

Easy Spring Recipes

Herby spring chicken pot pie



Ingredients

2 tbsp. olive oil plus a little extra for brushing over the pastry
Bunch spring onions, sliced into 3cm pieces
250g frozen spinach
6 ready-cooked chicken thighs (or see tip, below)
350ml hot chicken stock
½ tbsp. wholegrain mustard
200g frozen peas
200ml half-fat crème fraiche
½ small bunch tarragon, leaves finely chopped
Small bunch parsley, finely chopped
270g pack filo pastry

Method

Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

Stir in the peas, crème fraiche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

Spring salmon with minty veg



Ingredients

750g small new potato, thickly sliced

750g frozen pea and beans

3 tbsp. olive oil

Zest and juice of 1 lemon

Small pack mint, leaves only

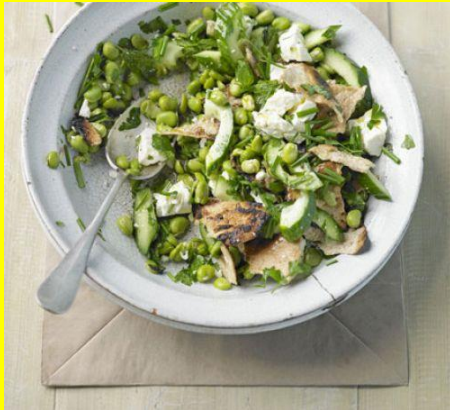
4 salmon fillets about 140g/5oz each

Method

Boil the potatoes in a large pan for 4 mins. Tip in the peas and beans, bring back up to a boil, and then carry on cooking for another 3 mins until the potatoes and beans are tender. Whizz the olive oil, lemon zest and juice and mint in a blender to make a dressing (or finely chop the mint and whisk into the oil and lemon).

Put the salmon in a microwave-proof dish, season, and then pour the dressing over. Cover with cling film, pierce, then microwave on High for 4-5 mins until cooked through. Drain the veg, then mix with the hot dressing and cooking juices from the fish. Serve the fish on top of the vegetables.

Spring green fattoush



Ingredients

500g broad beans, frozen or fresh
1 cucumber
3 wholemeal pitta breads
Zest and juice 1 lemon
4 tbsp olive oil
1 tsp caster sugar
20g bunch mint, smaller leaves picked, rest very roughly chopped
20g bunch flat-leaf parsley, very roughly chopped
small bunch chives, snipped
170g feta cheese, crumbled

Method

First get all the ingredients ready. Bring a pan of water to the boil, add the beans and boil for 2-3 mins until just tender. Drain, rinse with cold water to cool, then drain again. Pod the beans from their skins into a large mixing bowl, discard the skins. Halve cucumber lengthways, scrap out the seeds using a teaspoon, then slice into half-moons and throw in with the beans. Split the pittas so you have 6 thin circles of bread, then toast.

Whisk together lemon zest, juice, olive oil and sugar with plenty of seasoning. Pour over the beans and cucumber, add all the herbs and toss together. Tear the toasted pitta into pieces and add this to the salad with the crumbled feta. Toss together very gently – hands are best – then pile onto a platter to serve.

CHOCOLATE COVERED STRAWBERRIES



Wash your strawberries and dry them well. I use a paper towel and dry them each individually. Any water that's left behind could cause the chocolate to seize and keep the chocolate from sticking to the strawberries properly. Prepare any toppings you might like to add to the top of your strawberries before the chocolate firms up.

Set out parchment paper to lay the strawberries on after you dip them.

Melt your chocolate.

Dip your strawberries and add any toppings.

Let the chocolate firm up.

Drizzle with melted white chocolate, if using.