

**Lamb steaks, roasted butternut squash and red onions,
with a courgette, pea, avocado and mint salad**

(serves 2)

2 lamb steaks

3 slices from a medium butternut squash

1 red onion

2 courgettes (green or yellow)

½ an avocado

1 cup of frozen peas

few springs of fresh mint

juice of ½ a lemon

extra virgin olive oil

pinch smoked paprika

salt and pepper

approx. 100g of feta to serve



Heat the oven to 180, get the lamb steaks out of the fridge to warm up and get 1 cup of peas out to defrost.

Cut the butternut squash into chunks approximately 2cm thick and similar sizes so they cook at the same time (if you like the skin leave it on for the extra fibre, if you don't like it feel free to remove it).

Cut the red onion in half lengthways and then each half into 4 wedges through the root end so it keeps the layers together.

Coat in a little olive oil, season and spread on a baking tray to go into the oven for 30-40 minutes.

Run the courgettes through a mandolin lengthways to form long thin strips (you can also use a peeler to do this).

Make a dressing with 1 part lemon juice, 2 parts olive oil, 3-4 finely sliced fresh mint leaves and a pinch of salt and pepper, mixing well. Place the courgette strips in a large salad bowl, coat in the dressing and set aside.

When the butternut squash is halfway, heat a large frying pan on a medium-high heat. Season the lamb with salt, pepper and smoked paprika, and fry for a couple of minutes each side to get some colour, then drop the temperature in the oven to 120 and add the lamb to the vegetable roasting tray to finish cooking. The lamb can be cooked to your liking, for steaks a couple of cm thick about 10 minutes in the oven will leave them just pink in the centre. If you like them rarer than that put them in the oven for less time and for well done leave them approximately 5 minutes longer.

When the butternut squash is soft, and the lamb is cooked to your liking remove from the oven and plate up.

To finish the salad, add the defrosted peas and break the avocado up in to chunks, mix with the courgettes so everything is coated in the dressing and add to the plate.

Finish with a sprinkling of crumbled feta and enjoy!

Silken tofu berry parfait

(serves 2)

1 carton of silken tofu

300g berries of your choice (fresh or frozen)

1 tbsp of honey or maple syrup

handful of pistachios to serve

Blend together the silken tofu, the honey or maple syrup and most of the berries (keep a good handful to the side for serving).

Layer the mix in a glass/ramekin with some berries and pistachios between the layers, saving some to sprinkle on top with a couple of finely sliced mint leaves left over from the main.

Pop in the fridge to chill while you make the main course.