

# Summer garden salad

## Courgette puree

4 courgettes

Little oil

Lemon juice, salt and pepper

Water or veg stock

- Chop the courgettes small, then fry in a tablespoon of oil over a medium high heat.
- Add some salt and use a lid, to extract some water so that they steam and fry simultaneously.
- Cut them small and cook them fast to retain colour, flavour and nutrients. Don't worry about getting a little colour on them - COLOUR = FLAVOUR!
- Blitz them to a smooth, green puree, adding some water or veg stock if you need to help loosen the puree in the processor.
- Season to taste using lemon juice, salt and pepper.

## Salad

Broad beans, podded (and preferably shelled as well)

Tomatoes (diced into 1.5cm square, if large, or quartered, if cherry tomatoes)

Baby gem lettuce, shredded

Pea shoots

- All of the above are optional, depending on what is available and tasty.
- Broad beans or peas in the pod go nicely with mint.
- Make a lemony minty dressing by adding lemon juice and finely chopped fresh mint to a basic vinaigrette of 2/3 rapeseed oil to 1/3 vinegar.
- Season with salt. Make the dressing in a jam jar with a lid so you can shake it hard to emulsify.
- To serve, spread some of the courgette puree on the plate, then add the rest of the summer garden produce on top, well coated with a lemony, minty dressing.
- Some ricotta or similar cheese would also work well.

# Cauliflower cous cous with cauliflower and lentil curry and beetroot Raita

## Cauliflower cous cous

1 head of cauliflower  
1/2 cucumber  
1 large tomato, diced  
Leaves from 1 sprig of mint  
2-3 spring onions, sliced  
1 tsp Ras el hanout  
1/2 tsp salt

- Break the cauliflower into florets, then shave off the white crumbly tops.
- Reserve the greenish stalks and blitz the shaved white crumbly flesh in a food processor until it resembles cous cous.
- You can leave it raw or saute it lightly in a little oil and salt.
- Fold through the other ingredients and add more according to taste.

## Caramelised Cauliflower and lentil curry

Shaved stalks from one cauliflower  
200g split yellow peas (or use lentils or chickpeas)  
Water or veg stock  
2 tbsp mild curry powder  
5 tbsp shredded greens (eg beetroot leaves or spinach)

- Don't throw away the stalks of the cauliflower!
- Fry them on one side in a little oil and salt, until they turn brown - you will smell the caramelisation, which is totally different to the smell of boiled cauliflower!
- In a separate pan, boil the yellow peas according to the instructions - important to do it separately because the lentils will take longer to cook than the cauliflower and you don't want to end up with mushy cauliflower.
- When the cauliflower is brown on one side, switch off until the lentils are almost ready.
- When they are, add the two together, add 2 tbsp curry powder along with barely enough water to cover them and allow to

simmer for about 5 minutes without a lid, so that the lentils absorb some of the water and you end up with a thicker curry sauce.

- Add the shredded green at the last moment, they will wilt in the residual heat.
- You could also add diced tomatoes to add colour, acidity and freshness.

### **Beetroot raita**

4-5 small beetroot

4-5 tbsp sour cream or crème fraiche

2 tbsp finely chopped chives or spring onions

1 tbsp finely chopped mint (or parsley, or chervil, or 1/2 freshly grated horseradish)

- Bake the beetroot, wrapped in foil with some salt, at 180c for at least 25 minutes.
- Larger beetroot will need at least double that. While still warm, remove the skin by rubbing with kitchen towel.
- Dice the beetroot into 1-2cm cubes.
- Add the chives and mint next to spread it among the beetroot then add the sour cream and mix casually to achieve a marbled effect.
- Add a couple of heaped tablespoons of the cauliflower cous cous, then the curry then a dollop raita on the side.