

# SEASONAL SUPPERS

Nobody wants to be slaving over a hot stove when the sun's out and time in the outdoors is precious. Here are two quick and simple suppers that allow you to make the most of summer's seasonal delights. They make perfect starters for dinner with friends too!



## CHORIZO, FETA AND WATERMELON SALAD

### Ingredients

200g fresh uncooked chorizo sausage  
 ½ a watermelon, cut into large chunks  
 60g rocket  
 100g feta, crumbled  
 200g cherry tomatoes, halved  
 Handful of coarsely chopped black olives  
 1 tablespoon of sherry vinegar  
 Runny honey to drizzle

### Method

Arrange the watermelon and rocket on a large serving plate. Heat a frying pan and fry the chorizo until it releases its oil, then add the cherry tomatoes and cook on a high heat for a couple of minutes. Add the sherry vinegar and then spoon the mixture over the watermelon and rocket. Finish with a sprinkle of the crumbled feta, black olives and a drizzle of honey.

## FRESH PEA AND WATERCRESS SOUP

### Ingredients

1 tbsp olive oil  
 1 white onion, finely chopped  
 1 garlic clove, roughly chopped  
 1 stick of celery, roughly chopped  
 1 medium potato, cut into small chunks  
 500ml vegetable or chicken stock  
 300g fresh peas – fresh is best, but frozen works fine  
 100g watercress  
 100ml double cream

### Method

Heat the oil in a large saucepan then gently fry the onion and garlic for 5 minutes or until soft. Add the potato and stock; simmer until the potato is just cooked. Tip in the peas and simmer for a further 3 minutes. Add the watercress and blitz with a hand blender until smooth. Stir in the cream and season to taste. Ladle into bowls and finish with freshly ground black pepper.