

Frozen banoffee cheesecake

TOPPED WITH CHOCOLATE SHAVINGS

SERVES 10

COOKS IN 18 MINUTES (18 MINUTES PREP, OVERNIGHT FREEZE)

DIFFICULTY NOT TOO TRICKY

Ingredients

- 150 g dark chocolate (70%)
- 300 g packet of Hobnobs
- 8 overripe bananas
- 500 g light cream cheese
- ½ x 450 g jar of dulce de leche

Method

Rub the base of a 20cm springform cake tin with olive oil and line with greaseproof paper, then rub the paper with oil, too. Melt 50g of chocolate in a heatproof bowl over a pan of gently simmering water, then remove. Snap the Hobnobs into a food processor and blitz with 2 tablespoons of extra virgin olive oil until well combined. Drizzle in the melted chocolate, then pulse again. Pat into the cake tin in a 1cm-thick layer.

Peel the bananas, tear into the food processor, add the cream cheese and dulce de leche, blitz well until nice and smooth, then pour over the biscuit base. Freeze overnight or until needed, transferring to the fridge for 2 hours before serving, or until it's the slicing consistency you like.

Loosen the edges of the cheesecake with a palette knife, then release from the tin. Shave or grate over the remaining chocolate, and serve. Delicious.



Easy rustic gnocchi

TENDER ASPARAGUS, FRESH THYME & PARMESAN

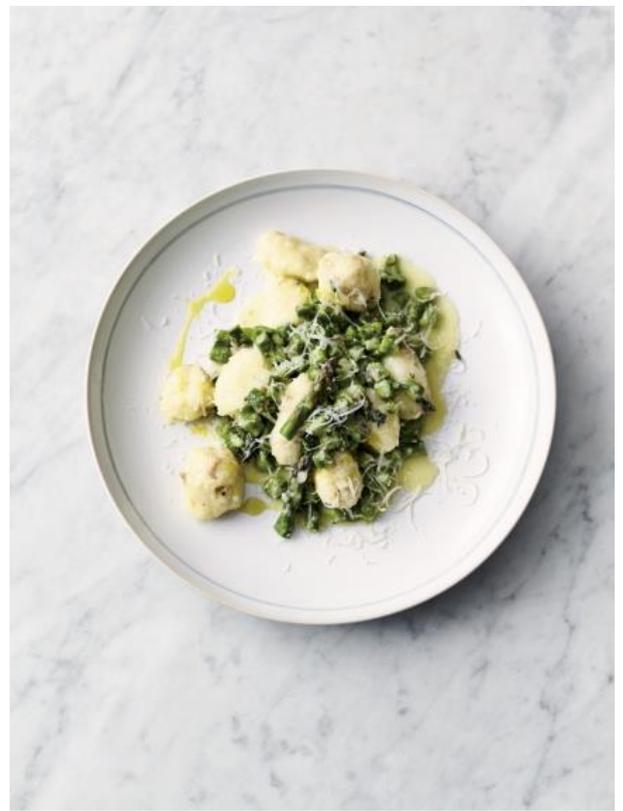
SERVES 2

COOKS IN 30 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 400 g floury potatoes
- 350 g asparagus
- 50 g plain flour
- ½ a bunch of fresh thyme (15g)
- 50 g Parmesan cheese



Method

Wash the potatoes, chop into 3cm chunks and cook in a large pan of boiling salted water for 12 minutes, or until tender. Meanwhile, line up the asparagus, trim off the woody ends, then slice the stalks 1cm thick, leaving the tips whole.

Drain the potatoes and steam dry for 2 minutes, then return to the pan and mash well. Taste and season to perfection with sea salt and black pepper, then tip on to a clean work surface. Fill the empty pan with boiling kettle water and place on a high heat. Use your hands to scrunch the flour with the potato, then divide into 24 pieces. Squeeze each in your palm to compress, into little uneven gnocchi, then drop into the boiling water for 1 minute, or until they float.

Meanwhile, put the asparagus into a large non-stick frying pan on a medium-low heat with 1 tablespoon of olive oil, stirring occasionally. Strip in most of the thyme leaves, then use a slotted spoon to add the gnocchi straight in. Finely grate over most of the Parmesan and toss well, adding 100ml of gnocchi cooking water to emulsify it into a nice sauce. Taste, season to perfection, then dish up. Grate over the remaining Parmesan, strip over the remaining thyme, and finish with a little drizzle of extra virgin olive oil.

Sticky mango prawns

CRISPY GARLIC & FRESH LIME

SERVES 2

COOKS IN 20 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 300 g large raw shell-on king prawns , from sustainable sources
- 6 cloves of garlic
- 1 teaspoon curry powder
- 1 heaped tablespoon mango chutney
- 1 lime

Method

Quickly pull the legs and tails off the prawns and peel off the shells, leaving the heads on for bonus flavour. Run the tip of your knife down their backs and pull out the vein. Put a large non-stick frying pan on a medium heat. Peel and very finely slice the garlic, fry with 1 tablespoon of olive oil until crisp, then scoop out and put aside, leaving the garlicky oil behind.

Stir the curry powder into the oil, then add the prawns. Fry for 4 minutes, or until the prawns are cooked through, tossing regularly. Stir in the mango chutney for 30 seconds, taste, season to perfection with sea salt and black pepper, then dish up. Scatter over the crispy garlic, finely grate over half the lime zest and serve with lime wedges, for squeezing over.



Crazy good pork burger

OOZY BLUE CHEESE & RIPE SWEET PEAR

SERVES 1

COOKS IN 16 MINUTES

DIFFICULTY NOT TOO TRICKY

Ingredients

- 1 ripe sweet pear
- 50 g mixed spinach, rocket & watercress
- 150 g higher-welfare minced pork
- 1 soft burger bun
- 30 g blue cheese



Method

Slice the pear lengthways as finely as you can. Toss gently with the salad leaves, a little drizzle each of extra virgin olive oil and red wine vinegar, and a pinch of black pepper. Scrunch the minced pork in your clean hands with a pinch of seasoning, then shape into a 1cm-thick patty. Rub with 1 teaspoon of olive oil, then place in a large non-stick frying pan on a high heat for 2 minutes, while you halve and toast the bun alongside, removing it when golden.

Flip the burger, then, after 2 minutes, crumble the blue cheese next to it to melt. Move the burger on top of the oozy cheese, jiggle around to coat, then put it on your bun base. Stack in as much pear and salad as the bun will hold, pop the lid on, squash and devour, with any extra salad on the side.