



HealthyU 3 course Sat Bains menu

Pumpkin soup serves 2

250g diced pumpkin

2 sliced shallots

50g butter

450g white chicken stock

Salt and pepper to taste

Melt the butter in a pan and fry the shallot for 2 minutes, add the pumpkin and continue cooking for a further 5 minutes, add the warm chicken stock and simmer until the pumpkin is cooked (about 5 minutes) season with salt and pepper and blitz to a velvety texture. The soup can be finished with croutons or cream and maybe a little curry powder for a spicier kick.

Spaghetti with rocket – pine nuts and lemon serves 2

150g dried spaghetti

15g rocket

Juice and zest of 1 lemon

40g of toasted pine nuts

Olive oil and parmesan cheese

Cook the spaghetti in a large pan of salted boiling water, while the pasta is cooking place the rocket – lemon – and pine nuts in a bowl with a little olive oil and parmesan, strain the pasta and pour in the bowl, gently mix and finish with a drizzle of olive oil.

Apple crumble serves 4

150g plain flour, sieved pinch of salt

80g brown sugar

100g butter, cubed at room temperature

Filling:

250g cubed bramley apples

25g brown sugar

1 ground cinnamon

Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.

Place the fruit in a large bowl and sprinkle over the sugar and cinnamon

Spoon the fruit mixture into a tray, and then sprinkle the crumble mixture on top.

Bake in the oven at 180oc for 40-45 minutes until the crumble is browned, this can be served with custard, cream or crème fraiche.