

Apple crumble sundae



Method

1. In a small saucepan, melt the butter over a gentle heat and add the apples, cinnamon and sugar. Cook for 10 mins or until the apples have softened but still hold their shape.
2. Split the mixture between four sundae glasses or bowls. Sit 2 scoops of ice cream on top of each, followed by the crushed biscuits. Serve while the apple mix is still warm.



Ingredients

- 2 tbsp butter
- 4 Granny Smiths apples, cored and diced
- 1 tsp ground cinnamon
- 2 tbsp light brown sugar
- 8 scoops vanilla ice cream
- 2 ginger nuts biscuits, crushed

Tuna sweet potato jackets



Method

1. Scrub the sweet potatoes and prick all over with a fork. Place on a microwaveable plate and cook on High for 18-20 mins, or until tender. Split in half and place each one, cut-side up, on a serving plate.
2. Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion and chilli, then squeeze over the lime juice. Top with a dollop of yogurt and scatter over the coriander, to serve.



Ingredients

4 small sweet potato (about 200g each)

185g can tuna in spring water, drained

½ red onion, finely sliced

1 small red chilli, deseeded and chopped

juice 1 lime

6 tbsp Greek yogurt

handful coriander leaves

Mushroom, ricotta & rocket tart



Method

1. Heat oven to 220C/200C fan/gas 7 and place a baking sheet inside. Unroll the pastry onto a piece of baking parchment and score a border around the pastry about 1.5cm in from the edge. Place the pastry (still on the parchment) on the baking sheet and cook for 10-15 mins.
2. While the pastry bakes, heat the oil in a large lidded pan and cook the mushrooms for 2-3 mins, with the lid on, stirring occasionally. Remove the lid and add the sliced garlic, then cook for 1 min more to get rid of excess liquid.
3. Mix the crushed garlic with the ricotta and nutmeg, then season well. Remove the pastry from the oven and carefully push down the risen centre. Spread over the ricotta mixture, then spoon on the mushrooms and garlic. Bake for 5 mins, then scatter over the parsley



Ingredients

- 1 sheet ready-rolled puff pastry
- 2 tbsp olive oil
- 525g family pack mushroom, halved or quartered if large
- 2 garlic cloves, 1 finely sliced, 1 crushed
- 250g tub ricotta
- good grating of nutmeg
- ¼ small pack parsley, leaves only, roughly chopped
- 50g rocket

Scandi meatballs



Method

1. Heat the oil in a large lidded pan. Cook the meatballs for 3-4 mins over a medium heat, turning often so that they brown all over. Remove from the pan with a slotted spoon and drain away any excess oil, reserving about 1 tbsp.

2. Add the onion and garlic to the pan and cook for 4-5 mins, stirring to soften. Stir in the soup with half a can of water. Return the meatballs to the pan and bring to the boil. Turn down the heat, cover and simmer for a further 10-15 mins until the meatballs are cooked through. Stir in the dill, mustard and some seasoning. Serve with mashed potato and cabbage.



Ingredients

1 tbsp vegetable oil

12 beef meatball

1 onion, finely chopped

1 garlic clove, finely chopped

294g can condensed mushroom soup

½ x small pack dill, roughly chopped

2 tsp mustard - French, wholegrain, or whatever you have in your cupboard

mashed potato and cooked cabbage, to serve

Courgette, sausage & rigatoni bakes



Method

1. Heat the oil in a large frying pan. Squeeze the sausagemeat out of the skins, breaking it into little chunks, and pop in the pan. Fry for 8 mins until golden and cooked through. Tip in the courgettes, garlic and a pinch of chilli flakes. Fry for a few mins until just tender. Pour over the chopped tomatoes, season and bubble down for 5 mins or so, adding a splash of water if it's looking too thick.
2. Meanwhile, cook the pasta following pack instructions. Drain and stir through the sauce and spoon everything into 2 small flameproof dishes.
3. Heat the grill to high. Dot the cheese on top of the sausage dishes, then place under the grill until the cheese is golden and bubbling (about 5-10 mins), and serve.



Ingredients

- 1 tbsp olive oil
- 4 good-quality pork sausages
- 2 courgettes, sliced on the diagonal then chopped into batons
- 3 garlic cloves, finely sliced
- pinch of chilli flakes
- 400g can chopped tomato
- 200g rigatoni
- ½ x 150g ball mozzarella, patted dry and torn into chunks