SHOPPING LIST

Golden Hour Table

5 dishes

Garlic Chilli Prawns with Crusty Bread

Serves 4

- [ ] 400 g raw peeled king prawns
- [ ] 5 tbsp olive oil
- [ ] 6 garlic cloves, thinly sliced
- [ ] 1 red chilli, sliced (or 1/2 tsp chilli flakes)
- [ ] 1 tsp smoked paprika
- [ ] 2 tbsp dry sherry or white wine
- [ ] Juice of 1/2 lemon
- [ ] A handful of flat-leaf parsley, chopped
- [ ] Salt

To serve

- [ ] Crusty bread
- [ ] Lemon wedges

Harissa Lamb Meatballs with Herby Couscous

Serves 4

For the meatballs

- [ ] 500 g minced lamb
- [ ] 1 small onion, grated
- [ ] 2 garlic cloves, crushed
- [ ] 1 tbsp harissa paste
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 40 g breadcrumbs
- [ ] 1 egg

- [ ] 1 tsp salt

For the sauce

- [ ] 1 tbsp olive oil
- [ ] 1 onion, sliced
- [ ] 2 garlic cloves, crushed
- [ ] 1 tbsp harissa paste
- [ ] 400 g tin chopped tomatoes
- [ ] 1 tsp honey

For the couscous

- [ ] 250 g couscous
- [ ] 300 ml hot vegetable stock
- [ ] Zest and juice of 1 lemon
- [ ] A large handful of parsley and mint, chopped
- [ ] 1 tbsp olive oil

To serve

- [ ] Thick yoghurt
- [ ] Toasted flaked almonds, optional

Prosciutto, Melon and Mint Salad

Serves 4

- [ ] 1 ripe cantaloupe or galia melon
- [ ] 8 slices of prosciutto
- [ ] 80 g rocket
- [ ] A small bunch of mint, leaves picked
- [ ] 2 tbsp extra virgin olive oil
- [ ] Juice of 1/2 lemon
- [ ] Black pepper
- [ ] 30 g parmesan shavings (optional)

Citrus Salad with Orange Blossom and Pistachios

Serves 4

For the fruit

- [ ] 3 oranges

- [ ] 2 blood oranges (or 2 more oranges)
- [ ] 1 pink grapefruit

For the syrup

- [ ] 100 ml orange juice
- [ ] 2 tbsp caster sugar
- [ ] 1 tsp orange blossom water

To finish

- [ ] 30 g pistachios, roughly chopped
- [ ] A few mint leaves

Elderflower Spritz

Serves 2 glasses

- [ ] 150 ml chilled prosecco or other dry sparkling wine
- [ ] 40 ml elderflower cordial
- [ ] 60 ml soda water
- [ ] A few slices of cucumber
- [ ] A few mint leaves
- [ ] Ice

Tick off what you already have at home.