HEARTY & GROUNDING

Roasted Tomato and Garlic Soup with Crusty Bread

PREP	COOK	SERVES
15 min	45 min	4

Vegan Vegetarian

A velvety soup of oven-roasted tomatoes, sweet garlic and basil. Simple, vegan and better than any tin.

Ingredients

- 1 kg ripe tomatoes, halved
- 1 head of garlic, top sliced off
- 1 large onion, cut in wedges
- 3 tbsp olive oil
- 1 tsp sugar
- 500 ml vegetable stock
- A handful of fresh basil
- Salt and black pepper

To serve

- 4 thick slices of crusty bread
- Extra olive oil for drizzling

Method

1. Heat the oven to 200°C. Spread the tomatoes, onion and the garlic head on a large tray, drizzle with the oil, sprinkle with sugar, salt and pepper, and toss.
2. Roast for 35 to 40 minutes, until the tomatoes are soft and the edges are charred.
3. Squeeze the soft garlic out of its skins into a large pan and add the tomatoes, onion and all the juices from the tray.
4. Pour in the stock and bring to a gentle simmer for 5 minutes. Add most of the basil.

5. Blend until smooth, then taste and adjust the salt and pepper. Add a splash of water if it is too thick.
6. Toast the bread, drizzle with olive oil, and serve with the hot soup topped with the remaining basil.

> **Cook's tip**
>
> If your tomatoes are pale and watery, stir in a spoonful of tomato purée with the stock for a deeper colour and flavour.

FRESH & COOL

Crispy-Skin Salmon with Herb Potato Salad

PREP	COOK	SERVES
20 min	25 min	4

Salmon with shatteringly crisp skin beside warm potatoes, green beans, capers and plenty of fresh herbs.

Ingredients

For the salmon

- 4 skin-on salmon fillets (about 150 g each)
- 1 tbsp neutral oil
- Salt and black pepper
- Lemon wedges, to serve

For the potato salad

- 700 g baby potatoes, halved
- 200 g green beans, trimmed
- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 shallot, very thinly sliced
- 2 tbsp capers, drained
- Zest of 1 lemon
- A large handful of dill and parsley, chopped

Method

1. Boil the potatoes in well-salted water for 12 to 15 minutes until tender, adding the green beans for the last 3 minutes. Drain well.
2. Whisk the olive oil, vinegar, mustard and a pinch of salt in a large bowl. While the potatoes are still warm, toss them and the beans in the dressing with the shallot, capers, lemon zest

and herbs.

3. Pat the salmon very dry with kitchen paper and season the skin with salt.
4. Heat the oil in a large non-stick pan over medium-high heat. Lay the fillets in skin-side down and press each one gently for 10 seconds so the skin stays flat.
5. Cook for 5 to 6 minutes without moving them, until the skin is crisp and the flesh is cooked about three quarters of the way up. Flip and cook for 1 minute more.
6. Serve the salmon on the warm potato salad with lemon wedges.

> **Cook's tip**
>
> Dry skin and a hot pan are everything. Do not move the fish until the skin releases by itself.

HOT & BOLD

Garlic Roasted Broccoli with Lemon and Chilli

PREP	COOK	SERVES
10 min	20 min	4

Vegan Vegetarian

Broccoli roasted until the edges crisp, tossed with garlic, chilli flakes and lemon. A vegan side that steals the show.

Ingredients

- 2 large heads of broccoli, cut in medium florets
- 4 tbsp olive oil
- 4 garlic cloves, thinly sliced
- 1/2 tsp chilli flakes
- 1 lemon, zest and juice
- Salt and black pepper
- 2 tbsp toasted pine nuts or almonds (optional)

Method

1. Heat the oven to 220°C and put a large baking tray inside to get hot.
2. Toss the broccoli with the oil, salt and pepper in a big bowl.
3. Spread the florets on the hot tray in one layer, so they are not crowded.
4. Roast for 12 minutes, then add the garlic and chilli flakes and toss.
5. Roast for 5 to 8 minutes more, until the tips are charred and the stalks are tender.
6. Transfer to a plate, add the lemon zest and juice, and scatter over the nuts if using. Serve hot.

Cook's tip

Dry the broccoli well after washing. Wet florets steam instead of roast, and you lose the crispy edges.

LIGHT & SWEET

Meringue Nests with Lemon Cream and Berries

PREP	COOK	SERVES
25 min	1 h 15 min	6

Vegetarian

Crisp meringue nests filled with lemony cream and fresh berries. Airy and not too sweet.

Ingredients

For the meringues

- 3 egg whites
- 170 g caster sugar
- 1 tsp cornflour
- 1 tsp white wine vinegar

For the filling

- 200 ml double cream
- 150 g Greek yoghurt
- 3 tbsp lemon curd
- 300 g mixed berries

Method

1. Heat the oven to 120°C and line a baking tray with parchment.
2. Whisk the egg whites to stiff peaks. Add the sugar one spoonful at a time, whisking until thick and glossy. Fold in the cornflour and vinegar.
3. Spoon six mounds onto the tray and make a dip in the middle of each with the back of a spoon.
4. Bake for 1 hour 15 minutes, then switch the oven off and leave the meringues inside until cool.
5. Whip the cream to soft peaks and fold in the yoghurt and lemon curd.

6 Fill the nests with the cream and top with the berries.

Cook's tip

Cooling the meringues in the switched-off oven stops them from cracking.

HOT & BOLD

Hibiscus Cold Brew with Orange

PREP
5 min

SERVES
4 glasses

Vegan | Vegetarian

Ruby-red hibiscus tea, cold brewed with orange and a hint of cinnamon. Tart, bright and caffeine-free.

Ingredients

- 3 tbsp dried hibiscus flowers (or 4 hibiscus tea bags)
- 1 litre cold water
- 1 orange, sliced
- 1 cinnamon stick
- 2 to 3 tbsp maple syrup or sugar
- Ice

Method

1. Put the hibiscus, cinnamon and half of the orange slices in a jug with the cold water.
2. Leave in the fridge for 4 to 6 hours.
3. Strain and stir in the syrup until dissolved. Taste and add more if it is too tart.
4. Serve over plenty of ice with the remaining orange slices.

Cook's tip

Hibiscus is very sour on its own, so add the sweetener in stages and taste as you go.