

## **Prawn and Avocado Wraps**

This is an updated version of the classic prawn mayonnaise sandwich, which is still one of the most popular shop-bought sandwiches. To change the filling, try using leftover roasted vegetables with feta or roast beef with a smear of red onion marmalade and plenty of rocket.

Serves 4

### **Ingredients:**

- 1 large ripe avocado
- 2 tbsp mayonnaise
- a good dash of balsamic vinegar
- 4 soft wholemeal flour tortilla wraps
- 350g (12oz) cooked peeled prawns
- 50g (2oz) rocket
- sea salt and freshly ground black pepper

### **Method:**

Heat a heavy-based frying pan. While it's heating up, cut the avocado in half and remove the stone, then scoop the flesh out into a bowl and add the mayonnaise and balsamic vinegar. Season to taste and mash with a fork to a smooth puree.

Heat each flour tortilla for 30 seconds on the frying pan, turning once. Spoon the avocado mash down the middle of each of the heated tortillas and stack the prawns and rocket on top. Season to taste and roll up to enclose the filling.

To serve, cut each one on the diagonal and arrange on plates or wrap in greaseproof paper to pack for lunchboxes.

## **Tandoori Chicken Wraps**

Soft flour tortillas offer a healthy but tasty alternative to traditional breads, especially if you choose to use wholemeal ones. Alternatively, substitute with pitta bread, which is just as transportable. If I was serving this at home, I'd slice it on the diagonal and serve each one with a wedge of lemon.

Serves 4

### **Ingredients:**

- 4 skinless chicken breast fillets
- 4 soft wholemeal flour tortilla wraps
- 1 Little Gem lettuce, shredded
- ¼ cucumber, cut into wafer-thin slices
- 2 tbsp finely chopped red onion

### **FOR THE MARINADE:**

- 150g (5oz) thick Greek yogurt
- 1 garlic clove, crushed
- 1 heaped tsp freshly grated root ginger
- ½ tsp ground cumin
- ½ tsp garam masala
- ¼ tsp chilli powder
- good pinch of ground turmeric

### **Method:**

First make the marinade. Place the yogurt in a bowl and add the garlic, ginger, cumin, garam masala, chilli powder and turmeric.

Cut the chicken breast fillets into thin strips and stir into the yogurt mixture. Cover with cling film and set aside to marinate for at least half an hour, but up to 2 days in the fridge is fine.

When ready to cook, preheat the grill to medium.

Arrange the marinated chicken strips on a foil-lined grill rack and cook for 4–6 minutes, turning occasionally, until cooked through and lightly golden.

Meanwhile, warm the tortilla wraps in the microwave or on a dry heated frying pan for about 15 seconds on each side. Divide the tandoori chicken among the warmed wraps and scatter over the shredded lettuce, cucumber and red onion.

Roll up tightly, then wrap in greaseproof paper and then tin foil to pack for lunchboxes or cut on the diagonal and arrange on plates to serve

## **SAUSAGE ROLLS**

Makes approximately 16-18 small sausage rolls

### **Ingredients:**

- 500g (18oz) good-quality sausage meat
- 2 tbsp sweet chilli sauce
- 2 tbsp basil pesto
- 2 eggs
- 500g (18oz) all-butter puff pastry, thawed
- plain flour, for dusting
- Egg wash (made of 1 egg mixed with 1 tbsp milk)
- 2 tsp sesame seeds
- sea salt and freshly ground black pepper
- tomato ketchup, to serve

### **Method:**

Preheat the oven to 180°C (Gas Mark 4). Line two baking sheets with non-stick baking paper.

To make the filling, put the sausage meat in food processor and add in the sweet chilli sauce, basil pesto, eggs, salt & pepper. Mix until well combined.

Roll out the pastry on a lightly floured work surface to make a long oblong shape that measures 35cm x 33cm (14in x 13in), then cut the pastry in half again lengthways.

Form half of the Sausage meat filling into a long log shape or use a piping bag that will run the whole length of the pastry, then put it on top of the pastry, making sure it's approximately 5mm from the edge. Brush the sides of the pastry with the egg wash, then fold the pastry over to enclose the filling and press down well to seal the edges, either crimping them with your fingers or pressing down with a fork. Repeat with the rest of the pastry and filling.

Cut each long sausage roll into eight bite-sized pieces, trimming down and discarding the ends. Glaze the sausage rolls with the rest of the egg wash, then sprinkle each one lightly with sesame seeds and arrange on the lined baking sheets.

Bake in the oven for 20-25 minutes, until cooked through and lightly golden. Arrange on plates or a large platter and serve hot or cold with tomato ketchup.

# **BBQ CHICKEN THIGHS & DRUMSTICKS**

Serves 4-6

## **Ingredients:**

- 4 Quality Assured Chicken Thighs, bone in & excess fat removed
- 4 Quality Assured Chicken Drumsticks
- 2 tbsp rapeseed oil
- 25g butter
- Salt & ground black pepper

## **For the BBQ Sauce**

- 2 cloves garlic, crushes
- 1 tbsp ginger, grated
- zest and juice 1 large orange
- 2 tbsp Worcester sauce
- 3 tbsp tomato ketchup
- 3 tbsp balsamic vinegar
- 3 tbsp honey
- 3 tbsp sweet chilli sauce
- 3 tbsp soy sauce
- 1 tbsp sesame seeds
- Pinch salt

## **Method:**

- Preheat the oven to 180°C (350°F/Gas Mark 4)
- Preheat a large frying pan with some rapeseed oil
- Using a small sharp knife, make 2-3 incisions on each of the chicken drumsticks & thighs
- Gently place the chicken onto the hot pan, skin side down
- Add in the butter and season lightly with salt & pepper
- Allow the skin to get some colour & turn over
- Reduce the heat on the pan to prevent the chicken from cooking too much
- Drain off any excess oil in the pan

## **For the BBQ Sauce**

- In a large glass bowl, place all of the sauce ingredients
- Mix well using a whisk to combine
- Pour the sauce over the chicken in the pan & bring to the boil
- Line an oven proof dish with parchment paper
- Once the chicken has come to the boil, transfer to the dish
- Place in the preheated oven for 25-30 minutes, until the chicken is cooked through

- While the chicken is cooking carefully spoon the over the chicken to make the chicken lovely & sticky

***Neven's Tip: Make extra BBQ sauce & keep in an airtight container in the fridge for up to 2 weeks.***

## **THE PERFECT MARINADE**

This simple marinade is quick and easy to prepare and can be used on chicken, beef, pork or drizzled over prawns

### **Ingredients:**

- 3 Tbsp Soy Sauce
- 3 Tbsp Sweet Chilli Sauce
- 3 Tbsp Honey
- 1 Garlic Clove, crushed
- Juice of 1 Lime

### **Method:**

- To make the marinade, place the soy & ginger sauce, sweet chilli sauce, lime juice and honey in a bowl with the crushed garlic
- Mix well to combine