

Weekend essentials

Make the most of the three best days of the week with these simple recipes

recipes SOPHIE GODWIN photographs WILL HEAP



Spicy clam & kale linguine, p70



Green shakshuka, p70

FRIDAY NIGHT
Spicy clam & kale linguine

If you can't find nduja (available from ocado.com and in a jar from many M&S stores), use another spicy sausage spread, such as sobrasada (available at large Sainsbury's) or soft cooking chorizo.

SERVES 2 **PREP 5 mins**
COOK 15 mins **EASY**

- 500g clams
- 200g linguine
- 2 tbsp olive oil
- 75g nduja
- 1 fat garlic clove, finely chopped
- 100g kale
- 50ml white wine
- ½ lemon, zested, then cut into wedges to serve
- parmesan, grated, to serve (optional)

1 Pick over the clams and discard any that are damaged or stay open when pressed shut, then rinse them in cold water. Bring a large pan of water to the boil, add a pinch of salt and drop in the linguine. Cook for 1 min less than pack instructions.
2 Heat the oil in a large, lidded sauté pan over a medium heat. Add the nduja and cook for 3 mins, breaking up the sausage with the back of the spoon so that it melts into the oil. Stir in the garlic, cook until fragrant, then turn up the heat to high. Add the clams and kale, pour in the wine and put on the lid. Cook for 2-3 mins, shaking the pan occasionally, until the clams open and the kale wilts.
3 Remove any clams that aren't open, then drain the linguine and toss through the sauce. Stir in the lemon zest and season well with black pepper. Serve immediately with parmesan and lemon wedges for squeezing.

GOOD TO KNOW vit c • iron
PER SERVING 721 kcals • fat 34g • saturates 9g • carbs 60g • sugars 3g • fibre 5g • protein 38g • salt 3.2g

SATURDAY BRUNCH
Green shakshuka

Feel free to mix up the greens for whatever you have: chard, kale and cavolo nero would work well. Don't discard the green part of the leek – wash well and use this too.

SERVES 4 **PREP 10 mins**
COOK 25 mins **EASY** **V**

- 3 tbsp olive oil
- 2 leeks, washed and sliced
- 200g bag baby spinach
- 250g frozen peas
- 2 fat garlic cloves, finely chopped
- 1 tbsp cumin seeds
- small pack parsley, roughly chopped
- small pack coriander, roughly chopped
- small pack mint, leaves picked and roughly chopped, reserving a few leaves to garnish
- 8 medium eggs
- 150g pot natural yogurt
- 1 tbsp harissa
- flatbread, to serve

1 Heat the oil in a wide, shallow frying pan over a medium heat. Add the leeks with a pinch of salt and cook for 4 mins until softened. Add handfuls of spinach to the pan, stirring until wilted.
2 Stir in the peas, garlic, cumin, herbs and some seasoning. Cook for a few mins until it smells fragrant, then create four gaps and crack two eggs into each. Cover and cook for 10 mins or until the whites are set but the yolks are runny – they will carry on cooking slightly as you take them to the table.
3 Season the eggs with flaky sea salt, dollop spoonfuls of the yogurt interspersed with the harissa, and scatter over a few mint leaves. Serve with a pile of flatbread for scooping.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 337 kcals • fat 20g • saturates 5g • carbs 13g • sugars 8g • fibre 7g • protein 22g • salt 0.6g

SUNDAY BAKING
Choc, cardamom & hazelnut torte

Ground hazelnuts instead of flour make this dessert gluten-free.

SERVES 8 **PREP 30 mins**
COOK 40 mins **EASY**

- 150g blanched hazelnuts
- 8 green cardamom pods
- 150g gluten-free dark chocolate
- 125g butter
- 6 eggs, separated
- 125g golden caster sugar
- 1 tbsp cocoa powder, plus extra for dusting
- crème fraîche, to serve

1 Toast the hazelnuts in a dry pan until golden, then leave to cool slightly and blitz to a fine consistency in a food processor. Remove the cardamom seeds from their pods and grind using a pestle and mortar.
2 Heat oven to 160C/140C fan/gas 3. Grease and line the base of a 23cm spring-form cake tin. Use a microwave to melt the chocolate with the butter in 30-sec bursts until glossy and smooth. Leave to cool slightly.
3 Using an electric whisk, in a very clean bowl whisk the egg whites until they reach stiff peaks. Then, without cleaning the beaters, whisk the yolks with the sugar in a separate bowl until pale and voluminous.
4 Combine the chocolate with the egg yolk mixture, then incorporate the cocoa powder, a pinch of salt, the cardamom seeds and hazelnuts. Add a spoonful of egg white to the batter, stirring it through to loosen the mix, then fold in the rest, taking care to keep in as much air as possible. Gently pour into the tin and bake for 35 mins. Leave to cool in the tin, then dust with cocoa powder and serve with crème fraîche.

GOOD TO KNOW gluten free
PER SERVING 473 kcals • fat 37g • saturates 15g • carbs 24g • sugars 21g • fibre 4g • protein 10g • salt 0.4g



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