FRESH & COOL

# Whipped Feta with Herbs and Warm Flatbread

| PREP | COOK | SERVES |
| --- | --- | --- |
| 10 min | 5 min | 4 to 6 to share |

Vegetarian

Cloud-soft whipped feta with lemon, herbs and olive oil, scooped up with warm flatbread and crisp cucumber.

## Ingredients

### 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

## Method

1. Put the feta, yoghurt, oil, lemon juice, garlic and plenty of pepper in a blender or food processor.

2. Blend for 2 to 3 minutes, scraping down the sides, until completely smooth and fluffy.
3. Spoon into a shallow bowl and swirl the top with the back of a spoon.
4. Drizzle with olive oil and honey, then scatter over the herbs and chilli flakes.
5. Warm the flatbreads in a dry pan or in the oven and cut them into strips.
6. Serve the whipped feta with the warm bread, cucumber and tomatoes.

### Cook's tip

Feta is salty already, so taste before adding any salt. A little extra yoghurt loosens the dip if it turns out too thick.

LIGHT & SWEET

# Pea, Feta and Herb Frittata with Green Salad

| PREP | COOK | SERVES |
| --- | --- | --- |
| 15 min | 25 min | 4 |

Vegetarian

A fluffy oven-finished frittata with peas, feta and fresh herbs, served with a crisp lemony salad and potatoes.

## Ingredients

### 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

## Method

1. Heat the oven to 190°C. Whisk the eggs with the milk, a little salt and plenty of pepper. Stir in the peas, feta, spring onions, herbs and lemon zest.
2. Heat the oil in a 26 cm ovenproof frying pan over medium heat. Pour in the egg mixture and cook for 3 minutes, until the edges begin to set.
3. Transfer to the oven and bake for 12 to 15 minutes, until puffed, golden and set in the middle.
4. Let it rest for 5 minutes, then loosen the edges and slide onto a board.
5. Dress the leaves and cucumber with the oil, lemon juice and a pinch of salt.
6. Cut the frittata into wedges and serve with the salad and the buttered potatoes.

### Cook's tip

Do not stir once the eggs are in the pan. Let the edges set first so the frittata puffs up and stays tender.

FRESH & COOL

# Sesame Cucumber Noodles

| PREP | COOK | SERVES |
| --- | --- | --- |
| 15 min | 5 min | 2 |

Vegetarian

Chilled noodles with crunchy cucumber and a creamy sesame-soy dressing.

## Ingredients

### 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)

## Method

1. Toss the cucumber with a pinch of salt and leave for 5 minutes, then drain off the liquid.
2. Cook the noodles according to the packet. Drain and rinse under cold running water until completely cool.

3. Whisk the tahini, soy sauce, vinegar, honey, sesame oil and garlic with the cold water until smooth and pourable.
4. Toss the noodles with most of the dressing and divide between two bowls.
5. Top with the cucumber, sesame seeds, spring onions and chili. Serve with the rest of the dressing on the side.

### Cook's tip

Keep rinsing the noodles until they feel properly cold. It washes off the starch, so they will not clump.

FRESH & COOL

# Strawberry and Elderflower Eton Mess

PREP
15 min

SERVES
6

Vegetarian

Juicy strawberries, whipped cream and crisp meringue with a floral hint of elderflower. Ready in fifteen minutes.

## Ingredients

### 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

## Method

1. Toss the strawberries with the elderflower cordial and sugar. Leave for 15 minutes so the juices run.
2. Whip the cream with the vanilla to soft peaks, then fold in the yoghurt.
3. Just before serving, fold the meringue chunks and most of the strawberries through the cream, leaving it rippled.

4. Spoon into glasses and top with the remaining strawberries, their juices and a few mint leaves.

### Cook's tip

Add the meringue at the last minute, or it turns soft and chewy.

FRESH & COOL

# Green Pineapple Smoothie

PREP
5 min

SERVES
2 glasses

Vegan | Vegetarian

Spinach, pineapple, banana and lime blended with coconut water. Sweet, green and completely vegan.

## Ingredients

- 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

## Method

1. Put the coconut water and spinach in a blender and blend until the spinach has broken down.
2. Add the pineapple, banana, lime juice and ice.
3. Blend for a full minute until completely smooth.
4. Pour into glasses and drink straight away.

### Cook's tip

Blend the spinach with the liquid first. That way there are no green flecks in the finished smoothie.