Tomato, Chilli and Garlic Pasta

**Ingredients**
- 1 tsp. dried oregano
- 1 bay leaf
- ½ tsp. crushed dried chilli
- 400g tin plum tomatoes
- 3 cloves garlic
- 2 tbsp. olive oil
- 250 grams cooked pasta
- 1 tbsp. fresh basil

**TOP TIP:**
The sauce is a starting point for so many dishes - it can be used for pasta, pizzas, or soups, on meat, fish or roasted vegetables. It will keep in the fridge for 3 days and does freeze well.

**Method**
1. Add olive oil to a medium hot pan and add the finely chopped garlic and chilli
2. Stir in gently to release the natural oils and flavours
3. Empty the tomatoes into a bowl and crush them with your hands or a fork then add them to the pan
4. Heat the sauce until it is gently bubbling then add the bay leaf and dried herbs
5. Place a lid over the pan and simmer it for around 20 minutes
6. Take off the heat and allow to cool before adding any chopped fresh herbs

**TOP TIP:**
Notes on leftover pasta – before you store pasta in the fridge - mix a little oil into it. This will stop it sticking together and keep it in good condition for a day or two. Also, more robust pasta shapes like penne will keep better than spaghetti. When you want to use it just refresh it in some boiling water for 20 seconds and then add to hot sauce.
Cinnamon Popcorn

**Ingredients**
- 100 grams popping corn
- 1 tbsp. of vegetable/sunflower oil
- ½ teaspoon icing sugar
- ½ teaspoon of ground cinnamon

**TOP TIP:**
Still warm popcorn straight off the hob is such a treat and a really satisfying snack. You can play about with different spices, like nutmeg and all spice, to discover your favourite flavour. It’s a great idea to soak the pan immediately after popping so you don’t have a tough washing up job long after the popcorn has been eaten.

**Method**
1. Mix the icing sugar and cinnamon together and set aside
2. Put the oil into a large lidded pan and set on a medium heat
3. Pour in the popping corn and shake the pan so that the corn gets covered by the oil, replace the lid of the pan straight away
4. Every 30 seconds or so, shake the pan (lid on)
5. The corn will start to pop, do not remove the lid, continue to shake the pan regularly
6. When the popping has slowed right down take the pan off the heat and shake in the sugar and cinnamon mix. Shake the pan again to evenly coat the popcorn
7. Pour into a large bowl and enjoy
Roast Butternut Squash Soup

Method

1. Preheat the oven to 220°C
2. Peel, de-seed and chop the squash into large chunks
3. Peel 2 cloves of garlic
4. Place squash, garlic and rosemary in a bowl with 1 tbsp. olive oil and mix well until evenly coated
5. Place in a baking tray, season with salt and pepper, and roast for 35-40 minutes or until cooked
6. While the squash is roasting, chop the onions and start frying them in a pot over a medium heat until browned
7. Peel and finely chop the rest of the garlic, add to the browned onions and cook for 5 minutes
8. Remove the rosemary from the baking tray and add the squash and roasted garlic to the pot
9. Add the stock and bring to the boil
10. Reduce to a simmer and cook for 15 minutes
11. Lastly, add the coconut milk and blend the soup with a stick blender
12. Bring back up to temperature and serve
13. Pour into a large bowl and enjoy

Ingredients

• 500g butternut squash
• 250g onions
• 3 cloves of garlic
• Vegetable stock powder (enough to make ½ litre)
• 200g coconut milk (optional)
• 2 tbsp. olive oil
• Several large sprigs rosemary

TOP TIP:
This recipe makes a thick soup that can be thinned down to serve more. If you cannot get butternut, any pumpkin will do, but don’t try it with marrows or watery squashes. The coconut milk is optional.
Orchard Fruit Crumble

Serves: 4
Difficulty: ★★★★
Time: 55 Mins

Ingredients
Filling
- 600g fruit (apples, pears, etc.)
- 30g dried fruits (sultanas, apricots, etc.)
- 45ml water
- ½ tsp. cinnamon
- 2 cloves

Crumble Topping
- 100g wholegrain flour or use 50/50 oats and flour
- 50g butter
- 25g sugar

Method – Filling
1. Preheat the oven to 200°C/400°F/Gas 6
2. Peel and core the fruit, and chop it into chunks
3. Put it into a saucepan with water
4. Bring to the boil and let it cook gently for a few minutes
5. The fruit should be a bit soft but not mushy
6. Add the spices if you like them
7. Put the fruit into an oven dish

Method – Crumble
1. Sieve the flour into a large bowl
2. Cut the butter into chunks and rub it into the flour with your fingertips
3. When it looks like breadcrumbs, mix in the sugar and a little extra spice if you like
4. Spread the crumble topping over the fruit so that it is completely covered
5. Place in the preheated oven and bake for 20 – 30 minutes. When it is ready, the crumble should be starting to turn pale golden brown
6. Serve warm with custard, crème fraiche or yoghurt

TOP TIPS:
1. Keep the skin on the fruit for more fibre and colour
2. Instead of butter use a low fat spread
3. Have it with natural yoghurt or crème fraiche instead of custard/ice cream