

Asparagus & cress muffin-tin quiches

SERVES 12 READY IN 55 MINS,
PLUS COOLING
PRICE PER SERVING 38P

- 150g Grower's Selection Asparagus, woody ends trimmed and cut into 3cm pieces
- 4 sheets ready-rolled filo pastry
- 50g unsalted butter, melted
- 1 punnet salad cress
- 2 spring onions, finely sliced
- 5 medium eggs
- 170g pot Asda Authentic Greek Yogurt

Pea & broad bean veggie Scotch eggs

SERVES 6 READY IN
40 MINS, PLUS CHILLING
PRICE PER SERVING 58P

- 7 medium eggs
- 450g frozen broad beans
- 300g tin Asda Mushy Peas
- 1tbsp chopped mint
- 1 spring onion, thinly sliced
- Vegetable oil, for frying
- 200g fresh white breadcrumbs

Prawn cocktail skewers with a spicy mayonnaise dip

SERVES 4 READY IN 10 MINS
PRICE PER SERVING £1.03

- Zest and juice ½ lemon, plus extra zest to serve
- 1tbsp chopped parsley
- 150g Extra Special Jumbo King Prawns
- 100g cherry tomatoes
- 2tbsp light mayonnaise
- 1tbsp tomato ketchup
- A few dashes Tabasco

Asparagus & cress muffin-tin quiches

**SERVES 12 READY IN 55 MINS,
PLUS COOLING
PRICE PER SERVING 38P**

- 1 Preheat the oven to 180C/160C Fan/Gas 4.
- 2 Add the asparagus to a pan of boiling water and cook for 1 min until bright green. Drain and rinse under cold water.
- 3 Unroll the filo and brush each sheet with melted butter. Stack and cut into 12 squares, trimming off any excess. Divide the filo evenly between a 12-hole muffin tin, pressing the sheets firmly into place.
- 4 Trim the cress; reserve a little and divide the rest between the filo cases, along with the spring onions and asparagus.
- 5 In a bowl, beat the eggs, stir in the Greek yogurt and season with black pepper.
- 6 Pour the egg mixture evenly over the veg. Bake for 40-45 mins until the pastry is golden and the filling has set. Cool for 15 mins then garnish with the reserved cress to serve, or cool completely if packing.

Pea & broad bean veggie Scotch eggs

**SERVES 6 READY IN
40 MINS, PLUS CHILLING
PRICE PER SERVING 58P**

- 1 Put 6 of the eggs in a pan of simmering water and cook for 6 mins. Drain and transfer to a bowl of iced water until completely cooled. Peel off the shells.
- 2 Meanwhile, put the broad beans in a pan and cover with boiling water. Bring to a simmer and cook for 5 mins. Drain, rinse under cold water, then blend to a rough paste. Stir in the mushy peas, mint and spring onion and season with freshly ground black pepper.
- 3 Divide the broad bean and pea mixture into 6 pieces. Using wet hands, mould each one around a boiled egg. Chill in the fridge for 20 mins.
- 4 Fill a deep-fat fryer or deep pan to a depth of 10cm with the vegetable oil and heat to 180C.
- 5 Beat the remaining egg and put in a shallow bowl. Put the breadcrumbs in another bowl. Dip the coated boiled eggs into the beaten egg, followed by the breadcrumbs, rolling to cover all over and pressing to ensure an even coating of crumbs.
- 6 Deep-fry 2 of the eggs at a time in the oil until golden. Set aside on a plate lined with kitchen roll.
- 7 Serve warm, or allow to cool, then chill until needed or ready to pack.

Prawn cocktail skewers with a spicy mayonnaise dip

**SERVES 4 READY IN 10 MINS
PRICE PER SERVING £1.03**

- 1 In a bowl, stir together the lemon zest and juice and the parsley. Add the prawns and toss to coat. Thread the prawns onto thin bamboo skewers, alternating with the cherry tomatoes.
- 2 For the dip, stir together the mayonnaise, ketchup and Tabasco, then season with ground black pepper.
- 3 Put the dip in a ramekin, dish or a small lidded container if packing, and serve with the skewers sprinkled with extra zest.