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# easycook

from **good food**

MARCH 2019

## TALKING RHUBARB

*Celebrating Britain's seasonal favourite*

**10**

**BEST EVER CHICKEN DISHES**

*Angellica Bell*  
**Cooking with kids**

*Mother's Day*  
**biscuit tin bakes**

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## Welcome

**M**other's Day is going to be a particularly special day this year because it's also my wife's birthday (and a milestone one, at that), so I've been nagging our three kids, aged 17, 14 and 11, to get off their screens and pull out all the stops (with a threat to pull out the plugs on their gadgets if they don't – it's an amazingly motivating strategy). Poached eggs are my wife's favourite breakfast, so the eldest is on breakfast duty, making eggs on avocado & feta toast (see recipe, right). I've got the younger boys on the case for afternoon tea, baking scrumptious vanilla cupcakes (p6) and then, I'll take the reins to do what I love doing most – cooking Sunday lunch for the family. For that, I've picked a lamb menu from *BBC Saturday Kitchen* regular Clodagh McKenna's new cookbook (p66). Elsewhere in this issue, we've got new family meals specially created for little 'uns (p18), a week's worth of healthy meals (p26) and recipes from a top BBC chefs and writers, including former *Great British Bake Off* contestant Chetna Makan (p32), and former *Celebrity MasterChef* winner and *The One Show* presenter Angellica Bell (p76).

*Keith Kendrick*

Editor



### Poached eggs on avocado & feta toast

■ Serves 1 ■ Prep 5 mins ■ Cook 5 mins

VEGETARIAN

Fill a large saucepan with water, add **1 tbsp white wine vinegar** and bring to a hard boil over a high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl it into a whirlpool. Crack in **1 large egg** and cook for 2½ mins. Meanwhile, in a small bowl, mash together ½ **avocado**, **25g feta**, **1 tsp chilli flakes** and a **squeeze of lemon juice**, and season well with black pepper. Toast a slice of **sourdough bread**. Pile the mashed avocado and feta on the toast, then put the poached egg on top.

**PER SERVING** 517 kcals, fat 31g, saturates 9g, carbs 37g, sugars 3g, fibre 6g, protein 20g, salt 1.8g

## BEST OF BBC

- \* **Chetna Makan** was the 2014 semi-finalist on the *Bake Off*, p32.
- \* **James Martin** hosted *Saturday Kitchen*, p58.
- \* **Angellica Bell** won *Celebrity MasterChef* in 2017 and presents *The One Show*, p76.
- \* **Clodagh McKenna** is a *Saturday Kitchen* guest, p66.
- \* **John Torode** is a judge on *MasterChef*, p82.
- \* **Tom Kerridge** hosted *Fresh Start*, p84.
- \* **Gregg Wallace** is a judge on *MasterChef*, p85.



From **BBC goodfood**

What's so good about our recipes is that the majority have been tested in the Test Kitchen of our sister title *BBC Good Food*. So, they're all easy, tasty and quick to make – and you can be sure that they'll work every time.

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**Our promise to you**

We know how busy you are, so the recipes in *Easy Cook* are designed to make life easier

- We keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time during the week, many of our recipes use ingredients you might already have in your storecupboard or fridge.

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March 2019

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*Make our cover recipe!*



**Rhubarb & almond crumble tart, p65**

# CUPCAKE

Decorate these pretty vanilla cupcakes with buttercream icing and your mum's favourite topping

## Vanilla cupcakes

- Serves 6-12 ■ Prep 40 mins
- Cook 20 mins **VEGETARIAN**

### FOR THE CUPCAKE MIXTURE

120g butter, softened

120g caster sugar

1 egg

1 tsp vanilla extract

120g self-raising flour

### FOR THE BUTTERCREAM ICING

140g butter, softened

275g icing sugar

1-2 tbsp milk

few drops of food colouring (optional)

**1** Heat the oven to 180C/160C fan/gas 4 and line a 12-hole muffin tin with paper cases.

**2** Cream the butter and sugar together in a bowl until pale. Beat the eggs in a separate

bowl and mix into the butter mixture along with the vanilla extract.

**3** Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three quarters full.

**4** Bake in the oven for 10-15 mins, or until golden brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5-10 mins, then place on a wire rack.

**5** For the buttercream icing, beat the butter until soft. Add half the icing sugar and beat until smooth.

**6** Add the remaining icing sugar with 1 tbsp milk, adding more if necessary, until the mixture is smooth and creamy. Add food colouring, if you like. Mix well.

**7** Spoon the buttercream into a piping bag and add a nozzle of your choice. Pipe onto each cake in a swirl, sprinkle over your choice of topping, then enjoy!

**PER SERVING** (12) 287 kcal, fat 16g, saturates 10g, carbs 34g, sugars 27g, fibre 0.4g, protein 2g, salt 0.4g



# WINNERS!

MOTHER'S DAY 31 MARCH



# **SUPER-SAVER** suppers

Cook these quick, money-wise suppers using up leftovers wherever you can

**AS  
LITTLE  
AS 76P  
PER SERVING**

**£2.31**  
per serving

**Leek & mackerel  
penne bake, p10**

Great served with rice or piled on a baked potato with a dollop of soured cream

**£1.66**  
per serving

**Quick bean & chorizo chilli, p10**



## Leek & mackerel penne bake

*Super-fast and filling for busy midweek nights. Great with smoked haddock, too.*

- Serves 2 ■ Prep 10 mins
- Cook 20 mins

**2 leeks, trimmed, washed and sliced**  
**knob of butter**  
**175g penne pasta**  
**200ml pot reduced-fat crème fraîche**  
**1 tbsp capers**  
**2 small smoked mackerel fillets, skinned and flesh flaked into large chunks**  
**25g breadcrumbs**

**1** Fry the leeks in the butter until very soft, about 10-15 mins. Meanwhile, boil the pasta and heat the grill. When the leeks are soft, stir in the crème fraîche, capers and fish. Heat through for 1 min.

**2** Drain the pasta and stir into the sauce. Season to taste, then tip everything into a small baking dish. Scatter with the breadcrumbs and grill until golden and crisp.

**PER SERVING** 925 kcal, fat 52g, saturates 20g, carbs 84g, sugars 8g, fibre 5g, protein 35g, salt 2.7g

*Tip* Grate some fresh parmesan and mix in with the breadcrumbs for even more flavour



## Quick bean & chorizo chilli

- Serves 2 ■ Prep 5 mins
- Cook 15 mins

**100g chorizo, sliced**  
**350g tub fresh tomato and chilli sauce**  
**400g can kidney beans, rinsed and drained**  
**400g can chickpeas, rinsed and drained**  
**rice and natural yogurt, or jacket potatoes and soured cream, to serve**

Dry-fry the chorizo for a few mins in a non-stick frying pan until crisp. Carefully pour off any fat from the pan, then tip in the sauce, beans and chickpeas with 100ml water. Bring to a simmer, cover, then lower the heat and bubble for 10 mins. Spoon over rice and serve with yogurt.

**PER SERVING** 463 kcal, fat 18g, saturates 6g, carbs 50g, sugars 17g, fibre 17g, protein 29g, salt 6.3g

### ...STRETCH IT TO SERVE FOUR

#### Spicy shepherd's pie

■ Cook the **chilli** using **200g chorizo**. Peel and chop **750g floury potatoes**, boil for 10 mins, then drain and mash with **½ tsp paprika**, **1 crushed garlic clove**, a splash **milk** and a little **olive oil**. Spoon the chilli into a baking dish, top with the **mash** and grill until golden.

## Noodles with turkey, green beans & hoisin

- Serves 2 ■ Prep 10 mins
- Cook 15 mins

**100g egg or ramen noodles**  
**100g green beans, halved**  
**3 tbsp hoisin sauce**  
**1 lime, juiced**  
**1 tbsp chilli sauce**  
**1 tbsp vegetable oil**  
**250g turkey mince**  
**2 garlic cloves, chopped**  
**6 spring onions, sliced diagonally**

**1** Boil the noodles following pack instructions, adding the beans for the final 2 mins. Drain and set aside.  
**2** In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned. Add the garlic and fry for 1 min more. Stir in the hoisin mixture and cook for a few mins more until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve.

**PER SERVING** 415 kcal, fat 9g, saturates 1g, carbs 50g, sugars 11g, fibre 4g, protein 36g, salt 2.3g

### MORE GREAT WAYS WITH HOISIN SAUCE

#### Chinese grilled aubergines

■ Cut **1 large aubergine** into 4-6 thick slices. Mix **3 tbsp hoisin sauce** with **1 tbsp vegetable oil** and **1 tbsp sesame seeds**. Brush over the aubergine slices. Grill on high, turning and brushing with more sauce, until tender. Eat with rice and salad.

#### Hoisin wrap

■ Spread **1 soft tortilla** with **1-2 tbsp hoisin sauce**. Pile on shredded **cooked chicken**, or **cold meat** from a roast, **1 chopped spring onion** and sliced **cucumber**. Roll up to eat.

**£1.46**  
per serving



## Spicy tofu kedgeree

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins **VEGETARIAN** **FREEZABLE** *without eggs*

**140g basmati rice**  
**2 eggs**  
**1 tbsp olive oil**  
**1 onion, chopped**  
**1 red chilli, chopped**  
**2 tbsp medium curry powder**  
**1 tsp brown or black mustard seeds**  
**2-3 pinches cayenne**  
**100g marinated tofu (we used Cauldron)**  
**½ bunch spring onions, sliced**  
**handful flat-leaf parsley, chopped**

**1** Cook the rice and boil the eggs for 8-9 mins. Meanwhile, heat the oil in a non-stick frying pan and soften the onion and chilli for 5 mins. Add all the spices and fry for 1-2 mins more.

**2** Drain the rice and stir into the spicy onion with a splash of water and the tofu. Season, then heat through gently for a few mins until piping hot. Peel and quarter the boiled eggs. Stir the spring onions and parsley into the rice, serve in bowls and top with the eggs.

**PER SERVING** 574 kcals, fat 25g, saturates 4g, carbs 68g, sugars 5g, fibre 6g, protein 25g, salt 2.3g

**£2.36**  
per serving

## Cinnamon-rubbed salmon with couscous & harissa yogurt

■ Serves 2 ■ Prep 15 mins ■ Cook 10 mins

100g couscous  
 2 tbsp sultanas  
 small bunch coriander, chopped  
 1 tsp ground cinnamon, plus  
 a large pinch  
 200ml hot vegetable stock  
 1 tbsp honey  
 1 tbsp olive oil  
 2 salmon fillets  
 1 heaped tbsp harissa paste  
 170g tub 0% fat Greek yogurt

**1** Heat the grill. Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon and some seasoning in a bowl. Pour over the hot vegetable stock and set aside for 5 mins.

**2** Mix together the pinch of cinnamon, honey and oil. Sit the salmon in a baking tray, spread over the honey mixture and season. Cook under a hot grill for about 8 mins until the fish is cooked through.

**3** Meanwhile, swirl together the harissa and yogurt. Fluff up the couscous with a fork and serve with the fish and yogurt, sprinkled with the remaining coriander alongside some green beans, if you like.

**PER SERVING** 557 kcals, fat 23g, saturates 4g, carbs 49g, sugars 21g, fibre 1g, Aprotein 41g, salt 0.8g

### MAKE IT WITH CHICKEN

#### Honey chicken with sultana couscous

■ Swap the salmon for **2 skinless, boneless chicken breasts**. Slash each breast a few times before rubbing with the **honey mixture**, then grill for 10-15 mins until cooked through, turning halfway through cooking.

**£4.11**  
per serving

## Creamy linguine with prawns

■ Serves 2 ■ Prep 5 mins ■ Cook 12 mins

**175g linguine**  
**2 tsp olive oil**  
**1 garlic clove, finely sliced**  
**100ml white wine**  
**2 tbsp reduced-fat crème fraîche**  
**½ lemon, juiced (or to taste)**  
**2 handfuls (150g) raw peeled prawns**  
**small bunch chives, finely chopped**

**1** Cook the pasta. Meanwhile, heat the oil in a pan and gently fry the garlic for 2 mins. Tip in the wine and bubble over a high heat for

1 min, then lower the heat and stir in the crème fraîche and lemon juice. Season to taste with salt and plenty of black pepper. Simmer for 1 min to reduce a little, then add the prawns and simmer in the sauce until just pink.

**2** Drain the pasta and tip into the sauce with half the chives. Use tongs to mix everything together. Divide between two shallow bowls and sprinkle with the remaining chives.

**PER SERVING** 441 kcals, fat 8g, saturates 2g, carbs 67g, sugars 6g, fibre 2g, protein 25g, salt 0.6g

So quick and easy to make but special enough to serve to friends

**£3.30**  
per serving

## One-pan chicken couscous

■ Serves 4 ■ Prep 5 mins ■ Cook 10 mins

**1 tbsp olive oil**  
**1 onion, thinly sliced**  
**200g chicken breast, diced**  
**thumb-sized piece fresh ginger**  
**1-2 tbsp harissa paste, plus extra to serve**  
**10 dried apricots**  
**220g can chickpeas, rinsed and drained**  
**200g couscous**  
**200ml hot chicken stock**  
**handful coriander, chopped, to serve**

**1** Heat the olive oil in a large frying pan and cook the onion for 1-2 mins just until softened. Add the chicken and fry for 7-10

mins until cooked through and the onions have turned golden. Grate over the ginger, stir through the harissa to coat everything and cook for 1 min more.

**2** Tip in the apricots, chickpeas and couscous, then pour over the stock and stir once. Cover with a lid or tightly cover the pan with foil and leave for about 5 mins until the couscous has soaked up all the stock and is soft. Fluff up the couscous with a fork and scatter over the coriander to serve. Serve with extra harissa, if you like.

**PER SERVING** 281 kcals, fat 6g, saturates 1g, carbs 41g, sugars 9g, fibre 3g, protein 20g, salt 0.5g

**£1.67**  
per serving



### WHAT IS HARISSA?

Harissa is a Moroccan spice blend containing chillies and a variety of other spices, such as cumin and coriander. It can be used as an ingredient in cooking, but also as a condiment. Look out for Belazu Rose Harissa in larger supermarkets.



## Goat's cheese, pea & bean frittata

■ Serves 4 ■ Prep 5 mins  
■ Cook 20 mins **VEGETARIAN**

**300g mix frozen peas and beans**  
**8 large eggs**  
**splash of milk**  
**100g goat's cheese log, with rind**  
**1-2 tbsp chopped mint**

**1** Heat the grill to medium. Boil the peas and beans for 4 mins until just tender, then drain well. Beat the eggs with a splash of milk and some seasoning. Slice 4 thin, round slices of goat's cheese and set aside. Roughly chop or crumble the rest into pieces, then stir this into the eggs with the veg and mint.

**2** Heat an ovenproof shallow pan, pour in the egg mix and gently cook for 8-10 mins until there is just a little un-set mix on the surface. Top with the slices of goat's cheese, then grill until set, golden and the cheese is bubbling.

**PER SERVING** 306 kcals, fat 20g, saturates 7g, carbs 8g, sugars 2g, fibre 4g, protein 25g, salt 0.7g

## GREAT FLAVOURS FOR PASTA, TOO

### Goat's cheese & greens penne

■ Boil **400g penne** and add the bean mix with 4 mins to go. Drain, reserving some cooking water. Meanwhile, fry **2 chopped garlic cloves** and **1-2 finely chopped red chillies** in **3 tbsp oil**. Return the pasta to pan, stir in the **garlic, chilli** and **oil**, then add a little water to loosen. Stir in the **goat's cheese**, this time all of it chopped. Let it melt for 1 min, then stir in a handful **rocket**. Season well and serve, drizzled with **extra virgin olive oil**.

## Saucy roast sausages with lentils

*For a satisfying meat-free version, simply use veggie sausages instead.*

■ Serves 4 ■ Prep 5 mins ■ Cook 25 mins

**4 tsp olive oil**  
**2 onions, sliced**  
**250g Puy lentils**  
**700ml chicken or vegetable stock**  
**8 pork sausages**  
**400g cherry tomatoes, half halved, half left whole**

**1** Heat oven to 220C/200C fan/gas 7. Heat half the oil in a non-stick pan and soften the onion for 5 mins. Stir in the lentils, pour over the stock, then cover

and simmer for 25 mins until the lentils are just cooked and most of the liquid has evaporated. If dry, splash in a little water. **2** Meanwhile, put the sausages in a small roasting tin, drizzle with the remaining oil and roast for 25 mins – adding the tomatoes with 8 mins to go and giving the tin a good shake. Season the lentils, then spoon onto plates and top with the sausages, tomatoes and any juices.

**PER SERVING** 561 kcals, fat 27g, saturates 7g, carbs 45g, sugars 9g, fibre 8g, protein 37g, salt 2g



## Leek & bacon risotto

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

**1.5 litres chicken stock**

**1 tbsp olive oil**

**4 streaky smoked bacon rashers,  
cut into pieces**

**3 large leeks, chopped**

**300g risotto rice**

**125ml white wine (optional)**

**50g grated parmesan**

**1 bunch chives, chopped**

**1** Keep the stock hot in a saucepan. Heat the oil in another large pan and fry the bacon until crisp. Remove from the pan with a slotted spoon and set aside.

**2** Stir in the leeks and soften for 5-7 mins. Add the rice and cook for 1 min. Pour in the wine, if using, and keep stirring until it is absorbed. Add the stock, one ladle at a time, stirring and waiting for the rice to absorb the liquid before adding more. Continue for about 20 mins until the rice is just cooked and the risotto has a creamy consistency. Season, then stir through the bacon along with most of the parmesan and chives, saving a little of each to scatter over before serving.

**PER SERVING** 445 kcals, fat 13g, saturates 5g, carbs 67g, sugars 7g, fibre 6g, protein 17g, salt 1.8g

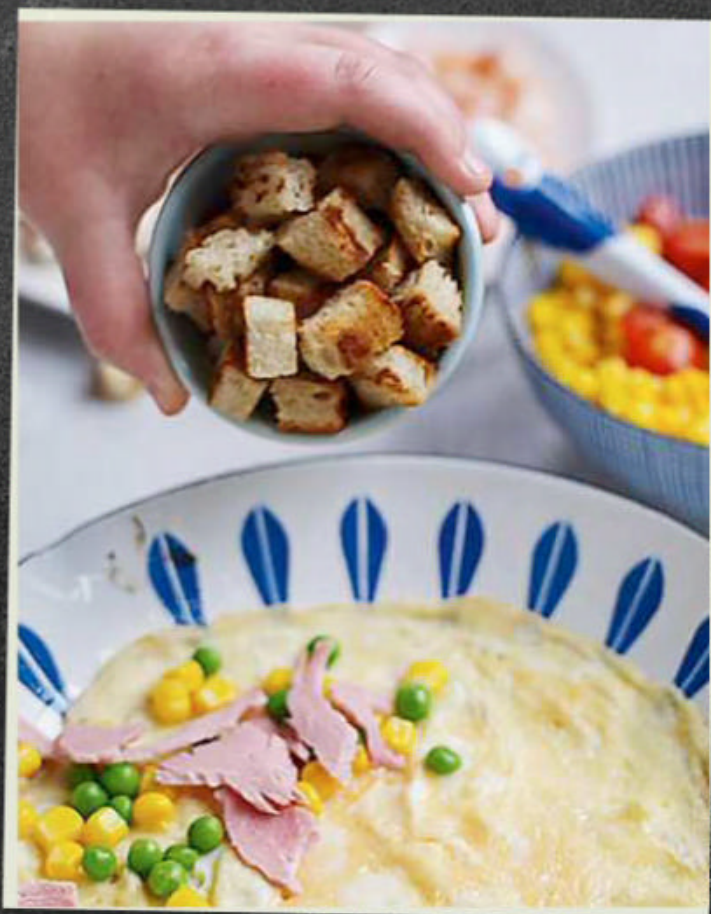
### MAKE IT VEGGIE

#### Leek, pea & pepper risotto

■ Leave out the bacon. Fry **2 sliced red peppers** with the **leeks** until softened. Use **vegetable stock** and, when the risotto is almost ready, stir in **140g frozen peas** to heat through. Finish with grated **vegetarian cheese**.



**£3.38**  
per serving



# After-school speedy suppers

Five recipes for nights when you're going out or want to feed the troops early. These are all full of goodness and can be prepared quickly





## Noodle stir-fry with crunchy peanuts

*Pick out the onion from the stir-fry veg and fry it briefly first to ensure the pieces have enough time to cook through along with the rest of the veg.*

- Serves 3 ■ Prep 10 mins
- Cook 10 mins **VEGETARIAN**

**2 tbsp crunchy peanut butter**  
**1 tbsp soy sauce**  
**1 tbsp roasted unsalted peanuts, chopped, plus extra to serve**  
**300g pack ready-to-eat egg noodles**  
**1 tbsp oil**  
**2 eggs, lightly beaten**  
**300g pack stir-fry vegetables**  
**sweet chilli sauce, to serve (optional)**

**1** Mix the peanut butter with the soy sauce and 50ml water, then add the peanuts. Put the noodles in a bowl and cover them with boiling water. Stir them gently so they separate, then drain.

**2** Heat  $\frac{1}{2}$  tbsp oil in a wok or large frying pan and pour in the egg. Leave the egg to set, then chop it up with your spatula and tip it onto a plate. Heat the remaining oil in the wok. Stir-fry the veg until starting to wilt, then add the noodles and keep cooking. Return the egg to the wok, then spoon in the peanut mixture and toss. Divide between bowls, then sprinkle over more peanuts. Serve with sweet chilli sauce, if you like.

**PER SERVING** 371 kcals, fat 19g, saturates 3g, carbs 32g, sugars 5g, fibre 4g, protein 16g, salt 1.5g





## Corn & prawn chowder with crunchy croutons

*In season, use fresh sweetcorn. Canned or frozen will do the trick the rest of the year.*

- Serves 2 ■ Prep 15 mins
- Cook 25 mins

**1** tbsp olive oil  
**½** onion, finely chopped  
**150g** potato, cut into small cubes  
**300ml** whole milk  
**200ml** chicken stock  
**150g** cooked small prawns, drained  
**195g** can sweetcorn, drained  
 (or the same weight of frozen)  
**1** large wholemeal pitta bread  
**½** tbsp garlic butter  
**small pack** chives, snipped (optional)

**1** Heat the oil in a saucepan. Fry the onion until it softens but don't allow it to brown. Add the potato, milk and stock, and bring everything to a simmer. Cook for 10 mins or until the potato is soft, then gently squash some of the potato against the side of the pan to thicken the chowder. Add the prawns and sweetcorn, and cook for another 5 mins.

**2** Meanwhile, spread the pitta with the garlic butter. Grill the pitta until it browns a little, then cut into strips. Serve the soup sprinkled with chives, if you like, with the garlic pitta on the side to dip.

**PER SERVING** 447 kcals, fat 14g, saturates 5g, carbs 48g, sugars 17g, fibre 8g, protein 28g, salt 1.9g

*Tip* This also works really well with chicken instead of prawns



## Pick & mix omelette with crunchy croutons

*Adding texture to an omelette in the form of croutons makes it a more exciting supper. This recipe is a good way of using up sandwich fillings left over from packed lunch prep.*

- Serves 1 ■ Prep 5 mins ■ Cook 5 mins

**1** tbsp olive oil  
**1** thick slice bread, cut into small cubes  
**2** eggs  
**your choice of:** 1 slice ham; 1 slice chicken, 2 slices salami, 2 slices chorizo, a handful prawns  
**2** tbsp grated cheese  
**your choice of:** a handful quartered cherry tomatoes, 2 tbsp drained sweetcorn, 2 tbsp defrosted frozen peas, or a handful rocket salad, to serve

**1** Heat ½ tbsp oil in a small non-stick frying pan. Add the bread, toss it around and fry over a medium heat until it starts to brown and crisp all over. Tip the croutons onto a plate, then carefully wipe out the pan. Shred the meat you have chosen to use or roughly chop the prawns.

**2** Beat the eggs lightly with a fork and season if you want. Heat ½ tbsp oil in the frying pan, then pour in the egg. Tip the pan from side to side until the base is covered and starting to set. Add the meat and veg to the side of the omelette nearest you. Cover the pan with a lid for a minute, then add the cheese and cover for another minute. Finally add the croutons and flip the far side of the omelette towards you so that it covers the filling. Slide onto a plate and serve with whatever kind of salad you can get away with.

**PER SERVING** 620 kcals, fat 37g, saturates 12g, carbs 25g, sugars 5g, fibre 4g, protein 44g, salt 1.5g



*Tip* If you cool the filling completely, you can top with the pastry and freeze the pies uncooked

## Mince & pea pies

Freeze individual pies and you can pull one out when you need it.

■ Serves 4 ■ Prep 20 mins ■ Cook 55 mins plus cooling

**500g lean minced beef**  
**1 tbsp olive oil**  
**1 onion, finely chopped**  
**2 large carrots (about 200g), finely chopped**  
**2 celery sticks (about 200g), finely chopped**  
**1 tbsp tomato purée**

**1 beef stock cube**  
**200g frozen peas**  
**1 egg, lightly beaten**  
**375g ready-rolled shortcrust pastry**  
**Tenderstem broccoli or other greens, to serve**

**1** Fry the mince in a little oil over a high heat, stirring to break up any lumps, until it's well browned all over. Transfer the mince to a plate, then fry the onion, carrots and celery in the rest of the oil over a low heat until softened. Stir in the tomato purée, crumble in the stock cube, then return the mince to the pan and stir well. Fry for a minute, then add 300ml water. Cover and simmer for 20 mins, then remove the lid and simmer until the sauce has thickened slightly. Stir in the peas, then turn off the heat and leave to cool for 10 mins.

**2** Heat oven to 200C/180C fan/gas 6. Divide the mince mixture between four individual pie dishes (or use one large dish). Brush the dish rims with egg. Unroll the pastry and cut it into four pieces – roll out a little more to fit the pie dishes if you need to. Top each pie with pastry, press down against the rim and trim any excess. Seal the edges with a fork, or crimp if you like, then brush the pastry with egg.

**3** Poke a little hole in the top, decorate with any offcuts if you like (brushed with a little egg), then cook for 25-30 mins or until the pastry is golden and risen. Cool for 5-10 mins before serving with broccoli or other veg on the side.

**PER SERVING** 716 kcals, fat 40g, saturates 14g, carbs 48g, sugars 10g, fibre 9g, protein 37g, salt 1.7g





## Chicken & chickpea rice

*If chickpeas are unacceptable in your house, try stirring through some frozen peas (or another vegetable that you know will get eaten) five minutes before the cooking time is up.*

■ Serves 2-3 ■ Prep 15 mins ■ Cook 25 mins plus standing

**25g butter**

**1 shallot, finely chopped**

**1 skinless chicken breast (about 180g), cut into strips**

**1 carrot (about 100g), cut into thin batons**

**1 cinnamon stick**

**1 strip lemon zest**

**125g basmati rice**

**2 heaped tbsp raisins or sultanas**

**250ml chicken stock**

**215g can chickpeas**

**1** Melt half the butter in a frying pan with a lid. Fry the shallot for a couple of mins, then add the chicken and carrot. Fry until starting to brown, then add the cinnamon and lemon, and season well. Stir in the rice and raisins, then add the stock and bring to a simmer.

**2** Scatter the chickpeas on top, then cover. Cook for 15 mins over a low heat until the rice has absorbed all the stock – if the rice is still firm, add 50ml water. Stand for 5 mins, then fluff up. Dot over the remaining butter, then serve.

**PER SERVING** (3) 417 kcals, fat 9g, saturates 5g, carbs 56g, sugars 16g, fibre 5g, protein 24g, salt 0.5g



**5  
WAYS  
WITH**

# Sausages

Get the bangers sizzling for these recipes

## West Country sausage rolls

■ Mix **400g sausagemeat**, **2 tbsp fresh chopped sage** and **1 chopped apple** with seasoning. Roll out **500g puff pastry** on a floured surface to a rectangle 30cm on the shortest side. Halve to make 2 long sheets. Spoon sausage mixture down the centre of each, brush the edges with **beaten egg**, fold over and seal. Brush with more egg, cut each roll into 6 and bake them at 220C/200C fan/gas 7 for 25 mins until golden. Makes 12.

## Sausage & broccoli pasta

■ Boil **200g penne** until nearly al dente. Throw in **150g chopped purple sprouting broccoli** and cook for 2 mins more. Drain, saving 1-2 tbsp of the water. Heat **2 tbsp olive oil** in a large frying pan and stir in **2 sliced garlic cloves**, **½ tsp** each **fennel seeds** and crushed **red chillies** with **2 chopped Italian-style pork sausages** and cook until golden. Tip in the pasta and broccoli with the water and toss with **grated parmesan**. Serves 2.

## Sausage & lentil soup

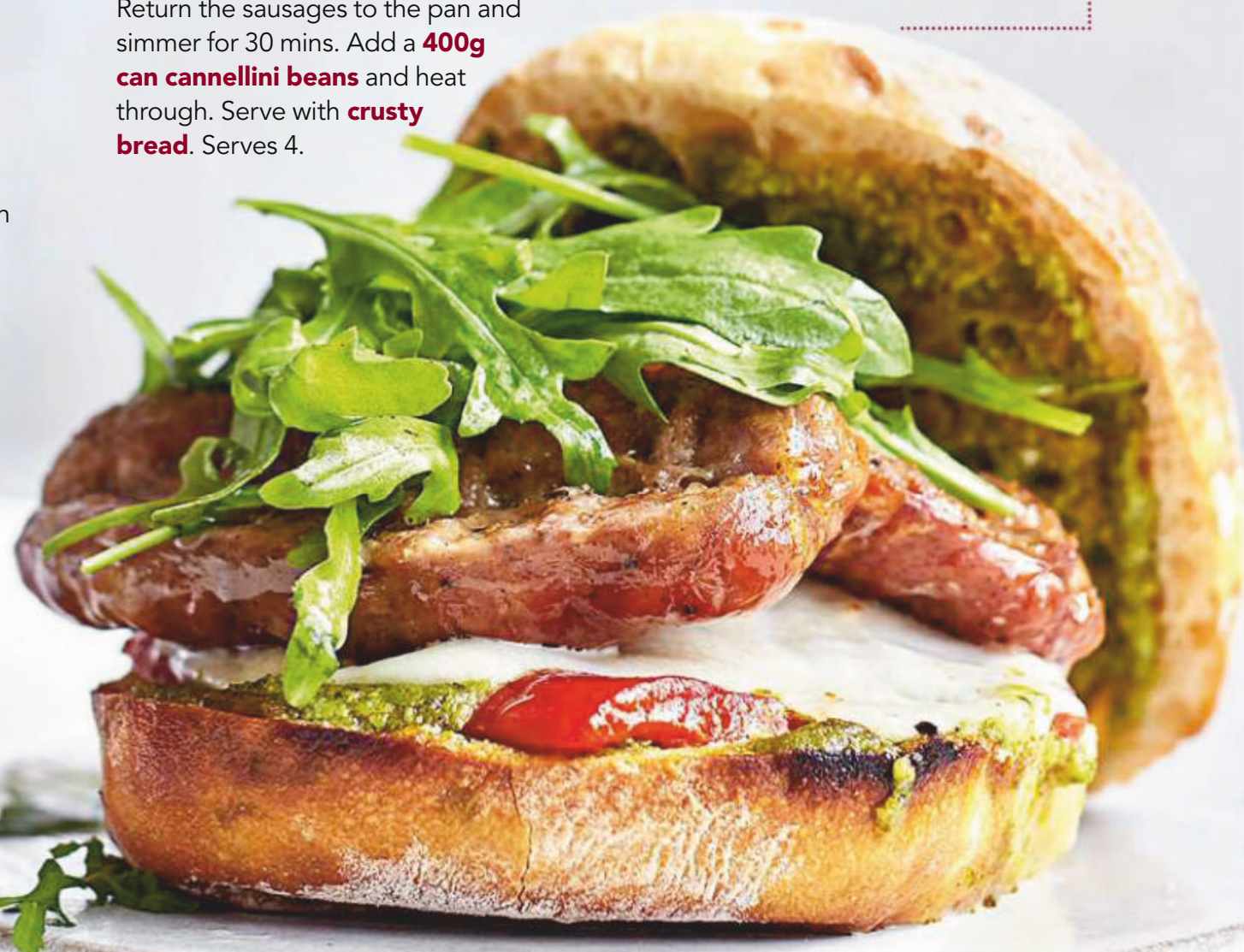
■ Snip **6 pork sausages** into chunks and brown in **1 tbsp olive oil** in a large saucepan. Add **2 chopped onions** and **3 sliced carrots** and cook until softened. Add **4 handfuls dried Puy lentils** and **850ml chicken stock**. Simmer for 25 mins until the lentils are tender and the sausages are cooked through. Serves 4.

## Banger & bean casserole

■ Brown **8 pork sausages** in **1 tbsp olive oil** in a large casserole. Remove and discard excess fat. Add **2 chopped onions** to the pan and cook until soft. Add **400g can chopped tomatoes**, **1 rosemary sprig** and **600ml chicken stock**. Return the sausages to the pan and simmer for 30 mins. Add a **400g can cannellini beans** and heat through. Serve with **crusty bread**. Serves 4.

## Sausage sandwich with pesto

■ Halve **2 herby Cumberland sausages** and put on a baking sheet, cut-side down, and grill until cooked through – about 5 mins. Cut a **ciabatta roll** in half and put, cut-side up, on the baking sheet and spread each half with **1 tbsp pesto**. Top one half with a **roasted pepper** from a jar and some **mozzarella** slices, then grill until golden and bubbling. Sandwich the bread with the sausages and a **handful rocket**, pressing down firmly to hold the filling in place. Serves 1.



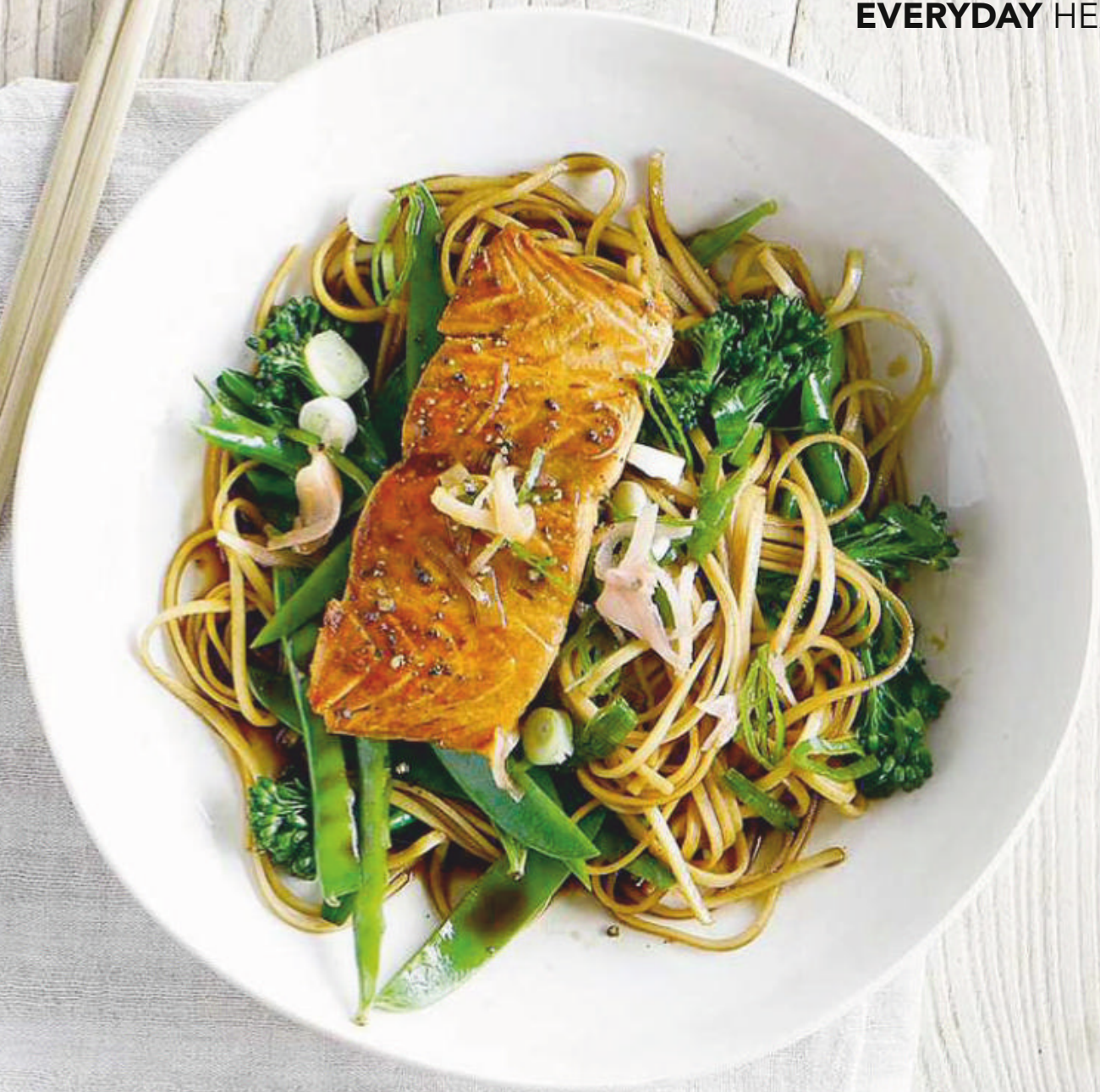
# A week of healthy meals

Simple, feel-good suppers for those days when you want something light yet satisfying

Warming and satisfying – add as much hot pepper sauce as you like

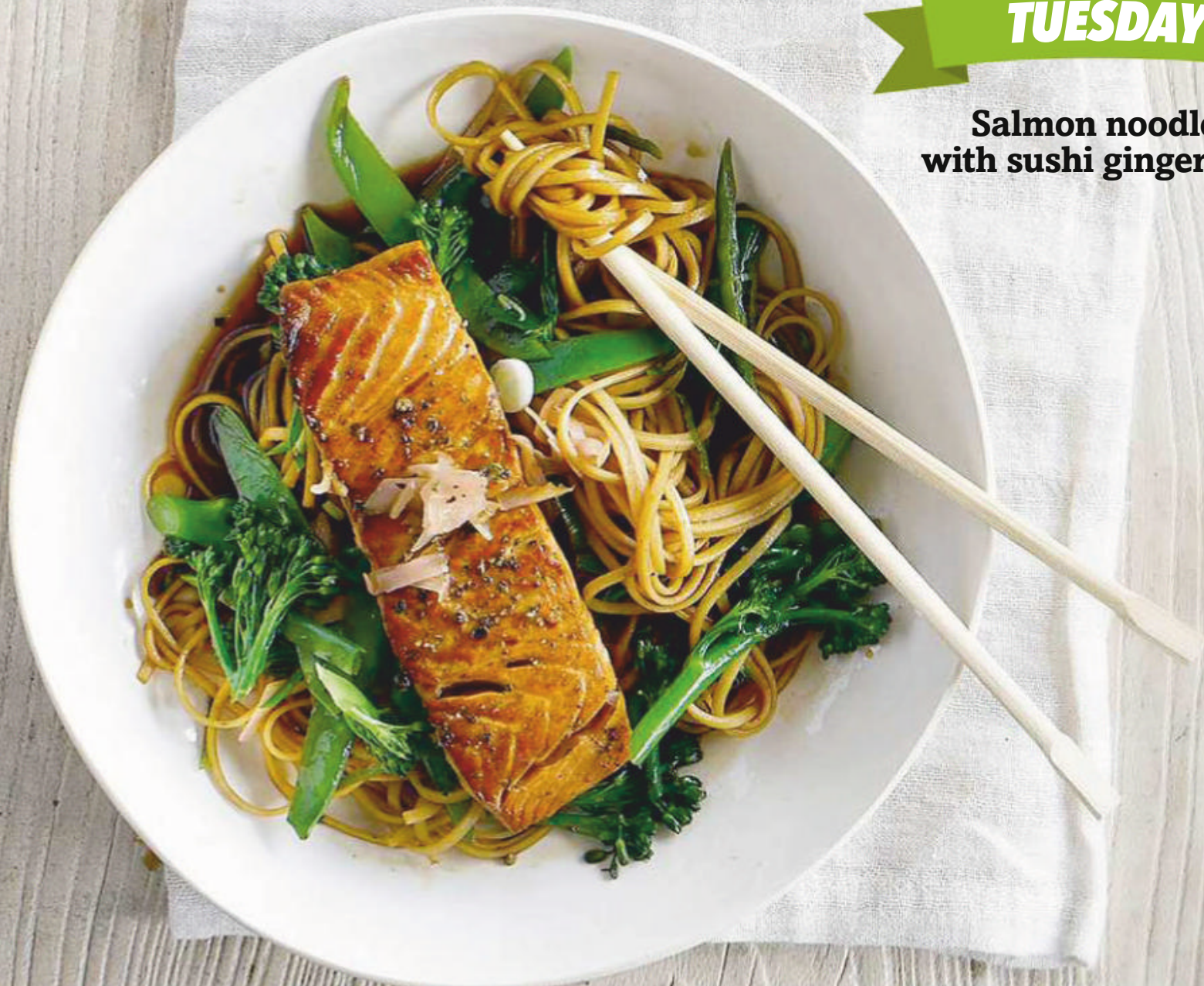
**MONDAY**

**Jamaican red bean soup,  
p28**



**TUESDAY**

**Salmon noodles  
with sushi ginger, p28**



**MONDAY**



## Jamaican red bean soup

■ Serves 2 ■ Prep 15 mins ■ Cook 30 mins

**1 tsp coconut oil or rapeseed oil**  
**175g lean rump steak, finely diced**  
**1 small sweet potato, cut into small chunks**  
**2 small carrots, sliced**  
**1 green pepper, deseeded and cut into small chunks**  
**1 celery stick, sliced**  
**4 spring onions, thinly sliced**  
**4 thyme sprigs, leaves picked**  
**400g can red kidney beans in water (no need to drain)**  
**600ml beef stock**  
**½ tsp ground allspice**  
**hot pepper or Scotch bonnet sauce, to taste**

**1** Heat the oil in a large non-stick pan and stir-fry the beef for 1 min until it just changes colour, then remove with a slotted spoon and set aside. Add all the vegetables to the pan with the thyme and fry in the meat juices for 5 mins until starting to soften.  
**2** Tip in the beans and their juice with the stock, add allspice and hot pepper sauce a little at a time to make sure it's not too hot, then cover and cook for 20 mins. Stir in the beef, cook for a few mins to heat through, then ladle into bowls. Serve with hot pepper sauce, if you like.

**PER SERVING** 415 kcals, fat 8g, saturates 2g, carbs 39g, sugars 15g, fibre 18g, protein 38g, salt 1.7g

*Tip* If you can find it, try using hanger steak rather than rump – an equally delicious but less expensive cut of meat

**TUESDAY**

## Salmon noodles with sushi ginger

■ Serves 2 ■ Prep 10 mins ■ Cook 15 mins

**2 nests wholewheat noodles**  
**2 tsp sesame oil**  
**1 tbsp low-salt soy sauce, plus extra to serve (optional)**  
**1 tbsp rice wine vinegar**  
**2 skinless salmon fillets**  
**100g mangetout, halved lengthways**  
**4 long broccoli spears, about 75g, cut into bite-sized pieces**  
**6 spring onions, chopped**  
**1 tbsp sushi ginger, chopped**

**1** Pour boiling water over the noodles, set aside to soak for 5 mins, then drain and toss in a drizzle of sesame oil.

**2** Stir the soy and vinegar together in a shallow dish. Add the salmon fillets, turning

well to coat them, then lift out, reserving the juices.

**3** Heat 1 tsp of the sesame oil in a wok, add the salmon fillets and cook gently for 5 mins, turning once, until the fillets are tender and cooked all the way through. Lift from the pan and cover with a plate or foil to keep them warm.

**4** Add the remaining oil to the pan, tip in the vegetables and ginger, and stir-fry for 5 mins until tender. Add the reserved soy mixture with 2 tbsp water and the noodles, and cook for 1 min. Toss well, then serve with the salmon, and extra soy sauce, if you like.

**PER SERVING** 476 kcals, fat 18g, saturates 3g, carbs 38g, sugars 5g, fibre 7g, protein 36g, salt 1.7g



## Beet & feta burgers with horseradish dressing

■ Serves 2 ■ Prep 15 mins ■ Cook 10 mins

**250g pack cooked beetroot  
(not in vinegar)**  
**50g wholewheat breadcrumbs  
(you could just grate a bap)**  
**85g feta, crumbled**  
**1 medium egg**  
**3 spring onions, finely chopped**  
**1 tbsp chopped dill, plus 1 tsp for  
the dressing**  
**1 tsp rapeseed oil**  
**2 wholewheat baps or burger buns**  
**3 tbsp natural bio yogurt**  
**1 tsp hot horseradish sauce**  
**watercress, to serve**

**1** Coarsely grate the beetroot, then press down in a sieve to squeeze out the liquid. Stir in the breadcrumbs, feta, egg, spring onions and 1 tbsp dill and mix well. Shape into 2 burgers – they will firm up when cooked.

**2** Heat the oil in a non-stick pan and gently fry the burgers for 5 mins each side.

Meanwhile, split the baps and warm in the toaster. Make a dressing by stirring the yogurt with the horseradish and 1 tsp dill.

**3** Spread a little of the dressing on the bottom of the burger buns and top with a burger. Spoon on the remaining dressing, then finish with the watercress and bun top.

**PER SERVING** 462 kcals, fat 18g, saturates 8g, carbs 48g, sugars 17g, fibre 7g, protein 24g, salt 3.1g



## Orange & rosemary pork with broccoli & pea crush

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

**1 tsp rapeseed oil**  
**2 x 100g pieces lean pork fillet,**  
**all visible fat removed**  
**5 shallots, halved**  
**2 rosemary sprigs**  
**150ml chicken stock**  
**1 tsp smoked paprika**  
**1 tsp clear honey**  
**1 orange, peel and pith removed**  
**FOR THE BROCCOLI & PEA CRUSH**  
**200g broccoli, cut into small florets**  
**3 spring onions, chopped**  
**100g frozen petits pois**

**1** Heat the oil in a non-stick frying pan and fry the pork, turning to seal. Once browned, remove from the pan and reduce the

heat. Add the shallots, cut-side down, cover and cook for 8-10 mins until softened.

**2** Return the pork to the pan with the rosemary, pour in the stock, stir in the paprika and honey, then cover and cook gently for 10 mins.

**3** Meanwhile, boil the broccoli and spring onions in a covered pan for 5 mins, then add the petits pois and cook 5 mins more until tender. Drain, then crush with a masher.

**4** Cut the orange into segments, adding any juice to the pork. When the pork is cooked, remove from the heat and toss through the segments. Serve with the broccoli & pea crush.

**PER SERVING** 438 kcals, fat 7g, saturates 1g, carbs 16g, sugars 12g, fibre 9g, protein 32g, salt 0.4g



## Chipotle chicken with corn & pepper pilaf

■ Serves 2 ■ Prep 15 mins ■ Cook 20 mins

**1 lime, zest and juice of 1/2, the other 1/2 cut into wedges**  
**1 tbsp chipotle paste**  
**1 tbsp rapeseed oil**  
**2 skinless chicken breast fillets**  
**1 large onion, finely chopped**  
**1 red pepper, deseeded and finely diced**  
**1 tsp cumin seeds**  
**1 red chilli, deseeded and finely chopped**  
**2 corn cobs**  
**small pack coriander, a few leaves reserved, the rest chopped**

**1** Mix the lime zest and juice with the chipotle paste and 2 tsp oil in a bowl. Cut each chicken breast into diagonal slices to make 3-4 fillets, add to the bowl and toss until well coated.

**2** Heat the remaining oil in a non-stick pan, add the onion and fry for 10 mins, stirring frequently, until softened. Add the pepper, cumin seeds and chilli and cook for 5 mins more. Remove corn kernels from the cob.

**3** Heat a large, non-stick frying pan, add the chicken and cook for 5 mins, turning once, until cooked through but still juicy. Add the corn to the pepper mixture and cook for 3-4 mins. Stir in the chopped coriander and serve with the chicken, with coriander leaves sprinkled over and the lime wedges on the side.

**PER SERVING** 438 kcals, fat 11g, saturates 1g, carbs 42g, sugars 16g, fibre 9g, protein 39g, salt 0.4g






**Fish, cashew & tomato curry, p34**

# INDIAN MADE

Make the former Great British Bake Off star's good-for-you curries



**Chicken, cashew & tomato curry, p34**



**Egg, cashew & tomato curry, p34**

Potato, cashew & tomato curry, p34

# HEALTHY



**'I'm not a doctor or a health specialist, but what I do know is that the food I cook uses a minimum of oil and ghee; that the produce, whether it is vegetables, fish or chicken, is fresh; and that the basic spices are good for you. Follow my lead and you'll be creating healthy, delicious meals for your family, regardless of the odd splash of cream or occasional sprinkling of sugar here and there.'** CHETNA

## Cashew & tomato curry, four ways

*Although the sauce in this dish contains many spices, they work in harmony to create a result that is delicate, smooth and totally delicious. It works amazingly well with eggs, but is equally good with chicken, fish or potatoes – each one adds its own flavour. Serve this dish hot with rice or chapatis.*

- Serves 4 ■ Prep 5-10 mins
- Cook 40 mins - 1 hr **VEGETARIAN**

### FOR THE CASHEW & TOMATO PASTE

- 1 tsp sunflower oil
- 15 cashew nuts
- 4 tomatoes, roughly chopped
- 2 tbsp tomato purée
- 1 small green chilli, roughly chopped

### FOR THE CURRY SAUCE

- 1 tbsp sunflower oil
- 1 cinnamon stick
- 2 green cardamom pods
- 4 cloves
- 2 bay leaves
- 2 red onions, finely chopped
- 2 garlic cloves, grated
- 1cm piece ginger, peeled and grated
- 200ml boiling water
- 1 tsp salt
- 1 tsp garam masala
- 1 tsp ground coriander
- ½ tsp chilli powder
- 1 tbsp double cream

**1** First, make the cashew and tomato paste. Heat the oil in a medium saucepan over medium heat. Add the remaining paste ingredients and cook for 10 mins, until the tomatoes have softened. Leave to cool for 5 mins, then use a mini food processor to blitz the mixture until smooth. Set aside.

**2** To make the curry sauce, heat the oil in a large saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves and bay leaves and cook for a few seconds. Tip in the onions and cook for 8-10 mins, until the onions are golden. Stir in the garlic and ginger and cook for another minute.

**3** Now, add the tomato and cashew paste to the saucepan along with the boiling water and mix well. Cover the pan with a lid, reduce the heat to low and cook for 15 mins to allow all the flavours to come together. Once the cooking time has elapsed, stir in the salt, garam masala, ground coriander, chilli powder and cream, then keep the mixture warm until your chosen addition is ready to add to it.

Try all four versions of this curry, and find your favourite

## 1 Eggs

- 8 eggs
- ¼ tsp chilli flakes, to garnish

Boil the eggs for 12 mins. Cool under cold water, then shell and quarter them. Add the egg to the curry sauce and cook for 1 min. Serve immediately with a scattering of chilli flakes.

## 3 Fish

- 600g cod fillets, cut into 2.5cm pieces, sliced green chilli, to garnish

Once the curry sauce is ready, add the fish chunks to the saucepan, cover the pan with a lid and cook for 5 mins or until the fish is cooked through. Serve immediately, garnished with sliced green chilli.

## 2 Chicken

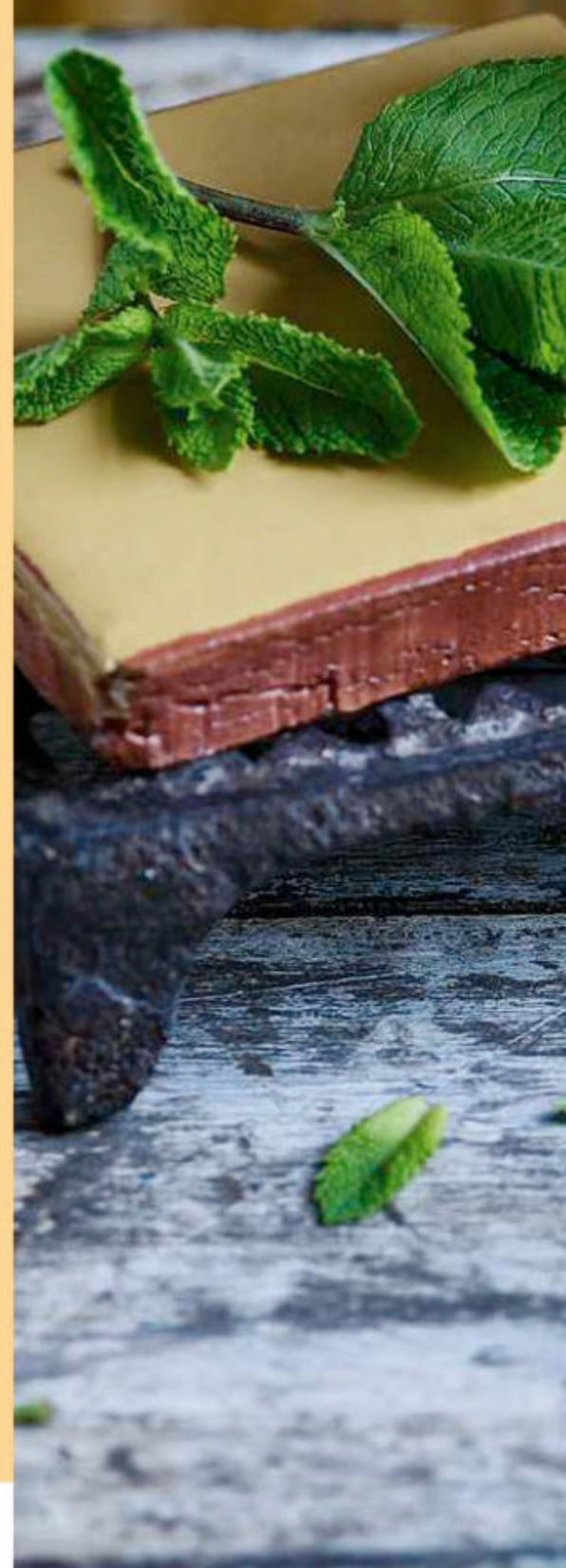
- 600g skinless chicken breast fillets, cut into 2.5cm pieces
- shredded ginger, to garnish

Once the curry sauce is ready, add the chicken pieces, then cover the pan with a lid and cook for 15 mins or until the chicken is tender and cooked through. Serve immediately, garnished with shredded ginger.

## 4 Potatoes

- 4 medium potatoes, peeled
- handful cashew nuts, roughly chopped, to garnish

Boil the potatoes in salted water until tender. Drain and set aside until cool enough to handle, then cut into 2.5cm pieces. Once the curry is ready, add the potatoes, cover and cook for 2 mins to finish. Serve immediately, garnished with chopped cashew nuts.



## Mango & mint chutney

*I love a good, herby, fresh green chutney. Using green mango adds a tangy flavour and a lovely summery note. If you can't find any small green mangoes, go for a big, really hard, unripe mango from the supermarket, which will work just as well.*

■ Makes roughly 200g

**100g green or unripe mango, peeled and diced**

**40g mint, leaves picked**

**40g fresh coriander, leaves picked**

**½ tsp salt**

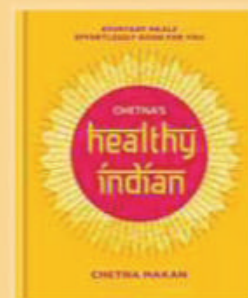
**½ tsp sugar**

**2 small green chillies**

**1 tbsp lime juice**

Put all the ingredients into the bowl of a mini food processor with 4 tbsp water and blitz until smooth. *Will keep in an airtight container in the fridge for up to five days.*

*Tip* There are over **500 different varieties of mango, but you'll usually find only a couple of them on sale in the UK.**



Recipes adapted from *Chetna's Healthy Indian* by Chetna Makan (£20, Mitchell Beazley). Photographs Nassima Rothacker.



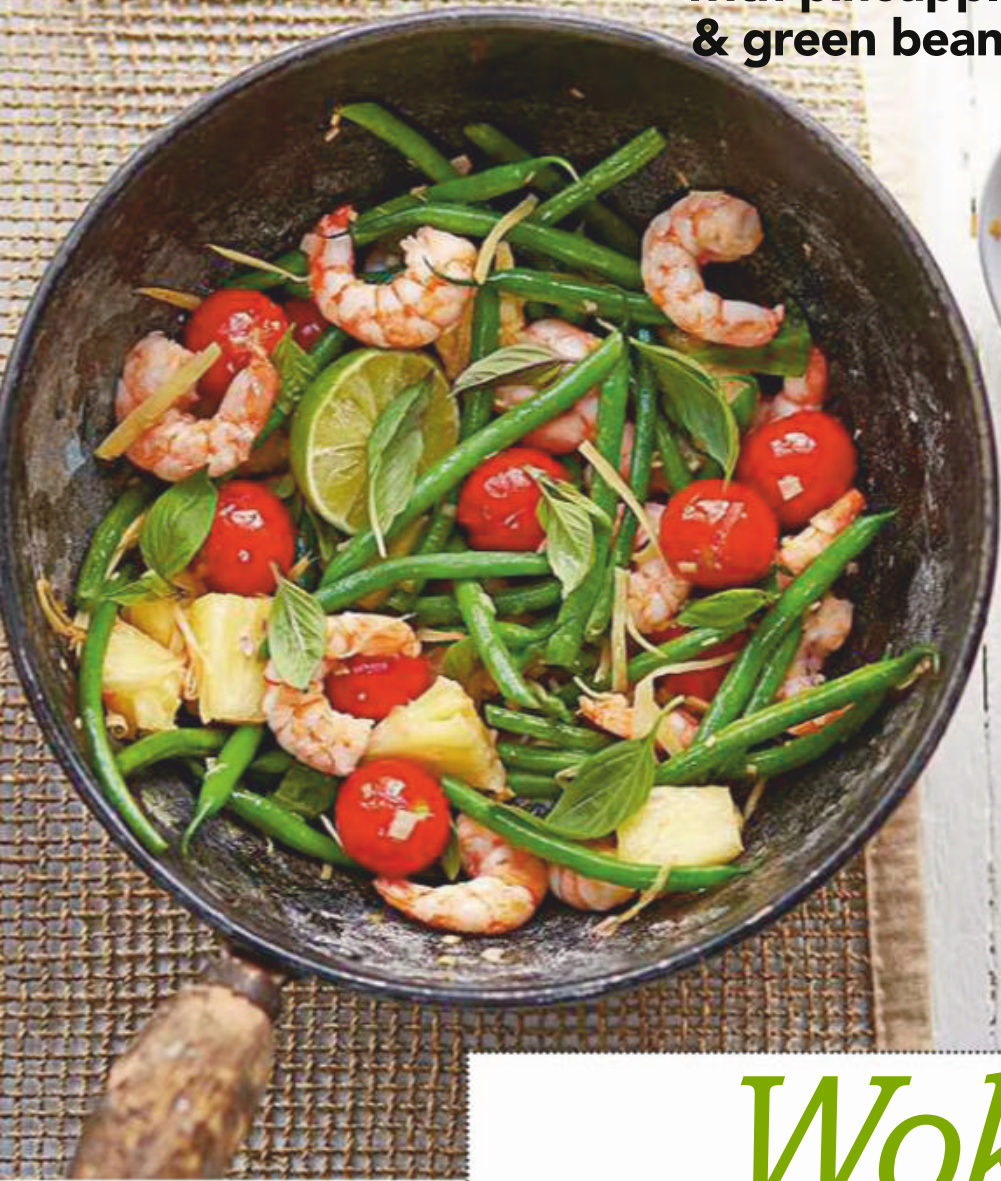
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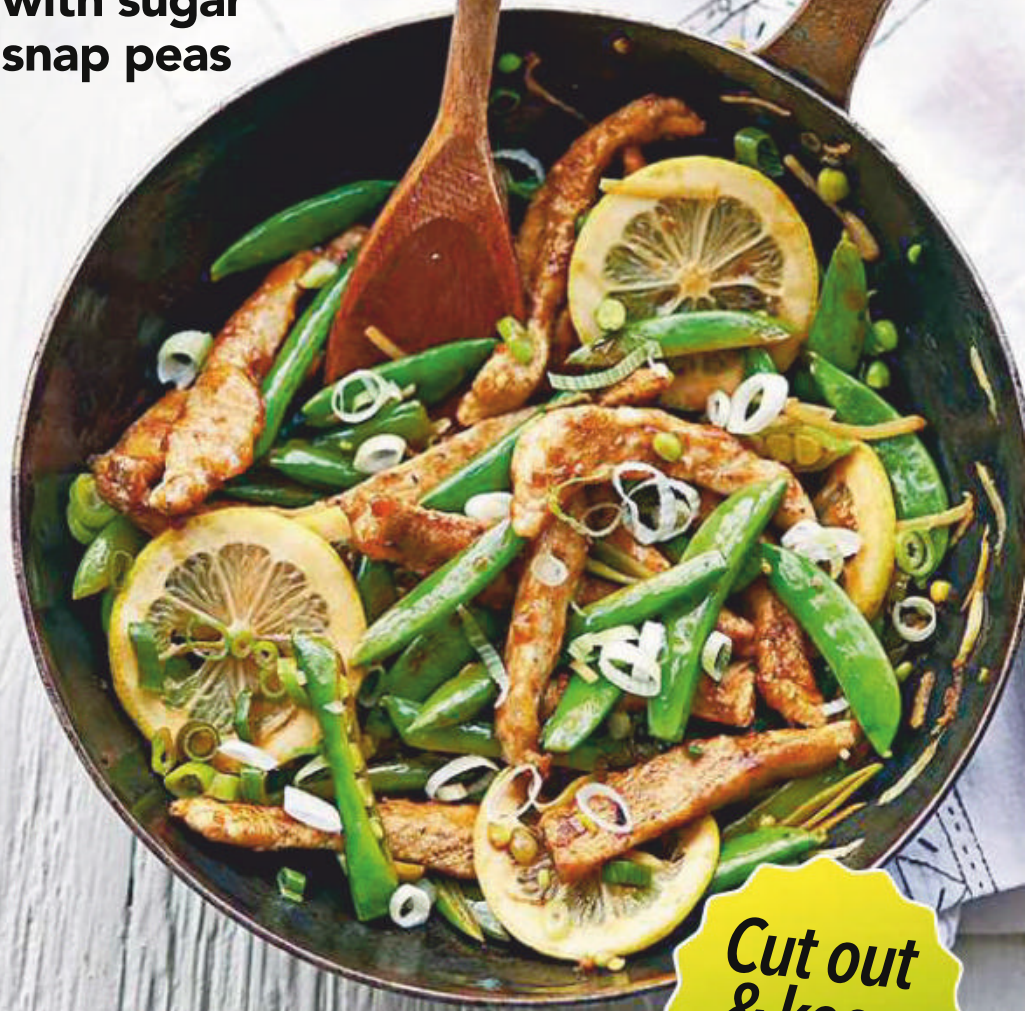
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**Thai prawns  
with pineapple  
& green beans**



**Lemon chicken  
with sugar  
snap peas**



**Cut out  
& keep**



## *Wok stars*

Create an Asian-inspired supper with these quick and easy stir-fries

**Hot & sour aubergines**



**Sichuan pork, broccoli  
& cashew stir-fry**



## Lemon chicken with sugar snap peas

■ Serves 4 ■ Prep 10 mins  
■ Cook 20 mins

**2 tbsp vegetable oil, plus 1 tsp**  
**3 skinless chicken breasts, cut**  
**into long strips**

**½ tsp five-spice powder**  
**2 tbsp plain flour**  
**thumb-sized piece**  
**ginger, shredded**

**250g sugar snap peas**

**2 spring onions, sliced**

**FOR THE SAUCE**

**3 lemons, 2 zested and juiced,**  
**the other thinly sliced**

**1 tbsp soy sauce**

**2 tbsp liquid chicken stock**

**2 tbsp clear honey**

**2 tsp cornflour dissolved**  
**in 1 tbsp water**

**1** In a small bowl, mix together all the sauce ingredients except the lemon slices, then set aside.

**2** Heat a wok with the 2 tbsp oil.



Season the chicken and sprinkle with the five-spice and flour. Shake off the excess, brown in batches, then remove from the pan. Add the 1 tsp oil and the ginger, and sizzle for 1 min. Add the sugar snap peas and the chicken. Toss for a few mins, add the sauce and lemon slices. Keep tossing for 2-3 mins. Sprinkle over the spring onions to serve.

**PER SERVING** 308 kcals, fat 10g, saturates 1g, carbs 21g, sugars 10g, fibre 2g, protein 34g, salt 0.9g

## Thai prawns with pineapple & green beans

■ Serves 2 ■ Prep 10 mins  
■ Cook 15 mins

**1 tbsp vegetable oil**

**2 lemongrass stalks, tough**  
**outer leaves removed,**  
**the rest finely chopped**  
**thumb-sized piece ginger,**  
**shredded**

**100g fresh pineapple chunks**

**100g green beans**

**100g whole cherry tomatoes**

**200g raw king prawns**  
**small pack Thai basil or**  
**regular basil leaves**

**FOR THE SAUCE**

**4 tbsp lime juice, plus**  
**wedges to serve**

**2 tbsp liquid chicken stock**

**1 tbsp each fish sauce and**  
**soft brown sugar**

**1** Mix the sauce ingredients together in a bowl. Set aside.

**2** Heat the oil in a large wok. Fry



the lemongrass and ginger until golden. Add the pineapple, beans and tomatoes, and stir-fry for 3-5 mins until the beans are just cooked. Add the prawns and the sauce. Stir-fry for another 3-5 mins until the prawns are cooked, then add most of the basil leaves. Serve with lime wedges and the remaining basil leaves on top.

**PER SERVING** 228 kcals, fat 7g, saturates 1g, carbs 20g, sugars 18g, fibre 3g, protein 22g, salt 2.6g

## Sichuan pork, broccoli & cashew stir-fry

■ Serves 4 ■ Prep 15 mins  
■ Cook 15 mins

**1 tbsp vegetable oil**

**500g pork fillet, cut into**  
**thick slices**

**1 garlic clove, thinly sliced**

**300g Tenderstem broccoli,**  
**cut into 3cm pieces**

**2 red onions, cut into thick**  
**half moons**

**50g cashews**

**FOR THE SAUCE**

**1 tbsp each dark soy sauce,**  
**red wine vinegar, rice wine**  
**or sherry**

**1 heaped tsp chilli bean sauce**  
**or chilli sauce**

**1 tbsp liquid chicken stock**

**1 tsp golden caster sugar**

**2 tsp cornflour dissolved in**  
**2 tbsp water**

**1** In a small bowl, mix together the sauce ingredients and set aside. Heat the oil in a large



wok. Season the pork and sear in batches, then remove and set aside.

**2** Fry the garlic until golden – about 30 secs – then add the broccoli and onions. Stir-fry for 2 mins, then add the pork and cashews along with the sauce. Keep stir-frying for another 2-3 mins until everything is hot and simmering.

**PER SERVING** 318 kcals, fat 15g, saturates 3g, carbs 12g, sugars 7g, fibre 4g, protein 34g, salt 0.9g

## Hot & sour aubergines

■ Serves 2 ■ Prep 10 mins  
■ Cook 25 mins **VEGETARIAN**

**2-3 tbsp vegetable oil**

**1 large or 2 small aubergines,**  
**cut into 2.5cm chunks**

**1 large onion, cut into**  
**half moons**

**2 garlic cloves, thinly sliced**

**1 red chilli, thinly sliced**

**small pack coriander**

**FOR THE SAUCE**

**2 tbsp each soy sauce and**  
**red wine vinegar**

**1 tbsp golden caster sugar**

**1 tsp cornflour dissolved**  
**into 2 tbsp water**

**1** In a small bowl, mix together the sauce ingredients. Heat a large frying pan and pour in 1 tbsp of the oil. Season the aubergine and brown on all sides until soft (you may need to add another 1 tbsp oil as they cook) – this will take about 15 mins. Set aside.



**2** Pour the remaining oil into a wok. Add the onion and garlic, and stir-fry for 3-4 mins on a low heat until the onion is soft and the garlic golden. Add the aubergine and pour the sauce over. Stir together, turn the heat to low and cover with a lid for 2 mins. Take the lid off and stir-fry again for 1 min more. Serve with chilli slices and coriander sprinkled over.

**PER SERVING** 298 kcals, fat 18g, saturates 2g, carbs 29g, sugars 23g, fibre 7g, protein 5g, salt 1.8g



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# Chicken tonight...

Imaginative ways with the less expensive parts of the chicken

These recipes use the often overlooked but more flavoursome parts of the bird, in fact everything but the breast – the most popular yet most expensive cut of the UK's favourite meat

**USING A WHOLE BIRD...** Buying a whole chicken is great value for roasts and stews while also providing you with the carcass for a delicious and nutritious bone stock

## Five-spice, soy & lemon roast chicken

*Hoisin and soy sauce mingle with lemon juice, ginger and garlic to make a slurpable gravy for this roast with a difference. Serve family style, with rice instead of potatoes and a bowl of fresh greens.*

■ Serves 4 ■ Prep 10 mins plus 30 mins marinating ■ Cook 1 hr 40 mins

**thumb-sized piece ginger, thinly sliced**  
**1 large chicken (about 1.8-2kg), untied**  
**2 bunches spring onions**  
**1 head garlic, halved across the middle**  
**1 lemon, halved, plus 4 wedges**  
**1 tsp Chinese five-spice powder**  
**1 tbsp vegetable or sunflower oil, to drizzle**  
**1-2 tsp golden caster sugar**  
**2 tbsp dark soy sauce**  
**2 tbsp hoisin sauce**  
**fragrant rice and steamed greens or stir-fried vegetables, to serve**

**1** Put most of the sliced ginger into a large roasting tin, then sit the chicken on top. Stuff the chicken with the remaining ginger, the green ends from one bunch of onions, half of the garlic and a lemon half. Mix the five-spice, 2 tsp oil and seasoning, then rub all over the chicken. Nestle the other half of the garlic nearby, and drizzle all with 1 tsp oil.

Loosely re-tie the legs. Set aside at room temperature for 30 mins or so.

**2** Heat oven to 190C/170C fan/gas 5. Roast the chicken for 1 hr. Toss the lemon wedges and the spring onion ends into the pan juices, then roast for 30 mins more or until the meat is cooked at the thickest part of the thigh and the lemon wedges are sticky. Lift the chicken from the pan and set aside, uncovered, to rest.

**3** Spoon away any excess fat from the pan, then put the pan onto a medium heat and bring to a simmer. Add 1 tsp sugar, the soy, hoisin, juice from the remaining half lemon and any resting juices. Simmer for a few mins until it thickens slightly, then check the seasoning and add more sugar if needed – don't add any extra salt, as the soy and hoisin will add plenty. Serve with the chicken, rice and vegetables.

**PER SERVING** 516 kcals, fat 29g, saturates 8g, carbs 7g, sugars 5g, fibre 2g, protein 58g, salt 2.1g





## Chicken & chorizo rice one-pot

■ Serves 4 ■ Prep 20 mins ■ Cook 1 hr 20 mins

**1** tbsp olive oil

**1** whole chicken, jointed (see page 45)  
or 8 chicken pieces

**1** large onion, chopped

**1** red pepper, deseeded and chopped  
into large chunks

**3** garlic cloves, crushed

**225g** chorizo, skinned and sliced

**1** tbsp tomato purée

**1** tbsp thyme leaves, chopped

**150ml** white wine

**850ml** chicken stock

**400g** long-grain rice

**2** tbsp chopped parsley

**1** Heat the oil in a large flameproof casserole dish and brown the chicken pieces on all sides – you may have to do this in batches. Remove from the dish and put to one side.

**2** Lower the heat, add the onion and pepper, and gently cook for 10 mins until softened.

Add the garlic and chorizo, and cook for a further 2 mins until the chorizo has released some of its oils into the dish. Stir in the tomato purée and cook for 1 min more.

**3** Return the chicken pieces to the dish along with the thyme, white wine and stock. Bring the liquid to a boil, then cover the dish with a tight-fitting lid, lower the heat and cook for 30 mins.

**4** Tip in the rice and stir everything together. Cover, set over a low heat and cook for a further 15 mins, or until the rice is cooked and has absorbed most of the cooking liquid. Remove from the heat and leave the dish to sit for

about 10 mins to absorb any remaining liquid. Season to taste and scatter with parsley to serve.

**PER SERVING** 834 kcals, fat 21g, saturates 7g, carbs 90g, sugars 9g, fibre 4g, protein 63g, salt 1.7g





## Chicken with sweet wine & garlic

■ Serves 4 ■ Prep 30 mins ■ Cook 1 hr 15 mins

**2 tbsp seasoned flour**  
**1 free-range chicken, about 1.5kg, jointed, (see opposite) or 8 chicken pieces**  
**4-5 tbsp olive oil**  
**2 shallots, finely chopped**  
**200ml sweet wine, such as sauternes**  
**300ml chicken stock**  
**sprig each of parsley, thyme and bay, tied with string**  
**1 head garlic**  
**50g butter**  
**200g chestnut mushrooms**  
**3 rounded tbsp crème fraîche**  
**a little lemon juice, if needed**

**1** Tip the flour into a large food bag. Add two chicken pieces at a time and shake well to coat evenly. Heat 2 tbsp oil in a large pan, add a few pieces of chicken and fry on all sides until well browned, in batches. You may need a touch more oil or fat. Remove the pieces to a large saucepan or flameproof casserole.

**2** Add 1 tbsp oil to the pan, add the shallots and fry gently until softened, but not browned. Add the wine and

allow to bubble until it is reduced a little. Add the stock, herb bundle and seasoning and bring to the boil. Pour over the chicken.

**3** Cover the pan tightly and simmer for 45 mins until the chicken is tender and the sauce thickened and reduced.

**4** Meanwhile, separate the garlic into individual cloves and put in a small pan with water to cover. Bring to the boil, then cover and simmer for 20-25 mins until tender. Drain and cool under running cold water. Peel the garlic.

**6** Heat half the butter and a splash of oil in a frying pan. Add the mushrooms and cook quickly over a moderate heat until just softened. Tip into a bowl. Wipe out the pan and add the remaining butter and a splash of oil. Add the garlic and fry gently, until lightly browned. Season.  
**7** Stir the mushrooms and crème fraîche into the chicken and bring to the boil. Simmer for 5 mins, taste and add seasoning and a little lemon juice if needed. Spoon onto a warm platter and scatter with garlic.

**PER SERVING** 828 kcals, fat 62g, saturates 22g carbs 9g, sugars 4g, fibre 1g, protein 51g, salt 0.8g

Jointing a chicken is easier than you think. Here's how to do it with the minimum of fuss.



**1** Using kitchen or poultry scissors, cut off the ends of the wing tips. Remove any string and open out the legs. Using a large sharp knife, trim off the ends of the leg joints at the knuckle.

**2** Sit the chicken, breast-side down, and use scissors to cut along one side of the backbone towards the neck. Cut down the other side of the backbone to remove it.



**3** Open the bird out breast-side up. Using scissors, cut down the centre of the breast to divide the chicken in half.

**4** Place one half on the board and slide your knife almost horizontally between the leg joint and the breast. Cut between the leg portion to remove. Repeat with the other chicken half.



**5** Feel the leg joint to locate where the bones meet. Cut down sharply, then you will have a drumstick and a thigh joint. Repeat with the other leg.

**6** Cut down vertically through each breast to give you a wing with a third or so of breast and a breast joint – if you want, you can slice the breast joint off the bone. You will have eight roughly even-sized pieces.



**LEGS & THIGHS** Tender and packed full of flavour, they make a great roast for two, and are economical for a crowd

## Roast chicken & roots with lemon & poppy seed sauce

*A simple but vibrant traybake for two – the creamy, bright orange sauce really lifts the dish.*

■ Serves 2 ■ Prep 5 mins ■ Cook 50 mins

### 2 chicken legs

1 tbsp olive oil, plus 1 tsp for the sauce

6 carrots, cut into long, chunky pieces

2 large beetroot, cut into wedges

### FOR THE SAUCE

1 shallot, finely chopped

1 tbsp poppy seeds

1 tsp sweet paprika

200ml chicken stock (made from 1/2 a stock cube)

1 tbsp clear honey

1 lemon, zested plus juice of 1/2

150ml pot soured cream

1/2 small pack parsley

1 Heat oven to 200C/180C fan/gas 6.

Put the chicken on a large baking tray, drizzle with 1 tsp oil and season well. Cook for 20 mins.

2 Toss the veg in the remaining 2 tsp oil, season, scatter around the chicken and return to the oven for 30 mins.

3 Meanwhile, prepare the sauce. Heat the remaining 1 tsp oil in a pan, add the shallot and poppy seeds, and cook for 5 mins. Add the paprika, stock, honey, lemon zest and juice, and simmer until the liquid has reduced by half. Add the soured cream, season and bubble for 2 mins, then add half the parsley and keep warm until the chicken is ready. Remove the chicken and veg from the oven, scatter with the remaining parsley and serve with the sauce.

**PER SERVING** 576 kcals, fat 39g, saturates 15g, carbs 37g, sugars 36g, fibre 9g, protein 24g, salt 1.3g



## Chicken with mushrooms

*A healthy and low-calorie chicken casserole – use chicken thighs for extra flavour and juiciness.*

■ Serves 4 ■ Prep 15 mins ■ Cook 25 mins

**FREEZABLE**

2 tbsp olive oil

500g boneless, skinless chicken thighs flour, for dusting

50g cubed pancetta or lardons

300g small button mushrooms

2 large shallots, chopped

250ml chicken stock

1 tbsp white wine vinegar

50g frozen peas

small handful parsley, finely chopped

1 Heat 1 tbsp oil in a frying pan. Season and dust the chicken with flour, brown on all sides. Remove. Fry the pancetta and mushrooms until softened, then remove.

2 Add the final tbsp oil and cook the shallots for 5 mins. Add the stock and vinegar, bubble for 1-2 mins. Return the chicken, pancetta and mushrooms and cook for 15 mins. Add the peas and parsley. Cook for 2 mins more.

**PER SERVING** 260 kcals, fat 13g, saturates 3g, carbs 3g, sugars 1g, fibre 3g, protein 32g, salt 0.9g

### Why is organic chicken so expensive?

It costs farmers far more to raise their chickens to organic standards and this cost is passed on to the consumer. Organic farmers provide better quality, pesticide and GM-free food and a higher standard of living; more space per bird, smaller flocks and access to outside pasture.



## Chicken with mustard lentils

■ Serves 4 ■ Prep 15 mins  
■ Cook 1 hr 15 mins **FREEZABLE**

1 tbsp vegetable oil  
8 chicken thighs (or 4 thighs and 4 chicken drumsticks)  
1 red onion, thinly sliced  
2 garlic cloves, crushed  
250g Puy lentils  
750ml hot chicken stock  
2 tbsp crème fraîche  
1 lemon, zested and juiced  
1 tbsp Dijon mustard  
small bunch parsley, chopped

**1** Heat the oil in a large flameproof casserole. Season the chicken pieces, then brown in the hot oil for 3 mins on each side, until they are golden all over. Remove and set aside. Pour away all but 1 tbsp oil.

**2** Add the onion to the pan and cook for 5 mins, then add the garlic and cook for 1 min more. Add the lentils and stock and stir well. Put the chicken on top, put the lid on and leave to simmer over a medium heat for 30 mins. Remove the lid and increase the heat. Bubble for another 20 mins until the lentils are tender, most of the stock has been absorbed and the chicken is cooked through.

**3** Stir in the crème fraîche, lemon zest and juice, mustard, parsley and seasoning. Serve with green veg, if you like.

**PER SERVING** 538 kcals, fat 24g, saturates 7g, carbs 32g, sugars 3g, fibre 7g protein 49g, salt 1g



## Mexican pulled chicken & beans

*This budget-busting sharing platter of slow-cooked chipotle chicken is perfect for feeding a crowd.*

■ Serves 6-8 ■ Prep 20 mins ■ Cook 1 hr 20 mins **FREEZABLE** pulled chicken only

8 bone-in chicken thighs, skin removed  
3 tbsp chipotle paste  
2 garlic cloves, crushed  
2 x 400g cans chopped tomatoes  
1 large onion, finely sliced  
2 x 400g cans black beans, drained  
400g cans kidney beans, drained  
handful parsley, coriander or mint, roughly chopped  
small iceberg lettuce, shredded  
½ cucumber, diced  
drizzle of olive oil  
large bag of tortilla chips, to serve  
lime wedges, to serve

**1** Heat oven to 180C/160C fan/gas 4. Rub the chicken thighs with 2 tbsp of the chipotle paste. Put the rest in a medium

bowl with the garlic, tomatoes, onion and some seasoning. Stir to combine, then tip into a large roasting tin. Sit the chicken thighs close together on top of the sauce. Cover with foil and bake for 1 hr.

**2** Remove the roasting tin from the oven, add all the beans and stir into the tomato mixture around the chicken. Put back in the oven, uncovered, for 20 mins or until the chicken is tender and the beans are hot.

**3** Meanwhile, mix the herbs, lettuce and cucumber with the olive oil and set aside.

**4** Shred the chicken using a knife and fork, and discard the bones. Mix the chicken through the sauce and beans. Serve with the salad, tortilla chips and lime wedges.

**PER SERVING** (8) 251 kcals, fat 6g, saturates 1g, carbs 23g, sugars 8g, fibre 11g, protein 21g, salt 1.2g



**CHEAP, CHEAP!** Wings, livers and drumsticks are amazing value, and often forgotten



## Chicken liver & chorizo open sandwich

*This is a brilliant, speedy supper for two. Allow time for the chorizo to add its paprika-slicked oils to the pan, giving a punchy flavour to the dish.*

■ Serves 2 ■ Prep 20 mins ■ Cook 15 mins

**25g butter**

**1 shallot, finely chopped**

**2 garlic cloves, 1 crushed, 1 squashed**

**200g chorizo, skin removed, sliced**

**4 thick slices bread**

**1 tbsp olive oil, plus extra for drizzling (optional)**

**300g chicken livers, trimmed of any sinew or tubes**

**good splash of dry sherry or wine**

**4 tbsp double cream**

**small handful parsley, chopped**

**1** Melt the butter in a frying pan. When sizzling, add the shallot and the crushed garlic, and stir around the pan for 1-2 mins to soften. Add the chorizo and cook for

4 mins over a medium heat to release some of the oils.

**2** Meanwhile, heat a griddle pan until hot. Drizzle the slices of bread with the olive oil and rub the squashed garlic all over the surface. Put on the griddle pan and cook for 1 min each side until nicely charred with lines.

**3** Turn up the heat under the chorizo pan, add the chicken livers and sear for 1 min. Add the sherry, bubble for 1 min more, add the cream and parsley, then season well. Put 2 slices of bread on each plate, top with the chicken liver mixture and a drizzle of oil, if you like.

**PER SERVING** 923 kcals, fat 60g, saturates 28g, carbs 42g, sugars 6g, fibre 3g, protein 52g, salt 3g



## Mango chicken, bean & rice bake

■ Serves 4 ■ Prep 20 mins plus marinating  
■ Cook 1 hr 10 mins

**small bunch spring onions, chopped**  
**thumb-sized piece ginger, chopped**

**3 garlic cloves**

**1 red chilli, seeds removed, if you prefer**  
**small handful coriander, stalks roughly chopped and leaves picked**

**1 tbsp thyme leaves**

**1 lime, zested and juiced, plus 1 lime cut into wedges to serve**

**1½ tsp ground allspice**

**2 tbsp sunflower oil**

**8 chicken drumsticks**

**300g long-grain rice**

**400g can kidney beans, rinsed and drained**

**500ml chicken stock**

**1 ripe mango, peeled, stoned and cut into bite-sized chunks**

**200g mango chutney, plus extra to serve (optional)**

**1** Blend the spring onions, ginger, garlic, chilli, coriander stalks, thyme, lime zest and juice, allspice and oil to a paste in a food processor. Pour over the chicken drumsticks and marinate for at least 1 hr, or up to 1 day.

**2** Heat oven to 180C/160C fan/gas 4. Tip the rice and beans into a roasting tin. Remove the chicken from the marinade and set aside. Mix the stock into the marinade and stir well. Pour the stock over the rice and beans, then put the drumsticks and mango on top. Cover the tray tightly with foil and bake for 30 mins.

**3** Remove foil. Increase the oven temperature to 220C/200C fan/gas 7. Spoon the mango chutney over the drumsticks and return to the oven, uncovered, for 35-40 mins. Before serving, fluff up the rice with a fork and scatter with the coriander leaves. Serve with lime wedges and extra mango chutney, if you like.

**PER SERVING** 753 kcals, fat 16g, saturates 3g, carbs 109g, sugars 32g, fibre 6g, protein 39g, salt 1.2g

## How to make chicken stock

- Makes 1 litre ■ Prep 5 mins
- Cook 3 hrs **FREEZABLE**

- 1 kg chicken carcasses, cooked bones or raw chicken wings**
- 1 carrot, cut into chunks**
- 1 onion, skin on, cut into quarters**
- 1 leek, cut into chunks**
- 1 stick of celery, cut into chunks**
- 1 garlic clove, bashed**
- bouquet garni of 2 parsley stalks, 2 sprigs of thyme and 1 bay leaf, tied with string**
- 5 peppercorns**
- 1 clove**

Tip everything into a large saucepan with a pinch of salt, cover with 2 litres of water, bring to the boil, then reduce to a simmer and cook for 3 hrs, skimming when needed. Pass through a sieve before using. *Will keep in the fridge for one week and three months in the freezer.*

## Crispy honey buffalo wings with blue cheese & celery slaw

- Serves 4-6 ■ Prep 20 mins ■ Cook 30 mins

- 1 litre sunflower oil, for frying**
- 1kg chicken wings**
- 85g plain flour**
- 2 tsp celery salt**
- 1 tsp smoked paprika**
- 50g butter**
- 5 tbsp hot sauce**
- 2 tbsp white wine vinegar**
- 4 tbsp clear honey**
- FOR THE SLAW**
- 1/2 small white cabbage, finely shredded**
- 2 carrots, cut into matchsticks**
- 3 celery sticks, cut into matchsticks**
- 1/2 red onion, finely sliced**
- 1 tbsp celery seeds, optional**
- 150g pack soft blue cheese**
- 100ml soured cream**
- 100g mayonnaise**
- 3 tbsp white wine vinegar**

**1** First make the coleslaw. Combine the cabbage, carrots, celery and red onion in

a bowl. Place the celery seeds, blue cheese, soured cream, mayonnaise, vinegar and some seasoning in a food processor and blend until smooth. Pour the mixture over the vegetables and toss everything well to coat. Chill until ready to serve.

**2** Heat the oil in a large pan or wok and put the oven on a low heat. Toss the chicken in the flour, celery salt, paprika and some seasoning. Test the oil with a piece of bread – it's ready when the bread turns golden after 30 secs. Add the chicken pieces to the oil, cooking in batches. Cook for 8 mins until golden, crisp and cooked through. Drain on kitchen paper, then keep warm in the oven.

**3** Melt the butter, hot sauce, vinegar and honey together in a small pan until thick and sticky. When all the chicken pieces are cooked, toss in the sauce. Serve straightaway with the coleslaw – and plenty of napkins.

**PER SERVING** 588 kcals, fat 45g, saturates 18g, carbs 21g, sugars 20g, fibre 3g, protein 23g, salt 3.5g



Movie  
night  
snack  
for two

# Saturday bites

Whether you're entertaining  
friends or watching a movie at  
home, have the snacks ready...

## You'll love this double bill of popcorn chicken and spicy potato skins

### Popcorn chicken with zingy soured cream dip

■ Serves 2 ■ Prep 30 mins plus chilling ■ Cook 15 mins

**25g salted popcorn**  
**85g stale bread or breadcrumbs**  
**1 tsp smoked paprika**  
**1 large egg**  
**50g plain flour**  
**2 skinless chicken breasts, cut into long thin strips**  
**sunflower oil, for frying**  
**FOR THE DIP**  
**150ml pot soured cream**  
**1 lime, zested and juice of ½**  
**handful coriander, chopped**

**1** Put the popcorn, bread or breadcrumbs and paprika in a food processor and blend until finely chopped. Tip into a wide, shallow bowl. Whisk the egg in

a second bowl, and mix the flour with some seasoning in a third.

**2** Dip the chicken into the flour, then the egg, then the popcorn breadcrumbs and press down to stick. Chill for 30 mins, or up to 1 day. Mix together the ingredients for the dip.

**3** When ready to cook, heat enough oil to just cover the surface of a large frying pan. Cook the chicken pieces for 2-3 mins on each side, in batches, until golden and cooked through. Drain on kitchen paper. Serve warm with the dip on the side.

**PER SERVING** 673 kcals, fat 29g, saturates 11g, carbs 59g, sugars 4g, fibre 3g, protein 44g, salt 1.4g

### Cheesy chipotle potato skins

■ Serves 2 ■ Prep 15 mins plus steeping ■ Cook 1 hr 20 mins

**VEGETARIAN** **FREEZABLE** *without toppings*

**4 medium potatoes**  
**½ red onion, chopped**  
**1 lime, juiced**  
**1 tbsp olive oil**  
**227g can chopped tomatoes**  
**1 tbsp chipotle paste**  
**75g mature cheddar, grated**  
**1 red or green chilli, thinly sliced**  
**small handful coriander leaves**

**1** Heat oven to 200C/180C fan/gas 6. Pierce the potatoes all over and put on a baking tray. Bake for 1 hr until tender. Remove from the oven and leave until they're cool enough to handle. Mix the onion with the lime juice and a good pinch of salt. Leave to steep for 30 mins, or up to 1 day.

**2** Cut the potatoes in half and scoop out most of the fluffy middles, leaving a thin layer of

potato on the skins (you can freeze the scooped-out potato for making mash, soup or fishcakes). Cut each potato half in half again and toss in the oil and seasoning. Return to the oven for 15 mins to crisp up.

**3** Sieve the tomatoes to drain off any excess juice (save this for another recipe, if you like). Tip the tomatoes into a bowl and mix in the chipotle paste.

**4** Remove the potato skins from the oven, dollop the tomato mixture all over, then scatter over the cheese and chilli. Return to the oven for 5 mins until the cheese has melted. Scatter with the coriander and drained onions.

**PER SERVING** 471 kcals, fat 19g, saturates 9g, carbs 51g, sugars 7g, fibre 10g, protein 16g, salt 1.3g



## Sit-down snack for four – a great lunch for the whole family

### Tomato soup with tear & share cheesy bread

■ Serves 4 ■ Prep 20 mins plus rising ■ Cook 30 mins

**VEGETARIAN** **FREEZABLE**

**500g pack ciabatta bread mix**  
**100g garlic butter, at room temperature**  
**2 tsp dried oregano**  
**175g grated cheddar or mozzarella, or a mixture a little oil, for the tin**  
**1 onion, chopped**  
**1 carrot, chopped**  
**2 x 400g cans plum tomatoes**  
**1 vegetable stock cube**  
**100g crème fraîche**  
**pinch of sugar (optional)**

**1** Heat oven to 200C/180C fan/gas 6. Make bread following pack instructions, then roll out to a 30 x 40cm rectangle. Spread over 75g of the garlic butter and half the oregano, then sprinkle the cheese and roll up like a Swiss roll.

**2** Cut into 8 even slices and transfer to a well-oiled round

23cm tin and arrange 7 rolls round the outside, 1 in the middle. Brush with any leftover butter. Cover and leave in a warm place to puff up while you make the soup. Once doubled in size, bake for 25-30 mins. **3** Heat the remaining garlic butter in a pan until foaming. Add the onion and carrot, and cook until softened. Pour in the tomatoes, crumble over the stock cube, add the remaining oregano and simmer for about 20 mins, then stir in the crème fraîche. Blend and season – it may need a pinch of sugar if slightly acidic. Add enough boiling water for a good soup consistency and keep on a gentle heat until the bread is done.

**PER SERVING** 786 kcals, fat 46g, saturates 26g, carbs 67g, sugars 12g, fibre 6g, protein 28g, salt 3.8g

**Kids been out playing sport all day? This satisfying, high-protein snack is just what they need to refuel**

## **Jerk chicken burger**

- Serves 2 ■ Prep 10 mins plus marinating
- Cook 10 mins **FREEZABLE** raw, flavoured chicken only

**2 skinless chicken breasts**  
**few thyme sprigs, leaves picked**  
**1 tbsp olive oil**  
**2 tsp jerk seasoning**  
**1 lime, juiced**  
**2 large bread rolls**  
**a few slices cheese or mango**  
**1 tomato, sliced**  
**1 Little Gem heart, shredded**  
**2 tbsp mayonnaise and ketchup to serve (optional)**

**1** Put the chicken breasts in between pieces of cling film and bash with

a rolling pin to flatten. Mix together the thyme, oil, jerk seasoning and half the lime juice in a bowl. Add the chicken and leave to marinate for 5 mins.

**2** Heat a griddle pan until hot and cook the chicken for 4-5 mins each side or until cooked through. Remove from the heat. Meanwhile, toast the cut sides of the buns.

**3** Put the chicken on the buns and top with the cheese or mango, tomato and some lettuce. Squeeze over the rest of the lime and top with mayo and ketchup, if you like.

**PER SERVING** 417 kcals, fat 9g, saturates 2g, carbs 45g, sugars 11g, fibre 4g, protein 38g, salt 1.2g

Great  
for the  
kids

## **Sticky duck-dogs with chopped mango slaw & Chinese crisps**

- Serves 6 ■ Prep 15 mins
- Cook 1 hr

**2 x packs half crispy duck with pancakes and hoisin sauce (available from all major supermarkets)**  
**1 tbsp vegetable oil**  
**1 tsp Chinese five-spice powder**  
**6 tbsp tomato ketchup**  
**5 tbsp clear honey**  
**4 tbsp soy sauce**  
**1 tbsp grated ginger or purée**  
**1 egg yolk**  
**6 hot dog rolls**  
**2 tbsp sesame seeds**  
**FOR THE SLAW**  
**3 tbsp rice vinegar**  
**1 tbsp vegetable oil**  
**2 limes, juiced**  
**1 tsp caster or granulated sugar**  
**1 large mango (not too ripe), peeled and cut into matchsticks**  
**400g chunk white cabbage, finely shredded then roughly chopped a couple of times**  
**1 red chilli, deseeded and finely sliced**  
**6 spring onions, cut into matchsticks**  
**handful coriander leaves, roughly chopped**

*Tip* Have friends round before a night out and impress them with these tasty but simple-to-make snacks.

**1** Cook the duck following pack instructions. Sandwich pairs of the pancakes together by brushing with a little of the oil. Brush both sides of the rounds with a touch more oil, sprinkle with a little five-spice powder and some salt, then slice into triangle 'crisps' like pizza wedges. Space over baking sheets and add to the oven with the duck. Check after 5 mins, then every 2 mins; when golden and crisp, remove from the oven and cool while the duck continues cooking.

**2** Meanwhile, make the slaw. Whisk together the rice vinegar, oil, lime juice and sugar with some seasoning. Put the mango, cabbage, chilli, spring onions and coriander in a bowl. Add the dressing, toss together and chill until ready to eat.

**3** In a small saucepan, mix the tomato ketchup, 4 tbsp of the honey, the soy sauce, ginger and the hoisin sauce from the duck. Bubble for 2-3 mins until slightly thickened and well combined, then set aside.

**4** When the duck is nearly done, mix the egg yolk and remaining 1 tbsp honey with a pinch of salt. Brush all over the hot dog rolls, scatter with sesame seeds, then slice partly down the middle, ready to fill, and sit on another baking sheet.

**5** When the duck comes out of the oven, put the rolls in and bake at 200C/180C fan/gas 6 for 5-8 mins until golden brown. Use two forks to shred the meat and crispy skin from the duck (discarding bones and fat), then mix with  $\frac{1}{3}$  to  $\frac{1}{2}$  of the hoisin sauce. Divide the hot duck filling between the rolls and pipe or squiggle over the remaining sauce, like mustard over a hot dog.

**6** Gently put the crisps in a serving bowl, then serve with the hot duck-dogs and cool mango slaw.

**PER SERVING** 646 kcals, fat 24g, saturates 6g, carbs 69g, sugars 42g, protein 37g, fibre 5g, salt 4.1g



Snacks  
for six

# Dinner Date

Can't get a babysitter? Treat yourselves to restaurant-style food at home. This smart supper menu is simple to prepare and features smoked salmon, steak and a creamy dessert

## WHAT'S ON THE MENU

*Choose two or all three of these courses*

*Smoked salmon with horseradish crème fraîche & beetroot*



*Rib-eye steaks with roasted roots & parsley pesto*



*Chocolate, salted caramel & banana mess*

## Smoked salmon with horseradish crème fraîche & beetroot

■ Serves 2 ■ Prep 10 mins  
■ No cook

50g crème fraîche  
2 tsp hot horseradish sauce  
1 tsp vodka (optional)  
 $\frac{1}{2}$  tsp white wine vinegar  
 $\frac{1}{2}$  tbsp olive oil  
 $\frac{1}{2}$  tsp honey  
60g cooked beetroot (not in vinegar), finely diced  
2 large slices smoked salmon  
few red chicory leaves  
handful baby rocket salad  
few snipped dill sprigs  
fingers of toast, to serve (optional)

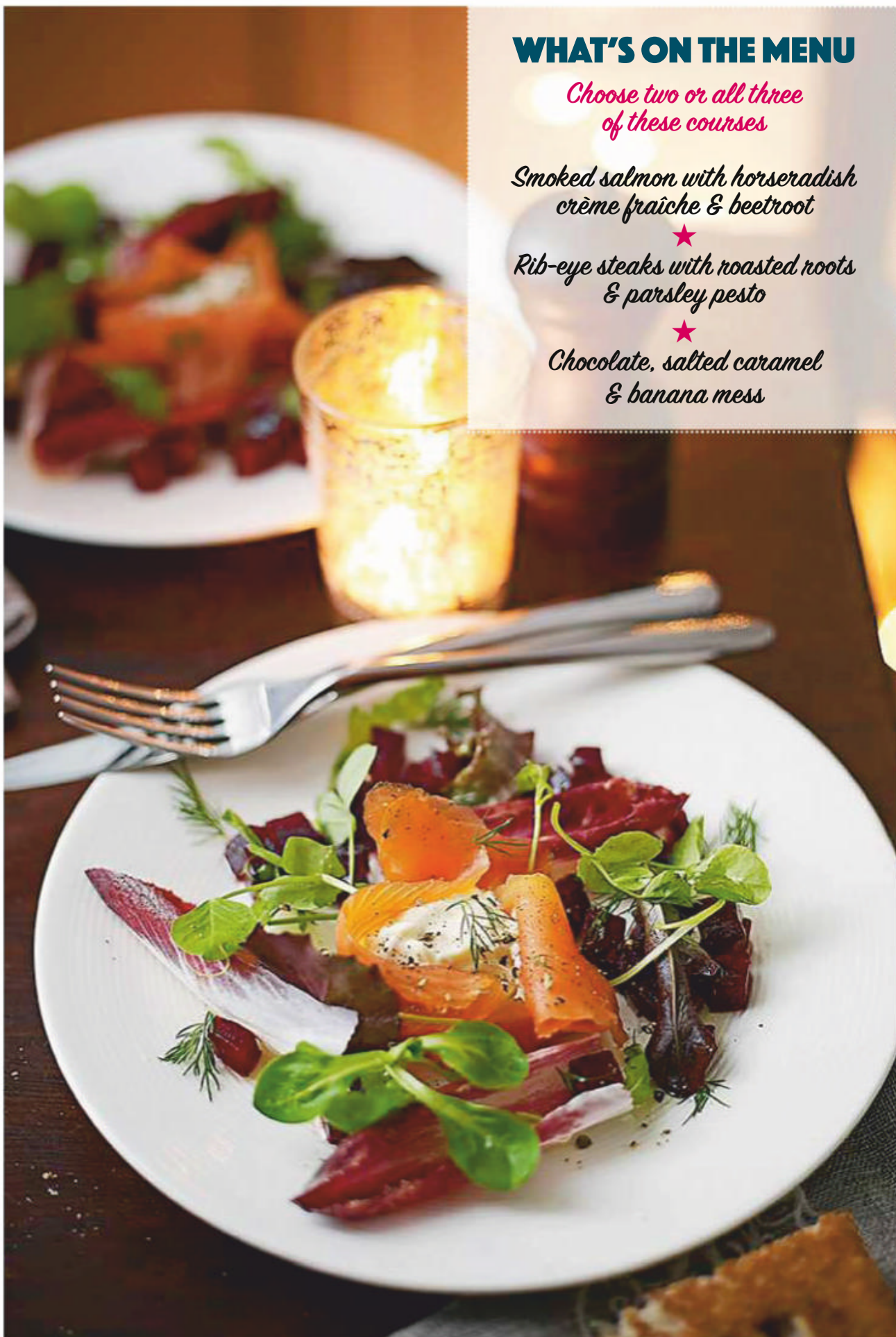
**1** Fold the crème fraîche with the horseradish and vodka, if using, with a little seasoning. Chill.

**2** In a bowl, mix the vinegar, olive oil and honey. Toss  $\frac{1}{2}$  this dressing through the beetroot and chill until ready to serve.

**3** Before serving, divide the slices of salmon between two plates, top with a spoonful of the crème fraîche and bring up the sides of the salmon to make a 'flower'. Arrange the salad and beetroot around the salmon and scatter with the dill. Grind over some black pepper, drizzle with the remaining dressing and serve with toast, if you like.

**PER SERVING** 257 kcal, fat 18g, saturates 8g, carbs 7g, sugars 6g, fibre 1g, protein 16g, salt 1.3g

*Tip* This works really well washed down with a shot of chilled vodka.



*Tip* Any leftover roasted vegetables make a great salad for a quick lunch.





## Rib-eye steaks with roasted roots & parsley pesto

- Serves 2 ■ Prep 15 mins plus resting
- Cook 45 mins

**250g celeriac, peeled and cut into chunks**  
**300g carrots, quartered lengthways**  
**3 long shallots, quartered, leaving root intact**  
**3 celery sticks, halved and sliced lengthways,**  
**plus a handful of celery leaves**  
**2½ tbsp olive oil**  
**2 rib-eye steaks (around 250g each)**  
**1 head red or green chicory, broken**  
**into leaves, centre quartered**  
**FOR THE PARSLEY PESTO**  
**small bunch parsley**  
**25g cashew nuts**  
**1 small garlic clove**  
**3 tbsp extra virgin olive oil, plus**  
**extra if needed**  
**squeeze of lemon juice**  
**3 tbsp grated parmesan**

**1** Heat oven to 220C/200C fan/gas 7. Put all the vegetables, except the chicory and celery leaves, in a large, non-stick roasting tin. Pour over 2 tbsp olive oil and season. Mix and spread into a single layer. Bake for around 45 mins, tossing once or twice, until the veg is tender and turning golden.  
**2** Meanwhile, make the pesto. Pop the parsley, cashew nuts and garlic in a food processor. Blitz until quite smooth. Stir in the olive oil, lemon juice, parmesan and some seasoning. Adjust the thickness with a little more olive oil, if you like.  
**3** Heat a griddle pan. Rub the steaks with the remaining oil and season. Cook on each side for around 4 mins for medium, or to your liking, adjusting the time depending on the thickness of the steaks. Rest the steaks, covered, for 5 mins.  
**4** Toss the chicory and celery leaves together with roasted roots. Serve alongside the steaks and spoon a generous dollop of pesto on top.  
**PER SERVING** 786 kJals, fat 56g, saturates 19g, carbs 16g, sugars 14g, fibre 10g, protein 54g, salt 1g

## Chocolate, salted caramel & banana mess

*This pudding is really rich, so you may want to serve just one of the sauces – or both if you're feeling indulgent.*

- Serves 2 ■ Prep 15 mins ■ Cook 10 mins

**½ vanilla pod, seeds scraped out**  
**150ml double cream**  
**2 ready-made meringue nests,**  
**crumbled into chunks**  
**2 bananas, sliced**  
**FOR THE SALTED CARAMEL SAUCE**  
**2 tbsp caster sugar**  
**3 tbsp double cream**  
**1 tbsp butter**  
**pinch of sea salt flakes**  
**FOR THE CHOCOLATE SAUCE**  
**2 tbsp full-fat milk**  
**1 tbsp double cream**  
**50g dark chocolate, broken into**  
**small pieces**

**1** To make the salted caramel, put the sugar and 2 tbsp water in a small heavy-bottomed saucepan. Place on a low heat and swirl gently until the sugar has melted. Turn up the heat and let the sugar bubble and caramelize to a nutty brown. Take off the heat and pour in the cream, butter and salt flakes – do this carefully, as it may spit. Gently stir together until smooth and glossy.

**2** For the chocolate sauce, bring the milk and cream to the boil in a small saucepan. Put the chocolate bits into a bowl. Pour over two-thirds of the milk and cream mixture, stirring until melted and smooth. Adjust the consistency with the remaining hot milk mixture.

**3** Put the vanilla seeds into the cream and whip until just holding soft peaks. Fold the meringues and banana slices into the cream, leaving a few slices for garnish. Put in serving dishes and drizzle with the two sauces. Top with the remaining banana slices. Serve immediately.

**PER SERVING** (with both sauces) 938 kJals, fat 71g, saturates 44g, carbs 70g, sugars 69g, fibre 2g, protein 5g, salt 0.5g

*Tip* **Make the caramel sauce ahead. Simply reheat, adding a drop or two of water, if needed, to reach the desired consistency.**







# James Martin's Modern classics

Traditional  
meals with  
a new  
twist

Hearty mains and a comforting pudding from the former BBC TV chef and author

## Whisky chicken with wild mushroom & mustard sauce

■ Serves 6 ■ Prep 15 mins ■ Cook 40 mins

**25g butter**  
**2kg chicken, jointed into 8 portions**  
**2 shallots, diced**  
**1 garlic clove, chopped**  
**50ml whisky**  
**1 tbsp Dijon mustard**  
**1 tbsp grainy mustard**  
**200g new potatoes, halved**  
**100g wild mushrooms**  
**4 medium tomatoes, quartered**  
**750ml chicken stock**  
**75ml double cream**  
**small bunch flat-leaf parsley, chopped**  
**small bunch wild garlic, plus wild garlic flowers, to serve (optional)**

**1** Heat a large, wide, non-stick frying pan over a medium heat until hot. Add the butter and heat until melted, then add the chicken

pieces, skin-side down. Season, then fry for about 10 mins, until deep golden. Stir in the shallots and garlic and cook for 3-4 mins.

**2** Turn the chicken over so it's skin-side up. Pour the whisky into the pan and bring to a bubble to burn off the alcohol. Stir in both types of mustard, then add the potatoes, mushrooms and tomatoes. Season well then stir in the stock, cover and bring to the boil. Reduce the heat and simmer gently for 20 mins, or until the chicken is cooked through. Cut through the thickest piece of meat and check there are no pink juices.

**3** When the chicken is cooked, pour over the double cream and stir in the parsley. Add the wild garlic to the pan and cook for around 1 min until it's wilted, then remove from the heat, sprinkle the flowers over the top, if you like, and serve.



## Pork chops with beans, tomato & salami stew

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

1 tbsp olive oil  
 4 pork chops  
 100g British salami, cut from a large sausage, then chopped  
 100g cherry tomatoes, halved  
 1 shallot, sliced  
 3 large garlic cloves, diced  
 100g padrón peppers  
 400g can butter beans, drained  
 50g roasted red peppers, diced  
 50ml white wine  
 small bunch curly parsley, chopped  
 15g butter

**1** Heat a large frying pan until hot, then drizzle in the oil. Season the chops on both sides then pop in the pan and cook for 3-4 mins on one side until golden. Turn them over and cook for a further 2-3 mins.  
**2** Add the salami, tomatoes, sliced shallot and garlic and continue to cook for 3-4 mins, stirring everything around, until the tomatoes have broken down slightly.  
**3** Next add the padrón peppers to the pan, along with the butter beans and roasted peppers. Mix all the ingredients together, pour in the wine and increase the heat to bring to the boil. Season, then sprinkle over the parsley and add the butter. Cook for a few more mins until everything is heated through. Spoon the vegetables onto a warm platter, arrange the chops on top and serve.

## Bread & butter pudding with cherry compote

■ Serves 6-8 ■ Prep 40 mins  
 ■ Cook 45-55 mins

100g butter, at room temperature  
 1 loaf medium-sliced white bread  
 4 eggs  
 8 egg yolks  
 200g caster sugar  
 1 tsp vanilla bean paste  
 300ml milk  
 300ml double cream  
 2 tbsp icing sugar  
**FOR THE COMPOTE**  
 200g cherries, pitted  
 50g caster sugar

**1** Heat oven to 150C/170C fan/gas 2. Butter each slice of bread on one side only, then cut off the crusts. Slice each piece in half diagonally to make two triangles. Lay them in a 30 x 20cm ovenproof dish, overlapping each slice as you go.  
**2** To make the custard, put the eggs and egg yolks into a large bowl and add the sugar and vanilla bean paste. Whisk together to break down the eggs then pour in the milk and cream and continue to whisk until smooth.  
**3** Pour as much of the mixture over the bread as possible to cover and set aside to soak for about 20 mins – you won't use all the custard at this stage. Keep topping up with more custard until all of it has been poured in. Transfer to the oven and bake for 30-40 mins. The pudding should be bubbling hot but not necessarily golden brown.  
**4** To make the compote, put the cherries and sugar into a saucepan. Heat gently to dissolve the sugar then bring to the boil and simmer for 10 mins. Allow to cool slightly and pour into a bowl.  
**5** Dust the bread and butter pudding with the icing sugar and use a blow torch to caramelize the sugar or place it under a hot grill for a couple of mins. Spoon into bowls and serve with the compote alongside.



Recipes adapted from James Martin's *Great British Adventure* (£25, Quadrille), out now. Photographs © Peter Cassidy



*Tip* This is a good way of using up stale bread – or you can try experimenting with croissants, brioche or panettone.



# Pretty & pink

Rhubarb grows and goes on sale early in the year, so enjoy its tangy taste in a comforting crumble, cake or cordial

## **RHUBARB, RHUBARB!**

In the depths of March, rhubarb takes the prize for its cheery good looks and comes to the rescue when autumn fruits have run out.

- Is it a fruit? Strictly speaking, rhubarb is a vegetable, although in 1947 a US Court ruled that it was a fruit as nobody could produce evidence that it was used in dishes other than desserts. Of course, today's chefs often use it as a savoury accompaniment, particularly with oily fish.
- For more than a century, cultivation of forced rhubarb has centred in Yorkshire, within the 'Rhubarb Triangle' between Leeds, Bradford and Wakefield. The rhubarb is grown in heated forcing sheds in total darkness and harvested by candlelight which creates slim, pink and tender rhubarb with a sweeter flavour than plants grown outdoors.
- Just be aware that rhubarb leaves are poisonous if eaten in large quantities, so trim off and just eat the stems.



**Rhubarb & ginger queen of puddings, p64**



**Rhubarb & orange cake, p64**



**Rhubarb crumble, p64**



**Rhubarb & ginger cordial, p64**

## Rhubarb & orange cake

You can serve this warm from the oven as a pudding with cream or custard, or served in slices as a cake for afternoon tea.

- Cuts into 10 slices ■ Prep 35 mins plus macerating ■ Cook 1 hr-1 hr 15 mins

VEGETARIAN FREEZABLE



**400g rhubarb, thickly sliced**  
**280g golden caster sugar**  
**225g butter, softened, plus extra for the tin**  
**1 orange, finely zested and juiced**  
**225g self-raising flour**  
**100g ground almonds**  
**1 tsp baking powder**  
**3 medium eggs**  
**small handful flaked almonds**  
**icing sugar, for dusting**

**1** Tip the rhubarb into a bowl and sprinkle over 50g of the sugar. Stir so the rhubarb is covered, then set aside for 30 mins to draw out some of the juices. Meanwhile, butter and line the base and sides of a 23cm loose-bottomed, round cake tin with baking parchment and heat oven to 180C/160C fan/gas 4.

**2** Tip the remaining sugar, the butter, orange zest and juice into a large bowl and beat with an electric whisk until well blended. Add the flour, almonds, baking powder and eggs, then beat again until smooth. Fold in the rhubarb and any juices. Spoon into the tin and level the top.  
**3** Sprinkle with the flaked almonds, then bake in the centre of the oven for 1 hr-1 hr 15 mins until risen, golden and a skewer inserted into the centre comes out clean. Cover with foil if the cake starts to brown too much. Leave in the tin for 15 mins before removing and cooling completely on a wire rack. Dust with a little icing sugar before serving.  
**PER SLICE** 445 kcals, fat 26g, saturates 13g, carbs 46g, sugars 31g, protein 6g, fibre 2g, salt 0.7g

## Rhubarb & ginger queen of puddings

This pud is served hot from the oven, so bake the base and poach the rhubarb in advance. Then, for dessert, all you have to do is whip up the meringue and bake for 20 minutes.



- Serves 8 ■ Prep 25 mins plus cooling
- Cook 1 hr 5 mins VEGETARIAN

**140g shop-bought madeira cake, crumbled, or white breadcrumbs**  
**4 eggs, separated**  
**400ml milk**  
**½ tsp grated nutmeg**  
**250g golden caster sugar**  
**500g rhubarb, cut into thumb-sized chunks**  
**4 balls stem ginger, chopped, plus 2 tbsp syrup**

**1** Heat oven to 160C/140C fan/gas 3. Put the cake or breadcrumbs in a 22cm round ovenproof baking dish. In a jug, whisk the egg yolks, milk, nutmeg and 50g sugar. Pour the custard over the crumbs and leave to soak for 10 mins. Bake for 45 mins, until the custard is set but still has a little wobble.  
**2** Meanwhile, cook the rhubarb

in a pan with 100g sugar, ginger, syrup and 2 tbsp water for 15-20 mins until tender. Leave to cool. Chill the dish and the rhubarb for up to two days if making ahead.  
**3** Heat oven to 200C/180C fan/gas 6. Tip the egg whites into a large, clean bowl and, using an electric whisk, whisk until soft peaks form. Slowly add 100g sugar, beating well between each addition, until all the sugar is incorporated and the meringue is stiff and glossy.  
**4** Drain the rhubarb, keeping the syrup, then spoon onto the baked custard. Spoon or pipe the meringue on top and bake for 15-20 mins until browned. Serve hot with the rhubarb syrup.  
**PER SERVING** 286 kcals, fat 8g, saturates 4g, carbs 48g, sugars 45g, protein 6g, fibre 1g, salt 0.3g

## Rhubarb & ginger cordial

This refreshing cordial takes 10 mins to prep and will use up a glut of home-grown rhubarb. Serve with sparkling water or try a drop in a gin and tonic.

- Makes 600ml ■ Prep 10 mins
- Cook 10-12 mins VEGETARIAN

**300g caster sugar**  
**1 orange, zested and juiced**  
**1 lemon, zested and juiced**  
**450g rhubarb, chopped**  
**1 slice ginger, peeled**

**1** Put the sugar in a large pan with 300ml water. Bring to a simmer then add the orange and lemon zest and juice with the rhubarb and the ginger.  
**2** Cook over a medium heat



until the rhubarb is falling apart.  
**3** Pour the mixture through a sieve lined with muslin into a clean heatproof jug then transfer to sterilised bottles. Keeps in the fridge for up to one month. Serve approx 25ml of cordial per 100ml sparkling water, or to taste.  
**PER SERVING** 49 kcals, fat none, saturates none, carbs 12g, sugars 12g, fibre 0.1g, protein none, salt none

## Rhubarb crumble

- Serves 4 ■ Prep 20 mins
- Cook 1 hr VEGETARIAN

**500g rhubarb, cut into chunks**  
**100g caster sugar**  
**3 tbsp crème de cassis or port (optional)**  
**FOR THE CRUMBLE**  
**140g self-raising flour**  
**85g chilled butter, chopped**  
**50g light soft brown sugar**  
**50g walnuts, chopped (optional)**

**1** Tip the rhubarb into a pan with the caster sugar and crème de cassis or port, if using. Cover and cook on a very low heat for 15 mins, adding more sugar if you want. When the rhubarb is soft (but still holding its shape) tip it into a medium baking dish.



**2** Heat oven to 200C/180C fan/gas 6. To make the crumble, rub the flour and butter together with your fingers until soft and crumbly. Add the sugar and walnuts, if using. Mix with your hands.  
**3** Scatter the topping over the rhubarb and bake for 30 mins or until golden brown on top.  
**PER SERVING** 440 kcals, fat 18g, saturates 11g, carbs 68g, sugars 42g, fibre 3g, protein 4g, salt 0.7g

## Rhubarb & almond crumble tart

*This is almost two recipes in one – the roasted rhubarb used for the filling is delicious in its own right, especially served with cream or custard.*

■ Cuts into 10 slices ■ Prep 30 mins ■ Cook 1½ hrs **VEGETARIAN** **FREEZABLE**

**375g pack shortcrust pastry**  
**plain flour, for dusting**  
**750g rhubarb, sliced into**  
**thumb-sized pieces**  
**140g golden caster sugar**  
**1 orange, juiced**  
**FOR THE STREUSEL TOPPING**  
**¼ tsp ground cinnamon**  
**140g cold butter, diced**  
**100g ground almonds**  
**140g plain flour**  
**175g light muscovado sugar**  
**handful flaked almonds**

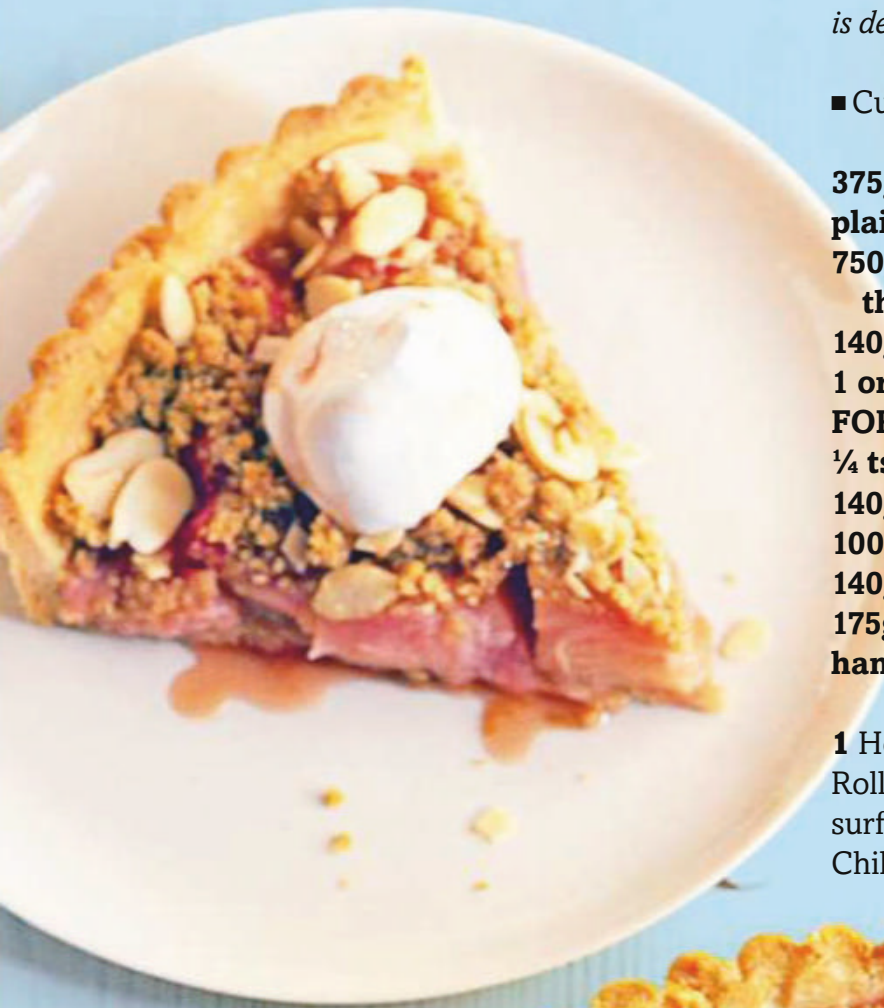
**1** Heat oven to 200C/180C fan/gas 6. Roll out the pastry on a lightly floured surface, then line a 23cm tart tin with it. Chill in the fridge.

**2** Tip the rhubarb into a roasting tray with the sugar and orange juice, then toss together. Cover with foil and bake for 30-40 mins. While the rhubarb is cooking, press a sheet of baking paper into the tart case, tip in baking beans, then bake for 20 mins. Remove the beans and paper, then bake for 10 mins more. Tip the cooked rhubarb into a sieve over a bowl, and reserve the syrup.

**3** Tip all the topping ingredients, except the almonds, into a bowl, and rub together with your fingertips until crumbly. When the case is cooked, lower oven to 180C/160C fan/gas 4. Spoon the rhubarb evenly over the case and crumble over the topping. Scatter with almonds, then bake for 20 mins. Leave the tart until just warm, then turn out and serve with the rhubarb syrup and some crème fraîche.

**PER SERVING** 545 kcals, fat 30g, saturates 12g, carbs 65g, sugars 39g, fibre 3g, protein 7g, salt 0.4g

**MAKE  
OUR COVER  
RECIPE**





# Show her you care

Mother's Day  
31 March

Surprise your mum with Irish chef and author  
**Clodagh McKenna's** delicious three-course menu

## MENU TO SERVE 6

★  
*Asparagus mimosa*

★  
*Roast butterflied lamb with salsa verde*

★  
*Coconut & lemon cloud cake*

### Asparagus mimosa

*These green spears look so beautiful on the table. And the combination of the roasted asparagus with the fluffy sieved (or finely chopped) hard-boiled egg flecked on top, finished with the sweet and citrusy flavours of the lemon and basil in the dressing, is so delicious! You can serve this on one or two big platters if you're feeding a large crowd, and the eggs and dressing can be prepared the day before, so it's quite an easy starter. I've also made this just as successfully using stemmed purple sprouting broccoli in place of the asparagus.*

■ Serves 4 ■ Prep 15 mins ■ Cook 5-10 mins

**20 asparagus spears, ends trimmed**

**1 tbsp olive oil**

**2 hard-boiled eggs**

**FOR THE DRESSING**

**1 lemon, juiced**

**1 tbsp finely chopped shallot**

**1 tbsp torn basil leaves**

**1 tbsp Dijon mustard**

**80ml extra virgin olive oil**

**1** Heat oven to 180C/160C fan/gas 4. Toss the asparagus spears in the olive oil and season with salt and pepper. Put on a baking tray and bake for 10 mins, or roast on a hot griddle pan over a high heat for 5 mins, turning often so they are evenly cooked.

**2** For the dressing, whisk the lemon juice, shallot, basil and mustard in a small bowl, and season. Then add the extra virgin olive oil in a slow stream, whisking constantly.

**3** Shell and halve the eggs, then push through a medium-mesh sieve into another small bowl or finely chop. Toss the baked or roasted asparagus with 1 tbsp of the dressing in a large bowl, then divide the dressed asparagus between four plates. Spoon the remaining dressing over the asparagus and sprinkle the sieved or chopped egg on top.





Roast butterflied lamb  
with salsa verde, p68

## Roast butterflied lamb with salsa verde

*Butterflied and boned is the fastest and easiest way to roast a joint of lamb, and if you aren't great at carving a joint, you will really love the fact that this roast requires slicing rather than carving. You could also serve the lamb with a classic mint sauce – see tip, below.*

■ Serves 8 ■ Prep 15 mins ■ Cook 40 mins, plus 45 mins marinating and resting

### FOR THE MARINADE

3 tbsp olive oil  
2 tbsp red wine vinegar  
3 garlic cloves, finely sliced  
2 tbsp finely chopped rosemary leaves  
1.5kg boned and butterflied leg of lamb

### FOR THE SALSA VERDE

1 tbsp white wine vinegar  
4 basil sprigs, chopped  
2 sprigs flat-leaf parsley, chopped  
2 garlic cloves, crushed  
2 anchovy fillets, chopped  
2 tbsp capers  
200ml extra virgin olive oil

**1** Heat oven to 220C/200C fan/gas 7. For the marinade, put the olive oil, red wine vinegar, garlic and rosemary in a small bowl, season with salt and pepper and mix together well.

**2** Place the lamb, skin-side up, in a roasting tin and pour over the marinade. Rub the marinade into the lamb, then leave it to rest for 30 mins. This allows the flavours to be absorbed into the lamb, and also gives the meat time to come to room temperature before roasting. After marinating, put the lamb in the oven and roast for 40 mins.

**3** Meanwhile, put all the ingredients for the salsa verde in a bowl and mix together well. Remove the roasted lamb from the oven, cover with a loose tent of foil and leave to rest for 15 mins. Thinly slice the roasted lamb onto a warmed platter and spoon the salsa verde down the centre of the lamb, then serve.

*Tip* Make a simple classic mint sauce to serve with the lamb, if you prefer. Whisk together 25g chopped mint, 1 tsp caster sugar, 1 tbsp hot water, 2 tbsp white wine vinegar, then leave for 20 mins to infuse.

## Coconut & lemon cloud cake

*A beautifully light, fluffy cake scented with exotic coconut and citrusy lemon – perfect for cleansing the palate after dinner, although it works equally well as an afternoon or celebration cake. You can use coconut butter instead of dairy butter and/or coconut flour and, for convenience, you can make and bake the cake layers a couple of days ahead, then prepare the frosting and assemble the cake on the day you are planning to serve it.*

■ Cuts into 10-12 slices ■ Prep 30 mins  
■ Cook 25 mins, plus cooling

### FOR THE CAKE

300g plain flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
300g caster sugar  
300g unsalted butter, melted, plus extra for the tin  
250ml coconut milk  
2 eggs  
1 lemon, juiced  
1 tbsp coconut oil  
1 tsp vanilla extract

### FOR THE FROSTING

200g unsalted butter, softened  
250g icing sugar, sifted  
1 lemon, zested and juiced  
1 tsp coconut oil  
200g raw coconut flakes, to decorate

**1** Heat oven to 180C/160C fan/gas 4, and lightly butter 2 x 20cm loose-bottomed sandwich tins. For the cake, sift the flour, baking powder and bicarbonate of soda into a large bowl or the bowl of a stand mixer fitted with the paddle attachment, and mix in the sugar. In a separate bowl, combine the melted butter, coconut milk, eggs, lemon juice, coconut oil and vanilla extract and whisk together thoroughly. Then add the wet mixture to the dry mixture and beat together until well combined.

**2** Divide the cake batter evenly between the prepared tins and level the surface with a spatula or the back of a spoon. Bake for about 25 mins or until risen and golden. Remove the cakes from the oven and leave to cool in the tins for about 15 mins. Remove from the tins and transfer to a wire rack to cool completely.

**3** To make the frosting, place all the ingredients in a bowl or the bowl of a stand mixer. Use an electric hand mixer or the paddle attachment on the stand mixer to beat on a high speed until light and fluffy.

**4** To assemble, place one of the cakes, upside down, on a cake plate or stand and spread with about one-third of the frosting to cover it. Add the other cake and cover the entire cake with the remaining frosting. Sprinkle the raw coconut flakes all over the cake to decorate.



Recipes adapted from  
*Clodagh's Suppers* by Clodagh  
McKenna (£20, Octopus). Clodagh  
is a regular guest on *Saturday  
Kitchen Live* on BBC One



# BISCUIT TIN BAKES

Spend time in the kitchen  
and top up the tin with these  
moreish biscuits and cookies





Say it with flowers...  
bake something special for Mother's Day  
31 March



## Blueberry & pecan oaties

■ Makes 12 ■ Prep 20 mins plus chilling ■ Cook 15 mins

VEGETARIAN FREEZABLE

**175g plain flour, plus extra for dusting**

**½ tsp baking powder**

**85g porridge oats**

**175g golden caster sugar**

**1 tsp ground cinnamon**

**140g butter, chopped**

**70g pack dried blueberries**

**50g pecans, roughly broken**

**1 egg, beaten**

**1** In a bowl, mix the flour, baking powder, oats, sugar and cinnamon with your hands. Add the butter, and rub it into the mixture until it disappears.

**2** Stir in the blueberries, pecans and the egg. Mix with a wooden spoon until it comes together. Lightly flour your work surface, then roll the dough into a sausage about 6cm across. Wrap in cling film and chill until solid.

**3** Heat oven to 180C/160C fan/gas 4. Unwrap the dough, slice into 12 discs and place on baking sheets. Bake for 15 mins until golden. Leave on the trays to harden, then cool on a wire rack.

**PER BISCUIT** 274 kcals, fat 14g, saturates 7g, carbs 36g, sugars 20g, fibre none, protein 4g, salt 0.3g

*Tip* Instead of pecans and blueberries, you can use an equal weight of other dried fruit and nuts. Choose the ones you like best.



## Sugared flower shortbreads

*You can flavour these pretty, delicate biscuits with any edible floral scent – we've used rosewater, but orange blossom extract or dried lavender would work well.*

■ Makes 15-20 ■ Prep 1 hr plus 3 hrs drying, 1 hr setting and chilling ■ Cook 12 mins

VEGETARIAN

### FOR THE SHORTBREAD

**250g plain flour, plus extra for dusting**

**140g cold slightly salted butter, cut into small cubes**

**85g white caster sugar**

**1 tsp vanilla extract**

**½ tsp rosewater (optional)**

**2 egg yolks**

### TO DECORATE

**300g royal icing sugar**

**food colouring (we used yellow, purple and pink)**

**edible shimmer dust (optional)**

**15-20 edible sugared flowers (see below)**

**1** First make the shortbread. Tip the flour into a large bowl and add the butter. Use your fingertips to rub the butter into the flour until you have a damp, crumbly texture. Pour in the sugar and gently mix in with your fingertips. Whisk the vanilla, rosewater and egg yolks in a small bowl with a fork, then drizzle the mixture over the buttery flour.

Mix again, squashing the crumbs together to form a dough. If the mixture is a little too crumbly, drizzle over 1-2 tsp cold water, then mix again. Tip onto your work surface and knead very briefly until the dough looks even, with no streaks of egg. Wrap in cling film, pat into a disc and chill for 30 mins.

**2** Next, cut out the biscuits. Heat oven to 180C/160C fan/gas 4 and line two large baking sheets with baking parchment. Remove the dough from the fridge – if it's very firm, leave it at room temperature for 15 mins to soften. Lightly dust the work surface with flour, unwrap the dough and roll it to the thickness of a £1 coin. Stamp out 8cm discs with a fluted biscuit cutter and place on the baking sheets. Bake for 10-12 mins, swapping the sheets over halfway through. Once lightly golden and firm, remove from the oven. Leave the biscuits to cool on the sheets for 10 mins or until stable enough to transfer to a wire rack to cool completely.

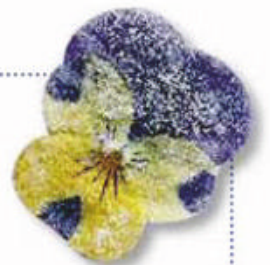
**3** Next, ice the biscuits. Mix the icing sugar with enough water to make a thick icing. Divide the icing between as many bowls as the colours you're using, and dye each one a pastel shade with a drop of food colouring. Spoon half of one coloured icing into a disposable piping bag fitted with a fine writing nozzle. Pipe a ring around the edge of a third of the biscuits (if you're using three colours) and set aside to dry. Move on to the next colour, returning any leftover icing to its bowl. Leave the biscuits to dry for 10-15 mins.

**4** Add 2-3 tsp water to each icing to make it a little runnier. Spoon the icing onto the biscuits, matching the colour to the rings, and gently spread it out to the rings with your spoon. Don't be too generous as it may overflow when you add the flowers. Dust the biscuits with a little shimmer dust, if you like, then top with the sugared flowers. Leave to set for at least 1 hr then wrap in tissue paper in a pretty box. *Will keep for up to one week.*

**PER BISCUIT** (20) 193 kcals, fat 6g, saturates 4g, carbs 31g, sugars 22g, fibre 1g, protein 2g, salt 0.1g



## How to make sugared flowers



Traditionally, whole violets and primroses are used. You could also use lavender or rose petals (left) – just make sure they are pesticide free. Brush the petals with beaten egg white then sprinkle with white caster sugar. Leave to dry and set on a wire rack or parchment before using.

## Meringue cookies

■ Makes 32 ■ Prep 20 mins ■ Cook 3 hrs

VEGETARIAN

**2 large egg whites**

**120g golden caster sugar**

**120g pecans, roughly chopped**

**140g dark chocolate (at least 70% cocoa solids), roughly chopped**

**1 tsp vanilla extract**

**1** Heat oven to 180C/160C fan/gas 4. Line two baking sheets with foil. In a large clean bowl, whisk the egg whites with a pinch of salt until stiff and dry. Gradually whisk in the

sugar, a little at a time, to make a thick, glossy meringue. Tip in the pecans and chocolate, then the vanilla extract and gently fold into the meringue with a large metal spoon.

**2** Spoon heaped teaspoonfuls of the meringue mixture, spaced apart, on to the lined baking sheets. Put the sheets in the oven, then turn it off and leave for at least 3 hrs or overnight, until the oven is cold.

**3** Carefully peel the meringue cookies away from the foil. *They will keep for three to four days stored in an airtight tin.*

**PER COOKIE** 66 kcals, fat 4g, saturates 1g, carbs 7g, sugars 7g, protein 1g, fibre none, salt 0.1g





## Anzac biscuits

*These are named after the Australian and New Zealand Armed Corps in the First World War.*

- Makes 20 ■ Prep 10 mins
- Cook 8-10 mins **VEGETARIAN** **FREEZABLE**

**85g porridge oats**  
**85g desiccated coconut**  
**100g plain flour**  
**100g caster sugar**  
**100g butter, plus extra for the tin**  
**1 tbsp golden syrup**  
**1 tsp bicarbonate of soda**

**1** Heat oven to 180C/160C fan/gas 4. Put the oats, coconut, flour and sugar in a bowl. Melt the butter in a small pan and stir in the syrup. Add the bicarbonate of soda to 2 tbsp boiling water, then stir into the butter and syrup mix.  
**2** Make a well in the middle of the dry ingredients, pour in the butter and syrup mixture and stir gently to combine.  
**3** Put dessertspoonfuls of the mixture on to buttered baking sheets, about 2.5cm apart. Bake in batches for 8-10 mins until golden. Transfer the biscuits to a wire rack to cool.  
**PER BISCUIT** 118 kcals, fat 7g, saturates 5g, carbs 13g, sugars 6g, protein 1g, fibre 1g, salt 0.3g



## Coconut & cashew cookies

- Makes 14-16 ■ Prep 15 mins
- Cook 10 mins **VEGETARIAN** **FREEZABLE**

**140g unsalted cashews, toasted**  
**85g creamed coconut, grated**  
**175g plain flour**  
**½ tsp baking powder**  
**140g soft butter, plus extra for the tin**  
**125g dark muscovado sugar**  
**1 tbsp ground ginger**  
**1 egg**

**1** Heat oven to 180C/160C fan/gas 4. Halve some cashews and leave the rest whole. Mix with the coconut and set aside.  
**2** Blend the remaining ingredients in a food processor to a smooth, stiff consistency. Set aside 4 tbsp of the nut mix and stir the rest into the dough.  
**3** Put 14-16 heaped tbsps of the dough in mounds, well apart, on buttered baking sheets. Flatten slightly with your fingers. Sprinkle with the reserved nuts and bake for 10 mins until golden and set at the edges. Leave for a few mins, then cool on a rack. *The cookies will stay fresh for up to one week stored in an airtight container.*  
**PER COOKIE** 259 kcals, fat 18g, saturates 10g, carbs 22g, sugars 11g, protein 4g, fibre 1g, salt 0.2g

*Tip* You can add warm water to grated creamed coconut to make coconut milk or cream.



Tune in to Comic Relief,  
15 March on BBC One,  
and get even more bake  
sale inspiration at  
[comicrelief.com](http://comicrelief.com)



Bake a batch  
of these fun Red  
Nose biscuits in  
aid of Comic  
Relief



### Simple jammy biscuits

■ Makes 12 ■ Prep 10 mins ■ Cook 12 mins

**VEGETARIAN**

**200g self-raising flour**

**100g caster sugar**

**100g butter**

**1 egg, lightly beaten**

**4 tbsp strawberry jam**

**1** Heat oven to 190C/170C fan/gas 5. Rub the flour, sugar and butter together with your

fingertips until the mixture resembles breadcrumbs. Add enough egg to bring the mixture together to form a stiff dough.

**2** Flour your hands and shape the dough into a sausage, about 5cm in diameter. Cut into 2cm slices and place on a large baking sheet, well spaced, as they will spread when baking.

**3** Make a small dent in the middle of each with the end of a wooden spoon, then drop in a tsp of jam. Bake for 10-15 mins until slightly risen and just golden. Cool on a wire rack.

**PER BISCUIT** 170 kcals, fat 8g, saturates 5g, carbs 25g, sugars 13g, protein 2g, fibre 0.5g, salt 0.3g



*Angellica Bell*

# ***Cooking with kids***

Enjoy time in the kitchen with your children making these family recipes from the BBC *The One Show* presenter's new cookbook

## Big beefy burgers

*There are hundreds of ways to make a burger, but one thing's for sure, they always taste great when you make them at home. So, to ensure you rustle up the best juicy burgers, don't over-handle the meat, never flatten them with a spatula and only flip them once. I like to grill the meat because it's healthier.*

■ Serves 4 ■ Prep 15 mins ■ Cook 15 mins, plus at least 10 mins resting

**1 small red onion**  
**500g minced beef**  
**2 tbsp tomato ketchup**  
**2 tbsp English mustard**  
**½ tbsp Worcestershire sauce**  
**½ tsp dried rosemary**  
**4 slices of cheese (use your favourite)**  
**4 burger buns**  
**TO SERVE**  
**sliced tomato, lettuce, avocado,**  
**mayo and ketchup (optional)**

**1** Peel the onion and chop it into small pieces. Place the onion in a large bowl with the mince, ketchup, mustard, Worcestershire sauce, rosemary, salt and pepper, then mix everything together with a wooden spoon. Use your hands to form the mixture into 4 burger patties and gently flatten each one, trying not to squash or overwork the meat. Place the burgers on a baking tray and let them rest for 10 mins at room temperature.

**2** Put the baking tray with the burgers under a medium-hot grill (you don't want it too high) and cook on one side for at least 5 mins. Carefully flip them over with a spatula and grill for another 4-5 mins, until they are cooked through.

**3** When the burgers have 1 min left to cook, lay a slice of cheese on top of each one and allow it to melt slightly before taking the burgers out from under the grill.

**4** Slice your burger buns in half and toast the cut side under the grill – keep a close eye on them because they will brown very quickly!

**5** Serve alongside the buns and extra toppings for everyone to build their own burger. You can also serve with oven chips and a side salad, if you like.



*Shape the burger mixture into patties*

*Place the cheese on hot patties*



*Pile up & squeeze*



**BEST OF BBC**

Angellica Bell was the winner of *Celebrity MasterChef* in 2017, and is now a presenter on BBC One's *The One Show*.



*Spread on the  
guacamole*

*Spoon on some  
soured cream*

## Chicken quesadillas

*This Mexican-style recipe is great for lunch, a light snack, or even dinner, when you could add some spicy rice to make it more substantial. Don't be put off by the chilli – make this as spicy as you like, or even leave the chilli out altogether – you're the chef! I think this meal has lots of flavour but at the same time doesn't require too much work. All I ask is that you take care by the cooker if the kids are around. Just take your time and lower the heat if you need to.*

- Serves 4 as a snack ■ Prep 20 mins
- Cook 25 mins

**500g skinless chicken breast fillets**  
**3 tbsp chicken fry mix (most supermarkets stock this)**  
**½ tsp dried oregano**  
**½ tsp ground cumin**  
**½ tsp chilli powder (optional)**  
**1 red pepper**  
**4-5 spring onions**  
**2 tbsp vegetable oil**  
**20g butter**  
**4 flour tortillas**  
**250g cheddar**  
**soured cream, guacamole and tomato salsa, to serve**

- 1** Chop your chicken into small chunks or strips. Place the chopped chicken in a large bowl and add the chicken fry mix, oregano, cumin and chilli (if you can handle a bit of spice), with a pinch each of salt and pepper. Mix everything together with a wooden spoon until the chicken is coated.
- 2** Cut the red pepper in half, remove the white membrane and seeds, then cut it into small pieces or slices. Trim the tops and bottoms off the spring onions and cut them into small slices.
- 3** Place a big frying pan on the cooker over a low heat, then add the oil. If the heat is too high,

the oil may splutter and it can seriously burn, so just take your time. Add the chicken to the pan and fry for a few mins, stirring the chicken with a wooden spoon so it cooks evenly. After a few mins, add the diced or sliced pepper, then a few mins later add the spring onions. Keep frying until the chicken is cooked through and browned slightly (cut a piece open; it should be white all the way through), then turn off the heat.

**4** Preheat your oven to 180C/160C fan/gas 4 and put a piece of foil on a large baking sheet (or use two sheets). Melt the butter in a small bowl in the microwave, or in a small saucepan over a low heat. Grab a tortilla. Using a pastry brush, brush one side of the tortilla with butter and place the buttered side down on the baking sheet. Repeat with another tortilla and place it next to the first one (or on another sheet).

**5** Spoon the chicken mixture evenly onto both tortillas. Grate the cheese using a box grater, then sprinkle this over the top of the chicken mixture. Place another tortilla on top of each and brush the tops with more melted butter.

**6** Cook in the oven for 15 mins or until the tortillas are crispy and golden. Remove from the oven and let them cool a little before cutting into wedges. Serve with bowls of soured cream, guacamole and tomato salsa.

Pack a couple of quesadilla slices in their school lunchbox

Spice it up with tomato salsa



## Monster crispy treats

*You won't believe how easy it is to rustle up these little monsters and they look awesome. They are so yummy, having both a delicious sweet marshmallow flavour as well as a crispy texture. But be warned, this is a sticky affair! You will need to use the stove for one part of the recipe, so if you're not yet at the stage to cook over a stove, just get an adult to help with that bit and you can finish off. The monster decoration adds to the fun and makes these great for a party, but they are just as good served plain – whatever takes your fancy!*

- Makes 12 large or 16 small treats
- Prep 25 mins ■ Cook 15 mins, plus at least 45 mins cooling

**40g unsalted butter, plus extra for the tin, saucepan and mixing bowl**

**150g puffed rice cereal**

**285g miniature white marshmallows**

**½ tsp vanilla extract**

**90g each of different colour candy melts**

**1 tsp vegetable oil for each candy melt colour, plus extra if needed**

**edible candy eyes (or chocolate chips)**

**1** First, melt a large knob of butter in a small bowl in the microwave, or in a small saucepan over a low heat. Dip a pastry brush into the melted butter and brush it inside a 23cm square baking tin, and also use it to brush the insides of a medium saucepan, a large mixing bowl (one that will comfortably hold all your cereal) and a spatula. This is to stop everything sticking!

**2** Pour the puffed rice cereal into the buttered mixing bowl.

**3** Put the 40g butter and a small pinch salt into the buttered saucepan over a medium-low heat. Add the marshmallows and stir constantly with your buttered spatula until the marshmallows have completely melted.

**4** Add the vanilla extract to the pan and mix again. Pour the mixture over the puffed rice cereal in the mixing bowl and stir with the spatula until the cereal is coated in the marshmallow gloop.

**5** Pour the mixture into the buttered baking tin and, with the buttered spatula, gently press it down until you have a flat surface. Put the tin in the refrigerator and leave until the mixture is firm. When it is completely cold, use a knife to cut it (while still in the tin) into 12 or 16 rectangles. Remove the treats from the tin.

**6** For the monster coating, put one colour of candy melts in a small bowl and melt in the microwave for 1 min. Stir with a small spoon, then microwave again for 30 seconds

at a time until completely melted. Repeat with the other colours.

**7** Add the oil to the melted candy melts and stir until it is completely mixed in. Add a little more oil to make the melts smoother if you need to, but only add it a little bit at a time.

**8** Holding a treat by one end, carefully dip the other end into the candy melt mixture, then place it on a cooling rack or plate. Gently press some candy eyes or chocolate drops into the candy melt icing – make your monster look however you want! Continue making more little monsters with the same colour, or repeat steps 6 to 8 for each different candy melt colour you'd like to use.

**9** Be patient and wait at least 45 mins, until your monster crispy treats have hardened, before eating them.

*Hold it over the dish until it stops dripping*



*Stick on as many eyes as you want*

Recipes adapted from *Fantastic Eats! & How to Cook Them: Fabulous Recipes for Children to Make* by Angellica Bell (Quadrille, £15). Photography, Ellis Parrinder.





**BBC**

# TV CHEFS

Three ways with cheese – goat's, gruyère and good old cheddar – from your favourite BBC stars? Yes, please!



## John Torode's macaroni & smoked haddock bake

*This can be assembled in advance and finished in the oven the next day, or even a couple of days later.*

■ Serves 4 ■ Prep 25 mins ■ Cook 1 hr **FREEZABLE**

**250g macaroni**  
**1 tsp olive oil**  
**1 small onion, finely chopped**  
**500ml milk**  
**300g smoked haddock**  
**50g soft butter, plus extra for the dish**  
**25g plain flour**  
**100g gruyère, coarsely grated**  
**FOR THE BREADCRUMBS**  
**50g white breadcrumbs**  
**small pack parsley, leaves picked**  
**small thyme sprig, leaves picked**  
**small pack tarragon, leaves picked**  
**1 garlic clove, roughly chopped**  
**small piece of butter**  
**drizzle of truffle oil, plus extra to serve**

**1** Blend all the ingredients for the breadcrumbs in a food processor until roughly chopped, then season and set aside.

**2** Boil the macaroni for 1 min less than the pack instructions, then drain it, toss it in the olive oil and set aside.

**3** Put the onion, milk and smoked haddock in a pan and add some seasoning. Simmer gently for 10 mins, then scoop out the

haddock and transfer to a plate. Flake the flesh and set aside.

**3** Tip the butter and flour into a bowl and mix to form a paste. Over a low heat, whisk the paste into the hot milk and bring to the boil, stirring constantly. Remove from the heat, add half of the cheese and stir well.

**4** Tip the pasta into the sauce and mix well, then fold through the haddock and season with black pepper. The sauce may seem a little thin, but it'll thicken as it cooks.

Butter a large ovenproof dish and tip in all the macaroni (I like it piled high), then scatter over the rest of the cheese and most of the breadcrumbs. *Can be prepared a day ahead and kept, covered, in the fridge.*

**5** Heat oven to 200C/180C fan/gas 6. Bake for 20 mins until bubbling, then remove from the oven and sprinkle over the remaining breadcrumbs. Bake for 5 mins more, then scatter over some extra herbs, if you like.

**PER SERVING** 701 kcals, fat 31g, saturates 17g, carbs 63g, sugars 9g, fibre 4g, protein 39g, salt 2g

**3**  
**WAYS WITH**  
**CHEESE**



**BEST OF BBC**

**John Torode** is a judge on *MasterChef* which continues this month on BBC One.





## Tom Kerridge's onion & goat's cheese tarts

*These are first baked at a high temperature so the pastry rises and sets, and then at a lower temperature to cook through without burning.*

- Serves 6 ■ Prep 25 mins plus 1 hr chilling
- Cook 1 hr 20 mins **VEGETARIAN**

**100g golden caster sugar**  
**50ml cider vinegar**  
**vegetable oil, for frying**  
**3 large white onions, halved**  
**6 thyme sprigs, plus extra picked thyme leaves to serve**  
**320g sheet ready-rolled, all-butter puff pastry**  
**150g ash goat's cheese log**

**1** Line a baking sheet with baking parchment. Melt the sugar in a heavy-based pan over a medium heat. Cook to a dark caramel, occasionally swirling the pan gently. Add the vinegar, stir, and pour into the sheet, spreading out. Leave to cool.  
**2** Heat oven to 180C/160C fan/gas 4. Add a splash of oil to an ovenproof frying pan over a medium-high heat. Fry the onions

flat-side down until blackened and just starting to burn, about 5 mins. Add the thyme, put in the oven and bake for 25 mins. Remove the onions from the pan once tender. Space them evenly, cut-side down, on the caramel and leave to cool.  
**3** Once the onions are cool, cut the pastry into six discs, large enough to cover an onion half. Cover the onions with the pastry, tucking it under slightly. Put the tray in the fridge for 1 hr to firm up the pastry.  
**4** Heat oven to 200C/180C fan/gas 6. Bake the tarts for 20 mins. Reduce heat to 180C/160C fan/gas 4 and bake for 10 mins more.  
**5** Once cool enough, turn the tarts over, top with cheese and bake for 10 mins. Remove from the oven and sprinkle over thyme.  
**PER TART** 414 kcals, fat 22g, saturates 11g, carbs 43g, sugars 25g, fibre 4g, protein 9g, salt 0.8g

**BEST OF BBC**

**Tom Kerridge** is presenter of *Fresh Start* on BBC Two, available on BBC iPlayer until 8 March.



## Sliced turnip & bacon bake

*This recipe is wonderful with slow-roasted lamb, but would also make a flavoursome main course served with a salad. Vegetarians can enjoy it by simply leaving out the bacon.*

■ Serves 6 as a side dish ■ Prep 30 mins ■ Cook 1½ hrs

**85g butter**

**6 rashers smoked streaky bacon, chopped**

**1 tbsp fresh thyme leaves**

**1 large onion, finely sliced**

**1.5kg turnips, peeled and sliced**

**100g mature cheddar, grated**

**1** Heat oven to 180C/160C fan/gas 4. Heat half the butter in an ovenproof frying pan. Add the bacon and cook for a few mins, then add the thyme and onions, season and cook for a further 8-10 mins until the onions are soft and golden. Scoop the

onions into a bowl, leaving the buttery juices in the pan.

**2** Off the heat, layer the sliced turnips in the pan with a scattering of fried onions, a sprinkling of cheese and some dots of butter between the layers. Season with a little salt and plenty of pepper as you go. Cover the pan with foil and bake for 1-1¼ hrs until the turnips are tender when prodded with the point of a knife. Leave the cake to relax for 5 mins. Turn it upside down onto a plate or board, then cut into wedges and serve.

**PER SERVING** 303 kcals, fat 23g, saturates 13g, carbs 15g, sugars 13g, fibre 7g, protein 10g, salt 1.3g



**BEST OF BBC**

**Gregg Wallace** is presenter of *MasterChef*, *Eat Well for Less* and *Supermarket Shopping Secrets*, on BBC One later this year.



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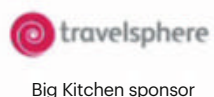


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# Tasty toffee treats

These are great fun to make – and even more enjoyable to eat

## Toffee rum bananas with ice cream

■ Put **4 tbsp light brown soft sugar**, **2 tbsp butter** and **200ml double cream** in a frying pan and gently heat, stirring, until the sugar has melted. Add a **dash of dark rum** and **4 halved bananas** and heat for a few mins more. Serve warm with a **scoop of vanilla ice cream**. Serves 4.

## Sticky toffee apples

■ Wash **8 Granny Smith apples** in a bowl of boiling water, then dry them and twist off the stalks. Push a wooden lolly stick into the stalk end of each apple. Tip **400g caster sugar** into a pan, add 100ml water and heat for 5 mins until the sugar dissolves. Stir in **1 tsp vinegar** and **4 tbsp golden syrup**, then set a sugar thermometer in the pan and boil to 150C or 'hard crack' stage. If you don't have a thermometer, test the toffee by pouring a little into a bowl of cold water – it should harden instantly and, when removed, be brittle and easy to break; if not, continue to boil it. Carefully dip each apple in the toffee until covered, letting any excess drip away, then place on a sheet of baking parchment and leave to cool and harden before eating. Makes 8.

## Toffee 'n' raisin cookies

■ Heat oven to 190C/170C fan/gas 5. Roughly chop **85g soft toffees**. Tip **175g butter** and **140g golden sugar** into a bowl and beat with an electric whisk until pale and creamy. Add **2 egg yolks**, **50g ground almonds**, **75g raisins**, **225g flour** and the chopped toffees. Mix well, then roll into walnut-sized balls. Arrange on two lined baking sheets, spaced well apart, then flatten slightly with your hand. Brush with **milk** and bake for 8-12 mins until golden. Leave to firm up for 5 mins, then transfer to a wire rack to cool. Makes 24.

## Toffee peanut balls

■ Put **100g peanut butter**, **100g butter** and **140g icing sugar** in a food processor and pulse until the mix comes together. Add **2 chopped Daim bars** (or other toffee bars) and pulse again. Roll into balls, place on a tray and chill for 30 mins. Dip the balls in **100g melted milk chocolate**, then roll in **chopped peanuts** and leave to set on a tray lined with parchment. Makes 30.

## Toffee popcorn bark

■ Line a 20 x 30cm baking tray with parchment. Melt **200g milk chocolate** and **200g white chocolate** separately, then allow to cool slightly. Pour most of the chocolate onto the tray, roughly swirling together. Sprinkle over **2 x 30g bags toffee popcorn**, then drizzle over the remaining melted chocolate and chill until set. Break into chunks before serving. Serves 8.

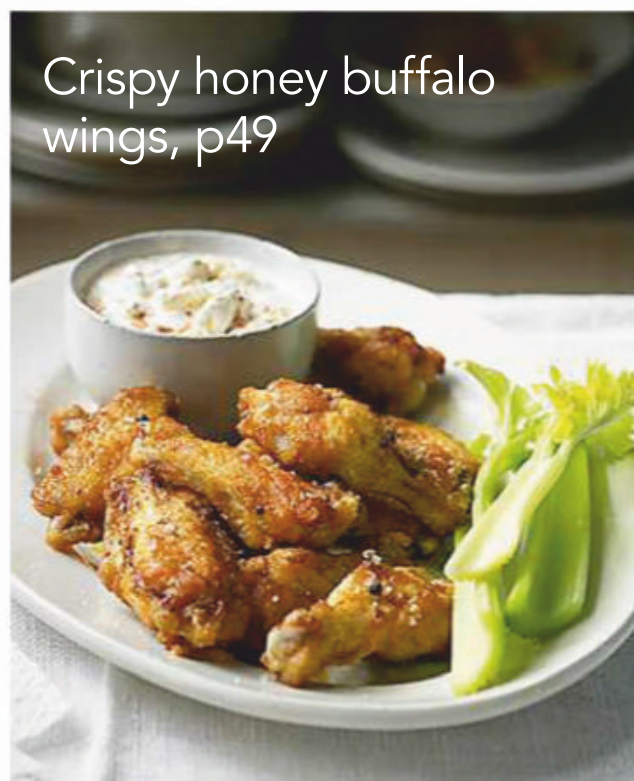


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