

# Here comes the sun

As the weather warms up, bring a touch of the Mediterranean to your cooking. This collection of dishes will take you through the summer with ease. Recipes SARAH COOK Photographs DAVID MUNNS

Slow-roast tomato  
Tatin – vegetarian main  
course, p18

## Lamb, apricot & shallot tagine

EASY IRON 2 OF 5 A DAY

SERVES 5-6 • PREP 30 mins plus overnight  
marinating • COOK 7 hrs 30 mins

*Mechoui (pronounced mesh-wi) is a traditional Moroccan dish where a whole lamb is roasted over a fire or in a pit in the ground – this is a cheat's version, doable in an oven. Adding the extra goodies towards the end turns it into a sort of tagine, which just requires couscous and yogurt to serve.*

1 large leg of lamb, bone in (about 2kg/4lb 8oz)  
600g/1lb 5oz shallots, halved if particularly large  
400g/14oz small apricots, halved and stoned  
85g/3oz whole skinless almonds  
2 preserved lemons, flesh discarded, peel and pith finely chopped  
1 tbsp ras el hanout  
1 tbsp clear honey  
150ml/¼pt hot chicken stock  
small pack each coriander  
couscous and natural yogurt, to serve  
**FOR THE MARINADE**  
4 tbsp olive oil  
4 garlic cloves, crushed  
1 tbsp ground cumin  
2 tbsp clear honey  
2 tsp each ground cinnamon, ground ginger and coriander seeds  
pinch of saffron strands

1 Slash the lamb leg all over and put in a big food bag, or in a large casserole dish. Smash the marinade ingredients together using a pestle and mortar. Add some black pepper and rub all over the lamb. Marinate overnight, or up to 24 hrs.  
2 Heat oven to 140C/120C fan/gas 1. Sit the lamb in a big roasting tin, scraping off any leftover marinade on the top. Cover the tin with foil, pinching the edges to seal. Cook for 6-7 hrs, basting every hour or so, until the meat is incredibly tender.  
3 Remove the roasting tin from the oven and increase oven to 200C/180C fan/gas 6. Pour the juices from the lamb into a measuring jug, cool slightly and skim off the fat. Put the shallots in the tin with the lamb and toss to coat in some of the juices. Roast for 15 mins, then add the apricots and almonds. Whisk the cooking juices with the lemon, ras el hanout, honey and stock, then pour over the lamb and roast for another 20 mins.  
4 Rest for 10 mins, then scatter over the herbs and serve with couscous and yogurt.  
PER SERVING (6) 659 kJ, protein 57g, carbs 18g, fat 41g, sat fat 13g, fibre 4g, sugar 16g, salt 0.5g

Spiced slow-roast  
lamb to feed  
a crowd





Griddled aubergine salad  
with sultanas & pine nuts

EASY V FOLATE FIBRE 1 OF 5 A DAY GLUTEN FREE

SERVES 4 • PREP 10 mins  
• COOK 30 mins

3 aubergines, sliced into  
1cm/½in-thick rounds  
olive oil, for brushing  
200ml/7fl oz Sherry vinegar  
100g/4oz clear honey  
50g/2oz sultanas  
small pack flat-leaf parsley, chopped  
50g/2oz toasted pine nuts  
pot of Greek yogurt, to serve

1 Heat a griddle pan or a barbecue. Brush the aubergine slices with some olive oil, season, then griddle the slices in batches, turning when they are charring and tender. Watch the heat so that they don't char before they soften. Remove to a large serving platter and leave at room temperature until serving.  
2 Put the Sherry vinegar and honey in a small pan, and bring to a simmer. Throw in the sultanas and bubble for 5-10 mins until reduced a little – it will thicken up more on cooling. Set aside until ready to serve.  
3 Drizzle the syrupy dressing all over the aubergines, scatter with parsley and pine nuts, and serve with a bowl of Greek yogurt.

PER SERVING 314 kcals, protein 6g, carbs 36g, fat 16g, sat fat 2g, fibre 12g, sugar 35g, salt 0.2g

Great on its own  
or as part of  
a lazy lunch

Serve as a starter  
or a light lunch



Spanish stuffed  
peppers

EASY VIT C 1 OF 5 A DAY

SERVES 8 as a starter, or 4 as a lunch or  
light supper • PREP 20 mins • COOK 1 hr

4 red peppers  
150g pack cherry or baby plum  
tomatoes (we used a mixture  
for their colour)  
½ ciabatta loaf, or similar, cut into  
2.5cm/1in chunks  
3 fat garlic cloves, thinly sliced  
140g/5oz chorizo, cut into chunky  
slices  
4 tbsp Sherry vinegar  
4 tbsp good-quality olive oil  
pinch of caster or granulated sugar  
parsley (optional) and more crusty  
bread, to serve

1 Heat oven to 220C/200C fan/gas 7. Halve the peppers through the stalk, then cut out and throw away the seeds. Sit the peppers snugly, cut-side up, in a casserole dish, or two if needed. Halve any larger tomatoes, then divide them, the bread chunks, garlic and chorizo between the dishes.  
2 Drizzle over the vinegar, then the olive oil, and season with pinches of sugar, sea salt and ground black pepper. Bake for 30 mins, covered, until the peppers are tender and collapsing a little. Remove, uncover and cook

for a further 30 mins. Leave the peppers to cool a little, then scatter with parsley, if you like, and spoon onto plates, scooping out any extra juices. Serve with crusty bread for mopping up the juices.  
PER SERVING (4) 363 kcals, protein 12g, carbs 31g, fat 21g, sat fat 5g, fibre 6g, sugar 14g, salt 1.0g





## Slow-roast tomato Tatin

EASY V 1 OF 5 A DAY

SERVES 6 PREP 20 mins COOK 50 mins

**25g/1oz butter**  
**splash of good olive oil**  
**800g/1lb 12oz medium and small mixed tomatoes, halved across the middle and seeds roughly scooped out**  
**1 tbsp light soft brown sugar**  
**1 tbsp red wine vinegar**  
**1 tbsp fresh thyme leaves or oregano, plus extra to serve**  
**375g block all-butter puff pastry**  
**plain flour, for dusting**

**1** Heat oven to 220C/200C fan/gas 7. Melt the butter with a splash of olive oil in your widest frying pan. Add the tomatoes, skin-side down, in a single layer (you can do this in 2 batches if they won't all fit) and cook over a low heat until they release their juices. Lift out with a slotted spoon and rearrange in a tart tin (roughly 23cm), skin-side down – cram them in as they will shrink a little and you don't want any gaps. Add the sugar and vinegar to the pan, and cook until the pan juices are reduced and syrupy. Drizzle over the tomatoes in the tin, then scatter with the oregano or thyme and season.

**2** Roll the pastry out on a lightly floured surface to a good 25-26cm round. Lay on top of the tomatoes, and tuck the edges down. Use a fork to prick holes all over the pastry – this will help the steam to escape.

**3** Sit the tart tin on a flat baking tray and bake for 30 mins or until the pastry is golden brown and crisp. Let the tart sit for 10 mins, then run a knife round the edge to release the pastry. Carefully flip the tart over onto a serving plate or board and scatter with more herbs to serve.

PER SERVING 307 kcs, protein 5g, carbs 29g, fat 19g, sat fat 9g, fibre 2g, sugar 8g, salt 0.6g



## Big breakfast courgette & potato rösti

EASY FOLATE

SERVES 4 PREP 20 mins COOK 35 mins

**400g/14oz potatoes, grated**  
**200g/7oz courgettes, grated**  
**3 spring onions, finely sliced**  
**4 eggs and 1 yolk**  
**2 tbsp plain flour**  
**little sunflower oil and butter, for frying**  
**8 rashers of your favourite bacon**  
**tomato ketchup or chutney, to serve**

**1** Put the grated potatoes and courgettes in a clean tea towel and squeeze out as much water as you can. Tip into a bowl with the spring onions, egg yolk, flour and plenty of seasoning. Mix well.

**2** Heat oven to 180C/160C fan/gas 4. Put a little oil and butter in a frying

pan. Divide the mixture into 4 flat röstis and add to the pan (fry as many as you can fit in your pan at once). Cook over a medium heat for 6-8 mins until the underside is crisp and brown, then flip over and cook the other side. When they're cooked, transfer to a baking parchment-lined tray and put in the oven.

**3** While the röstis are finishing off in the oven, fry the bacon in the pan, then transfer to the oven, too. Finally, fry the eggs to your liking, then serve with the courgette röstis, crisp bacon and a good blob of tomato ketchup or chutney.

PER SERVING 277 kcs, protein 13g, carbs 25g, fat 14g, sat fat 4g, fibre 3g, sugar 2g, salt 0.3g

## Garden tomato salad

EASY V LOW FAT FOLATE VIT C 1 OF 5 A DAY GOOD 4 YOU

SERVES 6 for a starter or lunch, or 8-10 with other dishes PREP 20 mins plus 2-3 hrs chilling NO COOK

*When you've got seasonal produce as beautiful as this, keep things simple – a few fresh herbs to complement, and a well-balanced dressing to boost the natural sweet-sour flavour of the tomatoes.*

**1.25kg-1.5kg/2lb 12oz-3lb 5oz ripe tomatoes – as many colours, shapes, sizes and flavours as you can find**  
**50g/2oz mixed soft herbs – we used chives, thyme, parsley and mint**  
**5-6 shallots, diced as finely as you can**  
**FOR THE DRESSING**  
**3 tbsp extra virgin olive oil**  
**3 tbsp white wine vinegar**  
**1 tbsp clear honey**

**1** Slice the large-to-medium tomatoes and halve the smallest. Pick the leaves from the herbs and roughly chop, then mix the herbs with the shallots.

**2** Choose a large platter and start layering up the tomatoes, mixing colours and sizes. As you finish each layer, scatter with some of the herb-shallot mix and some ground black pepper. Keep layering until everything is used up. Cover and chill for a few hrs. Bring to room temperature 45 mins before serving.

**3** Whisk together the dressing ingredients with some salt, then drizzle over the salad and serve.

PER SERVING (6) 110 kcs, protein 2g, carbs 11g, fat 6g, sat fat 1g, fibre 4g, sugar 10g, salt 0.1g

Gorgeous with just some crusty bread and a cheeseboard





### Creamy courgette risotto

EASY V 1 OF 5 A DAY

SERVES 3-4 • PREP 20 mins • COOK 35 mins

50g/2oz butter, plus 2 knobs more  
1 small onion, finely chopped  
250g/9oz courgettes, 140g/5oz  
coarsely grated, the rest diced  
175g/6oz risotto rice  
zest and juice 1 lemon  
1.2 litres/2 pints vegetable (or chicken)  
stock, kept hot on a low heat  
25g/1oz Parmesan (or vegetarian  
alternative), grated  
2 heaped tbsp mascarpone  
splash of olive oil  
1 heaped tbsp toasted pine nuts

1 Melt the butter in a sturdy frying pan, add the onion and gently fry until softened. Stir in the grated courgettes and rice, increase the heat and sizzle while stirring for 1-2 mins.  
2 Add the lemon juice and a ladle of hot stock, and bubble over a medium-high heat while stirring constantly. When the liquid has just about been absorbed, add another ladleful of stock. Keep cooking

like this for 20-25 mins until the rice is just tender and is creamy. Stir in the Parmesan, mascarpone and some seasoning, cover with a lid or baking sheet, and set aside for 5 mins while you cook the remaining courgettes.  
3 Heat the remaining butter and a splash of oil in a small frying pan. Add the diced courgettes, and fry over a high heat for 2-3 mins until golden and just softened. Divide the risotto between shallow bowls or plates, then scatter with the diced courgettes and any buttery juices, the pine nuts and a few pinches of lemon zest.

PER SERVING (3) 496 kJ, protein 22g, carbs 50g, fat 23g, sat fat 12g, fibre 4g, sugar 4g, salt 1.4g

### Giant peach, nectarine & apricot meringue tart

A LITTLE EFFORT

SERVES 8 • PREP 20 mins • COOK 35 mins

30-33cm puff pastry round sheet (we used Marie La Pâte Feuilletée from Ocado), or roll your own from a 375g block  
100g/4oz crème fraîche, plus extra to serve (optional)  
1 large egg, plus 2 egg whites  
100g/4oz ground almonds  
1 tsp vanilla extract  
140g/5oz caster sugar  
3-5 stone fruits (a mixture of peaches, nectarines and apricots), sliced  
2 tbsp peach, apricot or nectarine jam  
½ tsp almond extract (optional)  
1 tsp cornflour  
25g/1oz toasted flaked almonds

1 Heat oven to 200C/180C fan/gas 6. Lay the pastry on a large baking sheet and mark a border 2cm from the edge with a knife. Bake for 10-12 mins until puffed up, golden and crisp underneath. Mix the crème fraîche, whole egg, ground almonds, vanilla extract and 40g of the sugar together.  
2 Push the centre of the pastry down and spread this with the almond and crème fraîche mixture, then top with the fruit. Warm the jam in the microwave, then sieve and brush all over the fruit. Bake in the oven for 10 mins.  
3 Meanwhile, whisk the egg whites until stiff in a big mixing bowl. Add the remaining 100g sugar, the almond extract, if using, and cornflour, and whisk again to a thick, smooth glossy meringue. After 10 mins, remove the tart from the oven and turn down to 160C/140C fan/gas 3. Dollop the meringue in spoonfuls over the tart,

then scatter over the almonds. Bake for another 10-12 mins until the meringue feels crisp to touch. Eat at room temperature with more crème fraîche.

PER SERVING 428 kJ, protein 8g, carbs 42g, fat 26g, sat fat 10g, fibre 2g, sugar 25g, salt 0.5g

Using ready-made pastry means you can assemble this tart in minutes





Hearty dish –  
serve with a simple  
green salad

Beefy melanzane parmigiana

EASY CALCIUM FOLATE FIBRE IRON 2 OF 5 A DAY  
GLUTEN FREE

SERVES 6 ● PREP 20 mins ●  
COOK 1 hr 50 mins

- 2 tbsp olive oil, plus extra for brushing
- 800g/1lb 12oz beef mince
- 3 garlic cloves, crushed
- 3 thyme sprigs
- 3 rosemary sprigs
- 3 bay leaves
- 2 x 400g cans chopped tomatoes
- glass of red wine
- 1 beef stock cube
- 1 tbsp sugar
- 5 large aubergines, sliced lengthways into 5mm/¼in slices
- 2 x 125g balls mozzarella, torn into small chunks
- 50g/2oz Parmesan, grated
- 250g tub mascarpone

- 1 Heat the oil in a large frying pan or flameproof casserole dish. Add the mince and brown over a high heat, breaking up with a wooden spoon as you go. (You may need to do this in batches.) Once well browned, tip onto a plate.
- 2 Add the remaining oil, the garlic and herbs to the pan and gently cook for 1 min. Tip in the tomatoes and red wine, and bring to a simmer, stirring up any meaty bits stuck to the bottom of the pan. Return the mince to the pan, crumble in the stock cube, and add sugar and seasoning. Gently simmer for at least 1 hr, stirring occasionally, splashing in more water to keep it saucy if you need to. If you have time to simmer for longer, go for it – the longer the better. Fish out the herb stalks and bay leaves.
- 3 Meanwhile, heat a griddle or frying pan. Brush the aubergine slices on both sides with olive oil, then griddle in batches. You want each slice softened and slightly

charred, so don't have the heat too high or the aubergine will char before softening. Remove to a plate as you go.

4 Heat oven to 180C/160C fan/gas 4. Set aside some of each cheese to go on top. In a large casserole dish, spread a spoonful of mince over the base. Top with a layer of sauce, then a layer of aubergines and season well. Spoon over more sauce, then scatter over some mozzarella, Parmesan and blobs of mascarpone. Add another layer of aubergines and some seasoning. Repeat, layering everything up, and finish with a layer of meat sauce. Top with your reserved cheese and bake for 30-40 mins until the top is crisp and golden, and the mince is bubbling.

PER SERVING 787 kcals, protein 45g, carbs 18g, fat 58g, sat fat 31g, fibre 14g, sugar 17g, salt 1.5g



So easy!  
All cooked in  
one tray

Amatriciana chicken  
traybake

EASY 1 OF 5 A DAY GLUTEN FREE

SERVES 4 PREP 15 mins COOK 1 hr

- 1 long red chilli
- 3 tbsp tomato purée
- 3 tbsp olive oil
- 3 garlic cloves
- 8 skinless chicken thighs
- 500g/1lb 2oz new potatoes
- 4 thyme sprigs
- 140g/5oz cubetti di pancetta (or smoked bacon lardons)
- 400g/14oz tomatoes, half cherry or baby plum, the rest is up to you – any larger ones halved
- green salad and bread, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Find a large roasting tin that will hold the chicken thighs and potatoes in a single layer. Halve the chilli, scrape out and discard the seeds if you don't like it too hot, and remove the stalk. Put in a small food processor or mini chopper with the tomato purée, olive oil and garlic. Whizz to a paste, then spread over the chicken. Add the chicken and potatoes to the tin with a good grinding of black pepper and some salt, then mix everything together well with your hands. Add the thyme and roast for 30 mins.

2 Stir in the pancetta and roast for 15 mins more, then add the tomatoes and roast for another 15 mins until the tomatoes have softened and the chicken is cooked. Serve straight from the pan and eat with a green salad and some bread, if you like, for mopping up the juices. PER SERVING 472 kcals, protein 46g, carbs 27g, fat 20g, sat fat 5g, fibre 4g, sugar 6g, salt 1.5g







## Sunshine tiramisu

**EASY**

SERVES 8 • PREP 25 mins plus a few hours chilling • NO COOK

2 medium eggs, separated  
50g/2oz caster sugar  
250g tub mascarpone  
150ml pot double cream  
125ml/4fl oz Marsala wine  
175g pack sponge fingers  
400g/14oz mix of nectarines and peaches, stoned and diced  
50g/2oz crunchy amaretti biscuits

**1** Use an electric whisk to beat the egg yolks with half the sugar until the mixture is pale and moussey – this will take 3-4 mins. Beat the mascarpone in a large mixing bowl to loosen, then beat in the double cream until just combined. Scrape in the mousse mixture and beat everything together until smooth and light.

**2** Clean the beaters, then whisk the egg whites in another bowl until stiff peaks hold on the end of the beaters. Tip in the remaining sugar and beat until glossy and stiff again. Use a big metal spoon to stir a third of this into the cream mixture, then gently fold in the rest.

**3** Get your serving dish or bowl ready, then put the Marsala in a shallow plate and dip in a few sponge fingers at a time so they are just soaked but not soggy. Layer half of the fingers evenly in your dish, then scatter over half the fruit. Top with half the cream mixture, then crumble over half the crunchy amaretti biscuits. Repeat the layers, but finish with the cream and save the other half of the biscuits. Cover and chill for a few hrs, or overnight.

**4** To serve, crumble over the remaining biscuits, then spoon into bowls.

PER SERVING 435 kcs, protein 6g, carbs 35g, fat 28g, sat fat 17g, fibre 2g, sugar 27g, salt 0.1g

No-cook dessert  
with the wow factor