

GRILLED HALLOUMI SALAD

Ingredients

75g sourdough bread
3 tbsp olive oil
1 tbsp Parmesan or vegetarian hard cheese, finely grated
250g halloumi, thickly sliced
80g watercress, spinach and rocket salad
100g sugar snap peas, halved lengthways
1 avocado, sliced
For the tomato and chilli dressing
3 tbsp olive oil
40g sundried tomatoes, chopped
1 tbsp lemon juice
½ red chilli, deseeded and finely chopped
200g cherry tomatoes (mixed colours if available), halved
handful fresh basil, finely chopped

Method

Preheat the oven to gas 6, 200°C, fan 180°C. Roughly tear the sourdough bread into bitesize pieces and spread out on a large baking tray. Drizzle with 2 tbsp of the oil and sprinkle over the grated Parmesan. Toss together until evenly coated, then bake for 7-8 mins or until crisp and golden.

Meanwhile, add all the dressing ingredients apart from the cherry tomatoes and basil to a pan and place on a medium heat. Cook for 1 min, stirring, then add the cherry tomatoes. Allow to soften in the dressing for 2-3 mins, then remove from the heat and stir through the basil.

Heat a large griddle pan over a high heat. Drizzle the halloumi slices with the remaining 1 tbsp oil and add to the pan in a single layer. Cook for 2 mins each side or until golden and charred.

Toss together the watercress salad, sugar snap peas and avocado in a large serving dish. Top with the sourdough croutons and halloumi. Pour over the warm tomato and chilli dressing to serve.

HEALTHY CHICKEN CURRY

Ingredients

4 small chicken breasts, skinless and boneless (approx. 600g)
40g (1 1/2oz) 0% fat natural yoghurt
1 tsp light olive oil
2 medium onions, finely chopped
3 garlic cloves, finely chopped
2.5cm (1in) piece root ginger, peeled and grated
3 tbsp korma curry paste
3 tbsp double cream
2 tsp soft brown sugar
2 tbsp chopped coriander

rice, to serve
lime wedges, to serve

Method

Cut the chicken breasts into bite-sized pieces, season well. Place in a small bowl and pour over the yogurt. Cover with clingfilm and leave to marinate in the fridge for 30 mins or overnight, to tenderize.

Meanwhile, heat the oil in a large non-stick saucepan over a medium heat. Add the onions, garlic and ginger and cook, stirring frequently, for 5 mins. Add 2 tbsp water, cover with a lid and cook for another 10 mins or until softened and starting to brown.

Add the curry paste and cook for another 2-3 mins. Add 400ml water and bring to the boil. Turn down the heat and simmer, uncovered, for 10-12 mins or until the liquid has reduced by half.

Remove the pan from the heat. Using a stick blender, blend until completely smooth. Add the marinated chicken pieces, stir in the cream and sugar and cook for another 10 mins or until the chicken is tender and cooked through, stirring all the while. Season to taste. Serve scattered with a little chopped coriander, a small portion of rice and lime wedges to squeeze over.

SPINACH AND MUSHROOM CARBONARA

Ingredients

300g (10oz) rigatoni pasta
1tbsp olive oil
150g (5oz) chestnut mushrooms, sliced
240g spinach leaves
freshly grated nutmeg
3 large British Lion eggs
100ml (4fl oz) double cream
50g (2oz) grated Parmesan
3tbsp pine nuts, toasted
salt
ground black pepper

Method

Cook the pasta in a large pan of boiling salted water for 10-12 mins or until al dente.

While the pasta cooks, heat a non-stick frying pan, add the oil and mushrooms and sauté for 3-4 mins or until the mushrooms are golden. Stir in the spinach and stir until the leaves are just wilted. Remove from the heat and season well with salt and pepper.

Beat the eggs with the cream, half the Parmesan, seasoning and nutmeg.

Drain the pasta in a colander, return to the pan, stir in the egg mixture and stir well - the mixture will thicken as the heat from the pasta 'cooks' it. Stir in the mushrooms and spinach and pine nuts. Divide between bowls and sprinkle over the remaining cheese. Serve straight away.

CHORIZO AND FETA EGGS

Ingredients

1 tsp olive oil
1 tsp smoked paprika
65g diced chorizo (from a 130g pack)
4 eggs
50g feta
2 spring onions, thinly sliced on the diagonal
5g fresh flat-leaf parsley leaves, roughly chopped (optional)
Greek-style yogurt, to serve (optional)

Method

Preheat the grill to medium-high. Heat a large, heavy-based ovenproof frying pan over a medium heat until hot, then add 1 tsp oil and the paprika and cook for 30 secs, stirring constantly. Add the chorizo and cook for 30-60 secs until lightly browned, then transfer to a bowl, leaving the oil in the pan.

Fry the eggs in the pan for 2-3 mins until lightly crisped. Sprinkle over the chorizo and crumble over the feta, avoiding the yolks.

Place the frying pan under the grill for 1-2 mins until the tops of the yolks are just set, but still runny inside (or to your liking).

Top with the spring onions and parsley (if using). Serve with yogurt on the side if you like.

SMOKEY ROAST PEPPER SOUP WITH GARLIC BREAD

Ingredients

4 red, orange or yellow peppers, deseeded and sliced
2 tbsp olive oil
4 celery sticks, finely chopped
4 garlic cloves, crushed
2 x 400g tins chopped tomatoes
1 reduced-salt vegetable stock cube
15g fresh parsley, roughly chopped
2 part-baked baguettes
1 tbsp chipotle chilli paste
50ml soured cream

Method

Preheat the oven to gas 7, 220°C, fan 200°C. Toss the peppers with ½ tbsp oil and season with pepper. Roast for 20 mins until charred.

Meanwhile, heat ½ tbsp oil in a saucepan over a medium heat. Add the celery and cook for 5 mins. Add half the garlic and cook for 2 mins more, then add the tomatoes and 2 tins full of water. Crumble in the stock cube, increase the heat and simmer for 5 mins, then add the peppers and simmer for 5 mins more.

Meanwhile, mix half the parsley, remaining garlic and 1 tbsp oil in a small bowl. Cut deep, diagonal slices into each baguette without cutting all the way through, then spread the garlic-herb mixture into each gap. Dampen lightly with a little water, then bake for 8-10 mins until golden.

Remove the pan from the heat and stir through the chipotle paste. Blitz using a stick blender and season to taste. Divide the soup between 4 bowls, and swirl through the soured cream. Scatter with the remaining parsley and serve with the garlic baguettes.

BEEF ENCHILADES

Ingredients

500g minced beef
1 onion, finely chopped
1 garlic clove, crushed
400g chopped tomatoes
3 tbsp tomato purée
½ tsp dried oregano
½ tsp ground cumin
1 red chilli
8 flour tortillas
50g Cheddar, grated
1 jalapeño pepper in brine, sliced, plus extra to serve
guacamole, to serve

Method

Dry fry the minced beef and onion in a medium pan for about 5 minutes until browned. Add the garlic and fry for 1 minute, then add the tomatoes, tomato purée, oregano, cumin, and season.

Slice and deseed the chilli. Reserve a few slices for garnish, then finely chop the remainder and add to the minced beef. Bring the pan to the boil, then cover and simmer for 15 minutes.

Spread a little mince in the centre of each tortilla, roll up and place in a baking dish. Top with the grated cheese, chilli and jalapeño peppers and bake for 10 minutes until golden. Serve with extra jalapeños and guacamole.

CARIBBEAN SALMON

Ingredients

2 garlic cloves, finely chopped
2 limes, finely zested, then halved
1tbsp jerk seasoning
1tbsp fresh thyme leaves
2cm (1in) piece fresh ginger, finely grated
1tbsp light olive oil
4 salmon fillets, with skin on
green beans, to serve
rice, to serve
sweetcorn (optional)
chopped cherry tomatoes (optional)
coriander (optional)

Method

Mix the garlic, lime zest, jerk seasoning, thyme, ginger and oil. Smear over the salmon and leave to marinate for 30 minutes.

Place the fish in a lightly oiled fish rack. Barbecue for 3 minutes or so on each side – aim for them to be charred on the outside, but still slightly pink in the centre. Alternatively, grill or griddle for around 5 minutes or until cooked to your liking.

Chargrill the zested lime halves on the cut side until griddle lines appear it should take 2-3 minutes.

Serve the salmon with green beans and rice mixed with corn, chopped cherry tomatoes and coriander. Garnish with the grilled limes and a little extra thyme.