



Dear Gut,
you're the No.1 star
in the body

(the heart will be
broken if it finds out)

The daily boost you deserve
is in the yogurt aisle



Also available in: Strawberry Blueberry Mango & Passionfruit

BBC 100+ feelgood recipes for the year ahead

easycook

FROM goodfood

JANUARY 2020

FEEL THE WARMTH

- 10 BEST CURRIES, TAGINES & STEWS
- OOZY CHEESE TOASTIES
- BUDGET COOKING FOR FRIENDS

4 meals from **1** chicken

COMFORT FOOD
FOR ONE

How to make buttery
SHORTBREAD

UK'S BEST VALUE FOOD MAG



Tuck in to our sausage & dumpling one-pot



FAMILY MEAT-FREE INSPIRATION



LOW-CAL WARMING & HEARTY DINNERS



MONEY-SAVERS MEALS FROM 50P A HEAD



CEREAL DESSERTS EASY CORNFLAKE TART



9 771743 917139 288
£3.50



SOMERSET. THE NATURAL HOME OF CHEDDAR.

For over one hundred and fifty years Somerset has provided our family's food, our income and our home. This is why we want to care for it and sustain it for future generations.

As Europe's most sustainable business¹, we craft prize-winning, quality Cheddar from 100% renewable energy, produced from our own anaerobic digestion and solar power generated on our farm.

So, if you're partial to a cheeky slice or a healthy grating of the good stuff, choose the family-owned Cheddar with a difference.

Wyke Farms – the natural choice.



¹As granted by the European Business Awards.



wykefarms.com



Welcome



January is always a tricky time of year on the cooking front. After the excess of the festive period, we're supposed to detox and go all 'New Year, new you' with back-to-back healthy meals. But salads and grains don't keep the hungry wolf from my teenage kids' doors. In the cold, dark, dank nights of the first month of the year, they want food that cheers them up, that gives them a cuddle, which is why we've devoted 10 pages to warm and spicy dishes (p46) – curries and stews and casseroles. But it's also Veganuary, so our family section this month features delicious meat-free meals (turn to page 18 – the bigger boys are my lads, getting stuck in!) Happy New Year, everyone.

Keith Kendrick

Editor

BEST OF BBC



★ **Tom Kerridge** One chicken, four meals (p40)



★ **John Torode** Asian chicken noodle soup (p84)



★ **Matt Tebbutt** Silky celeriac soup with smoked haddock (p84)



★ **Rosie Birkett** Curried carrot soup with cashew & coriander salsa (p84)



START THE YEAR WITH...

Herb omelette with fried tomatoes

A perfect, protein-rich brunch or breakfast.

- Serves 2 ■ Prep 5 mins
- Cook 5 mins **VEGETARIAN**

- 1 tsp rapeseed oil
- 3 tomatoes, halved
- 4 large eggs
- 1 tbsp chopped parsley
- 1 tbsp chopped basil

1 Heat the oil in a small non-stick frying pan, then cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and some black pepper in a small bowl.
2 Put the tomatoes on two plates. Pour the egg into the pan and stir gently with a wooden spoon to move the egg that sets on the base of the pan and allow the uncooked egg to flow into the space. Stop stirring when it's nearly cooked to allow it to set into an omelette. Cut into four and serve with the tomatoes.

PER SERVING 204 kcals, fat 13g, saturates 3g, carbs 4g, sugars 4g, fibre 1g, protein 17g, salt 0.5g

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.

How to get in touch with us

General enquiries
020 7150 5865

goodfoodmagazine@immediate.co.uk

BBC Easy Cook, Immediate Media,
44 Brook Green, London W6 7BT

Subscriptions & back issues
03330 162 122

easycookdigital@buysubscriptions.com

[buysubscriptions.com/
customer-services/FAQs](http://buysubscriptions.com/customer-services/FAQs)

Follow us...

- facebook.com
BBC Easy Cook
- instagram.com
@easycookmag
- twitter.com
@easycookmag

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.

EDITORIAL

Magazines Editor Keith Kendrick
Recipes Editor Sara Buenfeld
Content & Production Manager Stella Papamichael
Deputy Content & Production Manager Fiona Forman
Senior Sub-Editor Marianne Voyle
Sub-Editor Ward Hellewell
Nutritionist Kerry Torrens

DESIGN

Senior Art Editor Rachel Bayly
Art Editor Andrew Jackson

BBC GOOD FOOD

Group Editor-in-Chief Christine Hayes
Creative Director Ben Curtis

ADVERTISING

Client Services Manager Catherine Crosby
Senior Sales, brand James Adams, Rachel Dalton, Margaret McGonnell
Group Head, partnerships Roxane Rix
Sales Executive, partnerships Elorie Palmer
Business Development Manager, inserts Steve Cobb
Regional Business Development Manager Nicola Rearden
Display Ad Services Manager John Szilady
Senior Ad Services Co-ordinator Sarah Barker
Ad services Co-ordinator Agata Wszeborowska

MARKETING & READER OFFERS

Group Marketing Manager Tom Townsend-Smith
Senior Marketing Executive Amy Donovan
Subscriptions Director Helen Ward
Reader Offers Manager Liza Evans
Subscriptions Marketing Manager Sally Longstaff
Direct Marketing Executive Alex Havell
Newstrade Marketing Manager Charlotte Watts

PRODUCTION & AD SERVICES

Production & Repro Director Koli Pickersgill
Production Manager Lee Spencer
Senior Production Coordinator Leanda Holloway
Senior Reprographic Technician Darren McCubbin
Reprographic Technician Jonathan Shaw
Head of Ad Services Sharon Thompson

SYNDICATION

Director of International Licensing & Syndication
 Tim Hudson

IMMEDIATE MEDIA CO

CEO Tom Bureau
Finance Director Stephen Lavin
Group Advertising Director Jason Elson
Publishing Director Simon Carrington
Managing Director, food Chris Kerwin

BBC STUDIOS

Chair, Editorial Review Boards Nicholas Brett
Managing director of consumer products & licensing Stephen Davies
Publisher magazines and NPD Mandy Thwaites
Compliance manager Cameron McEwan
Publishing Co-ordinator Eva Abramik

We make every effort to ensure the accuracy of the prices displayed in BBC *Easy Cook* magazine. However, they can vary once we go to print. Please check with the appropriate retailers for full details. Nutritional analysis includes listed ingredients only and excludes optional ingredients such as salt. It is measured per portion. We abide by IPISO's rules and regulations. To give feedback about our magazines, visit bbcgoodfood.com, email hello@bbcgoodfoodmagazine.com or write to Christine Hayes, Editor-in-Chief, Immediate Media, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT
 Printed by Walstead Southernprint



74 Sticky plum flapjack bars

January 2020

Contents



69 Smoked mackerel pâté

EVERYDAY

8 DINNER ON A BUDGET

Budget-friendly weekday suppers that make mealtimes a breeze

18 VEGGIE DINNERS

Meat-free weekday meals to keep the whole family happy

25 PASTA PERFECTION

Love spaghetti? Try these five simple ideas using this classic ingredient

26 LOW-CAL SUPPERS

Simple dinner recipes to inspire you for the year ahead

32 ALL WRAPPED UP

Perfect recipes to cook in paper or foil parcels, or oven bags

37 GOING SOLO

Cut out and keep our easy meals-for-one cookcards

40 ROAST WITH THE MOST

Tom Kerridge shows how to get four fabulous meals from one chicken

WEEKEND

46 SPICE IT UP

10 mouthwatering winter warmers with a deliciously spicy kick

56 EARTHY DELIGHTS

Surprisingly different ideas for cooking with root veg

60 CHEESY DOES IT

Take your toasties to the next level with these meltingly good recipes

64 MADE FOR SHARING

Middle-Eastern inspired platters for casual entertaining

68 ENTERTAIN ON A BUDGET

Impress your friends with this restaurant-style dinner party menu that won't break the bank

72 CRUNCH TIME

Cereal is not just for breakfast! Use it in these tempting ideas for desserts



46 Fish tagine with saffron & almonds



58 Carrot tarte tatin

Subscribe
 Save 57% on
 10 issues of
 BBC *Easy Cook*
 – turn to p44



41 Pot roast chicken with stock

76 TAKE THE BISCUIT

Bake the perfect shortbread, then try our irresistible variations

82 TV CHEFS

Our favourite chefs share their recipes for extra-special soups

89 5 WAYS WITH APPLES

Tangy Bramleys are the star ingredient in these speedy recipes

ALSO IN THIS ISSUE

6 OUR SHOWSTOPPER

Make this month's must-try recipe

44 SUBSCRIBE

Don't miss an issue of BBC *Easy Cook*

88 NEXT MONTH...

What's coming up in our next issue

90 INDEX

All our recipes at a glance



76 Shortbread biscuits

Make our cover recipe!



Sausage & parmesan cobbler, p54

BEAT THE CHILL

WINTER WARMER

Blast away the chills by making a classic fiery curry with a healthier twist

Chicken madras

Cook our healthy version of chicken Madras curry and ditch the takeaway menu. This simple family dinner is full of fragrant spices and tender pieces of chicken.

■ Serves 3-4 ■ Prep 20 mins ■ Cook 35 mins

1 onion, peeled and quartered
2 garlic cloves
thumb-sized chunk of ginger, peeled
½ red chilli
1 tbsp vegetable oil
½ tsp turmeric
1 tsp ground cumin
1 tsp ground coriander
1-2 tsp hot chilli powder (depending on how spicy you like your curry)
4 chicken breasts, cut into chunks
400g can chopped tomatoes
small pack coriander, chopped
rice, naan and mango chutney, to serve

1 Blitz the onion, garlic, ginger and chilli together in a food processor until it becomes a coarse paste.

2 Heat the oil in a large saucepan and add the paste, then fry for 5 mins until

softened. If the paste starts to stick to the pan at all, add a splash of water.

3 Tip in the turmeric, cumin, coriander and chilli powder and stir well. Cook for a couple of mins to toast the spices a bit, then add the chicken. Stir to make sure everything is covered in the spice mix.

4 Cook until the chicken begins to turn pale, adding a small splash of water if it sticks to the base of the pan at all.

5 Pour in the tomatoes, along with a big pinch of salt, then cover and cook on a low heat for 30 mins, until the chicken is cooked through and tender.

6 Stir through the chopped coriander and serve the curry with rice, naan and a big dollop of mango chutney.

PER SERVING 373 kcals, fat 17g, saturates 4g, carbs 9g, sugars 8g, fibre 3g, protein 43g, salt 0.7g

**Turn
to p46
for more
comforting
and spicy
dishes**

Tip Feeling lazy? You can use shop-bought madras paste for this recipe instead

SUPER-SAVER *suppers*

Home-cooked, cash-saving recipes to liven up your midweek meals

**AS
LITTLE
AS 50P
PER SERVING**



£2.08
per serving

Burrito bowl with
chipotle black beans, p10



**EASY
PEASY
ONE-POT**



£1.43
per serving

Sausage & bean one-pot, p10



Burrito bowls with chipotle black beans

■ Serves 2 ■ Prep 15 mins ■ Cook 15 mins

VEGETARIAN

125g basmati rice
1 tbsp olive oil
2 garlic cloves, chopped
400g can black beans, drained and rinsed
1 tbsp cider vinegar
1 tsp honey
1 tbsp chipotle paste
100g chopped curly kale

1 avocado, halved and sliced
1 medium tomato, chopped
1 small red onion, chopped
chipotle hot sauce
coriander leaves and lime wedges, to serve

1 Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle paste. Season and warm through for 2 mins.
2 Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with chipotle hot sauce, coriander and lime wedges.
PER SERVING 573 kcals, fat 21g, saturates 4g, carbs 72g, sugars 7g, fibre 15g, protein, 16g, salt 0.8g



Sausage & bean one-pot

■ Serves 4 ■ Prep 15 mins ■ Cook 30 mins

1 tbsp olive oil
8 good-quality pork sausages (Toulouse are great for this dish)
2 leeks, trimmed and thinly sliced
1 carrot, roughly chopped
2 slices day-old white or brown bread, whizzed into breadcrumbs
1 tbsp chopped sage, plus a little extra
1 garlic clove, crushed
200ml beef stock
400g can chopped tomatoes
2 x 400g cans cannellini beans, drained and rinsed

1 Heat the oil in a large ovenproof pan, add the sausages and brown for few mins. Remove from the pan. Add the leeks and carrot and soften for 10 mins.
2 Mix the breadcrumbs with a little sage. Heat grill to medium. Add 1 tbsp sage and the garlic to the pan. Cook for 1 min, then add the stock and tomatoes. Tuck in the sausages. Simmer for 10 mins until the sauce has reduced. Stir in the beans, then simmer for 2 mins more. Scatter over the sage crumbs and grill for 5 mins until golden.
PER SERVING 605 kcals, fat 34g, saturates 12g, carbs 40g, sugars 10g, fibre 11g, protein 39g, salt 3.5g

USE UP LEFTOVERS

French onion sausage pot

■ Brown 4 sausages, then remove. Slice 2 onions and cook gently in 1 tbsp oil for 10 mins until soft. Turn up the heat, add 1 tsp sugar and cook until sticky and brown. Stir in 1 tbsp flour, then add 400ml beef stock to make a smooth gravy. Return sausages to pan and simmer until cooked. Top with rounds of baguette scattered with grated cheese. Grill until golden. Serves 2.

Spicy mushroom & broccoli noodles

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

1 vegetable stock cube
2 nests medium egg noodles
1 small head broccoli, broken into florets
1 tbsp sesame oil, plus extra to serve
250g pack shiitake or chestnut mushrooms, thickly sliced
1 garlic clove, finely chopped
1/2 tsp chilli flakes
4 spring onions, thinly sliced
2 tbsp hoisin sauce
handful roasted cashew nuts

1 Put the stock cube into a pan of water, then bring to the boil. Add the noodles,



bring the stock back to the boil and cook for 2 mins. Add the broccoli and boil for 2 mins more. Reserve a cup of stock, then drain the noodles and veg.

2 Heat a frying pan or wok, add the sesame oil and stir-fry the mushrooms for 2 mins until turning golden. Add the garlic, chilli flakes and most of the spring onions, cook for 1 min more, then tip in the noodles and broccoli. Splash in 3 tbsp of the stock and the hoisin sauce, then toss together for 1 min using a pair of tongs or two wooden spoons. Serve the noodles scattered with the cashew nuts and remaining spring onions. Add a dash more sesame oil to taste, if you like.

PER SERVING 624 kcals, fat 14g, saturates 2g, carbs 105g, sugars 17g, fibre 8g, protein 25g, salt 2.4g



£2.63
per serving



£1.77
per serving

Prosciutto & pesto fish gratin

- Serves 4 (easily halved) ■ Prep 5 mins
- Cook 15 mins

4 chunky white fish fillets
4 slices prosciutto
200g pot crème fraîche
3 tbsp basil pesto
25g parmesan, finely grated
1 tbsp pine nuts
good crusty bread, to serve

1 Heat the oven to 200C/180C fan/gas 6. Season the fish all over, then wrap each fillet in a slice of ham. Put into a large baking dish. Dot the crème fraîche between the fillets and over the exposed ends of the fish. Dot the pesto around the fish, too. Scatter over the cheese.
2 Bake the fish for 15-20 mins, adding the pine nuts halfway through, until the crème fraîche has made a sauce around the fish, and the cheese and ham are turning golden. Serve with plenty of crusty bread to mop up the sauce.

PER SERVING 406 kcals, fat 29g, saturates 16g, carbs 2g, sugars 1g, fibre none, protein 34g, salt 0.8g

MAKE IT WITH CHICKEN

Creamy pesto chicken

- Wrap the ham around **4 skinless, boneless chicken breasts**, then follow the recipe as before, baking for 20-25 mins until the chicken is cooked through.

Mini toad-in-the-holes

For a vegetarian version of toad-in-the-hole, see page 18.

- Makes 12 (serves 4) ■ Prep 20 mins
- Cook 35 mins

24 uncooked cocktail sausages, snapped apart if required

2 tbsp sunflower oil

150g plain flour

1/2 tsp mustard powder (optional)

3 eggs

150ml milk

12 small rosemary sprigs (optional)

FOR THE CHEAT'S GRAVY

3 tbsp red onion marmalade

1 tbsp plain flour

1 tsp mustard powder

squeeze of ketchup

500ml beef stock made with 1 stock cube

small splash of soy sauce

1 Heat the oven to 220C/200C fan/gas 7. Put 2 sausages in each hole of a 12-hole muffin tin. Drizzle over a little oil and bake for 20 mins, turning once, until browned.

2 Put the flour and mustard powder in a bowl. Make a well in the centre and beat in the eggs. Gradually whisk in the milk until the batter is the consistency of double cream. Season. Pour into a jug.

3 Remove the tin from the oven, carefully pour the batter over the sausages and put a sprig of rosemary into each hole. Return to the oven and bake for 15 mins.

4 Meanwhile, make the gravy. Heat the marmalade in a small saucepan, then stir in the flour and mustard powder, and cook for a few mins. Stir in the ketchup and stock and simmer for 5 mins, then add the soy sauce. Serve with the toads, mash and green veg.

PER TOAD-IN-THE-HOLE 193 kcals, fat 11g, saturates 4g, carbs 16g, sugars 4g, fibre 1g, protein 7g, salt 1g

MAKE IT LARGE

Classic toad-in-the-hole

■ Cook 8 **large sausages** in a medium roasting tin for 20 mins until browned. Make the batter in exactly the same way, adding some **chopped thyme** if you like, then pour it over and cook for 35-40 mins until puffed up.

PANCAKES FOR PUD

Crêpes with lemon & sugar

■ This batter can also be used for Yorkshire puddings and, if you leave out the mustard powder, it makes perfect pancakes. Simply make as stated, then sizzle ladlefuls in foaming **butter** until golden on each side in a frying pan. Serve with **lemon juice** and **sugar**.



50p
per serving

Easy paella

■ Serves 4 ■ Prep 10 mins ■ Cook 25-30 mins

1 tbsp olive oil

1 onion, chopped

1 tsp each hot smoked paprika and dried thyme

300g paella or risotto rice

3 tbsp white wine (optional)

400g can chopped tomatoes with garlic

900ml chicken stock

400g bag frozen mixed seafood

½ lemon, juiced, other half cut into wedges

handful flat-leaf parsley, roughly chopped

1 Heat the oil in a large frying pan. Add the onion and soften for 5 mins. Stir in the paprika, thyme and rice, stir for 1 min, then splash in the wine, if using. Once it has evaporated, stir in the tomatoes and stock. Season and cook, uncovered, for about 15 mins, stirring now and again until the rice is almost tender but still surrounded with some liquid.

2 Stir the frozen seafood into the pan and cover with a lid. Simmer for 5 mins, or until the prawns are cooked through and the rice is tender. Squeeze over the lemon juice, scatter with parsley and serve with extra lemon wedges.

PER SERVING 431 kcals, fat 5g, saturates 1g, carbs 66g, sugars 5g, fibre 3g, protein 34g, salt 2.1g

£2.84
per serving

ADD SOME SPICE

Seafood, chickpea & chorizo rice

■ Cut **150g chorizo** into slices the thickness of a £1 coin. Fry for 5 mins until golden, then set aside, leaving its oil in the pan. Follow the recipe as before, frying everything in the chorizo oil instead. Once the rice is almost tender, stir in a **400g can drained chickpeas** and the fried chorizo. Simmer for 5 mins more to heat through.



£1.66
per serving

Stuffed red peppers

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins **VEGETARIAN**

100g wholewheat couscous, drained and rinsed
3 tbsp raisins
bunch parsley, roughly chopped
25g pine nuts
100g vegetarian feta, crumbled
pinch of ground cinnamon
3 tbsp olive oil
290g jar grilled whole peppers, drained and rinsed

1 Heat the oven to 180C/160C fan/gas 4. Put the couscous and raisins in a bowl. Season and cover with boiling water. Leave to stand for 5 mins.

2 Fluff the couscous with a fork and stir through the parsley, pine nuts, half the feta, the cinnamon and 2 tbsp of the oil. Mix and season to taste.

3 Generously stuff the peppers with the couscous mix (any leftover stuffing can be served next to the peppers), then lay them in a small roasting tin and scatter over the remaining feta. Drizzle with the remaining oil and bake in the oven for 15 mins until hot and the feta has turned golden.

PER SERVING 660 kcals, fat 37g, saturates 10g, carbs 61g, sugars 32g, fibre 5g, protein 18g, salt 1.4g

£1.35
per serving

**READY
IN JUST
25 MINS**

Cauli cheese macaroni

■ Serves 4 ■ Prep 10 mins ■ Cook 15 mins **VEGETARIAN**

300g macaroni

1 small cauliflower, cut into florets

50g butter

50g plain flour

600ml full-fat milk

140g extra mature cheddar, grated

2 garlic cloves, crushed

50g fresh breadcrumbs

small bunch thyme, leaves picked

1 Heat the grill to its highest setting and bring a large pan of salted water to the boil. Cook the pasta for 4 mins, then add the cauliflower for a further 8 mins. Drain, reserving 100ml of the cooking water.

2 Meanwhile, melt the butter in a medium pan over a low heat and stir in the flour. Slowly pour in the milk, stirring constantly until it begins to thicken. Bubble for a few mins, then remove from the heat. Add the cheese, the reserved cooking water and seasoning to taste.

3 Tip the pasta and cauliflower into a large casserole dish and stir through the cheese sauce. Mix together the garlic, breadcrumbs and thyme, and scatter over the top. Grill for 2-3 mins until bubbling.

PER SERVING 713 kcals, fat 30g, saturates 18g, carbs 80g, sugars 11g, fibre 6g, protein 28g, salt 1.2g

MAKE IT DIFFERENT

Blue cheese & walnut pasta bake

■ This is great if you still have leftovers from the festive cheeseboard. Make as above, replacing the cheddar with **stilton**. Finely chop a few **walnuts**, **hazelnuts** or **pecans**, and mix with the bread topping before grilling.



£2.56
per serving

Moroccan chicken with sweet potato mash

■ Serves 4 ■ Prep 10 mins ■ Cook 25 mins

1kg sweet potatoes, cubed
2 tsp ras el hanout, or a mix of ground cinnamon and cumin
4 skinless, boneless chicken breasts
2 tbsp olive oil
1 onion, thinly sliced
1 garlic clove, crushed
200ml chicken stock
2 tsp honey
1/2 lemon, juiced
handful green olives
20g pack coriander, leaves chopped

1 Boil the potatoes in a large pan of salted water for 15 mins or until tender. Mix the ras el hanout with seasoning, then sprinkle all over the chicken breasts. Heat 1 tbsp oil in large frying pan, then brown the chicken for 3 mins on each side until golden.

2 Lift the chicken out of the pan. Add the onion and garlic and cook for 5 mins until softened. Add the stock, honey, lemon juice and olives, return the chicken to the pan, then simmer for 10 mins until

the sauce is syrupy and the chicken is cooked.

3 Mash the potatoes with 1 tbsp oil and season. Thickly slice each chicken breast and stir the coriander through the sauce. Serve the chicken and the sauce over the mash.

PER SERVING 460 kcals, fat 9g, saturates 2g, carbs 59g, sugars 18g, fibre 7g, protein 39g, salt 1.1g

TRY IT WITH LAMB

Lamb with spicy tomato sauce

■ Make mash as before. Season **4 lamb steaks**, brown for 5 mins, then remove and keep warm. Soften the **onion** and **garlic**, then add **1 tbsp harissa**. Stir in the **honey, lemon, olives, a 400g can chopped tomatoes** and a splash of stock. Simmer until reduced. Slice the **lamb** and serve with the mash and sauce.

Harissa chicken traybake

■ Serves 4 ■ Prep 10 mins ■ Cook 1 hr

4 chicken legs

4 tbsp harissa paste (rose harissa is nice)

1 garlic bulb, broken into cloves

1 lemon, cut into wedges

400g cherry tomatoes on the vine

350g baby potatoes, halved if large

50g Kalamata olives, chopped

2 tbsp olive oil

green salad or veg to serve

1 Heat the oven to 190C/170C fan/gas 5. Score deep lines all over the chicken legs, then rub in the harissa. Season well and place in a roasting tin. Scatter the garlic over and around the chicken. Squeeze the lemon wedges over, then place them in the tin with the cherry tomatoes, potatoes and olives. Season, drizzle over the oil and toss to mix.

2 Cook in the oven for 45 mins-1 hr until the chicken is cooked through and golden. Serve with salad or veg, if you like.

PER SERVING 619 kcals, fat 40g, saturates 10g, carbs 18g, sugars 5g, fibre 4g, protein 43g, salt 1.1g

MAKE IT DIFFERENT

Chicken & squash traybake

■ Heat the oven to 220C/200C fan/gas 6. Measure 1½ tbsp of the oil from a **180g pack grilled artichokes**. Mix with **1½ tbsp olive oil, 1 tsp dried oregano** and **2 tsp cumin seeds**. Put **8 chicken drumsticks** and **1 butternut squash**, cut into chunks, in a roasting tin, then toss in the flavoured oil and some seasoning. Roast for 45 mins until tender, then add the artichokes and **150g chopped olives**. Mix together and warm through for 5 mins, then stir through a **handful of rocket** to serve. Serves 4.

£2.45
per serving



Meat-free family meals

Want to cut back on meat? Pile on the flavour with child-friendly suppers that are a twist on much-loved family favourites



NY resolution:
Let's go veggie at least once a week!



TOAD-IN-THE-HOLE

CRUNCHY POLENTA ROASTIES

VEGGIE GRAVY

CARAMELISED HONEY CARROTS

RECIPES ON PAGE 20



Veggie toad-in-the-hole

Use your favourite veggie sausages in this simple version of the classic kids' supper.

- Serves 4 ■ Prep 10 mins plus standing
- Cook 40 mins **VEGETARIAN**

2 tbsp rapeseed oil
8 vegetarian sausages
FOR THE BATTER

4 medium eggs
325ml semi-skimmed milk
250g plain flour

1 To make the batter, beat the eggs and milk together in a bowl, add 1 tsp salt, then beat again. Tip in the plain flour and beat well with a whisk until smooth. If you can, make this 2 hrs before needed and allow to stand before pouring into the tin.

2 Heat oven to 220C/200C fan/gas 7. Pour 2 tbsp oil in a 28 x 23cm roasting tin (or a tin roughly that size), coat the sausages in the oil and roast them for about 8-10 mins.

3 Stir the batter, then remove the tin from the oven and pour the batter over the hot oil and sausages (you can do this over a low heat on the hob to keep the oil nice and hot). Put the tin back in the oven and cook for 10 mins, then turn the temperature down to 180C/160C fan/gas 4 and cook for a further 25-30 mins or until the batter is cooked through.

4 Test with a knife in the centre to check it's cooked. Serve with the crunchy polenta roast potatoes, caramelised carrots and veggie gravy (see recipes, right), if you like, plus some Savoy cabbage.

PER SERVING 620 kcals, fat 24g, saturates 4g, carbs 63g, sugars 7g, fibre 8g, protein 33g, salt 3.6g

Crunchy polenta roasties

- Serves 4-6 ■ Prep 10 mins ■ Cook 1 hr 20 mins **VEGETARIAN**

about 200ml olive oil
9 large potatoes (about 1.25kg), peeled and cut into large chunks
1-2 tbsp dried polenta

1 Heat the oven to 200C/180C fan/gas 6. Pour a good glug of oil in a large roasting tin and put in the oven. Put the potatoes in a saucepan and cover with boiling water from the kettle. Bring to the boil and cook for 7-8 mins.

2 Drain the potatoes, then toss them in the polenta to help

them dry out and get a fluffy coating. Carefully tip the potatoes into the hot roasting tin, drizzle over more oil and toss to coat.

3 Roast for 30 mins, then turn them over and roast for about 30 mins. Turn and cook for a further 10 mins. These can go on the lower shelf while you make your toad-in-the-hole (see recipe, left), and can cook for a further 15-20 mins if required.

PER SERVING 479 kcals, fat 34g, saturates 5g, carbs 38g, sugars 2g, fibre 3g, protein 4g, salt 0.1g

Caramelised honey carrots

- Serves 4 ■ Prep 5 mins ■ Cook 35 mins **VEGETARIAN**

500g pack Chantenay carrots, trimmed
1 tsp thyme leaves
2 tsp butter
1 tbsp honey

1 Put the carrots in a large frying pan with a lid. Cover with cold water, put the lid on and bring to a boil. Once boiling, take the lid off and

cook over a medium heat for about 25-30 mins until all the water has evaporated.

2 Reduce the heat, add the honey, butter and thyme leaves and gently cook for about 5 mins until the carrots are caramelised and golden.

PER SERVING 69 kcals, fat 3g, saturates 1g, carbs 9g, sugars 9g, fibre 4g, protein 1g, salt 0.2g

Veggie gravy

- Serves 4 (makes about 400ml)
- Prep 20 mins ■ Cook 45 mins **VEGETARIAN** **FREEZABLE**

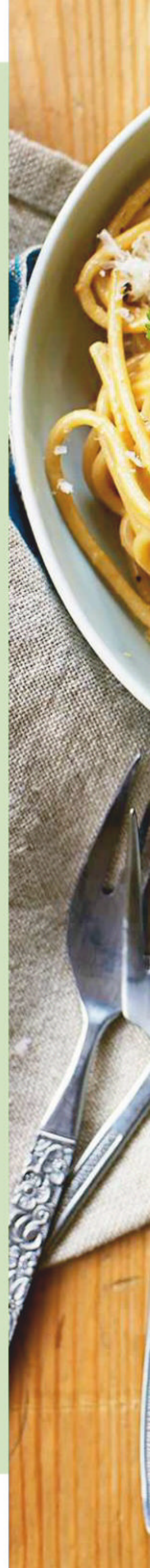
1 onion, chopped
2 carrots, finely chopped (about 200g)
2 celery sticks, finely chopped (about 200g)
2 bay leaves
1 large thyme sprig
large knob of butter (or 2 tbsp olive oil)
1 tbsp golden caster sugar
2 tbsp plain flour
2 tsp yeast extract (optional)
1 tbsp tomato purée
2 tbsp balsamic vinegar
1 litre vegetable stock

1 Gently cook the veg, herbs and butter in a pan for 10-12 mins until the vegetables start

to brown. Scatter over the sugar and continue to cook for 1-2 mins until a little caramelised. Stir in the flour and combine well. Add the yeast extract, if using, tomato purée and vinegar. Pour over the stock a little at a time stirring as you go.

2 Simmer everything together until you have a thickened sauce, this will take about 30 mins. Sieve, then add a touch more yeast extract to season and colour, if you like. *Will freeze for up to two months.*

PER SERVING 139 kcals, fat 6g, saturates 1g, carbs 18g, sugars 9g, fibre 2g, protein 2g, salt 0.8g



Healthier veggie carbonara

■ Serves 4 ■ Prep 20 mins

■ Cook 10 mins **VEGETARIAN**

4 medium courgettes (use a mix of yellow and green if you can get them)

300g spaghetti

3 large egg yolks

160g vegetarian parmesan-style cheese, grated

1 tbsp olive oil

small bunch fresh lemon thyme or thyme, leaves picked

200g chestnut mushrooms, roughly chopped

4 garlic cloves

small bunch flat-leaf parsley, chopped (optional)

½ lemon, zested and juiced

1 Put a large pan of salted water on to boil. Halve the courgettes lengthways and scoop out and discard the core, then slice the courgettes at an angle into small diagonal pieces. Put the spaghetti in the pan of boiling water and cook following pack instructions.

2 To make the creamy carbonara sauce, put the egg yolks in a bowl, add half of the grated cheese, and mix with a fork. Add up to 3 tbsp water to make the sauce less thick. Season and set aside.

3 Heat a large frying pan on a medium to high heat and pour in a little olive oil. Fry the courgette and thyme leaves with a grinding of black pepper for a minute or two until the courgette starts to soften, then add the mushrooms. Fry for 2-3 mins until golden and slightly softened. For the last minute of the cooking, add the garlic.

4 Drain the pasta, reserving a little of the cooking water. Toss the pasta in the pan with the courgettes and mushrooms, then remove from the heat and add a ladleful of the reserved cooking water and the egg and cheese sauce. Add the fresh parsley, if using, and the lemon zest and juice, then sprinkle over most of the remaining cheese. Stir everything together quickly to coat the pasta. The egg will cook if the pasta is still hot. If you're worried about it, put back on the heat for 1 min.

5 Pour in a little more of the cooking water, if needed. Season to taste, then sprinkle with a little more cheese to serve. Eat straight away, as the sauce can become thick and stodgy if left for too long.

PER SERVING 552 kcal, fat 20g, saturates 9g, carbs 59g, sugars 4g, fibre 8g, protein 29g, salt 0.8g

Tip Don't waste the egg whites – try making meringues, or add them to whole eggs if making an omelette for the family



**4 OF YOUR
5-A-DAY**



Halloumi traybake

- Serves 4 ■ Prep 15 mins
- Cook 1 hr **VEGETARIAN**

750g baby potatoes, halved
2 medium red onions,
quartered and broken
up into large pieces
4 tbsp olive oil
400g can chickpeas, drained
1 large red pepper, sliced
into strips

1/2 romanesco broccoli or
cauliflower (about 400g),
cut into small florets

250g mixed colour
cherry tomatoes
4 garlic cloves, peeled
250g pack reduced-fat halloumi,
thinly sliced
small bunch basil, leaves torn

1 Heat the oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.

2 Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for 20-25 mins until everything is cooked and browning. Toss together and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning. Scatter over the basil leaves to serve.

PER SERVING 564 kcals, fat 24g, saturates 8g, carbs 53g, sugars 15g, fibre 12g, protein 28g, salt 1.6g



Loaded baked potatoes with slaw

- Serves 4 ■ Prep 20 mins ■ Cook 1 hr 45 mins **VEGETARIAN**

4 baking potatoes (about 700g)
1 tbsp olive oil
30g butter
150g plain 0% fat yogurt, plus
extra to serve
6 small spring onions, washed, outer
layer removed and finely sliced
200g can no-added-sugar
sweetcorn, drained
150g reduced-fat strong
cheddar, grated
small bunch chives, finely chopped
FOR THE HEALTHY COLESLAW
125g plain 0% fat yogurt
1/2 tsp wholegrain mustard
1/2 small white cabbage, about 400g
2 medium carrots, about 150g
1 small red onion

1 Heat the oven to 180C/160C fan/gas 4. Wash and pierce the skins of the potatoes a few times with a sharp knife. Rub the skin with a little olive oil and bake for 1 hr 30 mins until soft inside and crisp on the outside.

2 Meanwhile, make the coleslaw. Mix the yogurt and mustard together in a bowl. Use a grating attachment on a food processor, or a box grater to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the veg into the bowl and stir in the yogurt and mustard.

3 Once the potatoes are crisp on the outside and soft inside, remove from the oven and cut in half. Scoop out the flesh and mash with the butter and yogurt, stir in the spring onion, sweetcorn and most of the cheese, reserving a little for topping. Season.

4 Turn the oven up to 200C/180C fan/gas 6. Load the filling back into the crisp potato skins, top with the remaining cheese, and put them back in the oven on a baking sheet for about 10-15 mins, or until the cheese is melted and the edges are browning. To serve, sprinkle with chives and serve alongside the coleslaw with a dollop of natural yogurt.

PER SERVING 493 kcals, fat 16g, saturates 8g, carbs 57g, sugars 19g, fibre 11g, protein 23g, salt 0.1g



Mini lentil shepherd's pies

■ Serves 4-6 ■ Prep 25 mins

■ Cook 1 hr 30 mins **VEGETARIAN** **FREEZABLE**

2 tbsp butter or olive oil, plus extra for the pie dishes

1 large red onion, chopped

2 carrots, finely diced (about 200g)

4 celery stalks, chopped

4 garlic cloves, finely chopped

150g chestnut mushrooms, chopped (blitz for small kids)

2 tsp thyme leaves (optional)

250g puy lentils

100ml red wine (optional)

900ml vegetable stock

2 tbsp tomato purée

1 tbsp yeast extract (optional)

peas, to serve (optional)

FOR THE MASH TOPPING

850g Maris Piper potatoes,

peeled and cut into chunks

75g butter

100ml milk (or alternative)

1 To make the filling, heat the butter or oil in a large saucepan and gently fry the onion, carrots, celery and garlic for 15 mins until soft and golden. Turn up the heat, add the mushrooms and cook for 3-4 mins. Sprinkle in the thyme, if using, and add the lentils. Pour over the wine, if using, and stock, then simmer gently, uncovered, for 40-45 mins until the lentils are soft. If the mixture starts to dry out, add a splash more stock or water.

2 Meanwhile, put the potatoes in a large pan, pour over boiling water and boil for 15-20 mins until tender. Drain well, then mash with the butter and milk, then season with salt and pepper.

3 Remove the lentils from the heat, add the tomato purée and yeast extract, if using. Stir well and check to see if you need seasoning, then add a good grinding of black pepper.

4 Heat the oven to 200C/180C fan/gas 6. To assemble, butter four-six small pie dishes or one a large dish and spoon in the lentil mixture, then top with mash. Pipe on the mash if you have a piping bag – if not, spoon it on and fluff into peaks with a fork. Bake for 30-40 mins until golden. Serve with peas on the side, if you like.

PER SERVING (6) 443 kcals, fat 17g, saturates 10g, carbs 52g, sugars 9g, fibre 11g, protein 16g, salt 0.9g



PASTA LA VISTA

Tossed with something tasty, or added to dishes to fill up the family – who doesn't love spaghetti?

Cheesy spaghetti omelette (pictured)

■ Fry a crushed **garlic clove** and a chopped **onion** in **1 tbsp oil** for 2-3 mins. Squeeze out the liquid from **2 grated courgettes**, add to the pan and cook for 3-4 mins, until tender. Tip into a large bowl and stir in a **handful of chopped parsley or basil**, a **300g pot fresh cheese sauce**, **200g cooked spaghetti** and **2 beaten eggs**. Season. Heat **1 tbsp oil** in a frying pan and add the spaghetti mixture. Level it with a spoon and cook over a medium heat for 3-5 mins, until almost set. Transfer to a hot grill for 2-3 mins, until golden. Cool in the pan for 5 mins, then cut into wedges. Serves 4.

Tomato & mozzarella bake

■ Heat the oven to 200C/180C fan/gas 6. Fry **2 garlic cloves** in **2 tbsp olive oil** for 1 min. Add **2 x 400g cans chopped tomatoes** and a **pinch chilli powder**. Simmer for 10 mins. Cook **400g spaghetti** to pack instructions. Mix the pasta, tomato sauce and some **basil**, then spoon half into a baking dish. Slice **250g mozzarella**, arrange half over the pasta and sprinkle on **25g grated parmesan**. Repeat the layers, then bake topped with more parmesan for 15-20 mins until golden. Scatter with basil and serve with **salad**. Serves 4.

Lemon spaghetti with tuna & broccoli

■ Boil **350g spaghetti** in salted water for 6 mins. Add **250g chopped broccoli** and boil for 4 mins more or until both are just tender. Meanwhile, mix **2 finely chopped shallots**, **85g chopped green olives**, **2 tbsp capers**, a **198g can tuna in oil** and the zest and juice of **1 lemon** in a roomy serving bowl. Drain the pasta and broccoli, add to the bowl and toss really well with **olive oil** and lots of black pepper. Serves 4.

Minestrone in minutes

■ Bring **1 litre veg stock** and a **400g can chopped tomatoes** to the boil, then add **100g spaghetti**, broken into short lengths, and cook for 6 mins. Tip in **350g mixed frozen veg** and bring back to the boil. Simmer for 2 mins until everything is cooked. Serve drizzled with **4 tbsp pesto** and sprinkled with **parmesan**. Serves 4.

Bacon bolognese

■ Boil **400g spaghetti** following pack instructions. Meanwhile, heat **1 tbsp oil** in a non-stick pan. Add **2 large diced carrots**, **3 diced celery sticks** and **200g smoked bacon lardons**, and stir well. Cover the pan and cook, stirring occasionally, for 10 mins until the veg has softened. Tip in a **190g jar sundried tomato pesto**, warm through, then stir through the drained spaghetti with **some chopped basil**. Serves 4.



500
CALORIES
OR LESS

FILLING *low-cal* MEALS

If you're conscious of your calorie-intake after Christmas, try these lighter recipes – all full of flavour

Herb roast pork with vegetable roasties & apple gravy, p28





Fennel & lemon spaghetti, p28





Herb roast pork with vegetable roasties & apple gravy

■ Serves 6 ■ Prep 35 mins ■ Cook 1 hr 30 mins

- 1. 2.5kg boneless pork leg roasting joint
- 1 tbsp wholegrain mustard
- 2 tbsp each chopped parsley and thyme, plus a few extra sprigs
- 1 tsp chopped sage
- 80g pack prosciutto
- 4 good sprays of oil
- 3 carrots, halved lengthways, then cut into chunks
- 6 small potatoes (about 500g), halved
- 2 red onions, cut into wedges
- 1 small celeriac (about 650g), peeled and cut into 12 wedges

12 garlic cloves
FOR THE GRAVY

- 2 tbsp cornflour
- 600ml chicken stock
- 1 small Bramley apple, diced
- Savoy cabbage and peas, to serve

1 Heat the oven to 180C/160C fan/gas 4. Cut all the rind and fat off the pork and discard. Spread the pork with the mustard, scatter with the chopped herbs and season with black pepper. Place the prosciutto slices on top of the pork to protect the meat where the fat was removed.
2 Spray a large roasting tin with oil and put the pork in the centre. Surround with the veg, garlic and thyme sprigs, then spray again and cover with foil. Roast for 1 hr, then turn the heat up to 220C/200C fan/gas 7. Uncover, spray again and roast for 20 mins more.
3 Meanwhile, make the gravy. Mix the cornflour with a little water to make a wet paste, heat the stock in a pan, stir in the cornflour mixture and cook, stirring, until thickened. Add the apple and cook for 5 mins until it's just softened.
4 Remove the meat from the tin and pour any juices from the tin into the gravy. Spray the veg with oil and roast for 20 mins more (while the meat rests) to brown them. Serve the pork with the roasted and fresh vegetables, and the apple gravy.

PER SERVING 418 kcals, fat 11g, saturates 3g, carbs 30g, sugars 10g, fibre 7g, protein 50g, salt 1.4g



Fennel & lemon spaghetti

■ Serves 2 ■ Prep 15 mins
 ■ Cook 30 mins **VEGETARIAN**

- 1 tbsp olive oil, plus extra to serve
- 1 tsp fennel seeds
- 2 small garlic cloves, 1 crushed, 1 thinly sliced
- 1 lemon, zested and juiced
- 1 fennel bulb, finely sliced, fronds reserved
- 150g spaghetti
- 1/2 pack flat-leaf parsley, chopped
- shaved parmesan or vegetarian alternative, to serve (optional)

1 Heat the oil in a frying pan over a medium heat and cook the fennel seeds until they pop. Sizzle the garlic for 1 min, then add the lemon zest and half the fennel slices. Cook for 10-12 mins or until the fennel has softened.
2 Meanwhile, bring a pan of salted water to the boil and cook the pasta for 1 min less than pack instructions. Use tongs to transfer the pasta to the frying pan along with a good splash of pasta water. Increase the heat to high and toss well. Stir through the remaining fennel slices, the parsley and lemon juice, season generously, then tip straight into two bowls to serve. Top with the fennel fronds, extra olive oil and parmesan shavings, if you like.

PER SERVING 321 kcals, fat 7g, saturates 1g, carbs 51g, sugars 4g, fibre 7g, protein 10g, salt 0.6g

Tip If you want to shed the kilos, sticking to a daily calorie count of up to 1,500 kcals will help you reach your goal

Teriyaki chicken meatballs with rice & greens

You can add fibre and save time if you swap the basmati rice for two-pouches of wholemeal cooked rice – just reheat the spring greens with the meatballs in step 3.

■ Serves 4 ■ Prep 15 mins
 ■ Cook 10 mins **FREEZABLE** meatballs only

2 shallots

- 1 carrot, cut into chunks
- 500g boneless, skinless chicken breasts or thighs, cut into chunks
- 1 lemon, zested and juiced
- oil, for the meatballs
- 200g basmati rice, preferably brown
- 200g spring greens, chopped
- 100ml mirin
- 3 tbsp soy sauce
- 3 tbsp caster sugar



1 Heat the oven to 200C/180C fan/gas 6. Pulse the shallots and carrot in a food processor until finely chopped. Add the chicken, lemon zest and some seasoning, and pulse again until mixed. Using oiled hands, shape into small meatballs. Put them on a baking tray lined with baking parchment and bake for 10 mins until browned and cooked through.

2 Meanwhile, boil the rice following pack instructions, adding the spring greens for the final 4 mins. Drain well.

3 Put the mirin, soy, lemon juice and sugar in a saucepan. Bring to the boil, then simmer until saucy. Remove from the heat, add the meatballs to the pan and roll them around in the sauce.

Divide the rice and greens between plates or bowls and spoon the meatballs over.

PER SERVING 481 kcals, fat 2g, saturates 1g, carbs 70g, sugars 28g, fibre 3g, protein 36g, salt 2.3g

Chicken, butter bean & pepper stew

■ Serves 4 ■ Prep 10 mins ■ Cook 55 mins

FREEZABLE

1 tbsp olive oil

1 large onion, chopped

2 celery sticks, chopped

1 yellow and **1** red pepper, deseeded and diced

1 garlic clove, crushed

2 tbsp paprika

400g can chopped tomatoes

150ml chicken stock

2 x 400g cans butter beans, drained and rinsed

8 skinless chicken thighs

1 Heat the oven to 180C/160C fan/gas 4.

Heat the oil in a large flameproof casserole dish. Add the veg, and fry for 5 mins. Add the garlic and paprika, and cook for 3 mins more.

2 Stir in the tomatoes, stock and beans, and season well. Bring to the boil, then nestle the chicken into the sauce. Cover with a lid and put in the oven for 45 mins.

PER SERVING 422 kcals, fat 15g, saturates 4g, carbs 27g, sugars 12g, fibre 9g, protein 44g, salt 1.6g



PILE ON THE VEG

There's no reason to feel hungry when you are watching your weight. The secret is to bulk up meals with vegetables, so don't be shy about adding sides as it will help keep you on the straight and narrow. Avoid having too many carb-rich ones like potatoes and sweet potatoes, or high-fat avocados, because although avocados contain healthy fats, they are better eaten in moderation.

Prawn & tomato stew with gremolata topping

■ Serves 4 ■ Prep 10 mins ■ Cook 35 mins

500g new potatoes
2 tbsp olive oil
1 large onion, sliced
4 celery sticks, cut into pieces
2 garlic cloves, chopped
2 anchovy fillets, chopped
pinch chilli flakes
400g can chopped tomatoes
450ml vegetable stock
1 tbsp white wine vinegar
400g raw peeled prawns
1 lemon, zested and juiced
1 tsp capers
large handful parsley, chopped
toasted bread, to serve

1 Simmer the potatoes in a pan of salted water for 15-20 mins, until cooked but still firm. Drain and let cool, then thickly slice.

2 Heat the oil in a large saucepan over a low-medium heat. Add the onion, celery, garlic, anchovies and chilli. Season and cook for 8 mins or until soft. Increase the heat, add the tomatoes, stock and vinegar, and cook for 15 mins. Add the prawns, lemon juice, capers and potatoes. Cook for 5 mins, or until the prawns are just cooked. Mix the parsley and zest, then scatter over the stew. Serve with toasted bread.

PER SERVING (with 2 slices French bread)

483 kcals, fat 9g, saturates 2g, carbs 62g, sugars 11g, fibre 6g, protein 31g, salt 1.5g



Steamed fish with ginger & spring onion

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

100g pak choi

4 x 150-200g fillets firm white fish

5cm piece ginger, finely shredded

2 garlic cloves, finely sliced

2 tbsp low-salt soy sauce

1 tsp mirin

1 bunch spring onions, finely shredded

handful coriander, chopped

200g brown rice, cooked

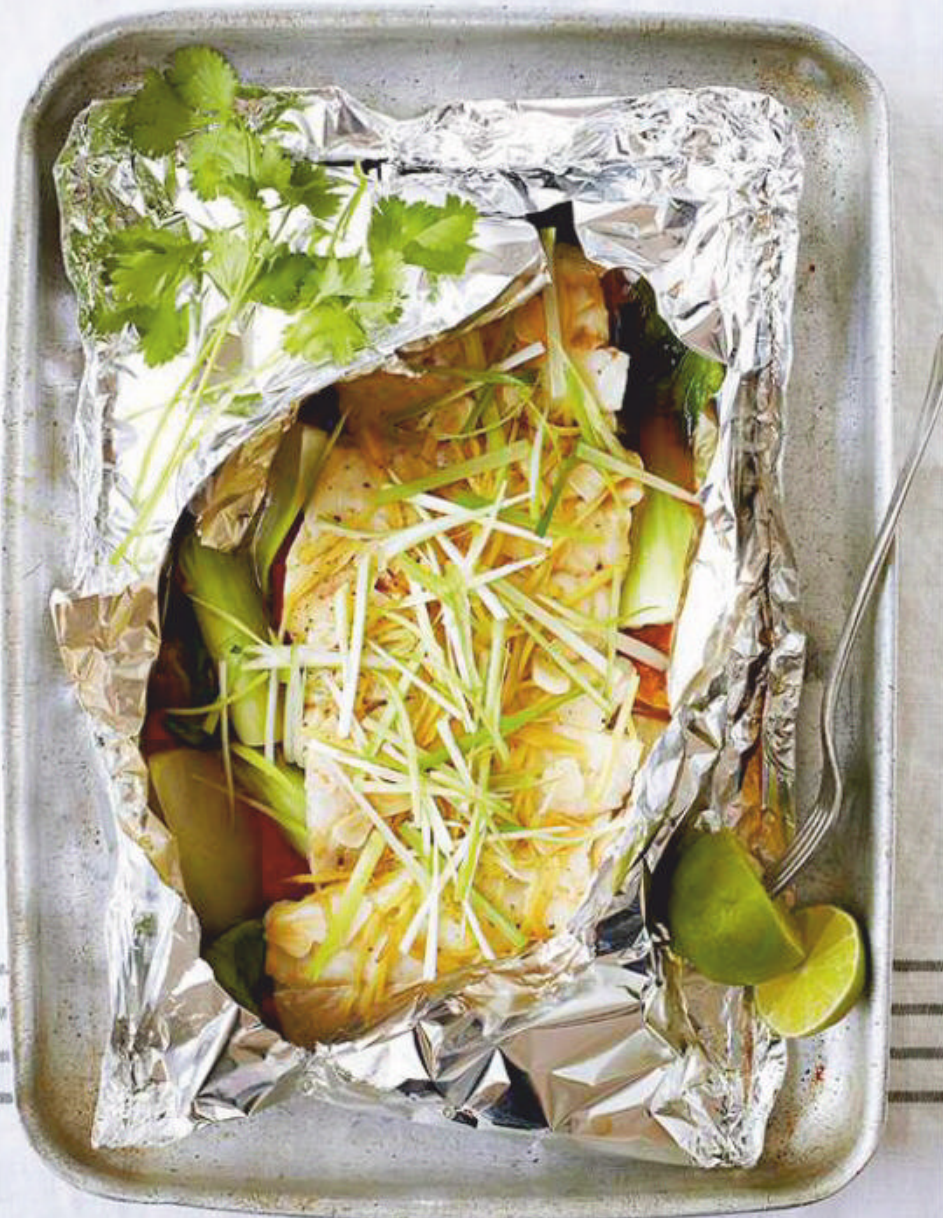
1 lime, cut into wedges, to serve

1 Heat the oven to 200C/180C fan/gas 6. Cut a large rectangle of foil. Put the pak choi, fish, ginger and garlic on the foil. Pour over the soy and rice wine.

2 Fold over the foil and seal the three edges, then put on a baking sheet. Cook for 20 mins, open the parcel and scatter over the spring onions and coriander. Serve with the rice and lime wedges.

PER SERVING 256 kcals, fat 1g, saturates none, carbs 25g, sugars 3g, fibre 1g, protein 31g, salt 1.1g

Tip **Cooking fish in parcels seals in all the flavour and ensures this recipe is very low fat**



Minced beef & sweet potato stew

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

1 tbsp sunflower oil

1 large onion, chopped

1 large carrot, chopped

1 celery stick, sliced

500g lean minced beef

1 tbsp each tomato purée and mushroom ketchup

400g can chopped tomatoes

450g sweet potatoes, peeled and cut into chunks

few thyme sprigs

1 bay leaf

handful parsley, chopped

1 Heat the oil in a large pan, add the onion, carrot and celery, and sweat for 10 mins until soft. Add the beef and cook until it is browned all over.

2 Add the tomato purée and cook for a few mins, then add the mushroom ketchup, tomatoes, sweet potatoes, thyme, bay leaf and a can of water. Season.

3 Bring to the boil, then simmer on a low heat for 40-45 mins until the sweet potatoes are tender, stirring a few times to make sure they are cooking evenly.

4 Once cooked, remove the bay leaf, stir through the chopped parsley and serve with cabbage.

PER SERVING 368 kcals, fat 13g, saturates 5g, carbs 35g, sugars 17g, fibre 6g, protein 29g, salt 0.6g

Tip **If you don't have mushroom ketchup, use Worcestershire sauce instead for a spicy kick**

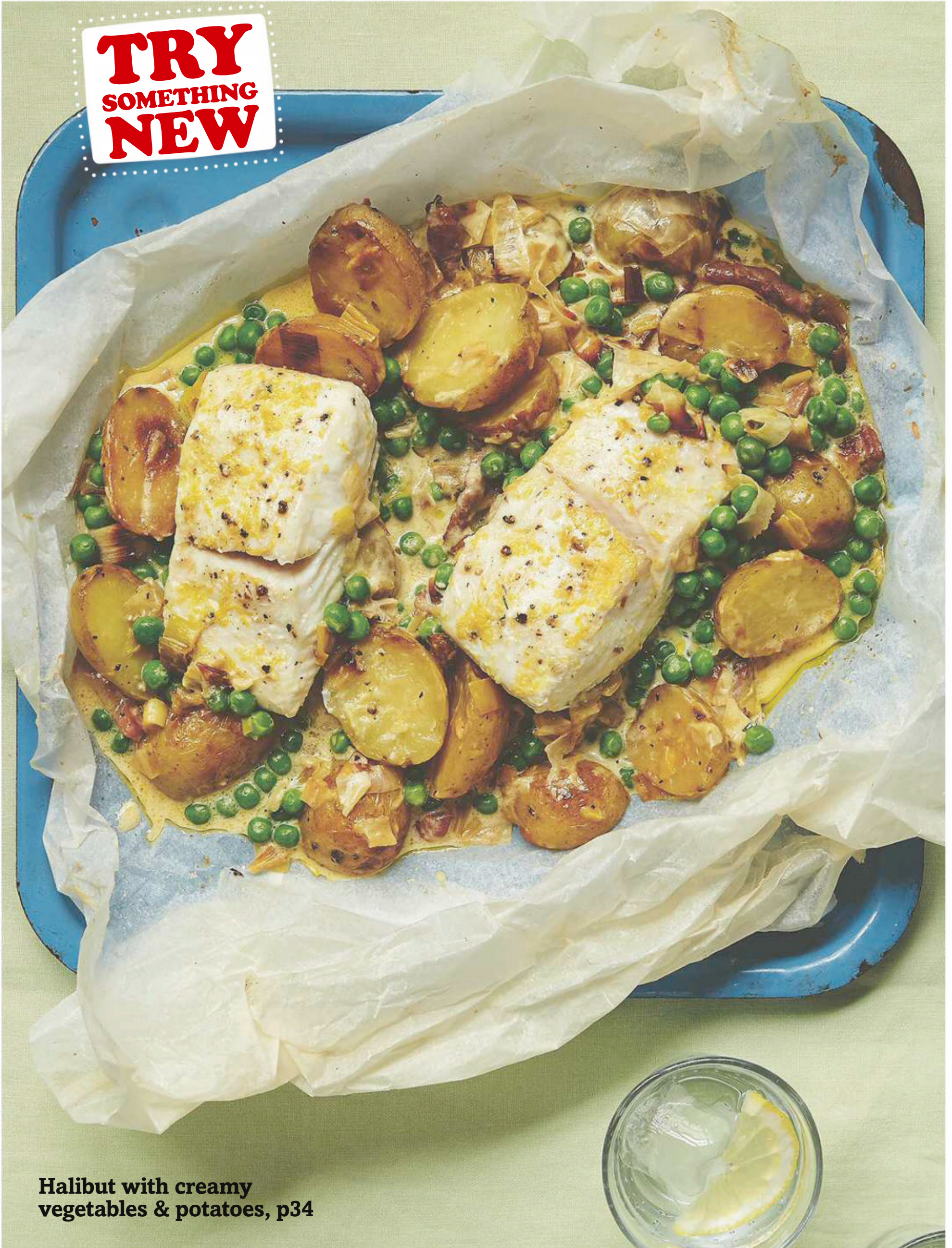
Cook in the bag

Reduce the washing-up with these clever, all-in-one weeknight dinners, all wrapped and baked in little parcels



**Jamaican-style chicken
with rice & peas, p34**

**TRY
SOMETHING
NEW**



**Halibut with creamy
vegetables & potatoes, p34**



Jamaican-style chicken with rice & peas

This is for spice lovers only, as it'll blow your socks off! If you want to dial down the heat, use only one Scotch Bonnet or replace with the same quantity of a milder chilli. This recipe is very good served with some natural yogurt on the side to cool down those taste buds.

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

8 chicken thighs, skin on
2 x 250g packs pre-cooked brown rice
150ml coconut milk
300g frozen peas
2 limes, halved, to serve
FOR THE JERK MARINADE
8 spring onions, roughly sliced
1 large shallot, chopped
2cm piece ginger, chopped
4 garlic cloves, chopped
2 Scotch Bonnet peppers
1 tbsp thyme leaves
½ tbsp ground allspice
½ tbsp ground black pepper
a few gratings of nutmeg
2 tbsp dark brown soft sugar
1 tbsp light soy sauce
2 tbsp olive oil
2 tbsp red wine vinegar

1 Blend all the marinade ingredients with 2 tsp salt in a food processor, or in a bowl with a stick blender, until smooth.
2 Score the skin of the chicken thighs in several places with a sharp knife and put them in a shallow bowl. Pour over the marinade and rub into each chicken thigh. Set aside for at least an hour or, better still, overnight in the fridge to marinate.
3 About an hour before you are ready to eat, heat the oven to 200C/180C fan/gas 6. Prepare four sheets of baking parchment or foil, or oven bags.
4 Mix the rice, coconut milk and frozen peas together in a bowl, then divide between the parcels. Arrange two chicken thighs, skin side up, on top of the rice mixture. Close up the parcels and bake for 45 mins. If using an oven bag, snip a few slits in the top to allow steam to escape.
5 Open the parcels, exposing the chicken skins, and bake for another 15 mins to crisp up the skin. Remove from the oven and check each piece of chicken is cooked through – the juices should run clear when pierced with a knife.
6 Serve straight onto plates with lime halves on the side to squeeze over.



Halibut with creamy vegetables & potatoes

Halibut is a lovely meaty fish which takes on other flavours well. This recipe is a good one-pot meal that could easily be doubled to feed four. Use a waxy potato like Charlotte, as they will hold their shape well.

■ Serves 2 ■ Prep 15 mins ■ Cook 1 hr

400g waxy new potatoes, halved
50g smoked bacon lardons (optional)
2 small leeks, thickly sliced
olive oil
2 x 150g thick halibut fillets
½ lemon, zested and juiced
150ml double cream
150g frozen peas

1 Heat the oven to 200C/180C fan/gas 6. Line a baking dish with parchment or foil, or an oven bag.
2 Put the potatoes, bacon lardons (if using) and leeks into the lined baking dish, then drizzle with a little olive oil and season with lots of salt and pepper. Keep the parcel or oven bag open and bake for 50 mins,

stirring halfway through. The potatoes should be just tender.
3 Meanwhile, place the halibut fillets on a plate, season with salt and pepper and sprinkle the lemon zest over, then set aside.
4 Once the potatoes, leeks and bacon lardons have had 50 mins, pour in the double cream and add the peas. Season everything again and gently mix together so everything is combined. Arrange the halibut fillets on top, close up the parcel and bake for a further 10-12 mins, until the fish is cooked through. (If using an oven bag, snip a few slits to allow steam to escape.)
5 Remove the parcels from the oven, squeeze over the lemon juice and serve immediately.



Chicken with prosciutto & thyme

This is a classic dish and great for entertaining, as you can prepare it the day before, wrap it up in foil, then put it straight in the oven an hour before you want to eat.

■ Serves 4 ■ Prep 15 mins ■ Cook 40 mins

4 skinless chicken breasts

2 tbsp basil pesto

1 ball of mozzarella, torn into strips

8 slices prosciutto

olive oil

8 grilled artichoke hearts from a can, halved

250g cherry tomatoes on the vine, snipped into 4 bunches

8 thyme sprigs

1 small bunch basil, roughly chopped
new potatoes and greens, to serve

1 Heat the oven to 200C/180C fan/gas 6. Prepare four sheets of foil or parchment, or oven bags, large enough to wrap up each chicken breast.

2 Butterfly the chicken breasts by cutting through the side of each breast towards the other side (but not all the way through) and opening it up like a book. Season each breast fillet with salt and pepper, then spread half a tablespoon of the pesto over the inside of each one. Add some mozzarella to one side, then fold the other side back over the top to make a whole chicken breast again.

3 Wrap 2 slices of prosciutto around each chicken breast and tuck the ends underneath. Carefully transfer them onto the sheets of foil or parchment, or into oven bags, then drizzle each with olive oil and season again with salt and pepper. Tuck a few artichoke halves around each breast and add a bunch of cherry tomatoes to each parcel. Add a couple of thyme sprigs to each, then carefully seal up the parcels, leaving some space for the air to circulate inside them. (If using an oven bag, snip a few slits in the top to allow steam to escape.) *At this point you can put them in the fridge if cooking the next day.*

4 Place the parcels, spaced well apart, in one or two baking dishes and bake for 30 mins (40 mins if cooking from chilled), then open the foil parcels and return to the oven for 10 mins to crisp up the prosciutto. To check the chicken is cooked, pierce with a skewer – any juices should run clear.

5 Scatter the chopped basil on top and serve with some boiled new potatoes and greens, if you like.






Recipes adapted from *Dinner's in the Bag* by Louise Kenney (£15, Quadrille). Photography by Ola Smit



Best Fast and Fresh
Vegetable 2019

Take your roast to new heights
with Tenderstem® broccoli

Try our delicious side recipes and
many more at tenderstem.co.uk   

make
EVERY
dish a little
ADVENTURE
with





**Salt beef club
with Cajun fries**



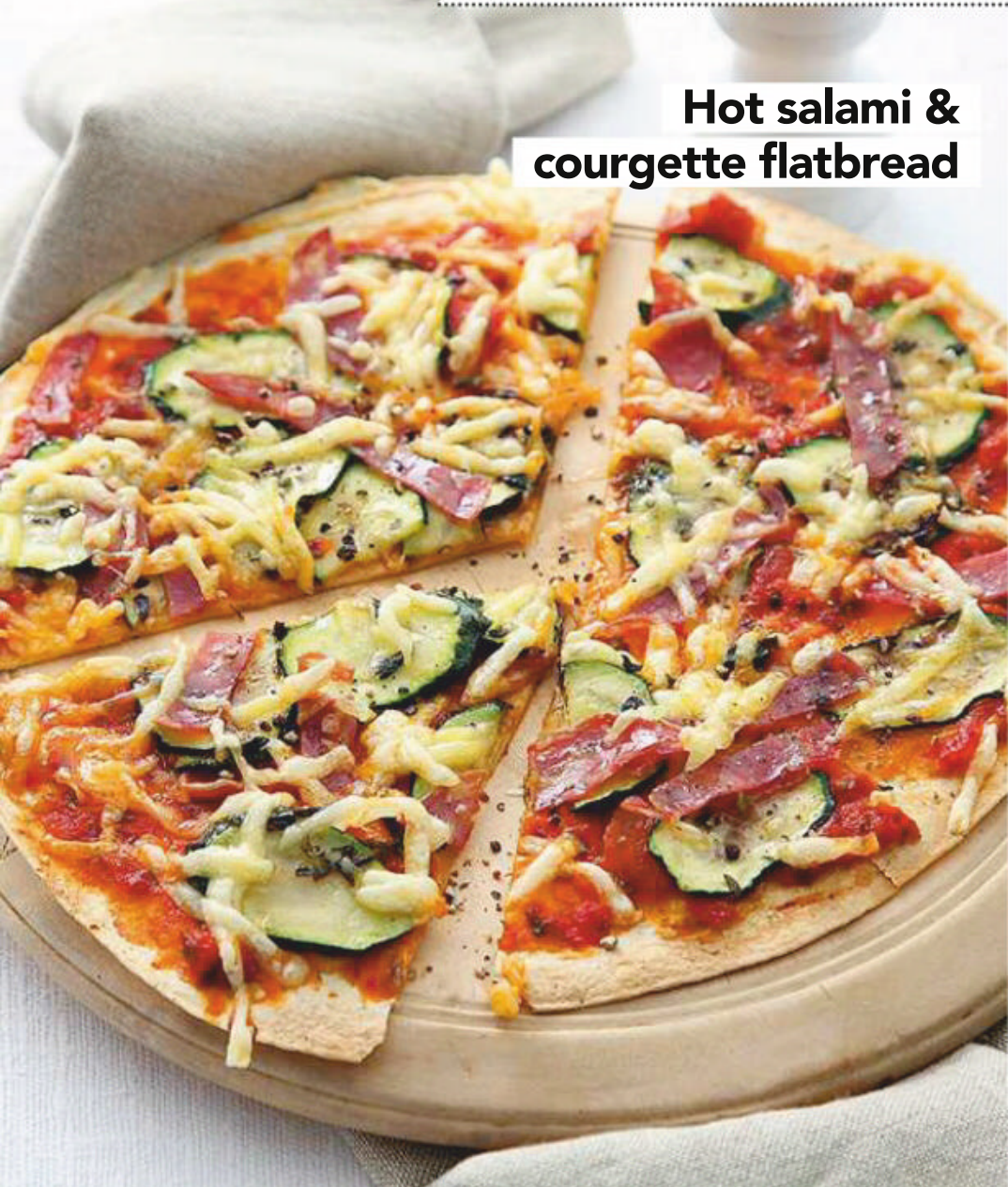
**Thai-style chicken &
sweet potato parcels**

*Cut out
& keep*



Treat yourself

A meal just for you can be a pleasure!



**Hot salami &
courgette flatbread**



**Smart crab
linguine**

Thai-style chicken & sweet potato parcels

- Serves 1 ■ Prep 10 mins
- Cook 30 mins

- 25g creamed coconut (from a block)**
- 2 tsp light brown soft sugar**
- 1 tsp fish sauce**
- 2 tsp Thai green curry paste**
- ½ sweet potato, peeled and cut into small cubes**
- 1 small red pepper, deseeded and cut into small cubes**
- 1 skinless chicken breast**
- handful coriander leaves and a few lime wedges, to serve**

- Heat the oven to 200C/180C fan/gas 6. Dissolve the coconut in 3 tbsp boiling water and mix to a smooth paste. Stir in the sugar, fish sauce and curry paste.
- Place a large piece of baking parchment on a baking sheet. Arrange the sweet potato and pepper on the paper, then top



with the chicken breast and pour over the sauce. Fold over the top edges of the parchment to form a seal and scrunch up the ends like a sweet wrapper.

- Cook for 25-30 mins or until the chicken is cooked through and the vegetables are tender. Sit the parcel on a dinner plate and open, then sprinkle with coriander and a squeeze of lime.

PER SERVING 429 kcals, fat 20g, saturates 15g, carbs 29g, sugars 18g, fibre 3g, protein 34g, salt 1.4g

Salt beef club with Cajun fries

- Serves 1 ■ Prep 10 mins
- Cook 20-25 mins

- 1 large potato, cut into thin chips**
- 2 tsp olive oil**
- ½ tsp Cajun seasoning**
- 1 heaped tbsp mayonnaise**
- 1 tsp chopped chives**
- 1 tsp Dijon mustard**
- 3 slices white or brown bread, lightly toasted**
- 2 radishes, thinly sliced**
- ½ avocado, sliced**
- 2 slices salt beef**
- Little Gem lettuce leaves**

- Heat the oven to 200C/180C fan/gas 6. Put the chips on a non-stick baking tray, toss with oil and Cajun seasoning, then spread out in a single layer. Bake, turning once, for 20-25 mins or until golden and crisp. Season to taste.
- Meanwhile, mix the mayonnaise, chives and



mustard in a small bowl and season. Spread the mix onto 2 of the slices of bread. Layer 1 spread slice with radishes and avocado. Place the other slice, spread-side up, on top and add the salt beef and lettuce. Top with the final slice. Cut up and secure with cocktail sticks if you like, then serve alongside the fries.

PER SERVING 825 kcals, fat 54g, saturates 10g, carbs 63g, sugars 6g, fibre 8g, protein 21g, salt 2.6g

Smart crab linguine

- Serves 1 ■ Prep 3 mins
- Cook 10 mins

- 100g linguine**
- 1 tbsp olive oil**
- 2 garlic cloves, finely sliced**
- 2 tbsp low-fat crème fraîche**
- 100g tub white crabmeat or 100g drained from a can**
- handful rocket, chopped, plus extra leaves to serve**
- ½ lemon, zested**
- 1 tbsp toasted pine nuts**

- Cook the linguine following pack instructions, reserving a little cooking liquid before you drain it.

2 Meanwhile, heat the olive oil in a frying pan. Add the garlic and cook gently to soften, but don't brown. Stir in the crème fraîche, crabmeat, chopped rocket and lemon zest, and gently heat through.

- Tip in the cooked pasta and a little cooking liquid to help the sauce coat the pasta. Season



and give everything a stir. Sprinkle with the pine nuts and extra rocket leaves.

PER SERVING 753 kcals, fat 34g, saturates 7g, carbs 76g, sugars 4g, fibre 4g, protein 35g, salt 1.1g

Hot salami & courgette flatbread

- Serves 1 ■ Prep 5 mins
- Cook 12 mins

- 1 small courgette, thinly sliced**
- 2 tsp olive oil**
- pinch dried oregano or picked fresh oregano leaves**
- 1 flatbread or Mediterranean wrap**
- 2 tbsp chilli & tomato pasta sauce**
- 2 slices salami, cut into strips**
- 25g emmental or cheddar, grated**

- Heat the oven to 220C/200C fan/gas 7 and place a griddle pan over a high heat. Toss the courgette slices in a bowl with the olive oil, oregano and seasoning. Lay the courgette slices on the griddle and cook for a few mins each side until just tender.

- Place the flatbread on a baking sheet and spread with the pasta



sauce. Arrange the courgette slices on top, before scattering over salami and cheese.

- Place in the oven and bake for 8 mins until cheese has melted and the edges are crisp.

PER SERVING 355 kcals, fat 19g, saturates 7g, carbs 31g, sugars 5g, fibre 2g, protein 17g, salt 1.6g



Clarence Court

IT TAKES AS LONG
AS IT TASTES
back to a golden era



clarencourt.co.uk

Clarence Court eggs are patiently laid by traditional breed birds originating from rare breed ancestors. It's a heritage that gives them a unique flavour evocative of a bygone era when all food was 'slow food'. So our hens simply won't be rushed. Demand the best - look for the crown.

FABULOUS EGGS BY FABULOUS BIRDS SINCE 1928



Get the most from your **ROAST**

One chicken, four tasty ideas from Tom Kerridge



**FOUR MEALS
FROM ONE
CHICKEN**

BEST OF BBC

Tune in to the **BBC Good Food Podcast with Tom Kerridge** every Wednesday. Listen via Acast, iTunes, Spotify or wherever you listen to podcasts.

“I love this way of cooking. It’s what I was brought up on – no waste, comforting family favourites”

MEAL ONE

Pot-roast chicken with stock

Pot-roasting like this is a winning formula for keeping your chicken succulent and also giving you an amazing stock to use in other recipes. I’ve used a big chicken, but use whatever size suits your budget and fits in your pan, then use the other recipes as leftover inspiration.

- Serves 4 with leftovers
- Prep 10 mins ■ Cook 2 hrs 10 mins

- 2 tbsp olive oil**
- 2.4kg chicken – buy the best you can afford**
- 4 onions, peeled and cut into large wedges**
- 1/2 bunch thyme**
- 3 garlic cloves**
- 6 peppercorns**
- 175ml white wine**
- 1.2 litres chicken stock**

1 Heat the oven to 170C/150C fan/gas 3½. Heat the oil in a large flameproof casserole dish and brown the chicken well on all sides, then sit it breast-side up. Pack in the onions, thyme, garlic and peppercorns, pour over the wine and stock, and bring to the boil. Pop on the lid and transfer to the oven for 2 hrs. Remove and rest for 20 mins. Carefully lift the chicken onto a chopping board and carve as much as you need. Serve the carved chicken in a shallow bowl with the onions and some of the stock poured over. Serve with some usual Sunday veg and roast potatoes.

2 Strain the leftover stock into a bowl and strip the carcass of all the chicken. *Chill both for up to three days or freeze for up to a month to use for the other recipes.*

PER SERVING 500 kcals, fat 29g, saturates 7g, carbs 6g, sugars 5g, fibre 2g, protein 51g, salt 0.6g



MEAL TWO

One-pot Chinese chicken noodle soup

This soup doesn’t need any chicken in it as the broth has so much flavour but if you have some leftover, then all the better.

- Serves 4 ■ Prep 10 mins ■ Cook 15 mins

- 1 tbsp honey**
- 3 tbsp dark soy sauce**
- 1 red chilli, sliced**
- 1 litre chicken stock, from the pot roast**
- 80g leftover chicken from the pot roast (optional)**
- 20g pickled pink ginger or normal ginger, peeled and finely sliced**
- 1/2 Chinese cabbage, shredded**
- 300g pouch straight-to-wok thick noodles**
- 4 spring onions, sliced**

1 Drizzle the honey over the base of a large saucepan and bubble briefly to a caramel, then splash in the soy sauce, bubble, add half the chilli and the chicken stock, then simmer for 5 mins.

2 Add the chicken, if using, and ginger, and simmer for another 5 mins. Stir in the cabbage and noodles and cook until just wilted and the noodles have heated through. Ladle into bowls and sprinkle over the remaining chilli and the spring onions.

PER SERVING 265 kcals, fat 4g, saturates 1g, carbs 30g, sugars 7g, fibre 5g, protein 19g, salt 1.8g



MEAL THREE

Chicken & leek fillo pie

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

75g butter
2 leeks, halved lengthways and sliced
300g chestnut mushrooms, sliced
25g plain flour
300ml chicken stock (from the pot roast, p41)
300g cooked chicken (from the pot roast, p41), shredded
75ml double cream
2 tbsp wholegrain mustard
small handful parsley
6 sheets of fillo pastry
4 tbsp olive oil
1 tsp thyme leaves
1 tsp nigella seeds
cabbage and mash, to serve (optional)

1 Heat a third of the butter in a large saucepan, cook the leeks for 10 mins or until softened, then tip onto a plate and repeat with another third of the butter and the mushrooms. Heat the remaining butter in the same saucepan and, once melted, stir in the flour and cook the paste for 1 min, then stir in the chicken stock a ladleful at a time. Leave on a low heat to simmer for 5 mins, then stir the chicken, leek, mushrooms, cream and mustard into the sauce, add the parsley and season with salt and cracked black pepper. Spoon into a 20cm pie dish and leave to cool.

2 Heat the oven to 190C/170C fan/gas 5. Lay a sheet of fillo on a chopping board and brush with olive oil, then place on top of the pie with the corners resting on the sides of the dish. Repeat the process, placing the next sheet slightly off-centre – the idea is to fan the sheets of fillo. Brush every layer with oil, and on the last layer sprinkle over salt, thyme leaves and nigella seeds. Press the pastry gently into the edge of the dish. Bake for about 1 hr until the pastry is deep golden, then serve with buttered cabbage and mashed potato, if you like.

PER SERVING 820 kJ, fat 54g, saturates 21g, carbs 46g, sugars 5g, fibre 7g, protein 33g, salt 1.7g



MEAL FOUR**Mexican chicken & black bean wraps**

■ Serves 4 ■ Prep 15 mins

■ Cook 20 mins

1 tbsp sunflower oil
 1 onion, finely sliced
 3 garlic cloves, crushed
 1 tsp each ground cumin, smoked paprika and dried oregano
 400g can black beans, drained but not rinsed
 about 150g cooked chicken (from the pot roast, p41), shredded
 4 pickled chillies, chopped
 3 tomatoes, roughly chopped
 small handful coriander leaves, chopped

4 floured tortillas (seeded or wholemeal if you prefer)

100g cheddar, grated

TO SERVE

100g plain yogurt

50g chipotle sauce

1 lime, quartered

guacamole (optional)

1 Heat the oil in a frying pan and fry the onion for 5 mins until golden. Stir in the garlic, cumin, paprika and oregano and cook for 2 mins. Add the beans and chicken and heat through, then stir in the chillies, tomatoes and coriander, season and keep warm.

2 Lay a tortilla in a non-stick pan, sprinkle with cheese and heat until melted. Slide onto a board, spoon over a quarter of the chicken filling and roll up tightly. Repeat to make three more wraps. Mix the yogurt and chipotle sauce and serve on the side with lime wedges for squeezing and guacamole, if using.

PER SERVING 475 kcals, fat 21g, saturates 9g, carbs 40g, sugars 6g, fibre 10g, protein 26g, salt 1.8g



SUBSCRIBE AND GET 3 ISSUES FOR JUST £5

SAVE
33%

Whatever you like to cook, a subscription to **BBC Easy Cook** means you'll never miss out on any of our fabulous foolproof recipes.

GREAT REASONS TO SUBSCRIBE...

- ✓ After your first 3 issues, you will pay just £23.50 every 10 issues – saving 33%*
- ✓ Fantastic time-saving family recipes
- ✓ Lots of tips, ideas and techniques to try
- ✓ Recipes from your favourite BBC chefs



**HURRY! OFFER ENDS
7 FEBRUARY 2020**

Subscribing to **easycook** is simple

☎ Call the hotline now **03330 162 122** and quote **ECP128**

Lines are open 8am–6pm weekdays and 9am–1pm Saturday for orders only**

🖱 Visit buysubscriptions.com/ECP128

BBC





Chicken tikka masala

This favourite invented for the British restaurant scene is freezer-friendly and quick to reheat, giving you the chance to get ahead and save money on takeaways!

■ Serves 10 ■ Prep 15 mins ■ Cook 45-50 mins **FREEZABLE**

4 tbsp vegetable oil
25g butter
4 onions, roughly chopped
6 tbsp chicken tikka masala curry paste
 (to make your own, see recipe, right)
2 red peppers, deseeded and cut into chunks
8 skinless chicken breasts, cut into 2.5cm cubes
2 x 400g cans chopped tomatoes
4 tbsp tomato purée
2-3 tbsp mango chutney
150ml double cream
150ml natural yogurt
chopped coriander leaves, to serve
rice and naan bread, to serve

1 Heat the oil and butter in a large, lidded casserole on the hob, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden. Add the curry paste and peppers, then cook for 5 mins more.
2 Add the chicken and stir well to coat in the paste. Cook for 2 mins, then tip in the tomatoes, purée and 200ml water. Cover and simmer for 15 mins, stirring occasionally, until the chicken is cooked through.
3 Remove the lid, stir through the mango chutney, cream and yogurt, then gently warm through. Season, then scatter with coriander and serve with rice and naan.
PER SERVING 345 kcals, fat 19g, saturates 8g, carbs 13g, sugars 10g, fibre 3g, protein 31g, salt 1g

WHY NOT MAKE YOUR OWN TIKKA PASTE?

■ In a food processor, whizz together **5 garlic cloves**, **1 large piece ginger**, roughly chopped, **1 red chilli**, deseeded and roughly chopped, **2 tsp each ground cumin and coriander**, **1 tsp each turmeric, paprika and garam masala**, and the seeds from **4 cardamom pods**. Add a little water or **vegetable oil** to bring the paste together. Can be stored in the fridge for up to one week or frozen for up to one month.

Home-style lamb curry

■ Serves 4 ■ Prep 15 mins ■ Cook 1 hr 50 mins **FREEZABLE**

thumb-sized piece ginger, 1/2 cut into matchsticks, the rest left whole

2 onions, quartered

4 garlic cloves

2 tbsp rapeseed oil

1 cinnamon stick

1 tbsp ground coriander

1 tsp each ground cumin and turmeric

1/2 tsp fennel seeds

750g leg of lamb, diced

400g can chopped tomatoes

1 red or green chilli, deseeded and sliced

small bunch coriander, stalks finely chopped, leaves roughly chopped

basmati rice and mango chutney or raita, to serve

1 Put the whole piece of ginger, the onions and garlic into a food processor with 250ml water. Blitz to a very smooth purée. Tip into

a deep sauté pan, cover with a lid and simmer for 15 mins. Remove the lid and cook for 5 mins more, stirring occasionally. By now the liquid should be all gone. If not, cook a little longer.

2 Add the oil to the pan with the rest of the ginger. Turn up the heat and fry, stirring, for 3-5 mins until it starts to colour.

3 Stir in the spices and add the lamb. Stir-fry until the lamb changes colour. Tip in the tomatoes with a can of water and the chilli, season really well, cover and leave to simmer for 1 hr.

4 Stir in the coriander stalks, re-cover and cook for a final 30 mins until the lamb is tender. Add a splash of water if necessary, to loosen the consistency as it cooks. Stir in the coriander leaves and serve with basmati rice and mango chutney or raita.

PER SERVING 470 kcals, fat 29g, saturates 10g, carbs 11g, sugars 8g, fibre 3g, protein 39g, salt 0.3g



Tender duck & pineapple red curry

This slow-cooked curry improves if made up to two days ahead, without the pineapple. Simply add the pineapple and reheat just before serving.

■ Serves 6 ■ Prep 20 mins ■ Cook 2 hrs **FREEZABLE**

6 duck legs

2 tbsp light brown soft sugar

4 tbsp red Thai curry paste

400ml can coconut milk

2 tbsp fish sauce

6 kaffir lime leaves

1 small pineapple, peeled, cored and cut into chunks

1 red chilli, deseeded and finely sliced, to serve (optional)

Thai basil leaves, to serve (optional)

1 Heat the oven to 180C/160C fan/gas 4. Dry-fry the duck legs in an ovenproof frying pan or casserole dish on a low heat for 10-15 mins, turning once, until coloured all over. Remove from the pan. Add the sugar to the fat in the pan and cook until caramelised,

then add the curry paste and cook for few mins until fragrant. Stir in the coconut milk and half a can of water. Simmer, then stir in the fish sauce and lime leaves.

2 Slip in the duck legs, cover the pan and cook in the oven for 1½ hrs until the duck is tender. Lift the duck into a serving dish and skim off the fat from the sauce. *The curry can be made up to two days ahead and left in the fridge, which will make it easier to remove the fat.* Put the pan back on the heat, add the pineapple and simmer for 2 mins. At the last moment, stir through half the chilli and half the Thai basil leaves, if using, pour over the duck, then scatter with the rest of the chilli and basil. Serve with jasmine rice, if you like.

PER SERVING 659 kcal, fat 49g, saturates 20g, carbs 20g, sugars 18g, fibre 2g, protein 38g, salt 2.3g





Cape Malay-style chicken curry with yellow rice

Cape Malay cooking comes from a community in South Africa that has its historic roots in South-east Asia.

■ Serves 6 ■ Prep 30 mins ■ Cook 1 hr 20 mins **FREEZABLE** *curry only*

FOR THE CURRY

2 tbsp sunflower oil
 1 large onion, finely chopped
 4 large garlic cloves, finely grated
 2 tbsp finely grated ginger
 5 cloves
 2 tsp turmeric
 1 tsp each ground white pepper, coriander and cumin seeds from 8 cardamom pods, lightly crushed
 1 cinnamon stick, snapped in half
 1 large red chilli, halved, deseeded and sliced
 400g can chopped tomatoes
 2 tbsp mango chutney
 1 chicken stock cube, crumbled

12 bone-in chicken thighs, skin removed
 500g potatoes, cut into chunks
 small pack coriander, chopped

FOR THE YELLOW RICE

50g butter
 350g basmati rice
 50g raisins
 1 tsp golden caster sugar
 1 tsp ground turmeric
 $\frac{1}{4}$ tsp ground white pepper
 1 cinnamon stick, snapped in half
 8 cardamom pods, lightly crushed

1 Heat the oil in a large, wide pan. Add the onion and fry for 5 mins until softened, stirring every now and then.

Stir in the garlic, ginger and cloves, and cook for 5 mins more, stirring frequently to stop it sticking. Add all the remaining spices and the chilli, stir briefly, then tip in the tomatoes with 2 cans of water, plus the chutney and crumbled stock cube.

2 Add the chicken thighs, pushing them under the liquid, then cover the pan and leave to cook for 35 mins. Stir well, add the potatoes and cook uncovered for 15-20 mins more until they are tender. Stir in the coriander.

3 About 15 mins before you want to serve, make the rice. Put the butter, rice, raisins, sugar and spices in a large pan with 550ml water and $\frac{1}{2}$ tsp salt. Bring to the boil and, when the butter has melted, stir, cover and cook for 10 mins. Turn off the heat and leave undisturbed for 5 mins. Fluff up and serve with the curry.

PER SERVING 605 kcals, fat 19g, saturates 7g, carbs 74g, sugars 13g, fibre 3g, protein 32g, salt 1g



Vegetable tagine with almond & chickpea couscous

■ Serves 4 ■ Prep 20 mins ■ Cook 15 mins **VEGETARIAN** **FREEZABLE**

400g pack shallots, peeled (see below)
2 tbsp olive oil
1 large butternut squash, about 1.25kg, peeled, deseeded and cut into bite-size chunks
1 tsp ground cinnamon
½ tsp ground ginger
450ml strong-flavoured veg stock
12 small pitted prunes
2 tsp honey
2 red peppers, deseeded and cut into chunks
3 tbsp chopped coriander
2 tbsp chopped mint, plus extra for sprinkling
FOR THE COUSCOUS
250g couscous
1 tbsp harissa paste
400g can chickpeas, drained and rinsed
handful toasted flaked almonds

1 Fry the shallots in the oil for 5 mins until they are softening and browned.

Add the squash and spices, and stir for 1 min. Pour in the stock, season well, then add the prunes and honey. Cover and simmer for 8 mins.

2 Add the peppers and cook for 8-10 mins until just tender. Stir in the coriander and mint.

3 Pour 400ml boiling water over the couscous in a bowl, then stir in the harissa paste and ½ tsp salt. Tip in the chickpeas, cover and leave for 5 mins. Fluff up with a fork and serve with the tagine, flaked almonds and extra mint.

PER SERVING 483 kcals, fat 11g, saturates 1g, carbs 85g, sugars 33g, fibre 10g, protein 15g, salt 0.6g

HOW TO PEEL SHALLOTS WITHOUT THE TEARS

■ Tip them into a bowl and pour over boiling water. Leave for 10 mins, then drain – the skins will peel away easily, without stinging your eyes.

Super speedy chilli

■ Serves 4 ■ Prep 10 mins ■ Cook 20-25 mins **FREEZABLE** *mince only*

180g jar fiery chilli pesto
450g lean beef mince
2 tsp ground cumin
1 beef stock cube
2 red peppers, deseeded and sliced
400g can kidney beans, drained
small bunch coriander, chopped
8 flour tortillas
2 avocados, stoned and thickly sliced
1 red onion, thinly sliced
reduced-fat mayonnaise, to serve



1 Tip the pesto into a large pan with the mince and cumin, and fry for a few mins. Crumble in the stock cube, add the peppers and kidney beans, then fill the empty can with water and add this to the pan, too. Cover and simmer for 10 mins, then remove the lid and continue to cook for 5-10 mins or until all the liquid has been absorbed. Remove from the heat and stir in the chopped coriander.

2 Heat the tortillas following pack instructions and serve with the chilli, avocados, onion and a dollop of mayo.

PER SERVING 876 kcals, fat 37g, saturates 9g, carbs 92g, sugars 12g, fibre 10g, protein 42g, salt 2.9g



Tarka dhal

■ Serves 2 (easily doubled) ■ Prep 10 mins ■ Cook 1 hr

VEGETARIAN FREEZABLE

200g red lentils
2 tbsp ghee or vegetable oil
1 small onion, finely chopped
3 garlic cloves, finely chopped
¼ tsp turmeric
½ tsp garam masala
coriander leaves, to serve
1 small tomato, chopped

1 Rinse the lentils several times until the water runs clear, then tip into a saucepan with 1 litre water and a pinch of salt. Bring to the boil, then reduce the heat and simmer for 25 mins, skimming the froth from the top. Cover with a lid and cook for a further

40 mins, stirring occasionally, until thick and soupy.

2 While the lentils are cooking, heat the ghee or oil in a non-stick frying pan over a medium heat, then fry the onion and garlic until the onion is softened, around 8 mins. Add the turmeric and garam masala, then cook for a further minute. Set aside.
3 Tip the lentils into bowls and spoon half the onion mixture on top. Top with the coriander and tomato to serve.

PER SERVING 473 kcals, fat 12g, saturates 1g, carbs 59g, sugars 5g, fibre 8g, protein 26g, salt 0.4g

Aubergine katsu curry

This Japanese-style curry is usually made with chicken, but here is a delicious veggie version.

■ Serves 4 ■ Prep 15 mins ■ Cook 45 mins **VEGETARIAN**

4 tbsp plain flour
2 aubergines, sliced into 5mm discs
100g dried breadcrumbs (see below)
4 tbsp vegetable oil
250g basmati rice
1 large onion, finely chopped
4 garlic cloves, crushed
3 tbsp curry powder
2 tbsp honey
400ml can coconut milk
1 large cucumber

1 In a large bowl, combine 3 tbsp flour and enough water to make a runny paste. Season, then add the aubergines, tossing until they are coated. Tip the breadcrumbs onto a plate and dip in each aubergine slice, turning to coat and pressing down to help the crumbs stick.

2 Heat oven to 180C/160C fan/gas 4. Heat a drizzle of oil in a frying pan. Cook the aubergine in batches

for 5 mins each side or until tender, adding a little more oil between batches. Transfer to a baking tray as you go. Once all the slices are browned, put the tray in the oven and cook for 10-15 mins while you make the sauce. Cook the rice following pack instructions.

3 Wipe the pan and heat another drizzle of oil. Add the onion and cook for a few mins to soften. Stir in the garlic and curry powder for 1 min, then add the remaining 1 tbsp flour and the honey, and stir to a paste. Add the coconut milk, a little at a time, stirring to make a sauce, then simmer over a low heat for 10 mins, adding a splash of water if it gets too thick. Peel the cucumber into strips with a peeler. Drain the rice and serve with the aubergine, sauce and cucumber.

PER SERVING 786 kcals, fat 32g, saturates 17g, carbs 105g, sugars 20g, fibre 11g, protein 15g, salt 0.3g

MAKE YOUR OWN DRIED BREADCRUMBS

■ Heat the oven to 140C/120C fan/gas 1. Grate **stale bread** on the coarse side of a grater, then spread the crumbs in a thin layer over a baking tray. Bake for 30 mins, stirring halfway through cooking. Cool completely. Store in a sealed container for up to two weeks.

Sausage & parmesan cobbler

Warm your cockles with a hearty sausage stew spiced with paprika and topped with parmesan cheese cobbler swirls – serve with extra bread or crispy baked potatoes.

■ Serves 6 ■ Prep 20 mins ■ Cook 50 mins

FREEZABLE without topping

FOR THE SAUSAGE STEW

1 tsp olive oil
12 herby sausages (we used Lincolnshire)
4 rashers streaky dry-cured smoked bacon, chopped
1 large onion, chopped
1 medium carrot, chopped
1 garlic clove, crushed
10 sage leaves, chopped, plus a few whole leaves, to decorate
leaves from 2 thyme sprigs (optional)
1 tsp hot smoked paprika, plus an extra sprinkle for the top
2 tbsp tomato purée
2 x 400g cans chopped tomatoes
2 tbsp dark brown muscovado sugar
400g can cannellini beans, drained and rinsed
1 tbsp Worcestershire sauce

FOR THE COBBLER TOPPING

250g self-raising flour, plus extra for dusting
50g cold butter, cut into cubes
125ml milk
1 egg, beaten
50g parmesan, finely grated

1 Heat the oil in a wide, shallow ovenproof pan. Brown the sausages for 5 mins until golden, then remove. Add the bacon to the pan, sizzle for 5-8 mins until golden, then stir in the onion and carrot. Cover and gently cook for 10 mins until soft.

2 Turn up the heat, add the garlic and half the herbs, and cook for 1 min. Stir in the paprika and tomato purée, sizzle for 1 min, then tip in the rest of the stew ingredients and bring to a simmer. Season. Heat the oven to 190C/170C fan/gas 5. Add a splash of water if the beans have begun to soak up the juices.

3 For the topping, add a pinch of salt to the flour, then rub in the butter until the mix resembles fine crumbs. Beat together the milk, remaining chopped herbs, half the egg and most of the cheese, then add to the bowl. Using a cutlery knife, bring everything together to a soft dough. Do not knead it. Split into 6 even pieces, dust with flour, then roll each piece into a rope about 30cm long. Roll up into spirals.
4 Sit the spirals on top of the stew. Brush with the remaining beaten egg, then scatter with the rest of the cheese. Sprinkle with a pinch of smoked paprika and poke in a few sage leaves. Bake for 25-30 mins until the cobbler topping is golden and well risen, and the stew is bubbling beneath.

PER SERVING 750 kcals, fat 43g, saturates 18g, carbs 63g, sugars 20g, fibre 5g, protein 21g, salt 4g



**MAKE OUR
COVER
RECIPE**



Going back to **OUR ROOTS**

Wintry root vegetables are in abundance right now, so make the most of their flavours and colours in these comfort food creations



CARROT

Carrot tarte tatin, p58



BEETROOT

Hot mustard lentils with beetroot & spicy sausages

■ Serves 4 ■ Prep 10 mins ■ Cook 45 mins

500g raw beetroot
 2 tbsp olive oil
 1 large red onion, cut into wedges
 2 garlic cloves, finely sliced
 1 tsp caraway seeds
 400g pack sausages (we used lamb merguez sausages)
 2 x 250g pouches ready-cooked puy lentils
 75g watercress, stalks removed
FOR THE DRESSING
 4 tsp Dijon mustard
 1 tsp English mustard
 1 lemon, juiced
 4 tbsp extra virgin olive oil

1 Heat the oven to 180C/160C fan/gas 4. Top and tail the beetroot, then peel and cut into wedges. Put the beetroot in a roasting tin, drizzle over the olive oil and toss with the onion, garlic and caraway seeds. Roast for 45 mins until the beetroot is tender and the onion is sticky and charred.

2 Heat the grill and cook the sausages until golden. Make the dressing by whisking together all the ingredients. While the beetroot is still warm, toss with the lentils and dressing. Add the watercress and serve with the sausages.

PER SERVING 662 kcals, fat 36g, saturates 10g, carbs 44g, sugars 14g, fibre 14g, protein 33g, salt 3.3g

MAKE A HEALTHY DIP

Roast beetroot dip

■ Roast **500g raw beetroot**, covered with foil, for about 1 hr or until very tender. Meanwhile, warm **1 tsp each cumin and coriander** in a dry frying pan until lightly toasted, then add **1/4 tsp chilli flakes**. Peel the beetroot and put in a food processor with the spices, **3 tbsp thick Greek yogurt**, a **large handful mint** and a pinch of salt. Whizz to a purée and serve with **crackers, crusty bread or toasted ciabatta**. Serves 4.



Carrot tarte tatin

■ Serves 4 ■ Prep 20 mins ■ Cook 50 mins

VEGETARIAN FREEZABLE

500g carrots
1 tbsp olive oil
1 large onion, thinly sliced
100g semi-dried tomatoes, chopped
25g butter
3 tbsp light brown muscovado sugar
140g brie or vegetarian alternative, sliced
500g pack puff pastry
salad leaves, to serve

1 Heat the oven to 200C/180C fan/gas 6. Peel the carrots and slice on the diagonal to the thickness of a £1 coin.

2 Heat the oil in a 23cm ovenproof frying pan and cook the onion until softened and lightly golden. Transfer to a bowl, toss with the semi-dried tomatoes and set aside

3 Heat the butter and sugar in the pan, add the carrots and 100ml water and cook very gently for 15 mins until the water is reduced and the carrots are golden and tender.

4 Arrange the carrots in a single layer on the bottom of the frying pan. Spoon the onion and tomatoes on top and cover with cheese.

5 Roll out the pastry about 1.5cm bigger than the pan, and trim. Lay the pastry over the top of the pan, tucking it in around the carrot. Bake for 30 mins until golden.

6 Leave to stand for a few mins, then invert the tart onto a plate and lift off the pan using a spatula. Serve warm with a seasonal salad.

PER SERVING 872 kcals, fat 47g, saturates 23g, carbs 86g, sugars 39g, fibre 8g, protein 21g, salt 1.9g

A HEARTY WINTER SIDE

Roast carrot, feta & herb salad

■ Peel **600g carrots** and quarter lengthways. Put in a roasting tin, drizzle with **2 tbsp olive oil** and roast for 25 mins. Stir in **1 tbsp sugar**, **1 tbsp balsamic vinegar** and **25g chopped hazelnuts**. Roast for 10 mins more. Toss with **3 tbsp chopped flat-leaf parsley**, **2 tbsp chopped mint** and **100g feta**. Serves 4.

Swede, lamb & feta bake

This is a bit like moussaka, with layers of lamb, thin slices of swede (instead of aubergine) and a creamy feta topping. The swede will absorb all the flavours from the lamb.

■ Serves 4 ■ Prep 20 mins ■ Cook 1 hr 15 mins **FREEZABLE** unbaked

2 tbsp olive oil, plus extra for the pan and dish
1 large onion, finely chopped
2 garlic cloves, finely chopped
1/4 tsp cinnamon
1 tsp dried oregano
pinch of chilli flakes
500g lamb mince
1 tbsp tomato purée
400g can chopped tomatoes
600g swede, peeled and thinly sliced
FOR THE TOPPING
25g butter
25g plain flour
300ml milk
1 large egg
100g feta, crumbled

1 Heat the oil in a large saucepan and fry the onion until softened. Add the garlic and cook for a further few mins. Stir in the cinnamon, oregano and chilli flakes. Add the lamb and brown for a few mins. Drain the fat from the mince. Stir in the tomato purée and cook for 1 min, then tip in the tomatoes and 1/2 can water. Stir well, season and simmer for 15 mins.

2 Heat the oven to 180C/160C fan/gas 4. Lightly oil the bottom of a 1.5-litre

ovenproof dish and arrange a third of the swede on the bottom. Ladle over half the mince mixture, top with another layer of swede, followed by another layer of lamb. Finish with a layer of swede.

3 For the topping, heat the butter in a small saucepan and add the flour. Stir briskly until smooth. Remove from the heat and slowly add the milk until you have a smooth sauce. Return to the heat and cook for 4-5 mins until the sauce thickens. Remove from the heat and whisk in the egg and half the feta.

4 Pour the sauce over the swede and top with the remaining feta. Cover with foil and bake for 35-45 mins. Remove the foil and cook for a further 25-30 mins until golden and the swede is tender.

PER SERVING 562 kcals, fat 36g, saturates 17g, carbs 21g, sugars 13g, fibre 4g, protein 13g, salt 1.6g

A CHANGE FROM POTATO

Swede & parmesan mash

■ Peel and chop **500g swede**. Put in a saucepan with **25g butter**, 2 tbsp water, **2 tbsp thyme leaves** and **1 finely chopped garlic clove**. Cover and cook over a gentle heat for about 30 mins until the swede is tender – add a splash more water if the pan looks very dry. Uncover, turn up the heat to medium and cook the swede until slightly caramelised. Mash with **30g grated parmesan**. Serves 4.



Honey, parsnip & coconut cake

This makes a lovely light and moist bake.

■ Serves 10-12 ■ Prep 20 mins ■ Cook 45 mins **VEGETARIAN** **FREEZABLE** *un-iced*

175ml sunflower oil, plus extra for the tin

3 large eggs

100g light muscovado sugar

75g honey, plus 2 tbsp

FOR THE ICING

280g self-raising flour

1/2 tsp baking powder

1/2 tsp bicarbonate of soda

200g parsnips, grated

75g desiccated coconut

3 tbsp coconut flakes

300g cream cheese

1 Heat the oven to 180C/160C fan/gas 4.

Lightly oil a 22cm round loose-bottomed cake tin and line with baking parchment.

2 Put the oil, eggs, sugar and honey in a bowl and whisk for 3-4 mins until thick.

3 Sift the flour, baking powder and bicarb over the mixture and gently fold in, along with the parsnips and desiccated coconut. Spoon into the tin and bake for 45 mins until golden and firm to the touch. A skewer inserted into the centre of the cake should come out clean. If not, cook for a further 10 mins. Transfer to a wire rack and leave to cool completely before icing.

4 Put the coconut flakes on a baking tray and put in the oven for about 5 mins until toasted. Keep an eye on them, as they burn quickly.

5 To make the icing, put the cream cheese and 2 tbsp honey in a bowl and beat together until smooth and creamy. Spread the icing over the top of the cooled cake and finish with the toasted coconut flakes.

PER SERVING 480 kcals, fat 34g, saturates 15g, carbs 35g, sugars 17g, fibre 4g, protein 6g, salt 0.6g

A TASTY SNACK

Parsnip crisps

■ Using a vegetable peeler, peel the skin from **4 medium parsnips**, then shave them into long, thin strips. Fill a medium saucepan three-quarters full with **vegetable oil**, then heat. To test it's ready, drop a **small piece of bread** into the oil – it should turn golden quickly. Add a handful of parsnip strips and fry for 2 mins until golden, stirring gently a few times. With a slotted spoon, transfer them to kitchen paper to drain, then repeat with the rest of the strips. Sprinkle with **sea salt** and serve immediately. Serves 4.

PARSNIP

**USE
YOUR
VEG**



Membrillo, chorizo
& cheddar toastie, p62

Raise a **TOASTIE**

What could be more comforting than an oozy, melting cheese toastie?

Pickled pineapple & sriracha grilled cheese toastie

A spicy twist on the cheese toastie, using the classic combination of pineapple and cheese. It'll make more pickled pineapple than you need, but it'll keep chilled for up to two days.

■ Serves 1 ■ Prep 10 mins plus marinating ■ Cook 15 mins **VEGETARIAN**

½ pineapple, flesh cut into small cubes
2 thick slices of sourdough
1 tbsp mayonnaise
1 tbsp unsalted butter
2 tsp rapeseed oil
85g cheddar, sliced
1 spring onion, finely sliced
sriracha chilli sauce
FOR THE PINEAPPLE PICKLE
100ml white wine vinegar
40g golden caster sugar
½ tsp coriander seeds
½ tsp mustard seeds
½ tsp black peppercorns
1 star anise
1 bay leaf

1 Bring all the pineapple pickle ingredients to the boil with 100ml water. Add the pineapple cubes and toss in

the pickle mixture. Allow to cool, then transfer to a bowl, cover and leave in the fridge to marinate for at least 30 mins.

2 Spread the bread with mayonnaise on one side. Put half the butter and the oil in a pan over a medium heat. When the butter has melted, put one slice of bread in the pan, mayo-side down, and top with half the cheddar, some spring onion and 1-2 tbsp pickled pineapple, the remaining cheese and sriracha, to taste. Top with the other piece of bread, mayo-side up.

3 Cook for about 3 mins or until crispy and golden, then turn over and add the rest of the butter to the pan. Cook until crisp and golden on that side, and the cheddar is melting. Cut in half and serve.

PER SERVING 1,118 kcals, fat 75g, saturates 29g, carbs 74g, sugars 23g, fibre 5g, protein 3g, salt 4.4g



Membrillo, chorizo & cheddar toastie

Make a cosy night in even more indulgent with this meltingly good quince paste, spicy sausage and cheese toasted sandwich – the perfect winter pick-me-up.

■ Serves 1 ■ Prep 10 mins ■ Cook 6 mins



1 tbsp membrillo (quince paste)
2 thick slices sourdough
4-5 thin slices of chorizo
50g mature cheddar, grated
1 tbsp mayonnaise
3 large sage leaves
1 tbsp olive oil or rapeseed oil

1 Heat a large frying pan. Spread the membrillo paste over one slice of bread (mash it first with 1 tsp water if it's very firm), top with the chorizo and cheese, and sandwich with the other slice. Spread the outside of both pieces of bread with mayo, and press on the sage leaves.

2 Heat the oil in the pan and cook the toastie for 2-3 mins each side, squashing with a fish slice every now and then, until the bread is crisp and golden and the cheese has melted. Cut in half to serve.

PER SERVING 1,049 kcals, fat 68g, saturates 20g, carbs 72g, sugars 13g, fibre 3g, protein 35g, salt 3.8g

Chilled cheese on toast

Cheese on toast ticks all the boxes when time is short – satisfying, quick and popular with everyone.

■ Serves 1 ■ Prep 5 mins ■ Cook 5 mins

4 slices ciabatta loaf, (cut on an angle to make the pieces larger)
bunch spring onions, finely sliced
100g cherry tomatoes, quartered
100g gruyère, grated
1 tbsp dried chilli flakes
splash Worcestershire sauce
green salad, to serve

Heat grill to high, put the bread on a baking sheet and grill until golden on both sides. Mix the onions, tomatoes, cheese and chilli flakes in a bowl, then scoop onto the toast. Shake over a little Worcestershire sauce and grill again until golden and melted. Serve with green salad.

PER SERVING 250 kcals, fat 11g, saturates 6g, carbs 29g, sugars 3g, fibre 2g, protein 13g, salt 1.16g



Rarebit toasties with caramelised onions

Serve these rarebit toasties with fried eggs for the ultimate comfort food.

■ Serves 2 ■ Prep 15 mins plus cooling
■ Cook 35 mins

2 tbsp plain flour
2 tbsp butter
250ml milk
50ml ale or stout
80g extra mature cheddar
1½ tsp English mustard
pinch cayenne pepper
1 tsp Worcestershire sauce, plus extra to serve
1 tbsp vegetable or rapeseed oil, plus extra for the eggs, if using
2 onions, halved and thinly sliced
1 tbsp light brown soft sugar
1 tbsp yeast extract
4 thick slices sourdough bread
2 eggs (optional)

1 Put the flour, butter, milk, beer, cheese and mustard into a pan over a medium heat and stir with a whisk until thickened and smooth. Add the cayenne and Worcestershire sauce. Cover the surface to stop a skin forming and set aside. *You can make the sauce up to three days before using (store in the fridge).*

2 Heat the oil in a frying pan. Cook the onions for 15-20 mins until caramelised. Add the sugar and yeast extract and cook for another 2-3 mins until sticky, adding a splash of water if it looks dry.

3 Lightly toast the bread and heat the grill. If serving with an egg, heat a frying pan with a drizzle of oil. Spread two slices of toast with the onions and top with half the rarebit mixture. Cover the remaining slices of bread with the rest of the rarebit mixture. Put under the grill until bubbling (about 2-3 mins), then sandwich the slices together with the cheesy onions in the middle. While they're cooking, fry the eggs to your liking. Top the sandwiches with a few shakes of Worcestershire sauce, a grinding of pepper and the eggs.

PER SERVING 1,028 kcals, fat 40g, saturates 21g, carbs 123g, sugars 28g, fibre 7g, protein 39g, salt 4.4g

**OOZY
CHEESY
SNACK**



Full of Eastern promise

For relaxed entertaining, casual platters are the way to go. Just put them on the table and let guests look after themselves!

MIDDLE EASTERN SHARING MENU TO SERVE 6

Starters

Baked feta with sumac & grapes
Sesame flatbreads or crusty bread

Mains

Lemony lamb meatballs
Chicken wings with chilli & date caramel
Barley & bulgur herb salad

Dessert

Rhubarb tatin

Tip Platter parties are perfect for bring-a-dish suppers with friends if you want to share the cooking. Most of this can be prepared 24 hours ahead!

Baked feta with sumac & grapes

■ Serves 6-8 as a starter ■ Prep 10 mins
■ Cook 35 mins **VEGETARIAN**

1 small red onion, halved and sliced
2 tbsp red wine vinegar
1 tsp golden caster sugar
350g red grapes, left on the stalk in small bunches
2 tbsp olive oil
2 tsp sumac (see below)
1/2 small pack dill, chopped
2 x 250g blocks vegetarian feta
sesame flatbreads (right) or crusty bread, to serve (optional)

1 Put the red onion in a bowl and add the vinegar, sugar and a pinch of salt. Massage everything together with your fingers for 1 min – this will slightly pickle the onion. Heat the oven to 200C/180C fan/gas 6.
2 Scrunch up a sheet of baking parchment and use it to line a gratin dish. Add the grapes, drizzle over 1 tbsp olive oil, 1 tsp sumac, most of the dill and some seasoning, then toss everything to coat. Nestle the blocks of feta in among the grapes, then scatter over the onions and any of the pickling vinegar, the remaining oil and sumac. *You can now leave this in the fridge for up to 24 hrs, or bake straight away.*
3 Bake for 30-35 mins until the feta is browning and the grapes look juicy. Scatter over the remaining dill, then serve in the middle of the table with bread for scooping up the cheese, grapes and juices.
PER SERVING (8) 218 kcals, fat 15g, saturates 9g, carbs 9g, sugars 9g, fibre 1g, protein 10g, salt 1.5g

Sesame flatbreads

These are surprisingly easy, but if you are pushed for time, just buy some crusty bread or naan.

■ Makes 6 ■ Prep 25 mins
■ Cook 45 mins **VEGETARIAN**

300g self-raising flour, plus extra for dusting
250g natural yogurt (buy a 500g pot and save the rest for the meatballs)
4 tbsp sesame seeds
1-2 tbsp vegetable oil

1 Tip the flour into a large bowl and add 1 tsp salt. Add the yogurt, 2 tbsp water and the sesame seeds, then mix to make a dough (it'll be quite wet). Flour the work surface and tip out the dough. Divide into six pieces. Roll each piece into a flatbread about 0.5cm thick.
2 Heat a large griddle or frying pan until really hot. Brush one flatbread with oil, then put in the pan, oil-side down. Cook for 2-3 mins until bubbles appear on the surface and the underneath is brown. Turn and cook for another 2 mins, then transfer to a plate. Repeat with the other flatbreads. Wrap in foil and keep warm in a low oven until ready to serve, or serve at room temperature.

PER FLATBREAD 265 kcals, fat 7g, saturates 2g, carbs 41g, sugars 3g, fibre 3g, protein 8g, salt 1.3g

WHAT IS SUMAC?

This is a dried, powdered berry from the sumac tree. You'll find it with the herbs and spices. The flavour is almost lemony and gives an authentic tang to Middle Eastern recipes.





Barley & bulgur herb salad

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

150g pearl barley
150g bulgur wheat
3 tbsp olive oil
3 white onions, halved and sliced
4 garlic cloves, crushed
1/4 tsp ground cloves
small bunch each parsley, dill and mint, chopped
1/2 cucumber, finely chopped
4 tomatoes, finely chopped
2 lemons, juiced

1 Bring a pan of water to the boil and add the barley. Cover and cook for 25 mins, or until tender. Meanwhile, pour boiling water over the bulgur wheat to just cover, and set aside.
2 Heat 2 tbsp oil in a large frying pan and add the onions. Cook for 20-25 mins, stirring regularly, until golden and caramelised. Stir in the garlic and cloves for 30 secs.
3 Drain the barley and bulgur. Put in a bowl, with the remaining oil and the onions. Season, mix well and chill. Remove from the fridge 30 mins before serving, then toss through the remaining ingredients and serve.

PER SERVING 290 kcals, fat 9g, saturates 1g, carbs 41g, sugars 5g, fibre 7g, protein 7g, salt none

Lemony lamb meatballs

- Serves 6 ■ Prep 20 mins plus chilling
- Cook 10 mins **FREEZABLE**

100g stale white bread, blitzed to crumbs
 100ml milk
 600g lamb mince
 2 lemons, zested
 2 garlic cloves, crushed
 1 tbsp ground cumin
 1/4 tsp ground cloves
 small bunch coriander, stalks finely chopped and leaves picked
 2 tbsp olive oil
 250ml natural yogurt
 1/2 pomegranate, seeds removed

1 Put the breadcrumbs and milk in a bowl. Leave for 5 mins to soak, then add the lamb, zest, garlic, spices, coriander stalks and seasoning. Mix with your hands, then shape into about 30 meatballs. Cover and chill for at least 30 mins, or up to 24 hrs.
2 Heat the oil in a large frying pan. Cook the meatballs for 8-10 mins, rolling them around the pan until browned on all sides and cooked through. To serve, arrange the meatballs on a platter. If the yogurt is quite thick, add a drop of water or lemon juice. Drizzle it over the meatballs, then scatter the pomegranate seeds and coriander leaves on top.

PER SERVING 334 kcals, fat 20g, saturates 8g, carbs 14g, sugars 6g, fibre 1g, protein 24g, salt 0.4g

Chicken wings with chilli & date caramel

- Serves 6 ■ Prep 10 mins ■ Cook 45 mins

1kg chicken wings
 2 tbsp plain flour
 1 tbsp ground cumin
 2 tsp sumac
 1 tbsp vegetable oil
 6 dates, stoned
 2 red chillies, deseeded, plus 1 thinly sliced to serve
 150g light brown soft sugar
 150ml red wine vinegar
 2 tsp sesame seeds, toasted

1 Heat the oven to 200C/180C fan/gas 6. Put the chicken in a bowl and toss with the flour, cumin, sumac and seasoning. Put on a large baking tray, drizzle with oil and cook for 35 mins, turning once.

2 Meanwhile, make the glaze. Blitz the dates, chillies, sugar and vinegar in a food processor with 100ml water. Pour into a pan and bubble for 5 mins.

3 Brush the glaze over the chicken wings, making sure they're well coated, and sprinkle with the sesame seeds. Return to the oven for 10 mins more, turning and brushing after 5 mins.

PER SERVING 451 kcals, fat 17g, saturates 4g, carbs 48g, sugars 43g, fibre 2g, protein 24g, salt 0.8g



Rhubarb tatin

- Serves 8 ■ Prep 15 mins ■ Cook 20 mins

VEGETARIAN

650g thin-stemmed forced rhubarb
 100g caster sugar
 2 star anise
 25g butter
 1/2 lemon, juiced
 320g sheet ready-rolled puff pastry
 ice cream, to serve

1 Using a large, heavy-based ovenproof frying pan (22cm) as a guide, cut the rhubarb into batons to fill the pan. Set aside.

2 Heat the oven to 220C/200C fan/gas 7 and tip the sugar into the pan. Bubble until it has dissolved and darkened a little. Add the star anise, remove from the heat and lay the rhubarb in the pan, curved-side down. Dot with butter and drizzle over the lemon juice.

3 Trim the pastry to a circle slightly larger than the pan and put it on top of the

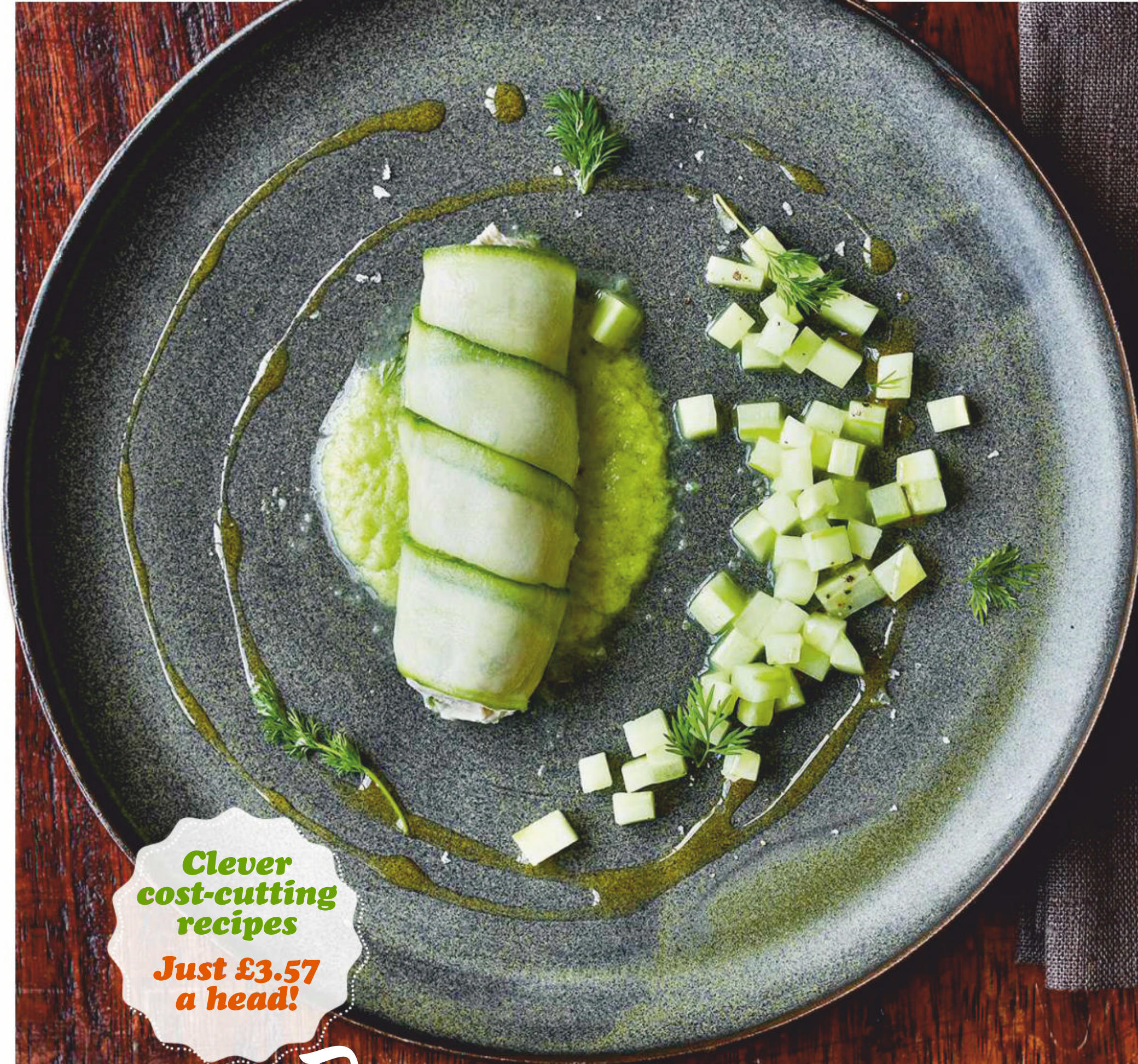
rhubarb, tucking it in around the edges. You can now chill for up to 24 hrs, or cook straight away.

4 Bake for 15-20 mins until the pastry is golden and puffed and the caramel is bubbling around the edges. Put your serving plate over the pan and carefully flip it over. Serve topped with the ice cream.

PER SERVING 240 kcals, fat 13g, saturates 7g, carbs 26g, sugars 14g, fibre 3g, protein 3g, salt 0.4g

FINISH WITH QAHWA

This is bitter Arab coffee that is drunk in small quantities – about 2 tbsp per person. Crush **6 cardamom pods**, then put in a small pan with **1 heaped tbsp coarse coffee grounds** and 175ml water. Simmer on a low heat for 15 mins until the grounds settle.



**Clever
cost-cutting
recipes**

**Just £3.57
a head!**

Penny-wise **entertaining**

Friends for dinner? Serve up this restaurant-style menu that's budget-friendly, but still has the wow factor

“Entertaining doesn’t need to break the bank. Pile on the style with our menu for six that works out at less than £4 per head – just get your friends to bring a bottle or two for the perfect evening!”

**NO-COOK
STARTER
53p**

**SMART THREE-
COURSE DINNER
SERVES 6**

*Smoked mackerel pâté
with cucumber*



*Twice-cooked pork belly
with cider sauce*

Crackling potato cake

Burnt butter cabbage



Tea & biscuits ice cream

**HOW TO
GET AHEAD**

- The pâté and dressing can be made a day ahead.
- The pork needs to be pre-cooked a day ahead, ready for the second cooking on the day
- The ice cream can be made 1 month in advance, and the biscuit part 3 days ahead.

**Smoked mackerel
pâté with cucumber**

- Serves 6 ■ Prep 30 mins plus chilling
- No cook

1 pack smoked mackerel (about 200g), skin and bones removed
250g tub cream cheese

2 lemons, 1 zested, both juiced
small pack dill, half roughly chopped, plus some fronds to garnish

1 cucumber

4 tbsp olive oil, plus extra to drizzle

1 Tip the mackerel into a blender with the cream cheese, lemon zest and half the lemon juice, and pulse to make a pâté. Add the chopped dill and pulse again to combine.

2 Spoon the mixture into a plastic food bag, cut off a corner and pipe six thick cylinders of the pâté onto a baking tray. Put in the freezer for about 1 hr to firm up. If you don’t want to pipe the mix, shape into 6 neat oblongs with a knife.

3 Remove a strip of peel from the cucumber with a potato peeler – then peel off 12 neat ribbons. Don’t throw away any of the seeds or the peelings – you will need them later. Dice any remaining cucumber flesh, then cover and chill. Use the neat ribbons to wrap around the pâté and put in the fridge. *Can be made up to one day ahead.*

4 Tip the cucumber peelings and seeds into a blender with the rest of the lemon juice, the olive oil and seasoning. Blitz to make a thick dressing, then chill. *Can be made one day ahead and kept in the fridge.*

5 To serve, pour a little dressing onto each plate, sit the pâté on top, and scatter with the diced cucumber and dill fronds. Drizzle with olive oil.

PER SERVING 283 kcals, fat 26g, saturates 9g, carbs 2g, sugars 2g, fibre 1g, protein 10g, salt 0.9g

Twice-cooked pork belly with cider sauce

■ Serves 6 ■ Prep 40 mins plus overnight chilling ■ Cook 3 hrs **FREEZABLE**

2kg piece boneless and skinless pork belly (ask your butcher to keep the skin for the crackling potato cake)

2 tbsp fennel seeds

5 dried bay leaves

25g butter

2 onions, roughly chopped

3 carrots, roughly chopped

400ml cider

1 tbsp vegetable oil

1 The day before you want to eat, lay the pork belly skinned-side down, season generously, scatter over the fennel seeds and crumble over 3 of the bay leaves. From the widest side, roll into a tight log and use some butcher's string to tie at regular intervals. Chill overnight.

2 Heat the oven to 170C/150C fan/gas 3½. Melt the butter in a large, shallow flameproof casserole dish or ovenproof sauté pan. Brown the pork all over (this will take a good 15 mins), then remove from the pan and add the vegetables and remaining bay leaves. Cook for about 10 mins until starting to colour. Nestle the pork among the veg. Pour over the cider and bring to a simmer, then cover and cook in the oven for 2 hrs.

3 When the pork is ready, leave to cool a bit, then remove from the braise and chill. Strain the sauce into a jug and chill. Fish out the bay leaves and blitz the veg to a purée in a food processor. Tip into a bowl and chill.

4 On the day, heat the oven to 220C/200C fan/gas 7. Cut the pork into six rounds. Heat the oil in a large frying pan and fry the pork, then put in the oven for 20 mins, turning once, until crispy. Meanwhile, remove the fat from the top of the sauce, simmer until syrupy and reheat the purée. Smear some purée across each plate, sit a piece of pork on top with a cabbage wedge, a piece of potato cake and some crackling. Pour over the sauce and serve.

PER SERVING 536 kcals, fat 37g, saturates 13g, carbs 9g, sugars 8g, fibre 3g, protein 37g, salt 0.4g

Burnt butter cabbage

Remove the outer leaves of **1 pointed cabbage** and cut it into six wedges. Heat **25g butter** in a large frying pan until starting to brown, add the cabbage and cook until burnt on one side. Add more butter to the pan if you need to and use tongs to turn the cabbage and burn on the other side. Season with **sea salt** and serve. Serves 6.

Crackling potato cake

■ Serves 6 ■ Prep 20 mins ■ Cook 1 hr 30 mins

1.2kg Maris Piper potatoes
50g butter, melted
pork skin (from the pork belly)

1 Heat the oven to 220C/200C fan/gas 7. Cut a circle of baking parchment to fit the base of a 20-23cm ovenproof frying pan. Slice the potatoes as thinly as possible. Pour a little butter over the parchment on the base and overlap slices of the potato on the first layer. Then pile on one-third

of the remaining potatoes, season, drizzle with butter and repeat until all the potatoes are used.

2 Put the pork skin, skin-side up, on top of the potatoes and roast for 1 hr 30 mins until the crackling is crispy and the potatoes are golden. Set the crackling aside, turn the potatoes onto a tray and serve the crackling on top.

PER SERVING 429 kcals, fat 26g, saturates 11g, carbs 37g, sugars 2g, fibre 4g, protein 9g, salt 0.2g



**CRACKLING
MAIN
£2.50**



**JUST
DESSERTS
54p**

Tea & biscuits ice cream

■ Serves 6 ■ Prep 10 mins plus 4 hrs infusing and freezing ■ Cook 2 mins

VEGETARIAN FREEZABLE

FOR THE ICE CREAM

300ml double cream

3 Earl Grey teabags

500g pot fresh custard

FOR THE BISCUITS

150g golden caster sugar

6 digestive biscuits, crushed
into crumbs

1 Bring half the cream to the boil in a small saucepan with the teabags and leave to infuse, gently pressing the teabags against the side of the pan to release all the flavour and turn the cream a milky tea colour. Leave to cool completely, then give the teabags a final squeeze before removing them. Pour the cream into a bowl with the custard and mix together.

2 Lightly whisk the remaining cream and fold through the custard mixture. If you have an ice cream machine, use

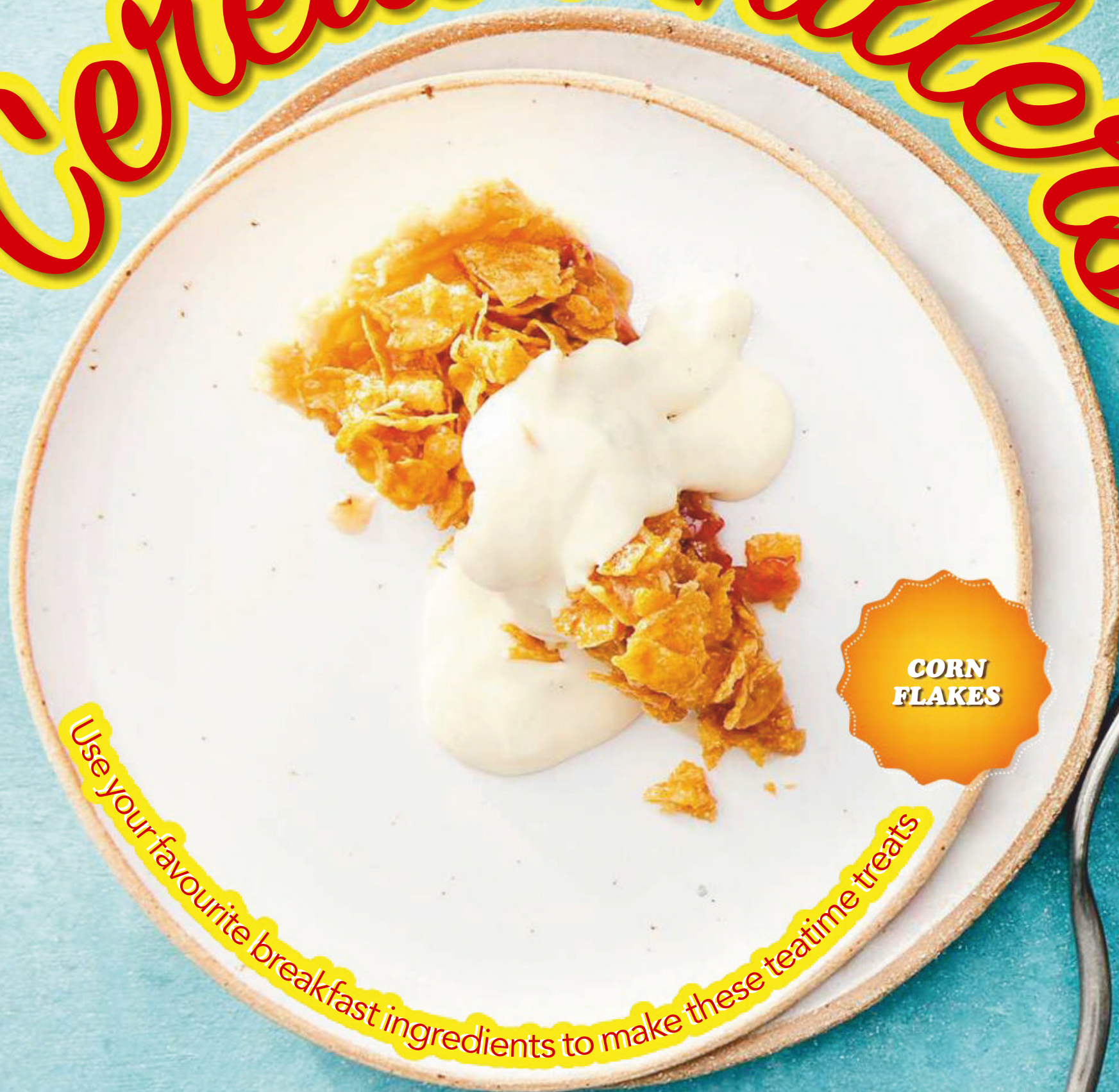
it, or freeze the mixture, whisking well every couple of hours until completely frozen. *Can be made a month in advance.* Remove from the freezer and put in the fridge 1 hr before serving to soften.

3 For the biscuits, heat a frying pan until very hot, scatter over the sugar and cook to golden caramel. Scatter over and stir in the biscuit crumbs. Tip onto a tray lined with baking parchment and leave to harden. Break into pieces and tip into a food processor, then blitz until the texture of rough crumbs. *Can be made three days ahead. Keep in an airtight container.*

4 To serve, put a pile of crumbs in the middle of each plate and top with a scoop of ice cream.

PER PORTION 185 kcals, fat 12g, saturates 7g, carbs 18g, sugars 14g, fibre none, protein 2g, salt, 0.1g

Cereal thrills



**CORN
FLAKES**

Use your favourite breakfast ingredients to make these teatime treats



Easy cornflake tart

Try this simple recipe for a fabulous family dessert that uses just a few ingredients. With a pastry case and jam base, it's delicious served with custard.

■ Serves 8-10 ■ Prep 20 mins ■ Cook 40 mins **VEGETARIAN**

320g ready-rolled shortcrust pastry

plain flour, to dust

50g butter

125g golden syrup

25g light brown soft sugar

100g cornflakes

125g strawberry or raspberry jam

custard, to serve

1 Heat the oven to 180C/160C fan/gas 4. Unroll the pastry and roll out on a lightly floured work surface until it's large enough to fit a 23cm loose-bottomed tart tin. Use the rolling pin to lift the pastry over the tin, then

press into the corners and sides so the excess pastry hangs over the rim. Trim this away, leaving just a small amount of excess hanging over the rim.

2 Line the pastry with baking parchment and fill with baking beans or uncooked rice. Bake for 15 mins. Remove the parchment and beans, then bake for another 5-10 mins until just golden. Remove from the oven and trim any excess pastry from the edges using a serrated knife.

3 Heat the butter, syrup and sugar in a small pan with a pinch of salt, stirring frequently, until melted and smooth. Fold in the cornflakes to coat in the butter mixture.

4 Spoon the jam into the cooked pastry base, then level the surface. Tip the cornflake mixture over the jam and gently press down until all of the jam is covered with a layer of the mixture. Return the tart to the oven and bake for another 5 mins until the cornflakes are golden and toasted. Leave to cool until just warm before slicing and serving with custard.

PER SERVING (10) 305 kcals, fat 14g, saturates 6g, carbs 41g, sugars 21g, fibre 1g, protein 3g, salt 0.5g

Apple & cornflake pots

These moreish individual pudding pots have a crunchy topping combined with a smooth apple sauce.

■ Serves 4 ■ Prep 15 mins ■ Cook 10 mins

VEGETARIAN

800g Bramley apples, peeled and sliced

3 tbsp golden caster sugar

2 tbsp golden syrup

25g butter

85g cornflakes

200ml low-fat crème fraîche

1 Put the apples, caster sugar and 3 tbsp water in a pan and cook over a medium heat, stirring occasionally, for 10 mins until softened.

2 Divide the mixture between four glass tumblers and leave to cool. Meanwhile, heat the golden syrup and butter in a large bowl in the microwave for 1 min to melt. Add the cornflakes and stir well to coat.

3 Top the cooled apple with the crème fraîche, then divide the cornflake mix between the glasses.

PER SERVING 372 kcals, fat 13g, saturates 8g, carbs 60g, sugars 44g, fibre 3g, protein 4g, salt 0.8g



Sticky plum flapjack bars

This is a great recipe to get the kids in the kitchen – they'll enjoy eating them too.

■ Makes 18 ■ Prep 20 mins ■ Cook 1 hr

VEGETARIAN FREEZABLE

450g plums, halved, stoned and roughly sliced

½ tsp mixed spice

300g light muscovado sugar

350g butter, plus extra for the tin

300g rolled porridge oats (not jumbo)

140g plain flour

50g chopped walnut pieces

3 tbsp golden syrup

1 Heat the oven to 200C/180C fan/gas 6. Tip the plums into a bowl. Toss with the spice, 50g of the sugar and a small pinch of salt, then set aside to macerate.


**PORRIDGE
OATS**

2 Gently melt the butter in a saucepan. In a large bowl, mix the oats, flour, walnut pieces and remaining sugar together, making sure there are no lumps of sugar, then stir in the butter and golden syrup until everything is combined into a loose flapjack mixture. **3** Butter a square baking tin about 20 x 20cm. Press half the oat mixture over the base of the tin, then tip over the plums and spread to make an even layer. Press the remaining oats over the plums so they are completely covered right to the sides of the tin. Bake for 45-50 mins until dark golden and starting to crisp a little around the edges. Leave to cool completely, then cut into 18 bars. *Will keep in an airtight container for two days or can be frozen for up to a month.*

PER BAR 335 kcals, fat 20g, saturates 11g, carbs 38g, sugars 22g, fibre 2g, protein 3g, salt 0.3g

Chocolate rice pop cakes

These easy, no-bake cakes are a kids' classic – decorate with sweets, nuts or dried fruit for the ultimate hometime treat.

- Makes 9 ■ Prep 15 mins plus setting
- Cook 5 mins

100g milk chocolate, broken up
50g dark chocolate, broken up
100g butter

4 tbsp golden syrup

100g rice pops

TO DECORATE

50g milk chocolate, melted
sprinkles, mini marshmallows,
nuts, sweets, dried fruit or white
chocolate buttons

1 Put the chocolate, butter and golden syrup in a heatproof bowl and gently melt in the microwave in 10-second bursts, or over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, then take off the heat and gently stir in the rice pops, coating them with the chocolate until they are completely covered. **2** Divide between nine cupcake or 12 fairy cake paper cases – you can put these into a muffin tin to hold their shape. Leave to set. To set them faster, put in the fridge for 1 hr. **3** Drizzle with melted chocolate and top with your choice of decorations before the chocolate hardens. *Will keep in an airtight container for five days.*

PER CAKE 278 kcals, fat 17g, saturates 10g, carbs 28g, sugars 19g, fibre 1g, protein 3g, salt 0.5g


**RICE
POPS**

EVERYBODY LOVES SHORTBREAD

Crumbly, buttery shortbread is simplicity itself to make and can be the starting point for lots of other delicious bakes

Shortbread biscuits

Make these moreish shortbread biscuits using just three ingredients. They're wonderfully crumbly and go perfectly with a cup of tea for an afternoon treat.

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

VEGETARIAN FREEZABLE

150g plain flour, plus extra for dusting
100g butter, chilled and cubed
50g caster sugar, plus 1 tbsp for sprinkling

1 Heat the oven 170C/150C fan/gas 3. Put the flour, butter and sugar into a bowl. Combine until the mixture resembles breadcrumbs, then bring together as a dough with your hands.

2 On a lightly floured surface, use a rolling pin to roll out the

dough to a thickness of ½ cm. Cut the dough into fingers and place on a lined baking tray. Use a fork to create imprints, then sprinkle with the remaining caster sugar.

3 Chill the dough in the fridge for 20 mins, then bake for 15-20 mins until golden brown. Remove the shortbread fingers from the oven and leave to cool on the tray for 10 mins.

PER BISCUIT 79 kcals, fat 4g, saturates 3g, carbs 9g, sugars 4g, fibre 0.3g, protein 1g, salt 0.1g

Scotland is famous for it, so let's celebrate Burns Night on 25 January with shortbread!



Manuka honey cheesecake with raspberries

Shortbread biscuits are used in the base of these little cheesecakes that can be part-prepared up to the day ahead, then topped with raspberries before serving. If you don't want to go to the expense of manuka honey, go for a single-flower one, or whatever you have in the cupboard.

■ Serves 2 ■ Prep 15 mins ■ No cook

VEGETARIAN

4 shortbread biscuits, lemon ones give a nice contrast (about 85g)

140g full-fat soft cheese

50ml double cream

1 tbsp caster sugar

2 tbsp manuka honey, plus 1 tsp extra

125g punnet raspberries, or just thawed frozen ones

1 Sit 2 x 9cm metal rings on two small serving plates. Crush the shortbread biscuits in a bag with a rolling pin, then divide the crumbs between the rings, pressing down firmly to form the base.

2 Put the soft cheese in a bowl, then whisk together with the double cream, sugar and 2 tbsp honey until soft peaks form. Spoon the mixture into the rings, then spread the top flat. *The cheesecake can be chilled until ready to serve.*

3 Crush a third of the raspberries with 1 tsp honey, then gently fold in the rest. Using a blowtorch, warm around the edge of the ring and lift off, or use a knife to run around the inside of the ring, and lift off. Spoon over the raspberries and serve.

PER SERVING 764 kcals, fat 63g, saturates 37g, carbs 47g, sugars 34g, fibre 2g, protein 6g, salt 0.8g



Peppermint petticoat tails shortbread

Mint gives these an unusual twist, but you can leave it out if you want to be more traditional.

■ Serves 8 ■ Prep 20 mins ■ Cook 25 mins

VEGETARIAN FREEZABLE

250g butter, softened
100g caster sugar
1/2-1 tsp peppermint essence
250g plain flour, plus a little extra for rolling
100g cornflour
icing sugar, for dusting

1 Put the butter, sugar and peppermint essence in a food processor and whizz until pale and creamy. Add the flour, cornflour and 1/2 tsp salt, then pulse until the mixture clumps together into small pieces. Tip onto a lightly floured work surface and bring the dough together as a ball, but don't overwork it.

2 Roll the dough to a 25cm circle, about 1cm thick. Trim around a large plate to give a really neat edge. Transfer to

a large baking sheet. Use two fingers to crimp all the way around the edge of the dough then, using a fork, mark dotted lines to portion the shortbread into 8 wedges. Put the tray in the fridge and chill for at least 30 mins.

3 Heat the oven to 180C/160C fan/gas 4. Cook the shortbread for 25 mins until golden and cooked through. Leave to cool completely on the tray. To decorate, place a lacy doily over the shortbread and dust with a generous layer of icing sugar. Pull the doily away to reveal the beautiful lacy pattern. *Keep in a tin for up to five days.*

PER SERVING 445 kcals, fat 26g, saturates 16g, carbs 48g, sugars 15g, fibre 1g, protein 3g, salt 0.8g



Chocolate peanut butter shortbread sandwiches

■ Makes about 16 ■ Prep 20 mins plus 1 hr chilling
 ■ Cook 25 mins VEGETARIAN FREEZABLE *shortbread dough only*

FOR THE SHORTBREAD

150g golden icing sugar
225g butter, at room temperature
300g plain flour, sifted, plus extra for dusting
55g cocoa powder, sifted
FOR THE BUTTERCREAM
300g golden icing sugar
50g butter, at room temperature
100g smooth peanut butter
2-3 tbsp milk

1 Put all the shortbread ingredients in a food processor with a pinch of salt and pulse until the mixture comes together to form a dough. If it won't come together, take it out of the processor and bring it together with your hands. Tip onto a lightly floured work surface and shape into a log about 5cm

in diameter. Wrap and chill for about 1 hr.

2 Heat the oven to 140C/120C fan/gas 2. Line two large baking sheets with baking parchment. Cut the log into about 32 rounds 6mm thick and line them up on the sheets. Bake for 22-25 mins. Leave to cool a little, then carefully remove and put on a wire rack to cool completely.
3 To make the buttercream, blitz all the ingredients in a food processor or beat with an electric whisk, adding enough of the milk to make a soft mixture. Sandwich the shortbread together with the buttercream.

PER SHORTBREAD SANDWICH 363 kcals, fat 18g, saturates 10g, carbs 44g, sugars 28g, fibre 4g, protein 2g, salt 0.4g



Millionaire's shortbread

To ensure the caramel layer sets in this luscious treat, boil the ingredients until they thicken and turn deeper in colour.

■ Makes 20 pieces ■ Prep 25 mins plus cooling ■ Cook 35 mins **VEGETARIAN**

175g butter, softened, plus extra for the tin

250g plain flour

75g caster sugar

FOR THE CARAMEL

100g butter

100g light muscovado sugar

2 x 397g cans condensed milk

FOR THE TOPPING

200g plain or milk chocolate, broken into pieces

1 Heat the oven to 180C/160C fan/gas 4. Lightly butter a 33 x 23cm Swiss roll tin with a lip of at least 3cm. To make the shortbread, mix the flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Knead the mixture together until it forms a dough, then press into the base of the prepared tin. Prick the shortbread lightly with a fork and bake for 20 mins or until firm to the touch and lightly browned. Leave to cool in the tin.

2 To make the caramel, tip the butter, sugar and condensed milk into a pan and heat gently until the sugar has dissolved. Bring to the boil, stirring all the time, then reduce the heat and simmer very gently, stirring continuously, for about 5-10 mins or until the mixture has thickened. Pour over the shortbread and leave to cool.

3 For the topping, melt the chocolate in a bowl over a pan of hot water. Pour over the cold caramel and leave to set. Cut into 20 squares or bars to serve.

PER SQUARE 300 kcals, fat 14g, saturates 9g, carbs 38g, sugars 30g, fibre 1g, protein 4g, salt 0.3g



Cheddar & hazelnut shortbread

Be careful when pulsing the mixture – it really mustn't come together in a ball in the food processor.

■ Makes 40 biscuits ■ Prep 15 mins plus 2 hrs chilling ■ Cook 20 mins

VEGETARIAN **FREEZABLE** *unbaked*

155g blanched hazelnuts
110g cold butter, cut into chunks
100g plain flour
225g mature cheddar, finely grated
1 medium egg, lightly beaten

1 Blitz 85g of the hazelnuts in a food processor until ground. Cut the rest of the hazelnuts in half.

2 Pulse the ground hazelnuts, butter, flour, cheddar, $\frac{1}{2}$ tsp salt and the egg in the food processor a few times. Don't pulse for too long – you want the mixture to look like breadcrumbs, rather than coming together in a ball. Tip the mixture onto a large piece of cling film and, using the cling film to shape it, mould it into a ball, then leave in the fridge for a couple of hours.

3 Heat the oven to 200C/180C fan/gas 6. Pull off chunks of the dough – about a tablespoon at a time – and roll each piece into a ball. Place on a baking sheet and flatten each biscuit to around 3.5cm across, leaving room between each one. Push 3-4 hazelnuts halves into each biscuit. Cook for 10 mins, or until the biscuits are golden brown. Leave to cool on the baking sheet, then transfer to a wire rack. *Will keep for up to three days in an airtight container.*

PER BISCUIT 81 kcals, fat 7g, saturates 3g, carbs 2g, sugars none, fibre none, protein 2g, salt 0.2g



B B C

TV CHEFS

Warm yourself up with these out-of-the-ordinary soups

**Matt Tebbutt's silky celeriac soup
with smoked haddock, p84**

**3
INSPIRING
SOUPER
BOWLS!**



BEST OF B B C

Matt Tebbutt hosts *Saturday Kitchen Live* on Saturdays at 10am on BBC One and *Saturday Kitchen Best Bites* on Sundays at 10am on BBC Two.

**Rosie Birkett's curried carrot soup
with cashew & coriander salsa, p84**



BEST OF BBC

Rosie Birkett is a regular on BBC One's *Saturday Kitchen*. Her latest book, *The Joyful Home Cook*, is out now.



Matt Tebbutt's silky celeriac soup with smoked haddock

As the haddock is just flaked over to finish, you can leave it out if the kids aren't keen. Also, if you want to make this soup vegetarian, simply omit the haddock and make the soup with vegetable stock.

■ Serves 6 ■ Prep 10 mins
■ Cook 40 mins

50g unsalted butter
1 onion, chopped
1 leek, finely chopped
1 garlic bulb, cut through the middle
few thyme sprigs, plus extra to serve
4 bay leaves
1 celeriac, peeled and diced
2 medium potatoes, diced
1 litre chicken stock
500ml milk
2 fillets natural smoked haddock
500ml double cream

1 Heat the butter in a large saucepan until foaming, then lower the heat a little. Cook the onion and leek with the garlic, thyme and 2 bay leaves. Add the celeriac and potatoes and cook for 10 mins more, stirring frequently so the vegetables don't stick to the pan. Pour over the stock to just about cover, bring to the boil, then simmer gently for 20 mins.

2 Meanwhile, in a deep frying pan, bring the milk and remaining bay leaves to the boil. Lower to a gentle simmer, slide in the haddock and cover with baking paper. Cook for 3-4 mins until the fish flakes easily. Remove the fish from the milk and flake into a bowl; cover to keep warm.

3 When the celeriac is tender, pour in the cream, bring back to the boil and remove from the heat. Remove the garlic and herb stalks, then blitz until silky smooth using a stick blender. Serve scattered with the flaked haddock and thyme leaves.

PER SERVING 636 kcals, fat 54g, saturates 30g, carbs 16g, sugars 9g, fibre 6g, protein 22g, salt 1.9g

Tip If you want to freeze the soup, stir the fish through it, rather than scattering on top



Rosie Birkett's curried carrot soup with cashew & coriander salsa

■ Serves 6 ■ Prep 14 mins ■ Cook 40 mins

VEGETARIAN **FREEZABLE**

2 tbsp rapeseed oil
1 tsp fenugreek seeds
2 tsp each cumin and coriander seeds
8 green cardamom pods
3 onions, finely chopped
1.2kg carrots, sliced
4 tomatoes, chopped
large piece fresh ginger, chopped
2 green chillies, chopped
1 tsp turmeric
2 tsp garam masala
2 litres veg stock
1 lemon, juiced
200ml whole, coconut or cashew milk
coriander and cashew chutney, to serve
spring onion, sliced, to serve

1 Heat the oil in a pan. Add the seeds and cardamom, and cook until sizzling. Tip in the onion and carrot, and fry for a few mins until fragrant, then add the tomatoes, ginger, chilli, spices and 2 tsp salt. Cook for 8-10 mins.

2 Add the stock and simmer for 40 mins. Cool slightly, then blend until smooth. Add the lemon juice and seasoning. Return to the pan, add the milk and warm through. Serve topped with the chutney and spring onion.

PER SERVING 197 kcals, fat 7g, saturates 1g, carbs 23g, sugars 20g, fibre 10g, protein 5g, salt 2.7g

Coriander & cashew salsa

■ Serves 6 ■ Prep 5 mins ■ Cook 10 mins

VEGETARIAN

100g cashews, toasted
1 tsp coriander seeds, toasted
1/2 tbsp rapeseed or nut oil
1 spring onion, roughly chopped
small pack of coriander
1/2 green chilli, deseeded
1 lime, juiced

Blitz the cashews and coriander seeds to crumbs. Add the oil and blitz until it comes together, then add everything else and blitz to a pesto consistency. Season with salt and lime juice to taste. Loosen with 1 tbsp of water and blitz to a creamy consistency.

PER SERVING 114 kcals, fat 9g, saturates 2g, carbs 3g, sugars 1g, fibre 1g, protein 4g, salt none



John Torode's Asian chicken noodle soup

This is more like a bowl of noodles and less like a soup – similar to the way they do it in Asia. The broth should be strongly flavoured and steaming hot.

■ Serves 6 ■ Prep 20 mins
■ Cook 15 mins

4 skinless chicken breasts
60ml sake (if you don't have sake, use vodka instead)
thumb-sized piece ginger, peeled and sliced into matchsticks
3 spring onions, finely sliced on the diagonal, and white and green parts separated
150ml soy sauce
4 tsp sesame oil
2 garlic cloves, grated
600g thick white noodles (such as udon)
2 large long red Serrano chillies, seeds left in and sliced on the diagonal
1 large egg, beaten
small pack coriander
2 tbsp toasted sesame seeds
seaweed flakes, to serve (optional)

1 Slice the chicken breasts into strips about 1cm wide and the full length of the breast. Briefly marinate the chicken in the vodka, then set aside for a few mins.

2 Mix the ginger with the white parts of the spring onions, soy sauce, sesame oil and garlic.

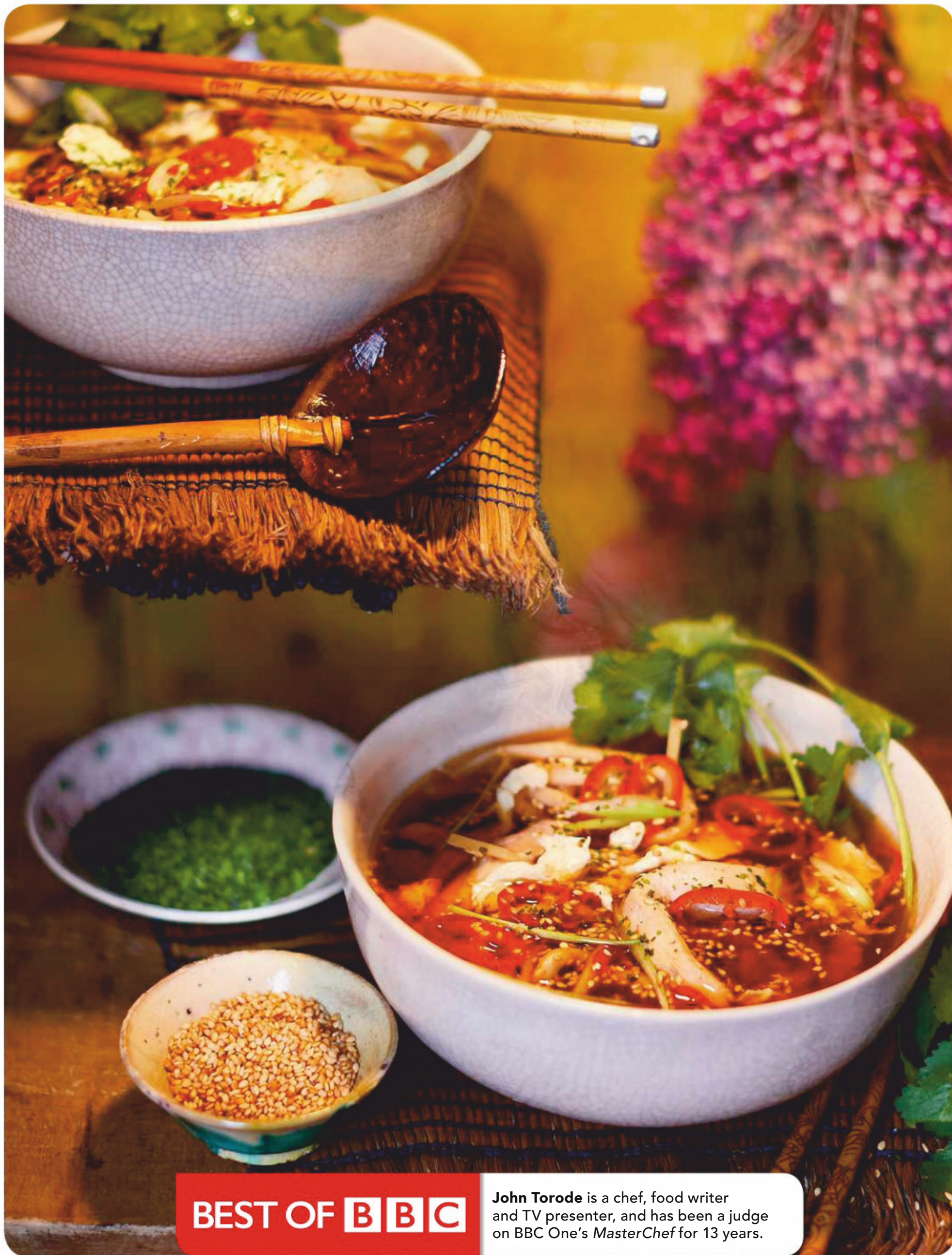
3 Put 2 litres of water in a saucepan and bring to the boil. Pour in the ginger and soy mixture, then reduce the heat and cook just below a simmer for 5 mins.

4 Add the chicken and vodka mix, noodles and chillies to the stock, and turn up the heat. As soon as the broth comes to the boil, turn off the heat.

Slowly pour the egg into the broth, stirring all the time. Add the green parts of the spring onions and stir through. Leave to sit for 2 mins.

5 Ladle the soup evenly into six bowls. Sprinkle with the coriander and toasted sesame seeds, and a few seaweed flakes.

PER SERVING 297 kcals, fat 6g, saturates 1g, carbs 29g, sugars 5g, fibre 3g, protein 28g, salt 3.8g



BEST OF BBC

John Torode is a chef, food writer and TV presenter, and has been a judge on BBC One's *MasterChef* for 13 years.



ENTERTAINMENT • TASTING • SHOPPING • INSPIRATION

BBC goodfood SHOW SUMMER

Sponsored by: LEXUS

Last chance for early bird tickets – ends 31 January!



18 - 21 June 2020 | Birmingham NEC

Warm up this New Year...

Beat the January blues and get the date in the diary for the ultimate summer day out, as the **BBC Good Food Show** heads back to Birmingham's NEC for four delicious days this June. Gather your friends and family and pick up plenty of recipe inspiration, shop from the finest food and

drink producers, get hands-on in masterclasses and see your culinary heroes cooking LIVE in the Big Kitchen. This year's star-studded line-up includes Michelin masters **Tom Kerridge** and **Michel Roux Jr**, queen-of-baking **Mary Berry**, Show favourites **James Martin** and **Nadiya Hussain** and more to be

announced! Book early for the best seats and choose gold to get even closer the action. Don't forget, all tickets include entry to **BBC Gardeners' World Live** – that's 2 fantastic Shows for 1!

Early-bird readers save 30%* on tickets, quote EC1 when booking.



EARLY BIRD – SAVE 30%* ON TICKETS, QUOTE EC1

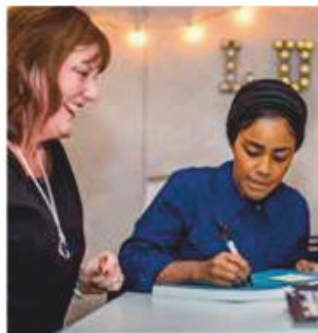


Summer Show highlights



Sample and shop

Feast your eyes on hundreds of independent and artisan producers, as well as your favourite big brands. Stock up on tasty summer ingredients, the hottest kitchen gadgets and much more. Pick up the latest cookbooks and get them signed by your favourite chefs and experts in daily Book Signing sessions.



The VIP Experience

Add sparkle to your day with our **VIP packages**, which include a glass of fizz, **front block seats** in the Big Kitchen, goody bag and more!

A taste of Good Food

Join **food skills editor Barney Desmazery** on the **BBC Good Food Stage** to hear from your favourite chefs and experts in live interviews and demos. Plus, roll up your sleeves and get hands-on in expert masterclasses taught by the cookery team at the **BBC Good Food Workshop**.



Plot-to-plate inspiration

Head outside to **BBC Gardeners' World Live** and be inspired by spectacular **Show Gardens** and **Beautiful Borders**, discover a stunning selection of plants in the **Floral Marquee** and pick up top tips from your favourite experts, including **Monty Don, Carol Klein, Frances Tophill** and more.



A Glimpse of South East Asia Timotay Landscapes APL Avenue (2019)



*Ends 11.59 on 31/01/2020. Discount valid on advance adult tickets only. Not valid on VIP packages, Gold Big Kitchen seats or with any other offer. Gold Big Kitchen seats cost an additional £3, subject to availability. £2.95 admin fee per advance order. Not all celebrities appear on all days. Details correct at time of print. Calls cost 7p/minute plus phone company charges. The BBC trademark is used under licence from the BBC. © BBC, 2018. The Good Food trademark is used under licence from Immediate Media Company London Limited. Organised and presented by River Street Events.



easycook next month

10 TIME-SAVING ONE POTS

**ON
SALE
7 FEBRUARY**

Subscribe today
– see p44



PLUS

- **Gordon Ramsay's family meals**
- **Tommy Banks' bread & butter pudding toast**
- **5-night dinner plan** • **Pancakes** • **Easy Indian dinners**
- **Plan a healthy week of stir-fries, fish & more...**

DON'T MISS OUT!

5 WAYS WITH BRAMLEYS

APPLE-TISERS

A quintessentially British ingredient with a unique pulpy texture and tangy flavour. Try these simple ideas...

Roast cinnamon apples

■ Heat the oven to 180C/160C fan/gas 4. Mix **50g dried breadcrumbs**, **8 chopped dried apricots**, **75g sugar** mixed with **1 tsp ground cinnamon**, **75g chopped butter** and the **zest of 1 orange**. Using an apple corer, remove the centre of **6 large Bramley apples**, then score the skin around the equator so they don't collapse during roasting. Pack the filling into the apples, then sit them snugly in an ovenproof dish. Mix together the juice of **1 orange** with 150ml water and pour around the apples. Roast for 40-50 mins until nicely browned and very soft, but still just holding their shape. Serve with the sticky pan juices and **custard or ice cream**. Serves 6.

Apple pie samosas

■ Heat oven to 200C/180C fan/gas 6. Put **2 chopped Bramley apples**, **50g caster sugar**, **1 tsp mixed spice** and **50g sultanas** in a pan with 2 tbsp water and cook, covered, for 6 mins or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool. Cut **4 sheets of filo** in thirds lengthways and brush with **25g melted butter**. Place a spoonful of the filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until golden. Serves 4.

Speedy apple crumble

■ Heat oven to 200C/180C fan/gas 6. In a bowl, mix **900g chopped Bramley apples** with the juice of half a **lemon**, **½ tsp cinnamon**, **1 tbsp plain flour**, **15g butter** and **1 tbsp brown sugar**. Put in a small glass dish, cover and microwave for 5 mins at 600W. Meanwhile, rub together **3 tbsp plain flour**, **70g butter**, **80g soft brown sugar**, **50g oats** and **25g chopped walnuts** to a crumble-like texture. Spoon the apples into a baking dish. Scatter over the crumble and bake for 20 mins until crisp. Serve with or **crème fraîche**. Serves 4.

Bramley apple sauce

■ Tip 3 chopped **Bramley apples** into a pan with **50g butter** and **50g sugar**, then cover with a lid. Place the pan on a low heat, stirring occasionally, for about 15 mins until the apples break down into a purée. Stir to knock out any lumps, then tip into a serving dish. Serves 6-8.

Dorset apple traybake

■ Heat oven to 180C/160C fan/gas 4. Butter and line a rectangular baking tin (approx 27 x 20cm) with baking parchment. Peel, core and thinly slice **450g Bramley apples** and toss with the juice of **½ lemon**. For the sponge, put **225g soft butter**, **280g caster sugar**, **4 eggs**, **2 tsp vanilla extract**, **350g self-raising flour** and **2 tsp baking powder** into a large bowl and beat until smooth. Spread half the mixture into the tin. Arrange half the apples over the top, then repeat the layers. Sprinkle over some **demerara sugar** and bake for 45-50 mins until golden and springy to the touch. Cool for 10 mins, then turn out of tin and remove paper. Cut into 16 bars or squares.



Recipe index

Need some inspiration? Look no further than our at-a-glance guide

Meat & poultry

- Asian chicken noodle soup **84**
- Bacon bolognese **25**
- Cape Malay-style chicken curry with yellow rice **51**
- Chicken & leek filo pie **42**
- Chicken & squash traybake **16**
- Chicken, butter bean & pepper stew **29**
- Chicken madras **6**
- Chicken tikka masala **48**
- Chicken wings with chilli & date caramel **67**
- Chicken with prosciutto & thyme **35**
- Classic toad-in-the-hole **12**
- Creamy pesto chicken **11**
- French onion sausage pot **10**
- Harissa chicken traybake **16**
- Herb roast pork with vegetable roasties & apple gravy **28**
- Home-style lamb curry **49**
- Hot mustard lentils with beetroot & spicy sausages **57**
- Hot salami & courgette flatbread **38**
- Jamaican-style chicken with rice & peas **34**
- Lamb with spicy tomato sauce **16**
- Lemony lamb meatballs **67**
- Mexican chicken & black bean wraps **43**
- Minced beef & sweet potato stew **31**
- Mini toad-in-the-holes **12**
- Moroccan chicken with sweet potato mash **16**
- One-pot Chinese chicken noodle soup **41**
- Pot-roast chicken with stock **41**
- Salt beef club with Cajun fries **38**
- Sausage & bean one-pot **10**
- Sausage & parmesan cobbler **54**
- Super speedy chilli **52**
- Swede lamb & feta bake **58**
- Tender duck & pineapple curry **52**



Teriyaki meatballs, p28

- Teriyaki chicken meatballs with rice & greens **28**
- Thai-style chicken & sweet potato parcels **38**
- Twice-cooked pork belly with cider sauce **70**

Fish & seafood

- Easy paella **13**
- Fish tagine with saffron & almonds **46**
- Halibut with creamy vegetables & potatoes **34**
- Lemon spaghetti with tuna & broccoli **25**
- Prawn & tomato stew with gremolata topping **30**
- Prosciutto & pesto fish gratin **11**
- Seafood, chickpea & chorizo rice **13**
- Silky celeriac soup with smoked haddock **84**
- Smart crab linguine **38**
- Smoked mackerel pâté with cucumber **69**
- Steamed fish with ginger & spring onion **31**

Vegetarian

- Aubergine katsu curry **54**
- Baked feta with sumac & grapes **64**
- Barley & bulgur herb salad **66**
- Blue cheese & walnut pasta bake **15**
- Burrito bowls with chipotle black beans **10**
- Carrot tarte tatin **58**
- Cauli cheese macaroni **15**
- Cheesy spaghetti omelette **25**
- Curried carrot soup with cashew & coriander salsa **84**
- Fennel & lemon spaghetti **28**
- Halloumi traybake **23**
- Healthier veggie carbonara **21**
- Herb omelette with fried tomatoes **3**
- Loaded baked potatoes with slaw **23**
- Mini lentil shepherd's pies **24**
- Roast carrot, feta & herb salad **58**
- Spicy mushroom & broccoli noodles **10**
- Stuffed red peppers **14**
- Tarka dhal **53**
- Tomato & mazzarella bake **25**
- Vegetable tagine with almond & chickpea couscous **52**
- Veggie toad-in-the-hole **20**

Sides, snacks & extras

- Bramley apple sauce **89**
- Burnt butter cabbage **70**
- Caramelised honey carrots **20**
- Chilled cheese on toast **62**
- Coriander & cashew salsa **84**
- Crunchy polenta roasties **20**
- Crackling potato cake **70**
- Membrillo, chorizo & cheddar toastie **62**
- Minestrone in minutes **25**



Rhubarb tatin, p67

- Parsnip crisps **59**
- Pickled pineapple & sriracha cheese toastie **61**
- Rarebit toasties with caramelised onions **62**
- Qahwa **67**
- Roast beetroot dip **57**
- Sesame flatbreads **64**
- Swede & parmesan mash **58**
- Tikka paste **48**
- Veggie gravy **20**

Sweet treats & baking

- Apple & cornflake pots **74**
- Apple pie samosas **89**
- Cheddar & hazelnut shortbread **81**
- Chocolate peanut butter shortbread sandwiches **79**
- Chocolate rice pop cakes **75**
- Crêpes with lemon & sugar **12**
- Dorset apple traybake **89**
- Easy cornflake tart **73**
- Honey, parsnip & coconut cake **59**
- Manuka honey cheesecake with raspberries **78**
- Millionaire's shortbread **80**
- Peppermint petticoat tails shortbread **79**
- Roast cinnamon apples **89**
- Rhubarb tatin **67**
- Shortbread biscuits **76**
- Sticky plum flapjack bars **74**
- Tea & biscuits ice cream **71**
- Speedy apple crumble **89**

IMMEDIATE MEDIA

Printed by Walstead Group Ltd. © Immediate Media Company London Limited 2020. All rights reserved. Reproduction in whole or part prohibited without permission. The publishers cannot accept responsibility for errors in advertisements, articles, photographs or illustrations. Immediate Media is a registered data user whose entries in the Data Protection Register contain descriptions of sources and disclosures of personal data. The text paper for BBC Easy Cook is printed on 65gsm Graphocote produced by SCA. It is elementally chlorine free and coated with kaolin from Brazil. The cover is printed on 150gsm Pavarotti Gloss from Denmaur. It is elementally chlorine free and coated with china clay produced in the UK. Immediate Media is working to ensure that all of its paper is sourced from well-managed forests. This magazine is printed on Forest Stewardship Council® (FSC®) certified paper. This magazine can be recycled, for use in newspapers and packaging. Please remove any gifts, samples or wrapping and dispose of it at your local collection point. With thanks to BBC Good Food magazine, where some recipes have previously appeared.



