

BBC

June-July 2020
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goodfood

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Middle East

FATHER'S DAY SPECIAL

4 WAYS
with lemon curd

The Sourdough Bread Guide

Tips, tricks and a starter
recipe to try at home

Storecupboard
surprises

- * Mix and match ramen
- * Saffron risotto
- * Peanut butter cookies



BBQ tandoori
chicken shawarma

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Snackalicious MENA



1 of 5 a day

Energy boosters!



Packed with protein!

Filled with vitamins & minerals!



Super-hero approved, healthy children's snacks!





Welcome!

Summer of 2020 is one we will never forget. I'm starting to think this is a reset year. A few months ago, most of us joked about wanting to cancel this year or have a do-over. Fast forward to today and we are educating ourselves even more, standing up for what we believe in, being more vocal on social media, and taking small steps to move in the right direction for a better future.



With everything happening in the world right now, I've started to seek joy in little things. During this lockdown, we experienced a surge in online searches, primarily for bread and cakes, on bbcgoodfoodme.com. It's great knowing that more people are cooking, baking, and encouraging their kids to do the same. If you're spending more time at home, try our Sourdough starter recipe (p24), Savoury tear and share bread (p32) and a decadent ice cream terrine that's perfect for this sweltering heat (p34).

Celebrate Father's Day with a special spread for dad. Turn to page 45 for inspiration, where you will also find our cover recipe. If you're looking for ways to keep little ones entertained, organize a picnic and try these summer specials (p39). We also have a wide range of vegan and vegetarian recipes, from p49, as well as easy midweek meals, post-workout bowls (p62), and lunchbox ideas (p52), now that everyone's heading back to work.

As we return to a "new normal" life, it's our responsibility to stay safe, protect everyone around us by following safety measures, and support local businesses whenever possible.

Take care,

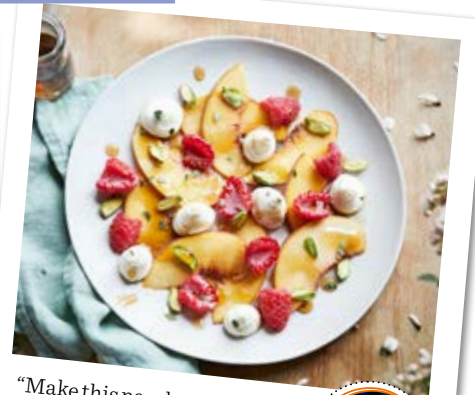
Nicola Marleath

Editor

WHAT WE'RE LOVING!



"I've been baking a lot and can't wait to try this cheese and chive tear and share bread."



"Make this peach and raspberry fruit salad with mascarpone, for a light dessert."



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★ COMPETITIONS

68 Dining vouchers and more up for grabs.

WIN!



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



Esther Clark's four ways with French toast was the most enjoyable feature for me in the May magazine. With the stay at home drive going on, you have to be very creative with food. Having different ways to enjoy French toast, may it be sweet or savoury, is a sure win!

Sheena Grace Atienza, Dubai



With my kids quarantined at home, we've stopped ordering food just to be safe. Thank you for giving inspiration to my kids. It surely helped them in their spare time, to

start cooking as a hobby, and we have even saved on unnecessary eating out expenses. The 4 Ways with French Toast has been our absolute favourite. We substituted mozzarella with halloumi cheese, which complements the flavour! Stay safe BBC readers.

Ruth Misquitta



I straight away fell in love with the front cover. My wife is Italian and the conchiglie of her nonna are the best! Definitely reminded me to make her cook that again asap. I also picked two

cake recipes to try at home. Would love to try a good pan-fried cake with the pans.

Johannes Roth

WIN!





WMF Lumero Portafilter Espresso Machine from Tavola, worth AED1,199!

Make your favourite café-style coffee at home. The powerful Thermoblock heating system of the WMF Lumero portafilter espresso machine is ready to make a fresh cup of espresso, cappuccino, latte macchiato, americano and other specialty coffees at the perfect temperature, in under a minute. A 15-bar pressure, presses all of the flavour from the coffee grounds to either one or two cups of single or double espresso. Barista quality foam with the sieve and integrated milk froth nozzle, enables the fresh espresso to make a cappuccino with beautifully creamy froth in seconds. The machine features high-quality, matte Cromargan housing with simple, convenient usage and handling. Visit tavolashop.com to find out more about WMF products.



TALK TO US!

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You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

doorstep delivery

Isolation doesn't mean you can't enjoy food from your favourite restaurant. Give these three concepts a go.



MÉLANGE

Founded by Le Cordon Bleu London graduate Nadia Parkeh, Mélange is a home-grown small batch bakery that specializes in gourmet desserts and bespoke cakes for all occasions. Everything is made to order, using only high quality ingredients and a refined aesthetic. Take your pick from tarts, cereal bars, cookies and their special chocolate salted caramel Quarantine Cake.

Visit melangeme.com.



KUSHI BY REIF

Award-winning chef Reif Othman has opened his latest outlet at Depachika Food Hall, Nakheel Mall. The counter menu boasts desserts with Reif's signature Japanese spin on classic comfort cakes; and four cold chirashi bowls (tofu, chicken, salmon and tuna) with a base of quinoa or brown rice topped with sashimi-style protein, for those who prefer something savoury. Not ready to head outdoors? Order in. The impressive menu features chilli chocolate cake, matcha roll, kaya tart (coconut and pandan curd on a vanilla tart), and the Insta-worthy Reif Roll; a lemon butter sponge with yuzu ganache and jam, shaped like a toilet roll.

Visit deliveroo.ae to place your order.

MALAK AL TAWOUK

What's a game night without wings? Now that La Liga is on, order buffalo and barbecue chicken wings, the latest additions to the menu. All precautions and safety measures are observed upon delivery. If you're worried about wings arriving soft and soggy, fear not, as the pieces remain crisp in heat-sealed packaging, with sauces placed in separate containers. Each sauce coats the chicken perfectly and you can have it doused or lightly coated.



Visit any of Malak Al Tawouk branches in Dubai for dine-in or order through the mobile app or delivery number 600500961.

Flavours of the *month*

Here is what's hot and happening around town this month.

👉 **COYA Dubai**

Have you been eagerly waiting for Friday brunch? It's back at Coya, with table service compatible with official directives on social distancing. The menu features a wide selection of appetisers, main course dishes including Arroz Nikkei, Papa Seca Coliflor, Póllo a la Parrilla, Costillas de Res, and Salmón a la Brasa, as well as sides and a dessert platter.

Fridays from 12:30pm to 4pm. AED390 per person for the soft drinks package and from AED490 for the house package. Contact +971 4 316 9600.

👉 **Roberto's**

DIFC's renowned hotspot has reopened its doors, allowing you to immerse in La Dolce Vita this summer. Chef Guarracino has curated a menu of refined classics alongside innovative signature dishes. Whet your appetite with the Salmone Marinato, where beetroot meets salmon, yuzu, cabbage and peas in an explosion of flavours. For entrées, try the Roberto's Pizza; a beef carpaccio, wild rocket, parmesan and truffle-topped pizza straight from the streets of Napoli. Pasta lovers, look no further than the Fettucine al Pesto di Basilico 2.0, a homemade fettucine with basil pesto and pine nuts prepared right at your table using liquid nitrogen.

Contact +971 4 386 0066.

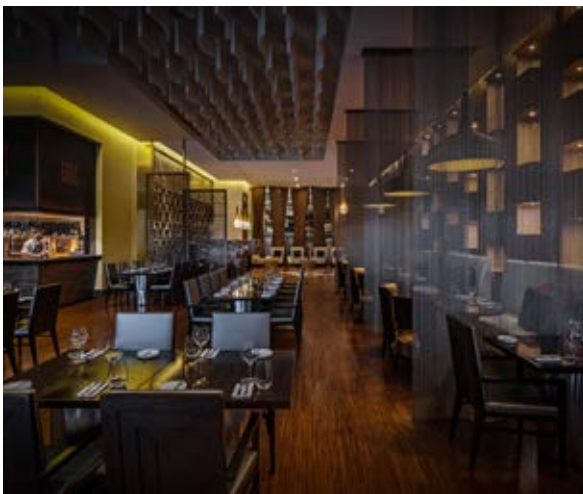


Text: SOPHIE WOELZING | Photographs SUPPLIED



➤ **HANAMI, Andaz Dubai The Palm**

Dubai's latest Japanese restaurant and bar offers guests an array of sharing-style street food dishes coupled with 360-degree views of the Burj Al Arab, coast and city skyline. In addition to temperature checks, a maximum of four people are allowed per elevator and hand sanitisers are provided on arrival. Guests will have a contactless ordering experience through the digital menu. The menu showcases Asian cuisine infused with Japanese street-food attitude, served in street-style packaging. Try the signature Takoyaki and Nigiri, Maki Rolls, Charcoal Grill-Skewers and more. Guests will also be treated to 40 per cent off all dishes, for a limited time period.
Contact +971 4 581 4037.



➤ **Marriott Hotel Al Forsan Abu Dhabi**

The hotel's Appaloosa Sports Bar has re-opened with shortened operational hours and select beverage offers. The menu features wings, sliders, ribs and dishes such as Butter Chicken, Fish and Chips and the all-day British Breakfast for just AED59. Award-winning steakhouse, The Grill, has also opened with similar shortened hours, offering a selection of salads and starters, grass fed rib eye, Fox River striploin and tenderloin, Australian rib eye and lamb, king prawns and a vast collection of sides and sauces.
From 6pm to 9pm daily, contact +971 2 201 4131.

➤ **CÉ LA VI Dubai, Address Sky View**

Nestled in the heart of Downtown Dubai, CÉ LA VI sits at level 54, offering breathtaking views of the Burj Khalifa. To ensure health, safety and the wellbeing of guests and employees, a series of precautionary measures have been implemented, which includes body temperature checks upon arrival, hand sanitization before entering the venue, gloves and masks at the reception and social distancing guidelines. The updated menu, available to order from a digital screen, now features a sharing main such as the Braised Korean short rib in donabe, on a bed of kimchi bacon fried rice and sunny-side-up egg. For truffle lovers, the black truffle 'sushi rice' risotto is a must-have, starring butternut squash, black trumpet mushrooms, and a parmesan mousse. The menu also comprises Pan seared salmon on a bed of black garlic potato terrine, maitake mushrooms with warm wasabi buttermilk, and Roasted cauliflower with Katsuobushi bagna cauda, preserved lemon, mint and a hint of Calabrian chilli.
Contact

+971 56 515 4001.



➤ **Sacci, The Westin Abu Dhabi Golf Resort & Spa**

Sate all cravings for authentic Napoli pizza with the 'la vera pizza napoletana' that comprises homemade tomato sauce, Mozzarella Di Bufala, olive oil and fresh basil. Chef Stefano prepares the traditionally made dough 48 hours in advance, which is then baked in a wood oven for that delightful airy crust.
Daily, from 5-7pm. AED49 for pizza and a special beverage. Contact +971 2 616 9999.



NEWS

nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East

Rewards for Recycling

Zeloop, a mobile app that is currently at its beta stage, aims to reward users for their pro-environmental behaviours, revolutionizing the way we recycle plastic bottles. All you have to do is play the eco mission; a time limited challenge on a territory or selected collection points. The app will feature Geolocation; a dashboard that displays trophies, medals and metrics such as bottles collected; competitions; forums; a wallet to manage your rewards and the eco missions. Early adopters can sign up to the website to test it.

Visit zeloop.net

Sweet creations



Pierre Marcolini has unveiled a special sleeve featuring wonders of Dubai such as Burj Khalifa and Burj Al Arab. The box features an assortment of 25 of the maison's Iconic Hearts. It includes a classic raspberry version that blends dark chocolate ganache with raspberry pulp and lemon zest. Other unexpected heart-shaped chocolate delights feature lemon, passion fruit, pistachio praline and salted butter caramel.

Dhs195 in-store and and via WhatsApp (+971 58 213 6940).

THE BEST BITES



24 hours delivery

Bidfood UAE, a foodservice distributor of food and beverage products, has launched a home delivery app. The range is currently being developed with a chef and includes meats, fish, vegan products, dairy, baked goods, beverages, pantry items, condiments, desserts and more. The app also has special deals and recipes by Bidfood collection, so you can find out exactly how to use each and every ingredient.

Bidfood ME is available on iOS and Android.



FUN FOR LITTLE ONES

Fuchsia's curated Thai Tots Menu for Kids comes with a complimentary Build Your Own Coconut Sundae, making dining out an enjoyable experience for children. This kit is the perfect activity to cool down with this summer, allowing kids to get creative for their dessert masterpiece. The BYO Sundae arrives with a scoop of homemade coconut ice cream and toppings such as strawberries, Nutella, M&M's, almond flakes and mango. Kids can choose to decorate with one or all of the toppings for that colourful, scrumptious sundae.

The special offer is available every day of the week for all dine-in children, from 12-7pm, at Bay Square and Barsha Heights outlets.



Replenish your stock

Need fresh produce or household deliveries within hours? Kibsons have announced the re-commencement of their free same day delivery service, for minimum orders of AED50. Several on-going advancements have been implemented across Kibsons operations, allowing the team to continue to provide the freshest, most premium quality ingredients and products. Order everything from fruits and vegetables to dairy, meat, baby essentials and personal care items.

Visit kibsons.com or contact +971 800 5427667.

1 MAKE VEGETABLE STOCK

Make your own stock using offcuts left over from preparing veg – onion skins and ends, tomato cores, carrot tops and celery leaves all work well. Bring everything to a simmer in a pan of cold water with a bay leaf and a few peppercorns. Simmer for 30 mins, then cool before straining. If you don't prep a lot of veg at once, save the offcuts in the freezer until you have enough to make stock.



7 ways to use up

FRUIT & VEG SCRAPS

Food is a precious commodity and using all of what you have cuts down on shopping trips. Try these ideas at home



2



Bake your own veg crisps from peelings

Very fresh peelings (from veg that's been scrubbed clean) make tasty crisps. Drizzle potato, parsnip and carrot peelings with a little oil and vinegar, if you like, and sprinkle over some chilli flakes, parmesan or salt. Spread over a baking tray and bake at 200C/180C fan/gas 6 for 25-30 mins, or until crisp. If the peelings are thin, they may need less time – keep an eye on them so they don't burn.

3

CAKES & BAKES FROM BENDY VEG

You can use past-its-best veg for baking cakes, muffins and brownies. Search 'beetroot brownies' on bbcgoodfoodme.com and find more ideas by looking up our cakes collection. If your veg is very bendy and not easy to grate, then chop in a food processor or cut into chunks and soak in very cold water for 30 mins – this helps stiffen it up a bit, making grating easier.



Use carrots, parsnips, pumpkin, butternut squash or swede in our leftover veg & orange cake. Get the recipe at bbcgoodfoodme.com/leftover-veg-orange-cake.

4

USE STALKS & LEAVES

Often, the bits we cut away from veg and discard are packed with flavour, so using them can enhance your cooking. In Thai cuisine, coriander roots and stalks are often used in pastes, while the leaves are reserved for scattering over the finished meal. Cauliflower leaves can be used in traybakes and roasts, adding texture as they crisp up in the oven, or simply mixed through cauliflower cheese. You can use broccoli leaves in similar ways and the stalks, too, whether sliced, chopped or even spiralised. To make full use of a cauliflower or head of broccoli, cut into thick slices or 'steaks' for a veggie roast (as pictured above).

5



Flavour vinegar

Apple, pear, citrus and pineapple skins can be used to flavour vinegar. Put the peelings in a sterilised jar, pour over white vinegar that's been heated almost to boiling, cover and steep for 2-3 weeks. Strain before using.



6

CITRUS PEEL

You've probably used citrus peel in marmalade before, but it can also be candied. Find out how to do it yourself at bbcgoodfood.com/recipes/candied-citrus-peel.

Dried orange and tangerine peel can be used to flavour all sorts of things, from olive oil to tea – just use a piece in place of grated zest.

To dry peel at home, wash off any wax, then pare away from the white pith and cut into strips or leave in pieces. Bake at your oven's lowest setting on a lined baking sheet for at least 30 mins (it may take longer depending on your oven).



BANANA SKINS

It might sound unusual, but banana skins can be used like jackfruit to make veggie or vegan pulled-meat-style dishes (as pictured above). They don't have a lot of flavour, but they do absorb other flavours added to them.

Banana skins can also be made into vegan 'bacon' by scraping out the white pith on the inside, then cutting into strips to make rashers (we've also made vegan

bacon with aubergines – find the recipe at bbcgoodfood.com/recipes/vegan-bacon).

To cook with banana skins, choose bananas that aren't yet overripe. Use 2 banana skins per person – trim the ends, scrape the white pith on the inside, then finely shred the skins. If the strips are too long, cut them in half.

In many countries, banana skins are used in all sorts of recipes – try them in your favourite curry.

3 RECIPES OF FLAVORED BUTTER
CREATED BY

CHEF DIMA HAMATI

In Europe, and particularly in France, butter is inseparable from gastronomy. It clearly represents a certain way of life, and despite the evolution of eating habits, it remains essential for cooks and chefs. Enter a kitchen, and look for butter... it is never far away. Trends change, culinary techniques evolve, but it remains the favorite ingredient of chefs. Ingredient they like to transform in their own way...

SOUR SUMAC BUTTER

250 g butter - 5 g chili powder - 10 g sumac - 5 g smoked paprika
5 g cumin in granules - 5 g salt - The zest of a lemon

Mix the softened butter and all the ingredients, then shape, cling film, and leave to harden in the refrigerator.

COFFEE BUTTER AND SPICES

250 g butter - 10 grains of cardamom - 5 g ground coffee
15 g cardamom powder - 10 cloves - 2 small cinnamon sticks
30 g of date molasses - 20 g brown sugar - 3 g salt

Sous-vide the ingredients and cook them at 90°C for 1 hour.

Pass the whole bag through a coffee filter and collect the flavoured butter. There should be 160 grams left. Let the butter harden at room temperature.

Whisk together the date molasses, brown sugar and salt to make them homogeneous. Add this mixture to the flavoured butter you previously cooked. Shape and set aside in a cool place.

HONEY BUTTER AND ZAAATAR

250 g butter - 30 g zaatar - 90 g honey - 2 g salt

Mix the softened butter and all the ingredients, form them into the desired shape, film and store in the refrigerator.

FLAVORED BUTTER



easy

Delicious, simple,
and easy-to-
make recipes



4 ways
■ Lemon curd delights page 20



Storecupboard surprises
■ Ramen, pasta and more page 14



Slow cooker
■ Pulled chicken page 22

storecupboard surprises

It's amazing what you can cook with canned or dried goods and just a few special ingredients. Share your dishes with us on Instagram with #stayhomegetcooking and follow us @bbcgoodfoodme for more inspiration!

STORECUPBOARD HEROES

● **Ramen noodles** Buy Asian brands of ramen and you'll have more interesting flavours to choose from, like sesame and kimchi. You can also buy frozen ramen in some supermarkets.

● **Sesame oil** Toasted sesame oil has a rich flavour and a little goes a long way. Add a drizzle to noodles or rice dishes or use it to dress cooked frozen spinach.

● **Lentils** This might sound obvious, but if you have, for example, red lentils, then you have a meal, even if you just cook them in water and add butter and a twist of black pepper. You can also use them to bulk out soup and ragus or thicken a casserole.

● **Capers** Choose capers in salt for the best flavour, but rinse them well. A handful of capers will lift even the most basic plates of pasta. Fry them in browned butter with a splash of vinegar or squeeze of lemon to make a garnish for salads, grilled chicken or fish.

● **Olives** Olives add punchy salinity to dishes. Use them whole, chopped or whizzed into a paste. Pair green olives with lemon, and black with sundried tomatoes.

● **Saffron** A pinch of saffron can transform a dish with its earthy, heady scent. Soak it in cold water well ahead to release all the flavour and aroma. Pour saffron-scented milk over rice before cooking, add a little to mashed potatoes and use it to bump up the flavour of frozen fish fillets.



take some
pasta and
sardines

Spaghetti with sardines

SERVES 4 **PREP 5 mins**
COOK 15 mins **EASY**

400g spaghetti
1 tbsp olive oil
2 garlic cloves, crushed
pinch of chilli flakes
227g can chopped tomatoes
2 x 95g cans skinless and
boneless sardines in tomato sauce
100g pitted black or green olives,
roughly chopped
1 tbsp capers, drained
small handful of parsley or basil,
chopped (optional)

1 Cook the spaghetti in a large pan of boiling salted water following pack instructions.

2 Meanwhile, make the sauce. Heat the oil in a medium pan and cook the garlic for 1 min. Add the chilli flakes, tomatoes and sardines, breaking them up roughly with a wooden spoon. Heat for 2-3 mins, then stir in the olives, capers and most of the parsley or basil, if using. Mix well to combine.

3 Drain the pasta, reserving a little cooking water. Add the pasta to the sauce and mix well, adding the reserved water if the sauce is too thick. Divide between bowls and sprinkle with the remaining herbs.

GOOD TO KNOW healthy • omega-3 • 1 of 5-a-day
PER SERVING 495 kcals • fat 14g • saturates 2g •
carbs 77g • sugars 5g • fibre 5g • protein 21g • salt 1.0g

take one
pack of
ramen

Mix & match ramen

SERVE 1 **PREP 5 mins**
COOK 10 mins **EASY** **V**

80g pack instant noodles (look for an Asian brand with a flavour like sesame)
2 spring onions, or 1 shallot or ¼ bunch of chives, finely chopped
½ pak choi, or handful of spinach or 2 tbsp frozen edamame beans
1 egg
1 tsp sesame seeds
sesame oil (if there is none included with the noodles), to serve
sweet chilli sauce, chilli sauce or gochujang sauce, to serve

1 Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions, or shallot, or chives and pak choi or other veg for the final minute.

2 Meanwhile, simmer the egg for 6 mins from boiling, then run it under cold water to stop it cooking, and peel it once cool enough to handle. Toast the sesame seeds in a dry frying pan.

3 Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sesame oil and chilli sauce.

GOOD TO KNOW healthy • low fat • low cal • folate • 1 of 5-a-day

PER SERVING 205 kcals • fat 7g • saturates 2g • carbs 21g • sugars 4g • fibre 4g • protein 11g • salt 0.4g





take some
lentils and
rice

Tomato & spinach kitchari

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY** **V** *

130g basmati rice
200g split red lentils
3 tbsp olive oil
1 onion, finely sliced
1 thumb-sized piece of ginger,
finely grated
2 garlic cloves, crushed
2 tsp turmeric
2 tsp ground coriander
2 tsp cumin seeds
1-2 tsp medium chilli powder

1.2 litres vegetable stock
150g cherry tomatoes or a 400g
can cherry or chopped tomatoes
200g spinach or kale
1 red chilli, finely chopped
chapatis, to serve (optional)

1 Tip the rice and lentils into a sieve and rinse thoroughly under cold, running water. Set aside.
2 Heat 1 tbsp of the oil in a large saucepan. Add the onion along with a pinch of salt and fry over a medium-high heat for 10 mins. Stir in the ginger, garlic, turmeric, coriander, half the cumin seeds and the chilli powder and fry for 1 min.

3 Add the rice and lentils to the pan and pour in the stock, bring to a simmer then cover, turn down and cook for 25 mins, stirring occasionally, until the lentils are creamy. Add the tomatoes and spinach, and cook for 5 mins.

4 Heat the remaining oil in a small frying pan and add the remaining cumin seeds, cooking for 1 min. Spoon the lentils into bowls, drizzle over the cumin oil and top with the chilli. Serve with chapatis, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre •
vit c • iron • 4 of 5-a-day

PER SERVING 420 kcals • fat 11g • saturates 2g •
carbs 57g • sugars 6g • fibre 9g • protein 19g • salt 0.2g



take some
risotto rice

Saffron risotto

SERVES 4 **PREP 5 mins**
COOK 35 mins **EASY**

1.2 litres chicken stock
2 tbsp butter
1 tbsp olive oil
1 onion, very finely chopped
350g arborio risotto rice
125ml white wine vinegar
½ tsp saffron
50g parmesan, grated
1 egg yolk (optional)
rocket salad, to serve (optional)

1 Heat the stock in a pan over a very low heat – have a ladle at the ready.

Melt the butter and olive oil in a high-sided, non-stick frying pan. Add the onion and a large pinch of salt, then cook, stirring, for 5 mins until softened and fragrant but not colouring.

2 Tip in the rice and coat in the oil and butter, cooking for a few minutes until beginning to toast. Pour in the white wine vinegar and cook, stirring, until it's absorbed.

3 Add the saffron and begin to add the stock, a ladle at a time, stirring continually. Add more stock as it's absorbed. After 25-30 mins, all the stock should be absorbed and the rice should be creamy and al dente.

4 Add the parmesan and stir until melted. Turn off the heat and stir in the egg yolk, if using. Season and serve with a peppery rocket salad, if you like.

PER SERVING 548 kcal • fat 15g • saturates 8g •
carbs 75g • sugars 3g • fibre 3g • protein 21g • salt 1.1g



Smoky tomato soup with preserved lemon & green olive salsa

SERVES 4 **PREP** 25 mins
COOK 20 mins **EASY** **V** * soup only

1 tbsp softened butter
1 tbsp olive oil
1 large onion, chopped
1 celery stick, chopped
1 large carrot, chopped
2 bay leaves
2 garlic cloves, crushed
2 x 400g cans chopped tomatoes
500ml vegetable stock
1 tbsp sweet smoked paprika
1 tsp brown sugar
2 tsp sherry vinegar

For the salsa

1 small garlic clove, very finely chopped
1 red chilli
1 tbsp chopped coriander leaves
125g pitted green olives, roughly chopped
4-5 tbsp extra virgin olive oil
1 tbsp white balsamic or sherry vinegar
1 preserved lemon, or ½ if you are using homemade ones, rind cut into slivers (discard the flesh), and ½-1 tsp of brine from the jar

1 Heat the butter and oil in a large saucepan over a medium heat, add the onion, celery and carrot and fry until tender, without turning golden, about 10 mins. Add the bay leaves and garlic, and fry for a minute before adding the tomatoes and stock. Simmer for 10 mins, stirring occasionally.

2 Remove the bay leaves and blend the soup in a liquidiser or using a hand blender until smooth. Season well and add the smoked paprika, sugar and vinegar to balance the soup with sweet, smokiness and a little acidity.

3 For the salsa, crush the garlic with a pinch of salt using a pestle and mortar. Halve and deseed the chilli and chop roughly. Add to the mortar with the coriander and olives and bash, gradually adding the oil and vinegar until you have a rough paste (it should be chunky). Mix in the preserved lemon, then stir in the brine from the jar to taste.

GOOD TO KNOW 2 of 5-a-day

PER SERVING 288 kcals • fat 21g • saturates 5g • carbs 17g • sugars 15g • fibre 7g • protein 4g • salt 1.3g

take some
canned
tomatoes
and olives



take some peanut butter

Peanut butter cookies

MAKES 16 **PREP 15 mins**
COOK 12 mins **EASY** **V** *****

200g peanut butter (crunchy or smooth is fine)
175g golden caster sugar
¼ tsp fine table salt
1 large egg

1 Heat the oven to 180C/160C fan/gas 4 and line two large baking trays with baking parchment. Measure the peanut butter and sugar into a bowl. Add the salt and mix well using a wooden spoon. Mix in the egg until the mixture forms a dough.

2 Pinch cherry-sized chunks of dough and place, well spaced apart, on the trays. Press down with the back of a fork to squash them a little. *The cookies can now be kept frozen for up to two months. To bake from frozen, add an extra 1-2 mins to the cooking time.*
3 Bake for 12 mins until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. *Store in a cookie jar for up to three days.*

GOOD TO KNOW gluten free
PER SERVING 126 kcals • fat 7g • saturates 2g • carbs 12g • sugars 11g • fibre 0.5g • protein 4g • salt 0.2g



4 ways

lemon curd

Transform that jar of zingy lemon curd in your cupboard into these impressive but simple desserts

recipes ESTHER CLARK photograph TOBY SCOTT

Lemon & rhubarb rice pudding

SERVES 6 PREP 5 mins
COOK 1 hr EASY V

Put **100g pudding rice** in a pan with **1 litre milk** and **50g caster sugar** and bring to the boil. Reduce the heat and simmer for 40-45 mins, or until the rice is tender, stirring often to ensure it doesn't catch on the bottom. Meanwhile, cut **250g rhubarb** into 3cm pieces and put in a pan with 30g caster sugar, **1 chopped ball of stem ginger in syrup** and 3 tbsp of the syrup. Bring to a simmer and cook for 7-10 mins, or until the rhubarb is soft but still holds its shape. Stir **100ml double cream** and **3-4 tbsp lemon curd** through the rice pudding, then top with some of the poached rhubarb.

GOOD TO KNOW calcium • gluten free
PER SERVING 358 kcals • fat 16g
• saturates 10g • carbs 47g •
sugars 33g • fibre 1g •
protein 7g • salt 0.2g

Lemon curd & orange cake

SERVES 10 PREP 15 mins plus cooling
COOK 20 mins EASY V

Butter a 1-litre loaf tin and line with baking parchment. Heat the oven to 180C/160C fan/gas 4. Put **170g soft salted butter**, **150g golden caster sugar**, **2 eggs**, **70g natural yogurt**, **150g self-raising flour**, **50g ground almonds**, the **zest of 1 large orange**, **2-3 tbsp milk** and **5 tbsp lemon curd** in a large bowl and whisk until smooth. Put another 5 tbsp lemon curd in a second bowl and whisk to loosen. Spoon half the batter into the prepared tin, dollop over the lemon curd and top with the remaining batter. Scatter over **20g flaked almonds** and bake for 50 mins, or until risen and golden. Leave to cool on a wire rack, scatter over some **lemon zest** and slice.

PER SERVING 365 kcals • fat 20g • saturates 10g •
carbs 40g • sugars 26g • fibre 1g •
protein 6g • salt 0.6g





Lemon curd, mascarpone & passion fruit tart

SERVES 6 **PREP 15 mins** plus cooling **COOK 25 mins** **EASY V**

Heat the oven to 200C/180C fan/gas 6. Unroll a **320g sheet of puff pastry** onto a lined baking tray. Score a 2cm border around the edge of the pastry using a sharp knife, then brush the border with **1 beaten egg**. Bake for 15-20 mins, or until golden and crisp. Gently push down the middle with the back of a spoon, then leave to cool completely. Whisk **250g mascarpone** with **150ml double cream** and **3 tbsp lemon curd** until soft and spoonable. Fold in another 3 tbsp lemon curd and the **seeds of 1 passion fruit**. Spoon the cream mixture in the centre of the pastry and scatter over the seeds of 2 passion fruit and **30g chopped pistachios**.

PER SERVING 602 kcal • fat 50g • saturates 28g • carbs 30g • sugars 12g • fibre 3g • protein 8g • salt 0.6g

Lemon & raspberry doughnut pudding

SERVES 8-10 **PREP 15 mins** plus soaking **COOK 10 mins** **EASY V**

Heat the oven to 200C/180C fan/gas 6 and **butter** a 20 x 20cm baking dish. Quarter **8 raspberry jam doughnuts** and arrange in overlapping layers in the prepared dish. Scatter over **100g raspberries**. Heat **500ml shop-bought fresh custard** with **250ml whole milk** until steaming, then whisk through **150g lemon curd**. Pour the lemon custard over the doughnuts, then leave to soak for 30 mins, ensuring some of the doughnuts stick out so they'll crisp up when baked. Scatter over another 50g raspberries and bake for 35-40 mins, or until golden brown and just set.

PER SERVING (10) 314 kcal • fat 12g • saturates 5g • carbs 46g • sugars 27g • fibre 2g • protein 6g • salt 0.7g



slow cooker

pulled chicken

This tender smoky chicken is best served in a bun or over rice – a simple dish for a family meal

recipe CASSIE BEST photograph ROB STREETER

Slow cooker pulled chicken

SERVES 8-10 **PREP** 5 mins

COOK 6 hrs 15 mins **EASY**

* cooked chicken only

2 tbsp vegetable or rapeseed oil
 10-12 boneless, skinless chicken thighs
 2 red onions, halved and sliced
 2 garlic cloves, crushed
 2 tsp paprika
 2 tbsp chipotle paste
 250ml passata
 100g barbecue sauce
 1 tbsp light brown soft sugar
 1 lime, juiced
 burger buns, taco shells, jacket potatoes or rice; coriander leaves; deseeded and sliced chillies, and guacamole, to serve (optional)

1 Heat the slow cooker to low and heat 1 tbsp oil in a pan. Brown the chicken in batches, transferring it to the slow cooker as you go. Add the remaining oil to the pan and fry the onions for 5 mins, or until just softened, then stir in the garlic and paprika and cook for another minute. Tip into the slow cooker, then swirl 100ml water around the pan and pour this in as well.

2 Add the chipotle, passata, barbecue sauce, sugar and lime juice, then season and stir. Cover and cook for 6-8 hrs until the chicken is really tender. Using two forks, shred the chicken through the sauce. Serve in buns, taco shells, jacket potatoes or over rice, with coriander leaves, chillies and guacamole, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 398 kcal • fat 17g • saturates 4g • carbs 22g • sugars 19g • fibre 3g • protein 37g • salt 0.7g

gf tip

Don't have a slow cooker? Once you've browned the chicken and cooked the onions and garlic, put everything back in the pan with the other ingredients, cover with a lid and simmer gently for 1-1½ hrs until the chicken is really tender.

WEEKEND

Mouthwatering dishes to dig into with your family over the weekend.



TOM KERRIDGE
30-minute menu, p28



YOUR STAY-AT-HOME GUIDE TO SOURDOUGH, p54



Savoury tear & share, p32



Coffee ice cream terrine, p34

Sourdough

Since we've all been at home, there's been a huge increase in searches for bread recipes. In fact, there were more than three-million page views on bread-related content on *bbcgoodfood.com* in the first two weeks alone. The biggest trend? Sourdough. We had 115,000 related page views on the website – up 900 per cent on last year. Here, our expert **Barney Desmazery** guides you through the sourdough process

WHAT IS SOURDOUGH?

Sourdough is naturally leavened bread, which means it doesn't use commercial yeast to rise. Instead, it uses a 'starter' – a fermented flour and water mixture that contains wild yeast and good bacteria – to rise. This also produces the tangy flavour and slightly chewy texture you'll find in sourdough. Wild yeast has more flavour than commercial yeast, and is natural in the sense that it doesn't contain any additives.

THREE SIMPLE INGREDIENTS

Basic sourdough is made from nothing more than flour, water and salt – here's what you need to know about each.

FLOUR

Sourdough can be made with many types of flour, but for our basic recipe, we'll be using strong white bread flour. It's the most readily available, and means you'll only need to buy one flour to start. But, we know ingredients are hard to come by at the moment, so you can also use strong wholemeal bread flour.

WATER

Good old tap water is absolutely fine, and it's the only thing we've ever used to make our sourdough. Don't waste money on mineral.

SALT

Fine, pure sea salt is the best, but if you don't have it, you can use any type of cooking salt you have, except rock salt – that will need to be crushed before using.



THE RIGHT KIT

Sourdough has been made for thousands of years without any modern equipment. However, there are now a few basic pieces of kit available that help to make the process easier. We've also suggested everyday alternatives where we can.

Scales: Precision is key, and there's no better way to ensure accurate measurements than using digital scales (or at least accurate kitchen scales).

Starter container: Use a glass jar or reusable plastic container to house your starter.

Scraper: A cheap, flexible plastic scraper will prove invaluable and last forever. Can't get hold of one? You can make your own by cutting up an old plastic container.

Mixing bowl: A glass bowl is good to use as you can see through it, but a sturdy, wide, plastic bowl that's easy to clean is also good.

Jug: All liquid ingredients should be weighed out, but a jug is still useful for neatly pouring out water.

Baking baskets (bannetons): These are available as either plain wicker (they leave a lovely pattern on the dough) or cloth-lined baskets. The lined version is easier to work with, but if you don't want to invest just yet, use bowls lined with clean tea towels.

Casserole dish: It might seem odd, but the best sourdough is baked in a casserole or other ovenproof dish that has a lid. You could even use an ovenproof bowl with a baking tray for a lid if that's what you have.

Lame: This is an exceptionally sharp, fine blade used specifically to score the top of the bread just before baking. Or, use a very sharp knife.

Wire rack: Bread is best left to cool on a wire rack, the same as a cake. If you don't have one, a cold upturned oven rack works just as well.



MAKING A STARTER

The original starter will take four or five days or possibly longer to make, but it only requires a few minutes of your time each day. Once it's active, you'll be able to use it again and again to make bread, as long as you keep feeding it. We've used strong white bread flour for ease, but many recipes will recommend starting with wholemeal, rye or a mixture of white and wholemeal – whichever you choose, the method is still exactly the same.

You will need 250g strong white bread flour, ideally organic or stoneground

Day one To begin, mix 50g flour with 50g tepid water in a glass jar or reusable plastic container. Make sure all the flour has been incorporated and leave, semi-covered, at room temperature for 24 hrs.

Day two Mix 50g flour with 50g tepid water and stir into yesterday's mixture. Make sure all the flour has been incorporated and leave, semi-covered, at room temperature for another 24 hrs.

Day three Mix 50g flour with 50g tepid water and stir into your existing mixture. Make sure all the flour has been incorporated and leave, semi-covered, at room temperature for another 24 hrs.

Day four You should start seeing some activity in the mixture now – there should be some bubbles forming, and bubbling on top. Mix 50g flour with 50g tepid water and stir into the bubbling mixture. Make sure all the flour has been incorporated and leave, semi-covered, at room temperature for another 24 hrs.

Day five The mixture should be very active now and ready for making your levain (starter). If it's not bubbling, continue to feed it in the same way every day until it does. If the container is overflowing, pour some away and continue feeding daily. When ready, it should smell yogurty and a teaspoonful dropped into warm water should float.

You now have a starter, which is the base of the bread. You'll need to look after it – keep it in the fridge (it will stay dormant), then 12 hrs before you want to use it, pour half away, and feed with 100g flour and 100g water. Leave at room temp and it should become active again. The longer the starter has been dormant, the more times it will need to be refreshed.

The starter can now be used to make sourdough bread.

STARTER CARE

- *If you're not baking, it's good to feed/refresh your starter weekly, but it isn't essential.*
- *If the starter looks split with grey water on the top, don't worry – you just need to stir it.*
- *There's nothing to be gained from keeping the starter in the same container, so if it's getting a bit crusty around the edges, simply pour it into a new, clean container and continue.*
- *It's actually very hard to kill a starter. Most of the time, it is just lying dormant, and probably requires some refreshing to bring it back to life. Signs that your starter is genuinely dead and should be thrown away include a really bad smell, like sick or curdled milk, or signs of mould.*

NOW YOU'VE GOT YOUR ACTIVE STARTER, YOU'RE READY TO BAKE...

White sourdough

This recipe makes one loaf, but it can be increased as many times as you want to make as many loaves as you need. Once you've mastered this white loaf, adapt it using other flours, or use the dough to make pizzas (see right) or flatbreads.

MAKES 1 LOAF (ABOUT 15 SLICES)

PREP 1 HR PLUS 8 HRS ACTIVATING, AT LEAST 4 HRS 15 MINS PROVING, OVERNIGHT CHILLING AND COOLING

COOK 40 MINS MORE EFFORT **V** *****

For the levain

1 tbsp active sourdough starter (see p111)

50g strong white bread flour, ideally organic or stoneground

For the bread

levain (see above)

500g strong white bread flour (ideally organic or stoneground), plus extra for dusting

10g fine sea salt

1 To make the levain, mix the starter with the flour and 50g water (this is the same process as feeding the starter, but you should do this in a separate large bowl, keeping the original starter as back-up). Leave the levain for 8 hrs at room temperature until it becomes active. When ready, a teaspoonful of the mix should float in warm water.

2 To make the bread, pour 300g tepid water into the active levain and stir together with a rubber spatula – don't worry if there are unmixed bits of levain at this stage. Tip in the flour and bring everything together into a rough dough with a rubber spatula, ensuring all the flour has been incorporated evenly and that there are no dry bits along the sides of the bowl. Cover and leave somewhere warm to prove for at least 30 mins, or up to 4 hrs.

3 Sprinkle over the salt and add 25g water to the dough. Roughly knead in the salt and water with your hands. If the dough is stringy (like old chewing gum), keep kneading until smooth. Leave to prove for another 15 mins.

4 Grab the dough from one side

with wet hands, and stretch it over itself (see guide, below right).

Repeat with the other side. Pick the dough up and curl it around onto itself, then cover and leave to prove for another 20-30 mins. Repeat this process two more times (three in total), then leave the dough for another 2-3 hrs until risen by about 30 per cent, bubbly and soft.

5 Scrape the dough out onto a lightly dusted work surface and fold it onto itself to create a ball. Leave, uncovered, to prove for 30 mins – the ball will spread during this time. Dust a baking basket generously with flour. Scrape the dough ball off the work surface, then fold it onto itself to create a tight ball again that's trapped in all the air. Lift into a basket, seam-side up, then transfer to the fridge to chill overnight, or for up to 18 hrs.

6 Heat the oven to 240C/220C fan/gas 9 and put a lidded casserole dish in to heat. Cut a sheet of baking parchment into a square slightly larger than the base of the loaf. Carefully remove the hot casserole dish from the oven and uncover. Invert the loaf onto the baking parchment, then, working quickly, score the top (see right). Use the

corners of the baking parchment to lift the loaf into the casserole dish. Cover with the lid and bake for 30 mins, then carefully uncover and continue to bake for another 10 mins (or longer for a darker finish). Lift the bread out using a spatula, then transfer to a wire rack and leave to cool to room temperature before slicing.

GOOD TO KNOW **vegan**

PER SLICE 171 kcal • fat 1g • saturates 0.1g • carbs 35g • sugars 0.2g • fibre 1g • protein 6g • salt 0.8g

gf tip

Sourdough bread freezes really well, so if you know you won't eat the whole loaf, freeze half for another day. Defrost on a wire rack, covered with a tea towel, so the bread doesn't dry out or develop a soggy bottom.



STEP-BY-STEP *stretch & fold*



1 Dip your hand in water, then push it between the dough and the bowl and grab the side of the dough.

2 Stretch the dough and fold it over to the opposite side. Repeat, working your way around the bowl, until it's all been stretched and looks tighter.

BEYOND THE BASICS

Once you've got your head around our basic white loaf, you can adapt the recipe to incorporate different flours or other ingredients. Or, use the dough to make other shaped loaves and sourdough pizzas. You can also have a go at some fancy pattern scoring, below.

USING OTHER FLOURS

You can use different flours in our basic recipe without changing the amount of water you use or the method in any way, other than adding less strong white bread flour. Here are the ideal proportions:

- For **wholemeal, granary, seeded** or **malting flour** use 350g strong white bread flour and 150g of the other flour so you still have 500g total.
- For **rye, spelt, emmer, buckwheat** or **Khorasan flour** use 400g strong white bread flour and 100g of the other flour so you still have 500g total.

You can experiment with different proportions, but bear in mind that other flours will be 'thirstier', so you'll then need to adjust the amount of water accordingly. But once you know what texture you're looking for in the dough, this will be easy to do.

ADDING OTHER INGREDIENTS

The basic dough is a blank canvas to which you can add anything you like. Flavouring ingredients should be scattered over the dough, or worked into it during the final two folds. We've added seeds, nuts, grains, olives, herbs, chillies, chunks of cheese and dried fruit to our sourdough.

DIFFERENTLY SHAPED LOAVES

Sourdough comes in two basic shapes: round (or boule) and long (or bâtard). Our basic loaf is round, but to make a long loaf, all you need to change is the final shaping. Pull the dough onto itself into a tight sausage instead of a round ball before lifting it into a long, loaf-shaped basket. To bake, use an oval-shaped casserole dish that will hold the longer loaf.

FANCY SCORING

- *If you're only making simple slashes in your loaves, there's no need to buy a lame. But, if you want to make fancier patterns, you'll need one.*
- *To make the scored pattern stand out, first dust the loaf with flour using a small sieve.*
- *The bread needs to be able to expand somewhere, and you need to control where this happens or it will ruin your design. A series of big slashes, like a criss-cross design, will allow this. But, if you're doing a more intricate pattern, you'll need to balance it with a big score somewhere, often down one side.*
- *Where you want the bread to expand and open a lot, hold the lame or knife at a 45-degree angle while scoring. This will give you the trademark 'ear' shape. Where you want the bread to expand just a little, slash the bread straight down.*



SOURDOUGH PIZZA

The dough for the basic loaf can also be used to make pizza. Just make the dough up to the end of step 4, then continue below.

This is a classic margherita, but you can customise the toppings.

MAKES 3 PIZZAS **PREP 1 HR PLUS**
AT LEAST 4 HRS PROVING **COOK**
10 MINS **MORE EFFORT** **V**

1 batch of white sourdough
(see left, up to step 4)
flour, for dusting

For the sauce
400g can plum tomatoes
1 tbsp extra virgin olive oil, plus
extra to serve
½ tsp dried oregano

For the topping
40g parmesan or vegetarian
alternative, grated
150g block mozzarella, cut
into chunks
small bunch of basil, leaves
picked (optional)

1 Tip the dough onto a lightly floured surface and divide into three. Roll each into a ball and transfer to a baking tray. Cover and leave to prove in the fridge for at least 4 hrs, or up to 18 hrs – the longer it proves, the more sour the flavour will be.

2 Meanwhile, make the sauce. Drain some of the juice from the

tomato can, then tip the tomatoes and the rest of the juice into a bowl with the oil, oregano and a large pinch of salt. Crush together with your hands to make a chunky sauce, or blitz with a stick blender for a smooth one.

Set aside.
3 Heat the grill to high and get out a heavy-based, ovenproof frying pan. On a floured surface and working one at a time, stretch the dough balls out into a circle roughly the same size as the pan. Heat the pan over a high heat until very hot and, working quickly, carefully add one of the dough rounds, spread over a third of the sauce and the cheeses, then scatter with basil, if using. Cook for 2 mins until little bubbles start to appear at the edges, then grill for 2 mins more until the edges are puffed up and the cheese has melted. Transfer to a board, drizzle with a little oil and cut into wedges. Repeat with the remaining dough balls to make three pizzas.

PER PIZZA 502 kcal • fat 15g • saturates 8g •
carbs 69g • sugars 5g • fibre 4g • protein 21g
• salt 2.3g



For more sourdough recipes, visit
[bbcgoodfood.com](https://www.bbcgoodfood.com)

TOM KERRIDGE

30-minute menu

BBC TV chef **Tom Kerridge** showcases summer produce with an impressive and quick three course meal
photographs MAJA SMEND

'Summer is a wonderful time of year for chefs. I love winter and all the slow cooked, sticky, braised, comforting dishes it brings, but there's a new energy to summer; the produce is more colourful and vibrant and, like the nation, a bit happier and more relaxed, and that's reflected on the plate. Cooking at this time of year should be quick, and it's the best way to coax the flavours out of summer fruit and vegetables, which is why I've put this menu together with that in mind.'

Crab & tangled asparagus salad on toast



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. Find more of Tom's recipes on bbcgoodfood.com.
🐦 @ChefTomKerridge

Rib-eye with steak pan potatoes & peas

30-MINUTE MENU

FOR 4

Crab & tangled asparagus salad on toast

Rib-eye with steak pan potatoes & peas

Peach & raspberry fruit salad with mascarpone

Crab & tangled asparagus salad on toast

Shaving asparagus into ribbons isn't something you see that often but it's a lovely way to serve it, and leaving it in the dressing for a few minutes helps it to soften.

SERVES 4 **PREP 10 mins**
COOK 3 mins **EASY**

4 asparagus spears, woody ends trimmed
1 lemon, zested and juiced
2 tbsp olive oil
small handful flat-leaf parsley leaves, chopped
1 tbsp capers, drained and chopped
1 small gherkin, chopped
6 tbsp good-quality thick mayonnaise
200g white crabmeat
4 small slices of sourdough
4 small handfuls rocket (about 50g)

1 Use a swivel blade peeler to shave the asparagus into ribbons. Put in a bowl and season with salt and pepper, then dress with the lemon juice and olive oil and set aside.
2 Mix the parsley, capers, gherkin and lemon zest into the mayonnaise in a small bowl, then gently fold through the crabmeat. Toast or griddle the sourdough and top with the crab mixture. Toss the rocket in with the asparagus and top each crab toast with a tangle of the asparagus salad. Season with flaky sea salt and serve.

PER SERVING 532 kcals • fat 43g • saturates 4g • carbs 19g • sugars 3g • fibre 2g • protein 16g • salt 1.3g



To get this menu ready and the starter on the table in 30 mins, put the potatoes on to boil first and make the mascarpone mix for the dessert. Get the starter ready, then cook the steak. Serve the starter while the steak rests.

Rib-eye with steak pan potatoes & peas

Cooking the potatoes in the steak pan means cutting down on the washing-up, but you're also getting all the flavour from the steak onto the potatoes. As we're cooking against the clock, there's no time to make a sauce, but if you slice the steak once it has rested, season and drizzle with olive oil, you'll get a lovely, meaty dressing on the board for drizzling over at the end.

SERVES 4 **PREP 5 mins**
COOK 15 mins **EASY**

2 rib-eye steaks, about 300g each and 2cm thick
2 garlic cloves, grated
2 tbsp red wine vinegar
12 new potatoes, quartered
4 tbsp olive oil, plus extra for drizzling
25g butter
50g frozen peas or fresh
8 radishes, sliced, any leaves picked and washed

1 Flatten the steaks out slightly with your hands. Mix the garlic with the vinegar and a large pinch of salt and rub over both sides of the steaks and set aside.
2 Cook the potatoes in boiling water for 8-10 mins until just tender, then drain and set aside. Meanwhile, heat the oil and butter in a large non-stick frying pan over a high heat and sizzle the steaks for 5-6 mins on each side until nicely seared, then sit on a board to rest. Add the potatoes and pan-fry until starting to brown.
3 Pour some boiling water over the peas, then drain and add to the pan with the sliced radishes to heat through for 2 mins, then toss in the radish leaves (if you have them) for 30 secs.
4 Carve the steaks into thick slices and drizzle with a bit more oil and some seasoning to make a dressing with the juices. Fan out the meat and serve with the potatoes in a bowl on the side.

GOOD TO KNOW gluten free
PER SERVING 573 kcals • fat 41g • saturates 16g • carbs 19g • sugars 2g • fibre 3g • protein 29g • salt 0.5g

Peach & raspberry fruit salad with mascarpone

This recipe is just a case of getting the best out of fresh produce. There isn't any actual cooking involved, just layers of flavour. I love lemon thyme with summer fruits, but if you've got a supply of lemon verbena that would work beautifully as well.

SERVES 4 **PREP 10 mins**
NO COOK **EASY** **V**

2 ripe peaches or nectarines
50g caster sugar
1 tsp lemon thyme leaves
100g mascarpone
100ml double cream
drop vanilla extract
16 raspberries, halved
small handful pistachios, roughly chopped
1 tbsp maple syrup

1 Stone and finely slice the peaches or nectarines and arrange the slices over four plates. Sprinkle over a little of the sugar and scatter over most of the thyme leaves.
2 Whisk together the mascarpone, cream, vanilla extract and the remaining sugar in a bowl until light and fluffy. Spoon or pipe blobs of the mixture over the peaches or nectarines and arrange the raspberries over the plates. Finish with a scattering of pistachios, the remaining thyme leaves and a drizzle of maple syrup to serve.

GOOD TO KNOW gluten free
PER SERVING 337 kcals • fat 26g • saturates 16g • carbs 21g • sugars 20g • fibre 2g • protein 3g • salt 0.1g



Peach & raspberry fruit salad with mascarpone



WEEKEND BAKE

SAVOURY TEAR & SHARE

Not all bakes have to be sweet. This satisfying pull-apart loaf is stuffed with oozy cheese and ham. Emmental, gruyère or mozzarella would work well instead of cheddar, if you have any leftovers lurking at the back of the fridge

recipes ESTHER CLARK photograph EDD KIMBER

Cheese, chive & ham tear-and-share bread

SERVES 9 **PREP** 45 mins plus
3½ hrs proving **COOK** 30 mins
MORE EFFORT ▣

170ml whole milk
1 tsp caster sugar
100g unsalted butter, cut into cubes
½ tsp fine sea salt
3 tsp English mustard powder
500g strong white bread flour, plus
extra for dusting
1 x 7g sachet fast-action yeast
4 medium eggs, lightly beaten,
plus 1 to glaze
oil, for proving
250g mature cheddar, grated
50g parmesan, grated
½ bunch of chives, finely chopped
150g smoked ham, coarsely
chopped

1 Pour the milk into a pan and add the sugar and butter. Warm gently, swirling the pan until the butter has melted. Set aside until lukewarm.

2 Tip the salt, mustard, flour and yeast into a large mixing bowl and stir. Make a well in the centre, then pour in the beaten eggs and milk mixture. Swiftly mix with a wooden spoon to make a rough dough, then tip onto a lightly floured surface and knead for 10-15 mins until elastic and springy. Alternatively, knead in a stand mixer for 7-10 mins using the hook attachment. Lightly oil a large mixing bowl. Put the dough in the bowl and cover loosely with a tea towel. Leave in a warm place for 1½-2 hrs or until doubled in size.

3 Knock the dough back on a lightly floured surface by lightly punching and briefly kneading it. Sprinkle over half the cheese, all of the chives and all the ham. Knead the dough until the ham and cheese are well

distributed. Divide the dough into 18 equal-sized balls. Pinch the bottoms to create uniform, round balls. Line a baking sheet with baking parchment and draw a 25cm round template on the parchment (a large dinner plate works well for this). Arrange the dough balls in concentric circles inside the circle you have drawn. Fill each gap with a light scattering of cheese. Cover lightly. Leave for 1-1½ hrs or until the dough is risen.
4 Heat the oven to 200C/180C fan/gas 6. Beat the remaining egg and use to lightly brush the dough balls. Sprinkle over most of the remaining cheese, then bake for 25 mins. Sprinkle over the last of the cheese and bake for 5 mins more. Leave to cool a little before serving warm.

GOOD TO KNOW calcium
PER SERVING 505 kcal • fat 25g • saturates 14g •
carbs 45g • sugars 2g • fibre 2g • protein 24g •
salt 1.9g



Esther trained at Leiths School of Food & Wine, then worked as a chef in Italy. She loves to cook for friends, but is just as happy to spend a quiet weekend baking treats for the week ahead.

@esthermclark



Just 5 ingredients

This twist on everyone's favourite childhood ice-cream dessert has coffee and chocolate layers – a great make-ahead pud

recipe ESTHER CLARK photograph MELISSA REYNOLDS-JAMES

Coffee ice cream terrine

SERVES 10 **PREP** 20 mins plus at least 2 hrs freezing **COOK** 5 mins
EASY V *

300g coffee ice cream
300g vanilla ice cream
1 tbsp vegetable oil, for the tin
300g dark chocolate, roughly chopped
50g coconut oil
50g honeycomb or Maltesers, crushed

1 Leave the ice creams out at room temperature for a few mins to soften slightly. Brush a 1.2-litre loaf tin with the vegetable oil and line with cling film. Put 250g dark chocolate and the coconut oil in a small heatproof bowl over a pan of just simmering water. Stir to melt, then set aside to cool.

2 Spoon half the coffee ice cream into the base of the tin and level the surface. Working quickly, spread over a quarter of the chocolate sauce, then half the vanilla ice cream and another quarter of

chocolate sauce. Repeat with the remaining chocolate sauce and ice creams, finishing with a layer of chocolate sauce. Cover loosely with cling film and freeze for at least 2 hrs, or ideally overnight.

3 Melt the remaining 50g chocolate in a heatproof bowl over a pan of simmering water. Lift the terrine out of the tin and turn out onto a plate. Drizzle with the melted chocolate and top with the crushed honeycomb or Maltesers. Cut into thick slices to serve.

PER SERVING 387 kcal • fat 28g • saturates 18g • carbs 27g • sugars 23g • fibre 3g • protein 5g • salt 0.1g

gf tip

Try experimenting with ice cream flavours – caramel, pistachio, and peanut butter would work well.



FAMILY MEALS



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flour-free baking with kids

When you need to keep little ones entertained at home but don't have any flour, try these easy bakes. They guarantee an afternoon of fun in the kitchen



Gluten-free lemon drizzle cake

Kids will think the secret ingredient in this cake is an absolute hoot – it uses mashed potato, along with ground almonds, instead of flour.

SERVES 8-10 **PREP** 30 mins plus cooling **COOK** 40 mins **EASY** **V**
* cake only

200g butter, softened, plus extra for the tin
200g golden caster sugar
4 eggs
175g ground almonds (see tip)

250g cold mashed potato (see tip)
3 lemons, zested, 1 juiced, plus extra zest to decorate
2 tsp gluten-free baking powder
4 tbsp granulated sugar

- 1 Heat the oven to 180C/160C fan/gas 4. Butter and line a deep 20cm round cake tin. Beat the caster 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, level the top, then 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 put on a wire rack. Combine the granulated sugar and lemon juice, then spoon over the cake while it's still slightly warm, letting it drip down the sides. Scatter over some lemon zest and leave to cool completely before slicing.

GOOD TO KNOW gluten free
PER SERVING (10) 514 kcals • fat 36g • saturates 15g
• carbs 41g • sugars 35g • fibre 2g • protein 9g • salt 0.9g

gf tips

POTATO RICER
If you have one, make your mash with a potato ricer – it will give a fantastically light and fine texture.

MAKE IT NUT-FREE
If you'd like to make this nut- and gluten-free, switch the ground almonds for polenta or gluten-free flour.

Unicorn poo meringues

Whisk sugar and egg whites together with a little food colouring to create these adorable unicorn 'poo' meringues – they make a brilliant afternoon activity.

MAKES 44 **PREP 20 mins** plus cooling

COOK 1 hr 20 mins **EASY** **V**

4 large egg whites, at room temperature
100g caster sugar
100g icing sugar, sifted
4 food colouring gels or pastes (we used pink, yellow, blue and green)
small amount of white and black ready-to-roll fondant icing, for the eyes and mouth
You will also need
4cm round cutter or circle to draw around
1 large piping bag fitted with a large 1cm plain nozzle
4 small paintbrushes

1 Heat the oven to 120C/100C fan/gas $\frac{1}{2}$. Line two baking sheets, and, using a 4cm round cutter as a guide, draw 22 circles on each piece of baking parchment in pencil. Turn the baking parchment over.

2 Whip the egg whites in a stand mixer or with an electric whisk to stiff peaks. Slowly add the caster sugar in, a spoonful at a time, whisking well between each addition. Repeat with the icing sugar until the mixture is glossy and stiff.

3 Put the piping bag nozzle down into a tall glass or jug. Roll the top of the bag down over the rim a little, then paint a thin stripe of each coloured food gel from the nozzle end all the way up to the top of the bag. Spoon in the meringue mixture.

4 Pipe swirls of meringue onto the sheets using the circles as a guide. Bake for 20 mins, then reduce the oven temperature to 100C/80C fan/gas $\frac{1}{4}$ and bake for 1 hr more, or until completely cooked through and hollow-sounding when tapped on the base. Leave to cool in the oven with the door closed.

5 Mould small pieces of white and black fondant icing to create eyes and mouths. Stick onto the cooled meringues.

GOOD TO KNOW gluten free

PER MERINGUE 22 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre none • protein 0.3g • salt 0.01g





NADIYA'S KITCHEN TABLE

SUMMER HOLIDAYS ON A BUDGET

This long school break needn't be pricey

Summer holidays can be a really expensive time for families. I feel so lucky if we can go away just once a year, whatever the trip, wherever the trip. Our first family holiday happened once we'd had all three of our kids. It was the kind of trip where we needed buggies, nappies and an extra hotel room that we never used.

The one thing I was never told about having a third child was that finding a room for five is near impossible. Not that I would change my third baby for the world, she is definitely worth the price of an overpriced room we never use!

The actual holiday itself is the best bit; we save all year to make sure we can have the best time away without worrying about the cost. My husband always deliberately overestimates so that when we're left with money in our pockets on the way home, we feel like we've won the lottery. But the real challenge is filling the time around the holiday – when the kids have no school work to keep them busy – that can be a struggle.

With two parents working, it's always about finding the balance.



“
We plan a menu together and spend hours cooking it
 ”

Everything we do together is weather dependant. If the weather is nice, we wake up early, play in the garden, pack a picnic, go on a bike ride, stop off for our picnic, then we get the barbecue on for dinner. I always have a massive batch of chicken and veg skewers in the fridge – they can be cooked from frozen and taken out as and when.

I hate it when my kids say 'I'm bored!' so to avoid hearing these words, we play board games, watch movies, or have an indoor picnic and invite all the teddies. For dinner, we plan a menu together and spend hours cooking it. Then we end our evenings by camping out in the living room.

Holidays can be scary. Our kids spend weeks at school, organised and entertained. It's daunting to think we can't match the skills of a well organised teacher. But it really doesn't have to be scary or expensive.

Kids only want our time and we just have to find different ways of giving it to them that don't cost the world.

top tips

Create your own cinema experience

Help the kids whip up some easy banoffee popcorn by stirring crushed banana chips and dulce de leche into popped corn and enjoy with a movie.

Get crafty

Find out how to make playdough with everyday ingredients using an easy, online recipe and let the kids get creative.




Picnic TREATS

Whether you're planning a day at the beach or on venturing no further than your own garden, these quick recipes will see you right *recipes* LULU GRIMES *photographs* WILL HEAP



Cheese & chorizo or prosciutto skewers

These skewers are useful for staving off hunger while you unpack your picnic.

SERVES 6 **PREP 20 mins**
COOK 5 mins **EASY** 

150g manchego
12 slices chorizo
6 red grapes, halved
12 mini mozzarella balls
12 small basil leaves (optional)
6 slices prosciutto, halved

1 Heat oven to 180C/160C fan/gas 4. Cut the manchego into 12 cubes or oblongs. Fold a slice of chorizo around each piece of cheese and push a cocktail stick through the middle to secure it. Push half a grape on to one side, then transfer skewers to a baking tray and cook for 5 mins. Cool.
2 Wrap each mozzarella ball in basil, top with half a slice of prosciutto and push a skewer through. To serve young children, slide everything off the skewers.

PER SERVING 289 kcals • fat 23g • saturates 13g • carbs 1g • sugars 1g • fibre none • protein 20g • salt 2.2g



Stuffed rainbow baguette

Use a whole baguette to make this, then wrap it securely and slice it at your destination – that way the ends of each sandwich won't dry out on the way.

SERVES 6 **PREP 10 mins**
NO COOK **EASY** **V**

1 artisan-style baguette
4 tbsp hummus
8 slices medium cheddar
¼ red pepper, thinly sliced
¼ cooked beetroot, shredded
2 radishes, thinly sliced
1 yellow or orange carrot, shredded or grated
handful green leaves
1 tbsp vegetarian pesto, mixed with 1 tbsp olive oil

1 Cut the baguette in half so you can open it out like a book. Spread the hummus over the bottom half of the baguette and add the cheese, breaking the slices up if you need to. Scatter the pepper, beetroot, radish and carrot along the baguette, then add the leaves, dribble with the pesto and close the baguette.
2 Wrap the baguette tightly in baking parchment and tie securely with string. Take a bread knife with you so you can slice it when you're ready to eat it.

GOOD TO KNOW calcium
PER SERVING 318 kcals • fat 18g • saturates 6g • carbs 25g • sugars 4g • fibre 3g • protein 12g • salt 1.2g





Replace any fillings your family don't like with something that they do



Coconut chicken noodle salads

If making for little children, it might be a good idea to snip the noodles first so they can eat them more easily.

SERVES 4 PREP 30 mins plus cooling COOK 15 mins EASY

2 small or 1 large chicken breast
3 slices ginger
1 stalk lemongrass
400ml coconut milk
150g egg noodles
1-2 tbsp peanut butter
handful green beans, trimmed
and cut into lengths
12 cherry tomatoes, halved
2 handfuls baby spinach leaves

1 Put the chicken, ginger, lemongrass and coconut milk in a pan and bring to a simmer. Add a pinch of salt, then reduce the heat and cook for 10-15 mins until the chicken is cooked through. Cool, then chill until cold.

2 Cook the noodles following pack instructions. Lift the chicken out of the coconut liquid and shred it, then stir the peanut butter into enough of the liquid to make a thick dressing.
3 Divide the noodles between four jars or boxes and spoon over the coconut dressing, or take it with you in a separate jar. Add the beans and tomatoes followed by the chicken and spinach. Seal the lid and chill the jars until you need to pack them. Serve in the jar or, for smaller children tip into bowls.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 391 kcal • fat 20g • saturates 15g • carbs 32g • sugars 5g • fibre 4g • protein 17g • salt 0.6g

Salmon picnic platter

You can either pack each element of this separately and assemble when you arrive, or arrange everything on a platter and wrap it very tightly in cling film.

**SERVES 6-8 PREP 30 mins
COOK 8 mins EASY**

4 eggs	100g smoked salmon
2-3 tbsp mayonnaise	1 lemon, $\frac{1}{2}$ zested and $\frac{1}{2}$ cut into wedges
a little cayenne pepper	$\frac{1}{2}$ cucumber
200g cooked salmon	2 tbsp Greek yogurt
100g hot-smoked salmon	1 tbsp chopped dill or chives
6 small rolls, halved	bread, soft rolls or wraps, to serve
3 tbsp cream cheese	

1 Hard boil the eggs by cooking them in boiling water for 8 mins, then cool quickly under cold running water and peel. Halve the eggs and pop the yolks into a bowl. Mash the yolks with the mayonnaise, cayenne pepper and some seasoning. Spoon or pipe the mixture back into the egg halves and chill until you need them.
2 Flake the cooked salmon into large chunks and put it on a platter with the hot-smoked salmon and the eggs.
3 Spread the bottom half of the rolls with cream cheese, then add the smoked salmon and a squeeze of lemon juice and top with the other half of the roll. Cut each one in half.
4 Peel and slice the cucumber. Mix the yogurt with the dill, lemon zest and some seasoning, then stir in the cucumber. Pile the mixture into the centre of the platter. Serve with extra bread, rolls or wraps and lemon wedges.

GOOD TO KNOW omega 3
PER SERVING 398 kcal • fat 24g • saturates 6g • carbs 23g • sugars 4g • fibre 2g • protein 21g • salt 1.3g





Rye bread pairs nicely with this salmon feast



Mini milkshakes

These quantities make two of each flavour, but double or triple the amounts if you want to make more mini shakes. Transport them in bottles with lids, or decant from flasks when you arrive.

SERVES 6 PREP 15 mins
NO COOK EASY V

1 small ripe banana, chopped
400ml whole milk
100g natural yogurt
1 small punnet blueberries
6 strawberries, hulled
1 small punnet raspberries
120g mango chunks (fresh or frozen)
200ml coconut milk for drinking
(or coconut kefir)
½ lime, cut into wedges

1 Put the banana, half the milk and half the yogurt in a blender, and blend until smooth. Pour into two or three milk bottles. Divide the blueberries between two skewers to make stirrers, then drop one into each bottle. Stir before serving.
2 Put the strawberries and six raspberries in a blender with the rest of the milk and yogurt. Blend until smooth, then divide between two small milk bottles. Push the remaining raspberries onto two skewers to make stirrers as before.
3 Blend the mango and coconut milk until smooth, then add a squeeze of lime. Divide between two milk bottles and serve with the lime wedges.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 98 kcals • fat 3g • saturates 2g •
carbs 12g • sugars 11g • fibre 1g • protein 4g • salt 0.2g

Vanilla cupcakes

MAKES 12 PREP 30 mins
COOK 15 mins plus cooling EASY V

110g butter, softened	flour
110g golden caster sugar	1-2 tbsp milk, plus a little extra for the icing
2 eggs	For the icing
1 tsp vanilla extract	125g butter, softened
110g self-raising	185g icing sugar

1 Heat oven to 180C/160C fan/gas 4. Line 12 holes in a shallow muffin tin with cupcake cases (not muffin cases). Cream the butter and sugar together until the mixture is light and fluffy. Beat the eggs and vanilla in a jug, then beat into the butter mixture a little at a time.
2 Fold the flour into the mixture along with a little milk – the mixture should fall easily off a spoon. Divide the mixture between the cases, filling each one no more than half full.
3 Cook the cakes for 12-15 mins – they should be firm to the touch and slightly golden brown. Cool in the tin for 5 mins, then lift them out gently and leave to cool completely.
4 To make the icing, beat the butter until it is very soft. Beat in the icing sugar a little at a time, then beat in a splash of the milk as you need to give you a soft icing that can be piped easily. Scrape the icing into an icing bag fitted with a star nozzle. Ice the cakes in swirls, starting in the centre and working outwards.

PER CUPCAKE 291 kcals • fat 17g • saturates 10g •
carbs 32g • sugars 25g • fibre none • protein 2g • salt 0.5g

Because he's worth it

sunday
june 21
father's
day

Make a special fuss of the man of the house with a big breakfast, a prepare-ahead barbecue and a two-in-one bake

recipes BARNEY DESMAZERY *photographs* WILL HEAP



The Great British
breakfast bap

BBQ tandoori chicken shawarma

This dish has all the elements of a top-quality kebab, with added oomph. Marinate the chicken in yogurt, add Indian spicing and cook it on the barbecue for a smoky, charred-on flavour.

SERVES 6 PREP 20 mins plus at least 4 hrs marinating COOK 45 mins MORE EFFORT

2 lemons, 1 juiced, 1 cut into wedges to serve
150g pot natural yogurt
4 garlic cloves
thumb-sized piece ginger, roughly chopped
1-2 green chillies (depending on how hot you like it)
small pack fresh coriander
½ tsp turmeric
1 tsp each ground cumin and garam masala
16 skinless, boneless chicken thighs
1 large baking potato, cut in half lengthways
6 shop-bought plain naan breads, to serve

1 Tip all the ingredients, except the chicken and lemon wedges, into a blender or a smoothie bullet with 1 tsp sea salt and whizz to a smooth paste. Pile the chicken into a bowl or large plastic container, pour over the paste and mix through so the chicken is completely coated. Cover and marinate for at least 4 hrs or up to 48 hrs – the longer, the better.

2 Light a lidded barbecue, and let the flames die down. Once the coals have turned ashen, pile them up on one side with a few coals scattered around the other. Starting and ending with half a baking potato, thread all the chicken onto two long metal skewers – so that both skewers go through each piece of meat – packing the thighs down between the potato halves so that they are really compact. Place the large chicken kebab to the side of the barbecue with only a few coals underneath. Pop the lid down and cook for 45-50 mins, turning every 15 mins, or until cooked through – prise the chicken pieces apart in the centre to check, or use a digital cooking thermometer; it should read 70C or more. Leave to rest for

5 mins. If cooking in the oven, heat to 220C/200C fan/gas 8. Sit the kebab across a roasting tin so it is suspended, or rest a wire rack over a roasting tin and place the chicken on top. Cook for 45-55 mins or until cooked through. Warm the naan on the barbecue or in the oven.

3 Bring the kebab to the table to carve, wrap with warm naans, and serve with the other salads and lemon wedges for squeezing over.

PER SERVING 299 kcals • fat 19g • saturates 5g • carbs 3g • sugars 2g • fibre none • protein 29g • salt 1.9g

Cabbage koshimbir

Think of this as an Indian slaw or crunchy cabbage salad.

SERVES 6 PREP 10 mins COOK 2 mins EASY V

1 tbsp sunflower oil
1 tsp each black mustard seeds and cumin seeds
½ white cabbage, finely shredded or coarsely grated
1 red onion, finely sliced
1 green chilli, chopped (optional)
½ lemon, juiced

Heat the oil in a frying pan and warm the mustard and cumin seeds until they sizzle and crackle, then remove from the heat. Combine everything together in a mixing bowl with a large pinch of salt and serve. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW vegan • healthy • low fat • vit c • 1 of 5-a-day • gluten free

PER SERVING 48 kcals • fat 2g • saturates none • carbs 5g • sugars 4g • fibre 2g • protein 1g • salt none

Burnt aubergine raita

To make the most of a barbecue, always char vegetables while the coals are still too hot to cook meat on.

SERVES 6 PREP 5 mins COOK 30 mins EASY V

1 aubergine
450g pot natural yogurt
small pack spring onions, finely sliced
small bunch fresh mint, leaves roughly chopped

While the barbecue coals are glowing orange, spend 10 mins charring the aubergine all over to blister the skin and make the

flesh limp. If not barbecuing, do this over a gas flame or under the grill – it should take about 20 mins. Leave to cool, then cut in half and scoop out the soft flesh. Mix everything together in a bowl and season to taste. *Can be made a day ahead and kept in the fridge.*

GOOD TO KNOW healthy • low fat • 1 of 5-a-day • gluten free

PER SERVING 85 kcals • fat 3g • saturates 2g • carbs 8g • sugars 8g • fibre 3g • protein 6g • salt 0.2g

Tangy tomato relish

SERVES 6 PREP 10 mins NO COOK V

4 ripe tomatoes, chopped into small chunks
1 small onion, finely chopped
3 tbsp tomato ketchup
handful coriander, chopped

Mix together all the ingredients, except the coriander, with a pinch of salt. *Can be done up to three days ahead and kept in the fridge.* Stir through the coriander just before serving.

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free

PER SERVING 22 kcals • fat none • saturates none • carbs 4g • sugars 4g • fibre 1g • protein 1g • salt 0.2g





The Great British breakfast bap

This is more than breakfast – it's possibly the only meal you'll need to eat all day!

SERVES 4 **PREP 5 mins**
COOK 45 mins **EASY** 🟩

2 tbsp sunflower oil
4 sausages
3 handfuls frozen chips
4 rashers smoked back bacon
4 eggs
4 large floury soft white baps
400g can baked beans
butter, ketchup and brown sauce, to serve

1 Heat oven to 220C/200C fan/gas 7. Use 1 tbsp of the oil to lightly grease a large, shallow roasting tin. Scatter the chips over two-thirds of the tin and line the sausages up on the other third. Cook for 20 mins, then toss the chips around, turn the sausages and return to the oven 10 mins more until the chips are golden and the sausages browned. Push everything together to make room in the tin, then lay the bacon rashers in the space and return to the oven for 10-15 mins or until the bacon fat is crisp and sizzling.

2 Five mins before the bacon is ready, heat the remaining 1 tbsp of oil in a frying pan and fry the eggs however you like them. Heat the beans in a saucepan or in a microwave.

3 Split the baps so they are still hinged at one edge. Butter and sauce as you like, split each sausage lengthways and, building from the bottom up, layer the chips, sausage, bacon and egg. Present the bap open for extra sauce and to keep the yolk intact. Serve small pots of beans on the side for dipping and spooning over.

GOOD TO KNOW folate • fibre • 1 of 5-a-day

PER SERVING 612 kcals • fat 26g • saturates 7g • carbs 64g • sugars 7g • fibre 9g • protein 25g • salt 2.3g



Giant kids-can-make cookie

You can make this either of two ways: slightly undercook it, serve it warm and you'll have a gooey dessert that's great with ice cream; or cook it for longer and you'll have a great filler for the biscuit tin. Under-10s will need a hand, but older kids may be able to make it alone.

SERVES 6-8 **PREP 15 mins**
COOK 20 mins **EASY** 🟩 unbaked

200g butter at room temperature, plus extra for the pan
250g light brown sugar
2 egg yolks
½ tsp vanilla extract
275g plain flour
1 tsp baking powder
150g chocolate chips
100g other cookie fillings, such as pretzels, chopped nuts, pieces of toffee or fudge, marshmallows
vanilla ice cream, to serve (optional)

1 Heat oven to 180C/160C fan/gas 4. Tip the butter and sugar into a large mixing bowl, beat until combined, then stir in the yolks and vanilla. Tip in the flour, baking powder, chocolate chips, a pinch of sea salt and any other fillings you want to add. Mix until a crumbly dough forms.

2 Lightly butter a 25cm ovenproof frying pan. Spoon in and flatten the cookie mixture. For a gooey dessert, bake for 20 mins, leave to rest for 5 mins, then scoop straight from the pan and serve with ice cream, if you like. For a firmer cookie you can cut, bake for 30 mins, then leave to cool completely before cutting into wedges.

PER SERVING (8) 596 kcals • fat 29g • saturates 17g • carbs 76g • sugars 40g • fibre 2g • protein 7g • salt 1.2g



How did you treat the dad in your life?
Share your Father's Day recipes

📱 #GFfathersday @bbcgoodfoodme



health

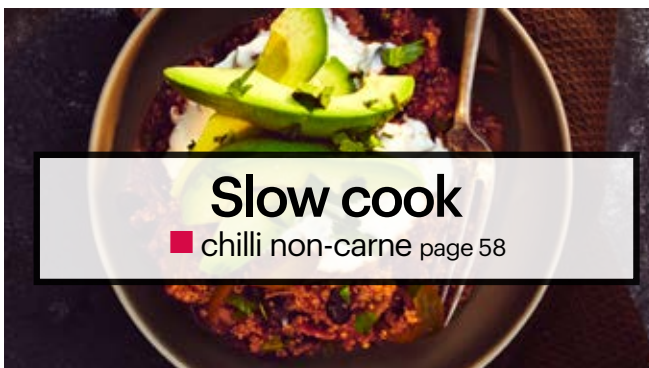
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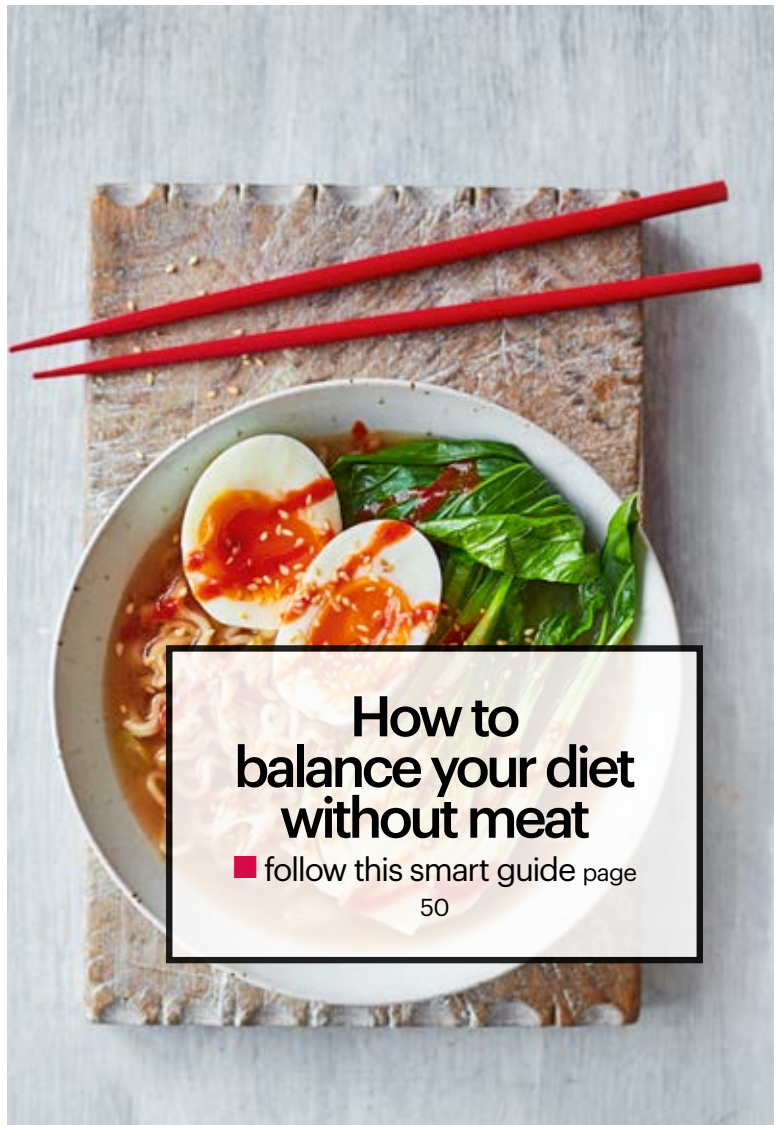
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How to balance your diet without meat

If you're vegetarian or simply want to cut back on meat, make sure you're getting all the nutrients you need with our easy-to-follow guide

words KERRY TORRENS

Vegetarians enjoy a diet of grains, pulses, nuts, seeds, vegetables and fruit, with some also choosing to include dairy products, such as cheese (made using vegetable rennet) and eggs. Studies suggest that a plant-based diet like this can be a healthier way to eat, with fewer reported cases of obesity, heart disease and type-2 diabetes. Typically, a varied vegetarian diet contains less saturated fat and more folate, fibre and antioxidants. Plus, as a vegetarian, you're more likely to exceed the recommended daily intake of fruit and vegetables.

The Eatwell Guide defines the different types of foods we should be eating, and in what proportions. The guide explains some simple rules to follow, like getting a minimum five-a-day of fruit and veg, eating wholegrains, and choosing more beans and pulses while opting for lower fat, lower sugar dairy (or dairy-free alternatives). But that's not the whole story. How much should you be eating, and is there an ideal time to eat protein, carbs or fats? Read on for our guide to healthy eating around the clock.



We should all aim for at least five portions of fruit and vegetables a day.

REFERENCE INTAKES (RI)

The RIs are benchmarks for the amount of energy (kilocalories), fat, saturated fat, carbohydrate, sugar, protein and salt that an average moderately active adult should consume each day. The RIs for fat, saturated fat, sugar and salt are maximum daily amounts. There is no RI for fibre, although health experts suggest we have 30g a day. Don't forget that we are all different, with varying needs for energy and nutrients, so this information is for guidance only.

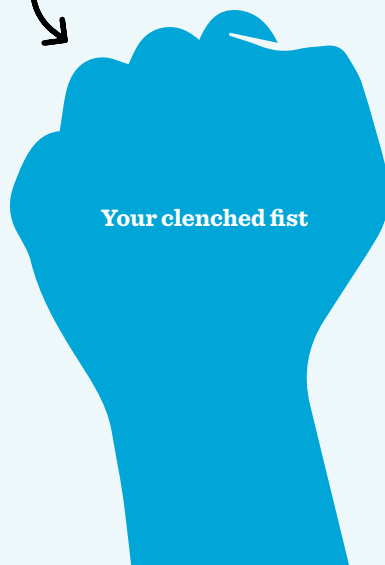
	MEN	WOMEN
ENERGY (Kcal)	2500	2000
PROTEIN (g)	55	50
CARBS (g)	300	260
SUGAR (g)	120	90
FAT (g)	95	70
SATURATES (g)	30	20
SALT (g)	6	6

WHAT'S THE PERFECT PORTION?

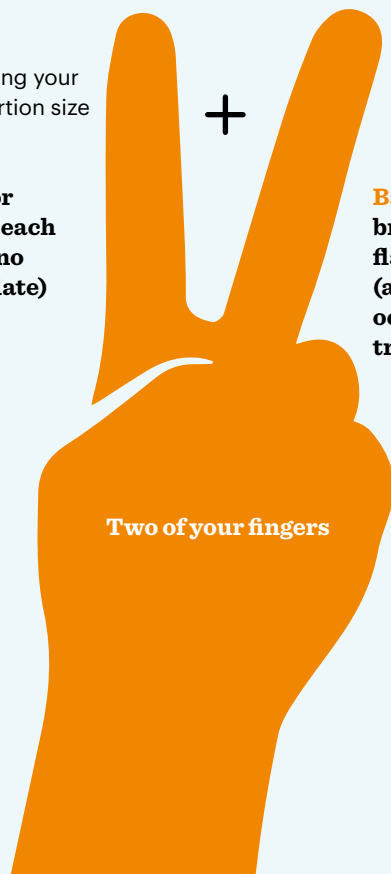
Numbers and figures are all very well, but using your hand is an easy way to calculate the ideal portion size for you, as advised by the Eatwell Guide.

Carbs like cereal, rice, pasta or potatoes (include a portion at each main meal, and ensure it fills no more than a quarter of your plate)

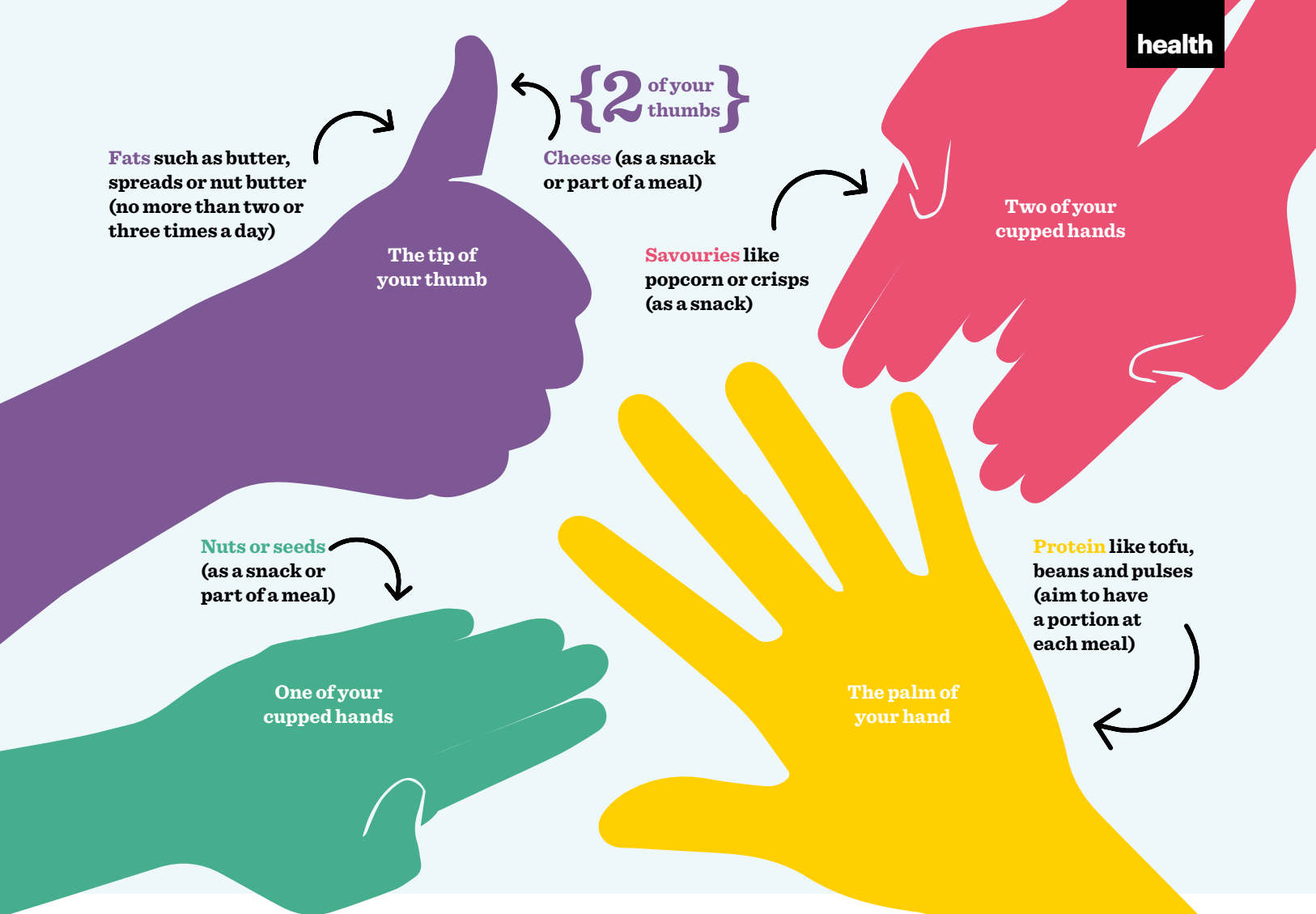
Bakes like brownies or flapjacks (as an occasional treat)



Your clenched fist



Two of your fingers



WHAT YOU SHOULD BE EATING AND WHEN



BREAKFAST

A protein-based breakfast is a filling and sustaining way to start the day. Eggs provide a good balance of quality protein and fat, plus the yolks are a useful source of vitamin D, which we need for strong bones and teeth.

Protein slows stomach emptying, keeping you fuller for longer. If you prefer cereal or porridge, add some nuts and seeds and finish it off with a dollop of natural yogurt.

Many people think vegetarians are at risk of being low in the mineral iron, but there are plenty of plant foods that are good sources, along with fortified breakfast cereals, muesli, wholemeal bread and pumpkin and sunflower seeds. Eat these with a small glass of fruit juice that's rich in vitamin C to optimise your body's iron uptake. For those who avoid dairy, choose an alternative that's fortified with minerals and vitamins, including vitamin B12, vitamin D and calcium.

LUNCH

At lunch, aim for a mix of protein from beans, peas, nuts, grains, or dairy or dairy-free products, combined with starchy carbs. Without carbs, you're likely to suffer that mid-afternoon slump. The key is to choose types that produce a steady rise in blood sugar – avoid sugary 'white' foods and go for high-fibre wholegrains instead.

We need some fats in our diet, but the focus should be on the right type of fat. Not only is fat a source of energy, it helps us absorb fat-soluble vitamins including vitamins A, D, E and K. Vegetarian diets tend to be lower in saturated fat, but some plant foods, like coconut and palm oils, are high in saturates. Heart-friendly mono-unsaturated fats are found in avocados and olive and cold-pressed rapeseed oils, while nuts and seeds supply heart-friendly polyunsaturates, including the omega-3 variety.

DINNER

Don't curfew carbs. They're low in fat, fibre-rich and help you relax in the evening, plus they're filling, which means they'll get you through to breakfast. Combine them with some healthy essential fats, such as the ones you find in nuts (especially walnuts) as well as seeds like pumpkin, and some protein from tofu, eggs or dairy. During the night, your body will use the protein and these healthy fats for regeneration and repair, which is important for maintaining healthy skin and hair.

pack it up

healthy lunches

These speedy midday meals are filling and healthy – ideal for fuelling you through the day

recipes ESTHER CLARK photographs RYAN BALL



Bombay potato frittata



SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** **V**

- 4 new potatoes, sliced into 5mm rounds
- 100g baby spinach, chopped
- 1 tbsp rapeseed oil
- 1 onion, halved and sliced
- 1 large garlic clove, finely grated
- ½ tsp each ground coriander and ground cumin
- ¼ tsp each black mustard seeds and turmeric
- 3 tomatoes, roughly chopped
- 2 large eggs
- ½ green chilli, deseeded and finely chopped
- 1 small bunch of coriander, finely chopped
- 1 tbsp mango chutney
- 3 tbsp fat-free Greek yogurt

1 Cook the potatoes in a pan of boiling water for 6 mins, or until tender. Drain and leave to steam-dry. Meanwhile, put the spinach in a heatproof bowl with 1 tbsp water. Cover and microwave for 3 mins on high, or until wilted.

2 Heat the rapeseed oil in a medium non-stick frying pan. Add the onion

and cook over a medium heat for 10 mins until golden and sticky. Stir in the garlic, ground coriander, ground cumin, mustard seeds and turmeric, and cook for 1 min more. Add the tomatoes and wilted spinach and cook for another 3 mins, then add the potatoes.

3 Heat the grill to medium. Lightly beat the eggs with the chilli and most of the fresh coriander and pour over the potato mixture. Grill for 4-5 mins, or until golden and just set, with a very slight wobble in the middle.

4 Leave to cool, then slice into wedges. Mix the mango chutney, yogurt and remaining fresh coriander together. Serve with the frittata wedges.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 317 kcals • fat 12g • saturates 2g • carbs 29g • sugars 16g • fibre 6g • protein 20g • salt 0.6g



Wasabi chicken rice salad



SERVES 1 PREP 15 mins
NO COOK EASY

70g frozen edamame
½ tsp wasabi paste
2 tbsp fat-free natural yogurt
1 lime, juiced
1 tbsp sesame oil
70g cooked rice
3 radishes, quartered
1 tsp sesame seeds
1 cooked boneless, skinless chicken breast, sliced
¼ sheet dried seaweed, sliced into strips

- 1 Put the edamame in a heatproof bowl and cover with boiling water. Leave for 10 mins, then drain. Mix the wasabi paste with the yogurt, lime juice and sesame oil.
- 2 Toss the rice with the edamame and radishes. Top with the sesame seeds, chicken and seaweed, then drizzle over the dressing to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • 1 of 5-a-day • gluten free

PER SERVING 568 kcals • fat 22g • saturates 4g • carbs 33g • sugars 9g • fibre 7g • protein 55g • salt 0.4g

Lime prawn cocktail pitta salad



SERVES 1 PREP 10 mins COOK 15 mins EASY

½ wholemeal pitta	½ lime, zested and juiced, plus wedges to serve
½ tbsp rapeseed oil	60g cooked king prawns
1 tsp Tabasco	1 Little Gem lettuce, leaves separated
1 tsp low-sugar, low-salt ketchup	¼ small cucumber, peeled into ribbons
1 tbsp low-fat mayonnaise	4 cherry tomatoes, halved
1 tbsp fat-free natural yogurt	

- 1 Heat the oven to 200C/180C fan/gas 6. Slice the pitta into triangles, put on a baking sheet and drizzle over the oil. Bake for 10-15 mins until golden and crisp.
- 2 Mix together the Tabasco, ketchup, mayo, yogurt and lime zest and juice. Toss the prawns in the dressing.
- 3 Layer the lettuce, cucumber, tomatoes and dressed prawns in a lunchbox or jar. Season, top with the pitta chips and serve with lime wedges.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 345 kcals • fat 16g • saturates 1g • carbs 26g • sugars 12g • fibre 7g • protein 19g • salt 1.4g





Quinoa, peach & ginger bircher



Lighter breakfasts

Summer is abundant with fresh produce, and these recipes make the most of the season as well as being nutritious and filling to help you start the day the right

recipes SARA BUENFELD *photographs* MIKE ENGLISH



Chia & oat breakfast scones

Quinoa, peach & ginger bircher

Make these breakfast pots the night before to get ahead. They're great for a post-exercise meal, and the recipe feeds six. If you're catering for fewer people, the base mixture keeps for three days. Soaked oats and grains are easier to digest, so you can get on with the day without feeling weighed down.



SERVES 6 PREP 10 mins plus overnight chilling COOK 18 mins EASY V

200g quinoa
200g porridge oats
4 tsp finely grated ginger
225ml milk, plus a little extra, if needed
1 tbsp vanilla extract
6 x 120ml pots bio yogurt
6 ripe peaches or nectarines

1 Tip the quinoa into a saucepan with plenty of cold water, bring to the boil and continue cooking on a high heat for 18 mins, or until the grains are tender. Cool under cold running water, then drain well. Meanwhile, tip the oats into a large bowl with the ginger. Pour over 400ml boiling water and stir well (the mixture will become very thick, but this takes away the starchy taste that birchers made with cold water can have). Stir in the milk, vanilla and half the yogurt, then fold in the cooled quinoa. Cover and chill overnight. *Will keep covered in the fridge for up to three days.*

2 When you're ready to serve, stir in a little more milk until the bircher is the desired consistency. Stone and chop 1 peach or nectarine for each serving. Stir half the remaining yogurt into the bircher, along with half the chopped fruit. Top with the remaining yogurt and fruit.

GOOD TO KNOW healthy • low fat • calcium • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 402 kcals • fat 10g • saturates 4g • carbs 57g • sugars 17g • fibre 7g • protein 17g • salt 0.3g

Chia & oat breakfast scones

While these are slightly bouncier in texture than classic scones, they are delicious and satisfying. Chia seeds are the richest plant source of anti-inflammatory omega-3.



SERVES 4 PREP 8 mins COOK 20 mins EASY V

2 tsp cold-pressed rapeseed oil, plus extra for the ramekins
50ml milk
1 tbsp lemon juice
2 tsp vanilla extract
160g plain wholemeal spelt flour
2 tbsp chia seeds
25g oats
2 tsp baking powder
400g strawberries
240g Greek bio yogurt

1 Heat the oven to 200C/180C fan/gas 6. Oil four 185ml ramekins and line the bases with discs of baking parchment. Measure the milk in a jug and top up to 300ml with water. Stir in the lemon juice, vanilla and oil. Mix the flour, chia seeds and oats together in a bowl and blitz with a hand blender (covering the bowl with tea towel) until very fine, then stir in the baking powder.

2 Stir the milk mixture into the dry ingredients using a knife until you have a very wet dough. Divide between the ramekins, transfer to a baking sheet and bake for 20 mins until risen. They should feel firm, but may not be golden. Leave to cool for a few minutes, then run a knife around the inside of each ramekin to loosen, then carefully ease the scones out. *Will keep in an airtight container for up to 48 hrs. Leave to cool completely before storing.*

3 When ready to serve, hull and slice the strawberries, measuring 100g for each scone. *If you're only serving two scones, prepare half the strawberries the next day.* Split the scones and spread over the yogurt, then top with the strawberries.

GOOD TO KNOW healthy • folate • fibre • vit c • 1 of 5-a-day

PER SERVING 346 kcals • fat 13g • saturates 5g • carbs 40g • sugars 10g • fibre 10g • protein 12g • salt 0.8g

Breakfast egg wraps

Quick to make and filling too, these wraps are perfect little packages of protein. Eggs contain carotenoids and selenium to support a healthy scalp and skin. The recipe is easily halved if you want to serve two people.



SERVES 4 PREP 5 mins COOK 7 mins EASY V

500g closed cup mushrooms
4 tsp cold-pressed rapeseed oil, plus 4 drops
320g cherry tomatoes, halved, or 8 tomatoes, cut into wedges
10 eggs
2 large handfuls of parsley
8 tbsp porridge oats (40g)
4 tsp English mustard powder, made up with water

1 Thickly slice the mushrooms. Heat the 4 tsp oil in a non-stick frying pan and cook the mushrooms, covered, for 6-8 mins. Stir in the tomatoes and cook, uncovered, for 1-2 mins until softened.

2 Crack the eggs into a bowl and finely chop the parsley. Beat the parsley into the eggs along with the oats. Heat a drop of oil in a large non-stick frying pan and fry a quarter of the egg mix for 1 min until almost set, then flip as if making a pancake. Tip onto a plate, spread with a quarter of the mustard, spoon a quarter of the veg filling down the centre and roll up. Repeat the process for another three wraps. *Or if you're only serving two people, reserve half the ingredients and make two more wraps following the same method on another day.*

GOOD TO KNOW healthy • folate • fibre • iron • 2 of 5-a-day

PER SERVING 429 kcals • fat 20g • saturates 4g • carbs 31g • sugars 4g • fibre 6g • protein 28g • salt 0.6g



one-pots

vegan slow cooker

Preparing a vegan supper doesn't have to be difficult – these recipes simply require throwing everything together and leaving to simmer

recipes MYLES WILLIAMSON photographs PETER CASSIDY

Danish-style yellow split pea soup

FIBRE

LOW FAT

IRON

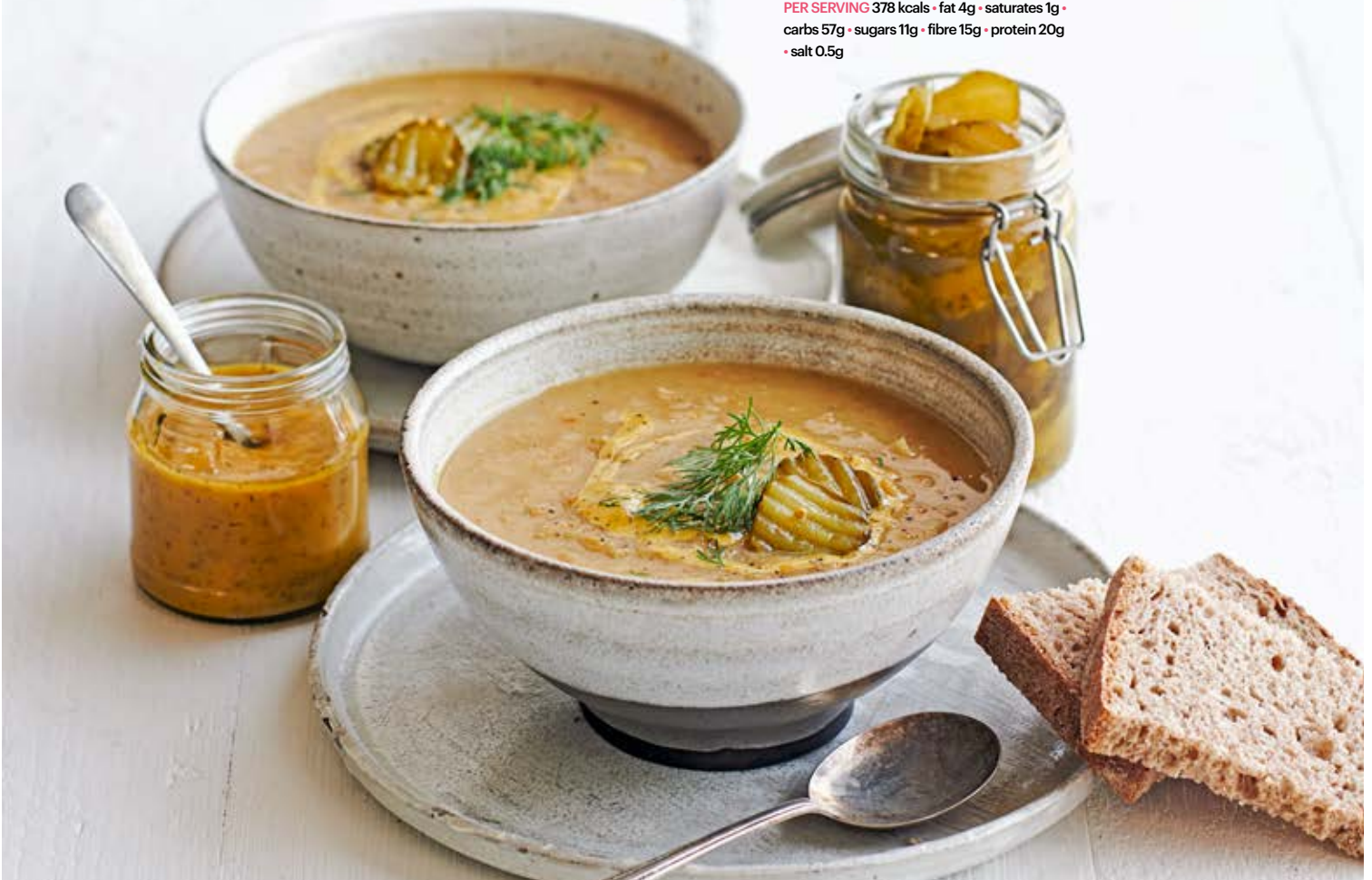
SERVES 6 **PREP** 20 mins plus 2 hrs soaking **COOK** 6-8 hours **EASY V** ❄️

500g dried yellow split peas, soaked for at least 2 hrs, rinsed
2 onions, finely chopped
1 large leek, finely chopped
2 medium carrots, cut into 1cm chunks

1 small celeriac, peeled and cut into 1cm chunks
2 medium parsnips, peeled and cut into 1cm chunks
2 litres fresh vegetable stock
2 tbsp sweet white miso
1 tsp caraway seeds
1 tsp white pepper, plus extra to serve
large pinch of ground cloves
6 thyme or oregano sprigs, tied
handful of fresh dill, chopped, to serve
rye bread, mustard and pickle, to serve (optional)

1 Drain the peas and bring to the boil in a pan of salted water. Cook for 10 mins, drain, rinse and put in a slow cooker with the remaining ingredients except the dill. Cover and cook on low for 6-8 hrs, or until everything has softened. Remove and discard the thyme.
2 Stir, adjusting the soup with 250-300ml boiled water as needed. Season to taste. Sprinkle over the dill and serve with rye bread, mustard and pickle, if you like.

GOOD TO KNOW vegan • healthy • low fat • fibre • iron • 3 of 5-a-day
PER SERVING 378 kcals • fat 4g • saturates 1g • carbs 57g • sugars 11g • fibre 15g • protein 20g • salt 0.5g





Pasta e fagioli

2 OF
5-A-DAY

LOW
FAT

LOW
CAL

SERVES 6-8 **PREP** 20 mins plus overnight soaking **COOK** 7-9 hrs
EASY V *

gf tip

• You could use 2 x 400g cans drained and rinsed beans in place of dried. Just skip the cooking in step 1.

200g dried borlotti or cannellini beans, soaked for 6-8 hours
2 onions, cut into 1cm chunks
2 medium carrots, cut into 1cm chunks
3 celery stalks, cut into 1cm chunks
2 tbsp extra virgin olive oil, plus extra to serve (optional)
4 garlic cloves, crushed
1 litre fresh vegetable stock

400g can plum tomatoes
2 tbsp brown rice miso
6 rosemary sprigs
4 bay leaves
150g ditaloni rigati or other small pasta shapes
200g cavolo nero, stalks finely chopped and leaves torn
30g vegan parmesan, grated, to serve (optional)

1 Drain the beans and bring to the boil in a pan of salted water. Cook for 10 mins, drain, rinse and put in a slow cooker with the onions, carrots and celery.

2 Stir in the olive oil, garlic, stock, tomatoes, half a can of water and the miso. Tie the herbs together

with kitchen string and add these as well. Season. Cover and cook on low for 6-8 hrs, until the beans are cooked through and all of the veg is really tender.

3 Remove and discard the herbs and stir in the pasta. Cover and cook on high for another 30 mins. Add the cavolo nero stalks and leaves and cook for a final 30-40 mins, or until the pasta is cooked through and the greens are tender. Serve scattered with the cheese and drizzled with a little more olive oil, if you like.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • 2 of 5-a-day

PER SERVING (8) 225 kcals • fat 6g • saturates 1g • carbs 29g • sugars 7g • fibre 9g • protein 10g • salt 0.5g

Aubergine & chickpea stew

FOLATE

VIT C

3 OF
5-A-DAY

SERVES 4-6 **PREP** 15 mins plus overnight soaking **COOK** 8-10 hrs
EASY **V** *

gf tip

Use 2 x 400g cans drained and rinsed chickpeas if you don't have dried. Simply skip step 1.

200g dried chickpeas, soaked for 6-8 hours
2 tbsp extra virgin olive oil, plus extra to serve (optional)
2 onions, finely sliced
6 garlic cloves, crushed
1 tsp baharat
1 tsp ground cinnamon
1 small bunch of flat-leaf parsley, stalks finely chopped, leaves roughly chopped, to serve
3 medium aubergines, sliced into 2cm rounds
2 x 400g cans chopped tomatoes
1 lemon, juiced
50g pine nuts, toasted, to serve
pitta breads or flatbreads, to serve (optional)

- 1 Drain the chickpeas and bring to the boil in a pan of salted water. Cook for 10 mins, then drain.
- 2 Heat the oil in a frying pan over a medium heat and fry the onions for 10 mins, or until beginning to soften. Stir in the garlic, baharat and cinnamon and cook for 1 min. Tip the onion mixture into a slow cooker and add the chickpeas, parsley stalks, aubergines, tomatoes and a can of water. Season. Cover and cook on high for 2 hrs, then turn the heat to low and cook for 6-8 hrs more until the mixture has reduced slightly and the chickpeas and aubergines are really tender.
- 3 Stir in the lemon juice, then scatter over the pine nuts and parsley leaves. Drizzle over some extra olive oil and serve with pitta breads or flatbreads, if you like.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • vit c • 3 of 5-a-day

PER SERVING (6) 266 kcals • fat 10g • saturates 1g • carbs 27g • sugars 12g • fibre 12g • protein 11g • salt 0.1g

Chilli non-carne

This low-fat plant-based chilli adds up to a full house when it comes to eating your five-a-day

recipe SARA BUENFELD photograph ROB STREETER

Quinoa chilli with avocado & coriander



SERVES 2 **PREP** 10 mins
COOK 45 mins **EASY** **V**

1 tbsp rapeseed oil
1 large onion, sliced
2 large garlic cloves, chopped
1 green pepper, chopped
½-1 tsp smoked paprika
½-1 tsp chilli powder
2 tsp each cumin and coriander
400g can chopped tomatoes
½ tsp dried oregano
2 tsp vegetable bouillon powder
(check the label if you're vegan)
80g quinoa, rinsed under cold water
400g can black beans, drained
and rinsed
generous handful of coriander,
chopped
2 tbsp bio yogurt or coconut yogurt
(optional)
1 small avocado, stoned, peeled
and sliced

1 Heat the oil in a non-stick frying pan and fry the onion and garlic for 8 mins. Add the pepper and spices to taste and fry for 1 min more.

2 Tip in the tomatoes and a can of water, stir in the oregano, bouillon and quinoa, bring to the boil, then cover and simmer for 20 mins.

3 Stir in the black beans and cook, uncovered, for 5 mins more. Add most of the coriander, then serve topped with the yogurt (if using), the remaining coriander and the avocado slices.

GOOD TO KNOW vegan • healthy • low fat • low cal • calcium • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 565 kcales • fat 21g • saturates 4g • carbs 63g • sugars 21g • fibre 20g • protein 22g • salt 0.4g



You'll find lots of other healthy recipes at bbcgoodfoodme.com

quick fix

post-workout bowls

Refuel after exercising with these nutritious, protein-packed bowls. They're sure to keep you satisfied after an intense hit of training

recipes ESTHER CLARK photographs ROB STREETER

Spicy Indian stir-fried prawns

SERVES 1 PREP 10 mins
COOK 20 mins EASY



- 1 large egg
- 1 tbsp rapeseed oil
- 3 spring onions, sliced into 3cm pieces
- 80g frozen spinach, defrosted
- 1/2 tbsp medium curry powder
- 7 cherry tomatoes, halved
- 80g frozen peas
- 60g raw king prawns
- 2 tbsp chopped coriander
- 1/2 small red chilli, sliced

- 1 Bring a pan of water to the boil and cook the egg for 7 mins. Remove, then put in a bowl of cold water to cool. Set aside.
- 2 Heat the oil in a medium non-stick frying pan. Add the spring onions and fry over a medium heat for 5 mins until softened. Stir through the spinach, curry powder, tomatoes and peas, and cook for 5 mins.
- 3 Turn up the heat, then add the prawns and cook for 2 mins. Stir in the coriander. Gently peel the shell off the egg and slice in half, then place on top of the prawns and scatter over the chilli to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 358 kcals • fat 19g • saturates 3g • carbs 13g • sugars 8g • fibre 10g • protein 27g • salt 0.6g

Jerk chicken with black bean salad

SERVES 1 **PREP 15 mins**
COOK 15 mins **EASY**



100g chicken breast, sliced
 1/2 tsp jerk seasoning
 1/2 tsp olive oil
 6 baby corn cobs
 80g green beans, trimmed
 80g canned black beans, drained

1 roasted red pepper (from a jar), sliced
 1 lime, zested and juiced
 1/2 small bunch coriander, chopped
 1 tsp fat-free Greek yogurt

1 Toss the chicken with the jerk seasoning and 1/2 tsp of the olive oil, then set aside for 10 mins.
2 Bring a pan of water to the boil and cook the corn and green beans for 3 mins. Drain and leave to cool.
3 Halve the corn cobs lengthways, then toss with the black beans, green beans, pepper, lime juice and zest and coriander, then stir through the remaining oil. Heat a griddle or non-stick frying pan over a high heat. Cook the chicken for 4 mins on each side until cooked through. Serve with the salad and yogurt.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 465 kcals • fat 20g • saturates 4g • carbs 26g • sugars 7g • fibre 12g • protein 39g • salt 0.5g



Smoky sweet potato salad bowl

SERVES 1 **PREP 15 mins** **COOK 20 mins** **EASY** **V**



100g sweet potato, peeled and cut into 2cm pieces
 1/2 red onion, sliced
 1 heaped tsp sweet smoked paprika
 1 tsp ground cumin
 1/2 tsp rapeseed oil
 1 cooked beetroot
 2 tbsp low-fat hummus
 1 tbsp chopped parsley
 80g spinach and rocket salad
 1/2 lemon, juiced
 1/2 tsp mixed seeds
 1/2 brown pitta bread
 2 baby cucumbers or 1/4 medium cucumber, sliced

1 Heat oven to 200C/180C fan/gas 6. Toss the sweet potato, onion, paprika, cumin and oil together and spread out on a baking sheet. Roast for 15-20 mins until the potatoes and onion are tender, tossing halfway through.
2 Meanwhile, coarsely grate the beetroot and mix with the hummus and parsley. Toss the salad with the lemon juice and the mixed seeds. Lightly toast the pitta, then slice into strips. Arrange the roasted veg, salad, hummus, cucumber and pitta in a bowl, then serve.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 508 kcals • fat 18g • saturates 2g • carbs 60g • sugars 20g • fibre 16g • protein 18g • salt 1g





wellness

healthier hair, skin & nails

Supercharge your diet with key nutrients to boost hair and nail growth and to keep your skin healthy

recipes ESTHER CLARK

photographs ROB STREETER



Veggie
okonomiyaki

breakfast

Apricot & seed overnight chia

The berries provide a dose of antioxidants called anthocyanins that help to support healthy skin.



SERVES 4 PREP 10 mins plus overnight soaking COOK 25 mins EASY V

8 tbsp chia seeds
350ml unsweetened almond milk
3 tbsp mixed seeds
8 fresh apricots, halved and stoned
1 tsp vanilla bean paste
100g blueberries
½ lemon, zested and juiced
honey, to serve (optional)

1 Put the chia seeds, milk and half the mixed seeds in a medium bowl and stir. Cover and transfer to the fridge to soak overnight.

2 Heat oven to 180C/160C fan/gas 4. Spread the apricots out over a flat baking tray and toss with the vanilla bean paste. Roast for 15-20 mins until soft and just caramelised. Tip the blueberries into a pan with the lemon zest and juice and simmer for 4-5 mins until juicy and bursting.

3 Divide the chia seed mixture between four bowls, then spoon over the apricots, blueberry compote, remaining mixed seeds and a drizzle of honey, if you like.

GOOD TO KNOW healthy • low cal • calcium • fibre • omega-3 • 1 of 5-a-day • gluten free

PER SERVING 225 kcals • fat 13g • saturates 1g • carbs 12g • sugars 9g • fibre 13g • protein 8g • salt 0.1g

lunch

Veggie okonomiyaki

Eggs contribute vitamin D, which boosts nail growth. Use omega-3-rich eggs to increase the amount of vitamin D in this dish.



SERVES 2 PREP 15 mins COOK 10 mins EASY V

3 large eggs
50g plain flour
50ml milk
4 spring onions, trimmed and sliced
1 pak choi, sliced
200g Savoy cabbage, shredded
1 red chilli, deseeded and finely chopped, plus extra to serve
½ tbsp low-salt soy sauce
½ tbsp rapeseed oil
1 heaped tbsp low-fat mayonnaise
½ lime, juiced
sushi ginger, to serve (optional)
wasabi, to serve (optional)

1 Whisk together the eggs, flour and milk until smooth. Add half the spring onions, the pak choi, cabbage, chilli and soy sauce. Heat the oil in a small frying pan and pour in the batter. Cook, covered, over a medium heat for 7-8 mins. Flip the okonomiyaki into a second frying pan, then return it to the heat and cook for a further 7-8 mins until a skewer inserted into it comes out clean.

2 Mix the mayonnaise and lime juice together in a small bowl. Transfer the okonomiyaki to a plate, then drizzle over the lime mayo and top with the extra chilli and spring onion and the sushi ginger, if using. Serve with the wasabi on the side, if you like.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 312 kcals • fat 15g • saturates 3g • carbs 29g • sugars 6g • fibre 5g • protein 15g • salt 0.7g

dinner

Thai mackerel & sweet potato traybake

The dose of vitamin A you'll get in this simple, tasty traybake will help to keep skin healthy.



SERVES 4 PREP 30 mins COOK 45 mins EASY

2 red chillies, deseeded and roughly chopped, plus extra sliced chillies to serve
4 shallots, roughly chopped
2 garlic cloves
1 thumb-sized piece ginger, peeled and chopped
1 lemongrass stalk
1 tbsp hot smoked paprika
2 limes, zested and juiced, plus wedges to serve
200g sweet potato, peeled and cut into 1cm cubes
1 tbsp rapeseed oil
2 red peppers, deseeded and sliced
3 dried kaffir lime leaves
4 raw mackerel fillets
4 spring onions, trimmed and sliced
small bunch coriander, chopped
320g broccoli, steamed

1 Put the chillies, shallots, garlic cloves, ginger, lemongrass, paprika, lime zest and juice and 1 tbsp water into a small food processor and blitz to a smooth paste.

2 Heat oven to 200C/180C fan/gas 6. Put the sweet potato in a large roasting tin and toss with the oil. Add the curry paste, peppers and kaffir lime leaves and roast for 35-40 mins until the potato is tender. Heat the grill to high.

3 Slash the mackerel skin a few times with a sharp knife. Arrange the fish over the veg, skin-side up, then grill for 4-5 mins until the skin is blistered and the flesh is cooked through.

4 Scatter over the spring onions, coriander and extra chillies, then squeeze over the lime wedges. Serve with the steamed broccoli.

GOOD TO KNOW healthy • low cal • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 388 kcals • fat 20g • saturates 4g • carbs 24g • sugars 14g • fibre 9g • protein 22g • salt 0.4g



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A SPA EXPERIENCE FOR ONE AT JIVA SPA, FOLLOWED BY AFTERNOON TEA FOR TWO AT BYZANTIUM LOUNGE, TAJ DUBAI, WORTH AED 720!

Located at the famous Taj Dubai, Jiva Spa is offering one lucky reader a relaxing 60-minute Aromatherapy massage uniquely developed from Indian herbs, essential oils and special ingredients. Have a friend join you after your massage for a luxury afternoon tea for two at Byzantium Lounge. It showcases premium herbal infusions, complimented by a curated menu, set in the plush surroundings of the famous Indian Hotel.



WIN!

A SERVING PLATTER AND BOWL FROM KASHIDA DESIGN, WORTH AED335!

Kashida Design creates luxurious home décor with beautiful Arabic calligraphy that adds a Middle Eastern touch to contemporary pieces. Launched in 2011 by Elie Abou Jamra and Mirna Hamady, the label transcends traditional manifestations of the beautiful letterforms by bringing them to life through bespoke, functional designs. One winner can get two items from their collection; a unique serving plate and bowl inspired by the flowing shapes of natural marble. Fluid art forms merge beautifully with the calligraphy that reads 'Akram al karam hosn al khuluq', an Arabic saying that means 'the epitome of generosity is good manners' and 'Al afiya', Arabic for 'good health'.



WIN!

A TWO-NIGHT STAY WITH BREAKFAST AT A ROVE HOTEL, WORTH AED700!

Award-winning Rove hotels are designed for those who like to explore, receive fuss-free service and discover touches of local culture. Rovers (guests) will always find locally inspired modern interiors and all the essentials to enjoy

their stay. One lucky winner can win a stay for two people, inclusive of breakfast, at the Rove hotel of their choice.

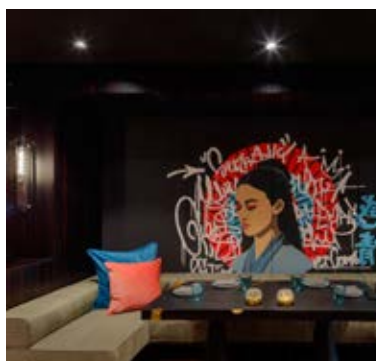


WIN!

A FAMILY MEAL VOUCHER TO SPEND ON THE QIDZ MOBILE APP, WORTH AED 300!

QiDZ, founded by five mums to help other parents across the GCC, share updates and information on the best child-friendly activities in town. The app offers activities happening in and around your city, to inspire parents for

their next family day out. Browse activities on the app, add them to your favourites and save to your calendar.



WIN!

A DINING VOUCHER FOR HANAMI, WORTH AED 500!

Awaken your palate with flavours, textures and explosions of colour, light and sound as your dining experience transports you into the back streets of Tokyo's food scene, interpreted through western eyes. Perched on the 15th floor of Andaz Dubai The Palm, HANAMI - Dubai's newest Japanese restaurant

and bar will ignite your appetite with delicious street-food style dishes and an inspired beverage selection, complemented by 360° skyline views.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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