

EASY PEASY SUMMERY SIDES

Warm potato salad with a twist: caper, anchovy and walnut

Serves 4, takes 10 minutes

I like to make this salad with left over roasted new potatoes. Of course you can roast them specially (drizzle with a little olive oil and bake in a 220 degree oven for 20 minutes), or boil them if you're short on time.

- * *Cooked potatoes - 400g*
- * *Capers - 1 tsp, drained*
- * *Anchovy - 2, finely chopped*
- * *Mint - a bunch of leaves, finely sliced*
- * *Extra virgin olive oil - a generous glug*
- * *Sea salt - a couple of pinches*
- * *Black pepper - a few cracks*
- * *Lemon - Juice of 1/4*
- * *Walnuts - a handful, chopped*

If the potatoes have been in the fridge, pop them in the oven for about 5 minutes to heat them up.

Whisk the remaining ingredients, except the walnuts, together in a glass.

Put the potatoes in a serving bowl and toss in the dressing. Sprinkle the walnuts over the top. Serve warm or at room temperature.

Mixed quinoa, tomato, avocado, fennel seed and preserved lemon

Serves 4, takes 20 minutes

- * *Red and white quinoa - 1 cup*
- * *Tomato - 1, diced*
- * *Avocado - 1, peeled and diced*
- * *Preserved lemon - 1/4, finely diced*
- * *Fennel seeds - 1 tsp, crushed*
- * *Fresh herbs (parsley/basil/oregano) - a handful, chopped*
- * *Lemon - juice of 1/2*
- * *Extra virgin olive oil - a generous glug*

Simmer the quinoa in 2 cups salted water, covered, for 15 minutes.

Remove from the heat and leave covered to steam for a couple of minutes. Place in a serving bowl with all the remaining ingredients and a crack of black pepper. Mix well. Serve warm or at room temperature.

Slow roasted peppers with tomato and anchovy

Serves 4 generously, 10 minutes prep, 50 minutes oven time

- * *Red and yellow peppers - 4, halved lengthways and seeds removed*
- * *Garlic - 3 large cloves, peeled and crushed*
- * *Anchovies - 8, halved*
- * *Tomatoes - 8, halved*
- * *Olive oil - for drizzling*

Preheat the oven to 180 degrees C.

Place the peppers skin side down in a roasting tray. Divide the crushed garlic evenly between them. Tuck two tomato halves into each pepper then lay half an anchovy on top of each piece of tomato. Drizzle generously with olive oil and season with salt and pepper.

Place in the oven for 50 minutes, or until the peppers are completely soft and starting to caramelise. Serve hot, warm or at room temperature.

Grilled asparagus, plain and simple

Serves 4, takes 15 minutes

* *Asparagus - 2 bundles (about 40 spears)*

* *Olive oil - a drizzle*

Preheat the grill to its highest setting.

Remove the tough part of the asparagus spears. Mum taught me the tip of bending each spear until it snaps - it will naturally break where the woody part ends.

Place the asparagus on a baking sheet, drizzle generously with olive oil and season with salt and pepper.

Place under the grill for 10 minutes, tossing once. When it's done, the asparagus will be tender and beginning to colour.