



Chicken, chickpea, and vegetable satay traybake

(Serves 2)

2 chicken breasts

150g mangetout

150g fine green beans

1 tin of chickpeas

2 spring onions

2 handfuls of beansprouts

Small bunch of fresh coriander

2 tbsp crunchy peanut butter

2 tbsp olive oil (more if your peanut butter is very thick)

2 tbsp low salt soy sauce

1 tsp chilli flakes

1-2 garlic cloves

2cm knob of fresh ginger

1 lime

1 tbsp sesame seeds

Heat the oven to 180 and warm a large frying pan on the hob, medium-high heat.

Mix the peanut butter, oil, and soy sauce in a bowl with a fork or small whisk. Add the chilli flakes and grate in the garlic and ginger.

Score the chicken breasts and coat the in half of the marinade, sear in the frying pan for a minute or so on each side then place in a small baking tray or dish in the oven for 30 mins.

Meanwhile, add the chickpeas to a large baking tray with a little marinade and mix well. Pop in the oven for 10 minutes.

Add the mangetout and fine green beans and the rest of the marinade, mix well and pop back in the oven for 10 minutes.

Lightly toast the sesame seeds and set aside ready to serve.

Lastly, add the beansprouts, mix and return to the oven for the final 5 minutes.

Serve the chicken and vegetables together with fresh coriander, sliced spring onions, a squeeze of fresh lime and the toasted sesame seeds.

Aquafaba chocolate mousse

100g 70% dark chocolate

Water from 1 can of chickpeas

¼ tsp vanilla extract or tiny pinch of vanilla powder

Zest ½ an orange

To serve: Berries of choice, chopped nuts and cream

Melt the chocolate in a bowl over a pan of simmering water, add the vanilla extract and orange zest. When the chocolate is almost melted, take it off the heat, mix well and set to the side.

Add the aquafaba (chickpea water) to a large bowl and use an electric whisk to whisk it into soft peaks.

Lightly whisk the chocolate into the whisked aquafaba and divide between 2 large ramakins/small teacups. Pop in the fridge to cool for 30 minutes.

Serve with a little cream, some berries and chopped nuts (or toppings of your choice).