



Summer Lunches!

Beany Dips

Preparation Time: 10 minutes

Serves: 4 as part of a lunch

Ingredients:

- 400 g/ 14oz of beans (not baked beans though!), such as red kidney
- 2 tablespoons of olive oil
- Juice of a lemon and the grated zest
- Garlic cloves - crushed
- 2 spring onions - chopped
- 1 tablespoon of parsley or coriander
- Seeds of your choice - choose from a range at www.notjustnuts.co.uk
- Salt and pepper to taste

Method:

- Rinse the beans and drain
- Blend the beans in a blender, or mash with a potato masher
- Add the remaining ingredients
- Blend to a smooth paste

- Add the seeds to give a crunch to your dip!
- Season to taste

Serving Suggestions:

Serve with pitta bread or scones or you could try the following recipe for cheese and sesame biscuits.

Cheese and sesame Biscuits

Preparation Time: 10 minutes

Cooking Time: 5-8 minutes

Serves: 4

These are very easy to make. But can be crumbly so don't expect shop bought perfection, they taste of pure indulgence.

Ingredients:

- 4 oz/100g of plain flour. Wholemeal/white or a mix
- 4oz/100g of butter or margarine
- 4 oz/100g of cheese - grated. Cheddar or any strong cheese.
- 1 tablespoon of sesame seeds - available from www.notjustnuts.co.uk
- Paprika - just a shake!

Method:

- In a bowl mix the ingredients to a soft dough, keeping a few of the Sesame Seeds separate

- Roll out on a lightly floured area to about 1/8 inch/3mm thickness
- Stamp out rounds using a small scone cutter or a small glass
- Lightly scatter the seeds over the biscuits prior to cooking
- Bake for 5-8 minutes at 200c/ 400f/gas mark 6
- Cool on a rack

Spinach Squares

Preparation Time: 10 minutes

Serves: 4 ~ or more as part of a buffet lunch

I first made this as a roulade, which is fiddly and it's quite difficult to achieve a Swiss roll shape that is even. I made it for a party recently and it looked as if I had squeezed it from a toothpaste tube! Rescue plan A - I unrolled it and cut it into bite sized pieces. Result!

Ingredients:

- 1 onion
- 8oz/225g spinach ~ frozen is fine
- 1oz/25g butter or margarine
- 2tablespoons of Parsley
- 4 eggs
- 8oz/225g of cheese
- 2/3 tablespoons of spring onions
- 2oz/50g flour

- Salt, pepper and nutmeg to taste

Method:

- Chop the onion and sauté in the butter/margarine until transparent
- Add the spinach and cook with no added water - there is a lot of water in spinach, if extra fluid is added you will end up with a wet mess! You could always drink it as a health benefit, but would slide off your plate in this recipe!
- When this is cooked add the seasoning and parsley
- Leave to cool
- Prepare a baking tray by lightly greasing, or a serving dish such as a flan dish that you can use on the table
- Whisk the eggs until thick
- Fold in the spinach, flour, spring onions and cheese
- Put the mix in your preferred baking dish
- Bake for 10/12 minutes at 200c/ 400f/ gas mark 6
- Allow to cool and cut into squares - if using a baking tray and transfer to a serving plate.

Serving Suggestions:

Serve with new potatoes tossed in parsley and lemon butter and some home grown Sprouting Salad Mix available from www.notjustnuts.co.uk.

A delicious bowl of fresh summer fruits with thick yogurt or ice cream this would round off this lunch very nicely.

And finally.....

Enjoy!

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