



Lemon sole with wild garlic pesto, lemon roasted new potatoes, asparagus, and purple sprouting broccoli

4 lemon sole fillets (lemon sole is a light fish with quite small fillets so typically, 2 fillets are recommended per person, but feel free to just do 1 fillet per person if you'd prefer or split 3 between 2!)

275-300g new potatoes

1 pack of asparagus

200g tenderstem or purple sprouting broccoli

1 tsp lemon zest

Couple of sprigs of fresh basil

Approximately 10 leaves of wild garlic

1-2 garlic cloves

25g pine nuts

15g grated parmesan

Extra virgin olive oil

Salt and pepper

First things first pop the oven on to warm to 180 (160 fan) and boil a kettle of water. If you have an electric hob that takes a while to warm up like me, you might want to pop a large and small ring on to warm on a medium-high heat.

Cut the potatoes into similarly sized chunks so they all cook around the same time, pop them in a saucepan, cover with boiling water and put on the hob to simmer until just tender.

Meanwhile, start the pesto. Put the pine nuts in a dry frying pan on the small ring and lightly toast, then set aside to cool, keep the frying pan to hand for the fish later. Wash the wild garlic leaves and spin in a salad spinner if you have one, or pat dry with a clean tea towel or some kitchen roll. Finely grate the parmesan and lemon zest (do the whole lemon as you will need the rest later).

At this point quickly test the potatoes with a knife. If just tender, drain and set aside to cool!

In a small blender or in a small vessel with a hand blender, combine the wild garlic, basil, pine nuts, lemon zest, parmesan, 1 garlic clove (or 2 depending on how garlicky you like things), a pinch of black pepper and a couple of tablespoons of olive oil until well mixed. You can process this until it is really fine if you prefer that consistency or leave it a bit course.

Once the potatoes have cooled, coat them in little olive oil, a pinch of lemon zest, salt and pepper, and a squeeze of lemon juice, mixing well. Lay them out on a baking tray and pop in the oven for 25-30 minutes until golden and lovely.

Prepare the fish on a plastic or glass cutting board to avoid the smell seeping in or cover your wooden chopping board with some greaseproof paper to protect it. Trim any excess skin or spines from the outer edge of the fillets and place flesh side down on the board. Add a couple of drops of olive oil to the skin, along with some salt and pepper, and rub in.

Prep a pan ready to steam the vegetables. Snap the woody stems from the end of the asparagus. When the potatoes are about halfway done, pop the vegetables on to steam gently for 10 minutes.

Heat the frying pan again for the fish on a medium-high heat. Add the fillets skin side down and fry for only a few minutes until the skin is lightly crisp, you will notice the fillets shrink slightly as they cook. Transfer to an oven proof dish, skin side down, smear a little of the pesto over the top of each fillet and pop in the oven with the potatoes for the last 5 minutes.

Take the vegetables off the heat, drain if using the single layer steam method, and add a little butter and pepper if you like.

After 5 minutes remove the fish and potatoes from the oven. Serve 2 fillets per person and share the potatoes and vegetables between you!

Lemon and poppy seed mug cake served with yoghurt and berries

(makes 2 mug cakes)

2 flat tsp butter

2 eggs

100g ground almonds

1 tsp baking powder

1 tsp vanilla extract

1 medium apple

1 tsp poppy seeds

Live yoghurt and berries to serve

Grate the apple on the medium grater side of a box grater, skin and all! Gently melt the butter and source 2 similarly sized mugs.

Divide the melted butter between the mugs and add an egg to each, mixing well with a fork. Add half of the ground almonds, baking powder, vanilla extract, grated apple, poppy seeds, and lemon zest left over from dinner into each mug and mix well. Make sure all the bits that have worked their way up the side of the mug are pushed back down into the cake, then microwave on full power for 3 minutes per mug (or 4 minutes if you put them both in at the same time), and that's it!

Serve warm with some live yoghurt and berries of your choice, in the mug itself to save on washing up, or tip them out onto a small plate (they look like big fondant cakes when you do this, but sadly there is no melting middle)!