

EASY EATS THE ONLY FOUR RECIPES YOU'LL EVER NEED

Key dishes made simple with our cut-out-and-keep series of recipe tearsheets

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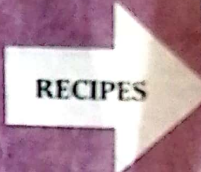
HOUMMOS



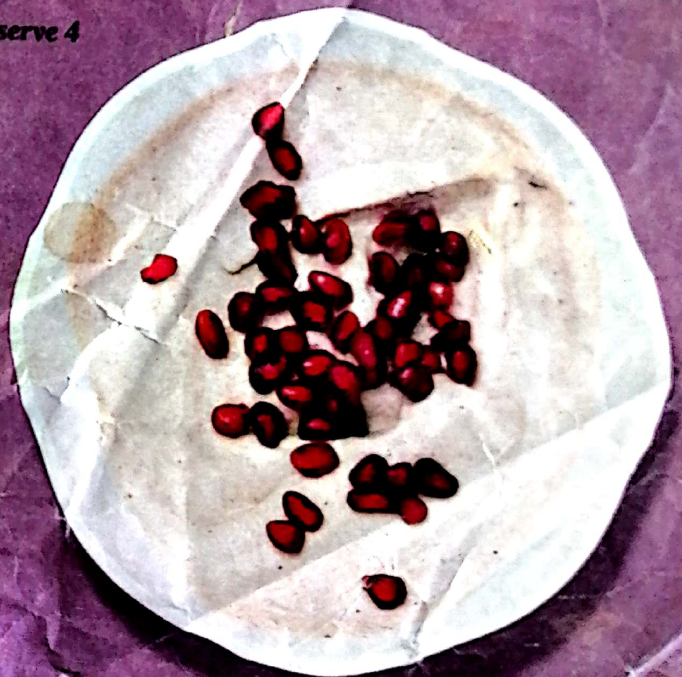
BETROOT AND MINT

DIPS

All recipes serve 4



CANNELLINI BEAN



BABA GANOUSH

THE ONLY FOUR RECIPES YOU'LL EVER NEED

HOUMMOS

- 1 large tin chickpeas
- 3 garlic cloves
- Juice 1 lemon
- 1 tbsp tahini
- 2 tbsp olive oil
- Handful toasted pine nuts
- Half bunch flat-leaf parsley

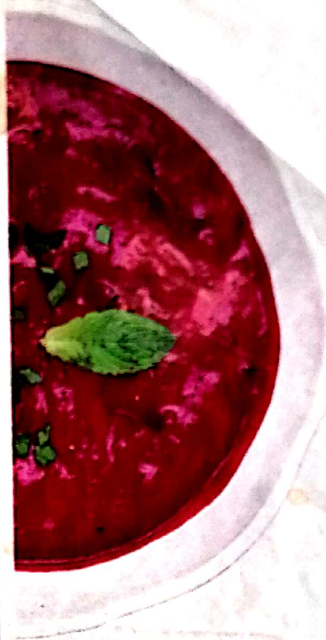
- 1 Empty chickpeas into blender with couple tablespoons of liquid from tin. Add garlic cloves, lemon juice and tahini. Season (plenty of salt). Pulse until smooth.
- 2 Put hoummos in bowl, drizzle with olive oil and scatter over pine nuts and parsley. Serve with toasted flatbread.



BETROOT AND MINT

- 200g beetroot
- 2 tbsp horseradish sauce
- 75ml plain yoghurt
- Half handful mint, chopped

- 1 Sprinkle beetroot with salt, wrap in foil, bake at 180C/Gas 4 for 1 hour or until tender. Cool, then peel.
- 2 Purée with horseradish and yoghurt. Stir in mint. Season. Serve with toasted flatbread.



DIPS

CANNELLINI BEAN

- 2 cloves garlic
- 2 anchovy fillets
- 1 small chilli, deseeded
- 1 tsp rosemary, chopped
- 1 large tin cannellini beans
- Juice 1 lemon
- 2 tbsp olive oil

- 1 Crush garlic, anchovies, chilli and rosemary with pestle and mortar. Add beans and squash to form chunky purée.
- 2 Add lemon juice, olive oil, black pepper. Combine. Serve with toasted sourdough.



BABA GANOUSH

- 2-3 aubergines
- 2 cloves garlic, chopped
- 3 tbsp tahini
- Juice half lemon
- Pinch ground cumin
- 2 tbsp olive oil
- Half a pomegranate

- 1 Rub aubergines with olive oil. Roast at 220C/Gas 7 for 40 minutes until charred and collapsed. Cool. Scrape out flesh and place in food processor.
- 2 Add garlic, tahini, lemon juice, cumin and oil. Season. Pulse until combined but still chunky. Scatter with pomegranate seeds. Serve with toasted flatbread.

