



Corned Beef Fritters

Ingredients

- 400g Princes corned beef
- 100g plain flour, plus extra for coating corned beef slices
- 1 medium egg, beaten
- 75ml milk
- 1 splash vegetable oil, for frying

Instructions

1. Heat oil in a saucepan or deep fat fryer to 170°C.
2. Place flour into a medium bowl, make a well in the centre and add the egg.
3. Beat gently, adding the milk and then the water until all the flour is mixed in, then beat hard for around two minutes. Leave batter to stand for a further two minutes.
4. Cut each tin of Corned Beef into three chunky slices and coat with a thin layer of flour.
5. Cover the Corned Beef with the batter mixture using a fork or spoons.
6. Place two to three fritters at a time into the saucepan or deep fat fryer and cook until batter is a golden brown colour and crispy, approximately four minutes, remove with a slotted spoon and drain on kitchen paper.
7. Serve with salad as a delicious lunchtime snack.



Chicken Kievs

Ingredients

- 8 skinless, boneless chicken fillets
- 225g dried breadcrumbs
- 75g parmesan, grated
- 5 eggs, beaten
- 100g plain flour pinch paprika
- 4 tbsp sunflower or vegetable oil, for frying

For the garlic butter

- 4 garlic cloves, crushed
- 2 tbsp finely chopped parsley
- 200g butter, softened
- Juice ½ lemon

Instructions

1. Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into two sausages using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. Can be made up to 3 days in advance. When firm, slice each into 8 even pieces.
2. Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push 2 discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.
3. Mix the breadcrumbs and Parmesan on one plate, and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each Kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Chill for at least 1 hr before cooking, or freeze now – see tips, below.
4. To cook, heat oven to 180C/160C fan/ gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the Kievs for 2-3 mins each side until golden – you may need to do this in batches. Transfer to a baking tray and cook for 20-25 mins until cooked through.



Lamb Tagine

Ingredients

- 2 tbsp olive oil
- 1 onion, finely diced
- 2 carrots, finely diced (about 150g)
- 500g diced leg of lamb
- 2 fat cloves garlic, crushed
- ½ tsp cumin
- ½ tsp ground ginger
- ¼ tsp saffron strands
- 1 tsp ground cinnamon
- 1 tbsp clear honey
- 100g soft dried apricot, quartered
- 1 low-salt vegetable stock cube
- 1 small butternut squash, peeled, seeds removed and cut into 1cm dice
- Steamed couscous or rice, to serve
- Chopped parsley and toasted pine nuts, to serve (optional)

Instructions

1. Heat the olive oil in a heavy-based pan and add the onion and carrot. Cook for 3- 4 mins until softened.
2. Add the diced lamb and brown all over. Stir in the garlic and all the spices and cook for a few mins more or until the aromas are released.
3. Add the honey and apricots, crumble in the stock cube and pour over roughly 500ml boiling water or enough to cover the meat. Give it a good stir and bring to the boil. Turn down to a simmer, put the lid on and cook for 1 hour.
4. Remove the lid and cook for a further 30 mins, then stir in the squash. Cook for 20 – 30 mins more until the squash is soft and the lamb is tender. Serve alongside rice or couscous and sprinkle with parsley and pine nuts, if using.