



FESTIVE WITHOUT

the fuss

The six gorgeous recipes on these pages are proof that you don't need to spend all day in the kitchen in order to prepare a stunning festive supper. Each dish takes 20 minutes or less to prep and tastes as lovely as it looks.



GARLIC-THYME CHICKEN WITH CAULIFLOWER, POTATOES & OLIVES

Prep 20 min / Cook 40 min
Serves 4



- 4 x 165g skinless boneless chicken breasts
- 1 tbsp balsamic glaze
- 1 tsp fresh thyme (or ½ tsp dried thyme)
- 1 large garlic clove, crushed
- 1 large cauliflower head (approx 900g), trimmed and cut into florets
- 340g baby potatoes, halved
- 2 medium shallots, sliced lengthwise
- 4 tsp olive oil
- 16 x Castelvetrano olives (or any large green variety), pitted
- 1 small lemon
- 10g coarsely chopped fresh flat-leaf parsley

1. Preheat the oven to 220°C, fan 200°C, gas mark 7. Place the chicken in a shallow bowl and season well. Add the balsamic glaze, thyme and garlic; gently toss to coat them well, then set aside.
2. Combine the potatoes, cauliflower and shallots on a large baking tray and toss with oil, seasoning lightly.
3. Spread out the vegetables in a single layer and bake for 20-25 minutes, until the potatoes and cauliflower have started to brown.
4. Remove the tray from the oven and toss the vegetables using a spatula. Clear 4 spaces on the tray and place a chicken breast in each, making sure they are all sitting directly on the tray. Return the tray to the oven and bake for 10-15 minutes, until the chicken is cooked and the potatoes are tender.
5. Stir in the olives. Grate the zest from the lemon onto the chicken and vegetables, then cut the lemon in half and squeeze the juice over them. Finish off with the parsley and serve immediately.

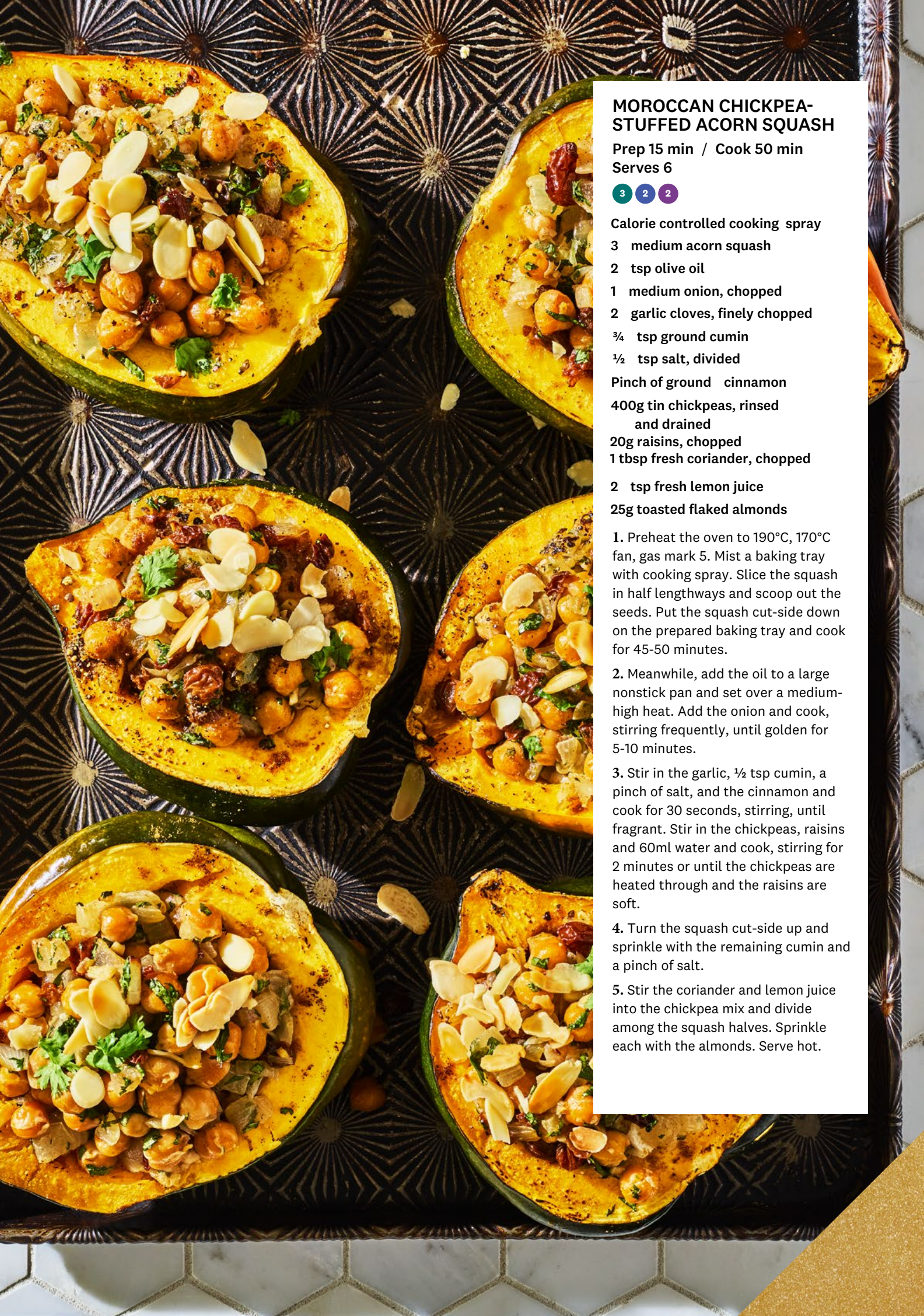


ORANGE-POMEGRANATE FREEKEH SALAD WITH CARDAMOM DRESSING

Prep 20 min / Cook 25 min / Serves 8

4 4 1

Put 270g **freekeh**, 700ml cold water and a pinch of salt into a large pan and bring to the boil over a high heat. Reduce the heat to low and simmer, covered, for 25 minutes, until the freekeh is tender but still has some bite. Drain, then rinse under cold running water and drain again. Put the freekeh into a large shallow bowl and stir in $\frac{1}{2}$ tsp **salt**, 2 tbsp **lemon juice**, 1 tbsp **extra-virgin olive oil**, and a pinch of ground **cardamom**. Gently toss in the segments of 4 **large oranges**, the seeds from 2 **pomegranates** and 30g chopped **fresh mint**. Sprinkle with 30g chopped **pistachios** to serve.



MOROCCAN CHICKPEA-STUFFED ACORN SQUASH

Prep 15 min / Cook 50 min
Serves 6

3 2 2

Calorie controlled cooking spray

3 medium acorn squash

2 tsp olive oil

1 medium onion, chopped

2 garlic cloves, finely chopped

$\frac{3}{4}$ tsp ground cumin

$\frac{1}{2}$ tsp salt, divided

Pinch of ground cinnamon

400g tin chickpeas, rinsed and drained

20g raisins, chopped

1 tbsp fresh coriander, chopped

2 tsp fresh lemon juice

25g toasted flaked almonds

1. Preheat the oven to 190°C, 170°C fan, gas mark 5. Mist a baking tray with cooking spray. Slice the squash in half lengthways and scoop out the seeds. Put the squash cut-side down on the prepared baking tray and cook for 45-50 minutes.

2. Meanwhile, add the oil to a large nonstick pan and set over a medium-high heat. Add the onion and cook, stirring frequently, until golden for 5-10 minutes.

3. Stir in the garlic, $\frac{1}{2}$ tsp cumin, a pinch of salt, and the cinnamon and cook for 30 seconds, stirring, until fragrant. Stir in the chickpeas, raisins and 60ml water and cook, stirring for 2 minutes or until the chickpeas are heated through and the raisins are soft.

4. Turn the squash cut-side up and sprinkle with the remaining cumin and a pinch of salt.

5. Stir the coriander and lemon juice into the chickpea mix and divide among the squash halves. Sprinkle each with the almonds. Serve hot.



MASHED BUTTERNUT SQUASH & APPLES

Prep 10 min / Cook 10 min
Serves 6



Place 560g peeled and chopped **butternut squash**, 2 peeled, cored, and chopped **apples** and 120ml **cloudy apple juice** in a shallow microwave-safe dish. Add 1 tbsp **low-fat spread** (cut into pieces) over the top. Cover and microwave for 10-12 minutes, until the squash and apples are tender. Mash until smooth yet slightly chunky. Stir in 1½ tsp chopped **fresh thyme** and season well with salt and pepper.

POACHED PEARS IN SPICED RED WINE

Prep 10 min / Cook 1 hr
Chill 8 hr / Serves 6



360ml dry red wine,
such as Merlot or
Cabernet Sauvignon

50g caster sugar

2 (3-inch) strips lemon zest,
removed with vegetable
peeler

1 cinnamon stick

6 pears with stems

1. Place the wine, sugar, cinnamon and lemon peel in a large lidded pan with 240ml water. Bring to the boil and simmer gently for 2-3 minutes or until the sugar has dissolved.

2. Peel the pears, leaving the stalks intact. Submerge in the wine mixture, cover and simmer gently for 30 minutes, turning occasionally, until evenly coloured and tender.

3. Carefully remove the pears from the wine and set aside. Bring the wine back to the boil and boil hard for about 15 minutes until reduced and syrupy. Strain to remove the aromatics. Let cool to room temperature.

4. Transfer the pears to large plastic bag and add the cooled syrup. Squeeze out the air from the bag and seal. Gently turn to coat the pears.

Refrigerate the bag, turning several times, at least overnight or for up to 4 days.

To serve, place the pears on dessert plates and spoon the syrup on top.







PECAN PIE WITH CHICKPEA CRUST

Prep 15 min / Cook 1 hr /
Serves 12



Calorie controlled cooking spray

400g tin chickpeas, drained and
rinsed

16g cornflour

½ tsp ground cinnamon

100g caster sugar

1½ tsp vanilla extract

1 large egg white

240g golden syrup

3 large eggs

75g pecans, chopped

1. Preheat the oven to 200°C, fan 180° C, gas mark 6. Blitz the chickpeas in a food processor until they are almost smooth. Add the cornflour, cinnamon, 1 tbsp sugar and ½ tsp vanilla extract and pulse until well combined. Add the egg white and blend until smooth.

2. Lightly mist a shallow 23cm pie dish with cooking spray. Scrape the chickpea mixture into the dish and pat the mixture into the bottom and sides (mixture will be sticky). Bake for 30 minutes or until the piecrust is lightly browned and crisp. Reduce the oven temperature to 160°C, fan 140° C, gas mark 4.

3. In a medium bowl, whisk the syrup, whole eggs, and remaining sugar and vanilla extract until smooth, then stir in the pecans. Spoon the mixture into the warm piecrust. Bake for 30-35 minutes or until the filling is set. Let the pie cool for 30 minutes on a wire rack. Serve warm, at room temperature, or chilled.



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