

Baked Salmon Fish Fingers

Ingredients:

100g plain flour
2 eggs
1 tablespoon milk
100g fresh breadcrumbs
2 tablespoons oil
400g fresh salmon fillets, skin removed

Method:

1. Preheat oven to 200°C or gas no.6
2. Place the flour on a plate and season with salt and pepper.
3. Beat the eggs with the milk and pour into a shallow bowl.
4. Toss the breadcrumbs in the oil and spread out on a plate.
5. Slice the salmon fillets into long strips and coat in the flour, egg and breadcrumbs.
6. Place the fish on an oiled baking tray (make sure they don't touch) and bake for 20 mins. till golden and cooked.

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Spicy Potato Wedges Serves 4

Ingredients:

4 large baking potatoes, scrubbed, skins left on
1 tablespoon olive oil
2 teaspoons Cajun spice
100g Cheddar, grated
100g Sainsbury's cubed pancetta
1 red pepper, deseeded and diced
4 spring onions, sliced
1 x 150ml bottle Thai sweet chilli sauce (optional)

Method:

1. Preheat the oven to 200°C, fan 180°C, gas 6.
2. Cook the whole potatoes in a saucepan of boiling water until just softening. Drain and cut each potato into 8 wedges.
3. In a large bowl, mix the oil with the Cajun spice. Add the potatoes and toss carefully until coated. Tip into a large shallow tin and bake for 20–30 minutes or until golden and crispy. Sprinkle on the cheese for the last 5 minutes of cooking.
4. Meanwhile, dry-fry the pancetta in a frying pan until crispy, then lift out with a slotted spoon and set aside. Fry the pepper in the same pan until softened.
5. Toss the potato wedges with the pancetta, pepper and spring onions, then serve in a large bowl. Serve the chilli sauce in a small bowl for dipping.

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Strawberry and Ginger Creams Serves 4

Ingredients:

1 x 250g pot Sainsbury's mascarpone cheese
150ml natural yogurt
25g icing sugar, sifted
150g ginger snap biscuits, crushed
250g strawberries, sliced
sprigs of mint, to decorate
For the sauce:
125g strawberries
a little icing sugar to taste

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Method:

1. Mix together the mascarpone, yogurt and 25g icing sugar. Divide half the mixture between 4 serving glasses.
2. Sprinkle over the crushed biscuits and add a generous layer of sliced strawberries (reserve a few to decorate).
3. Spoon over the remaining mascarpone mixture and arrange the remaining sliced strawberries on top. Decorate with a sprig of mint.
4. To make the sauce, place the strawberries and icing sugar in a blender and whizz until smooth. Serve in a jug with the strawberry and ginger creams.

Chilli Beef with Coconut and Lemon Grass Serves 4

Ingredients:

1 teaspoon ground chilli powder
4 x 225g fillet steaks
3 tablespoons sesame oil
1 x 400ml can coconut milk
2 tablespoons fish sauce
1 teaspoon green curry paste
2 tablespoons smooth peanut butter
1 piece lemon grass, snapped into pieces
2 lime leaves
1 onion, peeled and chopped
2 large carrots, peeled and roughly chopped
2 teaspoons fresh ginger, peeled and chopped
a handful of coriander, chopped

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Method:

1. Preheat the oven to 190°C, fan 175°C, gas 5.
2. Rub the chilli powder and some salt into the beef, then set aside.
3. Heat the oil in a ovenproof frying pan, then add the steaks and fry until golden brown all over. Transfer to the oven and finish off the cooking process until the meat is cooked as you like it.
4. Meanwhile, tip all the remaining ingredients, except the coriander, into a pan, and stir-fry for 10 minutes.
5. Add the coriander and remove the pieces of lemon grass, then pour into a large bowl. Serve with the chilli beef on top.