Braised Lettuce with Peas

Ingredients

¼ shallot finely chopped

A little olive oil

½ little gem lettuce

50ml water, pinch of salt

100g peas

Ground black pepper

Method

1. Soften the shallot in the oil, on a gentle heat.
2. Add the little gem lettuce and cook for a minute.
3. Add the stock, cover and simmer for 10 minutes.
4. Add the peas and heat until cooked. Season with black pepper.

Sweet Honey Chicken

Ingredients

200g boneless chicken thighs with or without skin

½ clove garlic, peeled and finely chopped

½ tablespoon five spice or cumin

Olive oil

½ tablespoon clear honey

Method

1. Cut slits into the chicken flesh without cutting all the way through.
2. Mix the garlic, five spice, olive oil and honey in a bowl and add the chicken. Stir thoroughly and chill for 1 hour.
3. Either cook on a barbecue for about 35-40 minutes or until the chicken is cooked. Takes 35-40 minutes at 190c, 180c fan oven or gas mark 5.

Early Summer Salad

Ingredients

200g broad beans in pods

50g fresh baby spinach

20g fresh rocket

100g tinned chick peas, drained and rinsed

¼ cucumber, cut into thin ribbons

A few fresh mint leaves

**Dressing**

1 tablespoon olive oil

¼ clove garlic, peeled and finely chopped

½ teaspoon lemon juice

1/8 teaspoon dijon mustard

Method

1. Pop the broad beans out of their pods, drop them into a pan of boiling water and cook for 3 minutes. Drain and put the beans straight into cold water. Once cool, it should be easy to pop them out of their outer skins, to reveal the vibrant green beans.
2. Put the spinach and rocket into a bowl, add the chick peas, broad beans and cucumber ribbons.
3. In another bowl, mix together the dressing ingredients. Pour over the salad and toss everything together.

Chilli Chargrilled Prawns

Ingredients

100g cooked or raw king/tiger prawns

3 kebab sticks if barbecuing

**Marinade**

A little olive oil

¼ teaspoon dijon mustard

¼ red chilli, deseeded and finely chopped

Juice and zest of 1/8 of a lemon

To serve, lemon wedges (can be barbecued)

Method

1. Thread the prawns onto wetted kebab sticks if using. Put all the marinade ingredients into a large shallow dish and mix together. Add the prawns and leave to marinate for 15 minutes.
2. Cook the raw prawns in a pan for about 8 minutes, less for cooked prawns. Cook until pink and slightly charred.

Sweet Sticky Fruit

Ingredients

A nectarine, peach, banana or 2 apricots

1 teaspoon dark brown sugar

A knob of dairy free butter

Dairy free double cream

Biscotti

Method

1. Cut tin foil into a big square. Cut the soft fruit in half and remove stones or banana peel. Slice the banana.
2. Put the fruit on the foil squares, sprinkle over the sugar and top with the butter. Wrap up and put in the oven at 180c for 10 – 15 minutes.
3. Serve with biscotti, cream or whatever. Can put basil leaves on it too.

Orange and Almond Biscotti

Ingredients

Makes 10 slices

40g dairy free butter

75g caster sugar

½ medium egg

½ teaspoon vanilla extract

Zest of ½ orange

110g plain flour

¼ teaspoon bicarbonate of soda

25g almonds, toasted and chopped (or other nuts)

25g dried cranberries (or other dried fruit)

Method

1. Preheat the oven to 180c/fan 170c/ gas mark 4. Line a large baking sheet with greaseproof paper.
2. In a large bowl, beat together the butter and sugar until creamy. Add the egg, vanilla, orange zest and brandy, if using, and mix together.
3. Add the flour, bicarbonate of soda, almonds and cranberries and mix together.
4. Shape into a thick rectangle. Bake for 25 minutes, until light golden.
5. Lower the oven temperature to 130c (fan), gas mark 1. Take the biscotti out and leave to cool slightly (otherwise it will break when you try to cut it) then cut at an angle, into thin biscuits, lay flat on the sheet and bake again for 20-25 minutes.

Asparagus Omelette

Ingredients

3-4 asparagus spears

1 tablespoon olive oil

2 medium eggs

1 tablespoon water

Knob of dairy free butter

Bacon bits (optional)

Method

1. Heat a frying pan until hot, brush the asparagus with half the oil and cook for a few minutes.
2. Crack the eggs into a bowl and beat together. Add the water. Melt the butter and oil in an omelette pan (or frying pan), and pour in the beaten eggs.
3. Cook the omelette evenly by moving the eggs around with a spatula.
4. Put the cooked bacon bits in now if using. Put the asparagus spears on one half. Flip over the other side and serve the omelette.

Aioli

Ingredients

Makes 8 portions

1 small egg yolk

1 teaspoon dijon mustard

250ml olive oil

½ clove garlic, peeled and crushed

2 tablespoons lemon juice

Method

1. Put the egg yolk and mustard into a bowl. Add a little bit of oil and, using an electric or hand whisk, mix everything together.
2. Keep gradually adding the oils, whisking all the time, until you have a thick and creamy mayonnaise.
3. Add the garlic and lemon juice, and season with freshly ground black pepper. Can be made in advance, covered and kept chilled in the fridge for up to 3 days.

Walnut and Rocket Pesto Pasta

Ingredients

100g spaghetti

10g walnuts

A little bit of garlic paste

Small bunch basil leaves

20g rocket

1 tablespoon extra virgin olive oil

5g pine nuts

Method

1. Bring a large pan of water to the boil and cook the spaghetti following the pack instructions and drain.
2. Meanwhile, whizz together the walnuts, garlic, basil, pine nuts and most of the rocket in a processor until almost smooth.
3. Add the oil, and season with ground black pepper and a little salt, whizz again. Add water to make a good consistency.
4. Serve with the spaghetti and remaining rocket.

Summer Roast Chicken and Veg

Ingredients

¼ lemon, cut into slices

Chicken breast with skin

5g dairy free butter

Few fresh basil leaves

½ small courgette

120g new potatoes

70g baby plum tomatoes

½ clove garlic, unpeeled

½ tablespoon olive oil, plus extra to drizzle

50g asparagus spears

**Stuffing**

¼ peeled and chopped onion

35g breadcrumbs

Zest and juice of ¼ lemon

5g finely chopped parsley

5g chopped pine nuts

½ tablespoon oil

Method

1. Preheat the oven to 200c/fan 180c / gas mark 6. Put the lemon slices under and on the chicken. Rub a little butter under the breast skin and poke basil leaves in there.
2. Chop the courgettes, halve any larger potatoes and scatter the vegetables into a roasting dish, along with the tomatoes and garlic. Drizzle over some oil.
3. Cook the vegetables for 30 minutes, then put the chicken in for 20 minutes, along with the stuffing in a smaller dish.
4. Scatter the asparagus over the vegetables, drizzle over a little extra olive oil and roast for another 10 minutes, until just cooked.

Chilli Vinaigrette with Melon and Salad

Ingredients

½ tablespoon white wine vinegar

1½ tablespoon extra virgin olive oil

Pinch of sugar

¼ ripe melon, cut into wedges or chunks

¼ red chilli, deseeded and finely chopped

A few leaves fresh mint

Salad leaves to serve

Method

1. Put the vinegar, oils and sugar into a bowl and stir well. Taste, and if necessary, add more sugar and season with black pepper.
2. Arrange the melon pieces on a plate, sprinkle over the chilli, then scatter with the mint and salad leaves. Drizzle over the dressing and serve.

Tropical Cake

Ingredients

Serves 8

315g self-raising flour

2 teaspoons ground mixed spice

1 teaspoon baking powder

150g golden caster sugar

2 eggs

250g dairy free yoghurt or milk/cream stuff

150ml sunflower oil

Zest of 2 limes

220g pineapple chunks, drained

½ large ripe mango, cut into small chunks

**For the Syrup**

300ml water

150g caster sugar

Juice of 2 limes

Method

1. Preheat the oven to 170c. Grease and base line a 20cm square cake tin. Put the flour, mixed spice, baking powder and sugar into a bowl.
2. Put the eggs, yoghurt, oil and lime zest in a jug, mix well and add to the bowl. Stir everything together and spoon the cake mix into the tin. Scatter over the fruit (some will sink into the cake mix) and bake for 40-45 minutes – cover the cake with greaseproof paper halfway through cooking time to stop it going too brown.
3. While the cake is cooking, put the water, sugar and lime juice into a small pan, heat gently until the sugar has dissolved. Simmer until the syrup has reduced by half.
4. Leave the cake in the tin to cool. When it is almost cool, use a skewer to poke holes in the cake and drizzle over the syrup. Cut into squares.

Mexican Salsa

Ingredients

1 ripe tomato

¼ red pepper, deseeded and finely chopped

¼ small red onion, peeled and finely chopped

¼ red chilli, deseeded and finely chopped

¼ clove garlic, peeled and finely chopped

Pinch dried oregano

½ teaspoon lime juice

½ tablespoon olive oil

Method

1. Finely chop the tomatoes and put them into a bowl.
2. Add all of the other ingredients and mix them together.