

**DON'T SAY VINEGAR
SAY SARSON'S**

*Sarson's flavour develops over 7 days in wooden vats compared to most other malt vinegars produced in 24 hours using stainless steel acetators.

BBC

100+

fuss-free recipes

easycook

SEPTEMBER 2018

from good food

IT'S GETTING CHILLI IN HERE!

Only **£2.99**
AMAZING VALUE

STUDENT SUPPER SPECIAL

• **Fast snacks**

• **Food for friends**

• **Vegetarian mains**

Marvellous midweek jackets

PLUS

FRIDAY NIGHT THAI

sticky ribs

EXCLUSIVE RECIPES

BUDGET BONANZA

- **Eat well for less**

- **Easy £1 meals**

How to cook KOREAN

Family-friendly meatball meals

PURPLE REIGNS!

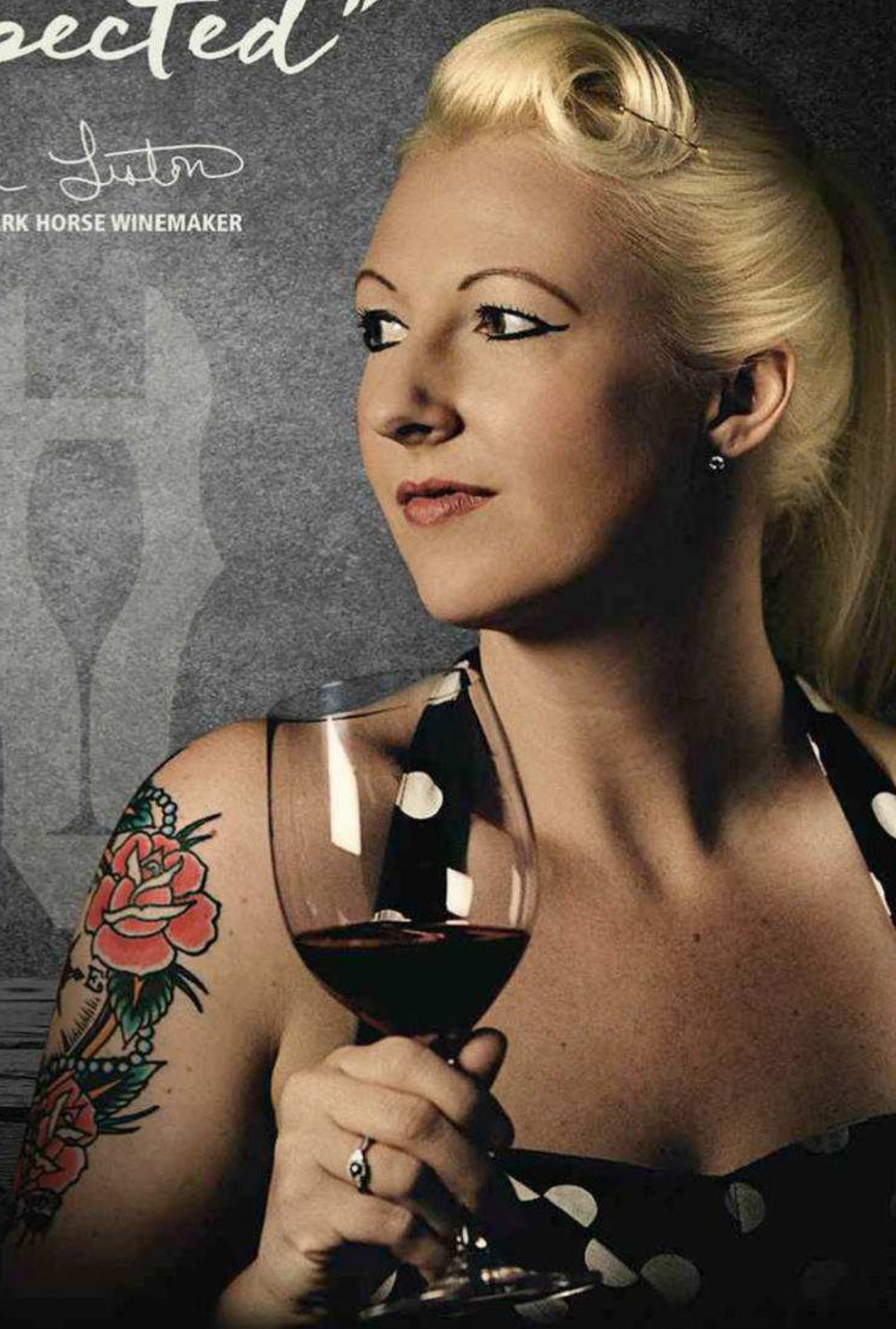
Make the most of plums

9 771743 917122 15

"I love crafting bold wines that deliver the unexpected"

Beth Juston

DARK HORSE WINEMAKER



NEVER UNDERESTIMATE A DARK HORSE

for the facts
drinkaware.co.uk

DARKHORSEWINE.CO.UK

© 2018 Dark Horse Wines, Modesto, CA. All rights reserved.



Welcome

Last year, my niece and godsons cut the apron strings and headed off to the scary new world of university – and they love it. Their new-found independence has forced them to think about what they eat and why they eat it, and they tell me that *Easy Cook* has been a valuable source of inspiration for cheap meals that aren't challenging to make. This month, as they prepare to go back for their second year, we've devoted a special section of 24 suppers for cash-strapped students like them, and perhaps you or your sons and daughters. I hope you enjoy them.

Keith Kendrick

Editor

BBC

easycook
goodfood

Try this easy student supper...

Paneer-stuffed pancakes

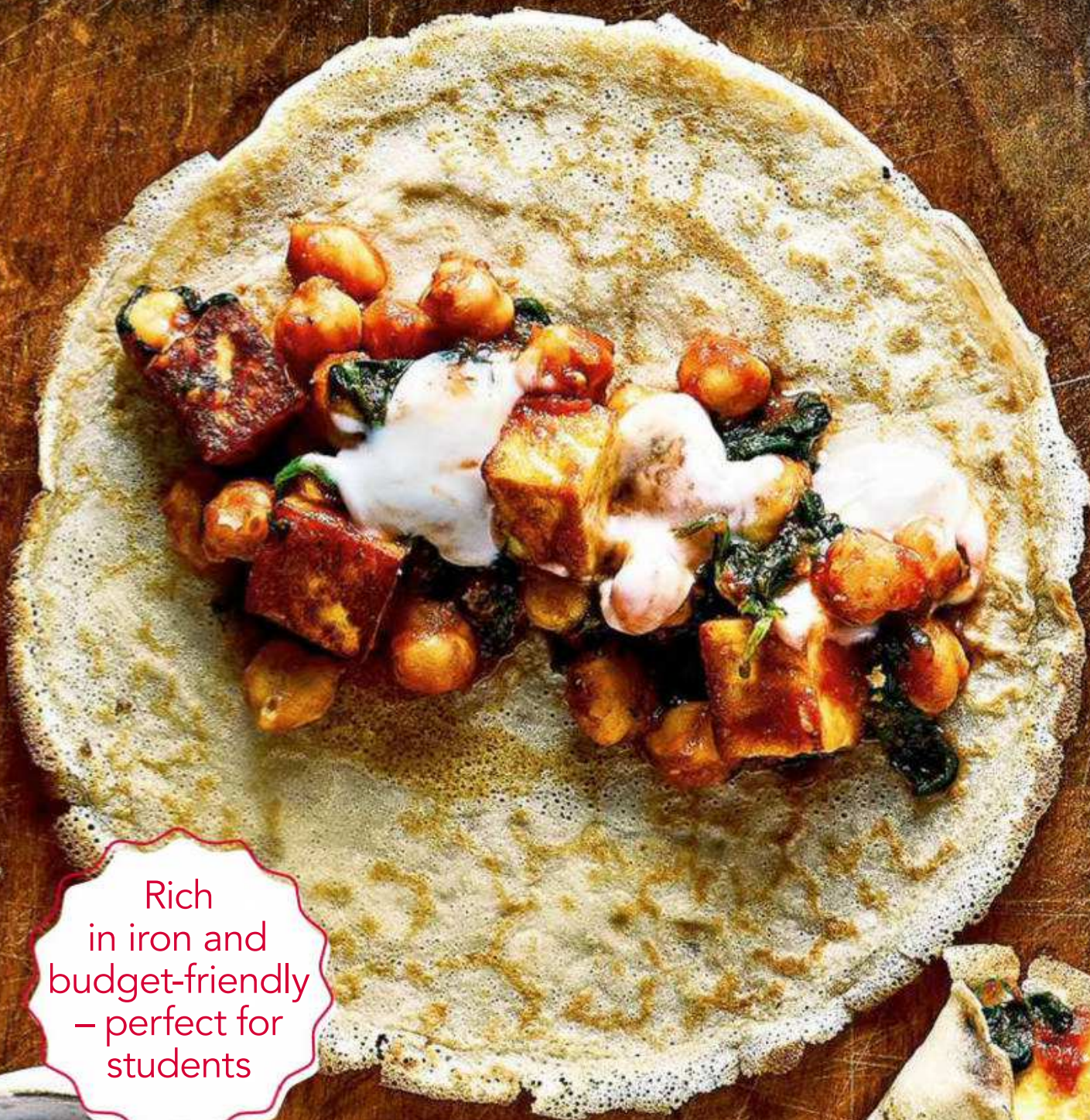
■ Serves 2 ■ Prep 10 mins ■ Cook 10 mins

VEGETARIAN

Heat oven to 110C/90C fan/gas 1/4. Gradually whisk **1 large egg** and **100ml milk** into **50g plain flour** in a bowl. Heat **a little sunflower oil** in a non-stick frying pan over a medium heat. Pour in a quarter of the batter and swirl it around to coat the pan. Cook for 30 secs on each side, then lift onto a baking tray and put in the oven to keep warm. Repeat with the rest of the batter, adding oil each time. Layer baking parchment between them. Cook **100g frozen spinach** in the microwave for 4 mins. Meanwhile, heat 1 tsp oil in a non-stick frying pan on a medium heat. Add **1/2 x 226g pack paneer**, cut into cubes, and fry for 20 secs on each side until golden. Stir in **1 tbsp hot curry paste**, then add **400g can chickpeas**, drained and rinsed, **150g passata** and spinach, and heat through. If it's too dry, add a splash of water. Mix **75ml coconut yogurt** with **1 tbsp mango chutney**. Divide the between pancakes, spoon on some **yogurt**, then serve.

PER SERVING 696 kcals, fat 37g, saturates 18g, carbs 50g, sugars 11g, fibre 11g, protein 36g, salt 0.9g

Rich in iron and budget-friendly – perfect for students



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 8433 3983
enquiries@bbceasycookmagazine.com
BBC Easy Cook, BBC Studios,
Television Centre, 101 Wood Lane,
London W12 7FA

Subscriptions & back issues
03330 162 122
easycookdigital@buysubscriptions.com
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

Editor Keith Kendrick

Content & Production Manager Stella Papamichael
Deputy Content & Production Manager Fiona Forman

Senior Sub-Editor Marianne Voyle
Recipe Research Sara Buenfeld

DESIGN

Senior Art Editors Gareth Jones, Rachel Bayly

THANKS TO

Andrew Jackson and Elizabeth Cake

BBC GOOD FOOD

Editor-in-Chief Christine Hayes
Creative Director Martin Topping

ADVERTISING

Group Advertising Director Jason Elson (020 7150 5030)

Advertising Manager, print & digital Anna Priest

Client Services Manager Catherine Nicolson

Senior Sales, brand Rachel Dalton

Senior Sales, brand James Adams

Senior Sales, brand Margaret McGonnell

Group Head, partnerships Roxane Rix

Sales executive, partnerships Elorie Palmer

Sales Executive, partnerships Mia Georgevic

Business Development Manager, inserts Steve Cobb
Regional Business Development Manager Nicola Rearden

MARKETING & READER OFFERS

Group Marketing Manager Tom Townsend-Smith

Marketing Executive Amy Donovan

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 Kate Gristwood

Senior Production Coordinator Leanda Holloway

Senior Reprographic Technician Darren McCubbin

Reprographic Technician Jonathan Shaw

Head of Ad Services Sharon Thompson

Senior Ad Services Coordinator Sarah Barker

Ad Services Co-ordinator Richard Williams

Ad Services Co-ordinator, inserts Sabeena Atchia

SYNDICATION

Director of International Licensing & Syndication

Tim Hudson

IMMEDIATE MEDIA CO

CEO Tom Bureau

Group Publishing Director Alfie Lewis

Publishing Director Simon Carrington

BBC STUDIOS

President of UK and ANZ Marcus Arthur

Director for Consumer Products & Publishing

Andrew Moultrie

Director of Editorial Governance Nicholas Brett

Publishing Director, UK Publishing Chris Kerwin

Publisher magazines and NPD Mandy Thwaites

Publishing Co-ordinator Eva Abramik

uk.publishing@bbc.com

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 IPSO'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, BBC Studios, Television Centre, 101 Wood Lane, London W12 7FA



57

Student-friendly sweet potato fajitas

Subscribe

44 Bag yourself three issues of *BBC Easy Cook* for just £5

September 2018

Contents

EVERYDAY

8 EAT WELL ON A BUDGET

Fresh inspiration for money-saving weeknight dinners

18 FEASTS FROM JUST £1

More tasty meals on a tiny budget

26 PACKED LUNCHES

Imaginative and nutritious lunchboxes your kids will love

29 GREAT GRILLS

Cut-out-and-keep recipes to make using your griddle pan or grill

32 GET TO KNOW YOUR GRAINS

Healthy and delicious ways to cook with these storecupboard staples

36 TASTY PASTRY

Savoury mains made simple with ready-rolled dough

40 FRESH FRY-UPS

Get out your wok and stir-fry some veg for speedy suppers in 20 minutes

42 SALAD DAYS

Make the most of last-summer crops with these no-cook meals

79

Healthy turkey meatball Caesar salad



47 STUDENT SPECIAL

Easy suppers, snacks and soups for those who have just left home

WEEKEND

60 MAKE IT MOROCCAN

A prepare-ahead, Middle East-inspired feast for a crowd

66 THE WEEKEND STARTS HERE

Forget the takeaway – here's how to make your own four-course Thai meal

68 JOHN TORODE

The *MasterChef* judge shares his recipe for roast chicken with a twist

72 HEART AND SEOUL

The perfect introduction to making some classic Korean dishes

76 COOKING WITH KIDS

Bite-sized balls with the flavours of Spain, Thailand, Italy and more



60 A Moroccan feast for six

easy offer

46 Save on Cooks Professional cookware

80 PLUM PUDS

Celebrate the late-summer fruit with our delicious desserts

87 5 WAYS WITH MERINGUES

From Eton mess to pavlova – make the most of the meringue nest

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*

46 OFFER

Save money on non-stick pans

89 NEXT MONTH...

A sneak peek at our next issue

90 INDEX

Find the recipe you fancy



68 John Torode's vanilla & pomegranate cake



16 Sticky gammon steaks with bulgur salad



82 Plum & amaretti semifreddo

Make our cover recipe!



Chilli jacket potato, p14

SEPTEMBER SHOWSTOPPER

Nice 'n' Squidgy

Everyone will love these indulgent brownies.
Plus, they're super-simple to make!

Raspberry brownies

■ Makes 15 squares ■ Prep 10 mins ■ Cook 40 mins

VEGETARIAN FREEZABLE

200g dark chocolate, broken into chunks
100g milk chocolate, broken into chunks
250g pack salted butter
400g soft light brown sugar
4 large eggs
140g plain flour
50g cocoa powder
200g raspberries

1 Heat oven to 180C/160C fan/gas 4. Line a 20 x 30cm baking tray tin with baking parchment. Put the chocolate, butter and sugar in a pan and gently melt, stirring occasionally with a wooden spoon. Remove from the heat.
2 Stir the eggs, one by one, into the melted chocolate mixture. Sieve over the flour and cocoa, and stir in. Stir in half the raspberries, scrape the mixture into the tray, then scatter over the remaining raspberries. Bake on the middle shelf for 30 mins or, if you prefer a firmer texture, for 5 mins more. Cool before slicing into squares. *Will keep in an airtight container for up to three days.*

PER SERVING 389 kcals, fat 22g, saturates 13g, carbs 44g, sugars 38g, fibre 2g, protein 5g, salt 0.4g





The classic brownie gets a makeover with late-summer raspberries

SUPER-SAVER suppers

Keep the pounds in your pocket with
our fresh midweek meals!

**AS
LITTLE
AS 95P
PER SERVING**

£1.31
per serving



**Oven-baked red
pepper risotto, p10**

**Sticky
lemon
chicken,
p10**

**£1.73
per serving**



Oven-baked red pepper risotto

- Serves 4 ■ Prep 5 mins
- Cook 30 mins

VEGETARIAN FREEZABLE

- 1 tbsp olive oil
- 1 onion, chopped
- 300g risotto rice
- 400g can chopped tomatoes
- 200g frozen roasted peppers
- 600ml vegetable stock
- handful flat-leaf parsley, chopped
- parmesan or vegetarian alternative, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in an ovenproof pan, then fry the onion for a few mins until softened. Turn up the heat, tip in the rice, stir, then fry for 1 min more. Stir in the tomatoes, peppers and 500ml of the stock. Cover and bake in the oven for 25 mins until the rice is tender and creamy.

2 Stir in the remaining stock and parsley, season to taste and scatter with parmesan.

PER SERVING 334 kcals, fat 4g, saturates 1g, carbs 70g, sugars 9g, fibre 5g, protein 9g, salt 1.3g

Use up leftovers

Red risotto cakes with bacon

Chill the **risotto** overnight, then shape handfuls into burger shapes. Dip into seasoned **flour**, then beaten **egg** and **breadcrumbs** to coat. Fry in a little **oil** in a non-stick pan for 4 mins each side, then serve with **crispy bacon** and **salad**.

Sticky lemon chicken

- Serves 4 ■ Prep 20 mins
- Cook 10 mins

- 1 tbsp honey
- 1 lemon, juice only
- 250ml chicken stock
- 1 tbsp soy sauce
- 4 chicken breasts, cut into chunks
- 1 tbsp cornflour
- 1 tsp vegetable oil
- 2 carrots, finely sliced
- 1 red pepper, cut into chunks
- 140g sugar snap peas

1 In a jug, mix together the honey, lemon, stock and soy, then set aside. Toss the chicken with the cornflour so it's completely coated. Heat the oil in a non-stick frying pan, then fry the chicken until it changes colour and starts to become crisp around the edges.

2 Add the carrots and red pepper, then fry for 1 min more. Pour the stock into the pan, bring to a simmer, then add the sugar snap peas and bubble everything together for 5 mins until the chicken is cooked and the veg are tender. Serve with noodles.

PER SERVING 236 kcals, fat 3g, saturates 1g, carbs 15g, sugars 10g, fibre 2g, protein 38g, salt 1.2g



Tip Coating the chicken in cornflour before frying not only helps to crisp it up but also thickens the sauce

Ham & leek cannelloni

- Serves 4 ■ Prep 10 mins
- Cook 25 mins

- 3 leeks, sliced into 1cm chunks
- 300ml vegetable stock
- 85g wafer-thin ham, roughly torn
- 8 fresh lasagne sheets
- 200g tub half-fat crème fraîche
- 1 tbsp wholegrain mustard
- 50g strong cheddar, grated
- 85g breadcrumbs

1 Heat oven to 200C/180C fan/gas 6. Simmer the sliced leeks with the stock in a covered pan for 5 mins until tender. Drain, reserving the stock, then mix with the ham and some seasoning. Divide the mixture into eight, spoon along the middle of each lasagne sheet, roll up, then tuck into an ovenproof dish, joined sides down.

2 Mix 300ml of the reserved stock with the crème fraîche, mustard and most of

the grated cheese. Season, then pour over the cannelloni. Sprinkle with the breadcrumbs and remaining cheese, then bake for 20 mins until the top is golden and crisp, and the leek filling is piping hot. Great with a green salad.

PER SERVING 402 kcals, fat 16g, saturates 8g, carbs 49g, sugars 5g, fibre 4g, protein 19g, salt 1.6g

Don't want to use the oven?

Ham, leek & cheese pasta

Cook **400g pasta shapes** according to pack instructions, then make a simple sauce by bubbling the softened **leeks** with the **ham**, **crème fraîche**, **mustard** and **cheese** in a pan with half the reserved **stock** for a few mins. Stir through the **pasta** to serve.

96p
per serving

This creamy, cheesy bake is the ultimate comfort food, and so quick and easy to make

Cheese & onion pork chops

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

4 pork chops

2 tsp olive oil

1 tsp English mustard

4 tbsp caramelised onions, from a jar

50g Cheshire cheese, grated

1 tsp thyme, chopped

1 Heat grill to high, then place the chops on a grill pan, rub with oil and season. Grill for about 6 mins on each side, until golden.

2 Spread a little mustard over one side of each chop, then top with 1 tbsp onions. Mix the cheese and thyme, sprinkle over the chops, then grill until golden and bubbly. Serve with veg or salad.

PER SERVING 378 kcals, fat 23g, saturates 9g, carbs 8g, sugars 6g, fibre none, protein 36g, salt 0.5g

Make it with chicken Sticky stuffed chicken

Cut pockets in 4 skinless **chicken breasts**. Mix the **onions, cheese** and **thyme** with **50g breadcrumbs**, then divide between the pockets. Brush chicken with **mustard** and **oil**, season, then bake at 200C/180C fan/gas 6 for 20-25 mins until cooked through.

97p
per serving



White fish with spicy beans & chorizo

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

FREEZABLE *bean mix only*

1 tbsp olive oil	410g can cannellini
1 onion, chopped	beans, drained
small rosemary sprig,	200g shredded
leaves finely chopped	green cabbage
25g chorizo or other spicy	pinch sugar
sausage, chopped	4 x skinless chunky
2 fat garlic cloves, crushed	white fish fillets
700g bottle passata	

1 Heat the oil in a large frying pan, then soften the onion for 5 mins. Add the rosemary, chorizo and garlic, then fry for 2 mins more until the chorizo is starting to crisp. Tip in the passata, beans, cabbage and sugar, season, then simmer for 5 mins.

2 Add the fish to the pan, leaving the tops of the fillets peeking out of the sauce, then cover with a lid and leave to cook for 3-5 mins or until the flesh flakes easily. Delicious served with crusty bread.

PER SERVING 304 kcal, fat 6g, saturates 1g, carbs 27g, sugars 11g, fibre 6g, protein 36g, salt 1.23g

£2.13
per serving

This tasty sauce could be eaten as a stew with bread or potatoes

£1.56
per serving



DIY kofta burgers

- Serves 4 (easily doubled)
- Prep 30 mins ■ Cook 10-20 mins

FREEZABLE burgers only, uncooked

FOR THE BURGERS

- 500g lamb mince
- 1 onion, coarsely grated
- ½ garlic bulb, broken into cloves and finely chopped or grated
- 3 tbsp garam masala
- ½ bunch coriander, chopped (optional)
- ½ tbsp chilli sauce, plus extra to serve

TO SERVE

- 4 pitta breads
- 2 tomatoes, halved and sliced
- ¼ red cabbage, shredded
- 1 small red onion, sliced (optional)
- small pot plain yogurt

1 Tip the mince into a large bowl with all the other burger ingredients and a good pinch of salt. Roll up your sleeves, get your hands into the mix and squelch everything together until completely mixed. Pat the mix into eight small burgers. *Can be frozen for up to one month or chilled up to a day ahead.*

2 To cook, heat grill to its highest setting and lay the burgers in a single layer on a baking tray. Grill on the highest shelf for 5-6 mins on each side until browned and cooked through. Pile burgers onto a platter and serve with all the accompaniments, so everyone can construct their own pittas.

PER SERVING 295 kcals, fat 18g, saturates 8g, carbs 8g, sugars 2g, fibre 1g, protein 26g, salt 0.3g

Chilli con carne jackets

- Serves 4 ■ Prep 10 mins
- Cook 1 hr

- 4 baking potatoes
- 2 tbsp olive oil
- 1 large onion, finely chopped
- 400g pork mince
- 1 tbsp chipotle paste
- 400g can chopped tomatoes
- 1 chicken stock cube
- 300ml pot soured cream
- ¼ small pack chives, snipped
- mixed leaves, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6 and prick the potatoes all over with a fork. Use 1 tbsp of the oil to rub over the potatoes and place on a baking sheet in the oven for about 1 hr until cooked through.

2 Meanwhile, make the chilli. Put the remaining oil in a deep frying pan over a medium heat. Add the onion and cook for about 10 mins until softened. Add the mince, breaking up with a wooden spoon and stirring until turning pale. Stir through the chipotle paste, cook for 1 min, then tip in the tomatoes, crumble over the stock cube and season well. Cover and simmer over a gentle heat with the lid on for about 40 mins, stirring occasionally.

3 Remove the lid from the chilli and cook for 10 mins more. Once the potatoes are cooked, halve them and top with the chilli, a dollop of soured cream and a sprinkling of chives. Serve with mixed leaves, if you like.

PER SERVING 604 kcal, fat 31g, saturates 14g, carbs 50g, sugars 13g, fibre 7g, protein 28g, salt 1.1g

£1.22
per serving



**COVER
RECIPE**

Minty pea & potato soup

■ Serves 4 ■ Prep 5 mins ■ Cook 25 mins

VEGETARIAN FREEZABLE

2 tsp vegetable oil
1 onion, chopped
800g potatoes, peeled and cut into small chunks
1 litre vegetable stock
350g frozen peas
handful mint, chopped

1 Heat the oil in a large saucepan, then fry the onion for 5 mins until softened. Add the potatoes and stock, then bring to the boil. Cover and simmer for 10-15 mins until tender, adding the peas 2 mins before the end of the cooking time.

2 Use a slotted spoon to remove a quarter of the vegetables from the pan and set aside. Blend the remaining vegetables and stock in a food processor or using a hand blender until smooth, then stir through the reserved veg, chopped mint and some seasoning. Serve with bread on the side.

PER SERVING 249 kcals, fat 3g, saturates 1g, carbs 48g, sugars 7g, fibre 9g, protein 11g, salt 0.3g

£1.01
per serving

Fresh, filling
and so simple
– save any
leftovers for
lunch

Sticky gammon steaks with apple & bulgur salad

- Serves 2 ■ Prep 15 mins
- Cook 15 mins

100g bulgur wheat
150ml hot chicken stock
1 tbsp olive oil, plus a drizzle for frying
2 gammon steaks
2 tbsp clear honey
1 apple, cut into matchsticks or grated
2 celery sticks, finely sliced
pot of cress
½ lemon, juiced

1 Tip the bulgur wheat into a bowl, pour over the hot chicken stock, cover with cling film and set aside for 15-20 mins. Meanwhile, heat a drizzle of oil in a large frying pan, add the gammon steaks and cook for 5-7 mins on each side until cooked through and starting to brown. Add the honey to the pan and add a splash of water, move the gammon around until it is coated in the sauce then leave to bubble for 1-2 mins until sticky.

2 Unwrap the bulgur wheat and fluff up with a fork. Add the olive oil, apple, celery, cress, lemon juice and some seasoning and mix everything together. Serve the gammon with the bulgur salad and any juices from the pan poured over.

PER SERVING 514 kcals, fat 18g, saturates 4g, carbs 56g, sugars 21g, fibre 1g, protein 31g, salt 5.3g

£2.10
per serving



£1.21
per serving



Chickpea & spinach chapatis

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

VEGETARIAN

- 1 tbsp olive oil
- 2 onions, sliced
- thumb-size piece fresh root ginger, grated
- 1 tbsp garam masala
- 400g can cherry tomatoes
- 410g can chickpeas, drained
- 500g bag spinach leaves
- 8 chapatis

1 Heat the oil in a large frying pan, then gently cook the onions and ginger for 5 mins until beginning to soften. Stir in the spice, cook for 1 min, then add the tomatoes and chickpeas. Fill the tomato can one third with water, tip this in too, then bubble for 5 mins until the sauce has thickened a little. Stir in

$\frac{3}{4}$ of the spinach leaves, a handful at a time, then warm through for a few mins. **2** Heat the chapatis in the microwave, following the pack instructions. Serve the curry spooned into the warm chapatis, with the remaining spinach and a dollop of yellow yogurt, if you like (recipe below). **PER SERVING** (with yellow yogurt) 424 kcals, fat 12g, saturates 2g, carbs 64g, sugars 14g, fibre 7g, protein 19g, salt 1.81g

Serve on the side Yellow yogurt

Mix **200ml low-fat natural yogurt** with **1 tsp turmeric** and **2 tbsp chopped mint leaves** or **1 tsp dried mint**.

Chicken & mushroom spud pies

■ Serves 4 ■ Prep 10 mins
■ Cook 20 mins

- 4 large baking potatoes
- 2 tsp olive oil
- 250g pack chestnut mushrooms, quartered
- 1 tsp cornflour
- 100ml milk, plus 3 tbsp
- 2 cooked chicken breasts, roughly shredded
- handful chopped parsley

1 Microwave the potatoes for 10 mins on high, turning after 5 mins, and heat oven to 220C/200C fan/gas 7. Meanwhile, heat the oil in a frying pan, then fry the mushrooms over a high heat until golden. Stir in the cornflour, gradually add 100ml milk, then simmer to a smooth sauce. Season to taste, then stir in the chicken and parsley. **2** Scoop most of the potato from the skins, then mash with the remaining milk and some seasoning. Spoon the chicken filling into the shells, top with the mash, then bake for 10 mins until golden and the skins have crisped a little. Serve with green veg or a salad.

APER SERVING 289 kcals, fat 5g, saturates 1g, carbs 38g, sugars 3g, fibre 3g, protein 26g, salt 0.1g

95p
per serving



EAT WELL FOR LESS

**Budget
BOOKS**

Want to watch your pennies? Keep to your weekly food budget with these ideas from **Gregg Wallace** and **Chris Bavin**

£2.76
per portion

Prawn pad Thai, p20



£2.31
per portion

Chicken katsu curry, p20



Prawn pad Thai

Pad Thai can be found all over Thailand and Indonesia – everyone has their own variation. This one combines king prawns with a healthy dose of mixed fresh vegetables, providing two portions of your five-a-day. You can make it spicier or milder, depending on how much chilli you add.

■ Serves 4 ■ Prep 10 mins plus soaking ■ Cook 10 mins

200g wide rice noodles	2 tbsp sweet chilli sauce
1 tbsp vegetable oil	250ml hot vegetable stock
small bunch spring onions, trimmed and finely sliced	160g green beans, halved
1 lemongrass stalk, outer leaves removed, halved lengthways, finely chopped	160g broccoli, cut into florets
1 red chilli, deseeded and finely chopped	200g raw peeled king prawns (defrosted)
2 garlic cloves, finely chopped	3 eggs, lightly beaten
2 red peppers, deseeded and thinly sliced	160g fresh spinach, roughly chopped
3 tbsp soy sauce	1 lime, zested and juiced
	25g roasted unsalted peanuts, lightly crushed
	2 tbsp chopped coriander

- 1 Put the noodles in a large, heatproof bowl, then pour over enough boiling water to cover and leave to soak for about 8-9 mins. Drain and set aside.
- 2 Heat a wok until hot, then add the vegetable oil, spring onions, lemongrass, chilli and garlic and stir-fry over a high heat for 1 min. Add the peppers and stir-fry for 2 mins or until just softened.
- 3 Reduce the heat, add the soy sauce, sweet chilli sauce and hot stock and bring to a simmer. Tip in the green beans and broccoli, then cover with a lid and simmer for a further 2 mins. Remove the lid, add the prawns and simmer for 2 mins until they're just pink.
- 4 Add the beaten eggs to the pan and stir through quickly to distribute evenly. Add the drained noodles, the spinach and lime zest and juice and stir through – you want the spinach to be just wilted and everything hot through. Serve immediately, sprinkled with the roasted peanuts and chopped coriander.



Recipes adapted from *Eat Well for Less: Quick and Easy Meals* by Gregg Wallace, Chris Bavin and Jo Scarratt-Jones (£14.99, BBC Books).



Chicken katsu curry

This is a gluten-free version of katsu chicken – just make sure you use a gluten-free stock cube for the sauce. Coating the chicken in oats makes it substantial, and turmeric and curry powder give it an extra layer of flavour.

■ Serves 4 ■ Prep 15 mins ■ Cook 20-25 mins

FOR THE CHICKEN	1 carrot, peeled and finely chopped
4 boneless, skinless chicken breasts	2 garlic cloves, roughly chopped
2 eggs, beaten	1 tbsp medium curry powder
150g porridge oats	50g peanut butter (no added sugar)
2 tsp rapeseed oil	500ml chicken stock
2 tsp ground turmeric	1 tsp garam masala
1 tsp medium curry powder	1-2 red chillies, deseeded and finely chopped
300g basmati rice	4 spring onions, finely chopped
FOR THE SAUCE	
1 tbsp rapeseed oil	
1 onion, finely chopped	

- 1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment.
- 2 Season the chicken breasts. Put the eggs and oats into two separate shallow dishes and season the beaten eggs. Add the rapeseed oil, turmeric and curry powder to the oats and mix well.
- 3 Dip the chicken breasts into the eggs first, coating them all over, then immediately add them to the oat mixture, turning to coat completely, keeping one hand dry.
- 4 Transfer to the lined baking tray and bake in the oven for 20-25 mins until the chicken is cooked through and the oats crispy and golden.
- 5 Meanwhile, bring a large saucepan of salted water to the boil and cook the basmati rice following pack instructions until tender.
- 6 For the sauce, heat a medium frying pan until hot. Pour in the rapeseed oil, onion and carrot and cook over a medium heat for a couple of mins until just starting to soften. Stir in the garlic and curry powder. Add the peanut butter and chicken stock and bring to a simmer, stirring occasionally. Remove from the heat and blitz to a fine purée using a hand-held stick blender in the pan, or a blender.
- 7 Stir the garam masala into the sauce and season to taste – you might want a little extra heat; if so, add one of the chopped chillies.
- 8 By now the chicken and rice should be ready. Drain the rice. Remove the chicken from the oven and cut into strips. Serve the chicken with the curry sauce spooned over the top and the rice alongside. Scatter over the spring onions and remaining red chilli.

Berry crumble bars

These crumble bars are suitable for those who prefer dairy-free. The oaty base holds together a little like shorbread. Use any frozen fruit, or swap the cinnamon for mixed spice.

■ Makes 24 ■ Prep 10 mins ■ Cook 40-45 mins

120ml rapeseed oil, plus extra for the tin	1½ tsp ground cinnamon
375g fine oatmeal	120g coconut oil
135g self-raising flour	500g frozen blueberries (or whatever frozen fruit you have to hand)
180g light soft brown sugar	

1 Heat oven to 180C/160C fan/gas 4. Oil a 30 x 23cm deep-sided baking tin with rapeseed oil and line the base and sides with baking parchment.

2 Tip the oatmeal, flour, sugar and cinnamon into a large bowl and mix together really well. Add the coconut oil and rapeseed oil and rub together with your fingertips until evenly distributed.

3 Spoon $\frac{2}{3}$ of the oatmeal mixture into the prepared tin and smooth it over, pressing down lightly.

4 Scatter the frozen blueberries (or other fruit) evenly over the top, then scatter the remaining oatmeal mixture over the blueberries.

5 Bake in the oven for 40-45 mins until cooked through and golden brown on top.

6 Leave to cool completely, then cut into 24 rectangles, remove and serve. *Will keep in an airtight container for up to five days.*



TURN THE PAGE FOR MORE MONEY-SAVING MEALS >>>

SUPER-EASY £1 MEALS

Budget
BOOKS

Costing just £1 per portion, these magic recipes from frugal food writer **Miguel Barclay** are truly delicious



£1
per portion

Ham & leek
risotto, p24

£1
per portion



Keema lamb tacos, p24



Ham & leek risotto

It's annoying when you have to keep two pans on the go just to make a risotto: one for the rice and another to keep the stock bubbling away. So here I have created a recipe that requires just one pan and a kettle.

- Serves 1 ■ Prep 5 mins
- Cook 20 mins

½ leek, sliced
olive oil
handful arborio rice
½ chicken stock cube
1 slice thick-cut ham,
torn into chunks
handful grated parmesan

1 Fry the leek in a splash of olive oil in a pan over a medium heat. Once softened, stir in the arborio rice and season. Crumble in the stock cube and add 100ml of boiling water, then stir continuously as the rice starts to plump up. Gradually add more water little by little (you'll use about 400ml in total), continuing to stir. After about 15 mins the rice should be cooked but still firm.
2 Remove from the heat and stir in the ham and grated parmesan. Season once more if required, drizzle over a little olive oil and serve.

Tip **This is the ideal post-work dinner when you're tired, hungry and in a hurry**



Keema lamb tacos

Making your own tortillas is a great way to eat on a budget. They are really simple, cost pennies and make a little filling go a long way. Here, I have put my favourite keema lamb curry in a taco, Mexican street-food style.

- Serves 1 ■ Prep 10 mins
- Cook 20 mins

40g plain flour, plus extra
for dusting
olive oil
½ red onion, sliced
75g lamb mince
1 tsp curry powder
small handful spinach
1 tbsp yogurt (or crème fraîche)
1 spring onion, sliced lengthways

1 Mix the flour and 25ml cold water in a bowl with a pinch of salt. Knead on the work surface for 1-2 mins until you get a smooth dough. Cut it into three balls and roll each ball out roughly into a 10cm circle.

2 Heat a dry frying pan over a high heat, add a circle of dough and cook for 2 mins on each side, until nicely toasted. Set to one side and repeat with the remaining dough.

3 Pan-fry the onion in a splash of olive oil over a medium heat for a few minutes until softened, then add the lamb, season, add the curry powder and cook for about 10 mins. When the lamb is cooked, throw in the spinach and let it wilt. Spoon some filling on to each taco, drizzle with yogurt and top with spring onion.

Tip **If you don't have a pan with an ovenproof handle, use a frying pan and transfer to an ovenproof dish before adding the passata**

Sloppy giuseppe

Sometimes you just crave pizza flavours in a hearty plate of food, and sloppy giuseppe is the perfect topping style for this £1 crustless dish.

- Serves 1 ■ Prep 5 mins
- Cook 25 mins

75g beef mince
olive oil, for frying
¼ red onion, roughly diced
¼ green pepper, roughly diced
200g passata (from a 400g tin)
¼ mozzarella ball, roughly
torn into chunks
1 tsp dried oregano

1 Heat oven to 190C/170C fan/gas 5. Season the minced beef with salt and pepper and roll it into little balls. Fry the meatballs in a glug of olive oil in an ovenproof pan over a medium heat for about 5 mins. When the beef starts to brown, add the onion and green pepper, then fry for a further 5 mins until the onion starts to colour.

2 Remove the pan from the heat. Tip in the passata, chunks of mozzarella, season with salt and pepper and sprinkle over the oregano. Cook in the oven for about 15 mins until the cheese has melted, then serve.



Recipes adapted from *Super Easy One Pound Meals* by Miguel Barclay (£16.99, Headline Home). Photographs Dan Jones.

**A tasty
midweek
supper
on a tiny
budget**

£1
per portion

Sloppy giuseppe

THE MUNCH

Mix 'n' match a snack and main each day for satisfying

SNACKS

Keep hunger pangs at bay with these healthy, delicious nibbles

Bean dip with veggie sticks

■ Serves 1 ■ Prep 10 mins ■ No cook

VEGETARIAN

■ Whizz **215g can drained butterbeans**, squeeze lemon juice, **1 small crushed garlic clove**, **1 tbsp each chopped parsley** and **mint**, **2 tsp olive oil** and **1 tbsp water**. Serve with vegetable dippers made from **1 celery stick**, **1 carrot** and **½ red pepper**.

PER SERVING 253 kcals, fat 10g, saturates 1g, carbs 34g, sugars 17g, fibre 11g, protein 10g, salt 0.3g

Raspberry banana smoothie

■ Serves 1 ■ Prep 2 mins ■ No Cook

VEGETARIAN

■ Whizz **85g raspberries** together with **1 chopped banana** and **150ml orange juice** until smooth.

PER SERVING 170 kcals, fat 1g, saturates none, carbs 40g, sugars 38g, fibre 3g, protein 3g, salt 0g

Cinnamon custard plums

■ Serves 1 ■ Prep 3 mins ■ Cook 3 mins

VEGETARIAN

■ Put **1 tbsp honey**, **1 tsp butter**, **2 quartered plums**, few drops **vanilla extract**, pinch **ground cinnamon** and 2 tsp water in a dish. Cover with cling film, pierce and microwave for 3 mins on High. Once cooled, put fruit in a container and spoon on **2-3 tbsp custard**. Seal, then refrigerate.

PER SERVING 148 kcals, fat 7g, saturates 4g, carbs 22g, sugars 12g, fibre 1g, protein 2g, salt 0.1g

Apricot yogurt granola pots

■ Makes 8 servings of granola ■ Prep 5 mins

■ Cook 14 mins

VEGETARIAN

■ Mix **200g oats**, **2 tbsp honey** and **1 tbsp sunflower oil** in a baking tray. Spread out and bake at 200C/180C fan/gas 6 for 7 mins. Stir, then bake for 7 mins more. Cool. Mix with **150g dried fruits**. For one serving, mix 100ml **natural yogurt** with **1 tbsp sugar-free apricot jam** in a container. Store granola in an airtight container and portion into a small bag when packing up for a lunchbox.

PER SERVING 281 kcals, fat 6g, saturates 2g, carbs 49g, sugars 25g, fibre 3g, protein 10g, salt 0.2g

Carrot & pineapple muffins

■ Makes 12 ■ Prep 10 mins ■ Cook 20-25 mins

VEGETARIAN

■ Sift together **140g self-raising flour**, **85g wholemeal flour** (reserving about 2 tbsp of the bran), **½ tsp bicarbonate of soda**, **2 tsp ground cinnamon** and a pinch salt. In another bowl, beat **150ml sunflower oil** with **100g golden caster sugar**. Add **200g mashed cooked carrots**, **3 canned pineapple slices**, cut into cubes, **2 tbsp pineapple juice** from the can, **1 egg** and **1 tsp vanilla extract**. Mix in **50g sunflower seeds**. Fold dry mix into the wet one. Cut out a dozen 10cm squares of baking parchment and place in the holes of a muffin tin. Spoon mixture into tin, sprinkle with bran and a few sunflower seeds. Bake at 200C/180C fan/gas 6 for 20-25 mins or until a skewer comes out clean. Leave to cool.

PER MUFFIN 239 kcals, fat 14g, saturates 2g, carbs 26g, sugars 12g, fibre 2g, protein 4g, salt 0.4g



BUNCH

and nutritious take-to-school lunches

Your
weekly
lunchbox
planner

MAINS

Multiply the quantities for more than one child

Chicken guacamole wrap

■ Serves 1 ■ Prep 5 mins ■ No cook

■ Take **1 tortilla wrap** and spread **2 tbsp shop-bought guacamole** down the middle. Lay **½ shredded chicken breast** and **½ sliced red pepper** on top. Sprinkle with **30g grated cheddar** and roll up tightly.

PER WRAP 404 kcals, fat 19g, saturates 8g, carbs 28g, sugars 6g, fibre 3g, protein 31g, salt 2g

Very easy pasta salad

■ Serves 1 ■ Prep 3 mins ■ Cook 7-9 mins

VEGETARIAN

■ Cook **85g pasta** shapes, adding **3 tbsp each frozen peas** and **frozen sweetcorn** for the final min. Drain; rinse in cold water. Mix **1 tbsp each natural yogurt** and **shop-bought balsamic dressing**, with **1 tsp mayo**. Pour onto the pasta, then stir in **1 tbsp chopped basil** and **3 halved cherry tomatoes**.

PER SERVING 481 kcals, fat 15g, saturates 2g, carbs 77g, sugars 7g, fibre 5g, protein 14g, salt 0.4g

Mini ham rolls

■ Serves 1 ■ Prep 4 mins ■ No cook

■ Mix **1 tbsp mayo** with **1 tsp each wholegrain mustard** and **honey**. Split **2 small wholemeal rolls** in half and spread each side with the mayo mix. Stuff each with **2-3 slices cucumber**, **1 Little Gem leaf** and **1 slice ham**.

PER ROLL 385 kcals, fat 17g, saturates 3g, carbs 42g, sugars 7g, fibre 4g, protein 19g, salt 2.6g

Sweet potato & chickpea soup

■ Serves 2 ■ Prep 5 mins ■ Cook 20 mins

VEGETARIAN

■ Heat **1 tbsp olive oil** in a pan; soften **1 diced onion** for 3 mins. Add **2 sliced garlic cloves**, cook for 3 mins more. Add **1 tsp each ground cumin** and **ground coriander**, cook for 1 min. Add **1 sweet potato**, cut into 1cm cubes. Fry for 2 mins, then pour over **600ml hot veg stock**. Boil for 10 mins. Add **220g can**



drained chickpeas. Heat then whizz until smooth. Stir in **1 tbsp soured cream** and **50ml milk**. Pour into a thermos when hot. **PER SERVING** 287 kcals, fat 11g, saturates 2g, carbs 40g, sugars 12g, fibre 7g, protein 10g, salt 0.8g

Ploughman's lunchbox

■ Serves 1 ■ Prep 10 mins ■ No cook

VEGETARIAN

■ Cut a **chunk of cheddar** and **1 apple** into wedges. Place **2 Little Gem leaves** in a container, spoon **2 tbsp chutney** into one and use the other to hold a salad of **1 small grated carrot**, **3 cherry tomatoes** and **1 tbsp cress**. Serve with **crackers** if you like.

PER SERVING 463 kcals, fat 20g, saturates 10g, carbs 59g, sugars 29g, fibre 6g, protein 16g, salt 1.8g

LUNCHBOX TIPS

- * A frozen carton of juice or a smoothie keeps the lunchbox cool and should defrost by lunchtime, ready to drink.
- * A mini thermos lets you send your child to school with soups and stews.
- * Adapt recipes to suit individual tastes, making sure to include protein, complex carbs, calcium and fruit and veg to help them reach their 5-a-day.

For more information on food safety, nutrition and lunchboxes, visit schoolfoodtrust.org.uk or food.gov.uk

CAN WE HOST IT OUR WAY?

OF COURSE YOU CAN

M&S

EST. 1884

Headline Partner of the
World's Biggest Coffee Morning



On the 28th September, people up and down the country are taking part in the World's Biggest Coffee Morning. So why not get involved and host it your way for Macmillan?

Every Coffee Morning changes lives. Whether it's big or small, at home or at work, the money you raise helps us support people with cancer to live life as fully as they can.

Sign up for your **FREE** Coffee Morning kit today.
Visit macmillan.org.uk/coffee



WORLD'S BIGGEST COFFEE MORNING

MACMILLAN CANCER SUPPORT



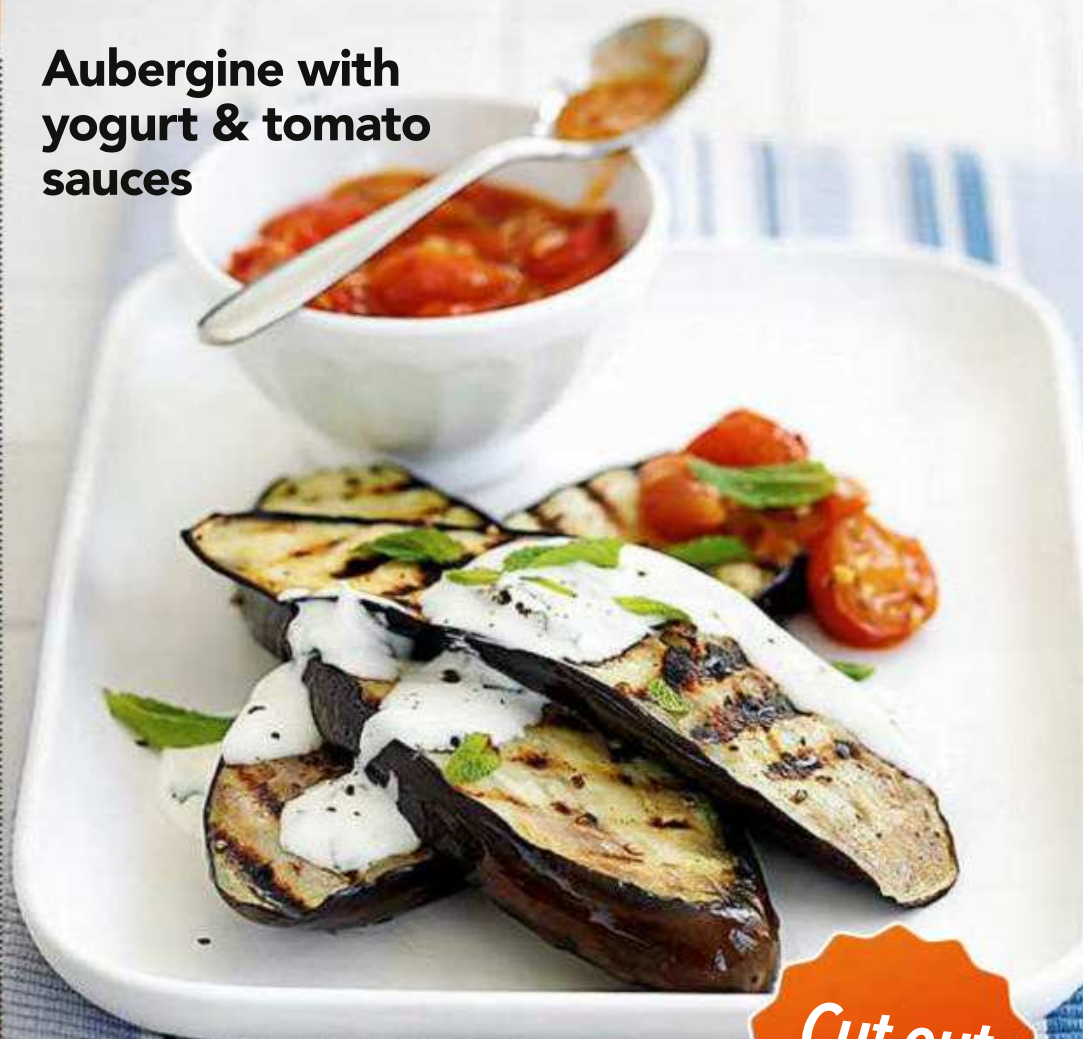
Registered with
**FUNDRAISING
REGULATOR**

Macmillan Cancer Support, registered charity in England and Wales (261017),
Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

Steak with
barbecue sauce



Aubergine with
yogurt & tomato
sauces



Cut out
& keep

Get grilling

Four simple suppers using your griddle or grill



Cajun chicken



Provençal
pork skewers

Aubergine with yogurt & tomato sauces

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

- 1 large, fat aubergine
- 3 tbsp olive oil
- 140g cherry tomatoes, halved
- 1 garlic clove, crushed
- pinch chilli flakes
- 125ml tub natural low-fat yogurt
- 1 tbsp chopped mint

1 Trim the aubergine and cut lengthways into six thick slices. Season all over and brush with 2 tbsp of the oil. Heat the remaining oil in a pan and add the tomatoes, garlic and chilli flakes, along with a little salt. Cook gently for 3-4 mins until the tomatoes are just softened. In a small bowl, mix the yogurt with the mint and season.



2 Heat your griddle pan or grill, then cook the aubergine slices for 5-6 mins each side until nicely browned and softened. Serve 3 slices per person with the minty yogurt and tomato sauces.

PER SERVING 230 kcals, fat 14g, saturates 6g, carbs 22g, sugars 21g, fibre 1g, protein 6g, salt 2.1g

Tip These sauces also work well with other grilled veg, such as courgettes and peppers, as well as spicy chicken

Provençal pork skewers

- Serves 4 ■ Prep 10 mins
- Cook 6-8 mins

- 600g pork fillet
- bunch spring onions
- 2 tsp dried herbes de Provence
- 1 lemon, zested and juiced
- 1 tbsp honey
- 1 tbsp olive oil

1 Cut the pork into bite-sized chunks and cut the spring onions into 3cm lengths. In a bowl, mix together the herbs, lemon zest and juice, honey, oil and a little seasoning. Add the pork and onions and stir well to coat all the pieces of meat evenly.

2 Thread the meat and onion alternately on to four or eight skewers. Heat your griddle pan or grill until hot. Cook the



skewers for 6-8 mins, turning occasionally, until browned.

PER SERVING 220 kcals, fat 6g, saturates 2g, carbs 3g, sugars 2g, fibre none, protein 38g, salt 0.2g

Steak with barbecue sauce

- Serves 2 ■ Prep 10 mins
- Cook 20 mins

- 4 lamb leg steaks (or beef if you prefer)
- 1 tbsp sunflower oil, plus a little extra
- 1 onion, chopped
- 150ml tomato ketchup
- 3 tbsp Worcestershire sauce
- 2 tbsp light muscovado sugar
- 2 tbsp red wine vinegar

1 Season the steaks on both sides and brush with a little oil. To make the sauce, heat the remaining oil in a small pan, then add the onion and fry for 5 mins until soft and lightly browned. Add the remaining ingredients and simmer gently for 5 mins more.



2 Heat your griddle or grill then cook the steaks for 3-4 mins on each side until cooked to your liking. Serve with the sauce.

PER SERVING 358 kcals, fat 14g, saturates 6g, carbs 23g, sugars 21g, fibre 1g, protein 38g, salt 2.1g

Cajun chicken

- Serves 4 ■ Prep 10 mins
- Cook 10-12 mins

- 4 skinless, boneless chicken breasts
- 1 tbsp paprika
- 1 tsp dried onion flakes
- ¼ tsp cayenne pepper
- 2 tsp dried thyme
- 1 tbsp sunflower oil
- 200g tub guacamole, to serve

1 Dry the chicken with kitchen paper, then cut diagonal slashes over the smooth side. Mix the spices with seasoning, then tip onto a plate.

2 Brush the chicken on both sides with the oil, then coat all over with the spice mix. Heat your griddle pan or grill, then cook the chicken for 5-6 mins



on each side until cooked through. Serve each portion with a dollop of guacamole and corn cobs, if you like.

PER SERVING 190 kcals, fat 5g, saturates 1g, carbs 2g, sugars none, fibre none, protein 34g, salt 0.2g

Perfect whatever your taste in cooking

For all your culinary adventures, Pura is ready for anything! A great source of Omega 3, wonderfully versatile and perfect for frying at high temperatures, Pura Coconut Blend can be used in all types of cooking and what's more they are flavour free!

Wherever your cooking takes you, with 50p off – take me with you!



50p OFF Pura Coconut Oil Blend Spray 200ml or Pura Coconut Oil Blend 500ml
Valid from 1 August 2018 to 31 July 2019

TO THE CONSUMER: Hand the coupon to the checkout operator to receive 50p off the purchase of one of the above named products. Subject to availability. Redeemable by UK residents aged 18 and over only. Only one coupon can be used per transaction per person. The coupon cannot be used in conjunction with any other offer. The coupon and these terms and conditions are governed by English Law and are subject to the exclusive jurisdiction of the English courts. Void if reproduced, altered or expired. Coupons cannot be sold, transferred or auctioned. This coupon is valid until 30/07/2019. COUPONS ARE UNIQUE AND TRACKABLE – DUPLICATION WILL BE DETECTED. **TO THE CASHIER:** Valid against exact products only. **TO THE RETAILER:** Princes Ltd will redeem this coupon at face value provided it has been taken as part payment for either of the 2 Pura products detailed above. Princes Ltd reserves the right to require proof of purchase, or to refuse redemption of defaced, photocopied or damaged coupons, or those that have not been correctly redeemed as instructed. This coupon cannot be used in conjunction with any other offer. Send your coupons to Valassis UK Ltd. PO BOX 6199. Nuneaton, CV11 9HQ within 90 days of the expiry date. COUPONS ARE UNIQUE AND TRACKABLE – DUPLICATION WILL BE DETECTED. NCH Code: 0035-00058. Promoter: Princes Limited, Royal Liver Building, Pier Head, Liverpool, L3 1NX.



9 917750 490504 >

Go with **THE GRAIN**

Some we're all familiar with, but if you haven't tried quinoa or farro before, let us introduce you...

Quinoa

PRONOUNCED:
keen-wa

A seed from the same family as chard and spinach. There are two types – red and white. Both open up to release little white curls (like a tail) as they cook, soften and become fluffy and creamy. Grown in South America for thousands of years, quinoa has twice the protein content of rice or barley and is a great source of calcium, magnesium and manganese. Its subtly nutty flavour, makes it versatile – for breakfast, lunch as a salad or dinner.



Quinoa stew with squash, prunes & pomegranate

■ Serves 4 ■ Prep 15 mins ■ Cook 40 mins

VEGETARIAN FREEZABLE

- | | |
|---|----------------------------------|
| 1 small butternut squash, deseeded and cubed | 200g quinoa |
| 2 tbsp olive oil | 5 prunes, roughly chopped |
| 1 large onion, thinly sliced | 1 lemon, juiced |
| 1 garlic clove, chopped | 600ml vegetable stock |
| 1 tbsp finely chopped ginger | 1 pomegranate, seeds only |
| 1 tsp ras el hanout | small handful mint leaves |

1 Heat oven to 200C/180C fan/gas 6. Put the squash on a baking tray and toss with 1 tbsp of the oil. Season well and roast for 30-35 mins or until soft.

2 Meanwhile, heat the remaining oil in a big saucepan. Add the onion, garlic and ginger, season and cook for 10 mins. Add the spice and quinoa, and cook for another couple of mins. Add the prunes, lemon juice and stock, bring to the boil, then cover and simmer for 25 mins.

3 When everything is tender, stir the squash through the stew. Spoon into bowls and scatter with pomegranate seeds and mint leaves to serve.

PER SERVING 318 kcals, fat 9g, saturates 1g, carbs 50g, sugars 20g, fibre 6g, protein 11g, salt 0.5g

Bulgur

PRONOUNCED:
bul-gar

Bulgur is made by par-boiling, drying, then coarsely grinding or cracking grains of wheat. It's rich in protein and minerals, and has a nutty taste. Not to be confused with couscous, which is actually tiny pieces of pasta. Soak or briefly boil then use as a side or mix with tomato, mint and cucumber to make tabbouleh. Also useful for bulking out meatloaf, or stuffing or making into fritters.

Bulgur & spinach fritters with eggs & tomato chutney

■ Serves 4 ■ Prep 20 mins ■ Cook 20 mins

VEGETARIAN

100g bulgur wheat
250g spinach
2 tsp ground cumin
1 onion, finely chopped (reserve 2 tbsp for the chutney)
1 garlic clove, chopped
85g fresh breadcrumbs
5 eggs, 1 beaten
1 tbsp vegetable oil, plus extra
FOR THE CHUTNEY
5 tbsp sugar
50ml white wine vinegar
2 tbsp finely chopped onion (see above)
250g cherry tomatoes, halved
salad leaves, to serve

1 First make the chutney. In a small saucepan, heat the sugar, vinegar and some salt. Boil for 1 min, then add the onion and tomatoes. Simmer for 1 min, then remove from the heat and set aside.

2 Boil the bulgur wheat in plenty of water until tender – about 5 mins.

Drain well and tip into a bowl. Put the spinach

in a colander and pour over boiling water.

Cool under the cold tap, then squeeze out water. Chop and add to the bulgur with the cumin, onion, garlic and breadcrumbs. Tip half into a food processor and blitz to form a chunky paste. Return to the remaining half with the beaten egg and season. Mix, shape into eight patties and chill until ready to cook.

3 Heat oven to 200C/180C fan/gas 6. Heat the oil in a non-stick frying pan and fry the fritters in two batches until crisp on both sides. Meanwhile, lightly oil a four-hole Yorkshire pudding tin and put in the oven to warm up. Remove and carefully crack an egg into each hole, then bake for 3-4 mins until done to your liking. Use the tip of a knife to help lift out the eggs, then serve with the fritters, chutney and some salad leaves.

PER SERVING 465 kcals, fat 16g, saturates 3g, carbs 63g, sugars 30g, fibre 4g, protein 18g, salt 1g



Pearl barley PRONOUNCED: purl bar-lee

This is barley with its husk removed and polished or 'pearled' to produce a grain that is larger than rice and has more bite and texture once cooked. This is not to be confused with pot barley, which is unrefined and needs to be soaked before cooking. Pearl barley can be used to bulk up soups and stews, or made into a salad for a substantial main meal, or, as here, used in place of arborio rice in risotto.

Barley, chicken & mushroom risotto

■ Serves 4 ■ Prep 10 mins ■ Cook 50 mins

FREEZABLE

1 tbsp each butter and olive oil
2 large shallots, finely sliced
1 garlic clove, chopped
3 skinless chicken breasts, cut into chunky pieces
300g pearl barley
250ml white wine
400g mushrooms, chopped
1 tbsp thyme leaves
1 litre hot chicken stock
3 tbsp grated parmesan
snipped chives and parmesan shavings, to serve (optional)

1 In a large, heavy saucepan, heat the butter and oil. Sauté the shallots and garlic with some seasoning for 5 mins, then stir in the chicken and cook for 2 mins.
2 Add the barley and cook for 1 min. Pour in the wine and stir until it is absorbed. Add the mushrooms and thyme, then pour over $\frac{3}{4}$ of the stock. Cook for 40 mins on a low simmer until the barley is tender, stirring occasionally and topping up with remaining stock if it looks dry. Remove from the heat and stir in the grated parmesan. Serve immediately, with chives and parmesan shavings scattered over, if you like.

PER SERVING 564 kcals, fat 12g, saturates 5g, carbs 61g, sugars 3g, fibre 3g, protein 42g, salt 1.1g

Pearl barley makes a great alternative to arborio rice

Farro PRONOUNCED: far-row

This Italian-born grain dates back to ancient Rome, and is making a comeback. Imagine the taste of brown rice, only with a nuttier flavour and pleasantly chewy texture. While it's sometimes confused with barley, farro has its own unique flavour and texture. It will also give you a hefty dose of vitamins A, E and minerals like iron and magnesium, as well as fibre and protein. Combine with beans, roasted veggies and breadcrumbs and sauté for a delightful bean burger. Cook it risotto-style with broth, or try this main-course salad.

Farro salad with roasted carrots & feta

■ Serves 4 ■ Prep 10 mins
■ Cook 25 mins

VEGETARIAN

500g carrots, halved or quartered (baby carrots can stay whole)
2 red onions, quartered
1 tbsp extra virgin olive oil
200g farro
100g baby spinach
50g feta (or vegetarian alternative)
FOR THE DRESSING
3 tbsp red wine vinegar
2 tbsp extra virgin olive oil
1 tbsp clear honey
2 garlic cloves, chopped
1 tsp each ground cumin and sweet smoked paprika
small handful parsley, finely chopped

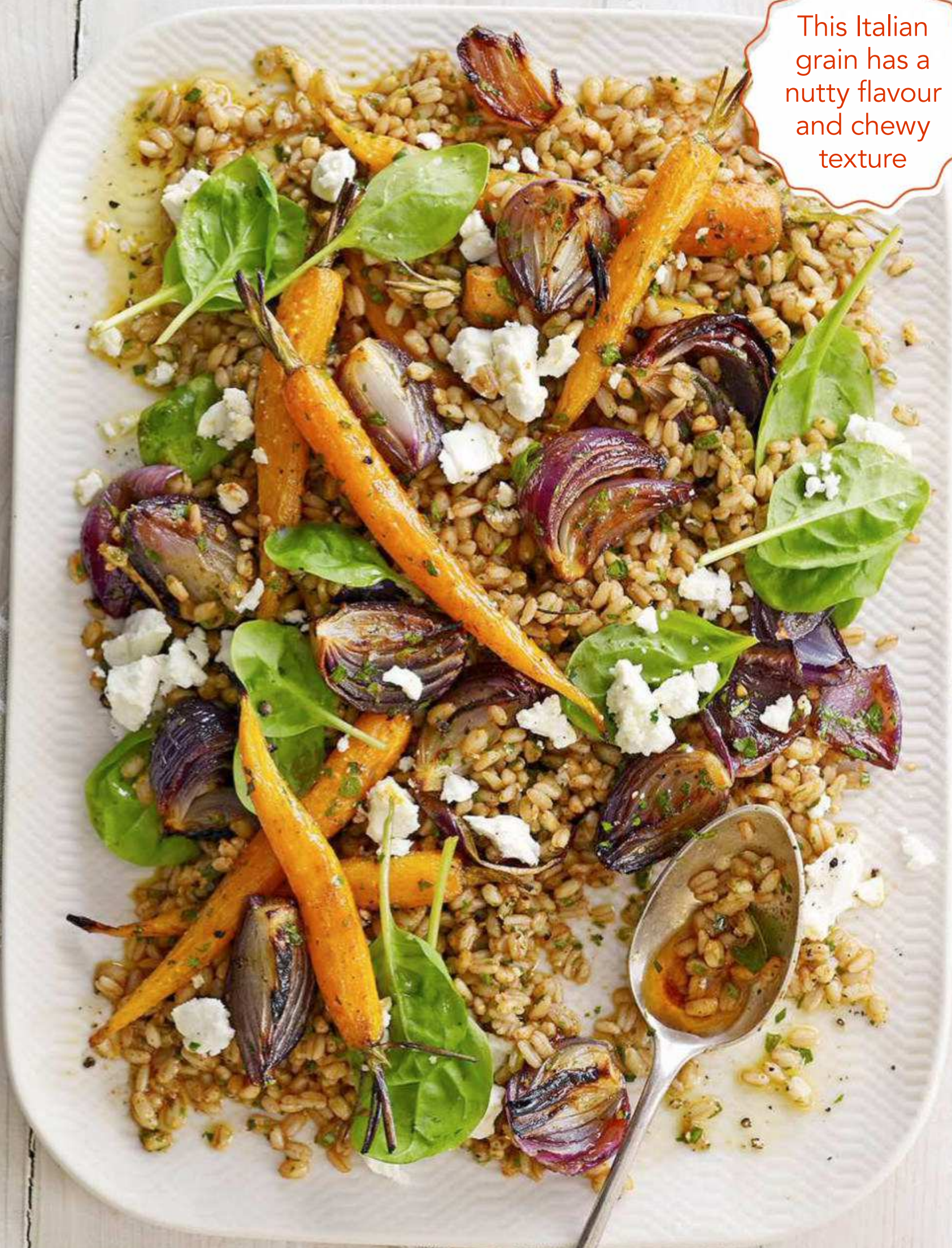
1 Heat oven to 190C/170C fan/gas 5. Put the carrots and onions in a large roasting tin, drizzle with the oil and season well. Roast for 25 mins.

2 While the vegetables are roasting, boil the farro, following pack instructions. Drain and tip into a bowl. Mix the dressing ingredients with 1 tbsp water and some seasoning, then stir half through the warm grains.

3 When the vegetables finish cooking, pour over the remaining dressing and mix well. Toss with the grains and spinach, then crumble over the feta.

PER SERVING 370 kcals, fat 13g, saturates 3g, carbs 48g, sugars 20g, fibre 9g, protein 12g, salt 0.7g

This Italian grain has a nutty flavour and chewy texture



Pleasing pastries

Throw away your rolling pin – these recipes use ready-rolled pastry, so they couldn't be simpler



Great hot
or cold – and
any leftovers
are perfect for
lunchboxes

Jumbo sausage roll with salsa beans

- Serves 6 ■ Prep 10 mins
- Cook 40 mins

400g sausagemeat, or pack of 8 sausages, squeezed from their skins
2 tbsp dried mixed herbs
300g jar hot salsa dip
1 egg, beaten
375g ready-rolled puff pastry sheet
3 x 400g cans cannellini or haricot beans (or a mixture), drained
400g can chopped tomatoes
1 green chilli, thinly sliced (deseeded if you don't like it too hot)

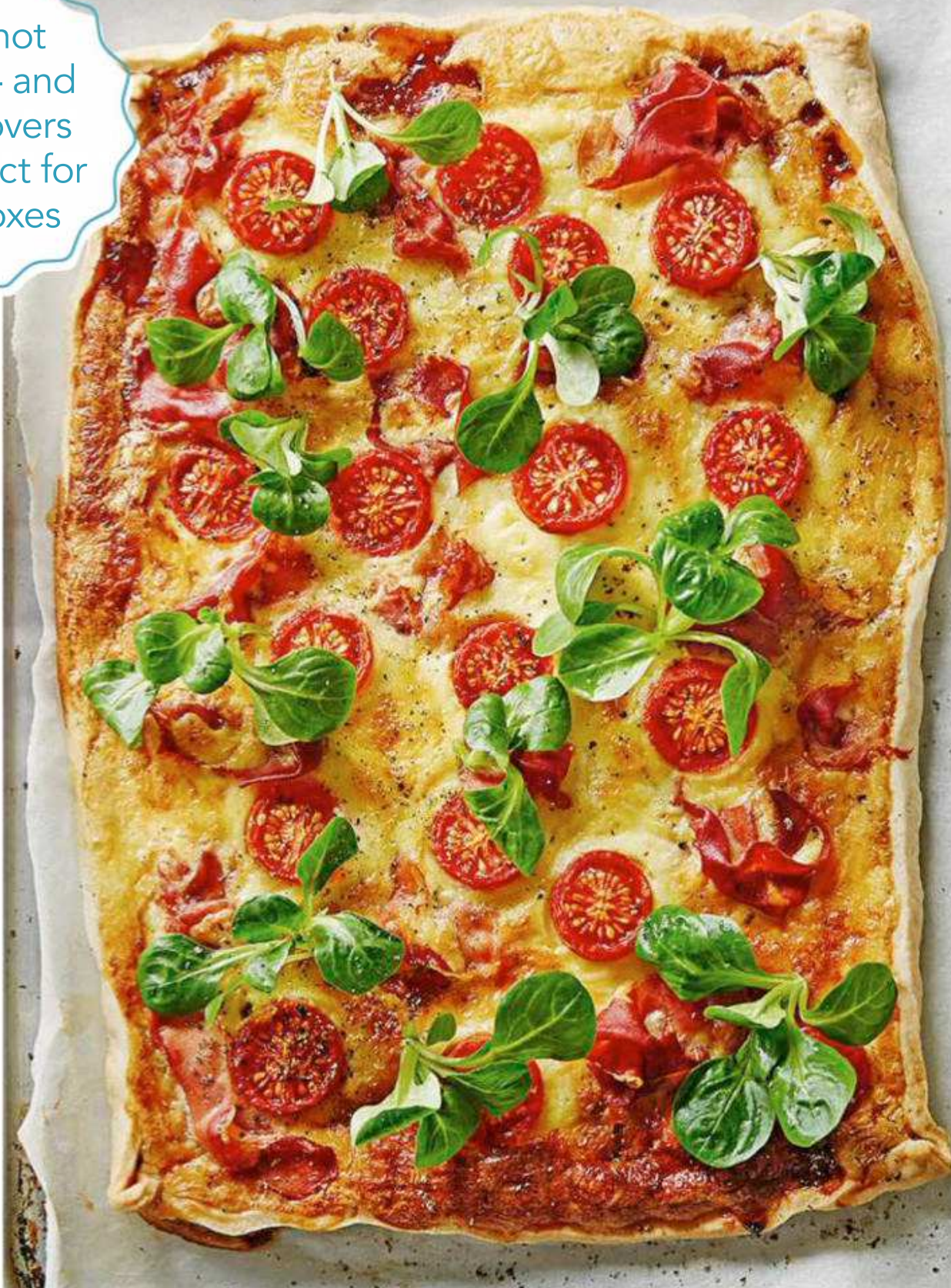
1 Heat oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment or foil. In a large bowl, mix together the sausagemeat, herbs, half the salsa and roughly half the egg until well combined.

2 Unroll the pastry sheet on your baking tray. Pile the sausage mixture onto one side of the pastry – along the longer side – leaving a gap of 4cm around the edge. Brush a little of the egg around the edges, then fold the pastry over the filling. Press the edges together with a fork and score a few air holes through the top with a knife (to let steam escape). Brush with the remaining egg and bake for 40 mins

3 Meanwhile, tip the beans, tomatoes, remaining salsa and some seasoning into a saucepan and cover with a lid. Simmer for 20 mins or until the sauce is thick and clings to the beans. To serve, scatter the beans with the chilli and serve with slices of sausage roll.

PER SERVING 639 kcals, fat 37g, saturates 11g, carbs 53g, sugars 4g, fibre 4g, protein 21g, salt 2g

Tip **Let the pastry stand at room temperature for a few minutes before unrolling – you will find it much more flexible**



BLT tart

This is delicious hot, warm or cold. Scatter over a handful of salad leaves just before serving.

- Serves 4-6 ■ Prep 20 mins
- Cook 40 mins

320g ready-rolled shortcrust pastry sheet
4 heaped tbsp onion chutney
100g half-fat crème fraîche
100g mature cheddar, grated
2 medium eggs
10 cherry tomatoes, halved
6 slices prosciutto
lamb's lettuce or rocket, to serve

1 Heat oven to 180C/160C fan/gas 4 and line a baking sheet with parchment. Unroll the pastry on the baking sheet. Spread the chutney over the surface, leaving a border of about 1cm free around the edges. Fold in the edges and roughly pinch them together at the corners to make a raised border.

2 In a bowl, whisk the crème fraîche, cheese and eggs with a little salt and a good pinch of pepper. Pour the mixture into the centre of the tart, easing it out towards the edges with the back of a spoon. Top with tomatoes, cut-side facing up, and ruffles of prosciutto.

3 Bake in the oven for 35-40 mins, until the pastry is golden and the filling has set. Leave to cool a little before scattering over the lamb's lettuce, or leave to cool completely and store in the fridge. Lovely for lunch the next day.

PER SERVING (4) 652 kcals, fat 41g, saturates 17g, carbs 48g, sugars 11g, fibre 3g, protein 22g, salt 3g



How to prepare a butternut squash



1 Hold the squash steady on a board. Using a sharp knife, trim off both ends and cut it in half through the middle.



2 Use a sharp vegetable peeler or sharp knife to peel off the skin.



3 Cut in half or quarters, then scoop out the insides with a spoon. The squash is now ready to slice, dice or chop.

Squash & chorizo pot pies

- Serves 4 ■ Prep 15 mins
- Cook 50 mins

1 tsp olive oil
2 red onions, chopped
175g chorizo, skin removed, sliced
300g butternut squash, peeled and cut into cubes
400g can chickpeas
200g bag spinach
140g crème fraîche
320g ready-rolled puff pastry sheet
1 egg, beaten

1 Heat the oil in a large pan, add the onions and cook for a few mins until soft, then add the chorizo. Stir around the pan for a few more mins until the chorizo leaks some of its oils, then add the squash and 100ml water. Cover with a lid and leave to cook for 10-15 mins until the squash is just cooked through.

2 Add the chickpeas with any liquid from the can, the spinach and some seasoning. Stir, then cover with a lid and simmer for 1-2 mins until the spinach has wilted. Stir in the crème fraîche and bubble for 3-4 mins, adding a splash of water if the sauce looks too thick.

3 Heat oven to 200C/180C fan/gas 6. Divide the filling between four pie dishes. Unroll the pastry and cut out four lids, large enough to cover the pies. Brush the edge of each dish with a little beaten egg, then put a pastry lid on top and brush this with egg too. Poke a hole in the top of each pie. Bake on a tray for 25 mins until the lids are puffed and golden.

PER SERVING 735 kcals, fat 47g, saturates 23g, carbs 51g, sugars 10g, fibre 7g, protein 22g, salt 1.9g

Leek, cheese & bacon tart

- Serves 4
- Prep 15 mins
- Cook 20 mins

1 tbsp olive oil
3 leeks, thinly sliced
375g pack ready-rolled puff pastry
150g pack soft cheese with garlic and herbs
4 rashers streaky bacon, snipped
100g grated emmental

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a frying pan, then gently fry the leeks until soft, about 5 mins. Cool. Unroll the pastry on to a baking sheet. Spread the soft cheese over the pastry to within 3cm of the edges. Scatter over the leeks, bacon and grated emmental.

2 Flip the edges of the pastry over the filling. Bake for 20 mins until golden.

PER SERVING 637 kcals, fat 49g, saturates 22g, carbs 31g, sugars 5g, fibre 3g, protein 19g, salt 2.2g

Equally
delicious made
with prosciutto
instead of
bacon

Or how
about these?

Mediterranean tart

Spread pastry with **4 tbsp olive tapenade**, top with **6 sliced tomatoes** and scatter with **1 tbsp pine nuts** and **1 tsp oregano leaves**. Bake as previous recipes.

Onion, chutney & brie tart

Thinly slice **3 red onions**, then fry in **2 tbsp olive oil** until soft and lightly browned, about 20 mins. Spread pastry with **2 tbsp wholegrain mustard**, spoon over the onions, then arrange **150g sliced brie** over the top. Dot a **few tsp fruity chutney** in the gaps and bake as previous recipes.

Wok & bowl!

The stir-fry is the ultimate speedy supper – these will be on the table in 20 minutes

Peppery prawn noodles

Boil **250g dried egg noodles** following pack instructions, then drain. Fry **1 tsp lightly crushed black peppercorns** in a little oil along with **1 deseeded, sliced red chilli, 100g pack baby corn** and **leaves** from **2 bok choy**. Stir-fry for 1 min, add **200g pack raw peeled prawns**, then fry until pink. Add the **noodles, a handful beansprouts** and heat through. Serves 4.

Five-spice chicken

Coat **400g chicken mini fillets** with **2 tsp five-spice powder**. Sizzle in **1 tbsp oil** for 3 mins until golden. Mix **2 tbsp soy sauce, 1 tbsp honey** and 1 tbsp water. Add **½ bunch chopped spring onions** and **100g bag spinach** to the pan. Cook for a few mins more until spinach wilts and meat is cooked. Add soy mix, then heat through. Serve with potatoes, if you like. Serves 4.

Ginger, beef & mushroom

Slice **4 thin steaks** into strips, then marinate in **2 tbsp soy sauce** mixed with 1 tbsp water, **1 tsp oil** and a **knob of freshly grated root ginger** for at least 10 mins. Lift from the marinade, reserving liquid. Fry the steak in **1 tsp oil** until coloured, then tip out. Fry **150g sliced mushrooms** for 2 mins, then add the marinade and a **300g pack straight-to-wok udon noodles**. Simmer for 1 min. Return the beef to the wok and toss well. Serves 4.

Sweet chilli salmon

Fry **2 salmon fillets** in **2 tsp oil** for 2 mins on each side. Remove from the pan, then fry florets from **1 small head broccoli** with **1 deseeded, sliced green pepper** and **1 sliced red onion** for 2 mins. Stir in **4 tbsp sweet chilli sauce, a splash soy sauce** and **3 x 150g packs straight-to-wok fine wheat noodles**. Cook for a few mins more, adding large flakes of salmon just before serving. Serves 4.

Sweet & sour mango pork

Heat a **drizzle of oil**, then fry **500g pork strips** and **200g halved green beans** until the meat is cooked and golden, and the beans are just tender. Mix **4 heaped tbsp mango chutney** with **1 tbsp wine vinegar** and 1 tbsp water, then stir into the pork and beans, bubbling briefly before serving with **rice**. Serves 4.

Spicy butternut & almond

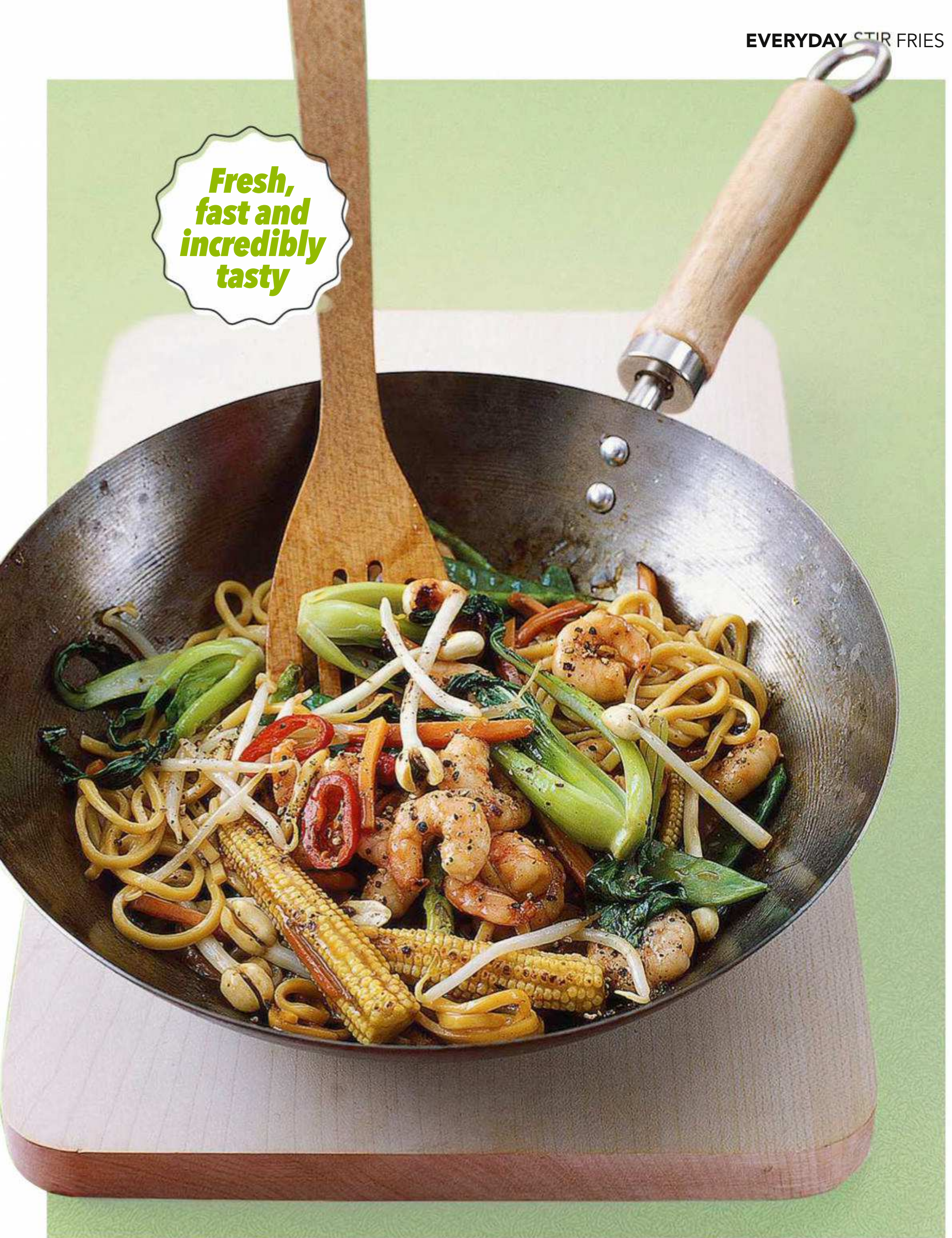
VEGETARIAN

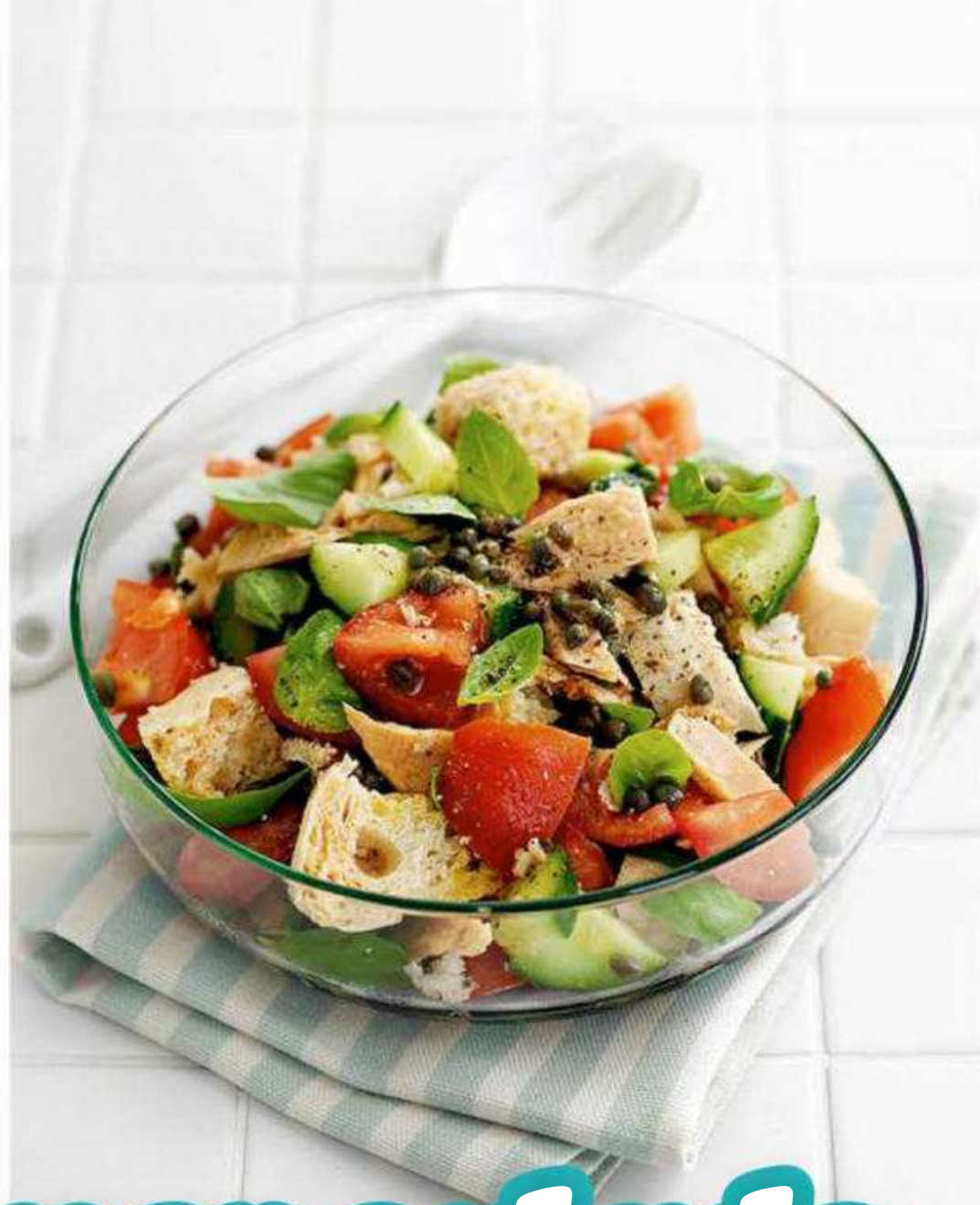
Fry **1 tsp each crushed cumin** and **coriander seeds** in a **drizzle of oil** until they pop, then add **1 peeled, cubed butternut squash**. Cover and cook for 8 mins until the squash has softened. Uncover, stir in **1 tbsp harissa paste**, then fry until golden. Add a **handful flaked toasted almonds** and **100g crumbled feta**, stir to combine, then serve with **couscous**.

3 hot tips for stir-frying

- *The key is to have your pan hot, hot, hot. Heat the pan, add the oil, then let it heat up until it shimmers. A lower temperature will mean you end up stir-boiling instead of frying, resulting in grey meat and soggy veg!*
- *Cut all your veg to a similar size so everything takes about the same amount of time to cook. Add harder veg, such as red pepper and broccoli, first, then tender veg, such as spinach, later.*
- *Choose mild-flavoured oils with high smoke points, such as sunflower or vegetable oils.*

**Fresh,
fast and
incredibly
tasty**





Late-summer salads

No need to turn on the oven – these are completely no cook, or require just a little boiling water from the kettle

Tricolore couscous salad

■ Serves 4 ■ Prep 15 mins ■ No cook **VEGETARIAN**

200g couscous
2 tsp vegetable stock powder
250g pack cherry tomatoes, halved
2 avocados, peeled, stoned and chopped
150g pack mozzarella, drained and chopped
handful rocket or young spinach leaves
FOR THE DRESSING
1 rounded tbsp pesto
1 tbsp lemon juice
3 tbsp olive oil

1 Mix the couscous and stock in a bowl, pour over 300ml boiling water, then cover with a plate and leave for 5 mins.
2 For the dressing, mix the pesto and lemon juice and season, then gradually mix in the oil. Pour over the couscous and mix.
3 Add the tomatoes, avocado and mozzarella, then lightly stir in the rocket or spinach to serve.
PER SERVING 456 kcals, fat 32g, saturates 8g, carbs 30g, sugars 3g, fibre 3g, protein 13g, salt 0.6g

Summer deli platter

Tip **250g ricotta** into a bowl and stir to soften. Snip in a **handful of chives** and stir in **4 finely chopped sundried tomatoes**. Put **a selection vegetables** from deli counter, onto a platter with **toasted pittas** or **breadsticks** and let everyone help themselves. Serves 4.

Tuna & caper panzanella

■ Serves 2 (easily doubled) ■ Prep 15 mins ■ No cook

3 slices ciabatta, preferably a day or two old
4-5 tomatoes
½ cucumber
8-10 basil leaves
200g can tuna
2 tsp capers, drained and roughly chopped
2 tbsp red wine vinegar
4 tbsp olive oil

1 Dip the bread briefly into cold water, then squeeze well and crumble into a bowl. Halve the

tomatoes and squeeze out the seeds, then roughly chop the flesh. Chop the cucumber into small chunks.
2 Add the tomato and cucumber to the bread, then tear in the basil leaves. Drain and flake the tuna into chunks, add to the bread with the capers, vinegar, oil and salt and pepper to taste. Mix everything well and serve.
PER SERVING 463 kcals, fat 31g, saturates 5g, carbs 21g, sugars 6g, fibre 3g, protein 27g, salt 1.3g

Spicy chicken rice

Chop a **200g pack spicy cooked chicken** into bite-sized pieces and mix with a **250g pouch ready-cooked rice**, **2 coarsely grated carrots** and a chopped **⅓ of a cucumber**. Stir in a **handful chopped mint**, **150ml yogurt**, **1 tsp honey**, a **pinch chilli powder**. Season. Serves 2.



A
satisfying
veggie
lunch



Garlicky bean salad with chorizo

You need the eating chorizo, rather than the cooking variety, for this salad.

■ Serves 2 ■ Prep 15 mins plus soaking ■ No cook

400g can cannellini or other white beans
1 small red onion, thinly sliced
2 tbsp red wine vinegar
140g button mushrooms, thinly sliced
handful flat-leaf parsley, coarsely chopped
3 tbsp olive oil
100g thinly sliced chorizo
crusty bread, to serve

1 Rinse and drain the beans, then pat dry with kitchen paper. Mix the onion with the vinegar and leave for 5 mins to soak. Mix the mushrooms and parsley into the beans, then add the onions and vinegar, oil and seasoning, then mix well.
2 Arrange overlapping slices of chorizo over two plates and spoon the salad in the centre. Serve with crusty bread.
PER SERVING 449 kcals, fat 30g, saturates 7g, carbs 27g, sugars 6g, fibre 8g, protein 21g, salt 2g

Lentil & red pepper salad

You can use canned cannellini or flageolet beans instead of lentils, if you prefer.

■ Serves 2, generously ■ Prep 15 mins ■ No cook

VEGETARIAN

400g can lentils, rinsed and drained
5 roasted red peppers from a jar, chopped
handful radishes, sliced
handful olives
2 tbsp balsamic vinegar
4 tbsp olive oil
2 Little Gem lettuces
200g feta, crumbled

1 Tip the lentils and peppers into a bowl with the radishes, olives, vinegar and oil, and mix well. Season to taste.
2 Separate the lettuce leaves and put on to a large plate. Spoon over the lentil salad and scatter with the feta.
PER SERVING 634 kcals, fat 49g, saturates 14g, carbs 29g, sugars 12g, fibre 9g, protein 22g, salt 6.8g

Ham & beetroot salad bowl

Pour boiling water over **100g frozen peas**, leave for 2 mins, then drain well and add **175g cooked chopped beetroot** and **2 sliced spring onions**. Mix **2 tbsp yogurt** and **2 tsp horseradish** sauce with about 1 tbsp boiling water to make a pouring sauce. Pile **shredded iceberg lettuce** into two serving bowls. Spoon the beetroot mix and dressing on top then add a generous helping of **wafer thin ham**. Serves 2.

Prawn rice noodle salad

Pour boiling water over a **250g pack thin rice noodles**, leave for 4 mins, then cool under cold water and drain well. Mix the noodles with **200g peeled prawns**, a **bunch sliced spring onions**, a **chopped mango**, and a **good handful chopped coriander**. Mix together **2 tbsp peanut butter**, **1 tbsp sugar** and a **good pinch chilli powder** with the **juice of 2 limes**. Add to the salad and toss well. Serves 4.

Subscription order form

ECP11518

Yes, I would like to subscribe to BBC *Easy Cook* magazine

- For £5 for 3 issues, then £19.99 for 10 issues, **saving 33%**
- For £23.99 for 10 issues (1 year) by credit/debit card/cheque, **saving 20%**

Your details

Title	Forename	Surname
Address		
Postcode		
Daytime telephone number		
Mobile telephone number		
Email address		

Gift recipient details

Yes, I would like to send a gift of a subscription to BBC *Easy Cook* magazine

Please tick here if this is a gift

To: Title	Forename	Surname
Address		
Postcode		
Daytime telephone number		
Email address		

Payment details – I would like to pay

- For £5 for 3 issues, then £19.99 for 10 issues by Direct Debit (please complete the mandate below)
- By cheque for £23.99 (10 issues) made payable to Immediate Media Co. Ltd.
- Please debit £23.99 from my: Visa Mastercard (If your credit card address is different from the delivery address, please use the order hotline)

Card no

Valid from / Expires / Issue number

Signature Date



Instructions to your bank or building society to pay by Direct Debit.
Originator's reference 242553
This is not part of the instruction to your bank or building society.
For Immediate Media Co. Ltd. official use only. Ref no

Name of bank	Postcode
Address	Account name
Signature	Date
Sort code	Account number

Instructions to your bank or building society: Pay Immediate Media Co. Ltd. Direct Debits from the account detailed on this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that the instruction may remain with Immediate Media Co. Ltd., and if so details will be passed electronically to my bank or building society. Banks and building societies may not accept Direct Debit instructions from some types of account.

Terms & conditions This offer is valid for UK delivery addresses and is subject to availability. You will pay £5 for the first 3 issues and continue to pay £19.99 every 10 issues – saving 33%. All savings are calculated as a percentage of the full shop price. Should the magazine ordered change in frequency; we will honour the number of issues and not the term of the subscription. Full UK subscription price for 10 issues: £29.90, Europe/Eire £39, rest of the world £47. Offer must end **4 October 2018**. *UK calls will cost the same as other standard fixed line numbers (starting 01 or 02) and are included as part of any inclusive or free minutes allowances (if offered by your phone tariff). Outside of free call packages call charges from mobile phones will cost between 3p and 55p per minute. Lines are open Mon to Fri 8am – 6pm and Sat 9am – 1pm.

Data protection BBC *Easy Cook* (published by Immediate Media Company Limited) would like to send you updates, special offers and promotions by email. You can unsubscribe at any time. Please tick here if you would like to receive these: We would also like to keep in touch by post and telephone about other relevant offers and promotions from Immediate Media. If you do not wish to be contacted this way, please tick here: **Post Phone** For more information about how to change the way we contact you, and how we hold your personal information, please see our privacy policy which can be viewed online at immediate.co.uk/privacy-policy. BBC *Easy Cook* is published by Immediate Media Company Limited on behalf of BBC Studios (the commercial arm of the BBC). We would like to send you brand-related promotions, content and offers from BBC Studios. Your information will be used in accordance with the BBC Studios privacy policy which can be viewed online at bbcworldwide.com/privacy.aspx. Please tick here if you would like to hear from us by email



Post the form to
FREEPOST IMMEDIATE MEDIA

Inside every issue...



Seasonal recipes



Thrifty meal ideas



Easy weekend recipes



SUBSCRIBE TODAY

A BRILLIANT GIFT FOR ALL COOKS!

3 ISSUES FOR £5

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...

- ✓ Pay £5 for your first 3 issues
- ✓ Continue your subscription at £19.99 every 10 issues by direct debit, saving 33%
- ✓ Fantastic time-saving family recipes
- ✓ Lots of tips, ideas and techniques to try
- ✓ Recipes from your favourite BBC chefs



Hurry, offer ends 4 October!

Subscribing to easycook is simple

Visit buysubscriptions.com/ECP11518

Call **03330 162 122** and quote **ECP11518**

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

easyoffer

Make healthier meals

Exclusive prices for BBC Easy Cook readers†

Just **£28.99**
WAS £34.99
(plus p&p)

Reduce the amount of oil you use with these non-stick frying and saucepan sets



These marble pans from Cooks Professional are not only durable, practical and functional, they also look stylish in your kitchen. Whether you hang them, display them or stack them, they enhance the look of any kitchen. Created from forged aluminium, they have excellent strength and durability, with the inside of the pan having a grey marble design, and the outside featuring heat-resistant, copper-coloured paint.

The pan sets are suitable for use on all hobs, including induction, so no need to spend a fortune on expensive induction hob pans. They have a Bakelite handle that's designed to keep cool when used on a hob. All pans also nest together for easy storage when not in use.

2-PIECE FRYING PAN SET

Just **£28.99** (was **£34.99**) plus p&p*

The non-stick coating on these frying pans means you can cook using less oil – perfect for making an English breakfast or a perfectly cooked steak. The larger pan can be used for cooking for the whole family. The pans can be put in the oven up to 180C.

Dimensions The pans measure 20cm in diameter and 4.5cm deep, and 28cm in diameter and 5.5cm deep.

Product code G2710



Just **£43.99**
WAS £49.99
(plus p&p)

3-PIECE SAUCEPAN SET

Just **£43.99** (was **£49.99**) plus p&p*

This set contains three different-sized, non-stick saucepans that are easy to clean, making them an all-round kitchen must-have. Perfect for all your cooking needs, from boiling or poaching eggs, heating up soup and sauces and cooking vegetables for your Sunday roast, to using the largest for batch-cooking for the whole family. All the pans come with their own lid, which has a small steam ventilation hole.

Dimensions 16cm and 8cm deep, 18cm and 9cm deep and 20cm and 10cm deep.

Product code G2709

COOKS
professional

To order, call **0844 493 5654**** quoting **85333** or visit clifford-james.co.uk/85333 or send your contact details, address and the codes and quantities of the item(s) you wish to order, along with a cheque payable to BVG Group, to: BBC Easy Cook Offer 85333, PO Box 87, Brecon LD3 3BE. Please add £4.95 to your order total for p&p.

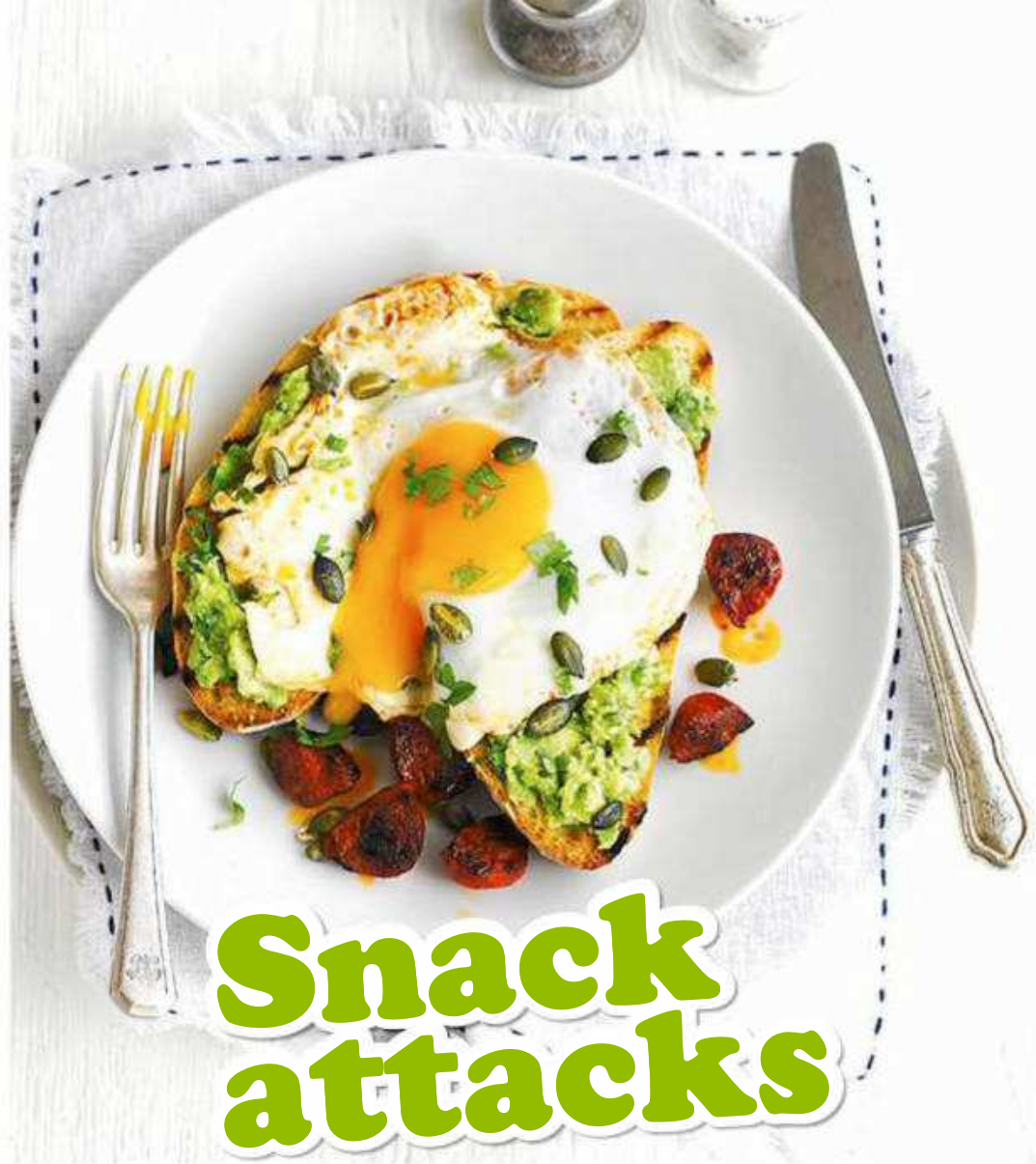
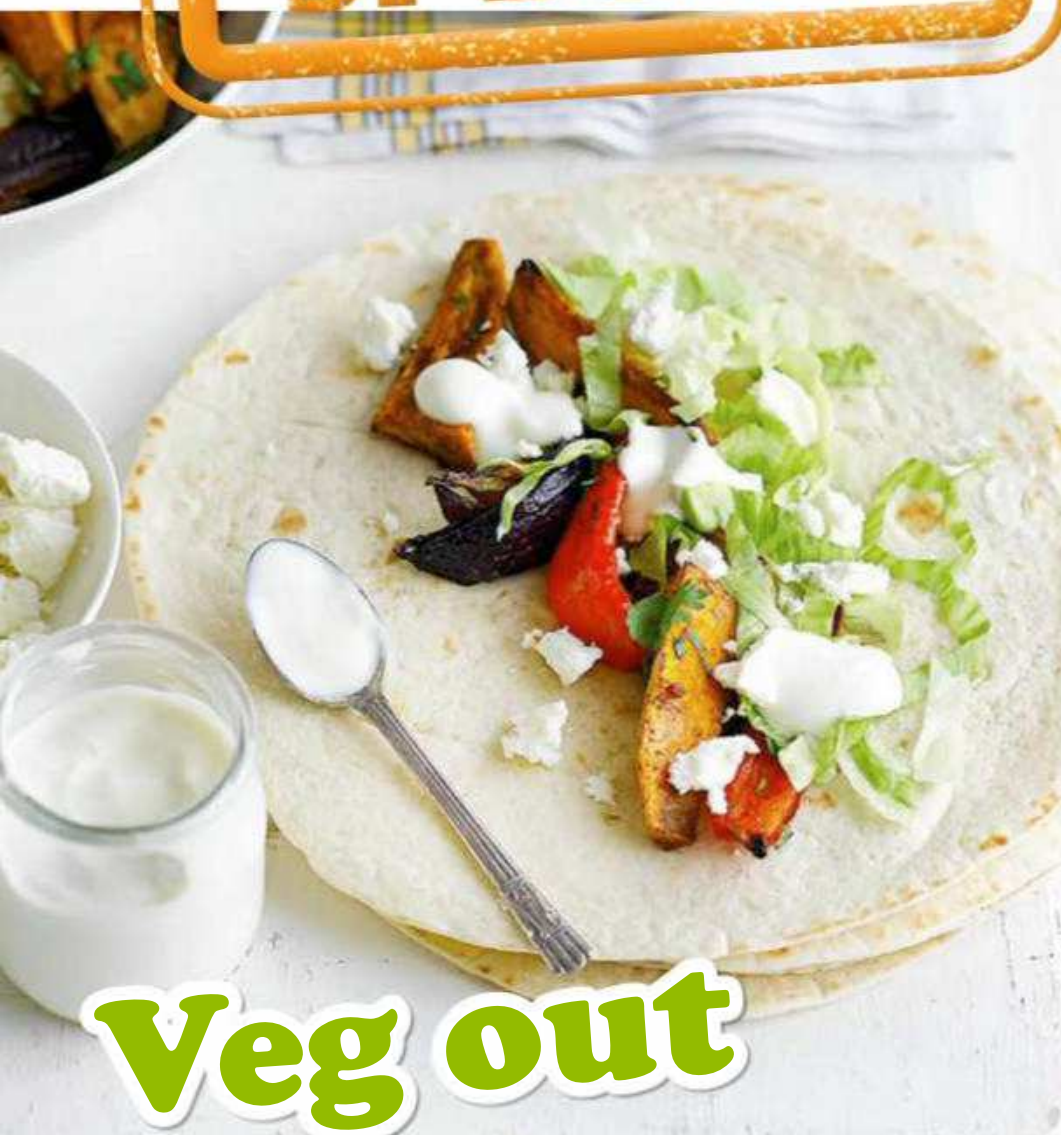
Terms & conditions *P&P is £4.95 per order **Calls cost 13p per minute plus your phone company's access charge. †Exclusive prices run across BBC Easy Cook, BBC Good Food and the BBC Home Cooking Series. Delivery within 7 working days to UK mainland only, some exclusions may apply. If not completely satisfied with your order, please return goods in mint condition and sealed original packaging for a refund within 30 days of receiving your order (postage costs will not be refunded unless faulty). Your contract for supply of goods is with BVG Group. A SIGNATURE IS REQUIRED ON DELIVERY.

Food to share



**STUDENT
SUPPER
SPECIAL**

Veg out



Snack attacks

Getting ready to start university?
Use our easy meal guide and get some dinners and snacks under your belt

Souper suppers



Student share

Team up with your housemates and make these simple, tasty and affordable midweek suppers

YOUR SHOPPING LIST FOR THE WEEK

Fruit & veg

- 2 spring onions
- 1.5kg sweet potatoes
- ¼ x cucumber
- 2 x salad to serve with turkey burgers and cauliflower & bacon pasta (optional)
- 3 onions
- small pack flat-leaf parsley
- 1 cauliflower
- 3 courgettes
- 1 red pepper
- 8 garlic cloves
- 100g bag baby spinach

Meat, fish and dairy

- 500g turkey thigh mince
- 225g cheddar
- 900ml milk
- about 165g butter
- 300g streaky bacon
- 300g smoked haddock
- 8 large pork sausages
- 450g boneless, skinless chicken thighs

Dry goods and bakery

- 5 soft wholemeal rolls
- 325g can sweetcorn
- 1 baguette
- 300g dried pasta
- 2 x 400g cans tomatoes
- 165g jar korma paste

Check your storecupboard and fridge for these ingredients

- olive oil
- tomato ketchup
- 1 chicken stock cube
- 200g potatoes
- 25g plain flour, plus 2 tbsp
- Dijon mustard
- sunflower oil
- basmati rice

ONLY
£5.56 per
head for five
midweek
suppers!



79p
per portion

MONDAY

Turkey burgers with sweet potato chips

**STUDENT
SUPPER
SPECIAL**

TUESDAY

**Smoked haddock & sweetcorn
chowder with herby garlic bread**



£2.08
per portion

MONDAY

Turkey burgers with sweet potato chips

■ Serves 4 ■ Prep 15 mins
■ Cook 40 mins

FREEZABLE *raw burgers only*

500g turkey thigh mince
2 spring onions, finely chopped
85g cheddar, grated
1kg sweet potatoes, peeled
and cut into chips
3 tbsp olive oil
4 soft wholemeal rolls
¼ cucumber, thinly sliced
tomato ketchup
salad, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Put the mince in a large bowl with the spring onions, cheddar and some seasoning. Mix well, then shape into four even-sized burgers. Chill for 15 mins.
2 Put the sweet potato chips on a large non-stick baking tray and toss in 2 tbsp of the oil and some salt. Cook in the oven for 30 mins, turning halfway through.
3 Heat the remaining oil in a large frying pan over a medium heat and cook the burgers for 10 mins until golden. Turn over and repeat for the other side until they're cooked through. Split the rolls, place a burger into each with some sliced cucumber and a dollop of ketchup, and serve alongside the sweet potato chips and salad, if you like.

PER SERVING 644 kcals, fat 22g, saturates 8g, carbs 72g, sugars 16g, fibre 9g, protein 40g, salt 1.8g



TUESDAY

Smoked haddock & sweetcorn chowder with herby garlic bread

■ Serves 4 ■ Prep 30 mins ■ Cook 35 mins

1 tbsp olive oil
1 onion, finely chopped
100g streaky bacon, chopped
200g potatoes, chopped into small pieces
2 tbsp plain flour
600ml milk
400ml chicken stock
300g smoked haddock, skinned and cut into 1cm pieces
325g can sweetcorn, drained
FOR THE HERBY GARLIC BREAD
140g butter, softened
4 garlic cloves, crushed
small pack flat-leaf parsley, finely chopped
1 baguette

1 Heat oven to 200C/180C fan/gas 6. Mix the butter, garlic and half the parsley, then spread between diagonal cuts in the baguette. Wrap in foil and set to one side.
2 Heat the oil in a large pan over a medium heat. Fry the onion and bacon for 5 mins until softened, then add the potato and cook for another 5 mins. Meanwhile, put the garlic bread in the oven and cook for 15 mins, opening the foil for the last 5 mins.
3 Stir the flour into the bacon and potato and cook for a couple of mins, then slowly add the milk and stock. Bring to the boil, reduce heat and simmer gently for 10-15 mins until the potato is almost cooked. Add the fish and sweetcorn and simmer for 5 mins. Stir in the remaining parsley and serve alongside the garlic bread.

CHOWDER PER SERVING 382 kcals, fat 13g, saturates 4g, carbs 37g, sugars 15g, fibre 3g, protein 30g, salt 3.1g

BREAD PER SERVING 435 kcals, fat 30g, saturates 19g, carbs 34g, sugars 4g, fibre 3g, protein 5g, salt 1.2g

WEDNESDAY

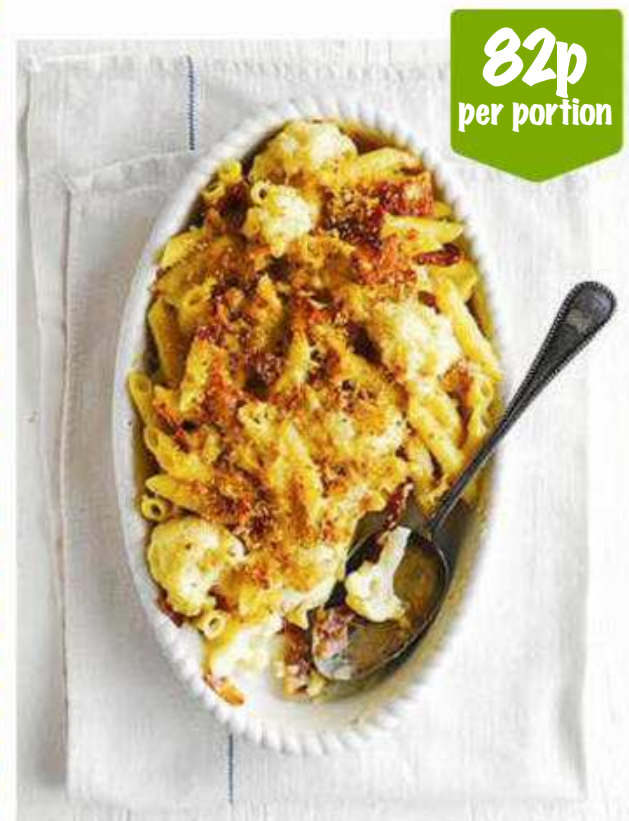
Cauliflower & bacon pasta

■ Serves 4 ■ Prep 15 mins ■ Cook 35 mins

200g streaky bacon
300g dried pasta
1 cauliflower, cut into large florets
25g butter
25g plain flour
300ml milk
1 tsp Dijon mustard
140g cheddar, grated
1 soft wholemeal roll, whizzed to breadcrumbs
salad, to serve (optional)

1 Heat the grill to high and bring a large pan of salted water to the boil. Grill the bacon slices for 5 mins or until crispy, then drain on kitchen paper and cut into small pieces.
2 Cook the pasta following pack instructions. Add the cauliflower to the pasta pan for the final 8 mins, so it's just tender, then drain, reserving 2 tbsp of the cooking water.
3 Melt the butter in a small pan over a low heat, then stir in the flour and cook for a couple of mins. Gradually stir in the milk, mixing well. Bring to a simmer, then cook for a few mins until thickened. Season, add the mustard and half the cheese. Stir until the cheese has melted and the sauce is smooth.
4 Tip the pasta and cauliflower back into the pan along with the reserved cooking water. Stir through the cheese sauce and bacon, then transfer to a baking dish. Mix the breadcrumbs and remaining cheese, sprinkle over the pasta. Grill for 5 mins until browned. Serve with a salad, if you like.

PER SERVING 673 kcals, fat 34g, saturates 16g, carbs 56g, sugars 9g, fibre 3g, protein 35g, salt 2.8g





69p
per portion

THURSDAY Oven-baked ratatouille & sausages

■ Serves 4 ■ Prep 10 mins ■ Cook 40 mins

1 onion, cut into 16 wedges
3 courgettes, cut into bite-sized pieces
1 red pepper, cut into bite-sized pieces
3 tbsp olive oil
8 large pork sausages
2 garlic cloves, crushed
400g can chopped tomatoes

1 Heat oven to 220C/200C fan/gas 7. Put the onion, courgettes and red pepper in a baking dish large enough for a single layer. Drizzle over 2 tbsp of the olive oil and season. Cook in the oven for 20 mins.

2 Meanwhile, heat the remaining olive oil in a frying pan and cook the sausages for about 5 mins until lightly browned on all sides.

3 Stir the garlic and chopped tomatoes into the veg, season again, then place the sausages on top and return to the oven to cook for a further 20 mins until the vegetables are tender.

PER SERVING 482 kcals, fat 37g, saturates 12g, carbs 20g, sugars 11g, fibre 4g, protein 17g, salt 2.6g

Living with friends?

If you've bought your own food to keep in a shared fridge, it's a good idea to have a system so others know whom it belongs to. IKEA sells a 17-piece set of food and freezer storage containers for as little as £3.50. With their bright green lids, other students will know in an instant they belong to you and will hopefully keep their hands off! IKEA also sells colour-coded plastic food bags with prices starting at £1.50 for 60 bags.



**STUDENT
SUPPER
SPECIAL**

£1.18
per portion

FRIDAY Chicken & sweet potato curry

■ Serves 4 ■ Prep 10 mins ■ Cook 45 mins

1 tbsp sunflower oil
1 onion, chopped
450g boneless, skinless chicken thighs, cut into bite-sized pieces
165g jar korma paste
2 garlic cloves, crushed
500g sweet potatoes, cut into small chunks
400g can chopped tomatoes
100g bag baby spinach
basmati rice, to serve

1 Heat the oil in a pan, add the onion and cook over a low heat for about 5 mins until softened. Increase the heat slightly, add the chicken pieces and brown.

2 Stir in the curry paste and garlic, cook for 2 mins before adding 100ml water, the sweet potatoes and chopped tomatoes. Simmer for 20-30 mins until the chicken is cooked through and the sweet potato is tender – add a splash more water if it looks dry. Season to taste and remove the pan from the heat and stir in spinach to wilt. Serve with basmati rice.

PER SERVING 373 kcals, fat 13g, saturates 4g, carbs 35g, sugars 15g, fibre 7g, protein 26g, salt 1.9g

**Scrambled omelette
toast topper**



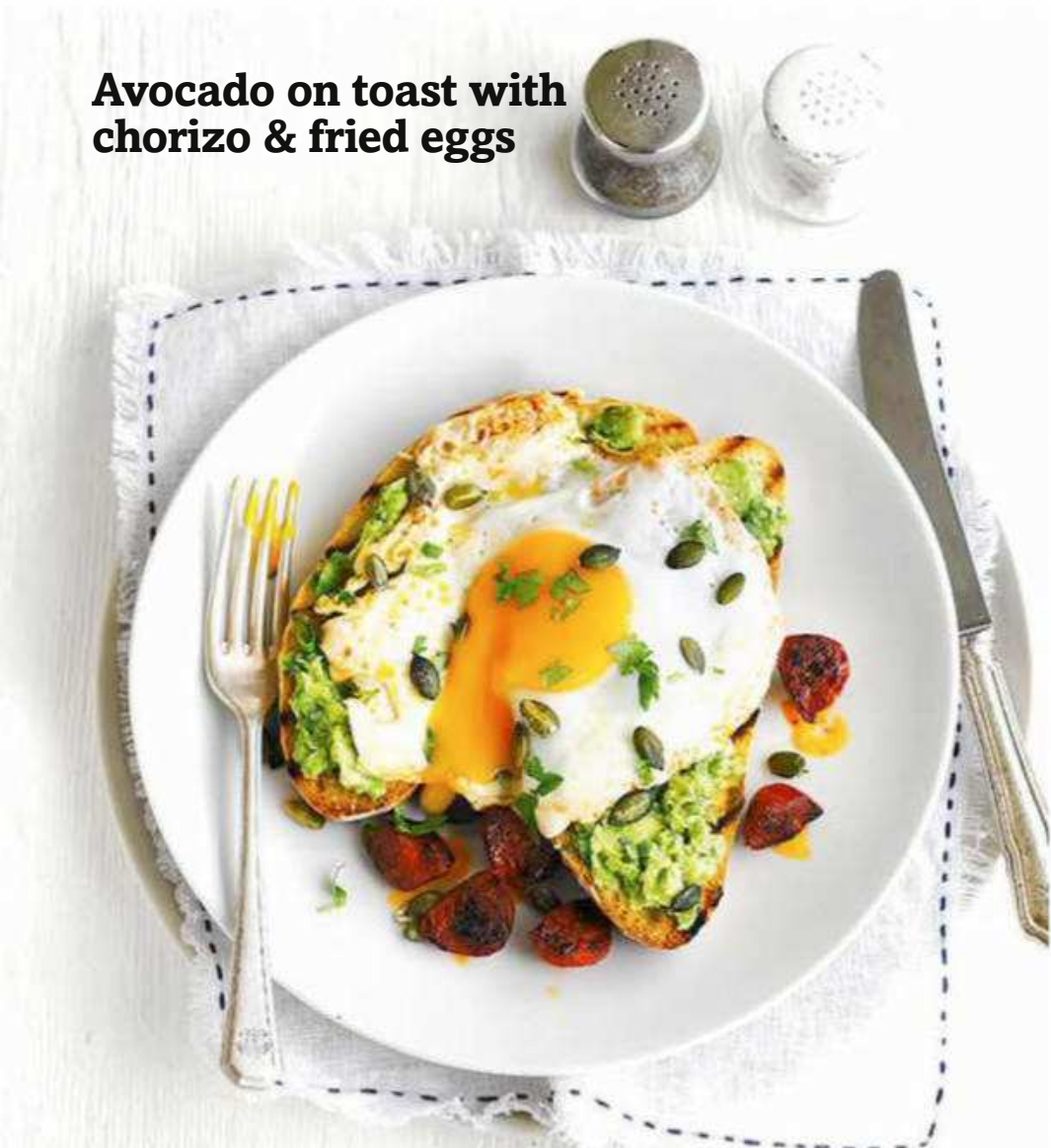
**Feta toast with
minty beans**



Snack ATTACKS

Give your energy levels a boost with these easy recipes

**Avocado on toast with
chorizo & fried eggs**



**Pepper & tuna
panini toasts**



Scrambled omelette toast topper

■ Serves 1 ■ Prep 5 mins ■ Cook 5 mins

VEGETARIAN

2 eggs
1 tbsp crème fraîche or milk
25g cheddar, grated
small bunch chives, snipped
1 tsp olive oil
1 spring onion, sliced
3-4 cherry tomatoes, halved
2 slices crusty bread, toasted

Beat together the eggs, crème fraîche or milk, cheese and chives with a little seasoning. Heat the oil in a pan, then soften the spring onion for a few mins. Add the tomatoes and warm through, then pour in the egg mixture. Cook over a low heat, stirring, until the eggs are just set. Pile over toast.

PER SERVING 571 kcals, fat 33g, saturates 13g, carbs 42g, sugars 4g, protein 30g, fibre 2g, salt 1.9g

Avocado on toast with chorizo & fried eggs

■ Serves 2 (easily halved) ■ Prep 5 mins
■ Cook 15 mins

1 tbsp pumpkin seeds
85g chorizo, sliced into chunks
1 large ripe avocado, stoned and peeled
½ lime, juiced
½ small pack coriander, chopped
4 thick-cut slices bread, we used wholemeal
2 eggs

1 Heat a large frying pan, add the pumpkin seeds and toast for a few mins until they crack and pop, then tip into a bowl and set aside. Add the chorizo and cook for 5 mins until it releases some of its oils and becomes crisp. Meanwhile, roughly mash the avocado with the lime juice, half the coriander and a pinch of salt.

2 Heat a griddle pan and cook the bread for a few mins each side, or pop in the toaster. Push the chorizo to the edge of the frying pan, crack in the eggs and fry to your liking.

3 To serve, divide the toast between two plates, spread with the mashed avocado, and pile on the chorizo, fried eggs and pumpkin seeds. Scatter with the remaining coriander.

PER SERVING 522 kcals, fat 37g, saturates 10g,

Feta toast with minty beans

■ Serves 1 ■ Prep 5 mins ■ Cook 3 mins

VEGETARIAN

3 heaped tbsp frozen soya beans
1 tsp olive oil
1 tsp white wine vinegar
½ garlic clove, finely grated
1 mint sprig, leaves chopped
1 slice bread, we used dark sourdough bread
1 heaped tbsp Greek yogurt
15g feta
1 ready-cooked beetroot, sliced

1 Boil the beans following the pack instructions, drain and mix with the oil, vinegar, garlic and mint. Toast the bread.

2 Mix the yogurt with the feta to make a rough paste, then spread half onto the toast. Top with the beetroot slices, then spread on the rest of the feta mix and pile the beans on top.

PER SERVING 377 kcals, fat 13g, saturates 6g, carbs 42g, sugars 9g, fibre 10g, protein 17g, salt 1.6g

Pepper & tuna panini toasts

■ Serves 4 ■ Prep 5 mins ■ Cook 10 mins

4 panini rolls
jar roasted peppers, drained
1 tsp tomato purée
small handful chopped parsley or basil
200g can tuna, drained
125g ball mozzarella, torn into chunks

Split the rolls in half and toast each side. Slice the peppers and mix with the tomato purée, herbs and seasoning. Spread over the toasted bread. Flake over the tuna, scatter with cheese and grill until melted.

PER SERVING 393 kcals, fat 17g, saturates 7g, carbs 38g, sugars 3g, protein 25g, fibre 3g, salt 2.3g

Smoky beans on toast

■ Serves 1 generously ■ Prep 5 mins

■ Cook 20-30 mins

VEGETARIAN

½ tbsp olive oil, plus extra for drizzling
½ small onion, sliced
½ small red pepper, thinly sliced
1 garlic clove, halved
227g can chopped tomatoes
½ tsp smoked paprika
2 tsp red wine vinegar
210g can butter beans or chickpeas, drained
¼ tsp sugar
1 slice bread, we used seeded
a few parsley sprigs, finely chopped, optional

1 Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins. Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.

2 Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley, if using.

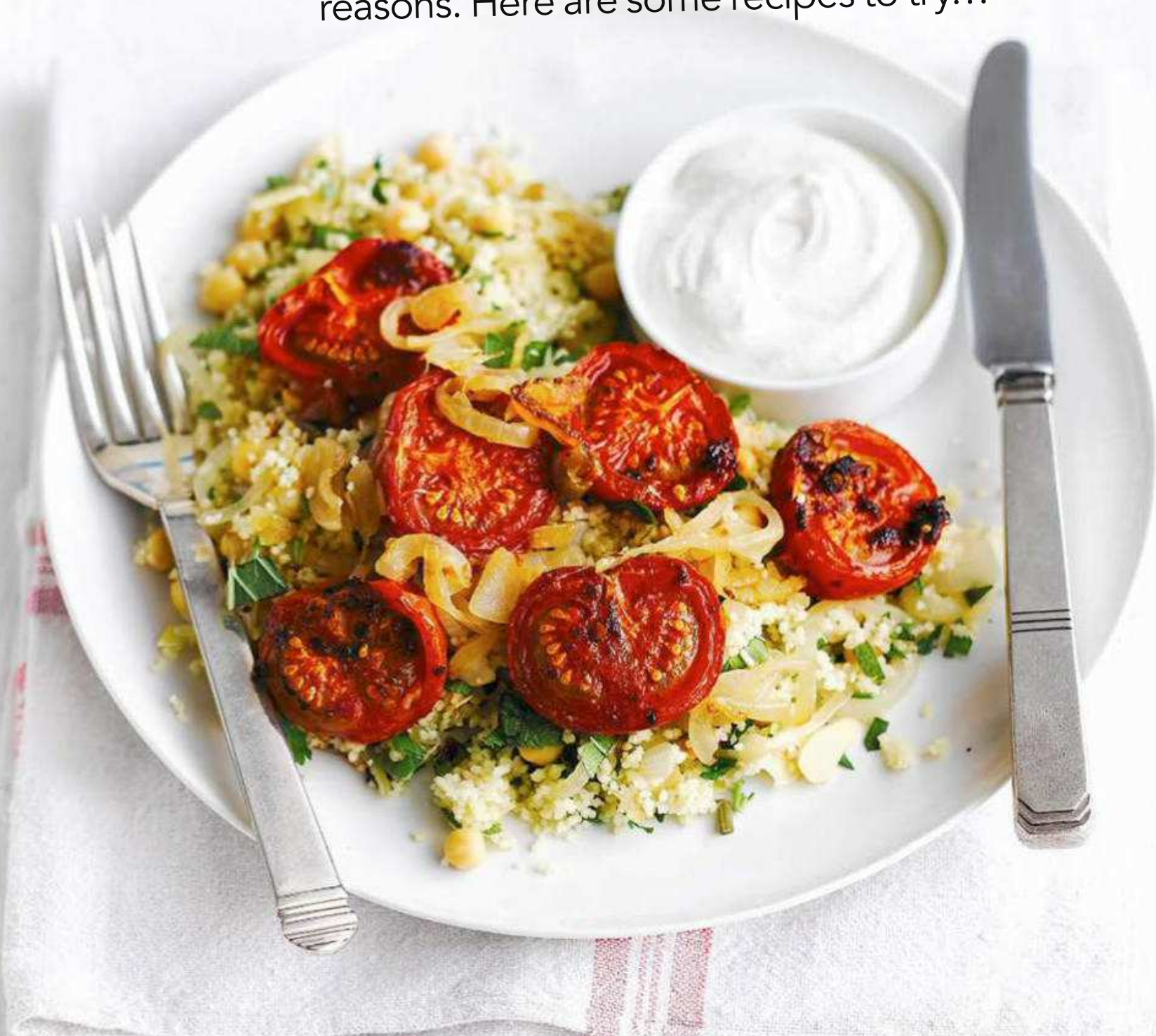
PER SERVING 460 kcals, fat 19g, saturates 3g, carbs 49g, sugars 17g, fibre 14g, protein 15g, salt 1.1g



Smoky beans on toast

Veg out

Lots of students opt to go veggie once they leave home, for ethical or money-saving reasons. Here are some recipes to try...



Harissa roasted tomatoes with couscous

Not just filling, this meal contains three of your five-a-day, while being low in calories and a good source of fibre.

■ Serves 4 ■ Prep 25 mins ■ Cook 45 mins

VEGETARIAN

12 large tomatoes, halved
1 tbsp harissa
3 tbsp olive oil
3 onions, very thinly sliced
4 tbsp Greek-style yogurt
1 tbsp tahini
1 garlic clove, crushed

200g couscous
½ small pack mint, chopped
½ small pack parsley, roughly chopped
50g toasted flaked almonds
400g can chickpeas, drained and rinsed

1 Heat oven to 200C/180C fan/gas 6. Toss the tomatoes in harissa and 2 tbsp of the oil. Season and spread in a roasting tin, cut-side up, and bake for 40-45 mins.

2 Heat the remaining oil in a large frying pan. Tip in the onions and sizzle for a couple of mins. Turn down the heat, season and cook for 15 mins or until golden and caramelised. In a bowl, mix the yogurt, tahini and garlic with some seasoning. Set aside.

3 Tip the couscous into a large bowl. Pour over 400ml boiling water. Cover with cling film and leave to stand for 10 mins or until all the water has been absorbed. Stir through the herbs, almonds, chickpeas and half the onions. Top with the tomatoes and the remaining onions, and serve with a dollop of the yogurt sauce.

PER SERVING 472 kcals, fat 21g, saturates 3g, carbs 53g, sugars 9g, fibre 8g, protein 16g, salt 0.5g

Layered aubergine & lentil bake

This low-calorie, gluten-free supper is rich in folate, fibre and iron – and provides four of your five-a-day. Freeze leftovers in portion sizes.

■ Serves 4 ■ Prep 15 mins ■ Cook 45 mins

VEGETARIAN **FREEZABLE**

2 aubergines, cut lengthways into ½cm slices	3 garlic cloves, finely chopped
3 tbsp olive oil	400g can chopped tomatoes
300g diced butternut squash	½ small pack basil leaves
140g Puy lentils	125g ball of mozzarella, torn
2 onions, finely chopped	

1 Heat oven to 220C/200C fan/gas 7. Brush both sides of the aubergine slices with 1-2 tbsp of oil, lay on a large baking sheet, scatter over the squash and season. Bake for 20 mins. Cook the lentils following pack instructions.

2 Heat the remaining oil in a large frying pan. Tip in the onions and garlic and cook until soft. Stir through the squash and tomatoes, plus ½ can of water. Simmer for 10-15 mins until the sauce has thickened. Stir in the lentils, basil and seasoning.

3 Spoon a layer of lentils into a small baking dish. Top with aubergine slices and repeat, finishing with a layer of aubergine. Scatter with mozzarella and bake for 15 mins until the cheese is golden and bubbling.

PER SERVING 359 kcals, fat 16g, saturates 6g, carbs 34g, sugars 14g, fibre 10g, protein 19g, salt 0.4g



Five-a-day tagine

■ Serves 4 ■ Prep 10 mins ■ Cook 35 mins

VEGETARIAN **FREEZABLE**

4 carrots, cut into chunks
4 small parsnips, or 3 large, cut into chunks
3 red onions, cut into wedges
2 red peppers, deseeded and cut into chunks
2 tbsp olive oil
1 tsp each ground cumin, paprika, cinnamon and mild chilli powder
400g can chopped tomatoes
2 small handfuls soft dried apricots
2 tsp honey

1 Heat oven to 200C/180C fan/gas 6. Scatter the veg over a couple of baking trays, drizzle with half the oil, season, then rub the oil over the veg with your hands to coat. Roast for 30 mins until tender and beginning to brown.

2 Meanwhile, fry the spices in the remaining oil for 1 min – they should sizzle and start to smell aromatic. Tip in the tomatoes, apricots, honey and a can of water. Simmer for 5 mins until the sauce is slightly reduced and the apricots plump, then stir in the veg and some seasoning. Serve with couscous or jacket potatoes.

PER SERVING 272 kcals, fat 8g, saturates 1g, carbs 45g, sugars 32g, fibre 12g, protein 7g, salt 0.3g





Roasted pepper linguine with crisp crumbs

Roasted pepper linguine with crisp crumbs

Low fat, low calorie, rich in vitamin C – and provides two of your five-a-day!

■ Serves 4 ■ Prep 15 mins ■ Cook 30 mins

VEGETARIAN

4 mixed peppers, deseeded and sliced
2 tbsp olive oil
2 garlic cloves, finely sliced
pinch of chilli flakes
100g fresh bread, whizzed to breadcrumbs

300g linguine
85g green pitted olives, halved
½ small pack basil, torn
½ lemon, zested
25g butter

1 Heat oven to 200C/180C fan/gas 6. Put the peppers in a roasting tin and toss in half the oil. Season and spread into a single layer. Roast for 30 mins or until tender.

2 Drizzle the remaining oil to a frying pan. Add the garlic and soften over a low heat for 10 secs. Add the chilli flakes, breadcrumbs and seasoning, and toast until golden brown and crisp. Tip onto a plate and set aside.

3 Cook the pasta following pack instructions, then drain, reserving a few tbsp of cooking water. Toss with the peppers, olives, basil (saving some for garnish), lemon zest, reserved cooking water, butter and seasoning. Sprinkle with the crisp crumbs, extra basil and serve.

PER SERVING 437 kcals, fat 17g, saturates 5g, carbs 59g, sugars 11g, fibre 4g, protein 13g, salt 1.3g

PER SERVING 437 kcals, fat 17g, saturates 5g, carbs 59g, sugars 11g, fibre 4g, protein 13g, salt 1.3g

Healthy egg & chips

Eggs are a great source of easily digested protein so do eat two if you are especially hungry. This is low fat and high in iron, but potatoes don't count as one of your five-a-day, so you could serve this with baked beans or tomatoes to boost your daily total.

■ Serves 4 ■ Prep 10 mins ■ Cook 30 mins

VEGETARIAN

500g potatoes, diced
2 shallots, sliced
1 tbsp olive oil

2 tsp dried oregano
200g small mushrooms
4 eggs

1 Heat oven to 200C/180C fan/gas 6. Tip the potatoes and shallots into a large, non-stick roasting tin, drizzle with the oil, sprinkle over the oregano, then mix everything together well. Bake for 15 mins, add the mushrooms, then cook for a further 10 mins until the potatoes are browned and tender.

2 Make four gaps in the vegetables and crack an egg into each space. Return to the oven for 3-4 mins until the eggs are cooked.

PER SERVING 218 kcals, fat 10g, saturates 2g, carbs 22g, sugars 1g, fibre 2g, protein 11g, salt 0.2g



Are you getting enough protein?

If you're worried about protein and iron in a veggie diet, don't be. You can get all the vitamins and minerals you need, you just have to know what to eat. Non-meaty sources of protein and iron are nuts, pulses, tofu, and leafy greens. Milk, cheese and yogurt are good sources of protein and above all, embrace the egg, the easiest source of protein out there! Dried fruits, particularly raisins, apricots and dates all contain iron. Vitamin C helps iron absorption, so have a glass of fruit juice with your meal to maximize the benefits.

Oven-baked sweet potato fajitas

■ Serves 4 ■ Prep 10 mins ■ Cook 40 mins

VEGETARIAN

2 large sweet potatoes

2 onions, 1 red and one white, if you like

1 large red pepper, deseeded

1 tbsp olive oil

2 tbsp white wine vinegar

30g sachet fajita seasoning

8 small tortilla wraps

½ small pack coriander, chopped

½ small pot low-fat soured cream

small iceberg lettuce, shredded

100g feta, crumbled

1 Heat oven to 200C/180C fan/gas 6. Cut the veg into chunky wedges and toss in a large bowl with the oil, vinegar and fajita seasoning. Arrange in a single layer on a large baking tray and roast for 40 mins, turning halfway through.

2 Meanwhile, warm the wraps following pack instructions. Once the veg is cooked, sprinkle with the coriander, then roll up in the wraps with a dollop of soured cream, some lettuce and crumbled feta on top.

PER SERVING 544 kcals, fat 10g, saturates 5g, carbs 96g, sugars 26g, fibre 9g, protein 16g, salt 2.9g

Oven cooking means extra time for you to do your coursework!



Souper suppers

You don't have to be a great cook to make soup.
Even if you haven't cooked before, give these a go...



Versatile veg soup

Versatile veg soup

Fry **200g chopped raw vegetables** (such as onions, celery and carrots) with **300g potatoes**, peeled and cubed, in a **little oil** for a few mins until beginning to soften. Cover with **700ml veg stock** and simmer for 10-15 mins until the veg is tender. Blitz with a hand blender until smooth, then season. Serve with **a dollop of crème fraîche** and some **fresh herbs**. Serves 2.

Cheat's French onion

Cook **4 sliced onions** in **25g butter** and **1 tbsp olive oil** until soft and well browned, about 20 mins. Add **1 tsp Dijon mustard** and **2 x 400g cans beef consommé**, then simmer for 5 mins. Pour into bowls and serve with **slices of melted cheese on toast**. Serves 2-3.

Speedy mushroom

Cook **1 chopped garlic clove**, **1 chopped onion** and **500g quartered mushrooms** in **1 tbsp olive oil** for 10 mins. Add **600ml vegetable stock**, a **handful chopped parsley** and simmer for 10 mins. Blitz with a hand blender until smooth, then reheat. Serve with a **swirl of cream** or **yogurt**. Serves 2.

Rustic leek & potato

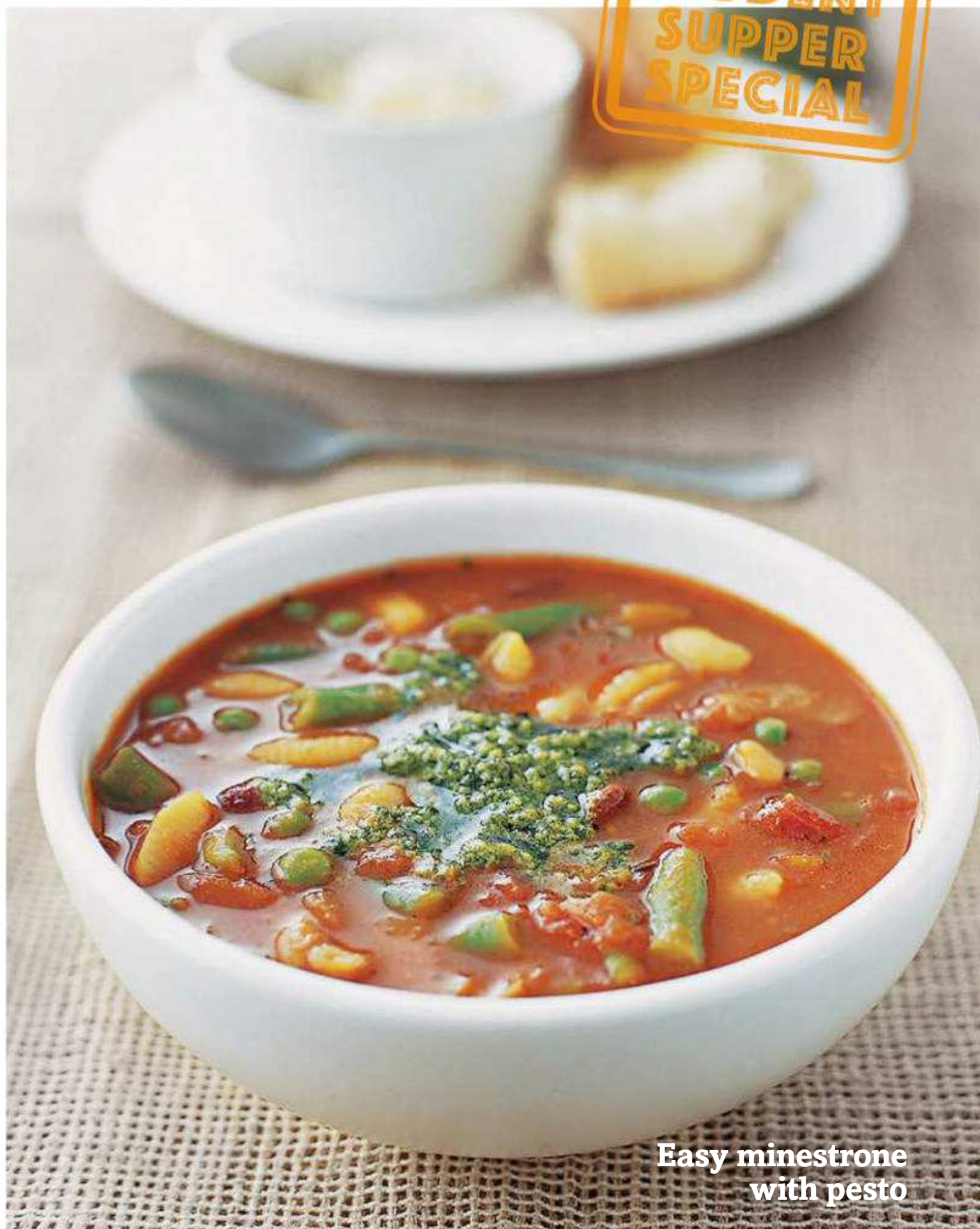
Soften **2 chopped leeks** for 8 mins in **1 tbsp olive oil**. Add **2 tsp chopped sage**, **500g diced potato** and **600ml vegetable stock**. Season well, simmer for 15 mins and serve with lots of **crusty bread**. Serves 2.

Chunky Moroccan chicken

Fry **2 sliced chicken breasts** for 5 mins. Add **1 crushed garlic clove** and **½ tsp chilli flakes** and cook for 1 min. Stir in **600ml vegetable stock**, **400g can tomatoes** with a good **handful of olives** and a **400g can drained chickpeas**. Simmer for 10 mins, then sprinkle with **parsley** and serve. Serves 2-3.

Spiced carrot & orange

Soften **½ onion** and **500g diced carrots** in **1 tbsp olive oil** for 12 mins. Pour in **600ml vegetable stock**, the **juice and zest 1 orange** and **1 tsp ground cumin**. Simmer for 10 mins, cool a little, then blitz with a hand blender. Reheat and serve topped with a **spoonful of natural yogurt**. Serves 2.



Easy minestrone
with pesto

Asian prawn noodle

Cook **1 tbsp curry paste** for 1 min. Stir in **400ml can coconut milk** and **500ml veg or chicken stock**. Simmer for 3 mins, then add a **150g pack cooked prawns** and heat through. Meanwhile, soak **100g rice noodles** following pack instructions. Tip into bowls, then pour over the soup and top with **a few beansprouts** and **coriander leaves**. Serves 2.

Easy minestrone with pesto

Cook **1 chopped onion** in **1 tbsp olive oil**. Add **100g frozen mixed vegetables**, **400g can chopped tomatoes**, **400g can drained cannellini beans**, **50g pasta shells** and **600ml vegetable stock**. Simmer for 8 mins. Swirl in some **green pesto** to serve. Serves 2.

SOUPER BOWL TIPS W

All these recipes make enough for two or three generous bowls, but soup keeps really well in the freezer, so you could double the recipes and freeze portions for another day. All the soups except the prawn noodles will keep in the fridge for up to two days.

PERFECT FOR A CROWD

Moroccan magic

This make-ahead menu is inspired by the exotic spices and aromatic flavours of Morocco

MENU TO SERVE 6

*Broad bean & cumin dip
with hot pitta*



Spicy lamb kebabs

Salads

Couscous & chickpea



Aubergine, lemon & pepper



Orange & radish



Beetroot & potato

Dessert

Baked peaches with rose water



Fresh mint & yogurt ice



Sweet almond biscuits



Moroccan mint tea

Broad bean & cumin dip with hot pitta

This makes a refreshing change to hummus. Serve it as a casual starter with bowls of olives, or put on the table with the salads to eat with the main course.

■ Serves 6 ■ Prep 10 mins ■ Cook 5 mins

VEGETARIAN

500g frozen broad beans
1 tsp ground cumin
4 tbsp olive oil
1 lemon, juiced
2 tbsp chopped mint (optional)
pack pitta bread, to serve

Boil the beans in salted water for 5 mins, then drain, reserving some of the water. Whizz in a food processor with all the remaining ingredients and season to taste, adding some of the reserved cooking water to get a dipping consistency. Chill until ready to serve. *Can be stored in the fridge overnight.* Bring back to room temperature and serve with toasted pitta.

PER SERVING 118 kcals, fat 8g, saturates 1g, carbs 6g, sugars 1g, fibre 5g, protein 5g, salt none



Make-ahead
and hassle-free –
this menu ticks all
the boxes!





Couscous & chickpea salad

■ Serves 6 ■ Prep 15 mins ■ No cook

VEGETARIAN

250g couscous
1 tbsp rose harissa
50g raisins
6 soft dried apricots, chopped
400g can chickpeas, rinsed and drained
3 tbsp lightly toasted pine nuts
1 lemon, juiced
4 tbsp olive oil

Make the couscous following pack instructions, adding the harissa, raisins and apricots with the recommended amount of water. Toss in the remaining ingredients. Cover until ready to serve or keep in the fridge overnight.

PER SERVING 289 kcals, fat 13g, saturates 2g, carbs 38g, sugars 10g, fibre 3g, protein 7g, salt 0.2g



Beetroot & potato salad

■ Serves 6 ■ Prep 20 mins ■ Cook 15 mins

VEGETARIAN

500g pack new potatoes
4 tbsp olive oil
1 tbsp white wine vinegar
2 garlic cloves, chopped
1 red onion, finely chopped
2 x 250g packs cooked beetroot, diced
20g pack coriander, chopped

1 Boil the potatoes until tender, about 15 mins, then chop when cool enough to handle. Take off the skins or leave them on.

2 Meanwhile, mix the oil, vinegar, garlic and onion with the beetroot. Toss in the potatoes and coriander. *Can be made a day ahead, but add the coriander just before serving.*

PER SERVING 171 kcals, fat 8g, saturates 1g, carbs 23g, sugars 9g, fibre 3g, protein 4g, salt 0.2g

Orange & radish salad

■ Serves 6 ■ Prep 25 mins ■ No cook

VEGETARIAN

3 medium oranges, peeled
 $\frac{1}{2}$ bunch breakfast radishes, sliced
3 tbsp lemon juice
few drops orange flower water (optional)
1 tbsp icing sugar
 $\frac{1}{4}$ tsp ground cinnamon

Cut the pith away from the oranges, then slice and arrange on a platter. Scatter over the radishes and pour over the lemon juice and flower water, if using. *Can be made in the morning and kept chilled.* Sprinkle with the icing sugar and cinnamon before serving.

PER SERVING 41 kcals, fat none, saturates none, carbs 10g, sugars 10g, fibre 2g, protein 1g, salt none

Spicy lamb kebabs

■ Serves 6 ■ Prep 20 mins plus marinating
■ Cook 7-10 mins

6 thick, lean lamb steaks, cut into chunks

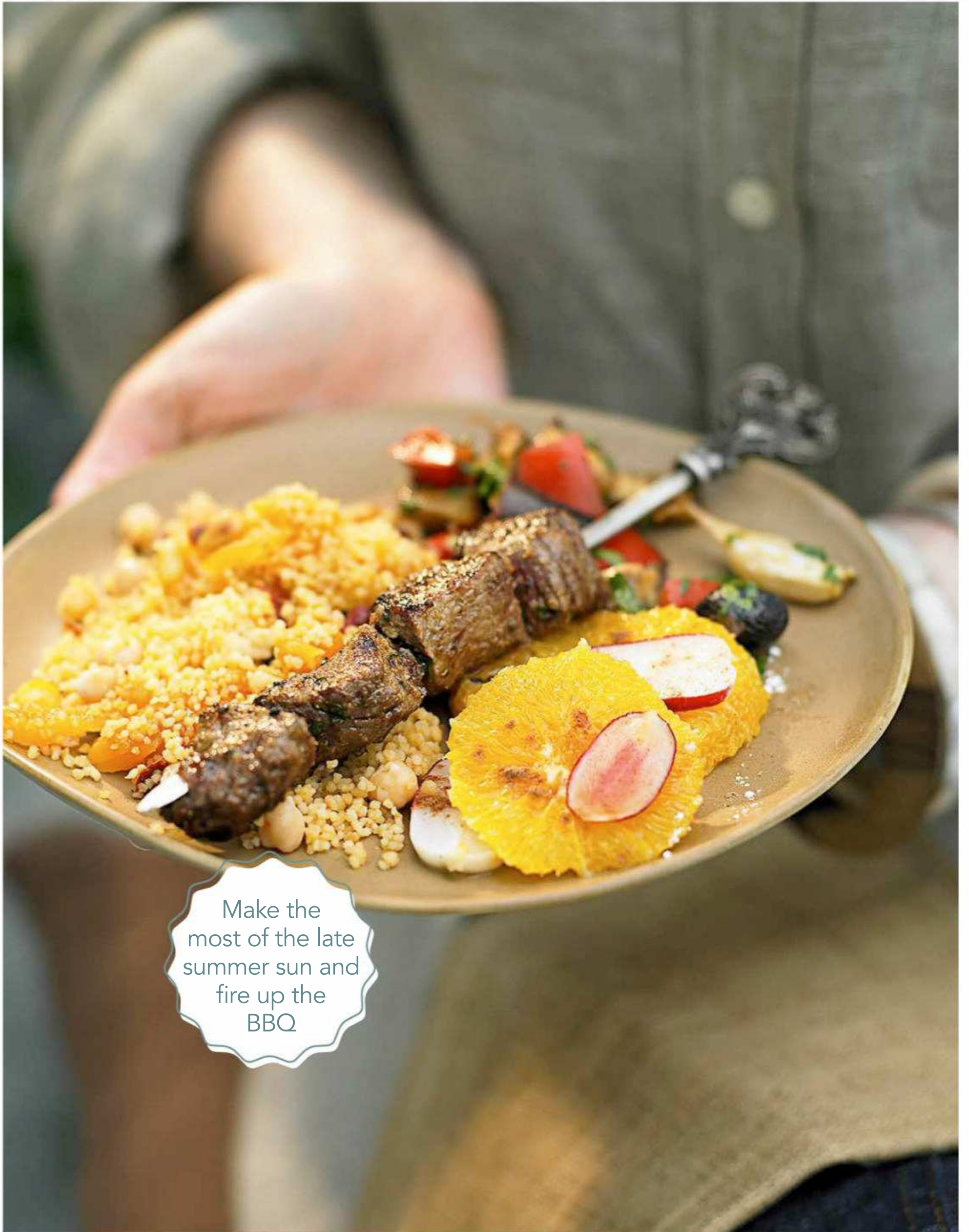
FOR THE MARINADE

4 garlic cloves, crushed
4 tbsp olive oil
1 tbsp ground coriander
2 tsp cumin
 $\frac{1}{2}$ tsp paprika
3 tbsp chopped parsley
3 tbsp lemon juice

1 Mix all the marinade ingredients until well blended. Toss in the lamb, then thread onto the end of 12 skewers. Cover well and chill until ready to cook.
2 Barbecue or grill for 7-10 mins, turning frequently, until cooked but still a little pink in the centre.

PER SERVING 257 kcals, fat 14g, saturates 6g, carbs none, sugars none, fibre none, protein 33g, salt 0.2g

Tip Buy thick lamb steaks, then cube them, rather than fiddling about with a whole leg of lamb. Marinate these a day ahead so the spices can really penetrate the meat and tenderise it. If eating outside, barbecue for the best flavour



Make the most of the late summer sun and fire up the BBQ



Aubergine, lemon & pepper salad

■ Serves 6 ■ Prep 15 mins ■ Cook 30 mins

VEGETARIAN

2 aubergines, diced
1 red onion, chopped
6 garlic cloves, kept whole
2 red peppers, deseeded and chopped
4 tbsp olive oil
4 vine tomatoes, chopped
1 lemon, zested and juiced
4 tbsp chopped mint
100g black olives

1 Heat oven to 220C/200C fan/gas 7. Toss the aubergines, onion, garlic and peppers together with the oil, then roast for 30 mins until the vegetables are tender. Tip into a bowl. *This can be done a day ahead.*

2 Add the tomatoes, lemon zest and juice, then season. Stir in the mint and olives. This will keep in the fridge for a few hours, but bring to room temperature before serving.

PER SERVING 145 kcals, fat 11g, saturates 1g, carbs 10g, sugars 8g, fibre 4g, protein 3g, salt 0.2g

Tip Eat this salad warm or at room temperature – it's delicious with barbecued meat. If you have any left over, add griddled halloumi for a lovely lunch

Baked peaches with rose water

■ Serves 6 ■ Prep 10 mins ■ Cook 20 mins

VEGETARIAN

6 ripe peaches, halved and stoned
1 large orange, juiced
2 tbsp rose water
100g caster sugar
2 cinnamon sticks, broken

1 Heat oven to 220C/200C fan/gas 7. Arrange the peaches cut-side-up in a large, shallow heatproof dish so they fit quite snugly. Mix together the orange juice and rose water, pour over the peaches, then scatter over the sugar.

2 Add the cinnamon and bake for 20 mins until the peaches are tender. Alternatively, wrap the peaches in a big foil parcel and cook on the BBQ. Serve warm or chilled with the fresh mint & yogurt ice (right) or vanilla ice cream.

PER SERVING 106 kcals, fat none, saturates none, carbs 27g, sugars 27g, fibre 2g, protein 1g, salt none



Fresh mint & yogurt ice

- Serves 6 ■ Prep 15 mins plus freezing
- No cook

VEGETARIAN FREEZABLE

25g pack mint, leaves only
100g caster sugar
500g tub fresh vanilla custard
500g tub Greek yogurt

1 Whizz the mint leaves and sugar together in a food processor until really finely chopped, then tip into an ice cream machine with the custard and yogurt.
2 Churn until frozen, then tip into a plastic container and freeze until needed. If you don't have an ice cream machine, mix everything together and tip into a plastic container and freeze. When partially frozen round the edges, beat really well, then return to the freezer. When partially frozen again, beat well and freeze until needed.
PER SERVING 260 kcals, fat 13g, saturates 8g, carbs 32g, sugars 29g, fibre none, protein 8g, salt 0.2g

No ice cream machine needed to make this simple dessert!



Sweet almond biscuits

- Makes 12 ■ Prep 15 mins
- Cook 15 mins

VEGETARIAN FREEZABLE

1 egg
100g icing sugar, plus extra for shaping
1 tsp baking powder
200g pack ground almonds
 $\frac{1}{2}$ **tsp rose water**
12 blanched almonds

1 Heat oven to 180C/160C fan/gas 4. Mix all the ingredients except the blanched almonds to make a thick paste. Roll into 12 balls, flatten slightly in icing sugar so they are generously coated, then top each one with an almond.
2 Bake on a baking tray for 15 mins until firm and pale golden. Cool on a wire rack before serving with mint tea, if you like.
PER BISCUIT 149 kcals, fat 10g, saturates 1g, carbs 10g, sugars 9g, fibre 1g, protein 4g, salt 0.1g

How to make Moroccan mint tea

■ Tip **3 tsp green tea leaves** into a teapot, add **3 tbspcaster sugar** and a **large handful mint sprigs**. Top up with boiling water, then leave to infuse for 5 mins. Pour into glasses and add extra mint leaves, if you like. It's sweetened in the pot traditionally, but omit sugar if you prefer.

PERFECT FOR SHARING

FRIDAY NIGHT THAI

Jump straight into entertaining friends on Friday night. With a bit of prep the night before, this can be pulled together in no time at all

Mint, lime & cucumber salad



Menu for 6

Spiced cashew nuts



Mint, lime & cucumber salad



Thai sticky chicken & ribs



Quick mango pudding

Spiced cashew nuts



Thai sticky chicken & ribs



Spiced cashew nuts

VEGETARIAN

Heat **1 tbsp vegetable oil** in a wok. Add **2 finely sliced spring onions, pinch of chilli flakes, 1 very finely sliced lemongrass stalk** and a **large pinch of brown sugar** along with **300g cashews**. Fry until the nuts look golden brown. Season and cool.

PER SERVING 305 kcals, fat 26g, saturates 3g, carbs 10g, sugars 3g, fibre 2g, protein 9g, salt none

Mint, lime & cucumber salad

■ Serves 6 ■ Prep 15 mins ■ No cook

VEGETARIAN

1 large cucumber, peeled
2 limes
1 tbsp white vinegar (rice or wine)
1/2 tbsp caster sugar
a large handful of mint leaves
1 small red chilli, finely sliced

1 Finely slice half of the cucumber into a large bowl. Cut the skin off the lime, then cut out the segments. Add these to the bowl and squeeze any juice out of the bit left in the middle. Add the vinegar and sugar, cover and leave in the fridge.

2 When ready to serve, slice and add the remaining cucumber, the mint and the chilli and toss together. Season with salt and a touch more vinegar, if you like.

PER SERVING 15 kcals, fat none, saturates none, carbs 3g, sugars 2g, fibre none, protein 1g, salt none

Thai sticky chicken & ribs

Marinate the meat the night before for maximum flavour. This marinade gives works equally well on different meats, fish and even prawns.

■ Serves 6 ■ Prep 30 mins plus marinating ■ Cook 1½ hrs

FREEZABLE uncooked marinated meat only

3 small green chillies, chopped
small bunch coriander, stalks chopped and leaves used for the dipping sauce
3 garlic cloves, chopped
3cm piece ginger, chopped
1 tsp ground turmeric
2 tbsp soy sauce
4 tbsp fish sauce
8 tbsp light brown soft sugar
2 tbsp honey
4 chicken thighs, skin on
2 pork loin ribs, about 1kg steamed rice, to serve
FOR THE CHILLI-LIME SAUCE
200g caster sugar
1 garlic clove, finely sliced
3 tbsp white wine vinegar
1 lime, juiced
1 tbsp fish sauce
1 red bird's eye chilli, finely sliced
handful coriander leaves (from coriander in the marinade), chopped

1 To make the marinade, put the chillies, coriander stalks, garlic, ginger, turmeric, soy sauce, fish sauce, sugar and honey in a food processor. Whizz to a rough paste. Cut each chicken thigh into 2 pieces down the side of bone (so one side keeps the bone). Put all the chicken and ribs in a ceramic dish or suitable plastic container and pour over the marinade. Turn the meat over so it's coated, cover and put it in the fridge until needed (up to 24 hrs).

2 To make the sauce, put the sugar in a pan with 250ml water, bring to the boil, simmer for a few mins to make a sugar syrup,



This creamy mango pudding is ready in just 5 minutes

then stir in garlic, vinegar, lime juice, fish sauce and chilli. Cool, then stir in the coriander. *Will keep for 24 hrs in the fridge.*

3 Heat oven to 160C/140C fan/gas 3. Lift the ribs into a baking dish, cover with foil and put in the oven for 1 hr. Add the chicken pieces around the ribs, turn up the oven to 200C/180C fan/gas 6 and cook, uncovered, for 20 mins or so until the chicken is cooked through. By now the surface of the ribs and chicken should be quite brown and the marinade slightly sticky; if it isn't, put the lot under the grill – but keep an eye on it.

4 Cut the ribs into sections and pile onto a platter with the chicken, drizzle over some sauce and serve the rest alongside with the salad and some cooked rice.

PER SERVING 533 kcals, fat 27g, saturates 9g, carbs 39g, sugars 38g, fibre none, protein 35g, salt 3.3g

Quick mango pudding

■ Serves 6 ■ Prep 5 mins ■ No cook

VEGETARIAN

Peel and dice **1 large ripe mango** and whizz to a purée in a food processor. Add **6 scoops vanilla ice cream** and **2 tbsp thick cream** and whizz again. Spoon into bowls and scoop the pulp from **1/2 passion fruit** over each. Serve immediately.

PER SERVING 131 kcals, fat 6g, saturates 4g, carbs 18g, sugars 17g, fibre 2g, protein 2g, salt none

John Torode's ROAST CHICKEN DINNER



Love roast chicken but want to give it a twist? BBC *MasterChef* judge **John Torode** has created the perfect menu



Give your Sunday roast a Middle Eastern kick with a spicy sumac rub

MENU FOR FOUR *(with extra helpings of pud!)*

Chicken with lemons, sumac & spiced yogurt

★
*Smashed rosemary potatoes
Green beans with shallots, garlic & toasted almonds*

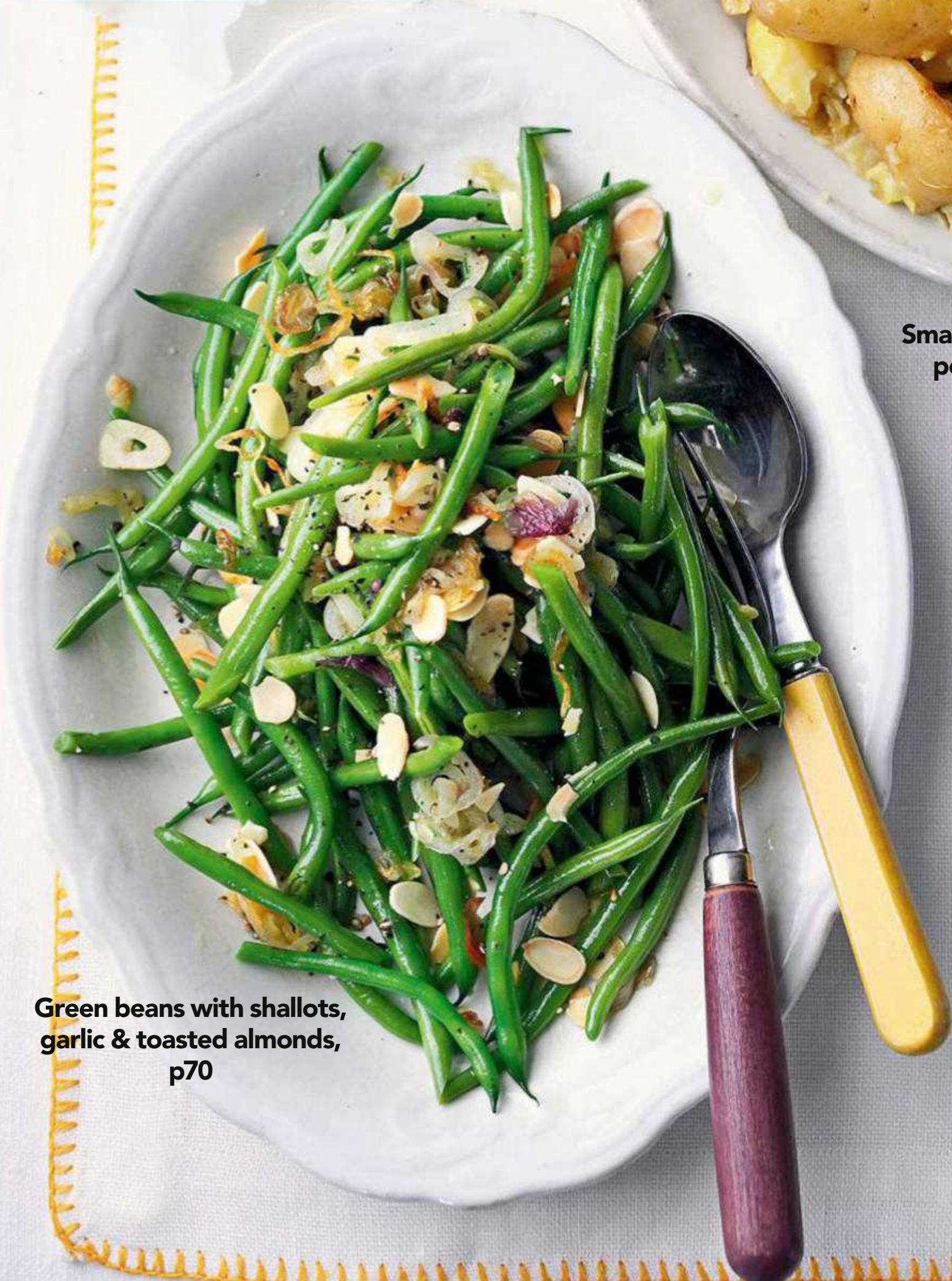
★
*Vanilla & pomegranate cake
Cheat's pistachio ice cream*

Chicken with lemons, sumac & spiced yogurt, p70

KNOW-HOW Sumac is a Middle Eastern powdered spice made from berries with a sour, lemony flavour. Widely available from supermarkets, but if you can't find any, finely grated lemon zest and black pepper is a good alternative.



Smashed rosemary potatoes, p70



Green beans with shallots, garlic & toasted almonds, p70

Chicken with lemons, sumac & spiced yogurt

Roast a chicken in the oven and suddenly all's well with the world, particularly when it's stuffed with wonderful flavours like olives, lemons and aromatic sumac.

■ Serves 4 ■ Prep 10 mins ■ Cook 1½ hrs

1 large free-range chicken (about 1.5kg)
3 lemons, cut into eights
handful black pitted olives
3 small shallots, peeled and left whole
6 garlic cloves, peeled and squashed
2 tbsp sumac
1 tbsp vegetable oil
FOR THE SPICED YOGURT
1 tsp each ground coriander and cumin
½ tsp each ground turmeric and mustard seeds
½ tsp chilli powder, mild or hot, depending on taste
500g pot natural yogurt
1 long red chilli, thinly sliced
bunch spring onions, sliced

1 Heat oven to 200C/180C fan/gas 6. Mix the lemons, olives, shallots and garlic with half the sumac and some salt. Add 1 tbsp water. Pour into the cavity of the bird.
2 Take the oil and the rest of the sumac and rub onto the outside of the chicken, massaging it into every part possible. Roast for 1½ hrs or until cooked through and the juices run clear when a skewer is inserted into the thickest part of the leg.
3 While the chicken is cooking, mix all the ingredients for the spiced yogurt with some salt – if you like it a little milder, deseed the chilli before slicing. Carve the chicken and serve topped with a dollop of the yogurt.
PER SERVING 537 kcals, fat 30g, saturates 10g, carbs 12g, sugars 11g, fibre 1g, protein 56g, salt 0.6g



Smashed rosemary potatoes

■ Serves 4 ■ Prep 5 mins ■ Cook 50 mins

VEGETARIAN

1kg small potatoes
2 large rosemary sprigs
2 tbsp olive oil
2 garlic cloves, sliced

1 Boil the potatoes in salted water until cooked almost through. Drain and cool. Strip the rosemary leaves and mix with the oil, garlic and seasoning in a roasting tray.
2 Tip in the potatoes, crush them a little with a masher or a fork and toss with the oil mixture. Roast for 35 mins in the oven underneath the chicken until they are crunchy and you can smell the rosemary and the garlic just on the edge of burning.
PER SERVING 239 kcals, fat 6g, saturates 1g, carbs 43g, sugars 2g, fibre 3g, protein 5g, salt none



Green beans with shallots, garlic & toasted almonds

■ Serves 4 ■ Prep 5 mins ■ Cook 10 mins

VEGETARIAN

300g green beans
2 tsp olive oil
2 small shallots, very finely sliced
3 garlic cloves, thinly sliced
1 lemon, juiced
2 tbsp toasted flaked almonds

1 Cook the beans in boiling salted water until tender, drain and cool under running water.
2 Heat the olive oil in a frying pan and gently cook the shallots and garlic with some salt for about 8 mins until soft but not brown.
3 Tip in the beans, add pepper, toss, warm through, finish with lemon juice and almonds.
PER SERVING 47 kcals, fat 3g, saturates none, carbs 3g, sugars 2g, fibre 2g, protein 3g, salt none

Vanilla & pomegranate cake

■ Serves 8 ■ Prep 20 mins
■ Cook 50 mins

VEGETARIAN FREEZABLE cake only

200g butter, plus extra for the tin
200g caster sugar
3 eggs
1 lemon, zested and juiced
140g self raising flour
½ tsp vanilla extract
100g plain flour
FOR THE SYRUP
½ lemon, juiced
2 pomegranates, juice of 1, seeds of 1 (or 100ml pomegranate juice, 110g pack seeds)
85g caster sugar
½ tsp vanilla extract

1 Heat oven to 160C/140C fan/gas 3. Butter and line a 20cm loose-bottomed cake tin. Beat the butter and sugar with an electric whisk until pale and creamy. Add the eggs one at a time, then add the lemon zest and juice and vanilla extract. Fold in the flours with a metal spoon until well mixed. Transfer to the cake tin, smooth the top, then bake for 50 mins until risen and golden.
2 To make the syrup, mix the lemon juice with the pomegranate juice, caster sugar and vanilla, then heat gently until the sugar dissolves. Increase the heat and reduce slightly until syrupy. Remove from the heat and cool slightly, then tip in the pomegranate seeds.
3 Remove the cake from the oven. Allow to cool for a few minutes before poking holes all over it with a skewer and pouring over the pomegranate syrup. Enjoy warm or cool completely in the tin.
PER SERVING 475 kcals, fat 24g, saturates 14g, carbs 64g, sugars 42g, fibre 1g, protein 6g, salt 0.5g

Cheat's pistachio ice cream

■ Serves 8 ■ Prep 10 mins ■ No cook

FREEZABLE VEGETARIAN

Whizz **50g pistachios** in a blender until finely chopped, then roughly chop **50g pistachios**, and stir together. Fold them through **1 litre good-quality vanilla ice cream**, softened. Pop back into the tub and return to the freezer for 1 hr.
PER SERVING 215 kcals, fat 14g, saturates 5g, carbs 20g, sugars 16g, protein 4g, fibre none, salt 0.1g





3 simple Korean classics

Try something new this weekend with these savoury and sweet dishes

Sweet soy braised chicken, p74

A lightly spiced main that packs in plenty of vegetables



Mixed rice with vegetables & fried egg, p74



Sweet soy-braised chicken (andong jjimdak)

Originating from the city of Andong in Seoul, this simmered and steamed chicken dish is cooked with glass noodles and vegetables. It's a hearty chicken dish meant to be shared.

- Serves 4 ■ Prep 15 mins plus soaking
- Cook 45 mins

2 tsp grapeseed oil

1.25kg bone-in, skin-on chicken thighs

1 tbsp gochugaru (Korean chilli flakes)

80ml soy sauce

3 tbsp light brown soft sugar

2 tbsp mirin

2 tsp toasted sesame oil

2 tsp crushed garlic

1 tsp grated ginger

4 potatoes, quartered

2 carrots, chopped into 3.5cm pieces

1 onion, chopped

150g glass noodles, soaked in water for 15 mins, then drained

2 spring onions, sliced thickly
sesame seeds, to garnish (optional)

1 Heat the grapeseed oil in a large flameproof casserole dish over a medium heat and fry the chicken, skin-side down, until golden. Add the gochugaru, soy, sugar, mirin, sesame oil, garlic and ginger, then continue cooking the chicken for 15 mins.
2 Add the potatoes, carrots and onion and braise for another 15 mins or until the chicken is cooked through. Tip in the noodles and spring onions and simmer for 10 mins, covered. Season with black pepper, garnish with the sesame seeds and serve with rice.

Sesame bean sprouts

Put **485g bean sprouts** in boiling water for 30 seconds, then drain and squeeze out any excess water. Combine **1 finely chopped spring onion, 1½ tsp crushed garlic, 1-2 tsp toasted sesame seeds, 2 tbsp toasted sesame oil, 1 tsp soy sauce and 1 tbsp vegetable oil** in a medium bowl, add the blanched sprouts and mix to combine. *Will keep in an airtight container for up to a week.* Serves 4 as a side.

Sesame spinach

Bring a large saucepan of water to the boil. Blanch **500g spinach** for 30 seconds, then drain and squeeze to remove any excess water. Combine **1 finely chopped spring onion and 1½ tsp crushed garlic** in a medium bowl, add the blanched spinach and mix to combine. *Can be stored in an airtight container in the fridge for up to one week, or serve immediately.* Serves 4 as a side.

Mixed rice with vegetables & fried egg (bibimbap)

This dish is one of the most popular Korean dishes. It literally translates to 'mixed rice' and is filled with a mix of vegetables. Meat can be added if you like.

- Serves 4 ■ Prep 30-45 mins
- Cook 15 mins

VEGETARIAN

1½ tbsp grapeseed oil

2 carrots, julienned

1 red pepper, thinly sliced

1 courgette or a summer squash, sliced into half moons

600g cooked sushi rice, divided into 4

150g sesame spinach (recipe below)

150g sesame bean sprouts (recipe below)

4 fried eggs

4 tsp toasted sesame oil

spicy gochujang dressing (recipe below)

1 Heat the grapeseed oil in a frying pan, add the carrots and some seasoning, then cook for 1-2 mins. Set aside. Repeat with the red pepper and courgette, then set aside.
2 Divide the rice between four bowls and top with the sautéed veg, sesame spinach, sesame bean sprouts and a fried egg. Drizzle 1 tsp sesame oil over each bowl.
3 Drizzle each bowl with the spicy gochujang dressing to the individual's spice level and mix together all the ingredients in the bowl before serving.

Spicy gochujang dressing

Combine **4 tbsp gochujang, 2 tbsp rice vinegar, 2 tbsp granulated sugar, 1 tsp sesame oil, 1 tsp toasted sesame seeds and 2 tsp brown rice syrup** in a small jar and stir until thoroughly combined. *This will keep for up to two weeks in the fridge.* Makes 60ml dressing.

Rice doughnuts (chaapsal)

Crispy on the outside and chewy on the inside, filled with sweetened red bean goodness – it's like heaven in a ball.

- Makes 12 ■ Prep 30 mins plus 1 hr chilling ■ Cook 30 mins

VEGETARIAN

220g sweet rice flour

130g plain flour

½ tsp baking powder

20g unsalted butter, melted

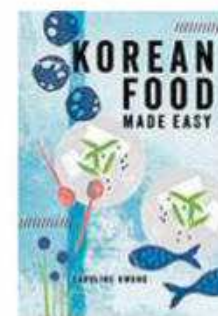
430g canned sweetened red bean paste

½ tsp ground cinnamon

vegetable oil, for frying

100g granulated sugar, for coating

1 Sift both flours with the baking powder and ½ tsp salt into a large bowl. Add the melted butter and 220ml hot water. Mix well and knead together into a large ball for about 5 mins. Chill in the fridge, covered, for 1 hr.
2 Mix the red bean paste with the cinnamon and set aside.
3 Divide the dough into 12 mini balls and cover with a clean tea towel to make sure the dough doesn't dry out. Press the rolled balls into a flat circle and fill with ½ tsp of the red bean paste. Bring the sides up and over to enclose the filling and pinch the edges to shape the doughnut into a ball.
4 Heat the vegetable oil in a deep frying pan to 175C, or until a small piece of bread turns golden in a few seconds. Deep-fry the doughnuts for 5-8 mins, turning frequently, until golden brown.
5 Toss the fried doughnuts in the sugar until evenly coated, then allow to cool slightly before serving.



Recipes adapted from *Korean Food Made Easy* by Caroline Hwang (£12.99, Murdoch Books). Photographs Lisa Linder.





mmm...
meatballs

Who doesn't love a meatball? Roll up for a veg-packed recipe to cook with your kids as well as classics from the Med for family gatherings



Spaghetti & meatballs with hidden veg sauce

■ Makes 40 meatballs (which will feed a family of 4 twice) ■ Prep 1 hr ■ Cook 40 mins

FREEZABLE

FOR THE MEATBALLS

300g good quality pork sausages
(about 4 large or 8 chipolatas)

1 small onion, grated

1 carrot, grated

1 tbsp dried oregano

500g lean beef mince

50g parmesan, finely grated, plus extra to serve

75g dried breadcrumbs

1 medium egg

1 tbsp olive oil

FOR THE TOMATO SAUCE

2 red peppers

1 carrot, grated

2 celery sticks, grated

1 courgette, grated

3 garlic cloves, grated

1 tbsp olive oil

1 tbsp tomato purée

pinch golden caster sugar

splash red wine vinegar

3 x 400g cans chopped tomatoes

cooked spaghetti and basil, to serve

1 Squeeze all the sausagemeat out of the skins into a large bowl. Add the rest of the meatball ingredients except the oil to the bowl and season well. Use your hands to squish everything together until completely mixed.

2 Roll the meatball mix into walnut-sized balls, then place them on a board or tray. Cover the meatballs with cling film.

3 Peel the peppers with a vegetable peeler, cut off the tops and bottoms and deseed. Cut the peppers in half, then into strips.

4 Heat the oil in a large saucepan. Add the vegetables and garlic and cook for 5 mins. Stir in the tomato purée, sugar and vinegar, leave for 1 min, then tip in the tomatoes and simmer for 5 mins. Blitz the sauce with a hand blender. Gently simmer the sauce.

5 Meanwhile, brown the meatballs in the oil on all sides in a frying pan, then put them in the tomato sauce, working in batches if necessary. Simmer for 15 mins, gently stirring until cooked through. *Eat now or cool and freeze in batches for up to six months.* Serve with spaghetti, basil and extra parmesan.

PER SERVING 375 kcals, fat 21g, saturates 8g, carbs 21g, sugars 11g, fibre 4g, protein 25g, salt 1.5g



Spanish meatballs with clams, chorizo & squid

Smoky pork meatballs go perfectly with the salty seafood, squid and the spice and garlic of the chorizo. All this needs is hunks of bread and a glass of wine.

■ Serves 4 ■ Prep 30 mins plus cooling

■ Cook 25 mins

25g butter

3 small shallots, diced

1 heaped tsp smoked Spanish paprika

3 garlic cloves, 2 crushed and 1 sliced

2 tbsp dry Sherry

50g fresh breadcrumbs

300g pork mince

1 egg yolk

50ml olive oil, for frying

300g chorizo, cut into bite-sized pieces

300g cleaned squid, cut into rings

100ml white wine

300g chopped and squashed tomatoes
(squeeze to a pulp using your fingers)

400g clams

handful flat-leaf parsley, roughly chopped

extra virgin olive oil, for drizzling

1 Melt the butter in a flameproof, heavy-based casserole, then soften the shallots for 5 mins. Add the paprika and crushed garlic and cook for 1 min until fragrant. Splash in the Sherry, then tip into a bowl with the breadcrumbs. Season and cool.

2 Add the pork mince and the egg yolk to the bowl, then beat well. Shape into 18 small meatballs. Wipe the pan, put on a medium-high heat, then add the oil. Fry the meatballs for 5 mins, just to colour, then lift onto a plate, but keep the oil in the pan. Sizzle the chorizo with the sliced garlic, add the squid and fry to give a little colour. Now tip in the white wine and bring to the boil, scraping the bottom. Stir in the tomatoes, bring to the boil, then add the meatballs and the clams. Cover and cook for 5 mins until the clam shells open. Discard any that stay shut. Sprinkle with the parsley, drizzle with the extra virgin oil, then serve with crusty bread.

PER SERVING 795 kcals, fat 57g, saturates 17g, carbs 18g, sugars 6g, fibre 2g, protein 49g, salt 3.4g



Italian sausage polpetino & macaroni bake

This is a big dish, but it'll all get eaten – you can never make too much of this kind of food.

■ Serves 8 ■ Prep 30 mins
■ Cook 1 hr 20 mins

FREEZABLE

150ml olive oil
2 large onions, finely chopped
2 garlic cloves, crushed
100g fresh breadcrumbs
50ml milk
500g quality beef mince
500g Italian sausages (about 8), meat squeezed from the skins
good handful chopped parsley
200ml red wine
2 x 400g cans chopped tomatoes
500g pack macaroni
FOR THE WHITE SAUCE
50g butter
50g plain flour
600ml milk
100g grated cheese, such as mature cheddar or Gruyère

1 Make the white sauce. Melt the butter in a pan, then stir in the flour. Keeping the heat high, whisk in the milk and bring to the boil, whisking until smooth and thickened. Season, then stir in most of the cheese and set aside. Cover the surface with cling film to stop it forming a skin.
2 Heat the oil in a large, heavy-based casserole or frying pan, then add the onions and garlic, a good grind of black pepper and salt. Cook slowly until the onions are soft but not coloured. Take half the mix out and mix with the breadcrumbs and milk in a large bowl. Using a slotted spoon, lift the rest of the onions out of the pan, leaving the oil behind, and set aside.
3 Mix the mince and sausagemeat, parsley and lots of salt and pepper into the breadcrumbs. Mix really well with your hands. Shape into the size of ping-pong balls, then heat the pan again and brown in batches in the leftover onion oil. Remove the final batch, then return the reserved onions to the pan with the wine. Bubble over a high heat, scraping the bottom of the pan, then stir in the tomatoes and meatballs. Bring to a simmer and cook for 5 mins. *Can be made up to two days ahead or frozen.*
4 Heat oven to 200C/180C fan/gas 6 and boil the macaroni according to pack instructions. Drain well, then mix with the meatball sauce. Tip into the largest ovenproof dish you have. Top with the white sauce (warm it a bit if it is slightly solid), then scatter with the remaining cheese. Bake for 35-40 mins until golden.

PER SERVING 881 kcals, fat 47g, saturates 16g, carbs 77g, sugars 13g, fibre 4g, protein 40g, salt 1.7g

Red Thai meatball curry

■ Serves 4 ■ Prep 20 mins ■ Cook 20 mins

500g pack lean beef mince (10% fat)
2 red chillies, 1 chopped, 1 sliced
thumb-sized piece ginger, grated
1 egg
1 tbsp sunflower or vegetable oil
1-1½ tbsp Thai red curry paste, depending on how spicy you like it
400ml can reduced-fat coconut milk
225g can bamboo shoots, drained
140g fine green beans, trimmed
1 lime, juiced, plus wedges to serve
20g pack basil
basmati rice or rice noodles, to serve

1 Put the mince in a large bowl with the chopped chilli, ginger and egg, then season generously. Mix well with your hands, then shape into 20 meatballs. *Can be made and chilled up to a day ahead.*
2 Heat the oil in a large non-stick frying pan, then brown the meatballs for 5 mins. Tip onto a plate. Add the curry paste, fry for 1 min, then pour in the coconut milk and half a can of water. Bring back to the boil and stir to make a smooth sauce.
3 Return the meatballs to the pan with the bamboo shoots and beans. Simmer for 5 mins until the beans are just tender and meatballs cooked through. To serve, season the sauce, squeeze in some lime juice, then tear in the basil. Scatter with sliced chilli and serve with rice or noodles and more lime wedges for squeezing over.
PER SERVING 371 kcals, fat 26g, saturates 13g, carbs 4g, sugars 2g, fibre 2g, protein 31g, salt 0.7g



Turkey meatball Caesar salad

This healthy recipe swaps low fat turkey mince for beef, and tosses them through salad instead of pasta.

■ Serves 4 ■ Prep 15 mins ■ Cook 20 mins

500g turkey mince

1 onion, finely chopped

small pack chives, snipped

125ml buttermilk

1 garlic clove, crushed

**4 tbsp grated pecorino or parmesan,
plus extra to serve**

2 shakes Tabasco

1 tbsp Worcestershire sauce

**1 small ciabatta roll, chopped or torn
into chunks**

squeeze lemon juice

2 Cos lettuces

1 Heat oven to 220C/200C fan/gas 6. In a bowl, mix the mince, onion, half the chives, 1 tbsp of the buttermilk, the garlic, 2 tbsp of the parmesan, half the Tabasco and half the Worcestershire sauce with some seasoning. Shape into about 20 small meatballs (lightly oiled hands will make this easier).

2 Arrange the turkey balls in a single layer in a roasting tin and cook for 10 mins. Remove, turn the turkey balls and arrange the bread chunks in between. Cook for a further 10 mins.

3 Meanwhile, tip the rest of the buttermilk into a bowl with the remaining parmesan, Tabasco, Worcestershire sauce and the lemon juice. Season and mix. Put the lettuce on top, toss together just before serving and divide between plates. Top with some meatballs and baked croutons, then sprinkle with chives. Serve with extra parmesan, if you like.

PER SERVING 330 kcals, fat 8g, saturates 4g, carbs 20g, sugars 9g, fibre 5g, protein 43g, salt 1.1g



DEEP PURPLE

Fresh, ripe and juicy, plums in season are hard to resist, especially when turned into dessert



Spiced plum & blackberry crumble

A piping hot crumble is one of life's simple pleasures, and one of the easiest ways to showcase fruit at its best.

■ Serves 6 ■ Prep 20 mins ■ Cook 1½ hrs

VEGETARIAN

140g plain flour
140g butter, cut into small dice
85g soft brown sugar
50g porridge oats
custard, to serve

FOR THE FRUIT

**1kg ripe plums (about 14),
halved and stoned**
1 tbsp soft brown sugar
1 tbsp plain flour
2 star anise
1 tsp ground cinnamon
1 tsp vanilla extract
½ lemon, juice only
300g blackberries

1 First, make the crumble topping. Put the flour and butter in a food processor and pulse to the texture of wet sand. Tip into a bowl and add the sugar and oats. Sprinkle the mixture with 2 tbsp cold water, then use a fork to mix everything together, creating a crumbly texture with a few large clumps. Chill until needed.

2 Heat oven to 200C/180C fan/gas 6. Tip all the fruit ingredients, except the blackberries, into a large ovenproof dish. Add 50ml water, cover with foil and bake for 1 hr. Remove the foil and discard star anise. Add the blackberries to the dish, sprinkle over the crumble mixture and return to the oven for a further 25-30 mins until the top is golden. Serve hot with custard.

PER SERVING 435 kcals, fat 20g, saturates 12g, carbs 57g, sugars 34g, fibre 8g, protein 6g, salt 0.4g

Crunchy spiced plums

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

VEGETARIAN **FREEZABLE** *without topping*

2 tbsp caster sugar

2 whole star anise

8 large or 12 small plums, halved

knob of butter

4 Hobnob biscuits

custard or vanilla ice cream, to serve

1 Heat oven to 200C/180C fan/gas 6. Mix the sugar with 2 tbsp water in a baking dish, add the star anise, then pop in the plums, cut-side down. Dot with the butter. Roast for about 5 mins until the plums are starting to soften, then turn them over. Roast for another 5 mins or until tender – this will depend on ripeness.

2 Roughly crush the Hobnobs, then spoon a little on top of each plum half. Return to the oven for a few mins more until the biscuit topping takes on a dark gold colour. Serve the plums and their scented, syrupy juices with custard or ice cream.

PER SERVING 169 kcals, fat 5g, saturates 2g, carbs 31g, sugars 25g, fibre 3g, protein 2g, salt 0.1g

PREFER A PIE?

SPICED PLUM & APPLE TUCK

Cut **2 large Bramley apples** into large chunks and cook with the **plums** in a pie dish, with a little more **butter** and **sugar**. Once the fruit is soft, unroll a sheet of ready to-use **shortcrust pastry** over the top and tuck the edges in. Cut a few slashes in the top, sprinkle with a little more **sugar** and bake for 20 mins until golden. Serves 4.



Plum & amaretti semifreddo

A ripple of sweet plum purée and chunks of amaretti biscuits turn this Italian ice cream into an all-in-one dessert.

- Serves 8 ■ Prep 25 mins plus freezing
- Cook 15 mins

VEGETARIAN FREEZABLE

450g ripe purple plums, halved and stoned
350g caster sugar
2 large egg whites
300ml double cream
1 tbsp Disaronno liqueur
85g soft amaretti biscuits, roughly broken up

1 Line a 30 x 20cm tray with cling film. Put the plums in a pan with 2 tbsp water and 110g of the sugar. Cover and stew over a medium heat for 10 mins until soft. Allow to cool slightly, then blitz with a hand blender. Pass through a sieve to remove the plum skins. Allow to cool.

2 Put the remaining sugar in a pan with 150ml water, and dissolve over a low heat. Boil for 5 mins or until the mixture reaches 120C on a cooking thermometer.

3 To make the meringue base, whisk the egg whites until stiff. With the beaters running, carefully pour the sugar mixture onto the egg white, whisking until thick. In another bowl, softly whip the cream, then gently fold in the liqueur, plum pulp, biscuits and the meringue. Pour into the tin, cover with cling film and freeze for a few hrs until set. To serve, remove from the freezer 5 mins before scooping into balls.

PER SERVING 435 kcals, fat 22g, saturates 13g, carbs 55g, sugars 54g, protein 3g, fibre 2g, salt 0.1g



Creamy rice pudding with stewed plums

■ Serves 6 ■ Prep 10 mins ■ Cook 1 hr

VEGETARIAN

FOR THE PLUMS

200ml port

200ml red wine

1 cinnamon stick

1 star anise

100g clear honey

2 oranges, zested and juiced

500g plums, halved and pitted

FOR THE RICE PUDDING

1 litre full-fat milk

250ml double cream

1 vanilla pod, split

1 cinnamon stick

100g caster sugar

200g pudding rice

50g butter

250g tub mascarpone

1 Heat oven to 140C/120C fan/gas 1. Bring the port and wine to the boil in a pan, with the cinnamon and star anise. Reduce by half, then add the honey, orange zest and juice.

2 Pour the liquid over plum halves in a roasting tin, cover with wet baking parchment and very gently poach in the oven for 30 mins until soft but not exploding. Allow to cool in the liquid, gently removing the skins if you like, but it's not necessary.

3 Meanwhile, make the rice pudding. Put the milk, cream, vanilla pod, cinnamon stick and sugar in a pan. Bring to the boil, then remove from the heat and leave to infuse for 1 min.

4 Put the pan back on the heat, pour in the rice and stir. Simmer for 40 mins, stirring frequently, until the rice is soft. Remove from heat and keep warm. When ready to serve, remove the vanilla pod and cinnamon. Stir in the butter and mascarpone. Spoon into large coffee cups or bowls and top with some of the stewed plums.

PER SERVING 886 kcal, fat 56g, saturates 33g, carbs 82g, sugars 57g, fibre 2g, protein 11g, salt 0.4g





ALL ABOUT PLUMS

- Fresh, ripe plums are bursting with juicy sweetness at this time of year. It's worth enjoying them now, as imported plums sold over the winter months never seem to ripen as well and often have far less flavour.
- From the same family as peaches, plums come in a wide range of sizes and colours. Tear-shaped Victoria plums are the most common in the UK, but Opal plums are the most common purple variety. A ripe plum will have smooth skin and give a little when gently squeezed.
- Like most red and purple fruits, plums are rich in antioxidant substances that are beneficial to heart health and protect against cancers. Scientists have found that naturally occurring chemicals – or phenols – appear to slow down the multiplication of certain breast cancer cells.
- Did you know that dried plums are prunes? Prunes have one of the most intense concentrations of antioxidant compounds of any food. They also contain remarkably high levels of the mineral potassium, which is beneficial to cardiovascular health.

Lemon cheesecake with baked plums & blackberries

- Serves 8-12 ■ Prep 20 mins
- Cook 50 mins

VEGETARIAN

200g shortbread biscuits
25g butter, melted
600g full-fat cream cheese
75g golden caster sugar
4 large eggs

1 large lemon, zest only
3 tsp vanilla extract
100ml soured cream

FOR THE BAKED FRUIT

8 plums, halved, stone removed, then cut into wedges
300g blackberries
100g light muscovado sugar

1 Heat oven to 160C/140C fan/gas 2. Line the base of a 22cm round, springform tin with baking parchment. Put the biscuits in a food processor and whizz to fine crumbs. Tip into a bowl, add the melted butter and mix well. Press the biscuits into the base of the cake tin and put in the fridge to chill.

2 Beat together the cream cheese and sugar with an electric hand whisk until smooth. Carefully add the eggs, one at a time with the lemon zest and vanilla extract until well mixed, but don't over-whisk. Pour the mixture onto the chilled biscuit base and bake in the middle of the oven for 50 mins until just set. Set aside to cool for 10 mins, then remove from the tin and allow to cool completely.


3 Meanwhile, turn the oven up to 200C/180C fan/gas 6. Put the plums, blackberries and sugar in a large roasting tin and toss together well. Bake in the oven for 10-12 mins until the fruits have collapsed and the sauce is syrupy. Remove from the oven and leave to cool.

4 When the cheesecake is completely cooled, spoon the soured cream over the top and spread in a thin layer. Serve in wedges topped with some of the baked plums and blackberries, and the rest on the side.

PER SERVING (12) 379 kcals, fat 26g, saturates 16g, carbs 29g, sugars 22g, fibre 2g, protein 8g, salt 0.6g



BBC goodfood SHOW WINTER

Sponsored by:  LEXUS

29 Nov - 2 Dec | Birmingham NEC



Eat, drink & discover...

Get ready for a delicious day out

Here at BBC Good Food Show HQ, planning is well and truly underway to get you ready for the festive season at our flagship Birmingham NEC Show. Discover a top line-up of chefs and experts, hands-on masterclasses, live demos and great Christmas shopping.

Experience the buzz of live entertainment and choose from a star-studded line-up of culinary heroes cooking LIVE in the Big Kitchen including **Tom Kerridge, Michel Roux Jr, Nadiya Hussain, Mary Berry, James Martin and Paul Hollywood**. Every Super Ticket includes a seat in the Big Kitchen so book now to secure yours!

**Readers save 20%* on tickets
quote EC2 when booking**



READERS SAVE 20%* ON TICKETS – QUOTE EC2

With thanks to
our sponsors
& supporters:





The VIP experience

Looking for the perfect food lover's treat? Gift yourself a VIP day out and secure front-block Big Kitchen seats, VIP lounge access, a glass of fizz, goody bag and lots more.

Or, for the ultimate indulgence, discover VIP Luxe and enjoy our exclusive Luxe Lounge, front-row Big Kitchen seats, private book signings, complimentary bar and more.



Meet the producers

Join over 400 passionate producers and sample and shop for everything from indulgent sweet treats to cheese board essentials.

Stock up on artisan cheese from Caws Cenarth, chutneys and preserves from Peckish Kitchen and finish with

something sweet from Beech's Fine Chocolates. Plus get party ready with Sloemotion's delicious sloe gin.

Meet the people behind the produce, hear their stories and discover things you won't find on the high street.

NOT TO MISS



A taste of travel

Let **José Pizarro** transport you to the Mediterranean or explore the finest Indian cuisine with **Cyrus Todiwala** in free Big Kitchen demos inspired by Travelsphere's carefully crafted tours.



Seasonal Kitchen

Take a seat and pick up festive recipe ideas in cookery demos from the experts, hosted by **Chris Bavin**. Plus, get involved in taste tests with seasoning experts **Cole & Mason**.



Get hands-on

Sharpen up your technique in a masterclass at the Skills School, or test your tastebuds in a beer or wine tasting session. More info coming soon, check the website for more details.



Be inspired

Have your cooking questions at the ready over on the BBC Good Food Stage, with live interviews and demonstrations. Plus, get closer to your favourite chefs in book signing sessions!

BBCGOODFOODSHOW.COM | 0844 581 1345



5 ways with meringue nests

Try our easy quick-fix desserts

Eton mess ice cream

Take **450g strawberries** and whizz 300g in a food processor with **2 tbsp condensed milk** from half a 397g can until smooth. Reserve a couple of whole berries and dice the rest. Whisk the remaining condensed milk, **600ml double cream** and **1 tsp vanilla** in a large bowl until thick, then quickly whisk in about $\frac{1}{4}$ of the **strawberry purée**. Fold in **2 crumbled meringue nests** and the diced berries. Spoon into a freezer container, adding dollops of the remaining purée as you go. Give a couple of quick swirls to ripple the purée through, then top with the **whole berries** and freeze. Serves 8.

Eton mess ice cream is good to have on standby in the freezer

Mascarpone meringue cheesecake

Crush **110g digestive biscuits**, mix with **50g melted butter** and **25g light brown soft sugar**, then press onto the base of a 20cm loose-bottom cake tin. Chill. Beat **50g mascarpone** with **75g caster sugar**, the **zest of 1 lemon** and about **90ml lemon juice**. Spread over the base and put in the fridge for 2 hrs to set. Serve topped with **300ml whipped cream** swirled with **2 tbsp lemon curd**, then crush over **2 meringue nests**. Serves 6.

Black forest meringue tumblers

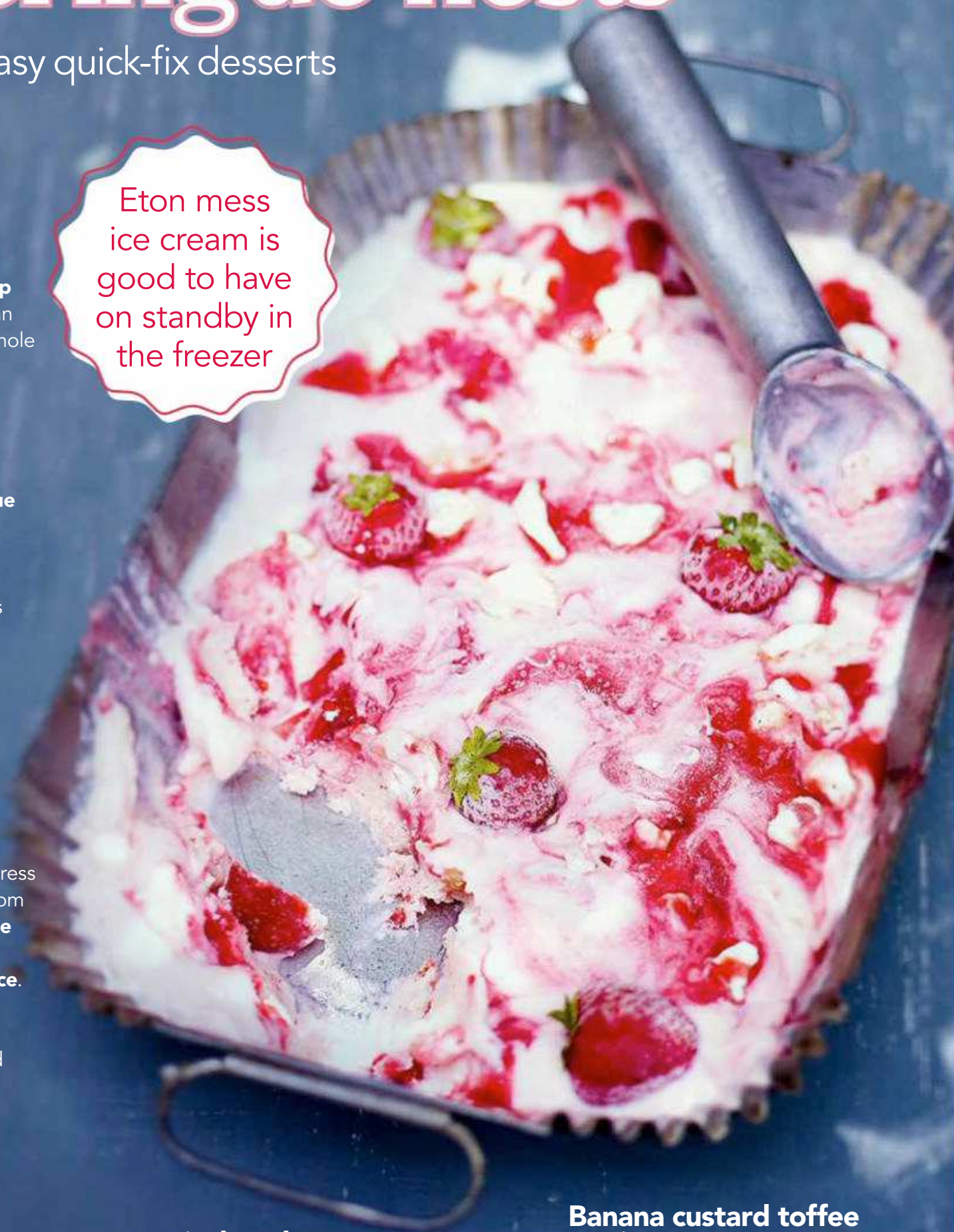
Whip **300ml double cream** – you could add a dash of brandy if you like – then fold in **4 roughly broken meringue nests**. Spoon a **jar of cherry compote** (we used Bonne Maman) into four tumblers, top with the **meringue** and generously grate over **dark chocolate**.

Tropical pavlovas

Blitz a **tub of prepared ripe mango** in a food processor with **2 tbsp icing sugar**, then swirl through **300g coconut yogurt**. Spoon into **6 meringue nests** and top with **raspberries** or the pulp from **2 passion fruit** and a **few fresh mint leaves**. Makes 6.

Banana custard toffee meringues

Take a **carton of custard** and spread some generously on four plates, top each plate with a **meringue nest**, then slice over **2 bananas**. Add a scoop of **vanilla ice cream**, a **few chopped pecans** and a **swirl of toffee sauce**. Serves 4.



Next month in **easycook**

Going solo **SPECIAL**

COOKING FOR ONE

- **Roast chicken dinner**
- **10-minute steak wrap**
- **Salads, stews & pies**

PLUS >>>

- **Halloween party food**
- **Big & bold pasta bakes**
- **Hairy Bikers' Sunday best**
- **10 ways to perk up pizza**

**ON SALE
4 OCTOBER**

Subscribe today
– see p44

Recipe index

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



John Torode's
roast chicken, p70

Meat & poultry

- Barley, chicken & mushroom risotto **34**
- BLT tart **37**
- Cajun chicken **30**
- Cauliflower & bacon pasta **50**
- Cheese & onion pork chops **12**
- Chicken & mushroom spud pies **17**
- Chicken & sweet potato curry **51**
- Chicken guacamole wrap **27**
- Chicken katsu curry **20**
- Chicken with lemons, sumac & spiced yogurt **70**
- Chilli con carne jackets **14**
- Chunky Moroccan chicken **59**
- DIY kofta burgers **14**
- Five-spice chicken **40**
- Garlicky bean salad with chorizo **43**
- Ginger, beef & mushroom **40**
- Ham & beetroot salad bowl **43**
- Ham & leek cannelloni **10**
- Ham & leek risotto **24**
- Ham, leek & cheese pasta **11**
- Italian sausage polpetino & macaroni bake **78**
- Jumbo sausage roll with salsa beans **37**
- Keema lamb tacos **24**
- Leek, cheese & bacon tart **38**
- Mini ham rolls **27**
- Oven-baked ratatouille & sausages **51**
- Provençal pork skewers **30**
- Red risotto cakes with bacon **10**
- Red Thai meatball curry **78**
- Sloppy giuseppe **24**
- Spaghetti & meatballs with hidden veg sauce **77**
- Spanish meatballs with clams, chorizo & squid **77**
- Spicy chicken rice **42**
- Spicy lamb kebabs **62**
- Squash & chorizo pot pies **38**
- Steak with barbecue sauce **30**
- Sticky gammon steaks with apple & bulgur salad **16**
- Sticky lemon chicken **10**
- Sticky stuffed chicken **12**
- Sweet & sour mango pork **40**
- Sweet soy-braised chicken (andong jjimdak) **74**
- Thai sticky chicken & ribs **67**
- Turkey burgers with sweet potato chips **50**
- Turkey meatball Caesar salad **79**

Fish & seafood

- Asian prawn noodle **59**
- Pepper & tuna panini toasts **53**
- Peppery prawn noodles **40**
- Prawn pad Thai **20**
- Prawn rice noodle salad **43**
- Smoked haddock & sweetcorn chowder with herby garlic bread **50**
- Sweet chilli salmon **40**
- Tuna & caper panzanella **42**
- White fish with spicy beans & chorizo **13**

Vegetarian

- Aubergine, lemon & pepper salad **64**
- Aubergine with yogurt & tomato sauces **30**
- Bulgur & spinach fritters with eggs & tomato chutney **33**
- Cheat's French onion soup **59**
- Chickpea & spinach chapatis **17**
- Easy minestrone with pesto **59**
- Farro salad with roasted carrots & feta **34**
- Feta toast with minty beans **53**
- Five-a-day tagine **55**
- Harissa roasted tomatoes with couscous **54**
- Healthy egg & chips **56**
- Layered aubergine & lentil bake **55**
- Lentil & red pepper salad **43**
- Mediterranean tarts **39**
- Minty pea & potato soup **15**
- Mixed rice with vegetables & fried egg (bibimbap) **74**
- Onion, chutney & brie tart **39**
- Oven-baked red pepper risotto **10**
- Oven-baked sweet potato fajitas **57**
- Paneer-stuffed pancakes **3**
- Ploughman's lunchbox **27**
- Quinoa stew with squash, prunes & pomegranate **32**
- Roasted pepper linguine with crisp crumbs **53**
- Rustic leek & potato soup **59**
- Smoky beans on toast **53**
- Speedy mushroom soup **59**
- Spiced carrot & orange **59**
- Spicy butternut & almond **40**
- Summer deli platter **42**
- Sweet potato & chickpea soup **27**
- Tricolore couscous salad **42**
- Very easy pasta salad **27**
- Versatile veg soup **59**

Breakfast

- Apricot yogurt granola pots **26**
- Avocado on toast with chorizo & fried eggs **53**
- Raspberry banana smoothie **26**
- Scrambled omelette toast topper **53**

Sides, snacks & extras

- Bean dip with veggie sticks **27**
- Beetroot & potato salad **62**
- Broad bean & cumin dip with hot pitta **60**
- Couscous & chickpea salad **62**
- Green beans with shallots, garlic & toasted almonds **70**
- Orange & radish salad **62**
- Mint, lime & cucumber salad **67**
- Moroccan mint tea **65**
- Sesame bean sprouts **74**
- Sesame spinach **74**
- Smashed rosemary potatoes **70**
- Spiced cashew nuts **67**
- Spicy gochujang dressing **74**
- Yellow yogurt **17**

Sweet treats & baking

- Banana custard toffee meringues **87**
- Baked peaches with rose water **64**
- Berry crumble bars **21**
- Black forest meringue tumblers **87**
- Carrot & pineapple muffins **26**
- Cheat's pistachio ice cream **70**
- Cheat's tropical pavlovas **87**
- Cinnamon custard plums **26**
- Creamy rice pudding with stewed plums **83**
- Crunchy spiced plums **81**
- Eton mess ice cream **87**
- Fresh mint & yogurt ice **65**
- Lemon cheesecake with baked plums & blackberries **84**
- Mascarpone meringue cheesecake **87**
- Plum & amaretti semifreddo **82**
- Quick mango pudding **67**
- Raspberry brownies **6**
- Rice doughnuts (chaapsal) **74**
- Spiced plum & apple tack **81**
- Spiced plum & blackberry crumble **80**
- Sweet almond biscuits **65**
- Vanilla & pomegranate cake **70**



Spiced
plum &
blackberry
crumble,
p80



This magazine is owned by BBC Studios and produced on its behalf by Immediate Media Company London Limited. BBC Studios' profits are returned to the BBC for the benefit of the licence-fee payer. ISSN 17439175. Printed by Wyndeham Group Ltd. © Immediate Media Company London Limited 2018. All rights reserved. Reproduction in whole or part prohibited without permission. The publishers cannot accept responsibility for errors in advertisements, articles, photographs or illustrations. BBC Studios Ltd 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 Galerie Art produced by Sappi Paper at their Nijmegen mill in Holland. 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.



Get a **£10 Amazon Voucher*** when you join, plus over **£170** worth of vouchers to get you started.

Seize the **day.** The **nights.** The **weekends** too.

Make the most of your free time with a little help from Boundless.

boundless.co.uk/join

Find out more **0800 669944**

boundless

Do more. Save more. Be more.

*Terms and conditions apply. Lines open Mon-Fri 8am-8pm Sat-Sun 9am-5pm. Calls may be monitored and recorded for training purposes. Boundless by CSMA is a trading name of Motoring & Leisure Services Limited, a subsidiary of the Civil Service Motoring Association Limited, registered office Britannia House, 21 Station Street, Brighton, BN1 4DE, registered in England no: 02813598. Motoring & Leisure Services Limited is authorised and regulated by the financial conduct authority.