

Pad Thai

Serves 2, generously, takes 15 - 20 minutes

This is going to become a new staple. Ready in a flash, super tasty and satisfying. As I said above, feel free to use prawns instead of, or as well as, chicken. Or add extra carrots, beansprouts, sugar snaps and mushrooms to make a veggie version (add the mushrooms with the carrots and the sugar snaps with the beansprouts).

- * *Thick rice noodles - 180g*
- * *Vegetable oil - 2 tbsp*
- * *Spring onions - 3, finely sliced*
- * *Carrots - 2, peeled and sliced into thin batons (or julienned)*
- * *Garlic - 2 cloves, peeled and finely chopped*
- * *Coriander - a handful, roughly chopped, leaves and stems separate*
- * *Chicken - 250g, chopped into 3cm chunks*
- * *Tamarind sauce - 4 tbsp*
- * *Fish sauce - 4 tbsp*
- * *Chili flakes - a couple of pinches (or more to taste)*
- * *Bean sprouts - a couple of large handfuls*
- * *Eggs - 2*
- * *Cashew nuts - a handful, roughly chopped*
- * *Lime wedges - to serve*

Boil up a kettle of water and cook the rice noodles according to the packet instructions. Drain, rinse with cold water and set aside.

Meanwhile, heat the oil in a large frying pan or wok over a medium high heat. Add the spring onions and carrots and cook for a couple of minutes, stirring often.

Add the coriander stalks and garlic and cook for a couple of minutes more. Keep stirring.

Add the chicken and fry for about five minutes, until it looks cooked through.

Meanwhile mix the tamarind sauce, fish sauce and chili flakes in a cup.

When the chicken is cooked, add the sauce and the cooked noodles to the pan and mix well.

Move everything over to one side of the pan and crack the two eggs in to the empty space. Use the spatula to scramble the eggs. Once the eggs are pretty much cooked, mix everything together again and add the coriander leaves. Remove from the heat and serve immediately with the cashew nuts sprinkled on top and a lime wedge on the side.

Date, cocoa and brazil nut squares

Serves 4, takes 5 minutes, plus chilling time

- * *Pitted dates - 1 cup*
- * *Cocoa powder - 3 tbsp*
- * *Desiccated coconut - 4 tbsp*
- * *Chopped brazil nuts - 1/2 cup*
- * *Sea salt - a generous pinch*
- * *Water - 4 tbsp*

Place all the ingredients in a high speed blender and blend until you have a smooth paste. You might need to scrape the sides of the bowl down a couple of times.

Line a small loaf tin or a tupperware (about 15cm square) with greaseproof paper.

Scrape the mixture into the tin and make an even layer using the spatula. Place in the fridge for an hour (or the freezer for half an hour) before slicing and serving.