

Rick's Smoked Mackerel Pâté

You will need

Grill on full heat, bowl for dressing salad

Ingredients

Smoked mackerel pâté (smoked peppered mackerel **(fish)**, cream cheese **(milk)**, unsalted butter **(milk)**, lemon juice **(sulphites)**), salad dressing (olive oil, white wine vinegar **(sulphites)**, salt, pepper) sourdough bread (white flour **(gluten)**, rye flour **(gluten)**, water, salt, yeast) **(allergens in bold)**

Cooking Instructions

1. Slice and toast bread.
2. Mix salad in a bowl and season.
3. Enjoy pâté spread on warm toast with salad.

Grilled Hake Piperade

You will need

Baking tray, sunflower oil, salt and pepper, small pan, a pan of water (or microwave) to warm the potatoes.

Ingredients

Hake **(fish)**, piperade (white onion, roasted red peppers, tomato, tomato purée, garlic, extra virgin oil, pimentón, granulated sugar, black olives strip, dried chillies, salt, black pepper), thinned mayonnaise (olive oil, egg **(egg)**, lemon juice **(sulphites)**, pimenton, salt), Serrano ham, potatoes **(milk)** (butter **(butter)**, mint) **(allergens in bold)**

Cooking Instructions

1. Set aside the thinned mayonnaise and allow to come to room temperature.
2. Preheat a grill to medium heat, oil and season the fish, grill skin side up for 6-8 minutes.
3. Meanwhile place the bag of potatoes into a pan of gently simmering water for 8 minutes (or microwave for 2-3 minutes).
4. Gently warm the piperade in a pan for 2 minutes.
5. Spoon the piperade on the center of a warmed plate.
6. Place the cooked hake on top.
7. Place the Serrano ham on a tray and warm gently under a grill for 1 minute.
8. Place the Serrano ham around the hake and spoon the thinned mayonnaise around the edge of the plate.
9. Serve the potatoes on the side.

Sticky Toffee Pudding

You will need

Spoon, hot water

Ingredients

Sticky toffee pudding (butter **(milk)**, eggs **(eggs)**, plain flour **(gluten)**, stoned dates, water, bicarbonate of soda, baking powder, vanilla extract), Sauce (double cream **(milk)**, dark muscovado sugar, butter **(milk)**), Clotted cream **(milk. see pack for details)** greasing spray **(soy)** **(allergens in bold)**

Cooking Instructions

1. Pop your spoon into hot water.
2. Place the pudding in the microwave for three minutes (with the lid on but not fastened) or pop into the oven in a heatproof dish with a lid for 12 minutes at 180°C.
3. Lift the pudding into the centre of a bowl and pour over sauce.
4. Using the hot spoon, spoon over the cream.
5. Enjoy.