

Meat-free
courgette &
lentil loaf

SERVES 4

READY IN 1 HR

PRICE PER

SERVING 84p

- 1tbsp rapeseed oil, plus extra for greasing
- 2 medium courgettes
- 1 small red onion, finely chopped
- 2 medium carrots, peeled and finely chopped
- 2 large cloves garlic, crushed
- 1tsp dried Italian mixed herbs
- 2tbsp tomato purée
- 1tbsp balsamic vinegar
- 2 x 390g tins green lentils in water, drained and rinsed
- 25g flat-leaf parsley, chopped, plus extra to serve
- 100g fresh breadcrumbs
- 1 medium egg, lightly beaten
- 2tbsp toasted flaked almonds

Spring vegetable
pasta with a
creamy smoky
bacon sauce

SERVES 4

READY IN 25 MINS

PRICE PER

SERVING £1.92

- 1tbsp rapeseed oil
- 4 spring onions, finely sliced
- 2 large cloves garlic, sliced
- 155g Butcher's Selection Unsmoked Lean Diced Bacon
- 25g basil, leaves torn and stalks finely chopped, plus extra whole leaves to serve
- 1 reduced-salt chicken stock cube, made up to 250ml
- 150ml single cream
- Juice and zest 1/2 lemon
- 500g pack Asda Italian Fresh Egg Tagliatelle
- 125g pack Extra Special Hand Picked Asparagus Tips, cut into 2cm lengths
- 150g frozen petits pois
- 30g Parmesan, grated
- 85g watercress

Cheat's tarte
flambée

SERVES 4

READY IN 45 MINS

PRICE PER

SERVING £1.01

- 20g unsalted butter
- 2 white onions, thinly sliced
- 160g pack Simply Cook Diced Pancetta
- 400g pack Asda Ready Rolled Pizza Dough
- 150ml soured cream
- Pinch nutmeg
- 1tbsp rapeseed oil
- 1tsp Dijon mustard
- 1/2 tbsp white wine vinegar
- 1/2 small clove garlic, crushed
- 1 round lettuce, roughly chopped and washed
- 15g flat-leaf parsley, leaves finely chopped

Chicken, olive &
lemon traybake
with a pearl cous
cous salad

SERVES 4

READY IN 1HR 10 MINS

PRICE PER

SERVING £2.10

- 2 packs Extra Special British Corn-fed Norfolk Free-range Chicken Legs (typically 550g each)
- 2 1/2 lemons, thickly sliced, plus juice 1/2 lemon
- 100g pitted green olives
- 6 cloves garlic, crushed
- 6 shallots, peeled and halved
- 1tbsp dried oregano
- 1tbsp rapeseed oil
- 1 reduced-salt chicken stock cube
- 150g Osem Israeli Cous Cous
- 60g wild rocket
- 10g flat-leaf parsley, chopped

Meat-free courgette & lentil loaf

SERVES 4

READY IN 1 HR

PRICE PER

SERVING 84p

1 Preheat the oven to 200C/ 180C Fan/Gas 6. Grease a 1L loaf tin and line with baking paper.

2 Halve 1 of the courgettes lengthways, then cut 2 long strips 3mm thick and lay along the base of the loaf tin. Finely chop the remaining courgette.

3 Heat the oil in a large frying pan over a medium setting. Add the chopped courgettes, onion and carrots, then cook for 10 mins or until softened but not starting to colour. Add the garlic, mixed herbs, tomato purée and balsamic; cook for 2 mins.

4 Pulse the lentils to a thick paste in a food processor; transfer to a large bowl. Add the veg mixture, the parsley, breadcrumbs and egg, then mix together. Season well with freshly ground black pepper then tip into the loaf tin, flattening and levelling the top with the back of a large spoon.

5 Bake on the middle shelf of the oven for 40-50 mins until golden brown. Allow to cool in the tin for 10 mins, then turn out and peel off the paper. Sprinkle with the toasted almonds and extra chopped parsley to serve.

Spring vegetable pasta with a creamy smoky bacon sauce

SERVES 4

READY IN 25 MINS

PRICE PER

SERVING £1.92

1 For the cream sauce, heat the oil in a large frying pan over a medium setting. Add the spring onions, garlic, bacon, ½ the torn basil leaves and all the basil stalks. Fry for 10 mins, stirring occasionally.

2 Add the chicken stock to the pan and simmer on a low heat for 5 mins. Mix in the cream along with the lemon juice and zest. Cook for a further 2-3 mins until thickened. Season with ground black pepper. Set aside.

3 Add the tagliatelle, asparagus and petits pois to a large pan of boiling water, then simmer for 3-4 mins until the veg is just tender and the pasta is al dente. Drain well.

4 Return the pasta and veg to the pan. Add the cream sauce and remaining torn basil leaves. Stir together until the tagliatelle is evenly coated.

5 Divide the pasta between 4 bowls and season with black pepper. Sprinkle with the Parmesan, watercress and extra basil leaves to serve.

Cheat's tarte flambée

SERVES 4

READY IN 45 MINS

PRICE PER

SERVING £1.01

1 Preheat the oven to 200C/180C Fan/Gas 6.

2 Melt the butter in a large pan over a low heat, then add the sliced onion and pancetta. Fry, stirring occasionally, for 15 mins or until the onions are translucent and soft.

3 Unroll the pizza dough onto a baking tray lined with paper and spread the soured cream over the centre, leaving a 2cm border.

4 Top with the onion and pancetta mixture, sprinkle with a little nutmeg, then season with black pepper. Bake on the top shelf of the oven for 20-25 mins until crisp and golden.

5 Whisk together the oil, mustard, vinegar and garlic and toss through the lettuce.

6 Sprinkle the tarte with the parsley and serve with the salad.

Chicken, olive & lemon traybake with a pearl cous cous salad

SERVES 4

READY IN 1HR 10 MINS

PRICE PER

SERVING £2.10

1 Preheat the oven to 200C/ 180C Fan/Gas 6.

2 On a large baking tray, toss the chicken, lemon slices, olives, garlic, shallots, oregano and oil. Season with pepper. Roast for 50-60 mins, tossing occasionally, until the chicken is cooked through with golden, crispy skin.

3 Dissolve the stock cube in 200ml boiling water in a pan. Add the cous cous. Cook for 12 mins. Drain, rinse with cold water, drain fully then fluff with a fork.

4 Stir the lemon juice and rocket through the couscous, reserving a few rocket leaves to garnish.

5 Sprinkle the traybake with the reserved rocket and the parsley. Serve with the cous cous.