FRESH & COOL

Garlic Chilli Prawns with Crusty Bread

PREP	COOK	SERVES
10 min	8 min	4

Prawns sizzled in olive oil with plenty of garlic, chilli and lemon, with bread for mopping up the oil.

Ingredients

- 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

Method

1. Pat the prawns dry and season lightly with salt.
2. Heat the oil in a wide frying pan over medium heat. Add the garlic and chilli and cook for 1 minute, until fragrant and just starting to colour.
3. Turn up the heat, add the prawns and paprika, and cook for 1 to 2 minutes per side, until pink and curled.
4. Pour in the sherry and let it bubble for 30 seconds.

5. Off the heat, add the lemon juice and parsley.
6. Serve in the pan with crusty bread and lemon wedges.

Cook's tip

Do not let the garlic brown. Burnt garlic turns bitter and takes over the whole dish.

HOT & BOLD

Harissa Lamb Meatballs with Herby Couscous

PREP	COOK	SERVES
25 min	35 min	4

Spiced lamb meatballs simmered in a smoky harissa tomato sauce, served on lemony herb couscous.

Ingredients

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

Method

1. Heat the oven to 200°C and line a tray with baking paper. Mix all the meatball ingredients well and roll into 16 balls. Bake for 15 minutes, until browned.
2. While they bake, heat the oil in a wide pan. Cook the onion for 8 minutes until soft. Add the garlic and harissa and stir for 1 minute.
3. Add the tomatoes, honey and 100 ml water. Simmer for 10 minutes, then add the meatballs and simmer for 5 more minutes.
4. Put the couscous in a bowl with the olive oil, pour over the hot stock, cover and leave for 5 minutes. Fluff with a fork and stir in the lemon zest and juice and the herbs.
5. Serve the meatballs and sauce over the couscous with a spoonful of yoghurt and, if you like, almonds.

> ### Cook's tip
> Start with one tablespoon of harissa in the sauce, taste, and add more. Brands vary a lot in heat.

FRESH & COOL

Prosciutto, Melon and Mint Salad

PREP
15 min

SERVES
4

Juicy melon, silky prosciutto, peppery rocket and fresh mint with a splash of lemon and olive oil.

Ingredients

- 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)

Method

1. Halve the melon, scoop out the seeds and cut the flesh into thin wedges or slices.
2. Arrange the melon and torn prosciutto on a platter.
3. Scatter over the rocket, mint and parmesan if using.
4. Whisk the oil and lemon juice, drizzle over the salad and finish with plenty of black pepper.

Cook's tip

Chill the melon for an hour beforehand. The cold fruit against the salty ham is what makes this work.

FRESH & COOL

Citrus Salad with Orange Blossom and Pistachios

PREP	COOK	SERVES
20 min	5 min	4

Vegan Vegetarian

Sliced oranges and grapefruit in a light orange blossom syrup, scattered with pistachios and mint.

Ingredients

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

Method

1. Cut the peel and white pith from all the fruit. Slice into rounds over a bowl to catch the juice.
2. Simmer the orange juice and sugar for 4 to 5 minutes until lightly syrupy. Cool, then stir in the orange blossom water.
3. Arrange the fruit on a plate, pour the syrup over and chill for 20 minutes.
4. Scatter with pistachios and mint before serving.

Cook's tip

Serve it properly cold. The flavour is much sharper and cleaner.

LIGHT & SWEET

Elderflower Spritz

PREP
5 min

SERVES
2 glasses

Contains alcohol

Sparkling wine, elderflower cordial and soda with cucumber and mint. Light and floral. Contains alcohol.

Ingredients

- 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

Method

1. Fill two large wine glasses with ice and add a few slices of cucumber and mint to each.
2. Divide the elderflower cordial between the glasses.
3. Pour over the prosecco and top up with the soda water.
4. Stir gently once and serve.

Cook's tip

Pour the sparkling wine slowly, or the glass fizzes over. Contains alcohol: for adults only.