



3 Course Wonder

To Start: Panzanella

Preparation Time: 10 minutes

Refrigeration Time: 60 minutes minimum

Serves: 4

Ingredients:

- 4 slices of French bread (roughly 2 inches thick)
- 1 small red onion
- 1 lb/450g of tomatoes
- 4oz/115g of mozzarella cheese
- 1 tbls/5 ml. of fresh basil leaves
- 3 tbls/45ml balsamic vinegar
- Juice of 1 lemon
- 4 fluid ounces olive oil
- Black/green olives to garnish
- Salt and pepper to taste

Method:

- Thinly slice the tomatoes, pepper, onion and mozzarella cheese
- Place in a bowl putting the French bread as a base
- Add the oil, vinegar and lemon to the bowl
- Tear the basil leaves into halves and add to the bowl
- Season with salt and pepper to taste
- Toss in the olives
- The bread should be covered in liquid and the cheese and vegetables coated with it
- Refrigerate for an hour or more. This dish could be made the night before and kept in the fridge until needed
- You will probably need a napkin to catch oily dribbles - delicious!

Mains: Frittata

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients:

- 2 peppers - red and green look nice!
- 1 onion
- 4 tomatoes

- 2 medium potatoes, or use up any left over mashed potatoes, say 2/3 tablespoons
- 4 eggs
- 4 oz/115g cheese (cheddar or similar hard cheese)
- 2 cloves of garlic (optional)
- Salt and pepper to taste
- Oil for cooking

Method:

- Boil the potatoes until soft (approx 20 mins), then mash and set aside
- Slice the vegetables and fry in a little oil until softened
- Crush the garlic, if you don't have a crusher, place the clove on a board and using a broad blade knife, such as a bread knife, use the flat of the blade to squash the garlic. This can then be sliced.
- Beat the eggs
- Grate the cheese
- Add the potatoes to the cooking pan and mix well with the vegetable, so it looks like a thick pancake
- Off the heat, add 1/2 the eggs and cheese and mix well
- Add the remaining eggs and cheese
- Add salt and pepper to taste
- Over a low heat replace the pan, cover with a lid and cook until the eggs are set (this should take about 20 mins)

- Carefully slide the Frittata onto a serving dish

Serving Suggestions:

Serve with a salad sprinkled with nuts or seeds of your choice – from Not Just Nuts of course! The Frittata is also good cold the following day.

pudding: Baked Apple

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Serves: 4

Ingredients:

- Cooking apples -1 per person
- 1 oz/25g sugar
- 1 oz/25g sultanas or other dried fruit from Not Just Nuts
- All spice to taste
- Water. The amount will depend on the size of your baking dish. The apples will need to sit in the water, about 1/3 an inch so that they will steam in the water.

Method:

- Core the apples taking out the centre removing the pips and apple stalk
- Place the apples in the baking dish
- Stuff the centre with the fruit, sugar and all spice

- Place in a heated oven Gas 5, 190C, 375F
- Bake for 15 to 20 mins, basting the apples with the cooking water at 5min intervals
- The apples are done when they are soft

Serving Suggestions:

Serve with natural yoghurt or organic ice cream if you're feeling naughty!

And finally.....

Enjoy!

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