

These simple, nutritious recipes are made using fresh seasonal produce and are ideal for creating delicious meals for the whole family to enjoy without breaking the bank.



good food,
simple recipes,
great taste



Muesli and Berries Breakfast Boost



Ingredients

- 110g/4oz porridge oats
- 110g/4oz good quality muesli
- 50g/2oz dried cherries
- 25g/1oz sultanas
- 25g/1oz hazelnuts, chopped
- 300ml/1/2 pint unsweetened apple juice
- 8 tbsp Red Tractor single cream
- 100g/4oz Red Tractor blueberries
- 100g/4oz Red Tractor raspberries
- 4 tsp clear honey

Serves: 4

Total cost*: £7



- 1** In a large bowl, mix together the porridge oats, muesli, cherries, sultanas and hazelnuts. Add the apple juice and stir well. Cover and refrigerate overnight.
- 2** In the morning, share the soaked mixture between 4 cereal bowls.
- 3** Spoon 2 tbsp of single cream onto each portion. Warm the blueberries in a saucepan with 2 tbsp water for 2-3 minutes until the juice begins to run. Share between the bowls with the raspberries. Serve, drizzled with the honey.

Cook's tip: When Red Tractor raspberries and blueberries are out of season, serve with Red Tractor chopped fresh apple and pear instead.

A cheaper option too, coming in at just £5 to feed 4!

Chicken and Mushroom Stroganoff



Ingredients

- 4 Red Tractor chicken skinless fillets cut into strips
- 1 knob of Red Tractor butter
- 2 tsp oil
- 1 small Red Tractor onion, finely sliced
- 150g Red Tractor chestnut mushrooms, sliced
- 75ml white wine
- 75ml chicken stock
- 1 tsp whole grain mustard
- 1 x 150ml tub soured cream
- Bunch of fresh Red Tractor parsley or Red Tractor thyme, chopped
- Salt and freshly ground black pepper
- Noodles or rice to serve

Serves: 4

Total cost*: £7

- 1** Heat the butter and oil in a large frying pan. Cook the onion for 3-4 minutes until soft and beginning to colour. Add the chicken and cook for 5-7 minutes until golden brown.
- 2** Add the mushrooms; cook until soft and most of the liquid has simmered off.
- 3** Add the wine and boil for 5 minutes to reduce by half. Then add the stock, mustard and soured cream and bring to the boil. Season and add the parsley.
- 4** Noodles or rice to serve.



Potato, Spinach and Cheddar Frittata



Serves: 4 - 6

Total cost*: £5.50

Ingredients

- 1kg /2lb 2oz Red Tractor new potatoes
- 225g/8oz bag Red Tractor young spinach
- 25g/1oz Red Tractor butter
- 1 tbsp olive oil
- 1 bunch Red Tractor spring onions, chopped
- 1 garlic clove, crushed
- 100g/4oz Red Tractor Cheddar Cheese, grated
- 6 medium eggs
- 3 tbsp Red Tractor milk
- Salt and freshly ground black pepper



- 1** Simmer the potatoes in lightly salted water for about 15 minutes, until just tender. Drain and slice thickly. Cook the spinach in a tiny amount of water for 3-4 minutes, until the leaves wilt. Drain well, then squeeze out the excess moisture.
- 2** Heat the butter and olive oil in a large non-stick frying pan. Gently fry the spring onions and garlic for about 3 minutes, then add the potatoes. Cook over a low heat for about 10 minutes, stirring occasionally. Add the spinach, stirring it through, then scatter the grated cheese on top.
- 3** Preheat the grill. Beat the eggs and milk together, season, then pour into the frying pan. Cook on the hob over a low heat until set, then brown and set the surface under the grill. Cool for a few minutes, then slice into wedges. Serve hot, warm or cold.

Cook's tip: Add sliced Red Tractor courgettes and mushrooms instead of spinach.

Seared Rump Steaks with Chunky Chips and Mustard Mayo



Serves: 2

Total cost*: £7.50

Ingredients

- 500g/1lb 2oz Red Tractor potatoes, scrubbed and cut into thick chips
- 3 tbsp olive oil
- Salt and freshly ground black pepper
- 2 x 225g/8oz Red Tractor rump or rib-eye steaks
- 4 tbsp light mayonnaise
- 2 tbsp Red Tractor single cream
- 2 tsp wholegrain or Dijon mustard
- 2 tbsp finely chopped Red Tractor parsley
- 2 bunches Red Tractor cherry tomatoes on the vine

- 1** Preheat the oven to 200°C, 400°F, gas mark 6.
- 2** Tip the potatoes into a roasting pan. Add 2 tbsp of the olive oil, tossing to coat. Season. Roast for 40-45 minutes, turning them after 20 minutes.
- 3** About 10 minutes before the potatoes are cooked, start to cook the steaks. Preheat a char-grill pan or heavy-based frying pan. Rub the steaks with the remaining olive oil and season them. Cook for 3-5 minutes per side, according to taste. Turn off the heat, cover with foil and let the steaks rest for 5 minutes. This will make them taste juicier.
- 4** Mix together the mayonnaise, single cream, mustard and parsley. Serve with the steaks, oven chips and Red Tractor cherry tomatoes to garnish.

Cook's tip: If you haven't got time to make your own chips, use Red Tractor frozen oven chips instead.

Indian Lamb Patties with Carrot and Mustard Seed Salad



Serves: 4

Total cost*: £5

Ingredients

Patties:

- 500g/1lb 2oz Red Tractor lean minced lamb
- 4 Red Tractor shallots or 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- Salt and freshly ground black pepper
- 2 tbsp chopped fresh Red Tractor mint

Salad:

- 2 tsp black mustard seeds
- 1 tbsp sunflower seeds
- 2 tbsp toasted sesame oil
- 2 large Red Tractor carrots, grated
- 25g/1oz raisins or sultanas
- 1 Red Tractor Romaine (Cos) lettuce, sliced
- Warm naan bread, to serve

- 1 Put the minced lamb into a bowl and add the shallots or onion, garlic, coriander, cumin, salt, pepper and mint. Mix together until thoroughly combined, then shape into 12 patties.
- 2 Preheat a char-grill pan or the grill. Char-grill or grill the patties for 3-4 minutes on each side, or until done to your liking.
- 3 Meanwhile, make the salad. Put the mustard seeds and sunflower seeds into a large deep saucepan with a lid. Heat, shaking the pan occasionally, until the seeds begin to pop. Remove from the heat and mix with the carrots, raisins or sultanas and sesame oil.
- 4 Serve the lamb patties with the carrot salad and lettuce, accompanied by warm naan bread.

Cook's tip: Fresh soured cream tastes wonderful with these patties. The easiest way is to take a pot of fresh single cream and add 2 tsp of lemon juice. Five minutes later it will have thickened and 'soured'.

Crispy Crackling Pork



Serves: 6

Total cost*: £13.50

Ingredients

- 1.4 kg joint loin of Red Tractor pork
- 1 tsp salt
- 2 tbsp olive oil
- 2 large Red Tractor Maris Piper potatoes
- 3 Red Tractor carrots, peeled and diagonally cut into large chunks
- 3 Red Tractor parsnips, peeled and halved
- 4 Red Tractor small onions, peeled and halved
- 2 Red Tractor apples, halved
- 1 small Red Tractor cauliflower, cut into florets
- Few branches Red Tractor rosemary



- 1 Preheat the oven to 230°C, 450°F, gas mark 8. Using a very sharp knife score the pork skin, rub with salt. Rub with 1 tbsp of the oil and roast for 15 minutes.
- 2 Reduce the heat to 200°C, 400°F, gas mark 6. Place the potatoes and carrots around the pork, drizzle over the remaining oil, and roast for 45 minutes. Add the parsnips, onions and apples to the pan, toss the vegetables in the oil and roast for a further 20 minutes with the rosemary. Remove the joint from the pan and allow it to rest for 20 minutes. Add the cauliflower to the pan and roast with the rest of the vegetables for 20-30 minutes or until crisp.
- 3 Slice the pork and serve with the vegetables and gravy of your choice.

Spiced Plum Crumble



Ingredients

- 900g/2lb Red Tractor plums, halved and pitted
- 110g/4oz Red Tractor granulated sugar
- Finely grated zest and juice of 1 small orange
- ½ tsp ground cinnamon
- A little freshly grated nutmeg (or a pinch of ground)
- 225g/8oz Red Tractor wholemeal plain flour
- Pinch of salt
- 110g/4oz chilled Red Tractor butter, cut into pieces
- Red Tractor single cream or custard, to serve

Serves: 4

Total cost*: £3.50



- 1 Preheat the oven to 190°C, 375°F, gas mark 5.
- 2 Put the plums into a baking dish and add half the sugar, the orange zest and juice, cinnamon and nutmeg. Toss to mix, then bake in the oven for 5 minutes whilst preparing the topping.
- 3 Put the flour and salt into a mixing bowl and add the butter. Rub it in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the remaining sugar. Scatter the crumble mixture evenly over the top of the plums, then return to the oven to bake for 25-30 minutes, until golden brown.
- 4 Serve the crumble with single cream or custard.

Raspberry and White Chocolate Muffins



Ingredients

- 300g/10oz Red Tractor plain flour
- 2 tsp baking powder
- 150g/6oz Red Tractor caster sugar
- 75g/3oz white chocolate, chopped
- 1 large egg
- 1 tsp vanilla extract
- 200ml/7fl oz Red Tractor milk
- 50g/2oz Red Tractor butter, melted
- 100g/4oz Red Tractor fresh or thawed frozen raspberries

Serves: 4

Total cost*: £3.50



- 1 Preheat the oven to 200°C, 400°F, gas mark 6. Place 8 paper muffin cases into a muffin tray, or line with squares of greaseproof paper.
- 2 Sift the flour and baking powder into a mixing bowl, then stir in the sugar and chopped chocolate.
- 3 In a jug, beat together the egg, vanilla extract, milk and melted butter. Add to the dry ingredients with the raspberries and stir until just combined. Do not over-mix.
- 4 Spoon the mixture into the paper cases. Bake for 20-25 minutes until well-risen. Cool on a wire rack.

Cook's tip: Try making the muffins with Red Tractor blueberries instead of raspberries when they are in season.



Did you know?

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Why should I look out for Red Tractor food?

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www.myredtractor.org.uk



Background to the National Farmers' Union

The NFU is the voice of British farming, representing over 55,000 farmer and grower businesses across England and Wales. The NFU is proud to be a major supporter of Assured Food Standards, the independent governing body for the Red Tractor logo.

www.nfuonline.com



NFU Countryside

You don't have to be a farmer to be a member of the NFU. Countryside membership shows your support to help rural communities thrive and flourish. Indulge your passion for the countryside and gain access to an ever expanding list of benefits, including a monthly subscription to Countryside magazine, packed full of news, features and recipes to make your life in the country even more rewarding.

www.countrysideonline.co.uk

* Costs featured in this publication are estimates based on leading supermarket UK retail prices researched April 2009

