



- 2 tbsp olive oil
- 4 shallots, finely sliced
- 2 cloves garlic, finely chopped
- 1 inch piece ginger, grated
- 1 red chilli, finely chopped
- 1 stick lemon grass, finely chopped
- 3 kaffir lime leaves
- 1 small tin coconut cream
- 150ml fish stock
- 1.5 kg mussels, cleaned and debearded
- 1/2 bunch fresh coriander, chopped
- Juice of 1 lime
- Crusty bread to serve
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1. Heat the oil in a pan and add the shallots and cook until softened. Add the garlic, ginger, chilli and lemongrass, cook for a further 2 minutes.
2. Add the kaffir lime leaves, coconut milk and fish stock and allow to simmer for a few minutes.
3. Clean the mussels well by removing any barnacles from the shells with the back of a small knife. Remove any beards by pulling them off.
4. Increase the heat to high and add the mussels to the pan. Stir well so that the mussels are coated in the sauce. Place the lid on and cook for 5 minutes or until the shells have opened and the mussels are all open.
5. Serve into bowls and sprinkle over the coriander and serve with a few lime wedges alongside.

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THAI MUSSELS

with Crusty Bread

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**punk
chef**



BIG BOY BURGER

- **Burger**
- 500g lean beef mince
- 1 small onion, finely chopped
- 1 small carrot, peeled and grated
- 1 garlic clove, crushed
- 1/2 tspn dried oregano
- 1 egg, lightly beaten
- 4 tbsp fresh breadcrumbs
- 2 tspn worcestershire sauce
- dash Tabasco
- 1 tspn olive oil
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- **Burger sauce**
- 4 tbsp low fat mayonnaise
- 2 tspn sweet pickle relish
- 1 tbsp American mustard
- 1 tbsp ketchup
- 1 tbsp white wine vinegar
- 1/2 tspn garlic powder
- 1/2 tspn onion powder
- 1/2 tspn paprika
- 2 little gem lettuces, leaves separated
- 2 large tomatoes, sliced
- 1 red onion, sliced
- Dill pickles to serve on the side
- Wholemeal burger buns, halved
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- **Potato Wedges**
- 800g baking potatoes, cut into wedges
- 2 tbsp olive oil
- 1 tbsp rosemary, chopped
- 1 tbsp thyme, chopped
- Salt and freshly ground pepper
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Burger...

1. First begin by making the burger patties, mix the mince, onions, carrot, garlic, oregano, egg, breadcrumbs, Worcestershire sauce, Tabasco, salt and pepper together well. Divide into 4 and form patties.
2. Next heat up a griddle pan and brush with a little olive oil. Place the burgers on the griddle and cook for 3-4 minutes on each side or until the burger is cooked to medium and is still nice and juicy.
3. While the burgers are cooking place the halved buns under the grill to toast a little.
4. Make the burger sauce by mixing together all of the ingredients.
5. When the burgers are cooked, serve them on top of the toasted buns. Add a spoon of the burgers sauce and top with lettuce, red onion, tomato and pickles. Top with the burger bun lid and serve with hot potato wedges.

Potato Wedges...

1. Preheat the oven to 200°C.
2. Toss the potato wedges into the olive oil and season well with salt and pepper. Lay the wedges in a single layer onto a baking tray and cook for 20 minutes.
3. Remove from the oven and sprinkle with the chopped herbs, mix well and return to the oven for a further 10 minutes or until golden and crispy.
4. Remove from oven and serve immediately.



COMFORT CRUNCH CRUMBLE with Custard

- 5 large cooking apples, peeled and cut into big chunks
 - 2 tbsp honey or agave syrup
 - 1/2 tspn mixed spice
 - 250g blackberries
 - 100g wholemeal flour
 - 70g rolled oats
 - 75g butter
 - 75g demerara sugar
 - Low fat custard to serve
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1. Preheat the oven to 180°C.
 2. Mix the apples with the honey, mixed spice and blackberries and place inside a pie dish.
 3. Rub the butter into the flour until it resembles breadcrumbs, mix in the oats and sugar. Sprinkle this mixture over the fruit and bake for 30-40 minutes or until the fruit is soft and the topping is golden and crunchy.
 4. Serve with low fat custard.

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