

SPECIAL PRICE

£1

USUAL PRICE £3.40

PIPPA'S WILD PAST

Flirty Nights Out With Harry!

CELEBRITY & STYLE
16 May 2013

PLUS
The A-List
Star Who's
Stalking
Her

JOHN
JAMES
TALKS TO NOW

'Sorry
Josie, I Love
Someone Else'

...As Shocked Josie Rages:
'So That's Why
You Left Me'

CHERYL
WARNS
ASHLEY

'DON'T RUIN MY L.A. DREAM'

Oh.
My.Bod!
Abbey's
2st Weight
Loss Secret

£100



LET'S EAT!

GREEN TIP

Pollack is a
sustainable
alternative
to cod.



Thank Cod It's Spring!

Unleash your inner Masterchef with this 30-minute dish

ROASTED COD WITH BACON & PETIT POIS

30
mins
375
CALORIES
SERVING

Serves 6

- 500g/11oz new potatoes
- 1 boned shallot
- Half a bunch of fresh mint
- Quarter of a bunch of flat leaf parsley
- 2 whole lettuces
- 50g/2oz unsalted butter
- 100g/3½oz diced bacon
- 500g/11oz fresh peas
- 200ml/7floz chicken stock
- Freshly ground black pepper & 3 pinches salt
- 4 cod steaks

LET'S DRINK

Deliciously fruity medium-dry Blancout Estate Sauvignon Blanc (£6.49, Tesco) from New Zealand complements roasted cod beautifully. If you're dining, try a refreshing glass of artificial ingredient-free Bottle Green Sparkling Elderflower Pressé (£2.30 from supermarkets).



- 1 Preheat oven to 200°C/400°F/gas 6. Steam potatoes until tender. While they cook, finely dice the shallot, chop the mint and parsley and shred the lettuce.
- 2 Sweat shallots in a saucepan with half of the butter until soft. Add bacon and cook for a further 2 mins. Then add peas and chicken stock and bring to

boil. Check the seasoning. Keep warm.

3 Cook fish by heating a frying pan with a dash of sunflower oil until very hot. Season fish and cook flesh-side down, until golden brown.

4 Transfer fish to oven for a further 3-4 mins until cooked through. Meanwhile, add herbs and shredded lettuce to sauce and whisk in remaining butter.

5 Place potatoes in a bowl and arrange fish on top. Pour over sauce and decorate with wedges of lemon if desired.

Recipe taken from Andre's signature 30-minute Cook, Eat And Run class at L'atelier des Chefs. Cookery lessons at L'atelier cost from £35 a lesson - visit atelierdeschefs.co.uk

Buy a meal Express a just £1. To check visit go.moneyfile.com