



## **HOT PRAWN AND BACON WITH MUSTARD DRESSING**

500G COOKED PRAWNS  
 4 RASHERS  
 500G NEW POTATOES COOKED AND HALVED ...OR TO WHAT SIZE YOU LIKE  
 15G BUTTER/SUNFLOWER OIL  
 1 RED PEPPER CUT INTO SLIVERS  
 1 GREEN PEPPER...AS ABOVE  
 250G BUTTON MUSHROOMS  
 HANDFUL CHOPPED CHIVES

### **DRESSING**

2 TEASP WHOLEGRAIN MUSTARD  
 HALF CUP SUNFLOWER OIL  
 2 TBS WHITE VINEGAR  
 1 CLOVE GARLIC CHOPPED FINE  
 PUT ALL TOGETHER INTO A JAR WITH TIGHT LID  
 SHAKE FOR A MINUTE AND YOU'RE READY TO DRESS YOUR SALAD

CUT BACON INTO PIECES....COOK IN PAN FOR FEW MINUTES, REMOVE.  
 HEAT OIL/BUTTER STIRFRY PEPPERS,MUSHROOMS AND POTATOES UNTIL WARM THROUGH.  
 QUICKLY ADD PRAWNS AND BACON  
 TOSS ONTO PLATE AND POUR OVER DRESSING, SPRINKLE WITH CHIVES  
 EAT STRAIGHT AWAY  
 ALTERNATIVELY,CUT BACON INTO STRIPS AND WRAP PRAWNS INDIVIDUALLY, SECURE WITH TOOTH-  
 PICK. AS ABOVE FRY FIRST THEN REMOVE FROM PAN UNTIL EVERYTHING ELSE IS READY, THEN TOSS  
 TOGETHER AND DIG IN  
 GREAT WITH A CHUNK OF GARLIC BREAD TO MOP UP ANY JUICES

## **WARM SPINACH SALAD**

### **DRESSING**

1/4 CUP OLIVE OIL  
 1/4 CUP LEMON JUICE  
 2 TEASP LIGHT SOY SAUCE  
 1 TBS SESAME OIL  
 1 TEASP SUGAR  
 MIX ALL ABOVE AND HEAT IN MICROWAVE OR IN A SAUCEPAN ON HOB JUST BEFORE SERVING

FOR SALAD THE MAIN INGREDIENT IS BABY SPINACH  
 TO THIS CAN BE ADDED COOKED BACON,CHICKEN,BEEF....BEST IF THESE ARE COOKED WITH A BIT  
 OF CHOPPED GARLIC  
 SESAME SEEDS  
 AND GRATED PARMESAN CHEESE FOR THE TOPPING  
 AGAIN POUR DRESSING OVER IMMEDIATELY BEFORE EATING....MAIN COURSE OR STARTER

## **HOT HONEY CHICKEN**

6 CHICKEN FILLETS CUT INTO SLIVERS  
 3 CARROTS IN SLIVERS.....STIRFRY SIZE  
 3 CELERY STICKS INTO BITE SIZE  
 3 ONIONS THINLY SLICED  
 60G WALNUTS.....TOASTED IN OVEN OR ON DRY  
 FRYING PAN FOR 5 MINS  
 2 TBS CHOPPED PARSLEY  
 1/4 CUP HONEY  
 1 1/2 TBS TOMATO SAUCE  
 1/2 TEASP 5 SPICE  
 STIRFRY CHICKEN FOR 3 MINS UNTIL ALMOST  
 COOKED....DEPENDS ON HOW BIG THE PIECES  
 REMOVE FROM PAN, STIRFRY PEPPERS ONIONS  
 AND CELERY FOR 2 MINS, TOSS EVERYTHING  
 ELSE PLUS CHICKEN EXCEPT WALNUTS INTO  
 PAN AND HEAT THROUGH  
 SPRINKLE WITH WALNUTS  
 EAT

