

Feta & Beetroot Salad!

(Makes 1 portion in a small container)



1/5th iceberg lettuce (washed)
1/2- 1 medium sized carrot
1/2-1 each pre-cooked beetroot
Handful of sultanas
Handful of feta cheese
1/5th medium sized pomegranate
Handful of pumpkin seeds

Sauce:

1 tbsp sour cream
1/4-1/2 lemon juice
Grind of pepper
Handful of dill

1. Tear the lettuce leave into mouth sized pieces and made a bed of lettuce in the foil container
2. Grate over the carrot
3. Slice the beetroot and add
4. Sprinkle over the sultanas
5. Crumble over the feta
6. Take out the jewels of the pomegranate and sprinkle over
7. Add the pumpkin seeds
8. Mix all the ingredients together for the sauce and spoon over the salad

Additional options: spring onions/ walnuts/ celery

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Blackberry Flapjacks

1 small foil container



5 tbsp Scottish porridge oats

2 tbsp light brown sugar

1 tbsp pumpkin seeds

1 tbsp sunflower seeds

1 ½ tbsp golden syrup

1 tbsp margarine

3-4 blackberries

Pinch salt

1. Add together and mix the oats, sugar, seeds & salt.
2. Add the golden syrup and margarine and mix it all together.
3. Add the blackberries and salt – stir slightly.
4. Mix and spread into the foil container – use the back of the spoon to squash together
5. Cook for 15-20 minutes at 190 fan

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Spring Rolls

Makes 4 spring rolls per person



- 1 tsp grated ginger
- 2 tsp light soy sauce
- ¼ tsp pinch of Chinese five-spice powder
- 1/4 tsp brown sugar
- 1 sheet of spring roll pastry
- Oil Spray
- Poppy seeds for sprinkling on top

Option for fillings: cooked rice noodles, thinly sliced; peppers, carrots, mushrooms or spring onions, beansprouts, Chinese leaf cabbage, Prawns/chicken/duck

For the dipping sauce:

3tbsp ketchup, 1 tbsp white wine vinegar, small piece of grated ginger, pinch of caster sugar

1. In a bowl mix the soy sauce, 5 spice, sugar and grated ginger
2. Peel the carrots with a julienne peeler
3. Add to the sauce and mix with the beansprouts & rice noodles
4. Put the square piece of spring roll pastry on the board and cut into 4 equal squares
5. Put the mixture in the middle of each square in a rectangle and fold in the shorter sides then the longer sides.
6. Then spray outside with sunflower oil. Put the spring rolls on a baking tray and sprinkle with sesame/poppy seeds.
7. Heat oven to 180C fan and bake the rolls for 10-12 mins or until golden.
8. To make the dipping sauce: Mix all the ingredients together until the sugar has dissolved. Leave the rolls until cool enough to handle and dip the rolls into the sauce.
9. Heat oven to 180C fan and bake the rolls for 10-12 mins or until golden.

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Shortcake Biscuits with Strawberry jam

(enough for 10 biscuits – at least 5 each per cook)



62g unsalted butter (1/4 of a block of 250g butter)

4 tbsp sugar

7-8 tbsp plain flour (sieved)

1 ½ tbsp corn flour (sieved)

1 lemon – all for the zest and ½ for juice!

1 tsp vanilla extract

Splash of milk

Strawberry Jam

Icing Sugar to decorate

1. Mix butter and sugar together (cream using back of the spoon)
2. Add the flour & cornflour
3. Add the lemon zest (whole lemon) and juice (half a lemon)
4. Mix and add a splash of milk until a firm ball of dough. If too dry add more milk if too wet add more sieved plain flour
5. Put onto a sheet of GPP in a long sausage – roll it with the GPP and shape into a long sausage. If time put in freezer or fridge for 10 minutes
6. Open the GPP and take a sharp knife and cut the cookies.
7. Shape them into circles or hearts and add onto GPP on a baking sheet and shape into hearts and cook at 200 degrees for 10-12 minutes until slightly brown

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Feta & Leek Filo Tarts



(makes 3 cup-cake sized tarts – for 1 cook)

Tbsp of sliced & washed leeks
Filo pastry (1 sheet per cook)
Sunflower oil
1 tbsp crème fraiche
1 tbsp cream cheese
1 beaten egg
Pinch of salt & pepper
Tbsp crumbled feta
Sprigs of parsley

Options – add garlic to the butter to fry the leeks in if you wish for a more garlicky taste and cook leek in garlic, ground nutmeg, toasted pine nut

1. Pre-heat oven to 180c (fan)
2. Slice, wash and gently cook in some oil the leeks for a few minutes (or put into a microwave)
3. In a bowl mix the crème fraiche, cream cheese & egg
4. Add in the leeks and salt & pepper
5. Cut the filo pastry into 9 squares per sheet using some scissors
6. Using a pastry brush – brush on the sunflower oil on both sides and put two or three in per muffin tin
7. Pour into the 3 muffin cases with filo pastry around
8. Crumble over the feta
9. Top with torn parsley
10. Cook for 10-12 minutes at 180 degree

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Sushi

(makes enough for 4 people – each will have about 8 mini sushi rolls from one sheet of nori)



250g Sushi rice
1 tbsp Sushi rice vinegar
4 sheets Nori (seaweed)
1 tsp salt
1 tsp sugar

Have a small bowl of water to hand.

Sushi rolling mat
Cling film (to cover the sushi rolling mat both sides)

Filling Options; Cucumber, Tinned tuna, & Carrots

Other Options: Red peppers, Salmon, Avocado, Spring onions, Shrimp, Fried Egg

Serve with soy sauce/wasabi/pieces fresh ginger/teriyaki sauce

1. Cook the rice in a pan of water according to instructions. Take off heat set aside & cover for 10 minutes.
2. Stir in the vinegar, sugar and salt and cool to room temperature quickly.
3. Put cling-film on the bamboo rolling mat both sides.
4. Put your hands in the bowl of water.
5. Take a nori sheet and place on the cling-film on the sushi mat, (shiny-side down bumpy side where rice will be placed) and spread 3 tbsp of the sushi rice on the nori leaving a small strip at the top of the rectangle. Take a little rice at a time and push it to the edges so you have a layer about 1/2 cm thick.
6. In the middle of the rectangle lay the filling you want from one end to the other. Add the other fillings on top of the first one.
7. Roll up the bamboo mat slowly, tucking in the closer end of the sushi roll to start a roll and press lightly with both hands. Ensure clingfilm and mat do not get rolled up with the roll!
8. Continue until its rolled up.

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9. Remove the roll from the mat and leave to sit with the joining edges downwards.
10. Use a sharp knife to cut the sushi off into pieces (dip knife in water to ensure a smoother edge).
11. Wrap in foil to take home

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