Assembly cook

15 minute special

Each of these tasty dinners is ready in 15 minutes or less – which is just what you need in the busy run up to Christmas!

Monday

- ☐ 3 shallots
- ☐ Small jar chilli jam (we like Hawkshead Chilli Jam, from Tesco)
- ☐ Small jar shrimp paste (we used Thai Taste Shrimp Paste, from Waitrose)
- ☐ 1 lime
- ☐ 2 sirloin steaks
- ☐ 150g mangetout
- ☐ 4 spring onions
- ☐ Small bunch of fresh coriander leaves

From the storecupboard

- ☐ Groundnut oil
- ☐ Tomato ketchup
- ☐ Knob of fresh ginger
- ☐ Small bag natural roasted peanuts

Tuesday

- ☐ 250g tenderstem broccoli
- ☐ 1 red chilli
- ☐ 150g soft goat's cheese
- ☐ Small pack toasted pine nuts

From the storecupboard and fridge

- ☐ 300g penne
- ☐ Olive oil
- ☐ Garlic
- ☐ Dried breadcrumbs

Wednesday

- ☐ 2 x 180g skinless haddock fillets
- ☐ Pack of sliced prosciutto
- ☐ 190g jar ready-roasted tomatoes (we like Sacla Italian Oven Roasted Tomatoes with Olives, from Waitrose)
- ☐ Small pack fresh pesto (we like Stark Naked Basil Pesto, from Sainsbury's)
- ☐ Small jar ready-chopped garlic (we used English Provender Very Lazy Garlic, major supermarkets) or use 2 garlic cloves
- ☐ Pot of fresh basil leaves

From the storecupboard

- ☐ Olive oil
- ☐ 400g can butter beans
- ☐ Vegetable stock cube

RECIPES AND FOOD STYLING **LUCY WILLIAMS**
PHOTOGRAPHS **CRAIG ROBERTSON**
STYLING **PENNY MARKHAM**

Thursday

- ☐ 220g pack ready-roasted chicken breasts
- ☐ 110g pack baby leeks
- ☐ Small pack smoked bacon lardons
- ☐ 280g jar mustard and tarragon cooking sauce (we like The Bay Tree Mustard and Tarragon Cooking Sauce, from Waitrose) or your favourite creamy cooking sauce
- ☐ 100ml double cream
- ☐ 450g pack ready-made mashed potato with cheese (we used Waitrose Cheddar Mash)

From the storecupboard and fridge

- ☐ Olive oil
- ☐ Butter

Friday

- ☐ 1 small onion
- ☐ 130ml crème fraîche
- ☐ 2 lemons
- ☐ 140g smoked salmon (we like Waitrose Heathland Smoked Salmon)
- ☐ Small bag baby spinach leaves

From the storecupboard

- ☐ 180g linguine
- ☐ Olive oil
- ☐ Small pot horseradish
- ☐ Capers