SHOPPING LIST

Summer Garden

5 dishes

Whipped Feta with Herbs and Warm Flatbread

Serves 4 to 6 to share

For the whipped feta

- [ ] 250 g feta, crumbled
- [ ] 150 g Greek yoghurt
- [ ] 2 tbsp olive oil, plus extra to finish
- [ ] 1 tbsp lemon juice
- [ ] 1 small garlic clove
- [ ] Black pepper

To finish

- [ ] 2 tbsp chopped dill and mint
- [ ] 1 tbsp honey
- [ ] A pinch of chilli flakes

To serve

- [ ] 4 flatbreads
- [ ] 1 cucumber, cut in sticks
- [ ] 200 g cherry tomatoes

Pea, Feta and Herb Frittata with Green Salad

Serves 4

For the frittata

- [ ] 8 large eggs
- [ ] 100 ml milk or cream
- [ ] 200 g frozen peas, thawed
- [ ] 150 g feta, crumbled
- [ ] 3 spring onions, sliced

- [ ] A large handful of mint, dill and parsley, chopped
- [ ] Zest of 1 lemon
- [ ] 1 tbsp olive oil
- [ ] Salt and black pepper

For the salad

- [ ] 150 g mixed salad leaves
- [ ] 1 cucumber, sliced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice

To serve

- [ ] 500 g baby potatoes, boiled and buttered

Sesame Cucumber Noodles

Serves 2

Noodles

- [ ] 200 g soba or thin wheat noodles
- [ ] 1 cucumber, halved lengthways and thinly sliced
- [ ] 1 pinch of salt

Dressing

- [ ] 2 tbsp tahini
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] 1 tsp toasted sesame oil
- [ ] 1 small garlic clove, finely grated
- [ ] 2 to 3 tbsp cold water

To finish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 spring onions, sliced
- [ ] 1 red chili, sliced (optional)

Strawberry and Elderflower Eton Mess

Serves 6

For the berries

- [ ] 500 g strawberries, hulled and quartered
- [ ] 2 tbsp elderflower cordial
- [ ] 1 tbsp caster sugar

For the cream

- [ ] 300 ml double cream
- [ ] 150 g thick Greek yoghurt
- [ ] 1 tsp vanilla extract

To assemble

- [ ] 6 meringue nests (about 100 g), broken into chunks
- [ ] A handful of mint leaves

Green Pineapple Smoothie

Serves 2 glasses

- [ ] 60 g baby spinach
- [ ] 200 g fresh or frozen pineapple chunks
- [ ] 1 ripe banana
- [ ] Juice of 1 lime
- [ ] 300 ml coconut water
- [ ] A few ice cubes

Tick off what you already have at home.