



Beetroot & halloumi salad with pomegranate and dill



Method

1. Put the sliced onion in a bowl, add the vinegar and toss well. Cut the peel and pith from the orange then segment over the onion bowl to make sure that you catch any juice.
2. Pile the rocket onto plates and dot over the beetroot and orange. Rub a drop of oil around a non-stick frying pan then fry the halloumi in the pan for about 30 seconds each side until golden.
3. Stir the pomegranate into the onions and spoon this and all the dressing, over the rocket, then top with the halloumi and scatter with the pumpkin seeds, mint and dill.



Ingredients

- 1 medium red onion, halved and thinly sliced
- 2 tbsp apple cider vinegar
- 2 oranges
- 4 handfuls rocket leaves
- 2 cooked beetroots, chopped
- drop rapeseed oil, for frying
- 80g thinly sliced halloumi, slices halved
- 80g pomegranate seeds
- 2 tbsp pumpkin seeds
- handful mint leaves
- few sprigs dill, chopped





Asian cured salmon with prawns, pickled salad & dill lime crème fraîche



Method

1. Check the fish for bones and, if needed, remove with tweezers. To make the cure, put the lemongrass, 125g sugar, the salt, lime juice, zest of 1 lime, 1 tbsp rice vinegar, 1 garlic clove, half of the coriander and dill, including stems, into a food processor. Blitz until the lemongrass is finely chopped, then stir in a quarter of the sliced chillies.
2. Cross two large pieces of cling film in a roasting tin and spoon on a third of the cure, then top with the fish. Cover the fish with the rest of the cure. Wrap tightly and leave for 36-48 hrs, then scrape off the cure, rinse the fish in cold water and pat dry. The fillet will feel firm.
3. On the day of serving, start the other elements of the recipe. Shave the turnips into very thin slices using a mandoline, then plunge them into iced water with a dash of the vinegar. Leave for an hour, then drain well. Thinly slice the onion and mix with the turnip slices, 2 tbsp vinegar, 2 tsp sugar and a pinch of salt. Cover and steep for at least 1 hr, or chill for a few hrs.



Ingredients

- 550g salmon fillet, skin on
- 2 sticks lemongrass, roughly chopped
- 125g caster or granulated sugar, plus 2 tsp and another 2 tbsp
- 150g coarse sea salt
- 2 limes, zested, 1 juiced
- 5 tbsp Japanese rice vinegar, plus a dash
- 2 garlic cloves, crushed
- 28g pack coriander
- 20g pack dill
- 2 fresh red Thai chillies, sliced (deseeded if you don't like it too hot)
- 140g baby turnips, skin on
- 1 small red onion, peeled
- 6 tbsp full-fat crème fraîche
- 12 large cooked peeled prawns





4. Finely chop the remaining dill leaves and stir most of them into the crème fraîche with the remaining lime zest and a little seasoning, then chill.
5. For the dressing, stir together the remaining 2 tbsp sugar, 2 tbsp vinegar, another quarter of the sliced chillies and the crushed garlic and leave until the sugar dissolves.
6. Slice the fish into approx 20 slices, taking the knife down to the skin, then easing the blade underneath each piece to remove it.
7. When ready to serve, spoon and swoosh the dill crème fraîche down the middle of each plate, then top with overlapping salmon slices. Add 3 prawns per serving. Lift the salad from its juices and mound to one side. Scatter with a little extra dill and the remaining sliced chillies, then drizzle the dressing over the fish and prawns (or let your guests do that bit at the table).





Cauliflower, paneer & pea curry



Method

1. Heat 1 tbsp of oil in a large non-stick frying pan, add the paneer and fry gently until crisp. Remove with a slotted spoon and set aside. Add the remaining oil and the cauliflower to the pan, and cook for 10 mins until browned. Add the onions, and a little more oil if needed, and cook for a further 5 mins until softened. Stir in the garlic and curry paste, then pour in the passata and 250ml water, and season. Bring to a simmer, then cover and cook for 18-20 mins or until the cauliflower is just tender.
2. Add the frozen peas and crispy paneer to the pan and cook for a further 5 mins. Stir through most of the coriander and garnish with the rest. Serve with basmati rice or naan bread, raita or your favourite chutney.



Ingredients

- 2 tbsp sunflower oil
- 225g pack paneer, cut into cubes
- 1 head of cauliflower, broken into small florets
- 2 onions, thickly sliced
- 2 garlic cloves, crushed
- 2 heaped tbsp tikka masala paste
- 500g carton passata
- 200g frozen peas
- small pack coriander, roughly chopped
- basmati rice or naan breads, to serve
- raita or your favourite chutney, to serve





Egg & rocket pizzas



Method

1. Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins. Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato.
2. Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.



Ingredients

- 2 seeded wraps
- a little olive oil, for brushing
- 1 roasted red pepper, from a jar
- 2 tomatoes
- 2 tbsp tomato purée
- 1 tbsp chopped dill
- 2 tbsp chopped parsley
- 2 eggs
- 65g pack rocket
- ½ red onion, very thinly sliced





Herb omelette with fried tomatoes



Method

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



Ingredients

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





Homemade muesli with oats, dates & berries



Ingredients

- 100g traditional oats
- 12 pecan nuts, broken into pieces
- 2 tbsp sunflower seeds
- 6 pitted medjool dates, snipped into pieces
- 25g high-fibre puffed wheat (we used Good Grain)
- 4 x 150ml pots bio yogurt
- 300g mixed berries, such as raspberries, strawberries and blueberries
- generous sprinkling of ground cinnamon (optional)

Method

1. Tip the oats into a frying pan and heat gently, stirring frequently until they are just starting to toast. Add the pecans and seeds to warm briefly, then tip into a large bowl and toss so they cool quickly.
2. Add the dates and puffed wheat, mix well until thoroughly combined, then serve topped with the yogurt and fruit, and a sprinkling of cinnamon, if you like.





Slow cooker chicken casserole



Method

1. Heat a knob of butter and ½ tbsp rapeseed or olive oil in a large frying pan, cook 1 finely chopped large onion for 8-10 mins until softened and starting to caramelize.
2. Meanwhile, put 1 ½ tbsp flour and a little salt and pepper in a bowl and toss 650g boneless, skinless chicken thigh fillets in it.
3. Add 3 crushed garlic cloves and the chicken to the pan and cook for 4-5 mins more until the chicken is starting to brown.
4. Transfer to your slow cooker, along with 400g halved baby new potatoes, 2 diced celery sticks, 2 diced carrots, 250g quartered mushrooms, 15g dried and soaked porcini mushrooms with the 50ml soaking liquid, 500ml chicken stock, 2 tsp Dijon mustard and 2 bay leaves.
5. Give it a good stir. Cook on Low for 7 hours or High for 4 hours.
6. Remove the bay leaves and serve with a little Dijon mustard on the side.



Ingredients

- knob of butter
- ½ tbsp rapeseed or olive oil
- 1 large onion, finely chopped
- 1 ½ tbsp flour
- 650g boneless, skinless chicken thigh fillets
- 3 garlic cloves, crushed
- 400g baby new potatoes, halved
- 2 sticks celery, diced
- 2 carrots, diced
- 250g mushrooms, quartered
- 15g dried porcini mushroom, soaked in 50ml boiling water
- 500ml stock made with 2 very low salt chicken stock cubes (we used Kallo)
- 2 tsp Dijon mustard, plus extra to serve
- 2 bay leaves





Slow cooker chilli



Method

1. Heat the oil in a heavy-based pan. Cook the onion for 10 mins until softened and starting to caramelise. Add the garlic and spices and cook for a further 1-2 mins.
2. Transfer to a slow cooker, along with the diced vegetables, mince, chopped tomatoes, stock cube and tomato purée. Stir well. Cook on low for 6-7 hours. About half an hour before serving, take off the lid and use a stick blender to blend in the vegetables (if your children aren't keen to eat veg) or leave chunky. Stir through the lentils and flageolet beans. Replace the lid and heat through for a further half hour. Stir and serve with rice or tacos, soured cream, grated cheese and sliced avocado.



Ingredients

- 1 tbsp rapeseed oil
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 1 ½ tsp sweet smoked paprika
- 1 tsp mild chilli powder (optional)
- 2 carrots, diced
- 2 sticks celery, diced
- 1 courgette, diced
- 1 red pepper, diced
- 400g lean beef mince
- 3 x 400g cans chopped tomatoes
- 1 beef stock cube
- 1 tbsp tomato purée
- 1 x 400g can green lentils, drained and rinsed
- 1 x 400g can flageolet beans, drained and rinsed
- a selection of the following to serve:
rice or tacos, soured cream, grated





Crusty cheddar pies



Method

1. Bring a large pan of salted water to the boil. Put the leeks, broccoli and celery in a large steamer. Add the potatoes to the water and cook for 20 mins, with the vegetables steaming on top, until all are tender. Drain the potatoes, then mash with plenty of seasoning, 25g of the butter and all the yogurt.
2. While the veg cooks, pour the milk into a pan, add the flour, both mustards and remaining butter, and cook over a medium heat, whisking all the time, until smooth and thickened. Stir in half the cheese and season. Remove from heat.
3. Divide the steamed veg and peas between 8 individual pie dishes. Pour over the sauce and top with the mash, then sprinkle over the remaining cheese.
4. Pack into freezer bags and use within 3 months. To serve, unwrap and put the dishes on a baking tray in the cold oven, then set to 200C/180C fan/ gas 6. Bake for 50-55 mins until bubbling and hot all the way through.



Ingredients

- 500g slim young leek, thickly sliced
- 300g broccoli, cut into small florets
- 3 celery sticks, de-stringed and sliced
- 1½ kg floury potato, such as King Edward, cut into even-sized chunks
- 85g butter
- 170g pot 0% fat Greek yogurt
- 850ml semi-skimmed milk
- 75g plain flour
- 2 tsp English mustard
- 1 tsp wholegrain mustard
- 300g pack mature cheddar, finely grated
- handful frozen peas

