

WELSH COUNTRY

Your Countryside Magazine for Wales

Welsh Kitchen





Brioche Latte French Toast
with Strawberries

Serves: 2

You'll need:

- 4 eggs
- 1 carton of Arctic Iced Coffee Latte
- 8 slices of brioche
- Strawberries
- Maple Syrup

What next?

- 1 In a bowl beat the eggs with the Arctic Iced Coffee.
- 2 Soak the slices of brioche in the egg mixture until they have all soaked up the liquid.
- 3 Heat a frying pan and fry each slice in butter until golden.
- 4 Serve on a plate with chopped strawberries and a drizzle of maple syrup.

For more recipes visit: arcticicedcoffee.co.uk



Beetroot & Sour Cream
Pasta with a Rocket Salad

Serves: 4

You'll need:

- 280g Reginette pasta
- 4 shallots
- 2 cloves garlic
- 1 pack cooked beetroot
- 2 tsp olive oil
- 200ml low fat sour cream
- 2 large handfuls Fresh & Naked rocket
- Small bunch chives, finely chopped
- Salt and pepper

What next?

- 1 Boil a kettle of water, pour into a large saucepan and bring back to the boil. Cook the pasta according to the pack instructions.
- 2 While the pasta is cooking roughly chop the shallots, garlic and beetroot. Heat the oil in a saucepan and sauté the shallots for 5-6 minutes until they start to soften. Add the garlic and cook for another 2 minutes.
- 3 Take off the heat and add the beetroot and sour cream to the pan. Blend the mixture using a hand blender or food processor to a coarse sauce. Taste and season well with salt and black pepper.
- 4 Once the pasta is cooked, drain and return to the pan. Pour the warm sauce over the pasta and toss to coat the pasta well. In a separate bowl dress the rocket with a little oil or your favourite dressing (optional).
- 5 Scatter a little rocket over each plate then top with the beetrooty pasta. Drizzle over any sauce left in the pan and sprinkle over the chives. Top with the remaining rocket and a few shavings of parmesan (optional).

To serve: Your favourite salad dressing or a drizzle of oil and parmesan shavings.

For more recipes visit: freshandnaked.co.uk



Mexican Pulled Chicken Wraps
with Radish and Avocado Salsa

Serves: 2

You'll need:

- 2 tsp ground cumin
- 2 tsp sweet smoked paprika
- 1 tbsp olive oil
- 4 small chicken thighs
- Salt & pepper
- 15 mixed radishes, quartered
- 1 avocado
- small bunch coriander
- ½ lime
- 1 tsp olive oil
- 4 small tortilla wraps (corn if available)

What next?

- 1 Preheat the oven to 200°C.
- 2 Place the chicken thighs in a bowl and add the ground cumin, sweet smoked paprika and olive oil, along with a pinch of salt and pepper. Mix well until all the chicken is well coated.
- 3 Place the chicken thighs on a baking tray and bake in the oven for 20-25 minutes, until cooked through and the juices run clear. Put to one side to cool, while you prepare the other ingredients.
- 4 Warm the tortillas in a dry frying pan and peel and slice the avocado.
- 5 Once the chicken has cooled down, shred the meat off the bones and stir through any juices from the baking tray.
- 6 Serve the chicken in a warm tortilla, topped with the sliced avocado, radishes and fresh coriander and finish with a squeeze of fresh lime juice.

For more recipes visit: loveradish.co.uk



Vegan Biscuit, Yoghurt &
SunGold Kiwi Cups

Serves: 4

You'll need:

- 100g oatmeal biscuits
- 400g yoghurt
- 8 walnuts
- 4 Zespri SunGold Kiwifruit
- 4 tablespoons honey

What next?

- 1 Peel the kiwis and cut them into equal-sized dices. Roughly chop the walnuts.
- 2 Crumble the biscuits and divide the crumbs between the 4 individual cups, together with the walnuts. First cover with the yoghurt and then the honey.
- 3 To finish, add the kiwifruit. Cover the cups and keep them in the fridge until the moment of serving.

For more recipes visit: zespri.eu

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