



Cavolo Nero with Caraway Seeds

Seasonal dish

Cavolo Nero is a type of Kale with a slightly bitter tang and then a sweet after taste, it is in season right now and you will find it in the supermarkets and on market stalls. I bought some last week which is grown in Lancashire, so really local and full of nutrients.

If you find spring greens and cabbage a bit dull then this is a really good way to quickly make them more interesting

At a glance

Easy

Preparation 5 minutes

Cooking time 5 minutes

Serves 2



Ingredients

1tbsp Butter or Olive Oil to fry

1 Cavolo Nero

1 Clove Garlic

1 Shallot or ½ small onion

Sprinkle of Caraway seeds (if you don't like these you can use any seeds e.g. sesame)

Salt and Black Pepper to taste



Method

Break the cabbage into individual leaves and very coarsely chop

Briefly steam or *blanch the leaves quickly for no more than 1 minute, they should be just starting to wilt and retain their bright green colour. *Refresh see Aud's tip below

Finely dice the Shallot and crush the Garlic

Heat the butter or oil in a frying pan and gently fry the Shallot and Garlic until soft but with little colour, then throw in a generous sprinkle of Caraway seeds, continue to fry for 2 minutes to release the flavour from the seeds.

Now throw in the refreshed cabbage, season to taste and toss everything in the pan for 2 minutes until the Spring Cabbage is heated through, be careful not to overcook or you will spoil the nice fresh taste of the dish.

Serve immediately.

Aud's Tip



*A really handy tip to keeping almost all vegetables crisp when cooking is to blanch them in boiling water, this just means to scald them in boiling water quickly and then refresh in really cold water to halt the cooking process, you can then drain and keep the vegetables in the fridge until you want to reheat them.



Beetroot and Goats Cheese Salad

Seasonal dish

Beetroots are coming into season and they come in a lovely array of colours, so try to use as many of them as you can in this recipe for a really bright side dish.

We are getting to the time of the year where we are thinking about salads and even the heady days of summer and eating outside, this is a great easy side dish to accompany a large selection of dishes, anything from a spring Quiche to a summer BBQ.

I think the idea for this recipe originally came from a Slimming World magazine (the kind of thing i tend to pick up in the hairdressers or dentist!) but i have altered it a bit and i use it over and over again.

At a glance

Easy

Prep 15 Minutes

Cooking Time 20 Minutes, this can be done in advance

Serves 4

Serves 8 to 10

Ingredients

800g fresh Beetroots, as many different colours as you can get hold of

2 tbsp Olive Oil for roasting

100g Mixed salad leaves, try to include some Rocket in this as it goes well with the Beetroot

1 small Red Onion thinly sliced

400g can Chickpeas, drained and rinsed

160g soft goats' cheese or Feta if you prefer

Freshly ground black pepper and salt

Sesame seeds to finish

If you are short on time then you can drizzle with a nice bought vinaigrette, but if you have time try this dressing for a change...

Dressing

200g Natural Yoghurt

1 x Clove Garlic finely chopped

½ tsp each of ground Cumin, Turmeric and Cinnamon

Juice of 1 Lime

1 tsp runny Honey

Handful of fresh Coriander

Method

Put all the dressing ingredients in a hand blender, give it a good blend and serve in a jug along side the salad.

Peel and cut the beetroots into even sized small cubes or wedge shapes, place in a roasting tray with the Olive Oil, Salt & Pepper and roast for 20 minutes at 200°C or until just cooked when you test with a sharp knife, do not overcook as they need to retain a bit of bite.

On a platter spread the leaves, holding a few sprigs of Rocket back to garnish.

Sprinkle over the leaves the onion and chickpeas, add the roasted beetroots, (which by the way can be warm if you are serving the salad immediately or they are equally tasty cold)

Crumble over the cheese, sprinkle with Sesame seeds and the remaining rocket.

A final twist of ground salt and pepper and serve with vinaigrette or the yoghurt dressing

Aud's Tips

Beetroots are coming into season and they come in a lovely array of colours, so try to use as many of them as you can in this recipe for a really bright side dish.

If you are short on time drizzle with a nice bought vinaigrette

