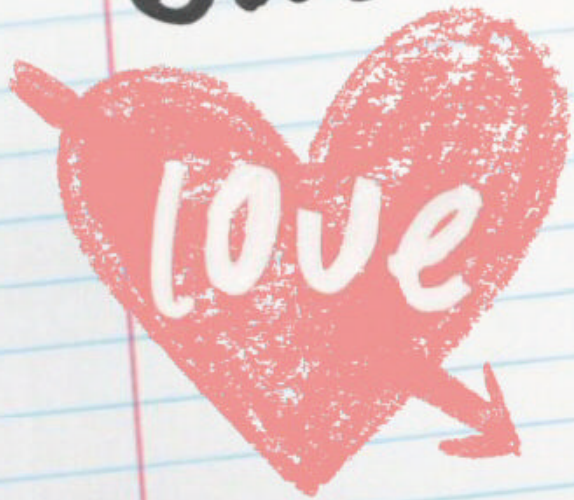




Dear Gut,  
the heart gets  
all the glory.  
But here's some  
love for you.



The daily boost you deserve  
is in the yogurt aisle



Also available in: Strawberry Blueberry Mango & Passionfruit

**BBC** 100+ recipes to make you happy

# easycook

FROM goodfood

JUNE 2020

## SIMPLE FAMILY BAKING

- KEEP THE KIDS ENTERTAINED
- 4-INGREDIENT CHOC CORNFLAKE CAKES
- COOKIES, MUFFINS & FLAPJACKS

## 10 BEST SEASONAL SALADS

## FATHER'S DAY Homemade hog roast

UK'S BEST VALUE FOOD MAG

STORECUPBOARD SUPPERS FROM 56p PER SERVING

FUN FOR EVERYONE!



GREGG WALLACE'S ITALIAN FAMILY FEAST



COOK FROM YOUR FREEZER



A WEEK OF HEALTHY MEALS



DISHES TO ENJOY IN THE GARDEN



£3.50

# SKYRIOUSLY



**FRESH**

**IN  
TASTE**

**ICELANDIC  
STYLE  
YOGHURT**



# Welcome



This has been the hardest time many of us have faced.

My wife and I have been working from home while our three teenagers do their bit by applying themselves to schoolwork and helping with the chores. There have been frayed tempers, of course, because we live in a flat. Still, what's kept us motivated and good-humoured is having a nice meal to look forward to at the end of the day, using recipes from *Easy Cook*. I'm smacking my lips in anticipation of Father's Day on 21 June, when I'll (yes, I don't trust anyone else to do this!) be cooking a magnificent steak. There are so many brilliant home delivery services now, it's easy to obtain quality ingredients. So, go on, treat the man in your life – or yourself – to a terrific T-bone (see recipe, right). Stay home, get cooking!

*Keith Kendrick*

Editor

## BEST OF BBC



★ **Gregg Wallace**  
 Italian-inspired summer menu (p60)



★ **John Torode**  
 Cheese, spinach & mushroom stuffed chicken breasts (p84)



★ **Tom Kerridge**  
 Crispy hot wings (p86)



★ **James Martin**  
 Aromatic chicken noodle laksa (p87)



GET YOUR GRIDDLE ON FOR THIS HUNK OF BURNIN' LOVE!

### All-American T-bone

*This classic cut is perfect for sharing.*

- Serves 2 ■ Prep 5 mins
- Cook 12 mins

Heat the oven to 200C/180C fan/gas 6. Heat an ovenproof griddle pan over a high heat. Season a **700g T-bone steak** on both sides, then rub both sides with **2 bashed garlic cloves**, **½ small pack of thyme** and **½ tbsp olive oil**. Put the steak in the hot pan and char for 2 mins, or until griddle lines appear. Turn over to brown the other side, rub the top with the thyme, then lay the thyme and garlic on top of the meat.

Once evenly browned with griddle lines, put the thyme and garlic to one side, and hold the steak with a pair of tongs to render its fatty side so it's soft rather than gristly. This will take a few minutes. Lay the steak flat again, put the thyme, garlic and **50g butter** on top and transfer the pan to the oven to finish cooking for 4-5 mins, or until the meat reaches 62-65C on a probe thermometer (or until cooked to your liking). Leave the steak to rest for 5-6 mins, then serve on a board or large plate in the middle of the table.

**PER SERVING** 808 kcals, fat 64g, saturates 31g, carbs 1g, sugars none, fibre none, protein 57g, salt 0.6g

## From **BBC** goodfood

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

### How to get in touch with us

**General enquiries**  
 020 7150 5845

[goodfoodmagazine@immediate.co.uk](mailto:goodfoodmagazine@immediate.co.uk)

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

**Subscriptions & back issues**  
 03330 162 122

[easycookdigital@buysubscriptions.com](mailto:easycookdigital@buysubscriptions.com)

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

## Our promise to you

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

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

### EDITORIAL

**Magazines editor** Keith Kendrick  
**Recipes Editor** Sara Buenfeld  
**Content & Production Manager** Stella Papamichael  
**Acting Deputy Content & Production Manager** Marianne Voyle  
**Acting Senior Sub-Editor** Sarah Nittinger  
**Sub-Editor** Rose Clark  
**Nutritionist** Kerry Torrens

### DESIGN

**Senior Art Editor** Rachel Bayly  
**Art Editor** Andrew Jackson

### BBC GOOD FOOD

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

### ADVERTISING

**Client Services Manager** Catherine Crosby  
**Senior Sales, brand** James Adams, Rachel Dalton, Margaret McGonnell  
**Group Head, partnerships** Roxane Rix  
**Sales Executive, partnerships** Elorie Palmer  
**Business Development Manager, inserts** Steve Cobb  
**Regional Business Development Manager** Nicola Rearden

**Display Ad Services Manager** John Szilady  
**Senior Ad Services Co-ordinator** Sarah Barker  
**Ad services Co-ordinator** Agata Wszeborowska

### MARKETING & READER OFFERS

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

### PRODUCTION & AD SERVICES

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

### SYNDICATION

**Director of International Licensing & Syndication** Tim Hudson

### IMMEDIATE MEDIA CO

**CEO** Tom Bureau  
**Finance Director** Stephen Lavin  
**Group Advertising Director** Jason Elson  
**Publishing Director, print** Simon Carrington  
**Managing Director, food** Alex White

### BBC STUDIOS

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

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



This magazine is published by Immediate Media Company Limited under licence from BBC Studios © Immediate Media Company Limited, 2020. Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT



**79** Giant scone cake

JUNE 2020

# Contents

**50** Asian lamb & grapefruit noodle salad

## EVERYDAY

**8 EAT WELL ON A BUDGET**  
Raid the storecupboard to make these simple suppers for the family

**18 MEAT-FREE MAGIC**  
Vegetarian meals guaranteed to keep the whole family happy

**26 ALL ABOUT THE AVO**  
10 great ways with avocados, from dips to salads and snacks

**28 HEALTHY SUPPERS**  
Nourishing midweek meals that don't compromise on taste

**34 TASTE THAILAND**  
Simple, spicy recipes to transport you to South-east Asia

**39 GOOD-FOR-YOU BREAKFASTS**  
Cut out and keep our easy cookcards

**42 PRAISE THE PITTA**  
You can use this versatile bread in more ways than you might think

## WEEKEND

**48 AL FRESCO EATING**  
10 of the best seasonal salads to enjoy in your garden

**58 TREAT DAD**  
Celebrate Father's Day with a home hog roast and sweet chilli sauce

**60 GREGG WALLACE**  
A seasonal supper inspired by the BBC TV personality's Italian wife and in-laws

**64 LUNCH FOR TWO**  
Cook an elegant, no-fuss menu for that special someone

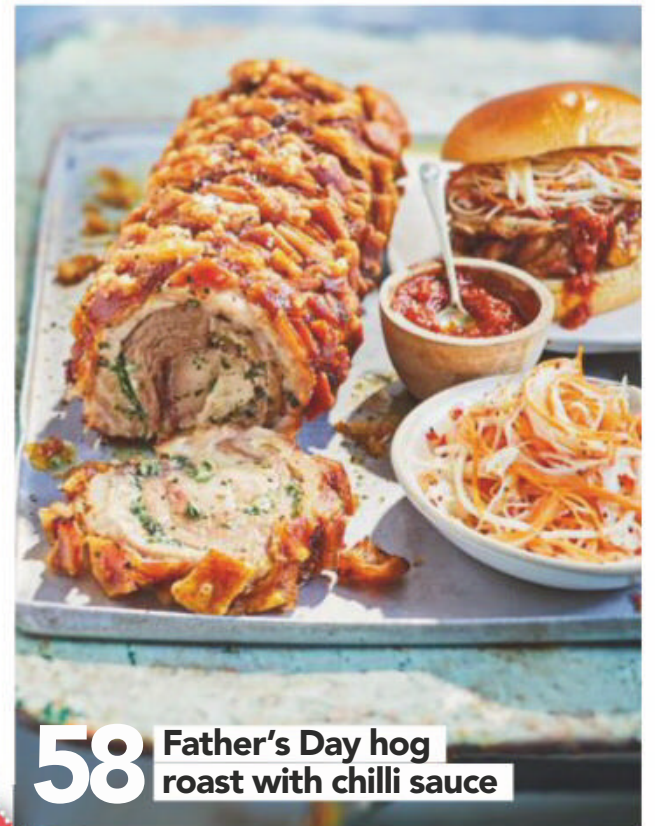
**68 CHILL OUT**  
Conjure mouthwatering meals using the contents of your freezer

**74 LITTLE CHEFS**  
Cakes and bakes the kids can help with

**84 CHICKEN TONIGHT**  
TV chefs John Torode, Tom Kerridge and James Martin share chicken recipes



**20** Veggie fajitas



**58** Father's Day hog roast with chilli sauce

**Subscribe**  
Save 29% on  
10 issues of  
BBC Easy Cook  
**+BONUS GIFT**  
p46



**10** Spicy pepper & tomato soup with cucumber yogurt

**89 ICE, ICE BABY**  
Four irresistible ice cream sandwiches

**ALSO IN THIS ISSUE**

**6 OUR SHOWSTOPPER**  
Make an indulgent summer dessert without turning on the oven

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

**88 NEXT MONTH...**  
A sneak peek at our next issue

**90 INDEX**  
This month's recipes at a glance

**67** Balsamic blueberries with vanilla ice cream



*Make our cover recipe!*



Chocolate cornflake cakes, p83

**SUPER-EASY TREAT**

# STRAWBERRY DREAMS

Layer biscuits with strawberries and cream for an indulgent no-bake dessert – a fabulous summer treat

## Strawberry shortcake slice

■ Serves 14 ■ Prep 25 mins plus overnight chilling ■ No cook **VEGETARIAN**

**600ml double cream**  
**1 tbsp vanilla bean paste**  
**1 tbsp orange blossom water**  
**125g icing sugar, plus 2 tbsp**  
**500g shortcake biscuits, plus 3 crushed**  
**350g strawberries, sliced**

**1** Line a 20cm cake tin or dish (a square or rectangle works well) with cling film, leaving an overhang. Whip 500ml cream, the vanilla, orange blossom water and 125g icing sugar with an electric whisk until thick and billowy.  
**2** Add a layer of biscuits to the tin and spoon over some of the cream, about 1cm thick all over. Add a layer of strawberry slices, then repeat with the cream, biscuits and

strawberries until you fill the tin, finishing on a biscuit layer – you'll have strawberries left over. Press down well so every biscuit is covered in cream. Cover and chill overnight.  
**3** To serve, invert the tin onto a serving plate, and remove the cling film. Whip the remaining cream with 1 tbsp icing sugar and dollop on top of the cake, swirling it around. Top with the remaining strawberry slices in lines, sift over the remaining icing sugar, and sprinkle the crushed biscuits in between the rows of strawberries. Cut into slices to serve.

**PER SERVING** 442 kcal, fat 31g, saturates 18g, carbs 37g, sugars 20g, fibre 2g, protein 3g, salt 0.2g



**Dusting the strawberries with icing sugar makes them lovely and glossy**

# **SIMPLE** *storecupboard* **SUPPERS**

Raid the kitchen cupboards to make easy, affordable dinners the whole family will love



**AS  
LITTLE  
AS 56P  
PER SERVING**

**56p**  
per serving

**Sausages with  
apple mash, p10**

**£1.41**  
per serving



**Spicy pepper & tomato soup  
with cucumber yogurt, p10**



## Sausages with apple mash

*Reinvent bangers and mash with this fruity twist.*

- Serves 4 ■ Prep 10 mins
- Cook 55-60 mins

**700g floury potatoes, cut into chunks**  
**8 Cumberland sausages**  
**25g butter**  
**1 onion, thinly sliced**  
**2 tsp plain flour**  
**250ml beef stock**  
**2 apples (about 280g), peeled and chopped into small chunks**  
**3 tbsp milk**

**1** Cook the potatoes in a pan of boiling salted water for 15 mins until tender. Meanwhile, cook the sausages in a non-stick frying pan over a medium heat for 15-20 mins, turning occasionally, until cooked through. Remove from the pan and keep warm.

**2** Add a knob of the butter and the onion to the pan, then cook for 15-20 mins until soft. Stir in the flour, then gradually add the stock, stirring to make a sauce. Simmer for 2 mins, then pour into a jug and keep warm.

**3** Cook the apples in half the remaining butter for 5-10 mins until softened. Drain the potatoes and mash well with the rest of the butter and the milk. Fold in the apple, then serve with the sausages and onion gravy.

**PER SERVING** 513 kcals, fat 25g, saturates 11g, carbs 52g, sugar 12g, fibre 4g, protein 23g, salt 1.8g

*Tip* This apple mash is also great with pork chops. Brush the chops with a little wholegrain mustard, then grill or pan-fry.

## Spicy pepper & tomato soup with cucumber yogurt

- Serves 4 ■ Prep 15 mins
- Cook 25-30 mins **VEGETARIAN** **FREEZABLE**

**2 tbsp olive oil, plus extra to serve**  
**2 onions, finely sliced**  
**1 carrot, finely chopped**  
**3 red peppers, roughly chopped**  
**3 garlic cloves, sliced**  
**1 red chilli, sliced**  
**400g can chopped tomatoes**  
**850ml-1 litre vegetable stock**  
**4 tbsp Greek yogurt**  
**1/2 cucumber, halved, deseeded, coarsely grated and squeezed of excess water**  
**a few mint leaves, chopped**

**1** Heat the oil in a large saucepan and gently cook the onions, carrot and peppers for 15 mins until soft. Add the garlic and chilli and cook for a few minutes more. Pour over the chopped tomatoes and 800ml stock. Bring to the boil, then reduce the heat and simmer for 10-15 mins until the veg is tender.  
**2** Meanwhile, mix the yogurt, cucumber and mint together in a bowl. Season.



**3** Blitz the soup with a hand blender until smooth, adding extra stock if it's too thick. Heat through, season and spoon into bowls. Serve with a dollop of the yogurt mixture and a drizzle of olive oil.

**PER SERVING** 221 kcals, fat 11g, saturates 4g, carbs 22g, sugars 19g, fibre 7g, protein 7g, salt 0.8g



**£1.36**  
per serving

## Cheesy broccoli pasta bake

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

VEGETARIAN

**280g penne**  
**280g broccoli, cut into florets**  
**25g butter**  
**25g plain flour**  
**300ml milk**  
**1 tbsp wholegrain mustard**  
**140g mature cheddar, grated**

**1** Cook the pasta following pack instructions, adding the broccoli for the final 4-5 mins. Drain well and set aside. Heat the grill.

**2** Melt the butter in a pan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring between each addition. Bring to the boil, stirring, then reduce the heat and simmer for 2 mins. Add the mustard and half the cheese. Season.

**3** Mix the pasta and broccoli into the sauce and spoon into a baking dish. Scatter over the remaining cheese and put under the grill for 3-4 mins until golden and bubbling.

**PER SERVING** 539 kcals, fat 21g, saturates 12g, carbs 67g, sugars 7g, fibre 5g, protein 25g, salt 1g

### TRY IT WITH CAULIFLOWER

#### Swiss-style macaroni cauliflower cheese

Swap the penne for macaroni, the broccoli for cauliflower and the cheddar for gruyère, and cook as before.



**71p**  
per serving

## Oven-baked egg & chips

■ Serves 2 ■ Prep 5 mins

■ Cook 30-35 mins

VEGETARIAN

**2 medium baking potatoes, cut into chunky wedges**

**2 tbsp olive oil**

**1 tsp smoked paprika**

**2 tomatoes, halved**

**2 eggs**

**1** Heat the oven to 190C/170C fan/gas 5. Put the potato wedges in a roasting tin and coat in the oil and paprika. Season. Roast for 25 mins, turning halfway through, until almost tender.

**2** Nestle the tomatoes, cut-side up, among the potatoes. Make two spaces and crack an egg into each one. Return to the oven for 6-8 mins until the eggs are just set.

**PER SERVING** 303 kcals, fat 19g, saturates 3g, carbs 25g, sugar 3g, fibre 3g, protein 11g, salt 0.3g

## Pea & tarragon risotto

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

**25g butter**

**1 onion, finely chopped**

**1 small garlic clove, crushed**

**140g risotto rice**

**600ml hot vegetable stock**

**85g frozen peas**

**2 tbsp chopped tarragon (basil and parsley work well, too)**

**1 tbsp parmesan or vegetarian alternative, grated**

**1** Melt the butter in a saucepan and cook the onion and garlic for 4-5 mins until softened, then stir in the rice.

**2** Pour in a ladleful of stock and simmer until all the liquid has been absorbed, stirring occasionally. Continue adding the stock in this way until it's all been used up and the rice is tender. Stir in the peas and tarragon, then heat through for 2 mins. Check the seasoning, then stir in the parmesan and serve straightaway.

**PER SERVING** 411 kcals, fat 13g, saturates 8g, carbs 66g, sugars 6g, fibre 6g, protein 11g, salt 1g

## GIVE IT A TWIST

### Chicken & pea risotto

If you have Sunday lunch leftovers, chop up **125g roast chicken** and stir into the risotto along with the peas.

### Prawn risotto

Omit the tarragon and replace with **1 tbsp chopped dill** and **200g raw peeled prawns**. Cook gently until the prawns turn pink.

**£1.58**  
per serving

## Turkey meatballs in tomato & fennel sauce

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

**400g turkey mince**  
**25g fresh white breadcrumbs**  
**2 garlic cloves, crushed**  
**2 tbsp olive oil**  
**1 onion, finely chopped**  
**1 carrot, finely chopped**  
**1 tsp fennel seeds**  
**400g can chopped tomatoes**  
**1 tbsp tomato purée**  
**400g spaghetti**

**1** Put the mince in a bowl with the breadcrumbs and half the garlic. Season and mix well to combine. Shape the mixture into 12 balls with your hands, then cover and chill for 10 mins.

**2** Meanwhile, heat 1 tbsp oil in a pan and cook the onion, carrot and remaining garlic for 5-6 mins until softened. Add the fennel seeds and cook for a few seconds

more. Tip in the tomatoes with half a can of water, then stir in the tomato purée.

Season and simmer for 15 mins until thickened, then whizz with a hand blender until roughly smooth.

**3** Meanwhile, cook the spaghetti following pack instructions. Heat the remaining oil in a non-stick frying pan and fry the meatballs for 8-10 mins until cooked through. Transfer to the sauce and simmer until piping hot. To serve, stir the spaghetti and sauce together and divide between four bowls.

**PER SERVING** 216 kcals, fat 8g, saturates 1g, carbs 12g, sugar 6g, fibre 2g, protein 26g, salt 0.5g

**£1.04**  
per serving

### OH CRUMBS!

Although you can buy ready-made fresh breadcrumbs, they are very easy to make at home. Use bread that's a couple of days old, as fresh bread tends to clump. Tear **2 slices day-old bread** into pieces and drop into a food processor. Blitz the bread in bursts until you have breadcrumbs that are the size you want.

## Miso prawn skewers with veggie rice salad

■ Serves 4 ■ Prep 15 mins ■ Cook 25 mins

**200g brown basmati rice**

**175g mangetout**

**200g frozen soya beans**

**1½ tbsp sesame oil**

**4 spring onions, finely sliced**

**large handful of coriander, chopped**

**1 green chilli, finely chopped**

### FOR THE SKEWERS

**400g raw prawns, peeled**

**3 tbsp sweet miso paste**

**2 tsp soy sauce**

**2 tsp rice vinegar**

**2 tsp light brown soft sugar**

**1** Soak wooden skewers in cold water (this will stop them burning) and cook the rice in a pan of water for 20-25 mins or until

tender, adding the mangetout and beans for the final 5 mins of cooking. Rinse under cold water, then drain thoroughly.

**2** Toss the rice mixture with the sesame oil, then mix with the spring onions, coriander and chilli. Season to taste.

**3** Heat the grill. To assemble the skewers, mix the prawns, miso paste, soy sauce, vinegar and sugar in a bowl and season with black pepper. Thread the prawns onto the skewers and lay on a baking sheet. Grill for a couple of minutes on each side, turning, until cooked through. To serve, divide the rice between four plates, lay the skewers on top and drizzle over any cooking juices.

**PER SERVING** 410 kcals, fat 10g, saturates 2g, carbs 47g, sugars 8g, fibre 7g, protein 32g, salt 1.5g



**A fresh and healthy dinner for the family**

**£1.40**  
per serving



## Sweet potato & chicken curry

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins **FREEZABLE**

**500g sweet potatoes, chopped**  
**1 tbsp olive oil**  
**4 skinless chicken thigh fillets, cut into large chunks**  
**1 large red onion, cut into wedges**  
**2 tbsp rogan josh curry paste**  
**2 large tomatoes, roughly chopped**  
**125g spinach**  
**cooked rice and naan breads, to serve**

**1** Cook the potatoes in a pan of boiling salted water for 5-7 mins until just tender. Drain well, then set aside.

**2** Meanwhile, heat the oil in a large frying pan and cook the chicken and onion for 5-6 mins until the chicken is browned and cooked through. Stir in the curry paste and cook for 1 min more, then add the tomatoes and cook for another minute.

**3** Pour in 100ml boiling water and stir well. Simmer for 5 mins, add the spinach and cook for 2 mins until wilted. Fold in the potatoes and heat through. Serve with rice and naan breads, if you like.

**PER SERVING** 281 kcals, fat 8g, saturates 2g, carbs 32g, sugars 12g, fibre 5g, protein 22g, salt 0.75g

### MAKE IT THAI

#### Green chicken curry with sweet potatoes

Replace the rogan josh curry paste with **Thai green curry paste**, and add **200ml coconut milk** instead of water.

**£1.24**  
per serving

*Tip* The more portions of meat you buy, the cheaper they are. Look for big packs of chicken thighs, use what you need, then freeze the rest for another time.

## Full English salad

- Serves 4 ■ Prep 10 mins
- Cook 35 mins

**8 smoked streaky bacon rashers**  
**20 baby plum tomatoes**  
**250g chestnut mushrooms, halved**  
**4 sausages**  
**2½ tbsp olive oil**  
**2 tsp sherry vinegar**  
**2 tsp Dijon mustard**  
**4 eggs**  
**100g salad leaves**  
**8 thin slices baguette, toasted**

**1** Heat the oven to 220C/200C fan/gas 7. Arrange the bacon, tomatoes, mushrooms and sausages in lines on a deep baking tray. Season the veg and drizzle with ½ tbsp oil. Bake for 35 mins, turning the meat once,

until the sausages are brown and the bacon crisp.

**2** Make a dressing by mixing 1 tbsp oil with the vinegar and mustard.

**3** Heat the remaining oil in a non-stick frying pan and fry the eggs to your liking. Assemble the salad by putting a handful of leaves on each plate. Slice the sausages and arrange with the tomatoes, mushrooms and bacon on top of the leaves. Drizzle with the dressing, then put a couple of slices of baguette in the middle of each salad and lay the eggs on top.

**PER SERVING** 508 kcals, fat 34g, saturates 10g, carbs 27g, sugar 6g, fibre 4g, protein 23g, salt 2.8g

**75p**  
per serving



**£1.93**  
per serving

## Mediterranean tuna, pepper & courgette tart

■ Serves 4 ■ Prep 5 mins ■ Cook 30 mins **FREEZABLE**

**320g ready-rolled puff pastry**  
**1 tbsp olive oil**  
**2 courgettes, coarsely grated**  
**150g tub garlic & herb soft cheese**  
**185g can tuna, drained and flaked**  
**140g roasted peppers in a jar, sliced into strips**  
**1 tbsp capers in brine, drained**  
**8 pitted black olives**

**1** Heat the oven to 220C/200C fan/gas 7. Unroll the pastry onto a baking sheet lined with baking parchment. Score a 1cm border around

the edges with a sharp knife, taking care not to cut through the pastry. Prick the area inside the border with a fork. Bake for 15 mins.

**2** Meanwhile, heat the oil in a frying pan and fry the courgettes until tender and dry. Leave to cool a little before mixing in the soft cheese.

**3** Press down any puffed up areas of the pastry and spread over the courgette mixture. Top with the tuna, peppers, capers and olives and bake for another 15 mins, until the pastry is golden, puffed up and cooked through.

**PER SERVING** 546 kcals, fat 38g, saturates 10g, carbs 31g, sugars 3g, fibre 1g, protein 18g, salt 1.4g



# Veggie meals for kids

Looking for meat-free recipes to feed hungry mouths?  
These satisfying suppers will keep everyone happy



## Roast cauliflower cheese pizza

*Serve with plenty of salad for a wholesome family meal.*

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

**1** tbsp oil  
**1** garlic clove, crushed  
**1** large cauliflower, trimmed and broken into florets, stalk chopped  
**4** tbsp mascarpone  
**1** thin 25cm pizza base, or **2** small pizza bases  
**50g** vegetarian Italian-style hard cheese

**1** Heat the oven to 200C/180C fan/gas 6. Mix the oil and garlic together

and toss with the cauliflower. Roast on a baking sheet for 30-45 mins until the cauliflower is tender.

**2** Spread half the mascarpone on the pizza base and season well. Top with the cauliflower and dot over the remaining mascarpone, then sprinkle with the cheese. Bake for 20 mins, then leave to cool for 5 mins before serving.

**PER SERVING** 438 kcals, fat 23g, saturates 12g, carbs 42g, sugars 6g, fibre 4g, protein 14g, salt 0.9g

**Ideal  
for lunch  
or supper**





## Veggie fajitas

- Serves 4 ■ Prep 5 mins
- Cook 10 mins **VEGETARIAN**

**400g can black beans, drained**  
**small bunch of coriander,**  
**finely chopped**  
**4 large or 8-12 small flour tortillas**  
**1 avocado, stoned, peeled and sliced,**  
**or 1 small tub guacamole**  
**2 tbsp soured cream**

### FOR THE FAJITA MIX

**1 red and 1 yellow pepper,**  
**cut into strips**  
**1 tbsp vegetable oil**  
**1 red onion, cut into thin wedges**  
**1 garlic clove, crushed**  
**1/2 tsp chilli powder**  
**1/2 tsp smoked paprika**  
**1/2 tsp ground cumin**  
**1 lime, juiced**

**1** To make the fajita mix, finely chop two or three strips from both peppers. Set aside. Heat the oil in a frying pan and fry the remaining peppers and the onion until soft and starting to brown. Leave to cool slightly and mix in the reserved peppers. Add the garlic and cook for 1 min, then stir in the spices. Cook for a couple of minutes more, then add half the lime juice and season. Transfer to a dish, leaving any juices behind, and keep warm.

**2** Tip the beans into the pan with the rest of the lime juice and plenty of seasoning. Stir to warm through and help the beans absorb any flavours of the fajita mix, then stir in the coriander.

**3** Warm the tortillas in a microwave or low oven. Serve with the fajita mix, beans, avocado and soured cream.

**PER SERVING** 463 kcals, fat 19g, saturates 6g, carbs 55g, sugars 8g, fibre 11g, protein 12g, salt 1.6g



*Tip* If you have smaller children, you could serve these in bowl-shaped tortilla 'boats' that are easier to hold



**MUST  
MAKE  
BAKE**

## Spinach ball lasagne

- Serves 6 ■ Prep 20 mins plus chilling
- Cook 45 mins **VEGETARIAN** **FREEZABLE**

**300g frozen spinach, defrosted  
and squeezed of excess water**

**2 tbsp butter**

**1 whole nutmeg, for grating**

**1 garlic clove, crushed**

**100g fresh white breadcrumbs**

**50g vegetarian Italian-style hard cheese,  
grated, plus extra for sprinkling**

**1 egg, lightly beaten**

**2 tbsp oil**

**130g vegetarian pesto**

**6 dried lasagne sheets  
basil leaves, to garnish (optional)**

**FOR THE WHITE SAUCE**

**50g butter**

**50g plain flour**

**500ml milk**

**1** First, make the white sauce. Melt the butter in a saucepan, then add the flour. Stir continuously until a paste forms, then cook for 2 mins. Add the milk gradually, stirring as you go, until you have a smooth sauce. Cook for 5-10 mins more, stirring continuously, until the sauce has thickened. Leave to cool.

**2** To make the spinach balls, cook the spinach in the butter until warmed through, then grate over some nutmeg and add the garlic. Fry for a minute, then stir in the breadcrumbs and cheese. Tip into a dish and stir in the egg to form a stiff paste. Wet your hands and roll the mixture into 18 balls. Put on a baking tray and chill for 30 mins.

**3** Heat the oven to 190C/170C fan/gas 5. Fry the spinach balls in batches in the oil until lightly browned. Spoon some of the white sauce into the base of a medium baking dish and tip in six spinach balls. Drizzle over 2 tsp pesto, then place half the lasagne sheets on top, overlapping. Add more white sauce, six

more spinach balls, then a little more pesto. Put the remaining lasagne sheets on top, cover with white sauce, then dot over the last six spinach balls. Drizzle over more pesto and scatter over the rest of the cheese. Bake for 30 mins or until the lasagne sheets are cooked through. Scatter over some basil leaves, if you like, and sprinkle with some more cheese.

**PER SERVING** 562 kcals, fat 32g, saturates 12g, carbs 49g, sugars 6g, fibre 5g, protein 17g, salt 1.3g

*Tip* **If you're short on time, use a ready-made white sauce for ease**



This sauce  
can be frozen  
in portions  
and  
reheated

## Veggie bolognese

*Speed things up with a bag of shop-bought soffrito – a mix of finely chopped onion, carrot and celery. Available at plenty of supermarkets, it's a great way to reduce food waste and save time.*

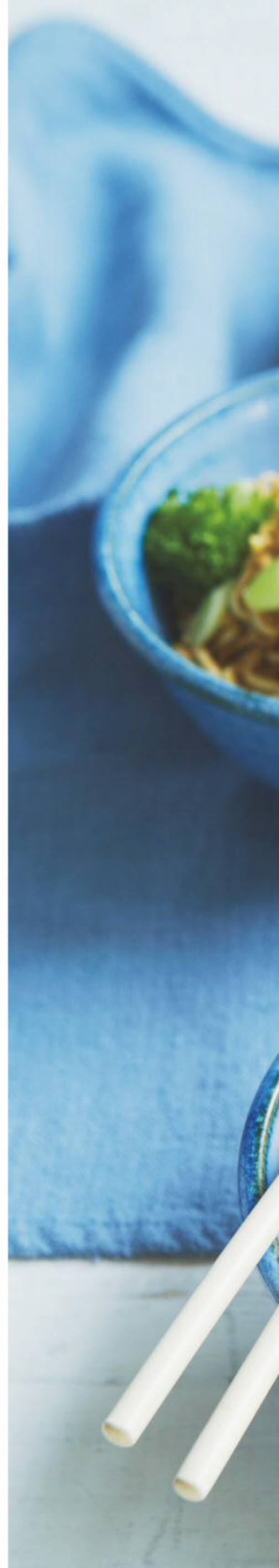
■ Serves 4 ■ Prep 10 mins ■ Cook 1 hr **VEGETARIAN** **FREEZABLE**

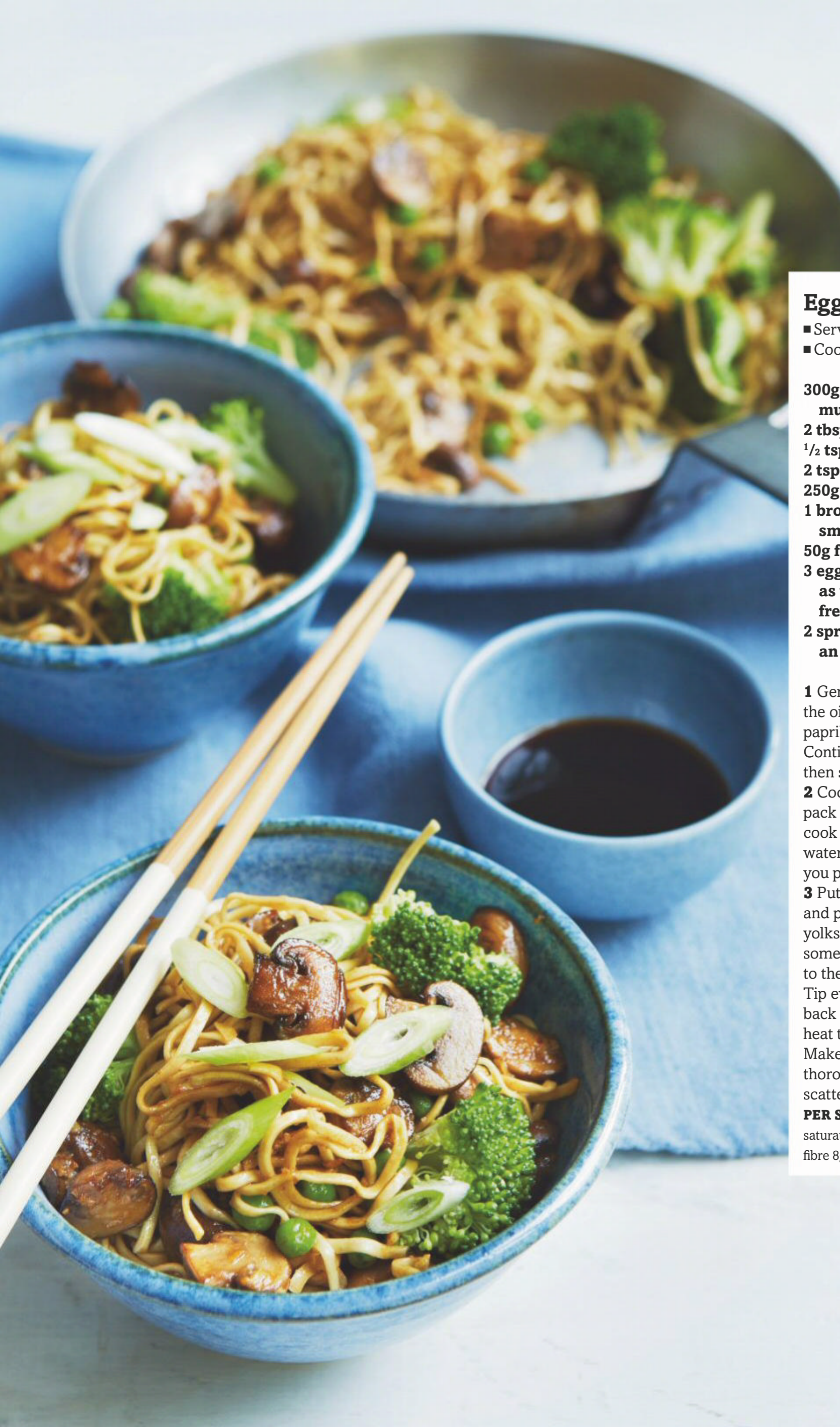
**2 tbsp olive oil**  
**1 medium onion, finely chopped**  
**2 carrots, very finely chopped**  
**2 celery sticks, very finely chopped**  
**1 garlic clove, crushed**  
**350g frozen soya mince**  
**1 bay leaf**  
**500ml passata**  
**1 vegetable stock cube**  
**100ml milk**  
**small bunch of basil, chopped**  
**600g cooked spaghetti or other pasta**  
**(about 250g dried)**  
**vegetarian Italian-style hard cheese,**  
**grated, to serve**

**1** Heat the oil in a frying pan and fry the onion, carrots and celery until the onion starts to soften. Stir in the garlic and mince (there's no need to defrost) and fry for a few minutes. Add the bay leaf, passata, stock cube and 200ml water, then bring to the boil.

**2** Reduce the heat and simmer for 30 mins, or until the veg is tender and disappearing into the sauce. Add the milk, then cover and cook for 10 mins. Season to taste. If the sauce is a bit thin, keep bubbling until it thickens, then stir through the basil. Serve with the spaghetti and sprinkle over some cheese.

**PER SERVING** 453 kcals, fat 10g, saturates 2g, carbs 62g, sugars 13g, fibre 11g, protein 24g, salt 1.1g





## Egg-fried noodles

- Serves 4 ■ Prep 5 mins
- Cook 15 mins **VEGETARIAN**

**300g white button mushrooms, sliced**  
**2 tbsp olive oil**  
 **$\frac{1}{2}$  tsp smoked paprika**  
**2 tsp soy sauce**  
**250g dried egg noodles**  
**1 broccoli, broken into small florets**  
**50g frozen peas**  
**3 egg yolks (use the whites as well, if you like, or freeze for another recipe)**  
**2 spring onions, sliced on an angle**

**1** Gently fry the mushrooms in the oil until soft, then add the paprika and some seasoning. Continue frying until browned, then stir in the soy sauce.

**2** Cook the noodles following pack instructions. Meanwhile, cook the broccoli in simmering water for 3 mins, or steam if you prefer.

**3** Put the mushrooms, broccoli and peas in a bowl with the egg yolks. Add the noodles with some of the water still clinging to them, then drain the pan. Tip everything from the bowl back into the pan and stir to heat through and cook the egg. Make sure the egg is cooked thoroughly before serving, then scatter over the spring onion.

**PER SERVING** 395 kcals, fat 12g, saturates 2g, carbs 51g, sugars 3g, fibre 8g, protein 17g, salt 0.9g



## Butternut korma with mini naans

Enhance a shop-bought curry paste with fresh ingredients to make this crowd-pleasing korma.

■ Serves 2-4 ■ Prep 10 mins ■ Cook 40 mins **VEGETARIAN** **FREEZABLE**

**1 butternut squash, peeled, deseeded and cut into cubes (about 700g)**

**1 tbsp rapeseed oil**

**1 onion, chopped**

**2 garlic cloves, crushed**

**3cm piece ginger, peeled and grated**

**1/2 jar korma paste (about 100g)**

**50g ground almonds**

**450ml vegetable stock**

**150ml single cream**

**toasted flaked almonds, cooked rice and mini naans, to serve**

**1** Heat the oven to 200C/180C fan/gas 4. Toss the squash in the oil and roast for 30 mins until browned.

**2** Blitz the onion, garlic and ginger to a paste. Tip into a large high-sided frying pan with 3 tbsp water and cook for 5 mins. Add the korma paste and cook for 2 mins more. Add the almonds and stock. Bring to a simmer.

**3** Add the squash and simmer for 10 mins, then stir in the cream and season. Scatter over the flaked almonds and serve with the rice and naan breads.

**PER SERVING** (4) 341 kcals, fat 23g, saturates 5g, carbs 22g, sugars 14g, fibre 7g, protein 8g, salt 1.3g



# 10 ways with AVOCADOS

Smashed, sliced or grilled, try new recipes for the creamy fruit that provides a concentrated boost of heart-healthy fats

## GET TO THE HEART OF IT

Avocados are high in monounsaturated fat, believed to raise 'healthy' cholesterol levels in the blood and reduce levels of unhealthy fats. They also have twice as much potassium as a banana, and are rich in vitamins B and E.

## IS YOUR AVOCADO TOO HARD?

Put it in a brown paper bag and leave at room temperature for a few days. Removing the stem will also speed up ripening. Or, put it in the fruit bowl with a banana – the gases released by a banana ripen the fruits around it. Once your avocado is ripe, pop it in the fridge to keep it in perfect condition for a few more days.

**GROW  
THE  
STONE**



**FRESH  
SIMPLE  
& TASTY**



### Lettuce cup bites

■ Chop **1 stoned and peeled avocado** into small cubes and combine with **200g cooked and peeled prawns** and **2 tbsp mayonnaise** or a reduced-fat version. Season, then squeeze in the **juice of 1/2 lemon**. Put spoonfuls of the mixture into whole **Little Gem lettuce leaves** and serve. Serves 1.

### Grilled avocado with crab

■ Heat the grill to high. Mix **100g white crabmeat** with **4 tbsp double cream** and **1 tsp chilli powder**. Cut **1 avocado** in half, remove the stone, then fill the holes with the crab mix. Top with **1 tsp grated parmesan** and **1 tsp breadcrumbs**. Grill for a few minutes until browned. Serves 2.

### Chilli salsa

■ Halve and stone **2 avocados**, then slice into thick wedges. Blitz **1/2 red onion**, **2 tomatoes**, **1 red chilli** and a **bunch of coriander** together. Mix with **1 tbsp olive oil**, the **juice of 1 lime**, **1 tsp paprika** and **1 tsp caster sugar**. Spoon over the wedges and serve as a side dish with barbecued meat and fish. Serves 2-3.

### Zingy salad

■ Halve, stone and slice **1 mango** and **1 avocado**. Toss together with **1 tub snipped mustard cress** and a **130g bag herb salad**. Dress with **3 tbsp olive oil** and **2 tbsp white wine vinegar** and season. Serves 4.

### Creamy dip

■ Mash **1 stoned and peeled avocado** with **150ml plain yogurt**, **1/2 finely grated onion**, the **juice of 1/2 lemon**, **1 crushed garlic clove** and **1 tbsp olive oil**. Season. Serves 4.

### Avocado with tamari & ginger dressing

■ Mix a **small grated garlic clove** and **1/2 tsp shredded ginger** with **1 tsp tamari** or **soy sauce** and **2 tsp lemon juice**. Dilute with 1-2 tsp water. Cut **1 avocado** in half and stone, then fill the holes with the dressing and eat with a teaspoon. A great keep-you-going snack. Serves 2.

**TAMARI** is a Japanese version of soy sauce, the main difference being that it contains little or no wheat and thus is often gluten-free.

### Green & red wraps

■ Flake a **200g drained can tuna** and mix with **1 stoned and sliced avocado** and **1/4 sliced red onion**. Warm **1 tortilla wrap** and spread with **1 tbsp soured cream & chive dip**, then the tuna mix. Top with **sliced tomato** and roll up. Serves 1.

### Jazz-up jackets

■ Bake **1 large potato**, scoop out the flesh, then mix with a **dollop of soured cream**, **1 small stoned and chopped avocado** and **2 cooked and chopped bacon rashers**. Season. Pile into the potato skin and bake for 5-10 mins until browned. Serves 1.

### Fast-fix bagel

■ Toast **1 plain halved bagel** and spread with some **soft goat's cheese**. Top with some **avocado slices**, **smoked salmon** and a little **lemon juice** and season. Serves 1.

### Summer couscous

■ Cover **200g couscous** with boiling water, then cover and leave for a few minutes. Fluff with a fork. Mix with **2 tbsp olive oil**, **1 tbsp lemon juice**, **10 quartered sundried tomatoes**, **2 stoned and chopped avocados**, **100g pitted black olives**, a **handful of toasted pine nuts** and **200g crumbled feta**. Serves 4.

# A WEEK OF *healthy* MEALS

Eat well all week with *healthy* nutritious, satisfying suppers

## Meat-free Monday

Aubergine & tomato grill, p30



**HIGH IN  
FIBRE  
& LOW-FAT**

## Tuesday

Beef strips with crunchy  
Thai salad, p30



**LOW IN  
FAT &  
CALORIES**



## Meat-free Monday

### Aubergine & tomato grill

- Serves 2 ■ Prep 5 mins
- Cook 15 mins **VEGETARIAN**

**2 medium aubergines**  
**4 tsp olive oil**  
**1 small onion, chopped**  
**400g can chopped tomatoes**  
**85g low-fat garlic & herb soft cheese**  
**3 tbsp fresh or dried breadcrumbs**  
**salad, to serve**

**1** Heat the grill. Trim the stalks from the aubergines, then cut each into six slices lengthways. Lay on a baking tray and brush with a little of the oil and some seasoning. Grill until lightly browned, turn, brush with a little oil again, then grill until browned and tender. Leave to cool.  
**2** Meanwhile, heat the remaining oil in a non-stick frying pan, and fry the onion until softened. Add the tomatoes and simmer for 5 mins. Spread half the aubergine slices with the soft cheese and sandwich with the remaining slices.  
**3** Spread half the sauce over a shallow baking dish. Arrange the aubergine stacks, overlapping, over the top and pour over the remaining sauce. Sprinkle over the breadcrumbs, then grill until browned. Serve with salad.

**PER SERVING** 260 kcals, fat 12g, saturates 3g, carbs 28g, sugars 14g, fibre 8g, protein 12g, salt 1.5g



## Tuesday

### Beef strips with crunchy Thai salad

*Try some brown rice flavoured with rice vinegar to accompany this.*

- Serves 4 ■ Prep 5 mins ■ Cook 5-6 mins

**2 thick-cut lean steaks (about 600g)**  
**4 tbsp lime juice**  
**1 tbsp Thai fish sauce**  
**1 tbsp light muscovado sugar**  
**1 red chilli, deseeded and finely chopped**  
**200g crunchy salad leaves**  
**50g carrot, grated (1 medium)**  
**handful of ready-to-eat beansprouts**

**1** Heat the grill to high. Lightly season the steaks, then grill on each side for 2-3 mins for medium-rare, or until cooked to your liking. Mix the lime juice, fish sauce, sugar and chilli together in a jug.  
**2** Tip the salad leaves, grated carrot and beansprouts into a bowl, then add the dressing and toss. Divide between four plates. Thinly slice the beef, add to the salad and serve with rice on the side, if you like.

**PER SERVING** 242 kcals, fat 10g, saturates 4g, carbs 6g, sugars 6g, fibre 1g, protein 33g, salt 0.9g

*Tip* **Rump steak is a good choice for this dish, as it's not too expensive and has plenty of flavour – you may need to trim off any excess fat after grilling**



## Wednesday

■ Serves 4 ■ Prep 10 mins ■ Cook 12-15 mins

**350g penne**

**2 salmon steaks (about 175g each)**

**1 tbsp olive oil**

**2 tbsp pine nuts**

**1 red pepper, deseeded and chopped**

**300g mushrooms, sliced**

**handful of basil leaves**

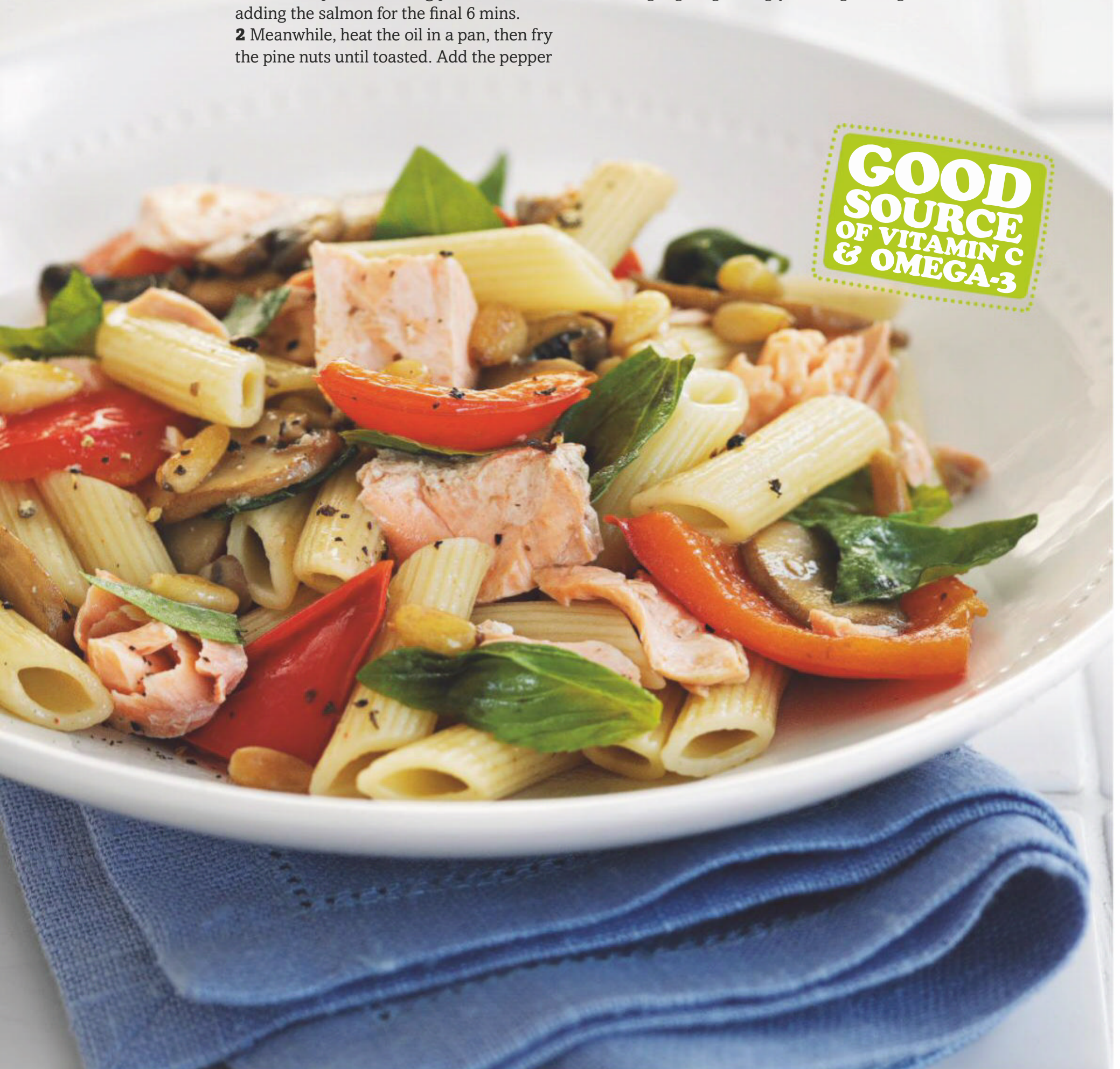
**1** Cook the pasta following pack instructions, adding the salmon for the final 6 mins.

**2** Meanwhile, heat the oil in a pan, then fry the pine nuts until toasted. Add the pepper

and continue to fry until softened. Tip in the mushrooms and stir until they start to soften, then add a ladleful of the pasta water.

**3** When the pasta is cooked, transfer the salmon to a plate, then drain the pasta. Flake the salmon with a fork and add to the veg along with the pasta and basil leaves. Season with some black pepper and lightly toss together before serving.

**PER SERVING** 543 kcals, fat 18g, saturates 3g, carbs 69g, sugars 5g, fibre 4g, protein 31g, salt 0.4g



**GOOD  
SOURCE  
OF VITAMIN C  
& OMEGA-3**



**GOOD  
SOURCE  
OF VITAMIN C  
& LOW-FAT**

## Thursday

### Pork & peach kebabs with Little Gem salad

- Serves 4 ■ Prep 15 mins
- Cook 10-12 mins

- 1 lemon, zested and juiced**
- 2 tbsp honey**
- 500g lean pork fillet, fat trimmed, cut into large cubes**
- 2 peaches, stoned and cut into chunks**
- 2 Little Gem lettuces**
- 100g watercress**
- 2 tbsp olive oil**
- 1 tsp Dijon mustard**

**1** Soak eight wooden skewers in cold water for at least 5 mins. Set aside 1 tbsp lemon juice, then mix the rest with the zest and honey.

**2** Alternately thread the pork and peach chunks onto the skewers. Brush all over with the honey and lemon mix, then grill or barbecue for 10-12 mins, turning regularly, until cooked.

**2** Separate the lettuce leaves and mix with the watercress. Whisk the reserved lemon juice with the oil, mustard and some seasoning. Toss with the salad leaves and serve alongside the kebabs.

**PER SERVING** 257 kcals, fat 11g, saturates 2g, carbs 11g, sugars 11g, fibre 2g, protein 29g, salt 0.6g

### WHAT A PEACH!

- An average-sized peach supplies almost a day's recommended amount of vitamin C.
- Peaches are also a rich source of iron, which boosts immunity and prevents anaemia and tiredness.



**GOOD SOURCE OF FOLIC ACID & VITAMIN C**

## Friday

### Cod with lemon & parsley crust & summer greens

*Make this fish supper more substantial with boiled new potatoes.*

- Serves 2 ■ Prep 10 mins ■ Cook 10-12 mins

- 1 thick slice stale bread, crust removed**
- large bunch of parsley**
- 1 lemon, zested and juiced**
- 1 tbsp olive oil, plus extra for the dish**
- 2 cod fillets (about 175g each)**
- 260g pack prepared green vegetables, such as peas & runner beans, or a pea, leek & spinach medley**
- 1 tsp wholegrain mustard**

**1** Heat the oven to 190C/170C fan/gas 5. Tear the bread into pieces and put in a food processor with the parsley and lemon zest. Blitz to make rough crumbs. **2** Lightly oil a shallow baking dish, then add the cod in one layer. Lightly brush the fish with half the oil, then press on the crumbs. Bake for 10-12 mins. Meanwhile, steam the vegetables until just tender, then toss in the remaining oil, mustard and lemon juice. Serve alongside the fish.

**PER SERVING** 317 kcals, fat 9g, saturates 2g, carbs 21g, sugars 5g, fibre 5g, protein 40g, salt 0.7g

# Thai for two

These simplified Thai-inspired dishes are easy enough for midweek, but still impressively flavourful



## Lamb chops with smoky heritage tomato relish

Grill the chops with cherry wood on the barbecue for added flavour. You can use any mixture of tomatoes; beef tomatoes add a lovely, rich taste.

■ Serves 2

**2 long red chillies**  
**2 long green chillies**  
**2 banana shallots, unpeeled**  
**500g mixed heritage tomatoes**  
**½ garlic bulb, broken into cloves, unpeeled**  
**vegetable oil, for drizzling**  
**3 tbsp fish sauce**  
**3 tbsp tamarind paste**  
**2 tbsp palm or dark brown soft sugar**  
**2 tbsp butter, softened**  
**4 lamb chops**  
**small handful of coriander, to serve (optional)**  
**1 lime, cut into wedges, to serve**  
**cooked sticky rice, to serve (optional)**

**1** Heat the oven to 180C/160C fan/gas 4.  
**2** Put the chillies, shallots, tomatoes and garlic on a non-stick baking tray. Drizzle with some oil and sprinkle with ½ tsp salt, then roast until everything is slightly charred and soft, about 20 mins.  
**3** Remove from the oven and leave to cool slightly, then peel the garlic and shallots and discard any tomato vines and stalks. Crush together using a pestle and mortar or food processor along with the fish sauce, tamarind paste and sugar. Taste for seasoning – it should be smoky, sour, spicy and savoury. *Will keep in a sealed, sterilised jar for up to three months.*  
**4** Rub the butter into the lamb chops with your hands. Season with salt. Heat a frying pan over a medium heat, add a little oil and fry the chops for 5-6 mins on each side, or until cooked to your liking. Transfer to a plate and leave to rest for 2 mins.  
**5** Pile the chops in the centre of a plate and spoon over some relish. Scatter with coriander, if you like, and serve with the lime wedges and sticky rice, if using.

*Tip* The relish will keep in an airtight container in the fridge, but will need re-seasoning with a little lime juice before use, as the flavour goes flat over time



## Smoky stir-fried beef with chilli jam & onion

*It's important to have the wok explosively hot and to cook quickly. If you get the temperature right, the beef will be rare in the middle and smoky and charred on the outside.*

■ Serves 2

**4 banana shallots, unpeeled**  
**1 lemongrass stalk**  
**½ garlic bulb, unpeeled**  
**3 long red chillies**  
**4 tbsp vegetable oil**  
**250g beef steak, bavette or onglet, sliced across the grain into 3cm chunks**  
**1 white onion, sliced into 1cm chunks**  
**1 tbsp fish sauce**  
**1 tbsp white vinegar**  
**1 tbsp palm sugar, or 1 tsp caster sugar**  
**2 tbsp tamarind paste**  
**steamed jasmine rice, sliced cucumber and coriander or Thai basil leaves, to serve (optional)**

**1** Heat the oven to 180C/160C fan/gas 4.  
**2** Put the shallots, lemongrass, garlic and chillies on a non-stick baking tray and drizzle with half the oil. Roast on the top shelf of the oven for 25-30 mins until

softened (the lemongrass may need another 5-10 mins). Leave to cool.  
**3** Peel the skin from the garlic and shallots and discard. Roughly chop the chillies, remove the tough outer layer from the lemongrass and thinly slice. Crush everything to a coarse paste using a pestle and mortar or food processor.  
**4** Heat the remaining oil in a non-stick wok over a high heat until almost smoking. Stir-fry the beef and onion until the beef is browned on all sides and the onion has started to caramelize. Add the chilli paste and continue to fry for a minute or so – you may need to scrape the wok as the paste will stick a little. Reduce the heat and deglaze the wok with the fish sauce, vinegar, sugar and tamarind paste. Taste and adjust the seasoning as needed.  
**5** Pile the beef into bowls with the juices from the pan and serve with the rice, cucumber and herbs, if you like.



## Chilli mango salad

*Sweet, salty, spicy and sour, this dish takes its flavour profile to the maximum. To add texture, finely slice some dried mango and use it as a garnish.*

■ Serves 2 **VEGETARIAN**

**2 garlic cloves**  
**3 long green chillies, chopped**  
**3 tsp caster sugar**  
**3 limes, juiced**  
**1 clementine, juiced**  
**3 tbsp light soy sauce**  
**small handful of mint leaves, torn**  
**small handful of coriander leaves**  
**1 ripe mango, stoned, peeled and sliced into bite-sized chunks**  
**steamed jasmine rice, to serve (optional)**

**1** Start by preparing the 'nahm yum' dressing. Crush the garlic, chillies and sugar to a coarse paste using a pestle and mortar or food processor. Stir in the lime and clementine juices and soy sauce, then taste and adjust as needed – it should be sweet, salty, spicy and sour in equal measure.

**2** Put the mint, coriander and mango in a bowl with a few tablespoons of the dressing and toss to combine. Pour the remaining dressing in a serving dish, then top with the mango salad. Serve with some jasmine rice to mop up the dressing, if you like.

## Prawn pad Thai

*This is the blueprint recipe for a tasty prawn pad Thai, but other great additions are tofu, Chinese chives, pickled mooli or turnip, coriander and bird's-eye chillies. If you swap the prawns for sliced oyster mushrooms and the fish sauce for soy sauce, it's vegetarian.*

■ Serves 2

**150g dried flat rice noodles**  
**4 long red chillies**  
**100g palm sugar**  
**100g tamarind paste**  
**50ml vegetable oil**  
**2 eggs, beaten**  
**6 raw prawns, peeled and deveined**  
**2 tbsp fish or soy sauce**  
**1 tsp chilli powder, plus extra for serving**  
**10 peanuts, toasted and slightly crushed**  
**1 lime, cut into wedges, to serve**

**1** Soak the noodles following pack instructions, then drain.

**2** Cook the chillies in a dry non-stick wok over a medium heat for 3 mins, stirring constantly, until they darken and smoke a little. Pound to a powder using a pestle and mortar or food processor. Set aside.

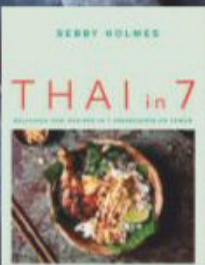
**3** Melt the sugar and tamarind paste together in a saucepan over a medium heat, stirring occasionally until the sugar has dissolved.

**4** Heat some oil in a large non-stick wok over a high heat and cook the eggs for 10 seconds or so. Scrape the pan to form chunks of omelette. Add the noodles, stirring, then spread them across the surface of the wok and cook until they turn translucent. Move the noodles to one side, add a little more oil to the centre, then add the prawns and stir-fry for 1-2 mins until they're pink. Toss the ingredients back together.

**5** Pour the tamarind sugar around the sides of the wok, ensuring it comes into direct contact with the heat so it caramelises as it trickles into the noodles, then toss the noodles with the sauce. Reduce the heat and add the fish sauce, chilli powder and half the peanuts and toss together.

**6** Check the seasoning and adjust as needed – it should be sweet, fishy and savoury with a smoky chilli kick; if it's too sweet, add 1 tbsp fish or soy sauce. Scatter with the remaining peanuts and a little chilli powder, and serve immediately with the lime wedges on the side.

**MUST TRY**



Recipes adapted from *Thai in 7* by Sebbly Holmes (£17.99, Kyle Books). Photographs © Nassima Rothacker



# Thank you...

**To the wonderful June, Rukudzo and Jake  
for helping me and my husband Les stay safe,  
happy and well stocked during the pandemic.**

**[From homeowner Ann, Isabella House]**



McCarthy & Stone



**Cardamom & peach  
quinoa porridge**



**Ham, mushroom  
& spinach frittata**

*Cut out  
& keep*



# *Rise & shine*

Healthy breakfasts to keep you full until lunch



**Banana pancakes**



**Kale, tomato &  
poached egg on toast**

## EVERYDAY BREAKFAST

### Ham, mushroom & spinach frittata

If you're cooking for one, save half in the fridge for breakfast the next day.

- Serves 2 ■ Prep 4 mins
- Cook 9 mins

- 1 tsp oil
- 80g chestnut mushrooms, sliced
- 50g ham, chopped
- 80g spinach
- 4 medium eggs, beaten
- 1 tbsp grated cheddar

**1** Heat the grill to high. Heat the oil in an ovenproof frying pan over a medium-high heat and fry the mushrooms for 2 mins until mostly softened. Stir in the ham and spinach and cook for 1 min more until the spinach has wilted. Season well with black pepper and a pinch of salt.  
**2** Reduce the heat and pour over the eggs. Cook, undisturbed, for 3 mins until the eggs are mostly



set. Sprinkle over the cheese and put under the grill for 2 mins. Serve hot or leave until completely cool, then chill and serve cold.

**PER SERVING** 226 kcals, fat 15g, saturates 5g, carbs none, sugars none, fibre 1g, protein 22g, salt 1.1g

### Kale, tomato & poached egg on toast

- Serves 2 ■ Prep 2 mins
- Cook 7 mins **VEGETARIAN**

- 2 tsp vegetable oil
- 100g chopped kale
- 1 garlic clove, crushed
- ½ tsp chilli flakes
- 2 eggs
- 2 slices multigrain bread
- 50g cherry tomatoes, halved
- 15g feta, crumbled

**1** Bring a large pan of water to the boil. Heat the oil in a frying pan over a medium heat and fry the kale, garlic and chilli flakes, stirring occasionally, for 4 mins until the kale begins to crisp and wilts to half its size. Set aside.  
**2** Increase the heat and bring to a rolling boil, then gently crack in the eggs and poach for 2 mins. Meanwhile, toast the bread.  
**3** Remove the poached eggs from the pan with a slotted spoon and drain on kitchen paper. Top each slice of toast



with half the kale mixture, one of the poached eggs, the cherry tomatoes and feta.

**PER SERVING** 251 kcals, fat 12g, saturates 3g, carbs 18g, sugars 2g, fibre 3g, protein 15g, salt 0.8g

#### TRY THIS

If you like, add some bacon or sliced ham – arrange over the toast with the veg, eggs and cheese.

### Cardamom & peach quinoa porridge

- Serves 2 ■ Prep 3 mins
- Cook 20 mins **VEGETARIAN**

- 75g quinoa
- 25g porridge oats
- 4 cardamom pods
- 250ml unsweetened almond milk
- 2 ripe peaches, stoned and sliced
- 1 tsp maple syrup

**1** Put the quinoa, oats and cardamom pods in a small saucepan with 250ml water and 100ml of the milk. Bring to the boil, then reduce the heat and simmer for 15 mins, stirring occasionally.  
**2** Pour in the rest of the milk and cook for another 5 mins until creamy.  
**3** Remove the cardamom pods and discard, then spoon the quinoa porridge into bowls or jars and top with the



peaches and drizzle over the maple syrup.

**PER SERVING** 231 kcals, fat 4g, saturates 1g, carbs 37g, sugars 10g, fibre 6g, protein 8g, salt 0.2g

#### TRY THIS

If you don't have peaches, try another stone fruit, like nectarines, or other fruits, like berries, sliced apples or pears, or even bananas.

### Banana pancakes

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

- 1 large banana
- 2 medium eggs, beaten
- pinch of baking powder (gluten-free, if needed)
- splash of vanilla extract
- 1 tsp vegetable oil
- 25g pecans, chopped
- 125g raspberries

**1** Mash the banana in a bowl with a fork to a thick purée. Stir in the eggs, baking powder and vanilla extract.  
**2** Heat a large non-stick frying pan or pancake pan over a medium heat and brush with half the oil. Using half the batter, spoon two pancakes into the pan, cook for 1-2 mins on each side, then transfer to a plate. Repeat with the rest of the oil and batter. Top the pancakes with the pecans and raspberries.



**PER SERVING** 243 kcals, fat 15g, saturates 2g, carbs 15g, sugars 14g, fibre 4g, protein 9g, salt 0.3g

*Tip* If the banana isn't ripe enough to mash, bake at 180C/160C fan/gas 4 for 30 mins, or until the skin is black and the inside soft



# WHERE GREATNESS LIVES

Discover hundreds of adorable, heart-warming and hilarious dog stories, as well as **amazing prizes**. And it's not too late to send in **your own dog story**, so if your furry friend makes your life all the sweeter, **tell us about it!**



Enter for a chance to win at [greatbritishdogs.co.uk](http://greatbritishdogs.co.uk)

**MIX &  
MATCH  
FILLINGS**



# Pitta patter

Three cheers for the humble pitta! Whether stuffed, topped or toasted, we love this versatile bread for lunch, dinner or in between

## Toaster pitta pockets

*If your kids – and their friends – can't wait for their next meal, these little pittas will keep them going in the meantime.*

- Serves 1 ■ Prep 5 mins
- Cook 1-3 mins

**VEGETARIAN** depending on the fillings

**1 mini pitta**  
**1 tbsp soft cheese**  
**1 tbsp grated cheddar**  
**your favourite fillings (ham, tomatoes, sweetcorn, roasted peppers from a jar and canned tuna work well)**

- 1** Pop the pitta in the toaster for 30 seconds-1 min, until just puffed but not crisp. Meanwhile, combine the cheeses. Slice an opening at one end of the pitta and use a teaspoon or a knife to spread the cheese mixture in.
- 2** Push in some of your favourite fillings, gently squash the pitta closed between your hands, then put back in the toaster, cut-side up. Toast for 1-2 mins until golden and crisp.

**PER SERVING** (with ham and tomatoes)  
 333 kcals, fat 13g, saturates 7g, carbs 43g, sugars 4g, fibre 2g, protein 15g, salt 1.9g

## BREAD CHIPS FOR DIPS

### Chilli pitta chips

Heat the oven to 220C/200C fan/gas 7. Toss **6 pitta breads**, cut into triangles, with **2 tbsp olive oil**, **1 tsp chilli flakes** and some salt. Bake on a baking tray for 10-15 mins, turning halfway through cooking, until really crisp. Serve with your favourite dips.

## HOW DO THEY GET THE POCKET INTO PITTAS?

Pitta is a bread made with yeast and water. When cooked at a high temperature, the moisture in the bread expands, making the bread puff up to create an interior pocket. Once deflated, the layers inside remain separated. Flatbreads are 'pocketless pittas'.



## Pitta pizzas

■ Serves 2 ■ Prep 10 mins  
■ Cook 10 mins

**4 wholewheat pittas**  
**4 tsp sundried tomato purée**  
**3 ripe plum tomatoes, chopped**  
**1 shallot, thinly sliced**  
**85g chorizo, chopped (see tip)**  
**50g mature cheddar, grated**  
**a few basil leaves (optional)**

**1** Heat the oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat. Spread each pitta with 1 tsp tomato purée, then top with the tomatoes, shallot, chorizo and cheddar.

**2** Bake on the hot sheet for 10 mins until the pittas are crisp, the cheese has melted and the chorizo is slightly crisp. Scatter with basil, if you like.

**PER SERVING** 565 kcals, fat 25g, saturates 10g, carbs 61g, sugars 9g, fibre 8g, protein 29g, salt 3.6g

*Tip* For the best results, use a whole piece of chorizo and cut it yourself instead of using the pre-sliced variety, which is very thin

### MAKE IT DIFFERENT

Spread the pittas with **4 tsp pesto** in place of the sundried tomato purée, and replace the shallot and chorizo with **a handful of sweetcorn kernels** and **shredded ham**. Cook as before.

## Hot cumin lamb pitta with crunchy slaw & spicy mayo

■ Serves 4 ■ Prep 10 mins ■ Cook 8 mins

**4 small lamb leg steaks**  
**2 tsp olive oil**  
**1 heaped tsp ground cumin**  
**1 tbsp sugar**  
**3 tbsp white wine vinegar**  
**2 carrots, coarsely grated**  
**2 spring onions, finely sliced**  
**400g white cabbage, very finely sliced**  
**5 sweet pickled cherry peppers, 2 roughly sliced**  
**3 tbsp mayonnaise**  
**4 large pitta breads, warmed**

**1** Heat a griddle pan. Rub the lamb steaks with the oil, cumin and some seasoning. Griddle for about 3-4 mins on each side or until cooked to your liking. Put on a plate to rest.

**2** Stir the sugar into the vinegar in a bowl until dissolved. Add the carrots, spring onions, cabbage and some seasoning, and toss together.

**3** Blitz the whole peppers and the mayo in a food processor. Add a heap of the salad to each split pitta. Slice the lamb, trimming off any excess fat and lay on top of the salad, drizzling with the resting juices. Spoon over the mayo and scatter with a few of the sliced peppers. Serve extra salad on the side.

**PER SERVING** 661 kcals, fat 29g, saturates 7g, carbs 67g, sugars 21g, fibre 9g, protein 30g, salt 1.5g





## Halloumi & quinoa fattoush

■ Serves 4 ■ Prep 7 mins

■ Cook 10 mins **VEGETARIAN**

**2 wholewheat pittas, torn into pieces**  
**5 tbsp olive oil**  
**2 lemons, juiced**  
**1 garlic clove, crushed**  
**250g halloumi, sliced**  
**250g microwavable pouch quinoa**  
**1 large cucumber, deseeded and sliced**  
**350g medium tomatoes, quartered**  
**4 spring onions, sliced**  
**½ small bunch of mint, chopped**  
**½ small bunch of dill, roughly chopped**

**1** Heat the grill to high. Toss the pitta pieces with 1 tbsp oil and spread out onto a baking sheet. Grill for 3-4 mins, turning halfway, until golden and crisp. Set aside to cool.

**2** Meanwhile, whisk the remaining oil with the lemon juice and garlic. Season.

**3** Heat a large griddle pan or frying pan over a high heat and cook the halloumi for 1-2 mins on each side until lightly charred.

**4** Cook the quinoa following pack instructions, leave to cool, then toss with the cucumber, tomatoes, spring onion, most of the herbs and the dressing. Season. Tip onto a serving plate and top with the halloumi, pitta and remaining herbs.

**PER SERVING** 542 kcals, fat 32g, saturates 13g, carbs 37g, sugars 6g, fibre 7g, protein 23g, salt 2.2g

**Subscription order form**

ECP133

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

- For £24.99 every 10 issues, **saving 29%**, plus a Stellar cook's torch
- For £28 every 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*
- For £24.99 every 10 issues, **saving 29%**, plus a Stellar cook's torch
- For £28 every 10 issues (1 year) by credit/debit card/cheque, **saving 20%**

To: Title      Forename      Surname

Address

Postcode

Daytime telephone number

Email address

**Payment details** – I would like to pay

- For £24.99 every 10 issues by direct debit (please complete the mandate below)
- By cheque for £28 (10 issues) made payable to Immediate Media Co. Ltd.
- Please debit £28 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

**DIRECT Debit** 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

Address

Postcode

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 subject to availability and valid for UK delivery addresses and direct debit customers only and is subject to availability. You will pay £24.99 every 10 issues – still saving 29% on the usual shop price. The Stellar cook's torch is subject to availability and while stocks last; we reserve the right to fulfil all subsequent orders with a product of equal value. Please allow up to four weeks for delivery. 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. Standard UK subscription price for 10 issues: £35/ Europe and Republic of Ireland: €53 / Rest of the World: \$67 / USA and Canada: US\$58 / Australia and New Zealand: A\$89. Offer must end **23 July 2020**. \*\*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. Please visit [buysubscriptions.com/contact](http://buysubscriptions.com/contact) for customer service opening hours.

**Data protection** BBC *Easy Cook* magazine is published by Immediate Media Company Limited. We 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 we hold your personal information, please see our privacy policy which can be viewed online at [immediate.co.uk/privacy-policy](http://immediate.co.uk/privacy-policy).

**Inside every issue...**



**Seasonal recipes**

**Veggie meals for kids**

**Thrifty meal ideas**

**Easy weekend recipes**

**POST THE FORM TO FREEPOST IMMEDIATE MEDIA**

# SPECIAL SUBSCRIPTION OFFER

## SAVE 29% AND GET A STELLAR COOK'S TORCH

Subscribe to **BBC Easy Cook** magazine and we'll send you a Stellar cook's torch, worth £39.99! Whatever you like to cook, a subscription to BBC Easy Cook means you'll never miss out on any of our fabulous foolproof recipes.



**WORTH  
£39.99**

### *GREAT REASONS TO SUBSCRIBE...*

- ✓ Pay just £24.99 every 10 issues – saving 29%\*
- ✓ Fantastic time-saving family recipes
- ✓ Lots of tips, ideas and techniques to try
- ✓ Recipes from your favourite BBC chefs



**B B C**

**HURRY! OFFER ENDS  
23 JULY 2020**

**Subscribing to easycCook is simple**

☎ Call the hotline now **03330 162 122** and quote **ECP133**

🖱 Visit **[buysubscriptions.com/ECP133](https://buysubscriptions.com/ECP133)**

# MAKE THE MOST OF YOUR GARDEN

## *10 fresh salads*

Enjoy lunch or dinner al fresco with these gorgeous salads full of seasonal summer ingredients



Asian lamb & grapefruit noodle salad with ginger dressing, P50



Deli pasta salad, P50



Baby spinach bistro salad, P50



Chicken garden salad with elderflower dressing, P51



Smoked mackerel & beetroot salad with creamy horseradish dressing, P53



Stir-fry noodle salad, P53



Roast pepper & salmon platter, P54



Roasted grape, carrot & wild rice salad with balsamic maple dressing, P54

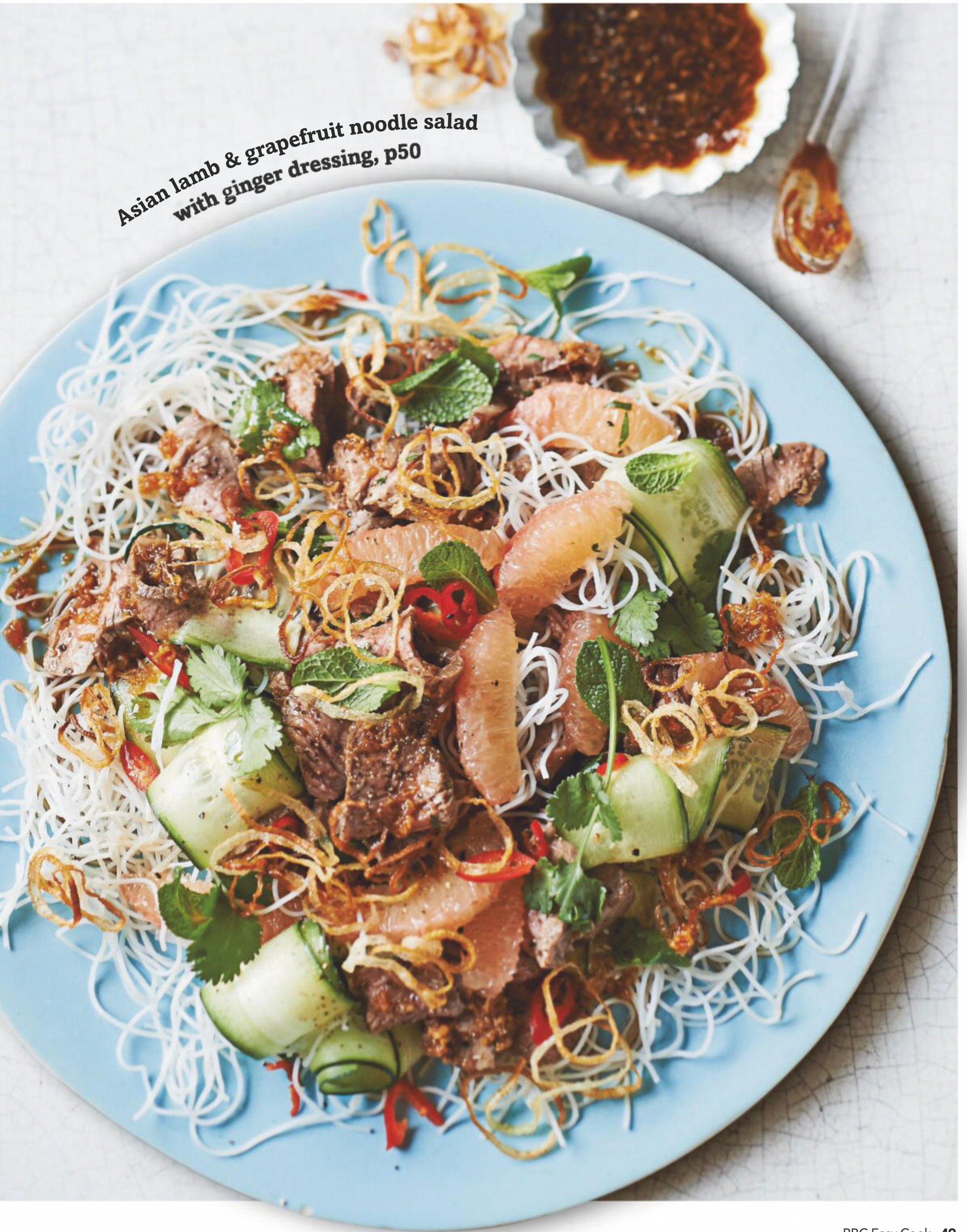


Superfood salad with citrus dressing, P56



Cumin chicken & avocado salad, P57

**Asian lamb & grapefruit noodle salad  
with ginger dressing, p50**





## Asian lamb & grapefruit noodle salad with ginger dressing

■ Serves 6 ■ Prep 20 mins ■ Cook 10 mins

**sunflower oil, for frying and drizzling**  
**3 banana shallots, peeled, thinly sliced, then divided into rings**  
**3 lamb leg steaks (about 400g total), fat trimmed**  
**2 large pink grapefruits**  
**1 cucumber, peeled into ribbons, seeded core discarded**  
**1 red chilli, thinly sliced**  
**small bunch each of mint and coriander, leaves picked**  
**200g rice noodles, cooked**  
**FOR THE GINGER DRESSING**  
**thumb-sized piece ginger, peeled and finely grated**  
**2 tbsp soy sauce**  
**2 tbsp rice wine vinegar**  
**1 tbsp light brown soft sugar**  
**2 tsp toasted sesame oil**

**1** Heat a pan no more than two-thirds full of oil – it's ready when a shallot ring sizzles and browns within 30 seconds. Fry the shallots in batches until golden, then drain on kitchen paper, season with salt and set aside.  
**2** Heat a frying pan until hot. Rub the lamb with a little oil and some seasoning. Cook for 2-3 mins on each side for medium (depending on the thickness), then transfer to a plate, loosely cover and leave to rest for 5-10 mins.  
**3** Cut the peel from the grapefruits, then slice into segments over a large bowl to catch the juices. Add the segments to the bowl with the dressing ingredients and mix. Add the cucumber, chilli, herbs, noodles and any resting juices from the lamb. Toss, then pile onto a serving plate. Cut the lamb into thin slices and put on top of the salad. Scatter over the fried shallots and serve straightaway.  
**PER SERVING** 331 kcals, fat 12g, saturates 5g, carbs 38g, sugars 10g, fibre 2g, protein 15g, salt 1.1g

## Deli pasta salad

*You can make this crowd-pleasing salad with simple storecupboard ingredients.*

■ Serves 4 ■ Prep 10 mins  
 ■ Cook 10 mins

**300g pasta bows**  
**200g frozen peas**  
**1 large tomato, roughly chopped**  
**10 sundried tomatoes in oil, drained**  
**2 tbsp olive oil**  
**2 tsp white wine vinegar**  
**1 garlic clove**  
**large handful of basil leaves**  
**85g prosciutto or salami**

**1** Cook the pasta following pack instructions, adding the peas for the final 2 mins. Tip into a colander and rinse with cold running water to cool, then drain really well.  
**2** Meanwhile, put the fresh tomato in a food processor with half the sundried tomatoes, the oil, vinegar, garlic and about 8 basil leaves. Season with plenty of salt and freshly ground black pepper, then whizz until smooth. Tip the mix into a large salad bowl.  
**3** Add the pasta and peas to the dressing. Roughly slice the rest of the sundried tomatoes and add to the pasta with the remaining basil leaves. Tear the prosciutto, add to the salad and toss together. Pile into bowls and serve.  
**PER SERVING** 426 kcals, fat 12g, saturates 2g, carbs 64g, sugar 0g, fibre 6g, protein 19g, salt 1.7g



## Baby spinach bistro salad

*This is such a versatile salad. You can make variations on this theme throughout summer, adding avocado, cherry tomatoes or mushrooms – the world is your oyster.*

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins

**3 tbsp olive oil, plus extra if needed**  
**1 garlic clove**  
**8 smoked back bacon rashers, chopped into large pieces**  
**1 small baguette loaf (about 125g), cut into bite-sized pieces**  
**4 eggs**  
**200g fine French beans, trimmed**  
**140g mild blue cheese, crumbled**  
**200g baby spinach**  
**FOR THE DRESSING**  
**2 tsp Dijon mustard**  
**2 tbsp red wine vinegar**  
**6 tbsp extra virgin olive oil**

**1** For the dressing, whisk the mustard and vinegar with salt and pepper and 1 tbsp water. Whisk in the oil and set aside.



**2** Heat the oil in a large frying pan over a low heat and fry the garlic and bacon until the bacon is starting to sizzle. Add the bread and toss in the bacon juices. Fry slowly (this can take 15 mins) until the bacon is crisp and the bread crunchy, drizzling with a little more oil if it becomes dry. Once cooked, remove the garlic and set aside.

**3** Meanwhile, boil the eggs for exactly 7½ mins. Rinse under cold running water to cool, then peel and set aside. Cook the beans in a pan of boiling salted water for 5 mins, or until slightly crunchy but still bright green. Drain, tip into a pan of ice-cold water, and drain again.

**4** To serve, tip the bacon and bread mix, beans, cheese and spinach into a large bowl. Drizzle over the dressing and toss gently with your hands. Scatter the salad over a serving platter, then halve the eggs and scatter over the top. Season the eggs with sea salt and black pepper, then serve.

**PER SERVING** 654 kcals, protein 28g, carbs 21g, fat 52g, saturates 15g, fibre 3g, sugars 3g, salt 4.7g



## Chicken garden salad with elderflower dressing

*Elderflower cordial is used for the dressing, you don't have to pick any.*

■ Serves 6 ■ Prep 25 mins ■ Cook 5 mins

**bunch of asparagus (about 8 spears), woody ends trimmed, cut in half lengthways**

**200g sugar snap peas**

**140g fresh or frozen peas**

**1 small cooked chicken, skin and bones discarded, meat shredded**

**250g mixed radishes, sliced**

**1 red onion, halved and thinly sliced**

**1 large, curly, round lettuce, or**

**2 Little Gem lettuces, torn**

**handful of pea shoots (optional)**

**FOR THE ELDERFLOWER DRESSING**

**2 tbsp elderflower cordial**

**2 tbsp white wine vinegar**

**1 lemon, zested and juiced**

**3 tbsp extra virgin rapeseed oil**

**1** Cook the asparagus in a pan of boiling water for 1 min, then add the sugar snap peas. After another 30 seconds, tip in the fresh or frozen peas. Cook for another 30 seconds, then drain and tip into a bowl of ice-cold water. Drain after 1-2 mins.

**2** Whisk the dressing ingredients in a large bowl with plenty of seasoning. Add the chicken, radishes, onion, lettuce and the cooked vegetables and gently toss everything together until well coated in the dressing – the easiest way is to use your hands. Pile the salad onto a large platter and scatter over the pea shoots, if using. Serve straightaway.

**PER SERVING** 415 kcals, fat 19g, saturates 4g, carbs 11g, sugars 9g, fibre 4g, protein 50g, salt 0.4g





## Smoked mackerel & beetroot salad with creamy horseradish dressing

■ Serves 6 ■ Prep 30 mins  
■ Cook 45 mins

**6-10 beetroots (depending on size)**  
**140g puy lentils, cooked**  
**bunch of spring onions (about 8), thinly sliced on an angle**  
**1 eating apple, core removed, thinly sliced (squeeze some lemon juice over to prevent it turning brown)**  
**1 small radicchio, leaves separated and torn into bite-sized chunks**  
**1 pack smoked mackerel (about 250g), skin and bones removed, flaked into chunky pieces**

### FOR THE HORSERADISH DRESSING

**1 lemon, zested and juiced**  
**150ml soured cream**  
**2 tbsp creamed horseradish**

**1** Heat the oven to 200C/180C fan/gas 6. Roast the unpeeled beetroots for 35-50 mins, depending on their size. Give them a gentle squeeze after 35 mins – if they feel tender and are a little shrivelled, they're done; if not, continue cooking. Remove from the oven and set aside to cool.

**2** Carefully peel the beetroots, then cut into wedges. Mix all of the dressing ingredients together in a small bowl. Put the lentils, spring onions, apple slices, radicchio and mackerel in a large bowl, add half the dressing and toss together. Pile the ingredients onto a serving platter, layering with the beetroot wedges as you do. Serve with the remaining dressing on the side.

**PER SERVING** 312 kcals, fat 19g, saturates 6g, carbs 19g, sugars 7g, fibre 5g, protein 16g, salt 1.1g

*Tip* Don't save your big turkey serving platter for Christmas! To show off all the lovely elements of your salad, scatter the ingredients over it, then let everyone get stuck in

## Stir-fry noodle salad

*This is a fantastic summer recipe, as it works as a side dish for meat-eaters, or a veggie main course in its own right. As there are no salad leaves to go droopy, it's also a great one for transporting.*

■ Serves 6 ■ Prep 15 mins ■ Cook 10 mins **VEGETARIAN**

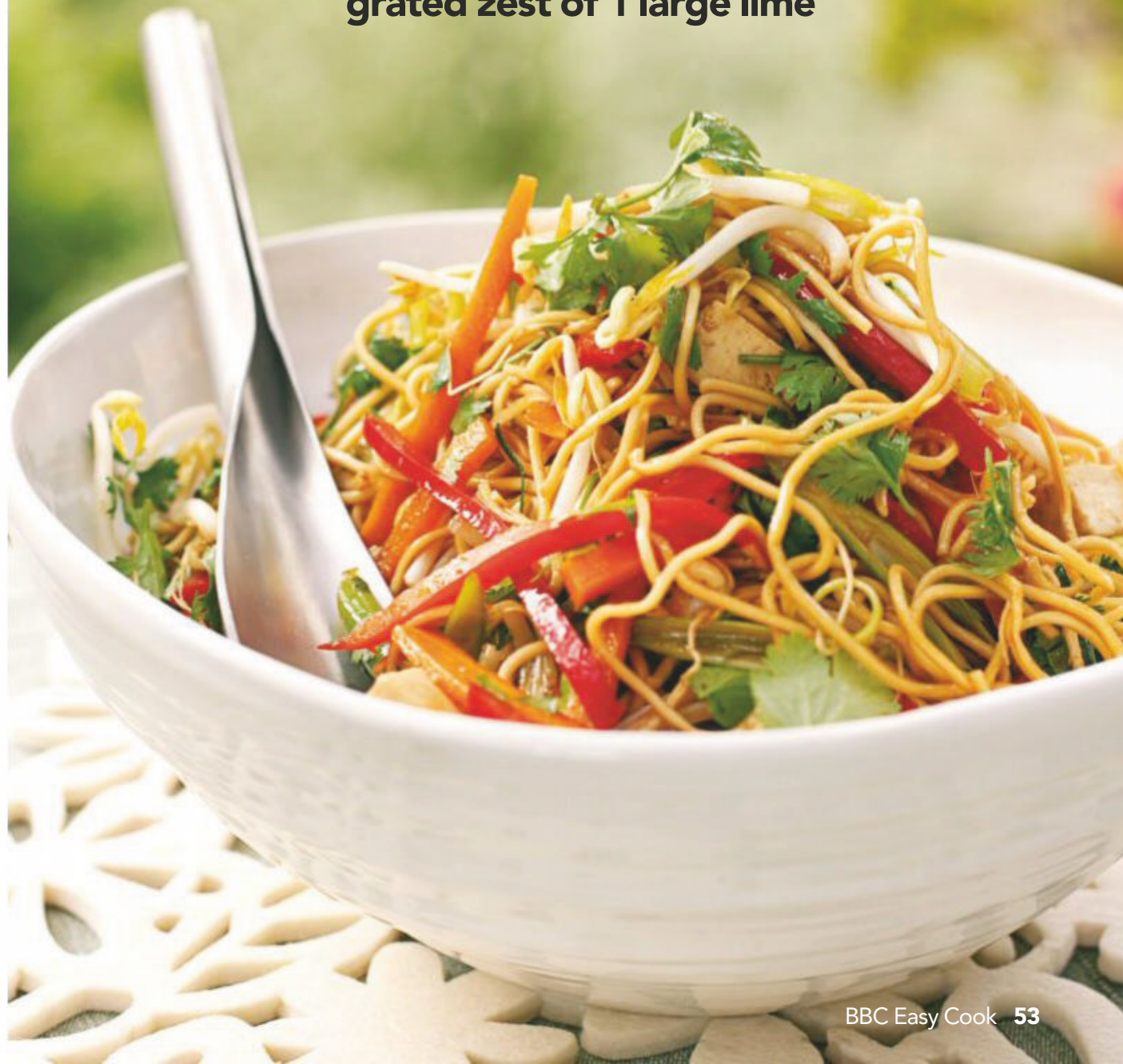
**8 kaffir lime leaves**  
**4 blocks egg noodles, cooked**  
**4 tbsp sesame oil**  
**2 red peppers, deseeded and finely sliced**  
**2 carrots, sliced into batons**  
**large piece ginger, peeled and finely chopped**  
**2 garlic cloves, finely chopped**  
**bunch of spring onions, finely sliced**  
**6 tbsp soy sauce**  
**2 large handfuls of ready-to-eat beansprouts**  
**250g block tofu, cut into cubes**  
**1 large bunch of coriander, stalks finely chopped, leaves roughly chopped**

**FOR THE DRESSING**  
**150ml rice wine vinegar**  
**2 lemongrass stalks**  
**1/3 red chilli**  
**2 tbsp golden caster sugar**

**1** To make the dressing, bring all the ingredients and 4 torn kaffir lime leaves to a simmer in a small pan. Boil for 1 min, then remove from the heat and leave to infuse.  
**2** Toss the noodles with 3 tbsp sesame oil, tossing occasionally so they don't stick.  
**3** Heat the rest of the oil in a wok and fry the peppers, carrots, ginger and garlic for 1 min.  
**4** To serve, tip the noodles into a bowl and pour over the dressing. Finely shred the remaining kaffir lime leaves and toss with all the other ingredients, setting aside a small handful of coriander leaves. Taste the noodles, adding a splash more vinegar, soy sauce or sesame oil, if you like. Pile the noodles onto a platter. Scatter over the reserved coriander and serve.

**PER SERVING** 301 kcals, fat 11g, saturates 1g, carbs 44g, sugars 14g, fibre 3g, protein 10g, salt 3.4g

*Tip* If you can't track down kaffir lime leaves, replace them with the grated zest of 1 large lime





## Roast pepper & salmon platter

*Capers add a real kick to this salad – the secret is to rinse them to get rid of the vinegary flavour, then drain on kitchen paper before adding to the salad.*

■ Serves 4 ■ Prep 15 mins ■ Cook 25 mins

**5 large red peppers, halved and seeded**  
**3 tbsp extra virgin olive oil, plus extra for the peppers**  
**4 salmon fillets, skin on**  
**3 tbsp pine nuts**  
**500g small new potatoes, unpeeled**  
**1 tbsp balsamic vinegar**  
**85g marinated anchovies**  
**2 tbsp small capers, drained and rinsed**  
**20g basil, torn or shredded**  
**2 handfuls of rocket**

**1** Heat the oven to 220C/200C fan/gas 7. Rub the peppers with a little oil, then roast, skin-side up, in a large roasting tin for

15 mins. Add the salmon, skin-side down, scatter over the pine nuts and return to the oven for another 10 mins.

**2** Meanwhile, boil the potatoes for 8-10 mins until tender, then thickly slice. Mix the oil and vinegar together in a large bowl with the anchovies and capers. Remove the pepper skins and thickly slice the flesh. Toss in the oil mixture with the basil and potatoes, adding any cooking juices from the peppers. Pile onto a large platter with the rocket. Flake the salmon over and scatter with the pine nuts.

**PER SERVING** 575 kcals, fat 33g, saturates 5g, carbs 35g, sugars 15g, fibre 5g, protein 37g, salt 2.7g

## Roasted grape, carrot & wild rice salad with balsamic maple dressing

■ Serves 6 ■ Prep 20 mins  
 ■ Cook 45 mins **VEGETARIAN**

**200g brown basmati & wild rice mix**  
**300g baby carrots**  
**250g red seedless grapes, stalks removed**  
**1 tbsp extra virgin olive or rapeseed oil**  
**200g green beans**  
**100g pecans**  
**2 large handfuls of rocket**  
**200g feta, crumbled**  
**FOR THE BALSAMIC MAPLE DRESSING**  
**2 tbsp maple syrup**  
**3 tbsp balsamic vinegar**  
**½ lemon, juiced**  
**2 tbsp extra virgin olive or rapeseed oil**

**1** Cook the rice following pack instructions. Meanwhile, heat the oven to 200C/180C fan/gas 6. Put the carrots and grapes on a large baking tray, keeping the grapes at one end and the carrots at the other (the grapes will bleed some of their juice onto the tray, which will stain the carrots). Drizzle the carrots with the oil and season. Roast for 10 mins, then remove from the oven and leave to cool a little. When the rice is cooked, drain and rinse under cold water to cool a little, then set aside to drain.

**2** Bring a saucepan of water to the boil and cook the beans for 2 mins or until just tender. Drain and leave to cool a little.

**3** Whisk the dressing ingredients together with some seasoning. Add the rice, carrots, beans, pecans, rocket and half the feta and toss everything together. Transfer to a serving plate, then scatter over the remaining feta and roasted grapes. Drizzle any cooking juices from the baking tray over the salad and serve.

**PER SERVING** 446 kcals, fat 25g, saturates 6g, carbs 43g, sugars 16g, fibre 5g, protein 11g, salt 1.3g





## Superfood salad with citrus dressing

■ Serves 6 ■ Prep 25 mins

■ Cook 5 mins **VEGETARIAN**

**250g purple sprouting broccoli, cut in half (or smaller if you like)**

**175g frozen soya beans**

**2 ripe avocados, stoned, peeled and chopped**

**250g pouch cooked quinoa**

**100g baby spinach**

**handful of soft herbs (parsley, basil, coriander or mint), chopped**

**100g pomegranate seeds**

**100g pumpkin seeds, toasted**

### FOR THE CITRUS DRESSING

**1 lemon or lime, zested and juiced**

**1 orange, zested and juiced**

**1 tbsp white wine vinegar**

**2 tbsp Dijon mustard**

**2 tbsp extra virgin rapeseed oil**

**1** Bring a pan of water to the boil and cook the broccoli for 2 mins, then add the soya beans and cook for another 1-2 mins until the broccoli is cooked but still crunchy. Drain and drop into ice-cold water. Leave for 1-2 mins until cool, then drain and leave in the colander.

**2** Whisk the dressing ingredients with some seasoning in a large bowl. Add the avocados to the dressing along with the quinoa, spinach, herbs, half the pomegranate and pumpkin seeds and the cooked vegetables and gently toss everything together. Transfer the salad to a platter, scatter with the remaining seeds and serve. *Will keep in the fridge for lunch the next day.*

**PER SERVING** 349 kcals, fat 23g, saturates 3g, carbs 22g, sugars 6g, fibre 8g, protein 13g, salt 0.9g

## Cumin chicken & avocado salad

*This Mexican-inspired salad combines warm chicken with cumin and chilli powder, kidney beans and creamy avocado. The tomatoes are slightly cooked too, so their juice bursts into the dressing as you cut into them – delicious.*

■ Serves 4 ■ Prep 10 mins ■ Cook 10 mins

**2 tbsp olive oil**  
**1 heaped tsp ground cumin**  
**1 heaped tsp mild chilli powder**  
**4 skinless chicken breast fillets**  
**400g cherry tomatoes, halved if large**  
**1 red onion, finely chopped**  
**4 Little Gem lettuces, separated**  
**20g coriander, roughly chopped**  
**3 avocados, stoned, peeled and thickly sliced**  
**6 tbsp Caesar salad dressing**  
**410g can red kidney beans, drained and rinsed**

**1** Mix the oil and spices in a large bowl, then use the mixture to coat the chicken.

Pan-fry the chicken in a large non-stick frying pan for a few minutes on each side. Toss the tomatoes in any spiced oil left in the bowl, then add to the pan. Cover and cook for 5 mins until the chicken is cooked through and the tomatoes are warm and starting to soften.

**2** Meanwhile, toss the onion, lettuce leaves, coriander and avocados in the dressing and pile onto a large platter. Top with the beans and tomatoes. Slice the warm chicken and pile on top.

**PER SERVING** 636 kcals, fat 43g, saturates 4g, carbs 22g, sugars 9g, fibre 10g, protein 43g, salt 0.9g



# Treat him to A HOG ROAST

Gather the family for Father's Day on 21 June  
with this home-cooked hog roast

## Home hog roast with chilli pig sauce

*We've roasted a chilli sauce to go with the hog at the same time, but you can buy one to make this even easier.*

- Serves 10 ■ Prep 40 mins plus up to 48 hrs chilling
- Cook 4 hrs **FREEZABLE**

**3kg boneless, skin-on pork belly,  
skin well scored (see tip)**

**4 garlic cloves**

**small bunch of thyme, leaves picked**

**8 bay leaves**

**1 tbsp sunflower oil**

**soft bread rolls, to serve**

### FOR THE CHILLI PIG SAUCE

**2 red peppers, roughly chopped**

**4 red chillies, deseeded if you like, tops removed**

**2 banana shallots, peeled and roughly chopped**

**4 garlic cloves, peeled but left whole**

**1 ripe tomato, quartered**

**3 tbsp apple cider vinegar**

**2 tsp honey**

**1** Up to 48 hrs before, season the pork all over with 2 tbsp sea salt. Cover and chill. Very finely chop the garlic, thyme leaves and bay together to make a paste. Season well.

**2** Lay the pork skin-side down on a board, score the flesh and massage in the herby seasoning. Tightly roll from longest side to create a joint surrounded by the skin. Tie tightly at 2cm intervals with kitchen string to secure it.

**3** Heat the oven to 160C/140C fan/gas 3. Put a wire rack over a large roasting tray and sit the pork on top. Massage the pork skin with the oil and some salt. Roast for 3 hrs, basting in the fat every 30 mins after the first hour.

Remove from the oven and turn up the heat to 240C/220C fan/gas 9. Carefully pour out most of the fat and add the peppers, chillies, shallots, garlic and tomato for the chilli sauce. Put the pork back on the wire rack and roast for a further 30-40 mins, turning the joint with tongs to expose different parts of the skin to crisp up the crackling. Lift onto a board and rest for 10 mins.

**4** Scrape all the vegetables and pan juices into a food processor with the vinegar, honey and a pinch of salt. Pulse to a sauce. Carve the pork into slices and serve in buns with the chilli sauce for spreading over.

**PER SERVING** 600 kcals, fat 42g, saturates 14g, carbs 5g, sugars 3g, fibre 2g, protein 49g, salt 1.9g

## CRACKING CRACKLING

*The better quality the pork, the better the crackling. Intensively-reared pork can be injected with water to increase the weight, which is released as it cooks and stops the skin from crackling.*

- Salt the pork skin as soon as you can, up to 48 hours ahead. Salting draws out the moisture, which is the enemy of crackling.
- Get your butcher to deep-score the skin – this will give it lots of exposed edges that help the crackling blister.
- Roasting at a low temperature, then finishing at a high one gives great results. Watch closely, as there's a few minutes between perfect and burnt.

## Classic coleslaw

- Serves 10 ■ Prep 20 mins ■ No cook **VEGETARIAN**

**6 carrots, coarsely grated**

**1 small white cabbage, finely shredded**

**large pinch of golden caster sugar**

**3 tbsp cider vinegar**

**1 tbsp mustard**

**200g mayonnaise**

**1 red apple, cut into matchsticks (optional)**

**100g cheddar, grated (optional)**

**1** Tip the grated carrot and shredded cabbage into a bowl. Season with salt, then add the sugar and vinegar and toss everything together. Leave for 20 mins for the vegetables to very lightly pickle.

**2** Stir through the mustard and mayonnaise and add the apple and cheese (or any other bits), if you like.

*Can be made a day ahead and chilled.*

**PER SERVING** 178 kcals, fat 15g, saturates 1g, carbs 7g, sugars 6g, fibre 3g, protein 1g, salt 0.2g

*The  
greatest  
crackling  
you'll ever  
crunch*



# Gregg's ITALIAN FAMILY FEAST

An ideal menu for enjoying the summer sun in the garden

Serve up an Italian-inspired summer spread for your loved ones with this menu from **Gregg** and **Anna Wallace**



*Mozzarella & tomato salad*



*Spaghetti with clams*



*Grilled peaches with whipped cream*

“Although I’ve loved the food of Italy for a long time, marrying into an Italian family has increased my knowledge and heightened my appreciation for it. Anna is a fabulous cook just like her mamma and papa, Rina and Massimo, and they’ve all taught me a lot. Get the family involved, tuck in your napkin, slurp your spaghetti, enjoy another glass of wine, play some opera and, above all, enjoy! Gregg”

## Mozzarella & tomato salad

*As a child, I spent the summer with my nonna in Italy. We’d visit the buffalo mozzarella shop every day. The mozzarella was in a clear plastic bag filled with salt water, and I couldn’t wait to get home and eat it. The cheese had many layers, and I’d peel them off to reach the delectable, creamy centre. Fresh mozzarella with tomatoes and basil makes a simple and beautiful salad. Anna*

■ Serves 4 VEGETARIAN

**4 x 150g balls buffalo mozzarella, drained**  
**600g mixed tomatoes**  
**2 tbsp olive oil**  
**large handful of basil leaves, to serve**

**1** Tear the mozzarella balls into pieces using your hands or a sharp knife, then arrange the pieces on a large serving plate.  
**2** Chop the tomatoes into chunks and scatter them over the mozzarella pieces. Drizzle both with the olive oil and season with salt and pepper. Tear the basil into pieces and scatter over the salad.



## Spaghetti with clams

*When I was working as a lifeguard, Rina and I would regularly go to a small seaside restaurant where the spaghetti alle vongole was so delicious, we still talk about it to this day. I love to cook this dish – it's the taste of the sea in a bowl. Massimo*

■ Serves 4-6

**1kg clams**

**3 tbsp plain flour**

**500g spaghetti**

**3 tbsp butter**

**2 tbsp olive oil, plus extra for drizzling**

**2 garlic cloves**

**½ onion, finely chopped**

**75ml dry white wine**

**30g flat-leaf parsley, chopped**

**½ lemon, juiced**

**1** Put the clams in a large glass bowl, cover with cold water and stir in a handful of salt. Add 1 tbsp flour (this acts as a cleaning agent and helps remove any grit) and stir. Set aside for 1 hr.

**2** Transfer the clams to a plate using a slotted spoon and discard the water along with any sand at the bottom. Rinse the bowl and repeat the soaking process until the clams no longer release any sand (this should take about three times). Discard any clams that are wide open and don't close when tapped. Drain and set aside.

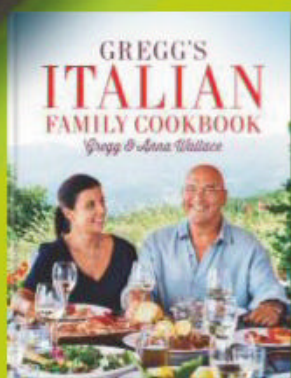
**3** Bring a large pan of lightly salted water to the boil (the clams are already salty, so you won't need much). Add the spaghetti and cook following pack instructions until al dente. Drain, reserving half a mugful of the cooking water. Set aside.

**4** Meanwhile, heat the butter and olive oil together in a very large pan. Fry the garlic, stirring often, until pale and golden. Remove and discard the garlic, leaving behind the flavoured butter mixture.

**5** Fry the onion in the mixture for a few minutes until softened. Pour in the wine, add the clams and increase the heat to high. Cover the pan with a lid and cook until the clams open and release their juices, about 3-6 mins, depending on the size of the clams.

**6** Pour ¼ of the reserved cooking water into the pan and bring to the boil. Add the cooked spaghetti and stir. Cook over a high heat for 2 mins, stirring constantly, until some of the juices have been soaked up. Sprinkle in the parsley, drizzle with oil and stir again. If the sauce seems dry, add more of the reserved water, and cook for 1-2 mins more. Serve in deep bowls with the lemon juice drizzled over.





Recipes adapted from *Gregg's Italian Family Cookbook* by Gregg & Anna Wallace (£20, Mitchell Beazley). Photographs © James Murphy

## Grilled peaches with whipped cream

*With their sweet flavour and floral aroma, peaches are delicious just as they are, but grilling them adds to their intensity. The crunch of amaretti biscuits and the smoothness of vanilla cream provide lovely contrasts to the luscious fruit. Anna*

■ Serves 4 VEGETARIAN

**200g mascarpone**  
**2 tsp vanilla bean paste**  
**4 large peaches, halved and stoned**  
**2 tbsp butter, melted**  
**8 amaretti biscuits, crushed**

**1** Put the mascarpone and vanilla in a bowl and mix until smooth. Chill.  
**2** Heat a griddle pan over a high heat. Brush the cut-side of the peaches with

the melted butter. When the pan is hot, griddle the peaches, cut-side down, for 3 mins. They are ready when the flesh is golden brown and char lines have formed.  
**3** Transfer the peaches to a serving plate. Spoon the chilled cream into the middle of each peach half, sprinkle over the crushed biscuits and serve immediately.

# Luxury LUNCH at home

Enjoy a relaxed afternoon at home with this special three-course meal. The cooking is quick, so you have more time to linger over your food

## WHAT'S ON THE MENU? Lunch for two

★  
Start with smoked  
mackerel pâté  
with French bread  
& horseradish

★  
Move on to a warm  
duck salad with  
merlot dressing

★  
Enjoy balsamic  
blueberries with vanilla  
ice cream to finish

### Smoked mackerel pâté with French bread & horseradish

*Smoked mackerel packs plenty of flavour and is sold boneless and ready to use. Unlike cold-smoked kippers, it's preserved by hot-smoking, so the flesh is cooked.*

■ Serves 2 ■ Prep 15 mins ■ Cook 3 mins

#### FOR THE PÂTÉ

25g unsalted butter, melted  
½ lemon, zested  
160g smoked mackerel  
(split fillets), skinned  
1 spring onion, chopped

#### FOR THE TOPPING

15g unsalted butter, plus  
extra to serve  
1 tsp hot horseradish sauce,  
plus extra to serve  
1 tsp finely chopped flat-leaf  
parsley, plus a few leaves  
French bread, to serve

**1** To make the pâté, tip the butter, lemon zest, mackerel and spring onion into a food processor and blitz until smooth. Spoon into a ramekin and smooth the top.  
**2** For the topping, melt the butter with the horseradish sauce, then stir in the parsley. Carefully spoon over the pâté to cover it. Press some parsley leaves on top, season with black pepper and chill. Serve the pâté with French bread, butter and extra horseradish sauce.

**PER SERVING** (pâté only) 440 kcals, fat 41g, saturates 17g, carbs 1g, sugar none, fibre 2g, protein 16g, salt 2.3g



PERFECT  
TREAT  
FOR 2



## Warm duck salad with merlot dressing

*This dressing is quite unusual, as it has chicken stock in it, which adds a great depth of flavour. Gressingham duck, a cross between a wild and domesticated duck, has a good proportion of meat and isn't too fatty. Amazingly, the legs are almost two-thirds cheaper than the breasts; both are available from most supermarkets or your local butcher.*

■ Serves 2 ■ Prep 25 mins ■ Cook 50 mins

### 2 duck legs

2 potatoes, unpeeled

85g podded broad beans (see tip)

1 red chicory, separated into leaves

large handful of watercress

2 ready-cooked beetroots

### FOR THE DRESSING

8 tbsp red wine, such as merlot

1 shallot, peeled and thinly sliced

1 tbsp redcurrant jelly

1 tsp chicken stock

1 tbsp olive oil

**1** Heat the oven to 190C/170C fan/gas 5. Put the duck legs in a roasting tin, then prick the skin all over with a fork and rub in some salt and pepper. Roast for 50 mins until the skin is golden and crisp.

**2** Meanwhile, boil the potatoes for 10 mins until almost tender, then drain, peel and cut into cubes. Add to the tin with the duck, toss in the fat, then roast for a final 30 mins, or until golden.

**3** To make the dressing, put the wine and shallot in a pan, then boil until reduced by half. Add the redcurrant jelly and stock, then stir until melted. Stir in the olive oil.

**4** Boil the beans for 7-8 mins, drain, then peel away the thick skins. Arrange the chicory and watercress in large shallow bowls with the beetroots and beans. Shred the duck and pile onto the salad with the potatoes. Drizzle with the dressing.

**PER SERVING** 522 kcals, fat 20g, saturates 5g, carbs 37g, sugars 12g, fibre 6g, protein 39g, salt 0.9g

## FULL OF BEANS

Fresh broad beans are a seasonal treat. They're best when the leathery skins are removed, which can be time-consuming, so it's wise to cook them in small quantities. Go for unblemished pods and don't be afraid to feel them before buying to judge the size of the beans inside – if they're too large, they can be tough and starchy. You can use frozen, or soya beans, which have much thinner skins.

**TRY  
SOMETHING  
NEW**



## Balsamic blueberries with vanilla ice cream

*Poaching blueberries really brings out their flavour, especially with a dash of balsamic vinegar. Serve warm or cold over ice cream.*

■ Serves 2 ■ Prep 10 mins

■ Cook 2 mins **VEGETARIAN**

125g blueberries

1 tbsp caster sugar

1 tsp balsamic vinegar

4 scoops vanilla ice cream and crisp biscuits, to serve

**1** Tip the blueberries into a pan with the sugar, vinegar and 1 tbsp water. Heat very gently for 1-2 mins until the berries have softened but not burst. Set aside until ready to serve.

**2** To serve, spoon the berries over the ice cream and eat with some biscuits.

**PER SERVING** (without biscuits) 262 kcals, fat 12g, saturates 8g, carbs 36g, sugar 35g, fibre 1g, protein 5g, salt 0.2g

*Tip* True balsamic vinegar, the sweet Italian variety made from concentrated grape juice, is used almost like a condiment. It's aged in wood for at least 10 years, and some for up to 40 years. Although it's quite expensive, it's used in small quantities, so once you've invested in a bottle, a little goes a long way.

# Frozen

*Can't get to the shops? With a bit of planning you can rustle up great-tasting dishes using the freezer as your larder*

No-fuss cottage pie, p70



# assets

Tortellini with lemon & ricotta, p70



## ARE FROZEN FOODS GOOD FOR ME?

- Frozen fruit and veg can be healthier than fresh, as most are frozen the day they're picked. They retain their vitamins for longer than stored produce.
- Freezing is a natural preservative and most items will keep for a long time without losing nutritional benefits – the taste and texture may change a little though.
- Freezing can be greener. Local seasonal fruit and vegetables can be frozen and kept year round. Freezing staple veg will also reduce wastage.



## No-fuss cottage pie

■ Serves 4 ■ Prep 15 mins ■ Cook 1 hr

**FREEZABLE** once assembled

**1 tbsp sunflower oil**  
**1 large onion, chopped**  
**2-3 medium carrots, chopped**  
**500g frozen free-flowing beef mince**  
**2 tbsp tomato purée**  
**large splash of Worcestershire sauce**  
**500ml beef stock**  
**900g potatoes, cut into chunks**  
**85g butter**  
**3 tbsp milk**

**1** Heat the oil in a medium saucepan and cook the onion and carrots for a few minutes to soften. Turn up the heat, crumble in the frozen mince and brown, tipping off any excess fat. Add the tomato purée and Worcestershire sauce, then fry for a few minutes more. Pour over the stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.

**2** Meanwhile, heat the oven to 180C/160C fan/gas 4. Boil the potatoes in a pan of salted water for 10-15 mins until tender. Drain, then mash with the butter and milk.

**3** Put the mince mix in a baking dish, top with the mash and ruffle with a fork. *Can now be frozen for up to one month.*

**4** Bake for 20-25 mins, until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/140C fan/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Put under the grill to brown, if you like). Leave to stand for 5 mins before serving.

**PER SERVING** 663 kcals, fat 39g, saturates 20g, carbs 49g, sugars 10g, fibre 5g, protein 33g, salt 1.4g



## Tortellini with lemon & ricotta

■ Serves 2 ■ Prep 5 mins

■ Cook 5 mins **VEGETARIAN**

**250g frozen ricotta & spinach tortellini**  
**50g frozen peas**  
**50g frozen broad beans**  
**1 tbsp olive oil**  
**1 lemon, zested**  
**50g ricotta**

**1** Cook the tortellini in a pan of boiling salted water for 3-4 mins. Add the peas and broad beans, then cook for 1 min more to heat through.

**2** Drain well, then toss through the olive oil and lemon zest. Spoon onto plates, dollop over the ricotta and serve.

**PER SERVING** 472 kcals, fat 19g, saturates 8g, carbs 62g, sugars 5g, fibre 5g, protein 18g, salt 1.3g



## Easy Thai prawn curry

■ Serves 4 ■ Prep 5 mins ■ Cook 15 mins

**1 tbsp vegetable oil**  
**1 onion, chopped**  
**1 tsp grated ginger**  
**1-2 tsp Thai red curry paste**  
**400g can chopped tomatoes**  
**50g coconut cream**  
**400g raw frozen prawns**  
**chopped coriander, to serve (optional)**

**1** Heat the oil in a pan and fry the onion and ginger for a few minutes until softened. Stir in the curry paste and cook for 1 min more. Pour in the tomatoes and coconut cream. Bring to the boil, then simmer for 5 mins, adding a little water if the mixture gets too thick.

**2** Tip in the prawns, then cook for 5-10 mins. Sprinkle with a little coriander, if you like.

**PER SERVING** 203 kcals, fat 13g, saturates 8g, carbs 8g, sugars 7g, fibre 2g, protein 13g, salt 1.25g

## FREEZE YOUR LEFTOVERS

Cut down on waste – here's how to freeze leftovers for future meals.

**BREADCRUMBS** Whizz up sliced bread in a food processor to make crumbs (or finely chop with a knife). Store in a freezer bag.

**HERB BUTTER** Finely chop leftover herbs, then stir into softened butter. Dollop onto a piece of cling film, roll into a cylinder, twist the ends and freeze. Slice off rounds and use to top meat, fish or poultry.

**EGG WHITES** If you just need to use an egg yolk, freeze the egg white in a freezer bag; it's fine to use after being defrosted.

**CREAM** Pour into ice cube trays and freeze. Use to enrich sauces or drizzle over a pudding.

**OVEN CHIPS** Cut potatoes into wedges. Put on a piece of baking parchment on a tray, spaced apart. Freeze, then tip into a freezer bag and put back in the freezer.

**MEAT, POULTRY AND FISH** Most freeze well – just ensure you've wrapped items securely to avoid freezer burn. Defrost items overnight in the fridge, or use fillets or free-flowing mince from frozen.

## Minty pea & potato soup

- Serves 4 ■ Prep 5 mins
- Cook 25 mins **VEGETARIAN** **FREEZABLE**

**2 tsp vegetable oil**  
**1 onion, chopped**  
**800g potatoes, cut into small chunks**  
**1 litre vegetable stock**  
**350g frozen peas**  
**small handful of mint, chopped, or**  
**a little mint jelly**

**1** Heat the oil in a large saucepan and fry the onion for 5 mins until softened. Add the potatoes and stock and bring to the boil. Cover, reduce the heat and simmer for 10-15 mins until tender, adding the peas for the final 2 mins.

**2** Remove a quarter of the vegetables from the pan with a slotted spoon 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, mint and some seasoning.

**PER SERVING** 249 kcals, fat 3g, saturates 1g, carbs 48g, sugars 7g, fibre 9g, protein 11g, salt 0.4g



## Mediterranean slices

- Serves 4 ■ Prep 10 mins
- Cook 20 mins **VEGETARIAN**

**375g frozen ready-rolled puff pastry, defrosted**  
**4 tbsp pesto or vegetarian alternative**  
**140g frozen sliced roasted peppers**  
**140g frozen artichokes (about 3 wedges per serving), or 3 tomatoes cut into wedges**  
**125g ball mozzarella, or 85g grated cheddar**  
**green salad, to serve**

**1** Heat the oven to 200C/180C fan/gas 6. Unroll the pastry and cut into four rectangles. Score a 1cm edge inside each rectangle with a sharp knife, taking care not to cut all the way through the pastry. Put on a baking sheet.

**2** Spread 1 tbsp pesto onto each slice, staying inside the border, then pile on the peppers and artichokes. Bake for 15 mins until the pastry is starting to brown.

**3** Tear the mozzarella ball into small pieces, then scatter it over the veg. Return to the oven for 5-7 mins until the pastry is crisp and the cheese has melted. Serve with a green salad.

**PER SERVING** 515 kcals, fat 33g, saturates 14g, carbs 42g, sugars 6g, fibre 3g, protein 16g, salt 2g





## Sweetcorn & smoked haddock chowder

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

**knob of butter**

**2 streaky bacon rashers, chopped**

**1 onion, finely chopped**

**500ml milk**

**350g potatoes, cut into small cubes**

**300g frozen smoked haddock fillets (about 2)**

**140g frozen sweetcorn**

**chopped parsley, to serve (optional)**

**1** Heat the butter in a large saucepan and fry the bacon until starting to brown. Add the onion and cook until soft, then add the milk and potatoes. Bring to the boil, then simmer for 5 mins.

**2** Add the haddock and gently cook for 10 mins more. Break the fish into large chunks. Stir through the sweetcorn and cook for another few minutes until the fish is cooked through and the sweetcorn has defrosted. Scatter over the parsley, if using.

**PER SERVING** 550 kcals, fat 16g, saturates 7g, carbs 59g, sugars 18g, fibre 4g, protein 47g, salt 3.9g



## Easiest ever paella

■ Serves 4 ■ Prep 5 mins ■ Cook 25 mins

**1 tbsp olive oil**

**1 leek or onion, sliced**

**110g chorizo, chopped**

**1 tsp turmeric**

**300g long grain rice**

**1 litre hot fish or chicken stock**

**200g frozen peas**

**400g frozen seafood mix, defrosted**

**lemon wedges, to serve (optional)**

**1** Heat the oil in a deep frying pan and fry the leek for 5 mins until softened but not browned. Add the chorizo and fry until it releases its oils. Stir in the turmeric and rice until coated in the oils, then pour in the stock. Bring to the boil, then simmer for 15 mins, stirring occasionally.

**2** Tip in the peas and cook for 5 mins, then stir in the seafood mix for a final 1-2 mins, until the seafood is heated through and the rice is tender. Taste for seasoning and serve with some lemon wedges, if you like.













**PER SERVING** 518 kcals, fat 12g, saturates 4g, carbs 75g, fibre 5g, sugars 5g, protein 32g, salt 1.3g

# A unique no commitment 3-month offer on all of your favourite magazines

During this difficult time, we want to make it as easy as possible for you to get your favourite magazines. So, we are offering you a 3-month subscription for LESS than you would pay in the shops!\*

With no Direct Debit, it's a simple, no-strings way to make sure you get your copy delivered to your home.

**NO  
COMMITMENT  
3 MONTH  
OFFER**

 <p><b>3 ISSUES FOR £12.50</b></p>	 <p><b>3 ISSUES FOR £13.90</b></p>	 <p><b>3 ISSUES FOR £12.50</b></p>	 <p><b>3 ISSUES FOR £14.03</b></p>	 <p><b>3 ISSUES FOR £12.11</b></p>	 <p><b>12 ISSUES FOR £39.60</b></p>	 <p><b>3 ISSUES FOR £15.27</b></p>
 <p><b>3 ISSUES FOR £12.72</b></p>	 <p><b>3 ISSUES FOR £13.26</b></p>	 <p><b>3 ISSUES FOR £12.50</b></p>	 <p><b>3 ISSUES FOR £11.48</b></p>	 <p><b>3 ISSUES FOR £15.27</b></p>	 <p><b>3 ISSUES FOR £12.72</b></p>	 <p><b>3 ISSUES FOR £17.82</b></p>

**GREAT REASONS TO SUBSCRIBE** ■ No strings, risk-free offer ■ No direct debit ■ Free delivery direct to your door

## 2 EASY WAYS TO ORDER

- 🖱 Visit [buysubscriptions.com/SPR20AD](https://buysubscriptions.com/SPR20AD)
  - ☎ Call **0330 053 8660** quote code **SPR20AD**
- See more great magazines online...

\*This offer closes on 31st July 2020 and is valid for UK delivery addresses only. The discounts shown are savings calculated as a percentage of the full shop price, excluding Radio Times which are calculated as a percentage of the basic annual rate. For overseas rates visit [www.buysubscriptions.com](https://www.buysubscriptions.com). \*Radio Times is published weekly. Subscriptions to Radio Times are for 12 weeks and do not include a saving on the shop price however do include free delivery. The Basic Annual UK Subscription rate for Radio Times is £193. This price is for one year and includes the Christmas double issue and a contribution towards postage. \*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 9am - 5pm.

# Big cakes, LITTLE CAKES

Stuck at home with bored kids? Baking together is the perfect antidote



## MAKE BAKING WORK FOR YOU

Don't worry if you've run out of flour – several of these bakes don't require it, so you'll still find something delicious to make. We've put our thinking caps on and come up with recipes that use a variety of storecupboard ingredients, from breakfast cereals like porridge and cornflakes, to ground nuts and even mashed potato!

- Don't waste egg yolks. Add them to omelettes, scrambled eggs or cheese sauce. Keep them covered in a small pot in the fridge until ready to use – a drop of water in the pot will stop them drying out.
- If you don't normally eat cake in the afternoon, turn it into a meal with sandwiches for a fun tea with the kids.
- Alternatively, eat your cake or baked treat after a meal instead of pudding.

## Raspberry honey flapjacks

*Flapjacks with a fruity twist.*

- Makes 9-12 ■ Prep 10 mins
- Cook 25 mins **VEGETARIAN** **FREEZABLE**

**150g butter**  
**150g light brown soft sugar**  
**4 tbsp honey**  
**300g porridge oats**  
**100g frozen raspberries**

**1** Heat the oven to 200C/180C fan/gas 6 and line a 20cm square baking tin with baking parchment. Melt the butter, sugar, honey and a pinch of salt in a pan. Once the mix is bubbling and combined, stir in the oats.

**2** Tip the oat mixture into the prepared baking tin and press down with your fingers or the back of a spoon. Scatter over the raspberries, then lightly press them into the oat mixture. Bake for 25-30 mins until golden brown. Leave to cool, then cut into pieces.

**PER FLAPJACK** (12) 265 kcals, fat 12g, saturates 7g, carbs 34g, sugars 17g, fibre 2g, protein 3g, salt 0.3g



*Tip* If you don't have raspberries, experiment with whatever you do have in the freezer – try using frozen strawberries, blueberries or blackberries

***Make with  
just five  
ingredients***



**The best  
way to  
use up  
leftover  
mash**



## Surprise lemon drizzle cake

*No flour? This uses mashed potato and ground almonds instead. Yes, really!*

- Serves 8-10 ■ Prep 30 mins including cooking the potatoes
- Cook 40 mins **VEGETARIAN** **FREEZABLE** *without drizzle*

**200g butter, plus extra for the tin**  
**200g caster sugar**  
**4 eggs**  
**175g ground almonds**  
**250g cold mashed potato**  
**3 lemons, zested**  
**2 tsp baking powder**  
**FOR THE DRIZZLE**  
**4 tbsp granulated sugar**  
**1 lemon, juiced**

**1** Heat the oven to 180C/160C fan/gas 4. Butter and line a deep, 20cm round cake tin. Beat the sugar and butter until light and

fluffy, then gradually add the eggs, beating after each addition. Fold in the almonds, mash, lemon zest and baking powder.

**2** Tip into the tin and level. Bake for 40-45 mins or until golden and a skewer inserted into the middle comes out clean. Leave to cool in the tin for 10 mins, then turn out onto a wire rack to cool completely.

**3** Mix the sugar and the lemon juice together, then spoon over the top of the cake, letting it drip down the sides. Let the cake cool completely before slicing.

**PER SERVING** 514 kcals, fat 36g, saturates 15g, carbs 41g, sugars 35g, fibre 2g, protein 9g, salt 0.9g

**Tip** You can use crunchy or smooth peanut butter for these cookies, or any other nut butter you have in the cupboard

## Peanut butter cookies

*These are made with just three ingredients.*

- Makes 16 ■ Prep 15 mins
- Cook 12 mins **VEGETARIAN**

**200g peanut butter**  
**175g caster sugar**  
**1 large egg**

**1** Heat the oven to 180C/160C fan/gas 4 and line two large baking trays with baking parchment.

**2** Measure the peanut butter and sugar into a bowl. Add ¼ tsp salt and mix well. Add the egg and mix again until the mixture forms a dough. Break off cherry-tomato-sized chunks of dough and arrange, well-spaced apart, on the trays. Press the cookies down with the back of a fork to squash them a little.

**3** Bake for 12 mins, until golden around the edges and paler in the centre. Leave to cool on the trays for 10 mins, then transfer to a wire rack to cool completely.

*Will keep in a sealed container for up to three days.*

**PER COOKIE** 126 kcals, fat 7g, saturates 2g, carbs 12g, sugars 11g, fibre 0.5g, protein 4g, salt 0.2g



**MEGA  
WITH A  
CUPPA**

## Iced biscuits

- Makes 24 ■ Prep 20 mins plus 20 mins setting ■ Cook 10 mins **VEGETARIAN** **FREEZABLE**

**250g plain flour, plus extra for dusting**  
**85g caster sugar**  
**175g butter, at room temperature, cubed**  
**2 tbsp lemon curd**  
**250g icing sugar**  
**1 tbsp jam**

**1** Heat the oven to 180C/160C fan/gas 4. Whizz the flour, sugar and butter in a food processor to crumbs, then pulse until the mixture comes together in a ball.

**2** Put a large sheet of baking parchment on a work surface and turn the dough out onto it. Dust with a little flour, then roll out to the thickness of two £1 coins. Stamp out 24 rounds using a 5cm round, fluted

cutter, then carefully cut out the middles with a knife or small round cutter. Lift onto lined baking sheets and bake for 10 mins. Leave to cool on a wire rack.

**3** Mix the lemon curd with 2 tbsp boiling water in a bowl until smooth. Sieve in 175g icing sugar and stir until smooth. Mix the jam with 2 tsp boiling water in another bowl. Sieve in the remaining icing sugar and mix until smooth.

**4** Spoon the lemon icing over the biscuits, then drizzle over the pink icing. Leave to set for 20 mins. *Will keep for up to two days in an airtight container, longer if uniced.*

**PER BISCUIT** 149 kcals, fat 6g, saturates 4g, carbs 24g, sugar 16g, fibre none, protein 1g, salt 0.01g



## Maple-glazed blueberry muffins

*The glaze sets to a lovely, cracked crust – they still taste great without it if you're short on syrup.*

■ Makes 12 ■ Prep 20 mins ■ Cook 25 mins **VEGETARIAN** **FREEZABLE**

**250g plain flour**  
**1½ tsp baking powder**  
**1 tsp bicarbonate of soda**  
**140g sugar**  
**100g butter, melted**  
**50ml buttermilk or milk**  
**2 large eggs**  
**50g maple syrup, plus 1½ tbsp for glaze**  
**1 tsp vanilla extract**  
**175g blueberries, plus extra for the top**  
**3 tbsp icing sugar**

**1** Heat the oven to 180C/160C fan/gas 4. Put the muffin cases in a 12-hole muffin tin. Mix the flour, baking powder, bicarb, sugar and ½ tsp salt in a large bowl. Whisk the butter, buttermilk, eggs, maple syrup and

vanilla extract in a jug. Pour the wet ingredients into the dry and add most of the blueberries. Stir briefly to combine, but don't overmix, or the muffins will be heavy. **2** Divide the mixture between the muffin cases (use an ice cream scoop if you have one) and bake for 22-25 mins until well risen and a skewer inserted into the centre comes out clean. Transfer to a wire rack.

**3** Mix the remaining maple syrup and the icing sugar together with a pinch of salt until smooth. Brush the icing over each muffin while they are still warm. Dot a few blueberries on top of each one. *Best eaten within two days.*

**PER SERVING** 240 kcals, fat 8g, saturates 5g, carbs 37g, sugars 21g, fibre 1g, protein 3g, salt 0.6g

## Giant scone cake

*A giant scone, fresh strawberries and cream – an all-in-one treat with classic afternoon tea flavours.*

■ Serves 8-10 ■ Prep 25 mins plus macerating ■ Cook 18-20 mins **VEGETARIAN**

**225g butter, chilled and cubed, plus extra for the baking sheets**  
**450g self-raising flour, plus extra for dusting**  
**1½ tsp baking powder**  
**140g golden caster sugar, plus 3 tbsp**  
**125ml milk mixed with 2 tsp lemon juice, or buttermilk**  
**1 large egg, beaten**  
**500g strawberries, hulled and sliced**  
**1 tbsp lemon juice**  
**600ml whipping cream or Greek yogurt**  
**2 tbsp icing sugar, plus extra for dusting**

**1** Heat the oven to 200C/180C fan/gas 6 and butter and line two large baking sheets with baking parchment.

**2** Combine the flour, baking powder and a pinch of salt in a large bowl. Add the butter and rub in to form fine crumbs. Stir in 140g caster sugar and make a well in the centre.

**3** Pour the milk and egg into the well and stir together until a soft dough forms. On a lightly floured surface, bring the dough together by lightly kneading a couple of times. Cut the dough in half and shape each piece into a round about 18cm in diameter.

**4** Transfer to the baking sheets and bake for 25 mins, swapping the trays around halfway through, until the scones are

golden and a skewer inserted into the centre comes out clean. Leave to cool slightly before putting on a wire rack to cool completely.

**5** Put the strawberries in a large bowl with 3 tbsp caster sugar and lemon juice. Stir to combine, then leave to macerate for about 20 mins until syrupy. Meanwhile, whip the cream with the icing sugar to soft peaks.

**6** Spoon the cream onto the flat side of one of the scones. Top with the strawberries and the remaining scone. Dust with icing sugar and serve in slices.

**PER SERVING** (10) 672 kcals, fat 44g, saturates 27g, carbs 61g, sugars 29g, fibre 3g, protein 7g, salt 1g

**Perfect for  
afternoon  
tea in the  
garden**



**OLD  
SCHOOL  
COOL**



## Lemon roll

*This is one for older children to tackle, as it's a bit more complicated to roll up.*

- Serves 6-8 ■ Prep 30 mins
- Cook 15 mins VEGETARIAN FREEZABLE

### 6 eggs

**175g caster sugar, plus extra for sprinkling**

**175g self-raising flour**

**1 heaped tsp caraway seeds (optional)**

**1 lemon, zested and juiced**

**50g butter, melted**

**icing sugar, to serve**

### FOR THE FILLING

**300g lemon curd**

**250g mascarpone**

**1** Heat the oven to 200C/180C fan/gas 6. Line a 27 x 40cm Swiss roll tin with non-stick baking parchment. Whisk the eggs and caster sugar with an electric whisk until light and fluffy, about 5 mins.

**2** Fold in the flour, caraway seeds, if using, and lemon zest, then gradually fold in the butter. Tip the mix into the prepared tin and bake for 12-15 mins until pale but cooked and springy in the middle. Leave to cool slightly, then turn out onto a sheet of non-stick baking parchment sprinkled with caster sugar. Roll up like a Swiss roll and leave to cool.

**3** Meanwhile, mix the lemon juice and half the lemon curd with the mascarpone and set aside. When the sponge is completely cool, unravel and spread with the mascarpone mix. Spread the remaining curd over the top, then roll up again. Dust generously with icing sugar and serve in slices.

**PER SERVING** (6) 708 kcals, fat 36g, saturates 18g, carbs 90g, sugars 57g, fibre 1g, protein 12g, salt 0.8g

## Meringue kisses

*These make great cake decorations.*

- Makes about 25 mini meringues
- Prep 30 mins ■ Cook 1 hr 50 mins

VEGETARIAN

### 2 egg whites

**200g caster sugar**

**red food colouring paste**

**50g dark chocolate, melted**

**edible glitter (optional)**

**1** Heat the oven to 120C/100C fan/gas ½. Line two or three baking sheets with baking parchment. Beat the egg whites with an electric whisk until foamy and doubled in size. Add the sugar, 1 tbsp at a time, while whisking. When the meringue is ready, it will be thick, glossy and hold in stiff peaks.

**2** For chocolate kisses, fit a piping bag with a 1cm round or star nozzle. Fill with half the meringue. Hold it vertically to the baking sheet and gently squeeze, pulling the bag up and away to make peaks.

**3** For colour-striped meringues, fit a piping bag with a round nozzle and paint red food colouring paste in stripes onto the inside of the bag. Fill with the remaining meringue and pipe as before.

**4** Bake for 1 hr, then leave to cool. Drizzle half the meringues with melted chocolate or sprinkle with edible glitter, if you like. Layer in an airtight container between pieces of baking parchment.

**PER MERINGUE** 45 kcals, fat 1g, saturates 0.5g, carbs 9g, sugars 8g, fibre 0.2g, protein 0.4g, salt 0.01g



## Victoria sandwich

*It's a classic for a beginner cook, and makes a great birthday cake.*

■ Serves 8 ■ Prep 30 mins ■ Cook 20 mins **VEGETARIAN** **FREEZABLE** *undecorated*

**140g butter, softened, plus extra for the tins**

**140g caster sugar**

**2 eggs**

**140g plain flour**

**1 tsp baking powder**

**1-2 tsp milk**

**FOR THE FILLING**

**100g butter, very soft**

**140g icing sugar, plus extra for dusting**

**2-3 tbsp strawberry or raspberry jam**

**sprinkles, to decorate**

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

Butter and line two 20cm cake tins.

**2** Beat the butter and sugar with an electric whisk until fluffy. Beat in the eggs, then the flour and baking powder. Add enough milk

to allow the mixture to fall off a spoon easily. Divide between the tins and bake for 20 mins or until a skewer inserted into the middle comes out clean. Turn the cakes out onto a wire rack and leave to cool.

**3** To make the filling, beat the butter until smooth, then gradually beat in the icing sugar until combined.

**4** Put one of the sponges on a plate and spread with buttercream up to the edges. Spread a layer of jam over. Put the second sponge on top and squash down so the buttercream sticks out a bit. Press sprinkles onto the buttercream with a teaspoon. This is messy, so put the cake plate on a tray to catch the excess. Dust with icing sugar.

**PER SLICE** 439 kcals, fat 25g, saturates 16g, carbs 55g, sugar 41g, fibre none, protein 2g, salt 0.6g

**THE CLASSIC  
VICTORIA  
SPONGE**





**MAKE  
OUR COVER  
RECIPE**

### Chocolate cornflake cakes

*Many of you will remember making these easy treats as kids. They're just as good now.*

- Makes 12 ■ Prep 10 mins plus chilling
- Cook 5 mins **VEGETARIAN**

#### 50g butter

**100g dark chocolate, broken into chunks**

**3 tbsp golden syrup**

**100g cornflakes**

**1** Put the butter, chocolate and golden syrup in a saucepan or microwavable bowl and melt over a low heat or in the microwave. Leave to cool a little before adding the cornflakes.

**2** Line a 12-hole muffin tin with paper cases. Stir the ingredients together gently using a wooden spoon and spoon into the cases. Put in the fridge to chill until set.

**PER CAKE** 121 kcals, fat 6g, saturates 4g, carbs 15g, sugars 9g, fibre 0.3g, protein 1g, salt 0.3g



**B B C**

# TV CHEFS

Famous chefs get busy in the kitchen with one of our best-loved ingredients

**THREE  
WAYS WITH  
CHICKEN**



## **John Torode's cheese, spinach & mushroom stuffed chicken**

*It's great to try new things and push yourself in the kitchen – but when you're after a proper hit, you can't beat a bit of nostalgic cooking like this.*

■ Serves 4 ■ Prep 15 mins ■ Cook 30 mins

**40g dried porcini mushrooms**  
**3 tbsp olive oil**  
**1 shallot, finely chopped**  
**1 garlic clove, finely chopped**  
**100g baby leaf spinach**  
**150g ricotta**  
**50g firm mozzarella, coarsely grated**  
**20g parmesan, finely grated**  
**4 skinless chicken breasts**  
**4 slices prosciutto**

**1** Tip the mushrooms into a small bowl, cover with boiling water, then leave to soak for 15 mins. Drain and squeeze out any excess liquid (save and freeze the liquid to make a base for a gravy) and roughly chop.

**2** Heat the oil in a frying pan and gently cook the shallots and garlic for 3 mins. Turn up the heat, throw in the mushrooms and cook for a few minutes more. Add the spinach, turn the heat up to high and cook until the spinach is wilted and all the liquid has evaporated. Tip into a bowl and leave to cool. Beat in the cheeses and season with lots of pepper and a little salt. Set aside.

**3** Remove the small fillet from the backs of the chicken breasts. Cut a slit into the side of each chicken breast, then stuff each one with a quarter of the spinach mixture, closing it with the cut-off fillet. Carefully wrap each stuffed chicken breast in a slice of prosciutto and chill until needed. *Can be prepared up to a day ahead.*

**4** To cook, heat the oven to 200C/180C fan/gas 6. Arrange the chicken on a baking tray and roast for 20-25 mins until the prosciutto is crisp at the edges, the cheese is oozing out and the chicken is cooked through.

**PER SERVING** 397 kcals, fat 19g, saturates 7g, carbs 7g, sugars 1g, fibre 1g, protein 48g, salt 1.0g

**BEST OF B B C**

Chef and restaurateur **John Torode** is a regular judge on BBC One's *MasterChef* and *MasterChef: The Professionals*.





## Tom Kerridge's hot wings

*Who doesn't love hot wings? If I see them on a menu, I have to order them. The authentic ones are deep-fried, but that's a step too far at home, even for me. Plus, I've worked out a way of roasting them that still gives them some crunch.*

■ Serves 4 as a starter ■ Prep 30 mins plus overnight marinating ■ Cook 50 mins

### 12 jumbo chicken wings

280ml buttermilk

#### FOR THE SPICE MIX

75g cornflour

1 tbsp smoked paprika

1 tsp each dried basil, dried oregano and dried sage

2 tsp each chilli powder, garlic powder and onion salt

½ tsp ground white pepper

#### FOR THE GLAZE

100g honey

1 tbsp soy sauce

3 tbsp ketchup

100ml sriracha sauce

blue cheese dip, to serve (optional)

**1** Put the chicken wings, buttermilk and ½ tsp salt in a bowl and toss together to coat. Cover and chill overnight.

**2** Heat the oven to 200C/180C fan/gas 6. Put all the ingredients for the spice mix in a large bowl with a pinch of salt and mix well. Coat the wings in the spice mix, one at a time. Once fully coated, tip onto a baking tray lined with baking parchment and roast for 35 mins. Meanwhile, mix all of the ingredients for the glaze together.

**3** Once the wings have browned, remove from the oven and generously brush with the glaze. Reduce the oven temperature to 180C/160C fan/gas 4, put the wings back in and cook for a further 15 mins, or until

the glaze is sticky and starting to caramelize. Remove the wings from the oven and rest for a minute or so. Serve with a blue cheese dip, if you like.

**PER SERVING** 518 kcals, fat 19g, saturates 5g, carbs 52g, sugars 34g, fibre 2g, protein 33g, salt 4.9g

**BEST OF BBC**

**Tom Kerridge** is a BBC regular, with a number of his own shows, like *Lose Weight for Good*, *Top of the Shop* and *Fresh Start*.



## James Martin's chicken noodle laksa

*Is there anything more delicious than a big bowl of homemade chicken soup? It's hard to beat, which is why I've created this.*

■ Serves 6 ■ Prep 20 mins plus standing ■ Cook 50 mins

**1 medium chicken, jointed and skin removed**  
**1 tbsp coriander seeds**  
**3cm piece ginger, peeled and sliced**  
**2 lemongrass stalks, crushed**  
**1 lime, zested and juiced**  
**2 tbsp fish sauce**  
**1 tbsp low-salt soy sauce**  
**200ml light coconut milk**  
**3 garlic cloves, sliced**  
**3 red chillies, deseeded and sliced**  
**handful of coriander, chopped, leaves and stalks separated**  
**bunch of spring onions, sliced**  
**300g cooked rice noodles**  
**handful of mint leaves, chopped**  
**1 tbsp sesame oil (optional)**

**1** Put the chicken in a large saucepan with the coriander seeds, ginger, lemongrass, lime zest and a little salt. Add enough cold water to cover, then slowly bring to the boil. Reduce the heat to a simmer, then gently poach the chicken for 40 mins until it starts to fall away from the bone.

**2** Carefully lift the chicken onto a plate and cover. Leave the stock to stand for 10 mins, then skim off any excess fat and strain into a clean saucepan. Pull the chicken from the bones and tear the meat into chunks.

**3** Return the stock to the boil, then add the fish and soy sauces, coconut milk, garlic, chillies and coriander stalks. Simmer for 2 mins, then return the chicken to the pan and cook for a further 5 mins until warm.

Add the spring onions, and drizzle in the lime juice to taste.

**4** Divide the noodles between six bowls, then use a slotted spoon to lift the chicken and veg into each. Season the stock and pour over. Scatter with coriander and mint leaves, and serve with a drizzle of sesame oil, if you like.

**PER SERVING** 424 kcals, fat 14g, saturates 2g, carbs 38g, sugars 3g, fibre 3g, protein 37g, salt 1.5g

**BEST OF BBC**

James Martin is a regular on *Saturday Kitchen's Best Bites* on BBC Two.



# easycook **next month**

## Enjoy family time

- **Fun projects for kids**
  - **10 best barbecue chicken recipes**
  - **Perfect pasta salads**
  - **James Martin's lunch in the garden**
- AND MUCH, MUCH MORE**

*Baking with kids*



*Pasta, pasta, pasta...*



*Perfect lunch*



*Best barbecue*



*Summer salads*



**ON  
SALE  
23 JULY**

Subscribe today  
– see p46

# **DON'T MISS OUT!**

# CHILLY TREATS

Keep cool this summer with these irresistible iced delights

## FOUR ICE CREAM SANDWICHES

### Caramel & coffee ice cream wafers

Mix **1 tbsp** roughly chopped **chocolate-coated coffee beans** into **2 scoops** softened **coffee ice cream** until combined, then transfer to a small loaf tin and freeze for a few hours, or until solid. Use round cutters to cut the ice cream to the same size as **4 caramel wafers**, then sandwich between them. Makes 2.



### Rum 'n' raisin ice cream cookies

Warm **2 tbsp** raisins and **2 tbsp** dark rum in a small saucepan for a few minutes. Set aside to cool for 15 mins, then mix with **2 scoops** vanilla ice cream. Freeze for a few hours, or until solid. Pile the ice cream on **2 oat & raisin cookies**, then sandwich with 2 more cookies. Makes 2.

### Choc hazelnut ice cream cookies

Sandwich **2 scoops** of chocolate & salted caramel ice cream between **4 double chocolate cookies** and squish down so the ice cream reaches the edges of each sandwich. Roll through **2 handfuls** of roasted and chopped hazelnuts to create a nutty edge, then pop in the freezer or devour immediately. Makes 2.

### Strawberry shortbread ice cream whirls

Mix **4 scoops** strawberry cheesecake ice cream with a few chopped strawberries and freeze until solid. Sandwich spoonfuls of the ice cream between **8 Viennese whirls** (or shortbread biscuits) then eat straightaway. Makes 4.



# Recipe index

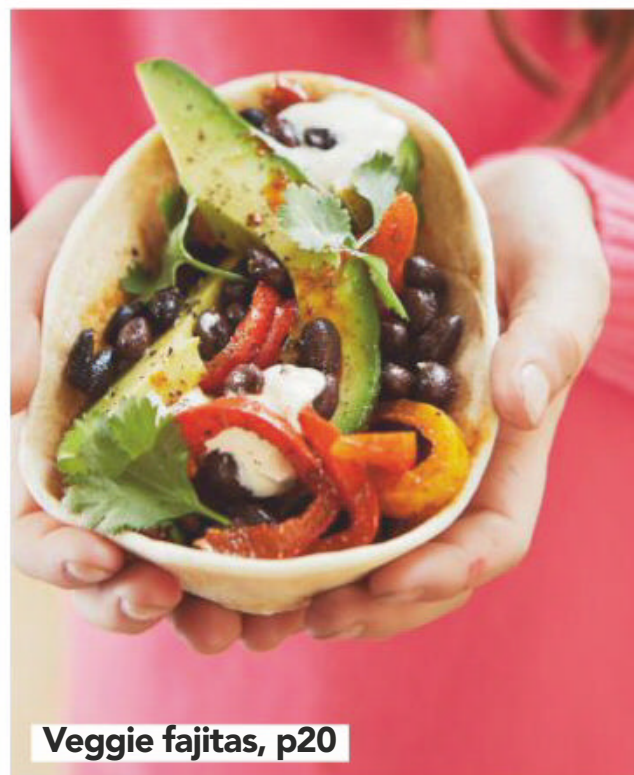
Need some inspiration? Look no further than our at-a-glance guide

## BREAKFAST

- Bacon, kale, tomato & poached egg on toast **40**
- Banana pancakes **40**
- Cardamom & fruit quinoa porridge **40**
- Cardamom & peach quinoa porridge **40**
- Ham, mushroom & spinach frittata **40**
- Kale, tomato & poached egg on toast **40**

## LUNCHES & SALADS

- Asian lamb & grapefruit noodle salad with ginger dressing **50**
- Baby spinach bistro salad **50**
- Chicken garden salad with elderflower dressing **51**
- Cumin chicken & avocado salad **57**
- Deli pasta salad **50**
- Fast-fix bagel **27**
- Full English salad **16**
- Green & red wraps **27**
- Halloumi & quinoa fattoush **45**
- Minty pea & potato soup **71**
- Mozzarella & tomato salad **60**
- Jazz-up jackets **27**
- Pesto pitta pizza **44**
- Pitta pizzas **44**
- Roast pepper & salmon platter **54**
- Roasted grape, carrot & wild rice salad with balsamic maple dressing **54**
- Smoked mackerel & beetroot salad with creamy horseradish dressing **53**
- Spicy pepper & tomato soup with cucumber yogurt **10**
- Stir-fry noodle salad **53**
- Summer couscous **27**
- Summer salmon pasta salad **31**
- Superfood salad with citrus dressing **56**
- Warm duck salad with merlot dressing **67**
- Zingy salad **27**



Veggie fajitas, p20

## MEAT & POULTRY

- All-American T-bone **3**
- Beef strips with crunchy Thai salad **30**
- Chicken & pea risotto **12**
- Green chicken curry with sweet potatoes **15**
- Home hog roast with chilli pig sauce **58**
- Hot cumin lamb pitta with crunchy slaw & spicy mayo **44**
- James Martin's chicken noodle laksa **87**
- John Torode's cheese, spinach & mushroom stuffed chicken **84**
- Lamb chops with smoky heritage tomato relish **35**
- No-fuss cottage pie **70**
- Pork & peach kebabs **33**
- Pork chops with apple mash **10**
- Sausages with apple mash **10**
- Smoky stir-fried beef with chilli jam & onion **35**
- Sweet potato & chicken curry **15**
- Tom Kerridge's hot wings **86**
- Turkey meatballs in tomato & fennel sauce **13**

## FISH & SEAFOOD

- Cod with lemon & parsley crust & summer greens **33**
- Easiest ever paella **72**
- Easy Thai prawn curry **70**
- Mediterranean tuna, pepper & courgette tart **17**
- Miso prawn skewers with veggie rice salad **14**
- Prawn pad Thai **36**
- Prawn risotto **12**
- Sweetcorn & smoked haddock chowder **72**
- Spaghetti with clams **62**

## VEGETARIAN

- Aubergine & tomato grill **30**
- Butternut korma with mini naans **25**
- Cheesy broccoli pasta bake **11**
- Egg-fried noodles **23**
- Mediterranean slices **71**
- Oven-baked egg & chips **11**
- Pea & tarragon risotto **12**
- Roast cauliflower cheese pizza **19**
- Spinach ball lasagne **21**
- Swiss-style macaroni cauliflower cheese **11**
- Tortellini with lemon & ricotta **70**
- Veggie bolognese **22**
- Veggie fajitas **20**
- Veggie tortilla boats **20**

## SIDES, STARTERS, SNACKS & EXTRAS

- Avocado with tamari & ginger dressing **27**
- Chilli mango salad **36**
- Chilli pitta chips **43**
- Chilli salsa **27**



Iced biscuits, p77

- Classic coleslaw **58**
- Creamy avocado dip **27**
- Fresh breadcrumbs **13**
- Grilled avocado with crab **27**
- Herb butter **70**
- Lettuce cup bites **27**
- Smoked mackerel pâté with French bread & horseradish **64**
- Toaster pitta pockets **43**

## DESSERTS & BAKING

- Balsamic blueberries with vanilla ice cream **67**
- Berry honey flapjacks **74**
- Caramel & coffee ice cream wafers **89**
- Choc hazelnut ice cream cookies **89**
- Chocolate cornflake cakes **83**
- Giant scone cake **79**
- Grilled peaches with whipped cream **63**
- Iced biscuits **77**
- Lemon roll **81**
- Maple-glazed blueberry muffins **78**
- Peanut butter cookies **77**
- Meringue kisses **81**
- Nut butter cookies **77**
- Raspberry honey flapjacks **74**
- Rum 'n' raisin ice cream cookies **89**
- Strawberry shortbread ice cream whirls **89**
- Strawberry shortcake slice **6**
- Surprise lemon drizzle cake **76**
- Victoria sandwich **82**

**IMMEDIATE MEDIA**

Printed by Walstead Group Ltd. © Immediate Media Company London Limited 2020. All rights reserved. Reproduction in whole or part prohibited without permission. The publishers cannot accept responsibility for errors in advertisements, articles, photographs or illustrations. Immediate Media is a registered data user whose entries in the Data Protection Register contain descriptions of sources and disclosures of personal data. The text paper for BBC Easy Cook is printed on 65gsm Graphocote produced by SCA. It is elementally chlorine free and coated with kaolin from Brazil. The cover is printed on 150gsm Pavarotti Gloss from Denmark. 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.



-SINCE-  
1923

# Thank you



## Public-service workers. Now, more than ever, we at Boundless want to say thank you.

We're a membership club who, for more than 97 years, have been helping public-sector and civil-service workers get more from their time and money. Now, though, we just want to say thanks to the people who put others first. To those who keep turning up, day after day. For the early mornings and late nights. And for keeping the nation running, no matter what.

To find out more  
[boundless.co.uk/publicservice](https://boundless.co.uk/publicservice)

boundless  
BY CSMA