

April harvest

# IN SEASON

Enjoy the bumper spring crop with these seasonal beauties



## Watercress

### Peppery and sharp

**Need to know** Once open, submerge the stems in water to make them last longer.

#### CHICKEN & WATERCRESS BAGUETTES

Serves 4

Takes 15 mins

Cost per serve £1.49

85g pack watercress

50g 50% less fat crème fraîche

2 tbsp reduced-fat mayonnaise

¼–½ tsp English mustard (to taste)

1 small lemon, ½ zested, ¼ juiced

220g pack cooked skinless chicken breast fillets, thickly sliced  
2-pack part-baked baguettes, cooked to pack instructions

10g salted butter

½ cucumber, peeled into ribbons  
crisps, to serve (optional)

1 Blitz a big handful of watercress with the crème fraîche in a food processor or with a stick blender. Stir in the mayo, mustard, and the lemon zest and juice. Season, adding extra mustard or lemon juice, if you like. Stir in the chicken.

2 Split the baguettes and spread with butter. Add the cucumber and remaining watercress, then top with the chicken and sandwich together. Serve with crisps, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1578kJ 375kcal	9g	4g	5g	1.2g
19%	12%	18%	5%	19%

of the reference intake. See page 105.  
Carbohydrate 48g Protein 25g Fibre 4g  
High in protein



For more watercress recipes, visit [tesco.com/recipes](https://www.tesco.com/recipes) <#Y#>




# Asparagus

## Distinct grassy flavour

**Need to know** Remove the woody ends and use to make stock for soups and stews.

### ASPARAGUS 'CIGARS' WITH WHIPPED FETA DIP

Makes about 30 cigars 

Takes 1 hr

Cost per serve 68p

½ x 250g pack filo pastry (6 sheets)  
50g salted butter, melted and lightly seasoned

2 x 250g bundles of asparagus, woody ends trimmed

1 heaped tbsp sesame seeds

For the dip

200g 0% fat Greek-style yogurt

150g feta, crumbled

2 tsp lemon juice

3 spring onions, very thinly sliced  
extra-virgin olive oil (optional)

**1** Unroll the pastry. Arrange a sheet with one of the long edges facing you; cover the rest of the pastry sheets to stop them from drying out. Brush the pastry sheet all over with melted butter, then use kitchen scissors to cut across the width into 4 even strips, from top to bottom.

**2** Place an asparagus spear horizontally across the bottom end of a strip. Roll up to wrap the pastry around the spear a couple of times, then roughly gather the remaining pastry and twist it around the spear to cover the smooth pastry (this will add more crunch). Repeat to use all the pastry and asparagus.

**3** Preheat the oven to gas 6, 200°C, fan 180°C. Arrange the wrapped asparagus spears on baking sheets, then brush with the remaining melted butter and sprinkle over

the sesame seeds. Bake for 10-15 mins until the pastry is dark golden and crisp.

**4** Meanwhile, make the dip. Whisk the yogurt and 125g feta with a hand or electric whisk until the cheese is almost completely broken up and creamy. Whisk in the lemon juice, lots of black pepper and most of the spring onion.

**5** Top the dip with the remaining feta, sliced spring onions and some black pepper, adding a drizzle of oil, if you like. Serve with the hot asparagus cigars.

Each cigar with dip contains

Energy	Fat	Saturates	Sugars	Salt
629kJ 151kcal	9g	6g	2g	0.5g
8%	13%	28%	3%	9%

of the reference intake. See page 105.  
Carbohydrate 10g Protein 7g Fibre 1g





## Red cabbage

**Bursting with colour and ideal for pickling**

**Need to know** Swap into recipes where you would use white cabbage.

### BRAISED RED CABBAGE WITH POMEGRANATE

Serves 6    

Takes 1 hr 15 mins

Cost per serve 72p

1 small red cabbage (about 750g), quartered, cored and shredded  
1 red onion, finely sliced  
400ml 100% pomegranate juice  
40g caster sugar  
2 tbsp redcurrant jelly or pomegranate sauce  
80g tub pomegranate seeds  
15g flat-leaf parsley, roughly chopped  
beef medallion steaks, olive oil, za'atar, to serve (optional)

1 Put the cabbage, onion, juice and sugar in a pan. Season well and bring to a simmer over a medium heat. Cover, reduce the heat to low and cook for 45 mins, stirring occasionally, until the cabbage is tender.

2 Uncover and stir in the jelly. Cook for 10–15 mins until the juice has reduced to a sticky syrup. Toss through the pomegranate seeds and parsley to serve.

**For za'atar-spiced steaks** Rub each steak with 1 tsp of olive oil and 1–2 tsp of za'atar. Griddle or fry until cooked to your liking.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
513kJ 121kcal	1g	0g	26g	0.1g
6%	1%	0%	29%	2%


of the reference intake. See page 105.  
Carbohydrate 28g Protein 2g Fibre 4g  
Low in fat; 1 of your 5-a-day

**GET  
AHEAD**

Keep chilled for up to 3 days, or freeze for up to 3 months.









## Forced rhubarb

**Cook with sugar to balance the tartness**

**Need to know** Wrap the stalks in foil and refrigerate to keep fresher for longer.

### RHUBARB CRUMBLE BARS

**Makes** 18 small bars  

**Takes** 1 hr plus cooling

**Cost per serve** 32p

225g unsalted butter, at room temperature

175g golden caster sugar

2 medium eggs

1 tbsp vanilla extract

425g plain flour, plus 1 tbsp

2 tsp baking powder

¼ tsp fine salt

30g flaked almonds

icing sugar, for dusting

For the filling

400g rhubarb, trimmed and diced into 1–2cm chunks

2 x 8g sachets arrowroot (or 15g)

100g caster sugar

**1** Preheat the oven to gas 6, 180°C, fan 160°C and line a 22cm square baking tin with nonstick baking paper, overhanging the sides a little.

**2** In a large bowl, beat together the butter and sugar with an electric whisk or wooden spoon until pale and fluffy. Add the eggs, one at a time, beating between each, then add the vanilla. Mix together the flour, baking powder and salt in another bowl, then stir into the butter mixture. Use your hands to bring together to a smooth dough.

**3** Weigh out 550g of the mixture and press evenly into the base of the tin. Use a glass to roll over and smooth the surface. Toss the filling ingredients together, then scatter (don't press) over the base.

**4** Rub the remaining dough, 1 tbsp flour and the almonds between your fingers until the dough has crumbled into smaller chunks. Scatter evenly over the rhubarb.

**5** Bake for 40–45 mins until golden and the fruit is bubbling. Leave to cool in the tin, then lift onto a chopping board. Slice into bars and dust with icing sugar to serve. Best eaten on the day, but will keep for 2–3 days in the tin covered with kitchen paper.

Each bar contains

Energy	Fat	Saturates	Sugars	Salt
1106kJ 263kcal	12g	6g	17g	0.2g
13%	17%	32%	19%	3%

of the reference intake. See page 105.  
Carbohydrate 37g Protein 4g Fibre 1g





## Spinach

### Leafy green with an earthy, mellow taste

**Need to know** Leaves shrink dramatically when cooking due to their high moisture content.

#### CHEAT'S SAUSAGE, SPINACH & RICOTTA LASAGNE

Serves 6 \*

Takes 40 mins

Cost per serve £1.28

- 12 dried lasagne sheets (about 225g)
- 6 Tesco Finest reduced-fat pork sausages
- 2 tbsp olive oil
- 3 garlic cloves, crushed
- 2 x 400g tins chopped tomatoes

- 1 tbsp dried oregano
- 2 tsp sugar
- 250g bag baby spinach
- 250g tub ricotta
- 60g Parmesan, finely grated

1 Preheat the oven to gas 6, 200°C, fan 180°C. Spread the lasagne sheets in a heatproof tray or roasting tin. Cover with freshly boiled water and set aside to soak, separating the sheets occasionally. 2 Meanwhile, squeeze small chunks of meat straight from the sausage skins into a large, shallow flameproof casserole dish or ovenproof frying pan; discard the skins. Drizzle over the oil, turn the heat up to medium and fry for 5-8 mins until golden, breaking up the sausagemeat as it cooks. Stir in the garlic and cook for 30 secs, then add the tomatoes, oregano

and sugar; season. Simmer for 5 mins until the sauce is thickened.

3 Drain the lasagne sheets, pulling apart any that are stuck (it doesn't matter if they break up into smaller pieces). Stir 150g spinach through the sauce, then add the lasagne sheets and mix so they're well coated in the sauce.

4 Mix the ricotta with half the Parmesan and dollop heaped tablespoons of it over the top. Scatter over the remaining Parmesan, season and bake for 20 mins until golden and bubbling. Serve with the remaining spinach.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1859kJ 443kcal	21g	8g	10g	1.3g
22%	29%	42%	11%	21%

of the reference intake. See page 105.  
Carbohydrate 42g Protein 24g Fibre 3g