

goodfood

Middle East

EASTER

at home

*Celebrating
time together*

- + Hot cross cinnamon buns
- + Triple chocolate peanut butter layer cake
- + Easter egg cookies

EASIEST
EVER
MIDWEEK
MEALS

**Cooking
with kids**

Easy-to-make recipes
for first-time cooks

RAMADAN SPECIAL

- Luxury hummus
- Feta, date & spinach pastries
- Baked falafel & cauliflower tabbouleh
- Slow-roast lamb leg






رمضان كريم

RAMADAN KAREEM

MARKS & SPENCER

LONDON

Dubai Festival City, Mall of the Emirates, Ibn Battuta Mall,
Dubai Marina Walk, Springs Souk and Dubai Festival Plaza.

 Marks and Spencer  @MarksandSpencerME

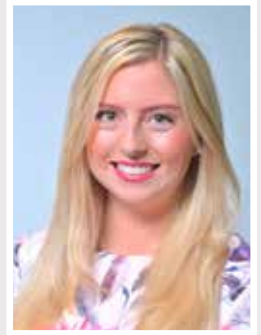




Welcome to April!

As we navigate uncertain times and retreat indoors, we've curated this edition of *BBC Good Food Middle East* to help you create delicious meals at home for you and your family.

Whether it be cooking an indulgent feast for upcoming celebrations of Easter and Ramadan, or making budget-friendly meals that utilise store cupboard ingredients, we have plenty of meal plans available in this issue, and online at bbcgoodfoodme.com to enhance your cooking at home experience.



Now is the time to let that stew simmer, watch hand-kneaded dough rise in the oven, and bake that complicated cake you've been wanting to try for a while.

Why not try this month's cover star? Our triple chocolate peanut butter layer cake with pretzel bark is sure to excite the family, and make for a showstopping centerpiece on your Easter lunch table.

In celebration of Ramadan starting this month, we have a special section dedicated to honouring the region's rich heritage and traditional values.

A time for respect, appreciation and reflection for all we're blessed with, Ramadan is the perfect occasion to share some of our time spent in the kitchen to learning something new about authentic Arabic cuisine. Inside, you'll find mouthwatering Middle Eastern recipes and recommendations to get you started.

Wishing you and yours a very blessed Ramadan.

Stay safe and take care,

Sophie
Editor

WHAT WE'RE LOVING!



"These baked falafel & cauliflower tabbouleh falafel bites make for a great iftar starter."



"For some simple fun in the kitchen, our Easter egg cookies are perfect for making with the children."



"Make Easter at home extra special this year with this slow-cooked Greek lamb leg."



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★ COMPETITIONS

87 Dining vouchers, brunches and more up for grabs.



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



I loved the dippy eggs and soldiers feature in the March magazine! That's a real throwback to childhood meals which I haven't had for such a long time. The Marmite and gooey cheese ones were my absolute favourite so far, and you've inspired me to try jazzing the dish up even more by introducing some truffle in the future... because how delicious would a warm runny egg yolk, delicious ciabatta and fresh truffle shavings be? Thank you for the inspiration!

Hollie Parker



Great to see restaurants rolling out great vegan food when just a year ago I was struggling to recommend somewhere for my vegan friend. However, there's

some excellent (BOCA lead the way for me) and some terrible. I think the key is to make plants taste amazing rather than try too hard to substitute meat. The Akira Back article was a great read.

Matthew Broderick



Thank you for the 'Cook with love' feature - I made the rib-eye steak using meat from our home country of New Zealand. It was a fantastic combination of flavours with the meaty sauce and sharpness of the gherkin ketchup. My husband was amazed and said it was like eating at a restaurant! It has inspired me to do more gourmet cooking at home.

Charlotte Endres





WIN!

The winner of the 'star letter' this month will receive an **Dualit 6 slot Toaster worth Dhs999 from Tavola!** Suhoor in a rush? Toast all 6 slices of bread in one go! The Dualit's 6 slot bun toasters produce perfect buns, toast, and bagels by toasting one side of the bread whilst warming the other. Each toaster is hand-assembled from start to finish in the UK. With its unique ProHeat elements, Dualit has a protective armour plated layer that covers the filament making them virtually unbreakable. **Visit tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     [@bbcgoodfoodme](https://www.instagram.com/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.

Cream of Europe

Rise to the top
with French Cream

In pastry and other branches of the culinary arts, there is no denying that cream is an essential ingredient. As a cooking element, it adds an incredible depth of flavor.

European dairy cream, especially French cream, enhances the flavor of all preparations.

It has an unparalleled melt in the mouth, and its softness on the palate is uniquely smoothing and comforting.

No matter the level of the cooking skills, anyone can incorporate French cream to a range of dishes, from savoury to sweet.



Dark Chocolate mousse & black sesame praline with iced yoghurt & caramel

By Chef Liz Stevenson

Pastry Chef Liz Stevenson arrived in Dubai in 2008 and worked for numerous prestigious venues in the city such as Jumeirah, Rüya and Qbara. She developed a dynamic plate composed of a creamy dark chocolate mousse coated in crushed black sesame praline, with white chocolate and yoghurt sorbet, and a salted nut caramel.



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NEWS *nibbles*

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

Marks & Spencer launches new gourmet ready meal range



During a time we're eating at home more than ever, Marks & Spencer has launched its first ever range of premium chicken halal ready meals, with options spanning Italian, British and Indian cuisines. Each meal is made with high quality British chicken and can be cooked in just minutes.

The range includes spicy Italian chicken arrabiata with penne pasta, chilli and fresh basil; a classic British chicken & vegetable hotpot with hearty vegetable gravy and

a fiery Indian chicken jalfrezi with marinated chicken in a rich, flavourful sauce. Furthermore, customers can enjoy chicken tikka masala & rice – think marinated chargrilled chicken in a fiery tomato and red pepper sauce; chicken, leek & potato bake in a creamy cheese sauce with peas.

The new Marks & Spencer gourmet ready meal range is available at Dubai Festival City Mall, Marina Walk, Ibn Battuta, The Springs Souk, Mall of the Emirates and the newly opened Festival Plaza.



Waitrose & Partners opens new branch in Motor City, Dubai

Waitrose & Partners UAE has opened its eleventh store in Dubai's Motor City community – the third largest in the country for the British quality grocer. Known for combining the convenience of a supermarket with the expertise and service of a specialist shop, customers are invited to discover an array of responsibly-sourced, quality food and drinks.

Firmly committed to supporting the local community at all times, Waitrose is working closely with its suppliers to ensure deliveries remain on track and shelves are fully stocked of all essential items.

Dedicated to sourcing locally wherever possible, shoppers can stock up on variety of produce from the UAE including fresh fruit and vegetables, organic salmon and free-range eggs. In store, shoppers will also find the 'Waitrose & Partners No.1' range, which has plenty to savour, including family classics like Cottage Pie and indulgent treats such as Salted Caramel Chocolate Profiteroles. For easy home-baking, the 'Essential Waitrose' range is the perfect go-to for everyday products, made in the right way and produced with quality and care. The plant-based 'Waitrose Vegan' section features flavour-packed products, including complete meals for a quick-and-easy dinner, and staple vegan must-haves. For lighter meal options– shoppers can delight in the 'Waitrose Love Life' range, developed with the expertise and knowledge of in-house nutritionists and award-winning chefs.

Waitrose Motor City is open seven days a week from 7am to 11pm.

THE BEST BITES



Easter comes to stores this month

Waitrose & Partners shoppers are set for a surprise this Easter as the art of illusion is a playful theme in this year's Easter selection, including a new addition from the master of food illusion himself, Heston Blumenthal.

From chocolate hen's eggs that might initially have you reaching for an egg cup or poaching pod, to a Spring Lemon almost indistinguishable from the fruit itself, the range is full of surprises.

The master of irresistible invention, Heston Blumenthal is back with his new Eggstraordinary Chocolate Hen's Eggs. These might look like they could be enjoyed on toast, but on closer inspection the eggs have been created from white chocolate and house a soft two-tone banoffee centre, with layers of fresh banana purée ganache and dark chocolate caramel ganache.

Continuing with the theme of illusion, the Spring Lemon – complete with a leaf as if it's just been plucked from the tree – looks like it's ready to be sliced and squeezed. A surprising Easter treat, zesty lemon flavours fuse with smooth and creamy white chocolate for a unique sweet, yet citrusy flavour.

For a grown-up upgrade to a traditional Easter Egg hunt, the Heston from Waitrose Eggstraordinary Speckled Eggs are back by popular demand. At first sight, these blue speckled mini eggs might not look like anything out of the ordinary, however chocoholics will be delighted to find a delicious fleur de sel caramel filling.

Other Easter showstoppers include the irresistible hand decorated Squiggle Eggs, available in three flavours including Dark Chocolate and Orange, White Chocolate with Raspberry and Milk Chocolate with Salted Caramel. Available in stores now.

HOW TO

stay healthy at home

With gyms and fitness clubs across the country temporarily closed due to Covid-19, it is important to actively work on overall health, fitness and nutrition goals at home. Banin Shanine, Nutrition Manager at Fitness First shares her top tips on how to eat right and embrace a healthy diet during your time in isolation.



Keep your diet varied

An adequate healthy lifestyle begins with consuming a balanced diet, containing healthy ingredients from all food groups, namely, carbohydrates, protein, healthy fats and vegetables. Your body requires carbohydrates for energy, protein for growth and repair and vegetables for healthy metabolism, while good fats like

avocado and olive oil help absorb nutrients for nourishments. An ideal plate should consist of half vegetable, quarter carbs and quarter protein.

Practice portion control

To lead a healthy lifestyle, it is important to take portion control into consideration. Eat larger portions of low-calorie, nutrient-dense rich foods, like fruits and vegetables. Use small plates or bowls to regulate your portions and avoid processed or sugary foods, as these can lead to higher cholesterol levels.

Get into a 'healthy breakfast groove'

Considered as the most essential meal of the day, breakfast should not be skipped as it sets the tone for the whole day. It not only provides the fuel necessary to complete daily activities but, as recent studies show, consuming breakfast greatly decreases hunger and cravings throughout the day and helps avoid unnecessary calorie intake.

Develop 'healthy rituals'

According to recent studies, more than 70% of our daily salt intake comes from prepared and processed foods. Be kind to your body and reacquaint yourself with healthy eating and fitness habits. Replace your unhealthy staples with smart health choices for a healthier body. Cut down on processed foods to trim added sugars, salt and fat.

Stay hydrated

It is vital to stay hydrated with a recommended water intake of 6 – 8 ounces a day, depending on your bodyweight.

Be active

Remember, nutrition fuels fitness. A healthy and consistent workout routine goes a long way to compliment good nutrition. Try and commit to a minimum of 30 minutes of daily exercise, consisting of cardio, some form of loaded resistance and bodyweight exercises. Begin with jumping jacks or opt for a few reps with a skipping rope as a form of cardio. Improvise with 2kg bottles of milk and other household items to replace free weights in your routine.

UBER EATS UAE WAIVES DELIVERY FEE



In support of the UAE's restaurant community, Uber Eats UAE will not charge its customers a delivery charge when ordering from a nearby restaurant, until further notice.

As more people across the country begin to self-isolate due to the coronavirus pandemic, delivery companies like Uber Eats UAE are choosing to support local businesses in order to

get everyone through this challenging time.

If a restaurant is further away from a consumer, the usual delivery fee will apply.

Do you know of a UAE-based restaurant dismissing delivery fees in the current climate? Get in touch at sophie.voelzing@cpimediagroup.com

Breaking fast with Spinneys

With Ramadan nearly upon us, Spinneys has been working hard to bring in all your favourite eats. Here's a taste of what you'll find in-store this season.



Start your mornings on a healthy note with our fresh produce that has been sourced from top-notch suppliers around the world, as well as from growers who are valued members of the Spinneys UAE Farmers' Club. You'll find blueberries that'll give you that all-important boost of energy and juicy, easy-to-peel ClemenGold mandarins that are sweet and packed with vitamin C in the fruit section. Why not whip up a creamy mutabal or baba ganoush with the eggplants sourced from local farms that adhere to strict certifications?

We also work with local businesses like Dibba Bay Oysters and Fish Farm to provide you with the

freshness of the finest seafood. Keep an eye out for the "Grown in the UAE" and "Organic" tags on the sea bream and sea bass in store to ensure you're buying locally-reared fish.

Dates are the traditional dry fruit used to break the day-long fast. We have a selection of khodri and medjool dates that are perfect for this and make thoughtful gifts.

Planning the menu for your iftar gathering? We've got a wide variety of time-saving frozen snacks from cheese pies and mini spinach and feta rolls to mini croissants. Don't forget to pick up a tub or two of spinneysFOOD Red Pepper Hummus from the chiller and chicken spring rolls and chicken samosas from the deli counter.

If you're looking for something light and healthy, try our special Ramadan-inspired salad - freekeh with spiced paneer and pomegranate. Make your main meal a hassle-free experience during the Holy Month with our new range of flavourful ready meals that are not only expertly prepared but also preservative free. We think the spinneysFOOD Butter Chicken & Rice and spinneysFOOD Chicken Korma & Rice are great choices. Also keep a look out for freshly prepared hot meals at the deli ranging from lamb mandi and chicken kabsa.

Don't forget to stay hydrated at this time. Experiment and create your own mocktails with the concentrates and cordials in store like Roohafza and Vimto. Our spinneysFOOD Sparkling Juices are also perfect for celebrations.

Round off your feast with a selection of Arabic desserts. Choose from katayef, basbousa, ghorayba, kunafa and many more.



Spicy lamb and aubergine pide

Prep time: 40 minutes | **Cook time:** 45 minutes | **Serves:** 4

For the dough

400g white bread flour
 ¼ tsp spinneysFOOD Salt, to taste
 1 tsp instant yeast
 1 tsp spinneysFOOD Unrefined Raw Sugar
 2 tbsp spinneysFOOD Mediterranean Extra Virgin Olive Oil
 350ml lukewarm spinneysFOOD Bottled Drinking Water

For the lamb and aubergine filling

spinneysFOOD Extra Virgin Olive Oil, for frying
 2 medium aubergines, cut into 1cm cubes
 500g spinneysFOOD Free Range Lamb Mince
 2 leeks, finely chopped
 1½ tsp spinneysFOOD Cumin Seeds
 1½ tsp dried chilli flakes
 1½ tbsp baharat spice
 1 tsp spinneysFOOD Fine Cinnamon
 2 garlic cloves, crushed
 1 x 400g tin spinneysFOOD Chopped Tomatoes
 1 bunch spinneysFOOD Fresh Mint, roughly chopped

To serve

Yoghurt
 spinneysFOOD Fresh Pomegranate Jewels

METHOD

- 1 To make the dough, add the flour and salt in a large bowl and mix well.
- 2 Mix the yeast, sugar, olive oil with the water and leave for a minute or so.
- 3 Create a hole in the middle of the flour and gradually add the liquid until you have a dough (a step has been omitted).
- 4 Tip the dough onto a floured surface. Knead for a few minutes until the dough is springy.
- 5 Transfer back to the bowl and cover with a damp cloth for about an hour. The dough should have doubled in size.
- 6 Transfer back onto the floured chopping board and knead again to knock back.
- 7 To make the filling, heat a griddle pan and chargrill the aubergine in batches until charred and soft.
- 8 Heat the olive oil in a large saucepan and fry the lamb mince in small batches until deep brown then remove and set aside.
- 9 Add more olive oil to the pot and sauté the leeks on a low heat for 5 minutes. Add in the spices, garlic and fry for a further few minutes.
- 10 Add in the aubergine, tomatoes, mince and simmer for 15 minutes. Season well then add the mint. w
- 11 Preheat the oven to 200°C, gas mark 6.
- 12 Divide the dough into 4 equal portions, then roll them out into long oval shapes.
- 13 Pinch the dough at each end to make an oval shape.
- 14 Spoon the aubergine mix onto the central part of each pide, leaving a space around the edge. Then fold the edges up and over the filling a little.
- 15 Lightly oil a large baking tray and carefully transfer each pide onto it.
- 16 Bake for 15 minutes, until the crust is cooked and a little golden.
- 17 Remove from the oven, allow the pides to cool a little before serving topped with the yoghurt and pomegranate jewels.



doorstep delivery

Isolation doesn't mean you can't enjoy food from your favourite restaurant. These 10 restaurants are now offering home delivery.



SUPPORT LOCAL

Tag your delivery deal
#UAERestaurantsUnite



REFORM SOCIAL & GRILL, THE LAKES

The city's first gastropub brings #ReformToYourDoor with their signature dishes available for delivery and drive through – just call ahead and Reform Social & Grill will make sure your order is ready for collection.

Beat those breakfast cravings with a signature bap or a full traditional fry-up, through to lunch and dinner classics with the Reform burger, five fish finger buttie, pie & chips and battered cod.

If you have a family to feed, Reform can help with the cooking and save you the washing up with family feast specials, which include lamb shepherd's pie, a full roast chicken with all the trimmings and traditional lasagne.

Reform has also discounted the favourite dishes, so everything is that little bit friendlier on the purse strings. Delivery and drive through is available daily from 9am to 9pm. Call 04 454 2638 or see @reformdubai on Instagram.



LAH LAH, ZABEEL HOUSE BY JUMEIRAH, THE GREENS

Zabeel House by Jumeirah, The Greens, has responded to large portions of its community looking for accessible vegan options and home-style Asian dining by introducing new delivery services for its hugely popular pan-Asian restaurant and lounge, LAH LAH.

LAH LAH's pan-Asian dishes are now available for delivery across Dubai via Deliveroo, with personal delivery an extra option for residents of The Greens.

Among the items available are vegetable green or red curry with tofu, eggplant, mushroom and Thai basil; green papaya salad with tomato, apple, cashew nut and tamarind dressing; and LAH LAH signature peking duck, complete with pancakes, baby cucumber and spring onion, to name a few.

Check out LAH LAH's delivery menu on Instagram @lahlahdxb and to order call 04 519 1111, or e-mail contactgreens@jumeirah.com.



COYA DUBAI, FOUR SEASONS JUMEIRAH

Fancy a treat meal? COYA's Latin American new 'to go' menu 'Coya 2 U' is now available daily, allowing you to order food for delivery anywhere in Dubai. On the menu, expect to find highlights from COYA's menu, including dishes such as aji amarillo chicken, tamarind-glazed lamb ribs, Chilean sea bass with rice, and orange & lime churros for dessert.

Place your order directly with COYA Dubai by visiting coyarestaurant.com/dubai-food-delivery/ or call 04 316 9600.



IL FARO, PALM JUMEIRAH

Marco's New York Italian at Fairmont Bab Al Bahr, Abu Dhabi Authentic Italian eatery, Il Faro, now offers home delivery for your fix of Italian dishes such as pizza bufala, eggplant parmigiana or spaghetti carbonara. Palm Jumeirah's much-loved waterside trattoria is serving up all its signature dishes for foodies to dine at home. Savour the rich flavours of Italy made with fresh, wholesome ingredients from the comfort of your living room.

Get deliveries straight to your doorstep from 12 noon to 9pm on Deliveroo or Zomato, or call 04 568 3137.



WAGAMAMA UAE

Wagamama has launched a variety of online ordering offers to help more people in the UAE who are practicing social distancing eat healthy and immune boosting foods. Wagamama's Asian-inspired menu has been created to soothe, nourish, sustain and inspire and wagamama UAE has devised a variety of online ordering offers for Deliveroo, Uber Eats and Talabat that feature dishes with the most nourishing ingredients.

Customers who are ordering on Deliveroo can enjoy a meal for two for Dhs75 which includes a chicken katsu curry, a teriyaki steak soba and duck gyoza. A meal for four includes teriyaki steak soba, chicken teriyaki donburi, yaki soba, chicken katsu curry, ebi katsu, korean bbq beef bao bun and chicken gyoza for Dhs150. Both offers are subject to terms and conditions and valid until April 20, 2020. For more information, visit wagamama.ae/take-out.



ULTRA BRASSERIE, MARINA PLAZA

In search of healthy options while indoors? Order from Ultra Brasserie for your vitamin boost as they serve up part of your daily five with dishes such as organic quinoa & prawn salad, Ultra's own Beyond Burger and panko chicken poke bowl.

Craving a vitamin boost? Then add a fresh fruit blend, smoothie or vitamin shot to your order.

Orders for breakfast, lunch and dinner are available for delivery every day from 7.30am – 7.30pm to the Dubai Marina, JLT and JBR areas. Call 4 277 5644 or see @ultrabrasserie on Instagram.



TASHAS CAFÉ, FOUR DUBAI LOCATIONS

tashas Café, the South African boutique lifestyle café, has launched home delivery services for customers through a new partnership with Deliveroo. For the first time, customers can enjoy the tashas experience from the comfort of their own homes and taste signature dishes such as the Texas salad, chicken vol-au-vent or Savva's chicken pasta. Dessert options are also available including a selection of cakes, ideal for an afternoon pick-me-up at home.

Delivery from all four tashas restaurants are now available on Deliveroo.



BITE ME BURGER CO AND GET PLUCKED, DIFC

Bite Me Burger Co and Get Plucked, a British fusion restaurant in DIFC, is now delivering London's favoured mini burgers and gourmet chicken burgers and waffle cones to several districts in Dubai.

Serving orders within an eight-kilometer radius from its restaurant in Gate Avenue - DIFC, Bite Me Burger Co and Get Plucked is delivering to 18 districts. These include DIFC, Downtown Dubai, Dubai Design District, Business Bay, Dubai Healthcare City, the Trade Centre area, Jumeirah 1, Al Wasl, Bur Dubai, Zabeel (1 and 2), Satwa, Al Mina, Al Mankhool, Al Jafiliya, Al Hudaiba, Al Bada'a.

Orders can be placed through the bio links on Instagram @BiteMeBurgerME and @GetPluckedME, or calling 04 299 2110. Alternatively, customers can collect their order as takeaway. For more information, visit Bitemeburgerco.ae and Getplucked.ae.



LA SERRE BISTRO & BOULANGERIE, DOWNTOWN DUBAI

Order your favourite dishes from La Serre to enjoy in the comfort of your own home. La Serre's new delivery menu features signatures from the restaurant, including breakfast dishes like avocado benedict, croque monsieur for lunch, and beef bourguignon for dinner. La Serre's Boulangerie is also still operating to produce daily fresh bakes for delivery, including pastries and breads.

Orders can be placed directly with La Serre by visiting laserre.com/menu/laserre-restaurant/ or calling 04 528 3779. You can also place an order for delivery through Deliveroo and Talabat.



THE LITTLE KATSU SHOP, DIFC

This new eatery from the BB Social Dining team is all about the famed Japanese-style katsu sandos – you know, the drool-worthy sandwiches you see all over Instagram these days. Imagine buttery brioche buns sandwiching melt-in-the-mouth tenderloin, moist chicken breast, or perhaps a generous slab of camembert.

Now available for delivery through Deliveroo. For more information, see @thelittlekatsushop on Instagram.

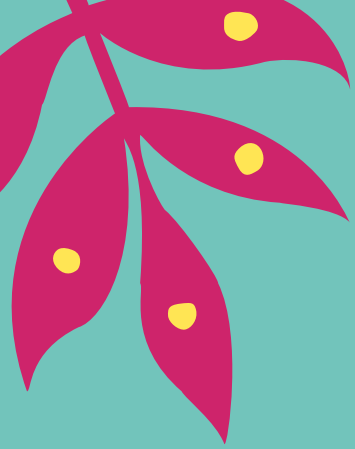


FRUIT & VEG DELIVERY

RIPE ORGANIC AT HOME

During the currently climate, maintaining our health is vital. Stay stocked up with fruit and vegetables with the help of Ripe Organic.

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THIS IS NOT
JUST EASTER

THIS IS M&S
Easter Food



HAPPY EASTER
SUNDAY 12TH APRIL



MARKS & SPENCER

LONDON

easy

Delicious, simple,
and easy-to-
make recipes

4 ways
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healthier fakeaways

easiest ever
midweek meals

Get that Friday feeling during the week with healthier twists on takeaway favourites

recipes ESTHER CLARK *photographs* FAITH MASON

Jerk-style chicken pilaf

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**

1 tbsp rapeseed oil
1 onion, finely sliced
4 boneless, skinless chicken thighs, cut into thick strips
1-2 tbsp jerk seasoning
1 green chilli, deseeded and sliced (optional)
2 large garlic cloves, crushed
2 x 250g pouches microwave basmati rice, cooked
400g can kidney beans, drained and rinsed
1 lime, zested and juiced, plus wedges to serve
3 spring onions, finely sliced
½ small bunch of coriander, finely chopped

■ Heat the oil in a large flameproof casserole dish over a medium-high heat. Add the onion and a pinch of salt and fry for 5-6 mins. Add the chicken and fry for 7-8 mins more. Stir in the jerk seasoning, chilli, if using, and garlic, and cook for 1 min.
■ Stir in the rice, beans and lime zest and juice. Cook until heated through. Scatter over the spring onions, coriander and serve with the extra lime wedges.

GOOD TO KNOW healthy • low cal • fibre

• 1 of 5-a-day • gluten free

PER SERVING 411 kcals • fat 11g • saturates 2g • carbs 53g • sugars 4g • fibre 8g • protein 22g • salt 0.8g

Pork souvlaki

SERVES 4 **PREP** 15 mins plus marinating **COOK** 10 mins **EASY** 

400g lean pork shoulder, cut into 2cm chunks
1 tbsp olive oil
½ tbsp dried oregano
1 lemon, zested and juiced
½ tsp hot paprika
100ml fat-free yogurt
1 small garlic clove, grated
½ cucumber, trimmed and grated
2 red peppers, deseeded and cut into chunks

2 Little Gem lettuces, leaves separated
chilli sauce, to serve (optional)
flatbreads, warmed, to serve (optional)

■ Put the pork in a large bowl with the oil, oregano, lemon zest and juice and paprika as well as a good pinch of salt. Toss everything together to combine and leave to marinate for 10 mins.

■ Combine the yogurt, garlic and cucumber together in a bowl. Season with salt and set aside.
■ Heat the grill to high. Thread the marinated pork and the peppers on four metal skewers, alternating between the pork and peppers as you go. Place on a non-stick baking sheet and grill for 3-4 mins on each side, or until cooked through and golden brown.
■ Serve with the lettuce, yogurt mixture and chilli sauce, and flatbreads, if you like.

GOOD TO KNOW healthy • folate • vit c • 3 of 5-a-day
PER SERVING 210 kcal • fat 8g • saturates 2g • carbs 8g • sugars 8g • fibre 5g • protein 25g • salt 0.3g



Veggie yaki udon

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY V**

1½ tbsp sesame oil
1 red onion, cut into thin wedges
160g mangetout
70g baby corn, halved
2 baby pak choi, quartered
3 spring onions, sliced
1 large garlic clove, crushed

½ tbsp mild curry powder
4 tsp low-salt soy sauce
300g ready-to-cook udon noodles
1 tbsp pickled sushi ginger,
chopped, plus 2 tbsp of the brine

■ Heat the oil in a non-stick frying pan or wok over a high heat. Add the onion and fry for 5 mins. Stir in the mangetout, corn, pak choi and spring onions and cook for 5 mins more. Add the garlic, curry

powder and soy sauce, and cook for another minute.

■ Add the udon noodles along with the ginger and reserved brine and stir in 2-3 tbsp hot water until the noodles are heated through. Divide between bowls and serve.

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

PER SERVING 366 kcals • fat 9g • saturates 1g •
carbs 51g • sugars 12g • fibre 11g • protein 15g
• salt 1.4g





Fish & chip traybake

SERVES 4 **PREP** 20 mins
COOK 35 mins **EASY**

2 large sweet potatoes, cut into thin wedges
1 tbsp rapeseed oil
4 tbsp fat-free natural yogurt
2 tbsp low-fat mayonnaise
3 cornichons, finely chopped, plus 1 tbsp of the brine
1 shallot, finely chopped
1 tbsp finely chopped dill, plus extra to serve
300g frozen peas

50ml milk
1 tbsp finely chopped mint
4 cod or pollock loin fillets
1 lemon, cut into wedges, to serve

■ Heat the oven to 220C/200C fan/gas 8. Toss the sweet potatoes with the oil and some seasoning on a baking tray. Roast for 20 mins.
■ Combine the yogurt, mayonnaise, cornichons and reserved brine, the shallot and dill with 1 tbsp cold water in a small bowl and set aside.
■ Meanwhile, put the peas in a pan with the milk, bring to a simmer and cook for 5 mins. Blitz the mixture

using a hand blender until roughly puréed. Stir in the mint and season to taste. Set aside.

■ Add the cod or pollock to the baking tray with the sweet potatoes, season and cook for 10-15 mins more, or until cooked through. Warm through the pea mixture. Scatter over some dill and serve the traybake with the yogurt tartare and the mushy peas.

PER SERVING 396 kcals • fat 9g • saturates 1g • carbs 37g • sugars 21g • fibre 8g • protein 37g • salt 0.6g

Chipotle chicken & slaw

SERVES 4 **PREP** 25 mins
COOK 40 mins **EASY**

1 tbsp rapeseed oil
2 tbsp chipotle paste
1½ tbsp honey
8 chicken drumsticks
1 lime, zested and juiced
1 small avocado, stoned
2 tbsp fat-free Greek yogurt
125g each red and white
cabbage, both shredded

1 large carrot, cut into matchsticks
3 spring onions, sliced
4 corn on the cobs, steamed,
to serve (optional)

■ Heat the oven to 200C/180C fan/
gas 6. Whisk the oil, chipotle paste
and honey together in a large bowl.
Add the chicken and toss to coat,
then spread out on a non-stick
baking tray. Roast for 30 mins,
turning halfway through.
■ Put the lime zest and juice,
avocado flesh, yogurt and a good

pinch of salt into a blender and
blitz until completely smooth. Put
the sauce in a large bowl with the
cabbage, carrot and spring onion
and toss to combine.

■ Serve the drumsticks with the
slaw and steamed corn, if you like.

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

PER SERVING 318 kcals • fat 16g • saturates 4g
• carbs 13g • sugars 13g • fibre 4g • protein 27g •
salt 0.5g





Sweet & sour tofu

SERVES 1 **PREP 10 mins**
COOK 15 mins **EASY** **V**

1 tbsp rapeseed or vegetable oil
75g extra-firm tofu, cut into 2cm chunks
½ onion, cut into thin wedges
½ red pepper, chopped into chunks
1 large garlic clove, finely sliced
80g fresh pineapple chunks
1 tbsp low-salt ketchup
1 tbsp rice wine vinegar

½ tbsp dark soy sauce
cooked basmati rice, to serve
sesame seeds, to serve

■ Heat half the oil in a non-stick frying pan over a medium heat. Add the tofu and fry for 5 mins, turning regularly, until golden brown on all sides. Remove to a plate with a slotted spoon and set aside.

■ Heat the remaining oil in the pan over a high heat. Fry the onion, pepper and garlic for 5-6 mins, or until the veg begins to soften. Add

the pineapple, ketchup, vinegar, soy sauce and 50ml water, and simmer for 1 min, or until slightly reduced. Stir the tofu back into the pan.

■ Cook the basmati rice following pack instructions. Serve the tofu in bowls with the rice and a sprinkling of sesame seeds.

GOOD TO KNOW vegan • healthy • fibre • vit c
• iron • 3 of 5-a-day

PER SERVING 530 kcals • fat 17g • saturates 2g
• carbs 75g • sugars 18g • fibre 8g • protein 15g • salt 1.2g

Prawn tikka masala

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY**

1 large onion, roughly chopped
1 thumb-sized piece ginger, peeled and grated
2 large garlic cloves
1 tbsp rapeseed oil
2-3 tbsp tikka curry paste
400g can chopped tomatoes
2 tbsp tomato purée
½ tsp light brown soft sugar
3 cardamom pods, bashed
200g brown basmati rice
3 tbsp ground almonds
300g raw king prawns
1 tbsp double cream
½ bunch of coriander, roughly chopped
naan breads, warmed, to serve (optional)

■ Put the onion, ginger and garlic in a food processor and blitz to a smooth paste. Heat the oil in a large flameproof casserole dish or pan over a medium heat. Add the onion paste and fry for 8 mins or until lightly golden. Stir in the curry paste and fry for 1 min more. Add the tomatoes, tomato purée, sugar and cardamom pods. Bring to a simmer and cook, covered, for another 10 mins.

■ Cook the rice following pack instructions.

■ Scoop the cardamom out of the curry sauce and discard, then blitz with a hand blender, or in a clean food processor. Return to the pan, add the almonds and prawns, and cook for 5 mins. Season to taste and stir through the cream and coriander. Serve with the rice and naan breads, if you like.

GOOD TO KNOW low cal • iron • 2 of 5-a-day
• gluten free

PER SERVING 432 kcals • fat 16g • saturates 3g • carbs 50g • sugars 12g • fibre 5g • protein 18g
• salt 1.1g

4 ways

quesadillas

Chilli corn & spring onion quesadilla

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY** **V**

Heat **1 tbsp olive oil** in a frying pan, add $\frac{1}{2}$ **finely chopped onion** and fry for 10 mins or until softened. Add $\frac{1}{2}$ **finely chopped red chilli** and $\frac{1}{2}$ **tsp ground coriander** and cook for 1 min more. Stir through **200g canned sweetcorn**, drained, **3 sliced spring onions** and the **zest of 1 lime**. Season to taste. Pile the mixture on **1 large flour tortilla**, then top with **30g grated cheddar** and **30g grated mozzarella**. Top with a second tortilla. Heat a frying pan over a high heat. When hot, add the quesadilla, cook for 2 mins on one side, then turn it over and cook for 1-2 mins more, or until the cheese is melted. Cut into four and serve with some **chilli sauce**, if you like.

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

PER SERVING 375 kcal • fat 18g • saturates 7g • carbs 38g • sugars 11g • fibre 6g • protein 13g • salt 1.7g

Creamy garlic chicken quesadilla

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

Blitz **50g watercress**, $\frac{1}{2}$ **small bunch of chives**, the **zest of $\frac{1}{2}$ lemon** and **5 tbsp garlic soft cheese**. Season. Remove the **skin from 2 roasted chicken breasts** and fry for 5 mins until crisp. Meanwhile, shred the chicken, then spread the cheese mix over **1 large flour tortilla**, top with the chicken, crisp skin, **30g grated mature cheddar**, **30g grated mozzarella** and a second tortilla. Heat a frying pan over a medium heat, add the quesadilla and cook for 2-3 mins on each side. Cut into four.

GOOD TO KNOW calcium • 1 of 5-a-day

PER SERVING 437 kcal • fat 18g • saturates 10g • carbs 23g • sugars 3g • fibre 3g • protein 44g • salt 1.7g



fresh & zesty

melly & rich

Try a new twist on a classic Mexican-inspired snack. Made from tortillas sandwiched together with a filling then cooked in a pan, these quesadillas are seriously moreish, with a crisp, golden outside and warm, gooey middle

recipes ESTHER CLARK photograph MIKE ENGLISH

Leek, bacon & mustard quesadilla

SERVES 2 **PREP** 10 mins plus cooling
COOK 15 mins **EASY** 

Heat **1 tbsp butter** in a small frying pan set over a medium heat. Fry **1 large sliced leek** for 10 mins until softened. Transfer to a bowl and leave to cool for 15 mins. Fry **3 chopped smoked streaky bacon rashers** in the pan for 5 mins, or until crisp. Mix the leeks with **1 tbsp wholegrain mustard**, **1 tbsp chopped parsley**, **30g grated mature cheddar** and **30g grated mozzarella**. Spread the mixture over **1 large flour tortilla** and top with the bacon and a second tortilla. Heat a frying pan over a high heat. When hot, add the quesadilla and cook for 2 mins on one side. Turn it over and cook for 1-2 mins more, or until the cheese is melted. Cut into four.

GOOD TO KNOW calcium • 1 of 5-a-day

PER SERVING 417 kcals • fat 26g • saturates 13g • carbs 23g • sugars 3g • fibre 5g • protein 19g • salt 2.9g

Prawn & chorizo quesadilla

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY**

Heat **1 tbsp olive oil** in pan. Fry **1/2 small sliced red onion** and **1 sliced red pepper** for 10 mins. Add **70g finely chopped chorizo** and fry for 5 mins more. Stir in **1 crushed garlic clove**, **1 tbsp chipotle paste**, **1/2 tsp cumin**, **1/2 tsp ground coriander** and **100g peeled and chopped raw king prawns**, then fry for 2 mins more. Add the **juice of 1 lime** and season. Spread over **1 large flour tortilla**, top with a second tortilla. Heat a frying pan over a high heat. When hot, add the quesadilla and cook on each side for 1-2 mins. Cut into four and serve with **guacamole**, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 384 kcals • fat 20g • saturates 6g • carbs 27g • sugars 6g • fibre 4g • protein 22g • salt 2.3g



tangy & soft

hot & spicy

anna's simple solutions

make-ahead pud



Our video food editor **Anna Glover** solves your midweek cooking dilemmas with new simple recipe ideas

photograph MELISSA REYNOLDS-JAMES

the dilemma

I need a no-fuss, make-ahead dessert that's comforting and great for serving after Sunday lunch.

the solution

Freeze-ahead sponges can be kept on standby, so there's very little prep when you want a pud. Cook from frozen while the main is in the oven for a perfect dessert every time.

A frozen dessert comes in handy on many occasions, whether you have last-minute guests, limited ingredients, or a lack of time (or motivation!).

We tend to think of iced desserts when we look to the freezer as ice creams and terrines, for example, but after Sunday lunch on a cold March afternoon, most of us are craving something that'll stick to our ribs, preferably with custard.

Steamed sponges are a personal favourite – they remind me of school dinners, in a good way. But I never seem to have the time or space to make a steamed pud after a roast, as there are already too many pans to concentrate on.

Cook-from-frozen puddings offer a very simple solution. As soon as the oven is free and just before you

sit down to eat, slide in the frozen pudding standing in a baking dish half-filled with water. All the hard work has been done already.

I've updated the classic jam sponge here with a coconut twist, which adds nuttiness and texture, but you could use ground almonds or finely blitzed pistachios if you like. Prefer the classic? Simply swap the coconut for extra flour.

Freezing individual puddings rather than a large one means shorter cooking time and easy portion control, which cuts down on waste. Use whatever jam or marmalade you have – strawberry or blueberry would be equally delicious. If you'd rather cook them straightaway, steam in the oven for 40–45 mins, until a skewer inserted in the middle comes out clean.

Raspberry & coconut steamed sponge

MAKES 6 **PREP** 15 mins plus freezing **COOK** 1 hr **EASY** **V** ❄️

175g unsalted butter, softened, plus extra for the basins
6 tbsp raspberry jam
175g caster sugar
3 large eggs
150g self-raising flour
25g desiccated coconut, blitzed in a small food processor until fine
1 tsp vanilla extract
2 tbsp coconut cream, plus 2 tbsp to serve (optional)
500g thick custard, to serve

1 Butter six small pudding basins and spoon 1 tbsp jam into the bottom of each one.

2 Put the butter and sugar in a medium bowl and beat with an electric whisk until pale and fluffy. Beat in one of the eggs followed by a spoonful of the flour, then continue until all the eggs have been incorporated. Fold in the remaining flour, the coconut and a pinch of salt, then the vanilla and coconut cream. Spoon the mix into the prepared basins, leaving a 1cm gap at the top.

3 Put the basins on a baking tray, transfer to the freezer and freeze until solid. *Will keep tightly wrapped*

in the freezer for up to three months.

4 Heat the oven to 180C/160C fan/gas 4. Put the basins in a deep baking dish and half-fill with boiled water from the kettle. Tightly cover the dish with foil and bake for 1 hr, or until a skewer inserted into the middle of a sponge comes out clean.

5 Warm the custard with the extra 2 tbsp coconut cream, if using, and pour into shallow bowls. Run a knife around the sides of the basins and carefully turn out the sponges onto the custard. Serve straightaway.

PER SERVING 665 kcals • fat 37g • saturates 24g
• carbs 72g • sugars 51g • fibre 2g • protein 10g • salt 0.5g





RAMADAN KAREEM

SHARE MOMENTS WITH FAMILY
AND FRIENDS THIS RAMADAN

MARKET AT EDITION PRESENTS FRESH ARABIC
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Ramadan

Recipes to share with your friends and family during the holy month



*5 ways with
delightful dips, p30*



*Veggie Iftar
menu p32*



Fast fulafel, p36



Sweet dates p40



Tahini, p46



5 ways with

delightful dips

Blitz together a few ingredients to make one of these vibrant recipes. Spoon into bowls for sharing dishes, or pack into a lunchbox with crackers for a speedy snack

recipes ESTHER CLARK and CASSIE BEST

Beetroot hummus

SERVES 4 PREP 10 mins NO COOK EASY V

Tip a **400g can drained chickpeas** (reserving a few to scatter over at the end) into a food processor along with **300g cooked beetroot**, **1 garlic clove**, **1 tbsp tahini** and the **juice of 1/2 lemon**. Season, then blend until smooth. Tip the hummus into a bowl and top with the remaining chickpeas, **1 tbsp roughly chopped hazelnuts**, **1 tbsp pumpkin seeds** and **1 tsp nigella seeds**. Finish with a **drizzle of olive oil**.

GOOD TO KNOW vegan • healthy • folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 204 kcals • fat 10g • saturates 1g • carbs 17g • sugars 7g • fibre 6g • protein 9g • salt 0.2g

Canellini bean, pesto & chorizo dip

SERVES 4 PREP 5 mins COOK 5 mins EASY

Drain and rinse a **400g can cannellini beans**. Put in a food processor with **1/2 small garlic clove**, **2 tbsp fresh pesto**, **2 tbsp olive oil** and 1 tbsp water, then blitz together. Season to taste. Fry **60g diced chorizo** in a dry frying pan until beginning to turn crisp. Spoon the bean dip into a bowl and top with the chorizo.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 206 kcals • fat 14g • saturates 3g • carbs 10g • sugars 1g • fibre 4g • protein 8g • salt 0.8g

Burnt spring onion & cream cheese dip

SERVES 4 PREP 5 mins COOK 10 mins EASY V

Heat a griddle pan over a high heat. Cook **1 bunch trimmed spring onions** for 7-10 mins or until softened and blackened. Set aside to cool completely. Put the cooled spring onions in a food processor with **250g full-fat cream cheese**, 2 tbsp water, the **zest and juice of 1 lemon**, and some black pepper, then blend until smooth. Loosen with 1-2 tbsp water if it seems too thick. Stir through **1 tbsp chopped chives** and serve.

GOOD TO KNOW gluten free
PER SERVING 165 kcals • fat 15g • saturates 10g • carbs 3g • sugars 3g • fibre 1g • protein 4g • salt 0.4g

Edamame & wasabi dip

SERVES 4 PREP 5 mins NO COOK EASY V

Blitz **300g shelled edamame beans** with **3 tbsp crème fraîche** and **2 tsp wasabi paste** and the **juice of 1 1/2 lemons** in a food processor until smooth and creamy. Season. Spoon into a bowl and sprinkle with **1 tsp black or white sesame seeds**.

GOOD TO KNOW folate • 1 of 5-a-day • gluten free
PER SERVING 215 kcals • fat 17g • saturates 9g • carbs 5g • sugars 2g • fibre 4g • protein 9g • salt none

Baba ganoush

SERVES 4 PREP 10 mins COOK 40 mins EASY V

Heat the grill to its highest setting. Put **3 aubergines** on a baking sheet and grill for 35-40 mins, turning halfway, until softened. Leave to cool completely, then peel off the skin and discard. Put the flesh, **2 tbsp olive oil**, **1/4 tsp ground coriander**, **1/4 tsp ground cumin**, **2 tbsp tahini**, **juice of 1 large lemon** and **1/4 small bunch chopped parsley** in a food processor. Briefly pulse to create a chunky dip, then season to taste. Drizzle with a little oil to serve.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day • gluten free
PER SERVING 147 kcals • fat 11g • saturates 2g • carbs 5g • sugars 4g • fibre 7g • protein 4g • salt none





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VEGETARIAN EASTER MENU FOR 8

veggie Iftar menu

This meat-free menu is packed with exotic herbs for an explosion of flavour



Veggie spiral pie with spiced tomato sauce & chopped salad



Luxury hummus

**VEGETARIAN
MENU**

Luxury hummus

Veggie spiral pie with
spiced tomato sauce &
chopped salad

Rhubarb ripple semifreddo

Luxury hummus

Use good-quality chickpeas to give this vegan hummus a really silky feel. Dips make perfect, easy party food to serve with crudités and warm pittas.

SERVES 8 PREP 20 MINS

COOK 5 MINS EASY V

700g chickpeas, drained
135ml extra virgin olive oil, plus extra for drizzling
2 garlic cloves, roughly chopped
1 tbsp tahini
1½ lemons, juiced
For the toppings
½ tsp smoked paprika
½ tsp sumac
½ small pack parsley, roughly chopped
40g pomegranate seeds
crudités or warm pittas, to serve

1 Blitz $\frac{3}{4}$ of the chickpeas and 120ml of the oil with the rest of the hummus ingredients and a good amount of seasoning using a food processor. Add a little water if it is too thick. Spoon the hummus into a serving bowl or spread it onto a plate. *Can be made up to two days in advance and kept in the fridge.*

2 Dry the rest of the chickpeas on kitchen paper as much as possible. Heat the remaining oil in a frying pan over a medium heat. Add the chickpeas and a large pinch of salt, and fry until golden, around 4 mins. Drain on kitchen paper.

3 Drizzle some oil over the hummus, then sprinkle with the spices, parsley and pomegranate seeds. Scatter the fried chickpeas on top and serve with crudités or warm pittas.

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 242 kcals • fat 20g • saturates 3g • carbs 10g • sugars 1g • fibre 4g • protein 5g • salt 0.4g

Veggie spiral pie with spiced tomato sauce & chopped salad

A savoury twist on Moroccan *m'hanncha*, meaning 'snake', because it's coiled.

SERVES 8-10 PREP 50 MINS COOK 1 HR 30 MINS PLUS COOLING A CHALLENGE V

1 tbsp cumin seeds
1 tbsp coriander seeds
3 tbsp olive or rapeseed oil
2 onions, halved and thinly sliced
100g green lentils
300g basmati rice
4 garlic cloves, crushed
1 whole nutmeg, for grating
½ tsp ground turmeric
½ tsp allspice
400g spinach
small bunch dill, finely chopped
small bunch parsley, finely chopped
small bunch mint, finely chopped
2 lemons zested, 1 juiced
200g feta (check the label if vegetarian)
2 x 270g packs filo pastry (12 sheets in total)
100g butter, melted
1 egg, beaten
1 tsp black or regular sesame seeds
Greek yogurt, to serve
For the tomato sauce
2 x 400g cans chopped tomatoes
1 tbsp red wine vinegar
2 tsp sugar (any will do)
1 tsp ground cinnamon
2 tbsp olive oil
For the salad
1 cucumber
1 onion, finely chopped
2 large tomatoes, finely chopped
handful parsley, chopped
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil

1 Heat a large saucepan, tip in the cumin and coriander seeds and toast for a few mins until fragrant and they turn a shade darker, then grind to a fine powder using a pestle and mortar. Add the oil to the pan, then tip in the onions and cook slowly until golden and caramelised, around 15-20 mins. Meanwhile, bring two pans of water to the boil. Add the lentils to one and cook for 20 mins. Put the rice and a pinch of salt in the other and cook for 5 mins. Drain both pans, and leave the lentils and rice to steam-dry.

2 Stir the garlic into the onions and cook for 1-2 mins over a low heat. Add the ground spices to the onion mixture. Grate half of the nutmeg and add to the onions with the turmeric and allspice.

3 Put the spinach in a colander in the sink, pour over a kettle of boiling water, then rinse under cold water. Use your hands to squeeze out as much liquid as possible. Finely chop the spinach and add to the onions with the herbs, lemon zest and juice and the rice, lentils and plenty of seasoning. Leave to cool. Crumble the feta, then stir it through the mix.

4 To assemble the pie, you'll need about 1 metre of space on your worktop. Unwrap the filo and cover with a damp tea towel. Have your bowls of melted butter and beaten egg to hand, as well as a pastry brush for each. Working quickly, lay 4 sheets of filo end to end, running along the length of your work surface, and butter each piece generously, overlapping each sheet by about 10cm. Top with another 4 sheets, butter well, then repeat with 3 final sheets of filo (save the last one to cover any cracks later on).

5 Spoon the rice filling down the centre of the filo, leaving 5cm free on either end. Brush the egg around the edges and tuck the ends in to cover the filling. Starting from one end, roll the filo over the filling, working your way along until you have a long filo sausage. From one end, start to coil the sausage back on itself – if the pastry cracks, patch over the hole with your reserved piece of filo. When the coil is complete, slide onto a tray lined with baking parchment, brush the top with beaten egg and sprinkle over the sesame seeds. You can now cover it loosely and chill for up to 24 hrs.

6 Heat oven to 200C/180C fan/gas 6. Place the pie on the middle shelf and bake for 45 mins until golden and crisp. Meanwhile, tip all the ingredients for the tomato sauce into a pan, season and bubble for 30 mins until rich and thick.

7 For the salad, halve the cucumber through the centre, then cut in half lengthways and chop into small cubes. Put in a bowl, add the remaining ingredients and season well.

8 Remove the pie from the oven and leave to cool for at least 20 mins before serving with the tomato sauce, salad and a bowl of plain yogurt, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
PER SERVING 545 kcals • fat 24g • saturates 10g • carbs 63g • sugars 9g • fibre 6g • protein 17g • salt 1.6g



Rhubarb ripple

semifreddo

Make the most of seasonal rhubarb in this make-ahead dinner party dessert.

SERVES 8-10 PREP 20 MINS
COOK 15 MINS PLUS ABOUT 3 HRS
FREEZING MORE EFFORT V

200g rhubarb, chopped
 100g caster sugar
 3 tbsp ginger cordial
 4 eggs, separated
 100g icing sugar
 300ml double cream
 50g ready-made meringues,
 broken into pieces
 25g crystallised ginger, to serve

1 Line a 900g loaf tin with baking parchment. Put the rhubarb in a medium-sized saucepan with the caster sugar, cordial and 2 tbsp water. Heat gently until the sugar has dissolved, then simmer for 10-15 mins or until the rhubarb is soft but holds its shape. Pour into a heatproof jug and leave to cool.

2 Whisk the egg whites in a bowl until stiff. In another bowl, whisk the yolks with the icing sugar until they're pale and starting to thicken. In a third bowl, whip the cream until thick. Fold the yolk mixture into the whipped cream until well combined, then fold in the egg whites and half the meringue pieces.

3 Gently spoon a third of the cream mixture into the prepared tin and freeze for 20-30 mins or until just set (keep the rest of it in the fridge). Once set, take the tin out of the freezer and pour in half the cooked rhubarb. Reserve a little for decorating later, if you like. Top with another third of the cream mixture and return to the freezer for another 30 mins. Once set, add the other half of rhubarb, followed by a final layer of cream. Cover and put it back in the freezer for 2 hrs to firm up.

4 Turn out onto a serving plate and peel away the parchment. Decorate with any rhubarb you may have reserved, the remaining meringue and crystallised ginger.

GOOD TO KNOW gluten free

PER SERVING 286 kcal • fat 18g • saturates 11g •
 carbs 26g • sugars 26g • fibre none • protein 3g •
 salt 0.1g



batch cooking

fast falafel

Make one batch of healthy baked falafels and cauliflower tabbouleh, then jazz up your lunches with these quick and easy twists

recipes SOPHIE GODWIN *photographs* ROB STREETER

Green tahini sauce & charred spring onions





Avocado, pea & feta smash



Tightly pickled carrot, cucumber & chilli salad







try these three twists

Green tahini sauce & charred spring onions



SERVES 2 PREP 10 mins
COOK 5 mins EASY V

- 6 spring onions, trimmed
- 1 tsp olive oil
- handful rocket
- 1/2 small pack coriander
- 1 small garlic clove, roughly chopped
- 1/2 lemon, juiced
- 2 tbsp tahini
- 2 portions baked falafel & cauliflower tabbouleh

1 Heat grill to high. Brush the spring onions with the oil and sprinkle over some seasoning, then grill for around 5 mins until soft and charred, turning halfway through.

2 Meanwhile, blitz the rocket, coriander, garlic, lemon juice and 1 tbsp water together in a food processor until bright green. Put the tahini in a bowl, then gradually whisk in the rocket mixture until the tahini loosens to a sauce consistency. Season to taste.

3 To serve, divide the charred spring onions between two plates, add the baked falafel & cauliflower tabbouleh and top with the green tahini.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 433 kcals • fat 26g • saturates 4g • carbs 27g • sugars 5g • fibre 12g • protein 17g • salt 0.4g

make your falafel

Baked falafel & cauliflower tabbouleh



SERVES 6 PREP 30 mins COOK 20 mins EASY V

- | | |
|--|--|
| 3 x 400g cans chickpeas, drained (or 250g dried chickpeas, soaked in 1 litre cold water overnight, then drained) | (gluten-free, if you like) |
| 3 tsp ground cumin | 2 small packs parsley, stalks and leaves separated, leaves chopped |
| 2 tsp ground coriander | 4 tbsp olive oil |
| 1 tsp cayenne pepper | 1 cauliflower, cut into large florets |
| 1 red onion, quartered | 1 small pack mint, leaves chopped and stalks discarded |
| 3 garlic cloves | 1 lemon, juiced |
| 2 tbsp sesame seeds | |
| 1 1/2 tsp baking powder | |

1 Heat oven to 200C/180C fan/gas 6 and line two baking sheets with baking parchment. Tip the chickpeas, 2 tsp of the ground cumin, 1 tsp of the ground coriander, the cayenne pepper, onion, garlic, sesame seeds, baking powder, parsley stalks and 1 tbsp water into a food processor. Blitz until combined but not smooth (you want the falafel to have some texture, rather than being the consistency of hummus). Season to taste, then roll into 18 evenly sized balls. Flatten each ball into a disc shape and arrange on the baking sheets, then brush the tops with 1 tbsp of the oil. Bake for 20 mins until golden and crisp, turning halfway through cooking.

2 Meanwhile, clean out the food processor, then tip in the cauliflower and briefly pulse until it resembles couscous. Mix the cauliflower couscous with the remaining ground spices and olive oil, then add some seasoning. Tip onto a roasting tray and roast for 10-12 mins until lightly toasted, stirring occasionally.

3 Remove from the oven and leave to cool, then mix through the parsley leaves, mint leaves and lemon juice. Season to taste. *Will keep for three days in the fridge.* Serve the baked falafel with the cauliflower tabbouleh and add a healthy twist with one of the sides, right.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 307 kcals • fat 15g • saturates 2g • carbs 25g • sugars 4g • fibre 10g • protein 12g • salt 0.3g

Avocado, pea & feta smash



SERVES 2 PREP 5 mins
COOK 3 mins EASY V

- 200g frozen peas
- 1/2 medium ripe avocado
- 30g feta
- 1/2 lemon, zested and juiced
- 2 handfuls rocket
- 2 portions baked falafel & cauliflower tabbouleh

2-3 mins until defrosted and just cooked. Drain off all the water and roughly mash. Add the avocado and mash again to combine. Crumble in the feta and mix together, then season to taste with a little of the lemon juice, the lemon zest and some salt and pepper.

2 Toss the rocket leaves in the remaining lemon juice. Serve the rocket alongside the avocado, pea & feta smash and the baked falafel & cauliflower tabbouleh.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 503 kcals • fat 26g • saturates 6g • carbs 36g • sugars 10g • fibre 17g • protein 22g • salt 0.8g

1 Put the peas in a microwavable bowl, cover and cook on high for

Lightly pickled carrot, cucumber & chilli salad



SERVES 2 PREP 5 mins
NO COOK EASY V

- 2 carrots, peeled into ribbons
- 1 cucumber, peeled into ribbons, seedy core removed
- 1 small red chilli, deseeded and sliced
- 1 1/2 tbsp rice or white wine vinegar pinch sugar
- 1/2 small pack coriander, leaves picked and stalks discarded

2 portions baked falafel & cauliflower tabbouleh
2 tbsp 0% fat natural yogurt

1 Mix the carrots, cucumber, red chilli, vinegar, sugar and a pinch of salt in a bowl, then stir through the coriander leaves. To serve, divide the salad between two plates, add the baked falafel & cauliflower tabbouleh and spoon over a dollop of the yogurt.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 398 kcals • fat 17g • saturates 2g • carbs 38g • sugars 16g • fibre 14g • protein 17g • salt 0.6g



DIANA HENRY

SWEET DATES

Diana Henry showcases this sticky fruit in savoury recipes including a stuffed roast chicken and pan-fried mackerel

recipes DIANA HENRY photograph SAM STOWELL

It's hard to believe that dates are fruit. They seem more of a sweet meat. Bite into one and the flesh collapses like soft fudge, and it's just as sugary. As a child I thought of dates much as I did raisins, something squidgy to put into the cakes that I wasn't, at that time, particularly fond of, like date and walnut loaf – workaday cakes, sensible cakes. Dates were bought in square blocks wrapped in clear plastic. Sometimes my mum would shave off a few slivers to eat while she was watching the telly. Later, at school, I had apple, date and walnut sandwiches in my lunch box. It seems an odd filling, but it was lovely against salty butter and brown bread.

When I discovered Middle Eastern food I saw dates in a very different way. They were no longer for sweet dishes but provided a contrast to savoury ingredients in Moroccan tagines. Dates are especially good in lamb tagine, and jewelled stuffings for chickens and lamb shoulders. So much of the food of North Africa plays on a sweet-savoury balance and dates are perfect against preserved lemons, chickpeas, aubergines, feta and yogurt. The problem, when cooking with them, is getting the balance right. Too many dates and a dish is cloying. I make an onion and date relish to eat with hummus but it only takes a little, plus some chopped preserved lemon, and you have an extra special snack. It's the same with salads.

I use chopped dates a lot in Middle Eastern-inspired salads, but you have to chop them finely and separate the chunks so they don't stick together.

Date syrup, which is made by boiling dates, puréeing them and squeezing out the liquid, has become more available recently and has to be used carefully for the same reason. A thin drizzle is good on purées of garlicky beans and aubergine. You need just enough to have your mouth reeling in the contrast.

Thousands of varieties of dates are grown in the Middle East and North Africa but only a few types make their way here, mainly medjool and deglet nour. Deglet nour means 'fingers of light', the most beautiful name for a fruit I've ever heard. Deglet nour are paler than medjools, like amber and almost translucent, which is perhaps how they got their name. Medjool dates are like big fat ebony beads.

The Talmud, the Qur'an and the Bible all use dates to signify abundance and fertility, and while we might think of dates simply as something sweet, those who live in deserts regard them as life-giving. The date palm can survive in the desert where nothing else flourishes, sustaining Bedouins who have been known to exist for long periods simply on dates and camel milk. There's a saying that the Bedouin spend their lives looking for the 'two black ones', water and dates. For some, they're as fundamental in life as bread.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table*, (£25, Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfood.com.

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Feta, date & spinach pastries, p42

Feta, date & spinach pastries

While this isn't a traditional recipe, it exploits the contrast of sweet and savoury that is prominent in the food of some Middle Eastern countries. A little chopped preserved lemon can also be added to the stuffing.

SERVES 14-16 **PREP 45 mins** plus cooling **COOK 45 mins** **EASY V**

500g spinach, any coarse stalks removed
115g butter
1 tbsp olive oil
½ small onion, finely chopped
2 garlic cloves, crushed
4 spring onions, finely chopped
8 dates, stoned and finely chopped
½ small bunch of parsley, leaves finely chopped
8 mint sprigs, leaves torn
25g toasted pine nuts
150g feta, crumbled

1 medium egg, lightly beaten
250g pack filo pastry sheets
black sesame seeds, for sprinkling

- 1 Put the spinach in a pan with 2 tbsp water over a low-medium heat and cover. Stir the spinach a couple of times until wilted, about 4 mins, then drain. When cool enough to handle, firmly squeeze the excess water from the spinach with your hands, then roughly chop.
- 2 Heat 10g of the butter and all of the oil in a large frying pan. Add the onion and cook over a medium-low heat until pale and softened. Add the drained spinach and garlic, season and cook for about 5 mins, stirring occasionally. Leave to cool.
- 3 Transfer the spinach mixture to a bowl, then mix in the spring onions, dates, parsley, mint, pine nuts, feta and egg. Season.
- 4 Heat the oven to 190C/170C fan/gas 5. Unroll the filo pastry and cut it into strips 9-10cm wide. Melt the

rest of the butter, then brush one strip with some of it before putting another strip on top and brushing that too. Keep the remaining pastry covered with a tea towel as you work. Put two heaped teaspoonfuls of the filling at the end of the strip nearest to you. Fold the bottom corner of the pastry diagonally over the filling, so that what was the bottom edge now meets the right-hand edge of the pastry. Fold over the filled triangle and keep going like this with the whole strip, brushing with butter as you go, until you have a neat triangular filo package. Repeat the process with all the pastry and filling. Brush the top of each one with butter, then put onto baking sheets. Sprinkle with the black sesame seeds and bake for 25-30 mins, or until the pastry is golden brown.

PER SERVING 166 kcal • fat 11g • saturates 5g • carbs 12g • sugars 3g • fibre 1g • protein 5g • salt 0.5g

Saffron butter chicken with date & couscous stuffing

A simple dish of roast chicken is elevated here by a rich stuffing. The saffron butter doesn't just look beautiful, it also gives the dish a complex flavour. If you don't like saffron but you're happy to add a bit of heat, use a little ground cayenne pepper instead.

SERVES 6 **PREP 20 mins** plus resting **COOK 1 hr 40 mins** **EASY**

30g butter
1 small onion, finely chopped
2 garlic cloves, finely chopped
1 tsp ground cumin
½ tsp ground ginger
1 red chilli, halved, deseeded and chopped
150g couscous
250ml hot chicken stock
40g dates, pitted and chopped
30g dried barberries

25g walnuts, roughly chopped
10g coriander, chopped
10g parsley, chopped
8 spring onions, finely chopped
2kg whole chicken
Greek yogurt and green salad, to serve (optional)
For the saffron butter
30g unsalted butter
pinch of saffron threads

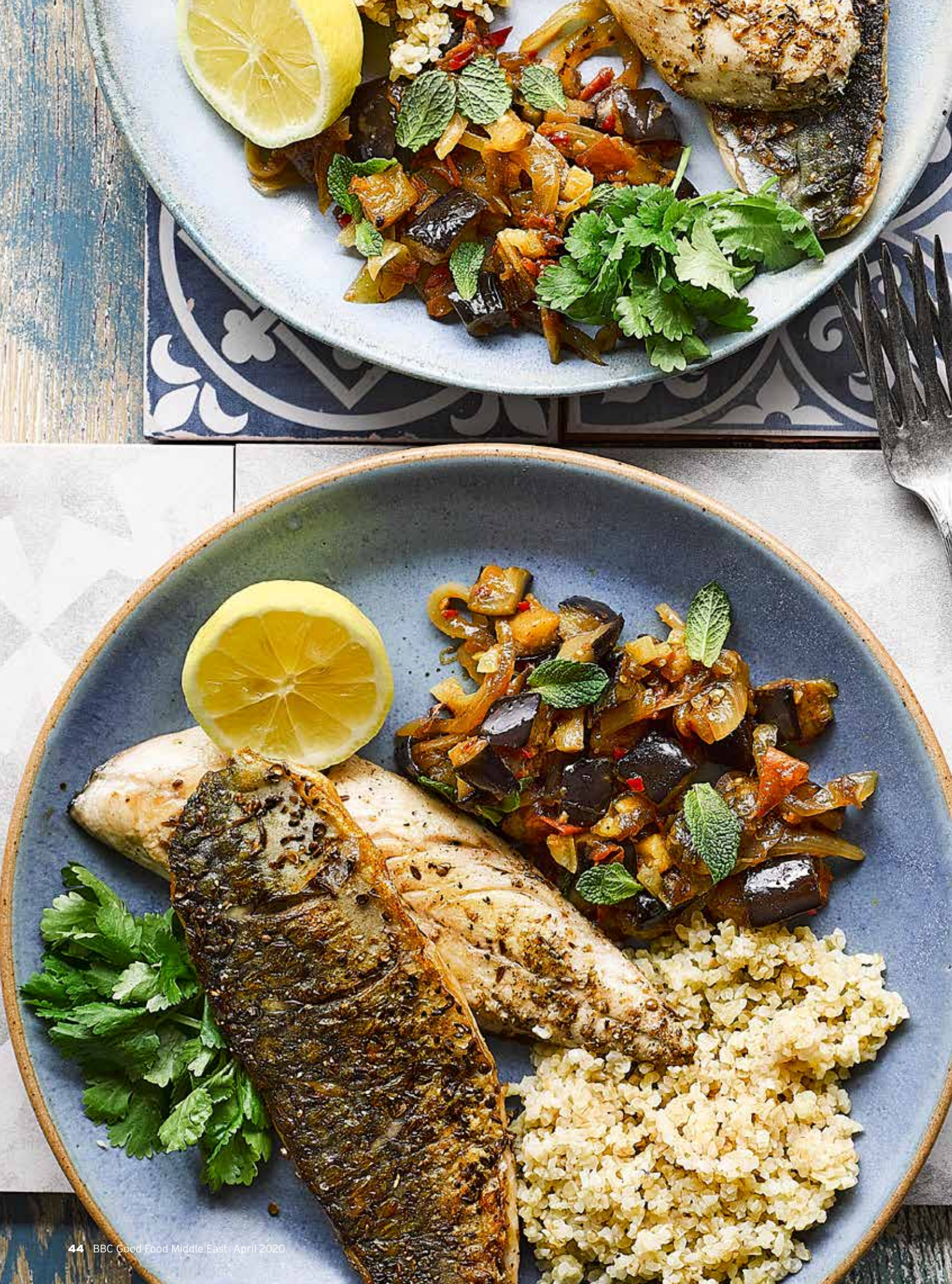
- 1 Heat the oven to 200C/180C fan/gas 6. Melt half the butter in a pan over a medium heat and fry the onion until soft. Add the garlic, cumin, ginger and chilli, and cook for 2 mins more. Stir in the couscous, then pour over the stock and tip in the dates and barberries. Turn off the heat, cover and leave for 15 mins for the couscous to absorb the liquid.
- 2 Use a fork to stir the walnuts, herbs and spring onions through the couscous. Leave to cool.
- 3 Stuff the chicken with the cooled couscous mixture, pushing it well

into the cavity. Let the excess spill out into the tin, then slide it under the chicken to act as a trivet. Rub the remaining butter all over the chicken. Season, then roast for 1 hr 15 mins. Keep an eye on it and if the couscous stuffing that's spilled out is getting too dark, cover it with foil.

- 4 To make the saffron butter, melt the unsalted butter, then add a generous pinch of saffron and let this sit for about 30 mins, to allow the butter to be properly infused. About 10 mins before the end of the cooking time, pour over the chicken. Serve with Greek yogurt and a green salad, if you like.

PER SERVING 660 kcal • fat 37g • saturates 14g • carbs 28g • sugars 9g • fibre 3g • protein 52g • salt 0.8g







Smoked haddock, leek & barley 'risotto'

I love dates and preserved lemon together. Along with mint and orange blossom water, they are the taste of Morocco. Dates combined with spices are wonderful with mackerel, and also roast lamb.

SERVES 4 **PREP 10 mins** plus cooling
COOK 45 mins **EASY**

- ½ tbsp cumin seeds
- ½ tbsp coriander seeds
- 8 mackerel fillets
- ½ lemon, juiced

For the relish

- 2 aubergines (about 550g)
- 2 tbsp olive oil, plus extra for frying
- 1 small onion, finely chopped
- 2 plum tomatoes, finely chopped
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and chopped
- 2 tsp ground cumin
- ½ tsp ground ginger
- 1 tbsp runny honey
- 1 preserved lemon, plus 4 tsp juice from the jar

8 dates, stoned and finely chopped
8 mint sprigs, leaves torn
couscous or bulgur wheat and coriander sprigs, to serve (optional)

1 First, make the relish. Cut the stalks off the aubergines, then cut the flesh into 1cm cubes. Heat 1½ tbsp of the oil in a large frying pan and fry the aubergine in batches over a medium heat for 8-10 mins, or until softened and golden. You may need to add more oil. Transfer to a plate and set aside.

2 Add another ½ tsp oil to the pan and fry the onion until softened and golden, about 10 mins. Tip in the tomato and cook for another 10 mins, or until collapsed, then add the garlic, chilli, cumin and ginger, and cook for 2 mins more. Return the aubergine to the pan, add the honey, the juice from the jar of preserved lemons and the dates. Season. Turn the heat down and simmer for about 10 mins, or until thick but not stiff – add a splash of water if you need to. Chop the

preserved lemon – pulp as well as skin – discarding any seeds, then add half to the relish. Taste to see if you need more – it should be assertive, sweet and savoury. You may want more honey as well. Leave to cool, then stir in the mint.

3 Toast the cumin and coriander seeds in a dry frying pan over a low heat until the seeds start to crackle and jump in the pan. Transfer to a pestle and mortar and crush to a coarse mixture. Add salt and pepper.

4 Rub olive oil all over the mackerel fillets, then sprinkle them with the spice mix. Heat a frying pan or griddle pan and, when it's very hot, add the fish fillets, skin-side down. Cook for 2-3 mins. Turn them and cook for 2 mins more. Squeeze lemon juice all over the fillets and serve them with the relish. Serve with bulgur wheat or couscous and coriander, if you like.

GOOD TO KNOW fibre • iron • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 446 kcals • fat 9g • saturates 5g • carbs 53g • sugars 3g • fibre 3g • protein 31g • salt 2.4g

DIANA HENRY

TAHINI

Not just for hummus, tahini paste is great in sweet and savoury dishes

recipes DIANA HENRY photographs SAM STOWELL

Until 1982, I didn't know about tahini's existence. I'd just moved to London from Northern Ireland, and a Turkish shop near me – it sold everything from pails of black olives to washing-up liquid – had jars of it. I looked at it quizzically, bought it and, later when I tried it, couldn't understand how this sludge-coloured liquid could ever taste good. It had a bitter undertow, but I loved its silkiness and weight; it has the thickness and texture of double cream. Now, I often have two jars on the go (because one always gets lost in the depths of my larder).

I started to use tahini more after I bought Claudia Roden's *A Book of Middle Eastern Food* (£25, Penguin) and learnt that when it's mixed with water, lemon juice and garlic, it makes an instant sauce for fish, lamb kebabs, roast summer veg or poached winter produce. And this simple sauce serves as a base for many others – you can whizz parsley or coriander into it, add yogurt, extra virgin olive oil, chillies or torn mint, sweeten it with honey or purée it with aubergine flesh. I love to spoon it over a warm salad of roast aubergines and chopped dates (its slight bitterness is delicious with dates). Of course, it's an essential ingredient in hummus too, which is probably how we eat it most.

Tahini has been a staple in the Middle East and north Africa for centuries, and is made from

sesame seeds. They're crushed until they produce a creamy liquid, which separates into oil and solids as it sits. But, there's more than one type – whole tahini is made with toasted unhulled kernels (or from a mixture of hulled and unhulled ones) and has more texture than the regular stuff, though some find it gritty and a bit more bitter. It's relatively easy to find, and will be labelled 'whole' or 'dark'. The more familiar tahini that we see in most shops is called 'white tahini'.

I have learnt over time how to use tahini properly and how it behaves in various dishes. The first thing to know is that each brand will taste slightly different and vary in thickness. That's why it can be hard to give exact instructions on how to season anything made with tahini, or how much water to add. Tahini can also seize up and become very thick when you add lemon juice to it, but if you just keep beating it and adding a bit of water, you'll eventually have a smooth mixture again. The success of any tahini sauce lies in the seasoning – taste and taste again throughout cooking for balance – and how much lemon juice you add.

Real tahini enthusiasts love to use it in sweet dishes too – there's no end of recipes for tahini brownies or tahini millionaire's shortbread – and I personally think its nuttiness works better in banana cake than anything else (see recipe, p92).



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (£25, Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfood.com.

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Griddled squid, lentil, roast pepper & preserved lemon with tahini, p26

Griddled squid, lentil, roast pepper & preserved lemon with tahini

The tahini sauce used here is one I make a lot. It's great with roast veg or baked white or oily fish (such as sea bream or mackerel).

SERVES 4 PREP 20 mins

COOK 1 hr 10 mins EASY

3 large red peppers, halved and deseeded
4 tbsp extra virgin olive oil, plus a little extra for roasting and frying
1/2 small onion, finely chopped
1 celery stick, diced
225g puy lentils
1 lemon, juiced
1/2 small bunch parsley, chopped
600g cleaned and prepared squid
2 green and 2 red chillies, halved, deseeded and finely sliced
2 garlic cloves, finely sliced
1 preserved lemon, flesh removed and discarded, rind very finely sliced

For the tahini dressing

4 tbsp tahini
2 tbsp Greek yogurt

2 tbsp extra virgin olive oil
2 garlic cloves, crushed
1/2 lemon, juiced
1/2 small bunch coriander, finely chopped

1 Heat the oven to 200C/180C fan/gas 6. Put the peppers on a baking tray and brush with some olive oil. Roast for 25-30 mins, until soft and blistered. Leave to cool slightly.

2 To make the dressing, combine everything together until it is the consistency of double cream. If it's too thick, add a little water and adjust the seasoning to taste. Set aside. Slice the peppers into strips.

3 Heat a little olive oil in a medium pan and fry the onion and celery for 10 mins until soft but not coloured. Tip in the lentils and cover with water. Bring to the boil, then reduce the heat and simmer for 15 mins, or until the lentils are tender, topping up the water if needed.

4 Drain the lentils, then spoon into a serving bowl. Season well, then stir in 1 tbsp olive oil, half the lemon juice and the parsley. Leave to cool a bit, then add the peppers.

5 Cut the 'wings' from the squid and put them aside with the tentacles. Slice the bodies down one side so they open out, then clean the inside by running a knife blade firmly over the flesh. Score the flesh on the inside, ensuring you don't cut all the way through. Pat dry with kitchen paper, then transfer to a bowl with just enough olive oil to moisten the pieces (about 2 tbsp). Heat a griddle pan until very hot.

6 Season the squid and griddle in batches for 20-30 seconds on each side until just golden. Cut into bite-sized pieces, then toss through the lentil salad and drizzle over the remaining lemon juice.

7 In a small frying pan, heat 1 tbsp oil and fry the chillies and garlic until golden. Pour over the squid, then toss through the preserved lemon. Serve with the dressing spooned over or on the side. If you have any leftovers, see page 117.

GOOD TO KNOW calcium • folate • fibre • vit c
• iron • 2 of 5-a-day • gluten free

PER SERVING 624 kcal • fat 34g • saturates 6g
• carbs 32g • sugars 7g • fibre 12g • protein 41g
salt 0.5g

Sabich

This is a popular sandwich in Israel. The amba sauce is usually made with salted mangoes, but I've simplified the method.

SERVES 4 PREP 45 mins plus

48 hrs pickling COOK 40 mins

MORE EFFORT V

2 tomatoes, diced
1/2 small cucumber, diced
2 spring onions, chopped
1 1/2 tbsp olive oil, plus extra for frying
squeeze of lemon juice
2 aubergines, trimmed and sliced into 1cm rounds
4 pitta breads
4 medium hardboiled eggs, peeled and sliced
200g hummus

For the pickles

150g radishes, trimmed and halved if large
250g carrots, cut into slices on the diagonal
4 shallots, finely sliced
250g small cauliflower florets
500ml white wine or cider vinegar
3 1/2 tbsp granulated sugar
3/4 tbsp sea salt flakes
1 tsp yellow mustard seeds

2 tsp caraway seeds
1 tsp black peppercorns, bruised
1/2 tsp coriander seeds, bruised

For the amba sauce

1 tbsp olive oil
3 garlic cloves, chopped
1 red chilli, halved, deseeded and chopped
1 tsp black mustard seeds
1 tsp turmeric

1/2 tsp fenugreek seeds
pinch cayenne pepper
2 firm mangoes, peeled and flesh chopped (about 375g)
50ml white wine vinegar
1 tbsp light brown soft sugar
squeeze of lime juice

For the tahini sauce

100g tahini
1 tbsp lemon juice
1 small garlic clove, crushed

1 To make the pickles, put all the veg in a sterilised 1-litre jar. Put the vinegar, sugar, salt and spices in a pan with 400ml water and bring to the boil. Leave to cool, then pour over the veg. Seal and leave to pickle at room temperature for 48 hrs. *Will keep in the fridge for up to four weeks.*

2 To make the amba sauce, heat the oil in a pan set over a medium heat,

then cook the garlic and chilli until just soft. Tip in the spices and cook for 1 min, add the mango and stir to coat, then add the vinegar, sugar and 100ml water. Cover and simmer for 10-15 mins until the mango is soft. Season to taste and squeeze over the lime juice. *Will keep in the fridge for up to one week.*

3 For the tahini sauce, combine the ingredients with 80ml water and season to taste. It should be the consistency of double cream.

4 Toss the tomatoes, cucumber and spring onions with the oil, season and squeeze over the lemon juice.

5 Heat some olive oil in a frying pan over a medium-high heat and cook the aubergines in batches for 5-8 mins on each side until just golden. Season, then reduce the heat and continue to cook until soft.

6 Toast and split open the pittas, then stuff with the aubergine slices, eggs, hummus, salad, pickles and amba sauce. Drizzle over the tahini sauce to serve.

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

PER SERVING 802 kcal • fat 42g • saturates 5g
• carbs 69g • sugars 25g • fibre 16g • protein 29g
salt 2.2g







Tahini banana cake

I know I'm in the minority in not liking tahini in sweet dishes, but it does work brilliantly in banana cake. It's important that the bananas you use are very ripe.

SERVES 12 PREP 15 mins

COOK 50 mins EASY V

✳ sponge only

- 100g unsalted butter, softened, plus extra for the tin
- 250g light brown soft sugar
- 85g tahini
- 2 large eggs, lightly beaten
- 1 tsp vanilla extract
- 275g plain flour
- 1/2 tsp bicarbonate of soda
- 60ml milk
- 2-3 small, very ripe bananas, mashed (about 275g)

3 tbsp sesame seeds

For the buttercream topping

115g unsalted butter, softened

125g icing sugar

1/2 tsp vanilla extract

2 1/2 tbsp tahini

3 tbsp chocolate chips

- 1** Heat the oven to 190C/170C fan/gas 5. Butter and line a 20cm square cake tin with baking parchment.
- 2** Beat the butter, sugar and tahini together until pale and smooth. Beat in the eggs a little at a time, then add the vanilla, scraping down the sides of the bowl as needed.
- 3** Mix the flour, bicarbonate of soda and 1/2 tsp salt together, then fold into the butter mixture. Stir in the

milk. Carefully fold in the banana and sesame seeds, then spoon the batter into the prepared tin and bake for 40-50 mins until a skewer inserted in the middle comes out clean. Leave to cool slightly in the tin, then lift out and transfer to a wire rack to cool completely.

4 To make the buttercream topping, beat all the ingredients, except the chocolate chips, together until smooth. Spread this over the cooled cake, then scatter over the chocolate chips and cut the cake into squares or rectangles to serve.

PER SERVING 478 kcal • fat 25g • saturates 12g • carbs 54g • sugars 36g • fibre 3g • protein 7g • salt 0.4g

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WEEKEND

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



STEP BY STEP

Make your own easter egg, p58



Easter baking, p60



MAKE YOUR SUNDAY SPECIAL, p54



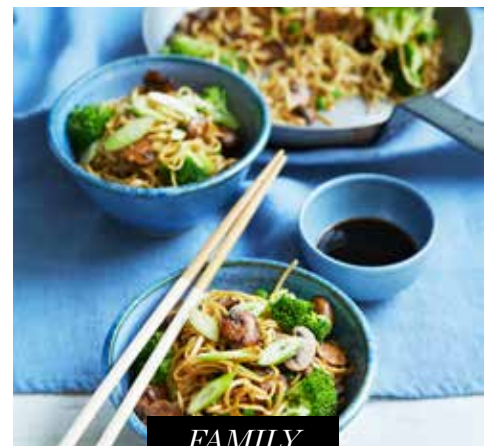
FAMILY

Easy recipes for first-time cooks, p69



FAMILY

5-ingredient meals, p76



FAMILY

Meat-free meals, p82

EASTER LAMB MENU FOR 6

make your sunday special

We've given slow-cooked, melt-in-the-mouth lamb a Greek twist so get your family and friends together and tuck in



Spinach rice

Greek salad for the table

Giant butter bean stew

Slow-cooked Greek lamb with lemons, olives & bay

Tahini & lemon sauce

MENU

Big fat Greek Easter feast

Giant butter bean stew

Greek salad for the table

Slow-cooked Greek lamb with lemons, olives & bay

Spinach rice

Tahini & lemon sauce

Honeyed nut & pomegranate pots

Slow-cooked Greek lamb with lemons, olives & bay

SERVES 6 PREP 20 MINS PLUS RESTING COOK 4 HRS 30 MINS

- 1 whole garlic bulb, separated into cloves, half peeled and sliced, half unpeeled
- 8-10 fresh bay leaves
- 3 lemons, cut into quarters lengthways
- 2½kg leg of lamb
- 50ml Greek extra virgin olive oil, plus 4 tbsp for the potatoes
- 1 tsp ground cinnamon
- 1kg large waxy potatoes, peeled and quartered lengthways
- 140g Greek Kalkidis olives (or other large pitted green olives)
- 125ml red or dry white wine

1 Heat oven to 220C/200C fan/gas 7. Arrange the unpeeled garlic cloves, 3 bay leaves and the lemon in a roasting tin. Cover with 200ml cold water. Sit the lamb on top, and rub all over with the oil.

2 Using a sharp knife, cut small incisions in the lamb skin. Tuck the remaining peeled and sliced garlic and bay into the slits. Season the lamb and sprinkle over the cinnamon. Cover tightly with foil and place in the oven. Immediately reduce the heat to 150C/130C fan/gas 2.

3 Cook for 4 hrs, skimming the fat from the juices. Remove the foil for the final 30 mins of cooking.

4 After 1 hr, put the potato wedges in a large roasting tin, coat them in 4 tbsp olive oil and season well. Roast in the oven with the lamb for 1½-2 hrs.

5 Remove the tin from the oven. Wrap the lamb tightly in foil and leave to rest for 20-30 mins.

Remove the potatoes from the tin and keep warm, then add the olives and wine to the pan juices, and simmer to make a gravy. Serve the lamb thickly sliced with the gravy, olives and potatoes with tahini & lemon sauce on the side (see recipe, right).

GOOD TO KNOW iron • gluten free
PER SERVING 740 kcals • fat 43g • saturates 11g • carbs 28g • sugars 1g • fibre 4g • protein 59g • salt 1.8g



Giant butter bean stew

SERVES 6 PREP 30 MINS COOK 1 HR 15 MINS V

- 4 x 235g cans butter beans or 500g dried (see tip, right)
- 100ml Greek extra virgin olive oil
- 3 small red onions, finely sliced
- 2 large carrots, finely sliced
- 3 celery stalks, finely chopped
- 4 sundried tomatoes, sliced
- 1kg ripe tomatoes, skinned, deseeded and finely chopped
- 4 garlic cloves, chopped
- 1 tsp paprika
- 1 tsp ground cinnamon
- 2 tbsp tomato purée
- 1 tsp sugar
- small pack flat-leaf parsley, finely chopped
- small pack dill, finely chopped
- 100g feta (optional), crumbled

1 Drain the beans, reserving 200ml of the liquid. Heat the oil in a large flameproof lidded casserole and cook the onions, carrots and celery until tender and the onions are soft and transparent. Stir in the remaining ingredients, reserving half of the chopped herbs and feta (if using).

2 Heat oven to 180C/160C fan/gas 4. Cook over a gentle heat for a further 5 mins, then pour over the reserved liquid. Cover and bake for 40 mins.

3 Remove the lid for the last 10 mins and add a little water if the beans are drying out. Stir in the rest of the herbs, season, then add the remaining feta.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 315 kcals • fat 43g • saturates 11g • carbs 28g • sugars 1g • fibre 4g • protein 59g • salt 1.8g

gf tip

● **Dried beans** are a firmer texture and they're much cheaper. To use them, soak them in cold water, ideally for 12 hours, changing the water frequently. Drain, put in a pan and cover with cold water. Bring to the boil (don't salt the water as this makes them tough), skimming off sediment as it rises to the surface. Change the water and bring to a simmer. Cover and cook for 1-1½ hrs until tender, then drain.



Greek salad for the table

Combine **rocket** with **chopped parsley** and **coriander**, **black olives**, **sliced red onion**, **cucumber** and **chopped tomatoes**. Dress simply with **olive oil** and **lemon juice**, then sprinkle with **feta**.

Tahini & lemon sauce

SERVES 6 PREP 10 MINS PLUS CHILLING NO COOK V

- 4 LARGE GARLIC CLOVES
- 3 TBSP TAHINI PASTE
- 2 LEMONS, JUICED
- PINCH PAPRIKA, TO GARNISH
- 1 TBSP OLIVE OIL (OPTIONAL)

1 Crush the garlic with a good pinch of sea salt using a pestle and mortar or garlic press. Whisk in the tahini paste.

2 Keep whisking as you slowly add in the lemon juice – the tahini will lighten in colour and thicken. Taste it, and if you are happy, loosen slightly with a few teaspoons of water. If you prefer it more tangy, whisk in more lemon juice. Chill for 30 mins-1 hr. When ready to serve, sprinkle with paprika and drizzle with oil, if you like.

GOOD TO KNOW gluten free
PER SERVING 84 kcals • fat 8g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 2g • salt none



Spinach rice

SERVES 6 PREP 20 MINS
COOK 45 MINS V

100ml Greek extra virgin olive oil
1 onion, finely chopped
500g baby spinach leaves,
washed and finely chopped
bunch dill, finely chopped
300g long-grain rice
1-2 lemons, juiced

- 1 Heat the oil in a large pan, add the onion and gently cook until softened but not coloured. Add the spinach and half the dill. Cook on a high heat, stirring regularly, until the spinach has wilted down and all the liquid has evaporated.
- 2 Stir in the rice and add 600ml water, then bring to the boil. Turn the heat right down again to a very gentle simmer, cover the pan with a tight-fitting lid and cook for 25-30 mins or until the rice has cooked and absorbed all the water. Give it a stir after 15 mins to ensure even cooking, adding a drop more water as required.
- 3 When the rice is cooked, stir in the remaining dill, season well, squeeze over the lemon juice to taste, and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day • gluten free
PER SERVING 519 kcals • fat 36g • saturates 5g • carbs 37g • sugars 37g • fibre 7g • protein 8g • salt 0.6g



Honeyed nut & pomegranate pots

SERVES 8 PREP 20 MINS
PLUS CHILLING NO COOK EASY V

85g shredded wheat, crushed
200g pistachios, chopped
100g honey
1/2 orange, juiced
300ml pot double cream
1/2 x 250g pot Greek yogurt
2 tsp rosewater
100g pomegranate seeds

- 1 In a bowl, mix the crushed shredded wheat with the nuts, 50ml of the honey and the orange juice, then divide between eight small glasses or teacups.

- 2 Whip the cream until very softly whipped, then fold in the yogurt, remaining honey and rosewater. Divide this between the pots, too. Chill for at least 2 hrs, or up to 24 hrs. Before serving, top the pots with pomegranate seeds.

PER SERVING 424 kcals • fat 33g • saturates 15g • carbs 25g • sugars 15g • fibre 4g • protein 9g • salt 0.1g

make your own easter egg

With a little effort and some time you can make your own Easter eggs. Great to give as a homemade gift

Striped chocolate Easter egg

Get familiar with tempering, the art of creating chocolate with the perfect shine and snap.

MAKES 1 X 14CM, 2 X 10CM OR 4 X 8CM EGGS

PREP 45 MINS PLUS COOLING AND CHILLING

COOK 10 MINS MORE EFFORT

200g milk chocolate, about 36% cocoa solids, broken into pieces

To decorate

200g white chocolate, broken into pieces
pink food colouring gel (optional)

100g dark chocolate, 70% cocoa solids (optional)

Equipment you'll need

- Plastic Easter egg mould (made of two halves), either smooth or crackled. The large mould used in these photos is about 14cm, medium is 10cm and smaller ones are 8cm. Available from specialist cake shops costing from around £2.
- A wide artist's brush or pastry brush.
- Kitchen thermometer that can read low temperatures.
- Cotton or plastic gloves (available from chemists).
- A box, plus shredded paper or tissue to protect the egg. You could cover an old shoebox with pastel paper.

For super-shiny chocolate

Tempering means heating then cooling chocolate to form a particular type of crystals in the cocoa butter. It will then set hard and glossy with no blooming (dots and streaks) and it shrinks as it cools, making it easy to remove from a mould.

Here's a simple method

- Put $\frac{3}{4}$ of the milk chocolate in a heatproof bowl over simmering water and melt until smooth. It should reach 45C.
- Add the remaining chocolate.
- Stir with a spatula until the pieces have melted and the thermometer shows 28C. This can take a while, so just keep stirring, then use as soon as possible.

PER 8CM EGG 674 kcals • fat 42g • saturates 24g • carbs 64g • sugars 60g • fibre 2g • protein 10g • salt 0.2g





1 Wash each half of your Easter egg mould with hot soapy water and a soft sponge, then dry carefully. Using a ball of cotton wool, buff the inside of the mould. The better the shine on the mould, the better the finish on the chocolate.



2 Melt, then temper the white chocolate using the same method described for the milk chocolate (see opposite), except that the temperature should reach 43C.



3 Colour half the melted white chocolate with a little of the gel, if you want, then brush stripes of it onto the moulds. Let it set before you paint on the rest of the white chocolate (it doesn't take long to set). Go over some stripes twice, to make the colours pop. Repeat the tempering process with the dark chocolate, if you like.



4 Line a baking sheet with parchment. Melt and temper the milk chocolate (see left). Half-fill one mould with the chocolate, then tip it this way and that to completely cover the mould.



5 Pour the excess back into the bowl and scrape a palette knife across the mould to clean the edges. Repeat with the other half. Set the moulds, flat-side down, on the lined sheet. Transfer to the fridge and leave to set for about 10 mins.



6 When the chocolate is solid, flex the moulds to gently release. Take your time – you will see the air creep its way between the plastic and the shiny, hard chocolate. Heat oven to 180C/160C fan/gas 4.



7 Heat a baking sheet in the oven until warm. Using gloves, pick up one side of the egg. Any messy edges can be melted flat by holding them against the tray. Next, carefully rub the flat edge of the egg on the tray to melt it a little.



8 Repeat with the second side. If you're struggling to pick up the egg from the tray, use your palette knife to help.



9 Hold the melted edges of the egg together for a few moments until they stick. Wipe away any excess, then leave the egg to set in the fridge for a few mins. It is now ready to wrap up for gifting. Store in a cool place away from fluctuating temperatures.

- Use eating chocolate, not cooking chocolate. Some specialist brands may provide you with specific information for tempering their own chocolate.

- Make sure you are testing the temperature of the chocolate, not the bowl underneath.

- It's easier to temper larger amounts of chocolate, so you're likely to have some white and dark chocolate left over from this recipe. Before it sets hard in the bowl, spoon blobs onto baking parchment. Store for use another time.

- For a butterscotch egg, stir 12 crushed Werther's Original sweets into the cooled chocolate before pouring.

- Using the painting technique, you can paint on the name of the recipient using a small brush – remember to write backwards, of course.

Easter BAKING



From the perfect, chewy cookie to a sky-high layer cake, we have something for everyone to enjoy this Easter

recipes CASSIE BEST & ANNA GLOVER photographs TOM REGISTER & DANIEL JONES

Hot cross cinnamon buns

MAKES 12 **PREP 25 mins**

COOK 25 mins plus 3 hrs proving

MORE EFFORT **V** *****

250ml whole milk
1 lemon, zested
150g butter, cubed
640g strong white flour, plus extra for dusting
2 tsp cinnamon
85g golden caster sugar
7g sachet fast-action dried yeast
2 medium eggs, beaten separately
a little vegetable or sunflower oil, for proving
50g light brown soft sugar
100g mixed dried fruit
100g cream cheese
75g icing sugar

1 Warm the milk and lemon zest in a small saucepan until steaming. Remove from the heat and add 25g butter, swirling until it has melted and the milk has cooled slightly.

2 Mix 500g flour, 1 tsp cinnamon, the caster sugar, yeast and 1 tsp salt in a large bowl. Pour in the milk mixture and one of the beaten eggs, then combine with a wooden spoon until the mixture clumps together. Tip out onto your work surface and knead until smooth and elastic, about 10 mins – the dough should bounce back when pressed with your finger. Transfer to an oiled bowl, cover with a tea towel and leave to rise for 2 hrs or until doubled in size.

3 While the dough rises, make your cinnamon butter. Mash the remaining butter and cinnamon with the light brown sugar.

4 Dust your largest baking tray with flour. Tip the dough onto the work surface and knead again to knock out any air bubbles. Roll the dough to a rectangle roughly 30 x 40cm. Spread the cinnamon butter over the dough, covering the whole surface. Scatter over the dried fruit. From one of the longer edges, roll up the dough into a tight sausage shape. Use a sharp knife to cut the dough into 12 equal-sized pieces. Arrange them on the tray, leaving a small gap between each one and making sure the open end of the scroll is facing inwards to prevent them springing open as they cook. Cover loosely and leave somewhere warm to prove for 1 hr or until almost doubled in size – the buns

should be just touching.

5 Heat oven to 180C/160C fan/gas 4. Brush the buns with a little beaten egg. Mix the remaining 140g flour with enough water to make a thick, smooth paste, then transfer to a piping bag fitted with a small round nozzle (or use a sandwich bag with a corner snipped off). Use the paste to pipe crosses over the buns, then bake for 25 mins until deep golden brown and cooked through.

6 Leave to cool for 10 mins on the tray. Meanwhile, mix the cream cheese and icing sugar, then brush the mixture over the warm buns. If you have any excess, you can serve this on the side for spreading over. Eat the buns warm from the oven or leave to cool. *Will keep for up to two days in an airtight container.*

PER SERVING 431 kcal • fat 15g • saturates 9g • carbs 64g • sugars 24g • fibre 2g • protein 9g • salt 0.8g

MAKE IT EXTRAORDINARY MIX UP THE FLAVOURS

● **Soak the fruit in orange juice** or booze overnight for extra plump and juicy fruit. Use extra spices like ground cardamom, mixed spice or ground cloves for spicier buns.





Easter egg cookies

The perfect cookie should have a soft centre and a chewy, crisp edge and this recipe nails that combo. Chunks of chocolate and chocolate eggs baked into the dough make them extra indulgent.

MAKES 20 **PREP 20 mins** **COOK 15-55 mins** **EASY** **V** ***** before baking

175g butter, softened	50g white chocolate, chopped into chunks
200g light brown soft sugar	100g bar dark chocolate, chopped into chunks
100g golden caster sugar	100g mini chocolate eggs, lightly crushed with a rolling pin, leaving some larger pieces to decorate
1 tbsp vanilla extract	
1 large egg	
250g plain flour	
½ tsp bicarbonate of soda	

1 Heat oven to 190C/170C fan/gas 5. Line two baking sheets with baking parchment. Tip the butter, sugars and vanilla into a bowl. Beat with a hand-held electric whisk until pale and fluffy. Add the egg and beat again. Tip in the flour, bicarb and a pinch of salt, then use a spatula to mix together before adding the chocolate chunks and about half the crushed mini eggs (set aside the larger pieces) and mix again until everything is combined.

2 Scoop golf-ball-sized mounds of cookie dough onto the baking sheets, making sure you leave plenty of space between each one. (You should fit 4-6 cookies on each, so you'll have to bake in batches to make the total 20 cookies.) Push the remaining mini egg pieces into the tops. *Can be frozen at this point for up to three months. Defrost thoroughly in the fridge before baking.* Bake for 15-18 mins, swapping the sheets around halfway through. For soft and chewy cookies, the cookies should be golden around the edges but still pale and soft in the middle. If you prefer a biscuit texture, you will need to bake them a little longer.

3 Remove from the oven and leave to cool for 10 mins before transferring to a wire rack, then bake the second batch. Continue until all the cookies are baked. *Will keep in an airtight container for up to a week.*

PER SERVING 241 kcal • fat 11g • saturates 7g • carbs 31g • sugars 21g • fibre 1g • protein 2g • salt 0.3g

MAKE IT EXTRAORDINARY COOKIE TWISTS

● Choc-orange cookies

Replace the mini eggs with 100g chopped orange chocolate. Add the zest of an orange to the dough, too.

● Choconana

Replace the chocolate eggs with broken banana chips.

● Toffee pecan

Swap white choc chips for toffee pieces, and chocolate eggs for chopped pecans.

Triple chocolate & peanut butter layer cake

Layers of chocolate sponge are sandwiched with salty sweet peanut butter frosting then crowned with pretzel bark and chocolate eggs for the perfect showstopper this Easter.

SERVES 14 **PREP** 45 mins plus cooling and 1 hr 40 mins chilling

COOK 30 mins-1 hr **MORE EFFORT** **V** * sponges only

225ml rapeseed oil, plus more for the tins

250g self-raising flour

4 tbsp cocoa

1½ tsp bicarbonate of soda

225g caster sugar

3 tbsp golden syrup

3 large eggs, beaten

225ml milk

For the pretzel bark

200g dark chocolate, chopped

2 tbsp chocolate chips

small handful pretzel pieces

2 tbsp honeycomb pieces

For the icing

65g dark chocolate

250g soft salted butter

500g icing sugar

45g smooth peanut butter

1-2 tbsp cocoa

For the ganache drip

200ml double cream

100g dark chocolate, finely chopped

For the decoration

a mixture of different-sized chocolate eggs, some hollow, some filled

gold lustre, toffee popcorn and pretzels

- 1 Heat oven to 180C/160C fan/gas 4. Oil and line the base of three 19cm sandwich tins (or see tip, p32). Mix the flour, cocoa, bicarb and sugar in a bowl. Make a well in the centre and beat in the syrup, eggs, oil and milk with an electric whisk until smooth.
- 2 Divide the mix between the tins, and bake for 25-30 mins until the cakes are risen and firm to the touch. Cool in the tins for 10 mins before turning out onto a cooling rack and cooling completely. *At this stage, they can be frozen, well wrapped, for up to eight weeks.*
- 3 Make the bark while the cake is cooling, following the step-by-step guide on page 32.
- 4 To make the icing, melt the chocolate in the microwave, stirring between short blasts, then leave to cool a little. Meanwhile, beat the butter, icing sugar and 1 tbsp boiling water with an electric whisk or stand mixer, slowly at first, then turn up the speed and beat until you get a pale, fluffy icing. Spoon out a third of the mix into a separate bowl and stir in the peanut butter. Whisk the melted chocolate into the remainder of the icing, then beat in the cocoa if you want a darker, more chocolatey-coloured icing.
- 5 Sandwich the three cakes together with the peanut butter icing. Use half the chocolate icing to coat the sides and top of the cake and fill in the edges between the layers, scraping off any excess. Chill for 20 mins. This is called a crumb coating, allowing you to get a really smooth finish when it comes to the final icing.
- 6 Spread the remaining chocolate icing over the lightly chilled cake, smoothing over the sides and top so you get a neat finish (see p32). Chill again for 20 mins.
- 7 To make the ganache, heat the cream in a small pan until steaming. Tip the dark chocolate into a bowl, then pour over the cream. Mix well until smooth and shiny. Transfer to a piping bag and leave to cool for a few mins at room temperature.
- 8 Pipe the ganache on top of the cake, nudging it over the edge and allowing it to drip down neatly (see p32). Do this all the way round the cake, then fill in the centre with more ganache. Smooth the top with a knife. Chill for 1 hr for the ganache to set.
- 9 Press the bark shards into the cake, sticking up. Add lots of chocolate eggs, popcorn and pretzels in and around the shards. Cut into slices to serve. *Will keep for up to three days kept in a cool place in an airtight container.*

PER SERVING 870 kcals • fat 54g • saturates 23g • carbs 85g • sugars 68g • fibre 4g • protein 8g • salt 1g



While loaded with treats, the cake isn't too heavy and the salty notes balance the sweetness



gf tip

BAKING IN BATCHES

● *If you don't have three cake tins, bake the sponges in batches, cleaning and drying the tin in-between each one. You can use an 18cm tin if you don't have 19cm tins, just bake each cake for 5 mins more.*



Shoot director and stylist SARAH BIRKS | Food stylists KATY GREENWOOD and KATY GILHOOLY | Props stylist WEI TANG



STEP-BY-STEP *pretzel bark*

1 Melt the chocolate in short bursts in the microwave, stirring every 20 secs, until smooth. Spoon onto a parchment-lined baking tray and smooth over with a spatula to make a thinnish layer, around 35 x 20cm.

2 Sprinkle over the chocolate chips along with the pieces of pretzel and honeycomb, then chill until solid.

3 Remove the bark from the fridge and leave for a minute to come to room temperature before using a sharp knife to cut it into shards (if it's fridge cold, the chocolate will snap rather than cut). Chill again until you're ready to decorate the cake.



STEP-BY-STEP *piping the drips*

1 Gently squeeze the ganache onto the very edges of the cake and, as you do this, nudge it gently over the sides.

2 After working your way around the cake, fill in the centre and smooth out to the edges with a palette knife.



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family

EASY RECIPES for first-time cooks

Most children who like to cook will quickly want to move on from cupcakes to more ambitious dishes, taking inspiration from eating out or social media. These recipes are simple but still allow for some creativity

recipes LULU GRIMES *photographs* WILL HEAP

Chicken & veg bowl

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

250g brown basmati rice
1 tbsp rapeseed oil
1 garlic clove, crushed
2 chicken breasts, sliced
2 tbsp hoisin sauce
100g frozen edamame beans
or peas, defrosted
100g frozen sweetcorn
100g grated carrots

100g red peppers, cut into small
cubes

1 avocado, stoned and sliced

1 lemon, cut into quarters, to
serve (optional)

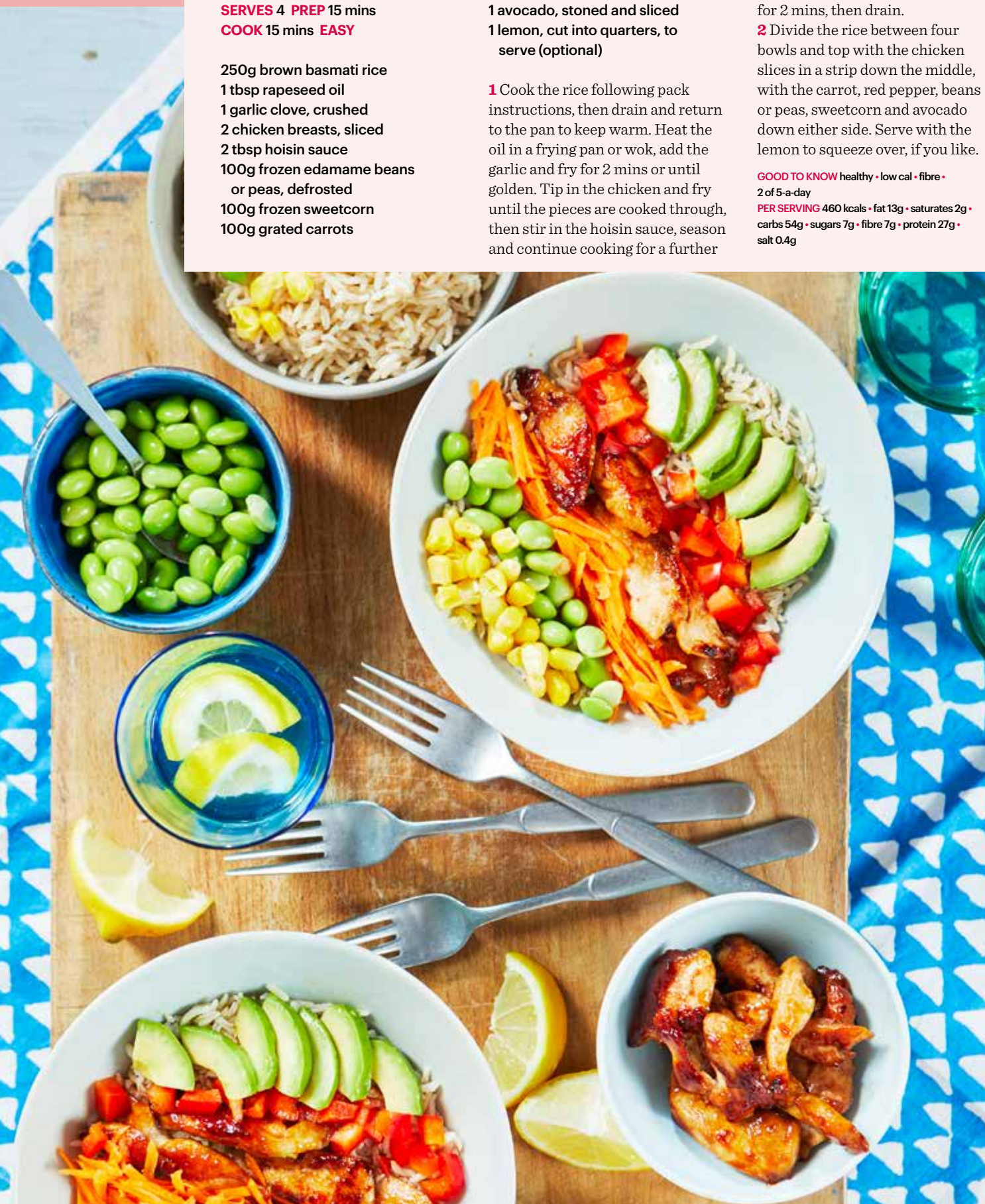
1 Cook the rice following pack instructions, then drain and return to the pan to keep warm. Heat the oil in a frying pan or wok, add the garlic and fry for 2 mins or until golden. Tip in the chicken and fry until the pieces are cooked through, then stir in the hoisin sauce, season and continue cooking for a further

2 mins. Cook the edamame beans and sweetcorn in simmering water for 2 mins, then drain.

2 Divide the rice between four bowls and top with the chicken slices in a strip down the middle, with the carrot, red pepper, beans or peas, sweetcorn and avocado down either side. Serve with the lemon to squeeze over, if you like.

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

PER SERVING 460 kcals • fat 13g • saturates 2g •
carbs 54g • sugars 7g • fibre 7g • protein 27g •
salt 0.4g



Easter brownie bites

MAKES 24 mini brownies

PREP 15 mins **COOK** 15 mins **EASY** **V**

175g butter, chopped
150g dark chocolate
250g light brown soft sugar
85g self-raising flour
50g cocoa powder
3 large eggs, beaten
100g milk chocolate chips
24 mini chocolate eggs, plus extra to decorate

1 Heat oven to 180C/160C fan/gas 4. Line 24 holes of a mini muffin tray with paper cases. Put the butter, dark chocolate and sugar in a pan and heat it very gently, stirring all the time until the butter and chocolate have melted. Remove from the heat and leave to cool for a few mins.

2 Meanwhile, sift the flour, cocoa and a good pinch of salt into a large bowl. Stir in the warm, melted chocolate mixture and the beaten eggs, then add half the chocolate chips and mix until just combined.

3 Divide the mixture between the cases and place a mini egg into the middle of each muffin, pushing

down gently. Bake for 12-15 mins until cooked but still gooey in the centre – they will continue cooking a little as they cool down. Leave to cool for 10 mins in the tin before transferring to a wire rack to cool completely.

4 Melt the rest of the chocolate chips in short bursts in the microwave, or in a bowl set over a pan of simmering water, stirring frequently. Leave to cool until it is quite thick, then dot a small amount on each cake and stick on some more mini eggs.

PER SERVING 194 kcal • fat 12g • saturates 7g • carbs 19g • sugars 15g • fibre 1g • protein 3g • salt 0.2g



Thai green veggie curry

SERVES 4 **PREP 10 mins**

COOK 20 mins **EASY** **V**

200g baby potatoes, halved
100g green beans, trimmed and halved
1 tbsp rapeseed oil
1 garlic clove, finely sliced
1 tbsp Thai green curry paste (check the label to make sure it's vegetarian)
400g can light coconut milk
1 lime, zest pared in thick strips
80g sugar snap peas, halved lengthways
150g cherry tomatoes, halved
100g firm tofu, chopped into small cubes
small bunch coriander, chopped
200g jasmine rice, cooked following pack instructions

1 Cook the potatoes in boiling water for 8 mins. Add the green beans and cook for a further 3 mins, then drain.

2 Heat the oil in a wok or pan, fry the garlic for 1 min, add the curry paste and cook for 1 min, or until it starts to darken a little and smell fragrant. Stir in the coconut milk and bring to a simmer, drop in the lime zest and gently bubble for 5 mins to thicken the sauce a little.

3 Add the potatoes and beans followed by the sugar snap peas and cook for 1 min before stirring in the cherry tomatoes and tofu.

4 Cut the lime in half and squeeze the juice into the pan, then stir in the coriander and serve over the rice.

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

PER SERVING 436 kcals • fat 17g • saturates 7g • carbs 57g • sugars 5g • fibre 3g • protein 13g • salt 0.1g



Puttanesca meatball bake

SERVES 4-6 **PREP** 20 mins

COOK 1 hr **EASY**

1 tbsp olive oil
 24 ready-made meatballs
 2 garlic cloves, finely sliced
 pinch dried chilli flakes (optional)
 2 anchovies, chopped (optional)
 2 small courgettes (about 250g), coarsely grated
 2 tbsp capers, rinsed, drained and roughly chopped
 70g pitted black olives, halved
 500ml passata
 300g penne (or other pasta shapes)
 2 tbsp grated parmesan

1 Heat oven to 180C/160C fan/gas 4. Heat the oil in a frying pan and gently fry the meatballs until they are browned all over, then tip them into a dish. Add the garlic and chilli, if using, to the leftover oil in

the pan and cook it briefly along with the anchovies, if using. Fry until the anchovies almost melt, then add the courgettes and cook until any liquid they give off has evaporated. Stir in the capers, olives and passata and bring to a simmer. Add the meatballs and cook for 5 mins more, then season if needed.

2 Meanwhile, cook the pasta following pack instructions, drain well, then tip into an ovenproof baking dish about 25cm wide. Spoon over the meatball mixture, stir into the pasta and level the surface as much as possible. Sprinkle over the parmesan and bake for 30 mins, or until the top is browned a little and the sauce is bubbling. Rest for 5 mins before serving.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 438 kcal • fat 17g • saturates 6g • carbs 43g • sugars 6g • fibre 5g • protein 25g • salt 1.3g



Simple stir-fry

SERVES 4-5 **PREP** 20 mins

COOK 10 mins **EASY**

500g vegetables such as carrots, baby corn, broccoli, courgettes, red peppers and cabbage or pak choi

1 tbsp rapeseed oil

1 garlic clove, sliced

1cm fresh ginger, grated

1½ tbsp reduced salt soy sauce

2 tbsp sweet chilli sauce (optional)

200g cooked prawns, salmon (flaked) or chicken breast (shredded)

200g egg noodles, cooked

1 Finely chop or slice the vegetables into pieces roughly the same size. Slice the carrots diagonally, slice the baby corn, cut the broccoli into small florets, then slice the stem, and finely slice the peppers, cabbage or pak choi. Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.

2 Add the veg and toss to coat. Fry for 2-3 mins, then add the soy sauce and chilli sauce, if using, and mix well. Cook for 2-3 mins more until the veg is tender. Stir in the prawns, salmon or chicken and heat through. Serve over the noodles.

GOOD TO KNOW low fat • low cal • vit c • 1 of 5-a-day
PER SERVING (4) 193 kcal • fat 4g • saturates 0.4g • carbs 23g • sugars 5g • fibre 5g • protein 14g • salt 1.5g



Good to Know information is based on the nutritional needs of an average, moderately active woman, but other family members will have different needs so adjust portion sizes accordingly. Get advice on feeding a family at nutrition.org.uk/nutritionscience/life or bbcgoodfood.com/balanceddiet.



Pizza with homemade sauce

SERVES 2-4 **PREP** 30 mins plus at least 1 hr proving **COOK** 20 mins
EASY **V**

300g strong white bread flour, plus extra for dusting

1 tsp instant yeast

1 tbsp olive oil

For the tomato sauce

1 tbsp olive oil, plus a drizzle

2 garlic cloves, crushed

200ml passata

For the topping

8 mozzarella pearls, halved

small bunch fresh basil

1 Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water (make sure it's not too hot) along with the oil. Stir together with a wooden spoon until you have a soft, fairly wet dough.

2 Tip the dough out onto a lightly floured surface and knead for

5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has puffed up and doubled in size. You can also leave the rough, unknaded dough in the bowl, cover with a tea towel and leave in the fridge overnight and the dough will continue to prove on its own.

3 Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the passata and simmer everything until the sauce thickens a little. Leave to cool.

4 Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm

across (teardrop shapes fit baking sheets more easily than rounds).

5 Heat oven to 240C/220C fan/gas 9 with a large baking sheet inside. Lift one of the bases onto another floured baking sheet.

Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8-10 mins until crisp.

6 Serve the pizza with a little more olive oil drizzled over and a scattering of basil. Repeat steps 5 and 6 for the second pizza.

PER SERVING (4) 511 kcal • fat 20g • saturates 10g • carbs 59g • sugars 2g • fibre 3g • protein 22g • salt 1.8g



family

5-INGREDIENT MEALS

Midweek meals couldn't be easier with these simple recipes made using five ingredients plus a few storecupboard staples


recipes CASSIE BEST *photographs* WILL HEAP



Ham, cheese & potato pie

SERVES 2 adults, 2 children

PREP 20 mins plus cooling

COOK 45 mins **EASY** 

350g new potatoes

375g ready-rolled puff pastry

100g crème fraîche

50g thinly sliced ham

125g brie or camembert cheese,
halved and sliced

green salad, to serve (optional)

1 Boil the potatoes in salted water for 8-10 mins, until tender but still firm. Leave to cool, then slice.

2 Heat the oven to 200C/180C fan/gas 6. Unroll the pastry with its baking parchment on a baking tray. Reserve 1 tbsp of the crème

fraîche, then spread the rest over the pastry, leaving a 2cm border around the edge. Season. Layer the potatoes, ham and cheese over half of the pastry, seasoning the potatoes as you go.

3 Fold over the other half of the pastry and use a fork to seal the edges. Trim with a knife for a neat finish – the pie should look like a big sausage roll. Mix a little water into the reserved crème fraîche, then brush all over the pastry. Make a few cuts along the length, then bake for 35-40 mins until golden. Leave to cool for 10 mins, then serve with a salad, if you like.

GOOD TO KNOW calcium

PER SERVING 854 kcals • fat 59g • saturates 32g •
carbs 57g • sugars 4g • fibre 5g • protein 21g •
salt 2g



Ravioli lasagne

SERVES 2 adults, 2 children

PREP 15 mins plus cooling

COOK 1 hr 10 mins **EASY** ✨

oil, for frying

6 sausages (we used Italian sausages with herbs and fennel)

2 x 400g cans chopped tomatoes with garlic & basil

200g baby spinach

500g spinach & ricotta ravioli (or any flavour you like)

75g mixture of grated cheddar and mozzarella

1 Heat a drizzle of oil in a pan. Squeeze the sausage meat from the skins and fry until browned, using a wooden spoon to break it up. Add the tomatoes and half a can of water and season. Simmer for 20 mins.

2 Meanwhile, put the spinach in a colander. Pour over boiled water from the kettle to wilt. Leave to cool, then squeeze out as much of the excess water as you can.

3 Heat the oven to 200C/180C fan/gas 6. Spoon a third of the sauce into a medium baking dish (about 18 x 20cm). Top with a third of the spinach and a third of the ravioli, then scatter over some of the cheese. Repeat the layers twice, making sure the final layer of ravioli is nestled into the sauce. Bake for 35-40 mins until bubbling and hot all the way through. Cover if the top starts to get too dark. *Will keep in the freezer for up to two months.*

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 789 kcals • fat 43g • saturates 19g • carbs 60g • sugars 15g • fibre 9g • protein 36g • salt 2.5g

Thai noodle soup with salmon

SERVES 2 adults, 2 children
PREP 15 mins **COOK** 15 mins **EASY**

4 salmon fillets, skin left on
 200g dried flat rice noodles
 125g red Thai curry paste
 2 x 400ml cans light coconut milk
 2 pak choi (about 250g), leaves separated

1 Heat the grill to high. Put the salmon on a baking tray, skin-side down, and grill for 8-10 mins until cooked through. Put the noodles in a heatproof bowl and pour over boiled water from the kettle. Leave for 5 mins.

2 Heat the curry paste in a pan for 1 min, then add the coconut milk and 400ml water. Season and bring to the boil. Drain the noodles and add to the pan with the pak choi. Heat through for 1 min, then transfer to bowls and top with the salmon.

GOOD TO KNOW calcium • iron • omega-3 • 1 of 5-a-day

PER SERVING 900 kcals • fat 51g • saturates 21g • carbs 63g • sugars 7g • fibre 4g • protein 44g • salt 1.9g



Mexican-style stuffed peppers

SERVES 2 adults, 2 children
PREP 15 mins **COOK** 35 mins
EASY V

3 large mixed peppers, halved
oil, for drizzling
2 x 250g pouches lime
& coriander rice, cooked

400g can black beans, drained
and rinsed
6 Mexican-style chilli cheese
slices (use regular cheddar or
monterey jack, if you like)
150g fresh guacamole

1 Heat the oven to 220C/200C fan/
gas 7. Remove the seeds and any
white pith from the peppers and
arrange, cut-side up, in a roasting

tin. Drizzle with oil and season,
then bake for 20 mins.

2 Combine the rice and beans.
Remove the peppers from the oven
and fill with the rice mixture. Top
each with a slice of cheese and bake
for 10-15 mins more, until the rice
has melted and the filling is hot.
Top with spoonfuls of guacamole.

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

PER SERVING 468 kcals • fat 15g • saturates 5g •
carbs 59g • sugars 11g • fibre 14g • protein 19g •
salt 2.1g

gf tip

If you have any
leftover rice
and beans that
won't fit into the
peppers, warm
it up and serve
on the side.





Piri-piri chicken with smashed sweet potatoes & broccoli

SERVES 2 adults, 2 children
PREP 20 mins **COOK** 55 mins **EASY**

3 large sweet potatoes
(about 900g), peeled and
cut into large chunks
oil, for drizzling
6-8 chicken thighs, skin left on
2 red onions, cut into wedges
25g sachet piri-piri spice mix
(or a mild version, if you like)
300g long-stem broccoli

1 Heat the oven to 180C/160C fan/
gas 4. Toss the sweet potatoes with
a generous drizzle of oil and some
seasoning, and tip into a very large
roasting tin. Push the potatoes

to one end of the tin, then, in the
other end, toss the chicken with
the onions, spice mix, a drizzle of
oil and some seasoning. Roast for
40 mins, stirring everything halfway
through. Add the broccoli to the tin,
drizzle with a little oil and season,
then roast for 10-15 mins more.

2 Remove the chicken, onions and
broccoli from the tin. Roughly mash
the potatoes using a fork, making
sure you incorporate all the chicken
juices and spices from the pan.
Spread the mash over the base of
the tin, then top with the broccoli,
chicken and onions and serve from
the tin in the middle of the table.

GOOD TO KNOW fibre • vit c • iron • 3 of 5-a-day
PER SERVING 662 kcals • fat 23g • saturates 6g •
carbs 74g • sugars 40g • fibre 15g • protein 32g •
salt 2.1g





family

MEAT-FREE MEALS

Whether you're vegetarian or simply want to eat less meat each week, these recipes will suit kids and grown-ups

recipes LULU GRIMES *photographs* WILL HEAP





Veggie Bolognese

You can buy soffritto at many supermarkets; it's a mix of onion, carrot and celery and very useful if you always end up chucking away the last few sticks of celery.

SERVES 4 **PREP 10 mins**
COOK 1 hr **EASY** **V** *****

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

1 Heat the oil in a saucepan and gently fry the onion, carrots and celery until the onion is starting to soften. Stir in the garlic and the Quorn (there's no need to defrost it) and fry for a couple of mins. Add the bay leaf, passata, vegetable stock cube and 200ml water, then bring everything to the boil.

2 Turn down the heat and simmer for 30 mins or until all the pieces of veg are tender and disappearing into the tomato sauce. Add the milk, then cover with a lid and cook for 10 mins. Taste and season to taste. If the sauce is a bit thin, then keep bubbling until it thickens, then stir through the basil. Serve with spaghetti, with the cheese grated over, if you like. *Can be frozen into portions and reheated.*

GOOD TO KNOW low fat • low cal • fibre • 2 of 5-a-day
PER SERVING 453 kcals • fat 10g • saturates 2g • carbs 62g • sugars 13g • fibre 11g • protein 24g • salt 1.1g

Butternut korma with mini naans

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

SERVES 2-4 **PREP 10 mins**
COOK 40 mins **EASY** **V** *****

1 butternut squash, peeled, deseeded and cut into cubes (you should end up with about 700g prepared squash)
1 tbsp rapeseed oil
1 onion, chopped
2 garlic cloves, crushed
3cm piece ginger, grated
½ jar korma paste (about 100g)
50g ground almonds
450ml vegetable stock
150ml single cream
toasted flaked almonds, cooked rice and mini naans, to serve

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

2 Put the onion, garlic cloves and ginger in a food processor and blitz to a paste. Tip into a large high-sided frying pan with 3 tbsp water and cook for 5 mins. Add the korma paste and cook for a further 2 mins



until aromatic. Add the almonds and stock and bring to a simmer.

3 Add the butternut squash and simmer for 10 mins, then stir in the cream and season. Scatter over the flaked almonds and serve with rice and mini naans.

GOOD TO KNOW fibre • iron • 1 of 5-a-day
PER SERVING (4) 341 kcals • fat 23g • saturates 5g • carbs 22g • sugars 14g • fibre 7g • protein 8g • salt 1.3g

Good to Know information is based on the nutritional needs of an average, moderately active woman, but other family members will have different needs so adjust portion sizes accordingly. Get advice on feeding a family at nutrition.org.uk/nutritionscience/life or bbcgoodfood.com/balanceddiet.



Roast cauliflower cheese pizza

For a wholesome family meal, serve with plenty of salad.

SERVES 4 **PREP 5 mins**
COOK 1 hr 10 mins **EASY** **V**

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

1 Heat oven to 200C/180C fan/gas 6. Mix the oil and garlic and toss the cauliflower in it. Tip onto a baking sheet and roast for 30-45 mins until the edges have browned a little and the cauliflower is tender.

2 Spread half the mascarpone on the pizza base (or bases) and season well. Tip on the cauliflower and dot over the remaining mascarpone, then sprinkle with the cheese. Bake for 20 mins, then cool for 5 mins before serving.

GOOD TO KNOW vit c • 1 of 5-a-day

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





Egg fried noodles

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

300g white button mushrooms, sliced

2 tbsp olive oil

½ tsp smoked paprika

2 tsp soy sauce

250g dried egg noodles

1 head broccoli, broken into small florets

50g frozen peas

3 egg yolks (use the whites as well, if you prefer, or freeze them to make meringues with later)

2 spring onions, sliced on an angle

1 Gently fry the mushrooms in the oil until soft, then add the paprika and plenty of seasoning and keep frying until they are browned. Stir in the soy sauce.

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

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

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

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



Spinach ball lasagne

SERVES 6 PREP 20 mins plus 30 mins chilling COOK 45 mins EASY V *

300g frozen spinach, defrosted and squeezed dry
 2 tbsp butter
 1 whole nutmeg, for grating
 1 garlic clove, crushed
 100g fresh white breadcrumbs
 50g vegetarian hard cheese, grated, plus a little more for the top
 1 egg, lightly beaten
 2 tbsp oil
 130g vegetarian pesto
 6 dried lasagne sheets
 basil leaves, to garnish (optional)
For the white sauce
 50g butter
 50g plain flour
 500ml milk

1 First, make the white sauce. Melt the butter in a saucepan, then add the plain flour. Stir continuously until a paste forms and continue cooking for 2 mins. Add the milk to the roux gradually, stirring as you go, until you get a smooth sauce. Keep cooking for 5-10 mins more, stirring continuously, until the sauce has thickened. Leave to cool.

2 To make the spinach balls, cook the spinach in the butter until it is warmed through, then stir in a grating of nutmeg and the garlic. Fry for a minute, then stir in the breadcrumbs and cheese. Tip into a dish and stir in the egg to form a stiff paste. Wet your hands and roll about 18 spoonfuls of the mixture into balls. Put them on a baking tray and chill for 30 mins.

3 Heat oven to 190C/170C fan/gas 5. Fry the spinach balls in batches in the oil until lightly browned. Spoon some white sauce into the base of a medium baking dish and tip in six spinach balls. Drizzle over 2 tsp pesto, then place half the lasagne sheets on top, overlapping, add more white sauce, six more spinach balls, then a little more pesto. Place the remaining lasagne sheets on top, cover with white sauce, then dot over the last six spinach balls. Drizzle over more pesto and scatter over the remaining cheese. Bake for 30 mins or until the lasagne sheets are cooked through. Scatter over some basil leaves, if you like.

GOOD TO KNOW calcium
PER SERVING 562 kcals • fat 32g • saturates 12g • carbs 49g • sugars 6g • fibre 5g • protein 17g • salt 1.3g

gf tip
 Make dinner even quicker by buying a carton of white sauce.

Veggie fajitas

SERVES 4 PREP 5 mins COOK 10 mins EASY V *

400g can black beans, drained
 small bunch coriander, finely chopped
 4 large or 8-12 small flour tortillas
 1 avocado, sliced, or 1 small tub guacamole
 2 tbsp soured cream
For the fajita mix
 1 red and 1 yellow pepper, cut into strips
 1 tbsp oil
 1 red onion, cut into thin wedges
 1 garlic clove, crushed
 ½ tsp chilli powder
 ½ tsp smoked paprika
 ½ tsp ground cumin
 1 lime, juiced

1 To make the fajita mix, take two or three strips from each colour of pepper and finely chop them. Set aside. Heat the oil in a frying pan and fry the remaining peppers and onion until soft and starting to brown at the edges. Cool slightly and mix in the chopped raw peppers. Add the garlic and cook for 1 min, then add the spices and stir. Cook for a couple of mins more until the spices become aromatic, then add half the lime juice and season. Transfer to a dish, leaving any juices behind, and keep warm.

2 Tip the black beans into the same pan with the remaining lime juice and plenty of seasoning. Stir the beans around the pan to warm them through and help them absorb any flavours of the fajita mix, then stir through the coriander.

3 Warm the tortillas in a microwave or in a low oven, then wrap them so they don't dry out. Serve the tortillas with the fajita mix, beans, avocado and soured cream for everyone to help themselves.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 463 kcals • fat 19g • saturates 6g • carbs 55g • sugars 8g • fibre 11g • protein 12g • salt 1.6g

gf tip
 If you have smaller children you could serve these in bowl-shaped tortillas that are easier to hold (see right).

COMPETITIONS

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



WIN!

A 1-NIGHT STAY FOR 2 WITH BREAKFAST & DINNER AT CROWNE PLAZA DUBAI MARINA! WORTH DHS1,000

A gift voucher for a complimentary

one-night stay for two persons in a deluxe room with breakfast in LO+CALE and dinner in Charm Thai Restaurant (excluding alcoholic beverages) is up for grabs this month.

Crowne Plaza Dubai Marina is both a business-class hotel for guest seeking flexibility and balance. A perfect hub for corporate and social events, offering modern design, innovative services and bespoke meeting spaces. The hotel is located primely at the Dubai Marina with easy access and public transportation to the main landmarks of Dubai. Charm Thai, the signature venue of the hotel, is a warm and inviting modern Thai Restaurant, tastefully marries tradition with modernity to create an exciting culinary concept. Embark on a vibrant culinary voyage across the Land of Smiles and become enraptured in the specialities of Northern and Southern Thailand.



WIN!

BRUNCH FOR 4 AT FOGUEIRA! WORTH DHS1,556

Brazilian hotspot Fogueira is set to transport diners to tropical Brazil with the launch of an all-new brunch

that promises to indulge all the senses through an authentic Brazilian Churrascaria experience and live Latino music.

Boasting an exquisite Brazilian barbeque and seafood menu, the Fiesta Gastronomica brunch will run weekly at the stunning rooftop terrace located on the 35th floor of Delta Hotels by Marriott Jumeirah Beach from 12.30pm to 4pm and is priced at just AED 289 for soft beverages or AED 389 for house beverages.

The brunch menu consists of Brazilian specialities such as Costela de Boi - braised Brazilian beef ribs with salted corn cake, Pao de Queijo & Feijoda - Brazilian cheese bread with traditional black beans, Arroz De Carreteiro - Chorizo sausage and Brazilian rice, Pato No Tucupi - Duck in corn and cassava sauce with okra and much more.

For more information, please visit: fogueiradubai.com.



WIN!

BRUNCH FOR 2 AT MATTO! WORTH DHS500

Matto, an unordinary Italian restaurant at The Oberoi in Business Bay, brings the iconic buzz of

Italian streets to Dubai with its Via del Matto brunch. Via Del Matto is a love letter to carbs, cocktails, and crazy Italian fun. Dodge invisible vespas on your way to Matto's roaring wood-fired pizza oven and dance over to the live pasta station without getting tangled in the imaginary laundry line. Via del Matto is hosted every Friday from 12pm to 4pm.

A homegrown brand, crafted by Italians, Matto is the creative brainchild of the minds behind the award-winning Iris and Indie DIFC. Matto - the Italian word for "crazy" - dares to be different, and takes a stand against normality.

Matto is located on the Lobby Level of The Oberoi in Business Bay. For more information, call 04 444 1335.



WIN!

THE ULTIMATE SPANISH EXPERIENCE AT NIDO FOR 4 PEOPLE! WORTH OVER DHS500

Matto, an unordinary Italian restaurant at The

Oberoi in Business Bay, brings the iconic buzz of Italian streets to Dubai with its Via del Matto brunch. Via Del Matto is a love letter to carbs, cocktails, and crazy Italian fun. Dodge invisible vespas on your way to Matto's roaring wood-fired pizza oven and dance over to the live pasta station without getting tangled in the imaginary laundry line. Via del Matto is hosted every Friday from 12pm to 4pm.

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WIN!

POOL & BEACH ACCESS WITH LUNCH AT LE MERIDIEN AL AQAH BEACH RESORT! WORTH DHS870

Win a voucher worth Dhs870 for pool and beach access with lunch at Views Restaurant for two adults and two kids. Discover delicious fusion when East meets west at Le Meridien Al Aqah Beach Resort finest Restaurant Views. Overlooking the lush gardens, this restaurant offers a themed buffet menu and an elaborate mix of A la Carte Menu. With this prize you not only get to have a scrumptious meal but also get access to Le Meridien Al Aqah Resort's private pool and beach. This contemporary atrium space, bustling with a brasserie-style atmosphere will make sure you enjoy luxurious culinary creations in an exotic environment.



WIN!

WEEKEND POOL ACCESS WITH FOOD & DRINKS FOR 8 PEOPLE AT MOVENPICK HOTEL APARTMENTS DOWNDOWN DUBAI! WORTH DHS500

Kick-start your weekend the right way with family and friends. Chill away from the hustle and bustle of the city and spend it with a fun pool activity over a great food and drinks at Oasis Pool Lounge at Movenpick Hotel Apartments Downtown Dubai.

An urban-chic vibe here in Downtown Dubai with luscious greenery creating a tranquil kick-back spot next to the water. Perfect to unwind, go for a refreshing swim or topping up a suntan. The Oasis Pool Lounge is located at the fourth floor of Mövenpick Hotel Apartments Downtown Dubai.



WIN!

DRUNCH ON THE DECK AT THE BUNGALOW FOR 2 PEOPLE! WORTH DHS500

Join Those Guys Events at The Bungalow and prepare to make some pour decisions with friends at the EVERY FR:DAY | Drunch on the Deck! Get your essential dose of Vitamin D with 3 deck-cellent packages to choose from, including the 'Full Package' for Dhs249 per person, 'Non-Alcoholic Package' for Dhs199 or 'Drinks Only Package' for Dhs149. All the while, Those Guys Events will be unleashing a #StackedDeck of afro, soul, soulful house, RnB, and hip-hop live sets from Dubai's best DJs. Every Friday from 5pm to 8pm.



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.



AUTISM WORKS WONDERS

Inclusion changes the world

Be part of World Autism Awareness Day on April 2nd along with the launch of our initiative to integrate individuals on the spectrum into the workforce.

Gift the Taste of Luxury this Ramadan

Customise a bespoke gift with
Bateel's signature Ramadan collection

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