FREE

Food
COOP.CO.UK/FOOD ISSUE 36 JULY 2017

SUMMER EATS
Recipes and ideas for the perfect barbecue

LOVE BRITISH FOOD
Tasty takes on our 100% fresh British meat

QUICK & EASY
Inspiring ways with your Co-op favourites
100% fresh British meat in all our chilled ready meals

Food #TheCoopWay

Refers to Co-op own brand fresh meat products. Excludes continental meats. Serving suggestion. Products shown as stocked in participating stores & subject to availability.
WELCOME TO JULY

Summer’s here! In this issue, we’re celebrating by taking eating outdoors and adding flavours from around the world to our recipes – from Asia to the Caribbean, we’ve got it covered. Unlike any other major supermarket, all Co-op fresh meat is 100% British. That includes the fresh meat in our chilled ready meals and sandwiches, as well as cuts such as our Welsh lamb leg steaks and bacon. As it’s barbecue season, we’ve got some fantastic recipe ideas using our British meat on page 23. Plus, we’re celebrating Wimbledon, with recipes featuring British strawberries on page 39. For some seriously creative cakes, turn to page 46, or pick up one of these gorgeous Watermelon Carnival Cupcakes instore. At Co-op, we’ve got everything you need for a summer to remember. Enjoy!

THE CO-OP FOOD TEAM

CONTRIBUTORS...

KITTY ALDIS
Content manager
I find following recipes on my phone really easy, and our handy magazine app has loads to try too.

RACHEL LIVERSEDGE
Campaign manager
I love a BBQ, and with the recipes on page 23 it doesn’t matter if the sun’s out or not.

KATIE DORRIFCOTT
Assistant campaign manager
Our new irresistible Pad Thai with 100% British chicken tastes great (page 35).

WILLIAM SHAW
Photographer
Master pie maker Ian’s enthusiasm for all things pie was completely infectious. Meet him on page 28.
HARIBO

Summer Frenzy

Back by popular demand, Haribo Starmix & Tangfastics, but...
Not as YOU know it!

Enjoy the tastes of Summer...whatever the weather

Available in store from 7th June – 18th July

Participating stores. Subject to availability

Kids and grown-ups love it so, the happy world of Haribo!
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WE’RE ONLINE! For how-to videos and more, go to coop.co.uk/foodmagazine or download our free app

drinkaware.co.uk for the facts
Choose

BOLD BRIGHT BEAUTIFUL

FIND YOUR FAVOURITE TODAY

Nescafé Azera

By Design

Participating stores, subject to availability.

*Reg. Trademark of Société des Produits Nestlé S.A.
What’s on at your Co-op this July

Get ready for summer fruits, days out and barbecues aplenty with our guide to the month ahead. Time to see what’s instore...
GOING FOR GOLD
We’re counting down to the World Para Athletics Championships London 2017, where Co-op is proud to be National Partner and Team Supporter of the British Para Athletics Team. Between 14 and 23 July, Co-op will also be ‘Feeding the Championships’ by dishing up nutritious, British-sourced meals to everyone working at the event.

Someone who knows all about the importance of eating well and staying in shape is Co-op colleague Carly Tait (right), as she prepares to represent Great Britain once more. If you’d like to post messages and photos of support for the team during the build-up and throughout the Championships, check out the ‘Support Our Heroes’ mosaic at goodluckcarly.com.

FIRING UP A FAIRER BBQ
Summer’s here and, weather permitting, many of us will be getting the barbecue going. We give a lot of thought to who to invite, what to cook and what to drink, but not many of us stop to think about where the charcoal that cooks our burgers, ribs and corn cobs comes from.

Pick up some Co-op Fair Trade Instant Lighting Charcoal (1.5kg or 3kg) or an Instant BBQ** and you’ll be helping to offer a fair deal for the factory workers and charcoal burners of Namibia, southern Africa. In 2009, we partnered with Fair Trade organisation Traidcraft to create the world’s only Fair Trade charcoal.

Today, we’re proud that our instant lighting charcoal range is still produced uniquely with workers and local communities in mind.

Pick up Co-op Fair Trade instant lighting charcoal or an Instant BBQ for great tasting food this summer.
THIS MONTH I’M LOVING INTERNATIONAL FLAVOURS
I’ve always encouraged my kids to try new flavours, so at home my cooking is often inspired by international twists. This issue, you’ll find some fantastic ideas to try. Co-op seasonal vegetables meet exotic spices in Meat-free Mondays on page 10, and our 100% fresh British meat is showcased in impressive (and speedy) style in Ready in 30 on page 33. You could also try this delicious vegan Thai salad – find the recipe on our digi mag at coop.co.uk/foodmagazine. Enjoy the issue!

Amanda Grant, editor at large, Co-op Food

PAYING A VISIT
Co-op’s Fairtrade strategy manager, Brad Hill, recently visited Namibia and saw first-hand how our Fair Trade premium, generated from the sale of Co-op Fair Trade charcoal, has been put to good use.

‘Fair Trade is making a real difference in Namibia, strengthening communities,’ says Brad. ‘It has certainly changed the way I think about charcoal.’

Try this fresh, nutty Thai salad

GET MORE
Watch our how-to recipe video too, at coop.co.uk/foodmagazine
Meat-free Mondays
Seasonal veg meets international flavours with these fresh dishes inspired by tastes from around the world

Greek salad pittas
Add some chilli to these pittas for an extra kick.

FEEDS 2 READY IN 15 MINS

- 60g Co-op feta, cubed
- 1 Co-op British tomato, chopped
- 75g cucumber, peeled and chopped
- 3 tbsp fresh mint, chopped, or 2 tsp dried
- 2 tbsp Co-op olive oil
- Freshly ground black pepper
- 2 Co-op white pitta breads
- 1 red onion, sliced
- 120g Co-op rocket

1. In a large bowl, mix together the feta, tomato, cucumber, mint and 1 tbsp of the olive oil. Season with freshly ground black pepper.
2. Heat the pittas by dry frying in a pan for 2 mins on each side, then set aside and keep warm. Add the remaining oil to the pan and fry the onion for 2 mins to soften slightly. Add to the bowl and stir.
3. To serve, divide the rocket between the pitta breads and spoon in the filling.

approx per serving (serves 2)

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% of an adult’s reference intake. Carbohydrates per serving: 34g
Tuscan bean soup

Light but filling, this feels like an Italian holiday in a bowl.

FEEDS 2 READY IN 40 MINS

- ½ tbsp Co-op olive oil
- ½ onion, finely chopped
- 1 Co-op British carrot, grated
- 1 clove garlic, finely chopped, plus 1 clove, halved (optional)
- 3 sprigs thyme, leaves chopped, or ¼ tsp dried
- ½ sprig rosemary, leaves finely chopped, or ¼ tsp dried
- Pinch chilli flakes
- 1 red pepper, deseeded and sliced
- 400g can Co-op chopped tomatoes with mixed herbs
- 500ml vegetable stock, made using ½ stock cube
- 400g can Co-op cannellini beans, drained
- 50g kale, shredded
- 6 spears Co-op British tenderstem broccoli
- 4 Co-op baguette slices (optional)
- 10g Cheddar, grated (optional)

1. Heat the olive oil in a large pan and gently fry the onion, carrot and chopped garlic for 10 mins. Add the herbs, chilli and red pepper, and cook for 2-3 mins more.
2. Add the chopped tomatoes, stock and cannellini beans and bring to the boil. Turn down to a simmer and cook for 10 mins.
3. Add the kale and broccoli, cover and cook for a further 5 mins, until the veg is tender.
4. Meanwhile, toast the baguette slices, if using, then rub one side of each with the cut side of the halved garlic, and sprinkle over some Cheddar. Melt under the grill and serve with the soup.

approx per serving (serves 2)

<table>
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% of an adult’s reference intake.
Carbohydrates per serving: 53g

2 of your 5 a day

LOW fat
Tunisian cous cous

Add a handful of dried fruit to this dish for an authentic twist.

FEEDS 2 READY IN 30 MINS

- 20g flaked almonds
- 2 tbsp Co-op olive oil
- 1 bulb fennel, trimmed and thinly sliced
- 120g Co-op British carrots, peeled and sliced diagonally
- 1 green pepper, deseeded and chopped
- 1 onion, sliced
- 2 cloves garlic, peeled and finely chopped
- 150g Co-op cous cous
- ¾ tsp cinnamon
- 1 red chilli, deseeded and finely chopped
- 1 tsp paprika
- 1 tbsp tomato purée
- Handful fresh mint, chopped (optional)

1 Toast the almonds in a dry pan then set aside. Heat the oil and fry the fennel, carrots, pepper, onion and garlic for 5 mins, cover then fry gently for 10 more mins.
2 Add the cous cous, cinnamon, chilli, paprika and tomato purée. Pour over 150ml boiling water and stir well. Cover and cook for 5 mins, then fluff up with a fork.
3 To serve, scatter with the almonds and the mint, if using.

approx per serving (serves 2)

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DID YOU KNOW?
If our veg is in season and we can make it British, we do

1 of your 5 a day

LOW saturated fat
Persian style koftas

These quick, tasty veggie balls are great for lunchboxes too.

FEEDS 2 READY IN 25 MINS

- 2 tbsp Co-op olive oil
- 1 onion, finely chopped
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp chilli flakes
- 1 clove garlic, finely chopped
- 2cm fresh ginger, grated
- 180g podded Co-op British broad beans
- ½ x 400g can Co-op chickpeas, drained
- 1 tbsp maple syrup
- 70g wholemeal breadcrumbs
- 2 Co-op soft tortillas
- 2 tbsp Co-op red pepper houmous
- 1 Co-op British little gem lettuce, shredded

1 Heat half the olive oil in a frying pan, add the onion and cook for 5 mins on a low heat to soften. Add the coriander, cumin, chilli flakes, garlic and ginger and cook for 2 mins more.
2 Boil the broad beans for 3-5 mins until tender, drain, then blend with the chickpeas, syrup, breadcrumbs and onion. Once the mixture comes together, shape into 12 balls.
3 Heat the remaining olive oil in the pan and cook the koftas for 5 mins, rolling them gently until heated through.
4 Spread the middle of each tortilla with 1 tbsp houmous, add some lettuce and 6 kofta balls, then wrap up and serve.

Approx per serving (serves 2)

| Energy | 2590kJ 616kcal |
| Fat    | 23.1g 32% |
| Saturates | 4.2g 21% |
| Sugars | 12.9g 14% |
| Salt   | 1.29g 22% |

% of an adult’s reference intakes. Carbohydrates per serving: 75g

Colleague Test

Jade Johnston
Probate Advisor, Bristol

‘The koftas had a nice mild spice to them, leaving you with a warmed feeling, without being too hot – perfect for the warmer weather.’
3 WAYS WITH HONEY

As sweet as summer, Co-op clear honey hits the spot in these delicious recipes

Grilled feta with honey & thyme

This makes a great starter or side dish and is something you’re sure to make time and time again.

FEEDS 4 READY IN 15 MINS

Put 200g Co-op feta in a heatproof dish and spread with 2 tsp Co-op olive oil. Grill for 5 mins until warm and starting to soften on top, then drizzle over 2 tbsp Co-op clear honey. Scatter over 2 tbsp sesame seeds and the leaves from a sprig of fresh thyme, or ¼ tsp dried. Grill for 5 mins more, then drizzle over another 1 tbsp Co-op clear honey with a sprig of mint, leaves finely chopped, if you like. Mix a 120g bag Co-op baby leaf salad with ½ cucumber, finely sliced, and serve with the feta and 4 pitta breads, warmed and sliced.

approx per serving (serves 4)

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<table>
<thead>
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Carbohydrates per serving: 40g
Portuguese style custard tarts

Adding honey helps the pastry caramelise slightly, for an extra sweetness that makes these tarts taste really good.

**Makes** 10 tarts  
**Prep** 20 mins  
**Cook** 25 mins

Preheat the oven to 200°C/fan 180°C/Gas 6 and generously grease 10 holes of a 12 hole muffin tray with Co-op unsalted butter. Pour 400g Co-op fresh custard into a jug, add the zest of ½ lemon and 1 tsp ground cinnamon and stir well. Lay out a 320g sheet puff pastry and sprinkle over 2 tsp ground cinnamon, then drizzle over 2 tbsp Co-op clear honey. Fold the pastry in half then roll out again to the same size as the original sheet. Starting with one of the long ends, roll the pastry into a long Swiss roll shape and cut into 10 equal pieces. Take each circle, swirl side up, and gently mould to fit each muffin hole. Pour the custard into the pastry cases and bake for 25 mins, until golden.

**Approx per serving (makes 10)**

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% of an adult’s reference intake. 
Carbohydrates per serving: 11g

Honey nut crunch ice cream

Try serving this incredible ice cream with a few Co-op cornflakes on top for extra crunch.

**Makes** about 20 scoops  
**Prep** 20 mins  
**Freeze** 6 hours

Whip 600ml Co-op whipping cream into soft peaks, then mix in a 397g can condensed milk. Add 4 tbsp Co-op clear honey and swirl through the mixture. Add 100g salted peanuts, finely chopped, and 100g sesame seeds and mix together. Spoon into a plastic container and freeze for at least 6 hours. Serve drizzled with some extra Co-op clear honey, if you like.

**Approx per serving (makes 20 scoops)**

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<td>MED 16%</td>
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% of an adult’s reference intake. 
Carbohydrates per serving: 15g

*HIGH* indicates that the level of this nutrient is above the ‘low’ range.
Summer ready meals

Less time in the kitchen after work equals more time in the sunshine. These dishes are ready in minutes, bringing you amazing flavour in a flash.

1 Dirty Fries
Chips and cheese are a winning combo, which is why we’ve taken them to the next level with our Dirty Fries. Thick-cut maris piper potatoes are coated in a blend of six herbs and spices for a fiery kick, before being slathered in a rich sauce of Monterey Jack, extra mature Cheddar and jalapeño chillies. They’re then topped with a melting mix of mozzarella, extra mature Cheddar and Monterey Jack, plus a scattering of parsley and more jalapeños. Sensational.

2 Chicken Wings
Chicken wings make for fantastic finger food and are ideal for sharing with your friends. Co-op 100% British Sweet Maple BBQ Wings make it easier than ever to get your fix. If it’s sunny, these classic wings are the perfect finger-licking addition to any barbecue or picnic. But don’t worry if it’s raining – they’re just as good with a crisp salad and cooling dip in front of the TV.

3 Triple Mac & Cheese
So good we named it thrice! Co-op Triple Mac & Cheese elevates this comfort food classic to new heights. It all begins with authentic Italian macaroni, which is coated in a full-flavoured nacho cheese sauce. Next comes a delicious three cheese combo of Cheddar, mozzarella and Red Leicester, then it’s topped off with a crispy ciabatta crumb for extra layers of taste and texture when baked.

4 Beef Tacos
Take the work out of this Mexican classic with our new Beef Tacos. You’ll find everything you need in the pack – succulent marinated and slow cooked beef brisket, a spicy Cajun sauce, roasted red peppers, mixed beans, pickled red onion and quality flour tortillas. We’ve even included a tortilla rack, so all you need to do is dry fry the tortillas in a pan, sit them in the rack and fill them (before filling yourself up!).

Coop.co.uk/foodmagazine
SUPPORTING LOCAL

- SOURCED OR MADE LOCALLY -

Whether you’re on holiday in a different part of the UK or staying at home this summer, look out for our truly local ranges instore.

**Cartmel, Cumbria**

*Cartmel Sticky Toffee Sauce* is the ideal topping for ice cream or pancakes – or eat it straight from the jar with a spoon...

**Hebden Bridge, West Yorkshire**

*Lottie Shaw* is a fourth-generation baker making authentic treats based on recipes handed down from her great grandma. Find them in Yorkshire branches of Co-op.

**Barmouth, Gwynedd**

In Wales? Then pick up some *Shepherd’s Welsh biscuits*. Ruggedly oaty, they’re made by a husband and wife team with a passion for local produce.

Love local food? Tell us about your favourites on Facebook and Twitter. Coming up next month: **Cornwall**.
Top pots
For a dairy- and gluten-free breakfast, try whizzing Alpro’s Plain with Almond soya alternative to yogurt into a smoothie or serve with nuts, seeds and berries. For a more exotic taste, top the Coconut variety with granola and tropical fruit such as mango. Delicious, 100% plant-based and low in sugars too.

Brilliant bread
Genius founder Lucinda first started making fresh, gluten-free bread at home for her son. After two years spent perfecting the recipe, Genius now produces loads of tasty gluten-free products, including the best-selling Triple Seeded Sandwich Loaf (above), packed with vitamins and minerals.

Free From Foods
All these fantastic products are guaranteed to be gluten-free. So if you or your friends are looking for delicious snack and meal ideas, then head to your local Co-op today.

Snacks on the go
For a tasty, anytime treat grab a delicious Nākd bar or a bag of Nākd Fruit & Nut Nibbles. These wholefood snacks are made with 100% natural ingredients with no added sugar. They’re also vegan, and gluten, wheat and dairy free and come in a variety of delicious flavours.

Perfect slice
Sometimes you just fancy a nice slice of white bread, and this Gluten Free Wholesome White Loaf from Schär ticks all the right boxes. Wheat, gluten, milk, egg and preservative free, it’s also available in a seeded variety. Soft and tasty, and high in fibre too! Turn to page 56 for a money-off voucher.

Fingers of fun
One of the Captain’s favourites, Birds Eye Gluten Free Fish Fingers are made from 100% fish fillet with a light, crispy breadcrumb coating. They even won a Bronze award at the Free From Food Awards in April. Turn to page 56 for a money-off voucher.
On the grapevine

This month, we travel to a winery near Cape Town to find out what goes into making Co-op’s Irresistible Chenin Blanc, and recommend some other fantastic South African wines.

Welcome
I’m Simon Cairns, trading manager for beer, wine and spirits at Co-op. My team of buyers travels the world to taste and bring back the best wines for you to enjoy. This month, we’re focusing on South African wines, and highlight a few surprising gems from our range. First, though, we have exclusive insight into the passion and effort that goes into producing our Irresistible Chenin Blanc. Our marketing manager, Sarah Benson, visited the wonderfully named town of Darling, near Cape Town, to help with the harvest for this delicious wine. Cheers!

Co-op in… Darling, South Africa
Sarah Benson shadowed winemaker Maggie Venter at Darling Cellars winery

I travelled to Darling to meet winemaker Maggie Venter, who makes Co-op’s Irresistible Chenin Blanc. As I spent time with Maggie and the team, I was lucky enough to get involved in the whole process, from tasting the grapes on the vine, to preparing the yeast and sampling the wines. I was amazed at the passion and dedication that goes into creating great wine – during the harvest, days are long and everyone works tirelessly to get the best out of the grapes.

For Maggie, it’s her dream job. ‘I’ve always loved being outdoors,’ she says. ‘I like being busy and creative, but I also enjoy the analytical and scientific skills you need to make wine. There’s nothing I’d rather do.’

She’s a die-hard chenin blanc fan and is delighted that Co-op stocks some of her best wine (see below). The grapes come from well-established bush vines, most of which are nearly 80 years old. This maturity means the grapes ripen nice and slowly and, aided by the cool Atlantic breeze, form the delicious fresh, fruity flavours that make her Irresistible Chenin Blanc taste so wonderful. Find it instore today.

Gyles’s recommendations
Gyles Walker is Co-op’s buyer of South African wines and here he recommends a few bottles from our fantastic range.

- **Co-op Irresistible Chenin Blanc**, 75cl £6.99
  Maggie Venter’s delicious chenin blanc is a juicy white full of citrus and tropical fruit. It’s great on its own, or with chicken or pork.

- **Chocoholic Pinotage**, 75cl £9.99
  Another wine from Darling Cellars, Chocoholic Pinotage is a velvet-smooth red, full of ripe, dark fruit. Goes well with chocolate!

- **Co-op Irresistible Pinotage**, 75cl £6.99
  Exclusive to Co-op, this wine from Cape Point is fresh, fruity, full of wild berries and gentle spice, and perfect for summer barbecues.

- **Stonehaven Sauvignon Blanc**, 75cl £7.99
  If you want a great-value sauvignon, try this, from Stonehaven. It’s full of elderflower and lime, and is great with seafood.
LET'S GO OUTSIDE
Planning a camping trip or picnic? Pack some new-to-store Most Wanted 187ml individual wine pouches – super-handly and made from recyclable material. Choose from a Sicilian Pinot Grigio – packed with peach and citrus flavours – and an Argentinean Malbec that’s bursting with notes of blackberry and light oak.

FEELING FRUITY
The sunshine and ocean breezes of Chile’s Leyda Valley provide the ideal conditions for creating fantastic wines, including the award-winning Co-op Irresistible Sauvignon Blanc. It’s packed with peach, gooseberry and citrus flavours, plus subtle grassy and herbal notes. Great with fish or seafood.

GET CRAFTY
Refreshing and full of flavour, Westons Ciders will tantalise your taste buds. Rosie’s Pig Flat Tyre is a sparkling cloudy cider with a hint of rhubarb, while Caple Rd is a full-bodied brew – and the first canned cider in the UK produced with genuine craft credentials.

SWEET & SOUR
Italian liqueur Disaronno is the original amaretto tipple. Drink it straight up or try in a Disaronno Sour:
mix 25ml Disaronno with the juice of ½ lemon and 1 tsp sugar, and serve over ice.

**WHAT A KICK**
Looking for a great summer cocktail? Try a Russian Mule: fill a copper mug with ice, squeeze in the juice of ½ lime, add 25ml Russian Standard Vodka and top up with ginger beer. Garnish with a lime wedge.

**MIX IT UP**
You can’t beat a refreshing G&T to sip in the garden, and Schweppes is the perfect mixer. It has just the right balance of bitterness, acidity and sweetness with a great citrus hit. Because it’s the nation’s favourite**, you’re in good hands.

**THAT’S THE SPIRIT**
Hand crafted in the heart of England and new instore, Whitley Neill Gin makes a delicious G&T. This award-winning gin blends an exotic mix of African botanicals. Serve with orange slices to bring out the citrus notes.

**SMOOTHLY DOES IT**
Oak-aged Three Barrels VSOP Brandy has a smooth, velvety taste with hints of almond and walnut, and a long finish of ginger and candied fruit. Serve with tonic over ice for a summery twist.

drinkaware.co.uk for the facts
BORN TO BE BAKED

Exciting baked snacks just arrived from Walkers mean a new recipe and new flavours to taste...

**Calling all crisp lovers out there**
— Walkers is introducing a new and improved recipe for its Oven Baked potato snacks that really hits the spot. Oven cooked for extra crispy crunchiness, the crisps have all the great taste of Walkers but with 50% less fat**.

If you’re looking for a delicious new version to try, then pick up a pack of Fusions. Real ingredients, such as tomatoes, are baked in then topped with a fusion of irresistible flavours. Give Spicy Tomato and Herbs, and Cheddar and Red Pepper, a go for a true taste experience.

The ideal snack to enjoy at home or on the go, they’re also delicious with your lunch. Pick up a pack at Co-op today and get crunching!

**50% LESS THAN REGULAR POTATO CRISPS**

**GOOD TO KNOW**
New Baked Fusions have real ingredients baked in the crisp
get your grill on

When the sun’s shining, get your friends together and head outside. And if it rains... just take the party inside!

Pineapple & halloumi burgers

On the cover Beef & beet burgers

FABULOUS FEAST
Look out for great-value offers on BBQ dishes in your local Co-op
Pineapple & halloumi burgers
These will be a dream for any veggie guests at your barbecue.

FEEDS 6 READY IN 20 MINS

- 6 Co-op halloumi burgers
- 4 tsp Co-op clear honey
- Juice of ½ lime, plus 3 limes, halved
- Freshly ground black pepper
- 3 x 227g can Co-op pineapple slices, drained
- 6 Co-op white pitta breads
- Few handfuls fresh spinach leaves (optional)

1 Grill or barbecue the halloumi burgers for 5 mins on each side.
2 Meanwhile, mix the honey and lime juice together and add a few pinches of black pepper. Toss the pineapple slices in the mixture then cook on the barbecue or under the grill for a few seconds until just charred.
3 Grill or barbecue the lime halves for 1-2 mins, until charred.
4 Warm the pittas, then fill each with a handful of spinach leaves, if using, 2 pineapple rings and a halloumi burger. Serve with the charred lime halves to squeeze over.

approx per serving (serves 6)

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% of an adult’s reference intake.
Carbohydrates per serving: 41g

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On the cover
Beef & beet burgers
Burgers don’t get much juicier than these...

FEEDS 6 READY IN 20 MINS

- 1 tbsp Co-op olive oil
- 1 red onion, peeled and finely chopped
- 1 clove garlic, peeled and finely chopped
- Pinch chilli flakes
- 600g Co-op Irresistible lean beef mince
- 6 slices halloumi
- 6 Co-op sesame seed buns, sliced in half
- 6 tsp redcurrant jelly
- Handful rocket
- 3 cooked beetroots, thinly sliced

1 Heat the oil in a pan and soften the onion for about five mins. Add the garlic and chilli flakes and cook for a few more mins.
2 Set aside to cool for a few mins, then add the mince, mix together and shape into 6 burgers.
3 Heat your grill or barbecue and cook the burgers for 15 mins, turning halfway through. Cook the halloumi for 1 minute on each side.
4 To serve, toast the bun halves and top each of the bases with 1 tsp redcurrant jelly, a few rocket leaves, a burger, a slice of halloumi, a few slices of beetroot, a bit more rocket and a bun top.

approx per serving (serves 6)

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% of an adult’s reference intake.
Carbohydrates per serving: 38g
Sticky maple pork kebabs
Great indoors or outdoors, these tasty skewers are easy to cook and even easier to eat.

FEEDS 6  PREP 10 MINS  COOK 20 MINS

- 660g Co-op British new potatoes
- 6 tbsp Co-op olive oil
- 3 x 400g pack Co-op pork fillet, cut into bite sized cubes
- 6 tbsp maple syrup
- Freshly ground black pepper
- 3 limes, halved, plus juice of ½ lime
- 3 x 158g can Co-op sweetcorn, drained
- 3 red chillies, deseeded and finely chopped
- 6 Co-op soft tortillas
- 1 bag Co-op mixed leaf salad

1 Preheat your grill or barbecue. Place the potatoes in a pan of boiling water and simmer for 15 mins, or until tender. Drain, drizzle over half the olive oil, stir and set aside.

2 Meanwhile, coat the pork with the rest of the oil, the maple syrup and some black pepper in a bowl. Divide between 6 metal skewers (or wooden ones soaked in water for 30 mins).
3 Grill for 12-15 mins, turning every few mins until all sides are cooked.
4 Char the lime halves, and stir the sweetcorn, chilli and lime juice into the potatoes.
5 Warm the tortillas in a dry pan for 1 minute on each side, then fill with the salad and pork skewers, and serve along with the potato salad and charred lime halves.

DID YOU KNOW?
All Co-op fresh meat, including the pork in these kebabs, is 100% British

approx per serving (serves 6)

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% of an adult’s reference intake. Carbohydrates per serving: 72g
Caribbean chicken
Finish Co-op spicy chicken halves on the barbecue to add a hit of smoky flavour.

FEEDS 6 PREP 30 MINS COOK 1 HOUR 5 MINS

- 3 x 626g pack Co-op spicy Caribbean half chicken with mango, lime and chilli glaze
- 3 tbsp Co-op olive oil
- 3 onions, finely chopped
- 3 tbsp fresh thyme leaves, or 1 tsp dried
- 300g Co-op long grain rice
- 600ml chicken stock
- 300ml reduced fat coconut milk
- Freshly ground black pepper
- 1½ x 400g can kidney beans
- Handful fresh coriander, chopped (optional)

1 Preheat your oven to 190°C/fan 170°C/ Gas 5, and cook the chicken according to the pack instructions.
2 After 40 mins, heat the oil in a frying pan and cook the onions and thyme over a medium heat for 3-4 mins until the onions are beginning to turn golden. Add the rice and stir well.
3 Pour in the stock and coconut milk and season with black pepper. Stir well, then simmer with the lid on for 15 mins, stirring once.
4 Stir in the kidney beans, drained and rinsed, plus 100ml water, and cook for 5 more mins.
5 If using a barbecue, finish the chicken off by cooking for a few more mins on each side to add a smoky flavour. Serve the rice with the chicken, scattered with the coriander, if using.

DID YOU KNOW?
This may have Caribbean flavour, but all Co-op fresh chicken is 100% British.

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% of an adult’s reference intake.
BBQ pork loin steaks

Coated with a delicious, sticky glaze, these steaks go brilliantly with our apple slaw.

FEEDS 6 PREP 10 MINS COOK 25 MINS

- 2 x 380g pack Co-op British smokehouse BBQ pork loin steaks

FOR THE APPLE SLAW
- 6 red apples, finely sliced
- 15 radishes, finely sliced
- 3 tbsp Co-op olive oil
- 1⅓ tbsp white wine vinegar
- 3 tsp Co-op clear honey

1 Preheat the oven to 200°C/fan 180°C/Gas 6 and cook the steaks according to the pack instructions. Meanwhile, stir together all the slaw ingredients.
2 Once the steaks are cooked, grill or barbecue for 3-4 mins for a smoky finish, and serve with the apple slaw.

approx per serving (serves 6)

Sweetcorn with Stilton dip V GF

Delicious as a side or on its own.

FEEDS 6 READY IN 15 MINS

Put 3 x 250g packs Co-op sweetcorn cobettes in a pan of boiling water and simmer for 6-8 mins, or until just tender. Meanwhile, make a dip by mashing up 90g Co-op Irresistible Stilton, 6 tbsp Co-op soft cream cheese, 3 tbsp Co-op sour cream and 15 jarred jalapeños, finely chopped. Dust with a pinch paprika. Brush the sweetcorn with 3 tbsp Co-op olive oil and sprinkle with freshly ground black pepper. Grill or barbecue the cobettes for 3-4 mins, slice into rounds and serve with the Stilton dip.

approx per serving (serves 6)
WHO made all the PIES?

It takes more than delicious British pork to create a Melton Mowbray pork pie, as Rosie Mullender finds out as she heads to Leicestershire to see how they’re made.
If you’re a big fan of pork pies, you need to meet Ian Heircock. Master pie maker for Walker & Son near Melton Mowbray in Leicestershire, he’s been making pork pies for 38 years – and knows them inside out.

‘There’s no such thing as the perfect pork pie – every single one is unique,’ Ian tells me, rapping his knuckles on the side of a freshly baked crust. ‘But the best pie will have a crispy crust and shiny lid, like this one. When you cut it in half, the pastry will be an even thickness, with jelly filled up to its shoulder. And, of course, it’ll taste delicious.’

I’m here to find out the secret to making a delicious pork pie – and to find out what makes Melton Mowbray’s pies so special. Ian’s huge passion tells me I’ve come to the right place.

A taste of history
The ultimate portable snack, pork pies became especially popular in Melton in the 1700s, as a sturdy lunch that could withstand a day’s labour. Back then, the pastry was thrown away, with only the meat eaten. The jelly was introduced to protect the pork filling from rattling around inside. Eventually, the pastry was made taster to become an essential part of the pie, and today Melton Mowbray is still the home of the classic pork pie.

‘There are strict rules about what makes a Melton Mowbray pie,’ Ian explains. ‘Firstly, the meat has to be uncured, which is why it’s grey rather than pink – the same as a pork joint you might roast at home.

‘The pie has to be self-supporting, which means cooked without a tin or hoop to keep the sides up. And Walkers pies don’t contain any artificial colours, flavours or preservatives.’

In the same way that Cornish pasties can only be made in Cornwall, Melton Mowbray’s protected geographical indication means a pork pie can’t use the town’s name unless it’s made in a specific zone around Melton – and Walker & Son has been doing just that since 1824.

Like all Co-op’s meat cuts, sandwiches and ready meals, the pies Walker & Son makes for us use 100% British meat straight from Co-op approved farms. Trained butchers trim the meat by hand before it’s minced or diced, depending on the pie you choose.

Some of the pies from our Irresistible range are finished by hand, with crimped...
DELICIOUS, HEALTHY & QUICK

The Tilda Steamed Basmati Range is completely gluten free and made with the very finest natural ingredients. And they’re ready to eat in just two minutes.

For more delicious recipe inspiration visit Tilda.com

@TildaBasmati  TildaRice  @TildaRice

Participating Stores. Subject to availability. From 28th June to 7th August.
pastry or tasty toppings added. But the real secret is in the seasoning. ‘It’s a tricky thing to master,’ Ian says. ‘But we work hard to make sure the secret seasoning we use is just right.’

**Quality baked right in**
As Ian takes me through the pie-making process, the smell of fresh pastry from the ovens spreads through the bakery. Pastry made locally by Walkers is moulded into cases before being filled with fresh pork.

Next, the pies are cooked in the ovens, where the meat naturally shrinks inside the pastry. That’s where the jelly comes in: once the pies have cooled, they’re filled through a hole in the top with stock, which sets into a tasty, meaty jelly.

‘Some people don’t see pork pies as a quality product, which is a crying shame,’ Ian says. ‘We use quality pork, and pastry made with the best flour and lard, to a traditional British recipe. We’re very proud of what we produce.’

And because all Co-op own brand pork pies are made right here, you can be sure you’re choosing a fantastic pie when you pick one from our shelves.

**Dinky but delicious**
Throughout the day, I see all sizes of pie trundling out of the ovens (up to 8,000 minis can be cooked at a time), from bite-sized dinkies to 440g pies for sharing or special occasions.

‘We make all kinds – we’ve even been asked to make wedding cake pies,’ Ian says. ‘And last year, just when we thought the mini was the be-all and end-all, the dinky came along,’ he adds, picking up a golden, bite-sized pie that I can’t help but think would fit nicely in my pocket.

An incredible 12 million mini pies alone are destined for Co-op shelves. But surely after 38 years Ian must be a bit sick of them? ‘Not at all, even though I eat them every day,’ he laughs. ‘It’s a Leicestershire tradition to have pork pie for Christmas breakfast, and I have mine with ketchup and a boiled egg.

‘Whether you’re having a picnic or celebrating, you can’t go wrong with a pork pie,’ he says. And as I finally get to try one of Ian’s pies, its crisp pastry melting into a warmly spiced and beautifully balanced porky bite, I can’t help but agree.
INTRODUCING MARS® CHOCOLATE BROWNIE – DELICIOUS CHOCOLATE BROWNIE NOUGAT WITH DARK CARAMEL, COVERED IN CLASSIC MARS® MILK CHOCOLATE

INSTORE 28TH JUNE

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READY IN 30
(OR LESS...)

Inspired by flavours from around the world, these quick and easy recipes are great for alfresco dining, so serve up and head for the garden...

SPANISH TORTILLA

A taste of holidays on a weeknight...

FEEDS 2 READY IN 30 MINS

FOR THE TORTILLA

- 250g Co-op British new potatoes
- ½ red onion, finely sliced
- 1 clove garlic, sliced
- 1 tbsp pine nuts
- ½ tsp smoked paprika
- ¼ tsp chilli powder
- 1 tbsp Co-op olive oil
- 3 Co-op British eggs
- Freshly ground black pepper
- 1 tbsp fresh flat leaf parsley, chopped (optional)

FOR THE TAPAS (OPTIONAL)

- 4 Co-op sweetcorn cobettas
- 2 tsp Co-op unsalted butter
- Zest of ½ lime
- 1 Co-op British courgette
- ½ tbsp Co-op olive oil
- ¼ x 120g pack Co-op stuffed peppadew peppers
- ¼ x 225g Co-op chorizo ring, sliced

1 To make the tortilla, slice the potatoes, boil then simmer for 10 mins.
2 Fry the onion, garlic, pine nuts and spices in the oil for 3-4 mins. Add the potatoes and cook for 3 mins more.
3 Beat the eggs, season with pepper and pour into the pan. Cook for 5 mins until the base and sides are firm, then grill until the top turns golden. Sprinkle with pepper and parsley, if using.
4 For the tapas, cook the sweetcorn according to the pack instructions, then top with the butter and lime zest. Fry the courgette, peeled into ribbons, in the oil for 2 mins then serve with the stuffed peppers and chorizo.

approx per serving (serves 2)

Energy 1372kJ 329kcal
Fat 19.2g
Saturates 3.5g
Carbohydrates 3.5g
Salt 0.44g

% of an adult’s reference intake.
Carbohydrates per serving: 22g
COCONUT & CHILLI CHICKEN GF

This dish tastes great cold too, so make double for a delicious lunch at work the next day.

FEEDS 2 READY IN 25 MINS

- 2 x Co-op British coconut & chilli chicken steaks
- 100g shelled Co-op British peas
- 150g shelled Co-op British broad beans
- 180g Co-op basmati rice
- 100ml reduced fat coconut milk
- 10 Co-op British piccolo tomatoes, quartered
- Handful fresh mint leaves, finely chopped (optional)

- Freshly ground black pepper
- 1 lemon, sliced into wedges

1. Cook the chicken according to the pack instructions. Meanwhile, put the peas and beans in a pan of boiling water and simmer for 3-4 mins until tender. Drain and set aside.
2. Add the rice to the pan, with just enough water to cover. Pour in the coconut milk then bring to a boil and simmer, lid on, for 15 mins, or until the liquid has been absorbed.
3. Stir the peas, beans, tomatoes and mint, if using, into the rice and season with black pepper.
4. Slice the chicken into strips and serve with the rice, and lemon wedges to squeeze over.

approx per serving (serves 2)

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% of an adult’s reference intake.
Carbohydrates per serving: 86g
PAD THAI WITH SALAD

Grab a Co-op pad thai, make two easy sides and enjoy a delicious Southeast Asian meal.

FEEDS 2 READY IN 25 MINS

- 375g pack Co-op Irresistible chicken pad thai

FOR THE COCONUT GREENS
- 25g cashew nuts
- 2 tbsp reduced fat coconut milk
- 1 tsp light soy sauce
- 75g Co-op British sugar snap peas
- ¼ red pepper, deseeded and thinly sliced
- 4cm cucumber, halved, seeds removed, and sliced
- 50g beansprouts
- Handful fresh coriander, or 1 tsp dried

FOR THE CARROT SALAD
- Juice of 1 lime, plus zest of ½ lime
- 1 tbsp sesame oil
- Freshly ground black pepper
- 175g Co-op British carrots, peeled into ribbons
- 1 head Co-op British pak choi, shredded
- 2 spring onions, thinly sliced
- 50g Co-op British piccolo tomatoes, halved
- Handful fresh coriander, or 1 tsp dried

1 Cook the pad thai according to the pack instructions.
2 Meanwhile, preheat the oven to 200°C/ fan 180°C/Gas 6. For the coconut greens, roast the cashews for 10 mins, until golden. Leave to cool, then roughly chop.
3 Mix together the coconut milk and soy sauce, then toss the nuts, veg and coriander together in a bowl with the dressing.
4 For the carrot salad, mix together the lime juice and zest, the oil and some black pepper. Toss with the remaining ingredients.
5 Serve the pad thai with the side salads.
PORK & CHORIZO BURGERS

Make extra salsa and slaw and invite your friends round to share a bowl of nachos.

FEEDS 2 READY IN 25 MINS

- 284g pack Co-op pork and chorizo burgers
- 330g pack Co-op dirty fries (optional)
- 2 Co-op brioche burger buns
- Handful iceberg lettuce, shredded (optional)

FOR THE SLAW
- 200g Co-op British red and white cabbage, grated
- 100g Co-op British carrot, grated
- Handful fresh flat leaf parsley, or 1 tsp dried
- 3 tbsp light mayonnaise

- ½ tsp smoked paprika
- Freshly ground black pepper

FOR THE SALSA
- ¼ red onion, finely chopped
- ½ clove garlic, crushed
- ½ red chilli, deseeded and finely chopped
- 2 tomatoes, deseeded and chopped
- 2 tbsp Co-op olive oil
- Zest of ½ lime

1 Cook the burgers and fries, if using, according to the pack instructions.
2 Meanwhile, toss the cabbage, carrot and parsley in a bowl.
3 Mix the mayonnaise with 2 tbsp water, the paprika and a grinding of black pepper. Toss the mayonnaise with the salad to coat, and set aside.
4 Mix together the salsa ingredients and set aside.
5 Just before the burgers are done, toast the buns. Serve with a dollop of slaw and salsa, some lettuce, plus the dirty fries on the side, if using.

approx per serving (serves 2)

% of an adult’s reference intake.
Carbohydrates per serving: 46g

BBQ BONANZA
For more ideas to get grilling, check out our feature on page 23
SCOTTISH SALMON RISOTTO

Light and summery, this speedy dish is ideal for eating alfresco.

FEEDS 2 READY IN 30 MINS

- 200g pack Co-op Scottish salmon fillets
- 1 tsp Co-op olive oil
- ½ onion, finely chopped
- 2 spring onions, finely chopped
- 2 sticks Co-op British celery, finely chopped
- 100g risotto rice
- ½ x 150g pack Co-op British sugar snap peas, roughly sliced
- 300ml chicken stock
- 75g Co-op British tenderstem broccoli, roughly chopped
- 50g shelled Co-op British peas
- Zest of 1 lemon
- Freshly ground black pepper
- 1 Co-op British little gem lettuce, shredded

1 Place the salmon in a pan with 200ml water and bring to the boil. Simmer, lid on, for 5 mins, until cooked through. Drain, reserving the water, and set aside.

2 Meanwhile, heat the oil in a frying pan and cook the onion and celery for 2 mins. Add the rice and sugar snaps, and cook for 1 minute more, stirring.

3 Pour in the reserved water and stock, and stir well. Cover, bring to the boil, then simmer for 15 mins.

4 Remove the lid and add the broccoli, peas and lemon zest, then flake in the salmon, without stirring. Add more water, if needed, cover, and cook for a further 5 mins.

5 Remove the lid and stir gently to mix. Serve sprinkled with black pepper, and the lettuce on the side.

approx per serving (serves 2)

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% of an adult’s reference intake. Carbohydrates per serving: 47g

COLLEAGUE TEST – CATHERINE WARD
MARKETING CAMPAIGN MANAGER, FUNERALCARE

‘Having tried this recipe, I’m a convert. I’ve always thought risotto can be a bit boring but I loved this – fresh tasting, light and still filling. Clean plates all round, and just the right amount too.’
Enjoy these delicious treats, made using Co-op British strawberries, while you watch Wimbledon.

Tangy cream teas

Strawberry fizz

Berry & elderflower lollies

Strawberry pastry pockets
Strawberry fizz

20 Co-op British strawberries, plus 2 to garnish
15 mint leaves, plus 4 sprigs to garnish
100ml vodka
600ml Co-op elderflower pressé

A cooling treat ideal to serve while you and your friends are enjoying the tennis. Blend the strawberries and mint leaves into a purée. Divide the vodka between 4 tall glasses, add a quarter of the purée to each and top up with the elderflower pressé. Halve the remaining strawberries and use to decorate, along with the extra mint sprigs.

Tangy cream teas

100ml Co-op double cream
8 Co-op Scottish shortbread mini rounds
6 Co-op British strawberries, hulled and sliced
4 tsp balsamic glaze

These snacks use delicious Scottish shortbread for a quick and tasty nibble. Whip the double cream to soft peaks and spoon onto the shortbread rounds. Arrange the strawberry slices on top, then drizzle ½ tsp balsamic glaze over each one.

Strawberry pastry pockets

320g sheet puff pastry
8 tbsp Co-op strawberry jam
4 Co-op British strawberries, hulled and sliced
60g icing sugar

Put a spin on the traditional turnover with this simple summery recipe. Preheat the oven to 180°C/fan 160°C/Gas 4. Quarter the pastry and spread 2 tbsp jam on each piece, leaving a small border around the edges. Cover one half of each piece with strawberries, then fold the pastry over. Crimp the edges with a fork and bake for 15-20 mins. Leave to cool slightly, then add a little water to the icing sugar, mix and drizzle over.

Berry & elderflower lollies

4 Co-op British strawberries, hulled and sliced
12 Co-op British raspberries
8 Co-op British blackberries
320ml Co-op elderflower pressé

These summery stunners taste as good as they look. Divide the fruit between 4 lolly moulds, alternating the berries as you go. Poke lolly sticks into the middle of the moulds and top up with the elderflower pressé. Leave a small gap at the top to allow the liquid to expand as it freezes. Put the lollies in the freezer for at least 3 hours, or until frozen, ideally overnight.
Glass from the past

Want to mix a classic cocktail on a warm summer’s evening? Try these clever sips from Schweppes’ Rediscovered range and make it a night to remember

To celebrate 225 years since Jacob Scheppe first brought his iconic sparkling soft drink to London, Schweppes is sharing the recipes for seven classy cocktails inspired by the best-loved classics. Try your hand at this selection, and pick up four more recipes on limited-edition bottles of mixer from your local Co-op**. Then head to our digi mag at coop.co.uk/foodmagazine for Schweppes’ how-to cocktail-making videos.

Silver Gin Fizz
SERVES 1

- 25ml gin
- 25ml lemon juice
- 15ml vanilla syrup
- 1 egg white
- Soda water
- 1 lemon, peeled into a twist

Combine all the ingredients except the soda in a shaker, add ice cubes and shake. Strain into a highball glass and top with Schweppes soda water. Finish with a twist of lemon.

PRO TIP Shake again, without ice, to get the egg white super frothy.

Pink Gin
SERVES 1

- 25ml gin
- 3 dashes Angostura bitters
- 50ml lemonade
- 1 lemon, peeled into a twist

Fill a tumbler with ice cubes, then add the gin and bitters. Top with Schweppes lemonade and stir to mix. Garnish with a twist of lemon.

PRO TIP Make an ice cube with 3 drops Angostura. This will allow the slow release of bitters as it thaws in the drink.

The Horse’s Neck
SERVES 1

- 25ml rye whiskey
- 100ml ginger ale
- 1 lemon, peeled into a long strip

Add some ice cubes to a highball glass, pour over the whiskey and top with the Schweppes ginger ale. Garnish with the long strip of lemon peel curling up the glass.

PRO TIP Stir in 1 tsp ginger syrup to give your cocktail an extra kick.
Quick, easy and packed with fresh flavours, these recipes are great to have under your belt. And at less than £3 a head, they’re easy on your wallet too.

**STUFFED PEPPERS**

*This dish only has a few simple ingredients, but it’s so tasty. Use rice instead of cous cous if you prefer.*

**FEEDS 2 READY IN 25 MINS**

- 2 mixed peppers, halved and deseeded
- 50g Co-op cous cous
- 150g tub Co-op mixed olives and feta
- 1 tbsp Co-op olive oil
- Handful fresh basil leaves, or ½ tsp dried

1. Preheat the oven to 200°C/fan 180°C/Gas 6. Put the peppers on a baking tray lined with greaseproof paper and cook for 15 mins.
2. Meanwhile, put the cous cous in a bowl and pour over 175ml boiling water. Leave to stand for 5 mins, then fluff up with a fork.
3. Stir the olives and feta through the cous cous, then carefully spoon into the peppers and return to the oven for 5 mins.
4. To serve, drizzle the peppers with the olive oil and scatter over the basil.

approx per serving (serves 2)

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<th>Salt</th>
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<tr>
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<td>5.1g</td>
<td>1.1g</td>
<td>2.5g</td>
</tr>
</tbody>
</table>

% of an adult’s reference intake. Carbohydrates per serving: 26g
Lamb wraps
This quick dish makes a great midweek dinner.

FEEDS 2 READY IN 20 MINS

• 2 Co-op British lamb leg steaks
• Freshly ground black pepper
• 2 Co-op soft tortilla wraps
• Handful rocket
• 2 tbsp sour cream
• 2 pinches paprika

1 Heat a griddle or frying pan until hot. Season the lamb steaks with pepper and cook for 4-5 mins on each side, until cooked to your liking. Leave to rest for 5 mins.
2 Meanwhile, heat the tortillas according to the pack instructions.
3 Slice the lamb and divide between the tortillas. To serve, add the rocket, a dollop of sour cream, and a pinch each of paprika and pepper. Wrap up, then tuck in.

approx per serving (serves 2)

<table>
<thead>
<tr>
<th></th>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
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</thead>
<tbody>
<tr>
<td>Per Person</td>
<td>206kJ</td>
<td>18.9g</td>
<td>MED</td>
<td>8.3g</td>
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<td>42%</td>
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</table>

% of an adult's reference intake. Carbohydrates per serving: 32g

£2.78

PER PERSON

Asian style chicken broth
This light, summery soup is bursting with vibrant flavour.

FEEDS 2 READY IN 20 MINS

• 800ml chicken stock, made with 1 stock cube
• 2 Co-op British chicken breasts
• 1 clove garlic, sliced
• 1cm ginger, peeled, cut into strips
• ½ red chilli, deseeded and sliced
• 1 tsp soy sauce
• 60g spinach
• 2 Co-op British eggs
• Handful fresh coriander (optional)
• Freshly ground black pepper

1 Bring the stock to a simmer in a pan. Thinly slice the chicken, then add along with the garlic, ginger, chilli and soy sauce. Cook for 5-6 mins, until cooked through, then add the spinach to wilt.
2 Meanwhile, poach the eggs in simmering water for 2-3 mins.
3 Ladle the soup into 2 bowls, then add a poached egg, the coriander, if using, and some black pepper.

approx per serving (serves 2)

<table>
<thead>
<tr>
<th></th>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
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<td>Per Person</td>
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<td>1%</td>
<td>LOW</td>
<td>48%</td>
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% of an adult's reference intake. Carbohydrates per serving: 2g

£2.18

PER PERSON
Next issue: fun in the sun

Celebrate summer with quick and easy recipes ideal for sharing with friends

**Pink pepper gin**
Black pepper and strawberries in a cocktail? Honestly, it’s delicious (and we’ve got three others to try, too).

**Cherry Bakewell ice cream sandwiches**
These taste as good as they sound, with fresh British cherries.

**Meatball sub**
Try our alfresco feast, ideal for eating outdoors and inspired by delicious flavours from around the world.

Try some shareable recipes inspired by Mexican flavours

AUGUST ISSUE
Pick up your free magazine instore from 26 July
Find us online

Catch up with Co-op Food anytime with our digi mag and app for smartphones and tablets

Don’t miss out...
All our August recipes will be online, with quick links to our how-to videos and behind-the-scenes features.

Missed an issue instore? No problem, because all of our previous editions are online too, meaning hundreds of recipes and top tips just a click away.

In this issue...

● If the sun’s out, head outside with our alfresco recipes, starring Co-op 100% fresh British meat and seasonal fruit and veg.

● Cherries are at their best, so don’t miss our inspiring recipes featuring this summer staple.

● Feed two for under £3 with quick and easy recipes that are kind to your pockets too.

● In a hurry? We’ve got five quick, easy recipes that go from pan to plate in less than 30 minutes.

● Plus, we’ve got our usual choice of brilliant vegetarian, vegan and gluten-free recipes using the best of British produce.

Download the free app, or find us online

● To download our app, go to the App Store, Amazon Appstore or Google Play and search ‘Co-op Food magazine’.

● Get the digi mag free at coop.co.uk/foodmagazine.

● For recipe videos and more, subscribe to the Co-op Food YouTube channel.
Amanda’s

FOOD HACKS

Use Co-op vanilla sponge mix to whip up a batch of fairy cakes – then get creative with these topping ideas, ideal for celebrating summer.

Strawberry cream tea cakes
Serve these fruity treats with a cup of Co-op Fairtrade tea during Wimbledon.

FEEDS 4 READY IN 20 MINS

Cut a small circle out of the top of 4 vanilla fairy cakes and fill each hole with 1 tsp Co-op strawberry jam. Replace the pieces of cake. Beat 100g Co-op unsalted butter until pale and fluffy. Add 200g icing sugar and beat again with 2 tsp Co-op semi-skimmed milk and enough red food colouring to make the icing a strawberry red colour. Cover the cakes with the buttercream and spread with a knife to create a strawberry shape. Using a skewer or the tip of a knife, make holes all over to look like seeds. Take 4 sprigs mint and poke one into each cake to look like a stalk.

approx per serving (serves 4)

<table>
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<th>Salt</th>
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% of an adult’s reference intake. Carbohydrates per serving: 75g

FAKE IT: With a Co-op Carnival Cupcake
**Freakshake cakes**
*These colourful cakes make ideal ‘thank you, teacher’ gifts.*

**FEEDS 4 READY IN 20 MINS**

In a bowl, beat **100g Co-op unsalted butter** until pale and fluffy. Beat in **200g icing sugar** until smooth, then stir in 1 **tbsp Co-op semi-skimmed milk** and 1 tsp **vanilla extract**. Spoon or pipe the icing onto 4 **vanilla fairy cakes**, and swirl it to look like whipped cream. Cut 2 **Co-op strawberry pencils** in half and stick one into each cake to look like straws. Cut 2 **Co-op brownie bites** in half and place on the cakes, then decorate with your favourite Co-op sweets – such as liquorice allsorts, flying saucers, jelly ice cream cones and jelly beans – if you like.

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**FAKE IT:** With a Co-op Sweetie Freakshake Cake

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**Mimosa cakes**
*These adult treats are delicious served outside with cocktails.*

**FEEDS 4 READY IN 20 MINS**

Put 100g **caster sugar**, 100ml **water** and the **juice of ½ orange** in a pan. Heat gently to dissolve the sugar. Thinly slice the other orange half, then add to the pan and bubble on a low heat for 5-10 mins, until the liquid reduces and turns a caramel colour. Meanwhile, beat 75g **Co-op unsalted butter** until pale and fluffy. Add 150g **icing sugar** and beat until smooth, then add 2 **tbsp Co-op Prosecco**, the **zest of 1 orange** and the **juice of ½ orange** and mix. Top 4 **vanilla fairy cakes** with the icing and decorate with the caramelised orange pieces.

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**BAKE IT**
Find a sponge mix how-to in our digi mag at coop.co.uk/foodmagazine

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**SEE HOW-TO VIDEOS ON THE CO-OP FOOD APP**

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**drinkaware.co.uk** for the facts
Benidorm on the Costa Blanca is a huge holiday favourite – and it’s easy to see why. Nestled along the Mediterranean coast, its seafront promenade gives way to sandy beaches and a swathe of blue sea. There’s an array of water sports to enjoy, from scuba diving to jet skis, making for a fantastic, sun-filled escape.

If you’re the adventurous type, you could take a boat trip across the bay to explore Benidorm Island, go hiking or cycling, or tee off on one of the area’s gorgeous golf courses.

And after all that, you can head to Benidorm’s pretty old town to soak up the traditional Spanish atmosphere and sample regional tapas, rice and seafood dishes at the restaurants and bars.

For a night out, catch a dinner and show at renowned arts venue Benidorm Palace, then venture out to the host of bars and clubs on offer. Don’t miss the summer music festivals and concerts either – there really is entertainment for everyone.

Here’s your chance to win a seven-night, half-board holiday for two at the four-star Dynastic Hotel, Benidorm. The prize includes return flights and tickets to two fantastic theme parks: Terra Natura and Mundomar.

See below for how to enter, and good luck!

VisitBenidorm.es
facebook.com/visitbenidorm

Above: Kick back and relax at the four-star Dynastic Hotel

TO ENTER For a chance to win the prize listed above, and for full terms and conditions, visit coop.co.uk/winholiday. You can also enter by sending your name, address and phone number to Co-op Spanish Holiday Competition, The River Group, Garden Floor, 16 Connaught Place, London W2 2ES. Closing date: 25 July 2017.
Over to you
A community space to share your ideas, tips and recipes

What you’ve made
We love seeing which recipes from previous issues you’ve cooked or baked, so get in touch and let us know!

‘I just wanted to say your Brilliant bakes (March) were so inspiring. I made the coconut & raspberry loaf cake and the chocolate cookie cakes – they were both delicious.’
Lucy Davison

‘I made the one-pot chicken spaghetti (March) with help from my seven-year-old daughter. It was so nice, and enough for all of us plus seconds – which my husband took advantage of!’
Kelly Davies

‘Cod loin wrapped in Parma ham with cauliflower mash and wilted spinach. Adapted from a Co-op Food magazine recipe (February).’
@fronybones

‘My mum’s spaghetti bolognese. When I come home from university it’s one of the homemade meals she makes me. It’s delicious!’
Shanike Fanaye

‘My favourite family meal is smoked BBQ ribs with smashed sweet potato and vegetables. A family get-together really kickstarts the summer.’
Baldeep Syan

‘I enjoy cooking my family a roast dinner. My son and daughter often pop round and we love roast beef with roast potatoes, sprouts, broccoli, carrots and gravy.’
Ann McLeavey

‘Spanish tortilla with spicy sauce (April). A tasty meal to start the week right.’
@looking.on.the.bright.side

‘I make a special lasagne for my family, using lean beef mince and fresh ingredients. Everyone’s very fond of it – it’s a real crowd pleaser.’
Carol Smith

‘I love lamb chawal (also known as lamb pilau) which is a delicious mix of lamb, rice and spices all cooked in one pot. It really hits the spot.’
Prima Chanderh

Get in touch email us at coopfoodmag@therivergroup.co.uk. And send us your photos too! Coop.co.uk/foodmagazine 49
made with **handpicked apples since 1969**.

Pick up a bottle from your local Co-op store.
Your recipes

Scottish salmon fish fingers

Reader Maria Perryman adds a spicy kick to this comforting classic.

FEEDS 2 READY IN 25 MINUTES

- 220g pack Co-op Scottish salmon fillets
- 2 slices Co-op wholemeal bread
- 1 tsp fresh rosemary or ½ tsp dried
- 1 tsp fresh parsley, chopped, or ½ tsp dried
- 1 red chilli, deseeded and sliced
- 1 Co-op British egg white
- 1 tbsp tomato ketchup
- 2 tsp light mayonnaise
- Worcester sauce and hot sauce, to taste
- 2 handfuls Co-op mixed leaf salad
- Freshly ground black pepper
- 2 lemon wedges (optional)

1 Preheat oven to 200°C/fan 180°C/Gas 6. Skin the salmon then cut it in half lengthways and widthways.
2 Whizz the bread, herbs and chilli until they form fine crumbs.
3 Whisk the egg in a shallow bowl, and put the breadcrumbs in another. Dip the salmon pieces in the egg, then the breadcrumbs to coat. Place on a baking tray lined with greaseproof paper and cook for 15 mins.
4 Meanwhile, mix together the ketchup, mayo, and Worcester and hot sauces.
5 Serve the fish with the salad, a sprinkling of black pepper and lemon wedges, if using.

approx per serving (serves 2)

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Sat fat</th>
<th>Sugars</th>
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<td>1.13g</td>
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</table>

% of an adult’s reference intake.
Carbohydrates per serving: 19g

‘I make this when my niece comes for tea – she absolutely loves it!’ Maria Perryman

DO YOU HAVE A FAVOURITE RECIPE? Send it to us and if we print it you’ll receive £20 in Co-op vouchers! Simply email it, along with your name and a headshot, to: coopfoodmag@therivergroup.co.uk

win

Win a Forest Holidays break

Forest Holidays is offering one lucky winner and up to three guests a fabulous three-night weekend break in a luxury woodland cabin. Accommodation will be in a two-bedroom cabin on a self-catering basis, sleeping up to four people. Each cabin comes with dramatic forest views and your own private hot tub. Choose from nine stunning locations, from Scotland and the North York moors to the Cornish coast. To enter, and for full terms and conditions, head to coop.co.uk/whinholiday, or send your name, address and phone number to Forest Holidays competition, The River Group, Garden Floor, 16 Connaught Place, London W2 2ES. Closing date: 25 July 2017. For more information, go to forestholidays.co.uk.

READER OFFER Forest Holidays is also offering readers a 10% discount on cabin breaks taken by 31 December 2017. To book, enter promo code COOP at forestholidays.co.uk. Book by 30 September 2017.

Write by post to Co-op Food, The River Group, Garden Floor, 16 Connaught Place, London W2 2ES

Coop.co.uk/foodmagazine 51
1 ME AND MY HOUSEMATE CAN NEVER AGREE – SHOULD BREAD GO IN THE FRIDGE?
Lyndsey Thomas, Barry
Contrary to popular belief, the best place for bread is not the fridge. ‘Bread is best stored in a cool, dry place, such as a bread-bin or cupboard, as sitting beside chilled produce turns it stale or mouldy much quicker,’ says Iain. And don’t forget that bread freezes well, too.

2 CAN I USE A FRUIT BOWL INSTEAD OF THE FRIDGE?
Natasha Tetlow, Glasgow
Your fridge can help fruit and veg last up to two weeks longer – but there are exceptions. ‘It’s best to keep bananas, pineapples, potatoes, avocados, nectarines and onions in a cool, dark place like a cupboard,’ Iain says.

3 AM I WRONG TO KEEP EGGS IN THE FRIDGE?
Polly Roe, Southampton
Whether you choose the cupboard or fridge to store your eggs (and it’s a debate we’ve all had), make sure you stick to it. ‘It’s important to keep the temperature of eggs consistent, whichever place you choose to keep them,’ says Iain. ‘In the fridge, the best spot is the middle shelf.’

4 I DON’T LIKE A VERY COLD FRIDGE. BUT IS THAT OK?
Amy White, London
This is pretty important for keeping food fresh for as long as possible. ‘Research shows 70% of UK fridges are too warm,’ says Iain, ‘and keeping the temperature right can add three days to your food’s storage life.’ It’s a good idea to check the temperature regularly too – a range of 3-5°C (37-40°F) is ideal.

5 HOW LONG CAN I KEEP COOKED RICE?
Jane Kelly, Bath
‘Cool and refrigerate rice within an hour by rinsing it with cold water, then emptying it into a container,’ Iain says. ‘NHS guidelines recommend about a day’s storage. Never reheat it more than once, and make sure it’s piping hot when serving.’
Can butter be left on the worktop?

Maria Hanlon, Manchester

‘Thanks to butter’s cream content (which makes it less likely to grow bacteria), butter is unlikely to spoil outside the fridge,’ says Iain. ‘If you’d prefer to keep it cool, dairy is best on the middle shelf or fridge door so it lasts longer.’

Can I keep spreads in the cupboard?

Gordon Kneller, Southampton

‘Peanut butter’s oil content means it can withstand high temperatures without melting, so it’s best kept in the cupboard,’ says Iain. ‘But jam and condiments are better in the fridge, otherwise mould can form.’

Can I put hot food straight in the fridge?

Kieran Pierce, Brighton

Definitely not, says Iain. ‘Putting hot food in the fridge means the fridge’s temperature rises – which can lead to food poisoning and spoilage.’ Instead, cool your leftovers outside the fridge and make sure you get them chilled within an hour or two. Remember to always reheat them thoroughly before eating.

Cut down on food waste with our cool advice on using your fridge, from Co-op environment manager Iain Ferguson.

Can fresh meat be stored anywhere in the fridge?

Robert Hanlon, Chichester

Keeping food and drink on the right shelves may sound like too much effort, but there’s a couple of very good reasons to put fresh meat, fish and poultry at the bottom of your fridge. ‘At the bottom is where it’s coldest, and meat won’t drip onto other foods either,’ explains Iain. Wrap meat thoroughly when storing, too.

Should cheese be refrigerated at all times?

Max Coleman, London

‘All types of cheese, both hard and soft, need to be kept in the fridge to keep them fresh,’ says Iain. ‘But hard cheeses such as Cheddar can also be grated and frozen. If in doubt, always check the label.’

For more tips on how to make your food last longer and cut down on waste, visit LoveFoodHateWaste.com
WIN A HOTPOINT FRIDGE

Enter our competition to win this Hotpoint Ultima top-of-the-range fridge-freezer, designed to help you cut down on food waste

If your fridge-freezer is a few years old, you’re probably not benefitting from the latest technology, which can help keep your food fresher for longer and cut down on waste. Now you’ve read our top tips on how best to store food in your fridge, see page 52, here’s your chance to win this Hotpoint Ultima XUL85T1ZWOJH fridge-freezer, which incorporates all the latest state-of-the-art refrigeration technology.

**COOL FEATURES**
Active Oxygen provides ultimate freshness by keeping bacteria and unpleasant odours away, so your food looks, smells and tastes even better.

**Ultra Fresh Crisper box** with a filter and moveable divider to maintain optimum humidity and keep your fruit and veg fresher for longer.

**LARGE CAPACITY**
The Hotpoint Ultima has enough room for about 18 shopping bags of food!

A freezer with four sections, including an XXL zone designed to store larger items, like Co-op British meat joints.

3 in 1 storage zone use the chiller box to safely defrost items, store meat or chill items quickly. Frost-free technology means you’ll never need to manually defrost again.

**328-litre capacity** split 50/50 between the fridge and freezer. Perfect for larger families, it’s 189cm tall, 60cm wide and 72cm deep. It comes in polar white, includes free delivery in the UK and a 10-year parts guarantee.

**CO-OP ELECTRICAL** This Hotpoint fridge-freezer is just one of over 4,000 products available at coop.co.uk/electrical, with free delivery available.

**HOW TO ENTER** To enter the competition to win this Hotpoint Ultima XUL85T1ZWOJH fridge-freezer, and for full terms and conditions, go to coop.co.uk/winfridge. To enter by post, send your name, address and phone number to Co-op Win a Fridge competition, The River Group, Garden Floor, 16 Connaught Place, London W2 2ES. Closing date: 25 July 2017. For more information, go to hotspot.co.uk
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FEELUNIQUE

WITH EVERY PROMO BOTTLE *

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Terms and conditions: UK & ROI. Gifts are vouchers that can only be used once / max one voucher per order at www.feelunique.com and include approximately £2,000 x £100, £500 x £50, £1,000 x £35, £2,000 x £10 and £5,000 x £5 Floris Voucher (claim online by 30/04) & £10 off minimum spend £240 or spend £250 get 20% off Money Off Vouchers (claim online by 30/04). For details see www.feelunique.com. The voucher is subject to terms and conditions. Participants will be subject to suitability. 

for the facts: drinkaware.co.uk
100% British
Our 100% fresh British meat promise means that all Co-op branded fresh meat, and the fresh meat in Co-op chilled ready meals and sandwiches, was reared at home in the UK. Continental meats are not classed as fresh – for more information, go to coop.co.uk/british.

Food safety
Always wash work surfaces, cutting boards, utensils and hands before and after preparing food, and after the disposal of packaging. Wash fruit and veg before use, especially if eating raw.

Make sure stored poultry is properly wrapped and kept at the bottom of the fridge at, or below, 5°C. Do not wash raw poultry and keep knives used to prepare raw meat separate from other foods. Ensure poultry is cooked thoroughly before consuming.

Nutritional info
One or more red traffic lights indicate meals that are high in fat, saturated fat, sugars or salt. Use of asterisk:
* They’re fine to eat occasionally or as a treat. The nutritional info on recipes has been calculated using Co-op brand products, or independently verified data, and is based on one serving, assuming equal division of the recipe into the suggested number of servings. It does not include optional ingredients or serving suggestions not listed in the main ingredients list. Nutritional values are approximate. All eggs used in our recipes are medium, unless otherwise stated.

Pricing & availability
Some products are available only in larger Co-op stores. Subject to availability. All prices are correct at the time of going to print and all deals and offers are subject to change. You must be 18 or over to purchase alcohol. For details please call our Customer Care Team: 0800 0686 727.

Try our 100% British BBQ pork loin steaks, on page 27

Offers just for you
Use these coupons to make great savings on everyday products at Co-op.
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🌐 Visit coop.co.uk/conversation

*As prices and availability vary across the UK. Co-op burial Plans do not include the cost of buying a grave. Terms & conditions apply, see coop.co.uk/funeralcare. Co-op Funeralcare is a trading name of Funeral Services Limited, a registered society registered in England and Wales with registration number 30808R and registered office at 1 Angel Square, Manchester, M60 0AQ. VAT registered 403 3146 04. Part of Co-operative Group Limited.
Odds & ends
Make the most of ingredients left over from our recipes

KIDNEY BEANS
CARIBBEAN CHICKEN, PAGE 26
- Blend with garlic, lemon juice, olive oil and tahini for a fresh take on houmous.
- Cook and add with chorizo to tomato soup to make a filling meal.

BEEF MINCE
BEEF & BEET BURGERS, PAGE 24
- Fry with a tin of chilli beans and serve with rice for a speedy chilli.
- Cook with onion, garlic and tomato and use to stuff peppers.
- Wrap cooked mince in steamed cabbage leaves and simmer in tomato sauce.

SALTED PEANUTS
HONEY NUT CRUNCH ICE CREAM, PAGE 15
- Blend with honey and cinnamon for homemade peanut butter.
- Finely chop and use to top noodles.
- Toast with chilli flakes and add to salads for extra crunch.

KALE
TUSCAN BEAN SOUP, PAGE 11
- Toss with olive oil and black pepper then bake to make homemade kale crisps.
- Give ready made pizzas a makeover with sausage meat and kale.

EASY HERBY FLATBREADS
Just add falafels and salad for a quick veggie wrap.

Stir 150g Co-op Greek style natural yogurt into 150g Co-op self raising flour. Add ½ tsp baking powder and ½ tsp dried oregano or thyme and mix together. Gather into a ball and gently knead the dough for a couple of mins. Divide into 6 equal pieces, and roll out into 3mm thick circles. Dry fry in a hot pan for a couple of mins on each side, and keep warm until ready to serve.
Start enjoying compromise free cuppas with Arla Lactofree, all the tasty goodness of dairy without the digestive discomfort such as stomach ache and bloating.

Not sure if you’re lactose intolerant? Try our discovery tool at lactofree.co.uk
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SERIOUSLY
Smoothsational
CHEESE TOASTIES

THERE'S CHEDDAR, THEN THERE'S
SERIOUSLY

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Selected stores only, subject to availability.