pea & Mint Pasta Salad

Difficult rating 1 2 3 4 5

Makes – for 4-6

Cooking time: 20 mins (depending on pasta)

Preparation time: 15 mins

Give Yourself Time: 45 mins

You Will Need

Large bowl
Mixing spoon
Weighing scales
Pan for pasta & peas
Zester
Juicer

Ingredients

350g dried pasta shape of choice – cooked and cooled
150g frozen peas – cooked and cooled
200g feta cheese
Handful rocket leaves
Handful fresh mint leaves
1 lemon – zest & juice
Salt & pepper
Splash olive oil

Method

Add the pasta and peas to your bowl
Crumble the feta in
Add in all other ingredients
Carefully mix well to combine

Hints & Tips

You can cook the peas with the pasta to save effort and water, just into the pasta when 3 mins to go

Ways to Change

Change the pasta for some new potatoes
Add some snipped chives in for an oniony hit
A few chili flakes adds some extra heat

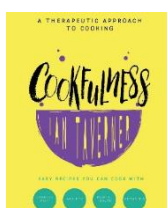
Congratulate yourself and be proud!

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Basil & Coconut Noodle Bowl

Difficult rating 1 2 3 4 5

Makes – for 4-6

Cooking time: 20 mins (depending on pasta)

Preparation time: 15 mins

Give Yourself Time: 45 mins

You Will Need

Knife

Chopping board

Can opener

Teaspoon

Saucepan to cook noodles

Large deep frying pan

Heatproof mixing spoon

Juicer

Food processor

Ingredients

2 cans coconut milk

2 large handfuls fresh basil

2 teaspoons ginger paste

1 lime – juiced

½ teaspoon ground turmeric

6-8 broccoli florets

200g dried noodles – cooked and cooled

4 spring onions/scallions chopped into 1 inch pieces

Handful fresh coriander

Method

Add the coconut milk, basil, ginger and turmeric to your processor and blend

Pour the sauce into your large, deep pan and heat to medium high (just before starts to boil)

Add the broccoli and cook for a further **key 3 mins**

Add the noodles and spring onions and cook for **key 1 min more**

Scatter over the coriander

Hints & Tips

If your blender isn't large enough, just use 1 can with the other ingredients to blend, then add to the second to the large pan when decanted, mix well

Turmeric turns everything yellow, including hands and clothes, so be careful!

Ways to Change

Add in pak choi instead of broccoli

Try different noodle types

Top with crispy onions for some crunch

WATERMELON PIZZA

Difficult rating 1 2 **3** 4 5

Makes – enough for many pizzas & hungry family!

Cooking time: 0 mins

Preparation time: 15 (pizza) 10 mins (dressings)

Give Yourself Time: 45 mins

You Will Need

Knife	Chopping Board
Zester	Hand juicer
Jam jars or small bowls x 2	Tablespoon
Serving plate	Teaspoon

Ingredients

Watermelon slices (pre-cut)	Mixed tropical fruits (pre chopped)
Fresh Basil leaves – 5	Fresh Mint leaves – 5
4 tablespoons desiccated coconut	Small packet chocolate drops (of your choice!)

Dressing 1

Zest and juice 1 lemon
1 tablespoon maple syrup
3 tablespoons cold water

Dressing 2

Zest and juice 1 lime
1 tablespoon honey

Method

Place the watermelon slices out in a pizza round shape
Scatter on the tropical fruits & desiccated coconut
Roughly tear the basil and mint and scatter over the top of the pizza
Scatter over the chocolate drops

For the dressings – add the ingredients to individual jam jars or bowls, carefully screw the lid on, and shake to mix or stir well

Pour the dressings over the pizza – half and half

Hints & Tips

Buy ready chopped fruit to help if you need to
The dressings will keep in the jam jars in the fridge for a week so can be made well ahead

Ways To Change

Use different fruits for your pizza topping
Try adding some stem ginger, glace cherries etc.

Congratulate yourself and be proud

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