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Fruit & Veg from Europe

I CHOOSE FRESH & FAIR!

Recipes



ENJOY
IT'S FROM
EUROPE







WATERMELON AND FETA CHEESE

INGREDIENTS

- 1 watermelon, about 2 kilos
- 200g sheep/goat milk feta, cut into small thick slices
- 20 g fresh mint leaves
- 50g rocket leaves
- 20-30 black pitted/stoned, olives
- 3 baby cucumbers or ¼ standard cucumber, sliced fairly thinly
- 1 medium small red onion, cut into very thin slices
- Olive oil, and lemon juice/balsamic vinegar, to taste

METHOD

Peel the watermelon of its green peel and white layer as well. Slice the pink flesh into 2-bite chunks or triangles. Arrange the watermelon pieces, feta, scatter with the mint, rocket, olives, cucumber slices and red onion on a large platter.

Chill, and dress with olive oil and lemon or vinegar to taste.

Cooks Tip

Toasted pumpkin seeds add a tasty crunch sprinkled on top of this salad too.

 Preparing Time
10-15 minutes

 Assembly Time
5 minutes

 Serving People
4



SALMON, RICE & BLOOD ORANGE MEDLEY

INGREDIENTS

- 1 tbsp toasted sesame oil
- 4 salmon fillets (500g)
- 250g asparagus, trimmed and cut into 4 cm pieces
- 4 blood oranges
- 2 x 250g pouches wholegrain basmati & wild rice
- 2 tbsp extra virgin olive oil
- 2 tbsp chopped parsley

METHOD

Heat the sesame oil in a large frying pan and fry the salmon, flesh side down for 5 minutes, turn over and add the asparagus to the pan and fry for a further 5 minutes until the salmon is just cooked through.

Meanwhile, cut off the skin and pith from the oranges and remove the segments over a bowl to catch any juices. Remove the salmon and add the rice to the pan with the orange segments and juice with the oil, heat for 1-2 minutes.

Season and stir in the parsley to serve.

Cooks Tip

Out of season, replace the asparagus with broccoli.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
15 minutes

👤 Serving People
4



THAI CUCUMBER, PRAWN & LETTUCE SALAD

INGREDIENTS

- 150g folded rice noodles
- 1 cucumber (350g)
- 1 round lettuce (200g), roughly shredded
- 350g cooked king prawns
- Juice 1 lime
- 2 tsp fish sauce
- 2 tsp light soy sauce
- 2 tsp toasted sesame oil
- 25g pack parsley, leaves only

METHOD

Cook the noodles according to pack instructions, drain and cool under cold water.

Meanwhile, make ribbons from the cucumber using a vegetable peeler, discarding the seed centre. Place in a large bowl with the lettuce and prawns.

Whisk together the lime juice, fish sauce, soy and oil and toss into the salad.

Stir in the parsley and noodles to serve.

Cooks Tip

Replace the round lettuce with Lollo Rosso or salad leaves of your choice.

 Preparing Time
10 minutes

 Cooking Time
10 minutes

 Serving People
4



GRIDDLED PEAR & GORGONZOLA SALAD

INGREDIENTS

- 150g day old bread, torn into bite sized pieces
- 3½ tbsp olive oil
- 3 ripe pears (450g)
- 100g rocket
- 100g walnuts, toasted
- 250g radishes, sliced
- 2 tbsp white wine vinegar
- 150g Gorgonzola, diced

METHOD

Preheat the oven to 200°C, gas mark 6.

Toss the bread in 1 tbsp oil and place on a baking tray, bake for 10 minutes until golden.

Meanwhile, slice the pears lengthways and remove the core, toss in ½ tbsp oil and griddle in batches for 2-3 minutes each side until golden bar marks appear, set aside.

Mix together the rocket, walnuts, croutons and radishes. Whisk the remaining oil with the vinegar, season and toss into the rocket. Divide between 4 large plates and top with the griddled pears and Gorgonzola.

Cooks Tip

Use another blue cheese of your choice.

🕒 Preparing Time
15 minutes

👩🍳 Cooking Time
15 minutes

👤 Serving People
4



RADISH & CHICORY CAESAR SALAD WITH CAJUN CHICKEN

INGREDIENTS

INGREDIENTS

- 1 tbsp olive oil
- 2 tbsp Cajun seasoning
- 3 chicken breast fillets, halved horizontally (600g)
- 1 round lettuce, torn (200g)
- 2 heads red chicory, sliced (140g)
- 200g radishes, trimmed and sliced
- 4 tbsp Caesar dressing
- 50g croutons

METHOD

Heat the oil in a large frying pan, sprinkle the Cajun seasoning over both sides of the chicken and fry for 10-15 minutes, turning occasionally until golden and cooked throughout.

Meanwhile, place the lettuce, chicory and radishes in a large bowl and toss in 2 tbsp dressing, divide between 4 plates. Slice the chicken and place on top of the salad with the croutons, drizzle over the remaining dressing to serve.

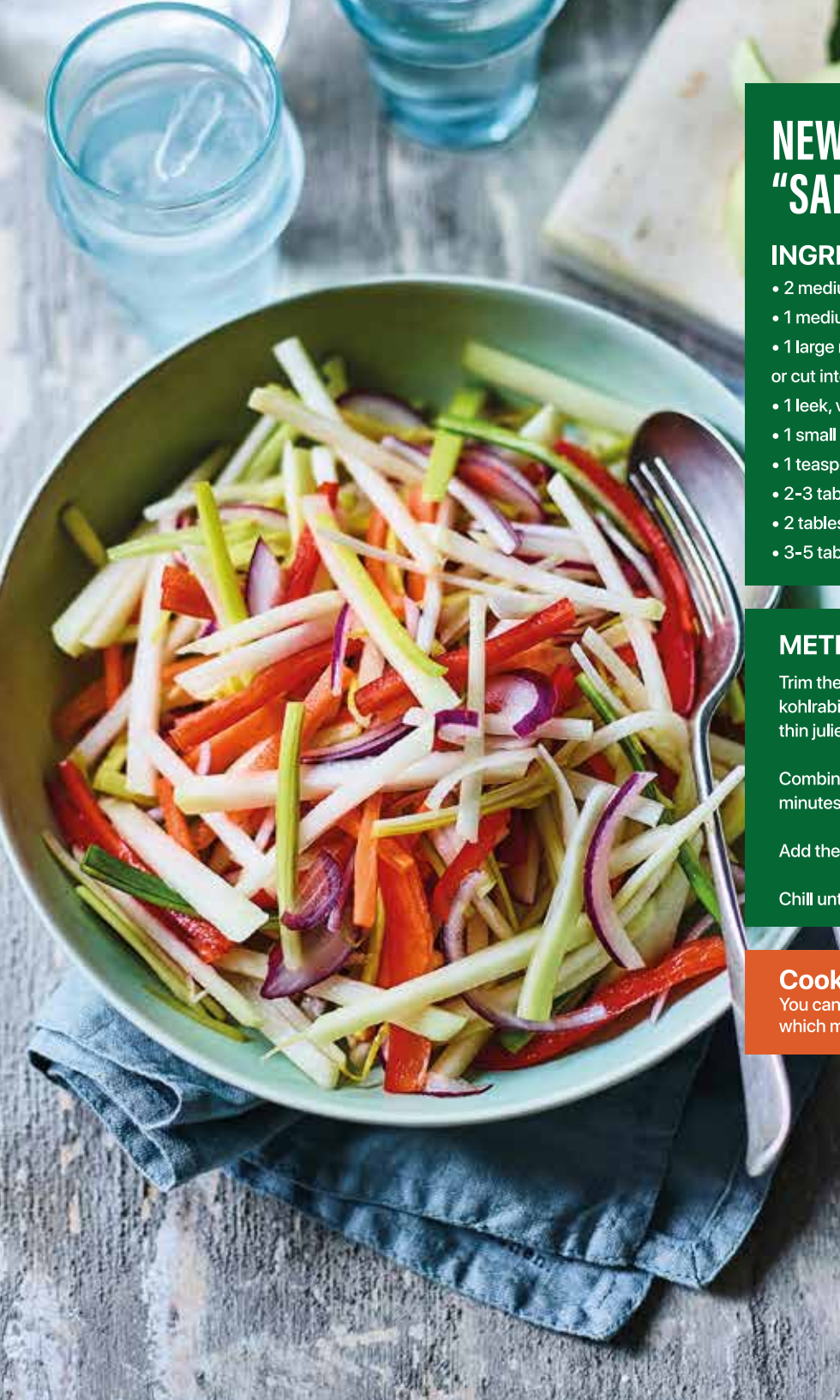
Cooks Tip

Swap the chicken for salmon fillets.

 Preparing Time
10 minutes

 Cooking Time
15 minutes

 Serving People
4



NEW YORK CITY "SALAD"

INGREDIENTS

- 2 medium large kohlrabi (about 300g each)
- 1 medium sized carrot, peeled and cut into julienne or thin strips
- 1 large red Romano pepper or red sweet (bell) pepper, coarsely chopped or cut into thin short strips
- 1 leek, very thinly sliced
- 1 small red onion, halved and thinly sliced
- 1 teaspoon salt
- 2-3 tablespoons sugar
- 2 tablespoons cider vinegar
- 3-5 tablespoons distilled white wine vinegar

METHOD

Trim the kohlrabi: cut off the top and bottom of the kohlrabi (you will need a sharp knife), then peel the rest of the kohlrabi: using either a vegetable peeler, or, sharp vegetable knife. When peeled, cut into halves, then slice, and cut into thin julienne (thin strips).

Combine the kohlrabi strips with the carrot, red pepper, and leek. Add the salt, and mix well. Set aside for about ten minutes.

Add the sugar, cider vinegar, and white wine vinegar and mix well and season to taste.

Chill until ready to serve.

Cooks Tip

You can keep in a sealed container in the fridge for up to a week. The vegetables wilt, and get slightly pickle-y as they sit, which makes them a delicious antipasto, or tapa, or side to a deli sandwich.

🕒 Preparing Time
30 minutes

👨‍🍳 2nd Prep. Time
Standing time:
10 minutes plus
5 -10 minutes

👤 Serving People
6



PEACH, FENNEL & ROCKET SALAD

INGREDIENTS

- 4 ripe peaches, sliced (500g)
- 2 tbsp extra virgin olive oil
- 1 fennel bulb, sliced lengthways (250g)
- 1 blood orange, juice
- 1 tbsp white wine vinegar
- 100g rocket

METHOD

Toss the peaches in $\frac{1}{2}$ tbsp oil and griddle for 4-5 minutes, turning once. Remove and toss the fennel slices in a further $\frac{1}{2}$ tbsp oil and griddle for 5-6 minutes, turning once.

Whisk together the orange juice, vinegar and remaining 1 tbsp oil, season well.

Mix the rocket with the peach slices, fennel and dressing to serve.

Cooks Tip

Delicious served with Italian charcuterie.

 Preparing Time
10 minutes

 Cooking Time
10-12 minutes

 Serving People
4



QUINOA TABBLOULEH

Traditionally, tabbouleh is made with bulgur wheat. Too often, though, the salad you get is heavy on the bulgur, light on the vegetables, unlike the middle east where the vegetables are the star of the dish. Using quinoa instead of bulgur makes the tabbouleh extremely light and refreshing.

INGREDIENTS

- 1 bunch of spring onions, thinly sliced crosswise
- 25-30g flat leaf parsley, finely chopped
- 15g fresh mint leaves, finely sliced
- 1/2 cucumber, finely diced
- 75g cherry tomatoes, cut into small wedges
- 1 clove garlic, finely chopped
- 125g ready to eat quinoa
- 30 ml extra virgin olive oil
- Juice of 1 lemon
- To serve: romaine (cos) lettuce leaves, yogurt

METHOD

Combine the spring onions, parsley, and mint in a large bowl, then add the cucumbers, tomatoes, and garlic, and mix together well.

Add the quinoa, mix in well, and dress with the olive oil and lemon. Season to taste serve on a few leaves of lettuce, with a spoonful of yogurt on the side.

Cooks Tip

This is even better eaten the next day! You can also replace the quinoa with couscous- just prepare according to instructions on pack.

 Preparing Time
20 minutes

 Assembly Time
20 minutes

 Serving People
4



JAPANESE LIGHTLY PICKLED KOHLRABI

INGREDIENTS

- 1 kohlrabi (about 400g)
- 1/4- 1/2 teaspoon salt or as needed
- 2 tablespoons sugar
- 2 tablespoons rice vinegar
- 1/8 teaspoon turmeric
- Optional: thinly sliced red chili

METHOD

Remove the leaves and stems of the kohlrabi, then peel away the kohlrabi of its tough skin. Cut the round vegetable into quarters, then each quarter into thin slices.

Place in a bowl, toss with the salt, and leave for at least an hour.

Taste the kohlrabi; if it seems too salty, rinse with water; if it seems just salty enough for a pickle, then leave it as is.

Add the sugar, vinegar, and turmeric, mix well, and leave for several hours or overnight.

Cooks Tip

Delicious as a pickle-accompaniment to steamed rice and grilled meat/fish/tofu, and wonderful with burgers or fried chicken sandwiches.

🕒 Preparing Time
10-15 minutes

👨‍🍳 2nd Prep. Time
1 hour plus
overnight
marinating



VIETNAMESE BASIL AND TOFU RICE PAPER ROLLUPS

INGREDIENTS

- 280g-300g firm tofu, drained and patted dry with a clean cloth or absorbent paper
- 200g rice vermicelli (Thai or Vietnamese)
- 2 x 134 g packets rice paper or rice pancakes for spring roll wrappers
- 50g basil leaves, stems removed
- 1 red pepper, thinly sliced or chopped
- Handful of fresh raw bean sprouts
- Dipping sauces (see below):

METHOD

Slice or break the tofu into small chunks or pieces. Set aside.

Prepare the rice vermicelli as per the on pack instructions, then rinse thoroughly in cold water to stop the vermicelli from overcooking.

Lay out the basil leaves, red pepper, tofu, and bean sprouts next to a flat surface you can use for rolling up the parcels. Have ready a bowl of very warm water, along with the rice papers and a big plate for serving onto.

Briefly wet a sheet of rice paper in the warm water, remove and place on your working surface. Repeat with a second sheet of rice paper, making a very long double round almost oblong, with overlap of about a third of both sheets.

Arrange a layer of fresh basil leaves going the length of the rice papers, then a sprinkling of the red pepper, the tofu, and a few bean sprouts. Top with a tangle of the vermicelli which you place on top in an almost log shape.

Start rolling: fold the edges at the far end of the filling, enough to make a sealed parcel, then roll, starting with one end, encasing the filling, and rolling as tightly as you can, until the filling is all rolled up in the rice paper. The damp rice paper will hold it all together.

Place on a plate and repeat until all of the filling is gone. Set the rolls aside until ready to serve. If you wish to pile more on a plate without them sticking together, cover one layer with cling film, then layer more of the rolls on top. Chill or keep cool until ready to serve.

Cooks Tip

Serve with ready prepared sauces or make your own as below:

Serve with the two sauces – either ready prepared or follow the recipes below:

Hoisin-peanut: 3 Tablespoons crunchy peanut butter, 5 tablespoons hoisin sauce, 1 tablespoon tomato ketchup, 1 tablespoon soy sauce, 1 tablespoon sesame oil and a pinch five spice powder Mix together until creamy.

Hot-sweet-sour: 2 tablespoons very hot sauce, 2 tablespoons vinegar, 2 teaspoons sugar, 2 tablespoons water, season to taste, 1-2 tablespoons grated raw carrot

🕒 Preparing Time
30 minutes

👨‍🍳 Cooking Time
15 minutes

👤 Serving People
4



PICKLED RADISH & STEAK TACOS

INGREDIENTS

- 2 tsp caster sugar (10g)
- 2 tbsp white wine vinegar
- 200g radishes, sliced
- 230g asparagus, trimmed
- 1 tbsp olive oil
- 3 x 200g sirloin steaks, trimmed of excess fat
- 326g pack 8 soft flour tortillas
- Sliced avocado and soured cream to serve

METHOD

Place the sugar and vinegar in a bowl and stir to dissolve, stir in the radishes and set aside.

Meanwhile, rub $\frac{1}{2}$ tbsp oil over the asparagus and griddle for 5-6 minutes until slightly charred, cut in half. Rub the steaks in the remaining oil, season and add to the griddle for 2 minutes each side for medium. Allow to rest for a few minutes before slicing.

Warm the tortillas according to the pack and serve with some asparagus, sliced steak and pickled radishes topped with sliced avocado and a spoonful of soured cream.

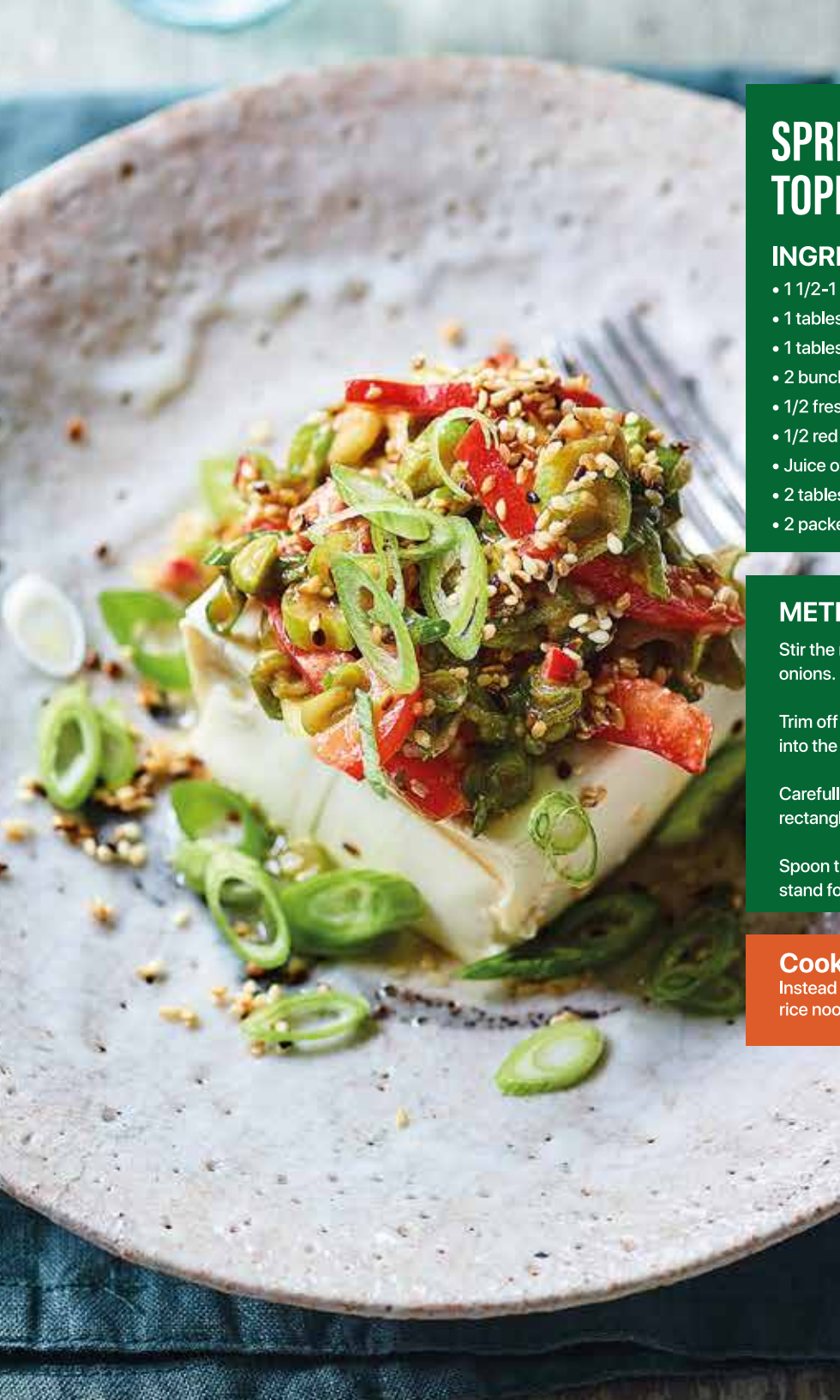
Cooks Tip

Replace the steak with salmon or lamb steaks.

 Preparing Time
10 minutes

 Cooking Time
10 minutes

 Serving People
4



SPRING ONION-MISO TOPPED SILKEN TOFU

INGREDIENTS

- 1 1/2-1 tablespoons white miso
- 1 tablespoon soy sauce, plus extra for drizzling at end
- 1 tablespoon sesame oil
- 2 bunches spring onions
- 1/2 fresh red chili, chopped
- 1/2 red pepper, cut into strips
- Juice of 1/2 lime
- 2 tablespoons toasted sesame seeds
- 2 packets/boxes Silken (soft) tofu

METHOD

Stir the miso to loosen it up, then mix it with the soy sauce and sesame oil. Set aside while you prepare the spring onions.

Trim off the root end and the uneven cut ends of the spring onions, then cut on a diagonal, as thinly as you can. Stir this into the miso mixture, along with the red chilli, red pepper, lime juice and sesame seeds.

Carefully open each box of tofu, using a scissors to keep it from falling apart as it is quite delicate in texture. Cut each rectangle into two halves, each one square shaped. Place each square on a small plate.

Spoon the spring onion miso mixture onto each square of tofu, drizzling a little bit of soy sauce over the top. Leave to stand for an hour in the fridge to allow the flavours to develop before serving.

Cooks Tip

Instead of tofu, the spring onion/miso mixture is delicious as a dressing mixed in with cold diced cooked chicken and rice noodles.

🕒 Preparing Time
15 minutes

👤 Serving People
4



PARSLEY HUMUS

This hummus: green with parsley and herbs, is traditional in the middle east but not well known here. It's a unique take on what has now become a familiar, beloved, food.

INGREDIENTS

- 300g ready made humus
- 30g finely chopped parsley
- 2 tbsp finely chopped mint
- 2 tbsp finely chopped coriander
- 2 tablespoons tahini
- Juice of 1/2 lemon
- Pinch of cumin
- Serve with vegetables and pita wedges to dip with, such as cucumber, red chicory, carrots, radishes

METHOD

Using a fork or spoon, fluff up the humus, then stir in the herbs and mix well. Beat in the tahini, lemon juice and cumin and season to taste.

Arrange in a shallow bowl, and drizzle with a little more olive oil if desired and serve with vegetables and pita wedges for dipping.

Cooks Tip

Be sure all the herbs are finely chopped so that the flavour of the herb comes through.

 Preparing Time
20 minutes

 Assembly Time
10 minutes

 Serving People
4



SPRING ONION TOASTED CHEESE SANDWICH

INGREDIENTS

- 180g cream cheese
- 3-4 medium-large spring onions, thinly sliced
- 200g Emmenthal cheese, thinly sliced
- 8 slices brown bread (or 4 small rolls, cut into halves)
- 25g butter

METHOD

With a fork or spoon lightly beat the cream cheese then mix in the spring onions and season to taste.

Spread the mixture onto the four slices of bread and top with the slice Emmenthal.

Spread the top of the sandwiches with butter then place under a preheated grill until the cheese is melted and lightly browned in places.

Cut the sandwiches into halves, sprinkle with a little more spring onion, and serve.

Cooks Tip

The spring onion cream cheese is super spooned onto a toasted bagel. Eat as is, or top with smoked salmon, or diced cucumber, tomatoes and peppers.

 Preparing Time
10 minutes

 Cooking Time
6 minutes

 Serving People
4



SAVOY CABBAGE STIR FRY, WITH CARROTS AND SHIITAKES, TORTILLA WRAP

INGREDIENTS

- 3-4 spring onions, trimmed and thinly sliced
- 1 Savoy cabbage
- 100g fresh shiitake mushrooms
- 1 medium carrot, trimmed and cut into short strips
- 1 tablespoon chopped fresh ginger
- 1 packet (160g) marinated tofu pieces
- 4 large flour tortillas
- 1-2 tbsp Hoisin Sauce
- 2 tablespoons toasted sesame oil
- 1 teaspoons sugar
- 1-2 tbsp soy sauce to taste

METHOD

Remove the core of the Savoy cabbage, then slice it fairly thinly (about 12-15 mm). Remove stems from shiitakes and slice the caps into strips. Set aside the cabbage and the mushrooms.

In a heavy pan or wok, heat 1 tablespoon of the sesame oil; when pan is hot but not smoking, add the carrot and ginger, stir fry a minute or two then add the shiitakes. Continue to stir fry another minute or two then remove from pan/wok and set aside.

Add the cabbage, with the remaining sesame oil to the pan then stir fry for about 5 minutes or until the cabbage begins to wilt. Sprinkle with sugar and soy sauce to taste.

Toss together then add the reserved carrot/shiitake mixture to the cabbage with the tofu and toss it all together, cooking over medium heat for 1 – 2 minutes. Season with soy sauce to taste if needed, and pile onto a platter to serve.

Heat the tortillas according to the instructions on pack, then place each on a plate, spooning the cabbage mixture down of the centre, with a dash of hoisin and a sprinkling of spring onions on the side. Working lengthwise, so that the cabbage mixture will be enclosed in the wrap, fold over the end with the hoisin and spring onion, then work your way around the filling wrapping it as tightly as you can.

Serve right away, drizzled or dotted with extra hoisin, and sprinkled with spring onions.

 Preparing Time
20 minutes

 Cooking Time
10-15 minutes

 Serving People
4-6

Cooks Tip

The filling is mild, which makes it a great accompaniment to other dishes such as roasted meats and steamed rice, with either a dash of hoisin or spicy red chili oil.



BACON & CHILLI BREAKFAST SCONES

INGREDIENTS

- 6 rashers smoked back bacon (175g)
- ½ tbsp olive oil
- 225g self raising flour
- 1 tsp baking powder
- 50g butter, diced
- 2 green chillies, 1 finely chopped, 1 sliced
- 2 tbsp chopped parsley
- 100ml milk plus 1 tbsp
- 4 medium eggs

METHOD

Preheat the oven to 200°C, gas mark 6.

Finely chop 2 rashers bacon, heat the oil in a frying pan and fry for 2-3 minutes until golden.

Meanwhile, place the flour, a pinch salt and baking powder in a large bowl, add the butter and rub into the flour with fingertips to give breadcrumbs. Stir in the chopped chilli, parsley and fried bacon. Gradually add 100ml milk and stir with a round bladed knife to give a soft dough.

On a floured surface, roll out the dough to a 16cm square, cut into 4 and place on a baking tray, brush with a little milk and add the sliced chillies on top. Bake for 20 minutes until golden.

Meanwhile grill the remaining bacon for 5-6 minutes. Poach the eggs in boiling water for 3-4 minutes.

Half the scones, fill with bacon and poached egg and serve.

Cooks Tip

For a substantial brunch add some round lettuce and tomatoes.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
20 minutes

👤 Serving People
4



ARTICHOKE, TUNA & OLIVE PASTA

INGREDIENTS

- 4 globe artichokes (1.3kg)
- 2 tbsp extra virgin olive oil
- Zest and juice 1 lemon
- 250g wholewheat penne pasta
- 200g can tuna steak in olive oil
- 50g pitted black olives, sliced
- ½ x 25g pack parsley, roughly chopped

METHOD

Remove the tough leaves from the base of the artichokes and cut off the stems. Cook in a large pan of boiling water for 20–25 minutes, depending on the size. If a leaf from the centre comes away easily, they are cooked. Remove from the water and drain upside down.

Remove the leaves and scrap off the flesh from the base. Remove and discard the 'hair', or choke with a teaspoon to reveal the artichoke heart. Slice the hearts and marinate in the oil and lemon juice.

Meanwhile, cook the pasta according to pack instructions, drain, reserving a little cooking water. Toss the tuna with the oil, olives, parsley and marinated hearts plus the marinade into the pasta along with a little cooking water. Season to taste and serve.

Cooks Tip

Swop the can of tuna for fresh salmon or tofu.

🕒 Preparing Time
10 minutes

👨‍🍳 Cooking Time
20-25 minutes

👤 Serving People
4



TAGLIATELLE WITH BASIL CREAM AND GORGONZOLA

INGREDIENTS

- 150g basil, plus a little extra for garnish
- 1 clove garlic, chopped
- 2 tablespoons extra virgin olive oil, or as needed
- 300ml whipping cream
- 150g Gorgonzola
- 500g tagliatelle
- 4 tablespoons pine nuts

METHOD

Trim the end of the basil stalks then coarsely chop or tear up the leaves and stems, and place in blender, along with the garlic and olive oil. Whizz it up, until the mixture forms a thick green paste. Add more olive oil if/as needed. Season to taste and set aside.

Cook the pasta according to the instructions on pack.

While it is heating up, pour the cream into a large frying pan and heat it over medium heat until bubbles form along the edges, and it is hot. Remove from heat.

Crumble the gorgonzola into small chunks and add to the cream; no need to stir, just let it grow soft in the hot cream. Drain the pasta, reserving about a cup of the cooking water.

Add the pasta to the hot cream and toss together over a medium low heat until all the pasta is covered in sauce. Add a little bit of the cooking water if the sauce is too thick.

Add the reserved basil puree into the hot pasta, toss together and mix well, season to taste, then serve right away, scattered generously with pine nuts and extra basil.

Cooks Tip

Try using green fettuccine, to enhance the green colour and pureed basil.

🕒 Preparing Time
10 minutes

👨‍🍳 Cooking Time
10 minutes

👤 Serving People
4



ROASTED ASPARAGUS ALLA PIZZAIOLA

INGREDIENTS

- 400g asparagus spears
- 4 tablespoons extra virgin olive oil
- 200g small plum tomatoes, halved
- Pinch dry oregano
- 1 clove garlic, chopped
- 2 tablespoons tomato puree
- 200g diced chopped canned tomatoes
- 250g drained Mozzarella, torn into pieces
- Pack of basil, leaves torn into pieces
- 50g Freshly grated Parmigiana or pecorino

METHOD

Preheat oven to 220°C.

Cut the spears in half, toss in half the olive oil and arrange on a baking sheet pan for roasting.

Add the tomatoes to the asparagus. Season to taste, sprinkle with oregano, and roast together for 15 minutes or until golden brown but still holding onto their character.

Toss in the garlic, tomato paste, canned tomatoes, then top with the Mozzarella, basil, and a generous shaking of Parmigiana. Drizzle with remaining olive oil.

Return to the oven for 10 minutes or until the cheese has melted and in places has turned golden.

Remove and serve immediately.

Cooks Tip

Serve the roasted asparagus and tomatoes (before adding the mozzarella and tomato sauce) at room temperature, as a salad or starter.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
20-30 minutes

👤 Serving People
4



MEXICAN CHILLI BAKED EGGS

INGREDIENTS

- 1 tbsp oil
- 1 onion, sliced (190g)
- 2 green chillies, 1 finely chopped, 1 sliced
- 1 tsp mild chilli powder
- ½ tsp ground cumin
- 400g can black beans, drained and rinsed
- 400g can chopped tomatoes
- 4 medium eggs
- Sliced avocado, soured cream and coriander to serve

METHOD

Heat the oil in a large ovenproof frying pan and fry the onion and chopped chillies for 5 minutes. Stir in the spices and cook for 1 minute.

Stir in the beans and chopped tomatoes with 100ml water and simmer for 5 minutes. Make 4 hollows and crack an egg into each. Scatter over the sliced chilli and bake for 8-10 minutes until the egg white has just set.

Serve topped with avocado, soured cream and coriander.

Cooks Tip

Serve with crusty bread to mop up all the sauce.

 Preparing Time
10 minutes

 Cooking Time
20 minutes

 Serving People
4



LEMON TURKEY MEATBALLS ON A BED OF WILTED ROCKET

INGREDIENTS

- 2 pita breads
- 500g turkey thigh mince
- 85g finely grated Parmigiana
- 1 egg
- 1 lemon: separated out into its zest, and its juice
- 2 spring onions, finely chopped
- 120 g wild rocket, or other fresh rocket leaves
- About 3 tablespoons extra virgin olive oil
- Season to taste

METHOD

Soak the pita or bread in water (or a combination of water and milk) to soften a few minutes, then squeeze dry and crumble into small bits.

Mix with the turkey mince, the Parmigiana, egg, lemon zest, 1 spring onion; season to taste. Roll into small meatballs.

Heat a heavy saute/frying pan (non stick preferable) and add a tablespoon (or more as needed) of the olive oil. Add the turkey meatballs gently to the hot pan, keeping the heat around medium, enough to brown the meatballs gently, and to cook them through.

When the bottoms are browned, gently turn each meatball over onto one side, then a few minutes to another, cooking on 3 sides. If you turn them too often in an effort to cook too many sides they could fall apart (though are still delicious).

Cook for about 20 minutes, until meatballs are cooked through and lightly browned. Remove from heat and drizzle with about half the lemon juice. Set aside a moment while you prepare the rocket spring onion salad.

Combine the remaining spring onion with the rocket leaves, toss with remaining olive oil and lemon juice. Season to taste.

Arrange the hot turkey meatballs on top of the salad, and pour any pan juices over the salad and meatballs as well.

Serve now: warm meatballs, wilting rocket leaves, so delicious.

Cooks Tip

Leftovers are great served with homemade tomato sauce and stuffed into a crusty French roll/baguette with or without mozzarella to melt in.

Instead of turkey, you can make these with beef, to which I recommend the addition of a handful of pinenuts and another of raisins: a taste of Sicily and Naples.

 Preparing Time
about 30 minutes

 Cooking Time
about 20 minutes

 Serving People
4



SESAME SEARED TUNA ON A BED OF ROCKET

INGREDIENTS

- 200g (as thick as possible) yellowfin tuna, line caught, wild, sustainably sourced
- 2 teaspoons toasted sesame oil
- 2 tablespoons toasted sesame seeds
- 3 spring onions, thinly sliced
- 100g rocket leaves
- 1 tablespoon extra virgin olive oil
- 1-2 teaspoons sugar, or to taste
- Medium to large pinch powdered ginger
- 2 teaspoons rice vinegar, or to taste
- 1-2 teaspoons soy sauce

METHOD

Dry the tuna steaks, then season to taste, rub with half the sesame oil, and sprinkle on both sides with half the sesame seeds. Store in the fridge while you prepare the salad.

Mix spring onions with rocket leaves, then mix the dressing: the remaining sesame oil, sesame seeds, sugar, ginger, and soy sauce. Set aside.

Then sear the tuna. Heat a heavy pan fairly hot, or until smoking. If its nonstick there is no need to use oil, but if not, use a tiny bit so that the fish doesn't stick.

Place the fish onto the hot pan and cook over high heat for 1 minute on each side (top and bottom; if it's quite thick, you can sear the sides a bit as well). Do not be tempted to overcook; it's the tenderness of being halfway between cooked and raw that is so delicious and has such a wonderful mouthfeel.

Remove from pan and leave to stand for a few minutes. Slice fairly thinly, about 2 mm across the grain. Place the warm tuna slices on top of the rocket and spring onions, then dress with the reserved dressing. Eat warm.

Cooks Tip

Replace the tuna with fresh salmon steaks.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
2-3 minutes

🍽️ Assembly Time
5-10 minutes

👤 Serving People
4



CHICKEN AND ASPARAGUS PICCATA

INGREDIENTS

- 2 bunches medium sized asparagus
- 650g boneless skinless chicken breasts (4)
- 2 tbsp plain flour
- 2-3 tablespoons olive oil
- 350ml dry white wine
- Zest of 1 lemon (plus extra lemon, cut into slices for garnish)
- 250ml chicken stock
- Juice of 2 lemons
- 2-3 teaspoons capers, drained and rinsed
- 150ml whipping or single cream
- Pack of fresh basil leaves

METHOD

Slice off the ends of the asparagus spears; and then using a vegetable peeler, scrape gently a small amount of the skin from the larger parts of the stems. Don't peel away too much of the asparagus, just a few thin shavings evenly around the larger end of the spears. Discard peelings.

Score the chicken breasts on both sides then gently pound until d slightly and form a somewhat even thickness. Season to taste on both sides, then toss in the flour.

Heat the olive oil in a heavy frying pan, then add the chicken breasts, cooking until golden on both sides. Add the capers while the chicken breasts are cooking and continue until the chicken is almost cooked through.

Once chicken is removed from the pan, add the white wine and lemon zest, and cook over medium heat until mixture is reduced by about half. Add the chicken stock and cook together, stirring until liquid has evaporated by about half and intensified in flavour.

Add the lemon juice, return chicken breasts to the pan, top with the asparagus spears, place a lid on top and cook over medium heat for a few minutes, or until the chicken and asparagus is cooked through.

Remove chicken and asparagus to serving platter. Raise heat until liquid, add cream, and cook together until it forms a rich creamy sauce, a minute or two. Season to taste then pour over the chicken and asparagus and garnish with the lemon slices and basil.

Serve straight away.

 Preparing Time
about 30 minutes

 Cooking Time
about 20 minutes

 Serving People
4

Cooks Tip

Why not try the lemony sauce and asparagus with pan roasted cod instead of chicken? Cook the cod as for the chicken, but the cod will only need a few minutes to cook.



CABBAGE, PANCETTA & BEAN SOUP

INGREDIENTS

- ½ tbsp extra virgin olive oil, plus extra for drizzling
- 150g diced pancetta
- 400g can chopped tomatoes
- 800ml chicken stock
- 400g can cannellini beans, drained and rinsed
- ½ Savoy cabbage, shredded (300g)
- ½ x 25g pack basil, shredded

METHOD

Heat ½ tbsp oil in a large saucepan and fry the pancetta for 2-3 minutes.

Add the tomatoes, stock and beans and bring to the boil. Stir in the cabbage and cook, covered for 5 minutes. Season with black pepper.

Drizzle with a little oil and serve with crusty bread.

Cooks Tip

Swop the cannellini beans for butter or kidney beans.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
8-10 minutes

👤 Serving People
4



BRAISED LETTUCE WITH PANCETTA & PEAS

INGREDIENTS

- ½ tbsp olive oil
- 150g diced pancetta
- 1 bunch spring onions, cut into 4cm pieces
- 300ml vegetable stock
- 1 tbsp Dijon mustard (20g)
- 250g frozen peas
- 400g can cannellini beans, drained and rinsed
- 1 round lettuce, cut into quarters (200g)
- 2 tbsp crème fraiche (40g)

METHOD

Heat the oil in a sauté pan with a lid and fry the pancetta for 2 minutes, add the spring onions and fry for a further 1-2 minutes.

Add the stock, mustard, peas and beans and then add the lettuce. Cover and simmer for 5 minutes until lettuce has wilted. Stir in the crème fraiche to serve.

Cooks Tip

Great served topped with a poached egg.

 Preparing Time
10 minutes

 Cooking Time
10 minutes

 Serving People
4





ARTICHOKES WITH HONEY & MUSTARD VINAIGRETTE

INGREDIENTS

- 4 globe artichokes (1.3kg)
- 8 slices sourdough bread (350g)
- 5 tbsp extra virgin olive oil
- 1 tbsp honey
- 1 tbsp wholegrain mustard (20g)
- Juice 1 lemon

METHOD

Remove the tough leaves from the base of the artichokes and cut off the stems. Cook in a large pan of boiling water for 20–25 minutes, depending on the size. If a leaf from the centre comes away easily, they are cooked. Remove from the water and drain upside down.

Brush the bread on both sides with 2 tbsp oil and griddle for 2 minutes each side.

Whisk the remaining oil with the honey, mustard and lemon juice, season.

Serve by pulling off the leaves and dipping the fleshy part in the dressing. Do this until the leaves have been removed. Remove and discard the 'hair', or choke, with a teaspoon to reveal the artichoke heart and again dip in the dressing.

Serve with the griddled sourdough.

Cooks Tip

Delicious as a starter or as part of a summer buffet.

 Preparing Time
10 minutes

 Cooking Time
20–25 minutes

 Serving People
4



PEACH MELBA PAVLOVA

INGREDIENTS

- 4 medium egg whites
- 250g caster sugar plus 2 tbsp (15g)
- 1 tsp cornflour
- 1 tsp white wine vinegar
- 150g raspberries
- 3 ripe peaches, sliced (375g)
- 200ml double cream
- 100g mascarpone

METHOD

Preheat the oven to 150°C, gas mark 2. Line a large baking tray with baking parchment.

Whisk the egg whites until stiff then gradually whisk in the sugar, 1 tbsp at a time until smooth and shiny. Whisk in the cornflour and vinegar. Spoon onto the parchment lined tray to give a 22cm circle. Make a dip in the centre so the edges are higher. Bake for 1½ hours. Remove and allow to cool.

Meanwhile, place the raspberries in a small saucepan with the 2 tbsp sugar and cook for 3 minutes until the raspberries have broken down. Cool and press through a sieve to give a smooth sauce.

Once the pavlova has cooled, heat a griddle pan and griddle the peach slices for 5 minutes, turning half way through, allow to cool.

Whisk the cream and mascarpone together to give soft peaks and spoon into the hollow of the pavlova. Top with the peaches and drizzle with a little raspberry sauce, reserving the rest to serve.

Cooks Tip

Replace the raspberries with strawberries when in season.

🕒 Preparing Time
15 minutes

👨‍🍳 Cooking Time
1 hour 15 minutes

👤 Serving People
6



PEAR & CHOCOLATE SPONGE TRAYBAKE

INGREDIENTS

- 200g butter, softened
- 200g caster sugar
- 3 medium eggs
- 175g self raising flour
- 50g cocoa powder
- ½ tsp baking powder
- 2 tbsp milk
- 1 tsp vanilla essence
- 3 ripe pears, halved lengthways, core removed (450g)
- 2 tbsp salted caramel sauce, warmed (40g)

METHOD

Preheat the oven to 180°C, gas mark 4. Grease and line a 20 x 24cm tin with baking parchment.

Place the butter and sugar in a large bowl and whisk until pale and fluffy. Add the eggs, 1 at a time. Mix together the flour, cocoa and baking powder and fold into the butter mixture with the milk and vanilla. Spoon into the prepared tin and smooth the surface.

Slice the pear halves and place on top of the cake mixture, still keeping the pear shape but fanning out the slices slightly. Bake for 35-40 minutes until a skewer comes out clean.

Allow to cool then drizzle with caramel sauce.

Cooks Tip

Scatter with flaked almonds before cooking.

🕒 Preparing Time
20 minutes

👨‍🍳 Cooking Time
35-40 minutes

👤 Serving People
6



ORANGE & AMARETTI TRIFLES

INGREDIENTS

- 4-5 blood oranges
- 4 sheets leaf gelatine (7g)
- 75g caster sugar
- 400g can custard
- 50g Amaretti biscuits
- 100g mascarpone
- 100ml double cream

METHOD

Zest 3 oranges and set aside. Juice all the oranges to give approx. 300ml, top up to 400ml with water. Soak the gelatine in cold water for 5 minutes. Place orange juice in a small saucepan with the sugar and bring to just below boiling, remove the gelatine from the water and add to the pan, stir until dissolved, stir in 2/3 of the zest. Pour into 4 glasses and allow to cool, chill in the fridge until set.

Crumble all but 3 amaretti biscuits into the custard and spoon over the jelly.

Whisk the mascarpone, cream and half the remaining zest until soft peaks and spoon on top of the custard. Garnish with remaining zest and crumbled amaretti biscuits.

Cooks Tip

Replace the Amaretti biscuits with crushed ginger nuts.

Preparing Time
20 minutes plus
setting


Cooking Time
1-2 minutes

Serving People
6

WATERMELON AND STRAWBERRY SLUSHIE

INGREDIENTS

- 1 watermelon, about 2 kilos
- 250ml water
- 225g sugar
- 1 lime, separated into zest and juice
- 250g / 10 large strawberries, sliced
- 4 x 45 ml Tequila shots

 **Preparing Time**
5 minutes plus
2 hours for freezing

 **Cooking Time**
10-15 minutes plus
cooling time

 **Serving People**
4

METHOD

Cut the hard outer green rind/peel and its white layer away from the red flesh of the watermelon. Then cut the melon flesh into bite sized pieces. Place about half to two thirds of it on a baking sheet, and freeze. Place the remainder in a container in the refrigerator.

Make the syrup: Bring the water to a boil, then reduce the heat and stir in the sugar, mixing until it dissolves, about 5-10 minutes. Remove from the heat, add the lime zest and leave to cool.

When the melon is frozen, combine with the chilled melon, the strawberries, and several tablespoons of the syrup in a large container or blender jar. Using a stick blender or other type of blender, whizz until it all fuses together and forms a slushy thickish mixture.

Add lime juice, and taste for sweetness, adding more syrup if needed.

Serve immediately, adding 1 shot of tequila per slushie as desired.

Cooks Tip

You can also use the syrup in cold drinks and cocktails.



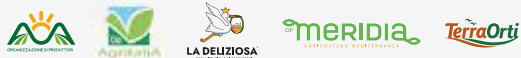




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I CHOOSE FRESH & FAIR!

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