

Episode 4 – “Dinner for 2”

STARTER

Roasted tomato tart with feta cheese and basil pesto, topped with dressed baby spinach

Ingredients

200g puff pastry
1 punnet baby rosa tomatoes
2 tablespoons basil pesto
100g Danish feta cheese
1 egg, beaten

For garnish

1 packet baby spinach
balsamic vinegar
olive oil
salt, cracked black pepper,

Method

Preheat the oven to 220'C.

Dust some flour onto your surface and cut the puff pastry into round shapes using a large 9cm cookie cutter.

Spread some basil pesto in the centre of the pastry and add some crumbled feta cheese on top of this. Slice some baby rosa tomatoes in half and put about 5 pieces onto the feta.

Brush the outside of the pastry with a beaten egg and place into the hot oven for about 20 minutes or until flaky and golden brown.

Once cooled garnish it with dressed baby spinach leaves and drizzled with reduced balsamic swirls.

MAIN COURSE

Baked salmon with lemon pistachio butter with grilled asparagus set on mustard mash

Ingredients

For the salmon

2 thick salmon fillets(about 150g each)
sea salt and freshly ground black pepper
juice and grated zest of 1/2 lemon
2 tablespoons pistachio nuts,shelled
1 tablespoons butter

For the mash

4 large waxy potatoes
salt and pepper
1 Tablespoon wholegrain mustard

12 spears asparagus
1 teaspoon olive oil
salt, cracked black pepper

Method

Preheat oven to 200'C.

Place the fish ,skin side down in a shallow baking pan lined with greaseproof paper. Season to taste and sprinkle with lemon juice and zest and the pistachios. Dot with butter and bake for 5 minutes or until the fish is just cooked but still moist, and the nuts lightly browned.

For the mash, boil 4 large waxy potatoes in salted water until completely cooked and drain the water. Mash thoroughly with a potato masher and once smooth, add 1/4 cup of fresh cream, seasoning with salt and pepper, finally mixing in the mustard.

For the asparagus, heat a griddled frying pan and pour in a glug of olive oil. Add the asparagus spears and lightly grill for about 2 minutes on each side. Drizzle with salt and pepper and serve on top of the mash.

DESSERT

DEATH BY CHOCOLATE NUTELLA TART

Ingredients

For the Base

200 g Tennis or Digestive biscuits

70g unsalted butter, melted

For the Filling

200g imported chocolate

80 ml fresh cream

1 tablespoon Nutella chocolate spread

1 tablespoon roasted hazelnuts

Method

Process the Tennis biscuits in a food processor until finely ground. Melt the unsalted butter in a pan and pour into the ground biscuits mixing thoroughly.

Mould the biscuit mixture into the loose bottomed tart tin, running your fingers along the edges, to smooth the biscuit base, leaving a cavity in the centre for the chocolate filling. Refrigerate for about 1/2 hour.

Melt the chocolate over a double boiler and once completely melted, add the fresh cream and mix thoroughly. Add a tablespoon of Nutella and once combined, pour into the biscuit base.

Sprinkle with roasted whole hazelnuts and refrigerate for at least 1 hour until set. This tart can be served with cream or ice-cream and some fresh mint leaves, or raspberries.