

What to Cook Tonight

Chasing summer with warm flavours from the Mediterranean and Middle East. We're bringing our best-loved condiment, harissa, back to the pantry, alongside some salty capers and juicy Kalamata olives. You may want to pick up some lamb or salmon to serve with the carrot salad, and salad greens for the traybake.

- Harissa Chicken Traybake
- Pappardelle with Harissa & Olives
- Carrot & Lentil Salad with Yoghurt

fresh produce

600g small potatoes
4 carrots
3 bulbs fennel
1 large onion
650g cherry tomatoes
1 bunch parsley
1 bunch dill, mint or coriander
1 orange
2 lemons

protein

4 chicken leg quarters (Marylands)
Greek yoghurt

pantry items

500g dried pappardelle or gluten-free equivalent
¾ cup puy lentils
Kalamata olives
harissa
capers
cumin
honey
hazelnuts or almonds
rose water (optional)
bay leaves (optional)

optional additions

lamb or salmon to serve with the salad
salad greens to serve with the traybake



Harissa Chicken Traybake with Potatoes and Fennel

Ready in 1 hour

Serves 4

DF GF RSF

3 tbsp extra-virgin olive oil
2 tbsp harissa
2 tbsp lemon juice
salt and freshly ground black pepper
4 chicken leg quarters (Marylands)
600g/1½lb small potatoes, halved
2 bulbs fennel, halved lengthways,
core removed, sliced into thick
crescents
250g/8oz cherry tomatoes
¼ cup pitted Kalamata olives,
chopped
2 tbsp capers, drained

This unbelievably simple tray bake dinner keeps the ingredient list and effort to a minimum. We love serving this with a big Everyday Green Salad.

Preheat your oven to 180°C/350°F fanbake.

Combine the olive oil, harissa, lemon juice, salt, and pepper in a large mixing bowl.

Use a sharp knife to score about 4 lines over the skin of each chicken thigh about ½cm/¼in deep across. Place chicken in the bowl with your marinade and use your fingers to work it into the cuts for maximum flavour. Add in chopped potatoes and fennel and mix thoroughly to distribute flavours.

Arrange the chicken in a roasting tray and scatter the potato halves and fennel around the chicken in a single layer. Season everything well with salt and pepper.

Roast in the oven for 20 minutes, then sprinkle over the cherry tomatoes, olives and capers and cook for another 25–30 minutes until chicken is golden and cooked through, and potatoes and fennel are tender and nice and browned.

To check if the chicken is cooked, insert a skewer into the thickest part and check the juices — they should run clear. If they are still pink or red the chicken needs further cooking.

Pappardelle with Harissa, Olives and Capers

Ready in 20 minutes

Serves 4

DF GF RSF V VE

2 tbsp extra-virgin olive oil
1 onion, halved lengthways, thinly sliced lengthways
1 bulb fennel, halved lengthways, core removed, thinly sliced lengthways
2 tbsp harissa
400g/14oz cherry tomatoes, halved
¼ cup pitted Kalamata olives, chopped
2 tbsp capers, drained
500g/1lb dried pappardelle or gluten-free equivalent
¼ cup chopped parsley
¾ cup thick Greek yoghurt, to serve

Inspired by an old Ottolenghi recipe, this fab pasta is speedy and delicious, and the combination of flavours really hits the spot. Thick ribbons of pappardelle work so well here, but you can use fettuccine or linguini too.

Heat oil in a large heavy pan over a medium heat (make sure it has a lid as you will need that later on). Cook sliced onions and fennel with a pinch of salt until they are completely softened and starting to caramelize (8 minutes).

Stir in harissa, tomatoes, olives, and capers, add a cup of water, cover, reduce heat to low and simmer for 12 minutes. The tomatoes should have collapsed and be nice and saucy. Remove the lid and increase the heat to medium-high. Cook until sauce has thickened and reduced (2 minutes). You can prepare the sauce to this point and keep in the fridge up to 4 days before you're ready to serve.

When you are ready to serve, bring a pot of well-salted water to the boil for your pasta. Cook pasta, following packet instructions, until al dente. Drain and add it in to your sauce, using tongs to mix it thoroughly (if your pot is bigger than your pan, you can mix everything in the pasta pot).

Stir through the parsley, check seasoning, and adjust to taste. Serve family-style from the pot, alongside a bowl of yoghurt for everyone to help themselves to.

Carrot and Lentil Salad with Yoghurt and Herbs

Ready in 30 minutes

Serves 4

DF GF RSF V

1 tbsp lemon juice
2 tbsp orange juice
finely grated zest of ½ lemon
finely grated zest of ½ orange
1 tsp rose water (optional)
1 tbsp extra-virgin olive oil
salt and ground black pepper
4 medium carrots, peeled
¼ cup picked soft herbs (parsley, dill, mint, or coriander), plus extra to garnish

Lentils

¾ cup puy lentils
1 bay leaf (optional)
1 tbsp extra-virgin olive oil
1 tbsp lemon juice

Yoghurt Dressing

¾ cup thick Greek yoghurt
1 tsp ground cumin
1 tsp runny honey
salt and freshly ground black pepper

To garnish

3 tbsp finely chopped toasted hazelnuts or almonds

This piquant Middle Eastern-inspired salad is so easy to throw together, yet looks spectacular on the plate and eats really well. It's great alongside any kind of roasted or barbecued protein. Rose water adds a lovely aromatic note if you have it.

To cook the lentils, place in a pot with 2 cups of water, a pinch of salt and the bay leaf, if using. Bring to a simmer, and cook until tender and water has evaporated, about 20–25 minutes, adding more water if needed until lentils are just tender (the lentils should still have a little bite rather than being mushy). Drain if needed, mix in olive oil and lemon juice and season to taste with salt and pepper. Set aside to cool.

In a medium bowl, whisk together lemon and orange juices and zest, rose water, if using, olive oil, salt, and pepper to taste.

Use a vegetable peeler to cut carrots into long ribbons. Toss in the lemon and orange mixture.

To make the Yoghurt Dressing, stir or shake together yoghurt, cumin, and honey. Season to taste. You can prepare the salad to this point up to 12 hours before you're ready to serve.

When you are ready to serve, toss the herbs through the carrot mixture. Spoon the Yoghurt Dressing onto the bottom of a large serving platter, top with the lentils, and pile the carrot ribbons on top. Sprinkle with nuts and garnish with additional herbs.

Serve immediately.