



Spring chicken

Serves: 4

Prep: 15 minutes (plus marinating time)

Cook: 40 minutes

If you can't buy tarragon, parsley, chives or marjoram would be equally good.

3fl oz/75ml olive oil

grated rind and juice of 1 lemon

4tbsp/60ml chopped fresh tarragon

4 part-boned chicken breasts

6oz/175g new carrots

6oz/175g fine asparagus spears, trimmed

4oz/125g mangetout, topped and tailed

7oz/200g soft cheese

1/4pt/150ml chicken stock

Mix olive oil, lemon rind and juice and half the tarragon with salt and pepper. Pour over chicken, cover and leave to

marinate for 30 minutes or, better still, overnight. Preheat grill to hot. Grill the chicken for 15 minutes on each side until golden brown, basting occasionally with marinade.

Meanwhile, bring a large saucepan of salted water to the boil. Add the carrots and cook them for approximately 2-3 minutes. Add the asparagus and mangetout and cook for a further 2-3 minutes or until they're just tender, but with a little bite. Drain well and keep warm.

Combine the soft cheese and stock. Heat gently until cheese melts and the sauce is of a thin coating consistency. Adjust seasoning and stir in remaining tarragon. Serve spooned over the chicken and vegetables.



Baked new potatoes with sugar snap peas

Serves: 4

Prep: 15 minutes

Cook: 50 minutes

You could add roughly chopped Parma ham or bacon pieces to this flavoursome recipe for some added punch. Add the bacon with the honey and mustard; add the Parma ham at the last minute.

2lb/900g new potatoes

1oz/25g butter

3tbsp/45ml olive oil

2 cloves garlic, crushed

2tbsp/30ml lemon juice

1tbsp/15ml wholegrain mustard

SERVINGS



Ingredients:

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1tbsp/15ml clear honey

6oz/175g sugar snap peas, trimmed

2tbsp/30ml sesame seeds salt and pepper

Preheat the oven to Mark 6/400°F/200°C. Scrub potatoes thoroughly, drain well and halve any large ones. Heat the butter and oil in a roasting tin in the oven for 5 minutes, and then stir in the crushed garlic. Toss the potatoes in the butter, oil and garlic, ensuring they are well coated. Return to the oven for 30 minutes until they begin to soften and brown slightly.

Mix the lemon juice, mustard and honey together and pour over the potatoes. Stir to coat well then return to the oven for another 10 minutes.

Finally, add the sugar snap peas and the sesame seeds to the roasting tin and cook for a further 5 minutes. Sprinkle with salt and pepper. Serve warm.

Easy ideas

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with this salad: chop the tomatoes and sprinkle over a little chopped, deseeded green chilli, a good drizzle of olive oil, a squeeze of fresh lemon juice and plenty of seasoning. ♦ Cook fresh peas from the pod and toss them gently in minted butter. ♦ Try raw power. A mixture of grated carrot and turnip adds a real tang to any salad.