

SAINSBURY'S MAGAZINE

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# Moveable feast

Annabel Karmel's easy eats are just the ticket for family days out



**THESE ARE SOME OF MY FAVOURITE** packed lunches for when we're out and about as a family over the summer.

As a mother of three I know how hard it can be to find the time for home-cooked food so I've tried to create recipes that are quick and easy, healthy and, of course, tasty. Each recipe has been tested on a panel of children who are only impressed if it tastes good. Taking your own lunchbox is much more economical than eating out, too – and it helps to make your outing stress-free.

## Falafel with minty yogurt dressing

Serves 4-6 v

Falafel are delicious cold so they're a great lunchbox option and chickpeas are a good source of vegetable protein.

1 small onion, peeled and finely chopped  
1 tablespoon olive oil  
1 small clove garlic, peeled and crushed  
 $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon ground coriander

1 x 410g tin chickpeas, drained  
 $\frac{1}{2}$  tablespoon chopped parsley  
finely grated zest of 1 small lemon  
3 tablespoons houmous  
1 tablespoon plain flour  
3 tablespoons sunflower oil  
4-6 pitta breads or wraps  
shredded lettuce, to serve

*For the dressing*  
6 tablespoons Greek yogurt  
1 teaspoon chopped mint  
1 teaspoon lemon juice



### Beefy sausage rolls

Makes 8

Sausage rolls make great picnic food as they come ready-wrapped in pastry.

- ½ red onion, peeled and finely chopped
- ½ tablespoon olive oil
- ¼ teaspoon thyme leaves
- 1 slice bread, crusts removed
- 100g beef mince
- 1½ tablespoons tomato chutney
- 2 tablespoons freshly grated parmesan
- 225g ready-made shortcrust pastry
- 1 egg, beaten with a pinch of salt

In a frying pan, sauté the onion in the olive oil for 5 minutes. Stir in the thyme. Whiz the bread in a food processor; add the onion, beef, chutney and parmesan. Season and whiz again to combine.

Preheat the oven to 200°C, fan 180°C, gas 6. Roll the pastry into 2 x 12cm x 18cm rectangles. Roll the filling into 2 x 18cm sausages; put one in the centre of pastry rectangle, brush the edges with egg and fold over. Cut each roll into four and put on a baking sheet. Brush with egg and cut two small slits in the top of each roll. Bake for 16–18 minutes, until golden. Cool on a wire rack.

**Per serving** 182cals; 11g fat (4g saturated fat); 16g carbohydrate; 6g protein; no added sugar; 0.4g salt; 0.8g fibre



### KEEP IT COOL

Warm conditions encourage the growth of bacteria so it's important to keep picnic lunchboxes cool. Buy some ice packs that can be frozen overnight and then pop them into insulated lunchboxes the next day. Alternatively, put individual cartons of juice in the freezer, transfer them to the lunchboxes in the morning and by lunchtime they will have defrosted, keeping the food fresh.



### HIGH IN FIBRE

#### Apple and carrot muffins

Makes 12

Here is a healthy and deliciously moist muffin that's bound to become a family favourite.

- 150g plain wholemeal flour
- 25g skimmed milk powder
- 1½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 50g granulated sugar
- 125ml vegetable oil
- 60ml clear honey
- 60ml maple syrup

- 2 large eggs, lightly beaten
- ½ teaspoon vanilla essence
- 1 apple, peeled and grated
- 75g carrots, peeled and grated
- 60g raisins

**You will also need**  
a 12-cup muffin tin lined with muffin cases

Preheat the oven to 180°C, fan 160°C, gas 4. Sift the flour, skimmed milk powder, baking powder, cinnamon and ginger into a bowl; stir in the sugar and ¼ teaspoon of salt. In a separate bowl, combine the oil, honey, maple syrup, eggs and vanilla essence. Beat lightly with a whisk until blended. Add the grated apple, carrots and raisins and stir well. Fold in the dry ingredients until just combined. Divide between the muffin cases; bake for 20–25 minutes until risen.

**Per serving** 213cals; 11g fat (2g saturated fat); 26g carbohydrate; 3g protein; 8g added sugar; 0.2g salt; 1.6g fibre



#### Apricot and white chocolate cookies

Makes about 24 **LOWER FAT**

This unusual combination of dried apricots and white chocolate makes irresistibly soft, chewy cookies.

- 100g soft unsalted butter
- 100g cream cheese
- 100g caster sugar
- 75g plain flour
- 65g white chocolate chips

- 50g dried ready-to-eat apricots, chopped
- You will also need**  
2 baking sheets lined with baking parchment

Preheat the oven to 180°C, fan 160°C, gas 4. In a bowl, cream the butter and cream cheese. Add the sugar and beat until fluffy. Gradually add the flour, then fold in the chocolate and apricots. Drop the mixture in heaped teaspoons on to the baking sheets, allowing room for it to spread; bake in the oven for 15 minutes or until lightly golden around the edges and quite pale on top. Allow to cool and harden for a few minutes before cooling completely on a wire rack.

**Per serving** 95cals; 6g fat (4g saturated fat); 9g carbohydrate; 1g protein; 5g added sugar; 0g salt; 0.3g fibre □



### READER OFFER

Sainsbury's Magazine readers can buy Annabel Karmel's *Top 100 Finger Foods* (Ebury, £9.99) for £7.99, including free UK p&p. To order, call 01206 255800 and quote ref 'Sainsbury's'. Offer ends 31 August 2009.