

fast food



TASTY!

LOOK WHAT I FOUND...



Yvette Harley, 59, Great Yarmouth

'I discovered jerk chicken on holiday last year and now I make my own with **Morrisons Jamaican Jerk Style Seasoning, 92p**. For a spicy kick, I just rub it over chicken thighs and grill – delicious!



TRY THIS!

What's new in your supermarket

REAL D'LITES 45p, Boots
Made from cassava, similar to sweet potato, these crunchy discs are our favourite new snack. Choose from Vine Ripened Tomato or Cheddar Cheese And Red Onion. They have 70 per cent less fat than standard crisps and only 83 cals per bag.



Paella

There's something about this classic Spanish dish that instantly gives us that relaxed holiday feel. But which supermarket buy tastes the best?

Honeyrose

organic handbaking

Drink it!

Belvoir Raspberry Lemonade, £2.70, Asda, is a mix of fresh lemon, raspberry juice and sparkling water. Pour over ice and chopped fruit for a Pimm's for a twist on the classic summer drink.



NEW COVENT GARDEN POTATO SALAD SOUP £1.99
Packed with flavour, we love the unusual combo of crushed new potatoes, fresh chives and a swirl of creme fraiche.



flavour-packed rice topped with juicy prawns and tender grilled chicken pieces make for an authentic treat.



Rating 5/5

didn't seem very authentic but the seafood and rice tasted amazing.



Rating 4/5

chicken pieces and spicy chorizo chunks. But the flavour wasn't as rich as we would have liked.



Rating 3/5

SAINSBURY'S TASTE THE DIFFERENCE ISRAELI & SARDINIAN COUSCOUS SALAD £1.89

For a speedy meal fix, try this! Lightly charred chunks of sweet grilled Med veg with couscous and a generous helping of spicy tomato dressing. Just add a grilled chicken breast for a delicious, healthy dinner.



Top tip from a top chef!

'When making trifle, thicken the custard with a little cornflour and it will stop the cream sinking,' say **The Hairy Bikers**.

For more tips and advice, go to www.goodtoknow.co.uk

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BEST BUY of the week

Look out for the latest additions to the delicious organic treats from the Honeyrose Bakery, which has just launched a new range at Sainsbury's. Choose from the moist Banana Cake or the lightly spiced Carrot Cake, both £2.69, or the totally moreish Walnut Brownies, £2.39. Plus, they're all wheat- and gluten-free!

