

## **BEEF KEEMA**

### **Ingredients**

- 500g lean beef mince
- ½ onion, finely chopped
- 3 garlic cloves, finely chopped
- 25g piece ginger, peeled and finely chopped
- 15g fresh coriander, leaves and stalks chopped separately
- 2 tbsp medium tikka curry powder
- 400g tin Grower's Harvest chopped tomatoes
- 1 reduced-salt beef stock cube, made up to 200ml
- 200g Grower's Harvest long-grain rice
- 200g pot 0% fat natural yogurt
- 300g tin Grower's Harvest garden peas, drained

### **Method**

Heat a large non-stick frying pan over a high heat. Add half the mince and stir-fry for 3-4 mins until browned. Tip into a colander placed over a bowl to drain. Repeat with the remaining mince.

Return the strained meat juices to the pan and reduce the heat to low-medium. Add the onion, garlic and ginger and cook for 6-8 mins until softened. Stir in the coriander stalks and tikka powder and cook for 2-3 mins, stirring, until fragrant.

Return the browned mince to the pan and add the tomatoes and stock; season. Bring to the boil, then simmer, uncovered, for 20 mins, stirring occasionally. Meanwhile, cook the rice to

pack instructions.

After 20 mins, stir in 1 tbsp of yogurt, the drained peas and half the coriander leaves.

Cook for 2 mins, then taste and season if needed. Scatter with the remaining coriander, then serve with the rice and a spoonful of yogurt.

## **FLAPJACKS**

### **Ingredients**

- 90g salted butter
- 90g golden syrup
- 90g light muscovado sugar
- 150g oats
- 50g sunflower seeds
- 25g sesame seeds
- 75g dried apricot pieces, finely chopped
- 75g sultanas

### **Method**

Preheat the oven to gas 4, 180°C, fan 160°C.

Line a 20cm square baking tin with nonstick baking paper.

Put the butter, golden syrup and sugar into a medium pan over a medium-low heat.

Heat gently, stirring occasionally, until the sugar has dissolved. Remove from the heat and stir in all the remaining ingredients.

Press the mixture into the tin. Cook for 20 mins until golden brown. Mark the flapjack into 16 squares while still hot. Cool slightly, then turn the flapjack out onto a chopping board. Cut into squares and leave to cool.

## **GRILLED NECTARINE AND HAM SALAD WITH BASIL DRESSING**

### **Ingredients**

- 4 ripe nectarines, stoned and cut into wedges
- vegetable oil, for brushing
- 120g pack crispy mixed leaf salad
- 180g prosciutto platter
- 3 tbsp toasted 3 seed mix

### **For the dressing**

- 30g pack fresh basil, smallest leaves picked, the rest roughly chopped
- 1 tbsp clear honey
- 1 tsp Dijon mustard
- ½ large lemon, juiced
- 5 tbsp extra-virgin olive oil

### **Method**

Heat a griddle pan over a high heat. Brush the nectarines with a little oil, then griddle in batches for 1-2 mins each side until charred.

For the dressing, smash the chopped basil to a rough paste with a pestle and mortar (or chop it very finely) and transfer to a bowl. Stir in the honey, mustard, lemon juice and lots of black pepper, then whisk in the oil.

Toss the salad leaves with half the dressing, then tip onto a serving platter. Tear over the prosciutto and top with the griddled nectarine wedges. Scatter with the seeds and picked basil leaves. Drizzle over the remaining dressing to serve.

## **VEGAN NUT ROAST**

### **Ingredients**

- 1 large butternut squash, peeled, deseeded and diced
- 1 head garlic, cloves peeled
- 4 tbsp olive oil, plus extra for greasing
- 1 aubergine, diced into 1cm cubes
- 8 small shallots, diced
- 1 red pepper, diced into 1cm pieces
- 400g tin chickpeas, drained
- 125g blanched almonds, toasted
- 125g shelled pistachios
- 15g rosemary, leaves picked
- 15g thyme, leaves picked, reserving a few sprigs to garnish
- 15g parsley, leaves picked
- 100g pitted green olives, roughly chopped
- 60g fresh breadcrumbs
- ½ lemon, juiced
- 40g pomegranate seeds, to serve

## Method

Preheat the oven to gas 6, 200°C, fan 180°C. Grease a 23cm, round deep tin with a little oil and line the base with baking paper. Toss the diced butternut squash with the garlic cloves and 2 tbsp of the oil in a large bowl. Spread out over a large roasting tin and cook for 15-20 mins, or until soft, turning once halfway through cooking.

While the squash is cooking, heat a large, heavy frying pan over a medium heat with 1 tbsp oil. Add the aubergine and cook for 10-15 mins until softened and well browned, then transfer to a large bowl.

Add the remaining oil to the frying pan along with the shallots. Cook for 5-10 mins until softened, then add the pepper and cook for further 5 mins. Add to the bowl with the aubergine and set aside.

Once cooked, add the squash and roasted garlic cloves to a food processor and pulse until you have a chunky purée, then transfer to the bowl with the aubergine mixture. Add the drained chickpeas, almonds, pistachios (reserving a few to garnish) and herbs to the food processor and pulse until roughly chopped. Add to the bowl along with the chopped olives, breadcrumbs and lemon juice. Season well and mix everything together until thoroughly combined.

## LEMON AND HERB CRUSTED FISH

### Ingredients

- 2 tbsp chopped chives
- 2 tbsp chopped tarragon
- 2tbsp chopped parsley
- 100g (3½oz) fresh white breadcrumbs
- 1 lemon, zested
- 4 tbsp olive oil
- 4 x 200g (7oz) skinless and boneless white fish fillets (such as cod or haddock)
- lemon wedges, to serve
- fried potatoes, to serve

### For the mayo

- 175g (6oz) mayonnaise
- 2 tbsp capers, rinsed, drained and chopped
- 3 sprigs tarragon, leaves picked and chopped.

## Method

Preheat the oven to Gas Mark 7, 220°C, fan 200°C. Combine the chives, tarragon, parsley, breadcrumbs, lemon zest, 2 tbsp olive oil and a little salt and pepper in a bowl.

Drizzle the fish on both sides with half the remaining olive oil and season well. Arrange the fish in a shallow baking dish and divide the breadcrumb mixture evenly between the fillets. Gently press down with your fingers to form a tightly packed crust. Drizzle with a little more olive oil and cook on the top shelf of the oven for 10-12 minutes, until the crust is golden, and the fish is cooked through.

For the tarragon mayo, mix all the ingredients in a small bowl until combined. Serve the mayo along with the fish, some lemon wedges, and crispy fried potatoes on the side, if you like.

## APPLE & PORK MEATBALLS

### Ingredients

- 500g pack 12% fat pork mince
- 1½ Gala apples, cored and grated
- 2 garlic cloves, crushed
- 5g fresh sage leaves, finely chopped
- pinch of grated nutmeg
- 2 tbsp plain flour
- 1 tbsp olive oil
- 200g tomato passata

### Method

Preheat the oven to gas 7, 220°C, fan 200°C. Put the mince, apples, garlic, most of the sage, the nutmeg and flour in a bowl. Season and mix well. Divide into 16 and roll into balls. Place in an oiled baking dish and brush the tops with olive oil. Roast for 15 mins, then pour over the passata. Roast for another 10-15 mins until cooked through. If the sauce is too dry, stir through a little water.

Divide the meatballs between 4 plates: scatter with the remaining sage. Delicious served with mash and red cabbage if you like.

## CHICKEN IN A CREAMY MUSHROOM SAUCE

### Ingredients

- 15g (1/2oz) dried wild mushrooms
- 1 tbsp olive oil
- 15g butter
- 4 chicken breasts, skin on
- 1 large onion, finely sliced
- 2 garlic cloves, chopped
- 250g chestnut mushrooms, sliced
- 200ml (1/3pt) hot chicken stock
- 1/2x30g pack fresh tarragon leaves, picked and chopped
- 200g (7oz) half fat creme fraiche
- 200g (7oz) fine green beans, trimmed, to serve
- 250g (8oz) steamed basmati and wild rice, to serve

### Method

In a small bowl, soak the dried mushrooms in boiling water for 15 minutes. Strain and save the liquid. Chop the mushrooms and set aside.

Meanwhile, heat the olive oil and butter in a large frying pan over a medium-high heat. Season the chicken on both sides and then fry for 5 minutes, skin side down. Turn the breasts over and fry for another 3-4 minutes. Remove from the pan and set aside. Add the onion and fry for 3-4 minutes. Then mix in the chestnut mushrooms and fry for a further 3 minutes. Add the garlic and reserved chopped mushrooms and fry for 1 minute.

Pour in 100ml of the mushroom soaking liquid and the hot stock and two thirds of the chopped tarragon. Return the browned chicken pieces to the pan. Bring to the boil then turn down the heat and simmer for 10 minutes or until the chicken is cooked. Cut into the thickest part of the breast to check that the chicken is cooked through with no pink showing.

Stir in the crème fraiche and warm through but don't boil. Scatter over the rest of the tarragon and serve with green beans and steamed basmati and wild rice.