



Food on the move

No time to cook? Grab a delicious Good To Go breakfast, sandwich, dessert or salad, all made from the best British seasonal ingredients. Our pick is the new Roasted Carrot and Butternut Squash Wheatberry Salad (£2.50/220g) followed by **Apple & Toffee Cake (£1.10/85g)**.



PANTASTIC

Not only do these pans look stylish, they're also free from environmental nasties. GreenPan processes used materials into new products and is the first brand to use a non-stick coating made of minerals not plastics – so no risk of toxic fumes (from £18 in selected larger branches).

**Josh
with
Rice**




Honeyrose
organic handbaking

PUDDING CLUB

*LIMITED AVAILABILITY

Handmade Cartmel Village Shop Sticky Toffee Pudding* (£4.20/390g) won three gold stars at this year's Great Taste Awards and, once you taste the hot, squidgy sponge oozing with buttery toffee, you'll understand why.



A new leaf

Steve's Leaves are seasonal, grown slowly in natural light and washed in spring water, so can be eaten straight from the bag. In season now are Pea Shoots and Baby Leaves (£1.35/60g), above left, and Peppery Baby Watercress (£1/40g). Serve with a vinaigrette made with Waitrose Kalamata Extra Virgin Olive Oil (£6.99/500ml), Aspell Sauvignon Blanc White Wine Vinegar (£1.39/250ml) and dijon mustard.