

Pork & mash gratin

WITH CRISPY SAGE & MELTED CHEDDAR CHEESE

SERVES 4

COOKS IN 30 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

800 g potatoes

400 g piece of higher-welfare pork fillet

2 sprigs of fresh sage

40 g Cheddar cheese

4 slices of higher-welfare prosciutto

Method

Preheat the grill to high. Wash the potatoes, chop into 3cm chunks, then cook in a large pan of boiling salted water with the lid on for 12 minutes, or until tender. Meanwhile, put a shallow casserole pan on a high heat. Season the pork with sea salt and black pepper, then place in the pan with 1 tablespoon of olive oil and sear for 3 minutes, turning regularly, while you pick the sage leaves. Remove the pork to a plate, toss the sage leaves into the fat in the pan for just 5 seconds, then scoop on to a plate, leaving the pan off the heat to use again.

Drain the spuds, tip into the casserole pan, grate over half the cheese, add 1 tablespoon of extra virgin olive oil and mash well, loosening with a splash of water, if needed. Taste, season to perfection, and spread out to the edges. Grate over the remaining cheese, sit the pork on top, then gratinate under the grill for 10 minutes. Lay the prosciutto around the pork in waves, sprinkle over the crispy sage, then grill for 2 more minutes, or until the pork is cooked to your liking. Rest for 2 minutes, then slice the pork and dish up.



Crispy squid & smashed avo

WITH ZINGY LIME & HOT CHILLI SAUCE

SERVES 2

COOKS IN 20 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 250 g squid , gutted, cleaned, from sustainable sources
- 2 heaped tablespoons wholemeal flour
- 1 ripe avocado
- 2 limes
- 2 teaspoons hot chilli sauce



Method

Pour 1cm of olive oil into a large non-stick frying pan on a medium-high heat and leave to get hot – keep an eye on it. Meanwhile, slice the squid tubes into 1cm rings, then toss all the squid with the flour and a pinch of sea salt and black pepper until well coated. Halve and destone the avocado, then scoop the flesh into a bowl. Finely grate in the zest of 1 lime, squeeze in the juice, and mash until smooth. Taste, season to perfection, and divide between two plates.

To test if the oil is hot enough, carefully drop a piece of squid into the pan – if it sizzles and turns golden, it's ready. Piece by piece, gently place the rest of the squid in the hot oil and cook, turning with tongs, until golden all over (work in batches, if you need to). Remove to a plate lined with kitchen paper to drain, then plate up over the avo. Drizzle over the chilli sauce and a little extra virgin olive oil, and serve with lime wedges, for squeezing over.

Apple crumble cookies

FRUITY, CRUMBLY, BUTTERY JOY

MAKES 24

COOKS IN 24 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 100 g dried apple
- 200 g self-raising flour
- 100 g unsalted butter, (cold)
- 100 g caster sugar
- 1 large free-range egg



Method

Preheat the oven to 200°C/400°F/gas 6. Line two trays with greaseproof paper and rub with olive oil. Whiz the apple in a food processor until finely chopped, then add the flour, cubed butter, sugar and a pinch of sea salt. Blitz to fine crumbs for 1 minute, then remove 3 tablespoons of the mix and set aside. Pulse in the egg until combined, stopping to scrape down the sides, if needed.

Divide into 24 pieces, roll into balls, then press down lightly into 4cm rounds, lining them up on the trays as you go. Sprinkle over the reserved mix, lightly pressing it into the cookies. Bake for 8 to 10 minutes, or until lightly golden. Leave to cool slightly, then transfer to a wire cooling rack. Yum!

Super green spaghetti

WITH PARMESAN & RICOTTA

SERVES 2

COOKS IN 13 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 150 g dried spaghetti
- 4 cloves of garlic
- 200 g cavolo nero
- 30 g Parmesan cheese
- 30 g ricotta cheese



Method

Cook the pasta in a pan of boiling salted water according to the packet instructions. Meanwhile, peel the garlic. Tear the stems out of the cavolo and discard, adding the leaves and the garlic to the pasta pan for 5 minutes. Pour 1½ tablespoons of extra virgin olive oil into a blender, then finely grate in the Parmesan. Use tongs to carefully transfer the cavolo leaves and garlic straight into the blender and blitz for a few minutes until super-smooth. Taste and season to perfection with sea salt and black pepper.

Drain the pasta, reserving a mugful of cooking water. Return it to the pan and toss with the vibrant green sauce, loosening with a splash of reserved cooking water, if needed, then divide between your plates. Dot over the ricotta, drizzle with a tiny bit of extra virgin olive oil, and tuck right in.